

Its Perfectly Normal Changing Bodies Growing Up Sex And Sexual Health Family Library Paperback

From the author of *How Are You Feeling Today?* and *Will You Be My Friend?* comes a brand new picture book all about the birds and the bees (sex education). It's natural for young children to have questions about their bodies and where they came from, but it can seem a daunting task to answer honestly so that they understand the subtleties of puberty, sex, reproduction and relationships, and are comfortable with their bodies. This book uses clear, easy to understand language to answer complex questions about sex and relationships, and covers all manner of tricky subjects from puberty to consent with delicate accuracy and honesty. Filled with bright, fun illustrations and helpful advice for parents and carers, *Let's Talk About the Birds and Bees* is the perfect book for explaining the facts of life to small children. Discusses changes that adolescents undergo during puberty, chiefly the physical changes. Children and adolescents with Autism Spectrum Disorders (ASD) require specialized teaching strategies when learning about puberty, sexuality and relationships. This professional resource offers practical teaching advice geared towards the needs of young people on the autism spectrum. Beginning with information on good practice, policy, teaching methods and recent research, the book then divides into key sex education topics that assist professionals in developing their own individualized and developmentally appropriate curricula. Covering issues of gender, public and private, puberty, hygiene, emotions, sex and more, each topic provides an overview of the difficulties that children with autism might experience, discussion and activity ideas and photocopiable resources including instructional stories, checklists and illustrations. The final section demonstrates how to respond to ongoing patterns of inappropriate behaviour and put together a behaviour plan. Aiming to explain and support the child's developing sexuality while also addressing crucial issues of safety, this book is a much-needed teaching manual for all professionals working with children and young adults with autism including educators in mainstream and special education, psychologists, therapists and social workers.

"An outstanding book. . . . Meets the needs of those in-between or curious kids who are not ready, developmentally or emotionally, for *It's Perfectly Normal*." —Booklist (starred review)

How does a baby begin? What makes a baby male or female? How is a baby born? Children have plenty of questions about reproduction and babies—and about sex and sexuality, too. *It's So Amazing!* provides the answers—with fun, accurate, comic-book-style artwork and a clear, lively text that reflects the interests of children age seven and up in how things work, while giving them a healthy understanding of their bodies. Created by the author and illustrator of *It's Perfectly Normal*, this forthright and funny book has been newly updated for its fifteenth anniversary.

This guideline defines ventilation and then natural ventilation. It explores the design requirements for natural ventilation in the context of infection control, describing the basic principles of design, construction, operation and maintenance for an effective natural ventilation system to control infection in health-care settings.

A friendly, reassuring positive guide for boys as they approach puberty, explaining the changes that will happen to their bodies as they grow up and how these changes might make them feel. Covering everything from body hair and vocal changes to mood swings and self-esteem, puberty and parenting expert Phil Wilkinson addresses any worries that boys might have relating to what is 'normal'. He reassures readers and boosts their confidence, encouraging them to feel positive about the changes they will experience as they go through puberty. The book also includes lifestyle advice on topics like healthy eating and exercise, as well as information on how puberty affects girls. Topics covered: What is puberty? Your puberty

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timeline How do hormones work? The height and weight race A deeper voice Spotty skin Hair, hair, everywhere The art of shaving Sweat, smells and personal hygiene Changes down below More changes down below New feelings Sex explained Making babies Keeping your confidence up Mood swings Managing your feelings Healthy eating The power of exercise Privacy and your body Puberty for girls Girls have worries, too

From Heather Corinna, founder and director of Scarleteen.com, and Isabella Rotman, cartoonist and sex educator, comes a graphic novel guide that covers essential topics for preteens and young teens about their changing bodies and feelings. Join friends Malia, Rico, Max, Sam and Alexis as they talk about all the weird and exciting parts of growing up! This supportive group of friends are guides for some tricky subjects. Using comics, activities and examples, they give encouragement and context for new and confusing feelings and experiences. Inclusive of different kinds of genders, sexualities, and other identities, they talk about important topics like: - Bodies, including puberty, body parts and body image - Sexual and gender identity - Gender roles and stereotypes - Crushes, relationships, and sexual feelings - Boundaries and consent - The media and cultural messages, specifically around bodies and sex - How to be sensitive, kind, accepting, and mature - Where to look for more information, support and help A fun and easy-to-read guide from expert sex educators that gives readers a good basis and an age-appropriate start with sex, bodies and relationships education! The perfect complement to any school curriculum.

"Nandan's perfect plan for junior year goes awry after he hooks up with a guy for the first time"--

It's Perfectly Normal A Book about Changing Bodies, Growing Up, Sex, and Sexual Health Candlewick Press (MA)

Fully and fearlessly updated, this vital new edition of the acclaimed book on sex, sexuality, bodies, and puberty deserves a spot in every family's library. With more than 1.5 million copies in print, It's Perfectly Normal has been a trusted resource on sexuality for more than twenty-five years. Rigorously vetted by experts, this is the most ambitiously updated edition yet, featuring to-the-minute information and language accompanied by new and refreshed art. Updates include: * A shift to gender-neutral vocabulary throughout * An expansion on LGBTQIA topics, gender identity, sex, and sexuality—making this a sexual health book for all readers * Coverage of recent advances in methods of sexual safety and contraception with corresponding illustrations * A revised section on abortion, including developments in the shifting politics and legislation as well as an accurate, honest overview * A sensitive and detailed expansion on the topics of sexual abuse, the importance of consent, and destigmatizing HIV/AIDS * A modern understanding of social media and the internet that tackles rapidly changing technology to highlight its benefits and pitfalls and ways to stay safe online Inclusive and accessible, this newest edition of It's Perfectly Normal provides young people with the knowledge and vocabulary they need to understand their bodies, relationships, and identities in order to make responsible decisions and stay healthy.

NEW YORK TIMES BESTSELLER The New York Times—bestselling author of *The Brain That Changes Itself* presents astounding advances in the treatment of brain injury and illness. Now in an updated and expanded paperback edition. Winner of the 2015 Gold Nautilus Award in Science & Cosmology In his groundbreaking work *The Brain That Changes Itself*, Norman Doidge introduced readers to neuroplasticity—the brain's ability to change its own structure and function in response to activity and mental experience. Now his revolutionary new book shows how the amazing process of

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neuroplastic healing really works. The Brain's Way of Healing describes natural, noninvasive avenues into the brain provided by the energy around us—in light, sound, vibration, and movement—that can awaken the brain's own healing capacities without producing unpleasant side effects. Doidge explores cases where patients alleviated chronic pain; recovered from debilitating strokes, brain injuries, and learning disorders; overcame attention deficit and learning disorders; and found relief from symptoms of autism, multiple sclerosis, Parkinson's disease, and cerebral palsy. And we learn how to vastly reduce the risk of dementia, with simple approaches anyone can use. For centuries it was believed that the brain's complexity prevented recovery from damage or disease. The Brain's Way of Healing shows that this very sophistication is the source of a unique kind of healing. As he did so lucidly in *The Brain That Changes Itself*, Doidge uses stories to present cutting-edge science with practical real-world applications, and principles that everyone can apply to improve their brain's performance and health.

A mother tells her child about its first day of life from the moment of birth through the end of the birth day.

The CEFR Companion volume broadens the scope of language education. It reflects academic and societal developments since the publication of the Common European Framework of Reference for Languages (CEFR) and updates the 2001 version. It owes much to the contributions of members of the language teaching profession across Europe and beyond. This volume contains: ? an explanation of the key aspects of the CEFR for teaching and learning; ? a complete set of updated CEFR descriptors that replaces the 2001 set with: - modality-inclusive and gender-neutral descriptors; - added detail on listening and reading; - a new Pre–A1 level, plus enriched description at A1 and C levels; - a replacement scale for phonological competence; - new scales for mediation, online interaction and plurilingual/pluricultural competence; - new scales for sign language competence; ? a short report on the four-year development, validation and consultation processes. The CEFR Companion volume represents another step in a process of engagement with language education that has been pursued by the Council of Europe since 1971 and which seeks to: ? promote and support the learning and teaching of modern languages; ? enhance intercultural dialogue, and thus mutual understanding, social cohesion and democracy; ? protect linguistic and cultural diversity in Europe; and ? promote the right to quality education for all.

A revolutionary and must-have book for boys! This action-packed, illustrated guide teaches boys to develop much-needed skills around empathy and vulnerability as they grow into self-aware, wonderful men. Share with fans of *The Manual to Manhood*, *Boying Up*, and *The Dangerous Book for Boys*. How do we raise "good sons" during this difficult time? Traits we've always considered masculine--like being tough and not showing emotion--are no longer what we want for our boys. Especially when society most needs unity, empathy, and the understanding that all humans are created equal. As we try to raise caring, thoughtful, respectful young men, this book will lead the pack, teaching them, in a language they will understand, that emotional honesty is the epitome of bravery and that the toughest of the tough are those who raise their voices to uplift and support those most in need. Unlike any book out there, *The Warrior Challenge* will capture readers with its epic and engrossing stories about courageous men across history, real-life examples of modern manhood, and straight-talking

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messages about compassion and authenticity. Author, mountain climber, and professional speaker John Beede disproves the "boys will be boys" mentality and encourages boys to be, above all, good humans.

"Build, balance, count - question, estimate, measure - predict, crash, and build again with Elephant and a bucket full of blocks. Follow along as Elephant goes through the ups and downs of creating something new and finally celebrates the job of pride and success"--Jacket.

The most authoritative book yet about climate change for teenagers, written by internationally bestselling expert Naomi Klein. Warming seas. Superstorms. Fires in the Amazon. The effects of climate change are all around us. Reforestation. School-strikes for climate change. Young people are saving the world and you can join them because you deserve better. Are you ready to change everything? Forget everything you think you know about climate change. This book explains why the planet desperately needs our help and how you can use your power to change the world through climate activism. Klein presents her urgent message about saving the environment by asking three simple questions: Where are we? How did we get here? What happens next? From the Great Barrier Reef to Hurricane Katrina to school environmental policies to Greta Thunberg - climate change impacts every aspect of the world you live in and you have the power to lead the way by enacting change. Internationally bestselling author of *The Shock Doctrine*, Naomi Klein, with award-winning children's science writer Rebecca Stefoff, gives a powerful picture of why and how the planet is changing, providing effective tools for action so that YOU really can make a difference. Includes notes on the COVID-19 pandemic, 2020, and how you can get involved to make the world a safer and better place.

The smash-hit Sunday Times bestseller that will transform your understanding of our planet and life itself. 'Dazzling, vibrant, vision-changing' Robert Macfarlane
The more we learn about fungi, the less makes sense without them. They can change our minds, heal our bodies and even help us avoid environmental disaster; they are metabolic masters, earth-makers and key players in most of nature's processes. In *Entangled Life*, Merlin Sheldrake takes us on a mind-altering journey into their spectacular world, and reveals how these extraordinary organisms transform our understanding of our planet and life itself. 'Gorgeous!' Margaret Atwood (on Twitter) 'Reads like an adventure story... Wondrous' Sunday Times 'Urgent, astounding and necessary' Helen Macdonald 'A magical writer' Russell Brand * A Sunday Times, Daily Telegraph, New Statesman, The Times, Evening Standard, Mail on Sunday, BBC Science Focus and Time Book of the Year *

THE BBC ADAPTATION OF *NORMAL PEOPLE* IS NOW AVAILABLE ON BBC IPLAYER AND BBC 1 OVER ONE MILLION COPIES SOLD THE NUMBER ONE SUNDAY TIMES AND TOP FIVE NEW YORK TIMES BESTSELLER WINNER OF THE COSTA NOVEL AWARD 2018 WINNER OF THE AN POST IRISH BOOK AWARDS NOVEL OF THE YEAR WINNER OF NOVEL OF THE YEAR AND BOOK OF THE YEAR AT THE BRITISH BOOK AWARDS WINNER OF THE SPECSAVERS NATIONAL BOOK AWARDS INTERNATIONAL AUTHOR

OF THE YEAR LONGLISTED FOR THE MAN BOOKER PRIZE 2018
LONGLISTED FOR THE WOMEN'S PRIZE FOR FICTION 2019 Connell and Marianne grow up in the same small town in the west of Ireland, but the similarities end there. In school, Connell is popular and well-liked, while Marianne is a loner. But when the two strike up a conversation - awkward but electrifying - something life-changing begins. Normal People is a story of mutual fascination, friendship and love. It takes us from that first conversation to the years beyond, in the company of two people who try to stay apart but find they can't. 'The literary phenomenon of the decade.' - Guardian SHORTLISTED FOR THE IRISH NOVEL OF THE YEAR AWARD 2019 SHORTLISTED FOR THE RSL ENCORE PRIZE 2019 LONGLISTED FOR THE RATHBONES FOLIO PRIZE 2019

Penelope Leach's classic childcare manual - updated for 21st century parents In the 21st century we know a child's psychological development and well-being is just as important as any physical need. Here Penelope Leach brings together key new scientific evidence about the way infants think and react to their parents and the outside world. Find guidance on sleeping, feeding, playing and washing as well as stage-by-stage advice on your baby's physical, intellectual and emotional development from birth to five. You'll learn how to respond to your child and achieve a happier, more harmonious family life. More than a guide to childcare - this insight from Penelope Leach into your child's needs, thoughts and behaviours - will help you to really communicate together. You'll get support and learn to trust your parenting instincts and gain the confidence to live by your baby and child, not by the book.

Uses a question-and-answer format to present sex information for preteens. A World Book Day 2020 Author WINNER OF THE BLUE PETER BOOK AWARD 2019 WINNER OF THE WATERSTONES CHILDREN'S BOOK PRIZE 2019 SHORTLISTED FOR THE JHALAK PRIZE 2019 Told with heart and humour, The Boy at the Back of the Class is a child's perspective on the refugee crisis, highlighting the importance of friendship and kindness in a world that doesn't always make sense. There used to be an empty chair at the back of my class, but now a new boy called Ahmet is sitting in it. He's nine years old (just like me), but he's very strange. He never talks and never smiles and doesn't like sweets - not even lemon sherbets, which are my favourite! But then I learned the truth: Ahmet really isn't very strange at all. He's a refugee who's run away from a War. A real one. With bombs and fires and bullies that hurt people. And the more I find out about him, the more I want to help. That's where my best friends Josie, Michael and Tom come in. Because you see, together we've come up with a plan. . . With beautiful illustrations by Pippa Curnick

THE PHENOMENAL INTERNATIONAL BESTSELLER: 1 MILLION COPIES SOLD Transform your life with tiny changes in behaviour, starting now. People think that when you want to change your life, you need to think big. But world-renowned habits expert James Clear has discovered another way. He knows that real change comes from the compound effect of hundreds of small decisions:

doing two push-ups a day, waking up five minutes early, or holding a single short phone call. He calls them atomic habits. In this ground-breaking book, Clear reveals exactly how these minuscule changes can grow into such life-altering outcomes. He uncovers a handful of simple life hacks (the forgotten art of Habit Stacking, the unexpected power of the Two Minute Rule, or the trick to entering the Goldilocks Zone), and delves into cutting-edge psychology and neuroscience to explain why they matter. Along the way, he tells inspiring stories of Olympic gold medalists, leading CEOs, and distinguished scientists who have used the science of tiny habits to stay productive, motivated, and happy. These small changes will have a revolutionary effect on your career, your relationships, and your life.

_____ A NEW YORK TIMES AND SUNDAY TIMES BESTSELLER 'A supremely practical and useful book.' Mark Manson, author of *The Subtle Art of Not Giving a F*ck* 'James Clear has spent years honing the art and studying the science of habits. This engaging, hands-on book is the guide you need to break bad routines and make good ones.' Adam Grant, author of *Originals* 'Atomic Habits is a step-by-step manual for changing routines.' Books of the Month, Financial Times 'A special book that will change how you approach your day and live your life.' Ryan Holiday, author of *The Obstacle is the Way*

The #1 New York Times bestseller by Tom Brady, six-time Super Bowl champion and one of the NFL's 100 Greatest Players of All Time. Revised, expanded, and updated, the first book by Tampa Bay Buccaneers and former New England Patriots quarterback Tom Brady—who continues to play at an elite level into his forties—a gorgeously illustrated and deeply practical “athlete’s bible” that reveals Brady’s revolutionary approach to enhanced quality of life and performance through recovery for athletes of all abilities and ages. In this new edition of *The TB12 Method*, Tom Brady further explains and details the revolutionary training, conditioning, and wellness system that has kept him atop the NFL at an age when most players are deep into retirement. Brady—along with the expert Body Coaches at TB12, the performance lifestyle brand he cofounded in 2013—explain the principles and philosophies of pliability, a paradigm-shifting fitness concept that focuses on a more natural, healthier way of exercising, training, and living. Filled with lessons from Brady’s own training regimen, *The TB12 Method* provides step-by-step guidance on how develop and maintain one’s own peak performance while dramatically decreasing injury risks. This illustrated, highly visual manual also offers more effective approaches to functional strength & conditioning, proper hydration, supplementation, cognitive fitness, restorative sleep, and nutritious, easy-to-execute recipes to help readers fuel-up and recover. Brady steadfastly believes that the TB12 approach has kept him competitive while extending his career, and that it can make any athlete, male or female, in any sport and at any level achieve his or her own peak performance. With instructions, drills, photos, in-depth case studies that Brady himself has used, along with personal anecdotes and experiences from his legendary career,

The TB12 Method gives you a better way to train and get results with Tom Brady himself as living proof.

From the expert team behind IT'S PERFECTLY NORMAL and IT'S SO AMAZING! comes a book for younger children about their bodies — a resource that parents, teachers, librarians, health care providers, and clergy can use with ease and confidence. Young children are curious about almost everything, especially their bodies. And young children are not afraid to ask questions. What makes me a girl? What makes me a boy? Why are some parts of girls' and boys' bodies the same and why are some parts different? How was I made? Where do babies come from? Is it true that a stork brings babies to mommies and daddies? IT'S NOT THE STORK! helps answer these endless and perfectly normal questions that preschool, kindergarten, and early elementary school children ask about how they began. Through lively, comfortable language and sensitive, engaging artwork, Robie H. Harris and Michael Emberley address readers in a reassuring way, mindful of a child's healthy desire for straightforward information. Two irresistible cartoon characters, a curious bird and a squeamish bee, provide comic relief and give voice to the full range of emotions and reactions children may experience while learning about their amazing bodies. Vetted and approved by science, health, and child development experts, the information is up-to-date, age-appropriate, and scientifically accurate, and always aimed at helping kids feel proud, knowledgeable, and comfortable about their own bodies, about how they were born, and about the family they are part of.

A young boy discusses his divorced father's new living situation, in which the father and his gay roommate share eating, doing chores, playing, loving, and living.

Introduces human sexuality, describes the changes brought about by puberty, and discusses sexual abuse, sexually transmitted diseases, AIDS, and pregnancy.

The old saying goes, "To the man with a hammer, everything looks like a nail." But anyone who has done any kind of project knows a hammer often isn't enough. The more tools you have at your disposal, the more likely you'll use the right tool for the job - and get it done right. The same is true when it comes to your thinking. The quality of your outcomes depends on the mental models in your head. And most people are going through life with little more than a hammer. Until now. The Great Mental Models:

General Thinking Concepts is the first book in The Great Mental Models series designed to upgrade your thinking with the best, most useful and powerful tools so you always have the right one on hand. This volume details nine of the most versatile, all-purpose mental models you can use right away to improve your decision making, productivity, and how clearly you see the world. You will discover what forces govern the universe and how to focus your efforts so you can harness them to your advantage, rather than fight with them or worse yet- ignore them. Upgrade your mental toolbox and get the first volume today. AUTHOR BIOGRAPHY Farnam Street (FS) is one of the world's fastest growing websites, dedicated to helping our readers master the best of what other people have already figured out. We curate, examine and explore the timeless ideas and mental models that history's brightest minds have used to live lives of purpose. Our readers include students, teachers, CEOs, coaches, athletes, artists,

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leaders, followers, politicians and more. They're not defined by gender, age, income, or politics but rather by a shared passion for avoiding problems, making better decisions, and lifelong learning. AUTHOR HOME Ottawa, Ontario, Canada

Written for adolescents, this book provides frank, up-to-date and reassuring information on all aspects of growing up, puberty, sex and sexual health.

Gus, Nellie, and baby Jake visit their community garden before shopping at the farmer's market and grocery store to gather healthy ingredients that they help prepare for a picnic, in a story that explains the role of nutrition in health.

Living in a "perfect" world without social ills, a boy approaches the time when he will receive a life assignment from the Elders, but his selection leads him to a mysterious man known as the Giver, who reveals the dark secrets behind the utopian facade.

Guy Talk is the must-have advice book for boys navigating all things puberty and growing up great! This easy to read, diverse guide is illustrated for better understanding and includes bodies of all shapes, abilities, and sizes. With Guy Talk, get the answers to the questions you don't know who to ask or are too embarrassed to. From body changes, personal hygiene, healthy eating, and tips for sensitive topics, this book covers all the bases. Learn to not only prioritize your physical health, but your emotional health, too! A healthy mind and a healthy heart makes for a happy life. Maintain healthy relationships with family, friends, and peers. Growing up isn't just about your changing body. Learn how to handle peer pressure, social media safety, consent, and self-confidence so that you can be your best you as you journey through this new time in your life.

The purpose of this manual is to provide an educational genetics resource for individuals, families, and health professionals in the New York - Mid-Atlantic region and increase awareness of specialty care in genetics. The manual begins with a basic introduction to genetics concepts, followed by a description of the different types and applications of genetic tests. It also provides information about diagnosis of genetic disease, family history, newborn screening, and genetic counseling. Resources are included to assist in patient care, patient and professional education, and identification of specialty genetics services within the New York - Mid-Atlantic region. At the end of each section, a list of references is provided for additional information. Appendices can be copied for reference and offered to patients. These take-home resources are critical to helping both providers and patients understand some of the basic concepts and applications of genetics and genomics.

Lamenting the stress-inducing pressure that modern society places on young women to be sexually active, the author calls for a renewed respect for women's privacy and their desire to take intimacy seriously.

"This fascinating little volume explores the stuff that dreams are made of and the role the pandemic is playing in them. The dreams from Barrett's survey are riveting vignettes--from terrifying to touching to hilarious. Her decades of scientific research and clinical practice inform incisive commentary on what these dreams reveal about society's response. She offers simple exercises for managing anxieties over COVID-19 and for inspiring adaption in this unique period of history. A great read!" -Amy Tan, author of *The Joy Luck Club* DREAM: I looked down at my stomach and saw dark blue stripes. I "remembered" these were the first sign of being infected with COVID-19. DREAM: My home was a Covid-19 test center. People weren't wearing masks. I'm

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taken aback because I wasn't asked to be a test site. I'm worried that my husband and son (who actually lives out of state) will catch it because of my job as a healthcare worker. DREAM: I was a giant antibody. I was so angry about COVID-19 that it gave me superpowers, and I rampaged around attacking all the virus I could find. I woke so energized! Since the COVID-19 pandemic swept around the world, people have reported unusually a vivid and bizarre dream lives. The virus itself is the star of many--literally or in one of its metaphoric guises. As a dream researcher at Harvard Medical School, Deirdre Barrett was immediately curious to see what our dream lives would tell us about our deepest reactions to this unprecedented disaster. *Pandemic Dreams* draws on her survey of over 9,000 dreams about the COVID-19 crisis. It describes how dreaming has reflected each aspect of the pandemic: fear of catching the virus, reactions to sheltering at home, work changes, homeschooling, and an individual's increased isolation or crowding. Some patterns are quite similar to other crises Dr. Barrett has studied such as 9/11, Kuwaitis during the Iraqi Occupation, POWs in WWII Nazi prison camps, and Middle Easterners during the Arab Spring. There are some very distinctive metaphors for COVID-19, however: bug-attack dreams and ones of invisible monsters. These reflect that this crisis is less visible or concrete than others we have faced. Over the past three months, dreams have progressed from fearful depictions of the mysterious new threat . . . to impatience with restrictions . . . to more fear again as the world begins to reopen. And dreams have just begun to consider the big picture: how society may change. The book offers guidance on how we can best utilize our newly supercharged dream lives to aid us through the crisis and beyond. It explains practical exercises for dream interpretation, reduction of nightmares, and incubation of helpful, problem-solving dreams. It also examines the larger arena of what these collective dreams tell us about our instinctive, unconscious responses to the threat and how we might integrate them for more livable policies through these times. Deirdre Barrett, PhD is a dream researcher at Harvard Medical School. She has written five books including *Pandemic Dreams* and *The Committee of Sleep*, and edited four including *Trauma and Dreams*. She is Past President of The International Association for the Study of Dreams and editor of its journal, *DREAMING*.

THE NEW YORK TIMES BESTSELLER 'Who would have thought something as simple as changing the way we breathe could be so revolutionary for our health, from snoring to allergies to immunity? A fascinating book, full of dazzling revelations' Dr Rangan Chatterjee There is nothing more essential to our health and wellbeing than breathing: take air in, let it out, repeat 25,000 times a day. Yet, as a species, humans have lost the ability to breathe correctly, with grave consequences. In *Breath*, journalist James Nestor travels the world to discover the hidden science behind ancient breathing practices to figure out what went wrong and how to fix it. Modern research is showing us that making even slight adjustments to the way we inhale and exhale can: - jump-start athletic performance - rejuvenate internal organs - halt snoring, allergies, asthma and autoimmune disease, and even straighten scoliotic spines None of this should be possible, and yet it is. Drawing on thousands of years of ancient wisdom and cutting-edge studies in pulmonology, psychology, biochemistry and human physiology, *Breath* turns the conventional wisdom of what we thought we knew about our most basic biological function on its head. You will never breathe the same again.

'As the Ask the Sexpert columnist . . . he [Dr Watsa] has---gently, gently---pushed the

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limits in Indian popular culture, among other things by introducing the words penis and vagina instead of the squeamish euphemisms . . .' New York Times From adolescence to sex after forty, from foreplay to masturbation to sexual intercourse, from pre-marriage relationships to homosexuality, to conception and pregnancy---this book answers all questions pertaining to sex. Gleaned from a career spanning several decades as a gynaecologist and sex columnist, Dr Watsa writes about sex with wit and humour. In an easy manner he addresses the concerns and demystifies sex for the common Indian. The book also has an extensive FAQ section with questions from his highly popular column.

The bestselling book everyone is talking about, revealing the surprising art of caring less and getting more. Are you stressed out, overbooked and underwhelmed by life? Fed up with pleasing everyone else before you please yourself? Finding it hard working from home? Then it's time to stop giving a f**k. This irreverent and practical book explains how to rid yourself of unwanted obligations, shame, and guilt - and give your f**ks instead to people and things that make you happy. From family dramas to having a bikini body, the simple 'NotSorry Method' for mental decluttering will help you unleash the power of not giving a f**k and will free you to spend your time, energy and money on the things that really matter. 'The anti-guru' Observer 'Absolutely blinding. Read it. Do it.' Mail on Sunday 'Genius' Cosmopolitan 'I love Knight's book even before I start reading . . . Works a charm' Sunday Times Magazine 'Life-affirming . . . The key practice she advocates is devising for yourself a "fuck budget" . . . It's a beautiful way of streamlining your psyche' Lucy Mangan, Guardian ALSO AVAILABLE FROM SARAH KNIGHT: YOU DO YOU: how to be who you are and use what you've got to get what you want AND Get Your Sh*t Together - the New York Times bestseller helping you organise the f**ks you want and need to give Nellie and her little brother Gus discuss all kinds of families during a day at the zoo and dinner at home with their relatives afterwards.

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