

APNA Michigan Chapter

2025 Book Club Schedule

Scheduled for the first **Wednesday** of every month at 6:30pm Eastern

Wednesday, January 8th, 6:30-7:30pm

Atomic Habits by James Clear

Synopsis: *Atomic Habits* by James Clear is a comprehensive, practical guide on how to change your habits and get 1% better every day. Using a framework called the Four Laws of Behavior Change, *Atomic Habits* teaches readers a simple set of rules for creating good habits and breaking bad ones. Read the full summary to glean 3 key lessons from *Atomic Habits*, learn how to build a habit in 4 simple steps, and get a handy reference guide for the strategies recommended throughout the book.

Link for purchase:

https://www.amazon.com/Atomic-Habits-Paperback-%E3%80%902018%E3%80%91-Author/dp/B07L9XKGKL/ref=asc_df_B07L9XKGKL/?tag=hyprod-20&linkCode=df0&hvadid=693329538865&hvpos=&hvnetw=g&hvrnd=4817554894052655435&hvpon=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9017437&hvtargid=pla-2204803815343&psc=1&mcid=d3e898e2803a39f0ad0c9daa53b5d34f

Available for free via Libby: Yes, both audiobook and ebook

Wednesday, February 5th, 6:30-7:30pm

72 Hour Hold by Bebe Moore Campbell

Synopsis: Trina suffers from bipolar disorder, making her paranoid, wild, and violent. Watching her child turn into a bizarre stranger, Keri searches desperately for assistance. Fed up with the bureaucracy of the mental health community and determined to save her daughter by any means necessary, Keri signs on for an illegal intervention. The Program is run by a group of radicals who eschew the psychiatric system and model themselves after the Underground Railroad. When Keri puts her daughter's fate in their hands, she begins a journey that has her calling on the spirit of Harriet Tubman for courage. In the upheaval that follows, she is forced to confront a past that refuses to stay buried, even as she battles to secure a future for her child. In this novel of family and redemption, Bebe Moore Campbell draws on the powerful emotions of her own experience and African-American roots, showcasing her best writing yet.

Link for purchase: <https://www.amazon.com/Hour-Hold-Bebe-Moore-Campbell-ebook/dp/B000XUBFTM>

Available for free via Libby: Yes, both audiobook and ebook

Wednesday, March 5th, 6:30-7:30pm

Stolen Focus: Why you can't Pay attention- and how to think deeply again by Johann Hari

Synopsis: In the United States, teenagers can focus on one task for only sixty-five seconds at a time, and office workers average only three minutes. Like so many of us, Johann Hari was finding that constantly switching from device to device and tab to tab was a diminishing and depressing way to live. He tried all sorts of self-help solutions—even abandoning his phone for three months—but nothing seemed to work. So Hari went on an epic journey across the world to interview the leading experts on human attention—and he discovered that everything we think we know about this crisis is wrong.

We think our inability to focus is a personal failure to exert enough willpower over our devices. The truth is even more disturbing: our focus has been stolen by powerful external forces that have left us uniquely vulnerable to corporations determined to raid our attention for profit. Hari found that there are twelve deep causes of this crisis, from the decline of mind-wandering to rising pollution, all of which have robbed some of our attention. In *Stolen Focus*, he introduces readers to Silicon Valley dissidents who learned to hack human attention, and veterinarians who diagnose dogs with ADHD. He explores a favela in Rio de Janeiro where everyone lost their attention in a particularly surreal way, and an office in New Zealand that discovered a remarkable technique to restore workers' productivity.

Crucially, Hari learned how we can reclaim our focus—as individuals, and as a society—if we are determined to fight for it. *Stolen Focus* will transform the debate about attention and finally show us how to get it back.

Link for Purchase: [Stolen Focus: Why You Can't Pay Attention-and How to Think Deeply Again: Hari, Johann: 9780593138519: Amazon.com: Books](#)

Available for free on Libby: Yes, both ebook and audiobook

Wednesday, April 2nd, 6:30-7:30pm

Bizarre: The Most Peculiar Cases of Human Behavior and What they Tell Us about How the Brain Works by Marc Dingman

Synopsis: The human brain is an impossibly complex and delicate instrument - capable of extraordinary calculations, abundant creativity and linguistic dexterity. But the brain is not just the most brilliant of evolutionary wonders. It's also one of the most bizarre.

This book shows a whole other side of how brains work - from the patient who is afraid to take a shower because she fears her body will slip down the drain to a man who is convinced he is a cat and a woman who compulsively snacks on cigarette ashes.

As fascinating as they are, the cases discussed in this book are more than just oddities. In attempting to understand them, neuroscientists have uncovered important details about how the brain works. You'll be

intrigued and amazed by some of the weird things your brain does on a daily basis, seemingly without your awareness or consent, and maybe you'll even gain an increased appreciation for the stability of the reality you experience. This book is ideal both for readers seeking a better appreciation of the inner workings of the brain and those who simply want some extraordinary topics for dinner-party conversation.

Link for purchase: https://www.amazon.com/Bizarre-Peculiar-Cases-Human-Behavior/dp/1399801201/ref=asc_df_1399801201/?tag=hyprod-20&linkCode=df0&hvadid=693562312777&hvpos=&hvnetw=g&hvrnd=12774029294073723481&hvpon=&hvptwo=&hvgmt=&hvdev=m&hvdvcmdl=&hvlocint=&hvlocphy=9017523&hvtargid=pla-1739615220612&psc=1&mcid=c0dc9bbf7f623d7384d69cafda4fdb7f&dplnkId=880510fd-e8df-41f4-b2f4-75deafc97256

Available for free via Libby: No

Wednesday May 7th, 6:30-7:30pm

The Best Minds by Jonathan Rosen

Synopsis: When the Rosens moved to New Rochelle in 1973, Jonathan Rosen and Michael Laudor became inseparable. Both children of college professors, the boys were best friends and keen competitors, and, when they both got into Yale University, seemed set to join the American meritocratic elite.

Michael blazed through college in three years, graduating summa cum laude and landing a top-flight consulting job. But all wasn't as it seemed. One day, Jonathan received the call: Michael had suffered a serious psychotic break and was in the locked ward of a psychiatric hospital.

Diagnosed with paranoid schizophrenia, Michael was still battling delusions when he traded his halfway house for Yale Law School. Featured in *The New York Times* as a role model genius, he sold a memoir, with film rights to Ron Howard. But then Michael, in the grip of an unshakeable paranoid fantasy, stabbed his girlfriend Carrie to death and became a front-page story of an entirely different sort.

Tender, funny, and harrowing by turns, *The Best Minds* is Jonathan Rosen's magnificent and heartbreaking account of good intentions and tragic outcomes whose significance will echo widely.

Link for purchase: [The Best Minds: A Story of Friendship, Madness, and the Tragedy of Good Intentions: Rosen, Jonathan: 9781594206573: Amazon.com: Books](https://www.amazon.com/The-Best-Minds-A-Story-of-Friendship-Madness-and-the-Tragedy-of-Good-Intentions-Rosen-Jonathan/dp/9781594206573)

Available for free via Libby: Yes, both audiobook and ebook

Wednesday, June 4th from 6:30-7:30pm

Ordinarily Well: The case for antidepressants by Peter Cramer

Synopsis: Do antidepressants actually work, or are they just glorified dummy pills? How can we tell one way or the other? In *Ordinarily Well*, the celebrated psychiatrist and author Peter D. Kramer addresses the growing mistrust of antidepressants among the medical establishment and the broader public by taking the long view. He charts the history of the drugs' development and the research that tests their worth, from the Swiss psychiatrist Roland Kuhn's pioneering midcentury discovery of imipramine's antidepressant properties to recent controversial studies suggesting that medications like Prozac and Paxil may be no better than placebos in alleviating symptoms. He unpacks the complex "inside baseball" of psychiatry—statistics—and reveals the fascinating ways that clinical studies and their results can be combined, manipulated, and skewed toward a desired conclusion. All the while, Kramer never loses sight of the patients themselves. He writes with deep empathy about his own clinical encounters over the decades as he weighed treatments, analyzed trial results, and considered the idiosyncrasies each case presented. As Kramer sees it, we must respect human complexity and the value of psychotherapy without denying the truth—that depression is a serious and destructive illness that demands the most effective treatment available.

Link for purchase: [Ordinarily Well: The Case for Antidepressants: Kramer, Peter D.: 9780374536961: Amazon.com: Books](https://www.amazon.com/dp/9780374536961)

Available for free via Libby: No

Wednesday, July 2nd from 6:30-7:30pm

The Anxious Generation by Jonathan Haidt

Synopsis: After more than a decade of stability or improvement, the mental health of adolescents plunged in the early 2010s. Rates of depression, anxiety, self-harm, and suicide rose sharply, more than doubling on many measures. Why?

In *The Anxious Generation*, social psychologist Jonathan Haidt lays out the facts about the epidemic of teen mental illness that hit many countries at the same time. He then investigates the nature of childhood, including why children need play and independent exploration to mature into competent, thriving adults. Haidt shows how the "play-based childhood" began to decline in the 1980s, and how it was finally wiped out by the arrival of the "phone-based childhood" in the early 2010s. He presents more than a dozen mechanisms by which this "great rewiring of childhood" has interfered with children's social and neurological development, covering everything from sleep deprivation to attention fragmentation, addiction, loneliness, social contagion, social comparison, and perfectionism. He explains why social media damages girls more than boys and why boys have been withdrawing from the real world into the virtual world, with disastrous consequences for themselves, their families, and their societies.

Most important, Haidt issues a clear call to action. He diagnoses the "collective action problems" that trap us, and then proposes four simple rules that might set us free. He describes steps that parents, teachers,

schools, tech companies, and governments can take to end the epidemic of mental illness and restore a more humane childhood.

Haidt has spent his career speaking truth backed by data in the most difficult landscapes—communities polarized by politics and religion, campuses battling culture wars, and now the public health emergency faced by Gen Z. We cannot afford to ignore his findings about protecting our children—and ourselves—from the psychological damage of a phone-based life.

Link for purchase: [The Anxious Generation: How the Great Rewiring of Childhood Is Causing an Epidemic of Mental Illness: Haidt, Jonathan: 9780593655030: Amazon.com: Books](#)

Available for free via Libby: Yes, both audiobook and ebook

Wednesday August 6th, from 6:30-7:30pm

ADHD is Awesome: A Guide to (Mostly) Thriving with ADHD by Kim Holderness and Penn Holderness

Synopsis: The engaging, uplifting antidote to traditional ADHD books (which, let's be honest, if you have ADHD you'd never read anyway). You live in a world that wasn't designed for you. A world where you're expected to sit still, stay quiet, and focus. Because of the way your brain is wired, you can feel like you're failing at life. But you are not failing. You are awesome.

Award-winning content creators Kim and Penn Holderness are on a mission to reboot how we think about the unfortunately named "attention-deficit/hyperactivity disorder." As always, they are doing it by looking in the mirror, because they don't just study ADHD; they live it. Penn was in college when he was diagnosed with ADHD, although the signs of having a brain that worked just a little bit differently had been there since he was a kid. Rather than view the diagnosis as a curse or give in to feelings of inadequacy or failure, he took a different approach, one that he wants to share with fellow ADHDers and the people who care about them.

Drawing on their often-hilarious insights and the expertise of doctors, researchers, and specialists; Kim and Penn provide fun, easy-to-digest advice and explanations, including:

- What it's actually like to live with an ADHD brain.
- How to find humor in the pitfalls, sob stories, and unbelievable triumphs (like the time they won The Amazing Race!) that come with ADHD.
- How to tackle the challenges ADHD presents with a positive outlook.
- Targeted tools and techniques to play to your unique strengths.
- Fun extras like ADHD Bingo, an ode to cargo pants, and what the world would look like if ADHDers were in charge.

Take it from Penn: Having ADHD can be scary, but it comes with incredible upsides, including creativity, hyperfocus, and energy. You might even say it's kind of awesome. Whether you have ADHD or want to support someone else in their journey, this is the guide you need to make the life you want.

Link for purchase: https://www.amazon.com/ADHD-Awesome-Guide-Mostly-Thriving/dp/1400338611/ref=asc_df_1400338611/?tag=hyprod-20&linkCode=df0&hvadid=693363255003&hvpos=&hvnetw=g&hvrnd=5287649672247444462&hvpon=&hvptwo=&hvqmt=&hvdev=m&hvdvcmdl=&hvlocint=&hvlocphy=9017523&hvtargid=pla-2186837498082&psc=1&mcid=8650289e70a43bd49fbd62cb2fd86fb6&dplnkId=cf7808ac-5f78-4d9c-a763-ac0e9fc7d300

Available for free via Libby: Yes

Wednesday, September 3rd, from 6:30-7:30pm

Darkness Visible by William Styron

Synopsis: A work of great personal courage and a literary tour de force, this bestseller is Styron's true account of his experience of crippling depression. Styron is perhaps the first writer to convey the full terror of depression's psychic landscape, as well as the illuminating path to recovery.

Link for purchase: [Darkness Visible: A Memoir of Madness: Styron, William: 9780679736394: Amazon.com: Books](https://www.amazon.com/Darkness-Visible-A-Memoir-of-Madness-Styron-William/dp/0312263000)

Available for free via Libby: No

Wednesday, October 1st from 6:30-7:30pm

The Women by Kristin Hannah

Synopsis: *Women can be heroes.* When twenty-year-old nursing student Frances “Frankie” McGrath hears these words, it is a revelation. Raised in the sun-drenched, idyllic world of Southern California and sheltered by her conservative parents, she has always prided herself on doing the right thing. But in 1965, the world is changing, and she suddenly dares to imagine a different future for herself. When her brother ships out to serve in Vietnam, she joins the Army Nurse Corps and follows his path.

As green and inexperienced as the men sent to Vietnam to fight, Frankie is over-whelmed by the chaos and destruction of war. Each day is a gamble of life and death, hope and betrayal; friendships run deep and can be shattered in an instant. In war, she meets—and becomes one of—the lucky, the brave, the broken, and the lost.

But war is just the beginning for Frankie and her veteran friends. The real battle lies in coming home to a changed and divided America, to angry protesters, and to a country that wants to forget Vietnam.

The Women is the story of one woman gone to war, but it shines a light on all women who put themselves in harm's way and whose sacrifice and commitment to their country has too often been forgotten. A novel

about deep friendships and bold patriotism, *The Women* is a richly drawn story with a memorable heroine whose idealism and courage under fire will come to define an era.

Link for purchase: <https://www.amazon.com/Women-Novel-Kristin-Hannah/dp/1250178630>

Available for free in Libby: Yes, both audiobook and e-book (typically a long wait)

Wednesday, November 5th from 6:30-7:30pm

Grief is for People by Sloane Crosley

Synopsis: How do we live without the ones we love? *Grief Is for People* is a deeply moving and suspenseful portrait of friendship, and a book about loss that is profuse with life. Sloane Crosley is one of our most renowned observers of contemporary behavior, and now the pathos that has been ever present in her trademark wit is on full display. After the pain and confusion of losing her closest friend to suicide, Crosley looks for answers in philosophy and art, hoping for a framework more useful than the unavoidable stages of grief.

For most of her adult life, Sloane and Russell worked together and played together as they navigated the corridors of office life, the literary world, and the dramatic cultural shifts in New York City. One day, Sloane's apartment is broken into. Along with her most prized possessions, the thief makes off with her sense of security, leaving a mystery in its place.

When Russell dies exactly one month later, his suicide propels Sloane on a wild quest to right the unrightable, to explore what constitutes family and possession as the city itself faces the staggering toll of the pandemic.

Sloane Crosley's search for truth is frank, darkly funny, and gilded with resounding empathy. Upending the "grief memoir," *Grief Is for People* is a category-defying story of the struggle to hold on to the past without being consumed by it. A modern elegy, it rises precisely to console and challenge our notions of mourning during these grief-stricken times.

Link for purchase: [Grief Is for People: Crosley, Sloane: 9780374609849: Amazon.com: Books](https://www.amazon.com/Grief-Is-for-People-Crosley-Sloane/dp/9780374609849)

Available for free in Libby: Yes

Wednesday, December 3rd from 6:30-7:30pm

Black Women's Mental Health: Balancing Strength and Vulnerability by Stephanie Evans

Synopsis: *Creates a new framework for approaching Black women's wellness, by merging theory and practice with both personal narratives and public policy.*

This book offers a unique, interdisciplinary, and thoughtful look at the challenges and potency of Black women's struggle for inner peace and mental stability. It brings together contributors from psychology, sociology, law, and medicine, as well as the humanities, to discuss issues ranging from stress, sexual assault, healing, self-care, and contemplative practice to health-policy considerations and parenting. Merging theory and practice with personal narratives and public policy, the book develops a new framework for approaching Black women's wellness in order to provide tangible solutions. The collection reflects feminist praxis and defines womanist peace in terms that reject both "superwoman" stereotypes and "victim" caricatures. Also included for health professionals are concrete recommendations for understanding and treating Black women.

Link for purchase: [Black Women's Mental Health: Balancing Strength and Vulnerability: Evans, Stephanie Y., Evans, Stephanie Y., Burton, Nsenga K., Blount, Linda Goler: 9781438465821: Amazon.com: Books](#)

Available for free in Libby: No