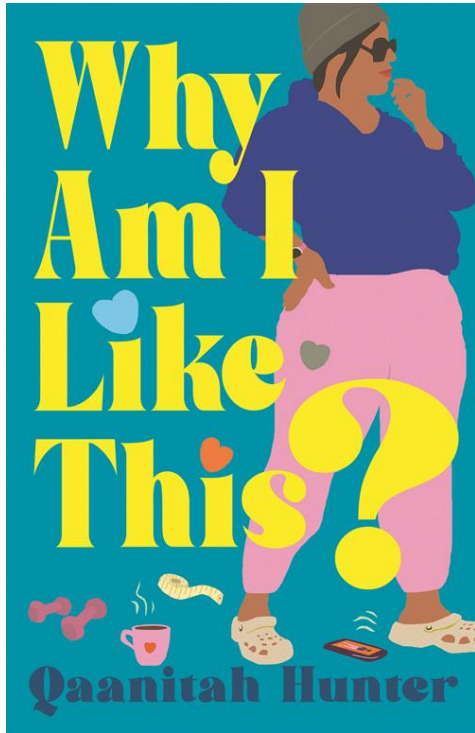




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Qaanitah Hunter

Why Am I Like This?

Farah Nosipho Garda leaves her comfort zone in Cape Town to care for her ailing mother in a Johannesburg retirement village. At 27, she's a perpetual student with no job, no plans, and a deep belief that she's incapable of real change – stuck in cycles of self-sabotage, anxiety, and longing. But when her mother begins to slip away and the man she thought was her future partner disappears without warning, Farah is forced to ask herself: What if the life she thought she wanted isn't the one she needs?

Amid the grief, Farah slowly begins to rewrite her story: showing up for herself, caring for her mind and body, trading shame for softness, and learning that self-love isn't a destination, but a daily decision.

Why Am I Like This? is Eat, Pray, Love for the era of Ozempic, therapy, and situationships – witty, vulnerable, and deeply modern. A love story about coming home to yourself.

About the author

Qaanitah Hunter is an award-winning political journalist, writer and editor based in Johannesburg. She is a media industry leader in South Africa and a highly regarded political commentator and columnist. She published her first women's fiction novel in 2014. *Why Am I Like This?* is Qaanitah's second fiction title.

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