



Eat, Pray, Love: One Woman's Search for Everything Across Italy, India and Indonesia

by Elizabeth Gilbert

Although she had everything an educated, ambitious American woman was supposed to want, including a husband, a home, and a successful career as a magazine writer, at age 30 Elizabeth Gilbert was consumed with panic, grief, and confusion. This is an account of her yearlong worldwide pursuit to discover what she really wanted out of life.

Travel Memoirs & More

The Geography of Bliss: One Grump's Search for the Happiest Places in the World by Eric Weiner (910.4 Wei). Mixes travel, psychology, science and humor to investigate not what happiness is, but where it is, offering travelers of all moods some interesting new ideas for sunnier destinations and dispositions.

Down the Nile: Alone in a Fisherman's Skiff by Rosemary Mahoney (916.204 Mah). Documents the author's dangerous voyage, during which she faced civil unrest, local disapproval about women traveling alone, wild animals, harsh climate, and the unlikely assistance of a kind Muslim sailor.

Traveling Mercies: Some Thoughts on Faith by Anne Lamott (234.2 Lam). Combining elements of spiritual study and memoir, the author describes her odyssey of faith, drawing on her own sometimes troubled past to explore the many ways in which faith sustains and guides one's daily life.

Bella Tuscany: The Sweet Life in Italy by Frances Mayes (945.5 May). Explores life in the idyllic Italian countryside, offering authentic Tuscan recipes and an intimate portrayal of the local people and the environment.

A Thousand Days in Venice: An Unexpected Romance by Marlena de Blasi (945.31 DeB). Featuring Marlena's own incredible recipes, this is the enchanting true story of a woman who opens her heart—and falls in love with both a man and a city.

Committed: A Skeptic Makes Peace with Marriage by Elizabeth Gilbert (306.81 Gil). When the U.S. government gave her and her Brazilian-born lover an ultimatum—marry or Felipe cannot enter the country again—she tackled her fears through research and personal reflection on the enduring institution of marriage.

A Year of Intentional Change

Julie and Julia: 365 Days, 524 Recipes, 1 Tiny Apartment Kitchen... by Julie Powell (641.5092 Pow). The author challenges herself to cook her way through Julia Child's 1961 classic, **Mastering the Art of French Cooking**.

So Many Books, So Little Time: A Year of Passionate Reading by Sara Nelson (028.9 Nel). Shows how the world of books intermingled with her relationships as she recognized the intimacy of the written word and literary themes.

A Year in Provence by Peter Mayle (944.9 May). Describes the experience of moving into a two-hundred-year-old French farmhouse, with observations on the people and culture.

Animal, Vegetable, Miracle: A Year of Food Life by Barbara Kingsolver (641.0973 Kin). One family's effort to live on locally- and home-grown foods, learning lighthearted truths about food production and the connection between health and diet.

The Year of Living Biblically: One Man's Humble Quest to Follow the Bible as Literally as Possible by A. J. Jacobs (220 Jac). Follow the author as he tries to be fruitful and multiply, grow a beard and avoid mixed-fiber clothing. See also: **The Know-it-all** and **The Guinea Pig Diaries**.

Piano Lessons: Music, Love & True Adventure by Noah Adams (786.2092 Ada). Describes his midlife decision to learn to play the piano, a lifelong dream that made him reevaluate his life achievements.

One Year Off: Leaving It All Behind for a Round-the-world Journey with Our Children by David Elliot Cohen (910.41 Coh). Offers stunning photographs of the journey and striking tales of adventures encountered along the way.

A Year by the Sea: Thoughts of an Unfinished Woman by Joan Anderson (974.492043 And). Separated from her husband and a flat marriage, a woman examines her life and finds the wisdom and peace that allows her to revitalize her marriage and freely engage life.