

The Deepest Breath

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One Breath - Adam Skolnick 2016-01-12
One Breath is a gripping and powerful exploration of the strange and fascinating sport of freediving, and of the tragic, untimely death of America's greatest freediver Competitive freediving—a sport built on diving as deep as possible on a single breath—tests the limits of human ability in the most hostile environment on earth. The unique and eclectic breed of individuals who freedive at the highest level regularly dive hundreds of feet below the ocean's surface, reaching such depths that their organs compress, light disappears, and one mistake could kill them. Even among freedivers, few have ever gone as deep as Nicholas Mevoli. A handsome young American with an unmatched talent for the sport, Nick was among freediving's brightest stars. He was also an extraordinary individual, one who rebelled against the vapid and commoditized society around him by relentlessly questing for something more meaningful and authentic, whatever the risks. So when Nick Mevoli arrived at Vertical Blue in 2013, the world's premier freediving competition, he was widely expected

to challenge records and continue his meteoric rise to stardom. Instead, before the end of that fateful competition Nick Mevoli had died, a victim of the sport that had made him a star, and the very future of free diving was called into question. With unparalleled access and masterfully crafted prose, One Breath tells his unforgettable story, and of the sport which shaped and ultimately destroyed him.

The Deepest Well - Nadine Burke Harris 2018

A pioneering physician reveals how childhood stress leads to lifelong health problems, and what we can do to break the cycle.

Proud of Me - Sarah Hagger-Holt 2021-02-04

An accessible child-centred story about self-acceptance and the importance of opening up to those closest to you. Becky and Josh are almost-twins, with two mums and the same anonymous donor dad. Josh can't wait until he's eighteen, the legal age when he can finally contact his donor, and he'll do anything to find out more - even if it involves lying. Becky can't stop thinking about her new friend, Carli. Could her feelings

for Carli be a sign of something more? Becky and Josh both want their parents to be proud of them...but right now, they're struggling to even accept themselves. Praise for Sarah Hagger-Holt's debut, *Nothing Ever Happens Here* "A barrier-breaking, empathy-inducing story for all." LoveReading4Kids "I can't wait for kids to read it - it's a book a lot of people need right now." Jay Hulme, award-winning poet "Compassionate and sweet and full of people trying their best. Highly recommended." Robin Stevens "Pitch perfect as far as I'm concerned. I wish there'd been books like this in my day." Christine Burns MBE, British Political Activist

The Portlandia Activity Book - Fred Armisen 2014

This is *The Portlandia Activity Book* - a compendium of guaranteed enrichment for the Pacific Northwestern part of your psyche. Like a cool high school that prefers a sweat lodge to the traditional classroom, this book will expand your mind through participation, dehydrate you to a state of emotional rawness, then linger in the corners your bare soul. Here you will find enough activities to get you through a year's worth of rainy days, including: "How to Crowdfund Your Baby," "Punk Paint By Numbers," "Terrarium Foraging," and so much more. With pages unlike any you've seen before, this is the kind of book that you can be yourself around. Shed the trappings of normalcy, let down your glorious mane, and take the deepest breath of your life.

Portlandia is beckoning your arrival. *Atmospheres of Breathing* - Lenart Škof 2018-03-19

Attempts to think anew about philosophical questions from the perspective of breath and breathing. As a physiological or biological matter, breath is mostly considered to be mechanical and thoughtless. By

expanding on the insights of many religions and therapeutic practices, which emphasize the cultivation of breath, the contributors argue that breath should be understood as fundamentally and comprehensively intertwined with human life and experience. Various dimensions of the respiratory world are referred to as "atmospheres" that encircle and connect human existence, coexistence, and the world. Drawing from a number of traditions of breathing, including from Indian and East Asian religion and philosophy, the book considers breath in relation to ontological, hermeneutical, phenomenological, ethical, and aesthetic concerns in philosophy. The wide-ranging topics include poetry, theater, environmental issues and health, feminism, and media studies. Lenart Škof is Professor of Philosophy and Head of the Institute for Philosophical Studies at the Science and Research Center of Koper, Slovenia, and the coeditor (with Emily A. Holmes) of *Breathing with Luce Irigaray*. Petri Berndtson is a doctoral candidate of philosophy at the University of Jyväskylä, Finland. *Baby Teeth* - Meg Grehan 2023-09-05 It starts when Claudia offers her a yellow rose. Immy has been in love before - many times, across many lifetimes. But never as deeply, as intensely as this. Claudia has never been in love this before either. But then, this is her first time with a vampire. The forbidden thirst for blood runs deep in Immy. And within her mind clamour the voices, of all the others she has been, their desires, and their wrongs.

Deep - James Nestor 2014 Surveys the achievements of adventurous scientists, athletes and explorers to reveal how new understandings about deep-sea life, from telepathic coral to shark navigation, are expanding what is

known about the natural world and the human mind. 40,000 first printing.

One Breath - Adam Skolnick 2016-01-12

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The Deepest Breath - Steve Straight 1996

Nothing Ever Happens Here - Sarah Hagger-Holt 2020-01-09

I wonder what people would think if they could take the front off our house, like a doll's house, and watch us. All in the same house, but everyone separate. No one talking, but everyone thinking the same thing. Will we ever be a normal family again? Izzy's family is under the spotlight when her dad comes out as Danielle, a trans woman. Now shy Izzy must face her fears, find her voice, confront the bullies and stand up for her family. Warm, honest and hopeful, this is a story about the power of family, friendship and being true to yourself.

Deep Diving - Bret Gilliam 1995
This is the first book to span the depth between traditional sport diving editions and the complex medical/commercial texts. It provides a balanced view of the fascinations and hazards of deep diving through extensive factual development of its technical chapters.

Essential Chan Buddhism - Guo Jun 2013-04-02
Essential Chan Buddhism is the rare unearthing of an ancient and remarkable Chinese spiritual tradition. Master Guo Jun speaks through hard-won wisdom on Chan's spiritual themes familiar to Western readers, such as mindfulness and relaxation in meditation, as well as profound, simply expressed teachings and insightful explorations of religious commitment. Essential Chan Buddhism filters formal spiritual practices through the lens of mundane and everyday life activities. The work captures the lyrical beauty and incantatory style of Guo Jun's spoken English from the talks he gave at a fourteen-day retreat near Jakarta in 2010 and in subsequent conversations with his editor Kenneth Wapner. This value-priced hardcover edition is both a distinctive addition to Buddhist collections and a thoughtful gift for anyone looking for spiritual

guidance. Chan master Guo Jun is one of a new breed of international teachers taking the world's great wisdom traditions into the twenty-first century. He is currently abbot of Mahabodhi Monastery in Singapore and teaches internationally. Chan master Sheng Yen's youngest dharma heir, he served as abbot of his Pine Bush, New York, retreat center from 2005 to 2008. A native of Singapore, Guo Jun received his full monastic ordination in Taiwan. He is a lineage holder and successor in Chan as well as the Xianshou and Cien schools of Chinese Buddhism. Essential Chan Buddhism is his first book. Kenneth Wapner's Peekamoose Books is a book packager and editor. Clients include Bantam, Tarcher/Putnam, Ballantine, and Doubleday. He is well known for his work on Rabbi Jesus, Bones of the Master, and The Zen of Creativity.

Hazel's Theory of Evolution - Lisa Jenn Bigelow 2019-10-08

Winner of the Lambda Literary Award! The Thing About Jellyfish meets Raymie Nightingale in this tender middle grade novel from Lisa Jenn Bigelow, acclaimed author of Drum Roll, Please. Hazel knows a lot about the world. That's because when she's not hanging with her best friend, taking care of her dog, or helping care for the goats on her family's farm, she loves reading through dusty encyclopedias. But even Hazel doesn't have answers for the questions awaiting her as she enters eighth grade. What if no one at her new school gets her, and she doesn't make any friends? What's going to happen to one of her moms, who's pregnant again after having two miscarriages? Why does everything have to change when life was already perfectly fine? As Hazel struggles to cope, she'll come to realize that sometimes you have to look within yourself—instead of the pages of a book—to find the answer to life's most important

questions.

The Edge of Never - J. A. Redmerski
2013-03-12

Discover the beloved New York Times bestseller about two lost souls who embark on an epic road trip and find love along the way. A New York Times, USA Today, and Wall Street Journal bestselling blockbuster! Twenty-year-old Camryn Bennett thought she knew exactly where her life was going. But after a wild night at the hottest club in downtown Raleigh, North Carolina, she shocks everyone—including herself—when she decides to leave the only life she's ever known and set out on her own. Grabbing her purse and her cell phone, Camryn boards a Greyhound bus ready to find herself. Instead, she finds Andrew Parrish. Sexy and exciting, Andrew lives life like there is no tomorrow. He persuades Camryn to do things she never thought she would and shows her how to give in to her deepest, most forbidden desires. Soon he becomes the center of her daring new life, pulling love and lust and emotion out of her in ways she never imagined possible. But there is more to Andrew than Camryn realizes. Will his secret push them inseparably together -- or destroy them forever?

The Deepest Waters - Dan Walsh
2018-04-29

For John and Laura Foster, what began as a fairytale honeymoon in 1857 aboard the steamship SS Vandervere, quickly turns into a nightmare. A terrible hurricane strikes and the grand ship begins to sink. Just before it goes under, a rescue ship appears on the horizon. But it only has room enough to save the women and children. Laura soon finds herself sailing away toward New York city on a ship filled with orphans and widows, to meet John's family whom she's never met. Desperate for a miracle, Laura braces herself to face

life alone.

The Breathing Book - Donna Farhi
1996-11-15

A new approach to improving quality of life through your most accessible resource: your breath.

Internationally renowned yoga instructor Donna Farhi presents a refreshingly simple and practical guide to reestablishing proper breathing techniques that will dramatically improve your physical and mental health. Complete with more than seventy-five photos and illustrations, *The Breathing Book* offers a thorough and inspiring program that you can tailor to your specific needs. Whether you need an energy boost or are seeking a safe, hassle-free way to cope with everyday stress, you will find answers here.

These safe and easy-to-learn techniques can also be used to treat asthma, depression, eating disorders, insomnia, arthritis, chronic pain, and other debilitating conditions.

"Donna Farhi has been a student, researcher, and teacher of the breath for many years, and now we get to reap the results of her studies in this exquisite manual." -- *Yoga Journal*

The Deepest Breath - Meg Grehan
2021-02-16

An accessible and beautifully written middle grade novel-in-verse by award-winning Irish author Meg Grehan about Stevie, a young girl reckoning with anxiety about the many things she has yet to understand—including her feelings about her friend Chloe.

Perfect for fans of Ivy Aberdeen's *Letter to the World*, *Star Crossed*, and *George*. Eleven-year-old Stevie is an avid reader and she knows a lot of things about a lot of things. But these are the things she'd like to know the most: The ocean and all the things that live there and why it's so scary The stars and all the constellations How phones work What

happened to Princess Anastasia Knots Knowing things makes Stevie feel safe, powerful, and in control should anything bad happen. And with the help of her mom, she is finding the tools to manage her anxiety. But there's one something Stevie doesn't know, one thing she wants to understand above everything else, and one thing she isn't quite ready to share with her mom: the fizzy feeling she gets in her chest when she looks at her friend, Chloe. What does it mean and why isn't she ready to talk about it? In this poetic exploration of identity and anxiety, Stevie must confront her fears to find inner freedom all while discovering it is our connections with others that make us stronger.

Pig & Goose and the First Day of Spring - Rebecca Bond 2020-12-11

In this early reader with five short chapters, emerging readers meet Pig and Goose. Pig is happy. She loves to dance. She loves to eat. But she cannot fly. And she cannot swim. Goose can fly like a bird. Goose can glide across the water beautifully. But he cannot tell stories or host a party like Pig can. Pig and Goose are very different. But what they do have in common is that they like each other. And they love springtime.

Simple text and charming illustrations guide beginning readers throughout the story and encourage independent reading. A lovely story to share with preschoolers and young independent readers. An excellent selection – *School Library Journal* starred review Approachable while giving new readers a sense of accomplishment" – *Kirkus Reviews* An ideal choice for older listeners transitioning to young readers, but the playful dialogue also lends itself to reading aloud – *Bulletin of the Center for Children's Books* A quiet but effective reminder that an individual's appearance and skills

are not the source of his or her worth – Publisher's Weekly The comfortable line-and-watercolor illustrations capture both the season and the spirit of the story – Horn Book

The Deepest Night - Shana Abé
2013-08-13

A rich portrait of post-Victorian England, *The Deepest Night* seamlessly blends thrilling romance with riveting history and adventure—perfect for fans of Libba Bray and Lauren Kate. It's 1915, and sixteen-year-old Lora Jones is finishing up her first year as a charity student at Iverson, a prestigious, gothic boarding school on England's southern coast. While she's always felt different from everyone around her, now she finally knows why: She is a drákon, a rare, enchanted being with astonishing magical abilities. As war hits Britain's shores, and Lora reels from an unimaginable loss, she finds that her powers come with grave and dangerous responsibilities. At the request of Armand Louis, the darkly mysterious boy whose father owns Iverson, Lora will spend her summer at his lavish estate. To help the war effort—and to keep Lora near—Armand turns his home into a military hospital, where Lora will serve as a nurse. For Armand is inescapably drawn to her—bound to her by heart-deep secrets and a supernatural connection that runs thicker than blood. Yet while Lora tries to sort out her own feelings toward Armand, fate offers an unexpected surprise. Lora discovers there is another drákon, a prisoner of war being held in Germany. And that only she, with her newly honed Gifts, will be able to rescue him. With Armand at her side, Lora will cross enemy lines on an incredible mission—one that could bond her to Armand forever, or irrevocably tear them apart.

Beautifully written, deeply romantic, and filled with daring adventure and magic, *The Deepest Night* is a mesmerizing novel of the enduring pull of destiny, and the eternal strength of love. Praise for *The Deepest Night* “Fast, fun and full of surprises . . . a solid story with great writing and humor in unexpected places.”—RT Book Reviews “Awe inspiring . . . The writing is beautiful, lyrical, evoking image and all the senses. . . . I highly recommend this series.”—Badass Book Reviews “An exhilarating, heroic adventure . . . exceptionally romantic, entrancing, thrilling and vastly fast moving . . . *The Deepest Night* is like a fine wine. It is smoothly written, rich in taste and definitely needs to be savored! Actually, I think I will read it again; it is so exceptionally written!”—Romance Junkies Review
Dragon World - Tamara Macfarlane
2021-03-04

Meet the fire-breathing beasts of mythology in this beautifully illustrated ebook brimming with scaled behemoths. Lurking in every corner of the earth, from the deepest depths of the oceans, to the tips of the tallest mountains, even tucked beneath the very ground that you tread on, dragons watch and wait. They take many forms - sea monsters, serpents, wild cats, eagles, and they represent many different things; Gods to be revered, evil kings to be feared, wise friends and fierce foes. Dragons have breathed fire into our minds since we could first imagine, but why do they exist in stories from every land in the world? Come in and explore *Dragon World*. Look into their lairs while they make shape-shifting mischief, playing with the weather and protecting earthly treasures. Soar across continents into tales as old as time. Prowl through the pages to discover rare dragon species. Find

clues to track them and master how to draw them. Behold the earthly dragons of today!

The High Frontier - Gerard K. O'Neill
2000

This expanded third edition features a new preface, introduction, and collection of essays by space researchers.

Breath - James Nestor 2020-05-26
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.

Your Life In My Hands - a Junior Doctor's Story - Rachel Clarke
2017-07-13

'I am a junior doctor. It is 4 a.m. I have run arrest calls, treated life-threatening bleeding, held the hand of a young woman dying of cancer, scuttled down miles of dim corridors wanting to sob with sheer exhaustion, forgotten to eat, forgotten to drink, drawn on every fibre of strength that I possess to keep my patients safe from harm.' How does it feel to be spat out of medical school into a world of pain, loss and trauma that you feel wholly ill-equipped to handle? To be a medical novice who makes decisions which - if you get them wrong - might forever alter, or end, a person's life? To toughen up the hard way, through repeated exposure to life-and-death situations, until you are finally a match for them? In this heartfelt, deeply personal account of life as a junior doctor in today's health service, former television journalist turned doctor, Rachel Clarke, captures the extraordinary realities of ordinary life on the NHS front line. From the historic junior doctor strikes of 2016 to the 'humanitarian crisis' declared by the Red Cross, the overstretched health service is on the precipice, calling for junior doctors to draw on extraordinary reserves of what compelled them into medicine in the first place - and the value the NHS can least afford to

lose - kindness. Your Life in My Hands is at once a powerful polemic on the systematic degradation of Britain's most vital public institution, and a love letter of optimism and hope to that same health service and those who support it. This extraordinary memoir offers a glimpse into a life spent between the operating room and the bedside, the mortuary and the doctors' mess, telling powerful truths about today's NHS frontline, and capturing with tenderness and humanity the highs and lows of a new doctor's first steps onto the wards in the context of a health service at breaking point - and what it means to be entrusted with carrying another's life in your hands. 'Eloquent and moving' - Henry Marsh 'There have been many books written by young doctors... but none comes close to Clarke's' - Sunday Times 'From the very heart of the NHS comes this brilliant insight into the continuing crisis in the health service. Rachel Clarke writes as the accomplished journalist she once was and as the leading junior doctor she now is - writing with humanity and compassion that at times reduced me to tears.' - Jon Snow, Channel 4 News 'Dr Clarke has written a blockbuster, a page-turner, a tear-jerker. This is a "from-the-heart" front-line account of the human cost of the wanton erosion of a magnificent ideal - healthcare free at the point of need, funded through public taxation, available to all - made real in the UK for near 70 years. It is a love-song for the wonderful National Health Service that has embodied - to an extent equalled nowhere in the world - the principle that healthcare is not a commodity but a great duty of state.' - Prof. Neena Modi, President of the Royal College of Paediatrics and Child Health 'A powerful account of life on the NHS frontline. If only Theresa May and

Jeremy Hunt could see the passion behind the people in the NHS, they might stop treating them as the enemy, and understand that without them we don't have an NHS worth the name.' - Alastair Campbell

How to Breathe - Ashley Neese

2019-04-02

A simple guide to breathwork by a lauded expert that takes you through 25 simple practices for everyday situations, such as de-stressing, managing anger, falling asleep, connecting with others, and more. In How to Breathe, breathwork expert Ashley Neese gives practical guidance for channeling the power of your breath to help you tackle common challenges with mindfulness and serenity. The book first introduces you to the foundations of breathwork, outlining the research-supported benefits of the practice and explaining how the breath relates to emotions and resilience. Neese then offers 25 customized practices that she has created for clients over the last decade. Each practice features an introduction explaining the origin, benefits, and purpose of the breathwork, followed by step-by-step instructions and post-practice notes. With transporting photography and modern design, How to Breathe shows how small exercises can have a huge impact on daily health and happiness.

Escape from Baxter's Barn - Rebecca Bond 2015

When Burdock, a young barn cat, sneaks into the house to get warm he hears that the farmer, Dewey Baxter, has terrible plans that will endanger all the animals, and he leads them in an attempt to escape before it is too late.

Draw Breath - Tom Granger 2019-10-01

If yoga and doodling had a baby, this book would be it Explore your breath mindfully through a series of simple, relaxing and creative drawing exercises in this meditative and

gorgeously illustrated book. You don't need to be good at drawing; you don't need to be a yogi, or an expert at meditation; you don't need anything but a pencil, and your breath. Combining the hot-trend topics of health, mindfulness and yoga along with adult creativity and coloring books, this is the perfect book to help you make breathtaking art.

River of Breath - Margot Biestman
2008-11

In this time of profound change and renewed hope, high demands are being placed on each of us. We are called upon to respond with devotion and courage. *River of Breath* offers a path from old to new ways of being, a path toward personal and cultural transformation. Margot Biestman transports the reader beyond thinking and imagining to sensing the simple, ancient, yet immediate reality of breath movement in the body. Through sensing her own breath as she writes, she allows her words and drawings to emerge from her essence and flow onto the page. For the reader, just taking in these expressions of her truth is itself an invitation to join her in an intimate breathexperience. A separate section contains detailed guidelines for specific breathexperience sequences, inviting the reader to practice allowing and sensing the natural breath moving in the body. Principles of breathexperience, benefits, application in daily life, a breath class, individual hands-on treatment, and a brief history complete the book.

The Deepest Blue - Sarah Beth Durst
2019-03-19

The natural magic of the classic *The Island of the Blue Dolphins* meets the danger and courage of *The Hunger Games* in this dazzling, intricate stand-alone fantasy novel set in award-winning author Sarah Beth

Durst's beloved world of Renthia. Life is precious and precarious on the islands of Belene. Besieged by a capricious ocean full of malicious spirits, the people of the islands seek joy where they can. Mayara, one of the island's fearless oyster divers, has found happiness in love. But on the day of her wedding to the artist Kelo, a spirit-driven storm hits the island with deadly force. To save her loved ones, Mayara reveals a dangerous secret: she has the power to control the spirits. When the storm ends, she is taken into custody by the queen's soldiers and imprisoned with other women like her. They vary in age and social status, but to many they are heroes who will aid the country or witches that will sacrifice themselves trying. No matter who they are, the women are sent to a terrifying place—an island filled with bloodthirsty nature spirits, and left without food, water, shelter, or any tools except their own instincts and magic. Whoever survives the Island of Testing will be declared heirs to the queen. But no matter if she wins or loses, Mayara knows that the life she dreamed of is gone.

Blind Descent - James M. Tabor
2011-07-28

The deepest cave on earth was a prize that had remained unclaimed for centuries, long after every other ultimate discovery had been made. This is the story of the men and women who risked everything to find it, earning their place in history beside the likes of Peary, Amundsen, Hillary, and Armstrong. In 2004, two great scientist-explorers attempted to find the bottom of the world. Bold, American Bill Stone was committed to the vast Cheve Cave, located in southern Mexico and deadly even by supercave standards. On the other side of the globe, legendary Ukrainian explorer Alexander

Klimchouk - Stone's opposite in temperament and style - had targeted Krubera, a freezing nightmare of a supercave in the Republic of Georgia. *Blind Descent* explores both the brightest and darkest aspects of the timeless human urge to discover - to be first. It is also a thrilling epic about a pursuit that makes even extreme mountaineering and ocean exploration pale by comparison. These supercavers spent months in multiple camps almost two vertical miles deep and many more miles from their caves' exits. They had to contend with thousand-foot drops, deadly flooded tunnels, raging whitewater rivers, monstrous waterfalls, mile-long belly crawls, and much more. Perhaps even worse were the psychological horrors produced by weeks plunged into absolute, perpetual darkness, beyond all hope of rescue, including a particularly insidious derangement called 'The Rapture'. *Blind Descent* is a testament to human survival and endurance - and to two extraordinary men whose relentless pursuit of greatness led them to heights of triumph and depths of tragedy neither could have imagined.

Breathology - Stig Åvall Severinsen 2010

"Most of us breathe inefficiently. Life is often lived in the fast lane, and especially when we are stressed, we tend to use only the upper part of our lungs. We forget to breathe deep down into the stomach and thereby lose out on a lot of energy. Only when you become aware of your breathing and how to train it, you will be able to learn to breathe properly. Your body will immediately absorb more oxygen and after a short time you will have more energy and gain greater mental calmness. Advantages of efficient breathing:
Gain more energy in your daily life
Become better at managing stress
Optimize your work and sport

performances Avoid illnesses and get well faster Minimize chronic or transient pain Become happier and more positive Live a healthier and longer life."--Publisher description. *Even As We Breathe* - Annette Saunooke Clapsaddle 2020-09-08

Nineteen-year-old Cowney Sequoyah yearns to escape his hometown of Cherokee, North Carolina, in the heart of the Smoky Mountains. When a summer job at Asheville's luxurious Grove Park Inn and Resort brings him one step closer to escaping the hills that both cradle and suffocate him, he sees it as an opportunity. The experience introduces him to the beautiful and enigmatic Essie Stamper—a young Cherokee woman who is also working at the inn and dreaming of a better life. With World War II raging in Europe, the resort is the temporary home of Axis diplomats and their families, who are being held as prisoners of war. A secret room becomes a place where Cowney and Essie can escape the white world of the inn and imagine their futures free of the shadows of their families' pasts. Outside of this refuge, however, racism and prejudice are never far behind, and when the daughter of one of the residents goes missing, Cowney finds himself accused of abduction and murder. *Even As We Breathe* invokes the elements of bone, blood, and flesh as Cowney navigates difficult social, cultural, and ethnic divides. Betrayed by the friends he trusted, he begins to unearth deeper mysteries as he works to prove his innocence and clear his name. This richly written debut novel explores the immutable nature of the human spirit and the idea that physical existence, with all its strife and injustice, will not be humanity's lasting legacy.

The Dive: The untold story of the world's deepest submarine rescue - Stephen McGinty 2021-06-10

The Dive is a thrilling narrative nonfiction in the tradition of The Perfect Storm and Apollo 13.

The Deepest Roots - Miranda Asebedo
2018-09-18

Morgan Matson meets Maggie Stiefvater in a story that will make you believe in friendship, miracles, and maybe even magic. Cottonwood Hollow, Kansas, is a strange place. For the past century, every girl has been born with a special talent, like the ability to Fix any object, Heal any wound, or Find what is missing. To best friends Rome, Lux, and Mercy, their abilities often feel more like a curse. Rome may be able to Fix anything she touches, but that won't help her mom pay rent. Lux's ability to attract any man with a smile has always meant danger. And although Mercy can make Enough of whatever is needed, even that won't help when her friendship with Rome and Lux is tested. Follow three best friends in this enchanting debut novel as they discover that friendship is stronger than curses, that trust is worth the risk, and sometimes, what you've been looking for has been under your feet the whole time.

When Breath Becomes Air - Paul Kalanithi 2016-02-04

** SUNDAY TIMES NUMBER ONE
BESTSELLER** 'Rattling.

Heartbreaking. Beautiful.' Atul Gawande, bestselling author of Being Mortal What makes life worth living in the face of death? At the age of thirty-six, on the verge of completing a decade's training as a neurosurgeon, Paul Kalanithi was diagnosed with inoperable lung cancer. One day he was a doctor treating the dying, the next he was a patient struggling to live. When Breath Becomes Air chronicles Kalanithi's transformation from a medical student asking what makes a virtuous and meaningful life into a neurosurgeon working in the core of

human identity - the brain - and finally into a patient and a new father. Paul Kalanithi died while working on this profoundly moving book, yet his words live on as a guide to us all. When Breath Becomes Air is a life-affirming reflection on facing our mortality and on the relationship between doctor and patient, from a gifted writer who became both. 'A vital book about dying. Awe-inspiring and exquisite. Obligatory reading for the living' Nigella Lawson

Deepest Breath - Meg Grehan 2021
"First published in Ireland as The deepest breath, by Little Island Books, 2019"--Copyright page.

Better With Butter - Victoria Piontek
2021-07-20

A girl with anxiety disorder finds an unlikely friend -- and emotional support animal -- in the form of an adorable fainting goat. Twelve-year-old Marvel is afraid of absolutely everything -- amusement park rides, food poisoning, earthquakes, and that big island of plastic floating through the ocean. She also obsesses about smaller worries like making friends, getting called on by the teacher, and walking home alone. Her parents and the school therapist call her worries an anxiety disorder, but Marvel calls them armor. If something can happen, it will. She needs to be prepared. But when Marvel stumbles on a group of older kids teasing a baby goat that has mysteriously shown up on the soccer field, she momentarily forgets to be afraid and rescues the frightened animal. Only Butter isn't any old goat. She's a fainting goat. When Butter feels panic, she freezes up and falls over. Marvel knows exactly how Butter feels and precisely what Butter needs -- her. Twelve-year-old Marvel is afraid of absolutely everything -- amusement park rides, food poisoning, earthquakes, and that big island of

plastic floating through the ocean. She also obsesses about smaller worries like making friends, getting called on by the teacher, and walking home alone. Her parents and the school therapist call her worries an anxiety disorder, but Marvel calls them armor. If something can happen, it will. She needs to be prepared. But when Marvel stumbles on a group of older kids teasing a baby goat that has mysteriously shown up on the soccer field, she momentarily forgets to be afraid and rescues the frightened animal. Only Butter isn't any old goat. She's a fainting goat. When Butter feels panic, she freezes up and falls over. Marvel knows exactly how Butter feels and precisely what Butter needs--her. Soon, the two are inseparable, and Butter thrives under Marvel's support. But Butter also helps Marvel. Everything is better with Butter by her side, and Marvel starts to imagine a life in which she doesn't have to be so afraid . . . until she's told she might have to give up Butter forever. Will Marvel find a way to fight for her friend? Or will she revert back to the anxious, lonely person she used to be?

Caesar's Last Breath - Sam Kean
2017-07-20

** GUARDIAN SCIENCE BOOK OF THE YEAR 2017 ** 'Popular science at its best' Mail on Sunday 'Eminently accessible and enjoyable' Observer With every breath, you literally inhale the history of the world. On the ides of March, 44 BC, Julius Caesar died of stab wounds in the Roman Senate, but the story of his last breath is still unfolding. In fact, you're probably inhaling some of it now. Of the sextillions of molecules entering or leaving your lungs at this moment, some might also bear traces of Cleopatra's perfumes, German mustard gas, particles exhaled by dinosaurs

or emitted by atomic bombs, even remnants of stardust from the universe's creation. In *Caesar's Last Breath*, New York Times bestselling author Sam Kean takes us on a journey through the periodic table, around the globe and across time to tell the epic story of the air we breathe.

The Space Between - Megan Grehan
2017-03

The Sirens of Mars - Sarah Stewart Johnson
2020-07-07

"Sarah Stewart Johnson interweaves her own coming-of-age story as a planetary scientist with a vivid history of the exploration of Mars in this celebration of human curiosity, passion, and perseverance."—Alan Lightman, author of *Einstein's Dreams*
WINNER OF THE PHI BETA KAPPA AWARD FOR SCIENCE • NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The New York Times Book Review • Times (UK) • Library Journal "Lovely . . . Johnson's prose swirls with lyrical wonder, as varied and multihued as the apricot deserts, butterscotch skies and blue sunsets of Mars."—Anthony Doerr, The New York Times Book Review Mars was once similar to Earth, but today there are no rivers, no lakes, no oceans. Coated in red dust, the terrain is bewilderingly empty. And yet multiple spacecraft are circling Mars, sweeping over Terra Sabaea, Syrtis Major, the dunes of Elysium, and Mare Sirenum—on the brink, perhaps, of a staggering find, one that would inspire humankind as much as any discovery in the history of modern science. In this beautifully observed, deeply personal book, Georgetown scientist Sarah Stewart Johnson tells the story of how she and other researchers have scoured Mars for signs of life, transforming the planet from a distant point of light into a world of its own. Johnson's fascination with Mars began

as a child in Kentucky, turning over rocks with her father and looking at planets in the night sky. She now conducts fieldwork in some of Earth's most hostile environments, such as the Dry Valleys of Antarctica and the salt flats of Western Australia, developing methods for detecting life on other worlds. Here, with poetic precision, she interlaces her own personal journey—as a female scientist and a mother—with tales of other seekers, from Percival Lowell, who was convinced that a utopian society existed on Mars, to Audouin Dollfus, who tried to carry out astronomical observations from a stratospheric balloon. In the process, she shows how the story of Mars is also a story about Earth: This other world has been our mirror, our foil, a telltale reflection of our own anxieties and yearnings. Empathetic and evocative, *The Sirens of Mars* offers an unlikely natural history of a place where no human has ever set foot, while providing a vivid portrait of our quest to defy our isolation in the cosmos.

Every Breath - Nicholas Sparks

2018-10-16

Treat yourself to an epic #1 New York Times bestselling love story that spans decades and continents as two people at a crossroads -- one from North Carolina and one from Zimbabwe

-- experience the transcendence and heartbreak of true love. Hope Anderson has some important choices to make. At thirty-six, she's been dating her boyfriend, an orthopedic surgeon, for six years. With no wedding plans in sight, and her father recently diagnosed with ALS, she decides to use a week at her family's cottage in Sunset Beach, North Carolina, to ready the house for sale and mull over some difficult decisions about her future. Tru Walls has never visited North Carolina but is summoned to Sunset Beach by a letter from a man claiming to be his father. A safari guide, born and raised in Zimbabwe, Tru hopes to unravel some of the mysteries surrounding his mother's early life and recapture memories lost with her death. When the two strangers cross paths, their connection is as electric as it is unfathomable . . . but in the immersive days that follow, their feelings for each other will give way to choices that pit family duty against personal happiness in devastating ways. Illuminating heartbreaking regrets and enduring hope, *Every Breath* explores the many facets of love that lay claim to our deepest loyalties while asking a life-changing question: How long can a dream survive?