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Garden of Shadows The Deal of a Lifetime Once in a Lifetime The Ride of a Lifetime A Lifetime of Secrets Chance of a Lifetime 100 Hikes of a Lifetime The Referral of a Lifetime The Mission of a Lifetime Performance of a Lifetime The Referral of a Lifetime Lifetime Chants of a Lifetime A Lifetime Doing Nothing A Lifetime of Sex Clannad Chances of a Lifetime The Story of a Lifetime Role of a Lifetime Kiki Adventure of a Lifetime Duet for a Lifetime Voyage of a Lifetime A Lifetime at War Destinations of a Lifetime The Lifetime of A Second Leading for a Lifetime Walks of a Lifetime Chance of a Lifetime An Impossible Promise Performance Breakthrough For a Lifetime A Lifetime of Men American Story 100 Slopes of a Lifetime Lifetime Spectroscopy The Game for a Lifetime Wellness for a Lifetime Flight of a Lifetime Hundred

This personal and unique gift expresses the elegant sentiment to your loved one: This Family Channel Seal of Quality-winning gift says to someone whose story you want to know: Your life is important to me. I value who you are. Please tell me more. It invites your mother or father, a grandparent, favorite aunt or uncle, or special friend to share memories, facts, perspectives, beliefs, knowledge, and wisdom gained from a lifetime of experience. Hundreds of gentle questions encourage thoughtful responses. When complete, it's a priceless heirloom for future generations. "Your life is important to me. I value where you've been, what you've done and who you are. Please tell me more." The recipient is invited to write his or her life story and perspective by answering almost 500 thought-provoking questions right in the book. Perfect gift for almost any occasion -- holidays, birthdays, anniversaries, Mother's and Father's Days, weddings, baby and bridal showers, Grandparents' Day, graduation, Valentine's Day, family reunions, etc. Shows honor, respect and loving interest in the life of the person to whom it is given. Assists a person

in telling his or her life story and philosophy easily and quickly, guiding every step of the way with a comprehensive series of gentle questions. Passes along wisdom and knowledge gained from life experience. Richly restores and preserves special memories and perspectives while there is still time. Strengthens bonds with loved ones by providing a deeper understanding in the present. Instills lasting appreciation for family heritage, legacies and traditions by memorializing the storied past. Enhances personal growth through the therapeutic value of introspection. Becomes a timeless and priceless heirloom to be treasured for generations. Keeps on giving. "These are remarkable and poignant stories that need to be told." —Ken Burns More than six million people watch Bob Dotson's Emmy award-winning segment, American Story, on NBC's Today Show. For the last four decades, Dotson has traveled the country searching out inspiring individuals who quietly perform everyday miracles. In the process, he has become the treasured cartographer of America's heart and soul. Today's news is overwhelmingly grim; it's also told by journalists who travel in herds as they trail politicians and camp out at big stories. In American Story, Dotson shines a light on America's neglected corners, introducing readers to the ordinary Americans who have learned to fix what really matters. We live in a world that all too often operates under the overriding template of self-promotion, embracing a "hooray for me" attitude, and which measures success in increasingly small timeframes dotted with markers of temporal value. Millions of viewers know James Brown as a sports commentator and former athlete. With ROLE OF A LIFETIME, James reveals a different side of his character. Brown rose from a middle-class home to earn a scholarship to Harvard and a chance at a professional sports career before moving on to broadcast journalism. Part memoir and part self-help, this book draws on James's

lessons from his faith and life experiences to guide readers to find fulfillment and significance. He offers values and encouragement to others of all generations, assisting them in their search for meaning in navigating a world that increasingly promotes transient values, if any at all. His message that shortcuts and gimmicks are counterproductive to a person's success provides hope that there is a God who cares about them and their futures. Brynn Escape. That was my sole focus. Forget the headlines, forget the threats. Forgetting what I've done? Never. To disappear, I needed money. I fled the big city in the desert to hide in a small town amongst the pines. The plan? Blend in, work until I have what I need, and then vanish. The problem? Connor Vale ruined everything. Falling for him would be easy, if it weren't for one inescapable truth: For every action there is an equal and opposite reaction, and nobody around me is safe. Connor Brynn Montgomery slammed into my life like a category five hurricane. She stepped in front of my truck, and everything changed. One second to swerve, one second to jump from my vehicle, one second to never be the same. I gave her a job. It wasn't a smart idea. She's guarded, withdrawn, and aloof. She wears shirts with snarky sayings and won't let me get within a foot of her. She doesn't talk much, so I watch her move. Unspoken pain pours from her eyes, emotion moves with each twist of her lips. Hidden behind her prickly exterior is a tenderness that mesmerizes me. Every day she reveals a piece of herself. Every day I get closer to learning about the fear that grips her. Every day I fall a little more in love with her. In HUNDRED, the simple pleasures and hard lessons of each age are gorgeously presented as a full color, illustrated journey of the passage of time. What did you learn in life? At age 3? At 21? What about 45? 65? 80 and beyond? How can you share this wisdom with the people you love? Your first smile, kiss, true love. The breakthroughs that come with age and experience. The realizations we have about ourselves and the world as the number of candles on your cake creeps up. There is so much to learn. In this beautiful fully illustrated book, you'll follow, page by page, year by year, the course of a lifetime as each of us learns the

little things that together make up a whole life. A perfect gift for holidays, birthdays, graduations, and that special friend, HUNDRED, like Dr. Seuss's Oh, The Places You'll Go, is a book destined to become a perennial favorite. Millions adored Daphne Fields, for she shared their passion, their pain, their joy, and their sorrow. But America's most popular novelist remained a closed book to the world — guarding her life with a fierce privacy no reporter could crack. Her life hides a myriad of secrets. The husband and daughter she lost in a fire. The son who barely survived it and would be deaf forever. The victories, the defeats, the challenges of facing life as a woman alone and helping her son meet the challenges of his handicap. A strong woman, she would not accept defeat, or help from anyone... until she found she could no longer face it alone. Chants of a Lifetime offers an intimate collection of stories, teachings, and insights from Krishna Das, who has been called "the chant master of American yoga" by the New York Times. Since 1994, the sound of his voice singing traditional Indian chants with a Western flavor has brought the spiritual experience of chanting to audiences all over the world. He has previously shared some of his spiritual journey through talks and workshops, but now he offers a unique book-with-audio download combination that explores his fascinating path and creates an opportunity for just about anyone to experience chanting in a unique and special way. Chants of a Lifetime includes photos from Krishna Das's years in India and also from his life as a kirtan leader—and the audio that is offered exclusively in the book consists of a number of "private" chanting sessions with the author. Instead of just being performances of chants for listening, the recordings make it seem as if Krishna Das himself is present for a one-on-one chanting session. The idea is for the listener to explore his or her own practice of chanting and develop a deepening connection with the entire chanting experience. NatGeo takes you on a photographic tour of the world's most spectacular destinations, inspiring tangible ideas for your next trip. Travel to hundreds of the most breathtaking locales—both natural and man-made—illustrated with vivid images taken by the organization's world-class photographers. These images, coupled with evocative text, feature a

plethora of visual wonders: ancient monoliths, scenic islands, stunning artwork, electric cityscapes, white-sand seashores, rain forests, ancient cobbled streets, and both classic and innovative architecture. Loaded with hard service information for each location, Destinations of a Lifetime has it all: when to go, where to eat, where to stay, and what to do to ensure the most enriching and authentic experience. Your Best Prospects Are Referred Prospects! Nobody likes cold calls. And nobody really needs to make them. The Referral of a Lifetime teaches a step-by-step system that will allow anyone to generate a steady stream of new business through consistent, qualified referrals while retaining and maximizing business with existing customers. Tim Templeton emphasizes the importance of applying the golden rule in business—putting the relationship with your customer first, rather than just making the sale. This second edition adds a technique for creating a profile of your ideal customer and explains how to reach the tipping point on online reviews and testimonials so you can expand your business 24/7. Your customers, colleagues, and friends already know every new contact you will ever need to succeed. When you apply Tim Templeton's system, they will naturally refer those potential new customers to you. It's Christmas Even morning. Years ago a man abandoned his son to pursue professional success; now he wonders if it's too late to forge a relationship with him. One week earlier, in a hospital late at night, the man met a five-year-old girl with cancer. When the man is given the chance to do something selfless that could change the destiny of the little girl in the hospital bed, he needs to find out what his own life has actually been worth in the eyes of his son before he makes the deal of a lifetime. The premier book in the new Ken Blanchard Series Describes a simple approach and system for getting a steady flow of new business through referrals from existing customers-no more cold calls! Nobody likes cold calls. And nobody really needs to make them. The Referral of a Lifetime teaches a step-by-step system that will allow anyone to generate a steady stream of new business through consistent referrals from existing customers and friends and, at the same time, maximize business with existing

customers. Your customers and clients already know every new contact you will ever need to succeed-by applying Tim Templeton's system they will naturally refer them to you. The Referral of a Lifetime uses an entertaining fictional story to emphasize the importance of "putting the relationship first"-building an ongoing relationship with customers based on genuine respect and caring, rather than just making the sale and moving on. More than just teaching a system for increasing business success, The Referral of a Lifetime crystallizes people's desire to practice "the golden rule" in business and to be accepted as a professional with integrity and character. This straightforward and powerful book will ultimately change the way you look at all the relationships in your life. The Referral of a Lifetime is the first book in the brand new Ken Blanchard Series. Each book in this series will be hand-picked and introduced by Ken, and will offer simple truths and profound wisdom in Ken's trademark storytelling style. Master Sergeant Gordon L. Ewell is a combat engineer and expert in the tactics and techniques the enemy used in Iraq to assemble, disguise, and detonate deadly improvised explosive devices (IEDs). He became part of the first special two-soldier team whose mission was to find and render safe the IEDs, before they could unleash their deadly force upon other soldiers, convoys, civilians, and local civilian commuters during the War in Iraq. He performed fifty-nine dangerous missions, coauthored a first-of-its-kind manual used for the training of special teams that would have the mission of finding IEDs, was "blown-up" six different times, and saved countless lives. He received the Bronze Star Medal for "demonstrating personal courage and conviction on multiple occasions by continually performing his duties while under enemy attack," and the Purple Heart Medal for "wounds received while engaged in combat" during the war. Though permanently disabled, he continues to fight. A Lifetime at War is more than just an incredible and inspiring personal account of his road to recovery. Once again Ewell is using his expertise and experience--this time to help wounded warriors navigate the hell of recovery. He helps us all to understand that while the War in Iraq may have ended on December 15, 2011, for the

thousands of soldiers severely wounded in Iraq and Afghanistan, their war will never end. Walk the World's Greatest Trails To walk is to discover, from those first halting steps as a child to walking the world's greatest long-distance trails. Experience breathtaking coastlines, mountain ranges, historic landscapes, wilderness areas, religious pilgrimages, great cities, and iconic rivers. Walk to learn more about our beautiful and curious world, to be healthy and happy, to add adventure and authenticity to life, and to learn something about yourself in the process. Walking is simple, but it can also be profound. Veteran outdoor enthusiasts Robert and Martha Manning invite readers to experience the joy of walking in Walks of a Lifetime. They offer firsthand descriptions of thirty of the world's great long-distance trails and multiday walks, including personal anecdotes, natural and cultural history, practical tips, and full-color photographs and maps. Walks range from inn-to-inn routes to backpacking treks and are found across North America, Europe, Asia, Australia, and the Pacific. Trail descriptions are accompanied by a series of short, engaging essays on the many dimensions of walking. The Harmony novels are "Jodi Thomas all the way—super characters [and] lots of riveting subplots."* Now the New York Times bestselling author takes us back to Harmony, Texas, where big dreams are brewing—and anything and everything is possible... Emily, the local librarian, has started a writing group, but as the group stumbles through both the fiction and reality of their lives, they're learning much more than how to write. But Emily suddenly has other things on her mind when a friend from her past shows up in Harmony's library. Now she must deal with a secret she's kept for fifteen years—a secret that changed her life and threatens to shatter her future. Meanwhile, new lawyer Rick Matheson thinks he's in charge of his world until accidents start happening all around him. Just when he realizes someone is trying to kill him, he meets a beautiful U.S. Marshal named Trace Adam. Now that the marshal has given him an even stronger reason to go on living, he must learn to take a chance on life to dream bigger—and love better—than he ever has before... *Romance Reviews Today Break through to your peak performance!

Whether you're navigating your way on a new team, expanding your leadership role, or just trying to get heard in a meeting, you're facing the kind of workplace challenge we all run into sooner or later: you need a new performance. In Performance Breakthrough, Cathy Salit presents the revolutionary strategies that she's proven successful through over twenty years' experience custom-creating workshops for powerhouse clients including American Express, Nike, Coca-Cola, and DIRECTV. Artfully blending techniques from theatrical performance with the new science of performative psychology, Salit guides readers through forging new relationships guaranteed to yield greater success and satisfaction. Performance Breakthrough outlines proven techniques, including taking an emotional inventory; crafting new scripts for greater confidence, stronger relationships, and better outcomes; building ensembles; improvising; and listening--really listening--including accepting others' criticism and input. No matter what your challenge, Salit's innovative philosophy, case studies, practical exercises, and inspiring advice will help you deliver your own top performance. What happens when the story comes to life? Nine-year-old Betty Hilmar thinks her life couldn't possibly be more boring. That's why she's always reading her favorite book, Amber the Brave. Amber gets to battle supervillians, slay dragons, and have incredible adventures that Betty only dreams of. But everything changes when Betty receives a mysterious new book. Suddenly, Betty finds herself in the middle of one of Amber's top secret missions. Together, she and Amber must stop the evil Doctor Sly from taking over the world, and as they race from one danger to the next, Betty learns that being a sidekick is no piece of cake. TIMELESS LESSONS FROM THE MASTER OF THE GAME This, the fourth book by Harvey Penick, was nearly finished when he died in April 1995. A return to the timeless wisdom that has made his first bestseller, Harvey Penick's Little Red Book, a modern classic, The Game for a Lifetime does not contain the technical swing tips and stance aids of today's instructional guides, but dispenses a philosophy on golf, and on life. Harvey Penick knew that the teachings in his book would stand the test of time, and he spent

his lifetime pursuing and enjoying all that the game has to offer -- physically, emotionally, and spiritually. The Game for a Lifetime, the final book by Harvey Penick, stands as a wonderful testimonial to this legendary career, his celebrated teaching style, and his ability to affect the lives of the people who had the good fortune to know him. "Time travel romance at its best!"—Fresh Fiction on Chance of a Lifetime They can't be together, but they can't stay apart... Liam O'Connor has one purpose in this life—to push the woman he loves into the arms of another man. The Irish rogue unknowingly changed the course of destiny when he fell in love with Cora McLeod over a century ago. Their passion was intense, brief and tragic. And the angels have been trying to restore the balance of fate ever since. Now police officers in Providence Falls, North Carolina, Liam and Cora are partners on a murder investigation. The intensity of the case has drawn them closer together—exactly what Liam is supposed to avoid. The angels have made it clear Cora must be with Finley Walsh. But headstrong Cora makes her own decisions and she's starting to have feelings for Liam—the only thing he's ever really wanted. Liam knows this is the last chance to save his soul. But does he love Cora enough to let her go? Providence Falls Book 1: Chance of a Lifetime Book 2: An Impossible Promise Helen Davies is sad and lonely when her boyfriend, Tom, goes to Australia without her. But a friend encourages her to take an exciting new job and Helen sets off on an adventurous journey round Europe. This adventurous journey brings her new confidence and the chance of a lifetime A great read for everyone who loves to travel. This ultimate skier and snowboarder bucket list, from celebrated runs in Alta, Utah, to the challenge of Switzerland's 4 Vallees races through 100 energizing snowy experiences for all levels. Filled with beautiful National Geographic photography, wisdom from experts, need-to-know travel information, and practical tips, this inspirational guide offers the planet's best ski and snowboarding experiences on breathtaking slopes around the world. Complete with a foreword from celebrated Olympic alpine skier Lindsey Vonn, 100 Slopes of a Lifetime is divided by interest and skill level: cross-country routes to intermediate downhill moguls to expert-only

backcountry terrain, skiers and snowboarders will find the perfect destination for their dream terrain. From dreamy Colorado escapes to Hokkaido, Japan, where Siberian storms dump more than 60 feet of snow every year, you'll find countless slopes to add to your bucket list from the wilds of Alaska to breathtaking Morocco. Plus find plenty of apres ski activities including: Getting up close with elk in Jackson Hole Trying Europe's longest toboggan run Or sampling the Dolomite's finest cuisine) Grab your skis or boards; this comprehensive and innovative guide will lead you to experience the greatest snow-play adventures the world has to offer! AN ENGAGING INSIDER'S ACCOUNT OF SOME OF THE MOST FASCINATING DOMESTIC AND INTERNATIONAL EPISODES IN CONTEMPORARY AMERICAN HISTORY, FROM THE HIGHLY RESPECTED FORMER SECRETARY OF STATE WHO REMAINS A DEMOCRATIC ELDER STATESMAN. Warren Christopher is that rarest of Washington personalities: a wise and witty public servant once described by the Washington Post as "the antithesis of the glitz-hungry, self-aggrandizing, corner-cutting political figures who dominate Washington today." In this memoir, the man whose sage counsel and sometimes parodied discretion brought him to the right hand of mayors, governors, and presidents, shares his personal recollections and impressions of leaders and events that shaped the second half of the twentieth century. Writing in tightly crafted, often self-effacing prose, Christopher chronicles how he left the privacy of life at a premier law firm to heed calls to public service from Supreme Court justice William O. Douglas, Los Angeles mayor Tom Bradley, and California governor Edmund "Pat" Brown -- as well as presidents Lyndon Johnson, Jimmy Carter, and Bill Clinton. Throughout his career, Christopher faced diverse challenges: he advised a president on whether to dispatch federal troops to quell civil disturbances; led negotiations to free American hostages in Iran; investigated a major city's police force gone awry; and helped cope with Yitzhak Rabin's assassination. From "Starting from Scranton" and "The Johnson Treatment" to "Middle East: Antipodes" and "Yesterday a War, Today a Country," each chapter is a compelling story on its own.

Together, they offer the first clear picture of the impact of this quiet North Dakotan on modern American history. Book description to come. #1 NEW YORK TIMES BESTSELLER • A memoir of leadership and success: The executive chairman of Disney, Time's 2019 businessperson of the year, shares the ideas and values he embraced during his fifteen years as CEO while reinventing one of the world's most beloved companies and inspiring the people who bring the magic to life. NAMED ONE OF THE BEST BOOKS OF THE YEAR BY NPR Robert Iger became CEO of The Walt Disney Company in 2005, during a difficult time. Competition was more intense than ever and technology was changing faster than at any time in the company's history. His vision came down to three clear ideas: Recommit to the concept that quality matters, embrace technology instead of fighting it, and think bigger—think global—and turn Disney into a stronger brand in international markets. Today, Disney is the largest, most admired media company in the world, counting Pixar, Marvel, Lucasfilm, and 21st Century Fox among its properties. Its value is nearly five times what it was when Iger took over, and he is recognized as one of the most innovative and successful CEOs of our era. In *The Ride of a Lifetime*, Robert Iger shares the lessons he learned while running Disney and leading its 220,000-plus employees, and he explores the principles that are necessary for true leadership, including:

- Optimism. Even in the face of difficulty, an optimistic leader will find the path toward the best possible outcome and focus on that, rather than give in to pessimism and blaming.
- Courage. Leaders have to be willing to take risks and place big bets. Fear of failure destroys creativity.
- Decisiveness. All decisions, no matter how difficult, can be made on a timely basis. Indecisiveness is both wasteful and destructive to morale.
- Fairness. Treat people decently, with empathy, and be accessible to them.

This book is about the relentless curiosity that has driven Iger for forty-five years, since the day he started as the lowliest studio grunt at ABC. It's also about thoughtfulness and respect, and a decency-over-dollars approach that has become the bedrock of every project and partnership Iger pursues, from a deep friendship with Steve

Jobs in his final years to an abiding love of the Star Wars mythology. "The ideas in this book strike me as universal" Iger writes. "Not just to the aspiring CEOs of the world, but to anyone wanting to feel less fearful, more confidently themselves, as they navigate their professional and even personal lives." Lifetime spectroscopy is one of the most sensitive diagnostic tools for the identification and analysis of impurities in semiconductors. Since it is based on the recombination process, it provides insight into precisely those defects that are relevant to semiconductor devices such as solar cells. This book introduces a transparent modeling procedure that allows a detailed theoretical evaluation of the spectroscopic potential of the different lifetime spectroscopic techniques. The various theoretical predictions are verified experimentally with the context of a comprehensive study on different metal impurities. The quality and consistency of the spectroscopic results, as explained here, confirms the excellent performance of lifetime spectroscopy. Award-winning former investigative reporter Basil Hero chronicles the life lessons humanity can learn from the twelve remaining Apollo astronauts who went to the Moon. In rare in-depth interviews, the twelve remaining lunar explorers, for the first time, talk at length about the real right stuff; the true source of courage, leadership, and the quiet patriotism that it took to risk their lives going to the moon. Hero begins each chapter with key life lessons that readers can gain from these honorable men whom he calls the Eagles. He describes how they mastered their emotions and learned to conquer their fears through techniques that can be used from the classroom to the boardroom. More importantly their voyages to the Moon led them to the most incredible discovery of all: our home planet and its precious place in the universe. They fear for Earth's future and offer sensible solutions to its mounting crises and the path to future space exploration. In *The Mission Of A Lifetime*, the Eagles share their wisdom and urge us to reframe our view of Earth to theirs: no identifiable nations, borders, or races; just Earthlings working together as a collective civilization. The inspiration behind Lifetime's new miniseries event, *Flowers in the Attic: The*

Origin Olivia dreamed of a sun-filled love, a happy life. Then she entered Foxworth Hall... V.C. Andrews' thrilling new novel spins a tale of dreadful secrets and dark, forbidden passions—of the time before *Flowers in the Attic* began. Long before terror flowered in the attic, thin, spinsterish Olivia came to Virginia as Malcolm Foxworth's bride. At last, with her tall handsome husband, she would find the joy she had waited for, longed for. But in the gloomy mansion filled with hidden rooms and festering desires, a stain of jealous obsession begins to spread...an evil that will threaten her children, two lovely boys and one very special, beautiful girl. For within one innocent child, a shocking secret lives...a secret that will taint the proud Foxworth name, and haunt all their lives forever! Two leadership experts set out to find out how era and values shape those who lead, from those raised in the shadow of the Depression and World War II to today's young computer generation. This ultimate hiker's bucket list, from the celebrated Appalachian Trail to Micronesia's off-the-beaten-path Six Waterfalls Hike, treks through 100 energizing experiences for all levels. Filled with beautiful National Geographic photography, wisdom from expert hikers like Andrew Skurka, need-to-know travel information, and practical wildlife-spotting tips, this inspirational guide offers the planet's best experiences for hikers and sightseers. From short day hikes--California's Sierra High Route, Lake Agnes Teahouse in Alberta, Norway's Mt. Skala--to multiday excursions like Mt. Meru in Tanzania and multi-week treks (Egypt's Sinai Trail, Bhutan's Snowman Trek, and the Bibbulum Track in Australia), you'll find a hike that matches your interests and skill level. Crossing all continents and climates (from the jungles of Costa Rica to the ice fields in Alaska's Kenai Fjords National Parks), as well as experiences (a wine route through Switzerland or moose spotting on the Teton Crest Trail in Wyoming,) there is a trail for everyone in these pages. So pack your gear and lace your boots: this comprehensive and innovative guide will lead you to experience the best hikes of your life! Sapphire has experienced a lot of financial difficulties and she feels as though she will not be able to support her mother or her younger brother Jimmy. When all hope seems lost she is

offered a job as a nanny from a rich and successful owner of a photography magazine, Anthony Black. Sapphire should be excited, only she has never really liked Anthony, they have never truly gotten along and she had always been in love with Anthony's twin brother Andre. So why instead of making her his nanny, had Anthony asked Sapphire for her hand in marriage, a marriage for a lifetime? With more than 300,000 copies in print, the guide that looks at sexuality at every stage in a man's life is now available in paperback. The book is written in the lively and accessible "Men's Health" tone, with advice from 150 sex experts. 22 illustrations. Well Woman Exam -- Breast Health -- Bone Health -- Menopause -- Hormone Replacement -- Heart Health -- Healthy Living -- Alternative Therapies. Tolan has always let her mother have one secret - how she got that scar on her face - playing along with her mother's game of inventing outlandish tales to explain the wound away. But when she finds a manuscript on her mother's computer that promises to reveal the true story, Tolan only hesitates for a moment before curiosity compels her to read on. She's hoping for answers, but instead, she finds more mysteries tucked away in her mother's past. Her mother appears to be associated with Bo, a feisty photojournalist who flies to Cuba in pursuit of a story and becomes embedded with Castro's rebels, but Tolan can't quite work out their connection. She's more clear about the relationship between her mother and Michael, a man twelve years her senior. They bond over their shared outcast status, and their friendship quickly becomes intimate, but the relationship antagonizes the self-appointed moral watchdogs in their small town, who start to convert their threats into action. Tolan is pretty sure that Michael is her father. Her mother told her he died years ago, but the book suggests their story had a different ending. Almost overnight, everything Tolan thought she knew about herself and her family has changed. She wants answers, but to find them, she risks destroying her closest relationships. In my experience, all our problems do indeed stem from this hyperactive and delusional thinking we have acquired over time. There is a way to eradicate the light-speed, blind reactions and the habitual confusion. The way is very simple. It boils down to just two words: do

nothing. That's it. Do nothing. Sit quietly in a room alone and do nothing. Watch the monkey mind and do not try to fix it or eliminate it or drown it out or engage it. This is doing non-doing. Observe the mind, on autopilot as usual, screaming editorial comments from the sidelines like some frenzied play-by-play announcer and do nothing about it. Don't turn the monologue into a dialogue. Do nothing. "Nothing to see here, folks. Let's keep it moving." In one lifetime, a caribou will shed 10 sets of antlers, a woodpecker will drill 30 roosting holes, a giraffe will wear 200 spots, a seahorse will birth 1,000 babies. Count each one and many more while learning about the wondrous things that can happen in just one lifetime. This extraordinary book collects animal information not available anywhere else—and shows all 30 roosting holes, all 200 spots, and, yes!, all 1,000 baby seahorses in eye-catching illustrations. A book about

picturing numbers and considering the endlessly fascinating lives all around us, Lifetime is sure to delight young nature lovers. The author takes us on a flight into a dangerous world - a world where death overtook him and yet, somehow, he cheated it. This is the amazing and miraculous story of a young man who went up against the odds to claw his way back to normality. From A levels to a party in celebration of his continuing life, through his work with horses and time spent in three hospitals - straight across the brink of his own existence - Philip Watling's true account takes us down paths we wouldn't normally wish to follow and into places we never knew existed. This harrowing tale of life and death transcends everyday living and defies the imagination. With humour and mysticism throughout, this thought-provoking book teaches us the value of the one life we are given, and will help light our way towards survival after experiencing a traumatic event.