

Perseverance

The Seven Skills You Need to Survive, Thrive, and Accomplish More Than You Ever Imagined

by Tim Hague

ISBN: 9780735233669

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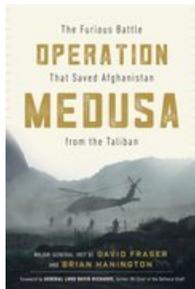
Price: \$34.00

An inspiring story of beating the odds and learning to overcome--no matter what life hands you.

After starting a family and flourishing in his career, Tim Hague was struck by misfortune. The irritating tremor in his foot turned out to be early onset Parkinson's disease. He was only 46 years old. But what seemed to be an end became a new beginning. Just three years later, Hague won the inaugural The Amazing Race Canada (with his son, Tim Jr., as his teammate). His remarkable life story shows that perseverance is not just a matter of willpower: it is a skill that can be learned and honed.

And perseverance is the theme of his life. From the day he was born, Hague has gone from one struggle to another. Yet, remarkably, he doesn't have a trace of self-pity. In fact, he feels blessed. From his tough start in life as an unwanted mixed-race baby born in Texas in 1964, to his eventual move to the unforgiving climate of Winnipeg, Canada, to start a family under difficult circumstances, and his continuing battle with Parkinson's--Hague's life is a roadmap of perseverance.

Parkinson's has forced him to retire early from the work he loves as a registered nurse. But as a healthcare professional, and now suffering from a challenging disease himself, Hague discusses living with Parkinson's like no one else could. He now works with charities to help promote Parkinson's awareness and his "Live Your Best" message. Drawing on his experience winning The Amazing Race, and referencing cutting-edge research and studies, Hague weaves a moving story of failure a ...



Operation Medusa

The Furious Battle That Saved Afghanistan from the Taliban

by Major General Fraser

ISBN: 9780771039300

Binding: Hardback

Publisher: McClelland & Stewart

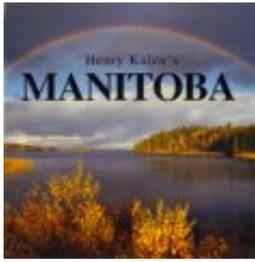
Pub. Date: 2018-05-08

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Price: \$32.00

From the Canadian in charge of the joint military command in Kandahar Province in Afghanistan, this is the real on-the-ground story of one of NATO's bloodiest, most decisive and misunderstood operations: The battle of Panjwayi, the defining moment of "Operation Medusa."

In 2006, David Fraser was the Canadian general in charge of the joint military command in Kandahar Province, Afghanistan. Like the troops under his command, he was in no way ready for what happened on Friday, September 1st of that year. He had been woken the night before by his intelligence officers who informed him that the Taliban were amassing on all fronts for an all-out battle. The NATO Alliance was about to engage the enemy in the greatest and bloodiest battle of their 70-year history. And they were grossly outnumbered. At first the facts of Operation Medusa were deliberately withheld as classified, then muddled by imprecise and isolated personal accounts, exaggerated by rumour, misstated by ambition, or just rejected outright as irrelevant, the details of these events are still unknown by citizens of Canada and her allies. And yet the truth about those 15 agonizing days between September 2 and 17 is astounding. The secret agreements made in those two weeks, the expected death toll of Canadian soldiers, the wholesale changes to tactics made after the first engagement, the strafing of Charles Company by an American A-10, the contribution of the Afghan police, the discovery of drugs, the extent of unreported civilian casualties, and even Canadian and Allied reliance on the insights of village elders were classified and kept from public knowledge. And yet in international military circles, the Battle of Panjwayi was quickly hailed as the defining moment of Operation Medusa. Canadians were credited with nothing less than saving Afghanistan from falling under Taliban rule. Our military's strategy and tactics were soon studied in warfare colleges in the U.S., and practiced by Nato troops in exercises around the world. There is no one architect of Operation Medusa, but if anyone rea ...



Henry Kalen's Manitoba

by Henry Kalen

ISBN: 9780969752332

Binding: Unknown

Publisher: McNally Robinson P.O.D.

Pub. Date: unknown

Pages:

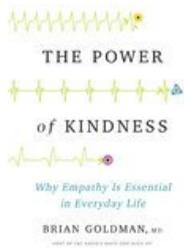
Price: \$24.95

A portrayal of Manitoba through the lens of its most respected photographer, Henry Kalen's Manitoba is a book that captures the landmarks, the icons and the communities of one of Western Canada's most beautiful provinces.

The prairies, the north, the cities and towns, the lakes and the rivers are captured by a photographer who revered the simple beauty of Manitoba's landscapes.

Henry Kalen, who was an architect, became one of Canada's most distinguished architectural photographers. And so Manitoba's built environment, and in particular Winnipeg's bridges, parks and buildings, are brilliantly depicted.

For visitors, for those who wish to see what Manitoba is all about and for proud Manitobans who want a visual remembrance of the province they call home, this is a collection to cherish.



The Power of Kindness

Why Empathy Is Essential in Everyday Life

by Brian Goldman

ISBN: 9781443451062

Binding: Hardback

Publisher: HarperCollins

Pub. Date: 2018-04-24

Pages: 320

Price: \$32.99

As a veteran emergency room physician, Dr. Brian Goldman has a successful career setting broken bones, curing pneumonia, and otherwise pulling people back from the brink of medical emergency. He always believed that caring came naturally to physicians. But time, stress, errors, and heavy expectations left him wondering if he might not be the same caring doctor he thought he was at the beginning of his career. He wondered what kindness truly looks like--in himself and in others.

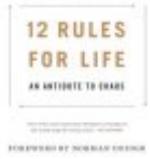
In "The Power of Kindness, Goldman leaves the comfortable, familiar surroundings of the hospital in search of his own lost compassion. A top neuroscientist performs an MRI scan of his brain to see if he is hard-wired for empathy. A researcher at Western University in Ontario tests his personality and makes a startling discovery. Goldman then circles the planet in search of the most empathic people alive, to hear their stories and learn their secrets. He visits a boulevard in São Paulo, Brazil, where he meets a woman who calls a homeless poet her soulmate and reunited him with his family; a research lab in Kyoto, Japan, where he meets a lifelike, empathetic android; and a nursing home in rural Pennsylvania, where he meets a therapist at a nursing home who has an uncanny knack of knowing what's inside the hearts and minds of people with dementia, as well as her protege, a woman who talked a gun-wielding robber into walking away from his crime. Powerful and engaging, "The Power of Kindness" takes us far from the theatre of medicine and into the world at large, and investigates why kindness is so vital to our existence.

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JORDAN B
PETERSON



12 Rules for Life An Antidote to Chaos by Jordan Peterson

ISBN: 9780345816023
Binding: Hardback
Publisher: Knopf Random Vintage Canada
Pub. Date: 2018-01-23
Pages: 448
Price: \$34.95

#1 NATIONAL BESTSELLER
#1 INTERNATIONAL BESTSELLER

What does everyone in the modern world need to know? Renowned psychologist Jordan B. Peterson's answer to this most difficult of questions uniquely combines the hard-won truths of ancient tradition with the stunning revelations of cutting-edge scientific research.

Humorous, surprising and informative, Dr. Peterson tells us why skateboarding boys and girls must be left alone, what terrible fate awaits those who criticize too easily, and why you should always pet a cat when you meet one on the street.

What does the nervous system of the lowly lobster have to tell us about standing up straight (with our shoulders back) and about success in life? Why did ancient Egyptians worship the capacity to pay careful attention as the highest of gods? What dreadful paths do people tread when they become resentful, arrogant and vengeful? Dr. Peterson journeys broadly, discussing discipline, freedom, adventure and responsibility, distilling the world's wisdom into 12 practical and profound rules for life. *12 Rules for Life* shatters the modern commonplaces of science, faith and human nature, while transforming and ennobling the mind and spirit of its readers.