

## Two Moms In The Raw Simple Clean Irresistible Recipes For Your Family's Health

BottledCat and Nat's Mom TruthsOverwhelmedLong Way DownCase Studies on Diversity and Social Justice EducationMain Street VeganThe Rebel Mama's Handbook for (Cool) MomsListen to Your MotherGirlishReal Food for Mother and BabyThe Son with Two MomsFit Moms for LifeManners That Matter for MomsEat Yourself Super . . . One Bite at a TimeOne Part PlantTwo Moms in the RawYou and I, as MothersEasy Sexy RawThe KidsThe Great Big Book of Families#IMomSoHardTimes TwoThe Dead Moms ClubThe Fatherless Daughter ProjectDaily Greens 4-Day CleanseThe Sugar DetoxRecipes for RepairMoms Who Drink and SwearThe Glass CastleThe Brave Art of MotherhoodTo Have and Not to HoldAsk Me What's for Dinner One More TimeThe Working Mommy's ManualHeather Has Two MommiesThe Postnatal Depletion CureThe Happiest Mommy You KnowConscious Unparenting(tm)You've Been VolunteeredYou Are a F\*cking Awesome MomMy Two Moms

### Bottled

What is a family? Once, it was said to be a father, mother, boy, girl, cat and dog living in a house with a garden. But as times have changed, families have changed too, and now there are almost as many kinds of families as colours of the rainbow - from a mum and dad or single parent to two mums or two dads, from a mixed-race family to children with different mums and dads, to families with a disabled member. Mary Hoffman takes a look through children's eyes at the wide varieties of family life: from homes, food, ways of celebrating, schools and holidays to getting around, jobs and housework, from extended families, languages and hobbies to pets and family trees - and she concludes that, for most people, their own family is the best one of all! With Ros Asquith's delightful pictures, this book takes a fresh, optimistic look at families of today.

### Cat and Nat's Mom Truths

PAPERBACK ORIGINAL A stunning new photobook featuring more than fifty portraits of children brought up by gay parents in America, sixth in a groundbreaking series that looks at LGBTQ communities around the world Judges, academics, and activists keep wondering how children are impacted by having gay parents. Maybe it's time to ask the kids. For the past four years, award-winning photographer Gabriela Herman, whose mother came out when Herman was in high school and was married in one of Massachusetts' first legal same-sex unions, has been photographing and interviewing children and young adults with one or more parent who identify as lesbian, gay, trans, or queer. Building on images featured in a major article for the New York Times Sunday Review and The Guardian and working with the Colage organization, the only national organization focusing on children with LGBTQ parents, The Kids brings a vibrant energy and sensitivity to a wide range of experiences. Some of the children Herman photographed were adopted, some conceived by artificial insemination. Many are children of divorce. Some were raised in urban areas, other in the rural Midwest and all over the map.

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These parents and children juggled silence and solitude with a need to defend their families on the playground, at church, and at holiday gatherings. This is their story. The Kids was designed by Emerson, Wajdowicz Studios (EWS).

### **Overwhelmed**

When Lorri Antosz Benson, a 24-year-old successful producer for a groundbreaking national television show, finds herself in an impossible situation, she digs deep and faces the heartbreaking reality that the best choice for her beloved new baby is to be raised by someone else. *To Have and Not to Hold* is the poignant account of Lorri's momentous decision to give her daughter for adoption, the resulting heartache, and later, the unexpected joy of reconnecting with her daughter and her daughter's adoptive mother. With agonizing yet heartwarming honesty, Lorri offers a profound look at a deep connection of two mothers that is born with the cry of a newborn daughter. What begins as a fragile, tenuous link develops into something dreams and miracles are made of—relationships that go to the soul, are meant to be, and are devoid of fear and possessiveness. *To Have and Not to Hold* holds much inspiration for any adoptive parent, adoptee, or first/birthparent, but it's a story that anyone will find impossible to put down.

### **Long Way Down**

A collection of raw food recipes features ideas for meals, appetizers, desserts, and drinks, and offers advice on shopping for raw foods, purchasing kitchen equipment, preparing ingredients, and stocking up on food staples.

### **Case Studies on Diversity and Social Justice Education**

Hollywood celebrities are doing it. Corporate moguls are doing it. But what about those of us living in the real world—and on a real budget? Author and holistic health practitioner Victoria Moran started eating only plants nearly thirty years ago, raised her daughter, Adair, vegan from birth, and maintains a sixty-pound weight loss. In *Main Street Vegan*, Moran offers a complete guide to making this dietary and lifestyle shift with an emphasis on practical "baby steps," proving that you don't have to have a personal chef or lifestyle coach on speed dial to experience the physical and spiritual benefits of being a vegan. This book provides practical advice and inspiration for everyone—from Main Street to Wall Street, and everywhere between. "Finally, a book that isn't preaching to the vegan choir, but to the people in the pews—and the ones who can't fit in those pews. This is a book for the Main Street majority who aren't vegans. Once you read this, you'll know it's possible to get healthy and enjoy doing it—even if you live in Paramus or Peoria."—Michael Moore "A great read for vegans and aspiring vegans."—Russell Simmons "Yet another divine gift from Victoria Moran. *Main Street Vegan* covers it all—inspiration, information, and out of this world recipes. This book is a gem."—Rory Freedman, co-author *Skinny Bitch* "Main Street Vegan is exactly the guide you need to make changing the menu effortless. Victoria Moran covers every aspect of plant-based eating and cruelty-free living, with everything you need to make healthy changes stick."—Neal Barnard, MD, president, Physicians Committee for Responsible Medicine, and NY Times bestselling author of *21-Day Weight Loss*

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Kickstart "A great book for anyone who's curious about veganism. It shows that not all vegans are weirdos like me."—Moby

### **Main Street Vegan**

Corporate trainer and mentor Maralee McKee turns her attention to the home and shares the simple, savvy, and sincere skills kids need in order to flourish in today's culture. Skills for each stage of life make this the go-to book for moms with children of any age. Readers will learn how to impart the basic tools that empower kids to relate to others well, as well as gain self-confidence by learning to make conversation pleasant, not painful overcome self-doubt by mastering new etiquette for today's on-the-go, casual, techno-savvy families develop the interpersonal skills that will help them become the best version of themselves they can be in any setting Fun, practical, and thoroughly up-to-date, this manual offers everything moms need to equip their kids to flourish in their relationships.

### **The Rebel Mama's Handbook for (Cool) Moms**

Humorist Dana Bowman chronicles her struggle with alcoholism—and subsequent recovery—through the prism of early motherhood and its challenges.

### **Listen to Your Mother**

"This book is joyful, playful, delicious, and guess what? It will also change your life. I invite you to follow Jessica into the vast green wilderness." —Lena Dunham  
Wellness advocate and podcaster Jessica Murnane is the friend you never knew you had. And she's here to help you make a change you never thought was possible. In *One Part Plant*, Jessica has a friendly request: that you eat just one meal plant-based meal each day. There's no crazy diet plan with an anxiety-inducing list of forbidden foods. Or pages filled with unattainable goals based on an eating philosophy that leaves you feeling hungry and deprived. Instead, Jessica offers you the tools to easily and deliciously make plants the star of your plate—no matter how much junk food occupies it now. Jessica knows what it's like to have less than healthy eating habits. Just a few short years ago, her diet consisted of three major food groups: Sour Patch Kids, Diet Coke, and whatever Lean Cuisine had the most cheese. But when her endometriosis—a chronic and painful condition—left her depressed and desperate for help, she took the advice of a friend and radically overhauled her diet. Within months, her life dramatically changed—her pain started to fade and she felt like herself again. With a unique style and playful tone, Jessica shares what she's learned on her way to healing her body through food. She keeps it simple and, most importantly, delicious—with 100 allergy-friendly recipes like Creamy Mushroom Lasagna, Easy Vegetable Curry Bowls, Triple Berry Skillet Cobbler, and Chocolate Chunk Cookies. Featuring her top ten pantry basics, practical advice, and colorful and bold photography, *One Part Plant* is an inspiring and educational guide to eating real and feeling your best.

### **Girlish**

A manual for working mothers to achieve their own work-life balance. Real, raw,

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and funny - you will feel empowered and capable of having it all after reading! The manual contains fourteen topical chapters designed to give practical advice and inspiration through giggle-worthy stories. Chapters include: Stay At Home Moms Are Not The Enemy, Sex: Just Do It, and Mothers and Mothers-In-Law. Where Do I Start? Read an excerpt: Being a working mom is the most crazy, amazing, powerful, frustrating, loving experience you will ever have in your entire life. And I am here to tell you that you can do it! But you will never do it perfectly. Throw perfect out of your vocabulary. Just toss it out the window and keep on driving, because, sister, it ain't an option for you anymore. We've been fed a huge pack of lies. We've been told that we can bring home the bacon, fry it up in the pan, and feed our smiling, happy family with it. I am here to tell you that the quickest way to end up on a therapist's couch or crying into your glass of pinot noir at your girlfriend's house is to think that "perfect" and "working mother" belong in the same sentence. They don't. No one has it all. Save yourself the doctor's bill and the AA meetings and just accept the fact that if you choose to work and be a mom, life will be far from perfect.

### **Real Food for Mother and Baby**

Recipes to help cleanse your body in just four short days, using all natural raw greens and the popular Daily Greens juices.

### **The Son with Two Moms**

“An intense snapshot of the chain reaction caused by pulling a trigger.” —Booklist (starred review) “Astonishing.” —Kirkus Reviews (starred review) “A tour de force.” —Publishers Weekly (starred review) A Newbery Honor Book A Coretta Scott King Honor Book A Printz Honor Book A Los Angeles Times Book Prize Winner for Young Adult Literature Longlisted for the National Book Award for Young People’s Literature Winner of the Walter Dean Myers Award An Edgar Award Winner for Best Young Adult Fiction Parents’ Choice Gold Award Winner An Entertainment Weekly Best YA Book of 2017 A Vulture Best YA Book of 2017 A BuzzFeed Best YA Book of 2017 An ode to Put the Damn Guns Down, this is New York Times bestselling author Jason Reynolds’s electrifying novel that takes place in sixty potent seconds—the time it takes a kid to decide whether or not he’s going to murder the guy who killed his brother. A cannon. A strap. A piece. A biscuit. A burner. A heater. A chopper. A gat. A hammer A tool for RULE Or, you can call it a gun. That’s what fifteen-year-old Will has shoved in the back waistband of his jeans. See, his brother Shawn was just murdered. And Will knows the rules. No crying. No snitching. Revenge. That’s where Will’s now heading, with that gun shoved in the back waistband of his jeans, the gun that was his brother’s gun. He gets on the elevator, seventh floor, stoked. He knows who he’s after. Or does he? As the elevator stops on the sixth floor, on comes Buck. Buck, Will finds out, is who gave Shawn the gun before Will took the gun. Buck tells Will to check that the gun is even loaded. And that’s when Will sees that one bullet is missing. And the only one who could have fired Shawn’s gun was Shawn. Huh. Will didn’t know that Shawn had ever actually USED his gun. Bigger huh. BUCK IS DEAD. But Buck’s in the elevator? Just as Will’s trying to think this through, the door to the next floor opens. A teenage girl gets on, waves away the smoke from Dead Buck’s cigarette. Will doesn’t know her, but she knew him. Knew. When they were eight. And stray bullets had cut through the

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playground, and Will had tried to cover her, but she was hit anyway, and so what she wants to know, on that fifth floor elevator stop, is, what if Will, Will with the gun shoved in the back waistband of his jeans, MISSES. And so it goes, the whole long way down, as the elevator stops on each floor, and at each stop someone connected to his brother gets on to give Will a piece to a bigger story than the one he thinks he knows. A story that might never know an END...if Will gets off that elevator. Told in short, fierce staccato narrative verse, Long Way Down is a fast and furious, dazzlingly brilliant look at teenage gun violence, as could only be told by Jason Reynolds.

### **Fit Moms for Life**

Get started on the road to wellness and longevity with foods that serve as natural, nutritional powerhouses in cultures and traditions around the world. Eat Yourself Super . . . One Bite at a Time seeks to educate readers about Superfoods: what they are, where to find them, how much to eat, and how to prepare them. Using Dr. Todd's Superfoods Pyramid and Secrets of Long Life research as the basis for this discussion, it shows readers how current scientific and medical research echoes the Doc's finding on longevity and vital living cross-culturally, through the Superfoods diet. Each level of the pyramid has its own chapter in the book, where the function and benefits of the foods featured on that level are explained. In addition, you will learn about the need for sunshine, pure water, balance, and reflection, and indulge in a large number of easy to prepare recipes accommodating to all ability levels. Dr. Todd's family prepares foods from these recipes every day, and they feel good about inviting readers to join the Superfoods table.

### **Manners That Matter for Moms**

Learn how kicking your sugar habit can help you lose weight and get glowing, younger-looking skin with a proven three-day jumpstart plan and four-week program. Science shows that sugar can seriously damage our health--and yet we're consuming more of it every year. Not only does excess sugar make us sick, overweight, and tired, it dulls skin and ages us well beyond our years. In The Sugar Detox, acclaimed nutritionist Brooke Alpert and skincare guru Patricia Farris have combined their expertise to offer an easy plan to slim your waistline, restore your energy, and rejuvenate your skin. The Sugar Detox will put you on the path to feeling--and looking--your absolute best, with: A proven three-day jumpstart plan to break your sugar addiction A four-week meal plan incorporating healthy sugars Shopping lists and satiating recipes Strategies for combating cravings and dining out Lists of key health-supporting superfoods Tips on surprising places where sugar lurks

### **Eat Yourself Super . . . One Bite at a Time**

A modern classic for this generation is being relaunched with an all-new, beautifully illustrated edition that follows Heather as she goes to playgroup and feels badly at first because she has two mothers and no father, but then she learns that there are lots of different kinds of families and the most important thing is that

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all the people love each other.

### **One Part Plant**

Subtitle in pre-publication: Why putting yourself first is the best thing you can do.

### **Two Moms in the Raw**

A humorous and heartfelt memoir about weathering the loss of a parent, offering advice and tips on surviving grief. Kate Spencer lost her mom to cancer when she was 27. In *The Dead Moms Club*, she walks readers through her experience of stumbling through grief and loss, and helps them to get through it, too. This isn't a weepy, sentimental story, but rather a frank look at what it means to go through gruesome grief and come out on the other side. *The Dead Moms Club* covers how losing her mother changed nearly everything in Spencer's life. And it offers cheeky but useful tip for readers throughout -- like the "It's None of Your Business Card," to copy and hand out to nosy strangers. Anyone who has lost a parent or loved one will be comforted and consoled by this empathetic book.

### **You and I, as Mothers**

If you feel like your kids are killing you, you've come to the right place. Attention all potty-mouthed, cheap-wine-drinking mothers: Prepare to meet your match. Any bad thought you've had about your kids, Nicole Knepper has had worse. Much worse. It's not that she doesn't love her kids. It's that she understands what a mind-f\*% it can be to try to civilize those wild little beasts. Based on her hugely popular Facebook page, "Moms Who Drink and Swear," this book reveals why family dinners are like herpes, how to avoid smashing toys that are being fought over, and the joy of hearing that your son has murdered his imaginary friend. As Nicole rants and raves about caring for children (without crushing their souls), family togetherness (without too many tears), the saving grace of girlfriends (and vodka), and love and marriage (and all the baggage that goes with them), she gets to the heart of what every exasperated mom is thinking, just much funnier.

### **Easy Sexy Raw**

"This groundbreaking work will give voice to an enormous population of women who are struggling to understand themselves in the face of their fathers' absence." --Claire Bidwell Smith, author of *The Rules of Inheritance* and *After This When Motherless Daughters* was published 20 years ago, it unleashed a tsunami of healing awareness. When Denna Babul and Karin Smithson couldn't find the equivalent book for fatherlessness, *The Fatherless Daughter Project* was born. The book will set fatherless women on the path to growth and fulfillment by helping them to understand how their loss has impacted their lives. A father is supposed to provide a sense of security and stability. Losing a father comes with particular costs that vary depending on the way he left and how old a girl was when she lost him. Drawing on interviews with over 5000 women who became fatherless due to death, divorce, neglect, and outright abandonment, the authors have found that fatherless daughters tend to push their emotions underground. These issues in

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turn become distinct patterns in their relationships as adult women and they often can't figure out why. Delivered with compassion and expertise, this book allows readers support and understanding they never had when they first needed it, and it encourages the conversation to continue.

### **The Kids**

Award-Winning Finalist in the LGBTQ Non-Fiction category of the 2018 Best Book Awards sponsored by American Book Fest An honest, unfiltered memoir about a girl with an unconventional family. "The story everyone wants to hear isn't the story I want to tell." Lara Lillibridge grew up with two moms—an experience that shaped and scarred her at the same time. Told from the perspective of "Girl," Lillibridge's memoir is the no-holds-barred account of childhood in an atypical household. Personally less concerned with her mother's sexuality and more with how she fits into a world both disturbed and obsessed with it, Girl finds that, in other people's eyes, "The most interesting thing about me is not about me at all; it is about my parents." It won't be long before readers realize that "unconventional" barely scratches the surface. In the early years, Girl's feminist mother reluctantly allows her to play with her favorite Barbies while her stepmother refuses to comfort her when she wakes up from nightmares. She goes skinny dipping on family vacations in upstate New York and kisses all the boys at church. Girl and her brother travel four thousand miles—unaccompanied—to visit their father in rural Alaska, where they sleep in a locked cabin without running water, telephone, or electricity. Raised to be a free spirit by norm-defying parents, Girl has to define her own boundaries as she tries to fit into heteronormative suburban life, all while navigating her mother's expectations, her stepmother's mental illness, and her father's serial divorces. Lillibridge bravely tells her own story and offers a unique perspective. At times humorous and pithy while cringe-worthy and heartbreaking at others, *Girlish* is a human story that challenges readers to reevaluate their own lives and motivations.

### **The Great Big Book of Families**

TO EVERY GOOD LOVE STORY, THERE IS A TWIST. *Times Two* is about two women meeting, falling madly in love, and realizing that they are so crazy about each other that they want to have a family together. The fact that they both get pregnant at the exact same time is where things start to get interesting. Sarah Kate Ellis, a high-powered magazine executive, and Kristen Henderson, a laid-back rock star, decide it's time to start their family. After determining that Sarah should get pregnant first while Kristen works on her band's new CD, they head to a fertility doctor to start the process. But after months of drug treatments, miscarriages, and heartbreak, Kristen decides to start trying, too. That's when the utterly improbable happens: Sarah and Kristen find out that they are both pregnant—and are due three days apart. Overjoyed by the news that they are both expecting, Sarah and Kristen are also overwhelmed by all that lies ahead. Both have successful, demanding careers. Both have large, close-knit families nearby, including two strongly opinionated mothers who immediately want to be involved with everything. And both are completely clueless about the challenges they're about to face. They soon realize that none of their previous accomplishments has prepared them for the highs and lows of impending motherhood: not Kristen's stint

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touring with The Rolling Stones, nor Sarah's march up the corporate ladder in the world of women's magazines. They go through everything first-time parents-to-be experience—but twice over. They're producing double the hormones, double the morning sickness, double the cravings, and have double the ups and downs. From the start, Sarah and Kristen think of their babies as twins, each woman carrying half of a set. But for two women who've always finished each other's sentences, they suddenly find themselves on opposite ends of the mothers-to-be spectrum, with different opinions on almost everything. One wants a drug-free birth, while the other wants an epidural at the first sign of a contraction. One is dying to know the baby's gender, but the other refuses to find out until she hears the baby's first cry in the delivery room. The difficulties of having two pregnant women under the same roof are multiplied by the legal and social obstacles of being a gay couple. Told from Kristen and Sarah's insightful and hilarious she said/she said perspective, this touching, modern family adventure will entertain, enlighten, and resonate with readers of all stripes.

### **#IMomSoHard**

THE NATIONAL BESTSELLER Hilarious best friends Cat and Nat created a massive online community of moms by sharing their ultra-real and just a bit R-rated dispatches from the mom trenches. From what not to eat a few days after giving birth (chicken wings) to the most effective ways to dodge post-partum sex, Cat & Nat's Mom Truths shares everything no one will tell you about having kids. Mixing memoir, humor, and advice, Cat and Nat tell never-before-told stories about the stress, guilt, joy, and laundry (oh the laundry!) of being a mom in their first book. With seven kids between them and millions of fans on social media, they get real about the parts of parenting that somehow don't make the Instagram feed. Sharing their outrageous humor, fearless myth-busting, and genuine comfort on every page, they walk you from pregnancy to the toddler years and beyond. And they dole out ridiculously honest advice, like what you think you need at the hospital when you have your first baby (lip gloss) versus what you actually need (hemorrhoid pillow), and how worried you should really be about germs (less than you are). Fearless crusaders against the perfection myth and all the gluten-free, sugar-free baking it entails, Cat and Nat assure you that you're already doing a great job, making this an essential companion for moms everywhere.

### **Times Two**

### **The Dead Moms Club**

Full-time FindingJoy.net blogger, speaker, marketer, podcaster, and single mom of seven, Rachel Marie Martin presents a rallying cry to anyone who believes the lie that she is "just a mom." Over the years, you willingly pour everything you have into your family, but in the process, you lose the essence of who you are. In her characteristic raw and visceral style, Rachel teaches you how to rewrite the pages of your story, follow your passion, and discover the beauty of who you are. Drawing on lessons from her own incredible journey--together with insight from conversations with thousands of other women--Rachel encourages moms to break

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cycles, take off masks, and prevent fear from taking control. She balances her "no excuses" approach with breathing room and grace for those messy moments in life and mothering. Rachel reminds you there is always a reason to hope, to move forward, and to dare the impossible. You can make changes. You can pursue dreams, find yourself, and live a life of deep happiness and boundless joy. Stop waiting for "someday." Take hold of the moment, and say yes to your dreams.

### **The Fatherless Daughter Project**

Journalist Walls grew up with parents whose ideals and stubborn nonconformity were their curse and their salvation. Rex and Rose Mary and their four children lived like nomads, moving among Southwest desert towns, camping in the mountains. Rex was a charismatic, brilliant man who, when sober, captured his children's imagination, teaching them how to embrace life fearlessly. Rose Mary painted and wrote and couldn't stand the responsibility of providing for her family. When the money ran out, the Walls retreated to the dismal West Virginia mining town Rex had tried to escape. As the dysfunction escalated, the children had to fend for themselves, supporting one another as they found the resources and will to leave home. Yet Walls describes her parents with deep affection in this tale of unconditional love in a family that, despite its profound flaws, gave her the fiery determination to carve out a successful life. -- From publisher description.

### **Daily Greens 4-Day Cleanse**

Raw, cooked, and gluten-free meals from the founder of the national award-winning healthy-snack company Two Moms in the Raw Within just a few days, Shari Leidich, a mother of three, went from working out daily and hiking in the nearby Rocky Mountains to being barely able to hold a pen. The diagnosis: MS. Gradually, thanks to a diet rich in raw foods, she returned to her former energetic self. For the long term, though, she knew she had to create meals that she would find satisfying and that her husband and three children would love as well. And they had to be quick and easy. Many of the 130-plus dishes, like Brunchy Poached Eggs on Spinach with Roasted Red Pepper Sauce, or Plum and Tatsoi Salad, are riots of color. Most can be on the table before the kids can even complain they're hungry. Indulgent snacks like Creamy Olive and Artichoke Dip and Butternut-Lemongrass Soup satisfy cravings, and chicken and fish--Single-Skillet Chicken Puttanesca, Chard-Wrapped Mahi-Mahi--come bolstered with plenty of raw produce and grains. Desserts ditch processed sugar in favor of natural sweeteners and power nutrients. The story of a quest for healing, Two Moms in the Raw is a keep-it-real guide to eating well for anyone who wants to get back on track, enjoy greater vitality, reduce stress, and achieve their best health.

### **The Sugar Detox**

As children of the carefree 1970s, Kim Kinzie and Dawn Michael felt unprepared for the endless demands of 21st century parenting. Was it just the two of them who found motherhood so taxing? Dumbfounded, they asked fellow moms to share their feelings about raising children. Initially, conversations were polite and scripted. Determined to get to the truth, the authors took a risk and shared their

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deepest and darkest parenting stories. These exchanges fostered feelings of acceptance and validation. It wasn't their inept parenting skills, it was the impossible institution known as modern-day motherhood. This book is a compilation of those unedited narratives told with humor, emotion and raw honesty. It's also a call to action, as the authors seek to create a new mode of parenting that merges the best of the '70s with today; one that is less kid-centric, more parent-friendly. With a nod to celebrity elitism, they're calling this mindset "conscious unparenting ." The authors take their mission to the next level by asking readers to be part of their movement and begin a parenting revolution. And it all starts with a disco ball"

### **Recipes for Repair**

Tony was taken in at the age of three by Mary Hynes and Janet Simons, after being separated from his mother, who suffered from schizophrenia. After that time, he was shuffled in and out of his grandmothers home before being placed in an orphanage, where he remained for one year. After a tumultuous court battle, he went home with the only two women brave enough to raise me. However, neither he nor his guardians could have imagined the trials awaiting their family after the proceedings ended.

### **Moms Who Drink and Swear**

From the founder of That's Inappropriate—one of the most popular parenting blogs on the web—comes a hilarious, genuine, and relatable essay collection on the ups and downs of motherhood. Meredith Masony founded That's Inappropriate in 2014 as an innocent and humorous way to chronicle her chaotic days as a working mom, child wrangler, and busy wife. It soon evolved into a massive, dynamic community of parents—now nearly three million strong—brought together by their shared belief that parenthood and marriage don't have to be perfect. Now, in Ask Me What's for Dinner One More Time, Meredith shares her collection of witty essays on the universal frustrations of being a mom in today's world, presenting her laugh-out-loud perspective on sex, aging, anxiety, friendship, and much more. Perfect for fans of Jenny Lawson, Laura Clery, and Jen Mann, these essays provide laughter, relief, validation, and "a metaphorical hug for all of those moments you spend crying on your bathroom floor, thinking that you are failing at the hardest job on the planet."

### **The Glass Castle**

An advocate and son of same-gender parents recounts his famed address to the Iowa House of Representatives on civil unions, and describes his positive experiences of growing up in an alternative family in spite of prejudice.

### **The Brave Art of Motherhood**

If you're a mom (or mom-to-be) who wants to raise decent human beings, maintain your pre-baby identity, and not lose your sh\*t along the way, congrats: you've just found the parenting book of your dreams. The Rebel Mama's Handbook for (Cool)

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Moms is a girlfriend's guide to early motherhood. It's the Coles Notes for all those boring baby books you never read. It's the instruction manual you wish your kid(s) came with - complete with cocktail list. Welcome to motherhood. Let's do this.

### **To Have and Not to Hold**

While postpartum depression has become a recognizable condition, THE POSTNATAL DEPLETION CURE is the first book to treat the nutrient depletion, sleep loss, and emotional shifts that afflict women up to a decade after giving birth. Most mothers have experienced exhaustion, pain, forgetfulness, indecision, low energy levels, moodiness, or some form of baby brain. And it's no wonder: The process of growing a baby depletes a mother's body in substantial ways--on average, a mother's brain shrinks 5% during pregnancy, and the placenta saps her of essential nutrients that she needs to be healthy and contented. But with postnatal care ending after 6 weeks, most women never learn how to rebuild their strength and care for their bodies after childbirth. As a result, they can suffer from the effects of depletion for many years, without knowing what's wrong as well as getting the support and treatments that they need. Any woman who has read What to Expect When You're Expecting needs a copy of THE POSTNATAL DEPLETION CURE. Filled with trustworthy advice, protocols for successful recovery, and written by a compassionate expert in women's health, THE POSTNATAL DEPLETION CURE will help every mother restore her energy, replenish her body, and reclaim her sense of self.

### **Ask Me What's for Dinner One More Time**

Actress, director, and New York Times bestselling author Laura Prepon's raw and honest guide to navigating motherhood. When Laura Prepon first became a mother, she barely recognized herself. As someone who always loved being prepared, Prepon felt raw, full of stress, and blindsided. She sought out resources to help navigate this huge life transition, but only found books about childcare with almost nothing on the shelves about momcare. So, Laura decided to write the book she was looking for. You and I, as Mothers: A Raw and Honest Guide to is part memoir, part handbook, as Laura digs into her own unconventional upbringing and investigates how it shaped her as a person and as a mother, with intimate stories and never-before-shared anecdotes brought forth in an effort to understand our collective experience as mothers. The book is packed with practical tips for moms of any age, at any stage of motherhood, such as stress reduction techniques, self-care, protecting one's partnership, asking for help, and getting a global perspective on maternity, and includes a selection of easy and delicious recipes, from ideas for kids-friendly food, to romantic dinner dates, and batch-cooking favorites that will help any parent feed their family. Laura also interweaves insights and interviews from her "Mom Squad": an eclectic group of mothers of all ages and professional backgrounds, including a world-renowned survival expert, a top neuroscientist, creator of Orange Is the New Black Jenji Kohan, actress Mila Kunis, author and activist Amber Tamblyn, and chef Daphne Oz—among other inspiring moms, who lend their voices to the much needed conversation of what it means to be a mother. Unfiltered, honest, and insightful, Laura encourages the reader to acknowledge their challenges, embrace their strengths, and celebrate their victories as we navigate the greatest adventure of all: motherhood.

## **The Working Mommy's Manual**

Get to know thirty-one amazing women who have taken the Fit Mom for Life Challenge, dropped up to a hundred pounds—and kept it off! Are you ready to look twenty years younger? Have a flat stomach again? Take your husband's breath away each time he sees you? Bring sexy back into being a mom? Melt the muffin top? Fit into your skinny jeans and still have room left over? Be a mom that your kids are proud of? In this book you will discover: One exercise that can make your stomach 2–4 inches smaller within two weeks The workout that can burn off far more fat than doing boring cardio How to burn fat 24 hours a day How to eat like a linebacker and have a metabolism of a hummingbird How to change your thoughts to produce lasting results Dustin Maher, a self-proclaimed “Mama’s Boy” who has given his life to serving moms and helping them look and feel their best, asks “Who is taking care of you?”—and shows why moms must start putting themselves first in order to be there for the ones they love.

## **Heather Has Two Mommies**

Ten years ago, Nina Planck changed the way we think about what we eat with the groundbreaking *Real Food*. And when Nina became pregnant, she took the same hard look at the nutritional advice for pregnancy and newborns, finding a tangle of often contradictory guidelines that seemed at odds with her own common sense. In *Real Food for Mother and Baby*, Nina explains why some commonly held ideas about pregnancy and infant nutrition are wrongheaded—and why real food is good for growing minds and bodies. While her general concept isn't surprising, some of the details might be. For expecting mothers and babies up to two years old, the body's overwhelming requirements are fat and protein, not vegetables and low-fat dairy—which is why, for example, cereals aren't right for babies, but meat and egg yolks are excellent. Nina shares tips and advice like a trusted friend, and in this updated edition, her afterword presents the latest findings and some newly won wisdom from watching her three children grow on real food.

## **The Postnatal Depletion Cure**

*Case Studies on Diversity and Social Justice Education* offers pre- and in-service educators an opportunity to analyze and reflect upon a variety of realistic case studies related to educational equity and social justice. The accessibly written cases allow educators to practice the process of considering a range of contextual factors, checking their own biases, and making immediate- and longer-term decisions about how to create and sustain equitable learning environments for all students. This revised edition adds ten new cases to offer greater coverage of elementary education, as well as topics such as body-shaming, Black Lives Matter, and transgender oppression. Existing cases have been updated to reflect new societal contexts, and streamlined for ease-of-use. The book begins with a seven-point process for examining case studies. Largely lacking from existing case study collections, this framework guides readers through the process of identifying, examining, reflecting on, and taking concrete steps to resolve challenges related to diversity and equity in schools. The cases themselves present everyday examples of the ways in which racism, sexism, homophobia and heterosexism,

## Read Online Two Moms In The Raw Simple Clean Irresistible Recipes For Your Family's Health

class inequities, language bias, religious-based oppression, and other equity and diversity concerns affect students, teachers, families, and other members of our school communities. They involve classroom issues that are relevant to all grade levels and content areas, allowing significant flexibility in how and with whom they are used. Although organized topically, the intersections of these issues are stressed throughout the cases, reflecting the complexities of real-life scenarios. All cases conclude with a series of questions to guide discussion and a section of facilitator notes, called 'Points for Consideration.' This unique feature provides valuable insight for understanding the complexities of each case.

### **The Happiest Mommy You Know**

NEW YORK TIMES BESTSELLER Has it been months since you've read a book with actual adult words that had nothing to do with farm animals or superheroes or going potty? Well then, it's time to take a break. Pour yourself some wine. Put on your comfy pants. All good? Ok, welcome to the party. Kristin Hensley and Jen Smedley, the creators of #IMOMSOHARD, know that you probably didn't get to shower today and that the last thing you need is more advice on how to be a better parent. Instead, they invite you to join their laugh-out-loud, best friend banter on the eighty bajillion ways moms give their all every day—including: I KEEP IT TOGETHER SO HARD I BODY AFTER BABY SO HARD I HIT THE TOWN (AND AM IN BED BY 9:30 P.M.) SO HARD I BUST MY ASS SO HARD I KEEP FOOLS ALIVE SO HARD Come for the laughs, stay for the kinship with two friends who are just getting it right, getting it wrong, and leaning on each other for a laugh at the end of the day. They don't care if your house is a mess and they won't judge you if you pee a little when you sneeze. So kick back, relax, and enjoy. You deserve it.

### **Conscious Unparenting(tm)**

A much-needed voice of encouragement for every woman who had a baby and lost her mind Sometimes, motherhood feels never-ending. A child is born, chaos ensues, and it seems like life will never return to normal. In *You Are a F\*cking Awesome Mom*, award-winning journalist and Instagram star Leslie Anne Bruce acknowledges that, yes, motherhood is a total mind f\*ck—but then she offers the self-empowerment lessons new mothers need to get through the psychic upheaval and emerge stronger than ever. After childbirth, a woman's body, her relationships, and her very sense of self are tested like never before. Bruce encourages readers to look past the sugarcoated truisms about the miracles of child-rearing in order to embrace the real joys of motherhood, spit-up stains and all. Loaded with unfettered support from a mom who has been through it all, *You Are a F\*cking Awesome Mom* offers a lifeline of encouragement, inspiration, and community for the new mama who got a baby, lost her mind, and desperately wants to find herself again.

### **You've Been Volunteered**

Follows the author's journey from homeless teenage mother to successful corporate executive.

## **You Are a F\*cking Awesome Mom**

In the eagerly anticipated follow-up to Laurie Gelman's "irreverent and hilarious" (The New York Post) hit *Class Mom*, brash, lovable Jen Dixon is back with a new class and her work cut out for her. If you've ever been a room parent or school volunteer, Jen Dixon is your hero. She says what every class mom is really thinking, whether in her notoriously frank emails or standup-worthy interactions with the micromanaging PTA President and the gamut of difficult parents. Luckily, she has the charm and wit to get away with it—most of the time. Jen is sassier than ever but dealing with a whole new set of challenges, in the world of parental politics and at home. She's been roped into room-parenting yet again, for her son Max's third grade class, but as her husband buries himself in work, her older daughters navigate adulthood, and Jen's own aging parents start to need some parenting themselves, Jen gets pulled in more directions than any one mom, or superhero, can handle. Refreshingly down-to-earth and brimming with warmth, Dixon's next chapter will keep you turning the pages to find out what's really going on under the veneer of polite parent interactions, and have you laughing along with her the whole way.

## **My Two Moms**

A fantastic awakening of why our mothers are important, taking readers on a journey through motherhood in all its complexity, diversity, and humour. Based on a sensational national performance movement, the book showcases the experiences of ordinary people no matter their race, gender or age. It celebrates and validates what it means to be a mother today, with an honesty and candour that is arrestingly stimulating and refreshing. The stories express an eclectic mix of themes: adoption, emptying nests, first-time motherhood, foster-parenting.

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