



BENSON PUBLIC LIBRARY

Staff members share some of their favorite books.....



Recommended by Peggy.....

..... simply

Retra

with Camille Roskelley

Camille Roskelley, best-selling author of *Simplify with Camille Roskelley*, puts a brand new spin on traditional-block quilting. By exploring modern print combinations and employing innovative techniques such as supersizing blocks, Roskelley offers a fresh interpretation of classic blocks in 12 achievable projects. Simple enough for beginners, all of the projects are easy to piece using precuts, yardage, and scrap fabrics. And, as always, Roskelley's fail-proof instructions and expert knowledge will guide and inspire every step of the way.

- Master a variety of simple techniques such as half-square triangles and easy Flying Geese for a bold, sophisticated style
- Classic-block quilting gets a modern makeover with jumbo sizes, fresh prints and colors, and secondary patterns created with color placement
- Bridge the traditional and modern with quilts that have timeless appeal

Recommended by Kelli.....

**UNVEILING
GRACE**

The story of how we found our way out of the Mormon Church

By Lynn K. Wilder

From a rare insider's point of view, Unveiling Grace looks at how Latter-day Saints are 'wooing our country' with their religion, lifestyle, and culture. It is also a gripping story of how an entire family, deeply enmeshed in Mormonism, found their way out and what they can tell others about their lives as faithful Mormons.

Recommended by Andrew.....

What Went Wrong

How the 1% hijacked the American middle class And what other countries got right

By George R. Tyler

Something has gone seriously wrong with the American economy.

The American economy has experienced considerable growth in the last 30 years. But virtually none of this growth has trickled down to the average American. Incomes have been flat since 1985. Inequality has grown, and social mobility has dropped dramatically. Equally troubling, these policies have been devastating to both American productivity and our long-term competitiveness.

Many reasons for these failures have been proposed. Globalization. Union greed. Outsourcing.

But none of these explanations can address the harsh truth that many countries around the world are dramatically outperforming the U.S. in delivering broad middle-class prosperity. And this is despite the fact that these countries are more exposed than America to outsourcing and globalization and have much higher levels of union membership.

In *What Went Wrong*, George R. Tyler, a veteran of the World Bank and the Treasury Department, takes the reader through an objective and data-rich examination of the American experience over the last 30 years. He provides a fascinating comparison between the America and the experience of the “family capitalism” countries: Australia, Austria, Belgium, Denmark, France, Germany, the Netherlands, and Sweden.

Over the last 30 years, they have outperformed the U.S. economy by the only metric that really matters—delivering better lives for their citizens. The policies adopted by the family capitalist countries aren’t socialist or foreign. They are the same policies that made the U.S. economy of the 1950s and 1960s the strongest in the world.

What Went Wrong describes exactly what went wrong with the American economy, how countries around the world have avoided these problems, and what we need to do to get back on the right track.

Recommended by Vicky.....

Easy Makeovers

101 quick design fixes you can do in a weekend

By Michele Keith

With *Country Living*, creating the perfect home is amazingly easy and fast—and the results look professional, too! Each section of this fabulous guide covers a specific area of decorating, all featuring invaluable tips from seasoned experts and the magazine's top editors. For fantastic floors, learn when and why to remove carpet, add pattern with scatter rugs, and handle hardwoods. Surround yourself with beauty by turning plain walls fabulous. Give any house personality-plus with furniture that's more than just a place to sit, outstanding window treatments, and beautifully displayed collections. Solid information on finding, measuring, and maintaining assure that even novice decorators get it right the first time—and keep things looking great for years.

Recommended by Megan.....

The Healthy GREEN DRINK Diet

Advice and Recipes to Energize, Alkalize, Lose Weight, and Feel Great

By Jason Manheim

Celebrities, models, and nutritionists to the stars are all about the "green" drink—here's how to enjoy them at home.

One juice or smoothie a day—made from green vegetables such as kale, cucumber, celery, and spinach—works wonders for organ health, immune system strength, and weight loss. Now the founder of heathygreendrink.com offers a persuasive argument for adding a green drink to your day, as well as recipes for dozens of different variations.

Why drink green?

Green leafy vegetables are extremely alkaline and great for lowering your blood pH and remedying many common ailments and diseases. By juicing or blending the vegetables into a delicious smoothie, you can enjoy the goodness of many more cups of greens that you could possibly eat in one sitting.

The juicing process also breaks down or removes the fibers of the plants so their nutrients are able to get into your system quicker.

·he “green drink” approach offers dieters the chance to add something rather than take it away, without guilt.

A cleansing detox drink is a fantastic, tasty way to consume all your necessary vitamins and minerals without having to resort to a processed multivitamin. Plus, green-drinkers quickly start to crave more fruits and vegetables, leading them to a healthier diet over all. The Healthy Green Drink Diet gives health enthusiasts all the tools they need to add green drinks to their daily routine and feel the wonderful, energizing results through and through.

80 color illustrations