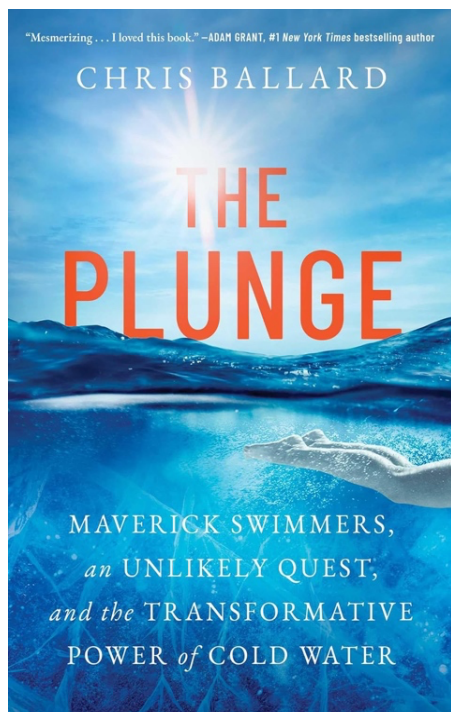


Librarian's Book-of-the-Week—August, 2026



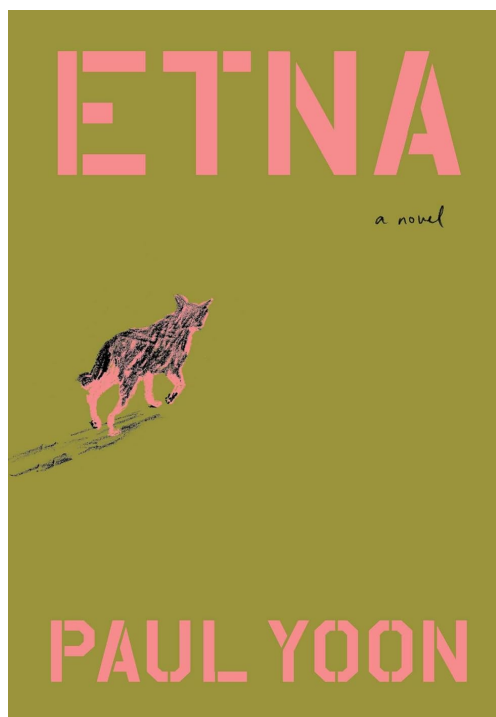
THE PLUNGE: MAVERICK SWIMMERS, AN UNLIKELY QUEST, AND THE TRANSFORMATIVE POWER OF COLD WATER

Chris Ballard

Simon & Schuster, June 9, 2026

Non-Fiction

The Plunge traces humanity's long relationship with cold water—from the ancient Greeks and Victorian sea bathers to polar plungers. Reporting from emerging science, Ballard explores how brief, voluntary cold exposure can sharpen focus, elevate mood, reduce inflammation, stunt cortisol, and retrain the body's stress response, creating a rare state of being both calm and alert.



ETNA: A NOVEL

Paul Yoon

Scribner, August 4, 2026

Fiction

Set in a fictional country in the present day, this is a story told through the eyes of an ex-military dog, Etna. After surviving years of a devastating war, Etna decides one night to leave the men he has fought alongside for years and return home. This is a novel about the power of an idea, about never giving up, and ultimately a novel about finding hope in the most dire of times.



IT WILL COME BACK TO YOU: COLLECTED
STORIES

Sigrid Nunez

Riverhead Books, July 14, 2026

Short Fiction

Over the course of thirty years, Sigrid Nunez has become one of contemporary fiction's most distinctive voices. But she has not, until now, produced a book of stories. In *It Will Come Back to You*, Nunez brings together thirteen of her best stories from the decades-long sweep of her career, tracing the origins of her style and her remarkable artistic range.



THE BIG ONE

Dashka Slater

Random House , June 30, 2025

Children Ages 4-8

When word spreads around their small fishing town that the Big One is close to shore, Marina and Nana know that they will be the ones to catch the elusive and legendary fish. Then one morning, when the mist is so thick they can't see a thing, something giant nudges the boat. What they find is something much bigger – and astounding – than they could have ever imagined!