

# Our Year of Thinking, Drinking, Grieving, and Reading

Throughout the past year, our lives have taken unexpected turns. Moments of joy, sadness, contemplation, and relaxation have blended together, surfacing a profound realization about the power of our thoughts, the solace found in a glass of wine, the depth of grief, and the transformative nature of reading.

## The Power of Thoughts

Our minds are incredible tools that shape our realities. The thoughts we nurture have the capacity to mold our experiences. As we reflect on the past year, we recognize the importance of cultivating positive and empowering thoughts. Our mindset influences how we navigate challenges and embrace opportunities. It's a constant reminder that by harnessing the power of our thoughts, we can shape our future.

## The Solace Found in a Glass

In times of uncertainty and solitude, a glass of wine can become a comforting companion. Sipping slowly, we savor the flavors and allow the worries of the day to slowly fade away. It's a moment of indulgence that allows us to appreciate the simple pleasures in life. From full-bodied reds to crisp whites, each glass becomes a respite from the chaos and a reminder to find joy in the little things.

### **The Futilitarians: Our Year of Thinking, Drinking, Grieving, and Reading** by Anne Gisleson (Kindle Edition)

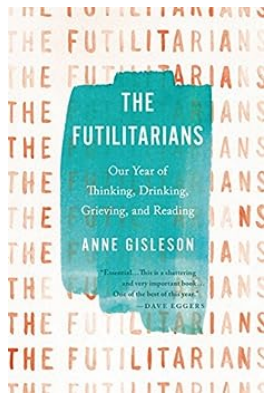
★★★★☆ 4.2 out of 5

Language : English

File size : 3051 KB

Text-to-Speech : Enabled

Screen Reader : Supported



Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 273 pages



## **The Depth of Grief**

Grief is an inevitable part of the human experience. It manifests in different ways and touches us all at some point in our lives. This past year, we collectively faced profound losses, reminding us of the fragility of life and the importance of cherishing those we love. Through the depths of our grief, we discovered strength, resilience, and the ability to find hope even in the darkest moments.

## **The Transformative Nature of Reading**

Books have the power to transport us to unimaginable worlds, expanding our perspectives and challenging our beliefs. In a year filled with uncertainty, turning to literature became a refuge. By immersing ourselves in stories, we found solace, inspiration, and a renewed sense of curiosity. Each page turned brought new insights, thoughtful contemplation, and a deeper connection to the world around us.

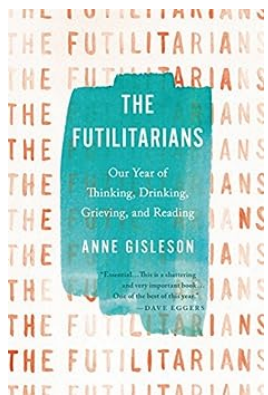
## **Embracing Life's Journey**

As we reflect on our year of thinking, drinking, grieving, and reading, we recognize that life is a continuous journey. It is a tapestry woven with all these experiences, both ordinary and extraordinary. Through the ups and downs, the

joys and sorrows, we learn and grow. Each moment is an opportunity to embrace the richness of life, cultivating resilience, and finding meaning in the world.

## In

Our year has been a rollercoaster of emotions, a blend of happiness and sorrow, contemplation and relaxation. Through it all, we have come to understand the power of our thoughts, the solace found in a glass, the depth of grief, and the transformative nature of reading. These aspects of our lives have shaped us and allowed us to navigate the challenges that came our way. As we look towards the future, we carry these lessons in our hearts, ready to face whatever may come.



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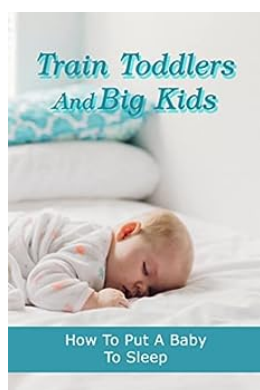
A memoir of friendship and literature chronicling a search for meaning and comfort in great books, and a beautiful path out of grief.

Anne Gisleson had lost her twin sisters, had been forced to flee her home during Hurricane Katrina, and had witnessed cancer take her beloved father. Before she met her husband, Brad, he had suffered his own trauma, losing his partner and

the mother of his son to cancer in her young thirties. "How do we keep moving forward," Anne asks, "amid all this loss and threat?" The answer: "We do it together."

Anne and Brad, in the midst of forging their happiness, found that their friends had been suffering their own losses and crises as well: loved ones gone, rocky marriages, tricky child-rearing, jobs lost or gained, financial insecurities or unexpected windfalls. Together these resilient New Orleanians formed what they called the Existential Crisis Reading Group, which they jokingly dubbed "The Futilitarians." From Epicurus to Tolstoy, from Cheever to Amis to Lispector, each month they read and talked about identity, parenting, love, mortality, and life in post-Katrina New Orleans,

In the year after her father's death, these living-room gatherings provided a sustenance Anne craved, fortifying her and helping her blaze a trail out of her well-worn grief. More than that, this fellowship allowed her finally to commune with her sisters on the page, and to tell the story of her family that had remained long untold. Written with wisdom, soul, and a playful sense of humor, *The Futilitarians* is a guide to living curiously and fully, and a testament to the way that even from the toughest soil of sorrow, beauty and wonder can bloom.



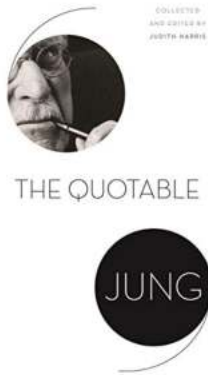
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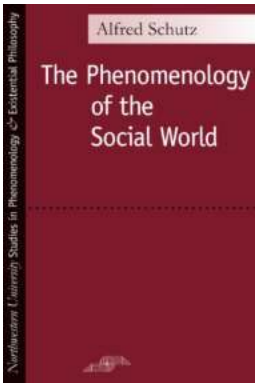


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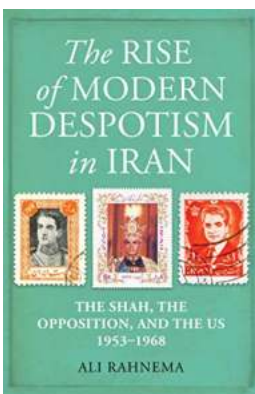


## The Quotable Jung Akash Karia



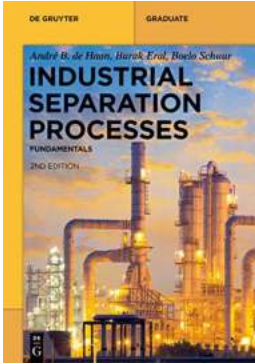
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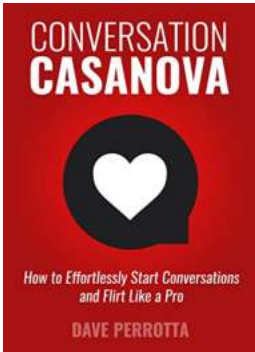
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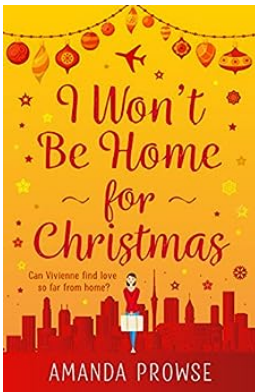
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