

Why We Drink Too Much

The Impact of Alcohol on Our Bodies and Culture

Dr. Charles Knowles

Why We Drink Too Much
Dr. Charles Knowles
NONFICTION

It's not only humans who are susceptible to the allure of a boozy buzz: Certain monkeys, Dr. Knowles writes, will consume alcohol "until they vomit and fall out of trees." His wide-ranging, informative and accessible book explores the many reasons—psychosocial as well as biological—behind our favorite social lubricant's insidious hold. Interweaving personal stories and scientific research, it's a fascinating read.

Cinematic New Fiction

Meet the Newmans
Jennifer Niven

The Newman family have ruled the airwaves as sitcom stars for decades, but their secrets might ruin their reign in this witty and moving novel.

Skylark
Paula McLain

A young artist's quest for freedom in 1664 is interwoven with a doctor's mission during World War II's Nazi occupation in this vivid, inspirational story of brave resistance.

The Storm
Rachel Hawkins

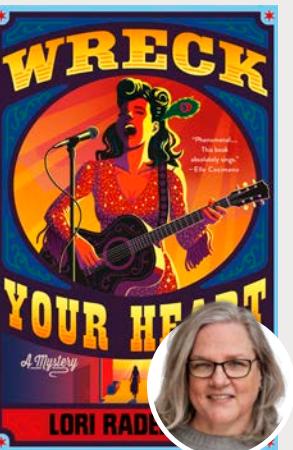
This gripping page-turner—featuring a decades-old murder, a writer in town to tell the real story and an oncoming tempest—feels like it was ripped from the juiciest headlines.



The Best New Books

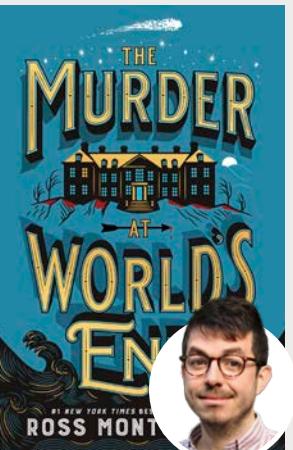
A pair of exciting new whodunits and a revealing look at what booze does to our brains and bodies

Edited by LIZZ SCHUMER



Wreck Your Heart
Lori Rader-Day
MYSTERY

Dahlia "Doll" Devine, frontwoman of a country-western band, shields her damaged heart with a sassy onstage persona. Will her estranged mom's brief return and an ex's murder wreck her big break? The expertly plotted mystery perfectly complements Doll's journey of self-discovery.



The Murder at World's End
Ross Montgomery
MYSTERY

At an isolated Cornish estate during the 1910 doomsday panic over Halley's Comet, a hilariously mismatched duo—new underbutler Stephen Pike and tart-tongued octogenarian Miss Decima Stockingham—team up to solve her nephew's murder.



New Reading Rainbow Host Becomes the 'Narrator of Library Joy'

Social media star Mychal Threets found belonging in the stacks. Now he's spreading his message with a new kids' book

Literacy and mental health advocate

Mychal Threets all but grew up at the library, but he didn't learn until recently that the joy he found there would change his life. When he was a kid in Fairfield, Calif., his parents, Tessa and Arnold, instilled in him and his two siblings the value of reading. His paternal grandparents grew up in Arkansas at a time when most Black people didn't have library access, so Threets's family emphasized its importance early. "Because my parents knew what their parents were

missing, they made sure that me and my siblings always read for at least an hour each day," says Threets, 35. "They wanted us to appreciate that we had an opportunity to become literate human beings."

Soon he will have his own presence on shelves with his debut children's book, *I'm So Happy You're Here: A Celebration of Library Joy*, out on Feb. 3. Becoming an author is a "dream come true" for Threets, who calls himself the "narrator of library joy," as he embraces his new chapter. In 2020 Threets began

posting videos on TikTok and Instagram as "Mychal the Librarian" about life at Fairfield Civic Center Library. After a video about books bringing kids together went viral in August 2023, his TikTok and Instagram

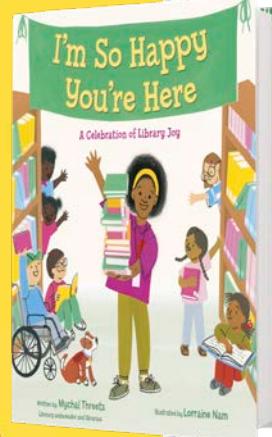
platforms skyrocketed to nearly 1 million followers each. As a result of his growing profile, the grassroots literacy advocate was named PBS Kids' resident librarian in 2024, and last year he became the new host of *Reading Rainbow*, the educational kids' program previously led by LeVar Burton. The first four-episode season, currently available on YouTube, features celebrity guests like John Legend, Chrissy Teigen and Ebon Moss-Bachrach.

As a former homeschooled kid who can trace his struggles with anxiety and depression back to a young age, Threets is open about his history of

'I found solace in the library'

mental illness and suicide ideation. He says the library was a place for him to find belonging, and working in that same library as an adult gave him purpose: "If it wasn't for books, if it wasn't for libraries and library people, I wouldn't be here today. The library itself accepted me for who I was. I found solace in the library."

Although Threets left his full-time job as a librarian in 2024, he'll never close the book on his first love. "Library joy is what saved my life, and I never know when it'll save another soul," he says. "Everybody had a place in the library, in books. In a world where people are told their story doesn't matter, I argue that is very much untrue. Whether the stories are, that's where the good stuff is." —CARLY TAGEN-DYE



Spreading the Joy
Reading Rainbow ended in 2006, and now Threets (right) stars in a reboot that he hopes makes original host LeVar Burton (left, in 1983) "proud."

