

## Yawning Yoga A Goodnight Book For A Good Nights Sleep

Whether used for thematic story times, program and curriculum planning, readers' advisory, or collection development, this updated edition of the well-known companion makes finding the right picture books for your library a breeze.
 • Offers easy subject access to children's picture books
 • Features a user-friendly organization
 • Provides in-depth indexing and full bibliographic detail

Yoga helps children learn how to focus, relax, and both self-monitor and self-soothe Good Morning Yoga instills these four skills and more, enabling children to jumpstart the day with energy and excitement-and meet the adventures that come with mindfulness and perspective. Good Night Yoga tells the story of the world retiring for the evening-and a new generation of readers has fallen in love with the relaxing sequences and beautiful pictures that lead them to dreamland. Good Morning Yoga weaves gentle exercises with a heartwarming narrative and wonderful illustrations to empower children to manage the energies that visit throughout the day-from the "fiery volcano" to the "mountain quiet and still. Good Morning Yoga concludes with a visualization for kids to set intentions for the day.

Is it true that a marijuana high can lead to profound insights, as many users have reported? In his now classic essay "Mr. X," anonymously published in 1971, even the famous astronomer Carl Sagan claimed that he owed many invaluable insights for his publications to marijuana. The investigation High. Insights on Marijuana explains in depth the different ways a marijuana high can lead to insights as well as to other mind enhancements, such as the enhancement of episodic memory, pattern recognition, imagination, creativity, introspection, and our ability for empathic understanding. Countless fascinating reports given by marijuana users and cutting-edge research from various areas of knowledge help Marincolo to take our understanding of the marijuana high to a new level. His unusual study is a thoroughly accessible and entertaining interdisciplinary tour de force through the current cognitive sciences, evolutionary psychology, neuropsychology and the philosophy of mind. High. Insights on Marijuana offers a revolutionary new perspective on the mind-enhancing potential of marijuana and takes his readers to a voyage deep into the high mind.

Practicing nurse and New York Times columnist Theresa Brown invites us to experience not just a day in the life of a nurse but all the life that happens in just one day on a busy teaching hospital's cancer ward. In the span of twelve hours, lives can be lost, life-altering treatment decisions made, and dreams fulfilled or irrevocably stolen. Unfolding in real time--under the watchful eyes of this dedicated professional and insightful chronicler of events--The Shift gives an unprecedented view into the individual struggles as well as the larger truths about medicine in this country. By shift's end, we have witnessed something profound about hope and humanity.

A to Zoo: Subject Access to Children's Picture Books, 10th Edition

Teacher's Book

A Goodnight Book for a Good Night's Sleep

A Pose-by-Pose Bedtime Story

A gripping historical mystery

Chair Yoga

The third book in the bestselling, sleep-inducing series follows Alex the Tractor in a ride around the farm. Along the way readers meet Yawning Carrot, Half-Asleep Leon, Sleeping Apples, and other friends, who tell them what they do to fall asleep at night.

This is the screenplay for the acclaimed film, directed by Wes Anderson. There were three extraordinary children in the Tenenbaum family; Chas Tenenbaum (Ben Stiller) was a financial expert and started buying real estate in his early teens; Margot Tenenbaum (Gwyneth Paltrow) was an acclaimed playwright and won a Pulitzer Prize in the 9th grade; Richie Tenenbaum (Luke Wilson) was a champion tennis player ranked 2nd in the world by the age 17. They were brilliant. They were famous. They were unlucky enough to be the children of a man named Royal Tenenbaum (Gene Hackman). Now for the first time in 25 years, they're all living together under the same roof. After having largely gone their separate ways they're looking to mend fences--and themselves in the process.

Elizabeth Pantley's breakthrough approach for a good night's sleep with no tears, enhanced with videos of the author answering parents' most asked questions! This enhanced eBook includes 14 exclusive videos by the author "At long last, I've found a book that I can hand to weary parents with the confidence that they can learn to help their baby sleep through the night--without the baby crying it out." --William Sears, M.D., Author of The Baby Book "When I followed the steps in this book, it only took a few nights to see a HUGE improvement. Now every night I'm getting more sleep than I've gotten in years! The best part is, there has been NO crying!" --Becky, mother of 13-month-old Melissa There are two schools of thought for encouraging babies to sleep through the night: the hotly debated Ferber technique of letting the baby "cry it out," or the grin-and-bear-it solution of getting up from dusk to dawn as often as necessary. If you don't believe in letting your baby cry it out, but desperately want to sleep, there is now a third option, presented in Elizabeth Pantley's sanitiy-saving book The No-Cry Sleep Solution. Elizabeth's successful solution has been tested and proven effective by scores of mothers and their babies from across the United States, Canada, and Europe. And now in response to weary parents asking for a little more guidance, Elizabeth has created four-minute videos exclusive to this enhanced ebook. Each of these three- to four-minute videos appears at the end of their specific chapter, summarizing what you have learned for quick recall or for those desperate moments when you've run out of ideas and need advice ASAP! Elizabeth gives you words of wisdom, tricks and tips, and soothing mantras, all that will help you get your baby sleeping. Tips from The No-Cry Sleep Solution: Uncover the stumbling blocks that prevent baby from sleeping through the night Determine--and work with--baby's biological sleep rhythms Create a customized, step-by-step plan to get baby to sleep through the night Use the Persistent Gentle Removal System to teach baby to fall asleep without breast-feeding, bottlefeeding, or using a pacifier The No-Cry Sleep Solution offers clearly explained, step-by-step ideas that steer your little ones toward a good night's sleep--all with no crying.

From atop a towering redwood tree, seventeen-year-old Jesse can see beyond the difficult reality of his life on the ground. Homeless, Jesse camps in the forest with his drug-addicted mom and little sister. Taking care to stay clean and keep up at school, Jesse is determined to keep his circumstances a secret. But one girl cares enough to find out the truth.

The Atonement Child

The Science of Mom

The Jewel of Seven Stars Illustrated

Hidden in the Sheikh's Harem

Way of the Peaceful Warrior

Baby University Abe's Board Book Set

The Pajama Zoo Parade

\_\_\_\_\_ Josephine Tey's classic novel about Richard III, the hunchback king whose skeleton was famously discovered in a council car park, investigates his role in the death of his nephews, the princes in the Tower, and his own death at the Battle of Bosworth. Richard III reigned for only two years, and for centuries he was vilified as the hunch-backed wicked uncle, murderer of the princes in the Tower. Josephine Tey's novel The Daughter of Time is an investigation into the real facts behind the last Plantagenet king's reign, and an attempt to right what many believe to be the terrible injustice done to him by the Tudor dynasty. Inspector Alan Grant of Scotland Yard, recuperating from a broken leg, becomes fascinated with a contemporary portrait of Richard III that bears no resemblance to the Wicked Uncle of history. Could such a sensitive, noble face actually belong to one of the world's most heinous villains - a venomous hunchback who may have killed his brother's children to make his crown secure? Or could Richard have been the victim, turned into a monster by the the Tudors? Grant determines to find out once and for all, with the help of the British Museum and an American scholar, what kind of man Richard III really was and who killed the Princes in the Tower.

A magnificent coming-of-age story steeped in nostalgia, Norwegian Wood blends the music, the mood, and the ethos that were the sixties with a young man's hopeless and heroic first love. Torn, a serious young college student in Tokyo, is devoted to Naoko, a beautiful and introspective young woman, but their mutual passion is marked by the tragic death of their best friend years before. As Naoko retreats further into her own world, Toru finds himself drawn to a fiercely independent and sexually liberated young woman. Stunning and elegiac, Norwegian Wood first propelled Haruki Murakami into the forefront of the literary scene.

A hospitalist's English historical evidence concerning Richard III's role in the murder of Edward IV's two sons. From the New York Times bestselling author of Redeeming Love and The Masterpiece[and] One of [Christian Fiction]'s most honored and talented writers' (Library Journal) comes a heart-wrenching but uplifting story about a highly controversial topic. Dynah Carey knew where her life was headed. Engaged to a wonderful man, the daughter of doting parents, a faithful child of God&ishe has it all. Then the unthinkable happens: Dynah's perfect life is irrevocably changed by a rape that results in an unwanted pregnancy. Her family is torn apart and her seemingly rock-solid faith is pushed to the limits as she faces the most momentous choice of her life: to embrace or to end the life within her. This is ultimately a tale of three women, as Dynah's plight forces both her mother and her grandmother to confront the choices they made. Written with balance and compassion, The Atonement Child brings a new perspective to a widely debated topic.

Zoo Zen

The Daughter Of Time

The Royal Tenenbaums

Insights on Marijuana

The Country of the Blind

A Father's Journey Through His Son's Addiction

Functional Respiratory Disorders

Kidnapped by the desert prince... Prince Zachim Darkhan of Bakaan never expected to find himself bound and at the mercy of his nemesis. But with a skillful ease borne of years as a warrior he escapes his bonds...then takes the man's daughter as his captive and hides her away in his harem! But Farah Hajjar is no man's prisoner, and as the power play between them escalates so, too, does Zachim's desire to taste the forbidden, sensual delights their chemistry promises. As the line between hatred and desire blurs he's led past the point of no return. Now they'll find themselves captured...in marriage!

Kids love yoga—and it's great for them, so much so that the President's Council has added the practice to the fitness activities in the annual President's Challenge. For parents and caregivers looking for a fun and effective new routine for bedtime, innovative educator Mariam Gates presents Good Night Yoga, a playful yet wholly practical book for preparing for sleep. This beautifully illustrated, full-color book tells the story of the natural world as it closes down for the night, while teaching children a simple flow of yoga postures inspired by their favorite characters from nature. Moving from "Sun Breath" to "Cloud Gathering" to "Ladybug & Butterfly" and more, readers learn techniques for self-soothing, relaxing the body and mind, focusing attention, and other skills that will support restful sleep and improve overall confidence and well-being.

Entertaining tales from the foremost science-fiction writer of the early 20th century include the title tale, "The Star," "The New Accelerator," "The Remarkable Case of Davidson's Eyes," "Under the Knife," and others.

You Can Count on Animals to Make Yoga Fun! What could be more fun for kids than to hop like a frog, slither like a snake, and roar like a lion—all while learning an empowering, healthy life skill! Zoo Zen: A Yoga Story for Kids is a delightful pose-along adventure for children ages four to eight. Young readers will join our heroine Lyla as she learns ten yoga poses from her friends at the zoo, receiving helpful tips along the way from each animal she encounters. Using rhyming and counting to make memorization easier, here is an imaginative book that combines the benefits of yoga with kids' natural love for animals to create a magical learning journey that parents and kids can enjoy together. Ages 4-8

Cloud Atlas

The Trees

A Book That Changes Lives: Easyread Super Large 20pt Edition

Evolution Grammar & Vocabulary

Evolution for Babies

The No-Cry Sleep Solution Enhanced Ebook

The Snow Leopard

*Cookie Monster learns simple meditation techniques and plays a fun game to help be more patient--based on the popular Sesame Street Monster Meditation video on YouTube made in collaboration with the mindfulness app Headspace. Sometimes everyone needs to slow down and take some cleansing belly breaths--even Cookie Monster! This terrific board book features Cookie Monster learning a calming game to help pass the time as he waits for his cookies to finish baking. The game is a fun and simple one that all young boys and girls can easily play whenever they need to be patient. This is Book 1 in a series of 6 books, all inspired by the popular Sesame Street Monster Meditation videos on YouTube, that will help young girls and boys learn mindfulness techniques along with their favorite characters. The videos are made in collaboration with Headspace, the mindfulness app. Sesame Workshop, the nonprofit educational organization behind Sesame Street, aims to help kids grow smarter, stronger, and kinder through its many unique domestic and international initiatives. These projects cover a wide array of topics for families around the world.*

*Sleep problems are very common among children. In fact, MOST children aren't getting proper sleep at night. And every parent knows that when children are sleep deprived, they are likely to have a hard time controlling their emotions. This can lead to potential problems at home and at school, and can be exhausting for mom and dad. At last, help has arrived! Yawning Yoga is a beautifully illustrated and carefully sequenced bedtime routine that is proven to work. Creator Laurie Jordan has devised a perfect sleep solution that helps relax kids before bed by clearing their minds from worry and stress, and relieving their bodies' anxiety and energy."Virtually every parent has experienced the effects of an over-tired child," explains Laurie. "Kids can be come cranky, clumsy, easily annoyed and irritable, restless and hyperactive, lethargic and distracted, more susceptible to illness, and have difficulty focusing, learning and following directions. By incorporating yoga into the bedtime routine, children of all ages will be stretching, twisting and breathing their way into dreamland."Yawning Yoga helps quiet the noise and shifts children's focus from outside stimuli and daily stressors to attention of stretching, posture and breath work. The ultimate result is relaxation, a timeout from stress, and a restful good night's sleep...for both parent and child.*

*The Jewel of Seven Stars is a horror novel by Irish writer Bram Stoker, first published by Heinemann in 1903. The story is a first-person narrative of a young man pulled into an archaeologist's plot to revive Queen Tera, an ancient Egyptian mummy. It explores common fin de siècle themes such as imperialism, the rise of the New Woman and Feminism, and societal progress.*

*A must-have alphabet board book set from the #1 Science author for kids, Chris Ferrie! With simple, colorful explanations of complex STEM topics, this is the perfect baby or toddler gift for your future genius! Introduce babies and toddlers to basic concepts for each letter of the alphabet with this four-book set: ABCs of Space - Explore astronomy, space, and our solar system from A to Z! ABCs of Mathematics- Learn about addition, equations, and more with this perfect primer for preschool math! ABCs of Physics- Explain essential physics words like atom, quantum, Einstein, and Newton! ABCs of Science- Spark curiosity in young scientists by exploring concepts like amoebas, electrons, vaccines, and more! The Baby University ABCs set offers four educational board books for toddlers written by an expert. Each book offers three levels of learning to encourage little scientists to explore and dive deeper into each scientific concept. Its approach to early learning is beloved by kids and grownups! This baby board book set is the perfect way to introduce basic scientific concepts and STEM to even the youngest scientist and makes a wonderful newborn baby gift! If you're looking for other STEM-minded baby toys, books, and gifts, check out the full Baby University series, including Quantum Physics for Babies, Organic Chemistry for Babies, and 8 Little Planets.*

The Shift

High

A New Way of Getting Children to Sleep

When Respiratory Symptoms Do Not Respond to Pulmonary Treatment

One Nurse, Twelve Hours, Four Patients' Lives

Sesame Street: Monster Meditation: Being Patient with Cookie Monster

Your Mind is Like the Sky

By the New York Times bestselling author of The Bone Clocks | Shortlisted for the Man Booker Prize A postmodern visionary and one of the leading voices in twenty-first-century fiction, David Mitchell combines flat-out adventure, a Nabokovian love of puzzles, a keen eye for character, and a taste for mind-bending, philosophical and scientific speculation in the tradition of Umberto Eco, Haruki Murakami, and Philip K. Dick. The result is brilliantly original fiction as profound as it is playful. In this groundbreaking novel, an influential favorite among a new generation of writers, Mitchell explores with daring artistry fundamental questions of reality and identity. Cloud Atlas begins in 1850 with Adam Ewing, an American notary voyaging from the Chatham Isles to his home in California. Along the way, Ewing is befriended by a physician, Dr. Goose, who begins to treat him for a rare species of composite pantheism. Abruptly, the action jumps to Belgium in 1931, where Robert Frobisher, a disinherited bisexual composer, contrives his way into the household of an infirm maestro who has a beguiling wife and a ruble daughter. . . . From there we jump to the West Coast in the 1970s and a troubled reporter named Luisa Rey, who stumbles upon a web of corporate greed and murder that threatens to claim her life. . . . And onward, with dazzling virtuosity, to an inglorious present-day England: to a Korean superstate of the near future where neocapitalism has run amok; and, finally, to a postapocalyptic Iron Age Hawaii in the last days of history. But the story doesn't end there. The narrative then boomerangs back through centuries and space, returning by the same route, in reverse, to its starting point. Along the way, Mitchell reveals how his disparate characters connect, how their fates intertwine, and how their souls drift across time like clouds across the sky. As wild as a videogame, as mysterious as a Zen koan, Cloud Atlas is an unforgettable tour de force that, like its incomparable author, has transcended its cult classic status to become a worldwide phenomenon. Praise for Cloud Atlas "[David] Mitchell is, clearly, a genius. He writes as though at the helm of some perpetual dream machine, can evidently do anything, and his ambition is written in magma across this novel's every page."--The New York Times Book Review "One of those how-the-holy-hell-did-he-do-it? modern classics that no doubt is--and should be--read by any student of contemporary literature."--Dave Eggers "Wildly entertaining . . . a head rush, both action-packed and chillingly ruminative."--People "The novel as series of nested dolls or Chinese boxes, a puzzle-book, and yet--not just dazzling, amusing, or clever but heartbreaking and passionate, too. I've never read anything quite like it, and I'm grateful to have lived, for a while, in all its many worlds."--Michael Chabon "Cloud Atlas ought to make [Mitchell] famous on both sides of the Atlantic as a writer whose fearlessness is matched by his talent."--The Washington Post Book World "Thrilling. . . . One of the biggest joys in Cloud Atlas is watching Mitchell sashay from genre to genre without a hitch in his dance step."--Boston Sunday Globe "Grand and elaborate. . . [Mitchell] creates a world and language at once foreign and strange, yet strikingly familiar and intimate."--Los Angeles Times

NATIONAL BESTSELLER • An audacious, darkly glittering novel set in the eerie days of civilization's collapse—the spellbinding story of a Hollywood star, his would-be savior, and a nomadic group of actors roaming the scattered outposts of the Great Lakes region, risking everything for art and humanity. Now an original series on HBO Max. Over one million copies sold! Kirsten Raymonde will never forget the night Arthur Leander, the famous Hollywood actor, had a heart attack on stage during a production of King Lear. That was the night when a devastating flu pandemic arrived in the city, and within weeks, civilization as we know it came to an end. Twenty years later, Kirsten moves between the settlements of the altered world with a small troupe of actors and musicians. They call themselves The Traveling Symphony, and they have dedicated themselves to keeping the remnants of art and humanity alive. But when they arrive in St. Deborah by the Water, they encounter a violent prophet who will threaten the tiny band's existence. And as the story takes off, moving back and forth in time, and vividly depicting life before and after the pandemic, the strange twist of fate that connects them all will be revealed. Look for Emily St. John Mandel's new novel, Sea of Tranquility, coming soon!

The story of one teenager's descent into methamphetamine addiction is told from his father's point of view, describing how a varsity athlete and honor student became addicted to the dangerous drug and its impact on his family.

Part of the Penguin Orange Collection, a limited-run series of twelve influential and beloved American classics in a bold series design offering a modern take on the iconic Penguin paperback Winner of the 2016 AIGA + Design Observer 50 Books | 50 Covers competition For the seventieth anniversary of Penguin Classics, the Penguin Orange Collection celebrates the heritage of Penguin's iconic book design with twelve influential American literary classics representing the breadth and diversity of the Penguin Classics library. These collectible editions are dressed in the iconic orange and white tri-band cover design, first created in 1935, while french flags, high-quality paper, and striking cover illustrations provide the cutting-edge design treatment that is the signature of Penguin Classics Deluxe Editions today. The Snow Leopard in 1973, Peter Matthiessen and field biologist George Schaller traveled high into the remote mountains of Nepal to study the Himalayan blue sheep and possibly glimpse the rare and beautiful snow leopard. Matthiessen, a student of Zen Buddhism, was also on a spiritual quest to find the Lama of Shey at the ancient shrine on Crystal Mountain. The result is a remarkable account of a journey both physical and spiritual, as the arduous climb yields to Matthiessen a deepening Buddhist understanding of reality.

suffering, impermanence, and beauty.

Memory

The Daughter of Time

Yawning Yoga

Foreword by William Sears, M.D.

A Novel

A Yoga Story for Kids

Station Eleven

*Sylvia Plath began keeping a diary as a young child. By the time she was at Smith College, when this book begins, she had settled into a nearly daily routine with her journal, which was also a sourcebook for her writing. Plath once called her journal her "Sargasso," her repository of imagination, "a litany of dreams, directives, and imperatives," and in fact these pages contain the germs of most of her work. Plath's ambitions as a writer were urgent and ultimately all-consuming, requiring of her a heat, a fantastic chaos, even a violence that burned straight through her. The intensity of this struggle is rendered in her journal with an unsparring clarity, revealing both the frequent desparation of her situation and the bravery with which she faced down her demons. Written in electrifying prose, The Journals of Sylvia Plath provide unique insight, and are essential reading for all those who have been moved and fascinated by Plath's life and work.*

*Your mind is like the sky. Sometimes it's clear and blue - but sometimes a raincloud thought comes along and makes everything seem dark. So what can we do about rainclouds? This beautiful picture book, written by psychologist Brownen Ballard and illustrated by award-winning artist Laura Carlin, shows children that worries and negative thoughts are normal and helps them develop healthy thinking habits. Tips on mindfulness and extra resources for parents are included at the back of the book.*

*Dad's Guide to Baby's First Year is a comprehensive and practical guide to For Dummies dad hood, with advice on topics ranging from conception to looking after your baby, connecting with your little one and helping your child develop and grow. --Publisher.*

*A terrific and wildly imaginative novel that follows four survivors on a journey after the natural--and the supernatural--has reclaimed and transformed their world.*

*A Research-Based Guide to Your Baby's First Year*

*Jitterbug Perfume*

*A First Book of Mindfulness*

*Dad's Guide to Baby's First Year For Dummies*

*Thank You and Good Night*

*(Penguin Orange Collection)*

*Good Night Yoga*

An homage to classic bedtime stories and their creators, from a Caldecott Honor recipient and bestselling artist! Patrick McDonnell's first bedtime book captures the magic of a sleeperover with friends, and reminds us to cherish life's simplest pleasures. During a fun pajama party, three animal friends dance and play, but at last everyone is getting sleepy. Is it time for bed yet? Not before taking the time to say thank you for the day, the night, and good friends.

Jitterbug Perfume is an epic. Which is to say, it begins in the forests of ancient Bohemia and doesn't conclude until nine o'clock tonight (Paris time). It is a saga, as well. A saga must have a hero, and the hero of this one is a janitor with a missing bottle. The bottle is blue, very, very old, and embossed with the image of a goat-horned god. If the liquid in the bottle actually is the secret essence of the universe, as some folks seem to think, it had better be discovered soon because it is leaking and there is only a drop or two left.

Increasingly large animals, from a little bug to a terrible tiger, open their mouths in yawns before closing their eyes to go to sleep. Many patients with pulmonary complaints fail to improve despite physicians' best efforts. Sometimes, we ascribe this failure to lack of adherence with therapy, or to the severity of the condition. What we often fail to appreciate, however, is that sometimes the lack of improvement can be explained by the patients' psychological states. The first section of Functional Respiratory Disorders: When Respiratory Symptoms Do Not Respond to Pulmonary Treatment will help clinicians recognize functional respiratory symptoms that can arise as a result of both organic and psychological causes. The second section of this book provides detailed discussions of such disorders, links to video examples of laryngoscopic evaluation of patients with vocal cord issues, case studies and quizzes. Examples and exercises that should strengthen the clinician's confidence in identifying and treating these functional conditions are also provided. Finally, the third section of the book will help the clinician differentiate the patients for whom referral to a mental health provider is mandatory from those for whom other approaches may be useful. For the latter group, the book teaches clinicians to empower themselves by learning how to incorporate various therapies for functional disorders into their practice, including biofeedback, breathing techniques, basic cognitive behavioral therapy techniques, and hypnosis. Links are provided to instructive video examples of biofeedback, hypnosis, and speech therapy. Practical strategies for obtaining training in these modalities are provided in the appendix. Functional Respiratory Disorders: When Respiratory Symptoms Do Not Respond to Pulmonary Treatment is an important new book that will help clinicians consider the possible impact of functional contributions to the clinical presentation of every patient with respiratory symptoms and identified respiratory disease.

Beautiful Boy

The Funniest Bedtime ABC Book

A Pose-By-Pose Wake Up Story

Norwegian Wood

Far Less

The Big Yawn

Yoga Bunny

*Fans of Chris Ferrie's Quantum Physics for Babies, ABCs of Science, and Organic Chemistry for Babies will love this introduction to evolutionary biology for babies and toddlers! Help your future genius become the smartest baby in the room! It only takes a small spark to ignite a child's mind. Written by an expert, Evolution for Babies is a colorfully simple introduction to evolutionary biology. Babies (and grownups!) will learn how organisms mutate, evolve, and survive. Co-written by Cara Florance, who has a PhD in Biochemistry and a BS in Chemistry with work experience in astrobiolology and radiation decontamination. With a tongue-in-cheek approach that adults will love, this installment of the Baby University board book series is the perfect way to introduce basic concepts to even the youngest scientists. After all, it's never too early to become a scientist! If you're looking for the perfect science baby gifts, science for babies, or evolution for kids, look no further! Evolution for Babies offers fun early learning for your little scientist!*
*In this book, illustrations and step by step instructions show and tell young readers how to do yoga poses in chairs. Breathing techniques, SEL concepts of wellness and mindfulness, and benefits of the practice are also introduced. Original illustrations and carefully leveled text engage young readers as they learn more about the basics of yoga and how they can easily incorporate it in their daily lives. Try This! and Grow with Goals activities at the end of the book further reinforce the content. Also includes sidebars, a table of contents, glossary, index, and tips for educators and caregivers. Chair Yoga is part of Jump!'s Yoga for Everyone series.*

WAY OF THE PEACEFUL WARRIOR has become one of the most beloved spiritual sagas of our time. Shared among friends and families, this million-copy word-of-mouth bestseller has inspired men and women of all ages in twenty languages worldwide. Despite his success, college student and world-champion athlete Dan Millman is haunted by a feeling that something is missing from his life. Awakened one night by dark dreams, he wanders into an all-night gas station, meets an old man named Socrates, and his world is changed forever. Guided by this eccentric old warrior, drawn to an elusive young woman named Joy, Dan begins a spiritual odyssey into realms of light and shadow, romance and mystery, toward a final confrontation that will deliver or destroy him. This classic tale, told with heart and humor, speaks to the peaceful warrior in each of us. Countless readers have been moved to laughter and tears - even moments of illumination - as they rediscover life's larger meaning and purpose. Journey with Dan on the peaceful warrior's path to unreasonable happiness. Find out for yourself why this book changes lives.

Even bunnies do yoga! It's a perfect day for yoga, and Bunny is practicing his poses and wishes his friends would do yoga with him! But Lizard is too tired, Fox is in a rush, and Bird has the hiccups. Will Bunny ever be able to get his friends to slow down and realize that yoga just might be the solution to their problems? Akin to I Am Yoga by Susan Verde, Yoga Bunny helps readers relax and unwind as they learn beginning yoga poses, from downward dog to tree pose. Debut author-illustrator Brian Russo shows readers just how relaxing yoga can be.

and Other Science-Fiction Stories

The Tractor Who Wants to Fall Asleep

Four Alphabet Board Books for Toddlers

Good Morning Yoga

A novel

The Journals of Sylvia Plath

Short and Funny Bedtime Stories for Children Ages 3-5, that Every Parent will Enjoy. Each night, little lovable zoo animals walk through vibrant illustrations with whimsical, engaging rhymes, making bedtime an amusing adventure. Who's the favorite tonight?

Now updated! The new edition of this best-selling guide uses science to tackle some of the most important decisions facing new parents—from sleep training and vaccinations to breastfeeding and baby food. Is cosleeping safe? How important is breastfeeding? Are food allergies preventable? Should we be worried about the aluminum in vaccines? Searching for answers to these tough parenting questions can yield a deluge of conflicting advice. In this revised and expanded edition of *The Science of Mom*, Alice Callahan, a science writer whose work appears in the *New York Times* and the *Washington Post*, recognizes that families must make their own decisions and gives parents the tools to evaluate the evidence for themselves. Sharing the latest scientific research on raising healthy babies, she covers topics like the microbiome, attachment, vaccine safety, pacifiers, allergies, increasing breast milk production, and choosing an infant formula.

Yawning YogaA Goodnight Book for a Good Night's Sleep