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Black Rainbow

How Words Healed Me, My Journey Through Depression

Quercus In 1997, Oxford graduate, working mother and Times journalist Rachel Kelly went from feeling mildly anxious to being completely unable to function within the space of just three days. Prescribed antidepressants by her doctor, and supported by her husband and her family, Rachel slowly began to get better, but her anxiety levels remained high, and six years later, as a stay-at-home mother, she suffered a second collapse even worse than the first. Throughout both of Rachel's periods of severe depression, the healing power of poetry became an integral part of her recovery. As someone who had always loved poetry, it became something for Rachel to cling on to in times of need - from repeating short mantras to learning and reciting entire poems - these words and verses became a powerful force for change in her life. In **Black Rainbow** Rachel analyses why poetry can be one answer to depression, and the book contains a selected 40 of the poems that provided Rachel with solace and comfort during her breakdown and recovery. At a time when mental health problems and depression are becoming more common, and the stigma around such issues is finally being lifted, this book offers a lifeline for anyone seeking to understand depression and seek new ways to treat it. Poetry is free, has no side-effects and, as Rachel can attest, 'prescribing words instead of pills' can be an incredibly powerful remedy.

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Spoken Word in the UK

Routledge **Spoken Word in the UK** is a comprehensive and in-depth introduction to spoken word performance in the UK - its origins and development, its performers and audiences, and the vast array of different styles and characteristics that make it unique. Drawing together a wide range of authors including scholars, critics, and practitioners, each chapter gives a new perspective on performance poetics. The six sections of the book cover the essential elements of understanding the form and discuss how this key aspect of contemporary performance can be analysed stylistically, how its development fits into the context of performance in the UK, the ways in which its performers reach and engage with their audiences, and its place in the education system. Each chapter is a case study of one key aspect, example, or context of spoken word performance, combining to make the most wide-ranging account of this form of performance currently available. This is a crucial and ground-breaking companion for those studying or teaching spoken word

performance, as well as scholars and researchers across the fields of theatre and performance studies, literary studies, and cultural studies.

Literature and Transformation

A Narrative Study of Life-Changing Reading Experiences

Anthem Press It has long remained a tacit assumption in hermeneutics and literary theory that works of imaginative literature have the potential to change the reader's self. *Literature and Transformation* develops a method called *Intimate Reading* to investigate how ordinary readers are deeply moved by what they read and the transformative impact such experiences have on their sense of self. The book presents unique narratives of such experiences and suggests a theory of transformative affective patterns that may form the basis of an affective literary theory.

Beyond the Psychology Industry

How Else Might We Heal?

Springer Nature This book provides a scholarly yet accessible approach to critical psychology, specifically discussing therapeutic practices that are possible outside of the mainstream psychology industry. While there are many books that deconstruct or dismantle clinical psychology, few provide a compendium of potential alternatives to mainstream practice. Focusing on five main themes in reference to this objective: suffering, decolonization, dialogue, feminism and the arts, these pages explore types of personal inquiry, cultural knowledge or community action that might help explain and heal psychological pain beyond the confines of the therapy room. Chapters focus on the role of cultural knowledge, including spiritual traditions, relational being, art, poetry, feminism and indigenous systems in promoting healing and on community-based-initiatives, including open dialogue, justice-based collaboration and social prescribing. *Beyond the Psychology Industry* will be of interest to researchers, clinical psychologists, therapists, academics in mental health, and cultural psychologists.

When Darkness Seems My Closest Friend

Reflections On Life And Ministry With Depression

Inter-Varsity Press 'I'm looking for the words and writing for those who can't imagine the words.' Mark Meynell articulates a heart pain that most of us simply couldn't express. He connects strongly and immediately with fellow cave dwellers. We relive significant moments from boarding school, Uganda, Berlin and London. We visit the Psalms, Job and The Pilgrim's Progress. If you're after neat conclusions and a fair-weather faith, this is not for you. This book serves up gritty reality and raw honesty, but also the heartfelt hope that the author's brokenness 'can somehow contribute to another person's integration' and 'inspire their clinging while beset by darkness or fog or blizzards'.
Contents 1 The mask 2 The volcano 3 The cave 4 The weight 5 The invisibility cloak 6 The closing 7 The way 8 The fellow-traveller 9 The gift Appendix 1 Managing the symptoms Appendix 2 Unexpected friends in the cave Appendix 3 Some words from inside the cave

Walking on Sunshine

52 Small Steps to Happiness

Simon and Schuster An accessible and clear-eyed handbook that offers fundamental tips, tools, and sanity-saving ideas to guide you through the seasons and help you better manage the mood-altering pressures of everyday life—"Try it. I took my blood pressure before and after. It dropped" (The New York Times). In the form of weekly journal entries over the course of a year, bestselling author, journalist, and mental health activist Rachel Kelly shares the fifty-two strategies that have helped her cope with depression and anxiety and maintain a calm, happy lifestyle. *Walking on Sunshine* requires no complicated program or an overhaul of your current way of life. These are simple shortcuts to lighter, more conscious living—tangible rituals you can use to care for your body and mind. In the pages of this engaging book, you'll find breathing techniques, poetry, prayer, philosophical nuggets, and meditations, all of them gentle suggestions designed to bring more ease and equanimity into your daily life. Written in the candid, conversational style of a good friend and accompanied by delightful cartoon illustrations, *Walking on Sunshine* is a constant, supportive companion that will see you through your ups and downs.

Holding Back The Tears

Rose Garden Press This is true story about real people is set in Edinburgh City and Dundee, where a petite Scottish Lassie called Rosie Gilmour, mother to Finlay Sinclair, receives news of the death of her son - who tragically has taken his own life by hanging. Rosie pretends her son is still alive by talking to him, for that takes away the unbearable pain

of her loss. But once she begins to face up to the fact that Finlay is not coming back, her conversations become more of a challenge than she can handle. When memories of her past are triggered by everyday life events, they take her mind back and forth in time - back to her own childhood days in 1960, when she flirted with the fairground boys, and to the day she gave birth to Finlay - "ME LADDIE". Rosie's Scottish accent becomes more apparent whenever her emotions are heightened and she begins to recite poetry. She goes on to reveal doubts about her own self-worth and how she re-unites her role as mother - a role she had denied herself for seven years prior to Finlay's death. Rosie learns how to forgive herself and how to accept her loss with using practical coping strategies that sometimes but not always work for her. Many voices of different natures and walks of life appear in Rosie's, story with each one offering a part of their own belief to try and console her in her misery - except that she turns her back on any advice or support offered. Rosie is convinced that she can cope with her loss on her own and "needs no help from anyone, thank you" - until a sweet, gentle, soft-spoken voice begins to travel with her throughout her ordeal, leaving her no other choice but to listen. Eventually moving to the countryside in Angus, Rosie finds the isolation gives her life a new meaning offering her the opportunity to re-value her beliefs about her own self values and decides the time has come to give her son a memorial service and invite a chosen few dance companions whom she met on a regular basis in Edinburgh to honour this day. Rosie begins to accept she will never be the same person she once had been and shall never be again, believing now her journey through grief taught her many lessons making her a stronger and better person than she imagined she could ever be.

Generation Panic

Simple & Empowering Techniques to Combat Anxiety

John Hunt Publishing Feeling anxious and on the back foot? No idea where or how to start getting relief? Anxiety making you feel overwhelmed and alone? In bite-sized chapters, Generation Panic is a simple, easy-to-follow guide that teaches you to take back control and combat your anxiety. With its dip-in-and-out format, Generation Panic is ideal for busy professionals in their twenties and thirties who are not feeling themselves, are out of control and are struggling to manage their anxiety. From setting boundaries to using the 7-7-7 breathing method, Generation Panic sets out over 100 quick techniques. Start learning all the tools and techniques you need to get back on track and start living a fulfilled, happy and panic-free life again.

The Lived Experience in Mental Health

CRC Press The importance of recognising the knowledge and the needs of service users and engaging them more proactively within the care process is now widely acknowledged, but it is not always clear how this can come about. The Lived Experience of Mental Health highlights individuals' own lived and felt mental health experience in order to share their expertise about mental health problems and the care offered. This text begins by exploring the importance of engaging with the internal world of those living with various mental health problems and reflecting upon personal narratives as means of expressing and sharing experience, as well as the status of these narratives as 'evidence'. The central section of the book looks at five commonly experienced mental health states: anxiety problems, depression, mood extremes, states of altered reality (linked, for example, with psychosis and schizophrenia) and impaired cognition (linked, for example, with dementia). The chapters look at how the mental state in question is experienced, including the experience of it in the context of the wider world, where health and social care services and the responses of other people play a part. Drawing on personal narratives from a wide range of sources, this text foregrounds the voices of experts by experience and relates them to the academic literature. The narratives collectively convey a breadth of experience including both concepts of struggling and living well with mental health issues. The book ends by outlining resources where a range of first-person narratives can be accessed, from online forums to films, and providing a strategy for teaching and learning associated with the exploration of lived experience narratives. Designed for health professionals working with people experiencing mental health problems, this illuminating text uses personal narratives to emphasise the importance of person-centred care and participation by services users in their own care. It will also be an interesting read for experts by experiences themselves as well as their families and friends.

The Thriving Giver

7 Principles for health professionals and caregivers to enhance self-care and prevent burnout

Practical Inspiration Publishing Give yourself the kind of care you give others and create a personalized toolkit of simple and effective strategies to master stress and replenish your energy. Whether you are a health or care professional, informal caregiver, therapist, teacher, or simply a people-pleaser who ignores their own needs, this book will equip you with a powerful mix of tools and resources to create a life that nurtures you on every level - emotional, physical and spiritual. Sarah Kuipers invites you to take a fresh approach to stress by helping you unearth the roots of poor self-care and create new beliefs and personal strategies that encourage you to value, love and care for yourself.

Only when you take care of yourself can you truly thrive, and only when you thrive can you give of your best to the world each day. Discover 7 powerful principles that will help you: - create supportive beliefs around your own worth - gain a greater understanding of your personal risk factors - transform your thoughts and emotions - calm your anxiety - become more assertive - replenish your energy - nourish your spirit. Sarah Kuipers worked with clients for over 20 years, primarily as a hypnotherapist and life coach, while bringing up three boys as a single mother before experiencing burnout. Since completing a Masters Research study on stress, she has facilitated numerous courses on stress management and personal development for medical students.

The Happiness Diet

Good Mood Food

Simon and Schuster Improve your mental health and make yourself happier with this mood-boosting, life-changing, holistic nutritional plan that includes recipes, advice, and the science behind it from an internationally bestselling author and a nutritional therapist. Eat better, feel better! There's a reason that our stomachs are often referred to as our second brains: the gut is responsible for producing around 90 percent of a person's serotonin, the chemical responsible for making you feel good. Since suffering from her last serious bout of depression in 2011, bestselling author and mental health advocate Rachel Kelly has developed a broad holistic approach to staying healthy and happy, and the heart of her recovery process involves a crucial shift in diet. Over the past five years, Kelly has worked with nutritionist Alice Mackintosh to identify the foods that either drag us down or lift us up. Together, they have built up a repertoire of over five-dozen recipes that target particular symptoms, from insomnia and mood swings to anxiety and exhaustion. In this bright, warm, beautifully designed cookbook with chapters ranging from Steady Energy and Beating the Blues to Hormonal Peace and Finding Comfort, they put all the theories into practice, explaining how you can incorporate these changes seamlessly into your daily life. Along with fantastic recipes and daily meal planners, each chapter features informative introductions explaining the nutritional science behind their advice. The Happiness Diet also offers cheat sheets of essential foods to incorporate into your diet, with comforting thoughts and inspirational quotes. Follow the advice in these pages, and even if it's the only life change you make, you will begin to feel stronger and lighter with each passing week. Happy eating!

Depression

An Introduction

ISD LLC A comprehensive introduction into the incidence, causes, and consequences of depression and how psychotherapy can help with its management and treatment. Aimed at practising psychotherapists, psychoanalysts, counsellors, and all professionals in the mental health field, it will also be of interest to anyone wanting to know more about depression.

The Recovery Letters

Addressed to People Experiencing Depression

Jessica Kingsley Publishers World Book Night 2018 In 2012, The Recovery Letters was launched to host a series of letters online written by people recovering from depression, addressed to those currently affected by a mental health condition. Addressed to 'Dear You', the inspirational and heartfelt letters provided hope and support to those experiencing depression and were testament that recovery was possible. Now for the first time, these letters have been compiled into an anthology for people living with depression and are interspersed with motivating quotes and additional resources as well as new material written specifically for the book. This powerful collection of personal letters from people with first-hand experiences of depression will serve as a comforting resource for anyone on the journey to recovery.

Y They Call Me Black

Createspace Independent Publishing Platform Every so called, Black man, woman, child wants to believe that slavery is over. The reason being for this belief is because times have changed. But that's not true, times may have change, and the institution of slavery has changed with it, in how its introduced. Slavery has taken on a new form, and its through words, words that would imprison our minds

Schizoanalysis and Ecosophy

Reading Deleuze and Guattari

Bloomsbury Publishing This volume presents the concepts of schizoanalysis and ecosophy as Felix Guattari and Gilles Deleuze understood them, in interviews and analyses by their contemporaries and followers. This accessible yet authoritative introduction is written by distinguished specialists, combining testimonies from some of Guattari's colleagues at the La Borde psychiatric clinic where he practiced, with expository essays on his main ideas, schizoanalysis and ecosophy, as well as his relations with Lacan. The last section of the book deals with the subsequent creative application of those ideas by his philosophical and psychoanalytic followers situated within the contemporary moment. This collection also provides the crucial historical context of France at the time Guattari was developing his concepts, including the role of the Maoists and the significance of the political situation in Algeria.

Remembering Joy

CreateSpace One mistake can shatter dreams and shape the future. Alexis knows this first hand. Even though her memory of that day is hazy, she has spent the last ten years trying to put it behind her. Armed with the knowledge that her career will be her only legacy, Alexis works night and day to prove that she is more than just her last name. It's not only that she doesn't have time for love. She doesn't have the heart for it. After all, there's no point in starting something you can't finish. When she meets Adam, she's drawn to him in a way even she can't deny. The film student is dark and brooding and strangely charming. He's the perfect distraction from her mundane life. And, as if fate is pushing them together, he seems to be around every corner. It's enough to almost make her entirely forget about her past and take a chance. But Adam can recall every detail that she's forgotten. What she doesn't remember, he can't forget.

The Red and the Black

Phoemixx Classics Ebooks The Red and the Black Stendhal - First published in 1830, The Red and the Black, is widely considered the masterpiece of 19th century French author Marie-Henri Beyle, known more commonly by his pen name, Stendahl. It follows the ambitions of Julien Sorel, a young man raised in the French countryside who wishes to rise above his provincial station by climbing the social ranks of Parisian society. Through a series of events, Juliens talent and hard work give way to deception and hypocrisy when he realizes the limitations for advancement of a sincere and honest man of humble origins. Although Julien achieves much which he aspires to, ultimately his pride gets the better of him when he commits a violent crime of passion, leading to his tragic downfall. Through the deep psychological introspection of Julien we see Stendhals unique literary genius, the remarkable way in which he allows readers to live in the minds of his characters. Set against the backdrop of the July Revolution of 1830, The Red and the Black is a narrative which embodies the rich social conflict of that time. This edition is translated with an introduction by Horace B. Samuel.

Turning This Thing Around

Createspace Independent Pub Turning This Thing Around is an inspiring memoir of overcoming personal struggles. This brutally honest, deeply personal account of redemption takes readers on a moving spiritual journey. Confronted with a myriad of obstacles—a debilitating arthritic disease, narcolepsy, anxiety and depression—the author was outwardly happy, but inwardly miserable. Pushed to the lowest point of his life, Maginn shares how he gradually turned things around and used his experiences to grow as a person. Supplemented by heartfelt poetry by the author and with quotes from Gandhi to Dr. Wayne Dyer to Eckhart Tolle, Turning This Thing Around has universal themes that speak to nearly everyone, as we all must face challenges as part of being human. It is a self-help memoir of sorts: the author discusses not only what he overcame, but also how he did so—and how others can, too. Unlike many popular memoirs on the market, this is a story that more people can relate to. Maginn was not raised in an eccentric family (Jeannette Walls in The Glass Castle, memoirs by Augusten Burroughs), nor did he travel to Italy, India and Indonesia, as Elizabeth Gilbert did in Eat, Pray, Love. Rather, Turning This Thing Around is a story of a normal young man's resiliency when battling extraordinary circumstances.

Remember Who You Truly Are

Createspace Independent Publishing Platform This book will help you to remember who you truly are, and to be your true, authentic self, in its entirety, to unlock the beautiful spirit and essence of you. You have a soul mission: it's time to wake up to it and fulfill your destiny and be everything you ever dreamed of being, your soul and spirit self really are, unafraid to shine in a world that all too often might seem might seek to undermine or limit you... You are filled with infinite possibilities and great gifts. Many of us are waking up from the illusion of fear, lower consciousness and vibration that we have been trapped in. Though times may be dark, the light can prevail and by holding on to our dreams and visions, we will emerge with a higher consciousness. We will shed all the restrictions of the past, and break the chains of the judgmental and fear-based systems which have ruled and limited our lives in so many ways, to take a jump and leap of faith and really be the full expression of our unique and special souls. "I really love this book. As soon as I started reading it, it felt like it was talking directly to my soul.... I believe Sally is a gifted soul on a mission to genuinely help & empower people. It is a book I will treasure" "What a beautiful book; one that touches you

and works on so many levels." "It doesn't matter where you are on your journey, in this book you will find something new, something to remind you of who and where you are, why you are following the path you have chosen and affirmation that you are not alone, the Universe is always supporting you. I found the book easy to read, to me the energy of the words just flow off the page, and hit the spot. Read it from cover to cover, dip in and out, the choice is yours and the book supports you in whatever way you wish to connect with it. Bursting with information and workable ways to experiment and include in your spiritual practice. Sally has worked really hard to make this work appeal to as wider audience as possible and I feel she has pulled it off with a flourish. Well done Sally, when's the next one?" "I really love this book. As soon as I started reading it, it felt like it was talking directly to my soul and I felt curiously emotional. I believe Sally is a gifted soul on a mission to genuinely help & empower people. It is a book I will treasure & refer to when I am in need of uplifting"

The Unprecedented Melodious Words of Ajee Da Poet

Shelley\Fowler A compilation of poetry that will make you think, rejoice, and contemplate about life and the world around us.

I Am Tan

A bi-racial boy named Christian, spends an interesting day learning about race, color and stereotypes. By the end of the day, he learns to embrace all of who he is. He knows that the world is full of white, black, brown, red and yellow people, but he also sees that there are many mixed children like him, who are in between these basic colors.

Compelled

A Memoir of OCD, Anxiety, Depression, Bi-Polar Disorder, and Faith...Sometimes

Tim Blue This is a book for anyone who has battled a mental illness - any mental illness - or for anyone who loves someone with a mental illness. It is also a book for anyone who has struggled to understand the role of faith in his/her suffering. Blue recounts a 35-year battle with the daily despair of OCD. For the first 25 years, his Christian upbringing convinced him he had a faith issue, not a chemical one. At age 25, after realizing there was more going on than a simple lack of faith, he spent the next 10 years struggling to find the right diagnosis, doctor, and treatment plan. This journey landed him in 7 different psychiatrists offices, countless psychologists offices, and even in the mental hospital for three days. In the end, Blue finds some answers but also comes to grips with the presence of his questions. This book will engage you, encourage you, and make you think about the sometimes toxic blend between spirituality and mental illness. Excerpt from chapter 3: At its core, OCD is a quest for certainty where certainty doesn't/can't exist. The person who washes his hands a million times wants certainty that the deadly germs are banished from his hands, but he can never be sure. The driver who fears she has accidentally hit a pedestrian re-drives the same route over and over, looking for absolute certainty that she didn't hit the innocent pedestrian, but there's no way to be absolutely certain that that odd color on the sidewalk isn't the blood of the child she just ran over who is now at the hospital or the morgue. Or the kid who is terrified he'll be abandoned by his parents...he can never ask enough questions or stand in just the right spot to check on their early arrival so as to be completely certain that they will always come back. Uncertainty dooms the sufferer of OCD to his torture chamber. For the religious person, uncertainty will, at some point, attack his quest for peace through faith. Let's face it: religion comes with plenty of uncertainty. Sooner or later, everyone on the quest to understand or know God will have to ask some difficult questions: Why does God allow bad things to happen to good people? Why does God allow so much suffering when he could simply zap the evil-doers? What does it mean to be saved? Unsaved? Is there such a thing as hell, and if so, how do I know that the sweet little old lady who used to live next door who wasn't very religious but who was the kindest person I ever knew isn't there? (See appendix for a fuller discussion of hell). My inevitable questions about the black-and-white certainties of the Christian faith caused the struggle between my internal self and my external self to rage on. Spiritual questions plagued my brain from the time I was old enough to ponder such matters, but the stakes were high in my family, where failure to see things the Right Way was not acceptable. My family's certainty mixed with my inevitable lack of certainty created a struggle within me between intellectual honesty and family acceptance - a struggle that persists to this day. One of the certainties of my upbringing that troubled my uncertain brain was the question of hell. To make matters worse, in my early childhood, we were Southern Baptists to the core - no drinking, church on Sunday and Wednesday (and sometimes Sunday night just in case!), suits to church so Jesus could admire our wardrobes, etc. Dogmatic Christian groups are guilty of excessive certainty about countless uncertain things, like how long it took the world to be created, where the precise line is between those who are "saved" and "unsaved," and that hell is a real place where anyone who hasn't "accepted Jesus as his/her savior" is going. Middle-school-Southern-Baptist-Tim, who had outgrown his fear of being left by his parents, needed some new way to be petrified of abandonment and isolation. Eternal damnation seemed like just the right thing for my brain to grab ahold of.

Half-Shell Prophecies

Ruthanne Reid **FRIGHTENED MONSTERS. STOLEN TIME. AND ONE SERIOUSLY UNDERESTIMATED DAMSEL.** Katie ran from the magical world years ago. She never planned on being dragged back in by a prophesying clamshell. The seers believe she alone can prevent an apocalypse of ruined time and broken worlds. Bran the Crow King believes she can save him from his cannibalistic grandfather. Katie believes they're all nuts. One thing is for certain: she's not waiting around for help. Operation Katie Saves her Own Damn Self is officially on.

Painz Poetry 151: Story and Message of a Niggah

AS THE CHANTS BLACK LIVES MATTER BECOMES MORE AND MORE PREVALENT PRINTESS WILLIAMS PRODUCES HIS OWN STORY IN THE HOPES AND THE EFFORTS OF ENCOURAGING HIS FELLOW BLACK LIVES TO BE AND TO PRODUCE THEM SELVES AS THEIR OWN MATTERING POWER. FOR AT THE END OF THE DAY ONE MUST ENCOURAGE ONES OWN LIFE TO BE EVERYTHING AND ANYTHING THAT INDIVIDUAL LIFE HAS THE POTENTIAL TO BE, AND WHO CAN ENCOURAGE URBAN LIVES TO BE MORE BETTER THAN ONE WHO COMES FROM THE URBAN STRUGGLE HIMSELF. THIS BOOK IS ABOUT PERSEVERANCE, SURVIVAL, SELF RECREATION, AND IT IS ALSO ABOUT USING THE LESSONS FROM ONES OWN EXPERIENCES TO SHARE AND ENCOURAGE WHAT SHOULD BE THE 2 MOST IMPORTANT THINGS IN AND TO ALL LIVES..... HOPE AND LOVE.....

Too Many Sisters

Callie Armstrong's personal life was already in turmoil. Now circumstances are forcing her to share her successful music production company with three business partners. One partner wants her husband. One partner wants her money. One partner wants her trust- even while keeping secrets. Is this how it is with all sisters? Callie has decisions to make and secrets to uncover and lies to unravel in the midst of the family chaos. The only thing she knows for sure is that when they're all together, it's just too many sisters. .

Golden

Best-selling LDS author Joni Hilton brings us another heart-warming novel, this time about Jana and Ethan Waterson, their family, and the spookiest house in town. Ethan is actually more terrified of his calling as bishop than of the "Witch House." He impulsively takes on the elderly residents and their dark mansion as a ward project. Jana holds guilt in her heart for an earlier decision, and they both have their hands full with three challenging children. There's life-and-death drama, spiritual anguish, arcs of growth, and plenty of humor as well, in an inspiring story unlike any you've read before.

Empower

Sourcebooks, Inc. It's all come down to this. It's time to stop running. It's time to make a choice. Two years ago, Violet Eden walked away from her home, her friends, the Academy, and hardest of all, she walked away from her soul mate, Lincoln. Now Spence is gone, and Violet knows she is the best person to go after him. But doing so means facing everything and everyone she left behind. Violet must find out who she really is-and exactly what she is capable of-before the abilities the angels gave her are turned against them. She is all that stands between the forces of good and evil. The Embrace Series: Embrace (Book 1) Entice (Book 2) Emblaze (Book 3) Endless (Book 4) Empower (Book 5) Praise for the Embrace Series: "A delicious romantic triangle." -USA Today "One of the best YA novels we've seen in a while. Get ready for a confident, kick-butt, well-defined heroine." -RT Book Reviews "Strong, compelling and wonderfully flawed, Violet is the kind of heroine that will keep readers enthralled and rooting for her until the final page is turned." -Kirkus Reviews

Waltzing Australia

Booksurge Publishing Waltzing Australia was born out of a dream-and a journey. After walking away from her corporate career, Cynthia Clampitt headed to Australia, to start over, to write, and to test the limits of what she could do. Waltzing Australia recounts that joyous adventure. It is a story about change and about making dreams come true. But more than that, it is about Australia: the history, legends and art, both European and Aboriginal; the beauty, the challenge, the people, the land. From Sydney to Perth, Tasmania to Darwin, tropics to desert, city to wilderness, Clampitt carries the reader along on an exhilarating grand tour of a fascinating country. With a writing style reminiscent of Annie Dillard, she captures the essence of the land Down Under and invites others to fall in love with Australia.

Ted's Score

From the author of the films Lake Dead, (After Dark Film's 8 Films to Die For) and Farmhouse, Daniel P. Coughlin's Ted's Score is a shocking, suspenseful tale of a depraved, ax-wielding serial killer. When beautiful Jules Benton, a seventeen year old senior, goes missing after the spring formal dance in the small town of Watertown, Wisconsin, her

father, Richard Benton, becomes suspicious of Jules' boyfriend, David Miller and his involvement with her disappearance. When Richard confirms his suspicions, the brutality of his capability consumes him and soon David will find out what that means. Unbeknownst to David or Richard, a serial killer by the name of Ted Olson has more to do with Jules' disappearance than anyone might suspect. As Jules' whereabouts unfold, the truth begins to bleed from a dark place. And the authorities have begun to smell the criminal acts committed. Murder and mayhem catch up with the slow pace of this ordinary Middle American town when evil, perversion, and death mislead these simple folks into a disastrous wave of crime that spirals out of control. All the while, Ted collects his score.

Last Stand

He's the Black Mage and she's the traitor to the Crown. Ryiah's world was shattered the night she discovered King Blayne's nefarious plans. Now, she has to betray the one she loves most in order to save the realm from war. Torn between love and duty, Ry finds herself on a perilous mission to help the rebels and convince the kingdom of Pythus not to honor its pact with the corrupt king of Jerar--all the while deceiving the most powerful mage in the realm, the very man sworn to protect the Crown and hunt the rebels at all costs: her husband. She's one step ahead, but sooner or later the curtain will fall. Sooner or later, she'll have to fight. Witness the epic conclusion of The Black Mage series, and see just how far one girl will go to save her kingdom and the boy she loves--even when that boy has become the enemy.

Right Now More Than Ever

H Ngm N Books "Pritts's world is rich, vivid, intimate, and somewhat troubled." - Justin Taylor in Poetry "The flights and whims of Pritts's imagination hit hardest when he creates a form inside which they can ricochet. [...] In these moments, the poems [...] arrive at a place of vulnerability and sincerity." - Publishers Weekly "The only person more dangerous than a dark-hearted man is a dark-hearted man on a sunny day." - Melissa Broder in The Rumpus

Fatuma's New Cloth / Tam Vai Moi Cua Fatuma

Babl Children's Books in Vietnamese and English

In East Africa, a young girl learns that one cannot always judge by appearances as she and her mother visit a market in search of kanga cloth and meet merchants who all claim they have the secret to good chai (tea).

Salem VI

Rebecca's Rising

SALEM, MASS. - Newspaper editor John Andrews thought he'd lost everything when his wife was killed, but when timeless bloodlines reemerge Andrews realizes that a tragic accident may actually have been murder, and even worse, might be part of a battle between good and evil that has gone on hundreds of years.

Eight Days in October

A teenage boy uncovers a horrific family secret. A widower seeks vengeance on the creatures that killed his wife. A drug addled writer stalks the woman of his dreams, a woman much more sinister than she appears. A federal agent races to find the cursed relic powering this city full of spooks, spirits, and serial killers. The lives of these and others will collide in the dark and dangerous streets of Adderlass. A seed of evil was planted under Adderlass, a city where monsters hide behind masks of humanity and ordinary people shuffle anesthetized and addicted by the sickly supernatural power wafting up from below. The city was built over the crystalline skull of a bloodthirsty beast. Now, the hunt is on for this lost treasure and whoever finds it first will control the fate not only of Adderlass but of the entire world. Sixteen-year-old Simon Cubbins, young and naive, may be the key to unlocking the mystery buried in this twisted labyrinth of hidden agendas. He also unknowingly harbors a secret that could destroy the Cubbins bloodline. As different characters fight for control over Simon, he will have to decide whether or not to carry on his family's legacy.

But You LOOK Just Fine

Unmasking Depression, Anxiety, Post-Traumatic Stress Disorder, Obsessive-Compulsive Disorder, Panic Disorder

and Seasonal Affective Disorder

Createspace Independent Pub "Those who live with a mood disorder often wear a social mask of normalcy and calm even though they are living with disruptive psychic pain on the inside. Some people may be carrying around a traumatic event from the past that causes great despair, or they may be in constant inner turmoil, yet they present as being "just fine" in appearance and demeanor. 'But You LOOK Just Fine' offers candid counsel and acts as a user-friendly guide of innovative information and compassion to those with mood disorders. It is also a unique tool for mental healthcare providers. The book includes creative coping tools and heartfelt insight from those individuals who know firsthand what it's like to wake up with these disorders." --P. [4] of cover.

Stella Maris Speaks

Dolphin Wisdom for a New World

(black & white) After swimming with wild dolphins, Adena Tryon began receiving messages from angelic dolphin beings called Stella Maris (Starlights of the Sea). This book shares their light messages, dolphin wisdom, the medicine of the divine feminine, and healing blessings for humanity. Stella Maris first speaks as a collective. They explain the concept of Starseeds and speak of the Stella Maris High Council, which also includes Mother Mary, Quan Yin, and Queen A'Mara. Then, individual Stella Maris members share light messages, healing activations, and scrolls of affirmations. The book concludes with a Beauty Way invitation. Visionary art from Florencia Burton synchronizes with the words of Stella Maris, creating a truly transformative experience.

Golden Trophy Winners Poetry

Special Edition

CreateSpace In this large book of poetry you will find only trophy winning poetry. Amazing writes of all subjects. Some are short writes and others are long writes. Each are a piece of work.

I Hate to Say Goodbye

Createspace Independent Pub "How many Arabs did you kill Daddy?" Eight-year-old Rimi--a forward thinking tomboy asks her father upon his return from the Israeli army. Taught to fear Arabs, she then falls in love with one. Rimi's passion to understand life, leads her to orchestrate unusual adventures that at times demand a high price. Her dream of putting joy into everything around her becomes a daunting task when dealing with a depressed mother who goes on mysterious journey and an explosive father she adores. This is an intimate and compelling story of not quite ordinary people caught up in an extraordinary time and place. Passion! Conflicts! Political intrigues! Young and forbidden love! Fertile imaginings and meaningful lessons! The strange and wonderful nuances of living in a farming village and the gut wrenching loss of a one-true-love. These and much much more (all based on a true story) can be found within. This first book by the emerging writer Ruti Yudovich is an experience to be embraced.

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A poignant tale of love and friendship in a world beyond hope...Outpost Three: a huddle of crumbling buildings choked by a concrete wall. Cracked pavement, rusted metal, splintering boards. Huge robotic Sentries police the streets, but the Ten Laws are broken every time one turns its back. Eden is determined, smart, and a born survivor. Stripped of her memories and dumped on the streets of the Outpost, slavers and starvation are only the beginning of her problems. A devastating conflict is coming that threatens to consume her world and tear her newfound family apart. Life is harsh. It makes no exceptions. Not even for the innocent. "Absolutely heart-stopping! Grizzly, dark, haunting and gripp