

Firefighter Zen A Field Guide To Thriving In Tough Times

Fire Officer's Handbook of Tactics Trauma Stewardship Schuylkill County Firefighting Fire Monks How We Decide The Martian Chronicles Christmas Miracle at Firehouse Seven Don't Be Afraid Zen and the Art of Running Play to Win! Tempting Tatum Paperback Coral Reefs in the Microbial Seas Paradise in Plain Sight Inquire Within Mindful Responder First Responders Goodbye, Friend Making Pottery You Can Use Firefighter Zen Encyclopedia of Goddesses and Heroines The Lean IT Field Guide Lean IT The Rescuer Aromatherapy for the Soul Twelve by Twelve The Complete Cookie Jar Book Mastering the Art of Public Speaking 101 Rescue Puppies This Messy Magnificent Life Radical Intuition The Mindful Way to Study Jumping Fire When to Jump The Final 8th Classic Sourdoughs, Revised Uncle Rocky, Fireman Burning Down the House Firefighter Functional Fitness 401 Things Veteran Firefighters Can Teach You Callings

Fire Officer's Handbook of Tactics

From the inception of the Friendship Hose Company No. 1 of Orwigsburg in 1820 to the organization of the West Penn Fire Company No. 1 in 1999, more than 130 volunteer fire companies have served Schuylkill County. This proud tradition of volunteer service for the protection of fellow man continues strong to this day as scores of volunteer firefighters continue to serve their communities. Using the archives of the Schuylkill County Historical Society, Schuylkill Historical Fire Society, and many fire companies and individuals, Schuylkill County Firefighting captures in its images the daunting challenges faced by generations of Schuylkill firefighters. Block-burning conflagrations, deadly explosions, and traumatic rescues reveal the heroic battles faced over the years by these dedicated public servants.

Trauma Stewardship

"Be brave. Be kind. Fight fires." That's the motto of firefighters, like Hersch Wilson, who spend their lives walking toward, rather than away from, danger and suffering. As in Zen practice, firefighters are trained to be fully in the moment and present to each heartbeat, each life at hand. In this unique collection of true stories and practical wisdom, Wilson shares the Zen-like techniques that allow people like him to stay grounded while navigating danger, comforting others, and coping with their personal response to each crisis. Every life contains the unexpected and the unwelcome. How you cope with those inevitable events, more than the events themselves, defines the quality of your life. Firefighter Zen is an invaluable guide to meeting every day with your best calm, resilient, and optimistic self.

Schuylkill County Firefighting

He helped save people every day—but he had no idea how to save himself. Jason Sautel had it all. Confident in his abilities and trusted by his fellow firefighters, he was making a name for himself on the streets of Oakland, California. His adrenaline-fueled job even helped him forget the pain of his

childhood—until the day he looked into the eyes of a jumper on the Bay Bridge and came face to face with a darkness he knew would take him down as well. In the following months, a series of traumatic emergency calls—some successful, others impossible-to-forget failures—drove Jason deeper into depression. Even as he continued his lifesaving work, he realized he could never rescue everyone, and he had no idea how to save himself. In the end, Jason was forced to confront the truth: only the relentless power of love could pull him back from his own deadly fall. Action-packed, spiritually honest, and surprisingly romantic, *The Rescuer* transports readers inside the pulse-pounding world of firefighting and into the heart of a man who needed to be broken before he could finally be made whole.

Fire Monks

Why would a successful American physician choose to live in a twelve-foot-by-twelve-foot cabin without running water or electricity? To find out, writer and activist William Powers visited Dr. Jackie Benton in rural North Carolina. No Name Creek gurgled through Benton's permaculture farm, and she stroked honeybees' wings as she shared her wildcrafter philosophy of living on a planet in crisis. Powers, just back from a decade of international aid work, then accepted Benton's offer to stay at the cabin for a season while she traveled. There, he befriended her eclectic neighbors — organic farmers, biofuel brewers, eco-developers — and discovered a sustainable but imperiled way of life. In these pages, Powers not only explores this small patch of community but draws on his international experiences with other pockets of resistance. This engrossing tale of Powers's struggle for a meaningful life with a smaller footprint proposes a paradigm shift to an elusive "Soft World" with clues to personal happiness and global healing.

How We Decide

More Than 1,000 Goddesses & Heroines from around the World Groundbreaking scholar Patricia Monaghan spent her life researching, writing about, and documenting goddesses and heroines from all religions and all corners of the globe. Her work demonstrated that from the beginning of recorded history, goddesses reigned alongside their male counterparts as figures of inspiration and awe. Drawing on anthropology, folklore, literature, and psychology, Monaghan's vibrant and accessible encyclopedia covers female deities from Africa, the eastern Mediterranean, Asia and Oceania, Europe, and the Americas, as well as every major religious tradition.

The Martian Chronicles

New firefighter, Rocky Hill and his two nephews, Ben and Luke, are on a mission to find a mascot for the fire house. Only a Dalmatian will do, but the City Pound has none and the Pet Store is sold out; strikes one and two. If Valley Kennels is strike three the mission will be a failure and Uncle Rocky's day off wasted. -- Uncle Rocky, Fireman, is a series of children's picture books about the adventures of a firefighter and his two nephews. Apart or together they fight fires, rescue people, and help neighbors. The stories emphasize service to others and devotion to duty with each story ending with the trademark statement, "Glad to do it!"

Christmas Miracle at Firehouse Seven

This “terrifying, grimly funny” memoir about fighting forest fires in Alaska offers “an affectionate portrait of a fraternity of daredevils” (The New Yorker). A Los Angeles Times Best Book of the Year Fighting fires since 1965, legendary smokejumper Murry A. Taylor finally hung up his chute after the summer of 2000—the worst fire season in more than fifty years. In *Jumping Fire*, Taylor recounts in thrilling detail one summer of parachuting out of planes to battle blazes in the vast, rugged wilderness of Alaska, with tales of training, digging fire lines, run-ins with bears, and the heroics of fellow jumpers who fell in the line of duty. This unique memoir, filled with humor, fear, tragedy, joy, and countless stories of man versus nature at its most furious, is a “tale of love and loss, life and death, and sheer hard work, set in an unforgiving and unforgettable landscape” (Publishers Weekly). “Filled with adventure, danger and tragedy.” —The New York Times Book Review “A beautifully crafted, wise yet thrilling book.” —Los Angeles Times

Don't Be Afraid

Fragrances possess a unique ability to evoke emotions, memories, and visions. Since the dawn of time spiritual traditions as diverse as Judaism, Christianity, Islam, Shinto, and Buddhism have used fragrances to enhance the experience of the Divine. With *Aromatherapy for the Soul*, world-renowned aromatherapist Valerie Ann Worwood has created a comprehensive guide to the use of essential oils and aromas to enhance spiritual practice. Originally published as *The Fragrant Heavens*, this groundbreaking book draws equally upon the pioneering research of eminent scientists and the insights of leading spiritual teachers. Extensive charts and exercises demonstrate how to use fragrance in healing, prayer, and meditation and in conjunction with vibrational and energetic healing. This extraordinary guide covers more than seventy essential oils and will help you call upon the divine power of fragrance to enrich your spiritual journey.

Zen and the Art of Running

How many IT books have you read that are long on theory and short on practical application? They are interesting, but not very impactful. They provide a framework from which to think and understand, but lack a process from which to act. Addressing this urgent need for the IT community, *The Lean IT Field Guide* explains how to initiate, execute, and sustain a lean IT transformation. Illuminating a clear path to lean IT, the authors integrate more than two decades of combined experience to provide you with a proven method for creating and sustaining a true lean IT workplace. This field guide not only highlights the organizational techniques of more agile and lean processes, but also the leadership work required to help management adopt these new approaches. Based on proven methods from different industries, including banking, manufacturing, insurance, food and beverage, and logistics, the book details a clear model that covers all the components you need to achieve and sustain a favorable work environment and culture in support of lean IT. Filled with anecdotes and case studies from actual businesses, the book includes pictures, templates, and examples that illustrate the application of the lean methods discussed.

Play to Win!

Seventy-four percent of Americans suffer from glossophobia, the fear of public speaking. In fact, even top professional speakers and accomplished actors experience butterflies before presenting. They never eliminate the butterflies; they just teach them how to fly in formation. How? Michael Gelb's techniques will help you clarify and shape your message so that your audience — no matter how big or small, in person or virtual — will care about it. Once the message is clear, he teaches you how to convey it in memorable, creative, and effective ways. Gelb shows that public speaking is a skill anyone can learn and enjoy. Mastering the Art of Public Speaking will guide you to rediscover your natural gift for communication while strengthening confidence and presence.

Tempting Tatum Paperback

Contemplating universal issues of love, loss, forgiveness, transformation, and belief, *Inquire Within* shines a light on our lives and provides a wholly unique and dynamic lens through which to think about ourselves and our world. Rhythmic. Original. Authentic. Inspiring. A journey to the center of the soul, *Inquire Within* is a provocative and entertaining debut from an award-winning poet. You'll never look at poetry the same way again.

Coral Reefs in the Microbial Seas

With more than 2,000 cookie jars illustrated in full color, this is the most complete book on the subject ever published. That helps explain the popularity of this encyclopedia, now in its fifth edition. It also contains extensive research, written by America's foremost authority, making it the definitive reference. The book is organized by both subject and by artists and companies, including the popular McCoy, American Bisque, Hull, and many others. Additionally, there is information on distributors, importers, and retailers, along with guidelines to condition, counterfeits, and production techniques. Additionally, an extensive index and current market values make this edition a must-have for collectors and dealers.

Paradise in Plain Sight

Offers those who care for others and the planet a way to stay engaged, hopeful, balanced, and healthy when dealing with hardship, suffering, and trauma • Deepens readers' understanding of the many ways they and their organizations may be impacted by dealing with trauma and suffering • Uses moving first-person interviews and even cartoons to illuminate the idea of trauma stewardship Working to make the world a more hopeful and sustainable place often means having to confront pain, suffering, crisis, and trauma head-on, day in and day out. Over months and years this takes an enormous emotional, psychological, and physical toll, one that we're often not even fully aware of until the day we feel like we just can't go on anymore. And our well-being and the work we're doing are too important to risk that happening. This book is for all those who notice that they are not the people they once were or who are being told that by their families, friends, colleagues, or pets. Laura van Dernoot Lipsky takes a deep and sympathetic look at the many ways the stress of dealing with trauma manifests itself: feelings of helplessness and hopelessness, diminished creativity, chronic exhaustion, cynicism, and a dozen more. To keep from being overwhelmed, we need to respond to suffering in a thoughtful, intentional way—not by hardening our hearts or by internalizing others' struggles as our own but by developing a quality of compassionate presence. This is trauma stewardship. To help achieve this, Lipsky offers a variety of simple and profound practices, drawn from modern psychology and a range of spiritual traditions, that enable us to look carefully at our reactions and

motivations and discover new sources of energy and renewal. She includes interviews with successful trauma stewards from different walks of life and even uses New Yorker cartoons to illustrate her points. “We can do meaningful work in a way that works for us and for those we serve,” Lipsky writes. “Taking care of ourselves while taking care of others allows us to contribute to our societies with such impact that we will leave a legacy informed by our deepest wisdom and greatest gifts instead of burdened by our struggles and despair.”

Inquire Within

A guide to mindfulness and meditation for today's first responder. Improving resilience, fulfillment, presence, fitness, and situational awareness, on and off the job, this is a book to transform public safety.

Mindful Responder

Sourdough: The Gold Standard of Bread More and more home bakers are replacing mass-produced breads and commercial yeasts in favor of artisan breads made with wild cultures and natural fermentation. Whether you want to capture your own local yeasts, take advantage of established cultures like San Francisco Sourdough, or simply bake healthier, more natural loaves, you'll find no better guides than renowned sourdough authorities Ed and Jean Wood. In this updated edition of *Classic Sourdoughs*, the Woods reveal their newly discovered secret to crafting the perfect loaf: by introducing a unique culture-proofing step and adjusting the temperature of the proofs, home bakers can control the sourness and leavening like never before. The reward? Fresh, hot sourdough emerging from the oven just the way you like it—every time. Starting with their signature Basic Sourdough loaf, the Woods present recipes featuring rustic grains and modern flavors, including Herb Spelt Bread, Prairie Flax Bread, and Malt Beer Bread, along with new no-knead versions of classics like White French Bread. They round out the collection with recipes for homemade baguettes, bagels, English muffins, and cinnamon rolls, plus a chapter on baking authentic sourdoughs in bread machines. Steeped in tradition, nuanced in flavor, and wonderfully ritualized in preparation, sourdough is bread the way it was meant to be. So join the sourdough renaissance and bring these time-honored traditions into your own kitchen.

First Responders

"The influence of fishing, nutrients, bacteria, viruses, and climate change on nature's most wondrous constructs"--Cover.

Goodbye, Friend

The "vivid" and "electrifying" true story of how five monks saved the oldest Zen Buddhist monastery in the United States from wildfire (San Francisco Chronicle). When a massive wildfire surrounded Tassajara Zen Mountain Center, five monks risked their lives to save it. A gripping narrative as well as a portrait of the Zen path and the ways of wildfire, *Fire Monks* reveals what it means to meet a crisis with full presence of mind. Zen master and author of the classic *Zen Mind, Beginner's Mind*, Shunryu Suzuki Roshi established a monastery at Tassajara Hot Springs in 1967, drawn to the location's beauty, peace,

and seclusion. Deep in the wilderness east of Big Sur, the center is connected to the outside world by a single unpaved road. The remoteness that makes it an oasis also makes it particularly vulnerable when disaster strikes. If fire entered the canyon, there would be no escape. More than two thousand wildfires, all started by a single lightning storm, blazed across the state of California in June 2008. With resources stretched thin, firefighters advised residents at Tassajara to evacuate early. Most did. A small crew stayed behind, preparing to protect the monastery when the fire arrived. But nothing could have prepared them for what came next. A treacherous shift in weather conditions prompted a final order to evacuate everyone, including all firefighters. As they caravanned up the road, five senior monks made the risky decision to turn back. Relying on their Zen training, they were able to remain in the moment and do the seemingly impossible—to greet the fire not as an enemy to defeat, but as a friend to guide. Fire Monks pivots on the kind of moment some seek and some run from, when life and death hang in simultaneous view. Novices in fire but experts in readiness, the Tassajara monks summoned both intuition and wisdom to face crisis with startling clarity. The result is a profound lesson in the art of living.

Making Pottery You Can Use

Stories of passion, courage, and commitment, following individuals as they pursue the work they were born to do, from StoryCorps founder Dave Isay In Callings, StoryCorps founder Dave Isay presents unforgettable stories from people doing what they love. Some found their paths at a very young age, others later in life; some overcame great odds or upturned their lives in order to pursue what matters to them. Many of their stories have never been broadcast or published by StoryCorps until now. We meet a man from the barrios of Texas whose harrowing experiences in a family of migrant farmers inspired him to become a public defender. We meet a longtime waitress who takes pride in making regulars and newcomers alike feel at home in her Nashville diner. We meet a young man on the South Side of Chicago who became a teacher in order to help at-risk teenagers like the ones who killed his father get on the right track. We meet a woman from Little Rock who helps former inmates gain the skills and confidence they need to rejoin the workforce. Together they demonstrate how work can be about much more than just making a living, that chasing dreams and finding inspiration in unexpected places can transform a vocation into a calling. Their shared sense of passion, honor, and commitment brings deeper meaning and satisfaction to every aspect of their lives. An essential contribution to the beloved StoryCorps collection, Callings is an inspiring tribute to rewarding work and the American pursuit of happiness. From the Hardcover edition.

Firefighter Zen

Over the past decade, Kathy Callahan's family has taken in more than a hundred rescue puppies. This delightful photo-filled book features the wonderful stories that emerged as these foster pups were suddenly surrounded by a nurturing family complete with patient adult dogs and curious cats. With a gift for capturing the moment in both words and images, Callahan brings readers inside the poignant and ultimately uplifting work of fostering. This inspiring read is indeed about puppies, but it's also about family and human connection. It's about finding your own way — through that one special thing you can do to light a candle, instead of cursing the darkness.

Encyclopedia of Goddesses and Heroines

Winner of a Shingo Research and Professional Publication Award Information Technology is supposed to enable business performance and innovation, improve service levels, manage change, and maintain quality and stability, all while steadily reducing operating costs. Yet when an enterprise begins a Lean transformation, too often the IT department is either left out or viewed as an obstacle. What is to be done? Winner of a 2011 Shingo Research and Professional Publication Award, this book shares practical tips, examples, and case studies to help you establish a culture of continuous improvement to deliver IT operational excellence and business value to your organization. Praise for: will have a permanent place in my bookshelf. —Gene Kim, Chief Technology Officer, Tripwire, Inc. provides an unprecedented look at the role that Lean IT will play in making this revolutionary shift and the critical steps for sustained success. —Steve Castellanos, Lean Enterprise Director, Nike, Inc. Twenty years from now the firms which dominate their industries will have fully embraced Lean strategies throughout their IT organizations. —Scott W. Ambler, Chief Methodologist for Agile and Lean, IBM Rational a great survival manual for those needing nimble and adaptive systems. —Dr. David Labby, MD, PhD, Medical Director and Director of Clinical Support and Innovation, CareOregon makes a major contribution in an often-ignored but much-needed area. —John Bicheno, Program Director MS in Lean Operations, Cardiff University a comprehensive view into the world of Lean IT, a must read! —Dave Wilson, Quality Management, Oregon Health & Science University

The Lean IT Field Guide

Geneen Roth, author of the #1 New York Times bestseller *Women Food and God*, explains how to take the journey to find one's own best self in this "beautiful, funny, deeply relevant" (Glennon Doyle) collection of personal reflections. With an introduction by Anne Lamott, *This Messy Magnificent Life* is a personal and exhilarating read on freeing ourselves from daily anxiety, lack, and discontent. It's a deep dive into what lies behind our self-criticism, whether it is about the size of our thighs, the expression of our thoughts, or the shape of our ambitions. And it's about stopping the search to fix ourselves by realizing that on the other side of the "Me Project" is spaciousness, peace, and the capacity to reclaim one's power and joy. *This Messy Magnificent Life* explores the personal beliefs, hidden traumas, and social pressures that shape not just women's feelings about their bodies but also their confidence, choices, and relationships. After years of teaching retreats and workshops on weight, money, and other obsessions, Roth realized that there was a connection that held her students captive in their unhappiness. With laugh-out-loud humor, compassion, and dead-on insight she reveals the paradoxes in our beliefs and shows how to move beyond our past to build lives that reflect our singularity and inherent power. *This Messy Magnificent Life* is a brilliant, bravura meditation on who we take ourselves to be, what enough means in our gotta-get-more culture, and being at home in our minds and bodies.

Lean IT

The loss of an animal companion can be a painful, wrenching experience. In *Goodbye, Friend*, Gary Kowalski takes you on a journey of healing, offering warmth and sound advice on how to cope with the death of your pet. Filled with heartwarming stories and practical guidance on such matters as taking care of yourself while mourning, creating rituals to honor your pet's memory, and talking to children about death, *Goodbye, Friend* is a beautiful and comforting book for anyone grieving the loss of a beloved animal.

The Rescuer

Create cups, mugs, bowls, and more pieces that are perfect for you! Everyone who owns a beloved mug that has just the right handle, an agreeably "deep" cereal bowl, or a plate that fits perfectly in the dishwasher knows that once you've found these pieces, you wish you had more of them. In *Making Pottery You Can Use*, you'll learn how to create the pieces that will work best for you. Each element of the creative process is explained, including: Deciding the function of the item Working out proportions and making basic drawings Choosing the right clay and tools Design decisions, techniques to consider, variations to contemplate Picking the best method: throwing, slabbing, or coiling Choosing food-safe glazes, and more Successful teacher, designer, and author Jacqui Atkin explains how to throw and hand-build pieces that are beautiful and practical, from plates, cups, and saucers to casserole dishes, pitchers, and tureens. Get started today and you'll have pieces that marry beauty, form, and function, and are perfect for all of your needs.

Aromatherapy for the Soul

"Reflections on finding peace, beauty, and fulfillment in everyday life, illustrated by the author's experiences with tending her new home's venerable but neglected Japanese garden. Author is a Zen Buddhist priest and meditation teacher"--

Twelve by Twelve

Visceral and affecting, *Burning Down the House* is an insightful insider's account of the perilous world of firefighting and an unforgettable memoir of how, in finding his passion, Wangersky lost himself.

The Complete Cookie Jar Book

Draws on Zen philosophies to counsel runners on how to achieve better results by aligning the body and mind for success, providing case testimonials while providing coverage of topics ranging from staying committed and training mindfully to visualizing goals and accepting limitations. Original.

Mastering the Art of Public Speaking

The first book to use the unexpected discoveries of neuroscience to help us make the best decisions Since Plato, philosophers have described the decision-making process as either rational or emotional: we carefully deliberate, or we "blink" and go with our gut. But as scientists break open the mind's black box with the latest tools of neuroscience, they're discovering that this is not how the mind works. Our best decisions are a finely tuned blend of both feeling and reason—and the precise mix depends on the situation. When buying a house, for example, it's best to let our unconscious mull over the many variables. But when we're picking a stock, intuition often leads us astray. The trick is to determine when to use the different parts of the brain, and to do this, we need to think harder (and smarter) about how we think. Jonah Lehrer arms us with the tools we need, drawing on cutting-edge research as well as the real-world

experiences of a wide range of “deciders”—from airplane pilots and hedge fund investors to serial killers and poker players. Lehrer shows how people are taking advantage of the new science to make better television shows, win more football games, and improve military intelligence. His goal is to answer two questions that are of interest to just about anyone, from CEOs to firefighters: How does the human mind make decisions? And how can we make those decisions better?

101 Rescue Puppies

The ability to pay attention is a key component of effective learning. Just think of all the times in your life when parents, teachers, bosses, and coaches have told you to pay attention to what you are doing. You would think that with all of the attention paid to paying attention, we would be pretty good at it. The problem is we're not, because most of us have never been taught how. Commonly adopted methods like forced concentration are actually counterproductive to learning and achieving our goals. In addition, too much focus on future goals and rewards takes our attention away from what we need to be doing in order to achieve them. Luckily, there is another way, a better way: the mindful way. *The Mindful Way To Study: Dancing With Your Books* is a guide to help students, professionals, and other lifelong learners develop a better approach to their educational and career pursuits. By using mindfulness, or the practice of bringing full awareness to the present moment, the authors blend the latest research with entertaining stories and specific techniques to teach readers how to truly pay attention, and even learn to enjoy it.

This Messy Magnificent Life

Blocked? A Revolutionary Guide to Getting Unstuck Author Bridgit Dengel Gaspard coined the term "the final eighth" to describe a phenomenon she experienced herself and observed in others: talented, energetic, motivated people accomplish many steps toward a goal (seven-eighths of it) but then are mysteriously stalled. Practical tips and pep talks don't work because the problem — and the solution — lies deeper. While the conscious, everyday self says, "I want this," other inner selves worry that success will put them in some kind of danger. The powerful secret? Not every part of you wants what you think you want! The innovative technique of voice dialogue will help you communicate with your alter egos, whatever your goal is. In the process, you'll discover and liberate inner "wise counselors, canny advisers, and magical sages," transforming them into valuable allies who'll help you finally achieve your goals.

Radical Intuition

Radical Intuition reveals an all new understanding of intuition and how to use it to live an extraordinary life. This practical guide will teach you to go beyond thinking and discover higher awareness with the power of intuition — a revolutionary force at the threshold of a new era of consciousness. Kim Chestney gives clear guidance for tuning in to your own process of insight, backed by voices from successful insight leaders who recognize intuition as the source of genius in all aspects of life. Learn how to tap into your inner wisdom and create the life you are made for. Featuring contributions from Kelly Noonan Gores (writer/director of the documentary HEAL), Steve Kilbey (singer-songwriter of the Church), Brett Larkin (Uplifted Yoga), Day Schildkret (author of Morning Altars), Jesse Schell (author of The Art of Game Design).

The Mindful Way to Study

John Norman has updated his best-selling book, a guide for the firefighter and fire officer who, having learned the basic mechanics of the trade, are looking for specific methods for handling specific situations. In this new fourth edition, readers will find a new chapter on lightweight construction, a new chapter on electrical fires and emergencies, updates to many chapters including such topics as wind-driven fires, and many new illustrations.

Jumping Fire

"It's important for fire fighters and the behavioral health community to work together in a systematic approach to not only fight stigma, but develop alternatives to the traditional behavioral health services and interventions available. One such pioneer leading the fight to develop quality and culturally competent treatment for our fire fighters is Dr. George Lindenfeld, noted psychologist and accomplished author. In his fifth work, *First Responders: Compassion Fatigue, Burnout, & PTSD*, Dr. Lindenfeld dives deeply into the unique experiences of PTSD among the brave men and women who put their lives on the line every day to serve our communities. "Building on his expertise in treating active military and veteran populations who suffer from PTSD, Dr. Lindenfeld has developed a promising new intervention that uses sensory activation to reconsolidate traumatic memories without relying on the traditional talk therapy interventions that in some cases have been ineffective or even a deterrent for those seeking help. I am grateful for Dr. Lindenfeld's contribution to bring the critical issues of PTSD in the fire service to the forefront of our national and international awareness. We have an uphill battle to climb in addressing this crisis among our ranks, but when we work together to challenge versus accept what is, we are one step closer." Sincerely, Harold A. Schaitberger General President International Association of Firefighters

When to Jump

The tranquility of Mars is disrupted by humans who want to conquer space, colonize the planet, and escape a doomed Earth.

The Final 8th

What do you do when your whole life crashes and burns? How do you get through the flames? Tatum Thompson is living the dream. Her life is perfect; with a loving boyfriend, loving parents and a soon to be college graduate how can life get better? Life is good until it isn't. When tragedy strikes Tatum runs to Josh only to find him in a compromising position with someone else. Turning away from the only life she knew, Tatum is forced to alter her life plan. Blaise Richards is a tattoo artist who moonlights as a volunteer fire fighter. Lies and deception leave his broken heart closed until the beautiful green eyed girl casts her spell over him. She's making him feel things he's never felt. Making him want things he thought he would never want. Tatum wants Mr. just for tonight. Blaise wants Tatum to be his forever. Can Mr. Just for tonight convince Tatum that she's the one? How long can Tatum resist Blaise's determination to make her his?

Classic Sourdoughs, Revised

Want to become a better firefighter? Here are 401 tips, ideas, and tricks of the trade that veteran and experienced firefighters can teach you on how to become better, safer, and a cut above other firefighters. Topics include those for rookies, building construction, engine and ladder operations, incident command, safety and survival, training, tools, understanding smoke conditions, plus a lot more. Here is an opportunity to gain 30 years or more of experience in one book to help you become a better firefighter.

Uncle Rocky, Fireman

“A lively and inspiring guidebook for anyone who wants to make the jump from normal to extraordinary.” —Tony Robbins, #1 New York Times bestselling author of *Unshakeable* and *MONEY: Master the Game* An inspirational book that lays out the “Jump Curve”—four steps to wholeheartedly pursuing the career of your dreams—through experiences from a variety of people who have jumped and never looked back When Mike Lewis was twenty-four and working in a prestigious corporate job, he eagerly wanted to leave and pursue his dream of becoming a professional squash player. But he had questions: When is the right time to move from work that is comfortable to a career you have only dared to dream of? How have other people made such a jump? What did they feel when making that jump—and afterward? Mike sought guidance from others who had “jumped,” and the responses he got—from a banker who started a brewery, a publicist who became a Bishop, a garbage collector who became a furniture designer, and on and on—were so clear-eyed and inspiring that Mike wanted to share what he had learned with others who might be helped by those stories. First, though, he started playing squash professionally. The right book at the right time, *When to Jump* offers more than forty heartening stories (from the founder of Bonobos, the author of *The Big Short*, the designer of the Lyft logo, the Humans of New York creator, and many more) and takeaways that will inspire, instruct, and reassure, including the ingenious four-phase Jump Curve.

Burning Down the House

A children's book that helps educate children about Firefighters and EMT's. In *Billy, Ruffles and the Fireman*, a small boy hears the fire alarm go off in his house. When he hears a noise coming from downstairs, instead of leaving the house, the boy turns around and hides thinking the noise was a monster. He is soon after greeted by a firefighter who takes him to safety and reunites him with his family. In *Emily and the EMT*, a little girl falls from the monkey bars at school, and hurts her arm. When the EMT's arrive and bring out scary looking equipment, the little girl is very scared and worried. But she soon finds out that the EMT's are there to help her, and get her to the hospital safely.

Firefighter Functional Fitness

Firefighter Functional Fitness is the essential guide to optimal firefighter performance and longevity. It provides all firefighters with the knowledge, mindset, and tools to: Maximize their fire ground performance Reduce their risk of injury and experiencing a line-of-duty death Live a long, healthy career

and retirement Designed for firefighters by firefighters, this book shares the The 4 Pillars of Firefighter Functional Fitness: Physical Fitness Recovery and Rest Hydration Nutrition and Lifestyle It also reveals the The Big 8 concept, which includes over 100 photos and descriptions of functional exercises, movements, and stretches that are specifically designed to enhance firefighter performance. The Workout Programming chapter gives firefighters numerous options for putting The Big 8 into action, taking into account all levels of fitness. Additionally, each chapter provides practical action steps for both immediate improvement and long-term success. Must-read bonus chapters include: The Importance of Annual Medical Evaluations An Analysis of the Fire Service's Cardiovascular Epidemic Firefighter Physical Agility Assessments Addressing Organizational Barriers to Fitness Frequently Asked Questions Alarming, over the past 10 years, the fire service has suffered more than 1,000 line-of-duty deaths. Unfortunately, over 50% of these LODDs were attributed to heart attacks, strokes, and other medical causes. Firefighter Functional Fitness attacks these statistics by providing all firefighters with the tools needed to combat this epidemic. Firefighter Functional Fitness brings together the authors' combined 40+ years of fire service experience and decades of utilizing functional fitness principles. The result is an invaluable resource with the vital tools and knowledge that firefighters desperately need to not only enjoy a healthy and productive career, but also benefit with a healthy retirement.

401 Things Veteran Firefighters Can Teach You

Firehouse Seven is a busy fire station staffed by a dedicated team of men and women. The station also has a resident mouse who makes himself at home in the pocket of Firefighter Evan's bunker coat. Unfortunately, Evan is the firehouse grump and he chases the mouse away. As winter arrives and Christmas approaches, the station is beautifully decorated but Evan is sad and quiet. A Christmas Eve fire finds Evan lost and tired in a smokey house. A magical moment helps him escape the house. And there is an amazing, joyous reunion at Firehouse Seven with his rescuer. Christmas Miracle at Firehouse Seven has messages of caring, teamwork, and courage. It is a beautiful story for grandparents and parents to read to their children.

Callings

Packed with time-tested techniques and real-life case studies, this work and life field guide is based on the famous training program of the same name. Now you can put this powerful resource to work in your search for fulfillment in your professional and personal life.

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