

The Healing Jonathan Odell

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The Potlikker Papers Houghton Mifflin Harcourt
Scientific and philosophical concepts can change the way we solve problems by helping us to think more effectively about our behavior and our world. Surprisingly, despite their utility, many of these tools remain unknown to most of us. In *Mindware*, psychologist Richard E. Nisbett presents these ideas in clear and accessible detail. Nisbett has made a career of studying and teaching such powerful problem-solving concepts as the law of large numbers, statistical regression, cost-benefit analysis, sunk costs and opportunity costs, and causation and correlation, probing the best methods for teaching others how to use them effectively in their daily lives. In this book, Nisbett shows how to frame common problems in such a way that these scientific and staitistical principles can be applied to them. The result is a practical guide to the most essential tools of reasoning ever developed--tools that can easily be used to make better professional, business, and personal decisions.--From publisher description.

The Healing Univ. Press of Mississippi
A stunning New York Times bestselling novel that intertwines the stories of an escaped slave in 1852 Virginia and an ambitious young lawyer in contemporary New York and asks: is it ever too late to right a wrong? Lynnhurst, Virginia, 1852. Seventeen-year-old Josephine Bell decides to run away from the failing tobacco farm where she is a slave and nurse to her ailing mistress, the aspiring artist Lu Anne Bell. New York City, 2004. Lina Sparrow, an ambitious first-year associate in an elite law firm, is given a difficult, highly sensitive assignment that could make her career: finding the “ perfect plaintiff ” to lead a historic class-action lawsuit worth trillions of dollars in reparations for descendants of American slaves. It is through her father, the renowned artist Oscar Sparrow, that Lina discovers Josephine Bell and a controversy rocking the art world: are the iconic paintings long ascribed to Lu Anne Bell really the work of her house slave, Josephine? A descendant of Josephine ’ s—if Lina can locate one—would be the perfect face for the reparations lawsuit. While following the runaway house girl ’ s faint trail through old letters and plantation records, Lina finds herself questioning her own family history and the secrets that her father has never revealed: how did Lina ’ s mother die? And why will he never speak about her?

The Emancipation of Evan Walls W. W. Norton & Company
Drawing from the magical world of her iconic Sundance award-winning film, Julie Dash ’ s stand-alone novel tells another rich, historical tale of the Gullah-Geechee people: a multigenerational story about a Brooklyn College anthropology student who finds an unexpected homecoming when she heads to the South Carolina Sea Islands to study her ancestors. Set in the 1920s in the Sea Islands off the Carolina coast where the Gullah-Geechee people have preserved much of their African heritage and language, *Daughters of the Dust* chronicles the lives of the Peazants, a large, proud family who trace their origins to the Ibo, who were enslaved and brought to the islands more than one hundred years earlier. Native New Yorker and anthropology student Amelia Peazant has always known about her grandmother and mother ’ s homeland of Dawtuh Island, though she ’ s never understood why her family remains there, cut off from modern society. But when an opportunity arises for Amelia to head to the island to study her ancestry for her thesis, she is surprised by what she discovers. From her multigenerational clan she gathers colorful stories, learning about "the first man and woman," the slaves who walked across the water back home to Africa, the ways men and women need each other, and the intermingling of African and Native American cultures. The more she learns, the more Amelia comes to treasure her family and their traditions, discovering an especially strong kinship with her fiercely independent cousin, Elizabeth. Eyes opened to an entirely new world, Amelia must decide what ’ s next for her and find her role in the powerful legacy of her people. *Daughters of the Dust* is a vivid novel that blends folktales, history, and anthropology to tell a powerful and emotional story of homecoming, the reclamation of cultural heritage, and the enduring bonds of family.

The Marsh Bird Macmillan
"In 1790, Lavinia, a seven-year-old Irish orphan with no memory of her past, arrives on a tobacco plantation where she is put to work as an indentured servant with the kitchen house slaves. Though she becomes deeply bonded to her new family, Lavinia is also slowly accepted into the world of the big house, where the master is absent and the mistress battles opium addiction. As time passes she finds herself perilously straddling two very different worlds and when loyalties are brought into question, dangerous truths are laid bare and lives are at risk."--Publisher's description.

Mister Owita's Guide to Gardening Romans 8:28 Books
Follows the lives of fraternal twins who were separated at birth, but still lived in the same Minnesota town, Stillwater, outside Canada and near the Mississippi that becomes an important stop on the Underground Railroad as the country goes to war.

The Invention of Wings Little Bound Books
Planned from the Start: A Healing Devotional accompanies the major theatrical release Unplanned, the story of Abby Johnson's rise through Planned Parenthood's ranks and her abrupt departure. This interactive devotional offers healing and hope to women (and men) who suffer from the devastating pain of post-abortion trauma.

Saint Monkey: A Novel SUNY Press
Woven with murder, mystery, and magic, *The Marsh Bird* is a compelling story of a young, orphaned, multiracial girl from Louisiana and a

white teen abandoned as an infant and raised by a local white fisherman, both embraced by the residents of a rural, Gullah Geechee sea island community. Set among descendants of those once enslaved in the lush marshes of the Lowcountry coast of South Carolina and Georgia, this is an unforgettable love story, and a tale of survival that proves it is the bonds of love and care that create a family.

Love And Garbage Koehler Books
Plantation mistress Amanda Satterfield’s intense grief over losing her daughter crosses the line into madness when she takes a newborn slave child as her own and names her Granada. Troubled by his wife’s disturbing mental state and concerned about a mysterious plague that is sweeping through the plantation’s slave quarters, Master Satterfield purchases Polly Shine, a slave woman known as a healer who immediately senses a spark of the same gift in Granada. Soon, a domestic battle of wills begins, leading to a tragedy that weaves together three generations of strong Southern women. Rich in mood and atmosphere, *The Healing* is a powerful, warmhearted novel about unbreakable bonds and the power of story to heal.

She Writes for Him Simon and Schuster
In 1852, when prestigious Alabama plantation owner Cornelius Allen gives his daughter Clarissa's hand in marriage, she takes with her a gift: Sarah—her slave and her half-sister. Raised by an educated mother, Clarissa is not the proper Southern belle she appears to be, with ambitions of loving whom she chooses. Sarah equally hides behind the façade of being a docile house slave as she plots to escape. Both women bring these tumultuous secrets and desires with them to their new home, igniting events that spiral into a tale beyond what you ever imagined possible. Told through the alternating viewpoints of Sarah and Theodora Allen, Cornelius' wife, Marlen Suyapa Bodden's *The Wedding Gift* is an intimate portrait of slavery and the 19th Century South that will leave readers breathless.

The Buddha and the Badass MIRA
"[A] compelling debut...Townsend's writing [is] full of fresh turns of phrase and keen insights." —Ayana Mathis, New York Times Book Review
Fourteen-year-old Audrey Martin, with her Poindexter glasses and her head humming the 3/4 meter of gospel music, knows she’ll never get out of Kentucky—but when her fingers touch the piano keys, the whole church trembles. Her best friend, Caroline, daydreams about Hollywood stardom, but both girls feel destined to languish in a slow-moving stopover town in Montgomery County. That is, until chance intervenes and a booking agent offers Audrey a ticket to join the booming jazz scene in Harlem—an offer she can’t resist, not even for Caroline. And in New York City the music never stops. Audrey flirts with love and takes the stage at the Apollo, with its fast-dancing crowds and blinding lights. But fortunes can turn fast in the city—young talent means tough competition, and for Audrey failure is always one step away. Meanwhile, Caroline sinks into the quiet anguish of a Black woman in a backwards country, where her ambitions and desires only slip further out of reach. Jacinda Townsend’s remarkable first novel is a coming-of-age story made at once gripping and poignant by the wild energy of the Jazz Era and the stark realities of segregation. Marrying musical prose with lyric vernacular, Saint Monkey delivers a stirring portrait of American storytelling and marks the appearance of an auspicious new voice in literary fiction.

On the Come Up Random House
"In this profoundly moving memoir, Owita teaches Wall how to find grace amid heartbreak and to accept that beauty exists because it is fleeting—as in her garden, as in life." —People, 4 stars
"A perfect spring awakening." —Good Housekeeping
A true story of a unique friendship between two people who had nothing—and ultimately everything—in common. Carol Wall, a white woman living in a lily-white neighborhood in Middle America, was at a crossroads in her life. Her children were grown; she had successfully overcome illness; her beloved parents were getting older. One day she notices a dark-skinned African man tending her neighbor’s yard. His name is Giles Owita. He bags groceries at the supermarket. He comes from Kenya. And he’s very good at gardening. Before long Giles is transforming not only Carol’s yard, but her life. Though they are seemingly quite different, a caring bond grows between them. But they both hold long-buried secrets that, when revealed, will cement their friendship forever.

The Whirling Dervishes Anchor
"Isaiah. Isaiah! Get up, son! Isaiah! You have to get up! Get off the floor! I can't stop!" I reached one hand behind me and shook him the best I could while driving. My heart pounded, and my body trembled. What could be so wrong that he can't control his body? Things go downhill quickly after Christina Custodio picks up her thirteen-year-old son early from football practice due to a headache. By the time she arrives, he has little control of his body and quickly becomes unresponsive. Soon, he is rushed into surgery, his brain filled with blood from a severe brain hemorrhage. From the time he was born, Christina had always felt Isaiah would die young. Though a typical boy with no health issues, the thought always lingered. Now Christina begs God to change His mind and save her son's life. When God Changed His Mind chronicles Christina's inspiring and emotional story of trusting God through the unknown, peace among the chaos, and joy in the midst of sorrow. Grateful that Isaiah survives but unsure he will ever recover his speech and mobility, Christina shares of her dependence on God during the ups and downs of their journey, the power of prayer, and her determination to use challenges and struggles for His glory.

Stalking Carlos Castaneda Anchor
Let the Water Do the Work is an important contribution to riparian restoration. By "thinking like a creek," one can harness the regenerative power of floods to reshape stream banks and rebuild floodplains along gullied stream channels. Induced Meandering is an artful blend of the natural sciences - geomorphology, hydrology and ecology - which govern channel forming processes. Induced Meandering directly challenges the dominant paradigm of river and creek stabilization by promoting the intentional erosion of selected banks while fostering deposition of eroded materials on an evolving floodplain. The river self-heals as the growth of native riparian vegetation accelerates the meandering process. Not all stream channel types are appropriate for Induced Meandering, yet the Induced Meandering philosophy of "going with the flow" can inform all stream restoration projects. Induced meandering strives to understand rivers as timeless entities governed by immutable rules serving their watersheds, setting their own timetables, and coping with their own realities as they carry mountains grain by grain to the sea. Anyone with an interest in natural resource management in these uncertain times should read this book and put these ideas to work.

Miss Hazel and the Rosa Parks League Modern Library
An NAACP Image Award Finalist An ALA/YALSA Alex Award Nominee AnnMarie is growing up fast. After years of living in foster homes and homeless shelters, the twelve-year-old girl can take care of herself and her ailing mother. At thirteen, she's competing with other girls for the attention of older boys in the hip hop and rap scene of Far Rockaway. At fourteen, she is in love and pregnant, but dreaming big. Taking a chance, she auditions for an independent film

and—astonishingly—lands a lead role. As she tries to raise her baby girl and make sense of her relationship with her baby's father, her work on the movie offers AnnMarie a doorway to a wider world—Brooklyn, Manhattan, and the Sundance Film Festival. With cinematic pacing and a vibrant voice, filmmaker Hannah Weyer’s unforgettable debut novel is a portrait of a tough, determined teenage girl striving to find the life she wants and the love she deserves.

With a Little Help Harper Collins

“A welcome antidote to our toxic hustle culture of burnout.”—Arianna Huffington “This book is so important and could truly save lives.”—Elizabeth Gilbert “A clarion call to work smarter [and] accomplish more by doing less.”—Adam Grant We work feverishly to make ourselves happy. So why are we so miserable? Despite our constant search for new ways to optimize our bodies and minds for peak performance, human beings are working more instead of less, living harder not smarter, and becoming more lonely and anxious. We strive for the absolute best in every aspect of our lives, ignoring what we do well naturally and reaching for a bar that keeps rising higher and higher. Why do we measure our time in terms of efficiency instead of meaning? Why can’t we just take a break? In *Do Nothing*, award-winning journalist Celeste Headlee illuminates a new path ahead, seeking to institute a global shift in our thinking so we can stop sabotaging our well-being, put work aside, and start living instead of doing. As it turns out, we’re searching for external solutions to an internal problem. We won’t find what we’re searching for in punishing diets, productivity apps, or the latest self-improvement schemes. Yet all is not lost—we just need to learn how to take time for ourselves, without agenda or profit, and redefine what is truly worthwhile. Pulling together threads from history, neuroscience, social science, and even paleontology, Headlee examines long-held assumptions about time use, idleness, hard work, and even our ultimate goals. Her research reveals that the habits we cling to are doing us harm; they developed recently in human history, which means they are habits that can, and must, be broken. It’s time to reverse the trend that’s making us all sadder, sicker, and less productive, and return to a way of life that allows us to thrive.

My Year of Rest and Relaxation Penguin

Inspired by the life of an unsung American hero and slave, *Trouble the Water* navigates the rich tributaries of courage, betrayal, and redemption. In his inspiring journey, Robert Smalls witnesses great privilege and suffering alongside his owner's daughter and the dangerous son of a firebrand secessionist.

Relief by Execution Penguin

A big, beautifully written story of courage and friendship in the Deep South in the pre-Civil rights era. If you liked *The Help*, you'll love this. Set in 1950s Mississippi, this is the story of two young mothers, Hazel and Vida – one wealthy and white and the other poor and black – who have only two things in common: the devastating loss of their children, and a deep and abiding loathing for one another. Embittered and distrusting, Vida is harassed by Delphi’s racist sheriff and haunted by the son she lost to the world. Hazel, too, has lost a son and can’t keep a grip on her fractured life. After drunkenly crashing her car into a Christmas manger scene, Hazel is sedated and bedridden. Hazel’s husband hires Vida to keep tabs on his unpredictable wife and to care for his sole surviving son. Forced to spend time together with no one else to rely on, the two women find they have more in common than they thought, and together they turn the town of Delphi on its head. This is the story of a town, a people and a culture on the verge of a great change that begins with small things . . . like an unexpected friendship. 'Miss Hazel and the Rosa Parks League is a substantial, thought-provoking must-read' June J. McInerney A note from the author: Growing up in Mississippi during Jim Crow and the Civil Rights Era, I, like most privileged white kids my age, was contentedly ignorant of the horrors my state and my people had deliberately inflicted on African Americans. It was only when I moved up North to Minnesota as an adult that I became aware of another version of history in which all Southern whites were vicious racists and all blacks were innocent victims who needed saving. Needless to say, neither version of the story was the whole truth, and I spent ten years returning to Mississippi interviewing African Americans who had lived at the same time as me, in the same state, but in a different world.

Trouble the Water Rodale Books

Named a Best Book of the Year by The Washington Post, Time, NPR, Amazon,Vice, Bustle, The New York Times, The Guardian, Kirkus Reviews, Entertainment Weekly, The AV Club, & Audible A New York Times Bestseller “One of the most compelling protagonists modern fiction has offered in years: a loopy, quietly furious pillhead whose Ambien ramblings and Xanaxed b*tcheries somehow wend their way through sad and funny and strange toward something genuinely profound.” — Entertainment Weekly “Darkly hilarious . . . [Moshfegh’s] the kind of provocateur who makes you laugh out loud while drawing blood.” —Vogue From one of our boldest, most celebrated new literary voices, a novel about a young woman's efforts to duck the ills of the world by embarking on an extended hibernation with the help of one of the worst psychiatrists in the annals of literature and the battery of medicines she prescribes. Our narrator should be happy, shouldn't she? She's young, thin, pretty, a recent Columbia graduate, works an easy job at a hip art gallery, lives in an apartment on the Upper East Side of Manhattan paid for, like the rest of her needs, by her inheritance. But there is a dark and vacuous hole in her heart, and it isn't just the loss of her parents, or the way her Wall Street boyfriend treats her, or her sadomasochistic relationship with her best friend, Reva. It's the year 2000 in a city aglitter with wealth and possibility; what could be so terribly wrong? *My Year of Rest and Relaxation* is a powerful answer to that question. Through the story of a year spent under the influence of a truly mad combination of drugs designed to heal our heroine from her alienation from this world, Moshfegh shows us how reasonable, even necessary, alienation can be. Both tender and blackly funny, merciless and compassionate, it is a showcase for the gifts of one of our major writers working at the height of her powers.

Campo Santo St. Martin's Press

"At the end of the Civil War, an escaped slave first returns to his old plantation and then walks across the ravaged South in search of his lost wife"--Provided by the publisher.

World's Story 2 (Student) New Leaf Publishing Group

Sufism is the esoteric aspect of Islam. Its purpose is to convey direct knowledge of the eternal. The Sufis impart knowledge through lineages that go back to the Prophet Muhammad. In these various Sufi orders, the zikr, the repetition of "la illaha illa'llah" (There is no God but God), is part of initiation ceremonies. In fact, the method of the Sufis is zikr, and the manner in which zikr is performed is the essential difference among the various orders. The Dervishes repeat their zikr as they turn. They empty their hearts of all but the thought of God and whirl in the ecstatic movements of His breath.