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**Being Myself Playing with Myself** [Kiss Myself](#) [Goodbye Betty Broderick](#) [Fierce](#) [How to Self-Publish Your Book](#) [Pulling Myself Together](#) **Give Me a Reason** [Pour Me](#) **Full of Myself** **Love Yourself Enough To Let Them Go** [This Is Me](#) [I Heart Me](#) [I Love Myself](#) **Love Yourself First** [Me Without You](#) [Please Yourself: How to Stop People-Pleasing and Transform the Way You Live](#) [Ten Things I Hate About Me](#) **Can't Hurt Me** [I Can Barely Take Care of Myself](#) [Let Me Lie](#) **So Me** [The Direct Way](#) **Eating Myself** **Show Me the Way** [Love Me Not](#) **Me** **Life Story** **Losing Myself Brought Me Here** [Look for Yourself](#) **Thirty Things I Love About Myself** [Letting Go of Nothing My Mother, Munchausen's and Me](#) **Billy and Me** [It Was Me All Along](#) [More Myself](#) **Stop Being Mean To Yourself** [Why Did You Stay?: The instant Sunday Times bestseller](#) **Finding Myself in Puglia** [Call Me Mummy](#) **How to Make Your Dreams Come True**

*I Can Barely Take Care of Myself* Mar 13 2021 Discusses the author's choice to not have children and how it shapes and affects her comedy career, and provides humorous advice to those making similar choices on how to handle friends and family pressuring them to have a child.

*Please Yourself: How to Stop People-Pleasing and Transform the Way You Live* Jun 15 2021 We are all people-pleasers in one way or another – even those who deny it.

*Letting Go of Nothing* Apr 01 2020 A practical and empowering approach to the age-old quest to let go of the thoughts and feelings that block happiness, impede change, and hinder self-acceptance. Anyone who has dipped a toe into any of the world's spiritual traditions knows that letting go and letting be are key. But how? In this fresh, frank, and powerful guide, Peter Russell allows readers to see that the things we get hung up on are generally not tangible problems in the present, but are instead thoughts, feelings, interpretations, beliefs, or expectations we have about them. These are not actual things; they exist only in our minds. And we can strip these "no-things" of their power and let them go by making a simple change of mind. Russell boils this letting go down to remarkably easy methods of accepting, acknowledging, recognizing, and even befriending what we tend to run from. This paradoxical practice generates peace of mind, fresh perspectives, and wisdom in action. In turbulent times like ours, this is a true power, one available to us all.

**Eating Myself** Nov 08 2020 Candida Crewe's relationship with food is anxiety-ridden. In fact, is there anything 'normal' about any woman's relationship with their weight? Most women, even those who have never had any kind of eating disorder, hover on the edge. They are keenly aware of what they eat, and think they would be happier if they were a bit thinner, or quite a lot thinner. *Eating Myself* is a wise, witty and often disturbing memoir, charting one woman's uneasy struggle to face her demons.

*Call Me Mummy* Jul 25 2019 'Dark, heartbreaking and totally absorbing' - LORRAINE KELLY 'Brilliantly written and emotionally compulsive' - HARRIET TYCE 'A powerful and thought-provoking page turner' - KATERINA DIAMOND CALL ME MUMMY. IT'LL BE BETTER IF YOU DO. Glamorous, beautiful Mummy has everything a woman could want. Except for a daughter of her very own. So when she sees Kim - heavily pregnant, glued to her phone and ignoring her eldest child in a busy shop - she does what anyone would do. She takes her. But foul-mouthed little Tonya is not the daughter that Mummy was hoping for. As Tonya fiercely resists Mummy's attempts to make her into the perfect child, Kim is demonised by the media as a 'scummy mummy', who deserves to have her other children taken too. Haunted by memories of her own childhood and refusing to play by the media's rules, Kim begins to spiral, turning on those who love her. Though they are worlds apart, Mummy and Kim have more in common than they could possibly imagine. But it is five-year-old Tonya who is caught in the middle...  
\*\*\* A NETGALLEY BOOK OF THE MONTH \*\*\* 'Disturbing and distinctive, this is a book I couldn't put down' - AMANDA JENNINGS 'Tense and gripping, these characters will stay with me' - ALICE CLARK-PLATTS 'Psychologically twisty and utterly gripping' - LISA HALL

*Look for Yourself* Jun 03 2020 This wide-ranging selection of essays by the author of *On Having No Head* points directly back to you, the Reader. It is a heartfelt challenge to awaken to your True Identity which, as Harding demonstrates, is more wonderful than any of us can imagine, easier to see than anything in the world, and the paradigm of sanity and health. These essays show you exactly how and where to look to find this Treasure, and indicate the immense personal and global implications of this Awakening. Harding's work represents a breakthrough in communicating the experience and meaning of our True Identity. Combining insight and humour in his characteristic fashion, Harding leads us Home in a manner that is always fresh and authentic.

**Love Yourself Enough To Let Them Go** Dec 22 2021 Letting go is never easy, especially when you're young, insecure, and so in love with love. You think you're smart, yet here you are again: You let people in without caution. You ignore all the bad signs. You get attached. You get hurt. Heck, you're painfully attached. You know you have to let go but you can't seem to find the strength to move forward. This collection of essays will show you where that strength is and give you the inspiration you need to cut the strings of the past, slowly, finally.

*Love Me Not* Sep 06 2020 THE GRIPPING DI HELEN GRACE THRILLER BY THE SUNDAY TIMES BESTSELLING AUTHOR M. J. ARLIDGE 'Nailbiting . . . full of twists and turns' 5\*\*\*\*\* READER REVIEW 'The writing grabs you and pulls you straight into an action-packed read' 5\*\*\*\*\* READER REVIEW 'Read on the edge of my seat until the end' 5\*\*\*\*\* READER REVIEW \_\_\_\_\_ A blood-red sunrise Just after 7 AM DI Helen Grace stumbles on a dead woman lying in a country road. She has been brutally shot for no apparent reason. Two hours later At gunpoint a shopkeeper is forced to close up by two assailants. Before the police can get inside a single gunshot rings out. A rampage of revenge? Over one long day the town of Southampton is terrorized by two young killers who appear to be killing at random. For DI Helen Grace, it's a race against time. Uncover why they're doing this and who's next - or always be one step behind . . . \_\_\_\_\_ PRAISE FOR M.J. ARLIDGE: 'Helen Grace is one of the greatest heroes to come along in years' JEFFERY DEAVER 'The new Jo Nesbo' JUDY FINNIGAN 'Chills to the bone' Daily Mail 'Fast paced and nailbitingly tense . . . gripping' SUN 'Chilling stuff' Fabulist 'A chilling read' My Weekly 'A grisly, gripping thriller' Sunday Mirror 'Gruesomely realistic, intriguing and relentless. Arlidge's fledgling army of fans is about to grow' Sunday Sport 'Eeny Meeny debuts one of the best new series detectives, Helen Grace. Determined, tough and damaged, she must unravel a terrifying riddle of a killer kidnapping victims in pairs. Mesmerizing!' Lisa Gardner 'Expertly pulled off. It has a devious premise. DI Helen Grace is fiendishly awesome. It's scary as all hell. And it has a full cast of realistically drawn, interesting characters that make the thing read like a bullet' Will Lavender

*How to Self-Publish Your Book* May 27 2022 Did you ever consider self-publishing your own book but were daunted by the complex process of actually doing it? Self-published author and expert Carla King gives a simple step-by-step guide to self-publishing your book as an e-book or print book. Plot your success by choosing the reputable tools and services recommended here, along with techniques that will help your book succeed in the market that you choose.

**Ten Things I Hate About Me** May 15 2021 'This is a remarkable book. The honesty is startling and potent' Dawn French 'You have to buy this book. I mean it. It's very funny and sad and utterly true. It's a life-saver' Miriam Margolyes Hi. I hope you're ok. My name's Joe, and I have one job, every day: don't kill myself. I live with a complex mental illness called Borderline Personality Disorder (BPD). 15% of people with BPD die by suicide, and 40% try. I'm already in the 40%. My job is to keep out of the 15%. In this book I want to try and explain what life is like when you have a brain that is essentially trying to murder you every day. It's a collection of the funny, sad and shocking stuff that has happened to me along the way. Writing this book has been the hardest thing I've ever done. It had to be dragged into the world, with my condition telling me that every single word, sentence and chapter was terrible and would make strangers walk up to me in the street and punch me in the face. But I had run out of options. I'd done everything I'd been told to do and I still thought about killing myself every day. So I wrote this book to save my life. But if there is even the smallest chance that me telling you how I live with me helps you live with you; if it opens up a space for someone, somewhere to be more honest about their mental illness, it will have been worth it. Please don't kill yourself. Love Joe xx 'Please read this book. It will make the world a better place' James O'Brien 'This book will save lives' Lorraine Kelly 'Just holding this book will make you a better person' Paddy McGuinness 'Truly ground-breaking...I gulped it down in one greedy go, crying and laughing as I went' Bryony Gordon 'Painfully honest but funny and very human' Shaparak Khorsandi 'I loved its humour, compassion and deep honesty' Katherine May 'He tries to explain what your life is like when you essentially have a brain that's trying to kill you every day.' Davina McCall

**Can't Hurt Me** Apr 13 2021 New York Times Bestseller Over 2.5 million copies sold For David Goggins, childhood was a nightmare - poverty, prejudice, and physical abuse colored his days and haunted his nights. But through self-discipline, mental toughness, and hard work, Goggins transformed himself from a depressed, overweight young man with no future into a U.S. Armed Forces icon and one of the world's top endurance athletes. The only man in history to complete elite training as a Navy SEAL, Army Ranger, and Air Force Tactical Air Controller, he went on to set records in numerous endurance events, inspiring Outside magazine to name him The Fittest (Real) Man in America. In this curse-word-free edition of Can't Hurt Me, he shares his astonishing life story and reveals that most of us tap into only 40% of our capabilities. Goggins calls this The 40% Rule, and his story illuminates a path that anyone can follow to push past pain, demolish fear, and reach their full potential.

**The Direct Way** Dec 10 2020 Join renowned spiritual teacher Adyashanti for a practice-based journey out of the thinking mind and into the awakened awareness beyond perceptual reality. For renowned teacher Adyashanti, every single moment contains a doorway into spiritual awakening. But what does it actually mean to “wake up” to the truth of reality? And what does it take to recognize these opportunities? In *The Direct Way*, Adya (as his students call him) offers a sequence of 30 practices intended to connect with and cultivate ever-greater awareness of the unseen dimensions of your being. From the simple expression of “I am,” to an exploration of the Spiritual Heart, and all the way into the fundamental ground of being, these exercises emphasize that the process of awakening takes “many small glimpses, experienced many times.” Adya concludes with practical pointers on how to integrate transcendent experiences into the everyday fabric of life—including your career, personal goals, and intimate relationships. Here you will discover: How to dis-identify from conceptual, ego-based thinking Perceiving the ego as a tool to navigate consciousness rather than an obstacle The “knowing yet empty” quality of foundational awareness The surprising route to realizing awareness of the Spiritual Heart Feeling through the Spiritual Heart as a way to experience true interconnection The meaning of the Zen teaching phrase, “This very body is the Buddha” Exploring the exhilarating paradox of Being and Becoming How to establish anchor points to stabilize your journey into the Ground of Being What it means to live each day with “enlightened relativity” How awakening puts control of your experience in your hands—but also the responsibility for it No one experiences awakening quite the same. With *The Direct Way*, join Adya to discover pathways toward an awareness as wide as the sky and as personal as your innermost heart.

**How to Make Your Dreams Come True** Jun 23 2019 Most people think of life as either something that happens to them or as something which they have to bend to their will. Life in short is seen as a series of problems requiring solutions. As a result people spend much of their lives either in escape activities or driving themselves to achieve, often both at the same time. But life becomes qualitatively different when we see it as a theatre in which we decide what is going to happen and then let it happen in the way that an artist will allow his or her creation to appear. This book is an example of the message that it teaches. Forster records methodically how he himself stopped struggling to work against his own feelings and to let his life happen. Exciting and inspiring, his own story with accompanying exercises for the reader prove the life-changing fact - that when we give priority to the workings of our unconscious minds we can trust them not to let us down.

**I Heart Me** Oct 20 2021 In this transformational book – the first of its kind – bestselling author David Hamilton fuses science with self-help to offer simple yet powerful strategies for learning to love yourself.

Throughout *I Heart Me*, you will learn that loving yourself means more than feeling good about yourself or being kind to yourself – it's about being self-confident, being able to express yourself without fear, being unconcerned about whether you're liked, and living your own life – not someone else's idea of what your life should be. With the most up-to-date research and findings on the subject of self-love, this book offers simple ways to achieve significant breakthroughs in your own journey to self-acceptance. You will be guided through powerful exercises that will leave you feeling better about yourself than you have ever felt before.

Ultimately, you will learn not only how to love yourself, but how you can actually wire this self-love into your brain with lasting effects, bringing you unprecedented happiness and peace.

**This Is Me** Nov 20 2021 Pre-order this extraordinarily candid memoir and discover the real Sophie Hinchliffe, the woman behind the Mrs Hinch phenomenon. \*\*\* FEATURING A BONUS PAPERBACK CHAPTER ABOUT THE BIRTH OF LENNIE \*\*\* THE SUNDAY TIMES NO. 1 BESTSELLER 2020 'Gut-wrenchingly honest' The Mail on Sunday 'I love that woman so much, she is just so great' Rylan Clark-Neal, BBC Radio 2

I sometimes can't believe just how much has happened in the last couple of life-changing years. It's been a total whirlwind of a journey, and I'm so grateful to all my followers for their amazing love and support along the way. From my very first toy kitchen which was my pride and joy right through to the my very first Instagram posts stories of my cleaning routine, I'm going to take you back to the start of how it all began. But there is so much more to my story than just cleaning tips; there have been the highest of highs, but also heart-breaking devastating lows. So let's do this! Put your Hinch Lists to one side, get comfy and join me on the sofa with a cuppa. Welcome to my world. This is me: Soph - the wife, the mother and the person behind Mrs Hinch. \_\_\_\_\_ 'The sensation' Sun 'We're mad about Mrs Hinch' Vogue 'My new cleaning goddess' Daily Telegraph 'Doing for household chores what Marie Kondo did for tidying' Daily Mirror 'Mrs Hinch offers a reassuring structure for the day, a vision of domestic order' Guardian

**Playing with Myself** Sep 30 2022 Instant New York Times, USA Today, and Wall Street Journal Bestseller! An intimate and light-hearted memoir by viral sensation and three-time Emmy-nominated musical comedian Randy Rainbow that takes readers through his life—the highs, the lows, the lipstick, the pink glasses, and the show tunes. Randy Rainbow, the man who conquered the Internet with a stylish pair of pink glasses, an inexhaustible knowledge of Broadway musicals, and the most gimlet-eyed view of American politics this side of Mark Twain finally tells all in *Playing with Myself*, a memoir sure to cause more than a few readers to begin singing one of his greatest hits like “A Spoonful of Clorox” or “Cover Your Freakin’ Face.” As Randy has said, “There’s so much fake news out there about me. I can’t wait to set the record straight and finally give people a peek behind the green screen.” And set the record straight he does. *Playing with Myself* is a first-hand account of the journey that led Randy Rainbow from his childhood as the over-imaginative, often misunderstood little boy who carried a purse in the second grade to his first job on Broadway as the host at Hooters and on to the creation of his trademark comedy character. In chapters titled “Pajama Bottoms” (a look back at the days when he wore pajama bottoms on his head to pretend he was Dorothy in *The Wizard of Oz*), “Yes, It’s My Real Name, Shut Up!” (no explanation necessary...) and “Pink Glasses” (a rose-colored homage to his favorite accessory), *Playing with Myself* is a memoir that answers the question “Can an introverted musical theatre nerd with a MacBook and a dream save the world, one show tune at a time?”

**Billy and Me** Jan 29 2020 The gloriously romantic debut about fame, friendship and falling in love, from the bestselling author of *Some Kind of Wonderful* Sophie May has a secret. One that she's successfully kept for years. It's meant that she's had to give up her dreams of going to university and travelling the world to stay in her little village, living with her mum and working in the local tearoom. But then Sophie unexpectedly meets the gorgeous Billy Buskin - a famous actor with ambitions to make it to the top. As they begin to grow closer, Sophie finds herself whisked away from the comfort of her life into Billy's glamorous - but ruthless - world. After years of shying away from attention, can Sophie handle the constant scrutiny that comes with being with Billy? How much is she prepared to give up along the way? And is their love strong enough to keep them together against the odds? Charming, heart-warming and utterly romantic, *Billy and Me* is an unforgettable story that will completely capture your heart. 'A gorgeous, gloriously romantic read with buckets of charm - I absolutely loved it!' Jill Mansell 'A sweet and sparkling debut from a lovely lady. Sure to be a hit' Carole Matthews 'Warm and romantic, this charming read will certainly brighten up your day' Closer

**Fierce** Jun 27 2022 Discover Aly Raisman's inspiring story of dedication, perseverance, and learning to think positive even in the toughest times on her path to gold medal success in two Olympic Games--and beyond. Aly Raisman first stepped onto a gymnastics mat as a toddler in a "mommy & me" gymnastics class. No one could have predicted then that sixteen years later, she'd be standing on an Olympic podium, having achieved her dreams. Aly's road to success was full of hard work, perseverance, and victories, but not without its hardships. Aly faced many obstacles, from naysayers who said she'd never make it in gymnastics to classmates who shamed her for her athletic body to a devastating betrayal of trust. Through it all, Aly surrounded herself with supportive family, friends, and teammates and found the inner strength to remain positive and believe in herself. Now, in her own words, Aly shows what it takes to be a champion on and off the floor, and takes readers on a behind-the-scenes journey before, during, and after her remarkable achievements in two Olympic Games--through her highest highs, lowest lows, and all the moments in between. Honest and heartfelt, frank and funny, Aly's story is enhanced with never-before-published photos, excerpts from the personal journals she's kept since childhood that chronicle memorable moments with her teammates, and hard-won advice for readers striving to rise above challenges, learn to love themselves, and make their own dreams come true.

**Kiss Myself Goodbye** Aug 30 2022 Aunt Munca never told the truth about anything. Calling herself after the mouse in a Beatrix Potter story, she was already a figure of mystery during the childhood of her nephew Ferdinand Mount. Half a century later, a series of startling revelations sets him off on a tortuous quest to find out who this extraordinary millionairess really was. What he discovers is shocking and irretrievably sad, involving multiple deceptions, false identities and abandonments. The story leads us from the back streets of Sheffield at the end of the Victorian age to the highest echelons of English society between the wars. *Kiss Myself Goodbye* is both an enchanting personal memoir like the author's bestselling *Cold Cream*, and a voyage into a vanished moral world. An unconventional tale of British social history told backwards, its cryptic and unforgettable protagonist Munca joins the ranks of memorable aunts in literature, from Dickens' Betsy Trotwood to Graham Greene's Aunt Augusta --

**Me Life Story** Aug 06 2020 "Fact: Did you know, over its lifespan, your sofa will witness roughly 293 arguments and 1,369 cuddles? Hiya, my name's Scarlett Moffatt and I love random facts. Almost as much as I love sitting on me sofa. You might know me best from my most famous and celebrated sit thus far on the I'm A Celebrity throne. You might also know me from all sorts of other seats, most especially my Gogglebox sofa. Well this book is my attempt at telling me life story through a whole series of them! So I'd like you right now to stop what you're doing and take a seat, whether it be in the comfort of your own home, on the top deck of the bus, on the tube (so you don't have to make eye contact with anybody) or on the throne of the house (a.k.a. the toilet). I want you to get comfortable and get ready to laugh, cry and maybe even learn a bit, as I chat to you about some of the highs and lows of me life. So grab a brew, settle down, and let's start from the very beginning."--

**Pour Me** Feb 21 2022 SHORTLISTED FOR THE 2016 PEN ACKERLEY PRIZE 'An intense, succulent read that's intermittently dazzling' THE TIMES 'Chilling, exquisitely moving' DAILY TELEGRAPH 'A superb memoir - and one of the best books on addiction I have ever read' EVENING STANDARD A. A. Gill's memoir begins in the dark of a dormitory with six strangers. He is an alcoholic, dying in the last-chance saloon. He tells the truth - as far as he can remember it - about drinking and about what it is like to be drunk. He recalls the lost days, lost friends, failed marriages ... But there was also an 'optimum inebriation, a time when it was all golden'. Sobriety regained, there are painterly descriptions of people and places, unforgettable musings about childhood and family, art and religion; and most movingly, the connections between his cooking, dyslexia and his missing brother. Full of raw and unvarnished truths, exquisitely written throughout, *POUR ME* is about lost time and self-discovery. Lacerating, unflinching, uplifting, it is a classic about drunken abandon.

**Stop Being Mean To Yourself** Oct 27 2019 In this contemporized follow-up to *Codependent No More* (more than 3.8 million copies sold since 1986) beloved inspirational writer Melody Beattie narrates the story of her hard-won discovery that you really can love your neighbor and yourself. Renowned for her compassionate voice and deep connection to the difficulties and joys of life and love, Melody Beattie has touched many people through her long list of bestselling books. Her newest offering is in spirit a sequel to *Codependent No More* yet in style a departure: a finely crafted story of her own spiritual adventure through Northern Africa that "revitalized my faith in God, in the universe, and in myself." *Stop Being Mean To Yourself* introduces refreshing new ideas about healthy self-esteem for people trying to overcome -- or avoid -- the pitfalls of guilt and self-doubt. Readers who have had enough of jargon, enough of programs, enough of traditional self-help books will appreciate the appeal of this spiritual adventure story and the jewels of inspiration wrapped in its folds. This odyssey is modern, full of suspense, excitement and the light of personal discovery. In each chapter, Beattie narrates part of her travels and offers solid, universal lessons that will apply to every reader -- lessons about trusting our instincts, setting boundaries, loving ourselves and working with our power. It is a message about a way of living based not on prescriptions but on working from the heart.

**I Love Myself** Sep 18 2021 Are you feeling stressed? Is life all about work and responsibilities? Do you want to change your life? A time came in Vandana Sehgal's life when she was struggling with her negative mindset and was not able to find the reason of her being. She couldn't find fulfilment in work and life. In those moments she took an important decision- stand tall for a better life and to push herself beyond the limits. Giving up was not the option for her as she was not ready to accept a life filled with sufferings. She chose compliment over complaint, connection over comparison and confidence over criticism. *I Love Myself* has evolved from her personal learnings and her victory over the negative mindset. It aims to remind you that your life is a gift and every moment of your life holds something special. The book encourages you to believe in yourself. At the core of this book is the belief that you are the creator of your life and born with all the abilities to shape it as you wish. The real-life examples, interactive tools and simple exercises challenges you to take the ownership of your life and live it to the fullest level of fulfilment, love and gratitude.

**Show Me the Way** Oct 08 2020 Rex Gunner. As bitter as he is beautiful. The owner of the largest construction company in Gingham Lakes has been burned one too many times. His wife leaving him to raise their daughter was the last blow this single dad could take. The only woman he'll let into his heart is his little girl. The owner of the largest construction company in Gingham Lakes has been burned one too many times. His wife leaving him to raise their daughter was the last blow this single dad could take. The only woman he'll let into his heart is his little girl. When Rex meets his new neighbor, he knows he's in trouble. She's gorgeous and sweet and everything he can't trust. Until she becomes the one thing he can't resist. One kiss sends them tumbling toward ecstasy. But in a town this size, pasts are bound to collide. Caught in a web of lies, betrayal, and disloyalty, Rex must make a choice. Will he hide behind his walls or will he take the chance ...

**Losing Myself Brought Me Here** Jul 05 2020 *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.

**More Myself** Nov 28 2019 In her intimate memoir, *More Myself*, Alicia Keys shares her quest for truth: about herself, her past, and her shift from sacrificing her spirit to celebrating her worth. One of the most celebrated musicians of our time, Alicia Keys has enraptured the nation with her heartfelt lyrics, extraordinary vocal range, and soul-stirring piano compositions. Yet away from the spotlight, Alicia has grappled with private

heartache over the challenging and complex relationship with her father, the people-pleasing nature that characterized her early career, the loss of privacy surrounding her romantic relationships, and the oppressive expectations of female perfection. Since her rise to fame, Alicia's public persona has belied a deep personal truth: she has spent years not fully recognizing or honoring her own worth. After withholding parts of herself for so long, she is at last exploring the questions that live at the heart of her story: Who am I, really? And once I discover that truth, how can I become brave enough to embrace it? *More Myself* is part autobiography, part narrative documentary. Alicia's journey is revealed not only through her own candid recounting, but also through vivid recollections from those who have walked alongside her. The result is a 360-degree perspective on Alicia's path: from her girlhood in Hell's Kitchen and Harlem, to the process of self-discovery she's still navigating. With the raw honesty that epitomizes Alicia's artistry, *More Myself* is at once a riveting account and a clarion call to readers: to define themselves in a world that rarely encourages a true and unique identity.

*Why Did You Stay?: The instant Sunday Times bestseller* Sep 26 2019 'Fierce. Game-changing. Urgently necessary. Brilliant, brilliant and did I say brilliant?' EMMA THOMPSON 'Pacy, vivid, compelling and very, VERY funny ... it will help so many' MARIAN KEYES 'A fucking classic. Required reading for all women and men and I believe it's going to be the book of 2022' BRYONY GORDON 'Fuck, this is good. Every page feels important' LUCY VINE H4 Actor, writer and hopeless romantic Rebecca Humphries had often been called crazy by her boyfriend. But when paparazzi caught him kissing his *Strictly Come Dancing* partner, she realised the only crazy thing was believing she didn't deserve more. Forced into victimhood by the story, Rebecca chose to reclaim her power, posting her thoughts on social media, including advice for other women who might be experiencing what she realised she'd managed to escape: a toxic, oppressive relationship. A flood of support poured in, but amongst the well-wishes was a simple question with an infinitely complex answer: 'If he was so bad, why did you stay?' Empowering, unflinching and full of humour, this book takes that question and owns it. Using her relationship history, coming of age stories and experiences since the scandal during *Strictly*, Rebecca explores why good girls are drawn to darkness, whether pop culture glamourises toxicity, when a relationship 'rough patch' becomes the start of a destructive cycle, if women are conditioned for co-dependency, and - ultimately - how to reframe disaster into something magical. 'The best [book] about relationships since *Three Women*' CAROLINE SANDERSON, THE BOOKSELLER 'So funny and heart-breaking. So stunningly written. For any woman who has been asked 'why did you stay?', Rebecca Humphries' book is a hilarious and brilliant read' SUSAN WOKOMA 'Very, very good' PANDORA SYKES 'A magical, magical book' GLAMOUR 'So thoughtful and moving and funny and sad and great, I love it so, so much. I resented having to put it down' DAISY BUCHANAN 'A memoir every woman needs to read' RED MAGAZINE 'This book isn't an ice-cold revenge opus; it's a diary of self-discovery, a celebration of friendship, resilience and finding one's self-worth...is it worth the hype? Absolutely: I had to stop myself from reading it one grateful gulp' H2 LAURA PULLMAN, STYLE

*Me Without You* Jul 17 2021 'An unforgettable tale that I couldn't recommend more.' 5/5 GirlsLovetoRead.com If you enjoyed *Me Before You* by JoJo Moyes, *One Day* by David Nicholls, or *The Notebook* by Nicholas Sparks – then make time for Kelly Rimmer's stunning, heartbreaking new novel *Me Without You*. A story of how love can break our hearts – and heal them. A year ago I met the love of my life. For two people who didn't believe in love at first sight, we came pretty close. Lilah MacDonald – beautiful, opinionated, stubborn and all kinds of wonderful in ways that words could never quite capture. The woman who taught me to live again. My Lilah, who gave me so much, and yet kept from me a secret that she knew would break my heart. My name is Callum Roberts, and this is our story. *Me Without You* is a book to make you smile, bring you to tears and remind you to hold on tightly to those you love. What people are saying about *Me Without You*... 'I was hooked right from the start, and it was just the most beautiful portrayal of falling in love I've ever read. It's the type of love you dream of and want for yourself... Kelly Rimmer has done an outstanding job with *Me Without You*, it's engaging, it warmed my heart to the very core, and then tore it out and stomped all over it. (Quite meanly, may I add?) I knew it was coming, I knew the ending was inevitable before the first page, but the depth of Rimmer's writing and Callum's narrative slated me, and I ended up in tears. It was both sad and beautiful at the same time, and I admire Lilah for living her entire life on her own terms. I will miss Callum and Lilah. They stole into my heart, their story is one I will long remember and *Me Without You* is an unforgettable tale that I couldn't recommend more.' 5/5 GirlsLovetoRead.com 'I fell in love with this amazing book after the first sentence and would read it all over again. A wonderful mixture of emotions, real love, secrets, laughter and sadness.' Sky's Book Corner 'Me Without You is the beautiful, moving story of Callum and Lilah and they turned me into a complete emotional wreck. I loved the banter and the chemistry between them both right from the first, brilliant chapter and then as the book went on, it warmed and broke my heart all at the same time... It's an incredible novel. Reviewed the Book 'It's been a while since I've read a book that made me 'ugly cry.' You know what I mean... big, fat tears rolling down your cheeks leaving you with eyes so puffy you look like you've had an allergic reaction. Think Claire Danes in... well... pretty much any role she's ever been in. Kelly Rimmer's *Me Without You* certainly broke that dry spell... Told in alternating points of view from Lilah and Callum, *Me Without You* is a heartbreaker of a book that has great characters and a gut-wrenching ending that left me feeling a weird mix of bereft and yet hopeful.' 4/5 JudgingCovers.co.uk 'There's not much I can say without giving the story away, other than how much I adore Callum and Lilah. Their love story is so genuine and heartfelt... This book is beautifully written, and I found myself highlighting like crazy throughout. I highly recommend this book, but I must warn you, it's one that will make you cry.' 4.5/5 Mrs Leif's Blog

**Full of Myself** Jan 23 2022 Johnny Dawes is a legend in British climbing. In 1986, he was responsible for the most inspired new route in a generation, when he climbed Indian Face on Clogwyn d'ur Arddu in Snowdonia. This is an autobiography of his life.

**Give Me a Reason** Mar 25 2022 Fans of Kristen Ashley and Chantal Fernando will love this intense, sexy, suspenseful romance about an ex-motorcycle club member who falls in love with his son's kindergarten teacher.

**Betty Broderick** Jul 29 2022 What do you do when you have struggled loyally for years beside your husband, living in financial hardship as you bring up your joint children virtually as a single mother, working toward the good times that you can see coming for all of you, only to discover that your husband is committing adultery and is planning to leave you? Worse, he aggressively denies his affair, denouncing you as crazy to your face and to everyone you know, while he schemes to walk off with everything you have worked so hard for as he is reborn into a new life with a star-struck younger woman, as pretty as you once were, who will enjoy everything you have invested in - your financial security, your home-life and even your children. Worse still, he is a notoriously hard-ball lawyer with every intention of crushing you in any way he can, of erasing you from his life, of reducing you to nothing, so that he can move on as if you never existed. Daniel T. Broderick III's relentless harassment of his discarded wife, Betty, made her increasingly crazy as he and his girlfriend - then second wife - Linda Kolkena Broderick piled on the pressure, until one day, on November 5, 1989, at her wits' end and believing herself to be acting in self-defense, she confronted them in the early hours of the morning and in a panic shot them both dead. A multitude of onlookers has absolved Betty for what she did. Many even admire her, especially if they have suffered similar fates to hers. One juror at her trial openly questioned why she had taken so long to kill Dan under such extreme provocation. Now, twenty-five years into a thirty-two year to life prison sentence for her second-degree murder of Dan and Linda Broderick, Betty has reluctantly decided to give her personal account of what led up to that fatal and fateful day, when all three of their futures came violently and abruptly to an end.

**So Me** Jan 11 2021 Graham Norton, whose impish charm and quick wit has earned him a place in our hearts, looks back at his life so far. In his own words, *SO ME* is 'a real romp through a journey from living in a cockroach-infested council flat in Hackney to buying Claudia Schiffer's townhouse in Manhattan, from my mother dragging me to school to me dragging her to Sharon Stone's house for New Year's brunch'. From a not-so-miserable Irish childhood to dropping out of Cork University and joining a commune of hippies in San Francisco, from his disastrous attempts at becoming a serious actor to the rise of his comedy career in London, this is a hilarious, insightful and moving account of a colourful life.

*It Was Me All Along* Dec 30 2019 A yet heartbreakingly honest, endearing memoir of incredible weight loss by a young food blogger who battles body image issues and overcomes food addiction to find self-acceptance. All her life, Andie Mitchell had eaten lustily and mindlessly. Food was her babysitter, her best friend, her confidant, and it provided a refuge from her fractured family. But when she stepped on the scale on her twentieth birthday and it registered a shocking 268 pounds, she knew she had to change the way she thought about food and herself; that her life was at stake. *It Was Me All Along* takes Andie from working class Boston to the romantic streets of Rome, from morbidly obese to half her size, from seeking comfort in anything that came cream-filled and two-to-a-pack to finding balance in exquisite (but modest) bowls of handmade pasta. This story is about much more than a woman who loves food and abhors her body. It is about someone who made changes when her situation seemed too far gone and how she discovered balance in an off-kilter world. More than anything, though, it is the story of her finding beauty in acceptance and learning to love all parts of herself.

*My Mother, Munchausen's and Me* Mar 01 2020 There was a time when I loved my mother. It's shocking to imply that I stopped loving my mum because mothers always love their children and always do their best for them. Mothers are supposed to be good. But my mother wasn't good. Ten years ago, Helen Naylor discovered her mother, Elinor, had been faking debilitating illnesses for thirty years. After Elinor's self-induced death, Helen found her diaries, which Elinor wrote daily for over fifty years. The diaries reveal not only the inner workings of Elinor's twisted mind and self-delusion, but also shocking revelations about Helen's childhood. Everything Helen knew about herself and her upbringing was founded on a lie. The unexplained accidents and days spent entirely on her own as a little girl, imagining herself climbing into the loft and disappearing into a different world, tell a story of neglect. As a teenager, her mother's advice to Helen on her body and mental health speaks of dangerous manipulation. With Elinor's behaviour becoming increasingly destructive, and Helen now herself a mother, she was left with a stark choice: to collude with Elinor's lies or be accused of abandoning her. *My Mother, Munchausen's and Me* is a heart-breaking, honest and brave account of a daughter unravelling the truth about her mother and herself. It's a story of a stolen childhood, mental illness, and the redemptive power of breaking a complex and toxic bond.

*Let Me Lie* Feb 09 2021 You won't be able to put this addictive No. 1 bestseller down . . . And don't miss Clare Mackintosh's electrifying new thriller - *HOSTAGE* is out now. 'No one writes a twist like Clare Mackintosh' PAULA HAWKINS 'A belter of a novel' HEAT \_\_\_\_\_ The police say it was suicide. Anna says it was murder. Who do you believe? One year ago, Caroline Johnson chose to end her life brutally: a shocking suicide planned to match that of her husband just months before. Their daughter, Anna, has struggled to come to terms with their loss ever since. Now with a young baby of her own, Anna misses her mother more than ever and starts to ask questions about her parents' deaths. But by digging up the past, is she putting her future in danger? Sometimes it's safer to let things lie . . . \_\_\_\_\_ 'Another one-more-chapter, stay-up-late sensation' LEE CHILD 'Absolutely BRILLIANT. I LOVED it. I think this is Clare Mackintosh's best yet' MARIAN KEYES 'A triumph' LOUISE CANDLISH 'A work of genius' JOANNA CANNON 'A rollercoaster ride with a shocker of a final sentence' GOOD HOUSEKEEPING 'Clare Mackintosh does it again. A brilliantly twisting tale' ERIN KELLY

**Finding Myself in Puglia** Aug 25 2019 Laine gave up her job as a nurse, sold her home and gave away most of her belongings. She had three desires bubbling at the heart of her choice, to write a book, paint a picture and climb a mountain before she died. A man with a van took her remaining belongings, along with her basset hound Basil, down to the heel of Italy over 1,500 miles away.

**Being Myself** Nov 01 2022 *Being Myself* is a contemplative exploration of the essential nature of our self. Everyone has the sense of 'being myself,' but not everyone knows their self clearly. In most cases, our sense of self is mixed up with the content of experience and, as a result, its natural condition of peace and happiness is veiled. Through investigation and analogy, the meditations in this collection take us back to our true nature again and again, until we begin to find our self naturally and effortlessly established there, as that. In time, experience loses its capacity to veil our being, and its innate peace and joy emerge from the background of experience. \* \* \* The *Essence of Meditation Series* presents meditations on the essential, non-dual understanding that lies at the heart of all the great religious and spiritual traditions, compiled from contemplations led by Rupert Spira at his meetings and retreats. This simple, contemplative approach, which encourages a clear seeing of one's experience rather than any kind of effort or discipline, leads the reader to an experiential understanding of their own essential being and the peace and fulfilment that are inherent within it.

**Love Yourself First** Aug 18 2021 Reveal individual beauty and personal confidence, mute self-doubt, and open your Heart and Mind to a better life with *THIS* book! Love to oneself is believed to be a key to happiness; the self-help book itself explains what true self-love is, how to find confidence and strength to love yourself, and where to search for energy and motivation -- inside and outside. The book consists of 5 parts: The truth about Self Love Positive vibes - How to stop overthinking and Start Living Balance in Life - Meditations, Yoga, Mindfulness Communication Recreation This self help wellbeing book is a strong instrument for young women to learn how to care about themselves, set personal priorities in life, increase confidence and be open for new opportunities, adventures, and relationships. Teaching how to care about soul, emotions, and appearance properly, the self help book would lead you through fears and doubt to a happier and stronger personality of yourself. Get motivation, self care and positive thinking advice, communication and interaction tricks to make a right impression and build healthy relationships, and principles for a full and energizing recreation. The facts, rules and advice in this self help book are based on scientific research and proven data. It is time to make a change, it is the right moment to finally do something for yourself! Make a little miracle with your mind, ORDER NOW!

**Thirty Things I Love About Myself** May 03 2020 'Feelgood, uplifting storytelling at its best' SHEILA O'FLANAGAN 'Funny and charming' PANDORA SYKES 'Fresh, touching... So good!' JANE FALLON 'A charming novel' NELL FRIZZELL 'I love it' EMMA GANNON 'Great fun!' JILL MANSELL 'Absolutely heartwarming' NINA WADIA 'A treat!' LAUREN BRAVO 'Fresh and joyful' STYLIST 'A perfect read' RED Nina Mistry is at rock bottom. She's just broken up with the love of her life. Her friends are moving on. Her career is tanking. Oh, and she just turned thirty in a prison cell. But her night in prison might change everything. It's there that she comes across a tatty little self-help book promising to change her life. The book presents her with a question: can she find thirty things she loves about herself? Sceptical but curious, the journalist in Nina can't resist a challenge. And so begins a radical journey: to accept her flaws and find love. Thirty bold steps. One year. Are you ready? Discover *THE* novel your best friend would recommend you start reading right now. And it might well make you radically rethink everything you know about love . . . Readers of #30Things are saying: 'I absolutely fell in love' 'Warm, witty and wise' 'Genuinely laugh-out-loud funny' 'Such a positive message, for women of all ages!' 'It had me at the dedication! A lesson for me, and for every woman I know and love!' 'I needed this book!' 'It's raw, honest and achingly funny' 'Funny, clever and inviting. . . pulls you in then refuses to let you go' 'Impossible to put down' 'It feels really fresh and so right for now' 'I couldn't stop thinking about Nina!'

*Pulling Myself Together* Apr 25 2022 Film & Television.