

Life On The Line How To Lose A Million And So Much More

Underground rescue from caves and mines is the most extreme form of technical rescue in the world, and demands the highest levels of skill in caving, engineering, excavation, geology, trauma medicine and of course ropework. Life On A Line was the first specialist rope rescue book written for and by cave and mine rescuers, and has become the standard text for hundreds of rescue teams. The Second Edition is entirely new, with over 200 pages of expanded information and updated techniques for all aspects of ropework, from equipment selection and basic rigging to the complex mathematics of friction and traverses. Entirely new chapters cover casualty care, stretcher selection and rigging, large animal and expedition rescue, plus in-depth explanations of the standards and legal frameworks affecting today's teams. It remains an international textbook, with techniques and explanations aimed at both European EN/CE, American ASTM/NFPA and international ISO/UIAA standards.

"Steering to Glory is the first behind-the-scenes portrayal of the great capital ships of the era of Nelson, and shows in compelling detail how every element of

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a battleship functioned and how each sailor played his part" -- Jacket. For over two decades Dr. Des Sinclair and his wife Ros have traveled throughout Africa, Australia, South America, and Asia. He has seen three people raised from the dead: he has been released from prison in extraordinary circumstances; he has preached the gospel in the face of fierce opposition, particularly from Muslim groups. Thrown out by his father at the age of eleven, he has since been abused, imprisoned, tortured, even sentenced to death yet in obedience to the perceived call of God he has pressed on. Life on the Line is his amazing story.

"That Girl From the Dummy Line" is a first person account of growing up in severe poverty in the delta farm region of northeastern Arkansas in 50s and 60s in a tar-papered shack built on a dirt road known as the dummy line. The dummy line girl was the third of ten children born to an illiterate farmer and his wife, who didn't understand their daughter's love of education or her desire to go to college as she excelled in school. Indeed, they actively attempted to prevent her from leaving home to seek a college degree. The dummy line girl spent much of her childhood working in the cotton fields. Farm work and other chores took a toll on the dummy line girl's ability to stay on track with her studies and goals. Further complicating her life was a dysfunctional relationship with her parents and an abusive older sister. The local public school system became her refuge and

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provided her with the hope she needed in order to plan a better future for herself. This is a story about a girl who refused to accept the path given her by accident of birth - a girl who wanted more and believed she deserved more and was willing to work for it.

"In this country, LGBTQ individuals face varying degrees of acceptance. Ryan O'Callaghan, a former offensive tackle for the New England Patriots and the Kansas City Chiefs, chronicles his struggle as a closeted gay man in the hypermasculine world of professional football in *My Life on the Line*, coauthored by Cyd Zeigler." --Publishers Weekly, included in an LGBT preview/feature "This is a story about love and acceptance. It is a story about honesty and truth, integrity and hope. Ryan O'Callaghan could have kept it to himself, could have given the world a polished look. But instead he offers us all of himself in these pages. By doing so, he will change lives, save lives, and make the path ahead that much smoother for those who bravely follow in his footsteps."

--Congressman Joe Kennedy III "Ryan O'Callaghan's story is so poignant, so real, so human. I truly believe the publication of this book could be (and should be) a seminal moment for many athletes and other people in all walks of life. If an NFL player, cloistered in the manliness of his game, can come out of the closet and tell his story with such purpose, I hope that many others will follow his brave

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lead. This dramatic story of one athlete's life might be a turning point for football." --Peter King, NFL analyst, NBC Sports "In this moving and powerful memoir, O'Callaghan details the fear and pain of a lifetime spent hiding one's true self. It's a suspenseful and cathartic look at a man on the edge, whose salvation could only come from admitting his truth and finding acceptance. This book will change the lives of young men and women struggling to come out, and the lives of those around them, who may not know how they're contributing to a loved one's pain and silence. O'Callaghan's brave and honest story is another big step forward in the continued fight for acceptance of LGBTQ people in the world of sports."

--Sarah Spain, ESPN Radio host "My Life on the Line is an intense, heart-wrenching look at the reality of life in the NFL, told with gripping honesty and courage. Everyone, not just those interested in football, should read this book."

--Chris Kluwe, former NFL player, author of Beautifully Unique Sparkleponies: On Myths, Morons, Free Speech, Football, and Assorted Absurdities Ryan

O'Callaghan's plan was always to play football and then, when his career was over, kill himself. Growing up in a politically conservative corner of California, the not-so-subtle messages he heard as a young man from his family and from TV and film routinely equated being gay with disease and death. Letting people in on the darkest secret he kept buried inside was not an option: better death with a

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secret than life as a gay man. As a kid, Ryan never envisioned just how far his football career would take him. He was recruited by the University of California, Berkeley, where he spent five seasons, playing alongside his friend Aaron Rodgers. Then it was on to the NFL for stints with the almost-undefeated New England Patriots and the often-defeated Kansas City Chiefs. Bubbling under the surface of Ryan's entire NFL career was a collision course between his secret sexuality and his hidden drug use. When the league caught him smoking pot, he turned to NFL-sanctioned prescription painkillers that quickly sent his life into a tailspin. As injuries mounted and his daily intake of opioids reached a near-lethal level, he wrote his suicide note to his parents and plotted his death. Yet someone had been watching. A member of the Chiefs organization stepped in, recognizing the signs of drug addiction. Ryan reluctantly sought psychological help, and it was there that he revealed his lifelong secret for the very first time. Nearing the twilight of his career, Ryan faced the ultimate decision: end it all, or find out if his family and football friends could ever accept a gay man in their lives.

The Good Life Crisis is a project that seeks to find the best answers to the question "What is the Good Life?" After traveling around the world and interviewing hundreds of inspiring people, Nick Shelton has compiled a book based on the best advice he's received. Comprised of humorous stories and

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practical advice, it provides you a glimpse of how to lead an ideal life in the 21st century. Containing just over 40 chapters, the book provides stories, real-life examples, and practical advice on how each of us can improve our lives and we appreciate each day. For more visit, www.TheGoodLifeCrisis.com
Life, on the Line A Chef's Story of Chasing Greatness, Facing Death, and Redefining the Way We Eat Penguin

Have you ever felt lonely or disconnected from people and the world? Life on the Line seeks to help you realize that you share a connection to everyone and everything in the universe and that there is no reason to ever feel alone again. Life on the Line contains a varied selection of quotations from sages, scientists, scholars, spiritual leaders, and artists regarding the interconnectedness of all things. You will see that all philosophies and religions and even quantum physics recognizes the interconnectedness of all things. Dark matter, string theory, Eastern and Western religions, and the philosophies of the native peoples all speak to it. Marilyn's photographs of clotheslines, taken from a wide variety of countries throughout the world, display this concept of interconnectedness. When you see a clothesline, there is an immediate connection, because all humans experience the activity of laundry. Although each clothesline is unique, like the fingerprints of the person who hung the clothes, the underlying activity of laundry

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is immediately understood. The photographs contained in this book help you visualize the interconnectedness by showing you that from the USA to Easter Island, the human condition connects us all to each other. Life on the Line will offer you an opportunity to reflect on the interconnectedness of all life during our experience of planet earth.

"One of America's great chefs" (Vogue) shares how his drive to cook immaculate food won him international renown-and fueled his miraculous triumph over tongue cancer. In 2007, chef Grant Achatz seemingly had it made. He had been named one of the best new chefs in America by Food & Wine in 2002, received the James Beard Foundation Rising Star Chef of the Year Award in 2003, and in 2005 he and Nick Kokonas opened the conceptually radical restaurant Alinea, which was named Best Restaurant in America by Gourmet magazine. Then, positioned firmly in the world's culinary spotlight, Achatz was diagnosed with stage IV squamous cell carcinoma-tongue cancer. The prognosis was grim, and doctors agreed the only course of action was to remove the cancerous tissue, which included his entire tongue. Desperate to preserve his quality of life, Grant undertook an alternative treatment of aggressive chemotherapy and radiation. But the choice came at a cost. Skin peeled from the inside of Grant's mouth and throat, he rapidly lost weight, and most alarmingly, he lost his sense of taste. Tapping into the discipline, passion, and focus of being a chef, Grant rarely missed a day of work. He trained his chefs to mimic his palate and learned how to cook with his

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other senses. As Kokonas was able to attest: The food was never better. Five months later, Grant was declared cancer-free, and just a few months following, he received the James Beard Foundation Outstanding Chef in America Award. *Life, on the Line* tells the story of a culinary trailblazer's love affair with cooking, but it is also a book about survival, about nurturing creativity, and about profound friendship. Already much-anticipated by followers of progressive cuisine, Grant and Nick's gripping narrative is filled with stories from the world's most renowned kitchens-The French Laundry, Charlie Trotter's, el Bulli- and sure to expand the audience that made *Alinea* the number-one selling restaurant cookbook in America last year. [Watch a Video](#)

Kevin Twaddle was a footballer who was always prepared to take a risk on the park but it was off it where he really gambled. The former Hearts, Motherwell and St Johnstone winger speaks openly for the first time about his secret betting addiction that saw him blow more than a million pounds and wrecked his football career. Kevin tells his harrowing story of what his punting did to his family, how it killed relationships, destroyed his bond with his daughter and almost caused his parents to split up. He talks about his addiction and how it led to him stealing, going to loan sharks, left him facing jail and considering the ultimate gamble - suicide - before he finally got his life back on the straight and narrow. Kevin, who has since gone on to play pool for Scotland, has now not had a bet for more than six years, holds a prominent position in Gamblers Anonymous and also uses his experiences to help the Professional

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Footballers Association (Scotland) to educate today's footballers on the pitfalls of gambling. This is the harrowing and moving story on how one man's life fell apart spectacularly because of his addiction to gambling and how, after hitting rock bottom, he finally managed to conquer his demons.

The author recounts events during her tenure as president of Planned Parenthood, discussing the difficult transition from illegal to legal abortion in the U.S. and her role in the pro-choice movement

On his first day as a cashier at Dream Grocers, Daniel imagines that the worst he'll have to deal with on the job are the occasional grumpy customers and long days on his feet. But in just one week's time, reality changes entirely as the COVID-19 pandemic creates a frenzied panic throughout Daniel's home state of Colorado. Now, he's suddenly being called a hero just for showing up at his job, and he isn't sure how to feel about that. As the uncertainty and paranoia around the virus spread rapidly, Daniel tries to stay afloat and not let the irate hordes of customers bring him down. He learns more than he ever expected to about humanity's response to fear, observing most prominently the way that some people look down on the very workers they deem "essential."

"Engaging--. Terrific--. Takes us over the collar line with grace and authority."--The New York Times As a veteran reporter throughout the "downsizing" years of the auto industry in the United States and Canada, Queens-born Solange De Santis covered her

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fair share of auto plant closings, but almost always from the management's point of view. That is, until this mid-career, mid-thirties, Ivy League-educated journalist quit her job to become an assembly-line autoworker. She was hired at a doomed General Motors plant, and quickly learned about the bone-crushing realities and mitigated rewards of hard, physical work. In *Life on the Line*, De Santis offers a glimpse into a world that too many of us shy away from acknowledging, even as we accept the keys to our new cars. Completely candid, and as unexpectedly poignant as it is funny, *Life on the Line* will change the way you view blue-collar work and the cars on which we all depend.

An award-winning chef and owner of Alinea restaurant describes how the author lost his sense of taste to cancer, a setback that prompted him to discover alternate cooking methods and create his celebrated progressive cuisine.

From the author of *My Brilliant Friend*, a powerful new novel set in a divided Naples. Soon to be adapted into a NETFLIX original series.

At one time, Oklahoma City was called the "Cafeteria Capital of the World." They were an early version of "fast food," before McDonald's or Sonic franchises sprouted. This is the story of the Dodson family and their beloved Dodson's Cafeteria, an Oklahoma City treasure.

NEW YORK TIMES BESTSELLER • Gloria Steinem—writer, activist, organizer, and inspiring leader—tells a story she has never told before, a candid account of

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her life as a traveler, a listener, and a catalyst for change. ONE OF O: THE OPRAH MAGAZINE'S TEN FAVORITE BOOKS OF THE YEAR | NAMED ONE OF THE BEST BOOKS OF THE YEAR BY Harper's Bazaar • St. Louis Post-Dispatch • Publishers Weekly When people ask me why I still have hope and energy after all these years, I always say: Because I travel. Taking to the road—by which I mean letting the road take you—changed who I thought I was. The road is messy in the way that real life is messy. It leads us out of denial and into reality, out of theory and into practice, out of caution and into action, out of statistics and into stories—in short, out of our heads and into our hearts. Gloria Steinem had an itinerant childhood. When she was a young girl, her father would pack the family in the car every fall and drive across country searching for adventure and trying to make a living. The seeds were planted: Gloria realized that growing up didn't have to mean settling down. And so began a lifetime of travel, of activism and leadership, of listening to people whose voices and ideas would inspire change and revolution. My Life on the Road is the moving, funny, and profound story of Gloria's growth and also the growth of a revolutionary movement for equality—and the story of how surprising encounters on the road shaped both. From her first experience of social activism among women in India to her work as a journalist in the 1960s; from the whirlwind of political campaigns to the founding

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of Ms. magazine; from the historic 1977 National Women's Conference to her travels through Indian Country—a lifetime spent on the road allowed Gloria to listen and connect deeply with people, to understand that context is everything, and to become part of a movement that would change the world. In prose that is revealing and rich, Gloria reminds us that living in an open, observant, and “on the road” state of mind can make a difference in how we learn, what we do, and how we understand each other. Praise for *My Life on the Road* “This legendary feminist makes a compelling case for traveling as listening: a way of letting strangers’ stories flow, as she puts it, ‘out of our heads and into our hearts.’”—People “Like Steinem herself, [*My Life on the Road*] is thoughtful and astonishingly humble. It is also filled with a sense of the momentous while offering deeply personal insights into what shaped her.”—O: The Oprah Magazine “A lyrical meditation on restlessness and the quest for equity . . . Part of the appeal of *My Life* is how Steinem, with evocative, melodic prose, conveys the air of discovery and wonder she felt during so many of her journeys. . . . The lessons imparted in *Life on the Road* offer more than a reminiscence. They are a beacon of hope for the future.”—USA Today “A warmly companionable look back at nearly five decades as itinerant feminist organizer and standard-bearer. If you’ve ever wondered what it might be like to sit down with Ms. Steinem for a casual

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dinner, this disarmingly intimate book gives a pretty good idea, mixing hard-won pragmatic lessons with more inspirational insights.”—The New York Times
“Steinem rocks. My Life on the Road abounds with fresh insights and is as populist as can be.”—The Boston Globe

During much of his early career, from 1944 through to the early 1960s, Richard Hardy took hundreds of pictures of life on the railways and the men he knew and worked with on a daily basis, using his trusty Brownie 620 box camera. These unique behind the scenes images form a fascinating and hugely evocative portrayal of Britain at the height of the era of steam, during the time of the 'Big Four', and after 1947 when the sprawling nationalised network known as British Railways came of age. The second edition contains many new unseen photos which capture the railways in wartime, providing a valuable social record of the nation at war. In addition there is a sequence of rare photographs of French engines, railways and railwaymen, offering a superb contrast to the British rail network (it quickly becomes evident that the British rail system ran on tea, whereas the French system ran on wine). Great characters are the unifying theme of the pictures, and they include famous figures associated with the railways, such as the poet John Betjeman. This wonderfully illustrated book sets Richard's personal photographs and text alongside a carefully collated selection

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of ephemera, artworks and photographs drawn from the National Railway Museum in York. Collectively these images and artefacts tell the stories of the great brotherhood of railwaymen, brilliantly evoking the speed, heat and dust of the footplate.

“Carl Zimmer is one of the best science writers we have today.” —Rebecca Skloot, author of *The Immortal Life of Henrietta Lacks* We all assume we know what life is, but the more scientists learn about the living world—from protocells to brains, from zygotes to pandemic viruses—the harder they find it is to locate life’s edge. Carl Zimmer investigates one of the biggest questions of all: What is life? The answer seems obvious until you try to seriously answer it. Is the apple sitting on your kitchen counter alive, or is only the apple tree it came from deserving of the word? If we can’t answer that question here on earth, how will we know when and if we discover alien life on other worlds? The question hangs over some of society’s most charged conflicts—whether a fertilized egg is a living person, for example, and when we ought to declare a person legally dead. *Life's Edge* is an utterly fascinating investigation that no one but one of the most celebrated science writers of our generation could craft. Zimmer journeys through the strange experiments that have attempted to re-create life. Literally hundreds of definitions of what that should look like now exist, but none has yet emerged

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as an obvious winner. Lists of what living things have in common do not add up to a theory of life. It's never clear why some items on the list are essential and others not. Coronaviruses have altered the course of history, and yet many scientists maintain they are not alive. Chemists are creating droplets that can swarm, sense their environment, and multiply. Have they made life in the lab? Whether he is handling pythons in Alabama or searching for hibernating bats in the Adirondacks, Zimmer revels in astounding examples of life at its most bizarre. He tries his own hand at evolving life in a test tube with unnerving results. Charting the obsession with Dr. Frankenstein's monster and how Coleridge came to believe the whole universe was alive, Zimmer leads us all the way into the labs and minds of researchers working on engineering life from the ground up. In *Stop Sabotaging Your Life: 3 Steps To Your Full Potential*, acclaimed life coach Bruno LoGreco shares his simple path to achieving healthy mental and emotional independence. How many times have you caught yourself thinking something like this?: I'm not enough—good enough...smart enough...good looking enough...successful enough.... LoGreco says we sabotage our lives by focusing too much on being what others want us to be and do, and not spending enough time listening to our own hearts and minds. Some people try to find self-acceptance and contentment through counseling, but end up trapped on the

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therapy treadmill. Others try to go it alone, but still end up in a tiresome process of navel-gazing that never leads to personal fulfillment. LoGreco offers a three-step plan to help you reach your own potential: self-awareness (recognize what you have been doing, and why); rebuilding values (learn a different way to do things); and reach your full potential (identify opportunities and set meaningful goals). You will learn to leverage your strengths to stop chasing illusions and work toward achieving your dreams. LoGreco doesn't claim his book will cure everything that ails you. As he says, "There is no secret formula, no magic pill that will make you happy, productive, and successful. You must challenge your beliefs and take back control of your choices. Don't just think outside the box—break out of it altogether." What clients and readers are saying about life coach, mentor, and motivational speaker Bruno LoGreco: "As a divorced mother of three, I've encountered many obstacles, mostly personal ones within myself. I wondered why I kept repeating the same patterns with the men I was dating and why it always ended badly, usually with me being hurt, and questioned what 'I' was doing wrong. Bruno taught me how to love myself again, how to respect myself and above all else, BELIEVE in myself.... Bruno saved me from my self-destructive patterns. Without his help, I wouldn't be the confident woman I am today. I am a better mother for that." — Cristina "The world is filled with very

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successful executives who for decades focus every waking minute on professional accolades and professional development [only to] realize they haven't take the time out to focus on personal development in terms of a better balance in life, being in touch with their spiritual side and inner self, and even the fun side of life. That would describe me in the past.... I came across Bruno, and I knew he was the man. His personality exudes authenticity and geniality. The man simply knows his stuff, has this uncanny ability to read between the lines, and zero in instantly on underlying triggers. His structured approach steers you to address issues head on; challenges you to challenge yourself; opens your mind; helps you understand behaviors, experiences and patterns; gets you in touch with yourself; fuels a sense of purpose and passion; and escorts you to chart a new course to life. He never judges, but relentlessly encourages and empowers you. He's truly a brilliant, genuine and a humane person with an infectious enthusiasm to make you seize your inborn potential.” —Adrian “If I had to sum up my experience with Bruno in one word, it would be 'awakened.' Bruno helped me see life from a different perspective, which is what I needed, but most importantly, he showed me how to do that myself without being dependent on him.... Bruno got me to step outside of my comfort zone and do things I normally wouldn't have done otherwise, which is undoubtedly the key to growth.” —Blaine

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Don't talk to strangers! We've all been taught this as children. Ominous times lie ahead for Andrea Taylor, when she finds out the hard way what can happen when chatting online with strangers! Her husband, William, is an Attorney and doesn't care for her virtual buddies. Andrea is frustrated with his working all the time, and chooses to defiantly ignore William's advice about meeting her online acquaintances. William gets heated when a man, his wife has met online, calls to let him know he is on his way to meet with her. Discover what William, and Andrea's brother John, an FBI agent have to do in order to try and save her! Andrea finds herself within grasp of a serial killer she has been chatting with and wishes more than ever she would have taken her husband's advice!

"The twin cities of Nogales, Arizona, and Nogales, Sonora, for years straddled an indistinct border," but with the maquiladora industry, a crackdown against undocumented immigrants, and drug smuggling, "neither Nogales will ever be the same."--Cover.

The gripping account of six young doctors enlisted to fight COVID-19, an engrossing, eye-opening book in the tradition of both Sheri Fink's *Five Days at Memorial* and Scott Turow's *One L*. In March 2020, soon-to-graduate medical students in New York City were nervously awaiting "match day" when they would learn where they would begin their residencies. Only a week later, these young

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physicians learned that they would be sent to the front lines of the desperate battle to save lives as the coronavirus plunged the city into crisis. Taking the Hippocratic Oath via Zoom, these new doctors were sent into iconic New York hospitals including Bellevue and Montefiore, the epicenters of the epicenter. In this powerful book, New York Times journalist Emma Goldberg offers an up-close portrait of six bright yet inexperienced health professionals, each of whom defies a stereotype about who gets to don a doctor's white coat. Goldberg illuminates how the pandemic redefines what it means for them to undergo this trial by fire as caregivers, colleagues, classmates, friends, romantic partners and concerned family members. Woven together from in-depth interviews with the doctors, their notes, and Goldberg's own extensive reporting, this page-turning narrative is an unforgettable depiction of a crisis unfolding in real time and a timeless and unique chronicle of the rite of passage of young doctors.

Pilots relate their combat experiences in Vietnam with tales of bravery and sacrifice, demonstrating that pilots were engaged in combat as often as ground troops

Nik Wallenda, "King of the High Wire," doesn't know fear. As a seventh generation of the legendary Wallenda family, he grew up performing, entertaining, and pushing the boundaries of gravity and balance. When Nik was four years old, he watched a video

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from 1978 of his great grandfather, Karl Wallenda, walking between the towers of the Condado Plaza Hotel in Puerto Rico, stumbling, and falling to his death because of improper rigging. When Nik heard his father quote his great-grandfather-"Life is on the wire, everything else is just waiting"-the words resonated deep within his soul and he vowed to be a hero like Karl Wallenda. Balance is the theme of Nik's life: between his work and family, his faith in God and artistry, his body and soul. It resonates from him when performing and when no one is looking. When walking across Niagara Falls, he prayed aloud the entire time, and to keep his lust for glory and fame in check, Nik returned to the site of his performance the next day and spent three hours cleaning up trash left by the crowd. Nik Wallenda is an entertainer who wants to not only thrill hearts, but to change hearts for Christ. Christ is the balance pole that keeps him from falling. Nik Wallenda is an entertainer who wants to not only thrill hearts, but to change hearts for Christ. Christ is the balance pole that keeps him from falling.

The true story of a white boy who discovered he was black.

This memoir was written because it has been in my head for most of my adult life. All of my hopes and dreams and fears were secrets. When I finally realized this, they had to come out, and I began to write. Some of this started in 1977 when I worked as an assistant professor in anesthesia and surgery at Jackson Memorial Hospital in Miami, FL, which is where, more importantly, I spent more than four months with my 31-year-old brother in an intensive care unit before he died from a car accident. While with him,

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he taught me much about life's sudden and tragic consequences. Years later, I had the opportunity to give a presentation about what I would say if I only had 30 minutes to live as part of a "Last Lecture Series" at Nova Southeastern University, where I was also teaching. Through this opportunity I began to confront many of my life's unresolved issues that I had hidden from myself because I could not cope or did not want to understand them. At this pivotal moment, I realized that when I was three years old, my sense of my place in my family had been from the outside looking in; it was if I did not belong. I realized that I had struggled with the fear that my father, a World War II veteran, did not love me, but also wanted to get rid of me. Never gaining his approval or love completely disconnected me from my parents, my brother and two sisters for 15 years. Family separation and dysfunction were followed in later years by the death of my brother and by being rejected for marriage several times by the only woman I thought that I truly loved - creating unrelenting cycles of loss, devastation and recovery. This memoir is not a continuous narrative but rather a series of vignettes that describe my life stories both anecdotally and allegorically. Other stories describe how I competed to become a world-class hurdler in the Olympic trials of 1964 and gave me an independent identity; how working with schizophrenic patients at Philadelphia State Hospital gave me a sense of my calling; how earning my Ph.D. reinforced the value of my intelligence; how working in the Jackson Memorial Hospital intensive care unit gave me a sense of purpose, respect and humility; and how by asking the woman who

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rejected my first marriage proposal finally after two more proposals married me 14 years later. Each story stands alone. The title of this memoir emphasizes the idea that, like a jukebox, life is about choices. As each jukebox selection is separate but part of a whole, each decision has its own set of consequences - both negative and positive. This is a personal journey with many beginnings and endings.

Upton Sinclair, one of America's foremost and most prolific authors, addresses the cultivation of the mind and the body in this 1922 volume. Sinclair's goal was to attempt to tell the reader how to live, how to find health, happiness and success, and how to develop fully both the mind and the body. Part One: The Book of the Mind covers such subjects as faith, reason, morality, and the subconscious. Part Two: The Book of the Body develops such subjects as errors in diet, the fasting cure, food and poisons, work and play, and diseases and their cures .

The Vermont-Quebec Border: Life on the Line is a visual record of life in the villages, towns, and countryside in this unique and special part of the world. In recent years, issues relating to the border have been thrust to the forefront as never before. This is due not only to growing security concerns but also to an increasing scrutiny in the media of border issues and of how heightened security is impacting life in communities all along the border. The border has played an important role in the history and everyday lives of the people living along its length, both in Vermont and Quebec, and it will undoubtedly continue to shape these communities in the years to come.

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John Bouchard was born in 1934, in Falcon Bridge, Ontario. From an early age, John displayed artistic ability. As a young child, he drew detailed pictures, displaying talent far beyond his age. As an older child he began to paint pictures which caught the attention of many. In 1957, he attended The Southern Alberta College of Fine Arts, in Calgary, Alberta, where he studied graphic art and design. Upon completion, he worked as a sign designer, creating signs for various businesses. John had always had a penchant for the outdoors. He left his sign design job, pursuing his love for the wilderness. He bought a trap line near Petrie, Ontario. He enjoyed trapping, being his own boss, and working in the wilderness. That summer, he worked for the Department of Lands and Forests as a "tower man" at the Loch Erne fire tower near Shebandowan Lake. In 1967, his work with Lands and Forests led him to a summer job as Ranger at the Cache Bay Quetico Park Ranger Station. During the winter of 1968, John accepted a position with a toy manufacturer in Chanhassen, Minnesota, where he designed stuffed toys. Once again, John was not content with an indoor job. In the spring of 1968, John acquired a seasonal job as Deputy Conservation Officer at Saganaga Lake. During the winters, he trapped in the same area. In 1985, John was promoted to Conservation Officer and was posted in Nakina, Ontario. A few years later, he was transferred to Upsala, Ontario. John retired in 1994 and currently lives in Thunder Bay Ontario.

When the author was a kid, a big white sleek ambulance squatted like a lion in the

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driveway next door, always ready to go, and sometimes it did, roaring down the street. Today he is a MICA Flight Paramedic with decades of varied experience in 'a life of extremes' in an Australian ambulance service. He does shifts at base on-call, and teaches another generation of paramedics now. Loves his job. A list of well-known events that includes Victoria's Black Saturday Fires and the 2005 Bali Bombing - he was trying to get married when that call came in - mark two dark extremes. Technical matters - trauma treatment decisions, and the limits of aviation, for example - are explained. And this book includes the little things like the time the supermarket aisle was alive with the sound of music from an ex-patient's kid's lips: 'Thanks for looking after Daddy.' Darren couldn't have put it better himself, and it made his heart sing. This book tells what is like to be Darren Hodge on the end of a line, what it is like to be a paramedic. Open, honest reports, warts and all, this memoir is an unflinching account of how it feels, say, to pluck people from imminent death. And there are some laughs on the way...

The gripping account of six young doctors enlisted to fight COVID-19, an engrossing, eye-opening book in the tradition of both Sheri Fink's *Five Days at Memorial* and Scott Turow's *One L*. In March 2020, soon-to-graduate medical students in New York City were nervously awaiting "match day" when they would learn where they would begin their residencies. Only a week later, these young physicians learned that they would be sent to the front lines of the desperate battle to save lives as the coronavirus plunged

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the city into crisis. Taking the Hippocratic Oath via Zoom, these new doctors were sent into iconic New York hospitals including Bellevue and Montefiore, the epicenters of the epicenter. In this powerful book, New York Times journalist Emma Goldberg offers an up-close portrait of six bright yet inexperienced health professionals, each of whom defies a stereotype about who gets to don a doctor's white coat. Goldberg illuminates how the pandemic redefines what it means for them to undergo this trial by fire as caregivers, colleagues, classmates, friends, romantic partners and concerned family members. Woven together from in-depth interviews with the doctors, their notes, and Goldberg's own extensive reporting, this page-turning narrative is an unforgettable depiction of a crisis unfolding in real time and a timeless and unique chronicle of the rite of passage of young doctors.

Pierre-Étienne Fortin led a life and plied a career at the heart of Canada's early history. He was an adventurer, an amateur scientist, an early (if ambiguous) conservationist and a Conservative politician from 1867 to 1888. He was a doctor on Grosse-Île amid the horrors of the 1847 typhus epidemic, led a mounted police troop during the infamous Montreal riots of 1849 and, as commander of the armed schooner *La Canadienne*, policed the Gulf of St. Lawrence from 1852 to 1867, when thousands of New Englanders and Nova Scotians swarmed over the fishing grounds. His official life as magistrate and mid-level bureaucrat often

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exemplified tensions of early nationhood: those between elites and colonists; and those arising from the nationalistic impulse to impose law and order on the wilderness. The interests, issues and sympathies at work on Fortin in the founding period remain compelling today: job creation versus environmental protection, free trade with the U.S., the exploitation of Canadian fisheries, relations with aboriginal peoples, and the political status of Quebec within confederation.

A successful journalist who left the white-collar work force to toil on a General Motors assembly line explores how she came to make such a choice, the people she met, and the experiences and insights that resulted. Reprint.

An award-winning chef describes how he lost his sense of taste to cancer, a setback that prompted him to discover alternate cooking methods and create his celebrated progressive cuisine.

When Johnny Cash died in September 2003, the world mourned the loss of the greatest country music star of all time. *I Walked the Line* is the life story of Vivian Cash, Johnny's first wife and the mother of his four daughters. It is a tale of long-kept secrets, lies revealed, betrayal and, at last, the truth. Johnny and Vivian were married for nearly fourteen years. These years spanned Johnny's military service in Germany, his earliest musical inclinations, their struggling newlywed

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years, Johnny's first record deal with Sun Records (alongside Elvis Presley), his astounding rise to stardom, and his well-known battles with pills and the law. Vivian decided that, near the end of her life and with backing from Johnny, she should tell the whole story, even the parts at odds with the iconic Cash family image such as Johnny's drug problems; Vivian's confrontation with June Carter about her affair with Johnny and, most sensationally, the Cash family secret of June's lifelong addiction to drugs and the events leading up to her death. Also revealed are unpublished love letters between the couple, family photographs and artefacts. *I Walked the Line* is a powerful memoir of joy and happiness, injustice and triumph and is an essential read for all Cash fans.

To live, every being must put out a line, and in life these lines tangle with one another. This book is a study of the life of lines. Following on from Tim Ingold's groundbreaking work *Lines: A Brief History*, it offers a wholly original series of meditations on life, ground, weather, walking, imagination and what it means to be human. In the first part, Ingold argues that a world of life is woven from knots, and not built from blocks as commonly thought. He shows how the principle of knotting underwrites both the way things join with one another, in walls, buildings and bodies, and the composition of the ground and the knowledge we find there. In the second part, Ingold argues that to study living lines, we must also study the

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weather. To complement a linealogy that asks what is common to walking, weaving, observing, singing, storytelling and writing, he develops a meteorology that seeks the common denominator of breath, time, mood, sound, memory, colour and the sky. This denominator is the atmosphere. In the third part, Ingold carries the line into the domain of human life. He shows that for life to continue, the things we do must be framed within the lives we undergo. In continually answering to one another, these lives enact a principle of correspondence that is fundamentally social. This compelling volume brings our thinking about the material world refreshingly back to life. While anchored in anthropology, the book ranges widely over an interdisciplinary terrain that includes philosophy, geography, sociology, art and architecture.

This revealing, introspective look at an athlete's intense drive to succeed in football also explores the adjustment to life after the final whistle. John "Hog" Hannah was a two-time All-American for the Crimson Tide under Bear Bryant. Hannah starred for the Patriots from 1973 to 1985 and was one of the most beloved New England Patriots players of all time. In his autobiography, the greatest offensive lineman in the history of the sport candidly discusses the price of dominating the trenches. Hannah also recounts his battles on the field against the Raiders and Dolphins and off the field with Patriots management. An

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introspective man who found religion later in life, Hannah describes the forces that shaped his drive to succeed and his addiction to control anything that threatened to separate him from perpetuating the "glory of greatness." Reflecting on how this mind-set proved detrimental beyond his playing days—leading to the breakup of his first marriage, his estrangement from his children, and an egomaniacal approach in the business world, he shares how he ultimately found God. *Offensive Conduct* is both an inside look at the world of college and pro football in the 1970s and 1980s and a chronicle of the ups and downs of a driven, successful athlete.

Masterfully crafted 'Your Life As a Movie: Scripting and Producing Your Dreams Into Reality' equips anyone with all they need to rekindle their lost imagination, create a movie trailer of their perfect life and act it out with gusto. Francesca Banting's powerful analogy, inspired by the philosophy of Bob Proctor, provides a fun and different approach to existing Law of Attraction books that call "cut" before the main feature has a chance to actually play. Imagination is the only way to attract life's dreams, and seeing life as a movie is the perfect way to call "action". Banting's new book guides readers through each and every step of storyboarding their vision, seeing themselves in the starring role and acting out their dreams to turn them into a prosperous new existence. The book contains

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three sections, each running in parallel with the analogy of a movie's production. "Lights" exposes how the mind works, and how dreams form an integral part of the scripting. Section two, "Camera", empowers people to see themselves in their vision of the perfect life and section three, "Action", gives them all of the tools they need to make that vision happen by exploiting the Law of Attraction. We think in pictures, which is why we all feel an affinity with the movies. We begin by building our own studio, with the lot being our subconscious mind and the gates being our conscious realm of thinking. By having the right things in your lot, you can remove chaos and properly organize your movie bank – an analogic vault for memories of our past experiences. We then script our goals, visualize them in wardrobe and finally create our movie trailer that we will market to the entire universe. It's incredibly simple as readers walk through the entire production process step-by-step. Life tells us to pay attention, stop dreaming and quash our imagination. But, we can only attract things in life if we foster deep and bold inner passion. Most don't know how to tune into the positive frequency that will attract other positive things sharing the airwaves. We all deserve success, so bury the belief that riches and fame are greedy – you're the A-lister of your own life and deserve to live under the limelight. This book shows you how!

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