

Catastrophic Care Why Everything We Think We Know About Health Care Is Wrong

The global response to the Covid-19 pandemic is the greatest science policy failure in a generation. We knew this was coming. Warnings about the threat of a new pandemic have been made repeatedly since the 1980s and it was clear in January that a dangerous new virus was causing a devastating human tragedy in China. And yet the world ignored the warnings. Why? In this short and hard-hitting book, Richard Horton, editor of the medical journal *The Lancet*, scrutinizes the actions that governments around the world took – and failed to take – as the virus spread from its origins in Wuhan to the global pandemic that it is today. He shows that many Western governments and their scientific advisors made assumptions about the virus and its lethality that turned out to be mistaken. Valuable time was lost while the virus spread unchecked, leaving health systems unprepared for the avalanche of infections that followed. Drawing on his own scientific and medical expertise, Horton outlines the measures that need to be put in place, at both national and international levels, to prevent this kind of catastrophe from happening again. We're supposed to be living in an era where human beings have become the dominant influence on the environment, but Covid-19 has revealed the fragility of our societies and the speed with which our systems can come crashing down. We need to learn the lessons of this pandemic and we need to learn them fast because the next pandemic may arrive sooner than we think.

A WASHINGTON POST BESTSELLER The biggest problem in American health care is us Do you know how to tell good health care from bad health care? Guess again. As patients, we wrongly assume the "best" care is dependent mainly on the newest medications, the most complex treatments, and the smartest doctors. But Americans look for health-care solutions in the wrong places. For example, hundreds of thousands of lives could be saved each year if doctors reduced common errors and maximized preventive medicine. For Dr. Robert Pearl, these kinds of mistakes are a matter of professional importance, but also personal significance: he lost his own father due in part to poor communication and treatment planning by doctors. And consumers make costly mistakes too: we demand modern information technology from our banks, airlines, and retailers, but we passively accept last century's technology in our health care. Solving the challenges of health care starts with understanding these problems. *Mistreated* explains why subconscious misperceptions are so common in medicine, and shows how modifying the structure, technology, financing, and leadership of American health care could radically improve quality outcomes. This important book proves we can overcome our fears and faulty assumptions, and provides a roadmap for a better, healthier future.

The landmark work on mindfulness, meditation, and healing, now revised and updated after twenty-five years *Stress*. It can sap our energy, undermine our

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health if we let it, even shorten our lives. It makes us more vulnerable to anxiety and depression, disconnection and disease. Based on Jon Kabat-Zinn's renowned mindfulness-based stress reduction program, this classic, groundbreaking work—which gave rise to a whole new field in medicine and psychology—shows you how to use medically proven mind-body approaches derived from meditation and yoga to counteract stress, establish greater balance of body and mind, and stimulate well-being and healing. By engaging in these mindfulness practices and integrating them into your life from moment to moment and from day to day, you can learn to manage chronic pain, promote optimal healing, reduce anxiety and feelings of panic, and improve the overall quality of your life, relationships, and social networks. This second edition features results from recent studies on the science of mindfulness, a new Introduction, up-to-date statistics, and an extensive updated reading list. Full Catastrophe Living is a book for the young and the old, the well and the ill, and anyone trying to live a healthier and saner life in our fast-paced world. Praise for Full Catastrophe Living “To say that this wise, deep book is helpful to those who face the challenges of human crisis would be a vast understatement. It is essential, unique, and, above all, fundamentally healing.”—Donald M. Berwick, M.D., president emeritus and senior fellow, Institute for Healthcare Improvement “One of the great classics of mind/body medicine.”—Rachel Naomi Remen, M.D., author of Kitchen Table Wisdom “A book for everyone . . . Jon Kabat-Zinn has done more than any other person on the planet to spread the power of mindfulness to the lives of ordinary people and major societal institutions.”—Richard J. Davidson, founder and chair, Center for Investigating Healthy Minds, University of Wisconsin–Madison “This is the ultimate owner's manual for our lives. What a gift!”—Amy Gross, former editor in chief, O: The Oprah Magazine “I first read Full Catastrophe Living in my early twenties and it changed my life.”—Chade-Meng Tan, Jolly Good Fellow of Google and author of Search Inside Yourself “Jon Kabat-Zinn's classic work on the practice of mindfulness to alleviate stress and human suffering stands the test of time, a most useful resource and practical guide. I recommend this new edition enthusiastically to doctors, patients, and anyone interested in learning to use the power of focused awareness to meet life's challenges, whether great or small.”—Andrew Weil, M.D., author of Spontaneous Happiness and 8 Weeks to Optimum Health “How wonderful to have a new and updated version of this classic book that invited so many of us down a path that transformed our minds and awakened us to the beauty of each moment, day-by-day, through our lives. This second edition, building on the first, is sure to become a treasured sourcebook and traveling companion for new generations who seek the wisdom to live full and fulfilling lives.”—Diana Chapman Walsh, Ph.D., president emerita of Wellesley College

NATIONAL BESTSELLER • Provocative and illuminating essays from women at the forefront of the climate movement who are harnessing truth, courage, and solutions to lead humanity forward. “A powerful read that fills one with, dare I say

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... hope?"—The New York Times NAMED ONE OF THE BEST BOOKS OF THE YEAR BY SMITHSONIAN MAGAZINE There is a renaissance blooming in the climate movement: leadership that is more characteristically feminine and more faithfully feminist, rooted in compassion, connection, creativity, and collaboration. While it's clear that women and girls are vital voices and agents of change for this planet, they are too often missing from the proverbial table. More than a problem of bias, it's a dynamic that sets us up for failure. To change everything, we need everyone. *All We Can Save* illuminates the expertise and insights of dozens of diverse women leading on climate in the United States—scientists, journalists, farmers, lawyers, teachers, activists, innovators, wonks, and designers, across generations, geographies, and race—and aims to advance a more representative, nuanced, and solution-oriented public conversation on the climate crisis. These women offer a spectrum of ideas and insights for how we can rapidly, radically reshape society. Intermixing essays with poetry and art, this book is both a balm and a guide for knowing and holding what has been done to the world, while bolstering our resolve never to give up on one another or our collective future. We must summon truth, courage, and solutions to turn away from the brink and toward life-giving possibility. Curated by two climate leaders, the book is a collection and celebration of visionaries who are leading us on a path toward all we can save. With essays and poems by: Emily Atkin • Xiye Bastida • Ellen Bass • Colette Pichon Battle • Jainey K. Bavishi • Janine Benyus • adrienne maree brown • Régine Clément • Abigail Dillen • Camille T. Dungy • Rhiana Gunn-Wright • Joy Harjo • Katharine Hayhoe • Mary Annaïse Heglar • Jane Hirshfield • Mary Anne Hitt • Ailish Hopper • Tara Houska, Zhaabowekwe • Emily N. Johnston • Joan Naviyuk Kane • Naomi Klein • Kate Knuth • Ada Limón • Louise Maher-Johnson • Kate Marvel • Gina McCarthy • Anne Haven McDonnell • Sarah Miller • Sherri Mitchell, Weh'na Ha'mu Kwasset • Susanne C. Moser • Lynna Odel • Sharon Olds • Mary Oliver • Kate Orff • Jacqui Patterson • Leah Penniman • Catherine Pierce • Marge Piercy • Kendra Pierre-Louis • Varshini • Prakash • Janisse Ray • Christine E. Nieves Rodriguez • Favianna Rodriguez • Cameron Russell • Ash Sanders • Judith D. Schwartz • Patricia Smith • Emily Stengel • Sarah Stillman • Leah Cardamore Stokes • Amanda Sturgeon • Maggie Thomas • Heather McTeer Toney • Alexandria Villaseñor • Alice Walker • Amy Westervelt • Jane Zelikova

#1 NEW YORK TIMES BESTSELLER * "The Uninhabitable Earth hits you like a comet, with an overflow of insanely lyrical prose about our pending Armageddon."--Andrew Solomon, author of *The Noonday Demon* With a new afterword It is worse, much worse, than you think. If your anxiety about global warming is dominated by fears of sea-level rise, you are barely scratching the surface of what terrors are possible--food shortages, refugee emergencies, climate wars and economic devastation. An "epoch-defining book" (*The Guardian*) and "this generation's *Silent Spring*" (*The Washington Post*), *The Uninhabitable Earth* is both a travelogue of the near future and a meditation on

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how that future will look to those living through it--the ways that warming promises to transform global politics, the meaning of technology and nature in the modern world, the sustainability of capitalism and the trajectory of human progress. The Uninhabitable Earth is also an impassioned call to action. For just as the world was brought to the brink of catastrophe within the span of a lifetime, the responsibility to avoid it now belongs to a single generation--today's. Praise for The Uninhabitable Earth "The Uninhabitable Earth is the most terrifying book I have ever read. Its subject is climate change, and its method is scientific, but its mode is Old Testament. The book is a meticulously documented, white-knuckled tour through the cascading catastrophes that will soon engulf our warming planet."--Farhad Manjoo, The New York Times "Riveting. . . . Some readers will find Mr. Wallace-Wells's outline of possible futures alarmist. He is indeed alarmed. You should be, too."--The Economist "Potent and evocative. . . . Wallace-Wells has resolved to offer something other than the standard narrative of climate change. . . . He avoids the 'eerily banal language of climatology' in favor of lush, rolling prose."--Jennifer Szalai, The New York Times "The book has potential to be this generation's Silent Spring."--The Washington Post "The Uninhabitable Earth, which has become a best seller, taps into the underlying emotion of the day: fear. . . . I encourage people to read this book."--Alan Weisman, The New York Review of Books

People do not choose to suffer from catastrophic illnesses, but considerable human choice is involved in the ways in which the participants in the process treat and conduct research on these diseases. Catastrophic Diseases draws a powerful and humane portrait of the patients who suffer from these illnesses as well as of the physician-investigators who treat them, and describes the major pressures, conflicts, and decisions which confront all of them. By integrating a discussion of "facts" and "values," the authors highlight the forces which affect new developments in medicine—such as kidney and heart transplants—and the controversial issues they generate. Katz and Capron explore these issues through the use of dual conceptual perspectives. Their study first examines and evaluates the authority which should be vested in each of the chief participants in the catastrophic disease process—the physician-investigator, the patient-subject and his relatives, the professionals, and the state. Challenging questions are raised concerning medical education, informed consent, and professional responsibility. The authors next explore how the roles and capacities of the participants vary not only according to the basic issues they face but also according to the point in decision-making at which these issues arise. The process of investigating and treating catastrophic diseases, the authors believe, can thus usefully be divided into three decision-making stages—the formulation of policy, the administration of research and therapy, and the review of the decisions and their consequences. In conclusion, Katz and Capron demonstrate the need for a variety of individuals and groups with diverse values to be involved in decision-making in a manner which will not unnecessarily impede the scientific

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investigation of these diseases.

Can one person survive four brain hemorrhages and two brain surgeries, and still live a normal, joyful life? Join survivor Les Duncan for *Brain Storms*, a collection of twenty-seven tips for coping with and recovering from catastrophic illness.

These easy-to-read chapters—free from confusing technical jargon—will inspire you to take back your life. Full of tips and practical information—like how to find an exceptional doctor, the trick to listening to your body, building a life of sheer determination, and becoming an occasional but likable nuisance when necessary—will enable you to make recovery your full-time job. Applicable both for survivors and caretakers, *Brain Storms* also deals with the importance of maintaining relationships throughout the difficult healing process. Be inspired to survive.

Instant #1 New York Times and Wall Street Journal bestseller From the Washington Post journalists Yasmeen Abutaleb and Damian Paletta—the definitive account of the Trump administration's tragic mismanagement of the COVID-19 pandemic, and the chaos, incompetence, and craven politicization that has led to more than a half million American deaths and counting. Since the day Donald Trump was elected, his critics warned that an unexpected crisis would test the former reality-television host—and they predicted that the president would prove unable to meet the moment. In 2020, that crisis came to pass, with the outcomes more devastating and consequential than anyone dared to imagine.

Nightmare Scenario is the complete story of Donald Trump's handling—and mishandling—of the COVID-19 catastrophe, during the period of January 2020 up to Election Day that year. Yasmeen Abutaleb and Damian Paletta take us deep inside the White House, from the Situation Room to the Oval Office, to show how the members of the administration launched an all-out war against the health agencies, doctors, and scientific communities, all in their futile attempts to wish away the worst global pandemic in a century. From the initial discovery of this new coronavirus, President Trump refused to take responsibility, disputed the recommendations of his own pandemic task force, claimed the virus would “just disappear,” mocked advocates for safe-health practices, and encouraged his base and the entire GOP to ignore or rescind public health safety measures.

Abutaleb and Paletta reveal the numerous times officials tried to dissuade Trump from following his worst impulses as he defied recommendations from the experts and even members of his own administration. And they show how the petty backstabbing and rivalries among cabinet members, staff, and aides created a toxic environment of blame, sycophancy, and political pressure that did profound damage to the public health institutions that Americans needed the most during this time. Even after an outbreak in the fall that swept through the White House and infected Trump himself, he remained defiant in his approach to the virus, very likely costing him his own reelection. Based on exhaustive reporting and hundreds of hours of interviews from inside the disaster zone at all levels of authority, *Nightmare Scenario* is a riveting account of how the United States government failed its people as never before, a tragedy whose

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devastating aftershocks will linger and be felt by generations to come. A visionary investigation that will change the way we think about health care: how and why it is failing, why expanding coverage will actually make things worse, and how our health care can be transformed into a transparent, affordable, successful system. In 2007, David Goldhill's father died from infections acquired in a hospital, one of more than two hundred thousand avoidable deaths per year caused by medical error. The bill was enormous—and Medicare paid it. These circumstances left Goldhill angry and determined to understand how world-class technology and personnel could coexist with such carelessness—and how a business that failed so miserably could be paid in full. *Catastrophic Care* is the eye-opening result. Blending personal anecdotes and extensive research, Goldhill presents us with cogent, biting analysis that challenges the basic preconceptions that have shaped our thinking for decades. Contrasting the Island of health care with the Mainland of our economy, he demonstrates that high costs, excess medicine, terrible service, and medical error are the inevitable consequences of our insurance-based system. He explains why policy efforts to fix these problems have invariably produced perverse results, and how the new Affordable Care Act is more likely to deepen than to solve these issues. Goldhill steps outside the incremental and wonkish debates to question the conventional wisdom blinding us to more fundamental issues. He proposes a comprehensive new way, where the customer (the patient) is first—a system focused on health and maintaining it, a system strong and vibrant enough for our future. If you think health care is interesting only to institutes and politicians, think again: *Catastrophic Care* is surprising, engaging, and brimming with insights born of questions nobody has thought to ask. Above all it is a book of new ideas that can transform the way we understand a subject we often take for granted.

A new edition of the book that launched Elizabeth Kolbert's career as an environmental writer—updated with three new chapters, making it, yet again, "irreplaceable" (*Boston Globe*). Elizabeth Kolbert's environmental classic *Field Notes from a Catastrophe* first developed out of a groundbreaking, National Magazine Award-winning three-part series in *The New Yorker*. She expanded it into a still-concise yet richly researched and damning book about climate change: a primer on the greatest challenge facing the world today. But in the years since, the story has continued to develop; the situation has become more dire, even as our understanding grows. Now, Kolbert returns to the defining book of her career. She has added a chapter bringing things up-to-date on the existing text, plus three new chapters—on ocean acidification, the tar sands, and a Danish town that's gone carbon neutral—making it, again, a must-read for our moment.

Many Americans believe that people who lack health insurance somehow get the care they really need. *Care Without Coverage* examines the real consequences for adults who lack health insurance. The study presents findings in the areas of prevention and screening, cancer, chronic illness, hospital--based care, and general health status. The committee looked at the consequences of being uninsured for people suffering from cancer, diabetes, HIV infection and AIDS, heart and kidney disease, mental illness, traumatic injuries, and heart attacks. It focused on the roughly 30 million -- one in seven--working--age Americans without health insurance. This group does not include the population over 65 that is covered by Medicare or the nearly 10 million children who are uninsured in this country. The main findings of the report are that working-age Americans without health insurance are more likely to receive too little medical care and

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receive it too late; be sicker and die sooner; and receive poorer care when they are in the hospital, even for acute situations like a motor vehicle crash.

“Paul Farmer brings his considerable intellect, empathy, and expertise to bear in this powerful and deeply researched account of the Ebola outbreak that struck West Africa in 2014. It is hard to imagine a more timely or important book.” —Bill and Melinda Gates “[The] history is as powerfully conveyed as it is tragic . . . Illuminating . . . Invaluable.” —Steven Johnson, *The New York Times Book Review* In 2014, Sierra Leone, Liberia, and Guinea suffered the worst epidemic of Ebola in history. The brutal virus spread rapidly through a clinical desert where basic health-care facilities were few and far between. Causing severe loss of life and economic disruption, the Ebola crisis was a major tragedy of modern medicine. But why did it happen, and what can we learn from it? Paul Farmer, the internationally renowned doctor and anthropologist, experienced the Ebola outbreak firsthand—Partners in Health, the organization he founded, was among the international responders. In *Fevers, Feuds, and Diamonds*, he offers the first substantive account of this frightening, fast-moving episode and its implications. In vibrant prose, Farmer tells the harrowing stories of Ebola victims while showing why the medical response was slow and insufficient. Rebutting misleading claims about the origins of Ebola and why it spread so rapidly, he traces West Africa’s chronic health failures back to centuries of exploitation and injustice. Under formal colonial rule, disease containment was a priority but care was not – and the region’s health care woes worsened, with devastating consequences that Farmer traces up to the present. This thorough and hopeful narrative is a definitive work of reportage, history, and advocacy, and a crucial intervention in public-health discussions around the world. Through journal entries, sixteen-year-old Miranda describes her family’s struggle to survive after a meteor hits the moon, causing worldwide tsunamis, earthquakes, and volcanic eruptions.

For those who could read between the lines, the censored news out of China was terrifying. But the president insisted there was nothing to worry about. Fortunately, we are still a nation of skeptics. Fortunately, there are those among us who study pandemics and are willing to look unflinchingly at worst-case scenarios. Michael Lewis’s taut and brilliant nonfiction thriller pits a band of medical visionaries against the wall of ignorance that was the official response of the Trump administration to the outbreak of COVID-19. The characters you will meet in these pages are as fascinating as they are unexpected. A thirteen-year-old girl’s science project on transmission of an airborne pathogen develops into a very grown-up model of disease control. A local public-health officer uses her worm’s-eye view to see what the CDC misses, and reveals great truths about American society. A secret team of dissenting doctors, nicknamed the Wolverines, has everything necessary to fight the pandemic: brilliant backgrounds, world-class labs, prior experience with the pandemic scares of bird flu and swine flu...everything, that is, except official permission to implement their work. Michael Lewis is not shy about calling these people heroes for their refusal to follow directives that they know to be based on misinformation and bad science. Even the internet, as crucial as it is to their exchange of ideas, poses a risk to them. They never know for sure who else might be listening in.

Why is America's health care system so expensive? Why do hospitalized patients receive bills laden with inflated charges that com out of the blue from out-of-network

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providers or demands for services that weren't delivered? Why do we pay \$600 for EpiPens that contain a dollar's worth of medicine? Why is more than \$1 trillion - one out of every three dollars that passes through the system - lost to fraud, wasted on services that don't help patients, or otherwise misspent? Overcharged answers these questions. It shows that America's health care system, which replaces consumer choice with government control and third-party payment, is effectively designed to make health care as expensive as possible. Prices will fall, quality will improve, and medicine will become more patient-friendly only when consumers take charge and exert pressure from below. For this to happen, consumers must control the money. As Overcharged explains, when health care providers are subjected to the same competitive forces that shape other industries, they will either deliver better services more cheaply or risk being replaced by someone who will.

NATIONAL BESTSELLER • WINNER OF THE PULITZER PRIZE • A searing, post-apocalyptic novel about a father and son's fight to survive, this "tale of survival and the miracle of goodness only adds to McCarthy's stature as a living master. It's gripping, frightening and, ultimately, beautiful" (San Francisco Chronicle). A father and his son walk alone through burned America. Nothing moves in the ravaged landscape save the ash on the wind. It is cold enough to crack stones, and when the snow falls it is gray. The sky is dark. Their destination is the coast, although they don't know what, if anything, awaits them there. They have nothing; just a pistol to defend themselves against the lawless bands that stalk the road, the clothes they are wearing, a cart of scavenged food—and each other. *The Road* is the profoundly moving story of a journey. It boldly imagines a future in which no hope remains, but in which the father and his son, "each the other's world entire," are sustained by love. Awesome in the totality of its vision, it is an unflinching meditation on the worst and the best that we are capable of: ultimate destructiveness, desperate tenacity, and the tenderness that keeps two people alive in the face of total devastation.

"A visionary investigation that will change the way we think about health care- how and why it is failing, why expanding coverage will actually make things worse, and how our health care can be transformed into a transparent, affordable, successful system. In 2007, David Goldhill's father died from infections acquired in a hospital, one of more than two hundred thousand avoidable deaths per year caused by medical error. The bill was enormous and Medicare paid it. These circumstances left Goldhill angry and determined to understand how world-class technology and personnel could coexist with such carelessness and how a business that failed so miserably could be paid in full. *Catastrophic Care* is the eye-opening result. Blending personal anecdotes and extensive research, Goldhill presents us with cogent, biting analysis that challenges the basic preconceptions that have shaped our thinking for decades. Contrasting the Island of health care with the Mainland of our economy, he demonstrates that high costs, excess medicine, terrible service, and medical error are the inevitable consequences of our insurance-based system. He explains why policy efforts to fix these problems have

A riveting first-hand account of a physician who's suddenly a dying patient, *In Shock* "searches for a glimmer of hope in life's darkest moments, and finds it." —The Washington Post Dr. Rana Awdish never imagined that an emergency trip to the hospital would result in hemorrhaging nearly all of her blood volume and losing her unborn first child. But after her first visit, Dr. Awdish spent months fighting for her life, enduring consecutive major surgeries and experiencing multiple overlapping organ failures. At each step of the recovery process, Awdish was faced with something even more unexpected: repeated cavalier behavior from her fellow

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physicians—indifference following human loss, disregard for anguish and suffering, and an exacting emotional distance. Hauntingly perceptive and beautifully written, *In Shock* allows the reader to transform alongside Awdish and watch what she discovers in our carefully-cultivated, yet often misguided, standard of care. Awdish comes to understand the fatal flaws in her profession and in her own past actions as a physician while achieving, through unflinching presence, a crystalline vision of a new and better possibility for us all. As Dr. Awdish finds herself up against the same self-protective partitions she was trained to construct as a medical student and physician, she artfully illuminates the dysfunction of disconnection. Shatteringly personal, and yet wholly universal, she offers a brave road map for anyone navigating illness while presenting physicians with a new paradigm and rationale for embracing the emotional bond between doctor and patient.

A New York Times Bestseller

An instant #1 New York Times bestseller. The definitive behind-the-scenes story of Trump's final year in office, by Phil Rucker and Carol Leonnig, the Pulitzer-Prize winning reporters and authors of *A Very Stable Genius*. "Chilling." – Anderson Cooper "Jaw-dropping." – John Berman "Shocking." – John Heilemann "Explosive." – Hallie Jackson "Blockbuster new reporting." – Nicolle Wallace "Bracing new revelations." – Brian Williams "Bombshell reporting." – David Muir The true story of what took place in Donald Trump's White House during a disastrous 2020 has never before been told in full. What was really going on around the president, as the government failed to contain the coronavirus and over half a million Americans perished? Who was influencing Trump after he refused to concede an election he had clearly lost and spread lies about election fraud? To answer these questions, Phil Rucker and Carol Leonnig reveal a dysfunctional and bumbling presidency's inner workings in unprecedented, stunning detail. Focused on Trump and the key players around him—the doctors, generals, senior advisers, and Trump family members— Rucker and Leonnig provide a forensic account of the most devastating year in a presidency like no other. Their sources were in the room as time and time again Trump put his personal gain ahead of the good of the country. These witnesses to history tell the story of him longing to deploy the military to the streets of American cities to crush the protest movement in the wake of the killing of George Floyd, all to bolster his image of strength ahead of the election. These sources saw firsthand his refusal to take the threat of the coronavirus seriously—even to the point of allowing himself and those around him to be infected. This is a story of a nation sabotaged—economically, medically, and politically—by its own leader, culminating with a groundbreaking, minute-by-minute account of exactly what went on in the Capitol building on January 6, as Trump's supporters so easily breached the most sacred halls of American democracy, and how the president reacted. With unparalleled access, Rucker and Leonnig explain and expose exactly who enabled—and who foiled—Trump as he sought desperately to cling to power. A classic and heart-racing work of investigative reporting, this book is destined to be read and studied by citizens and historians alike for decades to come.

Meet Mr. Penguin: adventurer (and penguin)! Mr. Penguin and his Adventuring gang board a luxury cruise ship for some much-needed rest and a little entertainment. With Colin, his kung fu spider sidekick, preparing to perform with the Ladies Choir and fish finger sandwiches available twenty-four hours a day, Mr. Penguin isn't even bothered that he can't swim and is deeply afraid of water. But when a series of odd events infiltrates a façade of glamorous parties filled with a who's who of film stars and politicians, Mr. Penguin can't help but feel that something shifty is happening on board. And when he befriends a young stowaway with a mystery of her own to solve, he soon finds that Adventures are lying in wait after all. This third installment in the humorous, page-turning series from Alex T. Smith, the author-illustrator of the popular *Claude* series, is sure to thrill young readers looking for a good adventure.

The inspirational bestseller that ignited a movement and asked us to find our WHY Discover

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the book that is captivating millions on TikTok and that served as the basis for one of the most popular TED Talks of all time—with more than 56 million views and counting. Over a decade ago, Simon Sinek started a movement that inspired millions to demand purpose at work, to ask what was the WHY of their organization. Since then, millions have been touched by the power of his ideas, and these ideas remain as relevant and timely as ever. *START WITH WHY* asks (and answers) the questions: why are some people and organizations more innovative, more influential, and more profitable than others? Why do some command greater loyalty from customers and employees alike? Even among the successful, why are so few able to repeat their success over and over? People like Martin Luther King Jr., Steve Jobs, and the Wright Brothers had little in common, but they all started with WHY. They realized that people won't truly buy into a product, service, movement, or idea until they understand the WHY behind it. *START WITH WHY* shows that the leaders who have had the greatest influence in the world all think, act and communicate the same way—and it's the opposite of what everyone else does. Sinek calls this powerful idea The Golden Circle, and it provides a framework upon which organizations can be built, movements can be led, and people can be inspired. And it all starts with WHY.

"All disasters are in some sense man-made." Setting the *annus horribilis* of 2020 in historical perspective, Niall Ferguson explains why we are getting worse, not better, at handling disasters. Disasters are inherently hard to predict. Pandemics, like earthquakes, wildfires, financial crises, and wars, are not normally distributed; there is no cycle of history to help us anticipate the next catastrophe. But when disaster strikes, we ought to be better prepared than the Romans were when Vesuvius erupted, or medieval Italians when the Black Death struck. We have science on our side, after all. Yet in 2020 the responses of many developed countries, including the United States, to a new virus from China were badly bungled. Why? Why did only a few Asian countries learn the right lessons from SARS and MERS? While populist leaders certainly performed poorly in the face of the COVID-19 pandemic, Niall Ferguson argues that more profound pathologies were at work—pathologies already visible in our responses to earlier disasters. In books going back nearly twenty years, including *Colossus*, *The Great Degeneration*, and *The Square and the Tower*, Ferguson has studied the foibles of modern America, from imperial hubris to bureaucratic sclerosis and online fragmentation. Drawing from multiple disciplines, including economics, climatology, and network science, *Doom* offers not just a history but a general theory of disasters, showing why our ever more bureaucratic and complex systems are getting worse at handling them. *Doom* is the lesson of history that this country—indeed the West as a whole—urgently needs to learn, if we want to handle the next crisis better, and to avoid the ultimate doom of irreversible decline. From New York Times bestselling author Eleanor Henderson comes a turbulent love story meets harrowing medical mystery: the true story of the author's twenty-year marriage defined by her husband's chronic illness—and a testament to the endurance of love Eleanor met Aaron when she was just a teenager and he was working at a local record store—older, experienced, and irresistibly charming. Escaping the clichés of fleeting young love, their summer romance bloomed into a relationship that survived college and culminated in a marriage and two children. From the outside looking in, their life had all the trappings of what most would consider a success story. But, as in any marriage, things weren't always as they seemed. On top of the typical stresses of parenting, money, and work, there were the untended wounds of depression, addiction, and childhood trauma. And then one day, out of nowhere: a rash appeared on Aaron's arms. Soon, it had morphed into painful lesions covering his body. Eleanor was as baffled as the doctors. There was no obvious diagnosis, let alone a cure. And as years passed and the lesions gave way to Aaron's increasingly disturbed concerns about the source of his sickness, the husband she loved seemed to unravel before her eyes. A new fissure ruptured in their marriage, and new questions piled onto old ones: Where does physical

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illness end and mental illness begin? Where does one person end and another begin? And how do we exist alongside someone else's suffering? Emotional, intimate, and at times agonizing, *Everything I Have Is Yours* tells the story of a marriage tested by powerful forces outside both partners' control. It's not only a memoir of a wife's tireless quest to heal her husband, but also one that asks just what it means to accept someone as they are. Includes a new afterword by the author • "Slaughter's gift for illuminating large issues through everyday human stories is what makes this book so necessary for anyone who wants to be both a leader at work and a fully engaged parent at home."—Arianna Huffington NAMED ONE OF THE BEST BOOKS OF THE YEAR BY THE WASHINGTON POST, NPR, AND THE ECONOMIST When Anne-Marie Slaughter accepted her dream job as the first female director of policy planning at the U.S. State Department in 2009, she was confident she could juggle the demands of her position in Washington, D.C., with the responsibilities of her family life in suburban New Jersey. Her husband and two young sons encouraged her to pursue the job; she had a tremendously supportive boss, Secretary of State Hillary Clinton; and she had been moving up on a high-profile career track since law school. But then life intervened. Parenting needs caused her to make a decision to leave the State Department and return to an academic career that gave her more time for her family. The reactions to her choice to leave Washington because of her kids led her to question the feminist narrative she grew up with. Her subsequent article for *The Atlantic*, "Why Women Still Can't Have It All," created a firestorm, sparked intense national debate, and became one of the most-read pieces in the magazine's history. Since that time, Anne-Marie Slaughter has pushed forward, breaking free of her long-standing assumptions about work, life, and family. Though many solutions have been proposed for how women can continue to break the glass ceiling or rise above the "motherhood penalty," women at the top and the bottom of the income scale are further and further apart. Now, in her refreshing and forthright voice, Anne-Marie Slaughter returns with her vision for what true equality between men and women really means, and how we can get there. She uncovers the missing piece of the puzzle, presenting a new focus that can reunite the women's movement and provide a common banner under which both men and women can advance and thrive. With moving personal stories, individual action plans, and a broad outline for change, Anne-Marie Slaughter reveals a future in which all of us can finally finish the business of equality for women and men, work and family. "I'm confident that you will be left with Anne-Marie's hope and optimism that we can change our points of view and policies so that both men and women can fully participate in their families and use their full talents on the job."—Hillary Rodham Clinton

"The authors do not hold back." —Booklist (starred review) "The palpable desperation that pervades the plot...feels true, giving it a chilling air of inevitability." —Publishers Weekly (starred review) "The Shustermans challenge readers." —School Library Journal (starred review) "No one does doom like Neal

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Shusterman.” —Kirkus Reviews (starred review) When the California drought escalates to catastrophic proportions, one teen is forced to make life and death decisions for her family in this harrowing story of survival from New York Times bestselling author Neal Shusterman and Jarrod Shusterman. The drought—or the Tap-Out, as everyone calls it—has been going on for a while now. Everyone’s lives have become an endless list of don’ts: don’t water the lawn, don’t fill up your pool, don’t take long showers. Until the taps run dry. Suddenly, Alyssa’s quiet suburban street spirals into a warzone of desperation; neighbors and families turned against each other on the hunt for water. And when her parents don’t return and her life—and the life of her brother—is threatened, Alyssa has to make impossible choices if she’s going to survive.

The New York Times bestselling, groundbreaking investigation of how the global elite's efforts to "change the world" preserve the status quo and obscure their role in causing the problems they later seek to solve. An essential read for understanding some of the egregious abuses of power that dominate today’s news. Former New York Times columnist Anand Giridharadas takes us into the inner sanctums of a new gilded age, where the rich and powerful fight for equality and justice any way they can--except ways that threaten the social order and their position atop it. We see how they rebrand themselves as saviors of the poor; how they lavishly reward "thought leaders" who redefine "change" in winner-friendly ways; and how they constantly seek to do more good, but never less harm. We hear the limousine confessions of a celebrated foundation boss; witness an American president hem and haw about his plutocratic benefactors; and attend a cruise-ship conference where entrepreneurs celebrate their own self-interested magnanimity. Giridharadas asks hard questions: Why, for example, should our gravest problems be solved by the unelected upper crust instead of the public institutions it erodes by lobbying and dodging taxes? He also points toward an answer: Rather than rely on scraps from the winners, we must take on the grueling democratic work of building more robust, egalitarian institutions and truly changing the world. A call to action for elites and everyday citizens alike. "A book which examines how government - which is to say, all of us, acting collectively - can make our country healthier, wealthier and happier, if we put government to useful work in those areas where it most productively complements our private markets"--

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Upon its enactment in July 1988, the Medicare Catastrophic Coverage Act (MCCA) was hailed as the first major expansion of government health care since the creation of Medicare in 1965. Supported by President Reagan, majorities in both houses of Congress, and the nation's largest senior-citizen interest group, the American Association of Retired Persons (AARP), the legislation effectively plugged many of the holes in the existing Medicare system by providing protection against some but not all catastrophic health care expenses.

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Additionally, the consensus behind the MCCA appeared to establish a precedent for expanding social insurance in an era of high federal deficits. However, less than eighteen months later, the House and the Senate, responding to a tidal wave of criticism, would vote to repeal virtually all of the legislation. Utilizing varied source materials, including interviews with policy makers and surveys of senior-citizen opinion gathered by the AARP, Richard Himelfarb undertakes a comprehensive analysis of how and why this unprecedented series of events transpired. In the process, he also examines the politics of federal entitlement programs in an era of high deficits and senior citizens' political influence, topics that are of particular interest in light of recent federal attempts to tackle health care reform.

Popular progressive radio host and New York Times bestselling author Thom Hartmann reveals how and why attempts to establish affordable universal healthcare in the United States have been thwarted and what we can do to finally make it a reality. "For-profit health insurance is the largest con job ever perpetrated on the American people--one that has cost trillions of dollars and millions of lives since the 1940s," says Thom Hartmann. Taiwan's single-payer system enabled the country to implement a nationwide coronavirus test-and-contact-trace program without shutting down its economy, resulting in just seven deaths, while in the United States more than 350,000 have died. Hartmann offers a deep dive into the shameful history of American healthcare, showing how greed, racism, and oligarchic corruption led to the current "sickness for profit" system. Modern attempts to create some kind of government healthcare have been hobbled at every turn--including Obamacare, which Hartmann regards as basically a sellout to the health insurance industry. There is a simple solution: Medicare for all. Hartmann describes the extraordinary benefits it would provide the American people and economy and the steps we need to take to make it a reality. It is time for America to join every industrialized country in the world and make health a right, not a privilege.

Catastrophic disasters occurring in 2011 in the United States and worldwide--from the tornado in Joplin, Missouri, to the earthquake and tsunami in Japan, to the earthquake in New Zealand--have demonstrated that even prepared communities can be overwhelmed. In 2009, at the height of the influenza A (H1N1) pandemic, the Assistant Secretary for Preparedness and Response at the Department of Health and Human Services, along with the Department of Veterans Affairs and the National Highway Traffic Safety Administration, asked the Institute of Medicine (IOM) to convene a committee of experts to develop national guidance for use by state and local public health officials and health-sector agencies and institutions in establishing and implementing standards of care that should apply in disaster situations--both naturally occurring and man-made--under conditions of scarce resources. Building on the work of phase one (which is described in IOM's 2009 letter report, *Guidance for Establishing Crisis Standards of Care for Use in Disaster*

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Situations), the committee developed detailed templates enumerating the functions and tasks of the key stakeholder groups involved in crisis standards of care (CSC) planning, implementation, and public engagement—state and local governments, emergency medical services (EMS), hospitals and acute care facilities, and out-of-hospital and alternate care systems. Crisis Standards of Care provides a framework for a systems approach to the development and implementation of CSC plans, and addresses the legal issues and the ethical, palliative care, and mental health issues that agencies and organizations at each level of a disaster response should address. Please note: this report is not intended to be a detailed guide to emergency preparedness or disaster response. What is described in this report is an extrapolation of existing incident management practices and principles. Crisis Standards of Care is a seven-volume set: Volume 1 provides an overview; Volume 2 pertains to state and local governments; Volume 3 pertains to emergency medical services; Volume 4 pertains to hospitals and acute care facilities; Volume 5 pertains to out-of-hospital care and alternate care systems; Volume 6 contains a public engagement toolkit; and Volume 7 contains appendixes with additional resources.

The Patient Protection and Affordable Care Act (ACA) was designed to increase health insurance quality and affordability, lower the uninsured rate by expanding insurance coverage, and reduce the costs of healthcare overall. Along with sweeping change came sweeping criticisms and issues. This book explores the pros and cons of the Affordable Care Act, and explains who benefits from the ACA. Readers will learn how the economy is affected by the ACA, and the impact of the ACA rollout.

A thorough, user-friendly guide of basic knowledge and group interventions for psychological trauma from terrorist attacks and other catastrophic disasters. There is relatively little literature on the psychological trauma caused by catastrophic disasters, including terrorist attacks and the impending threats of terrorism. *Psychological Effects of Catastrophic Disasters: Group Approaches to Treatment* fills that gap by comprehensively discussing ways to minimize the psychological damage resulting from catastrophic disasters as well as the trauma developed from the threat of future terrorist attacks. The book provides thorough presentations of almost manualized group methods for the prevention and treatment of the acute and longer-term psychological effects for children, adolescents, and adults. Appropriate treatment immediately after a catastrophe can diminish harmful psychological effects, enhance an individual's quality of life, decrease psychosomatic illnesses and the exacerbation of chronic medical conditions, increase the effective utilization of medical facilities, and decrease medical expenses. In this book, internationally renowned authorities provide practical expert suggestions and helpful examples to illustrate the interventions and provide a quick reference for professionals facing the aftermath of prospective terrorist disasters and other catastrophic events. *Psychological Effects of Catastrophic Disasters: Group Approaches to Treatment* is divided into four sections. The first section provides an overview of the book; the second discusses the foundations and broad issues which potentially affect the outcome of group treatment; the third section presents group models which address the particular needs of children, adolescents, parents, emergency service personnel, and mental health practitioners; and the fourth part

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considers future directions of treatment. Designed to be used as a comprehensive single source for professionals working with victims of trauma caused by terrorism or catastrophic disaster, this book can be read and used in its entirety, or specific chapters detailing treatments can be chosen and used independently as needed. Extensive references allow opportunities for further research. Psychological Effects of Catastrophic Disasters: Group Approaches to Treatment presents unique first-person accounts of September 11th and examines: the neurobiological effects of a traumatic disaster the effective use of psychotropic medication the implications of living with ongoing terrorist threats a new framework for preparedness and response to disasters and trauma for children and families cultural, religious, and ethnic differences related to the prevention and treatment of psychological sequelae the diagnosis and treatment of traumatic grief retraumatization, distressing reminders, and their effects on post-traumatic adjustment the knowledge trauma therapists need to integrate small group principles the diagnosis and group treatment of acute and long-term effects with adults and children the use of spiritual principles after a terrorist disaster or catastrophic event nine types of groups appropriate for specific populations Psychological Effects of Catastrophic Disasters: Group Approaches to Treatment is a timely, comprehensive reference for social workers, psychologists, psychiatrists, health professionals, mental health professionals, educators, and students. The royalties from this book shall be donated to organizations which provide direct services to those who continue to be affected by the events of September 11th, 2001 and Hurricane Katrina (August 29th, 2005).

How We Do Harm exposes the underbelly of healthcare today—the overtreatment of the rich, the under treatment of the poor, the financial conflicts of interest that determine the care that physicians' provide, insurance companies that don't demand the best (or even the least expensive) care, and pharmaceutical companies concerned with selling drugs, regardless of whether they improve health or do harm. Dr. Otis Brawley is the chief medical and scientific officer of The American Cancer Society, an oncologist with a dazzling clinical, research, and policy career. How We Do Harm pulls back the curtain on how medicine is really practiced in America. Brawley tells of doctors who select treatment based on payment they will receive, rather than on demonstrated scientific results; hospitals and pharmaceutical companies that seek out patients to treat even if they are not actually ill (but as long as their insurance will pay); a public primed to swallow the latest pill, no matter the cost; and rising healthcare costs for unnecessary—and often unproven—treatments that we all pay for. Brawley calls for rational healthcare, healthcare drawn from results-based, scientifically justifiable treatments, and not just the peddling of hot new drugs. Brawley's personal history – from a childhood in the gang-ridden streets of black Detroit, to the green hallways of Grady Memorial Hospital, the largest public hospital in the U.S., to the boardrooms of The American Cancer Society—results in a passionate view of medicine and the politics of illness in America - and a deep understanding of healthcare today. How We Do Harm is his well-reasoned manifesto for change.

2018 International Book Awards Finalist in "Business and Management" Category We shop for everything else online...why not benefits? Using private benefit exchanges (a.k.a. "online benefits marketplaces"), employers can bring a consumer-centric online shopping experience to benefits. Alan Cohen, a benefits technology pioneer, details

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how these platforms can offer unprecedented flexibility and choice to employees, revolutionize the way employers attract and retain talent, strengthen cost control in an era of skyrocketing premiums, and promote much-needed innovation in the U.S. health care system. Discover How To Make sense of today's challenging benefits landscape and plan breakthrough changes that have succeeded for thousands of employers of all sizes Leverage the lessons of the online shopping revolution to drive radical innovation Incorporate the 7 key pillars of a true private benefits exchange into your benefits mindset Gain indispensable practical insights from early adopters' experiences Clarify the new roles of employers, HR, insurers, brokers, employees, and other stakeholders Accelerate your transition away from inefficient employer-managed plans Assess the ongoing impact of health care reform, public exchanges, health care consumerism, and other trends Alan Cohen created one of the first private exchange platforms and has pioneered this approach for more than a decade. Now, in a candid discussion of how the economic principles of choice, consumerism, and defined contribution are at work in an exchange environment, he breaks down the concept for HR professionals, entrepreneurs, brokers, insurers, health care reformers, policy makers, and employees. Cohen looks to social and economic implications to forge a future in which all eyes are on a new model of the consumer for the benefits age. With insights from industry veterans, *Employee Benefits and the New Health Care Landscape* brings a fresh perspective to the debate on health care and health insurance in America.

2019 was the year of the “wokesolds” and the “woke inquisitors”—the new representatives of moral panic in America. Fresh faces in Congress, a wave of ever-radical Democratic presidential candidates, and the left's media minions went full throttle in their crusade to fundamentally change our society. Their “activism” was merely complaints without solutions, and manufactured narratives, all of which reared their ugly head in landmark events like the impeachment of President Donald Trump. Read all about this systemic political pandering, and the prognosis for our culture, in this collection of syndicated columns from bestselling author Ben Shapiro.

One of the *Financial Times'* Best Business Books of 2019 *The New York Times* bestseller about a noted tech venture capitalist, early mentor to Mark Zuckerberg, and Facebook investor, who wakes up to the serious damage Facebook is doing to our society—and sets out to try to stop it. If you had told Roger McNamee even three years ago that he would soon be devoting himself to stopping Facebook from destroying our democracy, he would have howled with laughter. He had mentored many tech leaders in his illustrious career as an investor, but few things had made him prouder, or been better for his fund's bottom line, than his early service to Mark Zuckerberg. Still a large shareholder in Facebook, he had every good reason to stay on the bright side. Until he simply couldn't. Zucked is McNamee's intimate reckoning with the catastrophic failure of the head of one of the world's most powerful companies to face up to the damage he is doing. It's a story that begins with a series of rude awakenings. First there is the author's dawning realization that the platform is being manipulated by some very bad actors. Then there is the even more unsettling realization that Zuckerberg and Sheryl Sandberg are unable or unwilling to share his concerns, polite as they may be to his face. And then comes the election of Donald Trump, and the emergence of one horrific piece of news after another about the malign ends to which the Facebook platform has been put. To McNamee's shock, even still Facebook's leaders duck and dissemble,

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viewing the matter as a public relations problem. Now thoroughly alienated, McNamee digs into the issue, and fortuitously meets up with some fellow travelers who share his concern, and help him sharpen its focus. Soon he and a dream team of Silicon Valley technologists are charging into the fray, to raise consciousness about the existential threat of Facebook, and the persuasion architecture of the attention economy more broadly—to our public health and to our political order. Zucked is both an enthralling personal narrative and a masterful explication of the forces that have conspired to place us all on the horns of this dilemma. This is the story of a company and its leadership, but it's also a larger tale of a business sector unmoored from normal constraints, just at a moment of political and cultural crisis, the worst possible time to be given new tools for summoning the darker angels of our nature and whipping them into a frenzy. Like Jimmy Stewart in *Rear Window*, Roger McNamee happened to be in the right place to witness a crime, and it took him some time to make sense of what he was seeing and what we ought to do about it. The result of that effort is a wise, hard-hitting, and urgently necessary account that crystallizes the issue definitively for the rest of us.

During her two decades at *The New England Journal of Medicine*, Dr. Marcia Angell had a front-row seat on the appalling spectacle of the pharmaceutical industry. She watched drug companies stray from their original mission of discovering and manufacturing useful drugs and instead become vast marketing machines with unprecedented control over their own fortunes. She saw them gain nearly limitless influence over medical research, education, and how doctors do their jobs. She sympathized as the American public, particularly the elderly, struggled and increasingly failed to meet spiraling prescription drug prices. Now, in this bold, hard-hitting new book, Dr. Angell exposes the shocking truth of what the pharmaceutical industry has become—and argues for essential, long-overdue change. Currently Americans spend a staggering \$200 billion each year on prescription drugs. As Dr. Angell powerfully demonstrates, claims that high drug prices are necessary to fund research and development are unfounded: The truth is that drug companies funnel the bulk of their resources into the marketing of products of dubious benefit. Meanwhile, as profits soar, the companies brazenly use their wealth and power to push their agenda through Congress, the FDA, and academic medical centers. Zeroing in on hugely successful drugs like AZT (the first drug to treat HIV/AIDS), Taxol (the best-selling cancer drug in history), and the blockbuster allergy drug Claritin, Dr. Angell demonstrates exactly how new products are brought to market. Drug companies, she shows, routinely rely on publicly funded institutions for their basic research; they rig clinical trials to make their products look better than they are; and they use their legions of lawyers to stretch out government-granted exclusive marketing rights for years. They also flood the market with copycat drugs that cost a lot more than the drugs they mimic but are no more effective. The American pharmaceutical industry needs to be saved, mainly from itself, and Dr. Angell proposes a program of vital reforms, which includes restoring impartiality to clinical research and severing the ties between drug companies and medical education. Written with fierce passion and substantiated with in-depth research, *The Truth About the Drug Companies* is a searing indictment of an industry that has spun out of control.

From the acclaimed Booker Prize-winning author comes a dazzling novel of family, love and love's disappointments Anna's aged mother is dying. Condemned by her children's

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pity to living, subjected to increasingly desperate medical interventions, she turns her focus to her hospital window, through which she escapes into visions of horror and delight. When Anna's finger vanishes and a few months later her knee disappears, Anna too feels the pull of the window. She begins to see that all around her, others are similarly vanishing, yet no one else notices. All Anna can do is keep her mother alive. But the window keeps opening wider, taking Anna and the reader ever deeper into an eerily beautiful story of grief and possibility, of loss and love and orange-bellied parrots. Hailed on publication in Australia as Richard Flanagan's greatest novel yet, *The Living Sea of Waking Dreams* is a rising ember storm illuminating what remains when the inferno beckons: one part elegy, one part dream, one part hope.

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