

## Non Fiction

### A Living Remedy

**B Personal Memoir Chu**

**by Nicole Chung**

This is a searing memoir of family, class and grief—a daughter's search to understand the lives her adoptive parents led, the life she forged as an adult, and the lives she's lost.

### Our Dogs, Ourselves

**Home Pets Essays & Narrative Hor**

**by Alexandra Horowitz**

Discover the complex, delightful, and deeply emotional reasons we love dogs and are loved by them in return.

### Microjoys

**Mind & Body Self Imp Motivational & Inspire Spi**

**by Cyndie Spiegel**

Bighearted and hopeful. A profound compendium of intimate, inspiring essays and thoughtful prompts that will keep you afloat in difficult times and sustain you in the everyday.

### Greenlights

**B Personal Memoir McC**

**by Matthew McConaughey**

With unflinching honesty and unconventional wisdom, the actor shares lessons learned the hard way about living with greater satisfaction.

### What Happened to You

**Mind & Body Psych General Per**

**by Bruce Perry & Oprah Winfrey**

A different look at understanding people, behavior, and ourselves in order to encourage healing and resilience.

### Crying in H Mart

**B Personal Memoir Zau**

**by Michelle Zauner**

The artist reclaims her heritage and identity in this lyrical and honest memoir.

### The Comfort Book

**Mind & Body Self Improvement Personal Growth General Hai**

**by Matt Haig**

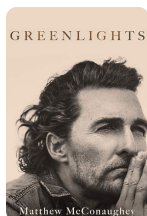
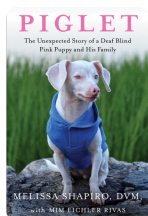
Pulling from a variety of sources including his own experiences, Haig reminds us to slow down and appreciate the beauty and unpredictability of life.

### Piglet

**B Animals Sha**

**by Melissa Shapiro**

The tale of a blind and deaf puppy and its indomitable spirit and the home he finds with the author.



# Uplifting Lit

Happy and joy-filled books to raise your spirit!



**Gilford  
Public  
Library**

603.524.6042  
GilfordLibrary.org

31 Potter  
Hill Rd.  
Gilford, NH  
03249

May 2023

## Fiction

### Love Your Life

by **Sophie Kinsella**

An utterly delightful novel about a woman who ditches her dating app for a writer's retreat in Italy—only to find that real love comes with its own filters.

F Kin

### Flying Solo

by **Linda Holmes**

A woman returns to her small Maine hometown, uncovering family secrets that take her on a journey of self-discovery and new love, in this warm and charming novel.

F Hol

### Olive, Again

by **Elizabeth Strout**

Tour de force Olive is back and attempting to understand her own life and the lives of those around her.

F Str

### Ms. Demeanor

by **Elinor Lippman**

Ms. Demeanor is a complete and utter delight. Who knew house arrest could be sexy and fun? This breezy, engrossing novel tells the story of two people who make the most of their shared confinement

F Lip

### Professor Chandra Follows His Bliss

by **Rajeev Balasubramanyam**

After a bicycle accident, Professor Chandra's doctor encourages him to put aside the stress of work and start enjoying himself.

F Bal

### Someone Else's Shoes

by **Jojo Moyes**

A story of mix-ups, mess-ups and making the most of second chances.

F Moy

### Adult Assembly Required

by **Abbi Waxman**

A young woman arrives in Los Angeles determined to start over and discovers she doesn't need to leave everything behind after all.

F Wax

### Book Charmer

by **Karen Hawkins**

A heartwarming tale of the magic of finding just the right book. First in a series.

F Haw

### Iona Iverson's Rules for Community

by **Clare Pooley**

An escapist read that will transport you, cheer you, and make you smile—and make you, too, wish you had Iona's gift for bringing out the best in everyone.

F Poo

### Now Is Not the Time to Panic

by **Kevin Wilson**

An exuberant, bighearted novel about two teenage misfits who spectacularly collide one fateful summer, and the art they make that changes their lives forever.

F Wil

### Bloomsbury Girls

by **Natalie Jenner**

A compelling story of postwar London, a century-old bookstore, and three women determined to find their way in a fast-changing world.

F Jen

### Oona Out of Order

by **Margarita Montimore**

Every year, a young woman faints and wakes up a random age with a new set of challenges. Complex and original, a tale about living in the moment.

F Mon

### The People We Keep

by **Allie Larkin**

A heartfelt tale about recognizing where you come from but not letting it dictate your future.

F Lar

### The No-Show

by **Beth O'Leary**

Three women who seemingly have nothing in common find that they're involved with the same man in this smart new rom-com.

PB O'Le

### The One Hundred Years of Lenni and Margo

by **Marianne Cronin**

Unlikely friends Lenni and Margo meet at an arts and crafts class at the hospital where they are both terminal patients. A bittersweet and uplifting story.

F Cro

### The Reading List

by **Sara Nisha Adams**

The joy of sharing books creates a connection between two lonely souls. Unforgettable and heartwarming.

F Ada

### Your's Truly

by **Abby Jiminez**

A novel of terrible first impressions, hilarious second chances, and the joy in finding your perfect match from "a true talent"

F Jim

### In the Lives of Puppets

by **TJ Klune**

This novel invites you deep into the heart of a peculiar forest and on the extraordinary journey of a family assembled from spare parts.

F Klu

