



An astronaut's guide to life on Earth

By Chris Hadfield

First published in 2013

Genre & subject

Astronaut biography

Synopsis

Colonel Chris Hadfield has spent decades training as an astronaut and has logged nearly 4,000 hours in space. In this book, he takes readers deep into his years of training and space exploration to show how to make the impossible possible, and also explains how conventional wisdom can get in the way of achievement - and happiness.

Author biography

Chris Austin Hadfield was born 29 August 1959. He is a retired Canadian astronaut who was the first Canadian to walk in space.

Hadfield is an engineer and former Royal Canadian Air Force fighter pilot. He has flown two space shuttle missions and served as commander of the International Space Station.

Hadfield, who was raised on a farm in southern Ontario, was inspired as a child when he watched the Apollo 11 Moon landing on TV.

Discussion starters

- How were your expectations of the book different from the content of the book? Did Hadfield cover interesting topics well?
- Reflect on the culture of NASA. What did you find most interesting and surprising?
- Hadfield talks about how to be good at your job. What advice and reflections did you find most interesting or applicable to your own life?
- Hadfield reflects - "I wasn't lonely. Loneliness, I think, has very little to do with location. It's a state of mind. In the centre of every city are some of the loneliest people in the world. If anything, because our whole planet was just outside the window, I felt even more aware of and connected to the seven billion other people

who call it home." Talk about specific passages that struck you as significant - or interesting, profound, or illuminating. What was memorable?

- Hadfield's achievements are many. How would you evaluate him as an author? Has he excelled or is his writing lacking? Discuss.

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