National Meditation Month

The month of May is dedicated to educating the public about the physical, emotional, and mental benefits of meditation.

Visit hoopladigital.com for a collection of audiobooks on the subject, featuring works by Thich Nhat Hahn, Jon Kabat-Zinn, Sharon Salzberg, and Dan Harris.

Learn how to meditate at the Library with Sahaja Yoga Meditation. The class meets weekly on Mondays at 6:30 p.m. Drop in to discover Sahaja Yoga Meditation and find out how it can help you develop a calm and focused mind.

Explore meditation at the Library with a variety of new releases and classic titles:

- **How to Meditate** by Pema Chodron (2013)
- **Meditation for Beginners** by Jack Kornfield (2008)
- **Meditation for Fidgety Skeptics** by Dan Harris (2017)
- **The Monkey Is the Messenger: Meditation and What Your Busy Mind Is Trying to Tell You** by Ralph De la Rosa (2018)
- **Why Can’t I Meditate? : How to Get Your Mindfulness Practice on Track** by Nigel Wellings (2016)
BOOK OF THE MONTH:

**Home Fire** [Political Fiction; Domestic Drama]
by Kamila Shamsie

Described as a Greek tragedy in the age of ISIS, it’s the story of three orphaned British Muslim siblings: Isma, Aneeka, and Parvaiz. Isma is a doctoral student in Massachusetts who has left her younger siblings behind in London. She raised the two after their mother’s death, and they barely knew their father, a jihadist who died after being tortured at Bagram Air Base in Afghanistan. Her brother Parvaiz is adrift and haunted, however, by their father’s legacy and he becomes easy prey for an ISIS recruiter.

Parvaiz’s sisters are devastated by his choice to join the Islamic State in Syria and are torn between disowning him and trying to redeem him.

Further complicating matters is Isma’s romantic relationship with Britain’s home secretary, a politician of Pakistani descent, who likes to selectively use his Muslim background for political gain. Is he a love interest or the key to her brother’s salvation?

*Home Fires* has it all: identity, conflicting loyalties, love and politics. It’s extremely well-written and plotted, and would make an excellent mini-series.

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All Staff Picks are available through the Ocean State Libraries system.

Colleen

- **A Chance in the World: An Orphan Boy, A Mysterious Past, and How He Found a Place Called Home** by Steve Pemberton [Orphans; New England; Biography]
- **A Dream Called Home: A Memoir** by Reyna Grande [Mexican Americans; Immigration; Autobiography]

Jayne

- **Arne & Carlos Favorite Designs: Greatest Hits and New Inspirations** by Arne Nerjordet and Carlos Zachrison [Knitting; Instructional]

Kristin

- **Lupin Leaps In** by Georgia Dunn [Cats; Comic Strips; Local Author]

Mary Anne

- **The Couple Next Door** by Shari Lapena [Fiction; Married People; Family Secrets]
- **Machines Like Me** by Ian McEwan [Fiction; Alternative Histories; Androids]
- **Once Upon a River** by Diane Setterfield [Thriller; Missing Persons; Thames River]

Niles

- **Tip and the Gipper: When Politics Worked** by Chris Matthews [Political Non-Fiction; Ronald Reagan; Tip O’Neill]
- **To Begin the World Anew: The Genius and the Ambiguities of the American Founders** by Bernard Bailyn [Constitutional History; Founders; Statesmen]