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Pick up a copy of The Book of Delights from your neighborhood library (while supplies last). Check out a readily available copy of the e-book or downloadable audiobook. Made possible by The Library Foundation.

ABOUT THE BOOK

In The Book of Delights, Ross Gay contemplates the many things that bring him delight, from poetry readings to pickup basketball games, from high-fives with strangers to flowers growing in unlikely places. While his writing is filled with joy and light, he also presents a clear-eyed view of the complexities and terrors of the world, including living in America as a Black man and losing loved ones.

ABOUT THE AUTHOR

Ross Gay is the author of four books of poetry, and the winner of the 2015 National Book Critics Circle Award and the 2016 Kingsley Tufts Poetry Award. He holds an MFA in poetry from Sarah Lawrence College and a Ph.D. from Temple University. He teaches at Indiana University and writes about sports, music, art and other stuff he loves.

"It didn’t take me long to learn that the discipline or practice of writing these essays occasioned a kind of delight radar . . . Or maybe it was more like the development of a delight muscle. Something that implies that the more you study delight, the more delight there is to study."

Acknowledgements

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and life to our joy. Come get inspired! Tips about the group’s adventures, demonstrating how nature adds joy to our lives. People of Color have been excluded from enjoying nature freely. Pamela Slaughter, Oregon boasts an abundance of beautiful outdoor spaces, but historically, people Thursday, March 18 • 6–7 pm Delight in Nature: Re/connecting Black, Indigenous and People of Color to the Outdoors Talk about the group’s adventures, demonstrating how nature adds joy to our lives. The ancient art of Tai Chi combines health, meditation and martial arts. Join Rui Chao Li to learn about this beautiful art form and practice the forms in a short class. Registration is limited. In especially challenging times, how do you know if you’re on the right path? In this interactive workshop, Jonathan Gibson of Wayfinding Academy will provide practical tools to assist you in anchoring to a sense of purpose, while providing a space to connect with others on the same journey. Registration is limited. Finding Your Why Saturday, March 27 • 2–3:30 pm The Delight of Tai Chi Tuesday, March 23 • 7–8 pm When Michelle Jones moved into her 84-square-foot tiny house, she embarked on a journey of simple and intentional living. She’ll discuss the why and how of her decision, provide a virtual tour and answer your questions about tiny house living. Meet Anis Mojgani, Oregon’s Poet Laureate Thursday, April 1 • 6–7 pm Delight in the words and company of Oregon’s Poet Laureate, Anis Mojgani, as he shares his poetry and answers questions about his work. The Costs and Benefits of Living Simply: My 11 Years in a Tiny Home Monday, March 15 • 6–7 pm When Michelle Jones moved into her 84-square-foot tiny house, she embarked on a journey of simple and intentional living. She’ll discuss the why and how of her decision, provide a virtual tour and answer your questions about tiny house living. Find a discussion guide and further reading at multcolib.org/reads. All abilities are welcome. For disability accommodations at events, call multcolib.org/reads. The Delight of Reading Aloud Monday, March 1 • 6–7:30 pm Reading aloud to one another has benefits for people of all ages, from building confidence and strengthening emotional bonds to improving vocabulary and memory. In this workshop for adults and teens, award-winning audiobook narrator Prentice Onayemi shares tips and tricks that will have you reading with confidence and enjoyment. Registration is limited. Drawing for Delight Tuesday, March 9 • 6–7 pm The world is filled with magical details. Art instructor Jess Graff will show you how to slow down and delight in the beauty of natural specimens, including plants and animal skulls, as you draw, notice and learn. All skill and experience levels are welcome! Registration is limited. The Delight of Tai Chi Tuesday, March 23 • 7–8 pm Tai Chi是一种结合健康，冥想和武术的古老艺术。参加我们大家一起了解和练习这精美的艺术。The ancient art of Tai Chi combines health, meditation and martial arts. Join Rui Chao Li to learn about this beautiful art form and practice the forms in a short class. Registration is limited. When Michelle Jones moved into her 84-square-foot tiny house, she embarked on a journey of simple and intentional living. She’ll discuss the why and how of her decision, provide a virtual tour and answer your questions about tiny house living. Discuss The Book of Delights Tuesday, March 16 • 3–4 pm Tuesday, March 30 • 6–7 pm Join us for a facilitated conversation about The Book of Delights. Gatherings will involve a short reading or recorded video performance by Ross Gay followed by discussion. You don’t have to read the book to attend and participate! Delight in Nature: Re/connecting Black, Indigenous and People of Color to the Outdoors Thursday, March 18 • 6–7 pm Oregon boasts an abundance of beautiful outdoor spaces, but historically, people of color have been excluded from enjoying nature freely. Pamela Slaughter, founder of POCCO (People of Color Outdoors), will share stories, photos and tips about the group’s adventures, demonstrating how nature adds joy to our lives, and life to our joy. Come get inspired!