Hold Me Like A Breath

"Juliet, a self-identified queer, Bronx-born Puerto Rican-American, comes out to her family to disastrous results the night before flying to Portland to intern with her feminist author icon--whom Juliet soon realizes has a problematic definition of feminism that excludes women of color"--
Fiction. Latino/Latina Studies. Still reeling from the loss of his family in an accident that he feels responsible for causing, Hank Singer accepts an invitation to move to the isolated and beautiful state of Chiapas. There, in the streets and cafes of a colonial city nestled in the mountain forests, he settles into the semblance of a new life under the watchful eye of his best friend and former college roommate, César, the charismatic heir to one of Mexico's most powerful families. But when an army of impoverished Indians calling themselves Zapatistas emerges from the jungle to seize half the state, Hank finds himself a foreigner trapped in someone else's war. The repercussions of the decisions he makes—and does not make—threaten to shatter both his friendship and the renewed life he has found in the Mexican highlands. In the tradition of Graham Greene's The Quiet American and Ernest Hemingway's A Farewell to Arms, LET THE WATER HOLD ME DOWN weaves real historical events into a riveting personal narrative about a man who finds himself caught up in a political landscape beyond his control.
In Penelope Landlow's world, almost anything can be bought or sold. She's the daughter of one of the three crime families controlling the black market for organ transplants. Because of an autoimmune disorder that causes her to bruise easily, Penny is
One night can change how you see the world. One night can change how you see yourself.
Hold My Breath
Send Me a Sign
Beached Whale
Hold Your Breath
Hold Me Forever
Whale is in some trouble! Black Dog to the rescue! The first tale in The Adventures of Black Dog series, Beached Whale follows the iconic Black Dog of Martha s Vineyard."
NEW YORK TIMES BESTSELLER The complete, uncensored history of the award-winning The Daily Show with Jon Stewart, as told by its correspondents, writers, and host. For almost seventeen years, The Daily Show with Jon Stewart brilliantly redefined the borders between television comedy, political satire, and opinionated news coverage. It launched the careers of some of today's most significant comedians, highlighted the hypocrisies of the powerful, and garnered 23 Emmys. Now the show's behind-the-scenes gags, controversies, and camaraderie will be chronicled by the players themselves, from legendary host Jon Stewart to the star cast members and writers-including Samantha Bee, Stephen Colbert, John Oliver, and Steve Carell - plus some of The Daily Show's most prominent guests and adversaries: John and Cindy McCain, Glenn Beck, Tucker Carlson, and many more. This oral history takes the reader behind the curtain for all the show's highlights, from its origins as Comedy Central's underdog late-night program to Trevor Noah's succession, rising from a scrappy jester in the 24-hour political news cycle to become part of the beating heart of politics-a trusted source for not only comedy but also commentary, with a reputation for calling bullshit and an ability to effect real change in the world. Through years of incisive election coverage, passionate debates with President Obama and Hillary Clinton, feuds with Bill O'Reilly and Fox, and provocative takes on Wall Street and racism, The Daily Show has been a cultural touchstone. Now, for the first time, the people behind the show's seminal moments come together to share their memories of the last-minute rewrites, improvisations, pranks, romances, blow-ups, and moments of Zen both on and off the set of one of America's most groundbreaking shows.
Poems and comic strips about sex and gender as viewed through the lens of professional wrestling. In poems written to or about wrestlers like Junkyard Dog, Roddy Piper, Ox Baker, and CM Punk, Colette Arrand teases out the homoerotic roots of wrestling and how its warped, cartoon masculinity plays itself out over the course of a fan's life.
The note attached to her grandmother's will has left debutante Mae St. John with this: the family fortune is gone; the father she never knew lives in Louisiana; and her only income is a modest trust fund left for the care of Big Mae's poodle, Rhett. Hog-tied by her father's financial predicament and mental decline, Whit Casey is not happy at being strong-armed to hire Mae, who knows nothing about quarter horse racing, to write for her racing magazine and dot-com. Still, attraction grows between the two women until Mae's investigation into a horse cloning controversy implicates Whit and the colt she is depending on to stop the foreclosure of her father's farm. It's a race against time to clear the colt before the big race and claim what both women desire most in their lives—someone to hold them forever.
Real Mermaids Don't Hold Their Breath
A Date with Darcy
Don't Hold Your Breath
An Invitation to Breathe Deep and Find a New Rhythm for Life
Out of My Mind
Now a Major Motion Picture, Starring Simon Baker, Elizabeth Debicki, and Richard Roxburgh Breath is a story of risk, of learning one's limits by challenging death. On the wild, lonely coast of Western Australia, two thrill-seeking teenage boys fall under the spell of a veteran big-wave surfer named Sando. Their mentor urges them into a regiment of danger and challenge, and the boys test themselves and each other on storm swells and over shark-haunted reefs. The boys give no thought to what they could lose, or to the demons that drive their mentor on into ever-greater danger. Venturing beyond all caution--in sports, relationships, and sex--each character approaches a point from which none of them will return undamaged.
Their Eyes Were Watching God is a 1937 novel by African-American writer Zora Neale Hurston. It is considered a classic of the Harlem Renaissance of the 1920s, and it is likely Hurston's best known work.
This heartwarming picture book reassures children that a parent's love never lets go—based on the poignant lyrics of JJ Heller's beloved lullaby "Hand to Hold." "May the living light inside you be the compass as you go / May you always know you have my hand to hold." With delightful illustrations and an engaging rhyme scheme, this book offers the promise of security and love every child's heart longs to know. From skipping stones and counting stars to climbing trees and telling stories, every moment is wrapped snugly in the certain warmth of a parent's presence and God's blessing. With poignancy and joy, this bedtime read captures the unconditional love parents want their children to know but so often fail to express amid the chaos of daily life.
Considered by many to be mentally retarded, a brilliant, impatient fifth-grader with cerebral palsy discovers a technological device that will allow her to speak for the first time.
Let the Water Hold Me Down
Hold Me (Twist Me #3)
A Last Frontier Lodge Novel
Grounded
A Memoir
I'm a former slave. The sister of death. Collateral. He's a bad man. A cartel boss— and my everything. I thought I was done being someones toy, but I was so very wrong. Safety is nothing more than a premise in my world, and enemies linger where I least expect them. Loyalties will be tested and bonds broken. Even my big bad wolf may not be able to save me this time. A priceless pawn. A knight in blood stained armour. A love worthy of any sacrifice. Hate me or hold me?
At the age of twelve, Sophie Caco is sent from her impoverished village of Croix-des-Rosets to New York, to be reunited with a mother she barely remembers. There she discovers secrets that no child should ever know, and a legacy of shame that can be healed only when she returns to Haiti--to the women who first reared her. What ensues is a passionate journey through a landscape charged with the supernatural and scarred by political violence, in a novel that bears witness to the traditions, suffering, and wisdom of an entire people.
When you breathe in all the grace available to you and release everything that is outside of your control, you'll discover peace that surpasses your circumstances. All it takes is practice. If you feel overwhelmed with anxiety about the future, you're far from alone. For many of us, when we're not worrying about what is to come, we find ourselves wrestling with things from the past. Where does that leave us today? Morgan Harper Nichols has learned the answer to this question. She has examined stories from her own life and the lives of people around the world and noticed a common thread: we all long for peace. We're all seeking light and life. But these things don't happen passively. Peace Is a Practice invites you to become a peacemaker in your own life, starting right where you are, and in some of the most unexpected places. As these words and images inspire you to take daily steps toward peace, you'll uncover the key to: Embracing the beauty of the present Letting go of regret of the past and fear of the future Developing a path toward meaning and authenticity Approaching life's challenges with faith and a calm confidence
Feeling peace even in the midst of uncertainty or difficult times In every moment, there is something as deep and boundless as a winding river waiting to be found--a true peace that flows, beckoning you to rest . . . and be still.
A teenage rabid romance reader finds herself in her own version of Pride & Prejudice in this sweet and swoony series opener. Boys are so much better in books. At least according to Merrilee Campbell, fifteen, who thinks real-life chivalry is dead and there'd be nothing more romantic than having a guy woo her like the heroes in classic stories. Then she, her best friend, Eliza, and her younger sister, Rory, transfer to Reginald R. Hero Prep—where all the boys look like they've stepped off the pages of a romance novel. Merri can hardly walk across the quad without running into someone who reminds her of Romeo. When the brooding and complicated Monroe Stratford scales Merri's trellis in an effort to make her his, she thinks she might be Juliet incarnate. But as she works her way through her literature curriculum under the guidance of an enigmatic teacher, Merri's tale begins to unfold in ways she couldn't have imagined. Merri soon realizes that only she is in charge of her story. And it is a truth universally acknowledged that first impressions can be deceiving . . . "Schmidt ably captures the discombobulation and turn-on-a-dime emotions experienced by many early teens, and surrounds Merri with a believable cast of supporting characters. This contemporary rom-com series starter is a fun introduction to classics for middle-grade readers and younger YAs, wittily making old stories new again." ?Booklist, starred review "Schmidt unapologetically places romance, and more romance, at the heart of this YA novel for younger teens . . . Ultimately Schmidt pits Romeo against a Mr. Darcy type in this romantic comedy (complete with Bridget Jones-like mishaps), whose heroine must open herself to the idea that the boy she least expects may turn out to be her real romantic hero." —Publishers Weekly "This meshing of romantic classics and modern-day relationships is over-the-top good fun for tween romantics." —Kirkus Reviews
Fahrenheit 451
Hold Me Closer, Necromancer
Breath, Eyes, Memory
Hold Me Still
Breath
When 17-year-old Jay Reguero learns his Filipino cousin and former best friend, Jun, was murdered as part of President Duterte's war on drugs, he flies to the Philippines to learn more in this gripping page-turning portrayal of the struggle to reconcile faith, family, and immigrant identity.
If you go down to the woods today, you're in for a big surprise... 'Exceptional' A.J. Finn 'A smart thriller' Gillian McAllister 'Creepy, absorbing and unnerving' T.M. Logan
* Instant NEW YORK TIMES and USA TODAY bestseller * * GOODREADS CHOICE AWARD WINNER for BEST DEBUT and BEST ROMANCE of 2019 * * BEST BOOK OF THE YEAR* for VOGUE, NPR, VANITY FAIR, and more! * What happens when America's First Son falls in love with the Prince of Wales? When his mother became President, Alex Claremont-Diaz was promptly cast as the American equivalent of a young royal. Handsome, charismatic, genius—his image is pure millennial-marketing gold for the White House. There's only one problem: Alex has a beef with the actual prince, Henry, across the pond. And when the tabloids get hold of a photo involving an Alex-Henry altercation, U.S./British relations take a turn for the worse. Heads of family, state, and other handlers devise a plan for damage control: staging a truce between the two rivals. What at first begins as a fake, Instagramable friendship grows deeper, and more dangerous, than either Alex or Henry could have imagined. Soon Alex finds himself hurtling into a secret romance with a surprisingly unstuffy Henry that could derail the campaign and upend two nations and begs the question: Can love save the world after all? Where do we find the courage, and the power, to be the people we are meant to be? And how can we learn to let our true colors shine through? Casey McQuiston's Red, White & Royal Blue proves: true love isn't always diplomatic. "I took this with me wherever I went and stole every second I had to read! Absorbing, hilarious, tender, sexy—this book had everything I crave. I'm jealous of all the readers out there who still get to experience Red, White & Royal Blue for the first time!" - Christina Lauren, New York Times bestselling author of The Unhoneymooners "Red, White & Royal Blue is outrageously fun. It is romantic, sexy, witty, and thrilling. I loved every second." - Taylor Jenkins Reid, New York Times bestselling author of Daisy Jones & The Six
This is the life story of adventurer/photographer LeRoy French. The reader will be taken on some amazing journeys, from shark attacks, boat sinking's, incredible scuba dives to leaving a California lifestyle and moving his entire family to a Caribbean Island. One of the most ferocious shark attacks ever recorded is explained in full detail along with Mr. French's eventual recovery. Exciting encounters in Micronesia, Mexico and other remote destinations will keep you on the edge of you
A Novel
Hold Me Gorilla Monsoon
Bookish Boyfriends
Patron Saints of Nothing

"I'm leaving." Dad's words come as a complete shock to Essie. How can he just walk out on her and the family, especially when Mom is pregnant? Essie keeps her dad's leaving a secret. Then Essie's classmate, Chris Crow, disappears, and everyone finds out he's been kidnapped. Is Chris okay? Is Dad ever coming back? Essie is left to wonder if people really have any control over what happens in their lives. Finally, after a startling incident with a family friend, Essie finds the strength to hold on tight to all that she has left -- and in the process realizes that the bonds of love and family do hold a person together. Inspired by true events, Hold Me Tight is a moving and powerful novel. An author's note provides further information about kidnapping and the Amber Plan programs that are in use today to help communities find abducted children.
A steamy, full-length, standalone romance with a guaranteed HEA from Amazon Bestselling author J.H. Croix! If you like smoking hot romance with alpha men and strong women, you'll love this series! Owen Manning has perfected the art of keeping his distance. His passion is limited to intellectual pursuits and running his internationally renowned engineering firm in Alaska. Ivy Nash is his newest recruit-brilliant and beautiful, she takes his breath away and tempts him beyond reason. Considering that reason and intellect are what drive his life, losing control isn't something he does. Ever. Ivy is passionate about her career and loves nothing more than spending hours with her nose buried in research. Engineering is her life and her first love. The last thing she expects is to take one look at Owen and discover she's never really known the meaning of passion. Forbidden desire burns fast and hot between them. One kiss nearly sends them up in flames. They each have their own reasons for wanting to keep their distance, so they make a deal. They'll give into the madness and let it run its course. Because of course it will. Neither one of them is prepared for the fire between them to singe their hearts. *All novels in this series are full-length standalone novels with an HEA.
When new legislation threatens to destoy her family's operations in the black-market organ trade, Maggie finds herself falling in love with Alex, a computer whiz who makes a shocking revelation.
Book 3 in the New York Times and USA Today Bestselling Dark Romance Trilogy Captor and captive. Lovers. Soulmates. We're all that and more. We thought we were past the worst of it. We thought we finally had a chance. We thought wrong. We're Nora and Julian, and this is our story. ***Hold Me is the conclusion of the Twist Me series, told from Nora & Julian's point of view.***
Peace Is a Practice
The New Science of a Lost Art
Break Me Like a Promise
Once Upon a Crime Family
Their Eyes Were Watching God
A strait-laced teen finds herself living an Anne of Green Gables romance in this swoon-worthy tale by the author of The Boy Next Story. Eliza Gordon-Fergus is an expert rule-follower. She has to be; her scientist parents dictate her day-to-day decisions, and forbid her from dating. Which is why she finds Curtis Cavendish maddening. He's never punished for his class clown antics—and worse, his mischief actually masks brilliance. Like, give-Eliza-a-run-for-valedictorian brilliance. When Eliza reads Frankenstein for English class, she's left feeling more like an experiment than a daughter. Curtis agrees to trade her Anne of Green Gables under one condition: She has to beat him at the science fair. Eliza knows they're supposed to be competing, but the more time they spend together, the more she realizes she's in over her head. Because one thing's certain about Curtis: He makes Eliza want to break all the rules. "Fans will be thrilled with this third installment in the Bookish Boyfriends series that focuses on brainy Eliza and her intellectual equal. . . . Sure to leave romantics with an afterglow." —Kirkus Reviews
An instant New York Times bestseller! "Internment sets itself apart...terrifying, thrilling and urgent."--Entertainment Weekly Rebellions are built on hope. Set in a horrifying near-future United States, seventeen-year-old Layla Amin and her parents are forced into an internment camp for Muslim American citizens. With the help of newly made friends also trapped within the internment camp, her boyfriend on the outside, and an unexpected alliance, Layla begins a journey to fight for freedom, leading a revolution against the camp's Director and his guards. Heart-racing and emotional, Internment challenges readers to fight complicit silence that exists in our society today.
The #1 bestseller from NYT bestselling author Helena Newbury. A troubled FBI agent must recruit a reclusive mathematical genius to stop a serial killer. But as the case grows dark and dangerous, he finds himself falling for her.
Fractions of seconds can do lots of damage. One decision can ruin lives. A blink can be tragic. And loving a Hollister...can hurt like hell. I would know. They say the average person can hold their breath under water for two full minutes when pushed to the extremes. Will Hollister has been holding his for years. The oldest of two elite swimming brothers, Will was always a dominant force in the water. But in life, he preferred to let his younger brother Evan be the one to shine. Evan got the girl, and Will...he got to bury all of the secrets. A brother's burden, the weight of it all nearly left him to drown. The daughter of two Olympians, my path was set the day my fingertips first touched water. My future was as crystal clear as the lane I dominated in the pool-swim hard, win big, love a Hollister. My life with Evan burned bright. He gave me arms to come home to, and a smile that fooled the world into believing everything was perfect. But it was Will who pushed me. Will...who really knew me. And when all of the pieces fell, it was Will who started to pick them up. In the end, the only thing that matters are those few precious seconds-and what we decide to do while we still have them in our grasp.
Talk Nerdy to Me
The Adventures of Black Dog
Hand to Hold
Red, White & Royal Blue
Juliet Takes a Breath
Journalist Walls grew up with parents whose ideals and stubborn nonconformity were their curse and their salvation. Rex and Rose Mary and their four children lived like nomads, moving among Southwest desert towns, camping in the mountains. Rex was a charismatic, brilliant man who, when sober, captured his children's imagination, teaching them how to embrace life fearlessly. Rose Mary painted and wrote and couldn't stand the responsibility of providing for her family. When the money ran out, the Walls retreated to the dismal West Virginia mining town Rex had tried to escape. As the dysfunction escalated, the children had to fend for themselves, supporting one another as they found the resources and will to leave home. Yet Walls describes her parents with deep affection in this tale of unconditional love in a family that, despite its profound flaws, gave her the fiery determination to carve out a successful life. -- From publisher description.
Hold Me Like a BreathOnce Upon a Crime FamilyBloomsbury Publishing USA
Grounded, Book 3 in the Up In The Air Trilogy. James and Bianca's story draws to a close in the explosive conclusion to the Up In The Air Trilogy. After a short but earnest courtship, Bianca can no longer deny her feelings for James, and though she's tried her hardest, she can't help but see that he cares deeply for her, as well. In a completely uncharacteristic move, she has put aside her misgivings and agreed to live with the enigmatic billionaire. Is her leap of faith the beginning of something wonderful, or is it too much, too fast? As James and Bianca feel a growing need for each other that neither can deny, circumstances beyond their control intervene, trying to tear them apart. Amidst the ever mounting threat of a monster who wants Bianca dead, and the constant pitfalls of an indiscreet past that James can't seem to escape, can these two passionate lovers manage to find their happily ever after?
Sam leads a pretty normal life. He may not have the most exciting job in the world, but he's doing all right until a fast food prank brings him to the attention of Douglas, a creepy guy with an intense violent streak. Turns out Douglas is a necromancer who raises the dead for cash and sees potential in Sam. Then Sam discovers he's a necromancer too, but with strangely latent powers. And his worst nightmare wants to join forces . . . or else. With only a week to figure things out, Sam needs all the help he can get. Luckily he lives in Seattle, which has nearly as many paranormal types as it does coffee places. But even with newfound friends, will Sam be able to save his skin? Hold Me Closer, Necromancer is a 2011 Bank Street - Best Children's Book of the Year.
Hold Me
Hold Me in the Dark
Hold Me Close
Internment
Hold Me Like a Breath
A totalitarian regime has ordered all books to be destroyed, but one of the book burners suddenly realizes their merit.
Normal is Never Coming Back Jade is totally confused. As in, "will this be a leg-day or a tail-day?" kind of confused. Even worse, it's been forever since her first kiss with Luke and now—nothing. Not even a text message. Sigh. But Jade doesn't have time to figure out the weirdness of boys and how to use her shiny new tail. (Seriously, being a mermaid should come with a handbook.) She has to come up with a plan to get her missing mermaid mom back on dry land. The only problem is...Jade is afraid of the ocean. But even aqua-phobic mer-girls have to take the plunge sometime... Praise for Real Mermaids Don't Wear Toe Rings: "Bravo to Hélène Boudreau for hitting the bull's-eye with a fresh, affectionate, watery twist on the classic coming-of-age-story."—New York Journal of Books "The author keeps suspense high...while tapping straight into young teens' angst about friends, enemies, and boys."—Kirkus
In Penelope Landlow's world, almost anything can be bought or sold. She's the daughter of one of the three crime families controlling the black market for organ transplants. Because of an autoimmune disorder that causes her to bruise easily, Penny is considered too "delicate" to handle the family business, or even to step foot outside their estate. All Penelope has ever wanted is independence--until she's suddenly thrust into the dangerous world all alone, forced to stay one step ahead of her family's enemies. As she struggles to survive the power plays of rival crime families, she learns dreams come with casualties, betrayal hurts worse than bruises, and there's nothing she won't risk for the people she loves. Perfect for fans of Holly Black and Kimberly Derting, this first book in the stunning new Once Upon a Crime Family series from acclaimed author Tiffany Schmidt will leave readers breathless.
A dark, psychological drama to clutch every reader. If something is lost, Tara knows where to find it. But her strange gift has brought nothing but trouble, so when mean girl Melodie Stone disappears, the last thing Tara wants to do is find her. But the dark images in her head just won't go away . . .
The Daily Show (The Book)
An Oral History as Told by Jon Stewart, the Correspondents, Staff and Guests
When Breath Becomes Air
Bright Before Sunrise
Hold Me Tight
Billionaire Ella Parker has always been strong, focused, and independent. As the founder and CEO of Parker Enterprises and one of the world's youngest billionaires, she doesn't have time for love or the drama that comes with being New Orleans' most eligible bachelorette. When mysterious threats surface, Ella is forced to take on additional security and hire a full-time protection detail. When former Navy Elliott Quinn enters her life, she finds that her priorities are shifting, and just maybe she can take a chance on love.After leaving the Navy, Elliott turned his expertise into a lucrative business, taking on Ella's job due to his connections with her past. He has always been married to his work, but despite their best efforts, he soon finds Ella breaking down the walls he worked so hard to build around himself. An them together, but Elliott knows that breaking the rules and falling for those he is charged with protecting can be a matter of life or death. Clinging to her faith, Ella knows that she has to trust that everything is a part of a greater plan. Elliott isn't sure what he believes in anymore. Both have endured loss and are longing to fill a need within. As the threats against Ella mount, will Elliott be able to protect the wo with, and will Ella escape with both her life and her heart?
#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 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. C 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 brai 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 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-affirmin challenge of facing death and on the relationship between doctor and patient, from a brilliant writer who became both.
Mia is the quintessential high school A-lister: popular, non-exclusively dating the captain of the soccer team, extremely high GPA, everything Mia's mother has ever wanted. When you have everything good going your way, you have everything to lose. After Mia finds out she has leukemia, she feels like everything she has achieved will slip away from her. So she decides to keep her illness a secret from all h The only one she lets in is her lifelong best friend, Gyver-the guy next door who is poised to become so much more in her life. Mia is always looking for signs in her everyday life, to shape her decisions, and now that she's sick, she's desperate for a sign that she is going to survive.
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 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 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 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 co thought we knew about our most basic biological function on its head. You will never breathe the same again.
A Bookish Boyfriends Novel
The Glass Castle