

# [DOC] Dropping Baby Other Scary Thoughts

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Dropping the Baby and Other Scary Thoughts-Karen Kleiman 2011-01-07 What if I drop my baby when I go down the steps? What if I burn the baby in the bathtub? Thoughts like these can be frightening to new mothers, but are a common symptom pregnant and postpartum women can experience. Dropping the Baby and Other Scary Thoughts addresses the nature of these intrusive, negative and unwanted thoughts. Kleiman and Wenzel offer answers to the women who seek information, clarification, and validation in this useful resource for healthcare professionals working with these mothers. Written by two clinicians who have established themselves as leading experts and authors in this specialized field, this book maintains a compassionate tone that will be a voice familiar to many women in the postpartum community. Whether you must confront these negative notions personally or in your practice, this book will explain what these thoughts are, why they are there, and what can be done about them.

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Dropping the Baby and Other Scary Thoughts-Karen Kleiman 2020-11-10 This accessible guide addresses the nature of the intrusive and unwanted thoughts that can be common in new parenthood, and offers practical answers and advice on how to tackle these. With fresh material focusing on how to overcome barriers to disclosure and stigma, and updated treatment approaches and case descriptions, this revised edition explains exactly what these negative thoughts are, why they come about, and what can be done about them. Chapters offer information on the specific nature of perinatal anxiety and related disorders, along with take-home points and evidence-based strategies for symptom relief that clinicians can use effectively with new parents. Written by two leading clinicians in the perinatal community, in collaboration with two promising leaders in this specialized field, Dropping the Baby and Other Scary Thoughts, 2nd edition offers a compassionate approach to breaking the cycle of scary thoughts that is invaluable to new parents and clinicians alike.

Good Moms Have Scary Thoughts-Karen Kleiman 2019-07-19 Over 90 percent of new mothers will have scary, intrusive thoughts about their baby and themselves. What if I drop him? What if I snap and hurt my baby? Mothering is so hard—I don't know if I really want to do this anymore. Gosh, I'm so terrible for thinking that! Yet for too many mothers, those thoughts remain secret, hidden away in a place of shame that can quickly grow into anxiety, postpartum depression, and even self-harm. But here's the good news: you CAN feel better! Author Karen Kleiman—coauthor of the seminal book This Isn't What I Expected and founder of the acclaimed Postpartum Stress Center—comes to the aid of new mothers everywhere with a groundbreaking new source of hope, compassion, and expert help. Good Moms Have Scary Thoughts is packed with world-class guidance, simple exercises, and nearly 50 stigma-busting cartoons from the viral #speakthesecret campaign that help new moms validate their feelings, share their fears, and start feeling

better. Lighthearted yet serious, warm yet not sugary, and perfectly portioned for busy moms with full plates, *Good Moms Have Scary Thoughts* is the go-to resource for moms, partners, and families everywhere who need help with this difficult period.

Alvin Ho-Lenore Look 2009-05-01 A young boy in Concord, Massachusetts, who loves superheroes and comes from a long line of brave Chinese farmer-warriors, wants to make friends, but first he must overcome his fear of everything.

The Couple Next Door-Shari Lapena 2016-08-23 AN INSTANT NEW YORK TIMES BESTSELLER Shari Lapena's new thriller, *AN UNWANTED GUEST*, is available now! "The twists come as fast [as] you can turn the pages." —People "Provocative and shocking." —Lisa Gardner, New York Times bestselling author of *Find Her* "I read this novel at one sitting, absolutely riveted by the storyline. The suspense was beautifully rendered and unrelenting!" —Sue Grafton, New York Times bestselling author of *X* It all started at a dinner party. . . A domestic suspense debut about a young couple and their apparently friendly neighbors—a twisty, rollercoaster ride of lies, betrayal, and the secrets between husbands and wives. . . Anne and Marco Conti seem to have it all—a loving relationship, a wonderful home, and their beautiful baby, Cora. But one night, when they are at a dinner party next door, a terrible crime is committed.

Suspicion immediately lands on the parents. But the truth is a much more complicated story. Inside the curtained house, an unsettling account of what actually happened unfolds. Detective Rasbach knows that the panicked couple is hiding something. Both Anne and Marco soon discover that the other is keeping secrets, secrets they've kept for years. What follows is the nerve-racking unraveling of a family—a chilling tale of deception, duplicity, and unfaithfulness that will keep you breathless until the final shocking twist.

Falling Up-Shel Silverstein 2020-10-20 NOW AVAILABLE AS AN EBOOK! From New York Times bestselling author Shel Silverstein, the classic creator of *Where the Sidewalk Ends*, *A Light in the Attic*, and *Every Thing On It*, comes a wondrous book of poems and drawings. Filled with unforgettable characters like Screamin' Millie; Allison Beals and her twenty-five eels; Danny O'Dare, the dancin' bear; the Human Balloon; and Headphone Harold, this collection by the celebrated Shel Silverstein will charm young readers and make them want to trip on their shoelaces and fall up too! So come, wander through the Nose Garden, ride the Little Hoarse, eat in the Strange Restaurant, and let the magic of Shel Silverstein open your eyes and tickle your mind. And don't miss these other Shel Silverstein ebooks, *The Giving Tree*, *Where the Sidewalk Ends*, and *A Light in the Attic*!

*I Am a Bunny/Soy Un Conejito-Ole Risom* 2020-01-14 Cuddle up with Nicholas the bunny in Richard Scarry's beloved classic. I am a bunny. My name is Nicholas. I live in a hollow tree. In the spring, Nicholas picks flowers and chases butterflies, and in the summer, watches the frogs in the pond. In the autumn, he sees the animals preparing for the winter. When winter comes, Nicholas watches the snow falling from the sky, then curls up in his hollow tree and dreams about spring. In print for well over 50 years, this beautifully illustrated, gentle story has been a favorite Golden Book for generations.

*Scary Close*-Donald Miller 2015-02-10 After decades of failed relationships and painful drama, Donald Miller decided he'd had enough. Impressing people wasn't helping him connect with anyone. He'd built a life of public isolation, yet he dreamed of meaningful relationships. So at forty years old he made a scary decision: to be himself no matter what it cost. From the author of *Blue Like Jazz* comes a book about the risk involved in choosing to impress fewer people and connect with more, about the freedom that comes when we stop acting and start loving. It is a story about knocking down old walls to create a healthy mind, a strong family, and a satisfying career. And it all feels like a conversation with the best kind of friend: smart, funny, true, important. *Scary Close* is Donald Miller at his best.

*The Body Keeps the Score*-Bessel A. Van der Kolk 2015-09-08 Originally published by Viking Penguin, 2014.

*Don't Burn This Book*-Dave Rubin 2020-04-28 "Topical, engaging, personable, and above all, reassuring." - Dr. Jordan B. Peterson, author of *12 Rules for Life* From host of *The Rubin Report*, the most-watched talk show about free speech and big ideas on YouTube right now, a roadmap for free thinking in an increasingly censored world. The left is no longer liberal. Once on the side of free speech and tolerance, progressives now ban speakers from college campuses, "cancel" people who aren't up to date on the latest genders, and force religious people to violate their conscience. They have abandoned the battle of ideas and have begun fighting a battle of feelings. This uncomfortable truth has turned moderates and true liberals into the politically homeless class. Dave Rubin launched his political talk show *The Rubin Report* in 2015 as a meeting ground for free thinkers who realize that partisan politics is a dead end. He hosts people he both agrees and disagrees with—including those who have been dismissed, deplatformed, and despised—taking on the most controversial issues of our day. As a result, he's become a voice of reason in

a time of madness. Now, Rubin gives you the tools you need to think for yourself in an age when tribal outrage is the only available alternative. Based on his own story as well as his experiences from the front lines of the free speech wars, this book will empower you to make up your own mind about what you believe on any issue and teach you the fine art of:

- Checking your facts, not your privilege, when it comes to today's most pervasive myths, from the wage gap and gun violence to climate change and hate crimes.
- Standing up to the mob against today's absurd PC culture, when differences of opinion can bring relationships, professional or personal, to a sudden end.
- Defending classically liberal principles such as individual rights and limited government, because freedom is impossible without them.

The Progressive Woke Machine is waging war against the last free thinkers in the world. Don't Burn This Book is the definitive account of our current political upheaval and your guide to surviving it.

Mark Z. Danielewski's House of Leaves-Mark Z. Danielewski 2000 A family relocates to a small house on Ash Tree Lane and discovers that the inside of their new home seems to be without boundaries

Do Fathers Matter?-Paul Raeburn 2014-06-03 For too long, we've thought of fathers as little more than sources of authority and economic stability in the lives of their children. Yet cutting-edge studies drawing unexpected links between fathers and children are forcing us to reconsider our assumptions and ask new questions: What changes occur in men when they are "expecting"? Do fathers affect their children's language development? What are the risks and rewards of being an older-than-average father at the time the child is born? What happens to a father's hormone levels at every stage of his child's development, and can a child influence the father's health? Just how much do fathers matter? In *Do Fathers Matter?* the award-winning journalist and father of five Paul Raeburn overturns the many myths and stereotypes of fatherhood as he examines the latest scientific findings on the parent we've often overlooked. Drawing on research from neuroscientists, animal behaviorists, geneticists, and developmental psychologists, among others, Raeburn takes us through the various stages of fatherhood, revealing the profound physiological connections between children and fathers, from conception through adolescence and into adulthood—and the importance of the relationship between mothers and fathers. In the process, he challenges the legacy of Freud and mainstream views of parental attachment, and also explains how we can become better parents ourselves. Ultimately, Raeburn shows how the role of the father is distinctly different from that of the mother, and that embracing fathers' significance in the lives of young people is something we can all benefit from. An engrossing, eye-opening, and deeply personal book that makes a case for a new perspective on the importance of fathers in our lives no matter what our family structure, *Do Fathers Matter?* will change the way we view fatherhood today.

Fever 1793-Laurie Halse Anderson 2011-08-16 It's late summer 1793, and the streets of Philadelphia are abuzz with mosquitoes and rumors of fever. Down near the docks, many have taken ill, and the fatalities are mounting. Now they include Polly, the serving girl at the Cook Coffeehouse. But fourteen-year-old Mattie Cook doesn't get a moment to mourn the passing of her childhood playmate. New customers have overrun her family's coffee shop, located far from the mosquito-infested river, and Mattie's concerns of fever are all but overshadowed by dreams of growing her family's small business into a thriving enterprise. But when the fever begins to strike closer to home, Mattie's struggle to build a new life must give way to a new fight—the fight to stay alive.

Be Prepared-Gary Greenberg 2008-06-16 An indispensable survival manual for guys entering the trenches of fatherhood, *Be Prepared* is loaded with one-of-a-kind insights, MacGyver-esque tips and tricks, and no-nonsense advice for mastering the first year as a dad. Finally, a book that teaches men all the things they really need to know about fatherhood...including how to:

- Change a baby at a packed sports stadium
- Create a decoy drawer full of old wallets, remote controls, and cell phones to throw baby off the scent of your real gear
- Stay awake (or at least upright) at work
- Babyproof a hotel room in four minutes flat
- Construct an emergency diaper out of a towel, a sock, and duct tape

Packed with helpful diagrams and detailed instructions, and delivered with a wry sense of humor, *Be Prepared* is the ultimate guide for sleep-deprived, applesauce-covered fathers everywhere.

The Julian Chapter: A Wonder Story-R. J. Palacio 2014-05-13 WONDER IS SOON TO BE A MAJOR MOTION PICTURE STARRING JULIA ROBERTS AND JACOB TREMBLAY! Over 5 million people have read the #1 New York Times bestseller *Wonder*—the book that inspired the Choose Kind movement—and have fallen in love with Auggie Pullman, an ordinary boy with an extraordinary face. From the very first day Auggie and Julian met in the pages of R. J. Palacio's life-changing book *Wonder*, it was clear they were never going to be friends, with Julian treating Auggie like he had the plague. And while *Wonder* told Auggie's story through six different viewpoints, Julian's perspective was never shared. Readers could only guess what he was thinking. Until now. *The Julian Chapter* will finally reveal the bully's side of the story.

Why is Julian so unkind to Auggie? And does he have a chance for redemption?

Scary Harry Helps With Infant Binge Drinking-Scary Harry 2015-04-25 In this book Scary Harry confronts your baby as he exposes their darkest secret: binge drinking. While parents overlook the obvious signs of a drinking problem with their infant, Harry knows better. Does YOUR baby have any of these symptoms? \* Constant peeing \* Inability to recite the entire alphabet, in order, without singing it \* Slurred or difficult to understand speech \* Difficulty tracking objects with their eyes \* Stumbling or falling while walking \* Frequent vomiting \* Always drinking from "the bottle" If you answered yes to any of the above, your baby could be an alcoholic. No need to worry, just read this book and let Scary Harry give your baby a reason to never touch another drop of alcohol.

Hatchet-Gary Paulsen 2009-08-25 Celebrate the thirtieth anniversary of the Newbery Honor-winning survival novel Hatchet with a pocket-sized edition perfect for travelers to take along on their own adventures. This special anniversary edition includes a new introduction and commentary by author Gary Paulsen, pen-and-ink illustrations by Drew Willis, and a water resistant cover. Hatchet has also been nominated as one of America's best-loved novels by PBS's The Great American Read. Thirteen-year-old Brian Robeson, haunted by his secret knowledge of his mother's infidelity, is traveling by single-engine plane to visit his father for the first time since the divorce. When the plane crashes, killing the pilot, the sole survivor is Brian. He is alone in the Canadian wilderness with nothing but his clothing, a tattered windbreaker, and the hatchet his mother had given him as a present. At first consumed by despair and self-pity, Brian slowly learns survival skills—how to make a shelter for himself, how to hunt and fish and forage for food, how to make a fire—and even finds the courage to start over from scratch when a tornado ravages his campsite. When Brian is finally rescued after fifty-four days in the wild, he emerges from his ordeal with new patience and maturity, and a greater understanding of himself and his parents.

A Very Stable Genius-Philip Rucker 2020-01-21 Washington Post national investigative reporter Carol Leonnig and White House bureau chief Philip Rucker, both Pulitzer Prize winners, provide the definitive insider narrative of Donald Trump's unique presidency with shocking new reporting and insight into its implications. "I alone can fix it." So went Donald J. Trump's march to the presidency on July 21, 2016, when he accepted the Republican presidential nomination in Cleveland, promising to restore what he described as a fallen nation. Yet over the subsequent years, as he has undertaken the actual work of the commander in chief, it has been hard to see beyond the daily chaos of scandal, investigation, and constant bluster. It would be all too easy to mistake Trump's first term for one of pure and uninhibited chaos, but there were patterns to his behavior and that of his associates. The universal value of the Trump administration is loyalty - not to the country, but to the president himself - and Trump's North Star has been the perpetuation of his own power, even when it meant imperiling our shaky and mistrustful democracy. Leonnig and Rucker, with deep and unmatched sources throughout Washington, D.C., tell of rages and frenzies but also moments of courage and perseverance. Relying on scores of exclusive new interviews with some of the most senior members of the Trump administration and other firsthand witnesses, the authors reveal the forty-fifth president up close, taking readers inside Robert Mueller's Russia investigation as well as the president's own hap-hazard but ultimately successful legal defense. Here for the first time certain officials who have felt honor-bound not to publicly criticize a sitting president or to divulge what they witnessed in a position of trust tell the truth for the benefit of history. This peerless and gripping narrative reveals President Trump at his most unvarnished and exposes how decision making in his administration has been driven by a reflexive logic of self-preservation and self-aggrandizement - but a logic nonetheless. This is the story of how an unparalleled president has scrambled to survive and tested the strength of America's democracy and its common heart as a nation.

Coraline-Neil Gaiman 2009-11-02 When a young girl ventures through a hidden door, she finds another life with shocking similarities to her own. Coraline has moved to a new house with her parents and she is fascinated by the fact that their 'house' is in fact only half a house! Divided into flats years before, there is a brick wall behind a door where once there was a corridor. One day it is a corridor again and the intrepid Coraline wanders down it. And so a nightmare-ish mystery begins that takes Coraline into the arms of counterfeit parents and a life that isn't quite right. Can Coraline get out? Can she find her real parents? Will life ever be the same again?

Elevation-Stephen King 2019-11-12 From legendary master storyteller Stephen King, a riveting story about "an ordinary man in an extraordinary condition rising above hatred" (The Washington Post) and bringing the fictional town of Castle Rock, Maine together—a "joyful, uplifting" (Entertainment Weekly) tale about finding common ground despite deep-rooted differences, "the sign of a master elevating his own legendary game yet again" (USA TODAY). Although Scott Carey doesn't look any different, he's been

steadily losing weight. There are a couple of other odd things, too. He weighs the same in his clothes and out of them, no matter how heavy they are. Scott doesn't want to be poked and prodded. He mostly just wants someone else to know, and he trusts Doctor Bob Ellis. In the small town of Castle Rock, the setting of many of King's most iconic stories, Scott is engaged in a low grade—but escalating—battle with the lesbians next door whose dog regularly drops his business on Scott's lawn. One of the women is friendly; the other, cold as ice. Both are trying to launch a new restaurant, but the people of Castle Rock want no part of a gay married couple, and the place is in trouble. When Scott finally understands the prejudices they face—including his own—he tries to help. Unlikely alliances, the annual foot race, and the mystery of Scott's affliction bring out the best in people who have indulged the worst in themselves and others.

"Written in masterly Stephen King's signature translucent...this uncharacteristically glimmering fairy tale calls unabashedly for us to rise above our differences" (Booklist, starred review). Elevation is an antidote to our divisive culture, an "elegant whisper of a story" (Kirkus Reviews, starred review), "perfect for any fan of small towns, magic, and the joys and challenges of doing the right thing" (Publishers Weekly, starred review).

American Dirt (Oprah's Book Club)-Jeanine Cummins 2020-01-21 #1 New York Times Bestseller OPRAH'S BOOK CLUB PICK "Extraordinary." —Stephen King "This book is not simply the great American novel; it's the great novel of las Americas. It's the great world novel! This is the international story of our times. Masterful." —Sandra Cisneros También de este lado hay sueños. On this side, too, there are dreams. Lydia Quixano Pérez lives in the Mexican city of Acapulco. She runs a bookstore. She has a son, Luca, the love of her life, and a wonderful husband who is a journalist. And while there are cracks beginning to show in Acapulco because of the drug cartels, her life is, by and large, fairly comfortable. Even though she knows they'll never sell, Lydia stocks some of her all-time favorite books in her store. And then one day a man enters the shop to browse and comes up to the register with a few books he would like to buy—two of them her favorites. Javier is erudite. He is charming. And, unbeknownst to Lydia, he is the jefe of the newest drug cartel that has gruesomely taken over the city. When Lydia's husband's tell-all profile of Javier is published, none of their lives will ever be the same. Forced to flee, Lydia and eight-year-old Luca soon find themselves miles and worlds away from their comfortable middle-class existence. Instantly transformed into migrants, Lydia and Luca ride la bestia—trains that make their way north toward the United States, which is the only place Javier's reach doesn't extend. As they join the countless people trying to reach el norte, Lydia soon sees that everyone is running from something. But what exactly are they running to? American Dirt will leave readers utterly changed. It is a literary achievement filled with poignancy, drama, and humanity on every page. It is one of the most important books for our times. Already being hailed as "a Grapes of Wrath for our times" and "a new American classic," Jeanine Cummins's American Dirt is a rare exploration into the inner hearts of people willing to sacrifice everything for a glimmer of hope.

The Wisdom of Crowds-James Surowiecki 2005-08-16 In this fascinating book, New Yorker business columnist James Surowiecki explores a deceptively simple idea: Large groups of people are smarter than an elite few, no matter how brilliant—better at solving problems, fostering innovation, coming to wise decisions, even predicting the future. With boundless erudition and in delightfully clear prose, Surowiecki ranges across fields as diverse as popular culture, psychology, ant biology, behavioral economics, artificial intelligence, military history, and politics to show how this simple idea offers important lessons for how we live our lives, select our leaders, run our companies, and think about our world.

Aristotle and Dante Discover the Secrets of the Universe-Benjamin Alire Saenz 2012-02-21 Fifteen-year-old Ari Mendoza is an angry loner with a brother in prison, but when he meets Dante and they become friends, Ari starts to ask questions about himself, his parents and his family that he has never asked before.

Cognitive Behavioral Therapy for Perinatal Distress-Amy Wenzel 2014-11-05 Countless studies have established the efficacy of cognitive behavioral therapy (CBT) for many manifestations of depression and anxiety. In Cognitive Behavioral Therapy for Perinatal Distress, Wenzel and Kleiman discuss the benefits of CBT for pregnant and postpartum women who suffer from emotional distress. The myths of CBT as rigid and intrusive are shattered as the authors describe its flexible application for perinatal women. This text teaches practitioners how to successfully integrate CBT structure and strategy into a supportive approach in working with this population. The examples used in the book will be familiar to postpartum specialists, making this an easily comprehensive and useful resource.

Ask a Manager-Alison Green 2018-05-01 The ideal graduation gift for anyone about to enter the workforce, a witty, practical guide to 200 difficult professional conversations—featuring all-new advice

from the creator of the popular website Ask a Manager and New York's work-advice columnist. There's a reason Alison Green has been called "the Dear Abby of the work world." Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don't know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You'll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit "reply all" • you're being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate's loud speakerphone is making you homicidal • you got drunk at the holiday party Advance praise for Ask a Manager "A must-read for anyone who works . . . [Alison Green's] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work."—Booklist (starred review) "I am a huge fan of Alison Green's Ask a Manager column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor."—Robert Sutton, Stanford professor and author of The No Asshole Rule and The Asshole Survival Guide "Clear and concise in its advice and expansive in its scope, Ask a Manager is the book I wish I'd had in my desk drawer when I was starting out (or even, let's be honest, fifteen years in)."—Sarah Knight, New York Times bestselling author of The Life-Changing Magic of Not Giving a F\*ck

This Isn't What I Expected [2nd edition]-Karen Kleiman 2013-10-29 "Pregnancy/Parenting: 1 in 5 postpartum women suffer from disorders on the postpartum spectrum; another 20-30% of new mothers deal with above-average anxiety. First published in 1994, this go-to resource for postpartum depression has been completely revised and updated, helping women--and their partners--sort through all the noise and myths so they can focus on getting the help they need"--

The Graveyard Book-Neil Gaiman 2009-04-01 After the grisly murder of his entire family, a toddler wanders into a graveyard where the ghosts and other supernatural residents agree to raise him as one of their own.

I'm Thinking of Ending Things-Iain Reid 2016-06-14 Now a Netflix original movie, this deeply scary and intensely unnerving novel follows a couple in the midst of a twisted unraveling of the darkest unease. You will be scared. But you won't know why... I'm thinking of ending things. Once this thought arrives, it stays. It sticks. It lingers. It's always there. Always. Jake once said, "Sometimes a thought is closer to truth, to reality, than an action. You can say anything, you can do anything, but you can't fake a thought." And here's what I'm thinking: I don't want to be here. In this smart and intense literary suspense novel, Iain Reid explores the depths of the human psyche, questioning consciousness, free will, the value of relationships, fear, and the limitations of solitude. Reminiscent of Jose Saramago's early work, Michel Faber's cult classic Under the Skin, and Lionel Shriver's We Need to Talk about Kevin, "your dread and unease will mount with every passing page" (Entertainment Weekly) of this edgy, haunting debut. Tense, gripping, and atmospheric, I'm Thinking of Ending Things pulls you in from the very first page...and never lets you go.

Oryx and Crake-Margaret Atwood 2010-07-27 A stunning and provocative new novel by the internationally celebrated author of The Blind Assassin, winner of the Booker Prize. Margaret Atwood's new novel is so utterly compelling, so prescient, so relevant, so terrifyingly-all-too-likely-to-be-true, that readers may find their view of the world forever changed after reading it. This is Margaret Atwood at the absolute peak of her powers. For readers of Oryx and Crake, nothing will ever look the same again. The narrator of Atwood's riveting novel calls himself Snowman. When the story opens, he is sleeping in a tree, wearing an old bedsheet, mourning the loss of his beloved Oryx and his best friend Crake, and slowly starving to death. He searches for supplies in a wasteland where insects proliferate and pigeons and wolvoogs ravage the pleeblands, where ordinary people once lived, and the Compounds that sheltered the extraordinary. As he tries to piece together what has taken place, the narrative shifts to decades earlier. How did everything fall apart so quickly? Why is he left with nothing but his haunting memories? Alone except for the green-eyed Children of Crake, who think of him as a kind of monster, he explores the answers to these questions in the double journey he takes - into his own past, and back to Crake's high-tech bubble-dome, where the Paradise Project unfolded and the world came to grief. With breathtaking command of her shocking material, and with her customary sharp wit and dark humour, Atwood projects us into an outlandish yet wholly believable realm populated by characters who will continue to inhabit our dreams long after the last chapter.

The Postpartum Husband-Karen Kleiman 2001-03-23

Carrie-Stephen King 2008-06-24 Stephen King's legendary debut, about a teenage outcast and the revenge she enacts on her classmates. Carrie White may be picked on by her classmates, but she has a gift. She can move things with her mind. Doors lock. Candles fall. This is her power and her problem. Then, an act of kindness, as spontaneous as the vicious taunts of her classmates, offers Carrie a chance to be a normal...until an unexpected cruelty turns her gift into a weapon of horror and destruction that no one will ever forget.

The Art of Holding in Therapy-Karen Kleiman 2017-01-12 First conceptualized by D.W. Winnicott, holding in this book refers to a therapist's capacity to respond to postpartum distress in a way that facilitates an immediate and successful therapeutic alliance. Readers will learn how to contain high levels of agitation, fear, and panic in a way that cultivates trust and the early stages of connectedness. Also addressed through vignettes are personality types that make holding difficult, styles of ineffective holding, and how to modify holding techniques to accommodate the individual woman. A must-read for postpartum professionals, the techniques learned in this book will help clients achieve meaningful and enduring recovery.

The Importance of Being Little-Erika Christakis 2016-02-09 "Christakis . . . expertly weaves academic research, personal experience and anecdotal evidence into her book . . . a bracing and convincing case that early education has reached a point of crisis . . . her book is a rare thing: a serious work of research that also happens to be well-written and personal . . . engaging and important." --Washington Post "What kids need from grown-ups (but aren't getting)...an impassioned plea for educators and parents to put down the worksheets and flash cards, ditch the tired craft projects (yes, you, Thanksgiving Handprint Turkey) and exotic vocabulary lessons, and double-down on one, simple word: play." --NPR.org The New York Times bestseller that provides a bold challenge to the conventional wisdom about early childhood, with a pragmatic program to encourage parents and teachers to rethink how and where young children learn best by taking the child's eye view of the learning environment To a four-year-old watching bulldozers at a construction site or chasing butterflies in flight, the world is awash with promise. Little children come into the world hardwired to learn in virtually any setting and about any matter. Yet in today's preschool and kindergarten classrooms, learning has been reduced to scripted lessons and suspect metrics that too often undervalue a child's intelligence while overtaxing the child's growing brain. These mismatched expectations wreak havoc on the family: parents fear that if they choose the "wrong" program, their child won't get into the "right" college. But Yale early childhood expert Erika Christakis says our fears are wildly misplaced. Our anxiety about preparing and safeguarding our children's future seems to have reached a fever pitch at a time when, ironically, science gives us more certainty than ever before that young children are exceptionally strong thinkers. In her pathbreaking book, Christakis explains what it's like to be a young child in America today, in a world designed by and for adults, where we have confused schooling with learning. She offers real-life solutions to real-life issues, with nuance and direction that takes us far beyond the usual prescriptions for fewer tests, more play. She looks at children's use of language, their artistic expressions, the way their imaginations grow, and how they build deep emotional bonds to stretch the boundaries of their small worlds. Rather than clutter their worlds with more and more stuff, sometimes the wisest course for us is to learn how to get out of their way. Christakis's message is energizing and reassuring: young children are inherently powerful, and they (and their parents) will flourish when we learn new ways of restoring the vital early learning environment to one that is best suited to the littlest learners. This bold and pragmatic challenge to the conventional wisdom peels back the mystery of childhood, revealing a place that's rich with possibility. From the Hardcover edition.

The Population Bomb-Paul R. Ehrlich 1971

Understanding Attachment-Jean Mercer 2006 Mercer reveals common misconceptions and outlines well-established facts and theories about how people form and maintain attachments or emotional ties to loved ones.

Sleep Disorders and Sleep Deprivation-Institute of Medicine 2006-10-13 Clinical practice related to sleep problems and sleep disorders has been expanding rapidly in the last few years, but scientific research is not keeping pace. Sleep apnea, insomnia, and restless legs syndrome are three examples of very common disorders for which we have little biological information. This new book cuts across a variety of medical disciplines such as neurology, pulmonology, pediatrics, internal medicine, psychiatry, psychology, otolaryngology, and nursing, as well as other medical practices with an interest in the management of sleep pathology. This area of research is not limited to very young and old patients&quot;sleep disorders reach across all ages and ethnicities. Sleep Disorders and Sleep Deprivation presents a structured analysis that explores the following: Improving awareness among the general public and health care professionals.

Increasing investment in interdisciplinary somnology and sleep medicine research training and mentoring activities. Validating and developing new and existing technologies for diagnosis and treatment. This book will be of interest to those looking to learn more about the enormous public health burden of sleep disorders and sleep deprivation and the strikingly limited capacity of the health care enterprise to identify and treat the majority of individuals suffering from sleep problems.

The Giving Tree-Shel Silverstein 2014-02-18 As The Giving Tree turns fifty, this timeless classic is available for the first time ever in ebook format. This digital edition allows young readers and lifelong fans to continue the legacy and love of a household classic that will now reach an even wider audience. Never before have Shel Silverstein's children's books appeared in a format other than hardcover. Since it was first published fifty years ago, Shel Silverstein's poignant picture book for readers of all ages has offered a touching interpretation of the gift of giving and a serene acceptance of another's capacity to love in return. Shel Silverstein's incomparable career as a bestselling children's book author and illustrator began with Lafcadio, the Lion Who Shot Back. He is also the creator of picture books including A Giraffe and a Half, Who Wants a Cheap Rhinoceros?, The Missing Piece, The Missing Piece Meets the Big O, and the perennial favorite The Giving Tree, and of classic poetry collections such as Where the Sidewalk Ends, A Light in the Attic, Falling Up, Every Thing On It, Don't Bump the Glump!, and Runny Babbit. And don't miss these other Shel Silverstein ebooks, Where the Sidewalk Ends, and A Light in the Attic!

Safe Infant Sleep-James J. McKenna 2020-01-07 Throughout history and across cultures, sleeping with your baby has been the norm. Yet, in our modern world, the practice is fraught with questions, fear, and guilt. In Safe Infant Sleep, a globally recognized cosleeping authority explores why health professionals broadly recommend against all forms of cosleeping, shares the latest scientific research on the benefits of the practice, and helps you determine the best cosleeping arrangement for your family--from breastsleeping to room sharing.

Buddha's Book of Sleep-Joseph Emet 2012-12-27 Winner of BEST BOOK OF THE YEAR from COVR (The Coalition of Visionary Resources), that recognizes the best new products in the New Age industry. Enlightened sleep practices for the modern mind. Buddha's Book of Sleep is the first book to address sleep disturbances with techniques from mindfulness meditation. Yet this is a natural choice—mindfulness meditation has proven effective for psychological problems such as stress, depression, and anxiety, and these very issues are what become sleep problems when your head hits the pillow. Divided into two sections, the book approaches sleep deprivation with a combination of wisdom and practical meditation exercises. The first section explains why mindfulness meditation, with its basis in self-awareness, is appropriate for dealing with sleeping problems, and details the practices of this increasingly popular form of meditation. The second section features seven specific exercises to do at bedtime or in the wee hours of the morning, or whenever your sleeping trouble occurs. With a foreword by Thich Nhat Hanh. Providing a new perspective on why you cannot fall asleep even when you feel exhausted, and arming you with easy-to-use mindfulness meditation exercises, Buddha's Book of Sleep will help you calm your hurried thoughts, and go from feeling always sleepy to getting the rest you need.

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