



# 12 CPR FACTS THAT COULD HELP YOU SAVE A LIFE



CPR is a vital act that can save lives when individuals are in need of help. According to the American Heart Association, only 30% of Americans know how to perform CPR, however it's never too late to learn! Here are some interesting statistics to get you motivated, and who knows, you could save a life!



①

Both **Compressions and Breaths** are very important in drowning, choking, drug overdoses, and pediatric CPR

②



If you perform CPR, you can **triple the person's chance of survival**

③

Compressions should be performed at a rate of

**100-120/min**  
(to the beat of Stayin' Alive)

④

For every minute that someone is unconscious and not breathing without CPR, they have a **10% less chance of survival**

⑤

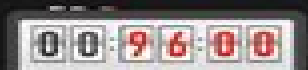
**383,000**  
people suffer from cardiac arrest **each year**

⑥

If someone is in cardiac arrest, **CPR can only make the situation better**



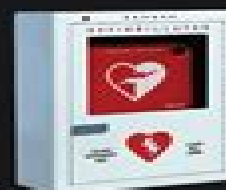
⑦



The longest successful CPR save is **96 minutes long!**

⑧

Many AEDs will talk you through how to perform CPR **with the press of a button**



⑨

**30:2**

The compression to ventilation ratio is **30 COMPRESSIONS TO 2 BREATHS**

⑩

**Children as young as 9** have saved the lives of others with CPR



⑪

With widespread access of AEDs at least

**40,000**

lives would be saved **EACH YEAR**

⑫



The life you save with CPR will most likely be **someone you love**

# How To Save Your Life

**Steve Carey, Susannah Bowen**



## **How To Save Your Life:**

*How to Save Your Life* Steve Carey, Susannah Bowen, 2009-10-31 Inspirational advice to help you decide whether setting up your own business is right for you and how to get started on the path to becoming an entrepreneur

**How to Save Your Own Life** Michael Gates Gill, 2009-12-29 Michael Gill's lemons to lemonade memoir chronicled his transformative years working at Starbucks after losing his high powered job his marriage and his health he developed a brain tumor In response to overwhelming requests from readers who wanted to know how they too could weather downturns he has distilled his lessons into fifteen meaningful lessons including Leap With Faith Sometimes it pays to leap without looking and say yes without thinking Gill accepted the Starbucks job immediately on a whim Let Yourself Be Helped Pride is even more paralyzing than fear Look with Respect at Every Individual You See Gill was raised to avoid eye contact with those who were different cloistered in a privileged world Now he realizes the potential in all who cross his daily path Lose Your Watch and Cell Phone and PDA Our obsession with productivity produces madness not gladness Offering living proof that extraordinary happiness is found in ordinary moments *How to Save Your Own Life* provides empowering words and hope for anyone facing a reversal of fortune True fortune Gill discovered lies not in fate but in discovering the innate capacity we all possess to rescue ourselves Watch a Video

[How Philosophy Can Save Your Life](#) Marietta McCarty, 2009-12-01 Discover how great philosophers can help you live a more purposeful and peaceful life This inspiring new book from the bestselling author of *Little Big Minds* reveals how the heartbeats of philosophy clear thinking quiet reflection and good conversation are essential ingredients in a well lived life Full of great discussion ideas and activities you can do with a group *How Philosophy Can Save Your Life* is framed around ten big ideas themes that according to McCarty are necessary to grasp if one wants to live a truly fulfilling life They are 1 Simplicity philosophers include Epicurus and Charlotte Joko Beck 2 Communication philosophers include bell hooks and Karl Jaspers 3 Perspective philosophers include Bertrand Russell and Mary Wollstonecraft 4 Flexibility philosophers include Socrates Plato and Alan Watts 5 Empathy philosophers include the Dalai Lama and Martin Luther King Jr 6 Individuality philosophers include Jean Paul Sartre and Elizabeth Spelman 7 Belonging philosophers include Albert Camus and Rita Manning 8 Serenity philosophers include Epictetus and Lao Tzu 9 Possibility philosophers include John Stuart Mill and Simone de Beauvoir 10 Joy philosophers include Shunryu Suzuki and Jane Addams So join the greatest thinkers of all time to discover the ideas that will help you live a happier healthier life

**How Dante Can Save Your Life** Rod Dreher, 2015-04-14 The opening lines of *The Divine Comedy* by Dante Alighieri launched Rod Dreher on a journey that rescued him from exile and saved his life Dreher found that the medieval poem offered him a surprisingly practical way of solving modern problems Following the death of his little sister and the publication of his New York Times bestselling memoir *The Little Way of Ruthie Leming* Dreher found himself living in the small community of Starhill Louisiana where he grew up But instead of the fellowship he hoped to find he discovered that fault lines within his family had deepened Dreher spiraled

into depression and a stress related autoimmune disease Doctors told Dreher that if he didn't find inner peace he would destroy his health Soon after he came across *The Divine Comedy* in a bookstore and was enchanted by its first lines which seemed to describe his own condition In the months that followed Dante helped Dreher understand the mistakes and mistaken beliefs that had torn him down and showed him that he had the power to change his life Dreher knows firsthand the solace and strength that can be found in Dante's great work and distills its wisdom for those who are lost in the dark wood of depression struggling with failure or success wrestling with a crisis of faith alienated from their families or communities or otherwise enduring the sense of exile that is the human condition Inspiring revelatory and packed with penetrating spiritual moral and psychological insights *How Dante Can Save Your Life* is a book for people both religious and secular who find themselves searching for meaning and healing Dante told his patron that he wrote his poem to bring readers from misery to happiness It worked for Rod Dreher Dante saved Rod Dreher's life and in this book Dreher shows you how Dante can save yours

**How Pi Can Save Your Life** Chris Waring, 2021-08-31 Math to the rescue Discover equations for all sorts of real world situations in this fun guide to surviving an unpredictable world Learn how to survive absurd yet statistically possible scenarios using the all encompassing power of mathematical equations Whether you paid much attention in math class or not the inescapable truth is that life is full of equations You use differentiation when driving from point A to B and apply basic geometry when you're crossing the road between traffic even if you don't realize it But what if you were plummeting to your death in a plane with no engine and needed to know what size parachute to make from your cabinmate's sari in order to survive Math teacher Chris Waring tackles some frankly ridiculous scenarios with essential bulletproof equations so you can learn to Communicate with an alien civilization Save your town from a zombie apocalypse Contain a major oil spill Excavate a fossil that could be a major scientific discovery Pilot a space shuttle back to earth Guard a priceless painting in the Louvre Perform Hollywood stunts in a blockbuster action film and more Praise for Chris Waring Exploring the mysteries of math has never been so much fun Lancashire Evening Post

*How Plants Can Save Your Life* Ross Cameron, 2023-05-25 Growing plants and if we are lucky enough creating gardens is deeply rewarding but has also been proven to be vital for our health Gardening helps improve our mood relax us take us away from our everyday problems and promote positive emotions It reduces anxiety and stress delays in the onset of dementia promotes joy as well as improving physical health and even self esteem This new book explores the ways we can introduce plants into our lives and thus embrace some of the benefits the natural world provides for our well being Divided into 50 sections each one highlights a plant based activity how this is good for your health and provides links to the underlying concept that supports health and well being Written by a leading scientific authority on environmental horticulture this unique book will offer readers a wealth of ideas on planting and growing as well as explaining the latest science research behind those ideas

*How Plato and Pythagoras Can Save Your Life* Nicholas Kardaras, 2011-04-01 University professor psychotherapist and recovering former nightclub owner Dr Nicholas

Kardaras presents a mind blowing reality rocking and life changing approach to Greek philosophy Having once owned celebrity studded NY nightclubs where he had mingled with the likes of JFK Jr Uma Thurman and Tom Cruise Kardaras would emerge from that glamorous yet self destructive world to discover the powerful and transformative teachings of his ancient ancestors To his amazement he learned that ancient Greek philosophy contrary to popular misconceptions was not a dry and academic pursuit but a vibrant and holistic transformative practice In *How Plato and Pythagoras Can Save Your Life* Dr Kardaras breathes new life into those ancient teachings as he incorporates some of the most cutting edge advances in the fields of quantum mechanics and consciousness research to validate the insights and wisdom of the ancient Greek sages As he guides readers through an array of contemplative practices designed to help them live a more meaningful life Kardaras warns the reader to be prepared because they just might also catch a glimpse of that trippy realm called Ultimate Reality

**How Black History Can Save Your Life** Ernest Crim, 2025-03-25 Black History's Power to Combat Racism *How Black History Can Save Your Life* by Ernest Crim III a hate crime survivor and Anti Racist Educator is an essential guide for anyone seeking to combat interpersonal racism understand the roots of discrimination and gain actionable strategies through Black historical narratives This black history book for adults book empowers individuals parents and educators with tools to challenge racism and foster equity in their communities Using Black history to fight racism This book builds on Crim's personal experiences including a viral 2016 hate crime incident that profoundly shaped his career During a night out Crim was targeted with racial slurs but instead of letting it defeat him he used the situation to highlight the pervasive nature of racism in America He captured the moment on video sparking a national conversation about the importance of confronting and addressing discrimination Reclaiming the stories of Black history Crim delves deep into the stories of Black excellence resistance and perseverance He equips families parents and educators with the tools they need to combat racism in everyday life and within schools Through his lens as a parent and former teacher Crim demonstrates how the untold stories of Black history hold the keys to understanding the roots of racism and how it can be untaught Drawing on his two bestsellers *Black History Saved My Life* and *The ABCs of Affirming Black Children* Crim teaches readers how to deconstruct racist systems and foster equitable practices in their communities Inside you'll find Strategies to de-escalate and combat interpersonal racism in everyday situations Tools for parents and educators to address racism in schools and educate children through an equitable lens Inspiring Black history stories that provide a blueprint for resilience and empowerment in the face of discrimination If you liked *The Color of Law* *Stamped from the Beginning* or *Seven Sisters and a Brother* you'll love *How Black History Can Save Your Life*

**How Adult Stem Cell Therapies Can Save Your Life** Bernard van Zyl, 2009-03-20 Laced with hope and promise for sufferers of seemingly incurable illnesses *How Adult Stem Cell Therapies Can Save Your Life* Medicines Best Kept Secret *Saved My Life* reveals that non controversial adult stem cell therapies are already available for those with serious diseases and injuries This book is a practical guide to those seeking adult stem cell

treatments with step by step instructions on how to use the Internet to locate suitable FDA approved clinical trials for almost all major infirmities Seven years ago van Zyl suffered cardiac arrest his heart literally stopped until doctors shocked his chest Over the next ten months after receiving bypass surgery an angioplasty and entering a cardiac rehabilitation program van Zyls heart was still deteriorating Turned down by two heart transplant centers van Zyls only hope lay in the Food and Drug Administration FDA or more specifically a new FDA approved clinical trial for adult stem cell therapies One of 24 patients selected with heart failure van Zyl entered the aggressive treatment group in 2004 where adult stem cells were harvested from van Zyls own body and injected directly into his failing heart The results were astonishing Now 75 van Zyl lives a healthy vigorous life How Adult Stem Cell Therapies Can Save Your Life offers a plethora of information on the latest adult stem cell treatments for over a dozen diseases and conditions While much has been made of the medical viability and ethical concerns of other types of stem cell therapies van Zyl is living proof that adult stem cell therapies can save lives **Soul**

**Care to Save Your Life** Manda Carpenter, 2022-08-09 Manda invites you in and tells the whole truth and you feel welcomed seen and changed Soul Care to Save Your Life lives up to everything it promises and more Annie F Downs New York Times bestselling author of That Sounds Fun In our image conscious culture life can become a never ending performance The perfection we feel pressured to project to those in our social sphere comes at the expense of our emotional spiritual and mental well being In the end we are left exhausted and unfulfilled How do we flip the script and feed ourselves rather than simply adding to our feeds In Soul Care to Save Your Life author speaker and recovering performer Manda Carpenter offers an invitation to shift your focus from performing to purposeful living from the inside out In this book she guides you on a three part journey to identify the habits that are holding you back take ownership of your path to growth embrace practices of soul care for your well being It s time to drop the facade of the picture perfect life and instead get radically honest in order to heal and embrace the confidence that comes from knowing and loving your whole self no filter needed This book is a breath of fresh air Freedom lives within these pages Nona Jones business executive international speaker and bestselling author of Success from the Inside Out Raw and practical Anyone who is ready for a future that looks different from your past will find this book catalytic and relevant Tim Stevens executive pastor Willow Creek Community Church **12 Birds to**

**Save Your Life** Charlie Corbett, 2021-06-10 Discover the healing power of nature through the stories of these characterful birds whose song is never far away LONGLISTED FOR THE 2022 WAINWRIGHT PRIZE A lyrical and life affirming book that teaches us as much about birds as it does ourselves a balm for the soul Raynor Winn author of The Salt Path Totally absorbing and completely engaging on so many levels Charlie has opened my eyes to the constant joy of the sights and sounds of the birds that surround us It is a book that really will save lives Dr Richard Shepherd author of Unnatural Causes

\_\_\_\_\_ After the tragic loss of his mother Charlie Corbett felt trapped by his pain Having lost all hope and perspective he took to the countryside in search of solace There he heard the soaring cascading song of the skylark a sound that pulled him

from the depths of despair and into the calm of the natural world Weaving his journey through grief with a remarkable portrait of the birds living right on our doorstep 12 Birds to Save Your Life is an invitation to stop step outside and listen By following Charlie s path opening your eyes and ears to what has been there all along you will discover how nature can set you free

**This Is How I Save My Life** Amy B. Scher,2018-04-10 A heartwarming and inspiring story that will change the way you look at life Vikas Swarup New York Times bestselling author of Slumdog Millionaire An Eat Pray Love like memoir Pam Grout 1 New York Times bestselling author of E Squared When doctors have all but given up when a diagnosis eludes you and when every test result raises more questions than answers how do you save yourself By the time Amy B Scher was twenty eight years old she had lived through almost a decade of misdiagnoses excruciating pain brain lesions bone marrow biopsies blood transfusions and multiple hospital stays to treat her late stage chronic Lyme disease Taking forty four pills a day and deteriorating rapidly she consulted with more than sixty doctors including the top experts in Los Angeles the world renowned Mayo Clinic in Minneapolis and a state of the art hospital in Chicago When the best physicians in America labeled her condition incurable and potentially terminal it was up to Amy to blaze her own path forward Then in a stroke of serendipity she heard about an experimental treatment only available in India human embryonic stem cell therapy which had as much probability of killing her as it did of curing her She boarded a plane with no idea of what awaited her culture shock radical medical treatment and most surprising of all life affirming love With warmth and humor Amy s powerful and uplifting story of sheer determination is for anyone who believes in or doubts the existence of miracles It is for anyone who wants desperately to believe in the power of the human spirit when it seems that all hope is lost For everyone who has suffered from chronic pain grappled with an autoimmune condition fought for a diagnosis or trusted their gut and their body when no one else did Amy is a living example of how our instinct to survive can propel us onward

[Read Matthew to Live Your Life,](#)  
[Read John to Save Your Soul](#) Douglas Kindred,2014-05-19 I recommend Dr Kindreds book to anyone who has the desire to gain a fuller more tangible understanding of the words of Jesus Christ The authors very personal account of his own experiences may give others a point of reference in their own lives Lou Angora Executive Producer Morning Light Films As I was going through a terrible trial in my life I remembered something that my mom had said to me when I was a teenager She said Read Matthew to live your life read John to save your soul That turned out to be the best advice I ever got I started talking to other people sharing this with them and I was amazed to find that so few knew what Jesus said This led me to write this book to tell everyone what Christ said about how to live your life and how to save your soul He gave us a how to guide His message is clear and concise and doesnt need a lot of interpretation He says what He means and He means what He says It is pure truth

**How the New Food Labels Can Save Your Life** Peg Jordan,Peg Jordon,1994-02 ISBN 0941188167 LCCN 9346754

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Mediæval Stories Henrik Schück,1902



## Reviewing **How To Save Your Life**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**How To Save Your Life**," an enthralling opus penned by a highly acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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## How To Save Your Life Introduction

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