

Reasons To Stay Alive

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Reasons to Stay Alive

Rapturous in its ability to depict the creative process, *Words Without Music* allows readers to experience that sublime moment of creative fusion when life merges with art. Biography lovers will be inspired by the story of a precocious Baltimore boy, the son of a music-shop owner, who entered college at age fifteen, before traveling to Paris to study under the legendary Nadia Boulanger; Glass devotees will be fascinated by the stories behind *Einstein on the Beach* and *Satyagraha*, among so many other works. Whether recalling his experiences working at Bethlehem Steel, traveling in India, driving a cab in 1970s New York, or his professional collaborations with the likes of Allen Ginsberg, Ravi Shankar,

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Robert Wilson, Doris Lessing, and Martin Scorsese, *Words Without Music* affirms the power of music to change the world.

Living with a Black Dog

Matt Haig's accessible and life-affirming memoir of his struggle with depression, and how his triumph over the illness taught him to live. From the internationally bestselling author of *How To Stop Time* and *Notes on a Nervous Planet*.

"Destined to become a modern classic." —Entertainment Weekly Like nearly one in five people, Matt Haig suffers from depression. *Reasons to Stay Alive* is Matt's inspiring account of how, minute by minute and day by day, he overcame the disease with the help of reading, writing, and the love of his parents and his girlfriend (and now-wife), Andrea. And eventually, he learned to appreciate life all the more for it. Everyone's lives are touched by mental illness: if we do not suffer from it ourselves, then we have a friend or loved one who does. Matt's frankness about his experiences is both inspiring to those who feel daunted by depression and illuminating to those who are mystified by it. Above all, his humor and encouragement never let us lose sight of hope. Speaking as his present self to his former self in the depths of depression, He is adamant that the oldest cliché is the truest—there is light at the end of the tunnel. He teaches us to celebrate the small joys and moments of peace that life brings, and reminds us that there are always reasons to stay alive.

Notes on a Nervous Planet

Apa rasanya menjadi orang yang mengalami gangguan

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kecemasan atau depresi? Ada dorongan yang membanjiri perasaan dan pikiran mereka sampai-sampai tubuh fisiknya pun ikut sakit. Bahkan, tak sedikit dari mereka yang akhirnya memutuskan untuk bunuh diri. Matt Haig pernah berada di titik itu. Ia pernah mencoba bunuh diri di pinggir tebing ketika berusia 24 tahun. Serangan panik yang bertubi-tubi dan harapan yang tak lagi terlihat membuatnya berpikir bahwa mengakhiri segalanya adalah hal terbaik. Tetapi, pada langkah terakhir, ia berhenti dan mengurungkan niatnya. Sampai sekarang, ia menjadi bukti bahwa gangguan kecemasan dan depresi bisa diatasi. Melalui buku ini, Matt Haig akan membagikan pengalamannya, mulai dari gejala depresi, rasanya mendapat serangan panik, hingga apa yang membuatnya bertahan hidup hingga hari ini. Kita akan menyelami apa yang para penderita depresi rasakan dan bagaimana cara membantu mereka (atau bahkan diri sendiri) menjadi lebih baik.

Evie and the Animals

Struggling with overwork and parenting angst, English village doctor Peter Radley endeavors to hide his family's vampire nature until their daughter's oddly satisfying act of violence reveals the truth, an event that is complicated by the arrival of a practicing vampire family member.

Reasons To Stay Alive

It has never been more important to sleep well. Stop sabotaging your own sleep and finally wake up energised and refreshed How to Sleep Well is a guidebook that can change your sleep and help you live your life more fully. Whether you struggle to fall asleep, sleep too lightly, wake too often or

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simply cannot wake up, this book can help you get on track to sleeping well and living better. It all starts with the science of sleep: how much you really need, what your body does during sleep and the causes behind many common sleep problems. Next, you'll identify the things in your life that are disrupting your sleep cycle and learn how to mitigate the impact; whether the pressure of workplace or you simply cannot quiet your own mind, these expert tips and tricks will help you get the sleep you need. Finally, you'll learn how to support healthy sleep during the waking hours — what works with or against your sleep — and you'll learn when the problem might be best dealt with by your GP. Don't spend another restless night waiting for a bleary, groggy morning and sleepy day. Take control of your sleep tonight! Learn how sleep — or a lack thereof — affects every aspect of your life Identify the root causes of your sleep issues and cut them off at the source Discover the sleep advice that works, and the tips that are just plain daft. Create a healthy, calming bedtime routine that will help you get the rest you need Sleep affects everything. Work and school performance, relationships, emotional outlook, your appearance and even your health. Sleeping poorly or not sleeping enough can dramatically impact your quality of life, but most sleep problems can be solved with a bit of self-adjustment. How to Sleep Well puts a sleep expert with over 36 years' experience at your disposal to help you finally get the restful, restorative sleep you need to live better and be productive.

The Radleys

FROM THE NUMBER ONE SUNDAY TIMES BESTSELLING AUTHOR Terence Cave, owner of Cave Antiques, has already experienced the tragedies of his mother's suicide and

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his wife's murder when his teenage son, Reuben, is killed in a grotesque accident. His remaining child, Bryony, has always been the family's golden girl and Terence comes to realise that his one duty in life is to protect her from the world's malign forces, whatever that may take. But as he starts to follow his grieving daughter's movements and enforce a draconian set of rules, his love for Bryony becomes a possessive force that leads to destruction.

How to Sleep Well

Hello I Want to Die Please Fix Me

First published in UK in 2009 by Constable & Robinson.

Reasons to Stay Alive

Trying to be good for Christmas without bungling everything up is difficult.

Sattva

A little book for those feeling a little down to keep note on a day by day basis of the various reasons they need to stay alive. One day at a time.

How to Stop Time

A New York Times essayist shares her journey from a self-destructive college student to a devoted family woman and teacher while illuminating the importance of trusting in a higher power and being truthful about life's challenges.

The Humans

The murdered Mexican singer's husband shares his recollections and memories of their relationship, both personal and professional, and clarifies certain misconceptions about her life and death.

To Selena, with Love

'Our thoughts are a magic part of us, and they carry us to places that have no boundaries, and no limitations' In this bestselling thought-provoking book, Dr. Wayne Dyer stretches beyond self-help to self-realisation. To do so, he embarks on a journey to activate our minds and shows us how to transform our lives by using our thoughts constructively: in other words, how to focus on a belief and see it. Using anecdotes and examples, writing with wit and compassion, and drawing on his own amazing life story, Dr. Dyer has, once again, written an inspirational self-help book that explores how to achieve personal transformation through the visualisation of thought - and teaches us that believing is seeing.

Boy with the Topknot

Comedian and Live from Here head writer Tom Papa, author of *Your Dad Stole My Rake*, tackles the modern condition in a heartwarming group of short essays. Tom Papa is a little worried about you. You seem stressed, overworked and, frankly, a little mixed up. Everyone is fighting an overwhelming feeling that things are getting worse, that we should be doing more, that we're not good enough. Well, life isn't perfect. There have always been problems and there

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always will be. You can fight for the things you believe in, you can work really, really hard, but you shouldn't lose track of the fact that while you're doing all that, life is flying by at lightning-fast speed. If you actually take a breath and look around you'll realize you're actually doing great. Here's the thing: We live in an amazing time filled with airplanes, scooters, and peanut butter cups. We have air conditioning, blenders, and martini shakers. It's time to refocus, enjoy it all, and stop waiting for something better! Relax with comedian and Live from Here writer and performer Tom Papa as he explores his favorite subjects in 75 essays, including: You Don't Have to Live Your Best Life Don't Open the Mail I'm So Baked I Love Your Love Handles Don't Go Tubing Shut Up and Eat Recalibrate, turn off your device, and open your eyes to a better reality: You're doing great!

To Be a Cat

FROM THE NUMBER ONE SUNDAY TIMES BESTSELLING AUTHOR Meet the Hunter family: Adam, Kate, and their children Hal and Charlotte. And Prince, their Labrador. Prince is an earnest young dog, striving hard to live up to the tenets of the Labrador Pact (Remain Loyal to Your Human Masters, Serve and Protect Your Family at Any Cost). Other dogs, led by the Springer Spaniels, have revolted. As things in the Hunter family begin to go badly awry – marital breakdown, rowdy teenage parties, attempted suicide – Prince's responsibilities threaten to overwhelm him and he is forced to break the Labrador Pact and take desperate action to save his Family.

You'll See It When You Believe It

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A collection of artfully decorated postcards with secrets anonymously written on them by people from all over the world and sent to the founder of PostSecret, a community art project that evolved into a website.

Leonard Cohen, Untold Stories: The Early Years

A follow-up to Matt Haig's internationally bestselling memoir, *Reasons to Stay Alive*, a broader look at how modern life feeds our anxiety, and how to live a better life. The societies we live in are increasingly making our minds ill, making it feel as though the way we live is engineered to make us unhappy. When Matt Haig developed panic disorder, anxiety, and depression as an adult, it took him a long time to work out the ways the external world could impact his mental health in both positive and negative ways. *Notes on a Nervous Planet* collects his observations, taking a look at how the various social, commercial and technological "advancements" that have created the world we now live in can actually hinder our happiness. Haig examines everything from broader phenomena like inequality, social media, and the news; to things closer to our daily lives, like how we sleep, how we exercise, and even the distinction we draw between our minds and our bodies.

REASONS TO STAY ALIVE: Kisah Nyata Melawan Depresi dan Berdamai dengan Diri Sendiri

From number one bestselling author Matt Haig comes a hilarious and heartwarming story, brilliantly illustrated throughout by Chris Mould. Wherever she is, whatever the day, she only has one kind of thing to say. Just as cats go

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miaow and cows go moo, The Truth Pixie can only say things that are true. A very funny and lovable tale of how one special pixie learned to love herself. The Truth Pixie is an enchanting, rhyming story that will delight younger readers – with words by the bestselling mastermind Matt Haig and pictures by the inky genius Chris Mould.

Carry On, Warrior

FROM THE NUMBER ONE SUNDAY TIMES BESTSELLING AUTHOR Philip Noble is an eleven-year-old in crisis. His pub landlord father has died in a road accident, and his mother is succumbing to the greasy charms of her dead husband's brother, Uncle Alan. The remaining certainties of Philip's life crumble away when his father's ghost appears in the pub and declares Uncle Alan murdered him. Arming himself with weapons from the school chemistry cupboard, Philip vows to carry out the ghost's relentless demands for revenge. But can the words of a ghost be trusted any more than the lies of the living?

Merry Christmas Mom and Dad

"The seven years between the birth of Etgar Keret's son and the death of his father were good years, though still full of reasons to worry. Lev is born in the midst of a terrorist attack. Etgar's father gets cancer. The threat of constant war looms over their home and permeates daily life"--

In Search of Silence

From award-winning novelist, Helen Dunmore, comes *The Lie*; a spellbinding tale of love, remembrance, and deception,

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set against the backdrop of World War I. Cornwall, 1920. Infantry officer Daniel Branwell has returned to his coastal hometown after the war. Unmoored and alone, Daniel spends his days in solitude, quietly working the land. However, all is not as it seems in the peaceful idylls of the countryside; and although he has left the trenches, Daniel cannot escape his dreadful past. As former friendships re-ignite, Daniel is drawn deeper and deeper into the tangled traumas of his youth and the memories of his best friend and his first love. Old wounds reopen, and old troubles resurface, though none so great as the lie that threatens to ruin Daniel's life, the lie from which he cannot run. Told with Dunmore's breathtaking poise and exacting suspense, *The Lie* is a haunting and captivating journey through the mind of a tormented man, as he tries to fit the pieces of his shattered past together.

Echo Boy

Audrey's father taught her that to stay human in the modern world, she had to build a moat around herself; a moat of books and music, philosophy and dreams. A moat that makes Audrey different from the echoes: sophisticated, emotionless machines, built to resemble humans and to work for human masters. Daniel is an echo "but he's not like the others. He feels a connection with Audrey; a feeling Daniel knows he was never designed to have, and cannot explain. And when Audrey is placed in terrible danger, he's determined to save her. *ECHO BOY* is a powerful story about love, loss and what makes us truly human.

The Seven Good Years

An engrossing memoir-meets-investigative report that takes a

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fresh, frank look at how we treat depression Depression is a havoc-wreaking illness that masquerades as personal failing and hijacks your life. After a major suicide attempt in her early twenties, Anna Mehler Paperny resolved to put her reporter's skills to use to get to know her enemy, setting off on a journey to understand her condition, the dizzying array of medical treatments on offer, and a medical profession in search of answers. Charting the way depression wrecks so many lives, she maps competing schools of therapy, pharmacology, cutting-edge medicine, the pill-popping pitfalls of long-term treatment, the glaring unknowns and the institutional shortcomings that both patients and practitioners are up against. She interviews leading medical experts across the US and Canada, from psychiatrists to neurologists, brain-mapping pioneers to family practitioners, and others dabbling in strange hypotheses—and shares compassionate conversations with fellow sufferers. *Hello I Want to Die Please Fix Me* tracks Anna's quest for knowledge and her desire to get well. Impeccably reported, it is a profoundly compelling story about the human spirit and the myriad ways we treat (and fail to treat) the disease that accounts for more years swallowed up by disability than any other in the world.

Tuck Everlasting

Thom Hartmann, the most popular progressive radio host in America and a *New York Times* bestselling author, looks at the history of the battle against oligarchy in America—and how we can win the latest round. Billionaire oligarchs want to own our republic, and they're nearly there thanks to legislation and Supreme Court decisions that they have essentially bought. They put Trump and his political allies into office and support a vast network of think tanks, publications, and social media

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that every day push our nation closer and closer to police-state tyranny. The United States was born in a struggle against the oligarchs of the British aristocracy, and ever since then the history of America has been one of dynamic tension between democracy and oligarchy. And much like the shock of the 1929 crash woke America up to glaring inequality and the ongoing theft of democracy by that generation's oligarchs, the coronavirus pandemic of 2020 has laid bare how extensively oligarchs have looted our nation's economic system, gutted governmental institutions, and stolen the wealth of the former middle class. Thom Hartmann traces the history of this struggle against oligarchy from America's founding to the United States' war with the feudal Confederacy to President Franklin Roosevelt's struggle against "economic royalists," who wanted to block the New Deal. In each of those cases, the oligarchs lost the battle. But with increasing right-wing control of the media, unlimited campaign contributions, and a conservative takeover of the judicial system, we're at a crisis point. Now is the time for action, before we flip into tyranny. We've beaten the oligarchs before, and we can do it again. Hartmann lays out practical measures we can take to break up media monopolies, limit the influence of money in politics, reclaim the wealth stolen over decades by the oligarchy, and build a movement that will return control of America to We the People.

Reasons to Stay Alive

THERE'S NO PLACE LIKE HOME. OR IS THERE? After an 'incident' one wet Friday night where Professor Andrew Martin is found walking naked through the streets of Cambridge, he is not feeling quite himself. Food sickens him. Clothes confound him. Even his loving wife and teenage son are

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repulsive to him. He feels lost amongst a crazy alien species and hates everyone on the planet. Everyone, that is, except Newton, and he's a dog. What could possibly make someone change their mind about the human race. . . ?

Words Without Music

The Midnight Library

From the bestselling author of *A Boy Called Christmas*, *The Girl Who Saved Christmas*, *Father Christmas and Me* and *The Truth Pixie*. Samuel's not allowed to enter Shadow Forest. But what's to stop the forest from coming to him? There's one thing every troll child dreads more than anything - and that's the Betterer, the evil troll in Shadow Forest who loves to punish his fellow trolls for their grubby and stupid habits in lots of horrible ways. When one troll boy escapes the forest to be with his favourite human, Samuel Blink, the Betterer isn't happy. Until he realizes that the most useful thing to have in his Bettering Tower would be a real life human child. So he sets out on a quest into the human world to kidnap Samuel and the troll friend he's been hiding in his wardrobe . . .

The Lie

A Sunday Times bestseller, *Reasons to Stay Alive* is both a wonderfully moving and upbeat account of how Matt Haig survived depression and anxiety, and an accessible, life-affirming guide to helping yourself—and others—through mental illness. In the western world the suicide rate is highest amongst men under the age of 35. Matt Haig could have

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added to that statistic when, aged 24, he found himself staring at a cliff-edge about to jump off. This is the story of why he didn't, and how he recovered and learned to live with anxiety and depression. It's also an optimistic, joyous and often funny exploration of how to live better, love better, read better and feel more. A wonderful mix of memoir and hard-won wisdom, *Reasons to Stay Alive* is, at heart, about making the most of your time on earth.

Sense and Sensibility

“A quirky romcom dusted with philosophical observations....A delightfully witty...poignant novel.” —*The Washington Post*
“She smiled a soft, troubled smile and I felt the whole world slipping away, and I wanted to slip with it, to go wherever she was going... I had existed whole years without her, but that was all it had been. An existence. A book with no words.”

Tom Hazard has just moved back to London, his old home, to settle down and become a high school history teacher. And on his first day at school, he meets a captivating French teacher at his school who seems fascinated by him. But Tom has a dangerous secret. He may look like an ordinary 41-year-old, but owing to a rare condition, he's been alive for centuries. Tom has lived history--performing with Shakespeare, exploring the high seas with Captain Cook, and sharing cocktails with Fitzgerald. Now, he just wants an ordinary life. Unfortunately for Tom, the Albatross Society, the secretive group which protects people like Tom, has one rule: Never fall in love. As painful memories of his past and the erratic behavior of the Society's watchful leader threaten to derail his new life and romance, the one thing he can't have just happens to be the one thing that might save him. Tom will have to decide once and for all whether to remain stuck in

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the past, or finally begin living in the present. How to Stop Time tells a love story across the ages—and for the ages—about a man lost in time, the woman who could save him, and the lifetimes it can take to learn how to live. It is a bighearted, wildly original novel about losing and finding yourself, the inevitability of change, and how with enough time to learn, we just might find happiness. Soon to be a major motion picture starring Benedict Cumberbatch.

The Hidden History of American Oligarchy

THE NUMBER ONE SUNDAY TIMES BESTSELLER WHAT DOES IT MEAN TO FEEL TRULY ALIVE? Aged 24, Matt Haig's world caved in. He could see no way to go on living. This is the true story of how he came through crisis, triumphed over an illness that almost destroyed him and learned to live again. A moving, funny and joyous exploration of how to live better, love better and feel more alive, Reasons to Stay Alive is more than a memoir. It is a book about making the most of your time on earth. "I wrote this book because the oldest clichés remain the truest. Time heals. The bottom of the valley never provides the clearest view. The tunnel does have light at the end of it, even if we haven't been able to see it . . . Words, just sometimes, really can set you free."

The Last Family in England

"A feel-good book guaranteed to lift your spirits."—The Washington Post A New York Times bestseller | Winner of the Goodreads Choice Award for Fiction | A Good Morning America Book Club Pick! "Between life and death there is a library, and within that library, the shelves go on forever.

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Every book provides a chance to try another life you could have lived. To see how things would be if you had made other choices . . . Would you have done anything different, if you had the chance to undo your regrets?" A dazzling novel about all the choices that go into a life well lived, from the internationally bestselling author of *Reasons to Stay Alive* and *How To Stop Time*. Somewhere out beyond the edge of the universe there is a library that contains an infinite number of books, each one the story of another reality. One tells the story of your life as it is, along with another book for the other life you could have lived if you had made a different choice at any point in your life. While we all wonder how our lives might have been, what if you had the chance to go to the library and see for yourself? Would any of these other lives truly be better? In *The Midnight Library*, Matt Haig's enchanting new novel, Nora Seed finds herself faced with this decision. Faced with the possibility of changing her life for a new one, following a different career, undoing old breakups, realizing her dreams of becoming a glaciologist; she must search within herself as she travels through the Midnight Library to decide what is truly fulfilling in life, and what makes it worth living in the first place.

The Truth Pixie

As beautifully illustrated as it is touching, this second book from Matthew Johnstone, author of *I Had a Black Dog*, is written for those who care for those suffering from depression - friends, family members, colleagues, and even therapists. Using wonderful illustrations and the image of Churchill's infamous 'black dog', Matthew and his wife Ainsley offer a moving, inspirational and often humorous portrait of life with depression - not only for those suffering from it themselves,

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but for those close to them. Living with a Black Dog speaks directly to the carer and offers practical and sometimes tongue-in-cheek tips on helping the depression sufferer, such as 'Socks have little do with mental health. If people could just "snap out of it" they would.' and 'Encourage any form of regular exercise. Fitness robs the Dog of its power'. Based on their own experiences, Matthew and his wife Ainsley treat the subject of depression sympathetically, hopefully and, most importantly, humorously.

Stay

Critically acclaimed when it was first published, Tuck Everlasting has become a much-loved, well-studied modern-day classic. This anniversary edition features an in-depth interview conducted by Betsy Hearne in which Natalie Babbitt takes a look at Tuck Everlasting twenty-five years later. What if you could live forever? Is eternal life a blessing or a curse? That is what young Winnie Foster must decide when she discovers a spring on her family's property whose waters grant immortality. Members of the Tuck family, having drunk from the spring, tell Winnie of their experiences watching life go by and never growing older. But then Winnie must decide whether or not to keep the Tucks' secret—and whether or not to join them on their never-ending journey. Praise for Tuck Everlasting by Natalie Babbitt: "A fearsome and beautifully written book that can't be put down or forgotten." —The New York Times "Exciting and excellently written." —The New York Times Book Review "With its serious intentions and light touch the story is, like the Tucks, timeless." —Chicago Sun-Times "Probably the best work of our best children's novelist." —Harper's "Natalie Babbitt's great skill is spinning fantasy with the lilt and sense of timeless wisdom of the old

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fairy tales. . . . It lingers on, haunting your waking hours, making you ponder.” —The Boston Globe “This book is as shapely, crisp, sweet, and tangy as a summer-ripe pear.” —Entertainment Weekly This title has Common Core connections.

My Secret

Twelve-year-old Barney Willow gets his wish to be a cat but soon discovers that not all felines are cute and cuddly--some are downright evil--and his life is in grave danger, but his missing father may be able to help.

Overcoming Depression

The extraordinary life of one of the world’s greatest music and literary icons, in the words of those who knew him best. Poet, novelist, singer-songwriter, artist, prophet, icon—there has never been a figure like Leonard Cohen. He was a true giant in contemporary western culture, entertaining and inspiring people everywhere with his work. From his groundbreaking and bestselling novels, *The Favourite Game* and *Beautiful Losers*, to timeless songs such as “Suzanne,” “Dance Me to the End of Love,” and “Hallelujah,” Cohen is a cherished artist. His death in 2016 was felt around the world by the many fans and followers who would miss his warmth, humour, intellect, and piercing insights. *Leonard Cohen, Untold Stories* chronicles the full breadth of his extraordinary life. The first of three volumes—*The Early Years*—follows him from his boyhood in Montreal to university, and his burgeoning literary career to the world of music, culminating with his first international tour in 1970. Through the voices of those who knew him best—family and friends, colleagues and

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contemporaries, rivals, business partners, and his many lovers—the book probes deeply into both Cohen’s public and private life. It also paints a portrait of an era, the social, cultural, and political revolutions that shook the 1960s. In this revealing and entertaining first volume, bestselling author and biographer Michael Posner draws on hundreds of interviews to reach beyond the Cohen of myth and reveal the unique, complex, and compelling figure of the real man.

The Possession of Mr Cave

Dare to be you! Evie is a girl with a special talent: she can talk to animals and hear their thoughts. But when she rescues the school rabbit and sets her free from her too-small cage, Evie lands in big trouble. She promises her dad that she’ll never talk to animals again. And for a whole year, Evie ignores them all. She doesn’t chat to the birds and dogs. She even ignores a little ginger tabby cat who meows “Help me! Help me!” But when missing posters for cats, dogs, hamsters and tortoises appear outside school, Evie is determined to find the animals using her magical gift. With the help of Granny Flora, she must discover who is behind the disappearances. Can Evie save the pets before it’s too late—even if it means the most frightening thing of all, daring to be herself? Featuring illustrations by the award-winning Emily Gravett, this is a story about growing up, fitting in and listening closely to our furry friends that will capture the hearts of animal lovers everywhere.

The Dead Fathers Club

Winner of Red Magazine's Book of the Year 2019 'Raw, poetic and breathtaking.' Fearn Cotton 'It is rare to find an

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author who writes with such authenticity, empathy and humour. I couldn't recommend this read enough. It will enrich your life.' Will Young 'Poorna's beautiful, thoughtful writing is a gift of calm, laughter and stoic contemplation in an increasingly anxious world. Simultaneously earthed and sometimes ephemeral, this book is absolutely delightful, compassionate, tender and a lesson to us all in self-love and nurture. I read it in a matter of days and started over again.'

Jack Monroe 'A beautiful book that dismantles the pressure and expectations placed on our lives.' Gizzi Erskine

Poorna Bell was sold the fairytale of life. That love wins the day. That marriage is the rescue to an otherwise unhappy existence. That children are the natural progression of any relationship. But really, is it? Are we actually being honest with ourselves about the expectations we have set for ourselves? Are we able to distinguish between what we really need from life, from everything that we have been conditioned to want? Because the current rhetoric doesn't prepare you for the reality. In 2015 Poorna Bell became a widow after her husband Rob took his own life on a winter's night, having battled depression and addiction. Her situation was unusual when compared to a lot of people, but she was left figuring out exactly the same things. Will she ever be happy? Will she find love again? Who will rescue her from her sadness? Two years on and Poorna is rebuilding her life. And it is from this place - as she works towards choosing what she does and doesn't want from society, that she will explore a different conversation around fulfillment and self-worth. Cutting across the landscapes in India, New Zealand and Britain, Poorna Bell explores the things endemic in our society such as sadness and loneliness, to unpick why we seek other people to fix what's inside of us. In Search of Silence is the recognition of the echo chamber we find ourselves in, in terms of what constitutes a successful, fulfilling life. This is a

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heartfelt, deeply personal journey which asks us all to define what 'happiness' truly means. 'Rich with achingly beautiful language that transports the reader to the streets of Bangalore, the mountain-topped peaks of Nepal and the long and winding roads of New Zealand, I adored absolutely everything about In Search of Silence. A book that will speak to anyone who has grown tired of London, who has lost, who has loved, who has lamented the loss of a loved one, it is a beautiful, life-affirming read that explores solitude, silence and sadness and is underpinned with hope and happiness for the future.' The Literary Edit

You're Doing Great!

"Abbie Hoffman, Yippie non-leader, notorious dope addict and up-and-coming rock group (the WHAT), is currently on trial with seven others for conspiracy to incite riot during the Democratic Convention. When he returned from the Woodstock Festival he had five days before leaving for Chicago to prepare for the trial. Woodstock Nation, which the author wrote in longhand while lying upside down, stoned, on the floor of an unused office of the publisher, is the product of those five days. Other works by Mr. Hoffman include Revolution for the Hell of It and Fuck the System, which he describes as a "tender love epic"."-- Back cover.

Woodstock Nation

'Eminé and Paul live and breathe Ayurveda every day, and I love their gentle, intuitive, conscious approach to life.' - Jasmine Hemsley, author of East by West and co-author of the Hemsley + Hemsley books Sattva is one of the three basic life forces outlined in Ayurvedic teachings. Among the

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beautiful qualities it embodies - unity, harmony, purity, vitality, clarity, gentleness and serenity - are essences of nature that we're craving more than ever in our busy lives. In this book, you'll find a complete lifestyle prescription for balance and peace in our hectic Western world. Sattva offers a simple guide to living in harmony with seasonal cycles, resources for conscious living and nourishment for body and soul. A celebration of ancient, holistic wisdom for intuitive modern living, Sattva has the power to help us move from chaos into consciousness. Let it remind you of your natural state of being.

The Runaway Troll

Worldwide, more people die by suicide than by murder, and many more are left behind to grieve. Despite distressing statistics that show suicide rates rising, the subject, long a taboo, is infrequently talked about. In this sweeping intellectual and cultural history, poet and historian Jennifer Michael Hecht channels her grief for two friends lost to suicide into a search for history's most persuasive arguments against the irretrievable act, arguments she hopes to bring back into public consciousness. From the Stoics and the Bible to Dante, Shakespeare, Wittgenstein, and such twentieth-century writers as John Berryman, Hecht recasts the narrative of our "secular age" in new terms. She shows how religious prohibitions against self-killing were replaced by the Enlightenment's insistence on the rights of the individual, even when those rights had troubling applications. This transition, she movingly argues, resulted in a profound cultural and moral loss: the loss of shared, secular, logical arguments against suicide. By examining how people in other times have found powerful reasons to stay alive when suicide

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seems a tempting choice, she makes a persuasive intellectual and moral case against suicide.

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