

MVAH ZOOM BOOK CLUB

May 19, 2022

Next MVAH ZOOM Book Club June 16th, 3PM

Host: Barbara Brennan	
Attendees: Carol Mattaino Sarah Tatum Lowry Mann	Louise McLean Robert McLean Norma Brodsky

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 Warmth of Other Suns by Isabel Wilkerson.** She is the winner of the Pulitzer Prize and the National Humanities Medal. Published 2011. 640 pages. The epic story of America’s great migration. The Warmth of Other Suns is the story of how and why millions of Black Americans left the South between 1915 and 1970 to escape the brutality of the Jim Crow Laws

and find safety, better pay, and more freedom in what is known today as The Great Migration.

In *The Warmth of Other Suns*, Isabel Wilkerson draws on ten years of research and over 1,500 interviews to tell the remarkable story of America's Great Migration—the mass exodus of Southern blacks to Northern cities from 1915 to 1970. It is a story whose real significance has until now been largely overlooked and poorly understood.

Over six million blacks migrated North during this period, but Wilkerson focuses on three representative people—Ida Mae Gladney, George Swanson Starling, and Robert Pershing Foster—who left the South in 1937, 1944, and 1953, respectively.

Unlike most migrations, the blacks who left the South were seeking full citizenship within their own country, rather than traveling to an entirely new land. The racial terror that reigned in the Jim Crow South—the daily humiliations, constant fear of violence, and the yearning to live a full and free life—drove them to make a perilous journey, risking their lives and livelihoods in the process.

2. **Sarah Tatum – Healing: Our Path from Mental Illness to Mental Health.** by **Thomas Insel.** Published 2022. 336 pages.

Dr. Insel offers a comprehensive plan for our failing system and for families trying to discern the way forward. The fruit of a lifetime of expertise and a global quest for answers, *Healing* is a hopeful, actionable account and achievable vision for us all in this time of mental health crisis.

Thomas Insel left his position as director of the National Institute of Mental Health to investigate all that was broken in the mental health care system—and what a better path to mental health might look like. In the United States, we have treatments that work, but our system fails at every stage to deliver care well. Even before COVID, mental illness was claiming a life every eleven minutes by suicide. Quality of care varies widely, and much of the field lacks accountability. We focus on drug therapies for symptom reduction rather than on plans for long-term recovery. Care is often unaffordable and unavailable, particularly for those who need it most and are homeless or

incarcerated. Where was the justice for the millions of Americans suffering from mental illness? Who was helping their families?

Because Dr. Insel is such an understated writer, it is easy to miss the audacity to be found in *Healing* ... Dr. Insel has made the most of the revelation, traveling widely to identify the crisis of care and look for solutions. *Healing* is the product of this odyssey—and a compelling summary of all that he learned along the way.

Rarely does a book come along that has so much potential to influence American policy and quality of life as this one does ... In clear detail, using extensive research and narratives, many of them personal, he defines the social factors that have led to this crisis ... Readers of this important book will gain a greater, more complete understanding of mental health issues in the United States and will be pointed toward steps that could lead to radical change in mental health care.

A profound diagnosis of the ills and promises of the United States' mental health-care system ... In breaking down how mental illness became so pervasive, Insel explains the history of health-care policy in America ... Insel offers a solid history of how systemic issues such as homelessness, mass incarceration, and for-profit health insurance keep the country tied to ineffective means of treating mental illness. But it's not all doom and gloom: he offers a sense of hopeful solutions ... It's as compassionate as it is comprehensive.

3. **Robert McLean – The Hidden History of Big Brother in America: How the Death of Privacy and the Rise of Surveillance Threaten Us and Our Democracy** by Thom Hartmann. (Series book 7). Published 2022. 184 pages.

America's most popular progressive radio host and New York Times bestselling author Thom Hartmann reveals how the government and corporate America misuse our personal data and shows how we can reclaim our privacy.

Most Americans are worried about how companies like Facebook invade their privacy and harvest their data, but many people don't fully understand the details of how their information is being adapted and misused. In this thought-provoking and accessible book, Thom Hartmann reveals exactly how

the government and corporations are tracking our every online move and using our data to buy elections, employ social control, and monetize our lives.

4. **Louise McClean – Lessons from the Edge by Marie Yovanovitch.** Published 2022.

An inspiring and urgent memoir by the former U.S. ambassador to Ukraine--a pioneering diplomat who spent her career advancing democracy in the post-Soviet world, and who electrified the nation by speaking truth to power during the first impeachment of President Trump

5. **Barbara Brennan – The Eye of the Needle by Ken Follett.** Published 1978. 339 pages.

Eye of the Needle is a spy thriller novel written by Welsh author Ken Follett.[1] It was originally published in 1978 by the Penguin Group under the title Storm Island. This novel was Follett's first successful, best-selling effort as a novelist, and it earned him the 1979 Edgar Award for Best Novel from the Mystery Writers of America. The revised title is an allusion to the "eye of a needle" aphorism.

The book was made into a motion picture of the same title in 1981, starring Donald Sutherland, with a screenplay adapted by Stanley Man and directed by Richard Marquand.

During World War Two, a ruthless German spy in Britain learns the secrets of D-Day and must escape back to Germany to change the course of the war. But when he's shipwrecked on a small Scottish island, he meets a woman who might just be a match for him.