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KEY=OF - ANGELO DEANDRE

Let Her Go

An emotional and heartbreaking tale of motherhood and

family that will leave you breathless

Canelo *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*

Scandal, Heartbreak, and Deceit

One Woman's Experience with Online Dating

FriesenPress *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.

Turbulent Tunnel

iUniverse 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.

Healing Emotional Pain Workbook

Process-Based CBT Tools for Moving Beyond Sadness, Fear, Worry, and Shame to Discover Peace and

Resilience

New Harbinger Publications *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.*

Breathing Makes It Better

A Book for Sad Days, Mad Days, Glad Days, and All the Feelings In-Between

Shambhala Publications *Winner of the 2019 Moonbeam Children's Mind, Body, Spirit Bronze Medal and a 2020 Mom's Choice Awards® Gold Recipient! An engaging and interactive story showing children ages 3-6 the power of breath when dealing with new and difficult emotions. Read aloud and breathe along with this sweet story teaching children how to navigate powerful emotions like anger, fear, sadness, confusion, anxiety, and loneliness. With rhythmic writing and engaging illustrations, Breathing Makes It Better guides children to breathe through their feelings and find calm with recurring cues to stop and take a breath. Simple guided practices, like imagining you are a tree blowing in the wind, follow each story to teach children how to apply mindfulness techniques when they need*

them the most.

I Wanted to Tell You

An emotional and heartbreaking story about love and loss

Bookouture *'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

Take a Sad Song

The Emotional Currency of “Hey Jude”

Rowman & Littlefield *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.*

From Heartbreak to Wholeness

The Hero's Journey to Joy

St. Martin's Press *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.*

Motivational Interviewing in the Treatment of Anxiety

Guilford Press *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.*

Redefining Love

Lulu.com

One True Love (Heartwarming, Poignant, Emotional Romance)

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

A Child of My Own

An absolutely gripping and heartbreaking emotional page-turner

Bookouture *I devoured this novel whole in one sitting. My God what a ride... it broke my heart... A definite must read.'* Marmite Miss, ★★★★★ *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: 'Unforgettable... I literally could not put this book down... You will need to lock yourself away and clear your diary as you will not be able to look up until you've reached the end... order yourself a bumper pack of tissues.' On The Shelf Books '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, ★★★★★ '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, ★★★★★ 'Grabbed me by the heart and wouldn't let go... emotional and passionate.' Yaya Reads Lots of Books, ★★★★★ '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, ★★★★★ 'This book had me go through every emotion possible... I was in tears at some points and smiling at other points... It really was a rollercoaster... Absolutely brilliant!' Stressed Rach, ★★★★★ 'Such a moving and emotional book, I absolutely loved every second of it... Immediately, I was pulled into this story, and totally consumed by it... I adored this stunning book.' Sibzzreads, ★★★★★ 'I cried like a baby... I really loved it... This is an emotional roller-coaster and a real tear-jerker.' The Book Lovers Boudoir, ★★★★★ 'Pulled on my heart strings from the first page until the last. I went through every rollercoaster of emotions that both couples experienced. I cried... phenomenal.' Cait is Booked

My Daddy

A novel within a novel

Yusuph Koni *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.

And Never Let Her Go

Thomas Capano The Deadly Seducer

Simon and Schuster 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.

Mental and Emotional Release

Balboa Press Imagine how different your life would be if you were free from your baggage, your limitations, and your pain? As a therapist, imagine having an effective tool to help your clients become free of depression, PTSD and anxiety within hours rather than years? In *Mental and Emotional Release*, Dr. Matt James introduces an incredible therapeutic process MER proven to be effective in treating everything from bedwetting to bulimia, PTSD to migraines within hours, not years. This is the type of result we all want for all of our patients. But frankly, before I started introducing MER to my patients, I rarely saw it and definitely didn't see it happening as quickly as this. Dr. Larry Momaya, psychiatrist Written in a language both professionals and non-professionals can understand, *Mental and Emotional Release* offers real life case studies, an overview of MER and its foundation, step by step scripts to follow, and clinical efficacy studies comparing MER to other therapies. It's straight-forward and targeted. Patients don't have to re-live any traumas from the past to resolve them, and they don't have to go into deep hypnotic trance. For 80-85% of my patients, MER gives tremendous relief from their symptoms in the very first session. Dr. Patrick Scott, psychologist

Nurture Your Child's Emotional Intelligence

5 Steps To Help Your Child Cope With Big Emotions and Build Resilience

Welbeck Publishing Group *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.*

Dr. Laurie Nadel's Sixth Sense

Unlocking Your Ultimate Mind Power

iUniverse *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*

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

HarperCollins UK *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 Daughter's Secret

An absolutely heartbreaking page turner with a jaw- dropping twist

Bookouture *'Wow! Wow! Wow!... This book is ahmazing! From the first chapter, I was swept up by the sadness of the story... Sucked me in with grief so profound I could feel it as I turned the pages... It sucker-punched me in the gut... I literally couldn't put it down! I can't remember when a book last shook my every emotion!... SO damn good!... WOW!' Goodreads Reviewer, 5 stars* *My baby girl, I'll never forget you - your smile, your laugh, the way your hair sparkles in the sun. I cannot comprehend this pain. I cannot breathe through it. For Claire, life as she knows it is over. And after the death of her daughter, Julia, she is searching for answers. Stumbling upon a pile of letters, hidden under Julia's bed in an old, battered shoebox, she feels closer to her daughter than ever before. They tell her that Julia was happy, that she was thriving at university, that she was in love. But as the letters go on, Claire starts to feel uneasy at something hidden between the lines. Even as she grieves, she must prepare to face a shocking discovery. Because Julia was hiding a terrible secret - and when it's uncovered, it will make Claire question everything she thought she knew about her daughter... An emotional and gripping page-turner that will stay with you long after you finish the last page. Fans of Liane Moriarty, Lisa Wingate and Jodi Picoult will love this moving and poignant tale that is full of shocking twists. Readers are absolutely loving My Daughter's Secret: 'What a heartbreaking story!... The tissues came out, then they were put back away only for them to be*

taken back out again...! It had me gripped from the first chapter... A book that will make you want to hug your children and never let them go... Make sure you have tissues to hand!' Stardust Book Reviews 'This book was awesome!!!... With the twist and turns that move so fast your head is spinning, you will reel at the ending!' Goodreads Reviewer, 5 stars 'Amazing... WTH did I just read? This book seriously smacked me on the head with the twists and turns... I could not stop reading.' NetGalley Reviewer, 5 stars 'This is such an utterly heart-wrenching, gripping, twisted and jaw-dropping story. It absolutely broke my heart to read but it was also very addictive because I wanted to find out the truth. Brilliantly written and very clever with the twisted truth.'

MrsCsHonestBookReviews 'What a fabulous book. I was hooked from page one and could not put this book down. So many emotions.' Goodreads Reviewer, 5 stars 'This book had me crying from the beginning. An extremely sad story... Felt so real and painful... Gives truth to pain in every way.' Goodreads Reviewer 'Nicole Trope is a new author to me, but I adored the way she wrote... Once you start the book, you cannot put it down.' Cara's Book Boudoir 'Remarkable... Intense, emotionally charged... Gut-wrenching.' Goodreads Reviewer 'A gripping story about a family in crisis.... A powerful novel that is both suspenseful and emotional... A twisty and compelling read, and the subject matter left me emotionally fraught and guessing.' Goodreads Reviewer 'An amazingly heartbreaking story that could not be more timely. Written exceptionally well and with heart.' Goodreads Reviewer, 5 stars 'It really kept me on my toes... So thrilling and exciting... Held my attention till the very last page and beyond. The ending was such a shock that I never saw coming. Just another twist, right when my guard was down. Great job.' NetGalley Reviewer, 5 stars 'Kept me on the edge of my seat throughout!' NetGalley Reviewer, 5 stars

The Lancet-clinic

Harmony's Passing

Joel Blaine Kirkpatrick *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.*

The Truth About Children and Divorce

Dealing with the Emotions So You and Your Children Can Thrive

Penguin 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

Empty Cradle, Broken Heart

Surviving the Death of Your Baby

Fulcrum Publishing 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.

When Reality Bites

How Denial Helps and What to Do When It Hurts

Simon and Schuster *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.*

Crushed

Chestnut Street Press *In Napa Valley, he who has the best grapes wins. And in the pursuit of perfection, dreams and hearts can be crushed. Sophia Stone is a widow on the brink of an empty nest, stuck in an unsatisfying job managing the vineyard for a mediocre Napa vintner. Faced with an uncertain future she wonders how do you choose between making a living and making a life? Between protecting your heart and sharing it? Five years ago, after her husband was killed in an accident, Sophia put her heart and dreams on ice to care for those around her. Now her home, her dreams, and her family's legacy grapes are threatened by the greed of the new money moving into the Valley. Sophia has a choice—give up and let them take what is hers, or risk everything fighting a battle everyone says she can't win. Nico Treviani has one goal in life: make brilliant wine. A woman would be an unwanted distraction. So, while recognized as one of Napa's premier vintners, Nico finds himself alone...until his brother's death drops not one, but two women into his life—his thirteen-year-old twin nieces. In an instant, Nico gains a family and loses his best friend and partner in the winemaking business. Struggling to care for his nieces, Nico accepts a job as head winemaker for Avery Specter, one of the new-*

money crowd. And he learns the hard way that new money doesn't stick to the old rules. When Sophia Stone gets caught in the middle of Nico's struggle to remain true to himself or sacrifice his convictions to make stellar wine, both Sophia and Nico are faced with a choice they never imagined. A choice that might extinguish the hope of a future neither expected.

Surviving Emotional Work for Teachers

Improving Wellbeing and Professional Learning Through Reflexive Practice

Routledge *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.

Eyes Wide Open

Avoiding the Heartbreak of Emotional Promiscuity

Baker Books 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 email 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.*

Emotions in Social Psychology

Essential Readings

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

What I Need

A Romantic Fairy Tale

Page Publishing Inc *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.*

Saving a Celebrity Actor

Trafford Publishing *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.

The Routledge Handbook of Language and Emotion

Routledge *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.*

The Mushin Way to Peak Performance

The Path to Productivity, Balance, and Success

John Wiley & Sons *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.

Mastering Fear

Women, Emotions, and Contemporary Horror

Bloomsbury Publishing USA *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.

Calm

Working through life's daily stresses to find a peaceful centre

Orion *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 Fearné'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.*

Emotional Alchemy

How the Mind Can Heal the Heart

Harmony *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 we don't belong), and vulnerability (the feeling that some catastrophe will occur). Through*

the simple practice of mindfulness taught in this book, we can free ourselves of such patterns and replace them with empathy for ourselves and others, as well as the freedom to be more creative and alive. You'll find the very latest research in neuroscience--including the neurological "magic quarter second," during which it is possible for a thought to be "caught" before it turns into an emotional reaction. And you'll discover the fascinating parallels of this science with the wisdom of ancient Buddhism--for Buddhists knew centuries ago that we can end our self-destructive habits. This remarkable book also teaches the practice of mindfulness, an awareness that lets us see things as they truly are without distortion or judgment, giving the most insightful explanation of how mindfulness can change not only our lives, but the very structure of our brains. 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.

Emotional Advantage

Embracing All Your Feelings to Create a Life You Love

St. Martin's Essentials *“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.

You've Reached Sam

A Novel

Wednesday Books *An Instant New York Times Bestseller! If I Stay meets Your Name in Dustin Thao's You've Reached Sam, a heartfelt novel about love and loss and what it means to say goodbye. Seventeen-year-old Julie Clarke has her future all planned out—move out of her small town with her boyfriend Sam, attend college in the city; spend a summer in Japan. But then Sam dies. And everything changes. Heartbroken, Julie skips his funeral, throws out his belongings, and tries everything to forget him. But a message Sam left behind in her yearbook forces memories to return. Desperate to hear him one more time, Julie calls Sam's cell phone just to listen to his voice mail recording. And Sam picks up the phone. The connection is temporary. But hearing Sam's voice makes Julie fall for him all over again and with each call, it becomes harder to let him go. What would you do if you had a second chance at goodbye? A 2021 Kids' Indie Next List Selection A Cosmo.com Best YA Book Of 2021 A BuzzFeed Best Book Of November A Goodreads Most Anticipated Book*

How to Turn Your Heartbreak to Laughter

Lulu Press, Inc *Nearly anyone who has gone into a relationship has experienced some sort of heartbreak or the other. It is usually one of the lowest points of an individual's life, common symptoms include; moodiness, depression, poor relationship to food (some individuals totally lose appetite during such periods, some others do the complete opposite they go on the other side of the spectrum and over indulge in food), another symptom is generally unkemptness and tardiness that comes along with heartbreak, while so go extreme by cutting themselves, or even going suicide; which is highly forbidden. In this book, you will learn some magical yet practical steps to take to turn your relationship or marriage heartbreak into laughter. I bet you, by the time you are done reading this book, your life will never remain the same.*

Heartbreak and Rage

Ten Years Under Sun Myung Moon

Virtualbookworm Publishing *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 unswervingly 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.*

Emotional Intelligence for Project Managers

The People Skills You Need to Achieve Outstanding Results

AMACOM *As if the project manager's job was not hard enough--having to be not a jack of all trades but a master of them!--all the technical expertise he has learned can be completely nullified if he doesn't have good people skills to navigate appropriately through all the obstacles each project is certain to bring. As recent research has indicated that emotional intelligence (EI) now accounts for an astonishing 70 to 80 percent of management success, there is no doubt that today's successful project manager needs strong interpersonal skills and the ability to recognize emotional cues in order to lead their teams to success--the technical expertise the*

position depended on so greatly in the past simply isn't enough anymore! Emotional Intelligence for Project Managers introduces readers to all facets of EI and shows how emotions can be leveraged to meet project goals. Project managers strong in technical skills but needing help in the EI department will learn how to:

- Set the tone and direction for the project
- Communicate effectively
- Motivate, inspire, and engage their team
- Encourage flexibility and collaboration
- Deal productively with stress, criticism, and change
- Establish the kind of high morale that attracts top performers
- And more

Now in its second edition, this unique and invaluable resource for project managers in every industry includes several expanded sections on self-awareness and self-management, as well as a new chapter on using EI to lead Agile Teams and a close look at Servant Leadership. You've spent years gathering the technical intelligence you need for this challenging career--now separate yourself from the pack by increasing your emotional intelligence!