



Any Ordinary Day

By Leigh Sales

First published in 2018

Genre & subject

Non-Fiction

Life changing events

Victims – Australia – Interviews

Synopsis

As a journalist, Leigh Sales often encounters people experiencing the worst moments of their lives in the full glare of the media. But one particular string of bad news stories - and a terrifying brush with her own mortality - sent her looking for answers about how vulnerable each of us is to a life-changing event...

Author biography

Leigh Peta Sales was born on 10 May 1973 in Brisbane and attended Aspley State High School. She is a graduate of Deakin University (Master of International Relations) and Queensland University of Technology (Bachelor of Journalism). Upon graduation from QUT she joined the Nine Network before joining ABC Brisbane in 1995.

Sales has held positions in national radio current affairs and was New South Wales political reporter covering the 1999 and 2007 state elections and the 2000 Summer Olympics.

She was the ABC's national security correspondent from 2006 until 2008 and was based in Sydney. Sales was the network's Washington correspondent from 2001 to 2005, covering stories including the Iraq War, the 2004 presidential election, Guantanamo Bay and Hurricane Katrina.

In 2011, Sales was appointed presenter of the ABC's flagship news and current affairs program, 7.30.

Sales writes a fortnightly blog called Well-readhead, mostly about books and reading. It includes a list of ten interesting things to read, watch or listen to. It appears on both the ABC's The Drum website and News Limited's The Punch

Discussion starters

- Have you had the experience of an ordinary day turning upside down? What happened?
- In the aftermath of your ordinary day that went wrong, what kept you going?
- What did you think about Detective Graham Norris's theory that after one of life's blindsides, people have to find a 'new normal'?
- Did any one of the stories in this book affect you more emotionally than the others? Can you identify why?
- The author writes about tricking herself that if a traffic light changes before she stops her car, it means a certain thing will happen. What sort of superstitions or funny little things does your brain do to give you a sense of control over the universe?
- Have you ever avoided a friend for fear of saying or doing the wrong thing? After reading this book, how will you now approach friends who are sick or suffering?
- The author believes people endure rather than survive tragedy. What do you think?
- What news story during your lifetime has most stayed with you because it struck a particularly deep chord of personal fear or anxiety?
- If you were caught in an event that was a big news story, do you think you would want to talk to a journalist about it? Why or why not?
- Has reading this book influenced you to change any of your beliefs about the way the world works (your schemas) and if so, how?

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