

Let Her Go An Emotional And Heartbreaking Tale Of Motherhood And Family That Will Leave You Breathless

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Mastering Fear - Rikke Schubart 2018-07-12

Mastering Fear analyzes horror as play and examines what functions horror has and why it is adaptive and beneficial for audiences. It takes a biocultural approach, and focusing on emotions, gender, and play, it argues we play with fiction horror. In horror we engage not only with the negative emotions of fear and disgust, but with a wide range of emotions, both positive and negative. The book lays out a new theory of horror and analyzes female protagonists in contemporary horror from child to teen, adult, middle age, and old age. Since the turn of the millennium, we have seen a new generation of female protagonists in horror. There are feisty teens in *The Vampire Diaries* (2009–2017), troubled mothers in *The Babadook* (2014), and struggling women in the New French extremity with *Martyrs* (2008) and *Inside* (2007). At the fuzzy edges of the genre are dramas like *Pan's Labyrinth* (2006) and *Black Swan* (2010), and middle-age women are now protagonists with Carol in *The Walking Dead* (2010–) and Jessica Lange's characters in *American Horror Story* (2011–). Horror is not just for men, but also for women, and not just for the young, but for audiences of all ages.

The Truth About Children and Divorce - Robert E. Emery Ph.D. 2006-01-31

Nationally recognized expert Robert Emery applies his twenty-five years of experience as a researcher, therapist, and mediator to offer parents a new road map to divorce. Dr. Emery shows how our powerful emotions and the way we handle them shape how we divorce—and whether our children suffer or thrive in the long run. His message is hopeful, yet realistic—divorce is invariably painful, but parents can help promote their children's resilience. With compassion and authority, Dr. Emery explains:

- Why it is so hard to really make divorce work
- How anger and fighting can keep people from really separating
- Why legal matters should be one of the last tasks
- Why parental love—and limit setting—can be the best “therapy” for kids
- How to talk to children, create workable parenting schedules, and more

Wherever You Are: The Military Wives: Our true stories of heartbreak, hope and love - The Military Wives 2012-11-08

From the moment the Military Wives sang together on BBC Two's *The Choir*, their lives changed forever. Their journey entranced the nation,

and their story moved millions.

My Daddy - Yusuph Koni 2021-08-18

Do fathers love their children more than the mothers do? Why or why not? Yusuph is Tanzania Congolese boy who born and grow in Tanzania with unaware of his mother's (Tecla) and father's (Joseph) love for him because of some complicated situation. As Yusuph grew up, he longed to live with his family but at the end he received bad news of Joseph's death. "I literally can't remember what was my dad looks like, or his voice, or anything about him but there are still some missing pieces of him deep down inside me that I brought into my countless dreams of him." Father will say they love their children just as much as their Mothers, but it looks different on the outside. He buried him in his mind, and transform almost every aspect of his live, he decided to pursue his new dream of not letting his children go through the life he went through. Yusuph and Samir were selected by the college to study abroad. Father tend to love their children in the way they perceive is the best but mother love their children in the way they can best perceive it. So, from children's perspective, the father's love may seem to be less than the mothers. Samir explore Yusuph's life situation to accomplish writing his own novel. "... He's committed to reading as many novels as he can, hoping that one day he'll find something to write about in his novel, but still, I wish I could tell my life story so he could write something..." THE BEGINNING OF NOVEL WITHIN A NOVEL. Later on Yusuph find out that, before Joseph death, he left special love message for him about his steps sister, Clementine who live in Drc Congo. It is very difficult for Yusuph to go meet his step sister because he want to spend most of his time with his girlfriend (Naomy) for his future family. As time goes by pain of loosing Joseph never leaves Yusuph. "The foot prints our loved ones leave on our souls are permanent. Never to be filled with another. Never forgotten. They live on in our memories and in our hearts." The importance of fatherhood extend beyond a provider. Keep that in mind. Yusuph couldn't deal with the future while he didn't clean all of his past memory. "Now we're all together and we can't shake hands... We can't kiss... Hugging each other is a test for us... Having sex is also a

problem.... I don't think if we will get married... Bearing children is a dream..." Mother's love is mild while father's love is shape. They are different but neither is dispensable. Instead to go study abroad, he go to meet Clementine because she is the one who will restore all the love he had for Joseph without care if there a civil war. Yusuph's heart-beat, thump-thump -- His finger is taking up trigger-slack. He holds off as Justine (Rebel) continues to drag Clementine backward into the woods... So yeah, I think fathers love their children, but they way they express it can sometimes be misunderstood or undervalued.

Empty Cradle, Broken Heart - Deborah L. Davis 2016-11-01

The heartache of miscarriage, stillbirth, or infant death affects thousands of U.S. families every year. *Empty Cradle, Broken Heart*, Third Edition offers reassurance to parents who struggle with anger, guilt, and despair during and after such a tragedy. In this new and updated edition, Deborah Davis encourages grieving and strives to cover many different kinds of loss, including information on issues such as the death of one or more babies from a multiple birth, pregnancy interruption, and the questioning of aggressive medical intervention. There is also a special chapter for fathers as well as a chapter on "protective parenting" to help anxious parents enjoy their precious living children. Doctors, nurses, relatives, friends, and other support persons can gain special insight. Most importantly, parents facing the death of a baby will find necessary support in this gentle guide.

Motivational Interviewing in the Treatment of Anxiety - Henny A. Westra 2012-06-04

This wise and practical book provides effective strategies for helping therapy clients with anxiety resolve ambivalence and increase their intrinsic motivation for change. The author shows how to infuse the spirit and methods of motivational interviewing (MI) into cognitive-behavioral therapy or any other anxiety-focused treatment. She describes specific ways to use MI as a pretreatment intervention or integrate it throughout the course of therapy whenever motivational impasses occur. Vivid clinical material -- including a chapter-length case example of a client presenting with anxiety and depression -- enhances the utility of this

accessible guide. This title is part of the Applications of Motivational Interviewing Series, edited by Stephen Rollnick and William R. Miller.
Let Her Go - Dawn Barker 2021-02-25

From Heartbreak to Wholeness - Kristine Carlson 2018-06-12

A guidebook for discovering how heartbreak can become the doorway to profound meaning and joy from the bestselling co-creator of the Don't Sweat the Small Stuff Series. In 2006, after building the bestselling franchise Don't Sweat the Small Stuff with her husband Richard, Kristine Carlson faced a shattering loss—the sudden death of her beloved spouse. Woven together with the remarkable stories of others' loss and recovery, her deeply moving story reveals a clear process of healing that is common to everyone and goes far beyond ordinary prescriptions for getting through hard times. In her new book, *From Heartbreak to Wholeness*, Kristine offers a life-altering map for navigating the heroic journey from loss to joy—one that ultimately awakens readers to a deep love affair with life. Every day, people suffer heartbreaks of some kind—loss of a loved one, divorce, illness, loss of a job or home—and seek to understand why these losses and traumas have befallen them and how they'll make it through in one piece. For readers who have endured loss of any kind, Kristine takes them by the hand, showing them how to traverse their own jagged edge of growth and emerge as the hero whole, happy, and empowered. Each chapter of *From Heartbreak to Wholeness* includes powerful exercises in self-inquiry and reflection, along with step-by-step guidance for writing one's own heroic story of healing. Journey with Kristine Carlson and learn how you can walk the path from heartbreak to wholeness.

I Wanted to Tell You - Anna Mansell 2018-11-29

'Sometimes I think that if I'd found a way to talk, we'd be together now...' When Helen finds a bundle of unsent love letters, tied with a red ribbon, and signed only 'the love you wished I could be', she wonders who they could belong to. The same day, however, her husband Alex announces he's leaving. She'd believed their love would last a lifetime, but now he's gone and she hadn't even realised there was anything

wrong. Desperate to understand, Helen doesn't know where to look for answers. But the letters keep drawing her back. As she reads the words of loneliness, loss and regret, something in them helps her start to make sense of it all... Even as she realises someone has been keeping heart-breaking secrets. But who do the letters belong to? Can the sender ever be reunited with the one they love, or is it too late? And when Helen finds out the truth about Alex, can she find it in her heart to forgive him, or will he never be the love she wished he could be? An emotional, unmissable read, exploring the devastation of loss, the power of love to heal, and the truths that bind us all together. Perfect for fans of Jojo Moyes, Diane Chamberlain and Daniela Sacerdoti. Readers love *I Wanted to Tell You*: 'I was different when I closed the book... Time stopped... The most amazing love story I have read... I cried my heart out and used all the tissues in the house. My heart ached so much.' *Chocolate'n'Waffles*, 5 stars 'This novel is an absolutely beautiful read and is full of insight, empathy and love... It totally enthralled me... Unmissable.' *Goodreads reviewer*, 5 stars 'Wow!!... Powerful... Amazing and beautifully written!!' *Goodreads reviewer*, 5 stars 'This is a book that needs to be read... Hauntingly sad, this book will touch your very core.' *Laura Morningstar* 'A cut above. So beautifully written... It shouted out to me as I turned the pages, enveloping me in the story, which at times seemed like it was talking about me or people I know.' *StefLoz Book Blog*, 5 stars 'What a fabulous novel!!!... Oh my goodness, *I Wanted To Tell You* just tugged at my heartstrings!... Such a beautiful novel... Anna Mansell's imagery, dialogue, and emotion in this novel is outstanding... Happy, funny, sad, regretful, and hopeful.' *Dandelions Inspired* 'Wonderful... I found myself completely lost in this story. My heart ached, broke and re-healed itself again by the time I finished the book. My mind was totally blown by the amount of emotions I felt.' *Chells and Books*, 5 stars 'A beautiful touching story that pulled my heartstrings to the limit in every possible direction.' *B for Bookreview*, 5 stars 'I've rarely read such an honest novel. It seemed so personal. And, for me, that's what made it shine. Five beautiful stars!' *Shalini Boland*, 5 stars 'So fulfilling, multi layered, truly insightful and heartfelt that you can't simply read this and not be utterly

moved by its words, thoughts, and emotions.' Goodreads reviewer, 5 stars 'This was emotional and riveting. It really pulled at my heart strings. I cried so much! I didn't want to put it down!' Netgalley Reviewer, 5 stars 'Oh, Anna Mansell, what have you done to me?!... Wow, what a storyline written from the heart... I don't think that I would have been able to stop the tears from falling even if I tried... A thought-provoking, insanely beautiful and poignant read which left me with half a heart broken, and half a heart filled with a joy... I am jealous of every person who gets to read this book for the first time.' **The Writing Garnet Heartbreak and Rage** - Gordon Neufeld 2002

Mass weddings. Matching ceremonies where people meet their future spouses for the first time. Desperate flower-sellers approaching bar customers late at night. Isolated farms where young men and women are rapidly transformed into fanatical devotees of the Reverend Sun Myung Moon. All these are well-known aspects of life in the Unification Church, often called the "Moonies". In *Heartbreak and Rage: Ten Years Under Sun Myung Moon, a Cult Survivor's Memoir*, K. Gordon Neufeld recalls his own participation in all of these events in a powerful and engrossing, and occasionally wistful and tender, memoir. Neufeld recounts his own rise in the ranks of the Unification Church to the position of a leader-in-training at the Unification Theological Seminary, a promotion that indirectly led to his growing disillusionment. Yet even when he found himself rejected by the woman Moon had chosen for his bride, and by the church to which he had been unwaveringly dedicated, he refused to give up, but carried on until there was absolutely no way to continue. At last, demonstrating great courage, Neufeld broke free from his state of mental transfixion without the aid of deprogrammers. This is an unforgettable story of persistence, devotion, love and loss.

Take a Sad Song - James Campion 2022-05-15

In *Take a Sad Song: The Emotional Currency of "Hey Jude,"* James Campion dives deeply into the song's origins, recording, visual presentation, impact, and eventual influence, while also discovering what makes "Hey Jude" a classic musical expression of personal comfort and societal unity conceived by a master songwriter, Paul McCartney. Within

its melodic brilliance and lyrical touchstones of empathy and nostalgia resides McCartney's personal and professional relationship with his childhood friend and songwriting partner, John Lennon, and their simultaneous pursuit of the women who would complete them. There are also clues to the growing turmoil within the Beatles and their splintering generation scarred by war, assassination, and virulent protest. Campion's journey into the song includes the insights of academic experts and professors in the field of musicology, sociology, philosophy, psychology, and history. Campion also reveals commentary from noted Beatles authors, biographers, music historians, and journalists and, finally, a peek into the craft of songwriting from a host of talented composers across several generations. *Take a Sad Song* is a tribute to how a song can define, inspire, and affect us in ways we do not always fully comprehend, as well as a celebration of a truly amazing track in the Beatles canon that reveals one band's genius and underscores its lasting voice in our cultural and musical landscape.

[Emotional Schema Therapy](#) - Robert L. Leahy 2019-04-16

This book presents innovative tools for helping patients to understand their emotional schemas--such as the conviction that painful feelings are unbearable, shameful, or will last indefinitely--and develop new ways of accepting and coping with affective experience. Therapists can integrate emotional schema therapy into the treatment approaches they already use to add a vital new dimension to their work. Rich case material illustrates applications for a wide range of clinical problems; assessment guidelines and sample worksheets and forms further enhance the book's utility.

[You Are Psychic](#) - Char Margolis 2022-08-30

"Char is the mentor we all deserve. In *You Are Psychic* she skillfully and compassionately helps you evolve those little whispers in the back of your mind into full-blown psychic intuition." —Chris Colfer, #1 New York Times bestselling author of *The Land of Stories* series and award-winning actor For the first time ever, America's most beloved psychic Char Margolis shares the secret to tapping into your own psychic ability. Margolis has left clients and audiences awestruck and transformed

countless lives with her profound psychic abilities, but never before has she shared how readers can access these abilities themselves. In her previous book *The Universe is Calling You*, Margolis shared how we can all tap into the vast energy of the universe, but now, in *You Are Psychic*, she opens another dimension of wisdom, teaching readers how to connect with the universal energy in a new way in order to tap into their own psychic strength. In seven simple, yet profound steps Margolis will help you discover and embrace your natural psychic abilities, connect with powerful positive energy, and protect your own energy at the same time. *You Are Psychic* is an invitation to a whole new way of being that will allow you to unleash the magic within.

Saving a Celebrity Actor - Heather Citulsky 2012-04-02

Finally Dr. Sean Brad has found a way to help the executive producers, and director of the most popular show, get their hands on an endangered brown hyena without the hassle of red tape. It comes through his introduction of a DNA changing drug, which surprises all of them when, not only is it proven to work exactly the way the doctor tells them, but with who the doctor already has in mind for the DNA change. The hottest, most overly conceited celebrity actor, Christopher Sage, unexpectedly gets an appointment with Dr. Sean Brad for, what he thinks, and believes is just a regular check-up, but through false truths, ends up unknowingly being changed into an endangered animal for one full week for the TV show. Enter anti-celebrity actor novelist Cheyenne Citul, who finds out through her best friend that the doctor plans to permanently change the celebrity actor into the brown hyena, and profit from the endangered animal; and quickly goes along with her friends plan to save Christopher. While being secretly kept at her place, something unexpected happens between Christopher and Cheyenne, and leaves them wondering if there really could be true feelings between them.

Surviving Emotional Work for Teachers - Jean Hopman 2020-10-30

Surviving Emotional Work for Teachers is a guide to improving teachers' wellbeing and practice through support of their emotional workload. The book argues that teachers should be given a formal opportunity to

debrief on challenging events, allowing them to reflect on and reframe these experiences in a way that informs future practice to prevent the emotional fatigue that can lead teachers to leave the field altogether. Each chapter opens with a teacher's story, acknowledging the emotional layers present in the scenario and what learnings can be drawn from it. Each of these stories features tension between what is expected of teachers, and how they are limited to act, which is further fuelled by underlying assumptions. This is valuable reading for teachers at all stages of their career, whether preparing for the complex work ahead or making sense of past and current experiences. This book offers a reflexive process that teachers and schools can implement to facilitate the useful exploration of their emotion. Such a process is vital for the overall wellbeing of any school.

The Thriving Adolescent - Louise L. Hayes 2015-11-01

Adolescents face unique pressures and worries. Will they pass high school? Should they go to college? Will they find love? And what ways do they want to act in the world? The uncertainty surrounding the future can be overwhelming. Sadly, and all too often, if things don't go smoothly, adolescents will begin labeling themselves as losers, unpopular, unattractive, weird, or dumb. And, let's not forget the ubiquitous 'not good enough' story that often begins during these formative years. These labels are often carried forward throughout life. So what can you do, now, to help lighten this lifelong burden? *The Thriving Adolescent* offers teachers, counselors, and mental health professionals powerful techniques for working with adolescents. Based in proven- effective acceptance and commitment therapy (ACT), the skills and tips outlined in this book will help adolescents and teens manage difficult emotions, connect with their values, achieve mindfulness and vitality, and develop positive relationships with friends and family. The evidence-based practices in this book focus on developing a strong sense of self, and will give adolescents the confidence they need to make that difficult transition into adulthood. Whether it's school, family, or friend related, adolescents experience a profound level of stress, and often they lack the psychological tools to deal with stress in productive ways. The

skills we impart to them now will help set the stage for a happy, healthy adulthood. If you work with adolescents or teens, this is a must-have addition to your professional library.

The Routledge Handbook of Language and Emotion - Sonya E Pritzker 2019-12-20

The Routledge Handbook of Language and Emotion offers a variety of critical theoretical and methodological perspectives that interrogate the ways in which ideas about and experiences of emotion are shaped by linguistic encounters, and vice versa. Taking an interdisciplinary approach which incorporates disciplines such as linguistic anthropology, sociolinguistics, applied linguistics, psychology, communication studies, education, sociology, folklore, religious studies, and literature, this book: explores and illustrates the relationship between language and emotion in the five key areas of language socialisation; culture, translation and transformation; poetry, pragmatics and power; the affective body-self; and emotion communities; situates our present-day thinking about language and emotion by providing a historical and cultural overview of distinctions and moral values that have traditionally dominated Western thought relating to emotions and their management; provides a unique insight into the multiple ways in which language incites emotion, and vice versa, especially in the context of culture. With contributions from an international range of leading and emerging scholars in their fields, The Routledge Handbook of Language and Emotion is an indispensable resource for students and researchers who are interested in incorporating interdisciplinary perspectives on language and emotion into their work.

When Reality Bites - Holly Parker 2016-07-27

Learn how to use denial to help you when you are facing tragedy and how to recognize and move past denial when it becomes counterproductive. Denial is often seen as an inability or unwillingness to face unpleasant or difficult realities--from financial losses, to illnesses like alcoholism, to larger social issues like climate change. In some instances, denial can be detrimental because it can keep you stuck in a cycle of destructive behaviors. However, denial can also be very useful

for helping you get through hard times, allowing you to tap into your resiliency for emotional survival. With great insight and originality, author Holly Parker shows you how to use denial as a buffer in the face of tragedy and how to know when your use of denial has become counterproductive or detrimental. Through a fresh, comforting, and clinically-based perspective, Parker takes the shame out of denial with practical and relatable solutions to uncovering, reframing, and harnessing this very normal coping technique. Hands-on exercises and compelling personal stories help you apply this information to your situation and come to accept your need for denial when it helps, and break through it to face life's challenges with courage when it hurts.

Scandal, Heartbreak, and Deceit - Elizabeth Mahoney 2020-09-17
Reeling from the sudden, shattering implosion of her twenty-eight-year marriage, single mother and health care professional Elizabeth Mahoney turns to online dating sites in hopes of finding a way to heal and move ahead with her life. Instead, she discovers that the site is rife with opportunists who prey on emotionally vulnerable women. After a dizzying series of experiences with a scammer who exploits her trust and intimate confidences to rob her, sexters, married men looking for something on the side and other questionable Lotharios, Elizabeth becomes romantically involved with a man looking for his dream woman in cyberspace. With sardonic wit, keen psychological analysis and a wisdom born of bitter experience, *Scandal, Heartbreak, and Deceit* reveals how easily a woman can fall prey to a victimizer if trauma has rendered her susceptible, and provides irrefutable evidence that dating sites and apps are nothing but tricks, lies and scams. In a post #MeToo era, the author examines the dangerous misogynistic attitudes of powerful men, Internet subcultures and other online predators, and discusses the risks of online dating for women. Beyond the author's own misadventures on Match.com, *Scandal, Heartbreak and Deceit* brings to light the many faces of intimacy, and shares personal stories of Canadian, U.S. and U.K. women in a modern hook-up culture. Varied perspectives on dating, casual encounters, friends with benefits, serial monogamy and polyamory, including the millennial experience of dating and cohabiting,

are explored.

Nurture Your Child's Emotional Intelligence - Dr Anne Lane 2022-02-01

We teach our children how to tie their shoelaces, how to read, how to ride a bike. We explain the weather and rainbows and why people have jobs. But when it comes to explaining the forceful, baffling, intense and marvellous emotions that we might experience, well, things become vague. Nurturing your child's 'emotional intelligence', so they can understand and process their own emotions, is one of the most important things you can teach your child. But parents are often at a loss as to how best to do this. And your child's big, complex emotions can also be somewhat scary. In this book, clinical psychologist and family therapist Dr Anne Lane provides a compass through that haze of uncertain emotional parenting, to help parents teach their children the crucial life skills that create emotional intelligence. She equips you to understand your child's emotions from pre-schooler through to pre-teen and, importantly, gives you the tools and advice you need to help THEM accept and understand these emotions. As the conversation around children's mental health continues to grow, this is the book all parents need.

Emotional Advantage - Randy Taran 2019-06-04

"Emotional Advantage is such an uplifting answer to our challenging times. In its pages, you will find encouragement, support, and new perspectives. Randy Taran offers an antidote to emotional overwhelm—a powerful way to discover how useful your emotions can be in guiding you towards your best life."—Marci Shimoff, #1 New York Times bestselling author of *Happy For No Reason* and *Chicken Soup for the Woman's Soul* Award-winning author, producer, and founder of Project Happiness, Randy Taran knows that every emotion, feeling, and mental state has the power to bring us back to our true essence, and that readers can use *Emotional Advantage* as a guide to get there. In recent years, there has been an overwhelming interest in the science of happiness and positive psychology, and many books on the subject. There is a good reason for this: it is a core, universal human drive. And while happiness has opened the door for many to move forward, there is a burgeoning curiosity about

the full range of human emotions, all of which factor into the human experience. What do we do when life does not go as planned?

Neuroscience reveals that to understand and utilize any emotion, we need to "name it to tame it." It turns out that even negative emotions have something to offer, if we know how to learn from them. Have you ever woken up in a fog of feelings and felt directionless? Or maybe it was hard to pinpoint exactly what you were feeling, but it wasn't where you wanted to be? What if we could actually use our feelings as a pathway to guide us back to our inner compass? What if, like alchemists, we had the tools to transform our emotions to take charge of creating our very best life? What if we could comprehend how even the most troublesome emotions are sending messages to alert, protect, and fuel us forward? *Emotional Advantage* is that guide. It will show us how a new perspective on fear can move us to courage, how guilt can clarify our values, and how anger can help us create healthy boundaries.

Lose Weight Without Dieting or Working Out - JJ Smith 2014-07-01

Discover the surprising secrets that will help you lose weight fast and keep it off—without dieting or exercise—with this #1 national bestseller from the author of the healthy living bible, *10-Day Green Smoothie Cleanse!* Want to lose weight without counting calories, starving yourself, or giving up your favorite foods? Would you like to look and feel younger and healthier than ever without crash diets or exhausting exercise? Then this book is for you! JJ Smith's breakthrough weight-loss solution can help you shed pounds fast by detoxifying your body, balancing your hormones, and speeding up your metabolism. You'll learn how toxins slow your metabolism and why sugar and starch hinder permanent weight loss. You'll also come to a keen understanding of which foods help you stay slim and which foods cause you to get fat so you can finally get off the rollercoaster ride of weight loss/weight gain and stay slim for life! You will learn how to: -Detoxify your body for fast weight loss -Drop pounds and inches fast, without grueling workouts or starvation -Lose up to fifteen pounds in the first three weeks -Shed unwanted fat by eating foods you love, including carbs -Get rid of stubborn belly fat -Eat foods that give you glowing, radiant skin -Use

green smoothies to detox -Trigger your six fat-burning hormones to lose weight effortlessly -Eat so you feel energetic and alive every day -Get physically active without exercising In a bonus chapter, JJ provides an all-new green smoothie recipe and tips for using her famed 10-Day Green Smoothie Cleanse to jump start the healthier eating and weight loss plan outlined in Lose Weight Without Dieting or Working Out. This is your last stop on the way to a new fit and healthy you! Create your best body—NOW!

Let Her Go - Dawn Barker 2017-05-22

Could you share your child with someone else? Zoe wanted a baby more than anything. But her dreams will come at a price... After years of struggling to conceive, Zoe and her husband face the prospect of never having a family. When Zoe's stepsister, Nadia, offers to be a surrogate it presents the perfect solution. A healthy girl, Louise, is born. But no one imagined just how hard it would be to know someone else was also mother to your child. As the pressure on Zoe and Nadia mounts, they make choices that there is no going back from. Years later, Louise is in desperate need of her family's help. Can they put their painful history aside to save the child they love so much? Don't miss this explosive and moving drama. Perfect for fans of Amanda Prowse, Kelly Rimmer and Kerry Fisher. Readers have been raving about Let Her Go: 'A moving and emotional read with brilliant characters... 5*. Highly recommended.' Goodreads reviewer 'This book was amazing! I was unable to put it down!' NetGalley reviewer 'Fab story with parts that brought me to tears.' NetGalley reviewer 'A really heart-wrenching story... of love, loss, heartbreak... I loved this book.' Goodreads reviewer 'Excellent and emotional book, great read couldn't put it down.' NetGalley reviewer 'A riveting piece of fiction that will keep the reader engrossed from the first page!' NetGalley reviewer 'I was thoroughly entertained. If you are even considering this book, read it. I'm really glad I did' 4* Reader review

Emotional Alchemy - Tara Bennett-Goleman 2002-01-22

"May this very important and enticing book find its way into the hearts of readers near and far so that it can perform its mysterious and healing alchemy for the benefit of all." —John Kabat-Zinn, author of Wherever

You Go, There You Are and Professor of Medicine, University of Massachusetts Medical School The Transformative Power of Mindfulness Alchemists sought to transform lead into gold. In the same way, says Tara Bennett-Goleman, we all have the natural ability to turn our moments of confusion or emotional pain into insightful clarity. Emotional Alchemy maps the mind and shows how, according to recent advances in cognitive therapy, most of what troubles us falls into ten basic emotional patterns, including fear of abandonment, social exclusion (the feeling that we don't belong), and vulnerability (the feeling that some catastrophe will occur). This remarkable book also teaches us how we can free ourselves of such patterns and replace them with empathy for ourselves and others through the simple practice of mindfulness, an awareness that lets us see things as they truly are without distortion or judgment. Emotional Alchemy provides an insightful explanation of how mindfulness can change not only our lives, but the very structure of our brains, giving us the freedom to be more creative and alive. Here is a beautifully rendered work full of Buddhist wisdom and stories of how people have used mindfulness to conquer their self-defeating habits. The result is a whole new way of approaching our relationships, work, and internal lives.

The Mushin Way to Peak Performance - Michael Veltri 2017-01-17

Follow your own nature to achieve clarity, power, and success The Mushin Way teaches tools and techniques to help you reach peak performance and transform your business and personal life. Regardless of what we want to achieve in business or in life, transformation can be difficult and we tend to be our own worst enemies. We hold ourselves back without even realizing what we are capable of. In this book, you'll learn how to break through the cycle of stress and setbacks to act with clarity, purpose, and direction—achieving peak performance and transformation along the way. You'll look deep inside to discover the natural leadership abilities lying dormant within you; you'll wake them up, make them stronger, and learn to draw on the strengths of those around you instead of muscling through with brute force. You'll discover how making the right choice is an empowering act, and develop the

strength and confidence to stop hesitating at every crossroad. With pragmatic advice and wisdom drawn from the guiding principles of the Japanese martial art of Aikido, you'll find your inner warrior and learn that even the most challenging battles can be won—or may not even need to be fought. When you set your sights high, peak performance can feel like a constant uphill battle fraught with failures and disappointments. What if success was more like a transformational river current that carries you along to your goal? This book shows you how to come down off the hill into the refreshing waters of mindfulness to begin your journey to the top. Develop laser-like focus, even in high-stress environments Identify and develop your own innate leadership qualities Turn setbacks into opportunities and defeat into victory Achieve much more than ever before, with far less effort Eastern philosophy teaches us to work in harmony with our own nature instead of fighting ourselves every step of the way. The Mushin Way shows you just where your inner strengths lie, and how to leverage them for success.

Calm - Fearne Cotton 2017-12-28

From the bestselling author of HAPPY and the HAPPY PLACE PODCAST THE FOLLOW UP TO THE SUNDAY TIMES BESTSELLER, HAPPY: FINDING JOY IN EVERY DAY AND LETTING GO OF PERFECT 'Calm for me is less about thought and much more about feeling. It is a stillness that allows my lungs to expand like hot air balloons. It is an acceptance of the noise around me. It is a magic alchemy that might last a second or a whole day, where I feel relaxed yet aware; still yet dynamic; open yet protected . . . '*** In today's always-on world, for many of us it seems impossible to relax, take time out or mute the encircling 'noise'. It is easy to feel trapped in this frenzied state of mind: we are surrounded by negative stories in the press, weighed down by pressures from work, family life or school and subject to constant scrutiny under the all-seeing eye of social media. As a result, mental health illnesses are on the rise in every age group, and more of us than ever before yearn for silence, peace and calm. CALM is Fearne's mission to find the simple things that can inch us away from stress and over to the good stuff. Including expert advice, conversations with wise friends from all walks of life, easy ideas

to try, activities to complete - and the little things that have made a difference to her own, sometimes-bumpy life - this book is a friendly reminder that Calm is a place that exists in us all, we just have to find our way back to it.

Harmony's Passing - Joel Blaine Kirkpatrick 2010-04-03

The appearance of a wandering black hole sends physicists scrambling to determine what effect it will have. But first, they have to figure out exactly where it is...and where it is going.

What I Need - Gale Trimmer 2020-11-11

What I Need: A Romantic Fairy Tale is the story of how one woman enables a family to rise from relative obscurity to fame and fortune without realizing that she has done so. Nor does the family put all the pieces of Effie Rose Shane Bentmont Trippen together until years after her death. Through three and four generations and beyond, the integrity of the family oath proves that individual fidelity can survive and even thrive. Her vibrant legacy brings the family full circle in this sweet romance novel of love and sorrow and separation brought together.

Healing Emotional Pain Workbook - Matthew McKay 2022-04-01

Powerful and customizable tools grounded in process-based cognitive behavioral therapy (CBT) to help you heal emotional pain and live a vital, values-based life Do you struggle with overwhelming emotions, such as anger, anxiety, sadness, shame, or self-blame? Emotions—even intensely distressing ones—are a natural part of life. But if your emotions are so intense that they're hurting your relationships or getting in the way of your happiness, it's time for a change. Written by a team of mental health experts, Healing Emotional Pain Workbook is a step-by-step guide to understanding your emotions and enhancing your overall well-being. Rather than a one-size-fits-all treatment, this workbook takes a tailored approach to help you treat the root cause of your emotional pain—whether it's avoidance, internalization, or rumination. As a result, you'll create a personalized plan to help you overcome intense emotions and live the life you want. With this workbook, you'll learn to: Stop avoiding and start showing up to your life Replace self-blame with self-compassion Make decisions based on your values, not your emotions

Break free from repetitive negative thinking Increase psychological flexibility Accept your thoughts and emotions—rather than trying to outrun them! When our emotions spiral out of control, they can result in chronic mental suffering. This workbook can help you change the way you react to emotions, before they negatively impact your life.

Letting Go - Nancy A. Kaiser 2008-06

Kaiser chronicles her experiences with an unexpected divorce and tells how she has rebuilt her life and embraced her destiny.

Interpreting and Responding to Classroom Behaviors - Michael O. Weiner, 2021-08-12

"I spend all my time with this kid!" is a typical teacher complaint when challenged by a young child who disrupts the classroom with rebellious, impulsive, worrisome or odd behaviors. It is vital that teachers gain the skills to holistically decipher and respond to these complex classroom situations. By addressing the underlying meanings that motivate children's behaviors, teachers increase the opportunity for change within the classroom setting Focusing on communication, this book discusses practical ways to apply child developmental theories to help address common classroom situations, problems, and worries. It identifies new frameworks and rationales, such as the troubling child, the testing child, the worrying child, and the hiding child; describes the unique aspects of these children's communication; and offers an easy-to-use language for successful teacher intervention. It also provides an adaptable, week-by-week planning and intervention structure as a way of creating some balance between practicality and theory.

Emotional Literacy - Andrew Moffat 2017-07-05

This is an exciting, hands-on resource comprising over 200 whole-class lesson plans. These can be used with a class in their very first week at school in Year 1 right through to their last week in Year 6. Each lesson plan focuses on a text, provides prompts for discussion and gives clearly explained, engaging activities to suit all learning styles. The lesson plans are based on 152 popular children's books. There are many cross-curricular opportunities, with specific links to literacy, particularly through the drama, speaking and listening plans of the Renewed Primary

Strategy. The scheme also includes Circle Time games specially selected for their positive effect on the emotional well-being of the child. The author, who is an Advanced Skills Teacher, spent two years developing the scheme of work. Each lesson plan has been tried and tested in many schools and is steeped in excellent primary practice. The scheme is designed to support the aims of the Every Child Matters agenda. The plans are differentiated by year group and are set out in modules which each last for six weeks, making the resource a manageable format for class teachers to use and an ideal solution to the delivery of SEAL Primary.

Emotions in Social Psychology - W. Gerrod Parrott 2001

First Published in 2001. Routledge is an imprint of Taylor & Francis, an informa company.

And Never Let Her Go - Ann Rule 2000-02-05

From America's most celebrated true-crime writer comes the heartbreaking real-life drama of a doomed young woman hopelessly trapped in a web of sexual intrigue, political manipulation, and emotional deception by her charming and successful—but ultimately deadly—lover. The author of fifteen New York Times national bestsellers, Ann Rule, a former Seattle policewoman, has researched thousands of homicides and understands every facet of murder investigation. Now, in the most complex and shocking book of her long career, she delves into the motivation that drove a seemingly successful man to kill, and she explores heretofore unknown aspects of a fatal affair between a beautiful young woman who moved confidently in the heady world of the upper echelons of government and a widely admired millionaire attorney who was an immensely popular political figure. On June 27, 1996, thirty-year-old Anne Marie Fahey, who was the scheduling secretary for the governor of Delaware, had dinner with a man she had been having a secret affair with for more than two years. "Tommy" Capano, forty-seven, was perhaps the most politically powerful man in Wilmington. Son of a wealthy contractor, former state prosecutor, partner in a prestigious law firm, advisor to governors and mayors, Tom Capano had a soft-spoken and considerate manner that endeared him to many. Although recently

estranged from his wife, he was a devoted father to his four beautiful young daughters, the trusted son of his widowed mother, and the backbone of his extended family. But sometime after 9:15 that night when Anne Marie and Tom left a Philadelphia restaurant, something terrible happened to Anne Marie. It would be forty-eight hours before her brothers and sisters realized that she had disappeared entirely. Ann Rule brilliantly traces the lives of both Fahey and Capano as she discloses the intimate details of their ill-fated bonding. A vulnerable, trusting woman becomes spellbound by a charming, duplicitous married man, and what begins as a seemingly unremarkable affair is slowly transformed into an obsessive, convoluted, and deadly relationship. Through her impeccable research, Rule peels away layer after layer of deception to reveal a man who lived a secret life for decades, a man so greedy that he would sacrifice anyone to gain what he desired. One of his many mistresses—all of whom were unknown to one another—was Deborah MacIntyre, an attractive and wealthy member of one of Wilmington's oldest families and an administrator of an elite private school. She, too, would become part of the mystery surrounding Anne Marie's disappearance. As three prominent families are destroyed to satisfy one man's jealous obsessions, this unfathomable tragedy becomes a tale that few would believe if it were presented as fiction. Shockingly, it is all true. Destined to become a classic, *And Never Let Her Go* is a riveting account of forbidden love and murder among the rich and powerful, and a chilling insight into the evil that sometimes hides behind even the most charming façade.

Eyes Wide Open - Gary Chapman 2011-08-16

In our postmodern world, we are so driven by our emotions that in "living for the moment" we've forgotten to guard our most precious treasure - our hearts. Young people may not realize it, but acts that appear innocent - such as e-mail and instant messages - can entangle our emotions and lead the heart to places it should not go. Most people give their hearts away long before they give their bodies away, so it is imperative that young people learn the importance of emotional purity, how to avoid the steps that too often lead to a physical downfall and how

to live pure lives. Like talking to a big sister who's gone before them, reading *Eyes Wide Open* will give young people the necessary keys for making decisions about purity, love and romance. She also shows them how to acquire a thirst for purity as they realize it is not just another rule, but a path that leads to a dimension of deep and fresh living where they can truly thrive.

Dr. Laurie Nadel's Sixth Sense - Laurie Nadel 2006-11

This book will show you how to unlock your sixth sense. You will discover how to draw on the unlimited power of your mind. "I found this fascinating."-Dan Rather "The world is a better place now that SIXTH SENSE is back in print. This book is a classic that deserves to be read over and over again. No other book so elegantly combines an understanding of intuition with the sciences of parapsychology and brain physiology."-Jeffrey Mishlove, Ph.D., Dean of Consciousness Studies, University of Philosophical Research "This book is the first to look seriously and carefully at the interrelationships of intuition, creativity, and other 'psychic' events, subjects totally ignored by mainstream science but vital to every thinking human. An important book for laymen and professionals."-Dr. Edgar Mitchell, scientist and former astronaut "A comprehensive, probing look at a subject that has puzzled us all for centuries."-Glen Evans, Greenwich Times

One True Love (Heartwarming, Poignant, Emotional Romance) -

Barbara Freethy 2011

An emotional and compelling novel about love and family by award-winning author Barbara Freethy

Redefining Love - Seye Oluwole

Turbulent Tunnel - Jenn Shell 2015-03-06

Without any doubt, Lisa Diamond knows that she and her high school sweetheart, Johnny, share a true and eternal love. Life is a paradise filled with love, hope, and the promise of forever in Johnny's arms. But life has different plans for her heart and her future. Driven apart by circumstances and teenage pride, she marries Michael, the new love of her life at seventeen. Inspired by the hopeful new dreams of a new bride,

she looks forward to forever at Michael's side. How quickly life can change. Due to a devastating car accident shortly after the wedding, Lisa now lingers in a nonresponsive vegetative state in a hospital bed. No one knows that within her motionless body, her mind still races in fear and pain, in love and longing, and between hope and hopelessness. Five years later, there is little reason for optimism. Lisa's devoted husband, faced with his greatest, heartbreaking life challenge, ponders an impossible choice: Is it time to let her go? Trapped alone in the darkness, Lisa has only her memories for company. Johnny is never far from her heart, even as her husband is ironically never far from her side. Michael struggles with his own demons, doubts, and needs. His friend Annette refuses to be the reason to end his marriage, despite its current state. Life, as the grieving husband has come to learn, is complicated. Will heartbreak drive him to a decision he will forever regret? Only time will tell.

A Child of My Own - Vanessa Carnevale 2021-03-05

As I watch her walk away, an arm raised to her face as she wipes tears from her eyes, I wonder if I really can go through losing her again. Because if I do this, I might gain a child, but I'll lose her in the process. Isla and Ben are devoted parents to their beloved daughter, Reese. She is their little miracle, the child they thought they'd never have until donors made her existence possible. But Isla has never told Reese about her biological parents. She wants to be honest with her daughter, but can she bear to open up old wounds? Then Isla receives a call from Lucy, once her closest friend, and it seems she may need to make a decision sooner than she thought. They haven't spoken in almost ten years, but Lucy has devastating news: she has lost her beloved husband Nate, just

after they decided they wanted to become parents after all. Heartbroken for her friend, Isla welcomes Lucy back into her life. But then Lucy comes to Isla with a request that changes everything. If Lucy gets what she wants, Isla's perfect family could be destroyed. But would she deny the woman who helped her become a mother the chance for her own happiness? A Child of My Own is a heartbreaking, gripping and emotional story about motherhood, loss and friendship, perfect for fans of Jodi Picoult, Kelly Rimmer and Kate Hewitt. Why readers love A Child of My Own 'I devoured this novel whole in one sitting. My God what a ride... it broke my heart... I cried and it takes a lot for a book to make me cry. A definite must read novel for 2021.' NetGalley reviewer, [REDACTED] 'Wow keep the tissues handy... This book will make you laugh and cry but also just fill your heart with love and friendship.' NetGalley reviewer [REDACTED] 'This book grabbed me by the heart and wouldn't let go... Definitely recommend this book for its emotional and passionate telling of the torment and anguish these women had to bear.' Yaya Reads Lots of Books [REDACTED] 'Spectacular and emotional... I was spellbound; Carnevale was instantly able to grab my attention and hold it for the entire plot! Her characters are so realistic you'll feel they are your friends, too.' Goodreads reviewer [REDACTED] 'A beautiful story about friendship, love, family and dreams come true. I loved it. It's filled with emotions... There was one sentence in the book that I had to reread a few times. I really could not believe my eyes. I never saw that coming. Wonderful story, great book.' B For Book Review [REDACTED] 'A gem of a book. I was engaged from the first chapter and didn't want to put it down until I finished it... I highly recommend this book and look forward to the author's next offering.' Goodreads reviewer [REDACTED]