

Okay Fine Whatever The Year I Went From Being Afra

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ANGELICA CHAMBERS

How to Be Fine Andrews McMeel Publishing

"After nine years together, Kathryn and Chris have the sort of relationship most would envy. They speak in the shorthand they have invented, complete one another's sentences, and help each other through every daily and existential dilemma. When Chris tells Kathryn about his feelings for Emily, a vivacious young woman he sees often at the Laundromat, Kathryn encourages her boyfriend to pursue this other woman--certain that her bond with Chris is strong enough to weather a little side dalliance. As Kathryn and Chris stumble into polyamory, [this book] tracks the tumultuous, revelatory, and often very funny year that follows"--

Secondhand Time Simon and Schuster

Seventeen-year-old Rose Hemmersbach aspires to break out of small town Sparta, Wisconsin and achieve her artistic dreams, just like her aunt Colleen, but must face her mother's heroin addiction and its ramifications first.

Everything I Never Told You Random House

"In Stupid things I won't do when I get old, Petro candidly addresses the fears, frustrations, and stereotypes that accompany aging. He offers a blueprint for the new old age, and an understanding that aging and illness are not the same. As he writes, 'I meant the list as a pointed reminder--to me--to make different choices when I eventually cross the threshold to 'old' -- Excerpt from jacket flap.

Eleanor Oliphant Is Completely Fine Penguin

This illustrated gift book of short comics illuminates author Debbie Tung's experience as an introvert in an extrovert's world. Presented in a loose narrative style that can be read front to back or dipped into at one's leisure, the book spans three years of Debbie's life, from the end of college to the present day. In these early years of adulthood, Debbie slowly but finally discovers there is a name for her lifelong need to be alone: she's an introvert. The first half of the book traces Debbie's final year in college: socializing with peers, dating, falling in love (with an extrovert!), moving in, getting married, meeting new people, and simply trying to fit in. The second half looks at her life after graduation: finding a job, learning to live with her new husband, trying to understand social obligations when it comes to the in-laws, and navigating office life. Ultimately, Quiet Girl sends a positive, pro-introvert message: our heroine learns to embrace her introversion and finds ways to thrive in the world while fulfilling her need for quiet.

Everything Is Fine. Simon and Schuster

From the #1 New York Times bestselling author of *This Is Where It Ends* comes another heartbreaking, emotional and timely page-turner that will keep you on the edge of your seat. The Hope Juvenile Treatment Center is ironically named. No one has hope for the delinquent teenagers who have been exiled there; the world barely acknowledges that they exist. Then the guards at Hope start acting strange. And one day...they don't show up. But when the teens band together to make a break from the facility, they encounter soldiers outside the gates. There's a rapidly spreading infectious disease outside, and no one can leave their houses or travel without a permit. Which means that they're stuck at Hope. And this time, no one is watching out for them at all. As supplies quickly dwindle and a deadly plague tears through their ranks, the group has to decide whom among them they can trust and figure out how they can survive in a world that has never wanted them in the first place. Also by Marieke Nijkamp: *This Is Where It Ends* Even If We Break Before I Let Go Praise for Marieke Nijkamp: "Immersive and captivating. Thrilling in every sense of the word."—Karen M. McManus, #1 New York Times bestselling author of *One of Us Is Lying* on *Even If We Break* "With exceptional handling of everything from mental illness to guilt and a riveting, magic realist narrative, this well wrought, haunting novel will stick with readers long after the final page."—Booklist on *Before I Let Go* *STARRED REVIEW* "A compelling, brutal story of an unfortunately all-too familiar situation: a school shooting. Nijkamp portrays the events thoughtfully, recounting fifty-four intense minutes of bravery, love, and loss."—BookRiot on *This Is Where It Ends* *Everything Is Fine* Sourcebooks, Inc.

If he had been with me everything would have been different... I wasn't with Finn on that August night. But I should've been. It was raining, of course. And he and Sylvie were arguing as he drove down the slick road. No one ever says what they were arguing about. Other people think it's not important. They do not know there is another story. The story that lurks between the facts. What they do not know—the cause of the argument—is crucial. So let me tell you...

The Outsiders Penguin

A humorous and insightful look into what advice works, what doesn't, and what it means to transform yourself, by the co-hosts of the popular *By the Book* podcast. In each episode of their podcast *By the Book*, Jolenta Greenberg and Kristen Meinzer take a deep dive into a different self-help book, following its specific instructions, rules, and advice to the letter. From diet and productivity to decorating to social interactions, they try it all, record themselves along the way, then share what they've learned with their devoted and growing audience of fans who tune in. In *How to Be Fine*, Jolenta and Kristen synthesize the lessons and insights they've learned and share their experiences with everyone. *How to Be Fine* is a thoughtful look at the books and practices that have worked, real talk on those that didn't, and a list of philosophies they want to see explored in-depth. The topics they cover include: Getting off your device Engaging in positive self-talk Downsizing Admitting you're a liar Meditation Going outside Getting in touch with your emotions Seeing a therapist Before they began their podcast, Jolenta wanted to believe the promises of self-help books, while Kristen was very much the skeptic. They embraced their differences of opinion, hoping they'd be good for laughs and downloads. But in the years since launching the *By the Book*, they've come to realize their show is about much more than humor. In fact, reading and following each book's advice has actually changed and improved their lives. Thanks to the show, Kristen penned the Amish romance novel she'd always joked about writing, traveled back to her past lives, and she broached some difficult conversations with her husband about their marriage. Jolenta finally memorized her husband's phone number, began tracking her finances, and fell in love with cutting clutter. Part memoir, part prescriptive handbook, this honest, funny, and heartfelt guide is like a warm soul-baring conversation with your closest and smartest friends.

Furiously Happy Little, Brown

NEW YORK TIMES BESTSELLER • "A meditation on sense-making when there's no sense to be made,

on letting go when we can't hold on, and on being unafraid even when we're terrified."—Lucy Kalanithi "Belongs on the shelf alongside other terrific books about this difficult subject, like Paul Kalanithi's *When Breath Becomes Air* and Atul Gawande's *Being Mortal*."—Bill Gates NAMED ONE OF THE BEST BOOKS OF THE YEAR BY REAL SIMPLE Kate Bowler is a professor at Duke Divinity School with a modest Christian upbringing, but she specializes in the study of the prosperity gospel, a creed that sees fortune as a blessing from God and misfortune as a mark of God's disapproval. At thirty-five, everything in her life seems to point toward "blessing." She is thriving in her job, married to her high school sweetheart, and loves life with her newborn son. Then she is diagnosed with stage IV colon cancer. The prospect of her own mortality forces Kate to realize that she has been tacitly subscribing to the prosperity gospel, living with the conviction that she can control the shape of her life with "a surge of determination." Even as this type of Christianity celebrates the American can-do spirit, it implies that if you "can't do" and succumb to illness or misfortune, you are a failure. Kate is very sick, and no amount of positive thinking will shrink her tumors. What does it mean to die, she wonders, in a society that insists everything happens for a reason? Kate is stripped of this certainty only to discover that without it, life is hard but beautiful in a way it never has been before. Frank and funny, dark and wise, Kate Bowler pulls the reader deeply into her life in an account she populates affectionately with a colorful, often hilarious retinue of friends, mega-church preachers, relatives, and doctors. *Everything Happens for a Reason* tells her story, offering up her irreverent, hard-won observations on dying and the ways it has taught her to live. Praise for *Everything Happens for a Reason* "I fell hard and fast for Kate Bowler. Her writing is naked, elegant, and gripping—she's like a Christian Joan Didion. I left Kate's story feeling more present, more grateful, and a hell of a lot less alone. And what else is art for?"—Glennon Doyle, #1 New York Times bestselling author of *Love Warrior* and president of *Together Rising*

Everything, Everything Orion

"Gripping and timely." —People "The YA debut we're most excited for this year." —Entertainment Weekly "A book that knocks you off your feet while dropping the kind of knowledge that'll keep you down for the count. Prepare to BE slain." —Nic Stone, New York Times bestselling author of *Dear Martin* and *Odd One Out* Ready Player One meets *The Hate U Give* in this dynamite debut novel that follows a fierce teen game developer as she battles a real-life troll intent on ruining the Black Panther-inspired video game she created and the safe community it represents for Black gamers. By day, seventeen-year-old Kiera Johnson is an honors student, a math tutor, and one of the only Black kids at Jefferson Academy. But at home, she joins hundreds of thousands of Black gamers who duel worldwide as Nubian personas in the secret multiplayer online role-playing card game, SLAY. No one knows Kiera is the game developer, not her friends, her family, not even her boyfriend, Malcolm, who believes video games are partially responsible for the "downfall of the Black man." But when a teen in Kansas City is murdered over a dispute in the SLAY world, news of the game reaches mainstream media, and SLAY is labeled a racist, exclusionist, violent hub for thugs and criminals. Even worse, an anonymous troll infiltrates the game, threatening to sue Kiera for "anti-white discrimination." Driven to save the only world in which she can be herself, Kiera must preserve her secret identity and harness what it means to be unapologetically Black in a world intimidated by Blackness. But can she protect her game without losing herself in the process?

Everything's Not Fine HarperCollins

A Best Book of the Year: The Washington Post • Chicago Tribune • NPR • Vogue • Elle • Real Simple • InStyle • Good Housekeeping • Parade • Slate • Vox • Kirkus Reviews • Library Journal • BookPage Longlisted for the 2020 Booker Prize An Instant New York Times Bestseller A Reese's Book Club Pick "The most provocative page-turner of the year." --Entertainment Weekly "I urge you to read *Such a Fun Age*." --NPR A striking and surprising debut novel from an exhilarating new voice, *Such a Fun Age* is a page-turning and big-hearted story about race and privilege, set around a young black babysitter, her well-intentioned employer, and a surprising connection that threatens to undo them both. Alix Chamberlain is a woman who gets what she wants and has made a living, with her confidence-driven brand, showing other women how to do the same. So she is shocked when her babysitter, Emira Tucker, is confronted while watching the Chamberlains' toddler one night, walking the aisles of their local high-end supermarket. The store's security guard, seeing a young black woman out late with a white child, accuses Emira of kidnapping two-year-old Briar. A small crowd gathers, a bystander films everything, and Emira is furious and humiliated. Alix resolves to make things right. But Emira herself is aimless, broke, and wary of Alix's desire to help. At twenty-five, she is about to lose her health insurance and has no idea what to do with her life. When the video of Emira unearths someone from Alix's past, both women find themselves on a crash course that will upend everything they think they know about themselves, and each other. With empathy and piercing social commentary, *Such a Fun Age* explores the stickiness of transactional relationships, what it means to make someone "family," and the complicated reality of being a grown up. It is a searing debut for our times.

A Good Girl's Guide to Murder Adam Publishers

The "hilarious and poignant" story of one chronically anxious woman's yearlong quest to seek out the adventures she's spent her life avoiding (Cheryl Strayed). For most of her life (and even during her years as the host of a popular radio show), Courtenay Hameister lived in a state of near-constant dread and anxiety. She fretted about everything. Her age. Her size. Her romantic prospects. How likely it was that she would get hit by a bus on the way home. Until a couple years ago, that is, when, in her mid-forties, she decided to fight back against her debilitating anxieties. She would spend a year doing all the things that scared her -- things that the average person might consider doing for a half second before deciding: "nope." Things like: attending a fellatio class. She did that. She also spent an afternoon in a sensory deprivation tank, got (legally) high in the middle of a workday, had a session with a professional cuddler, braved twenty-eight first dates, and (perhaps scariest of all) actually met someone who might possibly appreciate her for who she is. Refreshing, relatable, and pee-your-pants funny, *Okay Fine Whatever* is Courtenay's hold-nothing-back account of her adventures on the front lines of *Mere Human Woman vs. Fear*, reminding us that even the tiniest amount of bravery is still bravery, and that no matter who you are, it's possible to fight complacency and become bold, or at least bold-ish, a little at a time. "You guys, this book is f*cking funny." -- Chelsea Handler

Quiet Girl in a Noisy World Delacorte Press

In *Furiously Happy*, #1 New York Times bestselling author Jenny Lawson explores her lifelong battle

with mental illness. A hysterical, ridiculous book about crippling depression and anxiety? That sounds like a terrible idea. But terrible ideas are what Jenny does best. As Jenny says: "Some people might think that being 'furiously happy' is just an excuse to be stupid and irresponsible and invite a herd of kangaroos over to your house without telling your husband first because you suspect he would say no since he's never particularly liked kangaroos. And that would be ridiculous because no one would invite a herd of kangaroos into their house. Two is the limit. I speak from personal experience. My husband says that none is the new limit. I say he should have been clearer about that before I rented all those kangaroos. "Most of my favorite people are dangerously fucked-up but you'd never guess because we've learned to bare it so honestly that it becomes the new normal. Like John Hughes wrote in *The Breakfast Club*, 'We're all pretty bizarre. Some of us are just better at hiding it.' Except go back and cross out the word 'hiding.'" *Furiously Happy* is about "taking those moments when things are fine and making them amazing, because those moments are what make us who we are, and they're the same moments we take into battle with us when our brains declare war on our very existence. It's the difference between "surviving life" and "living life". It's the difference between "taking a shower" and "teaching your monkey butler how to shampoo your hair." It's the difference between being "sane" and being "furiously happy." Lawson is beloved around the world for her inimitable humor and honesty, and in *Furiously Happy*, she is at her snort-inducing funniest. This is a book about embracing everything that makes us who we are - the beautiful and the flawed - and then using it to find joy in fantastic and outrageous ways. Because as Jenny's mom says, "Maybe 'crazy' isn't so bad after all." Sometimes crazy is just right.

[Everything Is Just Fine](#) HarperCollins

When we need help, we count on doctors to put us back together. But what happens when doctors fall apart? Funny, fresh, and deeply affecting, *We Are All Perfectly Fine* is the story of a married mother of three on the brink of personal and professional collapse who attends rehab with a twist: a meditation retreat for burned-out doctors. Jillian Horton, a general internist, has no idea what to expect during her five-day retreat at Chapin Mill, a Zen centre in upstate New York. She just knows she desperately needs a break. At first she is deeply uncomfortable with the spartan accommodations, silent meals and scheduled bonding sessions. But as the group struggles through awkward first encounters and guided meditations, something remarkable happens: world-class surgeons, psychiatrists, pediatricians and general practitioners open up and share stories about their secret guilt and grief, as well as their deep-seated fear of falling short of the expectations that define them. Jillian realizes that her struggle with burnout is not so much personal as it is the result of a larger system failure, and that compartmentalizing your most difficult emotions—a coping strategy that is drilled into doctors—is not useful unless you face these emotions too. Jillian Horton throws open a window onto the flawed system that shapes medical professionals, revealing the rarely acknowledged stresses that lead doctors to depression and suicide, and emphasizing the crucial role of compassion not only in treating others, but also in taking care of ourselves.

[The Way I Used to Be](#) Penguin

"Brodie is whip smart; merging pop-culture references with vulnerable, personal experiences to create a collection that reads like a hilarious catch-up call with an old friend. What a pleasure to hear from this fresh, extremely relevant point of view." Abbi Jacobson, CO-CREATOR / WRITER / STAR of *BROAD CITY* "I wish Brodie was the voice of my inner monologue; narrating me through life with her fierce intelligence and never-ending pop culture references. Instead, I'll just settle for this extremely relatable, unashamedly funny, powerful and beautifully vulnerable book *No Way! Okay, Fine.*" - Courtney Barnett, ARIA award winning and Grammy nominated songwriter and musician. "I identified early on that my role in relationships was the sidekick, the platonic female cast member in an all-male production, or the friend who was relied on selectively when other options were unavailable. I was the comic relief or the stand-in, never the lead. I knew this, I felt it, I wrote it down, but I didn't dare say it aloud because that would prove that I cared and caring wasn't cool." From the small town in regional Australia where she was told that 'girls can't play the drums' to New York City and back again, Brodie has spent her life searching screens, books, music and magazines for bodies like hers, girls who loved each other, and women who didn't follow the silent instructions to shrink or hide that they've received since literal birth. This is the story of life as a young woman through the lenses of feminism and pop culture. Brodie's story will make you re-evaluate the power of pop culture in our lives - and maybe you will laugh and cry along the way. 'Brodie Lancaster is a thoughtful and patient writer, and this book is a generous, deep dive into her psyche. Brodie's thoughts about her body, her friends and lovers, her choices and fears are all presented with the same staccato blast of pop culture touchstones, and if you love boy bands/the internet/reality television/the Gilmore Girls/literally every other thing that is good in the world, you will adore this book.' - Emma Straub, bestselling author of *THE VACATIONERS* and *MODERN LOVERS*.

[At the End of Everything](#) Simon and Schuster

NEW YORK TIMES EDITORS' CHOICE • A witty, moving, piercingly insightful new novel about a marvelously complicated woman who can't be anyone but herself, from the award-winning author of *Chemistry* **LONGLISTED FOR THE ANDREW CARNEGIE MEDAL** • "A deeply felt portrait . . . With gimlet-eyed observation laced with darkly biting wit, Weike Wang masterfully probes the existential uncertainty of being other in America."—Celeste Ng, author of *Little Fires Everywhere* **ONE OF THE BEST BOOKS OF THE YEAR:** *The New York Times Book Review*, *The New Yorker*, *NPR*, *The Washington Post*, *Vox* Joan is a thirtysomething ICU doctor at a busy New York City hospital. The daughter of Chinese parents who came to the United States to secure the American dream for their children, Joan is intensely devoted to her work, happily solitary, successful. She does look up sometimes and wonder where her true roots lie: at the hospital, where her white coat makes her feel needed, or with her family, who try to shape her life by their own cultural and social expectations. Once Joan and her brother, Fang, were established in their careers, her parents moved back to China, hoping to spend the rest of their lives in their homeland. But when Joan's father suddenly dies and her mother returns to America to reconnect with her children, a series of events sends Joan spiraling out of her comfort zone just as her hospital, her city, and the world are forced to reckon with a health crisis more devastating than anyone could have imagined. Deceptively spare yet quietly powerful, laced with sharp humor, *Joan Is Okay* touches on matters that feel deeply resonant: being Chinese-American right now; working in medicine at a high-stakes time; finding one's voice within a dominant culture; being a woman in a male-dominated workplace; and staying independent

within a tight-knit family. But above all, it's a portrait of one remarkable woman so surprising that you can't get her out of your head.

[We Are Okay](#) Harmony

THE TIKTOK SENSATION THAT EVERYONE IS TALKING ABOUT 'After finishing this book, my heart was pounding and I couldn't find words big enough to describe how brilliant, beautiful, and powerful it is.' L.E. Flynn, author of *All Eyes On Her* All Eden wants is to rewind the clock. To live that day again. She would do everything differently. Not laugh at his jokes or ignore the way he was looking at her that night. And she would definitely lock her bedroom door. But Eden can't turn back time. So she buries the truth, along with the girl she used to be. She pretends she doesn't need friends, doesn't need love, doesn't need justice. But as her world unravels, one thing becomes clear: the only person who can save Eden ... is Eden.

[Really Good, Actually](#) Simon Pulse

It's OK to Be Different is an awarding winning children's picture book celebrating children who have the courage to be themselves, and accept others as they are. Young readers are drawn in with clever rhymes and cheerful illustrations making this a fun read aloud kid's book that children and adults can enjoy over and over again.

[We Are All Perfectly Fine](#) Flatiron Books

NATIONAL BESTSELLER "Very funny—think Bridget Jones meets 'Broad City'. . . . Heisey is making a career out of guiding characters through the kinds of crises we can laugh at and sympathize with all at once, while upending enough rom-com tropes to keep things interesting." - Bethanne Patrick, *Los Angeles Times* "One of the most hilarious and barbed accounts of unexpectedly starting over I've ever read. . . . If you've ever felt lost and hoped that it was leading towards wisdom, *Really Good, Actually* is your novel." — Stephanie Danler, *New York Times* bestselling author of *Sweetbitter* Recommended by *Los Angeles Times* • *Washington Post* • *GQ* • *Elle* • *Good Morning America* • *People* • *Guardian* • *The Times* • *E! News Online* • *The Globe and Mail* • *Toronto Star* • *The Week* • *New York Post* • *Shondaland* • and many more! A hilarious and painfully relatable debut novel about one woman's messy search for joy and meaning in the wake of an unexpected breakup, from comedian, essayist, and award-winning screenwriter Monica Heisey Maggie is fine. She's doing really good, actually. Sure, she's broke, her graduate thesis on something obscure is going nowhere, and her marriage only lasted 608 days, but at the ripe old age of twenty-nine, Maggie is determined to embrace her new life as a Surprisingly Young Divorcée™. Now she has time to take up nine hobbies, eat hamburgers at 4 am, and "get back out there" sex-wise. With the support of her tough-loving academic advisor, Merris; her newly divorced friend, Amy; and her group chat (naturally), Maggie barrels through her first year of single life, intermittently dating, occasionally waking up on the floor and asking herself tough questions along the way. Laugh-out-loud funny and filled with sharp observations, *Really Good, Actually* is a tender and bittersweet comedy that lays bare the uncertainties of modern love, friendship, and our search for that thing we like to call "happiness". This is a remarkable debut from an unforgettable new voice in fiction. "A prime example of how a storyteller's voice can pull you right in and keep you clinging to every sentence. . . . This is a book I will give to my closest girlfriends and say, 'You have to read this.'" — Zibby Owens, *GoodMorningAmerica.com* "Tremendously funny and thoughtful." -*GQ*

[HOW THE QUR AN GUIDES SCIENCE](#) Andrews McMeel Publishing

From the bestselling author of *Quiet Girl in a Noisy World* comes a gently humorous and poignant collection of comics about anxiety and depression—because sometimes even the simple things like getting out of bed every day feel like an uphill battle. *Everything Is OK* is the story of Debbie Tung's struggle with anxiety and her experience with depression. She shares what it's like navigating life, overthinking every possible worst-case scenario, and constantly feeling like all hope is lost. The book explores her journey to understanding the importance of mental health in her day-to-day life and how she learns to embrace the highs and lows when things feel out of control. Debbie opens up about deeply personal issues and the winding road to recovery, discovers the value of self-love, and rebuilds a more mindful relationship with her mental health. In this graphic memoir, Debbie aims to provide positive and comforting messages to anyone who is facing similar difficulties or is just trying to get through a tough time in life. She hopes to encourage readers to be kinder to themselves, to know that they are not alone, and that it's okay to be vulnerable because they are not defined by their mental health struggles. The dark clouds won't be there forever. Everything will turn out all right.

[Year of Yes](#) Swerve

Winner of the 2018 Michael L. Printz Award — An achingly beautiful novel about grief and the enduring power of friendship. "Short, poetic and gorgeously written." —*The New York Times Book Review* "A beautiful, devastating piece of art." —*Bookpage* You go through life thinking there's so much you need. . . . Until you leave with only your phone, your wallet, and a picture of your mother. Marin hasn't spoken to anyone from her old life since the day she left everything behind. No one knows the truth about those final weeks. Not even her best friend Mabel. But even thousands of miles away from the California coast, at college in New York, Marin still feels the pull of the life and tragedy she's tried to outrun. Now, months later, alone in an emptied dorm for winter break, Marin waits. Mabel is coming to visit and Marin will be forced to face everything that's been left unsaid and finally confront the loneliness that has made a home in her heart. An intimate whisper that packs an indelible punch, *We Are Okay* is Nina LaCour at her finest. This gorgeously crafted and achingly honest portrayal of grief will leave you urgent to reach across any distance to reconnect with the people you love. Praise for *We Are Okay* "Nina LaCour treats her emotions so beautifully and with such empathy." —*Bustle* ★ "Exquisite." —*Kirkus* ★ "LaCour paints a captivating depiction of loss, bewilderment, and emotional paralysis . . . raw and beautiful." —*Booklist* ★ "Beautifully crafted A quietly moving, potent novel." —*SLJ* ★ "A moving portrait of a girl struggling to rebound after everything she's known has been thrown into disarray." —*Publishers Weekly* ★ "Bittersweet and hopeful . . . poetic and skillfully crafted." —*Shelf Awareness* "So lonely and beautiful that I could hardly breathe. This is a perfect book." —Stephanie Perkins, bestselling author of *Anna and the French Kiss* "As beautiful as the best memories, as sad as the best songs, as hopeful as your best dreams." —Siobhan Vivian, bestselling author of *The Last Boy and Girl in the World* "You can feel every peak and valley of Marin's emotional journey on your skin, in your gut. Beautifully written, heartfelt, and deeply real." —Adi Alsaid, author of *Never Always Sometimes* and *Let's Get Lost*