

# If It Hurts It Isn't Love And 365 Other Principles To Heal And Transform Your Relationships

When hard times strike, we look forward with longing to the day when we will "get over" the event and have closure. This is a difficult--often impossible--road to travel. There are some things in life that we must learn to live with because they will never truly go away for good. Despite that truth, there is life--rewarding and abundant life--after heartache and pain. John F. Westfall leads readers beyond their hurts and into a life of confidence, freedom, and secure joy. Sharing stories with wisdom, humor, and vulnerability, he shows how to move forward beyond fear, regret, guilt, anger, and bitterness into a life worth living.

A guide to overcoming obsessive love presents case histories of men and woman caught in the grip of obsessive passion and describes a step-by-step program that shows readers how to have healthy, lasting, pain-free relationships. Reprint. I can feel it in my roots; I gave birth, in a nightmare, to unlovable things. They breed in my belly; tiny birthdays, every day. I am the undead mother to every single bit of black in this skin prison my lovers have choked on. Bestselling author J.R. Rogue returns with her second volume of poetry, *Tell Me Where It Hurts*, a raw, heartbreaking, and honest glimpse into the demons she has faced in her 33 years.

Pain seems like a fairly straightforward experience – you get hurt and it, well, hurts. But how would you describe it? By the number of broken bones or stitches? By the cause – the crowning baby, the sharp knife, the straying lover? What does a 7 on a pain scale of 1 to 10 really mean? Pain is complicated. But most of the time, the way we treat pain is

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superficial – we seek out states of perfect painlessness by avoiding it at all costs, or suppressing it, usually with drugs. This has left us hurting all the more. Through in-depth interviews, investigation into the history of pain and original research, *Ouch!* paints a new picture of pain as a complex and multi-layered phenomenon. Authors Margee Kerr and Linda McRobbie Rodriguez tell the stories of sufferers and survivors, courageous kids and their brave parents, athletes and artists, people who find healing and pleasure in pain, and scientists pushing the boundaries of pain research, to challenge the notion that all pain is bad and harmful. They reveal why who defines pain matters and how history, science, and culture shape how we experience pain. *Ouch!* dismantles prevailing assumptions about pain and that not all pain is bad, not all pain should be avoided, and, in the right context, pain can even feel good. To build a healthier relationship with pain, we must understand how it works, how it is expressed and how we communicate and think about it. Once we understand how pain is made, we can remake it. Suffering is real. But so is hope. Kristen and Sarah have walked through, and are walking in, difficult times. So these thirty biblical reflections are full of realism about the hurts of life yet overwhelmingly full of hope about the God who gives life. This book will gently encourage and greatly help any woman who is struggling with suffering whether physical, emotional or psychological, and whether for a season or for longer. It is a book to buy for yourself, or to buy for a member of your church or friend. For anyone who is hurting, this book will give hope, not just for life beyond the suffering, but for life in the suffering. Each chapter contains a biblical reflection, with questions and prayers, and a space for journaling. The New York Times bestselling "skeptical environmentalist" argues that panic over climate change is causing more harm than good. Hurricanes batter our coasts. Wildfires rage across

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the American West. Glaciers collapse in the Arctic. Politicians, activists, and the media espouse a common message: climate change is destroying the planet, and we must take drastic action immediately to stop it. Children panic about their future, and adults wonder if it is even ethical to bring new life into the world. Enough, argues bestselling author Bjorn Lomborg. Climate change is real, but it's not the apocalyptic threat that we've been told it is. Projections of Earth's imminent demise are based on bad science and even worse economics. In panic, world leaders have committed to wildly expensive but largely ineffective policies that hamper growth and crowd out more pressing investments in human capital, from immunization to education. False Alarm will convince you that everything you think about climate change is wrong -- and points the way toward making the world a vastly better, if slightly warmer, place for us all.

“Open Water is tender poetry, a love song to Black art and thought, an exploration of intimacy and vulnerability between two young artists learning to be soft with each other in a world that hardens against Black people.”—Yaa Gyasi, author of *HOMEGOING*

In a crowded London pub, two young people meet. Both are Black British, both won scholarships to private schools where they struggled to belong, both are now artists—he a photographer, she a dancer—and both are trying to make their mark in a world that by turns celebrates and rejects them. Tentatively, tenderly, they fall in love. But two people who seem destined to be together can still be torn apart by fear and violence, and over the course of a year they find their relationship tested by forces beyond their control. Narrated with deep intimacy, *Open Water* is at once an achingly beautiful love story and a potent insight into race and masculinity that asks what it means to be a person in a world that sees you only as a Black body; to be vulnerable when you are only respected for strength; to find safety in love, only

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to lose it. With gorgeous, soulful intensity, and blistering emotional intelligence, Caleb Azumah Nelson gives a profoundly sensitive portrait of romantic love in all its feverish waves and comforting beauty. This is one of the most essential debut novels of recent years, heralding the arrival of a stellar and prodigious young talent.

Love hurts. Breaking up is hard to do. For all the joy that relationships and friendships can bring, showing romantic interest, establishing boundaries, and expressing identities as partners and friends isn't easy for teens. They navigate an often ugly social universe. Even commonplace struggles can derail academic focus and harm emotional health. English teachers hope to give students communication skills, a love of literature, a passport to an intellectually vibrant life rich in opportunity. Through discussions of canonical works of literature, assignment ideas, anecdotes from teaching, and student perspectives, this book outlines how an academically rigorous English class can also heal, empower, and provide wisdom for teens weathering storms in their social lives. English class is health class. Widely taught novels brim with rich lessons about courtship, love, heartbreak, sexuality, bonds, and belonging. Learning to write stories, reflections, and arguments, speak confidently, and listen critically gives students powerful tools for self-expression, advocacy, and empathy in their relationships and friendships. The stakes are high and the rewards far-reaching. Students with healthier social lives do better academically, but they also end up becoming more responsible, caring grown-ups capable of improving an adult society that too often feels unsafe and tragically bereft of compassion.

Do you find that you are your own worst enemy? Are you your biggest critic? Do others believe in you, but you find yourself filled with doubt? Why is that? You

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are not alone in this. Many of us do the same thing. Why do we so often sabotage the success we long for? The answer, in a word, is shame. Shame plays a vital role in our lives and is often overlooked. Shame can come from many things such as addiction and the hurts of our past. How we deal with those issues can be the difference between healing and rising from the ashes as a more confident and powerful person to being stuck in the same old rut. What do you want to do? Are you reading to start dealing with the pain and find real healing? This book is not a "feel-good" story but a "roll-up your sleeves" down and dirty look at the pain of shame. F. Remy Diederich helps you connect the dots to your self-defeating behavior and then gives you practical how-to advice about how a true understanding of God's love can free you to live the life you've always wanted. If you have been searching for a way to find Christian counseling or addiction treatment or just repairing the damage that has been done by living with the lies and hurts of your past, *Healing the Hurts of Your Past* is a powerful first step to freedom. In this "brave and heartbreaking novel that digs its claws into you and doesn't let go, long after you've finished it" (Anna Todd, New York Times bestselling author) from the #1 New York Times bestselling author of *All Your Perfects*, a workaholic with a too-good-to-be-true romance can't stop thinking about her first love. Lily hasn't always had it easy, but

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that's never stopped her from working hard for the life she wants. She's come a long way from the small town where she grew up—she graduated from college, moved to Boston, and started her own business. And when she feels a spark with a gorgeous neurosurgeon named Ryle Kincaid, everything in Lily's life seems too good to be true. Ryle is assertive, stubborn, maybe even a little arrogant. He's also sensitive, brilliant, and has a total soft spot for Lily. And the way he looks in scrubs certainly doesn't hurt. Lily can't get him out of her head. But Ryle's complete aversion to relationships is disturbing. Even as Lily finds herself becoming the exception to his "no dating" rule, she can't help but wonder what made him that way in the first place. As questions about her new relationship overwhelm her, so do thoughts of Atlas Corrigan—her first love and a link to the past she left behind. He was her kindred spirit, her protector. When Atlas suddenly reappears, everything Lily has built with Ryle is threatened. An honest, evocative, and tender novel, *It Ends with Us* is "a glorious and touching read, a forever keeper. The kind of book that gets handed down" (USA TODAY).

Bullying doesn't stop just because the bullies grow up. In seventh grade, Maggie Camden was the class outcast. Every day, the other girls tripped her, pinched her, trapped her in the bathroom, told her she would be better off dead. Four years have

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passed since then, and Maggie's tormentors seem to have moved on. The ringleader of them all, Raleigh Barringer, even moved out of town. But Maggie has never stopped watching for attacks, and every laugh still sounds like it's at her expense. The only time Maggie feels at peace is when she's hiking up in the mountains with her best friend, Nick. Lately, though, there's a new sort of tension between the two of them—a tension both dangerous and delicious. But how can Maggie expect anything more out of Nick when all she's ever been told is that she's ugly, she's pathetic, she's unworthy of love? And how can she ever feel safe, now that Raleigh Barringer is suddenly—terrifyingly—back in town?

"We cannot see what we don't understand. Finally a book about abuse that blazes a path through the complex dynamics of domestic violence and helps the one who is being hurt to look at herself - with compassion and tough love. To be strategic and smart. To choose herself. This fairy tale busting, no-bullshit, no judgement gem of a book brings together the collaborative genius of a brilliant therapist and a courageous survivor of abuse and offers stories, strategies and solutions to one of the most misunderstood and intractable of human predicaments: when a woman loves a man who hurts her. Compelling, insightful and utterly liberating. I wanted to stand and cheer when I

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finished reading it. This book will save lives." -

Joanne Fedler, international best-selling author and women's rights activist "When Loving Him Hurts is a beautiful and poignant reminder that everyone has options." Nadia Bilchik CNN Editorial Producer Ask any woman whether a man has ever hurt her, and the answer in all probability will be a resounding yes. Yet despite women's abuse being one of the most topical and written about subjects today, there are still many myths and preconceptions surrounding the syndrome. Did you know: Most abused women don't heed the signs because they don't know what they are; Most people think abuse is purely physical; Unless a woman has been raped or assaulted she cannot report it; Despite it seeming logical by the concerned outsider, an abused woman usually cannot just up and leave. The responsibility of children, rent and the effects of disempowerment that come with systematic abuse need to be overcome. There is no way to evaluate the cost of abuse to the economy unless it results in litigation such as a restraining orders and most don't. When loving him hurts is a comprehensive selfhelp manual that will appeal to any woman who has ever been psychologically, emotionally, financially or physically hurt by a man. Through penetrating case studies, work sheets and psychological insights, When loving him hurts will help the reader identify and accept her situation of abuse and subsequently empower her to

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learn the art of the sacred No, reclaiming self-esteem and healing through life-changing, creative expression. It is an invaluable tool, a unique guide written specifically for wounded women, by two women who are all too familiar with the silent and invisible stain of abuse that marks the world we live in.

Alisha Rai, one of contemporary romance's brightest stars, makes her Avon Books debut with the first novel in the sexy Forbidden Hearts series! One night. No one will know. That was the deal. Every year, Livvy Kane and Nicholas Chandler would share one perfect night of illicit pleasure. The forbidden hours let them forget the tragedy that haunted their pasts—and the last names that made them enemies. Until the night she didn't show up. Now Nicholas has an empire to run. He doesn't have time for distractions and Livvy's sudden reappearance in town is a major distraction. She's the one woman he shouldn't want . . . so why can't he forget how right she feels in his bed? Livvy didn't come home for Nicholas, but fate seems determined to remind her of his presence—and their past. Although the passion between them might have once run hot and deep, not even love can overcome the scandal that divided their families. Being together might be against all the rules . . . but being apart is impossible. One of Amazon's Best Romances of the Month & Best Romances of 2017!

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Includes a bonus chapter and a Q&A with the author at the end of the story! Josefina: My story isn't sweet or easy to hear. It's the truth. A brutal truth anyone you know could be living through right now. I'm the person people talk about, asking, "Why does she stay?" My story will tell you why. It will tell you how it starts, where it leads. When does it end or will it ever? This is a different side of love, a darker, and deadly side that isn't always discussed. People think it can't be love, that it starts with pain. Trust me, it starts with love. A love that hurts. Ridge: Because if love doesn't hurt, it can't be real. \*TRIGGER

WARNING This book contains strong language, violence, and graphic descriptions of domestic abuse. Please read with caution. Only for readers 18 years and up.

With more than 300,000 copies in print, *When Helping Hurts* is a paradigm-forming contemporary classic on the subject of poverty alleviation. Poverty is much more than simply a lack of material resources, and it takes much more than donations and handouts to solve it. *When Helping Hurts* shows how some alleviation efforts, failing to consider the complexities of poverty, have actually (and unintentionally) done more harm than good. But it looks ahead. It encourages us to see the dignity in everyone, to empower the materially poor, and to know that we are all uniquely needy—and that God in the gospel is reconciling all things to himself.

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Focusing on both North American and Majority World contexts, *When Helping Hurts* provides proven strategies for effective poverty alleviation, catalyzing the idea that sustainable change comes not from the outside in, but from the inside out.

A NEW YORK TIMES BESTSELLER "A memoir in essays about so many things—growing up in an abusive cult, coming of age as a lesbian in the military, forced out by homophobia, living on the margins as a working class woman and what it's like to grow into the person you are meant to be.

Hough's writing will break your heart." —Roxane Gay

Searing and extremely personal essays, shot through with the darkest elements America can manifest, while discovering light and humor in unexpected corners. As an adult, Lauren Hough has had many identities: an airman in the U.S. Air Force, a cable guy, a bouncer at a gay club. As a child, however, she had none. Growing up as a member of the infamous cult *The Children of God*, Hough had her own self robbed from her. The cult took her all over the globe--to Germany, Japan, Texas, Chile—but it wasn't until she finally left for good that Lauren understood she could have a life beyond "The Family." Along the way, she's loaded up her car and started over, trading one life for the next. She's taken pilgrimages to the sights of her youth, been kept in solitary confinement, dated a lot of women, dabbled in drugs, and eventually found herself as

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what she always wanted to be: a writer. Here, as she sweeps through the underbelly of America—relying on friends, family, and strangers alike—she begins to excavate a new identity even as her past continues to trail her and color her world, relationships, and perceptions of self. At once razor-sharp, profoundly brave, and often very, very funny, the essays in *Leaving Isn't the Hardest Thing* interrogate our notions of ecstasy, queerness, and what it means to live freely. Each piece is a reckoning: of survival, identity, and how to reclaim one's past when carving out a future. A VINTAGE ORIGINAL

Kaitlyn Thomas, a weary wife and mother, is taking a much needed getaway with her friends. All she wants to do is relax and rejuvenate on her weekend escape to the beach. Having a drink at the bar with the girls sounds like the perfect way to unwind. That is, until Kaitlyn hears a familiar voice from the stage that shakes her to her core.

In the US edition of this international bestseller, Adam Kay channels Henry Marsh and David Sedaris to tell us the "darkly funny" (The New Yorker) -- and sometimes horrifying -- truth about life and work in a hospital. Welcome to 97-hour weeks. Welcome to life and death decisions. Welcome to a constant tsunami of bodily fluids. Welcome to earning less than the hospital parking meter. Wave goodbye to your friends and relationships. Welcome to the life of a first-year doctor. Scribbled in secret after endless

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days, sleepless nights and missed weekends, comedian and former medical resident Adam Kay's *This Is Going to Hurt* provides a no-holds-barred account of his time on the front lines of medicine. Hilarious, horrifying and heartbreaking by turns, this is everything you wanted to know -- and more than a few things you didn't -- about life on and off the hospital ward. And yes, it may leave a scar.

Better When It Hurts: Stripped Series

INSTANT NEW YORK TIMES BESTSELLER A

Roxane Gay's Audacious Book Club Pick! Named a Best Book of Summer by: Wall Street Journal \*

Thrillist \* Vogue \* Lit Hub \* Refinery29 \* New York Observer \* The Daily Beast \* Time \* BuzzFeed \*

Entertainment Weekly A vibrant story collection about Cambodian-American life—immersive and comic, yet unsparing—that offers profound insight into the intimacy of queer and immigrant communities Seamlessly transitioning between the absurd and the tenderhearted, balancing acerbic humor with sharp emotional depth, *Afterparties* offers an expansive portrait of the lives of Cambodian-Americans. As the children of refugees carve out radical new paths for themselves in California, they shoulder the inherited weight of the Khmer Rouge genocide and grapple with the complexities of race, sexuality, friendship, and family. A high school badminton coach and failing grocery store owner tries to relive his glory days by beating a rising star teenage player. Two

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drunken brothers attend a wedding afterparty and hatch a plan to expose their shady uncle's snubbing of the bride and groom. A queer love affair sparks between an older tech entrepreneur trying to launch a "safe space" app and a disillusioned young teacher obsessed with Moby-Dick. And in the sweeping final story, a nine-year-old child learns that his mother survived a racist school shooter. The stories in *Afterparties*, "powered by So's skill with the telling detail, are like beams of wry, affectionate light, falling from different directions on a complicated, struggling, beloved American community" (George Saunders).

#1 bestselling author Stephenie Meyer makes a triumphant return to the world of *Twilight* with this highly anticipated companion: the iconic love story of Bella and Edward told from the vampire's point of view. When Edward Cullen and Bella Swan met in *Twilight*, an iconic love story was born. But until now, fans have heard only Bella's side of the story. At last, readers can experience Edward's version in the long-awaited companion novel, *Midnight Sun*. This unforgettable tale as told through Edward's eyes takes on a new and decidedly dark twist. Meeting Bella is both the most unnerving and intriguing event he has experienced in all his years as a vampire. As we learn more fascinating details about Edward's past and the complexity of his inner thoughts, we understand why this is the defining struggle of his

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life. How can he justify following his heart if it means leading Bella into danger? In *Midnight Sun*, Stephenie Meyer transports us back to a world that has captivated millions of readers and brings us an epic novel about the profound pleasures and devastating consequences of immortal love. An instant #1 New York Times Bestseller An instant #1 USA Today Bestseller An instant #1 Wall Street Journal Bestseller An instant #1 IndieBound Bestseller Apple Audiobook August Must-Listens Pick "People do not want to just read Meyer's books; they want to climb inside them and live there." -- Time "A literary phenomenon." -- New York Times "Hold You Against Me quite literally grabs a hold and refuses to let go until the end. Truly one of the first Mafia books I've read that sucked me in with a completely original and brilliant storyline that had me guessing the entire time!" ~ #1 NYT Bestselling Author Rachel Van Dyken Once upon a time the daughter of a mafia king fell in love with a foot soldier. This fairy tale didn't have a happy ending. My sister and I barely managed to escape alive, and we've lived in relative hiding ever since. I'm safe now, but I can never forget the boy who gave his life to save mine. Except there's a chance that he's still alive. And he's fighting a war. Even knowing the risks, I have to find him. I have to find some way to protect him, the way he protected me. But he isn't the boy I left behind. He's a violent man. A criminal.

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And he's been waiting for me--the final pawn in a dark game of survival and love. "Suspenseful and sexy, Hold You Against Me will leave you gasping for breath and wanting more. Skye Warren is the queen of dark reads and she comes through once again with Hold You Against Me. An absolute must read."

~ USA Today best selling author Rebecca Shea "It's so beautifully written with lyrical prose that has an edge to remind you that this is so much more than a love story. This book is everything I wanted and more for Clara and Giovanni. It broke my heart and put it back together again..." - Kimberly, The Book Sirens "This is the story I've been dying for, and it's a story I never expected. Beautifully layered, romantic and sexy, Skye Warren delivers a complex story of fierce loyalty, absolution, and endless love. The writing in this book is as breathtaking as the story is unforgettable. I absolutely loved it." - Angie and Jessica's Dreamy Reads \*\*\*\*\*

QUESTIONS ABOUT THIS BOOK Is Hold You Against Me really a standalone? Yes! Hold You Against Me has the complete story of Giovanni and Clara, beginning to end. It includes the prequel novella Tough Love. Can I read Tough Love early? Tough Love is available FREE on all retailers now. It's also included in Hold You Against Me. Is there a cliffhanger at the end of Hold You Against Me? Nope. How dark is this book? Hold You Against Me is possibly the most romantic book I've ever written.

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It's also a dark romance, so this hero will do anything to have the woman he loves.

An exploration of why people all over the world love to engage in pain on purpose--from dominatrices, religious ascetics, and ultramarathoners to ballerinas, icy ocean bathers, and sideshow performers Masochism is sexy, human, reviled, worshipped, and can be delightfully bizarre.

Deliberate and consensual pain has been with us for millennia, encompassing everyone from Black Plague flagellants to ballerinas dancing on broken bones to competitive eaters choking down hot peppers while they cry. Masochism is a part of us. It lives inside workaholics, tattoo enthusiasts, and all manner of garden variety pain-seekers. At its core, masochism is about feeling bad, then better—a phenomenon that is long overdue for a heartfelt and hilarious investigation. And Leigh Cowart would know: they are not just a researcher and science writer—they're an inveterate, high-sensation seeking masochist. And they have a few questions: Why do people engage in masochism? What are the benefits and the costs? And what does masochism have to say about the human experience? By participating in many of these activities themselves, and through conversations with psychologists, fellow scientists, and people who seek pain for pleasure, Cowart unveils how our minds and bodies find meaning and relief in pain—a quirk in our programming that drives

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discipline and innovation even as it threatens to swallow us whole.

## If It Hurts, It Isn't Love And 365 Other Principles to Heal and Transform Your Relationships Da Capo Lifelong Books

In New York City, follows the breakup of teenaged best friends Cleo and Layla, told in alternating timelines.

If it Hurts, it isn't Love first came to media attention when Princess Diana gave an underlined and personally annotated copy of it to a friend. Its wise and inspiring principles clearly touched a chord with her - as they have many others in the previous edition. It is Chuck Spezzano's aim, through this book, to bring everyone the love and happiness they deserve. Nominated for the 2017 Edgar Award for Best Novel From the critically acclaimed and award-winning author comes a gritty, atmospheric new series about the other side of Long Island, far from the wealth of the Hamptons, where real people live—and die. Gus Murphy thought he had the world all figured out. A retired Suffolk County cop, Gus had everything a man could want: a great marriage, two kids, a nice house, and the rest of his life ahead of him. But in the course of a single deadly moment, his family is blown apart, and he is transformed from a man who believes he understands everything into a man who understands nothing. Now divorced and working as a courtesy van driver for a run-down hotel, Gus has settled into a mindless, soulless routine. But his comfortable waking trance comes to an end when ex-con Tommy Delcamino asks him for help. Four months earlier, the battered body of Tommy's son TJ was discovered in a wooded lot, yet the Suffolk County PD doesn't seem interested in pursuing the killers. In desperation, Tommy seeks out the only cop he ever trusted—Gus Murphy. Gus reluctantly agrees to see what he can uncover, and as he

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begins to investigate, he finds that Tommy was telling the truth. Everyone involved with the late TJ Delcamino—from his best friend, to a gang enforcer, to a Mafia capo, and even the police—has something to hide, and all are willing to go to extreme lengths to keep it hidden. It's a dangerous favor Gus has taken on as he claws his way back to take a place among the living, while searching through the sewers for a killer.

#1 NEW YORK TIMES BESTSELLER ONE OF BARACK OBAMA'S FAVORITE BOOKS OF THE YEAR NAMED A BEST BOOK OF 2020 BY THE NEW YORK TIMES \* THE WASHINGTON POST \* NPR \* PEOPLE \* TIME MAGAZINE\* VANITY FAIR \* GLAMOUR 2021 WOMEN'S PRIZE

FINALIST “Bennett’s tone and style recalls James Baldwin and Jacqueline Woodson, but it’s especially reminiscent of Toni Morrison’s 1970 debut novel, *The Bluest Eye*.” —Kiley Reid, *Wall Street Journal* “A story of absolute, universal timelessness ... For any era, it's an accomplished, affecting novel. For this moment, it's piercing, subtly wending its way toward questions about who we are and who we want to be....” – *Entertainment Weekly* From *The New York Times*-bestselling author of *The Mothers*, a stunning new novel about twin sisters, inseparable as children, who ultimately choose to live in two very different worlds, one black and one white. The Vignes twin sisters will always be identical. But after growing up together in a small, southern black community and running away at age sixteen, it's not just the shape of their daily lives that is different as adults, it's everything: their families, their communities, their racial identities. Many years later, one sister lives with her black daughter in the same southern town she once tried to escape. The other secretly passes for white, and her white husband knows nothing of her past. Still, even separated by so many miles and just as many lies, the fates of the twins remain intertwined. What will happen to the next generation,

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when their own daughters' storylines intersect? Weaving together multiple strands and generations of this family, from the Deep South to California, from the 1950s to the 1990s, Brit Bennett produces a story that is at once a riveting, emotional family story and a brilliant exploration of the American history of passing. Looking well beyond issues of race, *The Vanishing Half* considers the lasting influence of the past as it shapes a person's decisions, desires, and expectations, and explores some of the multiple reasons and realms in which people sometimes feel pulled to live as something other than their origins. As with her New York Times-bestselling debut *The Mothers*, Brit Bennett offers an engrossing page-turner about family and relationships that is immersive and provocative, compassionate and wise.

Iris is an aspiring actress, so when Mick, a well-known visiting Aussie director, takes an interest in her, she's flattered. He's fourteen years older, attractive, smart, charming and sexy, in other words, nothing like her hapless ex-boyfriend, Tommy. But when Iris and Mick start a secret relationship, she soon witnesses Mick's darker side, and his temper frightens her. Before long, she becomes the target of his rage, but she makes endless excuses for him. Isolated and often in pain, Iris struggles to continue going to school, where she is preparing for her role as Ophelia. When her family and friends begin to realize that something is terribly wrong, Iris defends her man, but she also takes the first tentative steps toward self-preservation.

Eighteen year old A'LEESEEA is trapped in a dangerous sexual relationship with her mother's fiancée, IDRIS, with no way out. When Idris's obsession with her turns into pure craziness, A'leeseea is desperate to free herself of his control. But she quickly learns that fleeing from a psychotic man is as frightening as staying with him. SHAROME, a young, fearless hita with his own problems, offers A'leeseea

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his love and protection as long as she will love him in return. He doesn't fear her abuser, and that in itself will cost Sharome more than he could've ever imagined. True love is said to conquer all. In LOVE ME EVEN WHEN IT HURTS, those words will be put to an extreme test.

In *If It Hurts, It Isn't Love*, author Chuck Spezzano finds truth in simple insights: What I think I need is what I am called to give. Depression is the fear that something new will leave me. When someone gets angry at me, there is a lesson for me to learn. Jealousy is a birthing place. These principles show how to look afresh at one's most important relationships, in a way that heals pain and brings love and forgiveness. After each principle, the author gives brief exercises that nudge readers further, prompting them to absorb the insights even more deeply.

Challenging conventional wisdom on grief, a pioneering therapist offers a new resource for those experiencing loss. When a painful loss or life-shattering event upends your world, here is the first thing to know: there is nothing wrong with grief. "Grief is simply love in its most wild and painful form," says Megan Devine. "It is a natural and sane response to loss." So, why does our culture treat grief like a disease to be cured as quickly as possible? In *It's OK That You're Not OK*, Megan Devine offers a profound new approach to both the experience of grief and the way we try to help others who have endured tragedy. Having experienced grief from both sides—as both a therapist and as a woman who witnessed the accidental drowning of her beloved partner—Megan writes with deep insight about the unspoken truths of loss, love, and healing. She debunks the culturally prescribed goal of returning to a normal, "happy" life, replacing it with a far healthier middle path, one that invites us to build a life alongside grief rather than seeking to overcome it. In this compelling and heartfelt book, you'll learn:

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- Why well-meaning advice, therapy, and spiritual wisdom so often end up making it harder for people in grief
- How challenging the myths of grief—doing away with stages, timetables, and unrealistic ideals about how grief should unfold—allows us to accept grief as a mystery to be honored instead of a problem to solve
- Practical guidance for managing stress, improving sleep, and decreasing anxiety without trying to “fix” your pain
- How to help the people you love—with essays to teach us the best skills, checklists, and suggestions for supporting and comforting others through the grieving process

Many people who have suffered a loss feel judged, dismissed, and misunderstood by a culture that wants to “solve” grief. Megan writes, “Grief no more needs a solution than love needs a solution.” Through stories, research, life tips, and creative and mindfulness-based practices, she offers a unique guide through an experience we all must face—in our personal lives, in the lives of those we love, and in the wider world. *It's OK That You're Not OK* is a book for grieving people, those who love them, and all those seeking to love themselves—and each other—better.

#1 NEW YORK TIMES BESTSELLER · WALL STREET JOURNAL BESTSELLER · USA TODAY BESTSELLER

“The Boy, the Mole, the Fox and the Horse is not only a thought-provoking, discussion-worthy story, the book itself is an object of art.”- The New York Times

From the revered British illustrator, a modern fable for all ages that explores life’s universal lessons, featuring 100 color and black-and-white drawings. “What do you want to be when you grow up?” asked the mole. “Kind,” said the boy. Charlie Mackesy offers inspiration and hope in uncertain times in this beautiful book based on his famous quartet of characters. *The Boy, the Mole, the*

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Fox, and the Horse explores their unlikely friendship and the poignant, universal lessons they learn together. Radiant with Mackesy's warmth and gentle wit, *The Boy, the Mole, the Fox, and the Horse* blends handwritten narrative with dozens of drawings, including some of his best-loved illustrations (including "Help," which has been shared over one million times) and new, never-before-seen material. A modern classic in the vein of *The Tao of Pooh*, *The Alchemist*, and *The Giving Tree*, this charmingly designed keepsake will be treasured for generations to come.

**\*#1 New York Times Bestseller\*** You deserve to stop suffering because of what other people have done to you. Have you ever felt stuck in a cycle of unresolved pain, playing offenses over and over in your mind? You know you can't go on like this, but you don't know what to do next. Lysa TerKeurst has wrestled through this journey. But in surprising ways, she's discovered how to let go of bound-up resentment and overcome the resistance to forgiving people who aren't willing to make things right. With deep empathy, therapeutic insight, and rich Bible teaching coming out of more than 1,000 hours of theological study, Lysa will help you: Learn how to move on when the other person refuses to change and never says they're sorry. Walk through a step-by-step process to free yourself from the hurt of your past and feel less offended today. Discover what the Bible really says about forgiveness and the peace that comes from living it out right now. Identify what's stealing trust and vulnerability from your relationships so you can believe there is still good ahead. Disempower the triggers

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hijacking your emotions by embracing the two necessary parts of forgiveness.

There may be two sides to every story, but sometimes there's only one way to set things right... Music is Elijah's life. His band plays loud and hard, and he'll do anything to get them a big break. He needs that success to help take care of his sister, who has special needs. So he'd rather be practicing when his friends drag him to a musical in the next town...until the lead starts to sing.

Kristen dreams of a career on stage like her grandmother's. She knows she needs an edge to get into a competitive theater program—and being the star in her high school musical isn't going to cut it. The applause and the attention only encourage her to work harder. Elijah can't take his eyes off of Kristen's performance, and his swooning face is captured on camera and posted with an out-of-context comment. It goes viral. Suddenly, Elijah and Kristen are in a new spotlight as the online backlash spins out of control. And the consequences are bigger than they both could have ever imagined because these threats don't stay online...they follow them into real life.

"This book is a message from autistic people to their parents, friends, teachers, coworkers and doctors showing what life is like on the spectrum. It's also my love letter to autistic people. For too long, we have been forced to navigate a world where all the road signs are written in another language." With a reporter's eye and an insider's perspective, Eric Garcia shows what it's like to be autistic across America. Garcia began writing about autism because he was frustrated by the media's

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coverage of it; the myths that the disorder is caused by vaccines, the narrow portrayals of autistic people as white men working in Silicon Valley. His own life as an autistic person didn't look anything like that. He is Latino, a graduate of the University of North Carolina, and works as a journalist covering politics in Washington D.C. Garcia realized he needed to put into writing what so many autistic people have been saying for years; autism is a part of their identity, they don't need to be fixed. In *We're Not Broken*, Garcia uses his own life as a springboard to discuss the social and policy gaps that exist in supporting those on the spectrum. From education to healthcare, he explores how autistic people wrestle with systems that were not built with them in mind. At the same time, he shares the experiences of all types of autistic people, from those with higher support needs, to autistic people of color, to those in the LGBTQ community. In doing so, Garcia gives his community a platform to articulate their own needs, rather than having others speak for them, which has been the standard for far too long.

New York Times Bestseller Over 2.5 million copies sold  
For David Goggins, childhood was a nightmare - poverty, prejudice, and physical abuse colored his days and haunted his nights. But through self-discipline, mental toughness, and hard work, Goggins transformed himself from a depressed, overweight young man with no future into a U.S. Armed Forces icon and one of the world's top endurance athletes. The only man in history to complete elite training as a Navy SEAL, Army Ranger, and Air Force Tactical Air Controller, he went on to set records in

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numerous endurance events, inspiring *Outside* magazine to name him The Fittest (Real) Man in America. In this curse-word-free edition of *Can't Hurt Me*, he shares his astonishing life story and reveals that most of us tap into only 40% of our capabilities. Goggins calls this The 40% Rule, and his story illuminates a path that anyone can follow to push past pain, demolish fear, and reach their full potential.

“Read this book and experience the freedom to create your reality.” —Deepak Chopra, MD, author of *Total Meditation*

Don't believe everything your mind tells you. Are you a chronic overthinker? Do you obsess to the point of feeling anxious, hopeless, angry, or stressed out? Have you ever tried to “think your way out” of one of these negative thought spirals, only to fall in deeper? Let's face it: trying to escape your thoughts—or control them—just doesn't work, and can actually make you more miserable in the long run. So, how can you overcome your addiction to thinking? In *Can't Stop Thinking*, psychotherapist and spiritual counselor Nancy Colier offers the keys to breaking free from the obsessive rumination that drives stress, worry, and anxiety. Using powerful tools grounded in the ancient wisdom of mindfulness and evidence-based acceptance and commitment therapy (ACT), you'll learn how to observe and gain distance from troubling thoughts, put an end to harsh self-criticism, and manage difficult feelings like resentment and shame. If you're ready to discover a life beyond your thoughts—one of self-compassion, presence, and peace—it's time to stop thinking and start living.

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NEW YORK TIMES BESTSELLER • LONGLISTED FOR THE NATIONAL BOOK AWARD • One of today's most insightful and influential thinkers offers a powerful exploration of inequality and the lesson that generations of Americans have failed to learn: Racism has a cost for everyone—not just for people of color. LONGLISTED FOR THE ANDREW CARNEGIE MEDAL • “This is the book I’ve been waiting for.”—Ibram X. Kendi, #1 New York Times bestselling author of *How to Be an Antiracist*  
Heather McGhee’s specialty is the American economy—and the mystery of why it so often fails the American public. From the financial crisis of 2008 to rising student debt to collapsing public infrastructure, she found a root problem: racism in our politics and policymaking. But not just in the most obvious indignities for people of color. Racism has costs for white people, too. It is the common denominator of our most vexing public problems, the core dysfunction of our democracy and constitutive of the spiritual and moral crises that grip us all. But how did this happen? And is there a way out? McGhee embarks on a deeply personal journey across the country from Maine to Mississippi to California, tallying what we lose when we buy into the zero-sum paradigm—the idea that progress for some of us must come at the expense of others. Along the way, she meets white people who confide in her about losing their homes, their dreams, and their shot at better jobs to the toxic mix of American racism and greed. This is the story of how public goods in this country—from parks and pools to functioning schools—have become private luxuries; of how unions collapsed, wages stagnated, and inequality

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increased; and of how this country, unique among the world's advanced economies, has thwarted universal healthcare. But in unlikely places of worship and work, McGhee finds proof of what she calls the Solidarity Dividend: the benefits we gain when people come together across race to accomplish what we simply can't do on our own. *The Sum of Us* is not only a brilliant analysis of how we arrived here but also a heartfelt message, delivered with startling empathy, from a black woman to a multiracial America. It leaves us with a new vision for a future in which we finally realize that life can be more than a zero-sum game.

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