

## Can I Tell You About Selective Mutism A Guide For Friends Family And Professionals

Meet Katie - a teenager with Obsessive Compulsive Disorder (OCD). Katie invites readers to learn about OCD from her perspective, helping them to understand what it is, how her obsessions and compulsions affect her daily life, and how people around her can help. With illustrations throughout, this will be an ideal introduction to OCD for both young people and older readers. It shows family, friends and teachers how they can support someone with the condition and will be an excellent way to start a conversation about OCD, in the classroom or at home.

Meet Megan - a young girl who has an anxiety disorder. Megan invites readers to learn about anxiety from her perspective, helping them to understand why she sometimes feels anxious and how this affects her thoughts, feelings and behaviours. Megan talks about techniques she has learnt to help manage her anxiety, and how people around her can help. With illustrations throughout, this will be an ideal way to explore anxiety difficulties. It shows family, friends and teachers how they can support someone who experiences anxiety and will be an excellent way to start a conversation about anxiety, in the classroom or at home.

A Washington Post Notable Book of 2017. Deborah Tannen's bestselling *You Just Don't Understand: Conversations Between Women and Men* made us aware of the deep and subtle meanings behind the words we say. She has since explored the way we talk at work, in arguments, to our mothers and our daughters. Now she turns to that most intense, precious and potential minefield: women's friendships. Best friend, old friend, good friend, new friend, neighbour, fellow mother at the school gate, workplace confidante: women's friendships are crucial. A friend can be like a sister, daughter, mother, mentor, therapist or confessor. She can also be the source of pain and betrayal. From casual chatting to intimate confiding, from talking about problems to sharing funny stories, there are patterns of communication and miscommunication that affect friendships. Tannen shows how even the best of friends - with the best intentions - can say the wrong thing, how the ways women friends talk can bring friends closer or pull them apart, but also how words can repair the damage done by words. She explains the power of women friends who show empathy and can just listen; how women use talk to connect - and to subtly compete; how fears of rejection can haunt friendships; how social media is reshaping relationships. Exploring what it means to be friends, helping us hear what we are really saying, understanding how we connect to other people; this illuminating and validating book gets inside the language of one of most women's life essentials - female friendships.

Part of the Reading Well scheme. 35 books selected by young people and health professionals to provide 13 to 18 year olds with high-quality support, information and advice about common mental health issues and related conditions. Meet Alice - a teenage girl with anorexia nervosa. Alice invites readers to learn about anorexia nervosa and how it makes her see herself differently from how other people see her. She also introduces readers to Beth who has bulimia nervosa, Sam who has selective eating problems, Francesca who has functional dysphagia and Freddie who has food avoidance emotional disorder. They all explain why they find food difficult and how their eating disorders are different. This illustrated book is an ideal introduction to understanding the complex issues surrounding eating disorders. It shows family, friends and teachers how they can support a young person with an eating disorder and will also be a good place to start when encouraging open conversations about eating disorders at school or at home.

Meet Mollie – a woman with an illness called ME (Myalgic Encephalomyelitis) or CFS (Chronic Fatigue Syndrome), and her family, Mike, Ellie

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and Eric. Mollie and her family help readers to understand what ME/CFS is, what it is like to have it and how it can affect their family life. Mollie can't always do things that other mums do because of her illness, which can sometimes be frustrating, but they share strategies that help them all to cope. The family also explain how ME/CFS can affect different people in different ways. This illustrated book is an ideal introduction to this often misunderstood condition. It shows family, friends and anyone who knows someone with the condition how they can support someone with ME/CFS, and their family.

A boy named Max describes what life with Tourette syndrome is like, explains what tics and triggers are, and suggests ways for parents and educators to help those who suffer from the condition.

When Isabelle enters the magical world of Las Brisas with her wheelchair-bound brother, her eyes are opened to a future of new possibilities. A young girl with dyslexia named Zoe helps to inform readers about dyslexia from her perspective, offering information about what dyslexia is as well as how it affects children and how others can help them with reading, writing, words, and numbers.

Meet Max - a boy with Tourette syndrome (TS). Max invites readers to learn about Tourette's from his perspective, helping them to understand what tics and triggers are and what it feels like to have TS. He explains how living with TS can sometimes be difficult, and how people around him can help him to feel happy and accepted. This illustrated book is ideal for young people aged 7 upwards, as well as parents, friends, teachers and other professionals working with children with TS. It is also an excellent starting point for family and classroom discussions.

The challenging story of a young person's progress through care, prison and social rejection to youth justice specialist. It charts failures to connect with and modify the author's chaotic early life moving from place to place, school to school, fragmented parenting and poor role models. Encircled by crime, drugs and baffling adults, Andi Brierley ended up first in a young offender institution then prison where he learned to think like a prisoner for his own survival, making everything harder for everybody on release. Until he determined to change and others saw his unenviable past could be put to good use. Shows how small things can make a difference. Contains many insights for professionals, students and others interested in young people in trouble. An addition to Waterside's acclaimed turn around stories, including Alan Weaver's *So You Think You Know Me?*, Ben Ashcroft's *Fifty-one Moves* and Justin Rollins' *The Lost Boyz*. Reviews 'Wow!! I didn't put it down once I started reading!'-- Lynda Marginson CBE, Director - National Probation Service (NE). 'Andi's compelling story shows why we should never give up on the capacity of people to change'-- Jim Hopkinson, Bradford Children's Services. Your Honour *Can I Tell You My Story* has been chosen for the Probation Insights Week 2019 Big Read. As featured in the Yorkshire Post. Contents Foreword; Introduction; Who Am I?; Party Time; Shunted Back and Forth; Bilston; A Life of Crime; The Drugs Chain; Grafting; A Taste of Custody; Cyclops and Other Fine Friends; Harehills; Work and an Evening at Elland Road; Doncaster; Deerbolt; Clubbing the Night Away; Addiction; Here We Go Again!; Sportsperson; Release; Youth Justice Volunteer; Golden Opportunity; The Professionals; 'Me, promotion?';

Back to My Youth Justice Roots; Postscript.

Meet Jack - an older man with dementia. Jack invites readers to learn about dementia from his perspective, helping them to understand the challenges faced by someone with dementia and the changes it causes to memory, communication and behaviour. He also gives advice on how to help someone with dementia stay as mentally and physically active as possible, keep safe and continue to feel cared for and valued. With illustrations throughout, this useful book will be an ideal introduction to dementia for anyone from child to adult. It will also guide family, friends and carers in understanding and explaining the condition and could serve as an excellent starting point for family discussions.

This illustrated book is an ideal introduction to depression. Julie helps readers to understand what depression is, how it feels to be depressed and how it can affect their family life. She explains what help and support is available for people with depression and what friends and family can do to make things easier for her.

A charming tale about being brave and sharing your worries, from the author and illustrator of You Are (Not) Small and That's (Not) Mine! Pssst! Monty the frog has a secret. Promise not to tell? He can't swim! And he's terrified of water! What is he going to do? Luckily, when he's persuaded to tell his parents, they are very understanding. In fact, his dad has a secret of his own... The simple text from Anna Kang and bold illustrations from the New Yorker cartoonist Christopher Weyant tell an original and funny story about sharing your worries and facing your fears. Visit Christopher at [www.christopherweyant.com](http://www.christopherweyant.com). Praise for You are (Not) Small: "Charming characters, a clever plot and a quiet message tucked inside a humorous tale." Kirkus Reviews

A boy named Tom describes what life with autism is like, explains the challenges he faces, and suggests ways for parents and educators to help those who suffer from the condition.

Meet Sophie - a girl with cerebral palsy (CP). Sophie invites readers to learn about CP from her perspective, helping them to understand what it is like to use a wheelchair to move around and assistive technology to communicate. She also introduces readers to some of her friends who have different forms of CP and explains that living with CP can sometimes be difficult, but there are many ways she is supported so that she can lead a full and happy life. This illustrated book is ideal for young people aged 7 upwards, as well as parents, friends, teachers and professionals working with children with CP. It is also an excellent starting point for family and classroom discussions.

Meet Joseph - Joseph is curious to understand more about forgiveness. He lost his sister's brand new football. Although she forgave him, he feels really bad. Can he forgive himself? He told his friend Billy a big secret, but Billy has betrayed his trust and told other kids at school. Should he forgive Billy, especially when he is yet to say sorry? Joseph's friend George is being bullied at school by Jasper. If George forgives Jasper, could Jasper go on to bully others in the future?

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This illustrated book is the ideal conversation starter for children aged 7+ to explore what forgiveness means, what it is and isn't and when it might and might not be appropriate.

Meet Asher - a teenager who self-harms to manage their feelings when it all feels like too much. The latest in the best-selling Can I Tell You About... series describes what self-harm is, along with the wide range of behaviours that qualify, why teens do it, and how to get help if you feel the need to self-harm. Reflecting on the different aspects of self-harming behaviour, including treatment of injuries and scars, this concise introduction dispels common myths and offers helpful resources to break the cycle of self-harm. By initiating the conversation around self-harm, this guide will offer alternative avenues for children and young adults to pursue when dealing with big feelings, such as professional counselling, distraction, and friends and family. This easy-to-read guide is suitable for readers 7+, along with their parents, teachers, and friends. All author royalties from the book will go towards the Charlie Waller Memorial Trust.

**NEW YORK TIMES BESTSELLER!** From Misha Collins, actor, longtime poet, and activist, whose massive online following calls itself his "Army For Good," comes his debut poetry collection, *Some Things I Still Can't Tell You*.

Trademark wit and subtle vulnerability converge in each poem; this book is both a celebration of and aspiration for a life well lived. **#1 PUBLISHERS WEEKLY BESTSELLER!** **USA TODAY Bestseller!** This book is a compilation of small observations and musings. It's filled with moments of reflection and a love letter to simple joys: passing a simple blade of grass on the sidewalk, the freedom of peeing outdoors late at night, or the way a hand-built ceramic mug feels when it's full of warm tea on a chilly morning. It's a catalog and a compendium that examines the complicated experience of being all too human and interacting with a complex, confounding, breathtaking world ... and a reminder to stop and be awake and alive in yourself.

What if the things people need to know about autism is not the information they're getting? Combining myth-busting advice with personal experience, this book from the mother of autistic twins shares simple strategies to build children's confidence, communication, and independence. From sharing the joy of yodelling around shops at the weekend, to finding creative ways to communicate with both her verbal and her non-verbal sons, Debby Elley gives practical and fun tips for everyday living and shows that being autistic is just another way of being. Both witty and candid, the book discusses labels, meltdowns, acceptance, happiness and much more.

Meet Debbie - a young girl with diabetes type 1. Debbie invites readers to learn about this type of diabetes from her perspective, describing how it feels to have high and low blood sugar levels. She explains how she can monitor her blood sugar and controls it with medication. Debbie also talks about the challenges of having diabetes and lets readers know how she can be helped and supported. This illustrated book is ideal for young people aged 7 upwards, as well as

parents, friends, teachers and nurses. It is also an excellent starting point for family and classroom discussions. Meet Issy – an 11-year-old girl with pathological demand avoidance syndrome (PDA), a condition on the autism spectrum. Issy invites readers to learn about PDA from her perspective, helping them to understand how simple, everyday demands can cause her great anxiety and stress. Issy tells readers about all the ways she can be helped and supported by those around her. This illustrated book is for readers aged 7 and upwards, and will be an excellent way to increase understanding about PDA in the classroom or at home. It also includes practical tips and recommended resources for parents and professionals.

A boy named Marco describes what life with dyspraxia is like, explains the challenges he faces, and suggests ways for parents and educators to help those who suffer from the condition.

Each illustrated book in this series is designed for parents and professionals to use with children ages 7-up to help explain difficult concepts and features a cartoon character that explains a particular brain disorder. Original.

Rich. Dense. Hopeful. Can I Tell You Something? (CITYS) is a tender and brutal book of philosophy. Its collection is composed of 100 poems about age, addiction, disease, poverty, romance, art, friendship and more. Karl's poems are often told through story and capture a temperament not commonly found in modern poetry. Flores' poems are a nuanced assembly of our questions, our instincts, and our most concealed emotions like shame, purposelessness, and lust. These poems are accompanied by fifty illustrations by Marta Maszkiewicz to create a powerful thrill for readers looking to be inspired by new ideas and ultimately examine their own lives. In one sentence, Can I Tell You Something? is an exploration of hope in the mystery of humanity. Flores writes: "Read in the dark. Live in the space between the wine and the cork. Live without rhyme, like a vortex, free of them, go wild for any sort. Live like a secret, dance despised, share your mad, let the water soak you, But most: live your true wish and don't let man's template choke you."

A girl named Megan describes what life with anxiety is like, explains the challenges she faces, and suggests ways for parents and educators to help those who suffer from the condition.

Be warned—in your journey through this volume you will encounter many true stories. Some will make you laugh, others could make you cry, and all are enough to thoroughly embarrass the authors. These stories would never be allowed to see the light of day if they did not open the door to important truths about love. The authors speak to you, sometimes in their own voices, sometimes through dialogue, and sometimes through fiction. You will recognize yourself in their struggles and triumphs. Can the good life be attained without true love? What is jealousy? Is it possible to be a feminist and a heterosexual lover at the same time? What is the logic of the lovers' quarrel? Is rough sex immoral? Is pornography a great lover's friend or a foe? What did Plato, Aristotle, Kant, Nietzsche, Russell, Beauvoir, and other great geniuses of Western history have to say about what goes on under the boardwalk? Is there any freedom in love? Is erotic desire a function of body or spirit? What is the best kind of love? Is there such a thing as a soul mate? You will have to face these questions and more when you dare to

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ask what philosophy can tell you about your lover. Everyone who has experienced it knows that romantic love truly is a “crazy little thing.” It keeps us awake at night and makes us do things we would never have dreamed we were capable of. In this volume twenty-five philosophy professors are gathered together to discuss various connections between romantic love and philosophy. They have left their tweed jackets and spectacles behind. It is as though you have run into them by chance at a bar in some far away city where they are at ease, ready to tell you what they really think. Perhaps you have taken a few philosophy classes, or perhaps you always kind of wanted to. This is your chance to enjoy some deep reflection on one of life’s greatest mysteries without any of the scholarly jargon, the academic pretenses, or the impossible exams. This volume will explain the lasting value of their ideas in simple, modern terms without the use of a single footnote.

Can I Tell You about ADHD? A Guide for Friends, Family and Professionals Jessica Kingsley Publishers

Meet Fred - a man who has had a stroke. Fred invites readers to learn about what it is like to have a stroke from his perspective, helping them to understand the challenges faced by someone who has had a stroke and the ways in which they might have to adapt their lifestyle. He also gives advice on how to offer support to someone who has had a stroke, from diagnosis through to rehabilitation. With illustrations throughout, this useful book will be ideal for anyone who knows someone who has had a stroke, from child to adult. It will help readers to understand and explain what a stroke is and encourage open discussion among family members, carers and friends.

Discusses epilepsy, explaining how those suffering from the disorder experience seizures, and offers suggestions for how parents and educators can help those afflicted.

This illustrated book is an introduction to life as a young carer. Follow Carly as we learn what responsibilities she has in the home why she cares for her mum, her worries and concerns, as well as all the positive aspects of being a carer. Carly's story raises awareness about the needs of young carers for children, families and professionals.

Alfie invites readers to learn about asthma from his perspective and describes what it feels like to have an asthma attack, how to use an inhaler, what the common triggers are and how people around him can help. The appealing illustrations make it an ideal introduction for children and a great resource for parents, friends, teachers and nurses.

A TWIST THAT WILL BREAK YOUR HEART . . . AN ENDING THAT WILL PUT IT BACK TOGETHER AGAIN. 'I loved it' Jojo Moyes  
'Compelling and moving . . . it made me cry' Marian Keyes \*\*\*\*\* Audrey's family has fallen apart. Her two grown-up daughters, Jess and Lily, are estranged, and her two teenage granddaughters have never been allowed to meet. A secret that echoes back thirty years has splintered the family in two, but is also the one thing keeping them connected. As tensions reach breaking point, the irrevocable choice that one of them made all those years ago is about to surface. After years of secrets and silence, how can one broken family find their way back to each other? \*\*\*\*\* Praise for If Only I Could Tell You: 'A must-read. An absorbing tale of long-buried family secrets, grief and guilt with a midpoint twist that changes everything' - SUNDAY EXPRESS MAGAZINE 'Resolutely heartbreaking...in a plot galvanised by guilt...quieter observations become just as unravelling' - GUARDIAN 'A tender portrait of family lives, losses and secrets' Clare Mackintosh, author of I Let You Go 'Tense, moving and tender' - SUN ON SUNDAY 'Tender, heartbreaking and utterly beautiful' - PSYCHOLOGIES 'Utterly compelling and completely heart-breaking. I couldn't put it down' Ruth Hogan, author of The Keeper of Lost Things 'A powerful novel about grief, guilt and...secrets' - SUNDAY EXPRESS 'Emotionally engaging, clever & wonderfully satisfying' Kate Mosse, author of The Burning Chambers 'A tender and heartbreaking second novel' - DAILY MAIL 'If Only I Could Tell You breaks your heart, but with an incredible skill and elegance... I loved it to bits' Joanna Cannon, author of The Trouble With Goats and Sheep 'Life-affirming' - RED

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Discusses selective mutism, explaining how those suffering from the disorder experience intense fear and panic in social situations, and offers suggestions for how parents and educators can help those afflicted.

Introducing Adam, who has Asperger syndrome -- Reading feelings -- Tones of voice -- Playing with others -- Loud noises -- Confusing groups -- Unexpected change -- Motor skills -- Special interests -- What is Asperger syndrome? -- How to help -- How teachers can help.

Use the Science of Behavioral Economics to Understand Why People Buy “The most important business book to come out in years.” –Michael F. Schein, author and columnist for Forbes, Inc, and Psychology Today #1 New Release in Business Encyclopedias, Marketing Research, and Customer Relations What Your Customer Wants (And Can’t Tell You) explains the neuroscience of consumer behavior. Learn exactly why people buy?and how to use that knowledge to improve pricing, increase sales, create better “brain-friendly” brand messaging, and be a more effective leader. Behavioral economics is the marketing research future of brands and business. What Your Customer Wants (And Can’t Tell You) goes beyond an academic understanding of behavioral economics and into practical applications. Learn how real businesses and business professionals can use science to make their companies better. In this book, business owner, consultant, and behavioral economics expert Melina Palmer helps leaders like you use the psychology of the consumer, innovation, and truly impactful branding to achieve real, bottom-line benefits. Discover information and tools you can actually use to influence consumers. Go beyond data science for business and apply behavioral economics. Learn how the consumer brain works. Become a better leader and creatively and effectively market your brand by understanding the true needs of your customers. Dramatically improve your effectiveness as a leader and marketer with the practical tools in this book, including: • Real-world examples that bring a concept to life and make it stick • Ideas to help you with problem solving for your business • Ways to hack your brain into coming up with innovative programs, products, and initiatives If you liked marketing and business books like Nudge by Richard Thaler and Cass Sunstein, Predictably Irrational by Dan Ariely, or This is Marketing by Seth Godin, you’ll love What Your Customer Wants (And Can’t Tell You).

While fighting with his best friend and college roommate over a girl, Jake says something he regrets, then begins communicating only through notes and letters, but when he wants to tell the girl how he really feels about her, his silence and penchant for puns get in the way.

Originally collected in Chuck Klosterman IV and now available both as a stand-alone essay and in the ebook collection Chuck Klosterman on Sports, this piece is about a basketball game.

Meet Chelsea - a young girl who was adopted. Chelsea invites you to learn about adoption from her perspective and introduces us to two friends of hers who were also transracially adopted. Chelsea and her friends help children understand what it means to be adopted, the experiences and challenges that follow the adoption process, and how they can help. Accessible and informative, this illustrated book is an ideal introduction to adoption for children aged 7+ and is a great tool for encouraging discussions for families, teachers and professionals working with adopted children.

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Meet Harry – a young boy who stutters. Harry invites readers to learn about what it is like to stutter from his perspective and how it affects his daily life and makes him feel. He talks about techniques that can help reduce stuttering and describes how friends, family and others can help him to feel at ease and reduce his stutter further. This illustrated book is full of useful information and will be an ideal introduction for young people, aged 7 upwards, as well as parents, friends, teachers and speech therapists working with children who stutter. It is also an excellent starting point for group discussions at home or school.

Meet Ellie – a young girl with epilepsy. Ellie invites readers to learn about epilepsy from her perspective. She introduces us to some friends who help present the varying forms of epilepsy. Ellie and her friends help children to understand the obstacles that they face by telling them what it feels like to have epilepsy, how it affects them physically and emotionally, how epilepsy can be treated and how the condition is often misunderstood by people who do not know the facts. This illustrated book is full of useful information and will be an ideal introduction for children from the age of 7. It will also help parents, friends, and professionals to make sense of the condition in its varying forms and will be an excellent starting point for family and classroom discussions.

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