You're listening to, you've got this episode 299. Welcome to you've got this, a weekly podcast for higher education professionals looking to increase their confidence and capacity for juggling the day to day demands of an academic life. I'm your host, Dr. Katie Linda, on this episode, I thought I would share some of my favorite summer reads.

Now I read about. 66 books this summer 22 books a month for my, my annual challenge of reading 22 books a month in 2022, I will link to my YouTube channel in case you want to see more in-depth reviews of what I'm reading each month. Um, but I thought I would share eight fiction books that I really loved and two non-fiction books that I also would highly highly recommend.

And these are all books that just stood out to me for some reason or another. And. Uh, thought it would be fun to share them. So if you're looking for anything to add to your two read pile, uh, you can definitely take a look at these books. I'll also link to the good reads, uh, reviews to these books in the show notes.

If you wanna take a look, um, at any of them in more depth, So the first book, um, is a fiction novel called the change by Kirsten Miller. This is a book that I saw a bunch of different people talking about, and it looked really fun. It's basically a female revenge novel, and it focuses on a group of women that as they come into menopause, hence the title of the change, they start to get certain kinds of powers and these powers are kind of witch like, and they allow the women to kind of band together and, um, Write certain wrongs and injustices.

So this is a book that actually, I think would be wonderful for the fall. It's a great October read and I really enjoyed it. I ended up listening to it on audio and found that the audio was also really great. So, uh, would definitely recommend it on audio as well. the second fiction book I'm gonna recommend is one called how high we go in the dark by Sequoia Naga Matsu.

And this is a book that, uh, I want to immediately give a bit of a trigger warning because it is about pandemic related topics, not the COVID pandemic, but just pandemic in general and specifically about a pandemic that impacts children. So if you are. Pandemic doubt. And you don't wanna read anything about that, or if you do not like children in peril novels, I would not recommend this, but I found this book to be incredibly creative.

It's almost like a collection of short stories and how they're all, like all the chapters deal with a different set of characters, but they're kind of woven together in different ways. And it spans actually a really broad range of time. So, um, definitely would label this literary fiction. If you're interested in that.

Also I did listen to this on audio. Found it to be great, the lots of different kind of voice actors for all the different characters and, uh, really, really enjoyed that. the third fiction book I wanna share is a mystery novel called the secret book and scone society by Eary Adams. And I was charmed by this book.

I was completely drawn in because one of the characters that we're introduced to in the very beginning is someone who gives what you might call literary prescriptions, where she, um, assigns books based on ailments that people are feeling. And then of course scones are involved and then all the women.

Book have secrets that they begin to share with each other, as we're also trying to solve a mystery in a small town of a man who is found murdered. So a lot of different elements here, but I would definitely say this is more of a cozy mystery. If you're interested in that kind of mystery, um, certainly violence is involved, but because of these other elements, um, many of them taking place in a bookstore, this is a great book.

If you're someone who likes books about books, the fourth, uh, fiction novel that I'm gonna recommend is called ship of magic by Robin Hobb. Now, this is a bit of an investment it's quite lengthy. I think this one is around 800 pages long. It is a fantasy novel, and it takes place in kind of a, an environment or a land where shipping is a big part of the ecosystem, the economic ecosystem.

And, um, many of the families have these ships and the ships. Uh, are sentient and they have their own kinds of personalities and ways of contributing to these families. And what happens in the beginning of this book is you have a young woman whose father dies, and he's the one who kind of owned their ship in the family.

And we're finding out like, where is the ship going to go now that he is dead and what is gonna happen to this family? Um, when their kind of figurehead is no longer alive. And so there's a lot of adventure. Book, this was the first book I've read by this author. I would definitely pick up more if you're someone who likes fantasy adventure, there's a little bit of romance in there too.

Um, this is a great one to pick up, especially if you're looking for something that you can really dive into, get distracted experience another world. Uh, that would be one that I would definitely recommend. the fifth book I'm gonna recommend is for those of you who might enjoy romance novels, this is part of your world by Abby Jimenez.

This is a book about a woman who is a surgeon, she's a doctor, and, um, she kind of encounters on a. like a, a road trip that she's on, uh, a man who's about 10 years younger than her. Who's a kind of a carpenter and he owns a, a bed and breakfast and they end up having a relationship together and. You would think that this book is kind of, um, I don't know.

Sometimes I think people think romances are kind of surface level. Like they're not gonna deal with deeper themes. This book had a lot more deeper themes. Um, there were definitely themes of like coming out of a relationship that's abusive. Like how do you kind of recover from that? There were also themes about.

How do you introduce people to your family? If your family does not approve, you know, of various things, how do you separate yourself from your family? If you have different values than they do. So, some really kind of interesting elements to this book, um, how you kind of choose the people that you want to come into your life that are gonna kind of support you in, in the best ways possible.

So, um, this is one of the romances I read this summer that really kind of stood out for me and would highly recommend that. the sixth book I'm gonna recommend is kind of a thriller mystery. It's called the last to vanish by Megan Miranda. And this is a book that I didn't really know what to expect. I, I was actually really intrigued by it.

Um, the general premise of it is you have this, uh, Kind of CA group of cabins in the woods that are kind of managed by a family. And in this small town, several people have gone missing when they went hiking. Um, and many of them had a connection to this group of cabins and there's a young woman who works there and over time, you know, nobody knows what's happened to these people who've gone missing, and they're trying to kind of figure out, you know, how to solve this.

My. what I loved about this book. And I would highly recommend it also for like a fall Halloween read is it has a great kind of spooky ambiance. You're you're never quite sure it's one of those things where you're like, don't go in there. You know, like when somebody's like going down to the basement or something like that, I, this was very cinematic in some ways, in terms of how the author was describing things.

And I just really felt like I could picture, you know, everything that was happening. um, and it's not overly violent. It's just kind of it's it's um, the way that it kind of unravels throughout the story is really interesting. It kind of sucks you in, and of course you do find out in the end kind of what happens, which, um, I always appreciate when there's kind of this long train of clues and you always wanna know what happened in the.

the, uh, next book I'm gonna talk about is a young adult novel called letters to the lost by bridged Kim. I stayed up a couple of nights to read this book. I really enjoyed it. You could also define this as like young adult romance. Um, it's basically the story of a young girl whose mother. And she visits her in the cemetery and writes letters to her as part of her grieving process.

And one day there is a young man in the cemetery and he, he picks up the letter, reads it and then responds. And this starts kind of a correspondence between this high school girl and this high school boy and the high school boy has his own kind of things that he's grieving as well. And they start to kind of support each other in this process.

and not surprisingly a romance blooms, but, uh, what ends up happening in this book is partway through one of them finds out who the other one is. And I won't say who finds out whom. Um, but it's really, it's a really cute book. It's really fun. Um, I really liked kind of the twists and turns. And also a lot of the supporting characters were pretty great too.

I immediately ordered the second book in this series, um, from the library and look forward to reading that as. . And then the last fiction book that I wanted to recommend is one called the sign for home by Blair fell. And this is about a main character who is both deaf and blind, and he is. Trying to kind of get more freedom from his current situation.

He lives with a guardian that is a little bit more conservative and he ends up with an interpreter who kind of helps him in this process of starting to expand out, um, his ability to like go to school and interact with people kind of outside of his immediate circle. There's a bit of a romance element to this as well.

Um, but I actually found this fascinating. I learned a lot about the deaf blind community that I did not know. There were some really interesting things about interpretation that I also didn't know. Um, and so this is, I think, a kind of an unconventional romance, um, but also just kind of literary fiction and, uh, highly recommend that one as well.

all right. So I've got two nonfiction that I want to put on your radar that I also really enjoyed this summer. The first one is a book called the book of beautiful questions by Warren Berger. Uh, this is a book that, of course, as a coach, I love questions. And, uh, I really appreciated this author's approach to writing out different kinds of questions that can help us explore all kinds of things, what we wanna prioritize, how we can make decisions.

Um, and there's kind of. overview of the different kinds of questions and then a deeper dive into how you might use them. And, um, so I, I loved this book. This author has another book about questions. It'll definitely be picking up. and you'll sense a theme here. The second book is also written by a coach.

It's called the earned life by Marshall Goldsmith. Marshall Goldsmith has another book called what got you here. Won't get you there, which I reread like every two years. I've probably mentioned it on the podcast before. And this is his most recent book basically about living. Where you don't have any regrets.

And I found that the premise of that really interesting, what I always appreciate about Marshall Goldsmith is that he provides really interesting examples from working with different coaching clients and from his own life. And this is a book that he wrote during the pandemic period. And so it's.

Directly applicable to a lot of the life changes that people are considering making during this time. Um, I find his books highly approachable. I would recommend any of them. I think I've read all of his back list at this point. Um, but I always appreciate someone who's taking a really kind of reflective and, um, purposeful, intentional look at life and the different kinds of choices that we're making.

so I'm gonna run through these one more time. In case there was one that you were like, Ooh, I didn't catch the title or the author of that. And again, I'll link to all of these in the show notes. So the fiction books were the change by Kirsten Miller. How high we go in the dark by Sequoia nega Matsu, the secret book and scone society by El Adams.

Ship of magic by Robin Hobb. Part of your world by Abby Jimenez. The last to vanish by Megan Miranda letters to the lost by Bridget. Kimer the sign for home by Blair. The book of beautiful questions by Warren Berger and the earned life by Marshall Goldsmith. Of course, I always love to hear what you have been reading lately.

You can always email me at hello at Dr. Katie leonard.com to tell me what are the things you want me to add to my, to read pile? And I hope you found something here that might be interesting as you head into this next season. Something to add to your, to be red list as well. Thanks for listen. Thanks for listening to this episode of you've got this.

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