

Books That Have Helped Me

Kessinger Publishing, LLC - 19 Book Suggestions for When You're Feeling Sad, Upset, or Alone



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5 Books About Grief That Helped Me Cope With The Death Of My Mother

But I'm not the only one who has relied on comfort of the literary variety.

Please Read These 8 Books If You Have a Chronic Illness

At the time, I felt torn between the person I had been and the person I was now becoming—a tension Adichie beautifully encapsulates in Americanah. Sometimes a book would get me out of bed, suddenly motivated to face the day. If that's not a ringing endorsement, I don't know what is.

The 7 Best Self

It focuses on the Supreme Court in the post- Roe v.

9 Books That Have Helped Me Cope During My Saddest Times

The book is part of a mindfulness-based stress reduction clinic program at the University of Massachusetts Medical Center.

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