

Hey friends. Thanks for visiting!

As you know by now, I've got a [broken fibula from a rock climbing accident](#). I will be doing the whole super-sexy cast & crutches thing for a while. :)

I want to turn this experience into an opportunity to rest, recharge, and discover some great things I didn't know about before. So if you have any music, book, movie, or TV show recommendations, or anything else you'd like to recommend (anti-inflammatory tea? stylish loungewear? leg-free yoga routines?) I would LOVE to know about them. Please go ahead and type them on this page.

Infinite gratitude. Have a safe & happy day!

-Alex

MUSIC

Daughter's Spotify sessions

New Sufjan Steven album

Matt Nathanson - Some Mad Hope

Katzenjammer - rockland

I am listening to this now - <http://www.waitesmithtarot.com/pamelas-music/> it is music that inspired Pamela Coleman Smith as she created the art know as the Waite-Smith Tarot Deck.

Bell's Roar, who I just heard at Gaybigaygay. All the feels. <https://bellsroar.bandcamp.com>

Follow Me Down - The Pretty Reckless

Corona in the Pipebag:

http://www.amazon.com/s/ref=ntt_srch_drd_B00PHIZ0OG?ie=UTF8&field-keywords=Corona%20in%20the%20Pipebag&index=digital-music&search-type=ss (can you believe these 4 German boys are only 18? Great guitar folk, handmade music.)

* Lady Gaga sings, and Sting almost has to cry:

<https://www.youtube.com/watch?v=HmtOEEaQJZM>

The XX

Bon Iver

Azaelia Banks - Ice Princess

Kyary Pamyu Pamyu - Pon Pon Pon

MC5 - Kick Out the Jams

Isiah Rashad - Shoot You Down

DonMonique - Pilates (Kendall, Kylie, Miley)

Big Daddy Kane - Ain't No Half Steppin'

OT Genasis - CoCo

Bluejuice - **Broken Leg**

Sarah Blasko - We Won't Run

Forever the Sickest Kids - Kick It!

Billie Myers - Afraid of Spiders

Gallows - Just Because You Sleep Next to Me Doesn't Mean You're Safe

Striking Matches - album "nothing but the silence"

ZZ Top - Legs

Betty Davis (self titled 1973). Speedy recovery Alex x

<http://www.youtube.com/watch?v=1Ghow9gOYec> -Jonathan Wilson - US Social Club

Session

Cassandra Wilson - New Moon's Daughter

Band of Skulls

Santigold

James

Sean Hayes - Before We Turn to Dust

Metric

LCD Soundsystem

Menomena (Portland band!)

Arcade Fire

Electrelane

Spoon

I Blame Coco (Sting's daughter...she has a rad voice), hear her here:

<https://www.youtube.com/watch?v=zXOotIMRqps>

Grimes

Fleet Foxes

Mirah

Atmosphere

alt-J

Vampire Weekend

The Postal Service

Dr. Dog

David Gray

Dan Deacon

Random Rab (via his bandcamp)

Nanna - Xavier Rudd

Everything by the Cranberries

I'm currently in love with well done covers - Pentatonix does great ones, as well as Alex Boye.

Ellie Goulding also did a really great one of Elton John's "Your Song".

Mama Kin (sort of eerie reggae) and her husband John Butler (indie rock with an activist slant)

First Aid Kit (Swedish sister folk duo)

music by Kiyomi

Courteney Barnett - her lyrics are very creative and frequently hilarious.

The Do (though this one might make you want to dance)

Martin Gallop: <http://www.martin-gallop.de> -- especially "Strange place called home"

Ezio, an Italian expat in the UK -- great guitar wizard!

Asgeir Trausti

Ben Howard

<https://www.youtube.com/watch?v=o1ebBBRitWw>

Cloud Cult - amazing lyrics, beats and it's music that just makes you feel good. (Seconded!)

www.calm.com - I just discovered this today. Free site, free app. Soothing "nature sounds" and ambient music.

[Kawehi - Neda](#) Beatbox / makes all the music with her mouth. Pretty impressive.

[Kawehi - Payphone](#)

[First Aid Kit - Wolf](#) Makes me feel like a Wild Woman.

[First Aid Kit - Silver Lining](#)

[First Aid Kit - The Lion's Roar](#)

[Marteria - Endboss](#) (German Rap)

[Marteria - Feuer](#)

[Deichkind - Denken Sie Groß](#)

[Seed - Molotov](#)

[Cro - Meine Zeit](#) English Lyrics [here](#).

[A mix for a women more wolf then girl](#)

Lo-Fang: [#88](#) | [When We're Fire](#) | [You're the One That I Want](#)

BOOKS

This Changes Everything by Naomi Klein

The 180 Degree Wellness Revolution - Tara Gesling.

<http://amzn.to/1GV3omO>

A Room of One's Own - Virginia Woolf

The Villa Triste by Lucretia Grindle

The Faraway Nearby - Rebecca Solnit

Ten Windows: How Great Poems Transform the World - Jane Hirshfield

The Ice Twins - S.K Tremayne

The Shadow of the Wind - Carlos Ruiz Zafón

Lighthousekeeping - Jeanette Winterson

**** All the Light you Cannot See - Anthony Doerr (*oh, yes! Read a review here:***

<http://allisontait.com/2015/02/pink-fibro-bookclub-all-the-light-we-cannot-see-by-anthony-doerr/>

****)**

Accabadora by Michela Murgia

The Woman Upstairs- Claire Messud

The Goldfinch- Donna Tartt

Anything by John Green - looking for alaska being one of my favorites

Roll Around Heaven- Jessica Maxwell

Paisley Designs Coloring Book (for adults)- from Amazon

The Year of Living Biblically: One Man's Humble Quest to Follow the Bible as Literally as Possible- AJ Jacobs

Hannah Kent: "Burial rites", see here: <https://www.youtube.com/watch?v=rOpZgQ7-hfQ>

Holy Cow: An Indian Adventure- Sarah Macdonald

Not That Kind of Girl - Lena Dunham (GIRLS memoir)
The Shiny Elephant- Marcy Lifavi
The Rehearsal - Eleanor Catton
Anything from Jojo Moyes, f.i. "Me before You"
Broken Open: How Difficult Times Can Help Us Grow by Elizabeth Lesser
Straight Man by Richard Russo
Been loving all the Rainbow Rowell esp Eleanor and Park
Delicious by Ruth Reichl
The Spirit Catches You and You Fall Down by Anne Fadiman
The Miraculous Journey of Edward Tulane by Kate Di Camillo (YA)
Modoc: The True Story of the Greatest Elephant that Ever Lived by Ralph Helfer
Mindset by Carol Dweck
All of Brene Brown's books (always!) ← AMEN!
Tiny Beautiful Things by Cheryl Strayed ← Plus [Dear Sugar Radio](#)
Quiet by Susan Cain
A Discovery of Witches Trilogy by Deborah Harkness (a must read, I swear. Love you big xoxo your mermaid buddy)
Geraldine Brooks: "People of the book"
Self-Compassion, Kristin Neff
The Bullfighter Checks her Makeup by Susan Orlean (seconded!)
Americanah
Bringing Up Bebe by Pamela Druckerman
The Examined Life by Stephen Grosz
MiddleSex
The Big Leap
The Antidote: happiness for people who can't stand positive thinking
Mists of Avalon
Revolution- Russell Brand
Peace is Every Step - Thit Naht Hahn
The Rosie Project - Graeme Simpson :Seconded! And the sequel!
Eleanor and Park
God of Small Things by Arundhati Roy, still one of my all time favourite books
Big Little Lies by Liane Moriarty
The Big Leap, Gay Hendricks
Wild, Cheryl Strayed
The Year of Magical Thinking -- Joan Didion
[The Book of Secrets](#) by Osho -- an absolute must for spiritual beings having a human experience ;)
[We Learn Nothing - essays by Tim Kreider](#) (this stuff is so narcotic, I want to marry his words)

The Art of Asking - Amanda Palmer. I recommend listening to the audio book - she narrates it herself. Amazing. Seconded...although I found I squealed so much, I would prefer to read it so I wouldn't miss anything!

Austenland - Shannon Hale (if you want a laugh and love Austen - there is also a movie now starring Kerri Russell)

Cloud Atlas - David Mitchell

Of Love and Other Demons - Gabriel Garcia Marquez

Sex at Dawn by Cacilda Jethá and Christopher Ryan -- covers evolution of monogamy in humans; more fascinating than it sounds

The Boys in the Boat by Daniel James-Brown (strength, endurance, grace, tenacity, beauty)

Atlas Shrugged - Ayn Rand

"That should be a word",

<http://blog.longreads.com/2015/04/07/smearch-fidgetal-skinjecture-creating-new-terms-for-the-modern-world/>

Narrow Road to the Deep North - Richard Flanagan

Aphrodite's Daughters - Jalaja Bonheim ... a collection of stories of women t/a their sexual & spiritual journeys

The Girl on the Train - Paula Hawkins

Beggars CAN Be Choosers - Dr Lynika Cruz <http://www.beggarscanbechoosersbook.com>

Cascade - Maryanne O'Hara

Wildflower Hill - Kimberly Freeman

Blankets - by Craig Thompson

Gathering Moss - Robin Wall Kimmerer...a fantastic collection of essays about moss & life

Nectar In A Sieve - Kamala Markandaya (Great book about suffering)

The Spymistress - Jennifer Chiaverini (true story about civil war espionage)

[The Night Circus](#) by Erin Morgenstern (*seconded*)

Your life will never be the same (but expect to cry A LOT) with Fenton Johnson's "A Geography of the Heart" - it's a biography about love

All the Bright Places by Jennifer Niven

Before I Fall by Lauren Oliver

Only Ever Yours by Louise O'Neill (Amazing feminist dystopian satire, set in a future where the whole purpose of women is to please men. So disturbing, but brilliant! Coming out in the US on 12th May.)

The Great Gatsby if you haven't read it ;)

A hilarious steampunk adventure I believe would amuse you: *Soulless*, by Gail Carriger; and:

A story of a determined little girl who finds her spunk and rewrites history in a Cape Breton town: *Dulci's Legacy*, by me, Margaret Pinard! (both YA quick reads)

MOVIES

Shadowlands

Anything Agnes Varde

Begin Again -

Kumare - yes! -yes very interesting (oli) -fourthed

The Intouchables (I second this recommendation!). I third this! kc I fourth it! (FIFTHED!)

And then go see Samba, made by the same writer & director & just as phenomenal ;-)

Sliding Doors (I second this one, different "seconder") (YES! This is my all-time fave...I third this)

(I fourth this!) (yes! great movie)

A very long engagement

About time

Paint your wagon (1969)

Cinema Paradiso - yes!3

Shirley Valentine (fabulous-- I second this!)

The Love Punch - Emma Thompson & Pierce Brosnan

The Dish (the sweetest story about Apollo 11 and how we Aussies almost buggered it up!)

Devdas

Crossworlds

In A World

I Am Love (Tilda Swinton, Milan, hot italian men, prawns. What more could you ask for?)

Reality Bites - yes! I second this suggestion!! Such a good movie...

Best in Show

Four Rooms

Swimming with Sharks

Being There

The Fisher King

A Good Year

Under a Tuscan Sun (yes!!)(another yes!)(a third yes!)

Life is Beautiful

Hedwig and the Angry Inch

The Jerk

The Straight Story - resilience story

The Spitfire Grill - resilience story

Divergent Series! (Like Hunger Games but better!)

Mr. Nobody

The Stand

500 great documentaries at www.filmsforaction.org/walloffilms

Departures (foreign film - takes place in Japan - about a cellist who loses his job and takes one back in his hometown being an assistant to whatever the equivalent of mortuary services are.

Moving, and the music is great.) yeeees

The Departed. SO good!

The Science of Sleep (& also, any movie directed by Wes Anderson)

Mýrin (also known as "Jar City". This one is good if you like foreign films)

The Fall (The most beautiful movie I've ever seen and I cry every time) - second this! I third this!
Take Care (2014) by Liz Tuccillo (I still don't quite know why I like this one, but I do. Makes me laugh... a lot :)

Frequency.

The Diving Bell and the Butterfly (Netflix)

Bottle Shock (who doesn't want to watch a movie about WINE?)

XXY (not a girl, nor a boy - and love, which knows no border, sex or gender. Argentinian film.)

The 100 Foot Journey (Helen Mirren is always worth watching and the food scenes: ooh la la!)

Julie and Julia

Airplane :)

The Goonies, Don't Tell Mom The Babysitter's Dead and Hello Again ('cause flashbacks to the 80's are the BEST)

Submarine

Antonia's Line

TV SHOWS

BROAD CITY! (if you want to feel depressed about gen y, then yes) (Seconded, it's like 'Girls' but kookier).

Transparent (Amazon) (yes!)

Key and Peele (yes!!)

Shameless

Parenthood (amazing!)

Gilmore Girls (best!!!!)

Scandal

A Different World

The West Wing

House of Cards (seconded) (thirded) (fourthed) (fifthed)

Peaky Blinders

The Three Musketeers (BBC America)

Since I know you are a *FNL* fan, Kyle Chandler has a new show on Netflix - *Bloodline* - supposed to be awesome!! xoxo

The Americans (second)

Inspector Morse (if you like older smart British mysteries ;)

Doc Martin (on Netflix) - beautiful scenery, funny quirky small town characters, insufferable know-it-all doctor-so socially awkward/rude you have to laugh as he says exactly what he thinks.

The Unbreakable Kimmy Schmidt (Netflix) *(ditto!) * YES *another yes!* *yes* YES! Yes!

Melissa & Joey (our favourite child TV stars Melissa/Clarissa and Joey "Whooooow" Russo from Blossom are back!)

* **"I wanna marry Harry"** -- 15 American single girls are trapped with the most famous bachelor in the world, Prince Harry, in an old English castle:

<https://www.youtube.com/watch?v=gY2IR9l0jlk> (LOL -Oli)

Offspring (Australian) <http://tenplay.com.au/channel-ten/offspring> You will laugh, you will cry. Guaranteed! (i second this one!)

Old Noel Fielding, Boosh and Russell Brand clips... Never Mind the Buzzcocks! (-Oli, duh)

Happy Endings (aired on ABC) - kinda like Friends meets Seinfeld meets 30 Rock (YES!!)

Girls (Oli has watched every episode...)

Miss Fisher's Murder Mysteries (yes!!) (third-ed!)

Madam Secretary

Girlfriends Guide to Divorce - excellent!!!!

Backstrom - funny, edgy - supposed to be filmed in Portland (thus street names like "Couch") - I hope you heal super-duper fast! J. xo

Bess is Best (known in Australia as Upper Middle Bogan) - second this one!

The Fall

The No 1 Ladies Detective Agency (Netflix)

True Detective (amazing!) (yes!!)

The Killing (2nd!)

Sons of Anarchy -I'm currently binge watching this and I'm surprised how much I love it!

Grimm - because Portland. And cool fairytale/monster shit.

Call the Midwife

Luther

Ripper Street (seconded!)

Buffy - I hadn't seen this before. So. Damn. Good.

Firefly [Seconded!] (Third it!) 4th!

Orange is the New Black

Orphan Black (Seconded!) Thirded!

The L Word

Broadchurch - my reco as well.. let us know if you figured out who did it (Seconded!) (thirded!)

Freaks and Geeks

Sherlock [Seconded!]

Top of the Lake (ooh yes, seconded!)

Black Mirror (**seconded!**) (**thirded**)

Bates Motel

The Slap

The Following

Lie To Me (absolutely, seconded!)

Fawlty Towers! (Amazon or oldskool Netflix style)

Last Week Tonight with John Oliver (HBO)

Brooklyn Nine-Nine (hilarious sitcom) (Seconded)(Thirded!)

Entourage (It's a unique HBO comedy with a movie coming out in June)

Please Like Me - Gorgeous Australian tv series - won an ACTA award for the screen writing.

Outlander (Seconded - a very good historical romance/drama set in Scotland with surprisingly good production value) Thirded!!!

Love my way, - You seem to have a lot of Aussie series:)

The Mindy Project!

Borgen and the Bridge - Danish tv at its finest, American remake of the Bridge is no comparison!

Third Rock from the Sun (on Netflix)

Masters of Sex -- like Mad Men, but with sex & science. Covers the story of William Masters & Virginia Johnson, the researchers who did the first studies of human sexuality.

Suits - super witty, the writer in you will love it (seconded!!)

Homeland - addictive after episode 2 or 3. insanely good plot. (seconded!!)

Trailer Park Boys - Netflix - if you like weird, mockumentary humor... this is SO good.

The Good Wife - The show is 8 seasons in and I just discovered it. If you have a Hulu account, this is a glorious way to pass the time. Excellent writing, and you'll appreciate their brilliant and raw treatment of legal issues (hey, Alex's dad :)). As a lawyer, it's the most accurate depiction of the legal profession I've seen on TV...and it deals with all of the complexities of love.

(seconded!!)

* Project Runway AUSTRALIA (so much better than the US version!! Participant Keith Buchanan is hilarious!) https://www.youtube.com/watch?v=6EqXiUuu5_o

Fresh Off the Boat

The Goldbergs

The Honorable Woman (Maggie Gyllenhal is terrific in this)

The Paradise (based on a Zola novel)

Tales of the Unexpected (based on the short stories of Roald Dahl, with him doing the intro) - old school Brit series available on YouTube

Alias

The Unbreakable Kimmy Schmidt (Netflix)

DAMAGES - Glenn Close, entire series on netflix. This show was my life for a few weeks of my recovery, also broken fibula and ankle. If you don't have a plaster cast I highly recommend floating around in a pool, the weightlessness is heaven. sending you lots of light xxo

CLOTHES

Eileen Fisher's The Fisher Project Cotton Cashmere Slouchy Pants (on sale, too!)

<http://shop.nordstrom.com/s/eileen-fisher-the-fisher-project-slouchy-cotton-cashmere-knit-ankle-pants/3878162>

The BEST cotton loungewear/underwear/etc https://shop.hanrousa.com/?cid=hanro_web

Marcella Moda- great minimalist European-style Etsy shop

YALA out of Ashland

Punjammies

OTHER STUFF

* A great article by Australian writer Hannah Kent, on her debut:

<http://www.theguardian.com/books/australia-culture-blog/2013/jun/04/burial-rites-writer-hannah-kent> (special best wishes to you from Europe)

* Eerie Photos of North Brother Island, the Last Unknown Place in New York City:

http://www.thisiscolossal.com/2014/05/north-brother-island-is-the-last-unknown-place-in-new-york-city/?mc_cid=a1c6eca321&mc_eid=af56949a84 (genius -- somebody write a novel about that place!)

* [Where to Find Free Art Images & Books from Great Museums](#)

<http://www.openculture.com/2014/01/free-art-images-books-from-great-museums.html>

* Book paintings, or painted books:

<http://www.thisiscolossal.com/2013/06/book-paintings-by-ekaterina-panikanova/>

* Browse Medieval and Renaissance books <http://erikkwakkel.tumblr.com>

* Explore the colours that will become fashionable soon (hi 2016!):

<https://www.pantone.com/pages/index.aspx?pg=21163&from=hp>

* Real video footage from the 1912 Titanic? See it here:

<http://www.britishpathe.com/workspaces/BritishPathe/Titanic-Centenary-Collection>

* Gripping essay: Someone stole his name and re-vived the late boy Ronald Pinn:

<http://www.lrb.co.uk/v37/n01/andrew-ohagan/the-lives-of-ronald-pinn>

* 10 differences between a normal friend and a German friend:

<http://matadornetwork.com/notebook/10-differences-normal-friend-german-friend/>

* Explore new software and collaborate as a writer team, in real time: <https://writerduet.com>

* Explore even more software (or get lost) on www.producthunt.com

* Classicist Mary Beard on sexism today:

<http://www.newyorker.com/magazine/2014/09/01/troll-slayer>

* Or take a full university course on <https://www.coursera.org>
(Be well soon! Dr B, xo)

* WatchLilith.com Website with Awesome trailer for new Sci-fi 3-D animated web series

Astley Castle - A Ruin Reinvented (via REMODELISTA)

http://www remodelista.com/posts/astley-castle-uk-national-trust-vacation-rental-restored-by-wit-herford-watson-mann-architects-and-winner-of-the-riba-prize?utm_source=Remodelista%2FGardenista+Subscriber+List&utm_campaign=1ec90a6a1f-Remodelista+Daily+Mail+Campaign&utm_medium=email&utm_term=0_447a717cea-1ec90a6a1f-384409645

* Read the whole Regina's blog: <http://byregina.com>

I am listening to -- and loving -- a radiolab podcast about whether animals can communicate across species. It starts with an 'OMG' whale story.

<http://www.radiolab.org/story/91701-animal-minds/> Rest up and get better!

* Explore Lisa Congdon's courses: <http://www.creativebug.com/instructors/lisa-congdon-3>

* Lisa Congdon's art and Maria Popova's words? Voilà:

<https://www.tumblr.com/tagged/the-reconstructionists>

* Great writing prompts, neverending: <http://www.languageisavirus.com/index.php>

* "Dear Data": Two women exchange data across the pond: <http://www.dear-data.com>

* Haiku from the New York times: <http://haiku.nytimes.com>

* 49 breathtaking libraries:

<http://www.buzzfeed.com/mattortile/49-breathtaking-libraries-from-all-over-the-world#.xgrO390By>

* The best recipes (somebody had to recommend a food blog, yes?) and photos from Swedish couple Louise & David: www.greenkitchenstories.com

* Dear Sugar Podcast with Cheryl Strayed and Steve Almond

<https://www.wbur.org/series/dear-sugar>

So incredibly good. x

!!!!!! More!!!!!!

I was going to rec Dear Sugar by Cheryl Strayed, too. I will rec The Magic by Rhonda Byrne
Feel better soon. You're the best!- Marina

Healing Visualization (30 minutes)

<https://app.box.com/s/krgid0di575gz346qifr> from Change Your Life in 7 Days by Paul McKenna
Audio using binaural beats / theta brainwaves

>> I used this when i broke my ankle - making an intention of healing & strength... and i believed helped me heal really well. hope it helps you, too!!!! xoxoxo ~jen gotti :)

<http://www.thebookoflife.org/>

* Podcast -- Wilosophy with Wil Anderson: Hear comedian Wil Anderson ask interesting people about their personal life philosophies.

<https://itunes.apple.com/us/podcast/wilosophy-with-wil-anderson/id951354264?mt=2>

Tarotscope for the year with a really gorgeous painting of your horoscope's spirit guide!

<http://louiseandrolia.bigcartel.com/>

Duolingo - learn a new language

Veronica Varlow's blog post of tarotscopes for April --

<http://dangerdame.com/2015/04/01/photos-your-april-2015-tarot-horoscope/>

* Browse the finalists from Martha Stewart's epic contest:

<http://www.marthastewart.com/americanmade>

Yoga Nidra with Glenn Black

<https://morethansound.net/shop/human-movement-yoga-nidra-box-set/#.VSMx6JPF-yw>

PODCASTS

Dear Sugar :) (her books are so much better! Wild is amazing) (respectfully disagree, the podcast rocks!)

The Moth

This American Life

Serial

Start Up

Reply All

Jeff Goins

Freakonomics!

Michael Hyatt - This is Life

Being Boss

Invisibilia

Welcome to Nightvale

Death, Sex, and Money -- stories about all of the above!!

A Way With Words

SEX: The Podcast (my friends just started this)

Get well soon, Alexandra :).here's a song i just downloaded 2 days ago. It can be found on FMA (Free Music Archive.org) The song's entitled Hachiko-- and it was by the artist: The Kyoto Connection

Get well soon, girly! Youchy. BUT... you are a badass. :-) <3

Maybe this is also a step or an exercise concerning mental strength?

Hope you aren't in too much pain!

Hope you're doing ok! Thinking of you x

Hi Alexandra!

Sending you lots of love and healing light for a speedy recovery. This is awesome to see what others are listening to, reading, etc. Thanks for doing this! In the meantime check out these two albums...He is a soulful guy and incredible songwriter.

Jason Lancaster - As You Are

Go Radio - Close the Distance

My now 19 year-old daughter introduced me to him when he was part of Mayday Parade and I've been a fan ever since. Enjoy!

Sending best wishes from Europe, Barbara. PS: This book is phenomenal: "The miniaturist" by actor-turned-writer Jessie Burton.

Rent a unique tiny house: <https://livesimple.sharetribe.com>