

Captivated by a chance meeting with a falconer's peregrine as a child, the indelible memory leads the author to flying a peregrine falcon of her own and discovering that the journey is not as much about training the falcon as what it is the falcon has to teach her. Exploring themes of predator and prey, finding tribe, forgiveness and femininity, *Lift* asks universal questions through the unique perspective of a woman chasing her heart in the wake of a wayward falcon.

*Lift* is not simply the story of one woman's desire to understand and control her world through the art of falconry—it is a story of holding on, of letting go, of recognizing and allowing the competing forces in our lives to sustain and shape us. Predator and prey, what is loved and what is hated, what we must accept and what we must reject—each of these dichotomies becomes Rebecca K. O'Connor's quarry. This memoir is a beautiful and poignant story of love, loss, and redemption. In a landscape that tests her ability to withstand the everyday vigors of survival, O'Connor lets the bird of her heart fly free.

—Kim Barnes,  
author of *In the Wilderness: Coming of Age in Unknown Country*  
(1997 Pulitzer Finalist)

Rebecca K. O'Connor writes that falconry is a religion; she has found a new and true believer in this vegetarian soul. I love how she explores both the pain and majesty of the natural world and the pain and majesty of a woman's heart. *Lift* is a thrilling, moving read.

—Gayle Brandeis,  
author of *The Book of Dead Birds* and *Self Storage*

Rebecca K. O'Connor is an extraordinary writer who has written a memoir like no other. She beautifully braids the stories of an agonizing childhood, a daughter's forgiveness, and a tempestuous love affair with a predatory bird. Like her peregrine falcon, O'Connor's prose is savage and graceful, her narrative filled with breathtaking turns. I could not put this book down—and when I finished, I couldn't wait to read it again. *Lift* soars.

—Sy Montgomery,  
author of national bestseller *The Good Good Pig*



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LIFT

Rebecca K. O'Connor

Red Hen Press



# Lift

Rebecca K. O'Connor

