

# The Book Hangover Cure

A reading guide for everyone  
who left a piece of their heart in  
Great Big Beautiful Life.

*Kate  
naughey*

*for  
me*



# Why We Seek the Ache

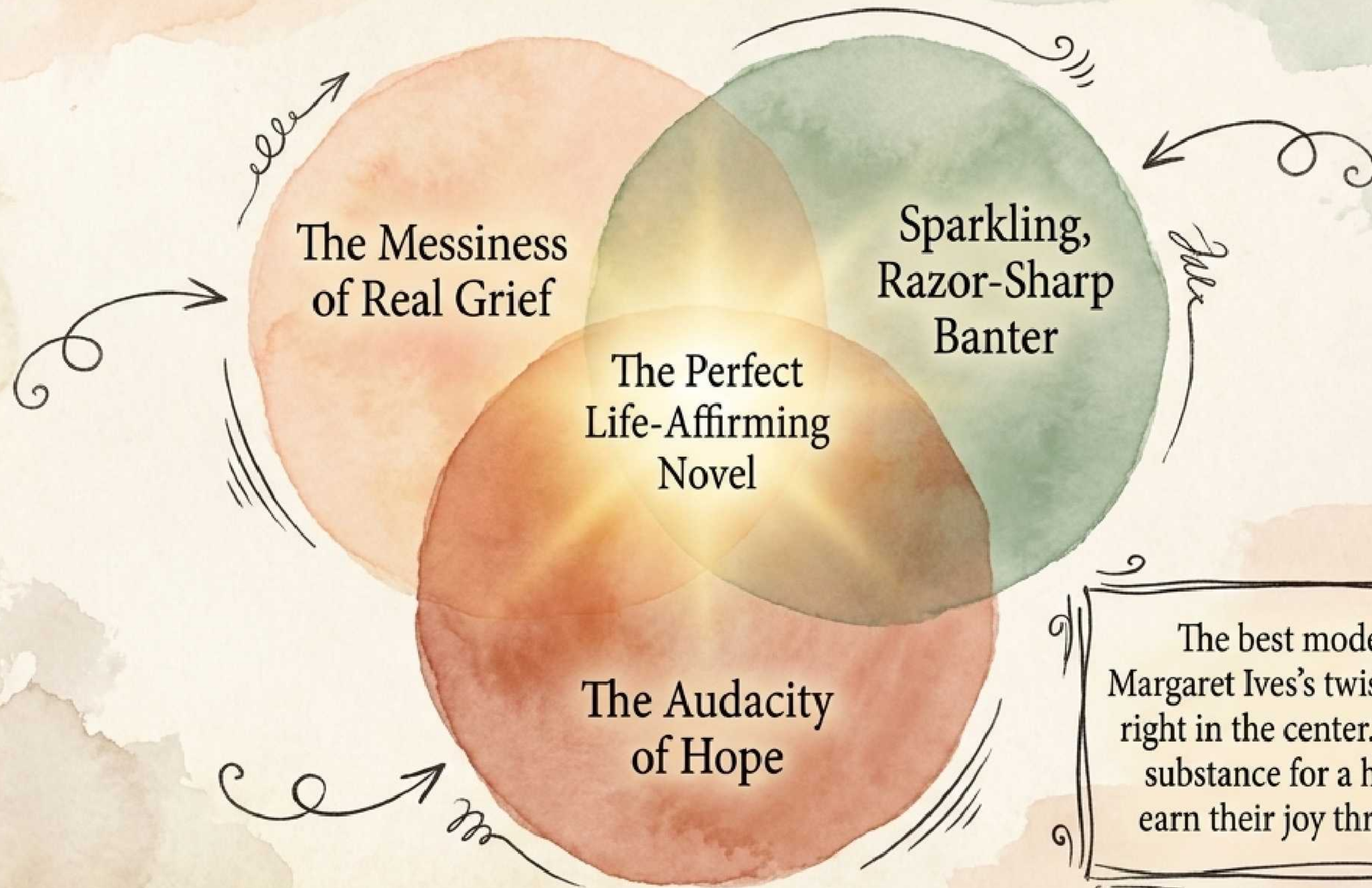
Why do we seek out stories that make us cry?

Because they remind us that our hearts are still working.

They show us ordinary people surviving the unthinkable, messing up spectacularly, and still finding joy.

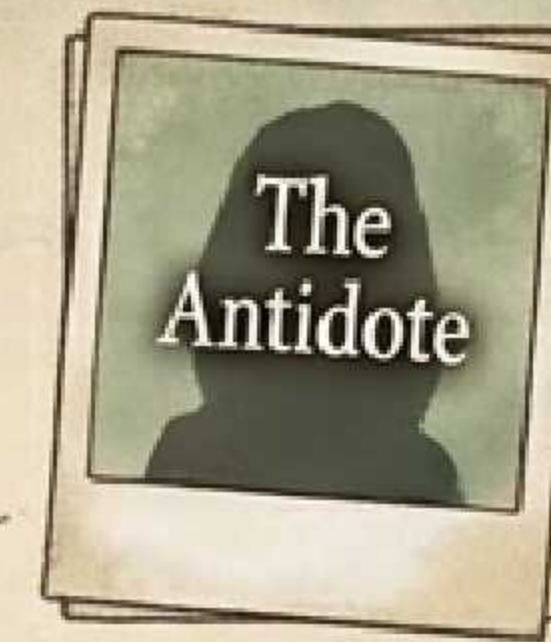
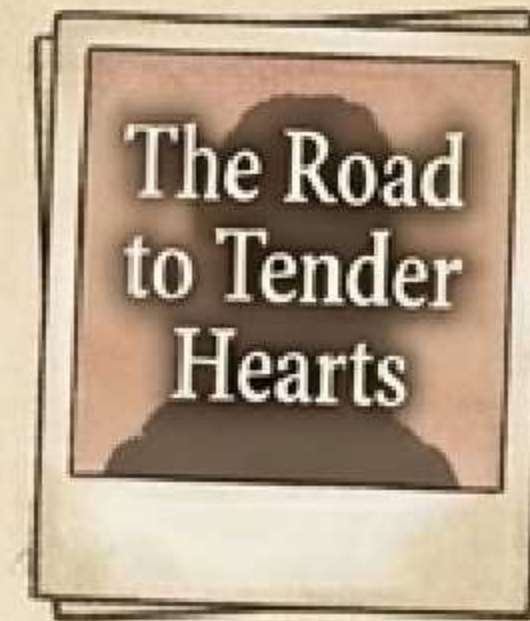
Life-affirming fiction isn't an escape from reality.  
It is an antidote to despair.

# The Anatomy of the Magic



The best modern stories—like Margaret Ives’s twisting biography—live right in the center. They don’t sacrifice substance for a happy ending; they earn their joy through the shadows.

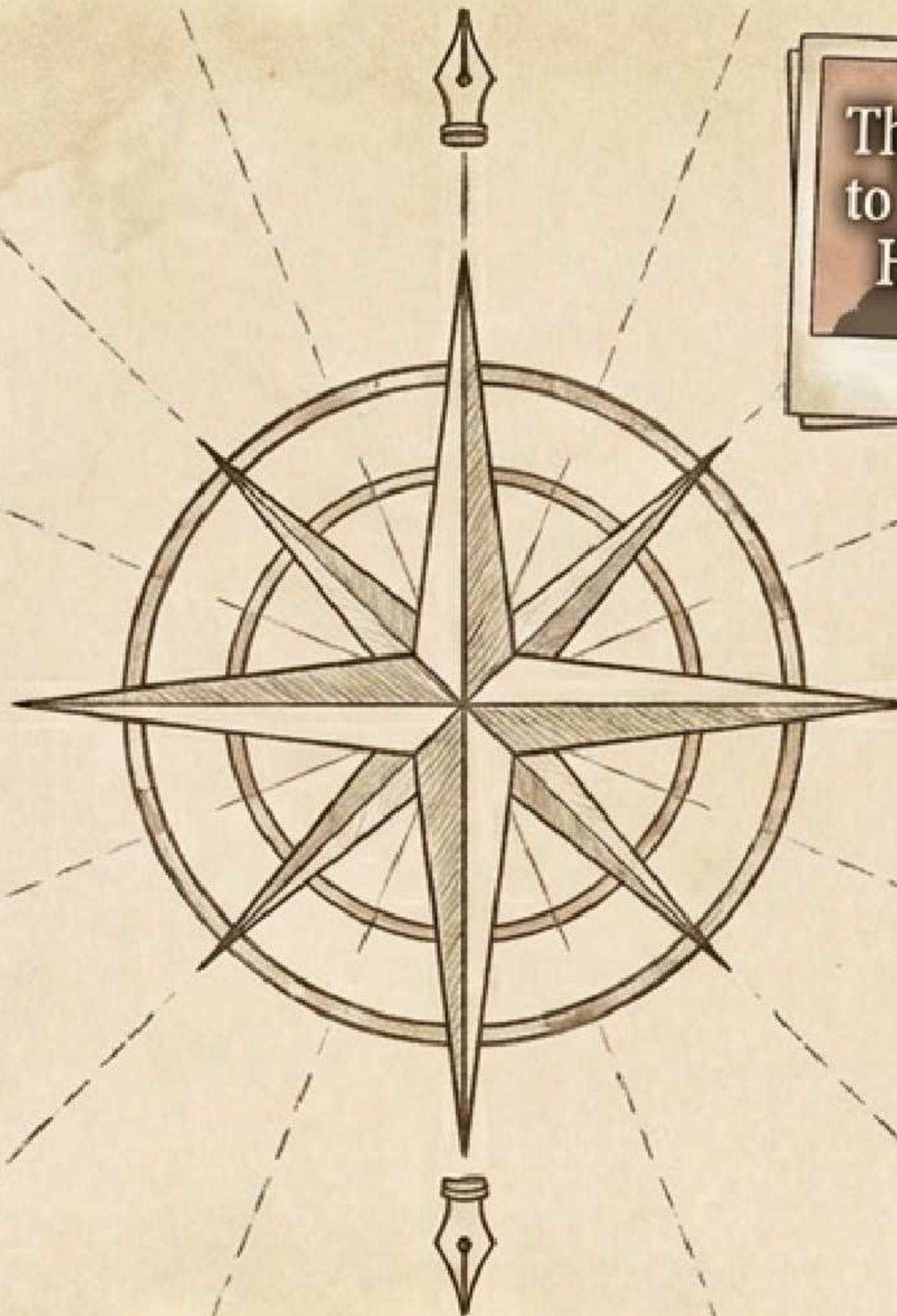
*Sprawling & Adventurous*



*Rooted in Reality*



*A Touch of Magic*



*Quiet & Intimate*

*Find your current emotional coordinate to choose your next adventure...*

The book cover features the title 'The Correspondent' in a serif font at the top. Below the title is a decorative flourish. In the center, there is an illustration of a fountain pen on the left and a stack of letters tied with a ribbon on the right. At the bottom, the author's name 'Virginia Evans' is written in a smaller serif font.

*The  
Correspondent*



Virginia Evans

*Recommendation 01:*

*The Beauty of Slowing Down*

*The Correspondent  
by Virginia Evans*



*The Vibe*

Epistolary, quiet, sharply observant. A septuagenarian protagonist finding delayed self-awareness.



*The Feeling*

Like wrapping yourself in a heavy, comforting quilt. You get the quiet, intimate thrill of reading someone else's secrets and witnessing the warmth of a life coming into focus.



*The Afterglow*

You will want to buy beautiful, heavy stationery and forgive someone you haven't spoken to in years.

*Recommendation 02:  
The Joy of the Messy Survival*

*The Road to Tender Hearts  
by Annie Hartnett*

*The Vibe*

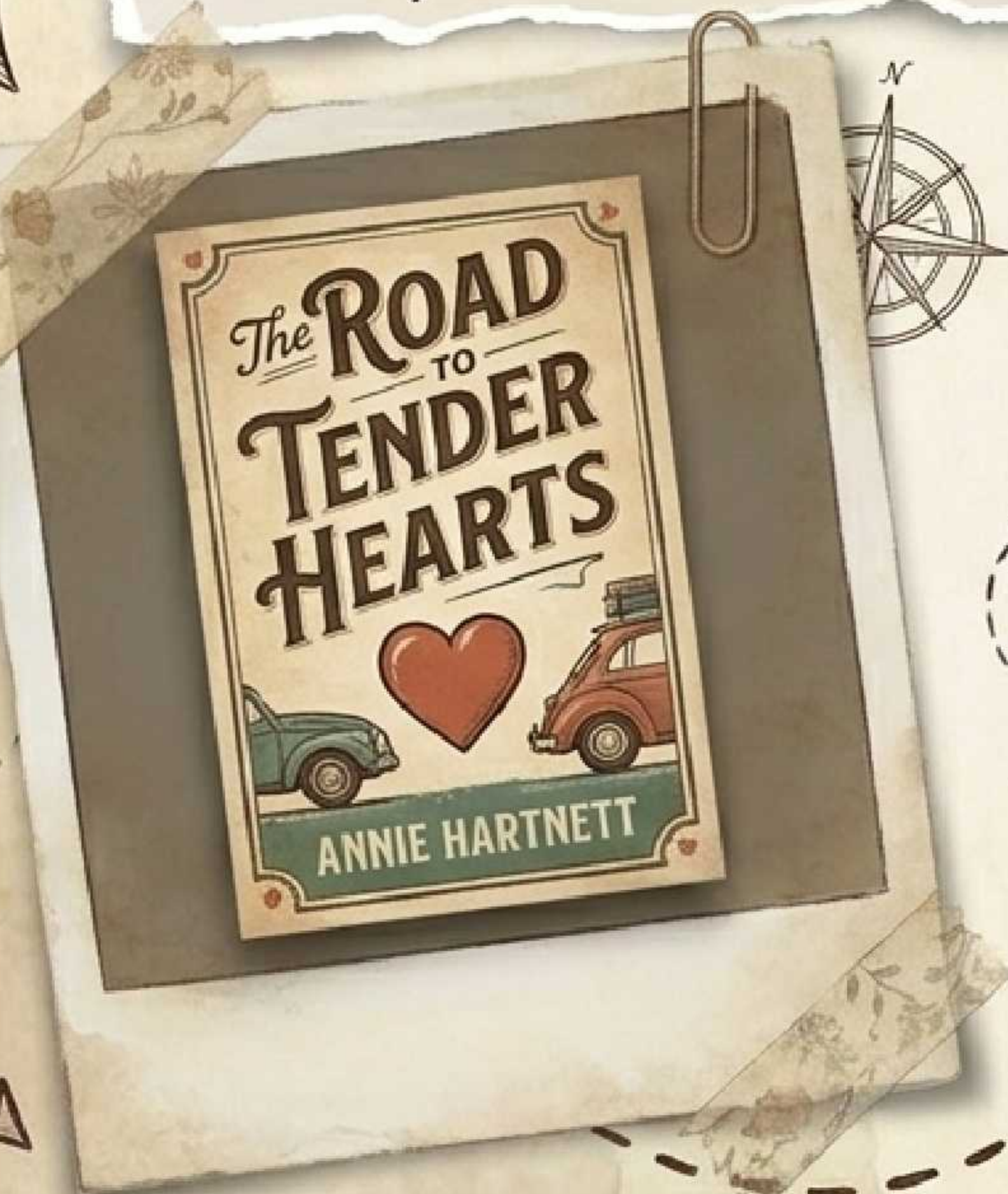
A darkly comic road trip, unexpected orphans, and a recovering lottery winner seeking his high school crush.

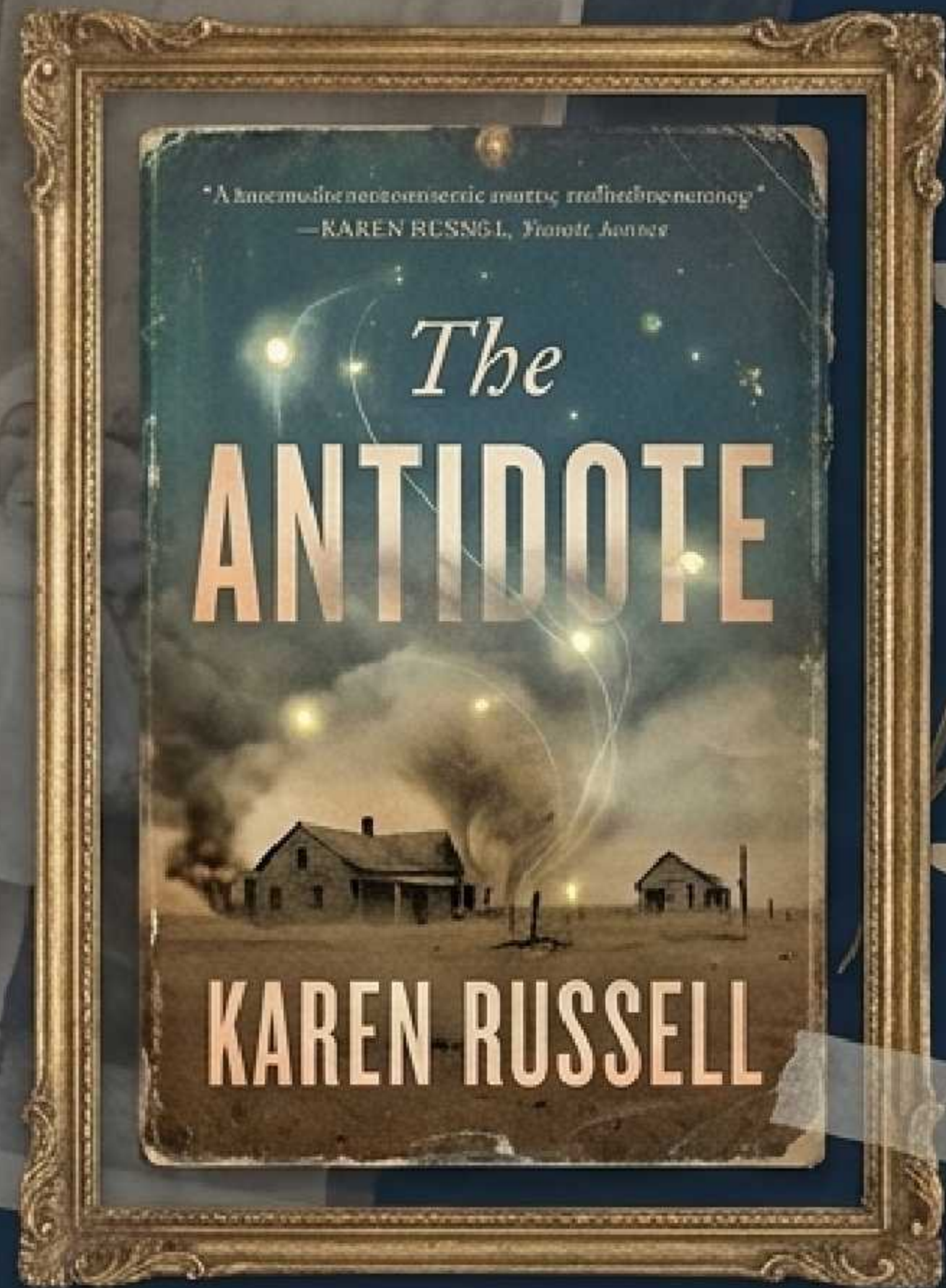
*The Feeling*

Darkly hilarious and fiercely tender. It feels exactly like laughing through your tears in the passenger seat of a car going slightly too fast.

*The Afterglow*

A profound, comforting reminder that family is what we make it, and second chances are real—even if they arrive in a beat-up car with a death-predicting cat.





Recommendation 03:  
The Ache of History & Resilience  
*The Antidote*  
by Karen Russell

## The Vibe

Magical realism set in the 1930s Dust Bowl. An exploration of collective memory, buried trauma, and the strength of women.

## The Feeling

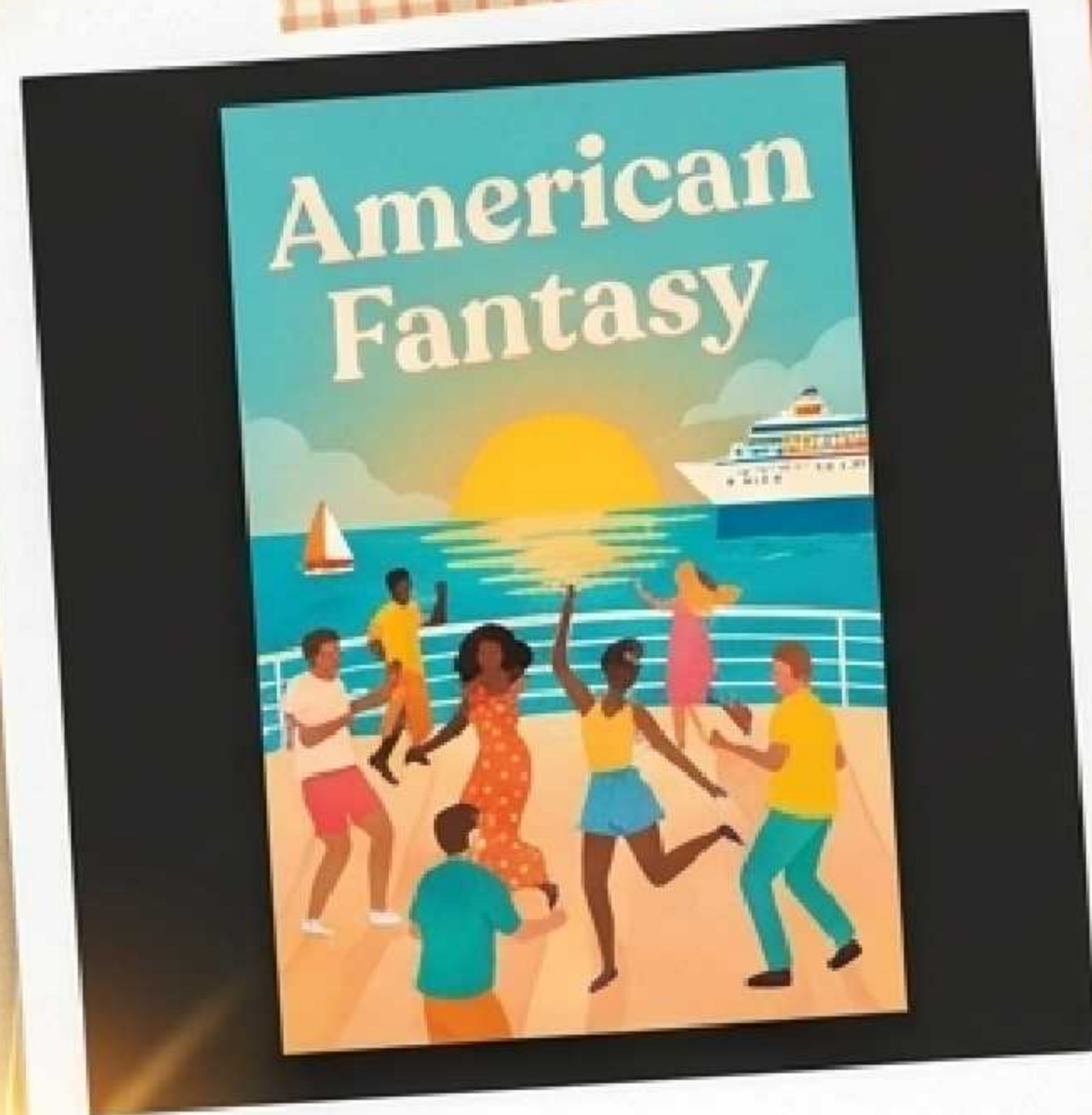
Dreamlike, haunting, and fiercely protective. It feels like holding a piece of raw, fragile magic in your hands.

## The Afterglow

You will find yourself thinking deeply about the stories communities bury, the collective power of women, and the ghosts that shape our present.

# Recommendation 04: Reclaiming Your Joy

**American Fantasy**  
by Emma Straub



## **The Vibe**

A post-divorce boy band cruise, finding community, and diving headfirst into the things that once made you happiest.

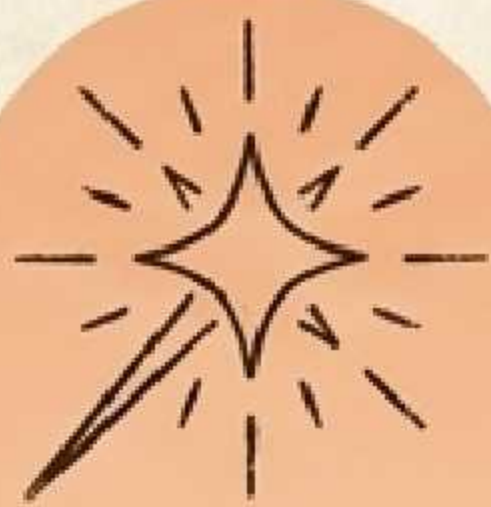
## **The Feeling**

Pure, unapologetic giddy warmth. It feels like listening to your absolute favorite song from high school with the car windows rolled all the way down.

## **The Afterglow**

The empowering, tear-inducing realization that it is never, ever too late to figure out who you are, and that community is a lifeboat.

# The Literary Apothecary



Read this when  
you need  
**HOPE**

**The Midnight Train**  
by Matt Haig

A gentle reminder that  
life is precious, fleeting,  
and always worth the  
risk of caring deeply.



Read this when  
you need  
**PERSPECTIVE**

**The Names**  
by Florence Knapp

A compassionate,  
sweeping look at destiny  
and transcending the fate  
that is expected of you.



Read this when  
you need to feel  
**LESS ALONE**

**Only Here, Only Now**  
by Tom Newlands

Brilliant, rare glimpses  
into highly unique minds  
finding their rightful  
place in a noisy world.

# Returning With Grace

The best stories aren't just escapes from reality.  
They are instructions on how to return to our own messy,  
beautiful lives with a little more grace, a little more empathy,  
and a little more hope.

*Happy reading. Take care of your tender hearts.*

