

Acces PDF How To Save A Life Sara Zarr

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G6B7T1 - JILLIAN SANAA

Josephine Clark is trapped. A harrowing past haunts her every time she looks in the mirror, and she can't escape the violence of her everyday life. More and more, her thoughts turn to Evan Salinger, the boy she knew in high school. The boy they called a mental case. A loner. A freak. The boy who seemed to know things no one could know. For a few short weeks, Jo had found perfect solace in Evan's company, sneaking every night to meet him at the local pool. In the cool of the water and the warmth of Evan's arms around her, Jo had tasted something close to happiness. Cruel circumstances tore them apart, and four years later, the sweet memory of their time together is dissolving under the punishing reality of Jo's life now. Evan seems like a fading dream...until he reappears at the moment she needs him most. Guided by Evan's strange intuition, they flee her small Louisiana town, on the run from the police, and Jo begins to suspect there is something more to his sudden return than he admits. Over twelve days across America's heartland, deep secrets come to light, buried pasts are unearthed, and the line between dreams and reality is blurred as Evan and Jo fight to hold on to their soul-deep love, and discover that there is more than one way to save a life. How to Save a Life is a complete second-chance STANDALONE novel with shades of the paranormal. It carries the characters from high school through to their early twenties. It is not YA; mature subject matter and sexual situations. TRIGGER WARNING: some domestic violence (on the page) and mentions of sexual abuse (off the page) For readers 18 years and up.

A profound, uplifting and accessible introduction to key philosophical ideas and their relevance to everyday life.

For the first time in history, eradicating world poverty is within our reach. Yet around the world, a billion people struggle to live each day on less than many of us pay for bottled water. In *The Life You Can Save*, Peter Singer uses ethical arguments, illuminating examples, and case studies of charitable giving to show that our current response to world poverty is not only insufficient but morally indefensible. *The Life You Can Save* teaches us to be a part of the solution, helping others as we help ourselves.

Groundhog Day meets *Grey's Anatomy* in this heartfelt novella with a hint of magic from the internationally bestselling author of *The Sweetness of Forgetting* and *The Life Intended*, in which a woman with only a short time to live discovers she can repeat the same day over and over until her life feels complete. When a pediatric oncology nurse receives a devastating prognosis—she has just weeks left to live—she finds unexpected comfort from a patient. Her young friend shares a life- and death-changing secret: it is possible to live the same day over and over again until she's experienced a truly full life. Thus begins a heartbreaking and joyful journey of love, friendship, and self-discovery, as the brave nurse only truly learns how to live in the face of death. Kristin Harmel, whose work has been called "immersive and evocative" (*Publishers Weekly*), "absorbing...well-paced and warmhearted" (*Kirkus Reviews*), and "absolutely enthralling" (*Fresh Fiction*), infuses her poignant, uplifting novella with a dash of magic and a hefty dose of heart.

A young woman flees violence in Mexico and seeks protection in the United States—only to be trafficked as a domestic worker in the Bronx. A decorated immigration judge leaves his post when the policies he proudly upheld capsize in the wake of political turmoil. A Gambian translator who was granted asylum herself talks with other African women about how immigration officers expect victims of torture to behave. A border patrol officer begins to question the training that instructs him to treat the children he finds in the Arizona desert like criminals. Through these and other powerful first-hand accounts, *A Story to Save Your Life* offers new insight into the harrowing realities of seeking protection in the United States. Sarah C. Bishop argues that cultural differences in communication shape every stage of the asylum process, playing a major but unexamined role. Migrants fleeing persecution must reconstruct the details of their lives so governmental authorities can determine whether their experiences justify protection. However, Bishop shows, many factors influence whether an applicant is perceived as credible, from the effects of trauma on the ability to recount an experience chronologically to culturally rooted nonverbal behaviors and displays of emotion. For asylum seekers, harnessing the power of autobiographical storytelling can mean the difference between life and death. *A Story to Save Your Life* emphasizes how memory, communication, and culture intertwine in migrants' search for safety.

Making friends has never been Elise Dembowski's strong suit. All throughout her life, she's been the butt of every joke and the outsider in every conversation. When a final attempt at popularity fails, Elise nearly gives up. Then she stumbles upon a warehouse party where she meets Vicky, a girl in a band who accepts her; Char, a cute, yet mysterious disc jockey; Pippa, a carefree spirit from England; and most importantly, a love for DJing. Told in a refreshingly genuine and laugh-out-loud funny voice, Leila Sales' *THIS SONG WILL SAVE YOUR LIFE* is an exuberant novel about identity, friendship, and the power of music to bring people together.

THE NEW YORK TIMES BESTSELLER The first inside story of one of TV's most popular and beloved dramas, *Grey's Anatomy*. More than fifteen years after its premiere, *Grey's Anatomy* remains one of the most beloved dramas on television and ABC's most important property. It typically wins its time slot and has ranked in the Top 20 most-watched shows in primetime for most of its seventeen-season run. It currently averages more than eight million viewers each week. Beyond that, it's been a cultural touchstone. It introduced the unique voice and vision of Shonda Rhimes; it made Ellen Pompeo, Sandra Oh and T.R. Knight household names; and injected words and phrases into the cultural lexicon, such as "McDreamy," "seriously," and "you're my person." And the behind-the-scenes drama has always been just as juicy as what was happening in front of the camera, from the controversial departure of Isaiah Washington to Katherine Heigl's fall from grace and Patrick Dempsey's shocking death episode. The show continued to hemorrhage key players, but the beloved hospital series never skipped a beat. Lynette Rice's *How to Save A Life* takes a totally unauthorized deep dive into the show's humble start, while offering exclusive intel on the behind-the-scenes culture, the most heart-breaking departures and the more polarizing plotlines. This exhaustively enthusiastic book is one that no *Grey's Anatomy* fan should be without.

This is not a typical self help book. This is a book of action. This is a book that is going to light a fire under your ass. In this refreshingly entertaining do it yourself-self help book, life coach, podcaster and inspirational speaker, Jessica Jeboult, will show you how to save your own damn life. By upholding the 4 commitments outlined in this book, you will track where your life needs improvement and learn the tools and strategies to successfully implement a solution immediately. Through hilariously inspiring stories, sage advice and simple, user friendly exercises, you will learn how to: -improve your health-override self doubt-live a life you're proud of-cultivate fulfilling relationships-build an end-

less source of confidence-love your job and career -take action You will get the cheat codes to living a happy, healthy, productive life filled with love. "Anything I can do, you can do too. If you want to take control of your life, let's get to work!"

There's more than one way to save a life...Riley James has everything to live for, a business to grow, goals to achieve. After everything she's overcome, there's no way she's going to let anyone get in the way of her hopes and dreams. Not even a handsome businessman who makes her a crazy offer she would be even crazier to refuse. Jordan West has everything a man could want. And yet it all feels so meaningless. But when tragedy strikes and he's entrusted with the care of a two-year-old toddler, life doesn't seem so meaningless anymore. Jordan West suddenly has everything to live for. Problem is...how does he hold on to that feeling?

From an important new American writer comes this powerful collection of personal essays on fear, creativity, art, faith, academia, the Internet, and justice. In this poignant and inciting collection of literary essays, Megan Stielstra tells stories to ward off fears both personal and universal as she grapples toward a better way to live. In her titular piece "The Wrong Way To Save Your Life," she answers the question of what has value in our lives—a question no longer rhetorical when the apartment above her family's goes up in flames. "Here is My Heart" sheds light on Megan's close relationship with her father, whose continued insistence on climbing mountains despite a series of heart attacks leads the author to dissect deer hearts in a poetic attempt to interrogate her own feelings about mortality. Whether she's imagining the implications of open-carry laws on college campuses, recounting the story of going underwater on the mortgage of her first home, or revealing the unexpected pains and joys of marriage and motherhood, Stielstra's work informs, impels, enlightens, and embraces us all. The result is something beautiful—this story, her courage, and, potentially, our own. Intellectually fierce and viscerally intimate, Megan Stielstra's voice is witty, wise, warm, and above all, achingly human. "Stielstra is a masterful essayist."—Roxane Gay, author of *Bad Feminist* and *Hunger*

'A beautifully written tale of enduring love' Rowan Coleman One night in December, twenty-two year old Ted Green makes his way to Waterloo Bridge determined to end his life. Lonely and despairing, it seems the only choice. That same night, Marianne Cooper is running away from a party. Having found her boyfriend in a passionate clinch with someone else, Marianne can't get away fast enough. But as she makes her way along London's South Bank, a figure catches her eye on top of the bridge. Then she sees him, a man ready to jump. When Marianne saves Ted's life, this night in December becomes one they'll never forget, and what should be the start of a love story to last them a lifetime. But as Ted watches Marianne leave in a black taxi, all he can think is he should have asked her name. In a story spanning twenty years, join Ted and Marianne as they navigate life's twists and turns, joys and heartbreaks, while all the time wondering - will fate ever bring them together again, and will true love save them both in the end... Perfect for fans of Sophie Cousens and Isabelle Broom. 'I loved *How To Save A Life* by Clare Swatman. Warm, romantic and wonderfully written, it's an emotional and thought-provoking read with such relatable characters.' Debbie Howells 'How To Save A Life is a beautiful love story that vividly evokes time and place, transporting the reader to a snowy London night and a chance encounter that changes the lives of two people irrevocably. It takes us on a nostalgic and emotional trip through the past twenty years, and leaves you rooting for everyone who is brave enough to follow their heart and not their head.' Victoria Scott Praise for Clare Swatman: 'How to Save a Life is a breathless story of enduring love that will fill your heart and give you hope.' Laura Kemp 'How to Save a Life is such a special book, filled with broken and relatable characters, who you can't help but love. Just Gorgeous!' Emma Cooper 'How to Save a Life' is a gorgeously romantic, sliding doors love story about how The One will find you in the end.' Katy Regan 'Heart-breaking and life-affirming in equal measures, *Before We Grow Old* is the tender story of a chance meeting between former childhood sweethearts Fran and Will, and is packed with secrets and revelations. Through her beautiful writing, Clare Swatman delivers a powerful lesson in learning to love with your whole heart and accepting the same, no matter what life throws at you.' Sarah Bennett 'Irresistible . . . A delightfully bittersweet story that will appeal to fans of *One Day*' - Sunday Mirror 'Wonderful' - Sun

You are what you eat. Food and diet have an enormous influence on your health and well-being, but eating the right amount of the right things - and not too much of the wrong things - isn't easy. But, as in most walks of life, knowledge is power. This book will empower you to eat healthily, lose weight, and sort the fads from the science facts. This is the New Scientist take on a "New Year, New You" book: an eye-opening and myth-busting guide to everything from sugar to superfoods, from fasting to eating like a caveman and from veganism to your gut microbiome. Forget faddy diet books or gimmicky exercise programs, this is what is scientifically proven to make you live longer and to be healthier and happier.

Terrorist attacks. Natural disasters. Domestic crackdowns. Economic collapse. Riots. Wars. Disease. Starvation. What can you do when it all hits the fan? You can learn to be self-sufficient and survive without the system. **I've started to look at the world through apocalypse eyes.** So begins Neil Strauss's harrowing new book: his first full-length worksince the international bestseller *The Game*, and one of the most original-and provocative-narratives of the year. After the last few years of violence and terror, of ethnic and religious hatred, of tsunamis and hurricanes—and now of world financial meltdown—Strauss, like most of his generation, came to the sobering realization that, even in America, anything can happen. But rather than watch helplessly, he decided to do something about it. And so he spent three years traveling through a country that's lost its sense of safety, equipping himself with the tools necessary to save himself and his loved ones from an uncertain future. With the same quick wit and eye for cultural trends that marked *The Game*, *The Dirt*, and *How to Make Love Like a Porn Star*, Emergency traces Neil's white-knuckled journey through today's heart of darkness, as he sets out to move his life offshore, test his skills in the wild, and remake himself as a gun-toting, plane-flying, government-defying survivor. It's a tale of paranoid fantasies and crippling doubts, of shady lawyers and dangerous cult leaders, of billionaire gun nuts and survivalist superheroes, of weirdos, heroes, and ordinary citizens going off the grid. It's one man's story of a dangerous world—and how to stay alive in it. Before the next disaster strikes, you're going to want to read this book. And you'll want to do everything it suggests. Because tomorrow doesn't come with a guarantee...

Jill's life lost all meaning when her dad died. Friends, boyfriend, college - nothing matters any more. Then her mom drops a bombshell: she's going to adopt a baby. Mandy is desperate for her life to change. Seventeen, pregnant and leaving home, she is sure of only one thing - her baby must never have a life like hers, whatever it takes. As their worlds change around them, Jill and Mandy must

learn both how to hold on and how to let go, finding that nothing is as easy - or as difficult - as it seems. Heart-achingly beautiful, moving and funny, *How to Save a Life* has been named a Publishers Weekly Best Book of 2011, a School Library Journal Best Book of 2011 and an American Library Association 2012 Top Ten Best Fiction for Young Adults. "A rich tapestry of love and survival that will resonate with even the most cynical readers." - Booklist

The author of the New York Times bestseller *How Starbucks Saved My Life* perks up America with inspiring lessons on finding true happiness at any age and any stage of life. Michael Gill's lemons-to-lemonade memoir chronicled his transformative year working at Starbucks after losing his high-powered job, his marriage, and his health (he developed a brain tumor). In response to overwhelming requests from readers who wanted to know how they, too, could weather downturns, he has distilled his wisdom into fifteen meaningful lessons, including: ? Leap...With faith: Sometimes it pays to leap without looking and say "yes" without thinking (Gill accepted the Starbucks job immediately, on a whim). ? Let . . . Yourself be Helped: pride is even more paralyzing than fear. ? Lose . . . Your Watch (and Cell phone and PDA!): Our obsession with productivity produces madness, not gladness. Offering living proof that extraordinary happiness is found in ordinary moments, *How to Save Your Own Life* provides empowering words and hope for anyone facing a reversal of fortune. True fortune, Gill discovered, lies not in fate but in discovering the innate capacity we all possess to rescue ourselves. The bestselling authors of *The Good Widow* deliver a modern, suspenseful twist on *Groundhog Day* that asks the question: How far are you willing to go to save the life of someone you love? Dom is having a very bad day--one he literally can't escape. When Dom bumps into Mia, his ex-fiancée whom he hasn't seen in almost a decade, he believes they've been given a second chance and asks her out. When Mia dies tragically on their date, Dom makes a desperate wish: to be given the chance to save her life. And when he wakes the next morning to the shock that she's alive, he thinks his wish may have been granted. But day after day, no matter what he changes about their time together, she still meets a terrible fate. Dom frantically searches for answers to save his beloved Mia and rekindle their former love. But the further he digs, the more obsessed he becomes, making him realize that slowing down time may be the only way to see things clearly. As he's forced to confront the truth about himself and those he's closest to, Dom vows that he'll watch Mia die a thousand times if it means he can save her once.

'A heartwarming and thought-provoking story of grief, redemption and reinvention in our modern world.' Imogen Clark, bestselling author of *Where The Story Starts*

Rav Miller looked into the terrified, intelligent eyes of the chocolate Labrador on death row, and knew he'd do anything to save him. When the dog, Sammy, escapes and heads to Mad Creek, Rav follows. Mad Creek. The town had become legendary in Rav's mind after he'd met that bizarre group last year. Rav dismissed his crazy suspicions back then, but when he arrives in Mad Creek, he knows it's true. Dog shifters exist, and apparently they all live in the California mountains. It's enough to blow a bad boy's mind. Sammy has something in common with Rav--neither one of them trusts people. After Sammy's abuse as a dog, he particularly dislikes tough-looking men like Rav. But when Sammy gets a chance to work with rescued dogs at the new Mad Creek shelter, his deep compulsion to help others overcomes his fear. Rav and Sammy bond over saving strays. If they can each find the courage to let someone else in, they might find their way to love. Sheriff Lance Beaufort doesn't like humans moving into Mad Creek, especially not the tattooed and defiant Rav. When Rav starts a rescue shelter, the town thinks he's wonderful! But Lance isn't fooled. He doesn't buy Rav's innocent act for one second. How much does Rav know about the quickened? What is his game? And why did he have to show up now, when Lance and the other town leaders are overwhelmed by all the new quickened pouring in? Rav knows how to save a life. But can he save an entire town? Can he rescue Mad Creek? This is an 80,000 word novel, book #4 in the "Howl at the Moon" series. It features a new couple and can be read as a standalone, but we recommend reading the series in order.

Reporter Kevin Price has a knack for tripping over his own feet. And everyone else's. He's in over his head undercover at the Haven, a swanky gay sex club, determined to find out why members of the club keep vanishing. Five minutes inside and he can no longer deny the truth about his sexuality. He turns to the one man he can't get out of his head, the sexy ex-cop handling security. Too bad Kevin doesn't trust cops. Not since the only night he let himself be with another man. Walter Simon doesn't do the club scene anymore. Not since he found love and lost it. That doesn't mean he'll let anyone hurt more innocent gay men. Even if that means going head-to-head with the klutzy, closeted, much-younger reporter. Kevin has information about the disappearances. Better to keep him close. And safe. Neither is at the club to hook up or fall in love. Now they must work together amid their growing passion in order to uncover the truth before more men disappear. Note: *How to Save a Life* features Walter Simon, a secondary character from MORE, but can be read as a stand-alone story. This book contains explicit sexual content and graphic language.

"A survival guide for the creatives among us." —Nicole Georges, author of *Fetch: How a Bad Dog Brought Me Home* As a teenager visiting the Andy Warhol Museum, Beth Pickens realized the importance of making art. As an adult, she has dedicated her life to empowering working artists. Intimate yet practical, *Your Art Will Save Your Life* helps artists build a sustainable practice while navigating the world of MFAs, residencies, and institutional funding.

Using her background as a journalist, professor of journalism, author and storyteller, Michele Weldon masterfully outlines the steps for you to tell your own story. Whether you intend to write a memoir or essays for publication, or articulate your story for yourself, using the trademarked method of Scribotherapy, Weldon offers insights, lessons and examples of writing to forge a clear path to telling your story. The author of four nonfiction books and several book chapters, a columnist and popular keynote speaker, Weldon is the owner of her own Writing To Save Your Life memoir workshops. With this writing pedigree, Weldon is positioned to instruct and inspire anyone who wishes to embark on a personal writing journey or to polish skills already in practice.

Discover how great philosophers can help you live a more purposeful and peaceful life. This inspiring new book from the bestselling author of *Little Big Minds* reveals how the heartbeats of philosophy—clear thinking, quiet reflection, and good conversation— are essential ingredients in a well-lived life. Full of great discussion ideas and activities you can do with a group, *How Philosophy Can Save Your Life* is framed around ten "big ideas"—themes that, according to McCarty, are necessary to grasp if one wants to live a truly fulfilling life. They are: 1. Simplicity (philosophers include Epicurus and Charlotte Joko Beck) 2. Communication (philosophers include bell hooks and Karl Jaspers) 3. Perspective (philosophers include Bertrand Russell and Mary Wollstonecraft) 4. Flexibility (philosophers include Socrates, Plato and Alan Watts) 5. Empathy (philosophers include the Dalai Lama and Martin Luther King, Jr.) 6. Individuality (philosophers include Jean-Paul Sartre and Elizabeth Spelman) 7. Belonging (philosophers include Albert Camus and Rita Manning) 8. Serenity (philosophers include Epictetus and Lao Tzu) 9. Possibility (philosophers include John Stuart Mill and Simone de Beauvoir) 10. Joy (philosophers include Shunryu Suzuki and Jane Addams) So join the greatest thinkers of all time to discover the ideas that will help you live a happier, healthier life!

Book only - based on the screenplay of the theatrical movie. Includes additional scenes not shown in the film. Addresses real-life challenges of teens and their choices. Communicates the concept that we are never more like Jesus than when we are reaching out to the lonely and hurting. Powerful novel that makes a heart impact.

Jill MacSweeney just wishes everything could go back to normal. But ever since her dad died, she's been isolating herself from her boyfriend, her best friends -- everyone who wants to support her. When her mom decides to adopt a baby, it feels like she's somehow trying to replace a lost family member with a new one. Mandy Kalinowski understands what it's like to grow up unwanted -- to be raised by a mother who never intended to have a child. So when Mandy becomes pregnant, one thing she's sure of is that she wants a better life for her baby. It's harder to be sure of herself. Will she ever find someone to care for her, too? As their worlds change around them, Jill and Mandy must learn to both let go and hold on, and that nothing is as easy -- or as difficult -- as it seems.

Erica Jong--like Isadora Wing, her fictional doppelganger--was rich and famous, brainy and beautiful, and soaring high with erotica and marijuana in 1977, the year this book was first published. Erica/Isadora are the perfect literary and libidinous guides for those readers who want to learn about-or just be reminded of-the sheer hedonistic innocence of the time. *How to Save Your Own Life* was praised by People for being "shameless, sex-saturated and a joy," and hailed by Anthony Burgess as one of the ninety-nine best novels published in English since 1939.

I am an infant to this thing called poetry, the poems I write are just nursery rhymes in comparison to what I've read heard and seen from other artist. One brother shared with me his books and I was astonished at his work. He used word and meanings to express his heart that I have just begun to understand. In the context of what he had expounded to me lead me to the different styles of writing. I have no teaching in poetry nor did I go and read a lot of poems to get what I have today.

"An unconventional and inventive coming-of-age memoir organized around forty-three remarkable poems by poets such as Robert Frost, Emily Dickinson, Wallace Stevens and Sylvia Plath ... For Jill Bialosky, certain poems stand out like signposts at pivotal moments in a life: the death of a father, adolescence, first love, leaving home, the suicide of a sister, marriage, the birth of a child, the day in New York City the Twin Towers fell ... she illuminates the ways in which particular poems offered insight, compassion, and connection, and shows how poetry can be a blueprint for living"--

"What does it take to make a hero? Junior doctor Kerry Smith is addicted to rescuing others. Eighteen years ago, on the eve of the millennium, she saved the life of teenage footballer Joel Greenaway who 'died' for eighteen minutes. But life after death doesn't guarantee a happy ending"--

Book only - challenges teens to develop friendships that really matter; teaches teens how God's love, acceptance and forgiveness can fill the hole in their soul; shows teens the ripple effect one life can have on others. Helps teens answer the question: What's Your Life Going to Be About?; Calls teens to identify with Jesus, cross social boundaries and befriend the lonely, hurting, and hopeless.

Wideman "traces the life of the father of iconic civil rights martyr Emmett Till--a man who was executed by the Army ten years before Emmett's murder--presenting an ... exploration of individual and collective memory in America by one of the most formidable black intellectuals of our time"--Amazon.com.

The painless way to write, design, and publish your memoir, autobiography, or family history book. *How to Save Your Life--One Chapter at a Time* will take you through the process of creating a life story book, step by step, from writing to photos to design and publishing, in a friendly and engaging way.

Since her debut in 1989, A. M. Homes has been among the boldest and most original voices of her generation, acclaimed for the psychological accuracy and unnerving emotional intensity of her storytelling. Her ability to explore how extraordinary the ordinary can be is at the heart of her touching and funny new novel, her first in six years. This *Book Will Save Your Life* is a vivid, uplifting, and revealing story about compassion, transformation, and what can happen if you are willing to lose yourself and open up to the world around you.

In this moving love story, three friends find out what it really means to save someone. "A heart-stopping, heart-wrenching, and heartwarming story that kept me reading well into the night."—Clare Pooley, New York Times bestselling author of *The Authenticity Project* Kerry Smith is going to save lives—and so is her best friend, Tim Palmer. After years of working toward medical school, they are about to take their entrance exams. But on the eve of the new millennium, a classmate goes into cardiac arrest, changing everything. For nearly eighteen minutes, rising soccer star Joel Greenaway is dead. For nearly eighteen minutes, Kerry performs CPR on her longtime crush. And for nearly eighteen minutes, Tim is too shocked to help. Though they don't yet know it, those eighteen minutes will change the next eighteen years of their lives. Because, as it turns out, saving a life doesn't always guarantee a happy ending. With his soccer career cut short, Joel lashes out and breaks Kerry's heart by ending their burgeoning relationship with a cruelty that derails her future, while Tim struggles to reconcile his dream of becoming a doctor with the reality of failing to act. As each struggles to move on from the events of that fateful New Year's Eve, their lives can't seem to stop colliding year after year. Ensnared by their shared histories and her big heart, Kerry soon finds herself picking up the pieces after both broken men. But when Kerry is the one who needs saving, will anyone be there for her? As Kerry, Tim, and Joel discover what it means to love, to forgive, and to find your calling, *How to Save a Life* shows us that there is more than one way to save a life—and more than one path to finding meaning in your own.

Discover how you can guard a priceless painting in the Louvre, pilot a space shuttle back to Earth, and survive other ridiculous-yet-possible scenarios using the all-encompassing power of mathematical equations. Whether you paid much attention in math class or not, the inescapable truth is that real life is full of equations. You use differentiation when driving from point A to B and apply basic geometry when you're crossing the road between traffic, even if you don't realize it. But what if you were plummeting to your death inside a plane with no engine and you needed to know what size parachute to make from your cabinmate's sari in order to jump and survive? *How Pi Can Save Your Life* tackles some frankly ridiculous scenarios with essential, bullet-proof equations that you'll probably never apply in real life. But before you get into the life-saving mathematics, this book will start you off with the essential math that will be the key to taking on the wild scenarios later on in this book. Using only the power of equations, you will be able to: Communicate with an alien civilization Save your town from a zombie apocalypse Contain a major oil spill Excavate a fossil that could be a major scientific discovery Perform Hollywood stunts in a blockbuster action film And more! *How Pi Can Save Your Life* will take your basic understanding of mathematical equations to the next level, teaching you that the real key to surviving in an unpredictable world is understanding the natural forces and relationships that rule everything we do.

What I hope to accomplish in this book is to give writing prompts that will help you to get past all the outside influences that keep you from believing in yourself and in your ability to write. In order to write, you need to get rid of notions about language, poetic form, and esoteric subject matter ? all the things that the poetry police have told you are essential if you are to write. I wanted to start from a different place, a place controlled by instinct rather than by intelligence. Revision, the shaping and honing of the poem, should come later, and, in revising, care always needs to be taken to retain the vitality and electricity of the poem. Anyone can learn to craft a capable poem, but it is the poems that retain that initial vitality that we remember; these are the poems that teach us how to be human.

"Manda invites you in and tells the whole truth, and you feel welcomed, seen, and changed. *Soul Care to Save Your Life* lives up to everything it promises and more."--Annie F. Downs, New York

Times bestselling author of *That Sounds Fun* *** In our image-conscious culture, life can become a never-ending performance. The perfection we feel pressured to project to those in our social sphere comes at the expense of our emotional, spiritual, and mental well-being. In the end, we are left exhausted and unfulfilled. How do we flip the script and feed ourselves rather than simply adding to our feeds? In *Soul Care to Save Your Life*, author, speaker, and recovering performer Manda Carpenter offers an invitation to shift your focus from performing to purposeful living from the inside out. In this book she guides you on a three-part journey to - identify the habits that are holding you back -

take ownership of your path to growth - embrace practices of soul care for your well-being It's time to drop the façade of the picture-perfect life and instead get radically honest in order to heal and embrace the confidence that comes from knowing and loving your whole self, no filter needed. "This book is a breath of fresh air. Freedom lives within these pages."--Nona Jones, business executive, international speaker, and bestselling author of *Success from the Inside Out* "Raw and practical. Anyone who is ready for a future that looks different from your past will find this book catalytic and relevant."--Tim Stevens, executive pastor, Willow Creek Community Church