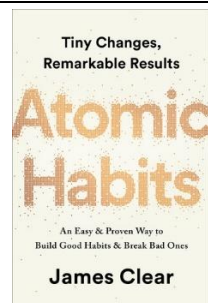


# Most Popular Adult Nonfiction at the Library in 2020 Booklist

Updated 2021



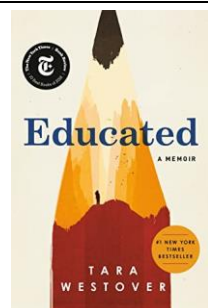
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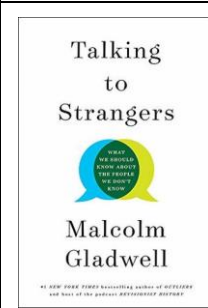
155.24 CLEAR  
**Atomic Habits: Tiny Changes, Remarkable Results: An Easy & Proven Way to Build Good Habits & Break Bad Ones**  
by James Clear  
2018



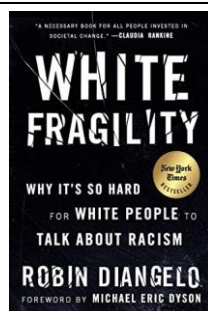
158.1 HOLLIS  
**Girl, Wash Your Face: Stop Believing the Lies About Who You Are so You Can Become Who You Were Meant to Be**  
by Rachel Hollis  
2018



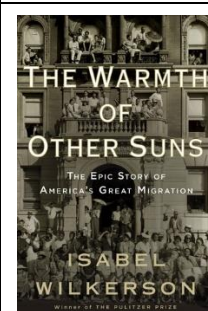
270.092 WESTOVER  
**Educated: A Memoir**  
by Tara Westover  
2018



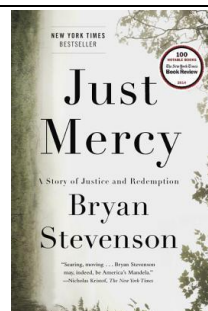
302 GLADWELL  
**Talking to Strangers: What We Should Know About the People We Don't Know**  
by Malcolm Gladwell  
2019



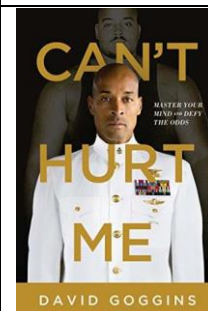
305.8 DIANGELO  
**White Fragility: Why It's So Hard for White People to Talk About Racism**  
by Robin J. DiAngelo  
2018



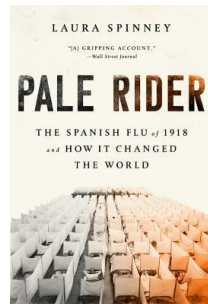
304.809 WILKERSON  
**The Warmth of Other Suns: The Epic Story of America's Great Migration**  
by Isabel Wilkerson  
2010



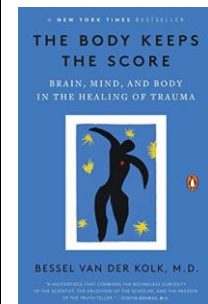
353.4 STEVENSON  
**Just Mercy: A Story of Justice and Redemption**  
by Bryan Stevenson  
2015



359.09 GOGGINS  
**Can't Hurt Me: Master Your Mind and Defy the Odds**  
By David Goggins  
2018



614.518 SPINNEY  
**Pale Rider: The Spanish Flu of 1918 and How It Changed the World**  
by Laura Spinney  
2018



616.852 VAN DER KOLK  
**The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma**  
by Bessel A. Van der Kolk  
2014

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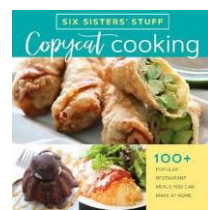
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616.891 GOTTLIEB  
**Maybe You Should Talk to Someone: A Therapist, Her Therapist, and Our Lives Revealed**  
by Lori Gottlieb  
2019



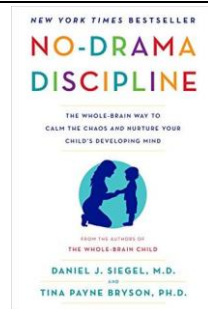
641.597 GAINES  
**Magnolia Table: A Collection of Recipes for Gathering**  
by Joanna Gaines  
2018



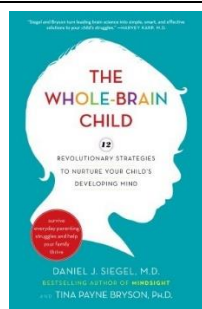
641.597 SIX  
**Copycat Cooking: 100+ Popular Restaurant Meals You Can Make at Home**  
by Six Sisters' Stuff  
2018



648.8 SHEARER  
**The Home Edit: A Guide to Organizing and Realizing Your House Goals**  
by Clear Shearer  
2019



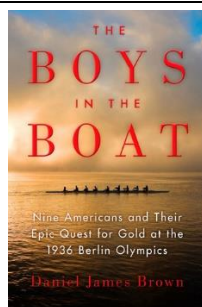
649.1 SIEGEL  
**No-Drama Discipline: The Whole-Brain Way to Calm the Chaos and Nurture Your Child's Developing Mind**  
By Daniel J. Siegel  
2014



649.101 SIEGEL  
**The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind**  
by Daniel J. Siegel  
2011



747 GAINES  
**Homebody: A Guide to Creating Spaces You Never Want to Leave**  
by Joanna Gaines  
2018



797.123 BROWN  
**The Boys in the Boat: Nine Americans and Their Epic Quest for Gold at the 1936 Berlin Olympics**  
by Daniel Brown  
2013



940.53 TEN BOOM  
**The Hiding Place**  
By Corrie Ten Boom  
1971



BIOGRAPHY OBAMA  
**Becoming**  
by Michelle Obama  
2018