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Freeing Ourselves from the Mad Myths of Parenthood Susan Jeffers, 2005-05-23 With humour and compassion this text shows how difficult it is to be a parent and reveals the guilt traps set by the child care experts It questions fashionable myths and half truths that add to a parent's sense of inadequacy and guilt *A Blessing in Disguise* Andrea Joy Cohen M.D., 2008-01-02 Today's greatest luminaries generously share personal stories about their most challenging experience and provide the healing wisdom that helped them emerge fortified with inner peace strengthened faith and a deeper understanding of life Features pieces by Dean Ornish Rachel Naomi Remen Bernie Siegel Joan Borysenko Harriet Lerner Belleruth Naparstek Stephen Levine Martha Beck Dharma Singh Khalsa Daphne Rose Kingma David Whyte Anne Wilson Schaef And Others *Another Mother* Shanta Everington, 2023-06-08 Another Mother gives voice to women who become mothers through the routes of adoption surrogacy and egg donation and their silent partners the birth mothers surrogate mothers and egg donors who make motherhood possible for them Exploring experiences of motherhood beyond the biological mother raising her child Everington draws on interviews and a range of interdisciplinary approaches to produce illuminating personal testimonies which expand our understanding of what it means to be a mother The life writing narratives also examine the unique and hidden relationships that exist between adopters and birth mothers egg donors and women who become mothers through egg donation and surrogates and women who become mothers through surrogacy Offering a fresh approach to life writing using hybrid form encompassing edited interview re imagined scenes poetry personal essay and quotation collage this topical book is recommended for anyone interested in motherhood studies gender and women's studies life writing studies the sociology of reproduction creative non fiction writing approaches oral history and ethnography studies

I'm Okay, You're a Brat! Susan Jeffers, 2001-07-13 Details just how difficult parenting can be questioning the myths and half truths that make some parents feel inadequate and offering valuable survival tools *Femina*, 2005 **Nothing Changes Until You Do** Mike Robbins, 2014-05-06 After three years of living his dream as a professional baseball pitcher Mike Robbins had an arm injury that benched him for good and when this happened everything changed He had to figure out who he was without the identity of baseball player a process fraught with emotional highs and lows and he quickly realized that the self criticism and self doubt he was feeling are in fact epidemic in our culture Too often we base our value on our external world our jobs finances appearance or various other factors Even the most successful people struggle with their relationship with themselves In *Nothing Changes Until You Do* Mike looks at this delicate relationship and brings to light a new way to look at life opening your eyes to your innate value These 40 inspiring essays which are real tales from Mike's own life and the lives of his clients boil down some of the most important lessons Mike has learned on his own personal journey and as he's traveled throughout the country for over a decade speaking to groups of all kinds With themes spanning from the importance of trusting yourself to the benefits of vulnerability to the strength inherent in embracing change this book shows

you how to get out of your own way and make peace with yourself With humor authenticity and ease Mike illustrates that with a little self compassion and a healthy dose of self acceptance anyone can turn away from the negatives that manifest because of a critical self perception things like unkindness insecurity addictions sabotaged relationships unnecessary drama and more Making peace with yourself is fundamental to happiness and success So join Mike and learn to have more compassion more acceptance and more love for yourself thus giving you access to more compassion more acceptance and more love for the people and everything else in your life Embracing Uncertainty Susan Jeffers,2007-04-01 Author of *Feel the Fear And Do It Anyway* From the multi million bestselling author of *Feel the Fear and Do It Anyway* comes a powerful and healing book designed to offer a safety net in a world of never ending change It may be one of the most comforting and life affirming books you will ever read With her invaluable insights and exercises Susan Jeffers gives you the tools you need to deal with all the uncertainty in your life with a sense of peace and possibility You will learn Forty two exercises to help make your life an exciting adventure instead of a continuous worry How to lighten up and put problems into a life affirming perspective The amazing power of the word maybe And much more You will discover that there is a wondrous joyous and abundant life that can exist in the presence of uncertainty The question is What do you need to do to reach this wonderful state And the answers abound in *Embracing Uncertainty* **Words on Cassette, 2002** R R Bowker Publishing,2002

The British National Bibliography Arthur James Wells,2001 *The Publishers Weekly* ,2000 *Books Out Loud* ,2004

For Our Own Good Bernie Purcell,2001 In modern Ireland we provide more materially for our children than any previous generation but are children better cared for Half the adult population are now parents with more women than even before working A key issue for them is childcare This book explores the childcare issue in Ireland today Factually stark and provocative this book compels everyone to question their choices regarding childcare **Real Moms** Elisa Morgan,Carol Kuykendall,2002 The authors show moms how to break down the barriers to being real which leads to self acceptance intimacy in relationships with others and with God **Inner Spark** Kristin Vikjord,2020-09-17 Inner Spark is a book that will help you move through difficult times and remind you of your own greatness Deepak Chopra Kristin Vikjord presents a practical toolkit of exercises to help find regain and nurture your inner spark Drawing on her experiences as a Clinical Psychologist and yoga and mindfulness facilitator Kristin combines these complementary integrative therapies for a book that has the scientific mind of a psychologist and the heart and soul of yoga teacher In Inner Spark Kristin offers practical activities and explains how pathways in the brain work showing how and crucially why it s important for anyone navigating a difficult time physically or mentally to have a toolkit for reconnection Kristin Vikjord has effectively harnessed the long Scandinavian winters to stoke her own inner spark and created this guide that will help readers embrace the challenges of modern life from burnout to navigating new parenthood Where psychological insight meets day to day wellbeing Stylist

Encyclopedia of Motherhood Andrea O'Reilly,2010-04-06 In the last decade the topic of motherhood has emerged as a

distinct and established field of scholarly inquiry A cursory review of motherhood research reveals that hundreds of scholarly articles have been published on almost every motherhood theme imaginable The Encyclopedia of Motherhood is a collection of approximately 700 articles in a three volume A to Z set exploring major topics related to motherhood from geographical historical and cultural entries to anthropological and psychological contributions In human society few institutions are as important as motherhood and this unique encyclopedia captures the interdisciplinary foundation of the subject in one convenient reference The Encyclopedia is a comprehensive resource designed to provide an understanding of the complexities of motherhood for academic and public libraries and is written by academics and institutional experts in the social and behavioural sciences

Forthcoming Books Rose Arny,2001 *Handbook of Research on Translating Myth and Reality in Women Imagery Across Disciplines* Ciolăneanu, Roxana, Marinescu, Roxana-Elisabeta,2020-11-13 Women have been represented in art literature music and more for decades with the image of the woman changing through time and across cultures However rarely has a multidisciplinary approach been taken to examine this imagery and challenge and possibly reinterpret old women related myths and other taken for granted aspects e g grammatically inclusive gender Moreover this approach can better place the ideologies as myth creators and propagators identify and deconstruct stereotypes and prejudices and compare them across cultures with the view to spot universal vs culturally specific approaches as far as women s studies and interpretations are concerned It is important to gather these perspectives to translate and unveil new interpretations to old ideas about women and the feminine that are universally accepted as absolute impossible to challenge and invalidated truths The Handbook of Research on Translating Myth and Reality in Women Imagery Across Disciplines is a comprehensive reference book that provides an interdisciplinary and multidisciplinary perspective on the perception and reception of women across time and space It tackles various perspectives gender studies linguistic studies literature and cultural studies discourse analysis philosophy anthropology sociology etc Its main objective is to present new approaches and propose new answers to old questions related to gender inequalities stereotypes and prejudices about women and their place in the world Covering significant themes that include the ethics of embodiment myth of motherhood at the crossroad of ideologies translation of women s experiences and ideas across cultures and discourses on women s rehabilitation and dignification across centuries this book is critical for linguists professionals researchers academicians and students working in the fields of women s studies gender studies cultural studies and literature as well as other related categories such as political studies education studies philosophy and the social sciences

The Myth of the ADHD Child, Revised Edition Thomas Armstrong,2017-08-29 A fully revised and updated edition of the groundbreaking book on tackling the root causes of children s attention and behavior problems rather than masking the symptoms with medication More than twenty years after Dr Thomas Armstrong s Myth of the A D D Child first published he presents much needed updates and insights in this substantially revised edition When The Myth of the A D D Child was first published in

1995 Dr Thomas Armstrong made the controversial argument that many behaviors labeled as ADD or ADHD are simply a child's active response to complex social emotional and educational influences In this fully revised and updated edition Dr Armstrong shows readers how to address the underlying causes of a child's attention and behavior problems in order to help their children implement positive changes in their lives The rate of ADHD diagnosis has increased sharply along with the prescription of medications to treat it Now needed more than ever this book includes fifty one new non drug strategies to help children overcome attention and behavior problems as well as updates to the original fifty proven strategies

The Myth of the A.D.D. Child Thomas Armstrong,1997-09-01 In this controversial and provocative book Dr Thomas Armstrong confronts America's obsession with Attention Deficit Disorder With more than one million children diagnosed with ADD the condition has gained national attention on talk shows magazine covers and The New York Times bestseller list Dr Armstrong well known for his writings on parenting and education presents the very real argument that ADD may in fact not exist He believes that many behaviors labeled as ADD are simply a child's active response to complex social emotional and educational influences and that by tackling the root causes of a child's attention and behavior problems rather than masking the symptoms with medication and behavior modification programs parents can help their children begin to experience fundamentally positive changes in their lives This groundbreaking book provides parents and professionals with 50 innovative and proven strategies they can use to help children overcome their attention and behavior problems His checklist helps parents decide which strategies are most appropriate and hundreds of resources including books and organizations are included The Myth of the A D D Child offers much needed practical help to both parents and professionals

Essentials of Human Behavior Elizabeth D. Hutchison,2016-08-11 Essentials of Human Behavior combines Elizabeth D Hutchison's two volume Dimensions of Human Behavior to present a multidimensional framework for understanding human behavior Integrating person environment and the life course this best selling text leverages its hallmark case studies and balanced breadth and depth of coverage to help readers apply theory and general social work knowledge to unique practice situations Now in four color and available with an interactive eBook the Second Edition features a streamlined organization the latest research and original SAGE video to provide the most engaging introduction available to human behavior

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In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Freeing Ourselves Mad Myths Parenthood** a literary masterpiece penned by a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of those who partake in its reading experience.

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