

## My Colourful Life From Red To Amber

The word “girl” still sends negative vibes across the mindsets. Why should the so called developed society still have gender discrimination? What if a girl is born and brought up with zeal to live her dreams? Why can't a girl have a sensible love story, emotions, dreams and a fruitful career? How would a determined girl succeed in her life? Yes, every girl does have an untold story in her life. This is a sensible journey of a girl from the womb to the tomb. Every girl expects a soul mate who can fade away her untold story and sinks her life in the ocean of happiness and freedom of thoughts. Clearing all the diplomatic confusions, this story sails you through the realistic thoughts.

'One of the best books I have ever read. Incredibly moving' Elton John 'I cant recommend it too highly' Helen Macdonald 'Ranks among the best modern coming-of-age memoirs' Sunday Times 'Where Helen Macdonald's H Is For Hawk meets Gerald Durrell's My Family And Other Animals ... Remarkable' Daily Mail 'Beautiful, wise, compassionate and powerful' Isabella Tree This is a story about birds and fathers. About the young magpie that fell from its nest in a Bermondsey junkyard into Charlie Gilmour's life - and swiftly changed it. Demanding worms around the clock, riffling through his wallet, sharing his baths and roosting in his hair... About the jackdaw kept at a Cornish stately home by Heathcote Williams, anarchist, poet, magician, stealer of Christmas, and Charlie's biological father who vanished from his life in the dead of night. It is a story about repetition across generations and birds that run in the blood; about a terror of repeating the sins of the father and a desire to build a nest of one's own. It is a story about change - from wild to tame; from sanity to madness; from life to death to birth; from freedom to captivity and back again, via an insane asylum, a prison and a magpie's nest. And ultimately, it is the story of a love affair between a man and a magpie. 'An incisive, funny and at times traumatic study of the damage done by destructive father-son relationships and the struggle to smash generational cycles' Evening Standard 'A personal reckoning which is simultaneously brutal and joyous. I was entranced' Cathy Rentzenbrink 'A beautiful book - it made me cry' Simon Amstell

Love makes one do wonders in life. It makes one fly high and sail deeper than the deep. From sailing the high and low in to handling a huge logistics company, Captain Bharat has lived so many lives in one. Destiny often comes knocking in the guise of very difficult challenges and Captain Bharats memoir is a testimony to tackling the toughest knocks head on. This is every mans journey through his eyes. His ups and downs also prove any common mans steps towards the journeys end. This book is his journey that is and can be yours as well

“How to say? What should I say?” She paused, “I do not have words Sikandar. From where to begin and till where should I count your virtues. You have taken care of all my needs. Even better than what my friend SIMRAN used to do. I remember the first week, when we had met. And when you had celebrated my BIRTHDAY, you had completely won me over then. I had understood that you love me a lot.” “Oh Sikandar, you have won my heart.” ..... Rosa Linda. “Winning is my habit.” I took her hand in my hands. “My dear, I also love you a lot. So much, that you cannot even imagine.” “Linda, it is good to be beautiful. But if the heart is

also beautiful then it becomes unmatched. The beauty is then at its best. It wins the heart of anyone who is in front. Just like you have won my heart.” ..... Sikandar. Whether Sikandar and Linda were made for each other? What happened to Florence? ..... and so on. This novel 'Birthday Gift' presents a very interesting and romantic love story of modern youth.

Season by season and month by month, Holly shares her passion for gardening and the knowledge gained from years of success with flower and vegetable gardens. Inside the house, Holly offers ideas on transforming home-grown produce into beautiful dishes, from preserves such as spiced fruit chutney to a hearty cassoulet or delicate lime tart. She also gives tips for creating stunning flower arrangements, table settings, home decorations and more. Lavishly illustrated throughout, and with useful identifying pictures for flowers and produce, Seasons in My House and Garden is the perfect companion for gardeners both experienced and novice, homemakers and keen cooks.

This diary is the perfect gift idea for Adults, Kids, and for Friends. This blank ruled 120 pages matte finish cover diary is printed on high quality and is perfectly sized at 6X9 inches so you can bring it with you on the go Weekly planner, dotted lines, Details and important topics for each day, suitable for all everyone, daily notes, things to do, to planner a to-do list School and Homework Recording notes, ideas, thoughts, dreams Take notes, write essays, use for creative writing projects. Can also be used as a notebook, journal, or diary. Good for teachers, kids, teens, tweens, middle, high school and college students, or anyone who enjoys a unique notebook.

**\*\*THE ONLY DEFINITIVE ACCOUNT OF THE WORLD'S GREATEST RACE - FULL OF EXCLUSIVE INTERVIEWS WITH NIKI LAUDA, ROSS BRAWN, DAMON HILL, DAVID COULTHARD, SIR JACKIE STEWART, OLIVER PANIS AND 2016 WORLD CHAMPION NICO ROSBERG\*\*** Circuit de Monaco. Monte Carlo. The ultimate race in the Formula One calendar. When you think of Formula One, you think of Monaco. Once a year, yachts jam the harbour, celebrities fill the stands and luxury sports cars litter the streets as of thousands of people gather from across the world to watch the greatest, and one of the oldest, races in motorsport. Monaco is glamorous, prestigious and seductive. But for the drivers, it is the most demanding race of the year. The narrow streets, tight corners and sharp elevations make it the ultimate test of driving skill. It is physically draining and mentally exhausting. Proposed today, the race would not exist but it remains the jewel in the crown for every Formula One driver. There is simply no other race like it. Win at Monaco and your name is etched in history. You will join the likes of Graham Hill, Jackie Stewart, Ayrton Senna, Alain Prost, Michael Schumacher and Lewis Hamilton. With exclusive interviews and insight from drivers and a wealth of F1 insiders, award-winning sportswriter Malcolm Folley goes behind the scenes to discover what it's really like to drive and live and breathe this iconic circuit. He reveals along the way a unique and definitive portrait of the circuit, and recreates in thrilling detail its most extraordinary weekend, when only three cars finished.

Rula Lenska's is an extraordinary life. Born in Britain to Polish aristocrats, refugees from the Nazis and then the Soviets, Rula found fame in the 1970s as 'Q' in the TV series Rock Follies. Shortly afterwards, she accidentally conquered America with the infamous VO5 hair advert, prompting Johnny Carson to ask 'Who the hell is Rula Lenska?' The world soon found out exactly who she was, as her career went on a

rollercoaster ride through classic British television series such as Minder, To the Manor Born, The Detectives, Doctor Who, Casualty, Space: 1999 and, of course, Coronation Street. This came alongside a distinguished stage career, with stellar performances in The Vagina Monologues and Calendar Girls. But her success has often been tempered with heartache. The fanfare surrounding her celebrity marriage to Dennis Waterman quickly faded amid accusations of alcoholism and spousal abuse. And then there was her surreal stint on Celebrity Big Brother, which she calls 'sixteen days of madness'... Now older and wiser, and elevated to the status of national treasure, Rula Lenska is ready to share her unbelievable story in full. And while we've all watched her life from the outside, no one has heard or seen Rula like this - unabashed, honest and thrilling.

The essential reference guide for traditional and alternative health practitioners, and anyone interested in the inner workings of their body, self-healing and wellbeing. In this newly revised, expanded and updated edition of her bestselling book, author Inna Segal unveils the secrets to understanding the messages of your body and reveals the underlying mental, emotional and energetic causes of physical symptoms and medical conditions. This powerful handbook delves deeply into the possible reasons for health issues in all areas of your body. Inna offers a unique, step-by-step method to assist in returning your body to its natural state of health. By encouraging you to connect with your innate healing intelligence and calling on your body's in-built ability to heal itself, Inna gently guides you on a journey of life-changing transformation and empowerment where you will:- Heal the emotional, mental and energetic cause of physical ailments- Use easy, quick, practical exercises to heal your organs- Learn the secret language of disease and powerful processes for healing- Understand and release limiting thoughts and emotions- Discover how to use colour to heal your life- Uncover and apply the messages your body has to teach you

**WHAT'S NEW IN THIS EDITION?**- Powerful and intensified healing processes to restore your body to health and wellness.- Total of 360 ailments now covered with over 140 new medical conditions added to the 'Secret Language of Physical Ailments' section.- Expanded 'Secret Language of your Body' chapter with additional body parts.- More information on the mental, emotional and energetic causes of illness and disease in different parts of the body.- Specific colours and emotions to work with to address and help heal physical problems.- Further insight into Inna Segal's personal battle with back pain, anxiety and the skin condition psoriasis, and how she was able to overcome her challenges using the techniques in this book.

My Colour-Coded Life is an autobiography of one brave woman's life weighed down with mental illness. Using a pseudonym and changed names for legal reasons, the author shares her fascinating experiences. The story begins with her distrust of her husband in 2000, and in 2005, her diagnosis of schizoaffective disorder. Along the way, we learn of her battle with colours and the messages she took from them—and also from food, TV, radio, music, newspapers, her guitar music, missing things, other people's clothes, and even products on the shelves. Once trust was gained in Music, she grips onto inspirational lyrics to pull her out of the quagmire she found herself sinking into. In searing honesty, she shares her triggers and offers insight on what she knows about her relapses. In the beginning, she feared colours, but over time they empowered her, made her feel blessed and able to take control of her life. My Colour-Coded Life offers readers the chance to walk in the shoes of someone who's suffered greatly. Ideally, it will educate neurotypical readers and destigmatize mental illness along the way.

'Salman Rushdie's greatest novel' Sunday Times Moraes 'Moor' Zogoiby is the last in line of a crooked and fantastical dynasty of spice merchants and crime lords from Cochin. He is also a compulsive storyteller and an exile. As we travel with him on a route that takes him from India to Spain, he spins his labyrinthine family tale of mad passions and volcanic family hatreds, of titanic matriarchs and their mesmerised offspring, of premature deaths and curses that strike beyond the grave. But does the India of his parents – populated by extravagant artists,

piratical gatekeepers and mysterious lost paintings – still exist? And will he ever discover what became of his fiery and tempestuous mother? Moraes' epic quest to uncover the truth of the past is a love story to a vanishing world, and also its last hurrah. \*\*One of the BBC's 100 Novels That Shaped Our World\*\*

A SUNDAY TIMES DESIGN BOOK OF THE YEAR \_\_\_\_\_ The definitive guide for harnessing the power of colour to improve your happiness, wellbeing and confidence Wouldn't you like to boost your confidence simply by slipping on 'that' yellow jumper? Or when you get home after a stressful day, be instantly soothed by the restful green of your walls? The colours all around us hold an emotional energy. Applied Colour Psychology specialist, Karen Haller, explains the inherent power of colour; for example, looking closely at the colours we love or those we dislike can bring up deeply buried memories and with them powerful feelings. A revolutionary guide to boosting your wellbeing, The Little Book of Colour puts you firmly in the driver's seat and on the road to changing the colours in your world to revamp your mood and motivation. Illuminating the science, psychology and emotional significance of colour, with key assessments for finding your own true colour compatibility, this book will help you to rediscover meaning in everything you do through the joy of colour. Get ready to join the colour revolution, and change your life for the better.

The story of a young engineer growing up in England 100 years ago. Details of daily life set within a historical context provide a thought-provoking contrast to life today. After a childhood in an Essex farmhouse, Harry went to school in Dorchester where his father became a partner in an iron foundry. A scholarship to the Central Technical College led to student life in Edwardian London when steam cars, omnibuses and the Twopenny Tube were replacing horse-drawn carriages. Harry gained practical engineering experience at Marshall's of Gainsborough before emigrating to Canada in 1907, aged 24, after first seeing the country on the 1905 Atlantic cable laying expedition. Self-Study Mode Ten ISC 11th Sample Question Papers covering important concepts from an examination perspective (1-5 solved and 6-10 for Self-Assessment) Exam Preparatory Material Latest Board Specimen Paper & Handwritten ISC Topper Answer sheets for effective exam preparation. Latest ISC 11th Curriculum Strictly based on the updated & reduced CISCE curriculum for Academic Year 2020-2021 for class 11th Latest Examination Tools On Tips Notes & Mind Maps facilitate quick revision of chapters and help in self study Latest Typologies of Questions All Typologies of Questions specified by CISCE taken from ISC prescribed books & previous 10 years' examination papers Tips to write better answers Examiner Comments & Answering Tips help in writing answers with better accuracy for exam success

See her travel images through her eyes. Appreciate her poetic words as she combined them with and find out her real thoughts behind each image and poem. The truth just might shock you.

The hair stands up on the back of my neck and I get an age-old feeling in my belly. Like there's a fight ahead. Like something's really about to go off... After convicting a superior for corruption and shooting off a gangster's crown jewels, the career of Hamburg's most hard-bitten state prosecutor, Chastity Riley, has taken a nose dive: she has been transferred to the tedium of witness protection to prevent her making any more trouble. However, when she is assigned to the case of an anonymous man lying under police guard in hospital – almost every bone in his body broken, a finger cut off, and refusing to speak in anything other than riddles – Chastity's instinct for the big, exciting case kicks in. Using all her powers of persuasion, she soon gains her charge's confidence, and finds herself on the trail to Leipzig, a new ally, and a whole heap of lethal synthetic drugs. When she discovers that a friend and former colleague is trying to bring down Hamburg's Albanian mafia kingpin single-handedly, it looks like Chas Riley's dull life on witness protection really has been short-lived... Fresh, fiendishly fast-paced and full of devious twists and all the hard-boiled poetry and acerbic wit of the best noir, Blue Night marks the stunning start of a brilliant new crime

series, from one of Germany's bestselling authors. 'Stripped back in style and deadpan in voice, Blue Night is a scintillating romp around the German criminal underworld and back' Doug Johnston, The Big Issue 'By turns lyrical and pithy, this adventure set in the melting pot of contemporary Hamburg has a plot and a sensibility that both owe something to mind-altering substances. Lots of fun' Times Crime Club 'Simone Buchholz writes with real authority and a pungent, noir-is sense of time and space. Blue Night is a palpable hit' Barry Forshaw 'By turns lyrical and pithy, this adventure set in the melting pot of contemporary Hamburg has a plot and a sensibility that both owe something to mind-altering substances. Disgraced state prosecutor Chastity Riley chases round the dive bars of the port city pursuing and being pursued by a beguiling cast of cops, criminals and chums, delivering scalding one-liners as she goes. Lots of fun' Times Crime Club 'Blue Night has great sparkling energy, humour and stylistic verve ... and the story itself is gripping and pacey' Rosie Goldsmith, European Literature Network 'A must-read, stylish and highly original take on the detective novel, written with great skill and popping with great characters' Judith O'Reilly, author of Killing State 'Constantly surprising, Blue Night is an original, firecracker of a read' Liz Robinson 'Blue Night has great sparkling energy, humour and stylistic verve ... and the story itself is gripping and pacey' Rosie Goldsmith, European Literature Network 'If Philip Marlowe and Bernie Gunther had a literary love child, it might just explain Chastity Riley - Simone Buchholz's tough, acerbic, utterly engaging central character' William Ryan

Whether it was a swashbuckling footballer whose style earned him the nickname Crazy Horse, or as a television quiz show captain who rubbed shoulders with royalty, Emyln Hughes never did things by half. This book looks at the life of the legend who carved out a career for himself in the media.

Normal 0 false false false EN-US X-NONE X-NONE MicrosoftInternetExplorer4 /\* Style Definitions \*/ table.MsoNormalTable {mso-style-name:"Table Normal"; mso-tstyle-rowband-size:0; mso-tstyle-colband-size:0; mso-style-noshow:yes; mso-style-priority:99; mso-style-qformat:yes; mso-style-parent:""; mso-padding-alt:0in 5.4pt 0in 5.4pt; mso-para-margin:0in; mso-para-margin-bottom:.0001pt; mso-pagination:widow-orphan; font-size:11.0pt; font-family:"Calibri","sans-serif"; mso-ascii-font-family:Calibri; mso-ascii-theme-font:minor-latin; mso-fareast-font-family:"Times New Roman"; mso-fareast-theme-font:minor-fareast; mso-hansi-font-family:Calibri; mso-hansi-theme-font:minor-latin; mso-bidi-font-family:"Times New Roman"; mso-bidi-theme-font:minor-bidi;} Goldie Nanwani is woman of Indian origins, born and brought up in Spain, who graduated from the United Kingdom. She speaks four languages fluently and is a married working mum, with two young children and currently lives in Barcelona. Goldie's passion for writing started quite accidentally when she was not more than twelve years old. Her father used to write long letters to her at boarding school and this letter writing involved intricate descriptions of her daily life, which both father and daughter encouraged mutually, since their communication was otherwise limited. This then led to diary writing, where her thoughts began to occupy pages, making room for even the most minor incidents that took place around her. As an eagle-eyed and observant woman, Goldie has learned to pay attention to the details and often tries to identify with a situation that she either hears about or visualises and later her thoughts give birth to a poem or an article. Thoughts Translated is a collection of pieces, which have been inspired by conversations, observations, real life situations, all lived by the writer or people who surround her. Goldie has covered subjects that affect both men and women, from basic relationships to marriage, giving birth to seeing death, love and betrayal and even writes about her passion for fitness and running. Goldie is passionate and spiritual towards the things she really cares for, and these feelings are mirrored through every piece in Thoughts. Thoughts is the journey of a woman who tries her best to enjoy the little things in life, for it's these Thoughts which one day will be regarded as precious memories. Thoughts seeps deep into the mind of Goldie and one can read her fears, passions, loves,

opinions and even her most unsaid intimate emotions.

Miniatures are not simply small paintings: special techniques are used to achieve their unique glow and luminosity. This book explains how to paint in detail in a small format with colour and precision. It gives an introduction to the history and traditions of miniatures set by Holbein, Hilliard and Oliver. Advice is given on materials, paints, bases and framing and there are step-by-step demonstrations of stippling and hatching, watercolour and oil painting, and colour mixing. There is a focus also on portraits, still life and silhouettes. Drawing on her extensive experience, Pauline Denyer-Baker shares her passion for painting miniatures, and inspires both beginners and more experienced artists to master and enjoy this historic art form. With further advice on the importance of drawing and sketchbooks, and featuring work from leading artists with a range of styles and subjects, this is an inspirational guide aimed at all artists, particularly those interested in miniatures and portraits. Fully illustrated with 254 colour images.

The remarkable story of Elizabeth Matheson, one of Canada's first woman doctors, stands out as a biography of an extraordinary woman and a compelling picture of pioneer life on the prairies.

These books are designed to teach students the basic skills of communication, and to use English effectively and with confidence. The books are self-explanatory and designed to help students in imbibing the skills with minimal external guidance.

Established in 1982, People of Today annually recognises over 20,000 individuals who are positively influencing Britain and inspiring others through their achievements and leadership. Entry is by invitation only. The objective criteria for inclusion and removal are strictly maintained, ensuring it is the only publication of its type whose membership accurately reflects people of influence today. Expert nomination panels guarantee People of Today is uniquely current and trusted and encompasses over 40 sectors, from academia, law and business to charity, sport and the arts.

**A COMPELLING JOINT BIOGRAPHY OF TWO MEN WHOSE FOOTBALL CAREERS SO OFTEN OVERLAPPED.** In May 1977, Kevin Keegan, the self-made son of a Yorkshire miner, helped inspire Liverpool to their first European Cup triumph. By then, the Kop hero had already decided to move abroad, joining Hamburg in a lucrative deal. His replacement, the man who would take over his No 7 jersey, was Kenny Dalglish, who joined from his hometown club Celtic. It was a daunting challenge, but the Scot would go on to achieve even greater things for the Anfield team than his distinguished predecessor. From then on, their careers would intertwine for almost 40 years. In this superb biography, Richard T Kelly looks at how the two men personified different styles as both player and manager. Keegan was all-action on the field, and as a manager became a heart-on-the sleeve inspirational figure. He rose to manage his country and as a 'Geordie messiah' came within a whisker of winning the league title at Newcastle United. Dalglish, meanwhile, pulled the strings on the pitch, and stepped up smoothly to take the reins at Liverpool, winning the Double in his first season in charge in 1986. Then came the horrors of Hillsborough, and Dalglish had to move on. At Blackburn, his pragmatic style, backed by Jack Walker's millions, earned him another league title. Both men would subsequently return to the clubs where they were most loved - Liverpool and Newcastle - but found that the game had changed, and they could no longer conjure the same magic. Keegan and Dalglish is a brilliant book that goes beyond the stories of the two men to ask broader questions about the changing nature of the game, and the challenges that our sporting heroes have to face every day.

About the Book Book One of Ekphrases is the third book of poetry by Saad Ali. It's the first installment in his anthology of ekphrases. On this occasion, the poems are born out of Ali's interpretations of the artworks (paintings) of various Western (European and American) artists—from past and present. The poems are not merely descriptions or elaborations of the themes, messages, subjects and objects of and in the

paintings, but rather his poetic discourse is much more engaging in that it is an embodiment of the stories within stories of human stories—manifesting as the consequence of an interaction between (the minds of) a philosopher-poet and an artist. Also, the main components of Ali's poetic discourse i.e. contemplation and satire become prominent—embodying reflections on the fundamental questions of why, what, how, when, where, and who vis-à-vis existence and being (in general) and, more specifically, the human condition(s). Here, the instances of the phenomena of love, hate, fear, courage, nostalgia, remorse, redemption et cetera have been invoked—even at the subjective level. As always, the book is an invitation to all for both an individual and a collective contemplative and reflective odyssey. So that we may be able to interpret and comprehend the intricacies and niceties of existence and human life in a better (and/or different) way.

The living and the dead – there is something that binds them. For the living are endlessly fascinated by tales of the dead, whether they are about an old ancestor whose ghost reputedly haunts an old ancestral home about to be torn down; a child never allowed to be born, whose little frightened call "Mummy! Mummy!" fills his mother's dreams at night; an airline pilot whose ghost is forever condemned to roam the earth with that of his mistress for an unspeakably cruel suicide pact that plunges a hundred others to their deaths. In this collection of 14 short stories set in Singapore, Catherine Lim tells tales of the dead and their return, bringing readers on a journey of unease, excitement, trepidation and, above all, awe for the mystery that surrounds death.

Red Rum's classic win in the 1977 Grand National is the stuff of sporting legend. Rummy himself became a national treasure, and his charismatic trainer - the redoubtable Ginger McCain - became a sporting hero. While the public adored Ginger, there were those who sniped that he was one-horse trainer. All that changed 27 years later when, in a thrilling race, Ginger won his fourth National with Amberleigh House, and once again took the sporting world by storm. McCain is rightly known as Mr Aintree. In the 70s, the popularity of Red Rum and Ginger almost single-handedly saved the great race when there were plans afoot to turn the track into a housing estate, and his tally of four wins is equalled only by Fred Rimmer. Ginger's story is a remarkable one. Ginger himself is a remarkable individual - charming, forthright, not afraid to speak his mind and a hugely entertaining storyteller. This is his story, told in his own inimitable style.

What happens when a gangster uses his wealth to become a politician and works his way up so effectively that he might be the next Prime Minister? It's amazing what good PR can do, how it can neutralise the press - particularly when evidence is so hard to find - and he's very good on the charity front too. Everybody likes him, there's seldom a word of criticism because he's got the smartest lawyers in town as well as a small private army to subdue his more obdurate opponents. Roy McLarty has excelled himself with this novel, its realistic, gripping and absolutely fascinating - set in the dynamic and ruthless political climate of London.

A ballsy, fast-moving British romantic comedy with a sting in its tail. Rich in characters, depth and plot.

'Scales's genuine appreciation and awe for fish are contagious.' Science 'Delightful' New Scientist Seventy per cent of the earth's surface is covered by water. This vast aquatic realm is inhabited by a multitude of strange creatures and reigning supreme among them are the fish. There are giants that live for centuries and thumb-sized tiddlers that survive only weeks; they can be pancake-flat or inflatable balloons; they can shout with colours or hide in plain sight, cheat and dance, remember and say sorry; some rarely budge while others travel the globe restlessly. And yet the mesmerising and complex lives of fish remain largely underrated and unseen, living hidden beneath the waterline, out of sight and out of mind. Helen Scales is our guide on an underwater journey, as we fathom the depths and watch these animals going about the glorious business of being fish. As well as the fish, we meet

devoted fishwatchers past and present, from voodoo zombie potion hunters and scientists who taught fish how to walk to nonagenarian explorers of the deep sea. Woven throughout are vignettes of Helen's own aquatic explorations, from eerie nighttime dives with glowing fish and up-close encounters with giant manta rays, to floating in the middle of a swirling shoal being watched by thousands of inquisitive eyes. As well as being a rich and entertaining read, this book will inspire readers to think again about these animals and the seas they inhabit, and to go out and appreciate the wonders of fish, whether through the glass walls of an aquarium or, better still, by gazing into the fishes' wild world and swimming through it. 'Engaging and informative' *The Economist*

This book also tells the readers that to have a fair deal from life, one has to be fair with life, along with being mindful and proactive towards it. The dynamic fundamentals of the life, like relationships, parenting, personal goals, behavioural problems and handling of stress, are fairly discussed and dealt with in this book. Author is positive that this book, with its galore of information and insights into life's evolution and its modalities, will refurbish your outlook about life and will take you to the altogether different level of awareness. So, dive into it and rediscover the new world of your exalted visions, dreams and thoughts.

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David Beattie is a confident 18 year old with a large family and many friends. He wrote his first book *Who Cares* while attending college in Dublin city, going out at night, drinking lots of coffee and shopping until he runs out of money. He was also born in the wrong body but this hasn't stopped him from making the most of life and chasing his dreams. This book will make you laugh, cry and everything in between as he discusses his past, present and future with honesty and wit. His self-deprecating humour is extremely entertaining and he does not shy away from personal or controversial issues. During his inspirational journey he has learned to love and respect himself while facing many obstacles. He has a refreshingly unique perspective on the world. You will not regret reading this book.

As Sherlock and Watson return from the famous Hound of the Baskervilles case, Mrs Hudson and Mary must face their own Hound, in the swirling fog of Victorian London . . . When Mrs Hudson falls ill, she is taken into a private ward at St Barts hospital. Perhaps it is her over-active imagination, or her penchant for sniffing out secrets, but as she lies in her bed, slowly recovering, she finds herself surrounded by patients who all have some skeletons in their closets. A higher number of deaths than usual seem to occur on this ward. On her very first night, Mrs Hudson believes she witnesses a murder. But was it real, or just smoke and mirrors? Mary Watson meanwhile has heard about young boys disappearing across London, and is determined to find them and

reunite them with their families. As the women's investigations collide in unexpected ways, a gruesome discovery in Regent's Park leads them on to a new, terrifying case.

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