

Is for Hawk: A Journey of Grief and Healing



H Is for Hawk by Helen Macdonald

★★★★☆ 4.2 out of 5

Language : English
File size : 1179 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 305 pages

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In her moving memoir, *Is for Hawk*, Helen Macdonald chronicles her journey of grief and healing after the sudden death of her beloved hawk, Mabel. This is a story of loss, love, and the transformative power of nature.

Macdonald is a falconer, and Mabel was her constant companion. They spent countless hours together, hunting and exploring the countryside. When Mabel was killed by a car, Macdonald was devastated. She felt lost and alone, and she struggled to make sense of her life without her beloved hawk.

In the aftermath of Mabel's death, Macdonald decided to train a new hawk. She chose a goshawk, which is one of the most difficult birds of prey to train. The training process was long and arduous, but Macdonald was determined to succeed. She knew that if she could train a goshawk, she could overcome her grief and find a new purpose in life.

Is for Hawk is a beautifully written and deeply moving memoir. Macdonald's writing is both lyrical and precise, and she has a gift for capturing the beauty and wonder of the natural world. This is a story that will stay with you long after you finish reading it.

Themes

Is for Hawk explores a number of themes, including:

- **Grief and loss:** Macdonald's memoir is a moving account of her grief after the death of her beloved hawk. She writes about the pain of loss, the sense of isolation, and the struggle to find meaning in life after a loved one has died.

- **Healing and transformation:** Macdonald's journey of grief and healing is not a linear one. She experiences setbacks and moments of doubt, but she ultimately finds a way to move forward with her life. The training of her new hawk is a metaphor for her own journey of healing and transformation.
- **The transformative power of nature:** Nature plays a central role in Macdonald's memoir. She finds solace and healing in the natural world, and she believes that spending time in nature can help us to connect with our own inner strength and resilience.

Critical Reception

Is for Hawk has received widespread critical acclaim. It was shortlisted for the Samuel Johnson Prize and the Costa Book Awards, and it won the 2015 Baillie Gifford Prize for Non-Fiction.

Here are some excerpts from reviews of the book:



“Is for Hawk is a masterpiece of nature writing. Macdonald's prose is both lyrical and precise, and she has a gift for capturing the beauty and wonder of the natural world.” - The New York Times Book Review



“Macdonald's memoir is a moving and inspiring account of her journey of grief and healing. This is a book that will stay with you long after you finish reading it.” - The Guardian



“Is for Hawk is a beautifully written and deeply moving memoir. Macdonald's writing is both lyrical and precise, and she has a gift for capturing the beauty and wonder of the natural world. This is a story that will stay with you long after you finish reading it.” - The Telegraph”

Is for Hawk is a powerful and moving memoir that explores the themes of grief, healing, and the transformative power of nature. Macdonald's writing is both lyrical and precise, and she has a gift for capturing the beauty and wonder of the natural world. This is a story that will stay with you long after you finish reading it.



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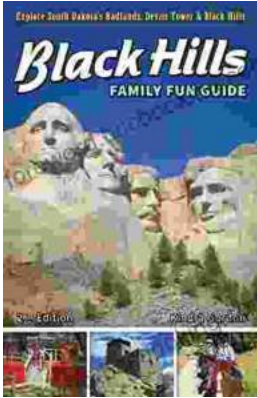
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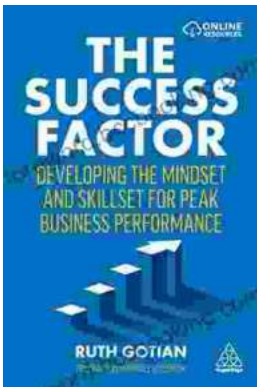
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