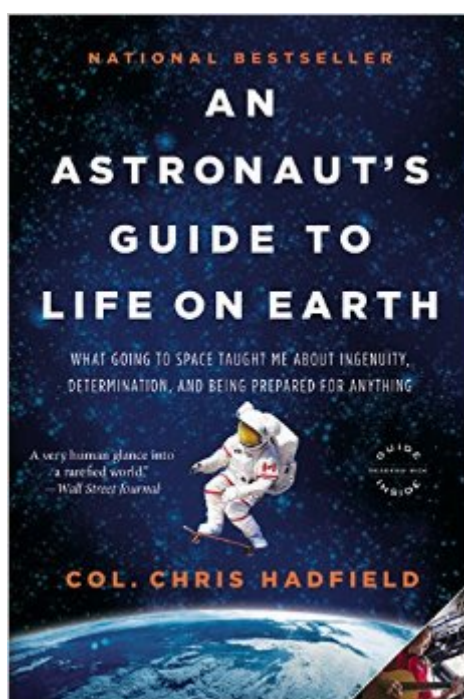


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# An Astronaut's Guide To Life On Earth: What Going To Space Taught Me About Ingenuity, Determination, And Being Prepared For Anything



## Synopsis

"Hadfield is a genius, a man of science and technology and no first-timer to the universe."-New York Post Chris Hadfield has spent decades training as an astronaut and has logged nearly 4000 hours in space. During this time he has broken into a Space Station with a Swiss army knife, disposed of a live snake while piloting a plane, and been temporarily blinded while clinging to the exterior of an orbiting spacecraft. In his bestselling *An Astronaut's Guide to Life on Earth*, Hadfield takes readers deep into his years of training and space exploration to show how to make the impossible possible. Through eye-opening, entertaining stories, his vivid and refreshing insights will teach you how to think like an astronaut, and will change, completely, the way you view life on Earth-especially your own.

## Book Information

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## Customer Reviews

Col. Chris Hadfield is a rock-star quality astronaut followed by millions of people--I am one of them. My first exposure came from a session his son Evan set up on Reddit late last year called "ask me anything". A user, in regards to Hadfield being in space for five months, asked, "Won't you be lonely?" Hadfield replied, "In the centre of every big city in the world, surrounded by noise and teeming millions of people, are lonely people. Loneliness is not so much where you are, but instead is your state of mind." And it is that same insightful outlook that can be found throughout this book, *AN ASTRONAUT'S GUIDE TO LIFE ON EARTH*. (see p. 218 for a re-sharing). Most of what people love about Hadfield appears here: him playing the guitar while looking out the cupola's window;

looking down upon the beauty of earth during a spacewalk; problem solving everyday situations that we take for granted here on earth. Hadfield relays the story of his life and tells of the obstacles he's overcome, along the way laying down practical pieces of advice. He tells us to prepare for every possible scenario, work diligently toward our goal, and enjoy even the smallest pieces of life along the way. Readers not already familiar with Hadfield, but are fans of space travel and life in space will still love this book. He remains true-to-form in this book, with the similar voice from YouTube videos and other online appearances. He talks about everything from clipping his nails to fixing a toilet while in space. Along with the mundane facts, come riveting adventures like traveling in the new Russian Soyuz (or better yet, the fear of coming back down) and walking out in space to fix a mission-threatening ammonia leak.

I have so many good things to say about this book I don't think they'll all fit into one review (for my full review, including my four-year-old's reaction to it, please visit my blog, Cozy Little Book Journal). Here's some of what I thought about the book: Chris Hadfield knew he wanted to be an astronaut when he was nine years old. In fact, he remembers the exact moment he knew. It was late in the evening on July 20, 1969. That's when his entire family, spending the summer in Stag Island, Ontario, "traipsed across the clearing" to their neighbour's cottage so they could crowd themselves in front of the television and watch the moon landing. "Somehow," he writes, "we felt as if we were up there with Neil Armstrong, changing the world." Hadfield writes about this early experience--and many, many of the other experiences that have led him to become the world's most recognized astronaut since Armstrong himself--in his new book, *An Astronaut's Guide to Life on Earth*. I would have read this book a lot faster if I hadn't kept stopping every few pages to run out to tell my family what I'd just read. Magda didn't mind. She asked me to read aloud to her from the book every chance I got. At 4, I'd venture to say she knows more about space than most Canadians ten times her age, and we have Colonel Chris Hadfield to thank for that. His videos from space captured her imagination and mine. Thanks to him, Magda has spent the better part of the year learning everything she can about space exploration and astronauts, and has even composed several songs dedicated to female astronauts she admires ("Julie Payette Rocket" and "You are the Moon, I am the Sun [for Suni Williams]").

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