

the cost of living deborah levy

the cost of living deborah levy is a compelling exploration of modern financial pressures, personal identity, and societal change. Deborah Levy, a renowned British author and essayist, delves into the complexities of everyday expenses, economic instability, and the emotional toll that the rising cost of living exerts on individuals and families. Her work provides not only a reflection on the economic realities faced by many but also a philosophical inquiry into how these financial challenges shape our lives, aspirations, and relationships.

In recent years, the cost of living has become a central topic in public discourse worldwide. From skyrocketing housing prices to inflationary pressures on essential goods and services, economic uncertainty has led many to question their financial stability and future prospects. Deborah Levy's perspective offers a nuanced understanding of these issues, blending personal narrative with broader societal analysis. This article aims to explore the themes presented in Levy's work, the factors influencing the cost of living, and practical insights for navigating these economic challenges.

Understanding the Cost of Living: An Overview

What Is the Cost of Living?

The cost of living refers to the amount of money needed to maintain a certain standard of living in a specific location over a given period. It encompasses essential expenses such as housing, food, healthcare, transportation, education, and utilities. When the cost of living rises, individuals and families often face financial strain, especially if income levels do not keep pace.

Key components include:

- Housing costs (rent or mortgage)
- Food and groceries
- Healthcare expenses
- Transportation and commuting costs
- Education and childcare
- Utilities (electricity, water, internet)
- Taxes and insurance

Historical Context of Rising Costs

Over the past few decades, several factors have contributed to the escalation of living costs:

- Inflation and monetary policy decisions
- Housing market dynamics
- Wage stagnation relative to inflation

- Supply chain disruptions
- Increased demand for healthcare and education
- Climate change and energy prices

Deborah Levy's work often reflects on how these macroeconomic trends impact individual lives, emphasizing the emotional and psychological effects of financial instability.

Thematic Analysis of Deborah Levy's Perspective on the Cost of Living

Personal Narratives and Societal Commentary

Levy's writing intertwines personal stories with societal critique, illustrating how economic pressures influence identity and personal growth. She explores themes such as:

- The pursuit of independence amid financial constraints
- The impact of economic insecurity on relationships
- The quest for meaning beyond material possessions

Her essays and novels often depict characters confronting financial hardships, revealing the universal nature of these struggles.

Emotional and Psychological Impact

Levy emphasizes that the cost of living extends beyond monetary expenses—it affects mental health, self-esteem, and life satisfaction. Rising costs can lead to:

- Anxiety and stress
- Feelings of inadequacy
- Social isolation
- A sense of losing control over one's life

Her insights encourage readers to reflect on their emotional responses to financial challenges and consider strategies for resilience.

Economic Inequality and Social Justice

A recurring theme in Levy's work is the disparity in living conditions across different socio-economic groups. She critiques:

- The widening wealth gap
- Housing affordability crises
- Access to quality healthcare and education
- The influence of capitalism on personal well-being

Levy advocates for a more equitable society where basic needs are accessible to all,

highlighting the moral imperatives behind addressing the cost of living.

Factors Influencing the Current Cost of Living

Housing Market Dynamics

Housing costs are often the largest component of the cost of living. Factors include:

- Rising property prices due to demand and limited supply
- Rental inflation driven by investment trends
- Urbanization and population growth
- Policies affecting housing development and affordability

Levy discusses how these trends disproportionately affect vulnerable populations, leading to increased homelessness and housing insecurity.

Inflation and Wage Stagnation

While inflation causes prices to rise, wages have not always kept pace, leading to:

- Reduced purchasing power
- Increased reliance on credit and debt
- Financial insecurity for lower and middle-income households

Her work emphasizes the human toll of these economic shifts, urging policymakers to consider living wages and social protections.

Energy and Utility Costs

Energy prices fluctuate due to global market trends, geopolitical tensions, and environmental policies. These fluctuations influence:

- Heating and cooling bills
- Transportation fuel costs
- Costs of goods and services dependent on energy

Levy highlights how energy insecurity exacerbates financial hardship, especially during extreme weather events.

Healthcare and Education Expenses

Rising costs in healthcare and education can trap individuals in cycles of debt, impacting:

- Access to quality medical care
- Opportunities for personal and professional development
- Long-term financial stability

Her narratives often explore the personal sacrifices made to afford these essentials.

Navigating the Rising Cost of Living: Practical Strategies

Budgeting and Financial Planning

Effective budgeting is crucial in managing increased expenses:

- Track income and expenditures meticulously
- Prioritize essential spending
- Identify areas to cut costs
- Build an emergency fund for unforeseen expenses

Levy encourages mindfulness about money and deliberate decision-making to maintain stability.

Increasing Income Streams

Exploring additional income sources can alleviate financial pressure:

- Part-time or freelance work
- Selling unused items
- Upskilling for better-paying jobs
- Engaging in community or cooperative ventures

Diversifying income helps buffer against economic shocks.

Advocacy and Policy Engagement

On a broader level, collective action can influence policy changes:

- Supporting affordable housing initiatives
- Advocating for living wages
- Participating in community organizing
- Promoting sustainable economic policies

Levy underscores the importance of social activism in addressing systemic issues contributing to high living costs.

Emotional Resilience and Support Networks

Maintaining mental well-being is essential:

- Building supportive relationships
- Seeking professional counseling if needed
- Practicing mindfulness and self-care

- Sharing experiences to reduce stigma

Levy's reflections often remind readers that resilience is vital in navigating economic hardships.

The Future of the Cost of Living: Challenges and Opportunities

Emerging Economic Trends

Technological advancements, renewable energy, and policy reforms present both risks and opportunities:

- The potential for affordable housing through innovative construction
- The impact of automation on employment
- Policies aimed at reducing inequality

Levy suggests that proactive societal measures can mitigate some of the adverse effects of rising costs.

Role of Society and Policymakers

Addressing the cost of living requires collaborative effort:

- Implementing fair taxation
- Investing in public services
- Ensuring accessible healthcare and education
- Promoting sustainable development

Her work advocates for a compassionate approach to economic policymaking.

Personal Agency and Societal Change

While systemic change is crucial, individual actions also matter:

- Making informed financial decisions
- Supporting ethical businesses
- Participating in civic life

Levy emphasizes that personal resilience combined with societal reform can lead to a more equitable and sustainable future.

Conclusion

The cost of living, as explored through Deborah Levy's insightful lens, is more than just a series of numbers—it is a reflection of societal values, structural inequalities, and personal aspirations. Her work encourages us to confront these challenges with awareness, resilience, and a collective commitment to change. Understanding the multifaceted nature of living costs empowers individuals to make informed decisions and advocates for policies that promote economic justice.

As we navigate an uncertain economic landscape, Levy's reflections remind us that while the financial realities may be daunting, there is also room for hope, innovation, and solidarity. Addressing the cost of living requires a holistic approach—one that recognizes the human stories behind the statistics and strives for a future where everyone can thrive with dignity and support.

Frequently Asked Questions

What does Deborah Levy say about the rising cost of living in her recent essays?

Deborah Levy discusses how the increasing cost of living impacts daily life, emphasizing the emotional and psychological toll it takes on individuals and families.

Has Deborah Levy addressed the impact of inflation on personal finances?

Yes, in her writings and interviews, Levy explores how inflation affects savings, spending habits, and overall financial security for ordinary people.

What insights does Deborah Levy offer on coping with the rising cost of living?

Levy suggests focusing on community support, minimalist living, and mental resilience as ways to navigate economic pressures associated with the rising cost of living.

Is Deborah Levy critical of government policies related to the cost of living?

While Levy's work mainly centers on personal and societal reflections, she has expressed concern about government measures that fail to address economic inequalities contributing to the cost of living crisis.

How does Deborah Levy connect the cost of living to

mental health in her recent commentary?

Levy highlights that financial stress from rising living costs can lead to anxiety, depression, and a sense of insecurity, urging for more compassionate social policies.

What themes related to the cost of living are prominent in Deborah Levy's latest book or essay collection?

Her recent works delve into themes of economic disparity, personal resilience, and the societal shifts caused by economic strain, reflecting on how these issues shape individual identities and relationships.

Additional Resources

The Cost of Living Deborah Levy: An In-Depth Exploration of Economic Themes and Personal Narratives

In her thought-provoking work, *The Cost of Living*, Deborah Levy delves into the complex relationship between personal finances, societal expectations, and the emotional landscapes that shape our understanding of value and worth. The phrase the cost of living Deborah Levy not only references her autobiographical and philosophical exploration but also invites readers to consider how economic pressures influence identity, creativity, and everyday life.

Understanding the Context of Deborah Levy's *The Cost of Living*

Deborah Levy, an acclaimed British author and playwright, published *The Cost of Living* in 2018 as the first installment of her autobiographical trilogy. The book offers a candid reflection on her life as a woman navigating the challenges of financial independence, aging, and self-discovery. Levy's narrative is both personal and philosophical, intertwining her own experiences with broader societal issues related to economic inequality, gender roles, and the pursuit of happiness.

The title itself — *The Cost of Living* — encapsulates a dual meaning: the literal financial expenses associated with daily life, and the metaphorical costs of personal growth and societal participation. Levy's exploration prompts readers to think critically about what we pay—financially and emotionally—for the lives we aspire to lead.

Thematic Breakdown of *The Cost of Living*

1. Personal Financial Security and Independence

One of the central themes in Levy's work is the importance of financial independence, especially for women. She reflects on her own journey from dependency to self-sufficiency, considering:

- The societal expectations placed on women to prioritize family over career
- The emotional toll of financial insecurity
- Strategies for achieving economic autonomy

Key Points:

- Levy's decision to leave a marriage that limited her independence
- The challenges of balancing creative pursuits with financial stability
- The significance of having control over one's finances as a form of empowerment

2. The Emotional Cost of Economic Pressures

Levy emphasizes that money is not just a matter of numbers but deeply intertwined with emotional well-being. She explores questions such as:

- How does financial stress impact mental health?
- In what ways do societal norms dictate our perceptions of success and worth based on income?
- What are the emotional sacrifices made in pursuit of financial security?

Insights:

- The anxiety associated with financial uncertainty
- The guilt or shame linked to financial struggles
- The importance of self-compassion amidst economic hardship

3. Aging, Mortality, and the Value of Time

A significant portion of Levy's narrative grapples with aging and the realization of mortality. She considers:

- The costs associated with aging physically and emotionally
- The value of time over material possessions
- How financial decisions influence the quality of later life

Discussion Points:

- The societal tendency to equate youth with value
- The importance of investing in experiences rather than possessions
- Preparing financially for retirement and aging gracefully

The Financial Landscape in Levy's Narrative

Analyzing the Practical Aspects of Cost of Living

While Levy's work is deeply philosophical, it also touches on tangible financial realities. These include:

- Housing costs and the challenge of affordable living

- The impact of inflation and economic instability
- Access to healthcare and social services

The Role of Employment and Creative Income

Levy's own career as a writer highlights the precariousness of creative professions. She discusses:

- The unpredictability of income from artistic pursuits
- The importance of diversified income streams
- The value of pursuing passion projects despite financial risks

Broader Societal Implications

Economic Inequality and Its Impact on Personal Life

Levy's reflections shed light on the disparities within society:

- The widening gap between the wealthy and the impoverished
- How economic inequality affects mental health and social cohesion
- The societal costs of austerity and reduced public services

Gender and the Cost of Living

As a woman navigating a male-dominated society, Levy explores gender-specific economic challenges:

- The gender pay gap
- Caregiving responsibilities disproportionately borne by women
- The societal undervaluing of women's work

Practical Takeaways for Readers

Managing Personal Cost of Living

Levy's insights can inform personal strategies:

- Budgeting wisely and saving for the future
- Prioritizing mental health alongside financial planning
- Investing in oneself—education, experiences, and well-being

Advocating for Broader Change

Her work encourages activism and societal change:

- Supporting policies that promote economic equality
- Challenging societal norms around gender and work

- Promoting financial literacy and empowerment programs

Conclusion: The Interplay of Money, Identity, and Society

The cost of living Deborah Levy is more than a phrase; it is a lens through which to examine our lives, values, and societal structures. Levy's candid storytelling reveals that while money is essential for survival, its true cost extends into the emotional and psychological realms. Her work invites us to reflect on what we are willing to pay for a meaningful life and how societal systems influence those choices.

In understanding Levy's exploration, readers are encouraged to think critically about their own financial journeys, societal expectations, and the pursuit of authenticity amidst economic constraints. Ultimately, her narrative reminds us that while the cost of living can be high, so too can be the rewards of self-awareness, resilience, and community support.

In a world where economic pressures are relentless, Deborah Levy's *The Cost of Living* offers both a mirror and a map—challenging us to confront the true price of our lives and inspiring us to seek a more equitable and fulfilling future.

[The Cost Of Living Deborah Levy](#)

the cost of living deborah levy: The Cost of Living Deborah Levy, 2018-04-05 A GUARDIAN BEST BOOK OF THE 21ST CENTURY WINNER OF THE PRIX FEMINA ETRANGER 2020 Following on from the critically acclaimed *Things I Don't Want to Know*, discover the powerful second memoir in Deborah Levy's essential three-part 'Living Autobiography'. 'I can't think of any writer aside from Virginia Woolf who writes better about what it is to be a woman' Observer

_____ 'Life falls apart. We try to get a grip and hold it together. And then we realise we don't want to hold it together . . .' The final instalment in Deborah Levy's critically acclaimed 'Living Autobiography', *Real Estate*, is available now. _____ 'I just haven't stopped reading it . . . it talks so beautifully about being a woman' Billie Piper on BBC Radio 4's Desert Island Discs 'It is the story of every woman throughout history who has expended her love and labour on making a home that turns out to serve the needs of everyone except herself. Wonderful' Guardian 'Wise, subtle and ironic, Levy's every sentence is a masterpiece of clarity and poise . . . a brilliant writer' Daily Telegraph 'A graceful and lyrical rumination on the questions, What is a woman for? What should a woman be?' Tatler 'Extraordinary and beautiful, suffused with wit and razor-sharp insights' Financial Times

the cost of living deborah levy: The Cost of Living Deborah Levy, 2018-07-10 The bestselling exploration of the dimensions of love, marriage, mourning, and kinship from two-time Booker Prize finalist Deborah Levy. A New York Times Notable Book A New York Public Library Best Nonfiction Book of 2018 What does it cost a woman to unsettle old boundaries and collapse the social hierarchies that make her a minor character in a world not arranged to her advantage? This vibrant memoir, a portrait of contemporary womanhood in flux, is an urgent quest to find an unwritten major female character who can exist more easily in the world. Levy considers what it means to live with meaning, value, and pleasure, to seize the ultimate freedom of writing our own

lives, and reflects on the work of such artists and thinkers as Simone de Beauvoir, James Baldwin, Elena Ferrante, Marguerite Duras, David Lynch, and Emily Dickinson. *The Cost of Living*, longlisted for the Andrew Carnegie Medal in Nonfiction, is crucial testimony, as distinctive, witty, complex, and original as Levy's acclaimed novels.

the cost of living deborah levy: *The Cost of Living* Deborah Levy, 2018-08-21 A New York Times Notable Book of 2018 Longlisted for the 2019 Andrew Carnegie Medal for Excellence in Nonfiction From the twice-Booker-shortlisted author comes a witty and audacious examination of writing and womanhood Life falls apart. We try to get a grip. We try to hold it together. And then we realize that we don't want to hold it together. Crystalline, witty and audacious, *The Cost of Living* addresses itself to the dual experiences of writing and of womanhood, examining what is essential in each. Following the acclaimed *Things I Don't Want to Know*, which reflected deeply on the nature of gender politics and a life in letters, *The Cost of Living* returns to the same subject and to the same life, to find a writer in radical flux. If a woman dismantles her life, expands it and puts it back together in a new shape, how might she describe this new composition? Words have to open the mind. When words close the mind you can be sure that someone has been reduced to nothingness. In this elegiac second instalment of her living autobiography, Deborah Levy considers what it means to live with value and meaning and pleasure. *The Cost of Living* is a vital and astonishing testimony, as distinctive, wide-ranging and original as Levy's acclaimed novels.

the cost of living deborah levy: *Summary of Deborah Levy's The Cost of Living* Everest Media,, 2022-03-09T22:59:00Z Please note: This is a companion version & not the original book. Sample Book Insights: #1 When we want a happy ending, it depends on where we stop the story. In a bar on Colombia's Caribbean coast, a tanned, tattooed American man was eating coconut rice and fish with a young English woman who had been reading a book when she started talking about scuba-diving in Mexico. She gave him a few clues about a hidden hurt. #2 While the waitress was collecting plates heaped with crab claws and fish bones, I was reminded of the Oscar Wilde quote Be yourself; everyone else is taken. That was not quite true for her. She had to make a bid for a self that possessed freedoms the Big Silver took for granted. #3 To speak our life as we feel it is a freedom we rarely take, but it seemed to me that the words she wanted to say were lively inside her, mysterious to herself as well as anyone else.

the cost of living deborah levy: *Real Estate* Deborah Levy, 2021-08-24 Winner of the Los Angeles Times Christopher Isherwood Prize for Autobiographical Prose Named a Best Book of the Year by NPR, the Washington Post, TIME.com, and Kirkus A Millions Most Anticipated Book of the Year A USA Today Book Not to Miss A LitHub Best-Reviewed Book of the Year The final installment in three-time Booker Prize nominated Deborah Levy's Living Autobiography-a boldly intimate meditation on home and the specters that haunt it. "Three bicycles. Seven ghosts. A crumbling apartment block on the hill. Fame. Tenderness. The statue of Peter Pan. Silk. Melancholy. The banana tree. A love story." Virginia Woolf wrote that in order to be a writer, a woman needs a room of one's own. Now, in *Real Estate*, acclaimed author Deborah Levy concludes her ground-breaking trilogy of living autobiographies with an exhilarating, boldly intimate meditation on home and the specters that haunt it. In this vibrant memoir, Levy employs her characteristic indelible writing, sharp wit, and acute insights to craft a searing examination of the poetics and politics of ownership. Her inventory of possessions, real and imagined, pushes readers to question our cultural understanding of belonging and belongings and to consider the value of a woman's intellectual and personal life. Blending personal history, gender politics, philosophy, and literary theory, *Real Estate* is a brilliant, compulsively readable narrative about the search for home.

the cost of living deborah levy: *The Cost of Living* Deborah Levy, 2018-07-10 The bestselling exploration of the dimensions of love, marriage, mourning, and kinship from two-time Booker Prize finalist Deborah Levy. A New York Times Notable Book A New York Public Library Best Nonfiction Book of 2018 What does it cost a woman to unsettle old boundaries and collapse the social hierarchies that make her a minor character in a world not arranged to her advantage? This vibrant memoir, a portrait of contemporary womanhood in flux, is an urgent quest to find an unwritten

major female character who can exist more easily in the world. Levy considers what it means to live with meaning, value, and pleasure, to seize the ultimate freedom of writing our own lives, and reflects on the work of such artists and thinkers as Simone de Beauvoir, James Baldwin, Elena Ferrante, Marguerite Duras, David Lynch, and Emily Dickinson. *The Cost of Living*, longlisted for the Andrew Carnegie Medal in Nonfiction, is crucial testimony, as distinctive, witty, complex, and original as Levy's acclaimed novels.

the cost of living deborah levy: "When men are unprepared and look not for it" Brähler, Susan, Münsterlein, Kerstin-Anja,

the cost of living deborah levy: *The Ambitious Village Maid* Avis V. Notice-Harrison, 2022-03-13 The fictional story chronicles the life of Jamaican born Anna Kay McQueen. Anna Kay's life's trajectory takes her from childhood days growing up in rural Jamaica to the capital city of Kingston. Her family's migration in search of a better life for their children takes her to New York City and Miami and subsequently back to Jamaica. Trials and tribulations coupled with opportunities that were leveraged in remarkable ways are the order of the day throughout Anna Kay's life. Truly a tale of how humble beginnings can provide the impetus for a life well lived. Lessons of ambition, hard work, and resilience are present throughout the book.

the cost of living deborah levy: *The Invisible Kingdom* Meghan O'Rourke, 2023-02-28 A NEW YORK TIMES BESTSELLER FINALIST FOR THE 2022 NATIONAL BOOK AWARD FOR NONFICTION Named one of the BEST BOOKS OF 2022 by NPR, The New Yorker, Time, and Vogue "Remarkable." -Andrew Solomon, The New York Times Book Review At once a rigorous work of scholarship and a radical act of empathy."—Esquire A ray of light into those isolated cocoons of darkness that, at one time or another, may afflict us all." —The Wall Street Journal Essential.—The Boston Globe A landmark exploration of one of the most consequential and mysterious issues of our time: the rise of chronic illness and autoimmune diseases A silent epidemic of chronic illnesses afflicts tens of millions of Americans: these are diseases that are poorly understood, frequently marginalized, and can go undiagnosed and unrecognized altogether. Renowned writer Meghan O'Rourke delivers a revelatory investigation into this elusive category of "invisible" illness that encompasses autoimmune diseases, post-treatment Lyme disease syndrome, and now long COVID, synthesizing the personal and the universal to help all of us through this new frontier. Drawing on her own medical experiences as well as a decade of interviews with doctors, patients, researchers, and public health experts, O'Rourke traces the history of Western definitions of illness, and reveals how inherited ideas of cause, diagnosis, and treatment have led us to ignore a host of hard-to-understand medical conditions, ones that resist easy description or simple cures. And as America faces this health crisis of extraordinary proportions, the populations most likely to be neglected by our institutions include women, the working class, and people of color. Blending lyricism and erudition, candor and empathy, O'Rourke brings together her deep and disparate talents and roles as critic, journalist, poet, teacher, and patient, synthesizing the personal and universal into one monumental project arguing for a seismic shift in our approach to disease. *The Invisible Kingdom* offers hope for the sick, solace and insight for their loved ones, and a radical new understanding of our bodies and our health.

the cost of living deborah levy: *How to Tell When We Will Die* Johanna Hedva, 2024-09-24 From one of the most influential voices in disability activism comes an essay collection that detonates a bomb in our collective understanding of care and illness, showing us that sickness is a vibrant part of life. In the wake of the 2014 Ferguson riots, and sick with a chronic condition that rendered them housebound, Johanna Hedva turned to the page to ask: How do you throw a brick through the window of a bank if you can't get out of bed? It was not long before this essay, "Sick Woman Theory," became a seminal work on disability, because in reframing illness as not just a biological experience but a social one, Hedva argues that under capitalism—a system that limits our worth to the productivity of our bodies—we must reach for the revolutionary act of caring for ourselves and others. *How to Tell When We Will Die* expands upon Hedva's paradigm-shifting perspective in a series of slyly subversive and razor-sharp essays that range from the theoretical to

the personal—from Deborah Levy and Susan Sontag to wrestling, kink, mysticism, death, and the color yellow. Drawing from their experiences with America's byzantine healthcare system, and considering archetypes they call The Psychotic Woman, The Freak, and The Hag in Charge, Hedva offers a bracing indictment of the politics that exploit sickness—relying on and fueling ableism—to the detriment of us all. With the insight of Anne Boyer's *The Undying* and Leslie Jamison's *The Empathy Exams*, and the wit of Samantha Irby, Hedva's debut collection upends our collective concept of disability. In their radical reimagining of a world where care and pain are symbiotic, and our bodies are allowed to live free and well, Hedva implores us to remember that illness is neither an inconvenience or inevitability, but an enlivening and elemental part of being alive.

the cost of living deborah levy: *Funny Weather: Art in an Emergency* Olivia Laing, 2020-05-12 "One of the finest writers of the new nonfiction" (*Harper's Bazaar*) explores the role of art in our tumultuous modern era. In this remarkable, inspiring collection of essays, acclaimed writer and critic Olivia Laing makes a brilliant case for why art matters, especially in the turbulent political weather of the twenty-first century. *Funny Weather* brings together a career's worth of Laing's writing about art and culture, examining their role in our political and emotional lives. She profiles Jean-Michel Basquiat and Georgia O'Keeffe, reads Maggie Nelson and Sally Rooney, writes love letters to David Bowie and Freddie Mercury, and explores loneliness and technology, women and alcohol, sex and the body. With characteristic originality and compassion, she celebrates art as a force of resistance and repair, an antidote to a frightening political time. We're often told that art can't change anything. Laing argues that it can. Art changes how we see the world. It makes plain inequalities and it offers fertile new ways of living.

the cost of living deborah levy: *My Rock 'n' Roll Friend* Tracey Thorn, 2021-04-01 'Entertaining, affectionate and righteous' *Guardian* 'Says so much about being a woman' *Cosey Fanni Tutti* In 1983, backstage at the Lyceum in London, Tracey Thorn and Lindy Morrison first met. Tracey's music career was just beginning, while Lindy, drummer for The Go-Betweens, was ten years her senior. They became confidantes, comrades and best friends, a relationship cemented by gossip and feminism, books and gigs and rock 'n' roll love affairs. Thorn takes stock of thirty-seven years of friendship, teasing out the details of connection and affection between two women who seem to be either complete opposites or mirror images of each other. She asks what people see, who does the looking, and ultimately who writes women out of – and back into – history.

the cost of living deborah levy: *Our Endless and Proper Work* Ron Hogan, 2021-06-08 "The most thoughtful, engaging, encouraging book I've ever read about how hard it is to be a writer and why you should do it anyway." —New York Times bestselling author Sarah Knight of the *No Fucks Given* guides Writer and editorial consultant Ron Hogan helps readers develop an ongoing writing practice as an end in and of itself, not a means to publication. Many people pick up the guitar without eyeing a career as a professional musician, or start painting without caring if they get a gallery. But with writing the assumption seems to be that the goal must be to get published. Why? Why is it acceptable to attain technical proficiency at "Stairway to Heaven" or plein air watercolors as a hobby, while writing is expected to earn its keep? In *Our Endless and Proper Work*, Ron Hogan argues writing should be an end in itself. The founder of the literary site *Beatrice*, and creator of the popular newsletter "Destroy Your Safe and Happy Lives," Hogan offers concrete steps to help writers develop ongoing creative practice in chapters such as "Reclaiming Your Time for Writing" and "Finding Your Groove." Sprinkled throughout are adorable illustrations by "Positive Doodles" creator Emm Roy. This concise, inspirational book encourages all people to take up writing because it can help you become a happier, more whole and engaged person. "An accessible book that packs an impressive amount of wisdom and pragmatic advice into each chapter." —Mason Currey, author of *Daily Rituals: How Artists Work* "Ron Hogan offers practical tips . . . alongside what is ultimately a philosophy of how to make a mindful and joyful adventure of one's life." —Raechel Anne Jolie, author of *Rust Belt Femme*

the cost of living deborah levy: *Mad Wife* Kate Hamilton, 2024-10-15 Submitting to unwanted sex destroyed Kate's love for her husband But she considered killing herself before she

could imagine leaving In this electrifying literary memoir, Kate Hamilton deftly traces her complicated journey from loving wife to gaslit victim to furious feminist with an urgent goal: to expose how women are pressured to uphold the institutions of marriage and family, no matter the cost. In the tradition of *Know My Name* and *The Argonauts*, Hamilton braids her own story with cultural criticism to argue that we must face the misogyny lurking in the shadows of marriage in the 21st century. She examines the beliefs and conditioning that held her in an increasingly destructive marriage and unflinchingly documents what she did to keep her family together—therapy, unwanted sex with her husband, swinging, affairs, an abortion—without always knowing what she freely chose. And she considers the damage that was done, to herself and others, until she could acknowledge that to save herself and her sons, she had to destroy her marriage. Emotionally intense and timely, *Mad Wife* interrogates how marriage and the institutions that support it provide the perfect ecosystem for abuse of women and children, endangering their lives and denying them autonomy—all in the service of men's desires.

the cost of living deborah levy: *Love Songs* Judy Pollard Smith, 2022-08-10 The reader will enjoy several finely crafted personal essays interspersed with amusing vignettes. The essays provide a spirited and sensitive look at nature, music, literature, family, friends, heritage, multiculturalism and personal loss. Some of the essays have been previously published in newspapers or magazines. They are short, salient and to the point. This small tender book offers a unique glimpse at grief recovery. What do the bereaved do with the long corridor of empty hours? How do they go about recreating life? Where does the balance sit between continuing in sorrow or telling oneself that putting one foot in front of the other is essential? How do we hold onto the history of our loved ones? What life rafts have we in order when we need them? Who and what will we put in the drivers seat? In spite of the the loss factor the authour's lyrical writing style brings smiles and hope. It is forward looking and honest. It is a calming read for lovers of life.

the cost of living deborah levy: *The Ceiling Outside* Noga Arikha, 2022-05-03 As her mother slips into the fog of dementia, a philosopher grapples with the unbreakable links between our bodies and our sense of self. A diabetic woman awakens from a coma having forgotten the last ten years of her life. A Haitian immigrant has nightmares that begin bleeding into his waking hours. A retired teacher loses the use of her right hand due to pain of no known origin. Noga Arikha began studying these patients and their confounding symptoms in order to explore how our physical experiences inform our identities. Soon after she initiated her work, the question took on unexpected urgency, as Arikha's own mother began to show signs of Alzheimer's disease. Weaving together stories of her subjects' troubles and her mother's decline, Arikha searches for some meaning in the science she has set out to study. The result is an unforgettable journey across the ever-shifting boundaries between ourselves and each other.

the cost of living deborah levy: *The Work We Need* Hilary Cottam, 2025-05-29 'Brimming with ideas to transform the future, Hilary Cottam takes us on a fascinating journey to discover how to make work work' KATE RAWORTH, author of *DOUGHNUT ECONOMICS* 'Cottam is the humane revolutionary our turbulent century needs - and this book our roadmap to a better future' JONATHAN FREEDLAND, author of *THE ESCAPE ARTIST* 'An act of radical hope, radical listening and radical humility . . . I loved it' RORY STEWART Work, for decades, has been debated and discussed as a narrow economic category. Instead, Hilary Cottam identifies work as a cultural force at the heart of good lives, strong communities and a sense of a shared national destiny. Crucially, in these dramatic times, she shows how we can shape this force to meet technological change, our ecological crisis and the challenges of the world's deep injustices. We can create a work revolution. Ambitious but rooted in the ideas of everyday experts - real workers from all walks of life - this is a realistic and hopeful book. Hilary Cottam has crossed the UK and the USA; she's spent time in communities considered by outsiders as 'left behind' and in places at the centre of financial and technological power. Drawing on a fascinating range of sources - historians, trade unionists, business leaders, philosophers and most originally, hours of her imaginative workshops with workers - Hilary Cottam boldly asks: how can we redesign work? Our challenges - political, social, economic

and environmental - are tangled and growing. But so are the imaginative solutions. In this exciting, inspiring and optimistic book, Hilary shows us how we could work differently and live better.

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