

Against The Odds A Journey Through The Minefield Of Infertility

Huseyin M Bekirov was born in the remote Balkan Village of Prolaz, Bulgaria in 1935. In 1944 Bulgaria was invaded and occupied by the soviet army. Following this, partisans came down from the mountains and with the help of the KGB established a government modelled after the Soviet system. After many killings, jailing and expropriation of properties and farm land, things somewhat settle down. Big promises were made. Indeed, initially they provided free education, full employment and free health care. This initial enthusiasm of communism in Bulgaria evaporated after the fallacy of the communist system became clear, making many patriotic Bulgarians (like ourselves) leave their country. In 1966 we were sent to serve as physicians in Ethiopia, Africa. After five years of service in Ethiopia, where we lived in a feudal system, we were able to emigrate to the USA. Passing through three continents and living under the Bulgarian Communism and Ethiopian Feudalism, we settled in US Capitalism. All along our journey we encountered life treating dangers but succeeded against all odds.

Sophia Bracy Harris was born into a world with a stark dividing line: one no less real for being invisible but was keenly felt. A line separating black from white, the haves and have nots, and those deemed better than or less than. Any challenge to erase that line could be fatal, and it was maintained by law and enforced by violence. Finding My Own Way is the story of a courageous woman who defied the lines drawn by Jim Crow, poverty, illness, gender bias and what would later prove to be the biggest line left to cross-self acceptance. This moving memoir traces Sophia Bracy Harris' journey from a humble cotton field in rural Alabama, to lobbying in the halls of power of state government, organizing black childcare providers to demand justice for women and children; serving as a trustee on the boards of several leading national organizations; presenting on the world stage at the World Conference of Women in Nairobi, Kenya and being widely celebrated by her peers. Though earning countless prestigious awards, achieving key legislative victories and working alongside some of the nation's leading figures in women's equality and social justice movements, she still waged the very private, painful battle to answer the persistent question, "Am I good enough?" Narrated with grace, humor and authenticity, Finding My Own Way is a compelling journey of a life punctuated by challenges and triumphs and, most importantly, the discovery that by birth we are all created equal and more worthy than we ever imagined

Conquering the Odds, Journey of a Shepherd Girl is the amazing story of a young girl, Habibo, who grew up in the primitive village of Balcad, Somalia. Habibo's life is one of difficulty and hardship, survival at best! Yet, because of unyielding determination, she has succeeded in life. Her successes, however, have not been without emotional strain and scars. Given up by her mother at the young age of six months to live with her grandmother and three uncles in a remote, primitive village in south central Somalia, she slept in a hut built by her grandmother which was little more than woven rugs draped over an igloo style structure made from tree branches tied together; the dirt floor she slept on was home to many cock roaches and beetles coming out only at night. As a toddler, while her grandmother grazed the sheep and goats in the grasslands, Habibo was left to stay in the hut by herself.

Unfortunately, this is precisely when she was taken advantage of, molested by neighbor boys from the age of three to five. By the time she turned five, her grandmother taught her how to graze the animals by herself, which she did each day, seven days per week in the grasslands of Somalia fending off jackals by day and hyenas by night. By the age of eleven, she was grazing her grandmother's cattle by herself as a nomad for months on end in a male dominated role having to fend for herself, sometimes successfully sometimes not, from the young men herding their own herds of cattle and camels. Habibo lived through, not only the attacks of crocodiles in the Shebelle river next to her village, but the attacks of guerillas during the breakout of civil war and the disintegration of her country into its current state of chaos. Sleeping in the forest at night with the other females of the village and herding the animals during the daytime, she survived the murder and rape which went on around her, much of which she personally witnessed. At fifteen years old, providence brought Habibo to the largest refugee camp in the world - Dadaab located in western Kenya. Built to hold 90,000, it had swollen to 150,000 by the time she arrived there; it is now 460,000 and growing by the day. In Dadaab for three years, she helped her mother care for her younger brother and three sisters while living in their makeshift tent. Fearing for her life at night from marauders, rapists, thieves and murderers, she also witnessed the severe malnutrition and death of those around her, especially the very young and the very old. Selected by lottery to come to America, she came by herself, barely more than a teenager, with no relatives or friends, unable to speak the language and unfamiliar with western culture. Having learned the language, working, getting married and graduating from nursing school, she is now a registered nurse at one of the finest medical facilities in the world, the Mayo Clinic in Rochester, Minnesota. An amazing woman, not without scars and plenty of tears, she has not only survived, but thrived throughout her life. Her inner strength is an example and encouragement to all people, men and women, young and old alike. A single mother, her devotion to her three children as well as her relentless pursuit of education will surely bring more success to her life. This is her story. Through it, her wisdom, courage, strength and determination of spirit shine through for all to see.

Humility Edgar Lungu has been known for many things but humility for a man of influence in a country where people often get over-consumed by their own self-importance sets him several paces apart from other politicians or national leaders. Observers have sometimes described his humility as his most admirable quality and, to many people - especially the common folk who make up the largest part of Zambia's population - his most endearing attribute. Tenacity If there was one word to describe Edgar Lungu as a late-blooming politician facing a vicious power struggle to replace Zambia's fifth President Michael Sata, tenacious would be that word. He needed bags of it, first, to survive the bitterly fought internal war to win the Patriotic Front's nomination to stand as its candidate in the 2015 Presidential election occasioned by Sata's death and, later, to fend off arch-rival Hakainde Hichilema of the opposition UPND in another closely contested Presidential poll. Politicians make their names for any number of reasons or actions. Some for their ruthlessness, others for their brashness, cunning or indeed kindness. Edgar Lungu seems to have crafted a name for himself simply by cleverly playing the role of the political tyro who knew little about the game...the green horn the opposition made the fatal mistake of underrating. Peace-loving It is hard to imagine any other Zambian politician would so willingly have yielded to another the instruments of power left with them in accordance with the law by a sitting president, as Michael Sata did when he left Edgar Lungu to serve in his place the night he left for the UK to seek medical help in 2014. When Sata died in hospital, there were many 'expert' voices advising Lungu to keep hold onto the instruments of power, rather than decline to the incumbent Vice-President Guy Scott. Lungu happily handed over the instruments to a man who would then go on to do almost all in his powers to hinder his ambition to win the subsequent Presidential election. This is because he sought peace. I want to be remembered as an ordinary person who became President, a person who brought ordinary and human characteristics to the office of the Presidency Edgar Chagwa Lungu, Hot FM radio interview October 2015. By Anthony Mukwita.

Sean grew up impoverished in Baltimore's housing projects where he witnessed unspoken violence, murder, open-market drug dealing, and apathy. While he was able to evade the attractions of his immediate environment by studying and using school as a means of escape, it was inevitable that he and countless others ultimately became a product of the environment. At the age of 16, Sean begins his stint as a drug dealer and when his life began taking on an identity of its own. He was given the nickname "Slimmy" and school was no longer an option. Teaming up with Bodie, the notorious drug kingpin from "The Wire," Sean found himself knee-deep in the drug game and aligned with some of the city's premier gangsters. By the time he was 17, Sean had been arrested twice and shot in the stomach where he faced certain death. Just before his 18th birthday, he would be arrested for the third and final time as part of a larger city initiative to round up known drug dealers including Bodie, Ronnie Moe, and Vitto, my "rap buddies." Sean was handed a ten-year sentence and would not see the streets again until he was 21. Upon his release, Sean understood that prison wasn't where he wanted to spend his life. He clearly understood that he had been given a second chance at life and he was going to take advantage of the opportunity. Armed with just a prison-earned G.E.D Sean would spend his next two decades proving to the sentencing judge, society and himself that one is not and should not be limited by his/her past. Sean just didn't defeat the odds, he actually denied the odds. He would go onto land employment with corporate firms as a web technology leader and often supervising small teams where he was the only minority and the only non-degree holder. While at Lockheed Martin, Sean received a number of performance awards including The President's Award. He later joined a marketing firm where he spearheaded the development of the web department that he ultimately grew into a 2 million-dollar business. This book will modify your thinking and perceptions of ex-cons, and what can be achieved when given the opportunity to do so. Though the odds were stacked up against him, Sean's commitment, drive and family support allowed him to overcome the stereotypical persona of an ex-con and achieve what many may see as unthinkable. Based on statistics, Sean should be dead or incarcerated with a hefty sentence but either was an option for him but defeating the odds was!

Currently ranked World No. 1 in women's doubles, Sania Mirza became an instant sensation when she won the Wimbledon Championships girls' doubles title at the age of sixteen. From 2003 until her retirement from the singles circuit in 2012, she was ranked by the Women's Tennis Association as India's top player, both in singles and doubles. A six-time Grand Slam champion, she notched up an incredible forty-one consecutive wins with her doubles partner, Martina Hingis, between August 2015 and February 2016. *Ace against Odds* is the story of this most iconic Indian player who beat incredible odds to get to the top of her sport. Sania writes with candour of the hardships along the way, of the physical and emotional trauma caused by injuries and medical procedures, of the friends and partners who became her mainstay along with her family, of the pressures of constant public scrutiny and, not least, the politics and heartbreaks that inevitably accompany success. Sania broke the rules, she spoke her mind, she pushed herself to the limit, she played for India fiercely and without care for how it might impact her rankings - she is and will continue to remain an inspiration long after she steps off the tennis courts

New York Times Bestseller Get ready to defy the odds when everyone's counting you out. When the Philadelphia Eagles starting quarterback went down with a torn ACL in week 14 of the 2017 NFL season, many fans and commentators assumed the Eagles season was over. Instead, Nick Foles came off the bench and, against all odds, led the Eagles to their first Super Bowl victory in history. How did Nick get it done winning MVP honors, silencing the critics, and shocking the world? How did the man who was on the verge of retiring just two seasons earlier stay optimistic and rally the team to an astounding win? How did he stay ready despite numerous trades and discouraging injuries, able to step up in the moment and perform at the top of his game? *Believe It* offers a behind-the-scenes look at Nick's unlikely path to the Super Bowl, the obstacles that threatened to hold him back, his rediscovery of his love for the game, and the faith that grounded him through it all. Learn from the way Nick handled the trials and tribulations that made him into the man he is today and discover a path to your own success.

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This book is a tribute to women entrepreneurs who have defied the odds and built a life and business of their dreams. It is an initiative by the Billennium Divas whose mission is to provide a global platform to support enterprising women to believe in their dreams and enable them through learning and mentoring. We at Billennium Divas firmly believe that "Women do not need empowerment, they are born empowered; all they need is support and encouragement from the family and the society", and that is what our mission is - to nurture and encourage more women in entrepreneurship. The 25 Inspiring Stories in this book are written by the power women themselves based on the following guidelines: 1. Entrepreneur's brief background. 2. Why I became an entrepreneur? 3. What is the mission of my business? 4. My two great failures and two great successes. 5. What I learnt from my failures. 6. My advice to startups. 7. My advice to women entrepreneurs. They deep dive into their journey and capture the defining moments packed with emotion as well as finesse. Curated by Bhavesh Kothari and Hariharan Iyer, this book brings alive stories of women entrepreneurs in a manner, perhaps not captured before. The book thus is not just intended to be a good read, but also serve as a platform for aspiring women entrepreneurs, who through these pages will resonate with the two most powerful words in the world: 'I BELIEVE'.

Higgins uses her own experience of having a child at the age of 48 to discuss assisted reproductive technology (ART), infertility and other aspects of pregnancy which have only become medically possible in recent years.

The Holocaust survivor discusses his life and his dedication to the establishment of a Jewish nation

Completing a triathlon at any age is a major achievement; finishing an IRONMAN® Triathlon in your sixties is nothing short of inspirational. A true account of John Pendergrass' impossible goal of completing six IRONMAN Triathlons on six continents, all while in his sixties, *Against the Odds* will shatter your preconceptions of what a man in his golden years can accomplish. For most people, their sixties are a time to slow down, take things easy, and reflect on a life well lived. Not for Pendergrass. As his sixtieth birthday loomed, he longed for a challenge that would push him to his limits and drive him to achieve something that few people had ever done before. Pendergrass found his answer in the IRONMAN Triathlon, the world's most difficult endurance event: an intimidating 2.4 mile swim in open water, a grueling 112 mile bike ride, and an exhausting 26.2 mile run—all in the same day. A total of 140.6 miles, nonstop... a monumental task for men half his age. *Against the Odds* follows Pendergrass through each arduous step as he struggles against time, doubt, and his own physical limitations to arrive tired, but victorious at the finish line. From the deserts of Arizona to the bush of South Africa, from the beaches of Brazil to the coasts of New Zealand, this journey chronicles not only the races themselves, but also the breathtaking countries that host them. Told with modesty and humor, *Against the Odds* is a story of impressive drive and incredible courage that will inspire you to new heights many could only dream of reaching. Have you ever had a dream that burned so deeply inside of you that it became all consuming? *Against All Odds* is one man's story of hope and determination to rise from poverty and create the life of his dreams.

When Terry Fox embarked on his famous attempt to run across Canada with one leg having been amputated in 1980, he inspired awe. Young readers will delight in reading about Fox and athletes like him in *Real Heroes of Sport: Against All Odds*.

Creating Life Against the Odds Most prospective parents, when arriving at the decision to have children, presume their journey will be an exciting and rewarding one, resulting in the birth of a healthy baby. When those dreams are shattered because they cannot conceive or miscarry, they ask, "Why me? What did I do wrong?" The trauma of infertility is as devastating to one's self-esteem as any other life crisis, it can destroy intimate relationships or it can bring out the best in us. In her book, *Creating Life Against the Odds*, Dr. Higgins, an obstetrician/gynecologist, describes her own experience becoming a mother by ovum donation. She also shares the first hand accounts of dozens of others who have turned to assisted reproductive technology (ART) in order to realize their dreams of becoming parents. These are stories Dr. Higgins has heard from her patients and from hundreds of women (and men) she has counseled or communicated with through confidential Internet support groups. The stories of these courageous individuals became the inspiration for *Creating Life Against the Odds*. Dr. Higgins takes us along on their journeys as they struggle with infertility, as they explore the options that medical science now offers, as they meet obstacles, and as they adjust to repeated loss. She also takes us into the minds and hearts of sperm and ovum donors, surrogates, and gestational carriers, looking at what makes them want to lend such an intimate, helping hand. Are they like organ donors? Do they do it for financial gain? When ART enters the picture and donors or surrogates are used, how should we describe their relationship to the children they helped create? And what about the children? Are they like adoptees? How do they understand their birth origins? And what should their parents tell them? Dr. Higgins' wisdom as a well-traveled physician, who has delivered babies and counseled patients from many cultures, allows her to tackle tough practical and ethical questions from a global perspective. These questions are answered honestly, with deep compassion and respect for those courageous men and women who have sought the help of ART and who belong, as a result, to a special group of parents whose success in family-building is due to an extraordinary commitment and a selfless expression of love.

When Eddie Olczyk looks at his life, he can't believe how many times he's beaten the odds. At age sixteen, he was selected for the 1984 U.S. Olympic hockey team, and four months after the competition ended he was drafted in the first round by his hometown Chicago Blackhawks. He played alongside Mario Lemieux and Mark Messier and saw his name engraved on the Stanley Cup. He's brought hockey into American homes as one of the most recognizable voices of the sport, and he's even become a respected analyst in the world of horse racing, thanks to his talent as a bettor—Olczyk once won more than \$500,000 picking the winners of six consecutive races while wagering only \$168. But perhaps there is no greater example of Eddie O. beating the odds than in 2018 when he went into remission eight months after being diagnosed with Stage 3 colon cancer. He will readily admit that this was the greatest victory of his life. This memoir is an honest and emotional account of everything Olczyk has experienced: the sacrifices his parents made so he could pursue a career in the NHL, the joy of playing for the Hawks, the mental and physical stress involved in the life of a professional athlete, the incredible moments he's called from the broadcast booth, and the profound lessons learned while battling cancer.

Life took Desmond "Coach Dez" Dunham down an unpaved path toward both manhood and coaching, testing his spirit, humility, and purpose. Now a nationally recognized high school coach, *Running Against The Odds* chronicles Dunham's journey to finding his passion within youth sports, culminating at the 2007 Penn Relays - one of the most defining moments of his illustrious running career. In this impassioned coming-of-age memoir, Dunham recounts his turbulent childhood, filled with challenges in economically-distressed Gary, Indiana. Despite constant rejection and disappointment from a distant, alcoholic father, Dunham persevered, attended Howard University, and found his passion on the track with key support along the way. From humble beginnings with the odds stacked against him, Dunham's story shows that underdogs prevail.

This nonfiction picture book is a children's version of NASA astronaut Jerry L. Ross's autobiography, *Spacewalker: My Journey in Space and Faith as NASA's Record-Setting Frequent Flyer*, designed for ages 7-12. Told in friendly first-person narration, it represents how Ross followed his dream from rural 1950s northern Indiana to Purdue University and then outer space. The thirty-two-page book is illustrated with personal photos and memorabilia. It is formatted into twenty-three narratives organized in chronological order illustrating events and experiences in Ross's life. Pages attractively interweave photos and text while prompts encourage readers to engage in the story. Ross possessed specific character traits that helped him make choices and overcome obstacles as he struggled against the odds to realize his dream: curiosity, persistence, and believing in oneself. As the story unfolds and readers begin to make personal connections with Ross, his approach to problem solving and working through

setbacks provides a powerful example for children. Content area concepts are integrated throughout the story, including but not limited to science, technology, engineering, math, visual literacy, financial literacy, geography, flight, and the race to space. Gravity, for example, is a major theme illustrated within the content of the story. Online guides for teachers using the book in a classroom setting (third to fourth grade recommended) are linked to throughout. A map of the United States on the inside front cover invites children to follow the path of Ross's journey from Crown Point, Indiana, to Kennedy Space Center. A timeline on the inside back cover compares and contrasts benchmark events in Ross's life and career with important events in flight and space travel history. Further electronic materials are available at www.jerryross.com.

In the second title in the slam-dunk new series from bestselling author Amy Ignatow, the Odds are back and trying to figure out just who inflicted these lame abilities on them in the first place. Nick can still teleport four inches to the left, and Farshad's thumbs are still super strong. Cookie can still read minds, if they're thinking of directions, and Martina can still change the color of her eyes. But now, Martina can see the invisible, and when Nick is super stressed, he can move a lot farther than four inches. As their powers evolve in possibly dangerous ways, the Odds are even more determined to solve the mystery of their origin, but it means interacting at school—a serious social risk to popular girl Cookie. Soon, it becomes clear that Auxano, the chemical company that employs half the town, is involved. With the help of some renegade Amish teenagers and Ed, the invisible bus driver, this unlikely group of companions will uncover a nefarious experiment in which they've become unwitting test subjects. They'll also begin to become something even more incredible—friends.

At 5'7" and 155 pounds, Richie overcame the obstacles and the naysayers to earn a full SEC scholarship and a place in Ole Miss tradition. His journey chronicles the trials and tribulation of a boy with a dream and the realities of Division I college football in the SEC.

Children's author Carolyn Tollefson once again delights her readers by asking them to peer through the eyes of a mysterious gentleman entertaining young sailors with a story from his past, a quick-changing summer's day when four boys charged with finding the perfect spot for an upcoming camping trip on a small island across Lake Winnebago learn that even the greatest of sailors face difficulty on the open water. Calm water and a brisk wind carry the boys hours away to an awaiting beach where the young men search for the perfect overnight spot for their summer-camp friends. But once the sun slips toward the water, and the boys set sail back to mainland, the wind shifts, carries them off course, and then stills. Night falls and a curtain of fog shrouds the lake as the boys are left to their own devices. Written in hauntingly lyrical prose and filled with beautifully rendered illustrations by graphic illustrator Tristan Brewster-Arnold, *Sailing Against the Odds* takes readers on a marvelous journey of friendship and survival.

The football star made famous in the hit film (and book) *The Blind Side* reflects on how far he has come from the circumstances of his youth. Michael Oher shares his personal account of his story, in this inspirational New York Times bestseller. Looking back on how he went from being a homeless child in Memphis to playing in the NFL, Michael talks about the goals he had to break out of the cycle of poverty, addiction, and hopelessness that trapped his family. Eventually he grasped onto football as his ticket out and worked hard to make his dream into a reality. With his adoptive family, the Touhys, and other influential people in mind, he describes the absolute necessity of seeking out positive role models and good friends who share the same values to achieve one's dreams. Sharing untold stories of heartache, determination, courage, and love, *I Beat the Odds* is an incredibly rousing tale of one young man's quest to achieve the American dream.

In this updated autobiography, the British inventor of the bagless vacuum cleaner tells the story of his incredible struggle to design and launch a machine that worked better than all others.

From life in his war-torn homeland to his quest for the American dream, Alfred Langer's determination and faith helped him surmount overwhelming obstacles and hardships to reach *A New Beginning*.

"Powerful and affecting. Hillary is an indomitable force." — Dean Karnazes In 2017, world-class ultrarunner Hillary Allen was at the top of her sport—and it felt like she was running on top of the world as she competed in Norway's Tromsø Skyrace. Allen was nearly halfway through the 50-kilometer race when she fell 150 feet off an exposed ridge, fracturing her back and breaking multiple ribs, both feet, and both of her lower arms. Beginning with the dramatic story of her accident and rescue, *Out and Back: A Runner's Story of Survival Against All Odds* recounts Allen's fight to return to the life she loves. With vulnerability that reveals remarkable strength and introspection that yields wisdom, Allen shares the story of her recovery both physically and mentally, and hard-earned knowledge that the path forward is not always linear, that healing takes time, and that the process of rediscovery is ongoing as she learns what it takes to survive—and thrive. *Out and Back* is an inspiration to anyone who knows what it means to reclaim and rebuild your life, one day and one step at a time.

I've been asked many times about our journey through IVF; What was it like? Was it stressful? How did I feel and what did I do? Which is why I decided to share our story. It is based on the information taken from the diaries I kept at the time and snippets I discovered here and there, how I changed my lifestyle and every twist and turn along the way. It is not the most dramatic or remarkable but it happened against the odds and hopefully illustrates how to navigate certain aspects on your own voyage into the unknown. However, I do hope that my decision to share will help you to see that you are not alone and whilst the journey may seem long and bleak, miracles do happen...

Documents the journey of a Honduran teen who braved hardship and peril to reunite with his mother after she was forced to leave him behind and seek migratory work in the United States.

In the sequel to *Once a Hero* and *Rules of Engagement*, as Fleet is threatened by mutiny, class conflict, and power struggles, Esmay Suiza-Serrano finds herself unceremoniously dismissed from Fleet and hurtled into the midst of warfare that threatens all galactic civilization.

"It takes a different kind of thinking to solve a problem than the kind of thinking that produced the problem." -Albert Einstein JJ HAD A DEVASTATING PROBLEM. At age fifty-one, he was diagnosed with stage four cancer and given three years to live. Rather than accept that outcome, JJ did what he always does: he set out to find a solution. Desiring to

look beyond traditional treatments and their often harmful side effects, he put his unconventionally wired mind to work. JJ was relentless as he investigated alternative therapies and pursued global trailblazers in cancer research. Moving from the role of patient to patient-researcher, he became a trailblazer in his own right, being sought after for his latest findings. Ultimately, JJ brought together the most innovative international minds at the Rethinking Cancer 2017 conference in Paris. Together, they found common ground, and they continue to create integrative, synergistic approaches to treatment. Today, almost a decade after his diagnosis, JJ has defied the odds and is cancer-free. Recently retired from his career as a commercial airline captain on the Airbus A380, he now devotes himself to sharing his ongoing research with scientists and patients. JJ's story illustrates how looking at things differently often enables us to see them in a whole new light. "Captain Trochon is a true warrior, willing to fight like no other to win his battle against cancer." -Prof. Valter Longo, Director of USC Longevity Institute, Los Angeles

This book presents the story of Gladys January Willis—from early childhood to retirement as a university professor and administrator. It chronicles her experiences as a Black girl born and reared in Jackson, Mississippi, as well as her educational sojourn in college and graduate schools, and a career in higher education and entrance into Christian ministry as an ordained chaplain. In Chapter IX of the book, Willis writes: It is no secret that in my racist and segregated community the majority-White system promoted its message loudly and clearly—on the public buses, in the segregated school system, in employment practices, in segregated eateries, in housing developments, in business transactions, and in the political arena. One of the most impacting experiences in my life, after the passage of the 1964 Civil Rights Act, was that of exercising my right to vote. Because of the cherished right to vote as an American citizen, whenever there is an election, exercising my right to vote is a top priority. I am sure that my Black home environment played a vital role in the way I came to think about life in general and my own life in particular. She credits her maternal grandmother, Henrietta Young Hedrick, as her primary role model. Mama, as she was called, "was a proud Black woman who demanded that she be respected. Her boldness was undaunted and communicated her respect for herself and her demand for the same from others, regardless of who they were or their station in life."

NATIONAL BOOK AWARD WINNER • A renowned historian traces the life of a single object handed down through three generations of Black women to craft an extraordinary testament to people who are left out of the archives. "Deeply layered and insightful . . . [a] bold reflection on American history, African American resilience, and the human capacity for love and perseverance in the face of soul-crushing madness."—The Washington Post "A history told with brilliance and tenderness and fearlessness."—Jill Lepore, author of These Truths: A History of the United States KIRKUS PRIZE FINALIST • NAMED ONE OF THE TEN BEST BOOKS OF THE YEAR BY PUBLISHERS WEEKLY In 1850s South Carolina, an enslaved woman named Rose faced a crisis, the imminent sale of her daughter Ashley. Thinking quickly, she packed a cotton bag with a few precious items as a token of love and to try to ensure Ashley's survival. Soon after, the nine-year-old girl was separated from her mother and sold. Decades later, Ashley's granddaughter Ruth embroidered this family history on the bag in spare yet haunting language—including Rose's wish that "It be filled with my Love always." Ruth's sewn words, the reason we remember Ashley's sack today, evoke a sweeping family story of loss and of love passed down through generations. Now, in this illuminating, deeply moving book inspired by Rose's gift to Ashley, historian Tiya Miles carefully unearths these women's faint presence in archival records to follow the paths of their lives—and the lives of so many women like them—to write a singular and revelatory history of the experience of slavery, and the uncertain freedom afterward, in the United States. The search to uncover this history is part of the story itself. For where the historical record falls short of capturing Rose's, Ashley's, and Ruth's full lives, Miles turns to objects and to art as equally important sources, assembling a chorus of women's and families' stories and critiquing the scant archives that for decades have overlooked so many. The contents of Ashley's sack—a tattered dress, handfuls of pecans, a braid of hair, "my Love always"—are eloquent evidence of the lives these women lived. As she follows Ashley's journey, Miles metaphorically unpacks the bag, deepening its emotional resonance and exploring the meanings and significance of everything it contained. *All That She Carried* is a poignant story of resilience and of love passed down through generations of women against steep odds. It honors the creativity and fierce resourcefulness of people who preserved family ties even when official systems refused to do so, and it serves as a visionary illustration of how to reconstruct and recount their stories today.

Decisions That Changed My Life: An Inspiring True-Life Story Decisions That Changed My Life--the practical life experience of a poor African kid who grew up in the City of Aba, Nigeria--is for anyone who wants to read and learn about an inspiring true story. Excel Ogugbue offers up his dramatic life story as an example of how to beat the odds and live your dreams. His journey from loss and hardship in Nigeria to life in the United States is a gripping story that combines practical, nitty-gritty advice with exhilarating inspiration. This is an engaging story filled with the twists and turns, the drama and disappointments of real life. With a doctorate degree in petroleum engineering and a promising career in the oil and gas industry, Excel shares his experiences with raising money to fund his education and to support his family, as well as his inspiring stories of academic success, faith, honesty, and integrity that made him a candidate for the top. "The odds were certainly against Andrew Bode, but with determination and set-belief in his remarkable journey, he evened them out....A journey of hope, faith and inspiration which will encourage others to believe in themselves!!!"

What drove three young black men, each from America's most urban environments, to achieve their dreams of becoming doctors? The answer is in the *Pulse of Perseverance*. In 1998, Max Madhere, Pierre Johnson, and Joe Semien were three young, black, premedical students at Xavier University of Louisiana. Each was struggling with the demands of Xavier's rigorous curriculum, yet each was determined to succeed, even if the statistics, or the stereotypes about black men, said otherwise. By drawing on each other's determination and individual strengths, they forged a brotherhood and created a bond so strong that it would carry them through college, medical school, and well beyond. Now they've come

together in Pulse to share their stories and encourage young people of color to pursue high-level careers. Max grew up in New York City and Washington D.C., Pierre in Chicago, and Joe in New Orleans. Underperforming schools, instability in the home, the trappings of street life, or simply being "expected" to fail could have derailed their aspirations, yet all three men refused to accept failure as an option. No obstacle was too great, no ambition too high. Today, Dr. Maxime Madhere, Dr. Pierre Johnson, and Dr. Joseph W. Semien Jr. are each board-certified physicians, as well as fathers and community mentors. Their message in Pulse is both simple and complex: no matter where you're from, no matter what "society" tells you, you can realize your dreams with hard work, determination, and God's guidance.

Ride lays bare the harrowing beginnings and the tough life lessons learned by superstar John Buultjens on his rise to BMX glory. Raised by his poor family in Glasgow, he slept rough to escape his father's beatings. Placed in a children's home, he adopted by a bi-racial couple. After conquering his own racism, his life turned around, and the movie E.T. inspired a love of BMX. John's emigration to Australia saw him becoming one of BMX's biggest names. Then came the call from California to lead the most famous BMX brand, Haro. Now their global brand manager, he backs and sponsors riders across the globe. Hollywood has turned his unbelievable journey into a movie. Here, John reveals inner secrets including murders, hatred, sexual abuse-and how his white-knuckle ride has taken him to the top against all the odds.

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