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Staring At Lakes A Memoir Of Love Melancholy And Magical Thinking

'A compelling memoir. Absorbing and graced with a deceptive lightness of touch, [Hanging with the Elephant] is clever and brilliantly pieced together. Harding writes like an angel' Sunday Times From the No.1 bestselling author of Staring at Lakes, Talking to Strangers and On Tuesdays I'm A Buddhist 'In public or on stage,

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***it's different. I'm fine. I have no bother talking to three hundred people, and sharing my feelings. But when I'm in a room on a one-to-one basis, I get lost. I can never find the right word. Except for that phrase - hold me.'* Michael Harding's wife has departed for a six-week trip, and he has been left alone in their home in Leitrim. Faced with the realities of caring for himself for the first time since his illness two years before, Harding endeavours to tame the 'elephant' - an Asian metaphor for the unruly mind. As he does, he finds himself finally coming to terms with the**

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death of his mother - a loss that has changed him more than he knows. Funny, searingly honest and profound, Hanging with the Elephant pulls back the curtain and reveals what it is really like to be alive.

Staring at Lakes A Memoir of Love, Melancholy and Magical Thinking Yellow Kite

By his early thirties, Paul Allen was a world-famous billionaire-and that was just the beginning. In 2007 and 2008, Time named Paul Allen, the cofounder of Microsoft, one of the hundred most influential people in the world.

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Since he made his fortune, his impact has been felt in science, technology, business, medicine, sports, music, and philanthropy. His passion, curiosity, and intellectual rigor-combined with the resources to launch and support new initiatives-have literally changed the world. In 2009 Allen discovered that he had lymphoma, lending urgency to his desire to share his story for the first time. In this classic memoir, Allen explains how he has solved problems, what he's learned from his many endeavors-both the triumphs and the failures-and his compelling

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vision for the future. He reflects candidly on an extraordinary life. The book also features previously untold stories about everything from the true origins of Microsoft to Allen's role in the dawn of private space travel (with SpaceShipOne) and in discoveries at the frontiers of brain science. With honesty, humor, and insight, Allen tells the story of a life of ideas made real.

The New York Times bestselling author of Wintering writes a life-affirming exploration of wild landscapes, what it means to be different

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and, above all, how we can all learn to make peace with our own unquiet minds . . . In anticipation of her 38th birthday, Katherine May set out to walk the 630-mile South West Coast Path. She wanted time alone, in nature, to understand why she had stopped coping with everyday life; why motherhood had been so overwhelming and isolating; and why the world felt full of expectations she couldn't meet. She was also reeling from a chance encounter with a voice on the radio that sparked her realisation that she might be autistic. And so begins a trek

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along the ruggedly beautiful but difficult path by the sea that takes readers through the alternately frustrating, funny, and enlightening experience of re-awakening to the world around us... The Electricity of Every Living Thing sees Katherine come to terms with that diagnosis leading her to re-evaluate her life so far — with a much kinder, more forgiving eye. We bear witness to a new understanding that finally allows her to be different rather than simply awkward, arrogant or unfeeling. The physical and psychological journeys of this joyous and

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inspiring book become inextricably entwined, and as Katherine finds her way across the untameable coast, we learn alongside her how to find our way back to our own true selves.

A Novel

Hanging with the Elephant: A Story of Love, Loss and Meditation

Build a Business. Take a Stand. Make a Difference.

Member of the Family

Tales of a Long-Distance Swimmer

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Raising Kanye

In late 2018, Michael Harding was in a hotel room in Blanchardstown experiencing severe pains in his chest. He eventually phoned an ambulance and was admitted to hospital, suffering from an acute heart attack. Here, in *Chest Pain*, he looks at the months before the heart attack when he kept the signs of failing health from his beloved and instead retreated into solitude -- and with his own inimitable style and humour takes us with him through the months after a stent had been inserted in his heart, where he travels the roads of Donegal in a camper van in a journey back to the beloved, and to himself. *Chest Pain* is a thought-provoking, spell-binding memoir about togetherness and what it means to be alive.

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As the mother of hip-hop superstar Kanye West, Donda West has watched her son grow from a brilliant baby boy with all the intimations of fame and fortune to one of the hottest rappers on the music scene. And she has every right to be proud: she raised her son with strong moral values, teaching him right from wrong and helping him become the man he is today. In *Raising Kanye*, Donda not only pays homage to her famous son but reflects on all the things she learned about being his mother along the way. Featuring never-before-seen photos and compelling personal anecdotes, Donda's powerful and inspiring memoir reveals everything from the difficulties she faced as a single mother in the African-American community to her later experiences as Kanye's manager as he rose to superstardom. Speaking frankly about her

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son's reputation as a "Mama's Boy," and his memorable public outbursts about gay rights and President George W. Bush, Donda supports her son without exception, and here she shares the invaluable wisdom she has taken away from each experience -- passion, tolerance, patience, and above all, always telling the truth. Ultimately, she not only expresses what her famously talented son has meant to her but what he has meant to music and an entire generation.

Drawing upon his own powerful personal story, Zachary R. Wood shares his perspective on free speech, race, and dissenting opinions—in a world that sorely needs to learn to listen. As the former president of the student group Uncomfortable Learning at his alma mater, Williams College, Zachary Wood knows from

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experience about intellectual controversy. At school and beyond, there's no one Zach refuses to engage with simply because he disagrees with their beliefs—sometimes vehemently so—and this view has given him a unique platform in the media. But Zach has never shared the details of his own personal story. In *Uncensored*, he reveals for the first time how he grew up poor and black in Washington, DC, where the only way to survive was by resisting the urge to write people off because of their backgrounds and perspectives. By sharing his troubled upbringing—from a difficult early childhood to the struggles of code switching between his home and his elite private school—Zach makes a compelling argument for a new way of interacting with others and presents a new outlook on society's

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most difficult conversations.

A remarkable memoir that tells the story of a person who changed genders chronicles the life of James, a critically acclaimed novelist, who eventually became Jenny, a happy and successful English professor. Reprint.

On Tuesdays I'm a Buddhist

Staring at Lakes

My Story of Charles Manson, Life Inside His Cult, and the Darkness That Ended the Sixties

Long Walk to Freedom

A Memoir of a Childhood

Angela's Ashes

Stray

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From the bestselling author of *Sweetbitter*, a memoir of growing up in a family shattered by lies and addiction, and of one woman's attempts to find a life beyond the limits of her past. After selling her first novel--a dream she'd worked long and hard for--Stephanie Danler knew she should be happy. Instead, she found herself driven to face the difficult past she'd left behind a decade ago: a mother disabled by years of alcoholism, further handicapped by a tragic brain aneurysm; a father who abandoned the family when she was three, now a meth addict in and out of recovery. After years in New York City she's pulled home to

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Southern California by forces she doesn't totally understand, haunted by questions of legacy and trauma. Here, she works toward answers, uncovering hard truths about her parents and herself as she explores whether it's possible to change the course of her history. *Stray* is a moving, sometimes devastating, brilliantly written and ultimately inspiring exploration of the landscapes of damage and survival.

Dancing with Butterflies uses the alternating voices of four very different women whose lives interconnect through a common passion for their Mexican heritage and a dance company called

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Alegría. Yesenia, who founded Alegría with her husband, Eduardo, sabotages her own efforts to remain a vital, vibrant woman when she travels back and forth across the Mexican border for cheap plastic surgery. Elena, grief stricken by the death of her only child and the end of her marriage, finds herself falling dangerously in love with one of her underage students. Elena's sister, Adriana, wears the wounds of abandonment by a dys-functional family and becomes unable to discern love from abuse. Soledad, the sweet-tempered illegal immigrant who designs costumes for Alegría, finds herself stuck back in

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Mexico, where she returns to see her dying grandmother. Reyna Grande has brought these fictional characters so convincingly to life that readers will imagine they know them.

In this poignant and disturbing memoir of lost innocence, coercion, survival, and healing, Dianne Lake chronicles her years with Charles Manson, revealing for the first time how she became the youngest member of his Family and offering new insights into one of the twentieth century's most notorious criminals and life as one of his "girls." At age fourteen Dianne Lake—with little more than a note in her pocket from her hippie parents

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granting her permission to leave them—became one of "Charlie's girls," a devoted acolyte of cult leader Charles Manson. Over the course of two years, the impressionable teenager endured manipulation, psychological control, and physical abuse as the harsh realities and looming darkness of Charles Manson's true nature revealed itself. From Spahn ranch and the group acid trips, to the Beatles' White Album and Manson's dangerous messiah-complex, Dianne tells the riveting story of the group's descent into madness as she lived it. Though she never participated in any of the group's gruesome crimes and was purposely

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insulated from them, Dianne was arrested with the rest of the Manson Family, and eventually learned enough to join the prosecution's case against them. With the help of good Samaritans, including the cop who first arrested her and later adopted her, the courageous young woman eventually found redemption and grew up to lead an ordinary life. While much has been written about Charles Manson, this riveting account from an actual Family member is a chilling portrait that recreates in vivid detail one of the most horrifying and fascinating chapters in modern American history. Member of the Family includes 16 pages

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of photographs.

Bestselling author Pat Conroy acknowledges the books that have shaped him and celebrates the profound effect reading has had on his life. Pat Conroy, the beloved American storyteller, is a voracious reader. Starting as a childhood passion that bloomed into a life-long companion, reading has been Conroy's portal to the world, both to the farthest corners of the globe and to the deepest chambers of the human soul. His interests range widely, from Milton to Tolkien, Philip Roth to Thucydides, encompassing poetry, history, philosophy, and any mesmerizing tale of his

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native South. He has for years kept notebooks in which he records words and expressions, over time creating a vast reservoir of playful turns of phrase, dazzling flashes of description, and snippets of delightful sound, all just for his love of language. But for Conroy reading is not simply a pleasure to be enjoyed in off-hours or a source of inspiration for his own writing. It would hardly be an exaggeration to claim that reading has saved his life, and if not his life then surely his sanity. In *My Reading Life*, Conroy revisits a life of reading through an array of wonderful and often surprising anecdotes: sharing the pleasures of the

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local library's vast cache with his mother when he was a boy, recounting his decades-long relationship with the English teacher who pointed him onto the path of letters, and describing a profoundly influential period he spent in Paris, as well as reflecting on other pivotal people, places, and experiences. His story is a moving and personal one, girded by wisdom and an undeniable honesty. Anyone who not only enjoys the pleasures of reading but also believes in the power of books to shape a life will find here the greatest defense of that credo. **BONUS:** This ebook edition includes an excerpt from Pat

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Conroy's The Death of Santini.

A Man, a Stent and a Camper Van

Some Bright Morning, I'll Fly Away

My Life and Uncomfortable Conversations at the Intersection of Black and White America

My Reading Life

The Jazz Bird

Walden

A Cloud Where the Birds Rise

THE AUTHOR OF THE INVISIBLE EAR KEEPS A PROMISE BY REVEALING A DARK AND DEEPLY HIDDEN SECRET...Michael Harding was a glass half full kind of guy until glass-

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shattering sounds that only he could hear broke him. Just as his goals and dreams were becoming a reality, his once promising life became a nightmare. In a matter of months, he went from being screened for a prestigious internship at the White House to being patted down and locked up in a jail cell. Not even the never-ending screaming and wailing he heard while being wrongfully detained in a jail psych ward muffled the horrifying sounds he heard deep inside his invisible ear. Set in Chicago, Cook County Jail, San Francisco, and the Upper Peninsula

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of Michigan, this masterful work of literary nonfiction is a thought-provoking and inspirational personal narrative that proves love trumps hate and good always triumphs over evil. Written with deep-seated conviction, courage, steadfast determination, and love, the author sheds light on darkness and unveils the truth about frequently told lies that affect everyone's life; carefully guarded and well-orchestrated lies that nearly destroyed his life. While dramatic and tragic in parts, The Invisible Ear has an uplifting and happy

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ending that is sure to enlighten the mind, touch the heart, and enrich the life of everyone who reads it. From the Author: The Invisible Ear is based upon real-life events that I personally experienced and survived. This book is a story about my life, but I wrote it for you, and if you read it you will understand exactly why. For more information please visit: <https://outshinedark.wordpress.com> Speakers in James Tate's poems are and are not like those we know: a man's meditation on gardening renders him witless; another

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man traps theories and then lets them loose in a city park; a nun confides that "it was her / cowboy pride that got her through"; a gnome's friend inhabits a world where "a great eschatological ferment is at work.

"Shroud of the Gnome" is a bravura performance in Tate's signature style: playful, wicked, deliriously sober, charming, and dazzling. Here, once again, one of America's most masterful poets celebrates the inexplicable in his own strange tongue. Porchlight's Best Leadership & Strategy Book of The Year An inspiring memoir from

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the CEO of DICK'S Sporting Goods that is “not only entertaining but will be of great value to any entrepreneur” (Phil Knight, New York Times bestselling author of Shoe Dog), this book shows how a trailblazing business was created by giving back to the community and by taking principled, and sometimes controversial, stands—including against the type of weapons that are too often used in mass shootings and other tragedies. It's How We Play the Game tells the story of a complicated founder and an ambitious son—one who transformed a

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business by making it about more than business, conceiving it as a force for good in the communities it serves. In 1948, Ed Stack's father started Dick's Bait and Tackle in Binghamton, New York. Ed Stack bought the business from his father in 1984, and grew it into the largest sporting goods retailer in the country, with 800 locations and close to \$9 billion in sales. The transformation Ed wrought wasn't easy: economic headwinds nearly toppled the chain twice. But DICK's support for embattled youth sports programs earned

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the stores surprising loyalty, and the company won even more attention when, in the wake of yet another school shooting—at Marjory Stoneman Douglas High School in Parkland, Florida—it chose to become the first major retailer to pull all semi-automatic weapons from its shelves, raise the age of gun purchase to twenty-one, and, most strikingly, destroy the assault-style-type rifles then in its inventory. With vital lessons for anyone running a business and eye-opening reflections about what a company owes the people it serves, It's How

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We Play the Game is “a compelling narrative...In a genre that can frequently be staid, Mr. Stack’s corporate biography is deeply personal...[Features] surprising openness [and] interesting and humorous anecdotes” (Pittsburgh Post-Gazette).

In this unusual autobiography you will find the full story of a life spanning much of the twentieth century. Selective reading will disclose How a teacher/scientist may develop The importance of focus and integrity The fascination of doing chemical and biochemical research with students and

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colleagues The excitement of discovery and of facing new challenges Personal details about family life and friendships Career choices and diversions Plus In the 23 (!) appendices, you will find details concerning Other activities attendant upon a career in science The influence of conferences, symposia, and international scientific connections The coworkers who built the reputation of the author

A Story of Love, Loss and Meditation
the perfect summer love story from the bestselling author of FINDING LOVE IN

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POSITANO

Life Lessons from the Mother of a Hip-Hop Superstar

Bootstrapper

**A Memoir by the Cofounder of Microsoft
From Broke to Badass on a Northern
Michigan Farm**

Mill Town

In this stunning collaboration, bestselling writer Michael Harding's most memorable musings on the human condition are brought to life by illustrator Jacob Stack. In these pages, the reader is held in moments of belonging, solitude, love and healing as

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we witness the beauty of falling snow, the pain and love of goodbyes, and the shared lives and deaths of neighbours amid the sweeping landscape of Ireland. A Cloud Where the Birds Rise is a beautifully illustrated collection of observations and stories from one of Ireland's best-loved writers - a celebration of finding beauty and hope in the ordinary.

A hilarious memoir about a newly single mother who makes a seemingly impossible resolution: to stay in her century old-farmhouse and continue raising her three boys on well-water, chopping wood, and dirt. "Glints with Link's raw, willful energy.... Possesses that rare, elusive, but much sought-after feeling of authenticity." (The New York Times Book Review)

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When Mardi Jo Link finds herself newly single after nineteen years of marriage, she decidesto stay in her old farmhouse with her three boys. Armed with an unflagging sense of humor and a relentless optimism that would put Rebecca of Sunnybrook Farm to shame, Link and her resolute accomplices struggle through one long, hard year of blizzards, foxes, bargain cooking, rampaging poultry, a zucchinigrowing contest, and other challenges.

***'In public or on stage, it's different. I'm fine. I have no bother talking to three hundred people, and sharing my feelings. But when I'm in a room on a one-to-one basis, I get lost. I can never find the right word. Except for that phrase - hold me.'* Michael**

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Harding's wife has departed for a six-week trip, and he has been left alone in their home in Leitrim. Faced with the realities of caring for himself for the first time since his illness two years before, Harding endeavours to tame the 'elephant' - an Asian metaphor for the unruly mind. As he does, he finds himself finally coming to terms with the death of his mother - a loss that has changed him more than he knows. Funny, searingly honest and profound, Hanging with the Elephant pulls back the curtain and reveals what it is really like to be alive.

Throughout his life, Michael Harding has lived with a sense of emptiness - through faith, marriage, fatherhood and his career as a writer, a pervading

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sense of darkness and unease remained. When he was fifty-eight, he became physically ill and found himself in the grip of a deep melancholy. Here, in this beautifully written memoir, he talks with openness and honesty about his journey: leaving the priesthood when he was in his thirties, settling in Leitrim with his artist wife, the depression that eventually overwhelmed him, and how, ultimately, he found a way out of the dark, by accepting the fragility of love and the importance of now. Staring at Lakes was a number one bestseller in Michael's native Ireland and won three BGE Irish book awards in 2013, including Non-Fiction Book of the Year. 'It's rare for a memoir to demand such intense emotional involvement and

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***rarer still for it to be so fully rewarded' - SUNDAY TIMES. 'Staring at Lakes is a raw and honest account of a life in depression. Harding's writing, which is rich and lyrical, is especially astute when describing the pain of living with an illness that has the ability to suck the joy out of any occasion.'* - DAILY EXPRESS**

The Autobiography of Nelson Mandela

Staring at the Sun

***A Woman's Walk In The Wild To Find Her Way Home
She's Not There***

Turning

The Sun Is a Compass

A History of Irish Autobiography

The incredible true story of one woman's journey to reloca

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the place inside herself where strength, hope, and personal truth reside. After Hurricane Katrina, Alice Anderson has returned home to assess the damage to her beloved Mississippi coastline and the once-immaculate home she'd carefully cultivated for her husband, Dr. Liam Rivers, one of the community's highly respected doctors. But in the wake of this natural disaster, a more terrifying challenge emerges as Liam's mental health spirals out of control, culminating in a violent attack at knifepoint, from which Alice is saved by their three-year-old son. Afraid for her life, she flees with her children. What ensues is an epic battle—emotional, psychological, spiritual, and legal—for her children's welfare, for self-preservation, and ultimately for redemption.

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It's an unrelenting battle that persists even as life goes on, finally coming full circle when the same son who saved Alice ten years before endures an eerily-familiar violent encounter at his father's hands. Yet even as she confronts the harsh realities of high-powered Southern lawyers and an inadequate legal system, Alice forges a new life with her blossoming children and an ultimate reclamation of her true self.

In this raw, searingly honest debut young adult novel, a former aspiring ballerina must confront her past in order to move forward from a devastating fall that leaves her without the use of her legs. Genie used to fouetté across the stage. Now the only thing she's turning are the wheels to her

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wheelchair. Genie was the star pupil at her exclusive New York dance school, with a bright future and endless possibilities before her. Now that the future she's spent years building toward has been snatched away, she can't stand to be reminded of it—even if it means isolating herself from her best friends and her mother. The only wish this Genie has is to be left alone. But then she meets Kyle, who also has a “used to be.” Kyle used to tumble and flip on a gymnastics mat, but a traumatic brain injury has sent him to the same physical therapist that Genie sees. With Kyle's support, along with her best friend's insistence that Genie's time at the barre isn't over yet, Genie starts to see a new path—one where she doesn't have to be alone and she finally has the

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strength to heal from the past. But healing also means confronting. Confronting the booze her mother, a recovering alcoholic, has been hiding under the kitchen sink; the ex-boyfriend who was there the night of the fall and won't leave her alone; and Genie's biggest, most terrifying secret: the fact that the accident may not have been so accidental after all.

The #1 New York Times bestselling (mostly true) memoir from the hilarious author of *Furiously Happy*. "Gaspingly funny and wonderfully inappropriate."—O, The Oprah Magazine When Jenny Lawson was little, all she ever wanted was to fit in. That dream was cut short by her fantastically unbalanced father and a morbidly eccentric childhood. It

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did, however, open up an opportunity for Lawson to find the humor in the strange shame-spiral that is her life, and we are all the better for it. In the irreverent *Let's Pretend This Never Happened*, Lawson's long-suffering husband and sweet daughter help her uncover the surprising discovery that the most terribly human moments—the ones we want to pretend never happened—are the very same moments that make us the people we are today. For every intellectual misanthrope who thought they were the only ones to think the things that Lawson dares to say out loud, this is a poignant and hysterical look at the dark, disturbing, yet wonderful moments of our lives. Readers Guide Inside

One day in the summer of 2016, Michael Harding's wife

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brought an unusual gift home from Warsaw. All of a sudden he found himself falling back into the old religious devotion of an earlier time. The meaning he had found through years of engagement with therapy began to dissolve. Here, in *On Tuesdays I'm a Buddhist*, Harding examines the search for meaning in life which keeps him fastened to the idea of god. After many therapy sessions focused on an effort to uncover personal truth, and long solitary months on the road with a one man show, Harding is finally led to an artists' retreat in the shadow of Skellig Michael. Mixing stories from the road with dispatches from his Irish Times columns, *On Tuesdays I'm a Buddhist* is a spell-binding and powerful book about the human condition, the narratives we weave around the

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self, and the ultimate bliss of living in the present moment. 'What happens between one story and the next? That's the really interesting part. That's the space where we find bliss where we float sometimes, suspended, and only for a brief moment. Perhaps only for a few scarce moments in an entire life.'

Tinkers

Talking to Strangers

Staring at Lakes: A Memoir of Love, Melancholy and Magical Thinking

What Is Beautiful in the Sky

Dancing with Butterflies

A Memoir of Endings and Beginnings

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The Invisible Ear

Portia and her cousin Julian discover adventure in a hidden colony of forgotten summer houses on the shores of a swampy lake.

October 6, 1927 - On a quiet afternoon in Eden Park, Cincinnati, Imogene, a beautiful society lady, is shot and killed by her husband, the notorious bootlegger George Remus. After spending a quiet moment over the body, Remus returns to his car and directs his driver to the police station, where he turns himself in. Shocked and fascinated by this horrible murder, the country gears up for a sensational trial. The man known as 'the king of the

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bootleggers' against Chief Prosecutor Charlie Taft, the youngest son of the former president. The facts are clear, the truth less so. What happened to Remus' \$80 million fortune, which disappeared while he was imprisoned on a minor charge? Why did George Remus murder his wife, the blue-blooded beauty once known as the Jazz Bird, who had struggled to free him from prison? And what of Charles Dodge, the federal agent who pursued Remus with such zeal, only to become desperately entangled with his wife? Was the Jazz Bird at the centre of this complicated love triangle or an innocent victim of circumstances beyond her control?

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An old man lies dying. As time collapses into memory, he travels deep into his past where he is reunited with his father and relives the wonder and pain of his impoverished New England youth. At once heartbreaking and life affirming, Tinkers is an elegiac meditation on love, loss, and the fierce beauty of nature.

Talking to Strangers, from the bestselling author of Staring at Lakes and Hanging with the Elephant, is a book about love, about the stories we share with others, and the stories we leave behind us. Too much wine and a casual browse of an airline website - this is how Michael Harding found himself in a strange flat in Bucharest in early January,

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which set the tone for the rest of that year. After an intense stint in a high-profile production of The Field, Harding returned to the tranquil hills above Lough Allen and started to plan some dramatic changes to his little cottage. Surely an extension would give him a renewed sense of purpose in life as he approached old age. But as the walls of his home crumbled, so too did his mental health, and he fell, once again, into depression -- that great darkness where life feels like nothing more than a waste of time. And yet, it is in that great darkness that we discover what really makes us human. 'Michael Harding is no ordinary man or memoirist ... a book that champions the kindness (or at least company)

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of strangers as essential for that elusive state known as happiness' RT ♦ Guide

The Big Tiny

Uncensored

Reckoning with What Remains

A Life in Two Genders

A Walk in the Woods

More Than a Memoir

The Electricity of Every Living Thing

Written in Irv Yalom's inimitable story-telling style, Staring at the Sun is a profoundly encouraging approach to the universal issue of mortality. In this magisterial opus,

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capping a lifetime of work and personal experience, Dr. Yalom helps us recognize that the fear of death is at the heart of much of our anxiety. Such recognition is often catalyzed by an "awakening experience"—a dream, or loss (the death of a loved one, divorce, loss of a job or home), illness, trauma, or aging. Once we confront our own mortality, Dr. Yalom writes, we are inspired to rearrange our priorities, communicate more deeply with those we love, appreciate more keenly the beauty of life, and increase our willingness to take the risks necessary for personal fulfillment.

NATIONAL BESTSELLER • In this extraordinary book, the world's most extraordinary distance swimmer writes

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about her emotional and spiritual need to swim and about the almost mystical act of swimming itself. Lynne Cox trained hard from age nine, working with an Olympic coach, swimming five to twelve miles each day in the Pacific. At age eleven, she swam even when hail made the water “like cold tapioca pudding” and was told she would one day swim the English Channel. Four years later—not yet out of high school—she broke the men’s and women’s world records for the Channel swim. In 1987, she swam the Bering Strait from America to the Soviet Union—a feat that, according to Gorbachev, helped diminish tensions between Russia and the United States. Lynne Cox’s relationship with the water is almost mystical: she

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describes swimming as flying, and remembers swimming at night through flocks of flying fish the size of mockingbirds, remembers being escorted by a pod of dolphins that came to her off New Zealand. She has a photographic memory of her swims. She tells us how she conceived of, planned, and trained for each, and re-creates for us the experience of swimming (almost) unswimmable bodies of water, including her most recent astonishing one-mile swim to Antarctica in thirty-two-degree water without a wet suit. She tells us how, through training and by taking advantage of her naturally plump physique, she is able to create more heat in the water than she loses. Lynne Cox has swum the Mediterranean, the three-mile Strait of

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Messina, under the ancient bridges of Kunning Lake, below the old summer palace of the emperor of China in Beijing. Breaking records no longer interests her. She writes about the ways in which these swims instead became vehicles for personal goals, how she sees herself as the lone swimmer among the waves, pitting her courage against the odds, drawn to dangerous places and treacherous waters that, since ancient times, have challenged sailors in ships. A History of Irish Autobiography is the first ever critical survey of autobiographical self-representation in Ireland from its recoverable beginnings to the twenty-first century. The book draws on a wealth of original scholarship by leading experts to provide an authoritative examination of

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autobiographical writing in the English and Irish languages. Beginning with a comprehensive overview of autobiography theory and criticism in Ireland, the History guides the reader through seventeen centuries of Irish achievement in autobiography, a category that incorporates diverse literary forms, from religious tracts and travelogues to letters, diaries, and online journals. This ambitious book is rich in insight. Chapters are structured around key subgenres, themes, texts, and practitioners, each featuring a guide to recommended further reading. The volume's extensive coverage is complemented by a detailed chronology of Irish autobiography from the fifth century to the contemporary

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Swimming to Antarctica

A Memoir

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for the 2020 National Book Critics John Leonard Prize for Best First Book Finalist for the 2021 New England Society Book Award Finalist for the 2021 New England Independent Booksellers Association Award A New York Times Editors' Choice and Chicago Tribune top book for 2020 "Mill Town is the book of a lifetime; a deep-drilling, quick-moving, heartbreaking story. Scathing and tender, it lifts often into poetry, but comes down hard when it must. Through it all runs the river: sluggish, ancient, dangerous, freighted with America's sins." –Robert Macfarlane, author of Underland Kerri Arsenault grew up in the

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small, rural town of Mexico, Maine, where for over 100 years the community orbited around a paper mill that provided jobs for nearly everyone in town, including three generations of her family. Kerri had a happy childhood, but years after she moved away, she realized the price she paid for that childhood. The price everyone paid. The mill, while providing the social and economic cohesion for the community, also contributed to its demise. Mill Town is a book of narrative nonfiction, investigative memoir, and cultural criticism that illuminates the rise and collapse of the working-class, the

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hazards of loving and leaving home, and the ambiguous nature of toxics and disease with the central question; Who or what are we willing to sacrifice for our own survival? The book that inspired the major new motion picture Mandela: Long Walk to Freedom. Nelson Mandela is one of the great moral and political leaders of our time: an international hero whose lifelong dedication to the fight against racial oppression in South Africa won him the Nobel Peace Prize and the presidency of his country. Since his triumphant release in 1990 from more than a quarter-century of imprisonment, Mandela has

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been at the center of the most compelling and inspiring political drama in the world. As president of the African National Congress and head of South Africa's antiapartheid movement, he was instrumental in moving the nation toward multiracial government and majority rule. He is revered everywhere as a vital force in the fight for human rights and racial equality. *LONG WALK TO FREEDOM* is his moving and exhilarating autobiography, destined to take its place among the finest memoirs of history's greatest figures. Here for the first time, Nelson Rolihlahla Mandela tells the extraordinary story of his life--an

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epic of struggle, setback, renewed hope, and ultimate triumph.

Throughout his life, Michael Harding has lived with a sense of emptiness - through faith, marriage, fatherhood and his career as a writer, a pervading sense of darkness and unease remained. When he was fifty-eight, he became physically ill and found himself in the grip of a deep melancholy. Here, in this beautifully written memoir, he talks with openness and honesty about his journey: leaving the priesthood when he was in his thirties, settling in Leitrim with his artist wife, the depression that eventually

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overwhelmed him, and how, ultimately, he found a way out of the dark, by accepting the fragility of love and the importance of now. Staring at Lakes started out as a book about depression. And then became a story about growing old, the essence of love and marriage - and sitting in cars, staring at lakes. The feel-good read of 2019, perfect for fans of Lucy Diamond and Karen Swan. Escape the January blues with this sun-drenched, heart-warming story from the bestselling author of Snowflakes Over Holly Cove.

A Built-It-Myself Memoir

It's How We Play the Game

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*A 4,000-Mile Journey into the Alaskan Wilds
Gone-Away Lake*

*A Memoir of Love, Melancholy and Magical
Thinking*

Hanging with the Elephant

A book about love and belonging

Part how-to, part personal memoir, *The Big Tiny* is an utterly seductive meditation on the benefits of slowing down, scaling back, and appreciating the truly important things in life. More than ten years ago, a near-death experience abruptly reminded sustainability advocate and pioneer Dee Williams that life is short. So, she sold her sprawling home and built an eighty-four-square-foot

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house—on her own, from the ground up. Today, Williams can list everything she owns on one sheet of paper, her monthly housekeeping bills amount to about eight dollars, and it takes her about ten minutes to clean the entire house. Adapting a new lifestyle left her with the ultimate luxury—more time to spend with friends and family—and gave her the freedom to head out for adventure at a moment's notice, or watch the clouds and sunset while drinking a beer on her (yes, tiny) front porch.

God only knows what possessed Bill Bryson, a reluctant adventurer if ever there was one, to undertake a gruelling hike along the world's longest continuous

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footpath—The Appalachian Trail. The 2,000-plus-mile trail winds through 14 states, stretching along the east coast of the United States, from Georgia to Maine. It snakes through some of the wildest and most spectacular landscapes in North America, as well as through some of its most poverty-stricken and primitive backwoods areas. With his offbeat sensibility, his eye for the absurd, and his laugh-out-loud sense of humour, Bryson recounts his confrontations with nature at its most uncompromising over his five-month journey. An instant classic, riotously funny, *A Walk in the Woods* will add a whole new audience to the legions of Bill Bryson fans.

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For fans of Cheryl Strayed, the gripping story of a biologist's human-powered journey from the Pacific Northwest to the Arctic to rediscover her love of birds, nature, and adventure. During graduate school, as she conducted experiments on the peculiarly misshapen beaks of chickadees, ornithologist Caroline Van Hemert began to feel stifled in the isolated, sterile environment of the lab. Worried that she was losing her passion for the scientific research she once loved, she was compelled to experience wildness again, to be guided by the sounds of birds and to follow the trails of animals. In March of 2012, she and her husband set off on a 4,000-mile wilderness journey from the Pacific rainforest to the

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Alaskan Arctic, traveling by rowboat, ski, foot, raft, and canoe. Together, they survived harrowing dangers while also experiencing incredible moments of joy and grace -- migrating birds silhouetted against the moon, the steamy breath of caribou, and the bond that comes from sharing such experiences. A unique blend of science, adventure, and personal narrative, *The Sun is a Compass* explores the bounds of the physical body and the tenuousness of life in the company of the creatures who make their homes in the wildest places left in North America. Inspiring and beautifully written, this love letter to nature is a lyrical testament to the resilience of the human spirit. Winner of the 2019 Banff Mountain Book Competition:

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