

## Can I Tell You About Self Harm

Meet Danny - a boy with a peanut allergy. He explains that peanut allergies can be very serious, but once you know how to manage them, they don't have to get in the way of living a fun and full life. Danny talks about what a peanut allergy is, what do to in an emergency, and how his friends and family can help him to live a nut free life. He also shares advice on coping with a peanut allergy on special occasions and trips away. This illustrated book is ideally suited for readers aged 7 and upwards, and will be an excellent way to increase awareness about peanut allergies, in the classroom or at home. It also includes clear, useful information for parents and professionals.

A professor of linguistics at Georgetown University decodes the conversational styles of female friends and explains how language contributes to this unique, cherished, and crucial connection.

Rich. Dense. Hopeful. Can I Tell You Something? (CITYS) is a tender and brutal book of philosophy. Its collection is composed of 100 poems about age, addiction, disease, poverty, romance, art, friendship and more. Karl's poems are often told through story and capture a temperament not commonly found in modern poetry. Flores' poems are a nuanced assembly of our questions, our instincts, and our most concealed emotions like shame, purposelessness, and lust. These poems are accompanied by fifty illustrations by Marta Maszkiewicz to create a powerful thrill for readers looking to be inspired by new ideas and ultimately examine their own lives. In one sentence, Can I Tell You Something? is an exploration of hope in the mystery of humanity. Flores writes: "Read in the dark. Live in the space between the wine and the cork. Live without rhyme, like a vortex, free of them, go wild for any sort. Live like a secret, dance despised, share your mad, let the water soak you, But most: live your true wish and don't let man's template choke you."

This book explains the psychology of the liar, and how the thoughts of the mind produce body language that is readable. Being able to determine when another person is lying to you is a skill that will benefit you in every aspect of your life. The signs of dishonesty and the motivations behind them are defined and described here, and listed in an easy to memorize format. C.A. Thurston studied the tactics used by Interrogators and Police Detectives for 33 years before writing this descriptive guide. "You don't have to get a confession to know the truth", she said. Use this as a handbook for analyzing the body language of people you don't know well.

This warm, wise exploration of female friendship from the #1 New York Times bestselling author of You Just Don't Understand will help women lean into these powerful relationships. A WASHINGTON POST NOTABLE BOOK • "Celebrates friendship in its frustrations and its rewards and, above all, its wonderful complexity."—The Atlantic Best friend, old friend, good friend, bff, college roommate, neighbor, workplace confidante: Women's friendships are a lifeline in times of trouble and a support system for daily life. A friend can be like a sister, daughter, mother, mentor, therapist, or confessor—or she can be all of these at once. She's seen you at your worst and celebrates you at your best. Figuring out what it means to be friends is, in the end, no less than figuring out how we connect to other people. In this illuminating and validating new book, #1 New York Times bestselling author Deborah Tannen deconstructs the ways women friends talk and how those ways can bring friends closer or pull them apart. From casual chatting to intimate confiding, from talking about problems to telling what you had for dinner, Tannen uncovers the patterns of communication and miscommunication that affect friendships at different points in our lives. She shows how even the best of friends—with the best intentions—can say the wrong thing, and how words can repair the damage done by words. Through Tannen's signature insight, humor, and ability to present pitch-perfect real-life dialogue, readers will see themselves and their friendships on every page. The book explains • the power of women friends who show empathy, give advice—or just listen • how women use talk to connect to friends—and to subtly compete • how "Fear of Being Left Out" and "Fear of Getting Kicked Out" can haunt women's friendships • how social media is reshaping communication and relationships Drawing on interviews with eighty women of diverse backgrounds, ranging in age from nine to ninety-seven, You're the Only One I Can Tell gets to the heart of women's friendships—how they work or fail, how they help or hurt, and how we can make them better. "At a time when the messages we give and get have so many more ways to be misconstrued and potentially damaging, a book that takes apart our language becomes almost vital to our survival as friends."—The Washington Post

No One Can Tell You Who You Are Except You A Simple Guide To Knowing Your True Self Your guide to repattern the blueprint you were born with and create the life you deserve. Pier Pagano's practical book of essays and exercises will inspire, motivate and teach you how to use your own powerful tools to make peace with your past and embrace your present and future possibilities. Learn how the traits you hide are sometimes the most enlightening and wonderful qualities you have. You just don't know it yet. Your own intuition is the most honest voice you have. Get to know your authentic self though the strengths you keep in your powerful toolbox. By carefully examining your past, you can let go of what no longer serves you, shifting your perspective to embrace what is already inside you. Opening your heart to yourself allows you to acknowledge and accept that every part of you is essential. Forming a loving and trusting relationship with the real you is the beginning of living a fulfilling life. When you know who you are, no one can tell you who to be.

Twenty-five philosophy professors discuss jealousy, feminism, desire, freedom, soul mates, pornography and whether the good life can be attained without true love as they uncover the connections between philosophy and romantic love. Original.

Do dogs live in the same world as humans? Is it wrong to think dogs have personalities and emotions? What are dogs thinking and what's the nature of canine wisdom? This is a book for thoughtful dog-lovers who want to explore the deeper issues raised by dogs and their relationships with humans. Twenty philosophers and dog-lovers reveal their experiences with dogs and give their insights on dog-related themes of metaphysics and ethics.

NEW YORK TIMES BESTSELLER! From Misha Collins, actor, longtime poet, and activist, whose massive online following calls itself his "Army For Good," comes his debut poetry collection, Some Things I Still Can't Tell You. Trademark wit and subtle vulnerability converge in each poem; this book is both a celebration of and aspiration for a life well lived. #1 PUBLISHERS WEEKLY BESTSELLER! USA TODAY Bestseller! This book is a compilation of small observations and musings. It's filled with moments of reflection and a love letter to simple joys: passing a simple blade of grass on the sidewalk, the freedom of peeing outdoors late at night, or the way a hand-built ceramic mug feels when it's full of warm tea on a chilly morning. It's a catalog and a

compendium that examines the complicated experience of being all too human and interacting with a complex, confounding, breathtaking world ... and a reminder to stop and be awake and alive in yourself.

A boy named Tom describes what life with autism is like, explains the challenges he faces, and suggests ways for parents and educators to help those who suffer from the condition. Sam is a young boy with Dyscalculia, a lifelong condition that affects a person's ability to process numbers. It is now often compared to the way in which children with dyslexia struggle to process words. Written and illustrated from Sam's perspective, this is an excellent guide for helping children aged 7+ to understand and navigate Dyscalculia. Identifying signs, symptoms and co-occurrence in child-friendly terms, Sam's story provides children with the reassurance and encouragement they need to seek help at home and at school. It also provides practical and powerful techniques for overcoming their symptoms, building self-confidence and achieving great success in life. For parents and teachers, it builds awareness around the profound and often crippling effect that Dyscalculia can have on various aspects of a child's day-to-day life, including their relationships with friends and family. It includes invaluable guidance on how to help at home and at school, as well as an extensive list of resources for those seeking additional support.

I write this book for anyone searching for what to believe. Through years of doubting all the conversations heard from friends and family about life in general, I was so very confused about who to believe, and what was the right choice. I questioned everyone and everything. I just existed day by day to get to tomorrow, and I worked hard to be a good student. I had a deeply ingrained desire to "be successful", yet I knew not what to do or how to get there. Time passes and all our choices determine our reality. However, our understanding is also created from life events not of our choosing. I share with you my life before 1987, and then the journey that I traveled since January 16, 1987, when I was in a horrid accident and experienced an out-of-body event. This life event forever has altered my thinking. I have spent over 30 years traveling this path, and in that journey have experienced some remarkable spiritual moments that have helped to define for me what is most important about this life. I hope that in sharing my experiences you will more fully understand our deep connection to our creator. You will be convinced that the statement Let Go and Let God is a valuable thought to embrace and hold onto.

This illustrated book is an ideal introduction to depression. Julie helps readers to understand what depression is, how it feels to be depressed and how it can affect their family life. She explains what help and support is available for people with depression and what friends and family can do to make things easier for her.

Completely revised and expanded, What They'll Never Tell You About the Music Business reflects the realities of today's music industry and remains a must-have for music-lovers, songwriters, and record executives alike. In this comprehensive yet extremely readable book, author Peter M. Thall, a specialist in entertainment and copyright law, takes an in-depth look at all facets of the music industry. From how artists can best maximize their chances for long-term financial health to what snares and pitfalls to avoid when signing an employment contract, Thall discloses the hidden dynamics and unfortunate consequences of what really happens when a deal is prepared, contracts are signed, and promises are made.

A comprehensive guide to getting the best results while building or renovating a home operates on the belief that homeowners can't know what goes into a plan unless someone tells them, which is based on the premise ... if homeowners knew even 10% of what the professionals know, they could avoid 90% of the problems. Original.

Written for parents of children with AD/HD (Attention Deficit/Hyperactivity Disorder), the "spiritual parenting" methods outlined by Young are a loving and effective way to handle a complex problem. Foreword by Robert Brooks, Ph.D., a clinical psychologist at Harvard Medical School.

Meet Max - a boy with Tourette syndrome (TS). Max invites readers to learn about Tourette's from his perspective, helping them to understand what tics and triggers are and what it feels like to have TS. He explains how living with TS can sometimes be difficult, and how people around him can help him to feel happy and accepted. This illustrated book is ideal for young people aged 7 upwards, as well as parents, friends, teachers and other professionals working with children with TS. It is also an excellent starting point for family and classroom discussions.

A charming tale about being brave and sharing your worries, from the author and illustrator of You Are (Not) Small and That's (Not) Mine! Pssst! Monty the frog has a secret. Promise not to tell? He can't swim! And he's terrified of water! What is he going to do? Luckily, when he's persuaded to tell his parents, they are very understanding. In fact, his dad has a secret of his own... The simple text from Anna Kang and bold illustrations from the New Yorker cartoonist Christopher Weyant tell an original and funny story about sharing your worries and facing your fears. Visit Christopher at [www.christopherweyant.com](http://www.christopherweyant.com). Praise for You are (Not) Small: "Charming characters, a clever plot and a quiet message tucked inside a humorous tale." Kirkus Reviews Meet Rhidi. Rhidi has friends, but would worry about friendships and being good at making friends. Sometimes he would get so worried that he couldn't sleep or want to leave his house! Rhidi asks his classmates what they think friendship means and discovers so many different ideas! What does friendship really mean? How does one make friends? How can you be a good friend, and what can you do when things go wrong? The ideal conversation starter for children aged 7+, this illustrated guide helps children to understand what friendship is, as well the misunderstandings surrounding it.

Meet David - a boy with Down syndrome. David invites readers to learn about Down syndrome from his perspective, helping them to understand what Down syndrome is and how it affects his daily life. He explains that he sometimes needs extra help at home and school and suggests ways that those around him can help him to feel supported. This illustrated book is ideal for young people aged 7 upwards, as well as parents, friends, teachers, social workers and other professionals working with children with Down syndrome. It is also an excellent starting point for family and classroom discussions.

Use the Science of Behavioral Economics to Understand Why People Buy "The most important business book to come out in years." –Michael F. Schein, author and columnist for Forbes, Inc, and Psychology Today #1 New Release in Business Encyclopedias, Marketing Research, and Customer Relations What Your Customer Wants (And Can't Tell You) explains the neuroscience of consumer behavior. Learn exactly why people buy?and how to use that knowledge to improve pricing, increase sales, create better "brain-friendly" brand messaging, and be a more effective leader. Behavioral economics is the marketing research future of brands and business. What Your Customer Wants (And Can't Tell You) goes beyond an academic understanding of behavioral economics and into practical applications. Learn how real businesses and business professionals can use science to make their companies better. In this book,

business owner, consultant, and behavioral economics expert Melina Palmer helps leaders like you use the psychology of the consumer, innovation, and truly impactful branding to achieve real, bottom-line benefits. Discover information and tools you can actually use to influence consumers. Go beyond data science for business and apply behavioral economics. Learn how the consumer brain works. Become a better leader and creatively and effectively market your brand by understanding the true needs of your customers. Dramatically improve your effectiveness as a leader and marketer with the practical tools in this book, including:

- Real-world examples that bring a concept to life and make it stick
- Ideas to help you with problem solving for your business
- Ways to hack your brain into coming up with innovative programs, products, and initiatives

If you liked marketing and business books like *Nudge* by Richard Thaler and Cass Sunstein, *Predictably Irrational* by Dan Ariely, or *This is Marketing* by Seth Godin, you'll love *What Your Customer Wants (And Can't Tell You)*.

What if the things people need to know about autism is not the information they're getting? Combining myth-busting advice with personal experience, this book from the mother of autistic twins shares simple strategies to build children's confidence, communication, and independence. From sharing the joy of yodelling around shops at the weekend, to finding creative ways to communicate with both her verbal and her non-verbal sons, Debby Elley gives practical and fun tips for everyday living and shows that being autistic is just another way of being. Both witty and candid, the book discusses labels, meltdowns, acceptance, happiness and much more.

Meet Ellie – a young girl with epilepsy. Ellie invites readers to learn about epilepsy from her perspective. She introduces us to some friends who help present the varying forms of epilepsy. Ellie and her friends help children to understand the obstacles that they face by telling them what it feels like to have epilepsy, how it affects them physically and emotionally, how epilepsy can be treated and how the condition is often misunderstood by people who do not know the facts. This illustrated book is full of useful information and will be an ideal introduction for children from the age of 7. It will also help parents, friends, and professionals to make sense of the condition in its varying forms and will be an excellent starting point for family and classroom discussions.

Meet Asher - a teenager who self-harms to manage their feelings when it all feels like too much. The latest in the best-selling *Can I Tell You About...* series describes what self-harm is, along with the wide range of behaviours that qualify, why teens do it, and how to get help if you feel the need to self-harm. Reflecting on the different aspects of self-harming behaviour, including treatment of injuries and scars, this concise introduction dispels common myths and offers helpful resources to break the cycle of self-harm. By initiating the conversation around self-harm, this guide will offer alternative avenues for children and young adults to pursue when dealing with big feelings, such as professional counselling, distraction, and friends and family. This easy-to-read guide is suitable for readers 7+, along with their parents, teachers, and friends. All author royalties from the book will go towards the Charlie Waller Memorial Trust.

Each illustrated book in this series is designed for parents and professionals to use with children ages 7-up to help explain difficult concepts and features a cartoon character that explains a particular brain disorder. Original.

In this friendly guide, a girl called Amber explains all about her 'dancing eyes,' or nystagmus. Amber explains how children with nystagmus might need to read, learn or play differently, and what their families, school and friends can do to help. She invites readers to learn the causes and symptoms, to help others understand the condition and help increase the self-esteem and confidence of those who have it. This accessible guide for children aged 7+ is an excellent starting point for parents, teachers and other professionals working with children with nystagmus. It includes a practical checklist of easy adaptations to make school or home environments easier and more enjoyable for children with nystagmus, as well as a helpful list of recommended resources for additional support.

Introducing Adam, who has Asperger syndrome -- Reading feelings -- Tones of voice -- Playing with others -- Loud noises -- Confusing groups -- Unexpected change -- Motor skills -- Special interests -- What is Asperger syndrome? -- How to help -- How teachers can help.

Introducing Katie, who has OCD - Obsessions - Compulsions - Avoidance - How I was diagnosed - Why have I got OCD? - How OCD affects school - How OCD affects home - How OCD affects friendships - Treatments for OCD - How family and friends can help - How I can be helped at school.

Can I Tell You About Friendship? A Helpful Introduction for Everyone Jessica Kingsley Publishers

THE STORY: Jennifer Goodall's fifteen-year-old daughter, Nancy, is curious about her mother's romantic life before her marriage. Together they look through Jennifer's old scrapbook, and Nancy asks her mother how a girl can tell when she meets the r

Meet Issy – an 11-year-old girl with pathological demand avoidance syndrome (PDA), a condition on the autism spectrum. Issy invites readers to learn about PDA from her perspective, helping them to understand how simple, everyday demands can cause her great anxiety and stress. Issy tells readers about all the ways she can be helped and supported by those around her. This illustrated book is for readers aged 7 and upwards, and will be an excellent way to increase understanding about PDA in the classroom or at home. It also includes practical tips and recommended resources for parents and professionals.

Discusses anorexia nervosa, bulimia nervosa, selective eating problems, functional dysphagia, and food avoidance emotional disorder.

Meet Joseph - Joseph is curious to understand more about forgiveness. He lost his sister's brand new football. Although she forgave him, he feels really bad. Can he forgive himself? He told his friend Billy a big secret, but Billy has betrayed his trust and told other kids at school. Should he forgive Billy, especially when he is yet to say sorry? Joseph's friend George is being bullied at school by Jasper. If George forgives Jasper, could Jasper go on to bully others in the future? This illustrated book is the ideal conversation starter for children aged 7+ to explore what forgiveness means, what it is and isn't and when it might and might not be appropriate.

Five-year-old Jeremy Summers has important information to relate, but everyone is too busy to listen.

While fighting with his best friend and college roommate over a girl, Jake says something he regrets, then begins communicating only through notes and letters, but when he wants to tell the girl how he really feels about her, his silence and penchant for puns get in the way.

When Isabelle enters the magical world of Las Brisas with her wheelchair-bound brother, her eyes are opened to a future of new possibilities.

Discusses selective mutism, explaining how those suffering from the disorder experience intense fear and panic in social situations, and offers suggestions for how parents and educators can help those afflicted.

