



An Astronaut's Guide to Life on Earth by Chris Hadfield

About the author:

Chris Hadfield is one of the most seasoned and accomplished astronauts in the world. The top graduate of the U.S. Air Force Test Pilot School in 1988 and U.S. Navy test pilot of the year in 1991, Hadfield was selected by the Canadian Space Agency to be an astronaut in 1992. He was CAPCOM for 25 Shuttle launches and served as Director of NASA Operations in Star City, Russia, from 2001–2003, Chief of Robotics at the Johnson Space Center in Houston from 2003–2006, and Chief of International Space Station Operations from 2006–2008. Hadfield served as Commander of the International Space Station where, while conducting a record-setting number of scientific experiments and overseeing an emergency spacewalk, he gained worldwide acclaim for his breathtaking photographs and educational videos about life in space. His music video, a zero-gravity version of David Bowie's "Space Oddity," received over 10 million views in its first three days online.

Source: Penguin Random House Canada (<http://penguinrandomhouse.ca/>)

About this book:

#1 National Bestseller
New York Times Bestseller

Chris Hadfield decided to become an astronaut after watching the Apollo moon landing with his family on Stag Island, Ontario, when he was nine years old, and it was impossible for Canadians to be astronauts. In 2013, he served as Commander of the International Space Station orbiting the Earth during a five-month mission. Fulfilling this lifelong dream required intense focus, natural ability and a singular commitment to "thinking like an astronaut." In *An Astronaut's Guide to Life on Earth*,

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Chris gives us a rare insider's perspective on just what that kind of thinking involves, and how earthbound humans can use it to achieve success and happiness in their lives.

Astronaut training turns popular wisdom about how to be successful on its head. Instead of visualizing victory, astronauts prepare for the worst; always sweat the small stuff; and do care what others think. Chris shows how this unique education comes into play with dramatic anecdotes about going blind during a spacewalk, getting rid of a live snake while piloting a plane, and docking with space station Mir when laser tracking systems fail at the critical moment. Along the way, he shares exhilarating experiences, and challenges, from his 144 days on the ISS, and provides an unforgettable answer to his most-asked question: What's it really like in outer space?

Written with humour, humility and a profound optimism for the future of space exploration, *An Astronaut's Guide to Life on Earth* offers readers not just the inspiring story of one man's journey to the ISS, but the opportunity to step into his space-boots and think like an astronaut—and renew their commitment to pursuing their own dreams, big or small.

Source: Penguin Random House Canada (<http://penguinrandomhouse.ca/>)

Discussion Questions:

1. What was your reading experience? Did it take you awhile to get into it? How did you feel reading the book? Amused, confused, bored?
2. Have you had a similar goal or job that you broke down into daily tasks like Chris did when he was 9 years old? Example: If I want to be an astronaut should I stay up late, or wake up early and read a book?
3. What has been your experience with the theme of space? As a child were you fascinated? What elements of space interest you?



4. What have you learned about space exploration from this book?
5. How do you think his marriage survived?
6. Describe Chris' personality traits.
7. Does he remind you of anyone you know? Explain.
8. Does Chris change throughout his life? Grow and mature, or remain the same?
9. What themes does Chris explore?
10. What passages strike you as insightful or profound? Read these passages.
11. Has the novel changed you? Broadened your perspective?

Source: *Rhyming Game Blog* (<http://rhyminggame.blogspot.ca/>)

Other formats available at Halifax Public Libraries:

- Audiobook (on CD)
- eBook
- French