

# NEW ARRIVALS!

## Nonfiction at the Ames Free Library

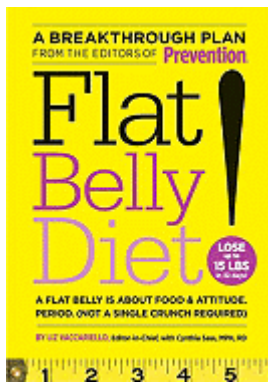
### June 2009

Thank you for subscribing to the Nonfiction edition of the New Arrivals eNewsletters.

Sign up for any of our free email newsletters for information about some of the latest additions to the Library collection. Current choices include: Movies, Music, Juvenile titles, Young Adult materials, Fiction and Nonfiction. Subscribe to one or all six!

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#### **Flat Belly Diet**

Liz Vaccariello and Cynthia Sass

Aimed at the over-40 belly that appears to inexorably spread, the editors of Prevention magazine have developed a readable and popular diet to contain the spread. The 'no-hunger plan' that offers four meals a day, relies on five MUFAs or monounsaturated fatty acids present in oils, olives, nuts, avocado and dark chocolate to fight the battle of the bulge.

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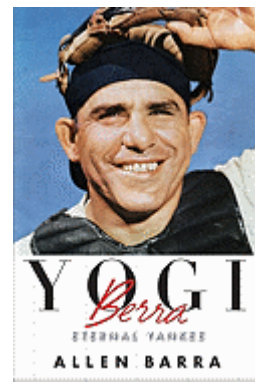


#### **Album of the Damned: Snapshots from the Third Reich**

Paul Garson

Almost four hundred photographs taken by German soldiers and citizens of the Third Reich make up this unique and disturbing collection of visual history. The extraordinary bloodshed and evil of the Nazi regime provide an ominously silent sub-text to the images of smiling families, soldiers playing games, couples, and kids posed in ordinary settings.

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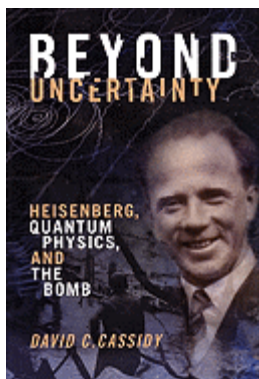


#### **Yogi Berra: Eternal Yankee**

Allen Barra

"It ain't over till it's over," "We made too many wrong mistakes," "You got to be very careful if you don't know where you're going because you might not get there." The most quoted American since Mark Twain, the story of the legendary Yankees player is a story of the golden age of baseball. A book that will appeal to even diehard Yankee haters.

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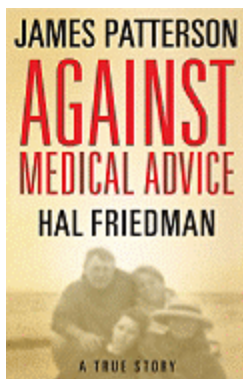


**Beyond Uncertainty:  
Heisenberg, Quantum Physics,  
and the Bomb**

David C. Cassidy

Nobel prize-winning physicist Werner Heisenberg chose to remain in Nazi Germany and lead the race for splitting the atom. Drawing from newly-released documents that became available following the breakup of the Soviet Union, Cassidy brings alive the complex connections between scientific research, personal integrity, and global politics in this absorbing biography.

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**Against Medical Advice: A  
True Story**

James Patterson

"I felt like a boy on the end of a puppeteer's string,..What made it worse was that I was also the puppeteer." Cory Friedman was five years old when his body began convulsing with involuntary twitches and tics. His life quickly descended into endless visits to specialists and finding medication that would do more good than harm. Patterson's first non-fiction work tells the story of a determined boy, his equally determined family, and their battle to defeat the baffling demons of Tourette's syndrome.

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**The 100 Best Business Books  
of All Time**

Jack Covert and Todd Sattersten

An average of 11,000 business books is published every year in the United States alone. Digging deep into the pile of books they have read over a quarter century, the authors carefully pick and choose a hundred wide-ranging classics that are most likely to provide solutions or inspiration to the business person. The selections have thoughtful reviews and bibliographic citations for further reading on the topic.

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