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## **Staring at Lakes: A Memoir of Love, Melancholy and Magical ...**

'Michael Harding's 'Staring At Lakes' is a remarkable book - funny, sad, poetic, full of insight and honesty, a warm-hearted book with a deep note of suffering in it - the suffering of depression. Yet Harding's account, full of lust, humour and love, is itself testimony to the possibility of joy even in the midst of pain; for this is a book about joy also.'

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Staring At Lakes is a staggeringly beautiful and honest account of his depression and illness, and his struggle with the sense of darkness which pervaded his life despite his faith – entering the priesthood when he was twenty-four, and then seventeen years practising Buddhism – his marriage, fatherhood and his career as a writer. The memoir moves seamlessly between spiritual opposites, at ...

## **Michèle Forbes: Staring at Lakes with Michael Harding ...**

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## **Staring at Lakes: A Memoir of Love, Melancholy and Magical ...**

Staring at Lakes: A Memoir of Love, Melancholy and Magical Thinking by Michael Harding. Throughout his life, Michael Harding has lived with a sense of emptiness – through faith, marriage, fatherhood and his career as a writer, a pervading sense of darkness and unease remained.

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## **Staring at Lakes: A Memoir of Love, Melancholy and Magical ...**

Staring at Lakes is about the essence of love and marriage, about growing old and sitting in cars and staring at lakes. Throughout his life, Michael Harding has lived with a sense of emptiness - through faith, marriage, fatherhood and his career as a writer, a pervading sense of darkness and unease remained.

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Staring at Lakes is about the essence of love and marriage, about growing old and sitting in cars and staring at lakes.

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Throughout his life, Michael Harding has lived with a sense of emptiness - through faith, marriage, fatherhood and his career as a writer, a pervading sense of darkness and unease remained. When he was fifty-eight, he became physically ill and found himself in the grip of a deep melancholy. Here, in this beautifully written memoir, he talks with openness and honesty about his journey: leaving the priesthood when he was in his thirties, settling in Leitrim with his artist wife, the depression that eventually overwhelmed him, and how, ultimately, he found a way out of the dark, by accepting the fragility of love and the importance of now. *Staring at Lakes* started out as a book about depression. And then became a story about growing old, the essence of love and marriage - and sitting in cars, staring at lakes.

'A compelling memoir. Absorbing and graced with a deceptive lightness of touch, [*Hanging with the Elephant*] is clever and brilliantly pieced together. Harding writes like an angel' Sunday Times From the No.1 bestselling author of *Staring at Lakes*, *Talking to Strangers* and *On Tuesdays I'm A Buddhist* 'In public or on stage, it's different. I'm fine. I have no bother talking to three hundred people, and sharing my feelings. But when I'm in a room on a one-to-one basis, I get lost. I can never find the right word. Except for that phrase - hold me.' Michael Harding's wife has departed for a six-week trip, and he has been left alone in their home in Leitrim. Faced with the realities of caring for himself for the first time since his illness two years before, Harding endeavours to tame the 'elephant' - an Asian metaphor for the unruly mind. As he does, he finds himself finally coming to terms with the death of his mother - a loss that has changed him more than he knows. Funny, searingly honest and profound, *Hanging with the Elephant* pulls back the curtain and reveals what it is really like to be alive.

In late 2018, Michael Harding was in a hotel room in Blanchardstown experiencing severe pains in his chest. He eventually phoned an ambulance and was admitted to hospital, suffering from an acute heart attack. Here, in *Chest Pain*, he looks at the months before the heart attack when he kept the signs of failing health from his beloved and instead retreated into solitude -- and with his own inimitable style and humour takes us with him through the months after a stent had been inserted in his heart, where he travels the roads of Donegal in a camper van in a journey back to the beloved, and to himself. *Chest Pain* is a thought-provoking, spell-binding memoir about togetherness and what it means to be alive.

"After selling her first novel--a dream she'd worked long and hard for--Stephanie Danler knew she should be happy. Instead, she found herself driven to face the difficult past she'd left behind a decade ago: a mother disabled by years of alcoholism, further handicapped by a tragic brain aneurysm; a father who abandoned the family when she was three, now a meth addict in and out of recovery. After years in New York City she's pulled home to Southern California by forces she doesn't totally understand, haunted by questions of legacy and trauma. Here, she works toward answers, uncovering hard truths about her parents and herself as she explores whether it's possible to change the course of her history"--Back cover.

"A story iof love, loss and meditation" -- Cover.

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Winner of the 2021 Rachel Carson Environmental Book Award Winner of the 2021 Maine Literary Award for Nonfiction Finalist for the 2020 National Book Critics John Leonard Prize for Best First Book Finalist for the 2021 New England Society Book Award Finalist for the 2021 New England Independent Booksellers Association Award A New York Times Editors' Choice and Chicago Tribune top book for 2020 "Mill Town is the book of a lifetime; a deep-drilling, quick-moving, heartbreaking story. Scathing and tender, it lifts often into poetry, but comes down hard when it must. Through it all runs the river: sluggish, ancient, dangerous, freighted with America's sins." —Robert Macfarlane, author of *Underland* Kerri Arsenault grew up in the small, rural town of Mexico, Maine, where for over 100 years the community orbited around a paper mill that provided jobs for nearly everyone in town, including three generations of her family. Kerri had a happy childhood, but years after she moved away, she realized the price she paid for that childhood. The price everyone paid. The mill, while providing the social and economic cohesion for the community, also contributed to its demise. *Mill Town* is a book of narrative nonfiction, investigative memoir, and cultural criticism that illuminates the rise and collapse of the working-class, the hazards of loving and leaving home, and the ambiguous nature of toxics and disease with the central question; Who or what are we willing to sacrifice for our own survival?

God only knows what possessed Bill Bryson, a reluctant adventurer if ever there was one, to undertake a gruelling hike along the world's longest continuous footpath—The Appalachian Trail. The 2,000-plus-mile trail winds through 14 states, stretching along the east coast of the United States, from Georgia to Maine. It snakes through some of the wildest and most spectacular landscapes in North America, as well as through some of its most poverty-stricken and primitive backwoods areas. With his offbeat sensibility, his eye for the absurd, and his laugh-out-loud sense of humour, Bryson recounts his confrontations with nature at its most uncompromising over his five-month journey. An instant classic, riotously funny, *A Walk in the Woods* will add a whole new audience to the legions of Bill Bryson fans.

Bestselling author Pat Conroy acknowledges the books that have shaped him and celebrates the profound effect reading has had on his life. Pat Conroy, the beloved American storyteller, is a voracious reader. Starting as a childhood passion that bloomed into a life-long companion, reading has been Conroy's portal to the world, both to the farthest corners of the globe and to the deepest chambers of the human soul. His interests range widely, from Milton to Tolkien, Philip Roth to Thucydides, encompassing poetry, history, philosophy, and any mesmerizing tale of his native South. He has for years kept notebooks in which he records words and expressions, over time creating a vast reservoir of playful turns of phrase, dazzling flashes of description, and snippets of delightful sound, all just for his love of language. But for Conroy reading is not simply a pleasure to be enjoyed in off-hours or a source of inspiration for his own writing. It would hardly be an exaggeration to claim that reading has saved his life, and if not his life then surely his sanity. In *My Reading Life*, Conroy revisits a life of reading through an array of wonderful and often surprising anecdotes: sharing the pleasures of the local library's vast cache with his mother when he was a boy, recounting his decades-long relationship with the English teacher who pointed him onto the path of letters, and describing a profoundly influential period he spent in Paris, as well as reflecting on other pivotal people, places, and experiences. His story is a moving and personal one, girded by wisdom and an undeniable honesty. Anyone who not only enjoys the pleasures of reading but also believes in the power of books to shape a life will find here the greatest defense of that credo. **BONUS:** This ebook edition includes an excerpt from Pat Conroy's *The Death of Santini*.

Porchlight's Best Leadership & Strategy Book of The Year An inspiring memoir from the CEO of DICK'S Sporting Goods that is "not only entertaining but will be of great value to any entrepreneur" (Phil Knight, New York Times bestselling author of *Shoe Dog*), this book shows how a trailblazing business

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was created by giving back to the community and by taking principled, and sometimes controversial, stands—including against the type of weapons that are too often used in mass shootings and other tragedies. *It's How We Play the Game* tells the story of a complicated founder and an ambitious son—one who transformed a business by making it about more than business, conceiving it as a force for good in the communities it serves. In 1948, Ed Stack's father started Dick's Bait and Tackle in Binghamton, New York. Ed Stack bought the business from his father in 1984, and grew it into the largest sporting goods retailer in the country, with 800 locations and close to \$9 billion in sales. The transformation Ed wrought wasn't easy: economic headwinds nearly toppled the chain twice. But DICK's support for embattled youth sports programs earned the stores surprising loyalty, and the company won even more attention when, in the wake of yet another school shooting—at Marjory Stoneman Douglas High School in Parkland, Florida—it chose to become the first major retailer to pull all semi-automatic weapons from its shelves, raise the age of gun purchase to twenty-one, and, most strikingly, destroy the assault-style-type rifles then in its inventory. With vital lessons for anyone running a business and eye-opening reflections about what a company owes the people it serves, *It's How We Play the Game* is “a compelling narrative...In a genre that can frequently be staid, Mr. Stack's corporate biography is deeply personal...[Features] surprising openness [and] interesting and humorous anecdotes” (Pittsburgh Post-Gazette).

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