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The White House

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*The Light We Carry Overcoming In
Uncertain Times*

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SELLERS BRADY

The White House Cider Mill Press

#1 NEW YORK TIMES BESTSELLER • ONE OF ESSENCE'S 50 MOST IMPACTFUL BLACK BOOKS OF THE PAST 50 YEARS In this iconic memoir of his early days, Barack Obama "guides us straight to the intersection of the most serious questions of identity, class, and race" (The Washington Post Book World). "Quite extraordinary."—Toni Morrison In this lyrical, unsentimental, and compelling memoir, the son of a black African father and a white American mother searches for a workable meaning to his life as a black American. It begins in New York, where Barack Obama

learns that his father—a figure he knows more as a myth than as a man—has been killed in a car accident. This sudden death inspires an emotional odyssey—first to a small town in Kansas, from which he retraces the migration of his mother's family to Hawaii, and then to Kenya, where he meets the African side of his family, confronts the bitter truth of his father's life, and at last reconciles his divided inheritance. Praise for *Dreams from My Father* "Beautifully crafted . . . moving and candid . . . This book belongs on the shelf beside works like James McBride's *The Color of Water* and Gregory Howard Williams's *Life on the Color Line* as a tale of living astride America's racial categories."—Scott Turow "Provocative . . . Persuasively describes the phenomenon of belonging to two different worlds, and thus belonging to neither."—The New York Times Book Review "Obama's writing is

incisive yet forgiving. This is a book worth savoring.”—Alex Kotlowitz, author of *There Are No Children Here* “One of the most powerful books of self-discovery I’ve ever read, all the more so for its illuminating insights into the problems not only of race, class, and color, but of culture and ethnicity. It is also beautifully written, skillfully layered, and paced like a good novel.”—Charlayne Hunter-Gault, author of *In My Place* “Dreams from My Father is an exquisite, sensitive study of this wonderful young author’s journey into adulthood, his search for community and his place in it, his quest for an understanding of his roots, and his discovery of the poetry of human life. Perceptive and wise, this book will tell you something about yourself whether you are black or white.”—Marian Wright Edelman

Beautiful Things HarperCollins

The Light We Carry - Overcoming in Uncertain Times - A Comprehensive Summary The Light We Carry is a self-help book by former First Lady Michelle Obama that aims to inspire readers to find strength, build resilience, and cultivate positive relationships. The book is divided into three parts, with the first focusing on identifying one's strengths, the second on family and relationships, and the third on remaining positive during challenging times. In the introduction, Obama uses her father's cane as an analogy for the psychological tools people rely on to cope with hardships. She reflects on her own experiences with anxiety and stress during the Covid-19 pandemic and offers advice on finding solace in hobbies and small, manageable tasks. The book also explores how fear, self-criticism, and feelings of inadequacy can limit people's enjoyment of life and opportunities. Obama shares personal anecdotes of feeling different as a child,

both in terms of physical appearance and cultural background, and how connecting with others who shared her experiences helped her overcome these challenges. The second part of the book focuses on relationships, with chapters dedicated to the importance of friendship, romantic relationships, and parenting. Obama emphasizes the importance of creating emotionally safe environments for children to express themselves and encourages parents to teach their children age-appropriate skills and foster self-sufficiency. The final section of the book explores how to deal with negativity and discrimination and how to remain positive and focused on goals. Obama shares her own experiences of being the target of racist caricatures and advises readers to ignore negative behavior and focus on their work and goals. Overall, *The Light We Carry* offers a message of hope and resilience during challenging times and encourages readers to focus on their strengths, cultivate positive relationships, and remain committed to their goals despite obstacles. Here is a Preview of What You Will Get: - A Detailed Introduction - A Comprehensive Chapter by Chapter Summary - Etc Get a copy of this summary and learn about the book.

My Own Words Knopf Books for Young Readers

Michelle Obama has quickly become one of the most influential and respected women in America. This book is a collection of her most personal and inspirational speeches, given over the course of a year and a half, on the Obama's historic journey to the White House. In her own words, Michelle Obama talks about her beliefs, her upbringing, and her values.

Becoming: a Guided Journal for Discovering Your Voice Abbeville Press

What's your journey of becoming? Based on Michelle Obama's bestselling memoir, this gorgeous journal features an intimate and inspiring introduction by the former First Lady and thought-provoking questions and prompts to help you discover-and rediscover-your story. 'It's not about being perfect. It's not about where you get yourself in the end. There's power in allowing yourself to be known and heard, in owning your unique story, in using your authentic voice. And there's grace in being willing to know and hear others. This, for me, is how we become.' - Michelle Obama

In publishing *Becoming*, a work of deep reflection and mesmerizing storytelling, Michelle Obama shared her own extraordinary journey to help create space for others to tell their stories, to give people the courage to discover the power of their own voice, and to widen the pathway for who belongs and why. This guided journal presents inspiring questions and quotes from the book to help you reflect on your personal and family history, your goals, challenges, and dreams, what moves you and brings you hope, and what future you imagine for yourself and your community. Above all, these pages help you capture your own voice and journey so you can nurture your sense of belonging.

Normal Simon and Schuster

The editor of *Hugs from Obama* presents this photographic celebration of the former first lady's elegance and strength in *Go High: The Unstoppable Presence and Poise of Michelle Obama*. Featuring more than 50 full-color photographs illustrating her warmth, wisdom, and belief in a bright future, this one-of-a-kind collection highlights Michelle Obama's compassion, verve, and dynamic approach to unifying people from all walks of life. Each picture is accompanied by some of her most compelling

words—inspirational quotes sharing her earnest expression that the United States of America is a place of unity, fairness, vitality, and optimism. A perfect gift book for mothers and graduates, *Go High* revisits the beloved first lady's heartfelt embrace of the American people, and her persistent encouragement to always lift one another up, reach higher, and rise to the occasion.

Go High Macmillan + ORM

A New York Times bestseller, this extraordinary memoir from Huma Abedin—Hillary Clinton's famously private top aide and longtime advisor—offers “a gripping testament to the power of a woman finding her voice, owning her ambition, and sharing her truth” (Glennon Doyle). Abedin's stunning memoir garnered an extraordinary amount of media coverage, with appearances on CBS Sunday Morning, the Today show, The Late Show with Stephen Colbert, The View, Late Night with Seth Meyers, Christiane Amanpour, and coverage in many other outlets, including The Washington Post, The New York Times, and NPR. The daughter of Indian and Pakistani intellectuals and advocates, Abedin grew up in the United States and Saudi Arabia and traveled widely. Both/And grapples with family, legacy, identity, faith, marriage, motherhood—and work—with wisdom, sophistication, grace, and clarity. Abedin launched full steam into a college internship in the office of the First Lady in 1996, never imagining that her work at the White House would blossom into a career in public service, nor that her career would become an all-consuming way of life. She thrived in rooms with diplomats and sovereigns, entrepreneurs and artists, philanthropists and activists, and witnessed many crucial moments in 21st-century American history—Camp David for urgent efforts at Middle East

peace in the waning months of the Clinton administration, Ground Zero in the days after the September 11 attacks, the inauguration of the first African American president of the United States, and the convention floor when America nominated its first female presidential candidate. Abedin's relationship with Hillary Clinton has seen both women through extraordinary personal and professional highs, as well as unimaginable lows. Here, for the first time, is a deeply personal account of Clinton as mentor, confidante, and role model. Abedin cuts through caricature, rumor, and misinformation to reveal a crystal-clear portrait of Clinton as a brilliant and caring leader, a steadfast friend, generous, funny, hardworking, and dedicated. Both/And is "the story of a person of substance—someone determined to tell her own story" (The New York Times) including the heartbreaking chronicle of her marriage to Anthony Weiner, what drew her to him, how much she wanted to believe in him, the devastation wrought by his betrayals—and their shared love for their son. Abedin's journey through the opportunities and obstacles, the trials and triumphs, of a full and complex life is a testament to her profound belief that in an increasingly either/or world, she can be both/and. Abedin's compassion and courage, her resilience and grace, her work ethic and mission are an inspiration to women of all ages.

Welcome to the Grief Club Simon and Schuster

University Press returns with another short and captivating portrait of one of history's most compelling figures, Barack Obama. Barack Obama is considered one of the most significant figures of the 21st century. He was the first African-American President of the United States, his signature "Obamacare" Patient

Protection and Affordable Care Act extended health insurance coverage to 20 million Americans, he is credited with pulling the American economy back from the brink of an economic depression, he expanded federal hate crime laws to include crimes motivated by a victim's gender or sexual orientation, he ended the "don't ask, don't tell" policy in the U.S. armed forces, his administration urged the Supreme Court to strike down same-sex marriage bans (which it did), he nominated two women (and America's first Hispanic) to the Supreme Court, he substantially escalated the use of drone strikes against terrorists associated with al-Qaeda and the Taliban, he committed the United States to the Paris Agreement on global climate change, he brokered the JCPOA nuclear deal with Iran, he normalized U.S. relations with Cuba, and he won the Nobel Peace Prize. Barack Obama was born in Honolulu, Hawaii on August 4, 1961. His mother was a white American from Kansas. His father was a black East African from Kenya. He grew up in Seattle, Honolulu, and Jakarta, attended college in Los Angeles, graduated from Columbia University in New York, graduated from Harvard Law School in Cambridge, met and married his wife, Michelle, in Chicago, and, for eight years, lived in the White House in Washington D.C. This short book tells the intensely human story of a man who changed the world in a way that no one else could.

The Obamas Crown

'I Had a Black Dog says with wit, insight, economy and complete understanding what other books take 300 pages to say. Brilliant and indispensable.' - Stephen Fry 'Finally, a book about depression that isn't a prescriptive self-help manual. Johnston's deftly expresses how lonely and isolating depression can be for

sufferers. Poignant and humorous in equal measure.' Sunday Times There are many different breeds of Black Dog affecting millions of people from all walks of life. The Black Dog is an equal opportunity mongrel. It was Winston Churchill who popularized the phrase Black Dog to describe the bouts of depression he experienced for much of his life. Matthew Johnstone, a sufferer himself, has written and illustrated this moving and uplifting insight into what it is like to have a Black Dog as a companion and how he learned to tame it and bring it to heel.

Huddle National Academies Press

An intimate, powerful, and inspiring memoir by the former First Lady of the United States #1 NEW YORK TIMES BESTSELLER • WATCH THE EMMY-NOMINATED NETFLIX ORIGINAL DOCUMENTARY • OPRAH'S BOOK CLUB PICK • NAACP IMAGE AWARD WINNER • ONE OF ESSENCE'S 50 MOST IMPACTFUL BLACK BOOKS OF THE PAST 50 YEARS In a life filled with meaning and accomplishment, Michelle Obama has emerged as one of the most iconic and compelling women of our era. As First Lady of the United States of America—the first African American to serve in that role—she helped create the most welcoming and inclusive White House in history, while also establishing herself as a powerful advocate for women and girls in the U.S. and around the world, dramatically changing the ways that families pursue healthier and more active lives, and standing with her husband as he led America through some of its most harrowing moments. Along the way, she showed us a few dance moves, crushed Carpool Karaoke, and raised two down-to-earth daughters under an unforgiving media glare. In her memoir, a work of deep reflection and mesmerizing storytelling, Michelle Obama invites

readers into her world, chronicling the experiences that have shaped her—from her childhood on the South Side of Chicago to her years as an executive balancing the demands of motherhood and work, to her time spent at the world's most famous address. With unerring honesty and lively wit, she describes her triumphs and her disappointments, both public and private, telling her full story as she has lived it—in her own words and on her own terms. Warm, wise, and revelatory, *Becoming* is the deeply personal reckoning of a woman of soul and substance who has steadily defied expectations—and whose story inspires us to do the same.

Bibliophile: Diverse Spines Rizzoli Publications

A photographic journey of Michelle Obama, one of the most beloved First Ladies.

American Grown Simon and Schuster

A riveting, deeply personal account of history in the making—from the president who inspired us to believe in the power of democracy #1 NEW YORK TIMES BESTSELLER • NAACP IMAGE AWARD NOMINEE • NAMED ONE OF THE TEN BEST BOOKS OF THE YEAR BY THE NEW YORK TIMES BOOK REVIEW AND PEOPLE NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The Washington Post • Jennifer Szalai, The New York Times • NPR • The Guardian • Slate • Vox • The Economist • Marie Claire In the stirring first volume of his presidential memoirs, Barack Obama tells the story of his improbable odyssey from young man searching for his identity to leader of the free world, describing in strikingly personal detail both his political education and the landmark moments of the first term of his historic presidency—a time of dramatic transformation and turmoil. Obama takes readers on a compelling journey from his earliest political

aspirations to the pivotal Iowa caucus victory that demonstrated the power of grassroots activism to the watershed night of November 4, 2008, when he was elected 44th president of the United States, becoming the first African American to hold the nation's highest office. Reflecting on the presidency, he offers a unique and thoughtful exploration of both the awesome reach and the limits of presidential power, as well as singular insights into the dynamics of U.S. partisan politics and international diplomacy. Obama brings readers inside the Oval Office and the White House Situation Room, and to Moscow, Cairo, Beijing, and points beyond. We are privy to his thoughts as he assembles his cabinet, wrestles with a global financial crisis, takes the measure of Vladimir Putin, overcomes seemingly insurmountable odds to secure passage of the Affordable Care Act, clashes with generals about U.S. strategy in Afghanistan, tackles Wall Street reform, responds to the devastating Deepwater Horizon blowout, and authorizes Operation Neptune's Spear, which leads to the death of Osama bin Laden. *A Promised Land* is extraordinarily intimate and introspective—the story of one man's bet with history, the faith of a community organizer tested on the world stage. Obama is candid about the balancing act of running for office as a Black American, bearing the expectations of a generation buoyed by messages of "hope and change," and meeting the moral challenges of high-stakes decision-making. He is frank about the forces that opposed him at home and abroad, open about how living in the White House affected his wife and daughters, and unafraid to reveal self-doubt and disappointment. Yet he never wavers from his belief that inside the great, ongoing American experiment, progress is always possible. This beautifully written

and powerful book captures Barack Obama's conviction that democracy is not a gift from on high but something founded on empathy and common understanding and built together, day by day.

Designing History Abrams

Welcome to the Grief Club - a place where one human who experienced a terrible loss, Janine Kwoh, is at the door to welcome other humans who are grieving. It is not an instruction manual, or a step-by-step playbook, or a memoir. It is, rather, a fresh, empathetic approach to all of the surprising, confusing, brutal, funny, and downright bizarre parts of grief. Combining her own experiences with grief - the author's partner died when both were in their late 20s - with what she learned from others in her 'grief club', Kwoh uses brief writings and observations, hand-drawn illustrations, and diagrams to explore all the different ways grief happens. Plus, wisdom and understanding in every line - there is no right or wrong way to grieve - and permission to grieve in whichever ways you need, for however long you need to. What to do when the world is your grief trigger. Signs you have grief brain. And gentle assurances: Grief isn't linear, but it does change and will soften over time. It is a book to put into the hands of anyone who is grieving, because from its very first page, that person will know they are no longer alone.

The Light We Carry Little, Brown

The Future of Nursing explores how nurses' roles, responsibilities, and education should change significantly to meet the increased demand for care that will be created by health care reform and to advance improvements in America's increasingly complex health system. At more than 3 million in number, nurses make up the

single largest segment of the health care work force. They also spend the greatest amount of time in delivering patient care as a profession. Nurses therefore have valuable insights and unique abilities to contribute as partners with other health care professionals in improving the quality and safety of care as envisioned in the Affordable Care Act (ACA) enacted this year. Nurses should be fully engaged with other health professionals and assume leadership roles in redesigning care in the United States. To ensure its members are well-prepared, the profession should institute residency training for nurses, increase the percentage of nurses who attain a bachelor's degree to 80 percent by 2020, and double the number who pursue doctorates. Furthermore, regulatory and institutional obstacles—including limits on nurses' scope of practice—should be removed so that the health system can reap the full benefit of nurses' training, skills, and knowledge in patient care. In this book, the Institute of Medicine makes recommendations for an action-oriented blueprint for the future of nursing.

More Myself Viking

Wall Street Journal Bestseller CNN news anchor Brooke Baldwin explores the phenomenon of “huddling,” when women lean on one another—in politics, Hollywood, activism, the arts, sports, and everyday friendships—to provide each other support, empowerment, inspiration, and the strength to solve problems or enact meaningful change. Whether they are facing adversity (like workplace inequity or a global pandemic) or organizing to make the world a better place, women are a highly potent resource for one another. Through a mix of journalism and personal narrative, Baldwin takes readers beyond the big headline-making huddles

from recent years (such as the Women’s March, #MeToo, Times Up, and the record number of women running for public office) and embeds herself in groups of women of all ages, races, religions and socio-economic backgrounds who are banding together in America. HUDDLE explores several stories including: The benefits of all-girls learning environments, such as Karlie Kloss’s Kode with Klossy and Reese Witherspoon’s Filmmaker Lab for Girls in which young women are given the freedom to make mistakes, and find their confidence. The tactics employed by huddles of women who work in male-dominated industries including a group of US veterans/Democratic Congresswomen, a huddle of African-American judges in Harris County, Texas, and an all-female writers room in Hollywood. The wisdom of huddling from trusted pioneers such as Gloria Steinem, Billie Jean King, and Madeleine Albright as well as contemporary trailblazers like Stacey Abrams and Ava DuVernay. How professionals such as Chef Dominique Crenn and sports agent Lindsay Colas use their success to amplify other women in their fields. The ways huddles of women are dedicated to making seismic change, including a look at Indigenous women saving the planet, the women who founded Black Lives Matter, the mothers fighting for sensible gun laws, America’s favorite female athletes (Megan Rapinoe, Hilary Knight, and Sue Bird to name a few) agitating for equal pay, and female teachers rallying to improve their working conditions. The bond between women who practice self-care and trauma healing together, including the women who courageously survived sexual abuse, and the women who heal together in *The Class* and *GirlTrek*. The ways women are becoming more intentional about the life-saving power of friendship, including the bonds between

military wives, new moms, and nurses getting through the time of Covid. Throughout her examination of this fascinating huddle phenomenon, Baldwin learns about the periods of huddle 'droughts' in America, as well as the ways that Black women have been huddling for centuries. She also uncovers how huddling can be the "secret sauce" that makes many things possible for women: success in the workplace, effective grassroots change, confidence in girlhood, and a better physical and mental health profile in adulthood. Along the way, Baldwin takes readers through her own personal journey of growing up in the South and climbing the ladder of a male-dominated industry. Like so many women in her field, she encountered many sharp elbows on her career path, but became an early believer in adding more seats to the table and huddling with other women for strength and solidarity. In the process of writing HUDDLE, Baldwin learns that this seemingly new phenomenon is actually something women have been doing for generations—a quiet, collective power she learns to unlock in her transformation from journalist to champion for women.

[Barack Obama Book](#) Little Books of People

Unveiling the unconventional : Kehinde Wiley's portrait of Barack Obama / Taína Caragol -- "Radical empathy" : Amy Sherald's portrait of Michelle Obama / Dorothy Moss -- The Obama portraits, in art history and beyond / Richard J. Powell -- The Obama portraits and the National Portrait Gallery as a site of secular pilgrimage / Kim Sajet -- The presentation of the Obama portraits : a transcript of the unveiling ceremony.

[Michelle Obama BookSummaryGr](#)

It's time to diversify your reading list. This richly illustrated and

vastly inclusive collection uplifts the works of authors who are often underrepresented in the literary world. Using their keen knowledge and deep love for all things literary, coauthors Jamise Harper (founder of the Diverse Spines book community) and Jane Mount (author of Bibliophile) collaborated to create an essential volume filled with treasures for every reader: • Dozens of themed illustrated book stacks—like Classics, Contemporary Fiction, Mysteries, Cookbooks, and more—all with an emphasis on authors of color and own voices • A look inside beloved bookstores owned by Black, Indigenous, and People of Color • Reading recommendations from leading BIPOC literary influencers Diversify your reading list to expand your world and shift your perspective. Kickstart your next literary adventure now! EASY TO GIFT: This portable guide is packed with more than 150 colorful illustrations is a perfect gift for any booklover. The textured paper cover, gold foil, and ribbon marker make this book a special gift or self-purchase. DISCOVER UNSUNG LITERARY HEROES: The authors dive deep into a wide variety of genres, such as Contemporary Fiction, Classics, Young Adult, Sci-Fi, and more to bring the works of authors of color to the fore. ENDLESS READING INSPIRATION: Themed book stacks and reading suggestions from luminaries of the literary world provide curated book recommendations. Your to-read list will thank you. Perfect for: bookish people; literary lovers; book club members; Mother's Day shoppers; stocking stuffers; followers of #DiverseSpines; Jane Mount and Ideal Bookshelf fans; Reese's Book Club and Oprah's Book Club followers; people who use Goodreads.com; readers wanting to expand/decolonize their book collections; people interested in uplifting BIPOC voices; antiracist activists

and educators; grads and students; librarians and library patrons wanting to expand/decolonize their book collections; people interested in uplifting BIPOC voices; antiracist activists and educators; grads and students; librarians and library patrons
Summary of Becoming by Michelle Obama Penguin

When people find out she is a therapist, Niro Feliciano knows she isn't going anywhere anytime soon. At soccer games, at cocktail parties, in waiting rooms, people corner her and ask: Why am I so stressed? Is the way I feel normal? Why can't I just be happy? The truth is happiness is fleeting, and we are stressing ourselves out trying to achieve it. In *This Book Won't Make You Happy*, national media commentator and Psychology Today columnist Feliciano offers a path to something much more achievable and abundantly more satisfying: contentment. By incorporating eight simple postures rooted in cognitive behavioral science and mindfulness practices into our daily routines, we can move away from anxiety and toward balance and calm. Acceptance, gratitude, connection, a present-focused perspective, intentionality and priority, self-compassion, resilience, and faith: through these practices we will overcome obstacles that hold us back from living full, meaningful, contented lives. Anxiety, stress, and grief aren't going away anytime soon, and this book won't make you happy. But with wit and empathy, Feliciano leads you right past happy to calm. No matter how "happy" your life is--or isn't--you can reach a deeper, truer, and longer-lasting place of contentment.

Dreams from My Father Broadleaf Books

This is the inspiring story of a modern American icon, the first comprehensive account of the life and times of Michelle Obama.

With disciplined reporting and a storyteller's eye for revealing detail, Peter Slevin follows Michelle to the White House from her working-class childhood on Chicago's largely segregated South Side. He illuminates her tribulations at Princeton University and Harvard Law School during the racially charged 1980s and the dilemmas she faced in Chicago while building a high-powered career, raising a family, and helping a young community organizer named Barack Obama become president of the United States. From the lessons she learned in Chicago to the messages she shares as one of the most recognizable women in the world, the story of this First Lady is the story of America. Michelle Obama: A Life is a fresh and compelling view of a woman of unique achievement and purpose.

Becoming Frances Lincoln Children's Books

NEW YORK TIMES BESTSELLER • A stunning "portrait of the enduring grace of friendship" (NPR) about the families we are born into, and those that we make for ourselves. A masterful depiction of love in the twenty-first century. NATIONAL BOOK AWARD FINALIST • MAN BOOKER PRIZE FINALIST • WINNER OF THE KIRKUS PRIZE A Little Life follows four college classmates—broke, adrift, and buoyed only by their friendship and ambition—as they move to New York in search of fame and fortune. While their relationships, which are tinged by addiction, success, and pride, deepen over the decades, the men are held together by their devotion to the brilliant, enigmatic Jude, a man scarred by an unspeakable childhood trauma. A hymn to brotherly bonds and a masterful depiction of love in the twenty-first century, Hanya Yanagihara's stunning novel is about the families we are born into, and those that we make for ourselves.

Look for Hanya Yanagihara's latest bestselling novel, *To Paradise*.
[Summary of The Light We Carry](#) Hachette UK

Hunter Biden recounts his descent into substance abuse and his tortuous path to sobriety. The story ends with where Hunter is today

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