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To create your best life, you must first understand yourself and learn to make every moment count. The magic of reading is that you ...

Top 5 Books That Will Help You Make The Most of Every Moment

When Alex Mazerolle created Girlvana, she set out to provide an avenue for young girls to explore self discovery, That avenue was yoga. “To me, yoga is one of the best approaches to self love because ...

New book Girlvana teaches teens self love, empowerment through yoga

On bookshelves this summer is a captivating new children’s book brimming with delightful illustrations that teaches important lessons about ...

“Imagine My World” teaches children about the power of one

June Sarpong’s name is synonymous with activism, with her iconic book The Power of Women hailed as a manifesto for modern women. June Sarpong has released an updated version of her iconic books, The ...

June Sarpong: ‘The more women are empowered, the more men are released from the self-created bondage of patriarchy’

This year’s Big Bad Wolf Books Sale was different than previous editions, but the response was incredible as always. More than 60,000 titles were offered at discounts of up to 99% in the first Big Bad ...

Check Out The Best Selling Books From This Year’s Big Bad Wolf Books Online Sale!

In the face of insidious misogynoir, my tattoos serve as permanent, personal reminders that I am beautiful, autonomous and worthy of love.

My Tattoos Help Me Cope With Misogynoir And Remind Me I Am Worthy

The top US military officer, Chairman of the Joint Chiefs Gen. Mark Milley, was so shaken that then-President Donald Trump and his allies might attempt a coup after the November election that Milley ...

New book shows top US generals planned ways to stop Trump in case of coup

Before that happened, I had often steered clear of grief work. I stayed in the “safer” zones of anxiety and self-esteem. Throughout my tenure working with students in grades four to nine, I taught a ...

What a Children’s Book Taught Me (and My Students) About Grief

Here’s everything you need to know about Kang the Conqueror, the iconic yet very convoluted Marvel villain who will have a big part to play in Ant-Man and the Wasp: Quantumania. A version of Kang, ...

Loki Finale Explained: Who Is He Who Remains, a.k.a. Kang the Conqueror?

A piece on “manifestation” (a pseudo-scientific self-help tactic) reads like a sponsored post for The Secret, Rhonda Byrne’s 2006 self-help book about ... There is power in positive thinking ...

Sista Sister by Candice Brathwaite review – powerful life lessons

The top U.S. military officer, Chairman of the Joint Chiefs Gen. Mark Milley, was so shaken that then-President Donald Trump and his allies might attempt a coup or take other dangerous or illegal ...

New book says top generals feared Trump coup attempt

Below, we gathered some of our regular voices’ most enthusiastic suggestions for what books to read, podcasts to download and TV shows to stream between now and Labor Day – whether the goal is to ...

Best Books, Podcasts and Streaming Shows for Entrepreneurs This Summer

By Jamie Gangel, Jeremy Herb, Marshall Cohen and Elizabeth Stuart, CNN The top US military officer, Chairman of the Joint Chiefs Gen. Mark Milley, was so shaken that then-President Donald Trump and hi ...

‘They’re not going to f**king succeed’: Top generals feared Trump would attempt a coup after election, according to new book

The final days of the Trump presidency were defined by furious debates over basic democratic norms challenged by Trump, according to a new book.

‘Anarchy and chaos’: Michael Bender book describes turmoil in Trump White House

There are plenty of reasons against mimicking dialect when writing ... but is there any in favor? Author Ed Davis discusses.

The Transformative Power of Writing Dialect

Whatever your work schedule, those mornings, evenings and weekends can feel very short, and you'll want to make them enjoyable and high-impact in building your kid's confidence and self-esteem.

Want to raise kids with high self-esteem? A parenting expert on the power of teaching your kids ‘repetition and ritual’

Loki season one is on the books and The Time Variance Authority (or TVA) from the Disney Plus’ streaming series has proven to not be what we thought it was and exactly what we thought it was. And oh ...

What is the TVA from Loki in Marvel comic books?

An expert on supply chains and power grids is applying the same knowledge of networks to help destroy human trafficking ... or showing typical (normal) self-centeredness during the divorce ...

Psychology Today

Photograph: Pirotschka van de Wouw/Reuters The sociologist lacks self-awareness ... towards her first book underlines that fragility – a failure to own either the power or vulnerability inherent ...

Nice Racism by Robin DiAngelo review – appearances can be deceptive

Ammons-Blanfort, C. et al., “Self-Help and Black Firearm Crime,” Crime & Delinquency (forthcoming). In an experiment during the summer at various train stations in Germany, a woman of German ...