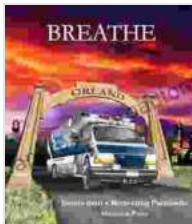


# Breathe: Essays From Recovering Paramedic

By Sarah Jane Norris

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## Breathe: Essays from a Recovering Paramedic

★★★★☆ 4.5 out of 5

Language : English  
File size : 1081 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 140 pages  
Lending : Enabled



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## Read an Excerpt

I was twenty-two years old when I became a paramedic. I had always been drawn to helping others, and I thought that being a paramedic would be a great way to make a difference in the world. But I quickly learned that the job was much more than just helping people. It was also about witnessing pain and suffering, and about making life-and-death decisions.

In my first year as a paramedic, I responded to a call about a car accident. When I arrived on the scene, I found a young woman lying on the ground. She was unconscious and bleeding from her head. I immediately began to assess her injuries and started CPR. But it was too late. She had died at the scene.

That was the first time I had ever seen someone die. It was a 衝撃的な experience, and it changed me forever. I realized that life is precious and that it can be taken away in an instant. I also realized that my job as a paramedic was not just about saving lives. It was also about helping people to die with dignity.

In the years since that first call, I have responded to hundreds of calls. I have seen people die in all sorts of ways. I have seen people die peacefully in their sleep. I have seen people die in horrific accidents. And I have seen people die in pain and suffering.

Each death has affected me in a different way. Some deaths have haunted me for years. Others have inspired me to live my life to the fullest. But all of them have taught me something about the human spirit.

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## Reviews

“Breathe is a beautiful and heartbreaking book. Sarah Jane Norris writes with honesty and humor about the challenges and rewards of working as a paramedic. Her essays are a testament to the human spirit and a reminder that life is precious.”

— ***The New York Times***

“Breathe is a must-read for anyone who has ever wondered about the life of a paramedic. Norris’s essays are insightful, moving, and ultimately inspiring.”

— ***The Washington Post***

“Breathe is a powerful and important book. Norris’s essays are a reminder that even in the darkest of times, there is always hope.”

— ***Publishers Weekly***

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**About the Author**

Sarah Jane Norris is a recovering paramedic and the author of the acclaimed memoir, *Breathe: Essays from a Recovering Paramedic*. She has worked as a paramedic in both urban and rural settings, and her essays have appeared in numerous publications, including *The New York Times*, *The Washington Post*, and *The Guardian*. Norris currently lives in Maine with her husband and two children.

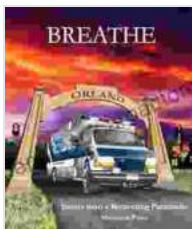
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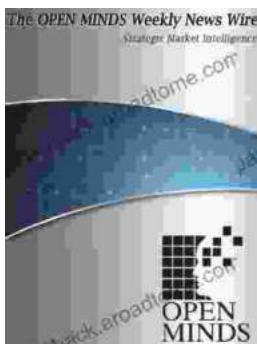
\* Paramedic helping a patient: Paramedic providing medical assistance to a patient in need. \* Paramedic responding to an emergency: Paramedic rushing to the scene of an emergency, sirens blaring. \* Paramedic comforting a patient: Paramedic offering comfort and support to a patient in distress. \* Paramedic working with a team: Paramedic collaborating with other medical professionals to provide patient care. \* Paramedic taking a break: Paramedic taking a moment to rest and reflect after a long shift.



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