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Skinny Chicks Eat Real Food Christine Avanti 2011-12-20 Skinny Chicks Don't Eat Salads author Christine Avanti explains how women and men can control their appetites and lose weight by avoiding the fake and processed foods that are actually making them fatter. Many women think that products labeled "fat-free," "sugar-free," or "lite" are the key to easy weight loss. The truth is that these so-called healthy packaged foods are filled with processed ingredients and chemicals that actually contribute to weight gain by causing us to overeat. In *Skinny Chicks Eat Real Food*, nutritionist Christine Avanti explains why a diet rich in all-natural produce, whole grains, and lean protein packed with the nutrients responsible for maintaining stable blood sugar levels and speeding up metabolism is by far the more effective option. Avanti draws on the latest research to provide guidelines for what and how often readers should eat to ensure that pounds are dropped—and offers specific meal plans, grocery lists, and a collection of flavorful recipes filled with fresh, seasonal ingredients. A guide to eating real food in a factory-food world, a weight loss plan, and a real-food cookbook in one, *Skinny Chicks Eat Real Food* will instruct and inspire readers to steer clear of fake food and eat the balanced, all-natural way we were designed to eat.

Ski British Columbia Heather Doughty 1991 With 33 of BC's best ski resorts profiled and hill maps to help you plan your runs, this book will keep you on the slopes all season long.

Bear Attacks Stephen Herrero 2018-04-01 What causes bear attacks? When should you play dead and when should you fight an attacking bear? What do we know about black and grizzly bears and how can this knowledge be used to avoid bear attacks? And, more generally, what is the bear's future? *Bear Attacks* is a thorough and unflinching landmark study of the attacks made on men and women by the great grizzly and the occasionally deadly black bear. This is a book for everyone who hikes, camps, or visits bear country—and for anyone who wants to know more about these sometimes fearsome but always fascinating wild creatures.

Petey (new cover) Ben Mikaelson 2010-06-22 In 1922, at the age of two, Petey's distraught parents commit him to the state's insane asylum, unaware that their son is actually suffering from severe cerebral palsy. Bound by his wheelchair and

struggling to communicate with the people around him, Petey finds a way to remain kind and generous despite the horrific conditions in his new "home." Through the decades, he befriends several caretakers but is heartbroken when each eventually leaves him. Determined not to be hurt again, he vows to no longer let hope of lifelong friends and family torment him. That changes after he is moved into a nursing home and meets a young teen named Trevor Ladd; he sees something in the boy and decides to risk friendship one last time. Trevor, new to town and a bit of a loner, is at first weary of the old man in the wheelchair. But after hearing more of his story, Trevor learns that there is much more to Petey than meets the eye. *Petey* is a touching story of friendship, discovery, and the uplifting power of the human spirit.

Champions of Illusion Susana Martinez-Conde 2017-10-24 In *Champions of Illusion*, Susana Martinez-Conde and Stephen Macknik present a smorgasbord of mystifying images, many selected from their Best Illusion of the Year Contest. Whether it's false motion, tricks of perspective, or shifting colors, *Champions of Illusion* is packed with adventures in perception. If you've ever come face-to-face with an utterly bewildering illusion, you've probably asked yourself: How is that possible? Martinez-Conde and Macknik, who study the intersection of neuroscience, illusions, and stage magic, explain just why you think you see the things you see. The Best Illusion of the Year Contest draws entries from vision scientists, artists, magicians, and mathematicians bent on creating today's most beguiling illusions. Featuring bizarre effects and unbelievable mind tricks, along with classic illusions and illuminating descriptions of what is actually going on in your brain when you are deceived by visuals on the page, *Champions of Illusion* is an electrifying mix of science and magic that you will not soon forget.

QueenSpotting Hilary Kearney 2019-04-30 At the heart of every bee hive is a queen bee. Since her well-being is linked to the well-being of the entire colony, the ability to find her among the residents of the hive is an essential beekeeping skill. In *QueenSpotting*, experienced beekeeper and professional "swarm catcher" Hilary Kearney challenges readers to "spot the queen" with 48 fold-out queenspotting puzzles – vivid up-close photos of the queen hidden among her many subjects. *QueenSpotting* celebrates the unique, fascinating life of the queen bee chronicles of royal hive happenings such as The Virgin Death Match, The Nuptial Flight – when the queen mates with a cloud of male drones high in the air – and

the dramatic Exodus of the Swarm from the hive. Readers will thrill at Kearney's adventures in capturing these swarms from the strange places they settle, including a Jet Ski, a couch, a speed boat, and an owl's nesting box. Fascinating, fun, and instructive, backyard beekeepers and nature lovers alike will find reason to return to the pages again and again.

Araxi James Walt 2016-08-03 Gordon Ramsay calls it the best restaurant in Canada. The chefs at Araxi Restaurant and Oyster Bar call it a celebration of where they live. In this follow-up to their James Beard-nominated cookbook, award-winning chef James Walt and his team share 80 classic recipes from Araxi's dining room and signature Longtable events, all adapted for delicious home cooking.

Canadian Alpine Journal, 1914-17: 6-8 Alpine Club of Canada 2015-08-25 This work has been selected by scholars as being culturally important, and is part of the knowledge base of civilization as we know it. This work was reproduced from the original artifact, and remains as true to the original work as possible. Therefore, you will see the original copyright references, library stamps (as most of these works have been housed in our most important libraries around the world), and other notations in the work. This work is in the public domain in the United States of America, and possibly other nations. Within the United States, you may freely copy and distribute this work, as no entity (individual or corporate) has a copyright on the body of the work. As a reproduction of a historical artifact, this work may contain missing or blurred pages, poor pictures, errant marks, etc. Scholars believe, and we concur, that this work is important enough to be preserved, reproduced, and made generally available to the public. We appreciate your support of the preservation process, and thank you for being an important part of keeping this knowledge alive and relevant.

Logging and Sawmill Operation 1972

She Explores Gale Straub 2019-03-26 For every woman who has ever been called outdoorsy comes a collection of stories that inspires unforgettable adventure. Beautiful, empowering, and exhilarating, *She Explores* is a spirited celebration of female bravery and courage, and an inspirational companion for any woman who wants to travel the world on her own terms. Combining breathtaking travel photography with compelling personal narratives, *She Explores* shares the stories of 40 diverse women on unforgettable journeys in nature: women who live out of vans, trucks, and vintage trailers, hiking the wild, cooking meals over campfires, and sleeping under the stars. Women biking through the countryside, embarking on an unknown road trip, or backpacking through the outdoors with their young children in tow. Complementing the narratives are practical tips and advice for women planning their own trips, including: • Preparing for a solo hike • Must-haves for a road-trip kitchen • Planning ahead for unknown territory • Telling your own story A visually stunning and emotionally satisfying collection for any woman craving new landscapes and adventure.

Breathe In Calm Domonick Wegesin 2021-12-01 In times of intense stress and anxiety, you need instant relief. *Breathe In Calm* offers powerful neuroscience-based strategies grounded in mindfulness and yogic breathing to help you find the peace you deserve. Anxiety affects all aspects of life—including career, family, and relationships. And if you have anxiety, you may feel helpless against your

symptoms, and a victim to their impact. But nothing could be further from the truth. You are stronger than your anxiety, and you have all the resources you need to manage it. You just need to learn how to use them. This practical guide will empower you to take charge of your anxiety, so you can take charge of your life. In *Breathe in Calm*, a neuroscientist and yoga expert offers powerful tips to help you identify when anxiety is rising, so you can stop feeling helpless and start being proactive. You'll find calming tools—including yogic breathing, mindfulness, and acceptance—to actively soothe your nervous system and regulate your physical and emotional state. You'll also learn ways to stay calm in the moment, develop confidence, and courageously move forward in pursuing the life you desire. This anti-anxiety tool kit includes: Yogic breathing practices and easy postures to soothe the body and mind Mindfulness and acceptance tools to help you stay grounded and focused on what matters Tools to help you gain awareness of the habits driving your anxiety Kindness and compassion tools for self-care Tons of downloadable guided meditations and songs Anxiety doesn't have to run your life. If you're ready to breathe in calm, and breathe out stress, worry, and anxiety—this book will show you how to get started right away.

Circadian Clocks R. Bruce Masterton 2001-09-30 The nature of the circadian clocks is described at the molecular, cellular, tissue, and system levels of organization in diverse organisms. The central role of the circadian clock in the regulation of the sleep-wake cycle as well as seasonal rhythms and other cyclical processes is also discussed. The importance of the circadian clock system for human health, safety, performance, and productivity is also reviewed in this volume."--BOOK JACKET.

Thrive Energy Cookbook Brendan Brazier 2014-03-04 Packed with 150 plant-based, nutrient-dense, whole food recipes developed within the Thrive nutritional philosophy, *Thrive Energy Cookbook* brings concepts that started the functional, plant-based nutrition revolution to life. Recipes are all vegan and allergen-free (or with gluten-free options) to eliminate wheat, yeast, gluten, soy, refined sugar, and dairy from your diet. Easy-to-make and performance-enhancing, these chef-created recipes merge purpose driven functionality (every ingredient has a nutritional purpose) with mouth-watering appeal. From the alkaline-forming, plant protein-packed Vanilla-Almond-Mocha Motivator Smoothie to Roasted Red Pepper & Sweet Potato Soup, Thai Green Curry Rice Bowl, and desserts such as Raspberry Chocolate Pomegranate Tart, *Thrive Energy Cookbook* will have you quickly preparing nutrient-packed and delicious dishes.

Twelve Years a Slave Solomon Northup 2021-01-01 "Having been born a freeman, and for more than thirty years enjoyed the blessings of liberty in a free State—and having at the end of that time been kidnapped and sold into Slavery, where I remained, until happily rescued in the month of January, 1853, after a bondage of twelve years—it has been suggested that an account of my life and fortunes would not be uninteresting to the public." -an excerpt

Canadian Wine and Culinary Enthusiasts Canadian Tourism Commission 2003

The Country Child Alison Uttley 2016-10-21 Originally published in 1931, this is a fictionalized account of author Alison Uttley's childhood experiences at her family farm home in Castletop, near Cromford.

Guinness World Records 2015 Gamer's Edition Guinness World Records 2014-11-11 Now in its eighth edition, Guinness World Records Gamer's Edition is the ultimate guide to videogames. With all-new design and photography, the fresh-looking 2015 edition is packed full of news and views about the most up-to-date achievements and developments in gaming. It offers the most dazzling images from this year's top titles, along with fascinating facts, figures and features on the games and characters you love – from Minecraft to the world-beating Grand Theft Auto V, from thrilling new games to all-time classics. The latest edition includes gameplay tips and hints, interviews and features exploring gaming from different perspectives, and quotes from leading figures in the industry. Find out about the biggest-selling games, the highest scores, and the world's most amazing gamers. Read about the latest hardware developments in the battle of the eight-generation consoles, and explore the most exciting news stories across all the major gaming genres.

Cold Case Vancouver Eve Lazarus 2016-05-16 Cold Case Vancouver delves into fifty years of some of Vancouver's most baffling unsolved murders. In 1953, two little boys were found murdered in the city's storied Stanley Park, and who remain unidentified to this day. In 1975, a country singer was murdered just as she was on the verge of an amazing career. And in 1994, Nick Masee, a retired banker with connections to the renegade Vancouver Stock Exchange, disappeared along with his wife Lisa, their bodies never found. Cold Case Vancouver is an intriguing whodunit for true-crime aficionados and armchair detectives. Eve Lazarus's previous books include Sensational Vancouver.

Outliers Malcolm Gladwell 2008-11-18 From the bestselling author of Blink and The Tipping Point, Malcolm Gladwell's Outliers: The Story of Success overturns conventional wisdom about genius to show us what makes an ordinary person an extreme overachiever. Why do some people achieve so much more than others? Can they lie so far out of the ordinary? In this provocative and inspiring book, Malcolm Gladwell looks at everyone from rock stars to professional athletes, software billionaires to scientific geniuses, to show that the story of success is far more surprising, and far more fascinating, than we could ever have imagined. He reveals that it's as much about where we're from and what we do, as who we are - and that no one, not even a genius, ever makes it alone. Outliers will change the way you think about your own life story, and about what makes us all unique. 'Gladwell is not only a brilliant storyteller; he can see what those stories tell us, the lessons they contain' Guardian 'Malcolm Gladwell is a global phenomenon ... he has a genius for making everything he writes seem like an impossible adventure' Observer 'He is the best kind of writer - the kind who makes you feel like you're a genius, rather than he's a genius' The Times

User Privacy Matthew Connolly 2018-01-19 Personal data in the online world as become a commodity. Coveted by criminals, demanded by governments, and used for unsavory purposes by marketers and advertisers, your private information is at risk everywhere. For libraries and librarians, this poses a professional threat as well as a personal one. How can we protect the privacy of library patrons and users who browse our online catalogs, borrow sensitive materials, and use our public computers and networks? User Privacy: A Practical Guide for Librarians answers that question. Through simple explanations and detailed, step-by-step guides, library professionals will learn how to strengthen privacy protections

for: Library policies Wired and wireless networks Public computers Web browsers Mobile devices Apps Cloud computing Each chapter begins with a "threat assessment" that provides an overview of the biggest security risks – and the steps that can be taken to deal with them. Also covered are techniques for preserving online anonymity, protecting activists and at-risk groups, and the current state of data encryption.

Icicles Dale Chihuly 1998 The creative process and energy of Dale Chihuly is vividly documented in this book. It chronicles the remarkable story of how in the time from Thanksgiving to Christmas 1996, Chihuly's most startling and challenging outdoor installation took form. It started with a 45-minute telephone call to Harriet Bullitt, the guiding force behind the development of the eco-friendly Sleeping Lady Retreat and Conference Center in Leavenworth, Washington. After numerous discussions about a special installation for the Sleeping Lady Chapel, Chihuly had awoken the day after Thanksgiving inspired to drive from Seattle, over the Cascade Mountains, to share his extraordinary vision. Chihuly's team of glassblowers created the Icicle Creek Chandelier of 1200 parts. With the help of engineers, welders, drillers, a lighting designer, a solar consultant, a geologist, a forester, and Chihuly's own installation specialists, it was installed in 20 degree below zero weather and snow. Bullitt concludes her foreword by writing, Seeing how the Icicle Creek Chandelier was made only heightens the sense of wonder one feels at viewing this startling piece. It is a permanent reminder of how a human-made creation can be framed in nature and find harmony within it. The book is a photographic record of the creative process narrated by Chihuly's own words drawn from the myriad voice mail messages that shaped it. This book offers the most intimate and revealing account of Chihuly's creativity and working methods to date.

The Roads to Sata Alan Booth 2020-10-29 'A memorable, oddly beautiful book' Wall Street Journal 'A marvellous glimpse of the Japan that rarely peeks through the country's public image' Washington Post One sunny spring morning in the 1970s, an unlikely Englishman set out on a pilgrimage that would take him across the entire length of Japan. Travelling only along small back roads, Alan Booth travelled on foot from Soya, the country's northernmost tip, to Sata in the extreme south, traversing three islands and some 2,000 miles of rural Japan. His mission: 'to come to grips with the business of living here,' after having spent most of his adult life in Tokyo. The Roads to Sata is a wry, witty, inimitable account of that prodigious trek, vividly revealing the reality of life in off-the-tourist-track Japan. Journeying alongside Booth, we encounter the wide variety of people who inhabit the Japanese countryside - from fishermen and soldiers, to bar hostesses and school teachers, to hermits, drunks and the homeless. We glimpse vast stretches of coastline and rambling townscapes, mountains and motorways; watch baseball games and sunrises; sample trout and Kilimanjaro beer, hear folklore, poems and smutty jokes. Throughout, we enjoy the wit and insight of a uniquely perceptive guide, and more importantly, discover a new face of an often-misunderstood nation.

Große Reise mit kleiner Rente Christine Werner 2016-01-28 Eine Rentnerin erfüllt sich ihren Lebenstraum - einmal allein um die Welt! Mit sehr knappem Budget hat sie in fast 15 Monaten fünf Erdteile bereist. Fünfzehn Länder, Unterbringung und Transport, überraschende Begegnungen unterwegs und vieles mehr werden mit

erfrischender Begeisterung vermittelt. Das Buch ist kein Reiseführer! Aber geeignet, Reiseleidenschaft zu wecken, um Ungeahntes zu entdecken – bei frisch gebackenen Ruheständlern, allein reisenden Frauen, Menschen mit kleinem Reisebudget und allen, die diese Welt oder Teile davon entdecken und erleben möchten!

Hiking from Portland to the Coast James D. Thayer 2016 A guidebook for hikers, bikers, and equestrians, *Hiking from Portland to the Coast* explores the many trails and logging roads that crisscross the northern portion of Oregon's Coast Range. Designed to showcase convenient "looped" routes, it also describes complete throughways connecting Portland to the coastal communities of Seaside and Tillamook. Each of the 30 trails described includes a backstory to help users appreciate the history and significance of the places through which they are traveling.

Risk Management and Insurance S. Travis Pritchett 1996-01 This consumer-oriented text focuses on the policy holder as opposed to the insurer. "Consumer Applications" and expanded "Risk Management Case Problems" provide opportunities for students to apply what they have learned. New coverage in this edition includes integrated discussion of ethics and expanded coverage of business risk management as well as employee benefits.

Skinny Chicks Don't Eat Salads Christine Avanti 2010-03-30 A sports nutritionist for Hollywood clients explains why typical "health foods" do not necessarily promote weight loss, reveals foods that stabilize blood sugar for a variety of potential health benefits, and cites the importance of avoiding deprivation diets.

Honest to Greatness Peter Kozodoy 2020-08-11 In today's hyper-transparent world, consumers have enormous power to decide which brands are worth their time and money—so how do you make sure they choose yours? Unfortunately, most leaders and organizations are stuck following archaic, detrimental business practices. Meanwhile, savvy consumers and employees across every generation are making their stance perfectly clear: They are not interested in supporting organizations that seem inauthentic, soulless, or untrustworthy. In this environment, only the honest will survive. In *Honest to Greatness*, serial Inc. 5000 entrepreneur Peter Kozodoy shows how today's greatest business leaders use honesty—not as a touchy-feely core value, but as a business strategy that produces game-changing, industry-dominating success. Through case studies and interviews with leaders at Bridgewater Associates, Sprint, Quicken Loans, Domino's, The Ritz-Carlton, and more, Kozodoy presents fresh business concepts that anyone in the workplace can implement in order to:

- Reach, engage, and retain your best customers
- Attract and inspire the best talent in any industry
- Create an unbeatable culture of innovation that dominates your competitors
- Earn your team's respect and loyalty
- Unlock deep personal fulfillment by setting the "right" goals

Filled with powerful lessons for current and future leaders, this timely book demonstrates how to use honesty at both the organizational and individual level to achieve true greatness in business and in life.

Disclosure Initiative 2016

Yoga for Everyone Dianne Bondy 2019-04-02 Yoga is for every body, including yours!

For years, yoga books have asked readers to bend over backward (literally!) to conform to their physical demands. It's time for the opposite—for readers to demand that yoga conform to their individual needs. It's time for a yoga book to reflect the broader population that would benefit from a yoga practice geared toward them. It's time for *Yoga for Everyone*! This book offers yoga for every type of body: those who are big, small, elderly, pregnant, or of various physical abilities—everyone. No matter who you are or what you look like or what your abilities are, you can do all 50 poses in this book. The variations to classic poses in this book will also allow you to perform all 10 sequences, which combine different poses into one singular experience and focus on specific physical and mental benefits. So forget what you've heard. Yoga isn't just for the privileged few. It's meant to be enjoyed by everybody and every body. Yes, you can do yoga—and *Yoga for Everyone* will show you how! ----- "Dianne is a wonderful teacher with a voice and a message that's absolutely needed not only in the yoga community but also in the world. I'd go as far as to say that this book is the most important yoga book released this year. This book smashes the myth of the thin, able-bodied yogi and provides a safe introduction to the art of yoga in a way that's accessible to all. Yoga is for everyone!" - Rachel Brathen, author of *Yoga Girl* "Dianne Bondy is truly a leader in the yoga world. Her unwavering commitment to accessibility and inclusiveness is demonstrated perfectly in her new book, *Yoga for Everyone*. This is a great book for yoga teachers and yoga students of all levels. If you're intimidated by the conventional imagery of yoga, if you think yoga isn't for you, or if you're a teacher looking for tools to make the practice approachable for everyone, this book will be a valuable tool. Yoga is an ancient science of the soul, and Dianne's work aims to bring these universal teachings to different kinds of folks with the heart and wisdom that's a vital part of her contribution to the world." - Kino MacGregor, yoga instructor "Dianne is a force, a personal inspiration, and someone who knows her power and uses it to uplift others. Western yoga and wellness spaces are severely lacking safety and inclusion. Oftentimes, walking into those spaces can feel more marginalizing than healing. Dianne's book is full of resources anybody can use—teacher or student—to create an accessible and welcoming space. The visual representation of diverse bodies and abilities provides a needed reminder that yoga is indeed for all of us. Thank you, Dianne!" - Dana Falsetti, yoga instructor

Lucky Alice Sebold 2019-03-07 With an introduction by the author of *Circe* and *The Song of Achilles*, Madeline Miller In *Lucky* Alice Sebold reveals how her life was irrevocably changed when, as an eighteen-year-old college freshman, she was raped and beaten inside a tunnel near her campus. In this same tunnel, a girl had been raped and dismembered. By comparison, Alice was told by police, she was lucky. Though Alice's friends and family try their best to offer understanding and support, in the end it is Alice's formidable spirit which resonates most in these pages. In a narrative both painful and inspiring, Alice Sebold shines a light on the true experience of violent trauma. Sebold's redemption turns out to be as hard-won as it is real.

Fresh Seeing Emily Carr 2021-08-31 "Fresh Seeing" by Emily Carr. Published by Good Press. Good Press publishes a wide range of titles that encompasses every genre. From well-known classics & literary fiction and non-fiction to forgotten—or yet undiscovered gems—of world literature, we issue the books that need to be read. Each Good Press edition has been meticulously edited and formatted to boost

readability for all e-readers and devices. Our goal is to produce eBooks that are user-friendly and accessible to everyone in a high-quality digital format.

Initial Beginnings Purposed Survivor 2020-04-30

Work Optional Tanja Hester 2019-02-12 A practical action guide for financial independence and early retirement from the popular "Our Next Life" blogger. In today's work culture, we're expected to hustle around the clock. But what if you could escape the traditional path and get on one that doesn't require working full-time until age 65? What if you could wake up every day without an alarm clock and do the things you love most? Tanja Hester and her husband Mark left their crazed careerist lifestyle to live their dream life in Lake Tahoe, retiring early from high-stress careers. Now Tanja will help you map out a customized plan for freedom and make it easy to succeed, whether you're good at math and budgeting-or not! *Work Optional* is more than just a financial plan: it's a plan for your whole life-designed by you, not by an employer or clients. Tanja walks you through envisioning your dream life, accounting for variables such as health care and children, protecting yourself from recessions and future unknowns, and achieving a purpose-filled early retirement, semi-retirement, or career intermission with completely doable, non-penny-pinching steps. You can live a happier, more meaningful life, free from the daily grind. Regardless of where you are in your career, *Work Optional* will get you there.

Skiing Coloring Book Kid Kongo 2016-04-05 Skiing coloring book for any ski fan. Adults and children can relax and color in these amazing ski pictures.

Mystical Landscapes Katharine Lochnan 2016-11-01 This richly illustrated volume explores mystical themes in European, Scandinavian, and North American landscape paintings from the late 1800s to the early 1900s. This book features works by Emily Carr, Marc Chagall, Arthur Dove, Paul Gauguin, Lawren Harris, Wassily Kandinsky, Gustav Klimt, Piet Mondrian, Claude Monet, Edvard Munch, Georgia O'Keeffe, Vincent van Gogh and James McNeill Whistler, among others. Common to their work is the expression of the spiritual crisis that arose in society and the arts in reaction to the disillusionments of the modern age, and against the malaise that resulted in the Great War. Many artists turned their backs on

institutional religion, searching for truth in universal spiritual philosophies. This book includes essays investigating mystical landscape genres and their migration from Scandinavia to North America, with a focus upon the Group of Seven and their Canadian and American counterparts. Accompanying an exhibition at the Art Gallery of Ontario and the Musée d'Orsay, this book offers a penetrating look at the Symbolist influence on the landscape genre.

The Standard of Value William Leighton Jordan 1882

Guide to Time Management Michael Dutch 2021-09-21

Inside the Olympic Industry Helen Lenskyj 2000-07-14 Analysis from the perspective of those adversely affected by the social, economic, political, and environmental impacts of hosting an Olympic Games.

Overexposure Chad Sayers 2021-10 A beautiful collection of photographs and personal reflections on the life of professional ski mountaineer, surfer, climber, and all around adventurer, Chad Sayers. At the age of 18, Chad Sayers chooses to pursue a perilous existence in the world of professional freeskiing. Immediately successful, he rides high on a train of celebrity, sponsorship, travel, and freedom. But "living the dream" is, in reality, a tiring treadmill of daily risk that eventually sets him adrift from family, friends, lovers -- even himself. As injuries and emotional traumas pile up, his identity fractures into a hall of mirrors -- the flickering images of athlete, son, brother, traveller, and seeker veiling the reality of a man running blindly from heartbreak and physical debilitation. Then one day, in the mountains of France, hanging by a finger above certain death, he sees the one reflection that finally scares him straight: a man who doesn't care. To heal this severed connection to reality and the constant pain he lives with, Sayers quits skiing and turns to his other passions of travel, surfing, and photography. In *Overexposure*, some of the world's greatest outdoor photographers contribute to this engaging story in order to parse not only the high-stakes gambits required for a pro skier to stay in the spotlight, but also the grandeur of the stage on which these play out.

Parking Cash Out 1994