

**ECLECTIC READERS GROUP  
HOW TO / SELF HELP  
JANUARY 16, 2010**

613.25 Bauer, Joy

BAUE **COOKING WITH JOY: THE 90/10 COOKBOOK**

“The 90/10 refers to 90% healthy and 10% fun. There are lots of different recipes. It’s a good mix between the intellectual part of the brain and the ‘fun carefree’ side of us all. A cookbook is the perfect ‘how to’ for me. I get easily bored eating the same thing all the time and I enjoy cooking” - Karen G.



\* Hauck, Dennis William

**THE COMPLETE IDIOT’S GUIDE TO ALCHEMY**

“There really is a Complete Idiot’s guide for everything. I got this as research for a novel, and so far, it’s pretty interesting. As Teresa pointed out, given the current economic climate, it really is too bad that alchemists never did figure out how to make gold out of lead. That could come in handy right now. Of course, alchemy was always more about personal transformation, but the experiments of the Medieval alchemists led directly to modern chemistry” - Linda

155.24 Johnson, Spenser

JOHN **WHO MOVED MY CHEESE?**

“This little book was very popular a couple of years ago. This is a way to deal with change and it’s very timely for me. It’s the story of a maze with two rats and two little people in it. Each one has specific characteristics. They go to the place where the cheese is, and one day, it’s gone. The cheese represents whatever brings meaning into your life. What do you do when it’s not there? It also asks the question: what would you do if you weren’t afraid? Very quick read” - Karen G.

\* Reps, Paul

**10 WAYS TO MEDITATE**

“Pub. 1969. Reps was a poet, artist and Zen Buddhist. The book itself is a work of art—the covers are made of wood, the spine is cloth, the bookmark is sandpaper; the text is illustrated with brush paintings. The book is divided into ten chapters, each just a few pages long. At the end, you say, what? Luckily, there is a section in the back entitled ‘some questions, some answers’. I liked his answer to the question, ‘but how do I meditate? Exactly what do I do?’ His answer: ‘You don’t, you let it do, it is built in, you are doing it already.’ It’s very Zen” - Robin



153 Singer, Michael A.

**SING THE UNTETHERED SOUL**

“He starts out by talking about our ‘internal roommate’, that little voice in your head that never seems to shut up. There are ‘two different aspects of your inner being. The first is you, the awareness, the witness, the center of your willful intentions; and the other is that which you watch.” I only got through the first eight chapters before I had to return it. (Someone had the bad taste to put a reserve on it before I could finish reading it.) But I think the idea is to untether the soul from the ongoing drama of being human in order to find peace and serenity. Interesting, at times amusing, but not a fast read. There’s too much to ponder” - Linda

158.12 Tart, Charles T.

**TART LIVING THE MINDFUL LIFE**

“This book combines Tibetan Buddhist theory and the meditation practices of Gurdjieff, an Armenian ‘truth-seeker’ who went East, learning all kinds of Eastern religious practices, and came back and made a system of meditation for the West. It is the transcript of a retreat and two follow-ups with meditative practices. It combines Buddhism and psychology. Very interesting. Some of the techniques are helpful. Now I’m trying to figure out the difference between Christian mysticism, shamanism, Buddhist meditation and qi gong. If by next month I’m a drooling idiot, you’ll know what happened” - Teresa



158.2 Ury, William

**URY THE POWER OF A POSITIVE NO: HOW TO SAY NO AND STILL GET TO YES**

“By the same man who wrote *Getting to Yes* about negotiating. He’s an anthropologist by trade. He began to realize that getting to ‘yes’ begins with a positive ‘no’. We refrain from saying no to avoid damaging relationships. A positive no is a yes to yourself and protecting what’s important to you. Interesting” - Karen G.

Wild Card Recommendations:

F Koontz, Dean

**KOONTZ BROTHER ODD**

“I read *Odd Thomas* last month and didn’t like the characters, but he’s more appealing here. He sees ‘bodachs’, a black panther-like darkness, before a catastrophe. A monk gets killed and Odd thinks the children are in danger. We get to know the different monks and why they’re there. I liked it quite a bit” - Karen M.



M Leon, Donna  
LEON, D **DEATH AT LA FENICE**

“The first Guido Brunetti mystery. It’s the kind of mystery that involves characters, not just plot. Guido is called to an opera house in Venice where the conductor has been found poisoned in his dressing room. It may or may not be a suicide. We get to know a lot about the conductor who was losing his hearing. Guido is a very likable, humble man, and I liked learning about the culture of Venice” - Karen M.



F Trollope, Anthony  
TROL **BARCHESTER TOWERS**

“A self-improving read, but not self-help. It was published in 1857, and the author was a British post office employee... Part of a series which Trollope set in an imaginary Barsetshire, this one is about the conflict between High Church and Low Church, which the author explores by setting out an unpleasant group of people—which includes the smarmy Rev. Slope and the irascible Mrs. Proudie, who believes herself to be the bishop of Barchester, rather than her husband—and a pleasant group, including the Rev. Harding, a gentle, good cleric, and his naive daughter Eleanor, and the Rev. Arabin, who comes to Barchester a bachelor and ends the book married to Eleanor. It's a lovely book, very often funny, as it must be when it deals with the foibles of many people, and also very serious about pride and acquisitiveness. I recommend it heartily” - Ruth



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\* Not in APL system

Disclaimer: All books reviewed herein were checked out of the library or purchased by the reviewer. None were provided free of charge for the purpose of an endorsement.