

## Winter Reading

"The majority of Harney County's community just wanted the Bundys, the militia, outside law enforcement, and the media to leave them alone." — *Bob Keefer*

### ■ **The Messy Joys of Being Human: A Guide to Risking Change and Becoming Happier**

by Helen Rosenau. Riverview Press, \$17.

You know that old saying: Don't judge a book by its cover? Well, I have a really hard time in that department when it comes to actual books. While pursuing the bookstore or library, I am way more likely to pick up a book whose cover speaks to me. I have to admit, when I first came across *The Messy Joys of Being Human* by Eugene-based author Helen Rosenau I didn't think it would be a book for me. I was proven wrong, however, as I read the first page and found myself screaming, "Yes!" to the questions posed by the author right out of the gate. Apparently, to my own surprise, I did require a Jewish fairy godmother — Rosenau's self-professed title — this whole time without being aware of it. It's a book of questions, of sharing, of enlightening self-awareness, and most of all some of the best advice I have been given in a long time. While devouring the pages with a pencil and notebook in hand, I felt like I was having a conversation with an old friend. *The Messy Joys*

of *Being Human* challenged me to embrace my struggles and guided me on a journey of both change and discovery. Unlike other self-help books I have read in the past, Helen's writing is warm and compassionate, and sprinkled with a type of wit and humor that could only be delivered by the Jewish fairy godmother that you never knew you needed. — *Elisha Young*

### ■ **The TB12 Method: How to Achieve a Lifetime of Sustained Peak Performance**

by Tom Brady. Simon & Schuster, \$15.95.

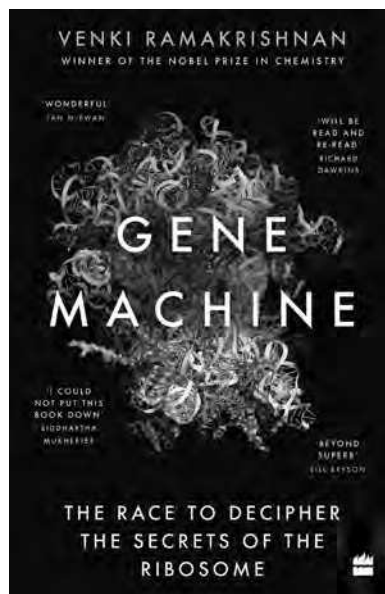
I don't trust anyone who genuinely likes Tom Brady. Brady, the New England Patriots and their head coach Bill Belichick are basically the villains of professional football. Yet, despite winning five Super Bowls and Brady's annoying habit of making a comeback — and being a 40-something quarterback who doesn't get hurt that much — I figured there was something to learn from the guy. I'm no NFL quarterback — though I am trying to perfect my *Madden* skills — but, being human, I'm always interested in books that offer an athletic Sorcerer's Stone. This publication covers Brady's athletic growth, the thesis of his workout plan, and sampling of menus and workouts. Sure, the workouts are rooted in the idea of increasing pliability and flexibility, and the book offers some great exercise routines. However, the downside is that it not only sells the Brady brand, but you have to deal with his arrogant face the whole time. — *Henry Houston*

### ■ **Gene Machine: The Race to Decipher the Secrets of the Ribosome**

by Venki Ramakrishnan. Basic Books/Hachette, \$28.

Remember the race to sequence the human genome? That didn't win a Nobel Prize. This book tells the story of another race in molecular biology going on about the same time. It wasn't as public — until three of the competitors shared the Nobel Prize in Chemistry, and one of them wrote this engaging and highly readable book. If DNA is the blueprint of life, then these pages center on a major part of the molecular construction crew to transform the genetic code into flesh and blood.

The author, one of the Nobel winners, tours readers through the human side of science — the frequent failure punctuated by tiny but exhilarating successes, as well as the corrupting effect of science prizes. The personalities, obsessions, love lives, humor and occasional paranoia could fuel a *Big Bang Theory* knock-



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**Eugene Cultural Services**

[eugene-or.gov/culturalservices](http://eugene-or.gov/culturalservices)