

Blue: A Memoir - Keeping The Peace And Falling To Pieces

* Instant NEW YORK TIMES and USA TODAY bestseller * * GOODREADS CHOICE AWARD WINNER for BEST DEBUT and BEST ROMANCE of 2019 * * BEST BOOK OF THE YEAR* for VOGUE, NPR, VANITY FAIR, and more! * What happens when America's First Son falls in love with the Prince of Wales? When his mother became President, Alex Claremont-Diaz was promptly cast as the American equivalent of a young royal. Handsome, charismatic, genius—his image is pure millennial-marketing gold for the White House. There's only one problem: Alex has a beef with the actual prince, Henry, across the pond. And when the tabloids get hold of a photo involving an Alex-Henry altercation, U.S./British relations take a turn for the worse. Heads of family, state, and other handlers devise a plan for damage control: staging a truce between the two rivals. What at first begins as a fake, Instagramable friendship grows deeper, and more dangerous, than either Alex or Henry could have imagined. Soon Alex finds himself hurtling into a secret romance with a surprisingly unstuffy Henry that could derail the campaign and upend two nations and begs the question: Can love save the world after all? Where do we find the courage, and the power, to be the people we are meant to be? And how can we learn to let our true colors shine through? Casey McQuiston's *Red, White & Royal Blue* proves: true love isn't always diplomatic. "I took this with me wherever I went and stole every second I had to read! Absorbing, hilarious, tender, sexy—this book had everything I crave. I'm jealous of all the readers out there who still get to experience *Red, White & Royal Blue* for the first time!" - Christina Lauren, New York Times bestselling author of *The Unhoneymooners* "Red, White & Royal Blue is outrageously fun. It is romantic, sexy, witty, and thrilling. I loved every second." - Taylor Jenkins Reid, New York Times bestselling author of *Daisy Jones & The Six* INSTANT NEW YORK TIMES BESTSELLER NBCC John Leonard Prize Finalist Indie Bestseller "This is a book people will be talking about forever." —Glennon Doyle, #1 New York Times bestselling author of *Untamed* "Ford's wrenchingly brilliant memoir is truly a classic in the making. The writing is so richly observed and so suffused with love and yearning that I kept forgetting to breathe while reading it." —John Green, #1 New York Times bestselling author One of the most prominent voices of her generation debuts with an extraordinarily powerful memoir: the story of a childhood defined by the looming absence of her incarcerated father. Through poverty, adolescence, and a fraught relationship with her mother, Ashley C. Ford wishes she could turn to her father for hope and encouragement. There are just a few problems: he's in prison, and she doesn't know what he did to end up there. She doesn't know how to deal with the incessant worries that keep her up at night, or how to handle the changes in her body that draw unwanted attention from men. In her search for unconditional love, Ashley begins dating a boy her mother hates. When the relationship turns sour, he assaults her. Still reeling from the rape, which she keeps secret from her family, Ashley desperately searches for meaning in the chaos. Then, her grandmother reveals the truth about her father's incarceration . . . and Ashley's entire world is turned upside down. *Somebody's Daughter* steps into the world of growing up a poor Black girl in Indiana with a family fragmented by incarceration, exploring how isolating and complex such a childhood can be. As Ashley battles her body and her environment, she embarks on a powerful journey to find the threads between who she is and what she was born into, and the complicated familial love that often binds them.

The book that finally gives a physician's inside story of the evacuation of Memorial Medical Center following Katrina — a gripping tale of abandonment and survival. A toxic stew of floodwaters surrounded Memorial Medical Center in New Orleans after Katrina when the levees broke. Over two thousand people were trapped in the squalid conditions without security as the death toll steadily rose inside. Bodies stacked up in the chapel as the temperature soared in the overcrowded hospital and the situation became increasingly desperate. Doctors, nurses, and staff worked around the clock, caring for those inside and trying to evacuate the facility, also known as Baptist Hospital. Allegations of euthanasia would later make headlines across the country and be investigated by state and local officials. *Code Blue: A Katrina Physician's Memoir* finally tells the inside story of the hellish nightmare those who struggled to survive the ordeal were cast into. Dr. Richard Deichmann, the hospital's chief of medicine and one of the leaders of the evacuation, gives his compelling account of the rapidly deteriorating state of affairs at the hospital. He takes us through the daily horrors and numbing disappointments. This gripping tale of survival, despite betrayal and abandonment by the authorities, may change forever the way you view the threat of a mass disaster. What Others are Saying about *Code Blue: A Katrina Physician's Memoir* As a physician who has been on hurricane duty for prior storms, I thought I could imagine what it would be like if we were hit by a severe storm. I was wrong. This book should serve as a warning about what can happen when basic modern conveniences such as power, running water, communications and safety are taken away. - Karen Blessey, MD

'A bracing, heart-lifting read. Patterson is a superb writer' Observer *OUTSIDE, THE SKY IS BLUE* is a heart-breaking yet also truly joyful and wise memoir of growing up, of dealing with mental health and illness, and of what it means to be part of a family that, despite everything, is able to laugh and to love. 'A memoir about the loss of faith and hope. A memoir about the loss of faith and hope. The book journeys to dark places but it's too honest and well written to be dispiriting. She perseveres in her quest to understand' Guardian When Christina Patterson's brother Tom died suddenly, she faced the harrowing task of clearing out his house. Tom had always been the one who held on to the family treasures and memories, but now Christina had to sift through boxes of letters, photos and belongings, not just of Tom's, but of their parents and their older sister, Caroline. The contents of those boxes tell the story of a young couple who decide to swap a glamorous

diplomatic life in Rome for a housing estate in Surrey. But their new suburban, happy life, is increasingly disrupted by Caroline's erratic behaviour. As she is diagnosed with schizophrenia, Tom seeks solace in sport and Christina in a youth club where she hopes to meet boys, but finds God instead. It doesn't help her in her quest for romance. 'A hymn to optimism, and a beacon of unflagging hope' iPaper 'This is a joyful book. Despite the sorrows, there is a determined joy to this tale, a pattern of finding the good despite the bad, of turning to face the sun so the shadows fall behind' Dr Kathryn Mannix 'She writes beautifully - crisp, yet emotional and page-turning. For me, it is something about her clarity and brutal honesty in describing both heartbreak and heart bursting life and love. In the end it is only the love that matters' Julia Samuel, author of Grief Works

Outside, the Sky is Blue

It's Not OK to Feel Blue (and other lies)

Greenlights

Lessons from a Life on Duty

A Memoir of Genealogy, Paternity, and Love

Lady Blue Eyes

Yes, Ma'am!

An Instant NEW YORK TIMES BESTSELLER A LOS ANGELES TIMES, BOSTON GLOBE, WALL STREET JOURNAL, and NATIONAL INDIE BESTSELLER A BEST BOOK OF THE YEAR according to Elle, Real Simple, and Kirkus Reviews “Memoir gold: a profound and exquisitely rendered exploration of identity and the true meaning of family.” —People Magazine “Beautifully written and deeply moving—it brought me to tears more than once.”—Ruth Franklin, The New York Times Book Review From the acclaimed, best-selling memoirist, novelist—“a writer of rare talent” (Cheryl Strayed)— and host of the hit podcast Family Secrets, comes a memoir about the staggering family secret uncovered by a genealogy test: an exploration of the urgent ethical questions surrounding fertility treatments and DNA testing, and a profound inquiry of paternity, identity, and love. What makes us who we are? What combination of memory, history, biology, experience, and that ineffable thing called the soul defines us? In the spring of 2016, through a genealogy website to which she had whimsically submitted her DNA for analysis, Dani Shapiro received the stunning news that her father was not her biological father. She woke up one morning and her entire history--the life she had lived--crumbled beneath her. Inheritance is a book about secrets--secrets within families, kept out of shame or self-protectiveness; secrets we keep from one another in the name of love. It is the story of a woman's urgent quest to unlock the story of her own identity, a story that has been scrupulously hidden from her for more than fifty years, years she had spent writing brilliantly, and compulsively, on themes of identity and family history. It is a book about the extraordinary moment we live in--a moment in which science and technology have outpaced not only medical ethics but also the capacities of the human heart to contend with the consequences of what we discover.

This enhanced eBook edition of Blue Nights includes three short films directed by Griffin Dunne and starring Joan Didion. Each film blends Didion's incisive prose with images and mementos from her daughter's life. From one of our most powerful writers, Blue Nights is a work of stunning frankness about losing a daughter. Richly textured with bits of her own childhood and married life with her husband, John Gregory Dunne, and daughter, Quintana Roo, this new book by Joan Didion examines her thoughts, fears, and doubts regarding having children, illness, and growing old. Blue Nights opens on July 26, 2010, as Didion thinks back to Quintana's wedding in New York seven years before. Today would be her wedding anniversary. This fact triggers vivid snapshots of Quintana's childhood—in Malibu, in Brentwood, at school in Holmby Hills. Reflecting on her daughter but also on her role as a parent, Didion asks the candid questions any parent might about how she feels she failed either because cues were not taken or perhaps displaced. “How could I have missed what was clearly there to be seen?” Finally, perhaps we all remain unknown to each other. Seamlessly woven in are incidents Didion sees as underscoring her own age, something she finds hard to acknowledge, much less accept. Blue Nights—the long, light evening hours that signal the summer solstice, “the opposite of the dying of the brightness, but also its warning”—like The Year of Magical Thinking before it, is an iconic book of incisive and electric honesty, haunting and profoundly moving.

The author of The Land's Wild Music depicts Australia's Blue Mountains through stories of the land and the lives within it. At the farthest extent of Australia's Blue Mountains, on the threshold of the country's arid interior, the Blue Plateau reveals the vagaries of a hanging climate: the droughts last longer, the seasons change less, and the wildfires burn hotter and more often. In The Blue Plateau, Mark Tredinnick tries to learn what it means to fall in love with a home that is falling away. A landscape memoir in the richest sense, Tredinnick's story reveals as much about this contrary collection of canyons and ancient rivers, cow paddocks and wild eucalyptus forests as it does about the myriad generations who struggled to remain in the valley they loved. It captures the essence of a wilderness beyond subjugation, the spirit of a people just barely beyond defeat. Charting a lithology of indigenous presence, faltering settlers, failing ranches, floods, tragedy, and joy that the place constantly warps and erodes, The Blue Plateau reminds us that, though we may change the landscape around us, it works at us inexorably, with wind and water, heat and cold, altering who and what we are. The result is an intimate and illuminating portrayal of tenacity, love, grief, and belonging. In the tradition of James Galvin, William Least Heat-Moon, and Annie Dillard, Tredinnick plumbs the depths of people's relationship to a world in transition. Praise for The Blue Plateau “One of the wisest, most gifted and ingenious writers you could hope to find.” —Michael Pollan, author of In Defense of Food and The Omnivore's Dilemma “I've never been to Australia, but now—after this book—it comes up in my dreams. The landscape in the language of this work is alive and conscious, and Tredinnick channels it in prose both wild and inspired. . . . Part nonfiction novel, part classic pastoral, part nature elegy, part natural history, the whole of The Blue Plateau conveys a deep sense, rooted in the very syntax of a lush prose about an austere land, that there can be no meaningful division between nature and culture, between humans and all the other life that interdepends with us, not in the backcountry of southeastern Australia, nor anywhere else.” —Orion “Absorbed slowly, as a pastoral landscape of loss and experiment in seeing and listening, the book richly rewards that patience.” —Publishers Weekly

"A YA memoir of sexual abuse in the Air Force academy, and the author's survival and healing."--Provided by publisher.

A Birth Year

Deep Dark Blue

Keeping On Keeping On

Keeping the Peace and Falling to Pieces

Police and Power in America

A Cop Reveals the Crimes, Racism, and Injustice in America's Law Enforcement

Blue

When terrorists attacked on September 11, 2001, Lieutenant Brian Murphy rescued seven people from the World Trade Center. Even as steel girders buckled and groaned, Brian rushed back up the stairs of the North Tower in search of those in need. He died a hero, one of more than four hundred police officers, firefighters, and other first responders who perished that fateful day. Three years later, Vietnam veteran and retired NYPD detective-sergeant Jimmy Murphy is on a mission to find the truth behind his son's death. Why was Brian in the tower that morning? Had he anticipated the attack? Suspecting a cover-up of a deeper truth, Jimmy must confront his family, friends, and old colleagues in the police department to discover what happened to Brian and who his eldest son really was. Murphy's investigation takes him from his home turf in the Irish American enclave of Rockaway Beach to Muslim Atlantic Avenue and beyond in order to find his own truth about 9/11. Dry-eyed and determined, Murphy battles barstool patriotism, the NYPD blue wall of silence, and a ticking clock—all the while haunted by his own secrets and the raw memory of his difficult relationship with his dead son. Written by author and musician Larry Kirwan, Rockaway Blue is a thrilling and poignant story of a family struggling to pull itself together after an unthinkable trauma.

Available for the first time in paperback, Keeping Faith is Jimmy Carter's account of the satisfaction, frustration, and solitude that attend the man in the Oval Office. Keeping Faith is Jimmy Carter's account of the satisfaction, frustration, and solitude that attend the man in the Oval Office. Mr. Carter writes candidly about the crises that confronted him during his tenure as President of the United States and leader of the free world, from 1977 to 1981. "The President who cared" details his anguish over the hostage crisis in Iran, his triumph against all odds at Camp David, his secret communications with China's Deng Xiaoping, and his dramatic and revealing encounters with Soviet President Leonid Brezhnev, West German Chancellor Helmut Schmidt, and other world leaders. Mr. Carter also shares glimpses of his private world—his feelings of being an outsider in Washington, his relationship with Rosalynn, his pain about the attacks on his friends and his brother Billy. Captivatingly written, this rich historical document delineates a morally responsible president who has continued to earn respect and admiration as a world statesman and advocate for the poor and repressed of all nations.

A nurse-midwife takes readers behind the exam room door in this "utterly true and lyrical" memoir (Jacquelyn Mitchard, author of The Deep End of the Ocean) As a nurse-midwife and the manager of a women's health clinic in West Virginia, Patricia "Patsy" Harman bears witness to the struggles and triumphs of every woman who walks through her exam room door. She sees Heather, a teenager pregnant with twins, through the loss of both babies and their father. She cares for Nila—a longtime patient who must try to make a new life without her abusive husband—and helps Kaz transition into a new body. The only thing more varied than these women's backgrounds are their stories, which they share with Patsy inside her small clinic, covered only by a blue cotton gown. In her memoir, Patsy juxtaposes these heartbreaking and uplifting tales with her own story of keeping a small medical practice solvent. She recounts conversations with her patients over the course of a year and a quarter—a time when her own life seems on the brink of collapse due to financial troubles, malpractice threats, serious medical problems, and marital strife. Honest, compassionate, and wise, The Blue Cotton Gown is an unforgettable memoir that shines a light on the varied experiences of women everywhere.

Two-time New York City police commissioner Ray Kelly opens up about his remarkable life, taking us inside fifty years of law enforcement leadership, offering chilling stories of terrorist plots after 9/11, and sharing his candid insights into the challenges and controversies cops face today. The son of a milkman and a Macy's dressing room checker, Ray Kelly grew up on New York City's Upper West Side, a middle-class neighborhood where Irish and Puerto Rican kids played stickball and tussled in the streets. He entered the police academy and served as a marine in Vietnam, living and fighting by the values that would carry him through a half century of leadership—justice, decisiveness, integrity, courage, and loyalty. Kelly soared through the NYPD ranks in decades marked by poverty, drugs, civil unrest, and a murder rate that, at its peak, spiked to over two thousand per year. Kelly came to be known as a tough leader, a fixer who could go into a troubled precinct and clean it up. That reputation catapulted him into his first stint as commissioner, under Mayor David Dinkins, where Kelly oversaw the police response to the 1993 World Trade Center bombing and spearheaded programs that would help usher in the city's historic drop in crime. Eight years later, in the chaotic wake of the 9/11 attacks, newly elected mayor Michael Bloomberg tapped Kelly to be NYC's top cop once again. After a decade working with Interpol, serving as undersecretary of the Treasury for enforcement, overseeing U.S. Customs, and commanding an international police force in Haiti, Kelly understood that New York's security was synonymous with our national security. Believing that the city could not afford to rely solely on "the feds," he succeeded in transforming the NYPD from a traditional police department into a resource-rich counterterrorism-and-intelligence force. In this vital memoir, Kelly reveals the inside stories of his life in the hot seat of "the capital of the world"—from the terror plots that nearly brought a city to its knees to his dealings with politicians, including Presidents Bill Clinton, George W. Bush, and Barack Obama as well as Mayors Rudolph Giuliani, Bloomberg, and Bill DeBlasio. He addresses criticisms and controversies like the so-called stop-question-and-frisk program and the rebuilding of the World Trade Center and offers his insights into the challenges that have recently consumed our nation's police forces, even as the need for vigilance remains as acute as ever.

My Life with Frank

A Memoir

My Qrc Memoirs (1986–1988)

Keeping Faith

An Australian Pastoral

Memoirs of a President

Blue Eyes Brown

Do you have a story that you just have to tell? Do you seek to preserve your life history as a gift for loved ones, or to pay tribute to those who have meant the most to you? Do you yearn to write about one major life experience to inspire others? You're not alone. The desire to write our life story is a timeless, universal urge. Somewhere inside us we know that writing a book about our life will touch those we love, while enriching our lives in today's cell phone-laptop lifestyle. Life is a book, and women and men from 19 to 99 are hearing the call to write it. Someone is waiting to hear you tell your life story: who you are, how you've lived, what you've learned. They want to hear all the stories that have shaped your life. "Your Life Is a Book - And It's Time to Write It An A-to-Z Guide to Help Anyone Write Their Life Story" will take you on the journey of creating your memoir, autobiography, or life story. It doesn't matter how old or how young you are, or whether you've written a lot, a little, or not at all. Through practical tools, lively writing exercises, engaging questions, and helpful illustrations, you'll receive the guidance and encouragement you need from an expert life-writing teacher. Start writing your life story today Kevin Quirk, M.A., has been helping ordinary people of all ages and backgrounds write their life stories as ghostwriter, personal historian, and Writing Your Life Story teacher since 1998. A former journalist and founder of Life Is a Book, he is coauthor of "Brace for Impact: Miracle on the Hudson Survivors Share Their Stories of Near Death and Hope for New Life."

NEW YORK TIMES BEST SELLER • Sharon Stone tells her own story: a journey of healing, love, and purpose. • “ Not your typical Hollywood autobiography. Brutally honest, restless and questing. ” —O, The Oprah Magazine Sharon Stone, one of the most renowned actresses in the world, suffered a massive stroke that cost her not only her health, but her career, family, fortune, and global fame. In The Beauty of Living Twice, Stone chronicles her efforts to rebuild her life and writes about her slow road back to wholeness and health. In a business that doesn ' t accept failure, in a world where too many voices are silenced, Stone found the power to return, the courage to speak up, and the will to make a difference in the lives of men, women, and children around the globe. Over the course of these intimate pages, as candid as a personal conversation, Stone talks about her pivotal roles, her life-changing friendships, her worst disappointments, and her greatest accomplishments. She reveals how she went from a childhood of trauma and violence to a career in an industry that in many ways echoed those same assaults, under cover of money and glamour. She describes the strength and meaning she found in her children, and in her humanitarian efforts. And ultimately, she shares how she fought her way back to find not only her truth, but her family ' s reconciliation and love. Stone made headlines not just for her beauty and her talent, but for her candor and her refusal to “ play nice, ” and it ' s those same qualities that make this memoir so powerful. The Beauty of Living Twice is a book for the wounded and a book for the survivors; it ' s a celebration of women ' s strength and resilience, a reckoning, and a call to activism. It is proof that it ' s never too late to raise your voice and speak out.

Officer Susan L. Bickett invites readers into her squad for a ride-along in the city of Green Bay, Wisconsin. Not unlike the good, the bad and the ugly; readers will experience The Routine, The Tones and The Unbelievable. In this candid, day-in-the-life memoir, readers will experience the humanness of police officers as they serve and protect their communities. In an occupation where no two days are the same, being prepared is a unique challenge, especially as a female officer. Officer Bickett shares her journey from under the headset, to beat cop and even a brief detective stint. Buckle up! This is a ride full of stories with a glimpse behind the badge while riding the thin blue line.- UNIQUE PERSPECTIVE - You will definitely be impressed by the unique perspective presented by this memoir. Officer Susan Bickett is a woman thriving in a profession that is dominated by men. This memoir narrates experiences from the point of view of a tough female cop.- RELATABLE - Just like any other person, cops are people too. You will realize that cops are humans who feel emotions like anger, sadness, joy, and compassion.- EXCITING - With 22 years of experience, Officer Susan Bickett is guaranteed to surprise you with every page. You will be taken into an exciting ride of action and emotions with this fantastic memoir! Sit back, relax, and let this book take you to exciting places!- INSPIRING - This memoir, aside from narrating the daily life of a cop, is also filled with life lessons that will inspire you to do good and to be a better person. You will come to know that cops appreciate the little gestures like smiles and nods of thanks that acknowledge their hard work.- BEHIND THE SCENES - Officer Bickett's memoir will take you behind the scenes of a cop's daily life. It's not always full of action like what you see on television. Each day is different and unique in their own way and most of the time cops help people without need for force or violence.

PARIS, 1976: Twenty-year-old American student Julie Scolnik had just arrived in the City of Light to study the flute when, from across a sea of faces in the chorus of the Orchestre de Paris, she is drawn to Luc, a striking (married) French lawyer in the bass section. This moving tale of an ebullient young American and a reserved Frenchman will transport readers to the cafés, streets, and concert halls of Paris in the late seventies, and, spanning three decades, evolves from deep romance to sudden heartbreak, and finally to a lifelong quest for answers to release hidden, immutable grief. Against a magical backdrop of Paris and classical music, Paris Blue is true fairy-tale memoir (with a dark underbelly) about the tenacious grip of first love.

A Midwife's Memoir

Blue :a Memoir

Your Life Is a Book - And It's Time to Write It!

All Boys Aren't Blue

My Life Serving America and Protecting Its Empire City

A Novel

Blue Nights (Enhanced Edition)

AVAILABLE NOW IN MULTIPLE SIZES - REGULAR, MID SIZE, & SLIM SIZE - SEE BELOW! WE ARE ALWAYS EXPANDING OUR EXTENSIVE LINE OF TRADITIONAL AND CUSTOMIZED MEDICAL RECORD BOOKS! We have several book formats to meet all your Drug / Narcotic / Controlled Substance record keeping needs. If we don't have what you need, we can make it for you! All of our softbound record books can be fitted for use with a hard cover binder for more durability. Visit our website (look inside the book) for more information. This Controlled Substance Record Book (Original) is an 8.5 x 11 inch softbound book that is divided into convenient, easily accessible sections: * Index Pages - 3 ea. * Shift Count Pages - 45 ea. * Drug / Medication Administration Record Pages - 150 ea. * Drug / Medication Disposition

Pages - 150 ea. The index at the front of the book provides instant reference to active drug/medication pages. This book includes numbered pages to record patient drug/medication administration, including transfers to and from other books / pages. The back side of each of these page contains a section to document transferring, surrendering, and discontinuing the medications. The Shift Count pages document the accuracy of the drug/medication counts. NOTE: This book does not contain an "Emergency Drug/Medication Supply" (EDK - Emergency Drug Kit) section. - - - - Number and Letter Codes - - - - Some of our record books have numbers and letters and some do not. Understanding the codes will ensure that you get the record book that is best suited for your needs. The record books that do not have numbers or letters are the original record books. Those with numbers are different variations of the originals, based upon customer input / feedback. For example, the record book title that ends with 2 is the second version of that particular book. The interior pages of each version of the books are formatted differently to facilitate specific needs. Record books with letters at the end of the title (i.e. an M or S) indicate the size relative to the original record book. For example, an M indicates Mid sized and contains 2/3 the number of pages, while an S indicates Slim sized, which contains 1/3 the number of pages of the original. For Example a title of Controlled Substance Record Book (without any numbers or letters) would indicate the original record book with the most pages. A title of Controlled Substance Record Book 2M would indicate the second version, mid-sized book with 2/3 as many pages as the original size. Please review each version / variation to find the one that best suits your needs. Then decide on the number of pages you need and choose the original (no letters), mid (M), or slim (S) sized book. - - - - Alternate Record Books - - - - We carry a full line of record keeping book series in various formats and colors, including: - Controlled Drug Record Books - Individual Narcotic Record Books - Controlled Substance Record Books - NEW - Veterinary Record Books - NEW - - - - - Customize Your Books - - - - Can't find what you're looking for? Do you need a specific form or layout in your book? Want a customized look or color scheme? Want to include your company name, logo, pictures, graphics, etc.? Send an email with your request and we will work with you to provide an affordable (usually at no additional cost) option to meet your individual needs.

#1 NEW YORK TIMES BESTSELLER • Discover the life-changing memoir that has inspired millions of readers through the Academy Award®-winning actor's unflinching honesty, unconventional wisdom, and lessons learned the hard way about living with greater satisfaction. NAMED ONE OF THE BEST BOOKS OF THE YEAR BY THE GUARDIAN "McConaughey's book invites us to grapple with the lessons of his life as he did—and to see that the point was never to win, but to understand."—Mark Manson, author of The Subtle Art of Not Giving a F*ck I've been in this life for fifty years, been trying to work out its riddle for forty-two, and been keeping diaries of clues to that riddle for the last thirty-five. Notes about successes and failures, joys and sorrows, things that made me marvel, and things that made me laugh out loud. How to be fair. How to have less stress. How to have fun. How to hurt people less. How to get hurt less. How to be a good man. How to have meaning in life. How to be more me. Recently, I worked up the courage to sit down with those diaries. I found stories I experienced, lessons I learned and forgot, poems, prayers, prescriptions, beliefs about what matters, some great photographs, and a whole bunch of bumper stickers. I found a reliable theme, an approach to living that gave me more satisfaction, at the time, and still: If you know how, and when, to deal with life's challenges—how to get relative with the inevitable—you can enjoy a state of success I call "catching greenlights." So I took a one-way ticket to the desert and wrote this book: an album, a record, a story of my life so far. This is fifty years of my sights and seens, felts and figured-outs, cools and shamefuls. Graces, truths, and beauties of brutality. Getting away withs, getting caughts, and getting wets while trying to dance between the raindrops. Hopefully, it's medicine that tastes good, a couple of aspirin instead of the infirmary, a spaceship to Mars without needing your pilot's license, going to church without having to be born again, and laughing through the tears. It's a love letter. To life. It's also a guide to catching more greenlights—and to realizing that the yellows and reds eventually turn green too. Good luck.

'This is the freshest, most honest collection of writings about mental health that I've read...searing wit, blinding passion, bleeding emotion and a fantastic, heroic, glorious refusal to lie down and take it' - Stephen Fry 'Reading this book made me feel more normal about the things I feel sometimes...It's a great book; however you're feeling, it'll help' - Ed Sheeran 'This is the book I needed when I was little. May this be a leap forward in the much needed conversation around mental health' - Jameela Jamil Everyone has a mental health. So we asked: What does yours mean to you? THE RESULT IS EXTRAORDINARY. Over 60 people have shared their stories. Powerful, funny, moving, this book is here to tell you: It's OK. With writing from: Adam Kay - Alastair Campbell - Alexis Caught - Ben Platt - Bryony Gordon - Candice Carty-Williams - Charlie Mackesy - Charly Cox - Chidera Eggerue - Claire Stancliffe - Davina McCall - Dawn O'Porter - Elizabeth Day - Elizabeth Uviebinené - Ella Purnell - Emilia Clarke - Emma Thompson - Eve Delaney - Fearnie Cotton - Gabby Edlin - Gemma Styles - GIRLI (Milly Toomey) - Grace Beverley - Hannah Witton - Honey Ross - Hussain Manawer - Jack Rooke - James Blake - Jamie Flook - Jamie Windust - Jessie Cave - Jo Irwin - Jonah Freud - Jonny Benjamin - Jordan Stephens - Kai-Isaiah Jamal - Kate Weinberg - Kelechi Okafor - Khalil Aldabbas - KUCHENGA - Lauren Mahon - Lena Dunham - Maggie Matic - Martha Lane Fox - Mathew Kollamkulam - Matt Haig - Megan Crabbe - Michael Kitching - Michelle Elman - Miranda Hart - Mitch Price - Mona Chalabi - Montana Brown - Nadia Craddock - Naomi Campbell - Poorna Bell - Poppy Jamie - Reggie Yates - Ripley Parker - Robert Kazandjian - Rosa Mercuriadis - Saba Asif - Sam Smith - Scarlett Curtis - Scarlett Moffatt - Scottee - Sharon Chalkin Feldstein - Shonagh Marie - Simon Amstell - Steve Ali - Tanya Byron - Travon Free - Yomi Adegoke - Yusuf Al Majarhi

NEW YORK TIMES BESTSELLER • A powerful memoir of a love that leads two people to find a courageous way to part—and a woman's struggle to go forward in the face of loss—that "enriches the reader's life with urgency and gratitude" (The Washington Post) "A pleasure to read . . . Rarely has a memoir about death been so full of life. . . . Bloom has a talent for mixing the prosaic and profound, the slapstick and the serious."—USA Today ONE OF THE MOST ANTICIPATED BOOKS OF

2022—Oprah Daily, BookPage Amy Bloom began to notice changes in her husband, Brian: He retired early from a new job he loved; he withdrew from close friendships; he talked mostly about the past. Suddenly, it seemed there was a glass wall between them, and their long walks and talks stopped. Their world was altered forever when an MRI confirmed what they could no longer ignore: Brian had Alzheimer's disease. Forced to confront the truth of the diagnosis and its impact on the future he had envisioned, Brian was determined to die on his feet, not live on his knees. Supporting each other in their last journey together, Brian and Amy made the unimaginably difficult and painful decision to go to Dignitas, an organization based in Switzerland that empowers a person to end their own life with dignity and peace. In this heartbreaking and surprising memoir, Bloom sheds light on a part of life we so often shy away from discussing—its ending. Written in Bloom's captivating, insightful voice and with her trademark wit and candor, In Love is an unforgettable portrait of a beautiful marriage, and a boundary-defying love.

A Memoir of First Love

A Memoir-Manifesto

A Sparkle of Royal Blue: Memoirs of the First Female Student of Qrc

The story of a family told with searing honesty, humour and love

Blue Water, Green Skipper

Rockaway Blue

Blue-Eyed Boy

'Blue' is a memoir of crime and calamity, of adventure and achievement, of friendship and failure, of laughter and loss, of the best and the worst of humanity, of serious illness and slow recovery. With searing honesty, it offers an immensely moving and personal insight into what it is to be a police officer in Britain today.

***The Instant National Bestseller** The standout memoir from NBA powerhouse Andre Iguodala, the indomitable sixth man of the Golden State Warriors. Andre Iguodala is one of the most admired players in the NBA. And fresh off the Warriors' fifth Finals appearance in five years, his game has never been stronger. Off the court, Iguodala has earned respect, too—for his successful tech investments, his philanthropy, and increasingly for his contributions to the conversation about race in America. It is no surprise, then, that in his first book, Andre, with his cowriter Carvell Wallace, has pushed himself to go further than he ever has before about his life, not only as an athlete but about what makes him who he is at his core. The Sixth Man traces Andre's journey from childhood in his Illinois hometown to his Bay Area home court today. Basketball has always been there. But this is the story, too, of his experience of the conflict and racial tension always at hand in a professional league made up largely of African American men; of whether and why the athlete owes the total sacrifice of his body; of the relationship between competition and brotherhood among the players of one of history's most glorious championship teams. And of what motivates an athlete to keep striving for more once they've already achieved the highest level of play they could have dreamed. On drive, on leadership, on pain, on accomplishment, on the shame of being given a role, and the glory of taking a role on: This is a powerful memoir of life and basketball that reveals new depths to the superstar athlete, and offers tremendous insight into most urgent stories being told in American society today.*

The widow of the Hollywood golden-era legend describes their courtship and more than two-decade marriage, offering insight into the highs and lows of their relationship as well as the intricacies of Sinatra's character, in a tribute complemented by family photographs. 125,000 first printing.

"A gutsy, wise memoir-in-essays from a writer praised as 'impossible to put down'"—People From PEN America Literary Award-winning author Michelle Tea comes a moving personal essay collection about the trials and triumphs of shedding your vices in order to find yourself. As an aspiring young writer in San Francisco, Michelle Tea lived in a scuzzy communal house: she drank; she smoked; she snorted anything she got her hands on; she toiled for the minimum wage; she dated men and women, and sometimes both at once. But between hangovers and dead-end jobs, she scrawled in notebooks and organized dive bar poetry readings, working to make her literary dreams a reality. In How to Grow Up, Tea shares her awkward stumble towards the life of a Bona Fide Grown-Up: healthy, responsible, self-aware, and stable. She writes about passion, about her fraught relationship with money, about adoring Barney's while shopping at thrift stores, about breakups and the fertile ground between relationships, about roommates and rent, and about being superstitious ("why not, it imbues this harsh world of ours with a bit of magic"). At once heartwarming and darkly comic, How to Grow Up proves that the road less traveled may be a difficult one, but if you embrace life's uncertainty and dust yourself off after every screw up, slowly but surely, you just might make it to adulthood. "Wild, wickedly funny, and refreshingly relevant." —Elle "This compulsively readable collection is so damn good, you'll tear through the whole thing (and possibly take notes along the way)." —Bustle

In Love

Our Enemies in Blue

A Memoir – Keeping the Peace and Falling to Pieces

The Glass Castle

A Memoir of Love and Loss

Paris Blue

Red, White & Royal Blue

The author reviews the large and small events--and the joys, frustrations, compromises, insights, and emotional satisfactions--that informed her pregnancy, her first year as a new mother, and her return to writing

From journalist Robert Timberg, a memoir of the struggle to reclaim his life after being severely burned as a Marine lieutenant in Vietnam. In January 1967, Robert Timberg was a short-timer, counting down the days until his combat tour ended. He had thirteen days to go when his vehicle struck a Viet Cong land mine, resulting in third-degree burns of his face and much of his body. He survived, barely, then began the arduous battle back, determined to build a new life and make it matter. Remarkable as was his return to health--he endured no less than thirty-five operations--perhaps more remarkable was

his decision to reinvent himself as a journalist, one of the most public of professions. Blue-Eyed Boy is a gripping, occasionally comic account of what it took for an ambitious man, aware of his frightful appearance but hungry for meaning and accomplishment, to master a new craft amid the pitying stares and shocked reactions of many he encountered on a daily basis. Timberg was at the top of his game as White House correspondent for The Baltimore Sun when suddenly his work brought his life full circle: the Iran-Contra scandal broke. At its heart were three fellow Naval Academy graduates and Vietnam-era veterans. Timberg's coverage of that story resulted in his first book, *The Nightingale's Song*, a powerful work of narrative nonfiction that follows the three academy graduates most deeply involved in Iran-Contra--Oliver North among them--as well as two other well-known Navy men, John McCain and James Webb, from the academy through Vietnam and into the Reagan years. In *Blue-Eyed Boy*, Timberg relates how he came to know these five men and how their stories helped him understand the ways the Vietnam War and the furor that swirled around it continue to haunt the nation, even now, nearly four decades after its dismal conclusion. Timberg is no saint, and he has traveled a hard and often bitter road.

Longlisted for the PEN/John Kenneth Galbraith Award for Nonfiction "A MUST-READ FOR ANYONE WHO WANTS TO UNDERSTAND THE INTERSECTION OF RACE AND POLICE BRUTALITY IN AMERICA."--CONGRESSMAN JOHN LEWIS During his 28-year career, Matthew Horace rose through the ranks from a police officer working the beat to a federal agent working criminal cases in some of the toughest communities in America to a highly decorated federal law enforcement executive managing high-profile investigations nationwide. Yet it was not until seven years into his service--when Horace found himself face down on the ground with a gun pointed at his head by a white fellow officer--that he fully understood the racism seething within America's police departments. Through gut-wrenching reportage, on-the-ground research, and personal accounts from interviews with police and government officials around the country, Horace presents an insider's examination of archaic police tactics. He dissects some of the nation's most highly publicized police shootings and communities to explain how these systems and tactics have hurt the people they serve, revealing the mistakes that have stoked racist policing, sky-high incarceration rates, and an epidemic of violence. "Horace's authority as an experienced officer, as well as his obvious integrity and courage, provides the book with a gravitas."--THE WASHINGTON POST "The Black and the Blue is an affirmation of the critical need for criminal justice reform, all the more urgent because it comes from an insider who respects his profession yet is willing to reveal its flaws."--USA TODAY

A 2008 Indie Next Pick Despite nurse-midwife Patsy Harman's own financial and personal medical trials, including her private battle with uterine cancer, she devotes herself to her patients' well-being in all aspects of their lives. They, in turn, tell her intimate stories both heartbreaking and uplifting.

Blue Cover

Code Blue

The Blue Cotton Gown

Crossing the Line

Searching for My Destiny

A Dark IR Mafia Romance

A Memoir of Sailing Alone Across the Atlantic

Hazel-Ann McLeans pioneering and monumental experience started on her very first day at Queens Royal College, when she learned that one of the most senior teachers at the school had challenged her enrollment and insisted that QRC was only for boys. A short trip to the Ministry of Education confirmed that the schools charter didnt mention boys, only students. She was escorted back to class by the dean of the school, having overcome her first of many challenges attending QRC. Her first step opened the door for dozens more girls to attend QRC and other all-male colleges in Trinidad. As her schooling continues, Hazel-Ann is initially amazed at the camaraderie and mutual expectations of respect that both the students and teachers share. Her scholastic/holistic education at St. Francois Girls College, her all-female high school, along with her home life shaped her ability to navigate the rich history, culture, and legacy of QRC. She walks readers through a series of whimsical experiences that offer both obstacles and triumphs to this teenage girl faced with functioning on her own in a school of 600-plus boys.

Ultimately, her book documents the lessons she learned at QRC that have carried her through her own professional and personal life.

I'm just possession. Meant to be used and then discarded. Until a mysterious stranger takes me. He's brooding, terrifying...and intent on breaking down my walls. I should fear him. Run from him. And I should never, ever give him my heart.

The fourth novel from Julie Murphy, the #1 New York Times bestselling author of *Dumplin'*—now a Netflix feature film starring Danielle Macdonald and Jennifer Aniston, with a soundtrack by Dolly Parton! For fans of Rainbow Rowell and Morgan Matson, Julie Murphy has created another fearless heroine, Ramona Blue, in a gorgeously evocative novel about family, friendship, and how sometimes love can be more fluid than you first think. Ramona was only five years old when Hurricane Katrina changed her life forever. Since then, it's been Ramona and her family against the world. Standing over six feet tall with unmistakable blue hair, Ramona is sure of three things: she likes girls, she's fiercely devoted to her family, and she knows she's destined for something bigger than the trailer she calls home in Eulogy, Mississippi. But juggling multiple jobs, her flaky mom, and her well-meaning but ineffectual dad forces her to be the adult of the family. Now, with her sister, Hattie, pregnant, responsibility weighs more heavily than ever. The return of her childhood friend Freddie brings a welcome distraction. Ramona's

friendship with the former competitive swimmer picks up exactly where it left off, and soon he's talked her into joining him for laps at the pool. But as Ramona falls in love with swimming, her feelings for Freddie begin to shift too, which is the last thing she expected. With her growing affection for Freddie making her question her sexual identity, Ramona begins to wonder if perhaps she likes girls and guys or if this new attraction is just a fluke. Either way, Ramona will discover that, for her, life and love are more fluid than they seem.

A Sunday Times top-five bestseller 'This is a remarkable book . . . profound and deeply moving . . . It has as much to tell us about mental illness as it does about policing' Alastair Stewart John Sutherland joined the Met in 1992, having dreamed of being a police officer since his teens. Rising quickly through the ranks, he experienced all that is extraordinary about a life in blue: saving lives, finding the lost, comforting the broken and helping to take dangerous people off the streets. But for every case with a happy ending, there were others that ended in desperate sadness, and in 2013 John suffered a major breakdown. Blue is his memoir of crime and calamity, of adventure and achievement, of friendship and failure, of serious illness and slow recovery. With searing honesty, it offers an immensely moving and personal insight into what it is to be a police officer in Britain today.

A Cop's Memoir from the Perspective of a Female Cop - Officer Susan Bickett - Exciting Memoir from 25 Years of Experience - A Cop's Daily Encounters While Serving Communities

Vigilance

Inspirational people open up about their mental health

Ramona Blue

The Beauty of Living Twice

The Blue Plateau

How to Grow Up

Let's begin with the basics: violence is an inherent part of policing. The police represent the most direct means by which the state imposes its will on the citizenry. They are armed, trained, and authorized to use force. Like the possibility of arrest, the threat of violence is implicit in every police encounter. Violence, as well as the law, is what they represent. Using media reports alone, the Cato Institute's last annual study listed nearly seven thousand victims of police "misconduct" in the United States. But such stories of police brutality only scratch the surface of a national epidemic. Every year, tens of thousands are framed, blackmailed, beaten, sexually assaulted, or killed by cops. Hundreds of millions of dollars are spent on civil judgments and settlements annually. Individual lives, families, and communities are destroyed. In this extensively revised and updated edition of his seminal study of policing in the United States, Kristian Williams shows that police brutality isn't an anomaly, but is built into the very meaning of law enforcement in the United States. From antebellum slave patrols to today's unarmed youth being gunned down in the streets, "peace keepers" have always used force to shape behavior, repress dissent, and defend the powerful. **Our Enemies in Blue** is a well-researched page-turner that both makes historical sense of this legalized social pathology and maps out possible alternatives.

Journalist Walls grew up with parents whose ideals and stubborn nonconformity were their curse and their salvation. Rex and Rose Mary and their four children lived like nomads, moving among Southwest desert towns, camping in the mountains. Rex was a charismatic, brilliant man who, when sober, captured his children's imagination, teaching them how to embrace life fearlessly. Rose Mary painted and wrote and couldn't stand the responsibility of providing for her family. When the money ran out, the Walls retreated to the dismal West Virginia mining town Rex had tried to escape. As the dysfunction escalated, the children had to fend for themselves, supporting one another as they found the resources and will to leave home. Yet Walls describes her parents with deep affection in this tale of unconditional love in a family that, despite its profound flaws, gave her the fiery determination to carve out a successful life. -- From publisher description.

George Blue Spruce Jr. is recognized as the first American Indian dentist in the United States. His life story reaches back to the ancient Pueblo culture cherished by his grandparents and parents and extends to state-of-the-art dentistry and the current needs of the American Indian people. Blue Spruce's journey begins on the Santa Fe Indian School campus with his parents' determination that their children would excel academically and obtain college degrees. After graduating from dental school, Dr. Blue Spruce planned to return to the pueblos to treat his people. As it turned out, his destiny reached far beyond: from the wilds of Montana to New York City to San Francisco to South America and back to the United States. In Washington DC, he presented the needs of American Indians to Congress and lunched with the president. Throughout his journey Dr. Blue Spruce has traveled between two cultures, succeeding in mainstream society while keeping Pueblo tradition in his heart. Facing prejudice and conquering adversity, he reached the zenith of his career as director of the Phoenix Regional Indian Health Service and achieving the rank of assistant surgeon general of the United States.

The #1 New York Times bestselling author of the Stone Barrington series tells the true story of his journey sailing alone across the Atlantic Ocean. **Stuart Woods** had never owned more than a dinghy before setting out on one of the world's most demanding sea voyages, navigating single-handedly across the Atlantic. How, at the age of thirty-seven, did this self-proclaimed novice go from small ponds to the big sea? Now with a new afterword that looks back at how one transatlantic race changed his life, Woods takes readers on a spectacular journey—not just of traveling across the world, but of being tried in fire, learning by

accepting challenges, appreciating the beauty of the open water, and living to tell about it.

Inheritance

Controlled Substance Record Book

The Blue Jay's Dance

The Black and the Blue

Somebody's Daughter

A Memoir of Survival

Keep

A collection of Bennett's diaries and essays, covering 2005 to 2015 Alan Bennett's third collection of prose, *Keeping On Keeping On*, follows in the footsteps of the phenomenally successful *Writing Home* and *Untold Stories*. Bringing together the hilarious, revealing, and lucidly intelligent writing of one of England's best-known literary figures, *Keeping On Keeping On* contains Bennett's diaries from 2005 to 2015—with everything from his much celebrated essays to his irreverent comic pieces and reviews—reflecting on a decade that saw four major theater premieres and the films of *The History Boys* and *The Lady in the Van*. A chronicle of one of the most important literary careers of the twentieth century, *Keeping On Keeping On* is a classic history of a life in letters.

Michelle Marez was raised in Pueblo, a culturally diverse town in Southern Colorado. She is half Slavic and half Hispanic. With both cultures having deep roots that rarely cross over, she felt that she never truly belonged to anyone. Michelle's story is about navigating many identities while keeping painful secrets. The identities were like costumes, worn one over the next. These costumes became so heavy and itchy that she finally took them all off and exposed her true self. It took a devastating discovery to begin the painful work that leads her to love, belonging, freedom, and happiness. This is her journey.

An Amazon Best Book of the Year optioned for television by Gabrielle Union! In a series of personal essays, prominent journalist and LGBTQIA+ activist George M. Johnson explores his childhood, adolescence, and college years in New Jersey and Virginia. From the memories of getting his teeth kicked out by bullies at age five, to flea marketing with his loving grandmother, to his first sexual relationships, this young-adult memoir weaves together the trials and triumphs faced by Black queer boys. Both a primer for teens eager to be allies as well as a reassuring testimony for young queer men of color, *All Boys Aren't Blue* covers topics such as gender identity, toxic masculinity, brotherhood, family, structural marginalization, consent, and Black joy. Johnson's emotionally frank style of writing will appeal directly to young adults.

A Katrina Physician's Memoir

The Sixth Man