

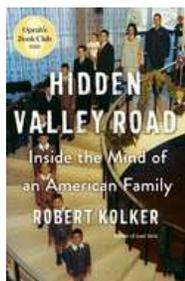
Bookbites

Bookends on Main

“We’re All in This Together” Cabin Fever Edition

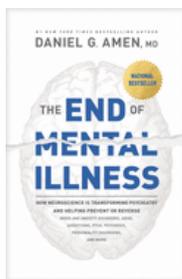
You know cabin fever is serious when the conspiracy people say to heck with social distancing and gather in big groups claiming to prefer Covid-19 to being out of work.

So, in that context, here are a few books on mental health that are fascinating reading.

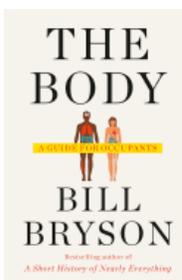


Astonishing characterizes the Galvin family story. Don and Mimi Galvin seemed to be living the American dream. After WWII, Don’s work with the Air Force brought

them to Colorado, where they had twelve children. On the outside they were a happy, hardworking family, but behind the scenes it was a nightmare. By the mid-1970s, six of the ten Galvin boys were diagnosed as schizophrenic. How could all this happen to one family? What took place inside the house on Hidden Valley Road was so extraordinary that the Galvins became one of the first families to be studied by the National Institutes of Mental Health.



In *The End of Mental Illness*, Dr. Amen draws on the latest findings of neuroscience to challenge an outdated psychiatric paradigm and help readers take control and improve the health of their own brain, minimizing or reversing conditions that may be preventing them from living a full and emotionally healthy life.



Calming and interesting: *The Body* is a tour of the body in layman’s terms with plenty of anecdotes and background information.

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What If . . .



Much-loved author Sue Monk Kidd — *Secret Life of Bees* — has written a book that will thrill, challenge, and intrigue readers. *The Book*

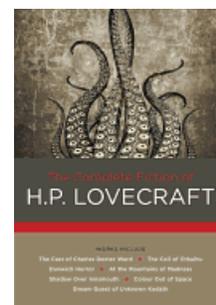
of Longings is based on the questions, “If Jesus had a wife, what would she be like? And what kind of a husband would Jesus be? Ana is stereotypical in her way,— smart, scholarly, privileged, balking at the restrictions placed on women. Jesus is an eighteen-year old country boy, a devoted son and brother

when they first meet. One of the charms of this novel is its presentation of everyday life for people, especially women, across the economic and political spectrum in the time of Jesus. What is really original is Kidd’s imaginative creation of the kind of life Jesus might have lived between ages 18 and 30, years absent from the Gospels. It’s a tender, spiritual story.

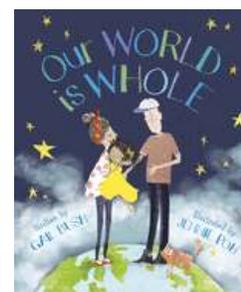
2020

April 22, 2020
Update

Things could
be worse:



Lovecraft’s fantastical creatures, supernatural thrills, horrific and cautionary science-fiction themes and hor-



A nice picture book for our time, *Our World Is Whole* shows a little girl seeing connections everywhere, between relatives, her neighborhood, people in the grocery store.

Downtown We Are Still Here



Collective Souls (formerly Crimson Skies) will be offering curbside pickup, shipping, delivery on purchases of \$50 or more, 30 mile radius.

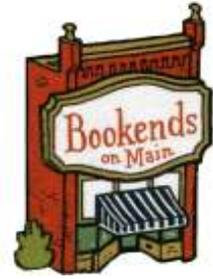
Like Mike's Art & Design Supply's Facebook page and stay tuned for



Downtown Menomonie is trying to survive and those of us who have businesses that can offer out-of-store delivery are doing so. A lot of people are calling in or emailing orders. We are defi-

ngoing promotions since they'll regularly be changing. 715-235-3322

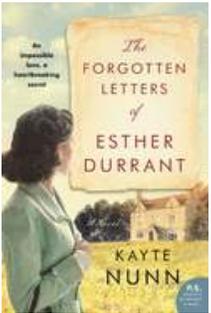
nately grateful. Eating places are able to have curbside and home delivery and other businesses



also offer curbside, home and USPS delivery.



The Forgotten Letters of Esther Durrant, rev. by Heather Obenberger



The Forgotten Letters of Esther Durrant by Kayte Nunn is a compelling love story that spans 60 years. In the early 1950's, Esther is a young mother

who suffers a terrible tragedy that spirals her into a deep depression. At a loss as to how to help her, Esther's husband commits her

to a small psychiatric hospital on a secluded island off the Cornish coast.. At first, Esther feels angry and abandoned, but as she works with the doctor there and takes in

A story of "a powerful and unforgettable love."

the beauty of nature on the island she finds healing and forms friend-

ships with the doctor and other residents. In 2018, Rachel Parker, a marine scientist, is marooned on the very same island and finds shelter in the former asylum. While there, she discovers unsent love letters and is driven to find out who the letters were meant for and to deliver them to whoever that is. In her quest to do so, Rachel unwittingly prompts the discovery of long kept secrets and a love that was hidden for decades. The Forgotten Letters of Esther Durrant is a powerful and unforgettable love.

If We Were Giants, rev. by Pat Trotter



If We Were Giants by Dave Matthews and Clete Barrett Smith

Kirra lives in a community inside a volcano, protected and secure from the outside

world. But unlike the other residents, who are content to remain always in their secure little world,

Kirra craves to know what the outside is like. When she is able to sneak away. Kirra leaves her volcano home through a secret tunnel and explores the outside world. Many rumors begin about "The Takers," a group of people much larger and stronger who are going into neighboring villages and taking people for their slaves. Kirra's curiosity is just too much and she goes investigating, taking her little brother with her. But tragedy ensues and Kirra,

herself, is forced to lead them to her once-safe home. How can Kirra ever overcome her shame and remorse over betraying her family and community? Is it possible for Kirra to use her abilities at storytelling to help and to bring peace to the people again? How can a 10-year-old girl overcome tragedy, loss, and shame to become who she was meant to be? An excellent fantasy from the pen of Matthews and Smith.

Bookends on Main

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Greeting Cards, Guitars &
Guitar Strings, Journals, Etc.



Feel Stuck at Home?
Write about it.
(These bookstores are in Korea.)



Cabin fever advice: It's always good to take a shower and get dressed in the morning because in case you don't make it through the day, when they find you they will see you are all dressed up with somewhere to go.