

I Know A Lot Empowerment Series

It's pernicious . . . it's diabolical . . . it creeps into every moment of our lives. It influences our relationships, impacts our physical body, works its way into our conversations, sparks non-nourishing behaviours, and forces us to do things we'd never want to do. It's infectious; it's relentless . . . It's stress! We all know it. We all experience it. It's the human condition - but through this book, you will learn to transcend it. Drawing on decades of experience working with individuals in extreme, high-pressure situations - including business leaders, world-class athletes, members of the military, Special Forces, and those in crisis - Davidji will show you how to handle any type of stress that life throws at you. Just as he demystified the practice of meditation in his award-winning book *Secrets of Meditation*, here he will teach you proactive tools to breathe more easily, master your emotions, communicate more effectively, cultivate more nourishing relationships, and perform at a higher level. With his trademark easy-to-understand and entertaining writing style, Davidji will transform your understanding of stress using time-tested techniques; cutting-edge science; real-world, practical applications; and in-the-moment stress busters. How you respond to the world around you determines the fabric of your life - and one read of *Destressifying* will enhance your performance at work, at home, and in the face of daily surprises. This book will allow you to determine the speed at which life comes at you and guide you to deeper fulfillment, greater empowerment, and true peace of mind. This is a very high-powered book. Stressful thinking is wreaking havoc on the lives of so many in our fast-paced world. Davidji offers a comprehensive course written in a language that you can grasp and apply immediately, all within the covers of one book. I loved it and am recommitted to in-the-moment destressifying.' Dr. Wayne W. Dyer, #1 New York Times best-selling author of *I Can See Clearly Now*

"After years of battling with a school system that did not understand his dyslexia and the shame that accompanied it, renowned activist and entrepreneur Ben Foss is not only open about his dyslexia, he is proud of it. In "The Dyslexia Empowerment Plan" he shares his personal triumphs and failures so that you can learn from his experiences, and provides a three-step approach for success"-- Illustrations and easy-to-read text pay homage to the strength, character, and worth of a child.

What do you do if you find yourself suddenly the target of high school aggression, relentless insults, and painful isolation? Such is the dilemma of teenager Alex Rogers in this novel inspired by the real-life trials of the author. [taken from back cover].

The #1 international best seller *In Lean In*, Sheryl Sandberg reignited the conversation around women in the workplace. Sandberg is chief operating officer of Facebook and coauthor of *Option B* with Adam Grant. In 2010, she gave an electrifying TED talk in which she described how women unintentionally hold themselves back in their careers. Her talk, which has been viewed more than six million times, encouraged women to "sit at the table," seek challenges, take risks, and pursue their goals with gusto. *Lean In* continues that conversation, combining personal anecdotes, hard data, and compelling research to change the conversation from what women can't do to what they can. Sandberg provides practical advice on negotiation techniques, mentorship, and building a satisfying career. She describes specific steps women can take to combine professional achievement with personal fulfillment, and demonstrates how men can benefit by supporting women both in the workplace and at home. Written with humor and wisdom, *Lean In* is a revelatory, inspiring call to action and a blueprint for individual growth that will empower women around the world to achieve their full potential.

The *48 Laws of Power* was written by Robert Greene and first published in 1998. It is often praised as one of the best books to read if you want to get ahead in life. This got me to thinking, "why isn't there anything like this for our community?" We have a lot of people talking about what we need to do, what we should do, and what we could do as a community, but nothing concrete that we could all sit down with, learn from, and relate to on an individual level. The *48 Laws of Black Empowerment* was written to bridge the gap between individual action and a united black community. This book is broken down into six areas of importance to the black community. 1. Personal 2. Family 3. Finance 4. Community 5. Philanthropy 6. Activism Working to individually improve ourselves in these areas will automatically result in a shift in black community consciousness. While *The 48 Laws of Power* is a great book, it just wasn't written with our community or needs in mind. *The 48 Laws of Black Empowerment* is about cultivating success in business and life, while also helping our friends, family and community succeed with us.

A boy celebrates all of the new things that he can do now that he is a little older. On board pages.

This fourth book in the empowerment series celebrates the feats of growing out of toddlerhood with courage and success. Whether it's petting a dog or waving good-bye to a parent, Krensky and Gillingham address the "small wins" of growing just a little bit braver. Young children and their parents will revel in the encouraging text and the vintage screen-print-style illustrations. Praise for *I Am So Brave* STARRED REVIEWS "Gillingham's distinctive graphics, with their weathered retro aesthetic, and consistent positive reinforcement throughout make this outing another winner." --Publishers Weekly, starred review "A comforting celebration of everyday courage with lots of charm to boot." --Kirkus Reviews, starred review "Cheery and empowering, this simple story should resonate with tots everywhere." --Booklist Award: NAPPA Honors Winner

Stand tall, believe in yourself, and stop apologizing for who you are with these simple, impactful lessons and exercises to empower yourself and become a stronger, more confident you! Feeling empowered to grow, be strong, and live your authentic life—one where you're respected but also respect yourself—is a goal we would all like to achieve. But you don't have to be a superhero to do it! Self-empowerment comes through practicing small exercises every day. In *Say Yes to Yourself* you'll learn to replace words, actions, and interior thoughts that leave you feeling weak and frustrated with positive substitutes to build strength, confidence, and purpose. You'll soon be on your way to a more empowered, positive, confident you—at home, at work, and in your relationships—getting what you want and need with respect and admiration.

Celebrates a toddler's growing comfort with such things as hearing loud noises and being left with a babysitter.

I Know a Lot! Abrams Appleseed

A New York Times Bestseller! Featured in Oprah Magazine's Holiday Gift Guide Recommended by Rachael Ray as the perfect holiday gift Featured in InStyle's Holiday Gift Guide Juno Valentine's favorite shoes don't light up. They don't have wheels. They are, to be perfectly honest, the tiniest bit boring. But they're still her favorite muddy-puddle-jumping, everyday-is-an-adventure shoes. One day, when they go missing, Juno discovers something amazing: a magical room filled with every kind of shoe she could possibly imagine! Juno embarks on an epic journey through time and space, stepping into the shoes of female icons from Frida Kahlo and Cleopatra to Lady Gaga and Serena Williams. Each pair of shoes Juno tries brings a brand new adventure—and a step towards understanding that her very own shoes might be the best shoes of all. Parents and children alike will adore Instagram superstar Eva Chen's precocious debut picture book *Juno Valentine and the Magical Shoes*—a story that's equal parts fashion fairy-tale and guide to girl power—and fall in love with the brilliantly spirited Juno Valentine. Praise for *Juno Valentine and the Magical Shoes*: "[A] fresh take on a fairy tale." —Forbes.com "Those who are 3, 13, or 30 can all enjoy the book." —Vogue.com "Not only does this book pay homage to

some of history's greatest women, it also gives them snaps for their fashion sense." —Romper

Unlock your inner potential with the enneagram. The enneagram, a personality assessment tool with sacred roots, offers an opportunity to improve your life and relationships through self-awareness and understanding of others. Based on nine core personality types, the enneagram reveals how your personality type and its associated traits can influence your relationships, work habits, and goals. With simple explanations and illustrations, Enneagram Empowerment gives you the tools to transform. Identify your enneagram type -Learn about the defining characteristics of each type -Find out how your personality traits can influence your daily habits and interactions -Discover how to embrace the strengths of your type and overcome your weaknesses -Improve your relationships by deepening your understanding of others

Do you want to empower your daughter and make her heart sparkle? Amazon's #1 best seller for children's ages 3-5 for 16 weeks straight. This children's story is about 5 years old Emma who likes sparkly things. But what happens when she can't use them anymore, is she going to lose her sparkle?

In What A Time To Be Alone, The Slumflower will be your life guru, confidante and best friend. She'll show you that being alone is not just okay: it's just about the best freaking thing that's ever happened to you. As she says, 'You're bad as hell and you were made with intention.' It's about time you realised. Peppered with insightful Igbo proverbs from Chidera's Nigerian mother and full of her own original artwork, What A Time To Be Alone will help you navigate the modern world. We can all decide our own fates and Chidera shows us how, using a three-part approach filled with sass, wisdom and charm. Learn how to celebrate YOU – decide your self-worth, take time to heal and empower yourself in this messy world. Don't worry about THEM – avoid other people's demons and realise that everyone is protecting themselves from something – no matter how aggressive their method. Feel the togetherness in US – sustain and grow healthy relationships and avoid toxicity in your friendships. Own your story. Create your own narrative. Read this book. #WATTBA

This book gives you an easy 30-day plan. Read one short chapter, then spend just 10 minutes a day practicing. But those 10 short minutes will add up to something big. Wherever you go, and regardless of whom you are with, you can become The Most Important Person in the Room. People will respect you more. (And you can actually help them more too, if you wish). It's the most practical program ever for empaths. But it's not only helpful for empaths. This book can make your life better if you are: A highly sensitive Person; Single and hating it; Co-dependent (or recovering from co-dependency); Leaving a difficult love relationship; Dealing with a narcissist or bully; Feeling vulnerable to psychic attack; At a stage in your life where you are trying to find yourself. Why? Problems like these can be related to your basic sense of self. And this is a book to strengthen your experience of who you really are. In this witty, fast-paced book, Rose Rosetree gives you the benefit of what she has learned over the past decade, teaching and giving personal sessions for empaths internationally.

Play the Rules is the self-help book for people who hate self-help books! Offering a colorful mix between the semi-autobiographical, humor and provocative genres and advocating a counter-intuitive approach to life, Play the Rules delivers on its promise by defining its own category. This is a modern success story-an antidote to conventional fairy tales! Standing by what I preach, this book provides the ultimate tips and tricks from a lawyer (myself-indeed defying the stereotype by example!) who got bored with playing by the book and decided to write one instead.

Through a no-nonsense, yet unfailingly humorous approach to our everyday messy lives, which are always full of surprises and where the only constant is indeed the unexpected, Play the Rules outlines 33 down-to-earth Rules aimed at challenging our most common stereotypes. Each novel turn (of page and of life) offers a unique chance to stop, rethink our next move and reinvent our own story. Each Rule and Charm directly calls upon the superhero/ine that each of us disguises: our true selves, awaiting to rise as our champions and take back control of our own lives. My ultimate goal? To reach those who are looking for inspiration to dare to live (not just think) outside the box, and to chase after their dreams! BIO: Dr. Monica Armillotta is a senior corporate lawyer, passionate writer and owner of a lively blog, daring you with a counterintuitive approach to life: Play.the.rules.club Born in Italy and currently living in Germany, her travels across Europe, Asia and the US offer unspoiled material for her first semi-autobiographical, highly whimsical and defiant book: Play the Rules. Challenging conventional stereotypes and humorously defining herself as a "writer at heart, challenger by nature, and lawyer by profession (and chance)," Monica has worked with major multinational companies as a senior legal advisor and negotiator.

Shares observations on topics ranging from ways to make money off a spouse, to fidelity, neuroses, sex, and death

The creator of "Grey's Anatomy" and "Scandal" details the one-year experiment with saying "yes" that transformed her life, revealing how accepting unexpected invitations she would have otherwise declined enabled powerful benefits.

When a young girl helps tend to her grandmother's garden, she begins to notice things that make her curious. Why does her grandmother have long, braided hair and beautifully coloured clothing? Why does she speak another language and spend so much time with her family? As she asks her grandmother about these things, she is told about life in a residential school a long time ago, where all of these things were taken away. When We Were Alone is a story about a difficult time in history, and, ultimately, one of empowerment and strength. Also available in a bilingual Swampy Cree/English edition. When We Were Alone won the 2017 Governor General's Literary Award in the Young People's Literature (Illustrated Books) category, and was nominated for the TD Canadian's Children's Literature Award.

What is it about the top tech product companies such as Amazon, Apple, Google, Netflix and Tesla that enables their record of consistent innovation? Most people think it's because these companies are somehow able to find and attract a level of talent that makes this innovation possible. But the real advantage these companies have is not so much who they hire, but rather how they enable their people to work together to solve hard problems and create extraordinary products. As legendary Silicon Valley coach--and coach to the founders of several of today's leading tech companies--Bill Campbell said, "Leadership is about recognizing that there's a greatness in everyone, and your job is to create an environment where that greatness can emerge." The goal of EMPOWERED is to provide you, as a leader of product management, product design, or engineering, with everything you'll need to create just such an environment. As partners at The Silicon Valley Product Group, Marty Cagan and Chris Jones have long worked to reveal the best practices of the most consistently innovative companies in the world. A natural companion to the bestseller INSPIRED, EMPOWERED tackles head-on the reason why most companies fail to truly leverage the potential of their people to innovate: product leadership. The

book covers: what it means to be an empowered product team, and how this is different from the “feature teams” used by most companies to build technology products recruiting and coaching the members of product teams, first to competence, and then to reach their potential creating an inspiring product vision along with an insights-driven product strategy translating that strategy into action by empowering teams with specific objectives—problems to solve—rather than features to build redefining the relationship of the product teams to the rest of the company detailing the changes necessary to effectively and successfully transform your organization to truly empowered product teams EMPOWERED puts decades of lessons learned from the best leaders of the top technology companies in your hand as a guide. It shows you how to become the leader your team and company needs to not only survive but thrive.

NEW YORK TIMES BESTSELLER “In her book, Melinda tells the stories of the inspiring people she’s met through her work all over the world, digs into the data, and powerfully illustrates issues that need our attention—from child marriage to gender inequity in the workplace.” — President Barack Obama “The Moment of Lift is an urgent call to courage. It changed how I think about myself, my family, my work, and what’s possible in the world. Melinda weaves together vulnerable, brave storytelling and compelling data to make this one of those rare books that you carry in your heart and mind long after the last page.” — Brené Brown, Ph.D., author of the New York Times #1 bestseller Dare to Lead “Melinda Gates has spent many years working with women around the world. This book is an urgent manifesto for an equal society where women are valued and recognized in all spheres of life. Most of all, it is a call for unity, inclusion and connection. We need this message more than ever.” — Malala Yousafzai “Melinda Gates's book is a lesson in listening. A powerful, poignant, and ultimately humble call to arms.” — Tara Westover, author of the New York Times #1 bestseller Educated A debut from Melinda Gates, a timely and necessary call to action for women's empowerment. “How can we summon a moment of lift for human beings – and especially for women? Because when you lift up women, you lift up humanity.” For the last twenty years, Melinda Gates has been on a mission to find solutions for people with the most urgent needs, wherever they live. Throughout this journey, one thing has become increasingly clear to her: If you want to lift a society up, you need to stop keeping women down. In this moving and compelling book, Melinda shares lessons she’s learned from the inspiring people she’s met during her work and travels around the world. As she writes in the introduction, “That is why I had to write this book—to share the stories of people who have given focus and urgency to my life. I want all of us to see ways we can lift women up where we live.” Melinda’s unforgettable narrative is backed by startling data as she presents the issues that most need our attention—from child marriage to lack of access to contraceptives to gender inequity in the workplace. And, for the first time, she writes about her personal life and the road to equality in her own marriage. Throughout, she shows how there has never been more opportunity to change the world—and ourselves. Writing with emotion, candor, and grace, she introduces us to remarkable women and shows the power of connecting with one another. When we lift others up, they lift us up, too.

A beautifully illustrated collection of Gloria Steinem’s most inspirational and outrageous quotes, with an introduction and essays by the feminist activist herself “A fearless book full of passion, resolute perspective, and unbiased hope for the future.”—Janelle Monáe For decades—and especially now, in these times of crisis—people around the world have found guidance, humor, and unity in Gloria Steinem’s gift for creating quotes that offer hope and inspire action. From her early days as a journalist and feminist activist, Steinem’s words have helped generations to empower themselves and work together. Covering topics from relationships (“Many are looking for the right person. Too few are trying to be the right person.”) to the patriarchy (“Men are liked better when they win. Women are liked better when they lose. This is how the patriarchy is enforced every day.”) and activism (“Revolutions, like trees, grow from the bottom up.”), this is the definitive collection of Steinem’s words on what matters most. Steinem sees quotes as “the poetry of everyday life,” so she also has included a few favorites from friends, including bell hooks, Flo Kennedy, and Michelle Obama, in this book that will make you want to laugh, march, and create some quotes of your own. In fact, at the end of the book, there’s a special space for readers to add their own quotes and others they’ve found inspiring. The Truth Will Set You Free, But First It Will Piss You Off! is both timeless and timely. It is a gift of hope from Steinem to readers, and a book to share with friends.

"Required reading for every woman who longs to step into her power and live with pleasure and purpose." — Kris Carr, New York Times best-selling author Author, educator, and School of Womanly Arts founder Regena Thomashauer has been working with women for the past 25 years, and what began as just a few women in her living room has since grown into a global movement with thousands of graduates worldwide. In her New York Times bestseller Pussy: A Reclamation, she reveals what no one taught you about the source of your feminine power and how to use it. This power is the part of a woman that she has been taught to ignore, push down, and despise. Indeed, the word that most viscerally sums it up is "arguably the most powerful pejorative word in the English language." Like any expletive used effectively, the title of this book is meant to be a wake-up call. It is a reclamation, in a world that desperately requires the feminine. Readers learn the secret ingredient every woman is missing; how to crack the confidence code; why sex appeal is an inside job; what’s ahead on the next frontier of feminism—and how they can help make it happen; and much more. By turns earthy and erudite, passionately argued and laugh-out-loud funny, Pussy delivers the tools and practices a woman requires to do and be whatever she wants in this life. It’s a call for her to tune in, turn on, and not drop out—but live more richly, fully, and lusciously than she ever thought she could.

National bestseller 2017 National Book Critics Circle (NBCC) Finalist ABA Indies Introduce Winter / Spring 2017 Selection Barnes & Noble Discover Great New Writers Spring 2017 Selection ALA 2018 Notable Books Selection An intimate and poignant graphic novel portraying one family’s journey from war-torn Vietnam, from debut author Thi Bui. This beautifully illustrated and emotional story is an evocative memoir about the search for a better future and a longing for the past. Exploring the anguish of immigration and the lasting effects that displacement has on a child and her family, Bui documents the story of her family’s daring escape after the fall of South Vietnam in the 1970s, and the difficulties they faced building new lives for themselves. At the heart of Bui’s story is a universal struggle: While adjusting to life as a first-time mother, she ultimately discovers what it means to be a parent—the endless sacrifices, the unnoticed gestures, and the depths of unspoken love. Despite how impossible it seems to take on the simultaneous roles of both parent and child, Bui pushes through. With haunting, poetic writing and breathtaking art, she examines the strength of family, the importance of identity, and the meaning of home. In what Pulitzer Prize–winning novelist Viet Thanh Nguyen calls “a book to break your heart and heal it,” The Best We Could Do brings to life Thi Bui’s journey of understanding, and provides inspiration to all of those who search for a better future while longing for a simpler past.

What would happen if women suddenly possessed a fierce new power? "The Power is our era's *The Handmaid's Tale*." --Ron Charles, *Washington Post* **WINNER OF THE BAILEYS WOMEN'S PRIZE FOR FICTION** One of the *New York Times*'s Ten Best Books of the Year One of President Obama's favorite reads of the Year A *Los Angeles Times* Best Book of the Year One of the *Washington Post*'s Ten Best Books of the Year An NPR Best Book of the Year One of *Entertainment Weekly*'s Ten Best Books of the Year A *San Francisco Chronicle* Best Book of the Year A *Bustle* Best Book of the Year A *Paste Magazine* Best Novel of the Year A *New York Times* Book Review Editors' Choice An Amazon Best Book of the Year "Alderman's writing is beautiful, and her intelligence seems almost limitless. She also has a pitch-dark sense of humor that she wields perfectly." --Michael Schaub, NPR In *THE POWER*, the world is a recognizable place: there's a rich Nigerian boy who lounges around the family pool; a foster kid whose religious parents hide their true nature; an ambitious American politician; a tough London girl from a tricky family. But then a vital new force takes root and flourishes, causing their lives to converge with devastating effect. Teenage girls now have immense physical power--they can cause agonizing pain and even death. And, with this small twist of nature, the world drastically resets. From award-winning author Naomi Alderman, *THE POWER* is speculative fiction at its most ambitious and provocative, at once taking us on a thrilling journey to an alternate reality, and exposing our own world in bold and surprising ways.

The Newbery Honor Award Winner and *New York Times* bestseller *Roller Girl* is a heartwarming graphic novel about friendship and surviving junior high through the power of roller derby—perfect for fans of Raina Telgemeier's *Smile!* For most of her twelve years, Astrid has done everything with her best friend Nicole. But after Astrid falls in love with roller derby and signs up for derby camp, Nicole decides to go to dance camp instead. And so begins the most difficult summer of Astrid's life as she struggles to keep up with the older girls at camp, hang on to the friend she feels slipping away, and cautiously embark on a new friendship. As the end of summer nears and her first roller derby bout (and junior high!) draws closer, Astrid realizes that maybe she is strong enough to handle the bout, a lost friendship, and middle school... in short, strong enough to be a roller girl. In this graphic novel debut that earned a Newbery Honor and five starred reviews, real-life derby girl Victoria Jamieson has created an inspiring coming-of-age story about friendship, perseverance, and girl power!

Celebrates a toddler's increasing knowledge of the world, such as that rocks are heavy and flowers are light.

A young girl shares the things she can do herself, from picking out her clothes and blowing her nose to finding a snack and reaching a high shelf. On board pages.

"A narrative about a notorious killing that took place in Northern Ireland during The Troubles and its devastating repercussions to this day"--

A handbook for the self--a compassionate, honest, and personal guide to empowering yourself, and others, for a safer and more inclusive world. *BEING A TEENAGER* can be a beautiful time in your life. But it can also be one filled with self-doubt, worries, and complicated relationships. Focusing on school and activities, friendship and family, feeling comfortable in your body, knowing and celebrating who you are in this world--it's hard to do all at once. Sometimes it may feel as though you're not doing it right, or that you don't know how to do it. Sometimes you may feel alone, and like you don't fit in--because you don't look like other people, or because you're not the "right" size or shape or skin color. It's tough to feel like you belong when so many things, like social media and the internet, are telling you that you don't.

Girlvana will inspire you to connect with your body, mind, and community to become the best possible version of yourself. Using the ancient teachings of yoga and the foundations of meditation and breathwork, this book will teach you to explore yourself from the outside in--to honor your body, to invite and accept your feelings, to work through tough conversations and negative thoughts--to develop self-acceptance and self-love. Along the way, you'll also discover the power of finding and using your voice so you can become a better friend and ally; so you can speak out and fight against injustices and inequities; so you can use your privilege for good; and so you can, ultimately, demand change for a brighter world. Featuring yoga flows and meditations, and including breathing exercises and journaling prompts, *Girlvana* is the essential guide for any self-identified young woman in today's world.

Children and parents alike will delight in this joyous declaration of toddler independence. This book celebrates the feats of growing out of babyhood and starting to embrace the world on your own terms.

Whether it's being tall enough to reach a high shelf or brave enough to splash in the waves, Krensky and Gillingham address the small victories that come with growing just a little bit older. Energetic text and retro-fresh illustrations celebrate this important developmental stage with charm and relevance. Note: illustrations are in the style of vintage screen prints, with imperfect variations in color and texture.

Praise for *I Can Do It Myself* "Short and satisfying, these 'empowering celebrations' of burgeoning independence will encourage small children to see how far they've already come." —*The Wall Street Journal* "Krensky celebrates the increasing independence of toddlers and their pride of accomplishment." —*The Horn Book Awards* *The Canadian Children's Book Centre's Best Books for Kids & Teens - Spring 2013* Toronto Public Library system's "First & Best" Reading Program

An NPR Best Book of 2018! Some people can do their homework. Some people get to have crushes on boys. Some people have other things they've got to do. Seventh-grader Zoey has her hands full as she takes care of her much younger siblings after school every day while her mom works her shift at the pizza parlor. Not that her mom seems to appreciate it. At least there's Lenny, her mom's boyfriend—they all get to live in his nice, clean trailer. At school, Zoey tries to stay under the radar. Her only friend Fuchsia has her own issues, and since they're in an entirely different world than the rich kids, it's best if no one notices them. Zoey thinks how much easier everything would be if she were an octopus: eight arms to do eight things at once. Incredible camouflage ability and steady, unblinking vision. Powerful protective defenses. Unfortunately, she's not totally invisible, and one of her teachers forces her to join the debate club. Even though Zoey resists participating, debate ultimately leads her to see things in a new way: her mom's relationship with Lenny, Fuchsia's situation, and her own place in this town of people who think they're better than her. Can Zoey find the courage to speak up, even if it means risking the most stable home she's ever had? This moving debut novel explores the cultural divides around class and the gun debate through the eyes of one girl, living on the edges of society, trying to find her way forward. This heartwarming story reminds us how satisfying it is to grow up surrounded by love. *I Can Do It Too!* affirms a little girl's growing independence as she, too, can begin to do all the things she sees her parents, relatives and neighbors do: pouring juice at breakfast, strumming a guitar, and even riding a bike! The simple cadence of text and direct-to-the-heart art result in a book as warm and generous as its message, providing reading pleasure for toddlers, older siblings, and the grown-ups who love them.

Powerful Chakra Tools to Help You Heal, Achieve Balance, and Awaken to Your Greatness Learn to move past trauma, find strength, and thrive with twelve chakra tools that are based on the feminine energy body and life phases. These tools focus on challenges that women often face in owning our power, balancing work and family, and maintaining physical and emotional health. Featuring an eight-page, full-color insert with clarifying chakra figures, this essential guide presents a no-nonsense, easy-to-use approach to the chakras that helps you manifest your highest potential. Each chapter focuses on a new chakra tool, helping you explore how to use it within your daily life for long-term growth, overcoming blocks, healing sexual trauma, and more. *Chakra Empowerment for Women* supports your journey in practical ways as you recover the energy of your empowered self. Includes a foreword by bestselling author Cyndi Dale.

The classic manifesto of the liberated woman, this book explores every facet of a woman's life.

Many so-called experts have counted this generation of teens out. They believe yours is a lost and hopeless generation. Opportunities to join gangs, sell drugs, waste time and talent and make other crippling decisions are all around you. No, it is not easy being a teenager in America today. You want to be independent, yet you feel confined by your parents' rules. You attend school but have no idea how this will really help you later in life. Friends, dating, earning money, and choosing a future career may be important to you right now, but you don't know where to begin. Here's the good news: You are about to learn simple yet powerful ideas that will teach you how to take control of your life regardless of what your circumstances are. You can make it around all the traps and live a successful life if you have the right blueprint. This book provides such a blueprint. If you understand and apply the principles and strategies I outline, you are virtually guaranteed to gain respect, success, and power in all the right ways. If you take this information seriously, it can help you make sense of yourself and the world around you. This book will teach you: -The importance of loving yourself -How to develop self-confidence -How to prepare yourself right now for the future -How to make good decisions -How to choose friends -How to manage your time -The importance of aiming for excellence -How to avoid major traps in life To encourage cooperation between you and your parents, this book contains two parts. Part I has ten chapters for you. Part II has five chapters designed to arm your parents with information to help you reach your highest potential.

#1 NEW YORK TIMES BESTSELLER • Over two million copies sold! “Packed with incredible insight about what it means to be a woman today.”—Reese Witherspoon (Reese’s Book Club Pick) In her most revealing and powerful memoir yet, the activist, speaker, bestselling author, and “patron saint of female empowerment” (People) explores the joy and peace we discover when we stop striving to meet others’ expectations and start trusting the voice deep within us. **NAMED ONE OF THE BEST BOOKS OF THE YEAR BY O: The Oprah Magazine • The Washington Post • Cosmopolitan • Marie Claire • Bloomberg • Parade •** “Untamed will liberate women—emotionally, spiritually, and physically. It is phenomenal.”—Elizabeth Gilbert, author of *City of Girls* and *Eat Pray Love* This is how you find yourself. There is a voice of longing inside each woman. We strive so mightily to be good: good partners, daughters, mothers, employees, and friends. We hope all this striving will make us feel alive. Instead, it leaves us feeling weary, stuck, overwhelmed, and underwhelmed. We look at our lives and wonder: Wasn’t it all supposed to be more beautiful than this? We quickly silence that question, telling ourselves to be grateful, hiding our discontent—even from ourselves. For many years, Glennon Doyle denied her own discontent. Then, while speaking at a conference, she looked at a woman across the room and fell instantly in love. Three words flooded her mind: *There She Is*. At first, Glennon assumed these words came to her from on high. But she soon realized they had come to her from within. This was her own voice—the one she had buried beneath decades of numbing addictions, cultural conditioning, and institutional allegiances. This was the voice of the girl she had been before the world told her who to be. Glennon decided to quit abandoning herself and to instead abandon the world’s expectations of her. She quit being good so she could be free. She quit pleasing and started living. Soulful and uproarious, forceful and tender, *Untamed* is both an intimate memoir and a galvanizing wake-up call. It is the story of how one woman learned that a responsible mother is not one who slowly dies for her children, but one who shows them how to fully live. It is the story of navigating divorce, forming a new blended family, and discovering that the brokenness or wholeness of a family depends not on its structure but on each member’s ability to bring her full self to the table. And it is the story of how each of us can begin to trust ourselves enough to set boundaries, make peace with our bodies, honor our anger and heartbreak, and unleash our truest, wildest instincts so that we become women who can finally look at ourselves and say: *There She Is*. *Untamed* shows us how to be brave. As Glennon insists: The braver we are, the luckier we get.

A radically inclusive, intersectional, and transnational approach to the fight for women’s rights. Upper-middle-class white women have long been heralded as “experts” on feminism. They have presided over multinational feminist organizations and written much of what we consider the feminist canon, espousing sexual liberation and satisfaction, LGBTQ inclusion, and racial solidarity, all while branding the language of the movement itself in whiteness and speaking over Black and Brown women in an effort to uphold privilege and perceived cultural superiority. An American Muslim woman, attorney, and political philosopher, Rafia Zakaria champions a reconstruction of feminism in *Against White Feminism*, centering women of color in this transformative overview and counter-manifesto to white feminism’s global, long-standing affinity with colonial, patriarchal, and white supremacist ideals. Covering such ground as the legacy of the British feminist imperialist savior complex and “the colonial thesis that all reform comes from the West” to the condescension of the white feminist-led “aid industrial complex” and the conflation of sexual liberation as the “sum total of empowerment,” Zakaria follows in the tradition of intersectional feminist forebears Kimberlé Crenshaw, Adrienne Rich, and Audre Lorde. Zakaria ultimately refutes and reimagines the apolitical aspirations of white feminist empowerment in this staggering, radical critique, with Black and Brown feminist thought at the forefront.

From GQ columnist and Twitter sensation, this hilarious, clever, and eye-opening memoir-in-essays explores the ins and outs of modern womanhood--from finding feminism, the power of pop culture, and how to navigate life's constant double standards--perfect for fans of *Shrill* and *PEN15*. Like so many women, Benoit spent her formative years struggling to do the "right" thing--to make others comfortable, to take minimal and calculated risks, to live up to society's expectations--only to realize that there was so little payoff to this tiresome balancing act. Now, in *Well, This Is Exhausting*, she shares her journey from aspiring good girl to proud feminist, and addresses the constantly shifting goalposts of what exactly it means to be "good" in today's world. Including topics as varied and laugh-out-loud funny as how to be the life of the party (even when you have crippling anxiety), navigating the disappointments of the dating world, and why no one should judge you for having an encyclopedic knowledge of reality TV stars, these essays are sure to move, motivate, and charm you.

An empowering celebration of learning how to share and a new addition to the bestselling series! I kept snacks to myself. Now I give some away. Once I hogged the whole swing. Now I let others play. This fifth book in the Empowerment series celebrates learning how to share. With relevant and charming specifics, Stephen Krensky and Sara Gillingham address the joy we feel from giving back. Young children and their parents will revel in the encouraging text and retro-fresh illustrations.

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