



This Is ADHD: A Workbook : Practical Advice and Interactive Journaling for Understanding ADHD

Channele Moriah

9781646046126, 1646046129

Pub Date: 3/12/24, On Sale Date: 3/1,

Ship Date: 3/1/24

\$19.95 USDDiscount Code: 50

144 pages

Trade Paperback

Psychology / Psychopathology / Attention-Deficit Disorder (ADD-ADHD)

Ctn Qty: 40

9.3 in H | 7 in W

Summary: Discover the essential guide to understanding attention deficit hyperactivity disorder—commonly known as ADHD—for people with ADHD and their families, friends, colleagues, and more.

Channele Moriah was officially diagnosed with ADHD at 22 and soon discovered just how inaccessible a lot of information can be for ADHD adults and those who may not yet have been able to obtain an assessment or support.

So Channele created a simple resource that explains what ADHD is and how it can impact the different areas of someone's life. *This is ADHD: A...*



Talking with Your Toddler : 75 Fun Activities and Interactive Games that Teach Your Child to Talk

Teresa Laikko, Laura Laikko

9781612435718, 1612435718

Pub Date: 8/9/16, On Sale Date: 8/9, Ship

Date: 7/18/16

\$15.95 USDDiscount Code: TP

120 pages

Trade Paperback

Language Arts & Disciplines / Speech & Pronunciation

Ctn Qty: 48

7 in H | 4.8 in W | 0.4 lb Wt

Summary: Ignite verbal communication with your toddler with this handy parent's guide that turns professional language development into child's play.

Are you concerned that your child is not verbalizing? The solution may be as simple as a game. *Talking with Your Toddler* teaches you how to stimulate speech using everyday play. It makes learning to talk fun and engaging for your child.

With proven therapies and easy-to-follow activities, *Talking with Your Toddler* makes an ideal home companion.

- **Tips to promote talking throughout the day**
- **Hands-on g...**



Raising Resilient Sons : A Boy Mom's Guide to Building a Strong, Confident, and Emotionally Intelligent Family

Colleen Kessler

9781646040742, 1646040740

Pub Date: 12/8/20

\$16.95 USD

208 pages

Trade Paperback

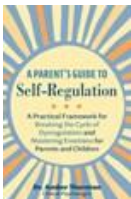
Family & Relationships / Parenting / Motherhood

Ctn Qty: 48

8.5 in H | 5.5 in W

Summary: You're a caring mother of boys, part of the "boy mom" phenomenon—now learn how to raise your son to be compassionate, empathetic, and emotionally intelligent with this parenting guide made just for you.

Raising a boy, also known as being a "boy mom," is tough in today's culture. We want our sons to grow into strong men who will stand up for what's right and take care of those they love, but we also want them to share their thoughts, show their feelings, and express emotions in appropriate ways. At its core, we need to teach our boys em...



A Parent's Guide to Self-Regulation : A Practical Framework for Breaking the Cycle of Dysregulation and Mastering Emotions for Parents and Children

Amber Thornton

9781646046683, 1646046684

Pub Date: 6/18/24

\$17.95 USD

160 pages

Trade Paperback

Family & Relationships / Parenting

Ctn Qty: 60

8.5 in H | 5.5 in W

Summary: Discover tools and techniques for managing emotions, reactions, and behavior in this friendly, evidence-based book designed especially to help and support struggling, overstressed parents.

As the millennial generation moves into their parenting years, posting on social media about milestones, memories, and good times is almost second nature. Families can seem "perfect," and some parenting methods are heralded as "the best." However, behind closed doors, many parents and caregivers struggle greatly no matter what method or combination of...



Break Free from Reactive Parenting : Gentle-Parenting Tips, Self-Regulation Strategies, and Kid-Friendly Activities for Creating a Calm and Happy Home

Laura Linn Knight

9781646044047, 1646044045

Pub Date: 11/8/22

\$15.95 USD

160 pages

Trade Paperback

Family & Relationships / Parenting

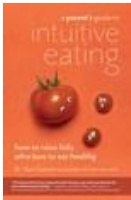
Ctn Qty: 52

9 in H | 6 in W

Summary: Learn how to be a parent who reacts with patience and kindness instead of anger and frustration and overcome the cycle of reactive parenting.

Pretty much every parent has been reactive at some point. Reactive parenting encompasses the negative behaviors that stem from frustration, like yelling, threatening, screaming, and over-rewarding or bribing. It's difficult not to snap when you're overworked, overtired, and faced with a child experiencing extremely high emotions. That's where this book comes in.

Wherever you are in your parenting j...



A Parent's Guide to Intuitive Eating : How to Raise Kids Who Love to Eat Healthy

Yami Cazorla-Lancaster

9781612439334, 1612439330

Pub Date: 9/17/19, On Sale Date: 11/19

\$15.95 USDDiscount Code: TP

224 pages

Trade Paperback

Family & Relationships / Parenting

Ctn Qty: 48

8.5 in H | 5.5 in W | 0.6 lb Wt

Summary: Turn picky eaters into happy, healthy eaters!

Breaking down intuitive eating in a way that's easy to understand and even easier to implement, this book shows you how to help your children develop a positive relationship with food. It offers a system that builds healthy habits and better mindsets that will last a lifetime. Through the techniques and tips in this book, you'll discover how to eliminate stress, anxiety and food battles and instead enjoy feeding your confident eater!

Written by a board-certified pediatrician and mom, this boo...



Your Child's Greatness : A Parent's Guide to Raising Children without Impostor Syndrome

Lisa Orbe-Austin, Richard Orbe-Austin

9781646047697, 1646047699

Pub Date: 2/11/25

\$19.95 USD

288 pages

Trade Paperback

Family & Relationships / Life Stages /

Adolescence

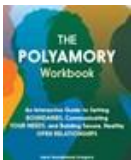
Series: Your GreatnessTerritory:

Ctn Qty: 36

9 in H | 6.1 in W

Summary: Create healthy relationships, identify key conflict resolution tools, and build a healthy, emotionally regulated, and impostor syndrome-free family with help from authors Lisa and Richard Orbé-Austin, recently featured on the *Today Show*.

Emotional regulation is key to becoming a better parental figure for every member of your family. Discover the tools to successfully regulate those emotions so you can work with and nurture your child from the very beginning until they are independent (or interdependent) from you, continuing to grow int...



The Polyamory Workbook : An Interactive Guide to Setting Boundaries, Communicating Your Needs, and Building Secure, Healthy Open Relationships

Sara Youngblood Gregory

9781646044061, 1646044061

Pub Date: 11/15/22

\$16.95 USD

144 pages

Trade Paperback

Family & Relationships / Dating

Ctn Qty: 36

9.3 in H | 7.5 in W

Summary: Successfully navigate nonmonogamous relationships with this practical workbook filled with activities, journal prompts, interviews, and more activities designed to make polyamory work for you and your loved ones.

What makes nonmonogamy feel good? Where do we draw the line between loving, freedom-based relationships and a free-for-all? How can you make the joyful, secure polyamorous relationships you want a reality? *The Polyamory Workbook* not only answers these questions, but also helps you determine what you really want when it comes to...



The Courage to Walk Away : Move On after Infidelity by Mourning What You Lost, Identifying Your Relationship Needs, and Empowering Yourself for the Future

Lisa Brateman
9781646045587, 1646045580
Pub Date: 2/20/24
\$18.95 USD
168 pages
Trade Paperback
Family & Relationships / Dating
Ctn Qty: 50
9 in H | 7 in W

Summary: Discover how to successfully navigate the aftermath of a breakup or divorce caused by cheating, broken trust, financial betrayal, and more through journaling prompts and helpful exercises designed to heal and empower you for the future.

The process of breaking up and its aftermath is always an emotional roller coaster, but it's made much more painful when caused by infidelity. But once the initial shock of betrayal has passed, it's time to deal with the inevitable fallout and changes in your life.

Written by expert psychotherapist and re...