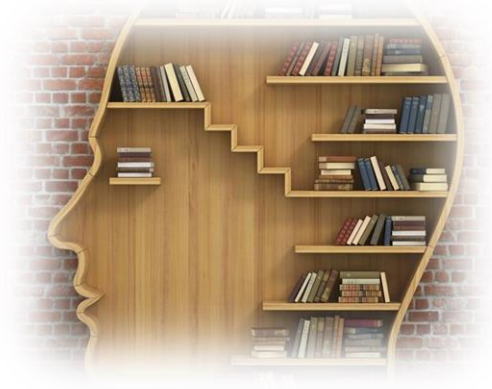


BOOK THOUGHTS

BATCH 34



1. Crooks Manifesto - Colson Whitehead
2. **trust the bluer skies** - Paulo da Costa
3. The Singularity - Balsam Karam
4. **Atlas of AI** - Kate Crawford
5. Blue Notes - Anne Catherine Bomann
6. Like Happiness - Ursula Villarreal-Moura
7. Where Was Goodbye? - Janice Lynn Mather
8. **How to Eat** - Mark Bittman + David L. Katz, MD.
9. **The Obesity Code** - Jason Fung, MD
10. **Your Whole Heart Solution** - Joel K. Kahn MD

BLUE = MEMOIR OR BIOGRAPHICAL

BLACK = FICTION

DARK RED = EDUCATIONAL + HISTORICAL FICTION

PURPLE = ESSAY OR STORIES

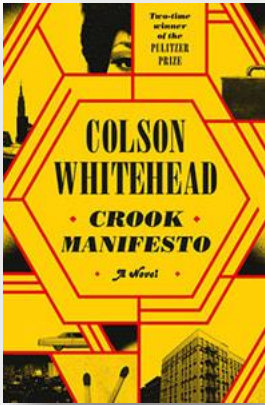
ORANGE = POETRY

CROOK MANIFESTO

COLSON WHITHEAD

A mixture of dark humour and enlightening storytelling.

How did the book make me feel/think?



Colson Whitehead's "**Crook Manifesto**" transports readers into a time capsule, whisking them back to a world fraught with racial disparities – a world many of us cannot truly grasp.

It exposes an arena where people are shamefully thrust into a life of crime, seeing it as their only means of survival amid the yet-to-be-crumbling American dream that isn't attainable for all.

Beneath its veneer, "**Crook Manifesto**" deftly sheds light on the 400-year head start afforded to some in society, which has been used to oppress others, keeping them crushed under the soles of their boots.

A mixture of dark humour and enlightening storytelling, "**Crook Manifesto**" helped me comprehend the steep price that comes with privilege: the maintenance of a system that subjugates others.

Now, when I witness a fire in the dilapidated quarters of the city where I reside, I can't help but ponder who stands to gain from the misfortune of those who are bound in a cycle of perpetual suffering.

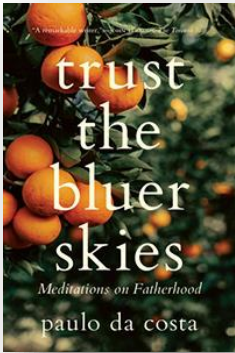
WRITTEN: 4 February 2024

TRUST THE BLUER SKIES

PAULO DA COSTA

An evocative journey, exploring the theme of innocence.

How did the book make me feel/think?



In **“Trust the Bluer Skies,”** Paulo da Costa invites readers on an evocative journey, exploring the theme of innocence.

The narrative unfolds as a father embarks on a trip with his four-year-old son to his ancestral home in Portugal. Through Koah, the young boy, we witness the purity of a child’s perspective – a lens that highlights the poetic nature of their bond.

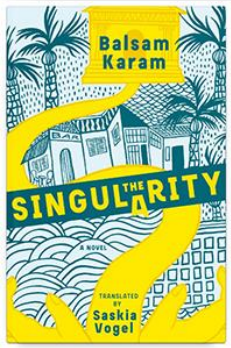
As the story progresses, the reader is drawn into the poignant struggle of a father striving to preserve his son’s innate wit and sense of wonder.

This quest takes place against a backdrop of a transforming world, where exploitation is rampant and once-natural landscapes are lost to ‘progress.’ The inexorable march of change threatens to erase the simplicities of life, leaving a world where innocence cannot endure untouched.

Koah’s character represents a poignant reminder—a call to rediscover the often-overlooked splendour in our surroundings we so readily sacrifice. His innocence challenges us to consider a slower pace of life, to reawaken to the beauty we are on the brink of destroying.

WRITTEN: 4 February 2024

THE SINGULARITY
BALSAM KARAM



What must one relinquish to truly belong in a world where . . .

How did the book make me feel/think?

“**The Singularity**” by Balsam Karam is an urgent call to face the grim realities confronting refugees. It unflinchingly portrays their relentless search for a better life, all while coping with intense discrimination, exploitation, and the daunting task of adapting to a new culture.

At the heart of this story is a refugee mother whose daughter disappears without a trace. With each passing day, her hope dwindles, compounded by the venom of racism, and hate she encounters.

Her plight is a mirror reflecting the broader experiences of many refugees – cast aside, mistreated, and reduced to ‘the other’ by a society still clinging to outdated, prejudiced views.

Karam’s narrative challenges the reader: What must one relinquish to truly belong in a world where, metaphorically, dinosaurs still roam – creatures incapable of envisioning a more compassionate and inclusive world?

The story asserts the answer lies in embracing diversity with open arms, not in greeting it with hostility.

Furthermore, “**The Singularity**” delivers a powerful message through the latter half in “**The Loses,**” suggesting if one’s reaction isn’t a deep-seated desire to improve as a person after engaging with this narrative, then it’s a sad reflection of their character.

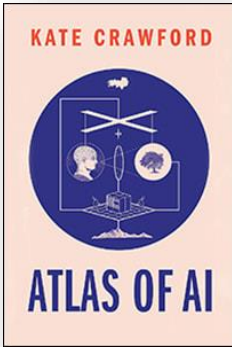
Karam’s prose, while exquisitely crafted, pierces the heart with its devastatingly truthful depiction of human suffering.

WRITTEN: 4 February 2024

Lindsay Wincherauk

THE ATLAS OF AI

KATE CRAWFORD



A clarion call in the midst of a world rapidly hurtling toward a science fiction reality.

How did the book make me feel/think?

Kate Crawford's "The Atlas of AI" is a clarion call in the midst of a world rapidly hurtling toward a science fiction reality. In an era where technology has ensnared humanity within a delicate web of ignorance, Crawford fearlessly exposes the underbelly of our AI-driven existence, revealing a landscape fraught with peril and exploitation.

Drawing parallels to the pioneers who carved out the American Dream, Crawford illustrates how the race for AI dominance mirrors the ruthless pursuit of land and power. In this new frontier, a battle rages for control of the narrative, with early entrants vying to shape the destiny of humanity. Yet, as we succumb to the allure of technological advancement, we unwittingly become complicit in our own subjugation, feeding the voracious appetite of AI with every digital footprint we leave behind.

"The Atlas of AI" lays bare the harsh realities of our interconnected world, exposing the hidden costs of our technological dependencies. From the devastation of land and cultures to the exploitation of marginalized communities, Crawford unveils the human toll of our insatiable quest for progress. With unflinching honesty, she challenges us to confront the uncomfortable truths lurking beneath the glossy façade of innovation, urging us to reclaim agency over our collective future before it slips irretrievably from our grasp.

In this gripping and incisive work, Crawford invites readers to embark on a journey of enlightenment and empowerment. Through her meticulous research and impassioned prose, she empowers us to question the prevailing narratives of technological utopia and demand accountability from those who wield power in the digital realm.

"The Atlas of AI" is not merely a book—it is a manifesto for a more just and equitable future, where a steadfast commitment to human dignity and social justice tempers the promise of technology.

WRITTEN: 9 March 2024

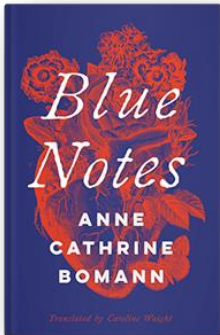
4

BLUE NOTES

ANNE CATHERINE BOMANN

A poignant reminder of the beauty inherent in life's complexities.

How did the book make me feel/think?



“Blue Notes” is a symphony of profound emotion, a captivating exploration of grief that resonates deeply with the human experience. In this compelling narrative, the insatiable hunger of Big Pharma intertwines with the inevitable trials of existence, forming a complex backdrop against which the characters navigate the depths of their sorrow and the heights of their resilience.

With a deft hand, the author introduces us to a cast of intricately crafted characters, each grappling with their own demons and desires. At the heart of the story lies a poignant dichotomy: the temptation to numb our pain for profit, contrasted with the courageous choice to confront our sorrows head-on, embracing them as essential facets of our journey toward self-discovery.

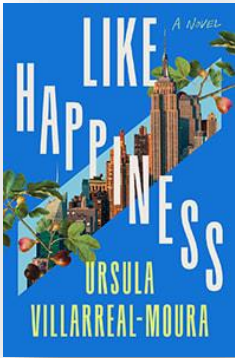
Through rich prose and evocative storytelling, “Blue Notes” challenges us to reconsider our relationship with grief, urging us to recognize its transformative power. For it is in our darkest moments that we find the raw material from which true growth and understanding emerge, infusing even the briefest moments of joy with profound meaning.

In a world increasingly threatened by homogenization and detachment, “Blue Notes” serves as a poignant reminder of the beauty inherent in life’s complexities. It is a masterful work capturing the essence of the human spirit, inviting readers to embrace the full spectrum of their emotions and embark on a journey toward authenticity and enlightenment.

WRITTEN: 9 March 2024

LIKE HAPPINESS

URSULA VALLARREAL-MOURA



A nuanced portrayal of a coming-of-age journey.

How did the book make me feel/think?

“Like Happiness” by Ursula Villarreal-Moura is a narrative that delves into intricate themes such as power dynamics, the pursuit of dreams, and the influence of dominant figures.

Set within the predominantly white world of publishing, it casts light on the challenges faced by those who deviate from the conventional archetype. For writers considered ‘other,’ there exists a paradox; they are simultaneously revered and isolated, celebrated on a pedestal from which they stand alone.

The novel skillfully underscores the critical importance of self-discovery and the courage it takes to remain authentic despite outside pressures and the lurking presence of potential exploiters.

“Like Happiness” offers a nuanced portrayal of a coming-of-age journey that navigates the complexities of aspiring to authenticity and achieving self-realization.

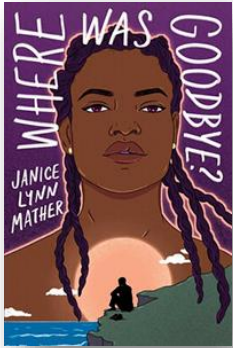
WRITTEN: 5 February 2024

WHERE WAS GOODBYE

JANICE LYNN MATHER

Navigating the Turbulent Waters of Grief.

How did the book make me feel/think?



In “Where Was Goodbye?” Janice Lynn Mather takes readers on an emotional rollercoaster through the aftermath of tragedy, shedding light on the dark corners of grief and loss. With delicacy and insight, Mather explores the raw pain of losing a loved one to suicide, a subject often shrouded in silence.

In the heart of the story is Karmen, grappling with the devastating loss of her brother to the silent killer that is suicide. As she struggles to make sense of the incomprehensible, Karmen embarks on a journey of self-discovery, desperately seeking

solace and understanding in a world turned upside down.

Mather’s narrative skillfully weaves together the threads of Karmen’s grief, from her mother’s suffocating sorrow to her father’s stoic façade of normalcy. Each character’s unique response to loss is a poignant reminder that grief knows no formula, no roadmap.

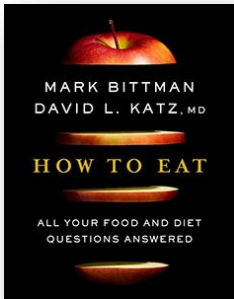
Through Karmen’s journey, Mather offers a lifeline to those drowning in sorrow, a voice that speaks to the universal experience of loss and the resilience of the human spirit.

“Where Was Goodbye?” is more than just a YA novel; it’s a testament to the power of storytelling to heal and illuminate. Mather’s brave exploration of grief is a beacon of light in the darkness, offering comfort and understanding to those who need it most.

WRITTEN: 10 March 2024

HOW TO EAT

MARK BITTMAN + DAVID L. KATZ, MD



Looking for a literary feast that'll tantalize your taste buds while nourishing your mind and conscience?

How did the book make me feel/think?

Looking for a literary feast that'll tantalize your taste buds while nourishing your mind and conscience? Look no further than "How To Eat" by Mark Bittman and David L. Katz MD. This book isn't just about what's on your plate; it's a full-course meal of wisdom, served with a side of sass and a dollop of hard-hitting truth.

Bittman and Katz take us on a culinary journey through the tangled jungle of modern diets, slicing through the hype of fad regimens with a surgeon's precision. But this book isn't just about fitting into your skinny jeans; it's about the survival of our species and our planet.

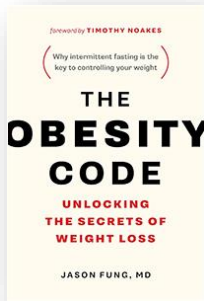
With every page turn, you'll find yourself nodding in agreement as the authors debunk myths and lay bare the consequences of our food choices, from the destruction of the environment to the toll on our health. But fear not, dear reader, for amidst the stark realities lies a beacon of hope – the power of whole, plant-based foods.

Prepare to have your mind expanded and your palate tantalized as Bittman and Katz serve up a smorgasbord of evidence supporting a mostly vegetarian diet. It's not just about saving the cows; it's about saving ourselves and the world we call home.

In a world where convenience often trumps consciousness, "How To Eat" is a refreshing reminder that every bite we take carries weight – not just for our waistlines, but for the future of humanity. So, grab a fork and dig in. Your heart, your children, and the planet will thank you.

WRITTEN: 10 March 2024

THE OBESITY CODE
JASON FUNG, MD



A smorgasbord of insights into the true culprit behind our expanding waistlines: insulin levels.

How did the book make me feel/think?

In “The Obesity Code,” Dr. Jason Fung offers a witty commentary on America’s weight loss fixation and the widespread adoption of the Western diet. The book’s cover belies its content: it’s not just another homage to intermittent fasting; instead, Fung presents various thoughts pinpointing insulin as the main factor in our increasing girth.

Fung employs sarcasm and irreverence to critique a society that paradoxically promotes eating for weight loss. As he examines the maze of diet trends and weight-loss schemes, he uncovers the ironic fact that our fixation on dieting has inflated into a \$40 trillion industry this year alone—a figure that would cause even the greediest corporations to blush.

However, “The Obesity Code” isn’t merely another entry in the diet literature. It’s an alert, cleverly packaged as an entertaining journey through the modern dietary landscape.

Fung confronts the uncomfortable truths about our growing obesity issue without mentioning the damage caused by unchecked consumption. While the tone is often humorous and light, the underlying message is serious: it isn’t too late to alter our eating patterns, and the best time to start is now.

With a nod to future generations, books like his should be required reading in every school, offering a recipe for healthier living that just might help slow the destruction of our planet.

So, grab a fork and dig in—because “The Obesity Code” is a feast for the mind and a call to action for a healthier, happier future. And who knows? Maybe with a little less flab and a little more wisdom, we can all take a bite out of global obesity while nourishing our collective souls.

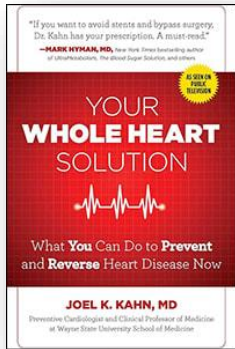
WRITTEN: 9 March 2024

YOUR WHOLE HEART SOLUTION

JOEL K. KAHN, MD

A Prescription for Heart Health: Joel K. Kahn's Life-Changing Guide.

How did the book make me feel/think?



In a world where our hearts bear the brunt of our fast-paced, meat-centric lifestyles, Dr. Joel K. Kahn emerges as the beacon of hope we desperately need. In his groundbreaking book, “Your Whole Heart Solution,” Kahn doesn’t just offer advice – he prescribes a roadmap to a healthier heart and a longer life.

With 75 simple prescriptions that won’t break the bank, Kahn lays out a blueprint for heart health that’s accessible to everyone. From the humble kale to the mighty beet, he champions the power of plant-based nutrition as the key to unlocking vitality and longevity.

10

For readers like me, who have felt the terrifying grip of a stroke, Kahn’s words carry an even greater weight. As I navigate the aftermath of my own health scare, his candid guidance serves as a lifeline, reminding me the choices I make on my plate can determine not just the quality of my days, but the quantity of them too.

Gone are the days of resigned acceptance to a lifetime of pill-popping. With each prescription embraced, I’m reclaiming control over my health, inching closer to a future where the only screams I hear are of joy, not of medical emergencies.

At 63 years young, I’m not just reading Kahn's book – I’m living it. With every leafy green and every mindful bite, I’m investing in another 30 years or more of heart-healthy bliss. And as I turn the page to prescription number four, I do so with gratitude, knowing that with Kahn’s guidance, every day is a chance to thrive, not just survive.

WRITTEN: 10 March 2024