

## The Trauma Cleaner

A vivid and essential memoir of deafness, disability and identity by Australian writer Fiona Murphy

Toxic thoughts, depression, anxiety--our mental mess is frequently aggravated by a chaotic world and sustained by an inability to manage our runaway thoughts. But we shouldn't settle into this mental mess as if it's just our new normal. There's hope and help available to us--and the road to healthier thoughts and peak happiness may actually be shorter than you think. Backed by clinical research and illustrated with compelling case studies, Dr. Caroline Leaf provides a scientifically proven five-step plan to find and eliminate the root of anxiety, depression, and intrusive thoughts in your life so you can experience dramatically improved mental and physical health. In just 21 days, you can start to clean up your mental mess and be on the road to wholeness, peace, and happiness.

The case is unexceptional, that is what I know. A house full of stuff left behind by a dead woman, abandoned at the last . . . When trauma cleaner Essie Pound makes a gruesome discovery in the derelict Edinburgh boarding house she is sent to clean, it brings her into contact with a young policewoman, Emily Noble, who has her own reasons to solve the case. As the two women embark on a journey into the heart of a forgotten family, the investigation prompts fragmented memories of their own traumatic histories – something Emily has spent a lifetime attempting to bury, and Essie a lifetime trying to lay bare. Emily Noble's Disgrace is the third novel from Mary Paulson-Ellis, the bestselling author of *The Other Mrs Walker*, a *Waterstones Scottish Book of the Year*.

A National Book Foundation "5 Under 35" Honoree Finalist for the PEN/Hemingway Award for a Debut Novel Shortlisted for the Center for Fiction First Novel Prize A New York Times Notable Book One of the most highly praised novels of the year, the debut from an astonishing young writer, Freshwater tells the story of Ada, an unusual child who is a source of deep concern to her southern Nigerian family. Young Ada is troubled, prone to violent fits. Born "with one foot on the other side," she begins to develop separate selves within her as she grows into adulthood. And when she travels to America for college, a traumatic event on campus crystallizes the selves into something powerful and potentially dangerous, making Ada fade into the background of her own mind as these alters—now protective, now hedonistic—move into control. Written with stylistic brilliance and based in the author's realities, Freshwater dazzles with ferocious energy and serpentine grace.

"One of America's most notorious murder cases inspires this feverish debut" novel that goes inside the mind of Lizzie Borden (*The Guardian*). On the morning of August 4, 1892, Lizzie Borden calls out to her maid: Someone's killed Father. The brutal ax-murder of Andrew and Abby Borden in their home in Fall River, Massachusetts, leaves little evidence and many unanswered questions. In this riveting debut novel, Sarah Schmidt reimagines the day of the infamous murders as an intimate story of a family devoid of love. While neighbors struggle to understand why anyone would want to harm the respected Borden family, those close to the family have a different tale to tell?of a father with an explosive temper, a spiteful stepmother, and two spinster sisters desperate for their independence. As the police search for clues, Lizzie's memories of that morning flash in scattered fragments. Had she been in the barn or the pear arbor to escape the stifling heat of the house? When did she last speak to her stepmother? Were they really gone and would everything be better now? Shifting among the perspectives of the unreliable Lizzie, her older sister Emma, the housemaid Bridget, and the enigmatic stranger Benjamin, the events of that fateful day are slowly revealed through a high-wire feat of storytelling.

In one way or another, we all carry trauma. It can manifest as anxiety, shame, low self-esteem, over-eating, under-eating, addiction, depression, confusion, people-pleasing, under-earning, low mood, negative thinking, social anxiety, anger, brain fog and more. Traumas, big or 'little', leave us trapped in cycles of dysfunctional behaviours, negative thoughts and difficult feelings. Yet many people are unaware they're stuck in old reactions and patterns that stem from their past traumas. Many of us are wary of the word and push it away instead of moving towards it and learning how to break free. Dr Sarah Woodhouse is a Research Psychologist who specialises in trauma and is passionate about helping people face this word and their past. In *You're Not Broken* she teaches you what a trauma is (it's probably not what you think), and how to recognise when, why and how your past is holding you back. She gently explains the pitfalls of ignoring awkward, upsetting episodes and how true freedom comes from looking back at your past with honesty. Then, sharing the latest research-based techniques and her own personal experience, she guides you towards breaking the trauma loop, reawakening your true self and reclaiming your future.

The inspiration for the HBO documentary from Academy Award-winning producer Alex Gibney. The #1 New York Times bestseller based on years of reporting and interviews with more than 250 people from every corner of Tiger Woods's life—this "comprehensive, propulsive...and unsparing" (*The New Yorker*) biography is "an ambitious 360-degree portrait of golf's most scrutinized figure...brimming with revealing details" (*Golf Digest*). In 2009, Tiger Woods was the most famous athlete on the planet, a transcendent star of almost unfathomable fame and fortune living what appeared to be the perfect life. But it turned out he had been living a double life for years—one that exploded in the aftermath of a Thanksgiving night crash that exposed his serial infidelity and sent his personal and professional lives over a cliff. In this "searing biography of golf's most blazing talent" (*GOLF* magazine), Jeff Benedict and Armen Keteyian dig deep behind the headlines to produce a richly reported answer to the question that has mystified millions of sports fans for nearly a decade: who is Tiger Woods, really? Drawing on more than four hundred interviews with people from every corner of Woods's life—many of whom have never spoken about him on the record before—Benedict and Keteyian construct a captivating psychological profile of a mixed race child programmed by an attention-grabbing father and the

original Tiger Mom to be the “chosen one,” to change not just the game of golf, but the world as well. But at what cost? Benedict and Keteyian provide the startling answers in this definitive biography that is destined to linger in the minds of readers for years to come. “Irresistible... Immensely readable... Benedict and Keteyian bring us along for the ride in a whirlwind of a biography that reads honest and true” (The Wall Street Journal). Ultimately, Tiger Woods is “a big American story... exhilarating, depressing, tawdry, and moving in almost equal measure” (The New York Times).

Figuring explores the complexities of love and the human search for truth and meaning through the interconnected lives of several historical figures across four centuries--beginning with the astronomer Johannes Kepler, who discovered the laws of planetary motion, and ending with the marine biologist and author Rachel Carson, who catalyzed the environmental movement. Stretching between these figures is a cast of artists, writers, and scientists--mostly women, mostly queer--whose public contribution have risen out of their unclassifiable and often heartbreaking private relationships to change the way we understand, experience, and appreciate the universe. Among them are the astronomer Maria Mitchell, who paved the way for women in science; the sculptor Harriet Hosmer, who did the same in art; the journalist and literary critic Margaret Fuller, who sparked the feminist movement; and the poet Emily Dickinson. Emanating from these lives are larger questions about the measure of a good life and what it means to leave a lasting mark of betterment on an imperfect world: Are achievement and acclaim enough for happiness? Is genius? Is love? Weaving through the narrative is a set of peripheral figures--Ralph Waldo Emerson, Charles Darwin, Elizabeth Barrett Browning, Herman Melville, Frederick Douglass, Nathaniel Hawthorne, and Walt Whitman--and a tapestry of themes spanning music, feminism, the history of science, the rise and decline of religion, and how the intersection of astronomy, poetry, and Transcendentalist philosophy fomented the environmental movement.

In Trauma as Medicine, Sarah Salter Kelly shares her experience of her mother's kidnapping and brutal homicide as an inspiring example of how to distill trauma into medicine on a personal level. Chapter by chapter, she invites the reader to take their own journey of healing. Sarah's story takes us beyond the realm of personal healing and into the collective, as she seeks to understand her mother's murderer. This leads her to the First Nations reserve of his ancestors and real-life immersion in the history of colonization in Canada, systemic racism, and white privilege. Offering ceremonies, journaling, and exercises, Sarah leads you into the discomfort of your own suffering to be with it, determine for yourself what you need, and discover the tools to proceed towards wholeness. Areas of focus include: Connecting with your own helping spirits, guides, and ancestors Altered states, including Ayahuasca Setting healthy boundaries Tending to the victim self Tuning in to feelings Facing fear and building a strong intuition Metabolising trauma: digesting and composting the waste, assimilating the gifts Ceremonies to face a perpetrator and contemplate forgiveness Collective healing

Injury is an increasingly significant health problem throughout the world, accounting for 16 per cent of the global burden of disease. The public health burden of death and disability from injury is particularly notable in low and middle income countries. These guidelines seek to establish practical and affordable standards applicable to injury or trauma care worldwide, whether in rural health posts, small hospitals, hospitals staffed by specialists or tertiary care centres. It sets out a list of key trauma treatment services designed to be achievable in all settings, and defines the various human and physical resources required. It also includes a number of recommendations for methods to promote such standards including training, performance improvement, trauma team organisation and hospital inspection.

Winner of the 2019 Wellcome Book Prize Winner of the 2019 Republic of Consciousness Prize Shortlisted for the 2018 Goldsmiths Prize Shortlisted for the 2019 James Tait Black Prize Longlisted for the 2019 Rathbones Folio Prize Taking its cue from the arrest and legally enforced chemical castration of the mathematician Alan Turing, Murmur is the account of a man who responds to intolerable physical and mental stress with love, honour and a rigorous, unsentimental curiosity about the ways in which we perceive ourselves and the world. Formally audacious, daring in its intellectual inquiry and unwaveringly humane, Will Eaves's Murmur is a rare achievement.

A captivating new book from Wade Davis--award-winning, best-selling author and National Geographic Explorer-in-Residence for more than a decade--that brings vividly to life the story of the great Río Magdalena, illuminating Colombia's complex past, present, and future Travelers often become enchanted with the first country that captures their hearts and gives them license to be free. For Wade Davis, it was Colombia. Now in a masterly new book, Davis tells of his travels on the mighty Magdalena, the river that made possible the nation. Along the way, he finds a people who have overcome years of conflict precisely because of their character, informed by an enduring spirit of place, and a deep love of a land that is home to the greatest ecological and geographical diversity on the planet. As Gabriel García Márquez once wrote during his own pilgrimage on the river: "The only reason I would like to be young again would be the chance to travel again on a freighter going up the Magdalena." Only in Colombia can a traveler wash ashore in a coastal desert, follow waterways through wetlands as wide as the sky, ascend narrow tracks through dense tropical forests, and reach verdant Andean valleys rising to soaring ice-clad summits. This rugged and impossible geography finds its perfect coefficient in the topography of the Colombian spirit: restive, potent, at times placid and calm, in moments explosive and wild. Both a corridor of commerce and a fountain of culture, the wellspring of Colombian music, literature, poetry, and prayer, the Magdalena has served in dark times as the graveyard of the nation. And yet, always, it returns as a river of life. At once an absorbing adventure and an inspiring tale of hope and redemption, Magdalena gives us a rare, kaleidoscopic picture of a nation on the verge of a new period of peace. Braiding together memoir, history, and journalism, Wade Davis tells the story of the country's most magnificent river, and in doing so, tells the epic story of Colombia.

'Absolutely fascinating. She writes with admirable honesty... It is a book I know I shall read again' Ruth Hogan, author of The Keeper of Lost Things What do our possessions say

about us? Why do we project such meaning onto them? Only after her mother's death does Susannah Walker discover how much of a hoarder she had become. Over the following months, she has to sort through a dilapidated house filled to the brim with rubbish and treasures, in search of a woman she'd never really known or understood in life. This is her last chance to piece together her mother's story and make sense of their troubled relationship. What emerges from the mess of scattered papers, discarded photographs and an extraordinary amount of stuff is the history of a sad and fractured family, haunted by dead children, divorce and alcohol. *The Life of Stuff* is a deeply personal memoir about mourning and the shoring up of possessions against the losses and griefs of life, which also raises universal questions about what makes us the people we are.

*The First Book to Link the Science Behind Tiny Habits to Faith and Trauma Recovery* "The heartache that you woke up with this morning, that pain in your soul that makes even the task of receiving hope for today exhausting, that heartache is not who you are. The abuses, losses, and betrayals you've experienced do not have to continue to cast a dark shadow over your life. Your journey is not over, and you are never alone. Your situation is not your destiny, and sorrow isn't your permanent address." Juni Felix is a triumph—a survivor of profound trauma, a Behavior Design Teaching Team member of renowned Stanford University professor Dr. B. J. Fogg's Behavior Design Lab, and a Tiny Habits Coach. She begins her book with these words to encourage every recovering person to design a path toward hope, peace, and joy. By combining the science of Behavior Design with faith, she equips you with a proven method that works: Tiny Habits, a fun and surprisingly simple system that reprograms your mind toward faith that offers freedom from the wounds of your past. In this accessible book, she offers a vision of living faith by practicing Tiny Habits that build on each other and reward us with tiny victories and celebrations along the way. As one who has long used Tiny Habits and teaches about using them to transform lives and relationships, Juni teaches that because God is a Systems Guy, human behavior is not random and unpredictable; it's systematic. Once you understand the system, you can design strategies that work to take back your life and stop the cycle of shame, blame, and self-condemnation for good.

Before she was a trauma cleaner, Sandra Pankhurst was many things: husband and father, drag queen, gender reassignment patient, sex worker, small businesswoman, trophy wife. . . . But as a little boy, raised in violence and excluded from the family home, she just wanted to belong. Now she believes her clients deserve no less. A woman who sleeps among garbage she has not put out for forty years. A man who bled quietly to death in his living room. A woman who lives with rats, random debris and terrified delusion. The still life of a home vacated by accidental overdose. Sarah Krasnostein has watched the extraordinary Sandra Pankhurst bring order and care to these, the living and the dead—and the book she has written is equally extraordinary. Not just the compelling story of a fascinating life among lives of desperation, but an affirmation that, as isolated as we may feel, we are all in this together.

The lives of four high school seniors intersect weeks before a meteor is set to pass through Earth's orbit, with a 66.6% chance of striking and destroying all life on the planet. *Simultaneous eBook.*

The second book by the bestselling, award-winning author of *The Trauma Cleaner*. With her trademark compassion, observational rigour and unique humanity, Sarah Krasnostein takes us into the lives of people who believe in something extraordinary, despite the odds.

'If your relationship is so bad, why don't you just leave them?' 'If you were in such an abusive relationship, why did you stay with them for so long?' 'If you knew you were in a relationship with such a toxic person, why didn't you ask people for help?' If you've ever been asked these questions, aside from being ignorant and hurtful, you'll know it's beyond frustrating. The answer to the above questions, whilst it's complex and often confusing, can be given with two words: trauma bonded. If you find you're in a relationship that you know is so toxic that it's crushing your very being, but you can't bring yourself to leave, you may be in the clutches of a tight trauma bond. If you're constantly feeling on edge, forever working to appease your spouse to little avail and like you're constantly being chipped away at with their abusive behavior, then I can understand how emotionally shattering it feels to live this way. If in the same breath, it breaks your heart to even consider leaving them because you can't imagine life without them, then I can understand that feeling too; because I was trauma bonded to my abusive ex. From my own personal experience and from the experiences other survivors have opened up to me about, this book will cover the following: - What trauma bonding really is - The 7 stages that lead to you becoming trauma bonded - The parallels that Stockholm syndrome has with trauma bonding - The 5 stages you go through when you come to accept you're trauma bonded - The cognitive dissonance a trauma bond can cause - Breaking free from the traumatic bond This book will also include my own experiences and I'll draw upon those to help you really understand trauma bonding, and let you know that you're not alone in being shackled by this emotionally crippling bond. More importantly, this book will help you understand that the invisible chain that tethers you to your abuser can be broken.

Shortlisted for the 2019 Wellcome Book Prize Winner, The 2018 Victorian Prize for Literature, and the Prize for Non-Fiction Before she was a trauma cleaner, Sandra Pankhurst was many things: husband and father, drag queen, gender reassignment patient, sex worker, small businesswoman, trophy wife... But as a little boy, raised in violence and excluded from the family home, she just wanted to belong. Now she believes her clients deserve no less. A woman who sleeps among garbage she has not put out for forty years. A man who bled quietly to death in his lounge room. A woman who lives with rats, random debris and terrified delusion. The still life of a home vacated by accidental overdose. Sarah Krasnostein has watched the extraordinary Sandra Pankhurst bring order and care to these, the living and the dead—and the book she has written is equally extraordinary. Not just the compelling story of a fascinating life among lives of desperation, but an affirmation that, as isolated as we may feel, we are all in this together. Sarah Krasnostein is a writer. She is admitted to legal practice in Australia and America, and holds a doctorate in criminal law. She is the best-selling author of *The Trauma Cleaner*

which won the Victorian Prize for Literature, the Victorian Premier's Prize for Non-Fiction, the Australian Book Industry Award for General Non-Fiction, the Dobbie Literary Award, jointly won the Douglas Stewart Prize for non-fiction at the NSW Premier's Literary Awards, was longlisted for the Walkley Book Award and was shortlisted for the National Biography Award, the Melbourne Prize for Literature and the Wellcome Book Prize (UK). Her work has appeared in a variety of publications and academic journals in Australia, the UK and America. 'Amazing...I couldn't put this book down, and I can't wait to recommend it to everyone I know.' Readings 'Written with sensitivity, insight and warmth...Krasnostein has pieced together a compelling history through careful research and interviews. The Trauma Cleaner is no ordinary trauma narrative: we see how the infliction of multiple traumas has left this fascinating woman uniquely placed to restore order among the despair of others, and it is with similar care that Krasnostein has produced this book.' Books + Publishing 'This is a book which resists the temptation to fill in the gaps. In that sense, it enacts trauma itself. Krasnostein doesn't try and insist that all the details of these complex lives add up – she merely describes them vividly, lovingly and respectfully to make a single statement: this is a life.' Judges' Report, Victorian Premier's Literary Awards, 2018 'A book that is as hard to read as it is hard to put down. A story of pain and loss and loneliness, of trauma and transformations and sassy humour. And cleaning...It is a hilarious and poignant tale of a woman who defies all labels...Krasnostein is a very fine writer. Her debut book is a compelling and honest story of human survival, and love.' Janet Albrechtsen, Australian 'An extraordinary life story superbly retold.' Tim Gott, Devonport Bookshop 'It's a truly remarkable story.' Joan Mackenzie, Whitcoulls 'The most original non-fiction book of the year...Written with warmth, humour and sensitivity, The Trauma Cleaner is utterly fascinating.' Page & Blackmore Booksellers 'Krasnostein's playful yet heartfelt debut is one of the most arresting works of biography you will read in a long time.' Guardian 'Krasnostein is an astute observer of human nature and her understated yet elegant prose is reminiscent of Helen Garner.' Readings 'Krasnostein has done a clean-up of her own, untangling the narrative behind Pankhurst's own cluttered memories...She lets Pankhurst's courage, humanity and sheer decency shine through. It's a fascinating read.' SA Weekend 'Surely the most original non-fiction book of the year...Written with warmth, humour and sensitivity, The Trauma Cleaner is utterly fascinating.' Page & Blackmore NZ 'A wondrous portrait of an inspiring character.' Saturday Paper '[Sandra] is one of the most extraordinary characters you will ever find in a work of non-fiction...The Trauma Cleaner is a disturbing and fascinating read with a heavy, beating heart at its centre...[Krasnostein] shows how a writer can empathise and engage with a subject yet still paint a realistic portrait.' Australian 'An anomalous, indelible treasure...Krasnostein allows Sandra's story room to breathe and expand, to quietly but confidently stake its claim to the reader's heart.' Kill Your Darlings '[Pankhurst's] story is probably one of the most touching, thoughtful and thought-provoking you will ever read...Sarah Krasnostein tells it with moving compassion, even love.' New Zealand Herald 'Krasnostein creates a humane portrait of a woman who has somehow found fertile ground in the mess of life. A brutal, heartbreaking and utterly moving story of survival – and a quiet kind of triumph.' Better Reading 'An extraordinarily impressive debut, in terms of both quality of writing and treatment of the subject matter...Krasnostein handles her material with respect, grace and compassion.' Sydney Morning Herald 'Sarah Krasnostein does a marvellous job of illuminating Sandra Pankhurst the person...it's the vignettes of Pankhurst's early life and upbringing in Melbourne, interspersed throughout the book, that make for compelling reading.' Readings Best Non-Fiction 2017 'Compelling reading...This book reads like an unabashed love letter to Pankhurst with the first-time author, embedded for years in her subject's life, effusive in her adoration.' Courier-Mail 'Compelling, compassionate, questioning and fascinating enough for at least four sequels—the reasons you finishing reading may not be the reasons you started. Stunning.' Fullers Bookshop 'A superbly written book about the re-doubtable Sandra Pankhurst and her work as a trauma cleaner...This is the startling life story of Pankhurst, a trans woman with a heart the size of Uluru, written in Krasnostein's irresistibly warm, frank, intelligent voice as she describes site of sadness and horror that take the reader straight to the dark heart of the human condition.' Kerryn Goldsworthy, Best Books of 2017, Australian Book Review 'The Trauma Cleaner by Sarah Krasnostein is hard to describe, but will delight anyone who reads it – it is that good...The stories of the hoarders and Sandra's compassion when dealing with them that will have you transfixed. Promise.' InDaily 'Deep empathy for complex individuals...Explore[s] the best and worst of who we are.' Graeme Simson, Sydney Morning Herald's Year in Reading 2017 'The remarkable story of super cleaner Sandra Pankhurst who cleans up crimes and squalor with rare compassion and kindness.' Adelaide Advertiser, Favourite Books of the Year 'One of the strangest, most fascinating books I've read, and a standout of the year. Krasnostein's command of language is exquisite, and the complexity of Sandra Pankhurst's life story unfolds seamlessly with the current-day narrative of her unique business and the people she meets with it.' Feminist Writers Festival, Favourite Reads of 2017 'The Trauma Cleaner pays tribute to a person who's an absolute life force even among the death and decay and squalor and stench that she works in every day and the crushing difficulties of her own past. And it's a story told more beautifully than you can possibly imagine.' Radio National, 2017's Best Summer Reads 'Deeply moving...The book reads as a love letter from Krasnostein to Sandra...I treasured every word.' Sofie Laguna, Australian Women's Weekly 'Sarah Krasnostein has written the story of her friend Sandra in a respectful way, detailing every reinvention Sandra made in her personal and professional endeavours. Readers will find Sandra's story emotional, shocking and triumphant. It is the true story of a remarkable and resilient human being.' Good Reading ' [A] one-of-a-kind biography.' Marilyn Stasio, New York Times Book Review Summer Reading Guide 'Absolutely stunning.' Popsugar 'Through countless encounters with the fetid, the neglected, and the downright tragic, Pankhurst has found meaning and peace, and [author] Krasnostein a singular subject whom she approaches with well-deserved awe.' Booklist (starred review) 'A transgender former prostitute cleans up the fetid houses of the psychotic, the hopeless and the murdered. Sounds like some dubious TLC special, but it's a fascinating bio of Sandra Pankhurst... Revelatory.' People 'Compelling and fascinating' Oxygen 'Pankhurst is an engaging, sympathetic, and fascinating person, and Krasnostein does an excellent job of balancing Pankhurst's

personal story with those of her clients.' LitHub, Crimereads 'Intriguing...A complex protagonist makes for engaging material.' Publishers Weekly 'Within the pages of The Trauma Cleaner Krasnostein has given us an extraordinary gift of humanity, life, and determination while carefully guiding us through the unspeakable conditions in which people find themselves in the face of trauma. Through sublime writing, Sarah Krasnostein expertly renders an unforgettable portrait of Sandra, one of the most compelling people I have ever read. I found myself constantly walking the line between frustration and utter love for this woman and I haven't been able to stop thinking about her and the life she has lived. Krasnostein is a master storyteller of creative non-fiction and I am in awe.' Sarah Schmidt, author of See What I Have Done

Around one-fifth of Australians will suffer from mental illness in any given year. And the pandemic is making things worse, especially in schools. Our mental health system is under stress and not fit for purpose. What is to be done? In this brilliant mix of portraiture and analysis, Sarah Krasnostein tells the stories of three women and their treatment by the state while at their most unwell. What do their experiences tell us about the likelihood of institutional and cultural change? Krasnostein argues that we live in a society that often punishes vulnerability, but shows we have the resources to mend a broken system. But do we have the will to do so, or must the patterns of the past persist into the future? A brilliantly warm, witty and moving portrait of our pandemic lives, told in ten heart-rending and uplifting short stories. Love and marriage. Children and family. Death and grief. Life touches everyone the same. But living under lockdown, it changes us alone. In these ten, beautifully moving short stories, Booker Prize-winner Roddy Doyle paints a collective portrait of our strange times. A man abroad wanders the stag-and-hen-strewn streets of Newcastle, as news of the virus at home asks him to question his next move. An exhausted nurse struggles to let go, having lost a much-loved patient in isolation. A middle-aged son, barred from his mother's funeral, wakes to an oncoming hangover of regret. Told with Doyle's signature warmth, wit and extraordinary eye for the richness that underpins the quiet of our lives, Life Without Children cuts to the heart of how we are all navigating loss, loneliness and the shifting of history underneath our feet.

'An astonishing book' M.W. CRAVEN He is my husband. To honour and obey. Until murder do us part. London, 1888: Susannah rushes into marriage to a young and wealthy surgeon. After a passionate honeymoon, she returns home with her new husband wrapped around her little finger. But then everything changes. His behaviour becomes increasingly volatile and violent. He stays out all night, returning home bloodied and full of secrets. Lonely and frustrated, Susannah starts following the gruesome reports of a spate of murders in Whitechapel. But as the killings continue, her mind takes her down the darkest path imaginable. Every time her husband stays out late, another victim is found dead. Is it coincidence? Or is he the man they call Jack the Ripper?

Rajiv Surendra was filming Mean Girls, playing the beloved rapping mathlete Kevin Gnapoor, when a cameraman insisted he read Yann Martel's Life of Pi. So begins his "lovely and human" (Jenny Lawson, author of Furiously Happy) tale of obsessively pursuing a dream, overcoming failure, and finding meaning in life. "This was a once-in-a-lifetime chance. I found myself standing dangerously close to the edge of a cliff. Far below me was an incredible abyss with no end in sight. I could turn back and safely return to where I had come from, or I could throw caution to the wind, lift my arms up into the air . . . and jump." —From The Elephants in My Backyard What happens when you spend ten years obsessively pursuing a dream, and then, in the blink of an eye, you learn that you have failed, that the dream will not come true? In 2003, Rajiv Surendra was filming Mean Girls, playing the beloved rapping mathlete Kevin Gnapoor, when a cameraman insisted he read Yann Martel's Life of Pi. Mesmerized by all the similarities between Pi and himself—both are five-foot-five with coffee-colored complexions, both share a South Indian culture, both lived by a zoo—when Rajiv learns that Life of Pi will be made into a major motion picture he is convinced that playing the title role is his destiny. In a great leap of faith Rajiv embarks on a quest to embody the sixteen-year-old Tamil schoolboy. He quits university and buys a one-way ticket from Toronto to South India. He visits the sacred stone temples of Pondicherry, he travels to the frigid waters off the coast of rural Maine, and explores the cobbled streets of Munich. He befriends Yann Martel, a priest, a castaway, an eccentric old woman, and a pack of Tamil schoolboys. He learns how to swim, to spin wool, to keep bees, and to look a tiger in the eye. All the while he is really learning how to dream big, to fail, to survive, to love, and to become who he truly is. Rajiv Surendra captures the uncertainty, heartache, and joy of finding ones place in the world with sly humor and refreshing honesty. The Elephants in My Backyard is not a journey of goals and victories, but a story of process and determination. It is a spellbinding and profound book for anyone who has ever failed at something and had to find a new path through life.

He was wearing a pair of leather pants that clung like terrified orphans to his muscular thighs, and a revealing black mesh t-shirt. The outfit seemed at odds with the cream-coloured settee and floral print curtains. From stalking and eventually meeting her Young Talent Time idol when she was twelve, to a particularly abhorrent encounter at a high-quality swingers night, and a mildly perverse obsession with Bob Ellis, there is nothing Marieke Hardy won't write about. Welcome to a chronicle of broken hearts, fervid pursuits, passionate friendships, deranged letter-writing, the allure of the bot

A sassy, heart-breaking and jaw-dropping memoir of life behind the scenes in a funeral home and strip club, written with all the panache, honesty and sensitivity of Rosie Waterland's The Anti-Cool Girl and Sarah Krasnostein's The Trauma Cleaner. Emma Jane Holmes had her dream job, working in the funeral industry, caring for those who could no longer care for themselves. But when the bills mounted after her marriage breakdown, she turned to her other dream - dancing on stage as a showgirl - and her glittering alter ego Madison was born. Emma Jane kept Madison a secret. Madison kept Emma Jane an even bigger one. But what happens when death touches the neon world of the strip club? And sex - in the form of a cute co-worker - encroaches on the funeral home? Could the answer be life, lived in the day, because that's the only day you have? Emma Jane Holmes' debut will take you into the mortuary, cemetery and crematorium - and behind the scenes in night clubs - and answer all the questions you never wanted to ask ... PRAISE 'A beautiful insight into two industries we're all curious about, full of warmth and wit' - Carly Findlay OAM, author of Say Hello 'Meet Australia's most outrageous mortician ...

## Read Book The Trauma Cleaner

her stories are deadly' - news.com.au 'Emma Jane Holmes shines a beautiful light on love, death and connection' - Samantha X, author of Hooked 'We're all going to die sometime ... Emma Jane Holmes brings so much light to the subject' - Andy Dowling, Andy Social podcast

NEW YORK TIMES BESTSELLER - NATIONAL BOOK AWARD FINALIST From the #1 New York Times best-selling author of *The Lost City of Z*, a twisting, haunting true-life murder mystery about one of the most monstrous crimes in American history In the 1920s, the richest people per capita in the world were members of the Osage Nation in Oklahoma. After oil was discovered beneath their land, the Osage rode in chauffeured automobiles, built mansions, and sent their children to study in Europe. Then, one by one, the Osage began to be killed off. The family of an Osage woman, Mollie Burkhart, became a prime target. One of her relatives was shot. Another was poisoned. And it was just the beginning, as more and more Osage were dying under mysterious circumstances, and many of those who dared to investigate the killings were themselves murdered. As the death toll rose, the newly created FBI took up the case, and the young director, J. Edgar Hoover, turned to a former Texas Ranger named Tom White to try to unravel the mystery. White put together an undercover team, including a Native American agent who infiltrated the region, and together with the Osage began to expose one of the most chilling conspiracies in American history. A New York Times Notable Book Named a best book of the year by Amazon, Wall Street Journal, The Boston Globe, San Francisco Chronicle, GQ, Time, Newsday, Entertainment Weekly, Time Magazine, NPR, Vogue, Smithsonian, Cosmopolitan, Seattle Times, Bloomberg, Lit Hub, and Slate

Neal Smither doesn't hide his work. The side of his van reads: "Crime Scene Cleaners: Homicides, Suicides and Accidental Death." Whenever a hotel guest permanently checks out, the cops finish an investigation, or an accidental death is reported, Smither's crew pick up the pieces after the police cruisers and ambulances have left. Alan Emmins offers a glimpse at this little-known aspect of America's most gruesome deaths. Filled with details as fascinating as they are gory, *Mop Men* examines not just the public fascination with murder but also how a self-made success like Smither can make a fortune just by praying for death.

"The things we do every day to keep ourselves clean can have surprising and unintended effects, as this entertaining introduction to the new science of skin microbes and probiotics reveals Keeping skin healthy is a booming industry, and yet it seems like almost no one agrees on what actually works. What one person says is vital another says is toxic. We have not cured acne or eczema, allergies keep getting worse, and autoimmune conditions are becoming increasingly common. In *Clean*, doctor and journalist James Hamblin explores how we got here, examining the science and culture of how we care for our skin today. He talks to dermatologists, microbiologists, allergists, immunologists, aestheticians, bar-soap enthusiasts, venture capitalists, Amish people, theologians, and straight-up scam artists, trying to figure out what it really means to be clean. He even experiments with giving up showers entirely, and discovers that he is not alone. Along the way he realizes that most of our standards of cleanliness are less related to health than most people think. In fact, our overuse of soap, sanitizers, and untested, misleading skin-care products may be to blame for many problems. But a little-known area of science is shining light on our skin microbiome—the trillions of microbes that live on our skin and in our pores. These microbes influence everything from acne, eczema, and dry skin to how we smell. The new goal of skin care will be to cultivate a healthy biome—and to embrace the meaning of "clean" in the natural sense. This can mean doing much less, saving time, money, energy, water, and plastic bottles in the process. Lucid, accessible, and deeply researched, *Clean* explores the ongoing, radical change in the way we think about our skin, introducing readers to the emerging science that will be at the forefront of health and wellness conversations in coming years"--

Winner of the Victorian Prize for Literature, Sarah Krasnostein's *The Trauma Cleaner: One Woman's Extraordinary Life in the Business of Death, Decay, and Disaster* is the fascinating biography of one of the people responsible for tidying up homes in the wake of natural—and unnatural—catastrophes and fatalities. Homicides and suicides, fires and floods, hoarders and addicts. When properties are damaged or neglected, it falls to Sandra Pankhurst, founder of Specialized Trauma Cleaning (STC) Services Pty. Ltd. to sift through the ashes or sweep up the mess of a person's life or death. Her clients include law enforcement, real estate agents, executors of deceased estates, and charitable organizations representing victimized, mentally ill, elderly, and physically disabled people. In houses and buildings that have fallen into disrepair, Sandra airs out residents' smells, throws out their weird porn, their photos, their letters, the last traces of their DNA entombed in soaps and toothbrushes. The remnants and mementoes of these people's lives resonate with Sandra. Before she began professionally cleaning up their traumas, she experienced her own. First, as a little boy, raised in violence and excluded from the family home. Then as a husband and father, drag queen, gender reassignment patient, sex worker, small businesswoman, and trophy wife. In each role she played, all Sandra wanted to do was belong. *The Trauma Cleaner* is the extraordinary true story of an extraordinary person dedicated to making order out of chaos with compassion, revealing the common ground Sandra Pankhurst—and everyone—shares with those struck by tragedy.

Jen Beagin's funny, moving, fearless debut novel introduces an unforgettable character, Mona—almost 24, cleaning houses to get by, emotionally adrift. Handing out clean needles to drug addicts, she falls for a recipient who proceeds to break her heart in unimaginable ways. She decamps to Taos, New Mexico, for a fresh start, where she finds a community of seekers and cast-offs. But they all have one or two things to teach her—the pajama-wearing, blissed-out New Agers, the slightly creepy client with peculiar tastes in controlled substances, the psychic who might really be psychic. Always just under the surface are her memories of growing up in a chaotic, destructive family from which she's trying to disentangle herself. The story of her journey toward a comfortable place in the world and a measure of self-acceptance is psychologically acute, often surprising, and entirely human.

A look into the disturbing but fascinating new field of bio-recovery, as a critically acclaimed crime writer rolls up his sleeves and delves into the world of Aftermath, Inc. The best way to understand the world of Aftermath, Inc. is to imagine life before it. Grief-stricken families of suicide or homicide victims were left to cope on their own. Sometimes police would leave a can of ground coffee behind to soak up the mess. Sometimes local church groups offered to help with the horrific chaos of the scene. Into this void stepped Tim Reifsteck and Chris Wilson, who filled a desperate need by founding their bio-remediation company. Gil Reavill traces their history, introducing us to their clients and employees, and the cops, coroners, and detectives they encounter in their work. Their stories are stranger than fiction, and utterly human and compelling.

NOW AN EMMY-NOMINATED HULU ORIGINAL SERIES • NEW YORK TIMES BESTSELLER • “A stunning novel about the transformative power of relationships” (People) from the author of *Conversations with Friends*, “a master of the literary page-turner” (J. Courtney Sullivan). ONE OF THE TEN BEST NOVELS OF THE DECADE—Entertainment Weekly TEN BEST BOOKS OF THE YEAR—People, Slate, The New York Public Library, Harvard Crimson AND BEST BOOKS OF THE YEAR—The New York Times, The New York Times Book Review, O: The Oprah Magazine, Time, NPR, The Washington Post, Vogue, Esquire, Glamour, Elle, Marie Claire, Vox, The Paris Review, Good Housekeeping, Town & Country Connell and Marianne grew up in the same small town, but the similarities end there. At school, Connell is popular and well liked, while Marianne is a loner. But when the two strike up a conversation—awkward but electrifying—something life changing begins. A year later, they're both studying at Trinity College in Dublin. Marianne has found her feet in a new social world while Connell hangs at the sidelines, shy and uncertain. Throughout their years at university, Marianne and Connell circle one another, straying toward other people and possibilities but always magnetically, irresistibly drawn back together. And as she veers into self-destruction and he begins to search for meaning

## Read Book The Trauma Cleaner

elsewhere, each must confront how far they are willing to go to save the other. Normal People is the story of mutual fascination, friendship and love. It takes us from that first conversation to the years beyond, in the company of two people who try to stay apart but find that they can't. Praise for Normal People "[A] novel that demands to be read compulsively, in one sitting."—The Washington Post "Arguably the buzziest novel of the season, Sally Rooney's elegant sophomore effort . . . is a worthy successor to Conversations with Friends. Here, again, she unflinchingly explores class dynamics and young love with wit and nuance."—The Wall Street Journal "[Rooney] has been hailed as the first great millennial novelist for her stories of love and late capitalism. . . . [She writes] some of the best dialogue I've read."—The New Yorker

"What does everyone in the modern world need to know? [The author's] answer to this most difficult of questions uniquely combines the hard-won truths of ancient tradition with the stunning revelations of cutting-edge scientific research. [The author discusses] discussing discipline, freedom, adventure and responsibility, distilling the world's wisdom into 12 practical and profound rules for life"--

A Comprehensive Guide to Understanding and Healing Shared Trauma What can you do when you carry scars not on your body, but within your soul? And what happens when those spiritual wounds exist not just in you, but in everyone in your family, community, and even beyond? Spiritual teacher Thomas Hübl has spent years investigating why it is that old and seemingly disconnected traumas can seed their way through communities and across generations. His work culminates in Healing Collective Trauma, a new perspective on trauma that addresses both its visible effects and its most hidden roots. Thomas combines deep knowledge of mystical traditions with the latest scientific research. "In this way," writes Thomas, "we are weaving a double helix between ancient wisdom and contemporary understanding." Thomas details the Collective Trauma Integration Process, a group-based modality for evoking and eventually dissolving stuck traumatic energies. Providing structured practices for both students and group facilitators, Healing Collective Trauma is intended to build a practical tool kit for integration. Here, you will learn: The innumerable ways trauma shapes our world—from identity and health to economy, geopolitics, and the state of the environment The concept of "trauma loyalty"—unconscious group bonds based in a pain narrative How the climate crisis is both a manifestation of humanity's collective trauma and an opportunity to heal "Retrocausality"—how the power of presence can reshape the past and make new futures possible Including essays contributed by experts such as Dr. Gabor Maté, Dr. Otto Scharmer, Dr. Christina Bethell, and Ken Wilber, Healing Collective Trauma offers not just an advanced look at community trauma but also a hopeful glimpse of the future. As Thomas declares, "Together, I believe we can and must heal the 'soul wound' that marks us all. In so doing, we will awaken to the luminous possibility and profound potential of our true, mutual nature as humankind."

Scorching, self-scouring: a young woman finds her steel and learns to wield it' - Helen Garner 'Brutal, brave and utterly compelling...I can't remember a book I devoured with such intensity, nor one that moved me so profoundly' Rebecca Starford, author of Bad Behaviour and co-founder of Kill Your Darlings EGG SHELL SKULL: A well-established legal doctrine that a defendant must 'take their victim as they find them'. If a single punch kills someone because of their thin skull, that victim's weakness cannot mitigate the seriousness of the crime. But what if it also works the other way? What if a defendant on trial for sexual crimes has to accept his 'victim' as she comes: a strong, determined accuser who knows the legal system, who will not back down until justice is done? Bri Lee began her first day of work at the Queensland District Court as a bright-eyed judge's associate. Two years later she was back as the complainant in her own case. This is the story of Bri's journey through the Australian legal system; first as the daughter of a policeman, then as a law student, and finally as a judge's associate in both metropolitan and regional Queensland—where justice can look very different, especially for women. The injustice Bri witnessed, mourned and raged over every day finally forced her to confront her own personal history, one she'd vowed never to tell. And this is how, after years of struggle, she found herself on the other side of the courtroom, telling her story. Bri Lee has written a fierce and eloquent memoir that addresses both her own reckoning with the past as well as with the stories around her, to speak the truth with wit, empathy and unflinching courage. Eggshell Skull is a haunting appraisal of modern Australia from a new and essential voice. 'Courageous, heartbreaking and ultimately hopeful' Liam Pieper, author of The Toymaker 'Sensitive and clear-eyed' Jessica Friedmann, author of Things That Helped 'A page-turner of a memoir, impossible to put down' Krissy Kneen, author of An Uncertain Grace

"Morbid and illuminating" (Entertainment Weekly)—a young mortician goes behind the scenes of her curious profession. Armed with a degree in medieval history and a flair for the macabre, Caitlin Doughty took a job at a crematory and turned morbid curiosity into her life's work. She cared for bodies of every color, shape, and affliction, and became an intrepid explorer in the world of the dead. In this best-selling memoir, brimming with gallows humor and vivid characters, she marvels at the gruesome history of undertaking and relates her unique coming-of-age story with bold curiosity and mordant wit. By turns hilarious, dark, and uplifting, Smoke Gets in Your Eyes reveals how the fear of dying warps our society and "will make you reconsider how our culture treats the dead" (San Francisco Chronicle).

A biography of Harvey Milk, the first openly gay city official in the nation, recounts his public and personal life, and examines the emergence of the San Francisco gay community as a social and political force.

The Trauma Cleaner One Woman's Extraordinary Life in the Business of Death, Decay, and Disaster

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