

This One Wild And Precious Life The Path Back To Connection In A Fractured World

A Handbook of the Troubadours
Wild Geese
This One Wild and Precious Life
Your One Wild and Precious Life
Blue Pastures
Poetry 180
Devotions
A Study of Maya Art, Its Subject Matter and Historical Development
The Two Most Important Days
One Wild and Precious Life
Now All Roads Lead to France
Find a Way
Nothing Much Happens
Living Between Worlds
First, We Make the Beast Beautiful
Quit Sugar
Wild and Precious Life
Falling Awake
American Primitive
Billy Two-Toes' Rainbow
The Complete Life
Rural Dreams
I Quit Sugar for Life
Shed No Tears
Holy Troublemakers and Unconventional Saints
A Wild and Precious Life
Royal Vendetta
One Wild Life
Your One Wild and Precious Life
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Your One Wild and Precious Life
My Wild and Precious Life
Dream Work
The Nature Principle
I Quit Sugar
Cookbook
House of Light
New and Selected Poems
The Chanel Sisters
Running Wild

A Handbook of the Troubadours

For many of us, thinking about the future conjures up images of Cormac McCarthy ' s The Road: a post-apocalyptic dystopia stripped of nature. Richard Louv, author of the landmark bestseller Last Child in the Woods, urges us to change our vision of the future, suggesting that if we reconceive environmentalism and sustainability, they will evolve into a larger movement that will touch every part of society. This New Nature Movement taps into the restorative powers of the natural world to boost mental acuity and creativity; promote health and wellness; build smarter and more sustainable businesses, communities, and economies; and ultimately strengthen human bonds. Supported by groundbreaking research, anecdotal evidence, and compelling personal stories, Louv offers renewed optimism while challenging us to rethink the way we live.

Wild Geese

What are the two most important days in your life? "The day you are born and the day you find out why," Mark Twain famously wrote. The search for happiness is hardwired in our DNA. It transcends age, gender, geography, vocation, and personal circumstances. But how do you achieve it? Through inspirational storytelling, scientific evidence, practical advice, captivating exercises, and poetry, Dr. Sanjiv Chopra and Gina Vild present a powerful message that shows you how to achieve happiness no matter the challenges and stumbling blocks you face along the way. They also reveal the best way to be happy: Discover and live your life ' s purpose. It ' s a sure path to human flourishing. In fact, you may be surprised to learn that living with purpose can even add years to your life. Do you know your life ' s purpose? This book offers a path to discovering it by illuminating the value of gratitude, forgiveness, meditation, music, friendship and so much more. It will set you on the right path and spark sustained happiness, joy and bliss.

This One Wild and Precious Life

Edward Thomas was perhaps the most beguiling and influential of First World War poets. Now All Roads Lead to France is an account of his final five years, centred on his extraordinary friendship with Robert Frost and Thomas's fatal decision to fight in the war. The book also evokes an astonishingly creative moment in English literature, when London was a battleground for new, ambitious kinds of writing. A generation that included W. B. Yeats, Ezra Pound, Robert Frost and Rupert Brooke were 'making it new' - vehemently and pugnaciously. These larger-than-life characters surround a central

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figure, tormented by his work and his marriage. But as his friendship with Frost blossomed, Thomas wrote poem after poem, and his emotional affliction began to lift. In 1914 the two friends formed the ideas that would produce some of the most remarkable verse of the twentieth century. Their writing was far more than just war poetry, but it was World War I that put an ocean between them. Frost returned to the safety of New England while Thomas stayed to fight for the Old. It is these roads taken - and those not taken - that are at the heart of this remarkable book, which culminates in Thomas's tragic death on Easter Monday 1917.

Your One Wild and Precious Life

"Throughout her celebrated career, Mary Oliver has touched countless readers with her brilliantly crafted verse, expounding on her love for the physical world and the powerful bonds between all living things. Identified as "far and away, this country's best selling poet" by Dwight Garner, she now returns with a stunning and definitive collection of her writing from the last fifty years. Carefully curated, these 200 plus poems feature Oliver's work from her very first book of poetry, *No Voyage and Other Poems*, published in 1963 at the age of 28, through her most recent collection, *Felicity*, published in 2015"--

Blue Pastures

Winner of the Pulitzer Prize for Poetry Her most acclaimed volume of poetry, *American Primitive* contains fifty visionary poems about nature, the humanity in love, and the wilderness of America, both within our bodies and outside. "American Primitive enchants me with the purity of its lyric voice, the loving freshness of its perceptions, and the singular glow of a spiritual life brightening the pages." -- Stanley Kunitz "These poems are natural growths out of a loam of perception and feeling, and instinctive skill with language makes them seem effortless. Reading them is a sensual delight." -- May Swenson

Poetry 180

Devotions

A Study of Maya Art, Its Subject Matter and Historical Development

A unique whole-life plan for navigating these ever-changing times and living a happy, productive and successful life Centennials. Millennials. Gen X'ers. Baby boomers. Traditionalists. We are in an era that loves a label at a time when how we actually live has never been more fluid. Unlike previous generations, we no longer expect to leave education forever in our early twenties; to be ready for the mortgage and 2.4 children by the time we hit thirty; to remain in one career till retirement; to give up on love or adventure or intellectual challenge as we age. It's exciting, liberating . . . and also, unsettling. Drawing on fascinating psychological research on how we are affected by these ever-shifting goalposts *The Complete Life* is a radical new perspective on making the best of our lives. Distinguished psychologist Maureen Gaffney applies a unique full life approach to navigating these complicated times. In *The Complete Life* she: - explores how our past, present and future are inextricably linked and how they influence each other in surprising and complex ways; - explains what motivates us to grow and develop and be at our best at every age and stage; - suggests how we can sustain our most important relationships and also manage the key elements of our lives - learning, working, mental and physical wellbeing - in every decade. *The Complete Life* is full of lively examples and concrete strategies. It is an inspirational,

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timely and essential manual for 21st-century living by the renowned author of the Number One bestseller, *Flourishing*.

The Two Most Important Days

When Aboriginal Billy Two-Toes finds the opalised bones of a plesiosaurus, his tribe orders him to keep silent, because the remains are sacred. But ruthless American hit-man and former CIA operative Cutler intends to possess Billy's precious find at any price - even murder. Novel set in Coober Pedy opal fields and surrounding area; features several Pitjantjatjara Aboriginal characters.

One Wild and Precious Life

Billy Collins compiles 180 poems, one for each day of the school year, for high school students to read so that they might learn the value of poetry in their daily lives.

Now All Roads Lead to France

Find a Way

An illustrated children's storybook featuring people of faith who rocked the religious boat on behalf of love and justice.

Nothing Much Happens

Reflections on different facets of vocation, offered in the hope that they may provide some light as you reflect on your life and find your calling.

Living Between Worlds

'I loved this book.' Matt Haig, author of *Reasons to Stay Alive* and *Notes On a Nervous Planet*
'Probably the best book on living with anxiety that I've ever read.' Mark Manson, author of *The Subtle Art of Not Giving a F*ck* If you have anxiety, this book is for you. If you love someone who is anxious, this book is for you. I Quit Sugar founder and New York Times bestselling author Sarah Wilson has lived through high anxiety – including bipolar, OCD and several suicide attempts – her whole life. Perhaps like you, she grew tired of seeing anxiety as a disease that must be medicated into submission. Could anxiety be re-sewn, she asked, into a thing of beauty? So began a seven-year journey to find a more meaningful and helpful take on anxiety. Living out of two suitcases, Sarah travelled the world, meeting with His Holiness The Dalai Lama, with Oprah 's life coach, with major mental health organizations and hundreds of others in a quest to unravel the knotted ball of wool that is the anxious condition. She emerged with the very best philosophy, science and hacks for thriving with the beast. *First, We Make the Beast Beautiful* is a book with a big heart, paving the way for richer, kinder and wiser conversations about anxiety.

First, We Make the Beast Beautiful

This collection of poems by Mary Oliver once again invites the reader to step across the threshold of ordinary life into a world of natural and spiritual luminosity. Tell me, what is it you plan to do with your one wild and precious life? —Mary Oliver, "The Summer Day" (one of the poems in this volume)

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Winner of a 1991 Christopher Award Winner of the 1991 Boston Globe Lawrence L. Winship Book Award

I Quit Sugar

"Atria/Emily Bestler Books nonfiction original hardcover."

Wild and Precious Life

With consummate craftsmanship, Mary Oliver, a Pulitzer Prize and National Book Award-winning author, has fashioned 15 luminous prose pieces, ten never before published, which should be of singular interest to lovers of nature, students of writing, and the many admirers of her work.

Falling Awake

This book is a reference volume and a digest of more than a century of scholarly work on troubadour poetry. Written by leading scholars, it summarizes the current consensus on the various facets of troubadour studies. Standing at the beginning of the history of modern European verse, the troubadours were the prime poets and composers of the twelfth and thirteenth centuries in the South of France. No study of medieval literature is complete without an examination of the courtly love which is celebrated in the elaborately rhymed stanzas of troubadour verse, creations whose words and melodies were imitated by poets and musicians all over medieval Europe. The words of about 2,500 troubadour songs have survived, along with 250 melodies, and all have come under intense scholarly scrutiny. This Handbook brings together the fruits of this scrutiny, giving teachers and students an overview of the fundamental issues in troubadour scholarship. All quotations are given in the original Old Occitan and in English. The editors provide a list of troubadour editions and an index, and each chapter includes a list of additional readings.

American Primitive

Modern times can mean that adult life does not progress in predictable stages and that age no longer decrees how we behave. Now, how we experience life is determined more by how we think and feel about ourselves and our lives, the goals we set and the choices we make. We are confronted by options that previous generations could not have imagined and there is a weaker match between the roles we are assigned and how we feel inside. This radical shift in how we live is both daunting and liberating. The focus of this book is unique- drawing on a fascinating body of behavioural science and research, using lively examples and giving specific guidelines, distinguished psychologist Maureen Gaffney explains how we can negotiate successful and fulfilling pathways through the whole life course. She explores what motivates us to grow and develop, to reach our full potential and to be the best we can be, at every age and stage. She reveals the complex ways our lives unfold over time, and how the personal past, present and future are inextricably linked and influence each other. And she shows us how we can make sense of and manage our most important relationships, our life goals, our work, and ourselves. This book is essential reading for anyone who wants to know the fundamental building blocks of a meaningful life, for those interested in understanding what has made them who they are and what to expect next, for parents who want their children to flourish - and adult children who want the same for their ageing parents, and for leaders in business and other organisations who want to deepen their understanding of what makes people tick.

Billy Two-Toes' Rainbow

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One of the astonishing aspects of [Oliver's] work is the consistency of tone over this long period. What changes is an increased focus on nature and an increased precision with language that has made her one of our very best poets. . . . These poems sustain us rather than divert us. Although few poets have fewer human beings in their poems than Mary Oliver, it is ironic that few poets also go so far to help us forward.

The Complete Life

Will you sleep through the revolution? Or do you want to wake up and reclaim your one wild and precious life? We live in truly overwhelming times. The climate crisis, political polarisation, racial injustice and coronavirus have left many of us in a state of spiritual PTSD. We have retreated, morally and psychologically; we are experiencing a crisis of disconnection - from one another, from our true values, from joy, and from life as we feel we are meant to be living it. Sarah Wilson argues that this sense of despair and disconnection is ironically what unites us - that deep down, we are all feeling that same itch for a new way of living. This one wild and precious life opens our eyes to how we got here and offers a radically hopeful path forward. Drawing on science, literature, philosophy, the wisdom of some of the world's leading experts, and her personal journey, Wilson weaves a one-of-a-kind narrative that lights the way back to the life we love. En route, she leads us through a series of 'wildly awake' and joyful practices for reconnecting again that include: - Go to your edge. Do what scares you and embrace discomfort daily. Use it to grow into your Big Life. - #buylesslivemore. Break the cycle of mindless consumption and get light with your life. - Become a soul nerd. Embrace poetry, deep reading, art, and classical music to light up your intellect. - Get 'full-fat spiritual'. How to have an active practice - beyond the 'lite' 'rainbows and unicorns' - and use it to change the world. - Hike. Just hike. Walking in nature reconnects us with ourselves, and with our true purpose. - Practise wild activism. If you can get 3.5 per cent of a population to participate in sustained, non-violent protest, change happens. We create our better world. The time has come to boldly, wildly, imagine better. We are being called upon, individually and as a society, to forge a new path and to find a new way of living. Will you join the journey?

Rural Dreams

Dream Work, a collection of forty-five poems, follows both chronologically and logically Mary Oliver's American Primitive, which won her the Pulitzer Prize for the finest book of poetry published in 1983 by an American poet. The depth and diversity of perceptual awareness—so steadfast and radiant in American Primitive—continue in DreamWork. She has turned her attention in these poems to the solitary and difficult labors of the spirit—to accepting the truth about one's personal world, and to valuing the triumphs while transcending the failures of human relationships. Whether by way of inheritance—as in her poem about the Holocaust—or through a painful glimpse into the present—as in Acid, a poem about an injured boy begging in the streets of Indonesia—the events and tendencies of history take on a new importance here. More deeply than in her previous volumes, the sensibility behind these poems has merged with the world. Mary Oliver's willingness to be joyful continues, deepened by self-awareness, by experience, and by choice.

I Quit Sugar for Life

Clare Mulvany, with her laptop and camera, starts out in Ireland and travels through Africa, India, Asia, the Pacific, and the United States looking for people who have stepped off the beaten path to make a greater difference.

Shed No Tears

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What guides us when our world is changing? Discover the path to deeper meaning and purpose through depth psychology and classical thought. How did we get to this crossroads in history? And will we make it through—individually and as a species? “ We all assumed that learning, rationality, and good intentions would prove enough to bring us to the promised land, ” says James Hollis. “ But they haven ’ t and won ’ t. Yet what we also do not recognize sufficiently is that this human animal is equipped for survival. In time, as we have seen of life ’ s other insolubles, we grow large enough to contain what threatened to destroy us. ” Dr. Hollis ’ s readers know him as a penetrating thinker who brings profound insight and sophistication to the inner journey. In *Living Between Worlds*, he broadens his lens to encompass the relationship between our inner struggles and the rapidly shifting realities of modern human existence. You will learn to invoke the tools of depth psychology, classical literature, philosophy, dream work, and myth to gain access to the resources that supported our ancestors through their darkest hours. Through these paths of inner exploration, you will access your “ locus of knowing ” —a wellspring of deep resilience beyond the ego, always available to guide you back to the imperatives of your soul. Though many of the challenges of our times are unique, the path through for us, personally and collectively, will always rely on our measureless capacity for creativity, wisdom, and connection to a reality larger than ourselves. Here you will find no easy answers or pat reassurances. Yet within the pages of *Living Between Worlds*, you will encounter causes for hope. “ We can find what supports us when nothing supports us, ” Hollis teaches. “ By bearing the unbearable, we go through the desert to arrive at a nurturing oasis we did not know was there. ”

Holy Troublemakers and Unconventional Saints

Landmark classic interprets Maya symbolism, estimates styles, covers ceramics, architecture, murals, stone carvings as art forms. Over 750 illustrations.

A Wild and Precious Life

'Quitting sugar is not a diet. Quitting sugar is a way of living without processed food and eating like our great-grandparents used to.' With her internationally bestselling book, *I Quit Sugar*, Sarah Wilson helped tens of thousands of people around the world to kick the habit. In *I Quit Sugar for Life*, Sarah shows you how to be sugar-free for ever. Drawing on extensive research and her own tried and tested methods, Sarah has designed a programme to help families and individuals: *banish cravings by eating good fats and protein *deal with lapses *maximize nutrition with vegetables *exercise less for better results *detox safely *make sustainable food choices *cook sugar-free: one hundred and forty-eight desserts, cakes, kids' stuff, comfort dinners, breakfasts and easy packed lunches *I Quit Sugar for Life* is not just about kicking a habit; it's a complete wellness philosophy for your healthiest, calmest, happiest self.

Royal Vendetta

Based on the popular podcast, soothing stories to carry you off to deep, restful sleep Busy minds need a place to rest. Whether you find yourself struggling to sleep, awake in the middle of the night, or even just anxious as you move through the day, in *Nothing Much Happens*, Kathryn Nicolai offers a healthy way to ease the mind before bed: through the timeless appeal of classic bedtime stories. Already beloved by millions of podcast listeners, the stories in *Nothing Much Happens* explore and expose small sweet moments of joy and relaxation: Sneaking lilacs from an abandoned farm in the spring. Watching fireflies from the deck in the summer. Visiting the local cider mill in the autumn. Watching the tree lighting in the park with friends in the winter. You'll also find sixteen new stories never before featured on the podcast, along with whimsical illustrations, recipes, and meditations. Using her decades of experience as

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a meditation and yoga teacher, Kathryn Nicolai creates a world for you to slip into, one rich in sensory experience that quietly teaches mindfulness and self-compassion, soothes frayed nerves, and builds solid habits for nurturing sleep. A PENGUIN LIFE TITLE

One Wild Life

This is a story of wars, revolutions, exiles and restorations; a parade of kings, queens, regents and pretenders. Its central theme is the fight for the throne of Spain between the Bourbon and Carlist pretenders, a fight which started in 1833. Both branches of the family abound in colourful characters: the shrewd Maria Cristina, the masculine Infanta Carlota, the sensuous Isabel II, the effete King Francisco, the suave Duke de Montpensier, the showy Carlos VII, the licentious Alfonso XII. The drama is acted out in many countries in the court living in formal splendour in the Palacio Real in Madrid, Don Juan dying incognito in a house in Brighton, Isabel living out her voluptuous days in Paris, Carlos VII scheming in his palazzo on the Grand Canal, the future Alfonso XII at Sandhurst, the Infanta Eulalia in Chicago, the son of Alfonso XIII dying in a car accident in the U.S.A. When this book was first published in 1966, the spirit of Carlism was still very much alive; the Carlists had thrown their weight behind Franco in the Spanish Civil War, and the recent marriage of the Carlist pretender to Princess Irene of Holland had spotlighted the old feud.

Your One Wild and Precious Life

A New York Times bestseller, I Quit Sugar is week-by-week guide to quitting sugar to lose weight; boost energy; and improve your mood, and overall health, with 108 sugarfree recipes. Sarah Wilson thought of herself as a relatively healthy eater. She didn't realize how much sugar was hidden in her diet, or how much it was affecting her well-being. When she learned that her sugar consumption could be the source of a lifetime of mood swings, fluctuating weight, sleep problems, and thyroid disease, she knew she had to make a change. What started as an experiment to eliminate sugar--both the obvious and the hidden kinds--soon became a way of life, and now Sarah shows you how you can quit sugar too: * follow a flexible and very doable 8-week plan * overcome cravings * make food you're excited to eat with these 108 recipes for detox meals, savory snacks, and sweet treats from Sarah Wilson and contributors including Gwyneth Paltrow, Curtis Stone, Dr. Robert Lustig (The Fat Chance Cookbook), Sarma Melngailis (Raw Food/ Real World), Joe "the Juicer" Cross, and Angela Liddon (Oh She Glows) I Quit Sugar makes it easy to kick the habit for good, lose weight, and feel better than ever before. When you are nourished with delicious meals and treats, you won't miss the sugar for an instant. "When I quit sugar I found wellness and the kind of energy and sparkle I had as a kid. I don't believe in diets or in making eating miserable. This plan and the recipes are designed for lasting wellness." -- Sarah Wilson From the Trade Paperback edition.

This One Wild and Precious Life

"Vocation comes from a Latin word which means calling in the sense that we are 'called' to do something, we are 'called' to be someone. From the Christian perspective, the one doing the 'calling' is God. What do we feel we are called to do with our life? Who is the person we are called to be? No one else can answer the question of your vocation but you. This book is a series of reflections offered for people at all stages of life, whether considering one's life-path for the first time or seeking renewed direction after an already full life."--Publisher's website.

This One Wild and Precious Life

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A lively, intimate memoir from an icon of the gay rights movement, describing gay life in 1950s and 60s New York City and her longtime activism which opened the door for marriage equality. "Mesmerizing." —Rosie O'Donnell Edie Windsor became internationally famous when she sued the US government, seeking federal recognition for her marriage to Thea Spyer, her partner of more than four decades. The Supreme Court ruled in Edie's favor, a landmark victory that set the stage for full marriage equality in the US. Beloved by the LGBTQ community, Edie embraced her new role as an icon; she had already been living an extraordinary and groundbreaking life for decades. In this memoir, which she began before passing away in 2017 and completed by her co-writer, Edie recounts her childhood in Philadelphia, her realization that she was a lesbian, and her active social life in Greenwich Village's electrifying underground gay scene during the 1950s. Edie was also one of a select group of trailblazing women in computing, working her way up the ladder at IBM and achieving their highest technical ranking while developing software. In the early 1960s Edie met Thea, an expat from a Dutch Jewish family that fled the Nazis, and a widely respected clinical psychologist. Their partnership lasted forty-four years, until Thea died in 2009. Edie found love again, marrying Judith Kasen-Windsor in 2016. *A Wild and Precious Life* is remarkable portrait of an iconic woman, gay life in New York in the second half of the twentieth century, and the rise of LGBT activism.

Your One Wild and Precious Life

Mary Oliver is one of America's best-loved poets, the winner of the Pulitzer Prize and the National Book Award. Her luminous poetry celebrates nature and beauty, love and the spirit, silence and wonder, extending the visionary American tradition of Whitman, Emerson, Frost and Emily Dickinson. Her extraordinary poetry is nourished by her intimate knowledge and minute daily observation of the New England coast, its woods and ponds, its birds and animals, plants and trees.

My Wild and Precious Life

Dream Work

Think you have no time for mindfulness? Think again. "Thoughtful and provocative. The relevance of this work is unquestionable, as it leaves us inspired and optimistic that true healing really is possible" (Sharon Salzberg). For four decades, Jon Kabat-Zinn has been teaching the tangible benefits of meditation in the mainstream. Today millions of people have taken up a formal mindfulness meditation practice as part of their everyday lives. But how do you actually go about meditating? What does a formal meditation practice look like? And how can we overcome some of the common obstacles to incorporating meditation into daily life in an age of perpetual self-distraction? *Falling Awake* directly answers these urgent and timely questions. Originally published in 2005 as part of a larger book titled *Coming to Our Senses*, it has been updated with a new foreword by the author and is even more relevant today. Science shows that the tangible benefits of a mindfulness meditation practice are impossible to ignore. Kabat-Zinn explains how to incorporate them into our hectic, modern lives. Read on for a master class from one of the pioneers of the worldwide mindfulness movement.

The Nature Principle

I Quit Sugar Cookbook

After stumbling upon a tiny orphanage in rural Tanzania, Susanne Rheault knew her life was about to

change.

House of Light

THE BRILLIANT NEW THRILLER FROM THE AUTHOR OF THE RICHARD & JUDY SEARCH FOR A BESTSELLER COMPETITION WINNER AND NUMBER ONE BESTSELLER, SWEET LITTLE LIES. 'A crime fiction force to be reckoned with' Erin Kelly 'I loved it!' Ann Cleeves Four victims. Killer caught. Case closed . . . Or is it? Christopher Masters, known as 'The Roommate Killer', strangled three women over a two-week period in a London house in November 2012. Holly Kemp, his fourth victim, was never found. Until now. Her remains have been unearthed in a field in Cambridgeshire and DC Cat Kinsella and the Major Investigation Team are called in. But immediately there are questions surrounding the manner of her death. And with Masters now dead, no one to answer them. Did someone get it wrong all those years ago? And if so, who killed Holly Kemp? WHAT AUTHORS ARE SAYING ABOUT CAZ FREAR: 'Caz Frear is incredibly gifted' MARIAN KEYES 'A major new voice' ERIN KELLY 'Caz Frear's ability to write tight, tense dialogue with a dark comedic slant is brilliant' LYNDA LA PLANTE 'Brilliantly written, cleverly plotted, great characters. Can't wait to see this fly!' B. A. PARIS 'A wonderful cast of brilliant characters. A triumph for Caz Frear' RACHEL ABBOTT 'Crime procedural at its best' C J TUDOR 'Reads brilliantly' CLARE MACKINTOSH 'Another absolute smash and one of my favourite protagonists' JO SPAIN 'Caz Frear is that rare talent' FIONA CUMMINS 'Impossible to put down' ALEX GRAY 'The phenomenal Caz Frear' CHRIS WHITAKER 'Caz Frear combines a devilishly clever plot and amazing complex characters with a light touch that makes for a deeply satisfying read. Another Cat Kinsella winner' CASS GREEN 'Once again Caz Frear gives us a brilliant crime puzzle to solve. With plenty of emotion, Cat Kinsella's trademark wit and an engaging plot to boot, crime fans need look no further for a great read' OLIVIA KIERNAN

New and Selected Poems

The New York Times bestselling author of *First, We Make the Beast Beautiful* tackles the loneliness epidemic, encouraging readers to view solitude through a spiritual lens, and embrace the art of being alone. This is not just a book for single people, introverts, or the self-proclaimed lone wolf. You can be in a crowded room, or at a dinner table with your spouse and children, and still feel powerfully lonely and disengaged. Forty-six percent of Americans sometimes or always feel lonely, and loneliness is a public health hazard that rivals alcoholism, smoking, and obesity. Meanwhile, as our cultural sense of disconnection grows, our endless drive for "more" - more social media, more technology, overconsumption, workaholicism - grows too. But what if we were to shut off our devices and simply sit with ourselves in what Wilson calls "radical aloneness?" Could this be the antidote to the profound sense of disconnection that we feel? In the voice-driven style that built a community around her last book, Wilson embarks on a personal and spiritual journey that is destined to become a movement.

The Chanel Sisters

" Sarah Wilson is a force of nature — quite literally. She has taken her pain and grief about our sick and troubled world and alchemized it into action, advocacy, adventure, poetry, and true love. " — ELIZABETH GILBERT Will you sleep through the revolution? Or do you want to wake up and reclaim your one, wild and precious life? From New York Times bestselling author Sarah Wilson comes a spiritual guidebook for surviving and thriving during challenging times. Many of us are living with the sense that things are not right with the world, as global problems like the pandemic, the climate crisis, political polarization, and social injustice mount, leaving us in a state of spiritual PTSD. We have

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retreated, morally and psychologically; we are experiencing a crisis of disconnection—from one another, from our true values, from joy, and from life as we feel we are meant to be living it. Sarah Wilson argues that this sense of despair and disconnection is ironically what unites us—that deep down, we are all feeling that same itch for a new way of living. *This One Wild and Precious Life* opens our eyes to how we got here and offers a radically hopeful path forward. Drawing on science, literature, philosophy and the wisdom of some of the world's leading experts, and her personal journey, Wilson weaves a one-of-a-kind narrative that lights the way back to the life we love. En route, she shows us how to wake up and reconnect with life with “wild practices” that include: Hike. Just hike. Great minds throughout history have embraced the “walking cure” and we should do the same. Go to your edge. Do what scares you and embrace discomfort daily. #Buylesslivemore. Break the cycle of mindless consumption and get light with your life: Ditch your car, stop shopping, and live out of one bag Become a soul nerd. Embrace poetry, deep reading, art, and classical music to light up your intellect. Get “full-fat spiritual”. How to have an active practice — beyond the “lite” “rainbows and unicorns” — and use it to change the world. Practice wild activism. If you can get 3.5 per cent of a population to participate in sustained, non-violent protest, change happens. We create our better world. The time has come to boldly, wildly, imagine better. We are being called upon, individually and as a society, to forge a new path and to find a new way of living. Will you join the journey?

Running Wild

"On September 2, 2013, at the age of 64, Diana Nyad emerged onto the shores of Key West after completing a 110 mile, 53 hour, record-breaking swim through shark-infested waters from Cuba to Florida. Her memoir shows why, at 64 she was able to achieve what she couldn't at 30 and how her repeated failures contributed to her success"--

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