

This Mum Runs

Mommy's the best! Happy Mother's Day! It was always like that! Therefore we now have this great and personal notebook for Mama for Mother's Day. Give something completely different as a present. Mama can plan with the notebook, record ideas and has a lot of space to write and note, on 120 dot grid pages with our notebook for Mother's Day! You get: A great Mother's Day design and generous (6 x 9 inch) Each notebook has a unique design cover with matt finish Perfect for Hand Lettering or as Bullet Journal A perfect Mother's Day present What can you take it for? Success journal | Calendar | Diary | Event planner | Address book | Projects | Recipe book | Course planner | Sketchbook | Holiday experiences | Vocabulary | Fitness logbook and much more. So mummy gets almost everything she expects from a good notebook! Our notebook is universally applicable. Due to the freely configurable table of contents you or mummy have everything at a glance and find what she is looking for in a flash. Thus the book is usable also for several purposes at the same time, great or! It is the perfect gift for Mother's Day or someone who loves fancy notebooks!

Sport has an extraordinary, unique capacity to challenge and change society – to bring joy and hope; to improve physical and mental health, reduce loneliness and build self-esteem and happiness. It's also a multi-billion-pound commercial industry that can transform lives, businesses, nations and regions. Why has half the population been deprived of access to something so culturally powerful? In recent years, the landscape for women's sport has finally begun to shift. We've seen significant increases in investment, spectators and media coverage. More women as professional athletes and taking influential roles as board directors, editors, officials and CEOs. Yet still, female athletes don't get equal funding or opportunities. In many sports, women receive less prize money, lower sponsorship revenues and a tiny fraction of the media coverage. Drawing on her own experiences, and interviews with high profile Olympic and Paralympic champions, broadcasters, journalists, sports scientists, CEOs, officials and sponsors, Sue Anstiss investigates why women have been excluded from the world of sport for centuries – and why we are now witnessing positive change as never before. Game On is a celebration of the trailblazing women opening doors for others and a manifesto for women's sport – a rallying cry to ensure the progress we are currently seeing goes from strength to strength.

Let your mum know how awesome she is! A beautiful, bright & bold, fun & personalized notebook. Makes a great Mother's Day, Grandparent's Day, Christmas, Hanukkah, birthday, or any day gift. Perfect for taking notes, jotting lists, doodling, brainstorming, prayer and meditation journaling, writing in as a diary, or giving as a gift. Not too thick & not too thin, so it's a great size to throw in your purse or bag!

SIZE: 6 X 9 PAPER: Lightly Lined on White Paper PAGES: 120 Pages (60 Sheets Front/Back) COVER: Soft Cover (Matte)

My Mummy Runs is a light hearted tale about a mummy and daughter's exercise adventure through the park inspired by the mummy's love of running. Join them as they have fun with exercise and perhaps join in the workouts too.

Lisa Jackson is a surprising cheerleader for the joys of running. Formerly a committed fitness-phobe, she became a marathon runner at 31, and ran her first 56-mile ultramarathon at 41. And unlike many runners, Lisa's not afraid to finish last—in fact, she's done so in 20 of the 90-plus marathons she's completed so far. But this isn't just Lisa's story, it's also that of the extraordinary people she's met along the way—tutu-clad fun-runners, octogenarians, 250-mile ultrarunners—whose tales of loss and laughter are sure to inspire you just as much as they've inspired her. This book is for anyone who longs to experience the sense of connection and achievement that running has to offer, whether you're a nervous novice or a seasoned marathoner dreaming of doing an ultra.

"But ultimately it was his students - including Marriner, Maazel, Kunzel, Previn, Zinman, and author John Canarina - who would be his dearest successes, along with the living legacy of the conducting school he founded in Hancock, Maine, in 1943."--BOOK JACKET.

Starting a Ketogenic Diet can seem a bit overwhelming when you first start, especially when trying to get your head round what foods you are allowed to eat, then learning how to keep track of your macros, counting calories, and trying to come to terms with cooking this huge range of different food combinations that you now have available to you. But you can be reassured that it soon becomes second nature knowing what you can and can't eat, no matter which style of keto you are following. However to help you ease into your new lifestyle with the minimum of stress and confusion we have developed this keto planner and workbook to get you through those early days or even when you are fully fledged to help you manage on a daily basis. This Keto journal will become your convenient diary and motivating planner particularly at the beginning of your Ketogenic diet. It comes with all the necessary tools in the form of pages to measure and chart every step of your keto journey. This is the best way to help you get started on your journey to a fit and healthy life. Inside you Will Find: Keto Yearly Tracker 30- & 15-Day Keto Challenge Space for Before and After Photos Weight Loss Tracker Macro Record Page List of Ketogenic Allowed Foods Grocery Ideas Weekly Shopping Lists Meal Planners Weight Loss Journals Weight Loss Routines Daily Trackers Daily Accountability Favorite Keto Meals Blank Recipe Pages Weekly Progress Sheets Monthly Progress Tracker Goal Setter Intermittent Fasting Log

A compilation of the authors' experience implementing a ward-based psychotherapy service for renal dialysis and transplant patients.

The inspirational story of athlete Jo Pavey, the runner and mum who ran at a record-breaking fifth Olympic Games at Rio 2016. 'Come-back races? I've had more than a few, the night of 10 May 2014 was the ultimate long shot. I was a forty-year-old mother of two who had given birth eight months before. I trained on a treadmill in a cupboard by the back door and I was wearing a running vest older than most of the girls I was competing against. Was I crazy?' Jo Pavey was forty years old when she won the 10,000m at the European Championships. It was the first gold medal of her career and, astonishingly, it came within months of having her second child. The media dubbed her 'Supermum', but Jo's story is in many ways the same as every mother juggling the demands of working life with a family – the sleepless nights, the endless nappy changing, the fun, the laughter and the school-run chaos. The only difference is that Jo is a full-time athlete pushing a buggy on her training runs, clocking up miles on the treadmill in a cupboard while her daughter has her lunchtime nap, and hitting the track while her children picnic on the grass. Heartwarming and uplifting, This Mum Runs follows Jo's roundabout journey to the top and all the lessons she's learnt along the way. It is the inspiring yet everyday story of a mum that runs and a runner that mums.

Misadventures in Entrepreneurship® is the brainchild of Gayle Mann and Lucy-Rose Walker who were personally involved in the start-up, growth and eventual sale of Entrepreneurial Spark. They have experienced their own 'misadventures' as well as the many misadventures of the 4000+ entrepreneurs they have worked with along the way, most of which were entirely psychological. It focuses on the psychology of entrepreneurship® and how crucial it is to getting in, and out, of many of the most common misadventures. Dispelling myths about the daily challenges entrepreneurs face, and providing reassurance and inspiration, Misadventures in Entrepreneurship® delivers support and guidance to entrepreneurs of all shapes and sizes through the authors' story and those of many other entrepreneurs as they cope day to day. If you feel like your business has taken over your life, if you love what you do but struggle to juggle all your priorities, if you sometimes forget what you dreamed of when you started – this book is for you.

Offers the true story of a Sudanese boy who, through unyielding faith, overcame a wartorn nation to become an American citizen and an Olympic contender.

Lucy seems to be out on a limb. Everybody has a boyfriend except her, and since she put Tony on the back burner he's found someone else. Then on a spa weekend with Izzie, Lucy meets someone who seems just right for her. And he feels the same way about her. But after a while, she starts to feel smothered. Maybe the life of a singleton isn't so bad after all . . .

Since their mother's death, Tip and Teddy Doyle have been raised by their loving, possessive, and ambitious father. As the former mayor of Boston, Bernard Doyle wants to see his sons in politics, a dream the boys have never shared. But when an argument in a blinding New England snowstorm inadvertently causes an accident that involves a stranger and her child, all Bernard Doyle cares about is his ability to keep his children—all his children—safe. Set over a period of twenty-four hours, *Run* takes us from the Museum of Comparative Zoology at Harvard to a home for retired Catholic priests in downtown Boston. It shows us how worlds of privilege and poverty can coexist only blocks apart from each other, and how family can include people you've never even met. As in her bestselling novel *Bel Canto*, Ann Patchett illustrates the humanity that connects disparate lives, weaving several stories into one surprising and endlessly moving narrative. Suspenseful and stunningly executed, *Run* is ultimately a novel about secrets, duty, responsibility, and the lengths we will go to protect our children.

A must-read for fans of Rachel Joyce's *The Unlikely Pilgrimage of Harold Fry* and Maria Semple's *Where'd You Go, Bernadette* 'A touching, sometimes funny, often wise portrait of grief.' Kirkus Heartbreaking and hilarious in equal measure, by the author of the New York Times bestselling phenomenon *A Man Called Ove* will charm and delight anyone who has ever had a grandmother. Everyone remembers the smell of their grandmother's house. Everyone remembers the stories their grandmother told them. But does everyone remember their grandmother flirting with policemen? Driving illegally? Breaking into a zoo in the middle of the night? Firing a paintball gun from a balcony in her dressing gown? Seven-year-old Elsa does. Some might call Elsa's granny 'eccentric', or even 'crazy'. Elsa calls her a superhero. And granny's stories, of knights and princesses and dragons and castles, are her superpower. Because, as Elsa is starting to learn, heroes and villains don't always exist in imaginary kingdoms; they could live just down the hallway. As Christmas draws near, even the best superhero grandmothers may have one or two things they'd like to apologise for. And, in the process, Elsa can have some breath-taking adventures of her own . . .

'A funny, warm-hearted read, filled with characters you'll love.' Matt Dunn Welcome to the idyllic country retreat of Christmas Steepleton, and let Jane Lovering whisk you away with the most heart-warming, romantic and comforting read of the year. Leaving London and her ex-husband Luc behind, Katie and her 14-year-old daughter Poppy move into their very own, very ramshackle cottage near the village of Christmas Steepleton on the Dorset coast. Harvest Cottage has been unloved for many years, so the job of bringing it back to life is a slow and expensive one. So, with funds running low, Katie jumps at the chance when a film company asks to use the cottage as a location. But even as things are looking up, as harvest time passes and autumn chill starts to bite, the prospect of a cold winter in the country is daunting. Some light relief comes from new friend Gabriel, so different from Katie's exuberant but arrogant ex Luc. Will their friendship blossom into something more romantic, or will the reality of a tough country winter send her and Poppy scurrying back to the comforts of town? Let Jane Lovering spirit you away to the perfect country escape, far away from the bustle of the city. Just right for fans of Emma Burstall, Fern Britton and Kate Forster.

Managers and other businesspeople can profit from widespread changes in American immigration law if they have the tools to understand and work with the new rules and procedures. The 1990 United States Immigration Act initiated a significant change in American immigration policy. Geared toward attracting international business To The United States, The Act stressed the importance of exceptional business ability and provided incentives to certain professionals and to businesspeople with the means to invest in new commercial enterprises. United States Entry and Work Permits details the new rules and procedures of American immigration law, providing the tools the reader needs to understand and work within the framework of the changes in the law. A major source of information on United States entry and work permits For The business community in general, this book is especially helpful in assisting human resources managers and others engaged in relocation issues, As well as transferee workers and their families.

#1 NEW YORK TIMES BESTSELLER • ONE OF TIME MAGAZINE'S 100 BEST YA BOOKS OF ALL TIME The extraordinary, beloved novel about the ability of books to feed the soul even in the darkest of times. When Death has a story to tell, you listen. It is 1939. Nazi Germany. The country is holding its breath. Death has never been busier, and will become busier still. Liesel Meminger is a foster girl living outside of Munich, who scratches out a meager existence for herself by stealing when she encounters something she can't resist—books. With the help of her accordion-playing foster father, she learns to read and shares her stolen books with her neighbors during bombing raids as well as with the Jewish man hidden in her basement. In superbly crafted writing that burns with intensity, award-winning author Markus Zusak, author of *I Am the Messenger*, has given us one of the most enduring stories of our time. "The kind of book that can be life-changing." —The New York Times "Deserves a place on the same shelf with *The Diary of a Young Girl* by Anne Frank." —USA Today DON'T MISS BRIDGE OF CLAY, MARKUS ZUSAK'S FIRST NOVEL SINCE THE BOOK THIEF.

'Important on so many levels - every new parent should read it, men included' Ross J. Barr, Acupuncturist and Women's Health Expert 'An absolute treasure trove on women's physical and mental postnatal health' Milli Hill, author of *Give Birth Like A Feminist* and *The Postitive Birth Book* While there is a wealth of advice for new mums on caring for their babies the same is not true for postpartum health. Fulfilling this vital need, *After Birth* is the ultimate postnatal primer for women facing changes to their bodies after having a baby. Addressing issues great and small - from hair loss and stretch marks, to bladder and bowel leaks, painful sex, diastasis recti and mental health - researcher and writer Jessica Hatcher-Moore brings together straight-talking advice on preparation for childbirth, healing, and recovery in the weeks, months and even years that follow. She also offers insights for

partners, whose role is often overlooked at this critical time. Blending knowledge from the full spectrum of modern and traditional therapies with honest experiences from mothers, here is balanced advice with no agenda. Taking a broad look at what we can do for ourselves at home, and also when to seek expert help, *After Birth* will reassure, inform and empower women to reclaim their post-birth bodies.

The inspiring, hilarious memoir of a “Bridget Jones-like writer” (The Washington Post) who transforms her life by learning to run, with stories of miserable defeat, complete victory, and learning to choose the right shoes. When Alexandra Heminsley decided to take up running, she had hopes for a blissful runner’s high and immediate physical transformation. After eating three slices of toast with honey and spending ninety minutes creating the perfect playlist, she hit the streets—and failed spectacularly. The stories of her first runs turn on its head the common notion that we are all “born to run”—and exposes the truth about starting to run: it can be brutal. *Running Like a Girl* tells the story of getting beyond the brutal part, how Alexandra makes running a part of her life, and reaps the rewards: not just the obvious things, like weight loss, health, and glowing skin; but self-confidence and immeasurable daily pleasure, along with a new closeness to her father—a marathon runner—and her brother, with whom she ultimately runs her first marathon. But before her first marathon, she has to figure out the logistics of running: the intimidating questions from a young and arrogant sales assistant when she goes to buy her first running shoes, where to get decent bras for the larger bust, how not to freeze or get sunstroke, and what (and when) to eat before a run. She’s figured out what’s important (pockets) and what isn’t (appearance), and more. For any woman who has ever run, wanted to run, tried to run, or failed to run (even if just around the block), Heminsley’s funny, warm, and motivational personal journey from nonathlete extraordinaire to someone who has completed five marathons is inspiring, entertaining, practical, and fun.

“Maybe you’ve been putting your own dreams on hold. Maybe you’re recovering from your own illness. Maybe you’ve lost someone you care about . . . After reading this book, you’ll be eager to imagine your own amazing next season.” -- Peyton Manning, from the foreword

A Season with Mom offers readers an intimate, true story about the bond shared between a mother and daughter, a road trip to all 30 Major League Baseball (MLB) parks, and the importance of relishing every joy and struggle along the way. The book is highly recommended for mothers and daughters cancer survivors baseball and sports fans of all ages anyone who has experienced loss . . . and maybe fallen in love along the way

Join Katie as she travels more than 30,000 miles to all 30 MLB parks in a single season, a rare feat covered by the likes of ESPN. Along with black-and-white photographs, Katie shares letters written to her mom, who died of cancer before the two of them could go on the adventure of a lifetime together. During the journey, Katie beautifully illustrates the brevity of life, the impetus of adventure, and the clarity that comes by watching America’s favorite pastime. *A Season with Mom* reminds readers that in life, as in baseball, sometimes you strike out, but sometimes you hit home runs. And even if the wait is longer than you’d hoped--like it was for the Chicago Cubs’ long-sought World Series win--dreams can come true.

Fuel up like 2017 New York City Marathon Champion Shalane Flanagan. From world-class marathoner and 4-time Olympian Shalane Flanagan and chef Elyse Kopecky comes a whole foods, flavor-forward cookbook—and New York Times bestseller—that proves food can be indulgent and nourishing at the same time. Finally here's a cookbook for runners that shows fat is essential for flavor and performance and that counting calories, obsessing over protein, and restrictive dieting does more harm than good. Packed with more than 100 recipes for every part of your day, mind-blowing nutritional wisdom, and inspiring stories from two fitness-crazed women that became fast friends over 15 years ago, *Run Fast. Eat Slow.* has all the bases covered. You'll find no shortage of delicious meals, satisfying snacks, thirst-quenching drinks, and wholesome treats—all made without refined sugar and flour. Fan favorites include Can't Beet Me Smoothie, Arugula Cashew Pesto, High-Altitude Bison Meatballs, Superhero Muffins, Kale Radicchio Salad with Farro, and Double Chocolate Teff Cookies.

This book helps nursing and healthcare students to prepare for the challenges of working with the increasing number of patients requiring palliative care, so that they can work in partnership with patients and their carers, providing care that is compassionate, practical and backed up by the latest evidence. Delivering palliative care can be emotionally challenging and the book focuses on supporting healthcare staff, allowing them to provide the care that is needed. Key features include: * case studies in every chapter, helping students to practically work through difficult scenarios * reflective activities that assist readers in thinking critically about their care and how to improve it * a holistic approach to palliative care that includes family, carers and interprofessional work * up to date theory and policy. *Palliative Care in Nursing and Healthcare* is suitable for undergraduate nursing students and allied health students and practitioners. Michelle Brown is Senior Lecturer at the University of Derby.

This book was written for all the parents who are having difficulty with their young child. “Our children are beautiful active little people and we sometimes experience difficulties when their stubbornness or their behaviour leaves us confused. When our children will not listen to us, they behave in a manner we feel is not appropriate or they may act out with anger or tantrums at the worst possible times, what are we suppose to do?” By following these simple suggestions your children will behave positively and without arguments. • Are you experiencing regular tantrums from your child? • Do you argue about behaviours? • Do you feel your child does not listen to you? • Is there a problem with your child going to bed or staying in bed? Then this is the book you need to read now! Parents can easily learn to get their power back, to run their house the way they believe is right for them and their children. This book can be used as a simple guide to assist you to make the right rules and boundaries for your children and have them followed. It will help you to guide your children toward better behaviours without too much conflict. By using these suggestions you can communicate better with both your partner and children to achieve the outcome you require. You run the house, not the children. Get back your control and power easily with little effort both within the home and when out. Follow these suggestions for a happier, life that will be more fulfilling, enjoyable, and fun.

If you're a mum who wants to run, there's nothing stopping you! When busy mum Leanne Davies set up a social media group for her and a couple of friends to encourage one another to go running, she never imagined it would quickly become a nationwide network of thousands of women, all sharing a passion for the sport and a penchant for colourful compression socks. Gathering the very best of the advice and tips from the Run Mummy Run network, Leanne and co-writer Lucy have created this comprehensive beginner’s guide to running that includes sections on: • From starting with a Couch To 5k plan to building up the confidence to race • Fitting in running around work and family life • Overcoming barriers to exercise • How to keep on running when motivation wanes, and much more! Not just your average practical go-to, this book is filled with down-to-earth advice, training schedules and inspirational stories that’ll help you to be fit, healthy and happy.

A bestselling modern classic—both poignant and funny—about a boy with autism who sets out to solve the murder of a neighbor's

dog and discovers unexpected truths about himself and the world. Nominated as one of America's best-loved novels by PBS's The Great American Read Christopher John Francis Boone knows all the countries of the world and their capitals and every prime number up to 7,057. He relates well to animals but has no understanding of human emotions. He cannot stand to be touched. And he detests the color yellow. This improbable story of Christopher's quest to investigate the suspicious death of a neighborhood dog makes for one of the most captivating, unusual, and widely heralded novels in recent years.

An inclusive, holistic, evidence-based guide for pregnancy, birth, and the postpartum journey—created for modern moms by the experts at the Motherly online community. Pregnancy isn't just about creating a baby. It's also about the powerful transformation we go through on the journey to becoming "mama." We created The Motherly Guide to Becoming Mama to coach and inspire you each step of the way. This is the pregnancy book we wish we'd had when we first became mothers—a mama-centered guide that doesn't just focus on your baby's needs, but honors and coaches you through this profound life change. Here's the most important thing to remember: you are a phenom, and you are going to rock this. And you don't have to do this alone. At your highest highs and your lowest lows, there is a village of professionals and peers to traverse this path with you. This book won't bog you down with demands, give you more to be worried about, or tell you what to do. It's impossible to know exactly what to expect during your pregnancy—after all, you are your own amazing woman with unique dreams, experiences, and needs. Instead, we've filled this illustrated guide with the best knowledge, wisdom, and support we have to offer, including: • Getting pregnant—planning, conception, fertility challenges, and finding the right care provider and birth strategy for you • Pregnancy month by month—how to understand, nourish, and support your own body and your baby's health throughout your pregnancy • Giving birth—everything you need to feel empowered and prepared through the four stages of labor • The "fourth trimester"—helping you heal, process your experience, and thrive in the super-important and often ignored postpartum period • Tests and complications—no scare tactics, no intimidation; just good, well-researched information about the ways you can best prevent and prepare for challenges • Partners, friends, and family—our best tips for your whole support team • The many faces of mama—adoption, surrogacy, fostering, and the beautiful variety of motherhood experiences • Answers to the most common questions mamas have about finances, maternity leave, baby gear, relationships with family, nutrition, fitness, and much more Whether this is your first baby or your fourth, whether you're still deciding about pregnancy or have an unplanned baby on the way, becoming mama involves your body, mind, emotions, lifestyle, relationships, schedule, spirituality, worldview—and most of all, your heart. This is an unprecedented time to embark on the journey of motherhood. You are part of a new generation of women elevating empowerment in all its forms. The Motherly Guide to Becoming Mama was made for you—a loving and supportive embrace of your unique motherhood journey in all its power, complexity, and beauty.

This Mum Runs Random House

A charming, warmhearted novel from the author of the New York Times bestseller *A Man Called Ove*. Elsa is seven years old and different. Her grandmother is seventy-seven years old and crazy—as in standing-on-the-balcony-firing-paintball-guns-at-strangers crazy. She is also Elsa's best, and only, friend. At night Elsa takes refuge in her grandmother's stories, in the Land-of-Almost-Awake and the Kingdom of Miamas, where everybody is different and nobody needs to be normal. When Elsa's grandmother dies and leaves behind a series of letters apologizing to people she has wronged, Elsa's greatest adventure begins. Her grandmother's instructions lead her to an apartment building full of drunks, monsters, attack dogs, and old crones but also to the truth about fairy tales and kingdoms and a grandmother like no other. *My Grandmother Asked Me to Tell You She's Sorry* is told with the same comic accuracy and beating heart as Fredrik Backman's bestselling debut novel, *A Man Called Ove*. It is a story about life and death and one of the most important human rights: the right to be different.

Modern life is complicated, much more so than it used to be. Acclaimed author and social entrepreneur, Julia Hobsbawm, shows you a simpler way. *The Simplicity Principle* challenges the assumption that all things that are complex have to stay that way. It helps keep things as lean, simple and focused as possible. Smartphone users experience concentration interruptions every 12 minutes of the day, there are over 250 billion emails sent every 24 hours and by 2021 the internet will have created more than 3.3 zettabytes of data. Yet complexity doesn't have to dominate, complicate or clutter our lives. Based on a hexagonal model, this book shows you that it's easy to streamline and simplify both your professional and personal lives with lessons based on the natural world. For anyone who feels that life can be too much, *The Simplicity Principle* will help you break free of the endless choices and complexities that we face in the world today. It's time to gain control of your focus and productivity, and most importantly, KEEP IT SIMPLE.

Snatched is an exciting, contemporary story of Kieran, a man's whose job ostensibly is to run a high end sports tick agency but actually it is to steal children to order for rich Russian and Arab oligarchs. The book explores what happens when one snatch goes wrong and the consequences that follow.

In 1967, Kathrine Switzer was the first woman to officially run what was then the all male Boston Marathon, infuriating one of the event's directors who attempted to violently eject her. In what would become an iconic sports image, Switzer escaped and finished the race. This was a watershed moment for the sport, as well as a significant event in women's history. Including updates from the 2008 Summer Olympics, the paperback edition of *Marathon Woman* details the life of an incredible, pioneering athlete, and the lasting effect she's had on women's sports. Switzer's energy and drive permeate the pages of this warm, witty memoir as she describes everything from the childhood events that inspired her to succeed to her big win in the 1974 New York City Marathon, and beyond.

INSTANT NATIONAL BESTSELLER "A manifesto to happiness—the one found when you stop running from who you are." —New York Times Book Review "An extraordinary book, acrobatic on the level of the sentence, symphonic across its many movements—and this is a book that moves...*My Year Abroad* is a wild ride—a caper, a romance, a bildungsroman, and something of a satire of how to get filthy rich in rising Asia." —Vogue From the award-winning author of *Native Speaker* and *On Such a Full Sea*, an exuberant, provocative story about a young American life transformed by an unusual Asian adventure – and about the human capacities for pleasure, pain, and connection. Tiller is an average American college student with a good heart but minimal aspirations. Pong Lou is a larger-than-life, wildly creative Chinese American entrepreneur who sees something intriguing in Tiller beyond his bored exterior and takes him under his wing. When Pong brings him along on a boisterous trip across Asia, Tiller is catapulted from ordinary young man to talented protégé, and pulled into a series of ever more extreme and eye-opening experiences that transform his view of the world, of Pong, and of himself. In the breathtaking, "precise, elliptical prose" that Chang-rae Lee is known for (The New York Times), the narrative alternates between Tiller's outlandish, mind-boggling year with Pong

