



Books That Will Change Your Life

Conversations on health, psychology, and spirituality at the Bay Area Book Festival

Saturday, April 28

11:00 - 12:15 Geneen Roth's Messy Magnificent Life

Geneen Roth interviewed by Vanessa Hua

Geneen Roth (author of the massively popular memoir "Women Food and God") has simple advice for those trying to improve themselves: Do not try to fix your flaws. In fact, she takes issue with the idea of flaws at all. After years struggling with body issues, Geneen Roth made peace with herself and embarked on the journey to find meaning beyond self-image. Her new book, "This Messy Magnificent Life," does not aim to show readers how to correct their path—it aims to help them see the beauty of the path they are on. Vanessa Hua joins Geneen in conversation.

11:45 - 1:00 What Makes a Life Worth Living? Powerful Memoirs of Love and Loss

Lucy Kalanithi, Elizabeth Scarborough

In his final year of life before dying of cancer, the young neurosurgeon Paul Kalanithi wrote the bestselling "When Breath Becomes Air," probing how the mind makes meaning and why our lives matter. Paul's widow, Lucy Kalanithi, and Elizabeth Scarborough discuss Paul's work and legacy, the act of witnessing, and what death can teach us about living and loving.

3:15 - 4:30 What Death Can Teach Us About Living Fully

Frank Ostaseski, Kate Campbell

World-renowned Buddhist teacher and spiritualist Frank Ostaseski welcomes the resolution and connections that the end of life can bring. He has spent thousands of hours in hospice service listening to the open-hearted truths of the dying and their families, and learning from their wisdom and stories. Interviewed by Kate Campbell of North Berkeley Investment Partners, Frank will discuss the tenets he believes lead to a life well lived, and share simple suggestions we can all practice.

Sunday, April 29

10:00 - 11:15 **JCC East Bay Presents: Thriving Past Trauma—Holocaust Survivor Dr. Edith**

Eger with The Choice

Dr. Edith Eger interviewed by Elizabeth Rosner

An absolute must-see: Dr. Edith Eger, 92-year-old Auschwitz survivor and trauma psychologist, comes to us to discuss one of the most compelling books we've read this year, "The Choice: Embrace the Possible," which Desmond Tutu called "a gift to humanity." She will be interviewed by Elizabeth Rosner, author of the award-winning "Survivor Cafe: The Legacy of Trauma and the Labyrinth of Memory." Sponsored by the Jewish Community Center of the East Bay with the generous support of Eve Gordon-Ramek; in memory of Mayer Goldberg and Henry Ramek.

11:45 - 1:00 **Standing at the Edge: Finding Freedom Where Fear and Courage Meet**

Joan Halifax, Dacher Keltner

Zen roshi (teacher) and anthropologist Joan Halifax has spent much of her life exploring questions of life and death. Teaching at hospices and on death row, and traveling throughout radically different cultures, she has devoted herself to the study of what makes a meaningful life. Her new book, "Standing at the Edge: Finding Freedom Where Fear and Courage Meet," which Arianna Huffington called "essential reading for our time," is the culmination of her lifelong study of mindfulness, compassion, and generosity. She ventures to answer the enduring question: How do we live well for ourselves and others at the same time? Emotion expert and director of UC Berkeley's Greater Good Science Center Dacher Keltner will interview.

1:00 - 2:15 **"Wonder Down Under": A Celebration (and Medical Explication) of the Female**

Anatomy

Ellen Støkken Dahl, interviewed by Michelle Marzullo

The female body has been a political battleground for centuries, the source of life itself and thus the focus of control, indeed obsession. Meanwhile, the actual bodies themselves—the way they work, their own intrinsic beauty and physical essence—remain largely undiscussed. To demystify female sexual health for women and those who love them, medical student Ellen Støkken Dahl and Dr. Nina Brochmann from Norway began a blog that was so popular that it quickly became a book. "The Wonder Down Under: A User's Guide to the Vagina" sold out in Norway in only three days and has now been translated into more than 30 languages. In a special presentation, Dahl will answer all of the questions you didn't know you had about the female anatomy.

1:30 - 2:45 **Barbara Ehrenreich on Wellness, the Certainty of Dying, and Killing Ourselves to Live Longer**

Barbara Ehrenreich, Clara Jeffery

As an author and activist, Barbara Ehrenreich has taken on the minimum wage, abortion rights, women's lives, marijuana laws, and now, in her new book, death itself. In "Natural Causes: An Epidemic of Wellness, the Certainty of Dying, and Killing Ourselves to Live Longer," Ehrenreich deconstructs the

mindset of living to keep living. She examines diet culture, disease screenings, and all of the other practices humans engage in to ensure a long life—but at what expense, and with what quality and meaning? She will be interviewed by Mother Jones Editor-in-Chief Clara Jeffery.