



High Points and Lows: Life, Faith, and Figuring It All Out

Austin Carty

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For readers who loved *Blue Like Jazz*, comes inspiration and advice from *Survivor* contestant and Christian speaker Austin Carty

Figuring out who you want to be in life is never easy. In *High Points and Lows*, Austin Carty traces his own stumbling journey toward adulthood and true faith, drawing on lessons from pop culture and Christianity. In these funny and moving essays that address questions on faith, goals, and vocation, Carty offers an uplifting message for religious and secular audiences alike.

By turns amusing and endearing, Carty's essays explore everything from misguided evangelicals who treat salvation as a cottage industry to the real danger of cheating in school-everyone will think you're brilliant and then you've got a real problem. Whether he is failing miserably at his first real job as a nightclub gofer, explaining how *Saved by the Bell* has ruined our youth, or struggling to come to terms with the death of a beloved friend, Carty demonstrates how finding the courage to be ourselves is the best way to forge a genuine connection with friends, family, and God.

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