



## The Essential Guide to Being Polish

By Anna Spysz, Marta Turek



**The Essential Guide to Being Polish** By Anna Spysz, Marta Turek

Being Polish is no joke. For ten million people of Polish ancestry in the United States, as well as many who have settled in the UK since the fall of communism, it is a heartfelt matter -- and amid all the travel guides and guides to Polish language, folklore, and customs, there is no single, comprehensive, reader-friendly and yet ever-informative reference on what it means to be Polish. Enter *The Essential Guide to Being Polish* -- the go-to concise resource for anyone looking to reconnect with their culture or, indeed, hoping that their friends, children, or colleagues learn something about their heritage.

Divided into three sections to make for an easy-to-follow format -- Poland in Context, Poles in Poland, and Poles Abroad -- this guide covers just about everything and does so in a style that is at once entertaining and informative: the country's history and geography, wars, Jews in Poland, the communist past, the post-communist past and present, language, kings and queens, religion/Catholicism (with special focus on Pope John Paul II), holidays, food, and drink. What is a real Polish wedding all about? That, too, is addressed succinctly and with flair in this guide. Other chapters cover literature, music, art, famous scientists, Polish men and Polish women, Poles in America, Poles in the UK, Poles and the EU, and last but not least, Polish pride.

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### Editorial Review

#### Review

"[A] carefully researched but reader-friendly peregrination through the story of Poland—a thrilling if sometimes depressing ride you wouldn't believe if you read it in a novel. . . . I can say honestly . . . that *The Essential Guide to Being Polish* will not disappoint." — *Krakow Post*

"Do you plan to visit Poland for the first time? Are you contemplating a return trip? Do you enjoy reading about other countries and their cultures? If you answered 'yes' to any of the above then you must read *The Essential Guide to Being Polish*. . . . Once you start reading, you'll want to read it all." — *Am-Pol Eagle*

"I invite you on this journey into the depths of the Polish soul." — **from the Foreword by Lech Walesa**

"*The Essential Guide to Being Polish* recounts the political and cultural history of Poland—and, if you will, of Polishness—with a reader-friendly, streamlined clarity that is leavened with wit and timely, amusing turns, but that for all its playfulness never loses sight of the essential complexity of its subject." —**Stuart Dybek, award-winning author of *The Coast of Chicago* and *I Sailed with Magellan***

#### About the Author

**Anna Spysz**, who is both the coauthor and the book's editor, is the former editor-in-chief of the *Krakow Post* (May 2008-December 2010), Poland's only English-language newspaper. A Polish-born American, she graduated in 2004 from the University of Texas at Austin with a BA in English and subsequently moved to Krakow, Poland, where she earned an MA in Central and Eastern European Studies from Jagiellonian University. She currently lives in Krakow (except for the winters), where in addition to working as a freelance writer and translator, she dabbles in photography, graphic design, and plays keyboards in a local band. Her website is [www.annaspysz.com](http://www.annaspysz.com).

**Marta Turek** moved from Poland to the United States as child with her parents, settling first in Chicago and, later, in Seattle. In 1993 she moved back to Poland, where she has been ever since. She has edited English-language texts and taught English as a second language for the past decade on both sides of the Atlantic. Her employers have ranged from ELS Language Centers in Seattle to schools, international companies, and universities in Poland. The holder of an MA in English linguistics from Adam Mickiewicz University in Poznań, she lives in Rokietnica, Poland.

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#### Jennie Groth:

The particular book *The Essential Guide to Being Polish* will bring someone to the new experience of reading a book. The author style to elucidate the idea is very unique. Should you try to find new book to read, this book very suited to you. The book *The Essential Guide to Being Polish* is much recommended to you you just read. You can also get the e-book from official web site, so you can more readily to read the book.

**Jimmy Maiden:**

Reading a publication tends to be new life style in this particular era globalization. With reading through you can get a lot of information that could give you benefit in your life. Together with book everyone in this world can certainly share their idea. Textbooks can also inspire a lot of people. A lot of author can inspire their own reader with their story or even their experience. Not only situation that share in the books. But also they write about the knowledge about something that you need example of this. How to get the good score toefl, or how to teach children, there are many kinds of book that you can get now. The authors these days always try to improve their skill in writing, they also doing some exploration before they write to the book. One of them is this The Essential Guide to Being Polish.

**Joni Harris:**

Are you kind of hectic person, only have 10 or even 15 minute in your day to upgrading your mind talent or thinking skill perhaps analytical thinking? Then you are experiencing problem with the book as compared to can satisfy your small amount of time to read it because pretty much everything time you only find reserve that need more time to be learn. The Essential Guide to Being Polish can be your answer as it can be read by you actually who have those short spare time problems.

**Sandra Romero:**

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