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negative and learn to focus on the positive gifts in life." -Marney A. White, PhD, MS, Associate Professor of Psychiatry, Yale University School of Medicine "Enjoy it. Live it. Share it." -William P. Magee Jr., DDS, MD, Cofounder-CEO Operation Smile. "The Snowball Effect offers a unique perspective on what it takes to move forward through life in the most productive and positive way" -Chrisanna Northrup, New York Times bestseller, author of The Normal Bar Imagine Imagine feeling inspired, motivated, and hopeful about your situation and your future. Imagine being able to let go of resentment, harsh self-judgments, and explosive reactions. Imagine having better relationships with others. Imagine having the courage to face your fears and live your dreams without becoming overwhelmed. Imagine living every day with gratitude, being able to fully appreciate the moment. That's the snowball effect in action! This book is about improving and building self, one baby step at a time. "The Snowball Effect is a powerful book with incredible insight." -Laura Contreras-Rowe, award-winning author of Aim High: Extraordinary Stories of Hispanic & Latina Women "I highly recommend this bookthe lessons provide specific and precise tools for people wanting to clear out the
The Self Under Siege - Robert Firestone - 2012

"This book will provide therapists with the tools necessary to help their clients differentiate themselves from their parents, families of origin, and other influences that have unconsciously dominated and predetermined their lives. The authors argue that most of us are unaware of the extent to which our lives have been predetermined and pre-empted by a parent whose thoughts, beliefs, and feelings can actually be antagonistic to our own goals and desires. An integrative theoretical approach to personality development and human behavior is introduced, providing the foundation for an innovative cognitive-affective-behavioral therapeutic process centered around Firestone's Voice Therapy technique"--

Creating a Life of Meaning and Compassion - Robert Firestone - 2003-01-01

Clinical psychologists identify and describe the defensive process that
intense emotional or physical reactions after spending time with your parents. They summarize the insights they gained while developing a more decent and respectful way of living as a response to the destructiveness of society.

**Creating a Life of Meaning and Compassion** - Robert Firestone - 2003-01-01
Clinical psychologists identify and describe the defensive process that constrains people from making positive changes in their lives. They summarize the insights they gained while developing a more decent and respectful way of living as a response to the destructiveness of society.

**Toxic Parents** - Susan Forward - 2009-12-16
BONUS: This edition contains an excerpt from Dr. Susan Forward's Men Who Hate Women and the Women Who Love Them. When you were a child Did your parents tell you were bad or worthless? Did your parents use physical pain to discipline you? Do you have to take care of your parents because of their problems? Were you frightened of your parents? Did your parents do anything to you that had to be kept secret? Now that you are an adult Do your parents still treat you as if you were a child? Do you have intense emotional or physical reactions after spending time with your parents? Do your parents control you with threats or guilt? Do they manipulate you with money? Do you feel that no matter what you do, it's never good enough for your parents? In this remarkable self-help guide, Dr. Susan Forward drawn on case histories and the real-life voices of adult children of toxic parents to help you free yourself from the frustrating patterns of your relationship with your parents -- and discover an exciting new world of self-confidence, inner strength, and emotional independence.

**Voice Therapy** - Robert Firestone - 1988
Based on the idea that the Voice is an internal system of hostile thoughts and attitudes antithetical to the self, the book identifies the characteristics of this phenomenon. Voice Therapy, as developed by Dr. Firestone, is designed to elicit and identify these negative thoughts.

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**Discomfortable** - A.J. Bond - 2021-09-07
The go-to guide to understand and unpack shame: what it is, why we feel it, and how to undo the lies it tells us about ourselves. Are you ready to get Discomfortable? This is a book about shame: what it is, why we have it, and how we can break its hold on our happiness. We all know shame: it's that feeling that tells us that somehow, who we are is inherently wrong. It's more than embarrassment or regret: it shakes us to the core. And most of all, it tells us that we need to be, feel, and act differently in order to be seen, loved, and accepted. Author and "shame-ed" coach AJ Bond takes us through his own shame breakthrough, sharing how he went from I'd rather die than be gay to uncovering and reclaiming his inherent wholeness and worth. With unexpected humor, warmth, and candid personal stories, Bond shows readers: • Why shame shows up--the trauma, fixed mindsets, and messaging that give it a foothold • How shame tricks you into believing there's something wrong with you, even when you're perfectly right • The
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Compassionate Child-Rearing - Robert W. Firestone - 1990
In this brilliantly conceived and revolutionary work, Dr.Firestone develops the theory and underlying dynamics involved in disturbed family relationships and negative parental attitudes that characterize generally accepted patterns of child-rearing. The author expands on the phenomenological descriptions of the traditional abuses of children previously offered by Alice Miller, R. D. Laing, James Garbarino, and others, and explains how well-intentioned parents unwittingly injure their children's self-esteem and psychological functioning.

Friendship: The Evolution, Biology, and Extraordinary Power of Life's Fundamental Bond - Lydia Denworth - 2020-01-28
A revelatory investigation of friendship, with profound implications for our understanding of what humans and animals alike need to thrive across a lifetime. The phenomenon of friendship is universal and elemental. Friends, after all, are the family we choose. But what makes these bonds not just pleasant but essential, and how do they affect our bodies and our minds? In Friendship, science journalist Lydia Denworth takes us in search of friendship's biological, psychological, and evolutionary foundations. She finds friendship to be as old as early life on the African savannas—when tribes of people grew large enough for individuals to seek fulfillment of their social needs outside their immediate families. Denworth sees this urge to connect reflected in primates, too, taking us to a monkey sanctuary in Puerto Rico and a baboon colony in Kenya to examine social bonds that offer insight into our own. She meets scientists at the frontiers of brain and genetics research and discovers that friendship is reflected in our brain waves, our genomes, and our cardiovascular and immune systems; its opposite, loneliness, can kill. At long last, social connection is recognized as critical to wellness and longevity. With insight and warmth, Denworth weaves past and present, field biology and neuroscience, to show how our bodies and minds are designed for friendship across life stages, the
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Suicide and the Inner Voice - Robert W. Firestone - 1998-11-01

Beyond Death Anxiety - Dr. Robert Firestone, PhD - 2009-07-20
"This book fruitfully serves those looking to apply Ernest Becker's ideas psychotherapeutically, in individual counseling or in group therapy. A capstone to Robert Firestone's 50 years of work in psychotherapy, psychoanalysis and psychiatry and to the numerous books written by these authors, Firestone and Catlett show how to apply the themes and implications of the ideas of Ernest Becker in everyday life. Their basic premise is that accepting death is part of developing an affirming and meaningful experience of life. Contributing to the credibility of their presentation is the wealth of clinical evidence and personal experience Firestone and Catlett incorporate." -- The Ernest Becker Foundation
"[F]ascinating and an enjoyable read. Steeped in well researched and relevant psychological and sociological perspectives applicable to all social studies areas" -- Carol Lloyd University of Chichester "Firestone and Catlett's work is a marvelous achievement. This volume is both innovative and intrepid. Firestone and Catlett challenge prevailing psychoanalytic views on death and they demolish many of the accepted canons of thanatology and existential psychology. This is required reading for anyone who purports to talk about death." -- Jerry Piven, PhD Author of Death and Delusion: A Freudian Analysis of Mortal Terror "[A] towering synthesis of personal and clinical wisdom about death. With a superb overview of the psychology of death and death anxiety. Dr. Firestone draws on the best of the existential-humanistic as well as the psychoanalytic thinkers to address a flourishing path toward self-realization." -- Kirk J. Schneider, PhD Author, Existential-Integrative Psychotherapy and Awakening to Awe (From the Foreword) Firestone and Catlett's groundbreaking volume assists mental health practitioners in helping their clients learn to accept and face their mortality. They describe the many defenses of death anxiety that keep individuals from achieving personal fulfillment, and also suggest methods to relationships at the center of our lives.
psychology of death and death anxiety. Dr. Firestone draws on the best of more satisfaction, more freedom, and a greater appreciation for the gift of life. This book examines the many destructive consequences of death anxiety, including introversion, depression, and withdrawal from life. Throughout the book, the authors demonstrate the importance of achieving what they call life-affirming death awareness. Key topics include: The dawning awareness of death and its impact on the developing child Literal and symbolic defenses against death anxiety Separation theory and "the fantasy bond" Challenging the defenses that interfere with living fully Microsuicide: the death of the spirit Breaking with limiting religious dogma and cultural worldviews With this book, mental health practitioners and their clients will be able to better understand death awareness, overcome the defenses against death anxiety, and ultimately lead richer, more fulfilling lives.

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Fear of Intimacy - Robert Firestone - 1999-01-01
In Fear of Intimacy, the authors bring almost 40 years of clinical experience to bear in challenging the usual ways of thinking about couples and families. They argue that relationships fail not because of the commonly cited reasons but because of psychological defenses formed in childhood that act as a barrier to closeness in adulthood. Written in clear, jargon-free language, Fear of Intimacy shows how therapists can help couples identify and overcome the messages of the internal "voice" that foster distortions of the self and loved ones. Related issues such as interpersonal ethics and the role of stereotyping are also discussed. The authors' innovative approach will be of interest to therapists and couples alike.

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The Predators' Ball - Connie Bruck - 2020-02-04
"Connie Bruck traces the rise of this empire with vivid metaphors and with a smooth command of high finance's terminology." —The New York Times
“The Predators’ Ball is dirty dancing downtown.” —New York Newsday
From bestselling author Connie Bruck, The Predators’ Ball dramatically captures American business history in the making, uncovering the philosophy of greed that dominated Wall Street in the 1980s. During the 1980s, Michael Milken at Drexel Burnham Lambert was the Billionaire Junk Bond King. He invented such things as “the highly confident letter” ("I'm highly confident that I can raise the money you need to buy company X") and the “blind pool” ("Here’s a billion dollars: let us help you buy a company"). And he financed the biggest corporate raiders—men like Carl Icahn and Ronald Perelman. And then, on September 7, 1988, things changed The Securities and Exchange Commission charged Milken and Drexel Burnham Lambert with insider trading and stock fraud. Waiting in the wings was the US District Attorney, who wanted to file criminal and racketeering charges. What motivated Milken in his drive for power and money? Did Drexel Burnham Lambert condone the breaking of laws?

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From bestselling author Connie Bruck, The Predators’ Ball dramatically captures American business history in the making, uncovering the
Boarding School Syndrome - Joy Schaverien - 2015-06-05

Boarding School Syndrome is an analysis of the trauma of the 'privileged' child sent to boarding school at a young age. Innovative and challenging, Joy Schaverien offers a psychological analysis of the long-established British and colonial preparatory and public boarding school tradition. Richly illustrated with pictures and the narratives of adult ex-boarders in psychotherapy, the book demonstrates how some forms of enduring distress in adult life may be traced back to the early losses of home and family. Developed from clinical research and informed by attachment and child development theories 'Boarding School Syndrome' is a new term that offers a theoretical framework on which the psychotherapeutic treatment of ex-boarders may build. Divided into four parts, History: In the Name of Privilege; Exile and Healing; Broken Attachments: A Hidden Trauma, and The Boarding School Body, the book includes vivid case studies of ex-boarders in psychotherapy. Their accounts reveal details of the suffering endured: loss, bereavement and captivity are sometimes compounded by physical, sexual and psychological abuse. Here, Joy Schaverien shows how many boarders adopt unconscious coping strategies including dissociative amnesia resulting in a psychological split between the 'home self' and the 'boarding school self'. This pattern may continue into adult life, causing difficulties in intimate relationships, generalized depression and separation anxiety amongst other forms of psychological distress. Boarding School Syndrome demonstrates how boarding school may damage those it is meant to be a reward and discusses the wider implications of this tradition. It will be essential reading for psychoanalysts, Jungian analysts, psychotherapists, art psychotherapists, counsellors and others interested in the psychological, cultural and international legacy of this tradition including ex-boarders and their partners.

Sex and Love in Intimate Relationships - Robert W. Firestone - 2008

In Sex and Love in Intimate Relationships, Firestone and his co-authors help therapists help their clients. Drawing on their forty years of combined clinical experience and a unique longitudinal study of couples and families, they propose that sexual problems are largely related to defenses acquired through painful childhood experiences. In accessible language and through the liberal use of case material from therapy sessions, the authors show how clients can be helped to overcome these challenges and become physically and emotionally closer to their partners.
defence, or simply to understand the rules of the game.

**Bond and Book** - Mizuki Nomura - 2021-09-14
A BOOK’S LOVE FOR ITS READER IS BOUNDLESS Musubu Enoki is an ordinary high schooler with an extraordinary ability—he can hear the voices of books. When he happens to notice one lost and crying, the young man sets out to reunite a children’s classic with its original owner. Musubu leaves no page unturned in his quest to assist tomes of all sorts, including “The Surgery Room” by classic Japanese author Kyōka Izumi. But can this advocate for books really make their dreams come true? Find out in this bibliomystery you won’t want to put down!

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**Shard & Shield** - Laura VanArendonk Baugh - 2019-07-08
He can save her life—if he sacrifices those he swore to protect. King’s bastard Shianan Becknam buries himself in his military career to avoid the dangers of drawing political attention. When the artifact intended to end an interdimensional war is damaged, a mage is trapped on the other side of the rift with her servant—only the cheery young boy is really one of the monstrous enemy, disguised as a human. Shianan is desperate to rescue Ariana, one of his few friends, but to do so requires committing treason and betraying his people to attack. State mage Ariana struggles to survive as a prisoner of war in a world of deadly magic and unfamiliar customs. Her only ally is her former servant, once again a renowned warrior caught up in political machinations. To survive, he'll have to take up the fight against Ariana’s world. As their people’s wasted armies prepare for fresh battle,
Leigh Bardugo and Sabaa Tahir. Tea can raise the dead, but resurrection comes at a price Let me be clear: I never intended to raise my brother from his grave, though he may claim otherwise. If there’s anything I’ve learned from him in the years since, it’s that the dead hide truths as well as the living. When Tea accidentally resurrects her brother from the dead, she learns she is different from the other witches in her family. Her gift for necromancy means that she's a bone witch, a title that makes her feared and ostracized by her community. But Tea finds solace and guidance with an older, wiser bone witch, who takes Tea and her brother to another land for training. In her new home, Tea puts all her energy into becoming an asha—one who can wield elemental magic. But dark forces are approaching quickly, and in the face of danger, Tea will have to overcome her obstacles and make a powerful choice. Memoirs of a Geisha meets The Name of the Wind in this brilliant new fantasy series by Rin Chupeco!

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**The Bone Witch** - Rin Chupeco - 2017-03-07
In the captivating start to a new, darkly lyrical fantasy series for readers of Leigh Bardugo and Sabaa Tahir, Tea can raise the dead, but resurrection comes at a price Let me be clear: I never intended to raise my brother from his grave, though he may claim otherwise. If there's anything I've learned from him in the years since, it's that the dead hide truths as well as the living. When Tea accidentally resurrects her brother from the dead, she learns she is different from the other witches in her family. Her gift for necromancy means that she's a bone witch, a title that makes her feared and ostracized by her community. But Tea finds solace and guidance with an older, wiser bone witch, who takes Tea and her brother to another land for training. In her new home, Tea puts all her energy into becoming an asha—one who can wield elemental magic. But dark forces are approaching quickly, and in the face of danger, Tea will have to overcome her obstacles and make a powerful choice. Memoirs of a Geisha meets The Name of the Wind in this brilliant new fantasy series by Rin Chupeco!

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**Daring to Love** - Tamsen Firestone - 2018-05-01
When it comes to finding love, are you standing in your own way? Daring to Love will help you identify the internal barriers that cause you to sabotage
us vulnerable and triggers old defenses we formed in childhood, causing us lasting relationship you truly desire. After a breakup, most of us spend a lot of time thinking long and hard about what the other person did to cause it, rather than reflecting on ourselves. It seems self-evident that we want our romantic relationships to work, and that love and long-term commitment are our ultimate goals. But what if our desire for love is actually not as straightforward as our emotions make us believe? What if, instead of pursuing love, we are unconsciously pushing it away? In Daring to Love, Tamsen and Robert W. Firestone offer techniques based in Robert Firestone’s groundbreaking voice therapy—the process of giving spoken word to unhealthy patterns—to help you understand how you are getting in your own way on the quest for true love. Love, the Firestones argue, makes us vulnerable and triggers old defenses we formed in childhood, causing us to sabotage our relationships in myriad—subtle—or not-so-subtle—ways. Using the voice therapy strategies in this book, you will be able to identify your own defensive patterns and uncover the destructive messages your critical inner voice is telling you about yourself, your partners, and your relationships. If you’re struggling to cultivate lasting relationships, this book can help you embark on your next romantic journey with more openness and self-knowledge.

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**Room** - Emma Donoghue - 2017-05-07
Kidnapped as a teenage girl, Ma has been locked inside a purpose built room in her captor's garden for seven years. Her five year old son, Jack, has no concept of the world outside and happily exists inside Room with the help of Ma's games and his vivid imagination where objects like Rug, Lamp and TV are his only friends. But for Ma the time has come to escape and face their biggest challenge to date: the world outside Room.

**The Uninnocent** - Katharine Blake - 2021-11-02
One of Buzzfeed’s 25 New And Upcoming Books You Won’t Be Able To Put Down "The Uninnocent is so elegantly crafted that the pleasure of reading it nearly overrides its devastating subject matter...a story of radical empathy, a triumph of care and forgiveness." --Stephanie Danler, author of Stray and Sweetbitter A harrowing intellectual reckoning with crime, mercy, justice and heartbreak through the lens of a murder On a Thursday morning in June 2010, Katharine Blake’s sixteen-year-old cousin walked to a nearby bike path with a boxcutter, and killed a young boy he didn’t know. It was a psychological break that tore through his brain, and into the hearts of those who loved both boys—one brutally killed, the other sentenced to die at
her family's new reality, Blake became obsessed with heartbreak, seeing it everywhere: in her cousin's isolation, in the loss at the center of the crime, in the students she taught at various prisons, in the way our justice system breaks rather than mends, in the history of her parents and their violent childhoods. As she delves into a history of heartbreak—through science, medicine, and literature—and chronicles the uneasy yet ultimately tender bond she forms with her cousin, Blake asks probing questions about justice, faith, inheritance, family, and, most of all, mercy. Sensitive, singular, and powerful, effortlessly bridging memoir, essay, and legalese, The Uninnocent is a reckoning with the unimaginable, unforgettable, and seemingly irredeemable. With curiosity and vulnerability, Blake unravels a distressed tapestry, finding solace in both its tearing and its mending.
presents new ideas, applications, and previously unstated theoretical
eighbors during bombing raids as well as with the Jewish man hidden in
her basement. In superbly crafted writing that burns with intensity, award-
winning author Markus Zusak, author of I Am the Messenger, has given us
one of the most enduring stories of our time. “The kind of book that can be
life-changing.” —The New York Times “Deserves a place on the same shelf
with The Diary of a Young Girl by Anne Frank.” —USA Today DON’T MISS
BRIDGE OF CLAY, MARKUS ZUSAK’S FIRST NOVEL SINCE THE BOOK
THIEF.

The Book Thief - Markus Zusak - 2007-12-18
#1 NEW YORK TIMES BESTSELLER • ONE OF TIME MAGAZINE’S 100
BEST YA BOOKS OF ALL TIME The extraordinary, beloved novel about the
ability of books to feed the soul even in the darkest of times. When Death
has a story to tell, you listen. It is 1939. Nazi Germany. The country is
holding its breath. Death has never been busier, and will become busier
still. Liesel Meminger is a foster girl living outside of Munich, who scratches
out a meager existence for herself by stealing when she encounters
something she can’t resist—books. With the help of her accordion-playing
foster father, she learns to read and shares her stolen books with her
neighbors during bombing raids as well as with the Jewish man hidden in
her basement. In superbly crafted writing that burns with intensity, award-
winning author Markus Zusak, author of I Am the Messenger, has given us
one of the most enduring stories of our time. “The kind of book that can be
life-changing.” —The New York Times “Deserves a place on the same shelf
with The Diary of a Young Girl by Anne Frank.” —USA Today DON’T MISS
BRIDGE OF CLAY, MARKUS ZUSAK’S FIRST NOVEL SINCE THE BOOK
THIEF.

Handbook of Closeness and Intimacy - Debra J. Mashek - 2004-04-13
This handbook brings together the latest thinking on the scientific study of
closeness and intimacy from some of the most active and widely recognized
relationship scholars in social and clinical psychology, communication
studies, and related disciplines. Each contributing author defines their
understanding of the meaning of closeness and intimacy; summarizes
existing research and provides an overview of a theoretical framework;
presents new ideas, applications, and previously unstated theoretical
connections; and provides cross-references to other chapters to further
integrate the material. The Handbook of Closeness and Intimacy will be of
interest to researchers, practitioners, and students from social, clinical, and
developmental psychology; family studies; counseling; and communication.

The Truth - Neil Strauss - 2015-10-13
NO MORE GAMES. IT’S TIME FOR THE TRUTH. Neil Strauss made a name
for himself advocating freedom, sex and opportunity as the author of The
Game. Then he met the woman who forced him to question everything.
Neil’s search for answers took him from Viagra-laden free-love orgies to sex
addiction clinics, from cutting-edge science labs to modern-day harems,
and, most terrifying of all, to his own mother. What he discovered changed
everything he knew about love, sex, relationships and, ultimately, himself.
The Truth may have the same effect on you.

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Grant, having a fulfilling relationship? Why have so many people given up on love?”—from the Prologue John Bradshaw’s bestselling books and compelling PBS series have touched and changed millions of lives. Now, in Creating Love, he offers us a new way to understand our most crucial relationships—with our romantic partners and spouses, with our parents and children, with friends and co-workers, with ourselves, and with God. Bradshaw’s compassionate approach shows that many of us have been literally “entranced” by past experiences of counterfeit love, so we unknowingly re-create patterns that can never fulfill us. Here he provides both the insights and the precise tools we need to keep those destructive patterns from repeating in the present. And then he shows how we can open ourselves to the soul-building work of real love—and create healthy, loving relationships where we can be fully ourselves in every part of our lives.

Challenging the Enemy Within - Robert W. Firestone - 2016
Many people grapple with destructive thought processes or a "critical inner voice" that directs their behavior and, to varying degrees, limits their lives. Using deeply personal and very human stories based on his own clinical practice, noted psychologist Robert W. Firestone illustrates the struggles of his clients to give words to this "enemy within," and in the process overcome its damaging influence. These revealing and captivating stories offer glimpses into the uniquely human relationship that develops in the therapeutic encounter and demonstrate the powerful impact that the experience has on both client and therapist. Dr. Firestone is the originator of a therapeutic method called "Voice Therapy," by which clients learn to identify the language of the defense system and eventually separate their own point of view from its harmful effects. Each story provides an intimate look into one person's life, illuminates aspects of his or her "dark side," and highlights an important insight into the therapeutic process. This sensitively written book will evoke emotional responses in readers, and inspire them to take action to challenge the dictates of their own inner critic. Taken together, these stories underscore the distinctive merits and continuing relevance of the therapeutic process, especially in our distracted, technological world increasingly detached from feeling.
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A sweeping story of three generations of women, crossing from London to Ireland and back again, and the enduring effort to retrieve the secrets of the past. It's London, 1960, and Aoife Kelly—once the sparkling object of young men's affections—runs pubs with her brusque, barking husband, Cash. Their courtship began in wartime London, before they returned to Ireland with their daughters in tow. One of these daughters—fiery, independent-minded Rosaleen—moves back to London, where she meets and begins an affair with the famous sculptor Felix Lehmann, a German-Jewish refugee artist over twice her tender eighteen years. When Rosaleen finds herself pregnant with Felix's child, she is evicted from her flat, dismissed from her job, and desperate to hide the secret from her family. Where, and to whom, can she turn? Meanwhile, Kate, another generation down, lives in present-day London with her young daughter and husband, an unsuccessful musician and destructive alcoholic. Adopted and floundering to find a sense of herself in the midst of her unhappy marriage, Kate sets out to track down her birth mother, a search that leads her to a Magdalene Laundry in Ireland and the harrowing history that it holds. Stirring and nostalgic at moments, visceral and propulsive at others, I Couldn't Love You More is a tender, candid portrait of love, sex, motherhood, and the enduring ties of family. It is impossible not to fall under the spell of this tale of mothers and daughters, wives and muses, secrets and outright lies.

With Mothers Who Can't Love: A Healing Guide for Daughters, Susan Forward, Ph.D., author of the smash #1 bestseller Toxic Parents, offers a powerful look at the devastating impact unloving mothers have on their daughters—and provides clear, effective techniques for overcoming that
support and tools they need to heal themselves and rebuild their confidence with large numbers of women struggling to escape the emotional damage inflicted by the women who raised them. Subjected to years of criticism, competition, role-reversal, smothering control, emotional neglect and abuse, these women are plagued by anxiety and depression, relationship problems, lack of confidence and difficulties with trust. They doubt their worth, and even their ability to love. Forward examines the Narcissistic Mother, the Competitive Mother, the Overly Enmeshed mother, the Control Freak, Mothers who need Mothering, and mothers who abuse or fail to protect their daughters from abuse. Filled with compelling case histories, Mothers Who Can’t Love outlines the self-help techniques Forward has developed to transform the lives of her clients, showing women how to overcome the pain of childhood and how to act in their own best interests. Warm and compassionate, Mothers Who Can’t Love offers daughters the emotional support and tools they need to heal themselves and rebuild their confidence and self-respect.

Mothers Who Can’t Love - Susan Forward - 2013-10-01
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Why Does He Do That? - Lundy Bancroft - 2003
A leading authority on abusive relationships offers women detailed guidelines on how to improve and survive an abusive relationship, discussing various types of abusive men, analyzing societal myths surrounding abuse, and answers questions about the warning signs of abuse, how to identify abusive behavior, how to know if one is in danger, and more. Reprint.

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Washington Black - Esi Edugyan - 2018-09-18
ONE OF THE NEW YORK TIMES BOOK REVIEW’S TEN BEST BOOKS OF THE YEAR • MAN BOOKER PRIZE FINALIST • “A gripping historical narrative exploring both the bounds of slavery and what it means to be truly free.” —Vanity Fair Eleven-year-old George Washington Black—or Wash—a field slave on a Barbados sugar plantation, is initially terrified when he is chosen as the manservant of his master’s brother. To his surprise, however, the eccentric Christopher Wilde turns out to be a naturalist, explorer, inventor, and abolitionist. Soon Wash is initiated into a world where a flying machine can carry a man across the sky, where even a boy born in chains may embrace a life of dignity and meaning, and where two people, separated by an impossible divide, can begin to see each other as human. But when a man is killed and a bounty is placed on Wash’s head, they must abandon everything and flee together. Over the course of their travels, what brings Wash and Christopher together will tear them apart, propelling Wash ever farther across the globe in search of his true self. Spanning the Caribbean to the frozen Far North, London to Morocco, Washington Black is
A story of self-invention and betrayal, of love and redemption, and of a world destroyed and made whole again.

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Bonded to the Abuser - Amy J. L. Baker - 2015-05-07
Tens of thousands of children are removed from home each year due to some form of child maltreatment, usually physical neglect, physical abuse, or sexual abuse, although sometimes for emotional abuse as well. An additional significant number of children are victims of child maltreatment but remain in their home. Extensive research reveals the far reaching and long lasting negative impact of maltreatment on child victims, including on their physical, social, emotional, and behavioral functioning. One particularly troubling and complicated aspect is how the child victim forms (and maintains) a “traumatic bond” with his abuser, even becoming protective and defensive of that person despite the pain and suffering they have caused. This book will provide the reader with the essential experience of understanding how children make meaning of being maltreated by a parent, and how these traumatic bonds form and last. Through an examination of published memoirs of abuse, the authors analyze and reveal the commonalities in the stories to uncover the ways in which adult victims of childhood abuse understand and digest the traumatic experiences of their childhoods. This understanding can inform interventions and treatments designed for this vulnerable population and can help family and friends of victims understand more fully the maltreatment experience “from the inside out.”

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A Cat’s Guide to Bonding with Dragons - Chris Behrsin - 2020-12-03
The unlikely duo who might just save the world Ben must be the hungriest cat ever. One moment, he was enjoying a breakfast of salmon trimmings in his home in South Wales. The next, he was teleported across time and space onto the cold stone floor of an evil warlock. Locked in through day and
rich and captivating YA standalone fantasy that’s perfect for fans of Brigid through day and night, Ben will hate this, especially having to hunt those infernal demon rats when the warlock doesn’t feed him well at all. Meanwhile, in a distant academy, a dragon is bored out of her mind. Unable to wear a saddle, no human dares mount her. Is there anyone in this land who can ride her into battle against the forces of the evil warlocks? Somehow, she doubts she’ll ever find a suitable bond. Unless there is another creature with enough dexterity to fulfill that role. One, perhaps, who is currently sprinting right out of a warlock’s front door

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**One Split Second** - Caroline Bond - 2021

**Year of the Reaper** - Makiia Lucier - 2021-11-09
“I love the magic Lucier weaves through this dark yet hopeful tale. I devoured it in one sitting!” --Kristin Cashore, author of the New York Times bestselling Graceling Realm books "A beautifully crafted novel containing everything I love in an epic fantasy: complex characters and relationships, excellent world building, and a compelling story full of twists and turns." -- Juliet Marillier, author of the Blackthorn & Grim and Warrior Bards series A rich and captivating YA standalone fantasy that’s perfect for fans of Brigid Kemmerer, Rachel Hartman, and Naomi Novik, from the writer whose stories have been called “brilliant” (Booklist), “masterful” (Horn Book), and “breathtaking” (School Library Journal), comes a captivating new standalone fantasy. In the aftermath of a devastating plague, a young lord is determined to discover the truth behind a mysterious attempt to assassinate the young queen. Three years ago, young Lord Cassia disappeared in the midst of war. Since then, a devastating illness has swept the land, leaving countless dead and a kingdom forever altered. Having survived war and plague, Cas, now eighteen, wants only to return to his home in the mountains and forget past horrors. But home is not what he remembers. His castle has become a refuge for the royal court. And they have brought their enemies with them. An assassin targets those closest to the queen, drawing Cas into a search for a killer. With the help of a historian-in-training named Lena, he soon realizes that who is behind the attacks is far less important than why. Cas and Lena must look to the past, following the trail of a terrible secret—one that could threaten the kingdom’s newfound peace and plunge it back into war.

**The Fantasy Bond: Effects of Psychological Defenses on Interpersonal Relations**

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