



my mum  
your dad

itv1

My Mum

**Nick Grey**

## **My Mum:**

*My Mum!* Chae Stathie, Beth Shoshan, 2008-02 A story celebrating the love between a mother and her young daughter From back cover      **Keeping Mum** Laura Manning, 2016-05-17 In the aftermath of her mother's stroke a bond is forged betwixt strange signs and unexpected events Exhausted by circumstances Laura gives her mother up to the first of three nursing homes and keeps her mouth shut about it all Until now      **Taram** Mahesswure Gurram, 2024-01-24 We pray to God who is the cause of our existence but do we pray to our ancestors who hold the characteristic traits of our living Venture into the depths of a grim and unsettling future where the boundaries between light and darkness blur leaving only an unsettling sense of unease to the four teenage cousins When shocking truths about their family history come to light their curiosity is ignited leading them down a path they never expected Bound by their love and deep connection to their great grandma they are driven to protect their family at all costs Determined to keep her happy and their lineage safe they embark on a daring mission along with their great grandma to safeguard their ancestral gift a mysterious artefact passed down through generations As they navigate a world of deception and danger they are faced with difficult choices Will their unwavering bond and determination be enough to protect their family from impending harm Can they unravel the secrets hidden within their ancestral gift before it's too late      **One Girl, One Summer** Isabel Ashdown, 2024-07-01 Dark secrets cast long shadows On a peaceful hilltop campsite in the heat of summer a private plane crash lands Several are killed and many more lives are shattered including those of the Gale family who own the site For single parent Cathy Gale her everyday struggles are eclipsed by the tragedy as her boy Albie is one of the victims He hangs onto life while 18 year old sister Nell who was meant to be looking after him is overcome with guilt As DS Ali Samson leads the investigation locals are scandalised to learn that the amnesiac pilot has plans to stay on in the community As dark secrets come to light teenager Nell goes into freefall What is it she's so desperate to conceal And exactly who is the Unknown Pilot If you loved HOMECOMING by Isabel Ashdown return to the beautiful coastal town of Highcap Dorset a community hiding many secrets      *Seamless* Anders Sorman-Nilsson, 2017-01-17 Achieve brand success with smarter change management and seamless transformation Seamless is a guide for transforming your brand and heroically taking your business into the future Customers are sick and tired of the inconvenience friction arrogance and grating seams they experience on their customer journeys caused by brands undergoing awkward and haphazard change This book shows you how to remove the external and internal seams for a smooth transition between marketing channels to provide a transformative customer journey Anders Sorman Nilsson futurist and author of Digilogue Wiley 2013 reveals the key factors to designing a cohesive and agile brand that is fit for the future This book looks at on the ground implementation of Digilogue ideas giving you a first hand account of how emerging technology has evolved and disrupted the business landscape since 2013 You'll learn the trials and tribulations of omnichannel marketing change leadership start up thinking versus a heritage and family business legacy and why there has

never been a better time to implement seamless technologies in your business The future doesn't unfold neatly in fact it's often a disruptive slap in the face Seamless is the key to a successful business future and this book shows you how to make seamlessness work for your company starting today Design away the friction with transformative customer experiences Weave disparate channels and parts of a brand together into a seamless whole Take an integrative rather than additive approach to communications Achieve the highest level of customer intimacy the key to customer loyalty Drive seamless change inside your organisation by designing journeys of constant adaptation Communication channels continue to proliferate and simply adding every new flash in the pan is a sure path to ruin You need to bring together every part of your brand into a cohesive whole one with deliberate strategic structure and wholeheartedly gather all your stakeholders around it Seamless shows you how to remove the scar tissue reveal your brand's fresh edge and meet the future curious agile and open minded

*What the Dark Whispers* M J Lee, 2025-07-03 A web of lies A confusion of secrets A maze of murder In a quiet Manchester suburb a man sets himself on fire in a petrol station Nearby a fourteen year old girl murders her mother in cold blood At the Coroner's Office Detective Inspector Ridpath is called in to investigate both of these baffling deaths Is one a suicide and the other an unexplained murder Or does something more sinister link the two seemingly unconnected tragedies As Ridpath delves deeper he must confront the darkness lurking in the most unexpected places where even innocent facades can hide the darkest of truths Can he prevent more deaths An unputdownable and suspenseful crime thriller from the bestselling author perfect for fans of Mark Billingham and Trevor Wood

*The Routledge Handbook of Language and Identity* Siân Preece, 2016-02-12 The Routledge Handbook of Language and Identity provides a clear and comprehensive survey of the field of language and identity from an applied linguistics perspective Forty one chapters are organised into five sections covering theoretical perspectives informing language and identity studies key issues for researchers doing language and identity studies categories and dimensions of identity identity in language learning contexts and among language learners future directions for language and identity studies in applied linguistics Written by specialists from around the world each chapter will introduce a topic in language and identity studies provide a concise and critical survey in which the importance and relevance to applied linguistics is explained and include further reading The Routledge Handbook of Language and Identity is an essential purchase for advanced undergraduate and postgraduate students of Linguistics Applied Linguistics and TESOL Advisory board David Block Instituci Catalana de Recerca i Estudis Avançats Universitat de Lleida Spain John Joseph University of Edinburgh Bonny Norton University of British Columbia Canada

Just Give Me Your Last Name Temi Olaniyan, 2019-06-10 Just Give Me Your Last Name is a book that was born out of the life of a frustrated single waiting endlessly for love This book takes you through my journey of finding true love in singleness and becoming whole in that process The aim of this book is to give you a different perspective to single life and to help you embrace your single journey as you hope to embrace the marriage journey The book is about finding the silver lining in the

seemingly cloud of single life and letting that lining trump the cloud until the gloss of your single life is evident to the world My hope is that as you read this book you will prioritize finding and giving love as a single person instead of waiting for love to find you This book will move you to the front seat of your single life have you switch to cruise mode and soar the length and breadth of singleness in confidence This book will make you laugh get you thinking and ultimately move you to action that will birth the change you always hoped for Gillian Mk2 Gillian Firth,2013-10 Suddenly in 1994 the author stopped taking life for granted When her existence filled with sunshine parties and good times came to an end A near fatal car crash left her comatose for six weeks Gillian doesn't know what happened on that night and never will Gillian Mk2 chronicles her feisty determination to regain independence in a society where she was invisible We follow her trek for the first four years From hospitals doctors falls nurses onto more hospitals specialists falls attitudes patients Gillian Firth is lucky clearly her family adore her she lives to tell the tale and does so with blunt honesty She knew nothing and only remembered she smoked because Pathetic bought her cigarettes into the hospital ironically her mum went mad A Traumatic Brain Injury TBI is serious life changing but you laugh out loud then cry and laugh again as we listen to Gillian speaking Watch how she improves cringe or agree with her observations feel the anger and frustration be embarrassed by comments and reactions This author will be remembered for her flippant but serious heart rending yet hilarious kick in the teeth that's what it is Funny factual and inspirational my eyes are open

**What Have I Done?** Laura Dockrill,2020-04-23 Such a raw honest and important book Giovanna Fletcher Like any new mum Laura Dockrill felt rather overwhelmed after the birth of her son But a slow recovery sleep deprivation and anxiety quickly escalated into postpartum psychosis and she had to spend a fortnight in a psych ward separated from her family It was only when Laura began to put her ordeal into words that she began to find herself again and recovery seemed within reach This is Laura's raw honest and life affirming story of how she made it through one of the most frightening experiences a mother can face Now she wants to break down the silence around postnatal mental health shatter the idealised expectations of perfect motherhood and show all new struggling parents that they are not alone A book to save a whole generation of women Adele A pleasure to read I didn't want to put it down If anyone is going through a similar experience it will make them feel less alone Philippa Perry A humbly honest and human war report from the front lines of mothering psychosis and recovery there is no other book like it Caitlin Moran An incredibly powerful book Jessie Ware This book will give women and their families confidence that the brain and body will heal Dr Jessica Heron CEO of Action on Postpartum Psychosis An amazing read Fiona Telford postpartum psychosis survivor

**A Casebook of Cognitive Therapy for Traumatic Stress Reactions** Nick Grey,2009-09-10 Many people experience traumatic events and whilst some gradually recover from such experiences others find it more difficult and may seek professional help for a range of problems A Casebook of Cognitive Therapy for Traumatic Stress Reactions aims to help therapists who may not have an extensive range of clinical experience The book includes descriptions and case studies of clinical cases of cognitive behavioural

treatments involving people who have experienced traumatic events including people with phobias depression and paranoid delusions following traumatic experiences people with Posttraumatic Stress Disorder PTSD people who have experienced multiple and prolonged traumatizations people who are refugees or asylum seekers All chapters are written by experts in the field and consider what may be learned from such cases In addition it is considered how these cases can be applied more generally in cognitive behavioural treatments for traumatic stress reactions This book will be invaluable to all mental health professionals and in particular to therapists wanting to treat people who have experienced traumatic events allowing them to creatively apply their existing knowledge to new clinical cases     Dave Molyneux: The Racer's Edge Dave

Molyneux,2011-12-01 Dave Molyneux is one of the most prolific and determined sidecar racers in British history His racing career has spanned an incredible thirty one years He has dominated the sidecar class at the Isle of Man TT one of the most demanding road races in the world with an exceptional tally of 14 wins making him the most successful sidecar competitor in the history of the event He has competed in British and European championships Grand Prix and other races This book tells in his own words his remarkable story It describes his victories and defeats the accidents and the other setbacks he has overcome and reveals what makes him such an accomplished engineer as well as a racer Dave Molyneux is the most successful sidecar racer in the history of the TT with 14 wins He holds the race record for the Sidecar TT at 58 minutes and 59 28 seconds an average race speed of 115 132 mph over 3 laps achieved in 2009 As well as dominating the event as a competitor he has established an exceptional reputation as a sidecar designer and constructor and as a sometimes outspoken commentator on the sport     **On Being A Man** Sandy Campbell,2014-07-14 What does masculinity mean today On Being a

Man brings together four men to consider the condition of Scottish men reflect on their own backgrounds and experiences and confront some of the most difficult issues men face These include the changing roles of men in Scottish society the role of work and employment What it means to be a man is very different from forty years ago in terms of expectations relationships how men relate to partners bring up children and what constitutes a modern family However there is a dark side of Scottish masculinity seen in the drinking violent abusive behaviour of some Scots men and this book addresses this directly getting into issues many of us often shy away from confronting Draws on the wide ranging voices of journalist writer and broadcaster David Torrance founder of a youth employment and mentoring charity Sandy Campbell public health researcher Pete Seaman and former policeman and head of the violence reduction unit John Carnochan     *Weapon* Lynette Noni,2019-11-04 I already knew he was a psychopath But now He s more dangerous than ever And I have less than twenty four hours to stop him After escaping Lengard and finding sanctuary with the Remnants Alyssa Scott is desperate to save those she left behind and the rest of the world from the power hungry scientist Kendall Vanik But secrets and lies block her at every turn and soon Lyss is left questioning everything she has ever believed When long lost memories begin to surface and the mysteries of her past continue to grow Lyss battles to retain her hard won control Allies become enemies and

enemies become allies leaving her certain about only two things when it comes to Speakers nothing is ever as it seems and the only person she can trust is herself

**A Colourful View From the Top** Jonathan Mildenhall, 2023-03-16 Much needed inspiration for those working hard to reach a position that matches their potential and their allies Ally Owen Founder of Brixton Finishing School You might not think right now that you have what it takes to succeed But incredible things do happen when you believe We hope this book will stoke your sense of belief in what it is you can achieve and the gifts you have the potential to give to the world Relentless in its inspiration candour and warmth A Colourful View From the Top is a vital anthology of twenty one voices who are at the top of their game in business and beyond Whether their specialism be advertising tech law or art each luminary offers a unique and deeply meaningful collection of lessons and affirmations to draw upon time and time again Discover how they became influential figures in culture and corporate life how their achievements haven't been defined or limited by their race gender or age how sometimes the most fulfilling careers involve twists turns and side hustles how corporate success need not preclude social awareness For too long we have needed a more diverse set of commercial and cultural leaders to champion Now it's time to hear their voices Essential and engaging A Colourful View From the Top is a deeply necessary compendium of varied experiences and career paths candidly told by those who lived them

**Madam Krishnan's South Indian Recipes** Ambrose Krishnan, Padma Krishnan, 2011 Never cook when you are angry or grudging because the dishes will be bitter This was what Madam Ambrose Krishnan used to preach to her children She was a gregarious person and always more than willing to share her food recipes and knowledge to anyone who had an interest To her the most important ingredient in cooking is the love that one puts into the dish Madam Krishnan's family hailed from Pondicherry a French colony in South India which was why most of her dishes had some French influence Her husband's family was from Kerala South India and she had to learn Keralite cooking to please her in-law's palate Since young Padma and her siblings had the privilege of enjoying choice cuisines from both Kerala and Pondicherry The recipes in this book are mainly from Madam Krishnan's repertoire of recipes and Padma also shares some recipes that are exclusive to their family Also included in the book are some recipes that Padma has modified and improved to give the traditional recipes a new twist and also to suit the tastes of the younger generation This book of South Indian recipes is compiled by Madam Krishnan's daughter Padma In publishing her mum's recipes she hopes to preserve the South Indian heritage so that the future generation can enjoy traditional authentic South Indian dishes Madam Krishnan's South Indian Recipes is part of Epigram Books award winning Heritage Cookbook series which showcases the best of Singapore's major cuisines through authentic family recipes

**The Farm** Tom Rob Smith, 2014-02-01 If you refuse to believe me I will no longer consider you my son Daniel believed that his parents were enjoying a peaceful retirement on a remote farm in Sweden the country of his mother's birth But with a single phone call everything changes Your mother she's not well his father tells him She's been imagining things terrible terrible things In fact she has been committed to a mental hospital Before Daniel can board a plane

to Sweden his mother calls Everything that man has told you is a lie I m not mad I need the police Meet me at Heathrow Daniel is immediately caught between his parents whom to believe whom to trust He becomes his mother s unwilling judge and jury Presented with a horrific crime a conspiracy that implicates his own father Daniel must examine the evidence and decide for himself who is telling the truth And he has secrets of his own that for too long he has kept hidden Uncoloured Charles Azulay,2024-02-02 What does it mean to follow your dreams in the face of adversity Can we still hope to find ourselves after enduring abuse and abandonment Is it possible to let go of the past in order to move forward In this unashamedly candid memoir author and actor Charles Azulay relays the tumultuous and ultimately triumphant tale of his life Growing up as a mixed race child born of Black and white parents abandoned to the foster care system in the 1970s Azulay experienced abuse and neglect Though he is ultimately adopted by a white family with whom his lot improves he continues to struggle with his sense of identity as he s raised by parents who don t fully understand the importance of his black culture His inevitable behavioral issues lead to constant conflict with his adoptive parents and force him out on his own and homeless at sixteen Through extreme perseverance Azulay manages to finish school and find a deep love of theatre as he does Passionately driven he embarks on what will ultimately prove to be an extremely successful career in theatre performing internationally in some of the most famous musicals in the world Along the way he continues to struggle with his past his mental health addiction relationships and later on his sexuality As he moves through his life he gains new perspectives that allow him to reconcile with his traumatic past Azulay s is a story of impossible hope of strength in the face of extreme hardship and the rewards that come with it If you ve ever struggled to find yourself especially in the face of trauma you are sure to find solace in Azulay s bracing victorious life story **Golden Girl - The Autobiography of the**

**Greatest Ever Ladies' Darts Player** Trina Gulliver,2008-01-07 Trina Gulliver is indisputably the finest ladies darts player in the world With an amazing seven consecutive Lakeside Ladies World Championship titles under her belt this inspirational woman can lay claim to being the most phenomenal player of all time But it hasn t always been a victorious check outs for this Warwickshire girl Qualifying as a joiner at the age of nineteen Trina soon set up her own business and had her first taste of making it in what has traditionally been a man s world Her calm head keen eye and steady hand proved to be useful skills in this trade and would prove priceless when stepped up to the oche as a professional player Always a lover of the game Trina held her first arrow at the age of two and after some success later in the Warwickshire County side she went full time as a professional player Without any sponsorship in her first year she struggled to make ends meet as she drove all over Europe to play But her determination to get to the top saw her make it to number ten in the world and she finally hit the bullseye in the form of a sponsor Twelve months later she was number one where she remains to this day Fiercely passionate about her sport Trina has long been an outspoken critic of the prize money in the women s game compared to the men s and has done sterling work in helping to raise the profile of the ladies game Professional to the core Trina works as hard as the



top male players on her game and is a role model to women in the sport Golden Girl is the story of a woman whose talent grit and determination saw her realise her dream Heart warming and inspirational this book will appeal to darts lovers and anyone interested in a story of success against the odds      **Relative Grief** Clare Jenkins,Judy Merry,2005 In this collection of accounts people share their experiences of losing loved ones through death from natural causes genetic conditions accident suicide and murder Looking at death from different perspectives it encourages people to understand their own grief and how those around to them might be affected by what can seem a very private loss

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