

A Wild And Precious Life A Memoir

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Your One Wild and Precious Life - Maureen Gaffney 2021-09-16
SHORTLISTED FOR THE IRISH BOOK AWARDS 2021
Once you've got a few decades on the clock, life can seem sort of cross-roadsy. Once you're no longer thinking of yourself as 'young', you may be looking back, thinking 'How did I get here?' And also looking ahead, wondering: 'What

do I do now?' This realization that neither time nor choices are limitless is both daunting and exciting. This is the moment to take stock and figure out how to make the best of every precious moment of the rest of your life. And to develop the tools to be able to do so again and again. Your One Wild and Precious Life is an eye-opening account of this surprisingly

liberating process. Using the latest ground-breaking research, leading psychologist Maureen Gaffney has written an inspiring and practical guide for getting to grips with time. Taking the key stages of our life - from infancy to old age - she explores what we learn at each stage. And, crucially, she explains how, no matter what has happened in the past, and what age you are, you can find a better route forward. Your One Wild and Precious Life is both profound and reassuring. It will transform your thinking, connect you with who you truly are and help you to reclaim control over your life. Crucially, it will empower you to face the future with optimism. It is a book to fundamentally alter your relationship with time and show you that every age can be your best age. 'A profound, important work; simultaneously wise, instructive and a love letter to humanity' IRISH TIMES

Upstream - Mary Oliver 2019-10-29

One of O, The Oprah Magazine's Ten Best Books

of the Year The New York Times bestselling collection of essays from beloved poet, Mary Oliver. "There's hardly a page in my copy of *Upstream* that isn't folded down or underlined and scribbled on, so charged is Oliver's language . . ." —Maureen Corrigan, NPR's *Fresh Air* "Uniting essays from Oliver's previous books and elsewhere, this gem of a collection offers a compelling synthesis of the poet's thoughts on the natural, spiritual and artistic worlds . . ." —The New York Times "In the beginning I was so young and such a stranger to myself I hardly existed. I had to go out into the world and see it and hear it and react to it, before I knew at all who I was, what I was, what I wanted to be." So begins *Upstream*, a collection of essays in which revered poet Mary Oliver reflects on her willingness, as a young child and as an adult, to lose herself within the beauty and mysteries of both the natural world and the world of literature. Emphasizing the significance of her childhood "friend" Walt Whitman, through

whose work she first understood that a poem is a temple, “a place to enter, and in which to feel,” and who encouraged her to vanish into the world of her writing, Oliver meditates on the forces that allowed her to create a life for herself out of work and love. As she writes, “I could not be a poet without the natural world. Someone else could. But not me. For me the door to the woods is the door to the temple.” Upstream follows Oliver as she contemplates the pleasure of artistic labor, her boundless curiosity for the flora and fauna that surround her, and the responsibility she has inherited from Shelley, Wordsworth, Emerson, Poe, and Frost, the great thinkers and writers of the past, to live thoughtfully, intelligently, and to observe with passion. Throughout this collection, Oliver positions not just herself upstream but us as well as she encourages us all to keep moving, to lose ourselves in the awe of the unknown, and to give power and time to the creative and whimsical urges that live within us.

Wild and Precious Life - Deborah Ziegler
2016-10-25

The mother of Brittany Maynard, whose 2014 decision to die with dignity advanced debates over patient rights in end-of-life issues, describes Brittany's determination to end her life on her own terms and her legacy of hope and empowerment for others facing their own mortality.

Finding Your Way in a Wild New World -
Martha Beck 2011-12-27

“The best known life coach in America” (Psychology Today) and bestselling author of *Finding Your Own North Star* provides a new transformational program for creating an unconventional life path to a sustainable way of life. Martha Beck's program has been practiced by Oprah and featured on Super Soul Sunday! *Finding Your Way in a Wild New World* reveals a remarkable path to the most important discovery you can make: the knowledge of what you should be doing with your one wild and precious life.

It's the thing that so fulfills you that, if you knew what it was, you'd run straight toward it through brambles and fire. Life coach and bestselling author of *Finding Your Own North Star* Martha Beck guides you to find out how you got to where you are now and what you should do next, with clear instructions on tapping into the deep, wordless knowledge you carry in your body and soul. You probably have sensed that you have a higher calling and a quiet power that could change the world—you lack only the tools. With her sparkling prose, Beck draws from ancient wisdom and modern science to help you consciously tap into that power and develop those tools for transformation. You'll also find your inner identity and your external "tribe" of like-minded people, experience the spark of inspiration, and take action to make a lasting impact on the world. Compassionate and inspirational, *Finding Your Way in a Wild New World* is a revolutionary journey of self-discovery that leads to miraculous change.

Would You Rather? - Katie Heaney 2018-03-06

A collection of poignant, relatable essays from the author of *Never Have I Ever* about coming out in her late twenties, entering into her first relationship, and figuring out what it means to be an adult. When Katie Heaney published her first book of essays, chronicling her singledom up to age twenty-five, she was still waiting to meet the right guy. Three years later, a lot changed. For one thing, she met the right girl. Here, for the first time, Katie opens up about realizing at the age of twenty-eight that she is gay. In these poignant, funny essays, she wrestles with her shifting sexuality and identity, and describes what it was like coming out to everyone she knows (and everyone she doesn't). As she revisits her past, looking for any "clues" that might have predicted this outcome, Katie reveals that life doesn't always move directly from point A to point B—no matter how much we would like it to. In a warm and relatable voice, Katie tackles everything from the trials of dating

in New York City to the growing pains of her first relationship, from obsessing over Harry Styles (because, actually, he does look a bit like a lesbian) to learning to accept herself all over again. Exploring love and sexuality with her neurotic wit and endearing intimacy, Katie Heaney shares the message that it's never too late to find love—or yourself. Praise for *Would You Rather?* “[Katie] Heaney’s not afraid to examine her past for ‘clues’ to what she realizes is her truth in the present, and reflects on her changing identity with honesty and wit.”—NYLON “An honest, endearing, and laugh-out-loud account of coming to terms with one’s sexual identity.”—W Magazine “*Would You Rather?* is an extraordinarily generous and affecting book. Katie Heaney has written something with a remarkable amount of room in it—enough for anyone to spread out and connect with. It’s deeply felt, clear-eyed, joyful, and illuminating.”—Mallory Ortberg, author of *Texts from Jane Eyre: And Other Conversations with*

Your Favorite Literary Characters “Whether you’re single or in a relationship, whether you’re queer, straight, or questioning, whether or not you’re partial to Harry Styles—you will discover something relatable and self-affirming in this honest, heartfelt, hilarious memoir.”—Camille Perri, author of *The Assistants*

Pill Head - Joshua Lyon 2009-07-07

This compelling, honest book investigates the growing epidemic of prescription painkiller abuse among today's Generation Rx. Through gripping profiles and heartbreaking confessions, this memoir dares to uncover the reality--the addiction, the withdrawal, and the recovery--of this newest generation of pill poppers. Joshua Lyon was no stranger to substance abuse. By the time he was seventeen, he had already found sanctuary in pot, cocaine, Ecstasy, and mushrooms--just to name a few. Ten years later, on assignment for *Jane* magazine, he found himself with a two-inch-thick bottle of Vicodin in his hands and only one decision to make: dispose

of the bottle or give in to his curiosity. He chose the latter. In a matter of weeks he'd found his perfect drug. In the early half of this decade, purchasing painkillers without a doctor was as easy as going online and checking the spam filter in your inbox. The accessibility of these drugs--paired with a false perception of their safety--contributed to their epidemic-like spread throughout America's twenty-something youth, a group dubbed Generation Rx. Pill Head is Joshua Lyon's harrowing and bold account of this generation, and it's also a memoir about his own struggle to recover from his addiction to painkillers. The story of so many who have shared this experience--from discovery to addiction to rehabilitation--Pill Head follows the lives of several young people much like Joshua and dares to blow open the cultural phenomena of America's newest pill-popping generation. Marrying the journalist's eye with the addict's mind, Joshua takes readers through the shocking and often painful profiles of recreational users

and suffering addicts as they fight to recover. Pill Head is not only a memoir of descent, but of endurance and of determination. Ultimately, it is a story of encouragement for anyone who is wrestling to overcome addiction, and anyone who is looking for the strength to heal.

Horror Stories - Liz Phair 2021-03-09

The two-time Grammy-nominated singer-songwriter behind the groundbreaking album Exile in Guyville traces her life and career in a genre-bending memoir in stories about the pivotal moments that haunt her. "Honest, original and absolutely remarkable."—NPR (Best Books of the Year) When Liz Phair shook things up with her musical debut, Exile in Guyville—making her as much a cultural figure as a feminist pioneer and rock star—her raw candor, uncompromising authenticity, and deft storytelling inspired a legion of critics, songwriters, musicians, and fans alike. Now, like a Gen X Patti Smith, Liz Phair reflects on the path she has taken in these piercing essays that

reveal the indelible memories that have stayed with her. For Phair, horror is in the eye of the beholder—in the often unrecognized universal experiences of daily pain, guilt, and fear that make up our humanity. Illuminating despair with hope and consolation, tempering it all with her signature wit, *Horror Stories* is immersive, taking readers inside the most intimate junctures of Phair’s life, from facing her own bad behavior and the repercussions of betraying her fundamental values, to watching her beloved grandmother inevitably fade, to undergoing the beauty of childbirth while being hit up for an autograph by the anesthesiologist. *Horror Stories* is a literary accomplishment that reads like the confessions of a friend. It gathers up all of our isolated shames and draws them out into the light, uniting us in our shared imperfection, our uncertainty and our cowardice, smashing the stigma of not being in control. But most importantly, the uncompromising precision and candor of *Horror Stories* transforms these

deeply personal experiences into tales about each and every one of us.

This One Wild and Precious Life - Sarah Wilson 2020-12-29

As seen in USA Today's hottest releases and The Washington Post's 10 New Books Spotlight “Sarah Wilson is a force of nature - quite literally. She has taken her pain and grief about our sick and troubled world and alchemized it into action, advocacy, adventure, poetry, and true love.” — ELIZABETH GILBERT Wake up and reclaim your one wild and precious life. New York Times bestselling author Sarah Wilson shows you how in this radical spiritual guidebook, the book we need NOW. Many of us are living with the sense that things are not right with the world and are in a state of spiritual PTSD. We have retreated, morally and psychologically; we are experiencing a crisis of disconnection—from one another, from our true values, from joy, and from life as we feel we are meant to be living it. Sarah Wilson argues that

this sense of despair and disconnection is ironically what unites us—that deep down, we are all feeling that same itch for a new way of living. Drawing on science, literature, philosophy and the wisdom of some of the world’s leading experts, and her personal journey, Wilson offers a hopeful path forward to the life we love. En route, she shows us how to wake up and reconnect with life using “wild practices” that include: · Hike. Embrace the “walking cure” as great minds throughout history have. · Go to your edge. Do what scares you and embrace discomfort daily. · #Buylesslivemore. Break the cycle of mindless consumption and get light with your life. · Become a soul nerd. Light up your intellect with the arts. · Get “full-fat spiritual”. Have an active practice and use it to change the world. · Practice wild activism. Through sustained, non-violent protest we can create our better world. The time has come to boldly, wildly imagine better. We are being called upon, individually and as a society, to forge a new path

and to find a new way of living. Will you join the journey?

Phosphorescence - Julia Baird 2022-07-26

“Both timeless and timely, this is a book of wisdom and wonder” (Geraldine Brooks, Pulitzer Prize-winning author of *March*), a deeply personal exploration of what can sustain us through our darkest moments. “What has fascinated and sustained me over these last few years has been the notion that we have the ability to find, nurture, and carry our own inner, living light—a light to ward off the darkness. This is not about burning brightly; it’s about yielding a more simple phosphorescence—being luminous, having stored light for later use. Staying alive, remaining upright, even when lashed by doubt.” After surviving a difficult heartbreak and battle with cancer, acclaimed author and columnist Julia Baird began thinking deeply about how we, as people, persevere through the most challenging circumstances. She started to wonder, when we are

overwhelmed by illness, loss or pain, or a tragedy outside our control: How can we keep putting one foot in front of the other? Baird went in search of the magic that fuels the light within—our own phosphorescence. In this stunning book, she reflects on the things that lit her way through the darkness, especially the surprising strength found in connecting with nature and not just experiencing awe and wonder about the world around her, but deliberately hunting it, daily. Baird also writes about crossbeams of resilience: nurturing friendships and a quiet faith, pursuing silence, fighting for what she believes in, the importance of feeling small, learning from her mother's example of stoic grace. She also explores how others nurture their inner light, interviewing the founder of the modern forest therapy movement in Tokyo, a jellyfish scientist in Tasmania, and a tattooed priest from Colorado, among others. Weaving together candid and moving memoir with deep research and reflections on nature

and the world around her, Baird inspires readers to embrace new habits and to adopt a phosphorescent outlook on life, to illuminate ourselves and our days—even in the darkest times.

House of Light - Mary Oliver 2012-03-28

This collection of poems by Mary Oliver once again invites the reader to step across the threshold of ordinary life into a world of natural and spiritual luminosity. Tell me, what is it you plan to do with your one wild and precious life? —Mary Oliver, "The Summer Day" (one of the poems in this volume) Winner of a 1991 Christopher Award Winner of the 1991 Boston Globe Lawrence L. Winship Book Award
It's Okay to Laugh - Nora McInerny Purmort 2016-05-24

“Thank you for the perfect blend of nostalgia-drenched humor, wit, and heartbreak, Nora.” — Mandy Moore comedy = tragedy + time/rosé
Twenty-seven-year-old Nora McInerny Purmort bounced from boyfriend to dopey “boyfriend”

until she met Aaron—a charismatic art director and comic-book nerd who once made Nora laugh so hard she pulled a muscle. When Aaron was diagnosed with a rare form of brain cancer, they refused to let it limit their love. They got engaged on Aaron’s hospital bed and had a baby boy while he was on chemo. In the period that followed, Nora and Aaron packed fifty years of marriage into the three they got, spending their time on what really matters: Buffy the Vampire Slayer, each other, and Beyoncé. A few months later, Aaron died in Nora’s arms. The obituary they wrote during Aaron’s hospice care revealing his true identity as Spider-Man touched the nation. With *It’s Okay to Laugh*, Nora puts a young, fresh twist on the subjects of mortality and resilience. What does it actually mean to live your “one wild and precious life” to the fullest? How can a joyful marriage contain more sickness than health? How do you keep going when life kicks you in the junk? In this deeply felt and deeply funny memoir, Nora gives

her readers a true gift—permission to struggle, permission to laugh, permission to tell the truth and know that everything will be okay. *It’s Okay to Laugh* is a love letter to life, in all its messy glory; it reads like a conversation with a close friend, and leaves a trail of glitter in its wake. This book is for people who have been through some shit. This is for people who aren’t sure if they’re saying or doing the right thing (you’re not, but nobody is). This is for people who had their life turned upside down and just learned to live that way. For people who have laughed at a funeral or cried in a grocery store. This is for everyone who wondered what exactly they’re supposed to be doing with their one wild and precious life. I don’t actually have the answer, but if you find out, will you text me?

All That She Carried - Tiya Miles 2022-02-01
NATIONAL BOOK AWARD WINNER • NEW YORK TIMES BESTSELLER • A renowned historian traces the life of a single object handed down through three generations of Black women

to craft a “deeply layered and insightful” (The Washington Post) testament to people who are left out of the archives. WINNER: PEN/John Kenneth Galbraith Award, Anisfield-Wolf Book Award, Lawrence W. Levine Award, Darlene Clark Hine Award • ONE OF THE TEN BEST BOOKS OF THE YEAR: The Washington Post, Slate, Vulture, Publishers Weekly “A history told with brilliance and tenderness and fearlessness.”—Jill Lepore, author of *These Truths: A History of the United States In 1850s South Carolina*, an enslaved woman named Rose faced a crisis: the imminent sale of her daughter Ashley. Thinking quickly, she packed a cotton bag for her with a few items, and, soon after, the nine-year-old girl was separated from her mother and sold. Decades later, Ashley’s granddaughter Ruth embroidered this family history on the sack in spare, haunting language. Historian Tiya Miles carefully traces these women’s faint presence in archival records, and, where archives fall short, she turns to objects,

art, and the environment to write a singular history of the experience of slavery, and the uncertain freedom afterward, in the United States. All That She Carried is a poignant story of resilience and love passed down against steep odds. It honors the creativity and resourcefulness of people who preserved family ties when official systems refused to do so, and it serves as a visionary illustration of how to reconstruct and recount their stories today FINALIST: Frederick Douglass Book Prize, Harriet Tubman Prize, MAAH Stone Book Award, Ralph Waldo Emerson Prize, Kirkus Prize, Mark Lynton History Prize, Cundill History Prize, Chatauqua Prize ONE OF THE BEST BOOKS OF THE YEAR: The New York Times, NPR, Time, The Boston Globe, The Atlantic, The Atlanta Journal-Constitution, Smithsonian Magazine, St. Louis Post-Dispatch, Ms. magazine, Book Riot, Library Journal, Kirkus Reviews, Booklist

Bright Precious Thing - Gail Caldwell

2021-06-15

From the New York Times bestselling author of *Let's Take the Long Way Home* comes a moving memoir about how the women's movement revolutionized and saved her life, from the 1960s to the Me Too era. In a voice as candid as it is evocative, Gail Caldwell traces a path from her west Texas girlhood through her emergence as a young daredevil, then as a feminist—a journey that reflected seismic shifts in the culture itself. Caldwell's travels took her to California and Mexico and dark country roads, and the dangers she encountered were rivaled only by the personal demons she faced. *Bright Precious Thing* is the captivating story of a woman's odyssey, her search for adventure giving way to something more profound: the evolution of a writer and a woman, a struggle to embrace one's life as a precious thing. Told against a contrasting backdrop of the present day, including the author's friendship with a young neighborhood girl, *Bright Precious Thing* unfolds

with the same heart and narrative grace of Caldwell's *Let's Take the Long Way Home*, called "a lovely gift to readers" by *The Washington Post*. *Bright Precious Thing* is a book about finding, then protecting, what we cherish most.

Color Blind - Precious Williams 2010-08-03
The biological daughter of a Nigerian princess describes her foster-care upbringing in 1970s and 1980s Britain, the cruel ostracism she endured at her all-white school and her resolve to forge an identity independent of the two cultures that equally rejected her.

Wild Geese - Mary Oliver 2004
Mary Oliver is one of America's best-loved poets, the winner of the Pulitzer Prize and the National Book Award. Her luminous poetry celebrates nature and beauty, love and the spirit, silence and wonder, extending the visionary American tradition of Whitman, Emerson, Frost and Emily Dickinson. Her extraordinary poetry is nourished by her intimate knowledge and minute daily

observation of the New England coast, its woods and ponds, its birds and animals, plants and trees.

Running Home - Katie Arnold 2020-09-08

In the tradition of Wild and H Is for Hawk, an Outside magazine writer tells her story—of fathers and daughters, grief and renewal, adventure and obsession, and the power of running to change your life. NAMED ONE OF THE BEST BOOKS OF THE YEAR BY REAL SIMPLE I'm running to forget, and to remember. For more than a decade, Katie Arnold chased adventure around the world, reporting on extreme athletes who performed outlandish feats—walking high lines a thousand feet off the ground without a harness, or running one hundred miles through the night. She wrote her stories by living them, until eventually life on the thin edge of risk began to seem normal. After she married, Katie and her husband vowed to raise their daughters to be adventurous, too, in the mountains and canyons of New Mexico. But

when her father died of cancer, she was forced to confront her own mortality. His death was cataclysmic, unleashing a perfect storm of grief and anxiety. She and her father, an enigmatic photographer for National Geographic, had always been kindred spirits. He introduced her to the outdoors and took her camping and on bicycle trips and down rivers, and taught her to find solace and courage in the natural world. And it was he who encouraged her to run her first race when she was seven years old. Now nearly paralyzed by fear and terrified she was dying, too, she turned to the thing that had always made her feel most alive: running. Over the course of three tumultuous years, she ran alone through the wilderness, logging longer and longer distances, first a 50-kilometer ultramarathon, then 50 miles, then 100 kilometers. She ran to heal her grief, to outpace her worry that she wouldn't live to raise her own daughters. She ran to find strength in her weakness. She ran to remember and to forget.

She ran to live. Ultrarunning tests the limits of human endurance over seemingly inhuman distances, and as she clocked miles across mesas and mountains, Katie learned to tolerate pain and discomfort, and face her fears of uncertainty, vulnerability, and even death itself. As she ran, she found herself peeling back the layers of her relationship with her father, discovering that much of what she thought she knew about him, and her own past, was wrong. *Running Home* is a memoir about the stories we tell ourselves to make sense of our world—the stories that hold us back, and the ones that set us free. Mesmerizing, transcendent, and deeply exhilarating, it is a book for anyone who has been knocked over by life, or feels the pull of something bigger and wilder within themselves. “A beautiful work of searching remembrance and searing honesty . . . Katie Arnold is as gifted on the page as she is on the trail. *Running Home* will soon join such classics as *Born to Run* and *Ultramarathon Man* as quintessential reading of

the genre.”—Hampton Sides, author of *On Desperate Ground* and *Ghost Soldiers*
Wild Ride Home - Christine Hemp 2021-11-02
** "This memoir seems written directly from Hemp's soul, as she beautifully shares her moving story of learning to love and trust again after loss."--Booklist ** Christine Hemp's debut work of nonfiction, *Wild Ride Home*, is a brilliant memoir, looping themes of finding love and losing love, of going away and coming home, of the wretched course of Alzheimer's, of cancer, of lost pregnancies, of fly fishing and horsemanship, of second chances, and, ultimately, of the triumph of love and family--all told within the framework of the training of a little white horse named Buddy. *Wild Ride Home* invites the reader into the close Hemp family, which believes beauty and humor outshine the most devastating circumstances. Such optimism is challenged when the author suffers a series of blows: a dangerous fiancé, her mother's dementia, unexpected death and illness. Buddy,

a feisty, unforgettable little Arabian horse with his own history to overcome, offers her a chance to look back on her own life and learn to trust again, not only others, but more importantly, herself. Hemp skillfully guides us through a memoir that is, despite devastating loss, above all, an ode to joy.

Memoirs of Montparnasse - John Glassco
2012-02-15

Memoirs of Montparnasse is a delicious book about being young, restless, reckless, and without cares. It is also the best and liveliest of the many chronicles of 1920s Paris and the exploits of the lost generation. In 1928, nineteen-year-old John Glassco escaped Montreal and his overbearing father for the wilder shores of Montparnasse. He remained there until his money ran out and his health collapsed, and he enjoyed every minute of his stay. Remarkable for their candor and humor, Glassco's memoirs have the daft logic of a wild but utterly absorbing adventure, a tale of desire

set free that is only faintly shadowed by sadness at the inevitable passage of time.

Then Comes Marriage: How Two Women Fought for and Won Equal Dignity for All -
Roberta Kaplan 2015-10-05

A Los Angeles Times Best Book of 2015: "A riveting account of a watershed moment in our history."—President Bill Clinton Renowned litigator Roberta Kaplan knew from the beginning that it was the perfect case to bring down the so-called Defense of Marriage Act (DOMA). Edie Windsor and Thea Spyer had been together as a couple, in sickness and in health, for more than forty years—enduring society's homophobia as well as Spyer's near total paralysis from multiple sclerosis. Although the couple was finally able to marry, when Spyer died the federal government refused to recognize their marriage, forcing Windsor to pay a huge estate tax bill. In this gripping, definitive account of one of our nation's most significant civil rights victories—named a Ms. Magazine Top

10 Feminist Book of 2015 and a National Law Journal Top 10 Supreme Court Aficionado Book of 2015—Kaplan describes meeting Windsor and their journey together to defeat DOMA. She shares the behind-the-scenes highs and lows, the excitement and the worries, and provides intriguing insights into her historic argument before the Supreme Court. A critical and previously untold part of the narrative is Kaplan’s own personal story, including her struggle for self-acceptance in order to create a loving family of her own. *Then Comes Marriage* tells this quintessentially American story with honesty, humor, and heart. It is the momentous yet intimate account of a thrilling victory for equality under the law for all Americans, gay or straight.

[A Wild and Precious Life](#) - Lily Dunn 2021-05-13
Featuring a foreword by Will Self We’ll all experience recovery at some point in our lives, whether from addiction, physical illness, mental health issues or loss. Many of us heal, and we

may discover ways to live with our changed selves, to reclaim a life. We may find a new voice, or unearth a voice that has been submerged. Vitality, recovery can mean community. This anthology - which grew out of a small creative writing class run by Lily Dunn at Hackney Recovery Service, and was later broadened into a nationwide call for submissions by Dunn and her teaching partner, Zoe Gilbert - represents a community of writers: new, unheard voices alongside emerging and established authors. Theirs are stories from the dark back alleys, the deep crevices of the mind, and from the wild, ecstatic heights of life before, during and after recovery. These are voices that urgently need to be heard, in all their variety.

[Devotions](#) - Mary Oliver 2020-11-10

A New York Times Bestseller, chosen as Oprah's "Books That Help Me Through" for Oprah's Book Club “No matter where one starts reading, *Devotions* offers much to love, from Oliver's exuberant dog poems to selections from the

Pulitzer Prize-winning *American Primitive*, and *Dream Work*, one of her exceptional collections. Perhaps more important, the luminous writing provides respite from our crazy world and demonstrates how mindfulness can define and transform a life, moment by moment, poem by poem." —The Washington Post "It's as if the poet herself has sidled beside the reader and pointed us to the poems she considers most worthy of deep consideration." —Chicago Tribune Pulitzer Prize-winning poet Mary Oliver presents a personal selection of her best work in this definitive collection spanning more than five decades of her esteemed literary career. Throughout her celebrated career, Mary Oliver has touched countless readers with her brilliantly crafted verse, expounding on her love for the physical world and the powerful bonds between all living things. Identified as "far and away, this country's best selling poet" by Dwight Garner, she now returns with a stunning and definitive collection of her writing from the last

fifty years. Carefully curated, these 200 plus poems feature Oliver's work from her very first book of poetry, *No Voyage and Other Poems*, published in 1963 at the age of 28, through her most recent collection, *Felicity*, published in 2015. This timeless volume, arranged by Oliver herself, showcases the beloved poet at her edifying best. Within these pages, she provides us with an extraordinary and invaluable collection of her passionate, perceptive, and much-treasured observations of the natural world.

Dear William - David Magee 2021-11-02
Publishers Weekly Bestseller Newsweek Fall Must-Read Book Books-a-Million "Must-Read This Fall" Selection "Shot through with hope, purpose and an unflinching love, it's a story that must be read." —Newsweek "Essential, poignant, and insightful reading." —Kirkus Review Award-winning columnist and author David Magee addresses his poignant story to all those who will benefit from better understanding

substance misuse so that his hard-earned wisdom can save others from the fate of his late son, William. The last time David Magee saw his son alive, William told him to write their family's story in the hopes of helping others. Days later, David found William dead from an accidental drug overdose. Now, in a memoir suggestive of Augusten Burroughs meets Glennon Doyle, award-winning columnist and author David Magee answers his son's wish with a compelling, heartbreaking, and impossible to put down book that speaks to every individual and family. With honesty and heart, Magee shares his family's intergenerational struggle with substance abuse and mental health issues, as well as his own reckoning with family secrets—confronting the dark truth about the adoptive parents who raised him and a decades-long search for identity. He wrestles with personal substance misuse that began at a young age and, as a father, he sees destructive patterns repeat and develop within his own children. While striving

to find a truly authentic voice as a writer despite authoring nearly a dozen previous books, Magee ultimately understands that William had been right and their own family's history is the story he needs to tell. A poignant and uplifting message of hope translates unimaginable tragedy into an inspirational commitment to saving others, as David founded the William Magee Institute for Student Wellbeing at the University of Mississippi. His mission to share solutions to self-medication and addiction, particularly as it touches America's high school and college students, emphasizes that William's story is about much more than a tragic addiction—it's an American story of a family broken by loss and remade with love. Dear William inspires readers to find purpose, build resilience, and break the cycles that damage too many individuals and the people who love them. It's a life-changing book revealing how voids can be filled, and peace—even profound, lasting happiness—is possible.

You Look So Much Better in Person - Al

Roker 2020-07-28

Today coanchor Al Roker presents an entertaining guide to achieving a life of happiness and success through the power of "yes!" These days, the road to success can feel jam-packed with scheduling, networking, nonstop hustle, and flat-out absurdity. And no one knows that better than Al Roker—beloved cohost of The Today Show, weatherperson extraordinaire, and the man we all secretly wish we could turn to for wisdom and wisecracks in our everyday lives. From his college days as a polyester suit-clad weather forecaster in Syracuse to battling and buttering up the "Butter Man" during the legendary Macy's Thanksgiving Day Parade, Al has learned worthwhile lessons over a long, successful career. And now, for the first time, Al is ready to unleash savvy advice on how to embrace happiness and the power of saying "yes," alongside a host of humorous tips and tricks about how to succeed in life. In You Look

So Much Better in Person, Al teaches us how we can weather the storm of life, no matter how torrential the downpour, and shares anecdotes from his own treasure trove of memories in the spotlight. And it hasn't always been easy—believe it or not, even Al has been yelled at by his boss, suffered an emotional breakdown at work, and been told he'd be better suited in another position. Within these pages, he looks back on his own career and shares valuable "Altruisms" that can be applied to our own endeavors, such as how to: Navigate the special hell that is socializing Craft the perfect comeback line during a confrontation—and know when to use it Get up early and actually make the most of your time Cry at work without freaking people out And much, much more! Packed to the brim with cackle-inducing and cringeworthy behind-the-scenes insights and observations from over four decades in the media, this book reminds us all that long-term success in our personal lives and our careers is

just within reach. You Look So Much Better in Person will leave you laughing out loud, inspired, and comforted during life's best and worst moments.

The True Life Wild West Memoir of a Bush-popping Cow Waddy - Charley Hester

2004-01-01

Captures the remarkable experiences, exploits, and adventures of a teenage runaway from Illinois in the Wild West, in a memoir that describes his encounter with Wild Bill Hickok and Doc Holliday, a surprise encounter with Indians, and conflicts with nature. Original.

Boys in the Trees - Carly Simon 2015-11-24

Carly Simon's New York Times bestselling memoir, Boys in the Trees, reveals her remarkable life, beginning with her storied childhood as the third daughter of Richard L. Simon, the co-founder of publishing giant Simon & Schuster, her musical debut as half of The Simon Sisters performing folk songs with her sister Lucy in Greenwich Village, to a meteoric

solo career that would result in 13 top 40 hits, including the #1 song "You're So Vain." She was the first artist in history to win a Grammy Award, an Academy Award and a Golden Globe Award, for her song "Let the River Run" from the movie Working Girl. The memoir recalls a childhood enriched by music and culture, but also one shrouded in secrets that would eventually tear her family apart. Simon brilliantly captures moments of creative inspiration, the sparks of songs, and the stories behind writing "Anticipation" and "We Have No Secrets" among many others. Romantic entanglements with some of the most famous men of the day fueled her confessional lyrics, as well as the unraveling of her storybook marriage to James Taylor.

Sins of My Father - Lily Dunn 2022-03-17

When Lily Dunn was just six years old, her father left the family home to follow his guru to India, trading domestic life for clothes dyed in oranges and reds and the promise of enlightenment with

the cult of Bhagwan Shree Rajneesh. Since then he has been a mystery to her. She grew up enthralled by the image of him; effervescent, ambitious and elusive, a writer, publisher and entrepreneur, a man who would appear with gifts from faraway places, and with whom she spent the long, hot summers of her teenage years in Italy, in the company of his wild and wealthy friends. Yet he was also a compulsive liar, a delinquent, a man who abandoned his responsibilities in a pursuit of transcendence that took him from sex addiction, via the Rajneesh cult, to a relentless chase of money, which ended in ruin and finally addiction to alcohol and prescription drugs. A detective story that charts two colliding narratives, *Sins of My Father* is a daughter's attempt to unravel the mysteries of a father who believed himself to be beyond reproach. A dazzling work of literary memoir, it asks how deep legacies of shame and trauma run, and if we can reconcile unconditional love with irreparable damage.

Wild Game - Adrienne Brodeur 2019

On a hot July night on Cape Cod, at the age of 14, Brodeur became a confidante to her mother's affair with her husband's closest friend. Malabar came to rely on her daughter to help, but when the affair had calamitous consequences for everyone involved, Brodeur was driven into a precarious marriage of her own, and then into a deep depression. In her memoir she examines how the people close to us can break our hearts simply because they have access to them, and the lies we tell in order to justify the choices we make. -- adapted from jacket

The Lost Kitchen - Erin French 2017-05-09

An evocative, gorgeous four-season look at cooking in Maine, with 100 recipes No one can bring small-town America to life better than a native. Erin French grew up in Freedom, Maine (population 719), helping her father at the griddle in his diner. An entirely self-taught cook who used cookbooks to form her culinary education, she now helms her restaurant, The

Lost Kitchen, in a historic mill in the same town, creating meals that draw locals and visitors from around the world to a dining room that feels like an extension of her home kitchen. The food has been called “brilliant in its simplicity and honesty” by Food & Wine, and it is exactly this pure approach that makes Erin’s cooking so appealing—and so easy to embrace at home. This stunning giftable package features a vellum jacket over a printed cover.

These Precious Days - Ann Patchett

2021-11-23

The beloved New York Times bestselling author reflects on home, family, friendships and writing in this deeply personal collection of essays. "The elegance of Patchett’s prose is seductive and inviting: with Patchett as a guide, readers will really get to grips with the power of struggles, failures, and triumphs alike." —Publisher's Weekly “Any story that starts will also end.” As a writer, Ann Patchett knows what the outcome of her fiction will be. Life, however, often takes

turns we do not see coming. Patchett ponders this truth in these wise essays that afford a fresh and intimate look into her mind and heart. At the center of *These Precious Days* is the title essay, a surprising and moving meditation on an unexpected friendship that explores “what it means to be seen, to find someone with whom you can be your best and most complete self.” When Patchett chose an early galley of actor and producer Tom Hanks’ short story collection to read one night before bed, she had no idea that this single choice would be life changing. It would introduce her to a remarkable woman—Tom’s brilliant assistant Sooki—with whom she would form a profound bond that held monumental consequences for them both. A literary alchemist, Patchett plumbs the depths of her experiences to create gold: engaging and moving pieces that are both self-portrait and landscape, each vibrant with emotion and rich in insight. Turning her writer’s eye on her own experiences, she transforms the private into the

universal, providing us all a way to look at our own worlds anew, and reminds how fleeting and enigmatic life can be. From the enchantments of Kate DiCamillo's children's books (author of *The Beatryce Prophecy*) to youthful memories of Paris; the cherished life gifts given by her three fathers to the unexpected influence of Charles Schultz's Snoopy; the expansive vision of Eudora Welty to the importance of knitting, Patchett connects life and art as she illuminates what matters most. Infused with the author's grace, wit, and warmth, the pieces in *These Precious Days* resonate deep in the soul, leaving an indelible mark—and demonstrate why Ann Patchett is one of the most celebrated writers of our time.

Godspeed - Casey Legler 2019-10-15

"A memoir for our times." —Michael Stipe "A coming-of-age drama captured through poetic prose and convincing honesty." —Kirkus Reviews "I swim for every chance to get wasted—after every meet, every weekend, every

travel trip. This is what I look forward to and what I tell no one: the burn of it down my throat, to my soul curled up in my lungs, the sharpest pain all over it—it seizes and stretches, becoming alive again, and is the only thing that makes sense." At fifteen, Casey Legler is already one of the fastest swimmers in the world. She is also an alcoholic, isolated from her family, and incapable of forming lasting connections with those around her. Driven to compete at the highest levels, sent far away from home to train with the best coaches and teams, she finds herself increasingly alone and alienated, living a life of cheap hotels and chlorine-worn skin, anonymous sexual encounters and escalating drug use. Even at what should be a moment of triumph—competing at age sixteen in the 1996 Olympics—she is an outsider looking in, procuring drugs for Olympians she hardly knows, and losing her race after setting a new world record in the qualifying heats. After submitting to years of numbing training in

France and the United States, Casey can see no way out of the sinister loneliness that has swelled and festered inside her. Yet wondrously, when it is almost too late, she discovers a small light within herself, and senses a point of calm within the whirlwind of her life. In searing, evocative, visceral prose, Casey gives language to loneliness in this startling story of survival, defiance, and of the embers that still burn when everything else in us goes dark.

Fit to Serve - James C. Hormel 2011-10-11

This is the memoir of James C. Hormel—a man who grew up feeling different not only because his family owned the Hormel “empire” and lived in a twenty-six-bedroom house in a small Midwest town, but because he was gay at a time when homosexuality was not discussed or accepted. Outwardly he tried to live up to the life his father wanted for him—he was a successful professional, had married a lovely woman, and had children—but as *vola-tile* changes in the late 1960s impeded on the

American psyche, Hormel realized that he could not hide his true self forever. Hormel moved to New York City, became an antiwar activist, battled homophobia, lost dear friends to AIDS, and set out to become America’s first openly gay ambassador, a position he finally won during the Clinton administration. Today, Hormel continues to fight for LGBT equality and gay marriage rights. This is a passionate and inspiring true story of the determination for human equality and for attaining your own version of the American Dream—life, liberty, and the pursuit of happiness without exception.

One Life - Megan Rapinoe 2021-09-07

An instant New York Times bestseller!
“Rapinoe's 'signature pose' from the 2019 FIFA Women's World Cup is synonymous to the feeling we got when finishing this book: heart full, arms wide and ready to take up space in this world.”—USA Today
Megan Rapinoe, Olympic gold medalist and two-time Women's World Cup champion, reveals for the first time

her life both on and off the field. Guided by her personal journey into social justice, brimming with humor, humanity, and joy, she urges all of us to ask ourselves, What will you do with your one life? Only four years old when she kicked her first soccer ball, Megan Rapinoe developed a love - and clear talent - for the game at a young age. But it was her parents who taught her that winning was much less important than how she lived her life. From childhood on, Rapinoe always did what she could to stand up for what was right—even if it meant going up against people who disagreed. In *One Life*, Megan Rapinoe invites readers on a remarkable journey, looking back on both her victories and her failures, and pulls back the curtain on events we know only from the headlines. After the 2011 World Cup, discouraged by how few athletes were open about their sexuality, Rapinoe decided to come out publicly as gay and use her platform to advocate for marriage equality. Recognizing the power she had to bring

attention to critical issues, in 2016 she took a knee during the national anthem in solidarity with former NFL player Colin Kaepernick to protest racial injustice and police brutality—the first high-profile white athlete to do so. The backlash was immediate, but it couldn't compare to the overwhelming support. Rapinoe became a force of change. Here for the first time, Rapinoe reflects upon some of the most pivotal moments in her life and career - from her realization in college that she was gay, through the disputes with soccer coaches and officials over her decision to kneel, to the first time she met her now-fiancé WNBA champion Sue Bird, and up through suing the US Soccer Federation over gender discrimination and equal pay. Throughout, Rapinoe makes clear the obligation we all have to speak up, and the impact each of us can have on our communities. Deeply personal and inspiring, *One Life* reveals that real, concrete change lies within all of us, and asks: If we all have the same resource—this one

precious life, made up of the decisions we make every day—what are you going to do? "One Life makes it clear that Rapinoe's greatest accomplishments may ultimately come away from the soccer pitch. She's a new kind of American hero."—San Francisco Chronicle
Unfolding My Wild & Precious Life - Anita Volikis 2021-08-16

Unfolding My Wild and Precious Life is a journey of transformation. Anita Volikis provides a vivid account of awakening into her true potential as well as her belief in the power of faith, inspired action, and relentless trust in herself and her life's path. Volikis teaches that even in the midst of great tragedy, joy and hope can be found and that it is never too late to be who you desire to be, who you were meant to be. It is okay to strip down the excessive façades and come home to yourself, in mind, body, and soul, and to know that your greatest lessons can sometimes be found in the simplest moments. Filled with profound reflections on childhood, womanhood,

and motherhood, Volikis weaves tangible mindset and emotional-intelligence guidance within the story of her life's journey. She will propel you toward change while helping you unfold into your wild and precious life.

My Wild and Precious Life - Susanne Rheault
2019-08-07

After stumbling upon a tiny orphanage in rural Tanzania, Susanne Rheault knew her life was about to change.

My Wild & Precious Life - Cynder Sinclair
2021-02-15

Autobiography of Cynder Sinclair, PhD. Filled with fascinating stories of nonprofits she founded and led, her early years in the Deep South, cross-country treks as a youth, finding her birth father through DNA, raising five children at 19 years old and traveling to 27 countries in five years. Readers will be inspired by her resilience and amazed at her many life adventures.

Wild Swans - Jung Chang 2008-06-20

The story of three generations in twentieth-century China that blends the intimacy of memoir and the panoramic sweep of eyewitness history—a bestselling classic in thirty languages with more than ten million copies sold around the world, now with a new introduction from the author. An engrossing record of Mao’s impact on China, an unusual window on the female experience in the modern world, and an inspiring tale of courage and love, Jung Chang describes the extraordinary lives and experiences of her family members: her grandmother, a warlord’s concubine; her mother’s struggles as a young idealistic Communist; and her parents’ experience as members of the Communist elite and their ordeal during the Cultural Revolution. Chang was a Red Guard briefly at the age of fourteen, then worked as a peasant, a “barefoot doctor,” a steelworker, and an electrician. As the story of each generation unfolds, Chang captures in gripping, moving—and ultimately

uplifting—detail the cycles of violent drama visited on her own family and millions of others caught in the whirlwind of history.

In the Eye of the Wild - Nastassja Martin
2021-11-16

After enduring a vicious bear attack in the Russian Far East's Kamchatka Peninsula, a French anthropologist undergoes a physical and spiritual transformation that forces her to confront the tenuous distinction between animal and human. In the Eye of the Wild begins with an account of the French anthropologist Nastassja Martin's near fatal run-in with a Kamchatka bear in the mountains of Siberia. Martin's professional interest is animism; she addresses philosophical questions about the relation of humankind to nature, and in her work she seeks to partake as fully as she can in the lives of the indigenous peoples she studies. Her violent encounter with the bear, however, brings her face-to-face with something entirely beyond her ken—the untamed, the nonhuman, the

animal, the wild. In the course of that encounter something in the balance of her world shifts. A change takes place that she must somehow reckon with. Left severely mutilated, dazed with pain, Martin undergoes multiple operations in a provincial Russian hospital, while also being grilled by the secret police. Back in France, she finds herself back on the operating table, a source of new trauma. She realizes that the only thing for her to do is to return to Kamchatka. She must discover what it means to have become, as the Even people call it, medka, a person who is half human, half bear. In the *Eye of the Wild* is a fascinating, mind-altering book about terror, pain, endurance, and self-transformation, comparable in its intensity of perception and originality of style to J. A. Baker's classic *The Peregrine*. Here Nastassja Martin takes us to the farthest limits of human being. [Filthy Beasts](#) - Kirkland Hamill 2021-06-08 Running with Scissors meets Grey Gardens in this "vivid tragicomedy" (People), a riveting

riches-to-rags tale of a wealthy family who lost it all and the unforgettable journey of a man coming to terms with his family's deep flaws and his own hidden secrets. "Wake up, you filthy beasts!" Wendy Hamill would shout to her children in the mornings before school. Startled from their dreams, Kirk and his two brothers couldn't help but wonder—would they find enough food in the house for breakfast? Following a hostile exit from New York's upper-class society, newly divorced Wendy and her three sons are exiled from the East Coast elite circle. Wendy's middle son, Kirk, is eight when she moves the family to her native Bermuda, leaving the three young boys to fend for themselves as she chases after the highs of her old life: alcohol, a wealthy new suitor, and other indulgences. After eventually leaving his mother's dysfunctional orbit for college in New Orleans, Kirk begins to realize how different his family and upbringing is from that of his friends and peers. Split between rich privilege—early

years living in luxury on his family's private compound—and bare survival—rationing food and water during the height of his mother's alcoholism—Kirk is used to keeping up appearances and burying his inconvenient truths from the world, until he's eighteen and falls in love for the first time. A keenly observed, fascinating window into the life of extreme privilege and a powerful story of self-acceptance, *Filthy Beasts* is "a stunning, deeply satisfying story about how we outlive our upbringings" (Kirkus Reviews, starred review). *The Glass Castle* - Jeannette Walls 2007-01-02 A triumphant tale of a young woman and her difficult childhood, *The Glass Castle* is a remarkable memoir of resilience, redemption, and a revelatory look into a family at once deeply dysfunctional and wonderfully vibrant. Jeannette Walls was the second of four children raised by anti-institutional parents in a household of extremes. *A Wild and Precious Life* - Joshua Lyon

2019-10-08

A lively, intimate memoir from a marriage equality icon of the gay rights movement, describing gay life in the 1950s and 60s New York City and her longtime activism. "Brash, funny and brave." —NPR "A captivating and inspiring story of a queer woman who believed in her right to take up space and be seen."—BuzzFeed "Windsor's story fighting for what she believed in is one that will leave readers inspired." —NBC OUT Edie Windsor became internationally famous when she sued the US government, seeking federal recognition for her marriage to Thea Spyer, her partner of more than four decades. The Supreme Court ruled in Edie's favor, a landmark victory that set the stage for full marriage equality in the US. Beloved by the LGBTQ community, Edie embraced her new role as an icon; she had already been living an extraordinary and groundbreaking life for decades. In this memoir, which she began before passing away in 2017

and completed by her co-writer, Edie recounts her childhood in Philadelphia, her realization that she was a lesbian, and her active social life in Greenwich Village's electrifying underground gay scene during the 1950s. Edie was also one of a select group of trailblazing women in computing, working her way up the ladder at IBM and achieving their highest technical ranking while developing software. In the early 1960s Edie met Thea, an expat from a Dutch

Jewish family that fled the Nazis, and a widely respected clinical psychologist. Their partnership lasted forty-four years, until Thea died in 2009. Edie found love again, marrying Judith Kasen-Windsor in 2016. *A Wild and Precious Life* is remarkable portrait of an iconic woman, gay life in New York in the second half of the twentieth century, and the rise of LGBT activism.