

Self Reflection Paper

Packed with student samples, this resource describes how to implement interactive notebooks in the inquiry-based science classroom, including execution, time management, and grading. Discusses eight innovations that support a student-centered classroom, including curriculum integration, authentic assessment, and portfolios.

As the world becomes more globalized, student populations in university settings will continue to grow in diversity. To ensure students develop the cultural competence to adapt to new environments, universities and colleges must develop policies and programs to aid in the progression of cultural acceptance and understanding. *Cultural Awareness and Competency Development in Higher Education* is an essential reference book on the latest literature regarding multiculturalism in colleges and universities, focusing on administration and faculty implementation of culturally-aware curriculum to support the development of students' global competence. Featuring extensive coverage on a range of topics including social constructivism, co-curricular learning, and inclusive pedagogy, this publication is ideally designed for academicians, researchers, and students seeking current research on the inclusion of culturally diverse curriculums in higher education.

The hidden brain is the voice in our ear when we make the most important decisions in our lives—but we're never aware of it. The hidden brain decides whom we fall in love with and whom we hate. It tells us to vote for the white candidate and convict the dark-skinned defendant, to hire the thin woman but pay her less than the man doing the same job. It can direct us to safety when disaster strikes and move us to extraordinary acts of altruism. But it

can also be manipulated to turn an ordinary person into a suicide terrorist or a group of bystanders into a mob. In a series of compulsively readable narratives, Shankar Vedantam journeys through the latest discoveries in neuroscience, psychology, and behavioral science to uncover the darkest corner of our minds and its decisive impact on the choices we make as individuals and as a society. Filled with fascinating characters, dramatic storytelling, and cutting-edge science, this is an engrossing exploration of the secrets our brains keep from us—and how they are revealed.

"... a curriculum geared toward helping students gain skills in consciously regulating their actions, which in turn leads to increased control and problem solving abilities. Using a cognitive behavior approach, the curriculum's learning activities are designed to help students recognize when they are in different states called "zones," with each of four zones represented by a different color. In the activities, students also learn how to use strategies or tools to stay in a zone or move from one to another. Students explore calming techniques, cognitive strategies, and sensory supports so they will have a toolbox of methods to use to move between zones. To deepen students' understanding of how to self-regulate, the lessons set out to teach students these skills: how to read others' facial expressions and recognize a broader range of emotions, perspective about how others see and react to their behavior, insight into events that trigger their less regulated states, and when and how to use tools and problem solving skills. The curriculum's learning activities are presented in 18 lessons. To reinforce the concepts being taught, each lesson includes probing questions to discuss and instructions for one or more learning activities. Many lessons offer extension activities and ways to adapt the activity for individual student needs. The curriculum also includes worksheets, other handouts, and

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visuals to display and share. These can be photocopied from this book or printed from the accompanying CD."--Publisher's website.

Decision Making in Nursing enables students to be reflective, critical, flexible, and comfortable with the many decisions they will make as a nurse on a daily basis. This text offers models that nurses may integrate into practice and explores how decisions are affected by health policy, politics, ethics, legal issues, religion, culture and other influences. Each chapter includes a case study using a nursing scenario to illustrate the use of a particular framework in an actual practice setting.

Being gay is okay. This journal allows you to express yourself as freely as you want to. No judgment we promise! Write about anything and everything that you want to! Draw, scribble, or even wreck the book with your thoughts. 105 pages of 7.5 x 9.25 sized, simple lined journal paper and reflection pages.

Traditional classrooms are fast becoming a minority in the education field. As technologies continue to develop as a pervasive aspect of modern society, educators must be trained to meet the demands and opportunities afforded by this technology-rich landscape. The Handbook of Research on Teacher Education in the Digital Age focuses on the needs of teachers as they redesign their curricula and lessons to incorporate new technological tools. Including theoretical frameworks, empirical research, and best practices, this book serves as a guide for researchers, educators, and faculty and professional developers of distance learning tools.

How can education become a transformative experience for all learners and

teachers? The contributors to this volume contend that the Scholarship of Teaching and Learning (SoTL) can provide a strong foundation for the role of education in promoting social justice. The collection features contributions by an array of educators and scholars, highlighting the various ways that learners and teachers can prepare for and engage with social justice concerns. The essays offer reflections on the value of SoTL in relation to educational ethics, marginalized groups, community service and activism, counter narratives, and a range of classroom practices. Although the contributors work in a variety of disciplines and employ different theoretical frameworks, they are united by the conviction that education should improve our lives by promoting equity and social justice.

The Common Core State Standards for English Language Arts created new challenges for teachers and pre-service instructors. Self-regulated learning, using one's thoughts, feelings, and behaviors to reach goals, can help students become independent, self-directed learners. This book provides educators the support they need to apply the principles of self-regulated learning in their teaching for success with the Common Core. In this book, Marie C. White and Maria K. DiBenedetto present information on how to apply academic self-regulation by integrating two models: one which addresses how students develop

self-regulatory competence, the other which focuses on the various processes within the three phases of self-regulated learning. In addition, Self-Regulation and the Common Core provides specific lesson plans for grades K-12, using the standards and the integrated framework to promote higher order thinking and problem-solving activities.

Contemplative pedagogy is a way for instructors to: empower students to integrate their own experience into the theoretical material they are being taught in order to deepen their understanding; help students to develop sophisticated problem-solving skills; support students' sense of connection to and compassion for others; and engender inquiries into students' most profound questions. Contemplative practices are used in just about every discipline—from physics to economics to history—and are found in every type of institution. Each year more and more faculty, education reformers, and leaders of teaching and learning centers seek out best practices in contemplative teaching, and now can find them here, brought to you by two of the foremost leaders and innovators on the subject. This book presents background information and ideas for the practical application of contemplative practices across the academic curriculum from the physical sciences to the humanities and arts. Examples of contemplative techniques included in the book are mindfulness,

meditation, yoga, deep listening, contemplative reading and writing, and pilgrimage, including site visits and field trips.

Summary Design for the Mind: Seven Psychological Principles of Persuasive Design teaches web designers and developers how to create sites and applications that appeal to our innate natural responses as humans. Author Victor Yocco, a researcher on psychology and communication, introduces the most immediately relevant and applicable psychological concepts, breaks down each theory into easily-digested principles, then shows how they can be used to inform better design. Purchase of the print book includes a free eBook in PDF, Kindle, and ePub formats from Manning Publications. About the Technology Designers and design team members need to think about more than just aesthetics. How do you handle short attention spans. How does your design encourage users to engage, browse, or buy? Fortunately, there are psychological principles that you can use in your design to anticipate and benefit from how humans think, behave, and react. About the Book Design for the Mind: Seven Psychological Principles of Persuasive Design teaches you to recognize how websites and applications can benefit from an awareness of our innate, natural responses as humans, and to apply the same principles to your own designs. This approachable book introduces the psychological principles, deconstructs

each into easily digestible concepts, and then shows how you can apply them. The idea is to deepen your understanding of why people react in the ways they do. After reading the book, you'll be ready to make your work more psychologically friendly, engaging, and persuasive. What's Inside Making design persuasive Encouraging visitors to take action Creating enduring messages Meeting the needs of both engaged and disengaged visitors Becoming a strategic influencer Applying theory, with case studies and real-world examples About the Reader This book is for web and UX designers and developers as well as anyone involved in customer-facing digital products. About the Author Victor Yocco, PhD, is a research director at a Philadelphia-based digital design firm. He received his PhD from The Ohio State University, where his research focused on psychology and communication in informal learning settings. Victor regularly writes and speaks on topics related to the application of psychology to design and addressing the culture of alcohol use in design and technology. He can be found at www.victoryocco.com or @victoryocco on Twitter. Table of Contents PART 1 INTRODUCING THE APPLICATION OF PSYCHOLOGY TO DESIGN Meeting users' needs: including psychology in design PART 2 WHY DO FOLKS ACT LIKE THAT? PRINCIPLES OF BEHAVIOR Designing for regular use: addressing planned behavior Risky decisions and mental shortcuts Motivation,

ability, and trigger-boom! PART 3 PRINCIPLES OF INFLUENCE AND PERSUASION: NOT AS EVIL AS YOU'D THINK Influence: getting people to like and use your design Using family, friends, and social networks to influence users It's not what you say; it's how you say it! Persuasion: the deadliest art PART 4 USER EXPERIENCE DESIGN: PUTTING IT ALL TOGETHER Case study: KidTech Design Co.'s Good Choice app The next step: getting up and running This Daily Reflection Journal is a perfect way to get to a grateful state of mindfulness and have a better, positive attitude in the end. When you write your reflections for the day, you will be more mindful of things that happen and be more aware of what needs to change and help you make those changes. Each page contains prompts including: Date, Month, Year Today I Feel - blank lined to record your thoughts & how you feel. My Motivational Quotes For The Day Important To Do - practice, parties, shopping or anything else important. My Daily Reflection - a time to reflect on your day. Blank Space - for anything you'd like, like your favorite prayer or Bible verse, your thankfulness, any self care, questions or just things you want to remember. Makes a great gift for adults and kids alike. Will make an awesome diary/notebook to look back on and remember moment by moment. Good for journaling and reflect for 124 days. Size is 6x9 inch, 121 pages, soft matte finish cover, white paper, paperback. Grab one today!

The New York Times best-selling book exploring the counterproductive reactions white people have when their assumptions about race are challenged, and how these reactions maintain racial inequality. In this “vital, necessary, and beautiful book” (Michael Eric Dyson), antiracist educator Robin DiAngelo deftly illuminates the phenomenon of white fragility and “allows us to understand racism as a practice not restricted to ‘bad people’ (Claudia Rankine). Referring to the defensive moves that white people make when challenged racially, white fragility is characterized by emotions such as anger, fear, and guilt, and by behaviors including argumentation and silence. These behaviors, in turn, function to reinstate white racial equilibrium and prevent any meaningful cross-racial dialogue. In this in-depth exploration, DiAngelo examines how white fragility develops, how it protects racial inequality, and what we can do to engage more constructively.

Guided journal perfect for the cultivation of mindfulness and well-being. Have you been wondering what is self care? We often refer to self care as a huge part of what's missing in the life of someone who's busy and stressed. Practicing self-care isn't that easy. We are always are crazy busy, have stressful jobs, or are too consumed with technology to make time for ourselves. It's so important to make sure you take good care of your body, mind, and soul every day. With that in

mind, we have created this beautiful personalized self care journal. What you will love about this journal: Mood Trackers Year in Color Self Care Checklists Inspirational Quotes Self Care Prompts 12-Month Tracker One day at a Time Affirmations Etch & Sketch Pages Positive Thoughts Layouts Self Care Log Book Self Reflection Pages Grateful Thoughts Me Time Mental Health Monitor Self Care Goals Self Care Techniques A generous 8.5 x 11 trim size Plenty of space to write And many more! This beautiful positive thoughts notebook is perfect for women, men, boys, teen girls, teen boys, and kids. It will make an amazing gift for your husband, wife, boyfriend, girlfriend, daughter, mother, grandmother, sister, friend, fiancé, co-worker or boss. Make them smile by getting them a copy too! Buy Now & document your moods and emotions over the course of one full year! Scroll to the top of the page and click the Add to Cart button.

This book is a clear and practical guide to help students develop critical thinking, writing and reflection skills. It explains what critical thinking is and how students should use it throughout their nursing programme. This new edition also provides an innovative new framework that helps students appreciate different levels of critical thinking and reflection to help nursing students appreciate the requirements of degree level study. The book demonstrates the transferable nature of critical thinking and reflection from academic contexts to the real

practice of nursing. Key features Clear and straightforward introduction to critical thinking directly written for nursing students, with chapters relating the subject to specific study and practice contexts Student examples and scenarios throughout, including running case studies from four nursing students and further annotated examples of student's work on the website Each chapter is linked to the new NMC Standards and Essential Skills Clusters

Social and behavioral science has for decades studied and recognized leadership as a social exchange between leaders and followers. But leadership is rather complex, and as such, it tends to lead to an increased interest within and across different disciplines. This book is an attempt to provide theoretical and empirical framework to better understand leadership challenges in various contexts. The authors cover an array of themes that span from an individual level to an organizational and societal level. In this volume, two sections are presented. The first section based on individual level focuses on different leadership styles and abilities, and the other section provides theories to understand leadership in public administration, in industrial settings and in nonprofit organizations.

Discusses the components of an effective, standards-based assessment program that can be used to enhance student achievement.

Engaging and authoritative, this unique workbook enables therapists and students to build technical savvy in contemporary CBT interventions while deepening their self-

awareness and therapeutic relationship skills. Self-practice/self-reflection (SP/SR), an evidence-based training strategy, is presented in 12 carefully sequenced modules. Therapists are guided to enhance their skills by identifying, formulating, and addressing a professional or personal problem using CBT, and reflecting on the experience. The book's large-size format makes it easy to use the 34 reproducible worksheets and forms. Purchasers also get access to a Web page where they can download and print the reproducible materials.

"The eagerly anticipated follow up to *Leashing the Dogs of War*. In the midst of a global political shift where power moves from central institutions to smaller, more disbursed units, another landmark text edited by Chester A. Crocker, Fen Osler Hampson and Pamela Aall provides essential insights and practical guidance. In *Managing Conflict in a World Adrift*, 40 of the world's leading international affairs analysts examine the relationship between political, social or economic change and the outbreak and spread of conflict. They then consider what this means for conflict management." --

In *Learning and Leading with Habits of Mind*, noted educators Arthur L. Costa and Bena Kallick present a comprehensive guide to shaping schools around Habits of Mind. The habits are a repertoire of behaviors that help both students and teachers successfully navigate the various challenges and problems they encounter in the classroom and in everyday life. The Habits of Mind include * Persisting * Managing impulsivity * Listening with understanding and empathy * Thinking flexibly * Thinking about thinking

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(metacognition) * Striving for accuracy * Questioning and posing problems * Applying past knowledge to new situations * Thinking and communicating with clarity and precision * Gathering data through all senses * Creating, imagining, innovating * Responding with wonderment and awe * Taking responsible risks * Finding humor * Thinking interdependently * Remaining open to continuous learning This volume brings together--in a revised and expanded format--concepts from the four books in Costa and Kallick's earlier work *Habits of Mind: A Developmental Series*. Along with other highly respected scholars and practitioners, the authors explain how the 16 Habits of Mind dovetail with up-to-date concepts of what constitutes intelligence; present instructional strategies for activating the habits and creating a "thought-full" classroom environment; offer assessment and reporting strategies that incorporate the habits; and provide real-life examples of how communities, school districts, building administrators, and teachers can integrate the habits into their school culture. Drawing upon their research and work over many years, in many countries, Costa and Kallick present a compelling rationale for using the Habits of Mind as a foundation for leading, teaching, learning, and living well in a complex world.

Find your center during a year of self-reflective journaling Sometimes, focusing on our goals and responsibilities keeps us from paying attention to our own thoughts, feelings, and actions. Recenter and refocus in just a few minutes a day with this guided self-reflection journal. Thoughtful quotes and writing prompts encourage you to pause and

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make conscious choices. As you tune into your inner guidance, you'll uncover beliefs, patterns, and habits that aren't serving you--and open the door to shaping your life around your true values. 365 days of reflection--Short journal prompts and off-the-page exercises encourage you to consider all aspects of your life, like motivation, healthy habits, your living space, and more. Inspiration and meditation--Discover positive affirmations and inspirational quotes centered around weekly themes like Building Courage and The Productivity of Rest. A welcoming format--The soothing design contains plenty of space to write, making this journal a pleasure to come back to day after day. Build intuition and rediscover your inner self with this guided daily journal. Structured like an old-school mix-tape, *Stuff I've Been Feeling Lately* is Alicia Cook's lyric message to anyone who has dealt with addiction. "Side A" touches on all aspects of the human condition: life, death, love, trauma, and growth. "Side B" contains haunting black-out remixes of those poems.

Reflective Practice for Teachers explores a range of key issues that you will need to engage with during your teacher preparation and early career in the classroom in order to deepen your understanding of teaching practice. Case studies and 'What does this mean for you?' boxes in every chapter take ideas from research and show how they can apply to the real world of teaching. This second edition has been updated with: a new chapter on assessment extended discussion of metacognition in the classroom critical perspective on what we really know about brain-based learning further coverage

models of reflective practice

Yancey explores reflection as a promising body of practice and inquiry in the writing classroom. Yancey develops a line of research based on concepts of philosopher Donald Schon and others involving the role of deliberative reflection in classroom contexts. Developing the concepts of reflection-in-action, constructive reflection, and reflection-in-presentation, she offers a structure for discussing how reflection operates as students compose individual pieces of writing, as they progress through successive writings, and as they deliberately review a compiled body of their work—a portfolio, for example. Throughout the book, she explores how reflection can enhance student learning along with teacher response to and evaluation of student writing. *Reflection in the Writing Classroom* will be a valuable addition to the personal library of faculty currently teaching in or administering a writing program; it is also a natural for graduate students who teach writing courses, for the TA training program, or for the English Education program.

Moving away from the common/traditional focus on studying organizations from a distance, this highly engaging book introduces the idea of studying them from the inside. *Inside Organizations: Exploring Organizational Experiences* guides placement students, and any student undertaking part-time work in an

organization, through 'insider inquiry', helping them to develop key reflexive and critical thinking skills for their future careers. It encourages you to pay attention to what goes on in organizations, to question what you experience and ultimately to make sense of how organizations function, helping you to develop key reflexive and critical thinking skills for your future careers. This book is ideal for students on programmes with a placement or internship element such as business and management, nursing and health, and education and is especially useful to those doing reflective journals and essays.

Fractals are characterized by the repetition of similar patterns at ever-diminishing scales. Fractal geometry has emerged as one of the most exciting frontiers on the border between mathematics and information technology and can be seen in many of the swirling patterns produced by computer graphics. It has become a new tool for modeling in biology, geology, and other natural sciences.

Anthropologists have observed that the patterns produced in different cultures can be characterized by specific design themes. In Europe and America, we often see cities laid out in a grid pattern of straight streets and right-angle corners. In contrast, traditional African settlements tend to use fractal structures- circles of circles of circular dwellings, rectangular walls enclosing ever-smaller rectangles, and streets in which broad avenues branch down to tiny footpaths

with striking geometric repetition. These indigenous fractals are not limited to architecture; their recursive patterns echo throughout many disparate African designs and knowledge systems. Drawing on interviews with African designers, artists, and scientists, Ron Eglash investigates fractals in African architecture, traditional hairstyling, textiles, sculpture, painting, carving, metalwork, religion, games, practical craft, quantitative techniques, and symbolic systems. He also examines the political and social implications of the existence of African fractal geometry. His book makes a unique contribution to the study of mathematics, African culture, anthropology, and computer simulations.

In this instant New York Times bestseller, Angela Duckworth shows anyone striving to succeed that the secret to outstanding achievement is not talent, but a special blend of passion and persistence she calls “grit.” “Inspiration for non-genius everywhere” (People). The daughter of a scientist who frequently noted her lack of “genius,” Angela Duckworth is now a celebrated researcher and professor. It was her early eye-opening stints in teaching, business consulting, and neuroscience that led to her hypothesis about what really drives success: not genius, but a unique combination of passion and long-term perseverance. In *Grit*, she takes us into the field to visit cadets struggling through their first days at West Point, teachers working in some of the toughest schools, and young

finalists in the National Spelling Bee. She also mines fascinating insights from history and shows what can be gleaned from modern experiments in peak performance. Finally, she shares what she's learned from interviewing dozens of high achievers—from JP Morgan CEO Jamie Dimon to New Yorker cartoon editor Bob Mankoff to Seattle Seahawks Coach Pete Carroll. “Duckworth’s ideas about the cultivation of tenacity have clearly changed some lives for the better” (The New York Times Book Review). Among Grit’s most valuable insights: any effort you make ultimately counts twice toward your goal; grit can be learned, regardless of IQ or circumstances; when it comes to child-rearing, neither a warm embrace nor high standards will work by themselves; how to trigger lifelong interest; the magic of the Hard Thing Rule; and so much more. Winningly personal, insightful, and even life-changing, Grit is a book about what goes through your head when you fall down, and how that—not talent or luck—makes all the difference. This is “a fascinating tour of the psychological research on success” (The Wall Street Journal).

Engaging students in active learning is a predominant theme in today's classrooms. To promote active learning, teachers across the disciplines and in all kinds of colleges are incorporating collaborative learning into their teaching. Collaborative Learning Techniques is a scholarly and well-written handbook that

guides teachers through all aspects of group work, providing solid information on what to do, how to do it, and why it is important to student learning. Synthesizing the relevant research and good practice literature, the authors present detailed procedures for thirty collaborative learning techniques (CoLTs) and offer practical suggestions on a wide range of topics, including how to form groups, assign roles, build team spirit, solve problems, and evaluate and grade student participation.

As distance learning continues to grow, universities are seeking ways to integrate traditional student community service into online courses. Supported by seven years of successful implementation, this book presents an award-winning service-learning model through which online students serve as consultants to organizations nationwide.

'I Am Going To Write You Short Accounts Of The Story Of Our Earth And The Many Countries, Great And Small, Into Which It Is Divided&I Hope [These] Will Make You Think Of The World As A Whole And Of Other People In It As Our Brothers And Sisters . . . ' -Jawaharlal Nehru When Indira Gandhi Was A Little Girl Of Ten, She Spent The Summer In Mussoorie, While Her Father, Jawaharlal Nehru, Was Busy Working In Allahabad. Over The Summer, Nehru Wrote Her A Series Of Letters In Which He Told Her The Story Of How And When The Earth

Was Made, How Human And Animal Life Began, And How Civilizations And Societies Evolved All Over The World. Written In 1928, These Letters Remain Fresh And Vibrant, And Capture Nehru'S Love For People And For Nature, Whose Story Was For Him `More Interesting Than Any Other Story Or Novel That You May Have Read'.

Today's healthcare environment is ever-evolving. This constant progression requires educators and practitioners to be nimble, flexible, and responsive to change. While individuals can be nimble and flexible, organizational culture is often stubbornly resistant. Changing the culture requires more than introducing new activities or tasks. In this follow-up to their highly regarded book—*Reflective Practice: Transforming Education and Improving Outcomes*—Gwen Sherwood and Sara Horton-Deutsch focus on reflective learning as a catalyst for transforming traditional organizations and environments. The authors make a strong case that the way organizations incorporate change into their culture or processes ultimately affects sustainability. *Reflective Organizations: On the Front Lines of QSEN & Reflective Practice Implementation* promotes a systematic change that supports nurses and educators in learning from experiences in order to craft future change. If you want to know how to begin, what to expect, and how others have addressed the familiar challenges of the change process, this book

will serve as your guide.

Journal Notebook 6x9 - 110 Pages Softcover Great for taking notes, writing thoughts, inspirations, poetry, math and scientific formula writing, to do lists, planning and organizing, writing, doodling, diary, journaling, sketching or drawing.

This guided journal encourages the cultivation of mindfulness and general well-being amid a busy modern lifestyle. Self-Care: A Day and Night Reflection Journal offers a space to commit to your self-care routine with intention and dedication—helping you develop positive thinking, overcome challenging and stressful experiences and negative emotions, and cultivate a general sense of well-being and a healthy lifestyle. This 90-day journal gives you a path to creating a habit of regular self-care that you can carry with you throughout your life. Immersed in your busy day-to-day activities, it's easy to forget to focus on the present and what's most important. This journal provides a place to record your thoughts and activities and consider how they affect your emotional and physical health. The journal is intended for those who want to foster deep reflection as well as for those who simply want to take better care of themselves. Having filled the journal with positive thoughts and routines, you will end up with a personal trove of wonderful reflections, which can be a source of positive inspiration at any time. Filled with delicate illustrations, this 90-day journal will help you integrate self-care and deep reflection into your life. Its 184 lined, acid-free pages made from archival paper take both pen and pencil nicely, and the back pocket is perfect for holding mementos.

Would you like to develop some strategies to manage knowledge deficits, near misses and mistakes in practice? Are you looking to improve your reflective writing for your portfolio, essays or assignments? Reflective practice enables us to make sense of, and learn from, the

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experiences we have each day and if nurtured properly can provide skills that will you come to rely on throughout your nursing career. Using clear language and insightful examples, scenarios and case studies the third edition of this popular and bestselling book shows you what reflection is, why it is so important and how you can use it to improve your nursing practice. Key features: - Clear and straightforward introduction to reflection directly written for nursing students and new nurses - Full of activities designed to build confidence when using reflective practice - Each chapter is linked to relevant NMC Standards and Essential Skills Clusters

A #1 New York Times bestseller by Kim Edwards, *The Memory Keeper's Daughter* is a brilliantly crafted novel of parallel lives, familial secrets, and the redemptive power of love Kim Edwards's stunning novel begins on a winter night in 1964 in Lexington, Kentucky, when a blizzard forces Dr. David Henry to deliver his own twins. His son, born first, is perfectly healthy, but the doctor immediately recognizes that his daughter has Down syndrome. Rationalizing it as a need to protect Norah, his wife, he makes a split second decision that will alter all of their lives forever. He asks his nurse, Caroline, to take the baby away to an institution and never to reveal the secret. Instead, she disappears into another city to raise the child herself. So begins this beautifully told story that unfolds over a quarter of a century—in which these two families, ignorant of each other, are yet bound by the fateful decision made that winter night long ago. A family drama, *The Memory Keeper's Daughter* explores every mother's silent fear: What would happen if you lost your child and she grew up without you? It is also an astonishing tale of love and how the mysterious ties that hold a family together help us survive the heartache that occurs when long-buried secrets are finally uncovered.

