

Dear Divorce Thank You Even Though I Hate You Sincerely My Parents Grown Kid

[#divorce impact on adult children](#) [#complex emotions post divorce](#) [#parents divorce bittersweet feelings](#) [#thank you letter to divorce](#) [#adult child perspective divorce](#)

This introspective piece explores the complex, often contradictory emotions of an adult child reflecting on their parents' divorce, expressing both a surprising gratitude for its eventual outcome and the lingering resentment of a 'grown kid'. It delves into the bittersweet realization that an event once hated might have paved the way for necessary change, while acknowledging the enduring personal impact.

The collection includes scientific, economic, and social research papers.

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Dear Divorce, Thank You (Even Though I Hate You) Sincerely, My Parents' Grown Kid

You think parents have a lot to say about their divorce... Lauren Alicia journeys through being a child of divorce now grown in a series of segments and personal letters designed to confront, cope, learn, decide and apply, providing space for readers to write their own personal letter entries. DEAR DIVORCE, THANK YOU (EVEN THOUGH I HATE YOU) SINCERELY, MY PARENTS' GROWN KID: A JOURNEY OF HATE, HEALING AND UNDERSTANDING is an intimate conversation about what it feels and looks like to no longer be permitted to live the normal you always knew, and positively moving forward from our experiences. Alicia confesses moments when her present paid for past hurts of her parents' divorce, making this book for our sanity and the purpose of moving forward to a better place. Through using a conversational writing style, this is a book readers experience, not necessarily a how-to guide, and insight for parents and outsiders (if that makes sense)... Moving past all of divorce's promising statistics for its reality, the family, the people, the normal everyone knew, and the unfiltered honesty...which is where the hate comes in. I may be grown but I m still their kid... Although written from a 20-something year old perspective with parents that divorced after 21 years (and a few months) of marriage over 8 years ago...anyone in (parent or kid, meaning teen or grown like me), surrounded by or around divorce/separation may read it, be able to relate, help and heal through delving into my understanding and experiences, helping to realize your own. -Lauren Alicia, from the Forward Alicia recognizes that she will always be a child of divorce, and nothing will ever change that but hating marriage just because her parents got divorced, or making their decisions her excuses will only keep her STUCK and bitter without a cause. The power of our story could be the key to someone's healing.

Done With The Crying

In this encouraging book, Sheri McGregor helps parents of estranged adult children break free from emotional pain and move forward in their lives. With the latest research, her own experience, and insight

from more than 9,000 parents, McGregor covers the growing trend of estranged adults from loving families. Devastated parents can be happy again.

Constructive Wallowing

“Constructive wallowing” seems like an oxymoron. Constructive is a good thing, but wallowing is bad. Right? But wait a minute; is it really so terrible to give ourselves a time-out to feel our feelings? Or is it possible that wallowing is an act of loving kindness, right when we need it most? Just about everyone loves the idea of self-compassion -- the notion that maybe in spite of our messy emotions and questionable behavior, we really aren't all that bad. In recent years there's been an explosion of books that encourage readers to stop beating themselves up for being human, which is terrific. Unfortunately, readers who aren't interested in Buddhism or meditation have been left out in the cold. Self-compassion is an everyday habit that everyone can learn, even if they a) aren't particularly spiritual, b) find most books about self-compassion too serious, or else c) have already overdosed on meditation. *Constructive Wallowing: How to Beat Bad Feelings by Letting Yourself Have Them* is the first book to cut right to the chase, bypassing descriptions of Eastern philosophy and meditation techniques to teach readers exactly how to accept and feel their feelings with self-compassion for greater emotional health and well-being ... while making them laugh from time to time. It seems that the wisdom of “keeping your friends close and your enemies closer” applies to emotions as well as people. It's tempting to turn away from menacing, uncomfortable feelings like anger, grief or regret and treat them like unwanted guests; however, ignoring them just seems to make them stick around. They lurk in the background like punks with switchblades, waiting to pounce as soon as they see an opening. By learning to accept and embrace, rather than suppress, difficult feelings, people can keep their sense of personal power and, better yet, gain greater understanding and ultimately esteem for themselves. Feeling bad can actually lead to feeling better, faster!

Ask a Manager

I'm a HUGE fan of Alison Green's "Ask a Manager" column. This book is even better! Robert Sutton, author of *The No Asshole Rule* and *The Asshole Survival Guide* 'Ask A Manager is the book I wish I'd had in my desk drawer when I was starting out (or even, let's be honest, fifteen years in)' - Sarah Knight, New York Times bestselling author of *The Life-Changing Magic of Not Giving a F*ck* A witty, practical guide to navigating 200 difficult professional conversations Ten years as a workplace advice columnist has taught Alison Green that people avoid awkward conversations in the office because they don't know what to say. Thankfully, Alison does. In this incredibly helpful book, she takes on the tough discussions you may need to have during your career. You'll learn what to say when: · colleagues push their work on you - then take credit for it · you accidentally trash-talk someone in an email and hit 'reply all' · you're being micromanaged - or not being managed at all · your boss seems unhappy with your work · you got too drunk at the Christmas party With sharp, sage advice and candid letters from real-life readers, *Ask a Manager* will help you successfully navigate the stormy seas of office life.

Best Life

Best Life magazine empowers men to continually improve their physical, emotional and financial well-being to better enjoy the most rewarding years of their life.

Childfree by Choice

From Dr. Amy Blackstone, childfree woman, co-creator of the blog we're {not} having a baby, and nationally recognized expert on the childfree choice, comes a definitive investigation into the history and current growing movement of adults choosing to forgo parenthood: what it means for our society, economy, environment, perceived gender roles, and legacies, and how understanding and supporting all types of families can lead to positive outcomes for parents, non-parents, and children alike. As a childfree woman, Dr. Amy Blackstone is no stranger to a wide range of negative responses when she informs people she doesn't have--nor does she want--kids: confused looks, patronizing quips, thinly veiled pity, even outright scorn and condemnation. But she is not alone in opting out when it comes to children. More people than ever are choosing to forgo parenthood, and openly discussing a choice that's still often perceived as taboo. Yet this choice, and its effects personally and culturally, are still often misunderstood. Amy Blackstone, a professor of sociology, has been studying the childfree choice since 2008, a choice she and her husband had already confidently and happily made. Using her own and others' research as well as her personal experience, Blackstone delves into the childfree movement

from its conception to today, exploring gender, race, sexual orientation, politics, environmentalism, and feminism, as she strips away the misconceptions surrounding non-parents and reveals the still radical notion that support of the childfree can lead to better lives and societies for all.

I Love Jesus, But I Want to Die

A compassionate, shame-free guide for your darkest days “A one-of-a-kind book . . . to read for yourself or give to a struggling friend or loved one without the fear that depression and suicidal thoughts will be minimized, medicalized or over-spiritualized.”—Kay Warren, cofounder of Saddleback Church What happens when loving Jesus doesn’t cure you of depression, anxiety, or suicidal thoughts? You might be crushed by shame over your mental illness, only to be told by well-meaning Christians to “choose joy” and “pray more.” So you beg God to take away the pain, but nothing eases the ache inside. As darkness lingers and color drains from your world, you’re left wondering if God has abandoned you. You just want a way out. But there’s hope. In *I Love Jesus, But I Want to Die*, Sarah J. Robinson offers a healthy, practical, and shame-free guide for Christians struggling with mental illness. With unflinching honesty, Sarah shares her story of battling depression and fighting to stay alive despite toxic theology that made her afraid to seek help outside the church. Pairing her own story with scriptural insights, mental health research, and simple practices, Sarah helps you reconnect with the God who is present in our deepest anguish and discover that you are worth everything it takes to get better. Beautifully written and full of hard-won wisdom, *I Love Jesus, But I Want to Die* offers a path toward a rich, hope-filled life in Christ, even when healing doesn’t look like what you expect.

Will I Ever be Good Enough?

A resource for daughters of mothers with narcissistic personality disorder explains how to manage feelings of inadequacy and abandonment in the face of inappropriate maternal expectations and conditional love, in a step-by-step guide that shares recommendations for creating a personalized program for self-protection and recovery. 50,000 first printing.

Parenting a Teen Girl

It’s not easy to be a teen girl, and it’s definitely not easy parenting one. Parents everywhere struggle to respond appropriately to challenging behavior, hit-or-miss communication, and fluctuating moods commonly exhibited by teenage girls. More than previous generations, today’s teen girls face a daunting range of stressors that put them at risk for a range of serious issues, including self-harming behaviors, substance abuse, eating disorders, anxiety, and depression. Is it any wonder that parents are overwhelmed? *Parenting a Teen Girl* is a guide for busy parents who want bottom-line information and tips that make sense—and work. It also offers scripts to improve communication, and exercises to navigate stressful interactions with skill and compassion. Whether your teen girl is struggling with academic pressure, social difficulties, physical self-care, or technology overload, this book offers practical advice to help you connect with your teen girl. Parents and teens alike can enjoy a positive connection once common parent-teen pitfalls are replaced with solid understanding and strategies that work. In this book, you will learn how to: Maximize your teen’s healthy development Understand what underlies her moods and behavior Implement strategies for positive results Communicate effectively about difficult issues Enjoy and appreciate time with your teen daughter

Ramshackle Glam

Ramshackle Glam creator Jordan Reid was a little nervous about becoming a mother. “In my experience,” she writes, “you know what happens when you hold babies? They cry. And it immediately becomes clear to all present that you have terrible parental instincts and should never be allowed to come into contact with children -- ever.” But in October 2011 Reid became a mother herself, and over the first year of her son’s life the writer and media personality not only figured out a thing or two about parenting, but also learned how to navigate an entirely new lifestyle while still maintaining a sense of self. Part memoir, part commiseration, and part how-to guide on fashion, beauty, home décor and entertaining for the new mom, *Ramshackle Glam* offers something fresh for the “mommy” bookshelf: concrete advice on how to care for yourself in the post-partum days, weeks, and months. A deeply personal exploration of the realities of modern-day parenthood (Reid covers topics ranging from post-partum depression and marital struggles to pets who immediately transform from your beloved best friends into *Those Things That Wake Up Your Child*), *Ramshackle Glam* is also filled with straightforward, fun, and easy lifestyle tips, including how to dress for your post-partum shape, tricks

for rearranging your home so it works with an infant as well as your tastes, and strategies for getting your makeup done in five minutes flat with one hand while keeping that bouncy chair going with the other. Reid's spot-on advice combined with her trademark intimacy, wit, and (often aching) honesty make *Ramshackle Glam* a must-read for any woman in search of a candid account of how to handle enormous life changes with humor, grace . . . and a little bit of glam.

The Peaceful Wife

"This book walks each of us through the reality checks we need in order to have the marriage we want!" —Shaunti Feldhahn, social researcher and best-selling author of *For Women Only* In today's workplace, women are often rewarded for having type A personalities: driven, demanding, ambitious, and strong. Yet when it comes to their marriages, those same traits can backfire. After all, no one goes into marriage hoping for a promotion. What is a wife to do? April Cassidy knows this struggle firsthand. She thought she was a great Christian wife and begged God to make her passive husband into a more loving, involved, godly leader. Instead, God opened her eyes to changes that she needed to make, such as laying down her desire for control and offering genuine, unconditional respect—not just love—to her husband. Cassidy's conclusions may be as startling to readers as they were to her, but *The Peaceful Wife* shares how she and many others have learned to reorient their lives to biblical commands—resulting in healthier, happier marriages. In the end, you'll find *The Peaceful Wife* a powerful path to God's design for women to live in full submission to Christ as Lord.

Yell Less, Love More

A 30-day guide for parents includes 100 alternatives to yelling; simple, daily steps to follow; and honest stories to inspire parents to calmly discipline their children. Original.

Intimacy Between Men

"A wonderful and wise book that has been needed for a long time."—Patrick J. Carnes.

Tiny Beautiful Things (10th Anniversary Edition)

An anniversary edition of the bestselling collection of "Dear Sugar" advice columns written by the author of #1 New York Times bestseller *Wild*—featuring a new preface and six additional columns. Soon to be a Hulu Original series. For more than a decade, thousands of people have sought advice from Dear Sugar—the pseudonym of bestselling author Cheryl Strayed—first through her online column at *The Rumpus*, later through her hit podcast, *Dear Sugars*, and now through her popular *Substack* newsletter. *Tiny Beautiful Things* collects the best of Dear Sugar in one volume, bringing her wisdom to many more readers. This tenth-anniversary edition features six new columns and a new preface by Strayed. Rich with humor, insight, compassion—and absolute honesty—this book is a balm for everything life throws our way.

Divorced Girl Smiling

Smile! It's not just the end of your marriage, it's the beginning of your second chance! Missy Benson has a two and a half carat diamond engagement ring with color grade H, VS2 clarity and a value of \$36,000. It's absolutely gorgeous, practically flawless, and let's be honest, really big! But what the successful Chicago realtor doesn't have anymore is a husband. After 12 years of marriage, her husband, Paul, a handsome, wealthy attorney has devastated her by breaking up their marriage for Priscilla Sommerfeld, a young, personal trainer, who according to Missy's sassy assistant, J.J., looks more like a Las Vegas stripper than a fitness expert. Not sure what to do with her ring, and with no financial issues to worry about, Missy decides to put it up for sale on Craigslist. The price: 99 cents! The catch: She gets to pick the buyer. In essence, she's looking for the perfect guy, but not for herself. Her hope is to regain faith that good men do exist, and that marriages can last forever. Now referring to herself as "the divorced girl," Missy interviews dozens of young men who are vying for the huge ring. It's a contest that includes outrageous characters, hilarious and sentimental stories, and two finalists, both of whom Missy adores and who she must choose between. Then there's Parker Missoni, the sexiest contestant by far, who drives her crazy with his brutal honesty, and at the same time stops her heart with his deep brown eyes. *Divorced Girl Smiling* is the story of a woman's journey to do whatever it takes to heal herself from divorce. It's about acceptance, reflection, taking accountability for mistakes, and appreciating all of

life's wonderful gifts. In other words, if you have the guts to put the past behind, admit your mistakes, embrace your future, and give love another chance, you will surely be a divorced girl smiling.

Continuing Bonds

First published in 1996. This new book gives voice to an emerging consensus among bereavement scholars that our understanding of the grief process needs to be expanded. The dominant 20th century model holds that the function of grief and mourning is to cut bonds with the deceased, thereby freeing the survivor to reinvest in new relationships in the present. Pathological grief has been defined in terms of holding on to the deceased. Close examination reveals that this model is based more on the cultural values of modernity than on any substantial data of what people actually do. Presenting data from several populations, 22 authors - among the most respected in their fields - demonstrate that the health resolution of grief enables one to maintain a continuing bond with the deceased. Despite cultural disapproval and lack of validation by professionals, survivors find places for the dead in their on-going lives and even in their communities. Such bonds are not denial: the deceased can provide resources for enriched functioning in the present. Chapters examine widows and widowers, bereaved children, parents and siblings, and a population previously excluded from bereavement research: adoptees and their birth parents. Bereavement in Japanese culture is also discussed, as are meanings and implications of this new model of grief. Opening new areas of research and scholarly dialogue, this work provides the basis for significant developments in clinical practice in the field.

Boarding School Syndrome

Boarding School Syndrome is an analysis of the trauma of the 'privileged' child sent to boarding school at a young age. Innovative and challenging, Joy Schaverien offers a psychological analysis of the long-established British and colonial preparatory and public boarding school tradition. Richly illustrated with pictures and the narratives of adult ex-boarders in psychotherapy, the book demonstrates how some forms of enduring distress in adult life may be traced back to the early losses of home and family. Developed from clinical research and informed by attachment and child development theories 'Boarding School Syndrome' is a new term that offers a theoretical framework on which the psychotherapeutic treatment of ex-boarders may build. Divided into four parts, History: In the Name of Privilege; Exile and Healing; Broken Attachments: A Hidden Trauma, and The Boarding School Body, the book includes vivid case studies of ex-boarders in psychotherapy. Their accounts reveal details of the suffering endured: loss, bereavement and captivity are sometimes compounded by physical, sexual and psychological abuse. Here, Joy Schaverien shows how many boarders adopt unconscious coping strategies including dissociative amnesia resulting in a psychological split between the 'home self' and the 'boarding school self'. This pattern may continue into adult life, causing difficulties in intimate relationships, generalized depression and separation anxiety amongst other forms of psychological distress. Boarding School Syndrome demonstrates how boarding school may damage those it is meant to be a reward and discusses the wider implications of this tradition. It will be essential reading for psychoanalysts, Jungian analysts, psychotherapists, art psychotherapists, counsellors and others interested in the psychological, cultural and international legacy of this tradition including ex-boarders and their partners.

Best Life

Best Life magazine empowers men to continually improve their physical, emotional and financial well-being to better enjoy the most rewarding years of their life.

Done With The Crying WORKBOOK: for Parents of Estranged Adult Children

WORKBOOK of exercises to accompany the award winning self-help title: Done With The Crying: Help and Healing for Mothers of Estranged Adult Children by Sheri McGregor, M.A.

The Other End of the Leash

Learn to communicate with your dog—using their language “Good reading for dog lovers and an immensely useful manual for dog owners.”—The Washington Post An Applied Animal Behaviorist and dog trainer with more than twenty years' experience, Dr. Patricia McConnell reveals a revolutionary new perspective on our relationship with dogs—sharing insights on how “man's best friend” might interpret our behavior, as well as essential advice on how to interact with our four-legged friends in ways that

bring out the best in them. After all, humans and dogs are two entirely different species, each shaped by its individual evolutionary heritage. Quite simply, humans are primates and dogs are canids (as are wolves, coyotes, and foxes). Since we each speak a different native tongue, a lot gets lost in the translation. This marvelous guide demonstrates how even the slightest changes in our voices and in the ways we stand can help dogs understand what we want. Inside you will discover: • How you can get your dog to come when called by acting less like a primate and more like a dog • Why the advice to “get dominance” over your dog can cause problems • Why “rough and tumble primate play” can lead to trouble—and how to play with your dog in ways that are fun and keep him out of mischief • How dogs and humans share personality types—and why most dogs want to live with benevolent leaders rather than “alpha wanna-bes!” Fascinating, insightful, and compelling, *The Other End of the Leash* is a book that strives to help you connect with your dog in a completely new way—so as to enrich that most rewarding of relationships.

Harpers Weekly

INSTANT #1 NEW YORK TIMES BESTSELLER 2019 'Fast-paced, generous, wise, raw, funny, practical and helpful' Glennon Doyle, author of *Untamed* 'Millions of young women look to Marie Forleo as their inspiration for empowerment and achievement' Oprah Winfrey 'Reading these pages I experienced the sensation of limitless possibility. This book will change lives' Elizabeth Gilbert Do you ever have trouble finishing what you start? Do amazing ideas come to you all the time but after the initial excitement wanes you struggle to follow through? If you're creative and ambitious, the answer is likely yes. The problem isn't you. It's not that you're not hardworking, intelligent or deserving, but that you haven't yet installed the one key belief that will change everything: Everything is figureoutable. Whether you want to leave a dead-end job, heal a relationship, grow a business, master your money, or just find two free hours in your day, Everything is Figureoutable will train your brain to think more positively and help you break down any dream into manageable steps. Inside you'll learn: - How to deal with criticism and imposter syndrome - Why it's crucial that you strive for progress not perfection - How to bounce back from failure - How to overcome a lack of time and money You'll also hear triumphant stories of everyday people using the everything is figureoutable philosophy to transform their life. Everything is figureoutable is more than just a fun phrase to say. It's a practical, actionable discipline. And it's about to make you unstoppable! 'Smart, funny, and as brilliant as it is straightforward. LOVED it!' Brené Brown 'This book delivers a knockout punch to whatever is holding you back' Cheryl Strayed

Everything is Figureoutable

Christian students discuss how they learned to deal with their parents' breakup.

My Parents Got a Divorce

Los Angeles magazine is a regional magazine of national stature. Our combination of award-winning feature writing, investigative reporting, service journalism, and design covers the people, lifestyle, culture, entertainment, fashion, art and architecture, and news that define Southern California. Started in the spring of 1961, Los Angeles magazine has been addressing the needs and interests of our region for 48 years. The magazine continues to be the definitive resource for an affluent population that is intensely interested in a lifestyle that is uniquely Southern Californian.

Los Angeles Magazine

When a loved one dies we mourn our loss. We take comfort in the rituals that mark the passing, and we turn to those around us for support. But what happens when there is no closure, when a family member or a friend who may be still alive is lost to us nonetheless? How, for example, does the mother whose soldier son is missing in action, or the family of an Alzheimer's patient who is suffering from severe dementia, deal with the uncertainty surrounding this kind of loss? In this sensitive and lucid account, Pauline Boss explains that, all too often, those confronted with such ambiguous loss fluctuate between hope and hopelessness. Suffered too long, these emotions can deaden feeling and make it impossible for people to move on with their lives. Yet the central message of this book is that they can move on. Drawing on her research and clinical experience, Boss suggests strategies that can cushion the pain and help families come to terms with their grief. Her work features the heartening narratives of those who cope with ambiguous loss and manage to leave their sadness behind, including those who have lost family members to divorce, immigration, adoption, chronic mental illness, and brain injury. With its message of hope, this eloquent book offers guidance and understanding to those struggling to regain

their lives. Table of Contents: 1. Frozen Grief 2. Leaving without Goodbye 3. Goodbye without Leaving 4. Mixed Emotions 5. Ups and Downs 6. The Family Gamble 7. The Turning Point 8. Making Sense out of Ambiguity 9. The Benefit of a Doubt Notes Acknowledgments Reviews of this book: You will find yourself thinking about the issues discussed in this book long after you put it down and perhaps wishing you had extra copies for friends and family members who might benefit from knowing that their sorrows are not unique... This book's value lies in its giving a name to a force many of us will confront--sadly, more than once--and providing personal stories based on 20 years of interviews and research. --Pamela Gerhardt, Washington Post Reviews of this book: A compassionate exploration of the effects of ambiguous loss and how those experiencing it handle this most devastating of losses ... Boss's approach is to encourage families to talk together, to reach a consensus about how to mourn that which has been lost and how to celebrate that which remains. Her simple stories of families doing just that contain lessons for all. Insightful, practical, and refreshingly free of psychobabble. --Kirkus Review Reviews of this book: Engagingly written and richly rewarding, this title presents what Boss has learned from many years of treating individuals and families suffering from uncertain or incomplete loss... The obvious depth of the author's understanding of sufferers of ambiguous loss and the facility with which she communicates that understanding make this a book to be recommended. --R. R. Cornellius, Choice Reviews of this book: Written for a wide readership, the concepts of ambiguous loss take immediate form through the many provocative examples and stories Boss includes, All readers will find stories with which they will relate... Sensitive, grounded and practical, this book should, in my estimation, be required reading for family practitioners. --Ted Bowman, Family Forum Reviews of this book: Dr. Boss describes [the] all-too-common phenomenon [of unresolved grief] as resulting from either of two circumstances: when the lost person is still physically present but emotionally absent or when the lost person is physically absent but still emotionally present. In addition to senility, physical presence but psychological absence may result, for example, when a person is suffering from a serious mental disorder like schizophrenia or depression or debilitating neurological damage from an accident or severe stroke, when a person abuses drugs or alcohol, when a child is autistic or when a spouse is a workaholic who is not really 'there' even when he or she is at home... Cases of physical absence with continuing psychological presence typically occur when a soldier is missing in action, when a child disappears and is not found, when a former lover or spouse is still very much missed, when a child 'loses' a parent to divorce or when people are separated from their loved ones by immigration... Professionals familiar with Dr. Boss's work emphasised that people suffering from ambiguous loss were not mentally ill, but were just stuck and needed help getting past the barrier or unresolved grief so that they could get on with their lives. --Asian Age Combining her talents as a compassionate family therapist and a creative researcher, Pauline Boss eloquently shows the many and complex ways that people can cope with the inevitable losses in contemporary family life. A wise book, and certain to become a classic. --Constance R. Ahrons, author of The Good Divorce A powerful and healing book. Families experiencing ambiguous loss will find strategies for seeing what aspects of their loved ones remain, and for understanding and grieving what they have lost. Pauline Boss offers us both insight and clarity. --Kathy Weingarten, Ph.D, The Family Institute of Cambridge, Harvard Medical School

Ambiguous Loss

THE SUNDAY TIMES BESTSELLER AND TIKTOK SENSATION SOON TO BE A NETFLIX FILM 'Riveting, heart-wrenching and full of Old Hollywood glamour' BuzzFeed 'This wildly addictive journey of a reclusive Hollywood starlet and her tumultuous Tinseltown journey comes with unexpected twists and the most satisfying of drama' PopSugar From the author of Daisy Jones & The Six in which a legendary film actress reflects on her relentless rise to the top and the risks she took, the loves she lost, and the long-held secrets the public could never imagine. Aging and reclusive Hollywood movie icon Evelyn Hugo is finally ready to tell the truth about her glamorous and scandalous life. But when she chooses unknown magazine reporter Monique Grant for the job, no one is more astounded than Monique herself. Why her? Why now? Monique is not exactly on top of the world. Her husband has left her, and her professional life is going nowhere. Regardless of why Evelyn has selected her to write her biography, Monique is determined to use this opportunity to jumpstart her career. Summoned to Evelyn's luxurious apartment, Monique listens in fascination as the actress tells her story. From making her way to Los Angeles in the 1950s to her decision to leave show business in the '80s, and, of course, the seven husbands along the way, Evelyn unspools a tale of ruthless ambition, unexpected friendship, and a great forbidden love. Monique begins to feel a very real connection to the legendary star, but as Evelyn's story near its conclusion, it becomes clear that her life intersects with Monique's own in tragic and irreversible ways. The Seven Husbands of Evelyn Hugo is a mesmerizing journey through

the splendour of old Hollywood into the harsh realities of the present day as two women struggle with what it means and what it costs to face the truth.

Seven Husbands of Evelyn Hugo

This guidebook, packed with wisdom, practical advice, resources, and encouragement, explores how moms can equip their sons with what they most need to succeed in life. Monica Swanson knew she'd tapped a heartfelt concern when nearly two million readers shared her blog post "What a Teenage Boy Needs Most from His Mom." In this helpful book, she takes mothers deeper into the insights they need for the boy-raising journey, covering topics from dealing with the daily influences of friends and technology to helping a boy grow to be physically, spiritually, and emotionally healthy. She also addresses learning and finding passions, perspectives on relationships and dating, and work ethics and money management. Each chapter features relatable stories, handy checklists, and practical advice based on a combination of research, experience, and biblical truth to guide and equip a mom in helping her son achieve his God-given potential. Praise for *Boy Mom* "In *Boy Mom* Monica Swanson offers readers practical advice and resounding hope that parenting our sons well through all seasons is not only possible but also enjoyable. This book is like an essential trail guide that I'll refer to again and again in the beautiful and challenging adventure of motherhood."—Becky Keife, author of *No Better Mom for the Job* and mom of three spirited boys "Monica Swanson is the friend we all need in our lives: humble, straightforward, warm, full of wisdom, and short on nonsense—and she knows her stuff like no one else. In *Boy Mom* she holds the bar high yet is forthcoming about her own struggles and imperfections. Inside these pages you'll find deeply rooted biblical and practical advice along with calls to action when you don't know where to start. The *Boy Mom Manifesto* at the end will not only inspire you but also make your heart swell."—Kate Merrick, author of *Here, Now: Unearthing Peace and Presence in an Overconnected World* "Monica Swanson is the ultimate *Boy Mom* mentor. While her perspective on parenting is grounded in biblical wisdom, each chapter holds excellent practical tools for how to work out that wisdom on a daily basis in our homes. Of course, we know there aren't formulas that will ensure we get it all right, but we also know that gleaning wisdom from women who have gone before us (and are still in the trenches with us) is invaluable in the wonderful adventure of helping boys become all God created them to be."—Jeannie Cunnion, author of *Mom Set Free*

Boy Mom

Parents whose adult children have cut off contact wonder: How did this happen? Where did I go wrong? What happened to my loving child? Over time, holidays, birthdays, and even the birth of grandchildren may pass in silence. Anguish may turn into anger. While time, in and of itself, does not necessarily heal, actions do, and while every estrangement includes situation-specific variables, there are practical, effective, and universal techniques for understanding and healing these not-uncommon breaches. Psychotherapist Tina Gilbertson has developed these techniques and tools over years of face-to-face and online work with parents, who have found her strategies transformative and even life-changing. Gilbertson cuts through the blame, shame, and guilt on both sides of the broken relationship. Parents will feel heard and understood but also challenged — and guided — to reclaim their role as "tone setter" and grow psychologically. Exercises, examples, and sample scripts empower parents who have felt powerless. Gilbertson shows that reconciliation is a step-by-step process, but the effort is well worth it. It is never too late to renew relations and experience better-than-ever bonds.

Reconnecting with Your Estranged Adult Child

In this "brave and heartbreaking novel that digs its claws into you and doesn't let go, long after you've finished it" (Anna Todd, New York Times bestselling author) from the #1 New York Times bestselling author of *All Your Perfects*, a workaholic with a too-good-to-be-true romance can't stop thinking about her first love. Lily hasn't always had it easy, but that's never stopped her from working hard for the life she wants. She's come a long way from the small town where she grew up—she graduated from college, moved to Boston, and started her own business. And when she feels a spark with a gorgeous neurosurgeon named Ryle Kincaid, everything in Lily's life seems too good to be true. Ryle is assertive, stubborn, maybe even a little arrogant. He's also sensitive, brilliant, and has a total soft spot for Lily. And the way he looks in scrubs certainly doesn't hurt. Lily can't get him out of her head. But Ryle's complete aversion to relationships is disturbing. Even as Lily finds herself becoming the exception to his "no dating" rule, she can't help but wonder what made him that way in the first place. As questions about her new relationship overwhelm her, so do thoughts of Atlas Corrigan—her first love and a link

to the past she left behind. He was her kindred spirit, her protector. When Atlas suddenly reappears, everything Lily has built with Ryle is threatened. An honest, evocative, and tender novel, *It Ends with Us* is “a glorious and touching read, a forever keeper. The kind of book that gets handed down” (USA TODAY).

The Delineator

Leave a Cheater, Gain a Life is a no-nonsense self-help guide for anyone who has ever been cheated on. Here's advice not based on saving your relationship after infidelity—but saving your sanity. When it comes to cheating, a lot of the attention is focused on cheaters—their unmet needs or their challenges with monogamy. But Tracy Schorn (aka Chump Lady) lampoons such blameshifting and puts the focus squarely on the-cheated-upon (chumps) and their needs. Combining solid advice that champions self-respect, along with hilarious cartoons satirizing the pomposity of cheaters, *Leave a Cheater, Gain a Life* offers a fresh voice for chumps who want (and need) a new message about infidelity. This book will offer advice on Stupid sh*t cheaters say and how to respond, Rookie mistakes of the recently chumped and how to disarm your fears, Why chumps take the blame and how to protect yourself, and more. Full of snark, sass, and real wisdom about how to bounce back after the gut blow of betrayal, Schorn is the friend who guides you through this nightmare and gives you hope for a better life ahead.

It Ends with Us

This 99pp eBook offers an outline of anarchy and describes some of the pressing issues that tends to skew debate about what constitutes anarchy, and why much of the discussion around the left vs right anarchy tends only to engender political apprehensions that tilt the debate towards mainstream or contemporary politics.

Moore's Rural New Yorker

Whether a death is sudden or anticipated, losing a loved one shakes us to our very core, destroying our belief in a just, safe, and predictable world. Grief often changes us quickly both physically and mentally. It is like being kidnapped and suddenly transported to a foreign land without luggage, a passport, or the language to make sense of what's happening. Even if you have a road map for getting through the pain and anguish, you still have to take the trip. The purpose of this book is to help you find threads of hope that will assist your recovery and help you carry on. By sharing inspirational stories, personal experiences, and professional advice from contributors to the Open to Hope website, we trust that you will be comforted and inspired by learning how others dealt with their losses, what they saw as roadblocks, and how they handled them as well as what it has taken for them to not only survive, but thrive. We want to help you resume leading the life that you were meant to live--a life of satisfaction and one driven by a belief in your own personal power for change.

Leave a Cheater, Gain a Life

Provides guidance to teenagers dealing with issues such as abuse, addiction, adoption, death, and divorce.

Harper's Bazaar

From the renowned pediatrician who taught parents how to calm their crying babies in "The Happiest Baby on the Block" comes a breakthrough book that explains a new way to raise a secure and well-behaved 1 to 4 year old and prevent a toddler's tantrums.

True Anarchy & Its Misconceptions

"Contains 100 mindfulness exercises to use for calm, clarity, and less stress in your everyday life"--

Open to Hope

Heart disease kills more women every year than all forms of cancer combined. Recovering from a major heart attack, Thomas wrote this book based on her own experience and the experiences of other women with the disease, compiled through blog posts and Thomas's experiences as a participant at Mayo Clinic's medical conference on women's heart disease. She explains how to recognize the early

signs, explains why so many women are misdiagnosed, and covers to what to expect during your recovery.

Help! My Family's Messed Up

Sparkling and sophisticated, this sometimes hilarious, sometimes heartbreaking debut novel tells the story of a very messy, very high-profile divorce and the endearingly cynical young lawyer dragooned into handling it. Twenty-nine-year-old Sophie Diehl is happy toiling away as a criminal law associate at an old-line New England firm, where she very much appreciates that most of her clients are trapped behind bars. Everyone at Traynor, Hand knows she abhors face-to-face contact, but one week, with all the big partners out of town, Sophie is stuck handling the intake interview for the daughter of the firm's most important client. After eighteen years of marriage, Mayflower descendant Mia Meiklejohn Durkheim has just been served divorce papers in a humiliating scene at the popular local restaurant, Golightly's. Mia is now locked and loaded to fight her eminent and ambitious husband, Dr. Daniel Durkheim, Chief of the Department of Pediatric Oncology at Mather Medical School, for custody of their ten-year-old daughter Jane. Mia also burns to take him down a peg. Sophie warns Mia that she's never handled a divorce case before, but Mia can't be put off. The way she sees it, it's her first divorce, too. For Sophie, the whole affair will spark a hard look at her own relationships—with her parents, colleagues, friends, lovers, and, most important, herself. A rich, layered novel told entirely through personal correspondence, office memos, e-mails, articles, handwritten notes, and legal documents, *The Divorce Papers* offers a direct window into the lives of an entertaining cast of characters never shy about speaking their minds. Original and captivating, Susan Rieger's brilliantly conceived and expertly crafted debut races along with wit, heartache, and exceptional comedic timing, as it explores the complicated family dynamic that results when marriage fails—as well as the ever-present risks and coveted rewards of that thing called love.

The Happiest Toddler on the Block

Stress Less