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off balance

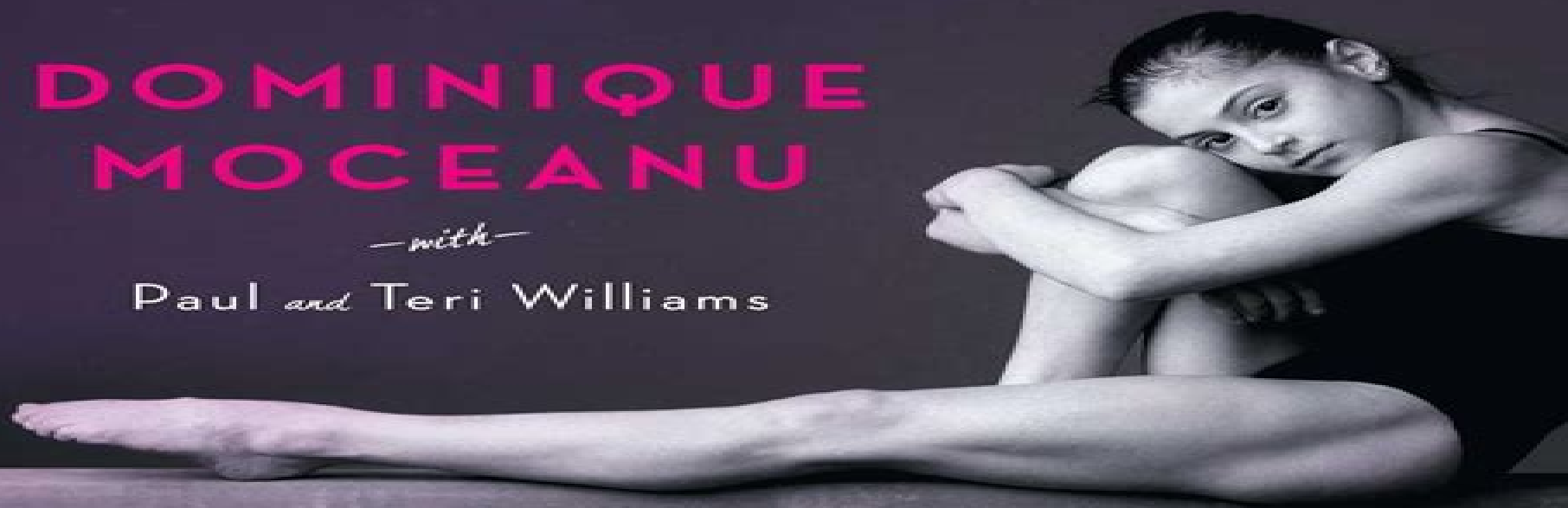


A MEMOIR

DOMINIQUE
MOCEANU

—with—

Paul and Teri Williams



—————

"Part gymnastics tell-all and part inspirational memoir . . .
Fascinating." —THE BOSTON GLOBE

Off Balance A Memoir English Edition

Richard Crasta



Off Balance A Memoir English Edition:

Guderian's Panzers Craig W.H. Luther, 2025-09-09 From unstoppable blitzkrieg to brutal defeat follow Guderian's panzers as they race toward Moscow and collide with disaster On June 22 1941 Nazi Germany launched Operation Barbarossa the surprise invasion of the Soviet Union that opened the Eastern Front in World War II With lightning speed and devastating success the German army tore through Soviet territory and rolled over the Red Army scoring some of the most dramatic victories in military history until the blitzkrieg bogged down during the approach on Moscow At the spearhead of the attack was General Heinz Guderian one of the most celebrated and controversial commanders of the war who commanded a tank group in the center of the German front that stretched from the Baltic to the Black Sea Guderian's Panzers reconstructs Barbarossa from the perspective of Generaloberst Guderian and his 2nd Panzer Group With the German war machine at the height of its martial prowess in June 1941 Guderian's group of 250 000 men and 900 tanks rapidly broke through the Soviet frontier defenses and thrust some 600 kilometers into Soviet Russia in a matter of weeks in doing so playing an integral part in the successful encirclement cauldron battles of Belostok Minsk June July 1941 and Smolensk July August 1941 each of these battles resulting in the loss of several Soviet armies and hundreds of thousands of prisoners Despite having sustained alarming losses of personal and equipment in these opening battles Guderian pushed his men and himself to even greater achievements culminating in the triumphant cauldron Battle of Kiev in the Ukraine September 1941 that obliterated Soviet Southwestern Front and resulted in the capture of over 600 000 Red Army POWs It was perhaps Germany's greatest victory in WWII and Guderian had made it happen In October November 1941 the German Ostheer Eastern Army launched a desperate attempt to seize Moscow and once again Heinz Guderian and his tank troops were at the forward edge of battle Yet by the end of November the entire German offensive exhausted stretched thin dangerously reduced in strength and suddenly largely paralyzed by the fall rain and snow had ground to a halt Meanwhile in early December the resurgent Red Army launched a major counteroffensive that in the weeks ahead not only threatened Guderian's forces with annihilation but those German Army Group Center writ large Guderian and the Ostheer as a whole were now trapped in a remorseless war of attrition they could never win Refusing his superiors orders to stand fast in the face to the advancing Soviet juggernaut Guderian continued to jerk back in retreat with the remnants of his forces and thus was relieved of his command on 26 December 1941 Military historian and Eastern Front expert Craig Luther draws on new material from letters to diaries to tell the story of Guderian's armored force during Operation Barbarossa and fleshes out the story with vivid firsthand accounts from the soldiers who slugged it out with the Red Army on the Eastern Front The book traces the ups and downs of Guderian and his panzer group during six pivotal months of World War II and explains why and how the Germans especially its panzers achieved such impressive successes only to be defeated on Moscow's doorstep *Exposed* Wendy Kline, 2024-06-10 The pelvic exam If you've ever had one you're probably already wincing It might be considered a

routine medical procedure but for most of us it is anything from unpleasant to traumatic In Exposed noted historian Wendy Kline uncovers the procedure s fascinating and often disturbing history From gynecological research on enslaved women s bodies to nonconsensual practice on anesthetized patients the pelvic exam as we know it today carries the burden of its sordid past Its story is one of pain and pleasure life saving discoveries and heartbreaking encounters questionable procedures and triumphant breakthroughs Drawing on previously unpublished archival sources along with interviews with patients providers and activists Kline traces key moments and movements in gynecological history from the surgeons of the nineteenth century to the OB GYNs of today This powerful book reminds us that the pelvic exam is has never been just a medical procedure and that we can no longer afford to let the pelvic exam remain unexamined

Memoirs of Race, Color, and Belonging Nicole Stamant,2022-06-23 Memoirs of Race Color and Belonging provides a fresh look at the complex dialogue of race and identity in memoir examining three generations of biracial African Americans experiences in their autobiographies Exploring writers from James McBride and Shirlee Taylor Haizlip to Barack Obama Toi Dericotte Natasha Tretheway Rebecca Walker and Emily Raboteau this volume explores the ways in which these memoirists refute terms regarding race and simple understandings of belonging using their contested embodied positions as sites for narration quest and protest Organized chronologically this volume will provide readers insight into memoirs from Jim Crow America to the Civil Rights period and finally those considering the post soul and post Loving v Virginia generation Memoirs of Race Color and Belonging interrogates these difficult spaces surrounding identity construction encouraging new conversations surrounding visibility of mixed race individuals and experiences for future generations Through archives and personal testimony this book provides a model for interweaving theoretical and personal accounts of color in American culture to encourage discussions that transgress disciplinary boundaries in the today s dialogue

Coaching Myths Rick Albrecht,2013-04-19 Unlike the generations of coaches that have gone before them today s coaches are expected not only to teach motor skills to young athletes but to do so in an environment that is conducive to the ethical emotional social and physical well being of each one of them Each of the 15 chapters of this book presents and then systematically debunks the most pervasive persistent and potentially harmful myths in coaching including such chestnuts as play by my rules winning is the ultimate goal and there s no I in team Although the information in every chapter is based on current scientific evidence and there are numerous source notes each is written in the everyday language of coaches and covers topics that are of particular interest to coaches parents athletic administrators recreation programming specialists and even the occasional fan

A Journey into the Mind Frances Mahan,2014-02-13 With this book I want to share with you how the power of your mind can lead you to discover a prosperous and healthier life How your thoughts can help you connect to your Divine power and ease the constant flow of negative thinking so you can live a healthier life You can have more peace more transformation with a healthier conscious mind without sabotaging your ideas or creation There is so much we do not know about the power

of our mind It is surprising that we dont use all of our brain capacity if we did the results will be astonishing Life can be more enjoyable if we control our old subconscious mind and think with a clear conscious mind If we did we will control our thoughts our fears experiences and emotions You can stop the madness going on in your mind and guide it to help you go on a path of developing a stronger willpower in you The results will be amaze and surprisingly incredible It will be like magic You will feel a sense of relieve self control and a self confidence Allow your mind to empower your thoughts and watch the magic flow from a journey into the mind why do we think the way we do

Book Reports Robert Christgau,2019-04-04 In this generous collection of book reviews and literary essays legendary Village Voice rock critic Robert Christgau showcases the passion that made him a critic his love for the written word Many selections address music from blackface minstrelsy to punk and hip hop artists from Lead Belly to Patti Smith and fellow critics from Ellen Willis and Lester Bangs to Nelson George and Jessica Hopper But Book Reports also teases out the popular in the Bible and 1984 as well as pornography and science fiction and analyzes at length the cultural theory of Raymond Williams the detective novels of Walter Mosley the history of bohemia and the 2008 financial crisis It establishes Christgau as not just the Dean of American Rock Critics but one of America s most insightful cultural critics as well

Contemporary Fiction in French Anna-Louise Milne,Russell Williams,2021-03-25 Demonstrates how contemporary fiction in French has become a polycentric and transnational field of vibrant and varied experimentation

The Unfinished Life of Benjamin Franklin Douglas Anderson,2012-06-01 Benjamin Franklin wrote his posthumously published memoir a model of the genre in several pieces and in different temporal and physical places Douglas Anderson s study of this work reveals the famed inventor as a literary adept whose approach to autobiographical narrative was as innovative and radical as the inventions and political thought for which he is renowned Franklin never completed his autobiography choosing instead to immerse his reader in the formal and textual atmosphere of a deliberately unfinished life Taking this decision on Franklin s part as a starting point Anderson treats the memoir as a subtle and rewarding reading lesson independent of the famous life that it dramatizes but closely linked to the work of predecessors and successors like John Bunyan and Alexis de Tocqueville whose books help illuminate Franklin s complex imagination Anderson shows that Franklin s incomplete story exploits the disorderly and disruptive state of a lived life as opposed to striving for the meticulous finish of standard memoirs biographies and histories In presenting Franklin s autobiography as an exemplary formal experiment in an era that its author once called the Age of Experiments The Unfinished Life of Benjamin Franklin veers away from the familiar practices of traditional biographers viewing history through the lens of literary imagination rather than the other way around Anderson s carefully considered work makes a persuasive case for revisiting this celebrated book with a keener appreciation for the subtlety and beauty of Franklin s performance

Human Becoming in an Age of Science, Technology, and Faith Philip Hefner,2022-08-23 What does it mean to be human in an age of science technology and faith The ability to ask such a question suggests at least a partial answer in

that however we describe ourselves we bear a major role in determining what we will become In this book Philip Hefner reminds us that this inescapable condition is the challenge and opportunity of Homo sapiens as the created co creator In four original chapters and an epilogue Hefner frames the created co creator as a memoirist with an ambiguous legacy explores some of the roots of this ambiguity emphasizes the importance of answering this ambiguity with symbols that can interpret it in wholesome ways proposes a partial theological framework for co creating such symbols and applies this framework to the challenge of using technology like artificial intelligence and robotics to create other co creators in our own image Editors Jason P Roberts and Mladen Turk have compiled eight responses to Hefner s work to honor his scholarly career and answer his call to help co create a more wholesome future in an age of science technology and faith **Always in Pursuit** Stanley Crouch,2010-02-24 As a cultural and political commentator Stanley Crouch in unapologetically contentious and delightfully iconoclastic Whether he is writing on the uniqueness of the American South the death of Tupak Shakur the O J Simpson verdict or the damage done by the Oklahoma City bombing Crouch s high velocity exchange with American culture is conducted with scrupulous allegiance to the truth even when it hurts and it usually does And on the subject of jazz from Sidney Bechet to Billy Strayhorn Duke Ellington to Miles Davis there is no one more articulate impassioned and encyclopedic in his knowledge than Stanley Crouch Crouch approaches everything in his path with head on energy restless intelligence and a refreshing faith in the collective experiment that is America and he does so in a virtuosic prose style that is never less than thrilling **The Aesthetic Cold War** Peter J. Kalliney,2024-12-10 How decolonization and the cold war influenced literature from Africa Asia and the Caribbean How did superpower competition and the cold war affect writers in the decolonizing world In *The Aesthetic Cold War* Peter Kalliney explores the various ways that rival states used cultural diplomacy and the political police to influence writers In response many writers from Africa Asia and the Caribbean such as Chinua Achebe Mulk Raj Anand Eileen Chang C L R James Alex La Guma Doris Lessing Ng g wa Thiong o and Wole Soyinka carved out a vibrant conceptual space of aesthetic nonalignment imagining a different and freer future for their work Kalliney looks at how the United States and the Soviet Union in an effort to court writers funded international conferences arts centers book and magazine publishing literary prizes and radio programming International spy networks however subjected these same writers to surveillance and intimidation by tracking their movements tapping their phones reading their mail and censoring or banning their work Writers from the global south also suffered travel restrictions deportations imprisonment and even death at the hands of government agents Although conventional wisdom suggests that cold war pressures stunted the development of postcolonial literature Kalliney s extensive archival research shows that evenly balanced superpower competition allowed savvy writers to accept patronage without pledging loyalty to specific political blocs Likewise writers exploited rivalries and the emerging discourse of human rights to contest the attentions of the political police A revisionist account of superpower involvement in literature *The Aesthetic Cold War* considers how politics shaped

literary production in the twentieth century **Am I A Murderer?** Calel Perechodnik, 2019-03-13 In this moving memoir a young Polish Jew chronicles his life under the Nazis In the vain hope of protecting himself and his family Calel Perechodnik made the wrenching decision to become a ghetto policeman in a small town near Warsaw The true tragedy of his choice becomes clear when during the Aktion he must witness his own wife and child forced to board a train to the Treblinka extermination camp Filled with loathing for the Germans the Poles his Jewish brethren and himself Perechodnik fled the ghetto to shelter with a Polish woman in Warsaw In the course of 105 terror filled days in hiding he poured out his poignant story Written while Nazi boots pounded the streets of the neighborhood and while his tortured memory was painfully fresh this memoir has a rare immediacy and raw power Shortly before his death in 1944 he entrusted the precious diary to a Polish friend The document was eventually deposited in the Yad Vashem Archives in Jerusalem Left nearly forgotten for half a century it was finally published in Poland in 1993 We owe a great debt to historian Frank Fox for bringing us this sensitive translation which reminds us anew of the power and truth of historical memory The Killing of an Author Richard Crasta, Memoir How Writers Screw Up and Publishing s Tricks Taboos The Killing of an Author is a true story of a small town Indian dreamer who meets some of the most powerful people in the literary universe The book is set mainly in New York and partly in London and New Delhi With cameo appearances by literary and publishing stars and a relentless storytelling pace this book has an element of literary thriller to it one climactic moment being when the world s most powerful editor tells the author Remarkable I must admit I have been haunted by your novel and another when Saul Bellow s agent tells the author I can see this as a movie What comes out is his integrity Not many people about whom you can say this If Richard succeeds we shall all succeed Kuldip Nayar eminent Indian author editor statesman Crasta has a sense of humour which he maintains from the start to the end Funny sad and eye opening Dares to be different We need more writers like him The Deccan Chronicle You are funny and delightful and nowhere are you too heavy to carry I ve never read anyone like you I laugh I ache I smile I cry but never close the book without that smile surfacing Sheelagh Grenon Canada More than a book an act of bravery Lulu Review Keywords publishing publishing memoir New York publishers British publishers Penguin Books Fourth Estate Writers Publishing Taboos Writers Author Biographies Author Memoirs How to Succeed Race and Publishing

Marvel Universe Bruce Wagner, 2024-07-23 The Marvel Universe details the lives and deaths of Wagner s cast of characters an orphaned billionaire a black man wrongly convicted of murder a schizophrenic child obsessed with the comic book character Wolverine a cancelled TV star and the love child of Elon Musk Their intertwining stories take place during the pandemic a year of tectonic social unrest ushering in a new reality that surpasses anything any Hollywood franchise could hope to imagine *Dancing on Eggshells* John Whaite, 2023-08-24 We come for the glitter but instead we get the grit in stories told with insight tenderness and joy Russell T Davies With a foreword by Steph McGovern I never thought I d write a memoir I never thought I d do a lot of the things I have done in my thirty four years but life has a wonderful way of surprising

us Well known as the winner of the third series of The Great British Bake Off and runner up of Strictly Come Dancing with his same sex dance partner Johannes Radebe John Whaite's personal story is a complicated narrative of contradictions highs and lows told with tenderness joy insight and wit but also unflinching honesty A shy little boy from rural Lancashire who was sacred to sleep alone and danced a little too gay at family weddings he was also an unruly teen who shaved a checkerboard pattern into his hair and refused to conform From childhood his life has revolved around food his parents owned a fish and chip shop where John worked in the back peeling potatoes but for long periods he has been haunted by bulimia and body dysmorphia and not a day goes by when he doesn't worry about what or how much he eats He achieved TV fame but then seemingly wilfully chose to self destruct before finding the strength to pull back when he woke up in a car with half a kebab at his feet and chilli sauce on his shoes Through it all his essential optimism has meant that he has chosen to take every step back as a chance to reassess and begin again finally arriving at the realisation that external validation and fulfilment is transient a distraction from the sometimes painful pilgrimage we make as we gain wisdom from our experiences

Braving the Fire Jessica Handler, 2013-12-10 Braving the Fire is the first book to provide a road map for the journey of writing honestly about mourning grief and loss Created specifically by and for the writer who has experienced illness loss or the death of a loved one Braving the Fire takes the writer's perspective in exploring the challenges and rewards for the writer who has chosen with courage and candor to be the memory keeper It will be useful to the memoirist just starting out as well as those already in the throes of coming to terms with complicated emotions and the challenges of shaping a compelling coherent true story Loosely organized around the familiar Kbler-Ross model of Five Stages of Grief Braving the Fire uses these stages to help the reader and writer through the emotional healing and writing tasks before them incorporating interviews and excerpts from other treasured writers who've done the same Insightful contributions from Nick Flynn Darin Strauss Kathryn Rhett Natasha Trethewey and Neil White among others are skillfully blended with Handler's own approaches to facing grief a second time to be able to write about it Each section also includes advice and wisdom from leading doctors and therapists about the physical experience of grieving Handler is a compassionate guide who has braved the fire herself and delivers practical and inspirational direction throughout

Of Courage and Determination Bernd Horn, Michel Wyczynski, 2013-06-29 An Allied unit comprised of Canadian and American troops the First Special Service Force or Devil's Brigade struck fear into the very heart of the Axis In the dark early days of the Second World War the Allies found themselves with their backs against the wall With their armies tactics doctrine and equipment in tatters the Allies turned to special operations forces to carry the fight to the Axis enemy until their conventional forces could be built up once again Specially selected and trained these forces struck fear into the hearts of the enemy One such unit the First Special Service Force FSSF or Devil's Brigade was created for a hazardous mission in Norway This unique formation was composed of both Americans and Canadians who served side by side without distinction of nationality A killer elite the FSSF consistently demonstrated

courage and determination and earned itself an unrivaled combat record at Monte la Difensa and Anzio in Italy and in the invasion of southern France

Our Bodies Are Selves Philip Hefner, Ann Pederson, Susan Barreto, 2015-08-11 Our Bodies Are Selves is a look at what it means to be human in a world where medical technology and emerging ethical insight force us to rethink the boundaries of humanity spirit and man machine This book gives us a fresh look at how our expanding biological views of ourselves and our shared evolutionary history shows us a picture that may not always illumine who and where we are as Christians Offering up Christian theological views of embodiment the authors give everyday examples of lives of love faith and bodily realities that offer the potential to create new definitions of what it means to be a faith community in an increasingly technological age of medicine

In the Shadow of Angels Susan Breiddal, 2021-11-09 You people are angels This is how many respond to those who work in palliative care How hospice care professionals manage the emotional tension of being surrounded by sick dying and grief stricken people is unfathomable Over her 20 years of work as a hospice counsellor author Dr Breiddal has collected stories of how ordinary people face death and dying In this living body of work she reveals the skills needed along with the struggles and rewards of providing hospice care Bridging memoir and creative nonfiction she weaves together theory and practice in the service of the dying and their families Breiddal aims to make the often strange reality of death accessible through an intimate raw and realistic portrayal of the art of providing loving end of life care Admittedly being called to this work is to be pulled out of everyday life which requires a willingness to have one's sense of safety and familiarity challenged to be off balance to surrender to uncertainty change discomfort and growth Encouraging a relational way to encounter mortality she offers hope that caring for the dying and bereaved is a paradoxical opportunity to open up to life By entwining her personal and professional experiences the author presents a timely primer for readers who are facing the death of their loved ones their own death or are bereaved Additionally both those currently working in the field or considering a career in palliative care will find In the shadow of angels Intimate stories from a hospice counsellor a fascinating read

Mexico in the Time of Cholera Donald Fithian Stevens, 2019-05-15 This captivating study tells Mexico's best untold stories The book takes the devastating 1833 cholera epidemic as its dramatic center and expands beyond this episode to explore love lust lies and midwives Parish archives and other sources tell us human stories about the intimate decisions hopes aspirations and religious commitments of Mexican men and women as they made their way through the transition from the Viceroyalty of New Spain to an independent republic In this volume Stevens shows how Mexico assumed a new place in Atlantic history as a nation coming to grips with modernization and colonial heritage helping us to understand the paradox of a country with a reputation for fervent Catholicism that moved so quickly to disestablish the Church

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