

April 2009

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Central Manitoulin Public Libraries
News & Views
From The Mindemoya Mice
By Claire Cline

1. Mounting Fears by Stuart Woods
2. True Detectives by Jonathan Kellerman
3. The Second Opinion by Michael Palmer
4. The Hormone Diet by Dr. Natasha Turner
5. Always Looking Up by Michael J. Fox

Good weather and good books go hand in hand and right now we have both for everyone to enjoy.

Mounting Fears by Stuart Woods is a book that will keep you reading far into the night. President Will Lee is having a rough week. As he prepares for the upcoming election, the usually cool and collected President has several crises going on at once, from loose nukes to a close political ally with skeletons in the closet. What else can go wrong?

True Detectives by Jonathan Kellerman is a novel filled with nail biting suspense. Two characters return from his other novel Bones, Moses Reed and Aaron Fox. Moses is a no-frills LAPD detective and Aaron is an ex-cop turned high-end private eye. Usually they go their separate ways but the disappearance of Caitlin Frostig isn't usual. For Moses, it's an ice-cold mystery he just can't outrun even with the help of psychologist Alex Delaware and detective Milo Sturgis. For Aaron, it's a billable-hours bonanza from his most lucrative client. Like it or not, Moses and Aaron are in this one together – and the rivalry that rules them won't let either man quit till the case is cracked.

The Second Opinion by Michael Palmer. How much do you trust those who hold your life in their hands? How much do you know about the people who make life-and-death decisions for you? How much can you see into the minds of doctors who can heal, who can harm, who can kill? This thriller will make you question everything.

The Hormone Diet by Dr. Natasha Turner. Lose Fat. Gain Strength. Live Younger Longer. Hormones are powerful chemical messengers in our body – they control everything from our reproductive functions to our mood, sleep, appearance and almost every other aspect of daily life. This book lays out a fool-proof plan to balance your life, once hormone at a time. But it is more than just a diet book. Along with advice for weight loss, there is recommendations for an anti-inflammatory detox, nutritional supplements, exercise, sleep, stress management, toxin-free skin care and natural hormone replacement, along with a personalized diet plan – all incorporated into a complete 3-step wellness program for lasting health and fat loss.

Always Looking Up by Michael J. Fox is the adventures of an incurable optimist. Michael writes about the hard-won perspective that helped him see challenges as

opportunities. Instead of building walls around himself, he developed a personal policy of engagement and discovery that has served him throughout his struggle with Parkinson's disease. Michael's exit from a very demanding, very public arena offered him the time – and the inspiration – to open up new doors leading to unexpected places. One door even led him to the center of his own family, the greatest destination of all.

We also have a new Mary Higgins Clark titled *Just Take My Heart*; *The Sisters of the Quilt* series by Cindy Woodsmall #1,2 & 3; *The Way Forward Is With A Broken Heart* by Alice Walker and *A Lion Called Christian* by Anthony Bourke and many more at the Mindemoya and Providence Bay libraries.

See you at your library!

A handwritten signature in cursive script that reads "Claire". The signature is written in black ink on a white background.