

Read Free The Heavy A Mother Daughter Diet Memoir Dara Lynn Weiss Pdf File Free

The Heavy She Ain't Heavy, She's My Mother Heavy She is Heavy - She's My Mother She Ain't Heavy, She's My Mother Crying in H Mart I'm Glad My Mom Died Are You My Mother? Heavy Burdens My Mother, My Heart Like a Mother Mother in the Dark Mother Brain Long Division Somebody's Daughter The Book of Mom and Me: Our Story of Love Out of Dublin Time Is a Mother Where Reasons End Like a Mother Life Please Look After Mom Tell Me Your Life Story, Mom Motherhood How to Slowly Kill Yourself and Others in America Will I Ever be Good Enough? Mother Knows The Western Christian Advocate Parenting a Child Who Has Intense Emotions Pocket Book of Hospital Care for Children The American Florist The Gift of Motherhood Modern Physiology, Hygiene and Health The Most Wonderful House in the World Ballou's Monthly Magazine Declutter Like a Mother Mother and Child Were Saved Mama Didn't Half-Step Arthur's Home Magazine The Book Thief

The Pocket Book is for use by doctors nurses and other health workers who are responsible for the care of young children at the first level referral hospitals. This second edition is based on evidence from several WHO updated and published clinical guidelines. It is for use in both inpatient and outpatient care in small hospitals with basic laboratory facilities and essential medicines. In some settings these guidelines can be used in any facilities where sick children are admitted for inpatient care. The Pocket Book is one of a series of documents and tools that support the Integrated Managem. An instant New York Times bestseller! The highly anticipated collection of poems from the award-winning writer Ocean Vuong How else do we return to ourselves but to fold The page so it points to the good part In this deeply intimate second poetry collection, Ocean Vuong searches for life among the aftershocks of his mother ' s death, embodying the paradox of sitting within grief while being determined to survive beyond it. Shifting through memory, and in concert with the themes of his novel On Earth We ' re Briefly Gorgeous, Vuong contends with personal loss, the meaning of family, and the cost of being the product of an American war in America. At once vivid, brave, and propulsive, Vuong ' s poems circle fragmented lives to find both restoration as well as the epicenter of the break. The author of the critically acclaimed poetry collection Night Sky With Exit Wounds, winner of the 2016 Whiting Award, the 2017 T. S. Eliot Prize, and a 2019 MacArthur fellow, Vuong writes directly to our humanity without losing sight of the current moment. These poems represent a more innovative and daring experimentation with language and form, illuminating how the themes we perennially live in and question are truly inexhaustible. Bold and prescient, and a testament to tenderness in the face of violence, Time Is a Mother is a return and a forging forth all at once. For readers of Battle Hymn of the Tiger Mother and Bringing Up Bebe, a mother ' s unflinching memoir about helping her seven year-old daughter lose weight, and the challenges of modern parenting. When a doctor pronounced Dara-Lynn Weiss ' s daughter Bea obese at age seven, the mother of two knew she had to take action. But how could a woman with her own food and body issues—not to mention spotty eating habits—successfully parent a little girl around the issue of obesity? In this much-anticipated, controversial memoir, Dara-Lynn Weiss chronicles the struggle and journey to get Bea healthy. In describing their process—complete with frustrations, self-recriminations, dark humor, and some surprising strategies—Weiss reveals the hypocrisy inherent in the debates over many cultural hot-button issues: from processed snacks, organic foods, and school lunches to dieting, eating disorders, parenting methods, discipline, and kids ' self-esteem. Compounding the challenge were eating environments—from school to restaurants to birthday parties—that set Bea up to fail, and unwelcome judgments from fellow parents. Childhood obesity, Weiss discovered, is a crucible not just for the child but also for parents. She was criticized as readily for enabling Bea ' s condition as she was for enforcing the rigid limits necessary to address it. Never before had Weiss been made to feel so wrong for trying to do the right thing. The damned if you do/damned if you don ' t predicament came into sharp relief when Weiss raised some of these issues in a Vogue article. Critics came out in full force, and Weiss unwittingly found herself at the center of an emotional and highly charged debate on childhood obesity. A touching and relatable story of loving a child enough to be unpopular, The Heavy will leave readers applauding Weiss ' s success, her bravery, and her unconditional love for her daughter. Advance praise for The Heavy “ Have you ever been ‘ that mother ’ ? You know, the one who others criticize or question? If so, then you know what incredible

courage and daring it can take to raise a child in a way that doesn't always meet other people's expectations. Dara-Lynn Weiss is inspirational for her sheer will, her unwavering dedication, and her willingness to take accountability for her own actions. *The Heavy* is a stark look at imperfect parenting—and why our mistakes make us better parents.” —Christine Carter, author of *Raising Happiness* “Dara-Lynn Weiss had to defy her child's school, the judgments of other parents, and our fast food culture to rescue her daughter from the epidemic of obesity. Parents should see this as an inspiration—and a wake-up call.” —Amy Dickinson, “Ask Amy” advice columnist and author of *The Mighty Queens of Freeville* “*The Heavy* should be required reading for every parent because it tackles—with refreshing honesty—that universal question we'll all face: how to do what's best for our children, even when the kids resist our efforts and society judges our approach. Dara-Lynn Weiss has written a brave book and started a crucial and overdue national conversation.” —Abigail Pogrebin, author of *One and the Same* and *Stars of David* Gayle Batt is the kind of lady who throws elegant cocktail parties while wearing layers of silk chiffon, dripping pearls, and eight months' pregnant. She is the kind of woman who says “anyhoo” and calls everyone “Dahlin'” or a special pet name. With hair, makeup, and nails always done to perfection, she triumphs rather than crumbles when infidelity, alcoholism, cancer, or any form of adversity attempts to shatter her family. Endearing and enduring, Gayle is a big-hearted, strong-willed true Southern belle—and she taught her son everything he knows about being a man. In *She Ain't Heavy, She's My Mother*, Bryan Batt, the actor who plays Sal Romano on the Emmy, Golden Globe, and Peabody Award-winning *Mad Men*, chronicles his life—and his mother's supportive presence in it. From growing up gay below the Mason-Dixon Line to landing principal roles on Broadway (his first was on roller skates playing a singing and dancing boxcar in *Starlight Express!*) and later on the picture-perfect sets of TV's *Mad Men*, to opening the ever-popular *Hazelnut* boutique in his hometown of New Orleans with his partner, Bryan weaves a touching and hilarious story of the South, showbiz, and an unshakable bond between mother and son. Variety of Illustrations including collages of cute baby items, different nursery room themes, florals, architecture and more. Great entertainment when you are too tired (or too heavy) to move. Just sit, relax and color these illustrations that will remind you the beauty and gift of being a mother. Keep it in your purse during those long waiting periods at the doctor's office or on your nightstand and do some coloring as a quiet and therapeutic activity before bed. Coloring will keep you entertained when you feel too tired or heavy to move as you carry your baby bump! This book will help you unwind during those nights you are stuck at home while the kids are asleep. Being pregnant and/or a mother of young children can be a very joyful, but also a stressful time, in a woman's life. The baby and toddler themed illustrations in this book will help you de-stress as you color and remind yourself about the beauty and gift of motherhood. #1 NEW YORK TIMES BESTSELLER #1 INTERNATIONAL BESTSELLER A heartbreaking and hilarious memoir by iCarly and Sam & Cat star Jennette McCurdy about her struggles as a former child actor—including eating disorders, addiction, and a complicated relationship with her overbearing mother—and how she retook control of her life. Jennette McCurdy was six years old when she had her first acting audition. Her mother's dream was for her only daughter to become a star, and Jennette would do anything to make her mother happy. So she went along with what Mom called “calorie restriction,” eating little and weighing herself five times a day. She endured extensive at-home makeovers while Mom chided, “Your eyelashes are invisible, okay? You think Dakota Fanning doesn't tint hers?” She was even showered by Mom until age sixteen while sharing her diaries, email, and all her income. In *I'm Glad My Mom Died*, Jennette recounts all this in unflinching detail—just as she chronicles what happens when the dream finally comes true. Cast in a new Nickelodeon series called *iCarly*, she is thrust into fame. Though Mom is ecstatic, emailing fan club moderators and getting on a first-name basis with the paparazzi (“Hi Gale!”), Jennette is riddled with anxiety, shame, and self-loathing, which manifest into eating disorders, addiction, and a series of unhealthy relationships. These issues only get worse when, soon after taking the lead in the *iCarly* spinoff *Sam & Cat* alongside Ariana Grande, her mother dies of cancer. Finally, after discovering therapy and quitting acting, Jennette embarks on recovery and decides for the first time in her life what she really wants. Told with refreshing candor and dark humor, *I'm Glad My Mom Died* is an inspiring story of resilience, independence, and the joy of shampooing your own hair. A candid, feminist, and personal deep dive into the science and culture of pregnancy and motherhood Like most first-time mothers, Angela Garbes was filled with questions when she became pregnant. What exactly is a placenta and how does it function? How does a body go into labor? Why is breast best? Is wine totally off-limits? But as she soon discovered, it's not easy to find satisfying answers. Your obstetrician will cautiously quote statistics; online sources will scare you with conflicting and often inaccurate data; and

even the most trusted books will offer information with a heavy dose of judgment. To educate herself, the food and culture writer embarked on an intensive journey of exploration, diving into the scientific mysteries and cultural attitudes that surround motherhood to find answers to questions that had only previously been given in the form of advice about what women ought to do—rather than allowing them the freedom to choose the right path for themselves. In *Like a Mother*, Garbes offers a rigorously researched and compelling look at the physiology, biology, and psychology of pregnancy and motherhood, informed by in-depth reportage and personal experience. With the curiosity of a journalist, the perspective of a feminist, and the intimacy and urgency of a mother, she explores the emerging science behind the pressing questions women have about everything from miscarriage to complicated labors to postpartum changes. The result is a visceral, full-frontal look at what's really happening during those nine life-altering months, and why women deserve access to better care, support, and information. Infused with humor and born out of awe, appreciation, and understanding of the female body and its strength, *Like a Mother* debunks common myths and dated assumptions, offering guidance and camaraderie to women navigating one of the biggest and most profound changes in their lives. A resource for daughters of mothers with narcissistic personality disorder explains how to manage feelings of inadequacy and abandonment in the face of inappropriate maternal expectations and conditional love, in a step-by-step guide that shares recommendations for creating a personalized program for self-protection and recovery. 50,000 first printing. Ann Beattie, Joyce Carol Oates, Richard Bausch, and twenty-one other celebrated American writers contribute to this moving anthology of fiction, compiled by the editors of the *Glimmer Train* literary quarterly. In the ten-plus years since Susan Burmeister-Brown and Linda B. Swanson-Davies founded *Glimmer Train*, they have introduced an astonishing array of talented and innovative authors to a growing readership hungry for inspiring fiction. The stunning stories in this anthology -- many of which have never appeared anywhere except in *Glimmer Train Stories* -- explore one of the most complex emotional and psychological ties of all: motherhood, and its many facets. The writers in *Mother Knows* include established authors as well as up-and-coming talents like Junot Díaz and award-winning writers like Robin Bradford, Nancy Reisman, Lee Martin, and Doug Crandell. Their stories demonstrate that motherhood is more than toilet training and tantrum control, as they portray the full, fierce, joyous, and frightening range of experience that marks this state of being. *Mother Knows* is a thoughtful and powerful exploration of the most mysterious bond in life. **WALLSTREET JOURNAL BESTSELLER** Live lighter. Live freer. Live a bigger life with less. In *Declutter Like a Mother*, Allie Casazza comes alongside you to explore: Why decluttering calms anxiety in your heart and lessens tension in your relationships. How to ensure your house is working for you, not against you. Why kids thrive when they're not overwhelmed with options. How to make time, when you feel you don't have time, to declutter. Allie Casazza was tired of feeling it was her against the laundry in her home. She wondered if somewhere beneath her frantic days and the mountains of toys in the playroom she would ever find joy and peace in motherhood. Then she discovered the abundance . . . of less. As she purged her home of excess stuff, Allie discovered a lifestyle that strengthened her marriage, saved her motherhood, and helped her develop her gifts in a way that no amount of new kitchen appliances or new organizing system ever could. Research studies show a direct link between stress levels and the amount of physical possessions people have in their homes, and Allie has seen that truth play out in her own life and in the lives of hundreds of thousands of other moms she has mentored through her business and online courses. She proclaims: You don't need a home that's perfect. You need a home that's lighter. Discover less stress, more space. Less chaos, more peace. Less of what doesn't matter, so you have room for what matters most of all. **NEW YORK TIMES BEST SELLER** • From the indie rock sensation known as Japanese Breakfast, an unforgettable memoir about family, food, grief, love, and growing up Korean American— “ in losing her mother and cooking to bring her back to life, Zauner became herself ” (NPR) • **CELEBRATING OVER ONE YEAR ON THE NEW YORK TIMES BEST SELLER LIST** In this exquisite story of family, food, grief, and endurance, Michelle Zauner proves herself far more than a dazzling singer, songwriter, and guitarist. With humor and heart, she tells of growing up one of the few Asian American kids at her school in Eugene, Oregon; of struggling with her mother's particular, high expectations of her; of a painful adolescence; of treasured months spent in her grandmother's tiny apartment in Seoul, where she and her mother would bond, late at night, over heaping plates of food. As she grew up, moving to the East Coast for college, finding work in the restaurant industry, and performing gigs with her fledgling band--and meeting the man who would become her husband--her Koreanness began to feel ever more distant, even as she found the life she wanted to live. It was her mother's diagnosis of terminal cancer, when Michelle was twenty-five, that forced a reckoning with her identity and brought her to reclaim the gifts of taste, language, and history her mother

had given her. Vivacious and plainspoken, lyrical and honest, Zauner's voice is as radiantly alive on the page as it is onstage. Rich with intimate anecdotes that will resonate widely, and complete with family photos, *Crying in H Mart* is a book to cherish, share, and reread. Health and science journalist Chelsea Conaboy explodes the concept of “maternal instinct” and tells a new story about what it means to become a parent. Conaboy expected things to change with the birth of her child. What she didn't expect was how different she would feel. But she would soon discover what was behind this: her changing brain. Though Conaboy was prepared for the endless dirty diapers, the sleepless nights, and the joy of holding her newborn, she did not anticipate this shift in self, as deep as it was disorienting. *Mother Brain* is a groundbreaking exploration of the parental brain that untangles insidious myths from complicated realities. New parents undergo major structural and functional brain changes, driven by hormones and the deluge of stimuli a baby provides. These neurobiological changes help all parents—birthing or otherwise—adapt in those intense first days and prepare for a long period of learning how to meet their child's needs. Pregnancy produces such significant changes in brain anatomy that researchers can easily sort those who have had one from those who haven't. And all highly involved parents, no matter their path to parenthood, develop similar caregiving circuitry. Yet this emerging science, which provides key insights into the wide-ranging experience of parenthood, from its larger role in shaping human nature to the intensity of our individual emotions, is mostly absent from the public conversation about parenthood. The story that exists in the science today is far more meaningful than the idea that mothers spring into being by instinct. Weaving the latest neuroscience and social psychology together with new reporting, Conaboy reveals unexpected upsides, generations of scientific neglect, and a powerful new narrative of parenthood. A very short book, *Mother and Child were Saved* features a translation of the memoirs that Frisian midwife, Catharina Schrader had written in the late 17th and the early 18th centuries. These were extracted from her notes that documented almost 3000 deliveries over the course of Schrader's career as a midwife. The memoir, exhibited around 100 of the most complicated that Schrader had helped with. These included both mother and child who had died, some where only the child died, some where one of a set of multiples lived, some where both lived happily. Though the essays and the introduction focus on the medical aspects of Schrader's career. The social aspect as a female midwife in a period of medicalized transition cannot be overlooked. One can see the burgeoning reticence emanate even from Schrader herself towards midwives who were incompetent and merely "tortured" their patients. However, this Memoir is integral for any study of midwifery in Europe during the early modern period. While the introductory essays could have been expanded to consider the social consequences of gender and midwifery, the fact that the Memoirs have been translated from their mix of three languages (Dutch, German and Frisian) into one ubiquitous language: English, gives the modern historian greater access to a primary source that details the travails and tribulations that women faced during this period that did not have the same kind of prenatal care that women see today. Ultimately, women faced with every birth, the possibility that they could die, and this memoir shows that there was a marked response to do anything they could to prevent that on the part of midwives and other obstetrical practitioners during this period. Regardless with the lack of exploration into the issues surrounding gender or the views of conception or any other number of paths that the essayists at the beginning could have explored, this work should be read by any historian that is considering gender in the early modern period. Celebrate mom with color! Illustrator Eleri Fowler's intricate, gorgeous illustrations that depict the joy and tenderness of a mother's love are beautifully represented in this delicately rendered coloring book. From flowers to birds to hearts and more, these pages and pages of delicate pen-and-ink drawings are waiting to be brought to life through your artistry. As with Eleri Fowler's *Joyous Blooms to Color*, her new book, *My Mother, My Heart*, will provide hours of joyful coloring book creativity. #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. A revised

collection with thirteen essays, including six new to this edition and seven from the original edition, by the “ star in the American literary firmament, with a voice that is courageous, honest, loving, and singularly beautiful ” (NPR). Brilliant and uncompromising, piercing and funny, *How to Slowly Kill Yourself and Others in America* is essential reading. This new edition of award-winning author Kiese Laymon ’ s first work of nonfiction looks inward, drawing heavily on the author and his family ’ s experiences, while simultaneously examining the world—Mississippi, the South, the United States—that has shaped their lives. With subjects that range from an interview with his mother to reflections on Ole Miss football, *Outkast*, and the labor of Black women, these thirteen insightful essays highlight Laymon ’ s profound love of language and his artful rendering of experience, trumpeting why he is “ simply one of the most talented writers in America ” (New York magazine). WINNER OF THE MAN ASIAN LITERARY PRIZE

When sixty-nine-year-old So-nyo is separated from her husband among the crowds of the Seoul subway station, her family begins a desperate search to find her. Yet as long-held secrets and private sorrows begin to reveal themselves, they are forced to wonder: how well did they actually know the woman they called Mom? Told through the piercing voices and urgent perspectives of a daughter, son, husband, and mother, *Please Look After Mom* is at once an authentic picture of contemporary life in Korea and a universal story of family love. A candid, feminist, and personal deep dive into the science and culture of pregnancy and motherhood Like most first-time mothers, Angela Garbes was filled with questions when she became pregnant. What exactly is a placenta and how does it function? How does a body go into labor? Why is breast best? Is wine totally off-limits? But as she soon discovered, it ’ s not easy to find satisfying answers. Your obstetrician will cautiously quote statistics; online sources will scare you with conflicting and often inaccurate data; and even the most trusted books will offer information with a heavy dose of judgment. To educate herself, the food and culture writer embarked on an intensive journey of exploration, diving into the scientific mysteries and cultural attitudes that surround motherhood to find answers to questions that had only previously been given in the form of advice about what women ought to do—rather than allowing them the freedom to choose the right path for themselves. In *Like a Mother*, Garbes offers a rigorously researched and compelling look at the physiology, biology, and psychology of pregnancy and motherhood, informed by in-depth reportage and personal experience. With the curiosity of a journalist, the perspective of a feminist, and the intimacy and urgency of a mother, she explores the emerging science behind the pressing questions women have about everything from miscarriage to complicated labors to postpartum changes. The result is a visceral, full-frontal look at what ’ s really happening during those nine life-altering months, and why women deserve access to better care, support, and information. Infused with humor and born out of awe, appreciation, and understanding of the female body and its strength, *Like a Mother* debunks common myths and dated assumptions, offering guidance and camaraderie to women navigating one of the biggest and most profound changes in their lives. From the author of *How Should a Person Be?* (“ one of the most talked-about books of the year ” —Time Magazine) and the New York Times Bestseller *Women in Clothes* comes a daring novel about whether to have children. In *Motherhood*, Sheila Heti asks what is gained and what is lost when a woman becomes a mother, treating the most consequential decision of early adulthood with the candor, originality, and humor that have won Heti international acclaim and made *How Should A Person Be?* required reading for a generation. In her late thirties, when her friends are asking when they will become mothers, the narrator of Heti ’ s intimate and urgent novel considers whether she will do so at all. In a narrative spanning several years, casting among the influence of her peers, partner, and her duties to her forbearers, she struggles to make a wise and moral choice. After seeking guidance from philosophy, her body, mysticism, and chance, she discovers her answer much closer to home. *Motherhood* is a courageous, keenly felt, and starkly original novel that will surely spark lively conversations about womanhood, parenthood, and about how—and for whom—to live. INSTANT NEW YORK TIMES BESTSELLER NBCC John Leonard Prize Finalist Indie Bestseller “ This is a book people will be talking about forever. ” —Glennon Doyle, #1 New York Times bestselling author of *Untamed* “ Ford ’ s wrenchingly brilliant memoir is truly a classic in the making. The writing is so richly observed and so suffused with love and yearning that I kept forgetting to breathe while reading it. ” —John Green, #1 New York Times bestselling author One of the most prominent voices of her generation debuts with an extraordinarily powerful memoir: the story of a childhood defined by the looming absence of her incarcerated father. Through poverty, adolescence, and a fraught relationship with her mother, Ashley C. Ford wishes she could turn to her father for hope and encouragement. There are just a few problems: he ’ s in prison, and she doesn ’ t know what he did to end up there. She doesn ’ t know how to deal with the incessant worries that keep her up at night, or how to handle the changes in her body that draw unwanted attention

from men. In her search for unconditional love, Ashley begins dating a boy her mother hates. When the relationship turns sour, he assaults her. Still reeling from the rape, which she keeps secret from her family, Ashley desperately searches for meaning in the chaos. Then, her grandmother reveals the truth about her father's incarceration . . . and Ashley's entire world is turned upside down. Somebody's Daughter steps into the world of growing up a poor Black girl in Indiana with a family fragmented by incarceration, exploring how isolating and complex such a childhood can be. As Ashley battles her body and her environment, she embarks on a powerful journey to find the threads between who she is and what she was born into, and the complicated familial love that often binds them. Heavy Burdens: Stories of Motherhood and Fatness seeks to address the systemic ways in which the moral panic around "obesity" impacts fat mothers and fat children. Taking a life-course approach, the book begins with analyses of the ways in which fatphobia is enacted on pregnant (or even not-yet-pregnant) women, whose bodies immediately become viewed as objects warranting external control by not only medical professionals, but family members, and even passers-by. The story unfolds as adults recount childhood stories of growing up fat, or growing up in fear of being fat, and how their mothers' relationships with their own bodies and attempted weight-loss experiences shaped how food, exercise, and body management were approached in their homes in sometimes harmful ways. Finally, the book concludes with stories of women who have since become mothers, examining the ways in which having their own children altered their views on their own bodies and their perceptions of their mothers' actions, and working to find fat-friendly futures via their own parenting (or grand-parenting) techniques. This book is perfect for that mother-daughter relationship that we all love and want. There is plenty of room for both Mom and Daughter to write at will - this fun and entertaining book has some prompts but is very unstructured, so the nature of the relationship itself can come through. The book presents itself as a gift from Mother to Daughter, but it can be used in either direction. There are 53 weeks or one full year worth of writing to accomplish, but the months are numbered, not named, and the dates are fill-in, so there's no pressure or rush to start at any particular date or time. What a lovely way for Mother and Daughter to keep their memories. This makes a wonderful Mother's Day gift. Perfect for pre-teen, tween and even older teen girls and their mothers. Size is 105 pages 8.5" X 11" for easy carrying. Not too heavy but plenty of room to write!

Temper tantrums in the supermarket. Tears that seem to come out of nowhere. Battles over homework that are more like wars. When your child has problems regulating his or her emotions, there's no hiding it. Children with intense emotions go from 0 to 100 in seconds and are prone to frequent emotional and behavioral outbursts that leave parents feeling bewildered and helpless. Other parents may have told you that it's just a phase or that your child needs discipline. In reality, your child may have emotion dysregulation, a tendency to react intensely to situations other children take in stride. Parenting a Child Who Has Intense Emotions is an effective guide to de-escalating your child's emotions and helping your child express feelings in productive ways. You'll learn strategies drawn from dialectical behavior therapy (DBT), including mindfulness and validation skills, and practice them when your child's emotions spin out of control. This well-researched method for managing emotions can help your child make dramatic emotional and behavioral changes that both of you will be proud of. Winner of the NAACP Image Award for Fiction From Kiese Laymon, author of the critically acclaimed memoir *Heavy*, comes a "funny, astute, searching" (The Wall Street Journal) debut novel about Black teenagers that is a satirical exploration of celebrity, authorship, violence, religion, and coming of age in post-Katrina Mississippi. Written in a voice that's alternately humorous, lacerating, and wise, *Long Division* features two interwoven stories. In the first, it's 2013: after an on-stage meltdown during a nationally televised quiz contest, fourteen-year-old Citoyen "City" Coldson becomes an overnight YouTube celebrity. The next day, he's sent to stay with his grandmother in the small coastal community of Melahatchie, where a young girl named Baize Shephard has recently disappeared. Before leaving, City is given a strange book without an author called *Long Division*. He learns that one of the book's main characters is also named City Coldson—but *Long Division* is set in 1985. This 1985-version of City, along with his friend and love interest, Shalaya Crump, discovers a way to travel into the future, and steals a laptop and cellphone from an orphaned teenage rapper called...Baize Shephard. They ultimately take these items with them all the way back to 1964, to help another time-traveler they meet to protect his family from the Ku Klux Klan. City's two stories ultimately converge in the work shed behind his grandmother's house, where he discovers the key to Baize's disappearance. Brilliantly "skewering the disingenuous masquerade of institutional racism" (Publishers Weekly), this dreamlike "smart, funny, and sharp" (Jesmyn Ward), novel shows the work that young Black Americans must do, while living under the shadow of a history "that they only gropingly understand and must try to fill in for themselves" (The Wall Street Journal). "Tender and unsparing, this is a novel to hold onto."

—Crystal Hana Kim, author of *If You Leave Me* “ A masterfully written novel, alive and lyrical, a hypnotic rendering of the mess and the tenderness of family life. ” —Claire Lombardo, author of *The Most Fun We Ever Had* A novel about family secrets and a volatile relationship between a mother and her daughters. When Anna ’ s sister calls with an urgent message, Anna doesn ’ t return the call. She knows it ’ s about their mother. Growing up in working class Boston in an Italian American family, Anna ’ s childhood was sparse but comfortable—filled with homemade pasta sauce and a close-knit neighborhood. Anna and her sisters are devoted to their mother, orbiting her like the sun, trying to keep up with her loving but mercurial nature as she bounces between tenderness and bitterness. When their father gets a new job outside the city, the family is tossed unceremoniously into a middle-class suburban existence. Anna ’ s mother is suddenly adrift, and the darkness lurking inside her expands until it threatens to explode. Her daughters, trapped with her in the new house, isolated, must do everything they can to keep her from unraveling. Alternating between childhood and Anna ’ s twenties, when she receives a shattering call about her mother that threatens to blow up her own precariously constructed life in New York, *Mother in the Dark* asks whether we can ever really go back home when the idea of home is so unstable. Whether we can escape that instability or accept that our personalities are built around the defenses we put up. Maiuri is a master at revealing the fragile horrors of domestic family life and how the traumas of the past shape the present and generations of women. A story about sisterhood, the complications of class, and the chains of inheritance between mothers and daughters, *Mother in the Dark* delivers an unvarnished portrayal of a young woman consumed by her past and a family teetering on the edge of a knife. Out of Dublin, a survivor ’ s captivating story of loss, abuse, and resilience, is a stunning short memoir told with startling honesty and vulnerability. Perhaps what ’ s most arresting about this work, above its unique voice, above its call to end silence, is the depth of its author ’ s capacity for compassion, love, and forgiveness. Gayle Batt is the kind of lady who throws elegant cocktail parties while wearing layers of silk chiffon, dripping pearls, and eight months ’ pregnant. She is the kind of woman who says “ anyhow ” and calls everyone “ Dahlin ’ ” or a special pet name. With hair, makeup, and nails always done to perfection, she triumphs rather than crumbles when infidelity, alcoholism, cancer, or any form of adversity attempts to shatter her family. Endearing and enduring, Gayle is a big-hearted, strong-willed true Southern belle—and she taught her son everything he knows about being a man. In *She Ain ’ t Heavy, She ’ s My Mother*, Bryan Batt, the actor who plays Sal Romano on the Emmy, Golden Globe, and Peabody Award – winning *Mad Men*, chronicles his life—and his mother ’ s supportive presence in it. From growing up gay below the Mason-Dixon Line to landing principal roles on Broadway (his first was on roller skates playing a singing and dancing boxcar in *Starlight Express!*) and later on the picture-perfect sets of TV ’ s *Mad Men*, to opening the ever-popular Hazelnut boutique in his hometown of New Orleans with his partner, Bryan weaves a touching and hilarious story of the South, showbiz, and an unshakable bond between mother and son. **AND YOU THOUGHT FUNERALS WERE DULL AFFAIRS - NOT THIS ONE SHE IS HEAVY - SHE'S MY MOTHER** Motherhood really is till death us do part but will I kill her first or vice versa? *Named a Best Book of 2018 by the New York Times, Publishers Weekly, NPR, Broadly, BuzzFeed (Nonfiction), The Undeclared, Library Journal (Biography/Memoirs), The Washington Post (Nonfiction), Southern Living (Southern), Entertainment Weekly, and The New York Times Critics* In this powerful, provocative, and universally lauded memoir—winner of the Andrew Carnegie Medal and finalist for the Kirkus Prize—genre-bending essayist and novelist Kiese Laymon “ provocatively meditates on his trauma growing up as a black man, and in turn crafts an essential polemic against American moral rot ” (Entertainment Weekly). In *Heavy*, Laymon writes eloquently and honestly about growing up a hard-headed black son to a complicated and brilliant black mother in Jackson, Mississippi. From his early experiences of sexual violence, to his suspension from college, to time in New York as a college professor, Laymon charts his complex relationship with his mother, grandmother, anorexia, obesity, sex, writing, and ultimately gambling. *Heavy* is a “ gorgeous, gutting...generous ” (The New York Times) memoir that combines personal stories with piercing intellect to reflect both on the strife of American society and on Laymon ’ s experiences with abuse. By attempting to name secrets and lies he and his mother spent a lifetime avoiding, he asks us to confront the terrifying possibility that few in this nation actually know how to responsibly love, and even fewer want to live under the weight of actually becoming free. “ A book for people who appreciated Roxane Gay ’ s memoir *Hunger* ” (Milwaukee Journal Sentinel), *Heavy* is defiant yet vulnerable, an insightful, often comical exploration of weight, identity, art, friendship, and family through years of haunting implosions and long reverberations. “ You won ’ t be able to put [this memoir] down... It is packed with reminders of how black dreams get skewed and deferred, yet are also pregnant with the possibility that a kind of redemption may lie in intimate grappling with black

realities ” (The Atlantic). Heather DeBerry Stephens has written a captivating story of a mother of faith, Linnie Thomas Young. Heather has captured the essence of who Linnie was, as a mother and a woman of God. As someone who knew Linnie well, I can say that she was a woman who embraced motherhood with all her might. Heather asks the readers to examine their lives in six areas, to ensure they are not half-stepping. The author's vision is that women will read this book and make a new commitment to embrace their God-given roles as mothers in their homes. -First Lady Bethelyn Henderson Abundant Life Fellowship Church Memphis, Tennessee A fearless writer confronts grief and transforms it into art, in a book of surprising beauty and love, "a masterpiece by a master ” (Elizabeth McCracken, Vanity Fair). "Li has converted the messy and devastating stuff of life into a remarkable work of art. ” —The Wall Street Journal **WINNER OF THE PEN/JEAN STEIN AWARD • LONGLISTED FOR THE PEN/FAULKNER AWARD • NAMED ONE OF THE TEN BEST FICTION BOOKS OF THE YEAR BY TIME AND ONE OF THE BEST BOOKS OF THE YEAR BY Parul Seghal, The New York Times • NPR • The Guardian • The Paris Review** The narrator of *Where Reasons End* writes, “ I had but one delusion, which I held on to with all my willpower: We once gave Nikolai a life of flesh and blood; and I ’ m doing it over again, this time by words. ” Yiyun Li meets life ’ s deepest sorrows as she imagines a conversation between a mother and child in a timeless world. Composed in the months after she lost a child to suicide, *Where Reasons End* trespasses into the space between life and death as mother and child talk, free from old images and narratives. Deeply moving, these conversations portray the love and complexity of a relationship. Written with originality, precision, and poise, *Where Reasons End* is suffused with intimacy, inescapable pain, and fierce love. The New York Times – bestselling graphic memoir about Alison Bechdel, author of *Fun Home*, becoming the artist her mother wanted to be. Alison Bechdel ’ s *Fun Home* was a pop culture and literary phenomenon. Now, a second thrilling tale of filial sleuthery, this time about her mother: voracious reader, music lover, passionate amateur actor. Also a woman, unhappily married to a closeted gay man, whose artistic aspirations simmered under the surface of Bechdel's childhood...and who stopped touching or kissing her daughter good night, forever, when she was seven. Poignantly, hilariously, Bechdel embarks on a quest for answers concerning the mother-daughter gulf. It's a richly layered search that leads readers from the fascinating life and work of the iconic twentieth-century psychoanalyst Donald Winnicott, to one explosively illuminating Dr. Seuss illustration, to Bechdel ’ s own (serially monogamous) adult love life. And, finally, back to Mother—to a truce, fragile and real-time, that will move and astonish all adult children of gifted mothers. A New York Times, USA Today, Time, Slate, and Barnes & Noble Best Book of the Year “ As complicated, brainy, inventive and satisfying as the finest prose memoirs. ” —New York Times Book Review “ A work of the most humane kind of genius, bravely going right to the heart of things: why we are who we are. It's also incredibly funny. And visually stunning. And page-turningly addictive. And heartbreaking. ” —Jonathan Safran Foer “ Many of us are living out the un-lived lives of our mothers. Alison Bechdel has written a graphic novel about this; sort of like a comic book by Virginia Woolf. You won't believe it until you read it—and you must! ” —Gloria Steinem

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