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the one minute mother **The One Minute Mother** *The One Minute Mother* *The One Minute Father* **One Minute for Yourself** *The One Minute Teacher* **The One Minute Sales Person** *The Mother Load* *Yes or No* **Shades of Fortune** **One Minute to Zen** **Selected Readings on Mother-infant Bonding** **Diversions of Hollycot, Or, The Mother's Art of Thinking** *OCR Psychology for A Level Book 2* **Mother's Ruin Blueprint** **The Mother's Recompense: a Sequel to Home Influence** **The New Don't Blame Mother** *The Wisdom of Hair* *Mother's Boy* *Understanding the Borderline Mother* **The One Minute [s]ales Person** *The Unlikely Art of Parental Pressure* *Fanny Hervey; or, The mother's choice* *Mum in a Million* **Working Mother Helping Children Who Yearn for Someone They Love In a Mother's Heart** **The Mother's Recompense** **The Mother's Magazine** *My Mother's Cook Book* **A Mother's Love** *The Mother's Wrath* **A Call to Mother's Grace and Gifts** *Mirror Mentor* **My Mother's Eulogy** **Half-yearly Compendium of Medical Science** **Mother's Recipes** **A Mother's Guide to Raising Herself** *But Your Mother Loves You*

The New Don't Blame Mother May 17 2021

Shows us that dangerous myths about mothers pervade our culture and have created or aggravated many of the problems between mothers and daughters.

The Mother's Recompense: a Sequel to Home Influence Jun 17 2021

The One Minute Father Jul 31 2022 *The One Minute Father* is the seminal *One Minute* book. A man who sees that he has been a better provider than parent learns by trial and error how to be more nurturing. He first learns a more effective way to discipline -- applying *One Minute Reprimands*. Then his children help him discover two even more important parenting methods -- *One Minute Praisings* and *One Minute Goals*. Using these practical methods, a father develops more confidence in himself as a parent, as he and his children enjoy a happier family life. *The One Minute Father* begins where most fathers are and takes them to where they want to be.

Mother's Recipes Aug 27 2019 *Mother's Recipes* is by Rachel Chacko, a 90 year old Indian mother and grandmother whose love for family is expressed through this unique collection of Indian recipes. These recipes have been tested and appreciated across generations of Indians. As the wife of an army officer, Rachel Chacko had the opportunity to travel across

India and discover a wide variety of regional cuisines. Many Indian regional recipes were traditionally handed down from mother to daughter with few attempts made to document them. *Mother's Recipes* is an attempt to document such recipes. The collection includes many rare as well as popular recipes for starters, snacks, main courses, wines, pickles and desserts from communities and regions across India. Rachel Chacko provides useful background information on spices and seasonings as well as authentic and detailed preparation techniques. She has taken special care to present the recipes to today's daughters in an easy to prepare manner, given the modern day pressure on time. The book is also unique because it contains classic recipes from the Syrian Christian community in India - to which Rachel Chacko belongs - like Appam, Egg Roast and Green Gram Payasam which have tickled taste buds across India.

But Your Mother Loves You Jun 25 2019 *But Your Mother Loves You* is the witty and candid tale of how a renowned psychotherapist moved from "not good enough" to "the right person" despite childhood neglect and a toxic relationship with her mother. Everyone knows at least one person who demonstrates toxic love, someone who consistently jabs a straw in others and sucks the life right out of them. Without an in-depth understanding of how to navigate these

relationships, most people continue to emotionally regress and remain paralyzed in familiar, pain-soaked patterns. But *Your Mother Loves You* helps readers overcome this cycle of toxicity. Kim Honeycutt shares the real-life experience of how a shame-based, self-destructive little girl grew up to be a recovered alcoholic, entered the world of psychology as a professional, and created her own strategies to address and conquer toxicity. This story, both witty and practical, is told through the lens of personal life experience and expert psychological strategies combined with Godly intervention. Readers learn how to either walk away from or walk with a toxic loved one without losing themselves. Covered in both vulnerability and clinical information, *Your Mother Loves You* provides a step-by-step approach on how to stop toxic love and the subsequent self-abuse. *Fanny Hervey; or, The mother's choice* Nov 10 2020

Half-yearly Compendium of Medical Science Sep 28 2019

A Mother's Love Mar 03 2020 This book is to encourage families who may have had the experience of having children in their homes who were broken and discouraged and full of anger and felt as if they could never find love in this life time. This is for children who came from single parent homes or sometimes both parents in the home who had their intention elsewhere, who showed no love to them that they felt left out, outraged, angry, bitter, worthless, as if they were alone. Entering into a new home not knowing what to expect would have their guards up from what they had already experienced in their short lives. This book is to encourage those who may have gone through hardships in their own personal lives, to let you know that there is a way out.

The Mother's Wrath Jan 31 2020 Man has for centuries tried to proclaim his superiority over all that exists. In his arrogance and stupidity, he nearly lost it all. But when man's folly finally brought him to his knees he still refused to be humbled and contrite over his mistakes. The world's human population is decimated. Among the survivors, Kyler Stone, a Native American man of special conscience. His choices: Forsake the ways of his ancestors or rebel against the ways of death and destruction so common in

man's inherent and unholy nature. Tiffannie Helman, a woman once again forced to survive in a world dominated by the human parasite known as Man, responsible for the near extinction of their species. Their chance meeting becomes one of trust, love and danger as they struggle to rebuild their world from the ashes. Thus Kyler and his companions sought to follow the Mother Earth's will and bring justice to those arrogant male chauvinist parasites & the true meaning of *The Mothers Wrath*

The One Minute Sales Person Apr 27 2022 In this newly released edition of one of his classic books, *The One Minute Sales Person*, Spencer Johnson, the author of the number one New York Times bestseller *Who Moved My Cheese?*, shows you how to sell your ideas, products, or services successfully! This is the book that has proved to be a must-have for the millions of people who were looking for the quickest way to improve their selling skills. In these changing times, Spencer Johnson, coauthor of *The One Minute Manager®*, shows you how the phenomenal *One Minute®* methods can bring real and lasting sales success with the least amount of time and effort. You will learn how to enjoy your job and your life more as you discover the effective secrets of "self-management," the integrity of "selling on purpose," and the liberating "wonderful paradox" of helping others get what they want so you can get what you need. *The One Minute Sales Person* is a clear, easy and invaluable guide that works for both you and the people you sell to, for your financial prosperity and personal well-being. In short, it is a classic Spencer Johnson bestseller that can help you enjoy more success with less stress.

Diversions of Hollycot, Or, The Mother's Art of Thinking Oct 22 2021

Blueprint Jul 19 2021 'The best book I've read this year ... It's written in such a beautiful way' - Dr Suzi Gage, *Book Shambles* podcast This is an excellent book for anyone who wants to understand the psychology and the science behind what makes them them! - Professor Tanya Byron 'This book walks the line between being absolutely fascinating yet accessible. It made me look at how we are raising our kids, as well as my own upbringing, but did so in a totally judgement free way. Loved it' - Clemmie Telford From birth to adulthood, *Blueprint* tells

you what you need to know about how you became who you are Have you ever wondered how your early life shaped you? From beginning to say simple words like 'mama' and learning how to walk around unaided, to the first day of school and forming new friendships, everyone has been a child. The roots of our adult selves go right back to our first experiences. How we think, act and interact is influenced by our early years, yet most people don't know the key findings from the juiciest child development studies that can give us insight into our adult selves. Weaving together cutting edge research, everyday experience and clinical examples, Dr Lucy Maddox explains how we develop from an unconscious bundle of cells floating about in the dark of the in uterine environment to a fully grown complex adult, revealing fascinating insights about our personality, relationships and daily lives along the way.

[Understanding the Borderline Mother](#) Feb 11 2021 The first love in our lives is our mother. Recognizing her face, her voice, the meaning of her moods, and her facial expressions is crucial to survival. Dr. Christine Ann Lawson vividly describes how mothers who suffer from borderline personality disorder produce children who may flounder in life even as adults, futilely struggling to reach the safety of a parental harbor, unable to recognize that their borderline parent lacks a pier, or even a discernible shore. Four character profiles describe different symptom clusters that include the waif mother, the hermit mother, the queen mother, and the witch. Children of borderlines are at risk for developing this complex and devastating personality disorder themselves. Dr. Lawson's recommendations for prevention include empathic understanding of the borderline mother and early intervention with her children to ground them in reality and counteract the often dangerous effects of living with a make-believe mother. Some readers may recognize their mothers as well as themselves in this book. They will also find specific suggestions for creating healthier relationships. Addressing the adult children of borderlines and the therapists who work with them, Dr. Lawson shows how to care for the waif without rescuing her, to attend to the hermit without feeding her fear, to love the queen without becoming her subject, and to

live with the witch without becoming her victim.
A Jason Aronson Book
A Mother's Guide to Raising Herself Jul 27 2019 For any mom who has ever felt inadequate, overwhelmed, or guilty in trying to balance it all, popular podcaster Sarah Bragg offers brilliant clarity and respite in this friendly manual for becoming your most authentic self, instead of just surviving motherhood. Nothing will make you grow up faster than trying to raise a kid. This is what popular podcast host and mom Sarah Bragg explores so beautifully as she encourages and equips moms who are discovering all the ways they still need to grow. It's easy to lose our sense of self in the all-consuming process of raising our children, but Sarah reminds us that the best gift we can bring to our kids is our true, authentic selves. Through vulnerable and relatable stories, no-nonsense wisdom, and a compassionate perspective for all the joys and challenges of motherhood, Sarah provides shame-free practical help to surviving right where you are in life, in relationships, in work, and in faith. This guidebook to health and sanity for the wilderness of parenting will help you: Give yourself permission and find the courage to show up as yourself Wrestle with how purpose, work, and calling fit together Notice and celebrate the good that's happening right around you Remember your worth is not in your kids or your role as a parent but in something far more lasting Find solidarity, understanding, and helpful encouragement to embrace all that motherhood is and remember who you truly are. Because you matter, and raising great kids starts with raising yourself well.

The Mother's Recompense Jun 05 2020
My Mother's Eulogy Oct 29 2019 Eric has just learned about his mother's passing. He must now go on a journey to discover who his mother was and learned about his own life along the way.

Shades of Fortune Jan 25 2022 From the New York Times–bestselling author of “Our Crowd”: A novel of a powerful family, a cosmetics empire, and the dark secrets that could destroy both. Mireille “Mimi” Myerson took her grandfather’s struggling cosmetics company and turned it into an empire. But suddenly, as she prepares to launch a new perfume line, Mimi is faced with hidden threats at every turn. Her efforts to

further expand the enormously successful Miray Corporation could be sabotaged from within by her own treacherous family, for there is a dangerous rot beneath the surface of the wealthy and aristocratic “Magnificent Myersons”: a dark tradition of lies, sexual perversity, and criminal activity that could undermine everything Mimi hopes to accomplish. With the discovery of her husband’s affair and the return of real estate magnate Michael Horowitz, her first and most enduring love, Mimi must determine whom she can trust—especially in light of the shocking revelations that are about to emerge regarding the birth of the Miray Corporation. In both his bestselling nonfiction (“Our Crowd”, The Right People) and fiction (Carriage Trade, The Auerbach Will) author Stephen Birmingham has demonstrated an unparalleled understanding of the ways of America’s extremely rich. This unique knowledge comes into glorious play in his blistering novel *Shades of Fortune*, a thrilling and unforgettable breakneck ride through the darkest passageways of wealth and success.

[The Unlikely Art of Parental Pressure](#) Dec 12 2020 The Right Kind of Parental Pressure Puts Kids on a Path to Success. The Wrong Kind Can Be Disastrous. Level up your parenting with this positive approach to pushing your child to be their best self. Parents instinctively push their kids to succeed. Yet well-meaning parents can put soul-crushing pressure on kids, leading to under-performance and serious mental health problems instead of social, emotional, and academic success. So where are they going astray? According to Drs. Chris Thurber and Hendrie Weisinger, it all comes down to asking the right question. Instead of “How much pressure?”, you should be thinking “How do I apply pressure?” The Unlikely Art of Parental Pressure addresses the biggest parenting dilemma of all time: how to push kids to succeed and find happiness in a challenging world without pushing them too far. The solution lies in Thurber and Weisinger’s eight methods for transforming harmful pressure to healthy pressure. Each transformation is enlivened by case studies, grounded in research, and fueled by practical strategies that you can start using right away. By upending conventional wisdom, Thurber and Weisinger provide you with the

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revolutionary guide you need to nurture motivation, improve your interactions with your child, build deep connections, sidestep cultural pitfalls, and, ultimately, help your kids become their best selves.

The Mother's Magazine May 05 2020

[The Wisdom of Hair](#) Apr 15 2021 Life can be beautiful, but it takes a little work... “The problem with cutting your own hair is that once you start, you just keep cutting, trying to fix it, and the truth is, some things can never be fixed. The day of my daddy’s funeral, I cut my bangs until they were the length of those little paintbrushes that come with dime-store watercolor sets. I was nine years old. People asked me why I did it, but I was too young then to know I was changing my hair because I wanted to change my life.” In 1983, on her nineteenth birthday, Zora Adams finally says goodbye to her alcoholic mother and their tiny town in the mountains of South Carolina. Living with a woman who dresses like Judy Garland and brings home a different man each night is not a pretty existence, and Zora is ready for life to be beautiful. With the help of a beloved teacher, she moves to a coastal town and enrolls in the Davenport School of Beauty. Under the tutelage of Mrs. Cathcart, she learns the art of fixing hair, and becomes fast friends with the lively Sara Jane Farquhar, a natural hair stylist. She also falls hard for handsome young widower Winston Sawyer, who is drowning his grief in bourbon. She couldn’t save Mama, but maybe she can save him. As Zora practices finger waves, updos, and spit curls, she also comes to learn that few things are permanent in this life—except real love, lasting friendship, and, ultimately... forgiveness.

A Call to Mother's Grace and Gifts Jan 01 2020 Without a Divine Mother there is no Life. She is First Mover, She is First Cause and Effect. Without Her Intent for Creation, no Creation is feasible. She is the Womb of Creation. She is the Originator, the Activator, the Place of Gestation, the Trusting Parent who releases us into the Celebration of Life. Thru Her all things are possible and all possibilities exist. Accepting the Divine Mother's Grace is the firm Recognition in every cell of our being that our Beloved Mother gave us Life and a Body and a Mind and a Spirit and a Will and a Heart to

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serve as vehicle for us to Be and Learn the most that we can in this Experience of Love.

Accepting Mom's Grace is Recognition of these Huge Gifts. She gave us these Gifts in the Beginning and daily She Hugely Dispensates us in more ways than we can imagine. She continues to give to us, for She loves us beyond measure. We are here to Express and Be the Mother's Loving Grace and Joy and to Heal Relationship . our relationship to all aspects of self, to God and to All of Life.

Selected Readings on Mother-infant

Bonding Nov 22 2021

OCR Psychology for A Level Book 2 Sep 20 2021
Exam Board: OCR Level: A-level Subject: Psychology
First Teaching: September 2015
First Exam: June 2016 OCR Publishing Partner
Helps your students build their knowledge of the core studies and applied topics for OCR Psychology with a clear, organised approach; activities, practice questions and extension suggestions develop the skills required at A Level - Supports you and your students through the new OCR A Level specification, with an author team experienced in teaching and examining OCR Psychology - Helps students easily navigate the core studies and associated themes and perspectives with an organised, accessible approach - Develops knowledge and understanding of all the Applied Psychology topics, with background, key studies and applications - Develops the critical thinking, mathematical and problem-solving skills required for the study of Psychology through a wealth of targeted activities - Strengthens students' learning and progression with practice questions and extension activities

Helping Children Who Yearn for Someone

They Love Aug 08 2020 This is a guidebook to help children who: "are missing someone too much or suffer from separation anxiety"; are obsessed with their absent parent "yearn for a parent who: has died; seems unreachable, although she is right there; or is loving one minute and indifferent, cold or abusive the next". They yearn because they have been taken into care, fostered or adopted.

The One Minute Mother Sep 01 2022 Previously unpublished in the UK, this book by best-selling co-author of *The One Minute Manager* and author of *Who Moved My Cheese?* shows the

quickest way for mothers to help their children learn to like themselves and want to behave themselves.

Mother's Boy Mar 15 2021 'A wonderful memoir, written with great linguistic brio. Candid, shrewd and moving - a classic of its kind.' - William Boyd 'Laugh-out-loud glorious and uproarious of course - but don't let the self-ribbing fool you; this is deep and poignant.' Simon Schama Howard Jacobson's funny, revealing and tender memoir of his path to becoming a writer It's my theory that only the unhappy, the uncomfortable, the gauche, the badly put together, aspire to make art. Why would you seek to reshape the world unless you were ill-at-ease in it? And I came out of the womb in every sense the wrong way round. In *Mother's Boy*, Booker-Prize winner Howard Jacobson reveals how he became a writer. It is an exploration of belonging and not-belonging, of being an insider and outsider, both English and Jewish. Jacobson was forty when his first novel was published. In *Mother's Boy* he traces the life that brought him there. Born to a working-class family in 1940s Manchester, the great-grandson of Lithuanian and Russian immigrants, Jacobson was raised by his mother, grandmother and aunt Joyce. His father was a regimental tailor, as well as an upholsterer, a market-stall holder, a taxi driver, a balloonist, and a magician. Grappling always with his family's history and his Jewish identity, Jacobson takes us from the growing pains of childhood to studying at Cambridge under F.R. Leavis, and landing in Sydney as a maverick young professor on campus. After his first marriage and the birth of his son, he lived in places as disparate as London, Wolverhampton, Boscawen and Melbourne, and worked many different jobs to make ends meet, from selling handbags on a market stall, to teaching English in schools, universities and sometimes football stadiums, and even helping to run an Australian-inspired restaurant in the middle of Cornwall. Full of Jacobson's trademark humour and infused with bittersweet memories of his parents, this is the story of a writer's beginnings - as well as the twists and turns that life takes - and of learning to understand who you are before you can become the writer you were meant to be.

The One Minute [s]ales Person Jan 13 2021

Presents selling attitudes and skills from the perspective of how a customer likes to buy.

The Mother Load Mar 27 2022 Motherhood is an intense, 'round-the-clock job. To stay healthy and happy, moms need friends, laughter, solitude, balance, and an intimate relationship with the Lord. But exactly how do moms meet these needs while juggling family responsibilities? Mary Byers, the mother of two lively young kids, shares how moms can find small pockets of time to— rest and refuel create personal space make time for friendship, exercise, and intimacy identify and prevent “balance busters” that create chaos creatively stay sane in the midst of mothering

The Mother Load offers down-to-earth suggestions, spiritual truths, and real-life advice from moms to help women survive and thrive in today’s active families. Includes questions for group discussion and personal reflection.

One Minute to Zen Dec 24 2021 From the political climate to natural disasters, to managing the stress and overwhelm of everyday life, women have more to deal with than ever. Life feels overwhelming and exhausting much of the time. The third in her Hot Mess to Mindful Mom series, One Minute to Zen will provide numerous tools to help deal with stress in one minute, the same amount of time it can take for all hell to break loose! When teaching moms across the country, while giving talks to corporations, and across Ali’s thriving social media channels, people are asking for more tools to use quickly and effectively to help recover from the stress they face in daily life. In One Minute to Zen, Ali has compiled a list of tools that make it possible to recalibrate, achieve balance, and recover from stress quickly and with ease, in order to live a more mindful and joyful life. Known for her authenticity and relatability, Ali shares personal stories and anecdotes to help connect her audience and show how to really put her suggestions to use. The goal is to put these tools into the hands of every mother who needs them (we all do!) and also teach them how to pass them on to their children, thus creating in each family a chain reaction of calm and confidence when faced with challenges big and small.

Working Mother Sep 08 2020 The magazine that helps career moms balance their personal

and professional lives.

The One Minute Mother Oct 02 2022 The quickest way for you to help your children learn to like themselves and want to behave themselves.

Mum in a Million Oct 10 2020 There is no one quite like your mother - but along with the unconditional love and understanding, this also means that there is no one else who always knows when you're fibbing, or where you keep your diary, or the terribly amusing thing you once said at a family wedding when you were five. In an affectionate, amusing and mischievous book, Judith Holder's tribute to motherhood covers everything from mothers through the ages (it's not only the Virgin Mary who we wish had had an immaculate conception) to maternal anxiety and those little things she says and why she says them: 'You're not going out like that', 'What are you doing inside on a lovely day like today?', and the classic 'because I said so.' Using interviews and testimonies from mothers and daughters of all ages, this is a humorous look at motherhood and everything that goes with it, with beautifully illustrated and funny line drawings integrated into the text.

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My Mother's Cook Book Apr 03 2020 The category of “charity cookbook” is a favorite in American culinary history. Funds raised by sales of these cookbooks, with recipes donated by women’s groups and church societies, were used to aid a wide variety of local causes and charities. My Mother’s Cook Book belongs in this category—an excellent example of regional cooking styles of the post-Civil War Midwest. Several hundred recipes compiled by Ladies of St. Louis for the Women’s Christian Home include a complete range of dishes from soup to nuts, tending toward dishes “my mother” used, and handed down from mother to daughter. The ladies’ droll sense of humor is captured in the preface: “The recipes gathered in this priceless volume have been sent from all parts of the known world; several even from New Jersey.” Although the ladies are unnamed, a dedication by Mrs. E. F. Richards and the Misses Glover thanks all the contributors as well as local advertisers who aided the project (ads for merchants selling a wide variety of merchandise, including the “latest gems of fashion,” are

included at the front of the book). This edition of *My Mother's Cook Book* was reproduced by permission from the volume in the collection of the American Antiquarian Society, Worcester, Massachusetts. Founded in 1812 by Isaiah Thomas, a Revolutionary War patriot and successful printer and publisher, the society is a research library documenting the lives of Americans from the colonial era through 1876. The society collects, preserves, and makes available as complete a record as possible of the printed materials from the early American experience. The cookbook collection comprises approximately 1,100 volumes.

Mother's Ruin Aug 20 2021 Nicola Barry grew up in well-to-do Murrayfield, Edinburgh. Her father was a hospital consultant, her mother was medically trained, her brothers boarders at public school. But behind the closed doors of their imposing family home, her mother was drinking herself to death. A beautiful, quirky woman, this is the story of how Monica Barry became a prisoner to alcohol and a prisoner in her own home, her addiction slowly sucking the life out of her. And how - with her father at work, and her brothers away at school - Nicola spent a lot of her childhood as her mother's unofficial carer: hauling her from the bath when she was too drunk to function and running errands to buy her booze. Full of harrowing incidents, and warmed by a touching, bleak humour, this is the powerful story of how a mother drank herself to death and how alcohol destroyed a family. And of how Nicola battled with her own alcoholism but, determined to throw off her mother's legacy, came through - a survivor.

The One Minute Teacher May 29 2022 By best-selling co-author of *The One Minute Manager* and author of *Who Moved My Cheese?*, this book shows how to teach others to teach themselves and inspire a love of learning. Dr Spencer Johnson's pioneering work in unleashing potential through better communication is most evident from his bestselling books, among them *The One Minute Manager*, *The One Minute Mother*, *Who Moved My Cheese?* and *The Present*. Combining his insight with the skills of life-long teacher Constance Johnson, this book offers an invaluable new strategy for learning. Despite the many difficulties they face adapting

to new directives, individual teachers still make huge contributions to their students' lives. In this book, Johnson and Johnson describe how the use of Goal Setting, Praising and Recovery reinforces self-esteem and creates a new kind of learning process that will last a lifetime.

Practical, wise and useful in a range of everyday situations, *The One Minute Teacher* reveals simple, positive ways to A* Discover and instil the love of learning A* Foster success and achievement A* Feel more confident and happy A* Bring out the best in ourselves and others.

In a Mother's Heart Jul 07 2020 Unwilling to let go of the son she dearly loves when she realizes that he is on the brink of manhood, Barbara is devastated by her changing roles as a mother and struggles with letting him forge his own path.

Yes or No Feb 23 2022 "Yes" or "No," from the #1 New York Times bestselling author Spencer Johnson, presents a brilliant and practical system anyone can use to make better decisions, soon and often -- both at work and in personal life. The "Yes" or "No" System lets us: focus on real needs, versus mere wants create better options see the likely consequences of choices and identify and then use our own integrity, intuition, and insight to gain peace of mind, self-confidence, and freedom from fear

One Minute for Yourself Jun 29 2022 In this story, number one bestselling author Dr. Spencer Johnson reveals a simple, easy way to bring out the best in yourself. Using his proven world-famous One Minute program, you can: Take better care of yourself and encourage others to do the same Reduce stress at work and at home Enjoy a sense of peace and balance Have more business and personal success Life is lived minute by minute. With the practical wisdom that characterizes all of his One Minute books, Dr. Johnson shows how stopping and taking a minute out of the day can make life more meaningful and enjoyable—for you and for those near you. More than eleven million copies of Dr. Johnson's books are in use in twenty-four languages.

Mirror Mentor Nov 30 2019 The child of teenage parents, Michelle spent her formative years amid parties, sex and drugs. When her father died and her mother's mental instability made her fear for her life, she spent several years in

and out of foster care. She grew up determined to escape her past and created a full life as she

began her own family and built a business. Then, at forty, everything began to unravel, forcing her to confront the depths of dysfunction in her past.