

# A 30 Minute Instaread Summary The Boys In The Boat Nine Americans And Their Epic Quest For Gold At The 1936 Berlin Olympics

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## LEBLANC PETERSEN

### Twelve Classic Tales from the World of Wall Street

Instaread Summaries

Overview of the entire book, Introduction to the important people in the book, Summary and analysis of all the chapters in the book, Key Takeaways of the book and A Reader's Perspective.

[Imagine a world without her](#) Instaread Summaries

PLEASE NOTE: This is a summary of the book and NOT the original book. Lean In by Sheryl Sandberg - A 30-minute Summary Inside this Instaread Summary: • Overview of the entire book •

Introduction to the important people in the book • Summary and analysis of all the chapters in the book • Key Takeaways of the book • A Reader's Perspective Preview of this summary: When Sandberg got pregnant she was working at Google, which at the time was only an obscure startup. As the company grew, and her pregnancy advanced, she started to notice things that were not helpful to her condition, such as the lack of parking spots for pregnant women at the front of the building. She expressed the need for pregnancy parking to Sergey Brin, one of Google's founders, and he immediately agreed. This experience made her wonder about other pregnant women who suffered in silence due to the lack of parking and other special considerations. Women in the modern developed world, thanks to the work of their predecessors, are better off than women of the past and women in undeveloped countries. However, there is still a lot to do. Figures show that women are still at great disadvantage when it comes to obtaining positions of leadership and equal salaries to men. When Sandberg started working she thought things were changing, but she soon realized they were not because she was often the only woman in the room. Sandberg believes that a truly equal world would have women running half the corporate world and men running half the homes. Collective performance improves when you tap the entire pool of human resources and talent. This should start by having more women in positions of power. However, there are many external and internal barriers to this goal. The external barriers include: sexism, discrimination, and sexual harassment. In addition, women are normally expected to prove themselves. They are promoted based on past accomplishments, whereas men are often promoted based on potential. Women also face barriers within themselves: lack of self-confidence, prejudices, and low expectations. It is critical for women to overcome these internal and external barriers. The first chapter of the book lays out some of the complex challenges that women face, and each subsequent chapter focuses on how to overcome each of them. It is not a memoir, nor is it a self-help book. It is written for any woman wishing to increase her chances to make it to the top. As a disclaimer, Sandberg acknowledges that she has been criticized for "blaming the victim" by pressing

women to change themselves, but the truth is far from that. She believes that female leaders are the solution to a more balanced world. It is time to encourage more women to "dream the possible dream" and more men to support their effort...

*Orange Is the New Black* by Piper Kerman - A 30-minute Instaread Summary Createspace Independent Pub

PLEASE NOTE: This is a summary of the book and NOT the original book. Blood Feud by Edward Klein - A 30-minute Instaread Summary: The Clintons vs. The Obamas Inside this Instaread Summary: • Overview of the entire book • Introduction to the important people in the book • Summary and analysis of all the chapters in the book • Key Takeaways of the book • A Reader's Perspective Preview of this summary: Prologue In May 2013, Hillary Clinton was eating lunch with six fellow Wellesley College graduates. Clinton said that Barack Obama was unqualified to be president because he did not get involved with the other departments, such as the Internal Revenue Service or the Justice Department. Hillary and Bill Clinton made a deal with Obama that they would support him when he was running for reelection if he supported Hillary during the presidential elections in 2016. Obama reneged. Chapter1 It was August 2011. Barack Obama was talking to two of his advisors, David Plouffe and Valerie Jarrett. They were discussing how to get Obama reelected. Plouffe wanted to have Bill Clinton publicly support the campaign in order to use his popularity to get more votes. Jarrett wanted Oprah Winfrey to publicly support the campaign instead. Jarrett did not like the Clintons and believed that Winfrey could get more women and minority votes. Winfrey helped during the 2008 presidential election by funding some of the campaign and garnering support for Obama. Winfrey was promised access to the White House so she could use the information she received from the Obama administration to air on her network, the Oprah Winfrey Network. This never happened, so Winfrey refused to support the campaign...

*A Wall Street Revolt* Instaread Summaries

PLEASE NOTE: This is a summary of the book and NOT the original book. Orphan Train by Christina Baker Kline | A 30-minute Summary Inside this Instaread Summary: Overview of the entire book Introduction to the Important people in the book Summary and analysis of all the chapters in the book Key Takeaways of the book A Reader's Perspective Preview of this summary: Chapter 1 Molly is a seventeen-year old girl living in the foster care system. Her current foster parents are Dina and Ralph. Molly is sure she will soon be kicked out and sent to the juvenile detention center. She was caught stealing an old copy of Jane Eyre from the public library. She learns she can do community service instead of going to the detention center. Dina wants to kick Molly out, but Ralph talks her into letting Molly stay. Jack is Molly's boyfriend. His mom, Terry, is a housekeeper for Vivian, the elderly woman who lives alone. Terry asks Vivian if Molly can help her clean her attic as part of a school project. She does not want Vivian to know that Molly actually needs community service hours. Chapter 2 During

Molly's interview, Vivian asks Molly about herself. Molly shares that she is a Penobscot Indian. Her father died, and her mother could not care of her, so she ended up in the foster care system. Vivian tells Molly that she became an orphan at almost the exact same age as Molly. She then asks Molly when she would like to begin working in the attic...

[What If? by Randall Munroe - A 30-minute Instaread Summary](#) Createspace Independent Publishing Platform

PLEASE NOTE: This is a summary of the book and NOT the original book. Business Adventures by John Brooks - A 30-Minute Instaread Summary: Twelve Classic Tales from the World of Wall Street Inside this Instaread Summary: • Overview of the entire book • Introduction to the important people in the book • Summary and analysis of all the chapters in the book • Key Takeaways of the book • A Reader's Perspective Preview of this summary: Chapter 1 The concept of the stock market was invented in Amsterdam in 1611, as chronicled in a book published in 1688 by stock trader Joseph de la Vega. His insights into trading remain remarkably relevant today. He coined the term "antiperistalsis" to describe when the market reverses course, then reverses course again. Even back then, de la Vega found that brokers were creative in trying to find reasons for why stocks behave the way they do. The mini-stock market crash that took place on May 28, 1962, did not last long, but offers some fascinating insight into the way the market works. The causes of the crash, at the time the worst since 1929, remain somewhat elusive. One possibility was individual investors, particularly wealthy investors not connected to the securities business. However, it also appeared to be the large number of rural, female and foreign investors who had been playing the market with borrowed money and were forced to pay on margin calls. There were also problems related to the mechanical delay in recording and reporting trades via the ticker due to the sheer volume of transactions. Customers could not really know what the prices were when they tried to sell stocks. No matter the cause, the loss was large at more than \$20 billion...

[The Vacationers by Emma Straub - A 30-minute Instaread Summary](#) Createspace Independent Publishing Platform

PLEASE NOTE: This is a summary of the book and NOT the original book. The Vacationers by Emma Straub - A 30-minute Instaread Summary Inside this Instaread Summary: • Overview of the entire book • Introduction to the important people in the book • Summary and analysis of all the chapters in the book • Key Takeaways of the book • A Reader's Perspective Preview of this summary: Chapter 1 Jim, his wife, Franny, and his daughter, Sylvia, are all packing their bags to go on vacation in Mallorca, one of the Balearic Islands in Spain. Jim has recently retired and is unsure what to do with his free time. Sylvia is happy to be leaving Manhattan. She will be attending Brown University next year. Jim likes to run or walk every day, so today he walks around Terminal 7. Jim also has a son, Bobby, who lives in Florida. Bobby has a girlfriend named Carmen. Bobby, Carmen, and Franny's friend, Charles and his husband, Lawrence, will meet them in Mallorca.

The Posts rented a house outside of Palma from a woman named Gemma. On the plane ride, Franny and Jim sit in business class on the plane while Sylvia sits in coach because Franny does not believe children or teenagers should sit in business class. During the flight, Jim walks back to Sylvia. Sylvia covers up the notebook she is writing in. In the notebook, Sylvia has written a list of things she wants to do before she goes to college. Last on the list is losing her virginity. Chapter 2 On the plane, there is a biker gang that makes a lot noise by shouting obscenities at each other. Jim shows interest in them and interest in buying a motorcycle, but Franny finds them annoying. They land in Palma. Franny reflects on how she considers it a major accomplishment that her two children like each other, even though there is a ten year age difference between them. The Posts go into the rented house and explore all of the rooms. Jim reflects on the loss of his job and how Franny has been tense and angry lately. Franny is good at being friendly in public, but always finds fault in Jim. Jim and Sylvia fall asleep in their own beds. Franny goes to the local market to buy food for dinner. Franny thinks about Jim's retirement and becomes angry when she admits to herself that he did not stop working for the same reasons most men do. Franny has a compulsive eating problem. She does not see it as a problem, however, as compared to those who take illegal drugs. Sylvia wakes up and takes a shower...

*A 30 Minute Expert Summary CreateSpace*

PLEASE NOTE: This is a summary of the book and NOT the original book. *America* by Dinesh D'Souza - A 30-minute Instaread Summary Inside this Instaread Summary: • Overview of the entire book • Introduction to the important people in the book • Summary and analysis of all the chapters in the book • Key Takeaways of the book • A Reader's Perspective Preview of this summary: Chapter 1 As early as the 1960s, American scholars have suggested that America is declining as a world power. This is taking place because of a plan to deconstruct and then remake the country by progressives, a newer version of political liberals. President Obama and other progressive leaders have a vision of America that differs from the one outlined by the Founding Fathers. This vision is based on the theory that America must fall so that others can rise. It is a concept that is now accepted practice for both foreign and domestic policy. Currently three indicators of American decline are a stagnant economy, a large national debt, and a loss of power on the world stage. The Constitution created a formula for a new society. Instead of being created from conquest and force, America was organized by reflection and choice. President Obama's policies are taking the country in a different direction than was intended by the Founding Fathers. More power is being given to the state and less to the people. Extreme progressives today believe that Americans stole the land their country was built on from the native Indians and from Mexico. It is also thought America stole the labor of slaves to build the country. These progressives see capitalism as based on theft because it keeps the majority of workers from having their fair share. They believe America was founded on, and has been sustained, from theft. The progressives believe, from a moral standpoint, America should be destroyed...

*Instaread Summaries*

PLEASE NOTE: This is a summary of the book and NOT the original book. *The Big Fat Surprise* by Nina Teicholz - A 30-minute Instaread Summary Inside this Instaread Summary: Overview of the entire book Introduction to the Important people in the book Summary and analysis of all the chapters in the book Key Takeaways of the book A Reader's Perspective Preview of this summary: Introduction The author had the luxury of approaching the nutritional science field as an open-minded individual with no affiliation or funding from any institutions or persons with deeply entrenched views. The result is some alarming information about the ways that nutrition has been misinterpreted for decades. The supposed health hazards of saturated fats found in butter, eggs, and meat have not been substantiated by reliable science.

Science supports the fact that the body is healthiest on a diet rich in fat. Chapter 1 Vilhjalmur Stefansson was an anthropologist who lived with the Canadian Arctic Inuit in 1906, eating almost nothing but meat for an entire year. He later wrote the controversial book, *Not by Bread Alone*, in which he explained that the Eskimos seemed to be the healthiest people he had ever encountered despite their sedentary lifestyles and diets almost void of vegetables and carbohydrates. In 1928, he and a co-worker began a drastic experiment together. They vowed to consume only meat and water for a year. At the end of the year, both men were said to be in perfect health. In the early 1960's, doctor and professor of biochemistry, George Mann, took a team from Vanderbilt University to Kenya to study the Masai people who ate and drank nothing but meat, blood, and milk. Fat from animal sources was the source of 60 percent of their calories. The blood pressure and weight of these warriors was 50 percent lower than men of the same age in the United States. If American beliefs about animal fat were true, Mann should have seen an epidemic of heart disease among the Masai. However, he found little evidence of heart disease among them. For decades, the American Heart Association (AHA), the United States Department of Agriculture (USDA), and other expert groups have recommended obtaining daily calories from fruits, vegetables,

and whole grains. The public has been advised to minimize animal fats and eliminate red meat from their diets despite Mann's findings and similar evidence from other studies. In the early 1900's, Sir Robert McCarrison was the director of nutrition research for the British government in the Indian Medical Service. He wrote in detail about the fact that the Sikhs and the Hunzas of northern India did not suffer from cancer, appendicitis, or ulcers like the Western nations did. He also noted that their great health stood in stark contrast to other groups in the southern part of India who lived on mainly white rice and little dairy or meat. Anthropologist Ales Hrdlicka studied the Native Americans of the Southwest between 1898 and 1905. He observed that they ate mainly buffalo, were extremely healthy, and lived very long lives without suffering from malignant diseases. A detail of these early studies often buried, or overlooked, is that humans today eat the muscle of the animal, but this was not always the case. Early humans preferred the fat of the animal over its muscle meat. These viscera are higher in saturated fat. It is hard to even imagine eating this way when contemporary standards advise the public to do the opposite.

*All Fall Down by Jennifer Weiner Instaread Summaries*

PLEASE NOTE: This is a summary of the book and NOT the original book. *Big Little Lies* by Liane Moriarty - A 30-minute Instaread Summary Inside this Instaread Summary: Overview of the entire book Introduction to the Important people in the book Summary and analysis of all the chapters in the book Key Takeaways of the book A Reader's Perspective Preview of this summary: Chapters 1-4 Mrs. Patty Ponder, an elderly woman who lives next to the Pirriwee Public School in Pirriwee Beach, Australia, hears a commotion going on at the school's trivia night. She looks out the window and sees fighting going on among the parents at the event. She hears a woman screaming. Madeline Mackenzie drives her daughter, Chloe, to her kindergarten orientation day at school. When she comes to a stop light, Madeline gets out of her car and goes to the car in front of her to yell at a woman who is using her phone while driving. On the way back to her car, Madeline turns her ankle and falls. Newcomers to the area, Jane Chapman and her son, Ziggy, are in the car behind Madeline. They are also on their way to kindergarten orientation. Jane sees Madeline fall and gets out of her car to help her. Jane gets Ziggy and Chloe to the school, then she and Madeline go to Blue Blues, a beachside café, to meet Madeline's friend, Celeste. Madeline tells Jane about her ex-husband, Nathan, and his new family. Jane tells Madeline that she is a single mom. She says Ziggy is the result of a one-night stand...

*Instaread Summaries*

PLEASE NOTE: This is a summary of the book and NOT the original book. *The One & Only* by Emily Giffin - A 30-minute Instaread Summary Inside this Instaread Summary: • Overview of the entire book • Introduction to the important people in the book • Summary and analysis of all the chapters in the book • Key Takeaways of the book • A Reader's Perspective Preview of this summary: Chapter One Shea is at Mrs. Carr's funeral. Mrs. Carr was her best friend, Lucy's, mother. Mrs. Carr's husband is Coach Carr, the football coach at Walker University. Coach Carr was like a father-figure to Shea while she was growing up. After the funeral, Lucy asks Shea to ride to her parent's house with Coach Carr because she does not want him driving alone. Shea has a boyfriend named Miller and she is unsure if she loves him. Chapter Two Coach Carr drives Shea to his house. He seems composed, but Shea realizes that he is faking a calm composure to make Shea feel comfortable. Lucy resents the fact that her and Shea's parents tried to brainwash them into supporting the Walker University football team. Shea does not mind because she has always supported them. That night, the Carrs, Shea, and Shea's mother talk about Mrs. Carr. The conversation changes to Shea and Miller's relationship. Nobody thinks Miller is good enough for Shea because he smokes marijuana and he is unintelligent. Miller sends a text to Shea telling her he left his jacket at the Carrs' house, so he is coming to get it. Lucy asks Miller if he thinks he and Shea are compatible. He insists that they are. Shea retrieves Miller's jacket and tells him that they need to leave. Chapter Three While thinking about Mrs. Carr's death, Shea realizes that she is dissatisfied with her life. She wants to be a sports writer, but her loyalty to Walker University and Coach Carr keeps her in Walker, Texas. Shea has idolized Coach Carr like most girls do their fathers. Her earliest memories of her own father are of her parents arguing. Shea's father was already married when Shea was conceived, but he chose to remain with Shea's mother. However, he later cheated on her with his first wife. After the divorce, Shea's mother had a nervous breakdown and went to a treatment center. While she was there, Shea lived with the Carrs. It was during this time Shea began to worship Coach Carr. When Shea went to college, she learned that Coach Carr had groupies. She did not like them and felt possessive of her idol. When Shea arrives at her office, she finds a note that says Coach Carr wants to see her. He asks her if her passion is being the assistant sports information director, which is her current job. She tries to insist that it is, but he knows that she would rather be writing. He gives her the number of the sports editor of *The Dallas Post*, Frank Smiley. He recommended Shea for a job as a sports writer. Shea tells him she will call Smiley.

Coach Carr tells Shea she is too good for Miller. She leaves his office, wondering how she is going to break up with Miller...

*The Husband's Secret by Liane Moriarty - A 30-minute Summary Instaread Summaries*

PLEASE NOTE: This is a summary of the book and NOT the original book. *A Spy Among Friends* by Ben Macintyre - A 30-minute Instaread Summary Inside this Instaread Summary: • Overview of the entire book • Introduction to the important people in the book • Summary and analysis of all the chapters in the book • Key Takeaways of the book • A Reader's Perspective Preview of this book: Chapter One At the age of twenty-two, Nicholas Elliott became a spy. Elliott's father, Sir Claude Aurelius Elliott, Headmaster at Eton College, had powerful connections. When Elliott announced his desire to join the intelligence service, his father was able to arrange it for him. Elliott attended prep school at Durnford, where he endured horrific brutality, then to Eton and Cambridge. He neither worked hard nor excelled academically, but developed a close friendship with Basil Fisher whose death during the Battle of Britain had a devastating effect on him. In 1938, Elliott was invited to accompany Sir Nevile Bland, a senior diplomat, to The Hague, the seat of government in the Netherlands, to serve as his honorary attaché in the Foreign Office. This opportunity provided his first introduction into clandestine work, as well as exposure to Hitler. He left The Hague with the conviction that Hitler must be stopped and the best way to do this was to become a spy...

*Blood Feud by Edward Klein - A 30-minute Instaread Summary Instaread Summaries*

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*Orphan Train by Christina Baker Kline | A 30-minute Summary Instaread Summaries*

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*Reconstructing Amelia by Kimberly McCreight | A 30-minute Summary Instaread Summaries*

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using her phone while driving. On the way back to her car, Madeline turns her ankle and falls. Newcomers to the area, Jane Chapman and her son, Ziggy, are in the car behind Madeline. They are also on their way to kindergarten orientation. Jane sees Madeline fall and gets out of her car to help her. Jane gets Ziggy and Chloe to the school, then she and Madeline go to Blue Blues, a beachside café, to meet Madeline's friend, Celeste. Madeline tells Jane about her ex-husband, Nathan, and his new family. Jane tells Madeline that she is a single mom. She says Ziggy is the result of a one-night stand...

#### **The Body Book by Cameron Diaz - A 30-minute Summary** Instaread Summaries

Decisions: You make hundreds every day, but do you really know how they are made? When can you trust fast, intuitive judgment, and when is it biased? How can you transform your thinking to help avoid overconfidence and become a better decision maker? Thinking, Fast and Slow ...in 30 Minutes is the essential guide to quickly understanding the fundamental components of decision making outlined in Daniel Kahneman's bestselling book, Thinking, Fast and Slow. Understand the key ideas behind Thinking, Fast and Slow in a fraction of the time: Concise chapter-by-chapter synopses Essential insights and takeaways highlighted Illustrative case studies demonstrate Kahneman's groundbreaking research in behavioral economics In Thinking, Fast and Slow, Daniel Kahneman, best-selling author and recipient of the Nobel Prize in Economics, has compiled his many years of groundbreaking research to offer practical knowledge and insights into how people's minds make decisions. Challenging the standard model of judgment, Kahneman aims to enhance the everyday language about thinking to more accurately discuss, diagnose, and reduce poor judgment. Thought, Kahneman explains, has two distinct systems: the fast and intuitive System 1, and the slow and effortful System 2. Intuitive decision making is often effective, but in Thinking, Fast and Slow Kahneman highlights situations in which it is unreliable-when decisions require predicting the future and assessing risks. Presenting a framework for how these two systems impact the mind, Thinking, Fast and Slow reveals the far-reaching impact of cognitive biases-from creating public policy to playing the stock market to increasing personal happiness-and provides tools for applying behavioral economics toward better decision making. A 30 Minute Expert Summary of Thinking, Fast and Slow Designed for those whose desire to learn exceeds the time they have available, the Thinking, Fast and Slow expert summary helps readers quickly and easily become experts ...in 30 minutes.

#### *Creativity, Inc. by Ed Catmull: A 30-minute Summary* Instaread Summaries

PLEASE NOTE: This is a summary of the book and NOT the original book. World Order by Henry Kissinger - A 30-minute Instaread Summary Inside this Instaread Summary: • Overview of the entire book • Introduction to the important people in the book • Summary and analysis of all the chapters in the book • Key Takeaways of the book • A Reader's Perspective Preview of this summary: Chapter 1 In many early societies, order was created and maintained by central leadership rather than through the self-rule of states. Leaders in China and Islam fought for power. Other regions experienced chaos and frustration as they tried to establish order. Europe uniquely allowed different regions within the whole to rule themselves. Leaders felt this would allow their people to celebrate and balance their own interests. The fall of the Roman Empire shattered the rules that Roman citizens had always lived by. Romans began to focus on Christianity, which was governed by the government and the church. Charlemagne, Roman emperor in 800, vowed to defend the church at all cost. The Empire disintegrated under his rule due to several civil wars. The emperor of Rome was elected by princes in unfair elections, and there was a constant struggle for power between the Pope and the emperor, making the concept of order seem completely out of reach. Prince Charles of Habsburg became Holy Roman emperor after Charlemagne. Charles focused on protecting and exalting the Roman Catholic Church. He was unable to do so when Protestantism swept across the region. By the fifteenth century, European explorers began traveling in search of wealth and fame. Soon, an increased focus on the individual and reason rather than the Church spread through Europe. As the Thirty Years' War raged on between Catholics and Protestants, France appointed Cardinal de Richelieu as the chief minister of France. Richelieu wanted to use the balance of power to help structure

foreign policy. He believed that the divisions within Europe were important and focused on centralizing France's government to maintain a balance of power...

#### *America by Dinesh D'Souza - a 30-Minute Instaread Summary* Instaread Summaries

PLEASE NOTE: This is a summary of the book and NOT the original book. The Fault in Our Stars: A 30-minute Summary of the John Green Novel Inside this Instaread Summary: Overview of the entire book Introduction to the important people in the book Summary and analysis of all the chapters in the book Key Takeaways of the book A Reader's Perspective Preview of this summary: Chapter 1 Hazel Grace Lancaster has thyroid cancer that has metastasized into her lungs. The tumors are no longer growing because of an experimental drug, but she will never fully recover. Hazel is watching television when her mother makes her get up and go to her cancer support group. Hazel dislikes the group, but her mother makes her attend because she thinks she needs to socialize more. She arrives just before the group begins. Isaac, her friend, talks about the surgery he will have in a few weeks. He had cancer in one eye and that eye was removed. However, the cancer is now in his other eye and he will have to have that eye removed, as well. As added support, Isaac brought his friend, Augustus Waters, to the support group. Augustus, a very good looking young man, is also a cancer survivor. He had osteosarcoma that required the removal of his leg. After support group, Hazel and Augustus wait outside for her mother. Isaac is with his girlfriend, Monica, making out on the far side of the church. Augustus asks Hazel to come to his house to watch V for Vendetta with him. He thinks she looks like Natalie Portman as she was in that movie. However, Hazel refuses when Augustus pops a cigarette into his mouth until he tells her that it is just a metaphor. She finds it so amusing, the irony of putting something that causes cancer into this mouth but not giving it the power to cause cancer, that she agrees to go to his home. Chapter 2 Augustus is a terrible driver because he cannot feel the gas pedal under his fake leg. Hazel makes him admit the only reason he has a driver's license is because the examiner felt sorry for him. She calls it a Cancer Perk. They share their cancer stories. At Augustus' house, Hazel meets his parents. Then they go downstairs to his bedroom. Augustus tells Hazel that he used to play basketball, but before he was diagnosed he realized it was pointless, the act of constantly throwing a ball into a basket. Then he asks her what she likes to do. She tells him about her favorite book, An Imperial Affliction. He agrees to read it if she will read his favorite book, The Price of Dawn. Augustus and Hazel go into the living room to watch the movie. Hazel thinks the movie is a guy-thing. Augustus drives her home and asks her to call him later. She promises to call when she finishes the book....

#### **A 30-minute Instaread Summary** Instaread Summaries

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occur, people need to set boundaries and hold others accountable for their behavior. The key to compassion is being able to separate people from their behaviors. It is necessary to address what people do, not who they are. Connection exists as the energy between people who feel they have been seen, heard, and valued without judgment. People feel strengthened by this relationship and need connection to do well emotionally, physically, spiritually, and intellectually. Connections happen when people both give and receive with an open heart. Chapter 2 Love and belonging are necessary in people's lives. In order for people to experience love and belonging, they must believe they are worthy. People who accept themselves for who they are and who stop worrying about what others think are worthy of love and belonging. At the heart of wholeheartedness is that people have to believe they are worthy now, as they are, not if or when they become or do something in the future....

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