

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

A World War II Story of Survival, Resilience and Redemption
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*A 30 Minute Instaread
Summary The Boys In
The Boat Nine Americans
And Their Epic Quest For
Gold At The 1936 Berlin
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A World War II Story of Survival, Resilience and Redemption Instaread Summaries
PLEASE NOTE: This is a summary of the book and NOT the original book. Atomic Accidents by James Mahaffey - 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 Water in the form of steam has always intrigued and terrified people. Steam locomotives were fascinating in

their heyday. They tended to explode, crash into each other and run off the rails. Some people were so afraid of this technology, they would not ride trains. However, everyone seemed to love watching staged train crashes. This entertainment was popular from the 1890s until the 1930s. One impresario of the staged crash was William "Bill" Crush, an agent for a Texas railroad. Forty thousand people witnessed his first crash staged near Waco in 1896. Crush knew little about the mechanics of steam engines, but insisted his hundred-mile-an-hour crash would be safe. He was wrong. The resulting boiler explosion killed three and injured six. Another promoter, "Head-On" Joe Connelly, was more successful. He staged seventy-three crashes without killing anyone. Unlike Crush, he knew he had to keep the train speed down and hold

spectators back. The last staged crash of this type was in 1935. The fear of steam explosions never left the public's mind. When engineers began developing nuclear power, they believed that steam explosions were the major challenge to safety. Although other methods were investigated, boiling water was, and still is, the cheapest and most reliable way to collect energy produced at a power plant. Therefore, it was not a challenge that could be worked around when designing a nuclear power plant. Additionally, steam from a nuclear plant accident can spread radiation. In fact, during the Cold War, public fear of radiation was more intense than fear of steam locomotives ever was. Chapter 1 In November 1879, three hunters in the Ozarks found a cave filled with a weird vein of silvery-blue metal. They had to flee when they became dizzy,

disoriented and short of breath. One of the hunters, Billy Henry, broke out in strange sores. He recovered and the story was forgotten. In Europe, neon lights and X-rays were discovered as scientists unraveled the mysteries of the atom. Radiology was discovered in the United States by Nikola Tesla, but he did not pursue practical applications, so Wilhelm Rontgen of Germany got the honor of introducing radiology to the world. Tesla decided to take another look and stuck his head in an X-ray beam for science. He developed blisters and other wounds. He advised everyone to avoid radiation...

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...

Thinking, Fast and Slow... in 30 Minutes Instaread Summaries

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Unbroken by Laura Hillenbrand - A 30-minute Instaread Summary Createspace Independent Pub

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...

[The Gifts of Imperfection](#) by Brené Brown a 30-Minute Instaread Summary Instaread Summaries

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manage. Allison's husband, Dave, is a writer whose career has stalled. Allison writes a popular blog and is the primary wage-earner in the family. There is friction and stress in their marriage. To deal with all of these problems, Allison turns to prescription painkiller pills. Chapter 2 Dave sleeps in the guest room. When Ellie gets in bed with Allison during the night, Dave sneaks back into the bedroom to join them in the morning before Ellie wakes up. He does not want Ellie to know they are struggling. Ellie accidentally wets the bed. Allison is late starting her day because she has to clean up the mess. She takes pills to deal with the stress. Several different doctors prescribe pills for her...

Kim Philby and the Great Betrayal
Instaread Summaries

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...

Edward Snowden, the NSA, and the U.S. Surveillance State 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....

The Clintons vs. The Obamas Instaread Summaries

PLEASE NOTE: This is a summary of the book and NOT the original book. No Place to Hide: A 30-minute Summary of Glenn Greenwald's book 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 Edward Snowden first contacted Glenn Greenwald on December 1, 2012, using the alias name Cincinnatus. Snowden is a former Senior Advisor to the NSA, a former Field Officer with the CIA, and a former lecturer for the United States Defense Intelligence Agency. He had confidential information he wanted to share with Greenwald, but would only do it if he knew their connection was secure. Greenwald is a journalist known for his reporting on the wrongdoings of the National Security Agency (NSA). Snowden wanted Greenwald to use PGP (pretty good privacy) encryption on his computer so that he could safely send him some information that he had gathered. Although Greenwald considered adding these extra security measures to his computer, he was very busy with other things and did not want to take the time to put the complicated software in place. Snowden sent him a guide on how to add the encryption, but Greenwald still took no action. Snowden offered to find someone who could help Greenwald install the system. Without positive proof that the information Snowden had was really newsworthy, Greenwald did not feel motivated to take the steps necessary to install the PGP encryption. However, without a secure form of communication in place, Snowden was unwilling to risk sharing the information he had with Greenwald. This communication between the two took place over several weeks and then came to a standstill. On April 18, Laura Poitras contacted Greenwald. Laura Poitras is a documentary filmmaker who is known for fearlessly taking risks in making her films. She made three films about the conduct of the United States during the war on terror, which made her a target of government officials whenever she entered or left the country. Poitras wanted to talk to Greenwald about something but would only do it in person and in private in a secure location...

Orange Is the New Black by Piper Kerman - A 30-minute Instaread 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.

By Diana Gabaldon Instaread Summaries

PLEASE NOTE: This is a summary of the book and NOT the original book. Hard Choices by Hillary Rodham Clinton - 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 Hillary Clinton came to terms

with the fact that Barack Obama won the 2008 primaries after her long and grueling campaign to win the primaries herself. She met with him and he asked her how he could win over her supporters. Clinton told him it would take time. When she made her final campaign appearances, she urged her supporters to back Barack Obama in the upcoming election. Clinton then gave a speech at the National Democratic Convention, formally nominating Obama as the Democratic presidential candidate. A short time after the election, President-Elect Obama met with Clinton and asked her to accept the position of Secretary of State within his administration. Clinton took some time to think about it. Clinton had many concerns about taking the job, including her love for her job as Senator from New York and her sense of loyalty to her supporters, but felt that when her president asked her to do something, it was her duty to do so. In the end, Clinton accepted the job...

A 30 Minute Expert Summary 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...

The Vacationers by Emma Straub - A 30-minute Instaread Summary Instaread Summaries

World Order by Henry Kissinger - A 30-minute Instaread Summary Instaread Summaries

Big Little Lies by Liane Moriarty - A 30-minute Instaread Summary Instaread Summaries

PLEASE NOTE: This is a summary of the book and NOT the original book. Unbroken by Laura Hillenbrand - 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 Louis was the son of Anthony and Louise Zamperini, Italian immigrants. He was one of those kids who got into everything. He stole from everyone, but could always talk his way out of scrapes. The only thing that scared him was flying. He once flew in an airplane and was so frightened by the altitude and speed that he swore he would never have anything to do with them again. Louis was the exact opposite of his big brother Pete, who was polite, hard-working, tall and handsome. Louis, their parents and their two little sisters idolized Pete. Louis, meanwhile, was puny and bullied. One event changed Louis entire attitude when he was a teen. He saw how eugenics, the practice of improving the quality of human genetics, almost left one neighborhood boy locked up in an institution and sterilized. Louis knew he fit the profile of the kids the eugenicists were trying to eradicate and fought to turn himself around to avoid the fate the other boy nearly faced. For this reason, he began giving away all he stole and doing random acts of kindness for neighbors and his family...

Business Adventures by John Brooks - A 30-Minute Instaread Summary

Instaread Summaries

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trying to eradicate and fought to turn himself around to avoid the fate the other boy nearly faced. For this reason, he began giving away all he stole and doing random acts of kindness for neighbors and his family...

The Fault in Our Stars: A 30-minute Summary of the John Green Novel

Instaread Summaries

PLEASE NOTE: This is a summary of the book and NOT the original book. Creativity, Inc. by Ed Catmull: 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 Every Sunday, as a kid, Catmull watched on TV The Wonderful World of Disney, where Disney explained how they made their animations and incorporated technological breakthroughs into their work. One day, Catmull had a life-changing realization: a good animation was measured by whether or not the character on the screen made you believe it was a thinking being. He decided he wanted to become an animator and create emotional characters. Catmull graduated with a double major in Physics and Computer Science from the University of Utah. In his graduate program he met professor Ivan Sutherland, a pioneer in computer graphics and director of the computer graphics program. The program was funded by the Advanced Research Projects Agency (ARPA), the creators of the first computer network, ARPANET, which would later evolve into the Internet. ARPA was developed as a response to the threat of the Soviet Sputnik satellite, the first of its kind. The U.S. felt threatened by Soviet technological advancements and they developed ARPA to stay up with the Soviets. To Catmull, the lesson to be learned from this was when the competition gets smart, you need to get smarter. Catmull found enormous inspiration in the computer graphics program, not only from the technology he was discovering but also from his fellow students. The collaborative and creative atmosphere he experienced there was something he later tried to emulate at Pixar. In 1972, Catmull made his first animated film, a digitized model of his left hand. Hand became a reference for state-of-the-art computer animation. Professor Sutherland came up with the idea of an exchange program with Disney. Disney would send an animator to the University of Utah to learn about new technologies, and the university would send one of their students to learn about storytelling.

Catmull was sent to propose....

A 30-minute Instaread Summary

Instaread Summaries

PLEASE NOTE: This is a summary of the book and NOT the original book. Thinking, Fast and Slow by Daniel Kahneman - 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: Introduction In this book Daniel Kahneman hopes to identify and understand errors of judgment and choice. He wants to provide a richer and more accurate vocabulary to discuss these errors. He worked with his colleague, Amos Tversky, doing research on intuitive statistics. The two of them had already concluded in an earlier seminar that their own intuitions were lacking. Their subjective judgments were biased, they were too willing to believe research findings based on inadequate evidence, and they collected too few observations in their own research. The goal of their study was to find out whether other researchers had this problem as well. Kahneman and Tversky found that participants in their studies ignored the relevant statistical facts and relied exclusively on resemblance. They used resemblance as a heuristic (rule of thumb) to simplify things when making a difficult judgment. Relying on this heuristic caused predictable biases (systematic errors) in their predictions. The research partners learned that people tend to determine the importance of issues by how easy they are retrieved from their memory. This is brought about in large part by the extent of coverage of the issues in the media. Kahneman presents a view of how the mind works, drawing on recent developments in cognitive and social psychology. He explains the differences between fast (intuitive) thinking and slow (deliberate) thinking. People have a limitation in their minds: an excessive confidence in what they think they know...

A 30 Minute Chapter by Chapter Summary. the Life and Times of Jesus of Nazareth CreateSpace

PLEASE NOTE: This is a summary of the book and NOT the original book. Orange Is the New Black by Piper Kerman - 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 1993, twenty-four year old

Piper Kerman was at the Brussels airport, waiting for her suitcase after arriving from Chicago via Paris. She was dressed like a fashionable businesswoman, but was nervous because \$10,000 that belonged to a West African drug lord was hidden in her suitcase. It arrived on a later flight. She dashed out of the airport, accidentally skipping a stop in Customs. Kerman had graduated from Smith College. Though she came from a Boston family of high achievers, doctors and lawyers, she majored in theater. Most of her friends got real jobs. She had no plan, though, and ended up waitressing in Northampton. She hung out with a crowd of similarly situated young people, having affairs with lovers of both sexes, dressing in black, and getting tattoos. During this time, Piper began an affair with a lesbian neighbor, Nora Jansen. Nora was a drug smuggler, transporting cash and heroin for a West African drug lord named Alaji. He also happened to be her sister, Hester's, boyfriend. One day, Nora came home with a suitcase full of cash and a new Mazda Miata convertible. Piper enjoyed the perks of Nora's lifestyle, but the drug activity made her nervous. When a friend decided to move to San Francisco, Piper saw it as a way out of her relationship with Nora. However, Nora suggested they move in together there. Not only did Piper stay with Nora, she used Nora's cover story to explain the move to her family. Nora's story was that she and a friend, Jack, were starting a magazine, so Piper told her family she would be working for the magazine in San Francisco...

Lean In by Sheryl Sandberg - A 30-minute Summary Instaread Summaries PLEASE NOTE: This is a summary of the book and NOT the original book. Reconstructing Amelia by Kimberly McCreight | 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 A blogger reveals what the staff of Grace Hall High School did during summer break and makes fun of them. The writer says students should buckle up for an exciting year. Chapter 2 It is September 14th. Amelia and Ben are chatting online. Amelia asks Ben when he knew he liked boys. He says he always knew. Ben says his dad has business in New York in a few weeks, and he will try to visit her. Chapter 3 It is October 24th. Kate is in an important meeting at her law firm when she receives a call from Mrs. Pearl, the dean of students at Grace Hall Private High, informing her that her daughter has

been suspended. Fifteen-year-old Amelia has never been in trouble before. Kate takes the train to Brooklyn and ends up being an hour late to pick up Amelia. At the school, she learns that Amelia jumped from the roof and died...

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brokers were frustrated by the varying speed of communication between the Chicago Mercantile Exchange and the data center beside the Nasdaq stock exchange in Carteret, New Jersey. A former stock broker, Dan Spivey, researched the situation and discovered that most fiber optics buried between the two cities followed train tracks and major cities. The problem lay in the fact that this route was not straight, as was ideal for speed of communication, but made many twists and turns. Spivey studied maps and found a route following small paved roads and dirt roads that were straighter. Spivey traveled the route with a construction man, looking for obstacles. They were unable to find any. Spivey founded a company with Jim Barskdale, the former CEO of Netscape Communications, called Spread Networks. Through this company they began the complicated process of laying the fiber. This included more than four hundred deals that had to be arranged with the many towns the route transected. Spivey contacted construction engineer Steve Williams, and asked him to supervise the laying of fifty miles of fiber, starting in Cleveland. Williams did such a good job, Spivey and Barskdale hired him to supervise the complete installation. Williams and Spivey disagreed on the route on many occasions. Spivey was frustrated with Williams' attempts to avoid obstacles by deviating from the route and Williams did not understand why the straight route was so important. A full year after Spread began burying the fiber, their project remained a secret. Even their workers were kept in the dark to protect the project from being blown out of the water by unwanted competition. Then it was time to begin selling the line to Wall Street. Unfortunately, it was difficult to prove the value of their product, let alone prove that it existed. To solve this, Spivey went to sales meetings with a large map that showed the route of the fiber as well as pictures of the amplifiers built inside maximum security bunkers along the route. The reception was not always good. Many disliked the language of the contract Spread wanted them to sign, especially the language that kept the companies from sharing the line with their clients. Spread ran into multiple problems finishing their project. One held them up for some time while they struggled to find a way to bury cable under a river. They eventually found a tunnel that worked perfectly for their purposes. Another was the hostility they faced in a small town in Pennsylvania when they attempted to get permission to dig under a parking lot that blocked their route.....

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