

On My Own Two Feet The Journey From Losing Legs To Learning Dance Of Life Amy Purdy

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On My Own Two Feet - Amy Purdy 2014-12-30

Amy Purdy, who inspired a nation on *Dancing with the Stars* and has been called a hero by Oprah Winfrey, reveals the intimate details of her triumphant comeback from the brink of death to making history as a Paralympic snowboarder. In this poignant and uplifting memoir, *Dancing With the Stars* sensation Amy Purdy reveals the story of how losing her legs led her to find a spiritual path. When the Las Vegas native was just nineteen, she contracted bacterial meningitis and was given less than a two percent chance of survival. In a near-death experience, she saw three figures who told her: "You can come with us, or you can stay. No matter what happens in your life, it's all going to make sense in the end." In that moment, Amy chose to live. Her glimpse of the afterlife—coupled with a mysterious premonition she'd had a month before—became the defining experiences that put Amy's life on a new trajectory after her legs had to be amputated. She wouldn't just beat meningitis and walk again; she would go on to create a life filled with bold adventures, big dreams, and boundless vitality—and share that spirit with the world. In 2014, Amy—the only competitor, male or female, with two prosthetic legs—claimed a bronze medal for the U.S. Paralympic team in adaptive snowboarding. She then became a contestant on season eighteen of *Dancing With the Stars*, and viewers were captivated as the girl with bionic legs managed to out-dance her competitors all the way to the finale. Amy's journey is a testament to the resilience of the human spirit and the capacity we all have to dream bigger, defy expectations, and rewrite our stories. Amy was given a second chance for a reason—to use her life to inspire others. Her powerful memoir urges us to live life to the fullest, because we are all a lot more capable than we could ever imagine.

The Stars Beneath Our Feet - David Barclay Moore 2019-01-08

"The right story at the right time. . . . It's not just a narrative; it's an experience. It's the novel we've been waiting for." —The New York Times
A boy tries to steer a safe path through the projects in Harlem in the wake of his brother's death in this outstanding debut novel that celebrates community and creativity. ** WINNER OF THE CORETTA SCOTT KING-JOHN STEPTOE AWARD FOR NEW TALENT! ** MICHAEL B. JORDAN TO DIRECT MOVIE ADAPTATION! SIX STARRED REVIEWS!
It's Christmas Eve in Harlem, but twelve-year-old Lolly Rachpaul and his mom aren't celebrating. They're still reeling from his older brother's death in a gang-related shooting just a few months earlier. Then Lolly's mother's girlfriend brings him a gift that will change everything: two enormous bags filled with Legos. Lolly's always loved Legos, and he prides himself on following the kit instructions exactly. Now, faced with a pile of building blocks and no instructions, Lolly must find his own way forward. His path isn't clear—and the pressure to join a "crew," as his brother did, is always there. When Lolly and his friend are beaten up and robbed, joining a crew almost seems like the safe choice. But building a fantastical Lego city at the community center provides Lolly with an escape—and an unexpected bridge back to the world. David Barclay Moore paints a powerful portrait of a boy teetering on the edge—of adolescence, of grief, of violence—and shows how Lolly's inventive spirit helps him build a life with firm foundations and open doors. MORE PRAISE FOR THE STARS BENEATH OUR FEET: A New York Times Notable Book A Time Top 10 Children's Books of the Year A Boston Globe Best Children's Book of the Year A Publishers Weekly Best Book of the Year A Kirkus Reviews Best Children's Book of the Year A Shelf Awareness Best Children's Book of the Year An ALA-YALSA Quick Pick An ALA-ALSC Notable Children's Book "A fast and furious read in which we meet some amazing people, people that stay with us. David Barclay

Moore is an exciting new voice. We definitely haven't heard the last of his brilliance." —Jacqueline Woodson, Newbery Honor and National Book Award-winning of *Brown Girl Dreaming* "The Stars Beneath Our Feet is about the weight of the world on the back of a child, and the creative tools necessary to alleviate that pressure. I found myself rooting for Lolly, and you will too." —Jason Reynolds, Coretta Scott King Honor Award Winner for *As Brave As You*

Ascending with Both Feet on the Ground - Jeff Brown 2012-01

Perhaps the first of its kind, 'Ascending with both feet on the Ground' is a collection of author Jeff Brown's most inspiring and well-loved Facebook quotes, soul-bytes, excerpts and aphorisms. In Jeff's hands, Facebook status became a kind of spiritual graffiti, a grass roots opportunity to inspire, support and connect with humanity. With a writing style that is unforgettably heartfelt and original, Jeff calls out to our inner knowing and reminds us of the magnificent life that awaits us. This little treasure book is no generic quotes book. It is an impactful, stirring and enlivening piece of art that will keep you company on the journey home.

Exhilarating, compassionate, in-sightful, these truth-soundings will help you to excavate your purpose, befriend your confusion, confront your avoidance, ground your spirituality and open your heart. At its core, *Ascending* reflects the grounded spirituality that threads through all of Jeff's writing, one that celebrates 'enrealment' - a way of being that is inclusive and honoring of all that is human. Nothing and no one gets left out on the path home. Everything- feelings, personal identifications, practical challenges, mystical moments, the dust that falls off our awakening hearts- are part of our spirituality. With writing that is simultaneously mystical and practical, this little treasure of a book beautifully reflects the indistinguishable weave between spiritual and emotional life that is becoming deeply important to seekers on the path. Time and again, you can turn to its pages to feel supported in your quest for an authentic and integrated life. And at the back of the book are 3 of his most inspiring blogs, including the profound 'Apologies to the Divine Feminine- from a warrior in transition', now read and loved by hundreds of thousands of people worldwide. Enjoy!

The Giver - Lois Lowry 2014

Living in a "perfect" world without social ills, a boy approaches the time when he will receive a life assignment from the Elders, but his selection leads him to a mysterious man known as the Giver, who reveals the dark secrets behind the utopian facade.

The Pants Of Perspective - Anna McNuff 2020-09-14

"When I ran, I ran for pleasure. I didn't run for times, to win, to impress: I ran for me. When I ran my bum cheeks rubbed together, so much so that if I was going on a long run I'd have to 'lube up'. I maintained that I was not a 'real' runner - I just liked to run so that I could eat cake." Anna was never anything like those 'real' runners on telly - all spindly limbs, tiny shorts and split times - but when she read about New Zealand's 3,000-kilometre-long Te Araroa Trail, she began to wonder... perhaps being a 'real' runner was overrated. Maybe she could just run it anyway? Travelling alone through New Zealand's backcountry for 148 days, she scrambled through forests, along ridge-lines, over mountain passes, along beaches and across swollen rivers. Running up to 52 kilometres in a day, she slept wild most nights, and was taken into the homes and hearts of the kiwi people in between. *The Pants of Perspective* is a witty, colourful and at times painfully raw account of a journey to the edge of what a woman believes herself to be capable of. It is a coming-of-age story which will lead you on a roller coaster ride through fear, vulnerability, courage and failure. For anyone who has ever dreamt of taking on a great challenge, but felt too afraid to begin - this story is for

you.

Oh, the Places You'll Go! - Dr. Seuss 2013-09-24

Dr. Seuss's wonderfully wise *Oh, the Places You'll Go!* is the perfect gift to celebrate all of our special milestones—from graduations to birthdays and beyond! From soaring to high heights and seeing great sights to being left in a Lurch on a prickly perch, Dr. Seuss addresses life's ups and downs with his trademark humorous verse and whimsical illustrations. The inspiring and timeless message encourages readers to find the success that lies within, no matter what challenges they face. A perennial favorite and a perfect gift for anyone starting a new phase in their life!

Itchy Feet Travel Tales in Asia - 5 Books In 1 - Sam Letchworth 2021-06-12

"ITCHY FEET TRAVEL TALES IN ASIA - 5 BOOKS IN 1: Interrupting Cow, Bambi Ate My Yen, No Standing on Toilet, Chew Tentacle Thoroughly, and You Like a Pho?" is an omnibus of Books One through Five in the series, *Itchy Feet Travel Tales in Asia*.

My Two Homes - Claudia Harrington 2015-08-01

My Two Homes is the story of a normal day in Skye's life. When classmate Lenny goes home with Skye, he learns she has three parents. Her dad lives in one house, and her mom and stepdad live in another. But who loves her best? They all do! Aligned to Common Core standards and correlated to state standards. Looking Glass Library is an imprint of Magic Wagon, a division of ABDO.

Five Feet Apart - Rachael Lippincott 2019-02-05

Now a major motion picture starring Cole Sprouse and Haley Lu Richardson! Goodreads Choice Winner, Best Young Adult Fiction of 2019 In this #1 New York Times bestselling novel that's perfect for fans of John Green's *The Fault in Our Stars*, two teens fall in love with just one minor complication—they can't get within a few feet of each other without risking their lives. Can you love someone you can never touch? Stella Grant likes to be in control—even though her totally out of control lungs have sent her in and out of the hospital most of her life. At this point, what Stella needs to control most is keeping herself away from anyone or anything that might pass along an infection and jeopardize the possibility of a lung transplant. Six feet apart. No exceptions. The only thing Will Newman wants to be in control of is getting out of this hospital. He couldn't care less about his treatments, or a fancy new clinical drug trial. Soon, he'll turn eighteen and then he'll be able to unplug all these machines and actually go see the world, not just its hospitals. Will's exactly what Stella needs to stay away from. If he so much as breathes on Stella she could lose her spot on the transplant list. Either one of them could die. The only way to stay alive is to stay apart. But suddenly six feet doesn't feel like safety. It feels like punishment. What if they could steal back just a little bit of the space their broken lungs have stolen from them? Would five feet apart really be so dangerous if it stops their hearts from breaking too?

Blindspot - Jane Kamensky 2009-12-29

Stewart Jameson, a Scottish portrait painter fleeing his debtors in Edinburgh, has washed up on the British Empire's far shores—in the city of Boston, lately seized with the spirit of liberty. Eager to begin anew, he advertises for an apprentice, but the lad who comes knocking is no lad at all. Fanny Easton is a fallen woman from Boston's most prominent family who has disguised herself as a boy to become Jameson's defiant and seductive apprentice. Written with wit and exuberance by accomplished historians, *Blindspot* is an affectionate send-up of the best of eighteenth-century fiction. It celebrates the art of the Enlightenment and the passion of the American Revolution by telling stories of ordinary people caught up in an extraordinary time.

We Are Not from Here - Jenny Torres Sanchez 2021-05-18

A poignant novel of desperation, escape, and survival across the U.S.-Mexico border, inspired by current events. A Pura Belpré 2021 Young Adult Author Honor Book! A BookPage Best Book of 2020! A Chicago Public Library Best of the Best of 2020! A School Library Journal Best Book of 2020! A New York Public Library 2020 Top 10 Best Book for Teens! Pulga has his dreams. Chico has his grief. Pequeña has her pride. And these three teens have one another. But none of them have illusions about the town they've grown up in and the dangers that surround them. Even with the love of family, threats lurk around every corner. And when those threats become all too real, the trio knows they have no choice but to run: from their country, from their families, from their beloved home. Crossing from Guatemala through Mexico, they follow the route of La Bestia, the perilous train system that might deliver them to a better life—if they are lucky enough to survive the journey. With nothing but the bags on their backs and desperation drumming through their hearts,

Pulga, Chico, and Pequeña know there is no turning back, despite the unknown that awaits them. And the darkness that seems to follow wherever they go. In this striking portrait of lives torn apart, the plight of migrants at the U.S. southern border is brought to light through poignant, vivid storytelling. An epic journey of danger, resilience, heartache, and hope. Praise for *We Are Not From Here*: "A fierce and tender story...Relevant, timely, and perceptive." --Margarita Engle, winner of the Pura Belpré Award and Newbery Honor "With poignant, exhausting lyricism and heart wrenching poetic prose, Jenny Torres Sanchez digs deep and shows us the throbbing, aching corazón--the hopeful, unbreakable spirit of the embattled immigrant. A book for the starving, lost soul." --Guadalupe García McCall, Pura Belpré Award-winning author of *Under the Mesquite* "An incredibly powerful, soul-searing YA. [I]mportant and necessary.... I could not put this book down." --Padma Venkatraman, award-winning author of *The Bridge Home* "One of the most relevant and needed young adult novels of the year, a must-read." --Jennifer Mathieu, critically acclaimed author of *The Liars of Mariposa Island* and *Moxie* "An achingly beautifully story...masterfully told...Jenny Torres Sanchez is a true leader within young adult fiction." --Christina Diaz Gonzalez, award-winning author of *The Red Umbrella* "*We Are Not From Here* is absolutely stunning. It's raw and real, gritty and gorgeously told. A story that's painfully relevant today, and told with such precision and beauty, you can feel it. It's breathtaking and left me absolutely breathless." --Lauren Gibaldi, author of *This Tiny Perfect World* "[This] is a book that will mark your heart. Jenny Torres Sanchez challenges us to feel, empathize and understand. A searing, necessary and ultimately beautiful book." --Alexandra Villasante, critically acclaimed author of *The Grief Keeper* * "A brutally honest, not-to-be-missed narrative...gripping, heart-wrenching, and thrilling." --Kirkus Reviews, STARRED REVIEW * "A candid, realistic story that will leave readers thinking about the characters--and about our own world--long after the last page." --SLJ, STARRED REVIEW * "Gripping, poignant...this soul-shaking narrative [recalls] the works of Gabriel García Márquez." --Booklist, STARRED REVIEW * "A devastating read that is difficult to put down, this unforgettable book unflinchingly illuminates the experiences of those leaving their homes to seek safety in the United States." --Publishers Weekly, STARRED REVIEW

The Earth Beneath My Feet - Andrew Terrill 2021-06

The Earth Beneath My Feet is the first of two books that describe an epic 7,000-mile wilderness walk across an entire continent. Like millions of people, Andrew Terrill grew up on the edge of a big city. But for Terrill, suburban life felt predictable and crowded - the days lacked purpose and meaning. What he craved was a life of freedom, adventure and simplicity, and after nearly dying in the Swiss Alps that was the life he chose. In May 1997 he left his London home and travelled to the southernmost point of Calabria, Italy. Once there, he turned north and began walking, headed for Norway's North Cape. Leaving civilisation behind, Terrill journeyed deep into the 'other Europe', the hidden wilderness Europe that still exists beyond road's end. Hiking from the Apennine mountain range - a wild side of Italy few outsiders ever know - to the vast northern wildernesses of Arctic Norway, Terrill immersed himself in the natural world, forever seeking a deeper connection with it. The 18-month journey became a voyage of discovery, unveiling the secrets and treasures of Europe's least-known places. The miles brought hardships and struggles, pushed Terrill to his limits, but ultimately led to unimaginable rewards. *The Earth Beneath My Feet* covers the journey's first eight months, taking readers the entire length of Italy during a searing-hot summer, and across Austria into the depths of an Alpine winter. It is a compelling tale of adventure told with freshness, optimism, wonder and youthful enthusiasm - an inspiring true story of a young man who chose to embrace life and live it to the full.

First Steps - Jeremy DeSilva 2021-04-06

Winner of the Howell Book Prize from the American Anthropological Association and named one of the best science books of 2021 by Science News "DeSilva takes us on a brilliant, fun, and scientifically deep stroll through history, anatomy, and evolution, in order to illustrate the powerful story of how a particular mode of movement helped make us one of the most wonderful, dangerous and fascinating species on Earth." --Agustín Fuentes, Professor of Anthropology, Princeton University and author of *Why We Believe: Evolution and the Human Way of Being* "Breezy popular science at its best. . . . Makes a compelling case overall." --Science News Blending history, science, and culture, a stunning and highly engaging evolutionary story exploring how walking on two legs allowed humans to become the planet's dominant species. Humans are the only mammals to walk on two, rather than four legs—a

locomotion known as bipedalism. We strive to be upstanding citizens, honor those who stand tall and proud, and take a stand against injustices. We follow in each other's footsteps and celebrate a child's beginning to walk. But why, and how, exactly, did we take our first steps? And at what cost? Bipedalism has its drawbacks: giving birth is more difficult and dangerous; our running speed is much slower than other animals; and we suffer a variety of ailments, from hernias to sinus problems. In *First Steps*, paleoanthropologist Jeremy DeSilva explores how unusual and extraordinary this seemingly ordinary ability is. A seven-million-year journey to the very origins of the human lineage, *First Steps* shows how upright walking was a gateway to many of the other attributes that make us human—from our technological abilities, our thirst for exploration, our use of language—and may have laid the foundation for our species' traits of compassion, empathy, and altruism. Moving from developmental psychology labs to ancient fossil sites throughout Africa and Eurasia, DeSilva brings to life our adventure walking on two legs. Delving deeply into the story of our past and the new discoveries rewriting our understanding of human evolution, *First Steps* examines how walking upright helped us rise above all other species on this planet. *First Steps* includes an eight-page color photo insert.

Two Feet, Four Paws - Spud Talbot-Ponsonby 2001-05

The author, and her dog, Tess, walked the entire coastline of Britain to raise funds for homeless people. This is the story of their epic walk.

On My Feet Again - Jennifer French 2012

On My Feet Again is the heartwarming and intellectually stimulating story of how a determined and resourceful young woman overcame many of the obstacles that came her way after being paralyzed in a snowboarding accident. Although told she would never get out of a wheelchair, Jennifer French refused to accept that fate and sought out experimental new technologies for people with spinal cord injuries. She became a participant in a clinical trial of an implanted neuroprosthetic system that enables her to stand up out of her wheelchair and move around on her own two feet.

The Road - Cormac McCarthy 2007-03-20

NATIONAL BESTSELLER • WINNER OF THE PULITZER PRIZE • A searing, post-apocalyptic novel about a father and son's fight to survive, this "tale of survival and the miracle of goodness only adds to McCarthy's stature as a living master. It's gripping, frightening and, ultimately, beautiful" (San Francisco Chronicle). A father and his son walk alone through burned America. Nothing moves in the ravaged landscape save the ash on the wind. It is cold enough to crack stones, and when the snow falls it is gray. The sky is dark. Their destination is the coast, although they don't know what, if anything, awaits them there. They have nothing; just a pistol to defend themselves against the lawless bands that stalk the road, the clothes they are wearing, a cart of scavenged food—and each other. *The Road* is the profoundly moving story of a journey. It boldly imagines a future in which no hope remains, but in which the father and his son, "each the other's world entire," are sustained by love. Awesome in the totality of its vision, it is an unflinching meditation on the worst and the best that we are capable of: ultimate destructiveness, desperate tenacity, and the tenderness that keeps two people alive in the face of total devastation. Look for Cormac McCarthy's new novel, *The Passenger*.

In Love - Amy Bloom 2022-03-08

NEW YORK TIMES BESTSELLER • A powerful memoir of a love that leads two people to find a courageous way to part—and a woman's struggle to go forward in the face of loss—that "enriches the reader's life with urgency and gratitude" (The Washington Post) "A pleasure to read . . . Rarely has a memoir about death been so full of life. . . . Bloom has a talent for mixing the prosaic and profound, the slapstick and the serious."—USA Today ONE OF THE BEST BOOKS OF THE YEAR: NPR Amy Bloom began to notice changes in her husband, Brian: He retired early from a new job he loved; he withdrew from close friendships; he talked mostly about the past. Suddenly, it seemed there was a glass wall between them, and their long walks and talks stopped. Their world was altered forever when an MRI confirmed what they could no longer ignore: Brian had Alzheimer's disease. Forced to confront the truth of the diagnosis and its impact on the future he had envisioned, Brian was determined to die on his feet, not live on his knees. Supporting each other in their last journey together, Brian and Amy made the unimaginably difficult and painful decision to go to Dignitas, an organization based in Switzerland that empowers a person to end their own life with dignity and peace. In this heartbreaking and surprising memoir, Bloom sheds light on a part of life we so often shy away from

discussing—its ending. Written in Bloom's captivating, insightful voice and with her trademark wit and candor, *In Love* is an unforgettable portrait of a beautiful marriage, and a boundary-defying love.

Hinds Feet on High Places - Hannah Hurnard 2013-03-21

Much-Afraid had been in the service of the Chief Shepherd, whose great flocks were pastured down in the Valley of Humiliation. She lived with her friends and fellow workers Mercy and Peace in a tranquil little white cottage in the village of Much-Trembling. She loved her work and desired intensely to please the Chief Shepherd, but happy as she was in most ways, she was conscious of several things which hindered her in her work and caused her much secret distress and shame. Here is the allegorical tale of Much-Afraid, an every-woman searching for guidance from God to lead her to a higher place.

On Two Feet and Wings - Abbas Kazerooni 2012

This amazing true story of a boy fleeing Tehran on his own during the Iran-Iraq War provides a powerful child's-eye view of political tumult, separation, survival, dreams and triumphs in a moving memoir that chronicles extraordinary times in an ordinary boy's life.

Just The Way You Are - Beth Moran 2022-02-17

A novel about friendship, romance and learning to love yourself - just the way you are. When Olivia Tennyson - or Ollie to her friends - was sixteen, she wrote a Dream List of all the things she wanted for her life, including a happy marriage and a family. But at twenty-nine, Ollie is single, living at home with her over-protective and manipulative mother, and is feeling like her dreams are getting further out of reach. It's time for a change. It's time to take matters into her own hands. Without telling her mum, or more importantly, asking her permission, Ollie finds the perfect place to start her new life. End Cottage has a duck-egg blue front door, a garden that leads to acres of forest, and definitely counts as her dream home. Now all Ollie has to do is complete the rest of her list and find out who she really is, before she can imagine any romance coming into her life. After all, how is she going to find her dream man in the middle of a forest... Reading Beth Moran's gorgeous novels makes every day better. Uplifting, smart, with unforgettable characters and gorgeous settings, it's impossible not to fall in love with a Beth Moran story. Perfect for all fans of Jill Mansell, Julie Houston, and Jenny Colgan. Praise for Beth Moran: 'Life-affirming, joyful and tender.' Zoe Folbigg 'Every day is a perfect day to read this.' Shari Low 'A British author to watch.' Publisher's Weekly

Yonder - Jabari Asim 2022-01-11

The Water Dancer meets The Prophets in this spare, gripping, and beautifully rendered novel exploring love and friendship among a group of enslaved Black strivers in the mid-19th century. They call themselves the Stolen. Their owners call them captives. They are taught their captors' tongues and their beliefs but they have a language and rituals all their own. In a world that would be allegorical if it weren't saturated in harsh truths, Cato and William meet at Placid Hall, a plantation in an unspecified part of the American South. Subject to the whims of their tyrannical and eccentric captor, Cannonball Greene, they never know what harm may befall them: inhumane physical toil in the plantation's quarry by day, a beating by night, or the sale of a loved one at any moment. It's that cruel practice—the wanton destruction of love, the belief that Black people aren't even capable of loving—that hurts the most. It hurts the reserved and stubborn William, who finds himself falling for Margaret, a small but mighty woman with self-possession beyond her years. And it hurts Cato, whose first love, Iris, was sold off with no forewarning. He now finds solace in his hearty band of friends, including William, who is like a brother; Margaret; Little Zander; and Milton, a gifted artist. There is also Pandora, with thick braids and long limbs, whose beauty calls to him. Their relationships begin to fray when a visiting minister with a mysterious past starts to fill their heads with ideas about independence. He tells them that with freedom comes the right to choose the small things—when to dine, when to begin and end work—as well as the big things, such as whom and how to love. Do they follow the preacher and pursue the unknown? Confined in a landscape marked by deceit and uncertainty, who can they trust? In an elegant work of monumental imagination that will reorient how we think of the legacy of America's shameful past, Jabari Asim presents a beautiful, powerful, and elegiac novel that examines intimacy and longing in the quarters while asking a vital question: What would happen if an enslaved person risked everything for love?

The Miraculous Journey of Edward Tulane - Kate DiCamillo 2009

Edward Tulane, a cold-hearted and proud toy rabbit, loves only himself until he is separated from the little girl who adores him and travels across the country, acquiring new owners and listening to their hopes,

dreams, and histories. Jr Lib Guild. Teacher's Guide available. Reprint. [Wild. Film Tie-In](#) - Cheryl Strayed 2015-01

A Journey From Lost to Found. At 26, Cheryl Strayed thought she had lost everything. In the wake of her mother's rapid death from cancer, her family disbanded and her marriage crumbled. With nothing to lose, she made the most impulsive decision of her life: to walk eleven-hundred miles of the west coast of America - from the Mojave Desert, through California and Oregon, and into Washington State - and to do it alone. She had no experience of long-distance hiking and the journey was nothing more than a line on the map. This account captures the agonies - both mental and physical - of her incredible journey.

Out of the Dust (Scholastic Gold) - Karen Hesse 2012-09-01

Acclaimed author Karen Hesse's Newbery Medal-winning novel-in-verse explores the life of fourteen-year-old Billie Jo growing up in the dust bowls of Oklahoma.

[I Thought It Was Just Me \(but it Isn't\)](#) - Brené Brown 2008

Draws on research with hundreds of interviewees to identify the pervasive influence of cultural shame, discussing how women can recognize the ways in which shame influences their health and relationships and can be transformed into courage and connectivity.

On Your Own Two Feet - Helen Baker 2021-11-04

On My Own Two Feet - Manisha Thakor 2013-11-29

A personal finance guide for women explains the basic principles of money management, including how much of one's income to save, understanding credit scores, how to create a budget, and investing wisely.

The Cat Who Saved Books - Sosuke Natsukawa 2021-12-07

AN INDIE NEXT PICK! From the #1 bestselling author in Japan comes a celebration of books, cats, and the people who love them, infused with the heartwarming spirit of *The Guest Cat* and *The Travelling Cat Chronicles*. Bookish high school student Rintaro Natsuki is about to close the secondhand bookstore he inherited from his beloved bookworm grandfather. Then, a talking cat appears with an unusual request. The feline asks for—or rather, demands—the teenager's help in saving books with him. The world is full of lonely books left unread and unloved, and the cat and Rintaro must liberate them from their neglectful owners.

Their mission sends this odd couple on an amazing journey, where they enter different mazes to set books free. Through their travels, the cat and Rintaro meet a man who leaves his books to perish on a bookshelf, an unwitting book torturer who cuts the pages of books into snippets to help people speed read, and a publishing drone who only wants to create bestsellers. Their adventures culminate in one final, unforgettable challenge—the last maze that awaits leads Rintaro down a realm only the bravest dare enter . . . An enthralling tale of books, first love, fantasy, and an unusual friendship with a talking cat, *The Cat Who Saved Books* is a story for those for whom books are so much more than words on paper. Translated from the Japanese by Louise Heal Kawai. "Cats, books, young love, and adventure: catnip for a variety of readers!" -Kirkus

[My Own Two Feet](#) - Beverly Cleary 2009-03-17

Told in her own words, *My Own Two Feet* is Newbery Medal-winning author Beverly Cleary's second heartfelt and relatable memoir. The *New Yorker* called Beverly Cleary's first volume of memoirs, *A Girl From Yamhill*, "a warm, honest book, as interesting as any novel." Now the creator of the classic children's stories millions grew up with continues her own fascinating story. Here is Beverly Cleary, from college years to the publication of her first book. It is a fascinating look at her life and a writing career that spans three generations, continuing to capture the hearts and imaginations of children of all ages throughout the world. Beverly Cleary's books have sold more than 85 million copies and have been translated into twenty-nine different languages, which speaks to the worldwide reach and love of her stories. She was honored with a Newbery Honor for *Ramona and Her Father* and a second one for *Ramona Quimby, Age 8*. She received the John Newbery Medal for *Dear Mr. Henshaw*, which was inspired by letters she'd received from children. Her autobiographies, *A Girl from Yamhill* and *My Own Two Feet*, are a wonderful way to get to know more about this most beloved children's book author.

H Is for Hawk - Helen Macdonald 2015-03-03

One of the *New York Times* Book Review's 10 Best Books of the Year One of *Slate*'s 50 Best Nonfiction Books of the Last 25 Years ON MORE THAN 25 BEST BOOKS OF THE YEAR LISTS: including *TIME* (#1 Nonfiction Book), NPR, O, *The Oprah Magazine* (10 Favorite Books), *Vogue* (Top 10), *Vanity Fair*, *Washington Post*, *Boston Globe*, *Chicago Tribune*, *Seattle Times*, *San Francisco Chronicle* (Top 10), *Miami Herald*, *St. Louis*

Post Dispatch, *Minneapolis Star Tribune* (Top 10), *Library Journal* (Top 10), *Publishers Weekly*, *Kirkus Reviews*, *Slate*, *Shelf Awareness*, *Book Riot*, *Amazon* (Top 20) The instant *New York Times* bestseller and award-winning sensation, Helen Macdonald's story of adopting and raising one of nature's most vicious predators has soared into the hearts of millions of readers worldwide. Fierce and feral, her goshawk Mabel's temperament mirrors Helen's own state of grief after her father's death, and together raptor and human "discover the pain and beauty of being alive" (People). *H Is for Hawk* is a genre-defying debut from one of our most unique and transcendent voices.

Find a Way - Diana Nyad 2015-10-20

Hillary Clinton said that *Find a Way* would stay with her through the general election: "When you're facing big challenges in your life, you can think about Diana Nyad getting attacked by the lethal sting of box jellyfishes. And nearly anything else seems doable in comparison." On September 2, 2013, at the age of sixty-four, Diana Nyad emerged onto the sands of Key West after swimming 111 miles, nation to nation, Cuba to Florida, in an epic feat of both endurance and human will, in fifty-three hours. Diana carried three poignant messages on her way across this stretch of shark-infested waters, and she spoke them to the crowd in her moment of final triumph: 1. Never, ever give up. 2. You're never too old to chase your dreams. 3. It looks like a solitary sport, but it's a Team. Millions of people around the world cheered this maverick on, moved by her undeniable tenacity to be the first to make the historic crossing without the aid of a shark cage. At the end of her magnificent journey, after thirty-five years and four crushing failures, the public found hope in Diana's perseverance. They were inspired by her mantra—find a way—that led her to realize a dream in her sixties that had eluded her as a young champion in peak form. In *Find a Way*, Diana engages us with a unique, passionate story of this heroic adventure and the extraordinary life experiences that have served to carve her unwavering spirit. Diana was a world champion in her twenties, setting the record for swimming around Manhattan Island, along with other ocean-swim achievements, all of which rendered her a star at the time. Back then, she made the first attempt at the Mount Everest of swims, the Cuba Swim, but after forty-two hours and seventy-nine miles she was blown desperately off course. Her dream unfulfilled, she didn't swim another stroke for three decades. Why, at sixty-four, was she able to achieve what she could not at thirty? How did her dramatic failures push her to success? What inner resources did Diana draw on during her long days and nights of training, and how did the power of the human spirit trump both the limitations of the body and the forces of nature across this vast, dangerous wilderness? This is the gripping story of an athlete, of a hero, of a bold mind. This is a galvanizing meditation on facing fears, engaging in our lives full throttle, and living each day with no regrets.

Jennifer Brown's Journey - Angie LANGLEY 2018-06

One Foot, Two Feet - Peter Maloney 2011-05-12

One foot, two feet One mouse, three mice One goose, four geese In this clever counting book, die-cut windows frame a single object and a turn of the page reveals a group. Featuring familiar objects and funny artwork, this inventive concept book is a great introduction to both counting and common irregular plural nouns. A cumulative row of illustrations along the bottom of the pages shows all of the previous objects in order, so kids can keep track of where they are, and the book also contains a fun hide-and-seek game, inviting kids to spy a little airplane zooming through each spread.

[I Am Here](#) - Ashley LeMieux 2022-05-24

"Everyone can take something beneficial from these powerful words." -- Rachel Platten Ashley is a trustworthy guide, let her grab you by the hand and walk you toward wholeness. -- Jen Hatmaker Following her bestselling memoir, *Born to Shine*, founder of The Shine Project Ashley LeMieux shows how she found healing and transformation, even in difficult seasons. *I Am Here* continues this journey using "Clarity Mapping," a tool that walks women through setting intentions, understanding why you are worthy of the life of your dreams, identifying the things you carry that no longer serve you, noticing the people you can serve, and finally, identifying the truest version of yourself. *I Am Here* will help you: Reframe your thoughts Reimagine your life Reclaim your power If you've been looking for help to create a plan to start moving toward your dreams, this book has all the inspiration and useful tools to get you where you want to go.

Will - Will Smith 2021-11-09

The instant #1 *New York Times* bestseller! "It's the best memoir I've ever read." —Oprah Winfrey "Will Smith isn't holding back in his bravely

inspiring new memoir . . . An ultimately heartwarming read, Will provides a humane glimpse of the man behind the actor, producer and musician, as he bares all his insecurities and trauma.” —USA Today Winner of the NAACP Image Award for Outstanding Literary Achievement One of the most dynamic and globally recognized entertainment forces of our time opens up fully about his life, in a brave and inspiring book that traces his learning curve to a place where outer success, inner happiness, and human connection are aligned. Along the way, Will tells the story in full of one of the most amazing rides through the worlds of music and film that anyone has ever had. Will Smith’s transformation from a West Philadelphia kid to one of the biggest rap stars of his era, and then one of the biggest movie stars in Hollywood history, is an epic tale—but it’s only half the story. Will Smith thought, with good reason, that he had won at life: not only was his own success unparalleled, his whole family was at the pinnacle of the entertainment world. Only they didn’t see it that way: they felt more like star performers in his circus, a seven-days-a-week job they hadn’t signed up for. It turned out Will Smith’s education wasn’t nearly over. This memoir is the product of a profound journey of self-knowledge, a reckoning with all that your will can get you and all that it can leave behind. Written with the help of Mark Manson, author of the multi-million-copy bestseller *The Subtle Art of Not Giving a F*ck*, Will is the story of how one person mastered his own emotions, written in a way that can help everyone else do the same. Few of us will know the pressure of performing on the world’s biggest stages for the highest of stakes, but we can all understand that the fuel that works for one stage of our journey might have to be changed if we want to make it all the way home. The combination of genuine wisdom of universal value and a life story that is preposterously entertaining, even astonishing, puts Will the book, like its author, in a category by itself.

Skill in Action - Michelle Cassandra Johnson 2021-11-02

Transform your yoga practice into a force for creating social change with this concise, eloquent guide to social justice tools and skills. *Skill in Action* asks you to explore the deeply transformational practice of yoga as a way to become an agent of social change and work toward a just world. Through yoga practices and philosophy, this book explores liberation for ourselves and others, while asking us to engage in our own agency--whether that manifests as activism, volunteer work, or changing our relationships with others and ourselves. To provide a strong foundation to begin this work, Michelle Cassandra Johnson clearly defines power and privilege, oppression, liberation, and suffering, and invites you to make changes in your life that promote equality and freedom for all. Each chapter ends with a breathwork, asana, meditation, or interpersonal relational practice to help you incorporate this wisdom into your daily life. Each of the practices extend beyond the individual to offer resources and tools to shift institutional policies and procedures in a culture that has left all of us negatively impacted by white supremacy and social inequity. We must awaken to the injustice and suffering of marginalized communities, and we must use our voices and actions toward the liberation of all people.

[Two Feet Back](#) - Grant Korgans 2012-07

A painfully honest, inspiring memoir of a man whose broken back taught

him to stand in his truth. Grant's story of survival, unbound love, endless gratitude, and the limitless power of unwavering positivity is one that applies to us all. Determined not to change a single goal of the past, the Korgans embarked on an unconventional, activity based recovery plan that bucked the prognosis that Grants long-cherished independence was gone forever. *Two Feet Back* is Grant's account of this incredible first year of recovery, the Korg 3.0 movement it inspired, and how the path to getting back on his own two feet back gave him a lot more than he bargained for.

Out of My Mind - Sharon M. Draper 2012-05

Considered by many to be mentally retarded, a brilliant, impatient fifth-grader with cerebral palsy discovers a technological device that will allow her to speak for the first time.

[Lucky Broken Girl](#) - Ruth Behar 2018-04-10

Winner of the 2018 Pura Belpre Award! “A book for anyone mending from childhood wounds.”—Sandra Cisneros, author of *The House on Mango Street* In this unforgettable multicultural coming-of-age narrative—based on the author’s childhood in the 1960s—a young Cuban-Jewish immigrant girl is adjusting to her new life in New York City when her American dream is suddenly derailed. Ruthie’s plight will intrigue readers, and her powerful story of strength and resilience, full of color, light, and poignancy, will stay with them for a long time. Ruthie Mizrahi and her family recently emigrated from Castro’s Cuba to New York City. Just when she’s finally beginning to gain confidence in her mastery of English—and enjoying her reign as her neighborhood’s hopscotch queen—a horrific car accident leaves her in a body cast and confined her to her bed for a long recovery. As Ruthie’s world shrinks because of her inability to move, her powers of observation and her heart grow larger and she comes to understand how fragile life is, how vulnerable we all are as human beings, and how friends, neighbors, and the power of the arts can sweeten even the worst of times.

Blood Beneath My Feet - Joseph Scott Morgan 2012-07-03

Have you ever been locked in a cooler with piles of decomposing humans for so long that you had to shave all the hair off your body in order to get rid of the smell? Joseph Scott Morgan did. Have you ever lit a Marlboro from the ignited gas of a bloated dead man's belly? Joseph Scott Morgan has. Have you ever wept over a dead dog while not giving a shit about the dead owner laying next him? Morgan did. Were you named after a murder victim? Joseph Scott Morgan was. This isn't Hollywood fantasy—it's the true story of a boy born into the deprivations of a white trash trailer park who as an adult gets further involved in the desperate backdoor sagas of the "new South." No hot blondes here, just maggots, grief, and the truth about forensics and death investigation. Joseph Scott Morgan became a death investigator with the Jefferson Parish Coroner's Office in suburban New Orleans in 1987, the youngest medicolegal death investigator in the country. During the day, Morgan worked in the morgue, and at night investigated for the coroner. In 1992 Morgan became senior investigator with the Fulton County Medical Examiner's Office in Atlanta. Morgan is now a college professor at North Georgia College and State University, where he teaches a death investigation course based on the national standards which he helped develop. He and his family reside in the Blue Ridge Mountains of north Georgia.