

## Beautiful Affliction: A Memoir

**'I loved this book.'** MATT HAIG \_\_\_\_\_ **If you have anxiety, this book is for you. If you love someone who is anxious, this book is for you. I Quit Sugar founder and New York Times bestselling author Sarah Wilson has lived through high anxiety - including bipolar, OCD and several suicide attempts - her whole life. Perhaps like you, she grew tired of seeing anxiety as a disease that must be medicated into submission. Could anxiety be re-sewn, she asked, into a thing of beauty? So began a seven-year journey to find a more meaningful and helpful take on anxiety. Living out of two suitcases, Sarah travelled the world, meeting with His Holiness The Dalai Lama, with Oprah's life coach, with major mental health organizations and hundreds of others in a quest to unravel the knotted ball of wool that is the anxious condition. She emerged with the very best philosophy, science and hacks for thriving with the beast. First, We Make the Beast Beautiful is a book with a big heart, paving the way for richer, kinder and wiser conversations about anxiety. \_\_\_\_\_ 'Probably the best book on living with anxiety that I've ever read.'** MARK MANSON, author of *The Subtle Art of Not Giving a F\*ck*

**"Reading *Scratched* gave me the feeling of standing very close to a blazing fire. It is that brilliant, that intense, and one of the finest explorations I know of what it means to be a woman and an artist."--Sigrid Nunez, author of *The Friend* and Winner of the National Book Award for Fiction** In this bold and brilliant memoir, the acclaimed author of the novel *Museum Pieces* and the collection *Mendocino Fire* explores the ferocious desire for perfection which has shaped her writing life as well as her rich, dramatic, and constantly surprising personal life. In the decade between age twenty-seven and thirty-seven, Elizabeth Tallent published five literary books with Knopf, her short stories appeared in *The New Yorker*, and she secured a coveted teaching job at Stanford University. But this extraordinary start to her career was followed by twenty-two years of silence. She wrote --or rather published-- nothing at all. Why? *Scratched* is the remarkable response to that question. Elizabeth's story begins in a hospital in mid-1950s suburban Washington, D.C., when her mother refuses to hold her newborn daughter, shocking behavior that baffles the nurses. Imagining her mother's perfectionist ideal at this critical moment, Elizabeth moves back and forth in time, juxtaposing moments in the past with the present in this innovative and spellbinding narrative. She traces her journey from her early years in which she perceived herself as "the child whose flaws let disaster into an otherwise perfect family," to her adulthood, when perfectionism came to affect everything. As she toggles between teaching at Stanford in Palo Alto and the Mendocino coast where she lives, raises her son Gabriel, and pursues an important psychoanalysis, Elizabeth grapples with the ferocious desire for perfection which has shaped her personal life and writing life. Eventually, she finds love and acceptance in the most unlikely place, and finally accepts an "as is" relationship with herself and others. Her final triumph is the writing of this extraordinary memoir, filled with wit, humor, and heart--a brave book that repeatedly searches for the emotional truth beneath the conventional surface of existence.

**The true story of a young woman's struggle to raise a family while her body slowly deteriorates as the result of an undetected fatal heart disease."**

**Green-Light Your Book is a straight-shooting guide to a changing industry. Written for aspiring authors, previously published authors, and independent publishers, it explains the ever-shifting publishing landscape and helps indie authors understand that they're up against the status quo, and how to work within the system but also how to subvert the system in order to succeed. Publishing expert and independent publisher Brooke Warner is fearless in her critique of an industry that's lost its mandate, and in so doing has opened the door wide for indie publishers to thrive. While she does not shy away from calling out the bias against indie authors, she also asserts that it's never been a more exciting time to be in book publishing—and her passion and enthusiasm are contagious. "If you're going to green-light your work, you have to wow," Warner writes. But to surpass expectations, you also need to be a student of publishing and to be able to hold your own with book buyers, event coordinators, librarians, wholesalers, distributors, and reviewers. *Green-Light Your Book* seeks to equip authors and publishers with the language, knowledge, and skill sets they need to play big.**

**A Shining Affliction**

**Edna's Gift**

**Reimagining Chronic Illness**

**A Memoir of Surviving Heart Disease**

## All of Us Warriors Green-Light Your Book Her Beautiful Brain

"Soars into sublime meditation...what makes this book so extraordinary is her willingness to reveal exactly what goes on in the sometimes mysterious encounter between therapist and patient."—The Los Angeles Times. A moving account of a true-life double healing through psychotherapy. In this brave, iconoclastic, and utterly unique book, psychotherapist Annie Rogers chronicles her remarkable bond with Ben, a severely disturbed five-year-old. Orphaned, fostered, neglected, and forgotten in a household fire, Ben finally begins to respond to Annie in their intricate and revealing platy therapy. But as Ben begins to explore the trauma of his past, Annie finds herself being drawn downward into her own mental anguish. Catastrophically failed by her own therapist, she is hospitalized with a breakdown that renders her unable to speak. Then she and her gifted new analyst must uncover where her story of childhood terror overlaps with Ben's, and learn how she can complete her work with the child by creating a new story from the old—one that ultimately heals them both.

Writer Susan Tweit and her economist-turned-sculptor husband Richard Cabe had just settled into their version of a "good life" when Richard saw thousands of birds one day—harbingers of the brain cancer that would kill him two years later. This compelling and intimate memoir chronicles their journey into the end of his life, framed by their final trip together, a 4,000-mile-long delayed honeymoon road trip. As Susan and Richard navigate the unfamiliar territory of brain cancer treatment and learn a whole new vocabulary—craniotomies, adjuvant chemotherapy, and brain geography—they also develop new routines for a mindful existence, relying on each other and their connection to nature, including the real birds Richard enjoys watching. Their determination to walk hand in hand, with open hearts, results in profound and difficult adjustments in their roles. Bless the Birds is not a sad story. It is both prayer and love song, a guide to how to thrive in a world where all we hold dear seems to be eroding, whether simple civility and respect, our health and safety, or the Earth itself. It's an exploration of living with love in a time of dying—whether personal or global—with humor, unflinching courage, and grace. And it is an invitation to choose to live in light of what we love, rather than what we fear.

At age twenty-one, while she was working with the legendary Nadia Boulanger in France, concert pianist Carol Rosenberger was stricken with paralytic polio—a condition that knocked out the very muscles she needed in order to play. But Rosenberger refused to give up. Over the next ten years, against all medical advice, she struggled to rebuild her technique and regain her life as a musician—and went on to not only play again, but to receive critical acclaim for her performances and recordings. Beautifully written and deeply inspiring, To Play Again is Rosenberger's chronicle of making possible the seemingly impossible: overcoming career-ending hardships to perform again.

In 1994, Lizbeth Meredith said good-bye to her four- and six year-old daughters for a visit with their non-custodial father only to learn days later that they had been kidnapped and taken to their father's home country of Greece. Twenty-nine and just on the verge of making her dreams of financial independence for her and her daughters come true, Lizbeth now faced a \$100,000 problem on a \$10 an hour budget. For the next two years fueled by memories of her own childhood kidnapping, Lizbeth traded in her small life for a life more public, traveling to the White House and Greece, and becoming a local media sensation in order to garner interest in her efforts. The generous community of Anchorage becomes Lizbeth's makeshift family—one that is replicated by a growing number of Greeks and expats overseas who help Lizbeth navigate the turbulent path leading back to her daughters.

Bless the Birds

Sensitive

Cancer Stories of Survival and Loss

To Play Again

Raw

Life's Hourglass

Lyme Disease in Verse

*A bittersweet description of an ancient family house in an enchanted setting, and of growing up with a damaged brother. William Fiennes spent his childhood in a moated castle, the perfect environment for a child with a brimming imagination. It is a house alive with history, beauty, and mystery, but the young boy growing up in it is equally in awe of his brother Richard. Eleven years older and a magnetic presence, Richard suffers from severe epilepsy. His illness influences the rhythms of the family and the house's internal life, and his story inspires a journey, interwoven with a loving recollection, toward an understanding of the mind. This is a song of home, of an adored brother and the miracle of consciousness. The chill of dark historical places coexists with the warmth and chatter of the family kitchen;*

*the surrounding landscapes are distinguished by ancient trees, secret haunts, the moat's depths and temptations. Bursting with tender detail, The Music Room is a sensuous tribute to place, memory, and the permanence of love.*

*'A fine book' The Sunday Times 'Powerful' Guardian 'Wonderful' The Telegraph 'Moving, funny, warm' Mail on Sunday 'Brave, compassionate, tender and honest' Metro 'This book began as an attempt to hold on to my witty, storytelling mother with the one thing I had to hand. Words. Then, as the enormity of the social crisis my family was part of began to dawn, I wrote with the thought that other forgotten lives might be nudged into the light along with hers. Dementia is one of the greatest social, medical, economic, scientific, philosophical and moral challenges of our times. I am a reporter. It became the biggest story of my life.'* Sally Magnusson *Sad and funny, wise and honest, Where Memories Go is a deeply intimate account of insidious losses and unexpected joys in the terrible face of dementia, and a call to arms that challenges us all to think differently about how we care for our loved ones when they need us most. Regarded as one of the finest journalists of her generation, Mamie Baird Magnusson's whole life was a celebration of words - words that she fought to retain in the grip of a disease which is fast becoming the scourge of the 21st century. Married to writer and broadcaster Magnus Magnusson, they had five children of whom Sally is the eldest. As well as chronicling the anguish, the frustrations and the unexpected laughs and joys that she and her sisters experienced while accompanying their beloved mother on the long dementia road for eight years until her death in 2012, Sally Magnusson seeks understanding from a range of experts and asks penetrating questions about how we treat older people, how we can face one of the greatest social, medical, economic and moral challenges of our times, and what it means to be human. Facebook.com/WhereMemoriesGo*

*"Like an urban Dian Fossey, Wednesday Martin decodes the primate social behaviors of Upper East Side mothers in a brilliantly original and witty memoir about her adventures assimilating into that most secretive and elite tribe. After marrying a man from the Upper East Side and moving to the neighborhood, Wednesday Martin struggled to fit in. Drawing on her background in anthropology and primatology, she tried looking at her new world through that lens, and suddenly things fell into place. She understood the other mothers' snobbiness at school drop-off when she compared them to olive baboons. Her obsessional quest for a Hermes Birkin handbag made sense when she realized other females wielded them to establish dominance in their troop. And so she analyzed tribal migration patterns; display rituals; physical adornment, mutilation, and mating practices; extra-pair copulation; and more. Her conclusions are smart, thought-provoking, and hilariously unexpected. Every city has its Upper East Side, and in Wednesday's memoir, readers everywhere will recognize the strange cultural codes of powerful social hierarchies and the compelling desire to climb them. They will also see that Upper East Side mothers want the same things for their children that all mothers want--safety, happiness, and success--and not even sky-high penthouses and chauffeured SUVs can protect this ecologically released tribe from the universal experiences of anxiety and loss. When Wednesday's life turns upside down, she learns how deep the bonds of female friendship really are. Intelligent, funny, and heartfelt, Primates of Park Avenue lifts a veil on a secret, elite world within a world--the exotic, fascinating, and strangely familiar culture of privileged Manhattan motherhood"--*

*When Janice learns that she has stage four cancer, she feels the sand in life's hourglass begin to escape through her fingers. A successful trial lawyer, she's spent her entire adulthood competing, clock watching, and chasing the money while life slipped by unnoticed. But this diagnosis leaves her questioning whether it's all been worth it. In this candid memoir, Janice reflects on the choices she made throughout her life to bring her to this point. She offers an insider's view of Big Law and questions corporate America's relationship with wealth and excess. She examines how one's longing for approval--from family or elsewhere--comes at the expense of knowing what we want and being our true selves. And she discovers that the remedy is a long, hard road to travel. Earnest, tender, and eye-opening, Life's Hourglass inspires readers to ask themselves, "How do I want to spend the days I have remaining?"*

*Living with a Dying Heart: A Memoir*

*Four Grams of Affliction*

*It Takes a Worried Man*

*Memoirs of the Life, Character, and Writings of the Rev. Matthew Henry*

*What Goes Unsaid*

*The Daughter of Affliction*

*First, We Make the Beast Beautiful*

Even the most integrative, supportive doctor can only do so much for an individual during the worst period of healing from Lyme. The process looks different for everyone, but a patient must feel significantly worse before they begin to recover. When Lyme bacteria (or other coinfections) are first attacked by antibiotics, herbs, or other treatment, they release toxins into the body quicker than they can be dispelled. This is called a Jarisch-Herxheimer (Herx) reaction, and it can often include panic attacks, brain fog, paranoia, depression, pain, affected vision, racing heart rate, dysfunctional thyroid, disrupted digestion, severe confusion, and amnesia among many other symptoms. Herxing, in other words, is a complete--and sometimes seemingly unending--nightmare. When you've fretted about that frustrating doctor all

night and Herxed all day, these autobiographical poems may go down smoother than a pill. Arranged chronologically in the order that they were written, they move from devastation to determination, addressing the various frustrations and dynamics of living with chronic Lyme disease—the isolation, the trauma, the fear—and also providing a voice of solidarity and inspiration for those suffering from this devastating illness. Written as a love letter for Lyme patients who are running out of patience, as well as for their family and friends, *Not If, When* is a clear-eyed, defiant, and poignant exploration of what it means to live—and sometimes even thrive—with Lyme.

This is the fearless story of author Patricia Gunn. The mission of this book is to inspire other victims of sexual trauma to find the valor to fight another day. As survivors, we too can reclaim our lives and create a hopeful future. Gunn became a slave to alcohol and drugs at an early age and suffered a string of sexual traumas. Her life spiraled out of control. This two-headed monster of addiction and trauma propelled Gunn to dark, jarring places that she didn't even know existed. While *Four Grams of Affliction* explores the many trips to hell that Gunn travelled, it also studies the workings of the human brain and how it operates as a powerful tool. And despite the agony and the pain, we come to realize that even the scathed eye can see a flicker of light in the prevailing darkness. Alcohol, drugs, and trauma claim lives every day. This book is a true testament to hope and salvation. The human spirit can wander and get lost; however, inner-peace is obtainable if you seek it out. Gunn has found that the solution to these problems lives outside of us. As the author discovered, giving back to victims of trauma and addiction often drives the soul into a new found sense of purpose.

'Afflictions & Departures' is a collection of first-person experiential essays by writer and academic Madeline Sonik. Although Sonik explores some of the salient personal experiences of her young life, the essays in 'Afflictions & Departures' are not traditional memoir. In addition to incidents and feelings recaptured from memory, Sonik seeks out connections between the microcosm of the daily events of her childhood and the social, historical, and scientific trends of the time. 'Afflictions & Departures' begins by considering the turbulent and changing nature of the world in the late 1950s and early 1960s—the world in which the author was conceived and born. Like many couples of that era, Madeline Sonik's parents focused on shared social and economic ambitions at the expense of authentic personal feeling. These ambitions would erode and, by the 1970s, completely collapse. In 'Afflictions & Departures' Sonik exercises both intellectual depth and emotional range. The essays are as incisive as they are deeply moving, and leave the reader with a sense of history as it was lived, not as it is codified in countless textbooks. "Startlingly original, Madeline Sonik's moving story of her childhood defies all our expectations of memoir. She captures crystalline moments of childhood memory and links them in a daisy-chain with corresponding events of the tumultuous societal change taking place outside her home. It is North America in the 1960s and 70s and her letter-perfect, child's-eye view of the world brings back that time with such intensity that the reader can almost smell and taste it. Droll, tragic, and absolutely compelling, 'Afflictions and Departures' is a visceral portrayal of a family imploding." -Jury, Charles Taylor Prize for literary non-fiction "Her memory is dustless, capacious, uncanny. With a storyteller's skill and a poet's depth of vision, she recreates her childhood with one eye on her family and the other on the larger world. Significant cultural markers sit side-by-side with the small, painful intensities of her childhood. This memoir is crammed with pathos, yet is written with a light touch. I adore the narrator who never falls into self-pity or narcissism. The clarity of her vision makes the prose gleam and transforms autobiography into art." -Lorna Crozier, author of 'Small Beneath the Sky' "Honesty has to be at the centre of any memoir, and 'Afflictions & Departures' pulsates with raw, straightforward truth. ... Sonik has overcome enormous challenges and turned them into literary jewels. This book encourages readers to think about family, memory and history - and above all, resilience." - Times Colonist Winner of the City of Victoria Butler Book Prize Finalist, Charles Taylor Prize for literary non-fiction Nominated for the BC National Award for Canadian non-Fiction

'BOLD, HONEST AND SUPERBLY WELL-WRITTEN' ANDRÉ ACIMAN, AUTHOR OF CALL ME BY YOUR NAME 'GRACEFUL AND SOUL-BARING' MELANIE REID, THE TIMES 'WHAT A GIFT . . . HAS THE RIGOR AND PRECISION OF JOAN DIDION AND MAGGIE NELSON AND A FORTHRIGHT HUMOR AND NAKED TRUTH ALL OF ITS OWN.' SARAH RUHL, AUTHOR OF SMILE I am in a bar in Brooklyn listening to two men, my friends, discuss whether or not my life was worth living. So begins Chloé Cooper Jones's bold account of moving through the world in a body that looks different than most. Born with a rare congenital condition called sacral agenesis, she must contend not only with her own physical pain, but the emotional discomfort of others. It is only when she unexpectedly becomes a mother that she confronts the demand to live life fully, propelling her on a journey across the globe, reclaiming the spaces she'd been denied, and denied herself. From Roman sculptures to a Beyoncé concert, from a tennis tournament to the Cambodian Killing Fields, Jones interrogates the myths of beauty with spiky intelligence, aesthetic philosophy, love and humor, inviting us to find a new way of seeing.

Afflictions & Departures

The Music Room: A Memoir

A Memoir of Chasing Success at a Cost

Memoir of Old Humphrey

Easy Beauty

A Memoir of Perfectionism

NOW A MAJOR MOTION PICTURE STARRING LUCAS HEDGES, RUSSELL CROWE AND NICOLE KIDMAN, AND WRITTEN AND DIRECTED BY JOEL EDGERTON 'A necessary, beautiful book' Garth Greenwell, author of *What Belongs to You* 'A brilliant memoir' Guardian The son of a Baptist pastor and deeply embedded in church life in small town Arkansas, as a young man Garrard Conley was terrified and conflicted about his sexuality. When Garrard was a nineteen-year-old college student, he was outed to his parents, and was forced to make a life-changing decision: either agree to attend a church-supported conversion therapy program that promised to "cure" him of homosexuality; or risk losing family, friends, and the God he had prayed to every day of his life. Through an institutionalised Twelve-Step Program heavy on Bible study, he was supposed to emerge heterosexual, ex-gay, cleansed of impure urges and stronger in his faith in God for his brush with sin. Instead, even when faced with a harrowing and brutal journey, Garrard found the strength and understanding to break out in search of his true self and forgiveness. By confronting his buried past and the burden of a life lived in shadow, Garrard traces the complex relationships among family, faith, and community. At times heartbreaking, at times triumphant, this memoir is a testament to love that survives despite all odds.

From one of Mexico's most important writers, a fictionalised memoir about three men who are driven to escape the confines of their traditional lives and roles. In 1958, Carlos Monge McKey sneaks out of his home in the middle of the night to fake his own death. He does not return for four years. A decade later, his son, Carlos Monge Sánchez, deserts his family too, joining a guerrilla army of Mexican revolutionaries. Their stories are unspooled by

grandson and son Emiliano, a writer, who also chooses to escape reality, by creating fictions to run away from the truth. What Goes Unsaid is an extraordinary memoir that delves into the fractured relationships between fathers and sons, grandfathers and grandsons; that disinters the ugly notions of masculinity and machismo that all men carry with them – especially in a patriarchal culture like Mexico. It is the story of three men, who – each in his own way – flee their homes and families in an attempt to free themselves.

A NEW YORK TIMES BESTSELLER "Remarkable." –Andrew Solomon, The New York Times Book Review "At once a rigorous work of scholarship and a radical act of empathy." –Esquire "A ray of light into those isolated cocoons of darkness that, at one time or another, may afflict us all." –The Wall Street Journal "Essential." –The Boston Globe A landmark exploration of one of the most consequential and mysterious issues of our time: the rise of chronic illness and autoimmune diseases A silent epidemic of chronic illnesses afflicts tens of millions of Americans: these are diseases that are poorly understood, frequently marginalized, and can go undiagnosed and unrecognized altogether. Renowned writer Meghan O'Rourke delivers a revelatory investigation into this elusive category of "invisible" illness that encompasses autoimmune diseases, post-treatment Lyme disease syndrome, and now long COVID, synthesizing the personal and the universal to help all of us through this new frontier. Drawing on her own medical experiences as well as a decade of interviews with doctors, patients, researchers, and public health experts, O'Rourke traces the history of Western definitions of illness, and reveals how inherited ideas of cause, diagnosis, and treatment have led us to ignore a host of hard-to-understand medical conditions, ones that resist easy description or simple cures. And as America faces this health crisis of extraordinary proportions, the populations most likely to be neglected by our institutions include women, the working class, and people of color. Blending lyricism and erudition, candor and empathy, O'Rourke brings together her deep and disparate talents and roles as critic, journalist, poet, teacher, and patient, synthesizing the personal and universal into one monumental project arguing for a seismic shift in our approach to disease. The Invisible Kingdom offers hope for the sick, solace and insight for their loved ones, and a radical new understanding of our bodies and our health.

Shortlisted for the James Tait Black biography prize 2019 'A moving memoir.' Sunday Times 'Gripped me from the first page.' Clover Stroud, author of My Wild and Sleepless Nights 'A gripping read... a riveting piece of writing.' Radio 4 \_\_\_\_\_ What do our possessions say about us? Why do we project such meaning onto them? What becomes of the things we leave behind? Only after her mother's death does Susannah Walker discover how much of a hoarder she had become. Over the following months, Susannah has to sort through a dilapidated house filled to the brim with rubbish and treasures - filling bag after bag with possessions. But what she's really in search of is a woman she'd never really known or understood in life. This is her last chance to piece together her mother's story and make sense of their troubled relationship. What emerges from the mess of scattered papers, discarded photographs and an extraordinary amount of stuff is the history of a sad and fractured family, haunted by dead children, divorce and alcohol. The Life of Stuff is a deeply personal exploration of mourning and the shoring up of possessions against the losses and griefs of life, which also raises universal questions about what makes us the people we are. \_\_\_\_\_ 'Compelling and moving.' Ruth Hogan 'An excellent memoir.' Cathy Rentzenbrink

A Memoir of Identity, Faith and Family

A Memoir

A memoir about the mess we leave behind

A Memoir Revealing a Cutting View Into Sexual Trauma and Addiction

'A mother's memoir': a sketch of the life of E.E. Pym, by H.N.P.

A Story of Harm and Healing in Psychotherapy

Living with Love in a Time of Dying

***In 1937, at the age of nineteen, Ralph Hall, suicidal, revealed his sexual orientation to his grandmother, knowing she would comfort him. He was out for three years afterwards, until an indiscretion sent him back into the closet. At twenty-four, while in the army, he met and married Irene. The couple made their home on the San Francisco Peninsula and had four children. Ralph was an attentive husband and father—albeit with an intense interest in interior design, flower arranging, and fine objects—and a diligent worker who rose to payroll accountant at Standard Oil. It wasn't until 1975 that Ralph came out to his middle daughter, Laura, telling her that he had once considered his sexuality an aberration, an affliction. She was shocked, as the possibility her father might be gay had never crossed her mind. Irene had known Ralph's secret for eighteen years, but the two remained married until she died. It was only then that this charismatic man and devoted father, by now in his eighties, could freely express his authentic, gay self. Here, Laura paints a vivid and honest portrait of her beloved father and the effect his secret had on her own life.***

***Anita Swanson Speake's story begins with a diagnosis: idiopathic cardiomyopathy. At sixty-five, she had just found out that her heart was dying. When she got the news, she was in her late sixties. Her girls were raised and gone. Her three decades of high-stress nursing was behind her. She was living with her hopefully last, and certainly best, husband in a big, contemporary house with lots of glass on a lake in rural Northern California. She loved her life. But she didn't love her scary new medical condition—or the many awful side effects of the medications her doctor promised would serve as a crutch for her heart. As she struggled with all this, Speake began to see herself as a member of the dying rather than the living. And over time, she began to ponder a new question: "Do I really want to get well?" Heartsong takes readers on an often humorous, sometimes sad journey through the best of Western medicine, complemented by a sampling of alternative and Eastern support systems—and through Speake's evolving relationship with God—as she navigates this transition. Ultimately, with the help of her doctors, a Reiki practitioner, a Mindfulness coach, and her deep, abiding faith, Speake found renewed purpose late in a changing life—and realized God was waiting there for her all along.***

***Raw is the story of one woman's quest for health and happiness, which dragged her kicking and screaming into spiritual adulthood. Anxiety and a desire to heal it holistically—even before she knew what it was—is at the heart of this story, which reveals Carter's struggles to face her fears, release perfectionism, surrender things beyond her control, and find validation within for her***

*life and work. The book is divided into three sections—body, mind, and spirit—and it begins with Carter's efforts to holistically cure chronic stomach problems. Toward that end, she adopted a 100 percent raw, vegan diet, which eased her symptoms and produced impressive, unexpected perks, but didn't completely heal her. She then looked to her mind for answers and discovered that unconscious negative thoughts combined with a stressful, hectic-paced life sabotaged her well-being. Finally, a few mystical experiences brought her "home" to a visceral understanding of who she really is.*

*When you reach the age where there is more to look back at than forward to, what do you regret, if anything? One woman's brave memoir about a life well lived. It takes a certain kind of woman to have the courage t*

*Growing Up With a Closeted Gay Dad*

*An Unconventional Life Well Lived*

*Beautiful Affliction*

*The Life of Stuff*

*A Memoir of the Protracted Sufferings and Religious Experience of Miss Mary Rankin. Parts first and second, as communicated by her to D.R. Good. Part third, as written by herself*

*Essays*

*A Memoir of Promiscuity*

Frank McCourt's glorious childhood memoir, *Angela's Ashes*, has been loved and celebrated by readers everywhere for its spirit, its wit and its profound humanity. A tale of redemption, in which storytelling itself is the source of salvation, it won the National Book Critics Circle Award, the Los Angeles Times Book Award and the Pulitzer Prize. Rarely has a book so swiftly found its place on the literary landscape. And now we have *'Tis*, the story of Frank's American journey from impoverished immigrant to brilliant teacher and raconteur. Frank lands in New York at age nineteen, in the company of a priest he meets on the boat. He gets a job at the Biltmore Hotel, where he immediately encounters the vivid hierarchies of this "classless country," and then is drafted into the army and is sent to Germany to train dogs and type reports. It is Frank's incomparable voice -- his uncanny humor and his astonishing ear for dialogue -- that renders these experiences spellbinding. When Frank returns to America in 1953, he works on the docks, always resisting what everyone tells him, that men and women who have dreamed and toiled for years to get to America should "stick to their own kind" once they arrive. Somehow, Frank knows that he should be getting an education, and though he left school at fourteen, he talks his way into New York University. There, he falls in love with the quintessential Yankee, long-legged and blonde, and tries to live his dream. But it is not until he starts to teach -- and to write -- that Frank finds his place in the world. The same vulnerable but invincible spirit that captured the hearts of readers in *Angela's Ashes* comes of age. As Malcolm Jones said in his *Newsweek* review of *Angela's Ashes*, "It is only the best storyteller who can so beguile his readers that he leaves them wanting more when he is done...and McCourt proves himself one of the very best." Frank McCourt's *'Tis* is one of the most eagerly awaited books of our time, and it is a masterpiece.

In this wry memoir, a Harvard-educated CPA with debilitating chemical intolerance digs deep in her family history to uncover the childhood trigger for her illness. Tackling themes of truth, loss, acceptance, and empowerment, Pookie Sekmet interweaves her personal story with timely guidance on the importance of avoiding toxic chemicals in cars, consumer products, and indoor environments; overcomes family trauma and mysterious chronic health struggles with determination and humor; builds an unconventional new life; and, finally, becomes a whistleblower within a corrupt and patriarchal corporate culture—and achieves righteous justice. Think Titus Andronicus, but with a slight woman in her mid-fifties with defiantly bad hair—wearing worn overalls and a home-sewn hemp jersey top—standing tall among the corpses. Our society has become polarized by leaders seeking to consolidate exploitative power through the imposition of magical thinking and untruths. Through the story of her struggles and ultimate triumph, Sekmet lays bare the underlying selfishness, heedlessness, and lies of many of our political, societal, and business structures and offers a reality-based and practical path to self-protection—and even empowerment.

WALL STREET JOURNAL BESTSELLER GOLD MEDAL WINNER OF THE 2016 INDEPENDENT PUBLISHER BOOK AWARDS ("IPPY") Lene Fogelberg is dying—she is sure of it—but no doctor in Sweden, her home country, believes her. Love stories enfold her, with her husband, her two precious daughters, her enchanting surroundings, but the question she has carried in her heart since childhood—Will I die young?—is threatening all she holds dear, even her sanity. When her young family moves to the US, an answer, a diagnosis, is finally found: she is in the last stages of a fatal congenital heart disease. But is it too late? A young woman risks everything to save her own life in this “unusual, riveting medical drama crafted with deep emotion and exquisite detail” (BookPage).

In *All of Us Warriors*, Rebecca Whitehead Munn paints a realistic picture of the impact cancer has on an individual's life, and she attempts to demystify the experience by sharing heartfelt stories from twenty survivors and the loved ones of those that passed. They are mothers and fathers with seven types of cancers and all stages of the disease, as well as advice regarding how to approach someone you love living with cancer and tips and tricks for helping others feel joy in the midst of pain. This inspirational book provides a positive outlook of strength and perseverance through belief in a higher power, reinforcing the idea that the reader is stronger than cancer and not alone, and offering real strategies that cannot be found in online medical sites. Like a conversation with a new best friend (or twenty of them), *All of Us Warriors* is full of understanding, acceptance, and practical advice gained from personal experience.

How Writers Can Succeed in the New Era of Publishing

The Invisible Kingdom

How My Broken Sister Taught Me to Be Whole  
My Journey from Anxiety to Joy  
With Gleanings from His Portfolio, in Prose and Verse  
Heartsong  
Loose Girl

**Her Beautiful Brain** is Ann Hedreen's story of what it was like to become a mom just as her beautiful, brainy mother began to lose her mind to an unforgiving disease. Arlene was a copper miner's daughter who was divorced twice, widowed once, raised six kids singlehandedly, survived the turbulent '60s, and got her B.A. and M.A. at 40 so she could support her family as a Seattle schoolteacher—only to start showing signs of Alzheimer's disease in her late fifties, taking Ann and her siblings on a long descent they never could have anticipated or imagined. For two decades—as Ann married, had a daughter and a son, navigated career changes and marital crises and built a life making documentary films with her husband—she watched her once-invincible mom disappear. From Seattle to Haiti to the mine-gouged Finntown neighborhood in Butte, Montana where she was born and grew up; from Arlene's favorite tennis club to a locked geropsychiatric ward, **Her Beautiful Brain** tells the heartbreaking story of a daughter's love for a mother who is lost in the wilderness of an unpredictable and harrowing illness.

When they were young, Susan and Edna, children of Holocaust refugee parents, were inseparable; Edna was Susan's first love and constant companion. But as they grew up and Edna's physical, and mental challenges altered the ways she could develop, a gulf formed between them. Susan's life became even more complicated when, just short of her sixteenth birthday, she learned that she'd been born without a uterus and would never menstruate or give birth to children. As she coped with this trauma, Edna continued loving her unconditionally, as she always had. In her adult years Edna lived a life of dignity in a spiritual community, becoming a model for how Susan could live hers. In her forties, Susan realized her dream of motherhood when she adopted a daughter. Throughout, Edna remained a teacher and loving presence in her sister's life. Encompassing Susan and Edna's lifelong, complex, intertwining relationship, **Edna's Gift** has a powerful message: life may be unpredictable, even traumatic—but if you remain open, strength and wisdom will come to you from surprising and unexpected sources.

Hilarious and heartbreaking, profane and profound, **It Takes a Worried Man** is the true story of a young husband and father whose life is changed forever by his wife's breast cancer diagnosis. Following Brendan Halpin's cranky, irreverent and lustful thoughts through the diagnosis and treatment of his wife, Kirsten, **It Takes a Worried Man** is an unflinching and raw look at how cancer transforms a family. It's also the funniest book about cancer you'll ever read.

This captivating and deeply emotional memoir pulls back the curtain on the complex relationship women have between their bodies, love, and the way the two work together. Kerry Cohen is eleven years old when she recognizes the power of her body in the leer of a grown man. Her parents are recently divorced and it doesn't take long before their lassitude and Kerry's desire to stand out—to be memorable in some way—combine to lead her down a path she knows she shouldn't take. Kerry wanted attention. She wanted love. But not really understanding what love was, not really knowing how to get it, she reached for sex instead. **Loose Girl** is Kerry Cohen's captivating memoir about her descent into promiscuity and how she gradually found her way toward real intimacy. The story of addiction—not just to sex, but to male attention—**Loose Girl** is also the story of a young girl who came to believe that boys and men could give her life meaning. It didn't matter who he was. It was their movement that mattered, their being together. And for a while, that was enough. From the early rush of exploration to the day she learned to quiet the desperation and allow herself to love and be loved, Kerry's story is never less than riveting. In rich and immediate detail, **Loose Girl** re-creates what it feels like to be in that desperate moment, when a girl tries to control a boy by handing over her body, when the touch of that boy seems to offer proof of something, but ultimately delivers little more than emptiness. Kerry Cohen's journey from that hopeless place to her current confident and fulfilled existence is a cautionary tale and a revelation for girls young and old. The unforgettable memoir of one young woman who desperately wanted to matter, **Loose Girl** will speak to countless others with its compassion, understanding, and love.

**My Journey through a Toxic World**  
**Memoir and Correspondence of Mrs. Grant of Laggan ...**  
**Scratched**  
**Pieces of Me**  
**Rescuing My Kidnapped Daughters**  
**Affliction**

**A Memoir of the Protracted Sufferings and Religious Experience of Miss Mary Rankin**

Beautiful Affliction A Memoir of Surviving Heart Disease

Boy Erased

Memoir of Mrs. John West. To which is prefixed a brief biographical notice of the author [by F.G. West].

Where Memories Go

Why dementia changes everything - Now with a new chapter

Memoirs of Mary and Hephzibah Parris, and a brief memoir of Miriam Parris. By their sister. (Preface to the first-second edition.).

Primates of Park Avenue

a memoir of fathers who never were