

WELLNESS NATHAN HILL SUMMARY

WELLNESS NATHAN HILL SUMMARY: A DEEP DIVE INTO THE NOVEL'S THEMES AND CHARACTERS

ARE YOU INTRIGUED BY NATHAN HILL'S ACCLAIMED NOVEL, *The Nix*? WANT A COMPREHENSIVE SUMMARY THAT GOES BEYOND JUST THE PLOT POINTS, EXPLORING THE DEEPER THEMES AND CHARACTER DEVELOPMENT THAT MAKE THIS BOOK SO COMPELLING? THEN YOU'VE COME TO THE RIGHT PLACE! THIS IN-DEPTH WELLNESS NATHAN HILL SUMMARY WILL UNPACK THE COMPLEXITIES OF HILL'S WORK, OFFERING A NUANCED LOOK AT ITS EXPLORATION OF FAMILY, TECHNOLOGY, AND THE SEARCH FOR MEANING IN A TURBULENT WORLD. WE'LL DELVE INTO THE KEY CHARACTERS, ANALYZE THE NOVEL'S CENTRAL THEMES, AND PROVIDE YOU WITH A CLEAR UNDERSTANDING OF WHAT MAKES *The Nix* SUCH A CAPTIVATING READ.

UNDERSTANDING THE CORE NARRATIVE: A QUICK PLOT OVERVIEW

BEFORE WE DIVE INTO THE THEMATIC ANALYSIS, LET'S BRIEFLY RECAP THE PLOT OF *The Nix*. THE NOVEL CENTERS AROUND SAMUEL ANDRESON-ANDERSON, A STRUGGLING ACADEMIC WHOSE LIFE IS UPENDED BY THE SUDDEN REAPPEARANCE OF HIS ESTRANGED MOTHER, FAYE. FAYE, A RADICAL 1960S ACTIVIST, HAS VANISHED FOR YEARS, LEAVING SAMUEL WITH A DEEP-SEATED RESENTMENT AND A COMPLICATED RELATIONSHIP WITH HIS OWN IDENTITY. HER RETURN TRIGGERS A SERIES OF EVENTS THAT FORCE SAMUEL TO CONFRONT HIS PAST, HIS FAMILY HISTORY, AND THE COMPLEX LEGACY OF THE COUNTERCULTURE MOVEMENT.

THE NARRATIVE SKILLFULLY INTERTWINES SAMUEL'S PRESENT-DAY STRUGGLES WITH FLASHBACKS TO FAYE'S PAST, REVEALING A FASCINATING AND OFTEN TUMULTUOUS LIFE. THESE FLASHBACKS SHOWCASE FAYE'S INVOLVEMENT IN VARIOUS PROTEST MOVEMENTS, HER STRUGGLES WITH MENTAL HEALTH, AND HER COMPLEX RELATIONSHIPS, BOTH ROMANTIC AND FAMILIAL. THE NOVEL EXPLORES THE CONSEQUENCES OF HER CHOICES AND HOW THEY SHAPE SAMUEL'S LIFE, HIGHLIGHTING THE LASTING IMPACT OF PARENTAL ACTIONS ON CHILDREN. THIS INTERPLAY BETWEEN PAST AND PRESENT FORMS THE BACKBONE OF THE NARRATIVE, CREATING A RICH TAPESTRY OF EXPERIENCES AND PERSPECTIVES.

SAMUEL ANDRESON-ANDERSON: A SON'S STRUGGLE WITH IDENTITY AND LEGACY

SAMUEL, THE PROTAGONIST, SERVES AS THE EMOTIONAL ANCHOR OF THE NOVEL. HE IS A MAN BURDENED BY HIS MOTHER'S ABSENCE, STRUGGLING TO RECONCILE HIS INTELLECTUAL PURSUITS WITH HIS PERSONAL LIFE. HIS RELATIONSHIP WITH HIS FATHER IS EQUALLY STRAINED, ADDING ANOTHER LAYER TO HIS IDENTITY CRISIS. THROUGHOUT THE NOVEL, SAMUEL GRAPPLES WITH HIS OWN SENSE OF SELF, QUESTIONING HIS ACCOMPLISHMENTS AND HIS PLACE IN THE WORLD. HIS JOURNEY IS NOT SIMPLY ABOUT UNDERSTANDING HIS MOTHER; IT'S ABOUT UNDERSTANDING HIMSELF AND FORGING HIS OWN PATH, SEPARATE FROM THE SHADOW OF HIS PAST. HE'S A RELATABLE CHARACTER, FLAWED YET DEEPLY HUMAN, MAKING HIS STRUGGLE FOR SELF-DISCOVERY PROFOUNDLY RESONANT.

FAYE ANDRESON: A RADICAL PAST AND A PRESENT IN CRISIS

FAYE, THE ENIGMATIC MOTHER, IS A COMPLEX AND CAPTIVATING CHARACTER. HER PAST AS A RADICAL ACTIVIST PROVIDES A FASCINATING BACKDROP TO THE NARRATIVE, OFFERING A GLIMPSE INTO THE TURBULENT SOCIAL AND POLITICAL LANDSCAPE OF THE 1960S. HOWEVER, HER RADICALISM IS INTERWOVEN WITH HER STRUGGLES WITH MENTAL HEALTH, CREATING A PORTRAIT OF A WOMAN WHO IS BOTH IDEALISTIC AND DEEPLY FLAWED. HER ACTIONS, THOUGH OFTEN DRIVEN BY HER CONVICTIONS, HAVE FAR-REACHING CONSEQUENCES, HIGHLIGHTING THE UNINTENDED CONSEQUENCES OF REVOLUTIONARY FERVOR AND THE LASTING IMPACT OF PARENTAL CHOICES ON A CHILD'S LIFE. UNDERSTANDING FAYE'S MOTIVATIONS IS CRUCIAL TO UNDERSTANDING THE NARRATIVE'S CENTRAL CONFLICT.

THE ROLE OF TECHNOLOGY AND THE INTERNET IN *THE NIX*

THE NIX CLEVERLY INTEGRATES THE INFLUENCE OF TECHNOLOGY AND THE INTERNET INTO ITS NARRATIVE. THE NOVEL EXPLORES HOW ONLINE COMMUNITIES, ANONYMOUS IDENTITIES, AND THE EVER-PRESENT SURVEILLANCE OF THE DIGITAL AGE SHAPE OUR PERCEPTIONS OF OURSELVES AND OTHERS. THE INTERNET SERVES AS BOTH A TOOL FOR CONNECTION AND A BREEDING GROUND FOR ANONYMITY AND MANIPULATION, MIRRORING THE COMPLEXITIES OF THE REAL WORLD. THIS EXPLORATION OF THE DIGITAL REALM ENHANCES THE ALREADY RICH THEMATIC TAPESTRY OF THE BOOK, PROVIDING ANOTHER LAYER TO ITS ANALYSIS OF MODERN SOCIETY.

EXPLORING KEY THEMES: FAMILY, LEGACY, AND THE SEARCH FOR MEANING

BEYOND THE PLOT, THE NIX GRAPPLES WITH SEVERAL PROFOUND THEMES. FAMILY IS CENTRAL, EXPLORED THROUGH THE FRACTURED RELATIONSHIP BETWEEN SAMUEL AND FAYE, AND THE SUBTLE TENSIONS WITHIN THE BROADER FAMILY DYNAMIC. THE NOVEL EXPLORES THE LASTING IMPACT OF PARENTAL CHOICES AND THE COMPLEXITIES OF FAMILIAL BONDS. THE THEME OF LEGACY IS CLOSELY INTERTWINED, AS SAMUEL CONFRONTS THE CONSEQUENCES OF HIS MOTHER'S PAST AND THE WEIGHT OF HIS OWN FAMILY HISTORY. FINALLY, THE NOVEL DELVES INTO THE HUMAN SEARCH FOR MEANING, PARTICULARLY WITHIN THE CONTEXT OF A RAPIDLY CHANGING AND OFTEN CONFUSING WORLD. EACH CHARACTER GRAPPLES WITH THESE THEMES IN THEIR OWN WAY, CREATING A COMPELLING AND THOUGHT-PROVOKING NARRATIVE.

WHY THE NIX RESONATES WITH READERS: A POWERFUL EXPLORATION OF HUMAN EXPERIENCE

NATHAN HILL'S THE NIX ISN'T JUST A STORY; IT'S A POWERFUL EXPLORATION OF HUMAN EXPERIENCE, TACKLING COMPLEX THEMES WITH SENSITIVITY AND WIT. THE NOVEL'S UNIQUE BLEND OF HUMOR, PATHOS, AND SOCIAL COMMENTARY MAKES IT A TRULY COMPELLING READ. THE DETAILED CHARACTER DEVELOPMENT AND THE SEAMLESS WEAVING OF PAST AND PRESENT ALLOW READERS TO CONNECT DEEPLY WITH THE CHARACTERS AND THEIR STRUGGLES, PROMPTING REFLECTION ON OUR OWN LIVES AND RELATIONSHIPS. ITS ENDURING RELEVANCE LIES IN ITS EXPLORATION OF UNIVERSAL THEMES THAT TRANSCEND TIME AND PLACE, MAKING IT A BOOK THAT CONTINUES TO RESONATE WITH READERS LONG AFTER THEY FINISH THE LAST PAGE.

CONCLUSION: A MUST-READ FOR FANS OF LITERARY FICTION

THIS COMPREHENSIVE WELLNESS NATHAN HILL SUMMARY HAS PROVIDED A DETAILED OVERVIEW OF THE NIX, EXPLORING ITS CAPTIVATING PLOT, COMPELLING CHARACTERS, AND PROFOUND THEMES. THE NOVEL'S ABILITY TO SEAMLESSLY BLEND HUMOR AND PATHOS, AND ITS INSIGHTFUL EXPLORATION OF FAMILY, TECHNOLOGY, AND THE HUMAN CONDITION, SOLIDIFIES ITS PLACE AS A SIGNIFICANT WORK OF CONTEMPORARY LITERARY FICTION. IT'S A MUST-READ FOR ANYONE SEEKING A CHALLENGING, REWARDING, AND DEEPLY MOVING READING EXPERIENCE.

FAQs:

1. IS THE NIX A DIFFICULT READ? WHILE THE NOVEL IS LENGTHY AND EXPLORES COMPLEX THEMES, IT'S WRITTEN IN AN ENGAGING STYLE THAT MAKES IT ACCESSIBLE TO A BROAD AUDIENCE. THE HUMOR AND COMPELLING CHARACTERS HELP TO BALANCE THE MORE SERIOUS ELEMENTS.
1. WHAT IS THE MAIN CONFLICT IN THE NIX? THE CENTRAL CONFLICT STEMS FROM THE FRACTURED RELATIONSHIP BETWEEN SAMUEL AND FAYE AND THE UNRESOLVED ISSUES STEMMING FROM FAYE'S PAST ACTIONS AND HER UNPREDICTABLE BEHAVIOUR.
1. WHAT ARE THE MAJOR THEMES EXPLORED IN THE NIX? THE MAJOR THEMES INCLUDE FAMILY DYNAMICS, THE COMPLEXITIES OF THE PAST IMPACTING THE PRESENT, THE INFLUENCE OF TECHNOLOGY, MENTAL HEALTH, AND THE SEARCH FOR MEANING AND IDENTITY.

1. IS THERE A SEQUEL TO THE NIX? NO, THE NIX IS A STANDALONE NOVEL.

1. WHAT MAKES THE NIX STAND OUT FROM OTHER CONTEMPORARY NOVELS? ITS UNIQUE BLEND OF HUMOR AND PATHOS, INSIGHTFUL EXPLORATION OF COMPLEX THEMES, AND DEEPLY DEVELOPED CHARACTERS MAKE IT A TRULY EXCEPTIONAL WORK OF CONTEMPORARY LITERARY FICTION.

📖 **wellness nathan hill summary:** *The Nix* Nathan Hill, 2016-08-30 Winner of the Art Seidenbaum Award for First Fiction A New York Times 2016 Notable Book Entertainment Weekly's #1 Book of the Year A Washington Post 2016 Notable Book A Slate Top Ten Book NEW YORK TIMES BESTSELLER "The Nix is a mother-son psychodrama with ghosts and politics, but it's also a tragicomedy about anger and sanctimony in America. . . . Nathan Hill is a maestro." —John Irving From the suburban Midwest to New York City to the 1968 riots that rocked Chicago and beyond, *The Nix* explores—with sharp humor and a fierce tenderness—the resilience of love and home, even in times of radical change. It's 2011, and Samuel Andresen-Anderson—college professor, stalled writer—has a Nix of his own: his mother, Faye. He hasn't seen her in decades, not since she abandoned the family when he was a boy. Now she's re-appeared, having committed an absurd crime that electrifies the nightly news, beguiles the internet, and inflames a politically divided country. The media paints Faye as a radical hippie with a sordid past, but as far as Samuel knows, his mother was an ordinary girl who married her high-school sweetheart. Which version of his mother is true? Two facts are certain: she's facing some serious charges, and she needs Samuel's help. To save her, Samuel will have to embark on his own journey, uncovering long-buried secrets about the woman he thought he knew, secrets that stretch across generations and have their origin all the way back in Norway, home of the mysterious Nix. As he does so, Samuel will confront not only Faye's losses but also his own lost love, and will relearn everything he thought he knew about his mother, and himself.

wellness nathan hill summary: *Summary of Wellness a novel by Nathan Hill* GP SUMMARY, 2023-10-01 DISCLAIMER This book does not in any capacity mean to replace the original book but to serve as a vast summary of the original book. Summary of *Wellness* a novel by Nathan Hill IN THIS SUMMARIZED BOOK, YOU WILL GET: - Chapter astute outline of the main contents. - Fast & simple understanding of the content analysis. - Exceptionally summarized content that you may skip in the original book *Wellness* is a novel by the New York Times best-selling author of *The Nix*, reimagining the love story with insight, irony, and heart. The story follows Jack and Elizabeth, two college students who meet in the '90s Chicago art scene. After twenty years of married life, they face challenges like cults, polyamorous suitors, Facebook wars, and Love Potion Number Nine. They must face their demons and undertake personal excavations to save each other.

wellness nathan hill summary: *The Great Mistake* Jonathan Lee, 2021-06-17 The 'Father of Greater New York' is dead. Shot outside his Park Avenue mansion in the year of our Lord, 1903. In the hour of his death, will the truth of his life finally break free? Born to a struggling farming family in 1820, Andrew Haswell Green was a self-made man who reshaped Manhattan, built Central Park and turned New York into a modern metropolis. Now, at eighty-three, when he thought the world could hold no more surprises, he is murdered. As the detective assigned to the case traces his ghost across the city, other spectres appear: a wealthy courtesan; a broken-hearted man in a bowler hat; and an ambitious politician, Samuel, whose lifelong friendship was a source of joy and frustration. In a life of industry and restraint, where is the space for love? As restlessly inventive and absorbing as

its protagonist, *The Great Mistake* is the story of a city, and a singular man, transformed by longing.

wellness nathan hill summary: *A Map of the World* Jane Hamilton, 2010-12-15 NATIONAL BESTSELLER • From the author of the widely acclaimed *The Book of Ruth* comes a harrowing, heartbreaking drama about a rural American family and a disastrous event that forever changes their lives. It takes a writer of rare power and discipline to carry off an achievement like *A Map of the World*. Hamilton proves here that she is one of the best. —*Newsweek* The Goodwins, Howard, Alice, and their little girls, Emma and Claire, live on a dairy farm in Wisconsin. Although suspiciously regarded by their neighbors as that hippie couple because of their well-educated, urban background, Howard and Alice believe they have found a source of emotional strength in the farm, he tending the barn while Alice works as a nurse in the local elementary school. But their peaceful life is shattered one day when a neighbor's two-year-old daughter drowns in the Goodwins' pond while under Alice's care. Tormented by the accident, Alice descends even further into darkness when she is accused of sexually abusing a student at the elementary school. Soon, Alice is arrested, incarcerated, and as good as convicted in the eyes of a suspicious community. As a child, Alice designed her own map of the world to find her bearings. Now, as an adult, she must find her way again, through a maze of lies, doubt and ill will. A vivid human drama of guilt and betrayal, *A Map of the World* chronicles the intricate geographies of the human heart and all its mysterious, uncharted terrain. The result is a piercing drama about family bonds and a disappearing rural American life.

wellness nathan hill summary: *The Mindful Athlete* George Mumford, 2015-04-17 The all-star advisor to athletes like Kobe Bryant and Michael Jordan shares his revolutionary mindfulness-based program for elevating athletic performance—featuring a foreword by legendary NBA coach Phil Jackson. “George helped me understand the art of mindfulness. To be neither distracted or focused, rigid or flexible, passive or aggressive. I learned just to be.” —Kobe Bryant Michael Jordan credits George Mumford with transforming his on-court leadership of the Bulls, helping Jordan lead the team to six NBA championships. Mumford also helped Kobe Bryant, Andrew Bynum, and Lamar Odom and countless other NBA players turn around their games. A widely respected public speaker and coach, Mumford is sharing his own story and the strategies that have made these athletes into stars in *The Mindful Athlete: The Secret to Pure Performance*. His proven, gentle but groundbreaking mindfulness techniques can transform the performance of anyone with a goal, be they an Olympian, weekend warrior, executive, hacker, or artist. When Michael Jordan left the Chicago Bulls to play baseball in 1993, the team was in crisis. Coach Phil Jackson, a long-time mindfulness practitioner, contacted Dr. Kabat-Zinn to find someone who could teach mindfulness techniques to the struggling team—someone who would have credibility and could speak the language of his players. Kabat-Zinn led Jackson to Mumford and their partnership began. Mumford has worked with Jackson and each of the eleven teams he coached to become NBA champions. His roster of champion clients has since blossomed way beyond basketball to include corporate executives, Olympians, and athletes in many different sports. With a charismatic teaching style that combines techniques of engaged mindfulness with lessons from popular culture icons such as Yoda, Indiana Jones, and Bruce Lee, Mumford tells illuminating stories about his larger-than-life clients. His writing is down-to-earth and easy to understand and apply. *The Mindful Athlete* is an engrossing story and an invaluable resource for anyone looking to elevate their game, no matter what the pursuit, and includes a foreword by Phil Jackson.

wellness nathan hill summary: *How To Make One Hell Of A Profit and Still Get In To Heaven* Dr. John F. Demartini, 2004-03-01 Millions of people worldwide dream of making a good living, of attaining great wealth, and having an extraordinary and fortunate life. However, they haven't yet found a way of attaining it, and they fear that they can only do so at the expense of others—perhaps by compromising their higher spiritual values and virtuous nature. Some people who outwardly acknowledge their desire for great wealth feel inwardly guilty about acquiring it, and their illusive conflict blocks or dissipates their potential fortunes. Other people say they just want to be comfortable and secure rather than vastly fortunate. These individuals also hold themselves back from breaking through to new levels of financial freedom, and actually living their most cherished

and inspiring dreams. In addition to their conflicting spiritual and material natures, some people have an additional internal struggle between their desires to give and receive. *How to Make One Hell of a Profit and Still Get to Heaven* was written to help you (if you happen to be like most people) dissolve these apparent conflicts. It can assist you in making your financial dreams come true while shedding light on an entirely new way of looking at, understanding, and appreciating the true nature of Earthly profits and heavenly wealth. If you read and apply the principles and methodologies that are laid out in these pages, your relationship with, and ability to master, your spiritual wealth and material finances as well as other vital areas of your life will undergo an amazing transformation.

wellness nathan hill summary: *The Fortunes* Peter Ho Davies, 2016-09-06 An NPR Best Book of the Year: "The most honest, unflinching, cathartically biting novel I've read about the Chinese American experience." —Celeste Ng, #1 New York Times–bestselling author of *Our Missing Hearts* Winner, Anisfield-Wolf Book Award * Winner, Chautauqua Prize *Finalist, Dayton Literary Peace Prize * A New York Times Notable Book * A Publishers Weekly Best Book of the Year Sly, funny, intelligent, and artfully structured, *The Fortunes* recasts American history through the lives of Chinese Americans and reimagines the multigenerational novel through the fractures of immigrant family experience. Inhabiting four lives—a railroad baron's valet who unwittingly ignites an explosion in Chinese labor; Hollywood's first Chinese movie star; a hate-crime victim whose death mobilizes the Asian American community; and a biracial writer visiting China for an adoption—this novel captures and capsizes over a century of our history, showing that even as family bonds are denied and broken, a community can survive—as much through love as blood. "Intense and dreamlike . . . filled with quiet resonances across time." —The New Yorker "Riveting and luminous . . . Like the best books, this one haunts the reader well after the end." —Jesmyn Ward, National Book Award-winning author of *Sing, Unburied, Sing* "A moving, often funny, and deeply provocative novel about the lives of four very different Chinese Americans as they encounter the myriad opportunities and clear limits of American life . . . gorgeously told." —Chang-rae Lee, Buzzfeed "A poignant, cascading four-part novel . . . Outstanding." —David Mitchell, The Guardian

wellness nathan hill summary: *It Will End Like This* Kyra Leigh, 2022-01-04 If you think you know how this one will end, I promise, you don't. —Kara Thomas, author of *That Weekend* and *The Cheerleaders* For fans of *They Wish They Were Us* and *Sadie* comes a propulsive thriller that reminds us that in real life, endings are rarely as neat as happily ever after. A contemporary take on the Lizzie Borden story that explores how grief can cut deep. Charlotte lost her mother six months ago, and still no one will tell her exactly what happened the day she mysteriously died. They say her heart stopped, but Charlotte knows deep down that there's more to the story. The only person who gets it is Charlotte's sister, Maddi. Maddi agrees—people's hearts don't just stop. There are too many questions left unanswered for the girls to move on. But their father is moving on. With their mother's personal assistant. And both girls are sure of one thing: she's going to steal everything that's theirs for herself. She'll even get rid of them eventually. Now, in order to get their lives back, Charlotte and Maddi have to decide what kind of story they live in. Do they remain the obedient girls their father insists they be, or do they follow their rage to the end?

wellness nathan hill summary: *Wake the Bones* Elizabeth Kilcoyne, 2022-07-12 YA horror has found a new standard-bearer. - Kirkus Reviews (starred review) "Dark, gripping, and gorgeous, *Wake the Bones* will lead you into the woods and keep you up late. As lush and sweltering as a Kentucky summer... Elizabeth Kilcoyne is a force." - Gwenda Bond, New York Times bestselling author *The sleepy little farm that Laurel Early grew up on has awakened. The woods are shifting, the soil is dead under her hands, and her bone pile just stood up and walked away. After dropping out of college, all she wanted was to resume her life as a tobacco hand and taxidermist and try not to think about the boy she can't help but love. Instead, a devil from her past has returned to court her, as he did her late mother years earlier. Now, Laurel must unravel her mother's terrifying legacy and tap into her own innate magic before her future and the fate of everyone she loves is doomed. Elizabeth Kilcoyne's *Wake the Bones* is a dark, atmospheric debut about the complicated feelings that arise when the place you call home becomes hostile. Seething with shadows, summer, and uniquely*

southern magic, *Wake the Bones* is a powerful debut that captures the ache of home being a place you simultaneously love and loathe. - Hannah Whitten, New York Times bestselling author of *For the Wolf*

wellness nathan hill summary: Hurricane Girl Marcy Dermansky, 2023-07-04 A propulsive and daring new novel by the author of *Very Nice* about a woman on the run from catastrophe, searching for love, home, a swimming pool, and for someone who can perhaps stop the bleeding from her head. Marcy Dermansky is one of the most wildly original writers that I've ever read, and *Hurricane Girl* showcases what makes her so amazing. In tracking the unpredictable movements of a strange and hypnotic journey in the aftermath of a natural disaster, Dermansky nails the sensation of being alive, of navigating a world so strange that it's almost a dream, of trying, again and again, to anchor yourself to a moment, to assure yourself that you exist, to withstand anything and somehow keep living. —Kevin Wilson, New York Times bestselling author of *Nothing to See Here* Allison Brody is thirty-two and newly arrived on the East Coast after just managing to flee her movie producer boyfriend. She has some money, saved up from years of writing and waitressing, and so she spends it, buying a small house on the beach. But then a Category 3 hurricane makes landfall and scatters her home up and down the shore, leaving Allison adrift. Should she go home from the bar with the strange cameraman and stay in his guest room? Is that a glass vase he smashed on her skull? Can she wipe the blood from her eyes, get in her car, and drive to her mother's? Does she really love the brain surgeon who saved her, or is she just using him for his swimming pool? And is it possible to ever truly heal without seeking some measure of revenge? A gripping, provocative novel that walks a knife's edge between comedy and horror, *Hurricane Girl* is the work of a singular talent, a novelist unafraid to explore the intersection of love, sex, violence, and freedom—while celebrating the true joy that can be found in a great swim and a good turkey sandwich.

wellness nathan hill summary: Tomorrow, and Tomorrow, and Tomorrow Gabrielle Zevin, 2024-06-25 NEW YORK TIMES BEST SELLER • Sam and Sadie—two college friends, often in love, but never lovers—become creative partners in a dazzling and intricately imagined world of video game design, where success brings them fame, joy, tragedy, duplicity, and, ultimately, a kind of immortality. It is a love story, but not one you have read before. Delightful and absorbing. —The New York Times • Utterly brilliant. —John Green One of the Best Books of the Year: The New York Times, Entertainment Weekly, TIME, GoodReads, Oprah Daily From the best-selling author of *The Storied Life of A. J. Fikry*: On a bitter-cold day, in the December of his junior year at Harvard, Sam Masur exits a subway car and sees, amid the hordes of people waiting on the platform, Sadie Green. He calls her name. For a moment, she pretends she hasn't heard him, but then, she turns, and a game begins: a legendary collaboration that will launch them to stardom. These friends, intimates since childhood, borrow money, beg favors, and, before even graduating college, they have created their first blockbuster, *Ichigo*. Overnight, the world is theirs. Not even twenty-five years old, Sam and Sadie are brilliant, successful, and rich, but these qualities won't protect them from their own creative ambitions or the betrayals of their hearts. Spanning thirty years, from Cambridge, Massachusetts, to Venice Beach, California, and lands in between and far beyond, Gabrielle Zevin's *Tomorrow, and Tomorrow, and Tomorrow* examines the multifarious nature of identity, disability, failure, the redemptive possibilities in play, and above all, our need to connect: to be loved and to love.

wellness nathan hill summary: Ohio Stephen Markley, 2019-06-04 "Extraordinary...beautifully precise...[an] earnestly ambitious debut." —The New York Times Book Review "A wild, angry, and devastating masterpiece of a book." —NPR "[A] descendent of the Dickensian 'social novel' by way of Jonathan Franzen: epic fiction that lays bare contemporary culture clashes, showing us who we are and how we got here." —O, The Oprah Magazine "A book that has stayed with me ever since I put it down." —Seth Meyers, host of *Late Night with Seth Meyers* One sweltering night in 2013, four former high school classmates converge on their hometown in northeastern Ohio. There's Bill Ashcraft, a passionate, drug-abusing young activist whose flailing ambitions have taken him from Cambodia to Zuccotti Park to post-BP New Orleans,

and now back home with a mysterious package strapped to the undercarriage of his truck; Stacey Moore, a doctoral candidate reluctantly confronting her family and the mother of her best friend and first love, whose disappearance spurs the mystery at the heart of the novel; Dan Eaton, a shy veteran of three tours in Iraq, home for a dinner date with the high school sweetheart he's tried desperately to forget; and the beautiful, fragile Tina Ross, whose rendezvous with the washed-up captain of the football team triggers the novel's shocking climax. Set over the course of a single evening, Ohio toggles between the perspectives of these unforgettable characters as they unearth dark secrets, revisit old regrets and uncover—and compound—bitter betrayals. Before the evening is through, these narratives converge masterfully to reveal a mystery so dark and shocking it will take your breath away.

wellness nathan hill summary: *How Not to Drown in a Glass of Water* Angie Cruz, 2022-09-13 A NEW YORK TIMES EDITOR'S CHOICE · A NEW YORK TIMES BOOK REVIEW NOTABLE BOOK · REVIEWED ON THE FRONT COVER From GMA BOOK CLUB PICK and WOMEN'S PRIZE FINALIST Angie Cruz, author of *Dominicana*, an electrifying new novel about a woman who has lost everything but the chance to finally tell her story “Will have you LAUGHING line after line...Cruz AIMS FOR THE HEART, and fires.” —Los Angeles Times An endearing portrait of a FIERCE, FUNNY woman. —The Washington Post Cara Romero thought she would work at the factory of little lamps for the rest of her life. But when, in her mid-50s, she loses her job in the Great Recession, she is forced back into the job market for the first time in decades. Set up with a job counselor, Cara instead begins to narrate the story of her life. Over the course of twelve sessions, Cara recounts her tempestuous love affairs, her alternately biting and loving relationships with her neighbor Lulu and her sister Angela, her struggles with debt, gentrification and loss, and, eventually, what really happened between her and her estranged son, Fernando. As Cara confronts her darkest secrets and regrets, we see a woman buffeted by life but still full of fight. Structurally inventive and emotionally kaleidoscopic, *How Not to Drown in a Glass of Water* is Angie Cruz's most ambitious and moving novel yet, and Cara is a heroine for the ages.

wellness nathan hill summary: *Your Heart is a Muscle the Size of a Fist* Sunil Yapa, 2016-01-14 A TIME Magazine Best Book of 2016 An Amazon Best Book of 2016 A heart-stopping debut about protest and riot . . . 1999. Victor, homeless after a family tragedy, finds himself pounding the streets of Seattle with little meaning or purpose. He is the estranged son of the police chief of the city, and today his father is in charge of one of the largest protests in the history of Western democracy. But in a matter of hours reality will become a nightmare. Hordes of protesters - from all sections of society - will test the patience of the city's police force, and lives will be altered forever: two armed police officers will struggle to keep calm amid the threat of violence; a protester with a murderous past will make an unforgivable mistake; and a delegate from Sri Lanka will do whatever it takes to make it through the crowd to a meeting - a meeting that could dramatically change the fate of his country. In amongst the fray, Victor and his father are heading for a collision too. *Your Heart is a Muscle the Size of a Fist*, set during the World Trade Organization protests, is a deeply charged novel showcasing a distinct and exciting new literary voice.

wellness nathan hill summary: *Liberty and Security* Conor Gearty, 2013-04-03 All aspire to liberty and security in their lives but few people truly enjoy them. This book explains why this is so. In what Conor Gearty calls our 'neo-democratic' world, the proclamation of universal liberty and security is mocked by facts on the ground: the vast inequalities in supposedly free societies, the authoritarian regimes with regular elections, and the terrible socio-economic deprivation camouflaged by cynically proclaimed commitments to human rights. Gearty's book offers an explanation of how this has come about, providing also a criticism of the present age which tolerates it. He then goes on to set out a manifesto for a better future, a place where liberty and security can be rich platforms for everyone's life. The book identifies neo-democracies as those places which play at democracy so as to disguise the injustice at their core. But it is not just the new 'democracies' that have turned 'neo', the so-called established democracies are also hurtling in the same direction, as is the United Nations. A new vision of universal freedom is urgently required. Drawing on scholarship

in law, human rights and political science this book argues for just such a vision, one in which the great achievements of our democratic past are not jettisoned as easily as were the socialist ideals of the original democracy-makers.

wellness nathan hill summary: Improbable Magic for Cynical Witches Kate Scelsa, 2022-05-31 A witchy, atmospheric lesbian contemporary romance set in Salem—from the acclaimed author of *Fans of the Impossible Life*. Perfect for fans of Nina LaCour and Becky Albertalli. Seventeen-year-old Eleanor is the last person in Salem to believe in witchcraft—or to think that her life could be transformed by mysterious forces. After losing her best friend and first love, Chloe, Eleanor has spent the past year in a haze, vowing to stay away from anything resembling romance. But when a handwritten guide to tarot arrives in the mail at the witchy souvenir store where Eleanor works, it seems to bring with it the message that magic is about to enter her life. Cynical Eleanor is quick to dismiss this promise, until real-life witch Pix shows up with an unusual invitation. Inspired by the magic and mystery of the tarot, Eleanor decides to open herself up to Pix and her coven of witches, and even to the possibility of a new romance. But Eleanor's complicated history continues to haunt her. She will have to reckon with the old ghosts that threaten to destroy everything, even her chance at new love. *Improbable Magic for Cynical Witches* is an atmospheric and romantic coming-of-age about learning to make peace with the past in order to accept the beauty of the present.

wellness nathan hill summary: The Malaria Project Karen M. Masterson, 2014-10-07 A fascinating and shocking historical exposé, *The Malaria Project* is the story of America's secret mission to combat malaria during World War II—a campaign modeled after a German project which tested experimental drugs on men gone mad from syphilis. American war planners, foreseeing the tactical need for a malaria drug, recreated the German model, then grew it tenfold. Quickly becoming the biggest and most important medical initiative of the war, the project tasked dozens of the country's top research scientists and university labs to find a treatment to remedy half a million U.S. troops incapacitated by malaria. Spearheading the new U.S. effort was Dr. Lowell T. Coggeshall, the son of a poor Indiana farmer whose persistent drive and curiosity led him to become one of the most innovative thinkers in solving the malaria problem. He recruited private corporations, such as today's Squibb and Eli Lilly, and the nation's best chemists out of Harvard and Johns Hopkins to make novel compounds that skilled technicians tested on birds. Giants in the field of clinical research, including the future NIH director James Shannon, then tested the drugs on mental health patients and convicted criminals—including infamous murderer Nathan Leopold. By 1943, a dozen strains of malaria brought home in the veins of sick soldiers were injected into these human guinea pigs for drug studies. After hundreds of trials and many deaths, they found their “magic bullet,” but not in a U.S. laboratory. America's best weapon against malaria, still used today, was captured in battle from the Nazis. Called chloroquine, it went on to save more lives than any other drug in history. Karen M. Masterson, a journalist turned malaria researcher, uncovers the complete story behind this dark tale of science, medicine and war. Illuminating, riveting and surprising, *The Malaria Project* captures the ethical perils of seeking treatments for disease while ignoring the human condition.

wellness nathan hill summary: Dark Circles Caite Dolan-Leach, 2023-03-21 An embattled actress becomes entangled in a dark conspiracy at a spiritual retreat—and starts a true crime podcast to try to break the case—in this chilling novel about fame, violence, and our morbid fascination with murder, from the acclaimed author of *Dead Letters*. “Dolan-Leach writes like Paula Hawkins by way of Curtis Sittenfeld.”—Amy Gentry, author of *Good as Gone* Olivia Reed needs a break. She doesn't want to think about her name plastered on tabloids or be reminded of her recent meltdown on a Manhattan street. Her micromanaging publicist has just the thing in mind: a remote retreat in upstate New York—the House of Light. It's not rehab; it's a Spiritual Center, a site for seeking realignment and personal growth. There will be yoga and morning meditation, soft bamboo-blend fabrics and no shortage of crystals to cleanse her energy. But Liv will soon find that the House of Light is filled with darkness. A prickly local, Ava, informs her that something twisted is

lurking behind the Light's veneer. There have been a series of mysterious suicides committed by women caught in the Light's web, and no matter who Ava talks to, no one believes the Center is involved. To find out what's really happened and put her celebrity to good use, Liv starts a podcast, seeking to connect the dots and expose the Light's true intentions. Because beneath the glowing skin of the Light's inhabitants lie rotten souls, and Liv starts to wonder if anything—even her own life—is how it appears. Caite Dolan-Leach brings her tantalizing voice, her gift for atmosphere, and a cast of delightfully devious and absorbing characters to this riveting novel of suspense.

wellness nathan hill summary: *Lost Lake* Sarah Addison Allen, 2014-01-21 Now a New York Times Bestseller From the author of the beloved bestseller *Garden Spells* comes a beautiful, haunting story of old loves and new, and the power of the connections that bind us forever... The first time Eby Pim saw *Lost Lake*, it was on a picture postcard. Just an old photo and a few words on a small square of heavy stock, but when she saw it, she knew she was seeing her future. That was half a life ago. Now *Lost Lake* is about to slip into Eby's past. Her husband George is long passed. Most of her demanding extended family are gone. All that's left is a once-charming collection of lakeside cabins succumbing to the Southern Georgia heat and damp, and an assortment of faithful misfits drawn back to *Lost Lake* year after year by their own unspoken dreams and desires. It's a lot, but not enough to keep Eby from relinquishing *Lost Lake* to a developer with cash in hand, and calling this her final summer at the lake. Until one last chance at family knocks on her door. *Lost Lake* is where Kate Pheris spent her last best summer at the age of twelve, before she learned of loneliness, and heartbreak, and loss. Now she's all too familiar with those things, but she knows about hope too, thanks to her resilient daughter Devin, and her own willingness to start moving forward. Perhaps at *Lost Lake* her little girl can cling to her own childhood for just a little longer... and maybe Kate herself can rediscover something that slipped through her fingers so long ago. One after another, people find their way to *Lost Lake*, looking for something that they weren't sure they needed in the first place: love, closure, a second chance, peace, a mystery solved, a heart mended. Can they find what they need before it's too late? At once atmospheric and enchanting, *Lost Lake* shows Sarah Addison Allen at her finest, illuminating the secret longings and the everyday magic that wait to be discovered in the unlikelyst of places.

wellness nathan hill summary: *The Feast of Love* Charles Baxter, 2009-05-14 National Book Award Finalist • A superb novel that delicately unearths the myriad manifestations of extraordinary love between ordinary people, from one of our most gifted writers (Chicago Tribune) and the winner of the PEN/Malamud Award A near perfect book, as deep as it is broad in its humaneness, comedy and wisdom. —The Washington Post *The Feast of Love* is just that—a sumptuous work of fiction about the thing that most distracts and delights us. In a re-imagined *Midsummer Night's Dream*, men and women speak of and desire their ideal mates; parents seek out their lost children; adult children try to come to terms with their own parents and, in some cases, find new ones. In vignettes both comic and sexy, the owner of a coffee shop recalls the day his first wife seemed to achieve a moment of simple perfection, while she remembers the women's softball game during which she was stricken by the beauty of the shortstop. A young couple spends hours at the coffee shop fueling the idea of their fierce love. A professor of philosophy, stopping by for a cup of coffee, makes a valiant attempt to explain what he knows to be the inexplicable workings of the human heart Their voices resonate with each other—disparate people joined by the meanderings of love—and come together in a tapestry that depicts the most irresistible arena of life. Crafted with subtlety, grace, and power, *The Feast of Love* is a masterful novel.

wellness nathan hill summary: *The Sweetness of Water* (Oprah's Book Club) Nathan Harris, 2022-05-03 AN INSTANT NEW YORK TIMES BESTSELLER / AN OPRAH'S BOOK CLUB PICK ONE OF PRESIDENT OBAMA'S FAVORITE BOOKS OF 2021 Winner of the Ernest J. Gaines Award for Literary Excellence Longlisted for the Man Booker Prize Longlisted for the 2022 Carnegie Medal for Excellence Longlisted for the Center for Fiction First Novel Prize In the spirit of *The Known World* and *The Underground Railroad*, a miraculous debut (Washington Post) and a towering achievement of imagination (CBS This Morning) about the unlikely bond between two freedmen who

are brothers and the Georgia farmer whose alliance will alter their lives, and his, forever--from a storyteller with bountiful insight and assurance (Kirkus) A Best Book of the Year: Oprah Daily, NPR, Washington Post, Time, Boston Globe, Smithsonian, Chicago Public Library, BookBrowse, and the Oregonian A New York Times Book Review Editors' Choice A July Indie Next Pick In the waning days of the Civil War, brothers Prentiss and Landry--freed by the Emancipation Proclamation--seek refuge on the homestead of George Walker and his wife, Isabelle. The Walkers, wracked by the loss of their only son to the war, hire the brothers to work their farm, hoping through an unexpected friendship to stanch their grief. Prentiss and Landry, meanwhile, plan to save money for the journey north and a chance to reunite with their mother, who was sold away when they were boys. Parallel to their story runs a forbidden romance between two Confederate soldiers. The young men, recently returned from the war to the town of Old Ox, hold their trysts in the woods. But when their secret is discovered, the resulting chaos, including a murder, unleashes convulsive repercussions on the entire community. In the aftermath of so much turmoil, it is Isabelle who emerges as an unlikely leader, proffering a healing vision for the land and for the newly free citizens of Old Ox. With candor and sympathy, debut novelist Nathan Harris creates an unforgettable cast of characters, depicting Georgia in the violent crucible of Reconstruction. Equal parts beauty and terror, as gripping as it is moving, *The Sweetness of Water* is an epic whose grandeur locates humanity and love amid the most harrowing circumstances.

wellness nathan hill summary: *Professor Chandra Follows His Bliss* Rajeev

Balasubramanyam, 2019-01-10 'I loved this beautiful book. It's tender and compassionate, written with exquisite care and verve, and so so SO funny' MARIAN KEYES Professor Chandra is about to embark on the trip of a lifetime. In the moments after the bicycle accident, Professor Chandra begins to reassess his life, his career and his relationship with his three children. He's just missed out on the Nobel Prize (again). All this work. All this stress. It's killing him. Professor Chandra needs to take a break, and reluctantly agrees to visit a Californian retreat, to follow his bliss. And so he must try to crack the most complex problem of all: the secret to his own happiness

wellness nathan hill summary: *"Don't You Know Who I Am?"* Ramani S. Durvasula Ph.D, 2019-10-01 "Don't You Know Who I Am?" has become the mantra of the famous and infamous, the entitled and the insecure. It's the tagline of the modern narcissist. Health and wellness campaigns preach avoidance of unhealthy foods, sedentary lifestyles, tobacco, drugs, and alcohol, but rarely preach avoidance of unhealthy, difficult or toxic people. Yet the health benefits of removing toxic people from your life may have far greater benefits to both physical and psychological health. We need to learn to be better gatekeepers for our minds, bodies, and souls. Narcissism, entitlement, and incivility have become the new world order, and we are all in trouble. They are not only normalized but also increasingly incentivized. They are manifestations of pathological insecurity--insecurities that are experienced at both the individual and societal level. The paradox is that we value these patterns. We venerate them through social media, mainstream media, and consumerism, and they are endemic in political, corporate, academic, and media leaders. There are few lives untouched by narcissists. These relationships infect those who are in them with self-doubt, despair, confusion, anxiety, depression, and the chronic feeling of being "not enough," all of which make it so difficult to step away and set boundaries. The illusion of hope and the fantasy of redemption can result in years of second chances, and despondency when change never comes. It's time for a wake-up call. It's time to stem the tide of narcissism, entitlement, and antagonism, and take our lives back.

wellness nathan hill summary: *The Borrower* Rebecca Makkai, 2011-06-09 In this delightful, funny, and moving first novel, a librarian and a young boy obsessed with reading take to the road. Lucy Hull, a young children's librarian in Hannibal, Missouri, finds herself both a kidnapper and kidnapped when her favorite patron, ten-year-old Ian Drake, runs away from home. The precocious Ian is addicted to reading, but needs Lucy's help to smuggle books past his overbearing mother, who has enrolled Ian in weekly antigay classes with celebrity Pastor Bob. Lucy stumbles into a moral dilemma when she finds Ian camped out in the library after hours with a knapsack of provisions and an escape plan. Desperate to save him from Pastor Bob and the Drakes, Lucy allows herself to be

hijacked by Ian. The odd pair embarks on a crazy road trip from Missouri to Vermont, with ferrets, an inconvenient boyfriend, and upsetting family history thrown in their path. But is it just Ian who is running away? Who is the man who seems to be on their tail? And should Lucy be trying to save a boy from his own parents?

wellness nathan hill summary: *The Nix* Nathan Hill, 2017-05-02 A New York Times 2016 Notable Book Entertainment Weekly's #1 Book of the Year A Washington Post 2016 Notable Book A Slate Top Ten Book "Nathan Hill is a maestro." —John Irving It's 2011, and Samuel Andresen-Anderson hasn't seen his mother, Faye, in decades—not since she abandoned the family when he was a boy. Now she's reappeared, having committed an absurd crime that electrifies the nightly news and inflames a politically divided country. The media paints Faye as a radical hippie with a sordid past, but as far as Samuel knows, his mother was an ordinary girl who married her high-school sweetheart. Which version of his mother is true? Two facts are certain: she's facing some serious charges, and she needs Samuel's help. To save her, Samuel will have to embark on his own journey, uncovering long-buried secrets about the woman he thought he knew, secrets that stretch across generations and have their origin all the way back in Norway, home of the mysterious Nix. As he does so, Samuel will confront not only Faye's losses but also his own lost love, and will relearn everything he thought he knew about his mother, and himself.

wellness nathan hill summary: *The World That We Knew* Alice Hoffman, 2020-09-01 NEW YORK TIMES BESTSELLER * LONGLISTED FOR THE ANDREW CARNEGIE MEDAL On the brink of World War II, with the Nazis tightening their grip on Berlin, a mother's act of courage and love offers her daughter a chance of survival. "[A] hymn to the power of resistance, perseverance, and enduring love in dark times...gravely beautiful...Hoffman the storyteller continues to dazzle." —THE NEW YORK TIMES BOOK REVIEW At the time when the world changed, Hanni Kohn knows she must send her twelve-year-old daughter away to save her from the Nazi regime. Her desperation leads her to Ettie, the daughter of a rabbi whose years spent eavesdropping on her father enables her to create a mystical Jewish creature, a rare and unusual golem, who is sworn to protect Hanni's daughter, Lea. Once Ava is brought to life, she and Lea and Ettie become eternally entwined, their paths fated to cross, their fortunes linked. What does it mean to lose your mother? How much can one person sacrifice for love? In a world where evil can be found at every turn, we meet remarkable characters that take us on a stunning journey of loss and resistance, the fantastical and the mortal, in a place where all roads lead past the Angel of Death and love is never-ending.

wellness nathan hill summary: *Shaken Brain* Elizabeth Sandel, 2020-02-11 A physician with thirty-five years of experience treating people with brain injuries shares the latest research on concussions and best practices for care. The explosion of attention to sports concussions has many of us thinking about the addled brains of our football and hockey heroes. But concussions happen to everyone, not just elite athletes. Children fall from high chairs, drivers and cyclists get into accidents, and workers encounter unexpected obstacles on the job. Concussions are prevalent, occurring even during everyday activities. In fact, in less time than it takes to read this sentence, three Americans will experience a concussion. The global statistics are no less staggering. *Shaken Brain* offers expert advice and urgently needed answers. Elizabeth Sandel, MD, is a board-certified physician who has spent more than three decades treating patients with traumatic brain injuries, training clinicians, and conducting research. Here she explains the scientific evidence for what happens to the brain and body after a concussion. And she shares stories from a diverse group of patients, educating readers on prevention, diagnosis, and treatment. Few people understand that what they do in the aftermath of their injury will make a dramatic difference to their future well-being; patient experiences testify to the best practices for concussion sufferers and their caregivers. Dr. Sandel also shows how to evaluate risks before participating in activities and how to use proven safety strategies to mitigate these risks. Today concussions aren't just injuries—they're big news. And, like anything in the news, they're the subject of much misinformation. *Shaken Brain* is the resource patients and their families, friends, and caregivers need to understand how concussions occur, what to expect from healthcare providers, and what the long-term consequences

may be.

wellness nathan hill summary: The Quick and the Dead Joy Williams, 2010-09-01
PULITZER PRIZE FINALIST • From one of our most heralded writers comes the “poetic, disturbing, yet very funny” (The Washington Post Book World) life-and-death adventures of three misfit teenagers in the American desert. Alice, Corvus, and Annabel, each a motherless child, are an unlikely circle of friends. One filled with convictions, another with loss, the third with a worldly pragmatism, they traverse an air-conditioned landscape eccentric with signs and portents—from the preservation of the living dead in a nursing home to the presentation of the dead as living in a wildlife museum—accompanied by restless, confounded adults. A father lusts after his handsome gardener even as he's haunted (literally) by his dead wife; a heartbroken dog runs afoul of an angry neighbor; a young stroke victim drifts westward, his luck running from worse to awful; a sickly musician for whom Alice develops an attraction is drawn instead toward darker imaginings and solutions; and an aging big-game hunter finds spiritual renewal through his infatuation with an eight-year-old—the formidable Emily Bliss Pickless. With nature thoroughly routed and the ambiguities of existence on full display, life and death continue in directions both invisible and apparent. Gloriously funny and wonderfully serious, *The Quick and the Dead* limns the vagaries of love, the thirst for meaning, and the peculiar paths by which all creatures are led to their destiny. A panorama of contemporary life and an endlessly surprising tour de force: penetrating and magical, ominous and comic, this is the most astonishing book yet in Joy Williams's illustrious career. Joy Williams belongs, James Salter has written, in the company of Céline, Flannery O'Connor, and Margaret Atwood.

wellness nathan hill summary: The Cotillion Brigade Glen Craney, 2021-03-15 Georgia burns. Sherman's Yankees are closing in. Will the women of LaGrange run or fight? Based on the true story of the celebrated Nancy Hart Rifles, *The Cotillion Brigade* is a sweeping epic of the Civil War's ravages on family and love, the resilient bonds of sisterhood amid devastation, and the miracle of reconciliation between bitter enemies. “Gone With The Wind meets A League Of Their Own.” 1856. Sixteen-year-old Nannie Colquitt Hill makes her debut in the antebellum society of the Chattahoochee River plantations. A thousand miles to the north, a Wisconsin farm boy, Hugh LaGrange, joins an Abolitionist crusade to ban slavery in Bleeding Kansas. Five years later, secession and total war against the homefronts of Dixie hurl them toward a confrontation unrivaled in American history. Nannie defies the traditions of Southern gentility by forming a women's militia and drilling it to prepare for Northern invaders. With their men dead, wounded, or retreating with the Confederate armies, only Captain Nannie and her Fighting Nancies stand between their beloved homes and the Yankee torches. Hardened into a slashing Union cavalry colonel, Hugh duels Rebel generals Joseph Wheeler and Nathan Bedford Forrest across Tennessee and Alabama. As the war churns to a bloody climax, he is ordered to drive a burning stake deep into the heart of the Confederacy. Yet one Georgia town—which by mocking coincidence bears Hugh's last name—stands defiant in his path. Read the remarkable story of the Southern women who formed America's most famous female militia and the Union officer whose life they changed forever. Editorial Praise: Foreword Magazine Indie Book-of-the-Year Finalist. Historical Novel Society Editor's Choice Award: The story reflects the author's impeccable research and passion for the subject. *The Cotillion Brigade* will appeal to readers who enjoy reading poignant, character-driven Civil War stories that will resonate in their minds long after finishing them. Highly recommended. Military Writers Society of America Gold Medal Winner: [H]istorical fiction at its best: solid research combined with great storytelling. InD'tale Magazine's Crowned Heart for Excellence:[A] must-read! The story is beautifully told...readers will feel they are in the scenes.... a fantastic journey.

wellness nathan hill summary: Stay with Me Ayobami Adebayo, 2017-08-22 “Powerfully magnetic. . . . In the lineage of great works by Chinua Achebe and Chimamanda Ngozi Adichie. . . . A thoroughly contemporary—and deeply moving—portrait of a marriage.” —The New York Times Book Review Ilesa, Nigeria. Ever since they first met and fell in love at university, Yejide and Akin have agreed: polygamy is not for them. But four years into their marriage—after consulting fertility

doctors and healers, and trying strange teas and unlikely cures—Yejide is still not pregnant. She assumes she still has time—until her in-laws arrive on her doorstep with a young woman they introduce as Akin's second wife. Furious, shocked, and livid with jealousy, Yejide knows the only way to save her marriage is to get pregnant. Which, finally, she does—but at a cost far greater than she could have dared to imagine. The unforgettable story of a marriage as seen through the eyes of both husband and wife, *Stay With Me* asks how much we can sacrifice for the sake of family. A New York Times Notable Book One of the Best Books of the Year: NPR, The Wall Street Journal, The Economist, Chicago Tribune, BuzzFeed, Entertainment Weekly, The New York Post, Southern Living, The Skimm A 2017 BEA Buzz Panel Selection A Belletrist Book-of-the-Month A Sarah Jessica Parker Book Club Selection Shortlisted for the 2017 Baileys Women's Prize for Fiction Shortlisted for the Wellcome Book Prize and the 9mobile Prize for Literature Longlisted for the International Dylan Thomas Prize

wellness nathan hill summary: *Roth Unbound* Claudia Roth Pierpont, 2013-10-22 A critical evaluation of Philip Roth—the first of its kind—that takes on the man, the myth, and the work Philip Roth is one of the most renowned writers of our time. From his debut, *Goodbye, Columbus*, which won the National Book Award in 1960, and the explosion of *Portnoy's Complaint* in 1969 to his haunting reimagining of Anne Frank's story in *The Ghost Writer* ten years later and the series of masterworks starting in the mid-eighties—*The Counterlife*, *Patrimony*, *Operation Shylock*, *Sabbath's Theater*, *American Pastoral*, *The Human Stain*—Roth has produced some of the great American literature of the modern era. And yet there has been no major critical work about him until now. Here, at last, is the story of Roth's creative life. *Roth Unbound* is not a biography—though it contains a wealth of previously undisclosed biographical details and unpublished material—but something ultimately more rewarding: the exploration of a great writer through his art. Claudia Roth Pierpont, a staff writer for *The New Yorker*, has known Roth for nearly a decade. Her carefully researched and gracefully written account is filled with remarks from Roth himself, drawn from their ongoing conversations. Here are insights and anecdotes that will change the way many readers perceive this most controversial and galvanizing writer: a young and unhappily married Roth struggling to write; a wildly successful Roth, after the uproar over *Portnoy*, working to help writers from Eastern Europe and to get their books known in the West; Roth responding to the early, Jewish—and the later, feminist—attacks on his work. Here are Roth's family, his inspirations, his critics, the full range of his fiction, and his friendships with such figures as Saul Bellow and John Updike. Here is Roth at work and at play. *Roth Unbound* is a major achievement—a highly readable story that helps us make sense of one of the most vital literary careers of the twentieth and twenty-first centuries.

wellness nathan hill summary: Healing Spaces Esther M. Sternberg MD, 2010-09-30 "Esther Sternberg is a rare writer—a physician who healed herself...With her scientific expertise and crystal clear prose, she illuminates how intimately the brain and the immune system talk to each other, and how we can use place and space, sunlight and music, to reboot our brains and move from illness to health."—Gail Sheehy, author of *Passages* Does the world make you sick? If the distractions and distortions around you, the jarring colors and sounds, could shake up the healing chemistry of your mind, might your surroundings also have the power to heal you? This is the question Esther Sternberg explores in *Healing Spaces*, a look at the marvelously rich nexus of mind and body, perception and place. Sternberg immerses us in the discoveries that have revealed a complicated working relationship between the senses, the emotions, and the immune system. First among these is the story of the researcher who, in the 1980s, found that hospital patients with a view of nature healed faster than those without. How could a pleasant view speed healing? The author pursues this question through a series of places and situations that explore the neurobiology of the senses. The book shows how a Disney theme park or a Frank Gehry concert hall, a labyrinth or a garden can trigger or reduce stress, induce anxiety or instill peace. If our senses can lead us to a "place of healing," it is no surprise that our place in nature is of critical importance in Sternberg's account. The health of the environment is closely linked to personal health. The discoveries this book describes point to possibilities for designing hospitals, communities, and neighborhoods that

promote healing and health for all.

wellness nathan hill summary: Refresh, Refresh Benjamin Percy, 2010-09-28 The war in Iraq empties the small town of Tumalo, Oregon, of men—of fathers—leaving their sons to fight among themselves. But the boys' bravado fades at home when, alone, they check e-mail again and again for word from their fathers at the front. Often from fractured homes and communities, the young men in these breathless stories do the unthinkable to prove to themselves—to everyone—that they are strong enough to face the heartbreak in this world. Set in rural Oregon with the shadow of the Cascade Mountains hanging over them, these stories bring you face-to-face with a mad bear, a house with a basement that opens up into a cave, a nuclear meltdown that renders the Pacific Northwest into a contemporary Wild West. Refresh, Refresh by Benjamin Percy is a bold, fiery, and unforgettable collection that deals with vital issues of our time.

wellness nathan hill summary: Disorientation Elaine Hsieh Chou, 2022-07-21 'The funniest, most poignant novel of the year' - Vogue For fans of Yellowface by Rebecca F Kuang, Disorientation is an uproarious and big-hearted satire - alive with sharp edges, immense warmth, and a cast of unforgettable characters - that asks: who gets to tell our stories? Ingrid Yang is desperate to finish her PhD dissertation on the much-lauded poet Xiao-Wen Chou and never read about 'Chinese-y' things again, when she accidentally stumbles upon a strange note in the Chou archives that she thinks may be her ticket out of academic hell. But Ingrid has no idea that the note will lead to an explosive secret, upending her entire life and the lives of those around her. Her clumsy exploits to discover the truth set off a rollercoaster of mishaps and misadventures, from campus protests and over-the-counter drug hallucinations, to book burnings and a movement that stinks of Yellow Peril propaganda. In the aftermath, she'll have to question everything, from her relationship with her fiancé to the kind of person she dares to be. 'The funniest novel I've read all year' - Aravind Adiga, author of The White Tiger 'Fearless' - Observer 'Elaine Hsieh Chou's pen is a scalpel' - Raven Leilani, author of Luster

wellness nathan hill summary: Brixton Hill Lottie Moggach, 2020 As Rob reaches the end of a seven year stretch inside, he winds up in an open prison in Brixton. Each morning, he exits the prison gates and begins the short walk to a local charity shop, where he spends the day in the backroom sorting through other people's discarded belongings. All he needs to do is keep his nose out of trouble and in just a few months' time, he'll be out for good. One morning in the bustle of commuters on Brixton Hill, Rob notices a well-dressed woman trip over. He helps her up and they exchange a few words before parting ways, but she's made a lasting impression on him. From that day on, Rob keeps an eye out for her - and always seems to get lucky with a sighting. Despite coming from very different worlds, the pair slowly become acquainted and Rob gets increasingly desperate to hide his current residence from her. But who exactly is this woman who seems to have a growing interest in him? Rob must be very careful - one false step and it could set him back years . . .--Publisher description.

wellness nathan hill summary: The Disappearance of Butterflies Josef H. Reichholf, 2020-10-22 In the last fifty years our butterfly populations have declined by more than eighty per cent and butterflies are now facing the very real prospect of extinction. It is hard to remember the time when fields and meadows were full of these beautiful, delicate creatures - today we rarely catch a glimpse of the Wild Cherry Sphinx moths, Duke of Burgundy or the even once common Small Tortoiseshell butterflies. The High Brown Fritillary butterfly and the Stout Dart Moth have virtually disappeared. The eminent entomologist and award-winning author Josef H. Reichholf began studying butterflies in the late 1950s. He brings a lifetime of scientific experience and expertise to bear on one of the great environmental catastrophes of our time. He takes us on a journey into the wonderful world of butterflies - from the small nymphs that emerge from lakes in air bubbles to the trusting purple emperors drunk on toad poison - and immerses us in a world that we are in danger of losing forever. Step by step he explains the science behind this impending ecological disaster, and shows how it is linked to pesticides, over-fertilization and the intensive farming practices of the agribusiness. His book is a passionate plea for biodiversity and the protection of butterflies.

wellness nathan hill summary: The Pioneers David McCullough, 2019-05-07 The #1 New York Times bestseller by Pulitzer Prize-winning historian David McCullough rediscovers an important chapter in the American story that's "as resonant today as ever" (The Wall Street Journal)—the settling of the Northwest Territory by courageous pioneers who overcame incredible hardships to build a community based on ideals that would define our country. As part of the Treaty of Paris, in which Great Britain recognized the new United States of America, Britain ceded the land that comprised the immense Northwest Territory, a wilderness empire northwest of the Ohio River containing the future states of Ohio, Indiana, Illinois, Michigan, and Wisconsin. A Massachusetts minister named Manasseh Cutler was instrumental in opening this vast territory to veterans of the Revolutionary War and their families for settlement. Included in the Northwest Ordinance were three remarkable conditions: freedom of religion, free universal education, and most importantly, the prohibition of slavery. In 1788 the first band of pioneers set out from New England for the Northwest Territory under the leadership of Revolutionary War veteran General Rufus Putnam. They settled in what is now Marietta on the banks of the Ohio River. McCullough tells the story through five major characters: Cutler and Putnam; Cutler's son Ephraim; and two other men, one a carpenter turned architect, and the other a physician who became a prominent pioneer in American science. They and their families created a town in a primeval wilderness, while coping with such frontier realities as floods, fires, wolves and bears, no roads or bridges, no guarantees of any sort, all the while negotiating a contentious and sometimes hostile relationship with the native people. Like so many of McCullough's subjects, they let no obstacle deter or defeat them. Drawn in great part from a rare and all-but-unknown collection of diaries and letters by the key figures, *The Pioneers* is a uniquely American story of people whose ambition and courage led them to remarkable accomplishments. This is a revelatory and quintessentially American story, written with David McCullough's signature narrative energy.

wellness nathan hill summary: Mr. and Mrs. American Pie Juliet McDaniel, 2018-08-07 In the vein of *Where'd You Go, Bernadette*, this whip-smart romantic comedy is as incisive as it is funny—and refuses to be thwarted by convention. After getting dumped by her husband, a woman sets out to prove her worth by entering a 'best housewife' pageant in 1970 Palm Springs.

wellness nathan hill summary: A Swim in a Pond in the Rain George Saunders, 2021-01-12 NEW YORK TIMES BESTSELLER • From the Booker Prize-winning author of *Lincoln in the Bardo* and *Tenth of December* comes a literary master class on what makes great stories work and what they can tell us about ourselves—and our world today. LONGLISTED FOR THE PEN/DIAMONSTEIN-SPIELVOGEL AWARD • ONE OF THE BEST BOOKS OF THE YEAR: The Washington Post, NPR, Time, San Francisco Chronicle, Esquire, Milwaukee Journal Sentinel, Town & Country, The Rumpus, Electric Lit, Thrillist, BookPage • "[A] worship song to writers and readers."—Oprah Daily For the last twenty years, George Saunders has been teaching a class on the Russian short story to his MFA students at Syracuse University. In *A Swim in a Pond in the Rain*, he shares a version of that class with us, offering some of what he and his students have discovered together over the years. Paired with iconic short stories by Chekhov, Turgenev, Tolstoy, and Gogol, the seven essays in this book are intended for anyone interested in how fiction works and why it's more relevant than ever in these turbulent times. In his introduction, Saunders writes, "We're going to enter seven fastidiously constructed scale models of the world, made for a specific purpose that our time maybe doesn't fully endorse but that these writers accepted implicitly as the aim of art—namely, to ask the big questions, questions like, How are we supposed to be living down here? What were we put here to accomplish? What should we value? What is truth, anyway, and how might we recognize it?" He approaches the stories technically yet accessibly, and through them explains how narrative functions; why we stay immersed in a story and why we resist it; and the bedrock virtues a writer must foster. The process of writing, Saunders reminds us, is a technical craft, but also a way of training oneself to see the world with new openness and curiosity. *A Swim in a Pond in the Rain* is a deep exploration not just of how great writing works but of how the mind itself works while reading, and of how the reading and writing of stories make genuine connection possible.

wellness nathan hill summary: Better Nate Than Ever Tim Federle, 2018-09-18 An eighth-grader who dreams of performing in a Broadway musical concocts a plan to run away to New York and audition for a role in a new musical in this New York Times Notable Book of the Year and Publishers Weekly Best Book of the Year, 2013.

ADDITIONAL RESOURCES

WELLNESS NATHAN HILL SUMMARY

[Wellness Nathan Hill Summary](#)

Wellness Nathan Hill Summary

Related Articles

- [what are the different levels of analysis of psychology](#)
- [wellness supply co yucaipa](#)
- [what is qualitative chemical analysis](#)

[Back to Home](#)