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ORYWC8 - PETERSEN RHODES

I can't remember the last time I felt completely safe. Security seemed more like a luxury to me, reserved for those who were fortunate enough to have picture perfect childhoods. For those who didn't bear the ugly scars that keep me bound in constant, debilitating fear. I've run from that fear my entire life. But when I met him, for once, I couldn't run anymore. He scared the hell out of me in a way that excited every fiber of my being. It wasn't the tattoos or the piercings. It wasn't the warmth that seemed to radiate from his frame and blanket me whenever he was near. It was just...him. The scary beautiful man that threatened to alter 23 years of routine and rituals, and make me face my crippling fear. My name is Kami and I am constantly afraid. And the thing that scares me the most is the very thing I want. "Don't worry," he smiled, pulling me into the hard warmth of his chest. "I've got you. I'll always catch you when you fall." And just like that, Blaine had staked his claim on the untouched part of me that no living soul had ever moved. He had captured every fear, every reservation, and crushed them in the palm of his inked hand.*** This book deals with sensitive subjects such as domestic violence and sexual abuse. Not intended for readers under 17 years of age.

This manual attempts to provide simple, adequate and evidence-based information to health care professionals in primary health care especially in low- and middle-income countries to be able to provide pharmacological treatment to persons with mental disorders. The manual contains basic principles of prescribing followed by chapters on medicines used in psychotic disorders; depressive disorders; bipolar disorders; generalized anxiety and sleep disorders; obsessive compulsive disorders and panic attacks; and alcohol and opioid dependence. The annexes provide information on evidence retrieval, assessment and synthesis and the peer view process.

A leading clinical expert in the fields of child cognitive behavior therapy and anxiety disorders, Dr. Tamar Chansky frequently counsels children (and their parents) whose negative thinking creates chronic or occasional emotional hurdles and impedes optimism, flexibility, and happiness. Now, in the first book that specifically focuses on negative thinking in kids, *Freeing Your Child from Negative Thinking* provides parents, caregivers, and clinicians the same clear, concise, and compassionate guidance that Dr. Chansky employed in her previous guides to relieving children from anxiety and obsessive compulsive symptoms. Here she thoroughly covers the underlying causes of children's negative attitudes, as well as providing multiple strategies for managing negative thoughts, building optimism, and establishing emotional resilience.

This accessible guide addresses the nature of the intrusive and unwanted thoughts that can be common in new parenthood, and offers practical answers and advice on how to tackle these. With fresh material focusing on how to overcome barriers to disclosure and stigma, and updated treatment approaches and case descriptions, this revised edition explains exactly what these negative thoughts are, why they come about, and what can be done about them. Chapters offer information on the specific nature of perinatal anxiety and related disorders, along with take-home points and evidence-based strategies for symptom relief that clinicians can use effectively with new parents. Written by two leading clinicians in the perinatal community, in collaboration with two promising leaders in this specialized field, *Dropping the Baby and Other Scary Thoughts*, 2nd edition offers a compassionate approach to breaking the cycle of scary thoughts that is invaluable to new parents and clinicians alike.

I am a bunny. My name is Nicholas. I live in a hollow tree. In the spring, Nicholas likes to sniff the flowers, and in the summer, watch the frogs in the pond. In the fall, he watches the animals getting ready for winter, and in winter, watches the snow falling from the sky. One of Golden's most beloved titles, this beautifully illustrated, gentle story is now available as an eBook.

Edgar Award Finalist: The hunt for a vanished singer leads a detective into the depths of the occult in this "terrific" novel (Stephen King). Big-band frontman Johnny Favorite was singing for the troops when a Luftwaffe fighter squadron strafed the bandstand, killing the crowd and leaving the singer near death. The army returned him to a private hospital in upstate New York, leaving him to live out his days as a vegetable while the world forgot him. But Louis Cyphre never forgets. Cyphre had a contract with the singer, stipulating payment upon Johnny's death—payment that will be denied as long as Johnny clings to life. When Cyphre hires private investigator Harry Angel to find Johnny at the hospital, Angel learns that the singer has disappeared. It is no ordinary miss-

ing-person's case. Everyone he questions dies soon after, as Angel's investigation ensnares him in a bizarre tangle of black magic, carnival freaks, and grisly voodoo. When the sinister Louis Cyphre begins appearing in Angel's dreams, the detective fears for his life, his sanity, and his soul. Falling Angel was the basis for the Alan Parker film *Angel Heart*, starring Mickey Rourke, Robert De Niro, and Lisa Bonet. This ebook features an illustrated biography of William Hjortsberg including rare photos from the author's personal collection.

Dropping the Baby and Other Scary Thoughts Routledge It takes a graveyard to raise a child. Nobody Owens, known as Bod, is a normal boy. He would be completely normal if he didn't live in a graveyard, being raised by ghosts, with a guardian who belongs to neither the world of the living nor the dead. There are adventures in the graveyard for a boy—an ancient Indigo Man, a gateway to the abandoned city of ghouls, the strange and terrible Sleer. But if Bod leaves the graveyard, he will be in danger from the man Jack—who has already killed Bod's family.

From the author and illustrator of *Good Moms Have Scary Thoughts*, a guidebook for new parents packed with poignant comics and tips to help couples maintain a strong relationship with all the stress a beautiful baby brings.

Distinguished pediatrician Dr Robert Bucknam, M.D. and co-author Gary Ezzo are two of the world's leading experts on baby sleep and feeding patterns. Millions of new mothers across the globe are coming toward this new brand at an increasing pace as they find and share the life changing success they are achieving with their newborns. This updated Anniversary edition celebrates 25 years with Bucknam and Ezzo's groundbreaking approach which has found favor with over six million parents in all 50 states and has been translated into 20 languages around the world. For 25 years, *On Becoming Babywise* has been the de facto newborn parenting manual for naturally synchronizing your baby's feeding time, waketime and nighttime sleep cycles, so the whole family can sleep through the night. In his 28th year as a licensed Pediatrician, Dr. Robert Bucknam, M.D. along with co-author Gary Ezzo, demonstrate how order and stability are mutual allies of every newborn's metabolism and how parents can take advantage of these biological propensities. In particular, they note how an infant's body responds to the influences of parental routine or the lack thereof. Early chapters start with explorations of everyday aspects of infant management such as the three basic elements of daytime activities for newborns: feeding time, waketime, and naptime. Practical discussions then focus on broad and niche topics including feeding philosophies, baby sleep problems, baby scheduling challenges, nap routines, sleep training multiples, baby sleeping props, Colic and Reflux and many other dimensions which impact breast feeding schedules, bottle feeding tips, and baby sleeping training. Five resource Appendixes provide additional reference material: 1) Taking care of baby and mom 2) A timeline of what to expect and when 3) Baby Sleep Training Problems and Solutions 4) Monitoring Your Baby's Growth 5) Healthy Baby Growth Charts *On Becoming Babywise* is more than an infant-management concept. It is a mindset for successful parenthood. It can help any parent develop a plan that meets both the needs of a new baby and of the entire family. These principles have worked for millions of parents and, when applied with common sense to your unique situation, can work wonderfully for you too! Recommended by doctors across the country.

A New York Times bestseller • One of Time Magazine's 100 Best YA Books of All Time • Winner of the Michael L. Printz Award • A Stonewall Honor Book The radiant, award-winning story of first love, family, loss, and betrayal for fans of John Green, Becky Albertalli, and Adam Silvera "Dazzling."—The New York Times Book Review "A blazing prismatic explosion of color."—Entertainment Weekly "Powerful and well-crafted . . . Stunning." —Time Magazine "We were all heading for each other on a collision course, no matter what. Maybe some people are just meant to be in the same story." At first, Jude and her twin brother are Noah and Jude; inseparable. Noah draws constantly and is falling in love with the charismatic boy next door, while daredevil Jude wears red-red lipstick, cliff-dives, and does all the talking for both of them. Years later, they are barely speaking. Something has happened to change the twins in different yet equally devastating ways . . . but then Jude meets an intriguing, irresistible boy and a mysterious new mentor. The early years are Noah's to tell; the later years are Jude's. But they each have only half the story, and if they can only find their way back to one another, they'll have a chance to remake their world. From the acclaimed author of *The Sky Is Everywhere*, this exhilarating novel will leave you breathless and teary

and laughing—often all at once.

Drawn from her blog of the same name, this entertaining guide, which is part memoir, part-commiseration, and part how-to, shows new moms how to care for themselves post-partum to feel a little more like their glam former selves, while still being the best mommy they can be. Original.

What do we know about ordinary people in our towns and cities, about what really matters to them and how they organize their lives today? This book visits an ordinary street and looks into thirty households. It reveals the aspirations and frustrations, the tragedies and accomplishments that are played out behind the doors. It focuses on the things that matter to these people, which quite often turn out to be material things – their house, the dog, their music, the Christmas decorations. These are the means by which they express who they have become, and relationships to objects turn out to be central to their relationships with other people – children, lovers, brothers and friends. If this is a typical street in a modern city like London, then what kind of society is this? It's not a community, nor a neighbourhood, nor is it a collection of isolated individuals. It isn't dominated by the family. We assume that social life is corrupted by materialism, made superficial and individualistic by a surfeit of consumer goods, but this is misleading. If the street isn't any of these things, then what is it? This brilliant and revealing portrayal of a street in modern London, written by one of the most prominent anthropologists, shows how much is to be gained when we stop lamenting what we think we used to be and focus instead on what we are now becoming. It reveals the forms by which ordinary people make sense of their lives, and the ways in which objects become our companions in the daily struggle to make life meaningful.

For too many families, the postpartum period brings unexpected pain and devastation when depression entered the picture. The anticipated joy and pleasure of parenthood is replaced with feelings of fear, sadness, anger, confusion and resentment. Research has shown that supportive relationships during postpartum depression treatment is associated with a reduction in depressive symptoms. When partners have the right information, they will not only gain a better understanding of the illness and its impact, they will also feel better themselves. Furthermore, we know that this understanding and capacity for support is directly related to his wife's sense of well being and control. In my first book, "This Isn't What I Expected: Overcoming Postpartum Depression" (Bantam, 1994), we included a chapter for husbands, which turned out to be an invaluable resource for the partners of women suffering from PPD. After receiving feedback from the families I treat, I was shown that husbands needed support and information that is distinct from what their wives were seeking. "The Postpartum Husband" offers that information with its handy reference-style format and addresses specific questions that may arise throughout the course of the illness. As the husband feels more in control of the situation and his wife feels understood and cared for, symptoms improve and recovery is augmented.

The Instant New York Times Bestseller and TikTok Sensation! As seen on THE VIEW! A BuzzFeed Best Summer Read of 2021 When a fake relationship between scientists meets the irresistible force of attraction, it throws one woman's carefully calculated theories on love into chaos. As a third-year Ph.D. candidate, Olive Smith doesn't believe in lasting romantic relationships—but her best friend does, and that's what got her into this situation. Convincing Anh that Olive is dating and well on her way to a happily ever after was always going to take more than hand-wavy Jedi mind tricks: Scientists require proof. So, like any self-respecting biologist, Olive panics and kisses the first man she sees. That man is none other than Adam Carlsen, a young hotshot professor—and well-known ass. Which is why Olive is positively floored when Stanford's reigning lab tyrant agrees to keep her charade a secret and be her fake boyfriend. But when a big science conference goes haywire, putting Olive's career on the Bunsen burner, Adam surprises her again with his unyielding support and even more unyielding...six-pack abs. Suddenly their little experiment feels dangerously close to combustion. And Olive discovers that the only thing more complicated than a hypothesis on love is putting her own heart under the microscope.

FROM THE #1 NEW YORK TIMES BESTSELLING AUTHOR OF THE HUSBAND'S SECRET AND BIG LITTLE LIES. A "cheerfully engaging" (Kirkus Reviews) novel for anyone who's ever asked herself, "How did I get here?" Alice Love is twenty-nine, crazy about her husband, and pregnant with her first child. So imagine Alice's surprise when she comes to on the floor of a gym (a gym! She HATES the gym) and is whisked off to the hospital where she discovers

the honeymoon is truly over—she's getting divorced, she has three kids, and she's actually 39 years old. Alice must reconstruct the events of a lost decade, and find out whether it's possible to reconstruct her life at the same time. She has to figure out why her sister hardly talks to her, and how is it that she's become one of those super skinny moms with really expensive clothes. Ultimately, Alice must discover whether forgetting is a blessing or a curse, and whether it's possible to start over...

Over 90 percent of new mothers will have scary, intrusive thoughts about their baby and themselves. What if I drop him? What if I snap and hurt my baby? Mothering is so hard—I don't know if I really want to do this anymore. Gosh, I'm so terrible for thinking that! Yet for too many mothers, those thoughts remain secret, hidden away in a place of shame that can quickly grow into anxiety, postpartum depression, and even self-harm. But here's the good news: you CAN feel better! Author Karen Kleiman—coauthor of the seminal book *This Isn't What I Expected* and founder of the acclaimed Postpartum Stress Center—comes to the aid of new mothers everywhere with a groundbreaking new source of hope, compassion, and expert help. *Good Moms Have Scary Thoughts* is packed with world-class guidance, simple exercises, and nearly 50 stigma-busting cartoons from the viral #speakthesecret campaign that help new moms validate their feelings, share their fears, and start feeling better. Lighthearted yet serious, warm yet not sugary, and perfectly portioned for busy moms with full plates, *Good Moms Have Scary Thoughts* is the go-to resource for moms, partners, and families everywhere who need help with this difficult period.

Thoroughly updated based on the latest science, this empowering workbook gives you the skills to overcome obsessional thoughts and compulsive behaviors—and live a freer, happier life. Leading OCD specialist Dr. Jonathan Abramowitz presents a step-by-step program grounded in cognitive-behavioral therapy (CBT), the most effective treatment for the disorder. Vivid stories and numerous practical tools (which you can download and print for repeated use) help you: *Understand how OCD affects your mind and body. *Develop a customized plan for change. *Find relief from distressing intrusive thoughts. *Confront the situations you avoid—and discover a new sense of safety. *Break free of compulsive rituals. *Reduce anxiety and improve your relationships. The second edition is revised throughout with cutting-edge strategies for coping with unwanted thoughts that can't be eliminated completely, plus new learning techniques drawn from brain research. Ready to get over OCD? Your journey starts here.

#1 New York Times Bestseller USA Today Bestseller The Globe and Mail Bestseller Publishers Weekly Bestseller Whose truth is the lie? Stay up all night reading the sensational psychological thriller that has readers obsessed, from the #1 New York Times bestselling author of *It Ends With Us*. Lowen Ashleigh is a struggling writer on the brink of financial ruin when she accepts the job offer of a lifetime. Jeremy Crawford, husband of bestselling author Verity Crawford, has hired Lowen to complete the remaining books in a successful series his injured wife is unable to finish. Lowen arrives at the Crawford home, ready to sort through years of Verity's notes and outlines, hoping to find enough material to get her started. What Lowen doesn't expect to uncover in the chaotic office is an unfinished autobiography Verity never intended for anyone to read. Page after page of bone-chilling admissions, including Verity's recollection of the night her family was forever altered. Lowen decides to keep the manuscript hidden from Jeremy, knowing its contents could devastate the already grieving father. But as Lowen's feelings for Jeremy begin to intensify, she recognizes all the ways she could benefit if he were to read his wife's words. After all, no matter how devoted Jeremy is to his injured wife, a truth this horrifying would make it impossible for him to continue loving her.

When our children are born, we do everything we can to make sure they have love, food, clothing, and shelter. But despite all this, one in five children today suffers from a diagnosed anxiety disorder, and countless others suffer from anxiety that interferes with critical social, academic, and physical development. Dr. Donna Pincus, nationally recognized childhood anxiety expert, is here to help. In *Growing Up Brave*, Dr. Pincus helps parents identify and understand anxiety in their children, outlines effective and convenient parenting techniques for reducing anxiety, and shows parents how to promote bravery for long-term confidence. From trouble sleeping and separation anxiety to social anxiety or panic attacks, *Growing Up Brave* provides an essential toolkit for instilling happiness and confidence for childhood and beyond.

PULITZER PRIZE WINNER • A “vivid and devastating” (The New York Times) portrait of an indomitable girl—from acclaimed journalist Andrea Elliott “From its first indelible pages to its rich and startling conclusion, *Invisible Child* had me, by turns, stricken, inspired, outraged, illuminated, in tears, and hungering for reimmersion in its Dickensian depths.”—Ayad Akhtar, author of *Homeland Elegies* ONE OF THE TEN BEST BOOKS OF THE YEAR: The New York Times • ONE OF THE BEST BOOKS OF THE YEAR: The Atlantic, The New York Times Book Review, Time, NPR, Library Journal In *Invisible Child*, Pulitzer Prize winner Andrea Elliott follows eight dramatic years in the life of Dasani, a girl whose imagination is as soaring as the skyscrapers near her Brooklyn shelter. In this

sweeping narrative, Elliott weaves the story of Dasani's childhood with the history of her ancestors, tracing their passage from slavery to the Great Migration north. As Dasani comes of age, New York City's homeless crisis has exploded, deepening the chasm between rich and poor. She must guide her siblings through a world riddled by hunger, violence, racism, drug addiction, and the threat of foster care. Out on the street, Dasani becomes a fierce fighter “to protect those who I love.” When she finally escapes city life to enroll in a boarding school, she faces an impossible question: What if leaving poverty means abandoning your family, and yourself? A work of luminous and riveting prose, Elliott's *Invisible Child* reads like a page-turning novel. It is an astonishing story about the power of resilience, the importance of family and the cost of inequality—told through the crucible of one remarkable girl. Winner of the J. Anthony Lukas Book Prize • Finalist for the Bernstein Award and the PEN/John Kenneth Galbraith Award It's Nina Landry's birthday, and she's supposed to have her kids ready to leave in a few hours for a Christmas holiday in Florida with her new boyfriend, but her fifteen-year-old daughter Charlie spent the night at a friend's and hasn't come home yet. Not by ten a.m., not by eleven. Nina is getting angry—they have a plane to catch, and Charlie hasn't even bothered to pack. As time passes, though slower and slower by the minute, Nina becomes uneasy. Her anger gives way to worry, and that worry quickly builds into panic. By one p.m., she's wondering, has Charlie run away, or has something far worse happened? And why won't anyone—not the cops, not Charlie's friends, not Charlie's father—take her disappearance seriously? As day turns to night on their home of Sandling Island sixty miles from London, and a series of ominous secrets leads Nina from sickening suspicion to deadly certainty, the question becomes less whether she and her daughter will leave the island in time and more whether they'll ever leave it again. In *Losing You*, the newest thriller from the long-acclaimed master of psychological suspense, Nicci French unravels one mother's life and replaces it with every mother's worst nightmare.

As seen in Time, USA TODAY, The Atlantic, The Wall Street Journal, and on CBS This Morning, BBC, PBS, CNN, and NPR, iGen is crucial reading to understand how the children, teens, and young adults born in the mid-1990s and later are vastly different from their Millennial predecessors, and from any other generation. With generational divides wider than ever, parents, educators, and employers have an urgent need to understand today's rising generation of teens and young adults. Born in the mid-1990s up to the mid-2000s, iGen is the first generation to spend their entire adolescence in the age of the smartphone. With social media and texting replacing other activities, iGen spends less time with their friends in person—perhaps contributing to their unprecedented levels of anxiety, depression, and loneliness. But technology is not the only thing that makes iGen distinct from every generation before them; they are also different in how they spend their time, how they behave, and in their attitudes toward religion, sexuality, and politics. They socialize in completely new ways, reject once sacred social taboos, and want different things from their lives and careers. More than previous generations, they are obsessed with safety, focused on tolerance, and have no patience for inequality. With the first members of iGen just graduating from college, we all need to understand them: friends and family need to look out for them; businesses must figure out how to recruit them and sell to them; colleges and universities must know how to educate and guide them. And members of iGen also need to understand themselves as they communicate with their elders and explain their views to their older peers. Because where iGen goes, so goes our nation—and the world.

Postpartum depression is hard on a marriage. In their private practices, authors Karen Kleiman and Amy Wenzel often find themselves face-to-face with marriages that are suffocating, as if the depression has sucked the life out of a relationship that was only prepared for the anticipated joy of pending childbirth. What happens to marriage? Why do couples become angry, isolated, and disconnected? *Tokens of Affection* looks closely at marriages that have withstood the passing storm of depression and are now seeking, or in need of, direction back to their previous levels of functioning and connectedness. The reader is introduced to a model of collaboration that refers to 8 specific features, which guide postpartum couples back from depression. These features, framed as “Tokens,” are based on marital therapy literature and serve as a reminder that these are not just communication skill-building techniques; they are gift-giving gestures on behalf of their relationship. A reparative resource, *Tokens of Affection* helps couples find renewed harmony, a solid relational ground, and reconnection.

A NEW YORK TIMES BESTSELLER Another thrilling domestic suspense novel from the New York Times bestselling author of *Not a Happy Family* “The twists come as fast [as] you can turn the pages.” —People “I read this novel at one sitting, absolutely riveted by the storyline. The suspense was beautifully rendered and unrelenting!” —Sue Grafton It all started at a dinner party. . . . A domestic suspense debut about a young couple and their apparently friendly neighbors—a twisty, rollercoaster ride of lies, betrayal, and the secrets between husbands and wives. . . . Anne and Marco Conti seem to have it all—a loving relationship, a wonderful home, and their beautiful baby, Cora. But one night, when they are at a dinner party next door, a terrible crime is committed. Sus-

picion immediately lands on the parents. But the truth is a much more complicated story. Inside the curtained house, an unsettling account of what actually happened unfolds. Detective Rasbach knows that the panicked couple is hiding something. Both Anne and Marco soon discover that the other is keeping secrets, secrets they've kept for years. What follows is the nerve-racking unraveling of a family—a chilling tale of deception, duplicity, and unfaithfulness that will keep you breathless until the final shocking twist. Taking refuge in fairy tales after the loss of his mother, twelve-year-old David finds himself violently propelled into an imaginary land in which the boundaries of fantasy and reality are disturbingly melded. By the author of *The Black Angel*. 75,000 first printing. When Fallon and aspiring novelist Ben meet and fall in love the day before Fallon's cross-country move, they vow to meet on the same date every year, until Fallon suspects Ben is fabricating their relationship to create the perfect plot twist.

If these thoughts seem to be permanent fixtures in your mind, you're in good company. New moms have a lot to be anxious about, and it's perfectly natural to have some fears during and after pregnancy. The problem is, anxiety can grow, disrupting your daily life and keeping you from enjoying motherhood. The *Pregnancy and Postpartum Anxiety Workbook* provides proven-effective strategies drawn from cognitive behavioral therapy (CBT) for keeping anxious thoughts at bay and getting back to the productive and positive thinking you've been missing. Through a series of easy exercises and worksheets, you'll learn skills for relaxing yourself when you feel stressed. You'll also learn to reduce the frequency and intensity of anxious feelings many pregnant women and mothers of infants face. The book also includes a chapter that offers tips to help fathers understand and support their partners. How I wish I'd had this book when I suffered from postpartum obsessive-compulsive disorder! Pregnant and postpartum moms need to know that perinatal anxiety disorders are common and treatable, and that there's no need to continue suffering. - Katherine Stone, editor of *Postpartum Progress*, the most widely-read blog on perinatal mood and anxiety disorders, and board member of Postpartum Support International Wiegartz and Gyorkoe have adapted the powerful and scientifically proven techniques of cognitive behavioral therapy into tools that new moms and mothers-to-be can use to overcome the most common anxiety-related problems and reclaim this special time of life. -Jonathan S. Abramowitz, Ph.D., ABPP, professor and director of the Anxiety and Stress Disorders Clinic at the University of North Carolina at Chapel Hill

After decades of failed relationships and painful drama, Donald Miller decided he'd had enough. Impressing people wasn't helping him connect with anyone. He'd built a life of public isolation, yet he dreamed of meaningful relationships. So at forty years old he made a scary decision: to be himself no matter what it cost. From the author of *Blue Like Jazz* comes a book about the risk involved in choosing to impress fewer people and connect with more, about the freedom that comes when we stop acting and start loving. It is a story about knocking down old walls to create a healthy mind, a strong family, and a satisfying career. And it all feels like a conversation with the best kind of friend: smart, funny, true, important. *Scary Close* is Donald Miller at his best.

Make workplace conflict resolution a game that EVERYBODY wins! Recent studies show that typical managers devote more than a quarter of their time to resolving coworker disputes. The *Big Book of Conflict-Resolution Games* offers a wealth of activities and exercises for groups of any size that let you manage your business (instead of managing personalities). Part of the acclaimed, bestselling *Big Books* series, this guide offers step-by-step directions and customizable tools that empower you to heal rifts arising from ineffective communication, cultural/personality clashes, and other specific problem areas—before they affect your organization's bottom line. Let *The Big Book of Conflict-Resolution Games* help you to: Build trust Foster morale Improve processes Overcome diversity issues And more Dozens of physical and verbal activities help create a safe environment for teams to explore several common forms of conflict—and their resolution. Inexpensive, easy-to-implement, and proved effective at Fortune 500 corporations and mom-and-pop businesses alike, the exercises in *The Big Book of Conflict-Resolution Games* delivers everything you need to make your workplace more efficient, effective, and engaged.

Written after his wife's tragic death as a way of surviving the “mad midnight moment,” *A Grief Observed* is C.S. Lewis's honest reflection on the fundamental issues of life, death, and faith in the midst of loss. This work contains his concise, genuine reflections on that period: “Nothing will shake a man -- or at any rate a man like me -- out of his merely verbal thinking and his merely notional beliefs. He has to be knocked silly before he comes to his senses. Only torture will bring out the truth. Only under torture does he discover it himself.” This is a beautiful and unflinchingly honest record of how even a stalwart believer can lose all sense of meaning in the universe, and how he can gradually regain his bearings.

Why does your toddler get upset when his or her routine is disrupted? Why do they follow you from room to room and refuse to play on their own? Why are daily routines such as mealtimes, bath time, and bed time such a struggle? This accessible guide demystifies the difficult behaviors of anxious toddlers, offering tried-and-

tested practical solutions to common parenting dilemmas. Each chapter begins with a real life example, clearly illustrating the behavior from the parent's and the toddler's perspective. Once the toddler's anxious behavior has been demystified and explained, new and effective parenting approaches are introduced to help parents tackle everyday difficulties and build up their child's resilience, independence, and coping mechanisms. Common difficulties with bath time, toileting, sleep, eating, transitions, social anxiety, separation anxiety, and sensory issues are solved, along with specific fears and phobias, and more extreme behaviors such as skin picking and hair pulling. A must-read for all parents of anxious toddlers, as well as for the professionals involved in supporting them.

Dropping the Baby and Other Scary Thoughts Routledge Written for women who struggle with scary thoughts and the healthcare professionals who treat them, this book provides a resource for consumers and clinicians who must confront these negative cognitions by outlining what these thoughts are, why they are there, and what can be done about them. **Dropping the Baby and Other Scary Thoughts** Routledge This accessible guide addresses the nature of the intrusive and unwanted thoughts that can be common in new parenthood, and offers practical answers and advice on how to tackle these. With fresh material focusing on how to overcome barriers to disclosure and stigma, and updated treatment approaches and case descriptions, this revised edition explains exactly what these negative thoughts are, why they come about, and what can be done about them. Chapters offer information on the specific nature of perinatal anxiety and related disorders, along with take-home points and evidence-based strategies for symptom relief that clinicians can use effectively with new parents. Written by two leading clinicians in the perinatal community, in collaboration with two promising leaders in this specialized field, **Dropping the Baby and Other Scary Thoughts**, 2nd edition offers a compassionate approach to breaking the cycle of scary thoughts that is invaluable to new parents and clinicians alike. **Good Moms Have Scary Thoughts** Workman Publishing Over 90 percent of new mothers will have scary, intrusive thoughts about their baby and themselves. What if I drop him? What if I snap and hurt my baby? Mothering is so hard—I don't know if I really want to do this anymore. Gosh, I'm so terrible for thinking that! Yet for too many mothers, those thoughts remain secret, hidden away in a place of shame that can quickly grow into anxiety, postpartum depression, and even self-harm. But here's the good news: you CAN feel better! Author Karen Kleiman—coauthor of the seminal book *This Isn't What I Expected* and founder of the acclaimed Postpartum Stress Center—comes to the aid of new mothers everywhere with a groundbreaking new source of hope, compassion, and expert help. **Good Moms Have Scary Thoughts** is packed with world-class guidance, simple exercises, and nearly 50 stigma-busting cartoons from the viral #speakthesecret campaign that help new moms validate their feelings, share their fears, and start feeling better. Lighthearted yet serious, warm yet not sugary, and perfectly portioned for busy moms with full plates, **Good Moms Have Scary Thoughts** is the go-to resource for moms, partners, and families everywhere who need help with this difficult period. **The Art of Holding in Therapy** Routledge First conceptualized by D.W. Winnicott, holding in this book refers to a therapist's capacity to respond to postpartum distress in a way that facilitates an immediate and successful therapeutic alliance. Readers will learn how to contain high levels of agitation, fear, and panic in a way that cultivates trust and the early stages of connectedness. Also addressed through vignettes are personality types that make holding difficult, styles of ineffective holding, and how to modify holding techniques to accommodate the individual woman. A must-read for postpartum professionals, the techniques learned in this book will help clients achieve meaningful and enduring recovery. **This Isn't What I Expected** [2nd edition] Da Capo Lifelong Books If you or someone you love is among the one in seven women stricken by PPD, you know how hard it is to get real help. In this definitive guide, postpartum experts Karen Kleiman and Valerie Davis Raskin offer compassionate support and solid advice on dealing with every aspect of PPD. Their proven self-help program, which can be used alone or with a support group or therapist, will help you monitor each phase of illness, recognize when you need professional help, cope with daily life, and recover with new strength and confidence. Learn how to: Identify the symptoms of PPD and distinguish it from "baby blues" Deal with panic attacks, obsessive-compulsive urges, and stress overload Break the cycle of shame and negative thoughts Mobilize support from your husband or partner, family, and friends Seek and evaluate treatment options Cope with the disappointment and loss of self-esteem **Freeing Your Child from Negative Thinking** Da Capo Lifelong Books A leading clinical expert in the fields of child cognitive behavior therapy and anxiety disorders, Dr. Tamar Chansky frequently counsels children (and their parents) whose negative thinking creates chronic or occasional emotional hurdles and impedes optimism, flexibility, and happiness. Now, in the first book that specifically focuses on negative thinking in kids, **Freeing Your Child from Negative Thinking** provides parents, caregivers, and clinicians the same clear, concise, and compassionate guidance that Dr. Chansky employed in her previous guides to relieving children from anxiety and obsessive compulsive symptoms. Here she thorough-

ly covers the underlying causes of children's negative attitudes, as well as providing multiple strategies for managing negative thoughts, building optimism, and establishing emotional resilience. **Growing Up Brave** Little, Brown When our children are born, we do everything we can to make sure they have love, food, clothing, and shelter. But despite all this, one in five children today suffers from a diagnosed anxiety disorder, and countless others suffer from anxiety that interferes with critical social, academic, and physical development. Dr. Donna Pincus, nationally recognized childhood anxiety expert, is here to help. In **Growing Up Brave**, Dr. Pincus helps parents identify and understand anxiety in their children, outlines effective and convenient parenting techniques for reducing anxiety, and shows parents how to promote bravery for long-term confidence. From trouble sleeping and separation anxiety to social anxiety or panic attacks, **Growing Up Brave** provides an essential toolkit for instilling happiness and confidence for childhood and beyond. **Losing Hope** Simon and Schuster "In *Hopeless*, Sky left no secret unearthed, no feeling unshared and no memory forgotten, but Holder's past remains a mystery. He is haunted by the little girl he let walk away from him and he has spent his entire life searching for her. He had hoped that he would finally gain closure and be able to rid himself of his guilt the moment they were reconnected. But he could not have anticipated that the exact opposite would occur and even more guilt and regret would be thrust upon him. Sometimes in life, if we wish to move forward we must first dig deep into our past and make amends with it. In *Losing Hope*, readers will learn what was going on inside Holder's head during all those moments that left him feeling hopeless and see whether he can perhaps gain the peace he desperately needs."—*The Couple Next Door* Penguin A NEW YORK TIMES BESTSELLER Another thrilling domestic suspense novel from the New York Times bestselling author of *Not a Happy Family* "The twists come as fast [as] you can turn the pages." —People "I read this novel at one sitting, absolutely riveted by the storyline. The suspense was beautifully rendered and unrelenting!" —Sue Grafton It all started at a dinner party. . . . A domestic suspense debut about a young couple and their apparently friendly neighbors—a twisty, rollercoaster ride of lies, betrayal, and the secrets between husbands and wives. . . . Anne and Marco Conti seem to have it all—a loving relationship, a wonderful home, and their beautiful baby, Cora. But one night, when they are at a dinner party next door, a terrible crime is committed. Suspicion immediately lands on the parents. But the truth is a much more complicated story. Inside the curtained house, an unsettling account of what actually happened unfolds. Detective Rasbach knows that the panicked couple is hiding something. Both Anne and Marco soon discover that the other is keeping secrets, secrets they've kept for years. What follows is the nerve-racking unraveling of a family—a chilling tale of deception, duplicity, and unfaithfulness that will keep you breathless until the final shocking twist. **The Book of Lost Things** Simon and Schuster Taking refuge in fairy tales after the loss of his mother, twelve-year-old David finds himself violently propelled into an imaginary land in which the boundaries of fantasy and reality are disturbingly melded. By the author of *The Black Angel*. 75,000 first printing. **The Graveyard Book** Harper Collins It takes a graveyard to raise a child. Nobody Owens, known as Bod, is a normal boy. He would be completely normal if he didn't live in a graveyard, being raised by ghosts, with a guardian who belongs to neither the world of the living nor the dead. There are adventures in the graveyard for a boy—an ancient Indigo Man, a gateway to the abandoned city of ghouls, the strange and terrible Sleer. But if Bod leaves the graveyard, he will be in danger from the man Jack—who has already killed Bod's family. **I Am a Bunny** Golden Books I am a bunny. My name is Nicholas. I live in a hollow tree. In the spring, Nicholas likes to sniff the flowers, and in the summer, watch the frogs in the pond. In the fall, he watches the animals getting ready for winter, and in winter, watches the snow falling from the sky. One of Golden's most beloved titles, this beautifully illustrated, gentle story is now available as an eBook. **Ramshackle** Glam Running Press Adult Drawn from her blog of the same name, this entertaining guide, which is part memoir, part-commiseration, and part how-to, shows new moms how to care for themselves post-partum to feel a little more like their glam former selves, while still being the best mommy they can be. **Original. Overcoming Harm OCD** New Harbinger Publications Don't let your thoughts and fears define you. In **Overcoming Harm OCD**, psychotherapist Jon Hershfield offers powerful cognitive behavioral therapy (CBT) and mindfulness tools to help you break free from the pain and self-doubt caused by harm OCD. Do you suffer from violent, unwanted thoughts and a crippling fear of harming others? Are you afraid to seek treatment for fear of being judged? If so, you may have harm OCD—an anxiety disorder associated with obsessive-compulsive disorder (OCD). First and foremost, you need to know that these thoughts do not define you as a human being. But they can cause a lot of real emotional pain. So, how can you overcome harm OCD and start living a better life? Written by an expert in treating harm OCD, this much-needed book offers a direct and comprehensive explanation of what harm OCD is and how to manage it. You'll learn why you have unwanted thoughts, how to identify mental compulsions, and find an overview of cognitive-behavioral and mindfulness-based treatment approaches that can help you reclaim your

life. You'll also find tips for disclosing violent obsessions, finding adequate professional help, and working with loved ones to address harm OCD systemically. And finally, you'll learn that your thoughts are just thoughts, and that they don't make you a bad person. If you have harm OCD, it's time to move past the stigma and start focusing on solutions. This evidence-based guide will help light the way. **Hiroshima** Vintage Hiroshima is the story of six people—a clerk, a widowed seamstress, a physician, a Methodist minister, a young surgeon, and a German Catholic priest—who lived through the greatest single manmade disaster in history. In vivid and indelible prose, Pulitzer Prize-winner John Hersey traces the stories of these half-dozen individuals from 8:15 a.m. on August 6, 1945, when Hiroshima was destroyed by the first atomic bomb ever dropped on a city, through the hours and days that followed. Almost four decades after the original publication of this celebrated book, Hersey went back to Hiroshima in search of the people whose stories he had told, and his account of what he discovered is now the eloquent and moving final chapter of Hiroshima. **Scary Close** Thomas Nelson After decades of failed relationships and painful drama, Donald Miller decided he'd had enough. Impressing people wasn't helping him connect with anyone. He'd built a life of public isolation, yet he dreamed of meaningful relationships. So at forty years old he made a scary decision: to be himself no matter what it cost. From the author of *Blue Like Jazz* comes a book about the risk involved in choosing to impress fewer people and connect with more, about the freedom that comes when we stop acting and start loving. It is a story about knocking down old walls to create a healthy mind, a strong family, and a satisfying career. And it all feels like a conversation with the best kind of friend: smart, funny, true, important. **Scary Close** is Donald Miller at his best. **The Pregnancy and Postpartum Anxiety Workbook** New Harbinger Publications If these thoughts seem to be permanent fixtures in your mind, you're in good company. New moms have a lot to be anxious about, and it's perfectly natural to have some fears during and after pregnancy. The problem is, anxiety can grow, disrupting your daily life and keeping you from enjoying motherhood. **The Pregnancy and Postpartum Anxiety Workbook** provides proven-effective strategies drawn from cognitive behavioral therapy (CBT) for keeping anxious thoughts at bay and getting back to the productive and positive thinking you've been missing. Through a series of easy exercises and worksheets, you'll learn skills for relaxing yourself when you feel stressed. You'll also learn to reduce the frequency and intensity of anxious feelings many pregnant women and mothers of infants face. The book also includes a chapter that offers tips to help fathers understand and support their partners. How I wish I'd had this book when I suffered from postpartum obsessive-compulsive disorder! Pregnant and postpartum moms need to know that perinatal anxiety disorders are common and treatable, and that there's no need to continue suffering. —Katherine Stone, editor of *Postpartum Progress*, the most widely-read blog on perinatal mood and anxiety disorders, and board member of Postpartum Support International Wiegartz and Gyoerkoe have adapted the powerful and scientifically proven techniques of cognitive behavioral therapy into tools that new moms and mothers-to-be can use to overcome the most common anxiety-related problems and reclaim this special time of life. —Jonathan S. Abramowitz, Ph.D., ABPP, professor and director of the Anxiety and Stress Disorders Clinic at the University of North Carolina at Chapel Hill **The Love Hypothesis** Penguin The Instant New York Times Bestseller and TikTok Sensation! As seen on THE VIEW! A BuzzFeed Best Summer Read of 2021 When a fake relationship between scientists meets the irresistible force of attraction, it throws one woman's carefully calculated theories on love into chaos. As a third-year Ph.D. candidate, Olive Smith doesn't believe in lasting romantic relationships—but her best friend does, and that's what got her into this situation. Convincing Anh that Olive is dating and well on her way to a happily ever after was always going to take more than hand-wavy Jedi mind tricks: Scientists require proof. So, like any self-respecting biologist, Olive panics and kisses the first man she sees. That man is none other than Adam Carlsen, a young hotshot professor—and well-known ass. Which is why Olive is positively floored when Stanford's reigning lab tyrant agrees to keep her charade a secret and be her fake boyfriend. But when a big science conference goes haywire, putting Olive's career on the Bunsen burner, Adam surprises her again with his unyielding support and even more unyielding...six-pack abs. Suddenly their little experiment feels dangerously close to combustion. And Olive discovers that the only thing more complicated than a hypothesis on love is putting her own heart under the microscope. **What About Us?** Familius From the author and illustrator of **Good Moms Have Scary Thoughts**, a guidebook for new parents packed with poignant comics and tips to help couples maintain a strong relationship with all the stress a beautiful baby brings. **Grief Observed** Zondervan Written after his wife's tragic death as a way of surviving the "mad midnight moment," **A Grief Observed** is C.S. Lewis's honest reflection on the fundamental issues of life, death, and faith in the midst of loss. This work contains his concise, genuine reflections on that period: "Nothing will shake a man -- or at any rate a man like me -- out of his merely verbal thinking and his merely notional beliefs. He has to be knocked silly before he comes to his senses. Only torture will bring out the truth. Only under torture does he discover it him-

self." This is a beautiful and unflinchingly honest record of how even a stalwart believer can lose all sense of meaning in the universe, and how he can gradually regain his bearings. *The Big Book of Conflict Resolution Games: Quick, Effective Activities to Improve Communication, Trust and Collaboration* McGraw Hill Professional Make workplace conflict resolution a game that EVERYBODY wins! Recent studies show that typical managers devote more than a quarter of their time to resolving coworker disputes. *The Big Book of Conflict-Resolution Games* offers a wealth of activities and exercises for groups of any size that let you manage your business (instead of managing personalities). Part of the acclaimed, bestselling Big Books series, this guide offers step-by-step directions and customizable tools that empower you to heal rifts arising from ineffective communication, cultural/personality clashes, and other specific problem areas—before they affect your organization's bottom line. Let *The Big Book of Conflict-Resolution Games* help you to: Build trust Foster morale Improve processes Overcome diversity issues And more Dozens of physical and verbal activities help create a safe environment for teams to explore several common forms of conflict—and their resolution. Inexpensive, easy-to-implement, and proved effective at Fortune 500 corporations and mom-and-pop businesses alike, the exercises in *The Big Book of Conflict-Resolution Games* delivers everything you need to make your workplace more efficient, effective, and engaged. *Pharmacological Treatment of Mental Disorders in Primary Health Care* World Health Organization This manual attempts to provide simple, adequate and evidence-based information to health care professionals in primary health care especially in low- and middle-income countries to be able to provide pharmacological treatment to persons with mental disorders. The manual contains basic principles of prescribing followed by chapters on medicines used in psychotic disorders; depressive disorders; bipolar disorders; generalized anxiety and sleep disorders; obsessive compulsive disorders and panic attacks; and alcohol and opioid dependence. The annexes provide information on evidence retrieval, assessment and synthesis and the peer view process. *Falling Angel* Open Road Media Edgar Award Finalist: The hunt for a vanished singer leads a detective into the depths of the occult in this "terrific" novel (Stephen King). Big-band frontman Johnny Favorite was singing for the troops when a Luftwaffe fighter squadron strafed the bandstand, killing the crowd and leaving the singer near death. The army returned him to a private hospital in upstate New York, leaving him to live out his days as a vegetable while the world forgot him. But Louis Cyphre never forgets. Cyphre had a contract with the singer, stipulating payment upon Johnny's death—payment that will be denied as long as Johnny clings to life. When Cyphre hires private investigator Harry Angel to find Johnny at the hospital, Angel learns that the singer has disappeared. It is no ordinary missing-person's case. Everyone he questions dies soon after, as Angel's investigation ensnares him in a bizarre tangle of black magic, carnival freaks, and grisly voodoo. When the sinister Louis Cyphre begins appearing in Angel's dreams, the detective fears for his life, his sanity, and his soul. *Falling Angel* was the basis for the Alan Parker film *Angel Heart*, starring Mickey Rourke, Robert De Niro, and Lisa Bonet. This ebook features an illustrated biography of William Hjortsberg including rare photos from the author's personal collection. *Overcoming Unwanted Intrusive Thoughts* New Harbinger Publications You are not your thoughts! In this powerful book, two anxiety experts offer proven-effective cognitive behavioral therapy (CBT) skills to help you get unstuck from disturbing thoughts, overcome the shame these thoughts can bring, and reduce your anxiety. If you suffer from unwanted, intrusive, frightening, or even disturbing thoughts, you might worry about what these thoughts mean about you. Thoughts can seem like messages—are they trying to tell you something? But the truth is that they are just thoughts, and don't necessarily mean anything. Sane and good people have them. If you are someone who is plagued by thoughts you don't want—thoughts that scare you, or thoughts you can't tell anyone about—this book may change your life. In this compassionate guide, you'll discover the different kinds of disturbing thoughts, myths that surround your thoughts, and how your brain has a tendency to get "stuck" in a cycle of unwanted rumination. You'll also learn why common techniques to get rid of these thoughts can backfire. And finally, you'll learn powerful cognitive behavioral skills to help you cope with and move beyond your thoughts, so you can focus on living the life you want. Your thoughts will still occur, but you will be better able to cope with them—without dread, guilt, or shame. If you have unwanted thoughts, you should remember that you aren't alone. In fact, there are millions of people just like you—good people who have awful thoughts, gentle people with violent thoughts, and sane people with "crazy" thoughts. This book will show you how to move past your thoughts so you can reclaim your life! This book has been selected as an Association for Behavioral and Cognitive Therapies Self-Help Book Recommendation—an honor bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives. *Invisible Child* Random House PULITZER PRIZE WINNER • A "vivid and devastating" (The

New York Times) portrait of an indomitable girl—from acclaimed journalist Andrea Elliott "From its first indelible pages to its rich and startling conclusion, *Invisible Child* had me, by turns, stricken, inspired, outraged, illuminated, in tears, and hungering for reimmersion in its Dickensian depths."—Ayad Akhtar, author of *Home-land Elegies* ONE OF THE TEN BEST BOOKS OF THE YEAR: The New York Times • ONE OF THE BEST BOOKS OF THE YEAR: The Atlantic, The New York Times Book Review, Time, NPR, Library Journal In *Invisible Child*, Pulitzer Prize winner Andrea Elliott follows eight dramatic years in the life of Dasani, a girl whose imagination is as soaring as the skyscrapers near her Brooklyn shelter. In this sweeping narrative, Elliott weaves the story of Dasani's childhood with the history of her ancestors, tracing their passage from slavery to the Great Migration north. As Dasani comes of age, New York City's homeless crisis has exploded, deepening the chasm between rich and poor. She must guide her siblings through a world riddled by hunger, violence, racism, drug addiction, and the threat of foster care. Out on the street, Dasani becomes a fierce fighter "to protect those who I love." When she finally escapes city life to enroll in a boarding school, she faces an impossible question: What if leaving poverty means abandoning your family, and yourself? A work of luminous and riveting prose, Elliott's *Invisible Child* reads like a page-turning novel. It is an astonishing story about the power of resilience, the importance of family and the cost of inequality—told through the crucible of one remarkable girl. Winner of the J. Anthony Lukas Book Prize • Finalist for the Bernstein Award and the PEN/John Kenneth Galbraith Award *Getting Over OCD*, Second Edition Guilford Publications Thoroughly updated based on the latest science, this empowering workbook gives you the skills to overcome obsessional thoughts and compulsive behaviors—and live a freer, happier life. Leading OCD specialist Dr. Jonathan Abramowitz presents a step-by-step program grounded in cognitive-behavioral therapy (CBT), the most effective treatment for the disorder. Vivid stories and numerous practical tools (which you can download and print for repeated use) help you: *Understand how OCD affects your mind and body. *Develop a customized plan for change. *Find relief from distressing intrusive thoughts. *Confront the situations you avoid—and discover a new sense of safety. *Break free of compulsive rituals. *Reduce anxiety and improve your relationships. The second edition is revised throughout with cutting-edge strategies for coping with unwanted thoughts that can't be eliminated completely, plus new learning techniques drawn from brain research. Ready to get over OCD? Your journey starts here. *iGen* Simon and Schuster As seen in Time, USA TODAY, The Atlantic, The Wall Street Journal, and on CBS This Morning, BBC, PBS, CNN, and NPR, *iGen* is crucial reading to understand how the children, teens, and young adults born in the mid-1990s and later are vastly different from their Millennial predecessors, and from any other generation. With generational divides wider than ever, parents, educators, and employers have an urgent need to understand today's rising generation of teens and young adults. Born in the mid-1990s up to the mid-2000s, *iGen* is the first generation to spend their entire adolescence in the age of the smartphone. With social media and texting replacing other activities, *iGen* spends less time with their friends in person—perhaps contributing to their unprecedented levels of anxiety, depression, and loneliness. But technology is not the only thing that makes *iGen* distinct from every generation before them; they are also different in how they spend their time, how they behave, and in their attitudes toward religion, sexuality, and politics. They socialize in completely new ways, reject once sacred social taboos, and want different things from their lives and careers. More than previous generations, they are obsessed with safety, focused on tolerance, and have no patience for inequality. With the first members of *iGen* just graduating from college, we all need to understand them: friends and family need to look out for them; businesses must figure out how to recruit them and sell to them; colleges and universities must know how to educate and guide them. And members of *iGen* also need to understand themselves as they communicate with their elders and explain their views to their older peers. Because where *iGen* goes, so goes our nation—and the world. *The Comfort of Things* John Wiley & Sons What do we know about ordinary people in our towns and cities, about what really matters to them and how they organize their lives today? This book visits an ordinary street and looks into thirty households. It reveals the aspirations and frustrations, the tragedies and accomplishments that are played out behind the doors. It focuses on the things that matter to these people, which quite often turn out to be material things – their house, the dog, their music, the Christmas decorations. These are the means by which they express who they have become, and relationships to objects turn out to be central to their relationships with other people – children, lovers, brothers and friends. If this is a typical street in a modern city like London, then what kind of society is this? It's not a community, nor a neighbourhood, nor is it a collection of isolated individuals. It isn't dominated by the family. We assume that social life is corrupted by materialism, made superficial and individualistic by a surfeit of consumer goods, but this is misleading. If the street isn't any of these things, then what is it? This brilliant and revealing portrayal of a street in modern London, written by one of the most prominent anthropologists, shows how much is to be gained when we stop lamenting what

we think we used to be and focus instead on what we are now becoming. It reveals the forms by which ordinary people make sense of their lives, and the ways in which objects become our companions in the daily struggle to make life meaningful. I'll Give You the Sun Penguin A New York Times bestseller • One of Time Magazine's 100 Best YA Books of All Time • Winner of the Michael L. Printz Award • A Stonewall Honor Book The radiant, award-winning story of first love, family, loss, and betrayal for fans of John Green, Becky Albertalli, and Adam Silvera "Dazzling."—The New York Times Book Review "A blazing prismatic explosion of color."—Entertainment Weekly "Powerful and well-crafted . . . Stunning."—Time Magazine "We were all heading for each other on a collision course, no matter what. Maybe some people are just meant to be in the same story." At first, Jude and her twin brother are Noah and Jude; inseparable. Noah draws constantly and is falling in love with the charismatic boy next door, while daredevil Jude wears red-red lipstick, cliff-dives, and does all the talking for both of them. Years later, they are barely speaking. Something has happened to change the twins in different yet equally devastating ways . . . but then Jude meets an intriguing, irresistible boy and a mysterious new mentor. The early years are Noah's to tell; the later years are Jude's. But they each have only half the story, and if they can only find their way back to one another, they'll have a chance to remake their world. From the acclaimed author of *The Sky Is Everywhere*, this exhilarating novel will leave you breathless and teary and laughing—often all at once. *The Population Bomb* 9-Nov Simon and Schuster When Fallon and aspiring novelist Ben meet and fall in love the day before Fallon's cross-country move, they vow to meet on the same date every year, until Fallon suspects Ben is fabricating their relationship to create the perfect plot twist. What Alice Forgot Penguin FROM THE #1 NEW YORK TIMES BESTSELLING AUTHOR OF THE HUSBAND'S SECRET AND BIG LITTLE LIES. A "cheerfully engaging" (Kirkus Reviews) novel for anyone who's ever asked herself, "How did I get here?" Alice Love is twenty-nine, crazy about her husband, and pregnant with her first child. So imagine Alice's surprise when she comes to on the floor of a gym (a gym! She HATES the gym) and is whisked off to the hospital where she discovers the honeymoon is truly over—she's getting divorced, she has three kids, and she's actually 39 years old. Alice must reconstruct the events of a lost decade, and find out whether it's possible to reconstruct her life at the same time. She has to figure out why her sister hardly talks to her, and how is it that she's become one of those super skinny moms with really expensive clothes. Ultimately, Alice must discover whether forgetting is a blessing or a curse, and whether it's possible to start over... *Verity* Grand Central Publishing #1 New York Times Bestseller USA Today Bestseller The Globe and Mail Bestseller Publishers Weekly Bestseller Whose truth is the lie? Stay up all night reading the sensational psychological thriller that has readers obsessed, from the #1 New York Times bestselling author of *It Ends With Us*. Lowen Ashleigh is a struggling writer on the brink of financial ruin when she accepts the job offer of a lifetime. Jeremy Crawford, husband of bestselling author Verity Crawford, has hired Lowen to complete the remaining books in a successful series his injured wife is unable to finish. Lowen arrives at the Crawford home, ready to sort through years of Verity's notes and outlines, hoping to find enough material to get her started. What Lowen doesn't expect to uncover in the chaotic office is an unfinished autobiography Verity never intended for anyone to read. Page after page of bone-chilling admissions, including Verity's recollection of the night her family was forever altered. Lowen decides to keep the manuscript hidden from Jeremy, knowing its contents could devastate the already grieving father. But as Lowen's feelings for Jeremy begin to intensify, she recognizes all the ways she could benefit if he were to read his wife's words. After all, no matter how devoted Jeremy is to his injured wife, a truth this horrifying would make it impossible for him to continue loving her. *Odyssey* Losing You Minotaur Books It's Nina Landry's birthday, and she's supposed to have her kids ready to leave in a few hours for a Christmas holiday in Florida with her new boyfriend, but her fifteen-year-old daughter Charlie spent the night at a friend's and hasn't come home yet. Not by ten a.m., not by eleven. Nina is getting angry—they have a plane to catch, and Charlie hasn't even bothered to pack. As time passes, though slower and slower by the minute, Nina becomes uneasy. Her anger gives way to worry, and that worry quickly builds into panic. By one p.m., she's wondering, has Charlie run away, or has something far worse happened? And why won't anyone—not the cops, not Charlie's friends, not Charlie's father—take her disappearance seriously? As day turns to night on their home of Sandling Island sixty miles from London, and a series of ominous secrets leads Nina from sickening suspicion to deadly certainty, the question becomes less whether she and her daughter will leave the island in time and more whether they'll ever leave it again. In *Losing You*, the newest thriller from the long-acclaimed master of psychological suspense, Nicci French unravels one mother's life and replaces it with every mother's worst nightmare. *Fear of Falling* CreateSpace I can't remember the last time I felt completely safe. Security seemed more like a luxury to me, reserved for those who were fortunate enough to have picture perfect childhoods. For those who didn't bear the ugly scars that keep me bound in constant, debilitating fear. I've run from that fear my en-

tire life. But when I met him, for once, I couldn't run anymore. He scared the hell out of me in a way that excited every fiber of my being. It wasn't the tattoos or the piercings. It wasn't the warmth that seemed to radiate from his frame and blanket me whenever he was near. It was just...him. The scary beautiful man that threatened to alter 23 years of routine and rituals, and make me face my crippling fear. My name is Kami and I am constantly afraid. And the thing that scares me the most is the very thing I want. "Don't worry," he smiled, pulling me into the hard warmth of his chest. "I've got you. I'll always catch you when you fall." And just like that, Blaine had staked his claim on the untouched part of me that no living soul had ever moved. He had captured every fear, every reservation, and crushed them in the palm of his inked hand.*** This book deals with sensitive subjects such as domestic violence and sexual abuse. Not intended for readers under 17 years of age. The Postpartum Husband Xlibris Corporation For too many families, the postpartum period brings unexpected pain and devastation when depression entered the picture. The anticipated joy and pleasure of parenthood is replaced with feelings of fear, sadness, anger, confusion and resentment. Research has shown that supportive relationships during postpartum depression treatment is associated with a reduction in depressive symptoms. When partners have the right information, they will not only gain a better understanding of the illness and its impact, they will also feel better themselves. Furthermore, we know that this understanding and capacity for support is directly related to his wife's sense of well being and control. In my first book, "This Isn't What I Expected: Overcoming Postpartum Depression" (Bantam, 1994), we included a chapter for husbands, which turned out to be an invaluable resource for the partners of women suffering from PPD. After receiving feedback from the families I treat, I was shown that husbands needed support and information that is distinct from what their wives were seeking. "The Postpartum Husband" offers that information with its handy reference-style format and addresses specific questions that may arise throughout the course of the illness. As the husband feels more in control of the situation and his wife feels understood and cared for, symptoms improve and recovery is augmented. ON BECOMING BABY WISE - 25TH AN On Becoming Distinguished pediatrician Dr Robert Bucknam, M.D. and co-author Gary Ezzo are two of the world's leading experts on baby sleep and feeding patterns. Millions of new mothers across the globe are coming toward this new brand at an increasing pace as they find and share the life changing success they are achieving with their newborns. This updated Anniversary edition celebrates 25 years with Bucknam and Ezzo's groundbreaking approach which has found favor with over six million parents in all 50 states and has been translated into 20 languages around the world. For 25 years, On Becoming Babywise has been the de facto newborn parenting manual for naturally synchronizing your baby's feeding time, waketime and nighttime sleep cycles, so the whole family can sleep through the night. In his 28th year as a licensed Pediatrician, Dr. Robert Bucknam, M.D. along with co-author Gary Ezzo, demonstrate how order and stability are mutual allies of every newborn's metabolism and how parents can take advantage of these biological propensities. In particular, they note how an infant's body responds to the influences of parental routine or the lack thereof. Early chapters start with explorations of everyday aspects of infant management such as the three basic elements of daytime activities for newborns: feeding time, waketime, and naptime. Practical discussions then focus on broad and niche topics including feeding philosophies, baby sleep problems, baby scheduling challenges, nap routines, sleep training multiples, baby sleeping props, Colic and Reflux and many other dimensions which impact breast feeding schedules, bottle feeding tips, and baby sleeping training. Five resource Appendixes provide additional reference material: 1) Taking care of baby and mom 2) A timeline of what to expect and when 3) Baby Sleep Training Problems and Solutions 4) Monitoring Your Baby's Growth 5) Healthy Baby Growth Charts On Becoming Babywise is more than an infant-management concept. It is a mindset for successful parenthood. It can help any parent develop a plan that meets both the needs of a new baby and of the entire family. These principles have worked for millions of parents and, when applied with common sense to your unique situation, can work wonderfully for

you too! Recommended by doctors across the country. How to Parent Your Anxious Toddler Jessica Kingsley Publishers Why does your toddler get upset when his or her routine is disrupted? Why do they follow you from room to room and refuse to play on their own? Why are daily routines such as mealtimes, bath time, and bed time such a struggle? This accessible guide demystifies the difficult behaviors of anxious toddlers, offering tried-and-tested practical solutions to common parenting dilemmas. Each chapter begins with a real life example, clearly illustrating the behavior from the parent's and the toddler's perspective. Once the toddler's anxious behavior has been demystified and explained, new and effective parenting approaches are introduced to help parents tackle everyday difficulties and build up their child's resilience, independence, and coping mechanisms. Common difficulties with bath time, toileting, sleep, eating, transitions, social anxiety, separation anxiety, and sensory issues are solved, along with specific fears and phobias, and more extreme behaviors such as skin picking and hair pulling. A must-read for all parents of anxious toddlers, as well as for the professionals involved in supporting them. Tokens of Affection Routledge Postpartum depression is hard on a marriage. In their private practices, authors Karen Kleiman and Amy Wenzel often find themselves face-to-face with marriages that are suffocating, as if the depression has sucked the life out of a relationship that was only prepared for the anticipated joy of pending childbirth. What happens to marriage? Why do couples become angry, isolated, and disconnected? Tokens of Affection looks closely at marriages that have withstood the passing storm of depression and are now seeking, or in need of, direction back to their previous levels of functioning and connectedness. The reader is introduced to a model of collaboration that refers to 8 specific features, which guide postpartum couples back from depression. These features, framed as "Tokens," are based on marital therapy literature and serve as a reminder that these are not just communication skill-building techniques; they are gift-giving gestures on behalf of their relationship. A reparative resource, Tokens of Affection helps couples find renewed harmony, a solid relational ground, and reconnection.

If you or someone you love is among the one in seven women stricken by PPD, you know how hard it is to get real help. In this definitive guide, postpartum experts Karen Kleiman and Valerie Davis Raskin offer compassionate support and solid advice on dealing with every aspect of PPD. Their proven self-help program, which can be used alone or with a support group or therapist, will help you monitor each phase of illness, recognize when you need professional help, cope with daily life, and recover with new strength and confidence. Learn how to: Identify the symptoms of PPD and distinguish it from "baby blues" Deal with panic attacks, obsessive-compulsive urges, and stress overload Break the cycle of shame and negative thoughts Mobilize support from your husband or partner, family, and friends Seek and evaluate treatment options Cope with the disappointment and loss of self-esteem

Written for women who struggle with scary thoughts and the healthcare professionals who treat them, this book provides a resource for consumers and clinicians who must confront these negative cognitions by outlining what these thoughts are, why they are there, and what can be done about them.

Hiroshima is the story of six people—a clerk, a widowed seamstress, a physician, a Methodist minister, a young surgeon, and a German Catholic priest—who lived through the greatest single manmade disaster in history. In vivid and indelible prose, Pulitzer Prize-winner John Hersey traces the stories of these half-dozen individuals from 8:15 a.m. on August 6, 1945, when Hiroshima was destroyed by the first atomic bomb ever dropped on a city, through the hours and days that followed. Almost four decades after the original publication of this celebrated book, Hersey went back to Hiroshima in search of the people whose stories he had told, and his account of what he discovered is now the eloquent and moving final chapter of Hiroshima.

Don't let your thoughts and fears define you. In Overcoming Harm OCD, psychotherapist Jon Hershfield offers powerful cognitive behavioral therapy (CBT) and mindfulness tools to help you break free from the pain and self-doubt caused by harm OCD. Do you suffer from violent, unwanted thoughts and a crippling fear of harming others? Are you afraid to seek treatment for fear of being

judged? If so, you may have harm OCD—an anxiety disorder associated with obsessive-compulsive disorder (OCD). First and foremost, you need to know that these thoughts do not define you as a human being. But they can cause a lot of real emotional pain. So, how can you overcome harm OCD and start living a better life? Written by an expert in treating harm OCD, this much-needed book offers a direct and comprehensive explanation of what harm OCD is and how to manage it. You'll learn why you have unwanted thoughts, how to identify mental compulsions, and find an overview of cognitive-behavioral and mindfulness-based treatment approaches that can help you reclaim your life. You'll also find tips for disclosing violent obsessions, finding adequate professional help, and working with loved ones to address harm OCD systemically. And finally, you'll learn that your thoughts are just thoughts, and that they don't make you a bad person. If you have harm OCD, it's time to move past the stigma and start focusing on solutions. This evidence-based guide will help light the way.

First conceptualized by D.W. Winnicott, holding in this book refers to a therapist's capacity to respond to postpartum distress in a way that facilitates an immediate and successful therapeutic alliance. Readers will learn how to contain high levels of agitation, fear, and panic in a way that cultivates trust and the early stages of connectedness. Also addressed through vignettes are personality types that make holding difficult, styles of ineffective holding, and how to modify holding techniques to accommodate the individual woman. A must-read for postpartum professionals, the techniques learned in this book will help clients achieve meaningful and enduring recovery.

"In Hopeless, Sky left no secret unearthed, no feeling unshared and no memory forgotten, but Holder's past remains a mystery. He is haunted by the little girl he let walk away from him and he has spent his entire life searching for her. He had hoped that he would finally gain closure and be able to rid himself of his guilt the moment they were reconnected. But he could not have anticipated that the exact opposite would occur and even more guilt and regret would be thrust upon him. Sometimes in life, if we wish to move forward we must first dig deep into our past and make amends with it. In Losing Hope, readers will learn what was going on inside Holder's head during all those moments that left him feeling hopeless and see whether he can perhaps gain the peace he desperately needs"--

You are not your thoughts! In this powerful book, two anxiety experts offer proven-effective cognitive behavioral therapy (CBT) skills to help you get unstuck from disturbing thoughts, overcome the shame these thoughts can bring, and reduce your anxiety. If you suffer from unwanted, intrusive, frightening, or even disturbing thoughts, you might worry about what these thoughts mean about you. Thoughts can seem like messages—are they trying to tell you something? But the truth is that they are just thoughts, and don't necessarily mean anything. Sane and good people have them. If you are someone who is plagued by thoughts you don't want—thoughts that scare you, or thoughts you can't tell anyone about—this book may change your life. In this compassionate guide, you'll discover the different kinds of disturbing thoughts, myths that surround your thoughts, and how your brain has a tendency to get "stuck" in a cycle of unwanted rumination. You'll also learn why common techniques to get rid of these thoughts can backfire. And finally, you'll learn powerful cognitive behavioral skills to help you cope with and move beyond your thoughts, so you can focus on living the life you want. Your thoughts will still occur, but you will be better able to cope with them—without dread, guilt, or shame. If you have unwanted thoughts, you should remember that you aren't alone. In fact, there are millions of people just like you—good people who have awful thoughts, gentle people with violent thoughts, and sane people with "crazy" thoughts. This book will show you how to move past your thoughts so you can reclaim your life! This book has been selected as an Association for Behavioral and Cognitive Therapies Self-Help Book Recommendation—an honor bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.