The Stages Of Memory Reflections On Memorial Art Loss And The Spaces Between Public History In Historical Perspective

An expert on traumatic stress outlines an approach to healing, explaining how traumatic stress affects brain processes and how to use innovative treatments to reactivate the mind's abilities to trust, engage others, and experience pleasure--A director reveals the original inspirations for his films, their history, his methods of work, and the problems of visual creativity

The classic, bestselling book on the psychology of racism -- now fully revised and updated Walk into any racially mixed high school and you will see Black, White, and Latino youth clustered in their own groups. Is this self-segregation a problem to address or a coping strategy? Beverly Daniel Tatum, a renowned authority on the psychology of racism, argues that straight talk about our racial identities is essential if we are serious about enabling communication across racial and ethnic divides. These topics have only become more urgent as the national conversation about race is increasingly acrimonious. This fully revised edition is essential reading for anyone seeking to understand the dynamics of race in America.

From around the world, whether for New York City's 9/11 Memorial, at exhibits devoted to the arts of Holocaust memory, or throughout Norway's memorial process for the murders at Utøya, James E. Young has been called on to help guide the grief stricken and survivors in how to mark their losses. This poignant, beautifully written collection of essays offers personal and professional considerations of what Young calls the "stages of memory," acts of commemoration that include spontaneous memorials of flowers and candles as well as permanent structures integrated into sites of tragedy. As he traces an arc of memorial forms that spans continents and decades, Young returns to the questions that preoccupy survivors, architects, artists, and writers: How to articulate a void without filling it in? How to formalize irreparable loss without seeming to repair it? Richly illustrated, the volume is essential reading for those engaged in the processes of public memory and commemoration and for readers concerned about how we remember terrible losses.

Argues that public emphasis on the Holocaust and on reparations serves more to enhance the status of Israel and Jewish elites elsewhere, and to distract attention from other abuses, than to preserve the memory of its victims.

In Learning and Leading with Habits of Mind, noted educators Arthur L. Costa and Bena Kallick present a comprehensive guide to shaping schools around Habits of Mind. The habits are a repertoire of behaviors that help both students and teachers successfully navigate the various challenges and problems they encounter in the classroom and in everyday
The Habits of Mind include: Persisting * Managing impulsivity * Listening with understanding and empathy * Thinking flexibly * Thinking about thinking (metacognition) * Striving for accuracy * Questioning and posing problems * Applying past knowledge to new situations * Thinking and communicating with clarity and precision * Gathering data through all senses * Creating, imagining, innovating * Responding with wonderment and awe * Taking responsible risks * Finding humor * Thinking interdependently * Remaining open to continuous learning. This volume brings together—in a revised and expanded format—concepts from the four books in Costa and Kallick's earlier work Habits of Mind: A Developmental Series. Along with other highly respected scholars and practitioners, the authors explain how the 16 Habits of Mind dovetail with up-to-date concepts of what constitutes intelligence; present instructional strategies for activating the habits and creating a "thought-full" classroom environment; offer assessment and reporting strategies that incorporate the habits; and provide real-life examples of how communities, school districts, building administrators, and teachers can integrate the habits into their school culture. Drawing upon their research and work over many years, in many countries, Costa and Kallick present a compelling rationale for using the Habits of Mind as a foundation for leading, teaching, learning, and living well in a complex world.

Seven Alzheimer patients describe their lives and how it feels to live with the disease. Discusses the best methods of learning, describing how rereading and rote repetition are counterproductive and how such techniques as self-testing, spaced retrieval, and finding additional layers of information in new material can enhance learning.

Memorials to Shattered Myths: Vietnam to 9/11 traces the evolution and consequences of a new hybrid paradigm, which grants a heroic status to victims of national tragedies, and by extension to their families, thereby creating a class of privileged participants in the permanent memorial process. Harriet F. Senie suggests that instead the victims’ families be able to determine the nature of an interim memorial, one that addresses their needs in the critical time between the murder of their loved ones and the completion of the permanent memorial. She also observes that the memorials discussed herein are inadvertently based on strategies of diversion and denial that direct our attention away from actual events, and reframe tragedy as secular or religious triumph. In doing so, they camouflage history, and seen as an aggregate, they define a nation of victims, exactly the concept they and their accompanying celebratory narratives were apparently created to obscure.

Why attractive things work better and other crucial insights into human-centered design. Emotions are inseparable from how we humans think, choose, and act. In Emotional Design, cognitive scientist Don Norman shows how the principles of human psychology apply to the invention and design of new technologies and products. In The Design of Everyday
Things, Norman made the definitive case for human-centered design, showing that good design demanded that the user’s must take precedence over a designer’s aesthetic if anything, from light switches to airplanes, was going to work as the user needed. In this book, he takes his thinking several steps farther, showing that successful design must incorporate not just what users need, but must address our minds by attending to our visceral reactions, to our behavioral choices, and to the stories we want the things in our lives to tell others about ourselves. Good human-centered design isn’t just about making effective tools that are straightforward to use; it’s about making affective tools that mesh well with our emotions and help us express our identities and support our social lives. From roller coasters to robots, sports cars to smart phones, attractive things work better. Whether designer or consumer, user or inventor, this book is the definitive guide to making Norman’s insights work for you.

In the past sixty years, oral history has moved from the periphery to the mainstream of academic studies and is now employed as a research tool by historians, anthropologists, sociologists, medical therapists, documentary film makers, and educators at all levels. The Oxford Handbook of Oral History brings together forty authors on five continents to address the evolution of oral history, the impact of digital technology, the most recent methodological and archival issues, and the application of oral history to both scholarly research and public presentations. The volume is addressed to seasoned practitioners as well as to newcomers, offering diverse perspectives on the current state of the field and its likely future developments. Some of its chapters survey large areas of oral history research and examine how they developed; others offer case studies that deal with specific projects, issues, and applications of oral history. From the Holocaust, the South African Truth and Reconciliation Commissions, the Falklands War in Argentina, the Velvet Revolution in Eastern Europe, to memories of September 11, 2001 and of Hurricane Katrina, the creative and essential efforts of oral historians worldwide are examined and explained in this multipurpose handbook.

A bold, brain-based teaching approach to culturally responsive instruction To close the achievement gap, diverse classrooms need a proven framework for optimizing student engagement. Culturally responsive instruction has shown promise, but many teachers have struggled with its implementation—until now. In this book, Zaretta Hammond draws on cutting-edge neuroscience research to offer an innovative approach for designing and implementing brain-compatible culturally responsive instruction. The book includes: Information on how one’s culture programs the brain to process data and affects learning relationships Ten “key moves” to build students’ learner operating systems and prepare them to become independent learners Prompts for action and valuable self-reflection

Nora Ephron returns with her first book since the astounding success of I Feel Bad About My Neck, taking a cool, hard, hilarious look at the past, the present, and the future, bemoaning the vicissitudes of modern life, and recalling with her
signature clarity and wisdom everything she hasn’t (yet) forgotten. Ephron writes about falling hard for a way of life (“Journalism: A Love Story”) and about breaking up even harder with the men in her life (“The D Word”); lists “Twenty-five Things People Have a Shocking Capacity to Be Surprised by Over and Over Again” (“There is no explaining the stock market but people try”; “You can never know the truth of anyone’s marriage, including your own”; “Cary Grant was Jewish”; “Men cheat”); reveals the alarming evolution, a decade after she wrote and directed You’ve Got Mail, of her relationship with her in-box (“The Six Stages of E-Mail”); and asks the age-old question, which came first, the chicken soup or the cold? All the while, she gives candid, edgy voice to everything women who have reached a certain age have been thinking . . . but rarely acknowledging. Filled with insights and observations that instantly ring true—and could have come only from Nora Ephron—I Remember Nothing is pure joy.

“Bereavement after the loss of a baby is often quiet and lonely,” writes Christine O’Keeffe Lafser, who has twice lost a child to death. “There is no wake or funeral, no grave site, no memorial to our baby’s life or death. . . . Since there are no real memories of our little one’s life, people have a hard time comprehending the depth of our love and grief.” In these reflections, Lafser offers grieving parents the empathy and courage that can come only from one who has walked the same difficult path. “Chris expressed so many of my thoughts and feelings and made me feel so normal. . . . The greatest gift is learning that God does not desert us in our time of need.” Linda Davis, Compassionate Friends, after miscarriage and stillbirth “The juxtaposition of a Scripture text with each reflection is inspired. Some of the texts are breathtaking in their beauty and appropriateness. This book is a ‘must’ for anyone who is ever touched by the loss of an infant.” Joseph Awad, poet and grieving grandfather “This book will be very helpful for parents who are mourning the loss of their child. It will also prove very beneficial to anyone who is ministering to a bereaved parent.” Robert N. Craig, O.F.M. Cap., hospital chaplain “These reflections allowed me to ‘be’ how I was feeling—not feel like I should be going through the stages of grief that other books described. With this book I was no longer a square peg trying to fit into a round hole.” Jeanette Siebels, after infant death

Exploring the art, architecture, and design of memorials around the world from the late twentieth century to today Memorials hold a special position in the cultural memory of communities, cultures and nations, and In Memory Of demonstrates this as never before. This extraordinary and moving collection of more than 60 exceptional structures commemorates some of the most destructive events of the 20th and 21st centuries, including war, genocide, massacre, terrorism, famine, and slavery. At the same time, In Memory Of shows that the power to overcome, to survive, even to forgive, is just as impactful and important. Thoughtful essays on the subjects of hope, strength, grief, loss, and fear help to contextualize the projects and address the emotional aspects of memorialization.
Remember My Soul provides the comforting voice of wisdom at life's most painful moment. Drawing on decades of experience in Jewish outreach and counseling people who have lost a loved one, Remember My Soul, was written specifically for people with little or no prior knowledge of Judaism and the way Judaism understands and approaches death, loss and mourning. People who have suffered a recent loss-and those for whom a distant loss continues to be a struggle-will find in these pages insight, inspiration and resolution. Remember My Soul includes: *An explanatory journey through shiva and all the aspects of Jewish mourning. *A thirty-day guided path of insight and reflection based on the ancient tradition for benefiting the soul of the departed. *Ten questions people ask about death and the afterlife. *Personal reflections from people who have lost a loved one about how Jewish wisdom and traditions enable one to cope with a loss and relate to death in the bigger picture of life

Major New York Times bestseller Winner of the National Academy of Sciences Best Book Award in 2012 Selected by the New York Times Book Review as one of the ten best books of 2011 A Globe and Mail Best Books of the Year 2011 Title One of The Economist's 2011 Books of the Year One of The Wall Street Journal's Best Nonfiction Books of the Year 2011 2013 Presidential Medal of Freedom Recipient Kahneman's work with Amos Tversky is the subject of Michael Lewis's The Undoing Project: A Friendship That Changed Our Minds In the international bestseller, Thinking, Fast and Slow, Daniel Kahneman, the renowned psychologist and winner of the Nobel Prize in Economics, takes us on a groundbreaking tour of the mind and explains the two systems that drive the way we think. System 1 is fast, intuitive, and emotional; System 2 is slower, more deliberative, and more logical. The impact of overconfidence on corporate strategies, the difficulties of predicting what will make us happy in the future, the profound effect of cognitive biases on everything from playing the stock market to planning our next vacation—each of these can be understood only by knowing how the two systems shape our judgments and decisions. Engaging the reader in a lively conversation about how we think, Kahneman reveals where we can and cannot trust our intuitions and how we can tap into the benefits of slow thinking. He offers practical and enlightening insights into how choices are made in both our business and our personal lives—and how we can use different techniques to guard against the mental glitches that often get us into trouble. Winner of the National Academy of Sciences Best Book Award and the Los Angeles Times Book Prize and selected by The New York Times Book Review as one of the ten best books of 2011, Thinking, Fast and Slow is destined to be a classic.

"From The collected works of C.G. Jung, volumes 4, 8, 12, 16"--P. [i].

Why do major historical events such as the Holocaust occupy the forefront of the collective consciousness, while profound moments such as the Armenian genocide, the McCarthy era, and France's role in North Africa stand distantly behind? Is it possible that history "overly remembers" some events at the expense of others? A landmark work in philosophy, Paul Ricoeur's Memory, History, Forgetting examines this reciprocal relationship between remembering and forgetting, showing how it affects both the perception of historical experience and the production of historical narrative. Memory, History, Forgetting, like its title, is divided
into three major sections. Ricoeur first takes a phenomenological approach to memory and mnemonical devices. The underlying question here is how a memory of present can be of something absent, the past. The second section addresses recent work by historians by reopening the question of the nature and truth of historical knowledge. Ricoeur explores whether historians, who can write a history of memory, can truly break with all dependence on memory, including memories that resist representation. The third and final section is a profound meditation on the necessity of forgetting as a condition for the possibility of remembering, and whether there can be something like happy forgetting in parallel to happy memory. Throughout the book there are careful and close readings of the texts of Aristotle and Plato, of Descartes and Kant, and of Halbwachs and Pierre Nora. A momentous achievement in the career of one of the most significant philosophers of our age, Memory, History, Forgetting provides the crucial link between Ricoeur's Time and Narrative and Oneself as Another and his recent reflections on ethics and the problems of responsibility and representation. “His success in revealing the internal relations between recalling and forgetting, and how this dynamic becomes problematic in light of events once present but now past, will inspire academic dialogue and response but also holds great appeal to educated general readers in search of both method for and insight from considering the ethical ramifications of modern events. . . . It is indeed a master work, not only in Ricoeur's own vita but also in contemporary European philosophy.”—Library Journal “Ricoeur writes the best kind of philosophy—critical, economical, and clear.”— New York Times Book Review

The wartime diaries of German soldier who fought in almost every major campaign reveal a full range of experiences, from getting caught up in Hitler's rise to power to spending five years in a Russian prison camp. Reprint. K.

First Published in 1985. Routledge is an imprint of Taylor & Francis, an informa company.

Children are already learning at birth, and they develop and learn at a rapid pace in their early years. This provides a critical foundation for lifelong progress, and the adults who provide for the care and the education of young children bear a great responsibility for their health, development, and learning. Despite the fact that they share the same objective - to nurture young children and secure their future success - the various practitioners who contribute to the care and the education of children from birth through age 8 are not acknowledged as a workforce unified by the common knowledge and competencies needed to do their jobs well. Transforming the Workforce for Children Birth Through Age 8 explores the science of child development, particularly looking at implications for the professionals who work with children. This report examines the current capacities and practices of the workforce, the settings in which they work, the policies and infrastructure that set qualifications and provide professional learning, and the government agencies and other funders who support and oversee these systems. This book then makes recommendations to improve the quality of professional practice and the practice environment for care and education professionals. These detailed recommendations create a blueprint for action that builds on a unifying foundation of child development and early learning, shared knowledge and competencies for care and education professionals, and principles for effective professional learning. Young children thrive and learn best when they have secure, positive relationships with adults who...
are knowledgeable about how to support their development and learning and are responsive to their individual progress. Transforming the Workforce for Children Birth Through Age 8 offers guidance on system changes to improve the quality of professional practice, specific actions to improve professional learning systems and workforce development, and research to continue to build the knowledge base in ways that will directly advance and inform future actions. The recommendations of this book provide an opportunity to improve the quality of the care and the education that children receive, and ultimately improve outcomes for children.

You may remember visiting a grandparent or elder friend who lived in a nursing home memory unit. When you were a child you may recall sights, sounds, and smells that caused you to feel uneasy. Step into any one of today's 16,000 long-term care facilities across the US, and suddenly those memories reemerge. Nurse Supervisor K. Allen tells of the emotional investments found while working with seniors inside the Van Gogh, a large upscale urban assisted living complex. Located at its core is found a locked memory care unit, the Rembrandt, where he and his heroic support team struggle to comfort those suffering from Alzheimer's and other types of Dementia. Emotionally rich and deeply moving, Remembering What I Forgot tells of a day in the life of a memory unit nurse and the unimaginable obstacles faced by today's health care workers. A first of its kind, the story provides its reader with a rare glimpse into "life on a memory unit" including the emotional torment experienced by visitors who witness their loved one slip into ever increasing apathy and confusion. In its truest sense a love story of the need to cope and how to find hope when someone we love suddenly cannot remember well and is handed a diagnosis of Dementia. Insightful, humorous and heartfelt, Remembering What I Forgot conveys a message of inspiration and helps us connect with those in the final chapter of their life. Let us not forget them.

Reflections on Long-Term Relational Psychotherapy and Psychoanalysis explores how relational analysts think about and pursue long-term therapeutic relationships in their practices. Many therapists work intensively with their clients over many years and don't necessarily talk about their work. More exploration is needed into what is taking place inside of these long-term relationships. The chapters cover a range of topics that focus on aspects of the therapeutic relationship that are unique to long-term psychoanalytic work. They include work with various issues such as trauma, death and dying, cross-cultural issues, suffering, mourning, neuropsychoanalysis, unique endings, attachment, intimacy, and the many ways in which therapists change along with their clients as they go through life stages together. Reflections on Long-Term Relational Psychotherapy and Psychoanalysis will be of great interest to psychoanalysts, psychodynamic psychotherapists, psychologists, social workers, workers in other mental health fields, graduate students, and anyone who is interested in change processes.

Though we live in a time when memory seems to be losing its hold on communities, memory remains central to personal, communal, and national identities. And although popular and public discourses from speeches to films invite a shared sense of the past, official sites of memory such as memorials, museums, and battlefields embody unique rhetorical principles. Places of Public Memory: The Rhetoric of Museums and Memorials is a sustained and rigorous consideration
of the intersections of memory, place, and rhetoric. From the mnemonic systems inscribed upon ancient architecture to the roadside accident memorials that line America’s highways, memory and place have always been deeply interconnected. This book investigates the intersections of memory and place through nine original essays written by leading memory studies scholars from the fields of rhetoric, media studies, organizational communication, history, performance studies, and English. The essays address, among other subjects, the rhetorical strategies of those vying for competing visions of a 9/11 memorial at New York City’s Ground Zero; rhetorics of resistance embedded in the plans for an expansion of the National Civil Rights Museum; representations of nuclear energy—both as power source and weapon—in Cold War and post–Cold War museums; and tours and tourism as acts of performance. By focusing on “official” places of memory, the collection causes readers to reflect on how nations and local communities remember history and on how some voices and views are legitimated and others are minimized or erased.

How to rewire your brain to improve virtually every aspect of your life—based on the latest research in neuroscience and psychology on neuroplasticity and evidence-based practices Not long ago, it was thought that the brain you were born with was the brain you would die with, and that the brain cells you had at birth were the most you would ever possess. Your brain was thought to be “hardwired” to function in predetermined ways. It turns out that’s not true. Your brain is not hardwired, it’s "softwired" by experience. This book shows you how you can rewire parts of the brain to feel more positive about your life, remain calm during stressful times, and improve your social relationships. Written by a leader in the field of Brain-Based Therapy, it teaches you how to activate the parts of your brain that have been underactivated and calm down those areas that have been hyperactivated so that you feel positive about your life and remain calm during stressful times. You will also learn to improve your memory, boost your mood, have better relationships, and get a good night sleep. Reveals how cutting-edge developments in neuroscience, and evidence-based practices can be used to improve your everyday life Other titles by Dr. Arden include: Brain-Based Therapy-Adult, Brain-Based Therapy-Child, Improving Your Memory For Dummies and Heal Your Anxiety Workbook Dr. Arden is a leader in integrating the new developments in neuroscience with psychotherapy and Director of Training in Mental Health for Kaiser Permanente for the Northern California Region Explaining exciting new developments in neuroscience and their applications to daily living, Rewire Your Brain will guide you through the process of changing your brain so you can change your life and be free of self-imposed limitations.

Shadowed Ground explores how and why Americans have memorialized—or not—the sites of tragic and violent events spanning three centuries of history and every region of the country. For this revised edition, Kenneth Foote has written a new concluding chapter that looks at the evolving responses to recent acts of violence and terror, including the
destruction of the Branch Davidian compound at Waco, Texas, the Oklahoma City bombing, the Columbine High School massacre, and the terrorist attacks of 9/11.

An eye-opening biography of one of the most influential psychiatrists of the modern age, drawing from his lectures, conversations, and own writings. In the spring of 1957, when he was eighty-one years old, Carl Gustav Jung undertook the telling of his life story. Memories, Dreams, Reflections is that book, composed of conversations with his colleague and friend Aniela Jaffé, as well as chapters written in his own hand, and other materials. Jung continued to work on the final stages of the manuscript until shortly before his death on June 6, 1961, making this a uniquely comprehensive reflection on a remarkable life. Fully corrected, this edition also includes Jung’s VII Sermones ad Mortuos.

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The Stages of MemoryReflections on Memorial Art, Loss, and the Spaces BetweenPublic History in Historical P

A New York Times Notable Book: A psychologist's “gripping and thought-provoking” look at how and why our brains sometimes fail us (Steven Pinker, author of How the Mind Works). In this intriguing study, Harvard psychologist Daniel L. Schacter explores the memory miscues that occur in everyday life, placing them into seven categories: absent-mindedness, transience, blocking, misattribution, suggestibility, bias, and persistence. Illustrating these concepts with vivid examples—case studies, literary excerpts, experimental evidence, and accounts of highly visible news events such as the O. J. Simpson verdict, Bill Clinton’s grand jury testimony, and the search for the Oklahoma City bomber—he also delves into striking new scientific research, giving us a glimpse of the fascinating neurology of memory and offering “insight into common malfunctions of the mind” (USA Today). “Though memory failure can amount to little more than a mild annoyance, the consequences of misattribution in eyewitness testimony can be devastating, as can the consequences of suggestibility among pre-school children and among adults with ‘false memory syndrome’ . . . Drawing upon recent neuroimaging research that allows a glimpse of the brain as it learns and remembers, Schacter guides his readers on a fascinating journey of the human mind.” —Library Journal “Clear, entertaining and provocative . . . Encourages a new appreciation of the complexity and fragility of memory.” —The Seattle Times “Should be required reading for police, lawyers, psychologists, and anyone else who wants to understand how memory can go terribly wrong.” —The Atlanta Journal-Constitution “A fascinating journey through paths of memory, its open avenues and blind alleys . . . Lucid, engaging, and enjoyable.” —Jerome Groopman, MD “Compelling in its science and its probing examination of everyday life, The Seven Sins of Memory is also a delightful book, lively and clear.” —Chicago Tribune Winner of the William James Book Award
How should Germany commemorate the mass murder of Jews once committed in its name? In 1997, James E. Young was invited to join a German commission appointed to find an appropriate design for a national memorial in Berlin to the European Jews killed in World War II. As the only foreigner and only Jew on the panel, Young gained a unique perspective on Germany’s fraught efforts to memorialize the Holocaust. In this book, he tells for the first time the inside story of Germany’s national Holocaust memorial and his own role in it. In exploring Germany’s memorial crisis, Young also asks the more general question of how a generation of contemporary artists can remember an event like the Holocaust, which it never knew directly. Young examines the works of a number of vanguard artists in America and Europe—including Art Spiegelman, Shimon Attie, David Levinthal, and Rachel Whiteread—all born after the Holocaust but indelibly shaped by its memory as passed down through memoirs, film, photographs, and museums. In the context of the moral and aesthetic questions raised by these avant-garde projects, Young offers fascinating insights into the controversy surrounding Berlin’s newly opened Jewish museum, designed by Daniel Libeskind, as well as Germany’s soon-to-be-built national Holocaust memorial, designed by Peter Eisenman. Illustrated with striking images in color and black-and-white, At Memory’s Edge is the first book in any language to chronicle these projects and to show how we remember the Holocaust in the after-images of its history.

What can we learn about the Chinese revolution by placing a doubly marginalized group—rural women—at the center of the inquiry? In this book, Gail Hershatter explores changes in the lives of seventy-two elderly women in rural Shaanxi province during the revolutionary decades of the 1950s and 1960s. Interweaving these women’s life histories with insightful analysis, Hershatter shows how Party-state policy became local and personal, and how it affected women’s agricultural work, domestic routines, activism, marriage, childbirth, and parenting—even their notions of virtue and respectability. The women narrate their pasts from the vantage point of the present and highlight their enduring virtues, important achievements, and most deeply harbored grievances. In showing what memories can tell us about gender as an axis of power, difference, and collectivity in 1950s rural China and the present, Hershatter powerfully examines the nature of socialism and how gender figured in its creation.

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

Study of how historical memory and understanding are created in Holocaust diaries, memoirs, fiction, poetry, drama video testimony and memorials. Explores the consequences of narrative understanding for the victims, the survivors, and subsequent generations. Annotation copyrighted by Book News, Inc., Portland, OR

Lee Christmas gets drunk and falls asleep at the throttle of his locomotive, plowing straight into an oncoming train. Blacklisted from the railroad and his marriage in tatters, he flees New Orleans on a steamer bound for the tropics. In Honduras, he begins a quiet new life. But trouble has a way of finding Christmas. With unrest sweeping the countryside, he’s kidnapped by bandits. Soon, he finds himself taking sides in an all-out civil war—as leader of the rebellion. MERCENARY is the story of the USA’s most famous soldier of fortune: the hard-drinking drifter who changed the fate of a nation. Praise for MERCENARY: “Highly recommended to readers of adventure fiction and history, as well as anyone interested in American adventurism and meddling in Latin America.” - Michael Wallace, Wall Street Journal and USA Today bestselling author. “Lee Christmas led a roaring life on and off the battlefield. Gaughran's great, fast-paced read keeps you right alongside all his exploits.” - Richard Sutton, author of The Red Gate. Keywords: Historical fiction | Literary fiction | Biographical fiction | Adventure novel | Central America | Latin America | Honduras | New Orleans | Lee Christmas | History

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