

This Mum Runs

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Tincture Journal Issue Twelve (Summer 2015) - Daniel Young 2015-12-01

Tincture Journal is a quarterly literary journal based in Sydney, Australia. For Issue Twelve table of contents, visit our website at <http://tincture-journal.com/>

The Simplicity Principle - Julia Hobsbawm 2020-04-03

Modern life is complicated, much more so than it

used to be. Acclaimed author and social entrepreneur, Julia Hobsbawm, shows you a simpler way. The Simplicity Principle challenges the assumption that all things that are complex have to stay that way. It helps keep things as lean, simple and focused as possible.

Smartphone users experience concentration interruptions every 12 minutes of the day, there are over 250 billion emails sent every 24 hours

and by 2021 the internet will have created more than 3.3 zettabytes of data. Yet complexity doesn't have to dominate, complicate or clutter our lives. Based on a hexagonal model, this book shows you that it's easy to streamline and simplify both your professional and personal lives with lessons based on the natural world.

For anyone who feels that life can be too much, The Simplicity Principle will help you break free of the endless choices and complexities that we face in the world today. It's time to gain control of your focus and productivity, and most importantly, KEEP IT SIMPLE.

Locked Down - Jessica Le Bas 2021-02-02

The deadly influenza pandemic XB276 is sweeping the country. Twelve-year-old Zac wakes up one morning to the news that everyone must stay home. He can't leave the house for weeks, or even months. Pretty soon he's facing running out of food, with no electricity, no telephone and no internet. The only people he can count on are his family and closest

neighbours. As Zac faces each new challenge living under lockdown, he discovers resources he never knew he had - and mysteries begging to be solved. This prescient and gripping novel about a nation in lockdown was written following the H1N1 global pandemic. It won a Storylines Junior Fiction Award in 2011.

An Elephant in the Garden - Michael Morpurgo
2014-10-15

An Elephant in the Garden is Simon Reade's new adaptation of Michael Morpurgo's best-selling children's novel. 1945. Dresden, Germany. Lizzie, her mother - and an elephant from the zoo, flee the Allied fire-bombing in the end-game of the Second World War. Escaping the Allies' advance from the West - and also the advancing Russian armies from the East - this extraordinary trio of refugees meet: a downed RAF officer, cowering in a barn; a homeless school choir on the run and their Countess saviour, harbouring them from the Nazis; and the mechanised American cavalry, appearing

over the horizon. It is Lizzie's story - but Marlene, the elephant, is the heroine. Plodding, obdurate, opportunistic, loadbearing, indestructible, cheering - Marlene embodies the stubbornness of the human will and how it will do everything to survive.

I'm Glad My Mom Died - Jennette McCurdy

2022-08-09

#1 NEW YORK TIMES BESTSELLER #1

INTERNATIONAL BESTSELLER A

heartbreaking and hilarious memoir by iCarly and Sam & Cat star Jennette McCurdy about her struggles as a former child actor—including eating disorders, addiction, and a complicated relationship with her overbearing mother—and how she retook control of her life. Jennette McCurdy was six years old when she had her first acting audition. Her mother's dream was for her only daughter to become a star, and Jennette would do anything to make her mother happy. So she went along with what Mom called "calorie restriction," eating little and weighing

herself five times a day. She endured extensive at-home makeovers while Mom chided, "Your eyelashes are invisible, okay? You think Dakota Fanning doesn't tint hers?" She was even showered by Mom until age sixteen while sharing her diaries, email, and all her income. In I'm Glad My Mom Died, Jennette recounts all this in unflinching detail—just as she chronicles what happens when the dream finally comes true. Cast in a new Nickelodeon series called iCarly, she is thrust into fame. Though Mom is ecstatic, emailing fan club moderators and getting on a first-name basis with the paparazzi ("Hi Gale!"), Jennette is riddled with anxiety, shame, and self-loathing, which manifest into eating disorders, addiction, and a series of unhealthy relationships. These issues only get worse when, soon after taking the lead in the iCarly spinoff Sam & Cat alongside Ariana Grande, her mother dies of cancer. Finally, after discovering therapy and quitting acting, Jennette embarks on recovery and decides for the first

time in her life what she really wants. Told with refreshing candor and dark humor, I'm Glad My Mom Died is an inspiring story of resilience, independence, and the joy of shampooing your own hair.

The Curious Incident of the Dog in the Night-Time - Mark Haddon 2009-02-24

A bestselling modern classic—both poignant and funny—narrated by a fifteen year old autistic savant obsessed with Sherlock Holmes, this dazzling novel weaves together an old-fashioned mystery, a contemporary coming-of-age story, and a fascinating excursion into a mind incapable of processing emotions. Christopher John Francis Boone knows all the countries of the world and their capitals and every prime number up to 7,057. Although gifted with a superbly logical brain, Christopher is autistic. Everyday interactions and admonishments have little meaning for him. At fifteen, Christopher's carefully constructed world falls apart when he finds his neighbour's dog Wellington impaled on

a garden fork, and he is initially blamed for the killing. Christopher decides that he will track down the real killer, and turns to his favourite fictional character, the impeccably logical Sherlock Holmes, for inspiration. But the investigation leads him down some unexpected paths and ultimately brings him face to face with the dissolution of his parents' marriage. As Christopher tries to deal with the crisis within his own family, the narrative draws readers into the workings of Christopher's mind. And herein lies the key to the brilliance of Mark Haddon's choice of narrator: The most wrenching of emotional moments are chronicled by a boy who cannot fathom emotions. The effect is dazzling, making for one of the freshest debut in years: a comedy, a tearjerker, a mystery story, a novel of exceptional literary merit that is great fun to read.

Ghost - Jason Reynolds 2016

Aspiring to be the fastest sprinter on his elite middle school's track team, gifted runner Ghost

finds his goal challenged by a tragic past with a violent father.

More Than a Mum - Charlene Allcott

2020-02-20

Mother: a woman considered in relation to her child or children. Wife: a woman considered in relation to her spouse. Shouldn't there be more? Alison has built her life around her family. Every day she packs lunches, rushes to work, and breaks up her daughter's squabbles. She's bored, restless and hungry for some excitement. Perhaps the charismatic Frank could be what she's missing. But is Frank all he makes out to be? And what if a new, glamorous life isn't quite what she needs? Praise for Charlene Allcott:

'One of the freshest, funniest, most exciting new voices I've read for a long time.' Jane Fallon

'Fresh and funny and REAL...' Veronica Henry

'Very funny and delightfully relatable - this was a real treat.' Trisha Ashley

The Illustrated Mum - Jacqueline Wilson

2009-03-25

Covered from head to toe with one-of-a-kind tattoos, Marigold is the brightest, most beautiful mother in the world. At least, that's what Dolphin thinks—she just wishes Marigold wouldn't stay out quite so late or have mood spells every now and again. Dolphin's older sister, Star, loves Marigold too, but she's tired of looking after her. So when Star's dad shows up out of the blue and offers to let the girls stay with him, Star jumps at the opportunity. But Dolphin can't bear to leave Marigold alone. Now it's just the two of them, and Dolphin is about to be in over her head. . . .

[This Mum Runs](#) - Jo Pavey 2016-07-14

The inspirational story of athlete Jo Pavey, the runner and mum who ran at a record-breaking fifth Olympic Games at Rio 2016. 'Come-back races? I've had more than a few, the night of 10 May 2014 was the ultimate long shot. I was a forty-year-old mother of two who had given birth eight months before. I trained on a treadmill in a cupboard by the back door and I was wearing a

running vest older than most of the girls I was competing against. Was I crazy?' Jo Pavey was forty years old when she won the 10,000m at the European Championships. It was the first gold medal of her career and, astonishingly, it came within months of having her second child. The media dubbed her 'Supermum', but Jo's story is in many ways the same as every mother juggling the demands of working life with a family - the sleepless nights, the endless nappy changing, the fun, the laughter and the school-run chaos. The only difference is that Jo is a full-time athlete pushing a buggy on her training runs, clocking up miles on the treadmill in a cupboard while her daughter has her lunchtime nap, and hitting the track while her children picnic on the grass. Heartwarming and uplifting, *This Mum Runs* follows Jo's roundabout journey to the top and all the lessons she's learnt along the way. It is the inspiring yet everyday story of a mum that runs and a runner that mums.

All to Play For - Matt Rogan 2021-07-01

'A timely, engaging and thought-provoking read from an ideal guide to explore what the future may hold.' Dan Roan, Sports Editor, BBC News
'Matt shows with great insight and wisdom how (sport) can form the foundations for future discovery, development and ultimately, happiness.' Ben Ryan, Olympic Gold Medal-Winning Rugby Coach and Author *Sevens Heaven*, Daily Telegraph Sports Book of the Year 2019
Sport can save us. After a fractious decade following the 2012 Olympics, sport - one of our few remaining collective rituals - is entering its golden age. An increasingly powerful force for good, it is undergoing a dramatic transformation that will positively impact our lives, on and off the pitch. From the collective shared experience of a nationwide event and the individual benefits gained from lacing up your trainers and getting out there to the political power of a footballer's Twitter account, *All to Play For* is a roadmap for the way that sports can unite us in the worst of times. Illuminated by interviews with a diverse

range of sports insiders, including fitness guru Joe Wicks, gold medalist Greg Searle, the mind behind the viral 'This Girl Can' campaign, Tanya Joseph, and running obsessed rockstar Johnny Marr, *All to Play For* dives into the past, present and future of the industry to show how sport will lead us out of the darkness and guide us in a post-pandemic world. Covering the rise of the athlete activist, the necessity of grassroots organisations, the secret recipe for making sport an effective tool for change and ten bold predictions on how it will guide us in the future, this is an examined look at why sport has the power to heal a divided world.

Palliative Care in Nursing and Healthcare -

Michelle Brown 2015-11-09

This book helps nursing and healthcare students to prepare for the challenges of working with the increasing number of patients requiring palliative care, so that they can work in partnership with patients and their carers, providing care that is compassionate, practical

and backed up by the latest evidence. Delivering palliative care can be emotionally challenging and the book focuses on supporting healthcare staff, allowing them to provide the care that is needed. Key features include: * case studies in every chapter, helping students to practically work through difficult scenarios * reflective activities that assist readers in thinking critically about their care and how to improve it * a holistic approach to palliative care that includes family, carers and interprofessional work * up to date theory and policy. *Palliative Care in Nursing and Healthcare* is suitable for undergraduate nursing students and allied health students and practitioners. Michelle Brown is Senior Lecturer at the University of Derby.

Code of Federal Regulations - 1986

United States Entry and Work Permits - Liam

Schwartz 1997-06-09

Managers and other businesspeople can profit

from widespread changes in American immigration law if they have the tools to understand and work with the new rules and procedures. The 1990 United States Immigration Act initiated a significant change in American immigration policy. Geared toward attracting international business To The United States, The Act stressed the importance of exceptional business ability and provided incentives to certain professionals and to businesspeople with the means to invest in new commercial enterprises. United States Entry and Work Permits details the new rules and procedures of American immigration law, providing the tools the reader needs to understand and work within the framework of the changes in the law. A major source of information on United States entry and work permits For The business community in general, this book is especially helpful in assisting human resources managers and others engaged in relocation issues, As well as transferee workers and their families.

American Druggist - 1946

Us vs the World - Catriona Child 2021-12-16
Why is Mum crying? Why is she up so early? Why isn't Dad looking after her? Something unusual is happening in an Edinburgh bungalow, and at the heart of it are Jude and Sam Redpath, a mother and son forced to confront both their grief and their darkest secrets. Still reeling from a doping scandal that shocked the athletic world and with a baby on the way, Jude knows she must keep her family safe, no matter the sacrifice. But what does that mean she should do? Child's third novel is a truly unique tale of grief and desperation. *Us vs the World* questions not only the nature of the digital world and the strength of family bonds but how far you would really go for what - and who - you love?

Run Fast. Eat Slow. - Shalane Flanagan
2016-08-09

Fuel up like 2017 New York City Marathon Champion Shalane Flanagan. From world-class

marathoner and 4-time Olympian Shalane Flanagan and chef Elyse Kopecky comes a whole foods, flavor-forward cookbook—and New York Times bestseller—that proves food can be indulgent and nourishing at the same time. Finally here's a cookbook for runners that shows fat is essential for flavor and performance and that counting calories, obsessing over protein, and restrictive dieting does more harm than good. Packed with more than 100 recipes for every part of your day, mind-blowing nutritional wisdom, and inspiring stories from two fitness-crazed women that became fast friends over 15 years ago, *Run Fast. Eat Slow.* has all the bases covered. You'll find no shortage of delicious meals, satisfying snacks, thirst-quenching drinks, and wholesome treats—all made without refined sugar and flour. Fan favorites include Can't Beet Me Smoothie, Arugula Cashew Pesto, High-Altitude Bison Meatballs, Superhero Muffins, Kale Radicchio Salad with Farro, and Double Chocolate Teff Cookies.

Motherhood and Sport - Lucy Spowart
2022-08-05

Although sport participation decreases on average for women once they become mothers, female athletes from the recreational, to the competitive, to the elite level have demonstrated that motherhood does not signal the end of sport engagement and athletic identities, or career and leadership roles. This is the first book to offer an in-depth examination of the nexus of women, sport and culture within the context of motherhood, uncovering new narratives that raise the profile of non-conformist performances. The book brings together international researchers using innovative and rigorous qualitative methods to show how sport affords or constrains women's agency to devise, negotiate and live alternative versions of motherhood in and through sport. Presenting stories of sporting mothers in contexts including martial arts, leisure swimming, recreational running, triathlon and climbing, the book explores the

shifting meaning and practices of motherhood across social, cultural and media/digital landscapes. Deliberately challenging taken-for-granted ways of thinking about motherhood and sport, this book is fascinating reading for anybody with an interest in the socio-cultural study of sport, gender and sport, women's studies, sport coaching, sport leadership, sport development, or qualitative and digital research methods.

[Alice in Time](#) - Penelope Bush 2010-04-01

If you could live your life over again, what would you change? Things are at crisis point for 14-year-old Alice. Her mum is ruining her life, her dad's getting remarried and she has to wear a hideous bridesmaid's dress, she can't stand her little brother Rory, and Sasha, the most popular girl at school, hates her guts. Then something very odd happens: Alice falls off a roundabout and finds that she is seven years old again. Reliving the past with her 14-year-old consciousness, she gains a disconcerting new

perspective on her family and friendships, and she is forced to confront the truth of her parents' separation and question her former loyalties. Life will never be the same again.

Running on the Cracks - Julia Donaldson
2009-09-15

Leo's running from her past. Finlay's running into trouble. Together, they stumble into a crazy new world of secrets, lies, and Chinese food. But someone is on Leo's trail . . . Eccentric, unforgettable characters and genuine, heart-pounding suspense make for a stunning combination as celebrated author Julia Donaldson expands her talents in her first novel for young adults.

Now Is the Time for Running - Michael Williams
2011-07-05

Just down the road from their families, Deo and his friends play soccer in the dusty fields of Zimbabwe, cheered on by Deo's older brother, Innocent. It is a day like any other... until the soldiers arrive and Deo and Innocent are forced

to run for their lives, fleeing the wreckage of their village for the distant promise of safe haven in South Africa. Along the way, they face the prejudice and poverty that greet refugees everywhere, but eventually Deo finds hope, joining dozens of other homeless, displaced teens on the World Cup Street Soccer team--a possible ticket out of extreme hardship to a new life. Captivating and timely, *Now Is the Time for Running* is a staggering story of survival that follows Deo and his brother on a transformative journey that will stay with readers long after the last page.

The Book Thief - Markus Zusak 2007-12-18
#1 NEW YORK TIMES BESTSELLER • ONE OF TIME MAGAZINE'S 100 BEST YA BOOKS OF ALL TIME
The extraordinary, beloved novel about the ability of books to feed the soul even in the darkest of times. When Death has a story to tell, you listen. It is 1939. Nazi Germany. The country is holding its breath. Death has never been busier, and will become busier still. Liesel

Meminger is a foster girl living outside of Munich, who scratches out a meager existence for herself by stealing when she encounters something she can't resist--books. With the help of her accordion-playing foster father, she learns to read and shares her stolen books with her neighbors during bombing raids as well as with the Jewish man hidden in her basement. In superbly crafted writing that burns with intensity, award-winning author Markus Zusak, author of *I Am the Messenger*, has given us one of the most enduring stories of our time. "The kind of book that can be life-changing." —The New York Times "Deserves a place on the same shelf with *The Diary of a Young Girl* by Anne Frank." —USA Today
DON'T MISS BRIDGE OF CLAY, MARKUS ZUSAK'S FIRST NOVEL SINCE THE BOOK THIEF.

The Unmumsy Mum - Sarah Turner 2017-04-18
Creator of the popular blog "The Unmumsy Mum," Sarah Turner offers an uncensored account of her early years of parenting. Sarah

Turner's first few months of parenting were tough. On the darkest of sleep-deprived days, when the baby would not settle and she was irritable and the house was a disaster-zone, she wanted to read about someone who felt the same. Someone who would reassure her that she wasn't a total failure. But she found nothing of the sort. She decided then and there that she would write something herself. She would document parenthood as she found it. Not how she wanted to find it or how she wanted other people to think that she found it. But how it was. Warts and all. Thus, her blog was born. Now with thousands of followers, "The Unmumsy Mum" blog covers everything from "baby-wearing incompetence" to "second child shortcuts." Full of candor, humor, and charm, this book—a #1 Sunday Times bestseller—shows us that we can read every parenting manual under the sun, but still have no bloody clue—and not having a clue is just fine. The Unmumsy Mum is a winner of the 2017 Family Choice

Awards.

Pierre Monteux - John Canarina 2003

"But ultimately it was his students - including Marriner, Maazel, Kunzel, Previn, Zinman, and author John Canarina - who would be his dearest successes, along with the living legacy of the conducting school he founded in Hancock, Maine, in 1943."--BOOK JACKET.

Train Like a Mother - Dimity McDowell
2012-03-20

At its core, Train Like a Mother comprehensively covers how to train for a race, including training plans for four race distances (5K, 10K, half-marathon, and marathon) for both beginner and more experienced runners; the importance of recovery; pre- and post-race nutrition; strength training; injury prevention (and rehab); and everything busy women need to know to add racing to their multitasking schedules. It is all presented with the same wit, empathy, and tone the avid fans connect and identify with. The book is divided into 13.1 chapters—the distance of a

half-marathon, the sweet spot for many mother runners—narrated by both Sarah and Dimity. Like the first book, *Train Like a Mother* chapters have plenty of sidebars, including Practical Motherly Advice (helpful information about training- and race-related advice), *Take It from a Mother* (advice and answers from the growing tribe of running moms), and *Racy Talk* (entertaining, race-related stories from the authors and other moms). The .1 sections are entertaining "commercial breaks" celebrating the sport of running and the added thrill of racing.

My Mummy Runs - Abigail Halcarz 2021-02-25

My Mummy Runs is a light hearted tale about a mummy and daughter's exercise adventure through the park inspired by the mummy's love of running. Join them as they have fun with exercise and perhaps join in the workouts too.

[Marathon Wisdom](#) - Mara Yamauchi 2022-06-01

Mara Yamauchi is a two-time Olympian, Commonwealth Games bronze medallist, and

one of the UK's fastest female marathon runners ever with a personal best of 2:23:12. But there is much more to Mara than just running fast. During her career as a world-class marathon runner, Mara experienced the exhilarating highs and crushing lows of elite sport. Her experiences proved to be an enriching journey of immense self-development, deep understanding and valuable learning—about her character, running and life itself. This book of 42.195 insights—the number of kilometres in a marathon—distils the wealth of wisdom and experience Mara has gained as a world-class athlete. From planning training, optimising nutrition, and preparing effectively for racing to coping with disappointments and struggles with mental illness, Mara shares everything she has learned—good and bad—as one of the world's top marathoners. Not one to spoon-feed her training plans, Mara instead encourages you to think critically to understand how to improve and set your own goals. She also takes you into

the revered world of distance running in Japan, one of the world's marathon superpowers. This book has something for everyone, from beginner runners to competitive athletes and those aspiring to the very top. Mara's insights are also applicable beyond running and are meant for anyone who wants to realise a dream or achieve a lifetime goal in whatever field is special to them.

My Grandmother Asked Me to Tell You She's Sorry - Fredrik Backman 2015-06-16

A charming, warmhearted novel from the author of the New York Times bestseller *A Man Called Ove*. Elsa is seven years old and different. Her grandmother is seventy-seven years old and crazy—as in standing-on-the-balcony-firing-paintball-guns-at-strangers crazy. She is also Elsa's best, and only, friend. At night Elsa takes refuge in her grandmother's stories, in the Land-of-Almost-Awake and the Kingdom of Miamas, where everybody is different and nobody needs to be normal. When Elsa's grandmother dies and

leaves behind a series of letters apologizing to people she has wronged, Elsa's greatest adventure begins. Her grandmother's instructions lead her to an apartment building full of drunks, monsters, attack dogs, and old crones but also to the truth about fairy tales and kingdoms and a grandmother like no other. *My Grandmother Asked Me to Tell You She's Sorry* is told with the same comic accuracy and beating heart as Fredrik Backman's bestselling debut novel, *A Man Called Ove*. It is a story about life and death and one of the most important human rights: the right to be different.

The Art of Running Faster - Julian Goater 2012-03-09

Any runner can tell you that the sport isn't just about churning out miles day in and day out. Runners have a passion, dedication, and desire to go faster, longer, and farther. Now, *The Art of Running Faster* provides you with a new approach to running, achieving your goals and

setting your personal best. Whether you're old or young, new to the sport or an experienced marathoner, this guide will change how you run and the results you achieve. The Art of Running Faster challenges the stereotypes, removes the doubts and erases the self-imposed limitations by prescribing not only what to do but also how to do it. Inside, you will learn how to •overcome the obstacles that prevent you from running faster, more comfortably, and with greater focus; •rethink conventional training methods, listen to your body, and challenge traditional running 'norms'; •customize your training program to emphasize the development of speed, strength, and stamina; •shift gears, reach that next level of performance, and blow past the competition. In this one-of-a-kind guide, former world-class runner Julian Goater shares his experiences, insights and advice for better, more efficient and faster running. Much more than training tips and motivational stories, The Art of Running Faster is your guide to improved

technique and optimal performance. Let Julian Goater show you a new way to run faster, farther and longer.

Counselling Skills for Working with Gender Diversity and Identity - Michael Beattie

2018-03-21

For any student or practitioner needing to gain a sound understanding of the complex fields of gender variance, gender identity and gender dysphoria, this book provides the ideal starting point for the knowledge and skills that you need. Emphasising the need for affirmative practice in gender care, it provides an overview of the subject areas and process issues which most commonly arise in counselling, combining theoretical with practical perspectives. It explores the diverse range of identities including masculinity, femininity, non-binary, gender dysphoria, trans and cisgender. It also addresses challenges which many clients experience in their daily lives - in the workplace, when coming out, when transitioning and in intimate

relationships. The authors highlight the importance of education and reflection to enable good practice. They feature case studies, vignettes and reflective exercises throughout the text, making it a useful tool for professional development as well as suitable as a text for students.

Breakfast, School Run, Chemo - Julia Watson
2015-08-31

I have cancer, but it's not who I am. Mother of four girls Julia Watson thought her world was falling apart when she found out she had terminal cancer. But with humour and courage, Julia faces the greatest challenge of her life - and in the process becomes the person she'd always wanted to be. A survivor of child abuse, brought up by a mother with mental illness, Julia was no stranger to adversity. After her daughter Georgie was born with Down syndrome, she thought she'd faced it all. But when doctors offer her the chance of risky but potentially life-saving surgery, Julia faces her toughest situation yet.

Follow Julia and her family, as she writes her way through the crisis, chases her dreams, gets her dancing shoes on and discovers the lighter side of life with a colostomy bag. This is a candid, entertaining look at life with cancer and living each day with humour and hope.

Misadventures in Entrepreneuring - Lucy-Rose Walker 2020-09-10

Misadventures in Entrepreneuring® is the brainchild of Gayle Mann and Lucy-Rose Walker who were personally involved in the start-up, growth and eventual sale of Entrepreneurial Spark. They have experienced their own 'misadventures' as well as the many misadventures of the 4000+ entrepreneurs they have worked with along the way, most of which were entirely psychological. It focuses on the psychology of entrepreneurship® and how crucial it is to getting in, and out, of many of the most common misadventures. Dispelling myths about the daily challenges entrepreneurs face, and providing reassurance and inspiration,

Misadventures in Entrepreneuring® delivers support and guidance to entrepreneurs of all shapes and sizes through the authors' story and those of many other entrepreneurs as they cope day to day. If you feel like your business has taken over your life, if you love what you do but struggle to juggle all your priorities, if you sometimes forget what you dreamed of when you started - this book is for you.

Run Mummy Run - Leanne Davies 2018-01-11
If you're a mum who wants to run, there's nothing stopping you! When busy mum Leanne Davies set up a social media group for her and a couple of friends to encourage one another to go running, she never imagined it would quickly become a nationwide network of thousands of women, all sharing a passion for the sport and a penchant for colourful compression socks. Gathering the very best of the advice and tips from the Run Mummy Run network, Leanne and co-writer Lucy have created this comprehensive beginner's guide to running that

includes sections on: • From starting with a Couch To 5k plan to building up the confidence to race • Fitting in running around work and family life • Overcoming barriers to exercise • How to keep on running when motivation wanes, and much more! Not just your average practical go-to, this book is filled with down-to-earth advice, training schedules and inspirational stories that'll help you to be fit, healthy and happy.

Superhero Mum - Timothy Knapman 2018-02
All mums are brilliant and the mum in this story is no exception. She doesn't wear a cape or fly to Earth from Outer Space, but she runs for the bus so fast it feels like flying, uses her super strength to carry her daughter's boots, coat, bag AND scooter, and can make bumps and bruises better with just a kiss. This mum really does have superpowers!

Game On - Sue Anstiss 2021-09-02
Sport has an extraordinary, unique capacity to challenge and change society - to bring joy and hope; to improve physical and mental health,

reduce loneliness and build self-esteem and happiness. It's also a multi-billion-pound commercial industry that can transform lives, businesses, nations and regions. Why has half the population been deprived of access to something so culturally powerful? In recent years, the landscape for women's sport has finally begun to shift. We've seen significant increases in investment, spectators and media coverage. More women as professional athletes and taking influential roles as board directors, editors, officials and CEOs. Yet still, female athletes don't get equal funding or opportunities. In many sports, women receive less prize money, lower sponsorship revenues and a tiny fraction of the media coverage. Drawing on her own experiences, and interviews with high profile Olympic and Paralympic champions, broadcasters, journalists, sports scientists, CEOs, officials and sponsors, Sue Anstiss investigates why women have been excluded from the world of sport for centuries -

and why we are now witnessing positive change as never before. Game On is a celebration of the trailblazing women opening doors for others and a manifesto for women's sport - a rallying cry to ensure the progress we are currently seeing goes from strength to strength.

Outskirts ; The King and Me ; Tomorrow--today!
- Hanif Kureishi 1983

Creative Counselling - Tanja Sharpe
2022-03-21

This guide explains how to incorporate creative interventions into counselling confidently and effectively and provides activities to support clients to express themselves through art, sound, movement, symbols, poetry and more. The book presents the Creative Counselling Model and gives guidance on incorporating creativity at every step of the therapeutic journey, from initial contract through to managing endings. It will support you to better adapt to the needs and interests of your clients, increase engagement,

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on by guest

build better therapeutic relationships and improve outcomes. Advice is also given on nurturing your own creativity as a therapist and using creativity as self-care. Bonus content! This book also gives access to a free video series where you can learn more about some of the creative tools and interventions in the book, such as using clay, sand and symbols.

Sleep - C.L. Taylor 2019-04-04

'Breathlessly gripping' - international bestselling author Lucy Foley, author of The Guest List
Seven guests. Seven secrets. One killer. Do you dare to SLEEP?

This Mum Runs - Jo Pavey 2017-08-22

The inspirational story of athlete Jo Pavey, the runner and mum who ran at a record-breaking fifth Olympic Games at Rio 2016. 'Come-back races? I've had more than a few, the night of 10 May 2014 was the ultimate long shot. I was a forty-year-old mother of two who had given birth eight months before. I trained on a treadmill in a cupboard by the back door and I was wearing a

running vest older than most of the girls I was competing against. Was I crazy?' Jo Pavey was forty years old when she won the 10,000m at the European Championships. It was the first gold medal of her career and, astonishingly, it came within months of having her second child. The media dubbed her 'Supermum', but Jo's story is in many ways the same as every mother juggling the demands of working life with a family - the sleepless nights, the endless nappy changing, the fun, the laughter and the school-run chaos. The only difference is that Jo is a full-time athlete pushing a buggy on her training runs, clocking up miles on the treadmill in a cupboard while her daughter has her lunchtime nap, and hitting the track while her children picnic on the grass. Heartwarming and uplifting, This Mum Runs follows Jo's roundabout journey to the top and all the lessons she's learnt along the way. It is the inspiring yet everyday story of a mum that runs and a runner that mums.

Mum on the Run - Fiona Gibson 2011

Laura Swan was dreading the school sports day
Mum's race - but whoever would have thought it

could be quite so life-changing? Laugh-out-loud
funny, Fiona's writing deals with the real life
cringe-worthy moments we all know so well...