

All Along You Were Blooming Thoughts For Boundless Living

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Useless Magic

A fantastically inspiring collection of interviews with 40 successful and empowering women, including Maya Angelou, Isabel Allende, Mary Robinson and Shami Chakrabati, exploring their challenges and achievements. In this empowering book, 40 amazing women who have exerted an influence on others in many different ways discuss their work, their achievements, their hopes and their fears, offering women everywhere inspiration and optimism for the future through their fascinating explanations of what they have achieved. Featuring politicians, environmentalists, humanitarians, entrepreneurs, musicians, artists, actors, world leaders and Nobel Peace Prize winners, this book encourages readers to believe that they can achieve their greatest ambitions and help change the world for the better. The book is structured around ten questions, with the 40 interviewees providing a pithy and insightful answer to each one. Topics range from influential early experiences, inspirations in life and most admired female figures to causes of anger, greatest fears, how to change the world and advice for the younger generation. The full list of powerful women featured in the book is as follows: Isabel Allende, Christiane Amanpour, Maya Angelou, Hanan Ashrawi, Joan Baez, Benazir Bhutto, Mary Kayitesi Blewitt, Emma Bonino, Shami Chakrabarti, Jung Chang, Kate Clinton, Marie Colvin, Marion Cotillard, Severn Cullis-Suzuki, Carla Del Ponte, Judi Dench, Shirin Ebadi, Tracey Emin, Jane Fonda, Tanni Grey-Thompson, Dagmar Havlová, Swanee Hunt, Bianca Jagger, Nataša Kandi?, Kathy Kelly, Martha Lane Fox, Dame Ann Leslie, Professor Wangari Maathai, Mairead Maguire, Mary McAleese, Soledad O'Brien, Sinéad O'Connor, Yoko Ono, Mariane Pearl, Kim Phuc, Paloma Picasso, Sister Helen Prejean, CSJ, Paula Rego, Louise Ridley, Mary Robinson, Jody Williams.

There I Am

We all struggle sometimes. Some days life is indeed difficult, especially when we are incapable of finding hope and strength in moments of those difficulties and to rise through them we all need that small ray of light that could brighten up our path, to remind us that the darkness is really temporary. This book through its pages of printed words tries to give the readers a sense of hope, a gentle way of understanding, the courage to move on and ultimately finding strength and hope within the self. All the quotes, prose and poems in this book are symbolized as small lanterns to guide the readers through their hard times into a world of hope where they can be assured of their unique value and treat themselves with gentleness, kindness and love. "And in the end/ I hope/ I have helped you see/ that there is/ light inside you too." - Dhiman

What Kind of Woman

All Along You Were Blooming is a dynamic collection of illustrated poetry and prose inspiring you to live boundlessly right where you are. With every turn of the page, Instagram poet Morgan Harper Nichols invites you into a life of hope, trusting there is purpose in every moment and new mercy every morning.

All Along You Were Blooming

A beautifully illustrated book from Cleo Wade—the artist, poet, and speaker who has been called “the Millennial Oprah” by New York Magazine—that offers creative inspiration and life lessons through poetry, mantras, and affirmations, perfect for fans of the bestseller Milk & Honey. True to her hugely popular Instagram account, Cleo Wade brings her moving life lessons to Heart Talk, an inspiring, accessible, and spiritual book of wisdom for the new generation. Featuring over one hundred and twenty of Cleo’s original poems, mantras, and affirmations, including fan favorites and never before seen ones, this book is a daily pep talk to keep you feeling empowered and motivated. With relatable, practical, and digestible advice, including “Hearts break. That’s how the magic gets in,” and “Baby, you are the strongest flower that ever grew, remember that when the weather changes,” this is a portable, replenishing pause for your daily life. Keep Heart Talk by your bedside table or in your bag for an empowering boost of spiritual adrenaline that can help you discover and unlock what is blocking you from thriving emotionally and spiritually.

Am I There Yet?

Ten-year-old prodigy Akiane Kramarik shares her artwork, poetry, and the fascinating story surrounding her talent. Growing up in a home with an atheistic mother and a non-participating Catholic father did not stop four-year-old Akiane Kramarik from finding God. This girl's dreams began a conversation in the home that has eventually brought them all to Christianity and the world's attention. *Akiane: Her Life, Her Art, Her Poetry* is a collection of the best of Akiane's full-color paintings and poetry created from ages 4 to 10, along with details of her family and the amazing stories that surround each unique artwork. Already a media professional, Akiane has been interviewed on programs such as Oprah, World News Tonight, Lou Dobbs Tonight on CNN, and Schuller's Hour of Power. Akiane will be one of twenty visual artists participating in the October "Listen" event raising money for the world's needy children. Today Akiane's art is available online at www.artakiane.com.

Flower School

"Flowers represent a branch of plant medicine that is specifically concerned with our consciousness and evolution. To connect with their essence catalyzes the blossoming of our own healing and spiritual journeys." —Heidi Smith From lavender's ability to soothe frazzled nerves to rose's charms in healing the heart, flowers don't just delight the senses—they have a secret history as doorways to transformation. With *The Bloom Book*, Heidi Smith offers a holistic and comprehensive guide for working with flower essences—the vibrational signatures of our botanical allies—to bring about healing, awakening, and deep change. A psychosomatic therapist, flower essence practitioner, registered herbalist, and long-time student of ancient wisdom traditions, Smith seamlessly integrates the healing power of flower essences with vibrational medicine and the rise of the divine feminine. The result is a cosmic doctrine of healing that empowers readers to align with their highest selves and help to bring about planetary transformation. Highlights include: An intuitive approach to working with flower essences for balance and optimal health Detailed instructions for making, selecting, and formulating flower essences Rituals, recipes, and case studies for protection, grounding, dreamwork, grief, love, and more Complementary applications of vibrational healing—including breath work, moon cycles, colors, chakras, and sacred symbols Working with trauma and systemic oppression—how flower essences can support multi-generational, intersectional healing Reconnecting with nature, the divine feminine, and your true self through the healing power of flowers Filled with gorgeous illustrations by artist Chelsea Granger, *The Bloom Book* is both an information-rich resource and interactive guidebook for anyone who wants to

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awaken their most vibrant, balanced, and empowered self through the healing power of flower essences.

Living Life In Light: A Yogi's Journey

Teen Instagram sensation and author of *Light Filters In* @poeticpoison returns with a second collection of short, powerful poems about love, forgiveness, self-discovery, and what it's like living after a hard-fought battle with depression, in the vein of poetry collections like *Milk and Honey* and *the princess saves herself in this one*. In her second book of poetry, Instagram sensation Caroline Kaufman—known as @poeticpoison—explores the shock, wonder, and beauty of an uncertain future. *When the World Didn't End* is a vivid account of trying to find a path forward while reckoning with the pain of the past, embracing imperfection, and unlearning the language of self-criticism. It's an ode to the awkward silence between goodbye and hanging up, to hearts that continue to beat after they're broken, to the empty spaces that depression leaves behind. With vulnerability and insight, this powerful collection of short poems holds up a mirror to the doubt and longing inside us all. This collection features completely new material plus some fan favorites from Caroline's account. Filled with haunting, spare pieces of original art, *When the World Didn't End* will thrill existing fans and newcomers alike. so, what now? how will you make the most of it? how will you live the life you never thought you'd get the chance to see?

Inward

Walk With Wings by Tene Edwards is a poetry collection split into five chapters: Monsoon Love, Winter Sorrow, Autumn Grace, Spring Resilient, and Summer Freedom. In short, poignant verses, Tene's poems are a compilation of reflections on her experiences, thoughts, and feelings through love, loss, pain, healing and resilience. The collection takes you through the life story of the author while offering advice, notes, and affirmations, which were written to empower the author during difficult times. *Walk With Wings* tells the story of Tene falling in love, making bad decisions, learning from her mistakes, and discovering how to love her life and herself.

The Daily Life

Create the flower arrangements of your dreams to keep at home, take to the office, or display on any special occasion using the simple tips and tricks and masterful techniques taught by Executive Director and professor Calvert Crary and the master florists at FlowerSchool New York. FlowerSchool New York is

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one of the world's premiere institutes for floral design and artistry, offering career development courses certified by the New York State Board of Education, and exclusive master class programs taught by celebrated master florists including Kiana Underwood, Remco Van Vliet, Lewis Miller, Emily Thompson, and Ingrid Carozzi. Now, for the first time, FlowerSchool Executive Director Calvert Crary is publishing a book that will make it possible for even the greenest at-home arrangers to create gorgeous, Instagram worthy bouquets. This hands-on, comprehensive guide provides readers with step-by-step instructions that cover all the most crucial aspects of flower arranging, including: How to buy the best flowers and how to get the best prices Selecting your flowers based on texture, color, and seasonality Conditioning your flowers to ensure they last as long as possible Pairing your flowers with the right vase Creating arrangements in a wide variety of styles that will work for any occasion Including advice from the school's well-respected master florists, and featuring beautiful color photographs of each unique arrangement, Flower School offers invaluable, insider tips and tricks that can only be gained through years of experience, providing readers with the fundamental tools and education they need to create homemade floral arrangements that are on par with any professional design.

The Sun and Her Flowers

This 365 day devotional for Christian women covers topics of spiritual growth, self-worth, friendships, relationships, God's plan for your life, and so much more. The devotional includes passages of scripture from all 66 books of the Holy Bible and there is sure to be something here for women of all ages. This is a revised, re-released edition of Morgan's debut devotional "She."

Smelling Roses

"Moving, heartfelt, and truly inspiring. A great book to read right now." –Cheryl Strayed, author of *Wild* and *Tiny Beautiful Things* "Ruthie is a gifted storyteller with the unique ability to make you feel her emotions as if they're your own. Her book is somehow both bold and tender and utterly, truthfully, authentically her. She doesn't hide from heartbreak or fail to experience the fullness of all the beauty life can hold." –Rachel Hollis, #1 New York Times bestselling author of *Girl, Wash Your Face* and *Girl, Stop Apologizing* *Brain on Fire* meets *Carry On, Warrior*, *There I Am* is an arresting inspirational memoir about one woman's journey from chronic pain and hopelessness to finding joy, redemption, and healing. At seventeen years old, Ruthie Lindsey is hit by an ambulance near her home in rural Louisiana. She's given a five percent chance of survival and one percent chance of walking again. One month later after a

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spinal fusion surgery, Ruthie defies the odds, leaving the hospital on her own two feet. Just a few years later, newly married and living in Nashville, Ruthie begins to experience debilitating pain. Her case confounds doctors and after numerous rounds of testing, imaging, and treatment, they prescribe narcotic painkillers—lots of them. Ruthie has become bedridden, dependent on painkillers, and hopeless, when an X-ray reveals that the wire used to fuse her spine is piercing her brain stem. Without another staggeringly expensive experimental surgery, she could well become paralyzed, but in many ways, she already is. Ruthie goes into the hospital in chronic pain, dependent on prescription painkillers, and leaves that way. She can still walk, but has no idea where she's going. As her life unravels, Ruthie returns home to Louisiana and sets out on a journey to learn joy again. She trades fentanyl for sunsets and morphine for wildflowers, weaning herself off of the drugs and beginning the process of healing—of coming home to her body. Raw and redemptive, *There I Am* is not just about the magic of optimism, but the work of it. Ruthie's extraordinary memoir urges us to unlearn the stories of brokenness that we tell ourselves and embrace the wholeness, joy, and healing that lives inside all of us.

Worlds of You

Contemplating universal issues of love, loss, forgiveness, transformation, and belief, *Inquire Within* shines a light on our lives and provides a wholly unique and dynamic lens through which to think about ourselves and our world. Rhythmic. Original. Authentic. Inspiring. A journey to the center of the soul, *Inquire Within* is a provocative and entertaining debut from an award-winning poet. You'll never look at poetry the same way again.

Thirst

Divided into five chapters and illustrated by Kaur, *the sun and her flowers* is a journey of wilting, falling, rooting, rising, and blooming. A celebration of love in all its forms. this is the recipe of life said my mother as she held me in her arms as i wept think of those flowers you plant in the garden each year they will teach you that people too must wilt fall root rise in order to bloom

When the World Didn't End: Poems

This devotional was inspired by the social media based women's ministry I founded in 2012 called *Quite Women Co.* We are community of young Christian women on a journey to be quite the women God would have

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for them to be as followers of Christ. This devotional is written for young Christian women in their late teens and up. These devotionals cover topics of being single, being in a relationship, and being married. They include encouragement for college and career life and discovering what God has called you to do on this earth. They cover topics such as faith, trust, prayer, loving others like Jesus, and many more! If you're looking for a particular topic, be sure to visit the topical index. Because this devotional covers a wide range of topics, some days, at times you may feel that not everything in the devotional is directly related to your situation that day. However, I encourage you if nothing else, let God's Word speak to you more than anything I have written in this devotional. Furthermore, if you find yourself thinking about another woman and what she's going through as you're reading, share it with her! The wonderful thing about God's Word is that it's not just for us to keep to ourselves in our own Bible study time. His Word is for those on our college campuses, at our jobs, in our neighborhoods, churches, families, and group of friends too!

All Along You Were Blooming

Living Life in Light, A Yogi's Journey is more than a memoir and more than a how-to book. Within the pages, lifelong yogi, healer, and spiritual teacher, author Nathalie Croix guides you on the road to health, love, and enlightenment, helping you to discover your inner child, the essence of who you really are. A culmination of decades of study, travel, meditation, and teaching, Living Life in Light offers practical and actionable steps so you can begin practicing yoga on and off the mat and living your life in light today. Croix presents a host of healing techniques, concepts, and tools that assisted her in her own journey and her day-to-day walk in life. A teacher of love, Croix's practices will transform your body, mind, and spirit and your relationship to the world, life as it is, and others you come in contact with each day.

Milk and Honey

"Author and poet Cleo Wade will make your day with her inspiring and uplifting outlook on life" (People) and she returns with another moving collection of poems, mantras, and illustrations encouraging you to remain hopeful and harness your inner power and create change through self-care and social justice. If you are ready to be a part of building a society rooted in love, acceptance, justice, and equality, Where to Begin is the ultimate inspirational guide. Building on the wisdom of Cleo Wade's national bestseller Heart Talk, this heartfelt collection will help you stay connected to hope during difficult

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moments and remind you that no matter what, you still have the power to show up and effect positive change. Remember, your big life is made up of a collection of all of your small moments. Our big world is a made up of a collection of all of our small actions. This book is about where to begin.

She: 366 Day Devotional

Your soul holds a massive record collection: melodies, rhythms, and bass lines. Memories that ask you to dance and memories that haunt you in a minor key. Lies that become soundtracks to your days while truths play too softly to be heard. Spoken word poet Amena Brown's broken records played messages about how she wasn't worthy to be loved. *How to Fix a Broken Record* chronicles her journey of healing as she's allowed the music of God's love to replace the scratchy taunts of her past. From bad dates to marriage lessons at Waffle House, from learning to love her hair to learning to love an unexpected season of life, from discovering the power of saying no and the freedom to say yes, Amena offers keep-it-real stories your soul can relate to. The hurtful words of others and the failures of your past often determine what record you play the most in your mind. Those painful repetitions can become loud at the most inopportune time, keeping you from speaking up, pursuing your dreams, and growing closer to God. Recognize the negative messages that play on repeat every day in your mind. Learn how to replace them with the truth that you are a beloved child of God. And discover how to laugh along the way as you find new joy in the beautiful music of your life.

The Bloom Book

Beautiful, inspiring, and empowering, *Worlds of You* sweeps readers away on a journey of emotion. Filled with lyric wisdom, Taplin's second book expands on the themes introduced in *Bloom*, offering insight and comfort.

Inquire Within

The book is divided into four chapters, and each chapter serves a different purpose. Deals with a different pain. Heals a different heartache. *Milk and Honey* takes readers through a journey of the most bitter moments in life and finds sweetness in them because there is sweetness everywhere if you are just willing to look.

Finding Quiet

"In the 1950s, Ellie and Brick are teenagers in love. A basketball star, Brick could escape his abusive father and be the first person in his working-class family to go to college. But when Ellie becomes pregnant, they marry, she gives up her dream of nursing school, and Brick gets a union card instead. This riveting novel tells the story of three generations in a working-class family; especially Brick and Ellie's daughter Samantha. Illuminating issues facing working-class, Rust Belt people, Eriatown also chronicles the evolution of women's lives, and how much people know about each other and pretend not to, the grinding factory work of a smart man in a blue-collar job, and the secrets that explode lives"--

I Am Definitely, Probably Enough (I Think)

Lyrics and never-before-seen poetry and sketches from the iconic musician of Florence and the Machine Songs can be incredibly prophetic, like subconscious warnings or messages to myself, but I often don't know what I'm trying to say till years later. Or a prediction comes true and I couldn't do anything to stop it, so it seems like a kind of useless magic.

Where to Begin

The Rose That Blooms in the Night is a collection of poems from spoken word poet, yoga instructor, podcaster, and Instagram influencer Allie Michelle. The collection is meant to be a mirror reflecting the love inside of those who read it. It tells the tale of transformational cycles we experience throughout our lives. Falling in and out of love. Feeling lost and rediscovering our purpose. Learning to create a home within our own skin instead of seeking it in other people and places.

The Truth about Magic

With Dear Daughters, Susie Davis creates a bridge between two groups of women—dear daughters and spiritual mamas. Dear daughters are young women in search of spiritual guidance and spiritual mamas are women just a little further down the road with age-old wisdom to share. Each group has valuable insight for the other and the hope is that the reader will invite someone to come alongside them, pore over the included letters together, and pass along wisdom and advice that will make both lives more beautiful, wherever they are in their God story. This book, ideal for a gift, is a casebound hardcover with ribbon.

Walk with Wings

Charles Montgomery is an unlikely hero. An eleven year old identical twin, he is torn from his God-fearing family, and institutionalized for his strange pronouncements. On the eve of his eighteenth birthday, he mysteriously disappears, only to return a decade later, transformed. The hero's journey traverses the religious, psychiatry-obsessed 1950s, into the turbulent, revolutionary sixties. It is meshed within a tapestry of human connections interwoven with dark threads of addiction, abuse, and mental illness, and woven with golden threads of compassion, forgiveness, and gratitude. Implied in the title is a scent of mysticism. Sprinkled with serendipity, and interspersed with lucid dreams, the story hints at unseen forces at play in everyday life, and glows with channeled messages of universal truths illuminating its pages.

The Daughters of Erietown

When we are stressed with a problem, writing it all down can help with identifying the causing factor. Writing things done can help alleviate the difficulties you are creating inside your head and move to a healthier life.

Voices of Powerful Women

A celebration of hope. An encounter with grace. A restoration of the heart. A healing of wounds. An anthem of freedom. All Along You Were Blooming is the ultimate love letter from the pen of popular Instagram poet Morgan Harper Nichols to your mind, heart, soul, and body. On Instagram @morganharpernicols, Morgan has over a million followers. Fans can add Morgan's beautiful artwork and thoughts for boundless living to their library. All Along You Were Blooming is a striking collection of illustrated poetry and prose, inviting you to "stumble into the sunlight" and delight in the wild and boundless grace you've been given. Morgan reminds you: There is a purpose in every season No matter how you want to race through this day or run away from this place, you are invited to live fully--right here, right now Light will always find you, even when the sun sets and you sit awaiting the dawn That you are always blooming in the way you were meant to All Along You Were Blooming is perfect: For men and women of all ages For teachers to share with classrooms during poetry focused lessons Valentine's Day, Mother's Day, National Best Friend Day, birthdays, and holiday gifting In each small moment, whether in the light or the dark, you can make room for becoming, for breathing, for stumbling, and for simply

being--for there is grace, today and every day.

Shine from Within

We live in a loud, loud world. Whether it's the criticism of others, the clamor of injustice, or the voice of anxiety from within, we are constantly being bombarded with noise. So what does it mean to find peace in the midst of all the noise? Is there a way to acknowledge the struggles we face and learn how to manage the stressors and voices that trigger us while believing in the promises and goodness of God? Jamie Grace has lived in the middle of noise for most of her life. Many know her as a singer with radio hits who has spent the last decade on stages and in front of the camera, but behind the scenes, she has struggled with Tourette Syndrome, ADHD, and an anxiety disorder for most of her life. But in the middle of both inner and outer noise, Jamie has learned how to manage the negative effects of her diagnoses, make the most of her strengths, and lean into the journey God has led her on. A journey of Finding Quiet.

Jane Anonymous

Begin your journey to self-love with inspiring messages of hope as well as actionable moments from Instagram artist Tori Press. Life is a journey. And even though everyone's journey is different and unique, we all share one thing that binds us together—our search for self-acceptance and self-love. Half the time, we feel like we have no idea what we're doing—and that's okay. It's something that author and Instagram artist Tori Press knows all too well. In *I Am Definitely, Probably Enough (I Think)*, Press uses the power of image to tackle the major themes in her life that keep her from loving herself—questions about self-worth, fluctuating self-esteem, anxiety, depression, external pressures from society, body image, and so on. She may not have all the answers, but she's trying, and half the time that's all that really matters. Practicing self-love takes patience, devotion, and a little bit of heart. Now you can be inspired by the honest advice and understanding Press provides to help you continue, or even start, your own journey to self-love.

Dear Daughters

Helium is the debut poetry collection by internet phenom Rudy Francisco, whose work has defined poetry for a generation of new readers. Rudy's poems and quotes have been viewed and shared millions of times

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as he has traveled the country and the world performing for sell-out crowds. Helium is filled with work that is simultaneously personal and political, blending love poems, self-reflection, and biting cultural critique on class, race and gender into an unforgettable whole. Ultimately, Rudy's work rises above the chaos to offer a fresh and positive perspective of shared humanity and beauty.

Heart Talk

Christian Bosse continues to spark the hearts and minds of Christians all around the world with her inspirational poetry and prose. Thirst redirects the attention of Christ followers back to God. In the midst of chaos and trials, believers are called to cry out to God. This book of poetry, prose, and letters urges you to do just that. Hear His voice as He sings over you songs of love and victory. Fix your gaze on the Lord, choosing faith over fear. Trust in the power of God no matter what your circumstances look like.

Lanterns

New York Times bestseller This on-point guide to growing up by Instagram sensation Mari Andrew captures the feelings and comical complexities of millennials and adulthood with essays and illustrations. In the journey toward adulthood, it is easy to find yourself treading the path of those who came before you; the path often appears straight and narrow, with a few bumps in the road and a little scenery to keep you inspired. But what if you don't want to walk a worn path? What if you want to wander? What if there is no map to guide you through the detours life throws your way? From creating a home in a new city to understanding the link between a good hair dryer and good self-esteem to dealing with the depths of heartache and loss, these tales of the twentysomething document a road less traveled—a road that sometimes is just the way you're meant to go.

One Day You Will Look Back and See That All Along You Were Blooming

Bestselling author Laurie Faria Stolarz's thrilling novel Jane Anonymous is a revelatory confessional of a seventeen-year-old girl's fight to escape a kidnapper—and her struggles to connect with loved ones and a life that no longer exists. Seven months. That's how long I was kept captive. Locked in a room with a bed, refrigerator, and adjoining bathroom, I was instructed to eat, bathe, and behave. I received meals, laundered clothes, and toiletries through a cat door, never knowing if it was day or night. The last

time I saw the face of my abductor was when he dragged me fighting from the trunk of his car. And when I finally escaped, I prayed I'd never see him again. Now that I'm home, my parents and friends want everything to be like it was before I left. But they don't understand that dining out and shopping trips can't heal what's broken inside me. I barely leave my bedroom. Therapists are clueless and condescending. So I start my own form of therapy—but writing about my experience awakens uncomfortable memories, ones that should've stayed buried. How far will I have to go to uncover the truth of what happened—and will it break me forever?

Pronoia Is the Antidote for Paranoia

From Alex Elle, celebrated poet and author of *Neon Soul* and *Words from a Wanderer*, comes *Today I Affirm*--a journal and guide to reading and writing daily affirmations. Writing serves as a form of meditation. When we slow down and settle into ourselves, affirmations can assist us in self-awareness, introspection, and understanding. *Today I Affirm* helps walk readers through the ins and outs of cultivating positive self-talk in a way that is stress-free and easy to understand. This innovative book includes affirmations written by the author, short bits of inspiration, charts to fill in, as well as journal pages all with the focus on self-care.

Helium

Only Love Today is the inspirational read from best-selling author of *Hands Free Mama*, Rachel Macy Stafford. Millions of Stafford's fans from her blog and her books find hope, challenge, and inspiration through her poetic and powerful short pieces on her blog. *Only Love Today* brings these pieces and many new, original entries together in a beautiful book based around the four seasons. From finding daily surrender in the autumn and daily hope in the winter, to daily bloom and daily spark in the spring and summer, you will always find fresh beautiful words for your day. With a flexible, non-dated structure, *Only Love Today* is perfect to pick up at any time of the year and find hope and encouragement to address your current challenge or need - family, parenting, relationships, finding peace in a stressed out world. Stafford offers you strength and vision for a new and more connected way to live. This is a timeless book of inspiration to remember and live for what really matters.

Today I Affirm

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An Instant #1 New York Times Bestseller "If you want your breath to catch and your heart to stop, turn to Kate Baer."--Joanna Goddard, Cup of Jo A stunning and honest debut poetry collection about the beauty and hardships of being a woman in the world today, and the many roles we play - mother, partner, and friend. "When life throws you a bag of sorrow, hold out your hands/Little by little, mountains are climbed." So ends Kate Baer's remarkable poem "Things My Girlfriends Teach Me." In "Nothing Tastes as Good as Skinny Feels" she challenges her reader to consider their grandmother's cake, the taste of the sea, the cool swill of freedom. In her poem "Deliverance" about her son's birth she writes "What is the word for when the light leaves the body?/What is the word for when it/at last, returns?" Through poems that are as unforgettably beautiful as they are accessible, Kate Bear proves herself to truly be an exemplary voice in modern poetry. Her words make women feel seen in their own bodies, in their own marriages, and in their own lives. Her poems are those you share with your mother, your daughter, your sister, and your friends.

How to Fix a Broken Record

From the internationally bestselling author of Love Her Wild and The Dark Between Stars comes The Truth About Magic, a fresh, awakened journey outwards. An adventure into the great unknown. It's about finding ourselves, our purpose, and the simple joys of life. It's about lavender fields, drinking white wine out of oak barrels in vineyards, laughing until you cry, dancing in wood barns with people you love until the sun comes up, eating food that makes you say, 'wow,' making love on sandy beaches on the coast of Spain. It's a vibrant, transcendent journey into growth. A book that will leave you smiling, energised and booking flights to far off beaches.

Akiane: Her Life, Her Art, Her Poetry

Was Andy Warhol a hoarder? Did Einstein have autism? Was Frank Lloyd Wright a narcissist? In this surprising, inventive, and meticulously researched look at the evolution of mental health, acclaimed health and science journalist Claudia Kalb gives readers a glimpse into the lives of high-profile historic figures through the lens of modern psychology, weaving groundbreaking research into biographical narratives that are deeply embedded in our culture. From Marilyn Monroe's borderline personality disorder to Charles Darwin's anxiety, Kalb provides compelling insight into a broad range of maladies, using historical records and interviews with leading mental health experts, biographers, sociologists, and other specialists. Packed with intriguing revelations, this smart narrative brings a

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new perspective to one of the hottest new topics in today's cultural conversation.

Only Love Today

"In this how-to book, Rob Breznsy builds a case for 'cagey optimism,' a perspective which engages rather than represses difficulty and views the universe as inherently friendly"--Provided by publisher.

The Rose That Blooms in the Night

From poet, meditator, and speaker Yung Pueblo, comes a collection of poetry and prose that explores the movement from self-love to unconditional love, the power of letting go, and the wisdom that comes when we truly try to know ourselves. It serves as a reminder to the reader that healing, transformation, and freedom are possible.

Andy Warhol Was a Hoarder

"You shine so bright, as you are right now, flaws and faults entirely." The debut book from the rising Instagram writer Walk the Earth offers a remarkable collection of poetry in the form of letters to touch your heart and inspire boundless hope. Nikki Banas speaks directly to your soul with every letter she writes. She reminds you of the light you already hold within and teaches you how to nourish your flame. In Shine from Within, she encourages you to celebrate your own beautiful spirit because only when we all shine our unique lights can we light up the entire night sky.

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