



Joy for Beginners

Erica Bauermeister

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Joy for Beginners Erica Bauermeister
A *Library Journal* Best Book of the Year

What would you do with a second chance at life?

Having survived a life-threatening illness, Kate celebrates by gathering with six close friends. At an intimate outdoor dinner on a warm September evening, the women challenge Kate to start her new lease on life by going white-water rafting down the Grand Canyon with her daughter. But Kate is reluctant to take the risk.

That is, until her friend Marion proposes a pact: if Kate will face the rapids, each woman will do one thing in the next year that scares her. Kate agrees, with one provision – she didn't get to choose her challenge, so she gets to choose theirs. Whether it's learning to let go of the past or getting a tattoo, each woman's story interweaves with the others, forming a seamless portrait of the power of female friendships. From the author of *The School of Essential Ingredients* comes a beautifully crafted novel about daring to experience true joy, starting one small step at a time.

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