



We Review the
Best of the Latest
Books

ISSN 1934-6557

SirReadaLot.org | 1289 Fordham Blvd, Suite 500 | Chapel Hill
NC 27514 | USA

ph 9199292249 | fx 9199321508 | www.sirreadalot.org

September 2022

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Contents

September 2022.....	1
Entertainment & Sports / Business	3
The MGM Effect: How a Hollywood Studio Changed the World by Steven Bingen (Lyons Press)	3
History / Economics / Feminism.....	4
A Herstory of Economics, 1 st edition by Edith Kuiper (Polity Press).....	4
History / Military.....	5
Captured at Singapore: A Diary of a Far East Prisoner of War by Jill Robertson & Jan Slimming, with a foreword by Terry Waite (Pen & Sword Military).....	5
History / Military / Cold War	6
Flashpoints: Air Warfare in the Cold War by Michael Napier (Osprey Publishing)	6
History / World War II	7
Blue Water War: Maritime Struggle in the Mediterranean and Middle East, 1940–1945 by Brian E. Walter (Casemate Publishers)	7
History / Native America / Women.....	9
Amelia Stone Quinton and the Women's National Indian Association: A Legacy of Indian Reform by Valerie Sherer Mathes, with a foreword by Lori Jacobson (<i>Women and the American West Series, Vol. 2: The University of Oklahoma Press</i>)	9
Literature & Fiction / Mysteries & Thrillers	10
The Woman in the Library: A Novel by Sulari Gentill (Poisoned Pen Press).....	10
Psychology / Education & Learning / Parenting	12
The Emotionally Intelligent Child: Effective Strategies for Parenting Self-Aware, Cooperative, and Well-Balanced Kids by Rachael Katz MS Ed & Helen Shwe Hadani PhD (New Harbinger Publications, Inc.).....	12

Psychology / Self-Help / Workbooks	14
The DBT Workbook for Emotional Relief: Fast-Acting Dialectical Behavior Therapy Skills to Balance Out-of-Control Emotions and Find Calm Right Now by Sheri Van Dijk, MSW (New Harbinger Publications, Inc.).....	14
Religion & Spirituality / History / Sociology	16
Early Christ Groups and Greco-Roman Associations: Organizational Models and Social Practices by Richard S. Ascough (Cascade Books)	16
Religion & Spirituality / Theology / Philosophy / Science	18
Theistic Evolution: A Scientific, Philosophical, and Theological Critique edited by J. P. Moreland, Stephen C. Meyer, Christopher Shaw, Ann K. Gauger, & Wayne Grudem, with a foreword by Steve Fuller (Crossway).....	18
Bibliography	20
Entertainment & Sports / Business	20
The MGM Effect: How a Hollywood Studio Changed the World by Steven Bingen (Lyons Press)	20
History / Economics / Feminism.....	20
A Herstory of Economics, 1st edition by Edith Kuiper (Polity Press)	20
History / Military.....	20
Captured at Singapore: A Diary of a Far East Prisoner of War by Jill Robertson & Jan Slimming, with a foreword by Terry Waite (Pen & Sword Military)	20
History / Military / Cold War	20
Flashpoints: Air Warfare in the Cold War by Michael Napier (Osprey Publishing)	20
History / World War II	20
Blue Water War: Maritime Struggle in the Mediterranean and Middle East, 1940–1945 by Brian E. Walter (Casemate Publishers).....	20
History / Native America / Women.....	20
Amelia Stone Quinton and the Women's National Indian Association: A Legacy of Indian Reform by Valerie Sherer Mathes, with a foreword by Lori Jacobson (<i>Women and the American West Series, Vol. 2: The University of Oklahoma Press</i>)	20
Literature & Fiction / Mysteries & Thrillers	20
The Woman in the Library: A Novel by Sulari Gentill (Poisoned Pen Press)	20
Psychology / Education & Learning / Parenting	20
The Emotionally Intelligent Child: Effective Strategies for Parenting Self-Aware, Cooperative, and Well-Balanced Kids by Rachael Katz MS Ed & Helen Shwe Hadani PhD (New Harbinger Publications, Inc.)	20
Psychology / Self-Help / Workbooks	20

The DBT Workbook for Emotional Relief: Fast-Acting Dialectical Behavior Therapy Skills to Balance Out-of-Control Emotions and Find Calm Right Now by Sheri Van Dijk, MSW (New Harbinger Publications, Inc.)	21
Religion & Spirituality / History / Sociology	21
Early Christ Groups and Greco-Roman Associations: Organizational Models and Social Practices by Richard S. Ascough (Cascade Books)	21
Religion & Spirituality / Theology / Philosophy / Science	21
Theistic Evolution: A Scientific, Philosophical, and Theological Critique edited by J. P. Moreland, Stephen C. Meyer, Christopher Shaw, Ann K. Gauger, & Wayne Grudem, with a foreword by Steve Fuller (Crossway)	21

Entertainment & Sports / Business

[The MGM Effect](#): How a Hollywood Studio Changed the World by Steven Bingen (Lyons Press)

Metro-Goldwyn-Mayer's emblem has opened thousands of movies since 1924, Leo, the omnipotent and ageless lion, is the most recognized corporate symbol in the world. Not just in the entertainment industry, but in any industry in the history of human civilization. But MGM has been a competitively insignificant force in the motion picture industry for nearly as long as it once, decades ago, dominated that industry. In fact, the MGM lion now presides not over movies alone, but over thirty world-class resorts, and is also a recognized leader in the fields of real estate, theme parks, casinos, golf courses, consumer products, and even airlines, all around the world. [The MGM Effect](#) is a look at what made MGM the Mount Rushmore of studios, how it presented itself to the world, and how it influenced everything from set design to merchandising to music and dance, and continues to do so today.

Author Steven Bingen is an archivist, lecturer and Hollywood insider who has contributed to dozens of books, articles, and documentaries regarding film history and in particular Hollywood's physical past.

How did MGM's Leo come to preside not only over movies but also over thirty world-class resorts and a recognized leader in fields around the world? How did MGM evolve from a film company, which originally was Frankensteined together through a most uneasy and contentious merger, to the inexplicable creation of a business model still relevant today for the entire US film industry – and as one of the world's most recognizable and resilient brands? With MGM, one realizes that the product, as romantic as it is, is perhaps less pertinent than the effect that product has had on the world. Despite what readers may think, it was never just about the movies.

To understand the studio's effect on cultural history, the history of MGM itself needs to be studied. The first part of [The MGM Effect](#) is a chronological look at the company's romantic and rocky first one-hundred-odd years. This is not another study of the films and the stars who dominated the studio and its times; it is a corporate history of MGM and those who influenced its growth and decline.

Part II grapples with MGM's place in the larger world, at how the studio has been portrayed on film, on television, in books, comics, song, parody and prose. MGM's branding outside Hollywood is examined, with comparative and quizzical visits to Las Vegas casinos, odd theme park attractions, into the lairs of Italian Mafiosos, through interactive worlds, and even through a most decadent flight aboard MGM Grand Airlines. And the unique ripple effect through the 20th century and beyond, on its fervent fan base. [The MGM Effect](#) declares we are all now part of the MGM effect.

Steve Bingen's [The MGM Effect: How a Hollywood Studio Changed the World](#) is thoroughly researched and beautifully illustrated with photographs documenting MGM's history. Bingen's fascinating prose and fine research skills are sure to entertain and educate fans of film history, particularly those interested in classic film. – Hometowns to Hollywood

From Hollywood to hotels, [The MGM Effect](#) tells the story of a brand that has become more than just a symbol of cinematic achievement.

History / Economics / Feminism

[A Herstory of Economics](#), 1st edition by Edith Kuiper (Polity Press)

There were only a few women economists who made it to the surface and whose voices were heard in the history of economic thought of Adam Smith, David Ricardo, John Maynard Keynes, and Milton Friedman – right? Wrong!

In [A Herstory of Economics](#), distinguished economist Edith Kuiper shows readers that the history of economic thought is just that, a his-story, by telling the herstory of economic thought from the perspective of women economic writers and economists.

Kuiper is Chair of the Economics Department and Associate Professor at the State University of New York, New Paltz.

Although some of the women discussed in [A Herstory of Economics](#) were well known in their time, they were excluded from most of academic economics, and, over the past centuries, their work has been neglected, forgotten, and thus become invisible. Kuiper introduces readers to an amazing crowd of female pioneers and reveals how their insights are invaluable to understanding areas of economics ranging from production,

work, and the economics of the household, to income and wealth distribution, consumption, and public policy.

[A Herstory of Economics](#) focuses on women's writing on economic issues, and not, for instance, on economists' writing on women's issues, because it is here – on the basis of their gender – that women economic writers and economist have been excluded – they were not allowed to take up any sort of position at universities. The book focuses on the work of people who, *as women*, developed a perspective on the economy that was and is very different from that developed by men *as men*. It is those hidden stories and those silenced voices that Kuiper in [A Herstory of Economics](#) goes back to, learns from, and uses to reassess the economic concepts, ideas, and theories that men have developed over the centuries.

This excellent detective work solves a kind of murder mystery: it reveals the underappreciated heroines of a remarkably longstanding effort to improve the scope of economic theory. – Nancy Folbre, University of Massachusetts

History is written by the victors, and for too long economics has been dominated by old white men. This pioneering book denounces the male bias in economics and sets the record straight. Edith Kuiper shows that proper consideration for women's many contributions to economic thinking opens up economics to badly needed new ideas and perspectives. We need less history and more herstory. – Carlo D'Ippoliti, Sapienza University of Rome

[A Herstory of Economics](#), a pathbreaking book, presents a whole new perspective on the development of economic thought. It is essential reading for all students and scholars of the history of economic thought and feminist economics.

History / Military

[Captured at Singapore](#): A Diary of a Far East Prisoner of War by Jill Robertson & Jan Slimming, with a foreword by Terry Waite (Pen & Sword Military)

What would it be like to leave your loved ones behind knowing you may never see them again? Then depart on a ship in the dead of night heading for an unknown destination and find yourself in the heat of a battle which concludes in enemy conditions so terrible that your survival in captivity is still under threat?

Cultivated from a small, faded, address book secretly written by a young soldier in the Royal Army Service Corps, [Captured at Singapore](#) is a POW story of adventure, courage, resilience and luck.

Authors Jan Slimming and Jill Robertson are the daughters of Stanley Moore, the soldier whose diary is the basis of the book. Slimming is a publishing professional with a former

career in London's educational and international publishing industry before moving to America. As Director of three companies, she has also chaired committees and fund-raising initiatives in aid of children's education, before delving into historical research. Robertson is West Sussex Area Coordinator CoFEPOW (Children of Far Eastern Prisoners of War) and WASPI (Women Against State Pension Inequality).

As told in [Captured at Singapore](#), in 1940, Londoner Stanley Moore became Driver T/170638 and trained for desert warfare along with many others in the British Army's 18th Division. Their mission, they thought, was to fight against Hitler and fascism in the Middle East. But in a change of plan and destination, he and his fellow servicemen became sacrificial lambs on a continent much further from home.

After tough rudimentary combat training in England, Stan's division set off on a secret overseas mission. After months at sea, and several unexpected ports of call, their convoy was redirected to the other side of the world as the Imperial Japanese Army rampaged across Manchuria, Hong Kong and other parts of Asia. Singapore was under sole British jurisdiction and a large naval base had been built after the First World War to defend the island at the foot of the Malay Peninsula. The British Government believed Japan would never attack their prize territory and so left Singapore to fight for itself with limited troops and outdated equipment. But after an attack on Pearl Harbor, the under-trained and undersupplied 18th Division was redirected to fight the Japanese.

Using extensive research and personal documents, [Captured at Singapore](#) – via their father's small, faded, diary and his 1990 tape recording – tells of Stan's journey and arrival in Keppel harbor under shellfire; the horrific 17 day battle to defend the island, the Japanese Admonition and the harrowing forced labor conditions after capitulation. Only a small percentage of the 85,000 British troops returned after the war. Captivity and years of trauma ultimately stole years of the young soldiers' lives, which they were later ordered to forget by the British Government.

[Captured at Singapore](#) provides information for future generations to understand how ordinary men died under horrific conditions of war and how the lucky survived.

History / Military / Cold War

[Flashpoints](#): Air Warfare in the Cold War by Michael Napier (Osprey Publishing)

From acclaimed aviation historian Michael Napier comes [Flashpoints](#), a survey of the aerial fighting in the flashpoints of the Cold War.

Napier joined the RAF in 1978 as a University Cadet and studied Aeronautical Engineering at the Imperial College, London. He qualified as a fast jet pilot in 1985, and his military flying career encompassed both the Cold War and operations over Iraq after the Gulf War. Napier left the RAF in 1997 and joined British Airways, first as a First Officer and later as a Captain.

The Cold War years were a period of unprecedented peace in Europe, yet they also saw a number of localized but nonetheless intense wars throughout the wider world in which air power played a vital role.

[Flashpoints](#) describes eight of these Cold War conflicts: the Suez Crisis of 1956, the Congo Crisis of 1960–65, the Indo-Pakistan Wars of 1965 and 1971, the Arab-Israeli Wars of 1967 and 1973, the Falklands War of 1982 and the Iran-Iraq War of 1980–88. In all of them both sides had a credible air force equipped with modern types, and air power shaped the final outcome.

Napier in [Flashpoints](#) details the wide range of aircraft types used and the development of tactics over the period. The postwar years saw a revolution in aviation technology and design, particularly in the fields of missile development and electronic warfare, and these conflicts saw some of the most modern technology that the NATO and Warsaw Pact forces deployed, alongside some relatively obscure aircraft types such as the Westland Wyvern and the Folland Gnat.

Covering the Suez Crisis, the Congo crisis, the two Indo-Pakistan wars, the Arab-Israeli wars, the Falklands war and the Iran-Iraq war, the book casts a wide net and offers superbly researched and very detailed accounts – Susan Wilson, Army Rumour Service

Highly illustrated, with over 240 images and maps, [Flashpoints](#) is an authoritative account of the most important air wars of the Cold War.

History / World War II

[Blue Water War](#): Maritime Struggle in the Mediterranean and Middle East, 1940–1945 by Brian E. Walter (Casemate Publishers)

[Blue Water War](#) is a complete history of the prolonged and colossal conflict waged by the British and their subsequent American partners against the combined forces of Italy, Germany and Vichy France in the Mediterranean and Middle East.

Author Brian E. Walter is a retired Army officer from a combat arms branch with a Bachelor of Science Degree in Political Science and International Relations. A Distinguished Military Graduate and recipient of the Excellence in Military History Award from the U.S. Army Center for Military History and the Association of the United States Army, he has been a student of the British military during the Second World War for more than 30 years. In researching [Blue Water War](#), he did thousands of hours of research and analysis over a 25-year period during which time he reviewed and took inputs from hundreds of primary and secondary sources.

For three millennia the Mediterranean Sea served as the center of western civilization and the scene of many colossal wars and naval battles. In the early summer of 1940,

this ancient body of water again played host to a new and extensive conflict as the Kingdom of Italy challenged Britain for dominance within the region. With France on the verge of collapse and Britain facing the prospect of imminent invasion, the Italians hoped to re-establish control over the Mediterranean. The only thing standing in their way was the heavily outnumbered British Mediterranean Fleet and the equally outnumbered British ground and air forces present in the region. Together, these forces would determine whether the Mediterranean reverted back to Italian control or whether the Allies would prevail and retain supremacy over this great body of water for themselves.

[Blue Water War](#) tells the story of this epic struggle. It was a prolonged and colossal conflict waged at differing times against the combined forces of Italy, Germany and Vichy France over a wide area stretching from the coastal waters of Southern Europe in the north to Madagascar in the south and Africa's Atlantic coast in the west to the Persian Gulf in the east. Utilizing a variety of weapons including surface warships, submarines, and aircraft along with sizable merchant fleets, the British and their subsequent American partners maintained vital seaborne lines of communication, conducted numerous amphibious landings, interdicted Axis supply activities and eventually eliminated all semblances of Axis maritime power within the theater. In turn, these actions facilitated multiple Allied victories that helped secure the defeat of the European Axis.

Contents of [Blue Water War](#) include:

1. Setting the Stage
2. The Opening Moves
3. Germany Enters the Fray
4. Stabilizing the Middle East
5. Malta under Siege
6. Turning Point
7. Masters of the North African Shores
8. Italy Subdued
9. Supporting the Southern Flank
10. Victory on the Peripheries
11. Britannia's Sea, Victory in the Mediterranean
12. The Triumph of British Maritime Power

This is an excellent volume that shines a searchlight on a part of World War II that is often overlooked. – A Wargamers Needful Things

*Brian Walter again demonstrates a command of facts and a respect for balance in [Blue Water War](#), a history of the naval campaigns fought in the Mediterranean during World War II. This is a fine narrative history graced by clear prose and a lucid style. Moreover, because Walter covers every campaign's every nook and cranny from the war's start to its end, it an excellent reference as well. – Vincent P. O'Hara, author of *Struggle for the Middle Sea**

[Blue Water War](#) provides a complete, balanced and detailed account of the epic maritime struggle in the Mediterranean throughout World War II and analyzes the role the maritime effort played in facilitating the eventual Allied victory. Well written, it is an excellent narrative history.

History / Native America / Women

[Amelia Stone Quinton and the Women's National Indian Association](#): A Legacy of Indian Reform by Valerie Sherer Mathes, with a foreword by Lori Jacobson (*Women and the American West Series, Vol. 2: The University of Oklahoma Press*)

[Amelia Stone Quinton and the Women's National Indian Association](#), the first full account of Amelia Stone Quinton (1833–1926) and the organization she cofounded, the Women's National Indian Association (WNIA), offers a nuanced insight into the intersection of gender, race, religion, and politics in our shared history. Author Valerie Sherer Mathes shows how Quinton, like Helen Hunt Jackson, was a true force for reform and progress who was nonetheless constrained by the assimilationist convictions of her time.

Mathes is Professor Emerita of City College of San Francisco.

The WNIA, which Quinton cofounded with Mary Lucinda Bonney in 1879, was organized expressly to press for a 'more just, protective, and fostering Indian policy.' But it was also to promote the assimilation of the Indian through Christianization and 'civilization.' Charismatic and indefatigable, Quinton garnered support for the WNIA's work by creating strong working relationships with leaders of the main reform groups, successive commissioners of Indian affairs, secretaries of the interior, and prominent congressmen. The WNIA's powerful network of friends formed a hybrid organization: religious in its missionary society origins but also political, using its powers to petition and actively address public opinion.

Mathes in [Amelia Stone Quinton and the Women's National Indian Association](#) follows the organization as it evolved from its initial focus on evangelizing Indian women – and promoting Victorian society's ideals of 'true womanhood' – through its return to its missionary roots, establishing over sixty missionary stations, supporting physicians and teachers, and building houses, chapels, schools, and hospitals.

This biography of Amelia Stone Quinton distills Valerie Sherer Mathes's mastery of the subject into a story of one of the foremost activists in the Indian reform movement. Mathes both places Quinton's work in its historical context and remains critical of the WNIA and its assumptions and goals. – Thomas John Lappas, author of *In League against King Alcohol: Native American Women and the Woman's Christian Temperance Union, 1874–1933*

Valerie Sherer Mathes reveals Quinton to be a master organizer, publicist, investor, and political strategist who spent years at the helm of a highly influential national women's association. Quinton was by turns driven, flawed, uncompromising, and sympathetic. Mathes's detailed depiction paints Quinton as a paragon of the middle-class Protestant idealism of her time, as forward-thinking as she was culturally entrenched – in other words, Mathes gives her the fully human treatment due an exceptional woman in U.S. history. – Jane Simonsen, author of *Making Home Work: Domesticity and Native American Assimilation in the American West, 1860–1920*

With reference to Quinton's voluminous writings – including her letters, speeches, and newspaper articles – as well as to WNIA literature, Mathes in [Amelia Stone Quinton and the Women's National Indian Association](#) draws a complex picture of an organization that at times ignored traditional Indian practices and denied individual agency, even as it provided dispossessed and impoverished people with health care and adequate housing. And at the center of this picture is Quinton, a woman and reformer of her time.

Literature & Fiction / Mysteries & Thrillers

[The Woman in the Library](#): A Novel by Sulari Gentill (Poisoned Pen Press)

Investigations are launched, fingers are pointed, potentially dangerous liaisons unfold and I was turning those pages like there was cake at the finish line. – Moira Macdonald, *Seattle Times* must-read books for summer 2022

In every person's story, there is something to hide...

Ned Kelly award winning author Sulari Gentill sets [The Woman in the Library](#), a mystery-within-a-mystery, in motion with a deceptively simple, *Dear Hannah, What are you writing?*, pulling readers into the ornate reading room at the Boston Public Library.

After setting out to study astrophysics, graduating in law and then abandoning her legal career to write books, Gentill now grows French black truffles on her farm in the foothills of the Snowy Mountains of Australia.

So in [The Woman in the Library](#), Gentill sets a fun house mirror into the still quiet of the Boston Public Library's reading room. The tranquility is shattered by a woman's terrified scream. Security guards take charge immediately, instructing everyone inside to stay put until the threat is identified and contained. While they wait for the all-clear, four strangers, who'd happened to sit at the same table, pass the time in conversation and friendships are struck.

These four, strangers no more, become inseparable in their quest to figure out how a person dies in the library. Each has his or her own reasons for being in the reading room that morning – it just happens that one is a murderer.

Ned Kelly Award winner Gentill (Crossing the Lines) presents a complex, riveting story within a story. The fictional story of an author writing about another writer with messy, complicated friendships and suspicion is an innovative literary mystery. – Library Journal, starred review

The pleasure of [The Woman in the Library](#) is that clever structure; a layered, literary hall of mirrors that's great fun to get lost in. – Seattle Times

It's an inventive and unique approach, elevated by Gentill's masterful plotting, that will delight suspense fans looking for something bold and new. – BookPage, starred review

This thrilling excursion into metafiction from Australian author Gentill (Crossing the Lines) wittily examines the writing process itself...This elegantly constructed novel is intelligent, funny, and profound. Who could ask for more? – Publishers Weekly, starred review

Readers who enjoy a playfulness in their fiction will be delighted by this book-within-a-book. For fans of Anthony Horowitz. – First Clue

[[The Woman in the Library](#)] is a mystery-within-a-mystery, with the clues in Freddie's story becoming more intriguing as Leo's advice becomes more sinister. The two story lines work together beautifully, amping up the suspense before reaching a surprising conclusion. – Booklist

[The Woman in the Library](#) by Sulari Gentill is a captivating literary thriller about the friendship forged by four strangers. – PopSugar

The ever-brilliant Sulari Gentill dazzles in her new [The Woman in the Library](#)... you'll have to figure this out for yourself. And you will cheer along the way. – BookTrib

With each new chapter, Gentill opens the door to new histories. More murders... more clues... [The Woman in the Library](#) is a page-turner from beginning to end. As Gentill's characters grow, the desire to know more about each ensnares us, and the only way out is to read to the end. – New York Journal of Books

[The Woman in the Library](#) is a sophisticated mystery with more layers than an onion, created by a master hand. Clever plot twists in Gentill's signature refined style will make

you feel smarter just by reading. Sulari Gentill has done it again. – Ellie Marney, New York Times bestselling author

Sulari Gentill's [The Woman in the Library](#) is a thrill. The library setting, the conceit of four strangers at a table, and the twisty story-within-a-story make Gentill's novel unputdownable. The book is a treat for readers who love books about books and who like their mysteries to keep them guessing until the very last page. – Eva Jurczyk, author of *The Department of Rare Books and Special Collections*

[The Woman in the Library](#) is a delicious read – it's a book that makes you feel. Cunningly crafted, with layers that fold back and feed upon each other, charming characters, and revelations that will make you cringe and gasp. You will feel a rising sense of dread as you read it, but you won't want to stop. – Daniel O'Malley, author of *The Rook*

Gentill delivers a sharply thrilling read with [The Woman in the Library](#), an unexpectedly twisty literary adventure that examines the complicated nature of friendship and shows readers that words can be the most treacherous weapons of all.

Psychology / Education & Learning / Parenting

[The Emotionally Intelligent Child](#): Effective Strategies for Parenting Self-Aware, Cooperative, and Well-Balanced Kids by Rachael Katz MS Ed & Helen Shwe Hadani PhD (New Harbinger Publications, Inc.)

If you're like many parents, you may wonder what's going on inside your child's mind when they throw a temper tantrum, refuse to cooperate or become overly excited. Written by two experts in child development and education, [The Emotionally Intelligent Child](#) offers a groundbreaking approach for understanding your child's behavior in the context of their development, as well as tips for parenting with compassion, and strategies for helping your child build emotional intelligence – a key element of success in today's world.

Authors are Rachael Katz, MS, Ed, and Helen Shwe Hadani, PhD. Katz was head of the Discovery School at the Bay Area Discovery Museum, head of social and emotional learning for Early Years at Dulwich College Beijing and an elementary classroom teacher for preschool through third grade in public and private schools. Hadani is a fellow at the Brookings Institution where she conducts policy-focused research on the benefits of playful learning in both formal and informal contexts. Prior to joining Brookings, she served as director of research at the Bay Area Discovery Museum.

In [The Emotionally Intelligent Child](#), readers learn all about the stages of development their child goes through as they gain social awareness and emotional balance – and how they can nurture this development using the innovative MIND framework.

By shifting their thinking from an adult viewpoint to a child's, readers discover how they can scaffold and support their child's social and emotional learning and ensure the development of prosocial behavior, impulse control, and perspective taking. This shift in viewpoint can also help them gain more patience as a parent, respond with less reactivity, and – most importantly – cultivate more joy together as a family.

For parents, watching their young ones navigate the world is an entrancing, if often bewildering experience. What is going on in those little heads? Why do they act the way they do? How can I help them grow to their full potential? In [The Emotionally Intelligent Child](#), authors Katz and Hadani reveal the inner workings of the child's developing mind and offer parents useful techniques to help their children become more caring, thoughtful, and emotionally balanced. – Neil Izenberg, MD, founding editor in chief of Nemours www.kidshealth.org, professor emeritus of pediatrics at Sidney Kimmel Medical College, and advisor to organizations dedicated to children's health

Rachael Katz and Helen Hadani's marvelous new book, [The Emotionally Intelligent Child](#), will bring instant clarity and calm to parents who are struggling to help their children navigate social dynamics and turbulent feelings. Readers will feel that two knowledgeable and skillful experts are holding their hands and walking them through just the kinds of crises and dilemmas all parents face. – Susan Engel, senior lecturer in psychology, and director of the program in teaching at Williams College

As early childhood educators and parents, Helen and Rachael have a deep understanding and respect for the internal workings of children's minds and children's emotional development. They bring a smart, practical, and unique perspective to understanding and nurturing children's social and emotional growth. This book is a must-read for parents who want to give their children the internal tools for success in school and beyond. – Karyn Flynn, MBA, former CEO of the Bay Area Discovery Museum; and founder of Holos, a weekly newsletter

You 'had' me from the very beginning! 'Raising an emotionally intelligent child involves seeing your child's actions through the lens of their development and pausing to respond to their needs intentionally versus impulsively.' Through a depth of wisdom, insight, and practical examples, the authors show how this universal truth can be accessible to all of us. I only wish that I'd had this book when I was raising my children. – Gail Silver, JD, RCYT, E-RYT, founder of The School Mindfulness Project Inc. and Yoga Child Inc.

Practical, heartfelt, and clear, this book is an indispensable guide to parenting with wisdom and sensitivity. In this delightful book, Rachael and Helen weave together personal stories, accessible science, and down-to-earth tips for how to understand, connect with, and support your child's development. What a gift to our world! – Oren Jay Sofer, author of Say What You Mean

There is nice- to-know information, and then there is need-to-know information. [The Emotionally Intelligent Child](#) is a must-read book for parents and caregivers looking for

need-to-know information and strategies as a guide to raise socially and emotionally intelligent children. – Solwazi Samuel Johnson, mindfulness teacher and mentor
Feel what a child feels, see what they see, and your day-to-day interactions might just be happier. [The Emotionally Intelligent Child](#) is a refreshing, well-written, evidence-based book that adds much to the world of mindful parenting. If you are interested in reducing stress and rekindling the oft-elusive magic of being a mom or dad, this book is for you! – Kathy Hirsh-Pasek, PhD, professor of psychology at Temple University and senior fellow at the Brookings Institution

*This book slowed me down and made me notice how I'm engaging my own kids and others, too. As parents and educators, we think continuously about the things we're doing, saying, and playing around our kids – or, more honestly, the things we're not doing, saying, or playing. Rachael and Helen offer reassurance, explain plainly how kids view and experience their world, and offer helpful ideas for any grown-up to parent with more confidence and caring. – Gregg Behr, coauthor of *When You Wonder, You're Learning**

[The Emotionally Intelligent Child](#) contains useful tools for parenting with patience and helping children develop emotional intelligence, an important character trait for succeeding in this highly social world.

Psychology / Self-Help / Workbooks

[The DBT Workbook for Emotional Relief](#): Fast-Acting Dialectical Behavior Therapy Skills to Balance Out-of-Control Emotions and Find Calm Right Now by Sheri Van Dijk, MSW (New Harbinger Publications, Inc.)

Do you have difficulty managing your emotions? If you're like most people, the answer is most likely an emphatic, "Yes!" Dealing with emotions is challenging, and it's easy to misunderstand those feelings – especially in the heat of the moment when it feels like they're ganging up on you from all directions. Getting hijacked by your emotions can leave you feeling helpless – with nowhere to go and nothing or no one to help you.

[The DBT Workbook for Emotional Relief](#) provides fast-acting 'emotional rescue' tools grounded in proven-effective dialectical behavior therapy (DBT) to help readers find quick relief from intense thoughts and feelings, as well as core emotion regulation skills to help them stay balanced.

Author Sheri Van Dijk, MSW, is a psychotherapist and renowned dialectical behavior therapy expert.

In [The DBT Workbook for Emotional Relief](#) DBT expert Van Dijk delivers tools that readers can put into practice immediately to effectively manage their feelings and prevent meltdowns. Readers learn essential skills for staying calm when things feel overwhelming – including mindfulness, emotion regulation, distress tolerance, and interpersonal effectiveness. Putting these newfound skills into practice helps readers take charge of their emotions, reduce pain and suffering, focus more on positive feelings, and improve their overall quality of life.

The emotional 'quick-rescue' kit in [The DBT Workbook for Emotional Relief](#) helps readers:

- Understand and identify their emotions.
- Reduce emotional reactivity and mood swings.
- Increase self-awareness and self-compassion.
- Get unstuck from unhealthy thinking and behavior patterns.
- Find balance when emotions are too intense.

As an active psychiatrist treating individuals who have trouble 'doing life,' this practical workbook will be my go-to recommendation for them to read. The very simple, both easy-to-read and implement parasympathetic power techniques that Van Dijk teaches, will surely pay off to enhance anyone's interpersonal relationships. – Stephen B. Stokl, MD, FRC.P (C), assistant (adjunct) professor of psychiatry, and faculty of medicine at the University of Toronto

Ecstatic to see a workbook written for anyone who feels overwhelmed by intense emotions. Sheri Van Dijk helps the reader understand emotional processes, and how anyone can reduce emotional pain and suffering. Every chapter has rescue skills that are quick and easy to learn and can be used immediately. The tools and handouts can be used over and over whenever difficult emotions arise. Sheri is encouraging and supportive for you to practice and use these skills so that you can experience something different and gain confidence in how these skills work. – Lisa Porret, MSc, registered psychologist in private practice

Sheri Van Dijk's [The DBT Workbook for Emotional Relief](#) is a practical, coherent guide to understanding intense and often overwhelming emotions. Easy-to-follow worksheets make the array of skills in each chapter accessible and doable! I love how she invites the reader to hopefulness, with practices that affirm our own ability to create positive and pleasurable emotional experiences! I look forward to using this amazing resource myself, and with my clients! – Kinsey Lewis, registered psychotherapist and certified trauma specialist

Intense emotional responses that leave you feeling out of control and often alienated can feel impossible to navigate. This workbook is a must-read for anyone who is looking

for skills that are quick and effective in finding relief and reclaiming control over their emotions. – Jodi-Lyn Knoop, MSW, RSW, psychotherapist, and founder and CEO of Turning Stones Therapy

[The DBT Workbook for Emotional Relief](#) is one of Sheri's best. The book is filled with insightful DBT exercises and self-assessment work to help you get through emotional pain and distress. I'm looking forward to suggesting this book to all my clients and those in the mental health care profession. – Jackson Yee, health coach/teacher

In this workbook, Van Dijk offers us an incredibly insightful and compassionate guide to understanding and managing difficult emotions. Whether you're struggling to manage your emotions or looking to optimize the skills you already have to thrive, this workbook is written with you in mind. It's simple to follow and is written with clarity and precision to help you through every step in the process of cultivating well-being. – Zainib Abdullah, MSW, RSW, RYT, cofounder and clinical director at Wellnest Psychotherapy Services in Toronto

In this quintessential workbook, Sheri Van Dijk dives into integrative DBT strategies for both practitioners and clients alike. Throughout, one will discover novel, practical, and effective approaches to break free of old patterns, gain personal clarity, and experience emotional relief. The masterful use of realistic vignettes validates the human experience and motivates the reader to implement practices for lasting change. – Ita Tobis, MSW, RSW, clinical trauma therapist, and director of campus programming for Courage 2 Change

Dealing with emotions is tricky; but readers no longer have to go it alone. If they are tired of trying and failing to find balance – and want fast relief from the emotional storm – [The DBT Workbook for Emotional Relief](#) is a breakthrough workbook that can help.

Religion & Spirituality / History / Sociology

[Early Christ Groups and Greco-Roman Associations:](#)

Organizational Models and Social Practices by Richard S. Ascough (Cascade Books)

Over the past two and a half decades there has been an increasing interest in how the data from the associations – known primarily from inscriptions and papyri – can help scholars better understand the development of Christ groups in the first and second centuries.

The author of [Early Christ Groups and Greco-Roman Associations](#), Richard Ascough is a Professor in the School of Religion at Queen's University in Kingston, Canada. Ascough's work has been at the forefront of promoting the associations and applying insights from inscriptions and papyri to understanding early Christian texts.

[Early Christ Groups and Greco-Roman Associations](#) collects together his most important contributions to the scholarly trajectory as it developed over a two-decade period. A fresh introduction orients the sixteen previously published articles and essays, which are arranged into three sections; the first dealing with associations as a model for Christ groups, the second focused on how associations and Christ groups interacted over recruitment, and the third on two key elements of group life: meals and memorializing the dead.

[Early Christ Groups and Greco-Roman Associations](#) is a superb collection of essays that cover a broad range of aspects of ancient clubs and associations, and which shows how knowledge of their practices illumines our understanding of Pauline and other early Christ groups. This is an essential primer for the study of the social context of early Christianity. – John S. Kloppenborg, University of Toronto

Since the late 1990s, Richard Ascough has been a leader in the burgeoning study of early Christ groups in the context of Greco-Roman associations. At last, many of his notable contributions have been assembled within this book. These stimulating independent essays flow almost as chapters of a single monograph. Ascough fruitfully positions the practices of Christ groups in relation to other urban groups of the Roman world. This is a powerful and captivating presentation. – Bruce Longenecker, Baylor University

This collection of otherwise-scattered pieces demonstrates further just how important Ascough's contributions have been with respect to the comparative study of groups and associations in the ancient world. Much is to be gained from repeated consultation of these essays. – Philip A. Harland, York University

Ascough, one of the protagonists of research on Greco-Roman associations, inspires in his essays with a wealth of sources and innovative ideas. Readers will be able to follow milestones in a line of inquiry that has provided new insights into the history of early Christianity on a broad basis and promises further substantial results for the future. – Markus Oehler, University of Vienna

[Early Christ Groups and Greco-Roman Associations](#) is an excellent collection and an essential primer for insights into aspects of Greco-Roman associations and clubs.

Theistic Evolution: A Scientific, Philosophical, and Theological Critique edited by J. P. Moreland, Stephen C. Meyer, Christopher Shaw, Ann K. Gauger, & Wayne Grudem, with a foreword by Steve Fuller (Crossway)

Theistic Evolution is the winner of the ECPA Book of the Year Award for Bible Reference Works.

Many prominent Christians insist that the church must yield to contemporary evolutionary theory and therefore modify traditional biblical ideas about the creation of life. They argue that God used – albeit in an undetectable way – evolutionary mechanisms to produce all forms of life.

Featuring two dozen highly credentialed scientists, philosophers, and theologians from Europe and North America, **Theistic Evolution** contests this proposal, documenting evidential, logical, and theological problems with theistic evolution – making it the most comprehensive critique of theistic evolution yet produced.

The book:

- Explains why theistic evolution is not congruent with a biblical worldview.
- Features nineteen essays written by well-known experts in their fields.
- Is designed to be used as a textbook for courses on religion and evolution.
- Is accessible for those without expertise in the subject.

This is the third printing of **Theistic Evolution** and contains a new preface.

Editors are J.P. Moreland, Stephen Meyer, Chris Shaw, Ann Gauger, and Wayne Grudem. Moreland is Distinguished Professor of Philosophy at Biola University. Meyer is the director of the Discovery Institute's Center of Science and Culture. Shaw is professor of drug discovery in the school of pharmacy at Queen's University in Belfast and the cofounder of a biomarker discovery company. Gauger is director of science communication and a senior fellow at the Discovery Institute's Center for Science and Culture. She is also a senior research scientist at the Biologic Institute. Grudem is Distinguished Research Professor of Theology and Biblical Studies at Phoenix Seminary and a member of the Translation Oversight Committee for the English Standard Version of the Bible.

A landmark achievement. An amazing collection of chapters by a powerful group of fully qualified experts in molecular biology, mathematics, philosophy, and theology.
– Richard A. Carhart, professor emeritus of physics, University of Illinois at Chicago.

This significant book persuasively argues that theistic evolution fails as a theory – scientifically, philosophically, and biblically. And with its broad-ranging collection of essays, it mounts a very impressive case. Strongly recommended, both for those who seek to defend Christianity intelligently and for those who find Christianity implausible because of the claims of neo-Darwinism. – Michael Reeves, President and Professor of Theology, Union School of Theology

Theistic Evolution provides a rich resource for Christians to make their own appraisal with regard to scientific matters. It empowers them to question and propose constructive alternatives to the blanket endorsement of 'evolution' by theistic evolutionists.

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Religion & Spirituality / History / Sociology

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