

Happy Mum Happy Baby My Adventures Into Motherhood

Your Baby, Your Birth Hollie de Cruz 2018-08-30 No matter how you birth your baby, feel calm and safe with hypnobirthing "This woman is a great healer and birth expert. This book will be brilliant." Russell Brand Your Baby, Your Birth is a truly modern hypnobirthing book for ALL births. In-demand hypnobirthing coach Hollie de Cruz provides you with the skills and tools to make any birth feel safe, calm, connected and empowering. Drawing on her experience working with new mums, including Fearn Cotton and Giovanna Fletcher, Hollie de Cruz helps you prepare for a positive (not 'perfect') birth experience and approach motherhood with confidence in yourself and your instincts. Your Baby, Your Birth will teach you: - That birth is safe - listen to your body, embrace the changes, prepare your mind and relax during pregnancy - Exercises and breathing techniques for labour and birth for you and your birth partner, along with guided meditations to keep you calm and engaged - How to trust your instincts, understand your body and baby, and make informed decisions throughout your pregnancy and beyond Hollie de Cruz, creator of the award-winning yesmum positive affirmation cards, is renowned for demystifying hypnobirthing and her down-to-earth, realistic approach is highly sought after. Whatever kind of birth you are planning, let Hollie de Cruz provide you with a set of deep relaxation, mindfulness and meditation tools for an empowering experience.

Elevating Child Care: A Guide to Respectful Parenting Janet Lansbury 2014-05-01 Janet Lansbury's advice on respectful parenting is quoted and shared by millions of readers worldwide. Inspired by the pioneering parenting philosophy of her friend and mentor, Magda Gerber, Janet's influential voice encourages parents and child care professionals to perceive babies as unique, capable human beings with natural abilities to learn without being taught; to develop motor and cognitive skills; communicate; face age appropriate struggles; initiate and direct independent play for extended periods; and much more. Once we are able to view our children in this light, even the most common daily parenting experiences become stimulating opportunities to learn, discover, and to connect with our child. "Elevating Child Care" is a collection of 30 popular and widely read articles from Janet's website that focus on some of the most common infant/toddler issues: eating, sleeping, diaper changes, communication, separation, focus and attention span, creativity, boundaries, and more. Eschewing the quick-fix 'tips and tricks' of popular parenting culture, Janet's insightful philosophy lays the foundation for a closer, more fulfilling parent/child relationship, and children who grow up to be authentic, confident, successful adults.

The Unmumsy Mum A-Z - An Inexpert Guide to Parenting The Unmumsy Mum 2019-09-19
THE SUNDAY TIMES BESTSELLER From bestselling author and massively popular blogger The Unmumsy Mum comes this hilarious, irreverent and searingly candid compendium of parenting experiences. With entries including D is for Desperation, F is for Fish Fingers, S is for Supermum and V is for Vagina, it's safe to say this is not your average A-Z. This book won't tell you what sort of parent you should (or shouldn't) be; instead, it offers a refreshingly honest account of what being a mum to three young children is really like and the surprising lessons that have been learned along the way. If you feel as though you're not 'measuring up' or are struggling to #cherisheverymoment,

Sarah's tales from the thick of it will reassure and resonate with you. Above all, her commitment to telling the truth, the whole truth and nothing but the truth will make you laugh out loud and remind you that you are, in fact, doing a great job. What readers are saying: 'For all parents out there, this is a must read.' 'Absolutely hilarious and so true to life. 100% recommend.' 'Makes me smile and actually keeps me sane as it is so easy to relate to.' 'It made me laugh (Sleeping through), it made me cry (Xmas) and it made me feel better about the times I think I'm getting it wrong.'

The New Mom Code Amanda Tice 2022-01-18 Forget everything society has taught you about becoming a mom. Successful curve model Amanda Tice is here to tell you what motherhood is really like. Standing exposed in a scant bikini in front of Heidi Klum's creative team, revealing a postpartum body she hardly recognized, Amanda faced the harsh realization that she would never be her "old self" again. In refreshingly honest, hilarious, and raw conversation, Amanda takes you through her clumsy journey into motherhood and shares how she learned to embrace her new self-stretch marks, rolls, and all. With journal prompts, exercises, and "Tice Advice," Amanda helps you Understand what really takes place postpartum-mentally and physically. Thrive through the first few years of motherhood. Learn how to love and embrace your new identity. This book will rewire your brain and rewrite your new mom code-because, Mama, you deserve to have it all (and more)!

Desperate Sarah Mae 2013-01-16 Desperate is for those who love their children to the depths of their souls but who have also curled up under their covers, fighting back tears, and begging God for help. It's for those who have ever wondered what happened to all their ideals for what having children would be like. For those who have ever felt like all the "experts" have clearly never had a child like theirs. For those who have prayed for a mentor. For those who ever felt lost and alone in motherhood. In Desperate you will find the story of one young mother's honest account of the

desperate feelings experienced in motherhood and one experienced mentor's realistic and gentle exhortations that were forged in the trenches of raising her own four children. Also in *Desperate*: QR codes and links at the end of each chapter that lead to videos with Sarah Mae and Sally talking about the chapter Practical steps to take during the desperate times Bible study and journal exercises in each chapter that will lead you to identify ways in which you can grow as a mom Mentoring advice for real-life situations Q & A section with Sally where she answers readers questions

[The Kickass Single Mom](#) Emma Johnson 2017-10-17 When Emma Johnson's marriage ended she found herself broke, pregnant, and alone with a toddler. Searching for the advice she needed to navigate her new life as a single professional woman and parent, she discovered there was very little sage wisdom available. In response, Johnson launched the popular blog [Wealthysinglemommy.com](#) to speak to other women who, like herself, wanted to not just survive but thrive as single moms. Now, in this complete guide to single motherhood, Johnson guides women in confronting the naysayers in their lives (and in their own minds) to build a thriving career, achieve financial security, and to reignite their romantic life—all while being a kickass parent to their kids. *The Kickass Single Mom* shows readers how to:

- Build a new life that is entirely on their own terms.
- Find the time to devote to health, hobbies, friendships, faith, community and travel.
- Be a joyful, present and fun mom, and proud role model to your kids.

Full of practical advice and inspiration from Emma's life, as well as other successful single moms, this is a must-have resource for any single mom.

Choosing Single Motherhood Mikki Morrissette 2008 The comprehensive guide for single women interested in proactively becoming a mother--includes the essential tools needed to decide whether to take this step, information on how best to follow through, and insight about answering the child's

questions and needs over time. Choosing Single Motherhood, written by a longtime journalist and Choice Mother (a woman who chooses to conceive or adopt without a life partner), will become the indispensable tool for women looking for both support and insight. Based on extensive up-to-date research, advice from child experts and family therapists, as well as interviews with more than one hundred single women, this book explores common questions and concerns of women facing this decision, including: - Can I afford to do this? - Should I wait longer to see if life turns a new corner? - How do Choice Mothers handle the stress of solo parenting? - What the research says about growing up in a single-parent household - How to answer a child's "daddy" questions - The facts about adoption, anonymous donor insemination, and finding a known donor - How the children of pioneering Choice Mothers feel about their lives Written in a lively style that never sugarcoats or sweeps problems under the rug, Choosing Single Motherhood covers the topic clearly, concisely, and with a great deal of heart.

Grow Frankie Bridge 2022-08-18 'Open, honest, straight talking on mental health and motherhood.' - Tik Tok's Dr Julie 'I absolutely love it - it doesn't matter who you are, what you've been through and how much you've changed - there is always room for growth'. - Ant Middleton 'This book will become your bible.' - Gaby Roslin, Virgin Radio In GROW, Sunday Times bestselling author Frankie Bridge opens up about her journey with her maternal mental health. Part narrative exploration, part first aid manual for mothers this book will discuss the hidden growing pains which take place when you become a parent. Its chapters cover the HOW TOs, WHAT IFs?, WILL Is? and WHY DOs? anxious questions all mothers ask themselves when they believe they are doing it wrong whilst also offering a brutally honest account of how hard it can be to grow a baby and raise a child whilst you are still growing into yourself. The book will combine Frankie's mental health journey into motherhood with

the notes of psychologist, Maleha Khan, who will unpack the problems she experienced as she became a mother. It will also include additional guidance and parental advice from the UK's leading paediatrician Dr Ed Abrahamson. Fans of OPEN: 'Brave and beautiful... a first aid manual for your mind.' - Adam Kay, bestselling author of This is Going To Hurt 'Very readable. Very relatable. Intensely moving but also full of practical advice.' - Alastair Campbell

Some Kind of Wonderful Giovanna Fletcher 2017-11-16 Curl up with the irresistibly funny and uplifting Sunday Times bestseller from the No. 1 bestseller and Queen of the Castle, Giovanna Fletcher THE SUNDAY TIMES BESTSELLER 'A fun read with a big dose of girl power' SUN _____
When the love of your life says you're not The One . . . what next? After celebrating a decade together, everyone thinks Lizzy and Ian are about to get engaged. Including Lizzy. That is, until a romantic escape to Dubai leaves Lizzy with no ring, no fiancé and no future. Lizzy is heartbroken - but through the tears, she sees an opportunity . . . To find out what she's been missing while playing Ian's 'better half'. To rediscover the girl she was before. And, in the meantime, to have a little fun . . .
_____ 'Her funniest, freshest and best yet' Heat 'Engaging, witty and heartbreaking' i 'A must-read' Closer

Weed Mom Danielle Simone Brand 2020-12-29 An essential guide for moms looking to safely and responsibly incorporate cannabis into their daily lives to improve their health, wellness & family life. Weed Mom is an essential guide for women interested in learning more about THC and how to naturally relax, de-stress, and a better partner and parent. This first and only book made just for busy moms is packed with friendly and practical advice, including: The basics of THC and CBD What to look for at the dispensary Microdosing to boost mood & stay productive How to talk about cannabis with family & friends Understanding the potential downsides Using cannabis to enhance

your sex life And much more Whether you are new to the weed game or have experience using cannabis products, this book has something for everyone. You'll find everything you need to know about taking back your health and wellness, free of stigma. Enjoy a great reading experience when you buy the Kindle edition of this book. Praise for *Weed Mom* "An excellent compendium of cannabis information. If you're curious about how cannabis might fit into your life as a parent, *Weed Mom* has the answers for you . . . Timely, fun, and educational. It makes a great conversation starter for moms, dads, and anyone else who loves the healing herb!" —Mary Jane Gibson, journalist, actress & host at *Weed+Grub* "Brand is refreshingly frank about sticky topics like overuse, how to talk to kids about cannabis, and what to do when things go wrong. She also includes an incredibly useful buying guide for those (like me) who feel overwhelmed by the dizzying array of specialized products on the market today." —Alia Volz, author of *Home Baked: My Mom, Marijuana, and the Stoning of San Francisco* "Just how Brand becomes one of weed's most knowledgeable and ardent crusaders is a story you'll have to follow in the book, but that she's been to hell and back—with cannabis riding shotgun—makes her wisdom all the more hard-won and reliable. This is an honest, unapologetic book for real women." —Melinda Misuraca, Project CBD

The Science of Mom Alice Callahan 2021-11-23 "This book is a pragmatic introduction to evidence-based parenting. The second edition provides details of the latest advice from the American Academy of Pediatrics and includes enhanced coverage of allergenic foods and genetically modified organisms, breast versus bottle feeding, plastics as endocrine disrupters, vaccinations, and the co-sleeping debate. An all-new chapter reveals the real facts behind the benefits of both paid childcare for working parents and staying at home with babies"--

Going Solo Genevieve Roberts 2020-02-11 *Going Solo* is the empowering and uplifting story of one

woman's choice to become a single mother. 'I hope this story gives hope to anyone who wants children and to anyone who finds themselves single. Not to follow this path necessarily, but to remember that there are always many options.' Aged thirty-seven, single and having experienced two miscarriages, Genevieve Roberts found out that her fertility levels were dwindling. On hearing this news, she made the courageous decision to embark on motherhood solo and eventually became pregnant using a sperm donor. Genevieve describes her initial fear of the prospect of birth without a partner, and the trepidation she felt towards all the responsibility she has taken on. She recounts all the milestones of pregnancy and motherhood that most women share with their partner -- going to NCT classes alone, taking part in birthing workshops with her sister-in-law, her amazement that two people in her pregnancy yoga class are following the same path as her. But ultimately what triumphs is Genevieve's excitement at meeting her daughter. She recalls the first months of parenthood, navigating the love, worry and tiredness of life with a newborn without a partner. She describes the beautiful simplicity of the relationship between herself and her daughter, as she gets to know Astrid without having to consider a partner. Going Solo is for anyone whose life has taken an unexpected twist; for people who are interested in modern families and for those who want to take control of their life and follow their dreams of parenthood. It celebrates the fulfilment that comes from following what makes you happy, and reminds us that beauty may be found when life offers a surprise or a deviation from convention.

The Unmumsy Mum Sarah Turner 2017-04-18 Creator of the popular blog "The Unmumsy Mum," Sarah Turner offers an uncensored account of her early years of parenting. Sarah Turner's first few months of parenting were tough. On the darkest of sleep-deprived days, when the baby would not settle and she was irritable and the house was a disaster-zone, she wanted to read about someone

who felt the same. Someone who would reassure her that she wasn't a total failure. But she found nothing of the sort. She decided then and there that she would write something herself. She would document parenthood as she found it. Not how she wanted to find it or how she wanted other people to think that she found it. But how it was. Warts and all. Thus, her blog was born. Now with thousands of followers, "The Unmumsy Mum" blog covers everything from "baby-wearing incompetence" to "second child shortcuts." Full of candor, humor, and charm, this book—a #1 Sunday Times bestseller—shows us that we can read every parenting manual under the sun, but still have no bloody clue—and not having a clue is just fine. The Unmumsy Mum is a winner of the 2017 Family Choice Awards.

How to Grow a Baby and Push It Out Clemmie Hooper 2017-02-02 Everything you wanted to know but were too embarrassed to ask - a guide to pregnancy and birth straight from the midwife's mouth. Winner of the Gold and Consumer Choice award at the Mumii Best Baby and Toddler Gear Awards 2017 Mum to four little girls and midwife to many, Clemmie Hooper wants to share her knowledge, wisdom and stories about pregnancy, birth and mothering young children that aren't so widely talked about - straight from the midwife's mouth. From how to prevent tearing during birth to what you really need in your labour bag, Clemmie reveals everything pregnant women and new mums need to know with a good dose of humour and wit.

Black Girl/White Girl Joyce Carol Oates 2009-10-13 Fifteen years ago, in 1975, Genna Hewett-Meade's college roommate died a mysterious, violent, terrible death. Minette Swift had been a fiercely individualistic scholarship student, an assertive—even prickly—personality, and one of the few black girls at an exclusive women's liberal arts college near Philadelphia. By contrast, Genna was a quiet, self-effacing teenager from a privileged upper-class home, self-consciously struggling to

make amends for her own elite upbringing. When, partway through their freshman year, Minette suddenly fell victim to an increasing torrent of racist harassment and vicious slurs—from within the apparent safety of their tolerant, "enlightened" campus—Genna felt it her duty to protect her roommate at all costs. Now, as Genna reconstructs the months, weeks, and hours leading up to Minette's tragic death, she is also forced to confront her own identity within the social framework of that time. Her father was a prominent civil defense lawyer whose radical politics—including defending anti-war terrorists wanted by the FBI—would deeply affect his daughter's outlook on life, and later challenge her deepest beliefs about social obligation in a morally gray world. *Black Girl / White Girl* is a searing double portrait of "black" and "white," of race and civil rights in post-Vietnam America, captured by one of the most important literary voices of our time.

Memory-Making Mom Jessica Smartt 2019-03-05 What will your children remember of their childhood? Calling all moms who want to break out of monotony, distraction, and busyness to a life of making lasting memories with your kids and drawing your family closer to one another and to God! What's the solution to gaining the balanced, meaningful life you desire with your family? Create traditions that bring joy and significance! Popular "Smarter Each Day" blogger and mom of three, Jessica Smartt explains why memory-making is the puzzle piece that today's families are longing for. As Jessica shares her ideas, traditions, and beautiful insights on parenting in this well-written resource guide, she highlights the tradition-gifts kids need most with 300+ unique traditions including: Food: memories that stick to your ribs Holidays: fall bucket lists, crooked Christmas trees, and lingering over Lent Spontaneity: going on adventures Faith: why you need the puzzle box Memory-Making Mom is jam-packed with her own favorite childhood traditions, those she has started with her own children, traditions tied to the Christian faith, and additional ideas that you can

take and tailor to suit your needs. Jessica also offers spiritual guidance and practical encouragement to modern parents to keep on adventuring—even when they are fighting distractions, are on a budget, and exhausted.

The Beta Mum Isabella Davidson 2017-06-20 A young mother gets more than she bargained for when her blog about glamorous west-London 'Alpha Mums' goes viral.

Truly Happy Baby ... It Worked for Me: a Practical Parenting Guide from a Mum You Can Trust Holly Willoughby 2016-06-16 From TV presenter Holly Willoughby comes the refreshingly accessible and nurturing parenting guide that all new mums are looking for.

You're the One That I Want Giovanna Fletcher 2017-04-25 In this charming and exciting women's fiction novel, Giovanna Fletcher explores the complicated relationship between three friends—Maddy, her fiancé Rob, and their best friend Ben. Maddy, dressed in white, stands at the back of the church. At the end of the aisle is Rob—the man she's about to marry. Next to Rob is Ben—best man and the best friend anyone could ever have. And that's the problem. Because if it wasn't Rob waiting for her at the altar, there's a strong chance it would be Ben. Loyal and sensitive, Ben has always kept his feelings to himself, but if he told Maddy she was making a mistake, would she listen? And would he be right? Best friends since childhood, Maddy, Ben, and Rob thought their bond was unbreakable. But love changes everything. Maddy has a choice to make, but will she choose wisely? Her heart, and the hearts of the two best men she knows, depend on it... Romantic, suspenseful, and a whole lot of fun, *You're the One That I Want* is a great read about friendship, love, and the decisions that we make.

Little Mommy Sharon Kane 2008-04-08 This delightful story about an adorable little girl caring for her dolls makes for a perfect read-a-loud this Mother's Day! We spend the day in her charming

company as she cares for her dolls, treats their ills, gives them a tea party, feeds them dinner, and puts them to bed. Beautifully illustrated, this is a classic Little Golden Book.

Ramshackle Glam Jordan Reid 2014-04-08 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.

My New Roots Sarah Britton 2015-03-31 At long last, Sarah Britton, called the “queen bee of the health blogs” by Bon Appétit, reveals 100 gorgeous, all-new plant-based recipes in her debut cookbook, inspired by her wildly popular blog. Every month, half a million readers—vegetarians, vegans, paleo followers, and gluten-free gourmets alike—flock to Sarah’s adaptable and accessible recipes that make powerfully healthy ingredients simply irresistible. My New Roots is the ultimate guide to revitalizing one’s health and palate, one delicious recipe at a time: no fad diets or gimmicks here. Whether readers are newcomers to natural foods or are already devotees, they will discover how easy it is to eat healthfully and happily when whole foods and plants are at the center of every plate.

Being There Erica Komisar 2017-04-11 A powerful look at the importance of a mother’s presence in the first years of life **Featured in The Wall Street Journal, and seen on Good Morning America, Fox & Friends, and CBS New York** In this important and empowering book, veteran psychoanalyst Erica Komisar explains why a mother's emotional and physical presence in her child's life--especially during the first three years--gives the child a greater chance of growing up emotionally healthy, happy, secure, and resilient. In other words, when it comes to connecting with your baby or toddler, more is more. Compassionate and balanced, and focusing on the emotional health of children and

moms alike, this book shows parents how to give their little ones the best chance for developing into healthy and loving adults. Based on more than two decades of clinical work, established psychoanalytic theory, and the most cutting-edge neurobiological research on caregiving, attachment, and brain development, *Being There* explains:

- How to establish emotional connection with a newborn or young child--regardless of whether you're able to work part-time or stay home
- How to ease transitions to minimize stress for your baby or toddler
- How to select and train quality childcare
- What's true and false about widely held beliefs like "I'm not good with babies" and "I'll make up for it when he's older"
- How to recognize and combat feelings of postpartum depression or boredom
- Why three months of maternity leave is not long enough--and how parents can take control of their choices to provide for their family's emotional needs in the first three years

Being a new mom isn't easy. But with support, emotional awareness, and coping skills, it can be the most magical—and essential—work we'll ever do.

[The Working Mom](#) Vicki Broadbent 2020-10-27 Chosen by the Independent as one of the 10 best business books written by women 'Vicki is one inspirational numboss, who shares her secrets to juggling a thriving business with raising a family in this entertaining and empowering read!' Una Healy 'Ideal for going back to work without losing your mind . . . a no-nonsense guide to navigating the transition' Marie Claire 'If ever there is a person who has shown just how successful you can be online whilst also being an amazing parent it is Vicki. Read, learn and follow. A brilliant book from an inspirational mother'. Natasha Courtenay-Smith, author of *The Million Dollar Blog In The Working Mom*, Vicki Psarias, founder of *HonestMum.com*, shares her manifesto for surviving and thriving at work and at home. Vicki writes about everything from juggling work and family, to regaining your confidence after having a baby and battling imposter syndrome. An award-winning

blogger and vlogger, in this book Vicki shares how to turn your passions into a business that suits the modern mum's lifestyle. *The Working Mom* is full of practical advice, tips and tricks to help fellow #mumbosses build their own business or return to work, while creating a personal brand and learning how to market yourself. Vicki's funny, fresh approach to life and work as a mum has brought her a loyal fanbase and a brilliantly successful business: her blog *Honest Mum* is one of the UK's most popular parenting and lifestyle sites, and the blog combined with Vicki's social channels has an average monthly reach of 1 million. A *Lean In* for the blogging and vlogging generation, *The Working Mom* is an essential book for all parents, whether they are returning to work or looking to start a new career, as well as anyone looking to build their brand or business online. 'A must-read for the modern Mum; particularly one who has aspirations to build her own business. I wish I had been able to read it three years ago!' Katie Massie-Taylor, Co-Founder, *Mush*

Liv's Alone Liv Thorne 2021-08-19 When Liv Thorne was in her twenties, and single, she would joke to friends that if Mr Right didn't come along she'd have to take matters into her own hands and have a child on her own. When she was still single in her thirties, it stopped being a joke and she started researching sperm banks and fertility clinics. *Liv's Alone* is an honest and hopeful memoir that captures the joy and the challenge that is parenting alone by choice. From dismantling the fairy tale story that we're fed from a young age and grieving the life you thought you were going to have, to buying sperm from Denmark and bringing a baby into the world. Guiding readers through the highs and lows with warmth, humour and understanding, Liv wants her book to be a little beacon of optimism for women who are in the same position she was in; late 30s, single and longing for a baby. This is Liv & Herb's story, but hopefully a version of it will be yours.

Dream a Little Dream Giovanna Fletcher 2015-06-18 Feel uplifted with this gorgeously romantic

novel from the No. 1 bestselling author and Queen of the Castle, Giovanna Fletcher 'Puts a smile on your face and hope for magical dreams of your own' 5***** READER REVIEW 'I laughed and cried all the way through, I couldn't put it down!' 5***** READER REVIEW _____ Sarah is doing just fine. Sure, she's been single for the last five years, and has to spend an uncomfortable amount of time around her ex-boyfriend, his perfect new girlfriend and all their mutual friends. And yes, her job as a PA to one of the most disgusting men in London is mind-numbingly tedious and her career is a constant disappointment to her mother. But it's really okay. She's happy (ish). So it's not surprising that when Sarah starts dreaming about a handsome stranger, she begins to look forward to falling asleep every night. Reality isn't nearly as exciting. That is until her dream-stranger makes an unexpected real-life appearance, leaving Sarah questioning everything she thought she wanted. Because no one ever really finds the person of their dreams . . . do they? _____ 'Saucy, fun and full of heart. This is Giovanna's most accomplished novel yet! This book ticked every one of our must have boxes' Heat 'Tons of charm and genuine warmth' Star

McFly - Unsaid Things...Our Story Tom Fletcher 2012-10-11 The intimate - and surprising - autobiography of Britain's most adored band Prepare to meet the real McFly ... In 2003, Tom Fletcher, Danny Jones, Harry Judd and Dougie Poynter came together and formed what would become one of the most popular and successful bands in the UK. Just teenagers at the time, they were catapulted into the limelight and had to adapt quickly to their new-found fame - and everything that came with it. Now, at last, they have decided to tell their story, in full and revealing detail. Speaking with candour and their trademark humour, Tom, Danny, Harry and Dougie share both the stories of their own lives and that of McFly. They give their personal insights into their contrasting childhoods, the individual paths that led them to the band, the struggles they have each overcome,

their love lives and, of course, their music. Packed with previously untold stories, a lot of laughter and the occasional tear, *Unsaid Things* offers a privileged look into the lives of four guys who started out as bandmates and became best friends. Their unique camaraderie radiates from every page and by the end of the book, you'll know them almost as well as they know each other ... Tom Fletcher, Danny Jones, Harry Judd and Dougie Poynter have been together as McFly since 2003. They hold the record for being the youngest band to have a debut No 1 album in the UK. Their hits include: 'Five Colours in Her Hair', 'All About You', 'Please, Please' and 'Shine a Light'. They are one of the biggest bands in the UK.

Billy and Me Giovanna Fletcher 2016-04-05 In this utterly sweet and moving women's fiction novel, a celebrity comes to town and sweeps a young woman - who is used to being overlooked - off her feet. Sophie May is content with her life in her small English village, working in the local coffee shop and living with her mom. But when famous actor Billy comes to town to play Mr. Darcy in a new film adaptation of *Pride and Prejudice*, Sophie's quiet life is quickly turned on its head. Billy is adored by women around the world, but he only wants Sophie on his arm. But being with Billy comes at a price, and Sophie is thrown in the spotlight after years of shying away from attention. Can she handle the constant scrutiny that comes with being with Billy? Brimming with humor, wit, and genuine warmth, *Billy and Me* is a book about taking a chance on life and on love.

The Athletic Mom-To-Be Jennifer Faraone & Dr Carol Ann Weis 2015-05-15 Wanting to exercise during your pregnancy? Trying to balance both roles as a mom and as an athlete? Whether you are a recreational or high performance athlete, a health care or exercise professional, this is a "must have" book! Based on latest research findings, advice from clinical experts and input from over 40 athletes, this book offers practical information on staying active during these 9 months (and

beyond), while addressing many of the common fears and misconceptions.

Dear Mom Bradley Trevor Greive 2011-11 Greive strikes at the heart of the mother-child relationship inside "Dear Mom." Now this ode to mom-dom receives an update, featuring special hand-colored enhancements to the book's captivating black-and-white photographs, author-illustrated end papers, and a gilt-highlighted cover.

The Single Mums' Book Club Victoria Cooke 2021-04-30 Three friends, three single mums, one quest to find love...

The Eve Illusion Giovanna Fletcher 2020-04-16 THE SECOND BOOK IN THE BESTSELLING EVE OF MAN TRILOGY AND NO. 1 SUNDAY TIMES BESTSELLER - EVE AND BRAM HAVE ESCAPED, BUT CAN THEY SURVIVE? Eve is the last girl on earth. For the last sixteen years, Eve has been a prisoner. Guarded by the Mothers. Trapped by her fate. Watched by the world. Until she took her chance, and escaped. Eve finally has the freedom she has wanted for so long, and with Bram she has the love. But both come at a price. In this dangerous new world beyond the Tower, the regime is only ever one step behind. And, together with the desperate rebel group fighting against them, Eve has found herself in more danger than she ever could have imagined. With everything stacked against them, can Eve and Bram survive? Praise for Eve of Man 'A Hunger Games-esque novel . . . a compelling read' The Mail on Sunday 'Set in a dystopian future that has seen no girls born for 50 years . . . This promises to be one of the big books of the year. You'd be a fool to miss it' Heat 'This chilling dystopia is at heart a love story, and the vivid characterisation has you rooting for the duo from page one' CHILDREN'S BOOK OF THE MONTH Mail on Sunday 'A thoughtful, and excellent read' The Sun

The Sense of an Ending Julian Barnes 2011-10-05 BOOKER PRIZE WINNER • NATIONAL

BESTSELLER • A novel that follows a middle-aged man as he contends with a past he never much thought about—until his closest childhood friends return with a vengeance: one of them from the grave, another maddeningly present. A novel so compelling that it begs to be read in a single sitting, *The Sense of an Ending* has the psychological and emotional depth and sophistication of Henry James at his best, and is a stunning achievement in Julian Barnes's oeuvre. Tony Webster thought he left his past behind as he built a life for himself, and his career has provided him with a secure retirement and an amicable relationship with his ex-wife and daughter, who now has a family of her own. But when he is presented with a mysterious legacy, he is forced to revise his estimation of his own nature and place in the world.

Happy Mum, Happy Baby *Giovanna Fletcher* 2017-02-23 Sunday Times Number One Bestseller
Happy Mum Happy Baby is now a Number One podcast. A positive and uplifting book about what it is to be a mother and all things mum and baby by Celebrity Mum of the Year and phenomenally popular vlogger, author, TV presenter and actress *Giovanna Fletcher*. Being a mum is an incredible journey, a remarkable experience that changes how we look, how we feel, who we are. As mothers we are strong, protective, proud. We feel a love like no other. But being a parent can be hard too. It challenges us physically, mentally, emotionally. There are the days where just managing to fit a shower in amidst the endless feeding, entertaining young children and surviving on a lack of sleep feels like an achievement. With so many people ready to offer 'advice' on the best way to parent, it can feel like you are getting it all wrong. Since *Giovanna* and her husband *Tom Fletcher* have had their sons *Buzz* and *Buddy*, they have been sharing glimpses of their family life. With an infectiously positive outlook and happy take on all things mum-related, *Giovanna* has developed a following of fellow parents and mums-to-be. This is not a book about how to have the perfect family experience -

Gi would be the first to admit she is winging it just as much as the rest of us - instead it is an honest, upbeat and incredibly personal account of her own experience of having a family. In *Happy Mum, Happy Baby* Giovanna shares her own journey through parenthood and in doing so, she looks at what it is to be a mother today, encourages you to be confident in yourself as a parent and celebrates how putting a focus on being a happy and confident mum can really make for a happy baby.

Always With Love Giovanna Fletcher 2016-06-02 The magical and heart-warming novel from No. 1 bestseller and Queen of the Castle, Giovanna Fletcher 'Simply gorgeous. Sit back and let yourself be swept up into the life of Sophie and Billy' 5***** Reader Review 'This is pure escapism and I loved every single word of it' 5***** Reader Review 'I cried tears of joy and happiness . . . Beautifully written' 5***** Reader Review _____ Sophie's got used to being the girlfriend of Billy Buskin, the biggest movie star in the world. Sort of. But when she and Billy take a trip to visit his family in Los Angeles, she quickly discovers she's totally unprepared for the chaos of Hollywood, the paparazzi and Billy's controlling mother. And when Billy extends his stay in LA, leaving Sophie to fly home to Rosefont Hill alone, it seems there's more than just miles between them. Now Sophie must decide if they can overcome their differences for good. Because not every love story lasts the distance . . . With so much love on every page, this dazzling sequel to *Billy and Me* will warm your heart. 'Giovanna Fletcher steals our hearts again' *New Magazine*

Motherhood Your Way Hollie de Cruz 2021-02-25 'Nurturing, supportive and calming' - Izzy Judd 'This book offers mothers everywhere the empowerment they so deserve' - Laura Brand Learn to embrace your instincts and approach motherhood with confidence, because there is no 'right way', only what's right for you and your baby. Following on from the success of *Your Baby, Your Birth*,

renowned birth and parenting coach Hollie de Cruz applies her much-loved approach to the first year of motherhood. This empowering and thought-provoking book will guide you through the ever-changing landscape of your baby's first year, month by month, and will help you feel assured that you know your baby best. Filled with mindfulness techniques, MP3 tracks to download, Hollie's award-winning yesmum affirmations, and game-changing exercises to help you feel more capable and relaxed, *Motherhood Your Way* shows you how to: Understand your baby and respond to their needs Develop your maternal instincts and turn down the noise of outside opinions Build resilience and avoid comparisons Find time for self-care and create a nurturing support network Motherhood is full of ups and downs, but with this book as your companion, you'll soon realise that you are everything your baby needs and more.

The Mother of All Questions Rebecca Solnit 2017-02-12 A collection of feminist essays steeped in “Solnit’s unapologetically observant and truth-speaking voice on toxic, violent masculinity” (The Los Angeles Review). In a timely and incisive follow-up to her national bestseller *Men Explain Things to Me*, Rebecca Solnit offers sharp commentary on women who refuse to be silenced, misogynistic violence, the fragile masculinity of the literary canon, the gender binary, the recent history of rape jokes, and much more. In characteristic style, “Solnit draw[s] anecdotes of female indignity or male aggression from history, social media, literature, popular culture, and the news . . . The main essay in the book is about the various ways that women are silenced, and Solnit focuses upon the power of storytelling—the way that who gets to speak, and about what, shapes how a society understands itself and what it expects from its members. *The Mother of All Questions* poses the thesis that telling women’s stories to the world will change the way that the world treats women, and it sets out to tell as many of those stories as possible” (The New Yorker). “There’s a new feminist revolution—open to

people of all genders—brewing right now and Rebecca Solnit is one of its most powerful, not to mention beguiling, voices.”—Barbara Ehrenreich, New York Times–bestselling author of *Natural Causes* “Short, incisive essays that pack a powerful punch.” —Publishers Weekly “A keen and timely commentary on gender and feminism. Solnit’s voice is calm, clear, and unapologetic; each essay balances a warm wit with confident, thoughtful analysis, resulting in a collection that is as enjoyable and accessible as it is incisive.” —Booklist

Little Disasters Sarah Vaughan 2020-08-18 “Taut, clever, compelling, and guaranteed to keep you on the edge of your seat.” —Paula Hawkins, #1 New York Times bestselling author of *The Girl on the Train* and *Into the Water* From the bestselling author of *Anatomy of a Scandal*—now a hit Netflix series—a new thought-provoking novel exploring the complexity of motherhood and all that connects and disconnects us. You think you know her...but look a little closer. She is a stay-at-home mother-of-three with boundless reserves of patience, energy, and love. After being friends for a decade, this is how Liz sees Jess. Then one moment changes everything. Dark thoughts and carefully guarded secrets surface—and Liz is left questioning everything she thought she knew about her friend, and about herself. The truth can’t come soon enough. With Sarah Vaughan’s signature “clever and compelling” (Claire Douglas, author of *Last Seen Alive*) prose, *Little Disasters* is a tightly-wound and evocative page-turner that will haunt you long after you finish the last page.

The Divided Heart 2012

Happy Together, a Single Mother by Choice Story Julie Marie 2020-05-14 *Happy Together*, a single mother by choice story, is a heartwarming book to help share the family building story with a young child. A story told through clear language and cheerful illustrations, readers will join Mommy bear on the journey to fulfill her greatest wish of becoming a parent. With help from a doctor and a

donor, Mommy's dream came true and a baby was welcomed with great joy!

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