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## Read Free The Emotional Gift Memoir Of A Highly Sensitive Person Who Overcame Depression

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### O4MSAW - KHAN PETERSON

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“I will be forever changed by Edith Eger’s story.” —Oprah A practical and inspirational guide to stopping destructive patterns and imprisoning thoughts to find freedom and joy in life—now updated to address the challenges of the pandemic and a world in crisis. World renowned psychologist and internationally bestselling author, Edith Eger’s, powerful New York Times bestselling book *The Choice* told the story of her survival in the concentration camps, her escape, healing, and journey to freedom. Readers around the world wrote to tell her how *The Choice* moved them and inspired them to confront their own past and try to heal their pain. They asked her to write another, more prescriptive book. Eger’s second book, *The Gift*, expands on her message of healing and provides a hands-on guide that gently encourages readers to change the thoughts and behaviors that may be keeping them imprisoned in the past. Eger explains that the worst prison she experienced is not the prison that Nazis put her in but the one she created for herself: the prison within her own mind. She describes the most pervasive imprisoning beliefs she has known—including fear, grief, anger, secrets, stress, guilt, shame, and avoidance—and the tools she has discovered to deal with these universal challenges. These lessons are offered through riveting and inspiring stories from her life and the lives of her patients. This new, revised edition of *The Gift* contains two new chapters that examine the invaluable insights and lessons Edie learned during the Covid-19 pandemic; a time she used to rediscover freedom even in lockdown and to enjoy the simple pleasures of life, including preparing and sharing meals with the ones we love. Edie includes recipes for some of her favorite dishes which have been updated and tested by her daughter Marianne Engle and explains how food can be a deep expression of love and connection. As readers seek to find joy and some peace in these challenging times, Eger’s wisdom and heartfelt advice is as timely, and timeless, as ever and certain to resonate with Eger’s devoted readers and those who have not yet found her transformational wisdom. Filled with empathy, insight, and humor, *The Gift* captures the vulnerability and common challenges we all face and provides encouragement and advice for breaking out of our personal prisons to find healing and greater joy in life.

"Once a seasoned journalist but now a distinguished scholar and practicing psychotherapist, Dr. Laurie has immersed herself in the academic study of suffering, in addition to the depth her own life story provides . . . . When it comes to teaching how to get up after being knocked down, how to not just survive life's hardest blows but eventually thrive, nothing beats a teacher who has learned through personal experience. I'll be surprised if you don't find this book highly readable and the information in it unusually accessible and easy to understand, digest, and put to use. Dr. Laurie Nadel touches off many new sunbursts of thought as she guides us through what we need to know about coping with life's most troubling times." --From the Foreword by Dan Rather As the frequency and intensity of catastrophic events continue to surge, organizations provide guidelines for how to pack a "Go-Kit" in case of emergency. *The Five Gifts* is like an emergency 'Go-Kit' for the mind, packed with information and insight that can minimize and prevent long-term psycho-spiritual damage from a traumatic event. It's a field guide for the heart and soul to guide you through to cycles of damage and recovery that can be useful before, during, and after a tragic loss, trauma, or disaster. In a nationwide Google survey Dr. Nadel commissioned for this book, 33% of those surveyed identified their greatest fear as a terrorist attack, followed by displacement from their homes. As this upsurge in violent episodes continues, the numbers show a greater likelihood that you, or someone close to you, will be directly affected by a traumatic event. But what if you had access to a mind-body-spirit 'Go-Kit' before disaster strikes? In *The Five Gifts*, Dr. Nadel wisely maps out a path integrating what she has learned from over two decades of working with people damaged by a trauma event. Her own life was impacted by the World Trade Center attacks of September 11, 2001 and Hurricane Sandy on October 29, 2012. *The Five Gifts* contains interviews with people whose lives were directly impacted by such major news events as the Rwanda genocide, the ter-

rorist attacks of September 11th, 2001, Hurricanes Katrina and Sandy, the tsunami in Bali, and the Boston Marathon terrorist bombing. Although you can never be fully prepared for a shocking, traumatic event, this book will provide information, ideas, insight and tools to build the emotional stamina and clarity needed to cope with acute stress responses and emotional aftershocks If you are open to receiving the gifts of Humility, Patience, Empathy, Forgiveness, and Growth, *The Five Gifts* will lead you safely through disaster and traumatic minefields.

*The Gift of Memoir* is a wonderful guide for Memoir Writing. I especially appreciate how Taylor examines the memoirs of historic, well-known or highly-controversial people for examples of good craft and content, and to illustrate the many quirks and magnificence of the human journey.” –Pegi Eyers, author of *Ancient Spirit Rising* “Every writer can benefit from reading Diane Taylor’s wonderfully clear, down-to-earth, practical, and inspiring book. But for the memoirist, in particular, Taylor’s expertise is invaluable.” –Philip Marchand, National Post columnist and author of *Ghost Empire: How the French Almost Conquered North America* *The Gift of Memoir* is Diane Taylor’s gift to writers of every kind, but especially those with a personal or family story to tell. In words that are themselves a stellar example of literary craftsmanship, Taylor shows writers how to show up, open up, and write. She shares moving stories from her own adventurous life. Her short chapters, full of practical advice and inspiring examples, cover such topics as: Establishing a writing ritual Why write memoir? Joining a writing community for diversity and connection Telling the truth when you aren’t sure Journaling to unlock the soul How to approach traumatic events Four strategies to retrieve memories The ingredients of a good anecdote The several senses, not just five, for vivid writing How to choose a form that fits your writing The revision process

“Rachel beautifully illustrates that loving fiercely and grieving deeply are often two halves of the same whole. Her story will break you down and lift you up.” —Glennon Doyle, author of the #1 New York Times bestseller *Love Warrior* and founder of *Together Rising* While on her way to teach a yoga retreat in March 2014, Rachel Brathen collapses at an airport, brought to her knees by excruciating stomach pains. She is rushed to the hospital on the tiny island of Bonaire, and hours later forced to undergo surgery. When she wakes up from anesthesia, her boyfriend is weeping at her bedside. While Rachel was struck down with seemingly mysterious pain, her best friend, Andrea, sustained fatal injuries as a result of a car accident. Rachel and Andrea had a magical friendship. Though they looked nothing alike—one girl tall, blond, and Swedish, the other short, brunette, and Colombian—everyone called them gemelas: twins. Over the three years following Andrea’s death, at what might appear from the outside to be the happiest time—with her engagement to the man she loves and a blossoming career that takes her all over the world—Rachel faces a series of trials that have the potential to define her life. Unresolved grief and trauma from her childhood make the weight of her sadness unbearable. At each turn, she is confronted again and again with a choice: Will she lose it all, succumb to grief, and grasp for control that’s beyond her reach? Or can she move through the loss and let go? When Rachel and her husband conceive a child, pregnancy becomes a time to heal and an opportunity to be reborn herself. As she recounts this transformative period, Rachel shares her hard-won wisdom about life and death, love and fear, what it means to be a mother and a daughter, and how to become someone who walks through the fire of adversity with the never-ending practice of loving hard and letting go.

Michael Clark was an inquisitive, active boy-difficult for his mother, although he wasn't a bad child. In this memoir, Clark begins by detailing his childhood growing up in the fifties and sixties in rural Michigan, where he built forts, became an Eagle Scout, and met his future wife. As the Vietnam War raged, when he turned eighteen, he eventually registered for the draft. In 1969, after his number was called, Clark details how life changed exponentially as he left his new bride behind and reported for duty amid violent protests and draft card burnings. As he narrates his experiences from basic training to his assignment to the army's medical training center and finally his service in Vietnam, Clark provides a compelling glimpse into the emotional influences of war. In this engaging

memoir, a Vietnam veteran chronicles his path before, during, and after war as he accepted his fate and learned to embrace the precious gift of life.

“In her long and extraordinary career, Cicely Tyson has not only succeeded as an actor, she has shaped the course of history.” –President Barack Obama, 2016 Presidential Medal of Freedom ceremony “Just as I Am is my truth. It is me, plain and unvarnished, with the glitter and garland set aside. In these pages, I am indeed Cicely, the actress who has been blessed to grace the stage and screen for six decades. Yet I am also the church girl who once rarely spoke a word. I am the teenager who sought solace in the verses of the old hymn for which this book is named. I am a daughter and a mother, a sister and a friend. I am an observer of human nature and the dreamer of audacious dreams. I am a woman who has hurt as immeasurably as I have loved, a child of God divinely guided by his hand. And here in my ninth decade, I am a woman who, at long last, has something meaningful to say.” –Cicely Tyson

One of Barack Obama’s Favorite Books of 2021 The New York Times bestseller from the Grammy-nominated indie rockstar Japanese Breakfast, an unflinching, deeply moving memoir about growing up mixed-race, Korean food, losing her Korean mother, and forging her own identity in the wake of her loss. 'As good as everyone says it is and, yes, it will have you in tears. An essential read for anybody who has lost a loved one, as well as those who haven't' – Marie-Claire In this exquisite story of family, food, grief, and endurance, Michelle Zauner proves herself far more than a dazzling singer, songwriter, and guitarist. With humour and heart, she tells of growing up the only Asian-American kid at her school in Eugene, Oregon; of struggling with her mother’s particular, high expectations of her; of a painful adolescence; of treasured months spent in her grandmother’s tiny apartment in Seoul, where she and her mother would bond, late at night, over heaping plates of food. As she grew up, moving to the east coast for college, finding work in the restaurant industry, performing gigs with her fledgling band – and meeting the man who would become her husband – her Koreanness began to feel ever more distant, even as she found the life she wanted to live. It was her mother’s diagnosis of terminal pancreatic cancer, when Michelle was twenty-five, that forced a reckoning with her identity and brought her to reclaim the gifts of taste, language, and history her mother had given her. Vivacious, lyrical and honest, Michelle Zauner’s voice is as radiantly alive on the page as it is onstage. Rich with intimate anecdotes that will resonate widely, *Crying in H Mart* is a book to cherish, share, and reread. ‘Possibly the best book I’ve read all year . . . I will be buying copies for friends and family this Christmas.’ – Rukmini Iyer in the Guardian ‘Best Food Books of 2021’ ‘Wonderful . . . The writing about Korean food is gorgeous . . . but as a brilliant kimchi-related metaphor shows, Zauner’s deepest concern is the ferment, and delicacy, of complicated lives.’ – Victoria Segal, Sunday Times, ‘My favourite read of the year’

As Diana surveyed her newborn baby's face, languid body, and absent cry, she knew something was wrong. Then the doctors delivered devastating news: her first child, Emma, had been born with a rare genetic disorder that would leave her profoundly physically and intellectually disabled. Diana imagined life with a child with disabilities as a dark and insular one—a life in which she would be forced to exist in the periphery alongside her daughter. Convinced of her inability to love her “imperfect” child and give her the best care and life she deserved, Diana gave Emma up for adoption. But as with all things that are meant to be, Emma found her way back home. As Emma grew, Diana watched her live life determinedly and unapologetically, radiating love always. Emma evolved from a survivor to a warrior, and the little girl that Diana didn’t think she could love enough rearranged her heart. In her short eighteen years of life, Emma gifted her family the indelible lesson of the healing and redemptive power of love. This is a mother’s requiem to her perfectly imperfect child—a child who left too soon, but whose lessons continue to inspire a life lived and loved.

The story of the actor who portrayed Mark Cohen in "Rent" covers such topics as his Broadway successes, his grief at the death of the production's creator, and his struggles with his mother's life-

threatening illness.

**THE SUNDAY TIMES BESTSELLER** The inspirational memoir from the founder of the You, Me and the Big C podcast, Rachael Bland. Courageous and life-affirming, this is a mother's final gift to her son. My beautiful son, I so wish that I didn't have to leave you now. But believe me, I tried EVERYTHING I could to stay around for you, and for every moment I could eke out of this life. From the outset, it was not a fair fight. My cancer was too big, and too aggressive, and we didn't start on a level playing field. You were fourteen months old and at the beginning I was so full of fierce intention that we could get past this. I would lay you in your cot each night and silently communicate from my mind to yours, 'I will do this Freddie, I will gladly take whatever they throw at me if it means we can stay together'. In 2016, beloved broadcaster and journalist Rachael Bland was diagnosed with cancer. Shortly afterwards she made the brave decision to share her story, and she spoke with beautiful poignancy through her blog and podcast, You, Me and the Big C. Having been told that she only had a matter of months left to live and writing this in what were sadly her final days, Rachael brings her warmth, courage and humour to the page in this heart-warming and heart-breaking story. Part memoir, part advice, For Freddie beautifully encapsulates the grace and fearlessness in which Rachael lived her life. This is her legacy and an incredible final gift to her son. Includes moving contributions from Richard Bacon, Tony Livesey, Emma Barnett, Shelagh Fogarty, Mark Pougatch, Chris Stark and many more.

An Honest, Hopeful Look at Unexpected Challenges Challenging surprises often lead to unexpected joy. Amy Julia opens eyes and softens hearts as she brings readers into her own story of disappointment turned to blessing. This is a journey of discovering strength through weakness, and the author learns to embrace the face that we are all dependent on God and one another. This books will inspire readers who appreciate beautiful writing coupled with deep insights about life and faith. "Amy Julia Becker has the courage and grace to tell the truth. Whether you are a parent or not, whether the children in your life are 'typical' or not, this story will shake you, change you, and encourage you."--Andy Crouch, author, Culture Making

What if depression was a gift and not suffering? At the age of 31, Yong Kang Chan was left with no job, no income and most important of all, no identity. He thought having a job in an animation studio would lead him to the right career path. But an unexpected turn of events led him to depression. Those two months of darkness was scary. He even contemplated dying. However, he soon realized depression was a spiritual gift and embraced it. He believed he had depression for a reason. "I experienced depression so I could write about it and share the lessons I learned." Depression had taught him important lessons about being a highly sensitive person (HSP). While overcoming depression, he learned how to: Embrace all feelings Reconcile between anger and empathy Deal with anger Love and accept oneself Trust one's intuition Acknowledge shame and be vulnerable Let go of wanting approval Above all, Yong Kang found his identity as a writer. The best way to accept a gift is to accept and be thankful. Are you ready to accept this gift? Scroll to the top of the page and get a copy of "The Emotional Gift" now!

Mike Doughty first came to prominence as the leader of the band Soul Coughing then did an abrupt sonic left turn, much to the surprise of his audience, transforming into a solo performer of stark, dusky, but strangely hopeful tunes. He battled addiction, gave up fame when his old band was at the height of its popularity, drove thousands of miles, alone, across America, with just an acoustic guitar. His candid, hilarious, self-lacerating memoir, *The Book of Drugs* -- featuring cameos by Redman, Ani DiFranco, the late Jeff Buckley, and others -- is the story of his band's rise and bitter collapse, the haunted and darkly comical life of addiction, and the perhaps even weirder world of recovery.

What does it mean to be anonymous in the gospels? Isn't God the one who calls us by name and knows us even before we are born? In *Gifts from Friends We've Yet to Meet*, Virginia Herbers introduces readers to nameless gospel characters, each of whom provides us with a story, a journey, and a gift. Reflecting on experiences in her own life, Herbers journeys through these gospel stories, inviting us to reflect on seemingly insignificant encounters in our own lives. Who are the "anonymous figures" who have played a critical role for each of us? How do the experiences of the nameless gospel characters continue to reach and teach us today? Can it be that their anonymity allows their experience to be both individual and universal? In each of these anonymous characters, Herbers introduces us to dear friends we just haven't met yet. And each of their ages-old encounters with Jesus contains a gift for all of us today.

A powerful, moving memoir, and a practical guide to healing, written by Dr. Edie Eger, an eminent psychologist whose own experiences as a Holocaust survivor help her treat patients suffering from

traumatic stress disorders.

When Patience Ibrahim's husband died, she feared that her life was over. She had prayed every night for a baby to complete her family, and suddenly she found herself a nineteen-year-old widow, alone in the world. But when she fell in love again, a happy future seemed possible. Patience married once more, and was overjoyed to discover that she was pregnant. A few days later, everything fell apart. Men from Boko Haram arrived at her door, killing Patience's new husband and kidnapping her. This is the incredible true story of her and her baby daughter's survival, against all the odds.

Filled with expressive sentiments and beautifully simple illustrations from the personal grief journal of award winning artist/author Joanne Fink, this special edition of *When You Lose Someone You Love* offers a healing connection with all who are dealing with one of life's most challenging times. Readers will understand that they are not alone, that there will be days when you feel overwhelmed, nights when you can't sleep, and times when waves of sadness wash over you unexpectedly. Affirming and cathartic, this book will help bring healing without sugarcoating the challenges of losing a loved one. *When You Lose Someone You Love* is an incredible gift of comfort for anyone who endures the journey of losing a spouse, a family member or close friend. *When You Lose Someone You Love* features... • Life-affirming insights from the personal grief journal of an award-winning artist. • Expressive sentiments take readers through the many emotions of loss. • Beautifully illustrated on every page. • A 116 page book that offers the "look and feel" of a very personal greeting card.

Are you looking for an exceptional and emotional gift for your loved one? You are in the right place. This journal will make a great gift for your significant other. It a perfect notebook/journal for you to write your own bucket list along with your partner, to journal along with your partner or for writing down lists or ideas. Make sure you surprise the other person with this thoughtful and original gift. It is a 120 pages blank ruled journal ready for you to fill with your own ideas, places you want to visit and activities you want to do with your significant ... This notebook would make a present for any special occasion: , anniversaries, Valentine's Day, Christmas, Birthdays...

Utilize the science of sensitivity to help you maximize your gifts of empath, intuition, vision, and expression. Are you often told that you are too sensitive? Can you intuit things before they happen? Are you an introvert who cares deeply about the people and places around you? Using a new and specialized framework for understanding empaths and sensitive individuals, integrative health coach Courtney Marchesani demystifies the science of sensitivity to help you maximize your gifts of empathy, intuition, vision, and expression. Her insightful sensitivity quiz will help you to recognize where your strengths lie, while her Mind-Body Method will help you to heal from the past and current trauma affecting your sensory processing and employ coping skills to manage what can be an overwhelming onslaught of intense emotions and sensations. Allow your sensory intelligence to shine and relish your profound ability to connect with the world by recognizing and honoring your unique gift of sensitivity.

INTRODUCED BY JAN MORRIS '[This] gloriously ornate account of that epic journey is a classic' ROBERT MACFARLANE 'The feeling of being lost in time and geography with months and years hazily sparkling ahead is a prospect of inconjecturable magic.' In 1933, aged eighteen, Patrick Leigh Fermor set out on his 'great trudge', a year-long journey by foot from the Hook of Holland to Istanbul. Three decades later he wrote *A Time of Gifts*, the sparkingly original account of the first part of this youthful adventure, which took him through the Low Countries, up the Rhine, through Germany, down the Danube, through Austria and Czechoslovakia, and as far as Hungary. Alone, carrying only a rucksack and with a small allowance of only a pound a week, Fermor had planned to sleep rough - to live 'like a tramp, a pilgrim, or a wandering scholar' - but a chance introduction in Bavaria led to comfortable stays in castles, and provided a glimpse of the old Europe of princes and peasants. Hailed as a masterpiece, *A Time of Gifts* is in part a coming-of-age memoir, but it is also a rich and compelling portrait of a continent that - despite its resplendent domes and monasteries, its great rivers and grand cities - was soon to be swept away by war, modernisation and profound social change. 'Not only is this journey one of physical adventure but of cultural awakening. Architecture, art, genealogy, quirks of history and language are all devoured -- and here passed on -- with a gusto uniquely his' COLIN THUBRON, SUNDAY TIMES 'One of the most romantic books of the twentieth century, Patrick Leigh Fermor's account of a long walk across Europe is also a literary treasure, a rich blend of action and observation' GUARDIAN

\*\* THE NUMBER ONE BESTSELLER \*\* 'A wonderful storyteller' Cathy Kelly 'Warm, intelligent and bril-

liant' Marian Keyes 'A beautiful book by an exceptional author - lose yourself in her wonderful writing' Sinead Moriarty ----- Happy Birthday, darling girl... Ever since she can remember, Roisin has received a birthday card in the post. Signed with love from the birth mother she has never met. Brought up by her adoptive parents, Keeley and Doug, Roisin has wanted for nothing. But on her thirtieth birthday a letter comes that shakes her world. For Keeley, who's raised Roisin as her own, the letter reminds her of a secret she's been holding for thirty years. And for Nell, keeping watch in the lighthouse, the past is a place she rarely goes. Until a young runaway arrives seeking shelter, and unwraps the gift of hope for them all... ----- This beautiful, moving novel of mothers and daughters and the secrets they share will fill hearts with love and light. If you love Patricia Scanlan and Cathy Kelly's warm novels, you will adore Emma Hannigan's *The Perfect Gift*. Readers LOVE *The Perfect Gift*: 'A stunningly beautiful story that in itself was a gift to our hearts and mind' 5\* Reader Review 'It was raw. It was emotional. It was intense. It was mind-blowing. It was utterly amazing. I cannot seem to find the right words to express how much 'The Perfect Gift' blew me away, but it truly did. Breathtakingly beautiful' 5\* Reader Review 'Emma Hannigan writes books that I really WANT to read! This is a book about family, love, hope, secrets, and the unbreakable bond between a mother and daughter . . . beautifully written' 5\* Reader Review 'I have cried and laughed . . . Truly magical' 5\* Reader Review 'A truly wonderful, warm, heartfelt story, by an inspirational writer' 5\* Reader Review 'Wow this is another fabulous book from Emma. Brilliant story from start to finish. Couldn't put this book down' 5\* Reader Review

The inspiring first-person account of a minister whose ordination credentials were revoked by The United Methodist Church after he performed same-gender commitment ceremonies.

The Unlikely Gift of Breast Cancer is a memoir about waking up in mid-life and learning to lead with your heart instead of your head. Diane M. Simard--a journalist, angel investor, and aerospace executive who was raised in a small Nebraska town--weaves an engaging account of her experience with Stage III breast cancer that is raw, unapologetic, and humorous. Her sobering--yet uplifting--account describes in explicit detail the emotions, fatigue, nausea, sights, and smells of her treatment protocol. Couched by the oscillating swirl of emotions that forced her to slow down and take stock of the first 50 years of her life. Featuring poignant thoughts about Diane's emotional reactions as she ponders the possibility of dying, followed by her inspirational search for strength and meaning, readers will be enthralled by her candor and vulnerability, particularly as she reflects on the events in her life that influenced her and ponders who she wants to be after treatment finally ends. She captures the range of reactions from others witnessing her treatment protocol, ranging from destructive social responses from complete strangers to loving, positive reinforcement from her closest supporters. She demonstrates a unique willingness to talk about the ugliness of cancer treatment and the life-changing realizations about her true self. Her story about post-traumatic growth and benefit-finding is an important tool for healing from the traumatic events of our lives. This authentic, informative story is aimed to inspire women in business, successful leaders, and driven individuals who think they know who they are before a diagnosis of cancer leads them to discover their true selves.

Imagine being diagnosed with a disease as seemingly minor as melanoma that quickly progresses to stage four cancer, where the chances of survival drop to less than 10% in five years. And, the options are only surgery, a handful of tough FDA-approved treatments, and a risky experimental therapy hundreds of miles from home. Usually we think of cancer as an ugly, terrifying disease. But Bob Heffernan's amazing journey against all odds tells an uplifting story of perseverance, hope, and positivity that will inspire all cancer patients. He found that alongside fear and suffering, cancer provides numerous gifts that nourish the human soul. It's a story about how we can find goodness and beauty in even the most terrible challenge life throws at us: cancer.

At age thirty-five, Cami Walker was burdened by a battle with multiple sclerosis, a chronic neurological condition that made it difficult for her to walk, work, or enjoy her life. Seeking a remedy for her depression after being hospitalized, she received an uncommon prescription from an African medicine woman: Give to others for 29 days. *29 Gifts* is the insightful story of the author's life change as she embraces and reflects on the naturally reciprocal process of giving and receiving. Many of Walker's gifts were simple --a phone call, spare change, a Kleenex. Yet the acts were transformative. By Day 29, not only had Walker's health and happiness improved, but she had created a worldwide giving movement. The book also includes personal essays from others whose lives changed for the better by giving, plus pages for the reader to record their own journey. More than a memoir, *29 Gifts* offers inspiring lessons on how a simple daily practice of altruism can dramatically alter your outlook on the world.

The Memoir of a Schizophrenic is a work of autobiographical non-fiction that delivers a powerful, moving story about the author's struggles with the devastating psychological condition of schizophrenia. It goes some way toward removing the stigma attached to mental illnesses. The author lays bare a heartbreaking journey that speaks, in its most raw form, directly to those he loves. The heart of the narrative lies in the secret strength of family, and those who take the time to read it will find this true story highly emotive and deeply touching. The story explores the darkness of a soul without hiding its light; a tale so bold and brutally honest, it is spellbinding and filled with grit. Readers will find it both encouraging and inspiring, as it is a story that communicates love, faith, hope and the message that despite annoying devilry and its mischievous energy, we can always triumph over negative thoughts.

Imagine you are wearing sunglasses. You are always wearing sunglasses. You never take them off... This is how Ryan Harland brilliantly begins to describe to us what it feels like to have Emotional Intensity Disorder (EID) or Emotionally Unstable Personality Disorder (EUPD). The sunglasses are not there to protect you like normal sunglasses, he writes in this searingly honest memoir. They don't shield you from the sun and make you look cool and feel groovy. These sunglasses harm you. Each pair makes you see the world, and yourself, in a different way, a sinister, confusing, threatening way. Once called Borderline Personality Disorder (BPD), Ryan was diagnosed with the condition as an adult after a lifetime of struggles. After facing many traumatic events - including the loss of his beloved brother, Kevin, and a sexual assault by his father - Ryan finally understood why he felt and behaved in the way that he did. And then, with the support of his devoted mother, he started the fight back... In this bold and brave memoir, Ryan takes us on a journey of rage and revelation, anger and acceptance, love and betrayal.

Adelaide Morris removes the work of the iconic poet, dramatist, and novelist H.D. from compartments into which it has historically been placed. As she examines the "ongoingness" of H.D.'s writing, Morris makes an eloquent and compelling case for a consideration of poems--all poems--as forms of cultural mediation, instructive historical documents that engage the reader in wide-ranging contemporary debates and use their acoustical richness to generate tangible cultural effects. As she argues in this volume, the writing and, crucially, the reading of poetry is a process in which meaning is produced by the interplay of words on a page and in the ear of the reader. Morris shows H.D. to be a playful linguistic innovator whose writings bear on debates in science, technology, and cinema as well as on poetry. Foremost, however, H.D. was a profound reshaper of the boundaries and possibilities of poetry, a generative form that, as this book shows, can indeed serve the cultural work of survival and resistance against the violence of modern culture.

The Gift of an Ordinary Day is an intimate memoir of a family in transition, with boys becoming teenagers, careers ending and new ones opening up, and an attempt to find a deeper sense of place—and a slower pace—in a small New England town. This is a story of mid-life longings and discoveries, of lessons learned in the search for home and a new sense of purpose, and the bitter-sweet intensity of life with teenagers—holding on, letting go. Poised on the threshold between family life as she's always known it and her older son's departure for college, Kenison is surprised to find that the times she treasures most are the ordinary, unremarkable moments of everyday life, the very moments that she once took for granted, or rushed right through without noticing at all. The relationships, hopes, and dreams that Kenison illuminates will touch women's hearts, and her words will inspire mothers everywhere as they try to make peace with the inevitable changes in store.

"Before the Soviet invasion of 1980, Enjeela Ahmadi remembers her home--Kabul, Afghanistan--as peaceful, prosperous, and filled with people from all walks of life. But after her mother, unsettled by growing political unrest, leaves for medical treatment in India, the civil war intensifies, changing young Enjeela's life forever. Amid the rumble of invading Soviet tanks, Enjeela and her family are thrust into chaos and fear when it becomes clear that her mother will not be coming home. Thus begins an epic, reckless, and terrifying five-year journey of escape for Enjeela, her siblings, and their father to reconnect with her mother. In navigating the dangers ahead of them, and in looking back at the wilderness of her homeland, Enjeela discovers the spiritual and physical strength to find hope in the most desperate of circumstances."--

Traces the author's teenage experience of witnessing her father's death from cancer, describing

how her family and she endured a wrenching winter in a tiny Wisconsin cabin where she came to understand her father's legacy as a beloved figure to thousands of people.

Have you loved and lost before, yet struggled with how to recover and move forward? Are you looking for inspiration to give you strength to persevere? Have you faced the inevitable eternal rest of a parent, struggled with how to say good-bye? Have you questioned your faith and let fear take over in times of loss? In *The Gift of Goodbye*, Rebecca Whitehead Munn relates how she drew strength from her faith and optimism as everything she knew to be constant in her life was changing. She inspires readers through her natural writing style to believe that they too can persevere and build resilience through the seasons of loss in life. Rebecca opens her heart on each page as she walks us through her story of living through two major life transitions within a three-year span, and the resulting shift she made in the process—due to the lasting gift of love from her now-deceased mother, her courage, and the choice she made to expand into more of who she was at her core.

This story of courage, determination and hope is a powerful and moving memoir that pays tribute to love and devotion and the special bond between a mother and a daughter. Trudi Berger was literally snatched from the flames of the Holocaust. She and her mother were sent to the camps, yet Trudi was saved from death not once but dozens of times—by her will to live, her quick wit, her self-confidence, and especially, her love for her mother. It was this sense of devotion that in the end kept them both alive to see liberation from the camps and a return to life.

The perfect daughter is dead. And a secret is eating her family alive... Jenna is given another shot at life when she receives a donor heart from a girl called Callie. Eternally grateful to Callie and her family, Jenna gets closer to them, but she soon discovers that Callie's perfect family is hiding some very dark secrets ... Callie's parents are grieving, yet Jenna knows they're only telling her half the story. Where is Callie's sister Sophie? She's been 'abroad' since her sister's death but something about her absence doesn't add up. And when Jenna meets Callie's boyfriend Nathan, she makes a shocking discovery. Jenna knows that Callie didn't die in an accident. But how did she die? Jenna is determined to discover the truth but it could cost her everything; her loved ones, her sanity, even her life ... A compelling, gripping psychological thriller with a killer twist from the author of the Number One bestseller *The Sister*. What everyone is saying about Louise Jensen: 'I was gripped to *The Sister* from the first page until the very end. I thought I had it all worked out until I was proven sooo wrong.' Robert Bryndza 'I could not put this book down. I neglected all the house work and put off cooking dinner until I was finished ... I loved every page.' Renee Reads 'My eyes were racing down the pages ... had me guessing right up to the very end and I had tears in my eyes as I relived Charlie's last moments ... exceptional ... It's an addictive page-turner that begs time and again for just one more chapter until the whole book has been devoured and thoroughly enjoyed.' *The Book Magnet* 'Wow! What an amazing debut novel! Full of intense twists! Fantastic book to start off summer reading! Highly recommend.' Loud and Proud Book Junkie 'I loved this book, it grabbed me right from the beginning ... it got under my skin, I felt intimately close to Grace and was rooting for her all the way ... compelling and scary and unputdownable.' Beady Jans Books 'I genuinely struggled to put this book down ... I can't recommend this book enough, it's made it to my favourites ... I can't wait for more books to come from Louise Jensen ... A well-deserved five stars from me.' Emporio Epidemic 'I couldn't put my Kindle down until I had answers!! ... I wasn't sure which characters to trust and which to not trust ...!' Steph and Chris' Book Review 'As the skillfully woven web of lies and deceit starts to untangle the author throws in a massive twist that I certainly didn't see coming ... a definite must read for all psychological thriller fans and it's one of those books that deserves to be talked about.' *The Haphazard Hippo* 'One of those books that you can't stop thinking about even when you're not reading it!! ... the tension never seems to drop for one second! ... an absolute treat, albeit a scary one, to read!! Highly recommended!!' Books and Me! 'Just as I thought the story was wrapping up BANG! I was hit again with another twist. Brilliant! It is chilling and sinister and yet heart-breaking and tragic, and I felt really emotional on finishing it ... I can't wait to read more by Louise.' Bloomin Brilliant Books 'OMG I love this ... one corker of a psychological thriller which which ticked all the boxes for me giving it an easy 5 stars' Chelle's Book Reviews 'Hooked from the first page till the end ... A gripping tale for fans of *I Let You Go* and *The Girl on the Train*. A must read.' Berlitz Chile 'I was left gaping ... You cannot help but speed read through this novel. You have to know what happens and with each page a new idea

or theory springs to mind. Nothing compares to the way it turns out.' Aloha Reviews 'I was hooked on the story from the word go ... I took special care in making sure my doors and windows were tightly locked before going to bed, I'll tell you that for nothing!' Hollie in Wanderlust The time is the 1950s, when life was simpler, people still believed in dreams, and family was, very nearly, everything. The place is a small midwestern town with a high school and a downtown, a skating pond and a movie house. And on a tree-lined street in the heartland of America, an extraordinary set of events begins to unfold. And gradually what seems serendipitous is tinged with purpose. A happy home is shattered by a child's senseless death. A loving marriage starts to unravel. And a stranger arrives - a young woman who will touch many lives before she moves on. She and a young man will meet and fall in love. Their love, so innocent and full of hope, helps to restore a family's dreams. And all of their lives will be changed forever by the precious gift she leaves them. AN INSTANT NEW YORK TIMES BESTSELLER! Learn the incredible story of Illinois senator and Iraq War veteran Tammy Duckworth and see what inspired her to follow the path that made her who she is today. In *Every Day Is a Gift*, Tammy Duckworth takes readers through the amazing—and amazingly true—stories from her incomparable life. In November of 2004, an Iraqi RPG blew through the cockpit of Tammy Duckworth's U.S. Army Black Hawk helicopter. The explosion, which destroyed her legs and mangled her right arm, was a turning point in her life. But as Duckworth shows in *Every Day Is a Gift*, that moment was just one in a lifetime of extraordinary turns. The biracial daughter of an American father and a Thai-Chinese mother, Duckworth faced discrimination, poverty, and the horrors of war—all before the age of 16. As a child, she dodged bullets as her family fled war-torn Phnom Penh. As a teenager, she sold roses by the side of the road to save her family from hunger and homelessness in Hawaii. Through these experiences, she developed a fierce resilience that would prove invaluable in the years to come. Duckworth joined the Army, becoming one of a handful of female helicopter pilots at the start of Operation Iraqi Freedom. She served eight months in Iraq before an insurgent's RPG shot down her helicopter, an attack that took her legs—and nearly took her life. She then spent thirteen months recovering at Walter Reed, learning to walk again on prosthetic legs and planning her return to the cockpit. But Duckworth found a new mission after meeting her state's senators, Barack Obama and Dick Durbin. After winning two terms as a U.S. Representative, she won election to the U.S. Senate in 2016. And she and her husband Bryan fulfilled another dream when she gave birth to two daughters, becoming the first sitting senator to give birth. From childhood to motherhood and beyond, *Every Day Is a Gift* is the remarkable story of one of America's most dedicated public servants.

A child doesn't ask to be born; they are brought into the world by their parents. If they're lucky, that child is nurtured, fed, loved, and guided by their mother and father. They are given a home and shelter, an education, something to occupy them, and they are protected from the worst the world has to offer. This wasn't the case for Helen. Told even from an early age that she was a mistake, and forced to feel that she should apologise simply for existing, Helen was born to a mother who did not seem to want her. Her early life was a series of abuses, mental and physical, and a daily struggle to become something better than the model presented to her at home. What do you do when the one person who is supposed to be your loving guardian is instead your greatest persecutor? What can a child do? For Helen, there was only one option: endure. She survived years of her mother's abuse, and her father's neglect, and tried as well as she could to look after herself and her younger brother, Matthew. This is an affecting memoir about Helen's tumultuous childhood, a story about the rotten core that can lie behind an unsuspecting facade. For every picture-perfect family there may be a child next-door, barely surviving.

*The Gift Best Given* tells two intersecting stories. The first is of a young woman, Genevieve Knorowski, who, in 1942, left her home in Flushing New York at the age of 17, to travel across the country alone by train in pursuit of her dream to become a professional ice skater. It follows her story and the ascent of her career as, over the next four years, she adopts the professional name Genevieve Norris and performs the United States, Canada and Mexico. In 1948, she returns to New York City, pregnant and unmarried. The second part of the book tells of a man who, as he approaches his seventieth birthday, embarks upon a search for answers to questions that he's always had with regard to his life. It traces his path in finding the answers to those questions and learning that his story and that of Genevieve Norris will ultimately intersect.