

Words Wanderer Alexandra Elle

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Because of a Woman - Malanda Kisongo

2015-09-21

BECAUSE OF A WOMAN is a journey for truth, an outreach for a deeper self and a quest for vulnerability as a light source in spite of

society's idea of exposure as an internal weakness. It is narrated through a series of poems and short stories to balance the reader's interest and highlight the writer's struggle to be open to being vulnerable. The book is broken

into sections with sub-chapters as a way to create balance for involving characters.

Words from a Wanderer - Alexandra Elle

2013-05-19

The author offers sixty-two short reflections on self-acceptance and staying positive with oneself.

The 5-Minute Gratitude Journal - Sophia Godkin

2020-08-25

A gratitude journal for greater joy and well-being in just 5 minutes a day Happiness begins with gratitude--the feeling of appreciation for the people and experiences in our lives that have helped or supported us in some way. The 5-Minute Gratitude Journal makes it easy and enjoyable to develop a daily gratitude practice, with insightful prompts that take just 5 minutes to complete. Any day, at any time, you can engage with thought-provoking prompts, powerful quotes, and positive affirmations. You'll feel inspired to notice things, big and small, that you might otherwise take for granted, and pause

to feel grateful for them. The 5-Minute Gratitude Journal helps you: Start small--Easy journaling is the perfect first step to turn gratitude from an occasional occurrence into a consistent practice.

Find the attitude of gratitude--Discover the psychological and emotional benefits of a gratitude journal, and how it can help you feel happier and more optimistic in every part of your life. 5 Minutes each day--These short gratitude journal prompts are designed so that even the busiest of people can reap the rewards of greater gratitude. A new, positive mindset is just around the corner with The 5-Minute Gratitude Journal.

Own Your Everyday - Jordan Lee Dooley

2019-05-14

USA TODAY BESTSELLER • ECPA BESTSELLER • An empowering girlfriend's guide to a purpose-driven life, from the young entrepreneur and rising star behind SoulScripts and the SHE Podcast "This book will meet you right where you are with a giant hug while also

giving you a little kick in the pants.”—Audrey Roloff, New York Times bestselling coauthor of *A Love Letter Life*, founder of Always More, cofounder of Beating50Percent Does it ever seem like you still have to find your purpose or that you’re stuck with “unfigured-out dreams”? Do you feel the pressure to prove yourself or worry about what others will think? You are not the only one. From accidentally starting a small business instead of using her college degree, to embarrassing herself onstage in front of thousands, to wasting time worrying about what others think or say, Jordan Lee Dooley knows exactly how that feels—and she’s learned some important lessons about living a purposeful life along the way. An influential millennial widely recognized for her tagline turned international movement, “Your Brokenness is Welcome Here,” Jordan has become a go-to source that women around the world look to for inspiration in their faith, work, relationships, and everyday life. Now, in this approachable but actionable read

that’s jam-packed with practical tools, Jordan equips you to • tackle obstacles such as disappointment, perfectionism, comparison, and distraction • remove labels and break out of the box of expectations • identify and eliminate excuses and unnecessary stress about an unknown future • overcome the lie that you can’t live your God-given purpose until you reach a certain goal or milestone If you ever feel you need to shift your mindset but don’t know how, this book will help you overcome shame, practice gratitude, and redefine success. [Leaves from the Note-books of Lady Dorothy Nevill](#) - Lady Dorothy Nevill 1907

[Smoke Signals](#) - Ashley Dun 2016-11-14

This is a chronicle of life, seasons, heartbreak, and healing. Poems to make you feel less alone, loved, understood. The light fades and sometimes seems so far away, but spring will always come. The sun is always just behind the clouds. We hold on together and these words

create the rope that can lift us out of the hole that so easily catches us. Grab on. Let it lift you.

Tuning the Student Mind - Molly Beauregard
2020-06-01

How can we rethink teaching practices to include and engage the whole student? What would student experience look like if we integrated silence and feeling with empirical analysis? *Tuning the Student Mind* is the story of one teacher's attempt to answer these questions by creating an innovative college course that marries the spiritual and the theoretical, integrating meditation and self-reflection with more conventional academic curriculum. The book follows Molly Beauregard and her students on their intellectual and spiritual journey over the course of a semester in her class, "Consciousness, Creativity, and Identity." Interweaving personal stories, student writing, and Beauregard's responses, along with recommendations for further reading and a research appendix, it makes the case for the

transformative power of consciousness-centered education. Written in a warm, engaging voice that reflects Beauregard's teaching style, *Tuning the Student Mind* provides an accessible, step-by-step template for other educators, while inviting readers more broadly to reconnect with the joy of learning in and beyond the classroom.

Self-Care Sessions Workbook - Alexandra Elle
2018-08-13

This mini-workbook was created for the students who attend Alex Elle's self-care session workshops. Enclosed are journal questions and exercises that encourage students to unfold into their truth by creating a ritual through writing and self-care.

#aNote2Self Meditation Journal - Alexandra Elle
2015-11-28

The *#aNote2Self Meditation Journal* was created with self-care, healing and emotional evolution in mind. Author Alex Elle wanted to give journalers an outlet where they could not only feel safe but be open and honest with their

healing process, on paper. Every day journalers will set their intentions, answer a thought-provoking question and write a daily note to self. If used in conjunction with the moon, each daily entry will sync with the lunar phases. Each lunar phase and its corresponding month are given rich meaning in the appendix section of each journal. This journal has been designed as a meditative aid, a space where the journaler can positively embark on their journey to self-discovery.

A Letter of Love - Kailyn Lowry 2018-10-09
Words of the heart must never be left unspoken. A Letter of Love reveals the innermost sentiments of love, life, and relationships as penned by New York Times Best Selling Author Kailyn Lowry. Best known as a cast member of MTV's Teen Mom 2, Kailyn was determined to apologize to her sons Isaac, Lincoln, and Lux for not giving them the ideal family. A profoundly moving, sensitive family portrait, uncovers her quest to redefine how love is given and received

while leaving a carefully crafted legacy of words and declarations for the world. Through self-realization, we recognize that love has no boundaries and the ideal family is the one that we create in our hearts. A must-read for inspiration and a gentle reminder that love is all we need.

Attitudes of Gratitude - M. J. Ryan 2017-10-01
A collection of brief essays aimed at providing inspiration for readers who would like to lead a more joyous life and appreciate what they have.
Growing in Gratitude - Alexandra Elle
2018-04-30

The Growing in Gratitude journal was created to help people pause, reflect, and tap into the personal practice of gratefulness. For 150 days, keep this journal by your bed or in your bag and dive into deepening & strengthening your appreciation for who you are, what you have, and how you can serve others.

The Never Hero - T. Ellery Hodges 2014-09-12
What if when you died, no one would ever know

you were all that stood between man and the enemy?When Jonathan Tibbs awakes in a puddle of his own blood, there isn't a scratch on him to explain it. In the weeks to follow, he comes to find he's been drafted for a war with a violent otherworldly species. A war that only he can remember. Now, the man Jonathan imagined himself becoming is no longer the man who can endure his future. The first installment in this science fiction action adventure series, *The Never Hero* is a gritty and honest look at the psychological journey of a man forced to forge himself into a weapon. Abandoned with little guidance, and at the mercy of a bargain struck far outside his reach, Jonathan races to unlock the means to surmount the odds, and understand the mystery behind a conflict raging outside of time and memory. In the end, the real question is what Jonathan is willing to become to save a planet that will never see his sacrifice.

The Red Scrolls of Magic - Cassandra Clare
2020-05-05

A #1 New York Times bestseller! "A rip-roaring adventure merged with satisfying romance." —Entertainment Weekly "[A] swashbuckling launch to the *Eldest Curses* series." —Publishers Weekly From #1 New York Times and USA TODAY bestseller Cassandra Clare and award-winner Wesley Chu comes the first book in a new series full of "swoon-worthy romance [and] abundant action" (Publishers Weekly). *The Red Scrolls of Magic* is a *Shadowhunters* novel. All Magnus Bane wanted was a vacation—a lavish trip across Europe with Alec Lightwood, the *Shadowhunter* who against all odds is finally his boyfriend. But as soon as the pair settles in Paris, an old friend arrives with news about a demon-worshipping cult called the *Crimson Hand* that is bent on causing chaos around the world. A cult that was apparently founded by Magnus himself. Years ago. As a joke. Now Magnus and Alec must race across Europe to track down the *Crimson Hand* before the cult can cause any more damage. Demons are now

dogging their every step, and it is becoming harder to tell friend from foe. As their quest for answers becomes increasingly dire, Magnus and Alec will have to trust each other more than ever—even if it means revealing the secrets they’ve both been keeping.

Bronte's Mistress - Finola Austin 2020-08-04
“[A] meticulously researched debut novel...In a word? Juicy.” —O, The Oprah Magazine
The scandalous historical love affair between Lydia Robinson and Branwell Brontë, brother to novelists Charlotte, Emily, and Anne, gives voice to the woman who allegedly brought down one of literature’s most famous families. Yorkshire, 1843: Lydia Robinson has tragically lost her precious young daughter and her mother within the same year. She returns to her bleak home, grief-stricken and unmoored. With her teenage daughters rebelling, her testy mother-in-law scrutinizing her every move, and her marriage grown cold, Lydia is restless and yearning for something more. All of that changes with the

arrival of her son’s tutor, Branwell Brontë, brother of her daughters’ governess, Miss Anne Brontë and those other writerly sisters, Charlotte and Emily. Branwell has his own demons to contend with—including living up to the ideals of his intelligent family—but his presence is a breath of fresh air for Lydia. Handsome, passionate, and uninhibited by social conventions, he’s also twenty-five to her forty-three. A love of poetry, music, and theatre bring mistress and tutor together, and Branwell’s colorful tales of his sisters’ imaginative worlds form the backdrop for seduction. But their new passion comes with consequences. As Branwell’s inner turmoil rises to the surface, his behavior grows erratic, and whispers of their romantic relationship spout from Lydia’s servants’ lips, reaching all three Brontë sisters. Soon, it falls on Mrs. Robinson to save not just her reputation, but her way of life, before those clever girls reveal all her secrets in their novels. Unfortunately, she might be too late.

Listen to Your Mother - Ann Imig 2015-04-07
Irreverent, thought-provoking, hilarious, and edgy: a collection of personal stories celebrating motherhood, featuring #1 New York Times bestselling authors Jenny Lawson and Jennifer Weiner, and many other notable writers. Listen to Your Mother is a fantastic awakening of why our mothers are important, taking readers on a journey through motherhood in all of its complexity, diversity, and humor. Based on the sensational national performance movement, Listen to Your Mother showcases the experiences of ordinary people of all racial, gender, and age backgrounds, from every corner of the country. This collection of essays celebrates and validates what it means to be a mother today, with honesty and candor that is arrestingly stimulating and refreshing. The stories are raw, honest, poignant, and sometimes raunchy, ranging from adoption, assimilation to emptying nests; first-time motherhood, foster-parenting, to infertility;

single-parenting, LGBTQ parenting, to special-needs parenting; step-mothering; never mothering, to surrogacy; and mothering through illness to mothering through unsolicited advice. Honest, funny, and heart-wrenching, these personal stories are the collective voice of mothers among us. Whether you are one, have one, or know one, Listen to Your Mother is an emotional whirlwind that is guaranteed to entertain, amuse, and enlighten.

Fancy AF Cocktails - Ariana Madix 2019
Trashy and classy cocktails by the beloved Vanderpump Rules couple

The Football Girl - Thatcher Heldring
2017-04-04

For every athlete or sports fanatic who knows she's just as good as the guys. This is for fans of The Running Dream by Wendelin Van Draanen, Grace, Gold, and Glory by Gabrielle Douglass and Breakaway: Beyond the Goal by Alex Morgan. The summer before Caleb and Tessa enter high school, friendship has blossomed into

a relationship . . . and their playful sports days are coming to an end. Caleb is getting ready to try out for the football team, and Tessa is training for cross-country. But all their structured plans derail in the final flag game when they lose. Tessa doesn't want to end her career as a loser. She really enjoys playing, and if she's being honest, she likes it even more than running cross-country. So what if she decided to play football instead? What would happen between her and Caleb? Or between her two best friends, who are counting on her to try out for cross-country with them? And will her parents be upset that she's decided to take her hobby to the next level? This summer Caleb and Tessa figure out just what it means to be a boyfriend, girlfriend, teammate, best friend, and someone worth cheering for. "A great next choice for readers who have enjoyed Catherine Gilbert Murdock's Dairy Queen and Miranda Kenneally's Catching Jordan."—SLJ "Fast-paced football action, realistic family drama, and sweet

romance...[will have] readers looking for girl-powered sports stories...find[ing] plenty to like."—Booklist "Tessa's ferocious competitiveness is appealing."—Kirkus Reviews "[The Football Girl] serve[s] to illuminate the appropriately complicated emotions both of a young romance and of pursuing a dream. Heldring writes with insight and restraint."—The Horn Book Handy-Book of Literary Curiosities - William S. Walsh 1892

Today I Affirm - Alexandra Elle 2019-01-08
From Alex Elle, celebrated poet and author of Neon Soul and Words from a Wanderer, comes Today I Affirm--a journal and guide to reading and writing daily affirmations. Writing serves as a form of meditation. When we slow down and settle into ourselves, affirmations can assist us in self-awareness, introspection, and understanding. Today I Affirm helps walk readers through the ins and outs of cultivating

positive self-talk in a way that is stress-free and easy to understand. This innovative book includes affirmations written by the author, short bits of inspiration, charts to fill in, as well as journal pages all with the focus on self-care.

All Our Yesterdays - Cristin Terrill 2013-08-01

A brilliantly brain-warping thriller and a love story that leaps back and forth in time - All Our Yesterdays is an amazing first novel, perfect for fans of The Hunger Games. Em is locked in a bare, cold cell with no comforts. Finn is in the cell next door. The Doctor is keeping them there until they tell him what he wants to know. Trouble is, what he wants to know hasn't happened yet. Em and Finn have a shared past, but no future unless they can find a way out. The present is torture - being kept apart, overhearing each other's anguish as the Doctor relentlessly seeks answers. There's no way back from here, to what they used to be, the world they used to know. Then Em finds a note in her cell which changes everything. It's from her

future self and contains some simple but very clear instructions. Em must travel back in time to avert a tragedy that's about to unfold. Worse, she has to pursue and kill the boy she loves to change the future . . .

High Tide - Arch Hades 2018-07-05

High Tide is a collection of Poetry about love and loss, and Postcards from the author's real-life travels, accompanied by the author's personal photography. Part 1 (Poetry) shares the bittersweet and often intense reality of complicated relationships that don't end in happily ever afters, while Part 2 (Postcards) captures the moments and reflections on life while being present in foreign lands.

Neon Soul - Alexandra Elle 2017-03-21

Alexandra Elle writes frankly about her experience as a young, single mother while she celebrates her triumph over adversity and promotes resilience and self-care in her readers. This book of all-new poems from the beloved author of Words From A Wanderer and Love In

My Language is a quotable companion on the road to healing.

The Lee Avenue Haunting Second Edition -

Donna Parish-Bischoff 2013-04-17

Donna Parish-Bischoff is one of the Co-Founders of Indy Para, a team of Paranormal Investigators who tells of her new book's haunted tale called The Lee Avenue Haunting. Nowadays it seems everyone has a ghost story to tell, share or explore. One in particular that is a good one was written by a native New Yorker who lives in upstate, New York, with her husband. Donna Parish-Bischoff is one of the Co-Founders of Indy Para, a team of Paranormal Investigators that we see much of today. They have been featured on two episodes of The BIO Channel's My Ghost Story for covering some investigations at Miss Fanny's Victorian Party House in Wappingers Falls, New York and the Patchett House located in Montgomery, New York. Donna talks about her own ghost story in the book called 'The Lee Avenue Haunting' as it's second edition was

released April 17th of this year. In that edition the author has included some photo's and an additional chapter taking you on her journey meeting the current owner's of the home she grew up in. She took on a new editor, Christopher DiCesare, as well. He's known for his film and book 'Please Talk With Me' and later this year to be released 'Surviving Evidence.' The Lee Avenue Haunting tells of a story from 1974 when Donna and her family moved into this home that was built in the early 1900's as it was once a vacant farmland lot. Unknown to their family it was riddled with its shadow people and secret's of the past. These dark passages entered their lives early into the move. Some would have called Donna's family insane for staying as long as they did. Donna says, "You see we did not have a choice financially. Our family was a family of means, struggling on left-over's and a prayer. Back in the 1970's some landlords gave five year leases. And we could not afford to move nor could we tell our landlord the home

was running rampant with multiple entities keeping us up all night as well as punching its way into our physical universe." Donna explains that "I decided to write about our collective family experience's throughout the five years because I knew as a now paranormal investigator, being I have co-founded my own team Indy Para along with Terri Garofalo, that I could talk about it. It was my responsibility to let others know they aren't alone out there. Another reason I wanted to write the book was to honor my deceased parent's and brother. My brother and I always spoke about writing the book about Lee Avenue. He became ill with cancer and passed way before his time in 2010. My sister illustrated the cover art work and I wrote the story for our family." Donna feels that "What once emotionally destroyed me as a child witnessing these almost demonic entities has rebuilt me from the inside out and has given me a re-gained faith and strength in the afterlife now as an adult." Her second book "Growing Up

Paranormal," is due out Fall of 2013. It further explores the author's life as well as other live's who have submitted their experiences. Donna says that, "We all have a common thread, I hope 'Growing Up Paranormal' proves this to show how much we all have to share with each other." Over the past years many have come forward to talk about their experiences as due to the upsurge in cable television shows has prompted the high interest again since the days of In Search Of, the first real reality show on air. As with the outpouring of ghost stories so there is of books on the subject matter. However, they are not all good and I am pleased to direct my readers and fans to Donna's. Click here to watch a video of an interview with Donna Parish-Bischoff http://youtu.be/XA_G9ugIQzw
Self-Care - Insight Editions 2019-01-08
This guided journal encourages the cultivation of mindfulness and general well-being amid a busy modern lifestyle. *Self-Care: A Day and Night Reflection Journal* offers a space to commit to

your self-care routine with intention and dedication—helping you develop positive thinking, overcome challenging and stressful experiences and negative emotions, and cultivate a general sense of well-being and a healthy lifestyle. This 90-day journal gives you a path to creating a habit of regular self-care that you can carry with you throughout your life. Immersed in your busy day-to-day activities, it's easy to forget to focus on the present and what's most important. This journal provides a place to record your thoughts and activities and consider how they affect your emotional and physical health. The journal is intended for those who want to foster deep reflection as well as for those who simply want to take better care of themselves. Having filled the journal with positive thoughts and routines, you will end up with a personal trove of wonderful reflections, which can be a source of positive inspiration at any time. Filled with delicate illustrations, this 90-day journal will help you integrate self-care

and deep reflection into your life. Its 184 lined, acid-free pages made from archival paper take both pen and pencil nicely.

Love, Lucas - Chantele Sedgwick 2015-05-05
A 2015 Whitney Award Nominee! A powerful story of loss, second chances, and first love, reminiscent of Sarah Dessen and John Green. When Oakley Nelson loses her older brother, Lucas, to cancer, she thinks she'll never recover. Between her parents' arguing and the battle she's fighting with depression, she feels nothing inside but a hollow emptiness. When Mom suggests they spend a few months in California with Aunt Jo, Oakley isn't sure a change of scenery will alter anything, but she's willing to give it a try. In California, Oakley discovers a sort of safety and freedom in Aunt Jo's beach house. Once they're settled, Mom hands her a notebook full of letters addressed to her—from Lucas. As Oakley reads one each day, she realizes how much he loved her, and each letter challenges her to be better and to continue to

enjoy her life. He wants her to move on. If only it were that easy. But then a surfer named Carson comes into her life, and Oakley is blindsided. He makes her feel again. As she lets him in, she is surprised by how much she cares for him, and that's when things get complicated. How can she fall in love and be happy when Lucas never got the chance to do those very same things? With her brother's dying words as guidance, Oakley knows she must learn to listen and trust again. But will she have to leave the past behind to find happiness in the future? Sky Pony Press, with our Good Books, Racehorse and Arcade imprints, is proud to publish a broad range of books for young readers—picture books for small children, chapter books, books for middle grade readers, and novels for young adults. Our list includes bestsellers for children who love to play Minecraft; stories told with LEGO bricks; books that teach lessons about tolerance, patience, and the environment, and much more. While not every title we publish becomes a New York

Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

In an Instant - Suzanne Redfearn 2021-02
Life is over in an instant for sixteen-year-old Finn Miller when a devastating car accident tumbles her and ten others over the side of a mountain. Suspended between worlds, she watches helplessly as those she loves struggle to survive.

Counting Descent - Clint Smith 2017-01-06
Black Harvard Doctorate in Poetics launches poetry that explores modern blackness. Clint Smith's debut poetry collection, *Counting Descent*, is a coming of age story that seeks to complicate our conception of lineage and tradition. Smith explores the cognitive dissonance that results from belonging to a community that unapologetically celebrates black humanity while living in a world that often renders blackness a caricature of fear. His

poems move fluidly across personal and political histories, all the while reflecting on the social construction of our lived experiences. Smith brings the reader on a powerful journey forcing us to reflect on all that we learn growing up, and all that we seek to unlearn moving forward. - Winner, 2017 Black Caucus of the American Library Association Literary Award - Finalist, 2017 NAACP Image Awards - 2017 'One Book One New Orleans' Book Selection
Tess of the Road - Rachel Hartman 2018-02-27
Award-winning Rachel Hartman's newest YA is a tour de force and an exquisite fantasy for the #metoo movement. "Tess of the Road is astonishing and perfect. It's the most compassionate book I've read since George Eliot's Middlemarch." --NPR In the medieval kingdom of Goredd, women are expected to be ladies, men are their protectors, and dragons can be whomever they choose. Tess is none of these things. Tess is. . . different. She speaks out of turn, has wild ideas, and can't seem to keep

out of trouble. Then Tess goes too far. What she's done is so disgraceful, she can't even allow herself to think of it. Unfortunately, the past cannot be ignored. So Tess's family decide the only path for her is a nunnery. But on the day she is to join the nuns, Tess chooses a different path for herself. She cuts her hair, pulls on her boots, and sets out on a journey. She's not running away, she's running towards something. What that something is, she doesn't know. Tess just knows that the open road is a map to somewhere else--a life where she might belong. Returning to the spellbinding world of the Southlands she created in the award-winning, New York Times bestselling novel *Seraphina*, Rachel Hartman explores self-reliance and redemption in this wholly original fantasy. NAMED ONE OF THE BEST BOOKS OF THE YEAR BY NPR * BOSTON GLOBE * The Chicago Public Library * KIRKUS REVIEWS Four starred reviews! "The world building is gorgeous, the creatures are vivid and Hartman is a masterful

storyteller. Pick up this novel, and savor every page." --Paste Magazine

[A Taxonomy of Love](#) - Rachael Allen 2018-01-09

A YA romance—with a sparkling commercial voice and a dash of science—that explores a relationship over six years. The moment Spencer meets Hope the summer before seventh grade, it's something at first sight. The pair become fast friends, climbing trees and planning world travels. After years of being outshone by his older brother and teased because of his Tourette syndrome, Spencer finally feels like he belongs. But as Hope and Spencer get older and life gets messier, the clear label of “friend” gets messier, too. Through sibling feuds and family tragedies, new relationships and broken hearts, the two grow together and apart, and Spencer, an aspiring scientist, tries to map it all out using his trusty system of taxonomy. He wants to identify and classify their relationship, but in the end, he finds that life doesn't always fit into easy-to-manage boxes, and it's this messy complexity

that makes life so rich and beautiful.

After the Rain - Alexandra Elle 2020-10-13

In *After the Rain*, celebrated self-care storyteller Alexandra Elle delivers 15 lessons on how to overcome obstacles, build confidence, and cultivate abundance. Part memoir and part guide, Elle shares stirring stories from her own remarkable journey from self-doubt to self-love. This soulful collection is filled with illuminating reflections on loss, fear, bravery, healing, love, acceptance, and more. • Readers follow along her journey as she transforms challenging experiences—a difficult childhood, painful romantic relationships, and single parenting as a young mom—into fuel for her career as a successful entrepreneur and author driven by purpose and passion • Filled with Elle's signature candor and warmth • Includes empowering affirmations and meditations for readers to practice in their own lives *After the Rain* is a soulful guide to help you embrace all the beauty, love, and opportunity life has to offer. •

Presented in luminous package with a foil case and gold accents • A beautiful gift for anyone on the path to self-discovery, and an uplifting reminder that there is always sunshine after the rain • Perfect for the friend who loves meditating, self-care, journaling, or seeking personal transformation and empowerment • Great for those who loved Present Over Perfect by Shauna Niequist, 100 Days to Brave by Annie F. Downs, and anything written by Brené Brown, Rupi Kaur, Rachel Hollis, and Elizabeth Gilbert
Into the Dying Light - Katy Rose Pool
2021-09-21

In *Into the Dying Light*, the jaw-dropping conclusion to the Age of Darkness trilogy, hearts will shatter, cities will fall, and a god will rise. "A successful ending to a brilliant trilogy about human hope and connection." —Kirkus Reviews, starred review and Best Book of the Month
"Solidifies Katy Rose Pool's status as one of the best fantasy writers of the 21st century."
—Popsugar on *As the Shadow Rises* Following

the destruction of the City of Mercy, an ancient god has been resurrected and sealed inside Beru's body. Both are at the mercy of the Prophet Pallas, who wields the god's powers to subjugate the Six Prophetic Cities. But every day, the god grows stronger, threatening to break free and sow untold destruction. Meanwhile, far away from Pallas Athos, Anton learns to harness his full powers as a Prophet. Armed with the truth about how the original Prophets killed the god, Anton leads Jude, Hassan, and Ephyra on a desperate quest to the edge of the world. With time running out, the group's tenuous alliance is beset by mounting danger, tumultuous romance, and most of all by a secret that Anton is hiding: a way to destroy the god at the price of an unbearable sacrifice. But the cost of keeping that secret might be their lives—and the lives of everyone in the Six Prophetic Cities. The Age of Darkness trilogy is perfect for fans of *Throne of Glass*, *Children of Blood and Bone*, and *An Ember in the Ashes*.

Into the Wild - Jon Krakauer 2009-09-22

Krakauer's page-turning bestseller explores a famed missing person mystery while unraveling the larger riddles it holds: the profound pull of the American wilderness on our imagination; the allure of high-risk activities to young men of a certain cast of mind; the complex, charged bond between fathers and sons. "Terrifying... Eloquent... A heart-rending drama of human yearning." —New York Times In April 1992 a young man from a well-to-do family hitchhiked to Alaska and walked alone into the wilderness north of Mt. McKinley. He had given \$25,000 in savings to charity, abandoned his car and most of his possessions, burned all the cash in his wallet, and invented a new life for himself. Four months later, his decomposed body was found by a moose hunter. How Christopher Johnson McCandless came to die is the unforgettable story of *Into the Wild*. Immediately after graduating from college in 1991, McCandless had roamed through the West and Southwest on

a vision quest like those made by his heroes Jack London and John Muir. In the Mojave Desert he abandoned his car, stripped it of its license plates, and burned all of his cash. He would give himself a new name, Alexander Supertramp, and, unencumbered by money and belongings, he would be free to wallow in the raw, unfiltered experiences that nature presented. Craving a blank spot on the map, McCandless simply threw the maps away. Leaving behind his desperate parents and sister, he vanished into the wild. Jon Krakauer constructs a clarifying prism through which he reassembles the disquieting facts of McCandless's short life. Admitting an interest that borders on obsession, he searches for the clues to the drives and desires that propelled McCandless. When McCandless's innocent mistakes turn out to be irreversible and fatal, he becomes the stuff of tabloid headlines and is dismissed for his naiveté, pretensions, and hubris. He is said to have had a death wish but wanting to die is a very different thing from

being compelled to look over the edge. Krakauer brings McCandless's uncompromising pilgrimage out of the shadows, and the peril, adversity, and renunciation sought by this enigmatic young man are illuminated with a rare understanding--and not an ounce of sentimentality. Mesmerizing, heartbreaking, *Into the Wild* is a tour de force. The power and luminosity of Jon Krakauer's stoytelling blaze through every page.

The People Look Like Flowers At Last -

Charles Bukowski 2009-10-13

“if you read this after I am dead It means I made it” -“The Creation Coffin” *The People Look like Flowers at Last* is the last of five collections of never-before published poetry from the late great Dirty Old Man, Charles Bukowski. In it, he speaks on topics ranging from horse racing to military elephants, lost love to the fear of death. He writes extensively about writing, and about talking to people about writers such as Camus, Hemingway, and Stein. He writes about war and

fatherhood and cats and women. Free from the pressure to present a consistent persona, these poems present less of an aggressively disruptive character, and more a world-weary and empathetic person.

Woman of Color - LaTonya Yvette 2019-04-02
LaTonya Yvette, the blogger and stylist behind the eponymous site, is unapologetically candid about life's trials, including motherhood, love, death, and racism. Her first book, *Woman of Color*, is part memoir, part lifestyle guide—packed with moving essays, gorgeous original and archival photographs, and practical style and beauty advice. At the very heart, though, it's about LaTonya's experience growing up as a woman of color in Brooklyn. Each beautifully designed chapter covers a different topic—the meaning behind her name, how vitiligo has shaped her definition of beauty, her childhood hairstyles, raising her children as a 20-something mom—and ends with thoughtful advice and lifestyle takeaways like how to tie a

headwrap or incorporate new, bold colors into your wardrobe. *Woman of Color* is real life, real style for women from all walks of life. In it, LaTonya has written a love letter to women, filling this book with vulnerable, imperfect truths from a black woman blogger, a voice not often seen on bookstore shelves.

[Black Girl Baking](#) - Jerrelle Guy 2018-02-06

**2019 James Beard Foundation Book Award

Nominee** "Black Girl Baking has a rhythm and a realness to it." - Carla Hall, Chef and television personality
Invigorating and Creative Recipes to Ignite Your Senses For Jerrelle Guy, food has always been what has shaped her—her body, her character, her experiences and her palate.

Growing up as the sensitive, slightly awkward child of three in a race-conscious space, she decided early on that she'd rather spend her time eating cookies and honey buns than taking on the weight of worldly issues. It helped her see that good food is the most powerful way to connect, understand and heal. Inspired by this

realization, each one of her recipes tells a story. Orange Peel Pound Cake brings back memories of summer days eating Florida oranges at Big Ma's house, Rosketti cookies reimagine the treats her mother ate growing up in Guam, and Plaited Dukkah Bread parallels the braids worked into her hair as a child. Jerrelle leads you on a sensual baking journey using the five senses, retelling and reinventing food memories while using ingredients that make her feel more in control and more connected to the world and the person she has become. Whole flours, less refined sugar and vegan alternatives make it easier to celebrate those sweet moments that made her who she is today. Escape everyday life and get lost in the aromas, sounds, sights, textures and tastes of *Black Girl Baking*.

Heart Minded - Sarah Blondin 2020-06-16

A treasury of meditations for living from your heart—from a top teacher at the #1 online meditation service InsightTimer. In our noisy, noisy world, it can seem nearly impossible to

find ways to turn off our busy minds, which so often flood us with worry and unending lists of tasks. So how do you find your way off the negativity treadmill? When you feel overwhelmed and afraid, how can you return to a place of groundedness and connection? “When we turn toward our hearts, we arrive like a bolt of lightning in the present moment, and all our arguments against ourselves and life go quiet,” teaches Sarah Blondin. “No matter where you are, no matter what you are doing, you can touch this place in yourself to feel free and alive.” With poetic brilliance and skillful instruction, this renowned teacher brings you a treasury of meditations and spiritual teachings to help you detach from your busy mind and tune into your feeling heart. As the students of her popular online trainings can attest, these simple and powerful practices can instantly bring you into a deeper connection with yourself and others. And you can go back to these meditations whenever you feel overwhelmed,

disconnected, or afraid. Read *Heart Minded* from front to back for a full course in living a life guided by the wise heart—or open to any page for a reminder that, beneath your burdens and troubles, you are fundamentally whole and free. This book includes links to free guided meditations on audio, presented by Sarah Blondin.

Elatsoe - Darcie Little Badger 2020-08-25
A National Indie Bestseller TIME's Best 100
Fantasy Books of All Time An NPR Best Book of 2020
A Booklist's Top 10 First Novel for Youth A BookPage Best Book of 2020
A CPL "Best of the Best" Book A Publishers Weekly Best Book of 2020
A BuzzFeed Best YA SFF Book of 2020 A Shelf Awareness Best Book of 2020
An AICL Best YA Book of 2020 A Kirkus Best YA Book of 2020
A Tor Best Book of 2020 PRAISE "Groundbreaking." —TIME "Deeply enjoyable from start to finish." —NPR "Utterly magical." —SyFyWire "Atmospheric and lyrical...a gorgeous work of art." —BuzzFeed "One of the

best YA debuts of 2020. Read it." —Marieke Nijkamp FIVE STARRED REVIEWS □ "A fresh voice and perspective." —Booklist, starred review □ "A unique and powerful Native American voice." —BookPage, starred review □ "A brilliant, engaging debut." —Kirkus Reviews, starred review □ "A fast-paced murder mystery." —Publishers Weekly, starred review □ "A Lipan Apache Sookie Stackhouse for the teen set." —Shelf-Awareness, starred review A Texas teen comes face-to-face with a cousin's ghost and vows to unmask the murderer. Elatsoe—Ellie for short—lives in an alternate contemporary America shaped by the ancestral magics and knowledge of its Indigenous and immigrant groups. She can raise the spirits of dead animals—most importantly, her ghost dog Kirby. When her beloved cousin dies, all signs point to a car crash, but his ghost tells her otherwise: He was murdered. Who killed him and how did he die? With the help of her family, her best friend Jay, and the memory great, great, great, great,

great, great grandmother, Elatsoe, must track down the killer and unravel the mystery of this creepy town and its dark past. But will the nefarious townsfolk and a mysterious Doctor stop her before she gets started? A breathtaking debut novel featuring an asexual, Apache teen protagonist, Elatsoe combines mystery, horror, noir, ancestral knowledge, haunting illustrations, fantasy elements, and is one of the most-talked about debuts of the year.

I Am Her Tribe - Danielle Doby 2018-10-23

Positive and powerful, *I Am Her Tribe* is a collection of poetry drawing on the viral Instagram handle and online hashtag that serves to create moments of connection through empowerment and storytelling. Focusing on inspiration, Doby's poetry invites its reader to "Come as you are. Your tribe has arrived. Your breath can rest here." both soft and fierce can coexist and still be powerful

Salt. - Nayyirah Waheed 2013-09-24

Poems.