

I Have Life: Alison's Journey: As Told To Marianne Thamm

An affectionate and funny recollection of a memorable year on an Australian farm. This unusual picture book gives a vivid glimpse of life on the land.

Alison Hewitt was in the midst of training to be a family doctor when she met Al Amin Dhalla through an exclusive dating agency. He was a seemingly respectable businessman from Canada, so attentive and caring it was easy to ignore the warning signs - until he started, step by step, to take over her life. Six months after they first met Al Amin's web of lies started to unravel and Alison became aware that he had a sinister dark side. When she tried to end the relationship, the unthinkable happened and she found herself the victim of an escalating campaign of terror. Even when Al Amin was found with knives and guns, the police had no powers to detain him. Nobody could have imagined the events that were to follow, as Alison was left fearing for her life. It would take all her strength to survive. Brave and gripping, Stalked tells of one young woman's fight against the man who terrorized her, and her determination to defeat the fear and live a normal life.

During this worst of times, Alison Hayes must discover her strength and determination and a powerful drive to do something better. When Alison Hayes walks into her storm-darkened trailer the afternoon of her 16th birthday, she has no idea it will be the beginning of a year like no other: Her mother loses her job again, the most stable man they've ever had in their lives is looking for the nearest exit, and her best friend is dating the prom queen. She can't remember the last time anything good had happened to her. If the rails still passed through town, she would definitely be on the wrong side, always looking across the tracks to everyone else who has it so much better than she. Dirt. Trash. The words have followed her through her life in her tattered, rust-stained jeans. She longs to understand her mother--lost and broken, driven by her addictions and by her losses--and to reconcile that reality with the memory of who her mother was before. In the chaos of their one-acre in the world, Alison strives for sanity, forging a path through the wreckage into the light. She is alone and must learn to stand alone, or she will be swept by the same undercurrents of self-defeat that took her mother so many years ago.

For seven years, Alison Arngrim played a wretched, scheming, selfish, lying, manipulative brat on one of TV history's most beloved series. Though millions of Little House on the Prairie viewers hated Nellie Oleson and her evil antics, Arngrim grew to love her character—and the freedom and confidence Nellie inspired in her. In Confessions of a Prairie Bitch, Arngrim describes growing up in Hollywood with her eccentric parents: Thor Arngrim, a talent manager to Liberace and others, whose appetite for publicity was insatiable, and legendary voice actress Norma MacMillan, who played both Gumby and Casper the Friendly Ghost. She recalls her most cherished and often wickedly funny moments behind the scenes of Little House: Michael Landon's "unsaintly" habit of not wearing underwear; how she and Melissa Gilbert (who played her TV nemesis, Laura Ingalls) became best friends and accidentally got drunk on rum cakes at 7-Eleven; and the only time she and Katherine MacGregor (who played Nellie's mom) appeared in public in costume, provoking a posse of elementary schoolgirls to attack them. Arngrim relays all this and more with biting wit, but she also bravely recounts her life's challenges: her struggle to survive a history of traumatic abuse, depression, and paralyzing shyness; the "secret" her father kept from her for twenty years; and the devastating loss of her "Little House husband" and best friend, Steve Tracy, to AIDS, which inspired her second career in social and political activism. Arngrim describes how Nellie Oleson taught her to be bold, daring, and determined, and how she is eternally grateful to have had the biggest little bitch on the prairie to show her the way.

The Extraordinary Life of an Unlikely Clairvoyant

Emergent

A Father's Search for His Son in the Afterlife

Two Sisters, a Brutal Murder, and the Loss of Innocence in a Small Town

Before & After

My Farm

The Quirky Medium

Aged nineteen, Alison McKelvie was a self-confessed romantic, immersed in books and poetry, and dreaming of beauty, truth and love. In 1940, whilst working as a secretary at MI6, Alison met Alexander Wilson. Thirty years her senior, Alexander was worldly and charismatic. An intense affair quickly led to marriage and two children. But the Wilsons' lives then spiralled into the depths of poverty. Alexander was sacked, imprisoned twice, and then declared bankrupt. His lack of reliability was a hefty emotional burden for Alison to bear. Nevertheless, she loved her husband unreservedly and stuck by him through thick and thin. In 1963, Alexander died suddenly of a heart attack. Alison's world imploded when she discovered that their life together had been built upon layer after layer of deception. Who was Alexander Wilson? How well had Alison really known him? Slowly the lies were unravelled: Alexander had been a novelist, spy and, devastatingly, a bigamist. Alison was the third of four wives, her children two of seven. The inspiration for critically-acclaimed drama Mrs Wilson, Before & After is the powerful and poignant memoir of Alison Wilson. 'Before' peels back the complex layers of a marriage steeped in lies, and the shattering heartbreak which followed. 'After' tells of an intensely-felt redemption through religion. Before & After is, first and foremost, a love story, but it is also an account of one extraordinarily strong woman's deep, unwavering faith.

'This book is about my making sense here, of my becoming and being Pākehā. Every Pākehā becomes a Pākehā in their own way, finding her or his own meaning for that Māori word. This is the story of what it means to me. I have written this book for Pākehā - and other New Zealanders - curious about their sense of identity and about the ambivalences we Pākehā often experience in our relationships with Māori.' A timely and perceptive memoir from award-winning author and academic Alison Jones. As questions of identity come to the fore once more in New Zealand, this frank and humane account of a life spent traversing Pākehā and Māori worlds offers important insights into our shared life on these islands.

A spiritual account of the author's survival of a grueling accident and subsequent effort to climb Mount Kilimanjaro describes her suffering, her months of surgeries and physical therapy, and her ascent on her fortieth birthday.

Founder and sole employee of Mere Accounting, Jeffrey Mere is a solitary man. He has spent his entire life close to home, in the picturesque Scottish town of Pitlochry. After sixty-four years of playing it safe, with retirement looming, Jeffrey resolves to climb Ben Macdhui, Britain's second highest peak. His decision sets off a chain of events that changes his life forever. He returns from the mountain to find that nothing is as he left it and soon, events begin to spiral out of control. Within a few weeks a fire threatens the street where he lives, there is a new woman in his life and he finds himself on the ancient streets of Rome. Is sixty-four too old to take a leap of faith that could change everything?

Learning to Breathe

Purgus

Landscaping Your Life to Get Back on Track

Intoxic

The Bewitching of Alison Allbright

Effortless Skincare and Beauty Advice that Works

A Family Tragicomic

You Tell Your Dog First. About the date you just had about the questionable results of a medical test.about the good and the bad.about everything. For years, award-winning author Alison Pace was a dog person without a dog. And then, she got Carlie—a feisty and fluffy West Highland white terrier. She could weed out bad boyfriends with a sniff of her button-black nose and win the hearts of lifelong friends with an adoring gaze. Suddenly, Alison had a constant companion and confidante, who went with her on long morning rambles in Central Park, on trips to the country and the beach, and on her search for inner peace, love, and happiness. Through Carlie, Alison found herself connected to the world as never before. With her trademark warmth, wit and humor, Alison shares her stories.the tales of a dog person who found her dog.

Casper, Wyoming: 1973. Eleven-year-old Amy Burridge rides with her eighteen-year-old sister, Becky, to the grocery store. When they finish their shopping, Becky's car gets a flat tire. Two men politely offer them a ride home. But they were anything but Good Samaritans. The girls would suffer unspeakable crimes at the hands of these men before being thrown from a bridge into the North Platte River. One miraculously survived. The other did not. Years later, author and journalist Ron Franscell—who lived in Casper at the time of the crime, and was a friend to Amy and Becky—can't forget Wyoming's most shocking story of abduction, rape, and murder. Neither could Becky, the surviving sister. The two men who violated her and Amy were sentenced to life in prison, but the demons of her past kept haunting Becky...until she met her fate years later at the same bridge where she'd lost her sister.

A guide to using the metaphorical language of a “stuck” situation to discover the solution • Shares an easy, fun process of exploring well-known sayings as a means to identify new solutions and get unstuck in life and work • Explains how to bring clarity to a problem, highlight alternative perspectives, bypass any conscious resistance to finding a solution, and allow solutions to emerge organically, from within ourselves • Details the author ’ s “ Landscaping Your Life ” method, which has been used successfully in business strategy development, team development, project problem resolution, and in one-to-one coaching If you can ’ t see the wood for the trees, feel like a fish out of water, or are going around in circles, we ’ ve got good news for you: that saying is also a clue to where you ’ ll find the solution. Yes, you read right—you can use the language you ’ re using to describe the stuck situation to discover the solution. It ’ s not even the language as much as the landscape contained within your description of the situation that can give you pointers. As Alison Smith explains, “ If a picture paints a thousand words, then a metaphor paints a thousand pictures. In other words, the metaphor in the saying you ’ re using will provide a million words that will undoubtedly have the solution contained within them. ” That ’ s what this book is all about—taking these sayings that you ’ re using to describe being stuck and using them to get unstuck again. The language you apply provides clues to how you perceive the current situation. Subconsciously, you know the solution. Exploring the metaphors contained within your language allows your subconscious to communicate to your conscious awareness more easily. The metaphor reduces resistance and the barriers we put up to change. It ’ s as if we enjoy exploring the metaphor and forget what it means in reality, and before we know it, we have a metaphorical solution that we cannot help but translate into real life. Offering an effective, easy process based on the power of metaphors, Alison Smith introduces her “ Landscaping Your Life ” method as a means to bring clarity to a problem, highlight alternative perspectives, and allow solutions to emerge organically, from within ourselves.

A searing expos é on the whiteness of running, a supposedly egalitarian sport, and a call to reimagine the industry “ Runners know that running brings us to ourselves. But for Black people, the simple act of running has never been so simple. It is a declaration of the right to move through the world. If running is claiming public space, why, then, does it feel like a negotiation? ” Running saved Alison D é sir ’ s life. At rock bottom and searching for meaning and structure, D é sir started marathon training, finding that it vastly improved both her physical and mental health. Yet as she became involved in the community and learned its history, she realized that the sport was largely built with white people in mind. Running While Black draws on D é sir ’ s experience as an endurance athlete, activist, and mental health advocate to explore why the seemingly simple, human act of long distance running for exercise and health has never been truly open to Black people. Weaving historical context—from the first recreational running boom to the horrific murder of Ahmaud Arbery—together with her own story of growth in the sport, D é sir unpacks how we got here and advocates for a world where everyone is free to safely experience the life-changing power of movement. As America reckons with its history of white supremacy across major institutions, D é sir argues that, as a litmus test for an inclusive society, the fitness industry has the opportunity to lead the charge—fulfilling its promise of empowerment.

Confessions of a Prairie Bitch

Tuesday's Socks

Alison's Journey

The Darkest Night

Finding Freedom in a Sport That Wasn't Built for Us

Are You My Mother?

You Tell Your Dog First

NATIONAL BESTSELLER (The Globe and Mail) A moving memoir about growing up with a gay father in the 1980s, and a tribute to the power of truth, humour, acceptance and familial love. A true "It GOT Better" story. Alison Wearing led a largely carefree childhood until she learned, at the age of 12, that her family was a little more complex than she had realized. Sure her father had always been unusual compared to the other dads in the neighbourhood: he loved to bake croissants, wear silk pyjamas around the house, and skip down the street singing songs from Gilbert and Sullivan operettas. But when he came out of the closet in the 1970s, when homosexuality was still a cardinal taboo, it was a shock to everyone in the quiet community of Peterborough, Ontario—especially to his wife and three children. Alison's father was a professor of political science and amateur choral conductor, her mother was an accomplished pianist and marathon runner, and together they had fed the family a steady diet of arts, adventures, mishaps, normal frustrations and inexhaustible laughter. Yet despite these agreeable circumstances, Joe's internal life was haunted by conflicting desires. As he began to explore and understand the truth about himself, he became determined to find a way to live both as a gay man and also a devoted father, something almost unheard of at the time. Through extraordinary excerpts from his own letters and journals from the years of his coming out, we read of Joe's private struggle to make sense and beauty of his life, to take inspiration from an evolving society and become part of the vanguard of the gay revolution in Canada. Confessions of a Fairy's Daughter is also the story of “coming out” as the daughter of a gay father. Already wrestling with an adolescent's search for identity when her father came out of the closet, Alison promptly “went in,” concealing his sexual orientation from her friends and spinning extravagant stories about all of the “great straight things” they did together. Over time, Alison came to see that life with her father was surprisingly interesting and entertaining, even oddly inspiring, and in fact, there was nothing to hide. Balancing intimacy, history and downright hilarity, Confessions of a Fairy's Daughter is a captivating tale of family life: deliciously imperfect, riotously challenging, and full of life's great lessons in love. Alison brings her story to life with a skillfully light touch in this warm, heartfelt and revelatory memoir.

Hiya! Alison Hammond here! I love getting to know all about different people and I'll tell you a secret . . . sometimes people we don't know much about are the most interesting of all! Which is really what this book is all about. Let me ask you a question: How many Black people can you name from our history? Mary Seacole? Ira Aldridge? George Bridgetower? Pablo Fanque? Walter Tull? Have you heard of these people? Yes? That's great! But if you haven't, don't worry, you're not alone, which is why I'm so excited to tell you all about them. Because the people in this book should be totally famous given the AMAZING things they've done! And we're not going to stop in the past, I'll introduce you to people making waves right here and now! From sportspeople to scientists, activists to musicians, politicians to writers, we're going to meet a whole bunch of AWESOME people who have helped shape the world we live in. So, are ready for you a journey Black in time?? Course you are, let's go!

A memoir done in the form of a graphic novel by a cult favorite comic artist offers a darkly funny family portrait that details her relationship with her father—a funeral home director, high school English teacher, and closeted homosexual.

Struggling New York actress Alison has an outwardly good life: toned body, plenty of dates, a comfortable daily regimen. Still, she feels stagnant, empty, and as blocked as the river view from her Upper West Side apartment. Now divorced and in her mid-thirties, she has never gotten past an early childhood trauma of being torn away from her brother and sister when her parents separated. Since then, nothing sticks. No one stays. She craves a sense of permanence, a place to call home. To shake things up, Alison makes a bold, possibly foolhardy move—she relocates to bureaucracy-riddled Rome, where she barely speaks the language, knows no one except the elusive Casanova who gave her one vacation night of pleasure, and has no acting work waiting. In a series of tragi-comic encounters, she tries to settle into an exotic culture, looks for amore in all the wrong places, and begins to break into the acting world. After a serious accident, Alison's hopes for an Italian fantasy life come crashing down. Back in New York, the personal tragedies and career obstacles pile up until salvation arrives from an unexpected source. A Place Called Grace is a humorous, hopeful, bittersweet contemporary memoir that shows how a seemingly unmoored existence can find its safe, solid center after all.

Fun Home

The Incredible Story of the Real-life Mrs Wilson

Can't See the Wood for the Trees?

A Novel

Breaking Down The Barriers To Consciously Create Your Best Life

The Legend of the Starfish

Gruesome

"I've been unsure about many things in my life except for one thing, that I have always loved him. Every single minute of every single day that I have been on this earth, my heart has belonged to him. It has never been a question, never a doubt. The love had taken on many different forms over the years, but it had always been a constant. Everyone has their definition of love. There have been countless songs sung about it. A gazillion books, articles, and poems written about it. There are experts on love who will tell you how to get it, keep it, and get over it. We're led to believe love is complicated. It's not the love that's complicated. It's all the crap that we attach to it and put in front of it that makes it difficult. If you're smart, you'll realize this before it's too late and simplify." ----- Amanda Kelly spent her entire life trying to control every aspect of it, while striving for perfection. Her obsession with being perfect, along with her feelings of worthlessness, consumed her. The one thing she thought was perfect in her life was the bond she shared with her best friend, Noah. Everything was going according to her life plan until she woke up one day and realized she had fallen in love with him. The one thing she couldn't control was the affect he had on her. Noah had the power to give her one hundred lifetimes of happiness, which also gave him the power to completely devastate her. He was the one thing in her life that was perfect, but she couldn't allow herself to have him. Her life begins to unravel. Events take over and force her to let go of her dreams and desires. She needs to realize that a person cannot control the events in their life, only their reaction to them...but will it be too late for her to save her relationship with her best friend? Present Perfect is a story of how past events have present consequences and how perfect your present could be if you stopped fighting and just allowed it to happen. -----

Scared of ghosts, Alison is a most unlikely medium. But her huge natural gifts for sensing the presence of spirits and angels have taken her on an extraordinary life journey, helping thousands of others with her channelling and healing abilities. Her down-to-earth English humour has also brought her fame as hostess of the TV programme Rescue Mediums.

Follows the story of Alison, who survived a violent rape attack in Port Elizabeth.

Can Mrs. Considine turn Alison's dreams into reality?

Alisons Journey

I Have Life: Alison's Journey as told to Marianne Thamm

Stalked

Between Gods

The Work Wife

A dangerous predator. A life lived in fear. A terrifying true story.

"Alison Hayes is antsy—that’s what her mother would have said. The ghosts from her past are walking, and something is coming. She feels it in her bones. Her mother would have made herself a drink and forced the feeling to pass. For ten years, she has stayed on the fringe of society, living a quiet, nearly invisible life, working nights as a nurse at the hospital and sleeping days. When her volunteer work at the Crisis Clinic sets her on a collision course with a pregnant teen, Alison finds herself plunging without a parachute. She must reconcile her own history as her obsession with the girl mounts."--Back cover.

In this powerful memoir, bestselling author Alison Pick (nominated for the Man Booker Prize) channels Karen Armstrong and Anne Lamott as she explains the shocking family secret that eventually led to her mid-life conversion to Judaism—exploring powerful, provocative questions about family, faith, and the burdens of inheritance. Alison Pick grew up in a tight-knit Christian family who went to church regularly and ate pork chops on Christmas Eve. But as a teenager, she stumbled into a remarkable family secret: her paternal grandparents, with whom she was very close, fled to Canada from the Czech Republic at the start of WWII because they were Jewish. But other members of her family hesitated to emigrate, and they paid the ultimate price for their choice when they were sent to Auschwitz. Haunted by the Holocaust, Alison’s grandparents established themselves in their new lives as Christians. Not even Alison’s father knew of his parents’ past until he visited the Jewish cemetery in Prague as an adult. This atmosphere of shame and secrecy dogged Alison’s journey into adulthood, and by her early thirties she had fallen into a crippling depression. Drowning in a sense of emptiness, she felt drawn to the Jewish community, and found inspiration for her international bestseller Far to Go in her family’s harrowing past. Eventually she came to realize that her true path forward lay in reclaiming her history and identity as a Jew. Alison began attending classes about the conversion process and found a rabbi who would sponsor her participation. But the process was far from easy as old wounds were opened, and all of her relationships were tested. Profound, insightful, honest—and masterfully written—Between Gods forces us to reexamine our beliefs and the extent to which they define us.

'The most powerful woman in British beauty' Daily Mail 'This woman is the best advert for the advice she gives to all of us' Ruth Langsford If there is one thing my experience in the beauty industry has taught me, it's that a beauty regime should be as individual as you are. Having no cosmetic work myself allows me to truly understand what results are achievable for people at home. Trusted and award-winning beauty expert Alison Young has worked in the industry for over 35 years. She has pretty much tried every beauty product on the market so you don't have to, and she knows what works and what doesn't. Her no-nonsense approach cuts through the hard sell and tells it how it is. Whether you want to look fresher or younger, need advice on brows, haircare or body basics, or struggle with skin issues such as dry skin, oily skin or a more serious condition, Alison has the answer. With this book, you will never waste money on beauty products again; instead, you will be able to look and feel your best self, every day. Find out: - The insider secrets that supercharge your daily routine, whatever your skin type - How to manage (and embrace) signs of ageing - The make-up techniques that boost confidence, at every stage of life - Simple steps for year-round glowing skin and beautiful hair Whatever your gender, ethnicity, budget or stage of life, Alison will give you the knowledge to create a beauty regime that works for you and the confidence to step out as your best self, every day.

The New York Times–bestselling graphic memoir about Alison Bechdel, author of Fun Home, becoming the artist her mother wanted to be. Alison Bechdel’s Fun Home was a pop culture and literary phenomenon. Now, a second thrilling tale of filial sleuthery, this time about her mother: voracious reader, music lover, passionate amateur actor. Also a woman, unhappily married to a closeted gay man, whose artistic aspirations simmered under the surface of Bechdel's childhood...and who stopped touching or kissing her daughter good night, forever, when she was seven. Poignantly, hilariously, Bechdel embarks on a quest for answers concerning the mother-daughter gulf. It's a richly layered search that leads readers from the fascinating life and work of the iconic twentieth-century psychoanalyst Donald Winnicott, to one explosively illuminating Dr. Seuss illustration, to Bechdel’s own (serially monogamous) adult love life. And, finally, back to Mother—to a truce, fragile and real-time, that will move and astonish all adult children of gifted mothers. A New York Times, USA Today, Time, Slate, and Barnes & Noble Best Book of the Year “As complicated, brainy, inventive and satisfying as the finest prose memoirs.”—New York Times Book Review “A work of the most humane kind of genius, bravely going right to the heart of things: why we are who we are. It's also incredibly funny. And visually stunning. And page-turningly addictive. And heartbreaking.”—Jonathan Safran Foer “Many of us are living out the un-lived lives of our mothers. Alison Bechdel has written a graphic novel about this; sort of like a comic book by Virginia Woolf. You won't believe it until you read it—and you must!”—Gloria Steinem

Present Perfect

Finding Davey

The crimes and criminals that shook South Africa

Out of the Blue

This Pākehā Life

Coping Strategies and Mindfulness Techniques to Calm the Mind and Body

Confessions of a Fairy's Daughter

The triumphant story of a woman who refused to become a victim. Like an apparition, conjured out of the darkness, a young man with light blond hair pushed his face into the car. I immediately spotted the knife. It was a long, thin weapon, almost like a letter opener, with a tapering blade. It felt cold and spiny as he pressed it to my neck. When he spoke his voice, which was quiet and controlled, sounded as though it emanated from a distant planet. But every word thudded into my skull. “Move over or I’ll kill you,” he whispered. And so began Alison’s nightmare journey with the two callous killers who were to rape her, stab her so many times doctors could not count the wounds, slit her throat and leave her for dead in a filthy clearing miles from the city of Port Elizabeth which was her home. But Alison defied death. And more than that, she denied her attackers the satisfaction of destroying her life. I Have Life is the triumphant story of a woman who refused to become a victim. The courage which allowed her to move beyond severe physical and emotional trauma and to turn a devastating experience into something life-affirming and strong, is an inspiration to people everywhere.

This Is The Journey is a stillness. A clean slate. A step back. An open window. The counterpart to The Day Is Ready For You, This Is The Journey is a collection of poetry and prose to help bridge the space between wanting, waiting, and possibility.

How do you recover from the loss of a child? When David Alison's son died in a car accident, he did what any other parent would likely do: spiral into extraordinary grief. Though the heartbreak he experienced was profound, he could not shake the feeling that his son, Davey, was still around and trying to communicate with him. Could consciousness survive physical death? David's engineering background did not allow for that concept, yet those feelings remained. In this story, David walks the reader through the experiences he had connecting with his son, the resources he found to satisfy the doubts from the left side of his brain, and the tools he used to create a new relationship with his son across the veil.

“A page-turner, an eye-opener, a heartbreaker, a delight, The Work Wife is that rare book that illuminates a world we never knew existed while also making us feel so much less alone in everyday life.” –Julia Phillips, author of National Book Award finalist Disappearing Earth “The Work Wife is a bold and wholly satisfying novel about power, ambition, and the price women must often pay for their dreams. I gobbled it up.” –Emma Straub, New York Times bestselling author of All Adults Here Zanne Klein never planned to be a personal assistant to Hollywood royalty Ted and Holly Stabler. But a decade in at thirty-eight, that's exactly how she spends her days, earning six figures to make sure the movie mogul and his family have everything they could ever dream of and more. However, today is no ordinary day at the Stabler estate. Tonight, everyone who's anyone will be there for the Hollywood event of the season, and if the party's a success, that chief of staff job Zanne's been chasing may soon be hers. Which means she can buy a house, give her girlfriend the life she deserves, pay off her student loans. Nothing's going to get in Zanne’s way—not disgruntled staff, not a nosy reporter, not even a runaway hostess. But when Ted’s former business partner, Phoebe Lee, unexpectedly shows up right before go time, Zanne suddenly has a catastrophe unfolding before her—one with explosive consequences. As the truth comes out and Zanne realizes how deeply entangled she's become in the Stablers' world, she must decide if the sacrifices she's made for the job are worth the moral price she has to pay. Told over the course of a single day and from three fierce perspectives, The Work Wife is a richly observed novel about female ambition, complicity, privilege and what happens when the brightest of stars aren't allowed to shine.

I Did It for Us

The Queen's Code

I Have Life

The Anxiety Healer's Guide

Running While Black

The Conscious You

Growing Up with a Gay Dad

On September 11, 2001, Alison Lanza Falls had a great career as a Wall Street banker, a caring and supportive family, and an enormous secret. She was silently and profoundly unhappy. Nine years after watching smoke billow from the World Trade Center where she was heading for a meeting, Alison began an incredible journey of personal transformation, with guidance from David Prudhomme, mind coach and founder of Mederi Wellness. While chronicling the evolution of her remarkable life, Alison shares her unique experiences and important life lessons using Prudhomme's framework, The Best Me NOW!, that guided her through an experiential process on how to choose emotions, let go and feel free, practice forgiveness, release deep-seated fears, love herself and others unconditionally, and accept and embrace her uniqueness. Alison's story reveals simple, practical lessons for anyone interested in improving self-talk, applying universal truths in a professional setting, and preparing the mind for excellence, proving that positive change is not only possible, but also that it follows a specific path of perception, awareness, and choice. Be Happy NOW! combines two unique voices to share an inspiring story of transformation and life lessons intended to guide others on how to attain authentic happiness and a true understanding of self.

When two men stepped out of the darkness, Alison s nightmare journey began with the two callous killers who were to rape her, stab her so many times doctors could not count the wounds, slit her throat and leave her for dead in a filthy clearing miles from the city of Port Elizabeth which was her home. But Alison defied death. And more than that, she denied her attackers the satisfaction of destroying her life. I Have Life is the triumphant story of a woman who refused to become a victim. The courage which allowed her to move beyond severe physical and emotional trauma and to turn a devastating experience into something life-affirming and strong, is an inspiration to people everywhere."

When Alison Hayes finds herself suddenly set free in the world to build her life out of the crumbled ruins of her childhood, she must come to terms with her own demons before she can make her way out of the chaos left by her mother's life. Were people right to think she would follow the same road her mother travelled, or would Alison be able to forge a new path? Is she destined to repeat the mistakes of her mother, or is she free to make choices for a better way? When there are opportunities to make good choices, how will she ever know which choice is right?

Everything starts with ourselves, our journey, our dreams, our wants, needs and environment. We can learn a lot about ourselves here and now, exactly where we are, which is exactly where we begin.Imagine living the life you always dreamed of.....The Conscious You is an invitation for you to connect with the aspects that you need to awaken now to bring more fulfilment, joy and connection into your life.You will discover how to uncover and nurture that deep inner calling, leading the way towards those long forgotten or dismissed dreams and connect you to your conscious choices, actions and opportunities, creating your best life.Alison Callan brought this book into existence with the help of some of her most amazing clients who have awoken their most Conscious selves to uncover their true purpose and have consciously created their best lives. Now it's your turn!Are you ready to unleash The Conscious You, and start consciously creating your best life?Consciously Co-Authored by Alison Callan, Leesa Watt, Samantha Haddad, Carey Buck, Jude Smith & Beck Thompson

An Unsettled Memoir

An Official Minecraft Novel

Raped, Stabbed and Left for Dead : Alison's Inspiring Story of Survival

From Wall Street Ambition and the Illusion of Success My Path to Happiness

This Is the Journey

The Beauty Insider

The Most Awesome Black Britons from Yesterday to Today

'Unpredictable, challenging and compelling' Sophie Hannah From the first time I saw them together I knew it felt wrong. I didn't like the way he touched her or the self-conscious way he played with Molly and Luke. Joanne saw none of it of course. So I did it to prove to her that she was wrong. I did it for us. Emily's instincts tell her that best friend Joanne's new boyfriend is bad news. Emily fears for Joanne. Fears for Joanne's children. But Joanne won't listen because she's in love. So Emily watches, and waits . . . and then she makes a choice. But Emily has a past, and secrets too. And is she really as good a friend to Joanne as she claims? 'Never before have I read such a compelling, chilling read that kept me intrigued from beginning to end . . . If you adore psychological thrillers and books such as The Girl on the Train, then this is a must read!' Red Headed Book Lover Blog 'I Did It For Us held me from the off. It's compelling, slickly plotted and brilliantly written' Amanda Jennings

In this book, investigative journalist De Wet Potgieter follows the trail of a number of criminals in South Africa’s history. These violent crimes, perpetrated from the late 1980s into the new millennium, vary from fanatical far-rightists who killed their innocent countrymen, to assassins who executed high-profile, state-sanctioned murders. He takes the reader behind the scenes of some of the most controversial events in our country and, with his fearless style of writing, pulls you right into the belly of the beast. In Gruesome, he shares information that has never before been made public. What really happened on the night of 17 June 1992 in Boipatong? What motivated the horrific attack on Alison Botha? What caused the ostensibly conformist policeman Andr é Stander to become an unscrupulous bank robber? Who was the first person to see the connection between Gert van Rooyen's victims and a probable human-trafficking network? Potgieter relates how, as a journalist, he went about reporting on each of these interesting, gruesome cases. This book takes you back to the bloody newspaper headlines of yesterday.

Discover practical, natural, on-the-go solutions for combating anxiety with this must-have guide. How can you begin holistically tackling your anxiety whenever the moment strikes? In The Anxiety Healer’s Guide licensed counselor and creator of the Instagram account @TheAnxietyHealer Alison Seponara brings her expertise and commitment to healing anxiety to the world. While the journey toward recovery might look different for everyone, this portable resource is full of concrete activities, tools, and techniques that have been scientifically proven to calm the sympathetic (fight-or-flight) nervous system and give sufferers a better sense of control over their minds and bodies. This comprehensive, easy-to-use guide includes everything you need to help holistically treat your anxiety and create your own anxiety-healing tool kit, including: -Body breakthroughs -Mind tricks to ease anxiety -Breathing techniques -Grounding strategies -Distraction ideas -Cognitive-behavioral actions -Natural remedies -Gut-health practices -Positive affirmations -On-the-go activities -And more! This is an essential read for anyone who’s tired of living with anxiety and looking for helpful solutions they can apply anytime, anywhere.

In this inspiring tale, Alison, the victim of a brutal rape and attempted murder, shares the courage and philosophy that allowed her to turn her tragic experiences into something life-affirming and strong. With bravery and a keen sense of self-awareness, Alison recounts how she was car-jacked at knifepoint, raped, stabbed so many times that the doctors could not count her wounds, and left for dead miles away from her home. As she denied death that night she later denied her assailants the satisfaction of destroying her life by giving voice to her experiences and refusing to be victimized. In terrifying detail Alison describes her thoughts and feelings throughout the attack and shows how attitude, belief, and choice helped her to survive. Contributions from Alison’s family, friends, and the man who saved her from the side of the road add depth to Alison’s harrowing story.

Minecraft: The Lost Journals

A Memoir

Be Happy Now!

How I Survived Nellie Oleson and Learned to Love Being Hated

A Place Called Grace

A Comic Drama

One Woman's Journey of Spirit and Survival

Alison Bliss shares her smart, sexy, contemporary voice in this new rom-com about a curvaceous heroine falling for her personal trainer, and Booklist raves that "fans of Jennifer Weiner will enjoy Bliss."

This official Minecraft novel is a journey into the unknown! Max and Alison are proof that differences don't stand in the way of friendship. Max is always on the lookout for a new adventure—even if it means getting into trouble—while Alison prefers to follow the rules. But both of them are fascinated by the beat-up old journal Max finds and the strange gate its secretive author, the Enchanter, describes: a portal to an otherworldly realm of danger called the Nether. After they use the journal's instructions to craft the portal, Max and Alison squabble over whether to remain safe in the Overworld or to journey into the Nether to find the Enchanter . . . until a fateful accident makes the decision for them. Trapped in a scary new world, Max and Alison find an ally in Freya, a fierce warrior who has been living in the Nether with her beloved wolf, Bunny Biter. With Freya's help, and with the clues that lie in the pages of the mysterious journal, Max and Alison embark on a quest to find the Enchanter, even as the Nether pushes their skills—and their friendship—to the limit. Collect all of the official Minecraft books: Minecraft: The Island Minecraft: The Crash Minecraft: The Lost Journals Minecraft: The Survivors' Book of Secrets Minecraft: Exploded Builds: Medieval Fortress Minecraft: Guide to Exploration Minecraft: Guide to Creative Minecraft: Guide to the Nether & the End Minecraft: Guide to Redstone Minecraft: Mobestiary Minecraft: Guide to Enchantments & Potions Minecraft: Guide to PVP Minigames Minecraft: Guide to Farming Minecraft: Let's Build! Theme Park Adventure Minecraft for Beginners Black in Time