

A Reason To Breathe Reason Series English Edition

Will the promise of a passionate love mend Emma's broken heart? The scandalous secrets of Emma's past life have been revealed, but she still has so much to learn. Why did her memories of those years ago? What really happened the night Emma's father died - and were her memories of being happy just a dream? The repercussions of one horrific night have affected everyone. Now Emma has the chance of new love - but will she let the past haunt her for good?

An earth-shattering cataclysm. Millions of lives lost. Those left behind are forced to question if they played a part in their demise. There was a time when Maia Cameron felt safe as a wife of a Marine with three handsome boys, the future was something she looked forward to. Now her only concern was survival. Her lone goal is to make it back to what little family she has, even that seems a lofty dream. Tye Agosta lost everything in the blink of an eye. His day-to-day struggle is now focused on keeping his children alive. In this wasteland, where hope is snuffed out, he never believed he would find love again. Then he saw her... and the life within him reignited. Desperate to protect her, he hunts to find her before another man does. Can Tye find a way to overcome the tragedy of their circumstances? Or will they suffer the same fate of the place they once called home and fade into chaos? From author Sunday Johnson's Rising series, a gripping, domino seismic event induced apocalypse story featuring flawed, complex characters and non-stop, action-packed adventure. A character-driven survival thriller with a human connection and raw emotion, perfect for fans of Mike Kraus, Matthew Mather, Harley Tate, Bobby Akart, A.R. Shaw, Grace Hamilton, Jacqueline Druga, Kyla Stone, Wendy Higgins, and Jack Hunt. *This is the first book in a series. It releases April 22nd. Book two is scheduled to be available for pre-order on April 1st. Rated Moderate for language, sexual references.

Tired of feeling like life is passing her by, Chloe Sinclair experiences a passionate encounter with a stranger she meets at a party, but her brief affair could have unexpected repercussions. She discovers that the stranger is actually cutthroat corporate raider Sterling Prescott, the man who is threatening to take over the TV station where she works. Original.

Stories accompany us through life from birth to death. But they do not merely entertain, inform, or distress us—they show us what counts as right or wrong and teach us who we want to imagine being. Stories connect people, but they can also disconnect, creating boundaries between people and justifying violence. In *Letting Stories Breathe*, Arthur W. Frank grapples with a fundamental aspect of our lives, offering both a theory of how stories shape us and a useful method for analyzing them. Along the way he also tells stories: from folktales to research, and personal remembrances. Frank's unique approach uses literary concepts to ask social scientific questions: how do stories make life good and when do they endanger it? Going beyond theory, this thorough introduction to dialogical narrative analysis, analyzing modes of interpretation, providing specific questions to start analysis, and describing different forms analysis can take. In his renowned work exploring the relationship between narrative and illness, *Letting Stories Breathe* expands Frank's horizons further, offering a compelling perspective on how stories shape our lives.

Guidelines for the Management of Common Childhood Illnesses

The Reason I Breathe

Out of Breath (The Breathing Series #3)

Letting Stories Breathe

Sinfully Sexy

Those she trusted betrayed her. Her broken heart still wounds her. Only love can save her. The explosive and stunning finale in The Breathing Series. Emma can't even think about trusting others in her life again. She can't let anyone in, not when she knows all they'll find is darkness. But some people won't let go; won't take no for an answer and Emma has to decide whether the hidden truths and painful secrets are enough to let go of the possibility of love. Forever.

A totalitarian regime has ordered all books to be destroyed, but one of the book burners suddenly realizes their merit.

There's a silent epidemic in western civilization, and it is right under our noses. Our jaws are getting smaller and our teeth crooked and crowded, creating not only aesthetic challenges but also difficulties with breathing. Modern orthodontics has persuaded us that braces and oral devices can correct these problems. While teeth can certainly be straightened, what about the underlying causes of this rapid shift in oral evolution and the health risks posed by obstructed airways? Sandra Kahn and Paul R. Ehrlich, a pioneering orthodontist and a world-renowned evolutionist, respectively, present the biological, dietary, and cultural changes that have driven us toward this major health challenge. They propose simple adjustments that can alleviate this developing crisis, as well as a major alternative to orthodontics that promises more significant long-term relief. Jaws will change your life. Every parent should read this book.

Every Reason We Shouldn't by Sara Fujimura is a charming multicultural romance perfect for the many fans of Jenny Han and Rainbow Rowell. Warning: Contains family expectations, delightful banter, great romantic tension, skating (all kinds!), Korean pastries, and all the feels. Sixteen-year-old figure skater Olivia Kennedy's Olympic dreams have ended. She's bitter, but enjoying life as a regular teenager instead of trying to live up to expectations of being the daughter of Olympians Michael Kennedy and Midori Nakashima...until Jonah Choi starts training at her family's struggling rink. Jonah's driven, talented, going for the Olympics in speed skating, completely annoying... and totally gorgeous. Between teasing Jonah, helping her best friend try out for roller derby, figuring out life as a normal teen and keeping the family business running, Olivia's got her hands full. But will rivalry bring her closer to Jonah, or drive them apart? "This book is like a warm hug filled with all the things I love. I started smiling from page one and couldn't put it down." —Courtney Milan At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied.

Why We Can't Wait

The Blissful Breath

Activate Your Full Human Potential

Just Breathe

A Physician Reveals the #1 Reason Why So Many of Us Are Sick and Tired

Dr. King's best-selling account of the civil rights movement in Birmingham during the spring and summer of 1963 On April 16, 1963, as the violent events of the Birmingham campaign unfolded in the city's streets, Dr. Martin Luther King, Jr., composed a letter from his prison cell in response to local religious leaders' criticism of the campaign. The resulting piece of extraordinary protest writing, "Letter from Birmingham Jail," was widely circulated and published in numerous periodicals. After the conclusion of the campaign and the March on Washington for Jobs and Freedom in 1963, King further developed the ideas introduced in the letter in *Why We Can't Wait*, which tells the story of African American activism in the spring and summer of 1963. During this time, Birmingham, Alabama, was perhaps the most racially segregated city in the United States, but the campaign launched by King, Fred Shuttlesworth, and others demonstrated to the world the power of nonviolent direct action. Often applauded as King's most incisive and eloquent book, *Why We Can't Wait* recounts the Birmingham campaign in vivid detail, while underscoring why 1963 was such a crucial year for the civil rights movement. Disappointed by the slow pace of school desegregation and civil rights legislation, King observed that by 1963—during which the country celebrated the one-hundredth anniversary of the Emancipation Proclamation—Asia and Africa were "moving with jetlike speed toward gaining political independence but we still creep at a horse-and-buggy pace." King examines the history of the civil rights struggle, noting tasks that future generations must accomplish to bring about full equality, and asserts that African Americans have already waited over three centuries for civil rights and that it is time to be proactive: "For years now, I have heard the word 'Wait!' It rings in the ear of every Negro with piercing familiarity. This 'Wait' has almost always meant 'Never.' We must come to see, with one of our distinguished jurists, that 'justice too long delayed is justice denied.'"

Insomnia? Gone. Anxiety? Gone. All without medication. Unpleasant side effects from blood pressure pills? Gone. A cheap and effective way to combat cardiovascular disease, immune dysfunction, obesity, and GI disorders? Yes. Sounds too good to be true? Believe it. Contemporary science confirms what generations of healers have observed through centuries of practice: Breath awareness can turn on the body's natural abilities to prevent and cure illness. The mental and physical stresses of modern life, such as anxiety, frustration, sexual dysfunction, insomnia, high blood pressure, digestive woes, and immune dysfunction can all be addressed through conscious control of your breath. In addition, it can increase energy, accelerate healing, improve cognitive skills, and enhance mental balance. Yet most of us stopped breathing in the anatomically "right" way, the way to take advantage of these benefits, when we were four or five years old. We now mostly breathe in a way that is anatomically incongruous and makes for more illness. Dr. Vranich shows readers how to turn back the tide of stress and illness, and improve the overall quality of their life through a daily breathing workout. In a fascinating, straightforward, jargon-free exploration of how our bodies were meant to breathe, Dr. Belisa Vranich delves into the ins and outs of proper breathing. By combining both anatomy and fitness with psychology and mindfulness, Dr. Vranich gives readers a way of solving health problems at the crux and healing themselves from the inside out. *BREATHE* is an easy-to-follow guide to breathing exercises that will increase energy, help lose weight, and make readers feel calmer and happier.

A New York Times Bestseller A Washington Post Notable Nonfiction Book of 2020 Named a Best Book of 2020 by NPR "A fascinating scientific, cultural, spiritual and evolutionary history of the way humans breathe—and how we've all been doing it wrong for a long, long time." —Elizabeth Gilbert, author of *Big Magic* and *Eat Pray Love* No matter what you eat, how much you exercise, how skinny or young or wise you are, none of it matters if you're not breathing properly. There is nothing more essential to our health and well-being than breathing: take air in, let it out, repeat twenty-five thousand times a day. Yet, as a species, humans have lost the ability to breathe correctly, with grave consequences. Journalist James Nestor travels the world to figure out what went wrong and how to fix it. The answers aren't found in pulmonology labs, as we might expect, but in the muddy digs of ancient burial sites, secret Soviet facilities, New Jersey choir schools, and the smoggy streets of São Paulo. Nestor tracks down men and women exploring the hidden science behind ancient breathing practices like Pranayama, Sudarshan Kriya, and Tummo and teams up with pulmonary tinkerers to scientifically test long-held beliefs about how we breathe. Modern research is showing us that making even slight adjustments to the way we inhale and exhale can jump-start athletic performance; rejuvenate internal organs; halt snoring, asthma, and autoimmune disease; and even straighten scoliotic spines. None of this should be possible, and yet it is. Drawing on thousands of years of medical texts and recent cutting-edge studies in pulmonology, psychology, biochemistry, and human physiology, *Breath* turns the conventional wisdom of what we thought we knew about our most basic biological function on its head. You will never breathe the same again.

"No one tried to get involved with me, and I kept to myself. This was the place where everything was supposed to be safe and easy. How could Evan Mathews unravel my constant universe in just one day?" He knows there's something more to the girl sitting in the back of the class the moment he sees her. She's beautiful, intelligent, and athletic - but she slips quietly through the crowded halls, trying not to exist. Determined to get to know the elusive girl, Evan soon discovers...Emma Thomas is hiding a terrible a secret. *Reason to Breathe* is an electrifying page turner from start to finish, a unique tale of life-changing love, unspeakable cruelty, and one girl's fragile grasp of hope.

Every Reason We Shouldn't

A Socio-Narratology

What on Earth Am I Here For?

A Book for Sad Days, Mad Days, Glad Days, and All the Feelings In-Between

Reason to Believe

Keisha doesn't have time for a man she thinks abandoned her, but this time Xander is staying to fight. Keisha Jefferson's dreams of marrying the man she loved and becoming an attorney like the father she lost were cut short one stormy night when her choices slipped from her grasp. Four years later, she's ready to take on the world again, though her dreams have changed, especially those involving love. When another storm brings Xander Greenwood back into her life, he's every bit as attractive as before—and as devastating to her heart. While her life was spinning out of control, he's made good, a poor boy from a small town now turned doctor. But this time, Keisha won't fall into his trap. She wants nothing to do with the man who didn't love her enough to fight for her. Xander has sacrificed much to achieve his goals, but he'd give it all up for one more chance with Keisha. If only he can get past her secrets to understand why she left him. Yet the truth he discovers threatens to unwind all the progress he's made with her. Can he find his way back, or will he lose her again—this time forever? Welcome to the small town of Forgotten, where people are more concerned about who you are now than what you might have left behind. Each of the novels in this series are stand-alone books, and you can read them in any order. However, characters are like one big extended family and often appear in many of the books, so by reading all of them, you can catch up with what your favorite characters are doing now. What people are say about the series: "Kiss at Midnight is evocative, revealing, and hard to put down. Its realistic dilemmas and character growth powers a story that is compelling and involving." -D. Donovan, Senior Reviewer, Midwest Book Review "This clean romance has just the right amount of mystery to keep you turning the pages. The ending is completely satisfying with exactly the right blend of sweet and passion to thrill lovers of wholesome romance."

#1 NEW YORK TIMES BESTSELLER • PULITZER PRIZE FINALIST • This inspiring, exquisitely observed memoir finds hope and beauty in the face of insurmountable odds as an idealistic young

neurosurgeon attempts to answer the question What makes a life worth living? NAMED ONE OF PASTE'S BEST MEMOIRS OF THE DECADE • NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The New York Times Book Review • People • NPR • The Washington Post • Slate • Harper's Bazaar • Time Out New York • Publishers Weekly • BookPage Finalist for the PEN Center USA Literary Award in Creative Nonfiction and the Books for a Better Life Award in Inspirational Memoir At the age of thirty-six, on the verge of completing a decade's worth of training as a neurosurgeon, Paul Kalanithi was diagnosed with stage IV lung cancer. One day he was a doctor treating the dying, and the next he was a patient struggling to live. And just like that, the future he and his wife had imagined evaporated. When Breath Becomes Air chronicles Kalanithi's transformation from a naïve medical student "possessed," as he wrote, "by the question of what, given that all organisms die, makes a virtuous and meaningful life" into a neurosurgeon at Stanford working in the brain, the most critical place for human identity, and finally into a patient and new father confronting his own mortality. What makes life worth living in the face of death? What do you do when the future, no longer a ladder toward your goals in life, flattens out into a perpetual present? What does it mean to have a child, to nurture a new life as another fades away? These are some of the questions Kalanithi wrestles with in this profoundly moving, exquisitely observed memoir. Paul Kalanithi died in March 2015, while working on this book, yet his words live on as a guide and a gift to us all. "I began to realize that coming face to face with my own mortality, in a sense, had changed nothing and everything," he wrote. "Seven words from Samuel Beckett began to repeat in my head: 'I can't go on. I'll go on.'" When Breath Becomes Air is an unforgettable, life-affirming reflection on the challenge of facing death and on the relationship between doctor and patient, from a brilliant writer who became both.

In the affluent town of Weslyn, Connecticut, where most people worry about what to be seen in and who to be seen with, Emma Thomas would rather not be seen at all. She's more concerned with feigning perfection- pulling down her sleeves to conceal the bruises, not wanting anyone to know how far from perfect her life truly is. Without expecting it, she finds love. It challenges her to recognize her own worth- at the risk of revealing the terrible secret she's desperate to hide.--From back cover.

The first full-length novel in Rebecca Yarros's Legacy Series, where a group of elite hotshot firefighters return home to their small Colorado town to rebuild the crew their fathers died for, discover that family is more than blood, and find loves more consuming than the flames they battle. DESCRIPTION: In Legacy, Colorado, family and firefighting are everything. Knox Daniels-- A decade after tragedy took my father and eighteen other hotshots, I'm headed home to help rebuild their legendary crew. We've been given only one season to get operational and qualified, but I can't deny Harper--my best friend's little sister--when she asks me for help. She's still everything I've ever wanted, but her brother drew a line years ago, and crossing it would destroy our friendship and jeopardize our new crew. Harper Anders-- When my student is orphaned with his baby brother, becoming their temporary foster mom is the only way to save them from being separated. The price: moving in and faking a relationship with Knox for the paperwork. Easy--we've known each other since we were kids, but Knox doesn't know I've loved him just as long...until one night everything changes. As our temporary becomes long-term, we're faced with very real feelings for these boys--and each other. But nothing is certain in foster care or fires, and when our world goes up in flames, we'll have to choose between fighting for this family and keeping the ones we love from getting burned.

Coronavirus: A Book for Children

The Wim Hof Method

Why It's So Hard for White People to Talk About Racism

The Breathing Series

White Fragility

From the critically acclaimed author of Say What You Will and A Step Toward Falling comes a deeply emotional new novel, perfect for fans of Five Feet Apart and The Fault in Our Stars. David Scheinman is the popular president of his senior class, battling cystic fibrosis. Jamie Turner is a quiet sophomore, struggling with depression. The pair soon realizes that they're able to be more themselves with each other than they can be with anyone else, and their unlikely friendship starts to turn into something so much more. But neither Jamie nor David can bring themselves to reveal the secrets that weigh most heavily on their hearts—and their time for honesty may be running out.

Reason to Breathe by Rebecca Donovan is a US bestselling phenomenon. An utterly addictive and heartbreaking novel that will leave readers breathless and desperate for more. All fans of Jodi Picoult and new adult fiction such Colleen Hoover's Slammed, Tammara Webber's Easy and Abbi Glines' Vincent Boys will love Rebecca Donovan's incredible writing. A must-read. A passionate love. A brutal betrayal. Unwavering hope. In a town where most people worry about what to be seen in and who to be seen with, Emma Thomas would rather not be seen at all. She's more concerned with feigning perfection, pulling down her sleeves to conceal the bruises. Emma doesn't want anyone to know how far from perfect her life truly is. When Emma unexpectedly finds love, it challenges her to recognize her own worth - but at the risk of revealing the terrible secret she's desperate to hide. Praise for Reason to Breathe: 'Emotionally intense and heart-achingly beautiful, Reason to Breathe will linger in your thoughts long after you turn the last page.' - Tracey Garvis-Graves, New York Times bestselling author of On the Island

****Strong Language**Explicit Sex**Intense situations *This is Shea's POV. CANNOT BE READ AS A STAND-ALONE! I waited my entire life for one singular moment. Everything I had endured-all the pain and suffering-I would go through it all again, if I knew she was waiting for me. Ryan Chase was the only woman I ever loved. My obsession. My desire. When she came home . . . loving her hadn't been easy. The road to our particular happiness was paved with boulders. I became who she needed me to be. Who she wanted. Marriage and children- they were a dream we both shared. Until a nightmare threatened to take it all away. Is love supposed to be this hard? How long before the person I'm pretending to be begins to crack? I'm a liar. A fraud. He is surfacing. She's the only reason I survived. I lived. She is the reason I breathe. Now, when she needs me the most-I'm transforming into the person I thought I'd buried years before. I can't be without her. She gives me purpose and makes me whole. Nevertheless, the universe chose a different route. God had a**

different plan. And right now, I'm pissed at them both

INSTANT NEW YORK TIMES BESTSELLER The only definitive book authored by Wim Hof on his powerful method for realizing our physical and spiritual potential. "This method is very simple, very accessible, and endorsed by science. Anybody can do it, and there is no dogma, only acceptance. Only freedom." —Wim Hof Wim Hof has a message for each of us: "You can literally do the impossible. You can overcome disease, improve your mental health and physical performance, and even control your physiology so you can thrive in any stressful situation." With The Wim Hof Method, this trailblazer of human potential shares a method that anyone can use—young or old, sick or healthy—to supercharge their capacity for strength, vitality, and happiness. Wim has become known as "The Iceman" for his astounding physical feats, such as spending hours in freezing water and running barefoot marathons over deserts and ice fields. Yet his most remarkable achievement is not any record-breaking performance—it is the creation of a method that thousands of people have used to transform their lives. In his gripping and passionate style, Wim shares his method and his story, including:

- **Breath**—Wim's unique practices to change your body chemistry, infuse yourself with energy, and focus your mind
- **Cold**—Safe, controlled, shock-free practices for using cold exposure to enhance your cardiovascular system and awaken your body's untapped strength
- **Mindset**—Build your willpower, inner clarity, sensory awareness, and innate joyfulness in the miracle of living
- **Science**—How users of this method have redefined what is medically possible in study after study
- **Health**—True stories and testimonials from people using the method to overcome disease and chronic illness
- **Performance**—Increase your endurance, improve recovery time, up your mental game, and more
- **Wim's Story**—Follow Wim's inspiring personal journey of discovery, tragedy, and triumph
- **Spiritual Awakening**—How breath, cold, and mindset can reveal the beauty of your soul

Wim Hof is a man on a mission: to transform the way we live by reminding us of our true power and purpose. "This is how we will change the world, one soul at a time," Wim says. "We alter the collective consciousness by awakening to our own boundless potential. We are limited only by the depth of our imagination and the strength of our conviction." If you're ready to explore and exceed the limits of your own potential, The Wim Hof Method is waiting for you.

A Reason to Breathe

The Story of a Hidden Epidemic

Reason to Breathe (The Breathing Series #1)

Pocket Book of Hospital Care for Children

When Breath Becomes Air

What is the coronavirus, and why is everyone talking about it? Engagingly illustrated by Axel Scheffler, this approachable and timely book helps answer these questions and many more, providing children aged 5-10 and their parents with clear and accessible explanations about the coronavirus and its effects - both from a health perspective and the impact it has on a family's day-to-day life. With input from expert consultant Professor Graham Medley of the London School of Hygiene & Tropical Medicine, as well as advice from teachers and child psychologists, this is a practical and informative resource to help explain the changes we are currently all experiencing. The book is free to read and download, but Nosy Crow would like to encourage readers, should they feel in a position to, to make a donation to: <https://www.nhscharitiestogether.co.uk/>

Everyone knows the first time you meet that special someone: Your eyes connect from across the room, and you smile and work up the courage to say hello. It's a simple feat for most people, but not for Trevor Friessen, who struggles to fit into this world and thinks he always will—that is, until he meets a girl who is as different from him as she is the same. "Our families and everyone around us, what they don't understand is that we too feel love." Did you miss the other books in this big family romance series? Start with the worldwide bestseller THE FORGOTTEN CHILD translated in German & French, coming soon to Portuguese, Spanish & Chinese. Reading order: THE OUTSIDER SERIES (The Friessen Legacy) The Forgotten Child A Baby And a Wedding (Short Story FREE) Fallen Hero The Search (Short Story FREE) The Awakening Secrets Runaway Overdue (Short Story FREE) The Unexpected Storm The Wedding The Friessens: A New Beginning The Deadline (Andy and Laura) The Price to Love (Neil and Candy) A Different Kind of Love (Brad and Emily) A Vow of Love, A Friessen Family Christmas The Friessens The Reunion The Bloodline (Andy & Laura) The Promise (Diana & Jed) The Business Plan (Neil & Candy) The Decision (Brad & Emily) First Love (Katy) Family First Leave the Light On In the Moment In the Family: A Friessen Family Christmas In the Silence In the Stars In the Charm Unexpected Consequences It Was Always You The First Time I Saw You Welcome to My Arms A Reason to Breathe I'll Always Love You You Are My Everything p.p1 {margin: 12.0px 0.0px 0.0px 0.0px; font: 12.0px 'Times New Roman'; color: #000000} p.p2 {margin: 0.0px 0.0px 0.0px 0.0px; font: 12.0px 'Times New Roman'; color: #000000; min-height: 15.0px} p.p3 {margin: 0.0px 0.0px 12.0px 0.0px; font: 12.0px 'Times New Roman'; color: #000000}

Maybe you're stressed out and tired, and have put on a little weight. Or you have persistent pain you and your doctor can't explain. Man or woman, you may be fighting fluctuating hormone levels. Or maybe you snore like a freight train. Anything that narrows the throat and interrupts sleep, particularly breathing problems brought on by sleep position, illness, life changes, or your anatomy, may be key to understanding a host of common health issues. In this groundbreaking book, Dr. Steven Park outlines a simple, rational explanation for what's making you sick, and provides guidance for treatment options that address specific health problems.

Winner of the 2019 Moonbeam Children's Mind, Body, Spirit Bronze Medal and a 2020 Mom's Choice Awards® Gold Recipient! An engaging and interactive story showing children ages 3-6 the power of breath when dealing with new and difficult emotions. Read aloud and breathe along with this sweet story teaching children how to navigate powerful emotions like anger, fear, sadness, confusion, anxiety, and loneliness. With rhythmic writing and engaging illustrations, Breathing Makes It Better guides children to breathe through their feelings and find calm with recurring cues to stop and take a breath. Simple guided practices, like imagining you are a tree blowing in the wind, follow each story to teach children how to apply mindfulness techniques when they need them the most.

Natural Ventilation for Infection Control in Health-care Settings

10 Minutes of Daily Breathing Exercises That Will Change Your Life

Jaws

Fahrenheit 451

Reason to Breathe

The Blissful Breath aims to empower with simple breathing techniques to help you feel better right here, right now, with just one breath. Harness the power of your breath to heal your body and mind with just 10 minutes of practice a day. These easy, accessible exercises can be done at your desk, in the shower or in bed and promise to improve your overall wellbeing; from increasing energy, strengthening the immune system and even enhancing creativity. With just one cycle of breath, we can reduce stress, elevate our mood and improve our focus. How amazing is that?

Collects the first two novels about Emma Thomas's attempts to reclaim her life while surviving an abusive home life.

"Phee thought life was passing her by, but maybe this was love's plan all along. At twenty-nine, Phylia Chandler put her life on hold to help her sisters care for their dying mother. Now, Mom is gone and their father has shocked them all by running off with a woman practically young enough to be their sister. Life is moving forward all around her, but Phee feels stuck-until her father's protégé presents her with an intriguing business proposition. When Quinn Mitchell offered to help Phee purchase and renovate three small lake cottages on the outskirts of Langhorne, Missouri, he hadn't counted on falling in love with her in the process. Yet here he was: head over heels. But how can Quinn declare his love for this beautiful, talented woman twelve years his junior when she's still reeling over her father's hasty remarriage to a younger woman? Can Quinn convince Phee that it isn't too late to see her dreams come true? This is part of "A Chandler Sisters Novel" series."--

The Pocket Book is for use by doctors nurses and other health workers who are responsible for the care of young children at the first level referral hospitals. This second edition is based on evidence from several WHO updated and published clinical guidelines. It is for use in both inpatient and outpatient care in small hospitals with basic laboratory facilities and essential medicines. In some settings these guidelines can be used in any facilities where sick children are admitted for inpatient care. The Pocket Book is one of a series of documents and tools that support the Integrated Managem.

A Reason to Breathe II

Sleep, Interrupted

A Novel

Try Not to Breathe

Breath

The New York Times best-selling book exploring the counterproductive reactions white people have when their assumptions about race are challenged, and how these reactions maintain racial inequality. In this “vital, necessary, and beautiful book” (Michael Eric Dyson), antiracist educator Robin DiAngelo deftly illuminates the phenomenon of white fragility and “allows us to understand racism as a practice not restricted to ‘bad people’ (Claudia Rankine). Referring to the defensive moves that white people make when challenged racially, white fragility is characterized by emotions such as anger, fear, and guilt, and by behaviors including argumentation and silence. These behaviors, in turn, function to reinstate white racial equilibrium and prevent any meaningful cross-racial dialogue. In this in-depth exploration, DiAngelo examines how white fragility develops, how it protects racial inequality, and what we can do to engage more constructively.

When oxygen levels plunge in a treeless world, a state lottery decides which lucky few will live inside the Pod. Everyone else will slowly suffocate. Be left breathless by this gripping, zeitgeist dystopian thriller
A dark and provocative novel from the author of The Secret Year Ryan spends most of his time alone at the local waterfall because it's the only thing that makes him feel alive. He's sixteen, post-suicidal, and trying to figure out what to do with himself after a stint in a mental hospital. Then Nicki barges into his world, brimming with life and energy, and asking questions about Ryan's depression that no one else has ever been brave enough--or cared enough--to ask. Ryan isn't sure why he trusts Nicki with his darkest secrets, but that trust turns out to be the catalyst that he desperately needs to start living again. Jennifer R. Hubbard has created a riveting story about a difficult but important subject.

Phylia thought life was passing her by, but maybe this was love's plan all along. . . At twenty-nine, Phylia Chandler put her life on hold to care for her dying mother with her sisters, Joanna and Britt. Now Mom is gone and their father stuns them all by running off with a woman young enough to be their sister. Life is moving forward all around her, but Phylia feels stuck—until her father's protégé, Quinn Mitchell, presents the sisters with an intriguing business opportunity to purchase a trio of cottages just outside of Langhorne, Missouri. Joanna and Britt are convinced the three of them should launch a vacation rental venture, but Phylia remains skeptical. To complicate matters, Quinn soon finds himself falling hard for Phylia. But how can he pursue this beautiful, talented woman twelve years his junior when she's still reeling over her father's hasty engagement to a younger woman? Quinn is determined to give Phylia her happily-ever-after. But first, he must help her come to terms with her discovery of long-held family secrets and persuade her that true love can transcend their differences.

Breathing Makes It Better

The New Science of a Lost Art

The Simple, Revolutionary 14-Day Program to Improve Your Mental and Physical Health

Breathe

Books 1 & 2

A NOVEL OF LOVE AND LOSS FROM BESTSELLING AND PRIZEWINNING AUTHOR JOYCE CAROL OATES Amid a starkly beautiful but uncanny landscape in New Mexico, a married couple from Cambridge, MA takes residency at a distinguished academic institute. When the husband is stricken with a mysterious illness, misdiagnosed at first, their lives are uprooted and husband and wife each embarks upon a nightmare journey. At thirty-seven, Michaela faces the terrifying prospect of widowhood - and the loss of Gerard, whose identity has greatly shaped her own. In vividly depicted scenes of escalating suspense, Michaela cares desperately for Gerard in his final days as she comes to realize that her love for her husband, however fierce and selfless, is not enough to save him and that his death is beyond her comprehension. A love that refuses to be surrendered at death-is this the blessing of a unique married love, or a curse that must be exorcized? Part intimately detailed love story, part horror story rooted in real life, BREATHE is an exploration of hauntedness rooted in the domesticity of marital love, as well as our determination both to be faithful to the beloved and to survive the trauma of loss.

Love at first sight was never so dangerous. Jack Gunnison has a problem, well, two actually, one is 5'5" and the other is a Killer. Jennifer Stewart needs a change after losing her husband, and sending her daughter off to College. Moving to the high country of Colorado to restart her life, and follow her dreams, Jenn gets more than she bargained for, when she attracts the eye of a killer. Together, Jack and Jenn must figure out his identity, before he strikes again. Mature content due to language and sex.

"In this novel of psychological suspense, a young journalist struggles to keep the demons of her alcoholism at bay as she finds her purpose again in tackling the mystery of a shocking headline-making crime, still unsolved after fifteen years."--

Now a Major Motion Picture, Starring Simon Baker, Elizabeth Debicki, and Richard Roxburgh Breath is a story of risk, of learning one's limits by challenging death. On the wild, lonely coast of Western Australia, two thrill-seeking teenage boys fall under the spell of a veteran big-wave surfer named Sando. Their mentor urges them into a regiment of danger and challenge, and the boys test themselves and each other on storm swells and over shark-haunted reefs. The boys give no thought to what they could lose, or to the demons that drive their mentor on into ever-greater danger. Venturing beyond all caution--in sports, relationships, and sex--each character approaches a point from which none of them will return undamaged.

The Purpose Driven Life

Barely Breathing

Discover and fulfill your God-given purpose by joining the more than thirty-five million others who have embarked on a spiritual journey that started with this #1 New York Times bestselling book by Pastor Rick Warren. Before you were born, God knew what your life had in store for you. His hope for you is to discover the life he created just for you--both here on earth, and forever in eternity. Let Rick Warren guide you as you learn to live out your true purpose. The Purpose Driven Life is more than a book; it's a road map for your spiritual journey. Combining thoughtful verses from Scripture with timely stories and perspectives from Warren's own life, The Purpose Driven Life will help you discover the answer to one of life's most important questions: What on earth am I here for? Throughout The Purpose Driven Life, Warren will teach you to spend time getting to know yourself and your creator in order to live your life to the fullest. Unlocking your true purpose will also reduce your stress, simplify your decisions, increase your satisfaction, and, most importantly, prepare you for eternity. Designed to be read over the course of forty-two days, The Purpose Driven Life will help you see the big picture, giving you a fresh perspective on the way that the pieces of your life fit together. Every chapter of The Purpose Driven Life provides a daily meditation and practical steps to help you uncover and live out your purpose, starting with exploring three essential questions: The Question of Existence: Why am I alive? The Question of Significance: Does my life matter? The Question of Purpose: What on earth am I here for? Each copy of The Purpose Driven Life also includes thoughtful discussion questions, audio Bible studies that go along with every chapter, and

access to a supportive online community, giving you the opportunity to dive even deeper into each life-changing lesson. This guideline defines ventilation and then natural ventilation. It explores the design requirements for natural ventilation in the context of infection control, describing the basic principles of design, construction, operation and maintenance for an effective natural ventilation system to control infection in health-care settings.