

Wow Mom Der Mama Mutmacher Furs Erste Jahr Mit Ki

French Children Don't Throw Food
 Tajemství vyrovnaných matek
 Leadership Mastery
 Regretting Motherhood
 Yell Less, Love More
 Someday We'll Tell Each Other Everything
 The Timid Rabbit
 Hotel Cartagena
 Hypnobirthing
 The Baby Owner's Manual
 GUESS HOW MUCH I LOVE YOU POSTCARD BOOK
 Maybe
 Kommt Papa gleich wieder?
 Slow Sex
 Happy Day (Bouquet in a Book)
 AYURVEDIC GARBHA SANSKAR
 WOW MOM
 Theory of Inquiry Learning Arrangements
 You're Dad
 Ruby Red
 Is Daddy Coming Back in a Minute?
 Unconventional Vehicles
 WOW MOM
 You're Mom
 Swimming at Night
 Nicht zu streng, nicht zu eng
 Das Geheimnis ausgeglichener Mütter
 The Overnight
 WOW MOM
 The Big Cookbook with Real Food for Pregnancy
 Horizontal Parenting
 Dear Girl
 The Shadow
 If I Never Met You
 The Fussy Baby Book
 It's Not OK to Feel Blue (and other lies)
 Mindful Pregnancy
 Мама в ресурсе. Как справиться с негативными эмоциями и наслаждаться материнством
 Art and Soul: Rudolf Steiner, Interdisciplinary Art and Education
 How to Raise Successful People

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SNYDER SARAI

[French Children Don't Throw Food](#) Kösel-Verlag

Enjoy a natural, positive, stress-free pregnancy. Trimester by trimester, this beautiful book gives you safe yoga, meditation, natural remedies, nutrition, and hypnobirthing techniques to match your stage of pregnancy. Encouraging, practical advice from midwife and positive birth expert, Tracy Donegan, will help you to understand your body, relish your pregnancy, and bond with your growing baby. Troubleshoot pregnancy aches and pains with appropriate exercises, quell morning sickness with natural remedies and food, bond with your baby through meditation and movement, and prepare your body and mind safely and healthily for childbirth using strengthening exercises and hypnobirthing techniques. Feel empowered to nurture and give birth to your baby with strength and confidence, and embrace your life as a new mum. "A must-read for all parents who want to create a healthier, more joyful, more peaceful world." - Deepak Chopra, MD

Tajemství vyrovnaných matek HarperCollins

Bindung, Beziehung, Bedürfnisse – das sind die Themen, die vielen Eltern bei ihrer Kindererziehung heute am Herzen liegen. Doch welches ist das richtige Maß zwischen Überbehüten und Härte? Welche Erziehungswege gibt es? Inke Hummel zeigt an konkreten Alltagssituationen, welche elterlichen Reaktionen schaden und welcher Erziehungsweg perfekt zum jeweiligen Kind passt. Sie gibt Tipps, um eine starke Eltern-Kind-Bindung zu schaffen, die der ganzen Familie Sicherheit bietet – auch in stürmischen Zeiten. So gelingt eine liebevolle Erziehung, die weder zu streng noch zu eng ist. Der perfekte Ratgeber für alle Eltern, die aktiv eigene Unsicherheiten überwinden und an ihrer Beziehung zum Kind arbeiten möchten.

Leadership Mastery Jessica Kingsley Publishers

In a world quickly becoming more virtual, human relations skills are being lost -- along with the skill of leadership. There is a vacuum of leadership in many of our major institutions: government, education, business, religion, the arts. This crisis has arisen in part because many of those institutions have been reinvented with the technological revolution we are experiencing. Scientific

progress in general, and technological progress in particular, has been seen as a solution to many of our problems, and technology can distribute the answers to those problems far more quickly and efficiently across the globe. But in the midst of this technological boom, people are becoming isolated from each other. What's needed is a new type of leader -- one who can inspire and motivate others in the new virtual world while never losing sight of the timeless leadership principles. In this book, readers can learn all the secrets of leadership mastery: * Gain the respect and admiration of others using little-known secrets of the most successful leaders. * Get family, friends, and co-workers to do what you ask because they want to do it, not because they have to. * Respond effectively when under crisis using proven techniques for thinking clearly and reducing anxiety under pressure. A valuable tool that stands next to the classic How to Win Friends and Influence People, Leadership Mastery offers a proven formula for success.

Regretting Motherhood Macmillan

Chastity Riley and her friends are held hostage in a hotel bar by twelve armed men set on revenge in a searing original thriller from the 'Queen of Krimi'

Yell Less, Love More Quirk Books

From international bestselling author Liz Climo comes *You're Mom*, a hilarious and relatable collection of original comics about motherhood. Moms: they are there for us through the good, the bad, the scary, the sticky, and everything in between. They also read us a lot of picture books along the way, and now there's a picture book just for them. Liz Climo brings her trademark wit and adorable drawings to *You're Mom*: a funny, honest, and sweet homage to motherhood. Detailing the ups and downs of mothering, along with the many paths to becoming a mom and the different types of motherhood, Climo pairs humorous observations with clever illustrations of baby animals and their mothers. With more than 100 beautiful drawings, *You're Mom* is a book for the new mom, the seasoned mom, anyone in a mom-like role, or anyone who has ever loved a mom. It's a thank you to those taking on the challenging role of parenting - and it's also short and sweet, which means you can read it and then hopefully get some sleep!

Someday We'll Tell Each Other Everything Quarto Publishing Group USA

Das neue Buch der Bestsellerautorin Mutter-Sein ist der schönste Job der Welt - aber auch der härteste. In herausfordernden Zeiten sind Erwartungsdruck, hohe Verantwortung und Erschöpfung nur einige der Stressfaktoren, die zu gesundheitlichen Schäden wie Herz-Kreislauf-Erkrankungen und Depression führen. Doch wie kann man den Frauen am besten helfen? Die renommierte Kinder- und Jugendärztin Dr. Karella Easwaran, die Mütter seit vielen Jahren begleitet, ist sich sicher: Die Lösung des Problems beginnt im Kopf! Als Experte für die Mind-Body-Medizin hat sie die Technik des Beneficial Thinking entwickelt. Sie setzt bei den Vorgängen in unserem Hirn an. Denn richtig gesteuert, lassen sich mit Beneficial Thinking unsere Wahrnehmung und unmittelbaren Handlungen einfach und nachhaltig ändern. Dr. Easwarans Fazit: Wenn wir kraftraubende Denkmuster überwinden, können wir zuversichtlich und entspannt unseren Alltag gestalten.

The Timid Rabbit Litres

Dies ist die wahre Geschichte von Alex, der gerade einmal drei Jahre alt ist, als sein Vater einen schweren Herzinfarkt erleidet. Ganz allein schafft er es, Hilfe zu holen, doch sein geliebter Papa stirbt noch vor Ort. Vollkommen aufrichtig und in Alex' eigenen Worten erzählt das Buch davon, wie ihm seine Mutter Elke dabei hilft zu verstehen was passiert ist. Von Kindertrauerstellen, betroffenen Kindern und Familien, Lehrern und Kindergärtnern weiterempfohlen.

[Hotel Cartagena](#) Grada Publishing a.s.

At Last! A Beginner's Guide to Newborn Baby Technology You've programmed your DVR, you've installed a wireless Internet connection, you can even check Facebook on your cell phone. But none of this experience will prepare you for the world's biggest technological marvel: a newborn baby. Through step-by-step instructions and helpful schematic diagrams, *The Baby Owner's Manual* explores hundreds of frequently asked questions: What's the best way to swaddle a baby? How can I make my newborn sleep through the night? When should I bring the baby to a doctor for servicing? Whatever your concerns, you'll find the answers here—courtesy of celebrated pediatrician Dr. Louis Borgenicht and his son, Joe Borgenicht. Together, they provide plenty of useful advice for anyone who wants to learn the basics of childcare.

Hypnobirthing Simon and Schuster

'This is the freshest, most honest collection of writings about mental health that I've read...searing wit, blinding passion, bleeding emotion and a fantastic, heroic, glorious refusal to lie down and take it' - Stephen Fry 'Reading this book made me feel more normal about the things I feel sometimes...It's a great book; however you're feeling, it'll help' - Ed Sheeran 'This is the book I needed when I was little. May this be a leap forward in the much needed conversation around mental health' - Jameela Jamil Everyone has a mental health. So we asked: What does yours mean to you? THE RESULT IS EXTRAORDINARY. Over 60 people have shared their stories. Powerful, funny, moving, this book is here to tell you: It's OK. With writing from: Adam Kay - Alastair Campbell - Alexis Caught - Ben Platt - Bryony Gordon - Candice Carty-Williams - Charlie Mackesy - Charly Cox - Chidera Eggerue - Claire Stancliffe - Davina McCall - Dawn O'Porter - Elizabeth Day - Elizabeth Uviebinené - Ella Purnell - Emilia Clarke - Emma Thompson - Eve Delaney - Fearnie Cotton - Gabby Edlin - Gemma Styles - GIRLI (Milly Toomey) - Grace Beverley - Hannah Witton - Honey Ross - Hussain Manawer - Jack Rooke - James Blake - Jamie Flook - Jamie Windust - Jessie Cave - Jo Irwin - Jonah Freud - Jonny Benjamin - Jordan Stephens - Kai-Isaiah Jamal - Kate Weinberg - Kelechi Okafor - Khalil Aldabbas - KUCHENGA - Lauren Mahon - Lena Dunham - Maggie Matic - Martha Lane Fox - Mathew Kollamkulam - Matt Haig - Megan Crabbe - Michael Kitching - Michelle Elman - Miranda Hart - Mitch Price - Mona Chalabi - Montana Brown - Nadia Craddock - Naomi Campbell -

Poorna Bell - Poppy Jamie - Reggie Yates - Ripley Parker - Robert Kazandjian - Rosa Mercuriadis - Saba Asif - Sam Smith - Scarlett Curtis - Scarlett Moffatt - Scottee - Sharon Chalkin Feldstein - Shonagh Marie - Simon Amstell - Steve Ali - Tanya Byron - Travon Free - Yomi Adegoke - Yusuf Al Majarhi

[The Baby Owner's Manual](#) House of Anansi

Timmy is afraid. He is afraid of everything. But one day Timid Timmy must be very brave. Can he do it? Panda Cubs 6

GUESS HOW MUCH I LOVE YOU POSTCARD BOOK Henry Holt and Company (BYR)

Human beings come equipped with a tendency to generally not want to leave thinking to others. With the endeavor to professionally, reflectively, and gracefully support each individual on the basis of this tendency, the paradigm of a curious, self-determined, and inquiring human is developed in this volume, which might point the way towards a promising future. In view of such a perspective, the authors regard the pedagogical construct of self-determined Inquiry Learning as just such a promising concept. The Theory of Inquiry Learning Arrangements (TILA) concretizes this approach according to the principles of critical multiplism. The effectivity of TILA is scrutinized via the personalized concepts AuRELIA (Authentic Reflective Exploratory Learning and Interaction Arrangements) and CrEEd (Criteria-based Explorations in Education). These concepts are presented in detail, empirically investigated, and underpinned with practical examples. In the current edited volume, the concept of self-determined Inquiry Learning is further empirically substantiated and presented to the international community.

[Maybe](#) MacLehose Press

When we were on a No Girls Allowed! holiday, my daddy's heart stopped beating and I had to find help all by myself. He was very badly broken. Not even the ambulance people could help him...

This honest, sensitive and beautifully illustrated picture book is designed to help explain the concept of death to children aged 3+. Written in Alex's own words, it is based on the real-life conversations that Elke Barber had with her then three-year-old son, Alex, after the sudden death of his father. The book provides reassurance and understanding to readers through clear and honest answers to the difficult questions that can follow the death of a loved one, and carries the invaluable message that it is okay to be sad, but it is okay to be happy, too.

Kommt Papa gleich wieder? Simon and Schuster

Need a break . . . now? Horizontal Parenting offers 50 hilarious and effective activities designed to entertain kids while you lie down. Children are exhausting! In the marathon of modern parenting, everyone needs a break—just 10 precious minutes to rest your body and tune out the chaos. Enter Horizontal Parenting, the super-simple parenting hack for everyone, everywhere. With creative and practical advice for overworked parents and caretakers who "just need a minute," this book includes 50 fun, effective, and hilarious games to play with toddlers and children while lying down. Activities include: • What's on My Butt • Hide and Seek-ish • Don't Wake the Giant • Railroad to Relaxation • And many more! Relax and let your little ones release some energy while you catch your breath (and maybe a few even a few z's). All you need is a comfortable surface, a few household items, and your child's imagination, and you too can master the sanity-saving art of horizontal parenting. • 50 activities to keep your kids engaged and keep you lying down • Entertaining ideas for children and toddlers • No endless supply lists, screens, or batteries needed

• Perfect for long days at home • Great gift for new (or seasoned!) parents Perfect for: parents, grandparents, aunts, uncles, and caretakers of kids ages 2+

[Slow Sex](#) National Geographic Books

"This book offers a fresh take on the Victorian notion of expressing oneself with the symbolic language of flowers. Happy Day features bright, cheery flowers with uplifting sentiments. Each spread features a flower that "flips up" from the page, a brief description of the flower's meaning, and its special message for the recipient. When all of the blossoms are popped up, the book can be displayed on a desk just like a vase of flowers"--Amazon.com.

[Happy Day \(Bouquet in a Book\)](#) Flatiron Books

Bestselling author Mhairi McFarlane returns with another heartfelt romantic comedy perfect for fans of Josie Silver, Sophie Kinsella, or Sally Thorne. One of Shondaland's 5 Must-Read Books for March and a Best Romance of 2020 by Amazon, OprahMag, Insider, Buzzfeed, Bustle, Cosmo, PopSugar, and BookPage. If faking love is this easy... how do you know when it's real? When her partner of over a decade suddenly ends things, Laurie is left reeling—not only because they work at the same law firm and she has to see him every day. Her once perfect life is in shambles and the thought of dating again in the age of Tinder is nothing short of horrifying. When news of her

ex's pregnant girlfriend hits the office grapevine, taking the humiliation lying down is not an option. Then a chance encounter in a broken-down elevator with the office playboy opens up a new possibility. Jamie Carter doesn't believe in love, but he needs a respectable, steady girlfriend to impress their bosses. Laurie wants a hot new man to give the rumor mill something else to talk about. It's the perfect proposition: a fauxmance played out on social media, with strategically staged photographs and a specific end date in mind. With the plan hatched, Laurie and Jamie begin to flaunt their new couple status, to the astonishment—and jealousy—of their friends and colleagues. But there's a fine line between pretending to be in love and actually falling for your charming, handsome fake boyfriend...

[AYURVEDIC GARBHA SANSKAR](#) HarperCollins

Эйфория материнства грозит быстро смениться изнеможением, ведь каждый день бросает новые вызовы. Бессонные ночи, изменение образа жизни и никуда не девшиеся вопросы взаимоотношений и карьеры оборачиваются постоянным стрессом. А он, в свою очередь, приводит к головным болям, развитию депрессии или, например, сердечно-сосудистых заболеваний. Автор этой книги, немецкий врач-педиатр с 20-летней лечебной практикой, уверена: никогда не поздно научиться управлять стрессом, достичь гармонии с собой и окружающими и вернуться в ресурс. Следуя советам, предложенным в книге, вы научитесь по-новому реагировать на раздражители, ближе познакомитесь с собой и раскроете секрет счастливого и сбалансированного материнства. В формате PDF A4 сохранен издательский макет книги.

WOW MOM Random House

You are more amazing than you even know. New York Times best-selling author Kobi Yamada has written a story about the unbound potential you hold inside. With striking, realistic illustrations, it's a reminder that you were meant for incredible things. And maybe, just maybe, you will exceed your wildest dreams.

Theory of Inquiry Learning Arrangements Souvenir Press

A revolutionary practice for couples to enhance sexuality and reach higher states of consciousness

- How to make sex a conscious decision, not an accidental encounter
- Discusses how slowness increases sensitivity and awakens the body's innate mechanism for ecstasy
- Reveals how sexuality can be sustainable and enjoyable well into old age

While fast, hot, orgasm-driven sex can bring momentary satisfaction, in the long run it can become boring and mechanical, causing many couples to lose interest and stop making time for physical intimacy. The first step to revive a waning sex life or make a healthy one more fulfilling, says author Diana Richardson, is to make sex a conscious decision rather than an accidental encounter. Focusing on eye contact, subtle sensations, and deep breathing, Diana's practice of slow sex awakens the body's innate mechanism for ecstasy, unlocking the door to extraordinary realms of sensitivity, sensuality, and higher consciousness. Exploring the healing, spiritual power of slow sex, this book offers a step-by-step guide for committed couples to transform sex into a meditative, loving union of complementary energies. It explains how slow sex increases sensitivity and sexual vitality and how, because it creates and restores love, slow sex is loving sex. With a focus on coolness rather than heat, this practice provides couples a way to reach a shared meditative state and use it as a vehicle to achieve higher consciousness. Illustrating different positions for eye contact, deep sustained penetration, and soft penetration, this book reveals that sex truly can be sustainable and enjoyable well into old age.

[You're Dad](#) Chronicle Books

"Childbirth is not something to be feared ; it is a natural expression of life. In this practical guide, HypnoBirthing founder Marie Mongan explores the myth of pain as a natural accompaniment to birth"--P. [4] of cover.

Ruby Red Simon and Schuster

"Parents of fussy or difficult children, take heart, best-selling childcare experts William and Martha Sears have written a book just for you. Drawing on more than twenty years of paediatric practice and their experiences with their own high-need children, they provide: Creative ways to soothe a fussy baby; Information on medical causes of infant fussiness—from infections to food sensitivities; Effective ways of coping with common high-need personality traits and behaviour; Proven strategies for discipline—getting connected to your child early, providing structure, setting limits, knowing when to say yes and when to say no; Tips on learning how to talk and listen. Real-life stories and advice from parents of high-need children In *The Fussy Baby Book* Dr. William and Martha Sears acknowledge the difficulties you face but show you how responsive parenting can

turn these challenges into advantages for both you and your child. The Searses prove that difficult children can provide the most rewarding parenting experiences of all"--Publisher's description.