

A Heart in a Body in the World

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## Summary:

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When everything has been taken from you, what else is there to do but run?

So that's what Annabelle does—she runs from Seattle to Washington, DC, through mountain passes and suburban landscapes, from long lonely roads to college towns. She's not ready to think about the why yet, just the how—muscles burning, heart pumping, feet pounding the earth. But no matter how hard she tries, she can't outrun the tragedy from the past year, or the person—the Taker—that haunts her.

Followed by Grandpa Ed in his RV and backed by her brother and two friends (her self-appointed publicity team), Annabelle becomes a reluctant activist as people connect her journey to the trauma from her past. Her cross-country run gains media attention and she is cheered on as she crosses state borders, and is even thrown a block party and given gifts. The support would be nice, if Annabelle could escape the guilt and the shame from what happened back home. They say it isn't her fault, but she can't feel the truth of that.

Through welcome and unwelcome distractions, she just keeps running, to the destination that awaits her. There, she'll finally face what lies behind her—the miles and love and loss—and what is to come.

Picture of the Heart - WebMD The heart is a muscular organ about the size of a fist, located just behind and slightly left of the breastbone. The heart pumps blood through the network of arteries and veins called the cardiovascular system. The heart has four chambers: The right atrium receives blood from the veins and pumps it to the right ventricle. Human Heart: Anatomy, Function & Facts - Live Science The heart weighs between about 10 to 12 ounces (280 to 340 grams) in men and 8 to 10 ounces (230 to 280 grams) in women. The heart beats about 100,000 times per day (about 3 billion beats in a lifetime. Heart - Wikipedia The heart is a muscular organ in most animals, which pumps blood through the blood vessels of the circulatory system. Blood provides the body with oxygen and nutrients, as well as assists in the removal of metabolic wastes. In humans, the heart is located between the lungs, in the middle compartment of the chest.

Heart | Definition of Heart by Merriam-Webster At the heart of that waterfront redevelopment project is the new V&A Dundee, Scotland's first design museum and the only V&A Museum outside of London. 3 Ways to Make the Heart Symbol Using a Computer - wikiHow In Windows, you can insert a heart symbol (♥) using a special Alt code with your numeric pad. If your computer doesn't have a numeric pad, you can use the Character Map. In macOS, you'll need to open the Symbol Viewer to find and insert the heart symbol. Art With a Heart — Enhancing the lives of people in need ... Learn about Art With A Heart, our goals and our programs.

How the Heart Works & Pumps Blood Through The Human Body The heart is an amazing organ. It pumps oxygen and nutrient-rich blood throughout your body to sustain life. This fist-sized powerhouse beats (expands and contracts) 100,000 times per day, pumping. American Heart Association - Official Site The new Kids Heart Challenge is a fun way for kids across the country to get active in school, build confidence, learn how their hearts work and raise money to keep other hearts working. Read the story about Kids Heart Challenge. Heart (band) - Wikipedia Heart is an American rock band that first found success in Canada and later in the United States and worldwide.

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