

## A Little Book About Me And My Grandma

Following the staggering events of September 11, 2001, the Center for Justice and Peacebuilding at Eastern Mennonite University was asked to help, along with Church World Service, to equip religious and civil leaders for dealing with traumatized communities. The staff and faculty proposed Strategies for Trauma Awareness and Resilience (STAR) programs. Now, STAR director, Carolyn Yoder, has shaped the strategies and learnings from those experiences into a book for all who have known terrorism and threatened security. A startlingly helpful approach. A title in The Little Books of Justice and Peacebuilding Series.

The Little Book With A Big Voice just got even bigger! This special second edition includes all the original short stories of the first book with the addition of nine new stories! While the original stories touched on life topics like empathy, aging, depression, success, and love - the new stories explore other emotional territories and dive into new topics like loneliness, appreciation, forgiveness, relationships, and bullying. Full of emotion and feeling, this little book is sure to leave a lasting impression on your heart. A great gift for family and friends full of heartwarming stories that you never knew you needed.

Step back from the overload this New Year and find some time for yourself. You are important too. With encouraging reminders, inspiring thoughts, easy wins and practical advice, The Little Book of Self Care will help you identify your needs so you can relax, refuel and find calm in your hectic life. This book will tell you why mindset is key, how to nourish instead of punish yourself, how to exercise and sleep and why it is important to go slow sometimes. You live your whole life being you, so why not be your own best friend?

Gibran was never more insightful than when he wrote about love and now for the first time, illustrated with the poet's own paintings, his reflections on love and friendship have been gathered together in one volume, capturing the essence of love in all its forms and moods.

A practical guide to experiencing natural awareness—an effortless and spacious state of resting in the depth of our being. Do you recall, as a child, being enthralled by a drifting cloud, a rain-soaked leaf, a wandering ladybug? Or suddenly having a sense of timelessness, contentment, and ease? If so, then you've already had a taste of natural awareness. Known and revered in many traditions as a complement to focused mindfulness training, natural awareness transcends even these wondrous childhood moments. Some describe it as a profound “awareness of awareness”—an effortless, boundless state of resting in the depth of our being. For those new to meditation and experienced meditators alike, these 72 “mini-chapters” guide you on an in-depth odyssey into natural awareness, illuminated by many simple and enjoyable insights and exercises. The Little Book of Being invites you to explore: The spectrum of awareness practices, from focused mindfulness to flexible mindfulness to natural awareness How classical mindfulness and effortless natural awareness enrich and shape each other, and how to practice both Three ways to move into natural awareness—relaxing effort, broadening awareness, and dropping objects A treasury of “glimpse practices” to spark natural awareness anytime, in just a few moments How to bring this way of “simply being” into your daily life, into your connection with others, and into the world “At first natural awareness may seem far away, just a whisper, but then it will begin to grow and expand and permeate aspects of living. Over time we may feel more peace, more connection to ourselves. We may find ourselves taking life a bit more lightly. We may feel a sense of relaxed ‘beingness’ throughout the day, and when we do get caught in our dramas, we may find ourselves moving out of them quicker than we imagined we could.” —Diana Winston

A comprehensive guide to small-space secrets and real-life solutions for living in 1,200 square feet or less. The Little Book of Living Small shows readers how to make the most of limited square footage—with grace and style—and serves as the cheerleader readers need to help themselves feel satisfied and proud of their choice to live with less. In addition to exploring both the motivation behind choosing to live in a small space, as well as the practical, everyday advice for managing a tight footprint, The Little Book of Living Small also includes case studies: 12 style-savvy, small-space dwellers open their doors and share their design secrets. Author Laura Fenton covers a range of homes including studio apartments, one- and two-bedroom houses, a tiny house, a co-living space, and even whole houses. Stylistically these homes range from urban, rural, minimalist, and country, with the unifying thread that they are all real homes of less than 1,200 square feet that offer clever solutions that readers can use in their own homes. Laura Fenton is the lifestyle director at Parents magazine. With more than fifteen years of experience, her work has appeared in major publications including Better Homes & Gardens, Country Living, Good Housekeeping, and on leading home websites including Remodelista.com, HGTV.com, ElleDecor.com, HouseBeautiful.com, Refinery29, and elsewhere. Through her writing she has explored the topic of living small for more than a decade. She lives small with her husband, a photographer, and their son in Jackson Heights, Queens, in New York.

The Amazing Book of No was just announced as a Winner of the 2015 Readers Favorite Award for K-3rd grade readers. "The Amazing Book of No" is a deceptively simple story that will teach your 3-7 year old how to accept the word "no" when you say it, and why they shouldn't argue. The story is about two moms and their children. One mom says "no" all the time, while the other says "yes" to everything. It is cute and engaging all in one, and designed not to take up too much of a parents valuable time, with the idea being to try and imprint wholesome ideals while kids are young. Reading this just a few times to your boy or girl at bedtime will ensure you don't have any misunderstandings with your children about the word "NO" as they grow older. This really is: The Amazing Book of No!

In just seventy-five brief pages, Good Men Project Senior Editor Mark Greene exposes the brutal price that man box culture extracts from men and women world wide. The Little #MeToo Book for Men is a concise, no holds barred call to action, inviting men to step out of silence and isolation and into the battle for a better future. From the introduction: For millions of men, manhood can seem like a foregone conclusion, mapped out for us by universally understood rules for being a 'real man.' These rules determine how we walk, how we talk, what we think and do, what we view as our responsibilities and most importantly, how we pursue or fail to pursue our deepest needs, wants and desires. These rules of manhood become so central to what we believe as to render the distinction between ourselves and our culture of manhood invisible to us. When millions of men live our lives subject to the rules of a culture we are not fully conscious of, it can be damaging for our families, our communities, our collective quality of life, and even our longevity. The Little #MeToo Book for Men seeks to encourage a conversation about how boys and men arrive at what we believe. "If this conversation can reveal even the slightest glimmer of daylight between our dominant culture of masculinity and our own daily choices as men, my hope is we will find, in that space, a more vibrant and authentic connection to our agency, our power and our humanity. Mark Greene's articles on fatherhood, men and emotional expression have received over half a million social media shares and twenty million page views. Greene writes and speaks on men's issues for the Good Men Project, the Shriver Report, the New York Times, Salon, the BBC and the Huffington Post. Follow him on Twitter @RemakingManhood

Contentment is a super power. If you can learn the skills of contentment, your life will be better in so many ways: You'll enjoy your life more. Your relationship will be stronger. You'll be better at meeting people. You'll be healthier, and good at forming healthy habits. You'll like and trust yourself more. You'll be jealous less. You'll be less angry and more at peace. You'll be happier with your body. You'll be happier no matter what you're doing or who you're with. Those are a lot of benefits, from one small bundle of skills. Putting some time in learning the skills of contentment is worth the effect and will pay off for the rest of your life.

This is a book to fill in and share with your mum. Write, draw and store your favourite memories of you and your mum in this beautiful picture book. It is a celebration of the special relationship between

mothers and children.

Sunday Times #1 bestseller and long-awaited follow-up to the #1 bestselling *Stop Talking, Start Doing* You can think big or you can think small, it all starts in the mind. What have you got to lose? If you aim for the stars you might just get there. Sometimes it pays off to think BIG and Richard Newton is here to get us thinking on a bigger scale than we ever imagined. With the right thinking tools and the right approach you can release your inspiration and creativity, reset your ambition and direct your attention to the things that truly matter to you. And that can change your life. Short and punchy with quick tips and inspiring graphics, *The Little Book of Thinking Big* will have your imagination, creativity and determination firing on all cylinders. You'll come away with a set of BIG goals to fuel and drive your BIG life. Here's where it starts. This is a reset button. Push it. Think bigger.

Learn more about asexuality in this easily digestible book, filled with illustrations, metaphors, definitions, and spaces for your own personal reflections. In a world that isn't always kind to marginalized communities, it is important to continually educate yourself to better understand others' experiences. Whether you are hoping to show up better for someone you love, explore your own identity, learn something new, or anything in between, this book will provide you with an understanding of what it means to be asexual.

From the #1 New York Times bestselling team of Jamie Lee Curtis and Laura Cornell, creators of *Today I Feel Silly* and *Where Do Balloons Go?*, comes *I'm Gonna Like Me*, a funny and moving celebration of self-esteem and loving the skin you're in. Celebrate liking yourself! Through alternating points of view, a girl's and a boy's, Jamie Lee Curtis's triumphant text and Laura Cornell's lively artwork show kids that the key to feeling good is liking yourself because you are you. A book to rejoice in and share, *I'm Gonna Like Me* will have kids letting off some self-esteem in no time!

Love surrounds you, beauty, too. Notice how God blesses you! Clap your hands, shout and sing: Thank you, Lord, for everything. A comfortable and relaxing rhyme tells the story of God's great blessings in this sweet book. P.J. Lyons' engaging text and Tim Warnes' playful illustrations remind readers how much they have to be thankful for.

This is a book to fill in and share with your family. Write, draw and store your favourite memories of you and your family in this beautiful picture book.

No more drawing pictures on plain paper! These beautiful sketchpads are decorated with the gorgeous artwork of Jedda Robaard, which any dad or grandpa will be proud to display. Draw beautiful pictures or write special messages in the framed pages, and give them as a gift to your dad or grandpa. Featuring the much-loved artwork of Jedda Robaard, these decorated drawing pads are the perfect holiday, rainy day or year-round activity for kids. Each removable sketchpad page comes complete with a 'post-it' adhesive strip along the top - mum and grandma can attach their special drawings anywhere without mess or fuss.

Pages of decreasing, then increasing, size open to reveal different animals, each opening a book of a different color and reading about the next.

Find your confidence From public speaking to asserting yourself, decision-making to relationships, internationally renowned author of *Feel the Fear and Do It Anyway* Susan Jeffers shows you how to get the best out of yourself once you know how to overcome fear. *The Little Book of Confidence* offers practical advice and thought-provoking tips on how to transform your fears into certainty. 'The queen of self-help' *The Express*

"Whether you've lost your way or are just having a bad day, this book is the ideal pick-me-up, reminding us that love and joy are available in every moment of our lives. This little book will inspire, uplift, and enlighten readers with digestible nuggets of inspiration. It is designed for people of all spiritual traditions, at various stages on their spiritual path, without being religious"--

Story of Earl J (Jesse) Crawford and his experiences during World War II in Europe.

Presents babies in everyday situations from burping to breaking a sibling's toy, with flaps to lift to discover the right words to say, including "I'm sorry," "Excuse me," and "Thank you."

O, *The Oprah Magazine* encourages confident, intelligent women to reach for their dreams, express their individual style, and make choices, guided by the values of one of the most charismatic women in the world, O Editorial Director Oprah Winfrey. *Words That Matter* collects more than 600 of the most inspiring things ever said in the pages of O, *The Oprah Magazine* over the course of its extraordinary ten-year history.

*The Little Book of Kindness* will teach you how to be kind to yourself, to strangers, to those you love, to the world - every day, at every opportunity. Prompted by the seeming hopelessness of the world around her, Bernadette Russell undertook a pledge to be kind to a stranger every day for a year. The experience left her wanting to inspire others. *The Little Book of Kindness* is packed with fun ideas, practical tips and interactive exercises that encourage you to 'be kind' in every area of life - online, to strangers, to the environment, in your community, to yourself - and change the world, one act of kindness at a time.

This book is uniquely original and can be personalized with any girl's name. How fun is that? Think of the possibilities: baby or shower gifts, birthdays, a special something from grandma, and more. You can purchase the book as shown, using Faith in the title, or personalize it to suit your specific needs. Simply contact us at [eStoryTime.com](http://eStoryTime.com) BEFORE placing your Amazon order and we'll take care of the rest.

After contacting us, you'll still need to order the book through Amazon, so we'll send you a direct link to use when placing your order. It will assure the book is personalized with the name you've requested.

We've taken the worry out of the process and your child will be thrilled with the final product. Who doesn't like to see their name on the cover or hear it related throughout the story? The author, Melissa Ryan, is the mother of five children and knows the importance of reading to your little ones. It instills a love of books and fosters an active imagination in the youngest of readers. Help start them on a path of discovery with Melissa's stories. The tale of Faith is perfect for bedtime, especially when unleashing the child's wonder by using her own name. This is a book that can be enjoyed over and over again, and will be remembered long after the last page is read and the lights turned out. Faith's Hiccum-ups Day is beautifully written and will hold your child's attention while you share this delightful tale. Tag along with Faith as she giggles, HIC's, and jumps her way through a day with the hiccum-ups. See the silly things her family suggests to solve her problem. It's a day filled with enough fun for everyone. Faith will capture your heart, and the moments spent reading it together will build fond memories that will be cherished throughout the years. Your little girls grow up all too fast; make lasting impressions while you can. This is just one of several books offered by Melissa in her ever-expanding children's book series. You'll learn to love and appreciate the extra attention that goes into each volume. Special care is taken to keep the child's heart at the center of each story, helping them build character and learn something along the way. Encourage that special child in your life to embrace what is truly unique, and sometimes funny, about their developing personalities. Spend a few minutes with Faith on her I-Didn't-Do-It kind of day and make bedtime special, while you create a binding relationship with the power of reading...you'll look back in awe at the foundations you've built. Please customize and purchase this book for a special little girl in your life today. Tags: personalized children's books, personalized gifts, personalized baby gifts, personalized, bedtime stories, bedtime story, Faith, 1st birthday gifts

In this quick and vibrant little book, Kelly Kapic presents the nature, method and manners of theological study for newcomers to the field. He emphasizes that theology is more than a school of thought about God, but an endeavor that affects who we are. "Theology is about life," writes Kapic. "It is not a conversation our souls can afford to avoid."

The young reader may fill in the appropriate personal data to complete his "very own" autobiography.

There are so many reasons why we love our grandmas, and this unique gift book lets you show why your grandma is special! This is a book to fill in and share with your grandma! Write, draw and store your favorite memories of you and your grandma in this beautiful book. It is a celebration of the very special relationship between grandmothers and grandchildren.

The exiled scion of a prominent Boston family, forty-seven-year-old Wheeler Burden is living in 1988 San Francisco until he is mysteriously transported to fin de siècle Vienna, a city that he finds strangely familiar, where he finds a mentor in Sigmund Freud.

A sweet and funny collection of Star Wars messages of love and friendship--a little hug in book form. Tell the person you love that Yoda One For Me with this sweet book featuring beloved Star Wars characters and heartfelt, funny sentiments and artwork on the theme of love and friendship. From BB-8 holding a rose (I am the droid you are looking for) to an Obi-Wan For Me box of chocolates, a retro videogame style Vader surrounded by hearts, Boba Fett as Cupid, and Chewbacca holding the Woo Key to your Heart, this charming collection of art created by Lucasfilm staff and fan favorite artists Jeffrey Brown and Katie Cook is the perfect gift for a special someone in your own galaxy, not so far away. (c) & TM Lucasfilm Ltd. Used Under Authorization I LOVE YOU. I KNOW. Let your special someone know how you feel through the words and pictures of your favorite Star Wars characters. A SWEET GIFT FOR YOUR VALENTINE: This cute little book will be the perfect fun, funny present. PERFECT FOR: Fans of Jeffrey Brown's Darth Vader and Son series and fans of all ages who love the sweet and funny side of Star Wars and are looking for a gift book for Valentine's Day or any day! FAN FAVORITE ARTISTS: Includes art by Jeffrey Brown and Katie Cook!

This is a book about me and my teacher. My teacher is really special. Here are all the reasons why! This is a book to fill in and share about your teacher. Write, draw and store your favourite memories of you and your teacher. It is a celebration of the special relationship between teachers and their students. Store photographs, postcards and other special memorabilia in the pouch at the back of the book and write down favourite memories or shared experiences. Draw pictures in the provided spaces to tell your teacher just how special they are. Features a gorgeous cloth spine, and a removable card and envelope with the delightful artwork of Jedda Robaard. Kids can complete the card and the book for the perfect gift for their teacher.

An introduction to the basics of good manners, from meeting and greeting people to proper telephone and mealtime behavior.

An inspiring and illuminating guide to true self care, from the sage teacher and breakout star of the critically acclaimed drama, Queen Sugar, from Executive Producers Oprah Winfrey and Ava DuVernay for OWN. Featured on Essence Magazine's Culture List In all your years of schooling, did you ever take a single class that explained how to navigate the hurt, drama, and fear that come with living? Tina Lifford sure didn't. She learned the hard way—through experience as both a Hollywood actress and as the founder of the personal development network The Inner Fitness Project. Now, she brings together her own hard-won insights as well as those of her clients in this helpful and transformative guide. A blend of personal anecdotes and meaningful, practical—and most important, actionable—advice, The Little Book of Big Lies is the life skills class you need to nurture the inner you and move beyond the past. In fourteen raw, personal stories, Tina teaches you how to change your self-perception—to see yourself in the best possible light, to love and honor what you see, and to forge a new sense of what's possible in every aspect of your life. But make no mistake, The Little Book of Big Lies is not a “rah-rah” quick fix for fear and pain. Like physical fitness, building and maintaining emotional strength requires continued effort. This invaluable book is the foundation you need to start building inner health and well-being so you can thrive. Tina guides you on a journey of self-discovery that will help you turn shame into self-acceptance, self-rejection into self-love, blame into freedom, and old hurt into power. Wise and powerful, The Little Book of Big Lies will completely change how you think and live.

The kids in What I Like About Me, are as different as night and day. And, guess what? They love it. Some adore the fact that their braces dazzle and gleam, others feel distinguished when they wear their glasses. This fun-loving book, with a mirror included on the last page, proves to kids that, in a world where fitting in is the norm, being different is what makes us special. Helping children learn about diversity, while fostering self-esteem, is what this super-sized Teacher Classroom Pack is all about. Teachers can read the rhyming text of the award-winning What I Like About Me! and use the oversized book to focus on differences in nationality, appearance, food, and more. Inviting children to look in the giant mirror will encourage them to think and talk about what they like best about themselves.

If this little book has made its way into your life, you can trust that it wasn't by accident. This happy coincidence is a nudge from the Universe to remind you that you are awesome. Each chapter is filled with tiny bursts of insight to nourish your heart, warm your Soul, and help you to remember your true-self. If you find yourself asking big, deep life questions like, "What's my purpose?" and "Why am I here?" then you'll want to curl up with The Little Book of Big Knowing. Inside you'll be reminded: -Why you are here. -Who you are at your core. -Why your dreams matter to more than just you. Can you feel the gentle tug on your heart to know more? It's time. Take a breath, and lean in.

If I could keep you little, I'd keep you close to me. But then I'd miss you growing into who you're meant to be! If I Could Keep You Little speaks straight to every parent's heart, exploring the powerful feeling of wanting your child to grow up while savoring every moment. Sure to become a new favorite, this book showcases author/illustrator Marianne Richmond's ability to beautifully illustrate the complex emotions we all have.

With tips from leading experts in every field, The Little Book of Life Skills is the practical guide on how to solve the trickiest tasks in your day and make life a little easier. We all have areas of our lives that make us feel disorganized, unprepared, or stressed out. From creating a calmer morning routine to setting yourself up for a good night's sleep, and everything in between, there are easy and proven ways to do things better. Whether you need advice on how to end an argument, iron a shirt, or keep your inbox under control, Erin Zammett Ruddy has spoken to experts including Rachael Ray, Dr. Oz, Arianna Huffington, and condensed their wisdom into easy to follow steps for all of life's simple and not-so-simple tasks, such as: Working from Home Effectively Keeping a Houseplant Alive Giving Constructive Feedback Arranging the Perfect Cheese Board, and many more The Little Book of Life Skills offers simple strategies for being better grown-ups. It's the perfect guide for anybody who wants to get organized, be more efficient throughout the day, and finally learn the best way to fold that #\$% fitted sheet.

Explains what feelings are and discusses how to recognize and understand them.

Ruskin Bond, India's most loved author, puts together his favourite sayings, aphorisms and quotations in this delightful little book on life and living. Drawing on his own observations and life experiences and those of his favourite authors, he presents thoughts on nature, friendship, love, family, money, enemies in short, pithy statements. This is a book you can dip into anytime, and come up with something that will make you smile or think with its wit and gentle common sense.

Little changes can make a big, big difference! In *The Little Book of Big Change*, psychologist Amy Johnson shows you how to rewire your brain and overcome your bad habits—once and for all. No matter what your bad habit is, you have the power to change it. Drawing on a powerful combination of neuroscience and spirituality, this book will show you that you are not your habits. Rather, your habits and addictions are the result of simple brain wiring that is easily reversed. By learning to stop bad habits at the source, you will take charge of your habits and addictions for good. Anything done repeatedly has the potential to form neural circuitry in the brain. In this light, habits and addictions are impersonal brain wiring problems that result from taking your habitual thinking as truth, and acting on that thinking in the form of doing your habit—over and over. This book offers a number of small changes you can make in your everyday life that will help you stop your bad habit in its tracks. If you want to understand the science behind your habit, make the decision to end it, and commit to real, lasting change, this book will help you to finally take charge of your life—once and for all.

A Little Book about Me and My Mum

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