

## Mother Sun A Journalled Memoir

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### When Death Takes Something from You Give It Back

#1 NEW YORK TIMES, WALL STREET JOURNAL, AND BOSTON GLOBE BESTSELLER □ One of the most acclaimed books of our time: an unforgettable memoir about a young woman who, kept out of school, leaves her survivalist family and goes on to earn a PhD from Cambridge University □ An amazing story, and truly inspiring. It's even better than you've heard. □ Bill Gates NAMED ONE OF THE TEN BEST BOOKS OF THE YEAR BY THE NEW YORK TIMES BOOK REVIEW □ ONE OF PRESIDENT BARACK OBAMA'S FAVORITE BOOKS OF THE YEAR □ BILL GATES'S HOLIDAY READING LIST □ FINALIST: National Book Critics Circle's Award In Autobiography and John Leonard Prize For Best First Book □ PEN/Jean Stein Book Award □ Los Angeles Times Book Prize Born

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to survivalists in the mountains of Idaho, Tara Westover was seventeen the first time she set foot in a classroom. Her family was so isolated from mainstream society that there was no one to ensure the children received an education, and no one to intervene when one of Tara's older brothers became violent. When another brother got himself into college, Tara decided to try a new kind of life. Her quest for knowledge transformed her, taking her over oceans and across continents, to Harvard and to Cambridge University. Only then would she wonder if she'd traveled too far, if there was still a way home. "Beautiful and propulsive . . . Despite the singularity of [Westover's] childhood, the questions her book poses are universal: How much of ourselves should we give to those we love? And how much must we betray them to grow up?"

Vogue NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The Washington Post • O: The Oprah Magazine • Time • NPR • Good Morning America • San Francisco Chronicle • The Guardian • The Economist • Financial Times • Newsday • New York Post • theSkimm • Refinery29 • Bloomberg • Self • Real Simple • Town & Country • Bustle • Paste • Publishers Weekly • Library Journal • LibraryReads • BookRiot • Pamela Paul, KQED • New York Public Library

## Barbarian Days

Writing for Bliss is most fundamentally about reflection, truth, and freedom. With techniques and prompts for both the seasoned and novice writer, it will lead you to tap into your creativity through storytelling and poetry, examine how life-changing experiences can inspire writing, pursue self-examination and self-discovery through the written word, and understand how published writers have been transformed by writing. Poet and memoirist Raab (Lust) credits her lifelong love of writing and its therapeutic effects with inspiring her to write this thoughtful and detailed primer that targets pretty much anyone interested in writing a memoir. Most compelling here is

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Raab's willingness to share her intimate stories (e.g., the loss of a relative, ongoing struggles with cancer, a difficult relationship with her mother). Her revelations are encouraging to writers who feel they need permission to take a voyage of self-discovery. The book's seven-step plan includes plenty of guidance, including on learning to "read like a writer," and on addressing readers as if "seated across the table." Raab covers big topics such as the art and power of storytelling and small details such as choosing pens and notebooks that you enjoy using. She also helps readers with the important step of "finding your form." --PUBLISHER'S WEEKLY

"Writing for Bliss is about the profound ways in which we may be transformed in and through the act of writing. I am grateful to Diana Raab for sharing it, and I trust that you will feel the same as you read on. May you savor the journey." --from the foreword by MARK FREEMAN, PhD

"By listening to ourselves and being aware of what we are saying and feeling, the true story of our life's past experience is revealed. Diana Raab's book gives us the insights by which we can achieve this through her life-coaching wisdom and our writing." --BERNIE SIEGEL, MD, author of *The Art of Healing*

"Only a talented writer who has fought hard to overcome life's many obstacles could take her readers by the hand and lead them through the writing process with such enormous compassion, amazing insight, and kindness. Diana Raab is a powerful, wise, intelligent guide well worth our following." --JAMES BROWN, author of *The Los Angeles Diaries* and *The River*

"Writing for Bliss is far more than a 'how-to manual'; it enlightens the creative process with wisdom and a delightful sense of adventure. Bravo to Bliss!" --LINDA GRAY SEXTON, author of *Searching for Mercy Street: My Journey Back to My Mother*, Anne Sexton

"Uniquely blending inspiring insights with practical advice, Diana guides you on a path to discover the story that is truly inside you and yearning to be told." --PATRICK SWEENEY, coauthor of the New York Times bestseller *Succeed on Your Own Terms*

DIANA RAAB, PhD, is an award-winning memoirist, poet, blogger, workshop

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facilitator, thought provoker, and survivor. She's the author of eight books and over one thousand articles and poems. She lives in Southern California. Learn more at [www.DianaRaab.com](http://www.DianaRaab.com)

### From Scratch

This #1 Amazon Best Seller from one of today's top bloggers is a compassionate guide through the process of grieving for a lost loved one. Ty Alexander has touched many lives with her popular lifestyle blog, *Gorgeous in Gray*. But in her early 20s, her own life was upended when her mother was diagnosed with cancer. Ty was suddenly forced to become not just a loving daughter, but a caregiver, patient advocate, and researcher. And when her mom passed the pain was overwhelming. Though she still grieves every day, her experience has taught her how to move on while still honoring the love that endures. In this beautiful, honest, and intensely personal guidebook, Ty provides the insight and inspiration that every mourner needs to make it through this time of unrelenting emotional pain and sadness. Her deep compassion, understanding, and enlightening true stories will help readers along every step of their grieving journey, from the shock of discovery through anger, disbelief, and despair, and ultimately to acceptance and healing. We all grieve differently, but the pain of loss is universal. *Things I Wish I Knew before My Mom Died* can provide a reassuring voice, a helping hand, and a shining beacon of hope for anyone who is heartsick and suffering.

### LSD, My Problem Child

The *Journal Keeper* is the openhearted and unflinchingly honest memoir of six years in writer Phyllis Theroux's life. As she ages into her sixties, Theroux uses regular journal entries to reflect on the void left by the passing of her remarkable mother and the thrill of

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allowing a new source of joy into her life. A natural storyteller, Theroux slips her arm companionably into yours, like an old friend going for a stroll. But Theroux's stride is long and her eye sharp, and she swings easily between subjects that occupy us all: love, loneliness, growing old, financial worries, spiritual growth, and caring for an aging parent. A compelling tale in journal form, *The Journal Keeper* is a rich feast from the writing life — with an unexpected twist. After the death of her mother leaves Theroux feeling adrift, she finds the love that she believed was closed to a woman of her age. Not until Theroux sat down to edit her journals for publication did she realize, in her words, "that a hand much larger and more knowing than my own was guiding my life and pen across the page." She makes a good case for this being true for us all.

### Here Comes the Sun: A Novel

"Susan Burton is ready to come clean. Happily married with two children, working at her dream job, she has lived a secret life of compulsive eating and starving for twenty-five years. This is a relentlessly honest, fiercely intelligent narrative of living with binge-eating disorder. When Burton was thirteen, her stable life in suburban Michigan was turned upside down by her parents' abrupt, hostile divorce, and she moved to Colorado with her mother and sister. She seized on this move west as an adventure and an opportunity to reinvent herself from middle-school nerd to popular teenage girl. But she hadn't escaped unscathed, and in the fallout from her parents' breakup—including her mother's intensifying alcoholism—an inherited fixation on thinness went from "peculiarity to pathology." She entered into a painful cycle of anorexia, or "iron purity" and feral binge eating that formed the subterranean layer of her sunny life. This is the story not only of loosening the grip of her compulsion but of moving past her shame and learning to tell her

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secret. In tart, soulful prose Susan Burton strikes a blow for the importance of women's stories, brings to life an indelible cast of characters and tells a story of exhilaration, longing, compulsion and hard-earned self-revelation"--

### The Dead Moms Club

Pregnancy is a time of wonder and of momentous change, both emotionally and physically. For many women, it is a time like no other in their lives, filled with excitement and awe but also with great uncertainty and vulnerability. This book-and-audio program brings together writings and simple daily practices for bringing the transformative power of mindfulness to this special time. The Mindful Way through Pregnancy features: □ Yoga and meditation teacher Anne Cushman on finding balance amid the emotional ups and downs of pregnancy □ Author Celia Straus on bonding with your child during pregnancy □ Yoga teacher Jennifer Brilliant on caring for your changing body □ Meditation teacher Judith Lief on calming your fears about childbirth and parenthood □ Author Mimi Doe on setting your intentions for parenthood □ Zen teacher Karen Maezen Miller on mindfulness and the childbirth experience Also included is an audio download of guided meditation instruction for four simple meditation practices for expectant mothers. Drawn from the Buddhist tradition, these practices offer different ways to develop a sense of calm well-being throughout pregnancy.

### Writing for Bliss

An unflinchingly raw and lyrical exploration of a mother's grief and how it transforms her relationship to time, reality, and language.

### Once More We Saw Stars

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She was seventeen when her thirty-nine-year-old mother transitioned from this world. Seven years later, Hayley became a mother herself, and began journaling intimate conversations to her late mother, about the figuring outs of first-time motherhood. In this beautifully delicate form of documentation, she gets intentional in her own becomings, fearlessly transitioning into a capable young woman who learns to believe in the infinite connection she harbors to all things, of both earth and spirit. Whether you're a daughter or a mother or one among the motherless, "Mother Sun" will be your very written evidence that anyone you've ever loved and lost, is still here.

### Son of a Gun

Kate Spencer lost her mom to cancer when she was 27. In *The Dead Moms Club*, she walks readers through her experience of stumbling through grief and loss, and helps them to get through it, too. This isn't a weepy, sentimental story, but rather a frank, up-front look at what it means to go through gruesome grief and come out on the other side. An empathetic read, *The Dead Moms Club* covers how losing her mother changed nearly everything in her life: both men and women readers who have lost parents or experienced grief of this magnitude will be comforted and consoled. Spencer even concludes each chapter with a cheeky but useful tip for readers (like the "It's None of Your Business Card" to copy and hand out to nosy strangers asking about your passed loved one).

### Under the Tuscan Sun

In this encouraging book, Sheri McGregor helps parents of estranged adult children break free from emotional pain and move forward in their lives. With the latest research, her own experience, and insight from more than 9,000 parents, McGregor covers the

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growing trend of estranged adults from loving families. Devastated parents can be happy again.

## Educated

Surfing only looks like a sport. To initiates, it is something else entirely: a beautiful addiction, a demanding course of study, a morally dangerous pastime, a way of life. Raised in California and Hawaii, Finnegan started surfing as a child. He has chased waves all over the world, wandering for years through the South Pacific, Australia, Asia, Africa. A bookish boy, and then an excessively adventurous young man, he went on to become a writer and war reporter. *Barbarian Days* takes us deep into unfamiliar worlds, some of them right under our noses -- off the coasts of New York and San Francisco. It immerses the reader in the edgy camaraderie of close male friendships annealed in challenging waves.

## Empty

A one-of-a-kind journal for the mother & son who crave a rule-free, creative way to connect with each other. This engaging prompt journal is the perfect tool to build mother-son relationships. Kids can record memories, swap stories, compare perspectives, and explore common and unique interests with their moms! Interactive lists and letters back and forth invite both mom and son to reflect, write, and doodle about topics timely to their lives as kids, build self-confidence, and improve their penmanship.

## Stories for My Child (Guided Journal)

After her son, Erik, committed suicide at age twenty, a physician, who had always placed her faith in science, finds her skepticism of life after death turning into belief when Erik begins communicating

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with her from the other side.

## Dimestore

This is the story of LSD told by a concerned yet hopeful father, organic chemist Albert Hofmann. He traces LSDs path from a promising psychiatric research medicine to a recreational drug sparking hysteria and prohibition. We follow Dr. Hofmanns trek across Mexico to discover sacred plants related to LSD, and listen in as he corresponds with other notable figures about his remarkable discovery. Underlying it all is Dr. Hofmanns powerful conclusion that mystical experience may be our planets best hope for survival. Whether induced by LSD, meditation, or arising spontaneously, such experiences help us to comprehend the wonder, the mystery of the divine in the microcosm of the atom, in the macrocosm of the spiral nebula, in the seeds of plants, in the body and soul of people. Now, more than sixty years after the birth of Albert Hofmanns problem child, his vision of its true potential is more relevant, and more needed, than ever.

## My Son and the Afterlife

Recounts the murder of the author's mother in September 2001 and explores the crime against a backdrop of a shattering national tragedy and the author's efforts to distance himself from the legendary Tombstone, Arizona, of his youth.

## Things I Wish I Knew Before My Mom Died

Engagingly written as a journal of fond memories, life experiences, lessons learned, and tragedies overcome, this is the story of the family that gave the world actress Jennifer Aniston. Written by her mother, Nancy Aniston, this tender, poetic, and charming memoir

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represents a healing exercise, and most importantly serves as an example of how to cope with and understand estrangement between parent and child. During the meteoric rise of Jennifer's popularity on the hit television comedy 'Friends', Nancy and her daughter had a misunderstanding imposed on them by a tabloid TV report. In the three years since they last spoke, Nancy learned that separation from grown children is a national epidemic and that scores of parents suffer the same feelings of pain, guilt, and shame. This knowledge inspired Nancy Aniston to record family memories in this compelling volume, "and in the process of detailed retrospection a miraculous healing took place". Nancy chronicles her own childhood of poverty, abandonment, failed marriages, and the difficult early years as a single mother. She recalls Jennifer's early love for the theatre, the therapists, career managers, and hangers-on who endangered family bonds as she guided her daughter through the exciting, sometimes disappointing, stages of an acting career that came to realise phenomenal success. While refusing the lure of celebrity gossip, Nancy Aniston strives to secure her story's inherent dignity, hoping it will be helpful to those trying to overcome their own childhood trauma, fallout from divorce, single-parenting issues, and the "dark hole of child/parent estrangement".

### Between Mom and Me

The Church sees Mary as the "earthside of the Incarnation." In an attempt to understand the critical role she played in this great event, this book looks at her life as a young girl who said "yes" to an angel and brought God into the world. It begins with a discussion of her obedience as the pivotal point in our salvation. It continues with an examination of five aspects of her maternity - giving birth, nurturing, relinquishing, sorrow and joy. Our own lives parallel these stages in our conversion (giving birth), spiritual growth

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(nurturing), surrender to God (relinquishing), bearing our cross (sorrow) and the new life through the Resurrection (joy). Thus Mary can become our guide as we make our journey toward Christ. Further, by a focus on the humanity of Mary, we not only come closer to the mystery of the Incarnation but begin to grasp how the Church declared May to be the "Mother of God. This reverence receives strong emphasis in Orthodox Christianity. Questions for study and reflection follow the end of each chapter. Though relevant throughout the year, this book is especially timely for Advent reading. Also, it would be especially appropriate for an individual or group retreat.

### The Maternity of Mary, the Mother of God

A memoir done in the form of a graphic novel by a cult favorite comic artist offers a darkly funny family portrait that details her relationship with her father--a funeral home director, high school English teacher, and closeted homosexual.

### The Journal Keeper

ÒA memoir that shines with a bright spirit, a generousÊheart and an entertaining knack for celebrating absurdity.ÓÑThe New York Times Book Review ÒThis is Smith at her finest.ÓÑLibrary Journal, starred review Set deep in the mountains of Virginia, the Grundy of Lee SmithÕs youth was a place of coal miners, tent revivals, mountain music, drive-in theaters, and her daddyÕs dimstore. When she was sent off to college to gain some Òculture,Ó she understood that perhaps the richest culture she would ever know was the one she was leaving. Lee SmithÕs fiction has always lived and breathed with the rhythms and people of the Appalachian South. But never before has she written her own story.Ê DimstoreÕs fifteen essays are crushingly honest, wise and

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perceptive, and superbly entertaining. Together, they create an inspiring story of the birth of a writer and a poignant look at a way of life that has all but vanished.

### The Mindful Way through Pregnancy

A tour de force, voice-driven debut that examines how one woman finally found the middle ground between Heaven and Hell--an NPR Best Book of the Year. As a young girl, Maggie Rowe took the idea of salvation very seriously. Growing up in a moderately religious household, her fear of eternal damnation turned into a childhood terror that drove her to become an outrageously dedicated Born-again Christian --regularly slinging Bible verses in cutthroat scripture memorization competitions and assaulting strangers at shopping malls with the "good news" that they were going to hell. Finally, at nineteen, crippled by her fear, she checked herself in to an Evangelical psychiatric facility. And that is where her journey really began. Surrounded by a ragtag cast of characters, including a former biker meth-head struggling with anger management issues, a set of identical twins tormented by erotic fantasies, a World War II veteran and artist of denial who insists that he's only "locked up for a tune-up," and a warm and upbeat chronic depressive who becomes the author's closest ally, Maggie launches a campaign to, in the words of Martin Luther, "Sin bravely in order to know the forgiveness of God."

### Both of Us

One woman's secret journal completely changes her marriage in this hilarious and biting memoir -- soon to be a Netflix Original Series. School psychologists aren't supposed to write books about sex. Lucky for you, ethics was never my strong suit. After spending years trying to spice up my sex life, I gave up and took to my

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journal. Perhaps my gorgeous number-crunching husband simply wasn't capable of the kind of passion I'd come to expect from my tattooed and testosterone-fueled ex-boyfriends. If I couldn't have that kind of passion again in real life, I could at least write about it. Right? Nobody had to know. It would be my little secret. Well, guess what? My husband found my journal. And guess what else? He upped his game. Soon I began testing the limits-crafting journal entries specifically designed to influence Ken's behavior. For the most part, he responded beautifully except for when he didn't. And then I got the surprise of my life.

### Song of the Plains

As a young girl in Bangalore, Gayathri was surrounded by the fragrance of jasmine and flickering oil lamps, her family protected by gods and goddesses. But as she grew older, demons came forth from dark corners of her idyllic kingdom—with the scariest creatures lurking within her tortured mind. *Shadows in the Sun* traces Gayathri's courageous battle with debilitating depression that consumed her from adolescence through marriage and a move to the United States. Her inspiring memoir provides a first-of-its-kind cross-cultural view of mental illness—how it is regarded in India and in America, and how she drew on both her rich Hindu heritage and Western medicine to find healing.

### Letters from Motherless Daughters

After hand-lettering a book of quotes as a baby shower gift for her friend Joanna Goddard (of the popular lifestyle blog, Cup of Jo), Samantha Hahn was inspired to create an illustrated gift book and companion keepsake journal for other mothers to personalise. *Stories for My Child* features prompts for capturing the spectacular and quotidian moments of raising a child, along with thoughtfully

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selected quotes from contemporary and literary sources. Designed with Hahn's ethereal watercolors and chic hand lettering, the journal represents a sophisticated take on the parenting keepsake, and a treasure to pass along when the child grows up. Stories for My Child will have the same trim and a complementary design to Samantha Hahn's quote book (both available Spring '16)--making them a wonderful gift set for Mother's Day or baby showers.

### Letters to My Son

This Reese Witherspoon Book Club Pick and New York Times bestseller is "a captivating story of love lost and found" (Kirkus Reviews) set in the lush Sicilian countryside, where one woman discovers the healing powers of food, family, and unexpected grace in her darkest hours. It was love at first sight when actress Tembi met professional chef, Saro, on a street in Florence. There was just one problem: Saro's traditional Sicilian family did not approve of his marrying a black American woman. However, the couple, heartbroken but undeterred, forged on. They built a happy life in Los Angeles, with fulfilling careers, deep friendships, and the love of their lives: a baby girl they adopted at birth. Eventually, they reconciled with Saro's family just as he faced a formidable cancer that would consume all their dreams. *From Scratch* chronicles three summers Tembi spends in Sicily with her daughter, Zoela, as she begins to piece together a life without her husband in his tiny hometown hamlet of farmers. Where once Tembi was estranged from Saro's family, now she finds solace and nourishment—literally and spiritually—at her mother-in-law's table. In the Sicilian countryside, she discovers the healing gifts of simple fresh food, the embrace of a close knit community, and timeless traditions and wisdom that light a path forward. All along the way she reflects on her and Saro's romance—an incredible love story that leaps off the pages. In Sicily, it is said that every story begins with a marriage or

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a death—in Tembi Locke’s case, it is both. “Locke’s raw and heartfelt memoir will uplift readers suffering from the loss of their own loved ones” (Publishers Weekly), but her story is also about love, finding a home, and chasing flavor as an act of remembrance. *From Scratch* is for anyone who has dared to reach for big love, fought for what mattered most, and those who needed a powerful reminder that life is delicious.

### For My Children

“This beautifully written memoir about taking chances, living in Italy, loving a house and, always, the pleasures of food, would make a perfect gift for a loved one. But it’s so delicious, read it first yourself.”—USA Today The 20th anniversary edition of the classic, updated with a new afterword. Don’t miss Frances Mayes in PBS’s *Dream of Italy: Tuscan Sun Special!* Frances Mayes—widely published poet, gourmet cook, and travel writer—opens the door to a wondrous new world when she buys and restores an abandoned villa in the spectacular Tuscan countryside. In evocative language, she brings the reader along as she discovers the beauty and simplicity of life in Italy. Mayes also creates dozens of delicious seasonal recipes from her traditional kitchen and simple garden, all of which she includes in the book. Doing for Tuscany what M.F.K. Fisher and Peter Mayle did for Provence, Mayes writes about the tastes and pleasures of a foreign country with gusto and passion. Now with an excerpt from Frances Mayes’s latest southern memoir, *Under Magnolia*

### From Mother and Daughter to Friends

Compiled from real life diaries kept by a mother and daughter, this moving book shows how one family faced up to and overcame teenage depression and eating disorders. Full of insight into specific

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problems, the book also illuminates the general difficulties of mother-daughter communication and the years of teenage crisis. Self-help sections for mothers and teenage girls and a chapter of professional advice complete this helpful book.

### Life Is So Good

Ryan O'Neal and Farrah Fawcett. He was the handsome Academy Award-nominated star of *Paper Moon* and the classic romance *Love Story*. She was the beautiful, all-American Charlie's Angel, whose poster adorned the bedroom walls of teenage boys everywhere. One of the most storied love affairs in Hollywood history, their romance has captivated fans and media alike for more than three decades. In a tragic turn, the world lost Farrah after a tragic battle with cancer in 2009, but in his intimate memoir *Both of Us*, Ryan brings their relationship to vivid life. Fans of each other from afar, Ryan and Farrah met through her husband, Lee Majors, and fell passionately in love. Soon, however, reality threatened their happiness and they struggled with some serious matters, including the disintegration of Farrah's marriage; Ryan's troubled relationship with his daughter, Tatum, and son, Griffin; mismatched career trajectories; and raising their young son, Redmond—all leading Ryan and Farrah to an inevitable split in 1997. Ryan fought to create a life on his own but never stopped longing for Farrah. Eventually he realized that he had lost his true soul mate. Older and wiser, he and Farrah found their way back to each other and were excited to start a new life together. But their bliss was cut short when Farrah was diagnosed with cancer and passed away just three years later. Ryan's deep love for Farrah and his devotion to preserving her memory are evident in *Both of Us*. Drawing on decades' worth of personal records and keepsakes, he has included never-before-seen photographs, letters exchanged between him and Farrah, and his own diaries, making this a poignant and compelling memento for her fans. Written with candor

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and emotional honesty, it is a true Hollywood love story.

## Mother Sun

Mark Bouman recounts the events of his childhood at the hands of his larger-than-life, Neo-Nazi father in brilliant, startling detail in this memoir. From adventure-filled days complete with real-life war games, artillery fire, and tank races to terror-filled nights marked by vicious tirades, brutal beatings, and psychological torture, Mark paints a chilling portrait of family life that is at once whimsical and horrific, all building to a shocking climax that challenges even the broadest boundaries of love and forgiveness.

## The Tank Man's Son

A New York Times Notable Book of the Year Winner of the LAMBDA Literary Award for Lesbian Fiction Named a Best Book of 2016 by NPR, Entertainment Weekly, BuzzFeed, Bustle, San Francisco Chronicle, The Root, BookRiot, Kirkus Reviews, NYLON, Amazon, WBUR's "On Point", the Barnes & Noble Review, and Amazon (Fiction & Literature) Finalist for the NYPL Young Lions Fiction Award and the Center for Fiction's First Novel Prize Selected for the Grand Prix Litteraire of the Association of Caribbean Writers Longlisted for the ALA Over the Rainbow Award Longlisted for the Dublin Literary Award In this radiant, highly anticipated debut, a cast of unforgettable women battle for independence while a maelstrom of change threatens their Jamaican village. Capturing the distinct rhythms of Jamaican life and dialect, Nicole Dennis-Benn pens a tender hymn to a world hidden among pristine beaches and the wide expanse of turquoise seas. At an opulent resort in Montego Bay, Margot hustles to send her younger sister, Thandi, to school. Taught as a girl to trade her sexuality for survival, Margot is ruthlessly determined to shield Thandi from the

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same fate. When plans for a new hotel threaten their village, Margot sees not only an opportunity for her own financial independence but also perhaps a chance to admit a shocking secret: her forbidden love for another woman. As they face the impending destruction of their community, each woman—fighting to balance the burdens she shoulders with the freedom she craves—must confront long-hidden scars. From a much-heralded new writer, *Here Comes the Sun* offers a dramatic glimpse into a vibrant, passionate world most outsiders see simply as paradise.

### Writing Desire

ONE OF THE BEST BOOKS OF THE YEAR: TIME MAGAZINE  
\* GLAMOUR \* GOOD HOUSEKEEPING \* BOOKPAGE \*  
BOOK RIOT \* LIBRARY JOURNAL "A gripping and beautiful  
book about the power of love in the face of unimaginable loss."  
--Cheryl Strayed Two-year-old Greta Greene is sitting with her  
grandmother on a park bench on the Upper West Side of Manhattan  
when a brick crumbles from a windowsill overhead, falls, and  
strikes her unconscious. She is immediately rushed to the hospital.  
Jayson Greene's memoir begins with this event and with the anguish  
he and his wife, Stacy, confront in the wake of their daughter's  
trauma and the hours leading up to her death. But *Once More We  
Saw Stars* quickly becomes a narrative that is as much about hope  
and healing as it is about grief and loss. Jayson recognizes, even in  
the midst of his ordeal, that there will be a life for him beyond  
it--that if only he can continue moving forward, from one moment  
to the next, he will survive what seems unsurvivable. With raw  
honesty, deep emotion, and exquisite tenderness, Jayson Greene  
captures both the fragility of life and absoluteness of death, and  
most important of all, the unconquerable power of love. This is an  
unforgettable memoir of courage and transformation--and a book  
that will change the way you look at the world.

## Done With The Crying

The death of your child breaks you. With some luck, you may be able to rebuild most of who you were before that loss so that you are not a complete stranger, even to yourself. Even then, you know that you will never be the same again. There will always be a piece of you missing, leaving you forever broken. With the loss of her son, Jeramie, to a car accident, author Daynabelle Anderson found this to be true of herself: a forever broken mom. She then had to decide whether to fight it and live her life, trying in vain to be whole again, only to punish herself over and over when her efforts resulted in failure. Or she could accept that this was who she was now--to allow herself to be broken and to forgive herself for it. She chose the latter, and now she chronicles her journey into that brokenness. This personal narrative offers one mother's story and her perspective on how to live with grief, intended for anyone who has lost a loved one and who feels pressured to move on.

## Fun Home

Leaving the Hall Light On charts the near-destruction of one middle-class family whose son committed suicide after a seven-year struggle with bipolar disorder. & ;& ;Madeline Sharples, author, poet and web journalist, goes deep into her own well of grief to describe her anger, frustration and guilt. She describes many attempts - some successful, some not - to have her son committed to hospital and to keep him on his medication. The book also charts her and her family's redemption, how she considered suicide herself, and ultimately, her decision live and take care of herself as a woman, wife, mother and writer.& ;& ;Highly recommended if your life has been touched by bipolar disorder or suicide, this book will also inspire you to survive other tragedies.& ;& ;"A moving read of tragedy, trying to prevent it, and coping with life after." -

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Midwest Book Review & ;& ;"Moving, intimate and very inspiring." - Mark Shelmerdine, CEO, Jeffers Press & ;& ;"Poetically visceral, emotionally honest. I will be a better, more empathic psychiatrist, and a better person and friend after reading this extraordinary memoir." - Irvin D. Godofsky, M.D.

## Writing My Wrongs

A man who learned to read when he was ninety-eight recalls the early hardships of his life, shares his memories of segregation, and discusses his philosophical observations.

## 44 Chapters About 4 Men

Thirty years in the making, one hundred thousand patients later, the hundred numinous patients I will forever treasure. It has been said that memoirs are the narratives of our life, and as such, become the manner and method of how we make sense out of our life's journey. Indeed, I could not imagine my life without my career in the ER, since without it; I would truly feel like a naked, wizened skeleton devoid of skin, flesh or viscera. The ER experience was the alchemist's stone that touched my ordinary life, and in so many ways, made it exquisitely gilded. Many were the patients that stirred the invisible fabric of my soul, and made the ordinary universe seem so much more expansive and unequalled. The magnificence of the ER flows from the commanding variety of patients, not unlike the arresting diversity of flora in the plant kingdom, renders a regal awe upon the eyes and souls of the beholder.

## Shadows in the Sun

Exploring nearly sixty years of memoir and autobiography, *Writing Desire* examines the changing identity of gay men writing within a

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historical context. Distinguished scholar and psychoanalyst Bertram J. Cohler has carefully selected a diverse group of ten men, including historians, activists, journalists, poets, performance artists, and bloggers, whose life writing evokes the evolution of gay life in twentieth-century America. By contrasting the personal experience of these disparate writers, Cohler illustrates the social transformations that these men helped shape. Among Cohler's diverse subjects is Alan Helms, whose journey from Indiana to New York's gay society represents the passage of men who came of age in the 1950s and 1960s, when homosexuality was considered a hidden "disease." The liberating effects of Stonewall's aftermath are chronicled in the life of Arnie Kantrowitz, the prototypical activist for gay rights in the 1970s and the founder the Gay and Lesbian Alliance against Defamation. The artistic works of Tim Miller and Mark Doty evoke loss and shock during of the early stages of the AIDS epidemic in the 1980s. Cohler rounds out this collective group portrait by looking at the newest generation of writers in the Internet age via the blog of BrYaN, who did the previously unthinkable: he "outed" himself to millions of people. A compelling mix of social history and personal biography, *Writing Desire* distills the experience of three generations of gay America. Finalist, LGBT Studies, Lambda Literary Foundation

### The Anorexia Diaries

New York Times Bestseller A memoir of redemption, reform, and second chances amidst America's mass incarceration epidemic. Shaka Senghor was raised in a middle class neighborhood on Detroit's east side during the height of the 1980s crack epidemic. An honor roll student and a natural leader, he dreamed of becoming a doctor—but at age 11, his parents' marriage began to unravel, and the beatings from his mother worsened, sending him on a downward spiral that saw him run away from home, turn to drug

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dealing to survive, and end up in prison for murder at the age of 19, fuming with anger and despair. Writing *My Wrongs* is the story of what came next. During his nineteen-year incarceration, seven of which were spent in solitary confinement, Senghor discovered literature, meditation, self-examination, and the kindness of others—tools he used to confront the demons of his past, forgive the people who hurt him, and begin atoning for the wrongs he had committed. Upon his release at age thirty-eight, Senghor became an activist and mentor to young men and women facing circumstances like his. His work in the community and the courage to share his story led him to fellowships at the MIT Media Lab and the Kellogg Foundation and invitations to speak at events like TED and the Aspen Ideas Festival. In equal turns, *Writing My Wrongs* is a page-turning portrait of life in the shadow of poverty, violence, and fear; an unforgettable story of redemption, reminding us that our worst deeds don't define us; and a compelling witness to our country's need for rethinking its approach to crime, prison, and the men and women sent there. □ Oprah's Super Soul 100 Member

### My Song: Memoir of an Emergency Room Physician

A beautiful journal filled with thought-provoking prompts for mothers to answer in addictive list form. Children will cherish their mothers memories and wisdom for generations to come. Look Inside Book (click on below link) [http://ulyssespress.com/pgw/For\\_My\\_Children.pdf](http://ulyssespress.com/pgw/For_My_Children.pdf)

### Leaving the Hall Light On

A Duke University Divinity School instructor, Lutheran minister and author of *The Preacher King* describes the wrenching loss of his law student son to melanoma, a tragedy also marked by the imminent birth of another child and the spiritual lessons imparted

by the young man throughout the end of his life.

## Sin Bravely

Letters from Motherless Daughters is a compilation of the letters Hope Edelman received in response to her groundbreaking New York Times bestseller, *Motherless Daughters*. Reaffirming her precious link with motherless women across the country, Edelman presents these moving, honest, and often hopeful letters alongside her own insight to offer readers the opportunity to further learn from loss. The words of these brave women illustrate the profound pain, astounding strength, and undying perseverance of living through the loss of one's mother without ever outliving the need for her. Edelman has added a new introduction and new letters, tailoring this important book to a new generation.

## Stations of the Heart

Ever since she was a child, Linda Joy Myers felt the power of the past. As the third daughter in her family to be abandoned or estranged by a mother, she observed the consequences of that heritage on the women she loved as well as herself. But thanks to the stories told to her by her great-grandmother, Myers received a gift that proved crucial in her life: the idea that everyone is a walking storybook, and that we all have within us the key to a deeper understanding of life—the secret stories that make themselves known even without words. *Song of the Plains* is a weaving of family history that starts in the Oklahoma plains and spans over forty years as Myers combs through dusty archives, family stories, and genealogy online. She discovers the secrets that help to explain the fractures in her family, and the ways in which her mother and grandmother found a way not only to survive the great challenges of their eras, but to thrive despite mental illness and abuse. She

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discovers how decisions made long ago broke her family apart and she makes it her life's work to change her family story from one of abuse and loss to one of finding and creating a new story of hope, forgiveness, healing, and love.

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