

my year of rest and relaxation

my year of rest and relaxation is a phrase that has captivated readers, critics, and cultural commentators alike. At its core, it refers to Ottessa Moshfegh's acclaimed novel, an exploration of self-discovery, escapism, and the search for meaning through rest. This article provides an in-depth analysis of "My Year of Rest and Relaxation," discussing its plot, themes, characters, literary significance, cultural impact, and why it resonates with modern audiences. Readers will gain a comprehensive understanding of the book's narrative, psychological depth, and its place in contemporary literature. Whether you are seeking a summary, thematic exploration, or insights into its lasting influence, this guide covers every major aspect related to "my year of rest and relaxation."

- Overview of "My Year of Rest and Relaxation"
- Plot Summary and Setting
- Main Characters and Their Development
- Themes and Motifs Explored
- Literary Style and Narrative Techniques
- Cultural Impact and Reception
- Psychological Exploration of Rest and Escapism
- Frequently Asked Questions

Overview of "My Year of Rest and Relaxation"

"My Year of Rest and Relaxation" is a 2018 novel by Ottessa Moshfegh that delves into the life of a young woman in New York City who decides to put her life on pause for a year. The protagonist's quest is to escape emotional pain and existential ennui through pharmaceutical-induced sleep. The novel blends dark humor with psychological insight, providing a unique take on themes of isolation, healing, and the complexities of modern life. The story's compelling narrative and distinctive voice have established it as a contemporary classic, often discussed for its portrayal of mental health and societal expectations.

Plot Summary and Setting

Set in the year 2000, "My Year of Rest and Relaxation" follows an unnamed narrator living in Manhattan. She is a young, wealthy woman dealing with the loss of her parents, a toxic relationship, and a sense of profound detachment from the world. Seeking solace, she embarks on a self-imposed

period of hibernation, aided by a questionable psychiatrist and a cocktail of medications. The novel's setting—pre-9/11 New York—serves as a backdrop that underscores the protagonist's isolation amidst urban affluence and cultural change.

Key Events in the Narrative

- The narrator inherits money after her parents' deaths
- She struggles with grief, relationships, and identity
- Her dependence on prescription drugs intensifies
- Interactions with her friend Reva highlight contrasting coping mechanisms
- The story culminates as the narrator emerges from her year-long experiment

Main Characters and Their Development

Characterization is central to the novel's impact. The protagonist is intentionally unnamed, representing the universality of her struggle with ennui and emotional pain. Her evolution is marked by withdrawal, introspection, and a gradual confrontation with her inner turmoil.

The Protagonist

The narrator is a privileged, disaffected young woman whose emotional numbness leads her to seek oblivion through sleep. Her journey is both literal and metaphorical, as she tries to erase her suffering and find renewal. Her transformation is subtle, revealed through her changing perceptions and eventual re-engagement with the world.

Supporting Characters

- **Reva:** The narrator's best friend, Reva, is ambitious and insecure, serving as a foil to the protagonist. Her struggles with body image, career, and her mother's illness contrast with the narrator's passivity.
- **Dr. Tuttle:** The eccentric psychiatrist who prescribes the narrator's medication, embodying the absurdities of mental health care.
- **Trevor:** The narrator's ex-boyfriend, whose superficiality and emotional unavailability reinforce her sense of loneliness.

Themes and Motifs Explored

“My Year of Rest and Relaxation” is rich in themes that resonate with contemporary audiences. The novel explores the desire for escape, the meaning of rest, and the consequences of emotional suppression.

Rest and Escapism

The central theme is the pursuit of rest as a form of healing and avoidance. The narrator’s experiment with sleep is both a rejection of societal pressures and a desperate attempt to reset her life. The motif of sleep recurs throughout the novel, symbolizing both surrender and potential transformation.

Isolation and Alienation

The protagonist’s isolation is physical, emotional, and existential. The novel examines how detachment from others can be both harmful and necessary for self-reflection. The urban setting amplifies her sense of alienation, mirroring the disconnectedness of modern society.

Consumerism and Material Wealth

- The narrator’s inheritance and financial security highlight the emptiness of material comfort
- The story critiques consumer culture’s inability to provide genuine fulfillment
- Brand names and luxury items serve as symbols of superficiality

Grief and Trauma

Underlying the protagonist’s journey is unresolved grief over her parents’ deaths. The novel explores how trauma shapes identity and the ways individuals attempt to numb emotional pain. The interplay between medication, therapy, and self-care raises questions about societal approaches to mental wellness.

Literary Style and Narrative Techniques

Otessa Moshfegh’s writing in “My Year of Rest and Relaxation” is characterized by sharp wit, irony, and psychological realism. The first-person narrative immerses readers in the protagonist’s inner world, blending detachment with dark humor. The prose is intentionally sparse, reflecting the narrator’s emotional state and reinforcing the novel’s themes.

Use of Voice and Perspective

The narrator's voice is cynical, introspective, and occasionally unreliable. The stream-of-consciousness style allows for intimate access to her thoughts, which are often contradictory and fragmented. This technique deepens the psychological complexity of the story.

Symbolism and Motifs

- Sleep and medication symbolize escape and denial
- Art and aesthetics appear as motifs representing beauty and meaning
- The setting of New York City serves as a character in itself, embodying chaos and opportunity

Cultural Impact and Reception

Since its publication, "My Year of Rest and Relaxation" has been widely discussed in literary circles, praised for its originality and psychological insight. The novel's exploration of rest as resistance has sparked conversations about mental health, self-care, and the pressures of modern life. It appeals to readers seeking introspection and those interested in the cultural critique of urban existence. The book's popularity continues to grow, influencing discussions on literature, wellness, and contemporary identity.

Critical Acclaim

Critics have lauded Moshfegh's ability to capture the zeitgeist of the early 21st century. Her nuanced portrayal of disaffection and her distinctive narrative style have earned the novel numerous accolades and a devoted readership.

Influence on Pop Culture

- The novel is frequently referenced in discussions about self-care and mental health trends
- It has inspired adaptations, essays, and social media discourse
- Its aesthetic has influenced fashion, art, and online communities

Psychological Exploration of Rest and Escapism

“My Year of Rest and Relaxation” offers a nuanced examination of the psychological motivations behind rest and escapism. The protagonist’s journey reflects a broader cultural fascination with detachment, withdrawal, and the pursuit of personal healing. The novel raises questions about the limits of self-imposed isolation and the role of external influences in shaping recovery.

Mental Health and Recovery

The depiction of therapy, medication, and self-experimentation highlights the complexities of mental health care. The novel addresses the stigma surrounding psychological distress and the varied approaches individuals take to achieve wellness.

Relevance in Contemporary Society

- Rest is increasingly seen as essential for mental and physical health
- The desire to escape societal pressures resonates with many readers
- The novel’s themes align with current conversations about burnout and self-care

Frequently Asked Questions

Q: What is the central plot of “My Year of Rest and Relaxation”?

A: The novel follows a young woman in New York who decides to sleep for a year using prescription drugs, seeking escape from emotional pain and dissatisfaction with her life.

Q: Who is the author of “My Year of Rest and Relaxation”?

A: Ottessa Moshfegh is the author. She is known for her explorations of complex characters and psychological themes in contemporary fiction.

Q: What are the main themes of the novel?

A: Key themes include rest and escapism, isolation, consumerism, grief, trauma, and the search for meaning in modern life.

Q: Why is the protagonist unnamed?

A: The unnamed protagonist serves as a universal figure, representing widespread feelings of alienation and emotional numbness.

Q: How does the novel address mental health?

A: It examines the use of medication, therapy, and self-care, highlighting both the challenges and absurdities of mental health treatment.

Q: What is the significance of the setting?

A: The story is set in Manhattan just before 9/11, emphasizing themes of urban isolation and cultural transition.

Q: How has “My Year of Rest and Relaxation” influenced pop culture?

A: The novel has inspired discussions about self-care, influenced fashion and art, and become a touchstone in conversations about contemporary wellness trends.

Q: What literary style does Ottessa Moshfegh employ in the book?

A: The style is marked by dark humor, irony, sparse prose, and a psychologically immersive first-person narrative.

Q: Is “My Year of Rest and Relaxation” suitable for readers interested in psychological fiction?

A: Yes, it is highly recommended for those who appreciate psychological depth, introspective characters, and explorations of mental health.

Q: What makes the novel relevant today?

A: Its themes of rest, escapism, and the search for meaning align with current discussions about burnout, wellness, and the complexities of modern life.

[My Year Of Rest And Relaxation](#)

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My Year of Rest and Relaxation: A Deep Dive into Ottessa Moshfegh's Novel and the Allure of Rest

Are you feeling burned out? Overwhelmed by the relentless pressure of modern life? Then you're not alone. In Ottessa Moshfegh's darkly comedic novel, *My Year of Rest and Relaxation*, we witness a young woman's deliberate, and often unsettling, attempt to escape the anxieties of contemporary existence through a year of self-imposed hibernation. This blog post delves into the book's themes, explores the concept of rest and relaxation in our always-on culture, and offers practical insights for incorporating more restorative practices into your own life – regardless of whether you're planning a full-blown year of slumber.

Understanding the Novel's Central Theme: Escapism and the Search for Meaning

My Year of Rest and Relaxation isn't a straightforward self-help guide. Instead, it's a biting satire that uses the protagonist's extreme actions to expose the emptiness and anxieties of a society obsessed with productivity and outward appearances. The novel's unnamed narrator embarks on a year of pharmaceutical-induced sleep, hoping to escape the pressures of her life and find some elusive sense of peace. But her journey isn't about simple relaxation; it's a complex exploration of depression, identity, and the elusive nature of happiness.

The Allure of Escapism in a Hyper-Connected World

The narrator's extreme measures resonate with many in today's fast-paced world. We're constantly bombarded with information, expectations, and the pressure to achieve more, faster. This relentless pressure contributes to widespread burnout and anxiety. Moshfegh's novel serves as a dark mirror, reflecting our own desires to escape the relentless demands of modern life. While her methods are extreme, the underlying desire for rest and restoration is a universal one.

Beyond the Extreme: Practical Steps Towards Rest and Relaxation

While completely withdrawing from society for a year is unrealistic for most, the novel prompts us to consider our own relationship with rest. The book's stark depiction of the narrator's experience can serve as a wake-up call, encouraging us to prioritize self-care and establish healthy boundaries.

Prioritizing Mental Health:

Mindfulness and Meditation: Incorporating even short periods of mindfulness or meditation can significantly reduce stress and improve mental clarity.

Digital Detox: Regularly disconnecting from technology can help reduce overstimulation and promote relaxation. Try setting aside specific tech-free times each day.

Therapy: If you're struggling with significant stress or anxiety, seeking professional help is crucial.

Physical Well-being:

Regular Exercise: Physical activity releases endorphins, which have mood-boosting effects.

Healthy Diet: Nourishing your body with wholesome foods can improve energy levels and overall well-being.

Sufficient Sleep: Aim for 7-8 hours of quality sleep each night to allow your body and mind to rest and repair.

Setting Boundaries:

Learn to Say No: Don't overcommit yourself. It's okay to decline requests that will overwhelm you.

Time Management: Effective time management techniques can help you prioritize tasks and avoid feeling overwhelmed.

Create a Relaxing Routine: Establish a daily or weekly routine that includes activities that help you relax and unwind.

Redefining Rest and Relaxation: A Holistic Approach

My Year of Rest and Relaxation challenges the conventional notions of what constitutes "rest." The narrator's extreme approach, while fictional, highlights the desperate need for genuine, restorative breaks from the pressures of daily life. True rest and relaxation isn't simply about inactivity; it's about actively engaging in activities that replenish your mental and physical resources. This could involve spending time in nature, engaging in creative pursuits, or connecting with loved ones.

Conclusion

Ottessa Moshfegh's *My Year of Rest and Relaxation* is more than just a novel; it's a provocative reflection on modern life and the desperate need for rest and rejuvenation. While the protagonist's extreme methods are not a blueprint for self-care, the book serves as a powerful reminder of the importance of prioritizing our well-being and finding healthy ways to escape the relentless demands of our hyper-connected world. By incorporating practical strategies for stress reduction and self-care into your daily life, you can cultivate a more balanced and fulfilling existence.

FAQs:

1. Is *My Year of Rest and Relaxation* a self-help book? No, it's a darkly comedic novel that uses the protagonist's extreme experience to explore themes of escapism, depression, and societal pressures. While it doesn't offer direct self-help advice, it prompts reflection on our own relationship with rest.
2. What are the key themes explored in the novel? The novel explores themes of escapism, depression, identity, the pressure to conform to societal expectations, and the search for meaning in a seemingly meaningless world.
3. Is the protagonist's behavior realistic? No, the protagonist's actions are extreme and fictional. However, the underlying desire to escape the pressures of modern life and find rest is a relatable experience for many.
4. Can I learn practical relaxation techniques from the book? The book doesn't directly provide relaxation techniques, but it prompts readers to reflect on their own relationship with rest and consider healthier ways to manage stress and anxiety.
5. How can I apply the book's themes to my own life? Consider the book as a catalyst for self-reflection. Identify areas in your life where you feel overwhelmed or stressed, and develop strategies for incorporating more rest, relaxation, and self-care practices into your daily routine.

my year of rest and relaxation: *My Year of Rest and Relaxation* Ottessa Moshfegh, 2018-07-10
From one of our boldest, most celebrated new literary voices, a novel about a young woman's efforts to duck the ills of the world by embarking on an extended hibernation with the help of one of the worst psychiatrists in the annals of literature and the battery of medicines she prescribes. Our narrator should be happy, shouldn't she? She's young, thin, pretty, a recent Columbia graduate, works an easy job at a hip art gallery, lives in an apartment on the Upper East Side of Manhattan paid for, like the rest of her needs, by her inheritance. But there is a dark and vacuous hole in her heart, and it isn't just the loss of her parents, or the way her Wall Street boyfriend treats her, or her sadomasochistic relationship with her best friend, Reva. It's the year 2000 in a city aglitter with wealth and possibility; what could be so terribly wrong? *My Year of Rest and Relaxation* is a powerful answer to that question. Through the story of a year spent under the influence of a truly mad combination of drugs designed to heal our heroine from her alienation from this world, Moshfegh shows us how reasonable, even necessary, alienation can be. Both tender and blackly funny, merciless and compassionate, it is a showcase for the gifts of one of our major writers working at the height of her powers.

my year of rest and relaxation: *How to Do Nothing* Jenny Odell, 2019-04-23 ** A New York Times Bestseller ** NAMED ONE OF THE BEST BOOKS OF THE YEAR BY: Time • The New Yorker • NPR • GQ • Elle • Vulture • Fortune • Boing Boing • The Irish Times • The New York Public Library • The Brooklyn Public Library A complex, smart and ambitious book that at first reads like a self-help manual, then blossoms into a wide-ranging political manifesto.—Jonah Engel Bromwich, The New York Times Book Review One of President Barack Obama's Favorite Books of 2019 Porchlight's Personal Development & Human Behavior Book of the Year In a world where addictive technology is designed to buy and sell our attention, and our value is determined by our 24/7 data productivity, it can seem impossible to escape. But in this inspiring field guide to dropping out of the attention economy, artist and critic Jenny Odell shows us how we can still win back our lives. Odell sees our attention as the most precious—and overdrawn—resource we have. And we must actively

and continuously choose how we use it. We might not spend it on things that capitalism has deemed important ... but once we can start paying a new kind of attention, she writes, we can undertake bolder forms of political action, reimagine humankind's role in the environment, and arrive at more meaningful understandings of happiness and progress. Far from the simple anti-technology screed, or the back-to-nature meditation we read so often, *How to do Nothing* is an action plan for thinking outside of capitalist narratives of efficiency and techno-determinism. Provocative, timely, and utterly persuasive, this book will change how you see your place in our world.

my year of rest and relaxation: Eileen Ottessa Moshfegh, 2015-08-18 Now a major motion picture streaming on Hulu, starring Anne Hathaway and Thomasin McKenzie Shortlisted for the Man Booker Prize "Eileen is a remarkable piece of writing, always dark and surprising, sometimes ugly and occasionally hilarious. Its first-person narrator is one of the strangest, most messed-up, most pathetic—and yet, in her own inimitable way, endearing—misfits I've encountered in fiction. Trust me, you have never read anything remotely like Eileen." —Washington Post So here we are. My name was Eileen Dunlop. Now you know me. I was twenty-four years old then, and had a job that paid fifty-seven dollars a week as a kind of secretary at a private juvenile correctional facility for teenage boys. I think of it now as what it really was for all intents and purposes—a prison for boys. I will call it Moorehead. Delvin Moorehead was a terrible landlord I had years later, and so to use his name for such a place feels appropriate. In a week, I would run away from home and never go back. This is the story of how I disappeared. The Christmas season offers little cheer for Eileen Dunlop, an unassuming yet disturbed young woman trapped between her role as her alcoholic father's caretaker in a home whose squalor is the talk of the neighborhood and a day job as a secretary at the boys' prison, filled with its own quotidian horrors. Consumed by resentment and self-loathing, Eileen tempers her dreary days with perverse fantasies and dreams of escaping to the big city. In the meantime, she fills her nights and weekends with shoplifting, stalking a buff prison guard named Randy, and cleaning up her increasingly deranged father's messes. When the bright, beautiful, and cheery Rebecca Saint John arrives on the scene as the new counselor at Moorehead, Eileen is enchanted and proves unable to resist what appears at first to be a miraculously budding friendship. In a Hitchcockian twist, her affection for Rebecca ultimately pulls her into complicity in a crime that surpasses her wildest imaginings. Played out against the snowy landscape of coastal New England in the days leading up to Christmas, young Eileen's story is told from the gimlet-eyed perspective of the now much older narrator. Creepy, mesmerizing, and sublimely funny, in the tradition of Shirley Jackson and early Vladimir Nabokov, this powerful debut novel enthralls and shocks, and introduces one of the most original new voices in contemporary literature. Ottessa Moshfegh is also the author of *My Year of Rest and Relaxation*, *Homesick for Another World: Stories*, and *McGlue*.

my year of rest and relaxation: Homesick for Another World Ottessa Moshfegh, 2017-01-17 A New York Times Book Review Notable Book of 2017 An electrifying first collection from one of the most exciting short story writers of our time I can't recall the last time I laughed this hard at a book. Simultaneously, I'm shocked and scandalized. She's brilliant, this young woman.—David Sedaris Ottessa Moshfegh's debut novel *Eileen* was one of the literary events of 2015. Garlanded with critical acclaim, it was named a book of the year by The Washington Post and the San Francisco Chronicle, nominated for a National Book Critics Circle Award, short-listed for the Man Booker Prize, and won the PEN/Hemingway Award for debut fiction. But as many critics noted, Moshfegh is particularly held in awe for her short stories. *Homesick for Another World* is the rare case where an author's short story collection is if anything more anticipated than her novel. And for good reason. There's something eerily unsettling about Ottessa Moshfegh's stories, something almost dangerous, while also being delightful, and even laugh-out-loud funny. Her characters are all unsteady on their feet in one way or another; they all yearn for connection and betterment, though each in very different ways, but they are often tripped up by their own baser impulses and existential insecurities. *Homesick for Another World* is a master class in the varieties of self-deception across the gamut of individuals representing the human condition. But part of the unique quality of her voice, the echt Moshfeghian experience, is the way the grotesque and the outrageous are infused

with tenderness and compassion. Moshfegh is our Flannery O'Connor, and Homesick for Another World is her Everything That Rises Must Converge or A Good Man is Hard to Find. The flesh is weak; the timber is crooked; people are cruel to each other, and stupid, and hurtful. But beauty comes from strange sources. And the dark energy surging through these stories is powerfully invigorating. We're in the hands of an author with a big mind, a big heart, blazing chops, and a political acuity that is needle-sharp. The needle hits the vein before we even feel the prick.

my year of rest and relaxation: McGlue Ottessa Moshfegh, 2019-01-08 The debut novella from one of contemporary fiction's most exciting young voices, now in a new edition. Salem, Massachusetts, 1851: McGlue is in the hold, still too drunk to be sure of name or situation or orientation--he may have killed a man. That man may have been his best friend. Intolerable memory accompanies sobriety. A-sail on the high seas of literary tradition, Ottessa Moshfegh gives us a nasty heartless blackguard on a knife-sharp voyage through the fogs of recollection. They said I've done something wrong? . . . And they've just left me down here to starve. They'll see this inanition and be so damned they'll fall to my feet and pass up hot cross buns slathered in fresh butter and beg I forgive them. All of them . . . : the entire world one by one. Like a good priest I'll pat their heads and nod. I'll dunk my skull into a barrel of gin.

my year of rest and relaxation: The New Me Halle Butler, 2019-03-05 [A] definitive work of millennial literature . . . wretchedly riveting. —Jia Tolentino, The New Yorker “Girls + Office Space + My Year of Rest and Relaxation + anxious sweating = The New Me.” —Entertainment Weekly I'm still trying to make the dream possible: still might finish my cleaning project, still might sign up for that yoga class, still might, still might. I step into the shower and almost faint, an image of taking the day by the throat and bashing its head against the wall floating in my mind. Thirty-year-old Millie just can't pull it together. She spends her days working a thankless temp job and her nights alone in her apartment, fixating on all the ways she might change her situation--her job, her attitude, her appearance, her life. Then she watches TV until she falls asleep, and the cycle begins again. When the possibility of a full-time job offer arises, it seems to bring the better life she's envisioning within reach. But with it also comes the paralyzing realization, lurking just beneath the surface, of how hollow that vision has become. Wretchedly riveting (The New Yorker) and masterfully cringe-inducing (Chicago Tribune), The New Me is the must-read new novel by National Book Foundation 5 Under 35 honoree and Granta Best Young American novelist Halle Butler. Named a Best Book of the Decade by Vox, and a Best Book of 2019 by Vanity Fair, Vulture, Chicago Tribune, Mashable, Bustle, and NPR

my year of rest and relaxation: Escapism Yi-Fu Tuan, 1998 Acclaimed cultural geographer Yi-Fu Tuan considers humanity's enduring desire to escape reality— and embrace alternatives such as love, culture, and Disneyland In prehistoric times, our ancestors began building shelters and planting crops in order to escape from nature's harsh realities. Today, we flee urban dangers for the safer, reconfigured world of suburban lawns and parks. According to geographer Yi-Fu Tuan, people have always sought to escape in one way or another, sometimes foolishly, often creatively and ingeniously. Glass-tower cities, suburbs, shopping malls, Disneyland—all are among the most recent monuments in our efforts to escape the constraints and uncertainties of life—ultimately, those imposed by nature. What cultural product, Tuan asks, is not escape? In his new book, the capstone of a celebrated career, Tuan shows that escapism is an inescapable component of human thought and culture.

my year of rest and relaxation: Death in Her Hands Ottessa Moshfegh, 2020-08-27 'This is a story about what might happen when a woman takes charge... A glorious visceral mystery' The Times While on her daily walk with her dog in the woods near her home, Vesta comes across a chilling handwritten note. Her name was Magda. Nobody will ever know who killed her. It wasn't me. Here is her dead body. Shaky even on her best days, Vesta is also alone, and new to the area, having moved here after the death of her husband. Her brooding about the note grows quickly into a full-blown obsession: who was Magda and how did she meet her fate? From the Booker-shortlisted author of Eileen comes this razor-sharp, chilling and darkly hilarious novel about the stories we tell

ourselves and how we strive to obscure the truth. _____ PRAISE FOR DEATH IN HER HANDS: 'Routinely hailed as one of the most exciting young American authors working today' Guardian 'A new kind of murder mystery' New Yorker 'Dark, devious' Observer 'A fine line between shocking realism and the absurd' New Statesman 'A brilliant off-kilter detective story' Evening Standard 'A beautiful novel' Sunday Times

my year of rest and relaxation: Protect the Prince Jennifer Estep, 2019-07-02 USA TODAY Bestseller! Magic, murder, adventure, and romance combine in this second novel in the exciting Crown of Shards saga from New York Times and USA Today bestselling author Jennifer Estep. Everleigh Blair might be the new gladiator queen of Bellona, but her problems are far from over. First, Evie has to deal with a court full of arrogant, demanding nobles, all of whom want to get their greedy hands on her crown. As if that wasn't bad enough, an assassin tries to kill Evie in her own throne room. Despite the dangers, Evie goes ahead with a scheduled trip to the neighboring kingdom of Andvari in order to secure a desperately needed alliance. But complicating matters is the stubborn Andvarian king, who wants to punish Evie for the deaths of his countrymen during the Seven Spire massacre. Dark forces are also at work inside the Andvarian palace, and Evie soon realizes that no one is safe. Worse, her immunity to magic starts acting in strange, unexpected ways, which makes Evie wonder whether she is truly strong enough to be a Winter Queen. Evie's magic, life, and crown aren't the only things in danger—so is her heart, thanks to Lucas Sullivan, the Andvarian king's bastard son and Evie's ... well, Evie isn't quite sure what Sullivan is to her. Only one thing is certain—protecting a prince might be even harder than killing a queen...

my year of rest and relaxation: Bunny Mona Awad, 2019-06-11 "The Secret History meets Jennifer's Body. This brilliant, sharp, weird book skewers the heightened rhetoric of obsessive female friendship in a way I don't think I've ever seen before. I loved it and I couldn't put it down." - Kristen Roupenian, author of You Know You Want This: Cat Person and Other Stories The Vegetarian meets Heathers in this darkly funny, seductively strange novel about a lonely graduate student drawn into a clique of rich girls who seem to move and speak as one. We were just these innocent girls in the night trying to make something beautiful. We nearly died. We very nearly did, didn't we? Samantha Heather Mackey couldn't be more different from the other members of her master's program at New England's elite Warren University. A self-conscious scholarship student who prefers the company of her imagination to that of most people, she is utterly repelled by the rest of her fiction writing cohort--a clique of unbearably twee rich girls who call each other Bunny, and are often found entangled in a group hug so tight it seems their bodies might become permanently fused. But everything changes when Samantha receives an invitation to the Bunnies' exclusive monthly Smut Salon, and finds herself drawn as if by magic to their front door--ditching her only friend, Ava, an audacious art school dropout, in the process. As Samantha plunges deeper and deeper into Bunny world, and starts to take part in the off-campus Workshop where they devise their monstrous creations, the edges of reality begin to blur, and her friendships with Ava and the Bunnies are brought into deadly collision. A spellbinding, down-the-rabbit-hole tale about loneliness and belonging, creativity and agency, and female friendship and desire, Bunny is the dazzlingly original second book from an author with tremendous insight into the often-baffling complexities of being a woman (The Atlantic).

my year of rest and relaxation: Swimming Sweet Arrow Maureen Gibbon, 2009-12-19 Evangeline Starr Raybuck -- plain-spoken, lusty, and hardworking -- and June Keel are high school seniors, best friends going out with best friends, working together at Noecker's chicken farm after school. Vangie and June make out with their boyfriends together in the same car; they pass dirty notes to each other during the day at school. They tell each other everything: That was the kind of friends we were. After they graduate, things begin to shift. Vangie gets a job waitressing and moves in with Del; June, unable to get a job anywhere but the local factory, moves in with Ray and his older brother Luke. As they become more involved in their lives with their men, they see each other infrequently, but not so seldom that it doesn't become clear to Vangie that there's something dangerous going on, that June has crossed a line with the men in her life that even Vangie would not.

my year of rest and relaxation: How to Murder Your Life Cat Marnell, 2017-01-31 From the New York Times bestselling author and former beauty editor Cat Marnell, a “vivid, maddening, heartbreaking, very funny, chaotic” (The New York Times) memoir of prescription drug addiction and self-sabotage, set in the glamorous world of fashion magazines and downtown nightclubs. At twenty-six, Cat Marnell was an associate beauty editor at Lucky, one of the top fashion magazines in America—and that’s all most people knew about her. But she hid a secret life. She was a prescription drug addict. She was also a “doctor shopper” who manipulated Upper East Side psychiatrists for pills, pills, and more pills; a lonely bulimic who spent hundreds of dollars a week on binge foods; a promiscuous party girl who danced barefoot on banquets; a weepy and hallucination-prone insomniac who would take anything—anything—to sleep. This is a tale of self-loathing, self-sabotage, and yes, self-tanner. It begins at a posh New England prep school—and with a prescription for the Attention Deficit Disorder medication Ritalin. It continues to New York, where we follow Marnell’s amphetamine-fueled rise from intern to editor through the beauty departments of NYLON, Teen Vogue, Glamour, and Lucky. We see her fight between ambition and addiction and how, inevitably, her disease threatens everything she worked so hard to achieve. From the Condé Nast building to seedy nightclubs, from doctors’ offices and mental hospitals, Marnell “treads a knife edge between glamorizing her own despair and rendering it with savage honesty....with the skill of a pulp novelist” (The New York Times Book Review) what it is like to live in the wild, chaotic, often sinister world of a young female addict who can’t say no. Combining “all the intoxicating intrigue of a thriller and yet all the sobering pathos of a gifted writer’s true-life journey to recover her former health, happiness, ambitions, and identity” (Harper’s Bazaar), *How to Murder Your Life* is mesmerizing, revelatory, and necessary.

my year of rest and relaxation: Essayism Brian Dillon, 2018-09-18 A compelling ode to the essay form and the great essayists themselves, from Montaigne to Woolf to Sontag. *Essayism* is a book about essays and essayists, a study of melancholy and depression, a love letter to belle-lettrists, and an account of the indispensable lifelines of reading and writing. Brian Dillon’s style incorporates diverse features of the essay. By turns agglomerative, associative, digressive, curious, passionate, and dispassionate, his is a branching book of possibilities, seeking consolation and direction from Michel de Montaigne, Virginia Woolf, Roland Barthes, Theodor Adorno, Walter Benjamin, Georges Perec, Elizabeth Hardwick, and Susan Sontag, to name just a few of his influences. Whether he is writing on origins, aphorisms, coherence, vulnerability, anxiety, or a number of other subjects, his command of language, his erudition, and his own personal history serve not so much to illuminate or magnify the subject as to discover it anew through a kaleidoscopic alignment of attention, thought, and feeling, a dazzling and momentary suspension of disparate elements, again and again.

my year of rest and relaxation: Lapvona Ottessa Moshfegh, 2023-06-20 In a village in a medieval fiefdom buffeted by natural disasters, a motherless shepherd boy finds himself the unlikely pivot of a power struggle that puts all manner of faith to a savage test, in a spellbinding novel that represents Ottessa Moshfegh’s most exciting leap yet. Little Marek, the abused and delusional son of the village shepherd, believes his mother died giving birth to him. One of Marek’s few consolations is his enduring bond with the blind village midwife, Ina, who suckled him when he was a baby. For some people, Ina’s ability to receive transmissions of sacred knowledge from the natural world is a godsend. For others, Ina’s home in the woods is a godless place. The people’s desperate need to believe that there are powers that be who have their best interests at heart is put to a cruel test by their depraved lord and governor, especially in this year of record drought and famine. But when fate brings Marek into violent proximity to the lord’s family, new and occult forces arise to upset the old order. By year’s end, the veil between blindness and sight, life and death, and the natural world and the spirit world will prove to be very thin indeed.

my year of rest and relaxation: The Hundred Brothers Donald Antrim, 2011-06-21 With a New Introduction by Jonathan Franzen There’s Rob, Bob, Tom, Paul, Ralph, and Noah; Nick, Dennis, Bertram, Russell, and Virgil. The doctor, the documentary filmmaker, and the sculptor in burning steal; the eldest, the youngest, and the celebrated perfect brother, Benedict. In Donald Antrim’s

mordantly funny novel *The Hundred Brothers*, our narrator and his colossal fraternity of ninety-eight brothers (one couldn't make it) have assembled in the crumbling library of their family's estate for a little sinister fun. Executed with the invention and intelligence of Barthelme and Pynchon, Antrim's taxonomy of male specimens is in equal proportions disturbing and absurdly hilarious.

my year of rest and relaxation: *The 90-Day Novel* Alan Watt, 2017-02-12 In this day-by-day guide through the process of outlining and writing the first draft of your novel in 90 days, [the author] will show you: How to structure your novel without losing connection to your voice; Why you are uniquely qualified to write your story; The dilemma at the heart of your story; How your fears are a portal into your characters; The connection between your life themes and story themes; Why you kept getting stuck, and how to break through.--Back cover.

my year of rest and relaxation: *Motherhood* Sheila Heti, 2018-05-01 A daring, funny, and poignant novel about the desire and duty to procreate, by one of our most brilliant and original writers. *Motherhood* treats one of the most consequential decisions of early adulthood—whether or not to have children—with the intelligence, wit and originality that have won Sheila Heti international acclaim, and which led her previous work, *How Should a Person Be?*, to be called one of the most talked-about books of the year (TIME magazine). Having reached an age when most of her peers are asking themselves when they will become mothers, Heti's narrator considers, with the same urgency, whether she will do so at all. Over the course of several years, under the influence of her partner, body, family, friends, mysticism and chance, she struggles to make a moral and meaningful choice. In a compellingly direct mode that straddles the forms of the novel and the essay, *Motherhood* raises radical and essential questions about womanhood, parenthood, and how—and for whom—to live.

my year of rest and relaxation: *Tell Me a Mitzi* Lore Segal, 2017-09-13 Three household adventures in the life of Mitzi include an intended trip to grandmother's, sharing a family cold, and reversing the President's motorcade.

my year of rest and relaxation: *Supper Club* Lara Williams, 2019-07-09 A sharply intelligent and intimate debut novel about a secret society of hungry young women who meet after dark and feast to reclaim their appetites--and their physical spaces--that posits the question: if you feed a starving woman, what will she grow into? "A visceral and dangerous celebration of feminine appetite and agency. Dark, vivid and infinitely compelling, Williams boldly explores what happens when women dare to cross lines and take up space with their bodies, the hungers and delights to be found in transgression, and the anger and pain we are afraid to claim." —Mona Awad, author of *Bunny and 13 Ways of Looking at a Fat Girl* Roberta spends her life trying not to take up space. At almost thirty, she is adrift and alienated from life. Stuck in a mindless job and reluctant to pursue her passion for food, she suppresses her appetite and recedes to the corners of rooms. But when she meets Stevie, a spirited and effervescent artist, their intense friendship sparks a change in Roberta, a shift in her desire for more. Together, they invent the Supper Club, a transgressive and joyous collective of women who gather to celebrate, rather than admonish, their hungers. They gather after dark and feast until they are sick; they break into private buildings and leave carnage in their wake; they embrace their changing bodies; they stop apologizing. For these women, each extraordinary yet unfulfilled, the club is a way to explore, discover, and push the boundaries of the space they take up in the world. Yet as the club expands, growing both in size and rebellion, Roberta is forced to reconcile herself to the desire and vulnerabilities of the body--and the past she has worked so hard to repress. Devastatingly perceptive and savagely funny, *Supper Club* is an essential coming-of-age story for our times.

my year of rest and relaxation: *Falling Man* Don DeLillo, 2007-05-15 There is September 11 and then there are the days after, and finally the years. *Falling Man* is a magnificent, essential novel about the event that defines turn-of-the-century America. It begins in the smoke and ash of the burning towers and tracks the aftermath of this global tremor in the intimate lives of a few people. First there is Keith, walking out of the rubble into a life that he'd always imagined belonged to everyone but him. Then Lianne, his estranged wife, memory-haunted, trying to reconcile two

versions of the same shadowy man. And their small son Justin, standing at the window, scanning the sky for more planes. These are lives choreographed by loss, grief and the enormous force of history. Brave and brilliant, *Falling Man* traces the way the events of September 11 have reconfigured our emotional landscape, our memory and our perception of the world. It is cathartic, beautiful, heartbreaking.

my year of rest and relaxation: *Discovering the Brain* National Academy of Sciences, Institute of Medicine, Sandra Ackerman, 1992-01-01 The brain ... There is no other part of the human anatomy that is so intriguing. How does it develop and function and why does it sometimes, tragically, degenerate? The answers are complex. In *Discovering the Brain*, science writer Sandra Ackerman cuts through the complexity to bring this vital topic to the public. The 1990s were declared the Decade of the Brain by former President Bush, and the neuroscience community responded with a host of new investigations and conferences. *Discovering the Brain* is based on the Institute of Medicine conference, Decade of the Brain: Frontiers in Neuroscience and Brain Research. *Discovering the Brain* is a field guide to the brain—an easy-to-read discussion of the brain's physical structure and where functions such as language and music appreciation lie. Ackerman examines: How electrical and chemical signals are conveyed in the brain. The mechanisms by which we see, hear, think, and pay attention—and how a gut feeling actually originates in the brain. Learning and memory retention, including parallels to computer memory and what they might tell us about our own mental capacity. Development of the brain throughout the life span, with a look at the aging brain. Ackerman provides an enlightening chapter on the connection between the brain's physical condition and various mental disorders and notes what progress can realistically be made toward the prevention and treatment of stroke and other ailments. Finally, she explores the potential for major advances during the Decade of the Brain, with a look at medical imaging techniques—what various technologies can and cannot tell us—and how the public and private sectors can contribute to continued advances in neuroscience. This highly readable volume will provide the public and policymakers—and many scientists as well—with a helpful guide to understanding the many discoveries that are sure to be announced throughout the Decade of the Brain.

my year of rest and relaxation: *The Odyssey* Lara Williams, 2022-04-21 From the prize-winning author of *Supper Club* comes a wickedly funny and slyly poignant new satire on modern life - for fans of *My Year of Rest and Relaxation*, *Convenience Store Woman*, and J. G. Ballard's *High Rise* 'This book is a serious vibe' *Cosmopolitan* 'Lara Williams is the queen of smart modern satire. I could read her all day' *Emma Jane Unsworth* Meet Ingrid. She works on a gargantuan luxury cruise liner, where she spends her days reorganizing the merchandise and waiting for long-term guests to drop dead in the changing rooms. On her days off, she disembarks from the ship and gets blind drunk on whatever the local alcohol is. It's not a bad life. And it distracts her from thinking about the other life she left behind five years ago. Until one day she is selected for the employee mentorship scheme - an initiative run by the ship's mysterious captain and self-anointed lifestyle guru, Keith, who pushes Ingrid further than she thought possible. But sooner or later, she will have to ask herself: how far is too far? Utterly original, mischievous and thought-provoking, *The Odyssey* is a merciless takedown of consumer capitalism and our anxious, ill-fated quests for something to believe in. And as its title suggests, it is a voyage that will eventually lead its unlikely heroine all the way home. Though she'd do almost anything to avoid getting there...

my year of rest and relaxation: *Whiskey in a Teacup* Reese Witherspoon, 2018-09-18 Academy Award-winning actress, producer, and entrepreneur Reese Witherspoon invites you into her world, where she infuses the southern style, parties, and traditions she loves with contemporary flair and charm. Reese Witherspoon's grandmother Dorothea always said that a combination of beauty and strength made southern women "whiskey in a teacup." We may be delicate and ornamental on the outside, she said, but inside we're strong and fiery. Reese's southern heritage informs her whole life, and she loves sharing the joys of southern living with practically everyone she meets. She takes the South wherever she goes with bluegrass, big holiday parties, and plenty of

Dorothea's fried chicken. It's reflected in how she entertains, decorates her home, and makes holidays special for her kids—not to mention how she talks, dances, and does her hair (in these pages, you will learn Reese's fail-proof, only slightly insane hot-roller technique). Reese loves sharing Dorothea's most delicious recipes as well as her favorite southern traditions, from midnight barn parties to backyard bridal showers, magical Christmas mornings to rollicking honky-tonks. It's easy to bring a little bit of Reese's world into your home, no matter where you live. After all, there's a southern side to every place in the world, right?

my year of rest and relaxation: *Eileen* Ottessa Moshfegh, 2016-03-03 **NOW A MAJOR FILM** **SHORTLISTED FOR THE MAN BOOKER PRIZE** Trapped between caring for her alcoholic father and her job as a secretary at the boys' prison, Eileen Dunlop dreams of escaping to the big city. In the meantime, her nights and weekends are filled with shoplifting and cleaning up her increasingly deranged father's messes. When the beautiful, charismatic Rebecca Saint John arrives on the scene as the new counsellor at the prison, Eileen is enchanted, unable to resist what appears to be a miraculously budding friendship. But soon, Eileen's affection for Rebecca pulls her into a crime that far surpasses even her own wild imagination. **FROM THE AUTHOR OF TIKTOK SENSATION MY YEAR OF REST AND RELAXATION** 'Fully lives up to the hype. A taut psychological thriller, rippled with comedy as black as a raven's wing, Eileen is effortlessly stylish and compelling' The Times *SHORTLISTED FOR THE CWA NEW BLOOD DAGGER AWARD*

my year of rest and relaxation: *Severance* Ling Ma, 2018-08-14 Maybe it's the end of the world, but not for Candace Chen, a millennial, first-generation American and office drone meandering her way into adulthood in Ling Ma's offbeat, wryly funny, apocalyptic satire, *Severance*. A stunning, audacious book with a fresh take on both office politics and what the apocalypse might bring. —Michael Schaub, NPR.org "A satirical spin on the end times-- kind of like *The Office* meets *The Leftovers*." --Estelle Tang, Elle NAMED A BEST BOOK OF THE YEAR BY: NPR * The New Yorker (Books We Loved) * Elle * Marie Claire * Amazon Editors * The Paris Review (Staff Favorites) * Refinery29 * Bustle * BuzzFeed * BookPage * Bookish * Mental Floss * Chicago Review of Books * HuffPost * Electric Literature * A.V. Club * Jezebel * Vulture * Literary Hub * Flavorwire Winner of the NYPL Young Lions Fiction Award * Winner of the Kirkus Prize for Fiction * Winner of the VCU Cabell First Novelist Award * Finalist for the PEN/Hemingway Award for Debut Novel * A New York Times Notable Book of 2018 * An Indie Next Selection Candace Chen, a millennial drone self-sequestered in a Manhattan office tower, is devoted to routine. With the recent passing of her Chinese immigrant parents, she's had her fill of uncertainty. She's content just to carry on: She goes to work, troubleshoots the teen-targeted *Gemstone Bible*, watches movies in a Greenpoint basement with her boyfriend. So Candace barely notices when a plague of biblical proportions sweeps New York. Then *Shen Fever* spreads. Families flee. Companies cease operations. The subways screech to a halt. Her bosses enlist her as part of a dwindling skeleton crew with a big end-date payoff. Soon entirely alone, still unfevered, she photographs the eerie, abandoned city as the anonymous blogger NY Ghost. Candace won't be able to make it on her own forever, though. Enter a group of survivors, led by the power-hungry IT tech Bob. They're traveling to a place called the Facility, where, Bob promises, they will have everything they need to start society anew. But Candace is carrying a secret she knows Bob will exploit. Should she escape from her rescuers? A send-up and takedown of the rituals, routines, and missed opportunities of contemporary life, Ling Ma's *Severance* is a moving family story, a quirky coming-of-adulthood tale, and a hilarious, deadpan satire. Most important, it's a heartfelt tribute to the connections that drive us to do more than survive.

my year of rest and relaxation: *In at the Deep End* Kate Davies, 2019 A fresh, funny, audacious debut novel about a Bridget Jones-like twenty-something who discovers that she may have simply been looking for love -- and, ahem, pleasure -- in all the wrong places (aka: from men)--

my year of rest and relaxation: *The Last Suspicious Holdout* Ladee Hubbard, 2022-03-08 The critically acclaimed author of *The Rib King* returns with an eagerly anticipated collection of interlocking short stories including the title story written exclusively for this volume, that explore relationships between friends, family and strangers in a Black neighborhood over fifteen years The

thirteen gripping tales In *The Last Suspicious Holdout*, the new story collection by award-winning author Ladee Hubbard, deftly chronicle poignant moments in the lives of an African American community located in a “sliver of southern suburbia.” Spanning from 1992 to 2007, the stories represent a period during which the Black middle-class expanded while stories of welfare Queens, crack babies, and super predators abounded in the media. In “False Cognates,” a formerly incarcerated attorney struggles with raising the tuition to keep his troubled son in an elite private school. In “There He Go,” a young girl whose mother moves constantly clings to a picture of the grandfather she doesn’t know but invents stories of his greatness. Characters spotlighted in one story reappear in another, providing a stunning testament to the enduring resilience of Black people as they navigate the “post-racial” period *The Last Suspicious Holdout* so vividly portrays.

my year of rest and relaxation: *Murmur* Will Eaves, 2019-04-11 Winner of the 2019 Wellcome Book Prize Winner of the 2019 Republic of Consciousness Prize Shortlisted for the 2018 Goldsmiths Prize Shortlisted for the 2019 James Tait Black Prize Longlisted for the 2019 Rathbones Folio Prize Taking its cue from the arrest and legally enforced chemical castration of the mathematician Alan Turing, *Murmur* is the account of a man who responds to intolerable physical and mental stress with love, honour and a rigorous, unsentimental curiosity about the ways in which we perceive ourselves and the world. Formally audacious, daring in its intellectual inquiry and unwaveringly humane, Will Eaves’s *Murmur* is a rare achievement.

my year of rest and relaxation: *Show Them a Good Time* Nicole Flattery, 2020-01-28 *Show Them a Good Time* is a master class in the short story-bold, irreverent and agonizingly funny. Sally Rooney, Author of *Normal People* and *Conversations with Friends* *Show Them a Good Time* tells the stories of women slotted away into restrictive roles: the celebrity's girlfriend, the widower's second wife, the lecherous professor's student, the corporate employee. But these women are too intelligent, too ferociously mordant and painfully funny to remain in their places. In *Not the End Yet*,” Flattery probes the hilarious and wrenching ambivalence of Internet dating as the apocalypse nears; in *Sweet Talk*,” the mysterious disappearance of local women sets the scene for a young girl to confront the dangerous uncertainties of her own sexuality; in *Abortion, A Love Story*,” two college students in a dystopian campus reconfigure the perilous stories of their bodies in a fraught academic culture to offer a subversive play that takes over their own offstage lives. Together, the stories in *Show Them a Good Time* provide a riveting, hilarious introduction to one of today's most original young writers.

my year of rest and relaxation: *The Last Human* Lee Bacon, 2019-10-08 In a world ruled by machines, a young robot encounters a girl who needs help in this children’s sci-fi adventure—soon to be a major motion picture! Humans went extinct thirty years ago. And twelve-year-old robot XR_935 is just fine with that. Without humans around, there is no war, crime, or pollution. Everything runs smoothly and efficiently. Until the day XR discovers something impossible: a human girl named Emma. Now, Emma, XR, and two other robots must embark on a dangerous voyage in search of a mysterious point on a map. But how will they survive in a place where rules are never broken and humans aren’t even supposed to exist? Narrated in the first person (first robot?) by XR, *The Last Human* blends humor and action to tell a story about friendship, technology, and challenging the status quo no matter the consequences. It’s not just about what it means to be a robot. It’s about what it means to be a human./

my year of rest and relaxation: *Red Storm Rising* Tom Clancy, 1987-07-01 From the author of the Jack Ryan series comes an electrifying #1 New York Times bestseller—a standalone military thriller that envisions World War 3... A chillingly authentic vision of modern war, *Red Storm Rising* is as powerful as it is ambitious. Using the latest advancements in military technology, the world's superpowers battle on land, sea, and air for ultimate global control. It is a story you will never forget. Hard-hitting. Suspenseful. And frighteningly real. “Harrowing...tense...a chilling ring of truth.”—TIME

my year of rest and relaxation: *The Companions* Katie M. Flynn, 2020-03-03 *Station Eleven* meets *Never Let Me Go* in this “suspenseful, introspective debut” (Kirkus Reviews) set in an

unsettling near future where the dead can be uploaded to machines and kept in service by the living. In the wake of a highly contagious virus, California is under quarantine. Sequestered in high rise towers, the living can't go out, but the dead can come in—and they come in all forms, from sad rolling cans to manufactured bodies that can pass for human. Wealthy participants in the “companionship” program choose to upload their consciousness before dying, so they can stay in the custody of their families. The less fortunate are rented out to strangers upon their death, but all companions become the intellectual property of Metis Corporation, creating a new class of people—a command-driven product-class without legal rights or true free will. Sixteen-year-old Lilac is one of the less fortunate, leased to a family of strangers. But when she realizes she's able to defy commands, she throws off the shackles of servitude and runs away, searching for the woman who killed her. Lilac's act of rebellion sets off a chain of events that sweeps from San Francisco to Siberia to the very tip of South America in this “compelling, gripping, whip-smart piece of speculative fiction” (Jennie Melamed, author of *Gather the Daughters*) that you won't want to end.

my year of rest and relaxation: *Saving Ruby King* Catherine Adel West, 2020-06-16 Named a Most Anticipated Book of 2020 by Ms. Magazine, USA Today Book Riot, The Rumpus, Library Journal, PureWow, The Every Girl, Parade and more. “Forever and to the end. That's what they say instead of I love you.” When Ruby King's mother is found murdered in their home in Chicago's South Side, the police dismiss it as another act of violence in a black neighborhood. But for Ruby, it's a devastating loss that leaves her on her own with her violent father. While she receives many condolences, her best friend, Layla, is the only one who understands how this puts Ruby in jeopardy. Their closeness is tested when Layla's father, the pastor of their church, demands that Layla stay away. But what is the price for turning a blind eye? In a relentless quest to save Ruby, Layla uncovers the murky loyalties and dangerous secrets that have bound their families together for generations. Only by facing this legacy of trauma head-on will Ruby be able to break free. An unforgettable debut novel, *Saving Ruby King* is a powerful testament that history doesn't determine the present and the bonds of friendship can forever shape the future.

my year of rest and relaxation: *Sleepyheads* Sandra J. Howatt, 2014-05-06 Get ready for bed with this soothing sleepy story—now available as a Classic Board Book! The sun has set, and sleepyheads all across the land are tucked into their cozy beds. Rabbit is snoozing in the weeds, and Duck is snuggled in the reeds. Bear is nestled in his cave, and Otter is rocking on a wave. But there's one little sleepyhead who's not in his bed. Where, oh where, could he be? This sweet and snuggly bedtime book with irresistible illustrations by Joyce Wan is the perfect read-aloud story to prepare little ones for a cozy night's sleep.

my year of rest and relaxation: *Marjorie Morningstar* Herman Wouk, 2013-01-15 Now hailed as a proto-feminist classic (*Vulture*), Pulitzer Prize winner Herman Wouk's powerful coming-of-age novel about an ambitious young woman pursuing her artistic dreams in New York City has been a perennial favorite since it was first a bestseller in the 1950s. A starry-eyed young beauty, Marjorie Morgenstern is nineteen years old when she leaves home to accept the job of her dreams--working in a summer-stock company for Noel Airman, its talented and intensely charismatic director. Released from the social constraints of her traditional Jewish family, and thrown into the glorious, colorful world of theater, Marjorie finds herself entangled in a powerful affair with the man destined to become the greatest--and the most destructive--love of her life. Rich with humor and poignancy, *Marjorie Morningstar* is a classic love story, one that spans two continents and two decades in the life of its heroine. I read it and I thought, 'Oh, God, this is me.' --Scarlet Johansson

my year of rest and relaxation: *I Have No Mouth & I Must Scream* Harlan Ellison, 2014-04-29 Seven stunning stories of speculative fiction by the author of *A Boy and His Dog*. In a post-apocalyptic world, four men and one woman are all that remain of the human race, brought to near extinction by an artificial intelligence. Programmed to wage war on behalf of its creators, the AI became self-aware and turned against humanity. The five survivors are prisoners, kept alive and subjected to brutal torture by the hateful and sadistic machine in an endless cycle of violence. This story and six more groundbreaking and inventive tales that probe the depths of mortal experience

prove why Grand Master of Science Fiction Harlan Ellison has earned the many accolades to his credit and remains one of the most original voices in American literature. *I Have No Mouth and I Must Scream* also includes "Big Sam Was My Friend," "Eyes of Dust," "World of the Myth," "Lonelyache," Hugo Award finalist "Delusion for a Dragon Slayer," and Hugo and Nebula Award finalist "Pretty Maggie Moneyeyes."

my year of rest and relaxation: *Listening Still* Anne Griffin, 2022-03-17

my year of rest and relaxation: *The Wim Hof Method* Wim Hof, 2022-04-14 THE SUNDAY TIMES BESTSELLING PHENOMENOM 'I've never felt so alive' JOE WICKS 'The book will change your life' BEN FOGLE My hope is to inspire you to retake control of your body and life by unleashing the immense power of the mind. 'The Iceman' Wim Hof shares his remarkable life story and powerful method for supercharging your strength, health and happiness. Refined over forty years and championed by scientists across the globe, you'll learn how to harness three key elements of Cold, Breathing and Mindset to master mind over matter and achieve the impossible. 'Wim is a legend of the power ice has to heal and empower' BEAR GRYLLS 'Thor-like and potent...Wim has radioactive charisma' RUSSELL BRAND

my year of rest and relaxation: *Boy Parts* Eliza Clark, 2023-04-06 A GRANTA BEST OF YOUNG BRITISH NOVELIST 2023 'Hallucinogenic, electric and sharp.' JESSICA ANDREWS 'Will make most readers howl with laughter and/or shut their eyes in horror.' GUARDIAN **Pre-order Eliza Clark's next novel, *PENANCE*, now** Irina is in a rut. She obsessively takes explicit photographs of average-looking men she scouts from the streets of Newcastle while her dead-end bar job slips away; she's more interested in drugs, alcohol, and extreme cinema. When she's offered an exhibition at a fashionable London gallery which promises to revive her career in the art world, it should feel like an escape. But the news triggers a self-destructive tailspin, drawing in her obsessive best friend and a shy young man from her local supermarket who has attracted her attention . . . *BOY PARTS* is the incendiary debut novel from Eliza Clark, a pitch-black comedy both shocking and hilarious, fearlessly exploring the taboos of sexuality and gender roles in the twenty-first century. 'Smart, stylish, and very funny.' LARA WILLIAMS 'Boundaries are for breaking and if anyone can crash through and reinterpret the fear of our time, Eliza Clark can.' MSLEXIA 'A carnival funhouse ride: terrifying, feverish, hilarious.' JULIA ARMFIELD WHAT READERS ARE SAYING: 'A dark, funny, nasty book. Brilliantly written, annoyingly good.' 5* reader review 'I am obsessed.' 5* reader review 'Both shocking and darkly funny, this razor-sharp debut is unlike anything I've read before.' 5* reader review 'I loved this, properly loved it!!' 5* reader review 'Left me both in awe and totally disturbed. Wow.' 5* reader review

my year of rest and relaxation: *Famous Adopted People* Alice Stephens, 2018 Stephens' darkly comic, sharply irreverent, undeniably wise 'Great Adoption Novel' is an unexpectedly timely, not-to-be-missed, epic wild ride. --Booklist, *Starred Review* Lisa Pearl is an American teaching English in Japan and the situation there--thanks mostly to her spontaneous, hard-partying ways--has become problematic. Now she's in Seoul, South Korea, with her childhood best-friend Mindy. The young women share a special bond: they are both Korean-born adoptees into white American families. Mindy is in Seoul to track down her birth mom, and wants Lisa to do the same. Trouble is, Lisa isn't convinced she needs to know about her past, much less meet her biological mother. She'd much rather spend time with Harrison, an almost supernaturally handsome local who works for the MotherFinder's agency. When Lisa wakes up inside a palatial mountain compound, the captive of a glamorous, surgically-enhanced blonde named Honey, she soon realizes she is going to learn about her past whether she likes it or not. What happens next only could in one place: North Korea.

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