

## #122 - What I Hope to Read This Fall and Why

Hi, there! Welcome to The Lazy Genius Podcast! I'm Kendra Adachi, and I'm here to help you be a genius about the things that matter and lazy about the things that don't. I'm so glad you're here because today we're talking about books and I love talking about books. And based on how much you guys respond to other episodes and posts about books and especially replies I get to my Latest Lazy Letter which has tons about books, you like it, too. In this episode, I want to quickly share what I hope to read this fall and why, and we'll start by looking back at the summer.

In episode 110 called Summer Reading Plans, I shared my three desires for reading this past summer. First, I wanted to read books during my free time instead of doing anything else. Second, I wanted to have daily family reading time where we all sat around reading silently but together in the same room. And third, I wanted to read a chapter book aloud to my boys. Quick recap: the first one went great until I hit a rut in all four books I was reading. I shared specifics of that in a recent Latest Lazy Letter, but once I hit the rut, I lost momentum and stopped reading my free time. To be honest, I'm still trying to get it back, but I'm also rethinking what that actually means for the fall. More on that in a minute. The second goal of family reading time? Y'all, I think we did it three times. My kids read, I read, we all read, but we didn't have a set time like I wanted to. And you know what? It was okay. No harm done. I learned that I don't need idyllic reading moments in order for reading to still happen in my house. Ideal isn't necessary. And that ties into how the third goal of reading a book aloud to my boys went. Umm, not great. I read four chapters maybe of a Harry Potter book, and they just lost steam so fast. When I picked it up, they kind of whined and asked to read something else on their own. I realized quickly two things. One, just because they didn't want it this summer doesn't mean they never will. It's super fine that they weren't into it. And two, I'd rather them read what they want and like it than read what I want and not like it. So in summary, my summer reading plans were a poorly built house of cards. Does that mean my goals were wrong? Absolutely not. It means only that they didn't have the lifespan I thought they would. They helped me be thoughtful about reading in our house which I'd rather do and fail than not do at all. Because reading matters to me and to the culture of our family.

So with all of those lessons from the summer, I'm moving into the fall with a loose grip and an eager attitude, especially with my kids. Now for my own personal reading, I learned some specific lessons too that directly impact my goals for the fall.

1. Being excited about a book is important. I need to want to pick it up or else I won't. That might be obvious, but some people can deal with the slog. More often than not, I can't. I need to be interested, and with the energy of fall being more fast-paced than the summer, that's even more true this season.

2. I need a page-turner in at least one place. I always have a physical nonfiction, a physical fiction, something on my PaperWhite, and something on my phone, and I need a page-turner in at least one of those places. That's why I hit such a rut this summer; all four of my books stopped being interesting, and there were definitely no page-turners. That's a really important lesson for me specifically in how I read. I see that as true no matter the season. I like to be captivated.
3. I need to stop putting limits on when I read what kind of book. I went through a stage of reading nonfiction in the morning and fiction the rest of the day which I still kind of do, but there was a point where my nonfiction book was the page-turner. But when it was 4:30pm and I wanted to read a page or two in the middle of making dinner, I didn't feel like I could pick up the nonfiction book even though it was the most interesting at the time, just because of what time of day it was. No more. I'm going to read what I want when I want. Dang it.
4. Having a reading queue is great, but it works best if it's uninterrupted. I had a summer stack that I was so excited to read. The genres were varied, and I was excited about all of them. Then I got a slew of library holds in over a couple of weeks and picked up a couple of titles randomly at the library. I enjoyed all of them, but it took away the power of the summer stack. It made it less important somehow and interrupted the reading zone of those books that were chosen together. So for the fall, I'm going to steer clear of the library for a season and just read what's on my shelf.
5. And finally fifth, momentum is good but it's okay not to have it. Because I share what I read with you in the Latest Lazy Letter, I often put unnecessary pressure on myself to read a lot so I can share a lot of titles with you. But for the month of August, I think I read three books? For me, that's not a lot. And yet it's still a lot. That's a book every ten days. Why on earth would I see that as discouraging? No one is setting reading requirements on me but me, so since I'm the boss of me, I'm not going to be so locked into reading momentum. We ebb and flow, and that's fine. I love to read and would rather keep it up than let it go, but if I go through ruts, I'm still a reader and everything will be fine.

So based on those five lessons, here are my three goals for my reading this fall. First, I'll read what I want when I want. I already said that, and I still love saying it. I'm the boss. Two, I'm going to take a break from the library. I'll still be a faithful library supporter with my kids and all my book fines, but for my own reading, I'm going to stick with what I already have for the next few months and save the library for later. And three, I'm not going to worry about reading a certain number of books. I just want to read something every day. If I read even one page of any book once a day, that's great with me. So those three goals aren't even really goals. I'm basically taking all parameters off my reading to make sure I keep enjoying it fully rather than being at its mercy for some weird reason.

I'm really excited about my fall reading because of these three intentions and because of my fall reading stack. I'll have a post on the website so you can see it - check a link in the show notes for that - but these are the titles I'm planning on reading this fall.

In the Woods by Tana French. I've only read one of her books - The Likeness - but it was so my scene and such a page-turner. A mystery thriller detective British situation. Love it. I want more of those.

Next is The Little Paris Bookshop by Nina George. You might remember this from my summer stack. I didn't read it, but it's the perfect kind of feel good book to keep me reading. At least I hope so.

Next is Jayber Crow by Wendell Berry. I really like Wendell Berry but haven't read any of his fiction yet. He feels like such a fall author, so I'm looking forward to this one.

Another page turner on my shelf is a reread actually. The Ocean at the End of the Lane by Neil Gaiman. I loved this book when I read it a year or two ago, and since it's short and awesome, it could be a great shot in the arm if I need to look forward to picking up a book.

A nonfiction title I'm excited to read is called The Body Keeps the Score by Bessel Van Der Kolk. It's about how our bodies hold on to trauma, and I'm very intrigued by it and hope to learn a lot from it.

Next is I Remember Nothing which is a short collection of essays by Nora Ephron. I'm hoping for some Hollywood fun in this one, but it's another short interesting read that feels great for early fall especially.

And finally The Boys in the Boat by Daniel James Brown. I put this on my list after hearing about it on Anne Bogel's podcast What Should I Read Next? And while it's not my usual fare, I think I'll love it based on her description. I remember reading Seabiscuit a couple of years ago and being oddly obsessed with it. Somehow the real story was told in such a captivating way that it read like compelling fiction. I think this book about an Olympic rowing team could be awesome. I'm strangely excited about this one, too.

And that's the list. I'm genuinely excited to read all of them which is why I'm going to stick with this list until I've read them all or quit them because they weren't right for me right now. It has me excited about how reading will fit into my life this fall.

If you have a fall reading stack and want to share it with me, tag me on Instagram @thelazygenius and use the hashtag #lazygeniusfallstack so we can see what everyone is reading. And if you want reviews of these books as I read them, be sure to subscribe to my VIP list and you'll get my monthly Latest Lazy Letter with all things books and recommendations and other stuff I don't share anywhere else.

Okay, friends, that's it for today! Thanks so much for listening. I'll be live on Instagram this Thursday around 12 or 12:15, and you can check the post Thursday morning for a set time. Join me there with your own fall reading recommendations! We'll all read together. Thanks for being

here, and until next time, be a genius about the things that matter and lazy about the things that don't. I'm Kendra, and I'll see you next week!