



# Consolations: The Solace, Nourishment and Underlying Meaning of Everyday Words

By David Whyte

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Selected one of the top 15 books of 2015 by Elizabeth Gilbert, author of *Eat, Pray, Love* and *Big Magic*, and Maria Popova of *Brain Pickings*.

With the imagery of a poet and the reflection of a philosopher, David Whyte turns his attention to 52 ordinary words, each its own particular doorway into the underlying currents of human life.

Beginning with *Alone* and closing with *Work*, each chapter is a meditation on meaning and context, an invitation to shift and broaden our perspectives on the inevitable vicissitudes of life: pain and joy, honesty and anger, confession and vulnerability, the experience of feeling besieged and the desire to run away from it all. Through this lens, procrastination may be a necessary ripening; hiding an act of freedom; and shyness the appropriate confusion and helplessness that accompanies the first stage of revelation.

*Consolations* invites readers into a poetic and thoughtful consideration of words whose meaning and interpretation influence the paths we choose and the way we traverse them throughout our lives.

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