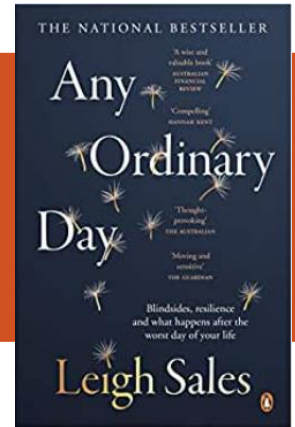




# Any Ordinary Day

## Leigh Sales



### Author Background

Leigh Sales was born in Brisbane, Australia in 1973. She attended Aspley State High School and attained a Bachelor of Journalism from the Queensland University of Technology and a Master of International Relations from Deakin University.

Leigh has worked for the ABC in political reporting, notably as the Washington Correspondent from 2001 to 2005 where she covered stories such as the Iraq War, the 2004 US presidential election, the Guantanamo Bay detention camp, and Hurricane Katrina.

From 2008 to 2010 Leigh was a co-host of the ABC's *Lateline* program and in 2011 was appointed anchor of the ABC's current affairs program, *7.30*.

Leigh's first book, *Detainee 002: The Case of David Hicks*, was published in 2007. She published her second book, *On Doubt*, in 2009 and her third book, *Any Ordinary Day* in 2018.

In November 2014, Leigh and Annabel Crabb started a podcast called *Chat 10 Looks 3*, in which they talk about books, movies, television, cooking and culture.

Leigh has won three Walkley Awards for her reporting and writing and became a Member of the Order of Australia (AM) in 2019 for service to broadcast media.

Leigh is married to Phil Willis, and they have two children.

### Book Summary

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. What are our chances of actually experiencing one? What do we fear most and why? And when the worst does happen, what comes next?

In this wise and layered book, Leigh talks intimately with people who've faced the unimaginable, from terrorism to natural disaster to simply being in the wrong place at the wrong time. Expecting broken lives, she instead finds strength, hope and humour. Leigh condenses the cutting-edge research on the way the human brain processes fear and grief and poses the questions we too often ignore out of awkwardness. She also offers an unguarded account of her own challenges and what she's learned about coping with life's unexpected blows.

Warm, candid and empathetic, in *Any Ordinary Day*, Sales investigates how ordinary people endure the unthinkable.

## Discussion Questions

- ❖ 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?
- ❖ Leigh Sales 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?
- ❖ Leigh Sales 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 and if so, how?

## References

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- ❖ Wikipedia – Leigh Sales: [https://en.wikipedia.org/wiki/Leigh\\_Sales](https://en.wikipedia.org/wiki/Leigh_Sales)