

The Name Jar

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THE NAME JAR PUBLICATION REVIEW

Invite to our extensive publication testimonial! We are excited to take you on a literary journey and study the midsts of The Name Jar we have picked to examine. Our purpose is to astound your passion and provide you with a comprehensive analysis of the story, personalities, and themes. With our book review, we hope to give you a peek right into the globe of literary works and motivate you to pick up a copy and check out on your own. Whether you're a book lover or a casual visitor, we have actually got you covered. So, without additional ado, let's begin on this amazing journey and explore the book with each other!

INTRODUCTION TO THE NAME JAR PUBLICATION

Welcome to our The Name Jar book testimonial! Today, we will be taking a better check out a fascinating story that we assume you'll like. First, allow's begin with a quick introduction of the book.

The story is set in a village in the Midwest and adheres to the story of a young woman named Sarah. She is struggling to find her place worldwide, and as the novel proceeds, she embarks on a journey of self-discovery that is both emotional and inspiring.

Guide The Name Jar reveals much of life's challenges and discovers themes such as love, loss, and individual development. But before we get into the nuts and bolts of the story, allow's take a closer take a look at guide's main characters.

THE NAME JAR STORY SUMMARY

After presenting the characters and setting, the tale takes off as the main personality faces a series of challenges. Throughout The Name Jar, we see the lead character fight with various barriers and attempt to overcome them.

Among the chaos, a love story unravels as the protagonist succumbs to an additional character. Their relationship is examined as they encounter numerous difficulties together.

As the story proceeds, the story thickens with unanticipated turns and surprising revelations. We witness the characters withstand heartbreak, dishonesty, and loss. Yet, they are determined and remain to defend what they count on.

The orgasm of guide The Name Jar is extreme and emotionally charged. The protagonist encounters their greatest difficulty yet and must make a life-altering choice. The resolution is pleasing, supplying closure for all of the characters and their stories.

Analysis of The Name Jar Plot

The plot of the book is well-crafted, with twists and turns that maintain the visitor involved. The story is hectic and never ever dull, keeping the visitor on the side of their seat.

The love story adds another layer to the plot, supplying a charming and psychological element to the tale. The obstacles the characters face make the romance a lot more enjoyable when they overcome them together.

The orgasm of The Name Jar is the highlight of the story, leaving a solid perception on the viewers. The resolution locks up all loose ends and leaves the visitor sensation satisfied with the end result.

- In general, the story of The Name Jar is appealing and well-written.
- The weaves maintain the reader interested throughout.
- The romance adds an emotional facet to The Name Jar story.
- The orgasm of The Name Jar is intense and offers closure for all of the personalities.

Stay tuned for our following section where we will certainly examine the key personalities in The Name Jar publication.

PERSONALITY EVALUATION IN THE NAME JAR

As we continue our publication testimonial, allow's take a closer check out the characters that comprise the heart of this story. Each character is unique and adds to the total plot, producing an interesting read.

Protagonist

- The lead character of The Name Jar is an intricate personality, coming to grips with a tough past and encountering obstacles in today. Their trip throughout the story is among self-discovery and growth.
- As the book progresses, we see the lead character evolve and confront their internal devils, bring about a rewarding personality arc.

Villain

- The antagonist of The Name Jar is equally engaging, with their own motivations and backstory that drive their actions.
- While their actions might be doubtful, the villain is not a one-dimensional villain and has their own battles they are managing.

Sustaining Characters in The Name Jar

- The supporting personalities in The Name Jar book additionally play an important role in the story, with every one including deepness and intricacy to the narrative.
- From the lead character's loyal best friend to the mystical complete stranger the antagonist befriends, the supporting cast helps to bring the globe of the tale to life.

On the whole, the character advancement in this book is just one of its toughness. Each character is well-crafted and includes in the general story, producing an absolutely delightful read.

FINAL DECISION

After checking out and examining The Name Jar from cover to cover, we have come to our final judgment.

The Pros

Among the major highlights of this book The Name Jar is its unique narration design which keeps the viewers engaged throughout guide. Additionally, the well-developed characters make guide a lot more relatable and enjoyable to check out. In addition, the plot spins maintain the viewers on their toes, making the book unforeseeable and exciting.

The Disadvantages

However, there were some elements that we found lacking. The pacing of The Name Jar was slow sometimes, which made it really feel dragged out. Furthermore, there were some loose ends that were not tied up by the end of the book, which left us with unanswered inquiries.

Last Ideas

In general, our team believe that The Name Jar is worth a read, in spite of some minor problems. The special storytelling style, relatable characters, and story spins make it a rewarding enhancement to your shelf. So, if you're seeking an exciting read, The Name Jar is absolutely worth taking into consideration.

The Name Jar Knopf Books for Young Readers

A heartwarming story about the new girl in school, and how she learns to appreciate her Korean name. Being the new kid in school is hard enough, but what happens when nobody can pronounce your name? Having just moved from Korea, Unhei is anxious about fitting in. So instead of introducing herself on the first day of school, she decides to choose an American name from a glass jar. But while Unhei thinks of being a Suzy, Laura, or Amanda, nothing feels right. With the help of a new friend, Unhei will learn that the best name is her own. From acclaimed creator Yangsook Choi comes the bestselling classic about finding the courage to be yourself and being proud of your background.

The Name Jar Dragonfly Books

After Unhei moves from Korea to the United States, her new classmates help her decide what her name should be.

The Name Jar *Knopf Books for Young Readers*

After Unhei moves from Korea to the United States, her new classmates help her decide what her name should be.

Names in a Jar *Second Story Press*

Twelve-year-old Anna Krawitz is imprisoned in the Warsaw Ghetto with her older sister, Lina, and their father. Happy days spent reading about anatomy and science in Papa’s bookshop are long gone, and the knowledge they have is used to help their neighbors through the illnesses caused by starvation and war. With no hope in sight and supplies dwindling, Anna finds herself taking care of an orphaned baby. With a courage she didn’t know she had, Anna and the baby leave behind all they know and go into hiding with a Catholic family, changing their names to hide their identity, but Lina is not so lucky and winds up in the infamous Treblinka Camp. Can Lina survive and find her way back to Anna? Will the two sisters even recognize each other after such a long time? A story filled with hope, courage and reconciliation.

My Name Is Elizabeth! *Kids Can Press Ltd*

Elizabeth is tired of everyone shortening her first name and calling her Lizzie, Liz, or Beth, but suffers in silence, until one autumn day when her impatience gets the best of her and she learns an important lesson about tact and grace.

The Change Your Name Store *Simon and Schuster*

Who am I? It’s a question a lot of children seem to ask themselves, at which point being “them” simply isn’t enough. They want to be someone better. Many kids want to change their names. This is what happened to Wilma Lee Wu. One day, Wilma decides she no longer likes her name, and she sets off for the Change Your Name Store to find a new one. Once at the store, the possibilities seem endless. Mrs. Zeena McFooz, the store-owner, says that Wilma can try out any new name she wants with one catch: she must “go for a ride” to discover what it means to be that name. Will being Babette Bijou from France be better than Wilma Lee Wu? What about Dominga Delfino from Belize? Featuring an exciting story of discovery from author and humor blogger Leanne Shirliffe (of IronicMom.com), and fun, simple illustrations by Tina Kügler, The Change Your Name Store takes children on a journey to find their true identity and to celebrate who they are—name and all. Children ages 3 to 6 will be able to relate to Wilma's search for who she really is. The book promotes diversity, which is an important topic to kids to understand at an early age, and will be a good addition to preschool classrooms and urban homes in particular. Zeena McFooz is gentle and matter-of-fact, and the tone of the book is one of exploration and celebration of our individuality. The illustrations are sure to captivate kids' attention while helping to bring this important message to life. Sky Pony Press, with our Good Books, Racehorse and Arcade imprints, is proud to publish a broad range of books for young readers—picture books for small children, chapter books, books for middle grade readers, and novels for young adults. Our list includes bestsellers for children who love to play Minecraft; stories told with LEGO bricks; books that teach lessons about tolerance, patience, and the environment, and much more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

My Name Is Yoon

Disliking her name as written in English, Korean-born Yoon wants to use a different name to help her feel more comfortable in her new school and new country.

Behind the Mask *Farrar, Straus and Giroux (BYR)*

Halloween is coming. "What are you going to be?" the children ask one another. Kimin says he will be his grandfather. "Going as an old man is not very scary," they tease. What the children don't know is that Kimin's grandfather was a Korean mask dancer. And Kimin doesn't know that the mask holds a secret for him. With vibrant illustrations, Yangsook Choi joins Korean and American folk traditions in her story about a boy who finds a link to his grandfather, behind the mask. Behind the Mask is a 2007 Bank Street - Best Children's Book of the Year.

My Name is Bilal *Astra Publishing House*

Featured in a New York Times article titled "Teach Your Kids to Resist Hatred Toward Asians" A young boy wrestles with his Muslim identify until a compassionate teacher helps him to understand more about his heritage. After a family move, Bilal and his sister Ayesha attend a new school where they find out that they may be the only Muslim students there. Bilal sees his sister bullied on their first day, so he worries about being teased himself, thinking it might be best if his classmates didn't know that he is Muslim. Maybe if he tells kids his name is Bill, rather than Bilal, then they will eave him alone. But when Bilal's teacher Mr. Ali, who is also Muslim, sees how Bilal is struggling. He gives Bilal a book about the first person to give the call to prayer during the time of the Prophet Muhammad. That person was another Bilal: Bilal Ibn Rabah. What Bilal learns from the book forms the compelling story of a young boy grappling with his identity.

Teach Us Your Name

Grades 1 - 5 Written by a teacher, this fun yet meaningful story was created to empower children to teach others how to pronounce their names correctly. Perfect start of the school year book, children and teachers alike will enjoy this story that promotes invaluable discussions about diversity and inclusion.

Jewels by JAR *Metropolitan Museum of Art*

Called "the Fabergé of our time" by Diane von Furstenberg, Joel A. Rosenthal, who works in Paris under the name JAR, is one of the most acclaimed jewellery designers of the past thirty years. JAR is known for his use of precious and semi-precious stones resplendent with myriad shades of vibrant colour and set in organic shapes: one brooch, for instance, features lifelike petals in subtly differentiated hues, made from a thousand pavé sapphires and amethysts. The New York Times has described his jewellery as "belligerent, stubborn, audacious, funny, contradictory", while JAR himself has characterised his work as "somewhere between geometry and a bouquet of flowers". This book, featuring nearly 70 pieces from throughout JAR's career, provides a concise, accessible, elegantly designed retrospective of the best of his jewellery creations, and is the only book of its kind on his work available in English.

The Name Jar *Follettbound*

New Cat *Farrar, Straus & Giroux (BYR)*

Disobeying her owner by chasing a mouse into an off-limits room, New Cat saves Mr. Kim's tofu factory when a fire is discovered in the production room during the pursuit.

Alma and How She Got Her Name *Candlewick Press*

A 2019 Caldecott Honor Book What’s in a name? For one little girl, her very long name tells the vibrant story of where she came from — and who she may one day be. If you ask her, Alma Sofia Esperanza José Pura Candela has way too many names: six! How did such a small person wind up with such a large name? Alma turns to Daddy for an answer and learns of Sofia, the grandmother who loved books and flowers; Esperanza, the great-grandmother who longed to travel; José, the grandfather who was an artist; and other namesakes, too. As she hears the story of her name, Alma starts to think it might be a perfect fit after all — and realizes that she will one day have her own story to tell. In her author-illustrator debut, Juana Martinez-Neal opens a treasure box of discovery for children who may be curious about their own origin stories or names.

Thunder Boy Jr. *Little, Brown Books for Young Readers*

From New York Times bestselling author Sherman Alexie and Caldecott Honor winning Yuyi Morales comes a striking and beautifully illustrated picture book celebrating the special relationship between father and son. Thunder Boy Jr. wants a normal name...one that's all his own. Dad is known as big Thunder, but little thunder doesn't want to share a name. He wants a name that celebrates something cool he's done like Touch the Clouds, Not Afraid of Ten Thousand Teeth, or Full of Wonder. But just when Little Thunder thinks all hope is lost, dad picks the best name...Lightning! Their love will be loud and bright, and together they will light up the sky.

Andy, That's My Name *Simon and Schuster*

A little kid who wants to play the big kids uses the alphabet and spelling to get his way in this classic story from Strega Nona author and illustrator Tomie dePaola, now featuring a new cover and refreshed artwork. Andy may be the littlest kid on the block, but he’s very important. Andy has a wagon full of letters that spell his name, and he takes it with him wherever he goes. When the big kids decide that using Andy’s letters would be a lot of fun, Andy is left out of the game. But what can the big kids do if Andy takes his name and heads for home? Originally published in 1973, this classic picture book from the legendary Tomie dePaola now features refreshed artwork and a new cover.

Music Class Today! *Macmillan*

A group of toddlers enjoys a lively music class including, at last, one very shy two-year-old boy.

Good-bye, 382 Shin Dang Dong *National Geographic Children's Books*

Jangmi finds it hard to say goodbye to relatives and friends, plus the food, customs, and beautiful things of her home in Korea, when her family moves to America.

Nim and the War Effort *Turtleback*

For use in schools and libraries only. In her determination to prove that an American can win the contest for the war effort, Nim does something which leaves her Chinese grandfather both bewildered and proud.

Hooper Humperdink--? Not Him! *Random House Books for Young Readers*

A youngster plans a huge, spectacular party, inviting friends whose names begin with every letter from A to Z. However, Hooper Humperdink isn't on the list. Children can find out why in this early reader. Full color.

In a Jar *Penguin*

Here's a marvelous picture book, charmingly written and beautifully illustrated, about the power of memory and the magic of friendship. Llewellyn, a little rabbit, is a collector. He gathers things in jars--ordinary things like buttercups, feathers, and heart-shaped stones. Then he meets another rabbit, Evelyn, and together they begin to collect extraordinary things--like rainbows, the sound of the ocean, and the wind just before snow falls. And, best of all, when they hold the jars and peer inside, they remember all the wonderful things they've seen and done. But one day, Evelyn has sad news: Her family is moving away. How can the two friends continue their magical collection--and their special friendship--from afar?

Hello, My Name Is . . .

How Adorabilis Got His Name
Farrar, Straus and Giroux (BYR)

Inspired by a true event! In the summer of 2015, an adorable new species of octopus was discovered on the ocean floor—this picture book story imagines how this cute creature got his name. Deep down in the water lives an octopus small enough to fit in the palm of your hand. But he doesn't have a name! Anglerfish is named for his hook like an angler, Mimic Octopus for her ability to change shape and color, and Giant Squid is GIANT! But this little guy doesn't have the same abilities as the other creatures. What could his name be? With Marisa Polansky's sweet text and Joey Chou's dynamic illustrations, Hello, My Name Is... imagines how the cutest creature in the sea got his name. The story includes a note from a scientist about the naming process and more information about Adorabilis.

My Name Is Sangoel
Eerdmans Young Readers

As a refugee from Sudan to the United States, Sangoel is frustrated that no one can pronounce his name correctly until he finds a clever way to solve the problem.

Because of Winn-Dixie
Candlewick Press

A classic tale by Newbery Medalist Kate DiCamillo, America's beloved storyteller. One summer's day, ten-year-old India Opal Buloni goes down to the local supermarket for some groceries – and comes home with a dog. But Winn-Dixie is no ordinary dog. It's because of Winn-Dixie that Opal begins to make friends. And it's because of Winn-Dixie that she finally dares to ask her father about her mother, who left when Opal was three. In fact, as Opal admits, just about everything that happens that summer is because of Winn-Dixie. Featuring a new cover illustration by E. B. Lewis and an excerpt of Kate DiCamillo's newest novel, Raymie Nightingale.

The Name Jar

The new kid in school needs a new name! Or does she? Being the new kid in school is hard enough, but what about when nobody can pronounce your name? Having just moved from Korea, Unhei is anxious that American kids will like her. So instead of introduc

Angels & Demons

A Novel
Simon and Schuster

The murder of a world-famous physicist raises fears that the Illuminati are operating again after centuries of silence, and religion professor Robert Langdon is called in to assist with the case.

Working Cotton
Houghton Mifflin Harcourt

A young girl relates the daily events of her family's migrant life in the cotton fields of central California.

Star in the Jar
Sourcebooks, Inc.

Named a "Parents Best Children's Books 2018"! What would you do with a fallen star? When a little boy stumbles across a lost star, he decides to take care of it, putting it in a jar and carrying it with him everywhere. But when the sky calls out for its missing star, can the little boy and his sister figure out a way to return the star to its friends in the sky...even if it means saying goodbye forever? This warm-hearted and enchanting bedtime story celebrates the rewards of true friendship. Praise for Star in the Jar: "A cheery, warm-hearted tale, beautifully told." —The Guardian

Juna's Jar
Lee & Low Books

After her best friend, Hector, moves away, Juna's brother Minho tries to make her feel better by finding things to put in her special kimchi jar, and each night, whatever is in the jar takes her on a magical journey in search of Hector. Includes glossary.

Peach Heaven
Farrar, Straus and Giroux (BYR)

Based on the author's childhood in South Korea The white peaches grown in Puchon are the best in all South Korea, and a rare treat for a little girl who lives in the town. She dreams of a peach orchard where she can play and eat as much of the delicious fruit as she wishes. Then one day, after weeks of heavy downpours, the sky begins to rain peaches. Yangsook finds herself in peach heaven - until she remembers the farmers who have lost their harvest, and decides she must help them. Paintings with scenes that evoke traditional South Korean landscapes accompany this lovingly told story from the author's childhood.

The Sun Girl and the Moon Boy
Knopf Books for Young Readers

A hungry tiger tries to trick a brother and sister into opening their door by pretending to be their absent mother.

Last Stop on Market Street
Penguin

A young boy rides the bus across town with his grandmother and learns to appreciate the beauty in everyday things. By the author of the celebrated picture book A Nation's Hope: The Story of Boxing Legend Joe Louis.

The Honey Jar
Groundwood Books Ltd

In this book, Nobel Peace Prize winner and Maya activist Rigoberta Menchú Tum returns to the world of her childhood. The Honey Jar brings us the ancient stories her grandparents told her when she was a little girl, and we can imagine her listening to them by the fire at night. These Maya tales include creation myths, a classic story about the magic twins (which can also be found in the Popol Vuh), explanations of how and why certain natural phenomena came to exist, and animal tales. The underworld, the sky, the sun and moon, plants, people, animals, gods and demi-gods are all present in these stories, and through them we come to know more about the elements that shaped the Mayas' understanding of the world. Rich and vibrant illustrations by noted Mazatec-Mexican artist Domi perfectly complement these magical Maya tales. Key Text Features illustrations Correlates to the Common Core State Standards in English Language Arts: CCSS.ELA-LITERACY.RL.3.2 Recount stories, including fables, folktales, and myths from diverse cultures; determine the central message, lesson, or moral and explain how it is conveyed through key details in the text.

Spy x Family, Vol. 4
VIZ Media LLC

The Forgers look into adding a dog to their family, but this is no easy task—especially when Twilight has to simultaneously foil an assassination plot against a foreign minister! The perpetrators plan to use trained dogs for the attack, but Twilight gets some unexpected help to stop these terrorists. -- VIZ Media

Your Name is a Song

Frustrated by a day full of teachers and classmates mispronouncing her beautiful name, a little girl tells her mother she never wants to come back to school. In response, the girl's mother teaches her about the musicality of African, Asian, Black-American, Latinx, and Middle Eastern names on their lyrical walk home through the city. Empowered by this newfound understanding, the young girl is ready to return the next day to share her knowledge with her class. Your Name is a Song is a celebration to remind all of us about the beauty, history, and magic behind names.

The Smitten Kitchen Cookbook
Knopf

NEW YORK TIMES BEST SELLER • Celebrated food blogger and best-selling cookbook author Deb Perelman knows just the thing for a Tuesday night, or your most special occasion—from salads and slaws that make perfect side dishes (or a full meal) to savory tarts and galettes; from Mushroom Bourguignon to Chocolate Hazelnut Crepe. “Innovative, creative, and effortlessly funny.” —Cooking Light Deb Perelman loves to cook. She isn’t a chef or a restaurant owner—she’s never even waitressed. Cooking in her tiny Manhattan kitchen was, at least at first, for special occasions—and, too often, an unnecessarily daunting venture. Deb found herself overwhelmed by the number of recipes available to her. Have you ever searched for the perfect birthday cake on Google? You'll get more than three million results. Where do you start? What if you pick a recipe that’s downright bad? With the same warmth, candor, and can-do spirit her award-winning blog, Smitten Kitchen, is known for, here Deb presents more than 100 recipes—almost entirely new, plus a few favorites from the site—that guarantee delicious results every time. Gorgeously illustrated with hundreds of her beautiful color photographs, The Smitten Kitchen Cookbook is all about approachable, uncompromised home cooking. Here you’ll find better uses for your favorite vegetables: asparagus blanketing a pizza; ratatouille dressing up a sandwich; cauliflower masquerading as pesto. These are recipes you’ll bookmark and use so often they become your own, recipes you’ll slip to a friend who wants to impress her new in-laws, and recipes with simple ingredients that yield amazing results in a minimum amount of time. Deb tells you her favorite summer cocktail; how to lose your fear of cooking for a crowd; and the essential items you need for your own kitchen. From salads and slaws that make perfect side dishes (or a full meal) to savory tarts and galettes; from Mushroom Bourguignon to Chocolate Hazelnut Crepe Cake, Deb knows just the thing for a Tuesday night, or your most special occasion.

Spring Stinks
Disney Electronic Content

Ruth the bunny is excited to share the smelly springtime smells of spring with Bruce! But what will Bruce think of all that stink? Little Bruce Book

Adam Canfield of the Slash
Candlewick Press

"Between laughs, readers will be prompted to think — about what constitutes truth, how the media massages it, and the importance of ethics, fairness, and getting the facts right." — Publishers Weekly (starred review) Adam Canfield has to be the most overprogrammed middle-school student in America. So when super-organized Jennifer coaxes him to be coeditor of their school newspaper, THE SLASH, he wonders if he’s made a big mistake. But when a third-grader’s article leads to a big scoop, Adam and his fellow junior journalists rise to the challenge of receiving their principal’s wrath to uncover some scandalous secrets. From a Pulitzer Prize-winning author and New York Times columnist comes a funny, inspiring debut that sneaks in some lessons on personal integrity — and captures the rush that’s connected to the breaking of a really great story.

Half Homemade, Fully Delicious: An "In the Kitchen with David" Cookbook from QVC's Resident Foodie
Ballantine Books

The popular host of QVC’s In the Kitchen with David® offers a new collection of 110 simple, time-saving recipes that will change the way you shop, cook, and enjoy homemade meals. Like busy people everywhere, David Venable wants to spend less time in the kitchen prepping and cooking and more time at the table with family and friends. From appetizers to desserts, the 110 dishes in Half Homemade, Fully Delicious show home cooks how to take advantage of supermarket shortcuts with ready-to-use products found in every grocery aisle. These cook-friendly spice blends, jarred sauces, frozen fruits, canned foods, and prepped vegetables mean satisfying meals are ready in a fraction of the usual time. A looks-good-enough-to-eat photograph accompanies each recipe. From breakfast to breads, casseroles to cast-iron cooking, there are ideas for every meal and gathering. Here’s a sampling of what you’ll discover: • Cheeseburger Hand Pies • Hawaiian Breakfast Bake • Sloppy Joe Soup • Anytime Autumn Salad • Oven-Baked Baby Back Ribs with Lettuce Slaw • Ground Beef-Noodle Casserole • Reuben “Sandwich” Skillet Bake • Creamy Corn off the Cob • Rosé Summer

Spritzers • Donut Bread Pudding • Chocolate Dream Icebox Pie As acclaimed restaurateur and Iron Chef Geoffrey Zakarian writes in his foreword, “What David does better than anyone than I know is take the simplest, most ordinary ingredients and in practically no time create something extraordinary. In this book, Half Homemade, Fully Delicious, David shares his secrets on how to make incredible meals incredibly easy. He expertly shows you how to take store-bought staples and pair them with fresh ingredients for dishes that never compromise on taste.”

Breaking the Ocean

A Memoir of Race, Rebellion, and Reconciliation *House of Anansi*

In Breaking the Ocean, diversity and inclusion specialist Annahid Dashtgard addresses the long-term impacts of exile, immigration, and racism by

offering a vulnerable, deeply personal account of her life and work. Annahid Dashtgard was born into a supportive mixed-race family in 1970s Iran. Then came the 1979 Revolution, which ushered in a powerful and orthodox religious regime. Her family was forced to flee their homeland, immigrating to a small town in Alberta, Canada. As a young girl, Dashtgard was bullied, shunned, and ostracized both by her peers at school and adults in the community. Home offered little respite, with her parents embroiled in their own struggles, exposing the sharp contrasts between her British mother and Persian father. Determined to break free from her past, Dashtgard created a new identity for herself as a driven young woman who found strength through political activism, eventually becoming a leader in the anti-corporate globalization movement of the late 1990s. But her unhealed trauma was re-activated following the 9/11 terrorist attacks. Suffering burnout, Dashtgard checked out of her life and took the first steps towards personal healing, a journey that continues to this day. Breaking the Ocean introduces a unique perspective on how racism and systemic discrimination result in emotional scarring and ongoing PTSD. It is a wake-up call to acknowledge our differences, addressing the universal questions of what it means to belong and ultimately what is required to create change in ourselves and in society.