

Ish

Ish

Ramon loses confidence in his ability to draw, but his sister gives him a new perspective on things.

Brit(ish)

From Afua Hirsch - co-presenter of Samuel L. Jackson's major BBC TV series *Enslaved* - the Sunday Times bestseller that reveals the uncomfortable truth about race and identity in Britain today. You're British. Your parents are British. Your partner, your children and most of your friends are British. So why do people keep asking where you're from? We are a nation in denial about our imperial past and the racism that plagues our present. *Brit(ish)* is Afua Hirsch's personal and provocative exploration of how this came to be - and an urgent call for change. 'The book for our divided and dangerous times' David Olusoga

The Sustainable(ish) Living Guide

Easy, do-able, down to earth ideas and suggestions for everyone to help save the planet. If you want to save the planet, but your to-do list is already pretty long and remembering your re-usable coffee cup feels like a Herculean task, then this is the book for you. Covering every aspect of our lives from the stuff we buy and the food we eat to how we travel, work, and celebrate, this book provides stacks of practical, down to earth ideas to slot into your daily life, alongside a gentle kick up the butt to put your newfound knowledge into action. Practical tips include unsubscribing from all the tempting emails that drop into your inbox with details of the newest clothing range or the latest sale, and keeping a mug next to your kettle to work out how much water you actually need to boil each time, as over-filling kettles costs British households £68 million on energy bills each year. Find out how to fit \"sustainable living\" into your life, in a way that works for you. Change your impact without radically changing your life and figure out the small steps you can make that will add up to make a big difference (halo not included).

Love, Ish

SPECIAL PREVIEW! A rich and moving story about how one girl's celestial-sized dreams for a future on Mars go heartbreakingly awry when an unexpected diagnosis threatens her future. Things Mischa "Ish" Love will miss when she goes to Mars: lying on the living room floor watching TV, ice cream, her parrot Buzz Aldrin. Things Ish Love will not miss when she goes to Mars: mosquitoes, heat waves, missing her former best friend Tig. Ish is convinced that she'll be one of the first settlers on Mars. She's applied to—and been rejected from—the Mars Now project forty-seven times, but the mission won't leave for ten years and Ish hasn't given up hope. She also hasn't given up hope that Tig will be her best friend again (not that she'd ever admit that to anyone, least of all herself). When Ish collapses on the first day of seventh grade, she gets a diagnosis that threatens all her future plans. As Ish fights cancer, she dreams in vivid detail about the Martian adventures she's always known she'd have—and makes unexpected discoveries about love, fate, and her place in the vast universe. In this story perfect for fans of *Fish in a Tree* and *The Thing About Jellyfish*, Karen Rivers has once again created an unforgettable narrator who will pull readers into her orbit and keep them riveted until the very last page. Praise for *The Girl in the Well Is Me*: "Darkly humorous . . . Honest and forthcoming . . . It's in the quiet moments when Kammie is alone with her thoughts--which become surreal hallucinations—that the book comes alive." —The New York Times "A brilliantly revealed, sometimes even funny, exploration of courage, the will to live, and the importance of being true to oneself. The catastrophe draws readers in, and the universality of spunky Kammie's life-affirming journey will engage

a wide audience. Moving, suspenseful, and impossible to put down.” —Kirkus Reviews, starred review
“Funny, surreal, occasionally heartbreaking . . . A compulsively readable story.” —School Library Journal “I dare you to pick up this riveting novel without reading straight through to its heart-stopping conclusion. Karen Rivers has penned a dazzling voice, at once hilarious, heartbreaking, and searingly honest. *The Girl in the Well Is Me* is a triumph.” —Katherine Applegate, Newbery Medal–winning author of *The One and Only Ivan* “A gripping story that doesn’t shy away from dark places but explores them with heart, humor, and light.” —Kate Messner, author of *All the Answers*

How Successful People Get Ish Done

How did Kobe become one of the best athletes in the world? What made Beyonce, Beyonce? Where's the thin line between success and failure... and for that matter why are New Year resolutions so damn hard to accomplish? Science, brain mapping, pattern recognition, and age-old philosophies are put to a test as we delve deep into the art of triumph and the habit of success. It's all a matter of reimagining and relaunching who you are. Your biology, your chemistry, and your very DNA for a better you; to be the top performer in your field and station in life. In this book, we will digest and analyze the tales and fables of the greats; the good, the bad, the ugly... and, overall the downright exaggerated. We will chart the habits, rituals, and sketches that promote success, happiness, and victory.- Learn about the monomyth and why we are inherently drawn to supplanting our mentors.- Gain inside knowledge on who you are. Study your default state, pick apart your hiccups, and accentuate your positive traits. - Enroll in an in-depth account of the secrets of mastering a skill.- Grasp the inside scoop on why your biology is working against you.- Study why residual traits from those long-forgotten days of our Flintstone lifestyle are now pressuring you into running circles around your work.- Determine why \"ownership models\" are riding your psyche and how market masters are suing these biases against you. All those topics plus a hundred more - not to mention un-endorsed celebrity cameos - are just a click away.

Innovation-ish

In a World Where Problems are Everywhere, See Opportunity. Your Essential Guide to Everyday Innovation. *Innovation-ish: How Anyone Can Create Breakthrough Solutions to Real Problems in the Real World* is your no-nonsense guide to unlocking your innate creativity. Expertly crafted by design strategist Richard Braden and cognitive scientist Tessa Forshaw, this book skips the fluff and dives straight into actionable strategies to ignite your innovative potential. Shadow Rich and Tessa through their years of experience. Get behind the scenes access to classrooms, companies, and institutions alongside students and professionals, just like you. Hear stories of real people with real challenges and how they learn and discover innovative new solutions by unlocking their creative potential. *Innovation-ish* shows you how to solve problems and generate solutions in a huge variety of personal and professional situations. It's a must-read for people at any stage of life and at any point on their innovation journey. If you're new to innovation, this new way of thinking about innovation gives you an easy way in and helps set you on the path. If you've been trying to innovate and haven't been successful, *Innovation-ish* explains why you've been struggling and how to turn your project around. If you're experiencing “imposter syndrome,” *Innovation-ish* reassures you that you're in the right place and have what you need to do it. If you have been successful, *Innovation-ish* helps you amplify it. They demystify the myths that surround innovation, reveal the six mindsets that underlie innovation, and show how the moves you make drive innovation forward. And they share the latest relevant cognitive science research in a compelling and digestible way - no degree required. After years as design educators at Harvard and Stanford and consulting with clients around the world they have seen that anyone, regardless of their background, can be *Innovation-ish*. Packed with clear, actionable steps, it's the definitive guide for managers, executives, entrepreneurs, founders, and team leaders ready to turbocharge their organizations, projects, and careers. With an *Innovation-ish* approach, you can solve problems and generate solutions to challenges in your personal life, a small business, a startup or in any department or function of any type of organization. All you need is an open mind and small sense of adventure. Let's go!

SELF-ish

“An intelligent, thoughtful look at the complex journey that is gender transition” from an openly transgender Quaker woman and human rights activist (Joy Ladin, author of *Through the Door of Life*). **SELF-ish** is a narrative drawn from an international life, beginning with some early glimpses out at the world by a girl in a boy’s body. Chloe Schwenke was raised as Stephen in a Marine Corps family, and was sent off at age fourteen to “man-up” at a military academy. Later—and still embodied as a man—she ventured abroad to work in some of the roughest regions of Africa, the Gaza Strip, Turkey, and many other locales. Her far-flung global journey was matched in intensity by an inner identity and spiritual struggle and the associated ravages of depression, before she came to the revelation of being a transgender woman. At a time when many Americans are just waking up to the reality of the transgender phenomenon, this portrayal of Chloe’s life, her challenging gender transition, and her many accomplishments and adventures along the way (including being among the first three transgender political appointees in U.S. history, under President Obama), creates a poignant story of authenticity, self-discovery, and the meaning of gender set against a fascinating international backdrop. “Takes the reader through a powerful, heart-wrenching journey of the innumerable, daunting challenges of gender transition confronted by a transgender woman. It is ultimately also a story of extraordinary courage in persevering through formidable odds to be true to oneself. Schwenke underscores the moral, human and societal imperative to confront and ameliorate the challenges faced by transgender people, and others marginalized by mainstream society.” —Sanjay Pradhan, CEO, Open Government Partnership

Audrey L and Audrey W: Best Friends-ish

The unique writing of Ivy + Bean meets the pep of *Clementine* and the authentic humor of *Dory Fantasmagory* in this chapter book series about two girls with the same name and absolutely, definitely, **NOTHING** else in common. Over the course of a week in school, this bighearted, true-to-life chapter book will resonate with any young reader who's ever felt overlooked, second-best, or defined according to someone else. The first in a series, *Best Friends-Ish* provides a fresh take on the joys and traumas of elementary school drama. More than anything, second-grader Audrey wants to be the best at something. It always feels like she's not-quite-enough—not smart enough, not fast enough, not funny enough. When her beloved Miss Fincastle announces that a new girl, another **AUDREY**, is joining the class, Audrey suddenly becomes Audrey L., which makes her feel worse than ever. But is the new Audrey all bad? Might the two Audreys have more in common than just their name? And if the girls become friends, how will Audrey ever figure out how to be her best self—if she can't even be the best Audrey? Visually dynamic and narratively unique, this chapter book series is perfect for fans of the *Ivy + Bean*, *Deckawoo Drive*, and *The Penderwicks* series. **TONS OF ILLUSTRATIONS:** The book has many black and white illustrations throughout, providing newer readers with the perfect on-ramp from early readers into novels. There's something visual on every page. **EMPATHY READ FOR BEGINNING READERS:** This book is about embracing people's differences, understanding their similarities, and making new friends. **COMING-OF-AGE IN ELEMENTARY SCHOOL:** This book encourages young readers to consider and celebrate the things that make them unique, while recognizing that sharing some of those traits with someone else isn't a bad thing. **A DILEMMA EVERY KID FACES:** Having to share a name with a classmate is one of the biggest nightmares for a kid. That extra last name initial becomes a part of who you are for years to come. It's an annoying, funny subject that kids everywhere will relate to. **UNFORGETTABLE, FUNNY WRITING:** Carter Higgins's writing is special. This storytelling is friendly, funny, and genuinely good, with an unforgettable voice that doesn't sound like any other chapter books. Perfect for: Beginning readers, Parents, Educators, Librarians, Grandparents, Anyone looking for a new series, Readers who love books set at school

Clean(ish)

Clean(ish) leads readers to a focus on real foods and a healthier home environment free of obvious toxins, without fixating on perfection. By living clean(ish), our bodies' natural processes become streamlined and more effective, while we enjoy a vibrant life. In Gin Stephens's New York Times bestseller *Fast. Feast.*

Repeat., she showed you how to fast (completely) clean as part of an intermittent fasting lifestyle. Now, whether you're an intermittent faster or not, Gin shows you how to become clean(ish) where it counts: you'll learn how to shift your choices so you're not burdening your body with a bucket of chemicals, additives, and obesogens it wasn't designed to handle. Instead of aiming for perfection (which is impossible) or changing everything at once (which is hard, and rarely leads to lasting results), you'll cut through the confusion, lose the fear, and embrace the freedom that comes from becoming clean(ish). As you learn how to lower your toxic load through small changes, smart swaps, and simple solutions, you'll evolve simply and naturally toward a clean(ish) lifestyle that works for your body and your life!

SELF-ish

Why must we be SELF-ish? Service before Self. This mantra for living life hasn't stood the test of time very well, and the recent Covid-19 pandemic confirmed that building physical immunity is much easier than strengthening one's emotional self. Humanity is struggling with this enigma. This book provides new insights on how to use values to shape your SELF, navigate the path of life with your own SPS (SELF-Positioning System), build your emotional immunity and unlock your full potential by being SELF-ish.

Vegan-ish

Whether you are already a committed vegan or just curious about this increasingly popular diet which has so many health and environmental benefits, allow Holly White to take you on a mouth-watering journey through her own slow conversion to a plant-based diet. Vegan-ish includes over 100 of the delicious, everyday recipes she has created, as well as practical advice on when and how to change your diet, food swaps, eating out and shopping economically for plant-based foods. From juices and smoothies to quick and creative lunches, hearty main meals and incredibly tasty desserts Vegan-ish dispels any myths that a plant-based diet is too restrictive or difficult to follow and is packed with inspirational ideas for incorporating more vegetables and pulses into your diet.

Drunk-ish

This “perfect balance of bold honesty and riotous wit” (Shelf Awareness) from the author of *Sippy Cups Are Not for Chardonnay* explores Stefanie Wilder-Taylor's journey to breaking up with alcohol for good. For Stefanie Wilder-Taylor, alcohol was the seasoning that could give almost any activity more flavor—from liquor cabinet concoctions in high school to tequila shots in her early stand-up comedy days to grocery store wine in young motherhood. A drink instantly took the edge off and made even the most difficult adversary (be it a tough crowd in a comedy club or a judgmental PTA mom) not just bearable but fun. As the years go by, Stefanie wonders if her relationship with alcohol is different from other people's. Is everyone else struggling this hard to moderate? Is it even legal to watch *The Bachelor* without a glass of white wine? Having spent a lifetime grappling with the question of whether or not she is a “real” alcoholic, one evening brings Stefanie close to the edge of losing it all. Miraculously unscathed, she decides that she doesn't need to dive all the way down to a stereotypical rock bottom before deciding to stop drinking; if sobriety will improve her life, that's a good enough reason to quit. A tender and funny farewell letter to a beloved but toxic friend, *Drunk-ish* is “a roller coaster of a book. You will love this candid and funny memoir even if you're not sober. Trust me” (Jenny Lawson, New York Times bestselling author).

Carnivore-ish

Eating well can seem complicated, but it doesn't have to be. The truth is, one of the keys to having the energy, optimal body composition, and overall wellness we crave is the thing we're so often told is bad for us: animal protein. An ideal diet is one that is nourishing, balanced, and satisfying—but so often, we're told to cut out entire categories of food, and instead of feeling healthy, we end up feeling restricted, hungry, and even sick. Women are frequently targeted with misinformation about the “appropriate” diet to keep us thin,

which demonizes animal protein and fat in favor of low-calorie, low-fat foods and leaves us no closer to our goals. Good health is not about deprivation; it's about finding balance and embracing the most nutrient-dense foods nature has to offer. In their new book, *Carnivore-ish: 125 Protein-Rich Recipes to Boost Your Health and Build Muscle*, Ashleigh VanHouten and Beth Lipton cut through the clutter and dogma to provide an accessible and informative resource about adding more healthy protein to your meals. This book busts the myths and fear mongering and explains how and why to include these foods, which taste delicious, provide satisfaction, and can help you look and feel the way you want to. In this book, you'll find:

- The latest scientific research on the importance of eating animal protein for optimal health
- A breakdown of why we've been taught to fear meat—and what this misinformation is doing to our health
- Tips to figure out your own “optimal diet” while avoiding unnecessary restrictions and marketing tactics aimed at keeping us confused
- Carnivore-ish meal plans made easy, with a breakdown of what a “carnivore reset” is and why it's worth trying
- 125 tasty high-protein recipes to please all palates

Whether you're a lifelong meat eater looking for new and creative ways to get more animal protein, or you're finished with fads and seeking a health-boosting diet you can stick to, *Carnivore-ish* will help you enjoy a satisfying, protein-forward way of eating.

Jew-ish

A New York Times bestseller! 100 updated classic and all-new Jewish-style recipes from a bright new star in the food community.

Friend-ish

For so many of us, our friends are like family members--we lean on them through our highest highs and our lowest lows--but sometimes those friendships don't turn out quite as we hoped. Bible teacher Kelly Needham debunks our world's constricted, narrow view of friendship and casts a richer, more life-giving, biblical vision for friendship. In *Friend-ish*, Kelly Needham reminds us that we were called to more than halfhearted friendships and lukewarm connections. We need something more stable, secure, and sacred. We were designed for real friendship--but the difficult truth is that too many of us are settling for less. Kelly deconstructs what Scripture says about the gift of friendship and takes a closer look at the distorted view that most of us have instead. As she shares the lessons she's learned from experience, Kelly paints her own glorious vision of what Christian friendship could look like. With hard-fought wisdom, a clear view of Scripture, and a been-there perspective, *Friend-ish* teaches us how to:

- Recognize symptoms of idolatry and toxic dependency
- Boldly ask for what we need from our community of friends
- Understand and address the problems that arise in friendship--from neediness to discord
- Recognize when it's time to end an unhealthy friendship
- Reorient toward the purposeful, loving relationships we all crave that ultimately bring us closer to God
- Find the friends you need and start to become that friend for others
- Join Kelly as she challenges you to view your chosen family in a new light, gain a vision of friendship according to Jesus, and finally enjoy friendships as God intended.

Indian-ish

A young food writer's witty and irresistible celebration of her mom's \"Indian-ish\" cooking--with accessible and innovative Indian-American recipes

Love, Ish

My name is Mischa “Ish” Love, and I am twelve years old. I know quite a lot about Mars. Mars is where I belong. Do you know how sometimes you just know a thing? My mom says that falling in love is like that, that the first time she saw Dad, she just knew. That’s how I feel about Mars: I just know. I’m smart and interesting and focused, and I’m working on getting along better with people. I’ll learn some jokes. A sense of humor is going to be important. It always is. That’s what my dad always says. Maybe jokes will be the

things that will help us all to survive. Not just me, because there's no "me" in "team," right? This is about all of us. Together. What makes me a survivor? Mars is going to make me a survivor. You'll see. * In Karen Rivers's riveting new novel, Ish's dreams for a future on Mars go heartbreakingly awry when an unexpected diagnosis threatens to rewrite her whole future.

Relig-ish

When it comes to religion, "choose one" is no longer your only option. You can be spiritual-but-not-religious or not particularly religious at all-yet still have a robust system of beliefs and values that guides you. Creating your own set of eclectic spiritual practices is not a sign that you are a faith-less person but rather a faith-ful person responding with honesty to an increasingly expanding world. If faithfully attending church isn't helping you live out your values in everyday ways, becoming relig-ish may be the answer! Rachelle Mee-Chapman's new book *Relig-ish* will help you: Create a set of spiritual practices that fit into your daily life and honor the things you value most. Develop right-fit spiritual practices for yourself and your family outside of going to church. Shake off harmful religious messages and embrace truths that won't damage yourself or your soul. Build bridges towards your religious family members by identifying the common values that are the bedrock beneath your beliefs. Discover that your soul is not at risk and you are not lost in your wondering, wandering post-church world.

The Relationship Between Ish (The Man) and Isha (The Woman)

This book is an attempt to answer some of the intricacies and the intriguing issues in the relationship between man and woman especially in marriage relationships. It is also intended to explore the nature and attributes of these two originally 'perfect-bound' creatures of God and how though different, these two can co-exist and inter-relate in peace, harmony and bliss. This book will be a helpful guide for counselors in the ministry of marriage counseling. Its pragmatic approach coupled with examples from real-life experiences will help provide more than theoretical road-map for both 'about-to-enter' marriage couples and those who have already entered into it.

Ish Fish and the Wish

This children's book tells the story of a boy named Ish who is just turning nine. The night before his birthday, he is startled awake when his dad comes to check on him. After his dad leaves, Ish sneaks out to look in the closet and sees the box that holds his birthday present, a fishing pole. When he goes back to sleep, he dreams about fishing and using wiggly worms as bait. He wishes himself in place of the fish, and at the same time, the fish wishes he was fishing like the boy. The worm, meanwhile, cries because he doesn't want to be eaten. The water feels sorry the worm and rises up; soon Ish is on the hook in the water, the fish is on the riverbank, and the worm has slipped free. Ish cries for help—and then wakes up, realizing it was only a horrible dream. When he goes downstairs, his parents are waiting with a birthday cake and his present. But he isn't excited about fishing anymore. He tells his dad why, and they have an important conversation about Jesus. Later Ish goes fishing with his friends Hix and Bubba, and he tells them what he learned. Young readers will find the narrative and characters interesting and relatable, and they'll appreciate the valuable message the book has to offer.

The Minimalist-ish Journal

The tool you need to enjoy your life more by buying less—not nothing So often, happiness seems like it's one purchase away. Yet when that trendy jacket or cutting-edge smartphone is in hand and the excitement fades, you're back where you started: unsatisfied and unhappy, with a dose of guilt for spending too much money. If you're sick of the overconsumption roller coaster, this journal is for you. Full of practical prompts and goal-setting tools, it helps you successfully complete low-buy or no-buy challenges, declutter your physical space, and simplify your life and finances. Using Christina Mychas's tried-and-true Minimalist-ish®

Method, you'll learn to overcome impulse buying, take control of your spending, and truly appreciate what you own—without depriving yourself of comfort or fun. Shift your mindset from one of shame and scarcity to one of intention and abundance with The Minimalist-ish Journal.

The Sustainable(ish) Guide to Green Parenting

'The most family friendly way to start doing your bit.' - The Sunday Times The must-have friendly green bible of accessible eco-tips for families. As a parent, getting out of the house with everyone wearing shoes (on a good day) can feel like you're winning, so adding 'being green' to the never-ending to-do list might feel like the thing to bring all your spinning plates crashing to the ground. If that's the case, then this is the book for you. Instead you'll find easy, do-able ideas and suggestions for you to pick and choose from, try out and adapt. Plus bucketfuls of encouragement as you explore what works for you and your family. No preaching. No judgement. No guilt.

Homemade-ish

“A must-purchase cookbook with a variety of quick and flavorful recipes.”—Library Journal Homemade-ish is a sassy, no-guilt cookbook, with more than 100 quick-and-easy recipes, that support busy folks wanting to provide healthy home-cooked meals to their family. Creating and enjoying home-cooked food is time well spent, but sometimes we're busy—almost too busy—to be bothered with the task of cooking, with the work of it all. How do we reconcile the impact and importance of providing home-cooked meals with the ever-lurking busyness that threatens to send us dashing to our doors to answer the call of our latest food deliveries? What do we do about this? Meant to be a beacon of comfort, Lauren McDuffie's Homemade-ish is an invitation to let your hair down and relax a little. No judging. No pretenses. Just simple, unfussy food that you really can throw together in minutes. Offering encouragement from one page to the next, Homemade-ish is here to be a supportive guide, a delicious devotional of sorts, with every recipe a reminder to take it easy on yourself, to keep it real. With this cookbook, McDuffie shares more than 100 recipes that make use of store-bought shortcuts and quick-fix tricks for breakfasts; appetizers and snacks; soups; salads; pastas, grains, and meatless mains; meats and fish, and desserts. From jazzed-up bagged salads to improved-upon casseroles to faked and fabulous sweets, you can feed your family well, and actually have time to sit down and enjoy the meal together.

Out of Place Adventures of Ish

The first children's book released by Kinship Entertainment, LLC is a science fiction story that is meant to be recited rhythmically, offering the opportunity to introduce children to song while telling a story. The illustrations in the book are colorful and expressive, following young Ish, an alien boy from the planet Nommos on his accidental journey to earth. He makes some friends along the way who try to help him return home.

Jew-Ish

A New York Times bestseller! A brilliantly modern take on Jewish culinary traditions for a new generation of readers, from a bright new star in the culinary world. When you think of Jewish food, a few classics come to mind: chicken soup with matzo balls, challah, maybe a babka if you're feeling adventurous. But as food writer and nice Jewish boy Jake Cohen demonstrates in this stunning debut cookbook, Jewish food can be so much more. In Jew-ish, he reinvents the food of his Ashkenazi heritage and draws inspiration from his husband's Persian-Iraqi traditions to offer recipes that are modern, fresh, and enticing for a whole new generation of readers. Imagine the components of an everything bagel wrapped into a flaky galette latkes dyed vibrant yellow with saffron for a Persian spin on the potato pancake, best-ever hybrid desserts like Macaroon Brownies and Pumpkin Spice Babka! Jew-ish features elevated, yet approachable classics along with innovative creations, such as: Jake's Perfect Challah Roasted Tomato Brisket Short Rib Cholent Iraqi

Beet Kubbeh Soup Cacio e Pepe Rugelach Sabich Bagel Sandwiches, and Matzo Tiramisu. Jew-ish is a brilliant collection of delicious recipes, but it's much more than that. As Jake reconciles ancient traditions with our modern times, his recipes become a celebration of a rich and vibrant history, a love story of blending cultures, and an invitation to gather around the table and create new memories with family, friends, and loved ones.

The Sustainable(ish) Living Guide

Easy, do-able, down to earth ideas and suggestions for everyone to help save the planet. If you want to save the planet, but your to-do list is already pretty long and remembering your re-usable coffee cup feels like a Herculean task, then this is the book for you. Covering every aspect of our lives from the stuff we buy and the food we eat to how we travel, work, and celebrate, this book provides stacks of practical, down to earth ideas to slot into your daily life, alongside a gentle kick up the butt to put your newfound knowledge into action. Practical tips include unsubscribing from all the tempting emails that drop into your inbox with details of the newest clothing range or the latest sale, and keeping a mug next to your kettle to work out how much water you actually need to boil each time, as over-filling kettles costs British households £68 million on energy bills each year. Find out how to fit \"sustainable living\" into your life, in a way that works for you. Change your impact without radically changing your life and figure out the small steps you can make that will add up to make a big difference (halo not included).

Real-ish

In the “post-truth” era, the question of how people perceive things to be real, even when they are not based in fact, preoccupies us. Lessons learned in the theatre – about how emotion and affect produce an experience of realness – are more relevant than ever. Real-ish draws on extensive interviews with audience members about their perceptions of realness in documentary, participatory, historical, and immersive performances. In studying these forms that make up the theatre of the real, Kelsey Jacobson considers how theatrical experiences of realness not only exist as a product of their real-world source material but can also unfurl as real products in their own right. Using the concept of real-ish-ness – which captures the complex feeling that is generated by engaging with elements of reality – the book examines how audiences experience the apparently real within the time and space of a performance, and how it is closely tied to the immediacy and intimacy experienced in relation to others. When feeling – rather than fact – becomes a way of knowing truths about the world, understanding the cultivation and circulation of such feelings of realness is paramount. In exploring this process, Real-ish centres audience voices and, perhaps most importantly, audience feelings during performance.

Journey to me becoming functionally self-ISH

WHEN WAS THE LAST TIME YOU WERE TRULY self-ISH? We know you're wondering, and it's a good thing to wonder. Because in this day and age, the entire world is talking about helping others. • Have you noticed that most people are helping others at the expense of themselves? • How long can you sustain a life built on a hollow foundation? • Have you ever experienced trying to keep your family together, your workplace sorted and end up putting all of your relationships first - even before the one you have with yourself? • Perfectionism, self-sabotage, people-pleasing, self-sacrifice... Identify with these? Then it's time for you to “Be Your Own Best Friend” and nourish yourself first. Because when you can love yourself unconditionally, it is then that you can nurture those in need, without feeling depleted yourself. And you want that for the long haul, don't you? In this book, Fiona Jeanne dives deep to show you how to balance the most important relationships YOU have with 1. Yourself - Build your inner strength so your inner critic becomes your inner guide 2. Your intimate partner - Deepen your connections and learn the real meaning of intimacy. It's not just 'SEX'! 3. Your home-front - Build a harmonious yet playful environment, to nurture the people (little and big), the things and the ideas that make your house YOUR HOME! 4. Your career / business - Enhance your self-worth to increase your net worth; because you are the mumpreneur of your

home, aren't YOU? 5. Your spirituality - Align your passion with your soul's purpose. How's your human experience today? 'Journey to ME - Becoming Functionally self-ISH' shares vulnerable insights to the depths of her life; the lessons she has learned and provides you with the tools and techniques that have helped millions of people globally to become their own best friend and to do whatever it takes to maintain this friendship for life. "It has been said by many that for us to truly connect with the magnificence that is inside us, we need to choose to see it. How on earth do we do that? By noticing this in people like Fiona Jeanne. When you allow yourself to be inspired by Fiona Jeanne's courage, vulnerability, and strength. We get to see it within ourselves as well. For we can only see in others what is first contained within us. Once we acknowledge what Fiona Jeanne shows us in this fabulous book, we can't help but choose to acknowledge and notice the same within us." Joe Pane, Coach's Coach, Senior Trainer at The Coaching Institute, Master Trainer in extended DISC an internationally accredited behavioural profiling tool.

Ish-noo-ju-lut-sche

Whatever holidays you celebrate, a special day always seems to heighten life's comedy and drama. There are bound to be surprises when you seek connection, whether you're hosting your family on the fly (How to Lunar New Year), trying to craft an amazing gift (The Perfect Lighthouse), or honoring a loved one who has passed (Things You Should Know When Setting Up an Ofrenda). Sweet, spicy, or soulful, each playwright brings a unique dish to the party for Ten(ish): Holidays, an anthology of short plays by some of the most exciting playwrights working today. Ten(ish): Holidays is edited by Brendan Conheady and features the following short plays: How to Lunar New Year by Elissa C. Huang Fourteen Fourteenths by Weston Scott Two Bouquets by Heather McDonald The Perfect Lighthouse by Steven Strafford Things You Should Know When Setting Up an Ofrenda by Andrew Sianez-De La O The Ridgecrest Queens of Halloween by Min Kahng Hot Air by Katelin Wilcox The Last Night by Stephen Kaplan Here Comes Our Santa Claus! by Isaiah Reaves Party Like It's 1999 by Jonathan Dorf THESE PLAYS CAN BE LICENSED INDIVIDUALLY BY VISITING THE PLAY PAGES AND CLICKING ON 'LICENSE A PRODUCTION.'

Ten(ish): Holidays

The text of the Haggadah in both Hebrew and English, with stories, parables, and sayings of Hacham Yosef Hayyim of Baghdad.

Ben Ish Chai Haggadah (English)

Ish and Mish--and their little dog Jamie--- are a little boy and girl who love adventures. It is raining as this story begins and they are bored. What to do? Then they remember that it is Spring rain and the Circus is in town. So, they don bright red raincoats and bright red hats---even Jamie does!---and sneak off to their special place in the backyard. That is where their special balloons THAT TAKE THEM ANYWHERE THEY WANT TO GO are hidden. They take off, visit the circus and even give some animals a balloon ride. Ages 4 to 8 for Happy Times: Ish and Mish go to the Circus.

Happy Times, the Adventures of Ish and Mish

Newlywed Niver was on the adventure of a lifetime. She had quit her job, rented out her condo, and was traveling around Asia. To the outside world, Niver was a woman living out her dreams of exploring ancient ruins in Cambodia and seeing orangutans in Borneo. In private, she was keeping a dark secret. But, when she found herself lying on a sidewalk in Thailand, looking up at the sky in severe pain, she knew things had to change. At age forty-seven, Niver found the courage to set course on a new life. Feeling like a failure, pushing fifty, and moving home to her parents' house to start again from scratch, Niver started taking one tiny "brave-ish" step at a time to take her life far away from the old one and into the adventurous world of travel writing. These small hurdles led to the challenge of trying fifty new things before turning fifty. From diving into shipwrecks, swimming with sharks, bobsledding at 3 Gs, to indulging in wild escapades, Niver

found herself traversing the world on a journey of reinvention, personal growth, and discovering what it actually means to be “brave.” While *Brave-ish* chronicles Niver’s inspiring expeditions to distant corners of the world including Myanmar, Cuba, Morocco, Kenya and Mongolia this is more than a travelogue. Niver’s story is a testament to the resilience of the human spirit and the power of perseverance. *Brave-ish* inspires readers to dream big, take risks, and embrace the unknown to create a life filled with wonder and excitement, even when courage seems elusive.

Brave-ish: One Breakup, Six Continents, and Feeling Fearless After Fifty

If you can make a dot, then you're ready to be taken on a creative journey. Inspired by his internationally beloved picture book *The Dot*, Peter H. Reynolds begins this guided journal by giving you permission to draw just one dot and sign your name. Over the next several pages, you're encouraged to take pleasure in making iterations of the dot: big dots, little dots, colorful dots, orderly dots, and scattered dots. Then you'll move on to other mark-making activities, conquering perfectionism, loosening up, and letting your creativity flow. Throughout, Reynolds offers exercises that draw a connection between mindfulness and leaving your mark on the page. Whether you're a timid beginner or a seasoned artist who needs a creative jolt to keep fresh and recharge, this journal is for you.

Start with a Dot (Guided Journal)

Father-ish: adjective. When a man is trying his best. Clint Edwards equates fatherhood to the time he did an important live TV interview from home: To the viewers, he looked put-together in a nice button-up shirt . . . but below the camera he wasn't wearing any pants. And it may have looked like he was in a nice office, but he was in fact hidden in his bedroom closet because his whole house was too messy to show. This highly relatable collection gets to the heart of parenting: all those unexpected fails, awkward conversations, and well-intentioned little white lies. Clint chronicles all these things and more with stories like “The Time My Son Realized I Was Santa,” “I’ve Never Been to Hell, but I Have Been to a Little Girl’s Birthday Party,” and “How to Get the Sex Talk Very, Very Wrong.” And with each story you’ll see over and over again that there really aren’t any rules when it comes to parenting, and all you can do is try your best. Whether you’re a first-time parent unaware of what you’ve gotten yourself into yet, or a father of five, clinging to your last ounce of sanity, you’ll find relief in knowing that at end of the day, we’re all not wearing any pants.

Father-ish

First published in 1983. This is a long-established standard work of reference for poets and rhymesters.

Walker's Rhyming Dictionary of the English Language

Why do men lie? A question burning in the mind of every female facing the fact that they have been dazzlingly duped by their lover, husband or boyfriend! Dr. Ish helps women uncover the truth about men providing intimate information about what takes place in a male's mind. *Little White Whys* serves as a guide for women navigating the dating world in regard to meeting, getting to know, dating, falling in love, and committing to that special someone. Dr. Ish analyzes the dating world and provides clues to men's intentions. He gives advice on: What questions to ask, how to act on a first date, what not to fall for and more. Each chapter helps women decipher men's maneuverings to uncover the secrets about what it takes to create and sustain a loving lasting relationship with the man of your dreams! Dr. Ish, board-certified psychiatrist, dating expert and bachelor lives the dream in Miami Beach Florida. He completed his medical school training at the University of South Carolina, School of Medicine with a specialty in children and families. Inspired by his mother, five sisters, and eight aunts Dr. Ish grew up in South Carolina observing the nuances, needs and desires of the female psyche and the trials and tribulations of the male female repartee. For the past several years Dr. Ish has shared his relationship expertise with women across America as a frequent guest on the Today Show, GMA, and Kathy Lee and Hoda. He is a regular contributor to Cosmopolitan Magazine and

Match.com. Ish says \"A loving and lasting relationship starts with the truth. I show women how to crack the male code and get to the heart of it!\"

Little White Whys

Stand-up comedian and Chloe of the television series 24, Mary Lynn Rajs kub shares her debut collection of hilarious essays and endearing missteps on the road to becoming FAME-ISH. It's not easy being kind of famous. Fortune. Younger men. Exclusive invites. Being mistaken for different actresses who are slightly prettier and more famous than you. It's all part of the gig, and Mary Lynn Rajs kub is a pro. Hilarious and self-deprecating, FAME-ISH is Mary Lynn Rajs kub's debut collection of riotously funny essays. Smart, satirical, and relatable, this book gives new meaning to the word icon as Rajs kub navigates the entertainment world against the backdrop of her own quirky idiosyncrasies. She describes what it's like to make out with Tom Cruise, be a waitress at Denny's, and find your life's purpose in 300 indecipherable, not-easy steps—all in a day's work. Rajs kub is honest about her experiences with bisexuality, her college years as a slug, and the bright lights of stardom, ultimately giving the people what they want: an endearing, hilarious look at what it's like to almost make a name for yourself in Hollywood.

FAME-ISH

At forty, Margaret quits her sales job to follow her husband's hotel career to Paris. She's setting sail on this adventure with a glass half full of bravery, a well-traveled passport, a journal in which she plans to write her novel, and the mentally engrained Davis Family Handbook of Rules to Live By. Everyone tells Margaret she's living the dream, but she feels adrift without a professional identity. Desperate to feel productive and valued, she abandons her writing and throws herself into new roles: perfect wife, hostess, guide, and expatriate. When she and her husband move to Cairo, however, the void inside she's been ignoring threatens to engulf her. It's clear that something needs to change, so she does the one thing she was raised never to do: asks for—and accepts—help. Over the next fifteen years abroad, the cultures of Egypt, Thailand, and Singapore confront Margaret with lessons she never would have learned at home. But it's only when they move back to Chicago—with Margaret now stepping into the role of perfect caretaker to her parents—that she has to decide once and for all: will she dare to let go of the old rules and roles she thinks keep her safe in order to step into her own life and creative destiny?

The Publications of the Yorkshire Parish Register Society

Brave(ish)

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