

RTC- Library E-Newsletter

Welcome to the RTC- Library Newsletter May 2023



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BOOK REVIEWS

THE MEMORY POLICE BY YOKO OGAWA

"Do you remember everything? Forever?" is a thought echoed by the narrator of the novel who views remembering the disappearing parts of the world as a burden for her mother who would remember every aspect of the world.

The protagonist in this 'slowly dying' dystopian novel is an individual who lacks the ability to hold onto memories, like many other around her. Those who can retain their memories are very few and are taken by the mysterious memory police from whose clutches no one escapes. For example, the mother of the novelist is revealed to have died when she was taken by the memory police.

The protagonist leads a peaceful life reading, writing and being herself – far removed from the tumult caused by the memories in the lives of the people who can still remember, though she is not left in peace for long. Because her mother was one who could remember, she gets embroiled in several dangers. She finds forbidden, forgotten objects that her mother had hidden that can land her in serious trouble. She also gives refuge to her editor, who is one who cannot forget as well.



While on the surface, the novel has surprisingly calm and beautiful depictions of a slowly diminishing world with picturesque depictions of beautiful flowing flowers or the burning libraries and its remnants that cannot stir the novelist anymore as she has forgotten about them, underneath the beauty, there is also a startling struggle to hold on and remember.

Underneath the layers of the laws created by the memory police, the real sinister question of importance of the memories and the rights to have them emerges. The novel also draws parallels from the lack of the freedom given to the people during the World Wars and people who are living under the iron hold of dictatorial regime.

By the time a reader nears the end of the book, they are left wondering about the fate of the protagonist while also feeling suffocated by the restrictions that gradually drain the life away from the people who forget. Thus, while the overall story is haunting and nostalgic, it also possesses the undertone of criticism of the world and places the most essential question before its readers: "Is ignorance really a bliss"?



SANGAY ZAM
BA ENG STUDIES

Everything, Everything by Nicola Yoon

From the cover of the novel to the storyline and characters, all of it was just so captivating. The story circles around a young girl named Madeline Whitter who has a rare disease called SCID, which is where you are allergic to the world and the slightest thing from the outside world could trigger a reaction or worse.

Madeline Whitter spends her life inside a bubble, with her mother who is broken by the accident which killed both her husband and son. As the story goes on it displays how life is a precious gift that many take for granted. Shortly after Madeleine's 18th birthday, a new family moves in next door. A young and seemingly depressed teenage girl, a violent and alcoholic father, a weak and incapable mother, but most importantly a boy who is wild, clever and very good looking. With the passage of time, Madeline starts to learn more about the family as she watches them from her bedroom window. Olly, the boy next door, starts to talk to Madeline over IM. Carla, Madeline's nurse lets Olly and Madeline meet.



I like how Nicola Yoon gives each character a very different personality. Like Madeline, who is displayed as the helpless and behaves way younger than her actual age; Olly, reckless, charming but extremely caring. And Madeline's mother, who we later find out is going insane. The book itself is just full of twists and turns, which just makes it even more interesting.

I really enjoyed reading this book, it made me think and it made me question. I would definitely recommend this novel to anyone who likes hopeful romantic books. It's really hopeful and talks a lot about youth being in love and believing it.

It ends with us – Colleen Hoover
Goodreads rating: 4.27
Genre: Romance, Contemporary, New adult

Sometimes it is the one who loves you who hurts you the most.

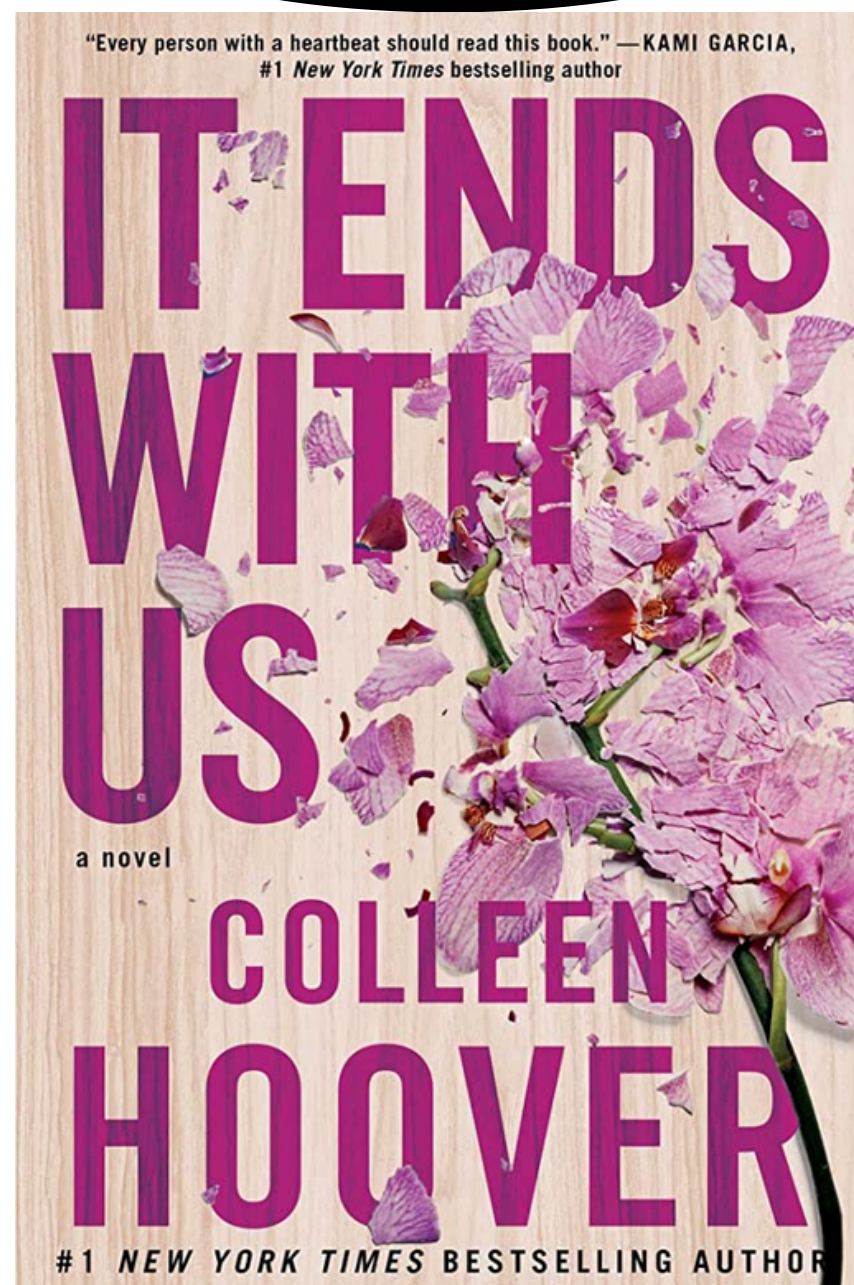
Lily hasn't always had it easy, but that's never stopped her from working hard for the life she

wants. She's come a long way from the small town in Maine where she grew up – she graduated from college, moved to Boston, and started her own business. So when she feels a spark with a gorgeous neurosurgeon named Ryle Kincaid, everything in Lily's life suddenly seems almost too good to be true.

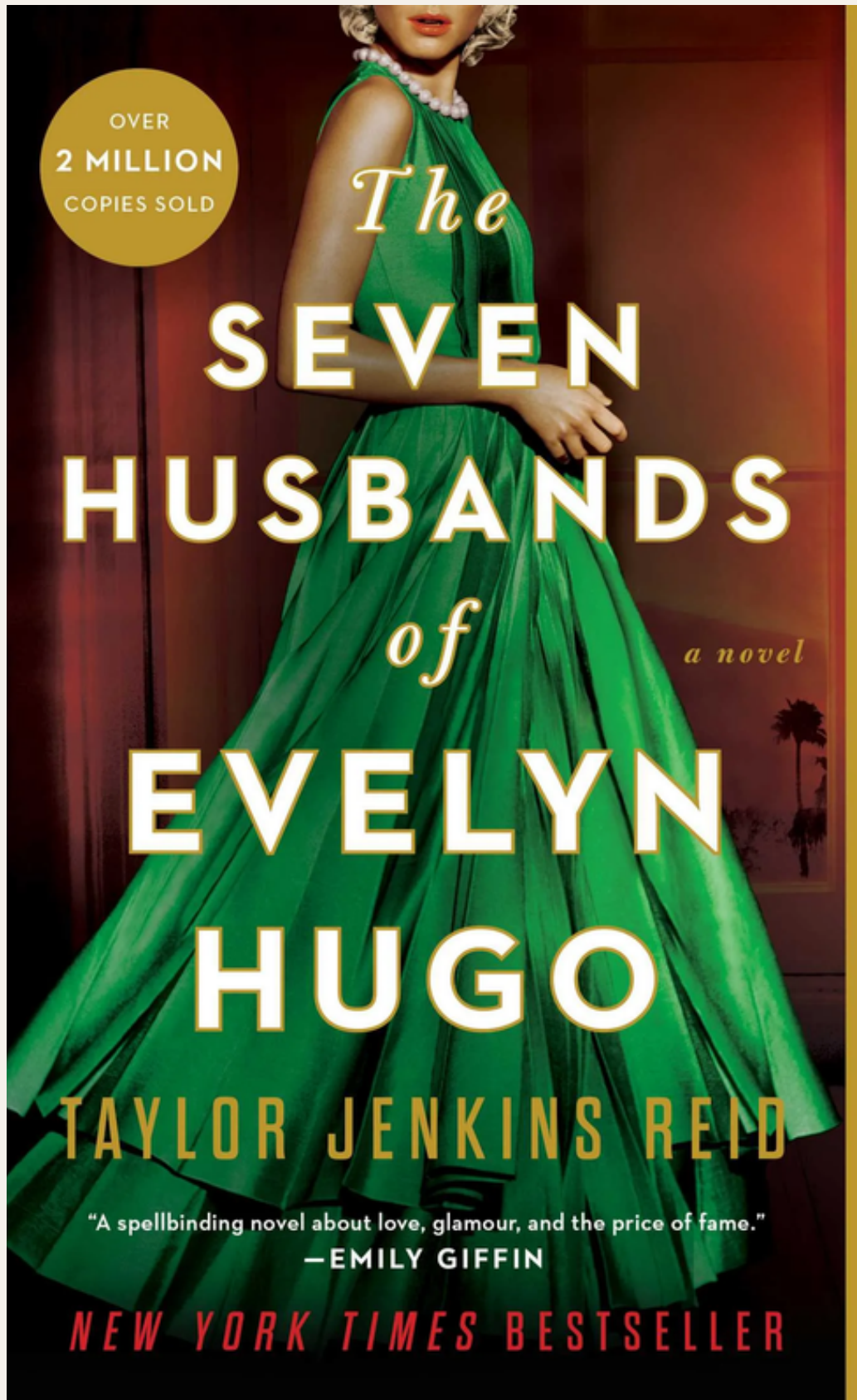
Ryle is assertive, stubborn, and maybe even a little arrogant. He's also sensitive, brilliant, and has a total soft spot for Lily. And the way he looks in scrubs certainly doesn't hurt. Lily can't get him out of her head. But Ryle's complete aversion to relationships is disturbing. Even as Lily finds herself becoming the exception to his "no dating" rule, she can't help but wonder what made him that way in the first place.

As questions about her new relationship overwhelm her, so do thoughts of Atlas Corrigan – her first love and a link to the past she left behind. He was her kindred spirit, her protector. When Atlas suddenly reappears, everything Lily has built with Ryle is threatened.

FICTION



THE SEVEN HUSBANDS OF EVELYN HUGO – TAYLOR JENKINS REID



Goodreads rating: 4.45

Genre: LGBT, Romance, Historical fiction, contemporary

Aging and reclusive Hollywood movie icon Evelyn Hugo is finally ready to tell the truth about her glamorous and scandalous life. But when she chooses unknown magazine reporter Monique Grant for the job, no one is more astounded than Monique herself. Why her? Why now?

Monique is not exactly on top of the world. Her husband has left her, and her professional life is going nowhere. Regardless of why Evelyn has selected her to write her biography, Monique is determined to use this opportunity to jumpstart her career.

Summoned to Evelyn's luxurious apartment, Monique listens in fascination as the actress tells her story. From making her way to Los Angeles in the 1950s to her decision to leave show business in the '80s, and, of course, the seven husbands along the way, Evelyn unspools a tale of ruthless ambition, unexpected friendship, and a great forbidden love. Monique begins to feel a very real connection to the legendary star, but as Evelyn's story near its conclusion, it becomes clear that her life intersects with Monique's own in tragic and irreversible ways.

NON – FICTION:

REWORK – JASON FRIED, DAVID HEINEMEIER HANSSON

Goodreads rating – 3.97

Genre: Business, Entrepreneurship, Management, Productivity

'IGNORE THIS BOOK AT YOUR PERIL'
– SETH GODIN

REWORK



CHANGE THE WAY
YOU WORK FOREVER

JASON FRIED & DAVID HEINEMEIER HANSSON

Most business books give you the same old advice: Write a business plan, study the competition, and seek investors, yadda yadda. If you're looking for a book like that, put this one back on the shelf.

What you really need to do is stop talking and start working. This book shows you the way. You'll learn how to be more productive, how to get exposure without breaking the bank, and tons more counterintuitive ideas that will inspire and provoke you.

Rework shows you a better, faster, easier way to succeed in business. Read it and you'll know why plans are actually harmful, why you don't need outside investors, and why you're better off ignoring the competition. The truth is, you need less than you think. You don't need to be a workaholic. You don't need to staff up. You don't need to waste time on paperwork or meetings. You don't even need an office. Those are all just excuses.

With its straightforward language and easy-is-better approach, Rework is the perfect playbook for anyone who's ever dreamed of doing it on their own. Hardcore entrepreneurs, small-business owners, people stuck in day jobs they hate, victims of "downsizing," and artists who don't want to starve anymore will all find valuable guidance in these pages.

THE POWER OF HABIT: WHY WE DO WHAT WE DO IN LIFE AND BUSINESS – CHARLES DUHIGG

Goodreads rating: 4.13
Genre: Self-help, business, psychology, personal development, productivity

In *The Power of Habit*, award-winning New York Times business reporter Charles Duhigg takes us to the thrilling edge of scientific discoveries that explain why habits exist and how they can be changed. With penetrating intelligence and an ability to distill vast amounts of information into engrossing narratives, Duhigg brings to life a whole new understanding of human nature and its potential for transformation.

Along the way we learn why some people and companies struggle to change, despite years of trying, while others seem to remake themselves overnight. We visit laboratories where neuroscientists explore how habits work and where, exactly, they reside in our brains. We discover how the right habits were crucial to the success of Olympic swimmer Michael Phelps, Starbucks CEO Howard Schultz, and civil-rights hero Martin Luther King, Jr. We go inside Procter & Gamble, Target superstores, Rick Warren's Saddleback Church, NFL locker rooms, and the nation's largest hospitals and see how implementing so-called keystone habits can earn billions and mean the difference between failure and success, life and death.

At its core, *The Power of Habit* contains an exhilarating argument: The key to exercising regularly, losing weight, raising exceptional children, becoming more productive, building revolutionary companies and social movements, and achieving success is understanding how habits work.

Habits aren't destiny. As Charles Duhigg shows, by harnessing this new science, we can transform our businesses, our communities, and our lives.

'Absolutely fascinating.' *Wired*

THE POWER OF HABIT

Why we do what we
do and how to *change*



CHARLES DUHIGG
WITH A NEW AFTERWORD



The Virtual Library



Digital Resources Passwords

Research4Life

username: BHU523
password: 13313

Sage Knowledge

Log into Research4Life
Copy & paste URL in separate window

ScienceDirect Scopus

Log into Research4Life
Access through Institution:
Research4Life

The Economist

username: library@rtc.bt
password: bhutan2022

library@rtc.bt

*Need help searching the
databases? Book an appointment*

RTC DATABASES, EJOURNALS & DIGITAL RESOURCES

Accessible through the MyRTC
Library Portal:

A-Z RTC Digital Resources &
Databases

Research4Life (direct link)

Need help in searching the
databases? Just 'Ask A Librarian'

KOHA ACCOUNT

If you are interested in having access to your koha account, please visit the library front desk to get your username and password or send us an email at library@rtc.bt

RENEWAL OF LIBRARY BOOKS - CAN BE DONE THROUGH EMAIL

Step 1: You will receive an automated email from the library when the due is near.

Step 2: If you would like to renew, Please reply to the same email.

Step 3: Library staff will renew your book and send you the new due date.