

Nobody Told Me Poetry And Parenthood

"Hollie McNish is breaking boundaries and showing that poetry has a place and a role in the 21st century." —James McMahon, CBS Tennessee Celebrate the ride—its joy, its labor, its freedom. In our world of fossil fuel dependence, insisting on the value and beauty of riding a bicycle is a subversive and necessary act. And, as any rider will tell you, the act is fun! Why I Ride is an ode to the experience of the rider that was collaboratively produced by the award winning lead poets of the UK arts collective, Page to Performance, and the Cambridge kids who participated in their summer 2013 workshops. Each stanza of the poem receives its own page spread and is accompanied by a bicycle-themed photo in either vibrant color or classic black and white. A video of Hollie McNish reading the poem over footage of Cambridge kids enjoying the ride is also available on YouTube. The book is a multimedia feast based around verse that any reader will find accessible and to which any rider will relate. A percentage of all profits from sales of the book will be donated to 350.org. Why I Ride is a book for your body as much as your mind—it eggs on the muscles, evokes the wind in your hair. "Why do you ride?/ And if you could but you don't/ Why not?" — HOLLIE is a UK poet who has released two poetry albums and one first written collection, Papers. She was 2009 UK poetry Slam Champion, coming 3rd in the World Poetry Slam Finals, behind the US and Canada, She has had over 2 million hits on youtube and was the first poet ever to record and perform at Abbey Road Studios, London. She was the 2013 Slambassadors judge, the UK's biggest youth poetry slam and has been running spoken word workshops for over 5 years. INJA is a professional emcee who has been leading lyric writing and recording workshops with young people, including N.E.E.T and hard to reach, for over 10 years. He works with hiphop, drum n bass, dubstep and grime and has toured all over the UK Europe and as far as China, Brazil and Colombia. He is the current host of the UK and World DMC's, the worlds biggest Dj-ing Championships.

"In Case Nobody Told You" contains over one hundred insightful passages filled with wisdom and encouragement. The topics range from career to relationships and include important life lessons that often take us decades to learn. It also offers gentle and soothing words to comfort readers who might be going through a difficult transitional phase in their lives. The book includes a page for your personal message, making it the perfect gift for a loved one graduating college, changing jobs, experiencing personal growth, or starting a new phase of life. Show them you care about their self-development with this little book of big guidance.

WHY DID NOBODY TELL ME... ... that the gurus don't always know best ... that you don't have to 'get your figure back' six weeks after birth ... that you don't need to worry about the other parents at the school gates ... that it's okay to let them eat dirt ... that you don't have to have a naughty step And most importantly ... that you should never buy a guinea pig? Drawn from the message boards of mumsnet.com and based on the assumption that if thousands of parents have found a piece of advice to be helpful then you can be pretty sure it's worth knowing, this book shapes that collective wisdom into dozens of dos and don'ts that will lead you through the minefield that is twenty-first-century parenting. There are plenty of self-improvement books out there—books that claim they can change your life. Yet, what makes us better human beings are stories and real-life observations, which can help us get ahead in our careers and, in turn, enrich our lives. In How Come No One Told Me That?, bestselling author Prakash Iyer shares the stories and observations that have made an immense impact on his life. The book is divided into ten sections, exploring life lessons, ways of improving oneself, leadership and the importance of doing small things right, among other subjects. Through powerful anecdotes and charming essays, followed by practical, actionable advice, this book will help you make those minor adjustments to your professional and personal lives that can truly make you unstoppable.

'She writes with honesty, conviction, humour and love. She points out the absurdities we've grown too used to and lets us see the world with fresh eyes.' Kate TempestHollie McNish, winner of the Ted Hughes Award for Poetry, has thrilled and entranced audiences the length and breadth of the UK with her compelling and powerful performances. Plum, her debut for Picador Poetry, is a wise, sometimes rude and piercingly candid account of her memories from childhood to attempted adulthood. This is a book about growing up, about flesh, fruit, friendships, work and play - and the urgent need to find a voice for the poems that will somehow do the whole glorious riot of it justice. Throughout Plum, McNish allows her recent poems to be interrupted by earlier writing from her younger selves - voices that speak out from the past with disarming and often very funny results. Plum is a celebration, a salute to a life in which we are always growing, stumbling, falling, changing and discovering new selves to add to our own messy store. It will leave the reader in no doubt as to why McNish is considered one of the most important poets of the new generation.

Our lives are spent watching the clock. We go to sleep by it. Wake up to it. Rely on it. Race it. It's easy to forget that we're only given so much. We ignore it because we're convinced we'll always have more. I am proof that we aren't promised anything. The clock owes us nothing. I know this because not only was Time my name, I wasn't given enough of it. Sure I had challenges but I vowed to make the most of it, of my young life. My limitations wouldn't hold me back. Time was on my side. Then I was told otherwise. Now the clock was working against me. I would face this disease alone. Then he walked in and changed everything. He gave me a reason to fight. He helped me prepare. Like others before me, when time slowed I wasn't ready. I begged for more. But the clock, it stopped for no one. On the day my world went black, I refused to take him with me. Only he didn't listen. I was a doctor. A bringer of bad news. I read the chart. She was fucked. My hands, they were tied. I was a doctor who could not heal what was beyond that door. I had no hope to offer her. But I wanted this over with. The sooner the better. I walked in, looked up and saw color. Not one. All of them. They surrounded her. She was a patient. You did not cross that line. I would not cross that line. I should have kept my eyes closed. Life was easier when you didn't see. But they were open now. They saw her. They saw everything. Suddenly invisible

lines ceased to matter. For me, Time mattered. How far would you go to make sure the one you loved had enough of it? Would you challenge the clock? Help them prepare? Could you watch them suffer? Could you accept a life without them in it? Or, would you follow them into the darkness? I did. This is our story.

A colorful celebration of life! - "Let it bloom.. and see what joys may come". Joyful welcome or fond farewell.. sweet declaration or deep dedication. The rose has a way of uplifting the spirit and touching the heart. Remember the rosebush in the yard, the rosebuds at dawn.. the full blooms in the bouquet.. the petals on the pathway.. The many radiant colors from pure white to deep red, radiate with love and friendship, making magical connections that last forever.

In high school, everyone's talking about college. What to do. Where to go. Why it's important. Classes are given on it. Books are written about it. But details get left out. Every year, college graduates learn this the hard way as they step into adulthood. I was one of them. After earning a four-year degree, I went through two of the worst years of my life. Not that my situation is unique. I am a part of a generation that was told to go to college first and sort out the details later. Most of us did. We chased the promise of a big shiny future, and we ended up being chased by the mistakes of our past. That's not to say we completely regretted going. This book isn't a list of privileged millennial complaints. It's a collection of wisdom gained in less than pleasant ways. It's a story of hardship, failure, victory, and perseverance. It's all of the things we wish someone had told us. And it takes place before college, in college, after college, and without college. This is the wild, painful, awkward, hilarious, depressing, & beautiful journey from youth to maturity. This is the college book that no one ever gave us.

"Flicker is a memoir in verse of a life well lived. Lynn Hansen rightly names the collection for her favorite bird, and for the flickers, or moments, of happenings caught in words, illustrating phases and interests of a lifetime. She carries us through childhood's joys of "forest humus, thick moss / and a bouquet of wild orchids" and woes, "the word move was profane because it frees the rat of anxiety that gnaws on the tight knot in my gut." She rejoices when she declares, "When I retire I'm going to write poetry." Then for a decade or more, that's precisely what she has done. Lynn was determined to be a scientist in a time it was regarded as impossible for women; her thirty-three-year career of teaching biological sciences at the college level has proven her right. Her keen naturalist's eye, her awareness and love of all life on this planet, and beyond, show in her poems. She even celebrates the lowly zucchini and rutabaga, though she does sigh toward the end of summer, "Zucchini manna again?" These observations are woven into the sum of time, the treasure of relationships, "just as our lives gathered out of jumble, then cemented with a matrix of mutual respect." Lynn's lone robin "lifts his bugle beak to call up morning," and so lifts us all." -Patricia Wellingham-Jones, Los Molinos, California "This collection by Lynn M. Hansen is an excellent read. While each poem is intensely personal, moving from childhood experiences to motherhood to traveling the world to growing older, Hansen generously takes us along on all her journeys, creating poems that welcome all comers. Her close observations of the natural world, of lands both distant and close to home, create a landscape at once scientifically clear and poetically imagined, and her poems about growing up and getting older and the joys and losses that come with those parts of our lives, will make readers laugh and cry, sometimes all at once. In reading this book, I grew to even more deeply appreciate our world, our Great Central Valley, and Lynn Hansen's poetry, and I suspect the same will be true for all who read this celebratory work." -Gillian Wegener, Poet Laureate of Modesto, California. "Lynn Hansen's gorgeous book of poems is a testament to a writer who loves life and fully embraces living every day. It's rare that a trained scientist will turn to poetry to reflect on the natural world and even rarer that those written poems would be this wonderfully lucid, evocative, and heartfelt. Filled with keen-eyed wonder and amusement, these poems will teach readers about life and how to live." -Sam Pierstorff, Editor, Quercus Review Press

A reassuring, no-nonsense guide to caring for your body before, during and after giving birth. For too long, women have been told that debilitating conditions following pregnancy are normal, to be expected, and something to just put up with. Emma Brockwell is on a mission to change this. Having been through two difficult pregnancies herself, Emma combines her expertise as a specialist women's health physiotherapist with personal experience to create a warm, honest, informative and essential handbook to help pregnant women and new mums take control and care for their changing bodies. Find out how to: -Protect your pelvic floor -Heal effectively from birth – both vaginal deliveries and caesarean sections -Tackle common - and TREATABLE - post-birth problems -Exercise safely after birth Every woman has the right to be informed and this empowering guide gives you all the tools you need to look after your amazing body throughout motherhood.

Nobody Told Me is the long awaited autobiography by Jim McCarty, a founding and current member of Rock and Roll Hall of Fame inductees The Yardbirds, a founder member of Renaissance, Together and Box of Frogs, and an internationally respected songwriter. Open, honest, modest and affecting, Jim looks back on his long and remarkable career with both a keen eye for detail and his trademark sense of humour. From the birth of the British R&B boom to the latest incarnation of his much beloved band, Jim tells of his life on and off stage, alongside some of the most legendary musicians in rock history - including Eric Clapton, Jeff Beck and Jimmy Page (who also contributed the book's introduction). From the Yardbirds, the story unfolds across Together, Renaissance and Illusion, collaborations with the Pretty Things and the British Invasion All Stars, Box of Frogs, Stairway and more.

Featured in multiple "must-read" lists, No One Tells You This is "sharp, intimate...A funny, frank, and fearless memoir...and a refreshing view of the possibilities—and pitfalls—personal freedom can offer modern women" (Kirkus Reviews). If the story doesn't end with marriage or a child, what then? This question plagued Glynnis MacNicol on the eve of her fortieth birthday. Despite a successful career as a writer, and an exciting life in New York City, Glynnis was constantly reminded she had neither of the things the world expected of a woman her age: a partner or a baby. She knew she was supposed to feel bad about this. After all, single women and those without children are often seen as objects of pity or indulgent spoiled creatures who think only of themselves. Glynnis refused to be cast into either of those roles, and yet the question remained: What now? There was no good blueprint for how to be a woman alone in the world. It was time to create one. Over the course of her fortieth year, which this "beguiling" (The Washington Post) memoir chronicles, Glynnis embarks on a revealing journey of self-discovery that continually contradicts everything she'd been led to expect. Through the trials of family illness and turmoil, and the thrills of far-flung travel and adventures with men, young and old (and sometimes wearing cowboy hats), she wrestles with her biggest hopes and fears about love, death, sex, friendship, and loneliness. In doing so, she discovers that holding the power to determine her own

fate requires a resilience and courage that no one talks about, and is more rewarding than anyone imagines. “Amid the raft of motherhood memoirs out this summer, it’s refreshing to read a book unapologetically dedicated to the fulfillment of single life” (Vogue). No One Tells You This is an “honest” (Huffington Post) reckoning with modern womanhood and “a perfect balance between edgy and poignant” (People)—an exhilarating journey that will resonate with anyone determined to live by their own rules.

Pre-order your copy of *Why Has Nobody Told Me This Before?* today! Drawing on years of experience as a clinical psychologist, online sensation Dr Julie Smith shares all the skills you need to get through life's ups and downs. Filled with secrets from a therapist's toolkit, this is a must-have handbook for optimising your mental health. Dr Julie's simple but expert advice and powerful coping techniques will help you stay resilient no matter what life throws your way. Written in short, bite-sized entries, you can turn straight to the section you need depending on the challenge you're facing - and immediately find the appropriate tools to help. From managing anxiety, dealing with criticism or battling low mood, to building self-confidence, finding motivation or learning to forgive yourself, this book tackles the everyday issues that affect us all and offers easy, practical solutions that might just change your life.

A collection of the author's greatest poetry--from the wistful to the unsettling, the wonders of nature to the foibles of human nature--is an ideal introduction for first-time readers. Original. My Overdue Book: Too many stories not to tell: spells out the varied episodes in the life of a man who spent decades working in Hollywood. He began as a little boy in Cincinnati impressed early on by the broadcasting magic of radio and then TV in the middle of twentieth century America. His drive to get into broadcasting culminates in an early success that gets interrupted by an unexpected sidebar in The US Army and a subsequent tour as an Infantryman in Vietnam in the late 1960's. His yearlong excursion in "Fun City East," with its repeated life and death experiences, had lifelong effects on this soldier-of-media. Following his wanderings through the jungles of Vietnam, Bright's interactions with many of America's top public figures throughout his decades in radio and television come to life with intriguing stories that are personal, professional, positive and negative. It's life without a filter! Readers across generations will share and co-experience numerous real life feelings and emotions with writer Bright as his winding trail of life opens in front of them. book endorsement for peter bright; i always thought that peter bright and i had many things in common; we both grew up in ohio, we both had careers in the live event and variety side of television, and the few times we had times to talk i thought we shared a mutual philosophy toward the ups and downs of life. but it wasn't until i read his "overdue" book that i realized just what a rich and storied life peter has had and how much more deeply he had experienced the highs and lows, particularly during his years in the military, than i ever could have imagined. it really amazes me just how little we know about people we think we know, and just how much more we appreciate who they are when we are fortunate enough to have that background filled in by someone as articulate and able to express both facts and feelings as peter has in this book. when i started to read it, i thought all of those common events that we shared would be an interesting parallel track to my life and as such i would have a great frame of reference, but as i read on, i realized just what an amazing story peter has to tell and just how well he tells it. ken ehrlich, executive producer, the grammy awards

The elegance of Elizabeth Anne Jones' poems can be found in such lines as: "One feels beauty, and knows/ when one is near a rose--/ but wind moves petals/ and tugs at leaves in a trembling tree./ It moves me." Or in her poem about old goats: "their small hooves tapping/ spritely songs of clippy-clapping." There are many voices in her poetry like the village women of Punjab who "sit/ kerchiefs of faded scraps/ tied across their lower faces/ to ward off evil germs--" And finally, in her poem, "The Dark," she writes: "A lute sings softly/ where I live/ a table, some fruit, a chair." She invites us into her poems. "Please come inside." Her poems have been published in various periodicals, books of poetry, and orally on audio CD's. They have also won many prizes. She became a serious poet in 1978 while she was working on her Masters Degree in poetry, at the University of Hawaii, where she studied under such well-known poets as James Wright who won a Pulitzer Prize for his *Collected Works*, and John Logan. She felt privileged to have had a course in research with Leon Edel, whose biography of Henry James won him a Pulitzer Prize. (He told us that if we ever published a book, to mention him, because it would give the book more clout.) Then, there was Elizabeth McCutcheon, a gifted teacher, whose courses in early 17th century poetry were inspired, and inspiring. We never got done reading her handouts. It was a wonderful climate for poets. And as a gardener, Anne would say that the potting soil was of the highest order.

There were many things that Hollie McNish didn't know before she was pregnant. How her family and friends would react; that Mr Whippy would be off the menu; how quickly ice can melt on a stomach. These were on top of the many other things she didn't know about babies: how to stand while holding one; how to do a poetry gig with your baby as a member of the audience; how drum'n'bass can make a great lullaby. And that's before you even start on toddlers. How to answer a question like 'is the world a jigsaw?'; dealing with a ten-hour train ride together; and how children can be caregivers too. But Hollie learned. And she's still learning, slowly. *Nobody Told Me* is a collection of poems and stories taken from Hollie's diaries, one person's thoughts on raising a child in modern Britain, of trying to become a parent in modern Britain, of sex, commercialism, feeding, gender and of finding secret places to scream once in a while.

A NYLON Best Book of the Month “Rachel Long has miraculous command of the line, in all its trickery and grace and gasps, showcasing a truly refreshing voice with observant, deeply felt insight.” —Morgan Parker, author of *Magical Negro* Named a Best Poetry Book of 2020 by The Guardian Shortlisted for the Rathbones Folio Prize, the Costa Poetry Award, and the Forward Prize for Best First Collection Each poem in Rachel Long’s award-winning *My Darling* from the Lions has a vivid story to tell—of family quirks, the perils of dating, the grip of religion, or sexual awakening—stories that are, by turn, emotionally insightful, politically conscious, wise, funny, and outrageous. Told in three sections, it’s a book about growing up, falling in love with not-great men, and girlhood; a collection that speaks to femininity, divinity, familial shame, Black identity, and modern culture. Long reveals herself as a razor-sharp and original voice on the issues of sexual politics and cultural inheritance that polarize our current moment. With a fresh commitment to the power of the individual poem, her collection offers immediate, wide-awake poetry that entertains royally, without sacrificing a note of its urgency or remarkable skill. *My Darling* from the Lions marks the arrival of a thrilling new voice and presence in poetry.

Hollie McNish's poetry moves with the rhythms, the excitements and disappointments of contemporary life. Deeply committed to the idea of language as a tool of self-expression

and communication, her poems are accessible but crackling with a passion and wit all her own.

In the follow-up to her bestselling memoir, *Dreamtime Alice*, Mandy Sayer tells the story of the ten years she and Yusef Komunyakaa spent together, first as lovers, then as husband and wife.

Lark isn't your normal princess. She's the princess of Myrinor, an influential kingdom with a rich history. Along with that title come great responsibilities, such as learning swordplay, trying her best to be the perfect role model, and most importantly, hiding her deepest secret. As days go by, she discovers that her best friend, Julian, is not what he seems. An ancient curse resurfaces from the past and drags them both into the heart of a forgotten kingdom. The fates of both kingdoms rest in their hands. The quest begins to end it all.

Book Excerpt: ...I."But might not Three Bears make up a war party and go forth to seek her? "Alas! that may not be," Timid Hare told herself. "My dear father would himself meet death at the hands of these cruel warriors."The rent in the curtain was nearly sewed up when Black Bull stole into the lodge. He wanted to talk to the little stranger with eyes sad like his own, and he did not wish his mother to know it. Behind Black Bull came his dog, wolfish-looking like most of his breed, but as Black Bull squatted in his corner, the animal crouched close at his master's side as though he loved him. "Poor fellow, he has a pet to follow him about just as I had at home," thought Timid Hare. "Perhaps by-and-by the dog may learn to love me too." There was a big lump in the little girl's throat, and she coughed as she tried to choke it back. "Hard work," said Black Bull as he watched her pulling the coarse thread through the buffalo skin and trying not to tear it. "Hard work," he repeated. "Too bad." Timid Hare...

Gritty and hard hitting, this is thoughtful teen fiction at its finest. Seventeen-year-old Tyler is the popular boy in high school after years of being "the geek". But then Bethany - rich, blonde, beautiful - is the victim in a teenage sex scandal, and somehow Tyler is the prime suspect. Can Tyler find a way out of the mess he's in?

Fifty-four monologues and dialogues, a remarkable distillation of rhythms and nuances from the region of the heart.

The new collection of poetry and prose from the Ted Hughes Award-winning author of *Nobody Told Me*. From Finnish saunas and soppy otters to grief, grandparents and Kellogg's anti-masturbation pants, *Slug* is a book which holds a mirror lovingly up to the world, past and present, through Hollie's driving, funny, hopeful poetry and prose. *Slug* is about the human condition: of birth and death and how we manage the possibilities in between.

Jenny Lewis is a photographer from East London who has spent the last five years taking portraits of mothers within the first 24-hours of giving birth. Lewis states she is 'documenting the quiet moment just after giving birth when the female identity of motherhood is being established'. In addition to featuring the portraits of 40 women the book includes an introduction by art and photography critic Lucy Davies as well as a number of personal quotes gathered from interviews about the first day of life and early motherhood.

'This book should be required reading for anyone thinking of having a baby, or even anyone who knows someone who is thinking of having a baby' *Scotland on Sunday*
'Fascinating and honest' *Mumsnet* 'Like talking to a friend' *Observer* Winner of the Ted Hughes Award for New Work in Poetry There were many things that Hollie McNish didn't know before she was pregnant. How her family and friends would react; that Mr Whippy would be off the menu; how quickly ice can melt on a stomach. These were on top of the many other things she didn't know about babies: how to stand while holding one; how to do a poetry gig with your baby as a member of the audience; how drum'n'bass can make a great lullaby. And that's before you even start on toddlers. But Hollie learned. And she's still learning, slowly. *Nobody Told Me* is a collection of poems and stories; Hollie's thoughts on raising a child in modern Britain, of trying to become a parent in modern Britain, of sex, commercialism, feeding, gender and of finding secret places to scream once in a while.

Don Newman's first volume of Savannah centric poetry reflects the close personal relationship between poet and subject often found in work dedicated to a particular place. Such intimate subjectivity may seem lofty at times. But this Savannah native has a way of bringing grandiose notions of his hometown down to earth. Here, the author's regional sensibilities-together with his stretch toward the universal-offer the reader a unique perspective and a tour of Savannah unattainable during a typical day of sightseeing. While by no means a comprehensive poetic look at the city, Newman's *Little Poetry Book of Savannah* will surely augment the traveler's backpack, give visitors a distinctive literary keepsake, and make the perfect gift for those back home who would like an authentic little piece of Savannah. Meditative, descriptive, fun, quirky, and enjoyably honest, Newman bares parts of his soul in this down-to-earth, head-in-the-clouds "poetry for everyone." For a slightly smaller, less expensive *Black & White Edition* go here:

<https://www.createpace.com/3909405>

Teach your child to memorize an age old poem. It will be with her/him for life. My Grandfather taught it to my father in 1887 when he was 5. My Father taught it to me in 1940 when I was 5. I taught it to my children. Make a video of your child reciting the poem and upload it to YouTube. Let your child start a family tradition.

This book covers many critical issues confronting the first few weeks of parenting. Nobody receives a comprehensive education on how to be a new parent. The authors are experienced professionals from a variety of disciplines dedicated to helping families of newborns. Each chapter is written to stand alone, with the book covering an array of topics. The book is designed to be read a chapter at a time as you need to know, now! Every reader will gain confidence, coping skills, and an increased sense of calm through those first six weeks. As a brand-new parent, if you have experienced the phrase, "Nobody Told Me About That", we have answers!

'One of the best poets we have' MATT HAIG 'She writes with honesty, conviction, humour and love' KAE TEMPEST 'Hollie always articulates exactly how I feel' CHARLY COX The new collection of poetry and prose from the Ted Hughes Award-winning author of Nobody Told Me From Finnish saunas and sappy otters to grief, grandparents and Kellogg's anti-masturbation pants, Slug is a book which holds a mirror lovingly up to the world, past and present, through Hollie's driving, funny, hopeful poetry and prose. Slug is about the human condition: of birth and death and how we manage the possibilities in between. 'The inimitable words of poet/goddess Hollie McNish once again hold up honest, damn funny and refreshing takes on the everydayness of our lives . . . Never have we needed her more' STYLIST

A heartfelt story of respect, heartbreak, and love... Nobody Told Me is the story of a complicated and powerful relationship-the love between a daughter-in-law and mother-in-law and the struggle to hold on as dementia erases past, present, and future.

Nobody Told MePoetry and ParenthoodBlackfriars

Every so called, Black man, woman, child wants to believe that slavery is over. The reason being for this belief is because times have changed. But that's not true, times may have change, and the institution of slavery has changed with it, in how its introduced. Slavery has taken on a new form, and its through words, words that would imprison our minds

"Say Not What If" is a nearly 10,000 word story written as a long rhyming poem. It is about a man on death row, and has as its theme the concept that time is our most valuable commodity. As someone once said, "waste anything but time, because we really are promised no tomorrows." This theme is explored through the life of a man who sacrifices his marriage and everything else for his career. He realizes much too late the terrible consequences of this decision, and then desperately tries to regain those lost years by making a much worse choice. The resolution of this latter choice involves an additional examination of the concepts of accountability and responsibility, redemption, and the morality of the death penalty. The story has a better than average rating of 4/5 stars on Goodreads and Amazon. There are currently fifty-six ratings and forty-one written reviews on Goodreads at <http://www.goodreads.com/book/show/12788920-say-not-what-if>. Another thirteen ratings and reviews are on Amazon. Reviewers have described the story as "exceptional," "amazing," "incredibly special," "borderline genius," "a lyrical masterpiece," "gripping and compelling," "thought provoking," and a "beautifully written piece of literature." Many enjoyed the story so much that they intend to share it with their family and friends. I have never seen a story written in this format. It has characters and dialogue just like a regular story, and is extremely easy to read and understand, regardless of whether you have a GED or a PHD. You should therefore not be concerned that the format makes the story hard to understand. Many reviewers had the same initial concern, but then pleasantly discovered that the story is very easy to follow. But you can further allay any such fears by reading the first few pages of the story on my website, www.ascensionenterprise.com. This story will tear at your soul. As many of the reviewers said, it only requires an hour or so to read, but will keep you thinking about its message long after you are finished. Time is quintessentially important and valuable. Who knows how much time anyone has? Would you trade ten or even five years of your life for a million dollars? The story can be purchased from many booksellers, including Amazon and Barnes & Noble. It can also be purchased for only 0.99 as an ebook for Kindle. Best wishes and good luck in all your reading endeavors.

In his debut collection of poetry, Steve Coughlin examines the severity of family trauma on both personal memory and the human psyche. Written in an accessible, colloquial voice that poet J. Allyn Rosser describes as "strong, versatile, original...[and] capable of radically different tones and angles of approach," these poems move from haunted laments to playful musings as they negotiate the complexities of grief with the desire to escape into the imagination's safe refuge. Ultimately, in ANOTHER CITY Coughlin depicts the harsh struggles of a working class family and leaves readers to consider what healing, if any, the imagined world can offer.

As this urgent, genre-defying book opens, a woman who has recently been elevated to prominence for her social media posts travels around the world to meet her adoring fans. She is overwhelmed by navigating the new language and etiquette of what she terms "the portal," where she grapples with an unshakable conviction that a vast chorus of voices is now dictating her thoughts. When existential threats--from climate change and economic precariousness to the rise of an unnamed dictator and an epidemic of loneliness--begin to loom, she posts her way deeper into the portal's void. An avalanche of images, details, and references accumulate to form a landscape that is post-sense, post-irony, post-everything. "Are we in hell?" the people of the portal ask themselves. "Are we all just going to keep doing this until we die?" Suddenly, two texts from her mother pierce the fray: "Something has gone wrong," and "How soon can you get here?" As real life and its stakes collide with the increasingly absurd antics of the portal, the woman confronts a world that seems to contain both an abundance of proof that there is goodness, empathy, and justice in the universe, and a deluge of evidence to the contrary. Fragmentary and omniscient, incisive and sincere, No One Is Talking About This is at once a love letter to the endless scroll and a profound, modern meditation on love, language, and human connection from a singular voice in American literature.

Sleep Is For The Weak may cause Gina Ford to have contented kittens. It might even force Supernanny to throw herself off the naughty step, but it will certainly provide some welcome comfort and comical light relief to exhausted parents suffering from sleep-deprivation! It features humorous alternatives to 'useful' sleep advice while offering inspiration, laughter and survival strategies for mums and dads struggling to see the light at the end of the tunnel of tiredness. Including chapters 'What to Expect (When Nothing Is Anything Like You Expected When You Were Expecting)' and 'How Not To Lose Friends and Irritate People When You Have Babies', this book will make even the most stressed parent laugh. Combining Emily-Jane's own experiences in emotive detail (the good, the bad and the funny) with a series of tongue-in-cheek guides, charts, subversive imagery and NO-sleep solutions, this is a source of inspiration and hope for new mums and dads.

No one ever told me that grief felt so like fear. I am not afraid, but the sensation is like being afraid. The same fluttering in the stomach, the same restlessness, the yawning. I keep on swallowing. At other times it feels like being mildly drunk, or concussed. There is a sort of invisible blanket between the world and me. I find it hard to take in what anyone says. Or perhaps, hard to want to take it in. It is so uninteresting. Yet I want the others to be about me. I dread the moments when the house is empty. If only they would talk to one another and not to me.

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