

Finding The Edge My Life On The Ice

“Carl Zimmer is one of the best science writers we have today.” —Rebecca Skloot, author of *The Immortal Life of Henrietta Lacks* We all assume we know what life is, but the more scientists learn about the living world—from protocells to brains, from zygotes to pandemic viruses—the harder they find it is to locate life’s edge. Carl Zimmer investigates one of the biggest questions of all: What is life? The answer seems obvious until you try to seriously answer it. Is the apple sitting on your kitchen counter alive, or is only the apple tree it came from deserving of the word? If we can’t answer that question here on earth, how will we know when and if we discover alien life on other worlds? The question hangs over some of society’s most charged conflicts—whether a fertilized egg is a living person, for example, and when we ought to declare a person legally dead. *Life's Edge* is an utterly fascinating investigation that no one but one of the most celebrated science writers of our generation could craft. Zimmer journeys through the strange experiments that have attempted to re-create life. Literally hundreds of definitions of what that should look like now exist, but none has yet emerged as an obvious winner. Lists of what living things have in common do not add up to a theory of life. It's never clear why some items on the list are essential and others not. Coronaviruses have altered the course of history, and yet many scientists maintain they are not alive. Chemists are creating droplets that can swarm, sense their environment, and multiply. Have they made life in the lab? Whether he is handling pythons in Alabama or searching for hibernating bats in the Adirondacks, Zimmer revels in astounding examples of life at its most bizarre. He tries his own hand at evolving life in a test tube with unnerving results. Charting the obsession with Dr. Frankenstein's monster and how Coleridge came to believe the whole universe was alive, Zimmer leads us all the way into the labs and minds of researchers working on engineering life from the ground up.

"Diana Pharaoh Francis delivers a downright terrific read." --Devon Monk, nationally Bestselling Author of *Hell Bent on Trace of Magic* "A vividly written world of magic and kick-ass action." --D. B. Reynolds, author of the *Vampires in America Series* The road to hell is paved with good intentions. And a pound of flesh. Magical tracking expert Riley Hollis is on a mission to save five teenagers lost inside a mountain. But nothing is what it seems, and soon Riley finds herself bruised, bloodied, and embroiled in a battle to bring down a sadistic criminal dealing in human souls and the darkest of magics. Her only hope may be to swallow her pride and ask for help from her not-quite-ex-boyfriend and his notorious brother--Tyet criminal boss, Gregg Touray. Even that may not be enough to protect her. Something has gone very wrong in the trace dimension and in Riley's head. If she doesn't figure out how to handle the past, the present, the trace, and the bad guys, the road to hell is going to look like a great alternative. Diana Pharaoh Francis is the acclaimed author of a dozen novels of fantasy and urban fantasy. Her books have been nominated for the Mary Roberts Rinehart Award and RT's Best Urban Fantasy. *Edge of Dreams* is the second in her exciting new urban fantasy series--The *Diamond City Magic* novels. Visit her at dianapfrancis.com and find her on Facebook. *Live Like You're Dying*, *20 Steps to Awaken Your Genius* Where are you in life? Are you happy? Are you successful? Or is life taking you for a spin and you feel like you are just along for the ride? What if I could change your life by giving you a life planning workbook, 20 steps, that will set you up for unlimited success? Anything you want in your life can be plugged into this self help, self improvement, book to motivate you in ways you never dreamed possible. Hi I'm Gregg and I have worked with thousands of clients. I am the match that you need to light a fire in your belly. I have sold over 100,000 best selling books. I have made men and women happier, and incredibly successful through these 20 steps! I am going to change your life! Let's take a journey together to a place where possibility and expansion are the default. Where no dream is too big, too audacious or too crazy. In this place, the world is your oyster and you live

presently without issues of self-worth, questioning your actions or living in fear of the opinions of others. The Perfect Day Although inspiring, it can be overwhelming to envision a new life but have no idea how to begin, even if you've outlined the required steps. Your goal and vision will get lost without adding the spark of action. Action is the proof we require to believe we can accomplish something unbelievable. Now, let me ask you, have you ever experienced one of those days that seemed absolutely perfect? One of those days where: You felt connected to your mission, purpose and career You had great connection with a significant other and the people in your life You experienced higher energy, enthusiasm, life force and vitality You sensed you were in the zone, in a flow of invincibility, almost like a super-hero Like most people, these days are few and may come only a couple times a month or a few times a year - if ever. That's not enough to propel you toward your vision in any real way, shape or form. You need a system to make sure you felt this way at least once a day and accomplished an important task relative to the vision we detailed above. I have your system! We will; Kick ass designing a vision for you with pinpoint accuracy Embrace every day like it is our last Get you up an hour earlier everyday (this is so cool) Design a plan A and get rid of any plan B! (you will see why) Keep a diary everyday (yes guys) Learn to love and take care of yourself Then, I will have you do what I call Sunday Reflection. We look over our week and make adjustments. Imagine having a custom designed plan for you everyday of the week to set you up for unlimited success? No more bad habits and no more letting fate determine where you will be in life. You determine your fate. Live Like You're Dying is the piece of your fate that has been missing! What are you waiting for? Read my hundreds and hundreds of reviews! My life coaching is unmatched for women and men. I change lives for the price of a Starbucks coffee! Hit the Buy Now button now and let me help you! I guarantee I can change your life or return my book within 7 days! About Gregg Gregg is Boston's top dating and life coach. He teaches women how to understand the male mind and find love by becoming a woman of value. He teaches men the same. Read ALL of his 15 Best Sellers like; To Date a Man, You Must Understand a Man, Who Holds The Cards Now?, The Social Tigress, Power Texting Men and How to Get Your Ex Back Fast. Ladies, join him on WhoHoldsTheCardsNow.com. Guys, go to singlemiddleagedguys.com.

A stunning portrait of community, identity, and sexuality by the critically acclaimed author of *The Narrow Door* When Paul Lisicky arrived in Provincetown in the early 1990s, he was leaving behind a history of family trauma to live in a place outside of time, known for its values of inclusion, acceptance, and art. In this idyllic haven, Lisicky searches for love and connection and comes into his own as he finds a sense of belonging. At the same time, the center of this community is consumed by the AIDS crisis, and the very structure of town life is being rewired out of necessity: What might this utopia look like during a time of dystopia? Later dramatizes a spectacular yet ravaged place and a unique era when more fully becoming one's self collided with the realization that ongoingness couldn't be taken for granted, and staying alive from moment to moment exacted absolute attention. Following the success of his acclaimed memoir, *The Narrow Door*, Lisicky fearlessly explores the body, queerness, love, illness, community, and belonging in this masterful, ingenious new book.

My book focuses on what I know about ADHD, and what I have learned about just how to accept and cope with the challenges that it has brought to me, and in terms of having people understand me, I would say that one must have a really good grasp of what I know about Brain Chemistry, and Clinical Depression not just from a therapeutic point of view but also just the fact that I live with and accept the stigma associated with Depression. I also knew that as I wrote that hundreds of thousands will agree that life is what it is with its struggles, and pitfalls. I will say that in my experience it is best to be watchful of your audience, and also to realize that life is good and I am proud that I have lived to tell my story to others and to reach out to the thousands that suffer from this condition....

Let Me Tell A Story is quite a departure from the military crime fiction Betit has published in the past. Written in the same tight but detailed style characteristic of his earlier books, this collection is a mix of short fiction and memoir, first-person stories that take place over a period of nearly 60 years. Although written in the first person, the narrator of one story is not necessarily the narrator of the next story in the book. It starts with a tale about a 12-year-old boy who learns some important life lessons during a family trip to Maine's northern-most Aroostook County in the 1950s. It ends with a piece about an elderly Maine couple learning some lessons of their own while coming to grips with old age in the near present. In between there are stories about young soldiers and old soldiers, husbands and wives, mothers and fathers and other sordid types. Half of the ten stories in the book take place in Maine. A lot of the pieces were based on Betit's experiences during the Vietnam War and its aftermath "I call them woulda-coulda-shoulda stories," he said. "All of them contain more than one grain of truth. Usually, a lot more." Previously, Betit published *Phu Bai*, *Kagnew Station* and *The Man In The Canal*, military crime novels set in South Vietnam, Ethiopia and Sweden, respectively, during the late 60s and early 70s. That series follows the adventures of U.S. Army CID investigator John Murphy. During book talks promoting his crime novels Betit sometimes read early versions of a few of the stories in *Let Me Tell A Story* at his events. "It was a good change of pace and the stories were well received," he said. "Like my other books, this book can be classified as a good read."

Francis explores the long tradition of silence and its effect through the ages, as well as the enormous impact it has on the modern world.

In *Stop Sabotaging Your Life: 3 Steps To Your Full Potential*, acclaimed life coach Bruno LoGreco shares his simple path to achieving healthy mental and emotional independence. How many times have you caught yourself thinking something like this?: I'm not enough—good enough...smart enough...good looking enough...successful enough.... LoGreco says we sabotage our lives by focusing too much on being what others want us to be and do, and not spending enough time listening to our own hearts and minds. Some people try to find self-acceptance and contentment through counseling, but end up trapped on the therapy treadmill. Others try to go it alone, but still end up in a tiresome process of navel-gazing that never leads to personal fulfillment. LoGreco offers a three-step plan to help you reach your own potential: self-awareness (recognize what you have been doing, and why); rebuilding values (learn a different way to do things); and reach your full potential (identify opportunities and set meaningful goals). You will learn to leverage your strengths to stop chasing illusions and work toward achieving your dreams. LoGreco doesn't claim his book will cure everything that ails you. As he says, "There is no secret formula, no magic pill that will make you happy, productive, and successful. You must challenge your beliefs and take back control of your choices. Don't just think outside the box—break out of it altogether." What clients and readers are saying about life coach, mentor, and motivational speaker Bruno LoGreco: "As a divorced mother of three, I've encountered many obstacles, mostly personal ones within myself. I wondered why I kept repeating the same patterns with the men I was dating and why it always ended badly, usually with me being hurt, and questioned what 'I' was doing wrong. Bruno taught me how to love myself again, how to respect myself and above all else, BELIEVE in myself.... Bruno saved me from my self-destructive patterns. Without his help, I wouldn't be the confident woman I am today. I am a better mother for that."—Cristina "The world is filled with very successful executives who for decades focus every waking minute on professional accolades and professional development [only to] realize they haven't take the time out to focus on personal development in terms of a better balance in life, being in touch with their spiritual side and inner self, and even the fun side of life. That would describe me in the past.... I came across Bruno, and I knew he was the man. His personality exudes authenticity and geniality. The man simply knows his stuff, has this uncanny ability to read between the lines, and zero in instantly

on underlying triggers. His structured approach steers you to address issues head on; challenges you to challenge yourself; opens your mind; helps you understand behaviors, experiences and patterns; gets you in touch with yourself; fuels a sense of purpose and passion; and escorts you to chart a new course to life. He never judges, but relentlessly encourages and empowers you. He's truly a brilliant, genuine and a humane person with an infectious enthusiasm to make you seize your inborn potential.” —Adrian “If I had to sum up my experience with Bruno in one word, it would be 'awakened.' Bruno helped me see life from a different perspective, which is what I needed, but most importantly, he showed me how to do that myself without being dependent on him.... Bruno got me to step outside of my comfort zone and do things I normally wouldn't have done otherwise, which is undoubtedly the key to growth.” —Blaine

Up till now, the cutting-edge tools in this book have only been available to management teams, high-level executives, and select clients. You've no doubt picked it up because you want to be the CEO of your own life—with a greater sense of empowerment and confidence. Written by Daneen Skube, syndicated columnist, sought-after executive coach, and innovative therapist, this practical and humorous work provides simple tools you can use today to gain respect, get immediate results, and turn the lemons of life into big opportunities. Readers of Daneen's wildly popular column have been clamoring for a decade for a book of this kind, which offers an in-depth look at her advice and methods. Whether you're dealing with a backstabbing co-worker, trying to get a promotion, or want to rekindle a romance, you'll do it all better with an interpersonal edge. In all situations, you'll have in your possession reliable tools to make almost anything you want to happen. The keys to the life you've longed for are within these pages—just add you and stir.

Thank you very much for getting started with this book! You are reading this now because I hope you have the chance to feel the love, peace, and joy I feel. If you read one chapter each day, you might be amazed before you are halfway through! You get 28 chapters in this book designed to be read one day at a time in the morning, throughout the day, or at night. I do this myself each day and share in my voice what I am learning in my daily journey of being the best person I can be today. Here are the titles for the 28 chapters in this book. From reading these, you can get a great idea of what this book will help you with! 1. Amazing things happen in appreciating the now. 2. How to thrive by taking your own advice. 3. Are you praying for help? You will receive it. 4. How to deal with uncertainty when you don't know. 5. Take your pick: choosing to be happy or sad. 6. How to take responsibility for your emotions and thrive. 7. How to tackle your problems right now. 8. Achieving happiness with positive affirmations every day. 9. Feeling tired? Create an uplifting daily self-care routine. 10. What could you gain from slowing down life? 11. How to continue consistent persistence every day. 12. Do you appreciate what you have today? 13. The benefits of sharing problems with others. 14. One easy solution to improving your mood. 15. How a daily prayer affirmation can improve your life. 16. Reality in the downside of wishful thinking. 17. You do make a unique impact in life. 18. Time travel is real - go backwards or forwards in time to appreciate now. 19. How can I love the people already in my life? 20. The key to overcoming fear with faith. 21. How to enjoy the journey as much as the destination. 22. Happiness challenge: how to master your mindfulness while sick. 23. Gaining peace in accepting your circumstances. 24. Perfect positioning: the right place at the right time in life. 25. How to treat emotional pain by eliminating physical pain. 26. Getting things done: how to get started on your goals. 27. How to simplify your lifestyle and have more than before. 28. How to be optimistic about death. Thank you for reading this book and I hope you enjoy it as much as I did creating it! Sincerely, Jerry Banfield

People Pick • O Magazine Title to Pick Up Now • Vanity Fair Hot Type • Glamour New Book You're Guaranteed to Love This Summer • LitHub.com Best Book about Books • BuzzFeed Book You Need to Read This Summer • Seattle Times Book for Summer Reading • Warby

Parker Blog Book Pick • Google Talks • Harper's Bazaar • Vogue • The Washington Post • The Economist • The Christian Science Monitor • Salon • The Atlantic Imagine keeping a record of every book you've ever read. What would this reading trajectory say about you? With passion, humor, and insight, the editor of The New York Times Book Review shares the stories that have shaped her life. Pamela Paul has kept a single book by her side for twenty-eight years – carried throughout high school and college, hauled from Paris to London to Thailand, from job to job, safely packed away and then carefully removed from apartment to house to its current perch on a shelf over her desk – reliable if frayed, anonymous-looking yet deeply personal. This book has a name: Bob. Bob is Paul's Book of Books, a journal that records every book she's ever read, from Sweet Valley High to Anna Karenina, from Catch-22 to Swimming to Cambodia, a journey in reading that reflects her inner life – her fantasies and hopes, her mistakes and missteps, her dreams and her ideas, both half-baked and wholehearted. Her life, in turn, influences the books she chooses, whether for solace or escape, information or sheer entertainment. But My Life with Bob isn't really about those books. It's about the deep and powerful relationship between book and reader. It's about the way books provide each of us the perspective, courage, companionship, and imperfect self-knowledge to forge our own path. It's about why we read what we read and how those choices make us who we are. It's about how we make our own stories.

This is my biography. I was a single, divorced parent, and after years of abuse which led to alcoholism, and going through a rape, I sunk into the deepest depths of society. On a misty November night, while riding on Highway 202 in a New England town, I was rear-ended by a Mack truck, flung thirty feet in the air, and landed on cement. With no life left in me, I had a near-death experience that changed my life forever. I believe, and it is my prayer, that anyone who has been through any kind of trauma, rape, abuse, or addiction of any kind will read this and find new hope in their lives. Through my relationship with Jesus Christ, I have a new lease on life that gives me security, wisdom, peace, joy, and the unconditional love of God my Father. Every day, my strength is renewed in Him, and no matter what storms may come my way, He has taught me how to overcome.

Figure skating icon and U.S. National Champion Karen Chen tells the amazing story of her rise to the top, featuring never-before-seen photos and behind-the-scenes details from her journey on and off the ice! At seventeen years old, Karen Chen has already achieved what some girls only dream of—and yet it's only the beginning for this incredibly talented athlete. The daughter of Taiwanese immigrants, Karen began to figure skate at just five years old. Ten years and many grueling training sessions later, she broke out at the 2015 US Championships with a bronze medal. This was after sustaining a nearly career-ending ankle fracture a year earlier. In 2017, Karen became the US National Champion, winning gold in two programs and receiving the highest score ever recorded for the short program at the US National level. Now for the first time, Karen shares the story of how she got where she is today—and where she's going next. Karen has already overcome astounding obstacles, and her grit, determination, and positive attitude have made her future truly limitless. In Finding the Edge, she shares, in her own words, what it's like to be Karen Chen—and what it takes to achieve the impossible. Features a foreword from Kristi Yamaguchi, the Olympic champion, two-time World champion, and U.S. champion.

In a televised social experiment before millions of viewers, police sergeant Derrick Levasseur demonstrated that techniques used by undercover detectives could help people achieve their goals in everyday social situations. The result: he walked away with more than half a million dollars. In The Undercover Edge, Derrick shares his personal mind-set surrounding human behavior and motivation. Even more than that, he provides easy yet groundbreaking tools acquired while overcoming personal adversity and working more than a decade in law enforcement, showing readers:

- The power of observation and creating a profile
- The effect

of using silence to extract and evaluate information • The benefits of interpreting body language and developing your sixth sense • The importance of self-awareness and adapting to your environment • The value of developing a personal ops plan with a defined mission

Derrick's approach allows readers to create a solid foundation in their lives, build confidence personally and professionally, and push themselves to become stronger, more capable leaders.

Envious of her best friends lavish lifestyle, a young woman wonders how different her life would be if she had an opportunity to change her past.

I've got some great news for you! You are much closer than you think to living a life that deeply satisfies your heart and soul, even if it feels like that's not true for you right now. In fact, for many people it feels impossible. It might even look impossible. Despite our feelings and perspectives, though, it is still absolutely, undeniably true: you are living on the edge of incredible. You're receiving an invitation with these very words-an invitation to more freedom than you've ever thought possible. It's an invitation to revel in unconditional acceptance, to make a positive impact in the lives of those around you, and to move past the edge of incredible right to the very centre of it.

A new Starfleet Academy series for teens--filled with romance and adventure! In *The Competitive Edge*, Kirk finds out how much of a toll the intense training classes and grueling schedule of academy life is taking on all the cadets, including himself. But some recruits seem better equipped to handle the challenges. Is there something that is giving them an edge? Kirk is determined to find out, especially since one of the cadets with a little something extra is his new girlfriend.

Creative Stress reveals with precision how we can and must transmute negative stress so that we can evolve individually and collectively. It offers the reader a steady climb to the higher reaches of human creativity and fulfillment, and is packed with compelling stories from O'Dea's exceptionally rich experience.

A time to reflect on my seventy years of life. Maybe some folks will be interested in my life and the folks I have met, or maybe not. This is a non-traditional memoir, filled with alphabetical vignettes not chronological ones. I have made a foray into fiction with an asterisk: in those cases where I have marked the vignette as fictional, it might be 100 percent not true, but in many cases I knew of, was part of, or heard from others about the story itself. At any rate, the entire book is my recollection of things past, and as in all recollections, the more distant the memory the clearer the details.

When a ventilator prevented her from speaking during her final hours, Jennifer started writing. After her death, her husband turns to those pages to tell her story of courage and faith. James had just walked through the door after a day's work when Jennifer told him the news that changed everything: it was cancer. In the following two years they would lose their sense of normalcy and their dreams for the future. But along the way, they would gain something even greater than their loss. Told through the eyes of a grieving husband is this true story of a young woman's fight for her life. Jennifer's final words, penned by hand when a ventilator prevented her from speaking, provide a powerful backdrop to this journey of faith and hope. A memoir that also offers a practical pathway for those

struggling with loss, The Last Seven Pages is a testimony of a God who is present in our darkest moments, and who turned a devastating illness into a life-changing promise.

Craig Comes planned for a journalism career, while his friends expected him to become a bestselling author. But un-diagnosed Attention Deficit Disorder (ADD) and Depression struck after college. After the writing stopped, delusion and denial lead to poverty. long term joblessness and self-imposed exile. Returning to himself would take 15 years in a journey spanning from California Wine Country to the South African veld. This is his story.

Save time. Save money. Save heartache. This one-stop shop for self-improvement combines the art and science of over thirty years of Dr. Tina Thomas' experience as a gestalt therapist to give you the tools to the "fire" of your personal problems rather than dealing with all the psychoanalytical "smoke." Issues with work, goal achievement, anxiety, stress, depression, relationships? The Ultimate Edge gives you an edge in life by explaining how your brain creates your mental maps that initially protect you but ultimately can sabotage your life. You will learn how to change those mental maps so that, as far as your brain is concerned, you have an alternate past, which by default creates an alternate present and future, filled with liberating possibilities.

Additionally, you will learn about the seven most misunderstood emotions and how to utilize them to your advantage. Finally, you will learn how to get your RAS in gear. The reticular activating system is a filter in the brain that, once activated, helps you to achieve your goals quickly and dynamically. More than an owner's manual for your brain, The Ultimate Edge is a guidebook to more peace, passion, and power than you ever imagined!

YOU ARE CORDIALLY INVITED TO TAKE YOUR NEXT STEP Do you believe there's more to life - and just aren't sure how to move forward? Are you feeling stuck or facing a challenge - and don't know what to do about it? Do you have a big dream - but nay-sayers are telling you, "It'll never work"? Are you ready for a new adventure - and would love to know what that looks like? If you said yes to any of the questions above, you've come to the right source for answers that will help you transform your life, starting today. With her trademark combination of humor and wisdom, life balance expert and frequent Oprah guest Mary LoVerde will help you shine a light on what is holding you back. She'll challenge you to face the reasons why, and then offer you an abundance of valuable lessons to help you lead the life you want now ... not someday. Are you ready to quit what's not working and kick-start what does? If so, take your next step and say yes to The Invitation. Mary LoVerde is an internationally acclaimed Hall of Fame speaker and the author of three best-selling books: "I Used to Have a Handle on Life but It Broke," "Stop Screaming at the Microwave" and "Touching Tomorrow." www.maryloverde.com

Enjoy this paranormal military romance by bestselling author S.B. Alexander My first kiss could be my last. I once dreamed of high school dances and my first

date. Now, as a newly formed vampire, I'm navigating a new world with an animalistic hunger I must learn to control. A human boy wants to date me. Another wants to kill me. And a Navy SEAL vampire keeps sending me mixed messages. Yet as I adjust to my novel powers and battle to restrain my vampiric urges, an enemy is closing in. Praise for the series: "A FANTASTIC series that I was sucked into and binge read the five-book collection!!! The characters are really well written, with a lot of growth as the series progresses. Characters are fleshed out and you begin to understand their motivations and thinking. Friends, Family and Romance among these Vampire Navy Seals!" BookDragonGirl "Although character driven, the action and suspense keep you turning the pages wanting to see what will happen. I was so pulled in that I was completely oblivious to what was going on around me. There are shocks and surprises that really shake things up and my jaw would practically hit the floor!" Goodreads Reviewer "If you enjoy paranormal romance, military romance, suspense, action, surprises, plot twists and lots of amazing characters...then this is a FANTASTIC series that I'd highly recommend you check out!!" Goodreads Reviewer "These books are for anyone who likes Vampire paranormal stories. They are well written you can lose yourself in these books. You can imagine what each character looks like. They are well worth a read. I am disappointed I have finished them. Ten out of Ten." Goodreads Reviewer "I am a huge fan of both YA and Supernatural reads, especially ones that are able to set themselves apart from the rest, and this one takes the cake." Goodreads Reviewer Topics: vampire love story, vampire romance, paranormal romance novels, paranormal romance vampires, supernatural, supernatural romance books, supernatural romance, urban fantasy, alpha vampire hero, military romance, navy seal romance, vampire romance series, coming of age, teen vampire romance, young adult vampire romance I thought I had my bloodlust in check. Until I'm kidnapped and left in the middle of a storm-tossed ocean with the human who has a crush on me. Can I get us both to safety before the sea swallows us whole? Or will I lose myself to the dark pull of my ravenous thirst? On the Edge of Eternity is the second book in The Vampire Navy SEAL series. Jo and Webb's story continues as Jo fights alongside Webb in this action-packed installment full of intrigue, suspense, and an emerging vampire romance. This is an upper young adult/new adult supernatural romance series. Series reading order: 1. On the Edge of Humanity 2. On the Edge of Eternity 3. On the Edge of Destiny 4. On the Edge of Misery 5. On the Edge of Infinity

'It's a brilliant book... There are lessons in every paragraph... Get it now.' Chris Evans
'Wonderous and wild. I loved this book' James Nestor, bestselling author of Breath
'Moving, raw and unflinching' Julia Samuel, bestselling author of This Too Shall Pass
'Incredible storytelling' Dr Rangan Chatterjee, bestselling author of Feel Better in 5 ____

____ How do you carry on when things go deadly wrong? When Dr Rahul Jandial operated on Karina, an eleven-year-old girl whose spinal cord was splitting in two, he

had to make an impossible decision. He followed his head over his gut and Karina was left permanently paralysed, altering both patient and surgeon's lives for ever. This decision would haunt Rahul for decades, a constant reminder of the fine line between saving and damaging a life. As one of the world's leading brain surgeons, Rahul is the last hope for patients with extreme forms of cancer. In treating them, he has observed humanity at its most raw and most robust. He has journeyed to unimaginable extremes with them, guiding them through the darkest moments of their lives. Life on a Knife's Edge is Rahul's beautifully written account of the resilience, courage and belief he has witnessed in his patients, and the lessons about human nature he has learned from them. It is about the impossible choices he has to make, and the fateful consequences he is forced to live with. From challenging the ethics of surgical practices, to helping a patient with locked-in syndrome communicate her dying wish to her family, Rahul shares his extraordinary experiences, revealing the depths of a surgeon's psyche that is continuously pushed to its limits.

Cancer sucks, death sucks even more. But we humans don't have the power to stop either of them from messing with our lives. They enter our lives whenever and wherever they choose to. Cancer is so common that each one of us have known someone who has dealt with the disease; some of us have lost a loved one to cancer. Common does not always mean simple, and it also does not mean we know everything about it. The diagnosis of cancer, regardless of the disease's curability, is almost always nerve-racking, even for healthcare providers like the main character of this book who is a veteran nurse. This book is written in first person; the subject is a middle aged woman who had been separated from her boyfriend some thirty years ago and then after three decades when she searches for an oncologist for treatment of an aggressive cancer that she was recently diagnosed, she finds her ex-boyfriend's name and decides to see him. That brings back the memory of their past together, and she starts going through her old diary she had written some thirty years in the past. Part of the story is set in Nepal (from the diary) and the other part is set in the USA (this takes place after her cancer diagnosis). The main character of the story was born with 'Manglik' cosmic influencer, meaning that the planet Mars "mangal Graha" was in such position in the solar system at the time of her birth that it would have strong negative effect on her husband if she married a man who was non-Manlik (a person born at the time when the planet Mars was not in such position.) What happens next changes the lives of the main characters.

Are you tired of the same old stuff (S.O.S)? Have you heard enough about the "New Age"? Do you long for something fresh and exciting? Then perhaps this book is for you. It's not about the same old tired reality that's been talked about for decades. It's not a sugar-coated, love and light routine. And it's not another "feel-good" manual or "how to succeed without really trying" rehash. It's not psycho babble, quick fix therapy, preaching or lamenting a cause. This book takes a no-nonsense look at what is really happening — behind the scenes, above the scenes and beyond the scenes. It addresses the issues you and I are facing right now and will be facing for a long time to come. It uses the past only as a springboard for stepping into the unknown, into the big picture. It exposes the lies, coverups, deceit, control and manipulation that have kept the people of Earth locked into rigid systems of dogma and despair. But it also offers real solutions that are timely, and yet, timeless. It gives you ideas that can help you put

the pieces of the cosmic jigsaw together. And practical advice that can stimulate your creative juices. Get out your surfboard and ride the cutting edge!

Church leaders want to know that their leadership strategies are informed by Christian teaching and made credible by the authority of Scripture. In addition, pastors have an unquenchable thirst for new and unique approaches to leadership. These needs and many more are met as Robert Dale takes the reader through four primary leadership strategies in the New Testament. Focus is a strategy that one learns through study of Jesus' mission and leadership influence. Flexibility is the strategy learned as the Church expands through the Acts of Apostles. Future-Orientation is the strategy emphasized through the pastoral Epistles. Feasibility is the Strategy developed in the Book of Revelation, when the churches are in crisis or in survival mode. Each strategy is illustrated with practical application for the life of congregations so that leaders can sharpen leadership skills with integrity and authority.

Life is the most extraordinary phenomenon in the known universe; but how does it work? It is remarkable that in this age of cloning and even synthetic biology, nobody has ever made anything living entirely out of dead material. Life remains the only way to make life. Are we missing a vital ingredient in its creation? Like Richard Dawkins' *The Selfish Gene*, which provided a new perspective on evolution by shifting the focus of natural selection from organisms to genes, *Life On The Edge* alters our understanding of life from cells or biomolecules to the fundamental particles that drive life's dynamics. From this new perspective, life makes more sense as its missing ingredient is revealed to be quantum mechanics and the strange phenomena that lie at the heart of this most mysterious of sciences.

From “a brave warrior and a wonderful writer” (Elizabeth Gilbert, #1 New York Times bestselling author), the true story of a fiery young woman’s heartwarming and hilarious journey that takes her from near-death in California to a trip around the world in search of her ultimate salvation—discovering a piece of her life she never even knew was missing. When Amy B. Scher was struck with undiagnosed late-stage, chronic Lyme disease, the best physicians in America labeled her condition incurable and potentially terminal. Deteriorating rapidly, she went on a search to save her own life—from the top experts in Los Angeles and the world-renowned Mayo Clinic in Minneapolis to a state-of-the-art hospital in Chicago. After exhausting all of her options in the United States, she discovered a possible cure but it was highly experimental, only available in India, and had as much of a probability of killing her as it did of curing her. Knowing the risks, Amy packed her bags anyway and flew across the world hoping to find the ultimate cure. *This Is How I Save My Life* is a “delightful and inspiring” (Sanjiv Chopra, bestselling author and Professor of Medicine at Harvard) story of sheer determination for anyone who believes in—or doubts—the existence of miracles and the infinite power of self-healing when it seems like all hope is lost.

Successful in his plan to return to the mortal realm, Jeremy Wickcliff believes he's got it all. He thinks he's found his son, whose body will allow him to continue to live, and he has brought back his sister, Rachel, as part of his resurgence plan for the Wickcliff family. However, the son that he thinks is his isn't, and Rachel isn't exactly his ally. Trapped in the Wickcliff mausoleum in the spirit realm, the Wickcliff ancestors have their own plan to return to life in the mortal realm, with or without Jeremy's help. As the witches begin to piece together Jeremy's plan after a visit from his wife, Lucy, in spirit

form, they realize that they must band together in an attempt to stop him from bringing his family back and to banish him back to the ghost realm. Lucy returns to the mortal realm during midnight's edge, desperate to protect her sons from Jeremy's rath. With Lucy on their side, the witches decide that they must fight Jeremy to protect their loved ones and the town, just as they did many years ago. One of them will not survive, and as a battle between good and evil takes place on the grounds of the Wickcliff cemetery, the outcome will change the lives of the residents of Sleepy Meadows forever.

When Meg Fratano stumbles upon her husband in bed with another woman, the experience triggers a determination to transform her life, to leave her family to pursue her own dreams and desires in order to find happiness for herself. Reader's Guide available. Original. 55,000 first printing.

An emotive and sharply-written memoir following Chesters' HIV diagnosis.

Poetically fashioned and emotionally candid, this collection of personal reflections savors the joys of life after 50 with past regrets and triumphs balanced by eager anticipation of a future built on wisdom gained along the way.

Finding the Edge: My Life on the Ice HarperCollins

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

The Valley of South Texas is a region of puzzling contradictions. Despite a booming economy fueled by free trade and rapid population growth, the Valley typically experiences high unemployment and low per capita income. The region has the highest rate of drug seizures in the United States, yet its violent crime rate is well below national and state averages. The Valley's colonias are home to the poorest residents in the nation, but their rates of home ownership and intact two-parent families are among the highest in the country for low-income residential areas. What explains these apparently irreconcilable facts? Since 1982, faculty and students associated with the Borderlife Research Project at the University of Texas-Pan American have interviewed thousands of Valley residents to investigate and describe the cultural and social life along the South Texas-Northern Mexico border. In this book, Borderlife researchers clarify why Valley culture presents so many apparent contradictions as they delve into issues that are "on the edge of the law"—traditional health care and other cultural beliefs and practices, displaced and undocumented workers, immigration enforcement, drug smuggling, property crime, criminal justice, and school dropout rates. The researchers' findings make it plain that while these issues present major challenges for the governments of the United States and Mexico, their effects and contradictions are especially acute on the border, where residents must daily negotiate between two very different economies; health care, school, and criminal justice systems; and worldviews. A life of peace, happiness and calmness is in your power. Do you find yourself constantly stressed about the little things? Do you feel like you get attached to people too quickly? Are you easily annoyed or irritated by others? The path to acceptance, release and liberation is here. This book is your complete guide on how to live a

happier more meaningful life. FREE BONUS Included Right After Conclusion - HURRY before it's gone! Publisher's Note: This expanded edition of Letting Go includes FRESH NEW CONTENT to better help you discover the peace to happiness and harmony. This book contains proven steps and strategies on how to release stress, manage attachments and how to live a fuller and healthier life. These vital teachings will make you enormously better equipped to take on all that life throws at you, and ultimately lead a life of happiness and fulfilment. Have you wondered why we hold on to problems and memories which serve no good purpose other than reminding us of how sad, lonely and hopeless we are? We hoard the memories which have no significant value other than giving us the feeling of failure. Replaying past mistakes which remind us of the pain, shame and regret take up most of the space in our brain. We have an attachment to hold on to all the frustration and worry in our lives. We often equate worry with responsibility, as if because we have responsibility we automatically have to worry. This book will lead you to the path to finding yourself, developing a fresher outlook on life and to understand how to deal with stress, anger and attachments. Learn what it takes to fully embrace life and let go of the self-created frustrations. Discover techniques to handle some of the challenging situations with a clear, calm mind and make conscious and reliable decisions. This book will not only let you feel more comfortable in your skin, but will also make you a happier person. Most importantly, you will have the ability to let go of non-beneficial thoughts and move on with a renewed sense of living. Here is a Preview of What You'll Learn... How to Unveil the Best in Ourselves Understand What Attachments Are & How We Can Release Them Explore Our Attachment to People, Relationships and Situations How Frustration Develops & Techniques to Release Tension How Our Perspective Shapes Our Reality How to Identify Harmful Environments & Methods to Change Them Proven Strategies to help us Become More Present How to Release Anger Effectively Fundamental building blocks in How We Become a New Person Much, much more! Check out What Others Are Saying.. "This is one of the best self-help books I've read. It actually made sense and addressed what it said it would do, which in my opinion is a rarity in these types of books. Like any self-help book, you must read it smart and not take everything the author says as gospel, but see how much of it really applies to what you are looking for. I highly recommend it for anyone hanging on to a lot of old hurts and struggling to get past certain portions of their life. If you have 'stuff' back there that is hindering the here and now, then I highly suggest it.- Audrey, August 2015 Live the life of happiness, peace and fulfilment that you deserve. LIMITED TIME BONUS OFFER: A sneak preview of Bestselling book 'Mindfulness for Beginners' included for FREE! Why wait? Click on the orange 'Buy Now with One Click' button on the top right hand corner of the page to purchase your copy today!

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