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In *The Mama Bamba Way – The Power and Pleasure of Natural Childbirth*, (July 2010, £12.99, Findhorn Press), South African midwife, Robyn Sheldon, shows pregnant women how to develop awareness of your self, your baby and of each birthing moment to create a gentle and loving first impression of life for your baby as it comes into the world. The Mama Bamba method of birth preparation was ...

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The Mama Bamba is a rare union between the intuition, kindness, and openness of the heart, and the lucidity, know-how, and to-the-pointness of the mind. The book contains personal and touching experiences, research and information regarding different aspects of pregnancy, helpful tips, activities, ideas, practices, meditations, photos, and a lot of insight - all written in a very accessible ...

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the mama bamba way the power and pleasure of natural childbirth robyn sheldon nikki rixon mama bamba way the power and pleasure of natural childbirth by sheldon robyn author paperback on 01 jun 2010 robyn sheldon isbn 8601417859827 kostenloser versand fur alle bucher mit versand und verkauf duch amazon the mama bamba way is a wonderful book written by a south african midwife from cape town it ...

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its possible to have an amazing experience louine van der vyver and karin steyn theres a richness and magic in birth says robyn sheldon stellenbosch midwife and author of the renowned birth The ...

There is richness and magic in birth. Yet because we are afraid of its pain and power we turn our backs on it, choosing instead to sanitize it and backs on it, choosing instead to sanitize it and strip it of feeling through medical interventions. Yet birth is a peak experience that has the potential to transform us, and birthing with conscious awareness offers our children an initial experience of life where they are shown that they need not be afraid - that life in all its intensity is something to embrace, laugh with, cry about and cherish. The Mama Bamba Way contains processes for women to explore during pregnancy and labor, so that no matter how it unfolds, birth is a satisfying experience for them. The core tools in the book are meditative awareness, relaxation and surrender, deep exploration of our unconscious minds, connecting with our babies in the womb, and labor support. The Mama Bamba Way also offers practical advice for the early months of parenting and what to do when we suffer the loss of a baby. Although it is an uncommon event, it is included here

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because it remains unaddressed and avoided too much in our society. Real birth stories enrich the book with beautiful voices and poignant life lessons...

Read Along or Enhanced eBook: Colors explode off the page in this energetic, jazzy picture book introducing readers to colors in both English and Spanish. In a style brimming with rhythm and syncopation, author Sherry Shahan introduces nine colors by interweaving images and dance steps. Ecuadoran artist Paula Barragán's illustrations capture the rhythm and vivacity of the text. This book, which Publishers Weekly called "a feast for the eyes and ears," received a NAPPA Gold Award and was featured on the PBS Kids program "Between the Lions".

A 2018 Pura Belpré Author Honor Book *The First Rule of Punk* is a wry and heartfelt exploration of friendship, finding your place, and learning to rock out like no one's watching. There are no shortcuts to surviving your first day at a new school—you can't fix it with duct tape like you would your Chuck Taylors. On Day One, twelve-year-old Malú (María Luisa, if you want to annoy her) inadvertently upsets

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Posada Middle School's queen bee, violates the school's dress code with her punk rock look, and disappoints her college-professor mom in the process. Her dad, who now lives a thousand miles away, says things will get better as long as she remembers the first rule of punk: be yourself. The real Malú loves rock music, skateboarding, zines, and Soyrizo (hold the cilantro, please). And when she assembles a group of like-minded misfits at school and starts a band, Malú finally begins to feel at home. She'll do anything to preserve this, which includes standing up to an anti-punk school administration to fight for her right to express herself! Black and white illustrations and collage art throughout make *The First Rule of Punk* a perfect pick for fans of books like *Roller Girl* and online magazines like *Rookie*.

'A remarkably original first novel, beautifully written, about a future that could be just around the corner' Julie Christie, oscar-winning star of *Darling* and *Doctor Zhivago* 'I absolutely DEVoured this book. It has everything I love - great characters, intrigue, action, heart, drama and hope. Cannot recommend it enough' Aisling Bea 'Poignant and perfect' Christina Dalcher, author of *Vox* 'Smart, with a fantastic sense of foreboding and anxiety, of ordinary lives about to go horribly off the rails . . . hugely impressive work from

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a new writer' David Nicholls, author of One Day and Starter for Ten What would you do to protect your family if the world stopped working? Not long from now, in a recognisable yet changed London, Signy and Matthew lead a dull, difficult life. They've only really stayed together for the sake of their six year old son, Jed. But they're surviving, just about. Until the day the technology that runs their world stops working. Unable to use their phones, pay for anything, even open the smart door to their flat, Matthew assumes that this is just a momentary glitch in the computers that now run the world. But then the electricity and gas are cut off. Even the water stops running. And the pollination drones - vital to the world, ever since the bees all died - are behaving oddly. People are going missing. Soldiers are on the streets. London is no longer safe. A shocking incident sends Signy and Jed on the run, desperate to flee London and escape to the small village where Signy grew up. Determined to protect her son, Signy will do almost anything to survive as the world falls apart around them. But she has no idea what is waiting for them outside the city... 'A very British disaster epic. Echoes of John Wyndham. Resonances for today' Stephen Baxter, co-author of The Long Earth 'This superbly accomplished debut is dark and compelling but ultimately filled with hope' Ruth Hogan

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In her book, midwife Ruth Ehrhardt very simply explores, as the title suggests, how the basic needs of labouring women can be met. It takes into consideration the subtle effect environmental factors have on labour and what those attending births need to be aware of. Drawing on the work of Michel Odent, it focuses quite plainly on the physiology of labour, childbirth and postpartum. This book is aimed at pregnant mothers as well as those attending births, whether in the capacity as caregiver (doctor, midwife, doula) or partner. "To bring together what is important in such a small number of pages is a feat. I hope that, on the five continents, all pregnant women, midwives, doulas, doctors, etc. will take the time to assimilate the contents of this chef d'oeuvre: it will be a turning point in the history of childbirth and therefore in the history of mankind." - Michel Odent

"[An] enlightening and entertaining . . . survey of the world's oldest profession" from the Whore of Babylon to the modern sex-worker movement (Kirkus Reviews). From Eve and Lilith to Julia Roberts in *Pretty Woman*, the prostitute has been both a target of scorn and a catalyst for social change. In *Love for Sale*, cultural historian Nils Johan Ringdal delivers an authoritative and engaging history of this most maligned, yet globally ubiquitous, form of human commerce. Beginning with the epic of Gilgamesh, the Old Testament, and ancient

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cultures from Asia to the Mediterranean, Ringdal considers the varying way societies have dealt with and thought about prostitutes through history. He discusses how they were included in the priestess class in ancient Greece and Rome; how the rise of the courtesan in nineteenth-century Europe shaped literature, fashion, the arts, and modern sensibilities. He uncovers the first manuals on the art of sex and seduction, the British Empire's campaigns against prostitution in India, and stories of the Japanese "comfort women" who served the armies in the Pacific theater of World War II. Ringdal closes with the rise of the sex-workers' rights movement and 'sex-positive' feminism, and a realistic look at the true risks and rewards of prostitution in the present day. Recalling Camille Paglia's *Sexual Personae* with its broad sweep across centuries and continents, *Love for Sale* "uses [its] subject as a springboard for exploring the ever-changing notions of love, sexual identity, morality and gender among various cultures" (Nan Goldberg, *Newark Sunday Star-Ledger*).

The Mamba Mentality: How I Play is Kobe Bryant's personal perspective of his life and career on the basketball court and his exceptional, insightful style of playing the game—a fitting legacy from the late Los Angeles Laker superstar. In the wake of his retirement from professional basketball, Kobe "The Black Mamba" Bryant decided to

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share his vast knowledge and understanding of the game to take readers on an unprecedented journey to the core of the legendary “Mamba mentality.” Citing an obligation and an opportunity to teach young players, hardcore fans, and devoted students of the game how to play it “the right way,” The Mamba Mentality takes us inside the mind of one of the most intelligent, analytical, and creative basketball players ever. In his own words, Bryant reveals his famously detailed approach and the steps he took to prepare mentally and physically to not just succeed at the game, but to excel. Readers will learn how Bryant studied an opponent, how he channeled his passion for the game, how he played through injuries. They’ll also get fascinating granular detail as he breaks down specific plays and match-ups from throughout his career. Bryant’s detailed accounts are paired with stunning photographs by the Hall of Fame photographer Andrew D. Bernstein. Bernstein, long the Lakers and NBA official photographer, captured Bryant’s very first NBA photo in 1996 and his last in 2016—and hundreds of thousands in between, the record of a unique, twenty-year relationship between one athlete and one photographer. The combination of Bryant’s narrative and Bernstein’s photos make The Mamba Mentality an unprecedented look behind the curtain at the career of one of the world’s most celebrated and fascinating athletes.

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The expanded edition of the definitive, critically praised, and most beloved biography of music legend Jimi Hendrix—including previously unpublished photos. Originally published to great acclaim in 1978, 'Scuse Me While I Kiss the Sky was written by poet, scholar, and Hendrix friend David Henderson as a personal favor to Jimi. Since then, it has garnered rave reviews and sold over 500,000 copies, reaching the legions of Hendrix fans worldwide. This most thorough update on the book in ten years is filled with brand-new photographs and fresh revelations. It includes more of Jimi's personal writing, more details about his romantic relationships and sexual encounters, and more in-depth research by the author into Jimi's music and creative life. At once a grand adventure and a vivid record of 1960s culture and politics, 'Scuse Me While I Kiss the Sky shows Hendrix as a member of the Flower Power and the Black Power movements. With new access to old documents—once covered up by legal barriers—Henderson is now free to tell about Jimi's opposition to the Vietnam war and his controversial support of the New York Panther 21. With his music selling off the shelves, Hendrix is a rock immortal and this is the only book to tell his whole story—now ready to reach more readers in this paperback edition.

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A year-long study of the writing development of 27 first through third graders in an English/Spanish bilingual program was conducted during the 1980-81 school year. Samples of the children's writing were collected at four intervals, coded for computer tallying, and analyzed in terms of code-switching, spelling, punctuation and segmentation, structural features, stylistic devices, and content. Additionally, the context in which the writing developed was evaluated by classroom observations, teacher interviews, review of familial backgrounds, and a survey of the community language situation. Myths about bilingual language proficiency, biliteracy, bilingual education, teaching writing, and learning to write are all countered by evidence presented in this study. In a discussion of implications, the concept of a whole language approach to writing instruction is supported, in which authentic and functional texts are offered to and produced by children. Examples of the children's writing with appropriate translations are given along with various tables. Informal follow-up information is presented in three epilogues dealing with changes in the researcher's commitment to the study's original writing theories, the writing of some students a year after the study; and a chronological outline of the demise of the bilingual program used in the study. Appendices list interview questions used for teachers and aides and categories for coding the

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writing data. This book contains 134 references. (ALL)

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