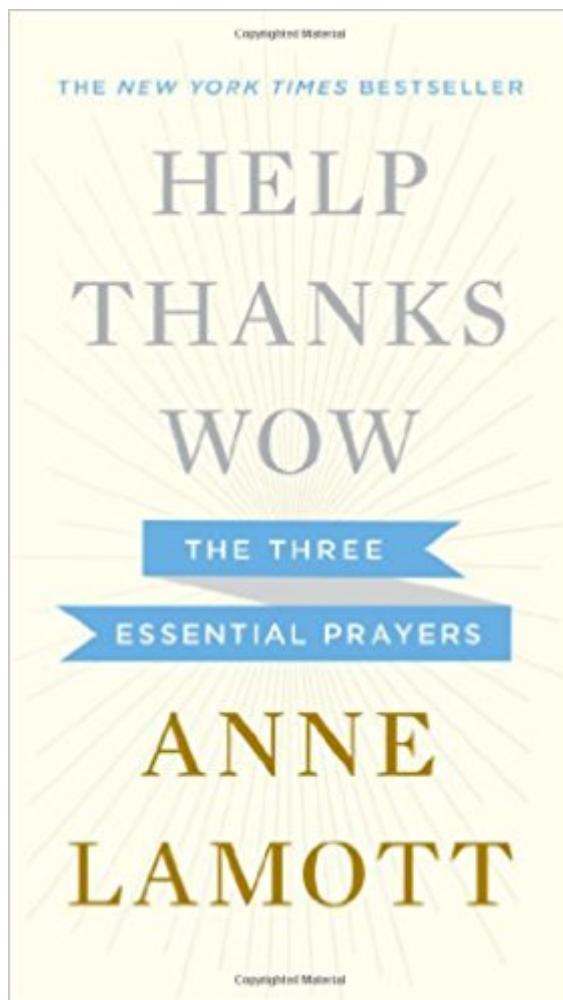


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# Help, Thanks, Wow: The Three Essential Prayers



## Synopsis

Look out for Anne's next book, *Hallelujah Anyway*, coming April 2017. *New York Times* Bestseller 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

When you read thin books, you always assume that they are sharp and succinct, that they were once big books that have been cut to the bone, trimmed to the essence, and winnowed to their winning ways before submission for publication. You certainly entertain no thoughts of repetitiveness -- not in a thin book. That's forgivable with Dickens, Thackeray, and Fielding. They write huge tomes that earn the room for error. But the 100-page book? No. That's my main beef with Anne Lamott's long essay on prayer. I read a *NY Times* essay of hers that I enjoyed mightily. It told

of how her family was anything-but religious, how they worshiped at the altar of great writers and lived a Bohemian lifestyle. Lamott cut against the family grain. She got religion -- of a sort. But, in writing about it in this book, she travels six ways to Sunday yet keeps arriving at the same four-way intersection. That is, as I read it, I found the same repetition one gets in rote recitals of real-life prayers, and I thought to myself, "This would never see the publishing light of day if not for the name of its author." I should have been the perfect audience for this book, which is why I bought it. I am irreligious, yet spiritual; agnostic, yet defensive about God; skeptical, yet trusting in the great unknown. Lamott is similar. She has no patience for Christians who claim to know "the way" because, of course, they don't. Hers is a most laid-back and understanding God. He (sometimes Lamott goes with "She") doesn't mind if you say, God, I'm P-O'd with you this time, as if these are the risks deities take when they get in the business of creating humans. Frankenstein's monsters, and all that.

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