



2023

SEVEN

RECOMMENDED

READS



First Seven Weeks Programme (F7W)
University of Limerick

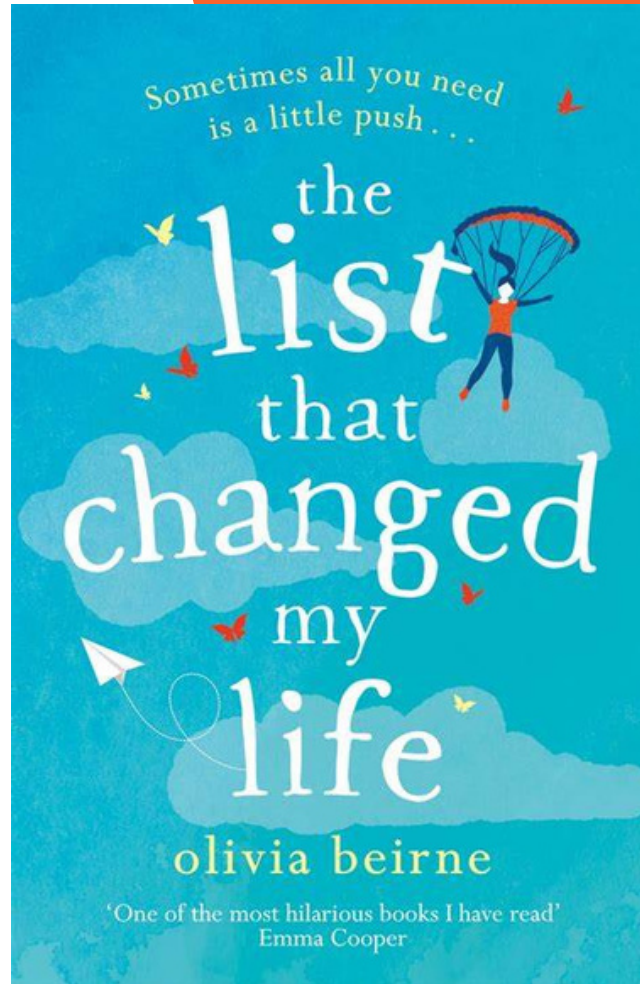


UNIVERSITY OF
LIMERICK
OLLSCOIL LUIMNIGH



The List That Changed My Life

**Olivia Beirne
2018**



Georgia loves wine, reality TV and sitting on the sofa after work. She does not love heights, looking at her bank account, going on dates, or activities that involve a sports bra. And she will never, ever take a risk.

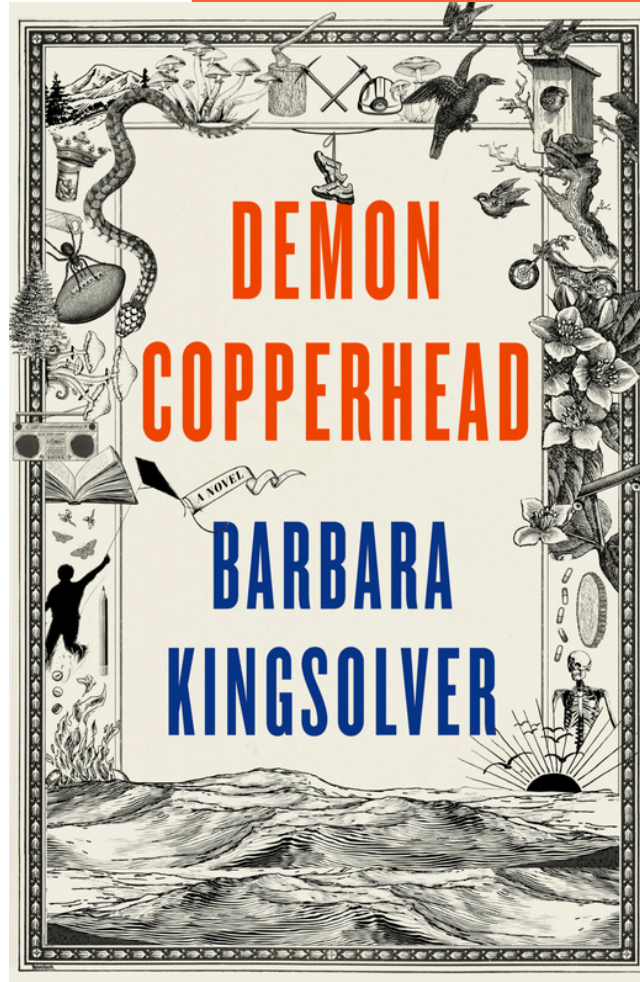
That is, until her braver, bolder, big sister finds out that she won't be able to tick off the things she wanted to do before turning thirty, and turns to Georgia to help her finish her list.

With the birthday just months away, Georgia suddenly has a deadline to learn to grab life with both hands. Could she be brave enough to take the leap, for her sister?

And how might her own life change if she did?

Demon Copperhead

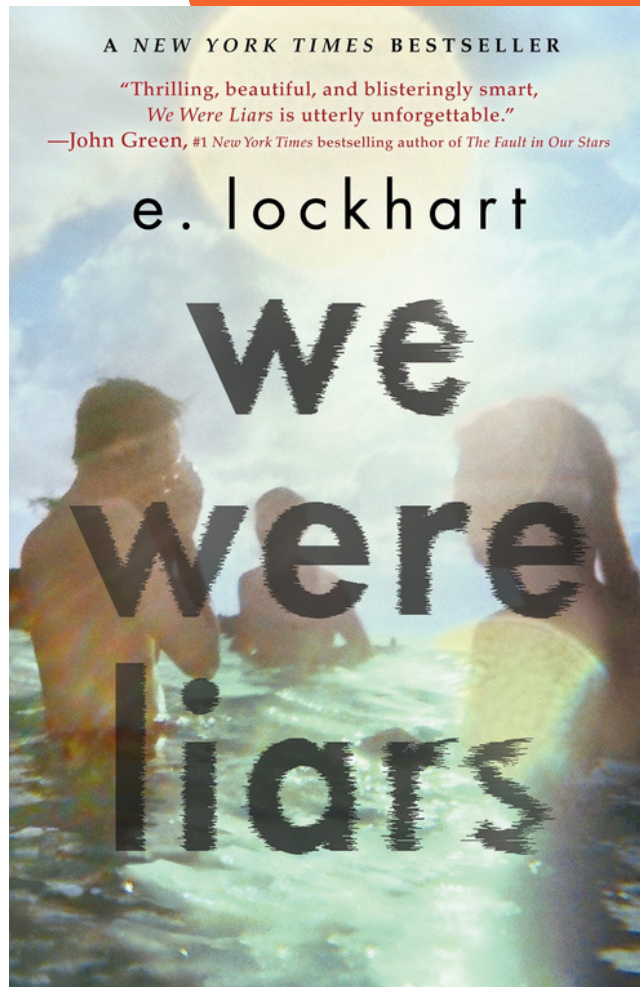
**Barbara
Kingsolver
2022**



Set in the mountains of southern Appalachia, *Demon Copperhead* is the story of a boy born to a teenaged single mother in a single-wide trailer, with no assets beyond his dead father's good looks and copper-colored hair, a caustic wit, and a fierce talent for survival. Relayed in his own unsparing voice, Demon braves the modern perils of foster care, child labor, derelict schools, athletic success, addiction, disastrous loves, and crushing losses. Through all of it, he reckons with his own invisibility in a popular culture where even the superheroes have abandoned rural people in favor of cities.

We Were Liars

e. Lockhart
2014



A beautiful and distinguished family.
A private island.
A brilliant, damaged girl; a passionate, political boy.
A group of four friends-the Liars-whose friendship turns destructive.
A revolution. An accident. A secret.
Lies upon lies.
True love.
The truth.

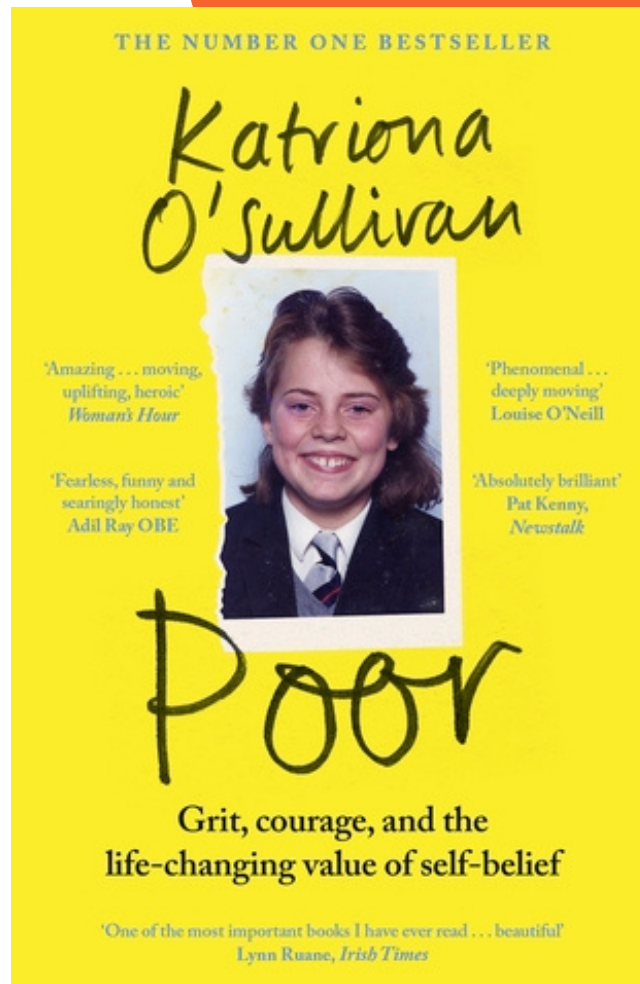
We Were Liars is a modern, sophisticated suspense novel from New York Times bestselling author, National Book Award finalist, and Printz Award honouree E. Lockhart.

Read it.

And if anyone asks you how it ends, just LIE.

Poor

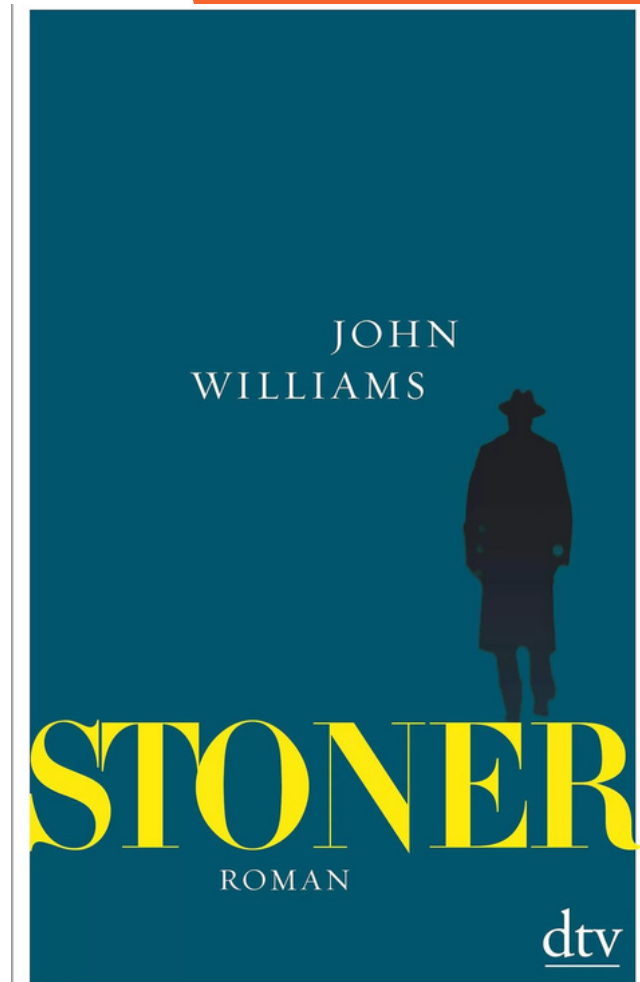
**Katriona
O'Sullivan
2023**



As the middle of five kids growing up in dire poverty, the odds were low on Katriona O'Sullivan making anything of her life. She became a mother at 15 and ended up homeless. Five rackety years followed - barely coping, drinking to escape - until Katriona, now living in her father's native Dublin, hit rock bottom. *Poor* is the extraordinary story - moving, funny, brave, and sometimes startling - of how Katriona turned her life around. During her schooldays there had been teachers who looked out for her - beacons of stability in a chaotic childhood. They planted seeds of self-belief. In Dublin when she sought help, she found mentors whose encouragement revived that self-belief. She got her act together, got a flat and a job as a cleaner, and got into Trinity College. Today Dr Katriona O'Sullivan is an award-winning lecturer whose work explores barriers to education. Despite her professional success, and happiness in her marriage and as a loving mother, Katriona lives with the indelible legacy of her early years. Her book is a stirring argument for the importance of looking out for our kids, of giving them hope, practical support and meaningful opportunities.

Stoner

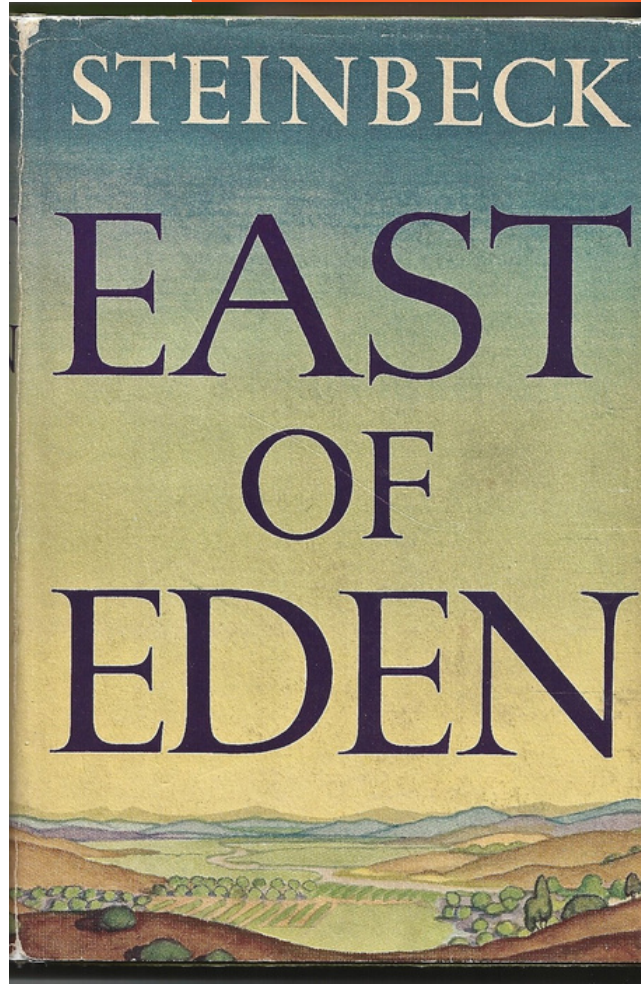
John Williams
1965



William Stoner enters the University of Missouri at nineteen to study agriculture. A seminar on English literature changes his life, and he never returns to work on his father's farm. Stoner becomes a teacher. He marries the wrong woman. His life is quiet, and after his death, his colleagues remember him rarely.

Yet with truthfulness, compassion and intense power, this novel uncovers a story of universal value - of the conflicts, defeats and victories of the human race that pass unrecorded by history - and in doing so reclaims the significance of an individual life.

East of Eden



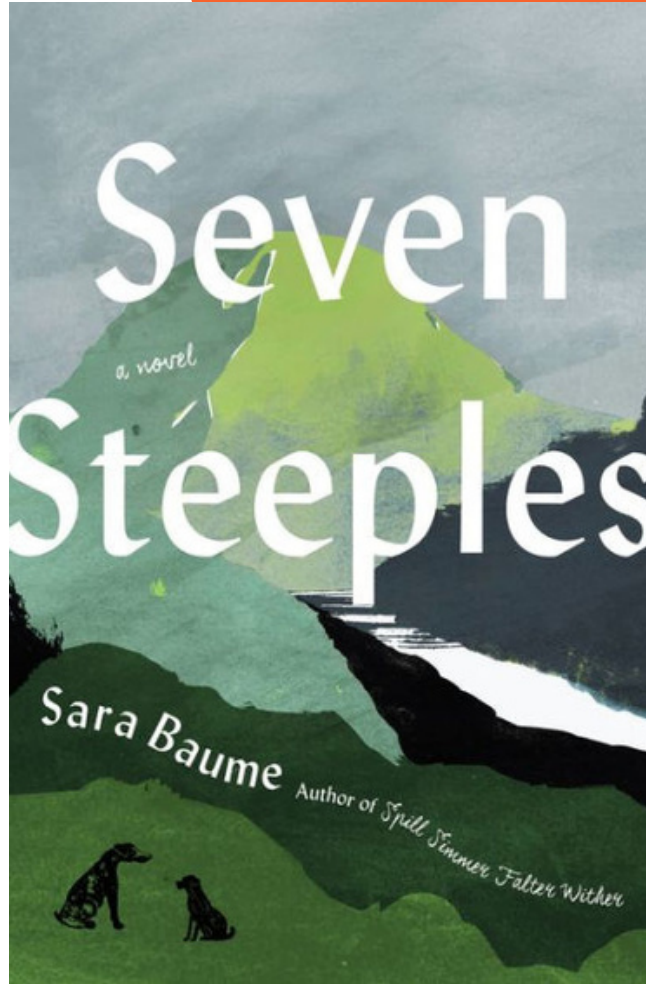
John Steinbeck
1952

East of Eden was dubbed "the first book" by Nobel Laureate John Steinbeck in his journal, and it does have the primal power and simplicity of myth. This expansive and often cruel novel, set in the fertile farmland of California's Salinas Valley, recounts the connected fates of two families—the Trasks and the Hamiltons—whose generations helplessly repeat the fall of Adam and Eve and the toxic rivalry of Cain and Abel.

The masterpiece of Steinbeck's later years, East of Eden is a sprawling epic in which Steinbeck created his most mesmerizing characters and explored his most enduring themes: the mystery of identity, the inexplicability of love, and the murderous consequences of love's absence.

Seven Steeples

Sara Baume
2022



It is the winter following the summer they met. A couple, Bell and Sigh, move into a remote house in the Irish countryside with their dogs. Both solitary with misanthropic tendencies, they leave the conventional lives stretched out before them to build another--one embedded in ritual, and away from the friends and family from whom they've drifted.

They arrive at their new home on a clear January day and look up to appraise the view. A mountain gently and unspectacularly ascends from the Atlantic, "as if it had accumulated stature over centuries. As if, over centuries, it had steadily flattened itself upwards." They make a promise to climb the mountain, but--over the course of the next seven years--it remains unclimbed. We move through the seasons with Bell and Sigh as they come to understand more about the small world around them, and as their interest in the wider world recedes.