

NEWS RELEASE
FOR IMMEDIATE RELEASE
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EXPRESS YOURSELF THIS SUMMER AT NORTH SUFFOLK LIBRARY

SUFFOLK, Va. (May 28, 2009) – Join us at North Suffolk Library this summer for our Express Yourself book chats for adults! These chats will be held on the following Saturdays at 11:00 a.m. in the North Suffolk Library lobby. Come enjoy light refreshments and express yourself!

Saturday, June 27th at 11 a.m. – *Express Yourself Book Chat: Everybody has a Story.* Come and discuss any biography or memoir or choose from one of our selected titles: Cheever: a Life, by Blake Bailey; Things I Have Been Silent About, by Azar Nafisi; or Dress Your Family in Corduroy and Denim, by David Sedaris.

Saturday, July 11th at 11 a.m. – *Express Yourself Book Chat: Our Animal Friends.* Come and discuss any animal book or choose from one of our selected titles: Marley & Me by John Grogan; Dewey: a Small-town Library Cat who Touched the World by Vicki Myron; or The Good, Good Pig: The Extraordinary Life of Christopher Hogwood by Sy Montgomery.

Saturday, July 25th at 11 a.m. – *Express Yourself Book Chat: Decisions, Decisions, Decisions.* Come and discuss any book about human thought processes or choose from one of our selected titles: Blink by Malcolm Gladwell; Predictably Irrational: The Hidden Forces that Shape our Decisions by Dan Ariely; or The Brain that Changes

Itself: Stories of Personal Triumph from the Frontiers of Brain Science by Norman Doidge.

Saturday, August 8th at 11 a.m. – *Express Yourself Book Chat: Food for Thought.*

Come and discuss any book about food or choose from one of our selected titles:

In Defense of Food: An Eater's Manifesto by Michael Pollan; Fast Food Nation by Eric Schlosser; or Animal, Vegetable, Miracle by Barbara Kingsolver.

Find out more details on our Web site at www.suffolk.lib.va.us, and come to North Suffolk Library between **June 15 and August 15** to sign up and express yourself! North Suffolk Library is located at 2000 Bennett's Creek Park Rd.

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