
Girls Under Pressure

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Enough as She Is
Mommy Burnout

Girls Under Pressure

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PARSONS KEY

The Fabulous Girl's Code Red Hachette UK

'Utterly magnificent . . . gripping, accomplished and dark' Marian Keyes WINNER: Newcomer of the Year at the IBAs WINNER: Bookseller YA Prize WINNER: CBI Eilis Dillon Award Buzzfeed's Best Books Written by Women in 2014 The bestselling novel about beauty, body image and betrayal eves are designed, not made. The School trains them to be pretty The School trains them to be good. The School trains them to Always be Willing. All their lives, the eves have been waiting. Now, they are ready for the outside world. companion . . . concubine . . . or chastity Only the best will be chosen. And only the Men decide.

Under Pressure Delacorte Press

The first book in the New York Times bestselling epic fantasy trilogy by award-winning author Laini Taylor Around the world, black handprints are appearing on doorways, scorched there by winged strangers who have crept through a slit in the sky. In a dark and dusty shop, a devil's supply of human teeth grown dangerously low. And in the tangled lanes of Prague, a young art student is about to be caught up in a brutal otherworldly war. Meet Karou. She fills her sketchbooks with monsters that may or may not be real; she's prone to disappearing on mysterious "errands"; she speaks many languages--not all of them human; and her bright blue hair actually grows out of her head that color. Who is she? That is the question that haunts her, and she's about to find out. When one of the strangers--beautiful, haunted Akiva--fixes his fire-colored eyes on her in an alley in Marrakesh, the result is blood and starlight, secrets unveiled, and a star-crossed love whose roots drink deep of a violent past. But will Karou live to regret learning the truth about herself?

Love Frankie Random House

Mariam is only fifteen when she is sent to Kabul to marry Rasheed. Nearly two decades later, a friendship grows between Mariam and a local teenager, Laila, as strong as the ties between mother and daughter. When the Taliban take over, life becomes a

desperate struggle against starvation, brutality and fear. Yet love can move a person to act in unexpected ways, and lead them to overcome the most daunting obstacles with a startling heroism.

Why Loiter? HarperCollins

UNLOCK THE KEY TO SUCCESS In this must-read for anyone seeking to succeed, pioneering psychologist Angela Duckworth takes us on an eye-opening journey to discover the true qualities that lead to outstanding achievement. Winingly personal, insightful and powerful, *Grit* is a book about what goes through your head when you fall down, and how that - not talent or luck - makes all the difference. 'Impressively fresh and original' Susan Cain

Girls on Fire Yearling

Lily isn't home ALONE - but she sort of wishes she was; looking after her three younger siblings is a lot of responsibility. When Mum goes off on holiday with her new boyfriend and her stepdad fails to show up, Lily is determined to keep the family together and show they can cope without any grown-ups. But taking care of 6-year-old twins, her 3-year-old sister and the family's flat feels overwhelming and Lily is worried that school or social services might discover their situation and break up the family. What could be better than to take all the little ones for a camping adventure in the park? Plenty of space to run about, no carpet to vacuum, and surely no chance anyone will guess they're there . . .

Girls Under Pressure Corgi Childrens

'Up at the top the lights are still flashing and the queue is even bigger and all around me there are girls much taller than me, much prettier than me, much much much thinner than me.' Magda is tall and glamorous, but she's worried that her appearance is giving guys the wrong idea. Nadine is willowy and gothic - she wants to be a model, but the industry is unforgiving. And Ellie...well, Ellie is convinced she's fat. The pressure is on for the girls to change the way they look - but can they learn to love themselves the way they are? *Girls Under Pressure* is the second of Jacqueline Wilson's popular *Girls* series, sensitively handling self-esteem issues in a light-hearted, relatable way. This book features an unfiltered depiction of an eating disorder. Not suitable for younger readers. Ellie, Magda and Nadine's journeys continue

in the series: 1. *Girls in Love* 2. *Girls Under Pressure* 3. *Girls Out Late* 4. *Girls in Tears*

Gabi, a Girl in Pieces Laurel Leaf

Presenting an original take on women's safety in the cities of twenty-first century India, *Why Loiter?* maps the exclusions and negotiations that women from different classes and communities encounter in the nation's urban public spaces. Basing this book on more than three years of research in Mumbai, Shilpa Phadke, Sameera Khan and Shilpa Ranade argue that though women's access to urban public space has increased, they still do not have an equal claim to public space in the city. And they raise the question: can women's access to public space be viewed in isolation from that of other marginal groups? Going beyond the problem of the real and implied risks associated with women's presence in public, they draw from feminist theory to argue that only by celebrating loitering—a radical act for most Indian women—can a truly equal, global city be created.

Give Me Your Hand Atlantic Books Ltd

#1 New York Times Bestseller The groundbreaking work that poses one of the most provocative questions of a generation: what is happening to the selves of adolescent girls? As a therapist, Mary Pipher was becoming frustrated with the growing problems among adolescent girls. Why were so many of them turning to therapy in the first place? Why had these lovely and promising human beings fallen prey to depression, eating disorders, suicide attempts, and crushingly low self-esteem? The answer hit a nerve with Pipher, with parents, and with the girls themselves. Crashing and burning in a "developmental Bermuda Triangle," they were coming of age in a media-saturated culture preoccupied with unrealistic ideals of beauty and images of dehumanized sex, a culture rife with addictions and sexually transmitted diseases. They were losing their resiliency and optimism in a "girl-poisoning" culture that propagated values at odds with those necessary to survive. Told in the brave, fearless, and honest voices of the girls themselves who are emerging from the chaos of adolescence, *Reviving Ophelia* is a call to arms, offering important tactics, empathy, and strength, and urging a change where young hearts can flourish again, and rediscover

and reengage their sense of self.

Daughter of Smoke & Bone Cinco Puntos Press

The ultimate must-read handbook for the modern mother: a practical, and positive tool to help free women from the debilitating notion of being the "perfect mom," filled with funny and all too relatable true-life stories and realistic suggestions to stop the burnout cycle, and protect our kids from the damage burnout can cause. Moms, do you feel tired? Overwhelmed? Have you continually put off the things you need to do for you? Do you feel like it's all worth it because your kids are happy? Are you "over" being a mother? If you answered yes to these questions, you're not alone. Parents today want to create the ideal childhood for their children. Women strive to be the picture-perfect Pinterest mother that looks amazing, hosts the best birthday parties in town, posts the most "liked" photos, and serves delicious, nutritious home-cooked meals in her neat, organized home after ferrying the kids to school and a host of extracurricular activities on time. This drive, while noble, can also be destructive, causing stress and anxiety that leads to "mommy burnout." Psychologist and family counselor Dr. Sheryl Ziegler is well-versed in the stress that moms face, and the burden of guilt they carry because they often feel like they aren't doing enough for their kids' happiness. A mother of three herself, Dr. Z—as she's affectionately known by her many patients—recognizes and understands that modern moms are all too often plagued by exhaustion, failure, isolation, self-doubt, and a general lack of self-love, and their families are also feeling the effects, too. Over the last nineteen years working with families and children, Dr. Z has devised a prescriptive program for addressing "mommy burnout"—teaching moms that they can learn to re-energize themselves and still feel good about their families and their lives. In this warm and empathetic guide, she examines this modern epidemic among mothers who put their children's happiness above their own, and offers empowering, proven solutions for alleviating this condition, saving marriages and keeping kids happy in the process.

The Girl Who Fell Beneath the Sea Little, Brown Books for Young Readers

The bestselling *Fabulous Girl* returns with more advice for the modern woman. Building on the enormous and continuing international success of their first book, *The Fabulous Girl's Guide to Decorum*, Kim Izzo and Ceri Marsh are back with more

invaluable advice on how to travel with grace over the rocky terrain of work, relationships, sex and friendship. *Code Red* is a modern woman's survival guide to managing the often delicate and extreme moments of her sophisticated life. Witty and frank, *Code Red* offers etiquette guidance on subjects relevant to the evolving *Fabulous Girl*, such as dating men with kids, ending affairs, surviving corporate mergers, changing careers mid-stream, or finding your husband in bed with another woman. In addition to the playful but frank advice Marsh and Izzo provide, they also reacquaint readers with the unforgettable *Fabulous Girl*, a character who vividly brings to life the etiquette lessons of *Code Red*. A beautifully designed original trade paperback, with spot illustrations throughout, *Code Red* is a wonderful graduation and friendship gift, a valuable handbook, and an engaging read.

Untangled Random House

Fourteen-year-old Suzy Puttock and her three best friends lead an average teenage life, spending most of their time in school, home or hanging out in cafés. Mishaps and cringe moments have a nasty habit of following Suzy wherever she goes, but otherwise life's pretty normal. She's been going out with Danny since forever, her nutty older sister Amber's wedding is taking up all her family's attention and her annoying younger sister Harry is intent on making Suzy's life a misery. When gorgeous new boy Zach starts showing Suzy attention, she wonders if the grass may be greener on the other side of the romantic fence. Before Suzy knows it, she's broken up with Danny, there's a huge rift in her friendship group and life is careering off track. Can she sort herself out before things are messed up completely?

Lily Alone Hachette UK

Ellie has a boyfriend! And he's really, truly interested in her - not in her best friends, Magda and Nadine! She and oh-so-gorgeous Russell have so much in common - Ellie knows they're made for each other. If only Dad thought so too . . . While Ellie tries her best to cope with Dad's totally unreasonable curfew, Magda's dealing with her crush on a teacher - and Nadine's falling for slimy Liam again. What they need is a girls' night out - but they might get a little more than they bargained for . . .

Mister Tender's Girl Random House

THE INSTANT BESTSELLER • An indelible portrait of girls, the women they become, and that moment in life when everything can go horribly wrong ONE OF THE BEST BOOKS OF THE YEAR:

The Washington Post, NPR, The Guardian, Entertainment Weekly, San Francisco Chronicle, Financial Times, Esquire, Newsweek, Vogue, Glamour, People, The Huffington Post, Elle, Harper's Bazaar, Time Out, BookPage, Publishers Weekly, Slate Northern California, during the violent end of the 1960s. At the start of summer, a lonely and thoughtful teenager, Evie Boyd, sees a group of girls in the park, and is immediately caught by their freedom, their careless dress, their dangerous aura of abandon. Soon, Evie is in thrall to Suzanne, a mesmerizing older girl, and is drawn into the circle of a soon-to-be infamous cult and the man who is its charismatic leader. Hidden in the hills, their sprawling ranch is eerie and run down, but to Evie, it is exotic, thrilling, charged—a place where she feels desperate to be accepted. As she spends more time away from her mother and the rhythms of her daily life, and as her obsession with Suzanne intensifies, Evie does not realize she is coming closer and closer to unthinkable violence. Finalist for the Los Angeles Times Book Prize • Finalist for the National Book Critics Circle John Leonard Award • Shortlisted for The Center for Fiction First Novel Prize • The New York Times Book Review Editors' Choice • Emma Cline—One of Granta's Best of Young American Novelists Praise for *The Girls* "Spellbinding . . . a seductive and arresting coming-of-age story."—The New York Times Book Review "Extraordinary . . . Debut novels like this are rare, indeed."—The Washington Post "Hypnotic."—The Wall Street Journal "Gorgeous."—Los Angeles Times "Savage."—The Guardian "Astonishing."—The Boston Globe "Superbly written."—James Wood, The New Yorker "Intensely consuming."—Richard Ford "A spectacular achievement."—Lucy Atkins, The Times "Thrilling."—Jennifer Egan "Compelling and startling."—The Economist *Girls Under Pressure* Farrar, Straus and Giroux (BYR)

Everything you could ever want to know about Jacqueline Wilson and her books in one adorable, small, pink package. This is a must-have for fans, bursting with new tidbits from Jacky herself, info about the characters and plots, artwork from Nick Sharratt and more.

Bad Girls Simon and Schuster

'Engagingly written and filled with interesting detail' SUNDAY TIMES A revealing portrait of how families are struggling to cope with the changing world of parenting and childhood, plus new solutions The parent screaming from the touchline at an eight-

year-old to make an overlapping run; the pregnant mother playing Mozart to her unborn baby; the rigid schedule for babies, which develops into an agenda of activities for a young child - all these are familiar instances of hyper-parenting. With the pressure growing all the time for children to get into the best schools and universities, or to develop their nascent talents and become the next Tiger Woods or Williams sister, it has never been more difficult to be a child. In Carl Honore's brilliant follow-up to *IN PRAISE OF SLOW* he makes an impassioned call for parents and teachers to allow children to grow up at a slower rate. He takes us on a journey round the world in search of a new formula for parenting and childhood. He talks to a range of experts and sifts through the latest research to find what problems parents, teachers and children face, and to seek out the best solutions. Honore shows how 'slow parenting' will benefit both the child and the parents, and ensure that we create happier children and calmer parents.

Under Pressure Hachette UK

Sylvie and Carl have been friends since they were tiny children. They've always played together, called each other boyfriend and girlfriend and, deep down, Sylvie has always believed that they'd end up married to each other. They even have a magical fantasy world that belongs to them alone. But as they become older, things are starting to change. Sylvie would still rather spend all her time with Carl - but Carl has a new friend, Paul, who is taking all his attention. Now, Carl seems much less happy to be called Sylvie's boyfriend - and in a game of spin the bottle, he avoids having to kiss her. Sylvie can tell his feelings have changed and that their future together might not be so clear-cut after all. But can she guess at the true reasons behind it all? Touching and compelling, *Kiss* is a delicately handled treatment of love and sexuality from award-winning Jacqueline Wilson.

Girls in Love Bonnier Publishing Fiction Ltd.

Though anxiety has risen among young people overall, recent research studies confirm that it has skyrocketed in girls since the turn of the century. So what's to blame? And how can we help these girls? In the engaging, anecdotal style and reassuring tone

that won over thousands of readers of her bestseller *Untangled*, clinical psychologist Lisa Damour examining the science of stress and anxiety and the many facets of girls' lives where stress hits them hard: - The parental expectations they face at home - Pressures at school - Social anxiety among their peers - Social pressures on social media Exploring the multiple layers of girls' lives, Damour shows us the critical steps we can take to shield them from the toxic stress to which both our culture and also we, as their caregivers, subject them. Readers familiar with Damour's bestseller *Untangled* or from her New York Times journalism will need to read this important new contribution to understanding and supporting today's girls - and tomorrow's young women.

Girls Out Late Anchor Canada

A New York Times Bestseller! Don't chase fate. Let fate chase you. 'Clever, creative, and exquisitely written' Stephanie Garber For generations, deadly storms have ravaged Mina's homeland. Her people believe the Sea God, once their protector, now curse them with death and despair. To appease him, each year a maiden is thrown into the sea, in the hopes that one day the 'true bride' will be chosen and end the suffering. Many believe Shim Cheong - Mina's brother's beloved - to be the legendary true bride. But on the night Cheong is sacrificed, Mina's brother follows her, even knowing that to interfere is a death sentence. To save her brother, Mina throws herself into the water in Cheong's stead. Swept away to the Spirit Realm, a magical city of lesser gods and mythical beasts, Mina finds the Sea God, trapped in an enchanted sleep. With the help of a mysterious young man and a motley crew of demons, gods and spirits, Mina sets out to wake him and bring an end to the storms once and for all. But she doesn't have much time: a human cannot live long in the land of the spirits. And there are those who would do anything to keep the Sea God from waking . . . *The Girl Who Fell Beneath the Sea* is a magical feminist retelling of a classic Korean legend, perfect for fans of *Uprooted* and Miyazaki's *Spirited Away*. 'A beautiful, mesmerizing retelling' Elizabeth Lim, New York Times bestselling author of *Six Crimson Cranes* 'A true jewel of a story' Janella Angeles,

bestselling author of *Where Dreams Descend*

Girls in Tears Kids Can Press Ltd

#1 NEW YORK TIMES, WALL STREET JOURNAL, AND BOSTON

GLOBE BESTSELLER • One of the most acclaimed books of our

time: an unforgettable memoir about a young woman who, kept

out of school, leaves her survivalist family and goes on to earn a

PhD from Cambridge University "Extraordinary . . . an act of

courage and self-invention."—The New York Times NAMED ONE

OF THE TEN BEST BOOKS OF THE YEAR BY THE NEW YORK TIMES

BOOK REVIEW • ONE OF PRESIDENT BARACK OBAMA'S FAVORITE

BOOKS OF THE YEAR • BILL GATES'S HOLIDAY READING LIST •

FINALIST: National Book Critics Circle's Award In Autobiography

and John Leonard Prize For Best First Book • PEN/Jean Stein Book

Award • Los Angeles Times Book Prize Born to survivalists in the

mountains of Idaho, Tara Westover was seventeen the first time

she set foot in a classroom. Her family was so isolated from

mainstream society that there was no one to ensure the children

received an education, and no one to intervene when one of

Tara's older brothers became violent. When another brother got

himself into college, Tara decided to try a new kind of life. Her

quest for knowledge transformed her, taking her over oceans and

across continents, to Harvard and to Cambridge University. Only

then would she wonder if she'd traveled too far, if there was still a

way home. "Beautiful and propulsive . . . Despite the singularity of

[Westover's] childhood, the questions her book poses are

universal: How much of ourselves should we give to those we

love? And how much must we betray them to grow up?"—Vogue

NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The

Washington Post • O: The Oprah Magazine • Time • NPR • Good

Morning America • San Francisco Chronicle • The Guardian • The

Economist • Financial Times • Newsday • New York Post •

theSkimm • Refinery29 • Bloomberg • Self • Real Simple • Town

& Country • Bustle • Paste • Publishers Weekly • Library Journal •

LibraryReads • Book Riot • Pamela Paul, KQED • New York Public

Library

Choke Kids Can Press Ltd

Ellie learns to deal with her self-image as she battles anorexia.