

This Is Me And My Two Families Awareness Scrapbook Journal For Children Living In Two Families

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TWELVE COUNSELING PROGRAMS FOR CHILDREN AT RISK - Susan T. Dennison 1989-01-01

The school counselor and related mental health professional is provided with structural curricula for treating twelve specific problem areas of children, with step-by-step guides for planning and conducting therapy. Over 150 assessment instruments, 120 session themes, 30 techniques and 150 related resources greatly reduce planning and research time. While written primarily for children counselors, the book is easily adapted by speech/language pathologists, art therapists, and for training the beginning therapist. The book targets children at risk with emotional problems but covers secondary difficulties: physical handicaps, neurological impairments, learning disabilities, hyperactivity, mental retardation, or a combination of these.

Support Groups For Children - Kathleen O'Rourke 2013-08-21

Designed for use with children in grades K-6, this book provides a review of support groups: their nature and value; the tripartite model of children's needs, behaviours they need to learn and environmental conditions that support learning; the Keystone Learning Model, which encompasses the tripartite model, strengths and decision-making; and 'nuts and bolts' suggestions for creating and managing child support groups. The book also addresses various support groups chapter by chapter and homework ideas are provided with each chapter.

The Therapist's Notebook for Children and Adolescents - Catherine Ford Sori 2014-04-04

This book puts a myriad of homework, handouts, activities, and interventions in your hands! Targeted specifically toward children and adolescents, the "therapist's helpers," you'll find in this extraordinary book will give you the edge in aiding children with their feelings, incorporating play techniques into therapy, providing group therapy to children, and encouraging appropriate parental involvement. The Therapist's Notebook for Children and Adolescents covers sleep problems, divorce, illness, grief, sexual abuse, cultural/minority issues, and more, incorporating therapeutic approaches that include play, family play, psychodynamic, family systems, behavioral, narrative, and solution-focused therapy. This ready reference is divided into eight thoughtfully planned sections to make it easy to find the right activity, handout, or intervention for the problem at hand: Dealing with Children's Feelings, The Use of Play in Therapy, Special Child Problems, Youth/Adolescents, Specific Approaches or Interventions, Family Issues, Parent Education and Intervention, and Illness and Bereavement. Covering a wide age range, The Therapist's Notebook for Children and Adolescents will help you become even more effective with your youthful clients by: providing creative ideas for use with children expanding your repertoire of proven interventions and approaches to working with children and specific children's issues exploring effective ways to run children's groups showing you how to work with children in many modalities--individual, family, with parents, and in groups examining ways to include parents and families in child/adolescent therapy to increase the ability to make systematic changes--helping the client's behavioral change to be reinforced at home A far cry from typical child intervention books, The Therapist's Notebook for Children and Adolescents: Homework, Handouts, and Activities for Use in Psychotherapy does much more than simply help you teach skills to children. Make it a part of your therapeutic arsenal today!

The Parent's Guide to Birdnesting - Ann Gold Buscho 2020-09-01

Take coparenting to the next level and provide a stable environment for your children as you and your spouse begin tackling your separation or divorce. For parents who are separating and want to put their children first, birdnesting could be the interim custody solution you've been looking for. Instead of the children splitting their time being shuttled

between mom and dad's separate homes, birdnesting allows the children to stay in the "nest" and instead, requires mom and dad to swap, allowing each parent to stay elsewhere when not with the children.

Initially popularized by celebrities, this method of coparenting is now becoming more mainstream as a way to help ease children into a new family dynamic. Birdnesting takes work and commitment but with Dr. Ann Gold Buscho's guidance, you'll learn everything you need to know about this revolutionary method. In *The Parent's Guide to Birdnesting*, you will discover the pros and cons, the financial and interpersonal considerations, and if it's the right decision for you and your family.

Developing Healthy Stepfamilies - Patricia Kelley 2014-03-18

View the inner workings of healthy stepfamilies through the stories of twenty families as they discuss how their households operate. This enlightening book takes a deeper look at what adults and children in stepfamilies say about such issues as discipline, money, family roles and relationships with ex-spouses, and the development of new traditions and rituals. Incorporating actual words of family members, *Developing Healthy Stepfamilies* shows many ways in which stepfamilies function well through adapting new and different "rules" to fit their circumstances. The book concentrates on positive rather than negative aspects of stepfamily life to help dim the image of stepfamilies as problematic and also to instill hope in would-be stepfamilies by normalizing their differences from biologically based families. Written with the intention of disseminating information and increasing understanding about stepfamily functioning, this book is useful for stepfamilies, their friends and relatives, and professionals such as teachers, clergy, physicians, and counselors. *Developing Healthy Stepfamilies* draws a colorful picture of the creativity and flexibility such families have brought to their lives and relationships. Emphasizing what works in stepfamilies instead of what does not, the book illustrates the process of integrating a stepfamily, the value of humor and patience, and the richness that can unfold for all members of the family. The author, a family therapist and educator, has drawn together information direct from stepfamily members themselves, providing readers with first-hand knowledge of the daily workings of this fast growing family form. A showcase of stepfamilies that are functioning well, *Developing Healthy Stepfamilies* helps show would-be stepfamilies that "it can be done." This is not a book of instructions; it illuminates the many ways in which stepfamilies can and do function. Some of the topics covered in the book include: definitions of a stepfamily a historical review demographics suggestions for new stepfamilies from established ones genograms of the families participating in the study As a group, stepfamilies are different from biologically based families in form and function. These differences are important for the families, and for those working with them, to recognize and accept as normal. Although intended to be an informative text for professionals and students in fields such as counseling and social work, this book also serves as a source of hope and encouragement for stepfamilies and prospective stepfamilies themselves.

Real Life Heroes Life Storybook, 3rd Edition - Richard Kagan 2016-11-25

Real Life Heroes Life Storybook, 3rd Edition is a resourceful tool for children with traumatic stress. The resiliency-centered format and structure of the volume is coupled with treatment and sessions outlined in the *Real Life Heroes Toolkit for Treating Traumatic Stress in Children and Families*. This updated edition uses a creative arts approach, encouraging children to work with dependable adults to develop autobiographies through a wide range of activities, including drawings, music, movies, and narrative. By helping children feel protection from adversity and stressors that exist in everyday life, this workbook gives children a sense of value that can promote transformation of troubled

children from victims into tomorrow's heroes.

[This Is Me](#) - Gary Wilson 2017-08-29

From birth, to a car accident, to recovery and back to work! Now, Embracing the Graces and Miracles with this thing called LIFE! I am writing this book for several reasons: 1) My shrink said, When you get moody, write down your thoughts. 2) From what I have been told, I have had a busy life. Not crappy, but not fantastic. 3) I thought I would share it with others to show people that there are many different folks out there.

Social Work Practice with Children, Fourth Edition - Nancy Boyd Webb 2019-01-14

Revised edition of the author's Social work practice with children, c2011.

This is Me - EDWARD M. DUNN, JR. 2014-05

The surname Dunn comes from the Gaelic word donn, which means "brown." the Gaelic form O'Duinn (the descendant of donn) is most commonly anglicized as Dunn, but is also written as Dunne. the Dunn family is of the same Celtic stock as the O'Connors and O'Dempseys--clans who trace their descendants from Rossa Failgeach, eldest son of Cathaoir Mor, king of Ireland in the second century. the Dunn sept stems from Riagan, tenth in lineal descent from Failgeach, the district ruled over by Riagan, located in County Leix, which became the ancestral home of the Dunns. In later times, their chieftains were known as Lords of Iregan. Irish bards praise the martial prowess and commanding stature of the Dunn warriors. They were undoubtedly conspicuous in history for their doughty resistance to the encroachment of Anglo-Norman invaders who held lands in the pale boarding their territory. the Dunns were in the forefront of every battle for Irish nationalism. They suffered heavily in the bitter and prolonged struggle against Cromwell. In the next generation, they espoused the Stuart cause, and the head of the family was killed in the Battle of Aughrim. With the fall of the Stuarts, the lands of the Dunns were confiscated, and their fighting men who survived followed Sarsfield and the "wild geese" to fight in the ranks of the Irish Brigade in France. Many of them served with distinction in the regiments of O'Donnell, Lord Clare, and Walsh up to the days of the French Revolution. the name Dunn is twenty-seventh in the list of commonest surnames in Ireland. It is widespread in the United States also. Representatives of the family have achieved prominence in the literary, political, and religious life of our country.

Me and My Family Tree - Joan Sweeney 2018-09-18

Where am I on my family tree? A beloved bestseller that shows children how to understand their place among their relatives, now refreshed with new art from Emma Trithart. Who is part of your family? How are they related to you? In this edition of Me and My Family Tree, with new art by Emma Trithart, a young girl uses simple language, her own childlike drawings, and diagrams to explain how the members of her family are related to each other and to her. Clear, colorful, detailed artwork and a fill-in family tree in the back help make the parts of the family--from siblings to grandparents to cousins--understandable to very young readers.

CEO Tang, Behave Yourself - Jin Nai 2020-04-13

Who said that it would be hard to marry a girl without having to make the one remaining king? There's a father who values his daughter more than his son, a cowardly big brother who is unable to take responsibility, a miserly big brother who can only enter, a sister who praises marriage as a woman's second reincarnation, these are all things that Su Nuannuan cannot choose, and Su Nuannuan's only choice is to rely on himself, proof that a woman without a man can still live comfortably, but, CEO, what are you looking at me like this for?

ACTIVITIES FOR CHILDREN IN THERAPY - Susan T. Dennison 1999-01-01

Activities for Children in Therapy provides the mental health professional with a wide variety of age-appropriate activities which are simultaneously fun and therapeutic for the five-to-twelve-year-old troubled child. These activities have been designed as enjoyable games that both the therapist and child can play in the context of therapy. This latest edition of the text takes much of the hard work out of planning and implementing this therapy with children. The activities are designed to build a significant child/therapist relationship, surface problem areas, aid in resolving those problems and provide a healthy closure to the therapy relationship. This new edition also provides a comprehensive listing of books with other therapeutic intervention ideas, bibliotherapy materials that compliment the activity chapters of this book, assessment scales for evaluating youngsters at the onset of treatment, and a sample child assessment for individual therapy. It will be of use to professionals who provide counseling to children, such as social workers, psychologists,

guidance counselors, speech/language pathologists, art therapists, and other related professionals.

This Is Me, Jack Vance! Or, More Properly, This Is I - Jack Vance

[Secrets to Stepfamily Success](#) - Gloria Lintermans 2010-06

With the right preparation and resources, a step or blended family can be a stable foundation for co-parents and children.

Transactional Analysis Journal - 1991

Children Today - 1986

[This is Me](#) - Jasmine Dolphus 2018-02-27

Sci-fi action book that involves magic, mystery and love. Shay Williams, Ryan, Myles and Ryia.

Displaced at Home - Rhoda Ann Kanaaneh 2010-10-01

Groundbreaking essays by Palestinian women scholars on the lives of Palestinians within the state of Israel. Most media coverage and research on the experience of Palestinians focuses on those living in the West Bank or the Gaza Strip, while the sizable minority of Palestinians living within Israel rarely garners significant academic or media attention. Offering a rich and multidimensional portrait of the lived realities of Palestinians within the state of Israel, *Palestinians in Israel Revisited* gathers a group of Palestinian women scholars who present unflinching critiques of the complexities and challenges inherent in the lives of this understudied but important minority within Israel. The essays here engage topics ranging from internal refugees and historical memory to women's sexuality and the resistant possibilities of hip hop culture among young Palestinians. Unique in the collection is sustained attention to gender concerns, which have tended to be subordinated to questions of nationalism, statehood, and citizenship. The first collection of its kind in English, *Palestinians in Israel Revisited* presents on-the-ground examples of the changing political, social and economic conditions of Palestinians in Israel, and examines how global, national, and local concerns intersect and shape their daily lives. Rhoda Ann Kanaaneh has taught anthropology and gender studies at New York University and American University. She is the author of *Birthing the Nation: Strategies of Palestinian Women in Israel* and *Surrounded: Palestinian Soldiers in the Israeli Military*. Isis Nusair is Assistant Professor of International Studies and Women's Studies at Denison University.

Children of Separation - Greta W. Stanton 1994

Contains almost 1,000 annotated references spanning a period of 20 years. A resource for students and professionals in child development, foster care, adoption, divorce, and stepfamily living.

The Recession and the Workforce - United States. Congress. Senate. Committee on Labor and Human Resources 1992

Transmitting Memories in Rwanda - Claver Irakoze 2022-10-31

This book recounts the personal life story of Claver Irakoze who survived the 1994 Genocide against the Tutsi as a child. Now a parent of young children, the narrative focuses on issues surrounding childhood, parenting and the transmission of memories between generations.

[What Do You Stand For? for Kids](#) - Barbara A. Lewis 2005

Describes positive character traits such as fairness, honesty, and respect and presents ways of developing them through various activities.

This Is Me - Ian Thorpe 2012-10-25

Ian Thorpe's achievements in the water are nothing short of phenomenal. He has won a record-holding eleven World Championship titles and ten Commonwealth Games gold medals. He has broken twenty-two world records and won five gold, three silver and one bronze Olympic medals. Having been under the spotlight since a young teenager, Ian retired from competitive swimming in 2006 due to waning interest, but six years later he is mounting a comeback for London 2012 and intense media attention has followed. Ian is one of the world's most prolific sportsmen, but it is the way he has managed his success and his commitment to helping others that has earned him respect and admiration internationally. Thorpe's autobiography follows him all the way from his childhood in Sydney right back up to the pinnacle of London 2012. This is a man who has had highs and lows away from the pool, who has led an extraordinary life of an elite athlete that most of us will never know, and who has the courage to come back and stake his claim for the ultimate goal once more.

[Real Life Heroes](#) - Richard Kagan 2016-12-13

Real Life Heroes: Toolkit for Treating Traumatic Stress in Children and Families, Second Edition is an organized and easy-to-use reference for practitioners providing therapy to children and caregivers with traumatic

stress. This step-by-step guide is an accompanying text to the workbook *Real Life Heroes: A Life Story Book for Children*, Third Edition and provides professionals with structured tools for helping children to reintegrate painful memories and to foster healing from traumatic experiences. The book is a go-to resource for practitioners in child and family service agencies and treatment centers to implement trauma-informed, resiliency-centered and evidence-supported services for children with traumatic stress.

Who Is Me? - PJ Lee 2016-11-30

Patterns can mean more than you think even when you don't realize they exist. Patricia Jane Lee has embraced that truth as a result of examining her past lives, which have spanned the globe. In her current life, she has enjoyed nursing sick animals especially the paralyzed ones while in the past life, she was a paralyzed man. When Lee's family farm was sold, she was devastated, and she carried that pain for years. Later she discovered a past life where she had been an Indian chief whose land was stolen. She then realized she had been carrying both her own pain and that of the Indian. In examining her current life and former lives, Lee has discovered remarkable similarities that exist between her past and present. She realizes the person she is today is the sum of all the people she was in her previous lifetimes. Join the author on her healing journey, as she examines the patterns that have permeated her many lives, and, along with love and forgiveness, frees herself from painful remnants of the past.

A Treasure Chest of Behavioral Strategies for Individuals with Autism - Beth Fouse 1997

A cornucopia of ideas, strategies, and concepts that will apply to virtually any situation! The authors address sensory, communication, and physical and social-emotional issues by increasing desired behaviors and decreasing unwanted behaviors. You will also learn how to build "sensory diets" into everyday activities; use antecedent control; teach students to self-regulate; deal with self-injurious behaviors, physical or verbal aggression, toilet training, obsessive-compulsive behavior, and fixations; deal with crisis/stress/data management, data management, and much more. Whatever problems you face, you'll find helpful solutions to them in this book. This book should be on every teacher's and parent's bookshelf. Great reference source! Helpful sections include: Impact of Autism Characteristics What Does Communication Have to do With Behavior? Sensory Issues and Behavior Social Skills and Social/Emotional Issues Structuring the Environment for Success Increasing Desired Behaviors Decreasing Unwanted Behaviors Crisis Management and Other Special Problems Discipline Procedures and Behavior Intervention Plans Stress Management

This is Me and My Two Families - Marla D. Evans 1988-01-01

This unique personal book for children to work on with a parent or stepparent allows the child to communicate facts and feelings about his/her identity and place within two families.

How To Win As A Stepfamily - Emily B. Visher 2013-04-15

Attempts to guide readers towards forming the remarried family, considering such issues as former spouses, new grandparents, and legal issues involving custody, visitation, adoption and financial arrangements.

This Is Me Growing up in My Country Montserrat, WI - Marie Farrell-Lindsay 2016-11-17

This Is Me Growing Up in My Country, Montserrat, West Indies came to be because of the life that I used to live at home. I always wanted to write a book about my life back home. Also, whenever I told people about my life, they all would tell me to write a book. Then the urge for writing this book and other books to come grew stronger and stronger. Now, I am presenting you with the first of my books.

Becoming A Stepfamily - Patricia L. Papernow 2015-07-17

What determines whether stepfamilies remain together? What helps stepfamilies overcome the difficulties of remarriage and become mutually supportive family units? How can mental health professionals better support this development? This book brings both clarity and depth to the unique and complex dynamics of remarried families. Patricia Papernow draws on interviews with over 100 stepfamily members, up-to-date research, a solid theoretical framework, and an empathic clinical sensibility to present an insightful model of stepfamily development, the Stepfamily Cycle. This detailed account of the sages of forming a lasting, cohesive group is richly illustrated by stepfamily members' own stories. *Becoming a Stepfamily* describes the developmental challenges involved in building nourishing, reliable relationships between stepparents and stepchildren, in the newly married couple, and between different family groups who must learn to live together in a remarried family. Papernow discusses the factors that influence the pace and ease of development,

and she provides four full length case studies illustrating the varied paths through the stepfamily cycle to the successful remarried life. The author offers therapists, clergy, school personnel, and others involved with stepfamilies a range of effective interventions, including preventive, educational, and clinical approaches. She provides practical guidance for helping family members deal constructively with the differing attachments of children to their biological parents and stepparents, assisting stepparents as they cope with feeling excluded from the powerful biological parent-child bond, and guiding biological parents torn between their spouse's need for intimacy and privacy and their children's needs for support and attention.

The Archive of Loss - Maura Finkelstein 2019-04-19

Mumbai's textile industry is commonly but incorrectly understood to be an extinct relic of the past. In *The Archive of Loss* Maura Finkelstein examines what it means for textile mill workers—who are assumed not to exist—to live and work during a period of deindustrialization. Finkelstein shows how mills are ethnographic archives of the city where documents, artifacts, and stories exist in the buildings and in the bodies of workers. Workers' pain, illnesses, injuries, and exhaustion narrate industrial decline; the ways in which they live in tenements exist outside and resist the values expounded by modernity; and the rumors and untruths they share about textile worker strikes and a mill fire help them make sense of the industry's survival. In outlining this archive's contents, Finkelstein shows how mills, which she conceptualizes as lively ruins, become a lens through which to challenge, reimagine, and alter ways of thinking about the past, present, and future in Mumbai and beyond.

Being There - Peter Keese 2022-02-10

Here are stories about real people—student chaplains and their supervisor/educator—in real situations. Together they struggle to learn, through continuing practice, how to make significant human contact with other people—patients, families, fellow staff members, and fellow students. Like all stories about humans, they are sometimes funny, sometimes poignant, often confusing, and almost always rich with complexity. These stories contain and convey something of this richness for all to enjoy.

Rebuilding Attachments with Traumatized Children - Richard Kagan 2014-09-25

Learn to build the trust you need to help children in crisis! *Rebuilding Attachments with Traumatized Children: Healing from Losses, Violence, Abuse, and Neglect* is a therapeutic guide to helping troubled children move beyond the traumatic experiences that haunt them. Author Dr. Richard Kagan, Director of Psychological Services for Parsons Child and Family Center in Albany, New York, presents comprehensive information on how to understand—and surmount—the impact of loss, neglect, separation, and violence on children's development, how to discover and foster strengths in children and their families, and how to rebuild connections and hope for children who are at risk of harm to themselves and others. This unique book is designed to be used in tandem with *Real Life Heroes: A Life Storybook for Children* (Haworth), an innovative workbook that helps children develop the self-esteem they need to overcome the worries and fears of their past through a creative arts approach that fosters positive values and a sense of pride. *Rebuilding Attachments with Traumatized Children* helps children move from negative or suppressed memories to a more positive perspective, not by denying hardships, but by drawing strength from the supportive people in their lives. Practitioners can use the book as a framework and detailed guide to assessment, engagement, development of service plans, and implementation of attachment and trauma therapy. The book is a comprehensive model for working to build the trust necessary before other trauma therapy approaches can be successfully initiated. Topics examined in *Rebuilding Attachments with Traumatized Children* include: attachment theory and research types of attachment problems PTSD behaviors permanency work with children in placement ADHD, bipolar, and RAD cognitive behavioral therapies storytelling therapies the myth of perfection neuropsychological patterns and much more! *Rebuilding Attachments with Traumatized Children* is a rich resource for practitioners, academics, parents, adoptive parents, foster parents, grandparents, and anyone working to show troubled children how to learn from the past, resolve problems in the present, and build a better future.

This Is Me - Michelle Collins 2014-04-03

Michelle Collins has played iconic roles in the two most watched soap operas on British television. In the 1990s she played the backstabbing blonde, Cindy Beale, in *EastEnders*, and in 2011 she joined the cast of *Coronation Street* and now plays much-loved *Rovers Return* landlady,

Stella Price. But what about the rest? Much of Michelle's remarkable story has never been told before. From growing up on the wrong side of the tracks in North London with her sister and their young single mother to Michelle's quest for success as she fought her way through some difficult and painful times. In her book Michelle reveals her battle with anorexia and bulimia; running away to Los Angeles and her first AA meeting there; her first foray into the music business; her tempestuous relationships and the truth behind the tabloid stories; why she missed her own wedding, and her relationship with daughter Maia's Italian-born father. Through it all, Michelle's book is ultimately a celebration of her talent, resilience, and so much more. It is the open, frank, funny, and sometimes shocking story of a proud, working single mum, who has led an extraordinary life and who has never been afraid of fighting for what she wants.

The Therapist's Notebook, Volume 2 - Lorna L. Hecker 2007

The Therapist's Notebook, Volume 2: More Homework, Handouts, and Activities for Use in Psychotherapy, is the updated classic that provides mental health clinicians with hands-on tools to use in daily practice. This essential resource includes helpful homework assignments, reproducible handouts, and activities and interventions that can be applied to a wide variety of client and client problems. Useful case studies illustrate how the activities can be effectively applied. The book employs a consistent chapter format, making finding the 'right' activity easy.

The Castle Key - Karen Krossing 2014-04-24

Twelve-year-old Moon lives with her father after her mother disappears, leaving her with nothing but a beautiful ring, which also mysteriously vanishes. After her mother's departure, her father has become unusually depressed and moody. Moon, however, firmly believes that she will see her mother again and develops a strong interest in magic as a way to find her. Her breakthrough comes when she finds a strange key in the office of Ms. Tanglemoth, the intimidating school librarian. When Moon holds the key, she is transported back in time as an invisible observer to the middle ages, where young Nora, who bears a strong resemblance to Moon's mother, is oppressed both by her father and his enemies. Moon gradually realizes that she and the key are the means to giving Nora's murdered ghost peace and to restoring her own mother to her. But how exactly is this to be accomplished?

The American Family on Television - Marla Brooks 2015-03-12

The sitcom made its first appearance in January of 1949 with the introduction of television's first family, The Goldbergs. Since the advent of the sitcom, televised fictional families have reflected the changing structure of American society. The sitcom emphasized first the lives of suburban, working class European immigrants and gradually expanded to encompass the multicultural urban phenomena of the 1960s. The roles of men and women in the fictional family have similarly been adjusted to depict women's movement into the workforce and the changing identity of the father. As censorship laws became less stringent, sitcom viewers also began to be exposed to the realities of changing family dynamics in America, watching as the traditional nuclear family diverged to include single-parent, two-father, and two-mother households. From the cultural upheaval of the mid-century to the "reality" craze of the new millennium, television's families have mimicked and even influenced the changing values of American society. This broadcast history covers more than 100 television families, from the Goldbergs to the Osbournes, who have provided entertainment and inspiration for the American public since

1949. An introduction to the cultural trends and social developments of each decade is provided prior to a summary of the significant series of that decade. Each series entry includes a description of the family, the date of the show's first and last broadcast, the broadcasting network, the day and time aired, and the cast of characters.

Brunanburgh - David Anson 2010-09

It's 936AD and King Athelstan of the Saxons is expecting an invasion of Scots and Irish Vikings to put their man Earl Anlaf on the throne of the Kingdom of Northumbria in York. However, his enemies are many and coming from all over Greater and Lesser Britain and they all intend to meet at Brunanburgh, the old Roman fort of Morbium. Athelstan's spies know their plans and he prepares his forces to meet them during the next summer. Two Pictish princesses come south as warriors with the Scots army to revive the fortunes of their people. They meet two of Athelstan's soldiers on the battlefield and fall in love in the midst of the slaughter.

This Is Me - Mrs Hinch 2020-10-01

Pre-order this extraordinarily candid memoir and discover the real Sophie Hinchliffe, the woman behind the Mrs Hinch phenomenon. *** FEATURING A BONUS PAPERBACK CHAPTER ABOUT THE BIRTH OF LENNIE *** THE SUNDAY TIMES NO. 1 BESTSELLER 2020 'Gut-wrenchingly honest' The Mail on Sunday 'I love that woman so much, she is just so great' Rylan Clark-Neal, BBC Radio 2 _____ I sometimes can't believe just how much has happened in the last couple of life-changing years. It's been a total whirlwind of a journey, and I'm so grateful to all my followers for their amazing love and support along the way. From my very first toy kitchen which was my pride and joy right through to the my very first Instagram posts stories of my cleaning routine, I'm going to take you back to the start of how it all began. But there is so much more to my story than just cleaning tips; there have been the highest of highs, but also heart-breaking devastating lows. So let's do this! Put your Hinch Lists to one side, get comfy and join me on the sofa with a cuppa. Welcome to my world. This is me: Soph - the wife, the mother and the person behind Mrs Hinch. _____ 'The sensation' Sun 'We're mad about Mrs Hinch' Vogue 'My new cleaning goddess' Daily Telegraph 'Doing for household chores what Marie Kondo did for tidying' Daily Mirror 'Mrs Hinch offers a reassuring structure for the day, a vision of domestic order' Guardian

This Is Me - Marty Tilley 2020-11-30

A baby, destined to die, lives. Here, Marty's story begins in a small, rural hospital, with no hope. And yet, hope and miracles surround her as she enters the world. Follow her journey as she struggles to overcome each hurdle that enters her world while trying to raise a family and maintain her professional career - one she has come to love. Relive her fears as she is told of a mysterious illness for which there is no cure, thus losing almost everything she holds dear to her heart. Walk with her as she presses forward, with her limited accessibility to her environment shrinking and her mobility in her lower extremities weakening each day. Never giving up, she transforms into a survivor determined to toss the label of degeneration out the window. She stands strong, unencumbered by insinuations and innuendos, and begins her process to identify true validation for her illness, lurking deep in the shadows. Giving up will never be an option again. May her journey inspire each of us to delve further into our inner soul and find our own strength, regardless of life's issues, and continue towards our own personal mission on this planet.