Mumboss The Honest Mums Guide To Surviving And Thriving At Work And At Home

From what they said to the man at the bus stop, to where you found the remote control, when you're a parent, laughing at what gets hurled in your direction is beyond important. Since 2012, fashion illustrator Laura Quick has been sketching scenes from daily domestic life on her blog, The Daily Think. Insightful, tender and very, very funny, the images have become hugely popular, and the very best of them are collected together in this exquisite and hilarious gift book. All the bizarre moments and ridiculous conversations that are part of being a parent are here, from the day Laura's daughter tried to poke her finger into a dog's rear end, to the temper tantrums, and the sense of relief when the school holidays are over. Chronicling all manner of parenting fails and mishaps, the illustrations are a welcome light relief for world-weary parents everywhere.

Every day, every one of us is a leader in some way - we just don't necessarily know it. Leadership, The Everyday Leader Everyday Leader Inspiring change and movement, whether on an individual level - a person's attitude, behaviour, emotions or habits - or an organizational level - a person's attitude, behaviour, emotions or habits - or an organizational level - a person's attitude, behaviour, emotions or habits - or an organizational level - a person's attitude, behaviour, emotions or habits - or an organizational level - a person's attitude, behaviour, emotions or habits - or an organizational level - a person's attitude, behaviour, emotions or habits - or an organizational level - a person's attitude, behaviour, emotions or habits - or an organizational level - a person's attitude, behaviour, emotions or habits - or an organizational level - a person's attitude, behaviour, emotions or habits - or an organizational level - a person's attitude, behaviour, emotions or habits - or an organizational level - a person's attitude, behaviour, emotions or habits - or an organizational level - a person's attitude, behaviour, emotions or habits - or an organizational level - a person's attitude, behaviour, emotions or habits - or an organizational level - a person's attitude, behaviour, emotions or habits - or an organizational level - a person's attitude, behaviour, emotions or habits - or an organizational level - a person's attitude, behaviour, emotions or habits - or an organizational level - a person's attitude, behaviour, emotions or habits - or an organizational level - a person's attitude, behaviour, emotions or habits - or an organizational level - a person's attitude, behaviour, emotions or habits - or an organizational level - a person's attitude, behaviour, emotions or habits - or an organizational level - a person's attitude, behaviour, emotions or habits - or an organization level - a person's attitude, behaviour, emotions or habits - or an organization level - a person's attitude, behaviour, emotions or a will help you recognise and embrace your natural leadership qualities, so that you can be more motivated and empowered in the workplace and at home. The Everyday Leader tackles the main challenges that leaders face at some point in their career: leading teams; attaining buy-in from stakeholders; leading through artificial intelligence; whistleblowing; and leading from a distance. But the book also addresses the leadership issues that occur in day-to-day life: listening and empathising; making the right decision through information overload. Providing advice and tools for those looking to polish their existing leadership skills or anyone who wants to take the next step in their career, The Everyday Leader also recognises that leadership doesn't stop once you clock off - these are lessons you can and should take home with you.

In a world where everyone wants to blog and blog posts are ubiquitous, how do you stand out? bloggers know that you don't know (yet)? No matter who are you - a mum at home, a budding fashion blogger, a lifestyle blogger, a lifestyle blogger, a lifestyle blogger, a lifestyle blogger, a big business owner or a small business owner - The Million Dollar Blog is about blogger, a lifestyle blogger, personal brand that grows your blog *How to blog for business *How to write *How take your existing blog to the next level Through a combination of practical advice and interviews with some of the world's most famous and successful bloggers, vloggers and content strategists, including Seth Godin, Lily Pebbles, Grant Cardone and Madeleine Shaw and dozens more, entrepreneur and digital strategist Natasha Courtenay Smith shows you how to build a blog that will increase your profile, create new opportunities, earn money and change your life.

More time with your kids, making the money you know you're worth and a better work/life balance. No wonder more women to go freelance. Annie Ridout was one of them. And in her enlightening new book, she shares the tips and tricks that helped her build a better working life around her family. From choosing a career and launching a website, to getting your name out there and perfecting your brand, to the nitty gritty of childcare options and daily routines, The Freelance Mum is a comprehensive guide to setting out on your own path. Using her own experience, alongside advice from other mums that make it work, including Arianna Huffington, Scummy Mummies, Carrie-Anne Roberts, Robyn Wilder, Zoe de Pass, Cherry Healey, Sali Hughes and Anna Jones, Annie will show that with hard work and determination, any mother can thrive as a freelancer.

Your Guide to Returning to Work

Everything is Fine

The Quick Guide to Parenting

Dads Don't Babysit

The Pages of Time

Easy Paper Projects

Freak Like Me

A mother of small children trusts her 'gut feelings' and it saves her life. A young dad is able to grieve for his lost baby - using a song. What if there were parts of our minds which we never use, but if awakened, could make us so much happier, connected and alive? What if awakening those parts could bring peace to the conflicts and struggles we all go through? From the cutting edge, where therapy meets neuroscience, Steve Biddulph explores the new concept of 'supersense' - the feelings beneath our feelings - which can guide us to a more awake and free way of living every minute of our lives. And the Four-storey Mansion, a way of using your mind that can be taught to a five-year-old, but can also help the most damaged adult. In Fully Human, Steve Biddulph draws on deeply personal stories from his own life, as well of those of his clients, and from the frontiers of thinking about how the brain works with the body and the wisdom of the 'wild creature' inside all of us. At the peak of a lifetime's work, one of the world's best-known psychotherapists and educators shows how you can be more alive, more connected. More FULLY HUMAN. From the bestselling author of Raising Boys.

Say yes to 'no'. No more confidence knocks, no more overwhelming workloads and no more hesitation. By using this single word and canny bible you will break the taboo that surrounds 'no' and come to understand your own needs. The Power of NO teaches you to value your time and equips you with the know-how to set your own rules, find direction and demand respect.

If you've found yourself in the position of being a mistress, whether by accident or design, you may be seeking some advice or someone who understands. This guide will help the reader through the difficulties without judgment. It is presented as a practical guide for survival, which can either be read from cover to cover or used as reference book.

Silver Award Winner - Mumii Best Baby and Toddler Gear, Parenting Books. What is the value of our achievements without self esteem? Dr Holan Liang presents her practical approach to bringing up children from the inside out, setting aside exterior results in favour of building a core of selfesteem, resilience and social ability. Inside Out Parenting is a witty blend of hard science from a research and professional point of view, memoir and hands-on anecdotal evidence, offering an assured route to both happiness and success. With a balance of top tips and failed attempts, Child and Adolescent Psychiatrist Holan Liang offers an empowering and holistic approach to parenting that champions building a strong base of 'inside things', such as achievement in musical exams and academia, have a strong foundation and core of security, giving them a deeper meaning for your child.

I?'m Wrecked, This Is My Journal

After Before

Confessions of a 90s Pop Groupie

She's Back

How to Motivate, Empower and Influence Those Around You

Your Guide to Surviving and Thriving at Work and at Home

How to Plan and Navigate a Mindful Return from Maternity Leave

Coinciding with its 100th anniversary, Inside Vogueis Alexandra Shulman's record of her life at the magazine during its centenary year. These diaries are a fascinating glimpse into the realities of her day to day as the longest serving Editor-in-chief in Vogue's history- the emotional and personal strains and successes; highs, lows and fashion shows; and her relationships with famous personalities and creative talents from Kate Moss to Victoria Beckham, Karl Lagerfeld to Sir Philip Green, Alexa Chung to Rihanna, David Bailey to Mario Testino and many more. Entertaining and informative in equal measure, this book is a must-read for women and fashion fans everywhere.

Entertaining, honest and occasionally messy, I'm Wrecked, This Is My Journalis packed full of lists, quotations, doodles and more. Ideal for all those odd thoughts, bizarre expectations and the real-life experiences of being a parent during the roller-coaster first year with your baby. Whether you're looking for gin in the word search or playing parenting bingo, this frank, witty book will raise a smile as you embark on the extraordinary - and often chaotic - journey into parenthood.

This isn't a book about overachieving at parenting. This isn't even a book about achieving exactly the right amount. This is a book about doing as little as possible without quite ruining your child. Overachieving parents want you to believe the harder you work, the better your kid will turn out. That lie ends now. The truth is most kids end up remarkably unremarkable no matter what you do, so you might as well achieve mediocrity by the easiest possible route. The goal of "bare minimum parenting" is to turn your kid will be no better or worse off than their kids, but with more free time left for you. That's more valuable than all the participation trophies in the world. In Bare Minimum Parenting, amateur parenting expert James Breakwell will teach you to stop worrying and embrace your child's destiny as devastatingly average. To get there, you'll have to overcome your kid, other parents, and yourself, all of whom will push you to do more than is absolutely necessary. Honestly, by reading this far, you're already trying too hard. But don't stop now. You're exactly the kind of person who needs this book.

An uplifting story on sustainability, in response to many 'heavy' green titles coming to the market that children often find intimidating. Omar, The Bees and Me encourages children to look after nature in local communities planting wild flowers to form bee corridors. Themes around cultural identity are also explored through Omar (a new boy from Syria) and Maisie's friendship. Offers an insight into international beekeeping and illustrated by award-winning picture-book maker Katie Cottle, creator of The Green Giant and The Blue Giant, Includes bee facts on endpapers and a recipe for honey cake on end page.

Bare Minimum Parenting

Words for when Enough is Enough

Inside Out Parenting

A Puberty Guide with a Difference - It's the When, why and how of Breasts

The Working Mom's Guide to Style, Sanity, and Success After Baby

Bringing Up Race

How to Have Children and a Career and Stav Sane(ish)

'Just the escapism we need right now' EVENING STANDARD 'Hilarious and relatable' WOMAN 'A perfect weekend read' GRAZIA Jessica Bradley has it all: the perfect boyfriend; influential healthy-eating blog; successful PR company and wonderful daughter, Anna. Or at least that is what her thousands of followers believe. The truth is, her boyfriend just broke up with her in four words on a post-it; her zest for healthy-eating has all but disappeared; her PR success is all reliant on her now not-so-honest online-life and she just got caught eating her daughter's Coco-Pops. So as they say: fake it 'til you make it. A few little white lies and phoney smiling selfies and Jess can keep up appearances. But when her real-life starts to spiral out of control how can Jess tell the truth from the lies? And will she be able to seize real happiness when it is right in front of her? Hilarious, heart-warming and oh-so relatable, Everything Is Fine is perfect for fans of Louise Pentland, Anna Bell and Lindsey Kelk. 'Funny and uplifting' BELLA 'Hilarious, heartwarming and relatable' NEW! Magazine 'Made me laugh out loud so many times!' Lucy Vine 'Feel-good, funny, and very relatable' Anna Bell 'Funny and honest' Elizabeth Buchan

Jessica Huie went from being a teenage mother, expelled from school and staying in a hostel to having a glittering career in public relations, founding two award-winning businesses and earning an MBE from the Queen. Throughout the course of a career that has spanned more than 20 years, she has worked with some of the

world's biggest stars and business people, including Simon Cowell, Samuel L. Jackson, Mariah Carey and Meghan Markle. But there's more to her story than that. In Purpose, Jessica shares the lessons she learned as she went from being an individual who felt purposeless and unhappy, to someone who recognizes her complete power to design and create a successful, meaningful and limitless life built from an authentic foundation. Using the tools Jessica shares, you too will feel empowered to get unstuck, begin making real change in your own life and the lives of others, and live according to your own true PURPOSE. "The perfect story for every child who has ever wanted their own robot." Share a day with an inventive young boy in a story that celebrates creativity, friendship and fun! Bing wants a dog. But his mother says a dog is out of the question. Whats a young boy in need of a friend to play with on a boring Saturday morning to do? Why, make his own friend! And what a friend his new creation is! The product of Bings rich imagination and household junk from the basement, Nero is a metallic wonder. From the moment he is switched on, the house is filled with fun! And when they take to the sky for a late afternoon flight, boy and robot are in for a joyous ride that celebrates their friendship. This debut book from I.L. Williams gives young readers an opportunity to share an exciting experience many dream of with a young boy in a story that showcases creativity, friendship and fun. An excellent book with vibrant illustrations, for parents and

Transform Paper into Thoughtful Cards, Fun Decorations and More with Easy, Mess-Free Crafts Learn just how versatile paper can be when creating fun, colorful crafts. Whether you have plain printer paper, a rainbow array of cardstock or just a few scraps of construction paper, you'll be able to create inventive paper crafts that require only a few materials you already have, making them a thrifty and accessible alternative to more complicated projects: • Origami Corner Bookmarks • Tin Can Pen Pots • Paper Pendants • Llama Cards • Origami Lucky Stars Bracelets • 3-D Paper Accordion Flowers • Kite Birds • Paper Dog Puppet • Confetti Bookmarks • Leaf Wreaths • Quick Ghost Garlands • Polar Bear Ornaments A whole slew of cute, exciting projects makes it easy for you to get your craft on no matter the occasion, and they provide hours of fun all year long. With easy-to-follow step-bystep instructions and plenty of photos to guide you, you can be on your way to creating paper masterpieces in no time.

Inside Voque The Fifth Trimester

The Power of YES

Facing Up to Anorexia

children to enjoy together."

A Diary of My 100th Year

Omar, the Bees and Me

#KnowTheTruth

The first three trimesters (and the fourth—those blurry newborn days) are for the baby, but the Fifth Trimester is when the working mom is born. A funny, tells-it-like-it-is guide for new mothers coping with the demands of returning to the real world after giving birth, The Fifth Trimester is packed with honest, funny, and comforting advice from 800 moms, including: •The boss-approved way to ask for flextime (and more money!) •How to know if it's more than "just the baby blues" •How to pump breastmilk on an airplane (or, if you must, in a bathroom) •What military science knows about working through sleep deprivation •Your new sixty-second get-out-of-the-house beauty routine •How to turn your commute into a mini-therapy session •Your daycare tour or nanny interview, totally decoded

By turns informative and irreverent this book takes a new approach to tackling gender inequality in the home and at work, focusing on dads being entitled to a bigger role in parenting. It presents the barriers men face to being active dads - from sexist security guards to Tory MPs and even Homer Simpson - and, crucially, it outlines how to tackle them for the good of men, women and children. In Dads Don't Babysit two dads outline some of the biggest problems facing families that want dad to get his turn at raising the kids, and offer a range of solutions in a manifesto for parents and policy makers to consider and hopefully adopt. The book tackles topics such as the gender pay gap, lack of a strong parental leave system in the UK, the financial penalties of taking time off to look after children and the limiting expectations parents find colleagues, relatives and the media have on mums and dads. The authors draw on their own experience of parenting and that of others. Interviews are backed up by extensive research so that the book presents these important issues in an accessible, personal and at times light-hearted way that the apolitical reader will be able to relate to. There is a lively and growing argument by men offering solutions to benefit everyone.

Navigate the business of getting back to business--a no-nonsense roadmap for working moms Going back to work can be a tough transition for parents--some even call it the fifth trimester. Finding a work-life balance is no easy task, and it's normal to feel overwhelmed. This guide has all the practical guidance and supportive tips you need to confidently navigate the workplace as a new mom. The Working Mom Handbook is your guide to the fifth trimester, helping you prioritize and organize everything from choosing a babysitter to taking time for self-care. Know your workplace rights, your career path, and how to set boundaries. Learn all about breast pumps and pumping at work or on-the-go, plus find kinship with stories from real-life working moms just like you. This guide to your fifth trimester book covers essential rights on break times and medical issues, plus actionable advice on dealing with discriminatory workplaces. Supermoms assemble--Whether you work 9-5, run your own budget or background. Discover how to make it work and conguer your fifth trimester with this handbook.

Chosen by the Independent as one of the 10 best business books written by women '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 The Working Mom, Vicki Psarias, founder of HonestMum.com, shares her manifesto for surviving and thriving at work and at home. Vicki writes about everything from juggling work and family, to regaining your confidence after having a baby and battling imposter syndrome. An award-winning blogger and vlogger, in this book Vicki shares how to turn your passions into a business that suits the modern

mum's lifestyle. The Working Mom is full of practical advice, tips and tricks to help fellow #mumbosses build their own business or return to work, while creating a personal brand and learning how to market yourself. Vicki's funny, fresh approach to life and work as a mum has brought her a loyal fanbase and a brilliantly successful business: her blog Honest Mum is one of the UK's most popular parenting and lifestyle sites, and the blog combined with Vicki's social channels has an average monthly reach of 1 million. A Lean In for the blogging 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, 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 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, 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

Bov + 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. I wish I had been able to read it three years ago!' Katie Massie-Taylor, Co-Founder, Mush BOOK AWARDS 'Juliet talks with you, not at you, and her enthusiasm for the popular parenting and 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 a

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.

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.

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

Walcome 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 you are here. All the 'truth thoughts' in this book have one purpose—to help you understand

For four years, Hope Virgo fought a gruelling internal battle, keeping her anorexia hidden from friends 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 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 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

Ring & Nero

Bing & Nero The Breast Book