

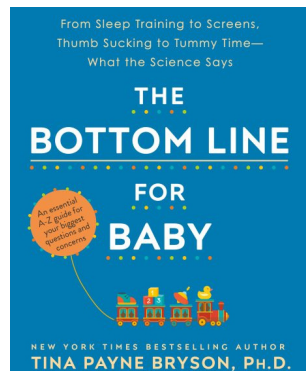
## When the World Feels Like a Scary Place: Essential Conversations for Anxious Parents & Worried Kids by Abigail Gewirtz, Ph.d.

In a lifesaving guide for parents, Dr. Abigail Gewirtz shows how to use the most basic tool at your disposal & conversations to give children real help in dealing with the worries, stress, and other negative emotions caused by problems in the world, from active shooter drills to climate change.



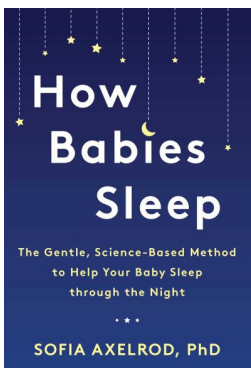
## Nature Play Workshop for Families: A Guide to 40+ Outdoor Learning Experiences in All Seasons by Monica Wiedel-Iubinski & Karen Madigan

This insightful guide balances nature play experiences with hands-on projects using natural materials and is an ideal jumping off point for immersive nature play. Examples of nature-based child experiences outlined in the book include: Wildlife observation and tracking, Nature sounds, songs, and poetry, Gardening and cooking with wild edibles, Printmaking, charcoal drawing, dyeing, and shadow play, Journaling inspired by nature. With Nature Play Workshop for Families, any child, anywhere, can spark a nature connection.



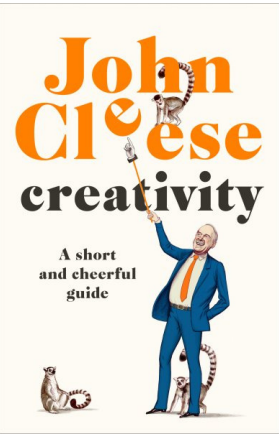
## The Bottom Line for Baby: From Sleep Training to Screens, Thumb Sucking to Tummy Time: What the Science Says by Tina Payne Bryson, Ph.D.

Every baby- and toddler-care decision sends parents scrambling to do the right thing, and often down into the rabbit hole of conflicting advice. Dr. Tina Payne Bryson has sifted through the reliable research (including about all those old wives' tales) and will help you make a manageable molehill out of the mountain of information and answer more than sixty common concerns and dilemmas.



## How Babies Sleep: The Gentle, Science-Based Method to Help Your Baby Sleep Through the Night by Sofia Axelrod, Ph.D.

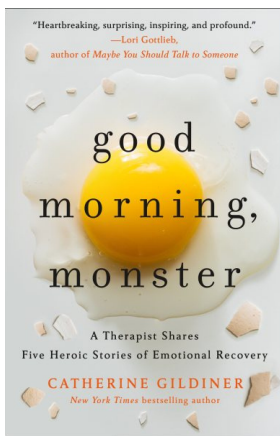
In How Babies Sleep, Sofia Axelrod, PhD, neuroscientist, sleep consultant, and mother of two, introduces the first baby sleep method that is truly rooted in the science of sleep. After having her first child, Axelrod realized that the typical baby sleep advice conflicted with the actual science of sleep, including the findings from her mentor's Nobel Prize winning sleep lab. She developed her transformative method based on the latest discoveries about our body's circadian clock and how it is disturbed by light and other external stimuli.



## Creativity by John Cleese

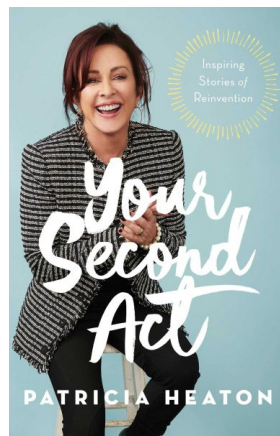
The legendary comedian, actor, and writer of Monty Python, Fawlty Towers, and A Fish Called Wanda fame shares his key ideas about creativity: that it's a learnable, improvable skill.

Drawing on his lifelong experience as a writer, Cleese shares his insights into the nature of creativity and offers advice on how to get your own inventive juices flowing. What do you need to do to get yourself in the right frame of mind? When do you know that you've come up with an idea that might be worth pursuing? What should you do if you think you've hit a brick wall?



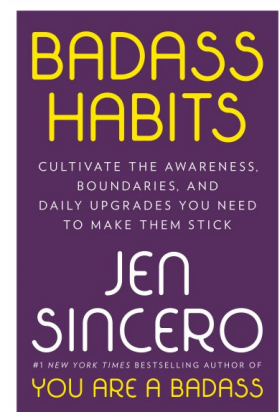
## Good Morning, Monster: A Therapist Shares Five Heroic Stories of Emotional Recovery by Catherine Gildiner

In this fascinating narrative, therapist Catherine Gildiner's presents five of what she calls her most heroic and memorable patients. Among them: a successful, first generation Chinese immigrant musician suffering sexual dysfunction; a young woman whose father abandoned her at age nine with her younger siblings in an isolated cottage in the depth of winter; and a glamorous workaholic whose narcissistic, negligent mother greeted her each morning of her childhood with "Good morning, Monster."



## Your Second Act: Inspiring Stories of Reinvention by Patricia Heaton

An entertaining, inspirational book about second acts in life and reinventing yourself from beloved television actress Patricia Heaton, Emmy Award-winning star of Everybody Loves Raymond, The Middle, and most recently, Carol's Second Act. Filled with light-hearted anecdotes and pragmatic steps to help you discover your own path, Your Second Act shows us that midlife doesn't have to be about crisis when you focus on the opportunity. After all, it's never too late, or too early to stage your second act!



## Badass Habits: Cultivate the Awareness, Boundaries, and Daily Upgrades You Need to Make Them Stick by Jen Sincero

New York Times bestselling author Jen Sincero gets to the core of transformation: habits--breaking, making, understanding, and sticking with them like you've never stuck before.