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August/September Book Report



Book Reports

- Allison: [Firefly Lane Series](#) by Kristin Hannah
- Virginia: [The Atomic Weight of Love](#) by Elizabeth J. Church, [We Begin at the End](#) by Chris Whitaker, [The Great Alone](#) by Kristin Hannah
- Sandy: [The Last Castle: The Epic Story of Love, Loss, and American Royalty in the Nation's Largest Home](#) by Denise Kiernan, [Daisy Jones & The Six](#) by Taylor Jenkins Reid, [Great Circle](#) by Maggie Shipstead
- Deb S: [Anxious People](#) by Fredrik Backman
- Deb W: [When We Believed in Mermaids](#) by Barbara O'Neal, [A Visit from the Goon Squad](#) by Jennifer Egan, [The Pleasing Hour](#) by Lily King, [Anxious People](#) by Fredrik Backman, [Magic Lessons](#) by Alice Hoffman, [The Extraordinary Life of Sam Hell](#) by Robert Dugoni, [Circe](#) by Madeline Miller, [The Atomic Weight of Love](#) by Elizabeth J. Church
- Peg: [The Vanishing Half](#) by Brit Bennett, [Christmas at the Island Hotel \(Mure, #4\)](#) by Jenny Colgan, [The Grim Reader \(Bibliophile Mystery, #14\)](#) by Kate Carlisle
- Kathy P: [The Four Winds](#) by Kristin Hannah, [This Tender Land](#) by William Kent Krueger, [Pink Chimneys: A Novel of Nineteenth-Century Maine](#) by Ardeana Hamlin Knowles, [An Irish Country Doctor \(Irish Country #1\)](#) by Patrick Taylor
- Judy: [The Orchardist](#) by Amanda Coplin, [Tangerine](#) by Christine Mangan, [The Plot](#) by Jean Hanff Koretz
- Sharon S: [The Book of Longings](#) by Sue Monk Kidd
- Barbara: [I Always Loved You](#) by Robin Oliveira, [The Gentle Art of Swedish Death Cleaning: How to Free Yourself and Your Family from a Lifetime of Clutter](#) by Margareta Magnusson, [The Lighthouse Keeper's Daughter](#) by Hazel Gaynor, [The Brilliant Life of Eudora Honeysett](#) by Annie Lyons, [The Wide Circumference of Love](#) by Marita Golden, [Reading Behind Bars: A True Story of Literature, Law, and Life as a Prison Librarian](#) by Jill Grunenwald

And the winner is...
a book!

Reading Books Reduces Stress Levels by 68%!
According to a study at the University of Sussex, people only needed to read, silently, for six minutes to slow down their heart rate and ease tension in their muscles. Listening to music reduced levels by 61%; a cup of tea by 54%; taking a walk by 42%; and playing video games by 21%. But reading was the champ reducing stress levels by 68%!

From: [Book Sunday](#)