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293 - MOON MILLS

When Business and Personal Values Collide "Defining moments" occur when managers face business decisions that trigger conflicts with their personal values. These moments test a person's commitment to those values and ultimately shape their character. But these are also the decisions that can make or break a career. Is there a thoughtful, yet pragmatic, way to make the right choice? Bestselling author Joseph Badaracco shows how to approach these dilemmas using three case examples that, when taken together, represent the escalating responsibilities and personal tests managers face as they advance in their careers. The first story presents a young manager whose choice will affect him only as an individual; the second, a department head whose decision will influence his organization; the third, a corporate executive whose actions will have much larger, societal ramifications. To guide the decision-making process, the book draws on the insights of four philosophers--Aristotle, Machiavelli, Nietzsche, and James--who offer distinctly practical, rather than theoretical, advice. Defining Moments is the ultimate manager's guide for resolving issues of conflicting responsibility in practical ways.

The book is a true story about a father's blind devotion to his Oxy addicted son, chronicling the author's venture into the dangerous world of prescription drug dealers. "I make many mistakes as a father, but I have always tried the best I know how. Sometimes no matter what a person does as a parent, children may travel to dangerous places. Some will return from those places unharmed and some may never return. A family can look perfect from the outside but be quite the opposite on the inside. I have lived such a life. I do not know what made me do what I did for my son but I can only surmise that it was a combination of all of the defining moments in my life that lead me to where I am today."

If therapy is a relational process, it takes a person on the therapist's end. The goal of this book is to capture the therapist's evolving sense of self as it is shaped by our experiences as active participants in a creative interaction. The essays of this book are first-person accounts, by eleven therapists, of some "Aha " moments when they got to understand themselves better, and to understand better why they do what they do. Essays by: Cheryl Dolinger Brown, Mary J. Giuffra, Marianne Gunther, Lou Hagood, Claire Haiman, Robin Kappy, Linda Marks, Merle Molofsky, Marjorie Rand, Susan Rudnick, and Claire Beth Steinberger.

Face the Truth Life is full of defining moments. Like landmarks on a road map, these moments mark key points along your life's journey. A defining moment happens when you come face-to-face with a truth that invites you to change the way you live. It demands that you make a decision. And regardless of the choice you make, you will never be the same. In this eight-part companion study guide to the Defining Moments DVD, bestselling author Andy Stanley examines several such moments as depicted in the lives of people from Scripture—the kinds of moments many of us will experience in our lifetimes. And if you're willing to look at truth honestly, these moments can change your life forever. Story Behind the Book While working to develop a series that would introduce people to a new mind-set about the way they live their lives, Andy Stanley discovered the influence that defining moments have. Now, after teaching this principle to his staff, church, and through the extended home study groups of North Point Community Church, this DVD and study guide material are releasing to a national audience through North Point's relationship with Multnomah.

A Prophetic Anointing for Today Defining Moments is a fascinating look at the remarkable ways in which God has used ordinary people to change history. But it is about more than history alone—it il-

luminates the present and unveils the future. Prophetic in nature, the book reveals how God wants to work in each of our lives to fulfill His purposes—today, tomorrow, and in the years to come. The stories in this collection of God-encounters carry a prophetic anointing for all who have ears to hear. Author Bill Johnson highlights the significant traits and contributions of many well-known revival leaders, including John Wesley, Charles Finney, Dwight L. Moody, Maria Woodworth-Etter, Carrie Judd Montgomery, Smith Wigglesworth, John G. Lake, Evan Roberts, Rees Howells, Aimee Semple McPherson, Kathryn Kuhlman, Randy Clark, and Heidi Baker. He explains the impact these leaders can have on us today as we respond to the life-changing truths revealed through their life stories. There is power in knowing the testimonies of men and women who experienced God in a defining moment and said yes to His unique call on their lives. It is a power that inspires us to hunger for God in such a way that we, too, will have an encounter with Him that launches us into the world of the "impossible," enabling us to fulfill a greater measure of our destiny. Read this book with a sense of readiness, and watch what happens.

Journey back through time to relive events that shaped the Chicago metropolitan area and contributed to its world-class reputation. Chicago Days is a collection of 150 essays and 500 dramatic photographs compiled from the voluminous files of the Chicago Tribune, the Chicago Historical Society, and other important collections.

untold: defining moments of the uprooted is a collection of real stories that explores the South Asian experience in the U.S., U.K., and Canada through the lens of identity, being, and relationships. Thirty-two emerging voices share deeply personal moments relating to immigration, infertility, divorce, mental health, suicide, sexual orientation, gender identity, racism, colorism, casteism, religion, and much more, all while balancing the push and pull of be-

longing to two cultural hemispheres. Every story sheds light on the authentic truths of living as womxn with hyphenated identities that have only been whispered - until now.

As the most popular mass spectator sport across the world, soccer generates key moments of significance on and off the field, encapsulated in events that create metaphors and memories, with wider social, cultural, psychological, political, commercial and aesthetic implications. Since its inception as a modern game, the history of soccer has been replete with events that have changed the organization, meanings and impact of the sport. The passage from the club to the nation or from the local to the global often opens up transnational spaces that provide a context for studying the events that have 'defined' the sport and its followers. Such defining events can include sporting performances, decisions taken by various stakeholders of the game, accidents and violence among players and fans, and invention of supporter cultures, among other things. The present volume attempts to document, identify and analyse some of the defining events in the history of soccer from interdisciplinary and comparative perspectives. It revisits the discourses of signification and memorialization of such events that have influenced society, culture, politics, religion, and commerce. This book was originally published as a special issue of the journal *Soccer & Society*.

From the "Essence" bestselling author of "Redemption" comes an inspiring novel about a woman's spiritual journey to overcome the mistakes of her past and to face the future.

Most great transformations are not apparent as we live through them. Only in hindsight do individual moments acquire layers of meaning that give them great significance. Looking back is not something that comes naturally to journalists, immersed as they are in breaking events and relentless deadlines. But there is still good reason for journalists, scholars, and people who care about journalism to think about the critical episodes in its recent evolution. In *Defining Moments in Journalism*, such authors vividly describe episodes of this kind. Some of the chapters and contributors include: "The Lessons of Little Rock" by Harry S. Ashmore; "Vietnam and War Reporting" by Peter Arnett; "Photo-journalists--Visionaries Who Have Changed Our Vision" by Jane M. Rosett; "The Weight of Watergate" by Ellen Hume; "Women Sportswriters--Business as Usual" by Mary Schmitt; "The Connie Chung Phenomenon" by Somini Sengupta; and "Covering Politics--Is There a Fe-

male Difference?" by Judy Woodruff. The years since the Great Depression and World War II have seen vast changes in America and also in its journalism. Journalists' relationship to power and authority is more complex; the press corps has become more diverse; the technology of news reporting is almost unrecognizably different from that of fifty years ago; and economic reorganization of the media has bundled news and entertainment organizations into conglomerates of extraordinary size. 'Defining Moments in Journalism' is a fascinating read for communications scholars and professionals, historians, and political scientists.

The New York Times bestselling authors of *Switch* and *Made to Stick* explore why certain brief experiences can jolt us and elevate us and change us—and how we can learn to create such extraordinary moments in our life and work. While human lives are endlessly variable, our most memorable positive moments are dominated by four elements: elevation, insight, pride, and connection. If we embrace these elements, we can conjure more moments that matter. What if a teacher could design a lesson that he knew his students would remember twenty years later? What if a manager knew how to create an experience that would delight customers? What if you had a better sense of how to create memories that matter for your children? This book delves into some fascinating mysteries of experience: Why we tend to remember the best or worst moment of an experience, as well as the last moment, and forget the rest. Why "we feel most comfortable when things are certain, but we feel most alive when they're not." And why our most cherished memories are clustered into a brief period during our youth. Readers discover how brief experiences can change lives, such as the experiment in which two strangers meet in a room, and forty-five minutes later, they leave as best friends. (What happens in that time?) Or the tale of the world's youngest female billionaire, who credits her resilience to something her father asked the family at the dinner table. (What was that simple question?) Many of the defining moments in our lives are the result of accident or luck—but why would we leave our most meaningful, memorable moments to chance when we can create them? *The Power of Moments* shows us how to be the author of richer experiences.

Defining Moments explores how all Arkansas governors since Sid McMath (a group that has produced a president, two U.S. senators, and two presidential contenders) acted in times of crisis. Th-

ese ten exceptional leaders stand out in Arkansas history and politics for having had their personal and political mettle tested by issues concerning education, the environment, social justice, the conduct of politics, race, and more of the nation's defining debates. The governors and situations covered include Sid McMath's bout with the Dixiecrats; Francis Cherry's ploy to label his opponent a Communist; Orval Faubus's decision to block integration at Little Rock Central High; Winthrop Rockefeller's tribute to Martin Luther King Jr. on the State Capitol steps; Dale Bumpers's battle against political corruption; David Pryor's veto of the U.S. Corps of Engineers's Bell Folley Dam; Frank White's endorsement of Creationism; Bill Clinton's decision to test public school teachers; Jim Guy Tucker's bold solution for the Medicaid program and his resignation; and Mike Huckabee's quest to consolidate the state's high school districts. Robert Brown, who knew nine of the ten governors personally and worked as an aide for Dale Bumpers and Jim Guy Tucker, tells these stories with an unusual combination of historical research and personal familiarity. He crystallizes the difficult choices faced by these memorable leaders, showing how their decisions at crucial points shaped their tenures, molded their legacies for good or bad, and shaped history.

In contemporary American political discourse, issues related to the scope, authority, and the cost of the federal government are perennially at the center of discussion. Any historical analysis of this topic points directly to the Great Depression, the "moment" to which most historians and economists connect the origins of the fiscal, monetary, and social policies that have characterized American government in the second half of the twentieth century. In the most comprehensive collection of essays available on these topics, *The Defining Moment* poses the question directly: to what extent, if any, was the Depression a watershed period in the history of the American economy? This volume organizes twelve scholars' responses into four categories: fiscal and monetary policies, the economic expansion of government, the innovation and extension of social programs, and the changing international economy. The central focus across the chapters is the well-known alternations to national government during the 1930s. *The Defining Moment* attempts to evaluate the significance of the past half-century to the American economy, while not omitting reference to the 1930s. The essays consider whether New Deal-style legislation continues to operate today as originally envisioned, whether it al-

tered government and the economy as substantially as did policies inaugurated during World War II, the 1950s, and the 1960s, and whether the legislation had important precedents before the Depression, specifically during World War I. Some chapters find that, surprisingly, in certain areas such as labor organization, the 1930s responses to the Depression contributed less to lasting change in the economy than a traditional view of the time would suggest. On the whole, however, these essays offer testimony to the Depression's legacy as a "defining moment." The large role of today's government and its methods of intervention—from the pursuit of a more active monetary policy to the maintenance and extension of a wide range of insurance for labor and business—derive from the crisis years of the 1930s.

Defining Moments is for readers knocked down by loss from natural disasters and the recession; and who cannot afford psychotherapy. Dr. McArthur, a Diplomate Clinical Psychologist with 33 years in private practice, sensitively shares defining moments from her productive form of psychotherapy and her own life. The book allows readers to acquire understanding, clarity, and coping mechanisms needed to get back up again with confidence. Examples and solutions are provided about taking care of oneself, relating to others, and parenting children. Dr. McArthur emphasizes integrity, honesty and ethical behaviors as a means of building depth-of-character, self-esteem and making a difference within a successful life. Dr. McArthur also presents effective ways to examine unresolved issues that may be causing anger, anxiety, or depression by looking at each person's unique life story to discover childhood survival skills needed to handle adversity. These skills are then altered to better accommodate the changed present and future in a successful way. She demonstrates ways in which time in nature and with pets can be a wise guide, leading the reader to kind natural solutions for depression, insomnia and loneliness. There are also special sections about being an impacting creative artist in a struggling world. The book also provides an example of one kind of psychodynamic psychotherapy for graduate students in Clinical Psychology. Students can meaningfully compare and contrast her work with other theoretical orientations, as part of determining how they wish to approach psychotherapy.

I'm writing this book to inspire others to overcome and surpass their defining moments also to come back from the defining moments that defeated them. Since the first man and woman who

were born on this earth and the last ones who will die on this earth we will go through defining moments in their lives. We all may have different cultures, languages and ways of living but we all will face defining moments within our lives. Moments that will trial our character, beliefs and who we are will be upon all of us and none of us will be able to escape these moments.

NAACP 2017 Image Award Winner With his trademark acerbic wit, incisive humor, and infectious paranoia, one of our foremost comedians and most politically engaged civil rights activists looks back at 100 key events from the complicated history of black America. A friend of luminaries including Dr. Martin Luther King, Jr. and Medgar Evers, and the forebear of today's popular black comics, including Larry Wilmore, W. Kamau Bell, Damon Young, and Trevor Noah, Dick Gregory was a provocative and incisive cultural force for more than fifty years. As an entertainer, he always kept it indisputably real about race issues in America, fearlessly lacing laughter with hard truths. As a leading activist against injustice, he marched at Selma during the Civil Rights movement, organized student rallies to protest the Vietnam War; sat in at rallies for Native American and feminist rights; fought apartheid in South Africa; and participated in hunger strikes in support of Black Lives Matter. In this collection of thoughtful, provocative essays, Gregory charts the complex and often obscured history of the African American experience. In his unapologetically candid voice, he moves from African ancestry and surviving the Middle Passage to the enjoyment of bacon and everything pig, the headline-making shootings of black men, and the Black Lives Matter movement. A captivating journey through time, *Defining Moments in Black History* explores historical movements such as The Great Migration and the Harlem Renaissance, as well as cultural touchstones such as Sidney Poitier winning the Best Actor Oscar for *Lilies in the Field* and Billie Holiday releasing *Strange Fruit*. An engaging look at black life that offers insightful commentary on the intricate history of the African American people, *Defining Moments in Black History* is an essential, no-holds-bar history lesson that will provoke, enlighten, and entertain.

Have you ever had a moment when everything seems to change? What makes that momentary but long-lasting difference? God shows up to participate in our lives and performs a miracle, speaks words of peace, gives new direction, or whatever else the Creator of the universe chooses to do. But in those defining mo-

ments, virtually everything changes; the impossible becomes possible. Why? Because God is God, and He still rules His universe. The God who created all things can accomplish more in His defining moment than we can accomplish in a lifetime. After all, according to Genesis, He created the heavens and earth, including man, in just six days and rested on the seventh. From that truth, one would draw an obvious conclusion that what we do is not going to impress God; but when He acts in our behalf, it will always astound us. We serve an awesome God! Those times are *kairos* moments. For twenty-five years, Pastor B.W. Hambrick has pastored the people of the Ephrata Church of the Nazarene, Ephrata, Pennsylvania. Changed lives, culture change, renovations, new buildings, even relocation have all been part of the ongoing movement of the church. There have been many events that have defined the church and Pastor Hambrick's ministry, but nothing has defined it quite like those unique moments, those *kairos* moments, when everything changed for the better. Nothing, absolutely nothing, can explain the stories shared here, except the immediate intervention of God.

All professional counselors and therapists can identify a number of turning points in their careers – moments, interactions, or processes – that led to key realizations regarding their practice with clients, work with students, or self-understanding. This book is a collection of such turning points, which the editors term defining moments, contributed by professionals in different stages of their counseling careers. You'll find personal stories, lessons learned, and unique insights in their narratives that will impact your own development as a practitioner, regardless of whether you are a graduate student or a senior professional.

An analysis of the four-term president's famous "fear itself" speech evaluates how FDR transformed his office and revitalized American morale throughout the first 100 days of his presidency, in an account that cites the contributions of his family members, advisors, and fellow polio survivors. Reprint. 50,000 first printing. *When Business and Personal Values Collide* "Defining moments" occur when managers face business decisions that trigger conflicts with their personal values. These moments test a person's commitment to those values and ultimately shape their character. But these are also the decisions that can make or break a career. Is there a thoughtful, yet pragmatic, way to make the right choice? Bestselling author Joseph Badaracco shows how to ap-

proach these dilemmas using three case examples that, when taken together, represent the escalating responsibilities and personal tests managers face as they advance in their careers. The first story presents a young manager whose choice will affect him only as an individual; the second, a department head whose decision will influence his organization; the third, a corporate executive whose actions will have much larger, societal ramifications. To guide the decision-making process, the book draws on the insights of four philosophers—Aristotle, Machiavelli, Nietzsche, and James—who offer distinctly practical, rather than theoretical, advice. *Defining Moments* is the ultimate manager's guide for resolving issues of conflicting responsibility in practical ways.

This book will change your life, change your perspective of career and bring reality to your life's purpose. This is a true story of how Bob Root and Wendy Steele met at an executive team building session in the mountains outside Santa Fe, New Mexico. It chronicles the defining moments of two people who made life changing decisions to embrace multiple fears and obstacles and use them to dream bigger and seek a more fulfilling simpler life. It is a story of a meeting so profound that they left their high-powered corporate careers, Bob as a high tech CEO from Silicon Valley and Wendy as a VP of Coca-Cola, to be together and build a new life. It is a story about checking out of the go-go fast paced life of highflying executives and checking back into life. It is a story of true love, the defining moments that brought them together and a new simpler life of love, balance and being on purpose. It is a fast read for those with fast lives. The message will slow you down and help you learn to appreciate the better things in life. This may very well be your escape vehicle back to humanity, life and love. The first book in the series is specifically to share stories of anyone who has lost a child. The other books will be about specific subjects like raising chronically ill kids, overcoming financial loss, surviving cancer, etc. Each book will have its own theme & multiple authors.

Recounts the experiences of exceptional people that the author has known, learned from, and worked with, including Dr. Judah Folkman, Max Fisher, Golda Meir, Moshe Dayan, and Elie Wiesel. Time. Days divided into increments of hours, into minutes, into seconds. Each and every one of those seconds provides an opportunity to be someone's defining moment. A moment in time that provides insight, knowledge, realization, truth. It may be years before

you recognize that defining moment. Often, it is in retrospect that we see more clearly. It is with honor and humility that we, the members of the Decatur Writers Collaborative in Decatur, Georgia, share some of our defining moments. Poignant, sometimes humorous, always touching, these are the instances in our lives that have shaped us, changed our individual perspectives, and ultimately led us to each other to form this wonderfully diverse and talented family. Perhaps you can relate to one of our defining moments. Or you may have a defining moment or two of your own. Or maybe your defining moment has yet to occur. Wherever you are on your path, remember this: any moment in time can be a defining moment. Even this one. The Decatur Writers Collaborative is a group of individuals who came together in the fall of 2014. It is a diverse group of people with different levels of writing skills, as well as interests in a variety of writing genres. These writers have formed a cohesive unit akin to a family. This, our first anthology, is the result of that cohesive unit.

This book, intended as a core text for a basic course on Media Ethics, takes a distinctive approach to the study of ethics. Focusing on one historic episode per chapter, the book is divided into three parts that represent the three major functions of the media within democratic societies: news, persuasion, and entertainment. This sets the book apart from many ethics books, which are generally located within the journalistic paradigm. Blending classic and contemporary cases, these three very well known authors discuss media ethics with a thorough grounding in theory, particularly communitarian theory, an antidote to the more widely discussed libertarian theory. Reviewers noted a distinctly international feeling to the book, considered a plus, as well as good coverage of contemporary topics like blogging and entertainment.

The Introduction states (p.8): "In the following pages you will meet people who weren't ready for their moment, and you will see the terrible tragedy that ensued. But you will also meet those who were ready, and you will learn why." Each chapter is preceded by an excerpt from the New American Standard Bible and is followed by a series of discussion questions.

YOUR RESPONSE TO DEFINING MOMENTS WILL REDEFINE WHO YOU ARE! Your life can be forever changed in a single moment-but more importantly, your reaction to a single moment can forever change your character, your fortunes, and your future. A Defining Moment can be encountered at any time and you will

know you have experienced one if you are a different person afterward. That is why knowing how to respond effectively to those moments is so vital and why missing them could result in lost opportunities to change for the better. This book will teach you how to use the R.A.R.E. methodology to: - Recognize Defining Moments in your life - Analyze those Moments and the options they present - Respond Effectively to those Moments to maximize their potential benefits "In his book, *Defining Moments*, Lorne Liechty provides a framework that will help you respond in a godly way to the most critical apex moments of your life. Actually, choosing to read this book will be one of your Defining Moments. Your life will never be the same." -Dr. William M. Wilson, President, Oral Roberts University "Defining Moments helps you make life-changing decisions, through the filter of biblical and business principles, with confidence. It is a must read!" -Pastor Larry Huch, Senior Pastor, DFW New Beginnings Church "In *Defining Moments*, Lorne Liechty and Brad Howard prod us to be fully awake, on the lookout for God-orchestrated Defining Moments. What you discover in these pages can redefine your life." -David Shibley, Founder, Global Advance "I wish that I had a book like Lorne's when I was a teenager, and again when I attended college. I recommend it to both the young and the old." -Joseph Shulam, Founder, Netivvah Bible Instruction Ministry "Through instruction and wonderful stories, Lorne has brilliantly uncovered the importance of identifying and leveraging your Defining Moments." -Dr. Mark K. Mullaney, Senior Pastor, Jesus First, Albuquerque, NM Lorne Liechty, a graduate of Oral Roberts University and the University of Notre Dame Law School, is a business lawyer with forty years of practical experience. He is an elder at Lakeshore Church, Rockwall, Texas, where Brad Howard is Senior Pastor.

Who am I? What career path is right for me? Where do I look for a compatible mate? These are the questions that haunted a college freshman struggling with crucial decisions regarding his future, while sinking deeper into the black hole of fraternity life. He thought he was on the right track, attending the college of his dreams and being initiated into the frat brotherhood. But after an unsettling spring break trip to Mexico-the first of many Awakenings-his life course turned in an unexpected direction as he made the daring move to transfer schools, leaving the prestigious private university in north Dallas for a small, unknown college in Oklahoma City. Join in the adventure, tragedy, and romance that

transform an unsettled adolescent into a confident, keenly directed adult. See the puzzle of a young man's life come together as a series of defining moments make the future crystal clear. You will come away with an enlightened sense of what it means to be living in the providential care of a loving God.

There are moments in life when it comes down to your decision. Whatever you're facing, you know that no one else can bail you out. You have to make the call. Mark Richt, former head football coach at the University of Georgia and the University of Miami and long-time assistant coach at Florida State University, knows a thing or two about making the call. In this book, he shares some of those crucial moments—from his time as a player, through his years as an assistant coach and head coach—thirty-five years in all on some of the biggest stages of college football. You'll love being along for the ride with Mark as he shares his experiences both on and off the field, gives wisdom for life and leadership, and encourages you to make the most important call of all.

When the prestigious law firm of Wayne, Rothstein, and Lincoln catches two major cases—a rape case against a white NBA star who allegedly raped a black stripper, and a murder case against a black rapper who allegedly killed a gay couple and two policemen—Bill O'Neil and Ben Turner are tasked with handling these racially charged litigations. The cases hit emotional chords with the two lawyers and force them to reckon with their interracial relationships and families. Will the racial tension of their cases destroy them or make them stronger?

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"Defining Moments is a deeply honest, personal and at times moving account of one man's voyage of self-discovery. Through a series of "defining moments," Kees shows how personal crises and professional challenges can not only be overcome but can also be used to help give greater purpose and meaning to life - to help make the individual stronger, the family more cohesive and the organization more united." Paul Polman, Chief Executive Officer, Unilever

The historical memory of the Civil War and Reconstruction has earned increasing attention from scholars. Only recently, however, have historians begun to explore African American efforts to interpret those events. With *Defining Moments*, Kathleen Clark shines new light on African American commemorative traditions in the South, where events such as Emancipation Day and Fourth of July ceremonies served as opportunities for African Americans to assert their own understandings of slavery, the Civil War, and Emancipation--efforts that were vital to the struggles to define, assert, and defend African American freedom and citizenship. Focusing on urban celebrations that drew crowds from surrounding rural areas, Clark finds that commemorations served as critical forums for African Americans to define themselves collectively. As they struggled to assert their freedom and citizenship, African Americans wrestled with issues such as the content and meaning of black history, class-inflected ideas of respectability and progress, and gendered notions of citizenship. Clark's examination of the people and events that shaped complex struggles over public self-representation in African American communities brings new understanding of southern black political culture in the decades following Emancipation and provides a more complete picture of historical memory in the South.

Defining Moments of a Free Man from a Black Stream By: Dr.

Frank L. Douglas From growing up in poverty to developing drugs that fight diabetes, seizures, and cancer, Dr. Frank L. Douglas has lived a life based on values, hard work, and self-control. *Defining Moments of a Free Man from a Black Stream* is a reflection on the events and people that made him into the man he is. In 1963, the year of the murder of Medgar Evers, Civil Rights marches, and the assassination of President John F. Kennedy, twenty-year-old Douglas arrived in the United States. A Fulbright scholar from British Guiana, Douglas studied engineering at Lehigh University, received his Ph.D. and M.D. from Cornell University, and did his Residency in Internal Medicine at Johns Hopkins. A curious and motivated young man from a colonial country struggling for independence, Douglas was shocked by the racism he received from white Americans and the cultural prejudice he received from black Americans. Struggling with his faith and identity, Douglas decided to control his own future through grit, hard work, and the road less travelled. Intimate and honest, incisive and searching, *Defining Moments of a Free Man from a Black Stream* is a memoir of self-determination and blazing your own path in a narrow-minded world.

Defining Moments is a memoir containing 24 episodes strung together, in a unifying theme. The purpose of a memoir is to capture certain highlights or meaningful moments in one's past and according to Gore Vidal, a memoir is how one remembers one's own life. This book does exactly that and is also a delightful read. The book is peppered with endearing characters, especially so Mansukha, Pyare Mian, and of course Mother for whom Eton could have been a pile of bricks. Worried about her son being beaten by Mansukha she fears he will come home one day on a stretcher. *Defining Moments* then shifts to Mayo where the characters are equally quixotic. The author, perhaps one of the last commoners to obtain access through a prince's sponsorship, initially feels like a fish out of the sea as he has no title to prefix or suffix to go with his name.

Defining Moments: Insights into the Lawyer's Soul, contains 42 inspired essays told by accomplished lawyers detailing their journey to conquer their fears, overcome obstacles, and to discover their true voices.