

Tia Mowry Oh Baby

Life in Motion Misty Copeland, Charisse Jones. 2014-03-04 Profiles the life and career of the professional ballerina, covering from when she began dance classes at age thirteen in an after-school community center through becoming the only African American soloist dancing with the American Ballet Theatre.

Sis, Don't Settle Faith Jenkins. 2021-11-09 DATE SMARTER, MAKE BETTER DECISIONS IN LOVE, AND ACHIEVE THE RELATIONSHIP YOU DESERVE... IT ALL STARTS WITH NOT SETTling! By day, Faith Jenkins is the host of Oxygen's Killer Relationship and former host of the nationally syndicated relationship show Divorce Court; by night, she's a happily married new mother who navigated these dating streets for years before learning how to attract the love of her dreams. When she turned 35 without a wedding ring in sight, like most women, she started getting tons of questions about not being married. But she made a decision: I. Will. Not. Settle. As an attorney and arbitrator, Faith has presided over hundreds of cases, and has helped couples avoid and resolve a wealth of drama. And she's seen it all! In *Sis, Don't Settle*, she's gathered an arsenal of love, wisdom and advice for women on how to play it smart. Modern culture would have women believe they can't have it all—and be smart, successful, strong women with authentic love to boot. Wrong. Told in her signature style—sometimes salty and sometimes sweet—Faith provides real solutions that will teach you how to thrive in relationships while avoiding common missteps and pitfalls. She delivers it straight, with no chaser, to show us how to level up, and reminds you that how you live single will set the tone for your success in relationships. Smart, illuminating, and, often laugh-out-loud funny, *Sis, Don't Settle* is the essential playbook that will help you build your confidence, generate better results in love, and land a high-value relationship once and for all. You'll find tips on topics like: Strong Independent Women...and the Men Who Love Them What's Worse than a Bad Relationship? Overextending Your Stay in One Becoming the Right Person to Attract the Right Person How to Release Trash Subconscious Beliefs that Keep You Settling And much more! Whether you're single, divorced, or in a situationship, *Sis, Don't Settle* reveals the direction and guidance you need to navigate love and take back your power.

Twintuition: Double Trouble Tia Mowry, Tamera Mowry. 2016-05-10 From actresses Tia and Tamera Mowry comes the second book in their delightful Twintuition series about the superspecial—and sometimes supernatural—bond between sisters! In *Double Trouble*, identical twins Cassie and Caitlyn Waters have adjusted to small-town life in Aura, Texas, but they're still not used to seeing visions of the future. And their Sight is only getting stronger as their twelfth birthday nears! But even with this new gift, neither girl could have predicted what the mysterious package they received would contain—a connection to the father they know nothing about and the grandmother they never knew they had. As the twins struggle to discover more about their own history, they distract themselves by planning a birthday bash with their new friends. But when the visions of the upcoming party show it will be more of a catastrophe than a celebration, the girls work together to keep it fiasco-free. Tia Mowry-Hardict and Tamera Mowry-Housley gained initial fame on the '90s sitcom *Sister, Sister*. Tia can now be seen starring in and producing the Nickelodeon series *Instant Mom* and on the Cooking Channel's show *Tia Mowry at Home*. Tamera is a host and producer on the hit daytime talk show *The Real*, currently airing on FOX. Together they've created a magical series about twin sisters with a powerful gift and an even stronger connection.

Queer Eye Antoni Porowski, Tan France, Jonathan Van Ness, Bobby Berk, Karamo Brown. 2018-11-13 From the Fab Five--the beloved hosts of Netflix's viral hit *Queer Eye*--comes a book that is at once a behind-the-scenes exclusive, a practical guide to living and celebrating your best life, and a symbol

of hope. Feeling your best is about far more than deciding what color to paint your accent wall or how to apply nightly moisturizer. It's also about creating a life that's well-rounded, filled with humor and understanding--and most importantly, that suits you. At a cultural moment when we are all craving people to admire, Queer Eye offers hope and acceptance. After you get to know the Fab Five, together they will guide you through five practical chapters that go beyond their designated areas of expertise (food & wine, fashion, grooming, home decor, and culture), touching on topics like wellness, entertaining, and defining your personal brand, and complete with bite-sized Hip Tips for your everyday quandaries. Above all else, Queer Eye aims to help you create a happy and healthy life, rooted in self-love and authenticity.

A History of Scars Laura Lee.2021-03-02 From a writer whose work has been called "breathtaking and dazzling" by Roxane Gay, this moving, illuminating, and multifaceted memoir explores, in a series of essays, the emotional scars we carry when dealing with mental and physical illnesses—reminiscent of *The Collected Schizophrenias* and *An Unquiet Mind*. In this stunning debut, Laura Lee weaves unforgettable and eye-opening essays on a variety of taboo topics. In "History of Scars" and "Aluminum's Erosions," Laura dives head-first into heavier themes revolving around intimacy, sexuality, trauma, mental illness, and the passage of time. In "Poetry of the World," Laura shifts and addresses the grief she feels by being geographically distant from her mother whom, after being diagnosed with early onset Alzheimer's, is relocated to a nursing home in Korea. Through the vivid imagery of mountain climbing, cooking, studying writing, and growing up Korean American, Lee explores the legacy of trauma on a young queer child of immigrants as she reconciles the disparate pieces of existence that make her whole. By tapping into her own personal, emotional, and psychological struggles in these powerful and relatable essays, Lee encourages all of us to not be afraid to face our own hardships and inner truths.

The Clever Cookbook Emilie Raffa.2016-02-16 Get in the Kitchen with Pro Tips, Tricks, Shortcuts & Amazing Recipes The Clever Cookbook is your kitchen's new best friend. Emilie Raffa's debut cookbook is packed with all the timesaving shortcuts and flavor-boosting tips that she learned in culinary school and puts to use daily as a busy mom cooking easy and delicious meals for her family. When you cook with this book, it's like Emilie is right there in your kitchen, telling stories and walking you through the steps to make amazing food with ease—and teaching you all her handy time-savers along the way! Her recipes focus on fresh, whole-food ingredients; this is comfort food you can feel good about. As an example of what's inside, Emilie's version of classic risotto—which normally needs endless stirring on the stovetop—is much easier and just as delicious baked in the oven. Freeze meat in a marinade right when you get home from the store and you're ready for amazingly flavorful dishes such as The New Mediterranean Baked Chicken or Sweet & Savory Soy Grilled Flank Steak & Zucchini all week long. With these incredible recipes and tips, anyone can learn to prepare delicious homemade meals quickly and with ease.

A Womb with a View Laura Tropp.2013-01-09 Through history, interviews, anecdotes, and popular culture, this book examines pregnancy from all angles, covering changing expectations for pregnancy; new definitions of when fatherhood begins; the implications of new, earlier connections to the fetus; and the political, economic, and social consequences to the public. In the 21st century, pregnancy is more than a biological event—it's a cultural phenomenon. *A Womb with a View: America's Growing Public Interest in Pregnancy* addresses how media influence and changes in society have exposed and commoditized pregnancy like never before, while technology has enabled us to share, record, and preserve all aspects of the pregnancy experience. Each chapter of the book focuses on an aspect of the pregnancy experience, including efforts to peer in and bond with the fetus, the various ways of obtaining advice, the evolving role of expectant fathers, how pregnancy is depicted and treated in popular culture, and branding and marketing to pregnant couples. Interviews with those marketing products and services to pregnant women reveal how pregnancy is now big business, while real-life stories from pregnant women and images from television and film serve to illustrate our culture's fascination with

pregnancy.

Oh Baby! Randi Reissfeld.2005 Sixteen-year-old Abby heads East to work as a nanny for a wealthy New York City family, while Jamie lands a nanny job in L.A.; however, their wild summers on opposite coasts teach them things about love, truth, and themselves they never knew before.

5 More Sleeps 'til Christmas Jimmy Fallon.2020-10-27 Host of NBC's The Tonight Show and three-time #1 New York Times-bestselling author Jimmy Fallon returns with this sweet and spirited Christmas picture book. Just 5 more sleeps 'til Christmas! Can you believe it's here? I know that Santa's coming soon 'cause I've been good all year. Everyone who grew up celebrating Christmas remembers the excitement that built up to the most magical day of the year. But why not make the last week until Christmas more fun by counting how many sleeps until the arrival of Santa and his reindeer? Accompanied by the beautiful and energetic artwork of Rich Deas, enjoy the humor of Jimmy Fallon as he prepares readers for the most exciting week of the year in this new holiday tradition for your family—5 More Sleeps 'til Christmas.

History of New London, Connecticut Frances Manwaring Caulkins.1852

Downtime Nadine Levy Redzepi.2017-10-24 Blurring the line between everyday and special occasion cooking, Nadine Levy Redzepi elevates simple comfort food flavors to elegant new heights in Downtime. When you're married to Noma's Rene Redzepi you never know who might drop by for dinner...So Nadine Redzepi has developed a stripped-down repertoire of starters, mains, and desserts that can always accommodate a few more at the table, presenting them in a stylish yet relaxed way that makes guests feel like family--and makes family feel special every single day. Gone are the days when the cook is expected to labor alone in the kitchen while family or guests wait for their meal. In the Redzepi home everyone gravitates toward the kitchen to socialize, help, or graze on tasty bites while dinner is prepared, and Nadine wouldn't have it any other way. Her culinary mantra - pair the very best ingredients with restaurant-inflected techniques that make the most of out their inherent flavors -- puts deliciousness at home well within reach for cooks of all levels. In Nadine's confident hands, weeknight mainstays like tomato bruschetta, pan-seared pork chops, slow-roasted salmon, or dark, fudgy brownies feel new again. Each recipe is studded with tips to help cooks build confidence and expertise as they cook, as well as restaurant-ready techniques that contribute precision, flavor, and plate appeal to even down-to-earth preparations. With a newfound mastery of essential building blocks like homemade mayonnaise and beurre blanc, a flavorful tomato sauce, or a genius do-it-all cake batter that can be reinvented in a myriad of ways, creating showstoppers like White Asparagus with Truffle Sauce; Rotini with Spicy Chicken Liver Sauce; or a decadent Giant Macaron Cake - just as Nadine does on a daily basis--soon becomes second nature. Downtime is a celebration of the joys of cooking well -and making it look easy while you do it, an aspirational guide for any cook ready to take their home cooking to the next level without sacrificing ease or enjoyment in the process.

Food You Want Nealy Fischer.2019-04-30 A wellness visionary who serves up super-food! (Mark Hyman, MD) shares her tips, secrets, and +100 gluten-free recipes for living a healthy, flexible life--in the kitchen and out. Whether you're a parent feeding family of 6 or cooking for 1 or 2, you're probably busy--really busy--juggling all of life's obligations. And you probably just want to sit down for a meal of food you truly want--craveable, healthy food that makes you feel as good as it tastes. With more than 100 clean, fresh, gluten-free recipes, Food You Want helps you create healthy, energizing dishes, all while saving time and banishing meal prep stress. With Nealy's Flexible Flips, you can mix, match, and substitute ingredients. Some Flips health-ify recipes (pizza quiche that tastes just like a real slice of pizza); other Flips transform taste, showing you that healthy can always equal delicious. Have a Flop? No worries--there are Flips for those too. With Nealy's flexible, adaptable system you'll have a simpler recipe for success, both in and out of the kitchen. You can make each meal--and each day--less harried and more enjoyable.

Baby Sign Language Basics Monta Z. Briant.2018-06-26 In this newly expanded edition, a renowned baby-signing expert provides more than 300

American Sign Language (ASL) signs, illustrated with the same clear, easy-to-understand photos and descriptions. Since 2004, Baby Sign Language Basics has introduced hundreds of thousands of parents and caregivers around the globe to the miracle of signing with their babies—and left them wanting more! Baby-specific signing techniques, songs, and games are also included to make learning fun and to quickly open up two-way communication. Parents will meet real signing families and learn how to make sign language a part of their everyday interactions with their children. Also included is a video signing dictionary featuring all the signs from the book. Just point and click, and see the sign you want to learn come alive! This is a must-have for all parents, grandparents, and anyone else who spends time with preverbal children. After all, what parent or caregiver doesn't want to know what their baby is trying to tell them? Now includes streaming video, additional tips, advice, and updated resources!

The Secret Lives of Teen Girls Evelyn Resh.2011-02 In *The Secret Lives of Teen Girls*, Evelyn Resh, the mother of a teenage daughter and a certified nurse-midwife specializing in the treatment of teenage girls, explores the mysterious world of female, adolescent sexuality and how parents—especially mothers—can help their daughters through this tumultuous time. Secrets divulged by teenage girls during consultation have made Resh realize that, with rare exception, most adolescents are left to develop a sexual identity without any adult guidance and often without the most basic knowledge of what is happening to them physically and emotionally. She also realized that many girls are frequently subject to criticism and shaming about their normal, adolescent behavior. Resh believes these issues are what underlie many of the problems teens face during this crucial step into becoming a fully developed adult woman capable of making good, sound, safe, and independent decisions throughout life. Through compelling, frank, and sometimes humorous stories from both Resh and her patients, *The Secret Lives of Teenage Girls* explains to parents just what is going on with their teenage daughters during this essential phase of their development. She discusses many of the complicated problems she's seen in practice, including not just sexual activity but also eating disorders, substance abuse, mental illness, unplanned pregnancies, violence, and STDs. She also looks at less serious but still troubling issues like under-achievement, battles with parents, and lack of emotional and social support. In this insightful book, Resh provides parents with the tools to help their teen daughters negotiate the waters of their sexual development and emerge with their strength, their sexuality, and their self image intact.

Sulwe Lupita Nyong'o.2019-10-15 A New York Times bestseller! Featured in its own episode in the Netflix original show *Bookmarks: Celebrating Black Voices!* Recipient of a Coretta Scott King Illustrator Honor Award Recipient of an NAACP Image Award for Outstanding Children's Literary Work From Academy Award-winning actress Lupita Nyong'o comes a powerful, moving picture book about colorism, self-esteem, and learning that true beauty comes from within. Sulwe has skin the color of midnight. She is darker than everyone in her family. She is darker than anyone in her school. Sulwe just wants to be beautiful and bright, like her mother and sister. Then a magical journey in the night sky opens her eyes and changes everything. In this stunning debut picture book, actress Lupita Nyong'o creates a whimsical and heartwarming story to inspire children to see their own unique beauty.

Double Vision Tia Mowry, Tamera Mowry. Cassie and Caitlyn Waters may be identical twins, but everything else about them is completely different. The only thing they can agree on is that neither of them is happy they have to move to middle-of nowhere Aura, Texas. Caitlyn tries to put a positive spin on getting a fresh start, but Cassie's busy plotting how to convince their mom they should move back to the big city as quickly as possible. But being the new kids isn't their only challenge. As the girls' birthday nears, they start experiencing strange visions--and what they see starts coming true! Caitlyn and Cassie first use this new sight for their own fun, but when they each see something serious, the twins must work together to change the future before it happens--Jacket.

Oh, Baby! Tia Mowry.2013-06-04 Prime-time star and new mom Tia Mowry delivers a frank and hilarious modern pregnancy guide A generation of

women grew up watching Tia Mowry on *Sister, Sister*. Like a best friend Tia always told it like it was with hilarity and compassion. Now, in a pregnancy guide like no other, she leaves no topic off-limits while helping expectant moms stay empowered, pampered, and laughing out loud. Sharing personal experience with cravings (she couldn't have done it without sourdough bread and Funyuns); maternity clothes (Tia prefers black, with sequins); vagina exercises (just say No!); and hiding your bump from your coworkers (tricky for Tia, since her character on *The Game* was in lingerie half the time), Tia also discusses Ask the OB Q&A's she posed to her own ob-gyn, along with dozens of tried-and-true tips for combating morning sickness, fear, and everything else that might overshadow a radiant glow.

Whole New You Tia Mowry. 2017-03-14 From the star of the Cooking Channel's *Tia Mowry at Home* comes a timely clean-eating cookbook that will change the way you think about what you eat and jump-start your journey to a healthier, more gorgeous you. When actress Tia Mowry landed her breakthrough role on the sitcom *Sister, Sister*, she swapped home-cooked meals for catering spreads. But her teen-dream diet of candies and carbs turned into a nightmare when she developed endometriosis, a painful disease that affects one in ten women worldwide. Two years and two surgeries later, some surprising advice from her doctor inspired Tia to radically change one of the most basic elements of her life: her diet. After ditching the dairy and the refined sugars and processed foods, Tia's pain receded drastically. What's more, her migraines stopped, her skin cleared up, and she was finally able to get pregnant. Drawing on the latest research on whole plant foods, inflammation, and gut flora, *Whole New You* chronicles Tia's journey to wellness and provides all the resources you need to feel better, including • a ten-day menu plan to begin your healthy life • more than 100 delicious recipes • lighter versions of your favorite comfort food recipes, including "Buttermilk" Fried Chicken and Crispy Collard Chips • healthy recipes for your kids • tips and tricks for eating on the go • complementary approaches, such as acupuncture and yoga, for whole body healing Like a trusted friend, Tia recounts both her setbacks and her triumphs—and shows you how to listen to what your body is telling you. With *Whole New You*, your healing begins now. Praise for *Whole New You* "Simple and flavorful . . . Readers looking to jump-start a healthier diet will find this book encouraging and useful as both coach and guide."—Booklist "I'm on the go 24/7 and am always in search of healthy, easy meal options. This book delivers with maximum flavor every single time."—Morris Chestnut, actor and author of *The Cut* "No one ever said healthy meals can't be prepared in delicious ways, and my friend Tia shows us that she is the one to make that happen!"—Chloë Grace Moretz, actress "Tia [Mowry] understands that eating healthy is a lifestyle that can make your life more enriching. Healthy eating equals healthy mind, body, and mental prowess."—Serena Williams "Whole New You is a must-read for anyone who wants to eat better, live healthier, and learn something along the way. Tia's recipes are so delicious and this book definitely had me going back for seconds!"—Naya Rivera, actress, mom, and author of *Sorry Not Sorry* "Tia's passion for creating a sustainable, happy, and healthy lifestyle is contagious. Whole New You empowers us to transform our health in a fun and easy way. Her personal story of transformation and recovery inspires us to get in the kitchen, enjoy the process of cooking, and start living radiantly well."—Tara Stiles, founder of Strala Yoga "Tia Mowry has a wealth of knowledge that will change your life. With this book, you can fuel your body with delicious recipes that will help you function at your best so you feel amazing! Buy ten copies and share them with your friends! I will be sharing her book with everyone."—Jeanette Jenkins, founder and president of The Hollywood Trainer LLC

[Praying Through Your Pregnancy](#) Jennifer Polimino, Carolyn Warren. 2010-03-12 *Praying Through Your Pregnancy* shows a mother how to provide an early head start for her child through the power of prayer. With fresh spiritual insight, each chapter reveals what is happening with the baby's development that week, starting with the very first moment of conception, when God begins the creation of either a boy or a girl. Readers will learn how the confidence they place in God affects the healthy development of their precious growing baby, and how to reduce their own stress and anxiety by looking to the Creator. In this interactive guidebook, the author shares excerpts from her pregnancy journal as an encouragement for women to

write their own thoughts and feelings, and each chapter ends with a Mother's Prayer and Scriptures for Meditation. *Praying Through Your Pregnancy* was a 2011 Christian Book Award Finalist.

Shine Bright Danyel Smith. 2023-02-14 American pop music is arguably this country's greatest cultural contribution to the world, and its singular voice and virtuosity were created by a shining thread of Black women geniuses stretching back to the country's founding. This is their surprising, heartbreaking, soaring story—from "one of the generation's greatest, most insightful, most nuanced writers in pop culture" (Shea Serrano) "Sparkling . . . the overdue singing of a Black girl's song, with perfect pitch . . . delicious to read."—Oprah Daily ONE OF THE BEST BOOKS OF THE YEAR: San Francisco Chronicle, NPR, The Root, Variety, Esquire, The Guardian, Newsweek, Pitchfork, She Reads, Publishers Weekly SHORTLISTED FOR THE PORCHLIGHT BUSINESS BOOK AWARD A weave of biography, criticism, and memoir, *Shine Bright* is Danyel Smith's intimate history of Black women's music as the foundational story of American pop. Smith has been writing this history for more than five years. But as a music fan, and then as an essayist, editor (Vibe, Billboard), and podcast host (Black Girl Songbook), she has been living this history since she was a latchkey kid listening to "Midnight Train to Georgia" on the family stereo. Smith's detailed narrative begins with Phillis Wheatley, an enslaved woman who sang her poems, and continues through the stories of Mahalia Jackson, Dionne Warwick, Aretha Franklin, Gladys Knight, and Mariah Carey, as well as the under-considered careers of Marilyn McCoo, Deniece Williams, and Jody Watley. *Shine Bright* is an overdue paean to musical masters whose true stories and genius have been hidden in plain sight—and the book Danyel Smith was born to write.

The Nanny Connie Way Connie Simpson. 2018-04-10 From the beloved nanny to stars like Jessica Biel and Justin Timberlake, Emily Blunt and John Krasinski, and Cash Warren and Jessica Alba comes a loving yet no-nonsense guide to the first four months of parenthood so you can raise a happy baby—and be happy parents. There is nothing like the overwhelming love of gazing upon your beautiful newborn, but there is really nothing like the overwhelming terror of not being able to comfort that screaming baby. Have no fear! *Nanny Connie* is here with all the solutions you need for every baby-care dilemma from comforting a colicky infant to trying to breastfeed in public. Her sweet and sassy drawl seeps right out of these pages, reassuring you that everything will be fine, as she guides you with her God-given wisdom, larger-than-life compassion, and three decades worth of experience and patience. Connie, "quite simply one of the greatest humans on this planet" (Emily Blunt) and a mother herself, comes from many generations of strong women with loads of experience in mothering, midwifery, and Southern values. Broken into three easy-to-follow sections (pre-baby arrangements, that immediate post-birth glow, and the first four months of the rest of your life), *The Nanny Connie Way* is your go-to, first-time-parent-proof baby manual that will give you not only the guidance you crave, but also the confidence to be the best parent you can be. Connie tackles everything from: -Breastfeeding Do and Don'ts -The Power of the Pacifier -Bath Time With Baby -The Nighttime Sleep Ritual -Managing New Mommy Stress Connie won't just get you through the sleepless nights and the explosive diapers—she's going to make you thrive. *Download *The Nanny Connie Way* AR App to experience *Nanny Connie* in your own home through exclusive videos! (Please note, readers reading on a mobile device may not be able to experience the AR videos.)

Whole New You Tia Mowry. 2017-03-14 From the star of the Cooking Channel's *Tia Mowry at Home* comes a timely clean-eating cookbook that will change the way you think about what you eat and jump-start your journey to a healthier, more gorgeous you. When actress Tia Mowry landed her breakthrough role on the sitcom *Sister, Sister*, she swapped home-cooked meals for catering spreads. But her teen-dream diet of candies and carbs turned into a nightmare when she developed endometriosis, a painful disease that affects one in ten women worldwide. Two years and two surgeries later, some surprising advice from her doctor inspired Tia to radically change one of the most basic elements of her life: her diet. After ditching the dairy and the refined sugars and processed foods, Tia's pain receded drastically. What's more, her migraines stopped, her skin cleared up, and she

was finally able to get pregnant. Drawing on the latest research on whole plant foods, inflammation, and gut flora, *Whole New You* chronicles Tia's journey to wellness and provides all the resources you need to feel better, including • a ten-day menu plan to begin your healthy life • more than 100 delicious recipes • lighter versions of your favorite comfort food recipes, including "Buttermilk" Fried Chicken and Crispy Collard Chips • healthy recipes for your kids • tips and tricks for eating on the go • complementary approaches, such as acupuncture and yoga, for whole body healing Like a trusted friend, Tia recounts both her setbacks and her triumphs—and shows you how to listen to what your body is telling you. With *Whole New You*, your healing begins now. Praise for *Whole New You* "Simple and flavorful . . . Readers looking to jump-start a healthier diet will find this book encouraging and useful as both coach and guide."—Booklist "I'm on the go 24/7 and am always in search of healthy, easy meal options. This book delivers with maximum flavor every single time."—Morris Chestnut, actor and author of *The Cut* "No one ever said healthy meals can't be prepared in delicious ways, and my friend Tia shows us that she is the one to make that happen!"—Chloë Grace Moretz, actress "Tia [Mowry] understands that eating healthy is a lifestyle that can make your life more enriching. Healthy eating equals healthy mind, body, and mental prowess."—Serena Williams "Whole New You is a must-read for anyone who wants to eat better, live healthier, and learn something along the way. Tia's recipes are so delicious and this book definitely had me going back for seconds!"—Naya Rivera, actress, mom, and author of *Sorry Not Sorry* "Tia's passion for creating a sustainable, happy, and healthy lifestyle is contagious. *Whole New You* empowers us to transform our health in a fun and easy way. Her personal story of transformation and recovery inspires us to get in the kitchen, enjoy the process of cooking, and start living radiantly well."—Tara Stiles, founder of Strala Yoga "Tia Mowry has a wealth of knowledge that will change your life. With this book, you can fuel your body with delicious recipes that will help you function at your best so you feel amazing! Buy ten copies and share them with your friends! I will be sharing her book with everyone."—Jeanette Jenkins, founder and president of The Hollywood Trainer LLC

My Little Brave Girl Hilary Duff. 2023-11-07 NEW YORK TIMES BESTSELLER • Actress, singer, and parent Hilary Duff offers a beautiful and inspiring board book about bravery and love -- a perfect mother-daughter read-aloud! The world is big, my little brave girl. It's all here for you. A poetic text encourages girls to reach higher, dream bigger, and approach the world with their hearts wide open. This love letter to little girls was inspired by Hilary Duff's own experience as a mother as she considered all the ways her daughter had to be brave even as an infant. With lush illustrations and an empowering message, *My Little Brave Girl* is the perfect gift for all occasions!

Woman Evolve Sarah Jakes Roberts. 2021-04-06 A New York Times bestseller! With life lessons she's learned and new insights from the story of Eve, Sarah Jakes Roberts shows you how past disappointments, struggles, and even mistakes can be used today to help you become the woman God intended. Who would imagine being friends with Eve—the woman who's been held responsible for the fall of humanity (and cramps) for thousands of years? Certainly not Sarah Jakes Roberts. That is, not until Sarah discovered she is more like Eve than she cares to admit. Everyone faces trials, and everyone will mess up. But failure should not be the focus. Your focus should not be on who you were but rather the pursuit of who you can become. In *Woman Evolve*, Sarah helps you understand that your purpose in life does not change; it evolves. Making her mistake in the Garden of Eden, Eve became the first woman to deal with rebuilding her life in the aftermath of her past. Eve knew better, but she didn't do better. With scriptural lessons, Eve as the framework, and Sarah as your guide you will discover and work through: Past issues and insecurities that haunt you Seeing yourself as God sees you and trusting Him with who you really are How to come out of darkness and pursue a real relationship with God Why it's important to truly care for yourself Setting in motion the beautiful seed that God planted in you Your fears and insecurities may have changed how you viewed God, others, and yourself, but in *Woman Evolve*, you can break through and use past mistakes to revolutionize your life. Like Eve, you don't have to live your future defined by your past.

The Quick Fix Kitchen Tia Mowry.2021-09-28 The beloved actress and star of the digital series Quick Fix saves you time and energy with her favorite mealtime hacks, tips to bring joy and balance to your kitchen, and 65 easy, delicious, and healthy recipes the entire family will love. NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY FOOD NETWORK • “I love how Tia breaks down how to organize your pantry and kitchen.”—GIADA DE LAURENTIIS As a busy mom, author, actor, and entrepreneur, Tia Mowry needed to find quick and easy solutions to a busy life, especially when it came to cooking for her family. She figured out a way to create nutritious, hearty dishes that work for everyone, allowing her to savor moments spent around the table. Presented in her trademark joyful, down-to-earth fashion, The Quick Fix Kitchen is the complete guide to home cooking, giving you “Quick Fixes” so you don’t have to sacrifice time and energy in the kitchen. Along with sixty-five easy, delicious recipes, you’ll find everything you need for organization and meal planning: • Pantry organizational hacks • Food shopping tips • Grocery lists and food shopping tips • Meal prep guidelines • Meal plans You’ll also get advice on building a well-balanced kitchen and a healthy life: • Healthy food swaps and tips for food sensitivities • Seasonal fruits and veggies list • Whole foods for gut health and cutting down on inflammation • Balancing wholesome and indulgent meals And of course, tips on incorporating the kids: • Age-friendly tasks • Kids’ cooking tools • Trying new foods The recipes themselves are designed to deliver big flavors with minimum prep and cook time. They include sheet pan meals like Stuffed Pesto Chicken Breast, one-pot meals like Spinach Artichoke Pasta Bake, classics with a healthy twist like Creamy “Alfredo” Pasta, and creative, kid-friendly snacks like Banana “Sushi” Rolls and Mini Quesadilla Pizzas. With The Quick Fix Kitchen, feeding yourself and your family won’t feel like a chore.

The Christmas Princess Mariah Carey, Michaela Angela Davis.2022-11-01 Inspired by Mariah Carey's childhood, The Christmas Princess is an unforgettable holiday story, told by the Queen of Christmas herself with Michaela Angela Davis and featuring beautiful illustrations by Fuuji Takashi. The Queen of Christmas introduces . . . Little Mariah! There was one time unlike any other, when everyone pitched in and helped one another . . . CHRISTMAS TIME! Mariah Carey, lovingly and aptly known as the Queen of Christmas, has brought forth a unique, heartwarming, and modern fairy tale with The Christmas Princess, starring Little Mariah! Like her historic, globally adored song “All I Want for Christmas Is You,” this story is an instant and inclusive family holiday classic. While firmly placed in the tradition of Christmas storytelling, The Christmas Princess is infused with her one-of-a-kind festive Mariah magic and musicality. Little Mariah doesn’t have much and doesn’t want a lot, but there is just one thing she longs for: a peaceful and joyous holiday season. Feeling outcast and alone, Little Mariah sets off on a wintry, wondrous journey, ultimately discovering the healing power of her voice to spread the spirit of Christmas at home and all around the world.

The Seasoned Life Ayesha Curry.2016-09-20 A beautiful family-centric cookbook for the home chef, from Ayesha Curry. In The Seasoned Life, Ayesha Curry shares 100 of her favorite recipes and invites readers into the home she has made with her two daughters and her husband Stephen Curry. Ayesha knows firsthand what it is like to be a busy mom and wife, and she knows that for her family, time in the kitchen and around the table is where that balance begins. This book has something for everybody. The simple, delicious recipes include Cast Iron Biscuits, Smoked Salmon Scramble, Homemade Granola, Mom's Chicken Soup, Stephen's 5 Ingredient Pasta, and plenty of recipes that get the whole family involved -- even the little ones!

Twintuition: Double Vision Tia Mowry, Tamera Mowry.2015-04-21 From actresses Tia and Tamera Mowry comes the story of tween twins Cassie and Caitlyn and their discovery that they have the ability to see things before they occur! This is the first book in the popular Twintuition series. When their mother's new job forces them to move from bustling San Antonio to middle-of-nowhere Aura, Texas, Caitlyn tries to stay positive, focusing on meeting new people and having new adventures. Cassie, on the other hand, is convinced that it's only a matter of time until they'll be sick of Aura and ready to move back to the big city. But being the new kids isn't their only challenge. The girls start experiencing strange visions, and they must

work together to change the future before it can happen. Tia Mowry-Hardrict and Tamera Mowry-Housley gained initial fame on the '90s sitcom *Sister, Sister*. Tia can now be seen starring in and producing the Nickelodeon series *Instant Mom* and on the Cooking Channel's show *Tia Mowry at Home*. Tamera is a host and producer on the hit daytime talk show *The Real*, currently airing on FOX. Together they've created a magical series about twin sisters with a powerful gift and an even stronger connection.

Just Between Girlfriends Chrisena Coleman.1998 An ideal gift for a special friend, this collection by the author of *Mama Knows Best* offers a celebration of strength and beauty of friendship, and of the richness of African-American culture. Illustrations.

Oh, Baby! Tia Mowry.2012-05-15 From the bloating to the belching to the Baby Story marathons that might just drive you crazy, prime-time star and new mom Tia Mowry delivers the lowdown in a frank, hilarious guide to modern pregnancy. Tia Mowry's 800,000+ Twitter followers know that she tells it like it is. Now, in a pregnancy guide like no other, Tia leaves no topic off-limits while helping expectant moms stay empowered, pampered, and laughing out loud. From sex during the third trimester to pimped-out strollers, *Oh, Baby!* reveals what to really expect on that nine-month road to the delivery room. Sharing her personal experience with cravings (she couldn't have done it without sourdough bread and Funyuns); maternity clothes (Tia prefers black, with sequins); panty liners (memorize that aisle at the drugstore); vagina exercises (just say No!); and hiding your bump from your coworkers (tricky for Tia, since her character on *The Game* was in lingerie half the time), the maternity maven also discusses Ask the OB Q&A's she posed to her own ob-gyn, along with dozens of tried-and-true tips for combating morning sickness, fear, and everything else that might overshadow a radiant glow. From the time she started showing to the moment she welcomed her new baby boy, Cree Taylor, into the world, Tia was in the spotlight, from *Access Hollywood* to every glossy magazine and countless online sites. Yet she stayed down-to-earth throughout it all. Keeping it real, *Oh, Baby!* helps every mommy-to-be stay stylish, maintain her dignity, and trust her gut (no matter how big it gets).

Makeover from Within Ty Hunter.2022-11-08 A moving and uniquely inspiring book of self-reflection and motivational musings from Ty Hunter, stylist to the stars. In this nuanced mix of memoir, photographs, motivational musings, and wisdom, legendary celebrity stylist Ty Hunter recounts both the trying times and brightest moments of his life. Faced with physical, mental, and emotional obstacles that range from a gunshot wound to caring for his sick parents to simply existing as a Black, gay man in America, Ty channeled his energy into surmounting the unconquerable, along the way developing a resilient spirit—one that begs to be shared with the world. In overcoming his own hardships and blossoming in his career as a stylist, where he worked with superstars like Beyoncé and Billy Porter, Ty has developed a knack for inspiring self-confidence in others. Perfect for the unstoppable badass in your life, this book tells the story of a vibrant soul who defeated the odds and whose goal is to guide you to a brighter and more positive future. DISTINGUISHED AUTHOR: Ty Hunter was Beyoncé's stylist for 18 years, currently works as Billy Porter's head stylist, and launched a fashion line with A Cloud. Ty's substantial following on Instagram, where he shares motivational life advice, demonstrates high demand for his words of wisdom. SUPERSTAR CONTRIBUTORS: Featuring a foreword by multi-platinum Grammy award-winning singer, songwriter, and actress Beyoncé and afterword by multi-award-winning actor, singer, and author Billy Porter. A GREAT READ AND GIFT: This gorgeous book is perfect for birthdays, holidays, Pride celebrations, or any other day that needs some positive energy. INSPIRING STORY: This book sends a bold and inspiring message to underdogs everywhere that they can overcome the impossible and thrive. Perfect for: Fans of Ty Hunter, Beyoncé, Tina Knowles, Billy Porter, and more Fashion and pop culture enthusiasts

Twintuition: Double Cross Tia Mowry,Tamera Mowry.2018-05-08 From TV stars Tia and Tamera Mowry comes the thrilling conclusion to their middle grade series, *Twintuition!* In this fourth and final book, tween twins Cassie and Caitlyn Waters are excited to be returning to their hometown, San Antonio, on a class trip. But as they reach their destination, trouble finds them as quickly as a vision, and one of their friends soon disappears.

Using their Sight and their street smarts to try and save the day, the twins also begin to see things they didn't expect—a man in captivity who looks exactly like their father's pictures. Could he really be alive? And can they use the clues they see to save him before it's too late?

Shady Baby Gabrielle Union, Dwyane Wade. 2021-05-18 *AN INSTANT NEW YORK TIMES BESTSELLER* *A PUBLISHERS WEEKLY BESTSELLER* Shady Baby keeps it real in this picture book collaboration by New York Times bestselling duo actress and producer Gabrielle Union and NBA superstar and businessman Dwyane Wade. Based on their famous baby girl, Kaavia James: After a long morning of being fabulous, Shady Baby heads to the park for a relaxing play session. But what does she find?! Some not-so-nice kids picking on others. Shady flashes them a look—her famous side eye—and teaches them that it's better to play nice. But when her feelings are hurt, will anyone stand (or crawl) by her side? Find out in this upbeat picture book that teaches kids to speak their minds and stand up for what they believe in. Perfect for fans of *The Boss Baby* and *Feminist Baby*!

Twintuition: Double Dare Tia Mowry, Tamera Mowry. 2017-05-09 From TV stars Tia and Tamera Mowry comes *Double Dare*, the third book in their popular *Twintuition* series about the super-special—and sometimes supernatural—bond between sisters! Identical twins Cassie and Caitlyn Waters may be able to see into the future, but with a teacher who suspects they have powers waiting to catch them midvision and the grandmother they just met in town to teach them how to better control what they foresee, the last thing they need is more trouble. Luckily, a class-wide game of Truth or Dare has begun and the twins are having fun competing. When a vision shows the girls' friend getting hurt, Cassie and Caitlyn know that they're the only ones who can prevent it.

Becoming Beyoncé J. Randy Taraborrelli. 2015-10-29 Insightful and entertaining, *Becoming Beyoncé: The Untold Story* is the first authoritative biography of the most famous woman in the world today and a must-have for the 'Bey Hive'. She's adored by her millions of fans, writes and performs songs that move and inspire, but Beyoncé is truly known by very few. Now highly acclaimed biographer J. Randy Taraborrelli reveals the woman behind the star. He takes us from a childhood spent performing in talent shows to finding worldwide success with her group, Destiny's Child, managed by her father Matthew. Beyoncé's first solo album, *Dangerously in Love*, went straight to number one and she has to date released a total of five albums which have sold 75 million copies. Beyoncé prefers to keep her personal life with husband Jay Z and their children carefully under lock and key. She may be a top performer, fashion idol and business mogul in her own right, but fame has come at personal sacrifice and with private heartbreak. Based on exhaustive research, including exclusive interviews with those who have played pivotal roles in her life and career, the book reveals the hard-earned lessons 'Queen Bey' has learned about love, life, loyalty and family.

What's Gaby Cooking: Eat What You Want Gaby Dalkin. 2020-04-28 Finally! A cookbook for people who have had enough with rules and restrictions and are ready for delicious food that makes them feel good. In her follow-up to her breakout success *What's Gaby Cooking*, Gaby Dalkin reveals the secret to a happy life: balance. *Eat What You Want* reflects how Gaby eats in real life, and for her, balancing moderation and indulgence is everything. No deprivation, no "bad foods" list. The only rule? Enjoy your food. Whether you are looking for lighter dishes filled with tons of fresh fruits and veggies (like a Cauliflower Shawarma Bowl or lemony Tahini Broccolini), or soul-soothing dishes like (Ham and Cheese Croissant Bread or Strawberry Crispy Cobblers), Gaby has you covered. All told, *Eat What You Want* is an invitation/permission slip/pep rally for you to let go of all the noise around what you choose to eat. Choose joy! Choose fun! Choose no apologies or excuses. But most of all, choose whatever makes you happy.

Children of Blood and Bone Tomi Adeyemi. 2018-03-06 Zlie Adebola remembers when the soil of Orsha hummed with magic. Burners ignited flames, Tiders beckoned waves, and Zlie's Reaper mother summoned forth souls.

Pregnancy Week by Week Jane MacDougall. 2015-05-18 This fully revised and updated edition of the best-selling book is your ideal companion through the 40+ weeks of pregnancy. Each week you will find information on how you might be feeling or what you should be doing and a review of

your baby's progress - accompanied by specially created illustrations. Additionally, there is much vital information on antenatal care, fitness, diet, coping with common complaints and labour and delivery as well as an introduction to your newborn. All the information is presented in a succinct yet reassuring way and there are many useful illustrations, photographs and checklists.

Criminal Minded Tracy Brown.2005-06-01 Lamin Michaels learned at his mother's knee the importance of chasing paper, so it's no surprise he gets into the drug game when he's just a teenager. When he meets Zion, a product of the New York City foster care and prison system, Lamin knows that he has meet the perfect partner in crime. Together, they build a huge narcotics empire. Then, Lamin falls hard for a beautiful girl named Lucky. Lucky makes Lamin realize that there is more to life than cash and more cash. When Lamin goes legit with a career in the entertainment industry, Zion tries to keep their business going on both the street and the boardroom. It's not long before Zion becomes the target of a corruption scandal involving murder, extortion and money laundering. Once the dirt is exposed, will Lamin and Zion be able to remain one step ahead, or will their paper chasing days haunt them forever?

Sorry Not Sorry Naya Rivera.2016-09-13 Funny and deeply personal, Sorry Not Sorry recounts Glee star Naya Rivera's successes and missteps, urging young women to pursue their dreams and to refuse to let past mistakes define them. Navigating through youth and young adulthood isn't easy, and in Sorry Not Sorry, Naya Rivera shows us that we're not alone in the highs, lows, and in-betweens. Whether it's with love and dating, career and ambition, friends, or gossip, Naya inspires us to follow our own destiny and step over--or plod through--all the crap along the way. After her rise and fall from early childhood stardom, barely eking her way through high school, a brief stint as a Hooters waitress, going through thick and thin with her mom/manager, and resurrecting her acting career as Santana Lopez on Glee, Naya emerged from these experiences with some key life lessons: Sorry: - All those times I scrawled I HATE MY MOM in my journal. So many moms and teenage daughters don't get along--we just have to realize it's nothing personal on either side. - At-home highlights and DIY hair extensions. Some things are best left to the experts, and hair dye is one of them. - Falling in love with the idea of a person, instead of the actual person. Not Sorry: - That I don't always get along with everyone. Having people not like you is a risk you have to take to be real, and I'll take that over being fake any day. - Laughing at the gossip instead of getting upset by it. - Getting my financial disasters out of the way early--before I was married or had a family--so that the only credit score that I wrecked was my own. Even with a successful career and a family that she loves more than anything else, Naya says, There's still a thirteen-year-old girl inside of me making detailed lists of how I can improve, who's never sure of my own self-worth. Sorry Not Sorry is for that thirteen-year-old in all of us.

Eventually, you will definitely discover a extra experience and finishing by spending more cash. nevertheless when? attain you understand that you require to acquire those all needs with having significantly cash? Why dont you try to acquire something basic in the beginning? Thats something that will lead you to comprehend even more just about the globe, experience, some places, later history, amusement, and a lot more?

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