

Staring At Lakes: A Memoir Of Love, Melancholy And Magical Thinking

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

'In public or on stage, it's different. I'm fine. I have no bother talking to three hundred people, and sharing my feelings. But when I'm in a room on a one-to-one basis, I get lost. I can never find the right word. Except for that phrase - hold me.' Michael Harding's wife has departed for a six-week trip, and he has been left alone in their home in Leitrim. Faced with the realities of caring for himself for the first time since his illness two years before, Harding endeavours to tame the 'elephant' - an Asian metaphor for the unruly mind. As he does, he finds himself finally coming to terms with the death of his mother - a loss that has changed him more than he knows. Funny, searingly honest and profound, *Hanging with the Elephant* pulls back the curtain and reveals what it is really like to be alive.

"A story of love, loss and meditation" -- Cover.

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

Double Take

Hanging with the Elephant

A Walk in the Woods

Some Bright Morning, I'll Fly Away

Angela's Ashes

Mill Town

What Is Beautiful in the Sky

On the eve of burying her only son, she stays awake all night, examining old photographs, cherishing warm memories, and sometimes disturbed by uneasy ghosts from the past. She recalls her son's tragic death, his failed romance, and Louise, who for a short while looked like the partner that might make her son happy.

Part how-to, part personal memoir, *The Big Tiny* is an utterly seductive meditation on the benefits of slowing down, scaling back, and appreciating the truly important things in life. More than ten years ago, a near-death experience abruptly reminded sustainability advocate and pioneer Dee Williams that life is short. So, she sold her sprawling home and built an eighty-four-square-foot house—on her own, from the ground up. Today, Williams can list everything she owns on one sheet of paper, her monthly housekeeping bills amount to about eight dollars, and it takes her about ten minutes to clean the entire house. Adapting a new lifestyle left her with the ultimate luxury—more time to spend with friends and family—and gave her the freedom to head out for adventure at a moment's notice, or watch the clouds and sunset while drinking a beer on her (yes, tiny) front porch.

For fans of Cheryl Strayed, the gripping story of a biologist's human-powered journey from the Pacific Northwest to the Arctic to rediscover her love of birds, nature, and adventure. During graduate school, as she conducted experiments on the peculiarly misshapen beaks of chickadees, ornithologist Caroline Van Hemert began to feel stifled in the isolated, sterile environment of the lab. Worried that she was losing her passion for the scientific research she once loved, she was compelled to experience wildness again, to be guided by the sounds of birds and to follow the trails of animals. In March of 2012, she and her husband set off on a 4,000-mile wilderness journey from the Pacific rainforest to the Alaskan Arctic, traveling by rowboat, ski, foot, raft, and canoe. Together, they survived harrowing dangers while also experiencing incredible moments of joy and grace -- migrating birds silhouetted against the moon, the steamy breath of caribou, and the bond that comes from sharing such experiences. A unique blend of science, adventure, and personal narrative, *The Sun is a Compass* explores the bounds of the physical body and the tenuousness of life in the company of the creatures who make their homes in the wildest places left in North America. Inspiring and beautifully written, this love letter to nature is a lyrical testament to the resilience of the human spirit. Winner of the 2019 Banff Mountain Book Competition: Adventure Travel

Winner of the 2021 Rachel Carson Environmental Book Award Winner of the 2021 Maine Literary Award for Nonfiction Finalist for the 2020 National Book Critics John Leonard Prize for Best First Book Finalist for the 2021 New England Society Book Award Finalist for the 2021 New England Independent Booksellers Association Award A New York Times Editors' Choice and Chicago Tribune top book for 2020 "Mill Town is the book of a lifetime; a deep-drilling, quick-moving, heartbreaking story. Scathing and tender, it lifts often into poetry, but comes down hard when it must. Through it all runs the river: sluggish, ancient, dangerous, freighted with America's sins." —Robert Macfarlane, author of *Underland* Kerri Arsenault grew up in the small, rural town of Mexico, Maine, where for over 100 years the community orbited around a paper mill that provided jobs for nearly everyone in town, including three generations of her family. Kerri had a happy childhood, but years after she moved away, she realized the price she paid for that childhood. The price everyone paid. The mill, while providing the social and economic cohesion for the community, also contributed to its demise. *Mill Town* is a book of narrative nonfiction, investigative memoir, and cultural criticism that illuminates the rise and collapse of the working-class, the hazards of loving and leaving home, and the ambiguous nature of toxics and disease with the central question; Who or what are we willing to sacrifice for our own survival?

My Reading Life

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

A Memoir of Endings and Beginnings

A Memoir

A Summer Job on a New York Ambulance

Shroud Of The Gnome

More Than a Memoir

Everything about Angela "Big Ang" Raiola is larger than life: her lips, her 36JJ breasts, and especially her personality! In a lifestyle guide, she is as genuine and fun as Big Ang herself, the star of VH1's Mob Wives, called the show's "den mother" by the New York Times, serves up the hilarious and poignant wisdom she's learned while running her bar, raising her family, and dating made men. Big Ang has rules to live by on beauty, food, family, friendship, and more. Here she is... ON HER KILLER BOOBS: I was on vacation with my family in the Catskills when one of nowhere, this bat flies right into my chest and then falls splat on the ground. Turned out, he died on impact. ON FAMILY TRADITIONS: Every Sunday, we do a feast for fifteen to twenty-five people. Last week, we went through seventy-five meatballs. Even by my family's standards, that's a lot of balls. ON DIETING: Swearing off lasagna to lose weight? You might fit into smaller jeans. But you're still the same person—except hungrier and bitchier. ON HOBBIES: Would I rather cook for people or have sex? No hard-and-fast rule there. But I will say this: Cooking is always satisfying.

"Kevin Connolly has used an unusual physical circumstance to create a gripping work of art. This deeply affecting memoir will place him in the company of Jeanette Walls and Augusten Burroughs." — Sara Gruen, author of Water for Elephants "Charming ... Connolly recounts growing up a scrappy Montana kid—one who happened to be born without legs... [Double Take] makes for an empowering read." — People magazine featured on 20/20, NPR, and in the Washington Post: Kevin Connolly is a young man born without legs who travels the world—by skateboarding with his camera—on his "Rolling Exhibition," snapping pictures of peoples' reactions to him... and finds out along the way what it truly means to be human.

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

The Rough Guide to Ireland Make the most of your time on Earth with the ultimate travel guides. Discover Ireland with this comprehensive and entertaining travel guide, packed with practical information and honest recommendations by our independent experts. Whether you want to drive the scenic Wild Atlantic Way, explore the delights of Dublin's architecture and dance along to traditional Irish music in one of the plethora of pubs in the country, Rough Guide Ireland will help you discover the best places to explore, eat, drink, shop and sleep along the way. Features of this travel guide to Ireland: - Detailed regional coverage: provides practical information for every kind of trip, from off-beaten-track adventures to chilled-out breaks in popular tourist areas - Honest and independent reviews: written with Rough Guides' trademark blend of humour, honesty and expertise, our writers will help you make the most from your trip to Ireland - Meticulous maps: practical full-colour maps, with clearly numbered, colour-coded keys. Find your way around Dublin, Belfast and many more locations without needing to get online - Fabulous full-colour photography: features inspirational colour photography, including the historic campus of Trinity College and Glendalough Scenic Park - Time-saving itineraries: carefully planned routes will help inspire and inform your on-the-road experiences - Things not to miss: Rough Guides' rundown of the best sights and top experiences to be found in Cork, Kerry and Sligo - Tips and info: packed with essential pre-departure information including getting around, accommodation, food and drink, health, the media, festivals, sports and outdoor activities, culture and etiquette, shopping and more - Background information: comprehensive 'Contexts' section provides fascinating insights into Ireland with coverage of history, religion, ethnic groups, environment, wildlife and books, plus a handy language section and glossary - Covers: Dublin; Around Dublin: Wicklow, Kildare and Meath, Louth, Monaghan and Cavan, The Midlands: Westmeath, Longford, Offaly and Laois, Kilkenny, Carlow and Wexford, Waterford and Tipperary, Cork, Kerry, Limerick and Clare, Galway and Mayo, Sligo, Leitrim and Roscommon, Donegal, Belfast, Antrim and Derry, Down and Armagh, Tyrone and Fermanagh You may also be interested in: Rough Guide to Scotland About Rough Guides: Rough Guides have been inspiring travellers for over 35 years, with over 100 million copies sold globally. Synonymous with practical travel tips, quality writing and a trustworthy 'tell it like it is' ethos, the Rough Guide series includes more than 260 travel guides to 120+ destinations, gift-books and phrasebooks.

Member of the Family

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

A Memoir by the Cofounder of Microsoft

The Big Tiny

Bird in the Snow

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

Staring at the Sun

One day in the summer of 2016, Michael Harding's wife brought an unusual gift home from Warsaw. All of a sudden, he found himself falling back into the old religious devotions of an earlier time. The meaning he had found through years of engagement with therapy began to dissolve. Here, in On Tuesdays I'm a Buddhist, Harding examines the search for meaning in life which keeps him fastened to the idea of god. After many therapy sessions focused on an effort to uncover personal truth, and long solitary months on the road with a one man show, Harding is finally led to an artists' retreat in the shadow of Skellig Michael. Mixing stories from the road with dispatches from his Irish Times columns, On Tuesdays I'm a Buddhist is a spell-binding and powerful book about the human condition, the narratives we weave around the self, and the ultimate bliss of living in the present moment. 'What happens between one story and the next? That's the really interesting part. That's the space where we find bliss; where we float sometimes, suspended, and only for a brief moment. Perhaps only for a few scarce moments in an entire life.'

The incredible true story of one woman's journey to relocate the place inside herself where strength, hope, and personal truth reside. After Hurricane Katrina, Alice Anderson has returned home to assess the damage to her beloved Mississippi coastline and the once-immaculate home she'd carefully cultivated for her husband, Dr. Liam Rivers, one of the community's highly respected doctors. But in the wake of this natural disaster, a more terrifying challenge emerges as Liam's mental health spirals out of control, culminating in a violent attack at knifepoint, from which Alice is saved by their three-year-old son. Afraid for her life, she flees with her children. What ensues is an epic battle—emotional, psychological, spiritual, and legal—for her children's welfare, for self-preservation, and ultimately for redemption. It's an unrelenting battle that persists even as life goes on, finally coming full circle when the same son who saved Alice ten years before endures an eerily-familiar violent

encounter at his father's hands. Yet even as she confronts the harsh realities of high-powered Southern lawyers and an inadequate legal system, Alice forges a new life with her blossoming children and an ultimate reclamation of her true self.

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

A heartfelt account of poverty in Ireland and emigration to America. -- back cover.

A Hesitant Adventurer's Search for Wonder in the Natural World

From Broke to Badass on a Northern Michigan Farm

Stray

And Other Ways of Being Human

Uncensored

Turning

A Memoir of a Childhood

In this unusual autobiography you will find the full story of a life spanning much of the twentieth century. Selective reading will disclose How a teacher/scientist may develop The importance of focus and integrity The fascination of doing chemical and biochemical research with students and colleagues The excitement of discovery and of facing new challenges Personal details about family life and friendships Career choices and diversions Plus In the 23 (!) appendices, you will find details concerning Other activities attendant upon a career in science The influence of conferences, symposia, and international scientific connections The coworkers who built the reputation of the author

In this poignant and disturbing memoir of lost innocence, coercion, survival, and healing, Dianne Lake chronicles her years with Charles Manson, revealing for the first time how she became the youngest member of his Family and offering new insights into one of the twentieth century's most notorious criminals and life as one of his "girls." At age fourteen Dianne Lake—with little more than a note in her pocket from her hippie parents granting her permission to leave them—became one of "Charlie's girls," a devoted acolyte of cult leader Charles Manson. Over the course of two years, the impressionable teenager endured manipulation, psychological control, and physical abuse as the harsh realities and looming darkness of Charles Manson's true nature revealed itself. From Spahn ranch and the group acid trips, to the Beatles' White Album and Manson's dangerous messiah-complex, Dianne tells the riveting story of the group's descent into madness as she lived it. Though she never participated in any of the group's gruesome crimes and was purposely insulated from them, Dianne was arrested with the rest of the Manson Family, and eventually learned enough to join the prosecution's case against them. With the help of good Samaritans, including the cop who first arrested her and later adopted her, the courageous young woman eventually found redemption and grew up to lead an ordinary life. While much has been written about Charles Manson, this riveting account from an actual Family member is a chilling portrait that recreates in vivid detail one of the most horrifying and fascinating chapters in modern American history. Member of the Family includes 16 pages of photographs.

Poignant, irreverent, and hilarious: a memoir about survival and self-discovery, by an indomitable woman who never loses sight of what matters most. It's the summer of 2005, and Mardi Jo Link's dream of living the simple life has unraveled into debt, heartbreak, and perpetually ragged cuticles. She and her husband of nineteen years have just called it quits, leaving her with serious cash-flow problems and a looming divorce. More broke than ever, Link makes a seemingly impossible resolution: to hang on to her century-old farmhouse in northern Michigan and continue to raise her three boys on well water and wood chopping and dirt. Armed with an unfailing sense of humor and three resolute accomplices, Link confronts blizzards and foxes, learns about Zen divorce and the best way to butcher a hog, dominates a zucchini-growing contest and wins a year's supply of local bread, masters the art of bargain cooking, wrangles rampaging poultry, and withstands any blow to her pride in order to preserve the life she wants. With an infectious optimism that would put Rebecca of Sunnybrook Farm to shame and a deep appreciation of the natural world, Link tells the story of how, over the course of one long year, she holds on to her sons, saves the farm from foreclosure, and finds her way back to a life of richness and meaning on the land she loves. This ebook edition includes a Reading Group Guide.

Speakers in James Tate's poems are and are not like those we know: a man's meditation on gardening renders him witless; another man traps theories and then lets them loose in a city park; a nun confides that "it was her / cowboy pride that got her through"; a gnome's friend inhabits a world where "a great eschatological ferment is at work. "Shroud of the Gnome" is a bravura performance in Tate's signature style: playful, wicked, deliriously sober, charming, and dazzling. Here, once again, one of America's most masterful poets celebrates the inexplicable in his own strange tongue.

A 4,000-Mile Journey into the Alaskan Wilds

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

The Sun Is a Compass

A Story of Love, Loss and Meditation

Long Walk to Freedom

Talking to Strangers

An adrenaline-fueled read that will stay with you long after you turn the final page, *Bad Call* is a "compulsively readable, totally unforgettable" memoir about working on a New York City ambulance in the 1960s (James Patterson). *Bad Call* is Mike Scardino's visceral, fast-moving, and mordantly funny account of the summers he spent working as an "ambulance attendant" on the mean streets of late-1960s New York. Fueled by adrenaline and Sabrett's hot dogs, young Mike spends his days speeding from one chaotic emergency to another. His adventures take him into the middle of incipient race riots, to the scene of a plane crash at JFK airport and into private lives all over Queens, where New Yorkers are suffering, and dying, in unimaginable ways. Learning on the job, Mike encounters all manner of freakish accidents (the man who drank Drano, the woman attacked by rats, the man who inflated like a balloon), meets countless unforgettable New York characters, falls in love, is nearly murdered, and gets an early and indelible education in the impermanence of life and the cruelty of chance. Action-packed, poignant, and rich with details that bring Mike's world to technicolor life, *Bad Call* is a gritty portrait of a bygone era as well as a bracing reminder that, though "life itself is a fatal condition," it's worth pausing to notice the moments of beauty, hope, and everyday heroism along the way.

Bestselling author Pat Conroy acknowledges the books that have shaped him and celebrates the profound effect reading has had on his life. Pat Conroy, the beloved American storyteller, is a voracious reader. Starting as a childhood passion that bloomed into a life-long companion, reading has been Conroy's portal to the world, both to the farthest corners of the globe and to the deepest chambers of the human soul. His interests range widely, from Milton to Tolkien, Philip Roth to Thucydides, encompassing poetry, history, philosophy, and any mesmerizing tale of his native South. He has for years kept notebooks in which he records words and expressions, over time creating a vast reservoir of playful

turns of phrase, dazzling flashes of description, and snippets of delightful sound, all just for his love of language. But for Conroy reading is not simply a pleasure to be enjoyed in off-hours or a source of inspiration for his own writing. It would hardly be an exaggeration to claim that reading has saved his life, and if not his life then surely his sanity. In *My Reading Life*, Conroy revisits a life of reading through an array of wonderful and often surprising anecdotes: sharing the pleasures of the local library's vast cache with his mother when he was a boy, recounting his decades-long relationship with the English teacher who pointed him onto the path of letters, and describing a profoundly influential period he spent in Paris, as well as reflecting on other pivotal people, places, and experiences. His story is a moving and personal one, girded by wisdom and an undeniable honesty. Anyone who not only enjoys the pleasures of reading but also believes in the power of books to shape a life will find here the greatest defense of that credo. **BONUS:** This ebook edition includes an excerpt from Pat Conroy's *The Death of Santini*. Drawing upon his own powerful personal story, Zachary R. Wood shares his perspective on free speech, race, and dissenting opinions—in a world that sorely needs to learn to listen. As the former president of the student group Uncomfortable Learning at his alma mater, Williams College, Zachary Wood knows from experience about intellectual controversy. At school and beyond, there's no one Zach refuses to engage with simply because he disagrees with their beliefs—sometimes vehemently so—and this view has given him a unique platform in the media. But Zach has never shared the details of his own personal story. In *Uncensored*, he reveals for the first time how he grew up poor and black in Washington, DC, where the only way to survive was by resisting the urge to write people off because of their backgrounds and perspectives. By sharing his troubled upbringing—from a difficult early childhood to the struggles of code switching between his home and his elite private school—Zach makes a compelling argument for a new way of interacting with others and presents a new outlook on society's most difficult conversations.

Talking to Strangers, from the bestselling author of *Staring at Lakes* and *Hanging with the Elephant*, is a book about love, about the stories we share with others, and the stories we leave behind us. Too much wine and a casual browse of an airline website - this is how Michael Harding found himself in a strange flat in Bucharest in early January, which set the tone for the rest of that year. After an intense stint in a high-profile production of *The Field*, Harding returned to the tranquil hills above Lough Allen and started to plan some dramatic changes to his little cottage. Surely an extension would give him a renewed sense of purpose in life as he approached old age. But as the walls of his home crumbled, so too did his mental health, and he fell, once again, into depression -- that great darkness where life feels like nothing more than a waste of time. And yet, it is in that great darkness that we discover what really makes us human. 'Michael Harding is no ordinary man or memoirist ... a book that champions the kindness (or at least company) of strangers as essential for that elusive state known as happiness' RT

Guide

Bad Call

The Invisible Ear

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

Phenomenal

Dancing with Butterflies

Reckoning with What Remains

Gone-Away Lake

*The book that inspired the major new motion picture *Mandela: Long Walk to Freedom*. Nelson Mandela is one of the great moral and political leaders of our time: an international hero whose lifelong dedication to the fight against racial oppression in South Africa won him the Nobel Peace Prize and the presidency of his country. Since his triumphant release in 1990 from more than a quarter-century of imprisonment, Mandela has been at the center of the most compelling and inspiring political drama in the world. As president of the African National Congress and head of South Africa's anti-apartheid movement, he was instrumental in moving the nation toward multiracial government and majority rule. He is revered everywhere as a vital force in the fight for human rights and racial equality. *LONG WALK TO FREEDOM* is his moving and exhilarating autobiography, destined to take its place among the finest memoirs of history's greatest figures. Here for the first time, Nelson Rolihlahla Mandela tells the extraordinary story of his life--an epic of struggle, setback, renewed hope, and ultimate triumph.*

*The #1 New York Times bestselling (mostly true) memoir from the hilarious author of *Furiously Happy*. "Gaspably funny and wonderfully inappropriate."—O, The Oprah Magazine When Jenny Lawson was little, all she ever wanted was to fit in. That dream was cut short by her fantastically unbalanced father and a morbidly eccentric childhood. It did, however, open up an opportunity for Lawson to find the humor in the strange shame-spiral that is her life, and we are all the better for it. In the irreverent *Let's Pretend This Never Happened*, Lawson's long-suffering husband and sweet daughter help her uncover the surprising discovery that the most terribly human moments—the ones we want to pretend never happened—are the very same moments that make us the people we are today. For every intellectual misfit who thought they were the only ones to think the things that Lawson dares to say out loud, this is a poignant and hysterical look at the dark, disturbing, yet wonderful moments of our lives. *Readers Guide Inside**

In this raw, searingly honest debut young adult novel, a former aspiring ballerina must confront her past in order to move forward from a devastating fall that leaves her without the use of her legs. Genie used to fouetté across the stage. Now the only thing she's turning are the wheels to her wheelchair. Genie was the star pupil at her exclusive New York dance school, with a bright future and endless possibilities before her. Now that the future she's spent years building toward has been snatched away, she can't stand to be reminded of it—even if it means isolating herself from her best friends and her mother. The only wish this Genie has is to be left alone. But then she meets Kyle, who also has a "used to be." Kyle used to tumble and flip on a gymnastics mat, but a traumatic brain injury has sent him to the same physical therapist that Genie sees. With Kyle's support, along with her best friend's insistence that Genie's time at the barre isn't over yet, Genie starts to see a new path—one where she doesn't have to be alone and she finally has the strength to heal from the past. But healing also means confronting. Confronting the booze her mother, a recovering alcoholic, has been hiding under the kitchen sink; the ex-boyfriend who was there the night of the fall and won't leave her alone; and Genie's biggest, most terrifying secret: the fact that the accident may not have been so accidental after all.

*Dancing with Butterflies uses the alternating voices of four very different women whose lives interconnect through a common passion for their Mexican heritage and a dance company called *Alegría*. Yesenia, who founded *Alegría* with her husband, Eduardo, sabotages her own efforts to remain a vital, vibrant woman when she travels back and forth across the Mexican border for cheap plastic surgery. Elena, grief stricken by the death of her only child and the end of her marriage, finds herself falling dangerously in love with one of her underage students. Elena's sister, Adriana, wears the wounds of abandonment by a dys-functional family and becomes unable to discern love from abuse. Soledad, the sweet-tempered illegal immigrant who designs costumes for *Alegría*, finds herself stuck back in Mexico, where she returns to see her dying grandmother. Reyna Grande has brought these fictional characters so convincingly to life that readers will imagine they know them.*

A Real-Life Scottish Fairy Tale

It's How We Play the Game

The Rough Guide to Ireland (Travel Guide eBook)

Bootstrapper

Chest Pain

Summer on the Lakes. With autobiography. And memoir, by R.W. Emerson, W.H. Channing, and others

Idea Man

'A compelling memoir. Absorbing and graced with a deceptive lightness of touch, [Hanging with the Elephant] is clever and brilliantly pieced together. Harding writes like an angel' Sunday Times From the No.1 bestselling author of Staring at Lakes, Talking to Strangers and On Tuesdays I'm A Buddhist 'In public or on stage, it's different. I'm fine. I have no bother talking to three hundred people, and sharing my feelings. But when I'm in a room on a one-to-one basis, I get lost. I can never find the right word. Except for that phrase - hold me.' Michael Harding's wife has departed for a six-week trip, and he has been left alone in their home in Leitrim. Faced with the realities of caring for himself for the first time since his illness two years before, Harding endeavours to tame the 'elephant' - an Asian metaphor for the unruly mind. As he does, he finds himself finally coming to terms with the death of his mother - a loss that has changed him more than he knows. Funny, searingly honest and profound, Hanging with the Elephant pulls back the curtain and reveals what it is really like to be alive.

THE AUTHOR OF THE INVISIBLE EAR KEEPS A PROMISE BY REVEALING A DARK AND DEEPLY HIDDEN SECRET...Michael Harding was a glass half full kind of guy until glass-shattering sounds that only he could hear broke him. Just as his goals and dreams were becoming a reality, his once promising life became a nightmare. In a matter of months, he went from being screened for a prestigious internship at the White House to being patted down and locked up in a jail cell. Not even the never-ending screaming and wailing he heard while being wrongfully detained in a jail psych ward muffled the horrifying sounds he heard deep inside his invisible ear. Set in Chicago, Cook County Jail, San Francisco, and the Upper Peninsula of Michigan, this masterful work of literary nonfiction is a thought-provoking and inspirational personal narrative that proves love trumps hate and good always triumphs over evil. Written with deep-seated conviction, courage, steadfast determination, and love, the author sheds light on darkness and unveils the truth about frequently told lies that affect everyone's life; carefully guarded and well-orchestrated lies that nearly destroyed his life. While dramatic and tragic in parts, The Invisible Ear has an uplifting and happy ending that is sure to enlighten the mind, touch the heart, and enrich the life of everyone who reads it. From the Author: The Invisible Ear is based upon real-life events that I personally experienced and survived. This book is a story about my life, but I wrote it for you, and if you read it you will understand exactly why. For more information please visit: <https://outshinedark.wordpress.com>

Written in Irv Yalom's inimitable story-telling style, Staring at the Sun is a profoundly encouraging approach to the universal issue of mortality. In this magisterial opus, capping a lifetime of work and personal experience, Dr. Yalom helps us recognize that the fear of death is at the heart of much of our anxiety. Such recognition is often catalyzed by an "awakening experience"—a dream, or loss (the death of a loved one, divorce, loss of a job or home), illness, trauma, or aging. Once we confront our own mortality, Dr. Yalom writes, we are inspired to rearrange our priorities, communicate more deeply with those we love, appreciate more keenly the beauty of life, and increase our willingness to take the risks necessary for personal fulfillment.

By his early thirties, Paul Allen was a world-famous billionaire—and that was just the beginning. In 2007 and 2008, Time named Paul Allen, the cofounder of Microsoft, one of the hundred most influential people in the world. Since he made his fortune, his impact has been felt in science, technology, business, medicine, sports, music, and philanthropy. His passion, curiosity, and intellectual rigor—combined with the resources to launch and support new initiatives—have literally changed the world. In 2009 Allen discovered that he had lymphoma, lending urgency to his desire to share his story for the first time. In this classic memoir, Allen explains how he has solved problems, what he's learned from his many endeavors—both the triumphs and the failures—and his compelling vision for the future. He reflects candidly on an extraordinary life. The book also features previously untold stories about everything from the true origins of Microsoft to Allen's role in the dawn of private space travel (with SpaceShipOne) and in discoveries at the frontiers of brain science. With honesty, humor, and insight, Allen tells the story of a life of ideas made real.

Walden

Overcoming the Terror of Death

On Tuesdays I'm a Buddhist

Real Life Wisdom from the No-Drama Mama

Bigger Is Better

Let's Pretend This Never Happened

A Novel

Porchlight's Best Leadership & Strategy Book of The Year An inspiring memoir from the CEO of DICK'S Sporting Goods that is entertaining but will be of great value to any entrepreneur" (Phil Knight, New York Times bestselling author of Shoe Dog), this how a trailblazing business was created by giving back to the community and by taking principled, and sometimes controversial stands—including against the type of weapons that are too often used in mass shootings and other tragedies. It's How We F the story of a complicated founder and an ambitious son—one who transformed a business by making it about more than business as a force for good in the communities it serves. In 1948, Ed Stack's father started Dick's Bait and Tackle in Binghamton, New York. Ed bought the business from his father in 1984, and grew it into the largest sporting goods retailer in the country, with 800 lo

\$9 billion in sales. The transformation Ed wrought wasn't easy: economic headwinds nearly toppled the chain twice. But DICK's embattled youth sports programs earned the stores surprising loyalty, and the company won even more attention when, in the wake of another school shooting—at Marjory Stoneman Douglas High School in Parkland, Florida—it chose to become the first major retailer to remove semi-automatic weapons from its shelves, raise the age of gun purchase to twenty-one, and, most strikingly, destroy the assault rifles then in its inventory. With vital lessons for anyone running a business and eye-opening reflections about what a company owes its customers and the world it serves, *It's How We Play the Game* is "a compelling narrative...In a genre that can frequently be staid, Mr. Stack's corporate memoir is deeply personal...[Features] surprising openness [and] interesting and humorous anecdotes" (Pittsburgh Post-Gazette).

Elizabeth Gilbert, author of *The Signature of All Things* and *Eat, Pray, Love* "What a cool and fascinating ride. Leigh Ann Henion is one of the great questions of contemporary, intelligent, adventurous women: Is it possible to be a wife and mother and still be a writer? Her answer seems to be that this is not only possible, but essential. This story shows how. I think it will open doors for many more women. An awe-inspiring, Leigh Ann Henion's *Phenomenal* is a moving tale of physical grandeur and emotional transformation, a journey into a world that ultimately explores the depths of the human heart. A journalist and young mother, Henion combines her own varied experiences as a parent with a panoramic tour of the world's most extraordinary natural wonders. *Phenomenal* begins in hardship: with Henion's life upended by the birth of her beloved son, shocked at the adversity a young mother faces with a newborn. The lack of sleep, the shrinking margins, the health difficulties all collide and force Henion to ask hard questions about our accepted wisdom on parenting and the lives of our children. Convinced that the greatest key to happiness—both her own and that of her family—lies in periodically venturing into the wild, far from home, Henion sets out on a global trek to rekindle her sense of wonder. Henion's quest takes her far afield, but it swiftly teaches her that freedom is its own form of parenting—one that ultimately allows her to meet her son on his own terms with a visceral understanding of the freedom he experiences every day at the fresh new world. Whether standing on the still-burning volcanoes of Hawai'i or in the fearsome, stormy mountains of Venezuela, amid the vast animal movements of Tanzania or the elegant butterfly migrations of Mexico, Henion relates the sublime and the sublimity and revelation. Henion's spiritual wanderlust puts her in the path of modern-day shamans, reindeer herders, and astrologers. She meets laypeople from all over the world, from all walks of life, going to great lengths to chase migrations, auroras, eclipses, and other natural phenomena. These seekers trust their instincts, follow their passions, shape their days into the lives they most want to lead. Along the way, Leigh Ann Henion becomes one of them. A breathtaking memoir, *Phenomenal* reveals unforgettable truths about the human condition, spirituality, and the beauty of nature. Oprah.com "Part travel memoir, part parenting manifesto and part inquiry into those 'fleeting moments' of extraordinary glimpses of something that left us groping for rational explanations in the quicksand of all-encompassing wonder." With a high-stress job at NASA, Jessica Fox found herself looking for a break and promptly arrived in Scotland, where she worked for the next month living above a bookshop, and taking the path less traveled.

Throughout his life, Michael Harding has lived with a sense of emptiness - through faith, marriage, fatherhood and his career a pervasive sense of darkness and unease remained. When he was fifty-eight, he became physically ill and found himself in the grip of a deep melancholy. Here, in this beautifully written memoir, he talks with openness and honesty about his journey: leaving the priesthood in his thirties, settling in Leitrim with his artist wife, the depression that eventually overwhelmed him, and how, ultimately, he emerged from the dark, by accepting the fragility of love and the importance of now. *Staring at Lakes* started out as a book about depression but became a story about growing old, the essence of love and marriage - and sitting in cars, staring at lakes.

A Man, a Stent and a Camper Van

A Built-It-Myself Memoir

The Autobiography of Nelson Mandela

A History of Irish Autobiography

Three Things You Need to Know About Rockets

"After selling her first novel--a dream she'd worked long and hard for--Stephanie Danler knew she should be happy. Instead, she found herself driven to face the difficult past she'd left behind a decade ago: a mother disabled by years of alcoholism, further handicapped by a tragic brain aneurysm; a father who abandoned the family when she was three, now a meth addict in and out of recovery. After years in New York City she's pulled home to Southern California by forces she doesn't totally understand, haunted by questions of legacy and trauma. Here, she works toward answers, uncovering hard truths about her parents and herself as she explores whether it's possible to change the course of her history"--Back cover.

A History of Irish Autobiography is the first ever critical survey of autobiographical self-representation in Ireland from its recoverable beginnings to the twenty-first century. The book draws on a wealth of original scholarship by leading experts to provide an authoritative examination of autobiographical writing in the English and Irish languages. Beginning with a comprehensive overview of autobiography theory and criticism in Ireland, the *History* guides the reader through seventeen centuries of Irish achievement in autobiography, a category that incorporates diverse literary forms, from religious tracts and travelogues to letters, diaries, and online journals. This ambitious book is rich in insight. Chapters are structured around key subgenres, themes, texts, and practitioners, each featuring a guide to recommended further reading. The volume's extensive coverage is complemented by a detailed chronology of Irish autobiography from the fifth century to the contemporary era, the first of its kind to be published.