

Uncaged Wallflower

A collection of poems revolving around the themes of self empowerment, love and assurance, and perseverance.

A woman burdened by war...A doctor torn between passion and duty...A sweeping tale of love in the face of dishonor from the incomparable storyteller--Kathleen Woodiwiss. Alaina MacGaren is forced to flee the devastation of her homeland in the guise of a young boy, only to find sanctuary in the arms of an enemy. Cole Latimer is a dashing Yankee surgeon who has served the Union faithfully, and his tender heart compels him to help a ragged, innocent "lad" in need--never suspecting the rags conceal a bewitching belle suspected of being a rebel spy. But Alaina's masquerade does not fool Cole for long. And the strength, courage, and breathtaking sensuality of this woman whom it would be treasonous to love sets duty and desire at war within him. Yet Destiny has joined them for good or ill--and they both must follow where their hearts would lead them, if they are to build a glorious new life together out of the ashes of the old.

'Our relationship with nature has changed . . . radically, irreversibly, but by no means all for the bad. Our new epoch is laced with invention. Our mistakes are legion, but our talent is immeasurable.' In *The Human Age* award-winning nature writer Diane Ackerman confronts the fact that the human race is now the single dominant force of change on the planet. Humans have 'subdued 75 per cent of the land surface, concocted a wizardry of industrial and medical marvels, strung lights all across the darkness'. We now collect the DNA of vanishing species in a 'frozen ark', equip orang-utans with iPads, create wearable technologies and synthetic species that might one day outsmart us. Ackerman takes us on an exciting journey to understand this bewildering new reality, introducing us to many of the people and ideas now creating - perhaps saving - the future. *The Human Age* is a surprising, optimistic engagement with the dramatic transformations that have shaped, and continue to alter, our world, our relationship with nature and our prospects for the future. Diane Ackerman is one of our most lyrical, insightful and compelling writers on the natural world and *The Human Age* is a landmark book.

Now in its third edition, this comprehensive text offers a classroom-tested, step-by-step approach to the creative processes and strategies for effective integrated marketing communication (IMC). Blakeman covers key areas, from marketing plans, branding/positioning, and creative briefs to copywriting, design, and considerations for each major media format. Throughout, she explores visual and verbal tactics, along with the use of business theory and practices, and how these affect the development of the creative message. This user-friendly introduction walks students through the varied strands of IMC, including advertising, PR, direct marketing, and sales promotion, in a concise and logical fashion.

"Delightful, dazzling, and oh-so delicious." Cheryl Bolen, NYT Bestselling Author
A reluctant duke. A vicar's daughter. A forbidden love. Marriage-an unpleasant obligation
A troublesome addendum to his father's will requires Victor, Duke of Sutcliffe to marry before his twenty-seventh birthday or lose his fortune. After a three-year absence, he ventures home, intent upon finding the most biddable and forgettable miss in Essex. A woman who will make no demands upon him and won't mind being left behind when he returns to London. Except, Victor meets Theadosia Brentwood again and finds himself

powerless to resist her-even if she is promised to another and the exact opposite of what he thought he wanted in a duchess. Marriage-an impossible choice Secretly in love with Victor for years, Theadosia is overjoyed when he returns. Until she learns he must marry within mere weeks. When he unexpectedly proposes, she must make an impossible decision. How can Thea elope with him when he's marrying out of necessity, not love? Besides, if she does wed Victor, her betrothed-a man she loathes-will reveal a scandalous secret. A secret that will send her father to prison and leave her sister and mother homeless. This sweet, childhood friends Regency historical by a USA Today bestselling author will make you smile, laugh, and sigh with contentment. Victor and Theadosia's love-story will carry you away to another time and place where they dare to indulge in a forbidden love. If you enjoy reading friends to lovers, dukes, arranged marriages, or class difference love stories with a pinch of mystery, a dash of humor, and gripping emotion then you'll adore Collette Cameron's enthralling SEDUCTIVE SCOUNDRELS SERIES. Buy ONLY A DUKE WOULD DARE and settle into your favorite reading nook for a page-turning, entertaining Regency world adventure you can't put down. Though this book can easily be read as a stand-alone, most readers prefer to read the series in order. SEDUCTIVE SCOUNDREL SERIES: A Diamond for a Duke Only a Duke Would Dare A December with a Duke What Would a Duke Do? Wooed by a Wicked Duke Duchess of His Heart Never Dance with a Duke Earl of Wainthorpe Earl of Scarborough The Debutante and the Duke Wedding her Christmas Duke Earl of Keyworth How to Win A Duke's Heart - Coming Soon! Loved by a Dangerous Duke - Coming Soon! When a Duke Loves a Lass - Coming Soon! CHECK OUT COLLETTE'S OTHER SERIES: Castle Brides Daughters of Desire (Scandalous Ladies) Highland Heather Romancing a Scot The Blue Rose Regency Romances: The Culpepper Misses Seductive Scoundrels The Honorable Rogues(R) Wicked Earls' Club "Sincerely is passionate. Honest. Charming. F. S. Yousaf has beautifully encapsulated in a book what it feels like to fall in love."—Madisen Kuhn, author of Almost Home Fans of top-selling Sincerely are saying "unexpected perfection", "not your basic poetry book", "breathtaking", "helped me appreciate my marriage". Searching for a profound way to propose to his love, F.S Yousaf reread the letters she had written him. In them he found his proposal, and inspiration to write his own prose and poetry. This is a compilation of letters and love poems that exemplifies the spirituality and the magnitude of how much one person can mean to another. It carries messages of positivity, hope, and most of all, true love.

you have a message from r.h. Sin

'This book will shake your brain and make your soul scream. I am so ready for myself after reading this book!' Adele 'Untamed will liberate women - emotionally, spiritually, and physically. It is phenomenal.' Elizabeth Gilbert, author of City of Girls and Eat Pray Love Who were you before the world told you who to be? Part inspiration, part memoir, Untamed explores the joy and peace we discover when we stop striving to meet the expectations of the world, and instead dare to listen to and trust in the voice deep inside us. From the beloved New York Times bestselling author, speaker and activist Glennon Doyle. ***** For many years, Glennon Doyle denied her discontent. Then, while speaking at a conference, she looked at a woman across the room and fell instantly in love. Three words flooded her mind: There. She. Is. At first, Glennon assumed these words came to her from on high but soon she realised they had come to her from

within. This was the voice she had buried beneath decades of numbing addictions and social conditioning. Glennon decided to let go of the world's expectations of her and reclaim her true untamed self. Soulful and uproarious, forceful and tender, *Untamed* is both an intimate memoir and a galvanising wake-up call. It is the story of how one woman learned that a responsible mother is not one who slowly dies for her children, but one who shows them how to fully live. It is also the story of how each of us can begin to trust ourselves enough to set boundaries, make peace with our bodies, honour our anger and heartbreak, and unleash our truest, wildest instincts. *Untamed* shows us how to be brave. And, as Glennon insists, 'The braver we are, the luckier we get.' Best-selling author Jennae Cecelia is back with another poetry book, but this time with a twist. *Dear Me At Fifteen* is half poetry book and half self-expression journal. It is to not only inspire you to be the best version of yourself today and in the future, but for you to reflect on all the growth you have made. This book is meant for you to dig deep into yourself and answer questions you don't always take the time to think about.

Following the success of her debut book, *Edge of Wonder*, author Victoria Erickson once again captures the heart's attention in this enlivening collection of poetry and musing. While her writings in this book radiate a fresh and new wonder, they continue to showcase Erickson's unforgettable and infectious zeal for life. The reader feels called away from the mundane and inconsequential by her trademark blend of poetic grace and electrifying enthusiasm. Rhythms and Roads will do more than enchant one's soul and inspire; it promises to awaken memories long forgotten and to breathe into them a spirit of lively possibility. This exhilarating collection is the perfect companion for anyone ready to break cages and fall into a sea of deep, soulful, courageous living.

Overpower your fear *Poetry With Reason* illustrates the "how" to overcome your battle. D. L. Winters offers experienced suggestions that you can apply right away. Readers have found *Poetry With Reason* to be something new and refreshing to deal with circumstances. Helping you with the "how" in your circumstances. The poems within these pages ignite complex problems like: ~relationships ~discovering solutions to marriage ~parenting today ~secrets to empowerment The new and powerful poetry within this book is intended to humbly earn your trust and provide valuable insight into the issues and fears you encounter just being human. So come, let this book show you that it is a great value for it's inexpensive price. Get your copy today!

A woman: a mother, a wife, a daughter and more, who needs words to fix her mind, that could be anybody's. After *Milk and Honey*, *All The Things I Never Said*, *The Sun and Her Flowers*, The princess saves herself in this one and *Uncaged Wallflower*, a heartfelt and heartbreaking collection of poems about women, but not only that. A new perspective on life is offered through the eyes of disability: deafness can help you to listen to the others, autism can help you to perceive the world. The author Sarah Arenaccio was born in Rome (Italy) in 1983, the only child of a deaf couple. She earned a Master's Degree in English Literature at Roma Tre University. As the mother of a non verbal autistic child, she is conducting an awareness-raising campaign on disability. She currently lives in Rome with her husband, a Naval Architect and Marine Engineer, their two children and two cats.

Free yourself from the frantic and embrace the joy of slow... "After reading this book, you'll have an amazing list of ingredients that can help you create a meaningful life, too!" —The Minimalists Joshua Fields Millburn and Ryan Nicodemus "Finally, a slow living guide for the imperfect folks . . . Brooke McAlary's exuberant, honest words are a refreshing contribution to the slow living community. If you're seeking a simpler path, start here." —Erin Loechner, Blogger at DesignforMankind.com and author of *Chasing Slow* Are you constantly striving to keep up with life's busy expectations? It's easy to feel consumed with the desire to "succeed"

and "acquire", and miss the simple opportunities waiting for you to slow down: a walk in the forest, sharing laughter with family, a personal moment of gratitude... Once upon a time, it became clear to Brooke McAlary that the key to happiness was discovering a simpler, more fulfilling existence. She put the brakes on her stressful path, and reorganized her life to live outside the status-quo, emphasizing depth, connection and meaningful experiences. Alongside Brooke's affirming personal stories of breaking down and rising up, *Slow* provides practical advice and fascinating insights into the benefits and challenges of the slow life, such as: —Decluttering to de-owning —Messiness to mindfulness —Asking why, to asking where to now? *Slow* is an inspirational guide on creating a life filled with the things that really matter, and is meant for anyone seeking peace, meaning, and joy in their otherwise rapid lives. *Slowly*—of course.

Losing Myself Brought Me Here is my journey from being so completely lost in life, to finding the roads that lead me to where I wanted to go. Although I have found my way I still get lost at times. I go on detours, make pit stops, and hit dead ends, but I have learned to embrace the ride. Come with me on my road trip.

With massive social media followings and a loyal fan base, Jeanty is poised for great success for his sixth poetry collection entitled *Apologies That Never Came*. In this series of prose and poetry, both the words and sentiment are simple, uninterrupted by excess flair or complexity. *Apologies That Never Came* dissects the agony of heartbreak and loss through the unexpressed words and feelings; what is left over at the end. While his poems and prose delve into pain, they ultimately transcend that heartbreak, awakening everyone's preexisting strength and capacity for growth. Much like in his previous collections, Jeanty has successfully created a tool for unity and healing out of the torment of his experiences.

Why do over 5000 girls not get credit for AP Calculus every year? What did we learn from monkeys with puzzles? How does our mindset affect our learning? Can we change our own brains, get smarter, or improve our willpower? What learning strategies are most effective? What prevents freshmen from learning effectively? These and other intriguing questions are answered in this book. *Straight A's Are Not Enough* is a research-based book on study skills for college students but it is NOT another book on how to make Straight A's. This book is based on the belief that learning is more important than grades. Students using these strategies should still be able to make the grades they want and need, while getting a great education. While the book is written for college students, it's also appropriate for high school students taking advanced courses or preparing for college. There are stories, a wide variety of visual, comic strips, and over one hundred practical strategies. The last section of the book includes What Employers Want Most, Critical Thinking, Analytical Reasoning, and Problem Solving. The book includes many original ideas such as Flexible Time Management, The Never-Cram Method of Test Preparation, and the definition of study as Mental Processing. Too many students think that reading the chapter or rereading the chapter is studying. Mental Processing or study is what students do after they finish reading. It includes organizing information both verbally and visually, and using some of the ten ways of thinking and ten pathways to memory. The book begins with the question "Why do students work hard, make good grades, but quickly forget what they learned?" It also raised two related questions: "How can students learn more, understand deeply, and remember longer?" and "How can students get the great education they want and need." The conclusion answers these questions based on a great deal of recent research. Students may be surprised to learn that nearly all of the strategies that they commonly use are among the least effective strategies. The most effective strategies are rarely used.

a series of letters and poems about overcoming hardships and embracing the future. divided in two parts, the anchor and the sail, "changing with the tides" touches on anxiety, insecurity, unhealthy relationships, loss, healing, empowerment, and more.to

the anchor: my head is still above water, though you wanted me to drown. even your weight around my ankles cannot drag me down.

This book encompasses the coming tides and receding waves we all go through To the lost To the strained heart To the healing To the struggling To the joyful To the seeking To the unanswered prayer To the made new To the growing To you This book is for you I do not know if it will answer all your questions I do not know if it will radically change your life But I do know That every line Was written for a purpose Will you allow that purpose to be to give you a sense of understanding A sense of love Understanding that it is okay to be a work in progress Understanding that your life might not always look like the clay vessel that has passed through the fire Understanding that you may just be a pieced-together clump of clay lying on the spinning table Trusting, abiding, waiting to be transformed By the Potter Himself.

More Black women are needed in the academy. More Black women may want to join the academy, but the academy has not always been accepting of us. Black women who are currently in academia or in doctoral programs face a wide array of social challenges, from racial discrimination to sexism to anti-Black women experiences. Many Black women have hesitated on applying to or starting their doctoral programs to avoid such social challenges. A Black Woman's Guide to Earning a Ph.D. provides Black women with tips and resources on how to navigate and survive as a doctoral student at a predominantly white university or program. This book focuses primarily on the first two years of graduate school as years 1 and 2 are typically the most challenging. In this book, Black women will read personal stories related to mental health, the impostor syndrome, racial discrimination experiences, and much more. Lastly, this book was written to encourage more Black women to write about their experiences in their doctoral program for others who will come after them. We are all we've got.

bare roots is a collection of poetry written for anyone that has ever buried parts of themselves away from the world. The book is divided into six parts-- Pruning the Damage, Battling the Weeds, The Roses [and the Thorns], The Seedling Shall Blossom, Cultivating Wisdom, and Buds of Hope are delicately crafted segments that touch on the subjects of femininity, love and loss, trauma, mental illness, the search for meaning, and ultimately, how to grow from it all.[Some portions of this book contain mature content and may be triggering].

I Am More Than My Nightmares is my journey from being engulfed in fear to learning how to let my mind free when it is calling for a break. I have learned over the past few years how to better handle the worry and fear that lives in my mind. I am not perfect. I still worry and I am still anxious, but I know that I am more than my nightmares. I hope if you have ever had anxious tendencies, these poems help you feel a little more at peace. This book is meant to be flipped through when your anxious mind needs some time to unwind and realize, you are not alone.

Reproduction of the original: The Charm of Gardens by Dion Clayton Calthrop
Bright Minds Empty Souls is for the hopeless romantics and those who need a friend to comfort their late night thoughts. It's a book made with love about falling in and out of love with yourself, and others. Enjoy over 60 poems from Jennae's second edition of, Bright Minds Empty Souls.

The Sun Will Rise and So Will We, is a poetry book filled with all things sunshine

without ignoring the storms. Pain is real. Anxiety is real. Depression is real. Hardships in life are real. I hope when you pick up this book you feel heard and comforted. Even if it doesn't seem like it right now, your sun will rise once again, and I am cheering you on for that moment. What will it feel like, when your sun rises?

The Hours In Between is a collection of poetry and prose written for your endless capacity for change, hope, and growth. It is written for those who may need to hear words of inspiration and reassurance. The hours in between who you are and who you'll be, that is where this living happens, this flourishing into beautiful change.

Uncaged Wallflower is for those who feel trapped in the thoughts their minds produce, unable to express them with the rest of the world out of fear of critique or disagreement. For the people who need an extra dose of positivity in their day. This is not a poetry book for you to read and relate to in a sorrow filled way. It is for you to read and say yes, I can be better, and I will.

From the professors who teach NYU's most popular elective class, "Science of Happiness," a fun, comprehensive guide to surviving and thriving in college and beyond. Every year, almost 4,000,000 students begin their freshman year at colleges and universities nationwide. Most of them will sleep less and stress out a whole lot more. By the end of the year, 30% of those freshmen will have dropped out. For many, the unforeseen demands of college life are so overwhelming that "the best four years of your life" can start to feel like the worst. Enter Daniel Lerner and Dr. Alan Schlechter, ready to teach students how to not only survive college, but flourish in it. Filled with fascinating science, real-life stories, and tips for building positive lifelong habits, U Thrive addresses the opportunities and challenges every undergrad will face -- from finding a passion to dealing with nightmarish roommates and surviving finals week. Engaging and hilarious, U Thrive will help students grow into the happy, successful alums they all deserve to be.

Organized in four sections – Inception, Longing, Chaos, and Epiphany – K.Y. Robinson's debut poetry collection explores what it is to want in spite of trauma, shame, injustice, and mental illness. It is one survivor's powerful testimony, and a love letter "to those who lie awake burning."

Words That Kill is a collection of poetry about one's breaking point. Themes included are depression, anxiety, abuse, body dysmorphic disorder, hope, and love. The collection is split into three chapters, Sticks and Stones, which deals with the rise of the Words That Kill, followed with Last Breath, the climax of the breaking point, and lastly, I See the Light, which deals with hope and love surrounding the darkness of the pain caused by the Words That Kill. 'excerpts from the book i'll never write' is a collection of poetry and prose about resilience. Divided into four sections: love, loss, acceptance, and growth- the content serves the purpose of making you feel and finding the light at the end of the tunnel.

"When words fail, music speaks." - Hans Christian Anderson We often find ourselves unable to communicate our exact feelings and therefore turn to outlets to speak for us-like music. Songs provide tempos and rhythms to echo the pulse of our individual lives while the lyrics create the vocabulary we fail to compose. With swiftly, Rachel Madeline takes the songs that have spoken for her when she was unsure of how to express herself and reinterprets them with words she now possesses and has mastered. Inspired by Grammy-winning artist Taylor Swift, the author finds her own voice, in her first collection of poetry, with the music of her favorite artist to guide her.

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A play about love, sex, ambition, and the Arab American experience, ROAR is the story of a Palestinian American family living in Detroit in the wake of the first Gulf War.

Karema and Ahmed Yacoub work long hours in their liquor store while their teenage

daughter, Irene, relentlessly pursues a career as a pop star. All hell breaks loose when a notoriously sexy and scandalous relative, Hala, gets thrown out of Kuwait and arrives on the doorstep without a return ticket. "ROAR is part tender drama and part searing comedy. The young writer Betty Shamieh has the playwright's most essential gift: the passion for talk. Ms Shamieh's rich, urgent prose will catch you up, then fling you into a character's life as if it were your own. In ROAR, we meet two generations of Palestinian-Americans living in Detroit during the first Gulf War. Don't expect the grim worthiness of a 'problem play'; expect unpredictable events, relationships, and humor." -Margo Jefferson, The New York Times "The words of this play first hum, then sing and ultimately roar into your consciousness and soul." -Theater Scene "ROAR opened Off-Broadway and made an immediate impact. It deals with a family of outsiders who, like the Younger family in A RAISIN IN THE SUN, are also struggling with the concept of assimilation - but this family of uprooted Palestinians sees the world in a considerably different and far more complex way. Although it deals largely with the Palestinian experience, ROAR is fundamentally about the American dream." -Theater Mania "ROAR is not at all the lightweight issue-oriented play it first appears, but rather a layered, family-oriented tragic drama in the tradition of THE GLASS MENAGERIE or LONG DAY'S JOURNEY INTO NIGHT. If Shamieh's not quite ready to stake her claim as not only one of the best and most important playwrights of her generation but as a dramatist as significant in her way as Tennessee Williams and Eugene O'Neill were in theirs, ROAR certainly suggests the day that will happen is not far off." -Talkin' Broadway "ROAR isn't just the story of Palestinian-Americans living in Detroit: it's an unsentimental look at family life in all its frustrating complexity." -Associated Press In this strikingly illustrated book of original poetry, System of a Down fans gain an intimate glimpse into the soul of the band's frontman, Serj Tankian. For fans stirred by the cerebral lyrics of SOAD albums Hypnotize, Mesmerize, Steal This Album!, Toxicity, and their first, self-titled breakthrough—and for everyone enthusiastic about Serj's solo album, Imperfect Harmonies—this essential, one-of-a-kind collection of Tankian's innermost thoughts and feelings is a must-read. Unique illustrations punctuate nearly 70 poems—almost none of which have ever been published before. Glaring through Oblivion is an indispensable find for any true fan.

I am so very humbled by the life in which I am living, because I know the devastation, & destruction it has taken to get to where I am today, but I also feel accomplished to a certain degree, knowing that life doesn't have to stay the way it has always been. What I hope to gain by sharing my thoughts, is that my words can give hope to those whom have also been at rock bottom, battled their inner demons, or drawn the short end of the stick in life - and for them to know that life doesn't always have to be that way, that we hold within ourselves, the power to turn it all around...Though, in order for there to be change, one must first face, all that is feared to be seen, but all that is ugly through accepting harsh truths of your own reality is the path to your healing journey - which in the end, can be, such a messy, yet beautiful thing.

And Then She Saw It All: Poems and Letters to Herself is a collection of poems, short stories, and letters divided in four sections: Pain, Love, Faith, and Healing that expresses things that the author has never said before. Her poems are an amalgamation about her life, experiences, and people that she has met or people that she has lost along the way in this journey that we call life. This short book is an

exhibition of emotions that needed to be released from her mind, body, and soul in hopes that it will help others as well.

From Akif Kichloo, author of *The Feeling May Remain*, comes this deeply personal and poetic account of a troubled life. A nowhere man, with or without god, a quintessential mental nomad, omnipresent in his mistakes, exploring mental illness, identity, family, sexuality, god, love, childhood, and purpose of life, *Poems That Lose* brings forth questions all of us wrestle with but either avoid asking ourselves or miserably fail answering almost every time. Kichloo navigates brilliantly from the deeply personal to the universal to the extinct, paving the way for a rare new voice in contemporary poetry, a poet who is more than wanted; he is desperately needed. These poems will slip off your tongue, creep under your skin, and live there.

Recommended in John Green's *Book Giving Guide for the Holidays 2015* Devon Tennyson wouldn't change a thing. She's happy silently crushing on best friend Cas, and blissfully ignoring the future after high school. But the universe has other plans. It delivers Devon's cousin Foster, an unrepentant social outlier with a surprising talent, and the obnoxiously superior and maddeningly attractive jock, Ezra, right where she doesn't want them--first into her P.E. class and then into every other aspect of her life. With wit, heart, and humor to spare, *First & Then* is a contemporary novel about falling in love--with the unexpected boy, with a new brother, and with yourself.

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