

How I Stayed Alive When My Brain Was Trying To Kill Me One Persons Guide To Suicide Prevention

Struggling with overwork and parenting angst, English village doctor Peter Radley endeavors to hide his family's vampire nature until their daughter's oddly satisfying act of violence reveals the truth, an event that is complicated by the arrival of a practicing vampire family member. First aid & survival for those who want to stay alive!

How I Stayed Alive When My Brain Was Trying to Kill Me One Person's Guide to Suicide Prevention Harper Collins

"Those who received help from The Power of Positive Thinking will find in these pages further guidance toward a more dynamic and creative life." -- Norman Vincent Peale What's the secret to feeling alive all your life? A positive attitude. In this upbeat and practical guide to joyous living, Dr. Peale shows in example after example how the magic of attitude can perform miracles in your daily existence. He proves that only with deep and honest belief -- in yourself, your work, and in God -- can these miracles occur. He also makes clear that the achievement of lasting fulfillment is an active process and shows you how to: • put positive thinking into action • use the magnificent power of belief • learn from your mistakes • make enthusiasm work wonders • attain self-confidence • move beyond pain and suffering • lift depression and live vitally

Working Stiff

Breakdown

The Signs That You Have to See a Doctor Right Now (and the Ways to Avoid Having to See One Again)

And Other Reasons to Stay Alive

Two Years, 262 Bodies, and the Making of a Medical Examiner

Sane New World

"Soon we will eat the frozen cattle.... And then, when that is gone, what shall we eat? Shall we eat the snow? Shall we eat the ice? Shall we eat the bark on the frozen trees? What shall we eat?" Spring, 1846: Douglas Allen Deeds dreams of starting a new life out West. When the opportunity to join the Donner Party Expedition arises, he leaves the life he's known behind to set out on the nearly 2,000-mile trek from Independence, Missouri to sunny California. But progress is slow. Brutal heat, poisoned water, and rough terrain slows the expedition down. Soon they have a choice: continue on the known but grueling trail, or take a shortcut that would cut 350 miles from their journey-but take them through unknown territory. Is it worth the risk? Winter comes quickly in the mountains, and the wrong choice could leave them stranded in the Sierra Mountains when the snow comes, with no shelter, supplies, or even food. Newbery Honor-winning author Rodman Philbrick brings to life the excitement, danger, and horrors of the Donner Party's journey west.

FROM THE NUMBER ONE SUNDAY TIMES BESTSELLING AUTHOR Meet the Hunter family: Adam, Kate, and their children Hal and Charlotte. And Prince, their Labrador. Prince is an earnest young dog, striving hard to live

up to the tenets of the Labrador Pact (Remain Loyal to Your Human Masters, Serve and Protect Your Family at Any Cost). Other dogs, led by the Springer Spaniels, have revolted. As things in the Hunter family begin to go badly awry - marital breakdown, rowdy teenage parties, attempted suicide - Prince's responsibilities threaten to overwhelm him and he is forced to break the Labrador Pact and take desperate action to save his Family. Are you suicidal? Is someone you love suicidal? You need to read this remarkable and life-affirming book. "fuck off and die!" is: a simple, powerful and successful intervention designed to work at the very moment of real and present danger of death by suicide a clear and poignant illumination of what suicide was, is and could be - or no longer be - in the future a tall and beautiful flag in the sand of your survival - for today, tomorrow and all those that follow. You'll find little sympathy here and even less comfort, but you may well find everything you need to stay alive and keep on and on and on doing that. Stephen W-B draws on his own experience of years of suicidal ideation and on his on-going discussions with, and consultations for, those working at the highest levels in the field of suicide prevention, to shine a bright, new and supremely hopeful light on the age-old and unfathomable nuisance that is suicide. He writes... "in my long lived experience, there is nothing but hope in the moment when all you want to do is kill yourself, and "fuck off and die!" points directly at this hope." Read "fuck off and die!" and LIVE!

In & This is How to Stay Alive by Shingai Njeri Kagunda, Nyokabi's world unravels after her brother Baraka's death by suicide. When an eccentric auntie gives Nyokabi a potion that sends her back in time to when Baraka was still alive, it becomes her only goal to keep him that way. Nyokabi learns that storytellers may be the carriers of time, but defying the past comes with its own repercussions. Praise: A beautiful and rending look at family, loss, and grief, all while sharply dissecting time travel tropes and delivering a powerful message about memory, storytelling, and responsibility. It's a story that hurts in the best of ways, confronting death and healing without losing its sense of humor or its impulse for rebellion. --Charles Payseur, author of The Burning Day and Other Stories & This is How to Stay Alive is a powerful manual for recovering from grief, exploring intergenerational trauma, and traveling through time. Kagunda's prose is intense and relatable; you'll feel like you're jumping through time with these characters. The perfect read for anyone and everyone. --Eboni Dunbar, author of Stone and Steel Highly inventive and brilliantly crafted. Kagunda pushes the envelope in this exceptional novella, playing with time and form as she explores grief and the drama of the human condition. --Tendai Huchu, author of The Hairdresser of Harare Rich with the beauty and harshness of life. --Nana Kwame Adjei-Brenyah, author of Friday Black

***Stay Alive #3: Breakdown
A Novel***

One Person's Guide to Suicide Prevention

FIRST AID and SURVIVAL

Healing from Heart Disease - a Survivor's Story

Defeat the Creepers! Discover the best ways to protect yourself and stay safe in Minecraft. Will you survive the night? The world of Minecraft is a place of wonder, discovery, and most of all: fun! But it can also be dangerous, even for the most battle-hardened players. Stay Alive in Minecraft! will keep you one step ahead of all the nasty mobs and creatures who might try to bring your adventure to a premature end. Filled with breakdowns of the best gear, combat tips, and advice from veteran players and streamers, this is the one book you'll need to survive in the crazy world of Minecraft. Includes full-color images and step-by-step instructions. 100% unofficial. Created by Future Magazine and GamesMaster, leaders in video game publishing.

Staying Alive is the ultimate medical survival guide for the twenty-first-century patient. Written by the award-winning family physician Dr. Matthew Hahn, the book details what most effectively saves patients' lives and keeps them well. Drawing on his extensive experience, Dr. Hahn teaches you to spot life-threatening symptoms and recognize medical emergencies in time. He then follows up with advice on taking advantage of available preventative care and changing your lifestyle to avoid these emergencies in the future. The book is divided into three sections: 1. Sixty-Two Medical Complaints That Should Never Be Ignored. As part of their medical education, doctors are taught certain classic symptoms that are the first sign of a serious medical condition. The intent of this section is to teach you those important signs and symptoms so that you know when you need to see a doctor immediately. 2. The Miracles of Twenty-First-Century Medicine. A revolution has taken place in the medical sciences. In this important section, you will learn about the true miracle that is modern preventive medical care. 3. The Be Healthy Workbook. The true secret to health and wellness is healthy eating and regular exercise. The Be Healthy Workbook provides a tested simple systematic method to developing and maintaining healthy eating and exercise habits. Each section includes real-life cases and illustrations that will bring this essential advice to life. An anthology of five hundred poems by poets from around the world explores themes of passion, spirituality, death, and friendship, in a collection that includes contributions by such writers as Mary Oliver, W.H. Auden, Charles Simic. Ruby Wax - comedian, writer and mental health campaigner - shows us how our minds can jeopardize our sanity. With her own periods of depression and now a Masters from Oxford in Mindfulness-based Cognitive Therapy to draw from, she explains how our busy, chattering, self-critical thoughts drive us to anxiety and stress. If we are to break the cycle, we need to understand how our brains work, rewire our thinking and find calm in a frenetic world. Helping you become the

master, not the slave, of your mind, here is the manual to saner living.

To Stay Alive

How Animals Stay Alive

How to Stay Alive

Stay Alive, My Son

A Seasonal Guide to Lifelong Health

How I Stayed Alive When My Brain Was Trying to Kill Me

Stranded in the middle of nowhere, you have to fight to survive! When a heavy storm causes their town to flood, a group of kids must fight to survive against the harsh elements. But the storm is just the beginning of their worries. After all the power goes out, they're going to have to scrounge to find water, food, and a dry place to stay. Who will stay alive?

Discover how to thrive and live better for longer. By the time we turn 60 most of us will still have one third of our lives to live. How well we live these years will depend on our health: are we agile and disease free? Or dependent on medication and physical assistance? In *Staying Alive* you'll discover the science on how you can avoid or manage the major diseases that impact us as we age, including heart health, diabetes and dementia, and boost your everyday behaviours to improve your enjoyment of life. Specialist Australian geriatrician Dr Kate Gregorevic clearly outlines key lifestyle-enhancing strategies for nutrition, exercise, cognitive and emotional health, and the positive impact they will have as you age. Easy to understand and based on the latest research, this is the day-to-day lifestyle guide you need to benefit you now and into a long and healthy future.

From the multi-award winning and bestselling author behind the *Tomorrow* series *Staying Alive in Year 5* is a monster hit for primary school readers from one of Australia's most popular storytellers, John Marsden. Scott and his friends are simply staying alive in year 5 until their surprising new teacher, Mr Murlin, comes along. Boring textbooks go into the bin, eating chocolate in class becomes compulsory and suddenly it's OK to be weird. But Mr Murlin is not popular with everyone. . .

Hello, readers. Manny Fulsom here. I wrote a book about what happened to me and events in my life leading up to it. What happened to me? It's actually the first three words in my book.

Writing this book was not therapeutic for me at all actually, it was actually very stressful. I

literally put blood, sweat, and tears into writing this book. I hope you all get the message of my story. That's the vision behind Stay Alive is to help all people, to Stay Alive, even when life is hard. I wrote the entire book on my iPhone 7. I destroyed my laptop with my friends with baseball bat and a shovel back in the fall of 2016 because I was struggling with porn. That was stupid now that I think about. I could've just sold it. I wrote a very vulnerable story. People say I have "such profound wisdom," but there is being humble. I aim for that. Also, in my first chapter I say, "The world deserves to know." That's not to be narcissistic, it's an amazing testimony I have, but I think everyone has an amazing testimony. Also, the aim is not for people to feel bad for me. The aim is to help the reader if they need it. I'm so glad the cognitive stuff and memory came back quickly. I want people to not have to go through what I went through because it's a tough situation.

The Ultimate Survival Guide for Any Situation

Adapt Or Die

Being There Matters, as the Support System, a Person Going Through a Mental Ailment Or the Society. A Book on Coping with Depression. It is Not Easy But the Fact Is, it is Possible to Recover, and Heal

Surviving Capitalism's Coming Hunger Games

To Win Your Battles Stay Alive

And This Is How to Stay Alive

Winter recreation in the mountains has increased steadily over the past few years, and so has the number of deaths and injuries caused by avalanches. *Staying Alive in Avalanche Terrain* covers everything you need to know to avoid trouble in avalanche terrain: what avalanches are and how they work, common myths, human activities that lead to avalanche trouble, what happens to victims when an avalanche occurs, and rescue techniques. Provides step- by-step instruction for determining avalanche hazards, using safe travel technique, and making effective rescues.

"Sue Blauner's you-are-there account . . . offers insight and understanding to anyone who has been touched by suicide."—Joan Anderson, author of *A Year by the Sea* An epidemic of international proportions, suicide has touched the lives of nearly half of all Americans, yet is rarely talked about openly. In this timely and important book, Susan Blauner breaks the silence to offer guidance and hope for those contemplating ending their lives—and for the loved ones who want to help them. A survivor of multiple suicide attempts, Blauner eloquently describes the feelings and fantasies surrounding suicide. In a direct, nonjudgmental, and loving voice, she offers affirmations and suggestions for those experiencing life-ending thoughts, and for their friends and family. Here is an essential resource destined to be the classic guide on the subject.

In this novel-in-verse, a young survivor of the tragic Donner Party of 1846 describes how her family and others became victims of freezing temperatures and starvation.

Stranded in the middle of nowhere, you have to fight to survive! When the bus carrying a group of kids home from summer camp breaks down on an abandoned road during a heatwave, things go from bad to worse very quickly. There's nobody around to help. Sixty miles back the way they came in camp. Sixty miles the opposite direction is the highway. Neither direction is the source of much hope. With no way to call for help, this group must ride it out and survive the elements. Will they make it through?

A Complete Guide to Food, Shelter and Self-Preservation Anywhere

Reasons to Stay Alive

The Last Family in England

The Stay Alive Guide

Stay Alive #4: Flood

You're Doing Great!

HOW TO STAY ALIVE IN THE WOODS is a practical, readable-and potentially indispensable-manual for anyone venturing into the great outdoors. Broken down into four essential sections, Sustenance, Warmth, Orientation and Safety, this enlightening guide reveals how to catch game without a gun, what plants to eat (full-color illustrations of these make identification simple), how to build a warm shelter, make clothing, protect yourself and signal for help. Detailed illustrations and expanded instructions, newly commissioned for this deluxe edition, offer crucial information at a glance, making How to Stay Alive in the Woods truly a lifesaver. Have you ever been through experiences you find difficult to cope with? Do you feel low and sad beyond what you could take control of? Are feelings that you experience beyond your understanding and that of what others could understand? TO WIN YOUR BATTLES STAY ALIVE is author Anita Peter's personal experience through depression. She believes that it's high time people don't have to hide what they go through with the fear of being looked at as one to be avoided or as mentally weak. The sadness and fear are enough to deal with. When a person goes through doubts about whether, only they are experiencing these feelings, that is when a sense of loneliness and alienation fills within. The fact is many don't talk about it. Through TWYBSA, Anita throws light on several experiences and shares ways that helped her come out of depression.

From the #1 New York Times bestselling author of The Midnight Library. "Destined to become a modern classic." —Entertainment Weekly WHAT DOES IT MEAN TO FEEL TRULY ALIVE? At the age of 24, Matt Haig's world caved in. He could see no way to go on living. This is the true story of how he came through crisis, triumphed over an illness that almost destroyed him and learned to live again. A moving, funny and joyous exploration of how to live better, love better and feel more alive, Reasons to Stay Alive is more than a memoir. It is a book about making the most of your time on earth. "I wrote this book because the oldest clichés remain the truest. Time heals. The bottom of the valley never provides the clearest view. The tunnel does have light at the end of it, even if

we haven't been able to see it . . . Words, just sometimes, really can set you free."

In conversational language, Robert H. Spain presents specific advice for Christians who want to live as God would have them live, and offers suggestions on how to find meaning in life, handle life's detours, manage loneliness, and achieve genuine happiness.

The Ruins

How to Stay Alive in the Woods

Stay Alive: The Journal of Douglas Allen Deeds, The Donner Party Expedition, 1846

Staying Alive in Toxic Times

The Radleys

Mary Ann Graves and the Tragic Journey of the Donner Party

The ultimate survival guide from Bear Grylls, former Special Forces soldier and #1 world-renowned "King of Survival" (Outside) For more than a decade, Bear Grylls has introduced TV viewers to the most dramatic wilderness survival situations, through his hit shows such as Man Vs. Wild. Now, with How to Stay Alive, Bear reveals to readers his full toolkit of survival tactics, from everyday basics like avoiding blisters to once-in-a-lifetime events like surviving a kidnapping. Opening with the most essential survival skills—assembling your survival kit, making a fire, building a shelter—and then moving on to more specific situations, such as escaping fire, dealing with harsh terrain, and handling medical emergencies, Grylls is a sure guide for any type of disaster situation. Readers will learn how to survive in a life raft, land a helicopter in an emergency, treat hypothermia and frostbite, escape from quicksand, and numerous other lifesaving tips. Richly illustrated with diagrams throughout, How to Stay Alive will be the definitive outdoor survival tome for years to come.

On April 17, 1975, the Khmer Rouge entered Phnom Penh to open a new and appalling chapter in the story of the twentieth century. On that day, Pin Yathay was a qualified engineer in the Ministry of Public Works. Successful and highly educated, he had been critical of the corrupt Lon Nol regime and hoped that the Khmer Rouge would be the patriotic saviors of Cambodia. In *Stay Alive, My Son*, Pin Yathay provides an unforgettable testament of the horror that ensued and a gripping account of personal courage, sacrifice and survival. Documenting the 27 months from the arrival of the Khmer Rouge in Phnom Penh to his escape into Thailand, Pin Yathay is a powerful and haunting memoir of Cambodia's killing fields. With seventeen members of his family, Pin Yathay were evacuated by the Khmer Rouge from Phnom Penh, taking with them whatever

they might need for the three days before they would be allowed to return to their home. Instead, they were moved on from camp to camp, their possessions confiscated or abandoned. As days became weeks and weeks became months, they became the "New People," displaced urban dwellers compelled to live and work as peasants, their days were filled with forced manual labor and their survival dependent on ever more meager communal rations. The body count mounted, first as malnutrition bred rampant disease and then as the Khmer Rouge singled out the dissidents for sudden death in the darkness. Eventually, Pin Yathay's family was reduced to just himself, his wife, and their one remaining son, Nawath. Wracked with pain and disease, robbed of all they had owned, living on the very edge of dying, they faced a future of escalating horror. With Nawath too ill to travel, Pin Yathay and his wife, Any, had to make the heart-breaking decision whether to leave him to the care of a Cambodian hospital in order to make a desperate break for freedom. "Stay alive, my son," he tells Nawath before embarking on a nightmarish escape to the Thai border. First published in 1987, the Cornell edition of *Stay Alive, My Son* includes an updated preface and epilogue by Pin Yathay and a new foreword by David Chandler, a world-renowned historian of Cambodia, who attests to the continuing value and urgency of Pin Yathay's message.

Every day, in every facet of our lives, opportunities to lead call out to us. At work and at home, in our local communities and in the global village, the chance to make a difference beckons. Yet often, we hesitate. For all its passion and promise, for all its excitement and rewards, leading is risky, dangerous work. Why? Because real leadership-the kind that surfaces conflict, challenges long-held beliefs, and demands new ways of doing things-causes pain. And when people feel threatened, they take aim at the person pushing for change. As a result, leaders often get hurt both personally and professionally. In *Leadership on the Line*, renowned leadership authorities Ronald A. Heifetz and Marty Linsky marshal a half century of combined teaching and consulting experience to show that it is possible to put ourselves on the line, respond effectively to the risks, and live to celebrate our efforts. With compelling examples including the presidents of countries and the presidents of organizations, everyday managers and prominent activists, politicians and parents, the authors illustrate proven strategies for surviving and thriving amidst the dangers of leading: "Getting on the balcony": stepping back to get perspective while remaining fiercely engaged "Thinking politically": keeping the opposition close, but watching your allies, too "Orchestrating the conflict": using stress

productively to work the issues "Giving the work back": putting the responsibility on those who need to make the change "Holding steady": maintaining your focus while taking the heat The authors also address often-neglected aspects of leadership, such as how to manage your personal vulnerabilities, and how to anchor yourself and sustain your spirit through tough times. Both uplifting and practical, this essential book enables each of us to lead courageously and confidently-without losing ourselves. AUTHORBIO: Ronald A. Heifetz and Marty Linsky are on the faculty at the John F. Kennedy School of Government at Harvard University. Heifetz is the author of Leadership Without Easy Answers and Co-director of the school's Center for Public Leadership. Linsky is Faculty Chair of many of the school's executive programs, including Senior Officials in State and Local Government and Leadership for the 21st Century.

The gripping new race-against-time thriller by internationally bestselling author Simon Kernick who "writes with his foot pressed hard to the pedal" (#1 New York Times bestselling author Harlan Coban) about a family far from home suddenly set on the run when a chased woman stumbles into their lives. One Witness You're on a trip with your family, miles from anywhere. A shot rings out—and your whole life changes in an instant. One Secret A woman is racing toward you, chased by three gunmen. Although you don't know it, she harbors a deadly secret. She's in terrible danger. And now you are too. No Escape You're running, terrified, desperate to find safety. You know that the men hunting you have killed before. And if they catch you, you'll be next.

A Thriller

Women, Ecology, and Development

How to Stay Alive as Long as You Live

Stay Alive in Minecraft! (GamesMaster Presents)

How I Stayed Alive in the Face of Seven Years of Relentless and Overwhelming Suicidal Thoughts and Feelings

Taming the Mind

The statistics on suicide are staggering. According to the US Center for Disease Control and Prevention, in 1997 in the USA more teenagers and young adults died from suicide than from cancer, heart disease, AIDS, birth defects, stroke, pneumonia, influenza and chronic lung disease combined. It is also an international epidemic. Susan Blauner is the perfect emissary for a message of hope and a program of action for these millions of people. She's been through it, and speaks and writes eloquently about feelings and fantasies surrounding suicide.

When the bus carrying a group of kids home from summer camp breaks down on an abandoned road during a heatwave, things go from bad to worse very quickly.

A New York City forensic pathologist and her Harvard-educated husband describe her experiences as a student and doctor throughout the events of September 11, the subsequent anthrax bio-terrorism attack and the disastrous crash of Flight 587. Inspired by women's struggles for the protection of nature as a condition for human survival, award-winning environmentalist Vandana Shiva shows how ecological destruction and the marginalization of women are not inevitable, economically or scientifically. She argues that "maldevelopment"—the violation of the integrity of organic, interconnected, and interdependent systems that sets in motion a process of exploitation, inequality, and injustice—is dragging the world down a path of self-destruction, threatening survival itself. Shiva articulates how rural Indian women experience and perceive ecological destruction and its causes, and how they have conceived and initiated processes to arrest the destruction of nature and begin its regeneration. Focusing on science and development as patriarchal projects, *Staying Alive* is a powerfully relevant book that positions women not solely as survivors of the crisis, but as the source of crucial insights and visions to guide our struggle.

Staying Alive in Year 5

Staying Alive Through the Dangers of Leading

Leadership on the Line

Practical Guides for Christian Living

Stay Alive All Your Life

Staying Alive in Avalanche Terrain

Comedian and Live from Here head writer Tom Papa, author of Your Dad Stole My Rake, tackles the modern condition in a heartwarming group of short essays. Tom Papa is a little worried about you. You seem stressed, overworked and, frankly, a little mixed up. Everyone is fighting an overwhelming feeling that things are getting worse, that we should be doing more, that we're not good enough. Well, life isn't perfect. There have always been problems and there always will be. You can fight for the things you believe in, you can work really, really hard, but you shouldn't lose track of the fact that while you're doing all that, life is flying by at lightning-fast speed. If you actually take a breath and look around you'll realize you're actually doing great. Here's the thing: We live in an amazing time filled with airplanes, scooters, and peanut butter cups. We have air conditioning, blenders, and martini shakers. It's time to refocus, enjoy it all, and stop waiting for something better! Relax with comedian and Live from Here writer and performer Tom Papa as he explores his favorite subjects in 75 essays, including: You Don't Have to Live Your Best Life Don't Open the Mail I'm So Baked I Love Your Love Handles Don't Go Tubing Shut Up and Eat Recalibrate, turn off your device, and open your

eyes to a better reality: You're doing great!

Stay Alive reveals the hidden revolution at the heart of The Hunger Games and what it means for our age of defiant youth-led revolt.

The must-have health bible that explains exactly how to stay in radiant, optimal health all year round. Are you confused about what supplements you should be taking? Do you want to know how you can reverse the effects of pollution on your body? Would you like to eat seasonally? Drawing on Dr Jenny Goodman's 20+ years' experience as a medical doctor, lecturer and qualified nutritionist, Staying Alive in Toxic Times sets out exactly what to eat in order to live our healthiest lives, and how to adapt our lifestyle according to the season we are in. Dr Jenny Goodman lays out how to safely and effectively supplement your diet with vitamins and minerals, explains what really works in terms of detoxing your body, and sorts through the confusing myriad of diets and healthy eating fads, using her expertise to myth-bust. Staying Alive in Toxic Times also reveals how to avoid seasonal health hazards, such as indoor pollution, hay fever and SAD. With so many people feeling tired, ill and run-down, this timely guide is what everyone needs to read in order to live vibrant, happy and long lives. Stranded in the middle of nowhere, you have to fight to survive! When the members of Junior Action News Team crash land in the Alaskan backwoods, one thing is clear: not everyone is going to survive. No cell phones. No internet. Their supplies are limited, as is their knowledge of the wilderness. Part of the group wants to wait it out. Other wants to search for help. But above all they must stay alive!

Stay Alive #1: Crash

"fuck Off and Die!"

Stay Alive

Real Poems for Unreal Times

Staying Alive

Hollywood starlet Jane Morgan revives her fading career by provoking a group of serial killers and then starring in Stay Alive, a reality TV show about surviving the killers' attempts to murder her.

NATIONAL BESTSELLER • Trapped in the Mexican jungle, a group of friends stumble upon a creeping horror unlike anything they could ever imagine in "the best horror novel of the new century" (Stephen King).

Also a major motion picture! Two young couples are on a lazy Mexican vacation—sun-drenched days, drunken nights, making friends with fellow tourists. When the brother of one of those friends disappears, they decide to venture into the jungle to look for him. What started out as a fun day-trip slowly spirals into a nightmare when they find an ancient ruins site ... and the terrifying presence that lurks there.