

Memoirs Available in the Library: September 2015

Adorjan, Johann. *An Exclusive Love.*

After nearly fifty years of marriage, Istvan and Vera go to bed one night and take their own lives. Presented in the format of a memoir, this is the story of their grand-daughter's exploration of the couple's treatment during the Holocaust, as well as the details of their escape from Hungary during the uprising of 1956, and the new lives they forged together.

Albon, Mitch. *Tuesdays with Morrie.*

When Mitch Albon re-connects with his revered college professor, it is only to discover that the old man is dying. Albon reinstates his Tuesday visits to the professor's study and is provided with lessons that change how Albon looks at the world.

Ali, Nujood. *I am Nujood, Age 10 and Divorced.*

In Nujood's homelad of Yemen, girls are married off by their fathers and often at an age much younger than in Western countries. When Nujood is married off at age ten and is subsequently abused by her husband, she takes matters into her own hands and goes to court to demand a divorce.

Allen, Tim. *I'm Not Really Here.*

When his wife and daughter leave on a weekend trip, Tim Allen is left alone to consider the meaning of life and the mysteries of marriage, children, and women. Enjoy his hilarious insights on why we are here.

Anonymous. *Go Ask Alice.*

It all started when a young teen was served a soft drink laden with LSD. Her addiction to LSD resulted in a life on the streets, a loss of innocence and eventually, her death. This diary of a namless teen is a stark depiction of the dangers of addiction.

Armstrong, Lance. *It's Not About the Bike.*

Armstrong shares thoughts on his childhood, his rise to fame as a cyclist, as well as his near-fatal battle with cancer, and his return to cycling to ultimately win the Tour de France. His down-to-earth style in telling about his struggles is part of the reason why Armstrong has become an inspiration to so many.

Beah, Ishmael. *Long Way Gone: Memoirs of a Boy Soldier.*

Abducted when he was twelve, Ishmael Beah was forced to become a child soldier in the civil war raging in Sierra Leone. An estimated 300,000 children world-wide have been abducted and forced to become child soldiers. Beah shares the horrors he was forced to both endure himself and to inflict on others.

Bryson, Bill. *The Life and Times of the Thunderbolt Kid: A Memoir.*

Ever wonder what it was like to grow up in America in the '50's? Bryson's laugh out loud stories about growing up in Des Moines will give you an idea.

Burroughs, Augesten. *Running with Scissors.*

Your mother just gave you up to psychiatrist who is just as imbalanced as she is. Now it's up to you to try and survive in a home where there are no rules, no school, prescription drugs, danger at every corner, and no one who cares. This may sound like a novel but it is the true story of a 12 year old boy who lived to tell the tale.

Burke, Terry "Stoney." *Under the Blue Helmet.*

In this first-hand account, Terry "Stoney" Burke paints a graphic picture of a peacekeeper's life in one of the most tumultuous and dangerous regions of the world. From the war-torn island of Cyprus, through his later missions in Israel and Lebanon, we follow him as he weaves an intriguing narrative of life as a Canadian peacekeeper.

Cahalan, Susannah. *Brain on Fire: My Month of Madness*

One day in 2009, twenty-four-year-old Susannah Cahalan woke up alone in a strange hospital room, strapped to her bed, under guard, and unable to move or speak. A wristband marked her as a "flight risk," and her medical records-chronicling a month long hospital stay of which she had no memory-showed hallucinations, violence, and dangerous instability. Only weeks earlier, Susannah had been on the threshold of a new, adult life: a healthy, ambitious college grad a few months into her first serious relationship and a promising career as a cub reporter at a major New York newspaper. Who was the stranger who had taken over her body? What was happening to her mind? Cahalan tells the astonishing true story of her inexplicable descent into madness and the brilliant, lifesaving diagnosis that nearly didn't happen.

Cain, Susan. *Wave*.

In December 2004, Sonali Deraniyagala, her English husband, and their two little boys travelled from London to the seaside resort of Yala on the south coast of Sri Lanka to spend Christmas with her parents. On the morning of December 26, they were packing to leave for Colombo when they saw an unusually large wave approach far too close to their hotel. They began to run, but very soon water engulfed them and she was separated from her family in the churning currents. She never saw them again. This is a brave and compelling memoir of those first terrifying moments, and of all that followed.

Cardella, Avis. *Spent: Memoirs of a Shopping Addict*.

Cardella grew reading fashion magazines and coveting the gorgeous purses and dresses models wore. The author eventually carved a career for herself in this industry, but soon found that her obsession with having the latest from Prada was consuming her life. Dangerously in debt, Cardella eventually had to face why what she wore defined who she was.

Cohen, Aaron. *Brotherhood of Warriors: Behind Enemy Lines with a Commando in One of the World's Most Elite Counter-terrorism Units*.

At the age of eighteen, Cohen left Beverly Hills to train in the Armed Forces and become a member of Israel's most elite and dangerous anti-terrorism operatives. Discover what it like to live a life where danger and the possibility of death lurk around every corner.

De Montalembet, Hugues. *Invisible: A Memoir*.

The author relates how a terrible act of violence resulted in the loss of his sight and considers what it means to see and be seen.

Diamond, Cheryl. *Model: A Memoir*.

Cheryl Diamond was 14 when she came on her own to New York City to make it as a model. Diamond worked hard, while watching other girls make mistakes she herself vowed never to make. However, a career-altering decision changed her life and nearly prevented her from achieving her goals. Now twenty and a high fashion model, this is Cheryl's story so far.

Dominick, Andie. *Needles: A Memoir of Growing Up With Diabetes.*

When Andie Dominick was nine, she was diagnosed with Juvenile Diabetes. In addition to giving herself two needles a day, this diagnosis brought with it a lot of tears, challenges, and life-changing moments. Dominick's memoir is a testimony to finding the courage to embrace life in spite of her fears.

Dugard, Jaycee. *A Stolen Life: A Memoir.*

The author recounts her kidnapping at age 11, and the ensuing 18 years that she spent held captive by an abusive, deranged kidnapper. During that time she gave birth to two daughters fathered by her captor. Learn how Jaycee found the strength to be there for her children and discover how she has adjusted to her freedom.

Evans, Faith. *Keep the Faith.*

Evans shares stories from her childhood and adolescence and then provides memories and insights from her marriage to music star Big.

Fleury, Theo. *Playing with Fire.*

NHL player Theo Fleury chronicles his NHL comeback and shares what it has been like to be in the spotlight after the world learned the disturbing news that Fleury had been abused by former coach Graham James. Most couldn't believe it when James was pardoned. Through this book Fleury shares his journey from hell and back.

Fontaine, Theodore. *Broken Circle: The Dark Legacy of Indian Residential Schools.*

Theodore Fontaine lost his family at age seven when his parents were forced to leave him at an Indian residential school. His life was not his own for the next 12 years. In this powerful memoir, Fontaine shares his experiences and the insights that have evolved on his healing journey.

Fox, Michael. *Lucky Man: A Memoir.*

Fox takes us from his childhood to his meteoric rise to fame as a teen and then a young man, but the main focus of this memoir is the first ten years of his life living with Parkinson's disease.

Fox, Michael. *Always Looking Up: The Adventure of an Incurable Optimist.*

Fox's second memoir looks at the last ten years: life after *Spin City*, life as an activist, husband, father and friend. Learn about his association with Lance Armstrong and his friendship with Mohammed Ali.

Frankel, Valerie. *Thin is the New Happy.*

At age eleven, Frankel's mother put her on her first weight-loss programme, thus beginning the author's obsession with weight. Realizing that equating happiness with being thin was not a legacy she wanted to pass on to her daughters, Frankel embarked on a journey to exorcise her body-image demons.

Frankl, Viktor E. *Man's Search for Meaning.*

Based on his own experience, as well as the stories of his patients, Frankel shares what it was like to live in a Nazi death camp. His main argument is that we cannot avoid suffering but we can choose how to cope with it, find meaning in it, and move forward.

Frey, James. *A Million Little Pieces.*

This memoir shares the horrifying scenes from a life of drug and alcohol addiction. When Frey finally entered rehab, doctors were amazed that his drug ravaged body had survived what he had done to himself. Frey shares his road back to recovery, his need to accept responsibility for his actions, and the ongoing struggle to stay clean.

Fung, Mellissa. *Under An Afghan Sky.*

In October 2008, Fung, a long-time reporter for CBC's *The National*, was kidnapped while leaving a refugee camp outside of Kabul. Her kidnappers, who claimed to be Taliban took her village in the middle of nowhere and pushed her towards a hole in the ground. For 28 days Fung lived in that hole, a hole barely big enough to stand up or lie down. Fung prayed, wrote in her notebook, AND interrogated her captors. *Under An Afghan Sky* is a tale of her captivity, but it is also a story about survival and Fung's indomitable spirit.

Gao, Er Tai. *In Search of My Homeland: A Memoir of a Chinese Labor Camp.*

As a young man, Gao published works in his native China that went against government policy. As a result he was sent to a labor camp where, within three years, 90% of his fellow prisoners died. Find out what it is like to be punished for practicing something that is a right in Canada: freedom of expression.

Gilbert, Melissa. *Prairie Tale.*

There aren't very many women today who were 'tweens in the late 70's, who didn't tune into *Little House on the Prairie*. Discover what it was like for a nine-year old girl to shoot to stardom on a show starring Michael Landon.

Griffin, John Howard. *Black Like Me.*

It's the Deep South, circa 1950's. Imagine how the average African American is treated by society. Now imagine deliberately changing your colour from white to black. Through medication, journalist John Howard Griffin darkened his skin and travelled through the American South, writing about how the colour of his skin determined how he was treated.

Grogan, John. *Marley and Me.*

Find out how 97 pounds of hyperactive Labrador retriever can form the basis of a newspaper column while changing a family for ever.

Grogan, John. *The Longest Trip Home.*

This memoir takes us back to Grogan's adolescence as he struggled to fit in in a family whose faith and beliefs did not match his own. Everything changes when Grogan meets the beautiful Jenny and begins to forge an adult life of his own.

Hadfield, Chris. *An Astronaut's Guide to Life on Earth.*

As commander of the International Space Station, Chris Hadfield captured our imagination. Now, with wit and eloquence, he reveals how his impossible dream of becoming an astronaut came true.

Higashida, Naoki. *The Reason I Jump.*

Naoki Higashida was only a middle-schooler when he began to write *The Reason I Jump*. Autistic and with very low verbal fluency, Naoki used an alphabet grid to painstakingly spell out his answers to the questions he imagines others most often wonder about him: why do you talk so loud? Is it true you hate being touched? Would you like to be normal? Naoki examines issues as diverse and complex as self-harm, perceptions of time and beauty, and the challenges of communication, and in doing so, discredits the popular belief that autistic people are anti-social loners who lack empathy.

Hill, Julie. *Footprints in the Snow.*

After Hill was paralyzed in a horrific car crash she opts to become the first paraplegic to have a revolutionary electronic device implanted in her spine, in the hopes it will help her to walk again. Follow her five year experience of learning to be mobile again.

Hill, Lawrence. *Black Berry, Sweet Juice.*

This memoir goes beyond Hill's personal anecdotes on what it is to be black to include interviews with other People of Colour from across the country. It is both a memoir of his own life and an extended profile of others who share his ancestry and background.

Hoge, Merrill. *Find a Way: Three Words that Changed My Life.*

Merrill Hoge always knew he would have to work hard to achieve his dreams. When he decided that dream was to play in the NFL, he had to prove himself to those who thought he was "too small and too slow." He played eight seasons with the NFL and retired in 1995. In 2003 Hoge was diagnosed with non-Hodgkin's lymphoma. This is the story of how Hoge applied his motto, "Find a Way" to his battle with cancer.

Hull, Dennis. *The Third Best Hull.*

Find out what it was like for Dennis Hull to join the NHL, following in the foot-steps of his brother Bobby.

Irving, John. *My Movie Business: A Memoir.*

Although Irving begins his memoir with an account of his grandfather, most of the book deals with the author's struggles to make several of his novels into screenplays and then, to make them into movies.

Janzen, Rhoda. *Mennonite in a Little Black Dress.*

When her husband leaves her for another man Rhoda thought things couldn't get worse. It could. Days later she is injured in a serious car accident. These life changing events prompt her to return to the Mennonite community where she was raised and these experiences form the basis of this memoir.

Jenkins, Phil. *Beneath My Feet: The Memoirs of George Mercer Dawson.*

In spite of being crippled as the result of a childhood illness, Dawson became a key member of the Canadian Geological Society, and was responsible for much of the surveying of the Canadian West that took place during the mid to late 19th century. His diaries have been organized into memoir format by author Phil Jenkins.

Johnston, Basil H. *Indian School Days.*

This memoir is the story of Basil Johnston, a native Ojibway, who was taken from his family at age 10 and placed in a "residential school" in northern Ontario. Johnston and his four-year-old sister were taken to a boarding school run by Jesuit priests. Johnston's book portrays the struggles of the young Indian boys as they struggle to adapt to a harsh and strange environment.

Juby, Susan. *Nice Recovery.*

Young adult author Juby didn't always have it all together. As a teenager, she experimented with alcohol and drugs. Her dependency continued into her college years and jeopardized her schooling and her life. It was not until Juby reached her mid twenties that she was able to ask for help and begin the journey that would allow her to reclaim her life.

Kamara, Mariatu. *The Bite of the Mango.*

Kamara enjoyed a happy childhood in her village in Sierra Leone until rebel soldiers attacked and killed most of the residents. The author was seized by these soldiers as she tried to escape to a neighbouring village and had both of her hands cut off. Kamara miraculously survived, and after life in a refugee camp and then time spent living on the streets, she made it to Toronto where she started a new life.

Karasik, Paul and Judy Karasik. *The Ride Together: A Brother and Sister's Memoir of Autism in the Family.*

Presented as half text and half comics, this memoir vividly describes what it is like for a family to live with autism.

Kaysen, Susanna. *Girl Interrupted.*

In 1967, after a session with a psychiatrist she'd never seen before, eighteen-year-old Susanna Kaysen was put in a taxi and sent to McLean Hospital. She spent most of the next two years in the ward for teenage girls in a psychiatric hospital as renowned for its famous clientele-Sylvia Plath, Robert Lowell, James Taylor, and Ray Charles-as for its progressive methods of treating those who could afford its sanctuary. Kaysen's memoir encompasses horror and razor-edged perception while providing vivid portraits of her fellow patients and their keepers. It is a brilliant evocation of a "parallel universe" set within the kaleidoscopically shifting landscape of the late sixties.

Kerman, Piper. *Orange is the New Black: My Year in a Woman's Prison.*

With a career, a boyfriend, and a loving family, Piper Kerman barely resembles the reckless young woman who delivered a suitcase of drug money ten years before. But that past has caught up with her. Convicted and sentenced to fifteen months at the infamous federal correctional facility in Danbury, Connecticut, the well-heeled Smith College alumna is now inmate #11187-424-one of the millions of people who disappear "down the rabbit hole" of the American penal system. From her first strip search to her final release, Kerman learns to navigate this strange world with its strictly enforced codes of behavior and arbitrary rules. She meets women from all walks of life, who surprise her with small tokens of generosity, hard words of wisdom, and simple acts of acceptance. Heartbreaking, hilarious, and at times enraging, Kerman's story offers a rare look into the lives of women in prison-why it is we lock so many away and what happens to them when they're there.

Kerouac, Jack. *On the Road.*

Kerouac's memoir records the life of an American traveler during the 1950's. Seen as a story of the beat generation, *On the Road* depicts underground America: its obsession with jazz, sex and drugs, along with moments of generosity.

Kerman, Piper. *Orange is the New Black.*

With a career, a boyfriend, and a loving family, Piper Kerman barely resembles the reckless young woman who delivered a suitcase of drug money ten years before. But that past caught up with her. Convicted and sentenced to fifteen months at the infamous federal correctional facility in Danbury, Connecticut, Piper is now inmate #11187-424. From her first strip search to her final release, Kerman learns to navigate this strange world with its strictly enforced codes of behavior and arbitrary rules. She meets women from all walks of life, who surprise her with small tokens of generosity, hard words of wisdom, and simple acts of acceptance. Heartbreaking, hilarious, and at times enraging, Kerman's story offers a rare look into the lives of women in prison-why it is we lock so many away and what happens to them when they're there.

King, Stephen. *A Memoir of the Craft.*

King's book is part memoir (stories of his childhood, life as a struggling and then emerging writer, to an account of his near-fatal car accident) and part practical review of the writer's craft.

Klug, Chris. *To the Edge and Back.*

Snowboarder Chris Klug was diagnosed with primary sclerosing cholangitis, a liver disease, during the 1996 World Cup season. In April 2000 Klug's liver began to fail so rapidly that doctors moved his name up on the transplant list. Klug received his transplant and went on to win a bronze medal at the 2002 Winter Olympics. This is his inspiring story.

Knighton, Ryan. *Cockeyed.*

In his teens, Ryan is diagnosed with retinitis pigmentosa, a disease that ultimately causes him to become totally blind. Follow him through his fifteen year descent into blindness and learn how he discovered the strength to go on.

Knox, Amanda. *Waiting to be Heard: A Memoir.*

In November 2007, Amanda Knox was twenty years old and had been studying abroad in Perugia, Italy, for only a few weeks when her friend and roommate, Meredith Kercher, was brutally murdered. The investigation made headlines around the world, and Amanda's arrest placed her at the center of a media firestorm. The subsequent trial exposed Amanda to international scrutiny and speculation, and she became a tabloid staple. In 2009, after an extremely controversial trial, she was convicted of murder. But in October 2011, after Amanda had spent four years in an Italian prison, and following a lengthy appeals process, the conviction was overturned. In *Waiting to Be Heard*, drawing from journals she kept and letters she wrote during her incarceration, Amanda gives an unflinching and deeply personal account of her harrowing experience, from the devastation of her friend's murder to the series of mistakes and misunderstandings that led to her arrest. She speaks intimately about what it was like, at the age of twenty, to find herself imprisoned in a foreign country for a crime she did not commit and demonized by the international media, and about the impact on her family and loved ones as they traveled back and forth to be at her side so that she would not be alone.

Laurence, Margaret. *Dance on the Earth.*

In this memoir, completed shortly before her death, Laurence shares insights about her career as a writer and her writing process. As well, she takes the reader on emotional journeys into her past as she shares stories about the people and cultures who influenced her. Finally, she shares details about her personal battle against censorship.

Leavitt, Sarah. *Tangles: A Story about Alzheimer's, My Mother and Me*

What do you do when your outspoken, passionate, and quick-witted mother starts fading into a forgetful, fearful woman? In this powerful graphic memoir, Sarah Leavitt reveals how Alzheimer's disease transformed her mother Midge-and her family-forever. In spare black and white drawings and clear, candid prose, Sarah shares her family's journey through a harrowing range of emotions-shock, denial, hope, anger, frustration-all the while learning to cope, and managing to find moments of happiness.

Levin, Alex. *Under the Yellow and Red Stars.*

When World War II began, Levin was a Jewish boy living in Poland. He and his family survived the Soviet occupation of their country during 1939-41, but things changed when the Nazis marched in. Alex's brother grabbed him and the two ran for the forest, just managing to escape the massacre of their town's Jewish population. Follow Alex's story as he describes how he managed to survive the war and how he struggled to begin a new life without family.

Lindhout, Amanda and Sara Corbett. *A House in the Sky.*

While covering the situation in Somalia in 2008, television reporter Amanda Lindhout was abducted by a group of masked men along a dusty road. Held hostage for 460 days, Amanda converts to Islam as a survival tactic, receives “wife lessons” from one of her captors and risks a daring escape. When things were at their worst, Amanda escaped mentally by going to her “house in the sky.”

McCourt, Frank. *Angela's Ashes.*

McCourt's memoirs of growing up in an impoverished Irish household. The mother, Angela, struggles to feed her children while the father drinks away any money he manages to earn. However, it is the father's ability to spin a yarn that helps the young Frank to recognize the value of story telling.

McCourt, Frank. *'Tis.*

McCourt's memoir is a story of his immigration to America from Ireland and his struggle to obtain an education so that he can become a teacher, but it is also a story of finding one's place in the world.

McCourt, Malachy. *Singing My Him Song.*

Irish actor and author McCourt takes us through some of his adult years as he chronicles his transformation from a “world class drunk” to a sober husband, father and grandfather.

Mann, Fred. *A Drastic Turn of Destiny.*

The rise of Nazi Germany meant that teenager Fred Mann had to grow up quickly. Follow in his footsteps as Mann describes how his family managed to stay one step ahead of the Nazi death machinery.

McKagan, Duff. *It's So Easy and Other Lies.*

In *It's So Easy*, Duff recounts GN'R's unlikely trajectory to a string of multiplatinum albums, sold-out stadium concerts, and global acclaim. But that kind of glory can take its toll, and it did--ultimately--on Duff, as well on the band itself. As GN'R began to splinter, Duff felt that he himself was done, too. But his near death as a direct result of alcoholism proved to be his watershed, the turning point that led to his unique path to sobriety and the unexpected choices he had made for himself since.

Mcore, Judith. *Fat Girl: A True Story.*

This memoir is a coming of age story of a young woman's love/hate relationship with food. Mcore appeals to the reader with her lush descriptions of food and juxtaposes them against heartbreaking accounts of her deep longing for family, love and a sense of belonging.

Mowat, Farley. *Bay of Spirits: A Love Story.*

Mowat's memoir is both a story of how he met and fell in love with the beautiful young artist Claire Wheeler, who became his wife, and a portrait of the people who lived on the islands of St. Pierre and Miquelon, the last outpost of French North America.

Myers, Walter Dean. *Bad Boy: A Memoir.*

As a boy, Myers was a study in contrasts: strong, quick tempered and ready for a fight, he was also a voracious reader, a fact he kept hidden in order to avoid teasing from neighbourhood boys. He aspired to be a writer but soon realized that growing up in 1940s/50s Harlem would make that a challenge. He began to doubt himself and the values he had always relied on and attended school less and less, turning to the streets and his books for comfort.

Nafisi, Ozar. *Reading Lolita in Tehran: A Memoir in Books.*

Imagine living in a culture where reading a book meant risking one's life! This memoir is about a group of Iranian women and their female teacher who together, put their lives on the line in order to read and discuss classics by author such as Fitzgerald, James, Austen, and Nabokov.

Northup, Solomon. *Twelve Years a Slave.*

In 1841, the educated musician Solomon Northup, a free man living in New York with his young family, was cruelly deceived by the promise of a job in Washington. He was then drugged, kidnapped, and sold into slavery. Northup was forced to be a slave for twelve years, at which time an opportunity presented itself for him to enlist help and escape.

Ortiz, Tito. *This Is Gonna Hurt: The Life of a Mixed Martial Arts Champion.*

The child of heroin addicts, Ortiz lived in motels and the back of homes belonging to his parents' friends. By the time he was ten, Ortiz had experimented with every drug that was out there. It wasn't until he discovered wrestling that Ortiz found a focus. He made his martial arts debut in 1997 and by 2000 was a light heavy weight contender. In this memoir Ortiz looks at his childhood and examines what he has learned from the mistakes made in his climb to glory.

Pausch, Randy. *The Last Lecture.*

Diagnosed with terminal cancer, professor Randy Pausch chose to present a “last lecture” to his students. However, the lecture was not about dying, but instead about living. It was about the importance of overcoming obstacles, about enabling the dreams of others, of seizing every moment. It was a summation of everything Randy had come to believe; it was about living.

Pelzer, Dave. *A Child Called ‘It’: One Child’s Courage to Survive.*

Dave Pelzer’s memoir is the story of one of the most severe child abuse cases in California. Discover how his dream of finding someone who would love and care for him gave him the strength to endure and to survive.

Pelzer, Dave. *The Lost Boy.*

The sequel to *A Child Called It*, this memoir follows the young Pelzer after he is taken from his alcoholic mother and placed in a series of foster homes.

Pelzer, Dave. *A Man Named Dave.*

This is the final chapter in Pelzer’s series of memoirs on his childhood of abuse. In this installment the adult Pelzer confronts his parents about their abuse and amazingly, is able to forgive his dying father.

Peters, Russell. *Call Me Russell.*

This candid first-person memoir chronicles Russell's life from his childhood as a bullied kid with ADD to his rise to fame as a comic. In school he learned to stick up for himself in the boxing ring, and as an adult in comedy clubs and arenas across the country. It's an inspirational story for aspiring artists of all cultures. Warning: mature language.

Pistorias, Martin. *Ghost Boy: The Miraculous Escape a Misdiagnosed Boy Trapped Inside His Own Body.*

In January 1988 Martin Pistorius, aged twelve, fell inexplicably sick. First he lost his voice and stopped eating. Then he slept constantly and shunned human contact. Doctors were mystified. Within eighteen months he was mute and wheelchair-bound. Martin's parents were told an unknown degenerative disease left him with the mind of a baby and less than two years to live.

Martin was moved to care centers for severely disabled children. The stress and heartache shook his parents' marriage and their family to the core. Their boy was gone. Or so they thought. *Ghost Boy* is the heart-wrenching story of one boy's return to life through the power of love and faith. In these pages, readers see a parent's resilience, the consequences of misdiagnosis, abuse at the hands of cruel caretakers, and the unthinkable duration of Martin's mental alertness betrayed by his lifeless body.

Ralston, Aron. *127 Hours: Between a Rock and a Hard Place.*

While hiking in the remote Utah canyonlands, Aron Ralston felt perfectly at home. Then, eight miles from his truck, in a deep and narrow slot canyon, an eight-hundred-pound boulder tumbled loose, pinning his right hand and wrist against the canyon wall. After six hellish days, Ralston decides what he has to do in order to beat the boulder and save his own life.

Renn, Crystal. *Hungry. (ebook only)*

The story of a young woman's rise to fame as a super thin model and her discovery that being comfortable in her own skin did not mean weighing one hundred pounds. Discover how Crystal became one of the top grossing 'plus size' (she is a size 12) models in the world.

Rhodes-Courter, Ashley. *Three Little Words: A Memoir.*

When her mother is deemed unfit to care for her, Rhodes-Courter spends the next nine years with fourteen foster families. She suffers humiliating abuse at the hands of one of those families. This is a story of how the author found the strength and the courage to escape this life and find happiness.

Rips, Paul-Henri. *E/96: Fate Undecided.*

The son of a diamond merchant in Antwerp, ten year old Paul-Henri had a comfortable home and everything a kid could want. That was until the Nazi invaded Belgium in 1940 and things horrifyingly changed.

Romano, Ray. *Everything and a Kite.*

Laugh out loud as you experience what life was like growing up in the Romano household, then move on to stories of the single life, dating, and marriage.

Schwarzenegger, Arnold. *Total Recall: My Unbelievably True Life Story*

Thirty-six years after coming to America, the man once known by fellow bodybuilders as the Austrian Oak was elected governor of California, the seventh largest economy in the world. He led the state through a budget crisis, natural disasters, and political turmoil, working across party lines for a better environment, election reforms, and bipartisan solutions. With Maria Shriver, he raised four fantastic children. In the wake of a scandal he brought upon himself, he tried to keep his family together. Until now, he has never told the full story of his life, in his own voice. Here is Arnold, with total recall.

Sebold, Alice. *Lucky: A Memoir.*

This gripping memoir tells the story of how as a first year college student, Sebold was brutally raped. The author shares how her family struggled to support and comfort her and chronicles her fight to ensure the trial, conviction and punishment of the young man who did this to her.

Serdula, Jay. *The Ambition of an Aspie: A Stroke by Stroke Account of One Man's Swim Across Lake Ontario.*

The author is a research assistant in the chemical Engineering Department at R.M.C. in Kingston. Outside of work, Serdula's passion is swimming and this book is his account of how, in spite of the unique challenges of Asperger's Syndrome, he managed to swim across Lake Ontario.

Shakur, Sanyika. *Monster: The Autobiography of a L.A. Gang Member.*

Written while the author was in solitary confinement, this is Shakur's memoir of sixteen years spent as a member of a Los Angeles gang. It is a scary portrait of the impact of violence on a life.

Sher, Abby. *Amen, Amen, Amen: Memoir of a Girl Who Couldn't Stop Praying (among other things).*

Sher's memoir chronicles how obsessive compulsive disorder threatened to take over her life and how she developed the coping strategies necessary to make it.

Small, David. *Stitches: A Memoir.*

At the age of fourteen, Small awoke from a supposedly minor operation to discover that he couldn't speak. He soon discovers that due to cancer, surgeons had removed his vocal cords. Using a graphic novel format, Small tells the story of the impact of this event on his own life and that of his family.

Smart, Elizabeth. *My Story.*

On June 5, 2002, fourteen-year-old Elizabeth Smart, the daughter of a close-knit Mormon family, was taken from her home in the middle of the night by religious fanatic, Brian David Mitchell and his wife, Wanda Barzee. She was kept chained, dressed in disguise, repeatedly raped, and told she and her family would be killed if she tried to escape. After her rescue on March 12, 2003, she rejoined her family and worked to pick up the pieces of her life. In her memoir, Smart tells of the constant fear she endured every hour, her courageous determination to maintain hope, and how she devised a plan to manipulate her captors and convinced them to return to Utah, where she was rescued minutes after arriving. Smart explains how her faith helped her stay sane in the midst of a nightmare and how she found the strength to confront her captors at their trial and see that justice was served.

Smith, Patti. *Just Kids*.

Artist Patti Smith would evolve as a poet and performer, and Robert Mapplethorpe would direct his highly provocative style toward photography. Bound in innocence and enthusiasm, they traversed the city from Coney Island to Forty-second Street, and eventually to the celebrated round table of Max's Kansas City, where the Andy Warhol contingent held court. In 1969, the pair set up camp at the Hotel Chelsea and soon entered a community of the famous and infamous—the influential artists of the day and the colorful fringe. It was a time of heightened awareness, when the worlds of poetry, rock and roll, art, and sexual politics were colliding and exploding. In this milieu, two kids made a pact to take care of each other. Scrappy, romantic, committed to create, and fueled by their mutual dreams and drives, they would prod and provide for one another during the hungry years. *Just Kids* begins as a love story and ends as an elegy. It serves as a salute to New York City during the late sixties and seventies and to its rich and poor, its hustlers and hellions.

Strayed, Cheryl. *Wild: From Lost to Found on the Pacific Crest Trail*.

At twenty-two, Cheryl Strayed thought she had lost everything. In the wake of her mother's death, her family scattered and her own marriage was soon destroyed. Four years later, with nothing more to lose, she made the most impulsive decision of her life: to hike the Pacific Crest Trail from the Mojave Desert through California and Oregon to Washington State—and to do it alone. She had no experience as a long-distance hiker, and the trail was little more than “an idea, vague and outlandish and full of promise.” But it was a promise of piecing back together a life that had come undone. Strayed faces down rattlesnakes and black bears, intense heat and record snowfalls, and both the beauty and loneliness of the trail.

Swiggett, Chelsea Rae. *Rae: My True Story of Fear, Anxiety, and Social Phobia*.

Since she was little Chelsea knew there was something different about her. It wasn't normal to have a panic attack when a plane flew over, to be absolutely terrified to speak in class, to feel as if she were constantly under a magnifying glass being judged. This book will give the reader insight into what it is like to live with a social phobia.

Szedlecki, Ann. *Album of My Life.*

Ann Szedlecki was a typical fourteen-year-old fun loving, Hollywood film obsessed teenager when the Nazis invaded Poland in 1939. Read about how the invasion changed her life.

Tammet, Daniel. *Born on a Blue Day.*

Born with Savant Syndrome, Tammet has a rare form of Asperger's that gives him almost unimaginable mental powers. Although he suffers from a severe autistic disorder, Tammet IS able to live a fully independent life. His memoir provides a vivid portrait of what it is like to live in his world.

Tang, Truong Nhu Tang. *A Vietcong Memoir.*

As a student in Paris, Tang was inspired by Ho Chi Minh's vision to unify Vietnam and he returned home to emerge as one of the major figures in the fight for liberation. This book explains what Vietnam itself thought it was fighting for and Tang goes on to describe why the post-war Vietnam did not live up to his vision of reunification.

Tannensapf, William and Krakauer, Renate. *Memoirs from the Abyss.*

William and Renate, father and daughter, share their memories of what it was like to be a Jew living in Nazi occupied Poland. In the Ghetto, Tannensapf feared daily for the lives of his wife and child. In contrast, young Krakauer, who had been "adopted" by her uncle's maid, lived a childhood protected, for the most part, from the horrors going on around her.

Thomas, Mary. *Behind Enemy Lines: A Memoir of James Moffat.*

It's 1944. After his Halifax bomber collides with an RAF Lancaster bomber, Moffat is forced to parachute into enemy territory. This is the story of how Resistance fighters and supporters help Moffat to survive for six months in Germany occupied Belgium and France until the end of the war.

Veil, Simone. *A Life.*

Veil's happy childhood in Nice came to an end in 1944 when her family was deported to the Jewish concentration camps. Her memoir describes the terrible experiences she endured in three camps and chronicles the loss of her father, mother and brother at the hands of the Nazis.

Walls, Jeanette. *The Glass Castle: A Memoir.*

Jeanette's young years were spent leading the nomadic life her non-conformist parents embraced. When lack of money forces them to return to the mining town where her parents grew up, Walls and her siblings must survive their father's alcoholism and petty crimes, and their mother's inability to accept responsibility for them.

Weathers, Beck. *Left for Dead: My Journey Home from Everest.*

When a storm separates a climbing crew it is a while before help arrives. When rescuers find Weathers they believe he is dying of hypothermia and leave him to continue their search for the rest of the team. Twelve hours later the miraculous occurs: Weathers appear out of the blowing snow-he has made it down the mountain. Follow this man's harrowing story back from death.

Wiesel, Elie. *Night.*

Wiesel was still a teenager when he was taken from his home and imprisoned in the Nazi death camp Auschwitz and then was sent to Buchenwald. Forced to witness the deaths of his family, this memoir is an agonizing memoir of man's inhumanity to man.

Wiss, Ray. *FOB Doc: A Doctor on the Front Lines in Afghanistan.*

A former infantry officer in the 1980s, Wiss re-enlisted with the Canadian Forces in 2007 with the intention of working in a sophisticated hospital on the base at Kandahar Air Field. However, within days he was asked to spend his tour outside the wire, at the far-flung operating bases (FOBs) where Canadian soldiers and their Afghan partners take the fight to the Taliban. *FOB Doc* is the diary Wiss kept during the three months he was there.

Wiszowaty, Robin. *My Maasai Life.*

Robin Wiszowaty believes that "opportunity isn't a chance; it's a choice." This philosophy prompted her, after finishing her first year of college, to leave all the comforts of the Western world to live in a traditional Maasai family in rural Kenya.

Wong, Jan. *Out of the Blue: A Memoir of Workplace Depression, Recovery, Redemption and Yes, Happiness*

At the height of her career in journalism, Wong's world came crashing down. A story she wrote on a school shooting sparked a violent backlash, including death threats. Her newspaper failed to stand by her, and for the first time her life Wong spiraled into clinical depression. She found herself unable to write, but the paper's management thought she was feigning illness, and fired her. This memoir is the surreal, wrenching and sometimes hilarious and ultimately triumphant story of one woman's struggle to come to terms with depression.

Ye, Ting-Xing. *A Leaf in a Bitter Wind: A Memoir.*

Ye, born in Shanghai, was orphaned by age 13 and forced to work on a prison farm where she was psychologically abused. Her memoir follows her escape from this environment, her training as a translator and her eventual defection to Canada. Ye lives with the author William Bell and is still fighting to bring the daughter she had to leave behind, to Canada.

Yousafzai, Malala. *I am Malala: The Girl Who Stood Up for Education and Was Shot by the Taliban.*

When the Taliban took control of the Swat Valley in Pakistan, one girl spoke out. Malala Yousafzai refused to be silenced and fought for her right to an education. On Tuesday, October 9, 2012, when she was fifteen, she almost paid the ultimate price. She was shot in the head at point-blank range while riding the bus home from school, and few expected her to survive. Instead, Malala's miraculous recovery has taken her on an extraordinary journey from a remote valley in northern Pakistan to the halls of the United Nations in New York. At sixteen, she has become a global symbol of peaceful protest and the youngest nominee ever for the Nobel Peace Prize.

Zalickas, Koren. *Smashed: Story of a Drunken Girlhood.*

Zalickas shares how her initial experimentation with alcohol lead to binge drinking and full-blown alcohol abuse. At twenty-four, Zalickas gave up drinking after a decade of drunkenness that resulted in black-outs and brushes with comas, date rape and suicide.