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## Ambulance Girl: How I Saved Myself By Becoming an EMT

By Jane Stern

Random House USA Inc, United States, 2004. Paperback. Book Condition: New. Reprint. 198 x 132 mm. Language: English . Brand New Book. Five years ago Jane Stern was a walking encyclopedia of panic attacks, depression, and hypochondria. Her marriage of more than thirty years was suffering, and she was virtually immobilized by fear and anxiety. As the daughter of parents who both died before she was thirty, Stern was terrified of illness and death, and despite the fact that her acclaimed career as a food and travel writer required her to spend a great deal of time on airplanes, she suffered from a persistent fear of flying and severe claustrophobia. But a strange thing happened one day on a plane that was grounded at the Minneapolis airport for six horrible, foodless, airless hours. A young man on a trip with his classmates suddenly became dizzy and pale because he hadn't eaten in many hours, and there was no food left on the plane. Without thinking about it, Jane gave him the candy bar that she had in her purse. A short time later the color had returned to his cheeks, the boy was laughing again with his friends, and...



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