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KEY=PEOPLE - XIMENA YATES

All New People A Novel Catapult “Anne Lamott is the two-way mirror of our hopes, insecurities, and cheating hearts, an astute observer of human nature.” —Amy Tan, author of *The Joy Luck Club* The celebrated author of *Bird by Bird* offers a stunningly evocative novel about a divorcée who returns to her small Northern California town, where she encounters vivid memories of her eccentric family and coming-of-age in the 1960s With generosity, humor, and pathos, Anne Lamott takes on the barrage of dislocating changes that shook the Sixties. Leading us through the wake of these changes is Nanny Goodman, a girl living in Marin County, California. A half-adult child among often childish adults, Nanny grows up with two spectacularly odd parents: a writer father and a mother who is a constant source of material. As she moves into her adolescence, so, it seems, does America. While grappling with her own coming-of-age, Nanny witnesses an entire culture’s descent into drugs, the mass exodus of fathers from her town, and rapid real estate and technological development that foreshadow a drastically different future. In *All New People*, Anne Lamott works a special magic, transforming failure into forgiveness and illuminating the power of love to redeem us. **All New People A Novel Counterpoint** With generosity, humor, and pathos, Anne Lamott takes on the barrage of dislocating changes that shook the Sixties. Leading us through the wake of these changes is Nanny Goodman, a girl living in Marin County, California. A half-adult child among often childish adults, Nanny grows up with two spectacularly odd parents: a writer father and a mother who is a constant source of material. As she moves into her adolescence, so, it seems, does America. While grappling with her own coming-of-age, Nanny witnesses an entire culture’s descent into drugs, the mass exodus of fathers from her town, and rapid real-estate and technological development that foreshadow a drastically different future. In *All New People*, Anne Lamott works a special magic, transforming failure into forgiveness and illuminating the power of love to redeem us. **All New People Counterpoint Press** Newly divorced, Nan Goodman returns to her childhood home and to vivid thoughts of her eccentric yet warm family, and of the feelings of security and warmth of a bygone era. *Bird by Bird* Some Instructions on Writing and Life Anchor From the acclaimed New York Times bestselling author: An essential volume for generations of writers young and old. The twenty-fifth anniversary edition of this modern classic will continue to spark creative minds for years to come. For a quarter century, more than a million readers—scribes and scribblers of all ages and abilities—have been inspired by Anne Lamott’s hilarious, big-hearted, homespun advice. Advice that begins with the simple words of wisdom passed down from Anne’s father—also a writer—in the iconic passage that gives the book its title: “Thirty years ago my older brother, who was ten years old at the time, was trying to get a report on birds written that he’d had three months to write. It was due the next day. We were out at our family cabin in Bolinas, and he was at the kitchen table close to tears, surrounded by binder paper and pencils and unopened books on birds, immobilized by the hugeness of the task ahead. Then my father sat down beside him, put his arm around my brother’s shoulder, and said, ‘Bird by bird, buddy. Just take it bird by bird.’” **Hard Laughter Viking** A sensitive and reflective twenty-four-year-old woman chronicles her family’s confrontation with illness when it is discovered that her father suffers from an inoperable brain tumor *Dusk Night Dawn On Revival and Courage* **SPCK NEW YORK TIMES BESTSELLING AUTHOR** How do we get through dark times when we feel like giving in to fear and despair, and when existential dread has convinced us of our smallness? In this real, resonant book, Anne Lamott uses her own recent marriage as a framework to explore how our lives can be enlarged through renewed commitment to ourselves and those around us. With warmth and wit, she looks at what it means to care for the soul when struggling with fear and dread and to emerge with exuberance, purpose and possibility, with new love for and joy in those around us. Our lives shouldn’t be about what gets us ahead in the game or the demands other make on us. Wise, compassionate and spiritually uplifting, *Dusk, Night, Dawn* is for anyone looking for Christian hope and encouragement in times of fear and dread. It will leave you restored, and show you how you can care for your soul and live peacefully and exuberantly going forward. 'Chock-full of her trademark wit . . . this is [Lamott's] first book since getting married, so those honest insights about choosing love amid anxiety are sure to shine even brighter.' **Bookpage** 'By turns wise, funny, tragic, mystical, visionary, and imaginative . . . Readers new to Lamott are opening themselves to a real treat, as her abilities as a storyteller are in full form.' **Library Journal** **Help, Thanks, Wow** The Three Essential Prayers Penguin A New York Times bestseller from the author of *Dusk, Night Dawn, Hallelujah Anyway, Bird by Bird, and Almost Everything*. Author Anne Lamott writes about the three simple prayers essential to coming through tough times, difficult days and the hardships of daily life. Readers of all ages have followed and cherished Anne Lamott’s funny and perceptive writing about her own faith through decades of trial and error. And in her new book, *Help, Thanks, Wow*, she has coalesced everything she knows about prayer to these fundamentals. It is these three prayers - asking for assistance from a higher power, appreciating what we have that is good, and feeling awe at the world around us - that can get us through the day and can show us the way forward. In *Help, Thanks, Wow*, Lamott recounts how she came to these insights, explains what they mean to her and how they have helped, and explores how others have embraced these same ideas. Insightful and honest as only Anne Lamott can be, *Help, Thanks, Wow* is the everyday faith book that new Lamott readers will love and longtime Lamott fans will treasure. **Operating Instructions** A Journal of My Son's First Year Anchor With the same brilliant combination of humor and warmth she brought to bestseller *Bird by Bird*, Anne Lamott gives us a smart, funny, and comforting chronicle of single motherhood. It’s not like she’s the only woman to ever have a baby. At thirty-five. On her own. But Anne Lamott makes it all fresh in her now-classic account of how she and her son and numerous friends and neighbors and some strangers survived and thrived in that all important first year. From finding out that her baby is a boy (and getting used to the idea) to finding out that her best friend and greatest supporter Pam will die of cancer (and not getting used to that idea), with a generous amount of wit and faith (but very little piousness), Lamott narrates the great and small events that make up a woman’s life. "Lamott has a conversational style that perfectly conveys her friendly, self-deprecating humor." -- Los Angeles Times Book Review "Lamott is a wonderfully lithe writer Anyone who has ever had a hard time facing a perfectly ordinary day will identify." -- Chicago Tribune **Almost Everything** Notes on Hope Penguin From Anne Lamott, the New York Times-bestselling author of *Dusk, Night, Dawn* and *Help, Thanks, Wow*, comes the book we need from her now: How to bring hope back into our lives "I am stockpiling antibiotics for the Apocalypse, even as I await the blossoming of paperwhites on the windowsill in the kitchen," Anne Lamott admits at the beginning of *Almost Everything*. Despair and uncertainty surround us: in the news, in our families, and in ourselves. But even when life is at its bleakest--when we are, as she puts it, "doomed, stunned, exhausted, and over-caffeinated"--the seeds of rejuvenation are at hand. "All truth is paradox," Lamott writes, "and this turns out to be a reason for hope. If you arrive at a place in life that is miserable, it will change." That is the time when we must pledge not to give up but "to do what Wendell Berry wrote: 'Be joyful, though you have considered all the facts.'" In this profound and funny book, Lamott calls for each of us to rediscover the nuggets of hope and wisdom that are buried within us that can make life sweeter than we ever imagined. Divided into short chapters that explore life's essential truths, *Almost Everything* pinpoints these moments of insight as it shines an encouraging light forward. Candid and caring, insightful and sometimes hilarious, *Almost Everything* is the book we need and that only Anne Lamott can write. **Hallelujah Anyway Rediscovering Mercy** Penguin “Anne Lamott is my Oprah.” —Chicago Tribune The New York Times bestseller from the author of *Dusk, Night, Dawn, Almost Everything* and *Bird by Bird*, a powerful exploration of mercy and how we can embrace it. "Mercy is radical kindness," Anne Lamott writes in her enthralling and heartening book, *Hallelujah Anyway*. It's the permission you give others—and yourself—to forgive a debt, to absolve the unabsolvable, to let go of the judgment and pain that make life so difficult. In *Hallelujah Anyway: Rediscovering Mercy* Lamott ventures to explore where to find meaning in life. We should begin, she suggests, by "facing a great big mess, especially the great big mess of ourselves." It's up to each of us to recognize the presence and importance of mercy everywhere—"within us and outside us, all around us"—and to use it to forge a deeper understanding of ourselves and more honest connections with each other. While that can be difficult to do, Lamott argues that it's crucial, as "kindness towards others, beginning with myself, buys us a shot at a warm and generous heart, the greatest prize of all." Full of Lamott’s trademark honesty, humor and forthrightness, *Hallelujah Anyway* is profound and caring, funny and wise—a hopeful book of hands-on spirituality. *Dusk, Night, Dawn On Revival and Courage* Penguin “Anne Lamott is my Oprah.” -Chicago Tribune From the bestselling author of *Help, Thanks, Wow* comes an inspiring guide to restoring hope and joy in our lives. In *Dusk, Night, Dawn*, Anne Lamott explores the tough questions that many of us grapple with. How can we recapture the confidence we once had as we stumble through the dark times that seem increasingly bleak? As bad newspiles up—from climate crises to daily assaults on civility—how can we cope? Where, she asks, “do we start to get our world and joy and hope and our faith in life itself back . . . with our sore feet, hearing loss, stiff fingers, poor digestion, stunned minds, broken hearts?” We begin, Lamott says, by accepting our flaws and embracing our humanity. Drawing from her own experiences, Lamott shows us the intimate and human ways we can adopt to move through life’s dark places and toward the light of hope that still burns ahead for all of us. As she does in *Help, Thanks, Wow* and her other bestselling books, Lamott explores the thorny issues of life and faith by breaking them down into manageable, human-sized questions for readers to ponder, in the process showing us how we can amplify life’s small moments of joy by staying open to love and connection. As Lamott notes in *Dusk, Night, Dawn*, “I got Medicare three days before I got hitched, which sounds like something an old person might do, which does not describe adorably ageless me.” Marrying for the first time with a grown son and a grandson, Lamott explains that finding happiness with a partner isn’t a function of age or beauty but of outlook and perspective. Full of the honesty, humor, and humanity that have made Lamott beloved by millions of readers, *Dusk, Night, Dawn* is classic Anne Lamott—thoughtful and comic, warm and wise—and further proof that Lamott truly speaks to the better angels in all of us. **Traveling Mercies** Some Thoughts on Faith Anchor Anne Lamott claims the two best prayers she knows are: "Help me, help me, help me" and "Thank you, thank you, thank you." She has a friend whose morning prayer each day is "Whatever," and whose evening prayer is "Oh, well." Anne thinks of Jesus as "Casper the friendly savior" and describes God as "one crafty mother." Despite--or because of--her irreverence, faith is a natural subject for Anne

Lamott. Since *Operating Instructions* and *Bird by Bird*, her fans have been waiting for her to write the book that explained how she came to the big-hearted, grateful, generous faith that she so often alluded to in her two earlier nonfiction books. The people in Anne Lamott's real life are like beloved characters in a favorite series for her readers—her friend Pammy, her son, Sam, and the many funny and wise folks who attend her church are all familiar. And *Traveling Mercies* is a welcome return to those lives, as well as an introduction to new companions Lamott treats with the same candor, insight, and tenderness. Lamott's faith isn't about easy answers, which is part of what endears her to believers as well as nonbelievers. Against all odds, she came to believe in God and then, even more miraculously, in herself. As she puts it, "My coming to faith did not start with a leap but rather a series of staggers." At once tough, personal, affectionate, wise, and very funny, *Traveling Mercies* tells in exuberant detail how Anne Lamott learned to shine the light of faith on the darkest part of ordinary life, exposing surprising pockets of meaning and hope. Plan B *Further Thoughts on Faith Penguin* From the New York Times bestselling author of *Hallelujah Anyway*, *Bird by Bird*, and *Almost Everything*, a spiritual antidote to anxiety and despair in increasingly fraught times. As Anne Lamott knows, the world is a dangerous place. Terrorism and war have become the new normal. Environmental devastation looms even closer. And there are personal demands on her faith as well: getting older; her mother's Alzheimer's; her son's adolescence; and the passing of friends and time. Fortunately for those of us who are anxious about the state of the world, whose parents are also aging and dying, whose children are growing harder to recognize as they become teenagers, Plan B offers hope that we're not alone in the midst of despair. It shares with us Lamott's ability to comfort and to make us laugh despite the grim realities. Anne Lamott is one of our most beloved writers, and Plan B is a book more necessary now than ever. It is further evidence that, as *The New Yorker* has written, "Anne Lamott is a cause for celebration." *Grace (eventually) Thoughts on Faith Penguin* Wherever you look, there's trouble and wonder, pain and beauty, restoration and darkness—sometimes all at once. Yet amid the confusion, if you look carefully, in nature or in the kitchen, in ordinariness or in mystery, beyond the emotion muck we all slog *Some Assembly Required A Journal of My Son's First Son Penguin* From the New York Times bestselling author of *Bird by Bird*, *Hallelujah Anyway*, and *Almost Everything* "If there is a doyen of the parenting memoir, it would be Anne Lamott."—*Time* In *Some Assembly Required*, Anne Lamott enters a new and unexpected chapter in her own life: grandmotherhood. Stunned to learn that her son, Sam, is about to become a father at nineteen, Lamott begins a journal about the first year of her grandson Jax's life. In careful and often hilarious detail, Lamott and Sam—about whom she first wrote so movingly in *Operating Instructions*—struggle to balance their changing roles. By turns poignant and funny, honest and touching, *Some Assembly Required* is the true story of how the birth of a baby changes a family—as this book will change everyone who reads it. *Stitches A Handbook on Meaning, Hope and Repair Penguin* The New York Times bestseller from the author of *Dusk, Night, Dawn*, *Hallelujah Anyway*, *Bird by Bird*, and *Almost Everything* "Lamott's ...most insightful book yet, *Stitches* offers plenty of her characteristic witty wisdom...this slim, readable volume [is] a lens on life, widening and narrowing, encouraging each reader to reflect on what it is, after all, that really matters."—*People* What do we do when life lurches out of balance? How can we reconnect to one other and to what's sustaining, when evil and catastrophe seem inescapable? These questions lie at the heart of *Stitches*, Lamott's profound follow-up to her New York Times bestselling *Help, Thanks, Wow*. In this book Lamott explores how we find meaning and peace in these loud and frantic times; where we start again after personal and public devastation; how we recapture wholeness after loss; and how we locate our true identities in this frazzled age. We begin, Lamott says, by collecting the ripped shreds of our emotional and spiritual fabric and sewing them back together, one stitch at a time. It's in these stitches that the quilt of life begins, and embedded in them are strength, warmth, humor, and humanity. *Blue Shoe Penguin* The New York Times Bestseller from the beloved author of *Bird by Bird*, *Hallelujah Anyway*, and *Almost Everything* *Mattie Ryder* is marvelously neurotic, well-intentioned, funny, religious, sarcastic, tender, angry, and broke. Her life at the moment is a wreck: her marriage has failed, her mother is failing, her house is rotting, her waist is expanding, her children are misbehaving, and she has a crush on a married man. Then she finds a small rubber blue shoe—nothing more than a gumball trinket—left behind by her father. For *Mattie*, it becomes a talisman—a chance to recognize the past for what it was, to see the future as she always hoped it could be, and to finally understand her family, herself, and the ever-unfolding mystery of her sweet, sad, and sometimes surprising life. *Small Victories Spotting Improbable Moments of Grace Penguin* The New York Times bestseller from the author of *Help, Thanks, Wow*, *Hallelujah Anyway*, *Almost Everything*, and *Dusk, Night, Dawn*. Lamott's long-awaited collection of new and selected essays on hope, joy, and grace. Anne Lamott writes about faith, family, and community in essays that are both wise and irreverent. It's an approach that has become her trademark. Now in *Small Victories*, Lamott offers a new message of hope that celebrates the triumph of light over the darkness in our lives. Our victories over hardship and pain may seem small, she writes, but they change us—our perceptions, our perspectives, and our lives. Lamott writes of forgiveness, restoration, and transformation, how we can turn toward love even in the most hopeless situations, how we find the joy in getting lost and our amazement in finally being found. Profound and hilarious, honest and unexpected, the stories in *Small Victories* are proof that the human spirit is irrepressible. *Rosie Penguin Books Precocious*, eight-year-old Rosie Ferguson discovers the unpleasantness of real life through the actions of the father of her best friend, Sharon Thackery *Stitches A Handbook on Meaning Hope and Repair* What do we do when life lurches out of balance? How can we reconnect to one another and to what's sustaining, when evil and catastrophe seem inescapable? These questions lie at the heart of *Stitches*, Anne Lamott's follow-up to her New York Times bestselling work, *Help, Thanks, Wow*. In this book, she explores how we find meaning and peace in these loud and frantic times; where we start again after personal and public devastation; how we recapture wholeness after loss; and how we locate our true identities in this frazzled age. We begin, Lamott says, by collecting the ripped sheets of our emotional and spiritual fabric and sewing them back together - one stitch at a time. It's in these stitches that the quilt of life begins, and embedded in them are strength, warmth, humour and humanity. *Crooked Little Heart Anchor* An emotional but humorous novel of family and heartbreak by the author of *Bird by Bird* chronicles the eventful thirteenth year of Rosie Ferguson, the daughter of a former alcoholic and the prey of a mysterious stalker. Reprint. *Operating Instructions A Journal Of My Son's First Year Anchor* A single mother and writer grappling alone with the problems of a newborn baby presents a vivid account of the confusion, joys, sorrows, and struggles of the first year in her son's life. Reprint. 20,000 first printing. *Anne Lamott Quotes Anne Lamott, Quotes, Quotations, Famous Quotes Createspace Independent Publishing Platform* "The Best Anne Lamott Quotation Book ever Published. Special Edition This book of Anne Lamott quotes contains only the rarest and most valuable quotations ever recorded about Anne Lamott, authored by a team of experienced researchers. Hundreds of hours have been spent in sourcing, editing and verifying only the best quotations about Anne Lamott for your reading pleasure, saving you time and expensive referencing costs. This book contains over 36 pages of quotations which are immaculately presented and formatted for premium consumption. Be inspired by these Anne Lamott quotes; this book is a niche classic which will have you coming back to enjoy time and time again. What's Inside: Contains only the best quotations on Anne Lamott Over 36 pages of premium content Beautifully formatted and edited for maximum enjoyment Makes for the perfect niche gift for you or someone special Enjoy such quotes such as: A whole lot of us believers, of all different religions, are ready to turn back the tide of madness by walking together, in both the dark and the light - in other words, through life - registering voters as we go, and keeping the faith. Anne Lamott Age has given me the gift of me; it just gave me what I was always longing for, which was to get to be the woman I've already dreamt of being. Which is somebody who can do rest and do hard work and be a really constant companion, a constant, tender-hearted wife to myself. Anne Lamott Alice Adams wrote a sweet note to me after my first novel came out when I was 26, and I was so blown away that I sent her a bunch of stamps by return mail. I have no idea what I was thinking. It was a star-struck impulse. Anne Lamott All parents are an embarrassment to their kids. Often, grandparents are the relief. Kids don't have to resist you. Anne Lamott Bananas are great, as I believe them to be the only known cure for existential dread. Also, Mother Teresa said that in India, a woman dying in the street will share her banana with anyone ... And much more! Click Add to Cart and Enjoy!" *Imperfect Birds A Novel Penguin* From the New York Times bestselling author of *Hallelujah Anyway*, *Almost Everything*, and *Bird by Bird*, a powerful and redemptive novel of love and family Rosie Ferguson is seventeen and ready to enjoy the summer before her senior year of high school. She's intelligent-she aced AP physics; athletic-a former state-ranked tennis doubles champion; and beautiful. She is, in short, everything her mother, Elizabeth, hoped she could be. The family's move to Landsdale, with stepfather James in tow, hadn't been as bumpy as Elizabeth feared. But as the school year draws to a close, there are disturbing signs that the life Rosie claims to be leading is a sham, and that Elizabeth's hopes for her daughter to remain immune from the pull of the darker impulses of drugs and alcohol are dashed. Slowly and against their will, Elizabeth and James are forced to confront the fact that Rosie has been lying to them-and that her deceptions will have profound consequences. This is Anne Lamott's most honest and heartrending novel yet, exploring our human quest for connection and salvation as it reveals the traps that can befall all of us. *Blue Shoe Riverhead Books* The New York Times Bestseller from the beloved author of *Bird by Bird*, *Hallelujah Anyway*, and *Almost Everything* *Mattie Ryder* is marvelously neurotic, well-intentioned, funny, religious, sarcastic, tender, angry, and broke. Her life at the moment is a wreck: her marriage has failed, her mother is failing, her house is rotting, her waist is expanding, her children are misbehaving, and she has a crush on a married man. Then she finds a small rubber blue shoe—nothing more than a gumball trinket—left behind by her father. 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This is Anne Lamott's most honest and heartrending novel yet, exploring our human quest for connection and salvation as it reveals the traps that can befall all of us. *Joe Jones A Novel Counterpoint LLC* Louise, a cook at Jessie's Cafe, relies on humor and the friendship of her co-workers and the regulars at the cafe to get over her breakup with Joe Jones. *Grace(eventually) Thoughts on Faith Traveling Mercies* Some *Thoughts on Faith Imperfect Birds* Anticipating a successful final year of high school in a new community, star student and athlete Rosie gives way to behaviors that reveal to her increasingly horrified parents that she has been abusing drugs and telling costly lies. (general fiction). By the author of *Operating Instructions*. *The Writing Frame of Mind From Bird by Bird Vintage A Vintage Shorts* selection. To the enormous challenges of being a writer, Anne Lamott offers invaluable advice and encouragement, which more than a million scribes and scribblers of all ages and abilities have been inspired by for a quarter century. In this selection from her essential volume, *Bird by Bird*, Lamott tenderly recommends and outlines the qualities that every writer should learn to hone: intuition, attention, morality, and more. An ebook short. *Joe Jones A Novel Louise*, a cook at Jessie's Cafe, relies on humor and the friendship of her co-workers and regulars at the cafe to get over her breakup with Joe Jones *Planning with Kids A Guide to Organising the Chaos to Make More Time for Parenting* John Wiley & Sons The ultimate guide for parents who dream of having a little less chaos and a lot more time for the good things in life Written by mother of five, Nicole Avery, this book shows harried parents how, with just a bit of planning, family life can become easier to manage, less stressful, and decidedly more fun. "Dream on," you say? "I might as well try to herd cats as to get my kids to follow a lot of arbitrary rules!" And Nicole would agree, which is why *Planning with Kids* isn't like any other parenting guide out there. It was inspired by Nicole's blog of the same name, which, over the past three years, has garnered a huge audience of likeminded parents who have achieved nothing short of miraculous results following her advice. While other

prescriptive guides offer mums and dads cook-cutter solutions to the challenges of raising kids, this handbook focuses on one simple, straightforward idea: by implementing a few simple strategies for how you do things, you'll make more time for you to be you and your kids to be kids. You'll find strategies for streamlining and enhancing everything from the routines of daily life, to family relationships, to budgeting and finances, playtime and much more! Contains a full section on menus and cooking, including recipes, supported online by a planning-with-family meal planner Divided into sections so that readers can dip-in and dip-out for information as they need it as their family expands and grows up! Mr. Field's Daughter A Novel Simon & Schuster James Field--single parent to Annie--is grief stricken when she elopes with the drug-dealing Cole, and upon her return years later, broken-hearted and a mother, they must reconcile On Writing A Memoir of the Craft Hodder & Stoughton In 1999, Stephen King began to write about his craft -- and his life. By midyear, a widely reported accident jeopardized the survival of both. And in his months of recovery, the link between writing and living became more crucial than ever. Rarely has a book on writing been so clear, so useful, and so revealing. On Writing begins with a mesmerizing account of King's childhood and his uncannily early focus on writing to tell a story. A series of vivid memories from adolescence, college, and the struggling years that led up to his first novel, Carrie, will afford readers a fresh and often very funny perspective on the formation of a writer. King next turns to the basic tools of his trade -- how to sharpen and multiply them through use, and how the writer must always have them close at hand. He takes the reader through crucial aspects of the writer's art and life, offering practical and inspiring advice on everything from plot and character development to work habits and rejection. Serialized in the New Yorker to vivid acclaim, On Writing culminates with a profoundly moving account of how King's overwhelming need to write spurred him toward recovery, and brought him back to his life. Brilliantly structured, friendly and inspiring, On Writing will empower--and entertain--everyone who reads it. The Opposite of Certainty Fear, Faith, and Life in Between Thomas Nelson "Brilliant, rich...breathhtakingly honest and sometimes very funny." —Anne Lamott "I loved this book." —Glennon Doyle "Extraordinary." —Caroline Leavitt "Observant and warm...the finest company."—Kelly Corrigan "A beautiful sucker punch, like life." —Ron Fournier "Subtle, powerful, and hypnotic..." — Martin Cruz Smith What happens when we can no longer pretend that the ground underfoot is bedrock and the sky above predictable? All Janine Urbaniak Reid ever wanted was for everyone she loved to be okay so she might relax and maybe be happy. Her life strategy was simple: do everything right. This included trying to be the perfect mother to her three kids so they would never experience the kind of pain she pretended not to feel growing up. What she didn't expect was the chaos of an out-of-control life that begins when her young son's hand begins to shake. The Opposite of Certainty is the story of Janine's reluctant journey beyond easy answers and platitudes. She searches for a source of strength bigger than her circumstances, only to have her circumstances become even thornier with her own crisis. Drawn deeply and against her will into herself, and into the eternal questions we all ask, she discovers hidden reserves of strength, humor, and a no-matter-what faith that looks nothing like she thought it would. Beautifully written and deeply hopeful, Janine shows us how we can come through impossible times transformed and yet more ourselves than we've ever allowed ourselves to be. Shapes of Truth Discover God Inside You Hidden in your body is a set of thirty-five divine objects that represent aspects of God that form the vocabulary of your soul. You can access them and discover your own perfect nature. With roots in Platonic philosophy and Sufi metaphysics, these eternal body-forms were discovered forty years ago and are only now being shared with the world. Not only do the embodied experiences provide wisdom; they also grant immediate and sustained relief from everyday suffering. Spiritual coach and writer Neal Allen describes the discovery, the body-forms themselves, and gives step-by-step instructions for encountering them yourself. His wife, the novelist and memoirist Anne Lamott, contributes a sweet foreword that chronicles her encounter with a body-form on their first date. Rosie North Point Press This novel, available for the first time in trade paperback, is about an eccentric non-nuclear family with two, then three, and finally four heads, but always with just one heart--Rosie. The Hope and Renewal Collection Help, Thanks, Wow & Stitches Riverhead Books The author offers three simple prayers that help during tough times and explores what to do when life lurches out of balance and we struggle to find ways to reconnect with each other. The Lone Ranger and Tonto Meet Buddha Masks, Meditation, and Improvised Play to Induce Liberated States Simon and Schuster • Shares a series of mindfulness techniques and improv exercises with masks to suppress the ego, calm the mind, and allow spontaneous playfulness and spaciousness to arise from your deepest nature • Draws on Buddhist philosophy to describe how and why the exercises work • Woven throughout with a lighthearted parable of an overweight and out-of-work Lone Ranger and Tonto who meet Buddha and experience spiritual awakening Sharing a series of mindfulness techniques and acting exercises that show how malleable the self can be, award-winning actor, narrator, and Zen Buddhist priest Peter Coyote reveals how to use masks, meditation, and improvisation to free yourself from fixed ideas of who you think you are and help you release your ego from constant defensive strategizing, calm the mind's overactivity, and allow spontaneous playfulness to arise out of your deepest nature. Developed through 40 years of research and personal study, Coyote's synthesis of mask-based improv games and Zen practices is specifically designed to create an ego-suppressed state akin to the mystical experiences of meditation or the spiritual awakenings of psychedelics. After preparatory exercises, seeing yourself in a mask will temporarily displace your familiar self and the spirit of the mask will take over. Likening the liberated state induced by mask work to "Enlightenment-lite," Coyote draws on Buddhist philosophy to describe how and why the exercises work as well as how to make your newly awakened and confident self part of daily life. In true Zen form, woven throughout the narrative is a lighthearted parable of an out-of-work Lone Ranger and Tonto, who meet Buddha and experience spiritual awakening. Illuminating the lessons of mask work, the transformation of the Lone Ranger mirrors that of the individual pursuing this practice, revealing how you will come to realize that the world is more magical and vaster than you thought possible.