

# Unplug with a good book: Librarians share ideas

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## FULL TEXT

Read a good book lately? You're not alone. About 65 percent of Americans have read a book printed on paper in the past year, according to the PEW Research Center, and that percentage hasn't changed significantly in the past five years.

Reading a printed book, as it turns out, is a great way to unplug and relax. There are a lot of genres to choose from —steampunk, historical, chic lit, romance, mystery, Christian, nonfiction, suspense, science fiction, street lit and more.

There is no doubt that your public library has a book that will appeal to you.

Colleen Rortvedt, Appleton Public Library director, recommends "Crossing the Unknown Sea: Work as a Pilgrimage of Identity" by David Whyte. This book asks the reader to look at work and our vocations as journeys of self-expression and important parts of how we interact with the world. His writing describes his own personal story, which allows the reader to connect to their own struggles. "Crossing the Unknown Sea" helps reframe the way we look at work and re-ignite the excitement that drew us to our vocations.

Vicki Lenz, Elisha D. Smith Public Library director, suggests "News of the World" by Paulette Jiles. The book recounts the rescue of a girl taken from her family in post-Civil War Texas, complete with a shootout. It's a story about connecting with other people from all walks of life and helping each other.

Kirk Moore-Nokes, Elisha D. Smith young adult and media librarian, recommends "The Hate U Give" by Angie Thomas and "The Librarian of Auschwitz" by Antonio Iturbe.

I recommend the nonfiction title "How Not to Die" by Dr. Michael Greger, and the novel "Manhattan Beach" by Jennifer Egan.

What about children? Stroll into the children's section at your library and you will see kids of all ages snuggled on couches reading picture books, board books and chapter books. They are using their imaginations and enriching their vocabularies. Yes, they are still reading the old favorites, "Goodnight, Moon," "The Giving Tree," "The Velveteen Rabbit," "Curious George" and "Madeline."

Kathy Beson, Elisha D. Smith head of children's services, has her favorites: "Hero on a Bicycle" by Shirley Hughes and Erin Hunter's "Warriors" series.

Come in to your library. There is a reader out there for every book on the shelf. Reread a favorite, dig into a classic, find a new author or try a new genre. Unplug and enjoy.

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Your Turn

Cate Brandt

Guest columnist

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