

## Heart Berries A Memoir

One of the Must-Read Books of 2019 According to O: The Oprah Magazine \* Time \* Bustle \* Electric Literature \* Publishers Weekly \* The Millions \* The Week \* Good Housekeeping “ There is more life packed on each page of Ordinary Girls than some lives hold in a lifetime. ” —Julia Alvarez In this searing memoir, Jaquira D í az writes fiercely and eloquently of her challenging girlhood and triumphant coming of age. While growing up in housing projects in Puerto Rico and Miami Beach, D í az found herself caught between extremes. As her family split apart and her mother battled schizophrenia, she was supported by the love of her friends. As she longed for a family and home, her life was upended by violence. As she celebrated her Puerto Rican culture, she couldn ’ t find support for her burgeoning sexual identity. From her own struggles with depression and sexual assault to Puerto Rico ’ s history of colonialism, every page of Ordinary Girls vibrates with music and lyricism. D í az writes with raw and refreshing honesty, triumphantly mapping a way out of despair toward love and hope to become her version of the girl she always wanted to be. Reminiscent of Tara Westover ’ s Educated, Kiese Laymon ’ s Heavy, Mary Karr ’ s The Liars ’ Club, and Terese Marie Mailhot ’ s Heart Berries, Jaquira D í az ’ s memoir provides a vivid portrait of a life lived in (and beyond) the borders of Puerto Rico and its complicated history—and reads as electrically as a novel.

A pioneering, dazzling satire about a biracial black girl from Philadelphia searching for her Jewish father in New York City Oreo is raised by her maternal grandparents in Philadelphia. Her black mother tours with a theatrical troupe, and her Jewish deadbeat dad disappeared when she was an infant, leaving behind a mysterious note that triggers her quest to find him. What ensues is a playful, modernized parody of the classical odyssey of Theseus with a feminist twist, immersed in seventies pop culture, and mixing standard English, black vernacular, and Yiddish with wisecracking aplomb. Oreo, our young hero, navigates the labyrinth of sound studios and brothels and subway tunnels in Manhattan, seeking to claim her birthright while unwittingly experiencing and triggering a mythic journey of self-discovery like no other.

"In her raw, unflinching memoir . . . she tells the impassioned, wrenching story of the mental health crisis within her own family and community . . . A searing cry." —New York Times Book Review The Mohawk phrase for depression can be roughly translated to "a mind spread out on the ground." In this urgent and visceral work, Alicia Elliott explores how apt a description that is for the ongoing effects of personal, intergenerational, and colonial traumas she and so many Native people have experienced. Elliott's deeply personal writing details a life spent between Indigenous and white communities, a divide reflected in her own family, and engages with such wide-ranging topics as race, parenthood, love, art, mental illness, poverty, sexual assault, gentrification, and representation. Throughout, she makes thrilling connections both large and small between the past and present, the personal and political. A national bestseller in Canada, this updated and expanded American edition helps us better understand legacy, oppression, and racism throughout North America, and offers us a profound new way to decolonize our minds.

Bury My Heart at Chuck E. Cheese ’ sis a powerful and inviting collection of Tiffany Midge ’ s musings on life, politics, and identity as a Native woman in America.

My Family's Escape from Syria and Our Hope for a New Home

Flat Broke with Two Goats

Tis

From the Ashes

A Memoir

Stories

**An Indigenous artist blends the aesthetics of punk rock with the traditional spiritual practices of the women in her lineage in this bold, contemporary journey to reclaim her heritage and unleash her power and voice while searching for a permanent home. Sasha taqʷšəblu LaPointe has always longed for a sense of home. When she was a child, her family moved around frequently, often staying in barely habitable church attics and trailers, dangerous places for young Sasha. With little more to guide her than a passion for the thriving punk scene of the Pacific Northwest and a desire to live up to the responsibility of being the namesake of her beloved great-grandmother—a linguist who helped preserve her Indigenous language of Lushootseed—Sasha throws herself headlong into the world, determined to build a better future for herself and her people. Set against a backdrop of the breathtaking beauty of Coast Salish ancestral land and imbued with the universal spirit of punk, Red Paint is ultimately a story of the ways we learn to find our true selves while fighting for our right to claim a place of our own. Examining what it means to be vulnerable in love and in art, Sasha offers up an unblinking reckoning with personal traumas amplified by the collective historical traumas of colonialism and genocide that continue to haunt native peoples. Red Paint is an intersectional autobiography of lineage, resilience, and, above all, the ability to heal.**

**Aleksandar Hemon's lives begin in Sarajevo, a small, blissful city where a young boy's life is consumed with street soccer with the neighborhood kids, resentment of his younger sister, and trips abroad with his engineer-cum-beekeeper father. Here, a young man's life is about poking at the pretensions of the city's elders with American music, bad poetry, and slightly better journalism. And then, his life in Chicago: watching from afar as war breaks out in Sarajevo and the city comes under siege, no way to return home; his parents and sister fleeing Sarajevo with the family dog, leaving behind all else they had ever known; and Hemon himself starting a new life, his own family, in this new city. And yet this is not really a memoir. The Book of My Lives, Hemon's first book of nonfiction, defies convention and expectation. It is a love song to two different cities; it is a heartbreaking paean to the bonds of family; it is a stirring exhortation to go out and play soccer—and not for the exercise. It is a book driven by passions but built on fierce intelligence, devastating experience, and sharp insight. And like the best narratives, it is a book that will leave you a different reader—a different person, with a new way of looking at the world—when you've finished. For fans of Hemon's fiction, The Book of My Lives is simply indispensable; for the uninitiated, it is the perfect introduction to one of the great writers of our time.**A Kirkus Reviews Best Nonfiction Book of 2013

**A heartening picture book about a young pup who looks different from her siblings and ultimately learns that love, rather than how you look, is what makes a family. Sutton Button has always looked different from her family. While her siblings had short, stout legs, Sutton's legs were long like noodles. And while her siblings had scruffy, yellow fur, Sutton was a tricolor puppy with soft fur. But when others don't believe that Sutton and her siblings are actually related, Sutton starts to wonder if she really belongs in her family at all--until she realizes that her and her family are the same in all the most important ways and that love, rather than what you look like, is what makes a family. With heartwarming text and adorable illustrations, A Family Looks Like Love is a story about the enduring power of love and teaches readers that family comes in all shapes and sizes.**

**Suppose I were to begin by saying that I had fallen in love with a color . . . A lyrical, philosophical, and often explicit exploration of personal suffering and the limitations of vision and love, as refracted through the color blue. With *Bluets*, Maggie Nelson has entered the pantheon of brilliant lyric essayists. Maggie Nelson is the author of numerous books of poetry and nonfiction, including *Something Bright, Then Holes* (Soft Skull Press, 2007) and *Women, the New York School, and Other True Abstractions* (University of Iowa Press, 2007). She lives in Los Angeles and teaches at the California Institute of the Arts.**

**O Au No Keia**

**My Body Is a Book of Rules**

**A Memoir by Terese Marie Mailhot**

**A Family Looks Like Love**

**The Acai Berry Miracle**

**A Story of Bulimia**

"Eerie and addictive. . . Like *Wuthering Heights*, *The Whispering House* is a melancholy novel, its characters filled with dark longings." — The New York Times Book Review From the acclaimed author of *The Orphan of Salt Winds* It was like holding a couple of jigsaw pieces in my palm, knowing there was a whole picture to be made, if I could only find the rest. Freya Lyell is struggling to move on from her sister Stella's death five years ago. Visiting the bewitching Byrne Hall, only a few miles from the scene of the tragedy, she discovers a portrait of Stella—a portrait she had no idea existed, in a house Stella never set foot in. Or so she thought. Driven to find out more about her sister's secrets, Freya is drawn into the world of Byrne Hall and its owners: charismatic artist Cory and his sinister, watchful mother. But as Freya lingers in this mysterious, centuries-old house, her relationship with Cory crosses the line into obsession and the darkness behind the locked doors of the estate threatens to spill out. In prose as lush and atmospheric as Byrne Hall itself, Elizabeth Brooks weaves a simmering, propulsive tale of art, sisterhood, and all-consuming love: the ways it can lead us toward tenderness, nostalgia, and longing, as well as shocking acts of violence.

NATIONAL BOOK AWARD FINALIST • Latinas of Indigenous descent living in the American West take center stage in this haunting debut story collection—a powerful meditation on friendship, mothers and daughters, and the deep-rooted truths of our homelands. “Here are stories that blaze like wildfires, with characters who made me laugh and broke my heart.”—Sandra Cisneros WINNER OF THE AMERICAN BOOK AWARD • FINALIST FOR THE STORY PRIZE • FINALIST FOR THE PEN/ROBERT W. BINGHAM PRIZE FOR DEBUT SHORT STORY COLLECTION Kali Fajardo-Anstine's magnetic story collection breathes life into her Latina characters of indigenous ancestry and the land they inhabit in the American West. Against the remarkable backdrop of Denver, Colorado—a place that is as fierce as it is exquisite—these women navigate the land the way they navigate their lives: with caution, grace, and quiet force. In “Sugar Babies,” ancestry and heritage are hidden inside the earth but tend to rise during land disputes. “Any Further West” follows a sex worker and her daughter as they leave their ancestral home in southern Colorado only to find a foreign and hostile land in California. In “Tomi,” a woman leaves prison and finds herself in a gentrified city that is a shadow of the one she remembers from her childhood. And in the title story, “Sabrina & Corina,” a Denver family falls into a cycle of violence against women, coming together only through ritual. *Sabrina & Corina* is a moving narrative of unrelenting feminine power and an exploration of the universal experiences of abandonment, heritage, and an eternal sense of home. NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The New York Public Library • Kirkus Reviews • Library Journal “Sabrina & Corina isn't just good, it's masterful storytelling. Fajardo-Anstine is a fearless writer: her women are strong and scarred witnesses of the violations of their homelands, their culture, their bodies; her plots turn and surprise, unerring and organic in their comprehensiveness; her characters break your heart, but you keep on going because you know you are in the hands of a master. Her stories move through the heart of darkness and illuminate it with the soul of truth.”—Julia Alvarez, author of *How the García Girls Lost Their Accents* “[A] powerhouse debut . . . stylistically superb, with crisp dialogue and unforgettable characters, *Sabrina & Corina* introduces an impressive new talent to American letters.”—Rigoberto González, NBC News

This #1 internationally bestselling and award-winning memoir about overcoming trauma, prejudice, and addiction by a Métis-Cree author as he struggles to find a way back to himself and his Indigenous culture is “an illuminating, inside account of homelessness, a study of survival and freedom” (Amanda Lindhout, bestselling coauthor of *A House in the Sky*). Abandoned by his parents as a toddler, Jesse Thistle and his two brothers were cut off from all they knew when they were placed in the foster care system. Eventually placed with their paternal grandparents, the children often clashed with their tough-love attitude. Worse, the ghost of Jesse's drug-addicted father seemed to haunt the memories of every member of the family. Soon, Jesse succumbed to a self-destructive cycle of drug and alcohol addiction and petty crime, resulting in more than a decade living on and off the streets. Facing struggles many of us cannot even imagine, Jesse knew he would die unless he turned his life around. Through sheer perseverance and newfound love, he managed to find his way back into the loving embrace of his Indigenous culture and family. Now, in this heart-wrenching and triumphant memoir, Jesse Thistle honestly and fearlessly divulges his painful past, the abuse he endured, and the tragic truth about his parents. An eloquent exploration of the dangerous impact of prejudice and racism, *From the Ashes* is ultimately a celebration of love and “a story of courage and resilience certain to strike a chord with readers from many backgrounds” (Library Journal).

“White Magic is magnificent.” —Kristen Arnett Bracingly honest and powerfully affecting, *White Magic* establishes Elissa Washuta as one of our best living essayists. Throughout her life, Elissa Washuta has been surrounded by cheap facsimiles of Native spiritual tools and occult trends, “starter witch kits” of sage, rose quartz, and tarot cards packaged together in paper and plastic. Following a decade of abuse, addiction, PTSD, and heavy-duty drug treatment for a misdiagnosis of bipolar disorder, she felt drawn to the real spirits and powers her dispossessed and discarded ancestors knew, while she undertook necessary work to find love and meaning. In this collection of intertwined essays, she writes about land, heartbreak, and colonization, about life without the escape hatch of intoxication, and about how she became a powerful witch. She interlaces stories from her forebears with cultural artifacts from her own life—*Twin Peaks*, the *Oregon Trail II* video game, a *Claymation Satan*, a YouTube video of Stevie Nicks and Lindsey Buckingham—to explore questions of cultural inheritance and the particular danger, as a Native woman, of relaxing into romantic love under colonial rule.

**Not All Black Girls Know How to Eat**

**An Owner's Manual**

**We Have Always Lived in the Castle**

**Summary of Heart Berries by Terese Marie Mailhot: Conversation Starters**

**Ordinary Girls**

**The Ancestral Autobiography of a Coast Salish Punk**

**Heart Berries by Terese Marie Mailhot: Conversation Starters** Heart Berries: a Memoir, Terese Mailhot's debut memoir, has become one of the nation's most anticipated books for 2018. The telling of a woman's coming of age on the Indian Reservation of Seabird Island, Mailhot lets readers know her experiences in her struggles and triumphs. Mailhot took a notebook and wrote her way through her trauma of a dysfunctional upbringing that caused hospitalization of Post Traumatic Stress Disorder and Bipolar II. Heart Berries: a Memoir by Terese Mailhot is the New York Times Editor's Choice as well as a national bestseller. This debut was also selected by Emma Watson as the Our Shared Shelf Book Club pick for March and April 2018. A Brief Look Inside: EVERY GOOD BOOK CONTAINS A WORLD FAR DEEPER than the surface of its pages. The characters and their world come alive, and the characters and its world still live on. Conversation Starters is peppered with questions designed to bring us beneath the surface of the page and invite us into the world that lives on. These questions can be used to... Create Hours of Conversation: - Promote an atmosphere of discussion for groups - Foster a deeper

understanding of the book - Assist in the study of the book, either individually or corporately - Explore unseen realms of the book as never seen before Disclaimer: This book you are about to enjoy is an independent resource meant to supplement the original book. If you have not yet read the original book, we encourage you to before purchasing this unofficial Conversation Starters.

"A powerful, poetic memoir about what it means to exist as an indigenous woman in America, told in snapshots of the author's encounters with gun violence--for readers of Jesmyn Ward and Terese Marie Mailhot. Toni Jensen grew up in the Midwest around guns: As a girl, she learned how to shoot birds with her father, a card-carrying member of the NRA. As an adult, she's had guns waved in her face in the fracklands around Standing Rock, and felt their silent threat on the concealed-carry campus where she teaches. And she has always known she is not alone. As a Mâetis woman, she is no stranger to the violence enacted on the bodies of indigenous women, on indigenous land, and the ways it is hidden, ignored, forgotten. In Carry, Jensen maps her personal experience onto the historical, exploring how history is lived in the body and redefining the language we use to speak about violence in America. In the title chapter, Jensen recalls the discrimination she faced in college as a Native American student from her roommate to her faculty adviser. "The Worry Line" explores the gun and gang violence in her neighborhood the year her daughter was born. "At the Workshop" focuses on her graduate school years, during which a classmate repeatedly wrote stories in which he killed thinly veiled versions of her. In "Women in the Fracklands," Jensen takes the reader inside Standing Rock during the Dakota Access pipeline protests, as well as the peril faced by women, in regions overcome by the fracking boom. In prose at once forensic and deeply emotional, Toni Jensen shows herself to be a brave new voice and a fearless witness to her own difficult history--as well as to the violent cultural landscape in which she finds her coordinates as a Native American woman. With each chapter, Carry reminds us that surviving in one's country is not the same as surviving one's country"--

When life gets your goat, bring in the herd Jennifer McGaha never expected to own a goat named Merle. Or to be setting Merle up on dates and naming his doeling Merlene. She didn't expect to be buying organic yogurt for her chickens. She never thought she would be pulling camouflage carpet off her ceiling or rescuing opossums from her barn and calling it "date night." Most importantly, Jennifer never thought she would only have \$4.57 in her bank account. When Jennifer discovered that she and her husband owed back taxes—a lot of back taxes—her world changed. Now desperate to save money, they foreclosed on their beloved suburban home and moved their family to a one-hundred-year-old cabin in a North Carolina holler. Soon enough, Jennifer's life began to more closely resemble her Appalachian ancestors than her upper-middle-class upbringing. But what started as a last-ditch effort to settle debts became a journey that revealed both the joys and challenges of living close to the land. Told with bold wit, unflinching honesty, and a firm foot in the traditions of Appalachia, Flat Broke with Two Goats blends stories of homesteading with the journey of two people rediscovering the true meaning of home.

NATIONAL BESTSELLER (The Globe and Mail) A moving memoir about growing up with a gay father in the 1980s, and a tribute to the power of truth, humour, acceptance and familial love. A true "It GOT Better" story. Alison Wearing led a largely carefree childhood until she learned, at the age of 12, that her family was a little more complex than she had realized. Sure her father had always been unusual compared to the other dads in the neighbourhood: he loved to bake croissants, wear silk pyjamas around the house, and skip down the street singing songs from Gilbert and Sullivan operettas. But when he came out of the closet in the 1970s, when homosexuality was still a cardinal taboo, it was a shock to everyone in the quiet community of Peterborough, Ontario—especially to his wife and three children. Alison's father was a professor of political science and amateur choral conductor, her mother was an accomplished pianist and marathon runner, and together they had fed the family a steady diet of arts, adventures, mishaps, normal frustrations and inexhaustible laughter. Yet despite these agreeable circumstances, Joe's internal life was haunted by conflicting desires. As he began to explore and understand the truth about himself, he became determined to find a way to live both as a gay man and also a devoted father, something almost unheard of at the time. Through extraordinary excerpts from his own letters and journals from the years of his coming out, we read of Joe's private struggle to make sense and beauty of his life, to take inspiration from an evolving society and become part of the vanguard of the gay revolution in Canada. Confessions of a Fairy's Daughter is also the story of "coming out" as the daughter of a gay father. Already wrestling with an adolescent's search for identity when her father came out of the closet, Alison promptly "went in," concealing his sexual orientation from her friends and spinning extravagant stories about all of the "great straight things" they did together. Over time, Alison came to see that life with her father was surprisingly interesting and entertaining, even oddly inspiring, and in fact, there was nothing to hide. Balancing intimacy, history and downright hilarity, Confessions of a Fairy's Daughter is a captivating tale of family life: deliciously imperfect, riotously challenging, and full of life's great lessons in love. Alison brings her story to life with a skillfully light touch in this warm, heartfelt and revelatory memoir.

Sabrina & Corina

A Dream Called Home

Split Tooth

60 Bowl and Smoothie Recipes

White Magic

My Story of Being Indigenous, Homeless, and Finding My Way

**A NEW YORK TIMES NOTABLE BOOK OF THE YEAR • NEW YORK TIMES BEST SELLER • From the indie rockstar of Japanese Breakfast fame, one of TIME's Most Influential People of 2022, and author of the viral 2018 New Yorker essay that shares the title of this book, an unflinching, powerful memoir about growing up Korean American, losing her mother, and forging her own identity. In this exquisite story of family, food, grief, and endurance, Michelle Zauner proves herself far more than a dazzling singer, songwriter, and guitarist. With humor and heart, she tells of growing up one of the few Asian American kids 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, and 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 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 and plainspoken, lyrical and honest, Zauner's voice is as radiantly alive on the page as it is onstage. Rich with intimate anecdotes that will resonate widely, and complete with family photos, *Crying in H Mart* is a book to cherish, share, and reread.**

**A powerful, poetic memoir of an Indigenous woman's coming of age on the Seabird Island Band in the Pacific Northwest—this New**

York Times bestseller and Emma Watson Book Club pick is “an illuminating account of grief, abuse and the complex nature of the Native experience . . . at once raw and achingly beautiful (NPR). Having survived a profoundly dysfunctional upbringing only to find herself hospitalized and facing a dual diagnosis of post traumatic stress disorder and bipolar II disorder, Terese Marie Mailhot is given a notebook and begins to write her way out of trauma. The triumphant result is *Heart Berries*, a memorial for Mailhot's mother, a social worker and activist who had a thing for prisoners; a story of reconciliation with her father—an abusive drunk and a brilliant artist—who was murdered under mysterious circumstances; and an elegy on how difficult it is to love someone while dragging the long shadows of shame. Mailhot trusts the reader to understand that memory isn't exact, but melded to imagination, pain, and what we can bring ourselves to accept. Her unique and at times unsettling voice graphically illustrates her mental state. As she writes, she discovers her own true voice, seizes control of her story, and, in so doing, reestablishes her connection to her family, to her people, and to her place in the world.

A hypnotic, brutal, and unstoppable coming-of-age story echoing from within the aftershocks set off by the American Indian boarding schools of generations past, fanned by the flames of nearly fifteen years of service in the Armed Forces, exposing a series of inescapable prisons and the invisible scars of attempted erasure. When he learns his father is dying, David Tromblay ponders what will become of the monster's legacy and picks up a pen to set the story straight. In sharp and unflinching prose, he recounts his childhood bouncing between his father, who wrestles with anger, alcoholism, and a traumatic brain injury; his grandmother, who survived Indian boarding schools but mistook the corporal punishment she endured for proper child-rearing; and his mother, a part-time waitress, dancer, and locksmith, who hides from David's father in church basements and the folded-down back seat of her car until winter forces her to abandon her son on his grandmother's doorstep. For twelve years, he is beaten, burned, humiliated, locked in closets, lied to, molested, seen and not heard, until his talent for brutal violence meets and exceeds his father's, granting him an escape. Years later, David confronts the compounded traumas of his childhood, searching for the domino that fell and forced his family into the cycle of brutality and denial of their own identity.

Frank McCourt's glorious childhood memoir, *Angela's Ashes*, has been loved and celebrated by readers everywhere for its spirit, its wit and its profound humanity. A tale of redemption, in which storytelling itself is the source of salvation, it won the National Book Critics Circle Award, the Los Angeles Times Book Award and the Pulitzer Prize. Rarely has a book so swiftly found its place on the literary landscape. And now we have *'Tis*, the story of Frank's American journey from impoverished immigrant to brilliant teacher and raconteur. Frank lands in New York at age nineteen, in the company of a priest he meets on the boat. He gets a job at the Biltmore Hotel, where he immediately encounters the vivid hierarchies of this "classless country," and then is drafted into the army and is sent to Germany to train dogs and type reports. It is Frank's incomparable voice -- his uncanny humor and his astonishing ear for dialogue -- that renders these experiences spellbinding. When Frank returns to America in 1953, he works on the docks, always resisting what everyone tells him, that men and women who have dreamed and toiled for years to get to America should "stick to their own kind" once they arrive. Somehow, Frank knows that he should be getting an education, and though he left school at fourteen, he talks his way into New York University. There, he falls in love with the quintessential Yankee, long-legged and blonde, and tries to live his dream. But it is not until he starts to teach -- and to write -- that Frank finds his place in the world. The same vulnerable but invincible spirit that captured the hearts of readers in *Angela's Ashes* comes of age. As Malcolm Jones said in his *Newsweek* review of *Angela's Ashes*, "It is only the best storyteller who can so beguile his readers that he leaves them wanting more when he is done...and McCourt proves himself one of the very best." Frank McCourt's *'Tis* is one of the most eagerly awaited books of our time, and it is a masterpiece.

A Memoir of Survival on Stolen Land

Red Paint

Oreo

Crying in H Mart

The Other Side: A Memoir

300 Arguments

Lacy Johnson's rich and poetic memoir, *The Other Side*, chronicles her brutal kidnapping and imprisonment at the hands of an ex-boyfriend, her dramatic escape, and her hard-fought struggle to recover. Lacy Johnson bangs on the glass doors of a sleepy local police station in the middle of the night. Her feet are bare; her body is bruised and bloody; U-bolts dangle from her wrists. She has escaped, but not unscathed. *The Other Side* is the haunting account of a first passionate and then abusive relationship; the events leading to Johnson's kidnapping, rape, and imprisonment; her dramatic escape; and her hard-fought struggle to recover. At once thrilling, terrifying, harrowing, and hopeful, *The Other Side* offers more than just a true crime record. In language both stark and poetic, Johnson weaves together a richly personal narrative with police and FBI reports, psychological records, and neurological experiments, delivering a raw and unforgettable story of trauma and transformation.

Discover the nutritional wonders of acai fruit! Power up and fortify your health with the magic of acai berries! *The Acai Berry Miracle* is a complete guide to the health benefits and nutritional richness of acai fruit, paired with dozens of delicious recipes to make it a nourishing fixture in your healthy routine. Bursting with antioxidants, fiber, and nutrients, this heart-healthy berry will help you feel invigorated and energized. Inside you'll find an easy and delicious ten-day acai program to stay strong, feel revitalized, and fuel your body with incredible nutrition to feel great inside and out. With more than sixty recipes for acai bowls, smoothies, juices, and more, you'll never miss out on the incredible benefits of acai! Get supercharged by this super-fruit and support your health one wonderful recipe at a time. Follow an easy, 10-day plan to boost your health with acai Bolster your immune system, lose weight, and gain antioxidants by following a healthy routine with this incredible fruit Make acai the star of your juices, smoothies, and bowls! Make the most of all the benefits acai berries have to offer. Recharge your health and reinvigorate your day, and enjoy delicious recipes with *The Acai Berry Miracle!*

An intimate and poignant memoir about the family of Alan Kurdi—the young Syrian boy who became the global emblem for the desperate plight of millions of Syrian refugees—and of the many

extraordinary journeys the Kurdis have taken, spanning countries and continents. Alan Kurdi's body washed up on the shore of the Mediterranean Sea on September 2, 2015, and overnight, the political became personal, as the world awoke to the reality of the Syrian refugee crisis. Tima Kurdi first saw the shocking photo of her nephew in her home in Vancouver, Canada. But Tima did not need a photo to understand the truth—she and her family had already been living it. In *The Boy on the Beach*, Tima recounts her idyllic childhood in Syria, where she grew up with her brother Abdullah and other siblings in a tight-knit family. A strong-willed, independent woman, Tima studied to be a hairdresser and had dreams of seeing the world. At twenty-two, she emigrated to Canada, but much of her family remained in Damascus. Life as a single mother and immigrant in a new country wasn't always easy, and Tima recounts with heart-wrenching honesty the anguish of being torn between a new home and the world she'd left behind. As Tima struggled to adapt to life in a new land, war overtook her homeland. Caught in the crosshairs of civil war, her family risked everything and fled their homes. Tima worked tirelessly to help them find safety, but their journey was far from easy. Although thwarted by politics, hounded by violence, and separated by vast distances, the Kurdis encountered setbacks at every turn, they never gave up hope. And when tragedy struck, Tima suddenly found herself thrust onto the world stage as an advocate for refugees everywhere, a role for which she had never prepared but that allowed her to give voice to those who didn't have an opportunity to speak for themselves. From the jasmine-scented neighbourhoods of Damascus before the war to the streets of Aleppo during it, to the refugee camps of Europe and the leafy suburbs of Vancouver, *The Boy on the Beach* is one family's story of love, loss, and the persistent search for safe harbour in a devastating time of war.

**A NEW YORK TIMES BESTSELLER Winner of the Whiting Award for Non-Fiction Selected by Emma Watson as an Our Shared Shelf Book Club Pick 'I loved it' Kate Tempest 'Astounding' Roxane Gay 'A sledgehammer' New York Times Heart Berries is a powerful, poetic memoir of a woman's coming of age on an Indian Reservation in the Pacific Northwest. Having survived a profoundly dysfunctional upbringing only to find herself hospitalised and facing a dual diagnosis of post-traumatic stress disorder and bipolar II disorder, Terese Marie Mailhot is given a notebook and begins to write her way out of trauma. The triumphant result is Heart Berries, a memorial for Mailhot's mother, a social worker and activist who had a thing for prisoners; a story of reconciliation with her father - an abusive drunk and a brilliant artist - who was murdered under mysterious circumstances; and an elegy on how difficult it is to love someone while dragging the long shadows of shame. Memory isn't exact, but melded to imagination. In Heart Berries, Mailhot discovers her own true voice, seizes control of her story, and, in so doing, re-establishes her connection to her family, to her people, and to her place in the world.**

**A novel**

**As You Were**

**Dog Flowers**

**Carry**

**Let Me Count the Ways**

**Growing Up with a Gay Dad**

*This book is an anthology of spoken narratives collected from male-to-female transgendered people who live on the island of O'ahu. In this book, people who identify as "mahu" (the local term for a transgendered person), transsexual, and/or drag queen tell their stories and address the issues important in their lives. They talk about gender identity and sexuality; coming out to their families; familial acceptance and rejection; going to school; surviving on the streets; transitioning to womanhood; finding a romantic partner; spirituality and religion; Hawaiian culture; growing old, and much more. The transgender communities on O'ahu are extensive and rich with diversity. Nevertheless, the general public typically views transgendered people in one-dimensional, stereotypical terms, often as prostitutes or sexual deviants. This collection will increase the visibility of transgenderism, and educate readers by giving transgendered people the opportunity to speak for themselves. Its contributors are of a variety of ages, and backgrounds. Not only do the powerfully moving narratives in "O Au No Keia reveal what it is like to be transgendered, they also illuminate what this means in the unique cultural context of Hawai'i. On the one hand, this state has the reputation of being extremely accepting of those who are transgendered, as well as of those who are gay and lesbian. Indeed, it is reported that transgenderism and bisexuality were accepted in traditional Hawaiian society. On the other hand, much of Hawai'i's population is devoutly Christian, and the gay marriage bill was decisively defeated in 1999. Through their stories, the contributors - some of whom were born and raised here in Hawai'i, and some of whom came to O'ahu later in life - reflect on the intersection between tolerant native Hawaiian values and condemning Western ones, and how that has affected their lives in a place many outsiders consider "paradise."*

*A brilliant and exhilarating sequence of aphorisms from one of our greatest essayists There will come a time when people decide you've had enough of your grief, and they'll try to take it away from you. Bad art is from no one to no one. Am I happy? Damned if I know, but give me a few minutes and I'll tell you whether you are. Thank heaven I don't have my friends' problems. But sometimes I notice an expression on one of their faces that I recognize as secret gratitude. I read sad stories to inoculate myself against grief. I watch action movies to identify with the quick-witted heroes. Both the same fantasy: I'll escape the worst of it. -from 300 Arguments A "Proustian minimalist on the order of Lydia Davis" (Kirkus Reviews), Sarah Manguso is one of the finest literary artists at work today. To read her work is to witness acrobatic acts of compression in the service of extraordinary psychological and spiritual insight. 300 Arguments, a foray into the frontier of contemporary nonfiction writing, is at first glance*

a group of unrelated aphorisms. But, as in the work of David Markson, the pieces reveal themselves as a masterful arrangement that steadily gathers power. Manguso's arguments about desire, ambition, relationships, and failure are pithy, unsentimental, and defiant, and they add up to an unexpected and renegade wisdom literature.

*THE STORY:* The home of the Blackwoods near a Vermont village is a lonely, ominous abode, and Constance, the young mistress of the place, can't go out of the house without being insulted and stoned by the villagers. They have also composed a nasty s

"This memoir's beauty is in its fierce intimacy." --Roy Hoffman, *The New York Times Book Review* One of *Literary Hub's Most Anticipated Books of 2019* From the celebrated editor of *This Bridge Called My Back*, Cherríe Moraga charts her own coming-of-age alongside her mother's decline, and also tells the larger story of the Mexican American diaspora. *Native Country of the Heart: A Memoir* is, at its core, a mother-daughter story. The mother, Elvira, was hired out as a child, along with her siblings, by their own father to pick cotton in California's Imperial Valley. The daughter, Cherríe Moraga, is a brilliant, pioneering, queer Latina feminist. The story of these two women, and of their people, is woven together in an intimate memoir of critical reflection and deep personal revelation. As a young woman, Elvira left California to work as a cigarette girl in glamorous late-1920s Tijuana, where an ambiguous relationship with a wealthy white man taught her life lessons about power, sex, and opportunity. As Moraga charts her mother's journey—from impressionable young girl to battle-tested matriarch to, later on, an old woman suffering under the yoke of Alzheimer's—she traces her own self-discovery of her gender-queer body and lesbian identity, as well as her passion for activism and the history of her pueblo. As her mother's memory fails, Moraga is driven to unearth forgotten remnants of a U.S. Mexican diaspora, its indigenous origins, and an American story of cultural loss. Poetically wrought and filled with insight into intergenerational trauma, *Native Country of the Heart* is a reckoning with white American history and a piercing love letter from a fearless daughter to the mother she will never lose.

*A Mind Spread Out on the Ground*

*The Whispering House*

*There There*

*Heart Berries*

*Confessions of a Fairy's Daughter*

*Native Country of the Heart*

**Longlisted for the 2018 Scotiabank Giller Prize Shortlisted for the 2019 Amazon First Novel Award Shortlisted for the 2019 Kobo Emerging Writer Prize Winner of the 2019 Indigenous Voices Award for Published Prose in English Winner of the 2018 Alcuin Society Awards for Excellence in Book Design – Prose Fiction Longlisted for the 2019 Sunburst Award** From the internationally acclaimed Inuit throat singer who has dazzled and enthralled the world with music it had never heard before, a fierce, tender, heartbreaking story unlike anything you've ever read. Fact can be as strange as fiction. It can also be as dark, as violent, as rapturous. In the end, there may be no difference between them. A girl grows up in Nunavut in the 1970s. She knows joy, and friendship, and parents' love. She knows boredom, and listlessness, and bullying. She knows the tedium of the everyday world, and the raw, amoral power of the ice and sky, the seductive energy of the animal world. She knows the ravages of alcohol, and violence at the hands of those she should be able to trust. She sees the spirits that surround her, and the immense power that dwarfs all of us. When she becomes pregnant, she must navigate all this. Veering back and forth between the grittiest features of a small arctic town, the electrifying proximity of the world of animals, and ravishing world of myth, Tanya Tagaq explores a world where the distinctions between good and evil, animal and human, victim and transgressor, real and imagined lose their meaning, but the guiding power of love remains. Haunting, brooding, exhilarating, and tender all at once, Tagaq moves effortlessly between fiction and memoir, myth and reality, poetry and prose, and conjures a world and a heroine readers will never forget.

Terri Cheney ripped the covers off her secret battle with bipolar disorder in her *New York Times* bestselling memoir, *Manic*. Now, in this "stigma-buster" and "must-read", she blends a gripping narrative with practical advice (Elyn Saks). Cheney flips mental illness inside out, exposing the visceral story of the struggles, stigma, relationship dilemmas, treatments, and recovery techniques she and others have encountered. Sometimes humorous, sometimes harrowing, *Modern Madness* is the ultimate owner's manual on mental illness, breaking this complex subject down into readily understandable concepts like *Instructions for Use, Troubleshooting, Maintenance, and Warranties*. Whether you have a diagnosis, love or work with someone who does, or are just trying to understand this emerging phenomenon of our times, *Modern Madness* is a courageous clarion call for acceptance, both personal and public. With her candid and riveting writing, Cheney delivers more than heartbreak; she promises hope.

In her powerful debut collection of poetry, Arielle Twist unravels the complexities of human relationships after death and metamorphosis. In these spare yet powerful poems, she explores, with both rage and tenderness, the parameters of grief, trauma, displacement, and identity. Weaving together a past made murky by uncertainty and a present which

*exists in multitudes, Arielle Twist poetically navigates through what it means to be an Indigenous trans woman, discovering the possibilities of a hopeful future and a transcendent, beautiful path to regaining softness.*

*For the characters we meet in Toni Jensen's stories, the past is very much the present. Theirs are American Indian lives off the reservation, lives lived beyond the usual boundaries set for American Indian characters: migratory, often overlooked, yet carrying tradition with them into a future of difference and possibility.*

*Voices From Hawai'i's Mahu and Transgender Communities*

*Bury My Heart at Chuck E. Cheese's*

*Modern Madness*

*Bluets*

*From the Hilltop*

*A Memoir, an Archive*

From bestselling author of the remarkable memoir, *The Distance Between Us* comes an inspiring account of one woman's quest to find her place in America as a first-generation Latina university student and aspiring writer determined to build a new life for her family one fearless word at a time. "Here is a life story so unbelievable, it could only be true" (Sandra Cisneros, bestselling author of *The House on Mango Street*). As an immigrant in an unfamiliar country, with an indifferent mother and abusive father, Reyna had few resources at her disposal. Taking refuge in words, Reyna's love of reading and writing propels her to rise above until she achieves the impossible and is accepted to the University of California, Santa Cruz. Although her acceptance is a triumph, the actual experience of American college life is intimidating and unfamiliar for someone like Reyna, who is now estranged from her family and support system. Again, she finds solace in words, holding fast to her vision of becoming a writer, only to discover she knows nothing about what it takes to make a career out of a dream. Through it all, Reyna is determined to make the impossible possible, going from undocumented immigrant of little means to "a fierce, smart, shimmering light of a writer" (Cheryl Strayed, author of *Wild*); a National Book Critics Circle Award Finalist whose "power is growing with every book" (Luis Alberto Urrea, Pulitzer Prize finalist); and a proud mother of two beautiful children who will never have to know the pain of poverty and neglect. Told in Reyna's exquisite, heartfelt prose, *A Dream Called Home* demonstrates how, by daring to pursue her dreams, Reyna was able to build the one thing she had always longed for: a home that would endure.

\*Canada Reads 2019 Longlist \*National Bestseller \*New York Times Bestseller \*Finalist for the 2018 Hilary Weston Writers' Trust Prize for Nonfiction \*Finalist for the 2018 Governor General's Literary Awards \*Longlisted for the 2019 RBC Taylor Prize \*Winner of the Blue Metropolis First Peoples Prize \*Winner of the Spalding Prize for the Promotion of Peace and Justice in Literature \*Winner of the 2019 Whiting Award for Nonfiction \*Shortlisted for the 2019 Kobo Emerging Writer Prize \*Shortlisted for the 2019 Edna Staebler Award for Creative Nonfiction \*A New York Times Editors' Choice \*A Globe and Mail Best Book of 2018 \*A CBC Best Book of 2018 \*A Toronto Star Best Book of 2018 \*A Walrus Best Book of 2018 \*An NPR Best Book of 2018 \*A Chatelaine Best Book of 2018 \*A Bustle Best Book of 2018 \*A GQ Best Book of 2018 \*A Thrillist Best Book of 2018 \*A Book Riot Best Book of 2018 \*An Electric Lit Best Book of 2018 \*An Entropy Best Book of 2018 \*A Hill Times Best Book of 2018 \*A BookPage Best Book of 2018 \*A Library Journal Best Book of 2018 \*A Goodreads Best Book of 2018 \*A New York Public Library Best Book of 2018 \*Named one of the most anticipated books of 2018 by: Chatelaine, Entertainment Weekly, ELLE, Cosmopolitan, Esquire, Huffington Post, B\*tch, NYLON, BuzzFeed, Bustle, The Rumpus and Goodreads \*Selected by Emma Watson as the Our Shared Shelf Book Club Pick for March/April 2018 *Guileless* and refreshingly honest, Terese Mailhot's debut memoir chronicles her struggle to balance the beauty of her Native heritage with the often desperate and chaotic reality of life on the reservation. *Heart Berries* is a powerful, poetic memoir of a woman's coming of age on the Seabird Island Indian Reservation in British Columbia. Having survived a profoundly dysfunctional upbringing only to find herself hospitalized and facing a dual diagnosis of Post Traumatic Stress Disorder and Bipolar II, Terese Mailhot is given a notebook and begins to write her way out of trauma. The triumphant result is *Heart Berries*, a memorial for Mailhot's mother, a social worker and activist who had a thing for prisoners; a story of reconciliation with her father--an abusive drunk and a brilliant artist--who was murdered under mysterious circumstances; and an elegy on how difficult it is to love someone while dragging the long shadows of shame. Mailhot "trusts the reader to understand that memory isn't exact, but melded to imagination, pain and what we can bring ourselves to accept." Her unique and at times unsettling voice graphically illustrates her mental state. As she writes, she discovers her own true voice, seizes control of her story and, in so doing, reestablishes her connection to her family, to her people and to her place in the world.

Describing her struggle as a black woman with an eating disorder that is consistently portrayed as a white woman's problem, this insightful and moving narrative traces the background and factors that caused her bulimia. Moving coast to coast, she tries to escape her self-hatred and obsession by never slowing down, unaware that she is caught in downward spiral emotionally, spiritually, and physically. Finally she can no longer deny that she will die if she doesn't get help, overcome her shame, and conquer her addiction. But seeking help only reinforces her negative self-image, and she discovers her race makes her an oddity in the all-white programs for eating disorders. This memoir of her experiences answers many questions about why black women often do not seek traditional therapy for emotional problems.

A daughter returns home to the Navajo reservation to retrace her mother's life in a memoir that is both a narrative and an archive of one family's troubled history. "A candid and aching fractured memoir of [Geller's] mother, her family, her Navajo heritage and her own journey to self-discovery and

acceptance.”—Ms. ONE OF THE BEST BOOKS OF THE YEAR: Esquire, She Reads When Danielle Geller’s mother dies of alcohol withdrawal during an attempt to get sober, Geller returns to Florida and finds her mother’s life packed into eight suitcases. Most were filled with clothes, except for the last one, which contained diaries, photos, and letters, a few undeveloped disposable cameras, dried sage, jewelry, and the bandana her mother wore on days she skipped a hair wash. Geller, an archivist and a writer, uses these pieces of her mother’s life to try and understand her mother’s relationship to home, and their shared need to leave it. Geller embarks on a journey where she confronts her family’s history and the decisions that she herself had been forced to make while growing up, a journey that will end at her mother’s home: the Navajo reservation. Dog Flowers is an arresting, photo-lingual memoir that masterfully weaves together images and text to examine mothers and mothering, sisters and caretaking, and colonized bodies. Exploring loss and inheritance, beauty and balance, Danielle Geller pays homage to our pasts, traditions, and heritage, to the families we are given and the families we choose.

Disintegrate/Dissociate

The Boy on the Beach

The Book of My Lives

NATIONAL BESTSELLER □ PEN/HEMINGWAY AWARD WINNER □ One of The New York Times 10 Best Books of the Year □ A wondrous and shattering novel that follows twelve characters from Native communities: all traveling to the Big Oakland Powwow, all connected to one another in ways they may not yet realize. Among them is Jacquie Red Feather, newly sober and trying to make it back to the family she left behind. Dene Oxendene, pulling his life together after his uncle’s death and working at the powwow to honor his memory. Fourteen-year-old Orvil, coming to perform traditional dance for the very first time. Together, this chorus of voices tells of the plight of the urban Native American—grappling with a complex and painful history, with an inheritance of beauty and spirituality, with communion and sacrifice and heroism. Hailed as an instant classic, There There is at once poignant and unflinching, utterly contemporary and truly unforgettable.