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Endurance, Young Readers Edition

Fitness Measures and Health Outcomes in Youth

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More than four decades have passed since a human first set foot on the Moon. Great strides have been made in our understanding of what is required to support an enduring human presence in space, as evidenced by progressively more advanced orbiting human outposts, culminating in the current International Space Station (ISS). However, of the more than 500 humans who have so far ventured into space, most have gone only as far as near-Earth orbit, and none have traveled beyond the orbit of the Moon. Achieving humans' further progress into the solar system had proved far more difficult than imagined in the heady days of the Apollo missions, but the potential rewards remain substantial. During its more than 50-year history, NASA's success in human space exploration has depended on the agency's ability to effectively address a wide range of biomedical, engineering, physical science, and related obstacles--an achievement made possible by NASA's strong and productive commitments to life and physical sciences research for human space exploration, and by its use of human space exploration infrastructures for scientific discovery. The Committee for the Decadal Survey of Biological and Physical Sciences acknowledges the many achievements of NASA, which are all the more remarkable given budgetary challenges and changing directions within the agency. In the past decade, however, a consequence of those challenges has been a life and physical sciences research program that was dramatically reduced in both scale and scope, with the result that the agency is poorly positioned to take full advantage of the scientific opportunities offered by the now fully equipped and staffed ISS laboratory, or to effectively pursue the

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scientific research needed to support the development of advanced human exploration capabilities. Although its review has left it deeply concerned about the current state of NASA's life and physical sciences research, the Committee for the Decadal Survey on Biological and Physical Sciences in Space is nevertheless convinced that a focused science and engineering program can achieve successes that will bring the space community, the U.S. public, and policymakers to an understanding that we are ready for the next significant phase of human space exploration. The goal of this report is to lay out steps and develop a forward-looking portfolio of research that will provide the basis for recapturing the excitement and value of human spaceflight--thereby enabling the U.S. space program to deliver on new exploration initiatives that serve the nation, excite the public, and place the United States again at the forefront of space exploration for the global good.

Endurance

Newly adapted for young readers from the New York Times bestseller comes the awe-inspiring memoir from NASA astronaut Scott Kelly, who spent a record-breaking year in space. How does a boy struggling in school become an American hero and a space pioneer? Daredevil behavior? Check. Whether it is sailing leaky boats in the Atlantic Ocean or joining an ambulance corps to race to the rescue, living on the edge is required behavior for an astronaut. Sibling rivalry? Check. An

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identical twin brother who both cheers you on and eggs you on is the perfect motivator. Inspiration? Check. Finding the right book can unexpectedly change the course of your life by providing a dream and a road map for achieving it. Courage? Check. Mastering skills that could mean the difference between life and death as a fighter pilot, test pilot, and astronaut takes bravery. Endurance? Check. The grit and can-do spirit that enables you to get up every time you're knocked down and fuels the power to meet each challenge head-on and then ask, "What's next?" Scott Kelly believes, "If you can dream it, you can do it." This checklist put Scott on a rocket that launched him into space, allowed him to break a record during his inspiring year aboard the International Space Station, and showed human beings the qualities needed to go from Earth to Mars--and beyond. "An engaging and high-flying read for nonfiction and space lovers alike." --School Library Journal "Those who are intrigued by space travel will find this a fascinating book." --Booklist

Endurance

Vehicular Electric Power Systems: Land, Sea, Air, and Space Vehicles acquaints professionals with trends and challenges in the development of more electric vehicles (MEVs) using detailed examples and comprehensive discussions of advanced MEV power system architectures, characteristics, and dynamics. The authors focus on real-world applications and highlight issues related to system stability as well as challenges faced during and after implementation. Probes

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innovations in the development of more electric vehicles for improved maintenance, support, endurance, safety, and cost-efficiency in automotive, aerospace, and marine vehicle engineering Heralding a new wave of advances in power system technology, Vehicular Electric Power Systems discusses: Different automotive power systems including conventional automobiles, more electric cars, heavy-duty vehicles, and electric and hybrid electric vehicles Electric and hybrid electric propulsion systems and control strategies Aerospace power systems including conventional and advanced aircraft, spacecraft, and the international space station Sea and undersea vehicles The modeling, real-time state estimation, and stability assessment of vehicular power systems Applications of fuel cells in various land, sea, air, and space vehicles Modeling techniques for energy storage devices including batteries, fuel cells, photovoltaic cells, and ultracapacitors Advanced power electronic converters and electric motor drives for vehicular applications Guidelines for the proper design of DC and AC distribution architectures

Routledge Research Companion to Landscape Architecture

The first American woman to walk in space recounts her experience as part of the team that launched, rescued, repaired, and maintained the Hubble Space Telescope. The Hubble Space Telescope has revolutionized our understanding of the universe. It has, among many other achievements, revealed thousands of

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galaxies in what seemed to be empty patches of sky; transformed our knowledge of black holes; found dwarf planets with moons orbiting other stars; and measured precisely how fast the universe is expanding. In *Handprints on Hubble*, retired astronaut Kathryn Sullivan describes her work on the NASA team that made all of this possible. Sullivan, the first American woman to walk in space, recounts how she and other astronauts, engineers, and scientists launched, rescued, repaired, and maintained Hubble, the most productive observatory ever built. Along the way, Sullivan chronicles her early life as a "Sputnik Baby," her path to NASA through oceanography, and her initiation into the space program as one of "thirty-five new guys." (She was also one of the first six women to join NASA's storied astronaut corps.) She describes in vivid detail what liftoff feels like inside a spacecraft (it's like "being in an earthquake and a fighter jet at the same time"), shows us the view from a spacewalk, and recounts the temporary grounding of the shuttle program after the Challenger disaster. Sullivan explains that "maintainability" was designed into Hubble, and she describes the work of inventing the tools and processes that made on-orbit maintenance possible. Because in-flight repair and upgrade was part of the plan, NASA was able to fix a serious defect in Hubble's mirrors--leaving literal and metaphorical "handprints on Hubble." *Handprints on Hubble* was published with the support of the MIT Press Fund for Diverse Voices.

The Pursuit of Endurance

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Winner of the Graywolf Press Nonfiction Prize, a breathtaking elegy to the waning days of human spaceflight as we have known it. In the 1960s, humans took their first steps away from Earth, and for a time our possibilities in space seemed endless. But in a time of austerity and in the wake of high-profile disasters like Challenger, that dream has ended. In early 2011, Margaret Lazarus Dean traveled to Cape Canaveral for NASA's last three space shuttle launches in order to bear witness to the end of an era. With Dean as our guide to Florida's Space Coast and to the history of NASA, *Leaving Orbit* takes the measure of what American spaceflight has achieved while reckoning with its earlier witnesses, such as Norman Mailer, Tom Wolfe, and Oriana Fallaci. Along the way, Dean meets NASA workers, astronauts, and space fans, gathering possible answers to the question: What does it mean that a spacefaring nation won't be going to space anymore?

The Right Stuff

The Routledge Research Companion to Landscape Architecture considers landscape architecture's increasingly important cultural, aesthetic, and ecological role. The volume reflects topical concerns in theoretical, historical, philosophical, and practice-related research in landscape architecture – research that reflects our relationship with what has traditionally been called 'nature'. It does so at a time when questions about the use of global resources and understanding the links between human and non-human worlds are more crucial than ever. The twenty-

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five chapters of this edited collection bring together significant positions in current landscape architecture research under five broad themes – History, Sites and Heritage, City and Nature, Ethics and Sustainability, Knowledge and Practice – supplemented with a discussion of landscape architecture education. Prominent as well as up-and-coming contributors from landscape architecture and adjacent fields including Tom Avermaete, Peter Carl, Gareth Doherty, Ottmar Ette, Matthew Gandy, Christophe Girot, Anne Whiston Spirn, Ian H. Thompson and Jane Wolff seek to widen, fuel, and frame critical discussion in this growing area. A significant contribution to landscape architecture research, this book will be beneficial not only to students and academics in landscape architecture, but also to scholars in related fields such as history, architecture, and social studies.

Fighting for Space

The Wedge

Colonel Chris Hadfield has spent decades training as an astronaut and has logged nearly 4000 hours in space. During this time he has broken into a Space Station with a Swiss army knife, disposed of a live snake while piloting a plane, and been temporarily blinded while clinging to the exterior of an orbiting spacecraft. The

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secret to Col. Hadfield's success-and survival-is an unconventional philosophy he learned at NASA: prepare for the worst-and enjoy every moment of it. In *An Astronaut's Guide to Life on Earth*, Col. Hadfield takes readers deep into his years of training and space exploration to show how to make the impossible possible. Through eye-opening, entertaining stories filled with the adrenaline of launch, the mesmerizing wonder of spacewalks, and the measured, calm responses mandated by crises, he explains how conventional wisdom can get in the way of achievement-and happiness. His own extraordinary education in space has taught him some counterintuitive lessons: don't visualize success, do care what others think, and always sweat the small stuff. You might never be able to build a robot, pilot a spacecraft, make a music video or perform basic surgery in zero gravity like Col. Hadfield. But his vivid and refreshing insights will teach you how to think like an astronaut, and will change, completely, the way you view life on Earth-especially your own.

Summary of Endurance

A journey through the otherworldly science behind Christopher Nolan's award-winning film, *Interstellar*, from executive producer and Nobel Prize-winning physicist Kip Thorne. *Interstellar*, from acclaimed filmmaker Christopher Nolan, takes us on a fantastic voyage far beyond our solar system. Yet in *The Science of Interstellar*, Kip Thorne, the Nobel prize-winning physicist who assisted Nolan on

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the scientific aspects of *Interstellar*, shows us that the movie's jaw-dropping events and stunning, never-before-attempted visuals are grounded in real science. Thorne shares his experiences working as the science adviser on the film and then moves on to the science itself. In chapters on wormholes, black holes, interstellar travel, and much more, Thorne's scientific insights—many of them triggered during the actual scripting and shooting of *Interstellar*—describe the physical laws that govern our universe and the truly astounding phenomena that those laws make possible. *Interstellar* and all related characters and elements are trademarks of and © Warner Bros. Entertainment Inc. (s14).

Spaceman (Adapted for Young Readers)

Drawing upon previously unavailable sources, Caroline Alexander gives us a riveting account of Shackleton's expedition one of history's greatest epics of survival. And she presents the astonishing work of Frank Hurley, the Australian photographer whose visual record of the adventure was never before published comprehensively. Together, text and image re-create the terrible beauty of Antarctica, the awful destruction of the ship, and the crew's heroic daily struggle to stay alive, a miracle achieved largely through Shackleton's inspiring leadership. The survival of Hurley's remarkable images is scarcely less miraculous: The original glass plate negatives, from which most of the book's illustrations are superbly reproduced, were stored in hermetically sealed canisters that survived months on

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the ice floes, a week in an open boat on the polar seas, and several more months buried in the snows of a rocky outcrop called Elephant Island. Finally, Hurley was forced to abandon his professional equipment; thereafter he captured some of the most unforgettable images of the struggle with a pocket camera and three rolls of Kodak film.

Forty Rooms

In *You Are Here*, celebrated astronaut Chris Hadfield gives us the really big picture: this is our home, as seen from space. The millions of us who followed Hadfield's news-making Twitter feed from the International Space Station thought we knew what we were looking at when we first saw his photos. But we may have caught the beauty and missed the full meaning. Now, through photographs – many of which have never been shared – Hadfield unveils a fresh and insightful look at our planet. He sees astonishing detail and importance in these images, not just because he's spent months in space but because his in-depth knowledge of geology, geography and meteorology allows him to reveal the photos' mysteries. Featuring Hadfield's favourite images, *You Are Here* is divided by continent and represents one (idealized) orbit of the ISS. Surprising, thought-provoking and visually delightful, it opens a singular window on our planet, using remarkable photographs to illuminate the history and consequences of human settlement, the magnificence of never-before-noticed landscapes, and the power of the natural

forces shaping our world and the future of our species.

Ask an Astronaut

The harrowing tale of British explorer Ernest Shackleton's 1914 attempt to reach the South Pole, one of the greatest adventure stories of the modern age. In August 1914, polar explorer Ernest Shackleton boarded the Endurance and set sail for Antarctica, where he planned to cross the last uncharted continent on foot. In January 1915, after battling its way through a thousand miles of pack ice and only a day's sail short of its destination, the Endurance became locked in an island of ice. Thus began the legendary ordeal of Shackleton and his crew of twenty-seven men. When their ship was finally crushed between two ice floes, they attempted a near-impossible journey over 850 miles of the South Atlantic's heaviest seas to the closest outpost of civilization. In *Endurance*, the definitive account of Ernest Shackleton's fateful trip, Alfred Lansing brilliantly narrates the harrowing and miraculous voyage that has defined heroism for the modern age.

Spaceman

As featured on BBC Breakfast, Radio 5Live and Steve Wright in the Afternoon on BBC Radio 2 From the Nasa astronaut who spent a record-breaking year aboard

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the International Space Station – what it's like out there and what it's like now, back here. Enter Scott Kelly's fascinating world and dare to think of your own a little differently. As soon as you realize you aren't going to die, space is the most fun you'll ever have. The veteran of four space flights and the American record holder for most consecutive days spent in space, Scott Kelly has experienced things very few of us ever have and very few of us ever will. Kelly's humanity, compassion, humour, and passion shine as he describes navigating the extreme challenge of long-term spaceflight, both existential and banal. He touches on what's happened to his body, the sadness of being isolated from everyone he loves; the pressures of constant close cohabitation; the catastrophic risks of colliding with space junk, and the still more haunting threat of being absent should tragedy strike at home. From a natural storyteller *Endurance* is one of the finest examples the triumph of the human imagination, the strength of the human will, and the boundless wonder of the galaxy. * What readers are saying 'Takes you up into space and lets you be a part of astronaut life' 'Tough to put down! Tells a side you don't often hear or read about for that matter' 'Mind blowing . . . up there with Ernest Shackleton for me' 'My husband said it is the next best thing to going into space yourself' 'Six stars!'

The Endurance

Physical inactivity is a key determinant of health across the lifespan. A lack of

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activity increases the risk of heart disease, colon and breast cancer, diabetes mellitus, hypertension, osteoporosis, anxiety and depression and others diseases. Emerging literature has suggested that in terms of mortality, the global population health burden of physical inactivity approaches that of cigarette smoking. The prevalence and substantial disease risk associated with physical inactivity has been described as a pandemic. The prevalence, health impact, and evidence of changeability all have resulted in calls for action to increase physical activity across the lifespan. In response to the need to find ways to make physical activity a health priority for youth, the Institute of Medicine's Committee on Physical Activity and Physical Education in the School Environment was formed. Its purpose was to review the current status of physical activity and physical education in the school environment, including before, during, and after school, and examine the influences of physical activity and physical education on the short and long term physical, cognitive and brain, and psychosocial health and development of children and adolescents. Educating the Student Body makes recommendations about approaches for strengthening and improving programs and policies for physical activity and physical education in the school environment. This report lays out a set of guiding principles to guide its work on these tasks. These included: recognizing the benefits of instilling life-long physical activity habits in children; the value of using systems thinking in improving physical activity and physical education in the school environment; the recognition of current disparities in opportunities and the need to achieve equity in physical activity and physical

education; the importance of considering all types of school environments; the need to take into consideration the diversity of students as recommendations are developed. This report will be of interest to local and national policymakers, school officials, teachers, and the education community, researchers, professional organizations, and parents interested in physical activity, physical education, and health for school-aged children and adolescents.

The Book of Common Prayer, and Administration of the Sacraments, Together with the Psalter

The flagship title of the certification suite from the American College of Sports Medicine, ACSM's Guidelines for Exercise Testing and Prescription is a handbook that delivers scientifically based standards on exercise testing and prescription to the certification candidate, the professional, and the student. The 9th edition focuses on evidence-based recommendations that reflect the latest research and clinical information. This manual is an essential resource for any health/fitness and clinical exercise professional, physician, nurse, physician assistant, physical and occupational therapist, dietician, and health care administrator. This manual give succinct summaries of recommended procedures for exercise testing and exercise prescription in healthy and diseased patients.

ACSM's Guidelines for Exercise Testing and Prescription

A well-researched story brilliantly recounts how twenty-eight men battled against almost insuperable odds in 1914 to return to civilization after their ship Endurance sank near the South Pole, now available in a deluxe gift edition featuring eighty-four spectacular photographs. Reprint.

Hello, Is This Planet Earth?

NATIONAL BEST SELLER A stunning, personal memoir from the astronaut and modern-day hero who spent a record-breaking year aboard the International Space Station—a message of hope for the future that will inspire for generations to come. The veteran of four spaceflights and the American record holder for consecutive days spent in space, Scott Kelly has experienced things very few have. Now, he takes us inside a sphere utterly hostile to human life. He describes navigating the extreme challenge of long-term spaceflight, both life-threatening and mundane: the devastating effects on the body; the isolation from everyone he loves and the comforts of Earth; the catastrophic risks of colliding with space junk; and the still more haunting threat of being unable to help should tragedy strike at home—an agonizing situation Kelly faced when, on a previous mission, his twin brother's wife, American Congresswoman Gabrielle Giffords, was shot while he still had two

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months in space. Kelly's humanity, compassion, humor, and determination resonate throughout, as he recalls his rough-and-tumble New Jersey childhood and the youthful inspiration that sparked his astounding career, and as he makes clear his belief that Mars will be the next, ultimately challenging, step in spaceflight. In *Endurance*, we see the triumph of the human imagination, the strength of the human will, and the infinite wonder of the galaxy.

The Science of Interstellar

In 1984 President Ronald Reagan gave NASA the go-ahead to build a Space Station. A generation later, the International Space Station is an established and highly successful research centre in Earth orbit. The history of this extraordinary project is a complex weave of powerful threads - political, diplomatic, financial and technological among them - but none is more fascinating than the story of its design. This book provides the first comprehensive account of the International Space Station's conception, development and assembly in space. As a highly accessible chronicle of a complex piece of design and engineering, it will appeal to readers far beyond the space field. NASA Astronaut Nicole Stott, a veteran of International Space Station Expeditions 20 and 21 and Shuttle Missions STS-128, STS-129 and STS-133, introduces the book with a personal memoir - 'A Home in Space'.

Educating the Student Body

"The story of Mike Massimino's life growing up in a working-class family and his determination to get the education and experience that would lead to his challenging but successful rise to become a NASA astronaut"--

Infinite Wonder

NATIONAL BEST SELLER A stunning, personal memoir from the astronaut and modern-day hero who spent a record-breaking year aboard the International Space Station—a message of hope for the future that will inspire for generations to come. The veteran of four spaceflights and the American record holder for consecutive days spent in space, Scott Kelly has experienced things very few have. Now, he takes us inside a sphere utterly hostile to human life. He describes navigating the extreme challenge of long-term spaceflight, both life-threatening and mundane: the devastating effects on the body; the isolation from everyone he loves and the comforts of Earth; the catastrophic risks of colliding with space junk; and the still more haunting threat of being unable to help should tragedy strike at home—an agonizing situation Kelly faced when, on a previous mission, his twin brother's wife, American Congresswoman Gabrielle Giffords, was shot while he still had two months in space. Kelly's humanity, compassion, humor, and determination

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Vehicular Electric Power Systems

Winner of the 2016 Pulitzer Prize for History From the winner of two Pulitzer Prizes and a National Book Award, a brilliant biography of Gen. George Armstrong Custer that radically changes our view of the man and his turbulent times. In this magisterial biography, T. J. Stiles paints a portrait of Custer both deeply personal and sweeping in scope, proving how much of Custer's legacy has been ignored. He demolishes Custer's historical caricature, revealing a volatile, contradictory, intense person—capable yet insecure, intelligent yet bigoted, passionate yet self-destructive, a romantic individualist at odds with the institution of the military (he was court-martialed twice in six years). The key to understanding Custer, Stiles writes, is keeping in mind that he lived on a frontier in time. In the Civil War, the West, and many areas overlooked in previous biographies, Custer helped to create modern America, but he could never adapt to it. He freed countless slaves yet rejected new civil rights laws. He proved his heroism but missed the dark reality of war for so many others. A talented combat leader, he struggled as a manager in

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the West. He tried to make a fortune on Wall Street yet never connected with the new corporate economy. Native Americans fascinated him, but he could not see them as fully human. A popular writer, he remained apart from Ambrose Bierce, Mark Twain, and other rising intellectuals. During Custer's lifetime, Americans saw their world remade. His admirers saw him as the embodiment of the nation's gallant youth, of all that they were losing; his detractors despised him for resisting a more complex and promising future. Intimate, dramatic, and provocative, this biography captures the larger story of the changing nation in Custer's tumultuous marriage to his highly educated wife, Libbie; their complicated relationship with Eliza Brown, the forceful black woman who ran their household; as well as his battles and expeditions. It casts surprising new light on a near-mythic American figure, a man both widely known and little understood.

Chasing Space

NASA astronaut Scott Kelly was the first to spend an entire year in space! Discover his awe-inspiring journey in this fascinating picture book memoir (the perfect companion to his adult book *Endurance*) that takes readers from Scott's childhood as an average student to his record-breaking year among the stars. Scott Kelly wasn't sure what he wanted to be when he grew up. He struggled in school and often got in trouble with his twin brother, Mark. Then one day Scott discovered a book about test pilots and astronauts that set him on a new path. His new focus

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led him to fly higher and higher, becoming first a pilot and then an astronaut, along with his brother—the first twin astronauts in history. But his greatest accomplishment of all was commanding the International Space Station and spending nearly a year in space, which set the record for the longest spaceflight by an American. This story of an ordinary boy who grew up to do extraordinary things is perfect for children, fans of Scott's adult book *Endurance: A Year in Space, A Lifetime of Discovery*, aspiring astronauts, and anyone who has ever tried to defy the odds. It will amaze and inspire you.

Endurance: the Complete Series

Was it fun to do a space walk? How squashed were you in the capsule on the way back? What were your feelings as you looked down on Earth for the first time? Were you ever scared? Where to next--the Moon, Mars, or beyond? Based on his historic mission to the International Space Station, *Ask an Astronaut* is Tim Peake's guide to life in space, and his answers to the thousands of questions he has been asked since his return to Earth. With explanations ranging from the mundane--how do you wash your clothes or go to the bathroom while in orbit?--to the profound--what's the point?--all written in Tim's characteristically warm style, Tim shares his thoughts on every aspect of space exploration. From training for the mission to launch, to his historic spacewalk, to re-entry, he reveals for readers of all ages the cutting-edge science behind his groundbreaking experiments, and the

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wonders of daily life on board the International Space Station. The public was invited to submit questions using the hashtag #askanastronaut, and a selection are answered by Tim in the book, accompanied with illustrations, diagrams, and never-before-seen photos.

Handprints on Hubble

The internationally acclaimed author of *The Dream Life of Sukhanov* now returns to gift us with *Forty Rooms*, which outshines even that prizewinning novel. Totally original in conception and magnificently executed, *Forty Rooms* is mysterious, withholding, and ultimately emotionally devastating. Olga Grushin is dealing with issues of women's identity, of women's choices, that no modern novel has explored so deeply. "Forty rooms" is a conceit: it proposes that a modern woman will inhabit forty rooms in her lifetime. They form her biography, from childhood to death. For our protagonist, the much-loved child of a late marriage, the first rooms she is aware of as she nears the age of five are those that make up her family's Moscow apartment. We follow this child as she reaches adolescence, leaves home to study in America, and slowly discovers sexual happiness and love. But her hunger for adventure and her longing to be a great poet conspire to kill the affair. She seems to have made her choice. But one day she runs into a college classmate. He is sure of his path through life, and he is protective of her. (He is also a great cook.) They drift into an affair and marriage. What follows are the

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decades of births and deaths, the celebrations, material accumulations, and home comforts—until one day, her children grown and gone, her husband absent, she finds herself alone except for the ghosts of her youth, who have come back to haunt and even taunt her. Compelling and complex, *Forty Rooms* is also profoundly affecting, its ending shattering but true. We know that Mrs. Caldwell (for that is the only name by which we know her) has died. Was it a life well lived? Quite likely. Was it a life complete? Does such a life ever really exist? Life is, after all, full of trade-offs and choices. Who is to say her path was not well taken? It is this ambiguity that is at the heart of this provocative novel.

Celebrating 30 Years of the Space Shuttle Program

In Lionel Shriver's entertaining send-up of today's cult of exercise—which not only encourages better health, but now like all religions also seems to promise meaning, social superiority, and eternal life—an aging husband's sudden obsession with extreme sport makes him unbearable. After an ignominious early retirement, Remington announces to his wife Serenata that he's decided to run a marathon. This from a sedentary man in his sixties who's never done a lick of exercise in his life. His wife can't help but observe that his ambition is "hopelessly trite." A loner, Serenata disdains mass group activities of any sort. Besides, his timing is cruel. Serenata has long been the couple's exercise freak, but by age sixty, her private fitness regimes have destroyed her knees, and she'll soon face debilitating

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surgery. Yes, becoming more active would be good for Remington's heart, but then why not just go for a walk? Without several thousand of your closest friends? As Remington joins the cult of fitness that increasingly consumes the Western world, her once-modest husband burgeons into an unbearable narcissist. Ignoring all his other obligations, he engages a saucy, sexy personal trainer named Bambi, who treats Serenata with contempt. When Remington sets his sights on the legendarily grueling triathlon, MettleMan, Serenata is sure he'll end up injured or dead. And even if he does survive, their marriage may not. *The Motion of the Body Through Space* is vintage Lionel Shriver written with psychological insight, a rich cast of characters, lots of verve and petulance, an astute reading of contemporary culture, and an emotionally resonant ending.

An Astronaut's Guide to Life on Earth

As the most obvious man-made object in the night sky, clearly visible to the naked eye, the International Space Station is of interest to almost everyone. This book describes the technical aspects of its design and construction and details of its day-to-day operation.

International Space Station

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This book tells the fascinating stories of the valiant women who broke down barriers to join the space program. Beginning with the orbital flight of USSR cosmonaut Valentina Tereshkova in 1963, they became players in the greatest adventure of our time. The author contextualizes their accomplishments in light of the political and cultural climate, from the Cold War in the background to the changing status of women in society at large during the Seventies. The book includes the biographies of, and in some cases interviews with, the sixty women who flew in space in the first half century of space history. It reports their achievements and some little known details. The result is a gallery of pioneering women who reached for the stars: women who, with exceptional skill, hard work, and dedication, reached impressive careers as accomplished pilots, researchers, and engineers; many are now in high level managerial positions both at NASA or in public and private organizations, and all left a legacy of strength.

Endurance

Physical fitness affects our ability to function and be active. At poor levels, it is associated with such health outcomes as diabetes and cardiovascular disease. Physical fitness testing in American youth was established on a large scale in the 1950s with an early focus on performance-related fitness that gradually gave way to an emphasis on health-related fitness. Using appropriately selected measures to collect fitness data in youth will advance our understanding of how fitness

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among youth translates into better health. In *Fitness Measures and Health Outcomes in Youth*, the IOM assesses the relationship between youth fitness test items and health outcomes, recommends the best fitness test items, provides guidance for interpreting fitness scores, and provides an agenda for needed research. The report concludes that selected cardiorespiratory endurance, musculoskeletal fitness, and body composition measures should be in fitness surveys and in schools. Collecting fitness data nationally and in schools helps with setting and achieving fitness goals and priorities for public health at an individual and national level.

Endurance

National Geographic Adventurer of the Year Jennifer Pharr Davis unlocks the secret to maximizing perseverance--on and off the trail Jennifer Pharr Davis, a record holder of the FKT (fastest known time) on the Appalachian Trail, reveals the secrets and habits behind endurance as she chronicles her incredible accomplishments in the world of endurance hiking, backpacking, and trail running. With a storyteller's ear for fascinating detail and description, Davis takes readers along as she trains and sets her record, analyzing and trail-testing the theories and methodologies espoused by her star-studded roster of mentors. She distills complex rituals and histories into easy-to-understand tips and action items that will help you take perseverance to the next level. *The Pursuit of Endurance* empowers readers to

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unlock phenomenal endurance and leverage newfound grit to achieve personal bests in everything from sports and family to the boardroom.

Rocket Men

The #1 international bestseller: An astronaut's tour of our planet from the heavens, featuring 150 mesmerizing photographs (with commentary) from the International Space Station One of Space.com's Best Space Photography Books! During his six-month mission to the International Space Station, astronaut Tim Peake became the first British astronaut to complete a spacewalk--and, perhaps more astonishingly, the first to run an entire marathon in space. During his historic mission, he captured hundreds of dazzling photographs, the very best of which are collected here. Tim captures the majesty of the cosmos and of the planet we call home: breath-taking aerial photos of the world's cities illuminated at night, the natural beauty of the northern lights, and unforgettable views of oceans, mountains, and deserts. Tim's lively stories about life in space appear alongside these photographs, including the tale from which the title is taken: his famous wrong number dialed from space, when he accidentally called a stranger and asked: "Hello, is this planet Earth?" With this truly unique perspective on the incredible sights of our planet, Tim demonstrates that while in space, hundreds of miles above his friends and family, he never felt closer to home.

Endurance

NEW YORK TIMES BESTSELLER • The riveting inside story of three heroic astronauts who took on the challenge of mankind's historic first mission to the Moon, from the bestselling author of *Shadow Divers*. "Robert Kurson tells the tale of Apollo 8 with novelistic detail and immediacy."—Andy Weir, #1 New York Times bestselling author of *The Martian* and *Artemis* By August 1968, the American space program was in danger of failing in its two most important objectives: to land a man on the Moon by President Kennedy's end-of-decade deadline, and to triumph over the Soviets in space. With its back against the wall, NASA made an almost unimaginable leap: It would scrap its usual methodical approach and risk everything on a sudden launch, sending the first men in history to the Moon—in just four months. And it would all happen at Christmas. In a year of historic violence and discord—the Tet Offensive, the assassinations of Martin Luther King, Jr., and Robert Kennedy, the riots at the Democratic National Convention in Chicago—the Apollo 8 mission would be the boldest, riskiest test of America's greatness under pressure. In this gripping insider account, Robert Kurson puts the focus on the three astronauts and their families: the commander, Frank Borman, a conflicted man on his final mission; idealistic Jim Lovell, who'd dreamed since boyhood of riding a rocket to the Moon; and Bill Anders, a young nuclear engineer and hotshot fighter pilot making his first space flight. Drawn from hundreds of hours of one-on-one interviews with the astronauts, their loved ones, NASA

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personnel, and myriad experts, and filled with vivid and unforgettable detail, *Rocket Men* is the definitive account of one of America's finest hours. In this real-life thriller, Kurson reveals the epic dangers involved, and the singular bravery it took, for mankind to leave Earth for the first time—and arrive at a new world. "Rocket Men is a riveting introduction to the [Apollo 8] flight. . . . Kurson details the mission in crisp, suspenseful scenes. . . . [A] gripping book."—The New York Times Book Review

The Motion of the Body Through Space

USA Today Bestseller! A disrespected ship, exiled to lonely patrol in the dark corners of the solar system. A crew of screw-ups, written off by the entire fleet. They're about to change everything. If they don't blow themselves up first. Join the *Endurance's* crew - a trigger-happy first officer, a hyperactive engineer, a shy covert operative, a conspiracy-spouting physicist, and a captain trying to earn his way back into his superiors' good graces - as they explore the galaxy by accident and trip their way into saving the world. This anthology includes all five *Endurance* novellas, as well as two bonus short stories.

Creating the International Space Station

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From "America's nerviest journalist" (Newsweek)--a breath-taking epic, a magnificent adventure story, and an investigation into the true heroism and courage of the first Americans to conquer space. "Tom Wolfe at his very best" (The New York Times Book Review) Millions of words have poured forth about man's trip to the moon, but until now few people have had a sense of the most engrossing side of the adventure; namely, what went on in the minds of the astronauts themselves - in space, on the moon, and even during certain odysseys on earth. It is this, the inner life of the astronauts, that Tom Wolfe describes with his almost uncanny empathetic powers, that made *The Right Stuff* a classic.

You Are Here

From the record-breaking astronaut, national hero, and best-selling author of *Endurance*, a breathtaking collection of photos documenting his journey on the International Space Station, the vastness of space, and the unparalleled beauty of our own home planet. One's perspective shifts when one lives for an entire year--as Commander Scott Kelly, and no other American astronaut in history, has--in the isolating, grueling, and utterly unforgiving vacuum of space. Kelly's photos prove that this perspective--from 250 miles above earth--while hard-won, is also almost unspeakably beautiful. He mastered the rare art of microgravity photography. Using a Nikon D4 with a long 800mm lens and a 1.4x magnifying zoom lens, he panned the camera as the shutter released in order to compensate

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for the space station's velocity: 17,500 mph relative to the earth. Kelly's artist's eye helped make him a social media sensation, and here his photos are collected alongside his own commentary, which sets the images in their proper contexts, human and cosmic. Kelly captures sunsets, moonrises, the aurora borealis, and the luminous, hazy tapestry of the Milky Way. He presents snapshots of life and work on the International Space Station, from spacewalks to selfies. But above all--or floating amid all--he takes the earth itself as his celestial muse. Here are hurricanes, wrinkled mountains, New York City shining like a galaxy--glorious photographs that are, in themselves, a passionate argument for the preservation of our planet in the face of climate change and environmental destruction.

Women Spacefarers

Have you ever wondered what it would be like to find yourself strapped to a giant rocket that's about to go from zero to 17,500 miles per hour? Or to look back on Earth from outer space and see the surprisingly precise line between day and night? Or to stand in front of the Hubble Space Telescope, wondering if the emergency repair you're about to make will inadvertently ruin humankind's chance to unlock the universe's secrets? Mike Massimino has been there, and in *Spaceman* he puts you inside the suit, with all the zip and buoyancy of life in microgravity. Massimino's childhood space dreams were born the day Neil Armstrong set foot on the moon. Growing up in a working-class Long Island family, he catapulted himself

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to Columbia and then MIT, only to flunk his first doctoral exam and be rejected three times by NASA before making it through the final round of astronaut selection. Taking us through the surreal wonder and beauty of his first spacewalk, the tragedy of losing friends in the Columbia shuttle accident, and the development of his enduring love for the Hubble Telescope—which he and his fellow astronauts were tasked with saving on his final mission—Massimino has written an ode to never giving up and the power of teamwork to make anything possible. Spaceman invites us into a rare, wonderful world where science meets the most thrilling adventure, revealing just what having “the right stuff” really means.

Recapturing a Future for Space Exploration

In this revelatory and moving memoir, a former NASA astronaut and NFL wide receiver shares his personal journey from the gridiron to the stars, examining the intersecting roles of community, perseverance and grace that align to create the opportunities for success. Leland Melvin is the only person in human history to catch a pass in the National Football League and in space. Though his path to the heavens was riddled with setbacks and injury, Leland persevered to reach the stars. While training with NASA, Melvin suffered a severe injury that left him deaf. Leland was relegated to earthbound assignments, but chose to remain and support his astronaut family. His loyalty paid off. Recovering partial hearing, he earned his

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eligibility for space travel. He served as mission specialist for two flights aboard the shuttle Atlantis, working on the International Space Station. In this uplifting memoir, the former NASA astronaut and professional athlete offers an examination of the intersecting role of community, determination, and grace that align to shape our opportunities and outcomes. Chasing Space is not the story of one man, but the story of many men, women, scientists, and mentors who helped him defy the odds and live out an uncommon destiny. As a chemist, athlete, engineer and space traveler, Leland's life story is a study in the science of achievement. His personal insights illuminate how grit and grace, are the keys to overcoming adversity and rising to success.

Leaving Orbit

Spaceflight historian Amy Shira Teitel tells the riveting story of the female pilots who each dreamed of being the first American woman in space. When the space age dawned in the late 1950s, Jackie Cochran held more propeller and jet flying records than any pilot of the twentieth century—man or woman. She had led the Women's Auxiliary Service Pilots during the Second World War, was the first woman to break the sound barrier, ran her own luxury cosmetics company, and counted multiple presidents among her personal friends. She was more qualified than any woman in the world to make the leap from atmosphere to orbit. Yet it was Jerrie Cobb, twenty-five years Jackie's junior and a record-holding pilot in her own

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right, who finagled her way into taking the same medical tests as the Mercury astronauts. The prospect of flying in space quickly became her obsession. While the American and international media spun the shocking story of a "woman astronaut" program, Jackie and Jerrie struggled to gain control of the narrative, each hoping to turn the rumored program into their own ideal reality-an issue that ultimately went all the way to Congress. This dual biography of audacious trailblazers Jackie Cochran and Jerrie Cobb presents these fascinating and fearless women in all their glory and grit, using their stories as guides through the shifting social, political, and technical landscape of the time.

My Journey to the Stars

In this explosive investigation into the limits of endurance, journalist and New York Times bestselling author Scott Carney discovers how humans can wedge control over automatic physiological responses into the breaking point between stress and biology. We can reclaim our evolutionary destiny.

Custer's Trials

NOTE: NO FURTHER DISCOUNT FOR THIS PRINT PRODUCT-- OVERSTOCK SALE
-Significantly reduced list price The Space Shuttle fleet set high marks of

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achievement and endurance through 30 years of missions, from its first on April 12, 1981, to its last, on July 21, 2011. Beginning with the orbiter Columbia and continuing with Challenger, Discovery, Atlantis, and Endeavour, the National Aeronautics and Space Administration's (NASA) Space Shuttle has carried people into orbit; launched, recovered, and repaired satellites; conducted cutting-edge research; and helped build the largest human made structure in space, the International Space Station. Replete with images and facts of each mission and crew, this book is a tribute to everything accomplished during the 30 years of operation of the Space Shuttle program that defined NASA for an entire generation. Other related products: NASA Historical Data Book, V. 7: NASA Launch Systems, Space Transportation/Human Spaceflight, and Space Science can be found here: <https://bookstore.gpo.gov/products/sku/033-000-01309-4> Revolutionary Atmosphere: The Story of the Altitude Wind Tunnel and the Space Power Chambers can be found here: <https://bookstore.gpo.gov/products/sku/033-000-01342-6> Leadership in Space: Selected Speeches of NASA Administrator Michael Griffin, May 2005-October 2008 can be found here: <https://bookstore.gpo.gov/products/sku/033-000-01314-1> Our Changing Atmosphere: Discoveries From EOS Aura (Booklet) can be found here: <https://bookstore.gpo.gov/products/sku/033-000-01345-1> Dressing for Altitude: U.S. Aviation Pressure Suits, Wiley Post to Space Shuttle --ePub format-- can be found here: <https://bookstore.gpo.gov/products/sku/999-000-44444-5> Wings in Orbit: Scientific and Engineering Legacies of the Space Shuttle 1971-2010 --Hardcover

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Endurance, Young Readers Edition

Endurance: A Year in Space, A Lifetime of Discovery by Scott Kelly - Book Summary - Readtrepreneur (Disclaimer: This is NOT the original book, but an unofficial summary.) Space has always been the subject of most of our imaginations. Let your imagination run wild with Endurance. Scott Kelly's memoirs will guide you through an unforgettable journey through space. Put yourself in the shoes of an astronaut and get as close as you can to experiencing life in space. (Note: This summary is wholly written and published by Readtrepreneur It is not affiliated with the original author in any way) "I've learned that an achievement that seems to have been accomplished by one person probably has hundreds, maybe even thousands, of people's minds and work behind it, and I've learned that it's a privilege to be the embodiment of that work." - Scott Kelly The American record holder with 340 consecutive days in space, Scott Kelly tells us what he experienced during a year aboard the International Space Station. His book addresses the

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devastating effects of long-term space travel to a man's health, the struggles with the effects of long-term isolation and the helpless feeling of being light years away from everyone that you love. Endurance serves as a testament to the power of a man's will and the immense force that space is. Scott Kelly's Endurance will make you feel like an astronaut, at least for a few days during which you will not be able to put this book down. P.S. Endurance invites you to tap into the mind of one of the most famous astronauts of all time. Learn what lies behind the incredible determination, willpower and courage of a true modern-day hero, Scott Kelly. The Time for Thinking is Over! Time for Action! Scroll Up Now and Click on the "Buy now with 1-Click" Button to Download your Copy Right Away! Why Choose Us, Readtrepreneur? ☐ Highest Quality Summaries ☐ Delivers Amazing Knowledge ☐ Awesome Refresher ☐ Clear And Concise Disclaimer Once Again: This book is meant for a great companionship of the original book or to simply get the gist of the original book.

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