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Jog On: How Running Saved My Life - Bella Mackie
2018-12-27

THE SUNDAY TIMES BESTSELLER 'Bella's brilliant love letter to running turns into an extraordinarily brave and frank account of her battle with anxiety. A compassionate and important book' Joe Lycett 'Perfect for resetting a glum January mindset' Alexandra Heminsley 'My kind of role model' Ben Fogle
Red Love - Maxim Leo 2013-09-12

Winner of the European Book Prize "The East isn't far away at all. It clings to me, it goes with me everywhere. It's like a big family that you can't shake off ..." "Tender, acute and utterly absorbing" Anna Funder, author of *Stasiland* "A wry and unheroic witness... an unofficial history of a country that no longer exists" Julian Barnes *Growing up in East Berlin*, Maxim Leo knew not to ask questions. All he knew was

that his rebellious parents, Wolf and Anne, with their dyed hair, leather jackets and insistence he call them by their first names, were a bit embarrassing. That there were some places you couldn't play; certain things you didn't say. Now, married with two children and the Wall a distant memory, Maxim decides to find the answers to the questions he couldn't ask. Why did his parents, once passionately in love, grow apart? Why did his father become so angry, and his mother quit her career in journalism? And why did his grandfather Gerhard, the Socialist war hero, turn into a stranger? The story he unearths is, like his country's past, one of hopes, lies, cruelties, betrayals but also love. In *Red Love* he captures, with warmth and unflinching honesty, why so many dreamed the GDR would be a new world and why, in the end, it fell apart. "Tender, acute and utterly absorbing. In fine portraits of his family members Leo

takes us through three generations of his family, showing how they adopt, reject and survive the fierce, uplifting and ultimately catastrophic ideologies of 20th-century Europe. We are taken on an intimate journey from the exhilaration and extreme courage of the French Resistance to the uncomfortable moral accommodations of passive resistance in the GDR. "He describes these 'ordinary lies' and contradictions, and the way human beings have to negotiate their way through them, with great clarity, humour and truthfulness, for which the jury of the European Book Prize is delighted to honour Red Love . His personal memoir serves as an unofficial history of a country that no longer exists... He is a wry and unheroic witness to the distorting impact - sometimes frightening, sometimes merely absurd - that ideology has upon the daily life of the individual: citizens only allowed to dance in couples, journalists unable to mention car tyres or washing machines for reasons of state." Julian Barnes, European Book Prize With wonderful insight Leo shows how the human need to believe and to belong to a cause greater than ourselves can inspire a person to acts of heroism, but can then ossify into loyalty to a cause that long ago betrayed its people." Anna Funder, author of Stasiland "Heartbreaking... This very personal account allows us to better understand the reality of a kafkaesque regime, and the blindness of its elite that allowed it to survive for so long." La Tribune "The great charm of this book, about the gradual disintegration of the GDR, lies in the level-headed but loving attitude with which it investigates the interweaving of the private and political [in Communist East Germany], revisiting a child's-eye view of the era." Frankfurter Allgemeine Zeitung "A crucial book ... poignant ... a tragedy

reminiscent of the great narrative poets, Dostoevsky or Koestler. Maxim Leo has earned his place alongside them." Sud Ouest "A lyrical story about a family in a divided city" Hamburger Abendblatt Maxim Leo was born in 1970 in East Berlin. He studied Political Science at the Free University in Berlin and at the Institut d'Etudes Politiques de Paris. Since 1997 he is Editor of the Berliner Zeitung . In 2002 he was nominated for the Egon-Erwin-Kisch Prize, and in the same year won the German-French Journalism Prize. He won the Theodor Wolff Prize in 2006. He lives in Berlin.

The Adventures of Miss Petitfour - Anne Michaels
2015-11-10

The magical adventures of an eccentric Mary Poppins-esque heroine and her flying feline charges, sure to charm readers big and small. The first book for children by an internationally acclaimed novelist and poet. Miss Petitfour enjoys having adventures that are "just the right size - fitting into a single, magical day." She is an expert at baking and eating fancy iced cakes, and her favorite mode of travel is par avion. On windy days, she takes her sixteen cats out for an airing: Minky, Misty, Taffy, Purrsia, Pirate, Mustard, Moutarde, Hemdela, Earring, Grigorovitch, Clasby, Captain Captain, Captain Catkin, Captain Cothespin, Your Shyness and Sizzles. With the aid of her favorite tea party tablecloth as a makeshift balloon, Miss Petitfour and her charges fly over her village, having many little adventures along the way. Join Miss Petitfour and her equally eccentric felines on five magical outings -- a search for marmalade, to a spring jumble sale, on a quest for "birthday cheddar", the retrieval of a lost rare stamp and as they compete in the village's annual Festooning Festival. A whimsical, beautifully illustrated

collection of tales that celebrates language, storytelling and small pleasures, especially the edible kind!

Home Stories - Mateo Kries 2020-04-21

A mammoth history of interior design and the way it shapes our lives, in 20 iconic interiors Our homes are an expression of how we want to live; they shape our everyday routines and fundamentally affect our well-being. Interior design for the home sustains a giant global industry and feeds an entire branch of the media. However, the question of dwelling, or how to live, is found increasingly to be lacking in serious discourse. This book sets out to review the interior design of our homes. It discusses 20 iconic residential interiors from the present back to the 1920s, by architects, artists and designers such as Assemble, Cecil Beaton, Lina Bo Bardi, Arno Brandhuber, Elsie de Wolfe, Elia, Josef Frank, Andrew Geller, IKEA, Finn Juhl, Michael Graves, Kisho Kurokawa, Adolf Loos, Claude Parent, Bernard Rudofsky, Margarete Schütte-Lihotzky, Alison and Peter Smithson, Jacques Tati, Mies van der Rohe and Andy Warhol. Including historic and recent photographs, drawings and plans, the book explores these case studies as key moments in the history of the modern interior. Penny Sparke provides a concise history of the discipline of interior design, Alice Rawsthorn investigates the role of gender, and Mark Taylor discusses the discourse on interior design in the 21st century. Adam Stech offers insights into the use of colour in residential interiors and Matteo Pirola offers a detailed and richly illustrated chronology of significant events in the history of interior design. In a portfolio of photographs selected exclusively for this book, Jasper Morrison explores what makes a good

interior. In addition to interviews with contemporary interior design practitioners, experts in the fields of the sociology of living and psychology provide further insight. This book is a valuable resource for anyone interested in interior design.

The Braid - Laetitia Colombani 2019-09-24

In this unforgettable international bestseller, three women from very different circumstances around the world find their lives intertwined by a single object and discover what connects us—across cultures, across backgrounds, and across borders. In India, Smita is an untouchable. Desperate to give her daughter an education, she takes her child and flees her small village with nothing but resourcefulness, eventually heading to a temple where she will experience a rebirth. In Sicily, Giulia works in her father's wig workshop, the last of its kind in Palermo. She washes, bleaches, and dyes the hair provided by the city's hairdressers, which is now in short supply. But when her father is the victim of a serious accident, she discovers that the company's financial situation is dire. Now she must find a way to save her family's livelihood. In Canada, Sarah is a successful lawyer and twice-divorced mother of three children whose identity is wrapped up in her work. Just as she expects a big promotion, her life is shattered when she's diagnosed with cancer. A moving novel of hope and renewal, *The Braid* is a celebration of womanhood and the power of connection and perseverance.

Wild Animals of the North - Dieter Braun 2016

Identifies wild animals of the northern hemisphere, describing the physical characteristics, feeding habits, and behaviors.

Lehninger Principles of Biochemistry - David Lee Nelson 2000

'The UNDERSTAND! Biochemistry CD is a self-paced study tool that allows students to review, visualize, and test their mastery of biochemistry! There are 65

"Minicourses" organized as self-contained tutorials on key subject areas in biochemistry! (inside front cover)
Kama Pootra - Daniel Cole Young 2010-05-01

52 Mind-Blowing Ways to Poop The only known translation of an ancient manual instructing readers in the art of enlightened bathroom experience, the *Kama Pootra* offers a thrilling rediscovery of the tiled path to porcelain nirvana. Willing seekers will find fifty-two progressive positions designed to maximize how you do number two. Every time the bathroom door closes, a new experience awaits.

Killing and Letting Die - Bonnie Steinbock 1994

This collection contains twenty-one thought-provoking essays on the controversies surrounding the moral and legal distinctions between euthanasia and "letting die." Since public awareness of this issue has increased this second edition includes nine entirely new essays which bring the treatment of the subject up-to-date. The urgency of this issue can be gauged in recent developments such as the legalization of physician-assisted suicide in the Netherlands, "how-to" manuals topping the bestseller charts in the United States, and the many headlines devoted to Dr. Jack Kevorkian, who has assisted dozens of patients to die. The essays address the range of questions involved in this issue pertaining especially to the fields of medical ethics, public policymaking, and social philosophy. The discussions consider the decisions facing medical and public policymakers, how those decisions will affect the elderly and terminally ill, and the medical and legal ramifications for patients in a permanently vegetative

state, as well as issues of parent/infant rights. The book is divided into two sections. The first, "Euthanasia and the Termination of Life-Prolonging Treatment" includes an examination of the 1976 Karen Quinlan Supreme Court decision and selections from the 1990 Supreme Court decision in the case of Nancy Cruzan. Featured are articles by law professor George Fletcher and philosophers Michael Tooley, James Rachels, and Bonnie Steinbock, with new articles by Rachels, and Thomas Sullivan. The second section, "Philosophical Considerations," probes more deeply into the theoretical issues raised by the killing/letting die controversy, illustrating exceptionally well the dispute between two rival theories of ethics, consequentialism and deontology. It also includes a corpus of the standard thought on the debate by Jonathan Bennet, Daniel Dinello, Jeffrie Murphy, John Harris, Philipa Foot, Richard Trammell, and N. Ann Davis, and adds articles new to this edition by Bennett, Foot, Warren Quinn, Jeff McMahan, and Judith Lichtenberg.

Wild Animals of the South - Dieter Braun 2017

A gorgeously illustrated bestiary of the Southern Hemisphere's most fascinating animals, matched with witty and biologically accurate descriptions.

The Imperative of Responsibility - Hans Jonas 1984

Hans Jonas here rethinks the foundations of ethics in light of the awesome transformations wrought by modern technology: the threat of nuclear war, ecological ravage, genetic engineering, and the like. Though informed by a deep reverence for human life, Jonas's ethics is grounded not in religion but in metaphysics, in a secular doctrine that makes explicit man's duties toward himself, his posterity, and the environment. Jonas offers an assessment of practical goals under

present circumstances, ending with a critique of modern utopianism.

Communicative Figurations - Andreas Hepp 2017-11-27

This open access volume assesses the influence of our changing media environment. Today, there is not one single medium that is the driving force of change. With the spread of various technical communication media such as mobile phones and internet platforms, we are confronted with a media manifold of deep mediatization. But how can we investigate its transformative capability? This book answers this question by taking a non-media-centric perspective, researching the various figurations of collectivities and organizations humans are involved in. The first part of the book outlines a fundamental understanding of the changing media environment of deep mediatization and its transformative capacity. The second part focuses on collectivities and movements: communities in the city, critical social movements, maker, online gaming groups and networked groups of young people. The third part moves institutions and organizations into the foreground, discussing the transformation of journalism, religion, politics, and education, whilst the fourth and final part is dedicated to methodologies and perspectives.

Elements of Conic Sections - Richard Jack 1742

Experience in Action! - Vera Simone Bader 2020

DesignBuild is a method of instruction that students use to design and build actual projects at several architecture schools around the world, often in developing countries, but sometimes on their own doorsteps. With DesignBuild, students gain experience that goes far beyond planning and design. The focus is on temporary buildings and long-term projects,

experimental approaches and interventions into infrastructures. With respect to the main aspects of research - dialogue - design - build, research contexts and processes of individual projects come under discussion. Constructive aspects and social exchange are also important. The book provides a critical overview of the most exciting DesignBuild projects worldwide.

Mountains of the World - Dieter Braun 2018

Provides facts about the mountains of the world and describes the animals that live there and the adventurers who have tried to scale these peaks.

Manual of Small Animal Internal Medicine - Richard William Nelson 2005

This reference manual covers major assessment, diagnostic, and treatment protocols for common diseases of dogs and cats. It features extensive cross-references for detailed discussions of relevant anatomy and physiology, pathophysiology, and more.

Walks in the Wild - Peter Wohlleben 2019-07-04

Can you tell which plants are safe to eat? Which trees are best to shelter under a storm? How do you tell a deciduous and coniferous tree apart? In his charming new book, bestselling author of *The Hidden Life of Trees* Peter Wohlleben takes you on a journey of discovery. From learning what creatures lurk beneath tree roots to finding your way around the woods without a compass, this is a captivating guide to navigating the wonders of the wild.

The Three Dimensions of Freedom - Billy Bragg 2019-04-30

At a time when opinion trumps facts and truth is treated as nothing more than another perspective, free speech has become a battleground. While authoritarians and algorithms threaten democracy, we argue over who has the right to speak. To protect ourselves from encroaching

tyranny, we must look beyond this one-dimensional notion of what it means to be free and, by reconnecting liberty to equality and accountability, restore the individual agency engendered by the three dimensions of freedom.

Sociocultural Causality, Space, Time - Pitirim Aleksandrovich Sorokin 1964

Risk Savvy - Gerd Gigerenzer 2014-04-17

A fascinating, practical guide to making better decisions with our money, health and personal lives from Gerd Gigerenzer, the author of *Reckoning with Risk*.

Risk-taking is essential for innovation, fun, and the courage to face the uncertainties in life. Yet for many important decisions, we're often presented with statistics and probabilities that we don't really understand and we inevitably rely on experts in the relevant fields - policy makers, financial advisors, doctors - to analyse and choose for us. But what if they don't quite understand the way the information is presented either? How do we make sure we're asking doctors the right questions about proposed treatment? Is there a rule of thumb that could help choose the right partner? This entertaining book shows us how to recognize when we don't have all the information and know what to do about it. Gerd Gigerenzer looks at examples from every aspect of life to identify the reasons for our collective misunderstanding of the risks we face. He shows how we can all use simple rules to avoid being manipulated into unrealistic fears or hopes, to make better-informed decisions, and to learn to understand risk and uncertainty in our own lives.

'Gigerenzer is brilliant and his topic is fabulous'

Steven Pinker 'Catchily optimistic and slyly funny'

Guardian Gerd Gigerenzer is Director of the Center for

Adaptive Behavior and Cognition at the Max Planck Institute for Human Development in Berlin and former Professor of Psychology at the University of Chicago. He is the author of several books on heuristics and decision making, including *Reckoning with Risk*.

Dialektsyntax - Werner Abraham 2013-04-17

Das Studium von Dialekten stellt einen wichtigen Bereich in der vergleichenden Syntaxforschung dar, der aber in bezug auf die germanischen Sprachen bislang noch stark vernachlässigt ist. Mit dieser Sammlung von dialektsyntaktischen Arbeiten soll ein Anfang gemacht werden, dialektale Varietäten des Deutschen, Friesischen, Jiddischen und Niederländischen hinsichtlich neuerer Entwicklungen der Syntaxtheorie zu untersuchen. Den theoretischen Rahmen bildet bei der Mehrzahl der Beiträge die Prinzipien- und Parametertheorie, die sich in der vergleichenden Syntaxforschung bewährt hat. Grammatische Phänomene, die thematisiert werden, umfassen klitische Pronomina, das Kasussystem, Infinitivkonstruktionen, Wortstellung und Kongruenz.

Jamila - Chingiz Aitmatov 2000-02-01

Feline Orthopedics - Harry Scott 2006-12-30

There are many orthopedic differences between cats and dogs, yet most books on the market tend to concentrate on dogs rather than cats. As cats are not referred to specialists as frequently as dogs, the general practitioner has routinely to treat cats that have been involved in road traffic accidents and other musculoskeletal trauma. This book, the

With Hearts, Hands and Voices - Margot Kässmann 2007

At a time when many people are trying to give depth to their lives and seeking answers for mind, body and

spirit, this book by Margot Kässmann from Germany brings to light the wealth of spiritual tradition offered by Christianity. Against the background of the spiritual resources of the Bible, worship, prayer and song, the book explores the diversity of spiritual opportunities open to individuals or groups. Using examples from the past and from the present day, the book is an encouragement to hold together the tension between hope and struggle, prayer and action, the life of faith and responsibility for the world. Though written from a Protestant -- and specifically Lutheran -- perspective, this book is also an invitation to discover the ecumenical opportunities offered by spirituality. Keeping silence with one another, meditating, listening to music or being confronted with art, a spiritual approach to faith cuts across the borders of confession, culture and language.

Seahorses Are Sold Out - Constanze Spengler 2021-08

Mika's father works from home and he's very busy! He can never find time for swimming trip he promised. So Dad allows Mika to choose a pet from the store while he finishes the project--something quiet like a mouse. And so begins a wonderfully turbulent story in which Mika brings home one animal after another. The mouse gets lost so they need a dog to find it. The dog is followed by a seal, then a penguin. How many animals can come to stay before Dad notices?

The Big Question - Wolf Erlbruch 2005

A child on their 5th birthday asks why are we here, and receives answers from all different sources.

Julie Glassberg - Julie Glassberg 2018

Cultural Techniques - Jörg Dünne 2020-08-24

This volume presents the preliminary results of the work

carried out by the interdisciplinary cultural techniques research lab at the University of Erfurt. Taking up an impulse from media studies, its contributions examine --from a variety of disciplinary perspectives--the interplay between the formative processes of knowledge and action outlined within the conceptual framework of cultural techniques. Case studies in the fields of history, literary (and media) studies, and the history of science reconstruct seemingly fundamental demarcations such as nature and culture, the human and the nonhuman, and materiality and the symbolical order as the result of concrete practices and operations. These studies reveal that particularly basic operations of spatialization form the very conditions that determine emergence within any cultural order. Ranging from manual and philological "paper work" to practices of opening up and closing off spaces and collective techniques of assembly, these case studies replace the grand narratives of cultural history focusing on micrological examinations of specific constellations between human and nonhuman actors.

Public Libraries in the Smart City - Dale Leorke

2018-10-10

Far from heralding their demise, digital technologies have led to a dramatic transformation of the public library. Around the world, libraries have reinvented themselves as networked hubs, community centres, innovation labs, and makerspaces. Coupling striking architectural design with attention to ambience and comfort, libraries have signaled their desire to be seen as both engines of innovation and creative production, and hearts of community life. This book argues that the library's transformation is deeply connected to a broader project of urban redevelopment and the

transition to a knowledge economy. In particular, libraries have become entangled in visions of the smart city, where densely networked, ubiquitous connectivity promises urban prosperity built on efficiency, innovation, and new avenues for civic participation. Drawing on theoretical analysis and interviews with library professionals, policymakers, and users, this book examines the inevitable tensions emerging when a public institution dedicated to universal access to knowledge and a shared public culture intersects with the technology-driven, entrepreneurialist ideals of the smart city.

Handbook of Economic Sociology for the 21st Century - Andrea Maurer 2021-05-08

This handbook provides an overview on major developments that occurred in the field of economic sociology after its rebirth since the 1980s in the US. It offers new insights on the uniqueness of European economic sociology compared to US economic sociology which emerged at the end of the 20th century. The handbook presents economic sociology as a developing field which started with certain foundations as new economic sociology, widening the perspective by introducing social factors thereby focusing more on general belief systems, social forms of coordination and the relationships between society and the economy. It offers an outstanding portrait of the research field helping to identify major foundations and trajectories as well as new research perspectives for a globalized economic sociology. This makes the handbook appeal to specialized researchers of the field, researchers from other disciplines interested in economic phenomena, as well as graduate and postgraduate students.

100 Things to Do in a Forest - Jennifer Davis 2020-08-10

In an age when people are in search of new and more fulfilling experiences to replace screens and bring families together, this book explores 100 ways to connect with nature and discover the benefits of forest fun. From bushcraft activities like whittling and firelighting to spiritual pursuits like forest bathing and meditation, forest educator Jennifer Davis has brought together activities for people of all ages, helping them to connect with their forests and woodlands, while discovering the healing and restorative benefits of a life lived outdoors.

Gender Blender - Blake Nelson 2009-02-25

Perfect for fans of classic teen comedies like *She's All That* and *Freaky Friday*, this is the story of two tweens who can't imagine problems bigger than their own until they wake up one morning...and realize they've switched bodies. All Emma wants is for Jeff Matthews to notice her, to avoid sexist boys, and to finally get her period. All Tom wants is to not look like a wuss at school, to figure out his new blended family, and to get a chance with Kelly A. Neither thinks about much else. That is until something freaky happens. Emma and Tom wake up one morning in each other's bodies. Now all Emma can think about is how to dodge the mean girls who torment her and all Tom can think about is how to avoid being alone with Jeff Matthews. This hilarious and thought-provoking read will have tweens wondering what high school is really like for the classmates they consider their opposites--and have them second-guessing the pre-conceived notions they may have about each other.

Kunst & Co. - Gerhard Glück 2011-01

Animal Dignity Protection in Swiss Law - Status Quo and

Future Perspectives - Gieri Bolliger 2016

Malagash - Joey Comeau 17-10-03

A precisely crafted, darkly humorous portrait of a family in mourning Sunday's father is dying of cancer. They've come home to Malagash, on the north shore of Nova Scotia, so he can die where he grew up. Her mother and her brother are both devastated. But devastated isn't good enough. Devastated doesn't fix anything. Sunday has a plan. She's started recording everything her father says. His boring stories. His stupid jokes. Everything. She's recording every single "I love you" right alongside every "Could we turn the heat up in here?" It's all important. Because Sunday is writing a computer virus. A computer virus that will live secretly on the hard drives of millions of people all over the world. A computer virus that will think her father's thoughts and say her father's words. She has thousands of lines of code to write. Cryptography to understand. Exploits to test. She doesn't have time to be sad. Her father is going to live forever.

The COVID-19 Pandemic - Søren Ventegodt 2020

The Corona hype, the Corona panic, has manifested the common cold as a brand new disease. What we present here is the psychosomatic hypothesis for COVID-19. We are living in a time of change. It is easy to assume that we live in a safe and stable world, but the Corona COVID-19 pandemic has shown the whole world that this is not the case. Mighty forces change our way of living, thinking and things change fast. It is difficult to understand what is happening, for you need to be an expert in many different fields in order to really get it: medicine, economy and politics. You even need psychology, sociology and maybe even consciousness-

research to fully comprehend what we are dealing with in the 2019-2020 Corona pandemic. This book tries to give you sufficient background in different areas to at least get an idea of what is happening around us in all parts of the world.

Silent Spring - Rachel Carson 2002

Discusses the reckless annihilation of fish and birds by the use of pesticides and warns of the possible genetic effects on humans.

52 Things to Do While You Poo - Hugh Jassburn 2021-10-14

You know a pile of poo when you see one. But what about when the poo is carefully concealed in an everyday scene? Bestselling author Hugh Jassburn has created a selection of entrancing visual puzzles to entertain you while you take a break. From the beach to the street, there's a dump to be discovered on every spread of this hilarious book.

Surveillance as Social Sorting - David Lyon 2005-08-19

Surveillance happens to all of us, everyday, as we walk beneath street cameras, swipe cards, surf the net. Agencies are using increasingly sophisticated computer systems - especially searchable databases - to keep tabs on us at home, work and play. Once the word surveillance was reserved for police activities and intelligence gathering, now it is an unavoidable feature of everyday life. Surveillance as Social Sorting proposes that surveillance is not simply a contemporary threat to individual freedom, but that, more insidiously, it is a powerful means of creating and reinforcing long-term social differences. As practiced today, it is actually a form of social sorting - a means of verifying identities but also of assessing risks and assigning worth. Questions of how categories are constructed therefore become significant ethical and political questions.

Bringing together contributions from North America and Europe, *Surveillance as Social Sorting* offers an innovative approach to the interaction between societies and their technologies. It looks at a number of examples in depth and will be an appropriate source of reference for a wide variety of courses.

Journey of the Pale Bear - Susan Fletcher 2019-10-01

"A lovely little miracle of a book." –Katherine Applegate, Newbery Medal-winning author of *The One and Only Ivan* "[A] large-hearted and riveting medieval adventure." –William Alexander, National Book Award-winning author of *Goblin Secrets* "A breathtaking adventure." –Kirby Larson, Newbery Honor-winning author of *Hattie Big Sky* A runaway boy befriends a polar bear that's being transported from Norway to London in this "stupendous coming-of-age tale stuffed with adventure" (Kirkus Reviews, starred review). The polar bear is a

royal bear, a gift from the King of Norway to the King of England. The first time Arthur encounters the bear, she terrifies him. Yet, strangely, she doesn't harm him—though she has attacked anyone else who comes near. So Arthur finds himself taking care of a polar bear on a ship to England. Tasked with feeding and cleaning up after the bear, Arthur's fears slowly lessen as he begins to feel a connection to this bear, who like him, has been cut off from her family. But the journey holds many dangers, and Arthur knows his own freedom—perhaps even his life—depends on keeping the bear from harm. When pirates attack, Arthur must make a choice—does he do everything he can to save himself, or does he help the bear to find freedom? Based on the real story of a polar bear that lived in the Tower of London, this timeless adventure story thoughtfully looks at the themes of freedom, captivity, and the bond between a boy and a bear.