

# ONLINE ANYTIME BOOK CLUB

OCTOBER 2019

"Mind Games" - Books that get inside people's heads

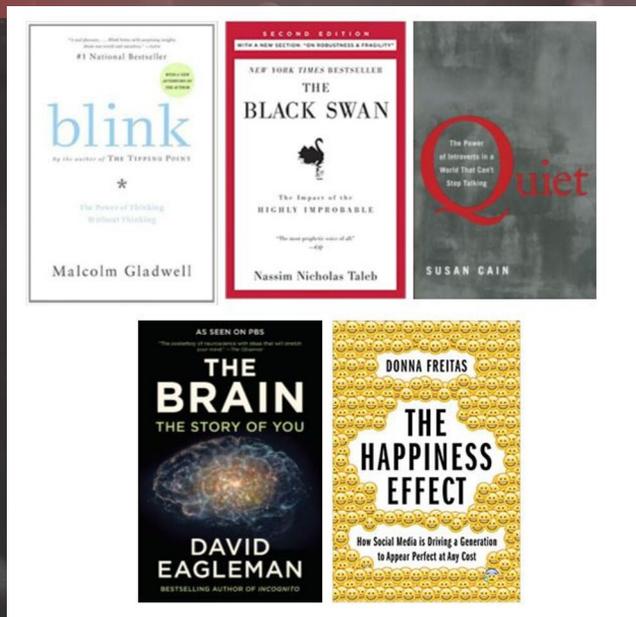
## BOOKS ABOUT THE BRAIN

- *Blink* by Malcolm Gladwell: Examines the science behind how people make split-second, sometimes life-altering decisions, and why some people are consistently better at making decisions than others
- *The Black Swan: The Impact of the Highly Improbable* by Nassim Taleb: "Black Swans" are massive, world-altering events that occur seemingly without warning, like 9/11. Taleb examines why humans are constantly blindsided by such events, arguing that we should change how we think to focus on the "big picture" around us
- *Quiet* by Susan Cain: Cain's bestselling book argues that introverts--those quiet people who prefer listening to speaking and who are often overshadowed by their more outgoing counterparts--play a valuable role in society, and demonstrates how quiet people have often changed the world
- *The Brain: The Story of You*, by David Eagleman: An in-depth look at how the brain works and shapes not only who we are, but the world around us, and how our growing use of technology and rapidly changing world may alter how our brains work
- *The Happiness Effect* by Donna Freitas: A first-hand look into how social media affects how people think about themselves and the world around them, and how our increased usage of social media is changing what we want and what we define as "happiness"



## CRIMINAL PSYCHOLOGY

- *In Cold Blood* by Truman Capote: One of the most famous true crime accounts of all time, this classic work follows the savage, seemingly motive-less murder of a Kansas family, and examines in detail the minds of the two men who were found guilty of and executed for the crime
- *The Killer Across the Table* by John Douglas: One of the FBI's most famous criminal profilers, Douglas spotlights four of the most nefarious criminals he dealt with during his career--giving deep insight into what drives people to commit evil acts
- *I'll Be Gone in the Dark* by Michelle McNamara: McNamara spent her life trying to solve the Golden State Killer case: a serial rapist and murderer who assaulted dozens of women in California during the 70s and 80s. Although the author passed away before the killer was finally identified and arrested, her work helped bring to the public eye just how depraved he was and the impact his crimes had on the areas he victimized
- *Why They Do It: Inside the Mind of White Collar Crime* by Eugene Soltes: An in-depth look at why white collar criminals--businessmen and CEOs who embezzle, defraud, and swindle--commit their crimes, and why many of these criminals are actually tolerated and unpunished by the corporate world

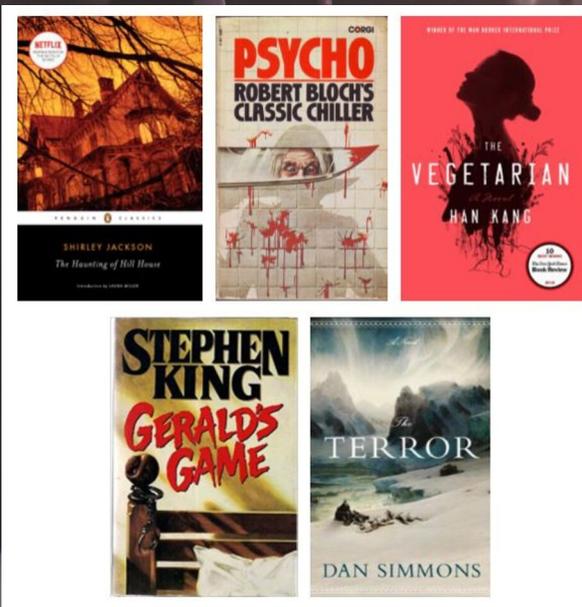


# PSYCHOLOGICAL THRILLERS

- *Lying in Wait* by Liz Nugent: Opening with the murder of a young girl by a privileged judge and his controlling wife, the novel fans out to explore the impact of the couple's dark secret on the rest of their family, as well as the family of the murdered girl, and delves into just how far someone is willing to go in order to have their perfect life
- *The Good Son* by You Jeong Jeong: A young man wakes up to the smell of blood, and a call from his brother asking if their mother is alright. Soon after, he finds her body lying in a pool of blood at the bottom of the stairs. Although his memories of the night before are spotty, he remembers his mother calling out to him—but was she crying for his help, or was he the one who murdered her?
- *Alias Grace* by Margaret Atwood: 16-year-old Grace Marks is accused of murdering her employer and his pregnant mistress, but claims she has no memory of the crime. Some believe that she is evil incarnate, while others believe her an innocent victim who was unwittingly embroiled in the murders. But who is the real Grace Marks?
- *The Silent Patient* by Alex Michaelides: A young artist shoots her husband in the face, then goes mute. Her crime turns into a media sensation—what made her do it? When she is moved to a remote forensic unit, a psychotherapist becomes obsessed with figuring out the killer's motive, but his own motivations may be darker than they seem
- *Shutter Island* by Dennis Lehane: Two US marshals are sent to investigate the seemingly impossible escape of a patient from a mental asylum on a remote island, and quickly realize that what's happening on the island goes beyond one missing patient, and is much darker and more disturbing than anything they could have imagined



# PSYCHOLOGICAL HORROR



- *The Haunting of Hill House* by Shirley Jackson: Four seekers come to spend the summer at Hill House, an abandoned and isolated mansion in the hills, and investigate its supposed paranormal aspects. As their stay progresses, they soon learn that Hill House may not want them to leave
- *Psycho* by Robert Bloch: A bachelor who runs an isolated motel with his domineering mother hides a dark, disturbing secret
- *The Vegetarian* by Han Kang: After a series of bloody and violent dreams about animals being slaughtered, a young woman decides to become a vegetarian—but what may seem like a simple decision shakes her family to its core
- *Gerald's Game* by Stephen King: Trying to spice up their marriage, a woman agrees to let her husband handcuff her to their bed; but when he suddenly has a heart attack, she finds herself trapped in a terrifying nightmare
- *The Terror* by Dan Simmons: In 1847, the HMS Terror is trapped in Arctic ice during a mission to find the Northwest Passage. Faced with starvation, disease, and mutiny, the ship's crew soon realize that they are not alone in the ice—something terrible is out there, hunting them