

Five Minutes Peace Large Family

When Mama Elephant puts her family on a diet, their will power remains strong until Granny sends a cake.

A gorgeously warm and relatable story from the brilliant Jill Murphy, featuring the much-loved Bear Family from classic picture book *Peace at Last*. Mr and Mrs Bear wake up late. It's raining outside, and Baby Bear is late for nursery. Then Mrs Bear sits on her glasses at work and Mr Bear spills his coffee! Oh dear - it seems this is just going to be one of those days! But the loveable Bear family muddle through cheerfully, and there's even a surprise for Baby Bear when Mr Bear gets home from work. With all the hallmarks of an instant firm favourite, *Just One of Those Days* is a big-hearted story about a family day, which parents and children everywhere will relate to. Full of satisfying repetition and rhythm and delightful illustrations, *Just One of Those Days* is a must-have for all Jill Murphy fans, old and new.

Marlon, the monster, loves his dummy. He calls it his 'noo-noo'. His mum, granny and all the other monsters say he's too old for a dummy. But Marlon's not giving up his noo-noo until he wants to.

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"Traumatic stress and post-traumatic stress more particularly, has gained international prominence as a condition or disorder that affects people across the globe in the wake of exposure to extreme life events, be these collective or individual. Given the history of political violence in South Africa, extremely high levels of violence against women and children and the prevalence of violent crime, South Africa has the unfortunate distinction of being considered a real life laboratory in which to study traumatic stress. Taking both a historical and contemporary perspective, the title covers the extent of and manner in which traumatic stress manifests, including the way in which exposure to such extremely threatening events impacts on people's meaning and belief systems. Therapeutic and community strategies for addressing and healing the effects of trauma exposure are comprehensively covered, as well as the particular needs of traumatised children and adolescents. Illustrative case material is used to render ideas accessible and engaging. Traumatic stress in South Africa provides a comprehensive and up-to-date overview of theory and practice in the field of traumatic stress studies, incorporating both international and South African specific findings. The particular value of the text lies in the integration of global and local material and attention to context related challenges, such as how trauma presentation and intervention is coloured by cultural systems and class

disparities. The text would be of particular interest to scholars and practitioners working with traumatic stress in developing countries or in settings in which assessment and intervention resources are limited. The book highlights both psychological and sociopolitical dimensions of traumatic stress and emphasises insights derived from working in the South African context that have potential relevance for shaping the direction of traumatic stress studies"--Bookseller's website.

Catch up on Mildred Hubble's magical adventures at Miss Cackle's Academy for Witches with these reissued editions featuring energetic new covers. Mildred Hubble is determined that her third year at Miss Cackle's Academy for Witches will be her best. And when the horrible Miss Hardbroom is replaced by a new teacher, things finally seem to be going Mildred's way. But the new teacher is very strange. . . .

Mildred Hubble's first term at Miss Cackle's Academy for Witches starts badly when, unlike her classmates, she can't control her broom, her kitten, or her spells.

An outing to the grocery store quickly devolves into a power struggle between a frustrated mother rabbit and her exuberant toddler Ruby.

Eight twisty, twirly arms make Octopus really good at tickling. But most of his

friends are beginning to find his tickling tiresome, especially when one teeny, tiny tickle lands Octopus in BIG trouble! Octopus tickles Oyster and causes her to lose her precious pearl. How will Octopus get it back?

Instant #1 New York Times Bestseller A People Book of the Week, Book of the Month Club selection, and Best of Fall in Good Housekeeping, PopSugar, The Washington Post, New York Post, Shondaland, CNN, and more! “[A] quirky, big-hearted novel...Wry, wise, and often laugh-out-loud funny, it’s a wholly original story that delivers pure pleasure.” —People From the #1 New York Times bestselling author of *A Man Called Ove* comes a charming, poignant novel about a crime that never took place, a would-be bank robber who disappears into thin air, and eight extremely anxious strangers who find they have more in common than they ever imagined. Looking at real estate isn’t usually a life-or-death situation, but an apartment open house becomes just that when a failed bank robber bursts in and takes a group of strangers hostage. The captives include a recently retired couple who relentlessly hunt down fixer-uppers to avoid the painful truth that they can’t fix their own marriage. There’s a wealthy bank director who has been too busy to care about anyone else and a young couple who are about to have their first child but can’t seem to agree on anything, from where they want to live to how they met in the first place. Add to the mix an

eighty-seven-year-old woman who has lived long enough not to be afraid of someone waving a gun in her face, a flustered but still-ready-to-make-a-deal real estate agent, and a mystery man who has locked himself in the apartment's only bathroom, and you've got the worst group of hostages in the world. Each of them carries a lifetime of grievances, hurts, secrets, and passions that are ready to boil over. None of them is entirely who they appear to be. And all of them—the bank robber included—desperately crave some sort of rescue. As the authorities and the media surround the premises these reluctant allies will reveal surprising truths about themselves and set in motion a chain of events so unexpected that even they can hardly explain what happens next. Rich with Fredrik Backman's "pitch-perfect dialogue and an unparalleled understanding of human nature" (Shelf Awareness), *Anxious People* is an ingeniously constructed story about the enduring power of friendship, forgiveness, and hope—the things that save us, even in the most anxious times.

Synopsis coming soon.....

Hurray, it's snowing! And the Large family are enjoying the fun, Large-style! A snowman (or snowelephant) is built called Mr Chilly. Baby Lucy forms a strong attachment to him -showing him her toys, dancing for him, even hugging him after Luke bashes him with a snowball. But what will happen when things warm

up and the sun comes out? As usual, the family all pull together to create a solution: Mum whips up a toy snowman on the sewing machine which Laura decorates with a face ... and all is well.

A gorgeously wrought year-long daily devotional for anyone who wishes to carve out a few minutes a day to reflect on the grace of God. It is by grace you have been saved, through faith. —Ephesians 2:8 NIV With uplifting quotes from the Bible, guided reflections, and more, Five Minutes of Grace allows you to bring God and His grace into your life a little more each and every day.

The evening is a naturally reflective time of the day, when thoughts can end up going round and round in your head, landing on worst-case scenarios and interpretations. Five Minutes in the Evening is a guided journal designed to help you integrate any emotions experienced or discoveries made during the day and reflect on how you are feeling through the practice of journaling. The mere act of putting your thoughts onto paper can slow them down enough to allow you to consider them calmly rather than feeling consumed or overwhelmed by them.

The human brain has a tendency to lean toward negative thinking, and so a few minutes of evening journaling is a very helpful tool for developing more positive mental habits. Focusing on gratitude has been shown to increase a person's sense of wellbeing and optimism, and describing the sensations associated with

an activity you enjoy, such as how you feel in nature or while chatting to a good friend, offers similar benefits to the activity itself - your body will begin to feel the calm, grounded sensations that you feel in nature, or the sense of connection that you have while talking with a friend. Journaling is an excellent practice for clearing the clutter of your day and your mind. Simply writing down all the to-do lists that are floating around in your head, making you worried, can feel like a great relief. Many of the prompts and practices in this journal are based on the theme of letting go, as so many of us have a natural tendency to hold on to thoughts and mental or emotional baggage that are no longer serving us. In today's busy world, it can also be helpful to dedicate a few minutes at the end of the day to doing less, to allow your energy to settle in preparation for restful sleep and to consider what really matters to you.

Jill Murphy's bestselling classic *Peace at Last* has delighted young children for almost forty years, and is equally beloved by tired parents who are all too familiar with the plight of poor Mr Bear. With a snoring Mrs Bear, an excitable Baby Bear and a house full of tapping and dripping and ticking, peace is hard to come by – will Mr Bear ever get a decent night's sleep? The familiar noises, repetition and beautiful illustrations make Jill Murphy's delightful *Peace at Last* an all-time favourite bedtime story with children and adults everywhere. This edition comes

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in a chunky cased board book format, so even the youngest children can enjoy this classic story.

Darcy is more deeply in love with his wife than ever As the golden summer draws to a close and the Darcys look ahead to the end of their first year of marriage, Mr. Darcy could never have imagined his love could grow even deeper with the passage of time... Lizzy is full of surprises... Elizabeth is unpredictable and lively, pulling Darcy out of his stern and serious demeanor with her teasing and temptation. Looking ahead and planning for celebrations and life events large and small, Lizzy can still catch Darcy unawares when he least expects it... But surprising events force the Darcys to weather absence and illness, and to discover whether they can find a way to build a bond of everlasting love and desire...

Lester loves to muck around on his skateboard, especially when baby Lucy provides a willing audience. Lucy is delighted when Lester goes a step too far and breaks one of Mrs Large's china ornaments -a pink elephant. At first he tries to cover up his deed. Unluckily for him, his brother Luke has returned from the toy shop with a new detective's outfit and is hot on the trail of the missing ornament. Lester asks Laura -who's good at making things -to try and help him fix it. Luke overhears them at work and mistakenly believes that it was Laura who

broke it. He enjoys telling his mum about this and Mrs Large gathers the children to get to the bottom of it all. Lester finally owns up, and learns that honesty is always the best answer.

Claire has hurt her knee so she sets off home to tell her mum all about it. On the way she meets her friends and tells them how the fall happened. But just how did it happen . . .? Was she dropped by a wolf, a slithering snake, an enormous dragon or a hairy gorilla?! By Jill Murphy, the author and illustrator of the bestselling *Peace at Last* and *Whatever Next!*, *On the Way Home* is a fantastic journey of the imagination that every child who tells the occasional tall tale will relate to!

WHAT'S IMPORTANT TO YOU TODAY? What if five minutes could change your routine and change your day? What if you checked in with how you are feeling for just those few minutes, maybe sitting down over that cup of coffee or tea, or quietly sitting by the window before you head towards the shower? Writing things down has been shown to help people more successfully achieve their dreams and goals. It is a way to help us focus on what matters, prioritise what we are going to do for the day ahead and track our progress. Five Minutes in the Morning offers a beautiful space and creative exercises to encourage reflection and intention setting at the start of the day. ALL IT TAKES IS FIVE MINUTES IN

THE MORNING.

An exploration of why people all over the world love to engage in pain on purpose--from dominatrices, religious ascetics, and ultramarathoners to ballerinas, icy ocean bathers, and sideshow performers Masochism is sexy, human, reviled, worshipped, and can be delightfully bizarre. Deliberate and consensual pain has been with us for millennia, encompassing everyone from Black Plague flagellants to ballerinas dancing on broken bones to competitive eaters choking down hot peppers while they cry. Masochism is a part of us. It lives inside workaholics, tattoo enthusiasts, and all manner of garden variety pain-seekers. At its core, masochism is about feeling bad, then better—a phenomenon that is long overdue for a heartfelt and hilarious investigation. And Leigh Cowart would know: they are not just a researcher and science writer—they're an inveterate, high-sensation seeking masochist. And they have a few questions: Why do people engage in masochism? What are the benefits and the costs? And what does masochism have to say about the human experience? By participating in many of these activities themselves, and through conversations with psychologists, fellow scientists, and people who seek pain for pleasure, Cowart unveils how our minds and bodies find meaning and relief in pain—a quirk in our programming that drives discipline and innovation even as it threatens to swallow

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us whole.

It's very nearly bath time for Baby Bear, but he just wants to go on one more adventure - a quick trip to the moon. Mrs Bear isn't pleased, and anyway, she says, Baby Bear doesn't have a rocket. Luckily, there's one under the stairs... Join Baby Bear as he makes friends with an owl and has a picnic on the moon, all before bath time. Whatever Next! This is a board book edition of a beautiful story of innocence and imagination, full of the characteristic warmth and humour of Jill Murphy, author of *Peace at Last* and *The Worst Witch*.

Getting up to their usual mishaps and adventures, this title shows the Large Family in black and white for you to colour in. It is suitable for Large Family fans.

An elephant and a bear take over a diner and find out about responsibility and food language.

Alfie's your average deer hound puppy-curious about the world around him, happy to chase the cat and laze around in his favorite beanbag bed, and very loyal to his boy, Charlie. So he's extremely upset when Charlie goes away and leaves him with a sitter-upset enough that he escapes into the woods. With the help of some friendly foxes, Alfie learns to live in the wild, but he never stops thinking of Charlie and trying to find his way home. And Charlie, of course, never stops thinking of Alfie, either. Will these two be able to find each other before it's too late? Featuring irresistible black-and-white

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line drawings on every spread, Dear Hound is both an accessible, heartwarming story and the perfect choice for readers graduating out of early chapter books.

Marlon tries very hard to be part of the neighborhood games until he finds something else to do that makes everyone want to join him.

Mrs. Large tries to take a peaceful, relaxing bath but her family has other ideas.

Nigel loves swimming. The water is his favourite place to float and think. But he doesn't like swimming competitions. As soon as the whistle blows, his heart starts hammering, his tail starts trembling and his teeth start chattering. Can Nigel find the courage to tell his family how he really feels?

A fireman in charge of burning books meets a revolutionary school teacher who dares to read. Depicts a future world in which all printed reading material is burned.

When the clutter in the Large house gets out of control, Mr Large decides to take a stand. Get ready for Operation Spring Clean!

All Mrs. Large wants is five minutes' peace from her energetic children, but chaos follows her all the way from the kitchen to the bath and back again.

There's never a dull moment with the Large family! One morning Mrs Large, needing some peace and quiet away from her boisterous children, decides to take refuge in the bathroom. She fills herself a foamy bubble-bath and takes in a tray of her favourite breakfast ... but finds her peace is to be very short-lived!

NEW Read and Respond is back by popular demand and ready for the 21st Century.

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The completely new text provides teachers with everything they need to teach these classic children's books. Notes and activities reflect the way that teachers teach now and include shared texts, guided reading notes, reading activities, speaking and listening activities, writing projects and assessment guidance. Over a third of each book is filled with invaluable photocopiables - all illustrated by the original children's book illustrators.

**** Everything the teacher needs to teach a classic book **** Based on best-selling children's books **** Speaking and listening activities **** Assessment guidance ******

Photocopiable pages **NEW READ AND RESPOND** Five Minutes' Peace provides teachers with all the resources they need to teach this classic children's story. Notes and activities reflect the way that teachers teach now and include shared texts, guided reading notes, reading activities, speaking and listening activities, writing projects and assessment guidance.

Laura Large is baking a cake in class tomorrow. There's only one problem: Mrs Large has run out of flour. On the way to school next morning they meet Sebastian Smart who's in Laura's class - and he has a big basket of ingredients! If only Mrs Smart would let her son share some flour.

Mildred, notoriously the worst witch at Miss Cackle's Academy for Witches, makes a wish on a shooting star - and to her great surprise it comes true! But it also spells trouble. Mildred's wish-come-true is a small dog but she has to keep him a secret from her friends, and especially the formidable Miss Hardbroom. It's a disaster waiting to

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happen ... and it does ...!

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