

A close-up photograph of ocean waves. The water is a deep teal color with white foam from the breaking waves. The word "BREATHE" is overlaid in the center in a white, serif, all-caps font.

BREATHE

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Breathe Free Nina Jones,2021-05-18 Emma has no idea what happened to Anya She might have died in the fire She might be alive abroad anywhere Alone In danger Emma has to find her But how She is only 14 Just a normal girl Except she won't give up Using a school trip as cover she runs away from home crosses continents risking her life again and again to find her best friend Will it be worth it *Flow Free, Breathe Free* Kum Kum Ray,2018-05-22 These are my songs of life nay my very breathe Pages from the album of my memories That nudged and nudged Till I could no longer hold Broke free Flew Free breathed free

Yearning to Breathe Free Andrew Billingsley,2021-03-05 A sociological approach to appreciating the heroism and legacy of the Gullah statesman On May 13 1862 Robert Smalls 1839 1915 commandeered a Confederate warship the Planter from Charleston harbor and piloted the vessel to cheering seamen of the Union blockade thus securing his place in the annals of Civil War heroics Slave pilot businessman statesman U S congressman Smalls played many roles en route to becoming an American icon but none of his accomplishments was a solo effort Sociologist Andrew Billingsley offers the first biography of Smalls to assess the influence of his families black and white past and present on his life and enduring legend In so doing Billingsley creates a compelling mosaic of evolving black white social relations in the American South as exemplified by this famous figure and his descendants Born a slave in Beaufort South Carolina Robert Smalls was raised with his master's family and grew up amid an odd balance of privilege and bondage which instilled in him an understanding of and desire for freedom culminating in his daring bid for freedom in 1862 Smalls served with distinction in the Union forces at the helm of the Planter and after the war he returned to Beaufort to buy the home of his former masters a house that remained at the center of the Smalls family for a century A founder of the South Carolina Republican Party Smalls was elected to the state house of representatives the state senate and five times to the United States Congress Throughout the trials and triumphs of his military and public service he was surrounded by growing family of supporters Billingsley illustrates how this support system coupled with Smalls's dogged resilience empowered him for success Writing of subsequent generations of the Smalls family Billingsley delineates the evolving patterns of opportunity challenge and change that have been the hallmarks of the African American experience thanks to the selfless investments in freedom and family made by Robert Smalls of South Carolina

Free Your Breath, Free Your Life Dennis Lewis,2004-05-18 This book will show you how being aware of your breathing can have a profound impact on your physical and emotional health in a most positive way Whether you are interested in stress reduction easing a chronic breathing problem or exploring the more spiritual aspects of breathing practice this illustrated guide will provide you with practical simple exercises to calm energize and generally enhance your sense of well being The author Dennis Lewis also shows how becoming more conscious of your breathing can reveal a lot about your self image and help you deal more effectively with difficult emotions and situations **More Finish Lines to**

Cross Cary Clack,2024-02-27 Cary Clack has captured the hearts and minds of Texans since the mid 1990s gaining a national

reputation as an incisive and sensitive journalist and developing a significant following as a columnist Originally from San Antonio he worked with the Martin Luther King Jr Center for Nonviolent Social Change in Atlanta writing CNN commentaries for Coretta Scott King to hone his communication skills and broaden his social sensibilities Returning to his hometown he quickly became known as a writer who profiled everyday heroes and captured stories unique to the Texas experience adding a critical local perspective to national news His columns are infused with a sense of humility and a keen examination of the humanness in others Following sixteen years as a journalist Clack pursued interests in politics social policy and service including work with the mayor of San Antonio U S congressman Joaquin Castro and others More Finish Lines to Cross is a collection of Clack s best short and long form columns since his return to the San Antonio Express News in 2019 It includes more than eighty pieces about the issues of the day from Donald Trump Joe Biden and the war in Ukraine to the impact of COVID the death of George Floyd and the mass shooting of schoolchildren in Uvalde Texas Along the way we meet the people who influenced Clack which in turn reminds us to reflect on how we become the people we are and what inspires us to be better members of our communities

Born to be Free Jack Miller,2018-10-15 Jack Miller s Born to Be Free examines the beauty and power of the American principles that our founding fathers gave us and the lack of knowledge about them in today s society With a preface by distinguished professor and author James Ceaser University of Virginia Miller goes on to advocate for communicating these values by introducing them back into higher education Miller examines the overarching benefits of teaching our country s founding principles and how that could impact America s future Miller founded the Jack Miller Center for Teaching America s Founding Principles and History 14 years ago launching a project to get these teachings back onto college campuses The work has also allowed him to expand his own knowledge by discussing and debating our country s founding ideas with professors and scholars from the Center s network of over 900 academics across the country In the book s second section Miller discusses the programs and growth of the Jack Miller Center along with its ongoing success in partnering with and supporting educators Building on its success in higher education the project has expanded to include graduate courses and seminars for high school teachers to enrich their knowledge of America s founding principles and history and help them introduce these principles into their classrooms The final chapters of the book dive into the personal life of Miller exploring his past from a modest beginning on through his college years and eventually to becoming a prominent Chicago area entrepreneur and philanthropist All the while he underscores the great need for education in our country s founding principles and why he has devoted so much time effort and so many millions of dollars into this project

Miller's Anesthesia Lars I. Eriksson,2009-01-01 From fundamental principles to advanced subspecialty procedures this text is the go to reference on the technical scientific and clinical challenges professionals face Features new chapters new authors meticulous updates an increased international presence and a new full color design **Anesthesia**

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[Shared Governance in Higher Education, Volume 3](#) Sharon F. Cramer, Peter L. K. Knuepfer, 2020-08-01 Shared governance impacts every member of the campus community, including faculty, staff, students, and administrators. Contributors to this volume, presenters at multiple SUNY Voices conferences on Shared Governance, explore how campus members can effectively improve the dialogue about critical issues and become better informed about the subtle, sophisticated strategies needed to move from discussion to action. Readers will gain new insights enabling them to reexamine their own governance, both their current circumstances and possible futures. Included here are examinations of the key elements and models of shared governance: the role of faculty governance in institutional diversity and inclusion, relationship and rapport building, and communication in times of change. Also discussed are assessment rubrics, campus- and systemwide experiences, and analyses of shared governance in the accreditation process.

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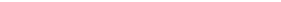
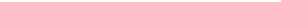
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