



Former First Lady Michelle Obama wins Best Audio Book, Narration and Storytelling Recording GRAMMY® Award for *THE LIGHT WE CARRY*

LOS ANGELES, CA (February 4, 2024) – Former First Lady Michelle Obama has earned a GRAMMY® Award in Best Audio Book, Narration, and Storytelling Recording for the audiobook of *The Light We Carry: Overcoming in Uncertain Times*, published by Penguin Random House Audio. The Recording Academy® announced the award today during the GRAMMY Awards Premiere Ceremony® in Los Angeles.

The #1 *New York Times* audio bestseller *The Light We Carry* is Michelle Obama’s inspiring follow-up to her acclaimed memoir *Becoming*, in which she shares practical wisdom and powerful strategies for staying hopeful and balanced in today’s highly uncertain world. Drawing from her experiences as a mother, daughter, spouse, friend, and First Lady, she shares the habits and principles she has developed to successfully adapt to change and overcome various obstacles—the earned wisdom that helps her continue to “become.”

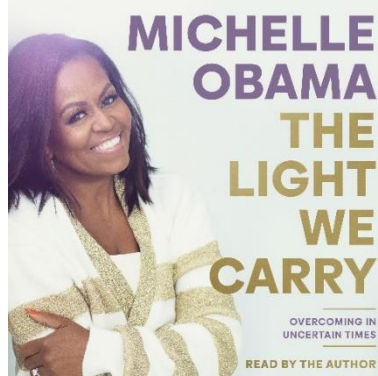
The Light We Carry was published in print and e-book formats in November 2022 by Crown in the U.S. and by Penguin Random House globally.

This is Mrs. Obama’s second GRAMMY® Award; she previously won a GRAMMY® in 2020 for her narration of *Becoming* and her book about the White House Kitchen Garden, *American Grown: The Story of the White House Kitchen Garden and Gardens Across America*, was a Best Spoken Word Album nominee in 2013.

[Listen to a clip from *The Light We Carry*.](#)

Readers and listeners can hear more about the lessons and wisdom shared in the book in Mrs. Obama’s conversation with Oprah Winfrey in the Emmy®-nominated Netflix special “The Light We Carry: Michelle Obama and Oprah” and discussions with family, friends, and colleagues like Tracee Ellis Ross, Gayle King, Tyler Perry, and more on the “Michelle Obama: The Light” podcast.

Including *The Light We Carry*, Penguin Random House Audio titles have earned 18 GRAMMY® Awards along with 51 additional GRAMMY® nominations.



The Light We Carry

Overcoming in Uncertain Times

By Michelle Obama; narrated by Michelle Obama

Random House Audio | Audio DN ISBN: 9780593677889 | Audio CD ISBN: 9780593677872

Books on Tape | Library Audio DN ISBN: 9780593677896

On sale November 15, 2022

Also available in print from Crown

GRAMMY® Award Winner

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About the Author

[Michelle Obama](#) served as First Lady of the United States from 2009 to 2017. A graduate of Princeton University and Harvard Law School, Mrs. Obama started her career as an attorney at the Chicago law firm Sidley & Austin, where she met her future husband, Barack Obama. She later worked in the Chicago mayor’s office, at the University of Chicago, and at the University of Chicago Medical Center. Mrs. Obama also founded the Chicago chapter of Public Allies, an organization that prepares young people for careers in public service. She is the author of the #1 global bestseller *Becoming* and the #1 national bestseller *American Grown*. The Obamas currently live in Washington, D.C., and have two daughters, Malia and Sasha.

About Penguin Random House Audio

As the premier publisher in the audiobook industry, Penguin Random House Audio is dedicated to producing top-quality fiction and nonfiction audiobooks written and read by the best in the business, including books by bestselling authors like Brené Brown, James Clear, John Grisham, Ali Hazelwood, Emily Henry, George R. R. Martin, Toni Morrison, Celeste Ng, Colson Whitehead, and Jacqueline Woodson as well as Presidents Barack Obama, George W. Bush, and Bill Clinton, and First Lady Michelle Obama. Our audiobooks have won 18 GRAMMY® Awards, 104 Audie® Awards, and 28 Odyssey Awards and Honors. Random House Audio, Penguin Audio, Listening Library, and Books on Tape are imprints of the Penguin Random House Audio Publishing Group, a division of Penguin Random House LLC.