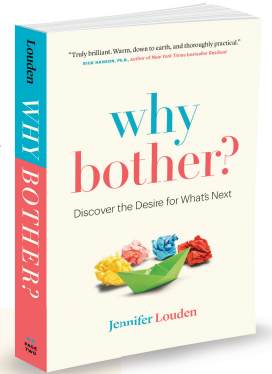


Here's your list of books, movies, and TV shows about people settling down, listening to themselves and what is calling them.

This is far from a complete list. It's some favorite books (fiction and nonfiction) and movies of mine and my readers. I offer it not as a canon of any kind but as a few suggestions to feed your inner life. If you have books you'd like to see on the list, please email jen@jenniferlouden.com with BOOK REC in the subject line.



BOOKS

50 Days of Solitude by Doris Grumbach

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Akata Witch by Nnedi Okorafor

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Alone Time: Four Seasons, Four Cities, and the Pleasures of Solitude

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Eleanor Oliphant Is Completely Fine by Gail Honeyman
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Fear of Flying by Erica Jong
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Fried Green Tomatoes At the Whistle Stop Cafe by Fannie Flagg (also the movie!)
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Gift from the Sea by Anne Morrow Lindbergh
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How Should a Person Be by Sheila Heti
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Impossible View of the World by Lucy Ives
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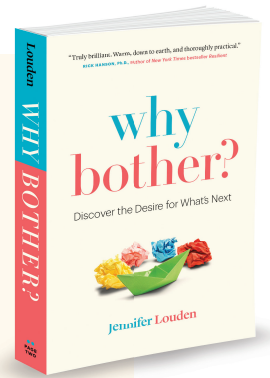
Listening Below the Noise by Anne D. LeClaire
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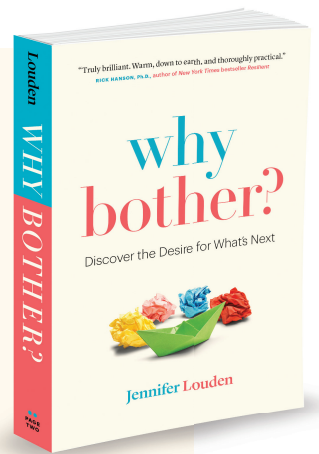
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We Are the Luckiest by Laura McKowen

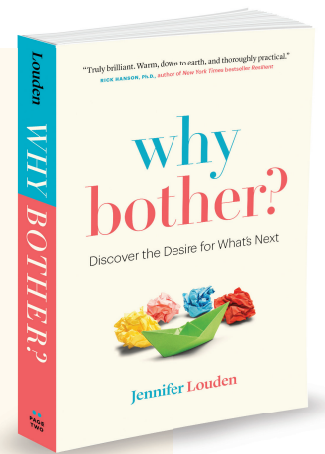
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Baby Boom

Lucia Lucia

A Trip to Bountiful