

Back From The Brink: The Autobiography

Colombia is important to the United States. It is one of our best friends in Latin America, a longstanding democracy with which we have close economic and strategically important bilateral ties. We are also linked to Colombia through the unfortunate relationship of major consumer to leading supplier of cocaine, but that factor also highlights the importance of cooperation between our countries.It is no secret that Colombia is beset by difficult problems. Illegal armed groups and powerful drug gangs continue to challenge the rule of law in parts of the country. The presence of these violent elements fuels other problems: crime, human rights abuses, poverty, and a weakening of governance. Indeed, during the 1990s, a confluence of highly negative factors threatened to drag the country down. Taken out of context, these challenges might be seen as nearly insurmountable. In fact, however, Colombia's situation in 2007 represents a major improvement over that earlier period.Colombia's emergence from crisis constitutes a success story. It is, however, a story that is not well known, despite the fact that billions of dollars in military and economic assistance from the United States helped bring Colombia "back from the brink." This report provides a timely and balanced examination of the difficult issues at stake in Colombia and the U.S.-Colombia relationship. It analyzes the factors that took Colombia to the verge of unraveling in the late 1990s and how the country began to make its way back from instability. Then the report evaluates the impressive progress made between 1999 and 2007 across a broad spectrum of difficult issues, as well as the thorny problems that persist.

Dead bodies and bad cops make for a brutal Montana spring-and a small-town sheriff's worst nightmare in the second thrilling installment of the Nicole Cobain mysteries. It's a glorious spring in Blue Mesa, Montana, but not all is well in paradise. The authorities have been waging war against drug traffickers who use "mules" to carry the drugs and cash across the Canadian border. And murder gets thrown into the equation when sheriff Nicole Cobain is called to the lake to assist Border Patrol but finds their boat adrift and a dead man in the ice. When the police drag the lake looking for bodies, they recover a satchel containing money and drugs--a satchel marked with the Border Patrol seal. The evidence points to corrupt elements within the Border Patrol who are involved in the drug trade. Then, another murder victim turns up-- the brother of Frank, a Border Patrol agent who's been trying to root out the bad agents. Nicole suspects that the two missing agents may have been responsible for the theft of the morphine, but when one of them is found dead from a single gunshot wound, the trail suddenly grows cold. As the bodies pile up, Nicole begins to feel that she's the only good guy on the scene--and on the brink of a terrible discovery that could shake the community to its core.

True stories of how scientists are saving endangered species, with photos included. "Readers will be moved by Castaldo's appreciation for these animals." —Booklist (starred review) In this book, the acclaimed author of Sniffer Dogs details the successful efforts of scientists to bring threatened animals back from the brink of extinction. How could capturing the last wild California condors help save them? Why are some states planning to cull populations of the gray wolf, despite this species only recently making it off the endangered list? How did a decision made during the Civil War to use alligator skin for cheap boots nearly drive the animal to extinction? Back from the Brink answers these questions and more as it delves into the threats to seven species, and the scientific and political efforts to coax them back from the brink. This rich, informational look at the problem of extinction offers a source of hope—and for these animals' numbers are now on the rise—and will inspire young wildlife lovers and aspiring scientists. Winner of the Crystal Kite Award and a Sigurd F. Olson Best Nature book Honorabile Mention

Facts, figures, and essays on women and poverty by Barbara Ehrenreich, Kirsten Gillibrand, LeBron James, and other high-profile contributors. Fifty years after President Lyndon B. Johnson called for a War on Poverty and enlisted Sargent Shriver to oversee it, the most important social issue of our day is once again the dire economic straits of millions of Americans. One in three live in poverty or teeter on the brink—and seventy million are women and the children who depend on them. The fragile economic status of millions of American women is the shameful secret of the modern era—yet these women are also our greatest hope for change, and our nation's greatest undervalued asset. The Shriver Report: A Woman's Nation Pushes Back from the Brink asks—and answers—big questions. Why are millions of women financially vulnerable when others have made such great progress? Why are millions of women struggling to make ends meet even though they are hard at work? What is it about our nation—government, business, family, and even women themselves—that drives women to the financial brink? And what is at stake? To forge a path forward, this book brings together a power-packed roster of big thinkers and talented contributors, in a volume that combines academic research, personal reflections, authentic photojournalism, groundbreaking personal stories, and insights from frontline workers: political, religious, and business leaders; and major celebrities—all focused on a single issue of national importance: women and the economy. "A startling wake-up call for policymakers and anyone hoping to survive a culture that siphons wealth upward to a very powerful few." —Booklist

Contributors include: Carol Gilligan, PhD * Barbara Ehrenreich * Beyoncé Knowles-Carter * LeBron James * Anne-Marie Slaughter * Kirsten Gillibrand * Hillary Rodham Clinton * Tory Burch * Sister Joan Chittister * Arne Duncan * Kathleen Sibelius * Howard Schultz * and more!

Coping with Stress

Evaluating Progress in Colombia, 1999-2007

True Stories and Practical Help for Overcoming Depression and Bipolar Disorder

Stepping Back from the Brink

Back From the Brink

The Shriver Report

The autobiography of Tim Chan, a young man with severe autism, provides a powerful theme of the unrelenting struggles in pursuing inclusion for a meaningful and productive life. He comes face to face with daunting obstacles of autistic challenges, as well as non-acceptance and stigmatisation in the wider world. Tim's insights into these challenges are testament to his resilience. His unstinting efforts in finding strategies to overcome them pave a way to understanding autism from an insider's perspective and address issues of inclusion and social justice. Additionally the story includes the voice of Tim's greatest supporter and advocate - his mother , Sarah, and her tireless efforts to help translate the world to Tim and help Tim translate himself to the world. We see Tim through her eyes - compassionate, insightful and ever ready to explore ways for Tim to develop mentally, emotionally and socially.

Survival stories are more gripping than endangered stories and this book describes the insect populations that have been able to recover from the human and climater factors that drove them to the edge of extinction. Both success story and science learning...social strategizing and way forward.
This title discusses with well-known and everyday Australians about their personal journey of enduring and overcoming depression. Written in a question and answer format, the book offers a raw and immediate format that strikes straight to the heart. The stories show just how real and prevalent depression is!
America, India, and Pakistan to the Brink and Back

Back From The Brink

An Apocalyptic Experience

Twelve Reptiles Back from the Brink

1000 Days at Number 11

12 Mammals Back from the Brink

We're in the midst of a global economic crisis and a domestic economic disaster. But enough of the hand-wringing. Where did this all come from, where are we now and, most importantly, what's going to happen next? In a compelling and jargon-free argument, economist Marc Coleman makes sense of this mess we're in with clear, accessible analysis of Ireland's economic situation and where it might be heading. Addressing first the global dimension - how early warnings were ignored, why American monetary policy failed the world and why an unfinished revolution in globalisation left us defenceless - Coleman makes a case for a new kind of capitalism. The unravelling threads that created the Irish financial crisis are also untangled. The death of competitiveness, the mismanagement of tax revenues, issues of demographics, bad urban planning, stupid banks and an unsuccessful regulator are all examined and, combined with dysfunctional politics, are shown to be the root causes of the predicament we now find ourselves in. But all is not lost. With a positive, can-do approach to the economic crisis, Coleman creates a fix-it manual for the future, explaining how Ireland can prosper again by adopting a smart economy, reforming social partnership and curing a warped fiscal cycle with budgetary and electoral reform. Ireland's economic nightmare will end. It is a dream not destroyed, merely delayed.

This book will serve as your handbook for dealing with a drug using teen, educating you on what works and what doesn't, and providing a step-by-step plan of action in what surely is one of the most important and challenging tasks in the life of any parent. Teens in every community and school environment are increasingly exposed to drugs – ever more powerful drugs – at younger and younger ages. They are bombarded with messages via television, the Internet, social media, and music that glorify a superficial lifestyle where drugs are not just accepted, but encouraged as a key element of popularity, success, and fame. The media provide a steady stream of subtle, inside jokes involving drug use that create an “everybody who’s cool does it” attitude. And today’s media, especially the Internet, is an endless source of information about how to obtain, use, and mask the use of drugs. This book is designed to be the first step for parents to get educated and increase their effectiveness in being counselors to their teens and dealing with teen drug use. You will learn what you need to know to avoid emotional pitfalls, identify the behavior of teen drug users, find factual information on drugs, get tough, and begin the process of saving your teen.Of course, should drug use progress, you must turn the process over to a professional. This book will also guide you in how to assess your situation, gauge the level of their teen's problem, and find the best professional help to take over when it's required.

Author Chris Minshew was at a point in his life where he felt suicide was his only option. He made it to the point of placing the pistol against his head. Then something happened that brought him back from the brink of death. That experience-and what he was able to learn and accomplish in subsequent years-convincd him to interview others who had shared his experience. Back From the Brink is a collection of riveting stories told by individuals who either attempted suicide and failed-and then realized it was a bad choice-or individuals who have stepped back from that fatal choice and gone on to live satisfying lives filled with hope. There is life after saying no to suicide. Back From the Brink has garnered high praise, including: "There is power in the personal narrative. Back From The Brink is an intimate collection of stories provided by individuals who've survived attempting suicide. This unique book gives a voice to a pervasive epidemic so many struggle to talk about. These are stories that need to be heard."-J.L. Craig, Ph.D., Clinical Psychologist "Who knows more about suicide than someone who has attempted it, or changed their mind at the last minute, and gone on to live a productive life? Chris F. Minshew has done a public service by interviewing individuals who have attempted suicide and recovered, or who have journeyed to the brink of suicide and stepped back to say no to taking their own lives, himself included. Their stories of struggle and redemption are inspirational. This is an excellent book for anyone who is contemplating suicide because it shows there is always hope."-Kris Jones, MSW, Project Director, SAMSHA Suicide Prevention grant "Through this compilation of the exceptional and courageous stories of those who have faced suicide, Chris Minshew provides a unique view into the agonizing struggle when one comes to the point of unbearable life. The personal chronicles of those who have survived suicide are both touching and disturbing as they tap into the struggles for the reader who relates to this overwhelming experience. This book will validate the sorrow of suicide, yet will offer hope for the return to life."-James D. Herzog, Ph.D., Clinical Psychologist The book was written for those individuals who have survived suicide attempts and want to build a new life-and for those who are contemplating suicide but want to find encouragement from others who understand their problems. There are an estimated 5 million individuals who have attempted suicide in America. You may be surprised to learn that one in every nine of us experience serious suicidal thoughts and about 5 percent of us will actually attempt suicide in our lifetime.

Alistair Darling's long-awaited book will be one of the most reviewed, widely discussed, and saleable political memoirs of recent years. In the late summer of 2007, shares of Northern Rock went into free-fall, causing a run on the bank - the first in over 150 years. Northern Rock proved to be only the first. Twelve months later, as the world was engulfed in the worst banking crisis for more than a century, one of its largest banks, RBS, came within hours of collapse. Back from the Brink tells the gripping story of Alistair Darling's one thousand days in Number 11 Downing Street. As Chancellor, he had to avert the collapse of RBS hours before the cash machines would have ceased to function; at the eleventh hour, he stopped Barclays from acquiring Lehman Brothers in order to protect UK taxpayers; he used anti-terror legislation to stop Icelandic banks from withdrawing funds from Britain. From crisis talks in Washington, to dramatic meetings with the titans of international banking, to dealing with the massive political and economic fallout in the UK, Darling places the reader in the rooms where the destinies of millions weighed heavily on the shoulders of a few. His book is also a candid account of life in the Downing Street pressure cooker and his relationship with Gordon Brown during the last years of New Labor. Back from the Brink is a vivid and immediate depiction of the British government's handling of an unprecedented global financial catastrophe. Alistair Darling's knowledge and understanding provide a unique perspective on the events that rocked international capitalism. It is also a vital historical document.

Libya and Nuclear Proliferation

Avoiding Armageddon

Saving Animals From Extinction

Saying No to Suicide

Bring Your Teen Back from the Brink

Back from the Brink

Balancing on the Brink of Extinction presents a comprehensive overview of the Endangered Species Act -- its conception, history, and potential for protecting the remaining endangered species.

This book offers advice and guidance on reducing or giving up your (alcohol) drinking habit. It has information on how you can seek professional guidance or self help yourself to limit your intake. Give yourself a break and inform yourself about other routes that are available to you other than drinking. Discover how you can feel better about yourself and take control of your life again.

12 Marine Animals Back from the Brink Introduces 12 marine animals that were on the brink of extinction and made an amazing comeback. Facts about habitat and diet are included, along with the reasons why the species were threatened and the science behind the work that helped them survive.

Although the financial sector was the epicentre of Thailand's economic crisis in 1997, the corporate sector, small-scale manufacturers, wage earners, and other vulnerable groups also felt the effects. There was a widespread loss of confidence that threatened to undo the prosperity of several decades of hard work. This book provides and analysis of the crisis and the struggle to find a solution, examining the key events and the resulting policy measures.

Stories of Resilience, Reconciliation and Reconnection.

How Australia's Landscape Can Be Saved

Justice on the Brink

How Churchill Brought England Back from the Brink

Lessons from the Canadian Asset-Backed Commercial Paper Crisis

Stories of Resilience, Reconciliation and Reconnection

The Escorts Group, one of India's most iconic business houses, has seen its fair share of major setbacks in its seventy-five-year history. Founded in 1944 in Lahore, Escorts was first a victim of Partition. In 1960, it set up its manufacturing base in Faridabad on the outskirts of Delhi, and over the years was associated with leading global players such as Ford, JCB and Yamaha. The Rajdoot bikes it produced were a rage in the 1980s. But the same decade also witnessed a hostile takeover bid by Lord Swraj Paul, one of the lowest points in the company's life. No crisis, though, compared with the downturn that followed the economic liberalization of 1991, with the group exiting several of its business. At one point, the financial crisis was so deep that power supply to its office was cut off for non-payment of bills. From then to now, Escorts has seen a remarkable turnaround, led by Rajan Nanda and his son Nikhil. Back from the Brink is the story of how Escorts was turned around -- an eye-opening account of management, with crucial lessons for practitioners, professionals and students looking to understand how a quintessentially Indian company is run - and re-run.

"Traces the history of the United States, from India and Pakistan as British colonies and their interaction in the twentieth and twenty-first centuries, particularly in regard to relations between India and Pakistan, nuclear proliferation, the global jihad movement, and U.S. diplomatic efforts to stabilize conditions on the subcontinent"--Provided by publisher.

'A great storyteller. . . you would be hard pushed to find a more knowledgeable or entertaining [guide] Icon 'Such an interesting book . . . I cannot recommend it enough.' Lauren Laverne In Dubai, a luxury apartment block is built in the shape of a giant iPod. In China, President Xi Jinping denounces the trend of constructing 'bizarre' new buildings in wacky shapes and colours. In Cincinnati, celebrity architect Zaha Hadid is paid millions to design a single 'iconic' structure - with the hope of single-handedly transforming the region's ailing fortunes. These incidents are all part of the same story: the rise of the age of spectacle. Over the last fifty years, there has been a revolution in how our cities operate. In The Age of Spectacle, Tom Dyckhoff tells the story of how architecture became obsessed with the flashy, the monumental and the ostentatious - and how we all have to live with the consequences. Exploring cityscapes from New York to Beijing, and from Bilbao to Portsmouth, Dyckhoff shows that we are not just witnessing a new kind of building: we are living through a fundamental transformation in how our urban spaces work. The corporate explosion of the last few decades has fundamentally shifted the relationship between architects, politicians and cities' inhabitants, fostering innovative new kinds of engineering and design, but also facilitating ill-conceived vanity projects and commercial power-grabs. Timely, passionate and bursting with new ideas, The Age of Spectacle is both an examination of how twenty-first century cities work, and a manifesto for a radically new kind of urbanism. Our cities, Dyckhoff shows, can thrive in the age of spectacle - but only if they engage us not just with dazzling structures, but by responding to the needs of the people who inhabit them. 'Engaging . . . The "iconic" building is the most obvious architectural phenomenon of our age yet, somehow, no one has quite done what Tom Dyckhoff does with The Age of Spectacle, which is to tell its story clearly and plainly.' Rowan Moore, Observer 'First class. Finally, a book that nails the iconic movement - Tom Dyckhoff's The Age of Spectacle is the book that I wish I had written.' Simon Jenkins 'Unusually accessible [and] well argued.' Evening Standard

Survival stories are more gripping than endangered stories and this book describes the Mammals populations that have been able to recover from the human and climater factors that drove them to the edge of extinction. Both success story and science learning...and social strategizing.

Endangered Species Act and Lessons For The Future

Australians Tell Their Stories of Overcoming Depression

Montana's Wildlife Legacy

12 Marine Animals Back from the Brink

A Woman's Nation Pushes Back from the Brink

Football's Response to the 1997 Economic Crisis

Paul McGrath is Ireland's best loved sportsman and also its least understood. An iconic football presence during a professional career stretching over 14 years, he played for his country in the European Championship finals of 1988 and the World Cup finals of 1990 and 1994. But, behind the implied glamour of life in the employ of great English clubs like Manchester United and Aston Villa, McGrath wrestled with a range of destructive emotions that made his success in the game little short of miraculous. That story has until now never been told. It is a story that runs from a hard, hidden childhood spent in Dublin's orphanages all the way to the pain of two marriage break-ups and the struggle to cope with life after football. Quite apart from his all too public struggle with alcoholism, the story runs through the surreal highs and calamitous lows of a life lived habitually on the edge of chaos. It is not just a football story. It is an extraordinary human story that is certain to surprise with its candour. Here, for the first time, read about the father he never met; the mother whose love never dried; the routine loneliness and ritual bullying endured by a black kid growing up behind closed doors in 1960s Dublin; the emotional breakdown suffered on leaving that institution; the recovery that - remarkably - brought him all the way to Old Trafford; the rollercoaster ride that followed. Here, the guilt, the pain, the anger, the hope, the determination to succeed, the desire to be the best, candid sports book ever written.

A look a post-traumatic stress disorder as it affects individuals grieving a death helps family members of trauma victims to understand, confront, and relieve the feelings that accompany PTSD, while learning to restore equilibrium

On July 24th, 2004, author Graeme Cowan took pen to paper and said goodbye to his family, "I just can't be a burden any longer," he wrote. After four failed suicide attempts, and a five-year episode of depression that his psychiatrist described as the worst he had ever treated, Cowan set out on a difficult journey back from the brink. Since then, he has dedicated his life to helping others struggling with depression and bipolar disorder—and that is how this book came to be. If you have severe depression or bipolar disorder, it is important to remember that you are not alone. Featuring interviews with people from all walks of life, Back from the Brink is filled with real stories of hope and healing, information about treatment options and medication, and tools for putting what you've learned into practice. If you are ready to put one foot in front of the other and finally set out on the path to recovery, the powerful stories in this book will inform and inspire you to make lasting change. If you have severe depression or bipolar disorder, you may find it difficult to take that first step toward recovery. You aren't alone. In our society, many people with depression or bipolar disorder do not seek therapy or medical treatment due to the stigma that surrounds mental illness. Even people in "progressive" communities may not want to admit that they are an antidepressants or mood-balancing medications. Isn't it time we changed the way we thought about these illnesses? The book includes a special foreword by actress Glenn Close, and features in-depth interviews with former US Representative Patrick Kennedy; television talk-show host Trisha Goddard; director of public policy at Google, Bob Boorstin; former chief advisor to Tony Blair, Alistair Campbell; former tennis pro, Cliff Richey; former professional football player, Greg Montgomery; and many more.

Chris Killen appeared to be a normal teenager -- but he wasn't. He was experimenting with drugs. Soon he had left home, become a skinhead, a gang member, and a drug addict. When his mind, health, and hope was gone, he decided to end it all... but he was snatched back from the brink. In all his travels, he carried around his little Gideon New Testament, which he read when nobody was looking. This book tells how God gave Chris a new life in Christ and a new challenge on earth.

The Creation of a Nuclear-free New Zealand

Back from the Brink: The 2008 Mediation Process and Reforms in Kenya

Balancing on the Brink of Extinction

A Nicole Cobain Mystery

The Death of Ruth Bader Ginsburg, the Rise of Amy Coney Barrett, and Twelve Months That Transformed the Supreme Court

A Family Guide to Overcoming Traumatic Stress

In December 2007, following a bitterly disputed presidential election, violence ripped out across Kenya, exposing entrenched ethnic divisions fuelled by social and economic exclusion, corruption, and winner-takes-all politics. This book describes the remarkable intervention of the Panel of Eminent African Personalities. Convened by the African Union while violence was still spreading, Kofi Annan, Graça Machel and Benjamin Mkapa were asked to mediate between the parties, create the conditions for peace, and negotiate a political settlement that would tackle the root causes of conflict, mend Kenya's falling institutions and reduce its profound inequalities. With the advantage of an insiders' account, Back from the Brink describes how the Panel deployed their diplomatic and peace-making skills to stop the bloodshed, and how, from 2008 to 2013, Annan, Machel and Mkapa remained deeply engaged in Kenya's efforts to build a durable peace.

This Adelphi Paper examines the motives behind Libya's pursuit of a nuclear weapons capability, from Gadhafi's rise to power in 1969 through to the end of 2003. It also assesses the proliferation pathways that the regime followed during this period, including early dependence on Soviet technology and assistance, subsequently relying on technological infusions from the A.O. Khan network. Wyn O. Bowen clearly analyzes the decision to give up the quest for nuclear weapons, focusing on the main factors that influenced the Gadhafi regime's calculations, including the perceived need to re-engage, both politically and economically, with the international community, particularly the United States. It explores the process of dismantling the nuclear programme and the question of whether Libya constitutes a model for addressing the challenges posed by other proliferators.

Back from the Brink, is a no holds barred autobiography by Tim Chan, a young man with severe autism. With the help of his social support (I Can) network, Tim traces his journey in managing immense challenges, no speech, severe developmental delays, intense anxiety and overload as well as stigmatization and discrimination, to achieve communication, connection with people, graduation from mainstream school to study at university, and recognition as an autism advocate and speaker. "I admit to having trouble with the book. Once I started reading, I couldn't put it down." Dr Mike Steer AM, Director, NSW Office on Disability, Senior Lecturer, RIDBC Remick Centre and The University of Newcastle, NSW "Tim is determination personified!" Chris Varney, CEO and Founder, I Can Network The proceeds from book sales will be donated to the Anne McDonald Communication Centre and Communication Rights Australia for giving hope, a voice and a future to people without speech.

The gripping story of the Supreme Court's transformation from a measured institution of law and justice into a highly politicized body dominated by a right-wing supermajority, told through the dramatic lens of its most transformative year, by the Pulitzer Prize-winning law columnist for The New York Times "A dazzling tale . . . meaty, often scintillating and sometimes scary . . . Greenhouse is a virtuoso of SCOTUS analysis."—"The Washington Post In Justice on the Brink, legendary journalist Linda Greenhouse gives us unique insight into a court under stress, providing the context and brilliant analysis readers of her work in The New York Times have come to expect. In a page-turning narrative, she recounts the twelve months when the court turned its back on its legacy and traditions, abandoning any effort to stay above and separate from politics. With remarkable clarity and deep institutional knowledge, Greenhouse shows the seeds being planted for the court's eventual overturning of Roe v. Wade, expansion of access to guns, and unprecedented elevation of religious rights in American society. Both a chronicle and a requiem, Justice on the Brink depicts the struggle for the soul of the Supreme Court, and points to the future that awaits all of us.

Adventures in Architecture and the 21st-Century City

Alcohol Awareness - Back From The Brink

Get Educated, Get Tough, and Get Help to Save Your Teen From Drugs

The Autobiography

Ireland's Road to Recovery

12 Insects Back from the Brink

This is a collection of 8 titles from the Back from the Brink series. These titles will encourage budding environmentalists by sharing the amazing stories of survival of endangered species. Each book shares human and natural factors that drove 12 species on the brink of extinction to survival.

This book shares the survival stories of endangered species that have made a comeback. Learn about the human and natural factors that drove each species to the edge of extinction, and find out what helped them survive and thrive.--

12 Birds Back from the Brink introduces 12 birds that were on the brink of extinction and made an amazing comeback. Facts about habitat and diet are included, along with the reasons why the species were threatened and the science behind the work that helped them survive.

This book shares the survival stories of endangered species that have made a comeback. Learn about the human and natural factors that drove each species to the edge of extinction, and find out what helped them survive and thrive.

Back from the Brink: Rebellious Youth, Skinhead & Addict

Turning Escorts Around

12 Birds Back from the Brink

Decimation to Restoration

Back from the Brink: 25 Conservation Success Stories / Desde El Umbral de la Extincion: 25 Historias de Exito en la Conservacion

The Age of Spectacle

Imagine spending three and a half years in prison for causing the financial scandal of the century, being divorced by your wife and then, to cap it all, being diagnosed with cancer. In 1995, Nick leeson's unchecked risk-taking caused the sensational collapse of Barings Bank. He was sentenced to six and a half years in a gang-ridden Singaporean jail, in conditions that defied belief, while, at the same time, his wife left him and he was diagnosed with colon cancer. His stress levels were immeasurable yet, against all odds, he survived. Back From the Brink tells Leeson's complete personal story, whilst in-depth conversations with top psychologist Ivan Tyrell show how the continual levels of high stress that affected Nick's mental and physical health can be related to us all, including - living with relationship and family problems - struggling with debt - striving to achieve status and success - coping with serious illness These pressures are common to many of us yet Leeson's approaches to dealing with his experiences reveal inspirational methods of combating stress. The book enables readers to check their own stress levels by working through easy-to-use charts and questions, and Tyrell's clear, professional analysis and coping strategies make Back From The Brink:Coping With Stress a practical yet inspirational book. This amazing story of recovery has real applications in the stressful climate of the modern world. 'My experiences may be unusual, but they offer real insight into how stress can get out of hand and affect all of us. This book will help people who feel overwhelmed by life's difficulties.'

Featured on Australian Story, Peter Andrews is a racehorse breeder and farmer credited with remarkable success in converting degraded, salt-ravaged properties into fertile, drought-resistant pastures. His methods are so at odds with conventional scientific wisdom that for 30 years he has been dismissed and ridiculed as a madman. He has faced bankruptcy and family break-up. But now, on the brink of ecological disaster, leading politicians, international scientists and businessmen are beating a path to his door as they grapple with how best to alleviate the effects of drought on the Australian landscape. Described as a man who reads and understands the Australian landscape better than most scientists, supporters of Peter Andrews claim he has done what no scientist ever thought to do - he has restored streams and wetlands to the way they were before European settlement interfered with them. The startling results of his natural sequence farming are said to have been achieved very cheaply, simply and quickly.

Darkest Hour

Back from the Brink Classroom Collection (1 Each of 6)