

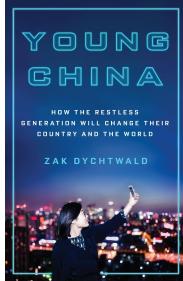
reviews

NONFICTION

fascinating view of Montezuma, mounting a convincing argument that Cortés' self-serving accounts and the traditional narrative are almost surely false.

—ALDEN MUDGE

YOUNG CHINA



By Zak Dychtwald
St. Martin's
\$25.99, 304 pages
ISBN 9781250078810
eBook available

SOCIOLOGY

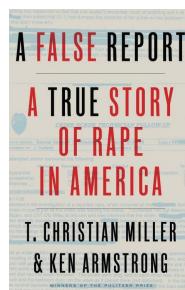
If your view of youth in China involves drab clothing and groupthink, it's time to come into the 21st century. And it would take quite a long march to find a better guide than Zak Dychtwald's **Young China: How the Restless Generation Will Change Their Country and the World**. Dychtwald, in his 20s himself, has lived and traveled extensively in China, and his first book is an entertaining and instructive exploration of the Chinese generation born after 1990.

Want to immerse yourself in a foreign culture? Take a cue from Dychtwald, who first leaves Hong Kong for "the real China" speaking "no meaningful Chinese" and brimming with garnered advice such as, "Don't let the prostitutes steal your internal organs." With admirable determination, he learns to speak fluent Mandarin, lives with Chinese roommates and survives multiple awkward situations.

Along the way, Dychtwald develops insights about everything from the obscure (the hugely popular "double-eyelid" cosmetic surgery, which creates a more "Western-shaped" eye) to the well known (China's now abolished one-child policy) to the inevitable (sex). He discovers that contemporary young people in China and the United States have essentially identical dreams. But the journey to this point is a fascinating story, and **Young China** tells it well.

—KEITH HERRELL

A FALSE REPORT



By T. Christian Miller and Ken Armstrong
Crown
\$28, 304 pages
ISBN 9781524759933
Audio, eBook available

TRUE CRIME

In a Seattle suburb in 2008, an 18-year-old girl woke up to find a stranger with a knife in her apartment bedroom. He bound, blindfolded and gagged her, then raped her and photographed the assault. After he left, she reported the rape to the Lynnwood, Washington, police. They didn't believe her. They thought Marie had invented the story to get attention and charged her with making a false report.

Two years later in Colorado, the same man raped another woman. Then another. And another. Luckily, the detectives there believed the victims and investigated aggressively. But the harm was done: A serial rapist was at large because the Lynnwood police had failed to do their job properly.

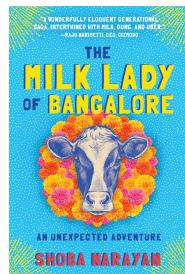
It's a horrifying story, but not a unique one. In **A False Report**, an expansion of their Pulitzer Prize-winning *ProPublica* article "An Unbelievable Story of Rape," journalists T. Christian Miller and Ken Armstrong posit that centuries of bias against women's rape allegations continue to infect the U.S. legal system. Much progress has occurred, but not enough and not everywhere. Miller and Armstrong delve deeply into serial rapist Marc Patrick O'Leary's crimes and the investigation that eventually caught him, weaving together Marie's traumatic experience and the meticulous work of two female detectives and their colleagues that ultimately put O'Leary in prison—and humiliated the Lynnwood police.

After years of depression and drifting, Marie was exonerated. The cops, foster parents and former friends who had refused to believe her apologized, and she went on to a better life. But nothing could

really make up for the years lost and anguish endured.

—ANNE BARTLETT

THE MILK LADY OF BANGALORE



By Shoba Narayan
Algonquin
\$24.95, 272 pages
ISBN 9781616206154
eBook available

TRAVEL

"It's true that at first I laughed at drinking cow urine but feed me a good story and I can believe anything," writes author Shoba Narayan. Indeed, she feeds readers a good story in her *udderly* delightful **The Milk Lady of Bangalore**.

When Narayan, her husband and their two daughters moved from New York City back to the couple's native India, Narayan was no doubt looking for something to write about. She found it right in the elevator of her new apartment building: a cow riding up to the third floor for a housewarming ceremony, led by its owner, Sarala, a woman who sold raw milk. Hindus consider cows sacred, and India has what Narayan calls a "cow obsession." Soon this obsession rubs off on her, turning her into "an evangelist for fresh cow's milk."

Sarala led the author straight into a herd of often funny and always fascinating bovine adventures, including drinking cow urine (supposedly a curative), mixing a cow dung-yogurt concoction as fertilizer, falling in love with a red cow with "eyes the size of oval macaroons" and even briefly owning a cow before donating it to Sarala.

There's plenty of heart and soul in this book as Narayan takes readers on a unique tour of her Indian neighborhood, where there's never a dull moment. Narayan is an astute observer, particularly of herself, noting: "The reason I want to buy milk from a cow is because I am trying to recapture the simple times of my childhood, particularly after the intricate dance that I have undertaken for the last twenty years as an immigrant in America.

Milk is my way of reconnecting with the patch of earth that I call home."

—ALICE CARY

B Visit BookPage.com to read a Q&A with Shoba Narayan.

HAPPINESS IS A CHOICE YOU MAKE



By John Leland
Sarah Crichton
\$26, 256 pages
ISBN 9780374168186
Audio, eBook available

AGING

In 2015, John Leland wrote a series of articles for the *New York Times* that examined the conditions and outlooks of three men and three women who, at that time, were between the ages of 87 and 92. He's now chronicled that experience in **Happiness Is a Choice You Make**.

The common denominator of old age, Leland found, is a more or less graceful acceptance of the inevitable, not just of escalating physical limitations but of the awareness that each day may be one's last and, thus, should be savored for what it has to offer. Even those who complained they were tired of living were not in despair. They had their days and moments of joy: Fred reveled in memories of his times as a sharp-dressed man-about-town. Helen, after losing her husband, discovered a second love and a reason to go on in Howie, a wheelchair-bound fellow resident in her nursing home. John, nearly blind and bereft of his longtime lover, listened to opera for inspiration or squinted at a video of his favorite musical, *Seven Brides for Seven Brothers*.

"[O]ld age is a concept largely defined by the people who have never lived it," Leland observes. "We do ourselves a big favor not to be scared of growing old, but to embrace the mixed bag that the years have to offer, however severe the losses."

—EDWARD MORRIS