



## **Book choices for July/August 2023**

We are delighted to introduce you to our next round of recommendations for our Book Club.

For the very first time all the recommended books were chosen by Book Club members - 2 fiction and 1 non fiction. If you only read one book we still want to hear from you.

Don't forget, you can access these books in paper or hardback copy, on Kindle or other electronic device or via Audible if you prefer. We've tried to go for ones that are easily accessible but please remember you don't have to read or review all three.

The choices for this round are:

### **Non-Fiction**

#### **The Power of Knitting by Loretta Napoleoni**

##### **Purl and stitch: empowering, healing, and reconnecting us to each other and ourselves**

In a fractured world plagued by anxiety and loneliness, knitting is coming to the rescue of people from all walks of life. Economist and lifelong knitter Loretta Napoleoni unveils the hidden power of the purl and stitch mantra: an essential tool for the survival of our species, a means for women to influence history, a soothing activity to calm us, and a powerful metaphor of life.

This book is a voyage through our history following the yarn of social, economic, and political changes - from ancient Egypt and Peru to modern Mongolia, from the spinning bees of the American Revolution to the knitting spies of World War II, and from the hippies' rejection of consumerism to yarnbombing protests against climate change. For the author it is also a personal journey of discovery and salvation, drawing on the wisdom her grandmother passed along as they knit together.

Revealing recent discoveries in neuroscience, The Power of Knitting offers proof of the healing powers of knitting on our bodies and minds. Breaking through societal barriers, even nursing broken hearts, and helping to advance cutting-edge science, knitting is still a valuable instrument for navigating our daily lives.

As a bonus, the book includes patterns for 10 simple yet iconic projects that reflect the creative, empowering spirit of knitting, with complete instructions.

### **Fiction**

#### **A Gentleman in Moscow by Amor Towels**

##### **A book of the decade, 2010-2020 (Independent)**

On 21 June 1922, Count Alexander Rostov - recipient of the Order of Saint Andrew, member of the Jockey Club, Master of the Hunt - is escorted out of the Kremlin, across Red Square and through the elegant revolving doors of the Hotel Metropol.

Deemed an unrepentant aristocrat by a Bolshevik tribunal, the Count has been sentenced to house arrest indefinitely. But instead of his usual suite, he must now live in an attic room while Russia undergoes decades of tumultuous upheaval.

Can a life without luxury be the richest of all?

## **Lessons in Chemistry by Bonnie Garmus**

Your ability to change everything - including yourself - starts here.

Chemist Elizabeth Zott is not your average woman. In fact, Elizabeth Zott would be the first to point out that there is no such thing.

But it's the early 1960s and her all-male team at Hastings Research Institute take a very unscientific view of equality. Except for one: Calvin Evans; the lonely, brilliant Nobel-prize-nominated grudge-holder who falls in love with—of all things—her mind. True chemistry results.

But like science, life is unpredictable. Which is why a few years later, Elizabeth Zott finds herself not only a single mother but the reluctant star of America's most beloved cooking show *Supper at Six*. Elizabeth's unusual approach to cooking ('combine one tablespoon acetic acid with a pinch of sodium chloride') proves revolutionary. But as her following grows, not everyone is happy. Because as it turns out, Elizabeth Zott isn't just teaching women to cook. She's daring them to change the status quo.

Meet the unconventional, uncompromising Elizabeth Zott.

If you are not already a member of the book club, you can join by registering your interest with:-

Sherry [sherry.smith2@nhs.net](mailto:sherry.smith2@nhs.net) or Debbie [debbie.arnold4@nhs.net](mailto:debbie.arnold4@nhs.net) in Central Office or by calling them on 01305 361317.

We look forward to receiving your comments back by 5<sup>th</sup> September and we will publish them soon afterwards.

Happy reading!!

Sherry, Debbie and Lucia