

Access Free I Blame The Hormones A Raw And Honest Account Of One Woman S Fight Against Depression Harpertrue Life A Short Read

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Thommie Gillow and Hannah Teasdale have had very different experiences of motherhood but like many parents have found solace through sharing. Their collaborative collection *Milked* explores all aspects of motherhood, from the good, the bad, the smelly, the desperate and all-consuming nature of the role to dealing with older children who have learnt which buttons to press. A brave and honest look at; periods, miscarriages, pregnancies, abortions, postnatal depression and a mother's love, this book is separated into four sections, pre-conception, miscarriage, pregnancy and birth and then the ensuing parenthood. It draws on their own lives and the lives of those around them, and owes much to every bump they have ever known. *Milked* for anyone who has ever thought about being a parent: whether successfully, unsuccessfully or with absolute horror at the very idea. It may make you cry or laugh or sing - whatever you do, Hannah and Thommie won't mind, they'll blame hormones.

USA Today bestselling author Catherine Gayle presents another boxed set of

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two novels and a novella in the emotional, bestselling Portland Storm hockey romance series. DEFENSIVE ZONE Portland Storm defenseman Cody “Harry” Williams owes his coach everything—especially for bailing him out of trouble in the past. How does he want Cody to repay him? By keeping his hands to himself around the coach’s sensual and mischievous daughter. All signs point to this task being easier said than done... Up-and-coming fashion designer Dani Weber always gets what she wants—and she wants Cody Williams. Cody’s sexy, geeky-chic bowties and hard-to-get attitude only make her want him more, and now Cody’s resistance is fading...and fast. One call is all it would take to land Cody on the trading block, ending their flirtation before it gains any traction. Cody is squarely in the Defensive Zone, but the only way for the two of them to obtain what they really want is to go on the offensive—together. POWER PLAY She’s got the dress; he’s got the honeymoon. Why not tie the knot? Honeymooning alone in Cabo, injured Portland Storm center Riley Jezek would do anything to get back at his cheating ex-fiancée and backstabbing brother. When a knockout blonde sits next to him at the bar, Riley’s ready to erase the memories of his ex. But when he notices the tears threatening to stain the blonde’s wedding gown, Riley decides it’s time for a Power Play. Mackenzie Cain thought she had it all figured out. She found the man. She found the fairytale. She thought it was her

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dream come true. She was wrong. What she found was a nightmare with a crazy fetish. All alone and dressed in couture was not how she envisioned spending her wedding night. When the sexy hockey player makes her an offer, Mackenzie can't refuse. After all, Prince Charming always shows up by chance. But can Riley's attempt at revenge turn Mackenzie's new reality into a page-turning romance? NEUTRAL ZONE Being stuck in the Neutral Zone is no way to live... Portland Storm defenseman Cole Paxton never intended to be the poster boy for gay hockey players. Whether intended or not, that's exactly what he's become—ever since innocently attempting to deflect the attention away from another teammate during the playoffs. One little admission, and now his private life is making headlines. Luke Weber would love the chance to bask in Cole's limelight. After all, he's never had the pro hockey career he envisioned. If he'd stayed in the closet, maybe that spotlight would have been his. He'll never know the truth, now that the doors to his dream career have been slammed shut. With everything out in the open, there's no denying the attraction they feel for each other. Cole and Luke want to move forward—together. But to do so, they'll each have to let go of the lives they'd imagined for themselves. Can two strong men relinquish the fantasies of their futures to make their real dreams come true? One might believe depression affects the sexes equally, or in the same way.

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Based on a number of scientific studies, such an assumption would be totally unfounded. Women actually exhibit depression and cope with it in much different ways than men. This guide is specific to and recommended for women suffering the adverse effects of clinical depression. If you've battled the illness for some time, you know the overwhelming feeling of loss and despair that can accompany such a diagnosis. It can be crippling and alter your life and your ability to interactive effectively in your home or at work. However, it doesn't need to be that way, and you don't have to rely on a medicine cabinet, full of drugs, to get you through the day. There are natural solutions, which can make a tremendous difference when confronted with chronic, mood-altering depression. Learn the secrets to mastering depression and overcome its drag on your happiness. Download this book and begin the process of healing now!

Weight gain? Decreased sex drive? Trouble sleeping? Imbalanced hormones may be to blame Hormone balance plays a vital role in the human body: hunger,sex drive, sleep, and more, which is why Hormone Balance forDummies is an essential read for anyone whose hormones may be abit out of whack. Both men and women alike can experience hormonal imbalances and all of the side effects it can cause. With the information packed into this book, you can take a proactive approach to understanding and balancing your hormones—and improving

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your quality of life. This easy-to-read resource explains how your endocrine system works and highlights how many functions of the body, including stress, energy levels, metabolism, and more, are dictated by hormones. When your hormones are imbalanced you can experience a laundry list of symptoms. Although hormone replacement therapies using synthetic hormones have been met with criticism—to put it mildly—bio-identical hormones offer a safe, natural alternative. If your hormones are out of sorts, pairing bio-identical hormone therapy with a healthy lifestyle can work wonders for your quality of life. Discover how a healthy lifestyle that incorporates a nutritious diet and regular exercise can improve natural hormone development. Debunk common myths about hormone replacement therapy. Understand how you can manage the symptoms of hormone imbalance. Leverage questionnaires, assessments, tips for eating and sleeping, and healthy recipes. *Hormone Balance for Dummies* can help you get your hormone game back on track.

A narrative history of hormone use told through the eventful life of Dr. Harry Benjamin, a pioneer in reshaping our notions of sex and gender. Today, it is standard to think of ourselves as hormonal beings. We blame "raging hormones" for the tempests of puberty and midlife and spend our days "running on adrenalin" in "testosterone-fueled" workplaces. Yet this view is relatively recent.

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Alison Li tells the fascinating history of the rise of hormone use through the life of one of its foremost pioneers. A daring explorer in the areas of sex and aging, as well as a celebrity doctor in 20s New York, German-born physician Harry Benjamin (1885-1986) revolutionized the science of hormones. He devoted his later life to helping people transform themselves. With famous patients such as Christine Jorgensen, Jan Morris, and Renée Richards, he would come to be known as the "Father of Transsexualism." Benjamin's work was groundbreaking in mid-century America, when homosexuality and any behavior that crossed gender lines was not only pathologized but criminalized. However, though his patients remember him as a compassionate physician, today, his approach to transgender medicine would be categorized as heteronormative and outdated. Li positions Benjamin as a complicated figure who both represents a model of his time, and a physician who changed medicine for the better. This gripping history captures the beginning of the gender identity movement and highlights how over the course of the twentieth century Benjamin helped pave the way for our understanding of ourselves as chemically malleable beings. College-bound Christina Curtis is creating a scrapbook of the Digital Poets, her middle-school poetry group, which, interwoven with her narrative, reflects the hormonal angst of middle school.

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If you often find yourself struggling with the stresses of finances, health, career, relationships, self-image, or family, then this humor-filled volume is just what you need. With simple, practical tips for attaining the peace you crave—the peace that passes all understanding—you'll discover healing, refreshment, and revitalization for your spirit, body, and mind.

It's the final countdown to world domination. So I accidentally released Clayone, the Original Werewolf, which one would think would be the worst of my troubles... Oh, how wrong one would be. Gram and Uncle Mark, who happens to be my dad (I'm still reeling about that one), just informed me that I'm from a long line of Druids, and according to some prophecy I'm the Celtic Goddess Brigit reincarnated. I'm not even remotely magical, let alone a Goddess, but one of my friend's is already dead and another one's been bitten. For now, Clayone's trapped in a church, too weak to leave, but on the eve of Samhain, October 31, during the Super Blue Blood Moon's lunar eclipse, he will be more powerful than he's been in a thousand years. Lucky me. If he can destroy the reincarnated goddess while she's in human form, the werewolves' curses of imprisonment--the silver bullet and the full moon--will be lifted, and the unbridled reign of the werewolf will begin at last. The fate of the world is in my hands, but the real question is, do I actually believe I'm Brigit, a reincarnated goddess, and

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if so, will I lock Clayone back in the hell where he came from before it's too late? I think we all know the answers to those questions. All I really know is that the full moon has never looked so terrifying. Begin the ****NOW COMPLETED**** six book series everyone is talking about. The Goddess Chronicles by KB Anne is a fast-paced urban fantasy series filled with twists you will never see coming.

Guaranteed to cause book hangovers. The Goddess Chronicles features a sharp-witted heroine, swoon-worthy hero, and one epic rollercoaster romance set in Ireland! Fans of The Mortal Instruments, Twilight, and Harry Potter will love KB Anne's urban fantasy series! The Goddess Chronicles: Wide Awake Blood Moon Dark Moon Shadow Moon Oak Moon Storm Moon The Silver Fae Series: Throne of Silver Silver Fae Hunter Heir of Wings and Shadows A Court of Silver Fae Scroll up & click the buy button now!

There's nothing more embarrassing than an alpha werewolf dealing with PTSD, which is why Logan Polk has been lying low in Montana for the last four years. But when an attractive she-were arrives in isolated Tuttle Creek, he finds himself wanting to be the wolf she deserves. Alyson Tribideaux is tired of being the New Orleans pack princess, and even more exhausted from her father's matchmaking attempts. The opportunity to work on her documentary in neutral were territory gives her an excuse to escape from Louisiana and Papa's smothering. But

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something is stalking Alyson in Tuttle Creek. Something far more dangerous and deadly than she's ever experienced. Something that needs her for its own sinister agenda and doesn't care that she won't live through the process. And a broken alpha may be her only chance at survival.

The answer to better balance, health and vitality is in your hands: with a few simple steps discover improved energy levels, better sleep, healthy weight, clear skin and more! The human body is complex – it is a delicate balance of systems working together to keep us at optimal health. And we are disrupting it. Instead of working with our bodies, we are constantly stressing them, with toxins and pollutants, with unhealthy lifestyles and high stress levels, with nutrition-poor diets and sedentary lifestyles. We have become hopelessly out of sync with our natural rhythms. By following a simple nutritional plan and easy lifestyle principles, we can bring our bodies back in tune and reap the rewards of uninterrupted mother nature. Sumptuous vegan recipes ranging from Cherry Cacao Teff Pancakes, Beetroot and Carrot Burgers and Healing Shiitake Mushroom Miso Soup, to Yellow Ayurvedic Dahl, Delicata Squash and Black Rice Salad and Salted Maca Caramel Nourish Balls help balance our bodies and improve our nutritional health. With expert advice, lifestyle tips, and delicious plant-based recipes, let *The Happy Balance* be your trusted guide to a vital and

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energized life. Put you back in control of you.

? ? ? ? ? OBSESSION IS NEVER HEALTHY... ? ? ? ? ? Dr. Joshua Compton, victimologist with the PAVAD division of the FBI, knows he's obsessed with catching the killer the media has named The Ghost. After a friend becomes a victim, Josh makes her mother a vow--he was going to stop the Ghost, no matter what sacrifices he has to make. ? ? THE OBSESSION CONSUMES HIM... ? Dr. Kelly Reynolds spends most of her time trying to figure out just where she fit into the new normal she's found in St. Louis. With her newly reunited family. With the friends she's making at PAVAD. Maybe...maybe she'll eventually open up enough to let a few of those friends in... Like she has Josh. They were exact opposites--he wears button-downs and blazers and neatly pressed khakis. The exact opposite of her black leather and silver skull earrings. ? ? FRIENDS, LOVERS. SALVATION. ? When Josh's obsession starts to consume him, Kelly steps up to help. The people who care about him are worried he's getting in too deep. Especially Kelly. Just as she pulls Josh away from the edge, the Ghost's agenda finally becomes clear... Now Josh has to protect Kelly, no matter the ultimate cost. ? ? ? ? ? Don't miss other PAVAD titles: Beginning, Waiting, Watching, Wanting, Second Chances, Hunting, Redeeming, Running, Revealing, Stalking, Ghosting, Burning, Gathering, Falling, Hiding & Seeking. ? ? ? ? ?

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From USA Today bestselling author Willow Winters comes the conclusion to the Damaged duet, an emotionally gripping romantic suspense. All I can remember are our wedding vows. Through all the lies and secrets that have damaged our marriage, I keep coming back to the words we spoke on that day, when we loved each other so deeply. The memory only makes the pain in my heart more agonizing. That day I loved him, but I swear I love him more today, even as I shut the door and walk away from him. I can't live with the lies and only he can make this right. Even though I know our marriage is scarred forever, it doesn't change the vows we shared. I promise to love you forever. And that's the easy part. To honor and cherish you. To keep your wishes and dreams my own. To comfort you and keep you safe, always. Till death do us part. Topics include: mafia romances, dark romance, dark romance mafia, alpha business man book, billionaire romance, billionaire romance series, possessive alpha romance, willow winters books, w. winters books, contemporary romance, contemporary, romance novels, survival romance, the best romance series ever, bestselling series, captive romance.

This book was written specifically for frustrated dieters, people who have been trying and trying to lose weight but no diet works for them. They have suffered through embarrassment and humiliation and have given up. This is a new day for

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people suffering from obesity. It really is your metabolism! We have inadvertently overlooked and left out a key hormone in our quest for weight loss. You will learn how to have your body produce and use this hormone so you can finally lose the weight. We will dispel the myths that are holding you back and give you the techniques to move you forward on your weight loss journey. It will become manageable and natural for you to lose weight. You have been taught that we are human and as such we are the same in many ways, but we are also each very different. There lies the clue for your success.

Acne is the most common skin disease in the United States, affecting more than 60 million adults and teenagers each year. *Acne For Dummies* addresses the causes of acne, and, most importantly, what can safely be done to cover it up, treat it, and minimize scarring. The book covers everything from daily skin care, over-the-counter acne preparations, and when to see a dermatologist to the hazards and benefits of prescription acne medications and the range of dermatological procedures available to erase aftereffects. Also covered are specific issues common to acne as seen in various ethnic groups and other skin problems, such as rosacea, a condition that people often mistake for acne. Written by a nurse, this holistic guide for pregnancy and the postpartum experience provides foundational knowledge and intuitive wisdom to help new mothers support the

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optimal health of their baby and their own bodies. Get the answers to the big questions about pregnancy: • What kinds of foods should you eat and how do you prepare your body for labor and birth? • How does movement impact pelvic health and the baby's position in the womb? • How does the endocrine system and your brain change throughout pregnancy? • How does the microbiome influence your and your baby's health? Packed with practical information and helpful infographics, Amy J. Hammer helps you create the optimal environment for growing a baby and navigating the major transitions in a pregnancy—including nurturing pelvic floor health, the fetal and parental microbiome, and the science behind the stages of pregnancy from conception to postpartum. By providing vital and often ignored information about reproductive science, movement, and nourishment, this book empowers parents to make informed and personal choices about their pregnancy, birth, and beyond.

This is not just another 'health kick'...this is a wake-up call! All around the world, the mainstream medical system is failing women. Suppressing our natural cycle with synthetic hormones, cutting out wombs unnecessarily and leaving women completely disconnected, broken and hurting. Infertility rates continue to soar, the incidence of breast cancer is rising every year and women continue to suffer. We live in an era where 'period pain' is considered normal, and although there's more awareness than ever around common female reproductive disorders like endometriosis and polycystic ovarian syndrome, women are being sucked into victimisation and passing the blame,

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leaving them feeling more powerless than ever. This book is about YOU. YOU taking a stand for your health. YOU healing your own body. YOU taking responsibility and learning to listen to the messages your hormones are delivering. It's about taking back your power and no longer expecting your GP, gynaecologist or endocrinologist to fix you! When we take responsibility, we take back our power and only then can we start to heal our bodies. In this 7 Step Healing System, Stacey teaches you how to tune into your body and identify the warning signals as well as map out the exact steps you need to take to help your hormones exist harmoniously and prevent disease and discomfort in the female body.

If you've already had three facelifts and are desperate for the next fix; if you're thinking of going under the knife, but hoping you don't have to; if you need specific, detailed information about how to get rid of the bags under your eyes or those ever-deepening wrinkles if you've tried everything and no skin care treatment has worked, Dr. Frederic Brandt's simple, streamlined system is for you. With 10 MINUTES/10 YEARS, one of the world's most famous cosmetic dermatologists offers a revolutionary skin program that will only take you ten minutes a day. There is a skin care revolution taking place; the days of washing your face with soap and water and slapping on some cream are long gone. But this means that skin care isn't simple anymore. As new products appear seemingly overnight (some of them good, some of them terrible), it becomes harder and harder to know what's right for your skin. Dr. Brandt wants to make you a more

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educated consumer so you know exactly what to ask for when you go to your dermatologist. He wants to help you know who to go to, and who not to go to--go to a facialist for facials, for instance, but not for in-depth skin care advice. If you find yourself in what Dr. Brandt calls "the Bermuda triangle of skin care," you need a system for success. In 10 MINUTES/10 YEARS, a uniquely formatted, easy to use book, Dr. Brandt makes available all of his time-tested skin care know-how--and he does it with warmth and humour. There is no one-shot solution - we are constantly aging, and we have to keep maintaining ourselves. 10 MINUTES/10 YEARS is Dr. Brandt's targeted approach to this maintenance. His system has already helped thousands of people look younger, and now readers will have their own one-way ticket back to a youthful appearance.

Today's pregnancy books may no longer recommend martinis and cigarettes to help pregnant women relax, but most offer moms to be a ton of worthless information—like what kind of fruit your baby is the size of at Week 16. Is there any practical value in knowing that your child resembles produce? And where's the good stuff—the useful details, like beware of the baby registry and all the crap you will never use, or be prepared to get breast milk all over everything you own? Hilarious, candid, and easy to read, Funny Little Pregnant Things is full of helpful information about all the stuff people don't tell you about pregnancy—the good, the bad, and the ugly.

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depression (HarperTrue Life – A Short Read)HarperCollins UK

When you're pregnant, it's easy to blame the hormones for that unsettling feeling. But there's something that you can do to feel relaxed and calm. You can write all your doubts, worries and blues away. You can use this pregnancy journal to assess your general health, particularly your mental and physical wellbeing. Begin writing today! I married the bad boy from Brooklyn. The one with the tattoos and the look in his eyes that told me he was bad news. The look that comes with all sorts of warnings. I knew what I was doing. I knew by the way he put his hands on me; how he owned me with his forceful touch. I couldn't say no to him, not that I wanted to. That was then, and it seems like forever ago. Years later, I've grown up and moved on. But he's still the man I married. Dangerous in ways I don't like to think about. I did this to myself. I knew better than to fall for him. I only wish love was enough to fix this... This is the second book of a duet. You Know I Love You, book 1, must be read first. It is the second duet in the series.

'I Blame the Hormones' follows the story of one woman battling long-term depression, her determination to root out the cause, and her ultimate discovery which freed her from its prison.

The changing adolescent voice counts among the most awkward of topics voice teachers and choir directors face. Adolescent voice students already find themselves at a volatile developmental time in their lives, and the stresses and possible

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embarrassments of unpredictable vocal capabilities make participation in voice-based music an especially fraught event. In this practical teaching guide, author Bridget Sweet encourages a holistic approach to female and male adolescent voice change. Sweet's approach takes full consideration of the body, brain, and auditory system; vocal anatomy and physiology in general, as well as during male and female voice change; and the impact of hormones on the adolescent voice, especially for female singers. Beyond the physical, it also addresses the emotional and psychological components: ideas of resolve and perseverance that are essential to adolescent navigation of voice change; and exploration of portrayals and stereotypes in pop culture that influence how people anticipate voice change experiences for teens and 'tweens, from The Brady Bunch to The Wonder Years to The Simpsons. As a whole, Teaching Outside the Voice Box encourages music educators to more effectively and compassionately assist students through this developmental experience.

"Ex" marks the hottest spot. Having a fling with my ex-husband is a huge mistake. I might have walked out two years ago, but he divorced me. A meddling friend has set us up on a blind date, and though I should know better, I still can't resist Jack MacTaggart's hot body and his sensual skills. After one steamy afternoon in a Scottish hotel room, it's over—again. But we forgot something on that day when we gave in to our mutual lust. Autumn Flowerday left me without explaining why. Now she's back—with a revelation that changes everything. We're having a baby. All we've ever done is argue

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and shag, but that's not enough. Aye, the sex is bloody fantastic. But with a child on the way, we need to settle our differences. Maybe we have a chance... Until the entire MacTaggart clan decides to help us out. Bloody hell. Devastating in a Kilt is the ninth book in the award-winning, bestselling Hot Scots series of contemporary romances. In Blaming the Brain Elliott Valenstein exposes the many weaknesses inherent in the scientific arguments supporting the widely accepted theory that biochemical imbalances are the main cause of mental illness. He lays bare the commercial motives of drug companies and their huge stake in expanding their markets. This provocative book will force patients, practitioners, and prescribers alike to rethink the causes of mental illness and the methods by which we treat it.

When teens are out of control, hormones get most of the blame. But did you know that calming teens might require just some mind training? A coloring book can help because it calms the mind through repetitive strokes that result in classic art designs. The stroke, the intensity of coloring and the colors used all provide valuable clues to the your teen's mental and emotional state. Buy a copy today!

In this groundbreaking, informative book, Jill Davey and Dr. Sergey Dzugan dive deep into hormones, potential complications, and symptoms troubleshooting without becoming encyclopedic or pedantic.

USA Today bestselling author Catherine Gayle presents another novella in the emotional Portland Storm hockey romance series. Being stuck in the Neutral Zone is no

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way to live... Portland Storm defenseman Cole Paxton never intended to be the poster boy for gay hockey players. Whether intended or not, that's exactly what he's become—ever since innocently attempting to deflect the attention away from another teammate during the playoffs. One little admission, and now his private life is making headlines. Luke Weber would love the chance to bask in Cole's limelight. After all, he's never had the pro hockey career he envisioned. If he'd stayed in the closet, maybe that spotlight would have been his. He'll never know the truth, now that the doors to his dream career have been slammed shut. With everything out in the open, there's no denying the attraction they feel for each other. Cole and Luke want to move forward—together. But to do so, they'll each have to let go of the lives they'd imagined for themselves. Can two strong men relinquish the fantasies of their futures to make their real dreams come true?

I Blame the Hormones follows the story of one woman battling long-term depression, her determination to root out the cause, and her ultimate discovery which freed her from its prison. I knew it was wrong, but I did it anyway. I fell for him. Hard. His half smiles and those blue eyes that pulled me deeper, threatening to drown me. But he was never mine to keep. Like all good and rare things, it came to an end. And I erected a wall around my heart to prevent suffering that pain again. Dimples and gray eyes changed all that. He smashed through my defenses and stole what was left of my heart. Until my past returns. Now my heart is a war zone, past and present battling for my forever. They say lightning doesn't strike the same place twice. I have the burns to prove that isn't true. Who knew falling in love could hurt so much?

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Adalyn I know my role. Be the witch Mom needs me to be, the leader the coven demands me to be, and the wife I have to be. My future is merely a means to ensure the coven remains the most powerful of our kind. So, I say the vows, complete the union, and marry the witch pre-chosen for me. Wanting nothing to do with him, I strike a deal to ensure my independence. My plan was concrete until that first kiss. I didn't count on wanting him, let alone loving him. A love he'll never return, and I must accept the fact before I'm gone forever. Jasper A man needs but one goal in his life, and for me, it's the acquisition of power. Finally, after the union ceremony I've been chasing, I have the magic of many, and with it, a wife I don't want. Thankfully, she feels the same about me, removing the necessity of a typical marriage between us. But temptation is too compelling, and when one kiss turns into one night and one night turns into multiple, Adalyn is all I come to think about. She's all I see. All I want. Until fate changes. Soon she'll be gone and I'm forced to decide which matters more: magic or Adalyn. Union Bound is the third book in The Witches' Bind Trilogy. Cure Bound and Moon Bound must be read first, for a better understanding of the ending. Union Bound is an arranged marriage romance with content some readers may find triggering. Trigger warnings include death, emotional abuse, toxic family relationship, explicit sexual content, lying, swearing.

She forgot something on the way to the courthouse ... Sophia Abella has a good life, even if she is a little stuck. Not quite single, not quite married, she keeps men at a safe distance. But when her Marine husband returns to town and takes the job of chief of police, it might finally be time to get that paperwork done once and for all. After all, most of her family thinks she's divorced. They're not actually, in the fullest sense of the word ... divorced. Years ago, Riley Jacobs chose the Marine Corps over his wife and has regretted his decision every day since. But once

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a Marine always a Marine, and he'll use every tactical advantage he has to get Sophia to realize that she's the only one for him. Love and marriage ... take two Sweet and tender, Heatherly Bell writes romance that will capture your heart. ~ Marina Adair, New York Times bestselling author Heatherly Bell's sweet, warm romances are the perfect escape. ~ Jamie Farrell/Pippa Grant, USA Today bestselling author

I thought he'd be here to love me forever. I thought he'd stand right by my side. He'd never leave me. Never betray me. I thought I could trust him—until death do us part. Skyla Messenger's life is changing, alliances are shifting, the Nephilim regrouping, her family expanding. When unexpected circumstances are thrown her way, Skyla has to draw on her inner strength for the sake of her people and her family. And when she needs them most her powers prove stronger, far more unstoppable than ever before. Tired of abiding by faction rules, Skyla learns that sometimes to survive you must defy them all.

One welcome surprise. One saviour from Zeke's past. And the support from friends nobody can be without. Nathan The TV interview last night didn't exactly go as planned, and now we're scrambling to get back on our feet. A friend from Zeke's past may be able to help us out. But there is no guarantee and it means having to go to court more times than I'd like to think about... Zeke I never thought that I'd hear from people from my high school ever again, or that people from that institution would be the ones who could potentially save me now. But sometimes, help comes from unexpected places and armed with unconventional ideas... Wes When things get rough, I've found that friends can be one of your best places of support, even ones you didn't know you had. With Zeke and Nathan's good news, we are going to need all the friends we can get. We have a new life to prepare for and we can't do that when Zeke's

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parents are still on our backs. This is the sixth novella about Alpha Nathan and Omegas Zeke and Wes in Omegas' Destined Alpha, which takes place in the non-shifter Omegaverse Mates World and contains mpreg (male-pregnancy).

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