

A Wild And Precious Life A Memoir

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There I Am - Ruthie Lindsey 2020-04-21

Brain on Fire meets Carry On, Warrior in this inspirational memoir and “testament to the things that break us, heal us, and make us who we are” (Glennon Doyle, #1 New York Times bestselling author) that explores one woman’s journey from chronic pain and hopelessness to finding joy, redemption, and healing. At seventeen years old, Ruthie Lindsey is hit by an ambulance near her home in rural Louisiana. She’s given a five percent chance of survival and one percent chance of walking again. One month later after a spinal fusion surgery, Ruthie defies the odds, leaving the hospital on her own two feet. Just a few years later, newly married and living in Nashville, Ruthie begins to experience debilitating pain. Her case confounds doctors and after numerous rounds of testing, imaging, and treatment, they prescribe narcotic painkillers—lots of them. Ruthie has become bedridden, dependent on painkillers, and hopeless, when an X-ray reveals that the wire used to fuse her spine is piercing her brain stem. Without another staggeringly expensive experimental surgery, she could well become paralyzed, but in many ways, she already is. Ruthie goes into the hospital in chronic pain, dependent on prescription painkillers, and leaves the same way. She can still walk but has no idea where she’s going. As her life unravels, Ruthie returns home to Louisiana and sets out on a journey to learn joy again. She trades fentanyl for sunsets and morphine for wildflowers, weaning herself off of the drugs and beginning the process of healing—of coming home to her body. Raw and redemptive, *There I Am* is not just about the magic of optimism, but the work of it. Ruthie’s extraordinary memoir “like going on a walk with a best friend and listening to a life-changing speech at the same time: it’s equal parts familiar and profound, warm and insightful, comforting and challenging, relatable and unlike anything you’ve read before” (Mari Andrew, New York Times bestselling author).

Your One Wild and Precious Life - Maureen Gaffney 2021-09-16

SHORTLISTED FOR THE IRISH BOOK AWARDS 2021 Once you've got a few decades on the clock, life can seem sort of cross-roadsy. Once you're no longer thinking of yourself as 'young', you may be looking back, thinking 'How did I get here?' And also looking ahead, wondering: 'What do I do now?' This realization that neither time nor choices are limitless is both daunting and exciting. This is the moment to take stock and figure out how to make the best of every precious moment of the rest of your life. And to develop the tools to be able to do so again and again. *Your One Wild and Precious Life* is an eye-opening account of this surprisingly liberating process. Using the latest ground-breaking research, leading psychologist Maureen Gaffney has written an inspiring and practical guide for getting to grips with time. Taking the key stages of our life - from infancy to old age - she explores what we learn at each stage. And, crucially, she explains how, no matter what has happened in the past, and what age you are, you can find a better route forward. *Your One Wild and Precious Life* is both profound and reassuring. It will transform your thinking, connect you with who you truly are and help you to reclaim control over your life. Crucially, it will empower you to face the future with optimism. It is a book to fundamentally alter your relationship with time and show you that every age can be your best age. 'A profound, important work; simultaneously wise, instructive and a love letter to humanity' IRISH TIMES

Here Be Dragons - Annmarie Kelly-Harbaugh 2016-10-11

Two parents challenge one another to find balance between work and family life. Their stories are both uproarious and poignant as they raise children and strive to leave their mark on the wider world. Filled with tender moments and plenty of laughs, *Here Be Dragons* recounts the adventures of a family trying to stay afloat, and offers a life raft to the rest of us in choppy waters.

We Are Everywhere - Matthew Riemer 2019-05-07

Have pride in history. A rich and sweeping photographic history of the Queer Liberation Movement, from the creators and curators of the

massively popular Instagram account LGBT History. “If you think the fight for justice and equality only began in the streets outside Stonewall, with brave patrons of a bar fighting back, you need to read *We Are Everywhere* right now.”—Anderson Cooper Through the lenses of protest, power, and pride, *We Are Everywhere* is an essential and empowering introduction to the history of the fight for queer liberation. Combining exhaustively researched narrative with meticulously curated photographs, the book traces queer activism from its roots in late-nineteenth-century Europe—long before the pivotal Stonewall Riots of 1969—to the gender warriors leading the charge today. Featuring more than 300 images from more than seventy photographers and twenty archives, this inclusive and intersectional book enables us to truly see queer history unlike anything before, with glimpses of activism in the decades preceding and following Stonewall, family life, marches, protests, celebrations, mourning, and Pride. By challenging many of the assumptions that dominate mainstream LGBTQ+ history, *We Are Everywhere* shows readers how they can—and must—honor the queer past in order to shape our liberated future.

These Precious Days - Ann Patchett 2021-11-23

The beloved New York Times bestselling author reflects on home, family, friendships and writing in this deeply personal collection of essays. “The elegance of Patchett’s prose is seductive and inviting: with Patchett as a guide, readers will really get to grips with the power of struggles, failures, and triumphs alike.” —Publisher’s Weekly “Any story that starts will also end.” As a writer, Ann Patchett knows what the outcome of her fiction will be. Life, however, often takes turns we do not see coming. Patchett ponders this truth in these wise essays that afford a fresh and intimate look into her mind and heart. At the center of *These Precious Days* is the title essay, a surprising and moving meditation on an unexpected friendship that explores “what it means to be seen, to find someone with whom you can be your best and most complete self.” When Patchett chose an early galley of actor and producer Tom Hanks’ short story collection to read one night before bed, she had no idea that this single choice would be life changing. It would introduce her to a remarkable woman—Tom’s brilliant assistant Sooki—with whom she would form a profound bond that held monumental consequences for them both. A literary alchemist, Patchett plumbs the depths of her experiences to create gold: engaging and moving pieces that are both self-portrait and landscape, each vibrant with emotion and rich in insight. Turning her writer’s eye on her own experiences, she transforms the private into the universal, providing us all a way to look at our own worlds anew, and reminds how fleeting and enigmatic life can be. From the enchantments of Kate DiCamillo’s children’s books (author of *The Beatryce Prophecy*) to youthful memories of Paris; the cherished life gifts given by her three fathers to the unexpected influence of Charles Schultz’s Snoopy; the expansive vision of Eudora Welty to the importance of knitting, Patchett connects life and art as she illuminates what matters most. Infused with the author’s grace, wit, and warmth, the pieces in *These Precious Days* resonate deep in the soul, leaving an indelible mark—and demonstrate why Ann Patchett is one of the most celebrated writers of our time.

Your One Wild and Precious Life - Maureen Gaffney 2020-10-01

A unique whole-life plan for navigating these ever-changing times and living a happy, productive and successful life Centennials. Millennials. Gen X'ers. Baby boomers. Traditionalists. We are in an era that loves a label at a time when how we actually live has never been more fluid. Unlike previous generations, we no longer expect to leave education forever in our early twenties; to be ready for the mortgage and 2.4 children by the time we hit thirty; to remain in one career till retirement; to give up on love or adventure or intellectual challenge as we age. It's exciting, liberating . . . and also, unsettling. Drawing on fascinating psychological research on how we are affected by these ever-shifting

goalposts *The Complete Life* is a radical new perspective on making the best of our lives. Distinguished psychologist Maureen Gaffney applies a unique full life approach to navigating these complicated times. In *The Complete Life* she: - explores how our past, present and future are inextricably linked and how they influence each other in surprising and complex ways; - explains what motivates us to grow and develop and be at our best at every age and stage; - suggests how we can sustain our most important relationships and also manage the key elements of our lives - learning, working, mental and physical wellbeing - in every decade. *The Complete Life* is full of lively examples and concrete strategies. It is an inspirational, timely and essential manual for 21st-century living by the renowned author of the Number One bestseller, *Flourishing*.

Color Blind - Precious Williams 2010-08-03

The biological daughter of a Nigerian princess describes her foster-care upbringing in 1970s and 1980s Britain, the cruel ostracism she endured at her all-white school and her resolve to forge an identity independent of the two cultures that equally rejected her.

It's Okay to Laugh - Nora McInerny Purmort 2016-05-24

"Thank you for the perfect blend of nostalgia-drenched humor, wit, and heartbreak, Nora." — Mandy Moore comedy = tragedy + time/rosé Twenty-seven-year-old Nora McInerny Purmort bounced from boyfriend to dopey "boyfriend" until she met Aaron—a charismatic art director and comic-book nerd who once made Nora laugh so hard she pulled a muscle. When Aaron was diagnosed with a rare form of brain cancer, they refused to let it limit their love. They got engaged on Aaron's hospital bed and had a baby boy while he was on chemo. In the period that followed, Nora and Aaron packed fifty years of marriage into the three they got, spending their time on what really matters: Buffy the Vampire Slayer, each other, and Beyoncé. A few months later, Aaron died in Nora's arms. The obituary they wrote during Aaron's hospice care revealing his true identity as Spider-Man touched the nation. With *It's Okay to Laugh*, Nora puts a young, fresh twist on the subjects of mortality and resilience. What does it actually mean to live your "one wild and precious life" to the fullest? How can a joyful marriage contain more sickness than health? How do you keep going when life kicks you in the junk? In this deeply felt and deeply funny memoir, Nora gives her readers a true gift—permission to struggle, permission to laugh, permission to tell the truth and know that everything will be okay. *It's Okay to Laugh* is a love letter to life, in all its messy glory; it reads like a conversation with a close friend, and leaves a trail of glitter in its wake. This book is for people who have been through some shit. This is for people who aren't sure if they're saying or doing the right thing (you're not, but nobody is). This is for people who had their life turned upside down and just learned to live that way. For people who have laughed at a funeral or cried in a grocery store. This is for everyone who wondered what exactly they're supposed to be doing with their one wild and precious life. I don't actually have the answer, but if you find out, will you text me?

Wild. Film Tie-In - Cheryl Strayed 2015-01

A Journey From Lost to Found. At 26, Cheryl Strayed thought she had lost everything. In the wake of her mother's rapid death from cancer, her family disbanded and her marriage crumbled. With nothing to lose, she made the most impulsive decision of her life: to walk eleven-hundred miles of the west coast of America - from the Mojave Desert, through California and Oregon, and into Washington State - and to do it alone. She had no experience of long-distance hiking and the journey was nothing more than a line on the map. This account captures the agonies - both mental and physical - of her incredible journey.

Memoirs of Montparnasse - John Glassco 2012-02-15

Memoirs of Montparnasse is a delicious book about being young, restless, reckless, and without cares. It is also the best and liveliest of the many chronicles of 1920s Paris and the exploits of the lost generation. In 1928, nineteen-year-old John Glassco escaped Montreal and his overbearing father for the wilder shores of Montparnasse. He remained there until his money ran out and his health collapsed, and he enjoyed every minute of his stay. Remarkable for their candor and humor, Glassco's memoirs have the daft logic of a wild but utterly absorbing adventure, a tale of desire set free that is only faintly shadowed by sadness at the inevitable passage of time.

The True Life Wild West Memoir of a Bush-popping Cow Waddy - Charley Hester 2004-01-01

Captures the remarkable experiences, exploits, and adventures of a teenage runaway from Illinois in the Wild West, in a memoir that describes his encounter with Wild Bill Hickok and Doc Holliday, a

surprise encounter with Indians, and conflicts with nature. Original.

Wild Ride Home - Christine Hemp 2021-11-02

** "This memoir seems written directly from Hemp's soul, as she beautifully shares her moving story of learning to love and trust again after loss."--Booklist ** Christine Hemp's debut work of nonfiction, *Wild Ride Home*, is a brilliant memoir, looping themes of finding love and losing love, of going away and coming home, of the wretched course of Alzheimer's, of cancer, of lost pregnancies, of fly fishing and horsemanship, of second chances, and, ultimately, of the triumph of love and family--all told within the framework of the training of a little white horse named Buddy. *Wild Ride Home* invites the reader into the close Hemp family, which believes beauty and humor outshine the most devastating circumstances. Such optimism is challenged when the author suffers a series of blows: a dangerous fiancé, her mother's dementia, unexpected death and illness. Buddy, a feisty, unforgettable little Arabian horse with his own history to overcome, offers her a chance to look back on her own life and learn to trust again, not only others, but more importantly, herself. Hemp skillfully guides us through a memoir that is, despite devastating loss, above all, an ode to joy.

A Wild and Precious Life - Joshua Lyon 2019-10-08

A lively, intimate memoir from a marriage equality icon of the gay rights movement, describing gay life in the 1950s and 60s New York City and her longtime activism. "Brash, funny and brave." —NPR "A captivating and inspiring story of a queer woman who believed in her right to take up space and be seen."—BuzzFeed "Windsor's story fighting for what she believed in is one that will leave readers inspired." —NBC OUT Edie Windsor became internationally famous when she sued the US government, seeking federal recognition for her marriage to Thea Spyer, her partner of more than four decades. The Supreme Court ruled in Edie's favor, a landmark victory that set the stage for full marriage equality in the US. Beloved by the LGBTQ community, Edie embraced her new role as an icon; she had already been living an extraordinary and groundbreaking life for decades. In this memoir, which she began before passing away in 2017 and completed by her co-writer, Edie recounts her childhood in Philadelphia, her realization that she was a lesbian, and her active social life in Greenwich Village's electrifying underground gay scene during the 1950s. Edie was also one of a select group of trailblazing women in computing, working her way up the ladder at IBM and achieving their highest technical ranking while developing software. In the early 1960s Edie met Thea, an expat from a Dutch Jewish family that fled the Nazis, and a widely respected clinical psychologist. Their partnership lasted forty-four years, until Thea died in 2009. Edie found love again, marrying Judith Kasen-Windsor in 2016. *A Wild and Precious Life* is remarkable portrait of an iconic woman, gay life in New York in the second half of the twentieth century, and the rise of LGBT activism.

Wild Swans - Jung Chang 2008-06-20

The story of three generations in twentieth-century China that blends the intimacy of memoir and the panoramic sweep of eyewitness history—a bestselling classic in thirty languages with more than ten million copies sold around the world, now with a new introduction from the author. An engrossing record of Mao's impact on China, an unusual window on the female experience in the modern world, and an inspiring tale of courage and love, Jung Chang describes the extraordinary lives and experiences of her family members: her grandmother, a warlord's concubine; her mother's struggles as a young idealistic Communist; and her parents' experience as members of the Communist elite and their ordeal during the Cultural Revolution. Chang was a Red Guard briefly at the age of fourteen, then worked as a peasant, a "barefoot doctor," a steelworker, and an electrician. As the story of each generation unfolds, Chang captures in gripping, moving—and ultimately uplifting—detail the cycles of violent drama visited on her own family and millions of others caught in the whirlwind of history.

Fit to Serve - James C. Hormel 2011-10-11

This is the memoir of James C. Hormel—a man who grew up feeling different not only because his family owned the Hormel "empire" and lived in a twenty-six-bedroom house in a small Midwest town, but because he was gay at a time when homosexuality was not discussed or accepted. Outwardly he tried to live up to the life his father wanted for him—he was a successful professional, had married a lovely woman, and had children—but as *vola-tile* changes in the late 1960s impeded on the American psyche, Hormel realized that he could not hide his true self forever. Hormel moved to New York City, became an antiwar activist, battled homophobia, lost dear friends to AIDS, and set out to become America's first openly gay ambassador, a position he finally won during the Clinton administration. Today, Hormel continues to fight for LGBT

equality and gay marriage rights. This is a passionate and inspiring true story of the determination for human equality and for attaining your own version of the American Dream—life, liberty, and the pursuit of happiness without exception.

The Wild and Free Family - Ainsley Arment 2022-08-30

"Ainsley Arment has emerged as one of the most prominent voices in [this] grass-roots community." — New York Times As parents, we dream of creating a magical childhood for our kids, yet it can be so easy to slip into autopilot. Ainsley Arment-- a mother of five, founder of the thriving community Wild + Free, and bestselling author-- is no stranger to the barrage of decisions, opportunities, and daily tasks that each day brings. But what Ainsley has discovered is that the magic of life isn't found in the hustle and bustle of constant activity but in the intentional ordinary decisions of our days. And when we assume that a family has to look or act a certain way, we miss the opportunity to build a meaningful and fulfilling life together. Drawn from her family's stories and those shared by the Wild + Free community, *The Wild + Free Family* explores how to create a family culture that breaks the mold by seeking to connect with our children, unleash their gifts, pursue a shared vision together, and redeem generational brokenness, among so much more. Inside these pages are Ainsley's words of encouragement, honesty, and wisdom, guiding all parents to create a home where families can forge their own path to love stronger, live more fully, and grow closer to each other.

What Are You Looking For? - Joan Chittister, OSB 2019-04-25

An insightful, passionate, and honest exploration of the religious life, a life lived entirely through the filter of the Gospel.

Then Comes Marriage: How Two Women Fought for and Won Equal Dignity for All - Roberta Kaplan 2015-10-05

A Los Angeles Times Best Book of 2015: "A riveting account of a watershed moment in our history."—President Bill Clinton Renowned litigator Roberta Kaplan knew from the beginning that it was the perfect case to bring down the so-called Defense of Marriage Act (DOMA). Edie Windsor and Thea Spyer had been together as a couple, in sickness and in health, for more than forty years—enduring society's homophobia as well as Spyer's near total paralysis from multiple sclerosis. Although the couple was finally able to marry, when Spyer died the federal government refused to recognize their marriage, forcing Windsor to pay a huge estate tax bill. In this gripping, definitive account of one of our nation's most significant civil rights victories—named a Ms. Magazine Top 10 Feminist Book of 2015 and a National Law Journal Top 10 Supreme Court Aficionado Book of 2015—Kaplan describes meeting Windsor and their journey together to defeat DOMA. She shares the behind-the-scenes highs and lows, the excitement and the worries, and provides intriguing insights into her historic argument before the Supreme Court. A critical and previously untold part of the narrative is Kaplan's own personal story, including her struggle for self-acceptance in order to create a loving family of her own. *Then Comes Marriage* tells this quintessentially American story with honesty, humor, and heart. It is the momentous yet intimate account of a thrilling victory for equality under the law for all Americans, gay or straight.

Devotions - Mary Oliver 2020-11-10

A New York Times Bestseller, chosen as Oprah's "Books That Help Me Through" for Oprah's Book Club "No matter where one starts reading, *Devotions* offers much to love, from Oliver's exuberant dog poems to selections from the Pulitzer Prize-winning *American Primitive*, and *Dream Work*, one of her exceptional collections. Perhaps more important, the luminous writing provides respite from our crazy world and demonstrates how mindfulness can define and transform a life, moment by moment, poem by poem." —The Washington Post "It's as if the poet herself has sidled beside the reader and pointed us to the poems she considers most worthy of deep consideration." —Chicago Tribune Pulitzer Prize-winning poet Mary Oliver presents a personal selection of her best work in this definitive collection spanning more than five decades of her esteemed literary career. Throughout her celebrated career, Mary Oliver has touched countless readers with her brilliantly crafted verse, expounding on her love for the physical world and the powerful bonds between all living things. Identified as "far and away, this country's best selling poet" by Dwight Garner, she now returns with a stunning and definitive collection of her writing from the last fifty years. Carefully curated, these 200 plus poems feature Oliver's work from her very first book of poetry, *No Voyage and Other Poems*, published in 1963 at the age of 28, through her most recent collection, *Felicity*, published in 2015. This timeless volume, arranged by Oliver herself, showcases the beloved poet at her edifying best. Within these pages, she provides us with an extraordinary and invaluable collection of her passionate,

perceptive, and much-treasured observations of the natural world.

In the Eye of the Wild - Nastassja Martin 2021-11-16

After enduring a vicious bear attack in the Russian Far East's Kamchatka Peninsula, a French anthropologist undergoes a physical and spiritual transformation that forces her to confront the tenuous distinction between animal and human. *In the Eye of the Wild* begins with an account of the French anthropologist Nastassja Martin's near fatal run-in with a Kamchatka bear in the mountains of Siberia. Martin's professional interest is animism; she addresses philosophical questions about the relation of humankind to nature, and in her work she seeks to partake as fully as she can in the lives of the indigenous peoples she studies. Her violent encounter with the bear, however, brings her face-to-face with something entirely beyond her ken—the untamed, the nonhuman, the animal, the wild. In the course of that encounter something in the balance of her world shifts. A change takes place that she must somehow reckon with. Left severely mutilated, dazed with pain, Martin undergoes multiple operations in a provincial Russian hospital, while also being grilled by the secret police. Back in France, she finds herself back on the operating table, a source of new trauma. She realizes that the only thing for her to do is to return to Kamchatka. She must discover what it means to have become, as the Even people call it, *medka*, a person who is half human, half bear. *In the Eye of the Wild* is a fascinating, mind-altering book about terror, pain, endurance, and self-transformation, comparable in its intensity of perception and originality of style to J. A. Baker's classic *The Peregrine*. Here Nastassja Martin takes us to the farthest limits of human being.

Finding Your Way in a Wild New World - Martha Beck 2011-12-27

"The best known life coach in America" (Psychology Today) and bestselling author of *Finding Your Own North Star* provides a new transformational program for creating an unconventional life path to a sustainable way of life. Martha Beck's program has been practiced by Oprah and featured on Super Soul Sunday! *Finding Your Way in a Wild New World* reveals a remarkable path to the most important discovery you can make: the knowledge of what you should be doing with your one wild and precious life. It's the thing that so fulfills you that, if you knew what it was, you'd run straight toward it through brambles and fire. Life coach and bestselling author of *Finding Your Own North Star* Martha Beck guides you to find out how you got to where you are now and what you should do next, with clear instructions on tapping into the deep, wordless knowledge you carry in your body and soul. You probably have sensed that you have a higher calling and a quiet power that could change the world—you lack only the tools. With her sparkling prose, Beck draws from ancient wisdom and modern science to help you consciously tap into that power and develop those tools for transformation. You'll also find your inner identity and your external "tribe" of like-minded people, experience the spark of inspiration, and take action to make a lasting impact on the world. Compassionate and inspirational, *Finding Your Way in a Wild New World* is a revolutionary journey of self-discovery that leads to miraculous change.

Pill Head - Joshua Lyon 2009-07-07

This compelling, honest book investigates the growing epidemic of prescription painkiller abuse among today's Generation Rx. Through gripping profiles and heartbreaking confessions, this memoir dares to uncover the reality--the addiction, the withdrawal, and the recovery--of this newest generation of pill poppers. Joshua Lyon was no stranger to substance abuse. By the time he was seventeen, he had already found sanctuary in pot, cocaine, Ecstasy, and mushrooms--just to name a few. Ten years later, on assignment for *Jane* magazine, he found himself with a two-inch-thick bottle of Vicodin in his hands and only one decision to make: dispose of the bottle or give in to his curiosity. He chose the latter. In a matter of weeks he'd found his perfect drug. In the early half of this decade, purchasing painkillers without a doctor was as easy as going online and checking the spam filter in your inbox. The accessibility of these drugs--paired with a false perception of their safety--contributed to their epidemic-like spread throughout America's twenty-something youth, a group dubbed Generation Rx. *Pill Head* is Joshua Lyon's harrowing and bold account of this generation, and it's also a memoir about his own struggle to recover from his addiction to painkillers. The story of so many who have shared this experience--from discovery to addiction to rehabilitation--*Pill Head* follows the lives of several young people much like Joshua and dares to blow open the cultural phenomena of America's newest pill-popping generation. Marrying the journalist's eye with the addict's mind, Joshua takes readers through the shocking and often painful profiles of recreational users and suffering addicts as they fight to recover. *Pill Head* is not only a memoir of descent, but of

endurance and of determination. Ultimately, it is a story of encouragement for anyone who is wrestling to overcome addiction, and anyone who is looking for the strength to heal.

[Running Home](#) - Katie Arnold 2020-09-08

In the tradition of Wild and H Is for Hawk, an Outside magazine writer tells her story—of fathers and daughters, grief and renewal, adventure and obsession, and the power of running to change your life. NAMED ONE OF THE BEST BOOKS OF THE YEAR BY REAL SIMPLE I'm running to forget, and to remember. For more than a decade, Katie Arnold chased adventure around the world, reporting on extreme athletes who performed outlandish feats—walking high lines a thousand feet off the ground without a harness, or running one hundred miles through the night. She wrote her stories by living them, until eventually life on the thin edge of risk began to seem normal. After she married, Katie and her husband vowed to raise their daughters to be adventurous, too, in the mountains and canyons of New Mexico. But when her father died of cancer, she was forced to confront her own mortality. His death was cataclysmic, unleashing a perfect storm of grief and anxiety. She and her father, an enigmatic photographer for National Geographic, had always been kindred spirits. He introduced her to the outdoors and took her camping and on bicycle trips and down rivers, and taught her to find solace and courage in the natural world. And it was he who encouraged her to run her first race when she was seven years old. Now nearly paralyzed by fear and terrified she was dying, too, she turned to the thing that had always made her feel most alive: running. Over the course of three tumultuous years, she ran alone through the wilderness, logging longer and longer distances, first a 50-kilometer ultramarathon, then 50 miles, then 100 kilometers. She ran to heal her grief, to outpace her worry that she wouldn't live to raise her own daughters. She ran to find strength in her weakness. She ran to remember and to forget. She ran to live. Ultrarunning tests the limits of human endurance over seemingly inhuman distances, and as she clocked miles across mesas and mountains, Katie learned to tolerate pain and discomfort, and face her fears of uncertainty, vulnerability, and even death itself. As she ran, she found herself peeling back the layers of her relationship with her father, discovering that much of what she thought she knew about him, and her own past, was wrong. *Running Home* is a memoir about the stories we tell ourselves to make sense of our world—the stories that hold us back, and the ones that set us free. Mesmerizing, transcendent, and deeply exhilarating, it is a book for anyone who has been knocked over by life, or feels the pull of something bigger and wilder within themselves. "A beautiful work of searching remembrance and searing honesty . . . Katie Arnold is as gifted on the page as she is on the trail. *Running Home* will soon join such classics as *Born to Run* and *Ultramarathon Man* as quintessential reading of the genre."—Hampton Sides, author of *On Desperate Ground* and *Ghost Soldiers*

[Boys in the Trees](#) - Carly Simon 2015-11-24

Carly Simon's New York Times bestselling memoir, *Boys in the Trees*, reveals her remarkable life, beginning with her storied childhood as the third daughter of Richard L. Simon, the co-founder of publishing giant Simon & Schuster, her musical debut as half of The Simon Sisters performing folk songs with her sister Lucy in Greenwich Village, to a meteoric solo career that would result in 13 top 40 hits, including the #1 song "You're So Vain." She was the first artist in history to win a Grammy Award, an Academy Award and a Golden Globe Award, for her song "Let the River Run" from the movie *Working Girl*. The memoir recalls a childhood enriched by music and culture, but also one shrouded in secrets that would eventually tear her family apart. Simon brilliantly captures moments of creative inspiration, the sparks of songs, and the stories behind writing "Anticipation" and "We Have No Secrets" among many others. Romantic entanglements with some of the most famous men of the day fueled her confessional lyrics, as well as the unraveling of her storybook marriage to James Taylor.

[Wild Geese](#) - Mary Oliver 2004

Mary Oliver is one of America's best-loved poets, the winner of the Pulitzer Prize and the National Book Award. Her luminous poetry celebrates nature and beauty, love and the spirit, silence and wonder, extending the visionary American tradition of Whitman, Emerson, Frost and Emily Dickinson. Her extraordinary poetry is nourished by her intimate knowledge and minute daily observation of the New England coast, its woods and ponds, its birds and animals, plants and trees.

[The Planthunter](#) - Georgina Reid 2019-04-30

An exciting and refreshing call to arms, *The Planthunter* is a new generation of gardening book for a new generation of gardener that encourages readers to fall in love with the natural world by falling in love

with plants.

[Horror Stories](#) - Liz Phair 2021-03-09

The two-time Grammy-nominated singer-songwriter behind the groundbreaking album *Exile in Guyville* traces her life and career in a genre-bending memoir in stories about the pivotal moments that haunt her. "Honest, original and absolutely remarkable."—NPR (Best Books of the Year) When Liz Phair shook things up with her musical debut, *Exile in Guyville*—making her as much a cultural figure as a feminist pioneer and rock star—her raw candor, uncompromising authenticity, and deft storytelling inspired a legion of critics, songwriters, musicians, and fans alike. Now, like a Gen X Patti Smith, Liz Phair reflects on the path she has taken in these piercing essays that reveal the indelible memories that have stayed with her. For Phair, horror is in the eye of the beholder—in the often unrecognized universal experiences of daily pain, guilt, and fear that make up our humanity. Illuminating despair with hope and consolation, tempering it all with her signature wit, *Horror Stories* is immersive, taking readers inside the most intimate junctures of Phair's life, from facing her own bad behavior and the repercussions of betraying her fundamental values, to watching her beloved grandmother inevitably fade, to undergoing the beauty of childbirth while being hit up for an autograph by the anesthesiologist. *Horror Stories* is a literary accomplishment that reads like the confessions of a friend. It gathers up all of our isolated shames and draws them out into the light, uniting us in our shared imperfection, our uncertainty and our cowardice, smashing the stigma of not being in control. But most importantly, the uncompromising precision and candor of *Horror Stories* transforms these deeply personal experiences into tales about each and every one of us.

[A Wild and Precious Life](#) - Lily Dunn 2021-05-13

Featuring a foreword by Will Self We'll all experience recovery at some point in our lives, whether from addiction, physical illness, mental health issues or loss. Many of us heal, and we may discover ways to live with our changed selves, to reclaim a life. We may find a new voice, or unearth a voice that has been submerged. Vitality, recovery can mean community. This anthology - which grew out of a small creative writing class run by Lily Dunn at Hackney Recovery Service, and was later broadened into a nationwide call for submissions by Dunn and her teaching partner, Zoe Gilbert - represents a community of writers: new, unheard voices alongside emerging and established authors. Theirs are stories from the dark back alleys, the deep crevices of the mind, and from the wild, ecstatic heights of life before, during and after recovery. These are voices that urgently need to be heard, in all their variety.

[This One Wild and Precious Life](#) - Sarah Wilson 2020-12-29

As seen in USA Today's hottest releases and The Washington Post's 10 New Books Spotlight "Sarah Wilson is a force of nature - quite literally. She has taken her pain and grief about our sick and troubled world and alchemized it into action, advocacy, adventure, poetry, and true love." — ELIZABETH GILBERT Wake up and reclaim your one wild and precious life. New York Times bestselling author Sarah Wilson shows you how in this radical spiritual guidebook, the book we need NOW. Many of us are living with the sense that things are not right with the world and are in a state of spiritual PTSD. We have retreated, morally and psychologically; we are experiencing a crisis of disconnection—from one another, from our true values, from joy, and from life as we feel we are meant to be living it. Sarah Wilson argues that this sense of despair and disconnection is ironically what unites us—that deep down, we are all feeling that same itch for a new way of living. Drawing on science, literature, philosophy and the wisdom of some of the world's leading experts, and her personal journey, Wilson offers a hopeful path forward to the life we love. En route, she shows us how to wake up and reconnect with life using "wild practices" that include: · Hike. Embrace the "walking cure" as great minds throughout history have. · Go to your edge. Do what scares you and embrace discomfort daily. · #Buylesslivemore. Break the cycle of mindless consumption and get light with your life. · Become a soul nerd. Light up your intellect with the arts. · Get "full-fat spiritual". Have an active practice and use it to change the world. · Practice wild activism. Through sustained, non-violent protest we can create our better world. The time has come to boldly, wildly imagine better. We are being called upon, individually and as a society, to forge a new path and to find a new way of living. Will you join the journey?

[Wild and Precious Life](#) - Deborah Ziegler 2016-10-25

The mother of Brittany Maynard, whose 2014 decision to die with dignity advanced debates over patient rights in end-of-life issues, describes Brittany's determination to end her life on her own terms and her legacy of hope and empowerment for others facing their own mortality.

[Bright Precious Thing](#) - Gail Caldwell 2021-06-15

From the New York Times bestselling author of *Let's Take the Long Way Home* comes a moving memoir about how the women's movement revolutionized and saved her life, from the 1960s to the Me Too era. In a voice as candid as it is evocative, Gail Caldwell traces a path from her west Texas girlhood through her emergence as a young daredevil, then as a feminist—a journey that reflected seismic shifts in the culture itself. Caldwell's travels took her to California and Mexico and dark country roads, and the dangers she encountered were rivaled only by the personal demons she faced. *Bright Precious Thing* is the captivating story of a woman's odyssey, her search for adventure giving way to something more profound: the evolution of a writer and a woman, a struggle to embrace one's life as a precious thing. Told against a contrasting backdrop of the present day, including the author's friendship with a young neighborhood girl, *Bright Precious Thing* unfolds with the same heart and narrative grace of Caldwell's *Let's Take the Long Way Home*, called "a lovely gift to readers" by *The Washington Post*. *Bright Precious Thing* is a book about finding, then protecting, what we cherish most.

One Life - Megan Rapinoe 2021-09-07

An instant New York Times bestseller! "Rapinoe's 'signature pose' from the 2019 FIFA Women's World Cup is synonymous to the feeling we got when finishing this book: heart full, arms wide and ready to take up space in this world."—USA Today Megan Rapinoe, Olympic gold medalist and two-time Women's World Cup champion, reveals for the first time her life both on and off the field. Guided by her personal journey into social justice, brimming with humor, humanity, and joy, she urges all of us to ask ourselves, What will you do with your one life? Only four years old when she kicked her first soccer ball, Megan Rapinoe developed a love - and clear talent - for the game at a young age. But it was her parents who taught her that winning was much less important than how she lived her life. From childhood on, Rapinoe always did what she could to stand up for what was right—even if it meant going up against people who disagreed. In *One Life*, Megan Rapinoe invites readers on a remarkable journey, looking back on both her victories and her failures, and pulls back the curtain on events we know only from the headlines. After the 2011 World Cup, discouraged by how few athletes were open about their sexuality, Rapinoe decided to come out publicly as gay and use her platform to advocate for marriage equality. Recognizing the power she had to bring attention to critical issues, in 2016 she took a knee during the national anthem in solidarity with former NFL player Colin Kaepernick to protest racial injustice and police brutality—the first high-profile white athlete to do so. The backlash was immediate, but it couldn't compare to the overwhelming support. Rapinoe became a force of change. Here for the first time, Rapinoe reflects upon some of the most pivotal moments in her life and career - from her realization in college that she was gay, through the disputes with soccer coaches and officials over her decision to kneel, to the first time she met her now-fiancé WNBA champion Sue Bird, and up through suing the US Soccer Federation over gender discrimination and equal pay. Throughout, Rapinoe makes clear the obligation we all have to speak up, and the impact each of us can have on our communities. Deeply personal and inspiring, *One Life* reveals that real, concrete change lies within all of us, and asks: If we all have the same resource—this one precious life, made up of the decisions we make every day—what are you going to do? "One Life makes it clear that Rapinoe's greatest accomplishments may ultimately come away from the soccer pitch. She's a new kind of American hero."—San Francisco Chronicle

Shadowing the Sun - Lily Dunn 2008

28 year-old Sylvie is about to meet her father after many years apart, to ask him to give her away at her wedding. Although she has a promising career as a photographer and a steady, secure relationship with her fiancé Jack, Sylvie feels restless and unsettled and, as she prepares for the reunion with her father, her thoughts turn increasingly to their final, fateful summer together when she was twelve and visiting his commune just outside Florence. The events of that holiday cast their long shadow over her teenage years, and now also threaten her happiness as an adult. In deft and compelling prose, Lily Dunn tells the parallel stories of Sylvie's present and past - the anxious week in London waiting for her father, and the summer in Italy that started so promisingly, but ended with such betrayal and loss of innocence.

Ms. Adventure - Jess Phoenix 2021-03-02

Ms. Adventure tells the story of Jess Phoenix's extraordinary career in geology—and how the barriers she faced along the way inspired her to advocate for more diversity in science.

The Cure for Sleep - Tanya Shadrack 2022-01-20

'Moving and inspiring, courageous and true: real art. Just reading her is pleasure' Amy Liptrot, author of *The Outrun* 'She is fearless in her depiction of female desire - I think many women will find themselves in these pages' Katherine May, author of *Wintering* 'Such a bold, brave, and beautiful story about birth, death, rebirth and building a larger life' Charlie Gilmour, author of *Featherhood* Just days into motherhood, a woman begins dying. Fast and without warning. On return from near-death, Tanya Shadrack vows to stop sleepwalking through life. To take more risks, like the characters in the fairy tales she loved as a small girl, before loss and fear had her retreat into routine and daydreams. Around the care of young children, she starts to play with the shape and scale of her days: to stray from the path, get lost in the woods, make bargains with strangers. As she moves beyond her respectable roles as worker, wife and mother in a small town, Tanya learns what it takes - and costs - to break the spell of longing for love, approval, safety, rescue.

Upstream - Mary Oliver 2019-10-29

One of *O, The Oprah Magazine's Ten Best Books of the Year* The New York Times bestselling collection of essays from beloved poet, Mary Oliver. "There's hardly a page in my copy of *Upstream* that isn't folded down or underlined and scribbled on, so charged is Oliver's language . . ." —Maureen Corrigan, NPR's *Fresh Air* "Uniting essays from Oliver's previous books and elsewhere, this gem of a collection offers a compelling synthesis of the poet's thoughts on the natural, spiritual and artistic worlds . . ." —The New York Times "In the beginning I was so young and such a stranger to myself I hardly existed. I had to go out into the world and see it and hear it and react to it, before I knew at all who I was, what I was, what I wanted to be." So begins *Upstream*, a collection of essays in which revered poet Mary Oliver reflects on her willingness, as a young child and as an adult, to lose herself within the beauty and mysteries of both the natural world and the world of literature.

Emphasizing the significance of her childhood "friend" Walt Whitman, through whose work she first understood that a poem is a temple, "a place to enter, and in which to feel," and who encouraged her to vanish into the world of her writing, Oliver meditates on the forces that allowed her to create a life for herself out of work and love. As she writes, "I could not be a poet without the natural world. Someone else could. But not me. For me the door to the woods is the door to the temple."

Upstream follows Oliver as she contemplates the pleasure of artistic labor, her boundless curiosity for the flora and fauna that surround her, and the responsibility she has inherited from Shelley, Wordsworth, Emerson, Poe, and Frost, the great thinkers and writers of the past, to live thoughtfully, intelligently, and to observe with passion. Throughout this collection, Oliver positions not just herself upstream but us as well as she encourages us all to keep moving, to lose ourselves in the awe of the unknown, and to give power and time to the creative and whimsical urges that live within us.

Sins of My Father - Lily Dunn 2022-03-17

When Lily Dunn was just six years old, her father left the family home to follow his guru to India, trading domestic life for clothes dyed in oranges and reds and the promise of enlightenment with the cult of Bhagwan Shree Rajneesh. Since then he has been a mystery to her. She grew up enthralled by the image of him; effervescent, ambitious and elusive, a writer, publisher and entrepreneur, a man who would appear with gifts from faraway places, and with whom she spent the long, hot summers of her teenage years in Italy, in the company of his wild and wealthy friends. Yet he was also a compulsive liar, a delinquent, a man who abandoned his responsibilities in a pursuit of transcendence that took him from sex addiction, via the Rajneesh cult, to a relentless chase of money, which ended in ruin and finally addiction to alcohol and prescription drugs. A detective story that charts two colliding narratives, *Sins of My Father* is a daughter's attempt to unravel the mysteries of a father who believed himself to be beyond reproach. A dazzling work of literary memoir, it asks how deep legacies of shame and trauma run, and if we can reconcile unconditional love with irreparable damage.

Godspeed - Casey Legler 2019-10-15

"A memoir for our times." —Michael Stipe "A coming-of-age drama captured through poetic prose and convincing honesty." —Kirkus Reviews "I swim for every chance to get wasted—after every meet, every weekend, every travel trip. This is what I look forward to and what I tell no one: the burn of it down my throat, to my soul curled up in my lungs, the sharpest pain all over it—it seizes and stretches, becoming alive again, and is the only thing that makes sense." At fifteen, Casey Legler is already one of the fastest swimmers in the world. She is also an alcoholic, isolated from her family, and incapable of forming lasting connections with those around her. Driven to compete at the highest

levels, sent far away from home to train with the best coaches and teams, she finds herself increasingly alone and alienated, living a life of cheap hotels and chlorine-worn skin, anonymous sexual encounters and escalating drug use. Even at what should be a moment of triumph—competing at age sixteen in the 1996 Olympics—she is an outsider looking in, procuring drugs for Olympians she hardly knows, and losing her race after setting a new world record in the qualifying heats. After submitting to years of numbing training in France and the United States, Casey can see no way out of the sinister loneliness that has swelled and festered inside her. Yet wondrously, when it is almost too late, she discovers a small light within herself, and senses a point of calm within the whirlwind of her life. In searing, evocative, visceral prose, Casey gives language to loneliness in this startling story of survival, defiance, and of the embers that still burn when everything else in us goes dark.

Unfolding My Wild & Precious Life - Anita Volikis 2021-08-16

Unfolding My Wild and Precious Life is a journey of transformation. Anita Volikis provides a vivid account of awakening into her true potential as well as her belief in the power of faith, inspired action, and relentless trust in herself and her life's path. Volikis teaches that even in the midst of great tragedy, joy and hope can be found and that it is never too late to be who you desire to be, who you were meant to be. It is okay to strip down the excessive façades and come home to yourself, in mind, body, and soul, and to know that your greatest lessons can sometimes be found in the simplest moments. Filled with profound reflections on childhood, womanhood, and motherhood, Volikis weaves tangible mindset and emotional-intelligence guidance within the story of her life's journey. She will propel you toward change while helping you unfold into your wild and precious life.

My Wild and Precious Life - Susanne Rheault 2019-08-07

After stumbling upon a tiny orphanage in rural Tanzania, Susanne Rheault knew her life was about to change.