

a gentle reminder ebook

A Gentle Reminder eBook: A Deep Dive into Self-Compassion and its Modern Relevance

Introduction

The digital age has brought about a surge in self-help resources, with ebooks leading the charge. Among them, "A Gentle Reminder eBook," (assuming this is a hypothetical title representing a book on self-compassion and mindfulness) stands out, not just for its accessibility but for its timely message of self-kindness in a world that often demands relentless productivity. This article will delve into a hypothetical analysis of such an eBook, exploring its historical context, current relevance, authorship, and potential impact. We will also examine the publication aspects, ensuring a thorough and insightful examination of "A Gentle Reminder eBook."

Historical Context: From Ancient Wisdom to Modern Application

The core principles behind "A Gentle Reminder eBook," likely focusing on self-compassion and mindfulness, have deep roots in history. Ancient philosophies, including Buddhism and Stoicism, emphasized self-awareness, acceptance, and kindness towards oneself. However, the modern application of these principles within a self-help context is a relatively recent development. The rise of positive psychology and the increasing awareness of mental health challenges have paved the way for resources like "A Gentle Reminder eBook," offering practical strategies for cultivating self-compassion in daily life. The eBook likely builds upon this historical foundation, translating age-old wisdom into a contemporary format accessible to a wider audience.

Current Relevance of "A Gentle Reminder eBook"

The need for "A Gentle Reminder eBook" is more pertinent than ever. Modern society places immense pressure on individuals to achieve success, often at the cost of their well-being. Social media, while offering connection, can also fuel comparison and self-criticism. Stress, anxiety, and burnout are pervasive issues, making the message of self-compassion offered in "A Gentle Reminder eBook" incredibly timely and relevant. The eBook likely provides tools and techniques to navigate these challenges, helping readers develop healthier coping mechanisms and foster a more compassionate relationship with themselves. In a world obsessed with productivity, the eBook's emphasis on self-care and gentle self-encouragement becomes a much-needed counterbalance.

Author and Qualifications: The Voice of Experience

For the purpose of this analysis, let's assume the author of "A Gentle Reminder eBook" is Dr. Eleanor Vance, a licensed clinical psychologist with 15 years of experience specializing in mindfulness-based interventions and trauma-informed care. Dr. Vance's expertise in both psychology and mindfulness practices lends credibility to her work. Her clinical experience provides the foundation for practical, evidence-based advice offered within "A Gentle Reminder eBook." This background ensures the content aligns with established psychological principles and avoids potentially harmful self-help advice. The author's credentials are critical in establishing the eBook's authority and trustworthiness.

Publisher and Authority

Let's imagine "A Gentle Reminder eBook" is published by Mindful Living Press, a reputable publisher known for its commitment to publishing high-quality books on mindfulness, meditation, and mental well-being. Mindful Living Press's established reputation in this specific niche adds further credibility to "A Gentle Reminder eBook." Their rigorous editorial process ensures the eBook maintains a high standard of accuracy and helpfulness. The publisher's authority in this area significantly impacts the eBook's reception and acceptance within the self-help community.

Editor and Credibility

The editor of "A Gentle Reminder eBook," let's say, is Ms. Sarah Chen, a seasoned editor with a background in psychology and a proven track record of editing successful self-help books. Ms. Chen's expertise ensures the eBook is not only well-written but also adheres to ethical guidelines and presents information accurately and clearly. Her contributions add a layer of professional polish and reliability to "A Gentle Reminder eBook," further increasing its credibility.

Summary of Findings

"A Gentle Reminder eBook," focusing on self-compassion and mindfulness, addresses a critical need in contemporary society. Its historical grounding in ancient wisdom coupled with a modern, evidence-based approach makes it a valuable resource. The expertise of the author, the publisher's reputation, and the editor's experience all contribute to the eBook's credibility and potential impact. The eBook's focus on self-care and gentle self-encouragement offers a counterbalance to the pressures of modern life, empowering readers to cultivate a more compassionate relationship with themselves. The "A Gentle Reminder eBook" provides practical tools and techniques to navigate stress, anxiety, and self-criticism, leading to improved mental well-being.

Conclusion

In a world that often prioritizes external validation and achievement, "A Gentle Reminder eBook" serves as a powerful antidote, advocating for self-compassion and inner peace. Its thoughtful approach, backed by credible authorship and publication, positions it as a valuable resource for individuals seeking to improve their mental and emotional well-being. The eBook's relevance extends beyond simply addressing contemporary challenges; it taps into a timeless need for self-acceptance and kindness, offering a pathway towards a more fulfilling and meaningful life.

FAQs

1. Is "A Gentle Reminder eBook" suitable for beginners? Yes, the eBook is likely designed to be accessible to readers of all levels of experience with mindfulness and self-compassion.
1. What are the key techniques discussed in "A Gentle Reminder eBook"? The eBook probably covers techniques like self-compassion meditations, mindful self-reflection, and cognitive restructuring to challenge negative self-talk.
1. How long does it take to read "A Gentle Reminder eBook"? This depends on the reader's pace but it's likely a manageable length, designed for practical application.
1. Is "A Gentle Reminder eBook" scientifically backed? The hypothetical author's background suggests the content is likely grounded in evidence-based psychological principles.
1. Are there exercises or activities included in "A Gentle Reminder eBook"? It's highly probable the eBook incorporates practical exercises and activities to reinforce learning.
1. What makes "A Gentle Reminder eBook" different from other self-help books? The eBook's focus on

self-compassion as a central theme likely distinguishes it.

1. Can "A Gentle Reminder eBook" help with specific mental health conditions? While not a replacement for professional therapy, it might offer supplementary tools for managing symptoms.

1. Where can I purchase "A Gentle Reminder eBook"? The eBook would be available through online retailers like Amazon or directly from the publisher's website.

1. What if I don't see results after reading "A Gentle Reminder eBook"? Consistency and patience are key. It's advisable to seek professional help if needed.

Related Articles

1. Mindfulness for Beginners: A Practical Guide: A step-by-step introduction to mindfulness techniques, providing foundational knowledge for readers new to the practice.

1. Overcoming Self-Criticism: A Journey to Self-Acceptance: Explores the roots of self-criticism and offers strategies to cultivate self-compassion.

1. The Power of Self-Compassion: Research and Applications: A review of scientific research on self-compassion and its benefits for mental health.

1. Stress Management Techniques: Finding Calm in a Chaotic World: Offers a range of stress-reduction techniques, including mindfulness practices.

1. Cognitive Behavioral Therapy (CBT) for Self-Esteem: Explores how CBT can be used to address negative thoughts and behaviors that impact self-esteem.

1. Emotional Regulation: Mastering Your Feelings: Provides practical strategies for managing and regulating emotions effectively.

1. Building Resilience: Developing Strength and Adaptability: Explores the importance of resilience and offers strategies for building this crucial life skill.

1. The Benefits of Meditation for Mental Well-being: A detailed look at the positive impacts of meditation on mental health, drawing on scientific research.

1. Creating a Self-Care Routine: Prioritizing Your Well-being: Provides practical advice and guidance on creating a personalized self-care plan.

a gentle reminder ebook: After the Rain Alexandra Elle, 2020-10-13 In *After the Rain*, celebrated self-care storyteller Alexandra Elle delivers 15 lessons on how to overcome obstacles, build confidence, and cultivate abundance. Part memoir and part guide, Elle shares stirring stories from her own remarkable journey from self-doubt to self-love. This soulful collection is filled with illuminating reflections on loss, fear, bravery, healing, love, acceptance, and more. • Readers follow along her journey as she transforms challenging experiences—a difficult childhood, painful romantic relationships, and single parenting as a young mom—into fuel for her career as a successful entrepreneur and author driven by purpose and passion • Filled with Elle's signature candor and warmth • Includes empowering affirmations and meditations for readers to practice in their own lives *After the Rain* is a soulful guide to help you embrace all the beauty, love, and opportunity life has to offer. • Presented in luminous package with a foil case and gold accents • A beautiful gift for anyone on the path to self-discovery, and an uplifting reminder that there is always sunshine after the rain • Perfect for the friend who loves meditating, self-care, journaling, or seeking personal transformation and empowerment • Great for those who loved *Present Over Perfect* by Shauna Niequist, *100 Days to Brave* by Annie F. Downs, and anything written by Brené Brown, Rupi Kaur,

Rachel Hollis, and Elizabeth Gilbert

a gentle reminder ebook: *Seeds Planted in Concrete* Bianca Sparacino, 2015-12-15 Through illustration and poetry, *Seeds Planted in Concrete* is Bianca Sparacino's raw testament to the beauty that is found within the contrasts of life. By writing truthfully about the intricacies of both love and loss, Sparacino's first collection of work is one that will speak to the very depths of those who read it, inspiring a will to love, and live. This collection is a manifesto of the journey every human being takes throughout their life; an assembly of words that celebrates the resilience of the human heart through stages of hurting, feeling, healing and loving.

a gentle reminder ebook: *Taking Time* Jo Loring-Fisher, 2020 Taking time to listen to a bird's song on the breeze. Taking time to gather up the blossom dancing free. Taking time to imagine the deep sounds of the sea. Taking time to cherish you . . . and cherish me. This poem is inspired by principles of mindfulness and invites children around the world to experience the wonders of nature and home.

a gentle reminder ebook: *The Strength in Our Scars* Bianca Sparacino, 2018-09-06 You are not broken, you're becoming.--Back cover.

a gentle reminder ebook: *This Pretty Planet* Tom Chapin, John Forster, 2020-11-03 Based on the touching song "This Pretty Planet" by Tom Chapin and John Forster, this hopeful and whimsically illustrated picture book celebrates the pretty planet we call home. Winds blow. Tides flow. Shooting stars descend. Our lives begin, middle, and end on This pretty planet. From icy tundras to sandy beaches, lush forests to tall mountains, this exuberant picture book journeys around the globe and presents the natural wonders of the planet with a contagious sense of awe and whimsy. Young readers will get lost in the detailed illustrations as the narration serves as a gentle reminder of why we must care for and protect our pretty planet.

a gentle reminder ebook: *365 Gentle Reminders* Natalie Dormady, 2020 365 Gentle Reminders is a beautiful book of 365 illustrated reminders that are filled with warmth and affirmation, created by Natalie Dormady. Natalie is the artist behind the popular Gentle Reminders Instagram account, @littleearthlings. With a message and drawing for each day of the year - including 'You are enough', 'You are not alone', 'You are important and your life matters', 'It's ok to let go' and 'It's ok if all you did today was survive' - 365 Gentle Reminders will wrap the reader in a positive embrace and help them find the inner strength they need to get through the day.

a gentle reminder ebook: *Family Reminders* Julie Danneberg, 2009 In 1890s Cripple Creek, Colorado, when young Mary McHugh's father loses his leg in a mining accident, she tries to help, both by earning money and by encouraging her father to go back to carving wooden figurines and playing piano.

a gentle reminder ebook: *If Dominican Were a Color* Sili Recio, 2020-09-22 The colors of Hispaniola burst into life in this striking, evocative debut picture book that celebrates the joy of being Dominican. If Dominican were a color, it would be the sunset in the sky, blazing red and burning bright. If Dominican were a color, it'd be the roar of the ocean in the deep of the night, With the moon beaming down rays of sheer delight. The palette of the Dominican Republic is exuberant and unlimited. Maiz comes up amarillo, the blue-black of dreams washes over sandy shores, and people's skin can be the shade of cinnamon in cocoa or of mahogany. This exuberantly colorful, softly rhyming picture book is a gentle reminder that a nation's hues are as wide as nature itself.

a gentle reminder ebook: *Anxious People* Fredrik Backman, 2020-09-08 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.

a gentle reminder ebook: Raindrops from Heaven (Faux Leather Edition) Twila Belk, 2018-02 Raindrops from Heaven is a beautifully designed book with short readings for every day of the year. Each page includes a reminder from God's Word of His power, presence, or purpose. Join the author as she revels in the rain. Splash in the puddles of God's goodness, and delight in the deluge of His incredible love. Let the words in each chapter descend on you like dew and shower your spirit with the reality of who God is. Let us acknowledge the LORD; Let us press on to acknowledge him. As surely as the sun rises, he will appear; he will come to us like the winter rains, like the spring rains that water the earth. Hosea 6:3, NIV

a gentle reminder ebook: A Warrior's Reminder Ash Alves, 2021-03-11 In her first book *A Warrior's Reminder*, Ash reveals a powerful collection of affirmations that help encourage and motivate you towards healing and self-empowerment. This book covers a range of life topics including patience, self-love, change, surrendering, all of which offer a greater perspective on the challenges we experience within our daily lives. The affirmations help you to harness power over life's everyday struggles. Each affirmation attempts to break down your limiting beliefs and dispel the myths we often tell ourselves by offering a realistic, transformative perspective to inspire us to live our best lives and love ourselves in the process.

a gentle reminder ebook: The Gentle Art of Swedish Death Cleaning Margareta Magnusson, 2018-01-02 *The basis for the wonderfully funny and moving TV series developed by Amy Poehler and Scout Productions* A charming, practical, and unsentimental approach to putting a home in order while reflecting on the tiny joys that make up a long life. In Sweden there is a kind of decluttering called *döstädning*, *dö* meaning "death" and *städning* meaning "cleaning." This surprising and invigorating process of clearing out unnecessary belongings can be undertaken at any age or life stage but should be done sooner than later, before others have to do it for you. In *The Gentle Art of Swedish Death Cleaning*, artist Margareta Magnusson, with Scandinavian humor and wisdom, instructs readers to embrace minimalism. Her radical and joyous method for putting things in order helps families broach sensitive conversations, and makes the process uplifting rather than overwhelming. Margareta suggests which possessions you can easily get rid of (unworn clothes, unwanted presents, more plates than you'd ever use) and which you might want to keep (photographs, love letters, a few of your children's art projects). Digging into her late husband's tool shed, and her own secret drawer of vices, Margareta introduces an element of fun to a potentially daunting task. Along the way readers get a glimpse into her life in Sweden, and also become more comfortable with the idea of letting go.

a gentle reminder ebook: A Gentle Thunder Max Lucado, 2012-08-27 A meditation on the Gospel of John uses parables from everyday life to illuminate the many ways Christians can bring their lives closer to God.

a gentle reminder ebook: I Love You this Much Lynn Hodges, Sue Buchanan, 2010-12-11 A gentle reminder to children of just how much they are loved by their earthly parents--as well as their heavenly Father--

a gentle reminder ebook: Everything You'll Ever Need You Can Find Within Yourself Charlotte Freeman, 2020-09-07

a gentle reminder ebook: Our Community Garden , 2004-08 A diverse group of people in San Francisco shares the work and fun of a community garden.

a gentle reminder ebook: Hibernate with Me Benjamin Scheuer, 2019-02-12 Based on the song of the same name by Benjamin Scheuer, Hibernate with Me is a gentle reminder that no matter how sad, small, or scared you feel, you are always worthy of love, and that brighter days are always ahead. Sometimes you feel small. Sometimes you feel shy. Sometimes you feel worried, and you might not know why. Sometimes you want nobody to see. Darling, you can hibernate with me. If you feel scared or lost, or even just a little shy, love means there will always be a place to hibernate together. A place that's cozy, warm, and safe.

a gentle reminder ebook: Lest We Forget George R. Knight, 2008 In this unique devotional George R. Knight reintroduces us to our spiritual ancestors. They weren't perfect. They weren't all easy to get along with. But they shared one common goal: telling others about the soon-coming Savior. But as in any family, it's all too easy to forget where we've come from; to forget the struggles endured by those who have gone before us; to take for granted the inheritance they left to us. Sometimes we need a gentle reminder of the true value of their legacy. In shaping the future of Adventism, these intrepid pioneers molded not only our history, but our present. And as we reflect upon our past, perhaps we should also contemplate the future to which we are each contributors.

a gentle reminder ebook: The Giver Lois Lowry, 2014 The Giver, the 1994 Newbery Medal winner, has become one of the most influential novels of our time. The haunting story centers on twelve-year-old Jonas, who lives in a seemingly ideal, if colorless, world of conformity and contentment. Not until he is given his life assignment as the Receiver of Memory does he begin to understand the dark, complex secrets behind his fragile community. This movie tie-in edition features cover art from the movie and exclusive Q&A with members of the cast, including Taylor Swift, Brenton Thwaites and Cameron Monaghan.

a gentle reminder ebook: Arno and the MiniMachine Seymour Chwast, 2019-09-24 A prescient and humorous tale of a boy's futuristic life gone haywire with the interruption of ... nature. GO BACK TO YOUR CLASS, says the MiniMachine. The brightly moving thing flutters into Arno's hand. It feels warm. Attached to a foot is a label, reading: BIRD. Two hundred years in the future, Arno's pre-programmed, machine-controlled day takes an unexpected turn when nature intercedes. Arno wakes each morning when his personalized MiniMachine tells him it's time. The MiniMachine squawks at him all day: Eat your Instant Mealtime, Wait for the school jet, Go to your electric tuba lesson, Do not step off the Power Path..... But Arno's curiosity and a little yellow bird lead Arno off his pre-programmed track. Go Back to Your Class! squawks the MiniMachine with increasing alarm. Arno's mischievousness will delight young readers. And Seymour Chwast's illustrations, including his Seuss-like mechanical inventions, are both charmingly old-fashioned and presciently futuristic. A gentle corrective to our infatuation with electronics, Arno and the MiniMachine is a sweet reminder of the joy of nature and following one's own path.

a gentle reminder ebook: Fahrenheit 451 Ray Bradbury, 2003-09-23 Set in the future when firemen burn books forbidden by the totalitarian brave new world regime.

a gentle reminder ebook: The Gentle Graft O. Henry, 1908

a gentle reminder ebook: My Wife Said You May Want to Marry Me Jason B. Rosenthal, 2020-04-21 An inspiring memoir of life, love, loss, and new beginnings by the widower of bestselling children's author and filmmaker Amy Krouse Rosenthal, whose last act of love before her death was setting the stage for her husband's life without her in the viral New York Times Modern Love column, "You May Want to Marry My Husband." On March 3, 2017, Amy Krouse Rosenthal penned an op-ed piece for the New York Times' "Modern Love" column — "You May Want to Marry My

Husband.” It appeared ten days before her death from ovarian cancer. A heartbreaking, wry, brutally honest, and creative play on a personal ad—in which a dying wife encouraged her husband to go on and find happiness after her demise—the column quickly went viral, reaching more than five million people worldwide. In *My Wife Said You May Want to Marry Me*, Jason describes what came next: his commitment to respecting Amy’s wish, even as he struggled with her loss. Surveying his life before, with, and after Amy, Jason ruminates on love, the pain of watching a loved one suffer, and what it means to heal—how he and their three children, despite their profound sorrow, went on. Jason’s emotional journey offers insights on dying and death and the excruciating pain of losing a soulmate, and illuminates the lessons he learned. As he reflects on Amy’s gift to him—a fresh start to fill his empty space with a new story—Jason describes how he continues to honor Amy’s life and her last wish, and how he seeks to appreciate every day and live in the moment while trying to help others coping with loss. *My Wife Said You May Want to Marry Me* is the poignant, unreserved, and inspiring story of a great love, the aftermath of a marriage ended too soon, and how a surviving partner eventually found a new perspective on life’s joys in the wake of tremendous loss.

a gentle reminder ebook: *Red Knit Cap Girl to the Rescue* Naoko Stoop, 2013-11-05 'I hope it's not too far away,' says Red Knit Cap Girl. 'Follow the light of the Moon,' calls Owl. In this heartwarming follow-up to Naoko Stoop's debut *Red Knit Cap Girl*, Red Knit Cap Girl meets a lost Polar Bear Cub. Determined to help him find his way home, to an Arctic land of ice and snow, Red Knit Cap Girl, White Bunny, and Polar Bear Cub set off on an unforgettable voyage. Gorgeously illustrated on wood grain, Red Knit Cap Girl's curiosity, imagination, and joy will captivate the hearts of readers young and old. Simple prose and luminous pictures will remind readers that even small actions - such as recycling - can help to solve big world problems, in this inspiring story that celebrates friendship, bravery, and the importance of home.

a gentle reminder ebook: *The Ladies' Book of Etiquette, and Manual of Politeness* Florence Hartley, 1872 In preparing a book of etiquette for ladies, I would lay down as the first rule, Do unto others as you would others should do to you. You can never be rude if you bear the rule always in mind, for what lady likes to be treated rudely? True Christian politeness will always be the result of an unselfish regard for the feelings of others, and though you may err in the ceremonious points of etiquette, you will never be impolite. Politeness, founded upon such a rule, becomes the expression, in graceful manner, of social virtues. The spirit of politeness consists in a certain attention to forms and ceremonies, which are meant both to please others and ourselves, and to make others pleased with us; a still clearer definition may be given by saying that politeness is goodness of heart put into daily practice; there can be no _true_ politeness without kindness, purity, singleness of heart, and sensibility.

a gentle reminder ebook: *The Gentle Parenting Book* Sarah Ockwell-Smith, 2016-03-03 Parenting trends come and go. Gentle parenting is different - it isn't a label for a precise set of rules but a method of parenting that embraces the needs of parent and child, while being mindful of current science and child psychology. It means parenting with empathy, respect, understanding - and boundaries. In *The Gentle Parenting Book*, Sarah Ockwell-Smith provides a trustworthy combination of what-to-expect information and gentle-parenting solutions to the most common challenges faced by parents with young children. Sarah addresses a wide variety of topics, including coping with a crying baby, introducing solid foods and creating healthy eating habits, potty training, starting nursery and school, sibling rivalry, tantrums, whining and sulking, aggressive behaviour and much more. And for those parents who have previously used a more authoritarian style of parenting, there's plenty of advice - and reassurance - on making the transition to a gentler approach. For many, gentle parenting comes as a relief because it chimes with their deepest instincts about the best way to raise their children.

a gentle reminder ebook: *The Hardest Peace* Kara Tippetts, 2014-10-01 Don't miss *The Long Goodbye: The Kara Tippetts Story* on Netflix now, featuring Ann Voskamp, Ellie Holcomb, and Joanna Gaines! Kara Tippetts knows the ordinary days of mothering four kids, the joy of watching her children grow ... and the devastating reality of stage-four cancer. In *The Hardest Peace*, Kara

doesn't offer answers for when living is hard, but she asks us to join her in moving away from fear and control and toward peace and grace. Most of all, she draws us back to the God who is with us, in the mundane and the suffering, and who shapes even our pain into beauty. Winner of the 2015 Christian Book Award® in the Inspiration category.

a gentle reminder ebook: *Beyond Worthy* Jacqueline Whitney, 2019-12

a gentle reminder ebook: *All That You Deserve* Whitney, 2021-09-11

a gentle reminder ebook: *Jane Eyre* Charlotte Bronte, 2020-12-10 Initially published under the pseudonym Currer Bell in 1847, Charlotte Brontë's *Jane Eyre* erupted onto the English literary scene, immediately winning the devotion of many of the world's most renowned writers, including William Makepeace Thackeray, who declared it a work of great genius. Widely regarded as a revolutionary novel, Brontë's masterpiece introduced the world to a radical new type of heroine, one whose defiant virtue and moral courage departed sharply from the more acquiescent and malleable female characters of the day. Passionate, dramatic, and surprisingly modern, *Jane Eyre* endures as one of the world's most beloved novels.

a gentle reminder ebook: *Daring to Take Up Space* Daniell Koepke, 2020-02-19 This is for anyone who needs a reminder that you deserve to take up space in the world and that you are enough. Daniell Koepke is the author behind the Internal Acceptance Movement (I. A.M.). In her first poetry collection, Daniell gives voice to the fear and anxiety, as well as the perseverance and strength, that has been fundamental to her own personal growth journey and the path to deeper and more meaningful self-love and acceptance. In her own words, this book is for the 17-year-old Daniell who was convinced she was worthless; who was convinced she would never survive or amount to anything. This is for the friends and family who never stopped believing in and supporting her. This is for all the people who feel that they have to shrink and hide who they are in order to be loved and accepted and worth something.

a gentle reminder ebook: *The Mountain Is You* Brianna Wiest, 2020 THIS IS A BOOK ABOUT SELF-SABOTAGE. Why we do it, when we do it, and how to stop doing it-for good. Coexisting but conflicting needs create self-sabotaging behaviors. This is why we resist efforts to change, often until they feel completely futile. But by extracting crucial insight from our most damaging habits, building emotional intelligence by better understanding our brains and bodies, releasing past experiences at a cellular level, and learning to act as our highest potential future selves, we can step out of our own way and into our potential. For centuries, the mountain has been used as a metaphor for the big challenges we face, especially ones that seem impossible to overcome. To scale our mountains, we actually have to do the deep internal work of excavating trauma, building resilience, and adjusting how we show up for the climb. In the end, it is not the mountain we master, but ourselves.

a gentle reminder ebook: *Evergreen* Kirsten Robinson, 2019-04-10

a gentle reminder ebook: *Fly, Doctor, Fly!* Lyndsay Archer, 2021-01-04 PJ is a very curious, imaginative, and creative young boy from the rural countryside of Jamaica. When PJ comes across an injured Doctor Bird, Jamaica's national hummingbird, he wants to figure out a way to help him fly again. What PJ doesn't realize is that his newfound mission leads him to explore what he is truly passionate about, the field of medicine. His exposure to healthcare heroes within his own community and his mother's love give him the motivation he needs to pursue his dreams. This book features a beautiful story with bright and vivid illustrations in addition to wonderful resources to support children and their families in pursuing the path towards becoming doctors!

a gentle reminder ebook: *I Used to Have a Plan* Alessandra Olanow, 2021-02-02 Balm for the soul—Alessandra Olanow offers advice, inspiration, and encouragement for anyone who needs a shoulder to lean on during a difficult time. “I Know This Too Shall Pass. (But It Would Be Helpful to Know When).” After a series of events left her a divorced single mother questioning herself, her relationships, and basically, everything she thought was true about her “picture-perfect” life, Alessandra Olanow began drawing and posting illustrations on Instagram that reflected her feelings and struggles to right her life. She chronicled her journey of healing, expressing the shock, delusion,

denial, self-pity, and self-doubt she experienced and the self-empathy and forgiveness that ultimately helped her regain a sense of self—but stronger, more fearless, and more hopeful than before. Her charming illustrations and keen, memorable observations—struck a chord. Within a year, her audience grew dramatically, from 9,500 to 157,000 followers, including celebrities Katie Couric, Jennifer Garner, Elise Loehnen (chief content officer at Goop), the poet Joao Doederlein, and Joanna Goddard (founder of A Cup of Jo). *I Used to Have a Plan* brings Olanow's soothing sensibility to a wider audience, featuring new drawings and ideas that touch upon the universal experiences of unexpected change and loss. Divided into five parts—"I Didn't See That Coming," "It's OK That You're Not OK," "Where'd I Go," "The Only Way Out Is Through," and "I Like It Here, Can I Stay a While?"—the book beautifully encapsulates the experience of encountering difficulty, processing it and healing from it, and becoming stronger and with a better sense of self. Full of advice, commiseration, empathy, and wit that is comforting, helpful, direct, and remarkable in its truth, *I Used to Have a Plan* helps everyone through the painful yet ultimately uplifting process of healing. *I Used to Have a Plan* includes 75-100 illustrations.

a gentle reminder ebook: The Comfort Book Matt Haig, 2021-07-06 THE INSTANT NUMBER ONE SUNDAY TIMES BESTSELLER 'Profound, witty and uplifting' Observer 'Full of eloquent, cogent and positive reminders of the beauty of life' Independent The Comfort Book is a collection of consolations learned in hard times and suggestions for making the bad days better. Drawing on maxims, memoir and the inspirational lives of others, these meditations offer new ways of seeing ourselves and the world. This is the book to pick up when you need the wisdom of a friend, the comfort of a hug or a reminder that hope comes from unexpected places.

a gentle reminder ebook: Don't F*cking Panic Kelsey Darragh, 2020-10-21 If you are one of the millions of people struggling to manage your mental health right now, stop whatever you are doing and read this interactive workbook created by comedian and mental health advocate, Kelsey Darragh. With a completely raw and honest approach to discussing, accepting, and managing debilitating anxiety, panic, and depression, *Don't F*cking Panic: The Shit They Don't Tell You in Therapy About Anxiety Disorder, Panic Attacks, & Depression* is a refreshing and often painfully hilarious guide to long-term recovery and healing. Whether you are experiencing a panic attack RIGHT NOW, or simply realize there is seemingly no end to how many ways your beautiful brain can mess up your day with uncool thoughts, this workbook is about to become your new best friend and a permanent resident on your bedside table--

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