
Site To Download A Guide To Being A Big Sister Olivia TV Tie In

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3EQWK8 - DONAVAN FRANCIS

THE INTERNATIONAL BESTSELLER THAT WILL TRANSFORM YOUR LIFE Stop worrying about being nicer, calmer or more patient. Be a d*ck. It all began for Alexandra Reinwarth when she said 'F*ck you!' to a friend. Realising this person was making her life a misery, she ditched her. This one small act of rebellion sparked a huge change in the way Alexandra forever dealt with social guilt about everything. The Good Girl's Guide To Being A D*ck will teach you how to embrace your inner d*ck, guiding you through who and what to get rid from your life, to stop worrying about what others think, and how the seemingly small things in life can have a huge impact on the quality of your every day living. Alexandra shows you how to embrace your own needs and desires to live the life you've always wanted. Learn to say what you want, ask for what you need and get the life you fully deserve. Go on, be a d*ck.

In Challenges of the Firefighter Marriage, author Anne Gagliano has teamed up with her husband, Captain Mike Gagliano, to share their 30-plus years of personal experience on how marriage can thrive in the chaotic world of firefighting. In addition, they have called upon well-known and respected couples who share their stories of comfort and guidance for firefighter families everywhere.

Being a human is a lot of work! Thankfully, humans experience many of the same feelings, situations, and challenges, so we don't have to figure it all out on our own--we can help each other navigate the ups and downs. Full of humor and heart, this engaging guide inspires kids to be humans who are kind, empathetic, and thoughtful. No matter what our day brings, we can choose to practice self-control, compassion, and forgiveness. Don't worry, young human, it's okay to make some mistakes along the way--just remember that it's love that keeps us all afloat at the end of the day.

The Clairol model and VH1 star offers herself as a role model for young women who are interested in her profession, discussing such pertinent topics as style, make-up, hair, wardrobe, portfolios, and exercise. Original.

Forget what you've heard. Nice girls can get the corner office. As women, we haven't always had the best role models at work. We've either worked for men or we've had female bosses who are, well, big bitches. Woman still don't have much of a road map right now when it comes to taking charge at the office, so the team who brought you the national bestseller The Girl's Guide to Starting Your Own Business is drawing one for us. Caitlin Friedman and Kimberly Yorio will teach you to be powerful without being possessive, to be opinionated without being brassy, and to have a strong voice without micromanaging. You'll learn just how to own the role of queen bee in a positive way so that you

can be more mentor than manager, one who leads, inspires, and motivates. So, you finally got that promotion. You're the boss now. The supervisor. The manager. The captain. The taskmaster. Those days of taking orders, running errands, and clock-watching are over. As exciting as all this might seem, once the rush of the promotion is over, you might be scratching your head wondering exactly what to do. Being the boss is never easy, but it's twice as hard for a woman. It seems like there's no middle ground. Either you're the dragon lady who rules with an iron fist or the mousey girl who gets drowned out at every meeting. When a woman wields authority and dares to make tough decisions, how often is the "B-word" bandied about by her employees? How can she strike that balance between pushover and dictator? Fear not. You can do the job. All you need is a little helpful advice to send you on your way. Whether you supervise two as a shift manager or lord over an entire corporate empire, Caitlin Friedman and Kim Yorio will show you how to step gracefully into your new position of power. They'll teach you how to motivate your team without alienating them, how to delegate without feeling guilty, how to deal with office politics and how to handle evaluations, promotions, and even firings. And for those of you who are already running the show, they can help you become the mentor your employees deserve. Inside, there are self-assessment questionnaires to help you find out where you land on the bitch or wimp scale; interviews with prominent female bosses, human-resources directors, and therapists; and advice from a whole host of experts. In addition, there are funny and informative checklists and tips to make sure you're the Good Witch around the office and not the Big Bitch. And, most important, Caitlin and Kim will teach you the secrets to owning your role and loving it. You've earned your promotion, so enjoy it!

#1 New York Times Bestseller By the host of The Grace Helbig Show on E! and the it'sGrace YouTube channel, comedian Grace Helbig offers an irreverent and illustrated guide to life for anyone faced with the challenge of growing up. Infused with her trademark saucy, sweet, and funny voice, Grace's Guide is a tongue-in-cheek handbook for millennials, encompassing everything a young or new (or regular or old) adult needs to know, from how to live online to landing a job to surviving a breakup to decorating a first apartment, and much more. Charmingly illustrated, Grace's Guide features full-color photos, interactive worksheets, and exclusive stories from Grace's own misadventures, including her disastrous interview for NBC's Page Program, her lifelong struggles with anxiety, the first (and also last) time she entered a beauty pageant, meeting her first boyfriend at a high school Latin convention, and many other hilarious lessons she learned the hard way. Amusing and unexpectedly educational, this refreshing and colorful guide proves that becoming an adult doesn't necessarily mean you have to grow up.

A Guy's Guide to Life: How to Become a Man in 224 Pages or Less is a teenage guy's handbook to becoming a man with a healthy mind, body, and soul. What does society want of teen guys? To be independent, tough, and macho? To be a sensitive, caring metrosexual? To excel in school and sports and business? The challenges are many, and we haven't even mentioned the most important-and most frightening-topic of conversation: girls. The road to manhood is a perilous one. Guys need a guidebook, one that asks and answers the questions they're reluctant to discuss. They need a book that addresses the myths of manhood with a straightforward approach teenage guys will appreciate and absorb. Author Jason Boyett understands what many fail to realize—that somewhere between the awkwardness and braggadocio, the goofiness and the developing body, there is a real person struggling to make his mark on the world.

Cover -- Title -- Copyright -- CONTENTS -- List of figures and tables -- Preface -- PART I The discipline -- 1 The discipline of anthropology -- 2 The world today and anthropology's place in it -- PART II Anthropological practice -- 3 What is anthropological practice? -- 4 The history of practice in anthropology -- 5 Anthropological practice today -- PART III Preparation -- 6 Why be a practitioner? -- 7 Getting prepared for practice -- 8 Managing graduate school -- 9 Core competencies - methods and theory -- 10 Core competencies - networking and practice experience -- PART IV Finding employment -- 11 Career planning for practitioners -- 12 Investigating employment opportunities -- 13 Identifying predominant capabilities -- 14 Securing employment -- PART V Career-building -- 15 Succeeding in the workplace -- 16 Navigating your career -- 17 The future of anthropological practice -- Notes on contributing practitioners -- Works cited -- Index.

Wanting to be accepted by peers is a natural part of children's social development. Yet kids can be overly influenced by what "friends" think of them or urge them to do. Through simple language and engaging illustrations, this book explains the concept of peer pressure. It encourages a solid sense of self-identity—or "elf-identity"—and teaches kids how to say "No."

Becoming a teen is an important milestone in every girl's life. It's even more important to get answers and advice to the most common health issues girls face from a trusted source. The American Medical Association Girl's Guide to Becoming a Teen is filled with invaluable advice to get you ready for the changes you will experience during puberty. Learn about these important topics and more: Puberty and what kinds of physical and emotional changes you can expect—from your developing body to your feelings about boys The importance of eating the right foods and taking care of your body Your reproductive system inside and out Starting your period—what it means and how to handle it Thinking about relationships and dealing with new feelings

Being a glamour goddess has never been so easy! Transform yourself from drab to fab with this nifty guide to all things glamorous! Whether you want to have the shiniest hair or convince people you're a celebrity, this book will show you how! Being a glamour goddess has never been so easy. Inside this handy guide you'll find instructions on how to host a spa party, create your own style, exit a limo gracefully, make your own body glitter, persuade your best friend to lend you her clothes, put on a fashion show, make your own jewelry box, and much, much more

I've got it all—a great job, relationship, and lifestyle—so why do I feel so dissatisfied and disconnected? Why am I not happier in my intimate relationships? How do I become more powerful—without becoming that jerk everyone dislikes? Robert Augustus Masters has helped thousands of men address

and work through such issues. What he's found is that the common solution to these dilemmas is challenging yet clear: we must face our unresolved wounds, shame, and whatever else is holding us back, bringing "our head, heart, and guts into full-blooded alignment." With *To Be a Man*, this acclaimed psychotherapist and relationship expert offers a groundbreaking and deeply insightful guide to masculine power and fulfillment. *To Be a Man* clarifies what's needed to enter a manhood as strongly empowered as it's vulnerable, as emotionally literate as it's unapologetically alive—a manhood at home with truly intimate relationship. In this book, readers will explore:

- How your past may be dominating your present
- Shame in its healthy and unhealthy forms, and how to make wise use of it
- How vulnerability can be a source of strength
- Emotional literacy—an essential skill for relational well-being
- Releasing sex from the obligation to make you feel better
- How to disempower your inner critic
- Bringing your shadow (whatever you've disowned in yourself) out of the dark
- Embodying your natural heroism and persisting regardless of fear
- What women need from men
- Understanding and outgrowing pornography
- Entering the heartland of true masculine power

If you've read your share of popular advice on relationships and being a man—but realize on a gut level that it's going to take some serious inner work—here's a great guide to that most rewarding of challenges: doing what's needed to fully embody your authentic manhood.

"This guided journal will become a source of inspiration and motivation for recognizing how strong, beautiful, and capable you are. Filling in these pages can help you generate confidence and develop the mindset to feel unstoppable and dream big. You'll find prompts and exercises for promoting positive changes, including carrying out random acts of kindness, noticing small moments in your day that make you feel happy, moving from negative feelings, practicing gratitude and mindfulness, unplugging and unwinding, and so much more. Additionally, quotes and biographies of thirty-six notable women from U.S. history who have influenced society in a positive way will inspire you as you go on your own journey of empowerment and positive change"--Back cover

This book is for those interested in becoming an officer or who is already an officer. For those seeking careers in law enforcement, just starting out, or who want new tips to brush, you will find value in this book. This book is great for those who supervise, train, or teach officers. The book offers a blended academic and practitioner-based approach to learning and understanding the skills needed to be a great officer. The book discusses how to prepare for a law enforcement career, how to master the skills needed to be successful during training and throughout ones career, how to develop decision-making skills, and how to effectively communicate. We discuss patrol issues such as policing strategies, patrol techniques, enforcement issues, officer survival, and use of force. We discuss investigative techniques, dealing with juveniles, understanding intelligence, and report writing. We wrap up with tips on managing your career and ending your tour of duty.

Olivia explains what being a big sister is all about in this storybook with stickers that's perfect for older siblings! Olivia loves being a big sister to her brothers, Ian and William, and she's sharing her favorite tips for older sibings in this funny guidebook. Everyone's favorite pig gives humorous advice on how to help Mom with the stroller, how to help the baby sleep, how to share toys, and more. Includes a special treat for big siblings: a sheet of Olivia stickers! OLIVIA™ Ian Falconer Ink Unlimited, Inc. and © 2014 Ian Falconer and Classic Media, LLC

Presents advice for teenage girls on how to improve body, mind, and soul as they grow into woman-

hood.

Addressing the struggles of young girls everywhere, this hilariously relatable comic guide to life provides real advice and encourages a new generation of teen girls to find confidence and embrace individuality. With friends, love, social media, body image, and more--navigating young adulthood can seem impossible. The Ultimate Survival Guide to Being a Girl provides humorous and highly relatable guidelines for all of the struggles young girls face, presented in author Christina De Witte's signature comic style and told from the point of view of her lovable Instagram and Internet character, Chrostin. A Hyperbole and a Half for the young adult audience, the book includes comics and hands-on advice about serious issues like mental health and self-care, and also deals with questions on every young girl's mind, like "Can you survive on pizza alone?" Quirky, hilarious, and sincere, The Ultimate Survival Guide to Being a Girl empowers young women to challenge society's unrealistic standards of beauty and embrace their individuality. This is sure to be a favorite for teen girls.

'Am I normal?' 'What's an anxiety disorder?' 'Does therapy work?' These are just a few of the questions Natasha Devon is asked as she travels the UK campaigning for better mental health awareness and provision. Here, Natasha calls upon experts in the fields of psychology, neuroscience and anthropology to debunk and demystify the full spectrum of mental health. From A (Anxiety) to Z (Zero F**ks Given - or the art of having high self-esteem) via everything from body image and gender to differentiating 'sadness' from 'depression'. Statistically, one in three of us will experience symptoms of a mental illness during our lifetimes. Yet all of us have a brain, and so we ALL have mental health - regardless of age, sexuality, race or background. The past few years have seen an explosion in awareness, yet it seems there is still widespread confusion. A Beginner's Guide to Being Mental is for anyone who wants to have this essential conversation, written as only Natasha - with her combination of expertise, personal experience and humour - knows how.

These days, it's harder than ever to know how to act like a real man. We're not talking about the touchy-feely, ultra-sensitive, emotion-sharing, not-afraid-to-cry version of manhood that Oprah and Dr. Phil have been spouting for years. We're talking about the tough, smart, confident, charming, classy, all-around good fella that upholds the true ideal of what is known as "a man's man." Now, renowned actor and true-life man's man Frank Vincent, famed for his unforgettable tough-guy roles in such classic films as Raging Bull, Goodfellas and HBO's The Sopranos, is going to show how any man can be all that he can be in love, work, play, and life. Everything you need to know is covered here, including, getting the best women by being the best man, dressing like a champ and taking on the world, winning big money and big respect in Las Vegas, selecting, smoking, and savoring a great cigar, and much more. If you want to learn how to be a man's man, you gotta learn from a man's man. And with the great Frank Vincent vouching for you, you'll be on your way to getting everything you ever wanted outta life.

You've been told that you must be strong. You know what you want and you think you know how to get it, but no matter how hard you try, you still feel like there's "something missing", you are overworked, tired, and ready to give up. Author Candice Adewole knows your struggle and, more importantly, knows how to get you headed in the right direction. The Black Girl's Guide to Being Blissfully Feminine was written with you and countless other wonderful women like yourself in mind. It is more than a book. It's a movement - a movement toward the very things you were put on this Earth to do:

love unconditionally, nurture without fear, and live your truth. Part inspirational guide, part how-to manual, this book will not only walk you through the process of embracing your femininity, but will introduce you to all the benefits that can come from opening up your heart and your life to the possibilities. If real love and commitment are what you're after, this book is for you. If attracting the right man and building a strong foundation for your family with him is what you desire, this book is your answer. If being magnetic and powerful is what you want, then this book is for you. If bridging communities and mending relationships are something you aspire to do, this book will give you practical everyday tips on how to do that. If the idea of living blissfully in your true feminine essence is your idea of living wholly, this book is what you need. What are you waiting for? The key to your bright, beautiful future is here, waiting for you to open your heart and your mind to all the wonderful possibilities. Buy your copy today!

The Savvy Ally: A Guide for Becoming a Skilled LGBTQ+ Advocate is an enjoyable, humorous, encouraging, easy to understand guidebook for being an ally to the LGBTQ+ communities. It is chock full of practical and useful tools for LGBTQ+ advocacy, including: Current and relevant information on identities and LGBTQ+ language Tips for what to say and what not to say when someone comes out to you LGBTQ+ etiquette and techniques for respectful conversations Common bloopers to avoid Tools for effectively navigating difficult conversations Suggestions for addressing common questions and concerns Actions for creating more LGBTQ+ inclusive spaces Recommendations for self-care and sustainable allyship This book will be useful for teachers, counselors, social workers, nurses, medical technicians, and college professors, as well as parents who want to be supportive of their LGBTQ+ child, but don't know how. This is not a book about why to be an ally. This is a book about how to be an ally. The goal of The Savvy Ally is to create more confident, active allies who are effective advocates for change. This informative, entertaining, and supportive guidebook will surely jump-start even the most tentative ally.

The definitive source of information, insight, and advice for creative writers, from the nation's largest and most trusted organization for writers, Poets & Writers. For half a century, writers at every stage of their careers have turned to the literary nonprofit organization Poets & Writers and its award-winning magazine for resources to foster their professional development, from writing prompts and tips on technique to informative interviews with published authors, literary agents, and editors. But never before has Poets & Writers marshaled its fifty years' worth of knowledge to create an authoritative guide for writers that answers every imaginable question about craft and career—until now. Here is the writing bible for authors of all genres and forms, covering topics such as how to: -Harness your imagination and jump-start your creativity -Develop your work from initial idea to final draft -Find a supportive and inspiring writing community to sustain your career -Find the best MFA program for you -Publish your work in literary magazines and develop a platform -Research writing contests and other opportunities to support your writing life -Decide between traditional publishing and self-publishing -Find the right literary agent -Anticipate what agents look for in queries and proposals -Work successfully with an editor and your publishing team -Market yourself and your work in a digital world -Approach financial planning and taxes as a writer -And much more Written by Kevin Larimer and Mary Gannon, the two most recent editors of Poets & Writers Magazine, this book brings an unrivaled understanding of the areas in which writers seek guidance and support.

Filled with insider information like sample query letters, pitch letters, lists of resources, and worksheets for calculating freelance rates, tracking submissions, and managing your taxes, the guide does more than demystify the writing life—it also provides an array of powerful tools for building a sustainable career as a writer. In addition to the wealth of insights into creativity, publishing, and promotion are first-person essays from bestselling authors, including George Saunders, Christina Baker Kline, and Ocean Vuong, as well as reading lists from award-winning writers such as Anthony Doerr, Cheryl Strayed, and Natalie Diaz. Here, at last, is the ultimate comprehensive resource that belongs on every writer's desk.

Want to be an effective, successful and happy academic? This book helps you hone your skills, showcase your strengths, and manage all the professional aspects of academic life. With their focus on life-long learning and positive reflection, Alex and Bailey encourage you to focus on your own behaviours and personal challenges and help you to find real world solutions to your problems or concerns. Weaving inspirational stories, the best of research and theory, along with pragmatic advice from successful academics, this book provides step-by-step guidance and simple tools to help you better meet the demands of modern academia, including: Optimising your effectiveness, priorities & strategy Workflow & managing workload Interpersonal relationships, and how to influence Developing your writing, presenting and teaching skills Getting your work/life balance right. Clear, practical and refreshingly positive this book inspires you to build the career you want in academia.

Sometimes when we are younger, we go through some wonderful times, but also some tough times too. Whether that be problems with friends, worrying about how you look or just feeling a bit down in the dumps- this book is written especially for you- to help you in your journey! Girlwise is a new series of books written especially for young girls in the tween market (ages 7-12 years). Often when girls are younger, they need an extra dose of encouragement. Girlwise- A Guide to being YOU! Explores the importance of girls being created as unique individuals of great value and worth. Topics covered include: -Discovering your own unique gifts and talents-Self Esteem-Creating your own personal space-Feelings and how to cope with negative ones-Fun activities for girls to complete

"Part I is a straight to the point self help book on being a man, approaching women and building attraction. This book is full of useful and practical knowledge that is guaranteed to help you with women, life and dramatically improve your social skills. Women often say they wish all men possessed this knowledge. Make the decision now to take control of your life and live the life you deserve. My primary goal in creating this training manual was to shed light on exactly what it truly means to be a man that attracts a woman's mind, body and soul. Throughout the following pages you'll learn incredibly valuable insights that let you tap into the female psyche. From detailed lists on how to dramatically increase your worth in her eyes to proven strategies on how to increase your value as a man, destroy fear and have the correct mindset when approaching women and to naturally attract and keep women chasing you."--

A Guide to Men by Helen Rowland is a humorous book helping the genders understand each other better. Although it was written for Victorian society, it is extremely interesting for today's reader.

This is the tough love that boys need to hear today: a candid and whipsmart guide to being a good guy in a world full of assh*les. In this frank, funny, and necessary guidebook, Kara Kinney Cartwright, a mom who has raised two teenage boys, compiles all the unwritten rules of being a

good guy. As it turns out, everyone needs to learn one major lesson to safely avoid assh*le territory: other people are also humans. (Whoa, right?) Just Don't Be an Assh*le contains everything young men need to know to have positive interactions, make the best decisions, and recognize when they're being jerks. Things like, Just don't be an assh*le: • To your family (parents are not your employees) • To your friends (they'll laugh at you, not with you) • At work (no one wants to hear your podcast idea) • To women ("Are you up?" doesn't qualify as romance) • Online (if you wouldn't do it in real life, don't do it) • In the world (people unlike you are also people) • To yourself (it's okay not to have all the answers)

"This is the book where self-help turns into helping the world—and then turns back into helping yourself find a better life. Fascinating and timely!"—Bill McKibben, author of *Eaarth: Making a Life on a Tough New Planet* What does it take to achieve a successful and satisfying life? Not long ago, the answer seemed as simple as following a straightforward path: college, career, house, marriage, kids, and a secure retirement. Not anymore. Staggering student loan debt, sweeping job shortages, a chronically ailing economy—plus the larger issues of global unrest, poverty, and our imperiled environment—make the search for fulfillment more challenging. And, as Colin Beavan, activist and author of *No Impact Man*, proclaims, more exciting. In this breakthrough book, Beavan extends a hand to those seeking more meaning and joy in life even as they engage in addressing our various world crises. *How to Be Alive* nudges the unfulfilled toward creating their own version of the Good Life—a life where feeling good and doing good intersect. He urges readers to reexamine the "standard life approaches" to pretty much everything and to experiment with life choices that are truer to their values, passions, and concerns. How do you stop placing limits on your potential impact? How do you make your choices really matter in everything from your clothing purchases to your career? How do you find the people who will most support you in your quest for a good life? To answer these questions and more, Beavan draws on classic literature and philosophy; surprising new scientific findings; and the uplifting personal stories of real-life "lifequesters"—people who are breaking away from those old broken paths, blazing fresh trails, and reveling in every step along the way. "There is a movement afoot for a better life and Colin Beavan is its prophet, with a new book as powerful as his already classic *No Impact Man*."—John de Graaf, coauthor of *Affluenza*

The Student's Guide to BECOMING A NURSE The Student's Guide to Becoming a Nurse is an essential guide for all student nurses who want to become competent practitioners. It explores the knowledge, skills and attitudes that all pre-registration nursing students must acquire by the end of their programme of study, enabling them to become confident, successful nurses. Thoroughly re-written and updated to include the latest 2010 NMC standards for pre-registration nursing education, this invaluable textbook is divided into four key sections: Professional values Communication and interpersonal skills Nursing practice and decision making Leadership, management and team working With case studies, top tips, activities and questions throughout, *The Student's Guide to Becoming a Nurse* is ideal for all pre-registration nurses and those about to qualify. Student Reviews "It's been designed for students and that's why I like it... it is student friendly, useful, easy to read." Tamara Thomas, 2nd year nursing student, Swansea University "I cannot fault the content - it is straight to the point, it provides some interesting resources for a student nurse that is essential for them to know... a joy to read." Faye Elliott, 2nd year nursing student, Keele University "I think the content and mate-

rial is excellent... I will definitely be making recommendations to my friends." Leanne Curran, 2nd year nursing student, University of Ulster "This book is truly amazing and provided all of the information needed for my final exam to become a qualified nurse. I passed with flying colours, thanks." Amazon review

Be confident. Be gorgeous. Be glamorous. The tips and tricks in this book will help girls reveal the goddess inside - including: how to host a spa-style party; how to work out your face-shape; how to make your own signature perfume; how to stop biting your nails; how to pretend you've got freckles; how to jazz up a boring ponytail; how to give yourself a mini facial, and much more.

Based on Matt Shirley's popular Instagram account, this smart and hilarious guide is a collection of tables, lists, and charts for all the visual learners out there striving to be a successful grown-up. We all know the particular pain that comes with having to be an actual adult, whether it's resetting your internet password on ten different sites, yearning for an excuse to get out of the plans your wife made for you months ago, or the anxiety that comes from forcing yourself to work out again. When Matt Shirley became fed up with being a grown-up, he started drawing charts as a more fun and efficient way to cope with his frustrations, and stuck them up on Instagram where they became an instant hit. Packed with over one hundred charts, graphs, diagrams, and infographics—with 50 percent brand-new material—this hilarious collection vows to explain everything you need to know about how to be a grown-up, covering work, family, and friends, to dating, breakups, and more. From explaining the cycle of adulthood to decoding the pros and cons of first dates to understanding the corporate lingo translator, Shirley's charts cut to the core of how to be an adult in the funniest possible way.

"This book is for any parent who has ever struggled under the substantial weight of caregiving—which is to say, all of us. Good Inside is not only a wise and practical guide to raising resilient, emotionally healthy kids, it's also a supportive resource for overwhelmed parents who need more compassion and less stress. Dr. Becky is the smart, thoughtful, in-the-trenches parenting expert we've been waiting for!"—Eve Rodsky, New York Times bestselling author of Fair Play and Find Your Unicorn Space Dr. Becky Kennedy, wildly popular parenting expert and creator of @drbeckyatgoodinside, shares her groundbreaking approach to raising kids and offers practical strategies for parenting in a way that feels good. Over the past several years, Dr. Becky Kennedy—known to her followers as "Dr. Becky"—has been sparking a parenting revolution. Millions of parents, tired of following advice that either doesn't work or simply doesn't feel good, have embraced Dr. Becky's empowering and effective approach, a model that prioritizes connecting with our kids over correcting them. Parents have long been sold a model of childrearing that simply doesn't work. From reward charts to time outs, many popular parenting approaches are based on shaping behavior, not raising humans. These techniques don't build the skills kids need for life, or account for their complex emotional needs. Add to that parents' complicated relationships with their own upbringings, and it's easy to see why so many caretakers feel lost, burned out, and worried they're failing their kids. In Good Inside, Dr. Becky shares her parenting philosophy, complete with actionable strategies, that will help parents move from uncertainty and self-blame to confidence and sturdy leadership. Offering perspective-shifting parenting principles and troubleshooting for specific scenarios—including sibling rivalry, separation anxiety, tantrums, and more—Good Inside is a comprehensive resource for a generation

of parents looking for a new way to raise their kids while still setting them up for a lifetime of self-regulation, confidence, and resilience.

Unravel the fundamental ingredients of visual storytelling and discover how top children's illustrators portray narrative, intrigue, and suspense through art.

Welcome to depression! First, you're going to need sweatpants. Next, you're going to need a sense of humor. Author/comedian Dana Eagle offers a mix of tongue-in-cheek advice, wry wisdom, and "therapeutic" activities like a bad-poetry generator. Hilarious and hilariously honest, How to Be Depressed will make readers cry—with laughter. For anyone who's ever been sad, really sad—or just known someone who's been really sad! Your can-do guide to the mood disorder sweeping the nation! Just what the shrink ordered: funny books! Paperback; 5.75 x 7.75 inches, 144 pages

Help Your Daughter Celebrate and Care for Her Changing Body Your tween daughter (age 8-12) will be going through a physical and emotional transformation in the coming years. Prepare her for what's ahead with this fun and informative user's manual to the body God created especially for her. It's Great to Be a Girl! tells your daughter everything she needs to know, in kid-friendly terms, about the many changes she can expect during puberty and how to handle them, including tips on hygiene, hair care, makeup, nutrition, exercise, and more. Best of all, your daughter will learn that her body was made for a purpose—to honor and glorify God. This truth is the basis for a lifetime of positive self-image and a rich, vibrant faith. Help your daughter recognize the beauty of her changing body as she agrees with her Creator that "it's great to be a girl!"

Winner of the 2017 Goodreads Choice Awards: Non-Fiction Book of the Year! The official debut book from YouTube phenomenon Lilly Singh. 'The ultimate no-nonsense manual for millennials how to make it to the top' Marie Claire From actress, comedian and YouTube sensation Lilly Singh (aka Superwoman) comes the definitive guide to being a BAWSE - a person who exudes confidence, reaches goals, gets hurt efficiently, and smiles genuinely because they've fought through it all and made it out the other side. Told in her hilarious, bold voice that's inspired over 9 million fans, and using stories from her own life to illustrate her message, Lilly proves that there are no shortcuts to success. WARNING: This book does NOT include hopeful thoughts, lucky charms, and cute quotes. That's because success, happiness and everything else you want in life needs to be fought for - not wished for. In Lilly's world, there are no escalators. Only stairs.

Reminiscent of Aimee Bender and Karen Russell, from the author of the new collection, Awayland—an enthralling book of stories that uses the world of the imagination to explore the heart of the human condition. Major literary talent Ramona Ausubel, author of Sons and Daughters of Ease and Plenty, combines the otherworldly wisdom of her much-loved debut novel, No One Is Here Except All of Us, with the precision of the short-story form. A Guide to Being Born is organized around the stages of life—love, conception, gestation, birth—and the transformations that happen as people experience deeply altering life events, falling in love, becoming parents, looking toward the end of life. In each of these eleven stories Ausubel's stunning imagination and humor are moving, entertaining, and provocative, leading readers to see the familiar world in a new way. In "Atria" a pregnant teenager believes she will give birth to any number of strange animals rather than a human baby; in "Catch and Release" a girl discovers the ghost of a Civil War hero living in the woods behind her

house; and in “Tributaries” people grow a new arm each time they fall in love. Funny, surprising, and delightfully strange—all the stories have a strong emotional core; Ausubel’s primary concern is always love, in all its manifestations.

A beautiful meditation on the joys of being a grandparent and a practical guide to help you and your adult children make the most of your relationship with a grandchild. For many grandparents, a grandchild offers a second chance to become the parent they didn’t have the time or the energy to be when raising their own children. Being a grandparent, family relationships expert Jane Isay argues, is the opportunity to turn missed opportunities into delight. Drawing on her personal experience, dozens of interviews, and the latest findings in psychology, Isay shows how a grandparent can use his or her unique perspective and experience to create a deep and lasting bond that will echo throughout a grandchild’s life. She explores the realities of today’s multigenerational families, identi-

fying problems and offering solutions to enhance love, trust, and understanding between grandparents, parents, and grandchildren. She also offers a wealth of practical advice, from when to get involved, when to stay away, and how to foster a strong relationship when you’re separated by long distance. Unconditional Love advocates for honest conversation, thinking in the long run and healing breaches in order to be together, understanding that most of us try to do our best and need to be forgiven if we fail. Isay argues that secrets and surprises may tilt the boat but won’t necessarily sink it and that grandparents and their grown children are happier when they give each other the benefit of the doubt. Most importantly, she writes, the advent of grandchildren offers families the opportunity for healing and redemption—if we seize the moment. In lovely prose and through delightful stories, Isay shows us how we can. A great gift for grandparents-to-be and a wonderful resource for all, Unconditional Love is a beautiful and psychologically astute look at what it means to be an engaged grandparent.