

---

# Girling Up

---

Everything After  
 It's a Whole Spiel  
 Bad Girls  
 Steal This Country  
 Beyond the Sling  
 The Good Company  
 My First Pregnancy  
 Mayim's Vegan Table  
 Girl Logic  
 Illustrated Encyclopedia of the Elements  
 Operational Risk Management  
 Girling Up  
 Growing Up Great!  
 Zebra Stripes  
 How the Weather Works  
 Go with the Flow  
 Yoga Anatomy  
 Set on You  
 The Wisdom of Trees  
 The Warrior Challenge  
 Flash Facts  
 The Care and Keeping of You Journal  
 Prank Day  
 Legendborn  
 Christabel  
 Doctor Thorne  
 The Lost Husband  
 The Moment of Lift  
 Max Einstein: Saves the Future  
 Love Is a Revolution  
 Marley Dias Gets It Done: And So Can You!  
 Allies  
 Earth Hates Me  
 Silver Moon  
 The Girl Guide  
 Can You Hear The Trees Talking?  
 Crash Test Girl  
 Finding Me  
 Boying Up  
 Reading My Father

*Girling Up*

Downloaded from [ftp.bonide.com](http://ftp.bonide.com) by  
 guest

---

## TANIYA HOBBS

---

Everything After Greystone Books Ltd

A revolutionary and must-have book for boys! This action-packed, illustrated guide teaches boys to develop much-needed skills around empathy and vulnerability as they grow into self-aware, wonderful men. Share with fans of *The Manual to Manhood*, *Boying Up*, and *The Dangerous Book for Boys*. How do we raise "good sons" during this difficult time? Traits we've always considered masculine--like being tough and not showing emotion--are no longer what we want for our boys. Especially when society most needs unity, empathy, and the understanding that all humans are created equal. As we try to raise caring, thoughtful, respectful young men, this book will lead the pack, teaching them, in a language they will understand, that emotional honesty is the epitome of bravery and that the toughest of the tough are those who raise their voices to uplift and support those most in need. Unlike any book out there, *The Warrior Challenge* will capture readers with its epic and

engrossing stories about courageous men across history, real-life examples of modern manhood, and straight-talking messages about compassion and authenticity. Author, mountain climber, and professional speaker John Beede disproves the "boys will be boys" mentality and encourages boys to be, above all, good humans.

It's a Whole Spiel Penguin

Have you ever wondered what's at the bottom of the sea? Why polar ice melts? Or which tools forensic scientists use to solve a crime? Well look no further! Everyone's favorite Scarlet Speedster is here to answer all your burning questions! Barry Allen, with the help of some of his close friends, will take readers on an exciting journey that examines everything from the vast expanse of our galaxy to the smallest living organism known to man. Curated by award-winning actress and author Mayim Bialik, PhD, and featuring stories created by an all-star cast of writers and illustrators, this anthology aligns with Next Generation Science Standards and provides a helpful bridge between the lessons taught inside the classroom and our everyday lives.

Bad Girls Charlesbridge Publishing

A real-world guide to Attachment Parenting from the Big Bang

Theory actress, neuroscientist, and mother Mayim Bialik—a book hailed by Dr. William Sears as “delightful” and by Ricki Lake as “a fantastic guide to birth and parenting that is packed with invaluable wisdom.” Mayim Bialik was the child star of the popular 1990s TV sitcom *Blossom*, but she definitely didn’t follow the typical child-star trajectory. Instead, Mayim got her PhD in neuroscience from UCLA, married her college sweetheart, and had two kids. Mayim then did what many new moms do—she read a lot of books, talked with other parents, and she soon started questioning a lot of the conventional wisdom she heard about the “right” way to raise a child. That’s when she turned to Attachment Parenting, a philosophy and lifestyle popularized by well-known physicians like Dr. William Sears and Dr. Jay Gordon. To Mayim, Attachment Parenting’s natural, child-led approach not only felt right emotionally, it made sense intellectually and instinctually. She found that when she followed her intuition and relaxed into her role as a mother instead of following some rigid parenting script, both she and her children thrived. Taking into account her experience as a mother (and her scientific background), Mayim presents the major tenets of Attachment Parenting, including: Baby wearing: How to “wear” your baby in a sling or a wrap to foster a closer bond with your child—it’s possible even for mamas with bad backs (and with big babies)! Breastfeeding: Learn how to listen to your baby’s cues rather than sticking to a rigid schedule—and why people on airplanes love a nursing mother! Gentle discipline: How to get your child to behave without yelling, threats, or time-outs—it really is possible. Co-sleeping: How to avoid “sleep training” and get a great night’s sleep for the whole family. Without the pretense and luxuries typical of so many Hollywood actors and parents, Mayim describes the beauty, simplicity, and purposefulness of Attachment Parenting, and how it’s become the guiding principle for her family. Much more than a simple how-to parenting guide, *Beyond the Sling* shows us that the core principles underlying Attachment Parenting are universal and can be appreciated no matter how you decide to raise your child.

#### Steal This Country HarperCollins

Marley Dias, the powerhouse girl-wonder who started the #1000blackgirlbooks campaign, speaks to kids about her passion for making our world a better place, and how to make their dreams come true! Marley Dias, the powerhouse girl-wonder who started the #1000blackgirlbooks campaign, speaks to kids about her passion for making our world a better place, and how to make their dreams come true! In this accessible guide with an introduction by Academy Award-nominated filmmaker Ava DuVernay, Marley Dias explores activism, social justice, volunteerism, equity and inclusion, and using social media for good. Drawing from her experience, Marley shows kids how they can galvanize their strengths to make positive changes in their communities, while getting support from parents, teachers, and friends to turn dreams into reality. Focusing on the importance of literacy and diversity, Marley offers suggestions on book selection, and delivers hands-on strategies for becoming a lifelong reader.

#### Beyond the Sling First Second

Includes a special introduction by Mayim Bialik, star of *The Big Bang Theory* and author of the #1 bestseller *Girling Up!* Get ready to fall in love, experience heartbreak, and discover the true meaning of identity in this poignant collection of short stories about Jewish teens, including entries by David Levithan, Nova Ren Suma, and more! A Jewish boy falls in love with a fellow counselor at summer camp. A group of Jewish friends take the trip of a lifetime. A girl meets her new boyfriend's family over Shabbat dinner. Two best friends put their friendship to the test over the course of a Friday night. A Jewish girl feels pressure to

date the only Jewish boy in her grade. Hilarious pranks and disaster ensue at a crush's Hanukkah party. From stories of confronting their relationships with Judaism to rom-coms with a side of bagels and lox, *It's a Whole Spiel* features one story after another that says yes, we are Jewish, but we are also queer, and disabled, and creative, and political, and adventurous, and anything we want to be. You will fall in love with this insightful, funny, and romantic Jewish anthology from a collection of diverse Jewish authors.

#### The Good Company Penguin

The best-selling anatomy guide for yoga is now updated, expanded, and better than ever! With more asanas, vinyasas, full-color anatomical illustrations, and in-depth information, the second edition of *Yoga Anatomy* provides you with a deeper understanding of the structures and principles underlying each movement and of yoga itself. From breathing to inversions to standing poses, see how specific muscles respond to the movements of the joints; how alterations of a pose can enhance or reduce effectiveness; and how the spine, breathing, and body position are all fundamentally linked. Whether you are just beginning your journey or have been practicing yoga for years, *Yoga Anatomy* will be an invaluable resource—one that allows you to see each movement in an entirely new light. With *Yoga Anatomy, Second Edition*, authors Leslie Kaminoff and Amy Matthews, both internationally recognized experts and teachers in anatomy, breathing, and bodywork, have created the ultimate reference for yoga practitioners, instructors, and enthusiasts alike.

#### My First Pregnancy Sourcebooks, Inc.

An Instant New York Times Bestseller! Winner of the Coretta Scott King - John Steptoe for New Talent Author Award Filled with mystery and an intriguingly rich magic system, Tracy Deonn’s *YA* contemporary fantasy reinvents the King Arthur legend and “braids together Southern folk traditions and Black Girl Magic into a searing modern tale of grief, power, and self-discovery” (Dhonielle Clayton, New York Times bestselling author of *The Belles*). After her mother dies in an accident, sixteen-year-old Bree Matthews wants nothing to do with her family memories or childhood home. A residential program for bright high schoolers at UNC-Chapel Hill seems like the perfect escape—until Bree witnesses a magical attack her very first night on campus. A flying demon feeding on human energies. A secret society of so called “Legendborn” students that hunt the creatures down. And a mysterious teenage mage who calls himself a “Merlin” and who attempts—and fails—to wipe Bree’s memory of everything she saw. The mage’s failure unlocks Bree’s own unique magic and a buried memory with a hidden connection: the night her mother died, another Merlin was at the hospital. Now that Bree knows there’s more to her mother’s death than what’s on the police report, she’ll do whatever it takes to find out the truth, even if that means infiltrating the Legendborn as one of their initiates. She recruits Nick, a self-exiled Legendborn with his own grudge against the group, and their reluctant partnership pulls them deeper into the society’s secrets—and closer to each other. But when the Legendborn reveal themselves as the descendants of King Arthur’s knights and explain that a magical war is coming, Bree has to decide how far she’ll go for the truth and whether she should use her magic to take the society down—or join the fight.

#### Mayim's Vegan Table Simon and Schuster

In *THE GOOD COMPANY*, Business Professor Robert Girling shares 18 inspiring case studies of new as well as established companies and social enterprises from around the world that are making our planet better by meeting human needs of their employees, suppliers and customers. The companies in the book meet the environmental challenge by developing sustainable technologies

and production systems. Professor Girling states why we need companies to restore our communities, repair our ecosystems, and provide meaningful work. In plain language, the author explores the nature of companies in today's economy, why we need a new type of corporation, and the organizations leading the movement toward change. *THE GOOD COMPANY* has good news: there are a growing number of companies-good companies- that are healing the world by giving back to the community and introducing planet-saving innovations. And here's the bottom line Good Companies are profitable. By reading this book you will learn about how companies like Clif Bar, Triodos Bank, Natura Cosmetics, Google, Give Something Back and many more do what is right. The author helps you ponder-and begin to answer-the question: "What can I do to join the march to address the world's social and environmental challenges?" In the concluding chapter, the author points to the proven keys you need to start a good company. By keeping chapters short the author allows the reader to browse and select the topics and stories of greatest interest. Each chapter is self-contained, providing a range of insights as well as inspiration and a certainty that there is hope for the future.

*Girl Logic* Running Press Kids

What is a tornado? Why does it snow? How is a hurricane created? Find out in this novelty-packed introduction to our planet's weather. Tackling both normal and extreme scenarios, this is an entertaining and enlightening exploration of the world's weather. With bright, friendly illustrations, plus pop-ups, pull-tabs, and booklets, this interactive book stimulates learning and encourages children to think about how humans can influence the Earth's climate.

*Illustrated Encyclopedia of the Elements* Penguin

This companion to our bestselling book, *The Care & Keeping of You*, received its own all-new makeover! This updated interactive journal allows girls to record their moods, track their periods, and keep in touch with their overall health and well-being. Tips, quizzes, and checklists help girls understand and express what's happening to their bodies--and their feelings about it.

**Operational Risk Management** Flatiron Books

Finding out you are expecting for the first time is a magical experience. It can also be pretty daunting and nerve-wracking. We bet you're bursting with questions! Written by a team of healthcare professionals, *My First Pregnancy* is here to guide you through all stages of your journey, from finding out the good news to preparing for labour and meeting your baby. Brimming with reassuring advice and essential information, we will help you have a healthy and positive pregnancy. Inside you'll find: What to expect at antenatal appointments and how to decipher your notes Detailed information on scans and what tests are available to you How your baby is growing week by week - from first flutters to karate kicks! Tried and tested advice on relieving the inevitable aches and pains of pregnancy, and when to seek help Looking after yourself at work and how to plan maternity leave Preparing for labour - what to consider and how to keep calm It's your complete guide to a happy, healthy pregnancy.

**Girling Up** University of Chicago Press

One of... Amazon's Best Romances of 2022 Bustle's Most Anticipated Books of May Goodreads' Most Anticipated May Romances SheReads' Best Romance Books Coming in 2022 A gym nemesis pushes a fitness influencer to the max in Amy Lea's steamy debut romantic comedy. Curvy fitness influencer Crystal Chen built her career shattering gym stereotypes and mostly ignoring the trolls. After her recent breakup, she has little stamina left for men, instead finding solace in the gym - her place of power and positivity. Enter firefighter Scott Ritchie, the smug new gym patron who routinely steals her favorite squat

rack. Sparks fly as these ultra-competitive foes battle for gym domination. But after a series of escalating jabs, the last thing they expect is to run into each other at their grandparents' engagement party. In the lead up to their grandparents' wedding, Crystal discovers there's a soft heart under Scott's muscled exterior. Bonding over family, fitness, and cheesy pick-up lines, they just might have found her swolemate. But when a photo of them goes viral, savage internet trolls put their budding relationship to the ultimate test of strength.

*Growing Up Great!* Penguin

An inclusive, body-positive guide to puberty for boys ages 8 to 14—just in time for the new school year! Help any young boy progress from childhood to adulthood with a strong, confident appreciation of himself. This puberty book for boys offers essential guidance for helping boys get through the adolescent years happily and healthily—so they can focus on all the good stuff ahead. Cover the basics with a simple explanation of what puberty is and what boys can expect to happen in their bodies and brains during that time. All changes are discussed in terms of overall health and well-being, with a focus on hygiene, managing emotions, and maintaining safety and privacy. This boys' book on puberty includes: Easy definitions—Get a glossary of puberty terms with simple definitions that help boys understand their changing bodies. Coping mechanisms—Boys will learn how to deal with strong emotions by tapping into creativity, exercising, or practicing mindfulness. Topics relevant to teens today—Go beyond other puberty books with practical advice for handling challenges like social media, peer pressure, friendship, and more. Help your young boy confidently navigate adolescence with *Growing Up Great*.

*Zebra Stripes* Simon and Schuster

"This book is filled with juicy young person wisdom." --Amy Poehler The definitive guide to being a teen in the modern age, with sage advice from a modern teenager and appealing to fans of *Rookie*. *Earth Hates Me* presents a look inside the mind of the modern teenager--from a modern teenager's perspective. Sixteen-year-old Ruby Karp addresses the issues facing every highschooler, from grades to peer pressure to Snapchat stories, and unpacks their complicated effects on the teen psyche. Ruby advises her peers on the importance of feminism ("not just the Spice Girls version"), how to deal with jealousy and friend break-ups, family life, and much more. The book takes an in-depth look at the effect of social media on modern teens and the growing pressures of choosing the right college and career. Amy Poehler says, "This book is filled with juicy young person wisdom." With Ruby's powerful underlying message "we are more than just a bunch of dumb teenagers obsessed with our phones," *Earth Hates Me* is the definitive guide to being a teen in the modern age.

**How the Weather Works** Simon and Schuster

The world's #1 bestselling author has teamed up with the world's most famous genius to entertain, educate and inspire a generation of kids--with the first and only kids' book series officially approved by the Albert Einstein Archives. Albert Einstein + James Patterson = A Must Read! Max is back with a thrilling new adventure that involves time travel, creepy bad guys, killer drones, and a shocking mystery about her past that she will stop at nothing to solve! Under constant danger of being kidnapped by the shadowy Corporation, Max is on the run from New York to London and beyond. But soon the call comes for the Change Maker kids' next mission: make sure no kid ever goes hungry again! If anyone can tackle a problem this big, Max and her genius friends can. But mysterious clues about her past keep distracting Max's focus. She always wanted to know who her parents were and why they abandoned her as a baby. If she

manages to build a time machine, she could find them and get all the answers! What's more important - her past, or the future of the Change Makers?

*Go with the Flow* HarperCollins

With lush illustrations, poems, and accessible scientific information, *The Wisdom of Trees* by Lita Judge is a fascinating exploration of the hidden communities trees create to strengthen themselves and others. We clean the air and seed the clouds, we drench the thirsty land with rain. We are like wizards. The story of a tree is a story of community, communication, and cooperation. Although trees may seem like silent, independent organisms, they form a network buzzing with life: they talk, share food, raise their young, and offer protection. Trees thrive on diversity, learn from their ancestors, and give back to their communities. Trees not only sustain life on our planet—they can also teach us important lessons about patience, survival, and teamwork. A New York Public Library Best Book of 2021 A New York Public Library Top Ten Book for Kids

*Yoga Anatomy* John Wiley & Sons

NEW YORK TIMES BESTSELLER “In her book, Melinda tells the stories of the inspiring people she’s met through her work all over the world, digs into the data, and powerfully illustrates issues that need our attention—from child marriage to gender inequity in the workplace.” — President Barack Obama “The Moment of Lift is an urgent call to courage. It changed how I think about myself, my family, my work, and what’s possible in the world. Melinda weaves together vulnerable, brave storytelling and compelling data to make this one of those rare books that you carry in your heart and mind long after the last page.” — Brené Brown, Ph.D., author of the New York Times #1 bestseller *Dare to Lead* “Melinda Gates has spent many years working with women around the world. This book is an urgent manifesto for an equal society where women are valued and recognized in all spheres of life. Most of all, it is a call for unity, inclusion and connection. We need this message more than ever.” — Malala Yousafzai “Melinda Gates's book is a lesson in listening. A powerful, poignant, and ultimately humble call to arms.” — Tara Westover, author of the New York Times #1 bestseller *Educated* A debut from Melinda Gates, a timely and necessary call to action for women's empowerment. “How can we summon a moment of lift for human beings - and especially for women? Because when you lift up women, you lift up humanity.” For the last twenty years, Melinda Gates has been on a mission to find solutions for people with the most urgent needs, wherever they live. Throughout this journey, one thing has become increasingly clear to her: If you want to lift a society up, you need to stop keeping women down. In this moving and compelling book, Melinda shares lessons she’s learned from the inspiring people she’s met during her work and travels around the world. As she writes in the introduction, “That is why I had to write this book—to share the stories of people who have given focus and urgency to my life. I want all of us to see ways we can lift women up where we live.” Melinda’s unforgettable narrative is backed by startling data as she presents the issues that most need our attention—from child marriage to lack of access to contraceptives to gender inequity in the workplace. And, for the first time, she writes about her personal life and the road to equality in her own marriage. Throughout, she shows how there has never been more opportunity to change the world—and ourselves. Writing with emotion, candor, and grace, she introduces us to remarkable women and shows the power of connecting with one another. When we lift others up, they lift us up, too.

*Set on You* Random House Books for Young Readers

From breakout stand-up comedian Iliza Shlesinger comes a subversively funny collection of essays and observations on the

secret genius of irrational behavior. Have you ever been pissed because you're not pretty enough, and then gotten even more pissed that someone didn't find you as pretty as you think you are? Have you ever obsessed over the size of your thighs while eating dessert, all the while saying you'll work out extra tomorrow? Or spent endless hours wondering why you have to bear the brunt of other people's insecurities? I mean, after all, I'm pretty great. Why cope with insecurities I don't already have? That last one's just me? All right, then. But if the rest sounds familiar, you are experiencing *Girl Logic*: a characteristically female way of thinking that appears contradictory and circuitous but is actually a complicated and highly evolved way of looking at the world. You end up considering every repercussion of every choice (about dating, career, clothes, lunch) before making a move toward what you really want. And why do we attempt these mental hurdles? Well, that's what this book is all about. The fact is, whether you're obsessing over his last text or the most important meeting of your career, your *Girl Logic* serves a purpose: It helps push you, question what you want, and clarify what will make you a happier, better person. *Girl Logic* can be every confident woman's secret weapon, and this book shows you how to wield it.

*The Wisdom of Trees* Ballantine Books

A walk-the-talk, talk-the-talk, hands-on, say-it-loud handbook for activist kids who want to change the world! Inspired by Abbie Hoffman's radical classic, *Steal This Book*, author Alexandra Styron's stirring call for resistance and citizen activism will be clearly heard by young people who don't accept "it is what it is," who want to make sure everybody gets an equal piece of the American pie, and who know that the future of the planet is now. Styron's irreverent and informative primer on how to make a difference is organized into three sections: The Why, The What, and The How. The book opens with a personal essay and a historic look at civil disobedience and teenage activism in America. That's followed by a deep dive into several key issues: climate change, racial justice, women's rights, LGBTQIA rights, immigration, religious understanding, and intersectionality. Each chapter is introduced by an original full page comic and includes a summary of key questions, interviews with movers and shakers--from celebrities to youth activists--and spotlights on progressive organizations. The book's final section is packed with how-to advice on ways to engage, from group activities such as organizing, marching, rallying, and petitioning to individual actions like voting with your wallet, volunteering, talking with relatives with different viewpoints, and using social activism to get out a progressive message. This is a perfect book for older middle-schoolers and teens who care about the planet, the people with whom they share it, and the future for us all.

*The Warrior Challenge* Hachette Books

High school students embark on a crash course of friendship, female empowerment, and women's health issues in Lily Williams and Karen Schneemann's graphic novel *Go With the Flow*. Good friends help you go with the flow. Best friends help you start a revolution. Sophomores Abby, Brit, Christine, and Sasha are fed up. Hazelton High never has enough tampons. Or pads. Or adults who will listen. Sick of an administration that puts football before female health, the girls confront a world that shrugs—or worse, squirms—at the thought of a menstruation revolution. They band together to make a change. It's no easy task, especially while grappling with everything from crushes to trig to JV track but they have each other's backs. That is, until one of the girls goes rogue, testing the limits of their friendship and pushing the friends to question the power of their own voices. Now they must learn to work together to raise each other up. But how do you stand your ground while raising bloody hell?