

# Bookmark File The Mindful Addict A Memoir Of The Awakening Of A Spirit Read Pdf Free

Solo Nov 11 2021 "My family doesn't do happy endings. We do sad endings or frustrating endings or no endings at all. We are hardwired to expect the next interruption or disappearance or broken promise." Hope Solo is the face of the modern female athlete. She is fearless, outspoken, and the best in the world at what she does: protecting the goal of the U.S. women's soccer team. Her outsized talent has led her to the pinnacle of her sport—the Olympics and the World Cup—and made her into an international celebrity who is just as likely to appear on ABC's *Dancing with the Stars* as she is on the covers of *Sports Illustrated*, *ESPN The Magazine*, and *Vogue*. But her journey—which began in Richland, Washington, where she was raised by her strong-willed mother on the scorched earth of defunct nuclear testing sites—is similarly haunted by the fallout of her family history. Her father, a philanderer and con man, was convicted of embezzlement when Solo was an infant. She lost touch with him as he drifted out of prison and into homelessness. By the time they reunited,

years later, in the parking lot of a grocery store, she was an All-American goalkeeper at the University of Washington and already a budding prospect for the U.S. national team. He was living in the woods. Despite harboring serious doubts even about the provenance of her father's last name (and her own), Solo embraces him as fiercely as she pursues her dreams of being a world-class soccer player. When those dreams are threatened by her standing within the national team, as when she was famously benched in the semifinals of the 2007 World Cup after four shutouts and spoke her piece publicly, we see a woman of uncompromising independence and hard-won perseverance navigate the petty backlash against her. For the first time, she tells her version of that controversial episode, and offers with it a full understanding of her hard-scrabble life. Moving, sometimes shocking, Solo is a portrait of an athlete finding redemption. This is the Hope Solo whom few have ever glimpsed. Signed poster inside.

Bonjour Kale Oct 10 2021 A memoir of love, life, and recipes from the woman who brought kale to the City of Light The story of how one expat woman left her beloved behind when she moved to France—her beloved kale, that is. Unable to find le chou kale anywhere upon moving to the City of Light with her new

husband, and despite not really speaking French, Kristen Beddard launched a crusade to single-handedly bring kale to the country of croissants and cheese. Infused with Kristen's recipes and some from French chefs, big and small (including Michelin star chef Alain Passard) *Bonjour Kale* is a humorous, heartfelt memoir of how Kristen, kale, and France collide.

Germs Mar 23 2020 A brilliant, sinuous exploration of family and childhood memory by one of the most original British philosophers of the twentieth century. *Germs* is about first things, the seeds from which a life grows, as well as about the illnesses it incurs, the damage it sustains. Written at the end of his life by Richard Wollheim, one of the major philosophers of the late twentieth century, the book is not the usual story of growing up and getting on but a brilliant recovery and evocation of childhood consciousness and unconsciousness, an eerily precise rendering of that primitive, formative world we all come from in which we do not know either the world or ourselves for sure, and things—houses, clothes, meals, parents—loom large around us, as indispensable as they are out of our control. Richard Wollheim's remarkably original memoir is a disturbing, enthralling, dispassionate but also deeply personal

depiction of a child standing, fascinated and fearful, on the threshold of individual life.

The Books that Mattered Oct 22 2022 A series of carefully crafted, often deeply personal essays, Frye Gaillard blends memoir, history, and critical analysis to explore the works of Harper Lee, Anne Frank, James Baldwin, Robert Penn Warren, John Steinbeck, and many others. This book is a tribute to the writings that have enriched and altered his life.

Everything You Ever Wanted Nov 18 2019 A Best Memoir of 2015, "This memoir is compulsively readable and full of humor and heart."—AdoptiveFamilies.com "A punk rock Scheherazade" (Margaret Cho) shares the zigzagging path that took her from harem member to PTA member... In her younger years, Jillian Lauren was a college dropout, a drug addict, and an international concubine in the Prince of Brunei's harem, an experience she immortalized in her bestselling memoir, *SOME GIRLS*. In her thirties, Jillian's most radical act was learning the steadying power of love when she and her rock star husband adopt an Ethiopian child with special needs. After Jillian loses a close friend to drugs, she herself is saved by her fierce, bold love for her son as she fights to make him—and herself—feel safe and at home in the world. Exploring complex ideas of identity and

reinvention, *Everything You Ever Wanted* is a must-read for everyone, especially every mother, who has ever hoped for a second act in life.

From Scratch Apr 16 2022 Now a limited Netflix series starring Zoe Saldana! This Reese Witherspoon Book Club Pick and New York Times bestseller is "a captivating story of love lost and found" (Kirkus Reviews) set in the lush Sicilian countryside, where one woman discovers the healing powers of food, family, and unexpected grace in her darkest hours. It was love at first sight when actress Tembi met professional chef, Saro, on a street in Florence. There was just one problem: Saro's traditional Sicilian family did not approve of his marrying a black American woman. However, the couple, heartbroken but undeterred, forged on. They built a happy life in Los Angeles, with fulfilling careers, deep friendships, and the love of their lives: a baby girl they adopted at birth. Eventually, they reconciled with Saro's family just as he faced a formidable cancer that would consume all their dreams. *From Scratch* chronicles three summers Tembi spends in Sicily with her daughter, Zoela, as she begins to piece together a life without her husband in his tiny hometown hamlet of farmers. Where once Tembi was estranged from Saro's family, now she finds

solace and nourishment—literally and spiritually—at her mother-in-law’s table. In the Sicilian countryside, she discovers the healing gifts of simple fresh food, the embrace of a close knit community, and timeless traditions and wisdom that light a path forward. All along the way she reflects on her and Saro’s romance—an incredible love story that leaps off the pages. In Sicily, it is said that every story begins with a marriage or a death—in Tembi Locke’s case, it is both. “Locke’s raw and heartfelt memoir will uplift readers suffering from the loss of their own loved ones” (Publishers Weekly), but her story is also about love, finding a home, and chasing flavor as an act of remembrance. *From Scratch* is for anyone who has dared to reach for big love, fought for what mattered most, and those who needed a powerful reminder that life is...delicious.

Dancing with Cuba Apr 23 2020 In 1970 a young dancer named Alma Guillermoprieto left New York to take a job teaching at Cuba’s National School of Dance. For six months, she worked in mirrorless studios (it was considered more revolutionary); her poorly trained but ardent students worked without them but dreamt of greatness. Yet in the midst of chronic shortages and revolutionary upheaval, Guillermoprieto found in Cuba a people whose

sense of purpose touched her forever. In this electrifying memoir, Guillermoprieto—now an award-winning journalist and arguably one of our finest writers on Latin America—resurrects a time when dancers and revolutionaries seemed to occupy the same historical stage and even a floor exercise could be a profoundly political act. Exuberant and elegiac, tender and unsparing, *Dancing with Cuba* is a triumph of memory and feeling.

*The Narrow Door* Jan 21 2020 In *The Narrow Door*, Paul Lisicky creates a compelling collage of scenes and images drawn from two long-term relationships, one with a woman novelist and the other with his ex-husband, a poet. The contours of these relationships shift constantly. Denise and Paul, stretched by the demands of their writing lives, drift apart, and Paul's romance begins to falter. And the world around them is frail: environmental catastrophes like the Deepwater Horizon oil spill, natural disasters like the earthquake in Haiti, and local disturbances make an unsettling backdrop to the pressing concerns of Denise's cancer diagnosis and Paul's impending breakup. Lisicky's compassionate heart and resilience seem all the stronger in the face of such searing losses. His survival—hard-won, unsentimental, authentic—proves that in turning toward loss,

we embrace life.

Porcelain Nov 30 2020 The rock musician Moby explores his "path from suburban poverty and alienation to a life of beauty, squalor, and unlikely success out of the NYC club scene of the late '80s and '90s"--Dust jacket flap.

Scratched Jul 07 2021 "Reading Scratched gave me the feeling of standing very close to a blazing fire. It is that brilliant, that intense, and one of the finest explorations I know of what it means to be a woman and an artist."—Sigrid Nunez, author of *The Friend* and Winner of the National Book Award for Fiction In this bold and brilliant memoir, the acclaimed author of the novel *Museum Pieces* and the collection *Mendocino Fire* explores the ferocious desire for perfection which has shaped her writing life as well as her rich, dramatic, and constantly surprising personal life. In the decade between age twenty-seven and thirty-seven, Elizabeth Tallent published five literary books with Knopf, her short stories appeared in *The New Yorker*, and she secured a coveted teaching job at Stanford University. But this extraordinary start to her career was followed by twenty-two years of silence. She wrote—or rather published—nothing at all. Why? *Scratched* is the remarkable response to that question. Elizabeth's story begins in a hospital in



mid-1950s suburban Washington, D.C., when her mother refuses to hold her newborn daughter, shocking behavior that baffles the nurses. Imagining her mother's perfectionist ideal at this critical moment, Elizabeth moves back and forth in time, juxtaposing moments in the past with the present in this innovative and spellbinding narrative. She traces her journey from her early years in which she perceived herself as "the child whose flaws let disaster into an otherwise perfect family," to her adulthood, when perfectionism came to affect everything. As she toggles between teaching at Stanford in Palo Alto and the Mendocino coast where she lives, raises her son Gabriel, and pursues an important psychoanalysis, Elizabeth grapples with the ferocious desire for perfection which has shaped her personal life and writing life. Eventually, she finds love and acceptance in the most unlikely place, and finally accepts an "as is" relationship with herself and others. Her final triumph is the writing of this extraordinary memoir, filled with wit, humor, and heart—a brave book that repeatedly searches for the emotional truth beneath the conventional surface of existence.

Stay True Aug 20 2022 A NEW YORK TIMES TOP TEN BOOK OF THE YEAR • From the New Yorker staff writer Hua Hsu, a gripping memoir on friendship, grief, the search for self, and

the solace that can be found through art.

“This book is exquisite and excruciating and I will be thinking about it for years and years to come.” —Rachel Kushner, two-time National Book Award finalist and New York Times bestselling author of *The Flamethrowers* and *The Mars Room*

In the eyes of eighteen-year-old Hua Hsu, the problem with Ken—with his passion for Dave Matthews, Abercrombie & Fitch, and his fraternity—is that he is exactly like everyone else. Ken, whose Japanese American family has been in the United States for generations, is mainstream; for Hua, the son of Taiwanese immigrants, who makes 'zines and haunts Bay Area record shops, Ken represents all that he defines himself in opposition to. The only thing Hua and Ken have in common is that, however they engage with it, American culture doesn't seem to have a place for either of them. But despite his first impressions, Hua and Ken become friends, a friendship built on late-night conversations over cigarettes, long drives along the California coast, and the successes and humiliations of everyday college life. And then violently, senselessly, Ken is gone, killed in a carjacking, not even three years after the day they first meet. Determined to hold on to all that was left of one of his closest friends—his memories—Hua turned to

writing. Stay True is the book he's been working on ever since. A coming-of-age story that details both the ordinary and extraordinary, Stay True is a bracing memoir about growing up, and about moving through the world in search of meaning and belonging.

Educated Nov 23 2022 #1 NEW YORK TIMES, WALL STREET JOURNAL, AND BOSTON GLOBE BESTSELLER • One of the most acclaimed books of our time: an unforgettable memoir about a young woman who, kept out of school, leaves her survivalist family and goes on to earn a PhD from Cambridge University "Extraordinary . . . an act of courage and self-invention."—The New York Times NAMED ONE OF THE TEN BEST BOOKS OF THE YEAR BY THE NEW YORK TIMES BOOK REVIEW • ONE OF PRESIDENT BARACK OBAMA'S FAVORITE BOOKS OF THE YEAR • BILL GATES'S HOLIDAY READING LIST • FINALIST: National Book Critics Circle's Award In Autobiography and John Leonard Prize For Best First Book • PEN/Jean Stein Book Award • Los Angeles Times Book Prize Born to survivalists in the mountains of Idaho, Tara Westover was seventeen the first time she set foot in a classroom. Her family was so isolated from mainstream society that there was no one to ensure the children received an education, and no one to intervene when one of Tara's older brothers became violent. When another brother got himself into

college, Tara decided to try a new kind of life. Her quest for knowledge transformed her, taking her over oceans and across continents, to Harvard and to Cambridge University. Only then would she wonder if she'd traveled too far, if there was still a way home. "Beautiful and propulsive . . . Despite the singularity of [Westover's] childhood, the questions her book poses are universal: How much of ourselves should we give to those we love? And how much must we betray them to grow up?"—Vogue NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The Washington Post • O: The Oprah Magazine • Time • NPR • Good Morning America • San Francisco Chronicle • The Guardian • The Economist • Financial Times • Newsday • New York Post • theSkimm • Refinery29 • Bloomberg • Self • Real Simple • Town & Country • Bustle • Paste • Publishers Weekly • Library Journal • LibraryReads • Book Riot • Pamela Paul, KQED • New York Public Library

Identical Strangers Aug 08 2021 As seen in the hit documentary Three Identical Strangers

• "[A] poignant memoir of twin sisters who were split up as infants, became part of a secret scientific study, then found each other as adults."—Reader's Digest (Editors' Choice)  
WINNER OF A BOOKS FOR A BETTER LIFE AWARD  
Elyse Schein had always known she was adopted, but it wasn't until her mid-thirties while

living in Paris that she searched for her biological mother. What she found instead was shocking: She had an identical twin sister. What's more, after being separated as infants, she and her sister had been, for a time, part of a secret study on separated twins. Paula Bernstein, a married writer and mother living in New York, also knew she was adopted, but had no inclination to find her birth mother. When she answered a call from her adoption agency one spring afternoon, Paula's life suddenly divided into two starkly different periods: the time before and the time after she learned the truth. As they reunite, taking their tentative first steps from strangers to sisters, Paula and Elyse are left with haunting questions surrounding their origins and their separation. And when they investigate their birth mother's past, the sisters move closer toward solving the puzzle of their lives. Praise for *Identical Strangers*

"Remarkable . . . powerful . . . [an] extraordinary experience . . . The reader is left to marvel at the reworking of individual identities required by one discovery and then another."—*Boston Sunday Globe*

"Absorbing."—*Wired* "[A] fascinating memoir . . . Weaving studies about twin science into their personal reflections . . . Schein and Bernstein provide an intelligent exploration

of how identity intersects with bloodlines. A must-read for anyone interested in what it means to be a family.”—Bust “Identical Strangers has all the heart-stopping drama you’d expect. But it has so much more—the authors’ emotional honesty and clear-eyed insights turn this unique story into a universal one. As you accompany the twins on their search for the truth of their birth, you witness another kind of birth—the germination and flowering of sisterly love.”—Deborah Tannen, #1 New York Times bestselling author of *You Just Don’t Understand* “A transfixing memoir.”—Publishers Weekly

*Lowlife* Jan 01 2021 (Low)life is a gripping memoir from Charles Farrell, a world-class jazz musician and self-admitted "fight fixer" and "gangster." Farrell trades in the world of jazz for boxing, and becomes business partners with the legendary boxer Floyd Patterson. He is eventually is forced to flee to a farm in Puerto Rico, with a mob contract on his life. After he returns home, with the help of boxing legend Al Braverman, he goes back to jazz and collaborates frequently with his friend Ornette Coleman, the godfather of "Free Jazz."

*Finding Me* Jun 25 2020 OPRAH’S BOOK CLUB PICK  
• A HARPERS BAZAAR BEST BOOK OF 2022 • A PARADE MOST ANTICIPATED BOOK • A MARIE CLAIRE MOST ANTICIPATED BOOK “It’s clear from the

first page that Davis is going to serve a more intimate, unpolished account than is typical of the average (often ghost-written) celebrity memoir; Finding Me reads like Davis is sitting you down for a one-on-one conversation about her life, warts and all.”—USA Today “[A] fulfilling narrative of struggle and success....Her gorgeous storytelling will inspire anyone wishing to shed old labels.”—Los Angeles Times

In my book, you will meet a little girl named Viola who ran from her past until she made a life-changing decision to stop running forever. This is my story, from a crumbling apartment in Central Falls, Rhode Island, to the stage in New York City, and beyond. This is the path I took to finding my purpose but also my voice in a world that didn't always see me. As I wrote Finding Me, my eyes were open to the truth of how our stories are often not given close examination. We are forced to reinvent them to fit into a crazy, competitive, judgmental world. So I wrote this for anyone running through life untethered, desperate and clawing their way through murky memories, trying to get to some form of self-love. For anyone who needs reminding that a life worth living can only be born from radical honesty and the courage to shed facades and be . . . you.

Finding Me is a deep reflection, a promise,

and a love letter of sorts to self. My hope is that my story will inspire you to light up your own life with creative expression and rediscover who you were before the world put a label on you.

The Point of Vanishing      Jun 18 2022 Into the Wild meets Walden—a lyrical memoir for nature lovers and for anyone who has wondered what it would be like to disconnect from our hyper-connected culture and seek more meaningful connections After losing vision in one eye and becoming estranged from his family and friends, a young man spent two years searching for identity in self-imposed solitude in the backwoods of northern Vermont, where he embarked on a project of stripping away facades and all social ties--and learned to face himself. On a clear May afternoon at the end of his junior year at Harvard, Howard Axelrod played a pick-up game of basketball. In a skirmish for a loose ball, a boy's finger hooked behind Axelrod's eyeball and left him permanently blinded in his right eye. A week later, he returned to the same dorm room, but to a different world. A world where nothing looked solid, where the distance between how people saw him and how he saw had widened into a gulf. Desperate for a sense of orientation he could trust, he retreated to a jerry-rigged house in the Vermont woods, where he lived



without a computer or television, and largely without human contact, for two years. He needed to find a more lasting sense of meaning away from society's pressures and rush. Named one of the best books of the year by Slate, Chicago Tribune, Entropy Magazine, and named one of the top 10 memoirs by Library Journal

**The Book of Drugs** Feb 20 2020 Mike Doughty first came to prominence as the leader of the band Soul Coughing then did an abrupt sonic left turn, much to the surprise of his audience, transforming into a solo performer of stark, dusky, but strangely hopeful tunes. He battled addiction, gave up fame when his old band was at the height of its popularity, drove thousands of miles, alone, across America, with just an acoustic guitar. His candid, hilarious, self-lacerating memoir, *The Book of Drugs*—featuring cameos by Redman, Ani DiFranco, the late Jeff Buckley, and others—is the story of his band's rise and bitter collapse, the haunted and darkly comical life of addiction, and the perhaps even weirder world of recovery.

**Wasted** Mar 15 2022 Why would a talented young woman enter into a torrid affair with hunger, drugs, sex, and death? Through five lengthy hospital stays, endless therapy, and the loss of family, friends, jobs, and all sense of what it means to be "normal," Marya Hornbacher

lovingly embraced her anorexia and bulimia -- until a particularly horrifying bout with the disease in college put the romance of wasting away to rest forever. A vivid, honest, and emotionally wrenching memoir, *Wasted* is the story of one woman's travels to reality's darker side -- and her decision to find her way back on her own terms.

Hillbilly Elegy \_\_\_\_\_ Sep 28 2020 THE #1 NEW YORK TIMES BESTSELLER IS NOW A MAJOR-MOTION PICTURE DIRECTED BY RON HOWARD AND STARRING AMY ADAMS, GLENN CLOSE, AND GABRIEL BASSO "You will not read a more important book about America this year."—The Economist "A riveting book."—The Wall Street Journal "Essential reading."—David Brooks, New York Times *Hillbilly Elegy* is a passionate and personal analysis of a culture in crisis—that of white working-class Americans. The disintegration of this group, a process that has been slowly occurring now for more than forty years, has been reported with growing frequency and alarm, but has never before been written about as searingly from the inside. J. D. Vance tells the true story of what a social, regional, and class decline feels like when you were born with it hung around your neck. The Vance family story begins hopefully in postwar America. J. D.'s grandparents were "dirt poor and in love," and moved north from Kentucky's Appalachia region

to Ohio in the hopes of escaping the dreadful poverty around them. They raised a middle-class family, and eventually one of their grandchildren would graduate from Yale Law School, a conventional marker of success in achieving generational upward mobility. But as the family saga of *Hillbilly Elegy* plays out, we learn that J.D.'s grandparents, aunt, uncle, sister, and, most of all, his mother struggled profoundly with the demands of their new middle-class life, never fully escaping the legacy of abuse, alcoholism, poverty, and trauma so characteristic of their part of America. With piercing honesty, Vance shows how he himself still carries around the demons of his chaotic family history. A deeply moving memoir, with its share of humor and vividly colorful figures, *Hillbilly Elegy* is the story of how upward mobility really feels. And it is an urgent and troubling meditation on the loss of the American dream for a large segment of this country.

On Writing Jan 25 2023 The author shares his insights into the craft of writing and offers a humorous perspective on his own experience as a writer.

Secrets May 25 2020 The true story of the leaking of the Pentagon Papers, the event which inspired Steven Spielberg's feature film *The Post* In 1971 former Cold War hard-liner

Daniel Ellsberg made history by releasing the Pentagon Papers - a 7,000-page top-secret study of U.S. decision-making in Vietnam - to the New York Times and Washington Post. The document set in motion a chain of events that ended not only the Nixon presidency but the Vietnam War. In this remarkable memoir, Ellsberg describes in dramatic detail the two years he spent in Vietnam as a U.S. State Department observer, and how he came to risk his career and freedom to expose the deceptions and delusions that shaped three decades of American foreign policy. The story of one man's exploration of conscience, *Secrets* is also a portrait of America at a perilous crossroad. "[Ellsberg's] well-told memoir sticks in the mind and will be a powerful testament for future students of a war that the United States should never have fought." -The Washington Post "Ellsberg's deft critique of secrecy in government is an invaluable contribution to understanding one of our nation's darkest hours." -Theodore Roszak, San Francisco Chronicle

Extraordinary, Ordinary People \_\_\_\_\_ Dec 20 2019

This is the story of Condoleezza Rice that has never been told, not that of an ultra-accomplished world leader, but of a little girl--and a young woman--trying to find her place in a sometimes hostile world, of two

exceptional parents, and an extended family and community that made all the difference. Condoleezza Rice has excelled as a diplomat, political scientist, and concert pianist. Her achievements run the gamut from helping to oversee the collapse of communism in Europe and the decline of the Soviet Union, to working to protect the country in the aftermath of 9-11, to becoming only the second woman--and the first black woman ever--to serve as Secretary of State. But until she was 25 she never learned to swim, because when she was a little girl in Birmingham, Alabama, Commissioner of Public Safety Bull Connor decided he'd rather shut down the city's pools than give black citizens access. Throughout the 1950's, Birmingham's black middle class largely succeeded in insulating their children from the most corrosive effects of racism, providing multiple support systems to ensure the next generation would live better than the last. But by 1963, Birmingham had become an environment where blacks were expected to keep their head down and do what they were told--or face violent consequences. That spring two bombs exploded in Rice's neighborhood amid a series of chilling Klu Klux Klan attacks. Months later, four young girls lost their lives in a particularly vicious bombing. So how was Rice able to achieve what she

ultimately did? Her father, John, a minister and educator, instilled a love of sports and politics. Her mother, a teacher, developed Condoleezza's passion for piano and exposed her to the fine arts. From both, Rice learned the value of faith in the face of hardship and the importance of giving back to the community. Her parents' fierce unwillingness to set limits propelled her to the venerable halls of Stanford University, where she quickly rose through the ranks to become the university's second-in-command. An expert in Soviet and Eastern European Affairs, she played a leading role in U.S. policy as the Iron Curtain fell and the Soviet Union disintegrated. Less than a decade later, at the apex of the hotly contested 2000 presidential election, she received the exciting news--just shortly before her father's death--that she would go on to the White House as the first female National Security Advisor. As comfortable describing lighthearted family moments as she is recalling the poignancy of her mother's cancer battle and the heady challenge of going toe-to-toe with Soviet leaders, Rice holds nothing back in this remarkably candid telling.

Air Traffic Jan 13 2022 From the beloved Pulitzer Prize-winning poet: an extraordinary memoir and blistering meditation on

fatherhood, race, addiction, and ambition. Gregory Pardlo's father was a brilliant and charismatic man--a leading labor organizer who presided over a happy suburban family of four. But when he loses his job following the famous air traffic controllers' strike of 1981, he succumbs to addiction and exhausts the family's money on more and more ostentatious whims. In the face of this troubling model and disillusioned presence in the household, young Gregory rebels. Struggling to distinguish himself on his own terms, he hustles off to Marine Corps boot camp. He moves across the world, returning to the United States only to take a job as a manager-cum-barfly at his family's jazz club. *Air Traffic* follows Gregory as he builds a life that honors his history without allowing it to define his future. Slowly, he embraces the challenges of being a poet, a son, and a father as he enters recovery for alcoholism and tends to his family. In this memoir, written in lyrical and sparkling prose, Gregory tries to free himself from the overwhelming expectations of race and class, and from the tempting yet ruinous legacy of American masculinity. *Air Traffic* is a richly realized, deeply felt ode to one man's remarkable father, to fatherhood, and to the frustrating yet redemptive ties of family. It is also a scrupulous, searing examination

of how manhood can be fashioned in our cultural landscape.

Memoir of a Nobody Jul 27 2020 Steve Bluestein is articulate, and funny, and incredibly insightful. You will laugh as you completely identify reading this book. – Henry Winkler, Actor best know as Arthur Fonzarelli on Happy Days Steve Bluestein has always been able to make me laugh out loud, and now his book... Memoir of a Nobody has that same magical power. It makes me laugh. – Cindy Williams, Actress best known for her role in Laverne & Shirley and author of Shirley, I Jest! Steve Bluestein's Memoir of a Nobody is one of the most entertaining books you will ever read. While you are laughing non-stop you will marvel at how he is able to turn every bad day into one of the funniest stories you've ever heard. It's a true gift that comes right out of his amazing humor and perfectly skewed view of the world. You will laugh and cry, and when you are done you will feel like you have a new best friend. – Elayne Boosler, stand up comedian, activist, TV personality

Ordinary Heroes Jul 19 2022 New York Times Bestseller From the first FDNY chief to respond to the 9/11 attacks, an intimate memoir and a tribute to those who died that others might live When Chief Joe Pfeifer led his firefighters to investigate an odor of gas



in downtown Manhattan on the morning of 9/11, he had no idea that his life was about to change forever. A few moments later, he watched as the first plane crashed into the World Trade Center. Pfeifer, the closest FDNY chief to the scene, spearheaded rescue efforts on one of the darkest days in American history. *Ordinary Heroes* is the unforgettable and intimate account of what Chief Pfeifer witnessed at Ground Zero, on that day and the days that followed. Through his eyes, we see the horror of the attack and the courage of the firefighters who ran into the burning towers to save others. We see him send his own brother up the stairs of the North Tower, never to return. And we walk with him and his fellow firefighters through weeks of rescue efforts and months of numbing grief, as they wrestle with the real meaning of heroism and leadership. This gripping narrative gives way to resiliency and a determination that permanently reshapes Pfeifer, his fellow firefighters, NYC, and America. *Ordinary Heroes* takes us on a journey that turns traumatic memories into hope, so we can make good on our promise to never forget 9/11.

*A Memoir of the Warsaw Uprising*      May 17 2022  
On August 1, 1944, Miron Bia?oszewski, later to gain renown as one of Poland's most innovative poets, went out to run an errand

for his mother and ran into history. With Soviet forces on the outskirts of Warsaw, the Polish capital revolted against five years of Nazi occupation, an uprising that began in a spirit of heroic optimism. Sixty-three days later it came to a tragic end. The Nazis suppressed the insurgents ruthlessly, reducing Warsaw to rubble while slaughtering some 200,000 people, mostly through mass executions. The Red Army simply looked on. Bia?oszewski's blow-by-blow account of the uprising brings it alive in all its desperate urgency. Here we are in the shoes of a young man slipping back and forth under German fire, dodging sniper bullets, collapsing with exhaustion, rescuing the wounded, burying the dead. An indispensable and unforgettable act of witness, *A Memoir of the Warsaw Uprising* is also a major work of literature. Bia?oszewski writes in short, stabbing, splintered, breathless sentences attuned to "the glaring identity of 'now.'" His pages are full of a white-knuckled poetry that resists the very destruction it records. Madeline G. Levine has extensively revised her 1977 translation, and passages that were unpublishable in Communist Poland have been restored.

Them Feb 26 2023 Tatiana du Plessix, the wife of a French diplomat, was a beautiful, sophisticated "white Russian" who had been the

muse of the famous Russian poet Vladimir Mayakovsky. Alexander Liberman, the ambitious son of a prominent Russian Jew, was a gifted magazine editor and aspiring artist. As part of the progressive artistic Russian émigré community living in Paris in the 1930s, the two were destined to meet. They began a passionate affair, and the year after Paris was occupied in World War II they fled to New York with Tatiana's young daughter, Francine. There they determinedly rose to the top of high society, holding court to a Who's Who list of the midcentury's intellectuals and entertainers. Flamboyant and outrageous, bold and brilliant, they were irresistible to friends like Marlene Dietrich, Salvador Dalí, and the publishing tycoon Condé Nast. But to those who knew them well they were also highly neurotic, narcissistic, and glacially self-promoting, prone to cut out of their lives, with surgical precision, close friends who were no longer of use to them. Tatiana became an icon of New York fashion, and the hats she designed for Saks Fifth Avenue were de rigueur for stylish women everywhere. Alexander Liberman, who devotedly raised Francine as his own child from the time she was nine, eventually came to preside over the entire Condé Nast empire. The glamorous life they shared was both creative and destructive and

was marked by an exceptional bond forged out of their highly charged love and raging self-centeredness. Their obsessive adulation of success and elegance was elevated to a kind of worship, and the high drama that characterized their lives followed them to their deaths.

Tatiana, increasingly consumed with nostalgia for a long-lost Russia, spent her last years addicted to painkillers. Shortly after her death, Alexander, then age eighty, shocked all who knew him by marrying her nurse. *Them: A Portrait of Parents* is a beautifully written homage to the extraordinary lives of two fascinating, irrepressible people who were larger than life emblems of a bygone age. Written with honesty and grace by the person who knew them best, this generational saga is a survivor's story. Tatiana and Alexander survived the Russian Revolution, the fall of France, and New York's factory of fame. Their daughter, Francine, survived them.

Hunger Jun 06 2021 From the New York Times bestselling author of *Bad Feminist*: a searingly honest memoir of food, weight, self-image, and learning how to feed your hunger while taking care of yourself. "I ate and ate and ate in the hopes that if I made myself big, my body would be safe. I buried the girl I was because she ran into all kinds of trouble. I tried to erase every memory of her,

but she is still there, somewhere. . . . I was trapped in my body, one that I barely recognized or understood, but at least I was safe." In her phenomenally popular essays and long-running Tumblr blog, Roxane Gay has written with intimacy and sensitivity about food and body, using her own emotional and psychological struggles as a means of exploring our shared anxieties over pleasure, consumption, appearance, and health. As a woman who describes her own body as "wildly undisciplined," Roxane understands the tension between desire and denial, between self-comfort and self-care. In *Hunger*, she explores her past—including the devastating act of violence that acted as a turning point in her young life—and brings readers along on her journey to understand and ultimately save herself. With the bracing candor, vulnerability, and power that have made her one of the most admired writers of her generation, Roxane explores what it means to learn to take care of yourself: how to feed your hungers for delicious and satisfying food, a smaller and safer body, and a body that can love and be loved—in a time when the bigger you are, the smaller your world becomes.

Sempre Susan Apr 04 2021 From the author of *The Friend*, winner of the 2018 National Book

Award. "The masterpiece of the 'I knew Susan' minigenre" – A.O. Scott, *The New York Times* A poignant, intimate memoir of one of America's most esteemed and fascinating cultural figures, and a deeply felt tribute. Sigrid Nunez was an aspiring writer when she first met Susan Sontag, already a legendary figure known for her polemical essays, blinding intelligence, and edgy personal style. Sontag introduced Nunez to her son, the writer David Rieff, and the two began dating. Soon Nunez moved into the apartment that Rieff and Sontag shared. As Sontag told Nunez, "Who says we have to live like everyone else?" Sontag's influence on Nunez, who went on to become a successful novelist, would be profound. Described by Nunez as "a natural mentor" who saw educating others as both a moral obligation and a source of endless pleasure, Sontag inevitably infected those around her with her many cultural and intellectual passions. In this poignant, intimate memoir, Nunez speaks of her gratitude for having had, as an early model, "someone who held such an exalted, unironic view of the writer's vocation." Published more than six years after Sontag's death, *Sempre Susan* is a startlingly truthful portrait of this outsized personality, who made being an intellectual a glamorous occupation.

Out of the Corner Aug 28 2020 NEW YORK TIMES  
BESTSELLER • A deeply candid and refreshingly spirited memoir of identity lost and found from the star of the iconic film Dirty Dancing “Jennifer Grey peels back all the artifice, denial, obfuscation, and myriad assumptions and exposes a gorgeous, human portrait of her life.”—Jamie Lee Curtis “We all know Jennifer Grey as a talented actress, but Out of the Corner introduces us to a gifted writer.”—Michael J. Fox In this beautiful, close-to-the bone account, Jennifer Grey takes readers on a vivid tour of the experiences that have shaped her, from her childhood as the daughter of Broadway and film legend Joel Grey, to the surprise hit with Patrick Swayze that made her America’s sweetheart, to her inspiring season eleven win on ABC’s Dancing with the Stars. Throughout this intimate narrative, Grey richly evokes places and times that were defining for a generation—from her preteen days in 1970s Malibu and wild child nights in New York’s club scene, to her roles in quintessential movies of the 1980s, including The Cotton Club, Red Dawn, and her breakout performance in Ferris Bueller’s Day Off. With self-deprecating humor and frankness, she looks back on her unbridled, romantic adventures in Hollywood. And with enormous bravery, she shares the devastating

fallout from a plastic surgery procedure that caused the sudden and stunning loss of her professional identity and career. Grey inspires with her hard-won battle back, reclaiming her sense of self from a culture and business that can impose a narrow and unforgiving definition of female worth. She finds, at last, her own true north and starts a family of her own, just in the nick of time. Distinctive, moving, and powerful, told with generosity and pluck, *Out of the Corner* is a memoir about a never-ending personal evolution, a coming-of-age story for women of every age.

I'm Supposed to Protect You from All This  
18 2019 A Vogue Best Book of the Year "What Ferrante did for female friends—exploring the tumult and complexity their relationships could hold—Spiegelman sets out to do for mothers and daughters. She's essentially written *My Brilliant Mom*." —Slate A memoir of mothers and daughters—and mothers as daughters—traced through four generations, from Paris to New York and back again. For a long time, Nadja Spiegelman believed her mother was a fairy. More than her famous father, *Maus* creator Art Spiegelman, and even more than most mothers, hers—French-born New Yorker art director Françoise Mouly—exerted a force over reality that was both dazzling and

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daunting. As Nadja's body changed and "began to whisper to the adults around me in a language I did not understand," their relationship grew tense. Unwittingly, they were replaying a drama from her mother's past, a drama Nadja sensed but had never been told. Then, after college, her mother suddenly opened up to her. Françoise recounted her turbulent adolescence caught between a volatile mother and a playboy father, one of the first plastic surgeons in France. The weight of the difficult stories she told her daughter shifted the balance between them. It had taken an ocean to allow Françoise the distance to become her own person. At about the same age, Nadja made the journey in reverse, moving to Paris determined to get to know the woman her mother had fled. Her grandmother's memories contradicted her mother's at nearly every turn, but beneath them lay a difficult history of her own. Nadja emerged with a deeper understanding of how each generation reshapes the past in order to forge ahead, their narratives both weapon and defense, eternally in conflict. Every reader will recognize herself and her family in *I'm Supposed to Protect You From All This*, a gorgeous and heartbreaking memoir that helps us to see why sometimes those who love us best hurt us most.

Our Story Dec 24 2022 Begun by the author when he was eighty-seven years old and mourning the loss of his wife, Our Story is a graphic memoir like no other: a celebration of a marriage that spanned the twentieth century in China, told in vibrant, original paintings and prose. Rao Pingru was twenty-four-year-old soldier when he was reintroduced to Mao Meitang, a girl he'd known in childhood and now the woman his father had arranged for him to marry. One glimpse of her through a window as she put on lipstick was enough to capture Pingru's heart: a moment that sparked a union that would last almost sixty years. Our Story is Pingru and Meitang's epic but unassuming romance. It follows the couple through the decades, in both poverty and good fortune—looking for work, opening a restaurant, moving cities, mending shoes, raising their children, and being separated for seventeen years by the government when Pingru is sent to a labor camp. As the pair ages, China undergoes extraordinary growth, political turmoil, and cultural change. When Meitang passes away in 2008, Pingru memorializes his wife and their relationship the only way he knows how: through painting. In an outpouring of love and grief, he puts it all on paper. Spanning 1922 through 2008, Our Story is a tales of enduring love and simple

values that is at once tragic and inspiring: an old-fashioned story that unfolds in a nation undergoing cataclysmic change. (With gorgeous full-color illustrations throughout, and a distinctive exposed spine emulating the original Chinese design.)

The Book of Help    Oct 30 2020 LOS ANGELES  
TIMES BESTSELLER • WINNER OF THE NAUTILUS BOOK  
AWARD • “In a world full of spiritual seekers,  
Megan Griswold is an undisputed all-star. What  
a delightful journey!”—Elizabeth Gilbert, #1  
New York Times bestselling author of *Big Magic*  
and *Eat, Pray, Love* The Book of Help traces  
one woman’s life-long quest for love,  
connection, and peace of mind. A  
heartbreakingly vulnerable and tragically  
funny memoir-in-remedies, Megan Griswold’s  
narrative spans four decades and six  
continents—from the glaciers of Patagonia and  
the psycho-tropics of Brazil, to academia, the  
Ivy League, and the study of Eastern medicine.  
Megan was born into a family who  
enthusiastically embraced the offerings of New  
Age California culture—at seven she asked  
Santa for her first mantra and by twelve she  
was taking weekend workshops on personal  
growth. But later, when her newly-wedded  
husband calls in the middle of the night to  
say he’s landed in jail, Megan must accept  
that her many certificates, degrees and

licenses had not been the finish line she'd once imagined them to be, but instead the preliminary training for what would prove to be the wildest, most growth-insisting journey of her life.

Joseph Anton Feb 14 2022 NAMED ONE OF THE BEST BOOKS OF THE YEAR BY San Francisco Chronicle • Newsweek/The Daily Beast • The Seattle Times • The Economist • Kansas City Star • BookPage On February 14, 1989, Valentine's Day, Salman Rushdie was telephoned by a BBC journalist and told that he had been "sentenced to death" by the Ayatollah Khomeini. For the first time he heard the word fatwa. His crime? To have written a novel called *The Satanic Verses*, which was accused of being "against Islam, the Prophet and the Quran." So begins the extraordinary story of how a writer was forced underground, moving from house to house, with the constant presence of an armed police protection team. He was asked to choose an alias that the police could call him by. He thought of writers he loved and combinations of their names; then it came to him: Conrad and Chekhov—Joseph Anton. How do a writer and his family live with the threat of murder for more than nine years? How does he go on working? How does he fall in and out of love? How does despair shape his thoughts and actions, how

and why does he stumble, how does he learn to fight back? In this remarkable memoir Rushdie tells that story for the first time; the story of one of the crucial battles, in our time, for freedom of speech. He talks about the sometimes grim, sometimes comic realities of living with armed policemen, and of the close bonds he formed with his protectors; of his struggle for support and understanding from governments, intelligence chiefs, publishers, journalists, and fellow writers; and of how he regained his freedom. It is a book of exceptional frankness and honesty, compelling, provocative, moving, and of vital importance. Because what happened to Salman Rushdie was the first act of a drama that is still unfolding somewhere in the world every day.

Praise for Joseph Anton "A harrowing, deeply felt and revealing document: an autobiographical mirror of the big, philosophical preoccupations that have animated Mr. Rushdie's work throughout his career."—Michiko Kakutani, *The New York Times*

"A splendid book, the finest . . . memoir to cross my desk in many a year."—Jonathan Yardley, *The Washington Post*

"Thoughtful and astute . . . an important book."—USA Today

"Compelling, affecting . . . demonstrates Mr. Rushdie's ability as a stylist and storyteller. . . . [He] reacted with great bravery and even

heroism.”—The Wall Street Journal “Gripping, moving and entertaining . . . nothing like it has ever been written.”—The Independent (UK) “A thriller, an epic, a political essay, a love story, an ode to liberty.”—Le Point (France) “Action-packed . . . in a literary class by itself . . . Like Isherwood, Rushdie’s eye is a camera lens —firmly placed in one perspective and never out of focus.”—Los Angeles Review of Books “Unflinchingly honest . . . an engrossing, exciting, revealing and often shocking book.”—de Volkskrant (The Netherlands) “One of the best memoirs you may ever read.”—DNA (India) “Extraordinary . . . Joseph Anton beautifully modulates between . . . moments of accidental hilarity, and the higher purpose Rushdie saw in opposing—at all costs—any curtailment on a writer’s freedom.”—The Boston Globe

Home/Land Mar 03 2021 A moving reflection on the complicated nature of home and homeland, and the heartache and adventure of leaving an adopted country in order to return to your native land—this is a “winsome memoir of departure and reversal . . . about the way a series of unknowns accrue into a life” (Jia Tolentino, author of *Trick Mirror*). When the *New Yorker* writer Rebecca Mead relocated to her birth city, London, with her family in the

summer of 2018, she was both fleeing the political situation in America and seeking to expose her son to a wider world. With a keen sense of what she'd given up as she left New York, her home of thirty years, she tried to knit herself into the fabric of a changed London. The move raised poignant questions about place: What does it mean to leave the place you have adopted as home and country? And what is the value and cost of uprooting yourself? In a deft mix of memoir and reportage, drawing on literature and art, recent and ancient history, and the experience of encounters with individuals, environments, and landscapes in New York City and in England, Mead artfully explores themes of identity, nationality, and inheritance. She recounts her time in the coastal town of Weymouth, where she grew up; her dizzying first years in New York where she broke into journalism; the rich process of establishing a new home for her dual-national son in London. Along the way, she gradually reckons with the complex legacy of her parents. Home/Land is a stirring inquiry into how to be present where we are, while never forgetting where we have been.

[An American Family](#) May 05 2021 This "moving [and] wonderful" memoir by the Muslim American Gold Star father, captivating DNC speaker, and

2022 Presidential Medal of Freedom recipient is “a story about family and faith [that] can teach all of us what real American patriotism looks like” (The New York Times Book Review). “[Khizr] Khan offers a valuable perspective as we continue to debate what kind of country we want to be.”—The Washington Post (Best Books of the Year) Khizr Khan electrified viewers around the world when he took the stage at the 2016 Democratic National Convention. And when he offered to lend Donald Trump his own much-read and dog-eared pocket Constitution, his gesture perfectly encapsulated the feelings of millions. In this urgent and timeless immigrant story, Khan shares the extraordinary, ordinary journey that led him to that moment: He was the oldest of ten children born to farmers in Pakistan. He was a university student who read the Declaration of Independence and was awestruck by what might be possible in life. He was a hopeful suitor, awkwardly but earnestly trying to win the heart of a woman far out of his league. He was a loving father who, having instilled in his children the ideals that enticed him and his wife to America, tragically lost his son, an Army captain, in the Iraq War. He was and is a patriot, and a fierce advocate for the values enshrined in the American system. An American Family shows us who Khizr Khan and millions of



other American immigrants are, and why—especially in these tumultuous times—we must not be afraid to step forward for what we believe in when it matters most.

**The Book Keeper** Dec 12 2021 When a stack of interracial romance novels written by her long-dead father landed on Julia McKenzie Munemo's kitchen table, she—a white woman—had been married to a black man for six years and their first son was a toddler. Out of shame about her father's secret career as a writer of "slavery porn," she hid the books from herself, and from her growing mixed-race family, for more than a decade. But then, with police shootings of African American men more and more in the public eye, she realized that understanding her own legacy was the only way to begin to understand her country. *The Book Keeper* is equal parts love story, family interrogation, and racial reckoning as Munemo comes to terms with her whiteness, and with her history.

**Where Tomorrows Aren't Promised** Feb 02 2021 "A memoir of survival and hope"--Jacket.

**First Job** Sep 21 2022 From the author of the acclaimed coming-of-age story "Flight of Passage" comes a rollicking memoir of a special time of his--and everyone else's--life. Photos.

**All of This** Sep 09 2021 "Beautifully written,

complex, provocative, painful, genuine...an unforgettable memoir."—ROXANE GAY "Wonderfully lyrical and uncomfortably honest in a way that is so rare, yet so needed."—JENNY LAWSON "Disturbing and profound, this intimate book also reveals the sometimes-labyrinthine nature of the bonds that unite people in love...A provocative and memorable work."—Kirkus Reviews

After years of struggling in a tumultuous marriage, writer Rebecca Woolf was finally ready to leave her husband. Two weeks after telling him she wanted a divorce, he was diagnosed with stage four pancreatic cancer. Four months later, at the age of forty-four, he died. In *All of This*, Woolf chronicles the months before her husband's death—and her rebirth after he was gone. With rigorous honesty and incredible awareness, she reflects on the end of her marriage: how her husband's illness finally gave her the space to make peace with his humanity and her own. Stunning, compelling, and brilliantly nuanced, *All of This* is one woman's story of embracing the complexities of grief without shame—as a mother, a widow, and a sexual being—and emerging on the other side of a relationship with gratitude and relief.

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- [On Writing](#)
- [Our Story](#)
- [Educated](#)
- [The Books That Mattered](#)
- [First Job](#)
- [Stay True](#)
- [Ordinary Heroes](#)
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