



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

The Ultimate Guide to Not Quite Ruining Your Child

How to Build Strong Children from a Core of Self-Esteem

The Mother of All Jobs

A Survival Guide for Returning to Work After Having a Baby

Back to Work After Baby

Cute and Easy Crafts for Kids

A Guide to Surviving Life as a Mistress

Packed with brilliant indoor and outdoor gardening activities, this is the perfect introduction to growing plants for little children and grown-ups to enjoy together.

"Uju Asika has written a necessary book for our times."—Chika Unigwe, author of On Black Sisters' Street You can't avoid it, because it's everywhere. In the looks Black kids get in certain spaces, the manner in which some people speak to them, the stuff that goes over their heads. Stuff that makes them cry even when they don't know why. How do you bring up your kids to be kind and happy when there is so much out there trying to break them down? Bringing Up Race is an important book, for all families whatever their race or ethnicity. It's for everyone who wants to instil a sense of open-minded inclusivity in their kids, and those who want to discuss difference instead of shying away from tough questions. Uju Asika draws on often shocking personal stories of prejudice along with opinions of experts, influencers, and fellow parents to give prescriptive advice in this invaluable guide. Bringing Up Race explores: When children start noticing ethnic differences (hint: much earlier than you think) What to do if your child says something racist (try not to freak out) How to have open, honest, age-appropriate conversations about race How children and parents can handle racial bullying How to recognize and challenge everyday racism, aka microaggressions Bringing Up Race is a call to arms for all parents as our society works to combat white supremacy and dismantle the systemic racism that has existed for hundreds of years.

There are books out there on every baby-related topic imaginable. But how about one that helpsyou plan your return to work, ease your concerns and fears about the transition so you can focus on your baby, introduce you to a community of otherreturning-to-work mamas, and empower you to make calm and thoughtful choices? Back to Work After Baby fills this much-needed gap. Whether you are a brand new mom wondering how this return from maternity leave will go or it's your second or third return, Back to Work After Baby will inspire you with new ideas on how to approach the return with a healthy mindset, tackle all those logistics, view your leave and return as a leadership opportunity, and commit to staying in community with other working mamas.

Tommy Newberry's best-selling Success Is Not an Accident (self-published in 1999) has helped over 100,000 readers achieve higher levels of success in both their personal and professional lives. Reminiscent of best-selling authors Stephen Covey and John Maxwell, Newberry teaches readers the power of goal setting, time management, visualization, and self-talk so they can achieve peak levels of performance in all areas of their lives.

Breaking Mad

A Child's Guide to Gardening

The Insider's Guide to Conquering Anxiety

How to Build a Profitable and Influential Personal Brand in the Digital Age

The Working Mom's Handbook

The Everyday Leader

Sunflower Shoots and Muddy Boots

Time is not what it seems; it is the product of the human mind, an illusion by which we process the passage of our lives.When sixteen-year-old Sam Rayner moves abroad with his family, he is forced to leave behind everyone and everything he holds dear. As he struggles to settle in his new surroundings, Sam thinks his situation cannot get any worse, however a shocking terrorist attack turns his world on its head. After suffering a traumatic brain injury, he wakes up in hospital to discover that he has developed seizures during which he slips into the body of a past or future self. Can Sam and his friends somehow defeat the sinister forces that want to use his powers for their own ends? Can they manage to save Sam's family from violent deaths that are already in the past - and, maybe also, win the girl he loves - by turning back the pages of time?

How To Stand Up To Sexism delivers comebacks to everything from microaggressions to outright insults and worse, giving you the right response.

Beyonce said she liked his shirt. Geri drunk dialed him. Madonna sung into his face at Top of the Pops, and P!nk's backing dancers laughed at his hair. Freak Like Me: Confessions of a 90s Pop Groupie reminisces about a time when the music industry was a very different world: an era of CD singles, chart battles, and newfangled reality TV shows. It charts how one fan witnessed the disposable music industry first-hand, with artists forced into the limelight one minute and dropped without warning the next. This hilarious memoir is packed with scandalous gossip and poignant memories from the era of Nokia 3310s and dial-up Internet, when chart positions meant everything and, if you wanted to know what your idols were up to off-screen, you had to track them down yourself!

Crafting has never been more popular and Maggy Woodley, the creative force behind Red Ted, is passionate about making things with her children, Max, four, and Pippa, two. Using recycled materials and bits and bobs collected when out and about, here are over 60 utterly irresistible things to make with your kids. From adorable peanut shell finger puppets to walnut babies, loo roll marionettes and egg carton fairy lights, fabric mache bowls, stick men and shell crabs, stone people, and many more, these are projects for all the family to have fun with. And what's more, the end results are so cute and desirable that they look great around the home, or make wonderfully unique and personal gifts. With a funky, modern design and vibrant full colour photography throughout, this is a must-have addition to every young family's bookshelf.

How To Stand Up To Sexism

positive and practical advice to help you live life to the full

Boy + Robot = Fun!

How to Raise a Kind Child in a Prejudiced World

The funny, feel-good and uplifting page-turner you won't be able to put down!

Fully Human

Towards Equal Parenting

SHORTLISTED FOR THE CMI MANAGEMENT BOOK OF THE YEAR AWARD 2019 Lisa and Deb draw on years of research and listening to the stories of thousands of women to provide a fresh, pragmatic and above all useful guide for every woman returning to work.

'Vicki is one inspirational mumboss, who shares her secrets to juggling a thriving business with raising a family in this entertaining and empowering read!' Una Healy 'Ideal for going back to work without losing your mind . . . a no-nonsense guide to navigating the transition' Marie Claire 'If ever there is a person who has shown just how successful you can be online whilst also being an amazing parent it is Vicki. Read, learn and follow. A brilliant book from an inspirational mother'. Natasha Courtenay-Smith, author of The Million Dollar Blog In Mumboss, Vicki Psarias, founder of HonestMum.com, shares her #mumboss manifesto for surviving and thriving at work and at home. Vicki writes about everything from juggling work and family, to regaining your confidence after having a baby and battling imposter syndrome. An award-winning blogger and vlogger, in this book Vicki shares how to turn your passions into a business that suits the modern mum's lifestyle - all you need is a table and a laptop. Mumboss is full of practical advice, tips and tricks to help fellow #mumbosses navigate both the real and digital worlds. Vicki's funny, fresh approach to life and work as a mum has brought her a loyal fanbase and a brilliantly successful business: her blog Honest Mum is one of the UK's most popular parenting and lifestyle sites, and the blog combined with Vicki's social channels has an average monthly reach of 1 million. A Lean In for the blogging and vlogging generation, Mumboss is an essential book for all parents, whether they are returning to work or looking to start a new career, as well as anyone looking to build their brand or business online. 'A must-read for the modern Mum; particularly one who has aspirations to build her own business. I wish I had been able to read it three years ago!' Katie Massie-Taylor, Co-Founder, Mush

WINNER OF THE POPULAR MEDICINE BOOK OF THE YEAR 2018, BMA BOOK AWARDS 'Juliet talks with you, not at you, and her enthusiasm for the joys of an active lifestyle is bound to inspire millions of women of all ages to lead healthier, fitter and much happier lives.' Lisa Jackson, author of Your Pace or Mine? What Running Taught Me About Life, Laughter and Coming Last A friendly, accessible handbook that gives you a top-to-toe MOT to help you stay fit and well. From wearing the right bra or exercising during your period, to recovering from illness or keeping active during pregnancy, Juliet's advice will soon have you sorted and on the road to health.

Discover the power of "yes" and all the amazing things it can do for you. So often we are afraid of failure, of disappointment, of being vulnerable, that we settle for "no". The practical tips and inspirational advice within these pages will help you embrace positivity and find a new sense of freedom in each area of your life, from your career, to your relationships, to your dreams and ambitions.

Red Ted Art

A New Way of Using Your Mind

Why Knowing Who You Are Changes Everything

The Honest Mum

Stand Tall, Little Girl

The Power of NO

Change Your Choices; Change Your Life

Welcome to the therapist in your pocket - full of anxiety-busting advice, read this book to learn how to live better and restore your confidence when panic attacks. Drawing on her own personal experiences with anxiety, therapist and Mind ambassador Anna Williamson offers easy to follow, expert guidance, alongside clinical psychologist, Dr Reetta Newell. Breaking Mad is packed with coping methods and solutions for those everyday moments where you need a helping hand. From recognising the first warning signs of anxiety, to coping with a panic attack or social anxiety, Anna and Reetta will be with you every step of the way, offering practical strategies and straightforward guidance whenever and wherever you might need it. Whether at home, on the bus, at college, just before a meeting, or even having a meltdown in the work toilet cubicle, Breaking Mad is here for you. So welcome to the club - it's time to tackle anxiety head on!

An Oprah Winfrey SuperSoul 100 teacher shares her most profound words of wisdom for understanding your potential, your power, and your place within the world Gordana Biernat is the only European to have been named an Oprah Winfrey SuperSoul 100 Teacher. Her straightforward and empowering tweets have already inspired hundreds of thousands across the globe and this book is a collection of her most profound wisdom. #KnowTheTruth will open your eyes to your true potential and inherent inner power; it will remind you of who you are and why you are here. All the 'truth thoughts' in this book have one purpose—to help you understand yourself and your place in the world. The truth is never complicated or irrational; the truth always feels easy and right. If you have an unresolved issue or need guidance, just ask, “What is my message for today?” then open this book and read the message it has for you.

For four years, Hope Virgo fought a gruelling internal battle, keeping her anorexia hidden from friends and family. Having pushed her health to breaking point, and with her skin turning yellow and her heart failing, it became impossible to hide. Barely recognisable, Hope was admitted to a mental health hospital in 2007.Twelve years on, Hope has been in recovery from anorexia for over a decade. But it hasn't always been an easy ride, and after a relapse in 2016 where she was refused help for 'not being thin enough', she knew she needed to raise awareness about the disease that almost took her life.And so, in August 2018, Hope launched the #DumpTheScales campaign, which calls on the government to review their guidance on support for eating disorders. Since then, with relentless campaigning, her petition has gained over 70,000 signatures and counting. Stand Tall, Little Girl is the inspiring account of how Hope fought back from rock bottom, built a healthy life for herself, and used her story to effect real change for others suffering from the same devastating condition.'Hope writes with incredible honesty and openness, her journey is truly inspirational' Jonny Benjamin, MBE.'Both insightful and an inspirational story of recovery. This is a must read book' Dame Kelly Holmes.

Three women, beset by trauma, temptation, and regret, find each other in this “rich, haunted, gripping” novel (Ruth Padel, award-winning author of Beethoven Variations). That was the day that Mama made the rules: If they come, run. Be quiet and run. But not together. Never together. If one is found, at least the other survives... During a cold British winter, three women, each suffering her own demons, reach a crisis point. Emily, an immigrant survivor of the Rwandan genocide, is existing but not living. Vera, a newly Christian Londoner, is striving to live a moral life, her happiness constantly undermined by secrets from her past. Lynn, battling with an untimely disease, is consumed by bitterness and resentment of what she hasn't achieved and what has been snatched from her. Their lives have been torn open by betrayal: by other people, by themselves, by life itself. But as their paths interweave, they begin to unravel their beleaguered pasts, and inadvertently change each other’s futures. Longlisted for the Baileys Women's Prize for Fiction

The Working Mom

The Honest Mum's Guide to Surviving and Thriving at Work and at Home

#StandOutOnline

The Freelance Mum

Sorted: The Active Woman's Guide to Health

Success Is Not an Accident

60 Crafts You Can Wear, Gift, Use and Admire

Have you ever looked at the lengthy school holiday dates and silently screamed in desperation? Have you gone part time yet are still doing a full-time workload? Have you ever been too afraid to ask about maternity benefits or flexible working? Do you constantly feel guilty about missing school events and secretly envious of other mums at the school gates who seem to be doing it all better than you? If any (or all) of the above rings true for you, you are NOT alone. While the demands of work are increasing with longer working hours and more pressure to remain 'switched on' to our phones and computers, the needs of our children and the world of school and childcare have stayed the same. Something has got to change before we all reach breaking point. The Mother of All Jobs brings together the wisdom of women who opened up about their experiences into a manifesto to help working parents thrive.

Find Your Truth and Embrace Your Calling

Purpose

The Million Dollar Blog

Bing & Nero

The Breast Book