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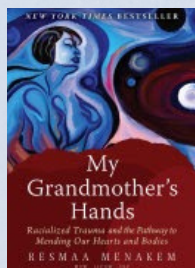
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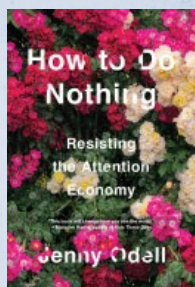
Visit onebookonebelmont.com for more information

How To's



MY GRANDMOTHER'S HANDS BY RESMAA MENAKEM

The body is where our instincts reside and where we fight, flee, or freeze. Therapist Menakem examines the damage caused by racism in America from the perspective of body-centered psychology. This book is a call to action for all of us to recognize that racism is not just about the head, but about the body, and introduces an alternative view of what we can do to grow beyond our entrenched racialized divide. [book](#) | [eBook](#) | [audio](#)



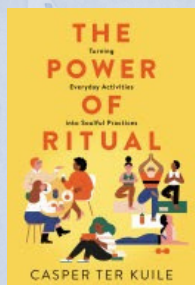
HOW TO DO NOTHING BY JENNY ODELL

Nothing is harder to do these days than nothing. So argues artist and critic Odell, who sees our attention as the most precious, and overdrawn, resource we have. Once we can start paying a new kind of attention, we can undertake bolder forms of political action, reimagine our role in the environment, and arrive at more meaningful understandings of happiness and progress. [book](#) | [eBook](#) | [audio](#)



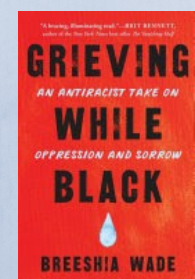
OPTION B: FACING ADVERSITY, BUILDING RESILIENCE, AND FINDING JOY BY SHERYL SANDBERG

After the sudden death of her husband, Sandberg felt certain that she and her children would never feel pure joy again. Grant, a friend, told her there are concrete steps people can take to recover and rebound from life-shattering experiences. Here they combine personal insights with research on finding strength in the face of adversity. [book](#) | [eBook](#) | [audio](#)



THE POWER OF RITUAL BY CASPER TER KUILE

We no longer seek purpose and community within traditionally religious spaces - CrossFit, book clubs and yoga studios have become our new congregations. In a climate of social isolation, how do we make the things we do every day fulfill our search for meaning? Turning everyday activity into intentional rituals can transform our lives, restore our sense of purpose, and nurture our souls. [book](#) | [eBook](#) | [audio](#)



GRIEVING WHILE BLACK: AN ANTIRACIST TAKE ON OPRESSION & SORROW BY BREESHIA WADE

A groundbreaking exploration of grief and racial trauma through the eyes of a Black end-of-life caregiver. This book approaches grief as something that is bigger than what's already happened to us--as something that is connected to what we fear, what we love and what we aspire towards. [book](#)

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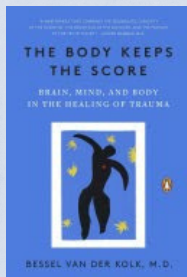
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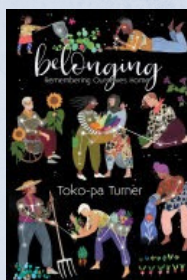
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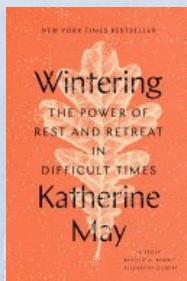
THE BODY KEEPS THE SCORE BY BESSEL VAN DER KOLK

Trauma is a fact of life. In this book, Dr. Kolk uses recent scientific advances to show how trauma literally reshapes both body and brain, compromising sufferers' capacities for pleasure, engagement, self-control, and trust. He explores innovative treatments that offer new paths to recovery by activating the brain's natural neuroplasticity. The book exposes the tremendous power of our relationships both to hurt and to heal--and offers new hope for reclaiming lives. [book](#) | [eBook](#) | [audio](#)



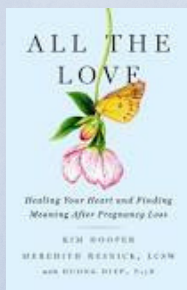
BELONGING: REMEMBERING OURSELVES HOME BY TOKO-PA TURNER

We live in one of the most connected times on earth but never before have we been so lonely, so alienated from each other, from ourselves, and from the natural world. This manifests as having difficulty finding community, feeling anxiety about your worthiness and place in the world, or simply feeling disconnected. Most of us think of belonging as a place outside of ourselves, but what if belonging isn't a place at all, but a set of skills, or competencies, that we in modern times have lost or forgotten? [book](#)



WINTERING: THE POWER OF REST AND RETREAT IN DIFFICULT TIMES BY KATHERINE MAY

Unforeseen circumstances like an abrupt illness, the death of a loved one, a break up, or a job loss can derail a life. These periods of dislocation can be lonely and unexpected. A moving personal narrative shot through with lessons from literature, mythology, and the natural world, May's story offers instruction on the transformative power of rest and retreat. A secular mystic, May forms a guiding philosophy for transforming the hardships that arise before the ushering in of a new season. [book](#) | [eBook](#) | [audio](#)



ALL THE LOVE: HEALING YOUR HEART AND FINDING MEANING AFTER PREGNANCY LOSS BY KIM HOOPER

All the Love is the most in-depth book available to console women and partners in the wake of pregnancy loss. Topics include the emotional rollercoaster of grief, connecting with your partner, returning to "normal" life, deciding whether to try again and having a baby after a loss. The book touches on considerations for LGBTQ+ couples and people facing racial, cultural, or socioeconomic issues that compound their grief. The authors want each woman to feel seen in this book, to feel validated and hopeful as she steps into what's next. [book](#) | [eBook](#)



A GUIDE TO THE GOOD LIFE: THE ANCIENT ART OF STOIC JOY BY WILLIAM B. IRVINE

Irvine uses the psychological insights and the practical techniques of the Stoics and offers a roadmap for anyone seeking to avoid the feelings of chronic dissatisfaction. He looks at various Stoic techniques for attaining tranquility and shows how to put them to work in our own life. [book](#)



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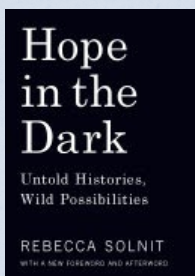
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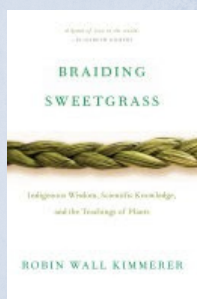
HOPE



HOPE IN THE DARK: UNTOLD HISTORIES, WILD POSSIBILITIES BY REBECCA SOLNIT

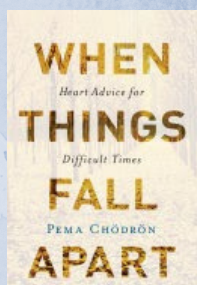
Drawing on her decades of activism and wide reading of environmental, cultural, and political history, Solnit makes a radical case for hope as a commitment to act in a world whose future remains uncertain and unknowable. The positive consequences of our acts are not always immediately seen, directly knowable, or even measurable, and pessimism and despair rest on an unwarranted confidence about what is going to happen next.

[book](#) | [eBook](#) | [audio](#)



BRAIDING SWEETGRASS BY ROBIN WALL KIMMERER

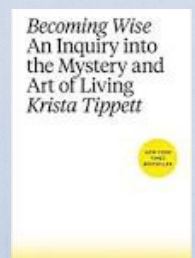
As a leading researcher in the field of biology, Wall Kimmerer understands the delicate state of our world. But as an active member of the Potawatomi nation, she senses and relates to the world through a way of knowing far older than any science. She intertwines these two modes of awareness to ultimately reveal a path toward healing the rift that grows between people and nature. The essays in this book bring people back into conversation with all that is green and growing; a universe that never stopped speaking to us, even when we forgot how to listen. [book](#) | [eBook](#) | [audio](#)



WHEN THINGS FALL APART BY PEMA CHODRON

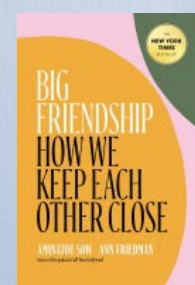
How can we live our lives when everything seems to fall apart, when we are continually overcome by fear, anxiety, and pain? The answer might be the opposite of what you expect. Drawing from traditional Buddhist wisdom, Chodron offers life-changing tools for transforming suffering and negative patterns into habitual ease and boundless joy.

[book](#) | [eBook](#) | [audio](#)



BECOMING WISE BY KRISTA TIPPETT

Tippett has interviewed the most extraordinary voices examining the great questions of meaning for our time. She distills the insights she's gleaned from these luminous conversations into a narrative journey, over time and from mind to mind. [book](#) | [audio](#)



BIG FRIENDSHIP BY AMINATOU SOW & ANN FRIEDMAN

A close friendship is one of the most influential and important relationships a human life can contain, but people don't talk about what it really takes to stay close for the long haul. The authors chronicle their first decade in one another's lives. They invite you to think about how your own bonds are formed, challenged, preserved and valued. [book](#) | [eBook](#) | [audio](#)



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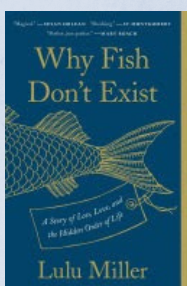
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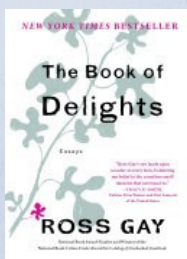
KEEP MOVING: NOTES ON LOSS, CREATIVITY AND CHANGE BY MAGGIE SMITH

When poet Smith started writing daily Twitter posts in the wake of her divorce, they unexpectedly caught fire. Here she writes about new beginnings as opportunities for transformation. Like kintsugi, the Japanese art of mending broken ceramics with gold, she celebrates the beauty and strength on the other side of loss. This is a book for anyone who has gone through a difficult time and is wondering: What comes next? [book](#) | [eBook](#)



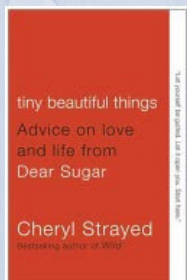
WHY FISH DON'T EXIST BY LULU MILLER

Nineteenth-century scientist David Starr Jordan built one of the most important fish specimen collections ever seen, until the 1906 San Francisco earthquake shattered his life's work. Part biography, part memoir, part scientific adventure, Why Fish Don't Exist is a wondrous fable about how to persevere in a world where chaos will always prevail. [book](#)



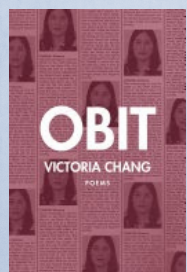
BOOK OF DELIGHTS BY ROSS GAY

This book is a genre-defying record of the small joys we often overlook in our busy lives. Among Gay's funny, poetic, philosophical delights: a friend's unabashed use of air quotes, cradling a tomato seedling aboard an airplane, the silent nod of acknowledgment between the only two black people in a room. Gay never dismisses the complexities, even the terrors, of living in America as a black man or the ecological and psychic violence of our consumer culture or the loss of those he loves. More than any other subject, though, Gay celebrates the beauty of the natural world. [book](#) | [eBook](#)



TINY BEAUTIFUL THINGS BY CHERYL STRAYED

Life can be hard: your lover cheats on you; you lose a family member; you can't pay the bills - and it can be great: you've had the hottest sex of your life; you get that plum job; you muster the courage to write your novel. Sugar (aka Cheryl Strayed) is the person thousands turn to for advice. This book is a balm for everything life throws our way. [book](#) | [eBook](#) | [audio](#)



OBIT BY VICTORIA CHANG

After her mother died, poet Chang distilled her grief during a feverish two weeks by writing scores of poetic obituaries for all she lost in the world. These poems reinvent the form of newspaper obituary to both name what has died and the cultural impact of death on the living. Whereas elegy attempts to immortalize the dead, an obituary expresses loss, and the love for the dead becomes a conduit for self-expression. In this unflinching and lyrical book, Chang meets her grief and creates a powerful testament for the living. [book](#)



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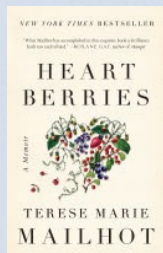
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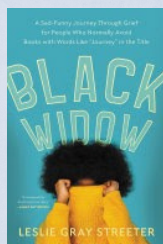
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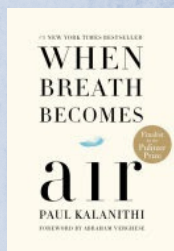
HEART BERRIES BY TERESE MARIE MAILHOT

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, Mailhot is given a notebook and begins to write her way out of trauma. The triumphant result is this book; an elegy on how difficult it is to love someone while dragging the long shadows of shame. [book](#) | [eBook](#) | [audio](#)



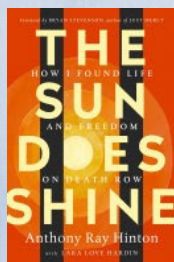
BLACK WIDOW: A SAD-FUNNY JOURNEY THROUGH GRIEF FOR PEOPLE WHO WOULD NORMALLY AVOID BOOKS WITH WORDS LIKE JOURNEY IN THE TITLE BY LESLEY GRAY STREETER

Looking at widowhood through the prism of race, mixed marriage, and aging, Black Widow redefines the stages of grief, from coffin shopping to day-drinking, to being a grown-ass woman crying for your mommy, to breaking up and making up with God, to facing the fact that life goes on even after the death of the person you were supposed to live it with. Tender, true, and endearingly hilarious, it is a story about the power of love, and how the only guide book for recovery is the one you write yourself. [book](#)



WHEN BREATH BECOMES AIR BY PAUL KALANITHI

One day Kalanithi was a doctor treating the dying, and the next he was a patient struggling to live. This book chronicles his transformation from a neurosurgeon at Stanford working in the brain into a patient and new father confronting his own mortality. It is an unforgettable, life-affirming reflection on the challenge of facing death and on the relationship between doctor and patient, from a brilliant writer who became both. [book](#) | [eBook](#) | [audio](#)



THE SUN DOES SHINE BY ANTHONY RAY HINTON

In 1985, Hinton was arrested and charged with two counts of capital murder in Alabama. It was a case of mistaken identity, and Hinton believed that the truth would prove his innocence. He resolved to find a way to live on Death Row, and for the next twenty-seven years he transformed not only his own spirit, but those of his fellow inmates. After winning his release in 2015, Hinton shows how you can take away a man's freedom, but you can't take away his imagination, humor, or joy. [book](#) | [eBook](#)



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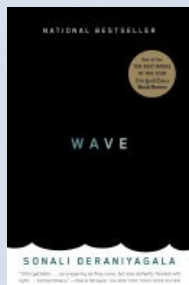
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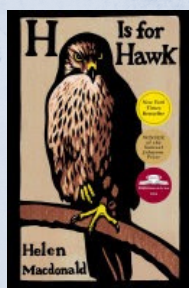
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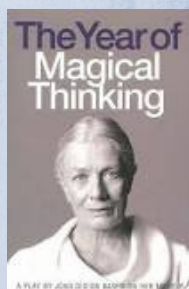
WAVE BY SONALI DERANIYAGALA

Deraniyagala lost her parents, her husband, and her two young sons in a tsunami she miraculously survived. She's written an engrossing, unsentimental, beautifully poised account: as she struggles through the first months following the tragedy, furiously clenched against a reality that she cannot face and cannot deny; and then, over the ensuing years, as she emerges reluctantly, slowly allowing her memory to take her back through the rich and joyous life she's mourning. [book](#) | [eBook](#) | [audio](#)



H IS FOR HAWK BY HELEN MACDONALD

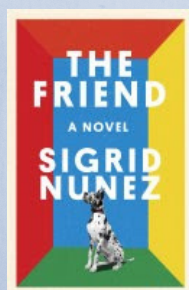
As a child Macdonald was determined to become a falconer. She learned the arcane terminology and read all the classic books, including T.H. White's tortured masterpiece, The Goshawk. When her father dies and she is knocked sideways by grief, she becomes obsessed with the idea of training her own goshawk. She buys Mabel on a Scottish quayside and takes her home to Cambridge. Then she fills the freezer with hawk food and unplugs the phone, ready to embark on the long, strange business of trying to train this wildest of animals. [book](#) | [eBook](#) | [audio](#)



THE YEAR OF MAGICAL THINKING BY JOAN DIDION

In 2003, the night before New Year's Eve, Didion and her husband were just sitting down to dinner when John suffered a massive and fatal coronary. In a second, this close, symbiotic partnership of forty years was over. Two months after that, arriving at LAX, Didion's daughter collapsed and underwent six hours of brain surgery to relieve a massive hematoma. This powerful book is Didion's attempt to make sense of the "weeks and then months that cut loose any fixed idea I ever had about death, about illness...about marriage and children and memory...about the shallowness of sanity, about life itself." [book](#) | [eBook](#) | [audio](#)

FICTION



THE FRIEND BY SIGRID NUNEZ

When a woman unexpectedly loses her lifelong best friend and mentor, she finds herself burdened with the dog he has left behind. Her own battle against grief is intensified by the mute suffering of the huge Great Dane and by the threat of eviction: dogs are prohibited in her apartment building. But while troubles abound, rich and surprising rewards lie in store for both of them. Elegiac and searching, this is both a meditation on loss and a celebration of human-canine devotion. [book](#) | [eBook](#) | [audio](#)



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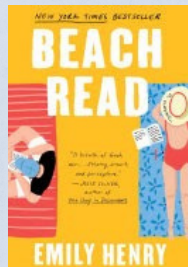
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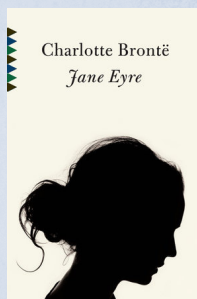
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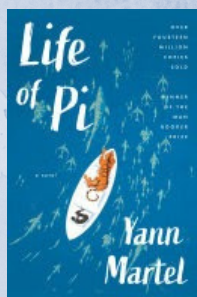
BEACH READ BY EMILY HENRY

He is an acclaimed author of literary fiction. She writes bestselling romance. The only thing they have in common is that for the next three months, they're living in neighboring beach houses, broke, and bogged down with writer's block. Until one hazy evening, they strike a deal designed to force them out of their creative ruts: Augustus will spend the summer writing something happy, and January will pen the next Great American Novel. Everyone will finish a book and no one will fall in love. Really. [book](#) | [eBook](#) | [audio](#)



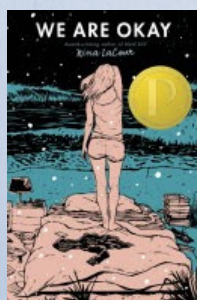
JANE EYRE BY CHARLOTTE BRONTË

A novel of intense power and intrigue, Jane Eyre dazzles and shocks readers with its passionate depiction of a woman's search for equality and freedom. Orphaned Jane grows up in the home of her heartless aunt, where she endures loneliness and cruelty, and at a charity school with a harsh regime. This strengthens Jane's natural independence and spirit, which proves necessary when she takes a position as governess at Thornfield Hall. But when she finds love with her sardonic employer, the discovery of his terrible secret forces her to make a choice. Stay with him and live with the consequences, or follow her convictions? [book](#) | [eBook](#) | [audio](#)



LIFE OF PI BY YANN MARTEL

Pi finds himself alone in a lifeboat, his only companions a hyena, an orangutan, a wounded zebra, and Richard Parker, a 450-pound Bengal tiger. Soon the tiger has dispatched all but Pi, whose fear, knowledge, and cunning allow him to coexist with Richard Parker for 227 days while lost at sea. When they finally reach land, the tiger flees to the jungle, never to be seen again. The Japanese authorities who interrogate Pi refuse to believe his story and press him to tell "the truth." After hours of coercion, Pi tells a second story, much less fantastical, much more conventional--but is it more true? [book](#) | [eBook](#) | [audio](#)



WE ARE OKAY BY NINA LACOUR

Marin hasn't spoken to anyone from her old life since the day she left everything behind. No one knows the truth about those final weeks. Not even her best friend Mabel. But even thousands of miles away from the California coast, at college in New York, Marin still feels the pull of the life and tragedy she's tried to outrun. Now, months later, Mabel is coming to visit and Marin will be forced to face everything that's been left unsaid and finally confront the loneliness that has made a home in her heart. [book](#) | [eBook](#) | [audio](#)



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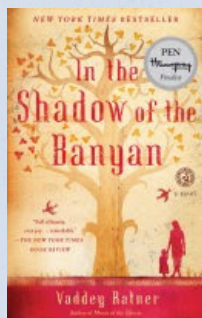
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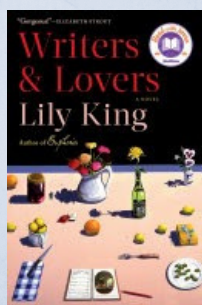
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IN THE SHADOW OF THE BANYAN BY VADDEY RATNER

Told from the perspective of a young girl who comes of age amid the Cambodian killing fields, this novel is based on the author's personal story. The end of childhood begins with the footsteps of her father returning home in the early dawn hours bringing details of the civil war that has overwhelmed the streets of Cambodia's capital. Soon the family's world of carefully guarded royal privilege is swept up in the chaos of revolution and forced exodus. As she endures the deaths of family members, starvation, and brutal forced labor, she clings to the mythical legends and poems told to her by her father. [book](#) | [eBook](#)



WRITERS AND LOVERS BY LILY KING

Blindsided by her mother's sudden death, and wrecked by a recent love affair, Casey Peabody has arrived in Massachusetts in the summer of 1997 without a plan. Her mail consists of wedding invitations and final notices from debt collectors. A former child golf prodigy, she now waits tables in Harvard Square and rents a tiny, moldy room at the side of a garage where she works on the novel she's been writing for six years. At thirty-one, Casey is still clutching onto something nearly all her old friends have let go of: the determination to live a creative life. Casey's fight to fulfill her creative ambitions and balance the conflicting demands of art and life is challenged in ways that push her to the brink. [book](#) | [eBook](#) | [audio](#)

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