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2020-07-22

ALANI MARTINEZ

Painting Can Save Your Life Frances Lincoln Children's Books Winner, 2023 OHA Book Award, Oral History Association A young woman flees violence in Mexico and seeks protection in the United States—only to be trafficked as a domestic worker in the Bronx. A decorated immigration judge leaves his post when the policies he proudly upheld capsize in the wake of political turmoil. A Gambian translator who was granted asylum herself talks with other African women about how immigration officers expect victims of torture to behave. A border patrol officer begins to question the training that instructs him to treat the children he finds in the Arizona desert like criminals. Through these and other powerful firsthand accounts, *A Story to Save Your Life* offers new insight into the harrowing realities of seeking protection in the United States. Sarah C. Bishop argues that cultural differences in communication shape every stage of the asylum process, playing a major but unexamined role. Migrants fleeing persecution must reconstruct the details of their lives so governmental authorities can determine whether their experiences justify protection. However, Bishop shows, many factors influence whether an applicant is perceived as credible, from the effects of trauma on the ability to recount an experience chronologically to culturally rooted nonverbal behaviors and displays of emotion. For asylum seekers, harnessing the power of autobiographical storytelling can mean the difference between life and death. *A Story to Save Your Life* emphasizes how memory, communication, and culture intertwine in migrants' search for safety.

How to Save the World Penguin

A candid guidebook about art-making in the midst of oppression—"a slim, necessary revelation" (Maggie Nelson, *The Argonauts*). Visiting the Andy Warhol Museum as a teenager, Beth Pickens realized that art was imperative for reflecting—and thus remaking—the world. As an adult, she has dedicated her life to arts nonprofits and consulting, helping marginalized artists traverse the world of MFAs, residences, and institutional funding. Writing in the aftermath of the 2016 election, Pickens reminds emerging artists that their art is more important than ever. She gives advice on fostering creativity and sustaining an innovative practice as conversations about grants, public programming, and arts funding in schools grow ever-more heated. Part political manifesto, part practical manual, this resource reminds us that art has always been a tool of resistance.

Less is More Granta Books

This ultimate insider's guide reveals the secrets that none dare admit, told by a show biz veteran who's proven that you can sell your script if you can save the cat!

This Song Will Save Your Life Feminist Press at CUNY

Argues that for the first time in history we're in a position to end extreme poverty throughout the world, both because of our unprecedented wealth and advances in technology, therefore we can no longer consider ourselves good people unless we give more to the poor. Reprint.

How Psychedelics Can Help Save the World Columbia University Press

Praise is the only path to God—at least this is what many of us have been taught. But the notion that we have to be positive all the time, putting on a happy face through anger, frustration, and pain, hinders our ability not only to heal ourselves and society, but to have an authentic relationship with the Divine. We long to connect with God over the very real sorrow in our lives and in the world around us, but so many of us were never shown how. This lack of knowing how to lament—an ancient practice of expressing anger and pain to God—damages us personally and spiritually. Pastor Abby Norman is here to tell us that we can talk to God like that. In her fresh, tell-it-like-it-is voice, she unpacks the power of lament, providing us with the tools and the grace-filled permission to heal the problems we have been ignoring for too long. She shows us how to express our laments to God and to each other when things are definitely not okay. And through this process we will discover a richer connection with God—who has wanted nothing more than our whole selves from the start.

The Coast of Akron Simon and Schuster

"At last, *The Coast of Akron!* Adrienne Miller is one of the wittiest and most humane writers we have, bringing to mind at once Dorothy Parker, Mary McCarthy, and M.F.K. Fisher." -Dave Eggers Adrienne Miller, in her dazzlingly ambitious and hilarious first novel, introduces us to the unforgettable Haven family of Akron,

Ohio. This is not your typical Midwestern family, and Lowell Haven is a most unusual patriarch. He's a seducer, a wannabe aristocrat, a liar. Jenny, his former wife, was a brilliant artist, but is today a broken woman with a secret. In the thirty years since Lowell and Jenny met, Lowell has become a world-famous artist, known for portraits of his favorite subject-himself. But five years ago, Lowell mysteriously stopped painting and the world now demands to know: Why has Lowell Haven abandoned his art? The answer is Merit, Lowell and Jenny's daughter, who is running as fast as she can from her family. Fergus, Lowell's partner, Jenny's ex-best friend, and drama queen extraordinaire, dreams of luring Merit home: the sixty-five-room faux-Tudor mansion where he lives with Lowell. A lavish party for the Midwestern glitterati is the perfect excuse. But his delusions of grandeur loom over the gathering, and his decision to include a certain guest invites disaster. Stretching from mid-seventies London to the present-day Midwest, *The Coast of Akron* is a sharply funny and deeply heartbreaking story about the all-too-human urge to own what is unownable.

My Soul to Save Broadleaf Books

Thousands of years of poor farming and ranching practices—and, especially, modern industrial agriculture—have led to the loss of up to 80 percent of carbon from the world's soils. That carbon is now floating in the atmosphere, and even if we stopped using fossil fuels today, it would continue warming the planet. In *The Soil Will Save Us*, journalist and bestselling author Kristin Ohlson makes an elegantly argued, passionate case for "our great green hope"—a way in which we can not only heal the land but also turn atmospheric carbon into beneficial soil carbon—and potentially reverse global warming. As the granddaughter of farmers and the daughter of avid gardeners, Ohlson has long had an appreciation for the soil. A chance conversation with a local chef led her to the crossroads of science, farming, food, and environmentalism and the discovery of the only significant way to remove carbon dioxide from the air—an ecological approach that tends not only to plants and animals but also to the vast population of underground microorganisms that fix carbon in the soil. Ohlson introduces the visionaries—scientists, farmers, ranchers, and landscapers—who are figuring out in the lab and on the ground how to build healthy soil, which solves myriad problems: drought, erosion, air and water pollution, and food quality, as well as climate change. Her discoveries and vivid storytelling will revolutionize the way we think about our food, our landscapes, our plants, and our relationship to Earth.

This Book Could Save Your Life Random House

Chris Dancy, the world's most connected person, inspires readers with practical advice to live a happier and healthier life using technology In 2002, Chris Dancy was overweight, unemployed, and addicted to technology. He chain-smoked cigarettes, popped pills, and was angry and depressed. But when he discovered that his mother kept a record of almost every detail of his childhood, an idea began to form. Could knowing the status of every aspect of his body and how his lifestyle affected his health help him learn to take care of himself? By harnessing the story of his life, could he learn to harness his own bad habits? With a little tech know-how combined with a healthy dose of reality, every app, sensor, and data point in Dancy's life was turned upside down and examined. Now he's sharing what he knows. That knowledge includes the fact that changing the color of his credit card helps him to use it less often, and that nostalgia is a trigger for gratitude for him. A modern-day story of rebirth and redemption, Chris' wisdom and insight will show readers how to improve their lives by paying attention to the relationship between how we move, what we eat, who we spend time with, and how it all makes us feel. But Chris has done all the hard work: Don't Unplug shows us how we too can transform our lives.

Save It! Charisma Media

A charming introduction to simple money concepts in which a little bunny learns about the power and satisfaction that come with saving money. Honey earns two carrots a week for taking care of her siblings. Her FIVE siblings who are so loud and bouncy, she wishes she had a place of her own to escape to for some peace and quiet. So what's a bunny to do? Get creative and figure out a savings plan—even if it means forgoing a treat or two. But saving is worth it because with a little patience and perseverance, Honey will be able to make her dream of having her own space come true! This is the third book in the internationally acclaimed Moneybunnies Series—following *Spend It!* and *Earn It!*

Beauty Will Save the World Simon and Schuster

Paul and Elaine have two boys and a beautiful home, yet they find

themselves thoroughly, inexplicably stuck. Obsessed with 'making things good again', they spin the quiet terrors of family life into a fantastical frenzy that careers well and truly out of control. As A.M. Homes's incendiary novel unfolds, the technicolour hues of the American good life become nearly hallucinogenic: from a strange and hilarious encounter on the floor of the pantry with a Stepford Wife neighbour, to a house-cleaning team in space suits, to a hostage situation at the school. Homes lays bare the foundations of marriage and family life and creates characters outrageously flawed, deeply human and entirely believable.

Music For Torching One World

'an unpreachy guide [...] free of jargon and full of often surprising information.' The Times Change starts at home. In the office. Change starts with you. Your family. Your friends. Change starts with everyday things. One object at a time. Sometimes it can feel overwhelming thinking about all that needs to be done to save our planet. This book is the antidote to that feeling. Easy to read and easy to do - here's all the information and inspiration you need to make a difference, simply by making smart choices about everyday objects, tasks and habits. Environmental scientist Dr Tara Shine guides you from room to room and occasion to occasion with environmentally friendly solutions, backed by science. From swapping bottled soap to bars, to replacing cling film with a simple plate, you will reduce your environmental footprint in an instant, while saving money. This book busts persistent myths and will once and for all show that living sustainably can be both fun and convenient. Besides, it will not only have a positive impact on the environment, but your wellbeing too! 'Dr. Tara Shine is an enlightened big-picture thinker, and with this book she shows that she is equally and delightfully adept at bringing details into focus. This book is all about realising the power you have as an individual by informing yourself, asking questions and making smart choices. By getting becoming active and joining the conversation, you become empowered and you do something about the problem we face rather than feeling powerless in its presence.' Christiana Figueres, Former Executive Secretary of the United Nations Framework Convention on Climate Change

Save the Cat! Simon and Schuster

You want to change the world. You want your work to have meaning. Maybe you're even audacious enough to want saving the world to be fun. What if saving the Earth were a game? Not just any game, but the greatest game we've ever played. This workbook helps social and environmental change professionals learn how to implement powerful techniques from the fields of game design, behavioral psychology, design, data science, and storytelling, that are not only proven to have impact, but also can make your project fun. In a 10-step framework of exercises, tutorials, and case studies, *How to Save the World* will teach you the art of changing the world - and it's often not what you think. Did you know that just by putting a sign above a recycling bin that showed people the number of cans inside increased the recycling rate by 67 percent? Or when people standing in line at a cafe were told that other customers before them had ordered a vegetarian meal, that this simple intervention doubled the total rate of vegetarian meal orders? As you implement these academically researched and measurement-driven techniques, *How to Save the World* will drive you to dig into your creativity and unearth your greatest ideas that shift the numbers on the causes you most care about, so you can experience the joy and satisfaction of seeing your work really, actually change the world every single day.

Emergency St. Martin's Press

Since her debut in 1989, A. M. Homes, author of the forthcoming novel *The Unfolding*, has been among the boldest and most original voices of her generation, acclaimed for the psychological accuracy and unnerving emotional intensity of her storytelling. Her ability to explore how extraordinary the ordinary can be is at the heart of her touching and funny new novel, her first in six years. *This Book Will Save Your Life* is a vivid, uplifting, and revealing story about compassion, transformation, and what can happen if you are willing to lose yourself and open up to the world around you.

I Will Save You HarperCollins

Artist and founder of The Painting School Sara Woster invites readers into the vibrant world of painting as a creative practice powerful enough to transform our lives. Sara Woster is a painter, teacher, and art evangelist. She believes in art as a form of mindfulness, a ritual for healing, and an outlet for self-expression. In *Painting Can Save Your Life*, Woster welcomes readers into this

transformative art form, inviting them to pick up a brush and discover how painting can help you see the world in a whole new way. Weaving soup-to-nuts instruction on how to paint—from choosing the right materials to painting the human body—with her own story of discovering a passion for painting, this book includes: simple and easy techniques for painters of all skill levels playful and challenging painting exercises tips on how to build a creative community using art insights on how to use painting to cultivate a sense of calm in a stressful world Part how-to-paint, part sheer inspiration, *Painting Can Save Your Life* is a wise and inspiring guide to the power of painting.

How to Save Your Planet One Object at a Time Kingfisher

Cities are frequently viewed as passive participants to state and national efforts to solve the toughest urban problems. But the evidence suggests otherwise. Cities are actively devising innovative policy solutions and they have the potential to do even more. In this volume, the authors examine current threats to communities across the U.S. and the globe. They draw on first-hand experience with, and accounts of, the crises already precipitated by climate change, population shifts, and economic inequality. This volume is distinguished, however, by its central objective of traveling beyond a description of problems and a discussion of their serious implications. Each of the thirteen chapters frame specific recommendations and guidance on the range of core capacities and interventions that 21st Century cities would be prudent to consider in mapping their immediate and future responses to these critical problems. *How Cities Will Save the World* brings together authors with frontline experience in the fields of city redevelopment, urban infrastructure, healthcare, planning, immigration, historic preservation, and local government administration. They not only offer their ground level view of threats caused by climate change, population shifts, and economic inequality, but they provide solution-driven narratives identifying promising innovations to help cities tackle this century's greatest adversities.

The Princess Will Save You Blurb

To survive the tumultuous first years with kids, smart parents learn to do things faster, cheaper, and easier. Wouldn't it be great if their hard-won shortcuts were collected into one handy reference? Here's a book that does just that. Featuring 400 of the best tips and tricks from veteran moms and dads, *Mama's Big Book of Little Lifesavers* gets straight to the point with modern solutions to age-old parenting dilemmas such as getting baby to sleep, potty training, saving cash on baby gear, streamlining bedtime, and much more. Easy to dip in and out of, this book helps parents get through each day with a few spare minutes, a

few extra dollars, and their sanity intact!

How (Not) to Save the World Rodale

You are what you eat. Food and diet have an enormous influence on your health and well-being, but eating the right amount of the right things - and not too much of the wrong things - isn't easy. But, as in most walks of life, knowledge is power. This book will empower you to eat healthily, lose weight, and sort the fads from the science facts. This is the New Scientist take on a "New Year, New You" book: an eye-opening and myth-busting guide to everything from sugar to superfoods, from fasting to eating like a caveman and from veganism to your gut microbiome. Forget faddy diet books or gimmicky exercise programs, this is what is scientifically proven to make you live longer and to be healthier and happier.

Saving Us Harper Collins

United Nations Champion of the Earth, climate scientist, and evangelical Christian Katharine Hayhoe changes the debate on how we can save our future in this nationally bestselling "optimistic view on why collective action is still possible—and how it can be realized" (The New York Times). Called "one of the nation's most effective communicators on climate change" by The New York Times, Katharine Hayhoe knows how to navigate all sides of the conversation on our changing planet. A Canadian climate scientist living in Texas, she negotiates distrust of data, indifference to imminent threats, and resistance to proposed solutions with ease. Over the past fifteen years Hayhoe has found that the most important thing we can do to address climate change is talk about it—and she wants to teach you how. In *Saving Us*, Hayhoe argues that when it comes to changing hearts and minds, facts are only one part of the equation. We need to find shared values in order to connect our unique identities to collective action. This is not another doomsday narrative about a planet on fire. It is a multilayered look at science, faith, and human psychology, from an icon in her field—recently named chief scientist at The Nature Conservancy. Drawing on interdisciplinary research and personal stories, Hayhoe shows that small conversations can have astonishing results. *Saving Us* leaves us with the tools to open a dialogue with your loved ones about how we all can play a role in pushing forward for change.

Mama's Big Book of Little Lifesavers Penguin

When Kaylee Cavanaugh screams, someone dies. So when teen pop star Eden croaks onstage and Kaylee doesn't wail, she knows something is dead wrong. She can't cry for someone who has no soul. The last thing Kaylee needs right now is to be skipping school, breaking her dad's ironclad curfew and putting her too-

hot-to-be-real boyfriend's loyalty to the test. But starry-eyed teens are trading their souls: a flickering lifetime of fame and fortune in exchange for eternity in the Netherworld—a consequence they can't possibly understand. Kaylee can't let that happen, even if trying to save their souls means putting her own at risk....

Save Your Own Damn Life Harlequin

A sweeping and eye-opening study of wealth inequality and the dismantling of local government in four working-class US cities that passionately argues for reinvestment in people-centered leadership and offers "a welcome reminder of what government can accomplish if given the chance" (San Francisco Chronicle). Decades of cuts to local government amidst rising concentrations of poverty have wreaked havoc on communities left behind by the modern economy. Some of these discarded places are rural. Others are big cities, small cities, or historic suburbs. Some vote blue, others red. Some are the most diverse communities in America, while others are nearly all white, all Latino, or all Black. All are routinely trashed by outsiders for their poverty and their politics. Mostly, their governments are just broke. Forty years after the anti-tax revolution began protecting wealthy taxpayers and their cities, our high-poverty cities and counties have run out of services to cut, properties to sell, bills to defer, and risky loans to take. In this "astute and powerful vision for improving America" (Publishers Weekly), urban law expert and author Michelle Wilde Anderson offers unsparing, humanistic portraits of the hardships left behind in four such places. But this book is not a eulogy or a lament. Instead, Anderson travels to four blue-collar communities that are poor, broke, and progressing. Networks of leaders and residents in these places are facing down some of the hardest challenges in American poverty today. In Stockton, California, locals are finding ways, beyond the police department, to reduce gun violence and treat the trauma it leaves behind. In Josephine County, Oregon, community leaders have enacted new taxes to support basic services in a rural area with fiercely anti-government politics. In Lawrence, Massachusetts, leaders are figuring out how to improve job security and wages in an era of backbreaking poverty for the working class. And a social movement in Detroit, Michigan, is pioneering ways to stabilize low-income housing after a wave of foreclosures and housing loss. Our smallest governments shape people's safety, comfort, and life chances. For decades, these governments have no longer just reflected inequality—they have helped drive it. But it doesn't have to be that way. Anderson shows that "if we learn to save our towns, we will also be learning to save ourselves" (The New York Times Book Review).