

# Kindle eBook Daily Deals

## 09/22/20

### 1. *Surviving Survival: The Art and Science of Resilience* (Psychology, \$1.99)

1. By Laurence Gonzales.
2. 4.5/5 stars with 113 reviews.
3. A traumatic or near-death experience can change every aspect of the survivor's being. It can erase the body's learned adaptations, and in some cases, those who live through such a shock suffer more in the aftermath than they did during the actual crisis. In all cases, they must work hard to reinvent themselves. Combining harrowing tales of survival with lucid explanations of the science behind the body's reactions to trauma, *Surviving Survival* offers a valuable and "intriguing argument about the adaptability of the human spirit"

### 2. *I Contain Multitudes: The Microbes Within Us and a Grander View of Life* (Science, \$3.99)

1. By Ed Yong.
2. 4.7/5 stars with 737 reviews.
3. Every animal, whether human, squid, or wasp, is home to millions of bacteria and other microbes. Ed Yong, whose humor is as evident as his erudition, prompts us to look at ourselves and our animal companions in a new light—less as individuals and more as the interconnected, interdependent multitudes we assuredly are.