

Read Free Sitting Still Like A Frog Mindfulness Exercises For Kids And Their Parents Free Download Pdf

Sitting Still Like a Frog Sitting Still Like a Frog SUMMARY - Sitting Still Like A Frog: Mindfulness Exercises For Kids (And Their Parents) By Eline Snel Breathe through This P.S. I Still Love You Stand Still Like the Hummingbird There Was Still Love Why? Because We Still Like You The Little Frog Awakes Will You Still Love Me If I Wet The Bed? Say You Still Love Me Will You Still Love Me, If . . . ? Still Life Guess What? I Still Love You. And Still I Rise Strip It Down Can I Still Love You? Be Still, Love Nature A Still Forest Pool Steal Like an Artist Invisible Child Breathe Like a Bear Teaching Mindfulness Skills to Kids and Teens Yoga Pretzels Just Give Me a Cool Drink of Water 'fore I Diiie You Still Give Me Butterflies I Still Love You, Dad Think Like a Monk Stand Still Like the Hummingbird Black Like Me Rage PS I Like You I Know Why the Caged Bird Sings Fully Present Will You Still Love Me Tomorrow? Will You Still Love Me? But Still Like Air Words on the Move Poetry Book - I Still Love You (Inspirational Love Poems on Life, Poetry Books, Spiritual Poems, Poetry Books, Love Poems, Poetry Books, Inspirational Poems, Poetry Books, Love Poems, Poetry Books) Still in Love

“Excellent. Fully Present offers one of the clearest introductions to mindfulness in the field.” —Library Journal Mindfulness has attracted ever-growing interest and tens of thousands of practitioners, who have come to the discipline from both within and outside the Buddhist tradition. In Fully Present, leading mindfulness researchers and educators Dr. Sue Smalley and Diana Winston provide an all-in-one guide for anyone interested in bringing mindfulness to daily life as a means of enhancing well-being. This new edition, now with a new afterword, provides both a scientific explanation for how mindfulness positively and powerfully affects the brain and the body as well as practical guidance to develop both a practice and mindfulness in daily living, not only through meditation but also during daily experiences. Now, you can wait in line at the supermarket, exercise, or face difficult news with calm and mental fortitude. Ditch the absent-minded lifestyle and begin bringing your full self and your full mind everywhere. With research studies, personal accounts, and practical applications, Fully Present highlights how things like simply breathing, listening, and walking can change your perspective—and your life. Poetry Book - I Still Love You (Inspirational Love Poems on Life, Poetry Books, Spiritual Poems, Poetry Books, Love Poems, Poetry Books, Inspirational Poems, Poetry Books, Love Poems, Poetry Books) I Still Love You, is a poetic journey created with the intention that you may adventure within to find happiness, and discover the confidence and courage to shine bright! This glorious poetry inspires inner strength, compassion and courage. This is a magical poetry book filled with enchanting illustrations. The raw poems embrace life’s challenges and the beauty beyond our conscious mind. Poetry to awaken the illuminated love that is all pervading, ever present and resides within you. Poetry that floats into the astral realms looking for love and life purpose. Bringing home connection, humility, compassion, happiness and eternal love. This poetry book is especially great for conscious people, who wish to embrace themselves and shine bright as can be! * Poetry to illuminate the soul * Excellent for self-healing * Magical and peaceful poems * Read aloud * Love Poems * Inspirational poetry * Spiritual healing This is a great inspirational poetry book to share with friends and family. Encouraging: * Self-Confidence & Self-Esteem * Mindfulness * Inner Calm * Happiness and Joy * Compassion * Inner-Peace * Love * Compassionate Living * Service to humanity Scroll up and click 'buy' and enjoy some quality reading time! tags: love poems, poem books, poetry, poetry collection, rhyming book, kids poetry, inspiration books, spiritual poetry, spiritual poems, self help books, poetry, poem, poems, funeral poems, wedding poetry, angel poems, chakras, enlightenment, bedtime stories, short stories, poetry books, poem read aloud, poem crazy, poems free, poems about love, poems about life, poems for kids, poem read aloud, poems de amor, poems free kindle, poetry anthology, poetry handbook, spiritual self healing, religion and spirituality free books, spirituality books, spirituality and mental illness, spirituality of imperfection, spirituality without religion, spirituality and health, self help, self help books, self help books for women, free self help books for kindle, self help free, self help workbooks, meditations, meditation book, meditation free kindle books, meditation techniques for beginners,

chakras, chakras for beginners, chakras balancing, chakras healing, mindfulness, mindfulness for beginners, mindfulness meditation, love poems. Jay Shetty, social media superstar and host of the #1 podcast On Purpose, distills the timeless wisdom he learned as a monk into practical steps anyone can take every day to live a less anxious, more meaningful life. When you think like a monk, you’ll understand: -How to overcome negativity -How to stop overthinking -Why comparison kills love -How to use your fear -Why you can’t find happiness by looking for it -How to learn from everyone you meet -Why you are not your thoughts -How to find your purpose -Why kindness is crucial to success -And much more... Shetty grew up in a family where you could become one of three things—a doctor, a lawyer, or a failure. His family was convinced he had chosen option three: instead of attending his college graduation ceremony, he headed to India to become a monk, to meditate every day for four to eight hours, and devote his life to helping others. After three years, one of his teachers told him that he would have more impact on the world if he left the monk’s path to share his experience and wisdom with others. Heavily in debt, and with no recognizable skills on his résumé, he moved back home in north London with his parents. Shetty reconnected with old school friends—many working for some of the world’s largest corporations—who were experiencing tremendous stress, pressure, and unhappiness, and they invited Shetty to coach them on well-being, purpose, and mindfulness. Since then, Shetty has become one of the world’s most popular influencers. In 2017, he was named in the Forbes magazine 30-under-30 for being a game-changer in the world of media. In 2018, he had the #1 video on Facebook with over 360 million views. His social media following totals over 38 million, he has produced over 400 viral videos which have amassed more than 8 billion views, and his podcast, On Purpose, is consistently ranked the world’s #1 Health and Wellness podcast. In this inspiring, empowering book, Shetty draws on his time as a monk to show us how we can clear the roadblocks to our potential and power. Combining ancient wisdom and his own rich experiences in the ashram, Think Like a Monk reveals how to overcome negative thoughts and habits, and access the calm and purpose that lie within all of us. He transforms abstract lessons into advice and exercises we can all apply to reduce stress, improve relationships, and give the gifts we find in ourselves to the world. Shetty proves that everyone can—and should—think like a monk. Packed with creative, effective ideas for bringing mindfulness into the classroom, child therapy office, or community, this book features sample lesson plans and scripts, case studies, vignettes, and more. Leading experts describe how to harness the unique benefits of present-focused awareness for preschoolers, school-age kids, and teens, including at-risk youth and those with special needs. Strategies for overcoming common obstacles and engaging kids with different learning styles are explored. Chapters also share ways to incorporate mindfulness into a broad range of children’s activities, such as movement, sports, music, games, writing, and art. Giving clinicians and educators practices they can use immediately, the book includes clear explanations of relevant research findings. An imaginative journey through a child’s big questions about the nature of a mother’s love Little Bear is worried. Just how much does his mom love him? What if he does something really bad? What if something bad happens to her? But a mother’s love is strong, and as Little Bear finds out, nothing can change that. Here is a book as joyous and painful, as mysterious and memorable, as childhood itself. I Know Why the Caged Bird Sings captures the longing of lonely children, the brute insult of bigotry, and the wonder of words that can make the world right. Maya Angelou’s debut memoir is a modern American classic beloved worldwide. Sent by their mother to live with their devout, self-sufficient grandmother in a small Southern town, Maya and her brother, Bailey, endure the ache of abandonment and the prejudice of the local “powhitetrash.” At eight years old and back at her mother’s side in St. Louis, Maya is attacked by a man many times her age—and has to live with the consequences for a lifetime. Years later, in San Francisco, Maya learns that love for herself, the kindness of others, her own strong spirit, and the ideas of great authors (“I met and fell in love with William Shakespeare”) will allow her to be free instead of imprisoned. Poetic and powerful, I Know Why the Caged Bird Sings will touch hearts and change minds for as long as people read. “I Know Why

the Caged Bird Sings liberates the reader into life simply because Maya Angelou confronts her own life with such a moving wonder, such a luminous dignity.”—James Baldwin From the Paperback edition. Now a Netflix original movie starring Lana Condor and Noah Centineo! In this highly anticipated sequel to the “lovely, lighthearted” (School Library Journal) New York Times bestselling *To All The Boys I’ve Loved Before*, Lara Jean still has letters to write and even more to lose when it comes to love. Lara Jean didn’t expect to really fall for Peter. She and Peter were just pretending. Except suddenly they weren’t. Now Lara Jean is more confused than ever. When another boy from her past returns to her life, Lara Jean’s feelings for him return too. Can a girl be in love with two boys at once? In this charming and heartfelt sequel to the New York Times bestseller *To All the Boys I’ve Loved Before*, we see first love through the eyes of the unforgettable Lara Jean. Love is never easy, but maybe that’s part of what makes it so amazing. “Be still, spend time in nature / Surely happy you will be! / Be still, love nature truly / You’ll feel love back? you’ll see.” In this timeless poem, Dalia Jean inspires the reader to be present in nature and to experience the wilderness using the senses. *Be Still, Love Nature* is an inspiring story that lovingly reminds us that nature has a proper place in the way we spend our time and live our lives. Filled with beautiful hand-painted illustrations and charming rhyme, grown-ups will love reading this book to their children at any age, as the story and illustrations bring you into the book, sparking the imagination. Its enduring message of how to love nature while feeling loved by nature in return is both affable and universal, and one to share over and over again. A new series which deals with dramatic significant events in young children's lives with sensitive pictures which are sure to appeal to small children trying to cope with difficult situations. From the bestselling author of *Sienfeldia*, a behind-the-scenes history of the Mickey Mouse Club that is a treat for anyone who grew up with Walt Disney's television classic. Full of nostalgia, this book gives you the never before told story of how The Mickey Mouse Club paved the way for all that came after, from its humble beginnings as a marketing ploy, through its short but mesmerizing run, to the numerous resurrections that made it one of television's first true cult hits—all through the recollections of those regular kids-turned-stars who made it a phenomenon. It will reveal, for the first time ever, the stories of Annette, Darlene (and her famous rivalry with Annette), Cubby and Karen, Bobbie and the rest of the beloved cast. It will explore, through the reminiscences of former fans who grew up to be some of television's finest minds, what made the show so special. Finally, it will examine why the formula the creators of the show invented is more relevant than ever, and whether we'll ever see yet another Club for a new generation. Take a trip down memory lane with the original Mickey Mouse Club cast and creators, through drama and unexpected fame, to see how an television institution came into being. PULITZER PRIZE WINNER • A “vivid and devastating” (The New York Times) portrait of an indomitable girl—from acclaimed journalist Andrea Elliott “From its first indelible pages to its rich and startling conclusion, *Invisible Child* had me, by turns, stricken, inspired, outraged, illuminated, in tears, and hungering for reimmersion in its Dickensian depths.”—Ayad Akhtar, author of *Homeland Elegies* ONE OF THE TEN BEST BOOKS OF THE YEAR: The New York Times • ONE OF THE BEST BOOKS OF THE YEAR: The Atlantic, The New York Times Book Review, Time, NPR, Library Journal In *Invisible Child*, Pulitzer Prize winner Andrea Elliott follows eight dramatic years in the life of Dasani, a girl whose imagination is as soaring as the skyscrapers near her Brooklyn shelter. In this sweeping narrative, Elliott weaves the story of Dasani’s childhood with the history of her ancestors, tracing their passage from slavery to the Great Migration north. As Dasani comes of age, New York City’s homeless crisis has exploded, deepening the chasm between rich and poor. She must guide her siblings through a world riddled by hunger, violence, racism, drug addiction, and the threat of foster care. Out on the street, Dasani becomes a fierce fighter “to protect those who I love.” When she finally escapes city life to enroll in a boarding school, she faces an impossible question: What if leaving poverty means abandoning your family, and yourself? A work of luminous and riveting prose, Elliott’s *Invisible Child* reads like a page-turning novel. It is an astonishing story about the power of resilience, the importance of family and the cost of inequality—told through the crucible of one remarkable girl. Winner of the J. Anthony Lukas Book Prize • Finalist for the Bernstein Award and the PEN/John Kenneth Galbraith Award * Our summary is short, simple and pragmatic. It allows you to have the essential ideas of a big book in less than 30 minutes. As you read this summary, you will discover how to introduce your children to meditation to improve their quality of life - and yours. You will also

discover : that your children have as much to worry about as you do; how mindfulness calms your child's restlessness; that having more alert senses improves memory; why distancing yourself from your child's thoughts leads to more positive self-esteem; that being a good parent doesn't mean never feeling angry or tired; what simple and fun exercises you can offer your children right now; how to concretely implement the meditation habit in the family's schedule. You certainly know the benefits of meditation, whether you have experienced it yourself or not. Mindfulness is a great tool to calm your mind, to be more attentive to the world around you and to others. Moreover, it allows you to live fully in the present moment. In this respect, it is obviously a fantastic asset for your child as an adult in the making. What are the benefits of meditation for your child and how can you initiate him or her into it? *Buy now the summary of this book for the modest price of a cup of coffee! Achaan Chah spent many years walking and meditating in the forest monastery of Wat Ba Pong, engaging in the uncomplicated and disciplined Buddhist practice called *dhudanga*. A Still Forest Pool reflects the quiet, intensive, and joyous practice of the forest monks of Thailand. Achaan Chah’s humble words, compiled by two Westerners who are former ordained monks, awaken the spirit of inquiry, wonderment, understanding, and deep inner peace. Attachment, according to Achaan Chah, causes all suffering. Understanding the impermanent, insecure, and selfless nature of life is the message he offers for human happiness and realization. To vividly grasp the meaning of attachment leads us to a new place of practice - the path of balance, the Middle Path. Maya Angelou’s unforgettable collection of poetry lends its name to the documentary film about her life, *And Still I Rise*, as seen on PBS’s *American Masters*. Pretty women wonder where my secret lies. I’m not cute or built to suit a fashion model’s size But when I start to tell them, They think I’m telling lies. I say, It’s in the reach of my arms, The span of my hips, The stride of my step, The curl of my lips. I’m a woman Phenomenally. Phenomenal woman, That’s me. Thus begins “Phenomenal Woman,” just one of the beloved poems collected here in Maya Angelou’s third book of verse. These poems are powerful, distinctive, and fresh—and, as always, full of the lifting rhythms of love and remembering. *And Still I Rise* is written from the heart, a celebration of life as only Maya Angelou has discovered it. “It is true poetry she is writing,” M.F.K. Fisher has observed, “not just rhythm, the beat, rhymes. I find it very moving and at times beautiful. It has an innate purity about it, unquenchable dignity. . . . It is astounding, flabbergasting, to recognize it, in all the words I read every day and night . . . it gives me heart, to hear so clearly the caged bird singing and to understand her notes.” Parenting toddlers can be challenging but mindfulness can help! The popular author of *Sitting Still Like a Frog* offers advice and tools for parents of kids ages 18 months-4 years to respond skillfully and with mindful intention, especially in difficult moments. In *The Little Frog Awakes*, Eline Snel offers parents of young children advice and tools for responding mindfully and effectively in the moment. These skills help us regain trust in ourselves and in the integral wholeness of our kids. And when we make mindfulness practice a part of daily life, it gives our children a powerful message on how to recognize, name, and deal with emotions and situations. This practical guide will help you to: • connect with and respond mindfully to your own feelings as they arise • cultivate compassion for yourself as a parent or caregiver through meditations and breathing practices • encourage serenity, self-confidence, and emotional regulation in your children, through stories and activities • strengthen your bond with your kids and help all of you manage stress • be more fully present with your children, and more able to give them your undivided attention • embrace imperfection and focus on the things that really matter • and more The book and the accompanying audio include activities, practices, and stories for both you and for your toddler that cultivate mindful moments and action, and self-compassion. While daydreaming in Chemistry class, Lily scribbles some of her favorite song lyrics onto her desk. The next day, she finds that someone has continued the lyrics on the desk. Soon, Lily and her anonymous pen pal are exchanging letters. As Lily attempts to unravel the mystery, she discovers that she may be falling for her mystery writer... You try to be supportive through all the emotional ups and downs, but if you’re too supportive, they feel smothered. You want to give them the freedom necessary to grow, but not so much that they’re left vulnerable—and however you try to do it, you can count on being wrong. Parenting a teenager is a challenge, to be sure, but Eline Snel has some very good news for those facing that challenge: there’s a way to stay mindful, present, and, yes, positive throughout it all by developing a base of mindful awareness as your resource. With her characteristic practical wisdom, Snel provides methods for developing that resource,

along with strategies for forging a bond of courage, compassion, and trust with your teenager—and for making space for yourself within the process too. Mindfulness meditation helps us stay calm in tense moments and be less reactive with our children. It allows us to respond to them in ways that are most helpful and that promote dialogue rather than clashing. The practices that Snel teaches, developed in her clinical work and honed in her own experience as a parent, are supplemented with one audio download of guided meditations for parents and another one for teens. They will help you calm down during tense and heated moments and become a more focused and openhearted parent. INTERNATIONAL BESTSELLER The bestselling author of *The Simple Wild* and *Keep Her Safe* and “master of steamy romance” (Kirkus Reviews) delivers a sizzling novel about an ambitious and high-powered executive who reconnects with her first love: the boy who broke her heart. Life is a mixed bag for Piper Calloway. On the one hand, she’s a twenty-nine-year-old VP at her dad’s multibillion-dollar real estate development firm, and living the high single life with her two best friends in a swanky downtown penthouse. On the other hand, she’s considered a pair of sexy legs in a male-dominated world and constantly has to prove her worth. Plus she’s stuck seeing her narcissistic ex-fiancé—a fellow VP—on the other side of her glass office wall every day. Things get exponentially more complicated for Piper when she runs into Kyle Miller—the handsome new security guard at Calloway Group, and coincidentally the first love of her life. The guy she hasn’t seen or heard from since they were summer camp counselors together. The guy from the wrong side of the tracks. The guy who apparently doesn’t even remember her name. Piper may be a high-powered businesswoman now, but she soon realizes that her schoolgirl crush is still alive and strong, and crippling her concentration. What’s more, despite Kyle’s distant attitude, she’s convinced their reunion isn’t at all coincidental, and that his feelings for her still run deep. And she’s determined to make him admit to them, no matter the consequences. *Rage* is an unprecedented and intimate tour de force of new reporting on the Trump presidency facing a global pandemic, economic disaster and racial unrest. Woodward, the #1 international bestselling author of *Fear: Trump in the White House*, has uncovered the precise moment the president was warned that the Covid-19 epidemic would be the biggest national security threat to his presidency. In dramatic detail, Woodward takes readers into the Oval Office as Trump’s head pops up when he is told in January 2020 that the pandemic could reach the scale of the 1918 Spanish Flu that killed 675,000 Americans. In 17 on-the-record interviews with Woodward over seven volatile months—an utterly vivid window into Trump’s mind—the president provides a self-portrait that is part denial and part combative interchange mixed with surprising moments of doubt as he glimpses the perils in the presidency and what he calls the “dynamite behind every door.” At key decision points, *Rage* shows how Trump’s responses to the crises of 2020 were rooted in the instincts, habits and style he developed during his first three years as president. Revisiting the earliest days of the Trump presidency, *Rage* reveals how Secretary of Defense James Mattis, Secretary of State Rex Tillerson and Director of National Intelligence Dan Coats struggled to keep the country safe as the president dismantled any semblance of collegial national security decision making. *Rage* draws from hundreds of hours of interviews with firsthand witnesses as well as participants’ notes, emails, diaries, calendars and confidential documents. Woodward obtained 25 never-seen personal letters exchanged between Trump and North Korean leader Kim Jong Un, who describes the bond between the two leaders as out of a “fantasy film.” Trump insists to Woodward he will triumph over Covid-19 and the economic calamity. “Don’t worry about it, Bob. Okay?” Trump told the author in July. “Don’t worry about it. We’ll get to do another book. You’ll find I was right.” Another remarkable collection of poetry from one of America’s masters of the medium. The first part gathers together poems of love and nostalgic memory, while Part II portrays confrontations inherent in a racist society. A playful and easy way to teach yoga. Simple mindfulness practices to help your child (ages 5-12) deal with anxiety, improve concentration, and handle difficult emotions—with a 60-minute audio CD of guided exercises Mindfulness—the quality of attention that combines full awareness with acceptance of each moment, just as it is—is gaining broad acceptance among mental health professionals as an adjunct to treatment. This little book is a very appealing introduction to mindfulness meditation for children and their parents. In a simple and accessible way, it describes what mindfulness is and how mindfulness-based practices can help children calm down, become more focused, fall asleep more easily, alleviate worry, manage anger, and generally become more patient and

aware. The book contains eleven practices that focus on just these scenarios, along with short examples and anecdotes throughout. Included with purchase is an audio CD with guided meditations, voiced by Myla Kabat-Zinn, who along with her husband, Jon Kabat-Zinn, popularized mindfulness-based stress reduction (MBSR) as a therapeutic approach. Continue your mindfulness practice with Eline Snel through her other mindfulness meditation titles, including *Sitting Still Like a Frog* Activity Book, which offers 75 fun mindfulness games and activities for children, and *The Little Frog Awakes*, which offers tools and advice for mindfully responding to younger children ages 18 months to 4 years. (Piano Vocal). This sheet music features an arrangement for piano and voice with guitar chord frames, with the melody presented in the right hand of the piano part as well as in the vocal line. Collection of stories and essays. A bestselling linguist takes us on a lively tour of how the English language is evolving before our eyes -- and why we should embrace this transformation and not fight it Language is always changing -- but we tend not to like it. We understand that new words must be created for new things, but the way English is spoken today rubs many of us the wrong way. Whether it’s the use of literally to mean “figuratively” rather than “by the letter,” or the way young people use LOL and like, or business jargon like What’s the ask? -- it often seems as if the language is deteriorating before our eyes. But the truth is different and a lot less scary, as John McWhorter shows in this delightful and eye-opening exploration of how English has always been in motion and continues to evolve today. Drawing examples from everyday life and employing a generous helping of humor, he shows that these shifts are a natural process common to all languages, and that we should embrace and appreciate these changes, not condemn them. *Words on the Move* opens our eyes to the surprising backstories to the words and expressions we use every day. Did you know that silly once meant “blessed”? Or that ought was the original past tense of owe? Or that the suffix -ly in adverbs is actually a remnant of the word like? And have you ever wondered why some people from New Orleans sound as if they come from Brooklyn? McWhorter encourages us to marvel at the dynamism and resilience of the English language, and his book offers a lively journey through which we discover that words are ever on the move and our lives are all the richer for it. Remember the sparks? Remember the fun? Remember the sex? Remember falling for your partner so many years ago? You Still Give Me Butterflies 24 Ways to Fall Madly in Love Again! New York Times Bestselling Author Laura Corn is back! After selling over 4 million books and gifts, Laura invites couples everywhere to join her as we fall in love all over again with “secret sealed envelopes” showing us ways to... Anticipate ... Excite ... Tease ... Surprise ... each other. The book is beautiful, but the secrets are amazing! Laura is helping thousands of us remember what it was like to fall in love. It’s a book to DO ... not just READ. And it’s designed to be done together. We say “I do.” We commit to forever. And then days pass and we forget how to have fun, appreciate each other, entice each other. Laura gives us innovative ways to do just that. It’s easy, it’s exciting, it’s relationship changing. This American classic has been corrected from the original manuscripts and indexed, featuring historic photographs and an extensive biographical afterword. Prague, 1938: Eva flies down the street from her sister. Suddenly a man steps out, a man wearing a hat. Eva runs into him, hits the pavement hard. His hat is in the gutter. His anger slaps Eva, but his hate will change everything, as war forces so many lives into small, brown suitcases. Prague, 1980: No one sees Ludek. A young boy can slip right under the heavy blanket that covers this city - the fear cannot touch him. Ludek is free. And he sees everything. The world can do what it likes. The world can go to hell for all he cares because Babi is waiting for him in the warm flat. His whole world. Melbourne, 1980: Malá Li?ka’s grandma holds her hand as they climb the stairs to their third floor flat. Inside, the smell of warm pipe tobacco and homemade cakes. Here, Mána and Bill have made a life for themselves and their granddaughter. A life imbued with the spirit of Prague and the loved ones left behind. Favel Parrett’s deep emotional insight and stellar literary talent shine through in this love letter to the strong women who bind families together, despite dislocation and distance. It is a tender and beautifully told story of memory, family and love. Because there is still love. No matter what. What happens when two people decide to give themselves the year off... from each other? “By means both wry and warm, Michael Downing elucidates the meaning of the classroom--its space for reflection, rumination, and pause--in a world that doesn’t seem to be stopping. Still in Love reminds me why he was one of my favorite professors ever.” --Melissa Broder, author of *The Pisces* This is your chance to enroll in English 10 at highly rated Hellman College--if you can

find a place to sit in the fantastically overcrowded classroom. Mark Sternum, whom readers first met in Michael Downing's beloved novel *Perfect Agreement*, is a veteran teacher. Twenty years older, separated for six months from his longtime lover, and desperate to duck the overtures of double-dealing deans above him and disgruntled adjunct faculty below him, Mark has one ambition every day he is on campus--to close the door and leave the world behind. His escape, however, is complicated by his contentious wrestling match of a relationship with the Professor, the tenured faculty member with whom Mark has cotaught this creative-writing workshop for ten years. The spectacle of their combative academic relationship is a chance for students--all of us--to learn what an amazing arena the classroom can be. Replete with engaging writing exercises, harsh criticism, and contrarian advice, *Still in Love* is the story of one semester. And it is an urgent reminder that we desperately need classrooms, that those singular, sealed-off-from-the-world sanctuaries are where we learn to love our lives. As parents of young children know, toddlers can sometimes be crazy. But their parents still love them very much--no matter what. Sometimes toddlers misbehave and have to go to timeout. Sometimes they resist going to bed at night or for a nap. Sometimes they color on the walls or throw food on the floor. Sometimes they break things or scream and yell and bawl. And eventually they grow a bit older and don't want to cuddle anymore. Through everything, their parents love them. This children's book describes the quirky struggles of parenting toddlers and demonstrates what unconditional love looks like. Winner of the Ignatz Award for Outstanding Debut. "Beautifully simple and sweet, Liz prince portrays couples in a delightfully self-conscious way."-- Farel Dalrymple "An adorable little collection of snippets and snapshots of moments from their relationship ... the silly, gross and snuggly moments that Liz and Kevin share. A wondrous present to someone you hold dear."-- Neil Figuracion, *Broken Frontier* What started out as an exercise in keeping a personal comics journal, quickly evolved into Liz Prince's first solo graphic novel. Described as a mix between Jeffrey Brown and James Kochalka, Liz's comics are comprised of short vignettes that capture all the cute, gross, and endearing aspects of relationships. It's the perfect book for all those fans of autobiographical comics who want to see a happy ending. This introduction to mindfulness meditation for children and their parents includes practices that can help children calm down, become more focused, fall asleep more easily, alleviate worry, manage anger, and generally become more patient and aware. Journee notices that her best friend Maggie likes different things and even looks different than her. This makes Journee ask the question, "can I still love you?" She quickly learns that she can, and that those differences only make their friendship more exciting! *Breathe Like a Bear* is a beautifully illustrated collection of mindfulness exercises designed to teach kids techniques for managing their bodies, breath, and emotions. Best of all, these 30 simple, short breathing practices and movements can be performed anytime, anywhere: in the car to the grocery store, during heavy homework nights at home, or even at a child's desk at school. Based on Kira Willey's Parents' Choice GOLD Award-winning CD, *Mindful Moments for Kids*, this one-of-a-kind book is sure to help kids find calm, gain focus, and feel energized during the day, and encourage families to establish a fun and consistent mindfulness practice, whether at home or on the go. "Lavanya Gogoi is from the scenic hills of Shillong while Rajveer Saini belongs to the shahi city of Patiala. Worlds apart from one another, the two land up next to each other on a flight from Mumbai to Chandigarh. It's love at first flight, at least for one of them. For the other ... well, it's going to take more than a plane ride! And when love does finally happen, there are more obstacles to overcome. Rajveer has to stand up against his own if he and Lavanya are to be together."--Page 4 of cover. In this

pathbreaking volume, Velina Hasu Houston gathers together eleven plays that speak in the "hybridized, unique American voices of Asian descent -- and often dissent." These writers resist the bigotry that attempts to target them solely as people of color as well as the homogenizing tendencies of a multiculturalism that fails to recognize the varied make-up of Asian America. Anthologized for the first time, these plays testify to the rich complexity of Asian American experience while they also demonstrate the different styles and thematic concerns of the individual playwrights. What are Asian American plays about? Family conflicts, sexuality, social upheaval, betrayal ... the stuff of all drama. Whether the characters are a middle-aged Taiwanese woman who is married to an Irish American and who dreams of opening a Chinese restaurant, a Chinese American female bond trader trying to survive a corporate takeover, or an ABC (American Born Chinese) gay man whose lover has AIDS, their Asian-ness is only a part of their story. As a playwright, Houston is keenly aware of the rigid formulas that often exclude writers of color and women women writers from mainstream theater. But *Still, Like air, I'll Rise* brings forth vibrant new work that challenges producers and audiences to broaden their expectations, to attend to the unfamiliar voices that expresses the universal and particular vision of Asian American playwrights. Many of them have appeared only in foreign magazines while others were printed in limited editions which have gone out of print. A Good Morning America Book Club Pick A Veranda Magazine Book Club Pick A captivating, bighearted, richly tapestried story of people brought together by love, war, art, flood, and the ghost of E. M. Forster, by the celebrated author of *Tin Man*. *Tuscany, 1944*: As Allied troops advance and bombs fall around deserted villages, a young English soldier, Ulysses Temper, finds himself in the wine cellar of a deserted villa. There, he has a chance encounter with Evelyn Skinner, a middle-aged art historian who has come to Italy to salvage paintings from the ruins and recall long-forgotten memories of her own youth. In each other, Ulysses and Evelyn find a kindred spirit amidst the rubble of war-torn Italy, and set off on a course of events that will shape Ulysses's life for the next four decades. As Ulysses returns home to London, reimmersing himself in his crew at *The Stoat and Parot*—a motley mix of pub crawlers and eccentrics—he carries his time in Italy with him. And when an unexpected inheritance brings him back to where it all began, Ulysses knows better than to tempt fate, and returns to the Tuscan hills. With beautiful prose, extraordinary tenderness, and bursts of humor and light, *Still Life* is a sweeping portrait of unforgettable individuals who come together to make a family, and a deeply drawn celebration of beauty and love in all its forms. You don't need to be a genius, you just need to be yourself. That's the message from Austin Kleon, a young writer and artist who knows that creativity is everywhere, creativity is for everyone. A manifesto for the digital age, *Steal Like an Artist* is a guide whose positive message, graphic look and illustrations, exercises, and examples will put readers directly in touch with their artistic side. When Mr. Kleon was asked to address college students in upstate New York, he shaped his speech around the ten things he wished someone had told him when he was starting out. The talk went viral, and its author dug deeper into his own ideas to create *Steal Like an Artist*, the book. The result is inspiring, hip, original, practical, and entertaining. And filled with new truths about creativity: Nothing is original, so embrace influence, collect ideas, and remix and re-imagine to discover your own path. Follow your interests wherever they take you. Stay smart, stay out of debt, and risk being boring—the creative you will need to make room to be wild and daring in your imagination.

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