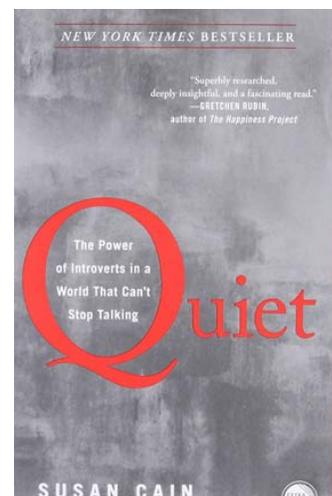
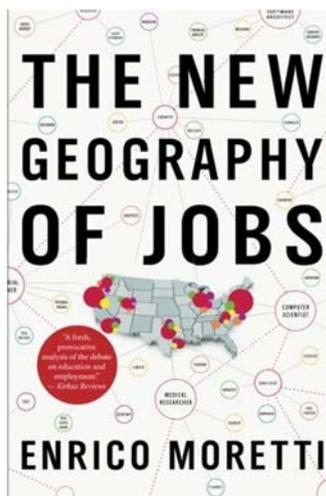
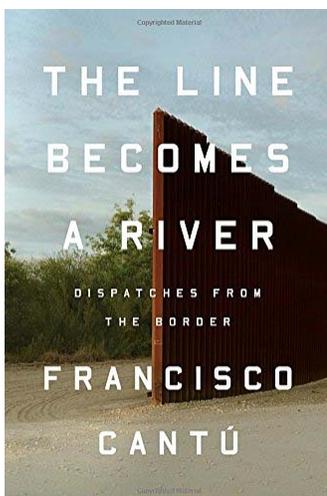
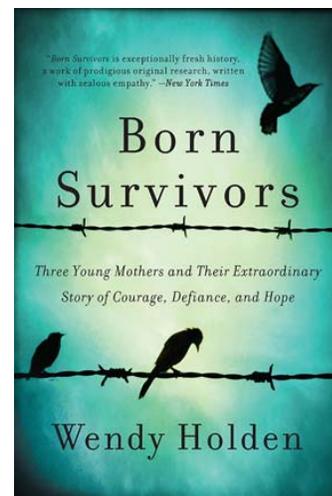
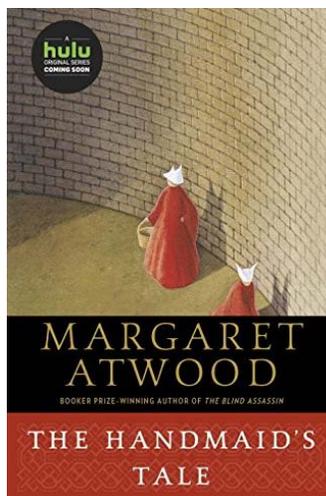
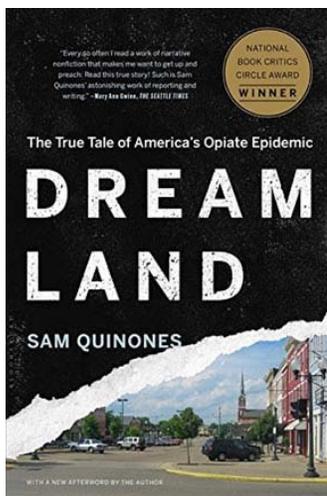
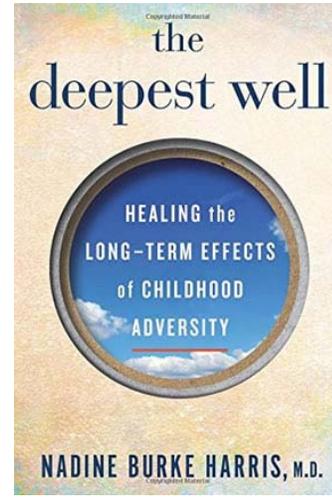
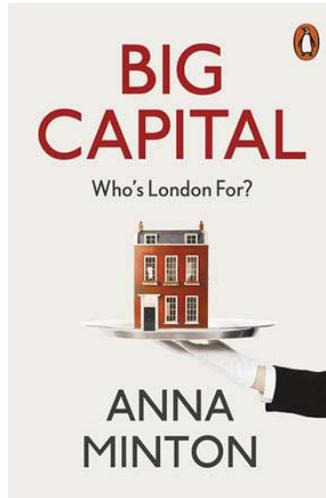
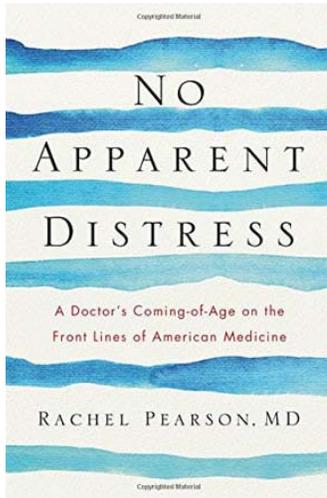


WHAT WE'RE READING – SUMMER 2018



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WHAT WE'RE READING – SUMMER 2018

- ***No Apparent Distress: A Doctor's Coming-of-Age on the Front Lines of American Medicine* by Rachel Pearson MD** – In medical charts, the term “N.A.D.” (No Apparent Distress) is used for patients who appear stable. The phrase also aptly describes America’s medical system when it comes to treating the underprivileged. Medical students learn on the bodies of the poor—and the poor suffer from their mistakes. Rachel Pearson confronted these harsh realities when she started medical school in Galveston, Texas. Pearson, herself from a working-class background, remains haunted by the suicide of a close friend, experiences firsthand the heartbreak of her own errors in a patient’s care, and witnesses the ruinous effects of a hurricane on a Texas town’s medical system. In a free clinic where the motto is “All Are Welcome Here,” she learns how to practice medicine with love and tenacity amidst the raging injustices of a system that favors the rich and the white. *No Apparent Distress* is at once an indictment of American health care and a deeply moving tale of one doctor’s coming-of-age. – *summer pick* by Anna Lipton Galbraith, Program Services Director
- ***Big Capital: Who is London for?* by Anna Minton** – London is facing the worst housing crisis in modern times, with knock-on effects for the rest of the UK. Despite the desperate shortage of housing, tens, perhaps hundreds of thousands of affordable homes are being pulled down, replaced by luxury apartments aimed at foreign investors. In this ideological war, housing is no longer considered a public good. Instead, only market solutions are considered - and these respond to the needs of global capital, rather than the needs of ordinary people. In politically uncertain times, the housing crisis has become a key driver creating and fuelling the inequalities of a divided nation. Anna Minton cuts through the complexities, jargon and spin to give a clear-sighted account of how we got into this mess and how we can get out of it. – *summer pick* by Sydney Briggs, Senior Research Associate
- ***The Deepest Well* by Nadine Burke Harris** – Dr. Nadine Burke Harris was already known as a crusading physician delivering targeted care to vulnerable children. But it was Diego—a boy who had stopped growing after a sexual trauma—who galvanized her to dig deeper into the connections between toxic stress and the lifelong illnesses she was tracking among so many of her patients and their families. A survey of more than 17,000 adult patients’ “adverse childhood experiences,” or ACEs, like divorce, substance abuse, or neglect, had proved that the higher a person’s ACE score the worse their health—and now led Burke Harris to an astonishing breakthrough. Childhood stress changes our neural systems and lasts a lifetime. Through storytelling that delivers both scientific insight and moving stories of personal impact, Burke Harris illuminates her journey of discovery, from research labs nationwide to her own pediatric practice in San Francisco’s Bayview-Hunters Point. For anyone who has faced a difficult childhood, or who cares about the millions of children who do, the innovative and acclaimed health interventions outlined in *The Deepest Well* will represent vitally important hope for change. – *summer pick* by Dr. Cynthia Osborne, Director
- ***Dreamland: The True Tale of America’s Opiate Academic* by Sam Quinones** – In 1929, in the blue-collar city of Portsmouth, Ohio, a company built a swimming pool the size of a football field; named Dreamland, it became the vital center of the community. Now, addiction has devastated Portsmouth, as it has hundreds of small rural towns and suburbs across America--addiction like no other the country has ever faced. How that happened is the riveting story of Dreamland. With a great reporter's narrative skill and the storytelling ability of a novelist, acclaimed journalist Sam Quinones weaves together two classic tales of capitalism run amok whose unintentional collision has been catastrophic. The unfettered prescribing of pain medications during the 1990s reached its peak in Purdue Pharma's campaign to market OxyContin, its new, expensive--extremely addictive--miracle painkiller. Meanwhile, a massive influx of black tar heroin--cheap, potent, and originating from one small county on Mexico's west coast, independent of any drug cartel--assaulted small town and mid-sized cities across the country, driven by a brilliant, almost unbeatable marketing and distribution system. Together these phenomena continue to lay waste to communities from Tennessee to Oregon, Indiana to New Mexico. Introducing a memorable cast of characters--pharma pioneers, young Mexican entrepreneurs, narcotics investigators, survivors, and parents--Quinones shows how these tales fit together. *Dreamland* is a revelatory account of the corrosive threat facing America and its heartland. – *summer pick* by Dr. Kaeley Benson, Research Director
- ***The Handmaid’s Tale* by Margaret Atwood** – Margaret Atwood's popular dystopian novel *The Handmaid's Tale* explores a broad range of issues relating to power, gender, and religious politics. After a staged terrorist attack kills the President and most of Congress, the government is deposed and taken over by the oppressive and all controlling Republic of Gilead. The Republic of Gilead, a monotheocracy, has reacted to social unrest and a sharply declining birthrate by reverting to, and going beyond, the repressive intolerance of the original Puritans. The story is told through the eyes of Offred, one of the unfortunate Handmaids under the new social order. Offred,

who serves in the household of the enigmatic Commander and his bitter wife, can remember a time when she lived with her husband and daughter and had a job, before she lost even her own name. Despite the danger, Offred learns to navigate the intimate secrets of those who control her every move, risking her life in breaking the rules in hopes of ending this oppression. – *summer pick by Kiira Bivens, Administrative Associate*

- ***Born Survivors: Three Young Mothers and Their Extraordinary Story of Courage, Defiance, and Hope by Wendy Holden*** – The Nazis murdered their husbands but concentration camp prisoners Priska, Rachel, and Anka would not let evil take their unborn children too—a remarkable true story that will appeal to readers of *The Lost* and *The Nazi Officer's Wife*, *Born Survivors* celebrates three mothers who defied death to give their children life. Eastern Europe, 1944: Three women believe they are pregnant, but are torn from their husbands before they can be certain. Rachel is sent to Auschwitz, unaware that her husband has been shot. Priska and her husband travel there together, but are immediately separated. Also at Auschwitz, Anka hopes in vain to be reunited with her husband. With the rest of their families gassed, these young wives are determined to hold on to all they have left—their lives, and those of their unborn babies. Having concealed their condition from infamous Nazi doctor Josef Mengele, they are forced to work and almost starved to death, living in daily fear of their pregnancies being detected by the SS. In April 1945, as the Allies close in, Priska gives birth. She and her baby, along with Anka, Rachel, and the remaining inmates, are sent to Mauthausen concentration camp on a hellish seventeen-day train journey. Rachel gives birth on the train, and Anka at the camp gates. All believe they will die, but then a miracle occurs. The gas chamber runs out of Zyklon-B, and as the Allied troops near, the SS flee. Against all odds, the three mothers and their newborns survive their treacherous journey to freedom. – *summer pick by Dr. Hilary Warner, Postdoctoral Fellow*
- ***The Line Becomes a River: Dispatches from the Border by Francisco Cantú*** – For Francisco Cantú, the border is in the blood: his mother, a park ranger and daughter of a Mexican immigrant, raised him in the scrublands of the Southwest. Haunted by the landscape of his youth, Cantú joins the Border Patrol. He and his partners are posted to remote regions crisscrossed by drug routes and smuggling corridors, where they learn to track other humans under blistering sun and through frigid nights. They haul in the dead and deliver to detention those they find alive. Cantú tries not to think where the stories go from there. Plagued by nightmares, he abandons the Patrol for civilian life. But when an immigrant friend travels to Mexico to visit his dying mother and does not return, Cantú discovers that the border has migrated with him, and now he must know the whole story. Searing and unforgettable, *The Line Becomes a River* goes behind the headlines, making urgent and personal the violence our border wreaks on both sides of the line. – *summer pick by Jennifer Huffman, Senior Research Associate*
- ***The New Geography of Jobs by Enrico Moretti*** – We're used to thinking of the United States in opposing terms: red versus blue, haves versus have-nots. But today there are three Americas. At one extreme are the brain hubs—cities like San Francisco, Boston, and Durham—with workers who are among the most productive, creative, and best paid on the planet. At the other extreme are former manufacturing capitals, which are rapidly losing jobs and residents. The rest of America could go either way. For the past thirty years, the three Americas have been growing apart at an accelerating rate. This divergence is one of the most important developments in the history of the United States and is reshaping the very fabric of our society, affecting all aspects of our lives, from health and education to family stability and political engagement. But the winners and losers aren't necessarily who you'd expect. Enrico Moretti's groundbreaking research shows that you don't have to be a scientist or an engineer to thrive in one of the brain hubs. Carpenters, taxi-drivers, teachers, nurses, and other local service jobs are created at a ratio of five-to-one in the brain hubs, raising salaries and standard of living for all. Dealing with this split—supporting growth in the hubs while arresting the decline elsewhere—is the challenge of the century, and *The New Geography of Jobs* lights the way. – *summer pick by Daniel Tihanyi, Research Associate*
- ***Quiet: The Power of Introverts in a World That Can't Stop Talking by Susan Cain*** – At least one-third of the people we know are introverts. They are the ones who prefer listening to speaking; who innovate and create but dislike self-promotion; who favor working on their own over working in teams. It is to introverts—Rosa Parks, Chopin, Dr. Seuss, Steve Wozniak—that we owe many of the great contributions to society. In *Quiet*, Susan Cain argues that we dramatically undervalue introverts and shows how much we lose in doing so. She charts the rise of the Extrovert Ideal throughout the twentieth century and explores how deeply it has come to permeate our culture. She also introduces us to successful introverts—from a witty, high-octane public speaker who recharges in solitude after his talks, to a record-breaking salesman who quietly taps into the power of questions. Passionately argued, superbly researched, and filled with indelible stories of real people, *Quiet* has the power to permanently change how we see introverts and, equally important, how they see themselves. – *summer pick by Wendy Gonzales, Programs and Communications Director*