

Notes and Links for Anne Lamott

Anne Lamott's social media links:

Facebook: <https://www.facebook.com/AnneLamott>

Twitter: <https://twitter.com/ANNELAMOTT>

Instagram: <https://www.instagram.com/annelamott/>

Sources for quotes in the blog: (They are color coded by book title. Also, I show copyright dates so you will know where this book falls within her prolific writing life.)

Anne Lamott's Hair – this story is told in her book, *Traveling Mercies*, in a chapter called "Sister" ©1999.

Anne Lamott's eating disorder – this story is told in her book, *Traveling Mercies*, in a chapter called "Hunger." ©1999.

Anne-isms on Sobriety, Parenthood, and Making it Through Life:

- 1) FINE means: "Fucked Up, Insecure, Neurotic, Edgy." From her novel, *Imperfect Birds*, hard cover edition, page 256. ©2010
- 2) "Trying to reason with an addict is like trying to blow out a lightbulb." From her novel, *Imperfect Birds*, hard cover edition, page 249. ©2010
- 3) About sobriety: "Even though you get the monkey off your back, the circus never really leaves town." From her book, *Grace (Eventually) – Thoughts on Faith*, hard cover edition, in a chapter called "Kookaburra," page 252. ©2007
- 4) "A baby is like having a clock radio in your room that goes off erratically every few hours, always tuned to heavy metal." From her book, *Operation Instructions – A Journal of My Son's First Year*. Paperback edition, page 80. ©1993
- 5) On the mind-numbing-ness of having an infant: "But just like when my brothers and I were trying to take care of our dad, it turns out that you've already gone ahead and done it before you realize you couldn't possible do it, not in a million years." From her book, *Operation Instructions – A Journal of My Son's First Year*. Paperback edition, page 103. ©1993
- 6) On her son, Sam: "I am the primary person he banks on and bangs on. I stayed close enough so he could push me away." From her book, *Plan B – Further Thoughts on Faith*. Hard cover edition, page 88. ©2004.
- 7) This is "an all-purpose response to any teenager trying to provoke a fight: the silent chanting of the mantra, WAIT: Why am I talking?" From her novel, *Imperfect Birds*, hard cover edition, page 7. © 2010
- 8) The way to get through the craziness of life: "Left foot, right foot, left foot, breathe." From her book, *Plan B – Further Thoughts on Faith*. ©2004. Hard cover edition, page 5.
- 9) The way she makes important changes – "barely, poorly, slowly." From her book, *Plan B – Further Thoughts on Faith*. Hard cover edition, page 46. ©2004.

- 10) When she feels jealous, she is “comparing [her] insides to other people’s outsides.” From her book, *Bird by Bird – Some Instruction on Writing and Life*, paperback edition, Part Two, in a chapter called, “Jealousy,” page 126. © 1994
- 11) And regarding that negative voice in our heads telling us how incapable we are, this is radio station KFKD, pronounced K-Fucked. She says if we are not careful, “it will play in [our heads] twenty-four hours a day, nonstop, in stereo.” Her advice? Turn it off. From her book, *Bird by Bird – Some Instruction on Writing and Life*, paperback edition, Part Two, in a chapter called, “Radio Station KFKD,” page 116. © 1994

Various one-liners from Anne:

- 1) “I’ve always believed that there was a certain age after which I would be all well and I’d stop feeling as if I’d been abandoned here on earth with no explanation.” From her book, *Grace (Eventually) – Thoughts on Faith*, hard cover edition, page 243. ©2007
- 2) “Expectations are resentments waiting to happen.” From her novel, *Crooked Little Heart*, hard back edition, page 185. ©1997
- 3) “Forgiveness is giving up all hope of having had a different past.” From her book, *Traveling Mercies*, in a chapter called, “Mom.” ©1999.
- 4) “You can’t worry yourself into serenity.” From her novel, *Imperfect Birds*, hard cover edition, page 29. © 2010
- 5) “I live by the truth that “No” is a complete sentence.” From her book, *Plan B – Further Thoughts on Faith*. Hard cover edition, page 174. ©2004.
- 6) “I rest [is] a spiritual act.” From her book, *Plan B – Further Thoughts on Faith*. Hard cover edition, page 174. ©2004.

This irreverent quote, “I thought such awful thoughts that I cannot even say them out loud because they would make Jesus want to drink gin straight out of the cat dish,” is from her book, *Traveling Mercies*, in a chapter called “Forgiveness.” ©1999.

There have been intermittent stories about a fellow parishioner, an older woman, who gave Anne baggies full of dimes when she was new to the church, struggling with sobriety, and broke. The death of this woman is mentioned in her book, *Traveling Mercies*, in a chapter called, “Into Thin Mud.” ©1999.

A remark from Anne’s son at age seven: “I think I already understand about life: pretty good, some problems.” From her book, *Traveling Mercies*, in the introduction to Part 4. ©1999.