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The 30-Day Love Detox
Out of Love
The Bad Mother's
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Not My Daughter

The 30-Day Love Detox

This, the first book ever to say that mother is not always a girl's best friend, is based on a landmark study of the mother-daughter relationships. Secunda offers breakthrough advice on understanding, and improving, what could be a woman's most critical relationship.

The Bad Mother's Diary

For centuries, tea has been used to purify and cleanse the body of all manner of toxins. Drinking tea has historically been used in ancient religious rituals as a way of getting closer to the supreme being. The ingredients used to make such teas today are the same. The tea shrub, native to China and India, has long been a staple in the diet for those inhabiting those regions and has been used in the ancient healing arts of ayurveda and traditional Chinese medicine. Science has even proven that drinking tea on a regular basis provides numerous benefits for overall health and wellbeing. A tea detox diet is more than just consuming a beverage once in a while - a tea diet should be a lifestyle that is embraced together with eating organic foods. Cleansing the body by undergoing a tea detox is a holistic way of rejuvenating the body and mind. This book takes you into the world of the tea cleanse - one recipe at a time. You will learn about the different types of teas and the factors you should consider when deciding which tea to use for your cleanse. A tea cleanse helps the organs eliminate toxins, aids in weight loss, boosts immunity and can help fight the free radicals that cause cancer. A tea cleanse will also revitalize aging skin, relieve allergies, improve emotional wellbeing and memory. It can also help prevent neurological diseases. This book contains inspiring recipes and meal guides that incorporate tea in

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diverse ways. These tasty and creative recipes can accompany any meal. You can blend as many varieties as you want, and this book shows you how to do just that. Years of accumulating toxins in your body thanks to poor dietary choices may have resulted in disease and pain. Any one of these tea detox recipes will help you gradually cleanse the impurities from your body, allowing your organs to regain their optimal health. Making tea a part of your diet is an important step on your journey to health and wellness. It takes consistency, patience, and consciously eating wholesome foods, but the benefits to your health will be amazing. This book will help you experience the benefits of a tea cleanse and teach you how to incorporate tea into your daily lifestyle. Here Is a Preview of What You'll Learn An in-depth description of the different types of teas The numerous, scientifically-proven benefits of a tea detox diet The factors you should consider when choosing the perfect tea detox diet How to do a tea cleanse safely and successfully The micronutrients that make tea a superfood An assortment of tea cleanse recipes, including three one-day tea detox menus ranging from traditional teas to blended teas and smoothies And much more! tags: detox tea, detox diet, tea detox recipes, tea detox diet, tea diet, tea cleanse, tea cleanse recipes, tea cleanse benefits, tea detox benefits, tea cleanse safety

If You Love Me

A London-based women's therapist draws on the experiences of hundreds of moms to illuminate the

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real-world experience of motherhood, in a tribute designed to help overwhelmed and busy readers affirm and recognize their uncelebrated everyday abilities. Original.

Ivy and Roses

From award winner Julia Gregson, author of *Jasmine Nights*, this sweeping international bestseller brilliantly captures the lives of three young women on their way to a new life in India during the 1920s. As the *Kaisar-I-Hind* weighs anchor for Bombay in the autumn of 1928, its passengers ponder their fate in a distant land. They are part of the “Fishing Fleet”—the name given to the legions of English women who sail to India each year in search of husbands, heedless of the life that awaits them. The inexperienced chaperone Viva Holloway has been entrusted to watch over three unsettling charges. There’s Rose, as beautiful as she is naïve, who plans to marry a cavalry officer she has met a mere handful of times. Her bridesmaid, Victoria, is hell-bent on losing her virginity en route before finding a husband of her own. And shadowing them all is the malevolent presence of a disturbed schoolboy named Guy Glover. From the parties of the wealthy Bombay socialites to the poverty of Tamarind Street, from the sooty streets of London to the genteel conversation of the Bombay Yacht Club, *East of the Sun* takes us back to a world we hardly understand but yearn to know. This is a book that has it all: glorious detail, fascinating characters, and masterful storytelling.

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Bad Science

Discover a healthier you with the ultimate cure-all: soup. Throw out everything you think you know about wellness. There's a new way to cleanse, and it doesn't involve deprivation or strict rules. A soup cleanse is the modern alternative to quick-fix diets and juice cleanses: It's nutrient-dense, satisfying, and convenient for any lifestyle. Souping employs the simple philosophy that truly connecting with your food helps establish lasting habits so you can reveal your best self. In the Soup Cleanse Cookbook, you'll discover how small tweaks to your weekly meals and mealtime rituals make a big difference in your health. Seventy-five plant-based and gluten-free recipes can be mixed and matched for a customizable weekly plan that includes a dedicated souping day, 5 days of soup for lunch, and an "anything goes" day. Or, follow one of the soup categories, each designed to address different health needs, like boosting immunity, revving up energy, and encouraging weight loss. Creative suggestions and actionable tips simplify the concept of cleansing and help incorporate more veggies into your daily diet. The Soup Cleanse Cookbook makes mindful eating truly splendid.

What Mothers Do

Why Mummy Drinks meets Bridget Jones. The second in the bestselling comedy series. Juliette Duffy has made a lot of mistakes. They include falling in love with the wrong man, having a baby with the aforementioned wrong man, and googling

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'haemorrhoids' then looking at the image pages. This year, however, she is hoping for joyful post-baby romance with Alex Dalton--a man who has loved her since childhood and owns half of London. Can she really make it work with Alex? Living in a country village and working in her parents' local pub is a world away from Alex's high-powered life in London. And there's another big problem, which there aren't enough four-letter words to describe: Daisy's cheating, irresponsible father, Nick. The second in Suzy K Quinn's hilarious, bestselling Bad Mother series is another addictive treat.

Difficult Mothers, Adult Daughters

While postpartum depression has become a recognizable condition, *THE POSTNATAL DEPLETION CURE* is the first book to treat the nutrient depletion, sleep loss, and emotional shifts that afflict women up to a decade after giving birth. Most mothers have experienced exhaustion, pain, forgetfulness, indecision, low energy levels, moodiness, or some form of baby brain. And it's no wonder: The process of growing a baby depletes a mother's body in substantial ways--on average, a mother's brain shrinks 5% during pregnancy, and the placenta saps her of essential nutrients that she needs to be healthy and contented. But with postnatal care ending after 6 weeks, most women never learn how to rebuild their strength and care for their bodies after childbirth. As a result, they can suffer from the effects of depletion for many years, without knowing what's wrong as well as getting the support and treatments that they need.

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Any woman who has read What to Expect When You're Expecting needs a copy of THE POSTNATAL DEPLETION CURE. Filled with trustworthy advice, protocols for successful recovery, and written by a compassionate expert in women's health, THE POSTNATAL DEPLETION CURE will help every mother restore her energy, replenish her body, and reclaim her sense of self.

Mothers Who Can't Love

Why Mummy Drinks meets Bridget Jones. The first in the bestselling comedy series. Juliette is a new mother, but life isn't going the way she'd hoped. She doesn't live in a cottage with roses around the door. She doesn't own a rolling pin. And Daisy's out-of-work actor father still hasn't proposed. While Juliette sobs her way through sleepless nights and nappy changes, Nick drinks Guinness and plays computer games. Meanwhile, his helicopter mother is always on hand to find fault--with Juliette. At least when Nick pops the question, things will look up won't they? With a supporting cast including Juliette's over-honest mother, potty-mouthed grandmother, militant hippy best friend, and handsome-but-scarred hotel magnate Alex Dalton, the first in Suzy K Quinn's hilarious, bestselling Bad Mother series is a sassy, uplifting, addictive treat.

The Detox Miracle Sourcebook

Every mother deserves a holidayThe third in the bestselling comedy seriesJuliette Duffy is knocked up

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again. Preggers. Up the duff. To put it another way whoops. While she and her hotel magnate boyfriend Alex get their heads around unexpected parenthood, Juliette is having all the usual pregnancy symptoms: throwing up, indigestion, sciatica, constipation, migraines and brain-fuddling tiredness. Because Mother Nature is a psychopathic old hag. She needs a distraction and this summer she is determined to get away. Her party-loving mother is demanding the usual Duffy family all-inclusive Greek holiday. Her dad wants to go camping in Norfolk. And Alex? Well, he has asked her on a five-star luxury cruise. The trouble is, his mother is coming too. The third in Suzy K Quinn's addictive, bestselling Bad Mother series, where Why Mummy Drinks meets Bridget Jones, is another laugh-out-loud treat.

The 5-Day Real Food Detox

"As a professional model, Nikki Sharp traveled constantly, barely slept, skipped meals, and relied on quick fixes to stay skinny, all of which took a toll on her physical and emotional health. Realizing she needed to make a serious change, she began to study integrative nutrition -- and learned that the key to weight loss, radiant skin, and overall well-being is not starving yourself but eating. That's right: eating! Sharp created her detox plan based on the knowledge that in the right combinations, real whole foods -- grains, vegetables, fruits, and spices -- can aid digestion, burn body fat, flush out toxins, reduce bloating, banish fatigue, and clear up acne. Unlike other cleanses, The 5-Day Real Food Detox allows you

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to eat five times a day -- and shed a pound a day -- with meals and snacks developed by Sharp (and backed by a nutritionist and a registered dietician). Even better, the recipes, including Love Pancakes, Spinach & Chickpea Hummus, Black Bean Burgers, Cauliflower Mash, and Taco Bowl, have been taste-tested by Sharp's many of 300,000-plus Instagram followers, who have done the plan and seen amazing results."--Amazon.com.

Stuart: A Life Backwards

K. M. Szpara's *Docile* is a science fiction parable about love and sex, wealth and debt, abuse and power, a challenging tour de force that at turns seduces and startles. There is no consent under capitalism. To be a *Docile* is to be kept, body and soul, for the uses of the owner of your contract. To be a *Docile* is to forget, to disappear, to hide inside your body from the horrors of your service. To be a *Docile* is to sell yourself to pay your parents' debts and buy your children's future. Elisha Wilder's family has been ruined by debt, handed down to them from previous generations. His mother never recovered from the *Dociline* she took during her term as a *Docile*, so when Elisha decides to try and erase the family's debt himself, he swears he will never take the drug that took his mother from him. Too bad his contract has been purchased by Alexander Bishop III, whose ultra-rich family is the brains (and money) behind *Dociline* and the entire Office of Debt Resolution. When Elisha refuses *Dociline*, Alex refuses to believe that his family's crowning achievement could have any negative side

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effects—and is determined to turn Elisha into the perfect Docile without it. Content warning: Docile contains forthright depictions and discussions of rape and sexual abuse. At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied.

The Bad Mother's Holiday

When Johnny Cash died in September 2003, the world mourned the loss of the greatest country music star of all time. *I Walked the Line* is the life story of Vivian Cash, Johnny's first wife and the mother of his four daughters. It is a tale of long-kept secrets, lies revealed, betrayal and, at last, the truth. Johnny and Vivian were married for nearly fourteen years. These years spanned Johnny's military service in Germany, his earliest musical inclinations, their struggling newlywed years, Johnny's first record deal with Sun Records (alongside Elvis Presley), his astounding rise to stardom, and his well-known battles with pills and the law. Vivian decided that, near the end of her life and with backing from Johnny, she should tell the whole story, even the parts at odds with the iconic Cash family image such as Johnny's drug problems; Vivian's confrontation with June Carter about her affair with Johnny and, most sensationally, the Cash family secret of June's lifelong addiction to drugs and the events leading up to her death. Also revealed are unpublished love letters between the couple, family photographs and artefacts. *I Walked the Line* is a powerful memoir of joy and happiness, injustice and triumph and is an essential read for all Cash fans.

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Tea Cleanse

Bestselling author of the Bad Mother books Suzy K Quinn reveals the truth behind the lies we tell mothers, one sleepless night at a time. Suzy and Demi were carefree twenty-somethings. They had fun! They didn't have responsibilities! And then they decided to have a baby. Goodbye lazy weekends, hello sleepless nights, arguments and an addiction to industrial-strength hot chocolate. In the midst of this major life change, Suzy discovered that most parenting advice should be taken with a pinch of salt--or ten. For example: #1 Lie--Just go with your mother's instinct. But what if your instinct is telling you to hide under the stairs? #10 Lie--Your new baby will tell you what it needs. Not if it can't talk it won't. #23 Lie--You should never bribe your children. You will ALWAYS bribe your children. Follow Suzy on the ultimate make-over--from nervous-wreck new mother to happy families. In this hilarious and refreshingly honest account for parents who prefer the realistic to the utopian, Suzy debunks the myths and takes us all along for the (bumpy) ride.

Glass Geishas

Encourages women to weed out the bad boys and discusses the five sexual myths that keep women single, when to begin the onset of sexual activity in a new relationship, and the biggest mistakes that one can make when dating online.

The Postnatal Depletion Cure

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Workaholic attorney Samantha Sweeting has just done the unthinkable. She's made a mistake so huge, it'll wreck any chance of a partnership. Going into utter meltdown, she walks out of her London office, gets on a train, and ends up in the middle of nowhere. Asking for directions at a big, beautiful house, she's mistaken for an interviewee and finds herself being offered a job as housekeeper. Her employers have no idea they've hired a lawyer—and Samantha has no idea how to work the oven. She can't sew on a button, bake a potato, or get the #@%# ironing board to open. How she takes a deep breath and begins to cope—and finds love—is a story as delicious as the bread she learns to bake. But will her old life ever catch up with her? And if it does...will she want it back?

You're Not Crazy - It's Your Mother

Souping is the new juicing! When Angela Blatteis and Vivienne Vella set out to create Soupure, the LA-based soup company at the forefront of the souping movement, they wanted to share the power of healing soups with the world. With a few simple, delicious recipes they've helped people lose weight, boost their energy, and feel better every day. Now with THE SOUP CLEANSE they are bringing their satisfying, 100 percent good-for-you, whole food-based soups straight into your kitchen. With more than 50 delicious recipes and a flexible, easy-to-follow detox program, you'll learn how to nourish and purify your body while flooding it with essential nutrients. You will sip your way through high-fiber soups packed full of

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regenerative whole food ingredients. Unlike juicing and many other quick-fix diets, THE SOUP CLEANSE is built on simple, satisfying recipes that won't leave you feeling hungry or deprived, making it accessible and easy to stick to—even for those with the busiest lifestyles. Get ready to rejuvenate, revitalize, and reclaim your health—one sip at a time!

Bad Mother's Detox - a Romantic Comedy

Maureen Cavanagh's gripping memoir *If You Love Me* is the story of a mother who suddenly finds herself on the frontlines of the opioid epidemic as her daughter battles—and ultimately reckons with—substance use disorder. Fast-paced and heartwarming, devastating and redemptive, Maureen's incredible odyssey into the opioid crisis—first as a parent, then as an advocate—is ultimately a deeply moving mother-daughter story. When Maureen and her ex-husband Mike see their daughter Katie's needle track marks for the first time, it is a complete shock. But, slowly, the drug use explains everything—Katie's constant exhaustion, erratic moods, and all those spoons that have gone missing from the house. Once Mike and Maureen get Katie into detox, Maureen goes to sleep that night hoping that in 48 hours she'll have her daughter back. It's not that simple. Like the millions of parents and relatives all over the country—some of whom she has helped through her nonprofit organization—Maureen learns that recovery is neither straightforward nor brief. She fights to save Katie's life, breaking down doors on the seedy side of town with Mike, kidnapping Katie outside a convenience

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store, and battling the taboo around substance use disorder in her picturesque New England town. Maureen is launched into the shadowy world of overcrowded, for-profit rehabilitation centers that often prey on worried parents. As Katie runs away from one program after another, never outrunning her pain, Maureen realizes that even while she becomes an expert on getting countless men and women into detox and treatment centers, she remains powerless to save her own daughter. Maureen's unforgettable story brings the opioid crisis out of the shadows and into the house next door.

Lies We Tell Mothers

Questions and compatibility tests help women determine their motivations when entering a relationship, evaluate a man's potential, and maintain a healthy relationship.

The Bad Mother's Detox

A self-help book based in science, the result of more than a decade of research, Daughter Detox offers the daughters of unloving mothers vital information, guidance, and real strategies for healing from childhood experiences, and building genuine self-esteem. Writer Peg Streep lays out seven distinct but interconnected stages on the path to reclaim your life from the effects of a toxic childhood: DISCOVERY, DISCERNMENT, DISTINGUISH, DISARM, RECLAIM, REDIRECT, and RECOVER. Each step is clearly explained, and richly detailed with the stories of other

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women, approaches drawn from psychology and other disciplines, and unique exercises. The book will help the reader tackle her own self-doubt and become consciously aware of how her mother's treatment continues to shape her behavior, even today. The message of the book is direct: What you experienced in childhood need not continue to hold you back in life. What was learned can be unlearned with effort. The book begins with DISCOVERY, opening up the reader's understanding of how she has been wounded and influenced by her mother's treatment.

Recognizing the eight toxic maternal behaviors—dismissive, controlling, emotionally unavailable, unreliable, self-involved or narcissistic, combative, enmeshed, or role-reversed—lays the foundation for the daughter's awareness of how her way of looking at the world, connecting to others, and ability to manage stress were affected. DISCERNMENT delves into the patterns of relationship in her family of origin and how they played a part in her development, and then shifts to looking closely at how the daughter adapted to her treatment, either silencing or losing her true self in the process. Next up is DISTINGUISH, seeing how the behavioral patterns we learned in childhood animate all of our relationships in the present with lovers and spouses, relatives, friends, neighbors, and colleagues. The act of distinguishing allows us to see why so many of us end up in unsatisfying relationships, chose the wrong partners, or are unable to develop close friendships. Active recovery begins with DISARM as the daughter learns how to disconnect unconscious patterns of reaction and behavior and substitute actions that will foster the growth of self-esteem. Understanding the triggers

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that set us off, the cues that put us on the defensive, and the default positions of blaming ourselves and making excuses for other people's toxic behavior are addressed, as are unhealthy behaviors such as rumination, rejection sensitivity, and more. RECLAIM is the stage at which the reader begins to actively make new choices, preparing herself so that she can live the life she desires by seeing herself as having agency and being empowered. Making new choices and figuring out how to manage her relationship to her unloving or toxic mother is the focus of REDIRECT. There are stories to inspire and challenge your thinking, exercises that show you how to swap out self-criticism for self-compassion, guidance on how to use journaling as a tool of self-discovery and growth, and advice on goal setting. Finally, RECOVER challenges the reader to come up with a new definition of what it means to heal, suggests tools to overcome the obstacles she places in her own way, and strategies to become the best, most authentic version of herself.

East of the Sun

In this extraordinary book, Alexander Masters has created a moving portrait of a troubled man, an unlikely friendship, and a desperate world few ever see. A gripping who-done-it journey back in time, it begins with Masters meeting a drunken Stuart lying on a sidewalk in Cambridge, England, and leads through layers of hell...back through crimes and misdemeanors, prison and homelessness, suicide attempts, violence, drugs, juvenile halls and special

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schools—to expose the smiling, gregarious thirteen-year-old boy who was Stuart before his long, sprawling, dangerous fall. Shocking, inspiring, and hilarious by turns, Stuart: A Life Backwards is a writer's quest to give voice to a man who, beneath his forbidding exterior, has a message for us all: that every life—even the most chaotic and disreputable—is a story worthy of being told. From the Hardcover edition.

Life Unplugged

'What a read! I was hooked from the very first chapter! Chilling and terrifying, this is guaranteed to have your heart pounding the whole way through!' Netgalley reviewer, 5***** —

One Christmas in Paris

Do you find yourself feeling emotionally bruised, upset, and confused after being in contact with your mother? Are you left doubting yourself—even feeling crazy--as she remembers some incidents totally differently than you remember them, and denies that other events even happened? Does it seem she gets frustrated, angry, or upset when good things happen in your life? Does she seem happy and energized if you have a problem or crisis? Round and round go your feelings, emotions, and half-formed thoughts, till you think you must truly be crazy. And you still end up emotionally bruised, confused, and hurt. If this resonates with you, it is possible that your mother has narcissistic personality disorder. You're Not Crazy--It's

Indelible

The bestselling author of *Hold Me Tight* presents a revolutionary new understanding of why and how we love, based on cutting-edge research. Every day, we hear of relationships failing and questions of whether humans are meant to be monogamous. *LOVE SENSE* presents new scientific evidence that tells us that humans are meant to mate for life. Dr. Johnson explains that romantic love is an attachment bond, just like that between mother and child, and shows us how to develop our "love sense"--our ability to develop long-lasting relationships. Love is not the least bit illogical or random, but actually an ordered and wise recipe for survival. *LOVE SENSE* covers the three stages of a relationship and how to best weather them; the intelligence of emotions and the logic of love; the physical and psychological benefits of secure love; and much more. Based on groundbreaking research, *LOVE SENSE* will change the way we think about love.

I Walked the Line

**Suzy's thrilling new psychological suspense chiller, *Not My Daughter*, is available for pre-order now! **

The Bad Mother's Christmas

The informative and witty expose of the "bad science"

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we are all subjected to, called "one of the essential reads of the year" by New Scientist. We are obsessed with our health. And yet — from the media's "world-expert microbiologist" with a mail-order Ph.D. in his garden shed laboratory, and via multiple health scares and miracle cures — we are constantly bombarded with inaccurate, contradictory, and sometimes even misleading information. Until now. Ben Goldacre masterfully dismantles the questionable science behind some of the great drug trials, court cases, and missed opportunities of our time, but he also goes further: out of the bullshit, he shows us the fascinating story of how we know what we know, and gives us the tools to uncover bad science for ourselves. From the Hardcover edition.

The Boyfriend Test

The Detox Miracle Sourcebook shows you how to cleanse your body of the poisons that are destroying your health, and start the process of complete cellular regeneration that leads to true healing. Based on 30 years of clinical experience, treating thousands of people with conditions ranging from OVERWEIGHT to CANCER, Dr. Robert Morse reveals his ultimate healing system - the Detox Miracle!

- Covers the A-Z of Detoxification, including: Why do it? When to do it? What to expect? How it works, and how long it takes.
- Explains the uses of specific raw foods and herbs for cleansing and healing every organ, system, and unbalanced condition in the body.
- Details the interface of body, mind and soul in the achievement of lifelong health.
- Presents the Detox Miracle Diet,

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and how to adapt it for life. • Includes dozens of easy-to-use References: lists of herbs, herbal formulas, properties of foods, minerals, phytochemicals, and cell salts, etc.; along with raw food recipes; a detailed Index; broad-based Resource Guide; and extensive Glossary and Bibliography. ONE THING I KNOW about Dr. Morse is that he has walked his talk. This amazing book leads you step-by-step through every facet of detoxification and vitality building. A treasure chest of information for the beginner and the advanced health-seeker alike. -David Wolfe, CEO:www.rawfood.com, author of The Sunfood Diet Success System and Eating for Beauty. EXTREMELY PRACTICAL; a most informative tool. Helping others to help themselves through education provides a lasting impression upon their overall health. What better way to serve the Lord than to educate the masses. -Gary L. Axley, N.M.D., D.O.; president of Southern College of Naturopathic Medicine. CAREFULLY RESEARCHED. A “must” for the professional practitioner as well as for the layperson. Destined to become a classic. -Donald Vesser Bodeen, D.C., Ph.D. I HAVE USED DR.MORSE’S program and his herbs with many cases over the years, and with great success. This method is the real healing method for today and the future. -William Christner, N.D., C.M. THE STUDY OF THIS BOOK will be a spiritual, mental, and physical blessing for complete body health. Thank you, Dr. Morse, for a wonderful book! -Dr. Ed David, N.D., Health Education Center. Natural Health \$29.95 HOHM PRESS The Detox Miracle Sourcebook MORSE

Frosted Sweets

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Every girl has her price . . . To Steph, working as a bar hostess in Japan sounds too good to be true. Friends say she can earn a fortune simply by flirting with drunk businessmen, and there's no sex involved - honest. Old friends, Julia and Annabel, are earning piles of cash in Tokyo and say hostessing is perfectly safe. But once in Japan, Steph realises Julia is a shadow of her former self and Annabel has disappeared. No one cares that Annabel's gone - least of all a troubled and secretive Julia. As Steph searches for her missing friend, she is lured into gritty, glamorous Roppongi - an exotic world of sex, modern-day geishas and easy money. There she meets Mama San, a charismatic and powerful hostess club owner, who has worked in the shadowy Japanese sex industry all her life and knows everything about pleasing men. But the longer Steph stays in Tokyo's sex district, the less finding Annabel seems to matter. Steph soon realises she must discover what's happened to Annabel, or risk selling a part of herself she'll never get back.

The Undomestic Goddess

With *Mothers Who Can't Love: A Healing Guide for Daughters*, Susan Forward, Ph.D., author of the smash #1 bestseller *Toxic Parents*, offers a powerful look at the devastating impact unloving mothers have on their daughters—and provides clear, effective techniques for overcoming that painful legacy. In more than 35 years as a therapist, Forward has worked with large numbers of women struggling to escape the emotional damage inflicted by the women

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who raised them. Subjected to years of criticism, competition, role-reversal, smothering control, emotional neglect and abuse, these women are plagued by anxiety and depression, relationship problems, lack of confidence and difficulties with trust. They doubt their worth, and even their ability to love. Forward examines the Narcissistic Mother, the Competitive Mother, the Overly Enmeshed mother, the Control Freak, Mothers who need Mothering, and mothers who abuse or fail to protect their daughters from abuse. Filled with compelling case histories, *Mothers Who Can't Love* outlines the self-help techniques Forward has developed to transform the lives of her clients, showing women how to overcome the pain of childhood and how to act in their own best interests. Warm and compassionate, *Mothers Who Can't Love* offers daughters the emotional support and tools they need to heal themselves and rebuild their confidence and self-respect.

Daughter Detox

New Kindle Unlimited Adult Romance - part VI of the Bestselling Kindle Unlimited Romance series, the Ivy Series. BOOK DESCRIPTION With a beautiful new baby to love, Sophia's life should be complete. But Marc's need to protect his family is as strong as ever, and soon Sophia feels stifled. Against Marc's wishes, Sophia accepts a steamy new movie role, starring opposite well-known lady's man, Benjamin Van Rosen. Furious that Sophia would ignore his advice, Marc insists on being in the movie too. The movie company can hardly refuse Marc Blackwell - one of

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Hollywood's most respected stars, and a man who is known for being both sought-after and highly selective. At first, Sophia is angry that Marc is so controlling. But when she realises Marc will play the teacher to her student, she admits to being curious. Soon, obsession, love and desire become intertwined, as Marc and Sophia play out their forbidden romance - both on and off camera. READER REVIEWS FOR THE IVY LESSONS "I fell in love with Marc Blackwell. This is the ultimate teacher student romance *****"When will there be more from Marc and Sophia? LOVED this book!*****"Beautiful story of forbidden love between a teacher and student.***** BOOK EXTRACT The silver box glimmers from the mantelpiece. It's large and thick - the size of a heavy coffee-table book and just as heavy. I've been ignoring it for days now. You have to open it some time, says a little voice. I know. Through the farmhouse windows, I see rose buds on thorny stems. The grass is taller than it's been in a while, and pink and white blossom decorates the fruit trees. Spring. A time of new beginnings. I glance at Ivy, sleeping in her woven basket. She's getting too big for that basket now, but I like to have her with me. As close as possible, wherever I am. Sometimes, life feels so perfect that I can't believe I got so lucky. I'm married to one of Hollywood's greatest actors - my former teacher, and a man I am deeply, obsessively in love with. Marc Blackwell dotes on me, and is the perfect, protective father to our beautiful baby, Ivy. Our luxurious farmhouse is set on five acres of land, and surrounded by flowering, grassy gardens. Some of the bigger fruit trees will be perfect for a rope swing when Ivy grows up. And then of course, there are the horses

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for her to ride on. Security around the farmhouse is the best there is - no photographer or journalist can get near us. All in all, things should be amazing. And they are. Most of the time. But sometimes I feel like oh, it's silly. Everything is perfect. And yet still the silver parcel glimmers.

Docile

Transform Your Relationship With Your Mother If you liked Melody Beattie's Codependent No More or Henry Cloud's Boundaries, you'll love Difficult Mothers, Adult Daughters Difficult mother? The best news on the planet is that your mother doesn't have to change in order for you to be happy. In fact, author Karen C.L. Anderson will take it a step further and say, your difficult mother doesn't have to change in order for you to be free, peaceful, content, and joyful. Narcissistic mother? You can emotionally separate without guilt. Inspired by her own journey, Anderson's Difficult Mothers, Adult Daughters shows women how to emotionally separate from their difficult mothers without guilt and anxiety, so they can finally create a life based on their own values, desires, needs, and preferences. Learn through the experiences of others: The book is filled with personal stories and experiences, practical tools, and journal prompts that can be used now to feel better. Anderson compassionately leads women struggling in their relationships with their difficult mothers through a process of self-awareness and understanding. Karen's experience with hundreds of women has resulted in cases of profound growth and transformation. Funny

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and compassionate: This book is about Karen discovering and accepting the whole of who she is (separate from her mother), and making her discoveries accessible to women struggling to redefine their challenging relationships with their mothers. Her writing is relatable, real, funny, and compassionate. What you'll learn inside this book: Why mothers and daughters can have difficult relationships How to heal and transform your mother "wounds" How to tell your stories in a way that empowers How to handle the uncomfortable emotions that seem inevitable The art of creating, articulating, and maintaining impeccable boundaries How to stop "shouldering" How to "re-mother" yourself and acknowledge, honor, and meet your needs

Become Your Own Matchmaker

Mean Mothers

After a year of partying, Sam decides to buckle down and focus on college. Things are going great until a one-night stand leaves her pregnant and alone. Raising a child while going to school isn't easy, but Sam is determined to be strong for her daughter. She doesn't have time for guys or relationships, but the pull she feels toward Judd is more than she can ignore. Judd doesn't fit the mold of a college ballplayer. His motorcycle and tattoos may fit the life he's created for himself, but baseball is the one thing he takes seriously. When he meets Sam, he's immediately drawn to her curves and refusal to put

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up with his crap. When Judd learns the truth, can he handle the responsibility that comes with loving a single mother? Sam yearns for the fire Judd fuels in her, but her child's needs have to come first. Can two people at different stages in their life find a way to make a life together? *Want more? Read Karrie's story in Frat House Confessions: Ridge

Soup Cleanse Cookbook

A.M. Willard brings you a romantic comedy with a touch of contemporary romance and a dash of chick lit, which takes you on a journey of friendship. Frosted Sweets is the first installment of A Taste of Love Series in which we follow the lives of Morgan and Jayden, who are discovering life is anything but what it seems. Morgan Lewis, the owner of The Polka Dot Cafe & Bakery, is about to wed the man she's spent the last four years building a life with. What she doesn't know is, that's all about to change. Can her life move past a wedding disaster? Can her crazy friends help her pick up the pieces? And what's in store for this sweet baker? Along with a booming business, the Christmas holiday rush, and her friends, Morgan is really sent into a spin when Jayden Rivers moves to town. Jayden's focus is on his career in production, but what he wasn't expecting was to be knocked off his feet by a woman in the park. Sparks fly, but he's not sure if she's truly available or taken. With a severe sweet tooth and an addiction to Morgan Lewis's treats, he can't seem to stay away. Will it turn into sugar and spice? Or a friendship over some frosted treats?"

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Love Sense

Life Unplugged makes digital detox easy with alternative activities and better ways to feel connected to your friends, family, and the world around you. By unplugging your electronics, you'll be able to take that much-needed vacation you've been craving. For busy entrepreneurs and families, it can seem impossible to find time for yourself or to stay connected to your loved ones, but with Life Unplugged, staying connected is much simpler than you imagine. This workbook guides you through ways to de-stress, cultivate mindfulness, and improve your mood and health while also helping you find balance and joy in your daily life through digital detox. It's the mini vacation without the extra cost of actually going away and all the wellness benefits you need for a more fulfilling lifestyle. You'll find: Habit-tracking worksheets to keep you on task Fun challenges to help you be the most successful in your detox Journaling prompts to get your creative juices flowing Tips to finding and integrating alternative activities into your daily routine Ways to optimize your free time, so you're more productive throughout the day With this life-changing journal, you'll learn to live without being attached to your phone, TV, laptop, or social media. It can be as easy as taking a few breaks from your digital devices a day to make you feel refreshed, enlightened, and purposeful. Sleep better and improve your overall mental and physical health by taking a break from the internet. The practice of digital detoxing has proven to improve your memory, posture, blood pressure, and give you greater feelings

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of gratitude and happiness. Live a more connected, purposeful life by staying in tune with the world around you.

THE SOUP CLEANSE

If you've ever found yourself picking off your nail polish, sitting in your sweats with an empty carton of Ben & Jerry's, wondering, "Where are all the good men, and why isn't a gorgeous one standing shirtless in my kitchen mixing me up a pomegranate mojito?" I hate to tell you this, but it's your own fault. Not to worry -- I'm here to help you make that fantasy a reality, with one major addition: you'll be sipping that mojito with a big, glittering diamond ring on your left hand. Sounds too good to be true? It isn't. As a third-generation matchmaker and the president of one of the world's most elite dating services -- the Millionaire's Club -- I've put myself in the enviable position of being friend, confi dante, and relationship counselor to men and women the world over. I know what the good guys want in a wife, and what sends them screaming into the night. Now I'm sharing their secrets with you. I've compiled my best tried-and-true advice and I'm going to tell you the things that even your best friend doesn't have the courage to break to you. If you follow my formula, the man of your dreams will appear in your life, and you can be in a committed, monogamous relationship with him in less than a year. Get ready -- I'm about to show you how to make all your relationship dreams come true.

Don't Tell Teacher

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NEW RELEASES 2017 - Romantic Comedy / Funny Romance for ANY MOTHER who wants to laugh, feel good, relax and fall in love. If you liked the Unmumsy Mum, Hurrah for Gin and the List, you'll LOVE this new romantic comedy. BOOK DESCRIPTION As a mother, I imagined myself somewhere between Mary Poppins and Jules Oliver. You know - growing my own courgettes, laughing whilst covered in mud, possibly having my own kiddie clothing range that sort of thing. But unforeseen circumstances have thrown me far from vegetable patches and spoonfuls of sugar. I am currently a single mother, living with my parents. And this New Year, I am in need of a major detox. What am I detoxing? Daisy's father, Nick. New Year is a time to diet and purify (after, of course, finishing up all the Christmas crap - there's no point trying to diet with all that still hanging around. Glass of port anyone?). Mum is losing weight, courtesy of Jaffa cakes and low-fat strawberry angel delight (two of my five a day!). Dad is having a bicycle-clip clear out. My detox is my feckless, irresponsible former boyfriend. Alex and I will never work out if I can't cut Nick out of my life. But how can I, when he's Daisy's dad? PRAISE for the Bad Mother's series "The literary equivalent of chocolate. If you're having a bad day, read this right now! Five-star romantic comedy." "I laughed until I cried. My husband kept asking me what on earth was so funny." "A truly feel-good read, with a smouldering hero and lovable heroine." "Lovable characters, funny romance and an easy read that literally made me laugh out loud." "Didn't want to put this book to end. Can't wait for the next in the series." YOUR QUESTIONS ANSWERED Is this book available

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on Kindle Unlimited?YES! If you're looking for free romantic comedy as part of your prime subscription, look no further.How long has the author been writing for?F****g years. I mean, a long time. Since my early twenties, and I'm nearly forty now. It doesn't mean I know what I'm doing though. I started out writing thrillers, and eventually found my way to romantic comedy. Don't know why I didn't sooner, as it's my favourite genre. I suppose I was darker when I was younger How long is this series?The plan is for five books, taking Daisy all the way to school - and maybe beyond if people are still interested in reading.How will this book make me feel?Uplifted, loved and happy, like any good romantic comedy. Don't get me wrong, Juliette doesn't have an easy time. But ultimately she is loved by those around her, and that's what's important - no matter what life throws at you.Are there sex scenes?Sort of. But they're fairly PG. Think James Bond level of sexual content, and you're in the right area.Which readers like this book?Mums. Obviously. And seemingly most mums, judging by the reviews. Although if you're into very literary books, you probably won't like it.What do readers of this book also like?Definitely the Unmumsy Mum - the styles of these books are similar. And also Hurrah for Gin, I Don't Know How She Does It, Sex and the City and Bridget Jones.LOOK INSIDE NOW TO SEE WHY MOTHERS LOVE THIS SERIES

The Glass Castle

Journalist Walls grew up with parents whose ideals and stubborn nonconformity were their curse and

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their salvation. Rex and Rose Mary and their four children lived like nomads, moving among Southwest desert towns, camping in the mountains. Rex was a charismatic, brilliant man who, when sober, captured his children's imagination, teaching them how to embrace life fearlessly. Rose Mary painted and wrote and couldn't stand the responsibility of providing for her family. When the money ran out, the Walls retreated to the dismal West Virginia mining town Rex had tried to escape. As the dysfunction escalated, the children had to fend for themselves, supporting one another as they found the resources and will to leave home. Yet Walls describes her parents with deep affection in this tale of unconditional love in a family that, despite its profound flaws, gave her the fiery determination to carve out a successful life. -- From publisher description.

When You and Your Mother Can't Be Friends

'I fell in love with this book. The writing was good enough to make me forget I had a phone, put it that way' Aisling Bea A novel for anyone who has loved and lost, and lived to tell the tale. As a young woman packs up her ex-boyfriend's belongings and prepares to see him one last time, she wonders where it all went wrong, and whether it was ever right to begin with. Burdened with a broken heart, she asks herself the age-old question . . . is love really worth it? Out of Love is a bittersweet romance told in reverse. Beginning at the end of a relationship, each chapter takes us further back in time, weaving together an

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already unravelled tapestry, from tragic break-up to magical first kiss. In this dazzling debut Hazel Hayes performs a post-mortem on love, tenderly but unapologetically exploring every angle, from the heights of joy to the depths of grief, and all the madness and mundanity in between. This is a modern story with the heart of a classic: truthful, tragic and ultimately full of hope.

Not My Daughter

Drawn from research and the real-life experiences of adult daughters, *Mean Mothers* illuminates one of the last cultural taboos: what happens when a woman does not or cannot love her own daughter. Peg Streep, co-author of the highly acclaimed *Girl in the Mirror*, has subtitled this important, eye-opening exploration of the darker side of maternal behavior, “Overcoming the Legacy of Hurt.” There are no psychopathic child abusers in *Mean Mothers*. Instead, this essential volume focuses on the more subtle forms of psychological damage inflicted by mothers on their unappreciated daughters—and offers help and support to those women who were forced to suffer a parent’s cruelty and neglect.

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