

Date: Monday, March 2nd, 2026

Book: *Love's Executioner* by Irvin Yalom

Summary:

From renowned psychiatrist Irvin D. Yalom, intimate stories from the therapist's chair

"Dr. Yalom demonstrates once again that in the right hands, the stuff of therapy has the interest of the richest and most inventive fiction." —*New York Times*

In this bestselling classic, master psychotherapist Dr. Irvin D. Yalom uncovers the mysteries, frustrations, pathos, and humor at the heart of the therapeutic encounter. As he recounts the real-life dilemmas of his patients, Yalom provides a rare and enthralling glimpse into their personal desires, motivations, and fears. In doing so, he also tells his own story, as he struggles to reconcile his all-too-human responses with his sensibility as a psychiatrist.

Told with stunning insight and deep empathy, *Love's Executioner* reveals the deepest truths of the shared human condition.

Available in Libby for free: no

Link for Purchase:

[Amazon.com: Love's Executioner: And Other Tales of Psychotherapy: 9780465020119: Yalom, Irvin D.: Books](#)

Date: Tuesday, June 2nd, 2026

Book: *Empire of Madness: Reimagining Western Mental Healthcare for Everyone* by Khameer Kidia

Summary:

An urgent rethinking of the Western approach to mental health, which treats the symptoms rather than the exploitative systems causing our distress—by a Rhodes Scholar and Harvard Medical School physician-anthropologist—offering lessons from the rest of the world.

What if the mainstay of mental health care involved cancelling onerous debt, giving poor people free housing, and paying reparations to the descendants of slavery and colonialism? In *Empire of Madness*, Dr. Khameer Kidia re-evaluates the Western approach to mental health, which medicates symptoms instead of changing the structures that harm the human psyche. A physician and researcher whose own family suffers from the psychological effects of colonialism, Kidia highlights the limitations of the Western mental health model by reporting from the front lines of mental health crises at home, in the clinic, and during a decade of fieldwork.

Clear-eyed and openhearted, Kidia asks the nuanced questions unaddressed by our current mental health model: How do history, culture, and politics shape mental distress? Are hoarding and burnout medical diagnoses or social problems? Why are schizophrenia outcomes sometimes better in poor countries without antipsychotics? Can a traditional healer treat mental illness better than a Western-trained clinician? For those living in poverty, can cash replace pills?

With rigorous research, cutting analysis, and illuminating prose, Kidia invites us to reimagine mental health as a global idea where our wellbeing is mutual and everyone's voice—patients, caregivers, and healthcare workers alike—matters.

Available in Libby for free: TBD

Link for Purchase:

[Empire of Madness: Reimagining Western Mental Health Care for Everyone: Kidia, Khameer: 9780593594285: Amazon.com: Books](#)

Date: Wednesday, August 5th, 2026

Book: Eleanor Oliphant is completely fine *by Gail Honeyman*

Summary:

“Beautifully written and incredibly funny, *Eleanor Oliphant Is Completely Fine* is about the importance of friendship and human connection. I fell in love with Eleanor, an eccentric and regimented loner whose life beautifully unfolds after a chance encounter with a stranger; I think you will fall in love, too!” —Reese Witherspoon

No one's ever told Eleanor that life should be better than fine.

Meet Eleanor Oliphant: She struggles with appropriate social skills and tends to say exactly what she's thinking. Nothing is missing in her carefully timetabled life of avoiding social interactions, where weekends are punctuated by frozen pizza, vodka, and phone chats with Mummy.

But everything changes when Eleanor meets Raymond, the bumbling and deeply unhygienic IT guy from her office. When she and Raymond together save Sammy, an elderly gentleman who has fallen on the sidewalk, the three become the kinds of friends who rescue one another from the lives of isolation they have each been living. And it is Raymond's big heart that will ultimately help Eleanor find the way to repair her own profoundly damaged one.

Soon to be a major motion picture produced by Reese Witherspoon, *Eleanor Oliphant Is Completely Fine* is the smart, warm, and uplifting story of an out-of-the-ordinary heroine whose deadpan weirdness and unconscious wit make for an irresistible journey as she realizes. . .

The only way to survive is to open your heart.

Available in Libby for free: yes

Link for Purchase:

[Eleanor Oliphant Is Completely Fine: Reese's Book Club \(A Novel\): Honeyman, Gail: 9780735220683: Amazon.com: Books](#)

Date: Thursday, December 3rd, 2026

Book: Everything Here is Beautiful by Mira T. Lee

Summary:

Two Chinese-American sisters—Miranda, the older, responsible one, always her younger sister's protector; Lucia, the headstrong, unpredictable one, whose impulses are huge and, often, life changing. When Lucia starts hearing voices, it is Miranda who must find a way to reach her sister. Lucia impetuously plows ahead, but the bitter constant is that she is, in fact, mentally ill. Lucia lives life on a grand scale, until, inevitably, she crashes to earth.

Miranda leaves her own self-contained life in Switzerland to rescue her sister again—but only Lucia can decide whether she wants to be saved. The bonds of sisterly devotion stretch across oceans—but what does it take to break them?

Everything Here Is Beautiful is, at its heart, an immigrant story, and a young woman's quest to find fulfillment and a life unconstrained by her illness. But it's also an unforgettable, gut-wrenching story of the sacrifices we make to truly love someone—and when loyalty to one's self must prevail over all.

Available in Libby for free: yes

Link for Purchase:

[Everything Here Is Beautiful \(Lee, Mira T.\): Lee, Mira T.: 9780735221963: Amazon.com: Books](#)