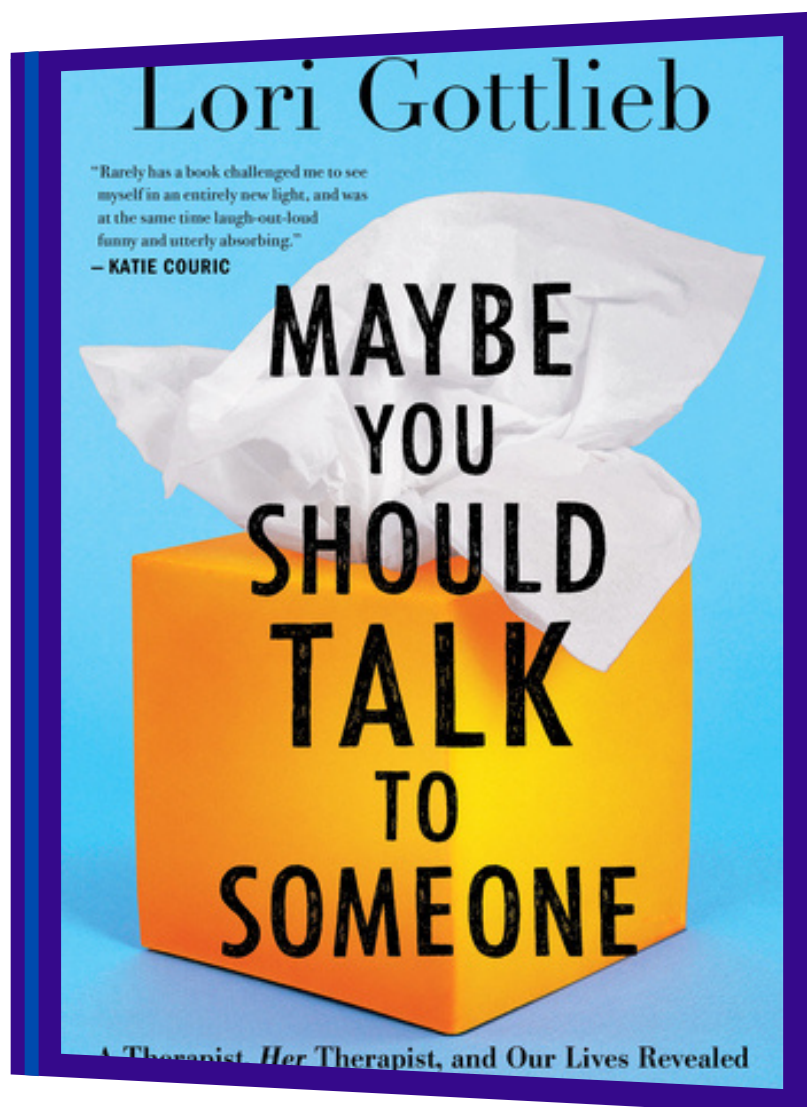




Blind Date with a Book

Non-Fiction



Maybe You Should Talk to Someone: a therapist, her therapist, and our lives revealed

by Lori Gottlieb

One day, Lori Gottlieb is a therapist who helps patients in her Los Angeles practice. The next, a crisis causes her world to come crashing down. Enter Wendell, the quirky but seasoned therapist in whose office she suddenly lands. With his balding head, cardigan, and khakis, he seems to have come straight from Therapist Central Casting. Yet he will turn out to be anything but.

As Gottlieb explores the inner chambers of her patients' lives -- a self-absorbed Hollywood producer, a young newlywed diagnosed with a terminal illness, a senior citizen threatening to end her life on her birthday if nothing gets better, and a twenty-something who can't stop hooking up with the wrong guys -- she finds that the questions they are struggling with are the very ones she is now bringing to Wendell.

With startling wisdom and humor, Gottlieb invites us into her world as both clinician and patient, examining the truths and fictions we tell ourselves and others as we teeter on the tightrope between love and desire, meaning and mortality, guilt and redemption, terror and courage, hope and change.

Maybe You Should Talk to Someone is revolutionary in its candor, offering a deeply personal yet universal tour of our hearts and minds and providing the rarest of gifts: a boldly revealing portrait of what it means to be human, and a disarmingly funny and illuminating account of our own mysterious lives and our power to transform them.

Flying Free: my victory over fear to become the first Latina pilot on the US Aerobatic Team

by Cecilia Aragon

The daughter of a Chilean father and a Filipina mother, Cecilia Rodriguez Aragon grew up as a shy, timid child in a small midwestern town during the 1960s. Targeted by school bullies and dismissed by many of her teachers, she worried that people would find out the truth: that she was INTF. Incompetent. Nerd. Terrified. Failure. This feeling stayed with her well into her twenties when she was told that girls can't do science or women just don't know how to handle machines.

Yet in the span of just six years, Cecilia became the first Latina pilot to secure a place on the United States Unlimited Aerobatic Team and earn the right to represent her country at the Olympics of aviation, the World Aerobatic Championships. How did she do it?

Using mathematical techniques to overcome her fear, Cecilia performed at air shows in front of millions of people. She jumped out of airplanes and taught others how to fly. She learned how to fund-raise and earn money to compete at the world level. She worked as a test pilot and contributed to the design of experimental airplanes, crafting curves of metal and fabric that shaped air to lift inanimate objects high above the earth. And best of all, she surprised everyone by overcoming the prejudices people held about her because of her race and her gender.

Flying Free is the story of how Cecilia Aragon broke free from expectations and rose above her own limits by combining math and logic with her passion for flying in unexpected ways. You don't have to be a math whiz or a science geek to learn from her story. You just have to want to soar.

