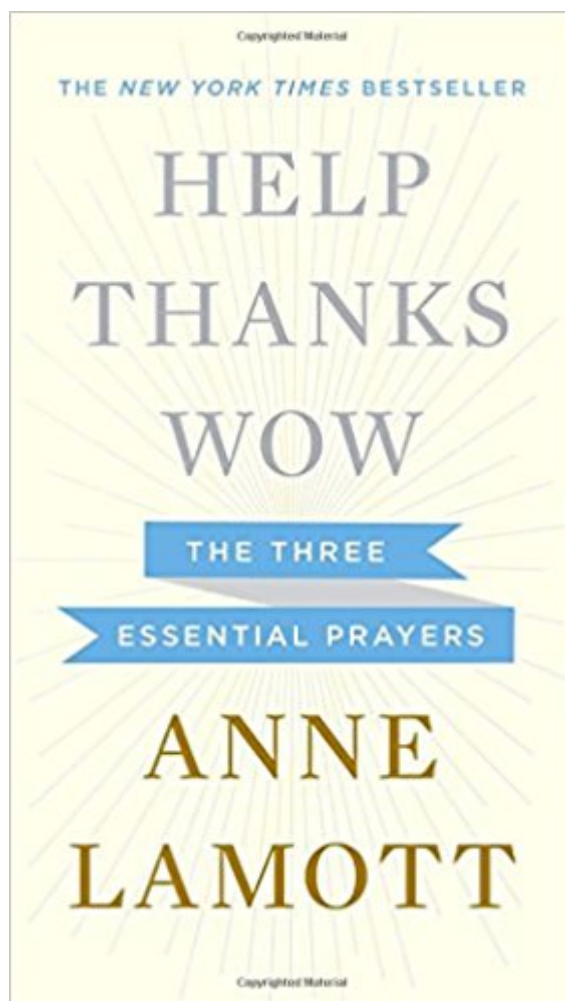


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Help, Thanks, Wow: The Three Essential Prayers



Synopsis

Look out for Anne's latest book, *Hallelujah Anyway*, on sale now. **New York Times** Best Seller. Author Anne Lamott writes about the three simple prayers essential to coming through tough times, difficult days and the hardships of daily life. Readers of all ages have followed and cherished Anne Lamott's funny and perceptive writing about her own faith through decades of trial and error. And in her new book, *Help, Thanks, Wow*, she has coalesced everything she knows about prayer to these fundamentals. It is these three prayers – asking for assistance from a higher power, appreciating what we have that is good, and feeling awe at the world around us – that can get us through the day and can show us the way forward. In *Help, Thanks, Wow*, Lamott recounts how she came to these insights, explains what they mean to her and how they have helped, and explores how others have embraced these same ideas. Insightful and honest as only Anne Lamott can be, *Help, Thanks, Wow* is the everyday faith book that new Lamott readers will love and longtime Lamott fans will treasure.

Book Information

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Customer Reviews

Inspiring, trenchant, and funny, best-selling Lamott takes an imaginative do-it-yourself approach to spirituality in her disarming and stirring essays. Unabashedly emotional yet practical and sharply attuned to the absurdities and tragedies of life, she focuses on prayer in this mighty little volume, defining it as “communication from the heart to that which surpasses understanding.” • If you are uncomfortable addressing God, Lamott suggests praying to “the Good.” • The point is to make contact with “the Real, with Truth, with the Light.” • To take a moment to focus and breathe. She

cites three basic themes. Asking for help, she writes, "Help is the first great prayer." • Giving thanks is essential, and not only when things are going well. One also benefits from summoning gratitude for hard truths and tough challenges. "Wow" is the joyful expression of wonder in response to astonishing moments great and small. With a stand-up comic's snap and pop, candid and righteous Lamott tells hilarious and wrenching tales about various predicaments that have sparked her prayers and inspired her to encourage others to pray anytime, anywhere, and any way. --Donna Seaman

"[A] prayer manual for people who wouldn't be caught dead reading prayer manuals... anybody who gets it as a holiday gift will likely just say, 'Thanks. Wow.'" • "Publishers Weekly" • "A refreshingly simple approach to spiritual practice in a pint-sized reflection on prayer... Lamott manages to deftly convey the idea that in trying to control things, we've largely lost our ability to see the good and the miraculous in everyday life... there's more here than meets the eye." • "Kirkus Reviews" • "Charmingly irreverent." • "MORE Magazine" • "Filled with Lamott's unique brand of humor, wisdom and profound spiritual insight... She has a gift for putting into words what it means to accept and ultimately embrace the beauty, mystery, and pain that is life." • "San Antonio Express-News" • "Practical and poetic advice on prayer." • "The Oregonian" • "An imaginative do-it-yourself approach to spirituality...With a stand-up comic's snap and pop, candid and righteous Lamott tells hilarious and wrenching tales about various predicaments that have sparked her prayers and inspired her to encourage others to pray anytime, anywhere, and any way." • "Booklist"

Over the last several years I've gone through some very difficult times in my life. But about two years ago I "found" Anne Lamott and her writings through my wife, who has been a fan for forever. I have to say, reading Anne is like therapy for me. Her writing is so honest and thought-provoking. And that Anne Lamott sense of humor is priceless! There's no doubt that Anne Lamott and her books have helped me turn a corner in my life. "Help, Thanks, Wow" is no exception. It's prayer and spirituality simplified, and it works for anyone; even those who aren't truly religious. You don't have to pray to *God*. You can pray to "the force that is beyond our comprehension." I also love the fact that Anne stresses the importance of gratitude. In fact, this may be my favorite passage from the book: "Gratitude begins in our hearts and then dovetails into behavior. It almost always makes you willing to be of service, which is where the joy resides. It means that you are willing to stop being such a jerk. When you are aware of all that has been given to you, in your lifetime and the past few

days, it is hard not to be humbled, and pleased to give back."Thank you, Anne Lamott. My life is better because of you.

*****What a brilliant book! When I first received "Help, Thanks, Wow: The Three Essential Prayers" I too was so disappointed that it was such a small book--tiny, short, maybe an hour's read. Ah, but what an hour! Precious. And to be completely truthful, this book actually took me several hours to read, because I had to put it down, think, cry, laugh, and even--yes--pray. This book is worth your time and attention. I am so glad that I have it in hardback because I will keep it forever and reread it regularly; I am finished reading it and I just want to read it all over again. It is a book about getting through life. It is rich, raw, funny (hilarious, like all Annie Lamott) and written in language so stunning I would have to stop and just read and reread sentences. I feel as though my life has been broken open with a whole new attitude towards prayer, and even more, towards being alive. This is not a religious book at all, but a book for anyone who is spiritually-oriented and maybe especially for those who aren't, because the author writes about prayer in a way that every single person can relate to. This is a book about being real and true and simple and clear and about living a worthwhile life. Don't miss this book. Highly recommended. *****

Anne Lamott is one of my favorite authors. My favorites of her books are "Traveling Mercies", and "bird by bird". Anne sticks to the writing style of a mini essay for each chapter and it works well for her. Each new book begins where the last left off. Not in the sense of a sequel but as it follows where Anne is in her life at that particular time and what is the important topic on her mind. Lamott's latest book "Help, Thanks, Wow", is a good book. It has the short chapters and the rambling conversation that I expect from her books. The topic is one that grabbed me at first. I thought, here is a book that is going to simplify prayer and perhaps I will find comfort in it. Perhaps my expectations were too high as I felt that my questions were never answered. I had hoped for a footprint to follow, something more definitive. I still feel that it is a good book and worth taking a look at. However, if you're not familiar with Anne Lamott then this may not be the best of her books to start with. Sorrowfully, in the end I was left unfulfilled and a little bored.

This little book was recommended by a long time, good friend whom I respect highly. He and I have similar views on organized religion, especially the Christian religion and all its many denominations. Rarely does the Christian church speak clearly and timely. In this day and age people are looking for spirituality, a deep spirituality, which involves a genuine way to talk/pray to the Higher Power we

call God. Most prayers I've heard prayed individually or corporately in a public setting always seems to be a mini sermon lifted up to God but intended for those gathered. People, especially unchurched, young people as well as many of the young people who are church and seeking want to know how to pray. God demands no loftily nor flowery language, especially with the 'thees' and 'thous'. Anne Lamott gives us the essentials of prayer in her book which comes out of her life experience. It involves 3 things, saying help, saying thanks, and then saying wow! This book is refreshing and an open door for those seeking to deepen their spiritual life, even for someone like me who can't a place to light on on the spectrum of belief.

Anne's book is on our Summer Series reading list at church. So at the last minute, I ordered the Kindle version and began reading Saturday night. The sermon was Sunday morning. For me this book is life changing. Today was my first day utilizing a template inspired from Anne for prayer. I typed my prayer into three categories: Help, Thanks, Wow. Talk about great prayer focus. I can print my prayers and assemble my prayer journal. Some of us are better composing prayer at the keyboard and quite frankly, I believe God doesn't care what method you use to communicate with Him as long as we are in regular communication with Him, that is His hope.

After seeing Anne Lamott on TV, I was impressed with her and checked out this book on . The reviews were good, so I ordered it. I was a bit disappointed on receiving it, as I didn't like the shape of the book (too small) and I didn't like the type style (too hard to read). Then, I struggled to get into the book. I like to highlight insights in inspirational books, and I simply didn't find anything to highlight in this one. I think Anne Lamott is a lovely person and I understand how a lot of people liked this book. However, it just didn't bring any new insights to the table for me and it wasn't written in a way that I found compelling. The good news is, it wasn't too hard to finish, since it is short. I passed it on to someone I hope will enjoy it.

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