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# New nonfiction book releases 2023

## Non fiction 2023.  Non fiction books 2023.  New non fiction book releases 2023.  New nonfiction releases 2023.  New book releases this week 2023 non fiction.  New book releases 2023 by month non fiction.

The United States is a nation of avid readers, with 75% of adults engaging in book consumption across various formats. Despite the abundance of television shows and movies, Americans continue to prioritize reading as a leisure activity. This love for reading transcends genres, with sales of fiction and non-fiction categories increasing since the pandemic began. Graphic novels and fantasy books have seen a significant boost in sales, while travel and business/economics books also gained traction, suggesting renewed interest in exploring the world. The growth in business and economics reflects readers' continued desire to learn and engage with informative content. A well-written non-fiction book should be both entertaining and informative, avoiding pedantic language and jargon that can render it similar to high school textbooks. With 1.8 billion books published in 2018 alone, finding a well-researched and engaging non-fiction title can be daunting. To alleviate this challenge, we've compiled a list of notable non-fiction releases from 2023 worth reading. Unscripted: Inside a Media Empire, The Epic Battle for Succession's Redstone Family Legacy #### Book Summaries * **Unscripted** (February 7, 2023) - A real-life equivalent of HBO's Succession, exploring the complex narrative of the Redstone family and their impact on Paramount Global. Pulitzer Prize-winning journalists Rachel Abrams and James B. Stewart break down the personal struggles and its effect on a major brand. * **Palo Alto: A History of California, Capitalism, and the World** (February 14, 2023) - A doorstopper book by Malcolm Harris, charting the history of Silicon Valley from its unassuming beginnings to becoming a central tech hub. The book provides insights into the Northern California locale. * **Crash Landing: The Inside Story of How the World's Biggest Companies Survived an Economy on the Brink** (March 7, 2023) - A recent history of businesses and the U.S. economy, explaining how companies navigated the pandemic while also revealing cracks in their infrastructure through examples like AirBnb and American Airlines. * **Black Ball: Kareem Abdul-Jabbar, Spencer Haywood, and the Generation that Saved the Soul of the NBA** (March 7, 2023) - Scholar Therea Runstedtler chronicles the groundbreaking history of the 1970s NBA, highlighting the innovative play styles and push for higher salaries and better treatment by Black players like Kareem Abdul-Jabbar and Spencer Haywood. * **The Teachers: A Year Inside America's Most Vulnerable, Important Profession** (available at a discounted price) - Alexandra Robbins provides an honest account of three teachers' experiences with their job, covering topics such as belligerent parents and the Covid-19 pandemic. Books of the Year The books released this year are diverse and thought-provoking. "Poverty" by AmericaSociologist Matthew Desmond examines why the US has such significant poverty despite being a major economic power. The book uses history, research, and reporting to highlight the infrastructure that keeps poor people in poverty. For those interested in understanding the deep state, "Bottoms Up and the Devil Laughs: A Journey Through the Deep State" by Kerry Nelson tells the story of Reality Winner and Edward Snowden. It offers a humorous look at America's relationship with secret intelligence. "If It Sounds Like a Quack...: A Journey to the Fringes of American Medicine" explores modern non-traditional medicine, talking to advocates who want alternative treatments to be mainstream. "A Fever in the Heartland: The Ku Klux Klan's Plot to Take Over America, and the Woman Who Stopped Them" by Timothy Egan details the story of Madge Oberholtzer and her role in exposing D.C. Stephenson's secrets. "The Wager: A Tale of Shipwreck, Mutiny and Murder" by David Grann recounts a true story about sailors who were shipwrecked in Brazil and Chile, accused of treachery and murder. Lastly, "Monsters: A Fan's Dilemma" by Claire Dederer explores the question of how to deal with problematic art created by influential figures such as Picasso, Hemingway, Miles Davis. Released in April 2023, an essay from The Paris Review explores the private tech companies racing to make space travel more accessible and affordable. Meanwhile, a new book chronicles the history of emo music, offering personal accounts from its most influential figures. Another book delves into the world of '80s and '90s action movies, featuring behind-the-scenes stories and interviews with legendary stars like Arnold Schwarzenegger and Bruce Willis. Additionally, a data-driven analysis reveals the harsh realities of poverty in America, shedding light on communities that have suffered disproportionately from economic inequality. Lastly, a humorous non-fiction book examines the art of trash talk in sports, providing insights into the psychological games played by competitors to gain an edge. The year 2023 has seen a plethora of compelling non-fiction books that have captured the attention of readers worldwide. Here are some of the most talked-about titles of the year: * **Prince Harry's Memoir**: Released on January 10, this tell-all book delves into Prince Harry's life within the Royal Family, his marriage, and his decision to leave behind royal duties. * **A Few Days Full of Trouble: Revelations on the Journey to Justice for My Cousin and Best Friend, Emmett Till**: Also released on January 10, this memoir recounts the story of Emmett Till's disappearance and its impact on civil rights. * **We Should Not Be Friends: The Story of a Friendship**: This book, released on February 21, follows a 40-year friendship between two men who met in college, highlighting the importance of social connections. * **Reaching Ninety**: Released on March 7, this memoir by American historian Martin Duberman reflects on his life and the lessons he's learned along the way, including his experiences as a trailblazing LGBTQ+ activist. * **I Can't Save You: A Memoir**: This book, released on April 4, explores Anthony Chin-Quee's family's mental health struggles, his past mistakes, and how to move forward in life despite fear of failure and struggle to craft lasting relationships. * **LeBron**: Released on April 11, this biography by Jeff Benedict traces the basketball superstar LeBron James' life from his start as a young boy in Akron, Ohio to the legend he is today. * **Winnie and Nelson: Portrait of a Marriage**: Released on May 2, this book details the complexities of Winnie and Nelson Mandela's tumultuous marriage, examining their romance and its impact on their political ambitions. * **Boyslut: A Memoir and Manifesto**: This book, with a 50% discount, is a written account by our very own Men's Health sex expert, providing insights into his life. Zachary Zane's memoir, "Boyslut: A Memoir and Manifesto", shares his personal journey of overcoming sexual shame and embracing bisexuality, polyamory, and kinkiness. The book offers a mix of heartfelt moments and humorous anecdotes as Zane delves into topics like porn addiction, BDSM, hookup apps, and romantic rejection. Note that the content is quite explicit and not suitable for those who prefer tame material. Three new biographies have recently been released: "King: A Life" by Jonathan Eig, which explores Dr. Martin Luther King's life with fresh research; "Better Living Through Birding: Notes from a Black Man in the Natural World" by Christian Cooper, which reflects on his viral encounter and life as a Black nerd and birdwatcher; and "On the Origin of Time: Stephen Hawking's Final Theory" by Thomas Hertog, which builds upon Hawking's legacy. In addition to these biographies, there are several books that tackle pressing issues. "The Climate Book: The Facts and the Solutions" by Greta Thunberg encourages readers to take action on climate change, while "A City on Mars: Can we settle space, should we settle space, and have we really thought this through?" by Kelly and Zach Weinersmith questions the feasibility of settling Mars. Other books include "The Cat's Meow: How Cats Evolved from the Savanna to Your Sofa", which explores the origins of cats, and provides answers to common feline-related questions. Should we attempt to settle this place? Fans of space will enjoy this. Release Date: November 7, 2023. Living in the Light: Yoga for Self-Discovery - Now 44% OffThis is a yoga guide for those seeking self-realization. It offers a 30-day program that focuses on bringing balance and joy into your life. Suitable for both beginners who struggle with basic poses and seasoned yogis who can effortlessly perform complex moves, this book aims to provide new tools for centering oneself. Released on January 3, 2023. Healthy Regardless: How Humans Are Innately Able to AdaptA doctor and his philosopher daughter explore how even those living with chronic health issues can live a full and rewarding life. Through personal stories and case studies, Healthy Regardless seeks to redefine what a healthy lifestyle truly looks like. Released on January 31, 2023. Breaking Free from the Wellness Trap: A Look into Diet Culture, Misinformation, and Dubious Diagnoses - Now 41% OffIf you're tired of the dieting cycle and "wellness culture," Christy Harrison's new book delves into how social media and wellness influencers might be causing more harm than good. By combining memoir, history, and research, Harrison creates a deep dive into understanding modern issues. Released on April 25, 2023. Muscle: Understanding Strength and Movement - Now 42% OffThis book provides insight into the muscles we train at the gym, aiming to dispel any mystery surrounding this integral part of our anatomy. Filled with illustrations, personal stories, and historical insights, it offers a new perspective on our bodies' capabilities. Released on June 13, 2023.A Journey to Discover True Strength: Secrets of GiantsReleased on September 12, 2023, this book follows author Alyssa Ages as she interviews strongmen from the weight-lifting community, also consulting psychologists and researchers, and sharing her own personal story to explore the power of physical strength. Awe: The Science Behind Everyday Wonder - Now 59% OffCredit: Penguin PressThis explores awe as an emotion beyond happiness, sadness, or anger. Dacher Keltner delves into why feeling awe is important and how it can transform your life. Attention Span, A Groundbreaking Way to Restore Balance, Happiness and Productivity Released on January 10, 2023. According to psychologist Gloria Mark, switching between tasks too often can actually decrease productivity. The book Attention Span explores how social media and other modern aspects of our lives affect our attention, offering tips to help readers focus better and longer. How Not to Fall Prey to False Information While Online Surfing A new book released on March 21, 2023, aims to explain the psychology behind why we're susceptible to false information online. Another book, released on March 28, 2023, offers a historical and personal look at suicide as a way to help those struggling with suicidal ideation find a better path forward. A self-help book released on May 16, 2023, provides scientific studies and anecdotes to aid individuals stuck in a rut in various areas of life such as writing, midlife crisis, or bad breakups. A new book released on May 30, 2023, explores the reasons behind having bad sex and offers tools for people to start having more satisfying sex. A recently published book released on June 6, 2023, suggests that learning from sportspeople can help non-athletes in the regular world. A self-improvement book released on June 13, 2023, aims to boost one's sex IQ and empower individuals to take control of their pleasure. The foster care system is plagued with issues, impacting both birth parents and children. A heart-wrenching case involving a white couple who adopted six Black kids before allegedly killing themselves serves as a catalyst for discussing the flaws in the adoption system. Meanwhile, for those interested in learning about financial crimes, "Fool Me Once" delves into the motivations behind scammers, the victims they deceive, and the courageous whistleblowers who take down their employers. This book covers a wide range of scams, from the infamous "Nigerian prince" scams to high-profile cases involving Bernie Madoff and Elizabeth Holmes. Lastly, for those drawn to true crime stories but prefer art theft over murder, Michael Finkel's new book, "The Art Thief," tells a captivating tale of one of the world's greatest art thieves. His story is marked by an insatiable passion for acquiring art, his dedication to his girlfriend who served as lookout, and his determination to pull off daring heists.