

# Be A Hero The Essential Survival Guide To Active

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*Be A Hero The Essential Survival Guide To Active*

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## LAUREL MOONEY

*What Makes a Hero?* Xist Publishing

This book critically examines how a Hero is made, sustained, and even deformed, in contemporary cultures. It brings together diverse ideas from philosophy, mythology, religion, literature, cinema, and social media to explore how heroes are constructed across genres, mediums, and traditions. The essays in this volume present fresh perspectives for readers to conceptualize the myriad possibilities the term 'Hero' brings with itself. They examine the making and unmaking of the heroes across literary, visual and social cultures—in religious spaces and in classical texts; in folk tales and fairy tales; in literature, as seen in Heinrich Böll's *Und Sagte Kein Einziges Wort*, Thomas Brüssig's *Heroes like Us*, and in movies, like Christopher Nolan's *Interstellar*, Michel Gondry's *Eternal Sunshine of the Spotless Mind* and in the short film like Dean Potter's *When Dogs Fly*. The volume also features nuanced takes on intersectional feminist representations in hero movies; masculinity in sports biopics; taking everyday heroes from the real to the reel, among others key themes. A stimulating work that explores the mechanisms that 'manufacture' heroes, this book will be useful for scholars and researchers of English literature, postcolonial studies, cultural studies, film studies, media studies, literary and critical theory, arts and aesthetics, political sociology and political philosophy.

*Living the Hero's Quest* Destiny Image Publishers

The author has developed a manual for the easy implementation of the character education program she created. As an added bonus, the book includes an explanation of the action research completed with the original implementation of this program. It includes the necessary lesson plans, eight original hero tales, annotated bibliographies of other applicable tales, assessment pieces, reproducible forms and instructions for implementing the program and the action research piece. It also includes a sampling of the results of her research to date, original student reflections, texts of interviews and analysis. A foreword by well-known young adult fantasy author T. A. Barron, author of the popular *Merlin* series, is featured.

**How to be a hero dad** Disney Electronic Content

THE RETURN OF SORAHB? Legend has it that when Farsala most needs a warrior to lead it, Sorahb will be restored by the god Azura. That time has come. After a devastating loss to the army of the Hrum, Farsala has all but fallen. Only the walled city of Mazad and a few of the more uninhabitable regions remain free of Hrum rule, and they seem destined to fall as well. Farsala needs a champion now. Three young people are waging battle as best they can. Soraya, Jiaan, and Kavi, their lives decimated by the Hrum, are each in a personal fight against their common enemy. Apart, their chances are slim, as none of them is Sorahb reborn. United, perhaps they can succeed. But only Time's Wheel can bring them together—if it turns the right way. If it doesn't, Farsala is surely doomed. In the sequel to the critically acclaimed *Fall of a Kingdom* (formerly titled *Flame*), the first book of the *Farsala Trilogy*, Hilari Bell draws readers deeper into the mythical land of Farsala and weaves an epic tale of destiny and danger.

*The Hero and Hero-Making Across Genres* Thomas Nelson

"An NFL player becomes an All-Pro by relentlessly focusing on the fundamentals and executing them with sheer determination. The same is true to become an All Pro Dad. This book not only highlights the fundamentals of fatherhood, but also gives dads a winning game plan to do their most important job well." -Tony Dungy, Super Bowl winning coach and NBC Sports commentator The game-winning playbook for every father Dads, do you want to be a hero to your kids? A go-to coach for your teens? A husband your wife knows she can count on? All Pro Dad lays out a game plan built on seven essential fathering truths and ultra-practical insights for the questions every dad needs answered at some point. Like football, fatherhood is about winning. But it's more than just scoring points. It's about winning the hearts and minds of your children and leaving a rich legacy of love for future generations. With gut-level "huddle" questions to ask your children, and firsthand stories from well-recognized dads (CBS broadcaster James "JB" Brown, Chick-Fil-A founder and CEO S. Truett Cathy, Grammy Award-winning recording artist Michael W. Smith, FedEx Express COO and president, international, Michael Ducker, and more), All Pro Dad will stir you, equip you, and inspire you toward the goal of being a champion father and a hero to your kids.

**A Hero of Our Time** Simon and Schuster

At a time when we are all asking questions about identity, grief, and how to stand up for what is right, this book by the author of *A*

Thousand Questions will hit home with young readers who love Hena Khan and Varian Johnson—or anyone struggling to understand recent U.S. history and how it still affects us today. Yusuf Azeem has spent all his life in the small town of Frey, Texas—and nearly that long waiting for the chance to participate in the regional robotics competition, which he just knows he can win. Only, this year is going to be more difficult than he thought. Because this year is the twentieth anniversary of the 9/11 terrorist attacks, an anniversary that has everyone in his Muslim community on edge. With "Never Forget" banners everywhere and a hostile group of townspeople protesting the new mosque, Yusuf realizes that the country's anger from two decades ago hasn't gone away. Can he hold onto his joy—and his friendships—in the face of heartache and prejudice?

**Pigeon Hero!** Random House Books for Young Readers

FROM ZERO TO HERO . . . YOUR SECRET MAP TO A RICH LIFE

What is your true calling and why aren't you already living it? Imagine if there was a map that showed you step by step how to get from where you are now to your true calling and the life you were born to live - the most brilliant, rich, fulfilling, and dazzling life you could ever dream of. You are holding in your hands such a map. HERO is the map for your life. By following the journeys of twelve of the most successful people on the planet today, you'll learn how to use your inner powers to overcome obstacles and to make impossible dreams come true. You'll be inspired to find your own calling and start taking the steps toward making the life of your dreams an everyday reality. Be the hero you are meant to be.

*How to be a Hero to Your Kids* Author Academy Elite

Dealing with the unthinkable It's never going to be you. Then one day you hear the clatter of automatic fire at the mall. You have been drawn into the chaos and terror of an active shooter event. What do you do? Who do you turn to? Be a Hero is the essential guide to terrorist attacks that will help you survive. Former Special Air Service terror expert John Geddes will explain how to cope with a life-threatening event. He shows you how to make clear decisions and beat the odds by: Dealing with fear through simple and effective techniques to bring the chemical urges generated by terror at least partially under control Escaping and evading when possible, using everyday objects and landmarks for protection Fighting back if needed, with methods to disarm an active shooter and to use items at hand as weapons Using a weapon if you are licensed to carry, shooting to kill without collateral damage or being mistaken for a perpetrator Providing medical assistance to deal with traumatic battlefield injury and save lives This is not a book primarily for survivalists and 'preppers.' Be a Hero is a book for ordinary men and women who could find themselves in the middle of an extraordinary moment. It will help them find the hero inside—and live to tell the tale.

**Who Do You Want to be a Hero To?: Answer Just One Question and Clarify who You Can Always be** Harvard University Press

In *Hero Maker*, you will learn how to bring real change to your church and community by developing the practical skills to help others reach their leadership potential. Drawing on five powerful practices found in the ministry of Jesus, *Hero Maker* presents the key steps of apprenticeship that will build up other leaders and provide strategies for how you can: activate the gifts of those around you help others take ownership of their mission develop a simple scorecard for measuring your kingdom-building progress With rich insights from the Gospels, *Hero Maker* is packed with real-life ministry stories ranging from paid staff to volunteer leaders—from established churches to new church plants. Whether you lead ten people or ten thousand, *Hero Maker* will not only help you maximize your leadership impact; but, in doing so, you will also help shift today's church culture to a model of reproduction and multiplication. Chicago pastor and church planter Dave Ferguson and award-winning writer Warren Bird make a compelling case that God's power and purpose are best revealed when we train and release others to further advance the Kingdom of God. By becoming a hero maker and investing in others, you can join a movement of influencers that are impacting thousands of people around the world. Everybody wants to be a hero, but few understand the power of being a hero maker.

*The Hero Is You* ABDO

*Supernatural Hero* deals with sensitive topics such as death and bullying with a combination of humor, wit, and empathy. Sixth-grader Andy is your average nerd. He is shy, exceptionally good at math, and in love with Zoe, the popular girl at school. He feels lonely both at school and at home, desperately wanting to change his circumstances. After Andy's grandpa passes away, Andy soon discovers he can still see and communicate with Grandpa's ghost. With Grandpa's encouraging spirit by his side, Andy strives to

gain the courage to ask Zoe out on a date. But when an evil spirit jeopardizes her safety, Andy must use his newfound gift, as well as abilities he already possesses, to become the hero and save the day. Young readers everywhere will relate to Andy's struggles and can share in his triumphs, finding inspiration to become the heroes of their own stories. *Supernatural Hero* is the winner of numerous awards, including: Best Indie Book Awards 2015—winner; Beverly Hills Book Awards 2014—winner; Reader's Favorite Book contest 2014s—silver medal; Independent Publisher Book Awards 2014—bronze medal; Purple Dragonfly Book Awards 2014—honorable mention; Indie Excellence Book Awards 2014—finalist; London Book Festival 2013—honorable mention. *The Ancient Greek Hero in 24 Hours* Macmillan Children's Books What does it mean to be a hero? The ancient Greeks who gave us Achilles and Odysseus had a very different understanding of the term than we do today. Based on the legendary Harvard course that Gregory Nagy has taught for well over thirty years, *The Ancient Greek Hero in 24 Hours* explores the roots of Western civilization and offers a masterclass in classical Greek literature. We meet the epic heroes of Homer's *Iliad* and *Odyssey*, but Nagy also considers the tragedies of Aeschylus, Sophocles, and Euripides, the songs of Sappho and Pindar, and the dialogues of Plato. Herodotus once said that to read Homer was to be a civilized person. To discover Nagy's Homer is to be twice civilized. "Fascinating, often ingenious... A valuable synthesis of research finessed over thirty years." —Times Literary Supplement "Nagy exuberantly reminds his readers that heroes—mortal strivers against fate, against monsters, and...against death itself—form the heart of Greek literature... [He brings] in every variation on the Greek hero, from the wily Theseus to the brawny Hercules to the 'monolithic' Achilles to the valiantly conflicted Oedipus." —Steve Donoghue, *Open Letters Monthly*

**You See a Hero, I See a Human Being** Independently Published

This title examines the role and theme of the hero archetype in *Harry Potter and the Sorcerer's Stone*, *To Kill a Mockingbird*, *12 Years a Slave*, *The Scarlet Letter*, and *Little Women*. It features four analysis papers that consider the hero theme, each using different critical lenses, writing techniques, or aspects of the theme. Critical thinking questions, sidebars highlighting and explaining each thesis and argument, and other possible approaches for analysis help students understand the mechanics of essay writing. Features include a glossary, references, websites, source notes, and an index. Aligned to Common Core Standards and correlated to state standards. Essential Library is an imprint of Abdo Publishing, a division of ABDO.

*PTCB Hero* Harper Collins

Celebrate the nurses, doctors, delivery people, and other essential workers helping us all, along with *Sesame Street's* Elmo, Big Bird, and Super Grover. Elmo, Super Grover, Big Bird, and their *Sesame Street* friends point out all the heroes--and essential workers--that are right in our own neighborhoods. As the world deals with COVID-19, this hardcover picture book is terrific for helping young boys and girls feel protected and appreciative. Added content offers ways kids can thank the essential workers. *Exponential* Independently Published

"An NFL player becomes an All-Pro by relentlessly focusing on the fundamentals and executing them with sheer determination. The same is true to become an All Pro Dad. This book not only highlights the fundamentals of fatherhood, but also gives dads a winning game plan to do their most important job well." -Tony Dungy, Super Bowl winning coach and NBC Sports commentator Thegame-winning playbook for every father Dads, do you want to be a hero to your kids? A go-to coach for your teens? A husband your wife knows she can count on? All Pro Dad lays out a game plan built on seven essential fathering truths and ultra-practical insights for the questions every dad needs answered at some point. Like football, fatherhood is about winning. But it's more than just scoring points. It's about winning the hearts and minds of your children and leaving a rich legacy of love for future generations. With gut-level "huddle" questions to ask your children, and firsthand stories from well-recognized dads (CBS broadcaster James "JB" Brown, Chick-Fil-A founder and CEO S. Truett Cathy, Grammy Award-winning recording artist Michael W. Smith, FedEx Express COO and president, international, Michael Ducker, and more), All Pro Dad will stir you, equip you, and inspire you toward the goal of being a champion father and a hero to your kids.

*A Hero of France* Taylor & Francis

The iconic heroine She-Ra is back! Discover the origin of a hero in this first chapter book set in the world of She-Ra, just in time for the reboot of the series on Netflix. She doesn't need a hero. She is a hero. On a planet called Etheria, two forces battle for control.

The Horde, with its skillfully trained soldiers and advanced technology, has one goal: to conquer all of Etheria in the name of Hordak. The other force, the Rebellion, is made up of princesses and has been fighting to maintain harmony and freedom for all of Etheria's people. Hidden among them all is a hero to be. Her destiny was written by the First Ones a thousand years ago. Now she is about to rise again. Discover the origin of a hero in this first chapter book in the series! This book expands on the plotlines of the first two episodes, giving readers a deeper glimpse into their favorite hero's backstory. With illustrations in each chapter, these books are packed full of friendship, humor, and heart!

*The Lincoln Library of Essential Information* Zondervan

What do STAR WARS, HARRY POTTER, and RED RIDING HOOD have all in common? Not one, not ten, but 195 things. Every great novel and movie follows a common narrative pattern known as the Hero's Journey. In this book, for the first time at such level of detail, independent writers can have a look into the Hollywood's manual on how to create a classic. Make no mistake about it: This is not just another popular take on the subject. This is it. All the 195 plot milestones found in the greatest stories of all times are outlined here—clearly, exactly, concisely. If you are writing a novel or a script, don't run with disadvantage: Step into this mythical landscape and follow your favorite heroes along The Ultimate Hero's Journey, as you discover the master structure of timeless storytelling.

**Supernatural Hero** HarperCollins Leadership

You might not think of yourself as a hero, but every time you create value for others, you're benefiting people and making life easier or better for them in some way.

*Origin of a Hero (She-Ra Chapter Book #1)* Skyhorse

Looking for a comprehensive guide to first aid that can help you be the hero in any crisis? Look no further than The Basic First Aid Guide! With clear, easy-to-follow instructions and real-life

scenarios, this book will help you gain the skills and confidence you need to handle emergencies with ease. Whether you're a concerned parent, a seasoned adventurer, or just someone who wants to be prepared for anything, this essential guide will equip you with the knowledge and tools you need to save lives and be a true hero in any situation. So why wait? Get your copy of The Basic First Aid Guide today and start your journey to becoming a true lifesaver!

**How to Be a Hero** Createspace Independent Publishing Platform  
Conquer writer's block, love what you write, and finish what you start with this motivational self-care book for writers. Imagine having your own personal mentor—someone encouraging yet honest, who could help you set and achieve your goals, turn your moments of doubt and fear into sources of strength, and discover what you're truly capable of when you're at your best. Life coach and publishing industry veteran Kendra Levin is that mentor. And in *The Hero Is You*, she can help you do the best writing of your life—and live your best life while doing it. With wisdom drawn from her years as a life coach for writers and behind-the-scenes stories from a panoply of bestselling authors, Levin shows you how to become the hero in the narrative of your own process. Offering a fresh approach to Joseph Campbell's storytelling archetype, *The Hero's Journey*, *The Hero Is You* includes more than thirty exercises designed to help you reinvent your creative process from the inside out. This book will show you how to: Identify your biggest challenges and render them powerless Start a project that you love—and stick with it Design a structure for writing regularly

**Hero** BRILL

Introduce the young reader in your life to the inimitable, expectation-destroying, glass ceiling-shattering, world-saving female Super Heroes of the Marvel Cinematic Universe, from Captain Marvel and Shuri to Gamora, Black Widow, Nebula, and more, in this beautifully-illustrated picture book aimed at the

young reader set. Fans of all ages will be thrilled by this adventure that celebrates the strength, intelligence, and ingenuity of the women who are vital to MCU's best stories, distilled into a child-friendly package.

**Be a Hero!** Simon and Schuster

**NEW YORK TIMES BESTSELLER** • From the bestselling master espionage writer, hailed by Vince Flynn as “the best in the business,” comes a riveting novel about the French Resistance in Nazi-occupied Paris. **NAMED ONE OF THE BEST BOOKS OF THE YEAR BY THE WASHINGTON POST 1941.** The City of Light is dark and silent at night. But in Paris and in the farmhouses, barns, and churches of the French countryside, small groups of ordinary men and women are determined to take down the occupying forces of Adolf Hitler. Mathieu, a leader of the French Resistance, leads one such cell, helping downed British airmen escape back to England. Alan Furst's suspenseful, fast-paced thriller captures this dangerous time as no one ever has before. He brings Paris and occupied France to life, along with courageous citizens who outmaneuver collaborators, informers, blackmailers, and spies, risking everything to fulfill perilous clandestine missions. Aiding Mathieu as part of his covert network are Lisette, a seventeen-year-old student and courier; Max de Lyon, an arms dealer turned nightclub owner; Chantal, a woman of class and confidence; Daniel, a Jewish teacher fueled by revenge; Joëlle, who falls in love with Mathieu; and Annemarie, a willful aristocrat with deep roots in France, and a desire to act. As the German military police heighten surveillance, Mathieu and his team face a new threat, dispatched by the Reich to destroy them all. Shot through with the author's trademark fine writing, breathtaking suspense, and intense scenes of seduction and passion, Alan Furst's *A Hero of France* is at once one of the finest novels written about the French Resistance and the most gripping novel yet by the living master of the spy thriller.