

My Poop Is Stuck Encourages Healthy Nutrition For

An expedition to investigate an old sunken ship teaches Peggy lessons about herself. When archaeologists discover a two-hundred-year-old shipwreck, Peggy Henderson decides she'll do whatever it takes to take part in the expedition. But first she needs to convince her mom to let her go, and to pay for scuba diving lessons. To complicate matters even more, Peggy's Great Aunt Beatrix comes to stay, and she's bent on changing Peggy from a twelve-year-old adventure-seeking tomboy to a proper young lady. Help comes in the most unlikely of places when Peggy gets her hands on a copy of the captain's log from the doomed ship, which holds the key to navigating stormy relationships.

Based on the ancient healing tradition from India that dates back thousands of years, The Complete Book of Ayurvedic Home Remedies offers natural alternatives to conventional medicines and treatments with practical advice and easy-to-follow instructions. Dr. Vasant Lad, a leading authority in this field, has created an invaluable guide to treating common ailments and chronic problems with strategies tailored to your personal needs based on your dosha. Dr. Lad first explains the principles behind the science of Ayurveda, exploring the physical and psychological characteristics of each of the three doshas, or mind-body types—vata, pitta, and kapha. Once you have determined which type or combination of types you are, Dr. Lad helps you to begin your journey to the ultimate "state of balance" and well-being. Dr. Lad explains why certain imbalances often result in illness and shows you how to restore your body to natural order. You'll learn which traditional Ayurvedic remedies—herbal teas and formulas, essential oils, meditation, yoga—offer relief from a variety of conditions, such as cold and flu symptoms, headaches, toothaches, sore throats, high cholesterol, vision problems, anxiety, and depression. Dr. Lad also shows you how to use diet and specific Ayurvedic techniques to prevent future illness and to promote body consciousness and healthy living. The Complete Book of Ayurvedic Home Remedies enables us all to experience the benefits of Ayurveda's healing properties that have been refined over thousands of years. All of the herbs, foods, and oils Dr. Lad recommends can be found in local health food stores or through mail-order catalogs. Complete with an extensive glossary and resource list, this is the definitive guide to natural, safe, and effective remedies, everyday keys to a lifetime of vitality and well-being.

This three-book bundle collects the adventures of 12-year-old adventurer and bone expert Peggy Henderson. In Reading the Bones, due to circumstances beyond her control, Peggy has to move to the quiet town of Crescent Beach, B.C., to live with her aunt and uncle. She learns that her home and the entire seaside town were built on top of a 5,000-year-old Coast Salish fishing village. With the help of an elderly archaeologist, Peggy comes to know the ancient storyteller buried in her yard in a way that few others can - by reading the bones. In Broken Bones, a vandalized burial in an abandoned pioneer cemetery brings Peggy and her elderly archaeologist friend Eddy to Golden, British Columbia, to excavate. Since the wooden burial markers disintegrated long ago, Peggy and Eddy have no way of knowing the dead mans identity. But when Eddy discovers the vertebrae at the base of the skull are crushed, a sure sign the cause of death was hanging, they have their first clue. And in Bone Deep, when archaeologists discover a two-hundred-year-old shipwreck, Peggy decides she'll do whatever it takes to take part in the expedition. But first she needs to convince her mom to let her go, and to pay for scuba diving lessons. To complicate matters even more, Peggy's Great Aunt Beatrix comes to stay, and she's bent on changing Peggy from a twelve-year-old adventure-seeking tomboy to a proper young lady. Help comes in the most unlikely of places when Peggy gets her hands on a copy of the captain's log from the doomed ship, which holds the key to navigating stormy relationships. Includes Reading the Bones Broken Bones Bone Deep

From the well-known health and lifestyle coaches of the widely popular website Lean Healthy Ageless (formerly Ageless Woman Living) comes a practical, science-based diet book that unravels the mystery of why women gain weight as they age and includes a sustainable plan to permanently lose the pounds and inches. Eat, Live, Thrive Diet shows women how they can not only lose excess body fat permanently but also improve their overall health in crucial areas such as brain function, resistance to disease, slowing down external aging, and increasing energy. This highly effective eating plan is presented in a compassionate voice by two experienced health coaches who share personal experiences of battling weight and emotional eating issues. Whereas most diets are short-lived or require substantial upkeep to maintain, Eat, Live, Thrive Diet is a viable eating plan that women can adhere to indefinitely. In addition to minimizing sugar intake, the plan emphasizes the importance of short-term intermittent fasting—a simple lifestyle change that makes it easier and more effective for many mature women to reach their health and weight loss goals. The book also highlights health risks and drawbacks of many popular fad diets that can be harmful on a long-term basis.

Or, On the Convent's Doorstep

Oh Crap! Potty Training

Health and Wellbeing in Late Life

Elevating Child Care: A Guide to Respectful Parenting

Tiny But Mighty

Drop Dead Healthy

The Totally Awkward Adventure of Finding Mom Friends

A satisfyingly silly picture book sing-along about pooping—a topic kids find hilarious and parents find necessary! Discover how cats, pelicans, space aliens, and even dinosaurs poop in this rollicking, rhyming verse that's sure to elicit giggles. With plenty of hilarious pictures and a catchy chorus that encourages young children to use the toilet, this laugh-out-load story is the go-to potty training book that every family needs. • A playful approach to potty training • Full of humor that is silly, not disgusting • From the bestselling author of Pete the Cat: I Love my White Shoes Everybody's pooping all day long. That's why we sing the pooping song! A former elementary school teacher, Eric Litwin's books interweave traditional reading methods with music and movement to make learning fun and effective. • Children's books for kids ages 2-4 • Perfect for families poetry training • Great for fans of silly picture books

This open access book takes a multidisciplinary approach to provide a holistic understanding of late old age, and situates the aged person within the context of family, caregivers, clinical and other institutions. All through the book, the author discusses preparedness for an aging individual as well as the society in the Indian context. The book highlights inevitable but mostly neglected health issues like depression, dementia, fall, and frailty and provides detailed analyses of solutions that are practicable in low resource settings. It also brings up intergenerational differences and harmony in the context of holistic care of older Indians. Alongside clinical perspectives, the book uses

narratives of elderly patients to dwell on the myriad of problems and issues that constitute old age healthcare. Demonstrating cases that range from the most influential to the most underprivileged elderly in India, the book enlightens multiple caregivers—doctors, nurses, and professional caregivers as well as family members—about the dynamic approach required in dealing with complex issues related to late old age. The narratives make the book reliable and interesting to non-academic readers, with important lessons for gerontological and geriatric caregiving. It is also of use to older adults in preparing for active aging.

OVER ONE BILLION people on the planet are blind or visually impaired. . . without question one of the most important books about the brain you will ever read; yet it is beautifully written, immensely approachable, and full of humanity' Iain McGilchrist MA, author of The Master and His Emissary Meet the ninety-year-old doctor who is still practicing medicine, the stroke victim who learned to move and talk again and the woman with half a brain that rewired itself to work as a whole. All these people had their lives transformed by the remarkable discovery that our brains can repair themselves through the power of positive thinking. Here bestselling author, psychiatrist and psychoanalyst Norman Doidge reveals the secrets of the cutting-edge science of 'neuroplasticity'. He introduces incredible case histories - blind people helped to see, IQs raised and memories sharpened - and tells the stories of the maverick scientists who are overturning centuries of assumptions about the brain. This inspiring book will leave you with a sense of wonder at the capabilities of the mind, and the self-healing power that lies within all of us.

Tells a story about the strange relationship of two migrant workers who are able to realize their dreams of an easy life until one of them succumbs to his weakness for soft, helpless creatures and strangles a farmer's wife.

Strategies for Fine-Tuning Your Mind and Moving Past Your Stuck Points

A Bone to Pick / Bone Deep / Broken Bones / Reading the Bones

Neighbors and Wise Men

Running the Race to Revolutionize Women's Sports

A Memoir

The Poop Song

Kitten Lady's Guide to Saving the Most Vulnerable Felines

In recent years, scholars have focused more on the "dark sides of leadership." Both the negative and positive aspects of the relationship between leaders and followers are considered. But the relationship between leaders and followers is also influenced by the context in which the relationship occurs. Organizational aspects such as culture and structures are studied in relation to how negative leadership develops. Organizations, just like humans, are able to develop justifications for their actions, to self-aggrandize by claiming their exclusivity. In this book, the dark sides of organizational behaviors and leadership are considered from different aspects and contexts. The book contributes knowledge of how negative leadership develops, what part organizational structures play, and what the consequences are for the leader, the subordinates and the organization.

Working from an interdisciplinary approach, this eBook seeks to dismantle the prevailing negative narratives and assumptions around disability and sex to reveal the disabled subject as a figure that is at once, both capable of being desired and desiring.

It is a common saying that "it happens" or "noticing changes in your parent and becoming increasingly worried about their health and safety. Maybe it's Mom leaving the stove on, Dad getting lost on his way home, or unpaid bills that trigger this realization. Or perhaps there have been falls or emergency room visits. Whatever it is, you know something's wrong. You wonder about a diagnosis. And you want your aging parent to accept help, or perhaps move. Helping an older parent can be gratifying. But it's especially hard if they're blowing off your concerns, refusing to make changes, or otherwise resisting your efforts. You want them to listen, but they get upset or withdraw when you try to talk about this. What to do? You don't have to remain stuck in conflict with your parent (or other family members). You don't have to keep getting the runaround from doctors or feel stumped about next steps. Instead, use an expert's clear plan on how to help your aging parent. In this practical, step-by-step guide, geriatrician Leslie Kenzian, MD, walks you through what to do and what to say in order to get respectful assistance and intervention to a declining elderly parent. Full of actionable advice and insider tips, When Your Aging Parent Needs Help provides practical and flexible steps that move concerned families toward effective elder care action, while respecting a parent's dignity and autonomy. You'll discover: How to communicate with your aging parent to reduce conflicts and enhance cooperation The A-B-C-D-E assessment framework for Alzheimer or other dementia concerns, safety issues, or independent living - and steps to implement change Strategies to overcome parental resistance, health provider reluctance to share information, and family disagreement How to get a medical evaluation for memory loss and, if applicable, a diagnosis for Alzheimer's or another dementia What to know about possible mental "incompetence," powers of attorney, HIPAA, and other options for gaining legal authority as a caregiver How to find geriatric care managers and other eldercare professionals to assist Downloadable worksheets, symptom checkers, and checklists to bring to doctor visits "What this looks like" family stories that show you what these action steps look like in real-world situations Transform good intentions into workable solutions and improved relationships. If you're concerned about an aging parent's health, wellbeing, or safety, you'll find encouragement and direction for this next life stage in When Your Aging Parent Needs Help.

Player. Jock. Slacker. Competitor. Superhero. Goofball. Boys are besieged by images in the media that encourage slacking over studying; competition over teamwork; power over empower - ment; and being cool over being yourself. From cartoons to video games, boys are bombarded with stereotypes about what it means to be a boy, including messages about violence, risktaking, and perfecting an image of just not caring. Straight from the mouths of over 600 boys surveyed from across the U.S., the authors offer parents a long, hard look at what boys are watch ing, reading, hearing, and doing. They give parents advice on how to talk with their sons about these troubling images and provide them with tools to help their sons resist these mes sages and be their unique selves.

Roll Me in Your Arms

The Glass Castle

Unprintable Ozark Folksongs and Folklore: Roll me in your arms

Based on the Timeless Wisdom of India's 5,000-Year-Old Medical System

From Chewing to Pooping

Packaging Boyhood

Bone Deep

Is your child struggling with pooping? Sometimes all it takes is one painful poop for a child to have a fear of having a bowel movement. Or chronic constipation can cause painful pooping which triggers fear of having a bowel movement. Their fear often leads to withholding, anxiety about using the toilet and potty training regression. Sometimes these issues persist even after the child is no longer suffering from chronic constipation or painful bowel movements. It is difficult to overcome a young child's fear and anxiety with reasoning. This can be extremely frustrating for us as parents, and for our children who are struggling. Dash's Belly Ache is a simple, gentle story about Dash, a dog who doesn't want to poop. His experience in the story will help reassure your child, lessen their anxiety, and help them overcome their fear of pooping. Dash's story is relatable for toddlers and young children who are having a hard time with potty training, constipation or withholding. Bright and fun illustrations Lovable dog characters Perfect for toddlers and young children Easy storyline for your child to follow

The beloved, bestselling potty-training classic, now re-released for a new generation! An elephant makes a big poop. A mouse makes a tiny poop. Everyone eats, so of course: everyone poops! Tara Gomi's classic, go-to picture book for straight-talk on all things "number 2" is back, as fresh and funny as ever. • Both a matter-of-fact, educational guide and a hilarious romp through poop territory • Filled with timeless OMG moments for both kids and adults • Colorful and content-rich picture book The concept of going to the bathroom is a tough one to explain to young children. This is both verbally and visually engaging. Everyone Poops is just right for potty-training and everyday reading with smart, curious readers. • Perfect for children ages 0 to 3 years old • Equa parts educational and entertaining, this makes a great book for parents and grandparents who are potty-training their toddlers. • You'll love this book if you love books like P is for Potty! (Sesame Street) by Naomi Kleinberg, Potty by Leslie Patricelli, The Potty Train by David Hochman & Ruth Kenison. This four-book bundle collects the adventures of twelve-year-old adventurer and bone expert Peggy Henderson. Includes: Reading the Bones - #1 Circumstances beyond her control make Peggy move, B.C. to live with her aunt and uncle. She learns that her home and the entire seaside town were built on top of a 5,000-year-old Coast Salish fishing village. With the help of an elderly archaeologist, Peggy comes to know the ancient storyteller buried in her yard in a way that few others can - by reading the bones. Broken Bones - #2 A vandalized burial in an abandoned pioneer cemetery brings Peggy and her elderly archaeologist friend Eddy to Golden, British Columbia, to excavate. Since the wooden burial markers disintegrated long ago, Peggy and Eddy have no way of knowing the dead man's identity. But when Eddy discovers the vertebrae at the base of the skull are crushed, a sure sign the cause of death was hanging, they have their first clue. Bone Deep - #3 When archaeologists discover a two-hundred-year-old shipwreck, Peggy decides she'll do whatever it takes to take part in the expedition. But first she needs to convince her mom to let her go, and to pay for scuba diving lessons. To complicate matters even more, Peggy's Great Aunt Beatrix comes to stay, and she's bent on changing Peggy from a twelve-year-old adventure-seeking tomboy to a proper young lady. Help comes in the most unlikely of places when Peggy gets her hands on a copy of the captain's log from the doomed ship, which holds the key to navigating stormy relationships. A Bone to Pick - #4 When Peggy finds her way into an archaeological dig on the coast of Newfoundland, she discovers a long-lost gravesite while wandering the grassy hills. But will her attitude keep her from participating in the excavation of a brave Viking girl?

From the bestselling author of The Year of Living Biblically and The Know-It-All comes the true and truly hilarious story of one person's quest to become the healthiest man in the world. Hospitalized with a freak case of tropical neuroinflammation, goaded by his wife telling him, "I don't want to be a widow at forty-five," and ashamed of a middle-aged body best described as "a python that swallowed a goat," A.J. Jacobs felt compelled to change his ways and get healthy. And he didn't want only to lose weight, or finish a triathlon, or lower his cholesterol. His ambitions were far greater: maximal health from head to toe. The task was epic. He consulted an army of experts—sleep consultants and sex clinicians, nutritionists and dermatologists. He subjected himself to dozens of different workouts—from Strollerize classes to Finger Fitness sessions, from bouldering with caverns to a treadmill desk. And he took in a cartload of diets: raw foods, veganism, high protein, calorie restriction, extreme chewing, and dozens more. He bought gadgets and helmets, earphones and juicers. He pushed and he pinched. He counted and he measured. The story of his transformation is not only brilliantly entertaining, but it just may be the healthiest book ever written. It will make you laugh until your sides split and endorphins flood your bloodstream. It will alter the contours of your brain, imprinting you with better habits of hygiene and diet. It will move you emotionally and get you moving physically in surprising ways. And it will give you occasion to reflect on the body's many mysteries and the ultimate pursuit of health: a well-lived life.

A Book for Children Who Can't Or Won't Poop

Thérèse de Quillane

Dear Canada: To Stand on My Own

My Poop Is Stuck

Everyone Poops

Saving Our Sons from Superheroes, Slackers, and Other Media Stereotypes

Songs of the Sailor and Lumberman

God can work through ANY person to make himself known. There is an ancient prayer that begs God to "Be inthe heart of each to whom I speak, be in the mouth of each who speaks unto me." Have we limited God's ability to speak in our worldtoday? Have we relegated God's creative voice to the select persons who shareour particular religious system? One of the most oftenstated issues with Christianity is its unsatisfying answer to the questionabout those "outside" the faith. We have all known people who are kinder thanmost Christians, purer than most Christians, seemingly more connected to Godthan most Christians and spiritually wise. Tony Kriz, who infamously appeared in DonaldMiller's books under the name "Tony the Beat Poet" has discovered theabiding presence of Jesus in the lives and words of people from diverse (andoften radically unchristian) sources. Through the pages of this book, Tony guides thereader through Muslim lands, radically anti-religious academia andpost-Christian cultures to discover a God who speaks with generosity andcreativity. Kriz himself felt like he was falling out of faith untilthe most unexpected peoplere the ones whoencouraged him to "Fall toward Christ."

In 1967, Kathrine Switzer was the first woman to officially run what was then the all male Boston Marathon, infuriating one of the event's directors who attempted to violently eject her. In what would become an iconic sports image, Switzer escaped and finished the race. This was a watershed moment for the sport, as well as a significant event in women's history. Including updates from the 2008 Summer Olympics, the paperback edition of Marathon Woman details the life of an incredible, pioneering athlete, and the lasting effect she's had on women's sports. Switzer's energy and drive permeate the pages of this warm, witty memoir as she describes everything from the childhood events that inspired her to succeed to her big win in the 1974 New York City Marathon, and beyond.

Roll Me in Your Arms, Volume I includes 180 unexpurgated songs collected by Randolph, with tunes transcribed from the original singers.

Out of the Book: Magician and storyteller Taylor Hughes reexamines moments of his persnal life through the eyes of wonder. It is a heartfelt and sometimes hilarious journey that will encourage and inspire you to chase wonder in your own life. About the Author: Taylor Hughes fell in love with the art of illusion when his parents bought him a magic kit for his 7th birthday. More than 30 years and 3,000 shows later, Taylor has become known for his signature style of Magic Storytelling. He is a favorite at Hollywood's famed Magic Castle, a highly sought after Keynote Presenter and his Comedy Magic Special "Chasing Wonder" is streaming now. Taylor is married to his high school sweetheart Katie and they live in Southern California with their two daughters Madelyn and Kennedy. To connect with Taylor, visit www.taylorhughes.com. For behind the scenes photos and more visit ww.roadtowonder.com

Being a Collection [I] of Yarns, Ditties, and Od-ditties. By a Steerage Passenger

Perspectives and Narratives from India

Sacred Encounters in a Portland Pub and Other Unexpected Places

Eat, Live, Thrive Diet

Walden

The Quid, Or Tales of My Messmates

Dash's Belly Ache

Out of the 100 million women—almost 11 million in the United States alone—who are on the pill, roughly 60 percent take it for non-contraceptive reasons like painful periods, endometriosis, PCOS, and acne. While the birth control pill is widely prescribed as a quick-fix solution to a variety of women's health conditions, taking it can also result in other more serious and dangerous health consequences. Did you know that women on the pill are more likely to be prescribed an antidepressant? That they are at significantly increased risk for autoimmune disease, heart attack, thyroid and adrenal disorders, and even breast and cervical cancer? That the pill can even cause vaginal dryness, unexplained hair loss, flagging libido, extreme fatigue, and chronic infection. As if women didn't have enough to worry about, that little pill we're taking to manage our symptoms is only making things worse. Jolene Brighten, ND, author of the groundbreaking new book BEYOND THE PILL, specializes in treating women's hormone imbalances caused by the pill and shares her proven 30-day program designed to reverse the myriad of symptoms women experience every day—whether you choose to stay on the pill or not. The first book of its kind to target the birth control pill and the scientifically-proven symptoms associated with taking it, BEYOND THE PILL is an actionable plan for taking control, and will help readers: • Locate the root cause of their hormonal issues, like estrogen dominance, low testosterone, and low progesterone • Discover a pain-free, manageable period free of cramps, acne, stress, or PMS without the harmful side effects that come with the pill • Detox their liver, support the adrenals and thyroid, heal the gut, reverse metabolic mayhem, boost fertility, and enhance mood • Transition into a nutrition and supplement program, with more than 30 hormone-balancing recipes Featuring simple diet and lifestyle interventions, BEYOND THE PILL is the first step to reversing the risky side effects of the pill, finally finding hormonal health, and getting your badass self back.

Do you know the inside poop about many secrets you have not heard yet -- until now! Journalist Walls grew up with parents whose ideals and stubborn nonconformity were their curse and 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 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.

The dark threat of polio became a reality for a young Prairie girl. In the summer of 1937, life on the Prairies is not easy. The Great Depression has brought hard hardship, and young Noreen's family must scrub to make ends meet. In a horrible twist of fate, Noreen, like hundreds of other young Canadians, contracts polio and is placed in an isolation ward, unable to move her legs. After a few weeks she gains partial recovery, but her family makes the painful decision to send her to a hospital far away for further treatment. To Stand On My Own is Noreen's diary account of her journey through recovery: her treatment, life in the ward, the other patients, some of them far worse off than her; adjustment to life in a wheelchair and on crutches; and ultimately, the emotional and physical hurdles she must face when she returns home. In this moving addition to the Dear Canada series, award-winning author Barbara Horwath-Attard recreates a desolate time in Canadian history, and one of our girl's brave fight against a deadly disease.

Let's see... this is the part where I convince you that you need this book. This book will massage your feet. This book will bring you a fuzzy blanket at the end of a long day of parenting your tiny little insanazoids. I promise to make you snort laugh at least once. After reading this book, you'll rock jazz hands, be able to sing on-key, and never, ever have to fold laundry again. Okay, they told me I'm actually supposed to tell you a little about the book. Um, right. Look. Here's the thing. "Too many of us women are frazzled and lonely, isolated in our mirrors while schlepping bags, strollers, and munchkins to and fro across town. It doesn't have to be this way. In this guide to "momiatonships," I use a dating analogy to take us "around the bases" to our home-run friendships, the ones that last a lifetime, not just a soccer season. This is our journey to each other, to finding our people and being other people's people, learning how to bless each other and not destroy each other. It's sometimes scary. And always awkward. Let's have some fun.

Of Mice and Men

Stories of Personal Triumph from the Frontiers of Brain Science

Peggy Henderson Adventures 4-Book Bundle

Inside Poop

Bone Deep / Broken Bones / Reading the Bones

Everything Modern Parents Need to Know to Do It Once and Do It Right

Marathon Woman

My Poop Is Stuck is the true story of a boy who is constipated. His family tries crazy solutions to solve his problem. Does bouncing on the bed make him poop? What about riding a bike? What will make his poop come out? This book will get you going - a hilariously funny approach to a real medical problem. Let's eat plants!

***A New York Times Bestseller* #1 National Bestseller Indie Bestseller From Kitten Lady, the professional kitten rescuer, humane educator, animal advocate, and owner of the popular Instagram @kittenlady comes the definitive book on saving the most vulnerable—and adorable—feline population: newborn kittens. Hannah Shaw, better known as Kitten Lady, has dedicated her life to saving the tiniest felines, but one doesn't have to be a professional kitten rescuer to change—and save—lives. In Tiny but Mighty, Hannah not only outlines the dangers newborn kittens face and how she combats them, but how you can help every step of the way, from fighting feline overpopulation on the streets to fostering unweaned kittens, from combating illness to combating compassion fatigue, from finding a vet to finding the purrfect forever home. Filled with information on animal welfare, instructional guides, and personal rescue stories, Kitten Lady's Tiny but Mighty, Hank, and Badger—not to mention hundreds of adorable kitten photos—Tiny but Mighty is the must-have kitten book for cat lovers, current—and future rescuers, foster parents, activists, and advocates. Jane Lansbury's advice on respectful parenting is sought and shared by millions of readers worldwide. Inspired by the pioneering parenting philosophy of her friend and mentor, Megda Gerber, Janet's influential voice encourages parents and child care professionals to perceive babies as unique, capable human beings with natural abilities to learn without being taught; to develop motor and cognitive skills; communicate; face age appropriate struggles; initiate and direct independent play for extended periods; and much more. Once we are able to view our children in this light, even the most common daily parenting experiences become stimulating opportunities to learn, discover, and to connect with our child. "Elevating Child Care" is a collection of 30 popular and widely read articles from Janet's website that focus on some of the most common infant/toddler issues: eating, sleeping, diaper changes, communication, separation, focus and attention span, creativity, boundaries, and more. Eschewing the quick-fix 'tips and tricks' of popular parenting culture, Janet's insightful philosophy lays the foundation for a closer, more fulfilling parent/child relationship, and children who grow up to be authentic, confident, successful adults.**

Young Cassie Logan endures humiliation and witnesses the racism of the KKK as they embark on a cross-burning rampage, before she fully understands the importance her family attributes to having land of their own.

Women are Scary

America's Leading Colon Therapist Defies Conventional Medical Wisdom About Your Health and Well-Being

"Unprintable" Ozark Folksongs and Folklore

A 30-Day Program to Balance Your Hormones, Reclaim Your Body, and Reverse the Dangerous Side Effects of the Birth Control Pill

Solutions and Other Problems

Safe Management of Wastes from Health-care Activities

The Brain That Changes Itself

Inside us all, hidden from site, our bodies are digesting food. New picture book, "From Chewing to Pooping: Food's Journey Through Your Body to the Potty" introduces young children to this complex process. By explaining what happens to the food they eat and taking the mystery out of why they poop, the book gives little ones a deeper, reassuring understanding of how their bodies work.Simple rhymes, and whimsical illustrations keeps the info engaging. A back section features doctor-approved Tips For Healthy Digestion along with a high-fiber food chart, particularly useful for caretakers struggling with childhood constipation.

Road to Wonder
Beyond the Pill
The Complete Book of Ayurvedic Home Remedies
One Man's Humble Quest for Bodily Perfection
Finding the Extra in Your Ordinary
Food's Journey Through Your Body to the Potty
The Anxiety Toolkit