

## Bedtime Stories For Grown Ups

Wow. Its a tough world out there. Honest to God it just never seems to quit. And what do you do at night? You need a refreshing sleep. Hard to get when you're wound up like a cheap watch. Listen. Your mother knew a thing or two about what's good for you at bedtime. A good story, short, one with some pictures. Well, that's exactly what these nite lites are. Three short bedtime stories. With pictures, but for grown ups, and they are light. No intricate plots, no exhausting back and forths between toe tapping tedium and sphincter clenching anxiety. Plenty of that at work tomorrow. Yes, these nite lite stories are good for you. So you can relax now. Get into your nest. Pull up the covers, and open up your book. Pleasant dreams.

Grown-Ups, the World, and Me! is a delightful and thought-provoking look at the big world by a small child.How are children affected by war, racism, and environmental issues? Grown-Ups, the World, and Me! offers a youthful perspective on these and ot

The all-time classic picture book, from generation to generation, sold somewhere in the world every 30 seconds! Have you shared it with a child or grandchild in your life? For the first time, Eric Carle’s The Very Hungry Caterpillar is now available in e-book format, perfect for storytime anywhere. As an added bonus, it includes read-aloud audio of Eric Carle reading his classic story. This fine audio production pairs perfectly with the classic story, and it makes for a fantastic new way to encounter this famous, famished caterpillar.

Bedtime Stories for Grown-ups is a collection of 20 bedtime stories for adults from the 'Dan Jones Hypnosis' YouTube channel. The bedtime stories have been created in a way that encourages sleep and promotes wellbeing, helping with stress, anxiety and worry, three of the main areas behind many sleep problems, so, these bedtime stories are ideal for stressed out adults or those who find they worry or overthink when they should be falling asleep. These sleep stories for adults can be read by the person who wants to fall asleep, or read to someone to help them fall asleep, or audio recorded for personal use to help you fall asleep. Each bedtime story is a transcript of a 20-35 minute long hypnotic healing bedtime story. For most of human history storytelling helped people to share knowledge and wisdom while inspiring change and creativity. Storytelling is one of the oldest forms of verbal hypnosis. Stories stimulate and access the dreaming brain allowing people to update their neurology with new learning to change thinking, behaviours and responses to life events. Somewhere along the way storytelling became associated with children, it was seen as odd if you were an adult who said you liked listening to stories. This has now started to change, adults listening to stories and reading bedtime stories is on the rise. Dan Jones has over 20 years experience using storytelling as a form of therapy and to help people sleep, he also has a successful YouTube channel 'Dan Jones Hypnosis' with over 100 hypnotic healing bedtime stories for adults and over 20 sleep stories for children.

Whispers

Bedtime Stories for Stressed Out Adults

Bedtime Stories For Grown Ups Vol. 1

Red Hot Riding Hood

Hypnotherapy

Bedtime Stories for Grown-upsSimon and Schuster

PICKED FOR WORLD BOOK NIGHT 2020 THE PERFECT READ TO CALM YOUR MIND IN TIMES OF STRESS \*\*\*\* As recommended by RED magazine \*\*\*\* 'Dreamy' STYLIST 'Calm and restore an anxious mind before sleep... the most beautiful book that will, without a doubt, put you in the mood for some zzzzzs.' the SUN 'Hurrah for a book that draws us away from the cold blue light of the smart phone and into the soothing glow of poems, short stories and extracts' THE SIMPLE THINGS Introduced by Lucy Mangan \* \* \* Tales to soothe tired souls. A night time companion for frazzled adults, including calming stories and poems for a good night's sleep. \* \* \* This cheering book of best loved short tales, extracts and poems will calm and restore an anxious mind before sleep. A good night's sleep is essential for our well being and our health, but in our busy lives sleep is often poor and overlooked. Now is the time to stop a while and find consolation and wonder in other worlds where all is well and sleep just a page or two away. From classic stories by Oscar Wilde, Guy de Maupassant and Katherine Mansfield, to friendly tales of our childhoods, to poetry that reminds us of the simple joys of life, this lovingly curated book will soothe a tired mind and gently carry you to the peaceful land of sleep. So switch off, snuggle down and allow yourself to escape into new worlds and old; magical, mysterious and tender realms that will accompany you to your own sweet dreams.

If you have ever had trouble sleeping for more than one night, this is the book for you! Your Customers Will Never Stop to Use this Awesome Book! The mind is a doorway, a doorway to a thousand realities. Think of each reality of the mind as a room. If you do so, you will come into the truth that a man can be trapped in his mind. The study of a man's psychology has always considered the mind as having more phases, or more streams if you will, than what we know as the conscious phase or stream. Knowing this, we get into a deeper understanding of the mind, how it could control us, and how we, in turn, could get the reins of control. This is just what happens when you lose your sleep. A part of your mind, your worries, is trying to get the better side of your rest and useful sleep time. You don't know it, so you cannot fight it. But guess what the case would be when you finally get in control? You will simply see yourself walking through that doorway of your mind again; this time, it will be with an understanding of the different realities that there are. You will see yourself in the place of choosing what reality you want to be a part of, at your time of sleep. You will choose it; you will rest in that reality. This is your origin of achieving inner peace. You would rest from inside out. With your mind in its calm, sleep becomes your slave. This book covers: Helen's Quest The secret cabin The Danish King The Lost Woods Returning to Earth And Many More! With an apt understanding of the unconscious stream of the mind, and how it bullies the conscious stream, thereby depriving you of sleep, Bedtime stories for adults have been put together. Not out of skepticism, but with the ideal understanding of how these things work. In turn, stories have been put together that will allow you to observe your mind in all its state, access your inner calm and walk out of insomnia without any drug. The time to start with this journey is now, and there should be no delay. In most cases, there are objections to try other methods of rectifying insomnia. People want to go for the pharmaceutical methods, whereby they would have various drugs, and just get over with it. Like you might know of antibiotics, and some other forms of drugs, our bodies get resistant or rather familiar with them. What do you do, when you have finally gotten unresponsive or resistant to that treatment you had adopted? At this point, things become even harder than they had been, earlier. Checking from the experiences of those who have been in these shoes before, you can be sure you do not want to be in these shoes. Hence, you must go for a more permanent and promising option. Unlike the body, the mind does not gain resistance to the main cure. Don't wait anymore! BUY NOW this Amazing Book for your Customers!

Soothing stories to help you fall and stay asleep, based on the popular podcast Busy minds need a place to rest. Whether you find yourself struggling to sleep, awake in the middle of the night, or even just anxious as you move through the day, in Nothing Much Happens, Kathryn Nicolai offers a healthy way to ease the mind before bed: through the timeless appeal of classic bedtime stories. Already beloved by millions of podcast listeners, the stories in Nothing Much Happens explore and expose small sweet moments of joy and relaxation: Sneaking lilacs from an abandoned farm in the spring. Watching fireflies from the deck in the summer. Visiting the local cider mill in the autumn. Watching the tree lighting in the park with friends in the winter. You'll also find sixteen new stories never before featured on the podcast, along with whimsical illustrations, recipes, and meditations. Using her decades of experience as a meditation and yoga teacher, Kathryn Nicolai creates a world for you to slip into, one rich in sensory experience that quietly teaches mindfulness and self-compassion, soothes frayed nerves, and builds solid habits for nurturing sleep. A PENGUIN LIFE TITLE

The Man in the Brown Suit

To Marry a Prince

Bedtime Stories for Grown-Ups

Bedtime Stories for Grown Ups

Poems That Make Grown Women Cry

Eighteen Plus: Bedtime Stories. For Grown-Ups is a raunchy collection of short stories that will make you roll on the floor with laughter. Filled with vivid descriptions of fantasies becoming true and hilarious situations, the book is light and entertaining, apt for your nightstand. Read about a programmer who is about to see his dreams come true when an exceptionally beautiful woman sits next to him on a flight, in Eighteen Plus: Bedtime Stories. For Grown-Ups. One of the other stories tells us about a kitty party, where Menu Verma shows the attendees a PowerPoint presentation about going down to reach the top. Find out how the mice play when the cat is away in Malti and Manoj's story, or how a sexologist couple gets kidnapped but nobody wants their ransom in the story, The Sexologist Reveals. If you're looking for pure entertainment and naughty tales, this is the book for you. Eighteen Plus was published in 2013 and is available in paperback.

Raw! Romantic! Rough! – this is a collection of folktales from India. Sparrows and swallows, foxes and dogs, farmers and potters, kings and idiots populate these stories and tell you short and sharp stories of their lives. The pages of this book echo their sorrows, angers, gains and losses, and more importantly their laughters and love affairs. These stories showcase life in its naked form highlighting fanning and farting with equal frankness, and become the Bedtime Stories for Grown-ups. Presenting a collection of twenty-five short and very short stories, the book humorously answers some of the important questions like “What did the farmer’s wife do to make her husband active?” “Where did the he sparrow go all night, leaving the she sparrow and the chicks alone in the nest?” “Did the beggar get the chicken stew?” “Who did actually sleep with the potter?” “How did the man shut his loudmouth wife up?” “How did Half Nose become No Nose?” and many more intellectual musings concerning human survival. Written in a simple language, straightforward style, and matter-of-fact tone, these stories are expected to bring many a smile to your face, numerous sniggers, sometimes a couple of tears to your eyes (if you are a soft sort), but whatever they bring or not bring, it is certain that they will give you the pleasure of reading romantic stories at bedtime.

Thirteen engaging tales exuding originality, whimsy and humor — among them “Great Claus and Little Claus,” “The Ugly Duckling,” “The Red Shoes,” “Thumbelina,” and the title story.

What if bedtime didn't have to be a nightmare? Designed for audio, this book contains 9 relaxing bedtime tales to help you drift off into a deep, relaxing, natural sleep. A selection of soothing words which act as a drug-free sleep aid. For ultimate relaxation and peaceful vibes. Use the stories as part of a breathing exercise, as nighttime meditation or just to help you unwind at the end of a long day. More interesting than white noise. More engaging than nature sounds. A perfect de-stressor. So, if you want to transform your evenings from dreading bedtime to looking forward to it...click "add to cart"

Cozy and Calming Stories to Soothe Your Mind and Help You Sleep

A Short Story Collection for Grown Ups

Bedtime Stories for Grown-ups

English Fairy Tales

9 Relaxing Sleep Stories for Everyday Guided Meditation, Mindfulness for Beginners, Self Hypnosis, Anxiety & Spiritual Brain Healing

Grown-ups need bedtime stories too and this one is all about those personality traits that adults just love to hate. The characters in this story were created by a little girl who was bullied and picked on. She created them and pretended that they were being teased and not her. As the little girl grew up, she saw many of those same traits in the adult world as well. There are bullies and those who try to control everything and everyone. This book is full of situations that are laughable for some and emotionally trying for others. It's a bigger-picture story of an awareness into a child's mind and how she survived a childhood full of mean, jealous and controlling people. Illustrations are included because what would be a bedtime story without pictures?

Once Upon a Time ... A haughty princess paraded in front of her people but ended up showing off far more than her leadership skills. A modern-day Cinderella went to the ball in a pair of black patent-leather stiletto heels guaranteed to bring the foot-worshipping prince to his knees. The seven dwarves proved that what they lacked in size they more than made up for in numbers. And Goldie learned that nothing is too hot when it comes to finding out which of the three “bare” bachelors is neither too big nor too small, but just right. In The Empress’s New Lingerie your favorite childhood fairy tales have taken a decidedly adult turn. So dim the lights, get cozy, and lose yourself in sexy bedtime stories with a naughty twist. . . . Pleasant dreams.

Cherish this bed-time reading treat as you would a comforting mug of hot chocolate. This little volume offers a variety of themed stories in bite-size chunks. A cluster of characters from the past and the present to empathise with or shake a fist at. A nightly narrative to send you off to sleep with a smile on your face. Susan Pope's anthology of thirteen short stories reflects her considerable writing talent for finding obscure and varied situations and creating stories to entertain and amuse.

Is Goldilocks a manipulator? Do Hansel and Gretel have abandonment issues? And what happens after "happily ever after" anyway? Therapist Sue Gallehugh and her son Allen adapt classic fairy tales to illustrate the fundamental principles of self-love through mental health and psychological growth. Through wit and humor, these tales tackle serious issues such as anger, isolation, taking responsibility, bitterness, labeling, emotional boundaries, staying connected, abandonment, manipulation, fear and forgiveness. This little gem of a book cuts through the dreary mire of conventional self-help books to help you discover real solutions to the common problems that prevent us from growing. You'll laugh out loud while reading "The Low Self-Esteem Duckling," "Cinderella, Inc.," "Little Red in the Hood," "Jack the Beanstalk," "The Third Little Pig" and more. A truly delightful book!

Folktales from India

The Empress's New Lingerie and Other Erotic Fairy Tales

Nite Lites

Go the F\*\*k to Sleep

An Odd Dog Christmas

*Tribal lore has handed down customs and secrets from one generation to the next over several centuries. My people practice them and hold them very close and dear. It's not only part of our culture; it's in the very fabric of what we are.* -Nadya, "A Russian Valentine's Day"*From the pirates of Australia and Russian gypsy romance to ancient Ireland and the French Revolution, author Dominic DiMilano takes you through passionate and mystical holiday memories across time and around the globe.Throughout the seven tales of steamy, sensual escapades featuring different cultures, time periods, and exotic locales, Holiday Bedtime Stories will reshape the history you thought you knew of holiday origins, customs, and folklore, while daring you to explore aspects of your own pleasure psyche. Let DiMilano take you across time to the cultures of old.*

*While you are sleeping, does the rest of the world sleep, too? Not everyone. In this dreamy book, which won the 2015 Silent Book Contest at the prestigious Bologna Children's Book Fair, Mariana Ruiz Johnson conjures up the ordinary yet extraordinary world outside the window of a sleeping child. Some people are working. Some people are eating. Some are walking their dogs, others are watching the stars. And some are setting off on an adventure that might inspire an artist to create a book. As magical as the night sky, readers will return to Mariana Ruiz Johnson's illustrations again and again, finding new stories each time they visit. Plus, this is the fixed format version, which looks almost identical to the print edition.*

*There are few more precious routines than that of the bedtime story. So why do we discard this invaluable ritual as grown-ups to the detriment of our well-being and good health? In this groundbreaking anthology, Ben Holden, editor of the bestselling Poems That Make Grown Men Cry, challenges how we think about life, a third of which is spent asleep. He deftly explores not only the science of sleep but also why we endlessly tell stories – even to ourselves, as we dream. Holden combines his own illuminating storytelling with a treasure trove of timeless classics and contemporary gems. Poems and short stories, fairy tales and fables, reveries and nocturnes – from William Shakespeare to Haruki Murakami, Charles Dickens to Roald Dahl, Rabindranath Tagore to Nora Ephron, Vladimir Nabokov to Neil Gaiman – are all woven together to replicate the journey of a single night’s sleep. Some of today’s greatest storytellers reveal their choice of the ideal grown-up bedtime story: writers such as Margaret Drabble, Ken Follett, Tessa Hadley, Robert Macfarlane, Patrick Ness, Tony Robinson and Warsan Shire. Fold away your laptop and shut down your mobile phone. Curl up and crash out with the ultimate bedside book, one you’ll return to again and again. Full of laughter and tears, moonlight and magic, Bedtime Stories for Grown-ups joyfully provides the dream way to end the day – and begin the night . . .*

*On a ship from London to South Africa, a young woman gets wrapped up in a deadly scheme, in this classic novel by the master of mystery. New to London, Anne Beddingfeld is hungry for adventure, when she witnesses a shocking accident. At the Hyde Park tube station, a man named L. B. Carton falls onto the tracks, dying instantly. An address for Mill House is found on Carton’s person, but only Anne notices the slip of paper he dropped—with the name of a ship and an inscrutable series of numbers. When a woman is found strangled to death at Mill House and the only suspect is an unknown man in a brown suit, Anne becomes obsessed with the case. Booking passage on the ship from the mysterious piece of paper, she soon finds herself bound for South Africa in the company of killers and thieves, as she attempts to unravel a scheme of murder, betrayal, and stolen diamonds.*

*Frog and Toad are Doing Their Best [A Parody]*

*A Collection of Relaxing Stories to Help Adult Fall Asleep, Fight Against Stress, Anxiety, Insomnia, and Panic Attacks. Meditation Techniques for Quality Deep Sleep*

*Eighteen Plus*

*Grown-Ups, the World, and Me!*

*Bedtime Stories for Trying Times*

Bedtime Stories for Grown-ups is a jumble of genres-seven hundred pages of fiction and non-fiction ... some stories included against the author’s better judgment. If he had known that one day they’d be published, he might not have been so past. Here is a tome of true stories about the author’s criminal and misspent youth, historical accounts of the United States when She was young, and tales of imagination encompassing every conceivable variety-all presented as though t at a bar and you’re buying the drinks as long as he keeps coming up with captivating stories to hold your interest. Comprised of 216,000 words, you'll have plenty to read for the foreseeable future. This is a book to have on your night tab before extinguishing the lights and drifting off to a restful sleep. Mr. Joyce sincerely hopes that you will enjoy his stories because, as he has stated, "It took a lot of living to come up with the material for some of them."

Come join the Odd Dog on a festive journey to find the perfect present, and perhaps save Christmas along the way... a brand-new, PAW-some story from Rob Biddulph – the genius behind the #DrawWithRob phenomenon and the bestselling Blown Away!

Cat lovers cuddle, caress, and cater to their adorable but aloof feline friends. The cat, in fact, has become one of the country's most beloved pets, with some 90 million kitties claimed by doting owners. Now, Leigh Anne Jasheway’s Bedtime Stories for Grown-Ups offers a new way to connect with our feline friends. Cat lovers everywhere new and inventive stories to lull their furballs to sleep. In "Rumpled Katzkin," for example, silky Phoebe the Cat impersonates Barbra Streisand, but longs not for riches but for more time with her nerdy owner. In "Kitty and the Beautiful Cat" adopts a young girl who subsequently learns that beauty is only fur deep. And in "Puss and the Missing Boots," feline detective Pusseywillow Claudius Rex the Third ("The name's Puss") solves the mystery when DollFace Molly's knee boots are reportedly stolen by a cat burglar. Bedtime Stories for Cats is a humorous feline-oriented interpretation of some of America's favorite classics, from "The Three Alley Cats Gruff" to "Catpunzel." Jasheway has written a purrefectly guaranteed to make readers meow.

We never plan to stay up for hours into the night, yet sometimes it seems like sleep is an unachievable goal. The longer we are stuck awake in bed, the more frustrated we become. Everyone knows we need seven to eight hours of sleep each night, but finding it hard to reach that number of hours, it can feel like a cruel joke. We get tempted to believe blatant falsehoods about sleep. Lies like "I can get by on five hours of sleep" are common among people who don't get enough sleep, and they know it's untrue. This fact should convince you to leave behind your life of not getting enough sleep: with scientists looked at the brains of people who got just six hours of sleep every night for a month, and compared it with people who didn't sleep enough, they found the similar levels of cognitive decline. When you are used to having this much cognitive decline because you have it every day, you don't realize it the way you do when you lose your sleep all at once with an all-nighter, but the science shows that it's not for your ability to think. But there's no reason to stress over losing sleep any longer, because Bedtime Stories for Adults has everything you need to fall asleep. Not only does it provide you with fully fleshed-out stories for adults, but it also offers tips on how to control anxiety and improve your mindfulness. These stories blend family holiday traditions with the seasonal changes on the way to adulthood: they deal with the challenges of growing up and being part of a family. Every story is our interest, but these stories give you a character to cheer on as they grapple with their problem while simultaneously relaxing your mind, body, and spirit. They were written by someone who has experience in crafting these kinds of stories for adults, and they're written with an accessible style, pacing that won't break your neck, and characters we relate to so much that we lose ourselves in them. Do you remember the last time you lost yourself in a story - when you felt so involved in it that it took your mind off the mindset required for real life after you were done? These stories were written just for the purpose of you experiencing that again. But not only that - these stories are not story-focused, but sensory-focused. You won't be able to help but get lost in reading them, because they each take their time to paint a full picture with every sense: taste, smell, touch, hearing, and sight. But maybe you still aren't convinced of the use of stories for bedtime. You might still think of stories as some form of entertainment exclusively, instead of for this. The only way you can do it is by taking the plunge. You have already lost too much sleep from not having the right tools for dealing with it. Don't let that happen any longer. Click the "Buy Now" button to learn everything about your sleeping life for the better. You will notice such a drastic change that you will wonder how you were ever able to go through the day sleep-deprived.

Making Metaphysical Love

Guided Meditation Scripts for Deep Sleep Hypnosis, Stress Relief, Anxiety, and Panic Attacks. How to Let Go and Reduce Stress for Grown-Ups. Mindfulness for Beginners

Fall Asleep While Reducing Stress, Worry and Anxiety

The Little Mermaid and Other Fairy Tales

Bedtime Adventure Stories for Grown Ups

**The #1 New York Times Bestseller: “A hilarious take on that age-old problem: getting the beloved child to go to sleep” (NPR). “Hell no, you can’t go to the bathroom. You know where you can go? The f\*\*k to sleep.” Go the Fuck to Sleep is a book for parents who live in the real world, where a few snoozing kitties and cutesy rhymes don’t always send a toddler sailing blissfully off to dreamland. Profane, affectionate, and radically honest, it captures the familiar—and unspoken—tribulations of putting your little angel down for the night. Read by a host of celebrities, from Samuel L. Jackson to Jennifer Garner, this subversively funny bestselling storybook will not actually put your kids to sleep, but it will leave you laughing so hard you won’t care.**

**Pour yourself a cup of cocoa, get those jim-jams on and prepare to escape into a world of adventure with this collection of life-affirming short stories from award-winning adventurer Anna McNuff.**

**The internationally bestselling collection of poetry so powerful that it has moved readers to tears. “Anthony and Ben Holden remind us that you don’t have to be an academic or a postgraduate in creative writing to be moved by verse” (The Wall Street Journal). One hundred women—distinguished in literature and film, science and law, theater and human rights—share poems that have stayed with them long after reading. The poems here range from the eighth century to today, from Rumi and Shakespeare to Sylvia Plath, W.H. Auden to Carol Ann Duffy, Pablo Neruda, and Derek Walcott to Imtiaz Dharker and Warsan Shire. Their themes range from love and loss, through mortality and mystery, war and peace, to the beauty and variety of nature. From Yoko Ono to Judi Dench, Chimamanda Ngozi Adichie to Elena Ferrante, Tina Brown, Michelle Williams, and Sarah Waters to Kauī Hart Hemmings and Joan Baez to Nikki Giovanni, this unique collection delivers private insights into the minds of women whose writing, acting, and thinking are admired around the world. Their selections include classics by visionaries, such as Emily Dickinson, Walt Whitman, and Pablo Neruda as well as contemporary works by masters, including Seamus Heaney, Adrienne Rich, and Warsan Shire, with introductions to their work as powerful as the poems themselves. Poems That Make Grown Women Cry is a collection which represents a variety of aesthetic sensibilities and the full spectrum of human emotion. It is also a reminder of how poetry can touch minds and hearts, and how easily it will do so for readers of all stripes if they turn the first page.**

**Bedtime Stories for Grownups is a collection of Christian short stories with moral messages; they are designed for husbands to read to wives and vice versa at bedtime and for children to read to parents or relatives who are in nursing homes, hospices, hospitals, and assisted-living centers. Many are based on true stories that occurred in Toccoa, Georgia.**

**Bedtime Stories. For Grown-Ups**

**Bedtime Stories for Dogs**

**Holiday Bedtime Stories from Around the World**

**The Very Hungry Caterpillar**

**Nothing Much Happens**

The tales in Bedtime Stories for Dogs are written just the way dogs like things—they’re short and simple, they have happy endings, they usually involve food, and they frequently refer to things that smell really awful. Each one of these stories was proofed (and woofed) by the author’s two wiener dogs: “If they didn’t give a story two paws up and two tails wagging, it was back to the drawing board,” she says. This is the perfect treat for anyone: “Whose dog has control of the remote (and flips when watching dog food commercials) “Whose dog occasionally allows him to sleep in the bed (but only if he doesn’t hog the covers!) “Who doesn’t even notice the dog hairs in their food “Who carries their dog when he gets winded Anyone who has a canine companion will want this charming book. It’s a bow-wow bedtime bible!

Short tales to give you, the reader, a little moment of escapism and a happy ending. A respite from the stresses of liing and the world, to help restore hope and a reminder of the goodness in people and life.

One night is about to change Bella’s life for ever... Bella Greenwood isn’t a fairytale girl. If pushed, she’d probably tell you that her perfect wedding would involve a handful of close friends and family. But as she’s never met anyone she’d like to marry, it’s a moot point. Until, in a midnight garden, Bella is helped out of an embarrassing situation by a tall, dark, handsome man with laughing eyes. And suddenly her life changes for ever, because the man is the world’s most eligible bachelor: Prince Richard, heir to the throne. Richard sweeps her off her feet, and before she knows it they’re engaged. Which is when Bella’s problems really begin. Suddenly she is public property, and as if it isn’t enough to have her every move watched - while also learning to curtsy and negotiating the etiquette of how to address her future mother-in-law - she soon finds herself embroiled in bridesmaid politics, a right royal hen night, and a wedding dress controversy that causes a national scandal... Can this ordinary girl survive the preparations for her very own Royal Wedding?

At home, work, and out in our ever-changing world, we’re all just doing our best. In this modern parody, Frog and Toad are here to commiserate and lend some laughter. Full of wry humor and deep compassion for our modern vulnerabilities, the stories in Frog and Toad Are Doing Their Best perfectly capture the heartwarming authenticity of Lobel’ s famous amphibian friends while revealing razor-sharp truths about the world we live in today. Through Frog and Toad, we see the anxieties that are woven throughout our everyday existence, from our well-meaning but often-failed attempts at practicing self-care to our struggle to balance the gifts and burdens of technology. Toad ponders a variety of questionable schemes to pay off his credit cards, while Frog spends too much time scrolling through the newsfeed on his phone. But despite their daily frustrations and existential concerns, they know that having a friend to share life’ s burdens makes even the darkest days brighter.

Three Bedtime Stories for Grown Ups

Fairy-Tale Psychology

Bedtime Stories for Adults

A Terrible Bedtime Story for Grownups

Sleepily Ever After

Sleepily Ever After: Bedtime Stories for Grown Ups is a gorgeous little anthology of upbeat, touching, funny and inspiring stories that will help you relax and drift off to sleep. Part of the Macmillan Collector’s Library; a series of stunning, clothbound, pocket-sized classics with foiled edges and ribbon markers. These beautiful books make perfect gifts or a treat for any book lover. This edition is edited and introduced by Zachary Seager. It’s hard to relax, to keep still and to stop our brains from whirring. We live in a world where lack of sleep is a common problem for many adults. This collection of stories will help to banish anxiety and to soothe stressed minds as they welcome you into a world of happy endings, gentle humour and good choices. Each classic story from authors including Oscar Wilde, Kate Chopin, Guy de Maupassant and H G Wells, has been carefully chosen for the quality of its writing, for great storytelling and to gently help you into the land of nod.

‘Hypnotherapy’ is the definitive text if you want to learn all you need to know about hypnotherapy, from how to do hypnosis, how to work therapeutically, how to set up and run your own practice, and how to generate alternative income streams. Hypnotherapy covers: How problems are formed, What trance is, The SET model, How to do hypnosis, What to do before and after you have hypnotised clients, Emotional needs, Innate skills and abilities, Observation skills, The RIGAAR model, Self-hypnosis, Ericksonian hypnosis, Ideo-dynamic healing, Strategies and treatment ideas for many problems hypnotherapists work with, Setting up in practice, and Alternative income streams to make additional income. There are also two annotated session transcripts so that you can see all that you will have learnt being applied and follow along to see how it all works in live sessions (One session is an improving a clients artistic abilities, the other is helping a client that feels they can’t say ‘no’ to people)

Purchase one of 1st World Library’s Classic Books and help support our free internet library of downloadable eBooks. Visit us online at [www.1stWorldLibrary.ORG](http://www.1stWorldLibrary.ORG) - - Who says that English folk have no fairy-tales of their own? The present volume contains only a selection out of some 140, of which I have found traces in this country. It is probable that many more exist. A quarter of the tales in this volume, have been collected during the last ten years or so, and some of them have not been hitherto published. Up to 1870 it was equally said of France and of Italy, that they possessed no folk-tales. Yet, within fifteen years from that date, over 1000 tales had been collected in each country. I am hoping that the present volume may lead to equal activity in this country, and would earnestly beg any reader of this book who knows of similar tales, to communicate them, written down as they are told, to me, care of Mr. Nutt. The only reason, I imagine, why such tales have not hitherto been brought to light, is the lamentable gap between the governing and recording classes and the dumb working classes of this country - dumb to others but eloquent among themselves. It would be no unpatriotic task to help to bridge over this gulf, by giving a common fund of nursery literature to all classes of the English people, and, in any case, it can do no harm to add to the innocent gaiety of the nation.

"A little boy gets ready for bed by pretending he is a robot and "powering down.""--

While You Are Sleeping

Bedtime Stories for Cats

Buddy’s Bedtime Battery

Bedtime Stories for Grownups

***The story of how two women made love energetically, without kissing, and with their clothes on. Myth busting what two women could potentially do together, in sharp contrast to the porn image we have been sold. Turning the lights not only to men and straight people, but even to some lesbians! A truly feminine model for making love has not existed in our culture, until now.***

***In this unique poetry anthology, 100 grown men - bestselling authors, poets laureate, actors, producers and other prominent figures from the arts, sciences and politics, share the poems that have moved them to tears.***

***100 Men on the Words That Move Them***

***Poems That Make Grown Men Cry***