

MVAH ZOOM BOOK CLUB

November 11, 2021

Next MVAH ZOOM Book Club December 16th at 3PM

Attendees: Host: Barbara Brennan Cher Terry Betsy Stephens Louise & Robert McLean	Carol Mattaino Sarah Tatum
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NOTE: I think in the beginning we decided to limit the books discussed to one or maybe two, but no more. It was suggested to expand a bit more on the book, the author – at least a paragraph about it and why you are recommending it. Thank you!

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1. Carol Mattaino – **The Boys in the Cave: Deep Inside the Impossible Rescue in Thailand. By Matt Gutman.** 2018. 448 pages.

From award-winning ABC News Chief National Correspondent Matt Gutman, and written using exclusive interviews and information comes the definitive account of the dramatic story that gripped the world: the miracle rescue of twelve boys and their soccer coach trapped in a flooded cave miles underground for nearly three weeks—a pulse-pounding page-turner by a reporter who was there every step of their journey out.

2. Betsy Stephens – **Just Mercy: Aa Story of Justice and Redemption. by Bryan Stevenson.** 2014. 336 pages.

is a memoir by Bryan Stevenson that documents his career as a lawyer for disadvantaged clients. The book, focusing on injustices in the United States judicial system, alternates chapters between documenting Stevenson's efforts to overturn the wrongful conviction of Walter McMillian and his work on other cases, including children who receive life sentences and other poor or marginalized clients.

3. Sarah Tatum -- **The Scalpel and the Soul by Allan J Hamilton.** 2009. 272 pages. A Harvard-educated neurosurgeon reveals his experiences—in and out of the operating room—with apparitions, angels, exorcism, after-death survival, and the miracle of hope. For the millions who have enjoyed Proof of Heaven, Heaven is Real, To Heaven and Back, and Getting to Heaven—an inspiring tale from where the veil between life and death is often at its thinnest.

The Scalpel and the Soul explores how premonition, superstition, hope, and faith not only become factors in how patients feel but can change outcomes. It validates the spiritual manifestations physicians see every day and empowers patients to voice their spiritual needs when they seek medical help. Finally, it addresses the mysterious, attractive powers the soul exerts during life-threatening events.

4. Cher Terry – **Why We Sleep by Mathew Walker.** 2017. 368 pages
The New Science of Sleep and Dreams is a popular science book about sleep by the neuroscientist and sleep researcher, Matthew Walker.[1] Walker is a professor of neuroscience and psychology and the director of the Center for Human Sleep Science at the University of California, Berkeley.[2][3][4][5][6][7][8][9]

Walker spent four years writing the book,[10] in which he asserts that sleep deprivation is linked to numerous fatal diseases, including dementia.[11] The book

became an international bestseller, including a #1 Sunday Times Bestseller in the UK,[12] and a New York Times Bestseller.[13]

5. Louise McLean – **Tinker, Tailor, Soldier, Spy by John Le Carre'**. 1974. 400 pages. (2011 movie)

Tinker, Tailor, Soldier, Spy by John LeCarre' is an exciting story about a mole who moves up to the highest levels of the British intelligence community. ... The woman disappears but leaves a diary that tells the story of a Russian mole working in a highly-placed position in the Circus.

6. Barbara – **My Grandmother asked me to tell you she's sorry by Fredrik Backman.** 2016. 400 pages.

A charming, warmhearted novel from the author of the New York Times bestseller A Man Called Ove.

Elsa is seven years old and different. Her grandmother is seventy-seven years old and crazy—as in standing-on-the-balcony-firing-paintball-guns-at-strangers crazy. She is also Elsa's best, and only, friend. At night Elsa takes refuge in her grandmother's stories, in the Land-of-Almost-Awake and the Kingdom of Miamas, where everybody is different and nobody needs to be normal.

When Elsa's grandmother dies and leaves behind a series of letters apologizing to people she has wronged, Elsa's greatest adventure begins. Her grandmother's instructions lead her to an apartment building full of drunks, monsters, attack dogs, and old crones but also to the truth about fairy tales and kingdoms and a grandmother like no other.