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GLOVER RILEY

Hidden Christmas Hachette UK

Colleen Hoover brought you the beautiful, unforgettable *It Ends With Us* - now a major film starring Blake Lively. Now, discover her thriller with a twist that will leave you reeling . . . *Verity* is a global word-of-mouth hit, with over a million five star reviews from readers. Lowen Ashleigh is a struggling writer on the brink of financial ruin when she accepts the job offer of a lifetime. Jeremy Crawford, husband of bestselling author Verity Crawford, has hired Lowen to complete the remaining books in a successful series his injured wife is unable to finish. Lowen arrives at the Crawford home, ready to sort through years of Verity's notes and outlines, hoping to find enough material to get her started. What Lowen doesn't expect to uncover in the chaotic office is an unfinished autobiography Verity never intended for anyone to read. Page after page of bone-chilling admissions, including Verity's recollection of the night their family was forever altered. Lowen decides to keep the manuscript hidden from Jeremy,

knowing its contents would devastate the already-grieving father. But as Lowen's feelings for Jeremy begin to intensify, she recognizes all the ways she could benefit if he were to read his wife's words. After all, no matter how devoted Jeremy is to his injured wife, a truth this horrifying would make it impossible for him to continue loving her . . . Before you start reading, ask yourself: are you ready to stay up all night? And if you love *Verity*, don't miss Colleen Hoover's thrilling new suspense - *Too Late* is out now. 1 MILLION READERS HAVE ALREADY GIVEN VERITY FIVE STARS 'One of the best thrillers I have ever read' ***** 'Powerful, mind-blowing and emotional' ***** 'The plot twists and that ending came out of nowhere' ***** 'There are no words. Bravo' ***** 'Dark, creepy, and one hundred per cent original' ***** 'I NEEDED to know how this was going to end' ***** 'Left me completely speechless' ***** VERITY was a No.1 Kindle bestseller on 18.03.22 Winner of The British Book Awards' Pageturner of the Year Award 15.05.23

The First-Time Mom's Pregnancy Handbook Hardie Grant Publishing

'In *The Birth Space* ... you will find the information and support that will take you from conception through matrescence, with

deeper calm, confidence and power.' Aviva Romm, MD *The Birth Space* is a doula's guide to conception, pregnancy, birth and postpartum that highlights choice and rights in the perinatal space. In this beautiful book, trained and experienced doula Gabrielle Nancarrow offers comprehensive information about the birthing landscape that will empower you to choose the right birth for you - whether that be an obstetric, midwife or home birth. *The Birth Space* shows us how to prepare our minds and bodies for pregnancy and labour, from conscious conception through to postpartum and into matrescence. Gabrielle helps us understand what to expect during this period and translates the medical terminology so we are informed. She also provides remedies for common ailments, shares insights from other birth specialists, and is a constant spiritual guide from conception and beyond...talk about continuity of care! Filled with moving photography by Ilsa Wynne-Hoelscher Kidd (@ilsa_whk), Lisa Sorgini @lisa.sorgini, and Hayden Trace (@feelinghomeagain) as well as intimate real-life stories from contributors covering pregnancy loss, IVF, same-sex conception, home births, caesareans and more, *The Birth Space* is the essential companion for anyone who is seeking guidance as they enter this new chapter of their life.

Eleven Hours Bloomsbury Publishing

The New Testament begins not with a dramatic narrative or lofty poetry but with a genealogy. Provocatively, Matthew's gospel includes women in Jesus' family line - something that wasn't customary in an ancient culture, where women were largely powerless and uninfluential. In this surprising take on the Christmas story, Tim Keller reveals how, by focusing on the women in Jesus' birth narratives, a colourful, scandalous, and refreshing tale of grace emerges.

Mindful Birthing Hachette UK

Don't Talk Yourself Out of a VBAC! Do you have a deep desire to give vaginal birth after having had a c-section (VBAC)? If you know deep in your heart that our ancestors did quite well with natural birth and want to follow in their footsteps. . . . If you know this path is a sacred one and you want to make it happen, but you don't know where to begin. . . . If you long for a vaginal birth. . . . It starts with this book! *Give Birth A Chance* is like *Birthing from Within* meets *The Matrix*. It is a powerful guide to get yourself ready for an empowered birth experience whether you have had a c-section before or not. Read this book!

Home Birth on Your Own Terms Simon and Schuster

An inclusive, non-judgmental, and empowering guide to pregnancy, childbirth, and postpartum life that puts mothers first, offering straightforward guidance on all the options and issues that matter most to them (and their partners) when preparing for a baby. In *Birth Without Fear*, January Harshe--founder of the global online community *Birth Without Fear*--delivers an honest, positive, and passionate message of empowerment surrounding everything that involves having a baby. It's a guide that fills in the considerable cracks in the information available to women and families when they're preparing to welcome a child--covering care provider choices, medical freedom, birth options, breastfeeding, intimacy, postpartum depression, and much more. *Birth Without Fear* shows moms, dads, partners, and families how to choose the best provider for them, how to trust in themselves and the birth process, and how to seek the necessary help after the baby has arrived. In addition, it will educate them about their rights--and how to use their voice to exercise them--as well as how to cope with the messy postpartum feelings many people aren't willing to talk about. Unlike other pregnancy books, *Birth Without Fear* will also help partners understand what mothers are going through, as well as discuss the challenges that they, too, will face--and how they can navigate them. Shattering long-held

myths and beliefs surrounding pregnancy, birth, and the postpartum experience, *Birth Without Fear* is an accessible, reassuring, and ultimately inspiring guide to taking charge of pregnancy, childbirth, and beyond.

Why Induction Matters Penguin

The final book of the Bible, Revelation prophesies the ultimate judgement of mankind in a series of allegorical visions, grisly images and numerological predictions. According to these, empires will fall, the "Beast" will be destroyed and Christ will rule a new Jerusalem. With an introduction by Will Self.

Labor with Hope Crossway

Combining humor, honesty, and plainspoken advice, *Momma Zen* distills the doubts and frustrations of motherhood into vignettes of Zen wisdom Drawing on her experience as a first-time mother and her years of Zen meditation and study, Karen Miller explores how the daily challenges of parenthood can become the most profound spiritual journey of our lives. Her compelling and wise memoir follows the timeline of early motherhood from pregnancy through toddlerhood. *Momma Zen* takes readers on a transformative journey, charting a mother's growth beyond naive expectations and disorientation to finding fulfillment in ordinary tasks, developing greater self-awareness and acceptance—to the gradual discovery of "maternal bliss," a state of abiding happiness and ease that is available to us all. In her gentle and reassuring voice, Karen Miller convinces us that ancient and authentic spiritual lessons can be as familiar as a lullaby, as ordinary as pureed peas, and as frequent as a sleepless night. She offers encouragement for the hard days, consolation for the long haul, and the lightheartedness every new mom needs to face the crooked path of motherhood straight on.

Verity Rodale

Are you looking for a freebirth plan? With the ever climbing epidemic of birth violence inflicted by medical professionals and the constraints birth attendants now have upon them, it's no surprise that parents are taking a stand and birthing the way they so desire. This manual contains all the information you need to give birth at home by yourselves. Get your body and mind prepared for a natural geared pregnancy and birth, where you make all the rules and decisions... This book covers: * how to do your own prenatal care * common discomforts in pregnancy * herbal and homeopathy uses * supplies you need for your birth * labor stages and how to manage them * birth affirmations * avoiding issues and complications * what to do for emergencies * postpartum care for mom and baby * how to register you baby with the state * unassisted birth stories This book is packed with photographs!! A MUST HAVE, especially in places that have little to no access to quality medical care/hospitals near the birthing mother. Reviews: "A valuable resource to prepare for your freebirth" "This book shows you how to freebirth. Giving you the information you need to control your birth and have peace with that decision." "This is the book every pregnant woman, whether she decides to birth unassisted or not, should have in her library. It is extremely informative, yet inspiring and empowering." ~Julia, Labor Assistant "Home Birth On Your Own Terms is a great first stop on your journey to having an unassisted birth. If only every birthing person could know this option, and assess for themselves if this is a safe, viable option for them. Home Birth On Your Own Terms provides confidence through first-hand accounts of births AND the appropriate precautions for people to make the best choices for their birth. For anyone considering their birth options, this is an eye opener to see beyond the systemically prescribed birthing process. This book gives another perspective on what is absolutely possible, empowering, safe and healthy births." ~ Vera Kevic, Doula "A wealth of information in one place."

Momma Zen Health Communications, Inc.

"What a gift to new and expecting moms. You have no idea the mountain and rollercoaster you're about to embark on, but Nurture somehow gives you a peek in and gives you essential information to help ground you." –Catherine McCord, founder of Weelicious and One Potato A comprehensive and judgement-free pregnancy companion: Nurture is the only all-in-one pregnancy and birthing book for modern mothers-to-be and their partners who want a more integrative approach. Author Erica Chidi Cohen has assisted countless births and helped hundreds of families ease into their new roles through her work as a doula. Nurture covers everything from the beginning months of pregnancy to the baby's first weeks. This empowering book includes: • Supportive self-care and mindfulness exercises, trimester-specific holistic remedies, nourishing foods and recipes for every month of pregnancy, and expert tips for every birth environment. • More than 40 charming and helpful illustrations, charts, and lists can be found throughout. • Dozens of important topics that every modern mom needs to know including fetal development, making choices for a hospital, home or birth center birth, the basics of breastfeeding, tips on what to expect postpartum, and more. Nurture is an all-inclusive pregnancy and birthing guide book that gives soon-to-be mothers and their partners the information they need to make decisions, feel confident, and enjoy the beauty of creating new life. Nurture is a thoughtful and helpful gift for expecting mothers and their partners. Erica Chidi is co-founder and CEO of Loom in Los Angeles, CA. She began her work in San Francisco, volunteering as a doula within the prison system, working with pregnant inmates. She went on to build a successful doula and health education practice in Los Angeles and has been featured in Women's Health, Vogue, Goop, The Cut and Marie Claire.

The Montessori Baby Scribe Publications

One doctor's testament to the importance of listening — truly listening — to women and their medical experiences of pregnancy and childbirth. Infertility, pregnancy, miscarriages, difficult births — as a doctor specializing in high-risk pregnancy, Chavi Eve Karkowsky has seen it all. And in the process, she's seen how women are failed by health services again and again. In this timely and unflinching book, she tells the stories of the families she has worked with — of miracles and joy, but also of challenge and loss — and explores what's at risk when women's bodies are clouded in mystery and misinformation. Moving and compassionate, blending personal narrative with broader analysis, *High Risk* is a doctor's testimonial to the strength and resilience of the women she treats, and — in an era when reproductive rights are under threat — a timely reminder that women's health is of vital concern to us all.

Birth Partner 5th Edition Canongate Books

Written by two birth doulas and intuitive healers, this book tells the metaphorical story of a fictional goddess who must walk through 7 Gates of Transformation in order to become a Mother. At the final gate, she must surrender to the ultimate sacrifice—spiritual death—so she can be reborn into motherhood. Each gate perfectly illustrates the 7 emotional, psychological, and often subconscious sacrifices that every laboring woman experiences, whether willingly or not. This book is a guide to help pregnant women understand birth as a divine journey and master how to walk through each gate with empowered sacrifice, purpose, and zeal through tools, rituals, and integrative practices.

Against Jovinianus Harper Collins

Jovinianus, about whom little more is known than what is to be found in Jerome's treatise, published a Latin treatise outlining several opinions: That a virgin is no better, as such, than a wife in the sight of God. Abstinence from food is no better than a thankful partaking of food. A person baptized with the Spirit as

well as with water cannot sin. All sins are equal. There is but one grade of punishment and one of reward in the future state. In addition to this, he held the birth of Jesus Christ to have been by a "true parturition," and was thus refuting the orthodoxy of the time, according to which, the infant Jesus passed through the walls of the womb as his Resurrection body afterwards did, out of the tomb or through closed doors.

Natural Childbirth the Bradley Way Pinter & Martin Why it Matters Everlasting hell and divine judgment, a lake of fire and brimstone--these mainstays of evangelical tradition have come under fire once again in recent decades. Would the God of love revealed by Jesus really consign the vast majority of humankind to a destiny of eternal, conscious torment? Is divine mercy bound by the demands of justice? How can anyone presume to know who is saved from the flames and who is not? Reacting to presumptions in like manner, others write off the fiery images of final judgment altogether. If there is a God who loves us, then surely all are welcome into the heavenly kingdom, regardless of their beliefs or behaviors in this life. Yet, given the sheer volume of threat rhetoric in the Scriptures and the wickedness manifest in human history, the pop-universalism of our day sounds more like denial than hope. Mercy triumphs over judgment; it does not skirt it. Her Gates Will Never Be Shut endeavors to reconsider what the Bible and the Church have actually said about hell and hope, noting a breadth of real possibilities that undermines every presumption. The polyphony of perspectives on hell and hope offered by the prophets, apostles, and Jesus humble our obsessive need to harmonize every text into a neat theological system. But they open the door to the eternal hope found in Revelation 21-22: the City whose gates will never be shut; where the Spirit and Bride perpetually invite the thirsty who are outside the city to "Come, drink of the waters of life."

HypnoBirthing, Fourth Edition Shambhala Publications

For a Safe and Healthy Birth... Your Way! Giving Birth with Confidence will help take the mystery out of having a baby and help you better understand how your body works during pregnancy and childbirth, giving you the confidence to make decisions that best ensure the safety and health of you and your baby. Giving Birth with Confidence is the first and only pregnancy and childbirth guide written by Lamaze International, the leading childbirth education organization in North America. Written with a respectful, positive tone, the full version of this book presents: • Information to help you choose your maternity care provider and place of birth • Practical strategies to help you work effectively with your care provider • Information on how pregnancy and birth progress naturally • Steps you can take to alleviate fear and manage pain during labor • The best available medical evidence to help you make informed decisions Previously titled *The Official Lamaze Guide*, this 3rd edition has updated information on: • How vaginal birth, keeping mother and baby together, and breastfeeding help to build the baby's microbiome. • How hormones naturally start and regulate labor and release endorphins to help alleviate pain. • Maternity-care practices that can disrupt the body's normal functioning. • The latest recommendations on lifestyle issues like alcohol, vitamins, and caffeine. • Room sharing and cosleeping: the controversy, recommendations, and safety guidelines. • Out-of-hospital births are on the rise: New research and advice on planned home birth, including ACOG's revised guidelines, which support women's choices and promote seamless transfer to hospital, if needed. • The importance of avoiding unnecessary caesareans for mother and child. Includes the new ACOG guidelines on inductions and active labor. • The research in support of the Lamaze International's "Six Healthy Birth Practices," which are: • Let labor begin on its own. • Walk, move around, and change

positions throughout labor. • Bring a loved one, friend, or doula for continuous support. • Avoid interventions that aren't medically necessary. • Avoid giving birth on your back and follow your body's urges to push. • Keep mother and baby together—it's best for mother, baby, and breastfeeding.

Birth Without Fear Morgan James Publishing

A guide based on the award-winning coauthor's documentary explains how to render childbirth a natural and enjoyable experience, counseling women on how to take control of their bodies and prepare a birthing plan in accordance with personal needs. Original.

A Good Birth Hachette UK

The essential pregnancy guide for the modern woman The vast amount of information in encyclopedia-sized pregnancy books for first-time moms can be overwhelming and anxiety inducing. The First-Time Mom's Pregnancy Handbook is different. Including need-to-know advice relevant to the majority of women and pregnancies. This week-by-week guide will prepare and empower you during pregnancy and beyond. In the world of pregnancy books for first-time moms, this one is a go-to. With weekly goals you can focus on, including nutrition and milestone trackers, questions for OB-GYNs or midwives, and tips on caring for your newborn, you'll be more than prepared for the big day. This standout among pregnancy books for first-time moms delivers: 40+ weekly milestones—From conception through the first few months of baby's life, set and accomplish goals based on your weekly priorities and needs. Baby and mom stats—Of all pregnancy books for first-time moms, this one offers a week-by-week rundown of your baby's development, symptoms you may be experiencing, major appointments, and more. Postpartum prep—Tips for focusing on your emotional health, healing your body after childbirth, taking care of your newborn, and thriving as a new mother. When you're thinking about pregnancy books for first-time moms, think about this one.

Orgasmic Birth Destiny Image Publishers

With Mindful Birthing, Nancy Bardacke, nurse-midwife and mindfulness teacher, lays out her innovative program for pregnancy, childbirth, and beyond. Drawing on groundbreaking research in neuroscience, mindfulness meditation, and mind/body medicine, Bardacke offers practices that will help you find calm and ease during this life-changing time, providing lifelong skills for healthy living and wise parenting. **SOME OF THE BENEFITS OF MINDFUL BIRTHING:** Increases confidence and decreases fear of childbirth Taps into deep inner resources for working with pain Improves couple communication, connection, and cooperation Provides stress-reducing skills for greater joy and wellbeing

Advent Pinter & Martin Publishers

Drawing on a landmark study involving more than one hundred pregnant women and mothers, a renowned OB/GYN synthesizes the secrets to a good birth—medically and emotionally. Most doctors are trained to think of a “good” birth only in terms of its medical success. But Dr. Anne Lyerly knows firsthand that there are many other important elements that often get overlooked.

Her three-year study of a diverse group of over one hundred expectant moms asked what matters most to women during childbirth. The results, presented to the public for the first time in *A Good Birth*, show what really matters goes beyond the clinical outcome or even the usual questions of hospital versus birthing center, and reveal universal needs of women, like the importance of feeling connected, safe, and respected. Bringing a new perspective to childbirth, the book's wisdom is drawn from in-depth interviews with women with a wide variety of backgrounds and experiences, and whose birth stories range from quick and simple to complicated and frightening. Describing what went well, what didn't, and what they'd do differently next time, these mothers give voice to the complete experience of childbirth, helping both women and their healthcare providers develop strategies to address the emotional needs of the mother, going beyond the standard birth plans and conversations. Transcending the “medical” versus “natural” childbirth debate, *A Good Birth* paves the entryway to motherhood, turning our attention to the deeper and more important question of what truly makes for the best birth possible.

Birth Without Fear Random House

The world is filled with messages for women about pregnancy. Popular books and well-meaning family and friends offer unsolicited advice about what to expect and how to stay healthy—sometimes resulting in joy and excitement but other times leading to discouragement and fear. The Bible, too, has a lot to say about childbirth—offering real hope that nothing in this world can match. In *Labor with Hope*, Gloria Furman helps women see topics such as pregnancy, infertility, miscarriage, birth pain, and new life in the framework of the larger biblical narrative, infusing cosmic meaning into their personal experience by exploring how they point to eternal realities. Women will see that only Christ can provide the strength they desperately need in order to labor with hope.

Give Birth a Chance Wm. B. Eerdmans Publishing

Work out what kind of birth you really want, and learn how to maximise your chances of getting it, in this refreshing, warm and witty guide to pregnancy, birth and the early weeks. Packed with vital and cutting-edge information on everything from building the ultimate birth plan, to your choices and rights in the birth room; from optimal cord clamping, to seeding the microbiome; from the inside track on breastfeeding, to woman-centred caesarean, *The Positive Birth Book* shows you how to have the best possible birth, regardless of whether you plan to have your baby in hospital, in the birth centre, at home or by elective caesarean. Find out how the environment you give birth in, your mindset and your expectations can influence the kind of birth you have, and be inspired by the voices of real women, who tell you the truth about what giving birth really feels like. Challenging negativity and fear of childbirth, and brimming with everything you need to know about labour, birth, and the early days of parenting, *The Positive Birth Book* is the must-have birth book for women of the 21st century.