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# The Summer Of Letting Go Gae Polisner

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Go Gae Polisner*

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## ADKINS LUCERO

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*Float* Simon and Schuster  
Clutter has a negative effect on your life. You want to live differently, but you haven't been able to make progress. Marcie Lovett, author of *The Clutter Book*, will motivate you to make the changes you want. Learn to let go of what you don't need and find room for what you value. The direct, accessible writing style and interactive exercises will inspire you to succeed. In this book, Marcie guides you through the process of letting go of the clutter that is keeping you from achieving success. Whether your clutter is caused by things, commitments or thoughts, Marcie encourages you to make the choices to conquer your challenges. If previous attempts at letting go of clutter have not been successful for you, you will benefit from the motivation and wisdom Marcie offers. Written in a straightforward and accessible style, filled with insight and real-life stories, the book enables

readers to learn from the experience of others and overcome obstacles to success. You will understand why you keep clutter, save time and money by avoiding unnecessary purchases, discover the habits that hold you back, find ways to fight procrastination and create systems that allow you to retrieve and return items. Whether you want to live with less or live with what you have, this is the book for you.

[Daily Meditations on Codependency](#) She Writes Press

By the time Laura Munson had turned 40, her life was not how she thought it would turn out. Career success had eluded her; her beloved father was no longer around to be her biggest cheerleader; and her husband wanted out of their marriage. Poignant, wise, and often exceedingly funny, this is the moment-by-moment memoir of a woman who decided to let go-in the midst of the emotional equivalent of a Category 5 hurricane. It recounts what happened as Munson set out on her spiritual journey-and provides raw, powerful inspiration to anyone searching

for peace in an utterly unpredictable world.

*The Optimist's Guide to Letting Go*  
Penguin

Sharing the Practice "A beautiful book of meditations." Christian Century

"McEntyre's language is reflective and sensitive but not sentimental. . . . A thoughtful and realistic window into the often hidden, though well-traveled, end-of-life journey." Michael Card — musician and writer "Marilyn McEntyre embodies simple, patient kindness in the pages of this book." Samuel Wells — vicar of St. Martin-in-the-Fields, London "When we face our own death, or the death of someone dearer to us than life itself, we perceive as-yet formless truths and strive to articulate the fearful truths we apprehend. What we need is a companion who can abide amid our chaos, a sage who can choose the right moment to share a word, and a prophet who can say the thing we shrink from, yet need to hear. Marilyn Chandler McEntyre is all of these things. Going gently with her into the prison of death will set you free." Topeka Capital-Journal "Letting go of a loved one who is nearing the end of life is a difficult proposition, no matter how you slice it. Drawing from her years as a hospice volunteer, as well as from her experience of caring for her own family members, Marilyn Chandler McEntyre delves into this delicate subject with grace and compassion in her new book."

**A Revolutionary 30-Day Program to Cleanse Your Mind, Lift Your Spirit and Replenish Your Soul** Penguin

Three generations. Seven days. One big secret. The author of *The Coincidence of Coconut Cake* unfolds a mother-daughter story told by three women whose time to reckon with a life-altering secret is running out. Gina Zoberiski wants to

make it through one day without her fastidious mother, Lorraine, cataloguing all her faults, and her sullen teenage daughter, May, snubbing her. Too bad there's no chance of that. Her relentlessly sunny disposition annoys them both, no matter how hard she tries. Instead, Gina finds order and comfort in obsessive list-making and her work at Grilled G's, the gourmet grilled cheese food truck built by her late husband. But when Lorraine suffers a sudden stroke, Gina stumbles upon a family secret Lorraine's kept hidden for forty years. In the face of her mother's failing health and her daughter's rebellion, this optimist might find that piecing together the truth is the push she needs to let go...

To Love and Let Go John Hunt Publishing  
Find the Key to Happiness in Letting Go  
Shed what weighs you down. From long-harbored guilt to deep-rooted prejudices, many of us bear the weight of harmful tendencies in our daily lives. Whether we realize it or not, these things are actively holding us back from the happiness we long to attain. In this inspirational book, minister and counselor Hugh Prather provides a guide for mental cleansing. It is only in ridding our minds of the fear and judgments we cling to that we open the door for happiness. Embrace opportunities as they come. The more we hold on to, the less room we have to take on more. If our minds are clouded by negativity, then we aren't facing each day with the openness that it deserves. By facing each moment with enthusiasm, we pave the path for positive thinking and make the most out of every opportunity that comes our way. Practical exercises and lasting tools. Changing how we think takes practice. This is why Prather doesn't just tell us that it's important to let go—he

shares with his readers simple steps for how to go about letting go of things that hold us back. Through learning from Prather's shared experiences and adopting the practices he offers, we can find happiness, peace, and a chance at spiritual renewal. Read a copy of Hugh Prather's *The Little Book of Letting Go* today and discover...

- A simple 3-step process for letting go
- A 30-day plan for spiritual renewal
- Personal stories from Prather about his own journey

Readers of *Letting Go: The Pathway of Surrender*, *It's All Under Control*, *The Art of Happiness*, or *Love is Letting Go of Fear* will love *The Little Book of Letting Go*.  
[Letting Go](#) Vintage

When Kat was forced to leave the only home she had ever known due to her brother's secrets, she wasn't prepared for what was waiting for her in Tennessee or the choices it would force her to make. Kat instantly knew she didn't like Blake Reagan. He was cocky, stubborn, and infuriating. What Kat didn't understand was why she couldn't stop thinking about him or the way he made her feel. The last thing Blake expected was for Kat Archer to storm into his world and turn it upside down. He thought he had her pegged from the beginning, but she destroyed everything he thought he knew. Blake was willing to fight to push his way into Kat's heart, but she put up a wall at every turn as she clung to her past. If she stayed, she'd risk the only family she had left. If she left, she'd lose Blake and every piece of her heart that he'd managed to steal.

**Letting Go** HarperElement

Written for those of us who struggle with codependency, these daily meditations offer growth and renewal, and remind us that the best thing we can do is take responsibility for our own self-care. Melody Beattie integrates her own life

experiences and fundamental recovery reflections in this unique daily meditation book written especially for those of us who struggle with the issue of codependency. Problems are made to be solved, Melody reminds us, and the best thing we can do is take responsibility for our own pain and self-care. In this daily inspirational book, Melody provides us with a thought to guide us through the day and she encourages us to remember that each day is an opportunity for growth and renewal.

**The Secret to Letting Go** Forever

While Nick Gardner's family is falling apart, his best friend, Scooter, is dying from a freak disease. The Scoot's final wish is that Nick and their quirky classmate, Jaycee Amato, deliver a prized first-edition copy of *Of Mice and Men* to the Scoot's father. There's just one problem: the Scoot's father walked out years ago and hasn't been heard from since. So, guided by Steinbeck's life lessons, and with only the vaguest of plans, Nick and Jaycee set off to find him. Characters you'll want to become friends with and a narrative voice that sparkles with wit make this a truly original coming-of-age story.

*Beach House Memories* St. Martin's Press

"An intense, sometimes graphic, totally heartbreaking portrait of a character who will keep pages turning." - Booklist, Starred Review "An achingly fierce exploration of the way the world wounds us and heals us. If you love exquisitely written coming-of-age stories that will leave you breathless, *In Sight of Stars* is for you." - Jeff Zentner, William C. Morris award-winning author of *The Serpent King* and *Goodbye Days* Seventeen-year-old Klee's father was the center of his life. He introduced Klee to the great museums of New York City and the

important artists on their walls, he told him stories made of myths and magic. Until his death. Now, forced to live in the suburbs with his mom, Klee can't help but feel he's lost all the identifying parts of himself—his beloved father, weekly trips to the MoMA, and the thrumming energy of New York City. That is until he meets wild and free Sarah in art class, with her quick smiles and jokes about his "brooding." Suddenly it seems as if she's the only thing that makes him happy. But when an act of betrayal sends him reeling, Klee lands in what is biting referred to as the "Ape Can," a psychiatric hospital for teens in Northhollow. While there, he undergoes intensive therapy and goes back over the pieces of his life to find out what was real, what wasn't, and whether he can stand on his own feet again. Told in alternating timelines, leading up to the event that gets him committed and working towards getting back out, Gae Polisner's *In Sight of Stars* is a gorgeous novel told in minimalist strokes to maximal effect, about what makes us fall apart and how we can put ourselves back together again.

[A Long Letting Go](#) Llewellyn Worldwide An Instant New York Times Bestseller! If I Stay meets Your Name in Dustin Thao's You've Reached Sam, a heartfelt novel about love and loss and what it means to say goodbye. Seventeen-year-old Julie Clarke has her future all planned out—move out of her small town with her boyfriend Sam, attend college in the city; spend a summer in Japan. But then Sam dies. And everything changes. Heartbroken, Julie skips his funeral, throws out his belongings, and tries everything to forget him. But a message Sam left behind in her yearbook forces memories to return. Desperate to hear him one more time, Julie calls Sam's cell

phone just to listen to his voice mail recording. And Sam picks up the phone. The connection is temporary. But hearing Sam's voice makes Julie fall for him all over again and with each call, it becomes harder to let him go. What would you do if you had a second chance at goodbye? A 2021 Kids' Indie Next List Selection A Cosmo.com Best YA Book Of 2021 A BuzzFeed Best Book Of November A Goodreads Most Anticipated Book *Cleanse Your Mind, Lift Your Spirit, and Replenish Your Soul* Createspace Independent Publishing Platform *Odyssey of Ashes: A Memoir of Love, Loss, and Letting Go* begins with the sudden death of Cheryl Krauter's spouse. Five months later, in a stroke of irony and magic, her husband wins a long-desired guided fly fishing trip in a raffle—and Cheryl decides to go in his place, fulfilling a promise to scatter his ashes by a trout stream. Part I of this memoir is an account of the first year after Cheryl's husband's death, where she becomes an explorer in the infinite stream of grief and loss, a time traveler between the darkness of sorrow and the light of daily life. Part II concludes with stories of the poignant and humorous adventures she had during the ensuing year. Tying it all together and woven throughout is Cheryl's account of the creation of an altar assembled during the three-day ritual of Los Días de los Muertos. Poetic and mythological, *Odyssey of Ashes* is a raw story of loss and the deep transformation that traveling through darkness and returning to light can bring.

[The Pull of Gravity](#) Knopf Books for Young Readers NEW YORK TIMES BESTSELLER • A Good Morning America Book Club Pick The author of the New York Times bestselling phenomenon *Crazy Rich Asians* takes

you from Capri to NYC, where Lucie Tang Churchill finds herself torn between two men—and two very different cultures. On her very first morning on the jewel-like island of Capri, Lucie Churchill sets eyes on George Zao and she instantly can't stand him. She can't stand it when he gallantly offers to trade hotel rooms with her so that she can have a view of the Tyrrhenian Sea, she can't stand that he knows more about Casa Malaparte than she does, and she really can't stand it when he kisses her in the darkness of the ancient ruins of a Roman villa and they are caught by her snobbish, disapproving cousin Charlotte. The daughter of an American-born Chinese mother and a blue-blooded New York father, Lucie has always sublimated the Asian side of herself in favor of the white side, and she adamantly denies having feelings for George. But several years later, when George unexpectedly appears in East Hampton, where Lucie is weekendng with her new fiancé, Lucie finds herself drawn to George again. Soon, Lucie is spinning a web of deceit that involves her family, her fiancé, the co-op board of her Fifth Avenue apartment building, and, ultimately, herself as she tries mightily to deny George entry into her world—and her heart. Moving between summer playgrounds of privilege, peppered with decadent food and extravagant fashion, *Sex and Vanity* is a truly modern love story, a daring homage to *A Room with a View*, and a brilliantly funny comedy of manners set between two cultures. [Odyssey of Ashes](#) Wednesday Books “Heartwrenching.” —VOYA (starred review) “Beautiful, captivating prose.” —RT Book Reviews A twisted tragedy leaves Brooke and her siblings on their own in this provocative novel from the New York Times bestselling author of

*The Way I Used to Be*. How do you let go of something you've never had? Junior year for Brooke Winters is supposed to be about change. She's transferring schools, starting fresh, and making plans for college so she can finally leave her hometown, her family, and her past behind. But all of her dreams are shattered one hot summer afternoon when her mother is arrested for killing Brooke's abusive father. No one really knows what happened that day, if it was premeditated or self-defense, whether it was right or wrong. And now Brooke and her siblings are on their own. In a year of firsts—the first year without parents, first love, first heartbreak, and her first taste of freedom—Brooke must confront the shadow of her family's violence and dysfunction, as she struggles to embrace her identity, finds her true place in the world, and learns how to let go.

[Holding On and Letting Go](#) Mango Media Inc.

An endearing story of love and grief as one girl follows the clues in a scavenger hunt left behind by her best friend, perfect for fans of *Bridge to Terabithia* and *Nine, Ten*. **WHEN YOU'VE LOST WHAT MATTERS MOST, HOW DO YOU FIND YOUR WAY BACK HOME?** Joy Fonseca is dreading her 13th birthday, dreading being reminded again about her best friend Lukas's senseless death on this day, one year ago -- and dreading the fact he may have heard what she accidentally blurted to him the night before. Or maybe she's more worried he didn't hear. Either way, she's decided: she's going to finally open the first clue to their annual birthday scavenger hunt Lukas left for her the morning he died, hoping the rest of the clues are still out there. If they are, they might lead Joy to whatever last words Lukas wrote, and toward understanding

how to grab onto the future that is meant to be hers. "I truly loved it! Baskin and Polisner seamlessly unfold one touching relationship after another in this gorgeous story about everlasting friendship. This tender tale is indelibly etched on my heart." --Leslie Connor, author of the National Book Award finalist *The Truth as Told by Mason Buttle* "Polisner and Baskin's brief tale of two quite distant friends magically manages to bridge an uncrossable gap. *Seven Clues to Home* is both a charming mystery and a real meditation on the complexities of the young heart in love." --Tony Abbott, Edgar Award-winning author of *Firegirl* and *The Great Jeff* "I read this whole book with a lump in my throat. A perfect gem." --Wendy Mass, New York Times bestselling coauthor of *Bob*

*Meditations on Losing Someone You Love* Simon and Schuster

Summer has begun, the beach is calling . . . . . but Francesca Schnell is going nowhere. Four years ago, Francesca's little brother, Simon, drowned when she should have been watching. Now she is about to turn sixteen, but guilt keeps her stuck in the past. Meanwhile, her best friend is moving on—with the boy Francesca secretly wants—and her father may be having an affair. Then Francesca begins babysitting Frankie Sky, a four-year-old who bears an almost eerie resemblance to Simon. She even wonders if Frankie could be Simon's reincarnation. Their surprising friendship helps Francesca think she might begin to forgive herself, grow up, and even fall in love, whether or not she solves the riddle of Frankie Sky. "Resonates with real feeling." —The New York Times Book Review "Haunting, heart-lifting, and impossible to put down." —A. S. King, author of *Please Ignore Vera Dietz*

"A beautiful story of heartbreak and hope." —Daisy Whitney, author of *The Mockingbirds*

*Letting Go* Entangled: digiTeen

I met Brock Callahan at eleven, fell in love at fifteen and lost him at eighteen. One moment, one single instance can change the course of your life, but I picked myself up, brushed myself off, and took that first step knowing it would be the hardest. Years later, tired of existing but not living, I quit my job in Manhattan, sold my condo and moved to a log cabin in Wyoming. When I wake in the bed of Killian Reid, mistaken for a one-night stand, I never imagined I'd fall for the man. But I did. Not at first; a slow fall, so gradual I didn't realize I was no longer falling. I'd been given a second chance at a happily ever after. And then Brock Callahan walks back into my life. *A Memoir of Love, Loss, and Letting Go* Hay House, Inc

To the inhabitants of Brackton, retired physicist Rosemary Blunt is nothing but a respectable recluse. But Rosemary has a secret, and he's lying comatose in a hospital only a few miles away. Should she let him live, or let him go? Into the midst of Rosemary's dilemma comes bohemian artist, Ben. His abstract pictures and fixation with painting God disturb Rosemary, and yet she finds herself unable to keep away. As summer passes and an unlikely friendship develops, it becomes clear that Rosemary is not the only one with something to hide. Nor is she the only one battling the ghosts of the past. Rosemary and Ben must decide whether to trust each other, choosing between the madness of admitting the truth and the insanity of maintaining their lies. With their lives unravelling around them, can they help each other to confront the past, or are there some secrets too

terrible to be told?

**Sex and Vanity** Simon and Schuster

You can follow the rules or you can follow your heart... THE MOMENT OF LETTING GO Sienna Murphy never does anything without a plan. And so far her plans have been working. Right after college, she got a prestigious job and gained the stability she'd always craved—until work takes her to the sun-drenched shores of Oahu and places her in the path of sexy surfer Luke Everett. For the first time, she lets her heart take control. Drawn to his carefree charm, she makes a spontaneous and very un-Sienna-like decision to drop everything and stay in Hawaii for two more weeks. Luke lives fast and wild. When he meets Sienna, he's convinced that some no-strings-attached fun is just what she needs. As their nights quickly turn from playful to passionate, Luke can't deny the deep connection he feels. But there's a reason Luke doesn't do long-term. He can't promise Sienna forever, when the enormity of his past has shown him just how fragile the future can be . . .

**The Letting Go** Gallery Books

Everyone Emily has ever loved has been brutally murdered. The killer has never been caught, but Emily knows who's responsible. She is. It's the only possible explanation. Emily is the one thing all the victims have in common, which can only mean that someone—or something—is killing them to make her suffer. Determined never to subject another person to the same horrible fate as her parents, friends, and pets, Emily sequesters herself at a private boarding school, keeping her classmates at a distance with well-timed insults and an unapproachable air. Day after day, she loses herself in the writing of Emily Dickinson—the poet makes a perfect friend, since she's already dead. Emily's

life is lonely, but it's finally peaceful.

That is, until two things happen. A corpse appears on the steps of the school. And a new girl insists on getting close to Emily—unknowingly setting herself up to become the killer's next victim.

*The Sound of Letting Go* Wattpad Books

Rooted in examples from their own and others' classrooms, the authors offer discipline-specific practices for implementing antiracist literature instruction in White-dominant schools. Each chapter explores a key dimension of antiracist literature teaching and learning, including designing literature-based units that emphasize racial literacy, selecting literature that highlights voices of color, analyzing Whiteness in canonical literature, examining texts through a critical race lens, managing challenges of race talk, and designing formative assessments for racial literacy and identity growth. "Sophia and Carlin's book is startling in how openly and honestly it takes up the problem of how to teach about racism, using literature, in White schools. As I read, I kept marveling at how courageous and direct and clear their writing is." —From the Foreword by Timothy J. Lensmire, University of Minnesota "Letting Go of Literary Whiteness unpacks the necessary responsibility of exploring race for all teachers. Borsheim-Black and Sarigianides center this work in English classrooms, exploring the kinds of literature, discussions, and difficult instructional decisions that teachers make every day. This book emphasizes that racial justice is a shared responsibility for teachers today and, through myriad practical examples, offers guidance for centering equity in schools." —Antero Garcia, Stanford

Graduate School of Education