

# Pillow Thoughts

An expert on traumatic stress outlines an approach to healing, explaining how traumatic stress affects brain processes and how to use innovative treatments to reactivate the mind's abilities to trust, engage others, and experience pleasure--

Sarah Andersen's hugely popular, world-famous Sarah's Scribbles comics are for those of us who boast bookstore-ready bodies and Netflix-ready hair, who are always down for all-night reading-in-bed parties and extremely exclusive after-hour one-person music festivals. In addition to the most recent Sarah's Scribbles fan favorites and dozens of all-new comics, this volume contains illustrated personal essays on Sarah's real-life experiences with anxiety, career, relationships and other adulthood challenges that will remind readers of Allie Brosh's *Hyperbole and a Half* and Jenny Lawson's *Let's Pretend This Never Happened*. The same uniquely frank, real, yet humorous and uplifting tone that makes Sarah's Scribbles so relatable blooms beautifully in this new longer form.

We are at war. Life is a battle. Every day we fight for joy, peace

An enlightening and entertaining collection of the most esteemed love poems in the English canon, retold in contemporary language everyone can understand James Anthony has long enjoyed poetry with a strict adherence to beat, rhythm, and rhyming patterns, which he likens to the very best pop songs. This drew him to the rewarding 14-line structure of Shakespeare's sonnets, yet he often found their abstract language

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frustratingly unintelligible. One day, out of curiosity, he rewrote Sonnet 18—Shall I compare thee to a summer's day—line-by-line, in the strict five-beat iambic pentameter and rhyming patterns of the original, but in a contemporary language a modern reader could easily understand. The meaning and sentiment—difficult to spot, initially—came to life, revealing new intricacies in the workings of Shakespeare's heart. And so, James embarked on a full-time, year-long project to rewrite all 154 of the Bard's eternal verses creating SHAKESPEARE'S SONNETS, RETOLD. This collection of masterful reinterpretations brilliantly demystifies and breathes new life into Shakespeare's work, demonstrating the continued resonance of a playwright whose popularity remains over 400 years after his death. Now, the passion, heartbreak, deception, reconciliation, and mortality of Shakespeare's originals can be understood by all, without the need to cross reference to an enjoyment-sapping study-guide. Coming with a foreword by Stephen Fry, this is a stunning collection of beautiful love poems made new.

Little changes can make a big, big difference! In *The Little Book of Big Change*, psychologist Amy Johnson shows you how to rewire your brain and overcome your bad habits—once and for all. No matter what your bad habit is, you have the power to change it. Drawing on a powerful combination of neuroscience and spirituality, this book will show you that you are not your habits. Rather, your habits and addictions are the result of simple brain wiring that is easily reversed. By learning to stop bad habits at the source, you will take charge of your habits and addictions for good. Anything done

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repeatedly has the potential to form neural circuitry in the brain. In this light, habits and addictions are impersonal brain wiring problems that result from taking your habitual thinking as truth, and acting on that thinking in the form of doing your habit—over and over. This book offers a number of small changes you can make in your everyday life that will help you stop your bad habit in its tracks. If you want to understand the science behind your habit, make the decision to end it, and commit to real, lasting change, this book will help you to finally take charge of your life—once and for all.

Pillow Thoughts is a collection of poetry and prose about heartbreak, love, and raw emotions. It is divided into sections to read when you feel you need them most.

In 1967, after a session with a psychiatrist she'd never seen before, eighteen-year-old Susanna Kaysen was put in a taxi and sent to McLean Hospital. She spent most of the next two years in the ward for teenage girls in a psychiatric hospital as renowned for its famous clientele—Sylvia Plath, Robert Lowell, James Taylor, and Ray Charles—as for its progressive methods of treating those who could afford its sanctuary. Kaysen's memoir encompasses horror and razor-edged perception while providing vivid portraits of her fellow patients and their keepers. It is a brilliant evocation of a "parallel universe" set within the kaleidoscopically shifting landscape of the late sixties. *Girl, Interrupted* is a clear-sighted, unflinching document that gives lasting and specific dimension to our definitions of sane and insane, mental illness and recovery.

If you know nothing about game development, you're basically me before I started

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working on my first game DARQ. This book assumes no knowledge of game development on the reader's part. As a first-time developer with no prior experience in coding, modeling, texturing, animation, game design, etc., I managed to launch DARQ to both commercial success and critical acclaim. With zero dollars spent on marketing, it was featured in major media outlets, such as IGN, Kotaku, PC Gamer, GameSpot, Forbes, and hundreds of others. Ultimately, DARQ became #42 Most Shared PC Video Game of 2019, according to Metacritic, with the average user rating of 9 out of 10. In my book, I'm sharing with you exactly how I did it. The book guides you through a step-by-step process of making a game: from downloading a game engine to releasing your first commercial title. The book features advice from 15 industry professionals, including Mark Kern (team lead of World of Warcraft), Quentin De Beukelaer (game designer of Assassin's Creed IV: Black Flag, Assassin's Creed Unity, Ghost Recon Breakpoint), Bjorn Jacobsen (sound designer of Cyberpunk 2077, Divinity: Fallen Heroes, Hitman), Austin Wintory (Grammy-nominated composer of Journey, ABZÛ, Assassin's Creed: Syndicate), and others. The foreword is written by my mentor John Corigliano, Oscar, Pulitzer Prize, and 5-time Grammy Award-winning composer.

Peppernell understands that healing is a process, and Pillow Thoughts II eloquently captures the time and experience that one goes through on their journey to peace through restoration. A collection of inspirational and comforting poems for anyone who is mending from a broken heart.

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When a dark storm settled upon the earth, you lost many things--your hope, your strength, yourself. One day, in the middle of the darkness, you meet a spirit, washed from the ocean onto the shore. The spirit hands you a key. It is time to find the way back home. Returning with her newest poetry book, bestselling author Courtney Peppernell combines storytelling, poetry, and prose in a uniquely inspirational way. Filled with anecdotes, messages, and feelings from the pandemic that changed the world, *The Way Back Home* is a tribute to rebuilding our lives. Divided into sections that draw on themes of courage, resilience, purpose, and hope, Peppernell once again walks us through an illuminating journey of the heart, mind, and soul. Discover what it means to continue forward in life, despite such loss, and find the way back home. The final installment in this bestselling series completes the journey that Courtney Peppernell began with *Pillow Thoughts*. With 600,000 copies sold across the series, *Pillow Thoughts* continues to inspire all who dip into Courtney's encouraging words. Self-healing is the theme of the entire *Pillow Thoughts* series. While books II and III focus on healing the heart and mind, respectively, *Pillow Thoughts IV* offers a balm for healing the soul. Have a cup of tea and let yourself feel.

GOODREADS CHOICE AWARD WINNER FOR GRAPHIC NOVELS AND

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COMICS! These casually drawn, perfectly on-point comics by the hugely popular young artist Sarah Andersen are for the rest of us. They document the wasting of entire beautiful weekends on the internet, the unbearable agony of holding hands on the street with a gorgeous guy, and dreaming all day of getting home and back into pajamas. In other words, the horrors and awkwardnesses of young modern life. Oh and they are totally not autobiographical. At all. *Adulthood Is a Myth* presents many fan favorites plus dozens of all-new comics exclusive to this book. Sarah's frankness on personal issues like body image, self-consciousness, introversion, relationships, and the frequency of bra-washing makes her comics highly relatable and deeply hilarious, showcasing how she became one of the most influential voices in web cartoonists.

Written for anyone who has known the touch of a cold nose on their hand, the bark of a best friend, or the joy of a walk accompanied by a wagging tail, *All Dogs Are Good* pays tribute to the special bond we share with our canine companions. Filled with heartfelt poems and prose on the love, dedication, and laughter our dogs bring, as well as the unique lessons they teach us along the way, bestselling author Courtney Peppernell's vignettes of life with our dogs are a touching reminder of the gifts they give us during their journey on earth. Celebrating dogs everywhere, *All Dogs Are Good* is a collection dog lovers will

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hold in their hearts forever.

The standout new novel by acclaimed author Ayisha Malik - perfect for fans of David Nicholls and Candice Carty-Williams. In the sleepy village of Babel's End, trouble is brewing. Bilal Hasham is having a mid-life crisis. His mother has just died, and he finds peace lying in a grave he's dug in the garden. His elderly Auntie Rukhsana has come to live with him, and forged an unlikely friendship with village busybody, Shelley Hawking. His wife Mariam is distant and distracted, and his stepson Haaris is spending more time with his real father. Bilal's mother's dying wish was to build a mosque in Babel's End, but when Shelley gets wind of this scheme, she unleashes the forces of hell. Will Bilal's mosque project bring his family and his beloved village together again, or drive them apart? Warm, wise and laugh-out-loud funny, *This Green and Pleasant Land* is a life-affirming look at love, faith and the meaning of home.

Kayden is about to start her final year at college. And while she's always been a good listener, she's never been good at sharing. At the suggestion of her therapist, she finds a safe place for her secrets between the pages of a daily journal. Just when Kayden thinks things are finally back on track, her life takes an unexpected turn - a mysterious letter from someone named Alex. Courtney Peppernell, the best-selling author of *Pillow Thoughts*, brings a world of intrigue,

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exploration, and the struggle for identity to life in Keeping Long Island. Kayden must make a choice - is she brave enough to share her secrets with Alex, or will the weight of her fears destroy everything she has been fighting for?

In a voice that is inclusive and open to all, Courtney Peppernell presents a tribute to her readers in the third installment of her bestselling Pillow Thoughts series. A beautifully raw and poignant collection of poetry and prose, Pillow Thoughts III continues the series from poet Courtney Peppernell. Fix yourself a warm drink and settle into Peppernell's words as she pens a tribute to her readers who are bravely continuing their journey from hurt to healing.

A fireman in charge of burning books meets a revolutionary school teacher who dares to read. Depicts a future world in which all printed reading material is burned.

Poetry for the soul that walks the fine line between losing yourself in the world and finding yourself again, often in the smallest of moments. Courtney Peppernell is the bestselling author of Pillow Thoughts, a collection of poetry and prose about heartbreak, love, and emotion. Make a cup of tea, find your place, and lose yourself in the pages.

Edited by award-winning and bestselling author Cynthia Leitich Smith, this collection of intersecting stories by both new and veteran Native writers bursts

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with hope, joy, resilience, the strength of community, and Native pride. Native families from Nations across the continent gather at the Dance for Mother Earth Powwow in Ann Arbor, Michigan. In a high school gym full of color and song, people dance, sell beadwork and books, and celebrate friendship and heritage. Young protagonists will meet relatives from faraway, mysterious strangers, and sometimes one another (plus one scrappy rez dog). They are the heroes of their own stories. Featuring stories and poems by: Joseph Bruchac Art Coulson Christine Day Eric Gansworth Carole Lindstrom Dawn Quigley Rebecca Roanhorse David A. Robertson Andrea L. Rogers Kim Rogers Cynthia Leitch Smith Monique Gray Smith Traci Sorell, Tim Tingle Erika T. Wurth Brian Young In partnership with We Need Diverse Books

An award-winning translator finds surprisingly modern themes in a selection of erotic and religious stanzas from one of classical India's most celebrated poets. Although few facts are known about his life, the Indian poet Bhartrihari leaps from the page as a remarkably recognizable individual. Amidst a career as a linguist, courtier, and hermit, he used poetry to explore themes of love, desire, impermanence, despair, anger, and fear. "A thousand emotions, ideas, words, and rhythmic syllables stormed through him," writes translator Andrew Schelling in an evocative introduction. "In particular he shows himself torn between sexual

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desire and a hunger to be free of failed love affairs and turbulent karma.” Schelling’s translation represents a rare opportunity for English-language readers to become acquainted with this fascinating poet. Attuned to Bhartrihari’s unique poetic sensibility, Schelling has produced a compelling, personally curated set of translations.

Things we don't talk about is a collection of words, thoughts and poetry about love, anxiety, depression and overall mental health. It can get a little too raw for some and a little too real for others.

Healing Words is an uplifting poetry collection of raw emotions and thoughtful pieces about loss, loneliness, heartbreak, healing, hope, and love. Because everyone sometimes finds themselves within the abyss of feeling alone, heartbroken, or depressed, we all need healing words to pull us out, to give us hope and inspiration, and to bring back the courage to love again. Gather strength from these empowering poems and allow yourself to rise again. One day, you will remind yourself, "I am healed. I am whole. I am worthy of love." In the spirit of her bestselling series, Pillow Thoughts, Courtney Peppernell returns with a new, empowering collection of poetry and prose. From heartbreak to dreaming of and finding a new love to healing the heart to ultimately finding peace, the themes in this book are universal but also uniquely individual to

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readers. Just as moving and endearing as Peppernell's previous books, *I Hope You Stay* is a reminder of the resilience and hope needed after heartache and pain. The book is divided into five sections, with poems ranging from free verse to short form. These words are a light in the deepest hours of the night: Hold on. The sun is coming.

April Green's *'Bloom for Yourself'* is a beautiful, tender book of poetic writing, woven into spiritual lessons on healing, growth, faith, and self-love. April's approach to writing is visceral; giving readers layer upon layer of thought-provoking optimism and faith. Her words are shared by thousands of people all over the world, including Jenna Dewan Tatum, Shantel Vansanten and Cartia Mallan. *'Bloom for Yourself'* is a book for anyone feeling lost, alone, depressed or unworthy. It is a book to be read many times over as you come to experience April's extraordinary gift for helping you understand that you are never truly alone.

The journey from love to heartbreak to finding love again is personal yet universal. Lang Leav's evocative love poetry speaks to the soul of anyone who is on this journey. Leav has an unnerving ability to see inside the hearts and minds of her readers. Her talent for translating complex emotions with astonishing simplicity has won her a cult following of devoted modern poetry fans from all

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over the world. Forget the dainty, delicate love poems of yore; these little poems pack a mighty punch. Lang Leav is a poet and internationally exhibiting artist. Her work expresses the intricacies of love and loss. *Love & Misadventure* is her first poetry collection.

Emmy-award winning gadfly Rowe presents a ridiculously entertaining, seriously fascinating collection of his favorite episodes from America's #1 short-form podcast, *The Way I Heard It*, along with a host of memories, ruminations, illustrations, and insights.

The author explores the role of faith in contemporary society, drawing on her life experiences and her in-depth conversations with such figures as Elie Wiesel, Karen Armstrong, and Thich Nhat Hanh.

Poetry and prose to encourage us to grow. *Watering the Soul* is a timeless reminder that everyone needs time, love, and forgiveness. In the deepest, most enchanting part of the forest, a creature hands you a seed. Within the seed is your soul, ready to be grown again. From internationally bestselling author Courtney Peppernell comes her new book of poetry and prose, *Watering the Soul*. In true Peppernell style, the book is divided into sections, this time following a step-by-step recipe, to heal your soul. Filled with themes that focus on forgiveness, gratitude, togetherness, and equality, Peppernell takes you on a

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journey to find a precious yet profound understanding; that a seed is not grown with haste and nor is becoming whole, that in each and every step, we find the meaning of watering the soul. This is the story of your soul and how it can be grown again.

'I would get out of the car at every shopping centre and want to ask the stranger walking by with their trolley: "Why are you still shopping? Someone I love has died."' – Dela Gwala Death is a fact of life, but the experience of grief is unique to each of us. This timely collection brings together a range of voices to offer reflections on death and dying, from individual losses to large scale catastrophes. Karin Schimke revisits her troubled relationship with her late father, a Second World War survivor 'whose brain had been broken by violence'. Madeleine Fullard, the head of South Africa's Missing Persons Task Team, draws us into the search for activists who were 'disappeared' or went missing in political circumstances between 1960 and 1994. Caine Prize winner Lidudumalingani remembers his childhood in a small village in the Eastern Cape, and how his mother always listened to death notices read over the radio as a way of bearing witness to the grief of strangers. The other contributors in this poignant and thought-provoking anthology turn their minds to subjects as varied as the ritual of washing the body of the deceased before burial, the ethics of killing small

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animals, and the extinction of humankind. In a time of relentless grief, *Our Ghosts Were Once People* reminds us that one of the small consolations of literature is that all sorrows can be borne. Sindiswa Busuku • Lucienne Bestall • Khadija Patel • Shrikant Peters • Sudirman Adi Makmur • Paula Ihozo Akugizibwe • Rofhiwa Maneta • Madeleine Fullard • Musawenkosi Khanyile • Simone Haysom • Thato Monare • Angifi Dladla • Nick Mulgrew • Tariq Hoosen • Catherine Boule • Tatamkhulu Afrika • Dela Gwala • Anna Hartford • Gabeba Baderoon • Barry Christianson • Vonani Bila • Khanya Mtshali • Robert Berold

This keepsake book was designed for you and me to communicate to each other through our words. On days when you are excited about something that happened to you or when you're feeling proud of an accomplishment you've achieved, just write your feelings down on a blank journal page. Let me know all about it! On days when you are down or when things are not going your way, let me know how you feel. I will always listen, and I will always respond to you. Just put this book under my pillow when you want me to read about your experience or day. I will do the same for you. This is just another way to let you know I'm behind you, I'm proud of you, and I totally love you!

The book is divided into four chapters, and each chapter serves a different purpose. Deals with a different pain. Heals a different heartache. Milk and Honey

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takes readers through a journey of the most bitter moments in life and finds sweetness in them because there is sweetness everywhere if you are just willing to look.

A beautifully raw and poignant collection of poetry and prose, *Pillow Thoughts III* continues the series from poet Courtney Peppernell. Fix yourself a warm drink and settle into Peppernell's words as she pens a tribute to her readers who are bravely continuing their journey from hurt to healing.

**CHANGE THE VOICE YOU HEAR**We inhabit a world of Disquieted Souls, living lives of restless discontent. They are the souls who over-analyze, over-worry, over-perform, and over-protect. They are the souls running as fast as they can, trying to escape their own unhappiness. Perfectionistic extremes and addictive tendencies are their regular companions. Peace, stability, and harmony are not. We can do better than incessant disquiet. We can know more balance and tranquility, even in the midst of life's demands. We can trace through life's high and low tides, while remaining increasingly stable in their midst. We can increasingly live within the disharmony of life without being enslaved to that disharmony. Through the process of discovery and deliverance, we can learn-and relearn-to quiet our souls.

*Pillow Thoughts* Andrews McMeel Publishing

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Have you ever thought why every workout you have ever done stopped at the neck? Or wondered why traditional yoga calms the mind, tones the body but forgets the face? Are you looking for a natural way to look and feel younger and healthier? Danielle Collins, TV's Face Yoga Expert, believes we should all have the opportunity to look and feel the very best we can for our age and to care for our face, body and mind using natural and holistic techniques. Her method requires just 5 minutes a day and could not be easier to get started. Integrating practical facial exercises with inspirational lifestyle tips, including diet and skincare, Danielle Collins' Face Yoga is a revolutionary new programme to help you achieve healthier, firmer, glowing skin..

The poetry of 2am Thoughts condenses an entire relationship with its untamed emotions and experiences to a single day. As the long hours of the night drag on, so does the love, heartache, and loss. When the dawn breaks, the morning sun brings acceptance, healing, and recovery.

". . . author Sarah Andersen uses hilarious (and adorable) comics to illustrate the very specific growing pains that occur on your way to becoming a mature, put-together grownup. Andersen's spot-on illustrations also show how to navigate this newfound adulthood once you arrive, since maturity is equally as hard to maintain as it is to find . . . " --The Huffington Post Sarah valiantly struggles with

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waking up in the morning, being productive, and dealing with social situations. Sarah's Scribbles is the comic strip that follows her life, finding humor in living as an adulting introvert that is at times weird, awkward, and embarrassing. The third collection of Sarah's Scribbles comics includes never-before-published comics and an illustrated essay about struggles with sexism, personal growth, and the rewards and challenges of sharing your creative work with millions of readers online.

When she was a child, Layla's father left behind a book of Japanese legends. She's always felt a powerful connection to one legend in particular. The legend says if you fold 1,000 paper cranes, your wish will be granted. Then Layla meets Sam online, and she believes she's finally found someone worth folding 1,000 cranes for. Layla jumps at the opportunity to travel to London to meet Sam, and she brings 1,000 paper cranes with her. However, wishes aren't always granted the way we hope. Layla's trip to London ends in disaster, but she finds herself drawn to a mysterious stranger named Cal. Just before he leaves on a whirlwind tour of Europe, Layla asks to accompany him, and he accepts. The pair travel throughout Europe, meeting interesting people, and travelling to beautiful destinations. Layla came to London to find love, but what she finds on her magical trip through Europe is something even deeper.

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A universal narrative on the significance of distance with love; remember to hold on to what you believe in. Ideal for those “whose love knows no bounds,” *The Space Between Us* is full of profound anecdotes and messages, illustrating the courage and heartache of enduring physical distance. *The Space Between Us* explores the trials of love and what it's like to live a life separated by distance from someone you care about. Its content is thoughtfully divided into five chapters, or phases, of the long-distance experience: *At First Glance* *Living for Tomorrow* *Lonely Nights Grow Together/Grow Apart* *When I See You*. A combination of poems and prose are sporadically connected with small graphics and maps to visualize the journey of physical distance. These poems serve as an adhesive between the reader and the ones they miss, the longing, the anticipation, and the eventual relief. Though both authors bring with them a unique perspective, the lens is singular; each is attuned to navigating this complex terrain.

#1 NEW YORK TIMES BESTSELLER \* #1 SUNDAY TIMES BESTSELLER \* #1 INDIE NEXT PICK Named a Best Book of the Year: *The Washington Post* \* *NPR* \* *The Atlantic* \* *New York Public Library* \* *Vanity Fair* \* *PBS* \* *Time* \* *Economist* \* *Entertainment Weekly* \* *Financial Times* \* *Shelf Awareness* \* *Guardian* \* *Sunday Times* \* *BBC* \* *Esquire* \* *Good Housekeeping* \* *Elle* \* *Real Simple* \* And more

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than twenty additional outlets “Staggeringly intimate...Taddeo spent eight years reporting this groundbreaking book.” —Entertainment Weekly “A breathtaking and important book...What a fine thing it is to be enthralled by another writer’s sentences. To be stunned by her intellect and heart.” —Cheryl Strayed “Extraordinary...This is a nonfiction literary masterpiece...I can't remember the last time a book affected me as profoundly as Three Women.” —Elizabeth Gilbert “A revolutionary look at women's desire, this feat of journalism reveals three women who are carnal, brave, and beautifully flawed.” —People (Book of the Week) A riveting true story about the sex lives of three real American women, based on nearly a decade of reporting. Lina, a young mother in suburban Indiana whose marriage has lost its passion, reconnects with an old flame through social media and embarks on an affair that quickly becomes all-consuming. Maggie, a seventeen-year-old high school student in North Dakota, allegedly engages in a relationship with her married English teacher; the ensuing criminal trial turns their quiet community upside down. Sloane, a successful restaurant owner in an exclusive enclave of the Northeast, is happily married to a man who likes to watch her have sex with other men and women. Hailed as “a dazzling achievement” (Los Angeles Times) and “a riveting page-turner that explores desire, heartbreak, and infatuation in all its messy, complicated nuance” (The

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Washington Post), Lisa Taddeo's *Three Women* has captivated readers, booksellers, and critics—and topped bestseller lists—worldwide. Based on eight years of immersive research, it is “an astonishing work of literary reportage” (*The Atlantic*) that introduces us to three unforgettable women—and one remarkable writer—whose experiences remind us that we are not alone.

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