



All I Know: A memoir of love, loss and life

Mary Coustas

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'Mary's book is lesson to all of us on how to live life to the fullest even in our most difficult moments. I loved it.' - Naomi Watts

Starting with a colourful childhood in Collingwood and Doncaster, under the shadow of her father's mortality, Mary Coustas takes us on a journey through three deaths that changed her life forever.

In a voice rich with big-hearted generosity and quick-witted humour, Mary gives us an intimate view of her experiences - including meeting George, the love of her life, and their journey to parenthood. We also see the universal truth that in life there's loss and, amongst the pain and tragedy of that, there is the power of hope and humour. Mary's story of the deaths of her father, her grandmother and her daughter Stevie, and the birth of her daughter Jamie is at times heartbreaking but, ultimately, *All I Know* is an enriching and uplifting celebration of life.

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