How to Read True Crime and Still Sleep at Night

“As sad as it might be, we all die, then disappear. That has to happen. But when you’re murdered, that’s something else.” –Stacy Horn, in The Restless Sleep

Pick historical titles.
Blum, Deborah. The Poisoner’s Handbook.
Colquhoun, Kate. Murder in the First-Class Carriage.
Geary, Rick. Lizzie Borden.
Grann, David. Killers of the Flower Moon.
Larson, Erik. The Devil in the White City.
Schechter, Harold. Hell’s Princess.
Summerscale, Kate. The Suspicions of Mr. Whicher.
Tyson, Timothy. Blood Done Sign My Name.

Think of it as journalism, or your “research.”
Franscell, Ron. Fall: The Rape and Murder of Innocence in a Small Town.
Horn, Stacy. The Restless Sleep and Damnation Island.
Kolker, Robert. Lost Girls.
Krakauer, Jon. Under the Banner of Heaven
Quinones, Sam. Dreamland
Reding, Nick. Methland: The Death and Life of an American Small Town.

Read it as a personal journey or triumph.
Backderf, Derf. My Friend Dahmer.
Bolkovac, Kathryn. The Whistleblower: Sex Trafficking, Military Contractors, and One Woman’s Fight for Justice.
Cummins, Jeanine. A Rip in Heaven.
Gilmore, Mikal. Shot in the Heart.
Harding, Debora. Dancing with the Octopus.
Jentz, Terri. Strange Piece of Paradise.
Klebold. Sue. A Mother’s Reckoning.
Perry, Sarah. After the Eclipse: A Mother’s Murder, a Daughter’s Search.
Ward, Jesmyn. Men We Reaped: A Memoir.
Or, if you’re okay with being scared...
Glatt, John. *Cries in the Desert.*
Phelps, M. William. *I’ll Be Watching You.*
Ramsland, Katherine. *Inside the Minds of Mass Murderers: Why They Kill.*

**Other True Crime genres**
Police Procedurals/Insider Memoirs

Prison Memoirs
Kerman, Piper. *Orange Is the New Black: My Year In a Women’s Prison.*
Kiriakou, John. *Doing Time Like a Spy.*

The Classics
Capote, Truman. *In Cold Blood.*
Mailer, Norman. *The Executioner’s Song.*

Financial Crime
Alexander, Brian. *Glass House.*
Lewis, Michael. *The Big Short* and *Liar’s Poker.*

Tech Crime
Goodman, Marc. *Future Crimes: Everything Is Connected, Everyone Is Vulnerable, and What We Can Do About It.*

The Mafia
Lehr, Dick. *Black Mass: The True Story of an Unholy Alliance Between the FBI and the Irish Mob*
Maas, Peter. *Underboss: Sammy the Bull Gravano’s Story of Life in the Mafia*
Friedman, Robert I. *Red Mafiya: How the Russian Mob Has Invaded America*