

Cry

Heather Christle

The Crying Book Heather Christle,2019-11-05 NATIONAL BESTSELLER A poignant and piercing examination of the phenomenon of tears—exhaustive, yes, but also open-ended. . . A deeply felt, and genuinely touching, book. —Esmé Weijun Wang, author of *The Collected Schizophrenias* Spellbinding and propulsive—the map of a luminous mind in conversation with books, songs, friends, scientific theories, literary histories, her own jagged joy, and despair. Heather Christle is a visionary writer. —Leni Zumas, author of *Red Clocks* This bestselling lyrical, moving book: part essay, part memoir, part surprising cultural study is an examination of why we cry, how we cry, and what it means to cry from a woman on the cusp of motherhood confronting her own depression (The New York Times Book Review). Heather Christle has just lost a dear friend to suicide and now must reckon with her own depression and the birth of her first child. As she faces her grief and impending parenthood, she decides to research the act of crying: what it is and why people do it, even if they rarely talk about it. Along the way, she discovers an artist who designed a frozen-tear-shooting gun and a moth that feeds on the tears of other animals. She researches tear-collecting devices (lachrymatories) and explores the role white women’s tears play in racist violence. Honest, intelligent, rapturous, and surprising, Christle’s investigations look through a mosaic of science, history, and her own lived experience to find new ways of understanding life, loss, and mental illness. The Crying Book is a deeply personal tribute to the fascinating strangeness of tears and the unexpected resilience of joy.

It's OK to Cry Molly Potter,2020-06-11 From the best-selling author of *How Are You Feeling Today?* comes a picture book that sensitively deals with developing emotional intelligence in young children. Young children can find it really frustrating when they are unable to explain what they are feeling and express their emotions. Cue: this book! Written with boys in mind because they are often encouraged to suppress their feelings, Molly Potter covers a whole range of emotions from those that are uncomfortable to happy feelings where you care about yourself and other people. Perfect for starting those all-important conversations, *It's OK to Cry* includes colourful illustrations, child-friendly strategies and vocabulary for managing feelings, and helpful notes for parents, carers and practitioners. Let's Talk books help you start meaningful conversations with your child. Written by an expert and covering topics like feelings, relationships, diversity and mental health, these comforting picture books support healthy discussion right from the start.

Big Boys Cry Jonty Howley,2019-06-11 Let boys cry! This picture book imagines a world in which boys are encouraged to express their full range of emotions. It's Levi's first day at a new school, and he's scared. His father tries to comfort Levi by telling him Big boys don't cry. Though the father immediately understands his misstep, he can't find the words to comfort his son, and Levi leaves for school, still in need of reassurance. Fortunately, along his walk to school, Levi sees instance after instance of grown men openly expressing their sadness and fear. His learned mantra, Big boys don't cry, slowly weakens, and by the time he's at school he releases a tear. Once he's there, things aren't so bad after all, and on his walk home he sees everyone he's encountered earlier, feeling better now that they expressed their emotions. Upon his arrival home, he finds his father waiting for him on their porch, tears in his eyes. His father is able to admit that he was scared and the two embrace, closer than before. Jonty Howley's gorgeous debut paints the world we wish existed for our boys, and offers a path there! This story is the truest interpretation of the notion that we should let boys be boys: let them express the full range of their emotions, vulnerable parts and all!

Why Do We Cry? Fran Pintadera,2020-04-07 This thoughtful, poetic book uses metaphors and beautiful imagery to explore the reasons for our tears. In a soft voice, Mario asks, “Mother, why do we cry?” And his mother begins to tell him about the many reasons for our tears. We cry because our sadness is so huge it must escape from our bodies. We cry because we don’t understand the world, and our tears go in search of an answer. Most important, she tells him, we cry because we feel like crying. And, as she shows him then, sometimes we feel like crying for joy. This warm, reassuring hug of a book makes clear that everyone is allowed to cry, and that everyone does.

Why Humans Like to Cry Michael Trimble,2014-08-08 Humans are unique in shedding tears of sorrow. We do not just cry over our own problems: we seek out sad stories, go to film and the theatre to see Tragedies, and weep in response to music. What led humans to develop such a powerful social signal as tears, and to cultivate great forms of art which have the capacity to arouse us emotionally? Friedrich Nietzsche argued that Dionysian drives and music were essential to the development of Tragedy. Here, the neuropsychiatrist Michael Trimble, using insights from modern neuroscience and evolutionary biology, attempts to understand this fascinating and unique aspect of human nature--Book jacket.

The Ugly Cry Danielle Henderson,2022-06-07 “They say comedy equals tragedy plus time: This very funny account of an often miserable childhood is proof.” --People “What a strong, funny, heartbreaking memoir, with a voice that is completely its own (written by a woman who very much seems to be completely her own, as well.) I loved it.”--Elizabeth Gilbert, New York Times bestselling author of *Big Magic* and *Eat, Pray, Love* An uproarious, moving memoir about a grandmother’s ferocious love and redefining what it means to be family “If you fight that motherf**ker and you don’t win, you’re going to come home and fight me.” Not the advice you’d normally expect from your grandmother—but Danielle Henderson would be the first to tell you her childhood was anything but conventional. Abandoned at ten years old by a mother who chose her drug-addicted, abusive boyfriend, Danielle was raised by grandparents who thought their child-rearing days had ended in the 1960s. She grew up Black, weird, and overwhelmingly uncool in a mostly white neighborhood in upstate New York, which created its own identity crises. Under the eye-rolling, foul-mouthed, loving tutelage of her uncompromising grandmother—and the horror movies she obsessively watched—Danielle grew into a tall, awkward, Sassy-loving teenager who wore black eyeliner as lipstick and was struggling with the aftermath of her mother’s choices. But she also learned that she had the strength and smarts to save herself, her grandmother gifting her a faith in her own capabilities that the world would not have most Black girls possess. With humor, wit, and deep insight, Danielle shares how she grew up and grew wise—and the lessons she’s carried from those days to these. In the process, she upends our conventional understanding of family and redefines its boundaries to include the millions of people who share her story.

Why Cry? Yusuke Yonezu,2016-09-01 If you’re feeling sad, cheer up! This amusing and imaginative lift-the-flap book guaranteed to bring a smile to a teary face. You’ve found the perfect book to put a smile on your face and turn a frown upside-down. Look at the rainbow of colors on every page ... put them all together and you’ll find a happy surprise! Little kids have big feelings! Lots of tears call for lots of reassurance that everything's going to be okay. What better way to cheer someone up and change the mood than with a lovely surprise! This little board book is perfect for little hands and sure to coax a smile from little ones—page by page the colors behind these crying faces build up into a wonderful rainbow. This clever die-cut design will have young children smiling in no time!

Battle Cry Jason Wilson,2021-09-21 In a culture that tells men to suppress instead of express, join bestselling author, speaker, and leader Jason Wilson (featured in the award-winning ESPN documentary *The Cave of Adullam*) as he calls us to unlearn society's definition of masculinity and discover the power of engaging with our emotions. For decades, Jason was losing the war within--the internal battle that many men wage on a daily basis. He struggled to combat his toxic thoughts and emotions, communicating without composure, and ultimately hurting himself and his loved ones. When Jason began to release years of unresolved trauma, he learned how to acknowledge his emotions and express them in a healthy way. He discovered that he was strengthened by transparency and vulnerability, which taught him to forgive, trust, and love without limitations. Soon, Jason's newfound practices began to heal his relationships and transform his life. Throughout his journey of opening up, Jason became a better husband, father, and leader--and you can, too. Supported by Biblical teachings, the lessons that Jason shares in *Battle Cry* teach us that we can all be empowered to break through what we've been through. Jason calls us to become better versions of ourselves, equipping us with the mental and spiritual weapons needed to redefine modern masculinity and showing us how to: embrace our emotions rather than be ruled by them win internal battles before they become external wars break free from misconstrued masculinity and embrace our humanity communicate more effectively with the people in our lives heal trauma from our past in order to live our fullest lives in the present *Battle Cry* proves that it's possible to live beyond the limitations of your mind and finally experience the full life you've always longed for. What are you waiting for? It's time to win the war within.

Father Cry Billy Wilson,2012-10 Heartfelt answers to your heart's deepest cry, showing how you can find emotional healing, reclaim what was lost, and foster supernatural intimacy with the Father.

A Good Cry Nikki Giovanni,2017-10-24 The poetry of Nikki Giovanni has spurred movements, turned hearts and informed generations. She’s been hailed as a firebrand, a radical, a courageous activist who has spoken out on the sensitive issues that touch our national consciousness, including race and gender, social justice, protest, violence in the home and in the streets, and why black lives matter. One of America’s most celebrated poets looks inward in this powerful collection, a rumination on her life and the people who have shaped her. As energetic and relevant as ever, Nikki now offers us an intimate, affecting, and illuminating look at her personal history and the mysteries of her own heart. In A Good Cry, she takes us into her confidence, describing the joy and peril of aging and recalling the violence that permeated her parents’ marriage and her early life. She pays homage to the people who have given her life meaning and joy: her grandparents, who took her in and saved her life; the poets and thinkers who have influenced her; and the students who have surrounded her. Nikki also celebrates her good friend, Maya Angelou, and the many years of friendship, poetry, and kitchen-table laughter they shared before Angelou’s death in 2014.

Cry Like a Man Jason Wilson,2019-01-21 As a leader in teaching, training, and transforming boys in Detroit, Jason Wilson shares his own story of discovering what it means to “be a man” in this life-changing memoir. His grandfather’s lynching in the deep South, the murders of his two older brothers, and his verbally harsh and absent father all worked together to form Jason Wilson’s childhood. But it was his decision to acknowledge his emotions and yield to God’s call on his life that made Wilson the man and leader he is today. As the founder of one of the country’s most esteemed youth organizations, Wilson has decades of experience in strengthening the physical, mental, and emotional spirit of boys and men. In Cry Like a Man, Wilson explains the dangers men face in our culture’s definition of “masculinity” and gives readers hope that healing is possible. As Wilson writes, “My passion is to help boys and men find strength to become courageously transparent about their own brokenness as I shed light on the symptoms and causes of childhood trauma and ‘father wounds.’ I long to see men free themselves from emotional incarceration—to see their minds renewed, souls weaned, and relationships restored.”

Night Cry Phyllis Reynolds Naylor,1984 Often left alone on their five-acre Mississippi farm by her traveling-salesman father, Ellen learns, through a terrifying experience, to distinguish between real and false fears.

Do They Hear You When You Cry Fauziya Kassindja,1999-01-12 For Fauziya Kassindja, an idyllic childhood in Togo, West Africa, sheltered from the tribal practices of polygamy and genital mutilation, ended with her beloved father's sudden death. Forced into an arranged marriage at age seventeen, Fauziya was told to prepare for kakia, the ritual also known as female genital mutilation. It is a ritual no woman can refuse. But Fauziya dared to try. This is her story--told in her own words--of fleeing Africa just hours before the ritual kakia was to take place, of seeking asylum in America only to be locked up in U.S. prisons, and of meeting Layli Miller Bashir, a law student who became Fauziya's friend and advocate during her horrifying sixteen months behind bars. Layli enlisted help from Karen Musalo, an expert in refugee law and acting director of the American University International Human Rights Clinic. In addition to devoting her own considerable efforts to the case, Musalo assembled a team to fight with her on Fauziya's behalf. Ultimately, in a landmark decision in immigration history, Fauziya Kassindja was granted asylum on June 13, 1996. Do They Hear You When You Cry is her unforgettable chronicle of triumph.

Hue and Cry James Alan McPherson,2019-07-02 The classic debut collection from Pulitzer Prize winner James Alan McPherson Hue and Cry is the remarkably mature and agile debut story collection from James Alan McPherson, one of America’s most venerated and most original writers. McPherson’s characters -- gritty, authentic, and pristinely rendered -- give voice to unheard struggles along the dividing lines of race and poverty in subtle, fluid prose that bears no trace of sentimentality, agenda, or apology. First published in 1968, this collection includes the Atlantic Prize-winning story “Gold Coast” (selected by John Updike for the collection Best American Short Stories of the Century). Now with a new preface by Edward P. Jones, Hue and Cry introduced America to McPherson’s unforgettable, enduring vision, and distinctive artistry.

Don't Cry for Me Daniel Black,2022-02-01 NAMED A MOST ANTICIPATED BOOK IN ESSENCE MAGAZINE, THE MILLIONS AND BOOKISH Don't Cry for Me is a perfect song.—Jesmyn Ward A Black father makes amends with his gay son through letters written on his deathbed in this wise and penetrating novel of empathy and forgiveness, for fans of Ta-Nehisi Coates, Robert Jones Jr. and Alice Walker As Jacob lies dying, he begins to write a letter to his only son, Isaac. They have not met or spoken in many years, and there are things that Isaac must know. Stories about his ancestral legacy in rural Arkansas that extend back to slavery. Secrets from Jacob's tumultuous relationship with Isaac's mother and the shame he carries from the dissolution of their family. Tragedies that informed Jacob's role as a father and his reaction to Isaac's being gay. But most of all, Jacob must share with Isaac the unspoken truths that reside in his heart. He must give voice to the trauma that Isaac has inherited. And he must create a space for the two to find peace. With piercing insight and profound empathy, acclaimed author Daniel Black illuminates the lived experiences of Black fathers and queer sons, offering an authentic and ultimately hopeful portrait of reckoning and reconciliation. Spare as it is sweeping, poetic as it is compulsively readable, Don't Cry for Me is a monumental novel about one family grappling with love's hard edges and the unexpected places where hope and healing take flight.

Cry, the Beloved Country Roy Sargeant,2006 This classic South African novel by Alan Paton has now been successfully adapted for the stage by acclaimes playwright Roy Sargeant.Set in 1946, this is a moving story of a father's search for his son, the terrible discovery of the young man's crime and punishment, and the fate of their home village in rural KwaZulu-Natal. Remaining true to the novel, the play explores the themes of family relationships, human suffering and racial reconcilliation in a uniquely South African way.

Warriors Don't Cry Melba Beals,2007-07-24 Using the diary she kept as a teenager and through news accounts, Melba Pattillo Beals relives the harrowing year when she was selected as one of the first nine students to integrate Central High School in Little Rock, Arkansas, in 1957.

Crying in H Mart Michelle Zauner,2021-04-20 #1 NEW YORK TIMES BESTSELLER • From the indie rock sensation known as Japanese Breakfast, an unforgettable memoir about family, food, grief, love, and growing up Korean American—“in losing her mother and cooking to bring her back to life, Zauner became herself” (NPR). • CELEBRATING OVER ONE YEAR ON THE NEW YORK TIMES BESTSELLER LIST In this exquisite story of family, food, grief, and endurance, Michelle Zauner proves herself far more than a dazzling singer, songwriter, and guitarist. With humor and heart, she tells of growing up one of the few Asian American kids at her school in Eugene, Oregon; of struggling with her mother's particular, high expectations of her; of a painful adolescence; of treasured months spent in her grandmother's tiny apartment in Seoul, where she and her mother would bond, late at night, over heaping plates of food. As she grew up, moving to the East Coast for college, finding work in the restaurant industry, and performing gigs with her fledgling band--and meeting the man who would become her husband--her Koreanness began to feel ever more distant, even as she found the life she wanted to live. It was her mother's diagnosis of terminal cancer, when Michelle was twenty-five, that forced a reckoning with her identity and brought her to reclaim the gifts of taste, language, and history her mother had given her. Vivacious and plainspoken, lyrical and honest, Zauner's voice is as radiantly alive on the page as it is onstage. Rich with intimate anecdotes that will resonate widely, and complete with family photos, Crying in H Mart is a book to cherish, share, and reread.

When Therapists Cry Amy Blume-Marcovici,2017-03-16 When Therapists Cry addresses one of the most authentic and singularly human experiences a therapist can have in therapy: crying. While therapist crying in therapy is the explicit focus of this book, it is used as a springboard for understanding the various ways in which therapists’ emotions come alive—and become visible—in the therapy room. In depth clinical examples and conceptualizations from expert contributors illustrate what the experience of therapist crying looks and feels like: why therapists cry, how crying impacts the therapist and the treatment, what therapists feel about their tears, and the many ways in which therapists may engage with their own tears in order to facilitate therapeutic progress, ensure appropriate professional conduct, and deepen their clinical work.

The Girl Death Left Behind Lurlene McDaniel,2007-12-18 Readers will be touched and inspired by this latest novel from bestselling author Lurlene McDaniel: Beth's world has been torn apart. She cannot figure out how to go on when a car accident claims the lives of her entire family, and she is the only survivor. Things seem to get even worse when she moves in with her aunt and her spoiled cousin, Terri. But with the love and support of her aunt and some unexpected friends, Beth struggles to overcome the despair that threatens to consume her. Will she be able to move past the painful memories without feeling guilty for being a survivor?

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "Cry," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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Cry Introduction

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