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ALEXANDER ALVAREZ

Give Me a Break Andrews McMeel Publishing
 Une histoire du Hip-Hop « Et une fois qu'ils avaient entendu ça, c'était plié, impossible de revenir en arrière. Ils voulaient constamment entendre break sur break. » DJ Kool Herc Fin des années 60, South Bronx, New York, un quartier et des familles laissés à l'abandon. Marcus et Aaron, deux frères, grandissent dans un climat de violence sociale. En pleine guerre des gangs, chacun va chercher dans la rue, à sa manière, comment survivre. Marcus est de toutes les blocks parties et s'embarque corps et âme dans la danse. Aaron quant à lui trouve refuge dans le graffiti. Entre fiction et récit historique documenté, on (re)découvre, à travers les yeux de Marcus et Aaron, comment l'énergie créatrice de jeunes du Bronx a donné naissance au DJing, au rap, au breakdance ou encore au graffiti. Quelques années plus tard, ces disciplines artistiques constitueront un mouvement culturel majeur et international : le Hip Hop. En 1979 sortait le morceau Rapper's Delight. Une offense pour les fondateurs du mouvement, une explosion commerciale pour le hip hop. BREAK est le résultat d'un véritable travail à quatre mains, celles de Florian LEDOUX et Cédric LIANO, aussi bien pour l'écriture du scénario que pour la réalisation des planches.
Mother Hunger Spectrum of Thoughts
 ★★★★★ "Now I know what all the hype is about! Such a relatable read!" - Addison Rae, Actress ___ A novel full of truths about dating, separations and love: direct, raw and damn revealing! After a sudden end with another guy she finally opened-up to, Amelia is thrown into a vortex of conflicting thoughts and emotions. Once again, she is forced to reflect on her life and what dating means in the modern world. The answers she finds, especially through a new male friend who unveils the way guys "really" think, makes her even more determined to find something more real. It all helps set her free...maybe... "I resonated with the characters so much, especially Amelia. It's not just a story about a breakup, but so much more and deeper than that." - Demi Rose, Model "Honestly, blew my mind how accurate it is. Definitely recommend!" - Lizzie Sobinoff, Married At First Sight (MAFS) The Modern Break-Up was listed among the top romance novels to read by Popsugar.com.
Make a Break for It Simon and Schuster
 In this YA contemporary romance from author Laurie Devore,

there's only one rule: Keep your enemies close and your friends closer. Olivia Clayton has mastered the art of tearing others down to stay on top. She and her best friend, Adrienne, rule their small southern town like all good mean girls do—through intimidation and manipulation. Until Olivia suffers a family tragedy and catches Adrienne sleeping with her boyfriend. Olivia decides to make a change, but it's impossible to resist taking down Adrienne one last time. Up to her old tricks, Olivia convinces golden boy Whit Du Rant to be her SAT tutor and her fake boyfriend. But when it starts to feel real, Whit gets caught up in Olivia and Adrienne's war. Olivia may ruin everything she touches, but she won't go down without a fight—not if it means losing Whit. And definitely not if it means losing what's left of herself. How to Break a Boy is smart, vicious fun. An Imprint Book Praise for How to Break a Boy: "Complicated girls, beautiful writing, and drama that will keep you turning the pages until the very end." —Kody Keplinger, New York Times bestselling author of The DUFF and Run "Olivia's interior world is full of layers and emotional complexity, and readers will root for her to find her way."—Publishers Weekly "A razor-sharp look at grief, betrayal, and redemption. Readers won't be able to resist Olivia."—Kara Thomas, author of The Darkest Corners
Give Me a Break Union Square & Co.
 A landmark book about how we form habits, and what we can do with this knowledge to make positive change We spend a shocking 43 percent of our day doing things without thinking about them. That means that almost half of our actions aren't conscious choices but the result of our non-conscious mind nudging our body to act along learned behaviors. How we respond to the people around us; the way we conduct ourselves in a meeting; what we buy; when and how we exercise, eat, and drink—a truly remarkable number of things we do every day, regardless of their complexity, operate outside of our awareness. We do them automatically. We do them by habit. And yet, whenever we want to change something about ourselves, we rely on willpower. We keep turning to our conscious selves, hoping that our determination and intention will be enough to effect positive change. And that is why almost all of us fail. But what if you could harness the extraordinary power of your unconscious mind, which already determines so much of what you do, to truly reach your goals? Wendy Wood draws on three decades of original research to explain the fascinating science of how we form habits, and offers the key to unlocking our habitual mind in order to make the changes we seek. A potent mix of neuroscience, case studies, and experiments conducted in her

lab, *Good Habits, Bad Habits* is a comprehensive, accessible, and above all deeply practical book that will change the way you think about almost every aspect of your life. By explaining how our brains are wired to respond to rewards, receive cues from our surroundings, and shut down when faced with too much friction, Wood skillfully dissects habit formation, demonstrating how we can take advantage of this knowledge to form better habits. Her clear and incisive work shows why willpower alone is woefully inadequate when we're working toward building the life we truly want, and offers real hope for those who want to make positive change.

The Modern Break-Up Revell

It is possible to find true love through dating. In *True Love Dates*, Debra Fileta encourages singles not to "kiss dating goodbye" but instead to experience a season of dating as a way to find real love. Through powerful, real-life stories and Fileta's personal journey, this book offers profound insights from the expertise of a professional counselor. Christians are looking for answers to finding true love. They are disillusioned with the church that has provided little practical application in the area of love and relationships. They're bombarded by Christian books that shun dating, idolize courting, fixate on spirituality, and in the end, offer little real relationship help. *True Love Dates* provides honest help for dating by providing a guide into vital relationship essentials. Debra is a professional Christian counselor who reaches millions with her popular blog, Truelovedates.com, and her book offers sound advice grounded in Christian spirituality. She delivers insight, direction, and counsel when it comes to entering the world of dating and learning to do it right the first time around. Drawing on the stories and struggles of hundreds of young men and women who have pursued the search for true love, Fileta helps readers bypass unnecessary pain while focusing on the things that really matter in the world of dating.

Burial Rites Little, Brown

Many people are used to showing compassion to others. What many of us have trouble with is showing that same compassion to ourselves. Too often we say things to ourselves that we would never say to a friend. All this negative self-talk can have a devastating effect on our lives. Licensed marriage and family therapist Kim Fredrickson wants readers to stop beating themselves up. Grounding her advice in the Bible, she offers practical steps, specific exercises, and compassionate words to say in order to build a loving relationship with ourselves. Through inspiring stories of transformation, she helps us learn to show ourselves the kind of grace and understanding we offer to others--

and to change our relationships, our outlook on life, and our view of ourselves in the process.

[Quotes, Ruminations & Contemplations: Volume I](#) Notion Press

A modern parenting classic—a guide to a new and gentle way of understanding the care and nurture of infants, by the internationally renowned childcare expert, podcaster, and author of *No Bad Kids* “An absolute go-to for all parents, therapists, anyone who works with, is, or knows parents of young children.”—Wendy Denham, PhD A Resources for Infant Educators (RIE) teacher and student of pioneering child specialist Magda Gerber, Janet Lansbury helps parents look at the world through the eyes of their infants and relate to them as whole people who have natural abilities to learn without being taught. Once we are able to view our children in this light, even the most common daily parenting experiences become stimulating opportunities to learn, discover, and connect with our child. A collection of the most-read articles from Janet’s popular and long-running blog, *Elevating Child Care* focuses on common infant issues, including:

- Nourishing our babies’ healthy eating habits
- Calming your clingy, fearful child
- How to build your child’s focus and attention span
- Developing routines that promote restful sleep

eschewing the quick-fix tips and tricks of popular parenting culture, Lansbury’s gentle, insightful guidance lays the foundation for a closer, more fulfilling parent-child relationship, and children who grow up to be authentic, confident, successful adults.

Break 'Em Up Univ of California Press

While waiting for a church meeting in 1706, Susanna English, daughter of a wealthy Salem merchant, recalls the malice, fear, and accusations of witchcraft that tore her village apart in 1692.

[Cesar Takes a Break](#) Zondervan

Not all relationships are made to last forever. Sometimes what starts as a beautiful friendship or productive partnership turns toxic, or one-sided, or unhealthy—and the best solution for both parties is to end it. In *How to Break Up With Anyone*, relationship expert Jamye Waxman has written a much-needed guide to every step of a non-romantic breakup. Drawing from her own experiences, Jamye provides strategies for disengaging from a friend, family member, community, or even former version of oneself, addressing both practical and emotional concerns. While ending a relationship can be painful, Jamye’s positive message focuses on the ultimately liberating aspects of putting unhealthy relationships to rest. Chapters include: *Breaking Up Versus Taking a Break*, *Best Friends Forever No More*, *Breaking Up With Family*, *Kissing Community Goodbye*, *eRelabeling Your Sexuality and Gender*, *Breaking Up With Your Career*, *Breaking Up With Anyone Else*, *Being Broken Up With*. *How to Break Up With Anyone* provides the tools for anyone to initiate a breakup, the encouragement to get through it, and the wisdom to recognize that they don’t have to settle for anything less than productive, healthy relationships. Covering a variety of relationships, *How to Break Up With Anyone* is a timeless resource for people of all ages.

The Make-or-Break Year Penguin

Taking a year off isn’t just for students and twenty-somethings; more and more people are looking for a break from their working life. *The Career Break Book* caters to first-time and experienced travellers alike, for all budgets and backgrounds. Included is practical pre-trip information for putting careers and mortgages on hold, and inspirational first-hand accounts from people who have done it. Consolidating the success of *Lonely Planet’s Gap Year Book*, *The Career Break Book* will appeal to anyone who’s ever dreamed of exchanging their briefcase for a backpack.

[Heart on Break](#) Houghton Mifflin Harcourt

What if all the advice we’ve heard about networking is wrong? What if the best way to grow your network isn’t by introducing yourself to strangers at cocktail parties, handing out business cards, or signing up for the latest online tool, but by developing a better understanding of the existing network that’s already around you? We know that it’s essential to reach out and build a

network. But did you know that it’s actually your distant or former contacts who will be the most helpful to you? Or that many of our best efforts at meeting new people simply serve up the same old opportunities we already have? In this startling new look at the art and science of networking, business school professor David Burkus digs deep to find the unexpected secrets that reveal the best ways to grow your career. Based on entertaining case studies and scientific research, this practical and revelatory guide shares what the best networkers really do. Forget the outdated advice you’ve already heard. Learn how to make use of the hidden networks you already have.

Fifty Feminist Mantras Createspace Independent Publishing Platform

Our world is flooded by advice, ideas, and experts, but we shouldn’t

Mom Life: Perfection Pending Seal Press

When the children are away...the animals will play. Susan Collins Thoms makes a sparkling picture book debut with this hilarious story of class pets on the loose; colorful and humorous pictures by Québécois artist Rogé add to the great fun. Life is great for Cesar the iguana. After all, he went from living in *Pets-A-Plenty* to an excellent new home in Ms. Lee’s elementary school classroom—with 25 best friends to pamper him. But now spring break has arrived, the kids are gone, and poor Cesar’s a puddle of sadness. Until...he takes a vacation too! From classroom to classroom he wanders, meeting all the other school pets and making hilarious notes in his journal. Before long, he’s feasting on strawberries, dancing the Iguana Shuffle, and playing hockey in the teacher’s lounge. Will he ever want to return to his cage? Cesar’s having a blast—and young readers will too!

Friend Of A Friend . . . HarperCollins

Simple and concise, *The Teacher’s Introduction to Attachment* offers an easy way to understand children with attachment issues and how they can be supported. Author Nicola Marshall combines her expertise as an adoptive parent and schools trainer to describe in plain English what attachment is, how children develop attachment problems and how these problems affect a child’s social, emotional and neurological development. She addresses some of the difficulties in identifying attachment issues in children - common among children who are in care or adopted, but which are sometimes mistaken for symptoms of ADHD or Autism Spectrum Disorder. Nicola also describes a range of helpful principles and practical strategies which will help children flourish - from simple tips for the individual on how to improve their communication to the changes a school can make to reduce a child’s anxiety about changes and transitions. Ideal for teachers and support staff to pick up and use, this book is an essential addition to any school’s staff library.

Elevating Child Care Rodale Books

Ballooning government? Millionaire welfare queens? Tort lawyers run amok? A \$330,000 outhouse, paid for with your tax dollars? John Stossel says, “Give me a break.” When he hit the airwaves thirty years ago, Stossel helped create a whole new category of news, dedicated to protecting and informing consumers. As a crusading reporter, he chased snake-oil peddlers, rip-off artists, and corporate thieves, winning the applause of his peers. But along the way, he noticed that there was something far more troublesome going on: While the networks screamed about the dangers of exploding BIC lighters and coffeepots, worse risks were ignored. And while reporters were teaming up with lawyers and legislators to stick it to big business, they seldom reported the ways the free market made life better. In *Give Me a Break*, Stossel explains how ambitious bureaucrats, intellectually lazy reporters, and greedy lawyers make your life worse even as they claim to protect your interests. Taking on such sacred cows as the FDA, the War on Drugs, and scaremongering environmental activists -- and backing up his trademark irreverence with careful reasoning and research -- he shows how the problems that

government tries and fails to fix can be solved better by the extraordinary power of the free market. He traces his journey from cub reporter to 20/20 co-anchor, revealing his battles to get his ideas to the public, his struggle to overcome stuttering, and his eventual realization that, for years, much of his reporting missed the point. Stossel concludes the book with a provocative blueprint for change: a simple plan in the spirit of the Founding Fathers to ensure that America remains a place “where free minds -- and free markets -- make good things happen.”

Break the Wheel Undercover Publishing House

An insatiable need for sex and love. Periods of overeating or starving. A pattern of unstable and painful relationships. Does this sound painfully familiar? Trauma counselor Kelly McDaniel has seen these traits over and over in clients who feel trapped in cycles of harmful behaviors—and are unable to stop. Many of us find ourselves stuck in unhealthy habits simply because we don’t see a better way. With *Mother Hunger*, McDaniel helps women break the cycle of destructive behavior by taking a fresh look at childhood trauma and its lasting impact. In doing so, she destigmatizes the shame that comes with being under-mothered and misdiagnosed. McDaniel offers a healing path with powerful tools that include therapeutic interventions and lifestyle changes in service to healthy relationships. The constant search for mother love can be a lifelong emotional burden, but healing begins with knowing and naming what we are missing. McDaniel is the first clinician to identify *Mother Hunger*, which demystifies the search for love and provides the compass that each woman needs to end the struggle with achy, lonely emptiness, and come home to herself.

Can’t Catch a Break Hay House, Inc

“You cannot change your future, but you can change your habits, and surely your habits will change your future”. Join us on this path to Change with “Take A Break”, a management anthology covering various aspects of work life experiences. Be it Goals, Courage, Leadership, Collaboration or Mindset, you will find it here, all in one place. Riveting, intuitive and thought-provoking, this book encompasses management bestsellers. It will not only help you understand various business tricks and techniques but also inspire you with success stories and examples. Designed to cater across all ages, right from seasoned professionals to aspiring young minds about to begin their careers...Take A Break promises you an exciting Reading Experience!

Good Habits, Bad Habits HarperCollins

Out-parented at PTA? Out-liked on social media? Wondering how your best friend from high school’s kids are always color-coordinated, angelic, and beaming from every photo, while your kids look more like feral monkeys? It’s okay. Imperfection is the new perfection! Join Meredith Ethington, “one of the funniest parents on Facebook,” according to Today.com, as she relates encouraging stories of real-mom life in her debut parenting humor book, *Mom Life: Perfection Pending*. Whether you’re buried in piles of laundry, packing your 50th sack lunch for the week, or almost making it out the door in time for school, you’ll laugh along with stories of what real-mom life is like—and realize that sometimes simply making it through the day is good enough. An uplifting yet real look at all that is expected of moms in the 21st century, *Mom Life: Perfection Pending* is so relatable you’ll find yourself saying, “I guess I’m doing okay after all.”

How to Break a Boy Unthinkable Media

A random selection of quotes and commentary from Corey Wayne’s articles and video coaching newsletters on pickup, dating, relationships, success mindsets, self-reliance, personal responsibility, philosophy, purpose, negotiation, health, inspiration, high achievement, goal setting, time management, career, entrepreneurship, wealth creation and sales.

Break Zondervan

A contemporary man’s guide on taking a break from romantic relationships to improve himself and dedicate himself to his purpose before looking for love.

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