

RECOMMENDED

READS, MOVIES
AND MORE!

9 Must Reads by
Professionals
Turned Novelists

DOCTOR
VINCENT
LAM

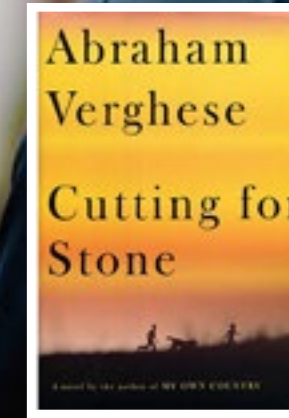
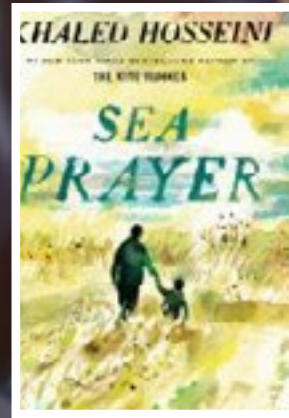
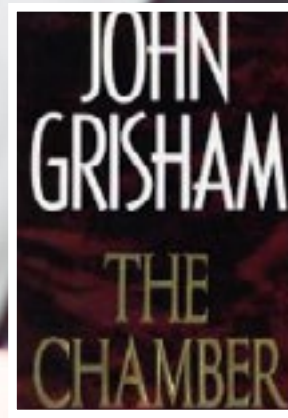
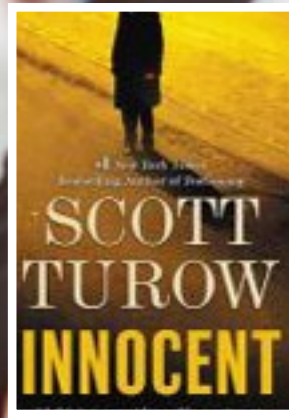
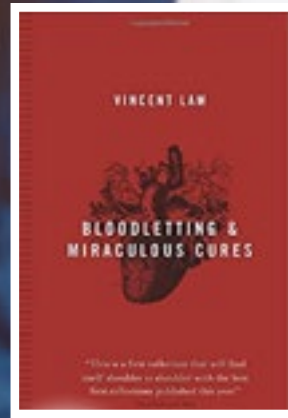
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self-help books,
compelling audiobooks,
poetry reads for kids,
and more!



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APRIL 2021



9 Must-Reads by Professionals Who Turned Novelists

Bloodletting & Miraculous Cures

This 2006 Giller winner chronicles the lives of four young doctors and their patients, darkly humorous and thought provoking.

by Vincent Lam

Innocent

Stern returns to defend Sabich, who's now the chief judge but indicted for murdering his wife. Sequel to Presumed Innocent, Turow's sensational debut that had created a whole new genre - courtroom drama.

by Scott Turow

The Chamber

Another work that proves Grisham's ability to dig deep in the conflicts of our society. Black racism and death penalty - sadly, after nearly three decades, these conflicts are still intense.

by John Grisham

Sea Prayer

This is an illustrated novel inspired by the Syrian refugee crisis and the death of Alan Kurdi. Created by the author of Kite Runner, the unforgettable bestseller.

by Khaled Hosseini

A Gentleman in Moscow

Towles tells the story of Count Rostov, who is sentenced to lifetime "house arrest" by the new Bolshevik regime. Good mixture of politics, espionage, and romance. The previous banker's Rules of Civility is also a must-read.

by Amor Towles

Between Sisters

A bittersweet and funny story of romance, despair, and hope impacting a very dysfunctional family. One of Hannah's earlier works that you should try.

by Kristin Hannah

One Perfect Lie

Scottoline's legal background is well-used in many of her thrillers, including this suburban crime story. The author is launching her first historical fiction, Eternal, in March 2021!

by Lisa Scottoline

Cutting for Stone

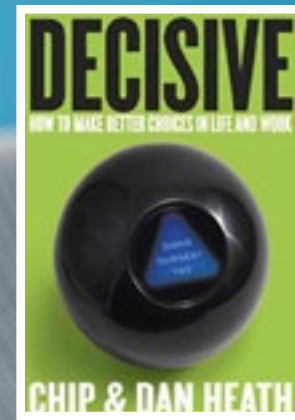
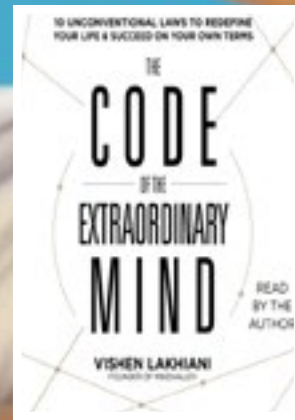
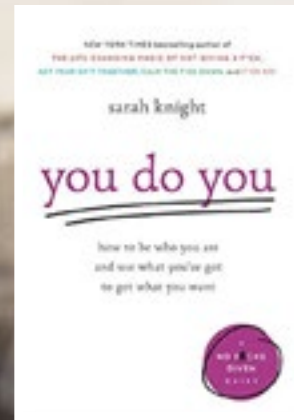
An enthralling account of the twin brothers, orphaned by their mother's death at their births and forsaken by their father. An exploration of the human side of medical practices by a physician who's talented in storytelling.

by A. Verghese

Cell

A combination of artificial intelligence and current concerns about the number of available general practitioners, Cook engages readers with serious medical ethics issues. One of Cook's better thrillers.

by Robin Cook



8 Positive Psychology & Self-Help Titles

The Stuff

Everyone faces hardships on a daily basis, read about real- life accounts of people who overcame their struggles to help inspire you to overcome your own personal challenges.

by Sampson Davis

You Do You

It's time to start putting your happiness first -- and stop letting other people tell you what to do, how to do it, or why it can't be done. And don't panic! You can do it without losing friends and alienating people.

by Sarah Knight

Mindfulness

This is the perfect introduction to mindfulness. It explains what it is, how to practice it and inspiring quotes to motivate you.

by Gill Hasson

The Code of the Extraordinary Mind

This book challenges conventional ideas of relationships, goal-setting, mindfulness, happiness, and meaning. In a unique fusion of cutting-edge ideas, personal stories, and humorous irreverence, and not to mention, humor and napkin diagrams, this framework combines computational thinking with personal growth to provide a powerful framework for re-coding yourself-and replacing old, limiting models that hold you back with new, empowering beliefs and behaviors that set you on the path toward an extraordinary life.

by Vishen Lakhiani

Joy on Demand

In Joy on Demand, Chade-Meng Tan reveals the innate contentment that we all possess, and how to tap into this natural, infinite capacity for joy. The best part is that the benefits extend to every aspect of life--our brains work better, our bodies function better, we achieve greater success at work, and we find ourselves highly attractive to the people around us.

by Chade-Meng Tan

Happier at Home

This book discusses how we can foster a balanced, light-hearted atmosphere at home with our families. It also considers questions such as "How can I raise happy children? How can I maintain a tender, romantic relationship with my spouse--after fifteen years of marriage? How do I keep my Blackberry from taking over my private life?"

by Gretchen Rubin

Decisive

This book discusses four principals that can help to make more beneficial and informative decisions in our lives. The Heath brothers draw on extensive studies, stories and research, offer specific, practical tools that can help us to think more clearly about our options, and get out of our heads, to improve our decision making, at work and at home.

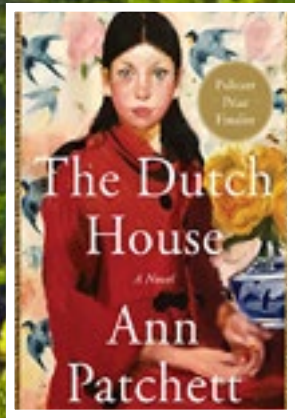
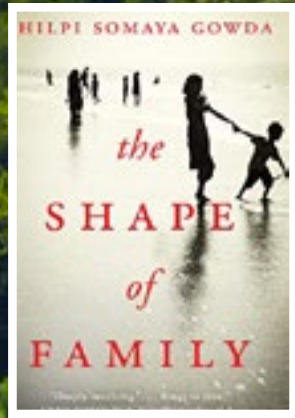
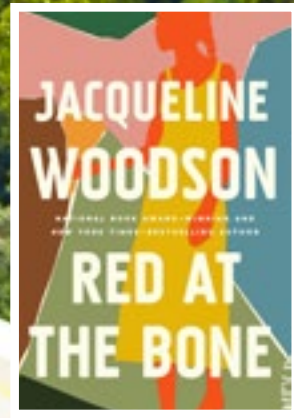
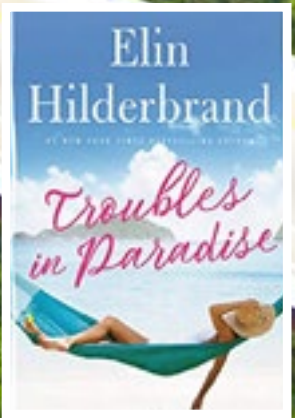
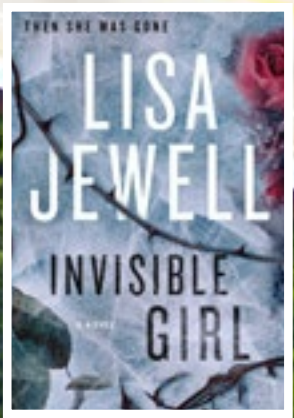
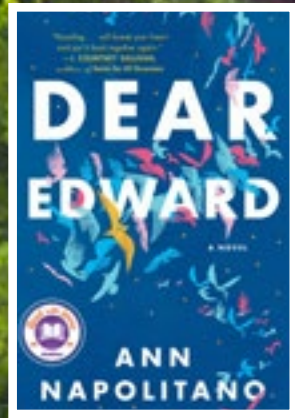
by Chip Heath

Joyful

The author explains how certain living spaces or objects can add or deduct joy from our lives. Also, how making small changes in our everyday lives can help to create happiness.

by Ingrid Fetell Lee





10 Compelling Audiobooks to Listen to on Your Commute

One by One

by Ruth Ware

A corporate retreat at a rustic ski chalet in the French Alps becomes worrisome when coworkers begin dwindling one by one. The avalanche outside is a vicious storm but there is one brewing inside too.

Dear Edward

by Ann Napolitano

One summer morning, twelve year old Edward and his family board a plane from Newark headed to Los Angeles. The plane crashes and Edward is the sole survivor - this is his story.

Anxious People

by Fredrik Backman

A bank robbery goes wrong when the robber takes captive a unique group of strangers. As the authorities and the media surround the premises these reluctant allies will reveal surprising truths about themselves and set in motion a chain of events so unexpected that even they can hardly explain what happens next.

Invisible Girl

by Lisa Jewell

A furiously twisty psychological story about a child psychologist and a patient that disappears. When a disheveled man is accused of sexual misconduct, people start wondering if he is connected to the missing person.

Troubles in Paradise

by Elin Hilderbrand

After uprooting her life in the States, Irene Steele has just settled in at the villa on St. John where her husband Russ had been living a double life. But a visit from the FBI shakes her foundations, and Irene once again learns just how little she knew about the man she loved.

The Nightingale

by Kristin Hannah

The Nightingale tells the stories of two sisters, separated by years and experience, by ideals, passion and circumstance, each embarking on her own dangerous path toward survival, love, and freedom in German-occupied, war-torn France--a heartbreakingly beautiful novel that celebrates the resilience of the human spirit and the durability of women.

The Water Dancer

by Ta-Nehisi Coates

Young Hiram Walker was born into bondage. When his mother was sold away, Hiram was robbed of all memory of her--but was gifted with a mysterious power. Years later, when Hiram almost drowns in a river, that same power saves his life. This brush with death births an urgency in Hiram and a daring scheme: to escape from the only home he's ever known.

Red at the Bone

by Jacqueline Woodson

Two families from different social classes are joined together by an unexpected pregnancy and the child that it produces. Moving forward and backward in time, with the power of poetry and the emotional richness of a narrative ten times its length, Jacqueline Woodson's extraordinary new novel uncovers the role that history and community have played in the experiences, decisions, and relationships of these families, and in the life of this child.

The Shape of Family

by Shilpi Somaya Gowda

The Shape of Family is an intimate portrayal of four individuals as they grapple with what it means to be a family and how to move from a painful past into a hopeful future. It is a profoundly moving exploration of the ways we all seek belonging--in our families, our communities and ultimately, within ourselves.

The Dutch House

by Ann Patchett

A richly moving story that explores the indelible bond between two siblings, the house of their childhood, and a past that will not let them go. The Dutch House is the story of a paradise lost, a tour de force that digs deeply into questions of inheritance, love and forgiveness, of how we want to see ourselves and of who we really are.



10 Movies to Watch on National Canadian Film Day

[The Grizzlies](#)

In a small Arctic town with the highest suicide rate in North America, a group of teens find purpose when their teacher starts a lacrosse team at school. Heartbreaking and heartfelt, this is a moving story of a community coming together.

[Maudie](#)

Set against a backdrop of gorgeous Maritime scenery, this is the story of Nova Scotian folk artist Maud Lewis, who suffered from severe arthritis, poverty, and abuse, but found happiness through her art. A poignant film about overcoming adversity.

[The Trotsky](#)

A quirky film starring Jay Baruchel as Leon Bronstein, a teen who believes he is the reincarnation of Marxist leader Leon Trotsky and who starts a revolution among his fellow students.

[Hyena Road](#)

A film about Canada's military campaign in Afghanistan that highlights the costs of war and the difficult decisions soldiers must make. Directed by Paul Gross, who also acts in the film.

[Little Italy](#)

In this Toronto-based romcom, a young couple's budding romance is complicated by their families' decades-long rivalry over whose restaurant makes the best pizza.

[Race](#)

At the 1936 Olympics in Berlin, track star Jesse Owens's biggest challenge isn't his competition. Facing racism in Nazi Germany, he goes on to win four gold medals.

[Still Mine](#)

Still Mine stars James Cromwell as a farmer whose quest to build a house for his ailing wife is thwarted by a government inspector determined to make matters difficult. A touching story about love and facing life's challenges.

[Code 8](#)

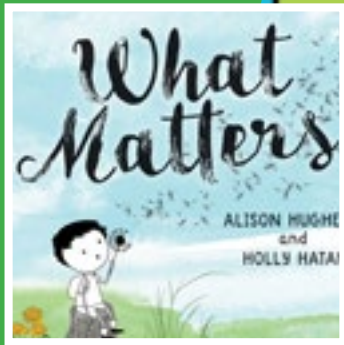
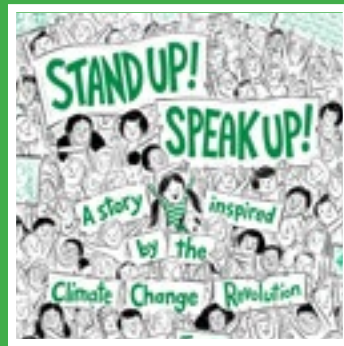
Set in a dystopian world where humans with superpowers live in poverty, a construction worker, played by Robbie Amell, becomes involved with a group of criminals in order to pay for his mother's medical treatment.

[Beeba Boys](#)

In this adrenaline-fueled movie from director Deepa Mehta, an Indo-Canadian gang leader battles to gain control of Vancouver's arms and drug trade. The film also touches on themes of immigration and generational differences.

[Remember](#)

This enthralling and suspenseful movie stars the late Christopher Plummer as an Auschwitz survivor with dementia who is determined to track down the man who killed his family.



9 "Green" Picture Books for Earth Day or Any Day

Stand Up! Speak Up!

by Andrew Joyner

An introduction to environmental activism that empowers young readers to listen up, speak up, and show up, to take action against climate change.

Greta and the Giants

by Zoë Tucker

An inspiring retelling of Nobel Peace Prize nominee Greta Thunberg and her global mission to raise awareness about the world's climate crisis.

The Last Tree

by Ingrid Chabbert

A cautionary tale of a world without green spaces. A small boy longs to live in a world with grass to play around on. When he finds a small sapling hiding between concrete walls, he vows to keep the last tree on earth safe.

Heal the Earth

by Julian Lennon

Help heal the earth in this interactive adventure about making the world a better place. Readers are transported around the world in this inspiring tale where along the way they are taught to love our planet.

Energy Island

by Allan Drummond

Follow along in this adventure on the windy Danish island of Samsø, where its citizens now call their home Energy Island.

The Blue Giant

by Katie Cottle

A powerful introduction to the issue of ocean pollution. Confronted by the blue giant living in the water, Coral and her mother set out to help clean the ocean.

What Matters

by Alison Hughes

In this thoughtful story, one small boy learns that tiny actions, such as picking up a single piece of litter can make a big difference to the earth.

Fight Pollution, Big Bird!

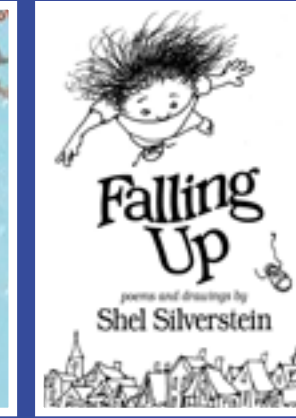
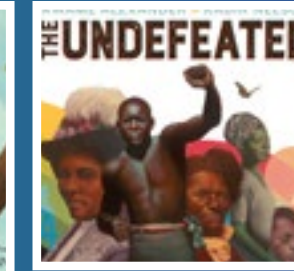
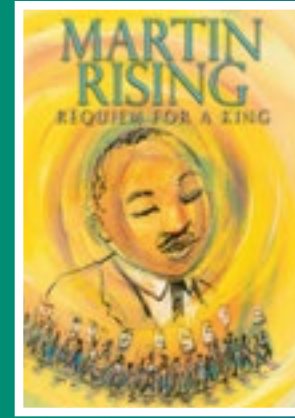
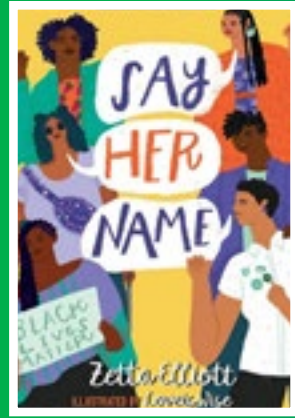
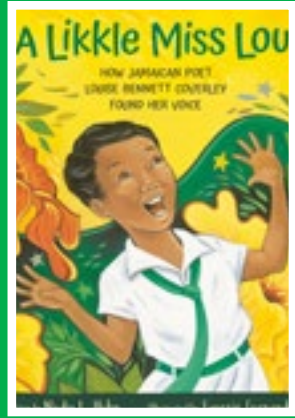
by Jennifer Boothroyd

Familiar friend Big Bird teaches young readers how to protect the earth and go "green" by reducing pollution.

It's Earth Day, Cookie Monster!

by Mary Lindeen

Find out how Cookie Monster celebrates Earth Day in this informative picture book on what makes the earth special.



10 Children's Books to Read for National Poetry Month

A Likkle Miss Lou

by Nadia L. Hohn

Louise Bennett Coverley, better known as Miss Lou, was a poet and entertainer who popularized the use of patois in music and poetry. This is an inspiring story of a girl finding her voice.

Bookspeak!

by Laura Purdie Salas

Unleash your imagination with this collection of poems about the magic of books.

Say Her Name

by Zetta Elliott

Poet Zetta Elliott pays tribute to victims of violence and racial discrimination and encourages children to act when confronted with social injustice, whether by marching in protest or responding through writing.

A Beautiful Day in the Neighborhood

by Fred Rogers

Featuring 75 songs from Mister Rogers' Neighborhood, this endearing book will lift children's spirits and show them they are not alone, no matter what they are feeling.

Martin Rising

by Andrea Davis Pinkney

This collection of poems spotlights the final months of Martin Luther King Jr.'s life, from the emotion of his speeches to his exhaustion at the end of each day. The book ends with a tribute to King's legacy of hope.

Thunder Underground

by Jane Yolen

Explore the world beneath the earth, from animal burrows to subways. Perfect for kids who love science, this book is full of interesting facts.

The Undefeated

by Kwame Alexander

A powerful ode to the Black experience in America, this poem touches on significant moments in history and celebrates Black athletes, writers, musicians, activists, and heroes.

What Are You Glad About? What Are You Mad About?

by Judith Viorst

A thoughtful and witty collection of poems that explores all kinds of feelings.

Falling up

by Shel Silverstein

This collection of poems and accompanying drawings is full of humorous wordplay and silly rhymes that will make kids laugh.

Garbage Delight

by Dennis Lee

From beloved Canadian poet Dennis Lee, this collection is full of silly rhymes that will delight young readers.



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