

Safety Tips For Living Alone Kindle Single Electric Literatures Recommended Reading Book 133 Jim Shepard

Getting Your FREE Bonus Download this book, read it to the end and see "BONUS: Your FREE Gift" chapter after the conclusion. Women's Survival Guide Live Alone And Feel Safe! There are so many problems which women may face when they are living alone. The increasing rate of crime especially among women makes it hard for a lot of single women to survive on their own. However, if you are looking to train yourself and survive all alone, this is surely the book for you. In this book, we have covered a lot of diverse details pertaining to the different ways by which you can survive in an apt manner. We have compiled comprehensive tips and important safety measures which when implemented are sure to help you stay safe. Use this book to hone your survival skills and make sure that you can stay safe even when you are out alone. No matter whether you are headed to work or looking to travel or even just living alone in your home, this book will surely be your apt guide. Download your E book "Women's Survival Guide: Live Alone And Feel Safe!" by scrolling up and clicking "Buy Now with 1-Click" button!

With eye-opening statistics, original data, and vivid portraits of people who live alone, renowned sociologist Eric Klinenberg upends conventional wisdom to deliver the definitive take on how the rise of going solo is transforming the American experience. Klinenberg shows that most single dwellers—whether in their twenties or eighties—are deeply engaged in social and civic life. There's even evidence that people who live alone enjoy better mental health and have more environmentally sustainable lifestyles. Drawing on more than three hundred in-depth interviews, Klinenberg presents a revelatory examination of the most significant demographic shift since the baby boom and offers surprising insights on the benefits of this epochal change.

"Modern English course for real practice online or in the real world. Our first review said 21st century vocabulary and situations. Twenty three-hour lesson plans with attractive and photocopiable student worksheets. Our materials: [Are specially designed to be used in the real world (English speaking countries) and online (non-English speaking countries) using Skype, language teaching websites and online language exchange websites for real practice of the target language [Have been taught hundreds of times by many teachers and work incredibly well [Have been re-written and edited by experienced writers and editors after six years of teaching and testing development [Will save you hours of lesson planning time and are ready to teach [Will inspire your students, boost their confidence and maintain their motivation levels as they prove to themselves Out There that they can 'do it' [Enable you to actually teach and not worry about planning, timings, materials and fillers"

He was a perfect man living a perfect life...which made him a perfect killer. Canadian Air Force Colonel Russell Williams commanded the largest Canadian Forces base in the country. He had personally piloted prime ministers, dignitaries, and members of the British royal family, and was one of the most respected and trusted soldiers in the military. He was also a rapist and a murderer. This is the disturbing true account of how one of Canada's highest-ranking military officers became one of Canada's most notorious criminals, including his ultimate capture, trial and conviction for a twisted spree of sexual deviancy and two brutal rapes and murders.

A literary anthology featuring writing by: Michael Cunningham Jim Shepard T. Cooper Lydia Millet Diana Wagman

This book is intended to remind us to be ever vigilant, as well proactive concerning the safety of ourselves and our families, this book provides some common safety suggestions as well as some newly presented safety-concepts and practices, and is not intent to entice fear, but rather to give multiple preventative examples, and safety alternatives for the current day and age in which we live.

Loneliness has reached the levels of an epidemic. From the bullied child to the new parent, from the pensioner who has outlived friends and family members to teenagers who manage their social lives through the glow of a mobile phone, it can - and does - affect anyone and everyone, irrespective of age, race or class. Many suffer in silence, convinced it's a confession too far, a sign of too much vulnerability, a shameful failing. But the human condition is not a failing. What's it like when loneliness descends? How does it announce itself, and how do you recognise it? Do you discuss it, or conceal it? From where can you seek help? A Life Less Lonely shares stories of loneliness and social isolation, and looks for ways in which we can help one another to future-proof ourselves against this most insidious affliction. By talking to those who suffer from it, and by highlighting the work of those who fight to combat it, the book offers guidance on how to spot the symptoms in yourself and in others, how to connect with those around you, and how, by understanding it all better, we might just set ourselves free from it. In this way, what is an epidemic today might not be one tomorrow.

Preceded by Basic geriatric nursing / Gloria Hoffmann Wold. 5th ed. c2012.

Living alone following the end of a long-term relationship? This book is for you. Living on your own, after having shared your life with someone else for a long time, can be challenging. Not only do you have to look after yourself physically, you also need to face the demons of boredom and loneliness. In Living Alone, you'll find all the content from the three books in the Living Alone series: After She's Gone Cooking4One Sanity Savers After reading Living Alone, you'll have all the information you need to look after yourself physically, mentally and emotionally. Not only will you find out how easy it is to cook for yourself, you'll also discover seven boredom-busting strategies for using your alone time, each illustrated with numerous tips. You will also find two strategies for avoiding loneliness, which highlight the value of committing to personal growth and engaging with others. Living Alone is a reminder that being on your own does not mean you have to stay home alone. Be kind to yourself - buy a copy today!

Dave Glasheen's life began spiralling out of control after he lost his family's vast fortune in the stock market crash of 1987. After a series of catastrophes, he needed to take

drastic measures to restore himself. Opting out of the rat race, he cast himself away to a deserted island off the north-east tip of Australia, as far off the grid as was humanly possible. He has lived there ever since. One annual supermarket shop, a sketchy internet connection, and enough ingredients for a home brew satisfy Dave's material needs. He catches fish, traps rainwater and cooks on an open fire. For company he tames dingoes, meets with friends from the Aboriginal community 40 kilometres away, and entertains drop-ins such as Russell Crowe sailing past on his honeymoon. Then there's Dave's running feud with Boxhead, an antisocial saltwater crocodile who just won't leave him in peace. Between heartbreak and hair-raising adventures, Dave has found happiness on Restoration Island. Brimming with humour, eccentricity and hard-earned wisdom, *The Millionaire Castaway* will give you a whole new view on life.

This book provides an integrated solution for security and safety in the home, covering both assistance in health monitoring and safety from strangers/intruders who want to enter the home with harmful intentions. It defines a system whereby recognition of a person/stranger at the door is done using three modules: Face Recognition, Voice Recognition and Similarity Index. These three modules are taken together to provide a percentage likelihood that the individual is in the "known" or "unknown" category. The system can also continuously monitor the health parameters of a vulnerable person living alone at home and aid them in calling for help in an emergency. The authors have analyzed a number of existing biometric techniques to provide security for an individual living alone at home. These biometric techniques have been tested using MATLAB® image processing and signal processing toolboxes, and results have been calculated on the basis of recognition rate. A major contribution in providing security is a hybrid algorithm proposed by the author named PICA, which combines features of both PCA (Principle Component Analysis) and ICA (Independent Component Analysis) algorithms. This hybrid approach gives better performance recognition than either system alone. The second proposed hybrid algorithm for voice recognition is named as a MFRASTA algorithm by combining features of MFCC (Mel Frequency Cepstral Coefficient) and RASTA-PLP (RelAtive SpecTrA-Perceptual Linear Prediction) algorithm. After performing experiments, results are collected on the basis of recognition rate. The authors have also proposed a third technique named as a Similarity Index to provide trust-based security for an individual. This technique is text independent in which a person is recognized by pronunciation, frequency, tone, pitch, etc., irrespective of the content spoken by the person. By combining these three techniques, a high recognition rate is provided to the person at the door and high security to the individual living independently at home. In the final contribution, the authors have proposed a fingertip-based application for health monitoring by using the concept of sensors. This application is developed using iPhone 6's camera. When a person puts their fingertip on a camera lens, with the help of brightness of the skin, the person's heartbeat will be monitored. This is possible even with a low-quality camera. In case of any emergency, text messages will be sent to the family members of the individual living alone by using 3G Dongle and MATLAB tool. Results show that the proposed work outperforms all the existing techniques used in face recognition, voice recognition, and health monitoring alone.

Bursting with wicked humor and driven by an incomparable understanding of what it means to be human, *The World to Come* is the inimitable work of "the most ambitious story writer in America" (*The Daily Beast*). Now a major motion picture Shepard traverses both borders and centuries, seamlessly inhabiting a multitude of disparate men and women, and giving voice to visionaries, pioneers, and secret misfits—from nineteenth-century explorers departing on one of the Arctic's most nightmarish expeditions to twentieth-century American military wives maintaining hope at home. Shepard's characters confront everything from the emotional pitfalls of everyday life to colossal catastrophes, battling natural forces, the hazards of new technology, and their own implacable shortcomings. "[Shepard] has a knack for compressing a novel's worth of life into 30 or 40 pages." —*The Boston Globe*

Electric Literature

SUPERANNO The first edition in *The Busy Woman's Pocket Guide* series, this pocket-sized book is filled with safety tips that teach women to think critically about their personal safety. Written in an easy to read format and inspired by everyday situations, this guide offers women simple solutions for staying safe at home, running errands and traveling abroad. This book also provides websites and phone numbers that minimize the risk of women becoming victims of crime. Original.

Healing Yourself! 23 Ways to Heal YOU! Empowering your health for wellness and well being! How is this different from other self healing or self help books? Many experts want to keep you coming back for a series of books. Not so with Brent. This book has everything you need to change your health, stay healthy and heal yourself. Who should read this book? Its THE book for individuals with an earnest desire to alter their health. Brent teaches these "tell it like it is", no nonsense techniques in her holistic integrative energy medicine workshops for integrative health care practitioners to use to facilitate healing in their client's lives. Ask yourself: Are you tired of being the victim of your body? If yes is your answer, then you need to break your limiting beliefs that you must tolerate having health issues. You can facilitate healing in your life, overcome health problems and have a better quality of life! This book's easy to read words provide simple instructions and guides you step by step on how to heal yourself. With questionnaires, "how to do's," healing prayers, affirmations, take action planning guides, discover yourself quizzes, examples and practice sessions, you learn to have more vitality, personal independence and to take charge of, change and heal yourself! What have you got to lose? You just have to start! Visit: www.JustPlainLoveBooks.com www.BrentAtwater.com Join our Global Community and connect with Brent Atwater on Facebook, Twitter, YouTube, My Space Visit Brent Atwater's Q & A video Series on YouTube Call in Live Q & A's on Pet Animal Reincarnation, Animal Medical Intuitive Diagnosis, Medical Intuitive Diagnosis Brent Atwater's weekly internet Radio show www.BlogtalkRadio.com/BrentAtwater Or listen to our Archived Radio Shows

"Including work by literary heavy-hitters... the anthology considers the act and weight of watching and being watched... and in *Watchlist*, these see-to-know quests range from funny to terrifying." —*Los Angeles Magazine* In *Watchlist*, some of today's most prominent and promising fiction writers from around the globe respond to, meditate on, and mine for inspiration the surveillance culture in which we live. With contributions from Etgar Keret, T.C. Boyle, Robert Coover, Aimee Bender, Jim Shepard, Alissa Nutting, Charles Yu, Cory Doctorow, and many more, *WATCHLIST* unforgettably confronts the question: What does it mean to be watched? In Doctorow's eerily plausible "Scroogled," the US has outsourced border control to Google, on the basis that they Do Search Right. In Lincoln Michel's "Our New

Neighborhood,” a planned suburban community’s ‘Neighborhood Watch’ program becomes an obsessive nightmare. Jim Shepard’s haunting “Safety Tips for Living Alone” imagines the lives of the men involved in the US government’s fatal attempt to build the three Texas Tower radar facilities in the Atlantic Ocean during the Cold War. Randa Jarrar’s “Testimony of Malik, Israeli agent #287690” is “a sweet and deftly handled story of xenophobia and paranoia, reminding us that such things aren’t limited to the West” (Sabotage Reviews) and Alissa Nutting’s “The Transparency Project” is a creative, speculative exploration of the future of long-term medical observation. By turns political, apolitical, cautionary, and surreal, these stories reflect on what it’s like to live in the surveillance state.

A sharp and entertaining essay collection about the importance of multiple forms of love and friendship in a world designed for couples, from a laser-precise new voice. Sometimes it seems like there are two American creeds, self-reliance and marriage, and neither of them is mine. I experience myself as someone formed and sustained by others’ love and patience, by student loans and stipends, by the kindness of strangers. Briallen Hopper’s *Hard to Love* honors the categories of loves and relationships beyond marriage, the ones that are often treated as invisible or seen as secondary--friendships, kinship with adult siblings, care teams that form in times of illness, or various alternative family formations. She also values difficult and amorphous loves like loving a challenging job or inanimate objects that can’t love you back. She draws from personal experience, sharing stories about her loving but combative family, the fiercely independent Emerson scholar who pushed her away, and the friends who have become her invented or found family; pop culture touchstones like the Women’s March, John Green’s *The Fault in Our Stars*, and the timeless series *Cheers*; and the work of writers like Joan Didion, Gwendolyn Brooks, Flannery O’Connor, and Herman Melville (*Moby-Dick* like you’ve never seen it!). *Hard to Love* pays homage and attention to unlikely friends and lovers both real and fictional. It is a series of love letters to the meaningful, if underappreciated, forms of intimacy and community that are tricky, tangled, and tough, but ultimately sustaining.

HEALTH PROMOTION IN NURSING, 3E takes readers through a holistic approach of health and wellness that examines healthy lifestyles from a biological, psychological, social, and environmental perspective. Beginning with an overview of health promotion concepts and nursing theories, the book then delves into issues of nutrition, physical fitness, weight control, avoiding substance abuse, and pre-natal care. The Third Edition also covers new issues relating to technology, as well as wellness strategies that enable patients to maintain healthy lifestyles in the face of grief or terminal illness. With content directed towards caring for communities and groups, HEALTH PROMOTION IN NURSING, 3E is the resource that readers of all nursing types and specialties can use for years to come. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Working Daughter provides a roadmap for women trying to navigate caring for aging parents and their careers. Using the author’s own experiences as a prime example, it’s ideal for readers who want straight talk and real advice about the challenges and rewards of eldercare while managing a career and family.

The former Chairman of the U.S. Consumer Product Safety Commission tells American families how to protect themselves from everyday accidents and international terrorism. Illustrations.

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Going Solo... Thanks to the world shrinking due to more advanced transport facilities, more and more women are taking the first step of traveling to other countries and exploring the new cultures, and horizons open to them. It is the first step outside your own safe and secure circle, which is rather daunting. So for most of us Going solo is not something which people normally do because let me tell you frankly, I have noticed that a number of my women friends, colleagues and acquaintances consider any sort of traveled to be a bore. Who really wants to undergo the hassle of being a woman all lonesome on her own traveling to a strange country or city? Traveling all alone in your own country or abroad, – you must be joking, DJ. This attitude was rather surprising, because I took travelling alone to be a part and parcel of my own lifestyle, while growing up and I definitely did not have any hassle in picking up my small travelling bag and catching my train, all alone on a long journey, even when I was 15. But then I was just going from one known destination to another known destination. So I did not bother much about the safety aspects, then, because I knew both destinations well. So for me, at that time, Going solo was the rule, and not an exception. But things changed later, while working. It was a different matter altogether. I never knew when the call would come from the top for me to get myself to such and such place by such and such time to attend such and such a meeting or meet XYZ. At that time, I always had a bag packed in a corner because I never knew when I had to drop everything and fly down to all corners of the compass on official duty. Sometimes I had my team of colleagues and juniors with me. Sometimes I was needed to go alone. And half of them just hated the idea of traveling because they were not used to it. Even when tickets, hotel stay, transport and all other facilities were laid out for them, they just did not want to go and see a brand-new place and experience a brand-new culture. How much they have missed out of life. This book is for all those adventurous souls who want to go out somewhere and experience new experiences, but there always daunted by the thought that it is not safe for women to travel anywhere in their own country or outside. And definitely not traveling solo in this world full of crime, and xenophobia. This book is to explode some of those myths. This book is also going to give you lots of useful information about safety tips for women traveling alone, based on my experiences, as well as the experiences of my other peripatetic friends. Also, there are some amusing anecdotes and episodes recounted to me by my well-traveled father, which may not exactly touch on safety, but can touch on some of the experiences that you may face when visiting a new country! So let the adventure begin.

Whether you view living alone as the ultimate compromise or the ultimate luxury, it presents daily challenges, such as cooking for one, organising holidays, juggling finances, and avoiding the siren call of wine, Ugg boots and Netflix. And there are the less tangible tests, like nailing the octopus of loneliness to the wall, and holding your head high in a society where solo living is viewed (consciously or not) as the runner-up prize. Author Jane Mathews believes that to be truly content living alone, it pays to examine every aspect of your life-relationships, health, home, finances, interests and spirituality-and then take action. No matter what your unique situation, there's something here for you. Jane provides the map and you choose the route to a more joyful, contented life.

Social isolation and loneliness are serious yet underappreciated public health risks that affect a significant portion of the older adult population. Approximately one-quarter of community-dwelling Americans aged 65 and older are considered to be socially isolated, and a significant proportion of adults in the United States report feeling lonely. People who are 50 years of age or older are more likely to experience many of the risk factors that can cause or exacerbate social isolation or loneliness, such as living alone, the loss of family or friends, chronic illness, and sensory impairments. Over a life course, social isolation and loneliness may be episodic or chronic, depending upon an individual's circumstances and perceptions. A substantial body of evidence demonstrates that social isolation presents a major risk for premature mortality, comparable to other risk factors such as high blood pressure, smoking, or obesity. As older adults are particularly high-volume and high-frequency users of the health care system, there is an opportunity for health care professionals to identify, prevent, and mitigate the adverse health impacts of social isolation and loneliness in older adults. *Social Isolation and Loneliness in Older Adults* summarizes the evidence base and explores how social isolation and loneliness affect health and quality of life in adults aged 50 and older, particularly among low income, underserved, and vulnerable populations. This report makes recommendations specifically for clinical settings of health care to identify those who suffer the resultant negative health impacts of social isolation and loneliness and target interventions to improve their social conditions. *Social Isolation and Loneliness in Older Adults* considers clinical tools and methodologies, better education and training for the health care workforce, and

of classics about children caught up in the Holocaust. Aron, the narrator, is an engaging if peculiar and unhappy young boy whose family is driven by the German onslaught from the Polish countryside into Warsaw and slowly battered by deprivation, disease, and persecution. He and a handful of boys and girls risk their lives by scuttling around the ghetto to smuggle and trade contraband through the quarantine walls in hopes of keeping their fathers, mothers, brothers, and sisters alive, hunted all the while by blackmailers and by Jewish, Polish, and German police, not to mention the Gestapo. When his family is finally stripped away from him, Aron is rescued by Janusz Korczak, a doctor renowned throughout prewar Europe as an advocate of children's rights who, once the Nazis swept in, was put in charge of the Warsaw orphanage. Treblinka awaits them all, but does Aron manage to escape—as his mentor suspected he could—to spread word about the atrocities? Jim Shepard has masterfully made this child's-eye view of the darkest history mesmerizing, sometimes comic despite all odds, truly heartbreaking, and even inspiring. Anyone who hears Aron's voice will remember it forever.

Shortlisted for the Man Booker Prize, this big, brilliant, profoundly observed novel by National Book Award Finalist Joshua Ferris explores the absurdities of modern life and one man's search for meaning. Paul O'Rourke is a man made of contradictions: he loves the world, but doesn't know how to live in it. He's a Luddite addicted to his iPhone, a dentist with a nicotine habit, a rabid Red Sox fan devastated by their victories, and an atheist not quite willing to let go of God. Then someone begins to impersonate Paul online, and he watches in horror as a website, a Facebook page, and a Twitter account are created in his name. What begins as an outrageous violation of his privacy soon becomes something more soul-frightening: the possibility that the online "Paul" might be a better version of the real thing. As Paul's quest to learn why his identity has been stolen deepens, he is forced to confront his troubled past and his uncertain future in a life disturbingly split between the real and the virtual. At once laugh-out-loud funny about the absurdities of the modern world, and indelibly profound about the eternal questions of the meaning of life, love and truth, *TO RISE AGAIN AT A DECENT HOUR* is a deeply moving and constantly surprising tour de force.

"Whether you view your one-woman ménage as Doom or Adventure, you need a plan, if you are going to make the best of it." Thus begins Marjorie Hillis' archly funny, gently prescriptive manifesto for single women. Though it was 1936 when the *Vogue* editor first shared her wisdom with her fellow singletons, the tome has been passed lovingly through the generations, and is even more apt today than when it was first published. Hillis, a true bon vivant, was sick and tired of hearing single women carping about their living arrangements and lonely lives; this book is her invaluable wake-up call for single women to take control and enjoy their circumstances. Hillis takes readers through the fundamentals of living alone, including the importance of creating a hospitable environment at home, cultivating hobbies that keep her there ("for no woman can accept an invitation every night without coming to grief"), the question of whether single ladies may entertain men at home (the answer may surprise you!), and many more. With engaging chapter titles like "A Lady and Her Liquor" and "The Pleasures of a Single Bed," along with a new preface by author Laurie Graff (*You Have to Kiss A Lot of Frogs*), *LIVE ALONE AND LIKE IT* is sure to appeal to live-aloners and many other readers alike.

From the creator of the popular website Ask a Manager and New York's work-advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice! There's a reason Alison Green has been called "the Dear Abby of the work world." Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don't know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You'll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit "reply all" • you're being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate's loud speakerphone is making you homicidal • you got drunk at the holiday party Praise for Ask a Manager "A must-read for anyone who works . . . [Alison Green's] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work."—Booklist (starred review) "The author's friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers' lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience."—Library Journal (starred review) "I am a huge fan of Alison Green's Ask a Manager column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor."—Robert Sutton, Stanford professor and author of *The No Asshole Rule* and *The Asshole Survival Guide* "Ask a Manager is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way."—Erin Lowry, author of *Broke Millennial: Stop Scraping By and Get Your Financial Life Together*

Caregiving is inevitably fraught with complex issues emotional as well as medical, financial, and legal. The ABA/AARP Checklist for Family Caregivers by Sally Balch Hurme can help organize the responsibilities that caregivers face. In one place, you'll be able to record and update the myriad details you need to keep track of. And if you don't know where to start, this invaluable tool tells you, step by step, what you need and why. You can easily personalize the to-do lists, either in the book or electronically, and have them available for quick reference for your caregiving team family, friends, aides, and medical, financial, and legal professionals. This new book third in the Checklist series from AARP and the ABA will save you time and simplify the daunting tasks of caregiving. Hurme shows you how to become a trusted steward without losing your sanity. A companion to the PBS documentary (June 2015) and Amy Goyer's ABA/AARP *Juggling Life, Work, and Caregiving*.

The Prepper's Guide to Food Storage A Practical Guide to Storing Food For the Long Term When most people start thinking about family preparedness, they focus on food. Not shelter, gear, sanitation, power, self-defense or the myriad of other concerns that need to be addressed following an emergency or disaster situation. Quite simply, food is the number one concern people have second only to their concern for having an adequate supply of water. *The Prepper's Guide to Food Storage* is a book about food: What to store, how to store it and best practices. It is a roadmap for showing ordinary citizens that long-term food storage is not something that will overwhelm or burden the family budget. This book is based upon the author's own tried and true personal experience as someone who has learned to live the preparedness lifestyle by approaching emergency preparedness and planning in a systematic, step-by-step manner. This book will cover: Store What You Eat and Eat What you Store, 20 Items to Kick Start Your Food Storage Pantry, Tips for Building an Emergency Food Supply, Common Food Storage Mistakes, Moving Beyond Pre-packaged Foods, and much, much more! Whether you simply want to prepare for natural disasters or whether you believe the world is headed toward a major food crisis, this book is for you. It covers basic tips and techniques you can use to stock your food storage pantry so that you can be assured that your family will have food to eat, no matter what.

* 'This refreshing, unusual book needs to exist. A culture shift which repositions a single person as someone who is relationship-free, complete, and not lacking is long overdue.' - The i * * 'Absolutely f*cking brilliant' - Florence Given * Having a secret single freak-out? Feeling the red, heart-shaped urgency intensify as the years roll on by? Oh hi! You're in the right place. Over half of Brits aged 25-44 are now single. It's become the norm to remain solo until much later in life, given the average marriage ages of 35 (women) and 38 (men). Many of us are choosing never to marry at all. But society, films, song lyrics and our parents are adamant that a happy ending has to be couple-shaped. That we're incomplete without an 'other half', like a bisected panto pony. Cue: single sorrow. Dating like it's a job. Spending half our lives waiting for somebody-we-fancy to text us back. Feeling haunted by the terms 'spinster' or 'confirmed bachelor.' Catherine Gray took a whole year off dating to find single satisfaction. She lifted the lid on the reasons behind the global single revolution, explored the bizarre ways cultures single-shame, detached from 'all the good ones are gone!' panic and debunked the myth that married people are much

happier. Let's start the reverse brainwash, in order to locate - and luxuriate in - single happiness. Are you in? *Spoiler: you're already whole PRAISE FOR CATHERINE GRAY'S WRITING: "Fascinating." Bryony Gordon "Not remotely preachy." The Times "Jaunty, shrewd and convincing." The Telegraph "Admirably honest, light, bubbly and remarkably rarely annoying." The Guardian "Truthful, modern and real." Stylist "Brave, witty and brilliantly written." Marie Claire "Haunting, admirable and enlightening." The Pool

Safety tips are everywhere and everyone has one. This book is a collection of the best and most useable tips that I have given to people or learned over the years from the different situations that I have seen, heard about, or had to deal with as a police officer. What I have tried to do is present them in a way that is understandable and in a format this is easy to use. Some books on the market want to scare you. That is not my intent. I want to make you confident and aware. Doing everything in this book will not guarantee that you will always be safe, but making them a part of your daily life will make you a much less likely target. Crooks look for easy prey, don't be easy!

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