

Read PDF The Authenticity Project by Clare Pooley

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By: Clare Pooley

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A New York Times bestsellerA WASHINGTON POSTFEEL-GOOD BOOK guaranteed to lift your spiritsA warm, charming tale about the rewards of revealing oneself, warts and all.PeopleThe story of a solitary green notebook that brings together six strangers and leads to unexpected friendship, and even loveClare Pooley's next book, Iona Iverson's Rules for Commuting, is forthcomingJulian Jessop, an eccentric, lonely artist and septuagenarian believes that most people aren't really honest with one another. But what if they were? And so he writesin a plain, green journalthe truth about his own life and leaves it in his local caf. It's run by the incredibly tidy and efficient Monica, who furtively adds her own entry and leaves the book in the wine bar across the street. Before long, the others who find the green notebook add the truths about their own deepest selvesand soon find each other In Real Life at Monica's Caf. The Authenticity Project's cast of charactersincluding Hazard, the charming addict who makes a vow to get sober; Alice, the fabulous mommy Instagrammer whose real life is a lot less perfect than it looks online; and their other new friendsis by turns quirky and funny, heartbreakingly sad and painfully true-to-life. It's a story about being brave and putting your real self forwardand finding out that it's not as scary as it seems. In fact, it looks a lot like happiness. The Authenticity Project is just the tonic for our times that readers are clamoring forand one they will take to their hearts and read with unabashed pleasure.

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