

## ***The Enchanted Life Unlocking The Magic Of The Everyday***

A book of natural wonders, practical guidance and life-changing empowerment, by the author of the word-of-mouth bestseller *If Women Rose Rooted*. 'To live an enchanted life is to pick up the pieces of our bruised and battered psyches, and to offer them the nourishment they long for. It is to be challenged, to be awakened, to be gripped and shaken to the core by the extraordinary which lies at the heart of the ordinary. Above all, to live an enchanted life is to fall in love with the world all over again.' The enchanted life has nothing to do with escapism or magical thinking: it is founded on a vivid sense of belonging to a rich and many-layered world. It is creative, intuitive, imaginative. It thrives on work that has heart and meaning. It loves wild things, but returns to an enchanted home and garden. It respects the instinctive knowledge, ethical living and playfulness, and relishes story and art. Taking the inspiration and wisdom that can be derived from myth, fairy tales and folk culture, this book offers a set of practical and grounded tools for reclaiming enchantment in our lives, giving us a greater sense of meaning and of belonging to the world.

Explores scientists' thrilling quest to find Earthlike planets. Engaging text, vibrant photos, and informative infographics help readers learn about this important advancement in exploring space, as well as the people and technology that made it possible.

A Wall Street Journal writer's conversation-changing look at how reading aloud makes adults and children smarter, happier, healthier, more successful and more closely attached, even as technology pulls in the other direction. A miraculous alchemy occurs when one person reads to another, transforming the simple stuff of a book, a voice, and a bit of time into complex and powerful fuel for the heart, brain, and imagination. Grounded in the latest neuroscience and behavioral research, and drawing widely from literature, *The Enchanted Hour* explains the dazzling cognitive and social-emotional benefits that await children, whatever their class, nationality or family background. But it's not just about bedtime stories for little kids: Reading aloud consoles, uplifts and invigorates at every age, deepening the intellectual lives and emotional well-being of teenagers and adults, too. Meghan Cox Gurdon argues that this ancient practice is a fast-working antidote to the fractured attention spans, atomized families and unfulfilling ephemera of the tech era, helping to replenish what our devices are leaching away. For everyone, reading aloud engages the mind in complex narratives; for children, it's an irreplaceable gift that builds vocabulary, fosters imagination, and kindles a lifelong appreciation of language, stories and pictures. Bringing together the latest scientific research, practical tips, and reading recommendations, *The Enchanted Hour* will both charm and galvanize, inspiring readers to share this invaluable, life-altering tradition with the people they love most.

Taking as her starting point the inspiration and wisdom that can be derived from myth, fairy tales, and folk culture, Dr. Sharon Blackie offers a set of practical and grounded tools for enchanting our lives and the places we live, so leading to a greater sense of meaning and of belonging to the world. Enchantment. By Dr. Blackie's definition, a vivid sense of belongingness to a rich and many-layered world, a profound and whole-hearted participation in the adventure of life. Enchantment is a natural, spontaneous human tendency — one we possess as children, but lose, through social and cultural pressures, as we grow older. It is an attitude of mind which can be cultivated: the enchanted life is possible for anyone. It is intuitive, embraces wonder, and fully engages the mythic imagination — but it is also deeply embodied in ecology, grounded in place and community. To live this way is to be challenged, to be awakened, to be gripped and shaken to the core by the extraordinary which lies at the heart of the ordinary.

Princess Annabelle, who is immune to magic and can temporarily reverse spells put on others, encounters various fairy tale characters when she embarks on an expedition into the woods to find a dwarf responsible for turning Sleeping Beauty's prince into a bear.

This biography highlights the life and accomplishments of Judge Judy. Readers learn about Judge Judy's early life, her beginnings as a prosecutor in New York's family court system and family court judge, to her award-winning television series *Judge Judy*. Features include a timeline, glossary, fun facts, online resources, and an index. Aligned to Common Core Standards and correlated to state standards. Checkerboard Library is an imprint of Abdo Publishing, a division of ABDO.

With its aboveground cemeteries, vampire lore, and ghost sightings, New Orleans is one of the world's most haunted cities. Discover for yourself what spirits are stirring in the Big Easy. Get ready to read four hair-raising stories about New Orleans's spookiest spots. This 24-page book features controlled, narrative nonfiction text with age-appropriate vocabulary and simple sentence construction. The colorful design and spooky art will engage and terrify emergent readers.

About 200,000 years ago, humans arose as a species on the continent of Africa. How did they get to the rest of the world? When did they leave, why, and what did they use for transportation? Whether by bamboo raft or Boeing 747, whether to escape political persecution or because of climate change, migration is a recurring pattern throughout the human history of the world. In *Human Migration: Investigate the Global Journey of Humankind*, readers ages 12 to 15 retrace the paths taken by our ancestors, starting with the very first steps away from African soil. Understanding who has migrated, from where, when, and why helps us understand the shared history of humans across the world and the future that links us together. Kids discover how archaeologists, paleoanthropologists, linguists, and geneticists piece together different parts of the puzzle of ancient migration. Open-ended, inquiry-based activities and links to primary sources help readers draw inferences and analyze how these human journeys have changed where and how people live. *Human Migration* takes readers on a journey from our common ancestry to our shared future on an increasingly fragile planet.

[Wickedly Clever Animal Defenses](#)

[The Long Delirious Burning Blue](#)

[An Encyclopedia of Everything Scary, Creepy, and Spine-Chilling, from Arachnids to Zombies](#)

[The Surprising Science That Shows How Being Near, In, On, or Under Water Can Make You Happier, Healthier, More Connected, and Better at What You Do](#)

[Creatrix](#)

[The Book of Faery Magic](#)

[Belonging](#)

[Life Among the Emperors](#)

[Mysteries of UFOs](#)

[The Land of Stories: The Wishing Spell](#)

[Innovation, Design, and the Future of Technology](#)

[A Year of Living Kindly](#)

Wild animals are often cute. But even the most adorable creatures can sometimes snap and bite your face off. Sharks and grizzly bears certainly have the power to rip people limb-from-limb. But animals such as chimpanzees or even pet dogs can also cause a lot of bodily harm. See how these people survived some much-too-close encounters. 2019 IPPY Gold Medal Winner in Self Help Kirkus Reviews Best Books of 2018 Being kind is something most of us do when it's easy and when it suits us. Being kind when we don't feel like it, or when all of our buttons are being pushed, is hard. But that's also when it's most needed; that's when it can defuse anger and even violence, when it can restore civility in our personal and virtual interactions. Kindness has the power to profoundly change our relationships with other people and with ourselves. It can, in fact, change the world. In *A Year of Living Kindly*—using stories, observation, humor, and summaries of expert research—Donna Cameron shares her experience committing to 365 days of practicing kindness. She presents compelling research into the myriad benefits of kindness, including health, wealth, longevity, improved relationships, and personal and business success. She explores what a kind life entails, and what gets in the way of it. And she provides practical and experiential suggestions for how each of us can strengthen our kindness muscle so choosing a life of kindness becomes ever easier and more natural. An inspiring, practical guide that can help any reader make a commitment to kindness, *A Year of Living Kindly* shines a light on how we can create a better, safer, and more just world—and how you can be part of that transformation.

The United States is obsessed with virginity - from the media to schools to government agencies. This panic is ensuring that young women's ability to be moral agents is absolutely dependent on their sexuality. Jessica Valenti, executive editor of *Feministing.com* and author of *Full Frontal Feminism* and *Yes Means Yes*, addresses this poignant issue in her latest book, *The Purity Myth*. Valenti argues that the country's intense focus on chastity is extremely damaging to young women. Through in depth analysis of cultural stereotypes and media messages, Valenti reveals that powerful messages - ranging from abstinence curriculum to "Girls Gone Wild" commercials - place a young woman's worth entirely on her sexuality. Morals are therefore linked purely to sexual behavior, as opposed to values like honesty, kindness, and altruism. Valenti approaches the topic head-on, shedding light on chastity in a historical context, abstinence-only education, pornography, and public punishments for those who dare to have sex, among other critical issues. She also offers solutions that pave the way for a future without a damaging emphasis on virginity, including a call to rethink male sexuality and reframing the idea of "losing it." With Valenti's usual balance of intelligence and wit, *The Purity Myth* presents a powerful and revolutionary argument that girls and women, even in this day and age, are overly valued for their sexuality, and that this needs to stop.

The author of *If Women Rose Rooted* and *The Enchanted Life* returns to her first love, fiction, in this literary collection of fairy-tale retellings of transforming women.

Journey to the enchanted realms of the fae, and discover the healing powers of myth, magic and mischief! Faeries have long captured the imagination, inspiring people to weave mystical stories, create beautiful art and protect and hold nature as sacred. The very idea of them lifts the spirits, opens the heart and the mind, reminds us of the secret longings of our soul, and fills us with happiness, spontaneity and childlike wonder. *The Book of Faery Magic* is a must for anyone wanting to grow closer to nature and to their own wild self. Rich in tradition, history, research and faery lore, it is filled with whimsical accounts of interaction with the fae, grounded guidance on working with them, and beautiful ideas for reconnection with the magical realms. From the faeries we can rediscover who we really are, and awaken our natural abilities to create wonderful, enchanted lives that are full of meaning and purpose, fun and delight. Whether you believe that faeries are truth or fantasy, *The Book of Faery Magic* is your portal to a state of being where fun, light-hearted and healing energy will help you fulfil all your dreams, transform your life and improve your relationship with the earth, your self and others. Within these magical pages you will: \* Work with the faeries for health and happiness. \* Be granted the Seven Magical Gifts of Faery. \* Meet different faeries from around the world. \* Learn the legends, lore and history of the Little People. \* Visit the planet's most sacred faery sites. \* Discover the magical properties of faery flowers, herbs and trees. \* Plant your own enchanted garden and brew intoxicating potions. \* Host a magical tea party and bake faery treats. \* Become an eco faery and help make the world a better place. \* Find out what kind of faery you are, and much much more... With interviews with inspiring faery artists, authors and performers - including Jessica Galbreth, Juliet Marillier, Doreen Virtue, Cassandra Eason, Selina Fenech, Wendy Rule and Lady Amaranth - this book is a magical journey into the enchanted realms of your own heart and soul.

A "remarkable memoir" (Nature) of life with an emperor penguin colony, gorgeously illustrated with 32 pages of exclusive photography For 337 days, award-winning wildlife cameraman Lindsay McCrae intimately followed 11,000 emperor penguins amid the singular beauty of Antarctica. This is his masterful chronicle of one penguin colony's

astounding journey of life, death, and rebirth—and of the extraordinary human experience of living amongst them in the planet's harshest environment. A miracle occurs each winter in Antarctica. As temperatures plummet 60° below zero and the sea around the remote southern continent freezes, emperors—the largest of all penguins—begin marching up to 100 miles over solid ice to reach their breeding grounds. They are the only animals to breed in the depths of this, the worst winter on the planet; and in an unusual role reversal, the males incubate the eggs, fasting for over 100 days to ensure they introduce their chicks safely into their new frozen world. My Penguin Year recounts McCrae's remarkable adventure to the end of the Earth. He observed every aspect of a breeding emperor's life, facing the inevitable sacrifices that came with living his childhood dream, and grappling with the personal obstacles that, being over 15,000km away from the comforts of home, almost proved too much. Out of that experience, he has written an unprecedented portrait of Antarctica's most extraordinary residents.

Superhero stories may be fictional, but many are based in scientific principles. The Science of Superheroes examines the science that comic book and movie-script writers build upon when creating their most fantastic stories. Easy-to-read text and vivid images bring this subject to life. Features include a table of contents, fast facts, a glossary, additional resources, and an index. Aligned to Common Core Standards and correlated to state standards. Essential Library is an imprint of Abdo Publishing, a division of ABDO.

A guide to the characters and settings of the game "Temple Run" features facts and trivia about ancient civilizations, from Cambodia and Turkey to prehistoric England, ancient Egypt and Greece, and Machu Picchu in Peru.

[Unlocking the Spell](#)

[Investigate the Global Journey of Humankind](#)

[The Science of Superheroes](#)

[Judge Judy](#)

[A Life-Changing Journey to Authenticity and Belonging](#)

[Enchanted Ivy](#)

[How Fungi Make Our Worlds, Change Our Minds and Shape Our Futures](#)

[My Penguin Year](#)

[John F. Kennedy](#)

[Human Migration](#)

[The Enchanted Hour](#)

[TIME-LIFE Mysteries of the Criminal Mind](#)

Are monsters really out there in the big, wide world? Frankenstein, vampires, bigfoot, zombies, werewolves, sea monsters — they're not real, right? But what if they were? How would science explain their existence? In this totally original book, these mythical creatures are put under the microscope, one by one, and the scientific principles that prove or disprove their plausibility are explained. How does electricity work, and can it ever wake the dead? What's in our blood, and do real-life bloodsuckers exist? Find out what's true — and what's just legend! With frightful fun and just enough ick, the scariest monsters on earth will engage kids so thoroughly in the world of science, they're sure to be screaming for more!

This biography introduces readers to Herbert Hoover including his early career as a geology engineer, his early political career and key events from Hoover's administration including the Great Depression. Information about his childhood, family, personal life, and retirement years is included. A timeline, fast facts, and sidebars provide additional information. Aligned to Common Core Standards and correlated to state standards. Checkerboard Library is an imprint of Abdo Publishing, a division of ABDO.

Aidan Cain has had the worst week of his life. His gran died, he was sent to a foster home, and now malicious beings are stalking him. There is one person Gran told Aidan to go to if he ever got into trouble—a powerful sorcerer who lives at Melstone House. But when Aidan arrives on the doorstep, he finds that the sorcerer's grandson, Andrew, has inherited the house. The good news is that Aidan can tell immediately that Andrew's brimming with magic, too—and so is everyone else at Melstone. The bad news is that Andrew doesn't remember anything his grandfather taught him. Chaos is swiftly rising, and he has no idea how to control it. A sinister neighbor is stealing power from the land, magic is leaking between realms . . . and it's only a matter of time before the Stalkers find Aidan. If Aidan and Andrew can harness their own magics, they may be able to help each other. But can they do it before the entire countryside comes apart at the seams?

Alex and Conner Bailey's world is about to change. When the twins' grandmother gives them a treasured fairy-tale book, they have no idea they're about to enter a land beyond all imagining: the Land of Stories, where fairy tales are real. But as Alex and Conner soon discover, the stories they know so well haven't ended in this magical land - Goldilocks is now a wanted fugitive, Red Riding Hood has her own kingdom, and Queen Cinderella is about to become a mother! The twins know they must get back home somehow. But with the legendary Evil Queen hot on their trail, will they ever find the way? The Land of Stories: The Wishing Spell brings readers on a thrilling quest filled with magic spells, laugh-out-loud humour and page-turning adventure.

2018 Readers' Favorite Gold Winner 2019 IAN Book of the Year Award 2017 Nautilus Award Gold Winner Feel like you don't belong? You're not alone. The world has never been more connected, yet people are lonelier than ever. Whether we feel unworthy, alienated, or anxious about our place in the world — the absence of belonging is the great silent wound of our times. Most people think of belonging as a mythical place, and they spend a lifetime searching for it in vain. But what if belonging isn't a place at all? What if it's a skill that has been lost or forgotten? With her signature depth and eloquence, Toko-pa maps a path to Belonging from the inside out. Drawing on myth, stories and dreams, she takes us

into the origins of our estrangement, reframing exile as a necessary initiation into authenticity. Then she shares the competencies of belonging: a set of ancestral practices to heal our wounds and restore true belonging to our lives and to the world.

Creatrix is more than just a fancy name for a female artist. She is artist plus...artist plus priestess, artist plus healer, artist plus activist: her work has both sacred and worldly dimensions. She is an energy worker first and foremost, weaving energy into form, colour, words and sound, in order to transform herself and those her creations touch. What does it mean to live a life in service to your creativity, and in direct connection to the creative source? In this, her ninth book, Lucy H. Pearce, award-winning author of *Burning Woman*, *Medicine Woman* and *The Rainbow Way* shares... Powerful practical insight into all parts of *The Creative Way*. The unique challenges for women artists and writers. How to align with your authentic voice and *The Work* that calls you. Techniques for harnessing your powerful creative energy and dealing with fear, anxiety, creative blocks. How to earn your living creatively: building a social media platform, working sustainably, creating multiple income streams, networking when socially anxious... How our creativity can be our most potent transformational medicine. With *Creative Inquiries and Practices*, this interactive book is written for all those that must create in order to live: for the Highly Creative, the Highly Sensitive, the multi-passionate, for those that shake when they share... Soulful, serious-minded, irreverent and authentic, let Creatrix take you on a journey to the heart of your creative soul.

Add a touch of magic to your self-care practice with *Wellness Witch*, a beautifully illustrated guide to mystical rites, sacred rituals, and creative DIYs that will enhance your everyday. Filled with soothing rituals, healing potions, and empowering spells, the *Wellness Witch* brings a touch of magic to the everyday. Tapping into ancient traditions and feminine power, this enchanting book guides readers through the practices of mystical wellness, natural beauty, and personal creativity as they develop a true intuitive connection to the life-giving forces around us. Drawing on the transcendent power of intention, the *Wellness Witch* uses tinctures, tonics, mantras, and meditations to forge a magical connection between the body and the spirit. With chapters on the internal, the external, and the home, readers will learn to harness the power of healing herbs, charged crystals, and sacred spaces as they cultivate the art of mystical self-care. Accessible projects, from crafting aromatherapy blends to creating smudge sticks, are paired with calming rituals, yoga sequences, and simple spells to bring peace, power, and magic into our hectic lives.

In the tradition of *Who Owns the Future*, an MIT Media Lab scientist imagines how everyday objects can intuit our needs, improve our lives, and form “an ethereal interconnection of gadgets and human desires that...will pervade our lives in the very near future” (*The Wall Street Journal*). We are now standing at the precipice of the next transformative development, a world in which technology becomes more human. Soon, connected technology will be embedded in hundreds of everyday objects we already use: our cars, wallets, watches, umbrellas, even our trash cans. These objects will respond to our needs, come to know us, and even learn to think ahead on our behalf. David Rose calls these devices—which are just beginning to creep into the marketplace—*Enchanted Objects*. In Rose’s vision of the future, technology atomizes, combining itself with the objects that make up the very fabric of daily living. Such innovations will be woven into the background of our environment, enhancing human relationships, channeling desires for omniscience, long life, and creative expression. The enchanted objects of fairy tales and science fiction will enter real life. Groundbreaking, timely, and provocative, *Enchanted Objects* is a “delightful” (*The New York Times*) blueprint for a better future, where efficient solutions come hand in hand with technology that delights our senses. It is essential reading for designers, technologists, entrepreneurs, business leaders, and anyone who wishes to take a glimpse into the future.

[Blue Mind](#)

[When Lunch Fights Back](#)

[Wellness Witch](#)

[Could Monsters Survive \(and Thrive!\) in the Real World?](#)

[Foxfire, Wolfskin and Other Stories of Shapeshifting Women](#)

[Finding Earthlike Planets](#)

[Choices That Will Change Your Life and the World Around You](#)

[Cruel Enchantment](#)

[The Invention of Hugo Cabret](#)

[Herbert Hoover](#)

[Surviving Animal Attacks](#)

[She who Makes](#)

**1935** Gives many secrets not found in other herbals. This gives many valuable formulars - beauty ointments, eye ointment, foot ointment, face ointment, skin ointments, remedies for gout, etc. the Gypsy Petulengro make up these formulars and sold them fr.

**Frozen: The Enchanted Guide** takes you deep inside the magical world of Arendelle, featuring key scenes from the movie. This beautiful book is filled with engaging text and large, stunning images. Also features new content from the exciting new short Frozen sequel, *Frozen Fever*, making it a must-have for devoted fans of Anna, Elsa, Olaf and other Frozen characters. Each of the most-loved Frozen scenes is explored in a double-page, with the story overview and key moments described in gripping text, and there are also in-depth character profiles. Packed with beautiful stills from *Frozen*. Copyright © 2015 Disney

Audisee® eBooks with Audio combine professional narration and sentence highlighting to engage reluctant readers! The octopus spies a nice, tasty mantis shrimp. It swims over for a closer look at the small creature. Then—WHAM!—the mantis shrimp strikes a nasty blow with its hammer-like forelimb. The octopus shrinks back, defeated. That wasn't such an easy meal after all . . . In nature, good defenses can mean the difference between surviving a predator's attack and becoming its lunch. Some animals rely on sharp teeth and claws or camouflage. But that's only the beginning. Meet creatures with some of the strangest defenses known to science. How strange? Hagfish that can instantaneously produce oodles of gooey, slippery slime; frogs that poke their own toe bones through their skin to

create claws; young birds that shoot streams of stinking poop; and more.

A landmark book by marine biologist Wallace J. Nichols on the remarkable effects of water on our health and well-being. Why are we drawn to the ocean each summer? Why does being near water set our minds and bodies at ease? In *BLUE MIND*, Wallace J. Nichols revolutionizes how we think about these questions, revealing the remarkable truth about the benefits of being in, on, under, or simply near water. Combining cutting-edge neuroscience with compelling personal stories from top athletes, leading scientists, military veterans, and gifted artists, he shows how proximity to water can improve performance, increase calm, diminish anxiety, and increase professional success. *BLUE MIND* not only illustrates the crucial importance of our connection to water—it provides a paradigm shifting "blueprint" for a better life on this Blue Marble we call home.

This biography introduces readers to John F. Kennedy including his military service, early political career, and key events from Kennedy's administration including the Cold War, space race, Bay of Pigs invasion, Cuban missile crisis, and his assassination by Lee Harvey Oswald. Information about his childhood, family, and personal life is included. A timeline, fast facts, and sidebars provide additional information. Aligned to Common Core Standards and correlated to state standards. Checkerboard Library is an imprint of Abdo Publishing, a division of ABDO.

What Lily Carter wants most in the world is to attend Princeton University just like her grandfather. When she finally visits the campus, Grandpa surprises her: She has been selected to take the top-secret Legacy Test. Passing means automatic acceptance to Princeton. Sweet! Lily's test is to find the Ivy Key. But what is she looking for? Where does she start? As she searches, Lily is joined by Tye, a cute college boy with orange and black hair who says he's her guard. That's weird. But things get seriously strange when a gargoyle talks to her. He tells her that there are two Princetons—the ordinary one and a magical one—and the Key opens the gate between them. But there are more secrets that surround Lily. Worse secrets. When Lily enters the magical Princeton, she uncovers old betrayals and new dangers, and a chance at her dream becomes a fight for her life. Soon Lily is caught in a power struggle between two worlds, with her family at its center. In a place where Knights slay monsters, boys are were-tigers, and dragons might be out for blood, Lily will need all of her ingenuity and courage—and a little magic—to unite the worlds and unlock the secrets of her past and her future.

Is it nature or nurture that shapes a serial killer? What drives a person to become a kidnapper or a terrorist? And can such behaviors be predicted--or even stopped before they occur?

As advances in science unlock the secrets of our DNA and reveal the inner workings of the human brain, Time-Life Books explores the fascinating findings that are shedding new light on the criminal mind. What role does birth order, divorce, media influence, and other societal pressures play in how criminals are formed?

By examining some of the most notorious criminals from history and our modern era--from Al Capone and Charles Manson to Scott Peterson and Dzhokhar Tsarnaev--and their characteristics, the nature of their deeds and the possible formation of their pathologies. Readers will explore the roots of crime, going on the streets to meet the authorities who deal with criminals on a daily basis and have developed unique insights into the criminal mentality.

Packed with infographics, sidebars and lists, this book is a compelling yet easy introduction to the new age of crime and punishment--a must-read for anyone who wants to understand how crimes begin and how we can help end them.

A self-help guide that offers a set of practical and grounded tools for enchanting our daily lives, leading to a greater sense of meaning and of belonging to the world.

[Race Through Time to Unlock Secrets of Ancient Worlds](#)

[Enchanted Glass](#)

[Monster Science](#)

[Unlocking the Magic of the Everyday](#)

[How America's Obsession with Virginity is Hurting Young Women](#)

[Reclaiming the Magic and Wisdom of the Natural World](#)

[The Purity Myth](#)

[Entangled Life](#)

[The Secrets Behind the World's Most Notorious Crimes](#)

[Romany Remedies and Recipes](#)

[Disney Frozen the Enchanted Guide](#)

[Frightlopedia](#)

A much-needed antidote to our modern, assembly-line approach to childbirth, this new book is designed as a guide for all who wish to participate in the wondrous process of bringing new life into the world. Its ideas derive from two sources: the ancient wisdom of Ayurveda, with its emphasis on body, mind, and spirit, and the latest Western scientific prenatal research. By integrating the best information from these two very different perspectives, this remarkable book gives readers the tools to ensure that our children are nourished by thoughts, words, and actions from the very moment of conception. *Magical Beginnings, Enchanted Lives* is rich in practical information, including strategies to help enliven the body intelligence of unborn babies by nourishing each of their five senses, as well as through Ayurvedically balanced nutrition and eating with awareness. Specific yoga poses and meditation techniques reduce the mother's stress and improve the infant's emotional environment, as do tips for conscious communication with a partner. Exercises prepare parents for the experience of childbirth itself, followed by natural approaches to dealing with the first weeks of parenting, from healing herbs to enhancing your milk supply to coping with postpartum depression. Inspiring, expansive, and remarkably informative, this unique book from acclaimed experts in mind-body medicine will

profoundly enhance the experience of pregnancy and birth for both parents and baby.

A daughter learns to fly to overcome a fear of flying; her mother struggles with a past steeped in failure. From the deserts of Arizona to a misty Scottish sea-loch, this novel is an honest and moving exploration of the complexities of mother-daughter relationships - but above all a story of courage, endurance and redemption.

Decide for yourself, in this study of "little green men" and encounters with aliens, whether the first-hand experiences are real or imaginary.

A deliciously creepy book for kids who love ghost stories, monsters, spiders, and more!

Combining fact, fiction, and hands-on activities, Frightlopedia is an illustrated A-Z collection of some of the world's most frightening places, scariest stories, and gruesome creatures, both real and imagined. Discover Borneo's Gomantong Cave, where literally millions of bats, cockroaches, spiders, and rats coexist-in pitch darkness. Learn about mythical creatures like the Mongolian Death Worm-and scarily real ones like killer bees, which were accidentally created by scientists in the 1950s. Visit New Orleans's Beauregard-Keyes house, where Civil War soldiers are said to still clash in the front hall. Plus ghost stories from around the world, a cross-cultural study of vampires, and how to transform into a zombie with makeup. Each entry includes a "Fright Meter" measurement from 1 to 3, because while being scared is fun, everyone has their limit. A 2017 YALSA Quick Pick for Reluctant Readers.

View our feature on Anya Bast's Cruel Enchantment. The Dark Magick series continues from this New York Times bestselling author. To keep her fae race from being eradicated, Emmaline Gallagher must retrieve an object of fae power from a locked ancient box. Only Aeric O'Malley has the forging skills to create a key. But will their tumultuous past stand in the way?

The smash-hit Sunday Times bestseller that will transform your understanding of our planet and life itself. 'Dazzling, vibrant, vision-changing' Robert Macfarlane The more we learn about fungi, the less makes sense without them. They can change our minds, heal our bodies and even help us avoid environmental disaster; they are metabolic masters, earth-makers and key players in most of nature's processes. In Entangled Life, Merlin Sheldrake takes us on a mind-altering journey into their spectacular world, and reveals how these extraordinary organisms transform our understanding of our planet and life itself. 'Gorgeous!' Margaret Atwood (on Twitter) 'Reads like an adventure story... Wondrous' Sunday Times 'Urgent, astounding and necessary' Helen Macdonald 'A magical writer' Russell Brand \* A Sunday Times, Daily Telegraph, New Statesman, The Times, Evening Standard, Mail on Sunday, BBC Science Focus and Time Book of the Year \* ORPHAN, CLOCK KEEPER, AND THIEF, twelve-year-old Hugo lives in the walls of a busy Paris train station, where his survival depends on secrets and anonymity. But when his world suddenly interlocks with an eccentric girl and her grandfather, Hugo's undercover life, and his most precious secret, are put in jeopardy. A cryptic drawing, a treasured notebook, a stolen key, a mechanical man, and a hidden message from Hugo's dead father form the backbone of this intricate, tender, and spellbinding mystery.

A life-changing journey from the wasteland of modern society to a place of nourishment and connection. Fifth anniversary edition, with new afterword for 2021. 'Mind-blowing. An anthem for all we could be . . . I sincerely hope every woman who can read has the time and space to read it.' Manda Scott, author of Boudica and A Treachery of Spies 'This is the core of our task: to respect and revere ourselves, and so bring about a world in which women are respected and revered, recognised once again as holding the life-giving power of the earth itself.' If Women Rose Rooted has been described as both transformative and essential. Sharon Blackie leads the reader on a quest to find their place in the world, drawing inspiration from the wise and powerful women in native mythology, and guidance from contemporary role models who have re-rooted themselves in land and community and taken responsibility for shaping the future. Beautifully written, honest and moving, If Women Rose Rooted is a passionate song to a different kind of femininity, a rallying, feminist cry for the rewilding of womanhood; reclaiming our role as guardians of the land. 'Powerful and inspiring.' Melissa Harrison, author of All Among the Barley

[Magical Beginnings, Enchanted Lives](#)

[A Guide to Pregnancy and Childbirth Through Meditation, Ayurveda, and Yoga Techniques](#)

[The Miraculous Power of Reading Aloud in the Age of Distraction](#)

[If Women Rose Rooted](#)

[Temple Run](#)

[Remembering Ourselves Home](#)

[A Tale of the Wide-Awake Princess](#)

[Spooky New Orleans](#)

[Enchanted Objects](#)

[Healing Potions, Soothing Spells, and Empowering Rituals for Magical Self-Care](#)

[The Enchanted Life](#)