

NUMBER 367



SARA DERAY

AGENTS OF THE DOMES BOOK 1

CHAPTER 1

THE TUNNEL SEEMED TO GO ON FOREVER. The dirt walls brushed against my shoulders, crumbling into my tattered shirt as I crept along. Every gasp of air felt like hot ash against the back of my throat, the temperature threatened to make me pass out at any moment, my bones, flesh, and blood cooked in the airless heat as I slowly died. My body ached. My right arm was crushed. I couldn't use it. The Doctor had wanted me to lift something. I couldn't remember what. It had been too heavy for me. The injection he gave me beforehand was supposed to help, to give me Mod strength in my arms. It hadn't worked.

They never worked. Only dying worked. The ones who got to leave this place did it in pieces, what was left of them brought to the freezer or stuffed into bags and removed, disposed of in the surrounding desert.

I had decided not to die. I wouldn't wait until I collapsed for good, sent to join the other corpses waiting in the freezer. I'd get myself out, no matter what it cost me. It was the only reason I was forcing myself through this cramped tunnel, one I'd spent too many precious sleeping hours making with my bare hands and a scalpel the nights I was locked in the lab. It was the one room in the whole place with no cameras, leaving the Doctor free to do his work.

Why can't I just die?

I didn't know.

There was no strength in my body. My mind was a jumbled mess of minerals and organic matter, earth and rock broken down to their individual particles as my hands sank into the dirt, my knees cracking against stones I couldn't see, the names and details of what surrounded me crowding into my head, directing my steps as it had when I'd dug this way, showing me where to go, what to dig. The flow of information was sharp in my mind now, focused from having just shaken off the last vestiges of the Doctor's painful effect on my mind, a feat I had gotten blessedly better at during the endless days I'd spent, bound and writhing on a white lab table as he'd used it to push me to the edge of my sanity.

The only place my resolve could have come from was my heart. But that was long gone too. Having a heart meant I could still hurt, could still bleed, that I had something for the Doctor to stab and dissect in that horrible laboratory where he always waited for me each afternoon, the sickly, hopeful smile and the terrible words he always spoke belying his intent as I entered before he tore me apart again.

The pain in my body now was normal. I expected it. Pain was no stranger. If I could still feel it, I was still alive. I could still be among the chosen strong ones, I could breathe for another day. I wasn't like the kids in the bunk underneath me whose cold bodies I carried in for inspection each morning.

So many dead. They're gone now. Just like you will be...

I crawled farther, farther from my prison, from my thoughts. I let the names of the substances around me grow louder.

Silicon dioxide, calcium carbonate, phosphate, nitrogen. Minerals. Desert dirt.

A sudden ringing in my ears, my heartbeat for one moment growing so loud it was all I could hear as I crawled and squirmed ahead before the sound abated, my broken thoughts returning in its place.

Maybe you're gone now too. Except you're still breathing.

Am I?

Keep breathing.

Giving my head a sharp shake, I refocused on the passage ahead of me, reaching out with my good hand. If I was going to live, I had to

keep moving.

I had to.

I had decided to live.

I let the part of my mind telling me of minerals, rock, and dust take over my thoughts again, not minding when they repeated for the ninth time, the strange voice in my head for once out of new things to tell me. There was only the tunnel. This endless tunnel, destined to swallow me alive.

Darkness, all around me.

It was so dark out here I might as well have still been in that tunnel, except for the dry air that had come rushing toward me when I'd tumbled out, crumbling dirt suddenly giving way to loose, shifting sand.

It flowed between my fingers now as I struggled forward, shifted beneath my hands and pulled away from beneath my knees, stealing my grip, sapping my failing strength. It lifted and swirled past me with each breath of the desert wind, the thin eddies threatening to blow my bony frame over, bury me in the rising dunes. The heat pressing down on me was unyielding, with no source I could see to shield myself from, to give myself even one moment of relief.

Time seemed to stretch as my thoughts grew foggier, jumbled and incoherent. The night was endless as death around me, dark as ink. Images flickered in front of my eyes, the death and terror I left behind me with each labored step flashing in front of me before leaving me in the dark again. I limped, dragged, and clawed my way forward, each step more painful than the last, torturing my empty, starved, broken body.

But I couldn't stop. Not when my body stopped moving, and I had to bite my tongue as hard as I could, trigger a fresh wave of pain to keep myself conscious, to start moving again. Not when it felt like my skin was peeling off from the unforgiving heat, I couldn't stop. If I did, it would come off. He would burn it off. The Doctor would watch as I burned to bone before his eyes, and the last thing I would ever see would be his disappointed face as he watched me scream.

I have to live.

I couldn't stop the jump in my chest, the tiniest hope rising, though I tried to stop it, when I finally saw something. First just a blur in the distance, but then rising above the sand, above the ground, something that even nearly blinded, my gritty, blurry eyes knew wasn't another sand dune. The never-ending darkness was broken by it, drew away from it.

From inside the dome, the guard lights at each panel shone back at me, too far to reach me yet, but close, close enough to taste. I could feel it, ever closer. Movement. Life. It shone like a massive snow globe, set on a sandy ridge.

Please. Please.

I'm not going to burn. Not like the others. I'm going to live.

Sand, on my forehead now. Sand between the strands of my hair, my fingers grasping at it as it slid, always away from me. Sand in my shredded pants legs, creating fire greater than the heat of the desert could ever be against my cracked, dry skin. My right arm dragged uselessly behind me. I felt nothing from that shoulder. I wasn't sure if the arm was still there, or if it had fallen away from the abused shoulder it was harnessed to somewhere far back.

I'm going to live.

Glass at my forehead. Always glass, never a door...!

Let me in.

Let me in!

Voices, coming closer. I cringed, shrunk into myself. My heart dried up, all the hope wrung out of it at the sight of military boots, the starched white pants.

I fell.

My face hit the sand, the sand that had threatened to bury me the whole way here. I saw the Doctor's face, pale and angular, his nose nothing more than a pedestal for the pale blue eyes that I was never allowed to disappoint. He would see me torn apart with a disappointed shake of his head at my weakness, his finger pointing down at me from inside his white gloves, his white uniform, pointing at my failure. At how I'd run.

Bury me.

Burn me.

Kill me.

Just don't let me go back there.

I want to live.

Don't let me go back there.

I WANT TO LIVE.

DEEP INTO — THE — BITCOIN RABBIT HOLE

Take a Journey into the World of
Crypto and Discover the 3 Keys
to Unlock Your Financial Destiny



DAMON L JOHNSON

INTRODUCTION

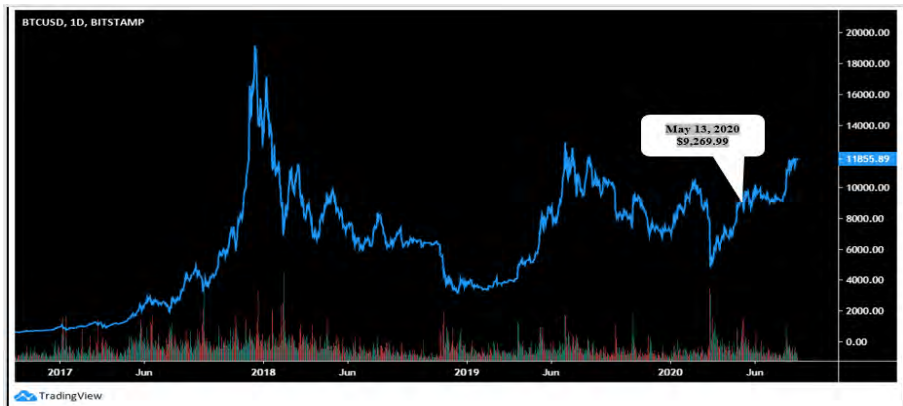
*“Compound interest is the eighth wonder of the world.
He who understands it, earns it...He who doesn't...pays it.”*

– Albert Einstein

*“Bitcoin is the ninth wonder of the world.
He who understands it, earns it...He who doesn't...learns it.”*

– Damon L Johnson

Today is May 13, 2020. The price of bitcoin is \$9,269.99 and the market cap is \$170.4B.



(1)

Hello and welcome! My name is Damon L Johnson and I appreciate this opportunity to share with you my journey into the world of cryptocurrency. May 13, 2020 is the day I began writing this book about my twenty-six-month journey into the world of crypto that started two years earlier. In chapter one, I begin my journey in May of 2018, and by the time we finish the book in chapter seven, we have traveled two years back to the current time of May 2020.

In 2020 Bitcoin is eleven years old, however this relatively new digital currency has yet to gain mainstream awareness and acceptance from the United States public. However, 2018 and 2019 did present some subtle clues in the United States, that told the public that now, more than any other time in the past, is the time to pay attention to Bitcoin and cryptocurrency as a new asset class. We will cover these clues throughout the subsequent chapters. However, in this introduction, we will look at three clues that presented themselves in early 2020.

The first subtle clue came from the US Internal Revenue Service (IRS). Out of nowhere, in January of 2020, the Treasury Department added a mandatory question on the 2019 Schedule 1 of IRS form 1040 that asked,

"At any time during 2019, did you receive, sell, send, exchange or

From the headlines, I could see that the “Big” banks were in and other Wall Street financial institutions were on their way.

Every day on Twitter or YouTube, I would hear someone referencing, “The Herd is coming”. I listened to a podcast where I learned that as early as October 2017, **#RabbitHoleResource** - Michael Novogratz, made popular the crypto phrase “The Herd is Coming”. Michael Novogratz is an ex-hedge fund manager, formerly of the investment firm Fortress Investment Group. Forbes magazine ranked him as a billionaire in 2007 and 2008 and prior to joining Fortress, he was a partner at Goldman Sachs. (27)

Mr. Novogratz was a speaker at the cryptocurrency conference, Ethereum Summit San Francisco, in 2017, where he titled his presentation “The Herd is Coming”, referencing the inevitability of institutional capital. I watched the YouTube clip of his presentation, where he went over how he got into the crypto space, the potential for cryptos and blockchain, and how he felt that the established mainstream institutions would adopt cryptos. He spoke of how the institutional minds and money were looking more and more at bitcoin and cryptos as legitimate and were trying to figure out ways that they could get skin into the game. (28)

All throughout 2018, Novogratz’s speculation was backed up by further news headlines that reported on several major institutional giants that were testing out the crypto market. I read one article that reported on Goldman Sachs’ plan to open a Bitcoin trading desk. Another article pointed out that Goldman-backed Circle bought Poloniex, a cryptocurrency trading exchange. Listening to the Crypto Sphere Podcast (29), I learned that Barclays bank was interested in starting its own trading desk and that George Soros gave the green light to trade crypto. However, one of the biggest institutional headlines in 2018 that the crypto influencers were talking about was the news about Bakkt’s entrance into the market. At the time **#RabbitHoleResource** - Kelly Loeffler was the CEO of Bakkt. She later would go on to be appointed to the US Senate from Georgia to replace the retiring Johnny Isakson.

Mrs. Loeffler indicated that Bakkt was a joint venture created by the Intercontinental Exchange (ICE). ICE operates 23 stock exchanges

don't think the project can go forward without addressing those concerns...Facebook has a couple billion-plus users, so I think you have for the first time the possibility of very broad adoption of cryptocurrency." - (41)

Seems Mr. Powell and I both had the same idea on how Libra could affect mass adoption of crypto.

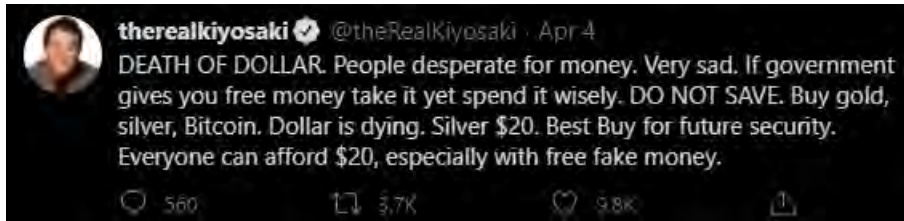
On July 12th, the President of the United States, Donald Trump took to Twitter and added his two cents,

"Facebook Libra's 'virtual currency' will have little standing or dependability. If Facebook and other companies want to become a bank, they must seek a new Banking Charter and become subject to all Banking Regulations, just like other Banks...I am not a fan of Bitcoin and other Cryptocurrencies, which are not money, and whose value is highly volatile and based on thin air...Unregulated Crypto Assets can facilitate unlawful behavior, including drug trade and other illegal activity." - (42)

That is funny. That sounds like the US dollar.

On July 16th, the US Senate Banking Committee held hearings on Libra and on July 17th, the House Financial Services Committee held hearings on Libra. While I was celebrating and relaxing in Florida, the US government was launching an assault against Mark Zuckerberg and Facebook over crypto. The US government was finally waking up to the disruptive innovation of crypto started by Bitcoin. You could sense the fear in the air. It took Facebook, to open the eyes of the world to the power of digital assets.

The Bitcoin Maximalist community just sat back and smiled to ourselves. This was the beauty of Bitcoin. It is an opensource software program not controlled by any centralized authority. It does not have a CEO that Congress can bring in front of any committee to grill and say stop your project. The Bitcoin network is over ten years old and its untouchable. Bitcoin continues to quietly mine blocks in its blockchain, day after day, and allows its users to do with their money as they see fit, no matter what Auntie or anyone else has to say about it.



(53)

Similar to how people point to Robert Kiyosaki as inspiration in traditional finance education, in the Bitcoin world people often point to **#RabbitHoleResource** - Andreas Antonopoulos. As I listened to several podcast interviews of entrepreneurs in the Bitcoin space, many of them pointed to Andreas or his book *Mastering Bitcoin* as their formal introduction to Bitcoin education.

By October of 2019, I was nineteen months into my crypto journey, and I was trying to round out my crypto education. I was soaking in everything I listened to through crypto YouTube and gaining a lot of knowledge through the podcast interviews I listened to. However, I wanted to test my knowledge not only just to have knowledge, but I wanted to know that I could apply the knowledge and share the knowledge. Therefore, I searched in Google for "Bitcoin Certification". I was curious to see if there was a formal degree or certification you could receive on Bitcoin and as I suspected there was a program called the Certified Bitcoin Professional. This program sounded exactly like what I was looking for, so I went straight online to Udemy to see if there were any preparation classes for this certification. I bought and downloaded about three classes for about \$10 each and went through them all until I could pass the practice tests. I was serious about learning everything I could about this new technology and industry because I knew that Bitcoin and

shovel companies in this new digital asset economy. Thousands more companies are waiting to be built or waiting for engineers to make them go. These are also one hundred US companies that have a marketing department, a sales department, human resources, communications, investor relations, technology support, and everything else you will find in a traditional company. The only difference is that these companies have chosen to position themselves toward the future and build their business around a technology that was built for the twenty-first century internet. Therefore, whether you build your own crypto company or app or just work for one of these companies, you can gain valuable knowledge and exposure to this young growing industry at the ground floor level. To most people, this is a once in a lifetime opportunity.

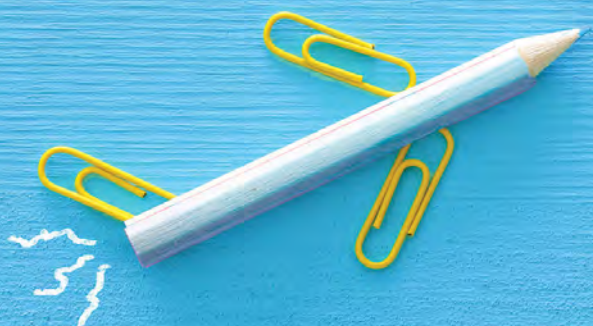
As described in TechCrunch Crunchbase: (58):

#	Company	Founded	Description
1	Abra	2014	Abra is a digital wallet which supports bitcoin and over 50 fiat currencies.
2	Airswap	2017	AirSwap is a decentralized trading network powered by Ethereum.
3	Algorand	2017	Algorand is a scalable, secure and decentralized digital currency and transactions platform.
4	Augur	2014	Augur is an open-source, decentralized prediction market platform.
5	Ausum Ventures	2018	Ausum Blockchain Fund is a hybrid venture and hedge fund comprised of early-stage startups and crypto-assets for social good.
6	Bakkt	2018	Bakkt is a financial services company that focuses on digital currency that specializes in concurrency, rewards, and loyalty points.

MOBILITY & INCLUSION

It's Time to ACT!

**An accessible world is an inclusive world.
Let's make life accessible for all.**



HAROUT Z. MARKARIAN

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Chapter 1 – What Independence Looks Like for People with Disabilities (PWD)

The World Health Organization (WHO) states that around 15% of the world's population lives with some form of disability, of whom 2-4% experience significant functional difficulties. This global estimate for disability is on the rise.¹ At the latest Abilities Expo in Los Angeles—the go-to source for the community of people with disabilities, their families, seniors, veterans and healthcare professionals—Wheel the World co-founder and CEO, Alvaro Silberstein, stated that there are approximately one billion people in the world with a disability. Suppose you count their caregivers; the number of people affected by a disability almost doubles. But before we go any further, let's give the word *disability* a little more context.

Disability is part of the human condition. Almost everyone will be temporarily or permanently impaired at some point in life. If you are someone like my grandparents, who survive to old age, you will experience increasing functional difficulties.

Disability is dynamic and multidimensional. When we hear the term *disability*, we immediately think about people who use a wheelchair or are blind or deaf. In actuality, disability also encompasses the child born with a congenital condition such as cerebral palsy, the young soldier who loses his leg during a battle, the middle-aged woman with severe arthritis, the older person with dementia, and the victim of a heinous crime, among many others. People with disabilities have diverse personal factors with differences in gender, age, socioeconomic status, ethnicity, or cultural heritage. Also, while disability correlates with disadvantage, not all people with disabilities are equally disadvantaged. People with more severe impairments often experience more significant difficulties. So, it is crucial to understand the number of people with disabilities and their circumstances to improve efforts to remove disabling barriers and provide services to people with disabilities to participate.

1. "World Report on Disability", World Health Organization, June 2011, accessed September 16, 2020, https://www.who.int/disabilities/world_report/2011/report/en/

Increasing life experience for people with disabilities calls on business leaders, policymakers, and society to foster innovations that enable people with disabilities to realize their potential value in society, business, and the economy. It is essential to create environments facilitating the active participation of people with disabilities while exploring the ideal conditions and improved future for all humanity. In a 2017 TEDx talk, David Hobbs, a lecturer and academic staff member within the Medical Device Research Institute at Flinders University, where he is also completing his PhD, said that technology is an enabler. Technology as a tool is motivation. He referred to the project led by professor Tom Chau of the University of Toronto called the Virtual Music Instrument (VMI). VMI is a software program that, when plugged into a webcam, translates movements or gestures into music. All the user has to do is move their arm or head, and they can play music. The application was the inspiration—this program allowed people with a disability who couldn't hold or play music to be musical. During the first trial, a little girl who couldn't walk or talk figured out that she'd be able to play music by standing in front of the webcam. She shuffled herself into the middle of the room, right in front of the webcam where she could see herself on the screen, and what happened next was amazing. First one hand, then the other, then her head, and then her whole body was bobbing up and down, making more music than she had heard that entire week. Her face beamed; she was alert. David then asked the little girl's mom to give her opinion on what was going on. The mother told David that she had never seen her daughter move so much.

David Hobbs spent most of his life working with a condition called cerebral palsy (CP), which is a permanent condition that has no cure. Cerebral palsy is an injury to the developing brain. It frequently affects a person's coordination, movement, and posture; sometimes cognition; and occasionally senses, like hearing or touch. Also, patients with cerebral palsy have a dominant hand and a nondominant hand. So, the whole point of the therapy is to engage the nondominant side. Individuals with cerebral palsy need to participate in ongoing therapy, but treatment can be tedious. It is seen as work, and nobody likes work. The OrbIT gaming platform aims to address this problem.

OrbIT was developed by a team of researchers led by rehabilitation engineer David Hobbs at Flinders University. It is a home-based gaming

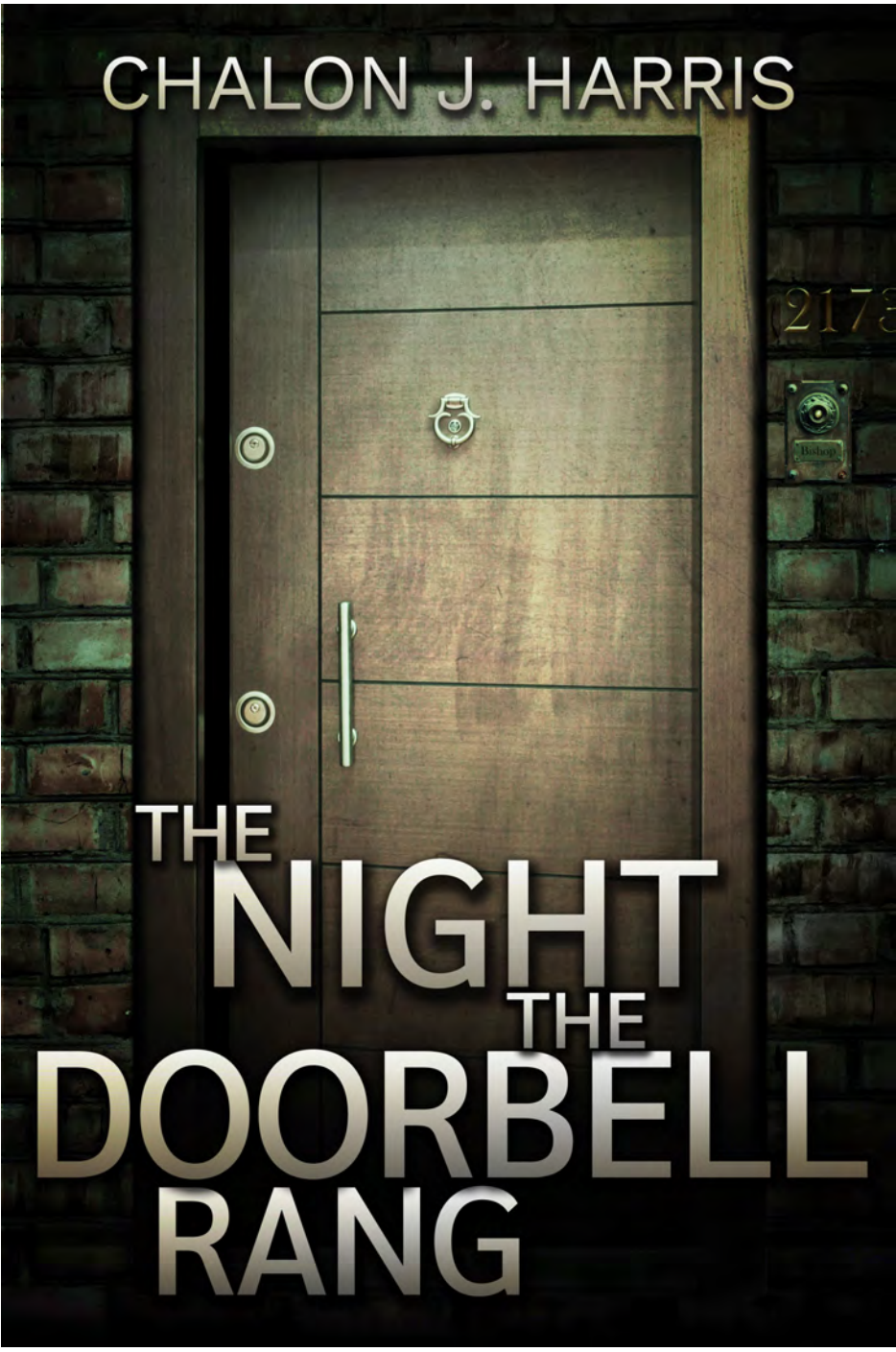
platform designed to allow people with disabilities, including cerebral palsy and Parkinson's, to play therapeutic computer games that would usually be too challenging for them because of fine motor skills required to use a regular game controller.² This innovation showed improvement on the nonperforming hand because it is now part of the process. The gamer is able to use both dominant and nondominant hands to play the game. In addition, a case study showed that this gaming system created a socially bonding situation between siblings—a child with cerebral palsy and a nondisabled child playing on a level playing field. So, the child with CP was able to compete. One mother told David that her son, who was nonverbal, talked more during the trial because he was trying to help his sister pass a stage in the game that she couldn't pass, but he could. He practically gave her game strategies, tips, and tricks. He talked more. The future looks positive and promising—where technology and design connect people.

People with disabilities are ready to contribute their life experiences to problem-solving. Today, one out of every four adults in America has a disability.³ This historically marginalized section of the population must be represented in leadership and throughout every function of our society as we move towards an increasingly equitable world. People with disabilities have valuable insight and experience to share as it pertains to disability inclusion.

Self-esteem is a term used to describe how an individual views himself or herself. It is how we view our worth as a person. If you are a person with a disability, focus on your abilities more than your limitations. Know that no person in this world is complete. Even the person without a disability has limitations. I am not saying, "Don't acknowledge your disability," but rather, focus on your abilities so you can feel good about all the things you can do. Any person who compares his ability to climb

2. "OrbIT Gaming Platform Introduces Interactive Games to People with Limited Hand Function", FITNESS GAMING, February 2017, accessed August 8, 2020, <https://www.fitness-gaming.com/news/health-and-rehab/orbit-gaming-platform-introduces-interactive-games-to-people-with-limited-hand-function.html>

3. "Disability Impacts All of US", Centers for Disease Control and Prevention, July 2020, accessed June 16, 2020, <https://www.cdc.gov/ncbddd/disabilityandhealth/infographic-disability-impacts-all.html#:~:text=61%20million%20adults%20in%20the,is%20highest%20in%20the%20South.>



CHALON J. HARRIS

THE
NIGHT
THE
DOORBELL
RANG

THE
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RANG

CHALON J. HARRIS

(inside title page)

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Part I: Cheryl

1

I REMEMBER THE DOORBELL RINGING. I thought I was dreaming still, but when it rang a second time, it startled me awake. I opened my eyes and the bedroom was dark. Hazy silhouettes of the dresser and nightstand came into view. Glancing toward the window, even with the curtains drawn I could tell there was no sign of the sun rising anytime soon. I turned to the bedside clock and checked the time. The brightness made my eyes hurt, and the well-lit numbers were a blur.

2:17 a.m. Who the hell was ringing the bell at almost 2:30 in the morning? I looked over at Jerry — Gerald, when I was upset with him — who was still sound asleep. He let out that rumbling snore, the one that always came after a few evening beers.

They must have had the wrong house, and I had no interest in getting up. I rolled over and pulled the blankets back over me. Just as I begin to doze off, the bell rang a third time, quickly followed by a fourth. “Jerry, wake up.” I grabbed hold of his arm and shook him.

“What time is it, Cheryl? It’s not even daylight yet. Are you okay, honey?”

The doorbell rang again and snapped me out of my sleepy fog. “Jerry, it’s almost 2:30 and someone is ringing the doorbell.”

“Probably some kids playing a prank,” he said before rolling over away from me and pulling the covers up to his neck.

Jerry hated being woken up. He said it stemmed from his time as a young man in the Navy when he’d be woken up throughout the night for emergency training drills, followed by his twenty-six years as a police officer at the Boston Police Department. Thirteen of those years had been spent as a homicide detective, where he would receive phone calls at all hours — “callouts,” as the guys on the force had called them. It seemed most of the murders those days took place in the middle of the night. Even though his title was Homicide Detective, he and his team worked on all the violent crimes in Boston’s West End area.

He’d resigned from the force two years ago, at age fifty-four. Jerry loved his job and could have worked well into his sixties, but after the gruesome and very publicized murder of fourteen-year-old Jenny Wilson went cold, he had never been able to forgive himself.

And even though Jerry’s career had exposed him to the worst in people, he wasn’t callused by it. I loved that about him. We both believed that overall, people are good. Some just choose the wrong path or are products of their environment. But that doesn’t account for most people. I think that’s why Jerry was able to remain so kind and selfless.

“It has rung four times now. Kids playing pranks don’t stay on the porch and keep ringing. Honey, I’m worried.”

Jerry and I lived in a modest suburban home in the suburbs of Nashua, New Hampshire, about thirty-five miles outside of Boston. Our house sat in the quiet neighborhood of Riverbend Gated Community, which never had too many strangers passing through. No reason to. It wasn’t a convenient route between the main highway and the city. Plus, the gates were closed and locked by security guards every night. Only residents living within the safety of the tall wrought-iron gates and fences were given a code to enter after ten. It was one of the reasons I felt so safe living there—knowing that after a certain hour, people who didn’t belong there couldn’t be there.

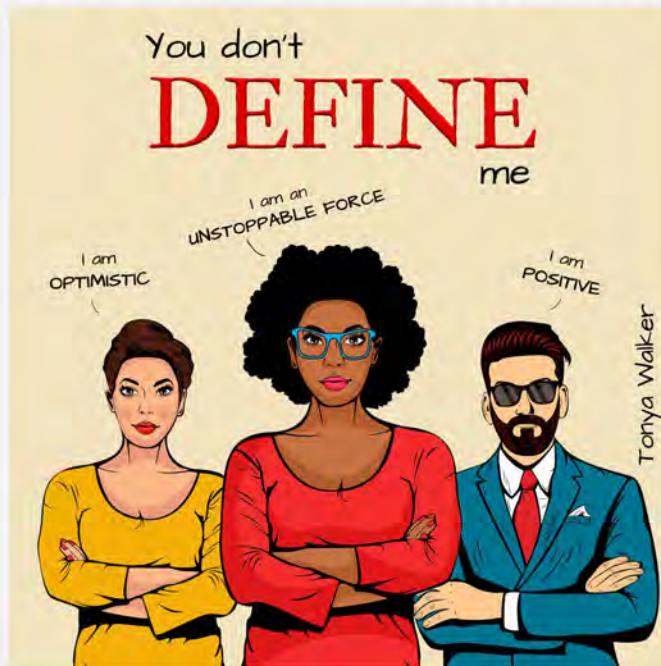
The doorbell rang again. “Oh my gosh,” I whispered to myself. “Jerry, what if something happened to one of the kids? You need to see who it is.”

Kerry, at age thirty-five, had recently given birth to our first grandson, Noah, and was living with her husband in Milford. We were delighted to learn we were going to be grandparents. As Kerry got up there in age, we were starting to wonder if it would ever happen.

Our son, Kyle, was what we liked to call ‘our adult child.’ Just four years behind Kerry in age, Kyle raced dirt bikes most of his waking hours and financed his fun by working a security job at night. Jerry offered him a job at the PI office many times, but Kyle said working those hours took away from

YOU DON'T DEFINE ME I DEFINE MYSELF **WORKBOOK**

EXCERCISES AND PRACTICES TO HELP YOU DEFINE YOURSELF



New Life Portfolio

Create the life you want opposed to the life that someone else wants

Begin Again

Discover the gifts and talents within

The New You

Let us go on a journey that will change your life forever
and

Define Yourself

Written and Created by Tonya Walker

YOU DON'T DEFINE ME

I DEFINE MYSELF

Our mission is to help people to redefine their life by bringing awareness of what is on the inside of them

GOALS

1. Motivate people through positive change
2. Boost self-esteem and self-confidence through positive affirmations
3. Promoting the social growth of people so that they can thrive and succeed in life
4. Teach people to believe in themselves



STEPS

1. Discover where you are in life
2. Make goals to help accomplish your vision
3. Create steps to accomplish your goals
4. Create habits around your steps

IT IS TIME TO GET OUT OF THE BUCKET

YOU ARE CREATED IN THE IMAGE OF GOD

What has your foundation been built on? Let us build our foundation to ensure that it is solid.



Learn To Use Faith to Activate That Which the Father Deposited Within You

Life is what you create it to be. If you have a fragile foundation your hopes and dreams will shatter when you begin adding layers. If you have a solid foundation your hopes, dreams, will surely manifest.

Start today by building a solid foundation.

Start with declaring your positive quotes and positive affirmations. Every time you are approached with any type of negativity, repeat the positive quotes and affirmations.

Start working on yourself daily for 15 minutes a day by listening to positive videos or reading a positive book.

MENTORS

You might be in a situation or environment that leaves you without a mentor, but everyone has access to books.

When you read a book – it is like spending time with that author.

Let the author be your mentor.

Book Suggestions

1. As a Man Thinketh – James Allen
2. The Charge – Brendon Burchard
3. Mandela's Way – Richard Stengel
4. The Power of Awareness – Neville Goddard
5. Instinct – TD Jakes
6. How to Win Friends and Influence People – Dale Carnegie
7. The 15 Invaluable Laws of Growth – John C Maxwell
8. Think and Grow Rich – Napoleon Hill
9. Rich Dad Poor Dad – Robert Kiyosaki
10. The Richest Man in Babylon – Napoleon Hill Foundation
11. Hung by the Tongue - Francis P Martin
12. You Don't Define Me - Tonya Walker
13. The Power of Positive Thinking - Norman Vincent Peale
14. Man's Search for Meaning - Viktor E. Frankl
15. Success Through A Positive Mental Attitude - Napoleon Hill
16. Don't Sweat the Small Stuff - Richard Carlson

MODELING

Research who is successful at doing what you want to do. Write down three things that you found that will help you accomplish your goals.

1. _____
2. _____
3. _____

After your research is complete – Take Action

ACTION STEPS

1. Listen to What they are Saying – Let it Soak in by Mediating on it Daily
2. Create a Vision for What You Want To Achieve
3. Set Your Mind on the Finish Product
4. Create Affirmations to Speak Daily about the Finished Product
5. Set Small Goals Weekly to Work on your Vision
6. Set Steps to Accomplish your Goals Weekly
7. Create Strong Habits around Your Vision
8. Set a Deadline
9. Visualize the Finished Product Daily
10. At the End of Each Day Create a Heart of Gratitude
11. Don't Tell People until It's Complete Unless They Are Helping You!

But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly.

Matthew 6:6

COLLABORATE YOUR MIND

I want this – I chose this – I have chosen to love this

Follow the example below and write down what you want, choose,
and have chosen to love.

Example:

1. I want to write – I have chosen to write – I love writing – I can take the pain of discipline to write – I'm the best – I'm the greatest – I am an expert at writing # 1 New York Best Selling Books & International books in several different languages.



2. _____

3. _____

EMPOWERED *by the* STORM

How to Use Adversity to **DISCOVER**
YOUR SUPERPOWER , Become
RESILIENT & Live the **INSPIRED LIFE**
YOU DESERVE



YUMI TAKAGI

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*"You never know how strong you are until
being strong is your only choice"*

— Bob Marley

CHAPTER 1

The Power of the Storm

“Turn your wound into wisdom.”

—Oprah Winfrey

“What is going on? Please tell me this is a dream!” I was not sure what was happening to me 4 years ago. It was a storm, a hurricane size storm had landed on me.

Everyone has some form of a storm in their life at some time. It can be small; it can be big. It can be short and quick; it can be long and unrelenting. You can dread it or embrace it. Some storms are created by something which is out of our control, others are consequences of our actions in the past. Whatever the form is, the storm will affect you in some way. Sometimes it breaks, takes away, or changes things.

The biggest storm of my life came 4 years ago, it came out of the blue, and I was not prepared: it was like a hurricane. It completely broke, took away, and changed my entire life. When we say storm, it usually gives us a negative feeling. We feel fear, anxiety, and insecurity. However, usually after the storm, it creates a new, cleaner, better order, and it builds something new. When I changed the perception of the word storm, I found the things around me started to change in a better way and it seemed life was moving in my favour.

There is huge power in the storm; however, we usually don't see it as a positive thing. If you change your attitude and mindset to see the storm as an opportunity to gain power and wisdom, you will find strength and thrive. In this book I am going to share my story and how I found the positive power in the storm when I didn't know there was any. But to do that, I need you to believe that you can use the storm to give you power and wisdom. Belief is the fundamental thing to gain this truth. The storm can give you a favourable power to make you stronger, mature, and more beautiful. In this chapter I

will share my story about how I first felt about my storm, and then how I transformed the power of my hurricane to my advantage. How I thrived after the storm by changing my mindset.

THE HURRICANE

My storm felt like it came on suddenly. My marriage of 21 years shattered in an instant. Until then, I was a happy expat's wife who travelled with our son and lived in many countries to support my husband's career. I left my career for my family when my son was 2 years old. I had never thought about divorce or "what if". I have to admit that I was very naive. There were many obstacles during our marriage; however, I thought we were doing so well overcoming all those life problems together and that we would continue to go through the future together as a family. When the storm came, I lost everything. My storm felt as if it was the size of a hurricane. It destroyed everything. I lost houses, many mutual friends, and trust from people. My separation was a very evil and horrible one. One day my ex-husband became my worst enemy in the world. I felt as if the whole world was crumbling around me, everything seemed to be against me. I was not prepared physically or mentally. The shock was so great that I felt it throughout my body. Every day I felt like my body was chilled. My body felt too heavy to move. I couldn't sleep, I was constantly afraid of everything. Nothing tasted good anymore; I was constantly thirsty even though I was hydrating all the time.

I was living in Qatar at that time when my ex wanted me to leave the country. I didn't have much choice but to leave the country to get out of our toxic marriage. I only had a small amount of money and I had to rely on the kindness of my friends to travel back to New Zealand. On the day I was leaving Qatar, breaking from my horrible reality, I got into a really bad situation with my ex. At the airport check-in counter we started to have a big, ugly scene, and I got so scared that my hands were shaking. I was sweating profusely and could not see my phone screen. Everything looked fogged up and blurry. The strong, exotic aromas that we usually could smell at the airport disappeared as though I had lost my sense of smell, but the sound

of other people became louder, echoing in my head. All of a sudden, I remembered the words *panic attack*.

All those things I was experiencing were linked to a panic attack. I wanted to sit down to calm myself but I couldn't. I wanted to run away from my ex because the situation was so ugly and humiliating. I felt like everything was hurting me. I was late to the departure gate and had to hurry, otherwise I would miss my flight. This only made me panic more, and the sweating got worse; it was dripping from my chin. When I got to the plane, my shirt was drenched with sweat as if I had just had a shower. But the calmness finally surrounded me – it was then that I finally felt safe and peaceful and away from the confronting, humiliating situation. However, that was only the beginning of my journey into this storm.

SEARCHING FOR THE EXIT

My storm was huge, so huge that it affected all areas of my life. The worse parts were my finances and emotions. I had very little money so needed to think about how I could survive with what I had. My brain was full of negativity. “I can't work, I don't know how to get a job. How can I ask to get a job, there is no one I can ask for help ...” It is interesting that when you have so much negative energy in your brain, your reality aligns with it allowing nothing positive to happen. However, God (The Universe, Higher Power – whatever you want to call it – I will call it God in this book) is great. He provided me with many great friends who surrounded me. They helped calm me down and uplift me when I was low. I had a few weeks of just taking life very slowly, taking one day at a time, waiting for my brain and body to emerge from this panicked state it was in.

I lost 5kg in a few months, I lost a lot of my hair, I lost total confidence in myself, and lost my self-esteem. My body was so skinny that my skinny jeans didn't look skinny anymore. Many of my friends suggested that I go to counselling, but I didn't have the money to go. There were a couple of free counselling services, but I didn't feel strong enough to share my story with anyone at that time. I felt ashamed that I had failed. How could I tell anyone that an over 50 year old woman had lost everything: job, husband, and future. How

JESSICA MOORE



THE WARRIOR

BOOK ONE OF ELYON'S ARMOR

JESSICA MOORE



THE WARRIOR

BOOK ONE OF ELYON'S ARMOR

(inside title page)

*To my amazingly supportive family, for always
believing in me, especially when I didn't believe in
myself.*

CHAPTER ONE

The Beginning of the End

LIFE CAN BE UNPREDICTABLE. When I was younger, I never thought my father would die in a war that's been going on since the creation of Mythica. I couldn't have imagined that my twin sister would die of a sickness that had been thought extinct.

Yes, life can be very unpredictable, unfair, hurtful. My mother tried to keep her faith in Elyon, the creator of Mythica and all its creatures, but I had long since broke all connections to Him. He may have created the world, but that didn't mean I had to follow Him or His ways. Everyone talked about His goodness and love, but I couldn't understand how someone who claimed to love us and to be filled with nothing but good would allow such pain and destruction to happen.

My father died in a war that had nothing to do with him. It was the age-old battle between Elyon's son, Paladin, and His arch nemesis, Belial. My father didn't ask to fight; he was forced from our home and taken from us.

Helia, my sister, left us not too long after. I had to watch as the life slowly faded from her. It had started with a cough, then there was the blood and the fevers, then the bruises. It ended with hallucinations. She would imagine our father coming home and sitting down for a meal, or she would think she was flying with me on Shilla's back when we hadn't even left the house. The light that was once constant in her eyes completely left. She was gone long before she died.

As she was dying I could feel her pain. I could feel the overwhelming sadness she felt when she still knew what was happening. She was my twin, my other half. Watching, feeling as life was taken from her almost broke me. Most days I wished it had. I didn't want to live in this world without her. If not for Shilla and my mother, I would have long since ended my pain permanently.

Some days were harder than others. There were times when I would go about my chores on the farm and get so caught up in the work that I didn't think about the blackness in my heart. Sometimes I felt free from everything, soaring above the clouds, the warmth of Shilla keeping the frigid wind from chilling me to the bone.

Other days that dark spot in my heart would grow larger and larger, to the point the pain was almost too much to bear. Whenever that happened, I would fall into a state of fogginess, curling up in the corner of my room, not knowing who came or went or how long the darkness lasted.

It hadn't been one of those days, but it was close. Almost five years since Father left for war, three since Helia had died, and two since the messenger came confirming Father's death. The grief still hung on my shoulders. The hole left in my heart never grew smaller, as others told me it would. Instead, it filled with hatred toward Elyon, stretching bigger and bigger.

I had been working out in the barn, putting in fresh hay and filling the feeds, when I could feel my mother's watchful eyes from the door. I didn't have to turn around to see the sadness they held, deep brown reflections of my own. That sadness was always there when she watched me.

"Zalan, my dear boy, why do you carry so much?"

It was the same question she asked over and over. The anger inside me began to boil. We'd had this argument a thousand times, and yet she persisted. She meant well; I

knew that. So I took a deep breath and counted to ten before responding. I could feel the anger ebb slightly. I turned to answer.

"It's the weight that was placed on my shoulders. I didn't ask to carry it."

"But why won't you ask for it to be lifted? Elyon never intended for you to hold on to it."

"Then why did He take them from us? Why did He cause this hole in my heart?"

Tears sprang into her eyes. I went back to my work to keep the tears from my own eyes. I hated how easily I cried. I was seventeen years old, for Paladin's sake. A grown man shouldn't be brought to tears so easily.

"The ways of Elyon don't always appear to make sense or be fair. But He promises that if we put our trust in Him, one day we will see the good that comes out of everything."

"Mother, you know I can't put my trust in Him anymore. I trusted Him to bring Father home. I trusted Him to let Helia live. And He betrayed me."

My shoulders stiffened as I heard her feet shuffle back toward the house. She never pushed hard, but I knew the argument wasn't over. She would bring it up again. I sat on the bench on the other side of the barn, looking out over the pastures that our sheep were grazing in.

Why did You take them from me? Tears were falling down my cheeks. Why did You have to cause so much pain? How can You call yourself a just Lord? The blackness in my heart grew a little more.

Elyon didn't care about us. He didn't care about the pain He caused. It would have been better if He had never created life in the first place.

I had been so deep in anguished thought I hadn't heard or seen Shilla approach until she spoke, causing me to jump about two feet off my seat. "You look like you were forced to

DIABETES BEYOND NUMBERS

A COMPLETE GUIDE TO
UNDERSTANDING DIABETES
MANAGEMENT

Nuzhat Chalisa MD, FACE

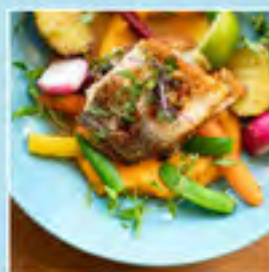


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Chapter 1

UNDERSTANDING DIABETES

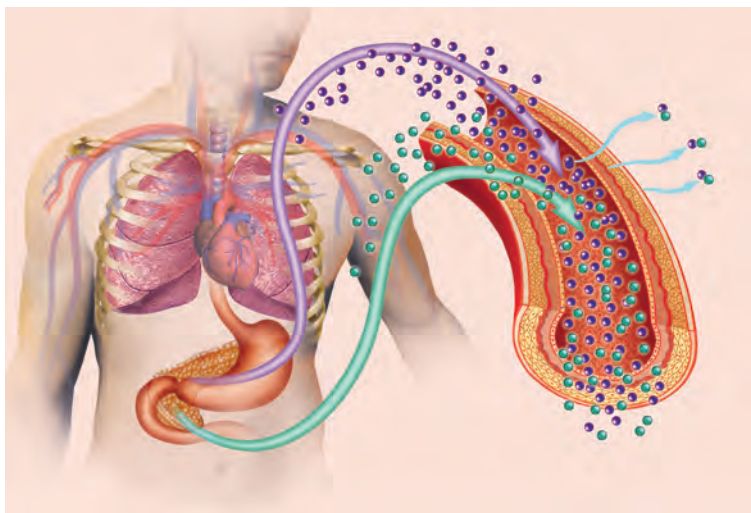
What is Diabetes?

Diabetes is a condition in which you have too much glucose in your blood because the body is not able to process glucose properly.

What is Glucose?

Glucose is the simplest form of sugar. Glucose is your body's main source of energy.

To understand diabetes, let us first understand how glucose is normally processed in our body. Glucose in our bodies comes from two sources: (1) the food we eat, and (2) our own glucose manufactured in the liver. When we eat, the carbohydrates in our food get broken into simple glucose. The glucose is then absorbed from the gut and goes into the bloodstream. From here, glucose has to enter the cells. To enter the cell, the glucose needs insulin.



What is Insulin?

Insulin is a hormone made by a gland called the pancreas. The pancreas releases insulin in response to eating. Insulin serves as the key that opens the cell doors, allowing glucose to enter. Without properly functioning insulin, glucose cannot enter the cell.

What Happens in Diabetes?

When you have Type 2 diabetes, the cells become resistant to the action of insulin so the glucose cannot enter into the cells. As a result, most of the glucose remains in the bloodstream, leading to high blood glucose. Since the insulin is not working properly, the pancreas works harder and harder to overcome the effect. As a result, after a while, the pancreas is burnt out and cannot make any more insulin. That is when people with Type 2 diabetes require insulin injections because medications that work through the pancreas are no longer effective.

RISK FACTORS FOR DIABETES

Contrary to common misconception, diabetes is not caused by eating too much sugar. Development of diabetes involves a complex interaction between genetic, biological, and environmental factors. No test can show who would develop diabetes but certain risk factors increase your chances of developing diabetes, especially if you have the underlying predisposition. You may be at increased risk of diabetes if you are:

- Over the age of 45
- Overweight or obese
- Not physically active
- Have a family history of diabetes
- Asian American, African American, Hispanic, or Native American
- Have had gestational diabetes

Age: Your risk of diabetes increases with age. Therefore, it's recommended that everyone above age 45 should be screened for diabetes.

Weight: Your weight is an important risk factor for diabetes. People who are overweight and obese become insulin-resistant early on, which predisposes them to develop diabetes.

Race: Certain ethnic backgrounds have a higher risk of diabetes than others. For example, Native Americans, Hispanic, African Americans, and South Asians have a much higher risk of diabetes compared to Caucasians.

INSULIN RESISTANCE

Insulin resistance means that the body's cells are less sensitive to the action of insulin. Why does someone develop insulin resistance? Insulin resistance comes from a combination of their genetics and lifestyle. Many genetic factors predispose them to insulin resistance such as having a family history of diabetes and/or belonging to certain ethnic groups.

Fasting Glucose Test

Typically, your blood glucose level is lowest after an overnight fast. Fasting blood glucose is done after fasting overnight for about 8-10 hours. A fasting glucose level of 99 mg/dl or less is normal. A fasting glucose of 100-125 mg/dl is consistent with prediabetes, and a fasting glucose of 126 mg/dl and above is consistent with diabetes.

Random Glucose Test

Random glucose means glucose measured at any time of the day. A random glucose level of 200 or above is consistent with diabetes.

Glucose Tolerance Test

A glucose tolerance test is done by checking the patient's glucose level two hours after taking a 75-gram oral glucose load. A glucose level of 200 is consistent with diabetes. Due to the availability of more simple tests like fasting glucose and HbA1c, the glucose tolerance test is not usually used for diagnosis of diabetes. This test is routinely used to diagnose Gestational Diabetes.

Table-2

Diagnostic Criteria for Diabetes and Prediabetes Based on ADA Guidelines			
TEST	NORMAL	PREDIABETES	DIABETES
HbA1c	5.6 or less	5.7-6.4	6.5 or higher
Fasting Glucose Test	99 or less	100-125	126 or higher
Random Glucose Test	199 or less		200 or higher
2-Hour Glucose Tolerance Test	140 or less	140-199	200 or higher

SIGNS AND SYMPTOMS OF DIABETES

Type 2 diabetes does not have any signs and/or symptoms in its early stages. Lack of symptoms is one of the most important reasons why Type 2 diabetes remains undiagnosed in numerous individuals for many years. By the time the symptoms develop, diabetes is usually in an uncontrolled range and the patient may even have developed complications. Some of the warning signs and symptoms of Type 2 diabetes are:

Chapter 8

WEIGHT LOSS PROGRAMS AND DIET PLANS

TYPES OF DIETS

We'll now review a variety of diet plans used for weight management. The American Diabetes Association does not recommend or endorse any specific diet for diabetes. Some of the diet plans may not be suitable for diabetics. A diabetic diet means a healthy balanced plate with small portions.

The idea of discussing the diets mentioned here is to give you a basic overview of the diets so you can make an informed decision if you choose to follow any of them. It is always advisable to talk to your doctor first before starting any diet or weight-loss program. Diet plans that will be discussed here are:

- Mediterranean diet
- Keto diet
- South Beach diet
- Adkins diet
- Paleo diet
- The Nutrisystem
- Weight Watchers
- Jenny Craig
- Intermittent fasting

MEDITERRANEAN DIET

Several small studies have been done to compare different diets, and no diet has proven to be superior to another except the Mediterranean diet, which has shown to reduce cardiovascular risk.

The Mediterranean diet is based on including healthy grains and herbs. It does not exclude any food group from the diet partially or completely. Mediterranean-style eating involves:

- Adding plenty of grains, beans, lentils, nuts, herbs, and spice
- Fish and seafood twice a week
- Use of healthy fats like olive oil
- Moderate amount of dairy
- Small amounts of red meat, saturated fat, and sugars



The Mediterranean diet has been there for hundreds of years and is the most researched diet. It has consistently demonstrated benefits in a long-term study of 26,000 healthy U.S. women published in 2018. In this study, risk of heart disease was reduced by 25% in those following the Mediterranean diet. Other studies done in Europe have shown similar results. The Mediterranean diet has also shown to be beneficial in reversing metabolic syndrome. Weight loss is more gradual, but health benefits are long term and more sustainable. Overall, the Mediterranean diet is considered safe to be used by children as well as by adults.



KETO DIET

The Keto diet is one of the most popular diets today, probably because of the ability to lose weight fast in a short time. There are many versions of Keto diet. Some will do it indefinitely, but others will cycle in and out. Keto diet emphasizes cutting back on carbs completely and, by doing so, going into a state of ketosis and use the fat for energy. The Keto diet is based on consuming high amounts of

About the Author



Dr. Nuzhat Chalisa is a clinical Endocrinologist practicing in Chicago for the past 20 years. Dr. Chalisa completed residency training in Internal medicine at Loyola University Medical Center in Chicago. She did fellowship in Endocrinology Diabetes and Metabolism & Nutrition at the Rosalind Franklin University of Health Sciences in Chicago IL. She is a fellow of American College of Endocrinology.

Dr. Chalisa's primary interest has been in the area of diabetes and obesity. Her experience crosses between research and clinical practice. Outside of clinical practice she has keen interest in community work and teaching. Some of her initial research was on age-related cognitive decline in diabetics and continuous glucose monitoring. Currently, she has been working on recognizing and minimizing racial and ethnic disparities in diabetes management. Dr. Chalisa has published several articles on diabetes and related topics. She has been a frequent guest speaker in several national and international diabetes and obesity conferences.

Dr. Chalisa currently serves as the Communications Director for ADA's Clinical Centers and Program Interest Group Leadership Team.

Dr. Chalisa is also the founder and president of a diabetes nonprofit organization called "Kisat Diabetes Organization," the main mission of which is to prevent diabetes complications through early screening and education. She is actively involved with multiple community awareness programs in the Chicago area.

Visit her website at: nuzhatchalisamd.com

supernatural life & mindset change



IN HIS PRESENCE

Honor GOD with your LIFE

Suzanne Weegmann

supernatural life & mindset change



IN HIS PRESENCE

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Part 1

FOUNDATION

CHAPTER 2



GOD is SEARCHING

The eyes of the LORD search the whole earth in order to strengthen those whose hearts are fully committed to him. (2.Chronicles 16,9)

GOD is searching for people who want to hear his voice and obey. Again and again, we can read in different scriptures, that when we are seeking the LORD, GOD gives a direct answer. In some cases, the people were surprised that GOD talked to them or visited them, in others, people were waiting for an answer. In this chapter, I want to show you a few examples where people got their calling from the LORD. You will see that it is something totally personal; GOD is doing it every time in his way and in his time. There is no formula that we can use to step into our destiny.

step-by-step. The only thing we take to heaven is our character. To be prepared for heaven, we have to go through the process. We have to take our mind off of our cultural and social way of thinking.

A LIVING SACRIFICE to GOD

*And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him. **Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think.** Then you will learn to know God's will for you, which is good and pleasing and perfect.*
(Romans 12,1-2)

Just read the last sentence again and let the Holy Spirit reveal to you what is at the moment important for you on your way with GOD.

NEHEMIAH

The next person we want to look at is Nehemiah. He lived a blessed life in the fortress of Susa. With no war, no poverty, and enough to eat and drink, he lived in peace. When his brother Hanani came and told him about his people and their poverty, their daily fight for life, and what the city looked like, GOD spoke into his heart.

There is no other explanation when someone living a wonderful life starts to weep, fast and pray, and seek the LORD. He honestly wanted an answer from GOD. He didn't pray for his calling; he only prayed for his people.

At first he was only speechless. What happened to the city? How could it be, that everything was so sad, evil, and depressed. His intercession opened his way. While praying, he got a vision from GOD to rebuild the city. We can see this one chapter later in his conversation with his king. He got authority before the king:

NEHEMIAH goes to JERUSALEM

*The king asked, "Well, how can I help you?" With a prayer to the God of heaven, I replied, "If it please the king, and if you are pleased with me, your servant, **send me to Judah to rebuild the city where my ancestors are buried.**" (Nehemiah 2,4-5)*

In the first chapter, you can only read about his intercession for Jerusalem and his people. In his conversation before his king, he is telling his plan.

Maybe you read those verses too fast in the past. Just stop for a moment, and think about what happened. From your own life you know that from hearing about a situation, to praying and fasting for days for a solution, and then making the decision to leave all behind is a process. It is not a step you just decide quickly, it has life-changing consequences.

Let your HEART speak

It could be that Nehemiah was someone who made his decisions very quickly. Nevertheless, he made the decision to leave his comfortable life and follow the call of GOD. He let GOD lead his heart, and this is an attitude GOD appreciates.

If you have read the verses very attentively, you will have

Dear Father in Heaven,

Thank you for your word and all the people who answered when you called them. As those, Father I want to be there when you are searching for someone to fulfill your will on earth. May your will be done on earth, as it is in heaven, through my life and all I do.

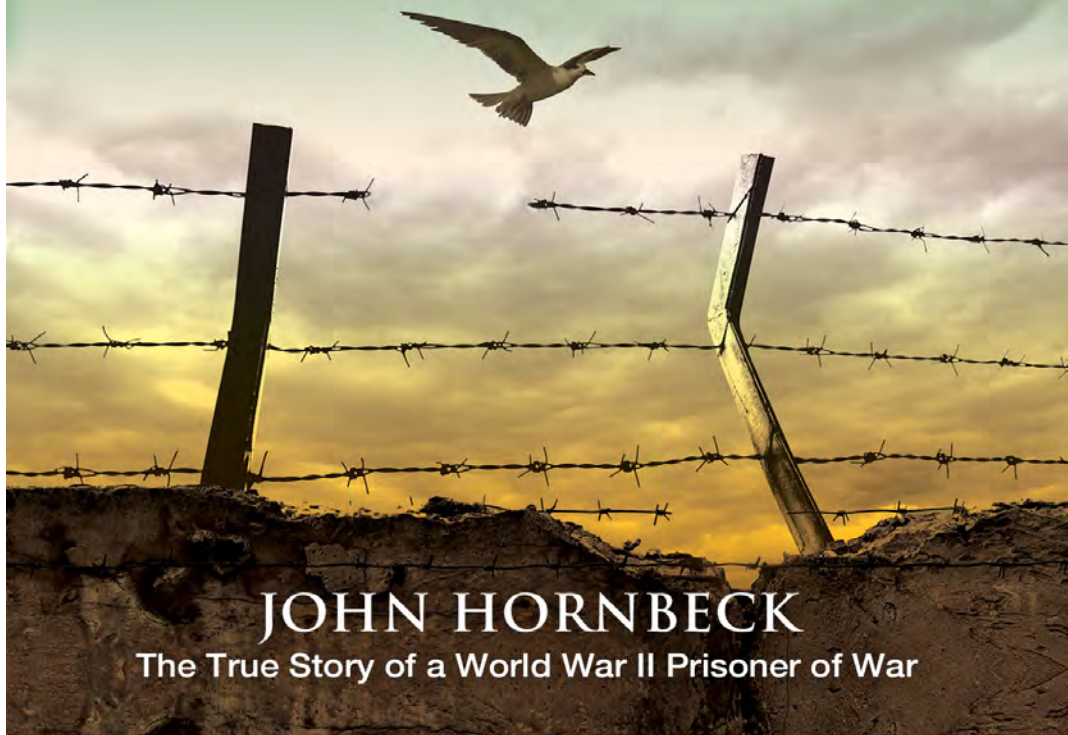
Let me hear when you are calling and act like Nehemiah when you lay something on my heart. Bring me deeper into your presence; help me to hear and see with your eyes. Please reveal to me what I need to know through your Holy Spirit. I want to be silent and listen to what is on your heart, for my family, for my friends, for my city and nation. Wherever I am, I want to honor you and live my life with you. And when you are searching for someone, I want to be available.

In JESUS Mighty Name I pray, Amen.



A GIFT of HOPE

Finding Faith
Behind Barbed Wire



JOHN HORNBECK

The True Story of a World War II Prisoner of War

A GIFT of HOPE

Finding Faith
Behind Barbed Wire

A black and white photograph of a bird, possibly a seagull, in flight. The bird is positioned in the upper center of the frame, with its wings spread. Below the bird is a barbed wire fence that runs horizontally across the lower half of the image. The fence is supported by two wooden posts, one on the left and one on the right. The background is a light, overcast sky. The overall mood is one of freedom and hope, contrasting with the restrictive nature of the barbed wire.

JOHN HORNBECK

The True Story of a World War II Prisoner of War

(inside title page)

**A GIFT OF HOPE: Discovering Faith Behind Barbed Wire.
The True Story of a World War II Prisoner of War.**

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Dedication

This book is dedicated

To Roy D. Shenkel who lived this story
And passed it down to me

To Sandra Hornbeck, my wife, and Roy's daughter

To his entire family whom he loved

But most of all

**To all POWs and MIAs in
past, present, and future wars**

Chapter One

“A Different Flavor of Fear”

“But one more thing I’ll tell you. A Queen dies hard. She doesn’t want to go, no more than any man inside her. You may not believe this. If you don’t, it’s only because you haven’t been up there, and you haven’t watched combat hardened men cry as a ship goes down; cry as much for the machine as for the men. Because, you see, when ten men claimed her for their own, she was no longer just a machine. She was their bomber. That made her special, and it made her come alive.” ¹

*8th Air Force pilot in post mission briefing
following Schweinfurt raid on October 14, 1943
Mission 115*

April 6, 2017

I woke in a panic, smelling smoke. There is no smoke. No fire.

It’s 1:30 in the morning. I often wake in the middle of the night. Always with a sudden start. I get out of bed slowly. Since I’m in my 90s, it takes a little more time for all the moving parts to work.

My doctors think it’s just me getting up to pee in the middle of the night. So do my friends, and most of my family. As a result, I’ve been prescribed new medications and taken off others. I’ve been told to drink more water, to drink less water, and to never drink after 6:00 at night. None of it helps.

Seventy-three years later and the nightmares won’t stop. Last night was a recurring one. I’m standing near my waist gunner position in a B-17, trying in vain to get my parachute on, surrounded by flames. Often, the dreams fool my brain, and my sense of smell detects something that isn’t there. It’s as if I’m back in that dying plane.

“Roy.” Then a little louder, “Roy. Are you okay?”

“I’m fine. Go back to sleep, son.” One of my great grandsons staying over last night.

I finally sit up in bed and pick up the small bible on my nightstand. I walk around the house for a while, trying to shake whatever woke me. Visions of the windowless cell in the interrogation camp. Transported in a boxcar for a week with no food or water. The angry guard pressing a rifle muzzle into my forehead. So many memories. So many nightmares.

I land in my recliner in the living room where I'll try to fall back to sleep. If I'm lucky. Sometimes I don't get back to sleep for hours. I look at that small New Testament. So many years ago. So very many years. Then lay it on the side table next to the chair, and slowly nod off.

April 6, 1944

As I stirred from my bunk, I smiled. Here I am, almost a world away. Kansas City, Kansas to Foggia, Italy. More than five thousand miles, not including all the bases in between where I received training. Not bad for a kid who had never been more than a hundred miles away from home.

The morning started in much the same way every day since we arrived at our base in May. Personnel attached to today's mission rose together and started their communal trip to mess. Imagine a huge colony of ants waking up to a snot-nosed kid poking the ants' hill with a stick. Hitler is our "snot-nosed kid" and we will defend that hill.

As always, breakfast is the first order of business after getting dressed. The mess wasn't especially crowded. Not yet anyway. Crews were sitting around engaged in three activities – eating, smoking, and talking. I never had taken up smoking. And despite being hungry, I pushed aside the food setting in front of me. I'm a big eater in the morning, but something was different today.

Conversations took place in clusters, about everything from speculation on today's mission, to girlfriends and wives back home. Some spoke in loud voices. Some in more hushed tones. Often the voices reflected how their last mission went. Our mission to Nis the day before went smoothly, both for our crew and the entire formation.

I wasn't worried about flying this morning, nor were the rest

of the guys. My thoughts were preoccupied elsewhere. Our talk focused on some surprising changes.

Just before breakfast, a Flight Officer informed us about our flight crew. Our crew had all trained together for months. We faced danger together. We became a team. Even a family.

But this morning, only seven days after our first flight out of Celone, base command split up our family. They replaced all four of the commissioned officers. Lieutenant Florsheim was our pilot and the man who assigned me to be waist gunner months earlier. I didn't like that assignment at first. But he was one of the best pilots I had met, and a good man.

Lieutenant John Sant had become a good friend. I would see him months later in a prison camp. Lieutenant George Kinsella was the Flight Officer and Navigator. I knew nothing about Kinsella until seventy years later when I heard from his son, Rob. Lieutenant John Percy had been our Bombardier, and I still don't know what happened to him.

The surprise? None of them would be with us on this mission. The good news? The team of six enlisted crew members would remain intact.

Orders that same morning announced we would fly in a different B-17. That may not seem significant. After all, each plane is the same. Except they aren't. Perhaps it's my imagination, but every bomber I flew through my training responded differently. It's like riding a horse, each new plane requiring a slightly unique touch.

The Flying Fortress we trained in was named the "Nancy Lou". It was christened after Florsheim's wife. We flew the Nancy Lou during phase three training in Florida, and on our first three missions. The connection between the name of the ship and the Pilot meant something. That relationship made the plane an extended member of the family.

I recall the first time I walked up to the Nancy Lou. Reached up and patted her. Like you might do with your first new car, or a horse you were getting ready to ride. She was mine, and she was special. Instead, this time we would be in the "Jersey Mosquito".

These last-minute changes puzzled all of us. Sometimes

substitutes in equipment and personnel occurred when a plane returned shot up, or when crew members returned injured. But that wasn't the case. Our mission yesterday went well. The Nancy Lou was fine, and so were the officers.

No one gave us a reason for these changes. To my knowledge, none of us asked why. The brass would have ignored questions from me or other enlisted men anyway.

As I left, someone yelled "Shenkelbomber" from the far corner of the mess. I looked over that direction and there was Strand, standing with a couple of his crew. We had become good friends since Lakeland. I don't remember when he had christened that nickname. My last name plus "bomber". But it stuck. I started to wish him luck on today's mission, and then paused. Some of the guys felt wishing someone good luck could lead to bad luck. I just waved and walked out.

As usual, after breakfast we got on the truck and headed to the equipment and supply sheds to pick up what we needed for the flight. Then off to our parking spot. And a different plane meant a different parking space. We rode around in that truck for fifteen minutes trying to find our plane.

We would also be in a new position in the flight line as we took off, and a different place in the formation when we flew. In earlier missions we were in a Tail End Charlie position. This mission we would be one of the lead bombers, probably because our crew would now be led by Group Officers in the cockpit.

As I boarded our plane, I followed what had quickly become a habit. I patted her belly. Then hesitated a moment because it just didn't feel the same as with Nancy Lou.

Once inside the plane, I started the pre-flight equipment checks. I was a little more meticulous since this was a new plane for us. Climbing into my waist gunner position, I checked the ammunition boxes to make certain we had our full supply. Loaded a belt of 50 caliber ammo and tested the gun mechanisms. Pulled on my oxygen mask and made sure it was connected properly. Made certain my parachute was in its proper place. Check. Check. Check. Check.

Endnotes

- 1 John Rodgers, *The Green Lady and Friends: Stories of Warbirds*, (Self-Published, 2016), Page 10
- 2 Quote from video interview of Sergeant Eugene Albert Burlingame. He was at the same training at the Amarillo Army Airfield as Roy. Burlingame's plane was shot down over Berlin. Arriving a little more than a month after Roy did, Burlingame was a POW at Stalag Luft 1 from March 18, 1945 to liberation. This is from the Eugene Albert Burlingame Collection (AFC/2001/001/43898), Veterans History Project, American Folklife Center, Library of Congress. Full video at <http://memory.loc.gov/diglib/vhp/story/loc.natlib.afc2001001.43898/mv0001001.stream>
- 3 Author Unknown, *Axis Nightmare* in "Thunderbird", Volume 1, Number 1, (Tampa, FL, MacDill Field Quarterly, Spring 1943), Page 26
- 4 Roy did not actually keep a formal flight diary. As he told me, even if had done so, it would not have made it home from the war with him. Any such document would have been confiscated at Dulag Luft Oberursel, and probably be used during his interrogation. Instead, the following is a reconstructed report of what happened during his missions prior to the final mission to Zagreb. It is compiled from the conversations between us, as well as some details from various reports including MACR (Missing Air Crew Reports). Roy reviewed all of this and confirmed its accuracy.
- 5 Norman Bussel, *My Private War: Liberated Body, Captive Mind: A World War II POW's Journey*, (New York, First Pegasus Books, 2008), page 93
- 6 Kay Hughes, *Searching for Stanley: Unforgotten Hero of World War II*, (iUniverse, 2011), page 221 Footnote 21
- 7 Joe Pryor, Progress note for a Jefferson City News Tribune article (Jefferson City, MO, June 4, 2007), Notes on the Miller County Museum and Historical Society. See full notes at <http://www.millercountymuseum.org/091102.html>
- 8 Judgement of the International Military Tribunal for the Trial of German Major War Criminals, Sub-Section titled "*Murder and Ill-Treatment of Prisoners of War*" under the Section titled "*War Crimes*"



BE LEGENDARY

FROM THE
BARBERSHOP
TO THE
ENTERTAINMENT
INDUSTRY

LIVE
YOUR
DREAM

WRITTEN BY
TRACY LOVE

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SECTION ONE:

CREATIVITY
&
INSPIRATION

“

*The Highest Human Act Is to
Inspire.*

”

Chapter One

Inspiration

You can take many different routes in the hair industry. Whether you are a new barber or have many years invested. Whether you want to start a business, work in the entertainment industry, join the union, be a platform artist and travel to different hair shows, work for a specific product company, or even create one! Or maybe you simply want to just work in a barbershop and be the forever-lasting, everyone-knows barber. It all depends on you and finding what you like doing just as much as cutting hair, so line up your goals and get ready to turn it into something fabulous! This may take time and quite a bit of brainstorming, plus it can be a trial and error trying to figure it out, but this is to be expected.

Like me, you may think you have an interest in something, but you discover halfway through it that you like it, but you don't necessarily have a passion for it, so you lose interest and move on. Or maybe you created something and it didn't get as much attention as you planned, so you lost the excitement and let it go. Don't be nervous or discouraged by this. It's okay to dabble in a couple of things that interest you. This may be the way you take your career to the next level.

For me, I started to create a travel bag to make my life easier when I'm on the move traveling or doing house calls. I shortly discovered that I didn't mind making one for myself, but I knew I didn't want to create a business out of it. People always said I should open up my own shop, but I knew the amount of work it takes to do that, and I didn't have the time. I am not saying never, but I know it is not for me at the moment. I also made an oil for hair and beards that I love using on my clients, and who knows, maybe I'll push for a product line soon, but none of these things excited me the way cutting hair did. I knew once I figured it out, it would be something that I would feel the passion for, and it would be something that I couldn't stop thinking about. After all, there's a bigger goal we all need to accomplish for ourselves to fulfill our ultimate purpose that can teach and inspire other people along the way. Besides, that is what makes the world go around from generation to generation. The things that I have accomplished in my career I really aspired to. I've always been driven to achieve my goals no matter the obstacles. I was undeterred by the people who didn't believe in me or tried to stop me; they actually made me more focused. I know that if I had let them stop me, I would not be the person I am or be where I am today. And most likely I wouldn't have even written this book. So, if you have a passion for something you want to do, don't let anyone distract or stop you; you can do it!

Throughout my career, it has taken me a long

time to figure out what I wanted to do next. I have accomplished many of my aspirations, but for some reason, I still felt unfulfilled. I knew there was still something that I wanted and needed to do. For me, I had to ask myself some questions and I had to seriously think about what it was that was missing in my life. I knew that once it hit me, I would be instantly inspired and I would know it immediately. It was like I could feel it right there, but I just couldn't put my finger on it. There were a lot of questions that I would often think about over and over again before I figured it out:

- * What could I do that I would love doing as much as cutting hair?
- * What else could I do that would make myself proud?
- * What could I do to set myself apart from everyone else?
- * What could I do to inspire other people?
- * What could I do that I haven't done yet?

Questions like these would just flow in and out of my mind all the time, and more often than not, I could not answer them. I believe it's okay to not have every solution there when you need it; this is what makes us strive for our answers and grow with our intention. Plus, I believe timing is everything, and it is always perfect.

One day, March 31, 2019, to be exact, it finally came to me! Not too many people know the inspiration for this book came from the death of

INTERNATIONAL TRAVEL SECRETS

TAKE SHORTER TRIPS, MORE OFTEN, FOR LESS.



MICHAEL WEDAA

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CHAPTER 2

FLIGHT BOOKING SECRETS

Flights . . . the single biggest expense of any trip overseas or anywhere for that matter. Let's discuss how to avoid overpaying for flights. In this chapter I will be sharing not only the best times to fly but also provide never-before-heard secrets that can save you 80 percent or more on flights to your favorite destinations. The first step for sidestepping high airfares is to avoid travel during the summer or during the holidays. While it is possible to use the methods that follow to find deals even during the busy times listed above, I prefer to travel during the spring or fall. Not only is the weather milder in many locations throughout the world but the places you visit are much less crowded during these months, allowing for a more pleasant travel experience. I do occasionally travel during the winter months to destinations that either have good weather all year round, such as the Mediterranean or the Caribbean, or in places south of the equator that have opposite seasons.

ITA Matrix

Timing is not the only means of obtaining cheaper flights. The best tool to use for finding deeply discounted flights originates from a site called ITA Matrix (<https://matrix.itasoftware.com/>). Developed by MIT engineers, ITA Matrix helps you find the cheapest day to fly to a particular destination, but that is not

what makes this site unique. The site offers impressive filtering functions under “Advanced Controls” that no other flight search tools offer. You can dictate where you would like to have a layover or even which layover stops to leave out of the search results. You can also choose to have the results offer one specific airline or exclude specific airlines among many other details. While you cannot book directly from the site, you can see if leaving a day or two earlier could save you as much as 50 percent or more. Once you find the information you need, you have to go to a travel website or the airline website to book the flight. Google eventually bought the site and merged the technology into Google Flights—the best travel tool I have found to date. While ITA Matrix still offers a way to better filter preferences, Google Flights is a bit more user friendly and has a few features that I prefer.

Google Flights

Google Flights not only allows you to see what days are the cheapest to fly and what site has the cheapest fares but also allows you to purchase tickets by following the links provided on the site. Sometimes you will purchase directly from the airline, and sometimes it will direct you to sites such as Priceline or Expedia.

So how do you use the functions of Google Flights to book flights as low as \$128 to get from Los Angeles to Europe? Yes, I did that. If you already know where you would like to go and when, grab your laptop or jump on your desktop computer. **Note: Google Flights does NOT offer all of the advanced functions on the mobile app, mobile browsers, or on most tablets.**

If you already know where you want to go:

1. Go to Google Flights (www.google.com/flights) and type in your desired destination.
2. Click on “Round Trip” in the upper left-hand corner and change it to “One Way.”

3. Now click on the date and a calendar will pop up. In a few seconds, the prices will load on each day of the month and this will show you the cheapest days to leave. (The prices that show up in green indicate the cheaper days to fly.)
4. The arrow on the right of the calendar will allow you to advance the months to future dates.

For a detailed video on how to use this method to book cheap flights, visit

<https://www.internationaltravelsecrets.com/online-courses>.

As I write this, I see that flying from Los Angeles to Paris will cost me \$1,062 if I leave on the 4th of January. However, if I wait until the 20th, the flight costs only \$188, saving me 83 percent.

What if you are not sure where you want to go? Not to worry. What if I told you that you could look at a map of cities with specific airfare indicated next to them in order to help you choose the location of your next adventure? The best way to find cheap flights when you do not know exactly which city you want to visit is to use the map function on Google Flights.

If you are not sure where you want to go:

1. **Start over on a new page** and go to Google Flights (www.google.com/flights)
2. Click on “Round Trip” in the upper left-hand corner and change it to “One Way.”
3. Leave the destination blank and click on the map located below the date field.
4. You will see a map of your home country appear with the cheapest fares to different cities.
5. Zoom out to find the continent you are interested in visiting.
6. When you see a price that appeals to you on the map, click on it to see what date that fare applies.



Proposing to our waitress in Galapagos

TripAdvisor for restaurants

Since Yelp does not work in most other countries, the TripAdvisor app is a formidable alternative. It shows you all of the restaurants in your area, and you can filter them by cuisine. Ratings from other customers can help determine food quality, restaurant cleanliness,

service, etc. Since you never know what you are going to get in some locations, the photos of the interior and some of the more popular dishes are a great way to decide not only where to eat but also what to eat once you get there. TripAdvisor also allows you to browse categories based on price such as Fine Dining, Moderately Priced, and Cheap Eats. Or you can browse by meal (breakfast, brunch, lunch, coffee, dinner, bars & pubs, and dessert). Be sure to check out the “Local Cuisine” category if you want to avoid tourist trap pizza or hamburger joints that offer food that doesn’t remotely resemble pizza or hamburgers.

THE BEGINNER'S GUIDE TO **FACEBOOK** **ADVERTISING**



How to create **effective ads**,
generate leads and increase Your **ROI**

JESSICA AINSWORTH

THE BEGINNER'S GUIDE TO FACEBOOK ADVERTISING



How to create **effective ads**,
generate leads and increase Your **ROI**

JESSICA AINSWORTH

“boost a post” direct from your Facebook business page, it is not as likely to have a high ROI. If you're looking to simply boost the engagement level of your page or attract some new followers, then boosting the post may be the right option for you. However, for attracting sales leads, you'll achieve your optimal results by creating your ads through Facebook Business Manager.

To help you even more along your journey through Facebook Advertising, we've created some free resources that are available for you to download at:

[http://www.beginnersguidetomarketing.com/
facebookadvertising](http://www.beginnersguidetomarketing.com/facebookadvertising)

We've also created a Facebook Group to bring together a like-minded community of individuals focused on tips, tricks, strategies and valuable resources to take your Facebook Advertising even further. Join today at:

[https://www.facebook.com/groups/
FBAdvertisingForBeginners/](https://www.facebook.com/groups/FBAdvertisingForBeginners/)

What You Need to Get Started

Getting started with Facebook Advertising can be a relatively simple process, made even easier with our step by step instructions. So, without further ado, here's what you need to get started with advertising on Facebook:

1. Facebook User Profile
2. Facebook Business Page
3. Business Manager Account
4. Billing Setup
5. An Understanding of Your Target Audience
6. Instagram Account (Optional)
7. Facebook Pixel (Recommended)

Facebook User Profile

It's hard to deny that an enormous amount of people are on Facebook. You know this; we know this - that's why you're reading this book because you understand the power it holds for advertising and reaching a large audience.

If you're one of the few individuals left without a Facebook profile (seriously, do you live under a rock?! I kid, I kid), then read on to learn how to set up your personal profile. In order to create a business page on Facebook, you'll need to have a personal profile. For those who already have a personal profile, feel free to skip this section and move on to the next step.

To create your free profile on Facebook, visit <https://www.facebook.com>. You'll need to enter your name, email address or phone number, password, birthday, and

gender. Once you've done all of that, you'll need to verify your account by either email or phone.

That's it. All done. Now, you're free to add any other information, a profile picture and cover photo, update your privacy settings (we strongly recommend that!), etc. Once you've finished getting your personal profile set up the way you'd like, hop on over to the next step.

Facebook Business Page

In this section, we're going to walk-through how-to setup your business page and run through the basics. The next section will focus on how to really optimize your business page to make sure your page is both professional and quality.

There are two ways in which you can get to the Pages page. First, you can either type in <https://www.facebook.com/pages> to take you there directly (you must be signed into Facebook), or you can click on the "Pages" tab on the left-side menu of your News Feed.

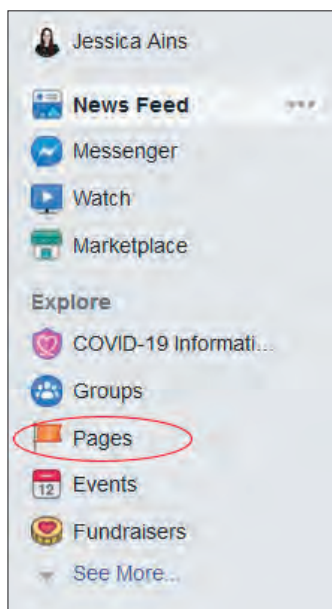


Figure-01

Once you're on the page, click on "Create Page" at the top right of the page. Next, you'll need to select your page type. Are you a brand or business? Or are you a community or public figure?

After you've determined the correct type of page, you get to select your page name and category. What best describes your page?

Save it and boom, that's it. Now, you can go in and add your business' contact information, cover and profile photo, about, etc. The next chapter is on optimizing your Facebook business page, which can walk you through setting your page up for success.

Facebook Business Manager

This section is literally just setting up your Business Manager. We'll do a walkthrough of Facebook Business Manager in the next couple of chapters, so hold tight, and baby step it.

You can sign up for your Business Manager account by visiting <https://www.business.facebook.com>.

Billing Setup

You will not be able to run any ads until you've connected a payment method in your Ads Manager account.

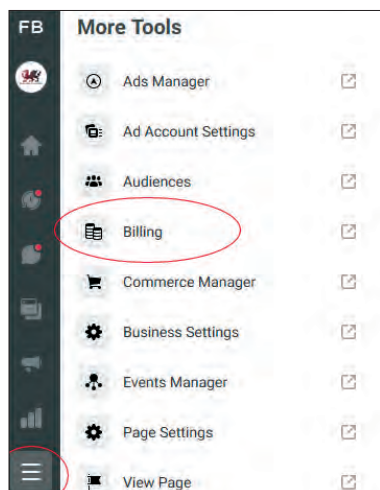


Figure-02

There are two ways in which to get to the place in which you'll need to enter your payment method. First, you can visit <https://www.facebook.com/ads/manager/>

account_settings/account_billing, or you can click on “More Tools” from the left-side menu in business manager, followed by “billing”.

From here, you'll want to click on “Payment Settings” on the top right of the page. In here, you can enter or edit your payment information as well as control your spending limit and view all of your receipts from prior payments (←that's handy come tax time).

Now, let's get to optimizing your Facebook business page to get it all spiffy and professional before we start advertising your brand and page.

The (un)Lucky Sperm

TALES OF MY BIZARRE
CHILDHOOD



BRETT PREISS

The
(un)Lucky
Sperm

TALES OF MY BIZARRE
CHILDHOOD

BRETT PREISS

*It's always funny until someone gets hurt.
Then it is hilarious.*

Bill Hicks

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Part II

From Bratwurst to Broken Hill

I was born in Broken Hill (commonly known as the Silver City), a dusty mining town in the outback region of New South Wales, Australia. It is in the middle of nowhere and can be scorching hot. From there, it takes six hours to drive to civilisation, a city called Adelaide, where you can get a decent glass of wine. If you're really thirsty for serious coffee culture and football, it takes nine hours to Melbourne and thirteen to Sydney. If you drive to my hometown from Sydney, you'll find stretches of road that are so long and straight you could place a brick on the accelerator and take a twenty-minute nap without veering off the road or missing anything in the dry, lifeless landscape of red sand, with its scattered blue saltbush and thirsty mulga and Mallee trees as far as the eye can see. The only thing that might wake you from your snooze would be hitting a red kangaroo. After happily hopping across the land with no particular plan in mind, startled kangaroos usually stop and stand frozen in the middle of the road, curious about the strange machine rocketing towards them. What a way to go. Here's a tip: attach a 'roo bar' – not a place where kangaroos will dance for money, but a very solid metal grill – to the front of your car; that way, the impact will do more damage to the kangaroo than it does to your vehicle.

As long as you don't sleep while you're driving, I highly recommend you put the outback of Australia and Broken Hill on your bucket list to visit someday. They really are extraordinary places.

Like most of the lads in town, I came from mining stock. My dad was a miner, and so was his dad, and his dad's dad; in fact, I could trace my paternal family's tradition of

wearing mining boots and swallowing dirt back generations to a mining town called Clausthal-Zellerfeld, in the stunningly lush green hills of Lower Saxony, Germany, in the 1840s. I know jobs came to a complete halt back then with wars and recessions, and my ancestors' shovels finally dug the last mineral left underground. I can't imagine what must have been going through the mind of my great-great-great-granddaddy, Carl Frederick Wilhelm Preiss, in 1850 as he rounded up his wife, Caroline, and their seven kids – very Catholic – to emigrate to Australia. They packed their mining boots, tools, family belongings and some buns as they headed to the port in northern Germany. They endured an excruciating four-month trip on an unhygienic sailing ship called the *Herder* (German for 'shepherd') to Australia. Sadly, they lost a couple of kids along the way, then trekked for days through the hot dusty desert in their heavy woollen European clothes to a mining town that had only just begun. It must have dampened their spirits a little. I would have jumped ship well before that – in Bremen, Cape Town or Adelaide – and had a go at chimney sweeping or catching rats for a living instead. Somebody back in Germany must have lied to them, selling them false promises and tickets to a faraway land of milk and honey. If they had only known . . . !

Regardless, the Preiss family were desperate and on a mission for freedom and a better life. Their German tenacity and self-discipline pushed them on through hard times and misery. After moving around from town to town in South Australia, my ancestors finally travelled inland to a town called Broken Hill. On arrival, they grabbed their shovels and started digging for precious metals. Broken Hill must have sounded like a strange name to them; it still does to a lot of people. However, just like languages, names sound normal when you hear them from birth.

The town was founded in 1883 by a boundary rider called Charles Rasp who had nothing better to do one afternoon than to check the boundary fences of a sheep station. He saw something shining and shimmering in the rocky hills nearby that he thought was tin. Charles took different samples . . . and they proved to be silver, lead and

zinc. With that discovery, a group of keen geologists and miners rushed to the area, broke the hill and started mining. The numbers grew rapidly in this remote camp, and the inhabitants were clearly too busy digging to hold a 'Name That Town' competition. Perhaps patience was wearing thin when someone raised the question of a name by the campfire one night, after a hard day's digging for little reward in the blistering heat with nothing but cabbage and dry bread to eat. And then one of the miners lost it, shouting, 'Who cares about the stupid bloody name when we're all broke 'n' ill?' and stormed off to his tent while the rest of them, keen to get back to their beer, thought, 'Yep, that'll do' and agreed on calling the fractured mound Broken Hill.

The miners probably believed it would only be a temporary site, like most towns that arose from the gold rushes of the time, so there was no point losing sweat over its title (after all, they already lost a lot of sweat scooping out the precious metals). But surprisingly, Broken Hill grew into a town, and the orebody proved to be the largest and richest of its kind in the world. How lucky for Charles Rasp that it wasn't overcast that day; he would have missed that twinkling moment, and the Preiss family today would still be eating bratwurst and sauerkraut.

Dad was a driller on the mines. His job was to take the tiny metal cage – jam-packed with miners, lamps and tools – one and a half kilometres down into the earth. Once there, he would often work alone in the hot, dark, stuffy pit with nothing but a lamp on his hard hat and a burning desire to excavate some silver, lead or zinc. He would spend hours boring into the wall, his whole body shaking in time with the massive hydraulic drill. No wonder the guy suffered from migraines. I was (un)lucky enough to go down as an adult to witness the awful conditions my dad worked under. I was shocked. Suddenly, it all became clear to me why Dad would drink his life away, why he was always irritated and violent, and why my childhood had been so bizarre. Working like that day in and day out for years would be enough to send anyone crazy.

HOLDING ON TO HOPE



Finding the 'New You' after
a Traumatic Brain Injury

NICOLE YEATES

HOLDING ON TO HOPE



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a Traumatic Brain Injury

NICOLE YEATES

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Introduction

This book is written with a solution-focused framework specifically for people who have suffered a brain injury and for their carers or support persons. I have based it on my lived experience with traumatic brain injury (TBI) and 33 years of trial and error that have helped me navigate towards a productive and fulfilling life. Throughout this book, you will discover strategies for managing many of the barriers commonly associated with a TBI or acquired brain injury (ABI), such as short-term memory and concentration issues, fatigue, isolation, and coping with a negative prognosis.

If you are the carer or support person for someone with a brain injury, this book will also provide you with strategies to proactively assist the brain-injured person during the acute and non-acute phases and to advocate within health care systems, while also taking care of you.

A severe brain injury at age 16 transformed my life forever. My medical team did not expect me to live, and even if I did, they predicted that I would never talk or walk again. The term in the '80s was 'vegetable', a label that nobody chooses. After my accident, my personality became extroverted and socially inappropriate. It was difficult for me to engage emotionally, and I trusted everyone. My ability to distinguish between good and not-so-good people was non-existent for years after

my accident, and I had to relearn how to do everything. I am still learning, but my filter for sorting this information has improved.

The people referred to in this book are mostly referenced by first name only because some of them are not a part of my life anymore, and I do not know if they would want to be included in my story. One consequence of brain injury is that your friends and family, and all who knew you, need to relate to or even love a 'new you'—the person they once knew but can no longer recognise because you have changed. Your brain chemistry is now different, and injury to the brain can cause significant personality and behavioural changes on many levels. Not all of your friends will be able to cope with those changes. If you are caring for a person with a brain injury, there may also be people who walk away for their own reasons. In my case, many did walk away. For me, that was one of the hardest parts of the journey. Hope for something better kept me going.

I have summarised some of the key learning strategies at the end of each chapter (from Chapter 4) and included some proactive strategies at the end of this book. This will help manage many of the commonly experienced barriers and limitations that can result from a brain injury. These are strategies that have worked for me and for many of my clients within their occupational rehabilitation journeys. Acquired injuries result in having to navigate life differently and find the 'new you'. I promise that if you commit to improving your

current situation and the challenges associated with brain injury by using the memory strategies and tips included in this book, you will increase your ability to reach your potential. My message is one of hope: hope that you will not give up trying to make the most of this precious life and that your best self will emerge, no matter the circumstances. When you hold on to hope, you can find a way. You can use the strategies in this book to enhance your life, and they will help you create the 'new you' on your own terms. Reading this book may be one of your first challenges in working towards improving your memory and concentration, so let's get started . . . one step at a time, or one page at a time.

Hit-and-run accident

A woman motor-cyclist, aged 16, is seriously ill in Christchurch Hospital after a hit-and-run accident at the corner of New Brighton Road and Bower Avenue last evening.

A police patrol car arrived at the scene soon after the accident, at 8 p.m., but the car that had been in the collision had already gone.

The police want to hear from anyone who has seen a green 1966 HR Holden, registration CV4648.

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SPEAKING to SEX

REIGNITE THE SPARK
IN YOUR RELATIONSHIP,
SPICE UP YOUR SEX LIFE,
AND CREATE
LONG-LASTING LOVE.



SHAUNA HARRIS



SPEAKING_{of} **SEX**

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SHAUNA HARRIS



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“Lack of communication can ruin the best of intentions.”

Shauna Harris

Chapter 2

Communication Is Where It's At

I've read and heard many times in my life that it takes money to make the world go around. I understand what is being said here, that money is in fact the general medium of exchange but does it make the world go around? I have a different perspective here. If I had to choose a better substitute for what I believe makes the world continue to spin, it would be communication. There is not one single exchange that occurs on this planet successfully without some form of communication.

Communication, when done in an effective and intentional manner, can turn even the darkest of situations into a myriad of colors. Working with couples and learning through my own experiences have opened my eyes to the extreme importance of communication in the long term success of marriages and relationships. Even the strongest and closest of couples will not survive without a continuous effort in the communication department.

Life throws curve balls at a rapid rate of speed sometimes. If we have difficulties in being vulnerable and sharing what is going on in our inner worlds, the foundation that we have been making an effort to build to-

gether will crumble and fall. As individuals, we have the intrinsic need to be heard, to be loved, to be supported, to feel safe, and to be accepted. Committing to a relationship means that making sure these needs are heard and met are a very important part of our job requirements. We have essentially signed on the dotted line to show up for ourself and for our partner. Just as in any other agreement that we make, we do it, we fulfill our promise, no questions asked! Well, that is not actually true in this situation at all. There should be, and definitely needs to be, a never-ending, steady stream of questions between the two of you until the day you are deceased. Do not allow your “Curious George” gene to ever get lazy. Never stop asking questions or being curious about your partner or spouse.

I am going to share with you some tips and strategies that you will be able to use right away. How would it feel to be totally heard and understood by your partner? How would it be for you to feel like you are on the same page with your partner? What would your relationship look like if communication with your spouse or partner wasn't a constant challenge but rather something you both did and both enjoyed together? What if you were able to feel safe to be vulnerable? What would your relationship look like if needs were expressed freely without fear or reluctance? Take a minute to envision what that would and could be for you and the person whom you have chosen to go on this journey called “life” together.

Now that you have a picture in your mind of what things could look like, let's dive in. It is time to expound upon how you can implement a few simple strategies and tips that will actually get you the kind of relationship that you are striving for. You and your partner

will be able to use these strategies and tips successfully for the rest of your lives.

Why is Communication So Important?

I would say that the most common reasons clients come to me to work through and resolve in their sex lives are:

1. Communication struggles
2. Mismatched sexual desire
3. “Boring” sex lives

What they don’t realize is that all three can be vastly improved with one decision. Do you want to improve your sex life? Obviously, you are reading this book so the intent is clear. When clients come to me, they have decided to seek some guidance but that decision needs more than just an, “Of course I do!” Making the decision is the easy part: you need to commit to the process; you need to be prepared to do the work. Nothing is more frustrating than when people want to make a change but don’t put in the work. I am going to give you all of the tools to be successful. You just need to add the intention, effective communication, and the commitment to take the steps to achieve the goal that you and your partner set.

I was in a long term marriage for over eighteen years and so you would think that I would have had my communication game on point. *I did not.* Communication was not a welcome guest at our table. It was done when absolutely necessary and it never was deeply connecting. I was a perfectionist and avoided ruffling feathers; I wanted to make things appear as though they were “good” at all times, even when they weren’t.

Primary emotions are instinctive, whereas secondary emotions are more intense, usually longer-lasting and come right from the heart. We tend to see and feel the primary emotions first and run with that feeling. If we take the time to examine this, we can really understand what is under those initial fiery feelings. When anger rears its head for instance, yes, we are mad. We might even be furious, but if we can take a breath and sit with that anger for a minute, we will come to understand that the anger really is something more. When we get into this habit of being responsive, as opposed to reactive, our communication skills become a lot more connecting and effective. So, we initially feel angry but after some self-reflection, we come to realize that we really feel disappointment, rejection, and maybe just downright loneliness. These are emotions that foster compassion and vulnerability in the very ones that we are trying to connect with. Some refer to primary emotions as surface emotions because it is what is seen on the surface, whereas secondary emotions are found at a deeper level. Take a look at the chart below.

PRIMARY EMOTIONS				
anger	fear	sadness	joy	love
SECONDARY EMOTIONS				
frustration	happiness	vulnerability	shame	
disappointment	shame	satisfaction	pride	
guilt	optimism	trust	depression	
enthusiasm	jealousy	hope	peace	
depression	confusion	regret	lonely	
pride	anxiety	confidence	satisfaction	

Sometimes the visualization of an iceberg works to illustrate this as well. Take a look at the photo here. What you see above the surface isn't the entire picture. There is always a whole lot more going on under the surface and if we aren't careful navigating around the iceberg, we might end up running into it. If we react to a primary emotion, it is very likely going to be a defense strategy that we will grab to combat the situation and protect ourselves. If we are approached with a secondary emotion, the tendency to show up with compassion, understanding, and kindness is a lot more probable. As with all icebergs and emotions, there is so much more than what we initially see. When we take the time to uncover what is beneath the surface, then and only then can we understand what the real issue is and where it is or might be coming from.



LOOK AT THAT!



Discover the Joy of Seeing
by Sketching

BOBBIE HERRON

Look at That!

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Because this book is a celebration of the joy of seeing,
the font style, size, and ink color were chosen
with accessibility in mind.

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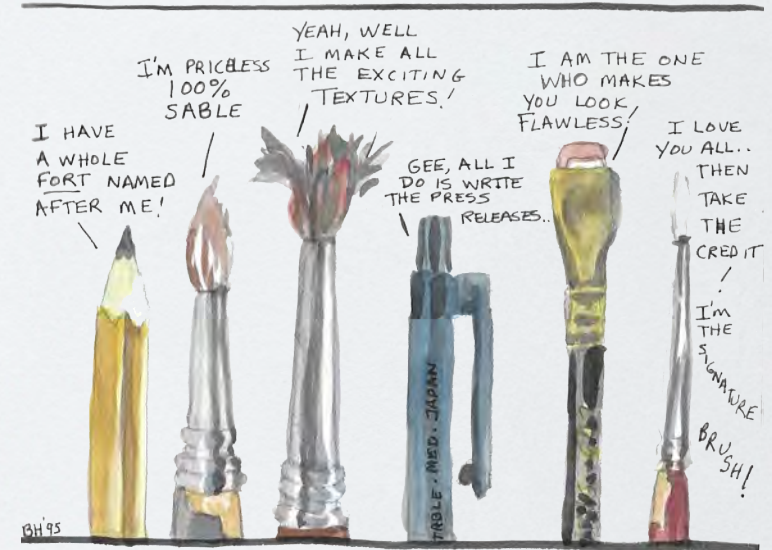
For more information, visit our website at
www.aloftwithinspiration.com

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CHAPTER 1

SIMPLEST TOOLS



SIMPLEST TOOLS

KEEP YOUR TOOLS AS SIMPLE AS POSSIBLE.

There is an abundance of “how-to-sketch-paint-draw” books available right now. If you’re new to this marvelous pastime, the last thing you need is a deluge of details.

Instead, I’m going to hand you the same simple tool kit that my students used, containing only a handful of items and a small sketchbook, all tucked into a rugged zipper bag. With the Sketchbook Adventure Kit, people of all skill levels use the same simple tools for sketching indoors and outdoors. You never outgrow them.

THIS “SIMPLEST TOOLS” CHAPTER HAS TWO SECTIONS:

The “*Essentials*” section introduces you to the Kit ingredients.

Following “*Essentials*,” you’ll see the “*More about...*” section. Here, you’ll learn why sketchers and watercolorists make various choices regarding papers, drawing materials, and paints.

REMEMBER: THERE IS GREAT POWER IN A SIMPLE KIT

I can’t stress this enough. The fewer supplies you bring along with you, the more time you’ll have to pause, ponder, gaze, then begin sketching. You won’t waste time wondering which pen to use because you were smart enough to only bring two, not twelve.

Your most expensive art supply is Time. Use it wisely.

THE SKETCHBOOK ADVENTURE KIT ESSENTIALS

THE SKETCHBOOK

SIZE:

About 5.5" x 8.5" is good to start (also called “A5” size)

I like portrait layout—more about why later.

NUMBER OF PAGES:

Not too many! You want your sketchbook to be relatively lightweight and very portable, about 30 sheets (60 pages.)

PAPER WEIGHT/THICKNESS/COMPOSITION:

So many variables, so confusing! Basically, all you need to know is that the paper should be heavy enough to tolerate controlled amounts of water, but not so heavy that it becomes precious and intimidating. (You want it to be heavier than copy machine paper, lighter than cardboard!) Look for something labeled “watercolor” or “mixed media” if you plan to use watercolor too (and I hope you do!).

With watercolor, you’ll have better luck with paper made of rag (cotton, etc.) and not wood pulp (cellulose). Crazy, right? But there’s a good reason for it. (Google why and see for yourself!)

For your Sketchbook Adventure Kit, I recommend:

*Travelogue Artist Watercolor Journal “Large Portrait”
size (8.25" x 5.5")*

DRAWING TOOL ESSENTIALS

(Never forget, you can go a long way with the back of an envelope and a stolen pen. Or upgrade to a simple sketchbook and said stolen pen.)

THE SKETCHBOOK ADVENTURE KIT 6 DRAWING TOOLS ARE:

2 water-resistant pens (waterproof, permanent)

The ink doesn't "bleed" when you paint over it

Fine: Uni-ball Roller Micro (or any fine-liner), black

Bold: Bic Cristal 1.6mm ball-point pen, black

2 water-soluble pens

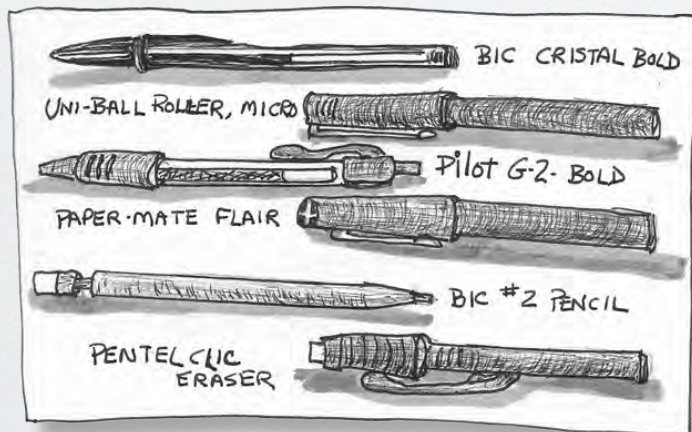
The ink "bleeds" when wet, and we use that to our advantage!

Gel Bold: Pilot G-2 Bold gel pen

Felt-Tip Bold: Paper Mate "Flair!" 0.7mm (not fine point)

1 pencil (preferably mechanical and cheap)

1 Pentel Clic™ eraser



PAINTING TOOL ESSENTIALS

THE SKETCHBOOK ADVENTURE KIT WATERCOLOR PALETTE IS:

Winsor & Newton Cotman Sketcher Pocket Box™

THE SKETCHBOOK ADVENTURE KIT 5 PAINTING TOOLS ARE:

1 round brush: size 6 or 8, good for a small, A5 size sketchbook

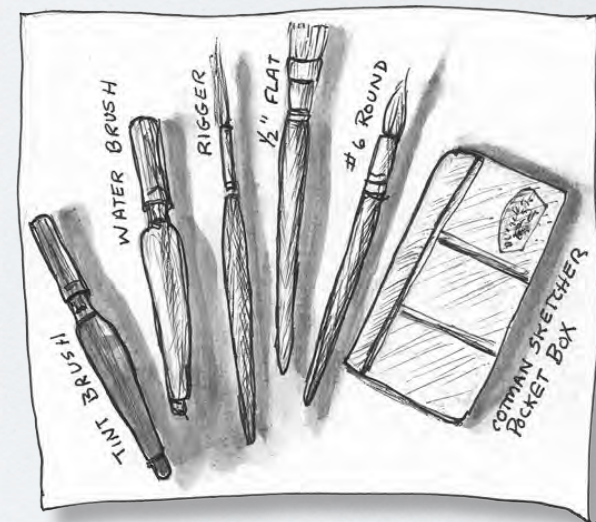
1 flat brush: 1/2"

1 rigger brush: optional, but such fun later

2 Aquash™ water brushes: one for use with just water, one for when you create a DIY tint brush

A NOTE ABOUT BRUSHES

Buy decent brushes that aren't so costly that you never use them, yet not so economical that they don't hold water well or don't come to a good point when wet. Make sure they are designed for watercolor.



ACCESSORIES ESSENTIALS

Collapsible cup or mint tin to hold water while painting

Small sponge to soak up excess water on the brush when painting

Wrist sock is just the cuff chopped off an old ankle sock. The same purpose as the sponge, wear it on your non-dominant hand wrist so you can quickly dab excess water off your brush when painting.

Tissues for dabbing, not crying!

Viewfinder: This helps you to pause and look for an interesting composition before you sketch. Make it from an index card and tape it inside the back of your sketchbook. (More on that later.) You can also buy a fancy one (see Purchase Order at the end of this book.)

The Sketchbook Adventure Kit sturdy zipper bag is:

Blick™ Mesh Zipper Bag 7.5" x 9.5"

This durable bag holds all your supplies, including your sketchbook, so you're ready to go at a moment's notice.

Water bottle: (not in picture) for painting and for refreshment!

A timer (perhaps your phone):

It's surprising how helpful it is to use a gentle timer. It helps you pace yourself, so you know roughly when to pause or even stop. I like setting mine for 20 minutes for a small sketch.

