

There will be a time when you'll be called upon to comfort another human being. Do you know what to say or do? Val Walker, author of *The Art of Comfort*, provides a step by step guide to help make that human connection with people in distress. There are other ways to communicate with someone who is suffering without using words. Making a meal, playing cards, or taking out the trash can show others you care.

*Miraculous Moments* by Elissa Al-Chokhachy contains true stories affirming that life goes on after death. Elissa, a Hospice nurse, shares the wisdom she has learned from almost twenty years of caring for the dying and the bereaved. The question is, does life continue after death? Does love ever die? Will we ever be reunited with loved ones? This book offers hope and reassurance. It may bring comfort to anyone who is mourning the loss of a loved one, or, just thinking about whether life really does go on.

The color beige is often the universal color for the average home interior. Choosing bright, bold or elegant colors can be overwhelming. In *The Colourful Home* by Vinnie Lee, you'll get a better sense of how you can use the colour key to create a beautiful interior. Accent your room with colored tile, carpets and rugs, and don't forget the pillows. Find out what works, what's practical, and what emotional connection comes with your color choice.

Jim Gorant, author of *The Lost Dogs* tells the horrific story of professional football player Michael Vick's dog fighting operation. One of the nation's most publicized cases of animal cruelty prompted a public outcry to save fifty-one pit bulls taken from Vick's farm. The author tells an inspiring story of survival, rescue and redemption with man's best friend. Find out the fate of the dogs in this unimaginable and heart wrenching story.

Are you a big fan of Discovery's *Deadliest Catch*? The library owns seasons 1 through 5 on DVD. See what it's like to fish on the Bering Sea, considered to be the most brutal fishing grounds on earth. Arctic winter storms, freezing cold temperatures, gusting winds, and high seas can jeopardize the lives of any captain and his crew, searching for the elusive Alaskan king crab. Sig Hansen, captain of the fishing vessel the *Northwestern*, has written a book about his life on the deadly Alaskan waters. *North by Northwestern* tells the story of a seafaring family that can trace its heritage back to the vikings. Sig's brothers' Edgar and Norman also help on the *Northwestern* vessel. This is truly a rags to riches story for the Hansen brothers.

At one point in her life Nancy Makin weighed so much that she couldn't leave her home. She spent several years shut inside, depressed and cut off from the rest of the world. At 45 years old, Makin

weighed more than 700 pounds and had serious medical problems that came with severe obesity. She knew that if the course of her life didn't change, she would soon be dead. 703 : How I lost more than a quarter ton and gained a life, is the inspiring story of how, with courage and determination , Nancy reclaimed her life.

All of the books mentioned above are available at the Manistee County Library. For more information please contact the library at 723-2519.