

Bill Gates' best books of the year have a New Age twist

"Educated," by Tara Westover (Random House). I never thought I'd relate to a story about growing up in a **Mormon survivalist** household, but Tara Westover is such a good writer that she got me to reflect on my own life while reading about her extreme childhood.

Mormon 摩门教

survivalist 生存主义者

"Army of None," by Paul Scharre (Norton). Autonomous weapons aren't exactly top of mind for most around the holidays, but this thought-provoking look at A.I. in **warfare** is hard to put down. It's an **immensely** complicated topic, but Scharre offers clear explanations and presents both the pros and cons of machine-driven warfare.

warfare 战争

immensely 广大地; 无限地

"Bad Blood," by John Carreyrou (Knopf). Carreyrou gives you the definitive insider's look at the rise and fall of Theranos, the health tech company that claimed it could perform an array of medical tests from a small amount of blood. This book has everything: elaborate **scams**, corporate **intrigue**, magazine cover stories, ruined family relationships and the **demise** of a company once valued at nearly \$10 billion.

scam 骗局

intrigue 阴谋; 诡计

demise 死亡; 终止

"21 Lessons for the 21st Century," by Yuval Noah Harari (Spiegel & Grau). If 2018 has left you overwhelmed by the state of the world, "21 Lessons" offers a helpful framework for processing the news and thinking about the challenges we face.

"The Headspace Guide to **Meditation** and Mindfulness," by Andy Puddicombe (St. Martin's Griffin). The book starts with Puddicombe's personal journey from a university student to a **Buddhist** monk and then becomes an entertaining explainer on how to meditate. If you're thinking about trying mindfulness, this is the perfect introduction.

meditation 冥想; 沉思

Buddhist 佛教徒