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From Amanda Lovelace, a poetry collection in four parts: the princess, the damsel, the queen, and you. The first three sections piece together the life of the author while the final section serves as a note to the reader. This moving book explores love, loss, grief, healing, empowerment, and inspiration. the princess saves herself in this one is the first book in the "women are some kind of magic" series.

From the acclaimed poet behind *Bone*, an exploration of how we can meet our truest selves, the ones we've always been meant to become Yrsa Daley-Ward's words have resonated with hundreds of thousands of readers--through her books of poetry and memoir, *Bone* and *The Terrible*; through her writing for Beyoncé on *Black Is King*; and through her always illuminating Instagram posts. Now, in *The How*, Yrsa encourages readers to begin, as she puts it, the great work of meeting ourselves. This isn't the self we've built up in response to our surroundings, or the self we manufacture to please the people around us, but instead, our most intimate self, the one we visit in dreams, the one that calls to us from a glimmering future. With a mix of short lyrical musings and her signature stunning poetry, Yrsa gently takes readers by the hand, encouraging them to join her as she explores how we can remove our filters, and see and feel more of who we really are behind the preconceived notions of propriety and manners we've accumulated with age. With a beautiful design and intriguing meditations, *The How* can be used to start conversations, to prompt writing, to delve deeper--whether you're solo, or with friends, on your feet or writing from the solace of home.

"yrsa daley-ward's *bone* is a symphony of breaking and mending. . . . she lays her hands on

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the pulse of the thing. . . . an expert storyteller. of the rarest. and purest kind.” —nayyirah waheed, author of salt. From the celebrated poet Yrsa Daley-Ward, a poignant collection of poems about the heart, life, and the inner self. Foreword by Kiese Laymon, author of Heavy: An American Memoir Bone. Visceral. Close to. Stark. The poems in Yrsa Daley-Ward’s collection bone are exactly that: reflections on a particular life honed to their essence—so clear and pared-down, they become universal. From navigating the oft competing worlds of religion and desire, to balancing society’s expectations with the raw experience of being a woman in the world; from detailing the experiences of growing up as a first generation black British woman, to working through situations of dependence and abuse; from finding solace in the echoing caverns of depression and loss, to exploring the vulnerability and redemption in falling in love, each of the raw and immediate poems in Daley-Ward’s bone resonates to the core of what it means to be human. “You will come away bruised. You will come away bruised but this will give you poetry.”

Divided into five chapters and illustrated by Kaur, the sun and her flowers is a journey of wilting, falling, rooting, rising, and blooming. A celebration of love in all its forms. this is the recipe of life said my mother as she held me in her arms as i wept think of those flowers you plant in the garden each year they will teach you that people too must wilt fall root rise in order to bloom

The book is divided into four chapters, and each chapter serves a different purpose. Deals with a different pain. Heals a different heartache. Milk and Honey takes readers through a journey of the most bitter moments in life and finds sweetness in them because there is sweetness everywhere if you are just willing to look.

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Where our real home might be is tricky to say. In a way that is the point. Some people say that it is the body, but I think the body is more of a channel that leads us home. Ultimate reality is our home. It is here and now. In 2016, two artists embarked a cargo ship and retraced a route of the Transatlantic Slave Triangle - Europe, Africa, the Caribbean - all the while contemplating the notion of home. Both real and imagined, it was a journey to the bottom of the Atlantic Ocean, propelled by questions and grief; a journey backwards in order to go forwards, a diaspora. This show is what they brought back. Selina Thompson's *Salt* premiered at Southbank Centre in July 2017, and went on to tour in the UK, Australia, Canada and Brazil. Winner of The Stage Edinburgh Award, The Total Theatre Award for Experimentation, Innovation and Playing with Form, and The Filipa Bragança Award. Shortlisted for the Amnesty International Freedom of Expression Award.

From the author of *Magical Negro*, Winner of the National Book Critic's Circle Award Named a Best Book of Summer 2021 by Publishers Weekly “Hilarious and hard-hitting . . . it ripples with energy, insight, and searing music.” —Tracy K. Smith, author of *Wade in the Water* Other People’s Comfort Keeps Me Up at Night—the book that launched the career of one of our most important young American poets—is back in print. The debut collection from award-winning poet Morgan Parker demonstrates why she’s become one of the most beloved writers working today. Her command of language is on full display. Parker bobs and weaves between humor and pathos, grief and anxiety, Gwendolyn Brooks and Jay-Z, the New York School and reality television. She collapses any foolish distinctions between the personal and the political, the “high” and the “low.” Other People’s Comfort Keeps Me Up at Night not only introduced an essential new voice to the world, it contains everything readers have come to love about

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Morgan Parker's work.

In *Just Enough*, top Harvard professors offer a revealing, research-based look at the true nature of professional success, helping people everywhere live more rewarding and satisfying lives. True professional and personal satisfaction seems more elusive every day, despite a proliferation of gurus and special methods that promise to make it easy. They conclude that many of the problems of success today can be traced back to unrealistic expectations and misconceptions about what success is and what constitutes it. The authors show where the happiest and most well-balanced among us are focusing their energy, and why, to help readers find more balance and satisfaction in their lives.

In this powerful guidebook for couples seeking renewed connection, Dr. Call explains that when we become more aware of the myriad factors that contribute to disconnection, we can develop new understanding and strategies that promote deeper connection and healing interaction. This book will help you and your spouse to: understand and change dynamics that disrupt connection with your spouse; gain insight into the destructive effects of hurt, shame, and blame; recognize how past trauma impacts your relationship; learn strategies for staying connected in the midst of conflict; cultivate intimacy through play, and finally, discover insights, tools, and techniques that will help you navigate the hopeful path toward reconnection.

Introducing the basic principles of research theory and practice, this book is the ideal starter text for any counselling trainee or practitioner learning about the research process for the first time. Structured around common training topics, the book: - Explains why you need to do research at all: what it is, why it's important and its historical and philosophical context - Guides you through the confusing mass of research literature - Covers the ins and outs of actually

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doing research: practical and ethical issues - Helps you get the most out of research - how to evaluate the outcomes and use research to investigate the process of therapy. Written in a language familiar to first-year trainees and using a range of features to enhance learning, this accessible introduction will equip both trainees and qualified therapists with the essential nuts and bolts to understand research. John McLeod is Emeritus Professor of Counselling at the University of Abertay Dundee and adjunct Professor at the University of Oslo, Norway.

Helium is the debut poetry collection by internet phenom Rudy Francisco, whose work has defined poetry for a generation of new readers. Rudy's poems and quotes have been viewed and shared millions of times as he has traveled the country and the world performing for sell-out crowds. Helium is filled with work that is simultaneously personal and political, blending love poems, self-reflection, and biting cultural critique on class, race and gender into an unforgettable whole. Ultimately, Rudy's work rises above the chaos to offer a fresh and positive perspective of shared humanity and beauty.

What are you hiding behind your smile? If those empty bottles that line the walls of your room could speak, what tales would they spill? So much of your truth is buried beneath the lies you tell yourself. There's a need to scream to the moon; there's this urge to go out into the darkness of the night to purge. There are so many stories living inside your soul, you just want the opportunity to tell them. And when you can't find the will to express what lives within your heart, these words will give you peace. These words will set you free.

Infused with the cacophony of everyday existence and the neon dance of dreams, this intricate debut by Khadijah Queen channels the unbroken murmurs between body and spirit, methodically traversing an uncertain reality on a path that moves beyond the edges of words.

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In deference to Plato, Cratylus and Central American rituals, Conduit exposes a tender core, fearlessly pulling away the roughened muslin of our shared human skin.

The artistry of QUESTIONS FOR ADA defies words, embodying the pain, the passion, and the power of love rising from the depths of our souls. Ijeoma Umebinyuo's poetry is a flower that will blossom in the spirit of every reader as she shares her heart with raw candor. From lyrical lushness to smoky sensuality to raw truths, this tome of transforming verse is the book every woman wants to write but can't until the broken mirrors of their lives have healed. In this gifted author's own words-"I am too full of life to be half-loved." A bold celebration of womanhood.

A beautifully illustrated book from Cleo Wade—the artist, poet, and speaker who has been called “the Millennial Oprah” by New York Magazine—that offers creative inspiration and life lessons through poetry, mantras, and affirmations, perfect for fans of the bestseller Milk & Honey. True to her hugely popular Instagram account, Cleo Wade brings her moving life lessons to Heart Talk, an inspiring, accessible, and spiritual book of wisdom for the new generation. Featuring over one hundred and twenty of Cleo’s original poems, mantras, and affirmations, including fan favorites and never before seen ones, this book is a daily pep talk to keep you feeling empowered and motivated. With relatable, practical, and digestible advice, including “Hearts break. That’s how the magic gets in,” and “Baby, you are the strongest flower that ever grew, remember that when the weather changes,” this is a portable, replenishing pause for your daily life. Keep Heart Talk by your bedside table or in your bag for an empowering boost of spiritual adrenaline that can help you discover and unlock what is blocking you from thriving emotionally and spiritually.

Every heart deserves a voice. From the jungles of Cambodia and a chance encounter with a

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local medicine woman comes Be(loved), poet Dakota Adan's debut collection of poems, tracing the epic question of what it means to be loved. Hailed as "an essential book for those seeking self-love," this heartfelt anthology lends voice to the heartbreak and healing of our soul's quest to reunite with whom we always hoped we could be—ourselves.

All The Things I Never Said is a collection of poetry and journal-like entries. Throughout the pages you will experience heartbreak, happiness, sadness, and be reminded of what it was like to be a teenager. {written by createspace}

I can feel it in my roots; I gave birth, in a nightmare, to unlovable things. They breed in my belly; tiny birthdays, every day. I am the undead mother to every single bit of black in this skin prison my lovers have choked on. Bestselling author J.R. Rogue returns with her second volume of poetry, Tell Me Where It Hurts, a raw, heartbreaking, and honest glimpse into the demons she has faced in her 33 years.

Do you have the desire to discover who you are, what you want out of life, and how to live in your ultimate purpose? Then you are going to LOVE my one of a kind journal, Soul Therapy. Soul Therapy is a daily, interactive journal designed to aid you in self exploration, healing, and reflection. Featuring 365 days of thought provoking prompts, inspiring quotes, open-ended questions, daily practices, and motivational soul food with room for writing, this journal is the ultimate tool for personal growth. If you have the desire to discover who you are, what you want out of life, and how to live in your ultimate purpose, then this journal is for YOU! The countless positive benefits you will

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receive from this journal will transform your life. To name a few, you'll develop positive habits such as consistency. You'll activate your mind and thinking capacities. Taking a few moments in the day for reflection will help you stay grounded, present, and in touch with yourself. You'll receive healing on many levels, as writing helps release stress, anxiety, and disturbances in daily life. You'll feel creative. You will learn so much about yourself. You'll find your passion and purpose in life. This journal has been designed to be a safe space for you, where you can grow into the best version of yourself. Be fully vulnerable and watch your life change in front of your very eyes. This isn't just a journal filled with positivity, but a daily practice to get in touch with your soul. Put simply, it's therapy in a journal, without the hefty price tag!

in the absence of the sun is a poetry collection that explores our midnight thoughts--the "nightmares" and "dreams" that haunt us when we are unable to sleep. This collection takes you through a night of insomnia, ruminating on ideas of self-doubt, loss, and hope for the future.

This is the anatomy of our being. This is our flesh, our muscles, our sinews and our limbs all tangled up beside each other. And this, is what they found when we left it all behind.

Psychologies of liberation are emerging on every continent in response to the collective traumas inflicted by colonialism and globalization. The authors present the theoretical foundation and participatory methodologies that unite these radical interdisciplinary

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approaches to creating individual and community well-being. They move from a description of the psychological and community wounds that are common to unjust and violent contexts to engaging examples of innovative community projects from around the world that seek to heal these wounds. The creation of public homeplaces, and the work of liberation arts, critical participatory action research, public dialogue, and reconciliation are highlighted as embodying the values and hopes of liberation psychology. Drawing on psychoanalysis, trauma studies, liberation arts, participatory research, and contemporary cultural work, this book nourishes our understanding of and imagination about the kinds of healing that are necessary to the creation of more just and peaceful communities. In dialogue with cultural workers, writers, and visionaries from Latin America, Africa, Asia, Europe, the United States, and the Pacific Islands, *Toward Psychologies of Liberation* quickens a dialogical convergence of liberatory psychological theories and practices that will seed individual and community transformation.

you have a message from r.h. Sin
Poems.

The Last Time I'll Write About You is popular Filipino YA and romance writer Dawn Lanuza's debut collection of poetry. Featuring beautiful, relatable poems about first love, this book is the perfect companion for anyone who has loved, lost, and emerged anew.

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all of theunsleeping. gold sweeping. poems.i have in my hands.

"With her first full-length poetry collection, Warsan Shire introduces us to a young girl, who, in the absence of a nurturing guide, makes her own stumbling way towards womanhood. Drawing from her own life and the lives of loved ones, as well as pop culture and news headlines, Shire finds vivid, unique details in the experiences of refugees and immigrants, mothers and daughters, Black women, and teenage girls. In Shire's hands, lives spring into fullness. This is noisy life: full of music and weeping and surahs and sirens and birds. This is fragrant life: full of blood and perfume and shisha smoke and jasmine and incense. This is polychrome life: full of henna and moonlight and lipstick and turmeric and kohl"--
"Literary pointillism on a funk-ed-out canvas."

From beloved Malawian storyteller Upile Chisala comes the revised and expanded edition of her second collection of poetry. In nectar, Chisala guides readers through a beautiful process of growth and renewal. These poems celebrate our always complex, sometimes troubled roots while encouraging us to grow through and beyond them toward a passionate self-love. Chisala's hope is that her words will encourage readers to sow seeds of change in their own lives and the lives of others.

A complete collection—over 300 poems—from one of this country's most influential

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poets. "These are poems which blaze and pulse on the page."—Adrienne Rich
"The first declaration of a black, lesbian feminist identity took place in these poems, and set the terms—beautifully, forcefully—for contemporary multicultural and pluralist debate."—Publishers Weekly "This is an amazing collection of poetry by . . . one of our best contemporary poets. . . . Her poems are powerful, often political, always lyrical and profoundly moving."—Chuckanut Reader Magazine
"What a deep pleasure to encounter Audre Lorde's most potent genius . . . you will welcome the sheer accessibility and the force and beauty of this volume."—Out Magazine

r.h. Sin's final volume in the Whiskey, Words, and a Shovel series expands on the passion and vigor of his first two installments. His stanzas inspire strength through the raw, emotional energy and the vulnerability of his poems.

Relationships, love, pain, and fortitude are powerfully rendered in his poetry, and his message of perseverance in the face of emotional turmoil cuts to the heart of modern-day life. At roughly 300 pages, this culminating volume will be his lengthiest yet.

When Daniel Blackland was six, he ingested his first bone fragment, a bit of kraken spine plucked out of the sand during a visit with his demanding, brilliant, and powerful magician father, Sebastian. When Daniel was twelve, he watched

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Sebastian die at the hands of the Hierarch of Southern California, devoured for the heightened magic layered deep within his bones. Now, years later, Daniel is a petty thief with a forged identity. Hiding amid the crowds in Los Angeles—the capital of the Kingdom of Southern California—Daniel is trying to go straight. But his crime-boss uncle has a heist he wants Daniel to perform: break into the Hierarch's storehouse of magical artifacts and retrieve Sebastian's sword, an object of untold power. For this dangerous mission, Daniel will need a team he can rely on, so he brings in his closest friends from his years in the criminal world. There's Moth, who can take a bullet and heal in mere minutes. Jo Alverado, illusionist. The multitalented Cassandra, Daniel's ex. And, new to them all, the enigmatic, knowledgeable Emma, with her British accent and her own grudge against the powers-that-be. The stakes are high, and the stage is set for a showdown that might just break the magic that protects a long-corrupt regime. Extravagant and yet moving, Greg van Eekhout's *California Bones* is an epic adventure set in a city of canals and secrets and casual brutality--different from the world we know, yet familiar and true. At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied. A revised and expanded paperback edition of *We Hope This Reaches You in Time* by Samantha King Holmes and r.h. Sin with all-new bonus material from the authors.

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Ideas, poetry, and prose from bestselling authors Samantha King Holmes & r.h. Sin. A book of lessons dedicated to our daughters and future daughters, on how to survive. Alexandra Elle writes frankly about her experience as a young, single mother while she celebrates her triumph over adversity and promotes resilience and self-care in her readers. This book of all-new poems from the beloved author of *Words From A Wanderer* and *Love In My Language* is a quotable companion on the road to healing. Told in five parts, *soft magic* is a shared healing journey.

Winner of the PEN Ackerley Prize • Longlisted for the 2019 PEN Open Book Award
“Devastating and lyrical.” —The New York Times “Suspenseful and affecting.” —The New Yorker
From the celebrated poet behind *bone*, a collection of poems that tells a story of coming-of-age, uncovering the cruelty and beauty of the world, going under, and finding redemption Through her signature sharp, searing poems, this is the story of Yrsa Daley-Ward and all the things that happened. “Even the terrible things. And God, there were terrible things.” It’s about her childhood in the northwest of England with her beautiful, careworn mother Marcia; the man formerly known as Dad (half fun, half frightening); and her little brother Roo, who sees things written in the stars. It’s also about the surreal magic of adolescence, about growing up and discovering the power and fear of sexuality, about pitch-gray days of pills and powder and connection. It’s about damage and pain, but also joy. With raw intensity and shocking honesty, *The Terrible* is a collection of poems that tells the story of what it means to lose yourself and

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find your voice. “You may not run away from the thing that you are because it comes and comes and comes as sure as you breathe.”

Through her role as London's first Young Poet Laureate, Warsan Shire turned her eye to the city, interrogating the capital and its continuing transformation, even while lending voice to its oft unheard or under-represented communities and spaces. Collecting work authored during Shire's tenure, 'Her Blue Body' stands as testament and witness, negotiating the complexities of heritage, cultural sensitivity, sensuality, trauma and womanhood, framed and ordered by a sequence of memorial poems, focused through the lens of Shire's intimate and unflinching vision.

The New York Times bestselling author returns with a tale as riveting and suspenseful as any thriller: the true story of the Nazi plot to kill the leaders of the United States, Great Britain, and the U.S.S.R. during World War II. The mission: to kill the three most important and heavily guarded men in the world. The assassins: a specially trained team headed by the killer known as The Most Dangerous Man in Europe. The stakes: nothing less than the future of the Western world. The year is 1943 and the three Allied leaders—Franklin D. Roosevelt, Winston Churchill, and Joseph Stalin—are meeting for the first time at a top-secret conference in Tehran. But the Nazis have learned about the meeting and Hitler sees it as his last chance to turn the tide. Although the war is undoubtedly lost, the Germans believe that perhaps a new set of Allied leaders might be willing to make a more reasonable peace in its aftermath. And so a plan is

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devised—code name Operation Long Jump—to assassinate FDR, Churchill, and Stalin. Immediately, a highly trained, hand-picked team of Nazi commandos is assembled, trained, armed with special weapons, and parachuted into Iran. They have six days to complete the daring assignment before the statesmen will return home. With no margin for error and little time to spare, Mike Reilly, the head of FDR’s Secret Service detail—a man from a Montana silver mining town who describes himself as “an Irish cop with more muscle than brains”—must overcome his suspicions and instincts to work with a Soviet agent from the NKVD (the precursor to the KGB) to save the three most powerful men in the world. Filled with eight pages of black-and-white photographs, *Night of the Assassins* is a suspenseful true-life tale about an impossible mission, a ticking clock, and one man who stepped up to the challenge and prevented a world catastrophe.

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