

# Notes To Myself My Struggle Become A Person Hugh Prather

Your Go-to Guide for Finding Happiness Life got you down? Discover the cure to gloomy days in this book—packed with wisdom and inspiration guaranteed to bring your smile back. The obstacles to your happiness. There are a lot of things in life that we worry and stress about. Our jobs, relationships, and possessions are important to us, and because of that, we look to them for happiness. But when they ultimately disappoint us, they act as obstacles to attaining that very happiness we thought they would bring. In this motivational book, author Hugh Prather urges readers to let go of attitudes that hold us back from experiencing happiness. How to live a happy life. When we recognize and address the obstacles in our lives, we open the door for happiness to come in. But it doesn't happen without putting in the work. During his years of counseling, Prather learned and developed an actual program for being happy. Through following this program, and examining our own lives, we can learn how to actively work towards achieving the happiness we all long for. In *How to Live in the World and Still Be Happy* learn: How to find your happy life with the help of concrete exercises About the obstacles that may be standing in your way The benefits of an inspirational guide that you can return to again and again If you enjoyed books like *Resisting Happiness*, *How to Be Happy (Or at Least Less Sad)*, *A Year of Positive Thinking*, or *Get Out of Your Own Way*, then

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your next read should be *How to Live in the World and Still Be Happy* by Hugh Prather.

AN INSTANT #1 NEW YORK TIMES BESTSELLER

*Beautiful World, Where Are You* is a new novel by Sally Rooney, the bestselling author of *Normal People* and *Conversations with Friends*. Alice, a novelist, meets Felix, who works in a warehouse, and asks him if he'd like to travel to Rome with her. In Dublin, her best friend, Eileen, is getting over a break-up, and slips back into flirting with Simon, a man she has known since childhood. Alice, Felix, Eileen, and Simon are still young—but life is catching up with them. They desire each other, they delude each other, they get together, they break apart. They have sex, they worry about sex, they worry about their friendships and the world they live in. Are they standing in the last lighted room before the darkness, bearing witness to something? Will they find a way to believe in a beautiful world?

From the two-time Pulitzer Prize-winning author of *The Underground Railroad* and *The Nickel Boys*: a hilarious and supremely original novel set in the Hamptons in the 1980s, "a tenderhearted coming-of-age story fused with a sharp look at the intersections of race and class" (*The New York Times*). Benji Cooper is one of the few Black students at an elite prep school in Manhattan. But every summer, Benji escapes to the Hamptons, to Sag Harbor, where a small community of Black professionals have built a world of their own. The summer of '85 won't be without its usual trials and tribulations, of course. There will be complicated new handshakes to fumble through and state-of-the-art profanity to master. Benji will be

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tested by contests big and small, by his misshapen haircut (which seems to have a will of its own), by the New Coke Tragedy, and by his secret Lite FM addiction. But maybe, just maybe, this summer might be one for the ages. Look for Colson Whitehead's bestselling new novel, *Harlem Shuffle*!

"A quietly brilliant book that warms slowly in the hands."  
—Dwight Garner, *The New York Times*

I am not talking about surviving. I am not talking about becoming human, but about how I came to realize that I had always already been human. I am writing about all that I wanted to have, and how I got it. I am writing about what it cost, and how I was able to afford it. Jan Grue was diagnosed with spinal muscular atrophy at the age of three. Shifting between specific periods of his life—his youth with his parents and sister in Norway; his years of study in Berkeley, St. Petersburg, and Amsterdam; and his current life as a professor, husband, and father—he intersperses these histories with elegant, astonishingly wise reflections on the world, social structures, disability, loss, relationships, and the body: in short, on what it means to be human. Along the way, Grue moves effortlessly between his own story and those of others, incorporating reflections on philosophy, film, art, and the work of writers from Joan Didion to Michael Foucault. He revives the cold, clinical language of his childhood, drawing from a stack of medical records that first forced the boy who thought of himself as “just Jan” to perceive that his body, and therefore his self, was defined by its defects. *I Live a Life Like Yours* is a love story. It is rich with loss, sorrow, and joy, and with the details of one life:

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a girlfriend pushing Grue through the airport and forgetting him next to the baggage claim; schoolmates forming a chain behind his wheelchair on the ice one winter day; his parents writing desperate letters in search of proper treatment for their son; his own young son climbing into his lap as he sits in his wheelchair, only to leap down and run away too quickly to catch. It is a story about accepting one's own body and limitations, and learning to love life as it is while remaining open to hope and discovery.

An autobiographical novel focuses on a young man trying to make sense of his place in the disjointed world that surrounds him.

The highly anticipated new novel from the multiple award-winning author of *Queen of the Owls* . . . What if you had a second chance at the very thing you thought you'd renounced forever? How steep a price would you be willing to pay? Susannah's career as a pianist has been on hold for nearly sixteen years, ever since her son was born. An adoptee who's never forgiven her birth mother for not putting her first, Susannah vowed to put her own child first, no matter what. And she did. But now, suddenly, she has a chance to vault into that elite tier of "chosen" musicians. There's just one problem: somewhere along the way, she lost the power and the magic that used to be hers at the keyboard. She needs to get them back. Now. Her quest—what her husband calls her obsession—turns out to have a cost Susannah couldn't have anticipated. Even her hand betrays her, as Susannah learns that she has a progressive hereditary disease that's making her fingers cramp and curl—a

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curse waiting in her genes, legacy of a birth family that gave her little else. As her now-or-never concert draws near, Susannah is catapulted back to memories she's never been able to purge—and forward, to choices she never thought she would have to make. Told through the unique perspective of a musician, *The Sound Between the Notes* draws the reader deeper and deeper into the question Susannah can no longer silence: Who am I, and where do I belong?

*My Struggle: Book 4* finds an eighteen-year-old Karl Ove Knausgaard in a tiny fishing village in northern Norway, where he has been hired as a schoolteacher and is living on his own for the first time. When the ferocious winter takes hold, Karl Ove--in the company of the Håfjord locals, a warm and earthy group who have spent their lives working, drinking, and joking together in close quarters--confronts private demons, reels from humiliations, and is elated by small victories. We are immersed, along with Karl Ove, in this world--sometimes claustrophobic, sometimes serenely beautiful--where memories and physical obsessions burn throughout the endless Arctic winter. In *Book 4*, Karl Ove must weigh the realities of his new life as a writer against everything he had believed it would be.

From the globally acclaimed, best-selling novelist and author of *We Should All Be Feminists*, a timely and deeply personal account of the loss of her father.

"Essential." —*Booklist* *Notes on Grief* is an exquisite work of meditation, remembrance, and hope, written in the wake of Chimamanda Ngozi Adichie's beloved father's death in the summer of 2020. As the COVID-19

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pandemic raged around the world, and kept Adichie and her family members separated from one another, her father succumbed unexpectedly to complications of kidney failure. Expanding on her original New Yorker piece, Adichie shares how this loss shook her to her core. She writes about being one of the millions of people grieving this year; about the familial and cultural dimensions of grief and also about the loneliness and anger that are unavoidable in it. With signature precision of language, and glittering, devastating detail on the page—and never without touches of rich, honest humor—Adichie weaves together her own experience of her father’s death with threads of his life story, from his remarkable survival during the Biafran war, through a long career as a statistics professor, into the days of the pandemic in which he’d stay connected with his children and grandchildren over video chat from the family home in Abba, Nigeria. In the compact format of *We Should All Be Feminists* and *Dear Ijeawele*, Adichie delivers a gem of a book—a book that fundamentally connects us to one another as it probes one of the most universal human experiences. *Notes on Grief* is a book for this moment—a work readers will treasure and share now more than ever—and yet will prove durable and timeless, an indispensable addition to Adichie's canon.

The third volume--the book that made Knausgaard a phenomenon in the United States--in the addictive New York Times bestselling series *A family of four--mother, father, and two boys--move to the south coast of Norway, to a new house on a newly developed site. It is the early 1970s and the family's trajectory is upwardly mobile: the future seems*

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limitless. In painstaking, sometimes self-lacerating detail, Karl Ove Knausgaard paints a world familiar to anyone who can recall the intensity and novelty of childhood experience, one in which children and adults lead parallel lives that never meet. Perhaps the most Proustian in the series, *My Struggle: Book 3* gives us Knausgaard's vivid, technicolor recollections of childhood, his emerging self-understanding, and the multilayered nature of time's passing, memory, and existence.

**#1 NEW YORK TIMES BESTSELLER • ONE OF TIME MAGAZINE'S 100 BEST YA BOOKS OF ALL TIME** The extraordinary, beloved novel about the ability of books to feed the soul even in the darkest of times. When Death has a story to tell, you listen. It is 1939. Nazi Germany. The country is holding its breath. Death has never been busier, and will become busier still. Liesel Meminger is a foster girl living outside of Munich, who scratches out a meager existence for herself by stealing when she encounters something she can't resist—books. With the help of her accordion-playing foster father, she learns to read and shares her stolen books with her neighbors during bombing raids as well as with the Jewish man hidden in her basement. In superbly crafted writing that burns with intensity, award-winning author Markus Zusak, author of *I Am the Messenger*, has given us one of the most enduring stories of our time. “The kind of book that can be life-changing.” —The New York Times “Deserves a place on the same shelf with *The Diary of a Young Girl* by Anne Frank.” —USA Today **DON'T MISS BRIDGE OF CLAY, MARKUS ZUSAK'S FIRST NOVEL SINCE THE BOOK THIEF.**

Notes to Myself *My Struggle to Become a Person* Bantam  
"By the author of the award-winning *To Be a Machine*, a deeply considered look at the people and places in confrontation with the end of our days. We're alive in a time of worst-case scenarios: The weather has gone uncanny,

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volatile. Our old post-war alliances are crumbling. Everywhere you look there's an omen, a joke whose punchline is the end of the world. How are we to live in the shadow of such a grim future? What does the world hold for our children? What might it be like to live through the worst? And what is anybody doing about it? Dublin-based writer Mark O'Connell ("wryly humorous, cogently insightful"--NPR) is possessed by these questions. In *Notes from an Apocalypse*, he crosses the globe in pursuit of answers. He tours survival bunkers in South Dakota. He ventures to New Zealand, a favored retreat of billionaires banking on civilization's collapse. And he bears witness to those places where the future has already arrived--real-life portraits of the end of the world as we know it. In doing so, he offers us a unique window into our apocalyptic imagination. Part tour, part pilgrimage, *Notes from an Apocalypse* is an affecting and hopeful meditation on our alarming present tense. With insight, humanity, and wit, O'Connell leaves you to wonder: What if the end of the world isn't the end of the world?"--

*Begin Each Day in the Right State of Mind* These morning meditations by author Hugh Prather are just what you need to start your day right. His words will put you on the path to living a more loving and fulfilling life. Daily reflections to kickstart your day. Start each morning this year with the words of bestselling author, counselor, and minister Hugh Prather. Prather asks readers to consider the holistic nature of our lives—noting that how we start our day affects everything, from our mind and spirit to our family and work. If we start in an agitated mood, we face the day with a combative spirit. But when we begin in a peaceful mood, we open the door to welcome in more opportunities and graces. Renew your determination to become a better person. With each page of this spiritual book, you are invited to live as if you think our world and the people in it are worth caring about and worth



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making time for. Because when we realize that they are, and that we are all united in a unique relationship (ourselves, others, and God), we wake up to our own responsibility for what happens to us. These daily meditations ask us to reflect on the spiritual task ahead of us. Learn more about: The benefits of beginning each day with a peaceful mindset and a spiritual goal in mind Mindfulness meditations that awaken the mind and replenish the spirit How to start over and become a better person If you enjoyed books like Power Thoughts Devotional, Good Days Start with Gratitude, Sacred Rhythms, or Little Book of Mindfulness, then you'll love Morning Notes.

Reading Notes To Myself is one of those rare experiences that comes only once in a great while. The editor who discovered the book said, "When I first read Prather's manuscript it was late at night and I was tired, but by the time I finished it, I felt rested and alive. Since then I've reread it many times and it says even more to me now." The book serves as a beginning for the reader's exploration of his or her own life and as a treasury of thoughtful and insightful reminders.

An award-winning journalist's dramatic account of a shooting that shook a community to its core, with important implications for the future On the last evening of summer in 2013, five shots rang out in a part of northeast Denver known as the Holly. Long a destination for African American families fleeing the Jim Crow South, the area had become an "invisible city" within a historically white metropolis. While shootings there weren't uncommon, the identity of the shooter that night came as a shock. Terrance Roberts was a revered anti-gang activist. His attempts to bring peace to his community had won the accolades of both his neighbors and the state's most important power brokers. Why had he just fired a gun? In *The Holly*, the award-winning Denver-based

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journalist Julian Rubinstein reconstructs the events that left a local gang member paralyzed and Roberts facing the possibility of life in prison. Much more than a crime story, *The Holly* is a multigenerational saga of race and politics that runs from the civil rights movement to Black Lives Matter. With a cast that includes billionaires, elected officials, cops, developers, and street kids, the book explores the porous boundaries between a city's elites and its most disadvantaged citizens. It also probes the fraught relationships between police, confidential informants, activists, gang members, and ex-gang members as they struggle to put their pasts behind them. In *The Holly*, we see how well-intentioned efforts to curb violence and improve neighborhoods can go badly awry, and we track the interactions of law enforcement with gang members who conceive of themselves as defenders of a neighborhood. When Roberts goes on trial, the city's fault lines are fully exposed. In a time of national reckoning over race, policing, and the uses and abuses of power, Rubinstein offers a dramatic and humane illumination of what's at stake.

"I'm so glad this book was written! It offers extraordinarily wise and practical support for sacredness and commitment in relationships—something we desperately need in these times."—Jack Kornfield, author of *A Path with Heart*

What is the key to a successful, long-lasting relationship? It all begins with a simple promise. . . I will never leave you. While most books on relationships tell you why you should leave your partner, here is a refreshing look at the enormous gains that can come from staying. For more than twenty years, Hugh and Gayle Prather have been helping couples build satisfying, permanent, spiritually centered relationships. Based on their experience as counselors and the problems they've solved in their own long marriage, their book shares a message that dares to stand up against the tide of cop-outs

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and easy answers from most self-proclaimed relationship experts. In this groundbreaking work, the Prathers guide you through the eight “mindsets” of permanent relationships and give you the strategies you need to solve the specific difficulties most couples face. They speak frankly and very personally about some of the toughest tests of relationships—including infidelity, financial crises, and blended families. Filled with wit, wisdom, and compassion, *I Will Never Leave You* is a well-needed tonic for overcoming the epidemic popularity of “separation psychology” and instead building lasting, mature, mutually fulfilling relationships that stand the toughest challenge of all: real life.

**Reflections on the Struggles and Joys of Life** Our lives are full of ups and downs, and experiences that break us and fulfill us. Author, minister, radio talk show host, and counselor Hugh Prather explores the many facets of life and ponders the values of love, courage, and more. Full of personal revelations. True to style, this book by Hugh Prather is packed with honest personal reflections and inspirational thoughts that provide insights into life.

Prather records both his observations and sometimes startling personal revelations on his longings and commitments, his mistakes and anguish. By revealing his deepest thoughts from his diary, Prather welcomes us into a shared human experience and invites us to explore his perspective on life. Simple yet profound, personal yet universal. Prather’s works comprise more than meaningful quotes—they ask us to question and explore our own thoughts on love and life. Their meaning is magnified because they not only inspire but change us. And, Prather’s unique ability to speak both personally and universally makes his wisdom accessible

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to all. Anyone seeking spiritual or emotional growth will find it in Prather's *Love and Courage*. Learn more about: The values of truth and justice, friendship and generosity, love and courage and how they work in our lives Life experiences that have formed bestselling author Hugh Prather's view of the world and our place in it The beauty of life, even in the midst of struggles If you enjoyed books like *The Book of Awakening*, *Welcoming the Unwelcome*, or *Soul Keeping*, then you'll want to read *Love and Courage*.

Records the author's personal reflections on unselfishness, love, loyalty, courage, and honesty and the problems of friendship and growth

"This book is a message from autistic people to their parents, friends, teachers, coworkers and doctors showing what life is like on the spectrum. It's also my love letter to autistic people. For too long, we have been forced to navigate a world where all the road signs are written in another language." With a reporter's eye and an insider's perspective, Eric Garcia shows what it's like to be autistic across America. Garcia began writing about autism because he was frustrated by the media's coverage of it; the myths that the disorder is caused by vaccines, the narrow portrayals of autistic people as white men working in Silicon Valley. His own life as an autistic person didn't look anything like that. He is Latino, a graduate of the University of North Carolina, and works as a journalist covering politics in Washington D.C. Garcia realized he needed to put into writing what so many autistic people have been saying for years; autism is a part of their identity, they don't need to be fixed. In

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We're Not Broken, Garcia uses his own life as a springboard to discuss the social and policy gaps that exist in supporting those on the spectrum. From education to healthcare, he explores how autistic people wrestle with systems that were not built with them in mind. At the same time, he shares the experiences of all types of autistic people, from those with higher support needs, to autistic people of color, to those in the LGBTQ community. In doing so, Garcia gives his community a platform to articulate their own needs, rather than having others speak for them, which has been the standard for far too long.

**NEW YORK TIMES BESTSELLER •** A searing, deeply moving memoir of illness and recovery that traces one young woman's journey from diagnosis to remission to re-entry into "normal" life—from the author of the *Life, Interrupted* column in *The New York Times* "I was immersed for the whole ride and would follow Jaouad anywhere. . . . Her writing restores the moon, lights the way as we learn to endure the unknown."—Chanel Miller, *The New York Times Book Review* "Beautifully crafted . . . affecting . . . a transformative read . . . Jaouad's insights about the self, connectedness, uncertainty and time speak to all of us."—*The Washington Post* In the summer after graduating from college, Suleika Jaouad was preparing, as they say in commencement speeches, to enter "the real world." She had fallen in love and moved to Paris to pursue her dream of becoming a war correspondent. The real world she found, however, would take her into a very different kind of conflict zone. It started with an itch—first on her feet, then up her legs,

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like a thousand invisible mosquito bites. Next came the exhaustion, and the six-hour naps that only deepened her fatigue. Then a trip to the doctor and, a few weeks shy of her twenty-third birthday, a diagnosis: leukemia, with a 35 percent chance of survival. Just like that, the life she had imagined for herself had gone up in flames. By the time Jaouad flew home to New York, she had lost her job, her apartment, and her independence. She would spend much of the next four years in a hospital bed, fighting for her life and chronicling the saga in a column for *The New York Times*. When Jaouad finally walked out of the cancer ward—after countless rounds of chemo, a clinical trial, and a bone marrow transplant—she was, according to the doctors, cured. But as she would soon learn, a cure is not where the work of healing ends; it's where it begins. She had spent the past 1,500 days in desperate pursuit of one goal—to survive. And now that she'd done so, she realized that she had no idea how to live. How would she reenter the world and live again? How could she reclaim what had been lost? Jaouad embarked—with her new best friend, Oscar, a scruffy terrier mutt—on a 100-day, 15,000-mile road trip across the country. She set out to meet some of the strangers who had written to her during her years in the hospital: a teenage girl in Florida also recovering from cancer; a teacher in California grieving the death of her son; a death-row inmate in Texas who'd spent his own years confined to a room. What she learned on this trip is that the divide between sick and well is porous, that the vast majority of us will travel back and forth between these realms throughout our lives. *Between Two Kingdoms* is a

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profound chronicle of survivorship and a fierce, tender, and inspiring exploration of what it means to begin again. Provides inspirational advice on initiating and maintaining spirituality, which will ultimately satisfy the soul and provide personal contentment.

**Start Your Day with a Dose of Happiness** This 30-day course composed of insightful thoughts and reflections will give you the encouragement you need to find happiness and inner peace. A guide to happiness. On our journey to a happy life, sometimes we need a little help. Author Hugh Prather steps in to take the role of our compassionate and thoughtful guide in this course for finding happiness. He spent his life not only as an author but as a minister and counselor, and so lends the wisdom and comfort that he provided in those roles to readers of this inspirational book. Quiet power in unsettled times. Prather's signature way of writing makes this book a potent and refreshing source of truth amidst the troubles we face in our daily lives. His reflections on how to be happy are rooted in human experience, and call on us to consider our connection with others. His words call on the spiritual and yet remain relatable to all people seeking personal growth, particularly as it relates to our happiness. Open up Hugh Prather's **Shining Through**. Switch on your life, ground yourself in happiness and learn more about: Reflections on Prather's own pain, observations, and ways of coping with modern life The art of happiness and how we can find it Life-changing practices that can shift how we face tragedies and fears If you enjoyed books like **A Short Guide to a Happy Life, How Happiness Happens,**

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Getting to Good, or Lovingkindness then you'll love  
Shining Through.

Bestselling writer and psychotherapist Irvin D. Yalom puts himself on the couch in a lapidary memoir Irvin D. Yalom has made a career of investigating the lives of others. In this profound memoir, he turns his writing and his therapeutic eye on himself. He opens his story with a nightmare: He is twelve, and is riding his bike past the home of an acne-scarred girl. Like every morning, he calls out, hoping to befriend her, "Hello Measles!" But in his dream, the girl's father makes Yalom understand that his daily greeting had hurt her. For Yalom, this was the birth of empathy; he would not forget the lesson. As *Becoming Myself* unfolds, we see the birth of the insightful thinker whose books have been a beacon to so many. This is not simply a man's life story, Yalom's reflections on his life and development are an invitation for us to reflect on the origins of our own selves and the meanings of our lives.

Religious games suggest new perspectives on life by proposing unusual, hypothetical conditions and having the players imagine their reactions

Poetic reflections on the asymptotic nature of intellectual growth

An exhilarating story of ambition, joy and failure in early manhood from the international phenomenon, Karl Ove Knausgaard. \* Karl Ove Knausgaard's dazzling new novel, *The Morning Star*, is available to pre-order now \* As the youngest student to be admitted to Bergen's prestigious Writing Academy, Karl Ove arrives full of excitement and writerly aspirations. Soon though, he is stripped of his youthful illusions. His writing is revealed to be puerile and



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clichéd, and his social efforts are a dismal failure. He drowns his shame in drink and rock music. Then, little by little, things begin to change. He falls in love, gives up writing and the beginnings of an adult life take shape. That is, until his self-destructive binges and the irresistible lure of the writer's struggle pull him back. 'Breathtaking... Knausgaard has a rare talent for making everyday life seem fascinating' The Times Find the Key to Happiness in Letting Go Shed what weighs you down. From long-harbored guilt to deep-rooted prejudices, many of us bear the weight of harmful tendencies in our daily lives. Whether we realize it or not, these things are actively holding us back from the happiness we long to attain. In this inspirational book, minister and counselor Hugh Prather provides a guide for mental cleansing. It is only in ridding our minds of the fear and judgments we cling to that we open the door for happiness. Embrace opportunities as they come. The more we hold on to, the less room we have to take on more. If our minds are clouded by negativity, then we aren't facing each day with the openness that it deserves. By facing each moment with enthusiasm, we pave the path for positive thinking and make the most out of every opportunity that comes our way. Practical exercises and lasting tools. Changing how we think takes practice. This is why Prather doesn't just tell us that it's important to let go?he shares with his readers simple steps for how to go about letting go of things that hold us back. Through learning from Prather's shared experiences and adopting the practices he offers, we can find happiness, peace, and a chance at spiritual renewal. Read a copy of Hugh Prather's The Little Book of Letting Go today and discover...

- A simple 3-step process for letting go
- A 30-day plan for spiritual renewal
- Personal stories from Prather about his own journey

Readers of Letting Go: The Pathway of Surrender, It's All Under Control, The Art of Happiness, or Love is Letting Go of Fear will love The Little

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Book of Letting Go.

In her first novel since *The Quick and the Dead* (a finalist for the Pulitzer Prize), the legendary writer takes us into an uncertain landscape after an environmental apocalypse, a world in which only the man-made has value, but some still wish to salvage the authentic. "She practices ... camouflage, except that instead of adapting to its environment, Williams's imagination, by remaining true to itself, reveals new colorations in the ecology around her." —A.O. Scott, *The New York Times Book Review*

Khristen is a teenager who, her mother believes, was marked by greatness as a baby when she died for a moment and then came back to life. After Khristen's failing boarding school for gifted teens closes its doors, and she finds that her mother has disappeared, she ranges across the dead landscape and washes up at a "resort" on the shores of a mysterious, putrid lake the elderly residents there call "Big Girl." In a rotting honeycomb of rooms, these old ones plot actions to punish corporations and people they consider culpable in the destruction of the final scraps of nature's beauty. What will Khristen and Jeffrey, the precocious ten-year-old boy she meets there, learn from this "gabby seditious lot, in the worst of health but with kamikaze hearts, an army of the aged and ill, determined to refresh, through crackpot violence, a plundered earth"? Rivetingly strange and beautiful, and delivered with Williams's searing, deadpan wit, *Harrow* is their intertwined tale of paradise lost and of their reasons—against all reasonableness—to try and recover something of it.

#1 NEW YORK TIMES BESTSELLER • NATIONAL BOOK AWARD WINNER • NAMED ONE OF TIME'S TEN BEST NONFICTION BOOKS OF THE DECADE • PULITZER PRIZE FINALIST • NATIONAL BOOK CRITICS CIRCLE AWARD FINALIST • ONE OF OPRAH'S "BOOKS THAT HELP ME THROUGH" • NOW AN HBO ORIGINAL

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SPECIAL EVENT Hailed by Toni Morrison as “required reading,” a bold and personal literary exploration of America’s racial history by “the most important essayist in a generation and a writer who changed the national political conversation about race” (Rolling Stone) NAMED ONE OF THE MOST INFLUENTIAL BOOKS OF THE DECADE BY CNN • NAMED ONE OF PASTE’S BEST MEMOIRS OF THE DECADE • NAMED ONE OF THE TEN BEST BOOKS OF THE YEAR BY The New York Times Book Review • O: The Oprah Magazine • The Washington Post • People • Entertainment Weekly • Vogue • Los Angeles Times • San Francisco Chronicle • Chicago Tribune • New York • Newsday • Library Journal • Publishers Weekly In a profound work that pivots from the biggest questions about American history and ideals to the most intimate concerns of a father for his son, Ta-Nehisi Coates offers a powerful new framework for understanding our nation’s history and current crisis. Americans have built an empire on the idea of “race,” a falsehood that damages us all but falls most heavily on the bodies of black women and men—bodies exploited through slavery and segregation, and, today, threatened, locked up, and murdered out of all proportion. What is it like to inhabit a black body and find a way to live within it? And how can we all honestly reckon with this fraught history and free ourselves from its burden? *Between the World and Me* is Ta-Nehisi Coates’s attempt to answer these questions in a letter to his adolescent son. Coates shares with his son—and readers—the story of his awakening to the truth about his place in the world through a series of revelatory experiences, from Howard University to Civil War battlefields, from the South Side of Chicago to Paris, from his childhood home to the living rooms of mothers whose children’s lives were taken as American plunder. Beautifully woven from personal narrative, reimagined history, and fresh, emotionally charged reportage,

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Between the World and Me clearly illuminates the past, bravely confronts our present, and offers a transcendent vision for a way forward.

A thirty-day program for achieving "spiritual purification" recommends letting go as the key to happiness and shows readers how to cast off the prejudices, preconceptions, and prejudgements that imprison them. Original. 40,000 first printing.

"Thrilling, tender, utterly absorbing . . . Every chapter shimmered with truth. It's an unforgettable debut." --Cheryl Strayed  
From travel writer Jedidiah Jenkins comes a long-awaited memoir of adventure, struggle, and lessons learned while bicycling the 14,000 miles from Oregon to Patagonia. On the eve of turning thirty, terrified of being funneled into a life he didn't choose, Jedidiah Jenkins quit his dream job and spent the next sixteen months cycling from Oregon to Patagonia. He chronicled the trip on Instagram, where his photos and profound reflections on life soon attracted hundreds of thousands of followers and got him featured by National Geographic and The Paris Review. In this unflinchingly honest memoir, Jed narrates the adventure that started it all: the people and places he encountered on his way to the bottom of the world, and the internal journey that prompted it. As he traverses cities, mountains, and inner boundaries, Jenkins grapples with the questions of what it means to be an adult, his struggle to reconcile his sexual identity with his conservative Christian upbringing, and his belief in travel as a way to "wake us up" to life back home. A soul-stirring read for the wanderer in each of us, To Shake the Sleeping Self is an unforgettable reflection on adventure, identity, and a life lived without regret.

From the internationally bestselling author of the "terrifically affecting" (The Philadelphia Inquirer) Mornings in Jenin, a sweeping and lyrical novel that follows a young Palestinian

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refugee as she slowly becomes radicalized while searching for a better life for her family throughout the Middle East, for readers of international literary bestsellers including Washington Black, My Sister, The Serial Killer, and Her Body and Other Parties. As Nahr sits, locked away in solitary confinement, she spends her days reflecting on the dramatic events that landed her in prison in a country she barely knows. Born in Kuwait in the 70s to Palestinian refugees, she dreamed of falling in love with the perfect man, raising children, and possibly opening her own beauty salon. Instead, the man she thinks she loves jilts her after a brief marriage, her family teeters on the brink of poverty, she's forced to prostitute herself, and the US invasion of Iraq makes her a refugee, as her parents had been. After trekking through another temporary home in Jordan, she lands in Palestine, where she finally makes a home, falls in love, and her destiny unfolds under Israeli occupation. Nahr's subversive humor and moral ambiguity will resonate with fans of My Sister, The Serial Killer, and her dark, contemporary struggle places her as the perfect sister to Carmen Maria Machado's Her Body and Other Parties. Written with Susan Abulhawa's distinctive "richly detailed, beautiful, and resonant" (Publishers Weekly) prose, this powerful novel presents a searing, darkly funny, and wholly unique portrait of a Palestinian woman who refuses to be a victim.

Amoral, cunning, ruthless, and instructive, this multi-million-copy New York Times bestseller is the definitive manual for anyone interested in gaining, observing, or defending against ultimate control – from the author of The Laws of Human Nature. In the book that People magazine proclaimed "beguiling" and "fascinating," Robert Greene and Joost Elffers have distilled three thousand years of the history of power into 48 essential laws by drawing from the philosophies of Machiavelli, Sun Tzu, and Carl Von Clausewitz and also

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from the lives of figures ranging from Henry Kissinger to P.T. Barnum. Some laws teach the need for prudence (“Law 1: Never Outshine the Master”), others teach the value of confidence (“Law 28: Enter Action with Boldness”), and many recommend absolute self-preservation (“Law 15: Crush Your Enemy Totally”). Every law, though, has one thing in common: an interest in total domination. In a bold and arresting two-color package, *The 48 Laws of Power* is ideal whether your aim is conquest, self-defense, or simply to understand the rules of the game.

Offers techniques for protecting a marriage, a framework detailing the eight stages of relationships, and guidance on remedying difficulties

**NATIONAL BOOK AWARD FINALIST •** One of the first undocumented immigrants to graduate from Harvard reveals the hidden lives of her fellow undocumented Americans in this deeply personal and groundbreaking portrait of a nation.

“Karla’s book sheds light on people’s personal experiences and allows their stories to be told and their voices to be heard.”—Selena Gomez **FINALIST FOR THE NBCC JOHN LEONARD AWARD • NAMED A BEST BOOK OF THE YEAR BY THE LOS ANGELES TIMES, THE NEW YORK TIMES BOOK REVIEW, NPR, THE NEW YORK PUBLIC LIBRARY, BOOK RIOT, LIBRARY JOURNAL, AND TIME**

Writer Karla Cornejo Villavicencio was on DACA when she decided to write about being undocumented for the first time using her own name. It was right after the election of 2016, the day she realized the story she’d tried to steer clear of was the only one she wanted to tell. So she wrote her immigration lawyer’s phone number on her hand in Sharpie and embarked on a trip across the country to tell the stories of her fellow undocumented immigrants—and to find the hidden key to her own. Looking beyond the flashpoints of the border or the activism of the DREAMers, Cornejo

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Villavicencio explores the lives of the undocumented—and the mysteries of her own life. She finds the singular, effervescent characters across the nation often reduced in the media to political pawns or nameless laborers. The stories she tells are not deferential or naively inspirational but show the love, magic, heartbreak, insanity, and vulgarity that infuse the day-to-day lives of her subjects. In New York, we meet the undocumented workers who were recruited into the federally funded Ground Zero cleanup after 9/11. In Miami, we enter the ubiquitous botanicas, which offer medicinal herbs and potions to those whose status blocks them from any other healthcare options. In Flint, Michigan, we learn of demands for state ID in order to receive life-saving clean water. In Connecticut, Cornejo Villavicencio, childless by choice, finds family in two teenage girls whose father is in sanctuary. And through it all we see the author grappling with the biggest questions of love, duty, family, and survival. In her incandescent, relentlessly probing voice, Karla Cornejo Villavicencio combines sensitive reporting and powerful personal narratives to bring to light remarkable stories of resilience, madness, and death. Through these stories we come to understand what it truly means to be a stray. An expendable. A hero. An American.

In the past few decades, personality psychology has made considerable progress in raising new questions about human nature—and providing some provocative answers. New scientific research has transformed old ideas about personality based on the theories of Freud, Jung, and the humanistic psychologies of the nineteen sixties, which gave rise to the simplistic categorizations of the Meyer-Briggs Inventory and the 'enneagram'. But the general public still knows little about the new science and what it reveals about who we are. In this book, Brian Little, one of the psychologists who helped re-shape the field, provides the first in-depth

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exploration of the new personality science and its provocative findings for general readers. The book explores questions that are rooted in the origins of human consciousness but are as commonplace as yesterday's breakfast conversation. Are our first impressions of other people's personalities usually fallacious? Are creative individuals essentially maladjusted? Are our personality traits, as William James put it "set like plaster" by the age of thirty? Is a belief that we are in control of our lives an unmitigated good? Do our singular personalities comprise one unified self or a confederacy of selves, and if the latter, which of our mini-me-s do we offer up in marriage or mergers? Are some individuals genetically hard-wired for happiness? Which is the more viable path toward human flourishing, the pursuit of happiness or the happiness of pursuit? Little provides a resource for answering such questions, and a framework through which readers can explore the personal implications of the new science of personality. Questionnaires and interactive assessments throughout the book facilitate self-exploration, and clarify some of the stranger aspects of our own conduct and that of others. Brian Little helps us see ourselves, and other selves, as somewhat less perplexing and definitely more intriguing. This is not a self-help book, but students at Harvard who took the lecture course on which it is based claim that it changed their lives.

#1 New York Times bestseller · Seven starred reviews · Boston Globe-Horn Book Award Honor Book "For all the struggle in this book, Thomas rarely misses a step as a writer. Thomas continues to hold up that mirror with grace and confidence. We are lucky to have her, and lucky to know a girl like Bri."—The New York Times Book Review This digital edition contains a letter from the author, deleted scenes, a picture of the author as a teen rapper, an annotated playlist, Angie's top 5 MCs, an annotated rap, illustrated quotes from



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the book, and an excerpt from Angie's next novel, Concrete Rose. Sixteen-year-old Bri wants to be one of the greatest rappers of all time. Or at least win her first battle. As the daughter of an underground hip hop legend who died right before he hit big, Bri's got massive shoes to fill. But it's hard to get your come up when you're labeled a hoodlum at school, and your fridge at home is empty after your mom loses her job. So Bri pours her anger and frustration into her first song, which goes viral . . . for all the wrong reasons. Bri soon finds herself at the center of a controversy, portrayed by the media as more menace than MC. But with an eviction notice staring her family down, Bri doesn't just want to make it—she has to. Even if it means becoming the very thing the public has made her out to be. Insightful, unflinching, and full of heart, *On the Come Up* is an ode to hip hop from one of the most influential literary voices of a generation. It is the story of fighting for your dreams, even as the odds are stacked against you; and about how, especially for young black people, freedom of speech isn't always free.

The extraordinary final volume of 'the most significant literary enterprise of our times' (Guardian) *The End* is the sixth and final book in the monumental *My Struggle* cycle, which depicts life in all its shades, from moments of great drama to seemingly trivial everyday details. Here, Karl Ove Knausgaard examines life, death, love and literature with unsparing rigour and begins to count the cost of his project. He reflects on the fallout from the earlier books as he faces the pressures of literary acclaim and its often shattering repercussions. *The End* is at once a meditation on writing and its relationship with reality, and an account of a writer's relationship with himself - his ambitions, his frailties and doubts.

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