

How It Works The Mum Ladybirds For Grown Ups

Simplified Chinese edition of Liz Climo's cute and funny book about friendship: "Lobster Is the Best Medicine: A Collection of Comics About Friendship"

Teleworking Mum is the essential guide to working from home as a parent. Juggling parenting with paid work comes with many challenges as you strive to manage your busy, and often conflicting, work/life demands. Teleworking (i.e., working from home) is a powerful work style choice for mums, offering a smarter solution to overcoming these issues and also providing additional benefits which can potentially help you: Save MONEY - save up to thousands of dollars each year by reducing work-related and child-care costs as well as maximising legitimate tax claims (possibly including household expenses like utility bills, furnishings, mortgage interest fees, rental fees, etc) Save TIME - work fewer hours to earn the same money (or more) and save hundreds of hours in commute time Save the ENVIRONMENT - improve the environment by reducing your carbon footprint

“Finally, an approachable and understanding take on life as a busy parent, and all the things that go with it! Full of great hints and tips, as well as yummy recipes!” Kristina Rihanoff, Former Strictly Come Dancing pro Perfectly Imperfect Mum: A Fun and Inspirational Guide for Busy Mums to Staying Mindful and Thriving Amid the Chaos is written by mindfulness coach, nutritionist and mum Sheena Tanna-Shah to help mums stay on track and embrace the fact that they can't be perfect all of the time, despite their very best intentions. Perfectly Imperfect Mum is structured around twenty everyday scenarios, with each scenario featuring a mindfulness and motivational tip, a nutritious yet simple recipe created to perfectly complement that particular scenario and a yoga pose or movement to help combat a particular situation. This blended combination of mindfulness tools allows mums to reset themselves, helping them to live in the moment instead of checking off the next item on the to-do list. Demonstrating to readers fantastic ways to feel the calm in the chaos and embrace the challenging days, Perfectly Imperfect Mum is designed to help mums thrive and enjoy the journey of motherhood. It offers a path to living for each moment while also staying connected to themselves and their children.

When Mrs. Piggott unexpectedly leaves one day, her demanding family begins to realize just how much she did for them. Ever felt like you're banging your head against a brick wall? Do you sometimes wish your children would take you more seriously and that you had more time, patience and energy to be the mother you want to be? If you'd love a calm house, you're not alone, and this book is packed full of jargon-free, common-sense techniques, tools and ideas that'll turn you from manic to magnificent in just 7 weeks. Allison shows you how to:

- be the mother you want your children to have
- increase your patience and lower agitation
- make you and your children feel magnificent about themselves
- get children to listen and do what they're told (yes, it's possible!)
- create a calm, happy household find time to enjoy your little darlings!

With only seven chapters to read over seven weeks, this book is easily digestible and full of tasty little nuggets of wisdom.

In 2006 over 60% of medical graduates in the UK were female, and the number of women going to medical school as 'mature

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students' is steadily increasing. Some of these women will, at some point, choose to have a baby, but the question always asked is how to fit it in with a medical career? Along with the problem of finding time to actually have a baby, and coping as a pregnant doctor, there is the problem of finding information when it is most needed. This book addresses this problem, bringing a wealth of information together in one easy-to-use resource. Written by a mother, who has faced the joys and frustrations of combining medicine and being a mother, this book is a "one-stop-shop" for all mothers and mums-to-be.

Once upon a time I was perfectly happy complacent even. But then my world came crashing down and I was suddenly a single mum of two small children, losing sleep over how to pay the bills. The things I learned allowed me to retain my sanity, self-esteem, and sense of humor and to help my children get through the experience. I discovered how to release the traumatic experiences and emotions that were holding me back and find more fun, fulfillment, and balance in my life (not to mention my lovely husband!) You can build a happy new life! Are you a stressed-out single mum, juggling childcare, work and home, and struggling to cope with all the emotional and practical demands on you? You're not alone! The Single Mums Survival Guide is packed with words of inspiration, comfort, wisdom and experience from a host of real-life single mums and expert professionals to make life easier, help you on your way, and put your mind at rest with answers to questions such as: How do I tell the kids? How do I get over this split and move on? Why is my child behaving like this and what should I do about it? How will I feel when my kids meet his new girlfriend? How do I deal with all the legal stuff? How can I manage on this little money? How can I have more energy when I'm so tired all the time? Is it OK to ask for help and who can I ask? Can I ever forgive my ex? Can I really be single and happy? When is it time to start dating again and how will I know if he's Mr. Right? Vivienne Smith is a writer, trainer, presenter, and certified neuro-linguistic programming (NLP) and hypnosis practitioner. She also a Regional Director of the Athena Group, an international networking, training and development business community for female executives and entrepreneurs. Her experience as a single mum prompted Vivienne to write a book about the subject. It has been the fulfillment of a long term ambition to turn what was at the time a negative and distressing experience into an opportunity to help others get through similar challenges. Now happily remarried, she lives with her husband and two sons in beautiful West Sussex, on the south coast of England.

PARODIES & SPOOFS. This delightful book is the latest in the series of Ladybird books which have been specially planned to help grown-ups with the world about them. The large clear script, the careful choice of words, the frequent repetition and the thoughtful matching of text with pictures all enable grown-ups to think they have taught themselves to cope. The subject of the book will greatly appeal to grown-ups. This is a book about motherhood & our introduction to it, our methods of coping with the ups, downs and side-swipes, and our relationships with our mothers. There are 12 stories written by mothers, about mothers, for all the mothers who ever had doubts, looked back and realised it was either harder, more fun, more challenging and more rewarding than they ever imagined possible at the time, and it's about how motherhood has changed and moulded us all. Some of the stories include meanderings on how things have changed from being a young mother living in the middle of nowhere in the 1970s, to another mum's tale of going from the high powered corporate environment to suddenly finding babies don't understand schedules; there are stories about bonding (or not) with mothers, step mothers and mother in laws, and letting go of your children when they leave & at whatever age they go, and for whatever reason. There are contributions from single

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mothers, working mothers, grandmothers, and daughters. This book takes a light and heavy look at motherhood – the journey, the challenges and the rewards. For all the mothers – at whatever stage of your journey, you will laugh, cry, chuckle, and ponder over the words shared in these pages, and most of all, you will find some of your own story here too - guaranteed.

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A take no prisoners' approach to life has seen Paul Carter heading to some of the world's most remote, wild and dangerous places as a contractor in the oil business. Amazingly, he's survived (so far) to tell these stories from the edge of civilization, and reason.

Do you feel as a working mum that you are always spinning plates and juggling the various elements in your life? Or perhaps you feel that you never seem to have enough quality time with your kids or any time to yourself. If so this book is for you. In just five steps you can get more time, be better organised and finally ditch the guilt that plagues all mums. You will learn how to really enjoy quality time with your family and even get some well deserved 'me time' You will literally be transformed from stressed to serene.

This book is written as testimony to a returnee's nightmare. It is a well-known secret that when people live abroad or in another town or city, there is always a spiritual longing for the country or town/city they leave behind. Nobody expects to return back home after a span of years in a foreign country to surmountable responsibilities. On the contrary, one assumes to return home as a hero or live a quiet life with less pressing responsibilities. Leaving her adult children and friends she has lived with in England, the writer of the book returns back to her native country Zambia and realises that she has no support networks as people she perceived to be her friends have either moved on with their lives or moved to other parts of the country. As for her immediate family, they abandoned the responsibility of caring for an elderly mother solely on her. The writer finds the 24-7 caring experience both exhausting and at the best frustrating. Hence, she turns to writing down her mother's daily observations, which serves as an escape route as it evolves positively in her caring role. However, the author perceives her book as lasting memory to her mother whom she is nursing as she journeys through her twilight days. Though as a daughter, the writer would like to cling to fond memories of her mother in her previous life before the onset of dementia, the writer acknowledges that living and caring for her mother on a day-to-day basis has made her become aware of the fact that there is still life and fondness between daughter and mother despite the fact that the latter may be engulfed in a life of distortion and confusion. By providing a tender and loving care environment, the mother flourishes in physical health although there is nothing much one can do about the reversal of mental health well-being of a dementia sufferer.

Eve Branson's life reads like a fast-paced adventure novel. A classically trained ballet dancer, she appeared in racy West End productions, disguised herself as a boy to take glider lessons, enlisted in the Women's Royal Navy Service, and then embarked on a series of harrowing adventures as a "Star Girl" air hostess on the ill-fated British South American Airways. Though marrying the dashing ex-Cavalry officer, Edward "Ted" Branson, brought her down to earth to raise three children, Eve's quest for adventure never faltered. After running several businesses, traveling the world, and doing global charity work, Eve is preparing to launch the first commercial space travelers to the edge of space in a Virgin Galactic mother ship that bears her name. In this lively, absorbing memoir – part diary, part adventure story, part family history – Eve Branson's formidable energy propels the reader through an extraordinary life. Along the way, she divulges some of the unorthodox but effective trade secrets behind raising one of the world's most colourful entrepreneurs.

Winifred Phillips was born in Ilford, Essex, in 1926, one of four children. Sent to a convent boarding school, which she loathed, she trained as a nursery nurse and met George Wheeler, a 19-year-old RAF trainee wireless operator. The pair fell in love and spent a happy year together,

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only to say goodbye in 1943 before he was sent on bombing missions to Germany. They kept in touch with regular letters but he went missing in 1944 and nobody knew what happened to him. Determined to see something of the world, Winifred joined the Auxiliary Territorial Service in 1948 and enlisted in the Women's Royal Army Corps a year later. For the next two decades she travelled the globe and reached the rank of Warrant Officer Class 2. Her story offers a unique insight into the lives of female service personnel in the 1950s and '60s. She writes wittily and candidly about her time in the army, how life was lived in the mess and the NAAFI, and the scrapes she got into. But she never forgot George. And she never married. At the age of 70, she went on a journey to find out what happened to the only man who would ever win her heart and, 50 years after he disappeared, she was finally able to pay her respects. In 2009, after ten years of campaigning, Win became the first ever female Chelsea Pensioner to be accepted at the Royal Hospital Chelsea, where she lives today.

Sheila Brown is a successful independent beautiful woman living and working in Brighton, as the Headmistress of a secondary school. She seems to have everything in life except love. She always appears to have problems with every man who comes into her life and is never able to hold down a loving, healthy relationship for long. Her relationship over the years with her Mum, who is retired and lives in Ireland, is also extra-ordinary and sometimes amusing. One day, out of the blue, Sheila finds herself embarking on an exotic spanish cruise on 'The Pink Pirate' with her Mum. There she meets the mysterious Francisca Carreno and the charming Italian Alanzo, which gets her to a point in her life where she begins to question her own sexuality as she appears to fall in love with Francisca. But Sheila has a difficult decision to make as she realises that the challenges of love and happiness often comes with a price.

As a child, Veena was an introvert. Her quiet, reclusive and introspective disposition along with being a sickly child did not bode well with her mother. This book is a laugh-out-loud gut busting anecdotal recount of her life journey through the experiences shared with her mother, who in her attempts to pull Veena out of her shell adopts some unconventional motivational methods. Beneath the brashness of her mother's speech, lay the queen of common sense philosophy. In this book you will get to know a little about her mother. You will discover: ? Her love of the words foolish, stupid, idiot and furthermore. ? Her interesting use of the words very, great, wonderful, congratulations, thank you and goodbye. ? Her brilliantly quick mind, sharp tongue and her ability to insult you whilst simultaneously complimenting you. ? Her questioning of what the scientists are doing with their time. ? Her less than pleasant options, followed by her generous statement of "the choice is yours to make." ? Her casual integration of speech about death in regular conversation. ? Her flare for dramatic descriptions. ? The many names she has given me over the years.

The PERFECT GIFT for Mum would be to let her take the day off while you do everything for her. Why not get her this book instead?

----- This is mum. A mum has two very important jobs to do. One is to look after her children. The other is to do everything else as well. ----- Now Lyndsay's little boy is at nursery, she is looking for a job. At this interview, the lady asks Lyndsay all sorts of questions, which Lyndsay has trouble answering because she has the Octonauts theme going round her head. Lyndsay hopes she is not singing out loud. ----- This delightful book is the latest in the series of Ladybird books which have been specially planned to help grown-ups with the world about them. The large clear script, the careful choice of words, the frequent repetition and the thoughtful matching of text with pictures all enable grown-ups to think they have taught themselves to cope. Featuring original Ladybird artwork alongside brilliantly funny, brand new text. 'Hilarious' Stylist

Award-winning 'from you to me' Journals of a Lifetime are the perfect gift for every loved-one, for every occasion, for all the family. Each journal contains around 60 fun and inspiring questions carefully designed to inspire your family to enjoy telling their story, to help you find out

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amazing things about them.

Over the decades women have gone from being 100% Mums; fought hard to be successful career women, who then hardly had any time for being a Mum and now in the 21st century women want and need to be able to do it all; but how can we?

Publisher's description: My mum goes to work, but I know she still loves me and cares about me. How do I know? Because my mum comes home from work, and tells me she loves me so much! This is a contemporary book that aims to re-assure parent and child alike, that all is well when a parent goes to work.

"At 3am I was startled awake by the opening of the stairgate. Leaping out of bed I found Mum, clothes on over her pyjamas, grumbling she was fed up of being moved from pillar to post and was going home." When her mum was diagnosed with Alzheimer's disease, Marianne Talbot decided she couldn't put her into a care home. Instead, for five years, she looked after her mum in her own home. For nearly three of those years she chronicled for the readers of Saga Magazine Online the fears and frustrations, the love and the laughter, and the tears and the traumas of caring. Now, in this heart warming book, you too can meet Marianne, Mum, and the appalling Fatcat. You will also find plenty of practical tips for caring for someone with dementia and on staying sane whilst doing so, a resources and useful contacts section and Marianne's reflections on caring from a distance, and on when caring comes to an end. Written for anyone, anywhere, who has anything to do with dementia or with caring; in reading it you will know you are not alone.

Alex Duncan is just an ordinary 14 year old boy. His main worries are homework, girls, the school bully... ..and his sister Jenna, who has ovarian cancer, stage B. As his parents retreat into themselves, Alex is desperate to help. While he tries to find a way to make things better for his sister, life still goes on and everything he does just makes him feel more and more awkward and out of place. His search for meaning, or at least some comfort in all the chaos, takes him on a journey of friendship, love, and discovery. What Alex learns helps him to come to terms with not only his sister's mortality, but also how he and his family and friends can cope with the one big question: what lies Beyond? Georgia Springate's debut novel, Beyond, is a funny and touchingly compelling coming-of-age story about love, loss and discovery. Read it and take an emotional journey through one boy's quest to understand that most tricky of questions: what lies beyond?

Traditional Chinese edition of Zoo by Anthony Browne, the award winning children's author. With his usual uncanny wit, Browne describes a less than perfect family outing to the zoo with mom, dad and little brother and leaves some food for thought. In Chinese. Distributed by Tsai Fong Books, Inc.

Everyone has an idea of what a mom is, and each one does the job slightly differently. In How to Spot a Mom, we meet all different types of mom, from the Chatty Mom who's always got a story, to the Rebel Mom who never reads the instructions. This tongue-in-cheek tribute and 'Spotter's Guide' to moms is the perfect Mother's Day gift and can be enjoyed by mothers and children alike.

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Becoming a mum is an incredible journey that will change your life forever, but not always in the way you expect ... Mara Lee's *Staying Mum* tells it like it is, offering valuable advice about how to stay sane during that first year when, among other challenges, you'll be required to master the art of breastfeeding with bursting bazookas, bottle-feeding without a guilt chaser and settling your newborn baby to sleep on next to no sleep yourself. Featuring expert advice and seriously useful tips, *Staying Mum* breaks the code of silence about life as a new mum by revealing the truth about the good bits, the bad bits and, yes, even the ugly bits. Whether you're expecting your first baby or you're an experienced mum who's ready to look back and laugh, go no further than *Staying Mum* for a hilarious but practical account of the most exciting challenge most women will ever face.

'The Mum's Guide to Returning to Work' sets out to support women in their return to the workplace after a career break bringing up children. It is an easy to read and practical book which will help women to build their confidence, to choose a career to suit them, to develop job hunting skills, negotiate flexible working, find suitable childcare and to manage the change in their lives that will come as a result of returning to the world of work. It is written with the woman returner in mind, using relevant examples they will relate to and quotes from women who have been there. Extra chapters are included for lone parents and women from overseas. An invaluable resource, providing everything needed for the woman returner in one compact, accessible and uplifting book. Bekki Clark is a Careers Adviser, Coach, Trainer and Mum who specialises in working with women returners. She is currently working for charity Cambridge Women's Resources Centre. 10% of proceeds from this book will go to CWRC. www.cwrc.org.uk

When Leigh Van Der Horst lost her beloved mother to cancer in 2008, she faced her biggest battle yet. In *Without My Mum*, she invites us on a journey that is at times heartbreaking, others heartwarming, but ultimately comforting and inspiring. With warmth and candour, Leigh tells of her transformative passage through devastating grief, one that allowed her to rediscover and redefine her own identity. As well as exploring her own experience, Van Der Horst brings together stories from many inspiring women around the world, including contributions from Jools Oliver, Lisa Wilkinson, Megan Gale, Amanda de Cadenet and Natalie 'A wonderful book that captured my heart in the first few paragraphs. Leigh's candid, humorous and heartfelt narrative, together with a collection of stories and wisdom from others who have walked a similar path, are authentic, uniting and ultimately inspiring. It's a laugh-out-loud, sob-a-little-uncontrollably kind of book that will resonate with any parent or carer. I adored it!' —Jools Oliver 'I can't sing the praises of this gorgeous mum enough. For those who have lost their mum and are forging ahead as a mum on your own, this is truly a must have book.' —Natalie Bassingthwaite

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