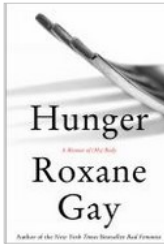


## Food Stories

### Hunger: A Memoir of (My) Body

by Roxane Gay  
306.4 GAY

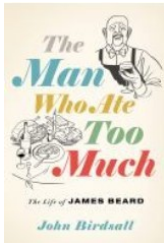
Gay digs into what it means to be comfortable in one's body.



### The Man Who Ate Too Much

by John Birdsall  
641.5092 BIR

The biography of James Beard, and the modern culinary landscape he shaped.



### Eat a Peach

by David Chang  
641.5092 CHA

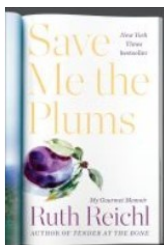
Memoir from creator of Momofuku Noodle bar and Ugly Delicious-David Chang.



### Save Me The Plums

by Ruth Reichl  
641.5092 REI

The story of Reichl's journey as editor-in-chief of Gourmet magazine.



### Vegetable Kingdom

by Bryant Terry  
641.5636 TER

Food justice activist Bryant Terry breaks down the fundamentals of plant-based cooking.



## History Fans

### The Nineties

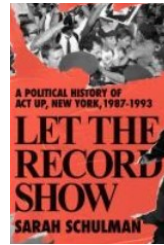
by Chuck Klosterman  
306.0973 KLO  
Essays about 1990s popular culture.



### Let the Record Show

by Sarah Schulman  
362.196 SCH

Based on more than two hundred interviews with ACT UP members and rich with lessons for today's activists.



### Dress Codes

by Richard Ford  
391.009 FOR

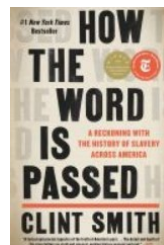
An exploration of the laws of fashion throughout history.



### How The Word is Passed

by Clint Smith  
973.04 SMI

A survey of landmarks that reckon, or fail to reckon, with the impacts of slavery in America. Smith illustrates how some of our stories are hidden in plain view.



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# NON-FICTION

**Oregon Public Library  
Book Recommendations  
Created by staff**



# BOOKS THAT READ LIKE FICTION

[OregonPublicLibrary.org](http://OregonPublicLibrary.org)

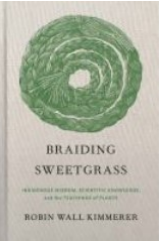
Updated 12/23

## Science

### Braiding Sweetgrass

by Robin Wall Kimmerer  
305.8 KIM

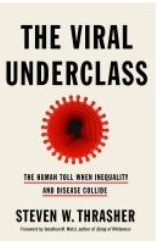
Botanist Kimmerer encourages readers to consider the ways that our lives weave through the natural world and teach us.



### The Viral Underclass

by Steven Thrasher  
362.1962 THR

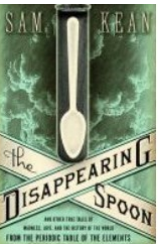
Scholar and journalist shares how viruses expose the fault lines of society.



### The Disappearing Spoon

by Sam Kean  
546 KEA

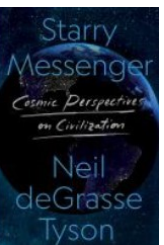
The periodic table is a treasure trove of stories of passion, adventure, betrayal, and obsession.



### Starry Messenger: Cosmic Perspectives

by Neil deGrasse Tyson  
901 TYS

An astrophysicist discusses the scientific palette that paints the world differently.



## FIND MORE GREAT READS!

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booklist](http://OregonPublicLibrary.org/adults/booklist)

## Something for Everyone

### Bitter-Sweet

by Susan Cain  
155.2 CAI

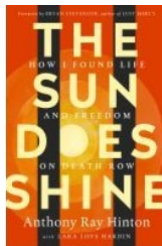
Discusses how a bittersweet state of mind can be a silent energy that aids us.



### The Sun Does Shine

by Anthony Ray Hinton  
364.66 HIN

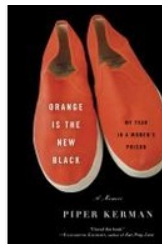
Hinton recounts his three-decade nightmare: awaiting execution for crimes he didn't commit.



### Orange is the New Black

by Piper Kerman  
365.43 KER

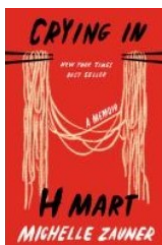
Kerman's story offers a rare look into the lives of women in prison.



### Crying in H Mart

by Michelle Zauner  
782.4126 ZAU

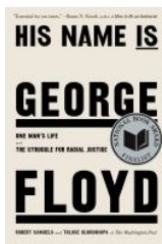
A story of family, food, grief, and endurance.



### His Name Is George Floyd

by Robert Samuels  
921 FLOYD

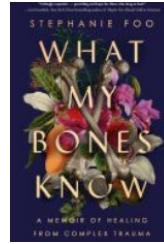
The story of George Floyd and the systems that impacted his life.



### What My Bones Know

by Stephanie Foo  
921 FOO

A narrative that reckons with one woman's ability to reclaim her agency.



### Odd Girl Out

by Laura E. James  
921 JAMES

James has written an honest and revealing account of her life on the autism spectrum.



### The Amazing Story of the Man Who Cycled from India to Europe for Love

by Per Andersson  
921 KUMAR

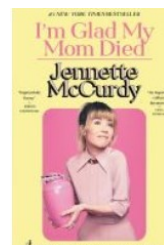
The story of one man's 7,000 mile bike journey to be with the woman he loved.



### I'm Glad My Mom Died

by Jennette McCurdy  
921 MCCURDY

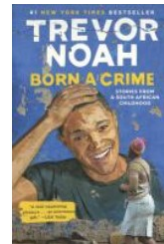
Former iCarly star recounts a harrowing childhood and nuanced depiction of grief and trauma.



### Born a Crime

by Trevor Noah  
921 NOAH

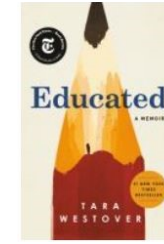
The compelling, inspiring, funny coming-of-age story, set during apartheid and after.



### Educated

by Tara Westover  
921 WESTOVER

The author's experiences as a child born to survivalists in the mountains of Idaho.



### Adventure Stories

#### Spirit Run

by Noe Álvarez  
796.42 ALV

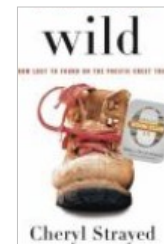
In this memoir, Álvarez forges a new relationship with the land, and with the act of running, carrying with him the knowledge of his parents' migration.



#### Wild

by Cheryl Strayed  
813.6 STR

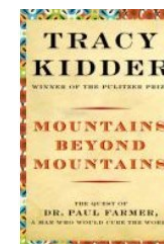
The story of a 1,100 mile solo hike that broke down a young woman reeling from catastrophe and built her back up again.



#### Mountains Beyond Mountains

by Tracy Kidder  
921 FARMER

Traces the efforts of Dr. Paul Farmer to transform healthcare on a global scale.

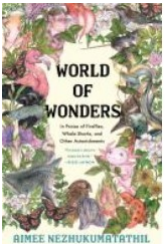


## Fuzzy Animal Stories

### World of Wonders

by Aimee Nezhukumatathil  
590 NEZ

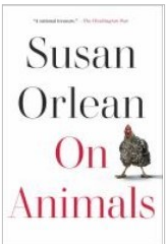
A collection of essays about the natural world, and the way its inhabitants can teach, support, and inspire us.



### On Animals

by Susan Orlean  
591.5 ORL

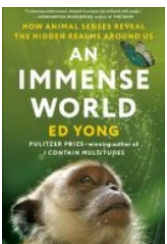
This book examines animal-human relationships and celebrates the cross-species connections that grace our collective existence.



### An Immense World

by Ed Yong  
591.5 YON

Examines how the world of animal senses can help us understand and transform the way we perceive our world.



### Marley & Me

by John Grogan  
636.7 GOR

Follows the life story of an exuberant Labrador retriever who gets into perpetual trouble.

