



# **The Wisdom of Big Bird (and the Dark Genius of Oscar the Grouch): Lessons from a Life in Feathers**

*Caroll Spinney, J Milligan*

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An inspiring message for all ages: Find your inner bird.

If you're looking for wisdom and joy in your life, go straight to *Sesame Street* and heed the words of its most beloved and profound resident, Caroll Spinney, who has spent the past thirty-four years in a bird costume (and a trash can) as Big Bird and Oscar the Grouch.

Three decades inside a giant puppet have taught Spinney a valuable and surprising lesson:

Being a bird can make you a better person.

In **The Wisdom of Big Bird**, the living legend of Sesame Street describes how we can all find our inner bird (or grouch).

Each chapter illustrates a piece of useful wisdom Spinney has gleaned from a career in feathers. The lessons Big Bird teaches children every day on Sesame Street are the same ones that have brought Spinney success and satisfaction in his own life.

Warm, witty, and affirming, Caroll Spinney's memoir proves that being a bird can make you a better and happier person.

"Every day on Sesame Street, we strive to give our innocent young audience the basis of a lifelong education. It is no accident that spending the past thirty-four years in the Bird suit teaching these lessons to others has taught me a few things, too."—from **The Wisdom of Big Bird (and the Dark Genius of Oscar the Grouch)**

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