How It Feels To Be Colored Me By Zora Neale Hurston

In this immensely moving book, nineteen boys and girls, from seven to sixteen years old and from highly diverse backgrounds, share with us their deepest feelings about their parents' divorce. By listening to them, all children of divorced parents can find constructive ways to help themselves through this difficult time. And they will learn that their own shock and anger, confusion and pain, have been experienced by others and are normal and
boys and girls speak with extraordinary honesty and tolerance, and with a remarkable absence of rationalization, illusion, or attempt to justify their own often-trying behavior in response to their situations. Their stories are immediate and convincing, and their generosity in confiding their feelings should provide comfort to children and parents alike.
What do you do with all your feelings? In Marcy's Having All the Feels, counselor and therapist Allison Edwards explores how sometimes feeling so many feelings doesn't feel so good at all. Marcy wanted to be happy. Happy is all she wanted to be. But all her other feelings kept showing up"¬-¬"and at the worst times! There was Frustrated and Angry, Sad and Embarrassed, and even Worried and Jealous. Her feelings were there as soon as
eyes each morning, and they followed her around throughout the day. Some days all these feelings just felt like a little too much and she wanted to hide! Marcy didn't want to feel angry or jealous. And she didn't like feeling sad or embarrassed. Why couldn't she be happy all the time? Then one day when Marcy's feelings disappear, she learns that her feelings don't have to control her, and they might even have a function. Maybe having all t
such a bad thing. And that one discovery? Well, it changes everything!
The mental well-being of children and adults is shockingly poor. Marc Brackett, author of Permission to Feel, knows why. And he knows what we can do. "We have a crisis on our hands, and its victims are our children." Marc Brackett is a professor in Yale University's Child Study Center and founding director of the Yale Center for Emotional Intelligence. In his 25 years as an emotion scientist, he has developed a remarkably effective plan to
of children and adults – a blueprint for understanding our emotions and using them wisely so that they help, rather than hinder, our success and well-being. The core of his approach is a legacy from his childhood, from an astute uncle who gave him permission to feel. He was the first adult who managed to see Marc, listen to him, and recognize the suffering, bullying, and abuse he'd endured. And that was the beginning of Marc's awareness
going through was temporary. He wasn't alone, he wasn't stuck on a timeline, and he wasn't "wrong" to feel scared, isolated, and angry. Now, best of all, he could do something about it. In the decades since, Marc has led large research teams and raised tens of millions of dollars to investigate the roots of emotional well-being. His prescription for healthy children (and their parents, teachers, and schools) is a system called RULER, a high-in
effect approach to understanding and mastering emotions that has already transformed the thousands of schools that have adopted it. RULER has been proven to reduce stress and burnout, improve school climate, and enhance academic achievement. This book is the culmination of Marc's development of RULER and his way to share the strategies and skills with readers around the world. It is tested, and it works. This book combines rig
inspiration in equal parts. Too many children and adults are suffering; they are ashamed of their feelings and emotionally unskilled, but they don't have to be. Marc Brackett's life mission is to reverse this course, and this book can show you how.
18 children from age 7 - 17, speak openly of their experiences and feelings. As they speak we see them in photos with their surviving parent and with other family members, in the midst of their everyday lives.
How It Feels to Be A Teenager
I know how it feels to be lonely
Black Women Entertainers and Civil Rights Activism in the 1960s
How It Feels to Have a Gay or Lesbian Parent
A Book About Gender Identity
At twenty-years-old, Craig Miller attempted suicide. He sat on the edge of a bed and swallowed two hundred and fifty pills, never imagining that a note he wrote to himself fourteen years earlier would save his life. That note simply read, "Don't ever forget how this feels." From the time he was six-years-old, Craig lived his life by those words. He believed that if he needed to remember the feelings behind his l
most significant events, then there must be a reason why they happened. And for three extraordinary days following his suicide attempt, as he lay in the Intensive Care Unit floating in and out of consciousness, he found those reasons. He relived days from his childhood when his only friend became his assailant. He relived years of building a troubled relationship with God. He remembered when the pain of
life's tragedies finally caught up to him and he became the victim of severe obsessive compulsive disorder, relentless anxiety, and devastating irrational fear. After each memory, he awoke to the blurred reality of his suicide attempt. The struggle to fight his childhood assailant became a battle with doctors who worked to restrain him. The pain from a fist to his nose became the sting of a tube as it was pushe
down his throat. And the memory of freezing alone on a cold winter night became the reality of a dark, lonely hospital room. But after each memory ended, Craig was left with the feeling that remained from reliving it. He felt the imprint it left within him- the deep desire to love, the desperate need to change, and the fiery will to fight. Craig Miller lay in a hospital bed for three days while his body fought for life,
but his soul stood undecided on the threshold of existence. He relived the most pivotal moments of his life and saw himself from an entirely new perspective. He learned that God does not punish, and that love, no matter how bad it hurts, is worth it. He learned that compassion is to see the hurt in the eyes of another, no matter how bad we hurt ourselves. He learned that living in the darkness of mental illne
be one of the most powerful paths to self-discovery. And he learned that life, no matter how hard it gets, is worth living.
A Kirkus Reviews Best Book of the Year A Chicago Public Library Best of the Best of the Year "Profoundly moving . . . Will take your breath away." --Kathleen Glasgow, author of Girl in Pieces A stunningly gorgeous and deeply hopeful portrayal of living with mental illness and grief, from an exceptional new voice. Biz knows how to float. She has her people, her posse, her mom and the twins. She has Grace
And she has her dad, who tells her about the little kid she was, and who shouldn't be here but is. So Biz doesn't tell anyone anything. Not about her dark, runaway thoughts, not about kissing Grace or noticing Jasper, the new boy. And she doesn't tell anyone about her dad. Because her dad died when she was seven. And Biz knows how to float, right there on the surface--normal okay regular fine. But after
happens on the beach--first in the ocean, and then in the sand--the tethers that hold Biz steady come undone. Dad disappears and, with him, all comfort. It might be easier, better, sweeter to float all the way away? Or maybe stay a little longer, find her father, bring him back to her. Or maybe--maybe maybe maybe--there's a third way Biz just can't see yet. Debut author Helena Fox tells a story about love an
grief, about inter-generational mental illness, and how living with it is both a bridge to someone loved and lost and, also, a chasm. She explores the hard and beautiful places loss can take us, and honors those who hold us tightly when the current wants to tug us out to sea. "Give this to all your...friends immediately." --Cosmopolitan.com "I haven't been so dazzled by a YA in ages." --Jandy Nelson, author o
Give You the Sun (via SLJ) "Mesmerizing and timely." --Bustle "Nothing short of exquisite." --PopSugar "Immensely satisfying" --Girls' Life * "Lyrical and profoundly affecting." --Kirkus (starred review) * "Masterful...Just beautiful." --Booklist (starred review) * "Intimate...Unexpected." --PW (starred review) * "Fox writes with superb understanding and tenderness." --BCCB (starred review) * "Frank
[and] beautifully crafted."--BookPage (starred review) "This book will explode you into atoms." --Margo Lanagan, author of Tender Morsels "Helena Fox's novel delivers. Read it." --Cath Crowley, author of Words in Deep Blue "This is not a book; it is a work of art." --Kerry Kletter, author of The First Time She Drowned "Perfect...Readers will be deeply moved." --Books+Publishing
Sometimes being a boat is full of adventures and it's nothing but smooth sailing on the high seas, but sometimes arguing passengers can take you off course. When you run aground, will their teamwork give you the strength to make it through? Offbeat and imaginative, James Kwan gives us a glimpse of what it's like to not only be a boat, but what it is to be human in both gentle and rough waters. Perfect fo
life's transitions, this book tackles taking on change and indecision with grace, humor, and heart. It's a reassuring reminder to stay the course through all kinds of stormy weather. Ahoy, ahoy!
"How It Feels to Be Me" is a celebration of life and the human experience, with all its ups and downs. Accompanied by beautiful pictorial reminders of our common humanity, the twenty-five poems in this book are filled with echoes of kindness, love and joy. They offer a sense of stillness and balance, connectedness and meaning. As we make an effort to truly see the people around us – their struggles, their
their fears and dreams – we can cultivate within ourselves a desire to make a positive difference in the world, one life at a time. We can stop dividing people into classes – the haves and the have nots, the worthy and the unworthy, the good and the bad, the beautiful and the ordinary – and simply love them exactly as they are.
How It Feels to Fly
Who Feels Scared?
How It Feels to Float
How It Feels to Be Free
It Feels Good to Be Yourself
To tell you the honest truth, I am obliged to say that, if I had not been asked to write these few lines on "How it Feels to be Fifty," being fifty would n't have meant anything in my young life.
So This is How It Feels to Be a Wife is a compendium of different, meaningful perspectives on the role of a wife as seen by wives themselves. Every day wives with real life issues honestly reveal the challenges and the growth that they experience within their own marriages. Each woman, via a frank reflection on her own life, unveils her hard earned wisdom and provides a short list of ingredients essential to any strong marriage. You will meet women you admire for the difficulties they overcame, the love they give, and the marriages they create. Regardless of where you are in your relationships, whether you are young and looking forward to finding Mr. Right or whether you have already experienced being in a committed long-term relationship, the powerful insights provided here will be gems you cherish for a life time.
"Bayoumi offers a revealing portrait of life for people who are often scrutinized but seldom heard from." —Booklist (starred review) "Wholly intelligent and sensitively-drawn, How Does It Feel to Be a Problem? is an important investigation into the hearts and minds of young Arab-Americans. This significant and eminently readable work breaks through preconceptions and delivers a fresh take on a unique and vital community. Moustafa Bayoumi's voice is refreshingly frank, personable, and true." —Diana Abu-Jaber, author of Origin, Crescent, and The Language of Baklava An eye-opening look at how young Arab- and Muslim-Americans are forging lives for themselves in a country that often mistakes them for the enemy Just over a century ago , W.E.B. Du Bois posed a probing question in his classic The Souls of Black Folk: How does it feel to be a problem? Now, Moustafa Bayoumi asks the same about America's new "problem"-Arab- and Muslim-Americans. Bayoumi takes readers into the lives of seven twenty-somethings living in Brooklyn, home to the largest Arab-American population in the United States. He moves beyond stereotypes and clichés to reveal their often unseen struggles, from being subjected to government surveillance to the indignities of workplace discrimination. Through it all, these young men and women persevere through triumphs and setbacks as they help weave the tapestry of a new society that is, at its heart, purely American.
In these wonderfully straightforward accounts of what it means to children to be adopted, nineteen boys and girls, from eight to sixteen years old—and from every social background—confide their feelings about this crucial fact of their lives. It is deeply affecting to listen to these children as they reveal their questions, frustrations, difficulties, and joys with an honesty that is immediate, convincing, and stirring. Their generosity will provide solace and strength for thousands of other children who share with them the experience of being adopted—and who will be helped to understand that their own emotions are normal and appropriate.
Poetic Narratives for Racial Equity, Equality, Healing, and Freedom
How It Feels to Be Me: A Celebration of the Human Experience
Being Young and Arab in America
How It Feels to Be Black in the USA
How It Feels When Parents Divorce
A series that introduces young children to different emotions and aspects of behaviour, through a fictional story appropriate for the age group. Jack is having a sleepover at his house. But the boys hear noises and they get very scared! Jack's big sister Ellie says she gets scared sometimes as well. Perhaps Dad can make them all feel better? This series introduces young children to different aspects of our emotions and behaviour. A fictional story is backed up by suggestions for activities and ideas to talk about, while a wordless storyboard encourages children to tell another story.
This tender story of friendship, music, and ferocious love asks: what will you fight for, if not yourself? You Don't Know Me But I Know You author Rebecca Barrow's next book is perfect for fans of Katie Cotugno and Emery Lord. Who cares that the prize for the Sun City Originals contest is fifteen grand? Not Dia, that's for sure. Because Dia knows that without a band, she hasn't got a shot at winning. Because ever since Hanna's drinking took over her life, Dia and Jules haven't been in it. And because ever since Hanna left—well, there hasn't been a band. It used to be the three of them, Dia, Jules, and Hanna, messing around and making music and planning for the future. But that was then, and this is now—and now means a baby, a failed relationship, a stint in rehab, all kinds of off beats that have interrupted the rhythm of their friendship. But like the lyrics of a song you used to play on repeat, there's no forgetting a best friend. And for Dia, Jules, and Hanna, this impossible challenge—to ignore the past, in order to jump start the future—will only become possible if they finally make peace with the girls they once were, and the girls they are finally letting themselves be.
Some people are boys. Some people are girls. Some people are both, neither, or somewhere in between. This sweet, straightforward exploration of gender identity will give children a fuller understanding of themselves and others. With child-friendly language and vibrant art, It Feels Good to Be Yourself provides young readers and parents alike with the vocabulary to discuss this important topic with sensitivity.
Sometimes I fantasize about having a magic wand. How awesome it would be to wave it and completely eliminate prejudice, hate, and ignorance. Just imagine what it would be like to live in a world like that. How It Feels to Have a Gay or Lesbian Parent: A Book by Kids for Kids of All Ages gives voice to the thoughts, feelings, and experiences of children, adolescents, and young adults who have a gay or lesbian parent. In their own words, they talk openly and candidly about how and when they learned of their parent's sexual orientation and the effect it had on them—and their families. Their stories echo themes of prejudice and harassment, conflict and confusion, adaptation and adjustment, and hope for tolerance and a family that can exist in harmony. "Because it's an issue for other people, it becomes an issue for me. I'm angry about the way it works against me." The stories told in How It Feels to Have a Gay or Lesbian Parent not only reflect the day-to-day struggle of children with a GLBT parent, they also reveal the pain inherent in high-conflict divorce and child custody cases. Children of gay/lesbian parents ranging in age from seven to 31 recall the confusion and grief created when the disclosure of their parent's true sexual orientation ended a marriage and divided a family. The "straight" parent's resentment can lead to angry remarks that—intentionally or unintentionally—disparage the gay/lesbian parent and threaten the natural love and affection the child feels for both. "I guess the hardest part about having a gay dad is that no matter how okay you are with it, there's always going to be someone who will dislike you because of it." The one-on-one interviews presented in How It Feels to Have a Gay or Lesbian Parent document first-hand the effects of homophobia on family life. Children struggle with the choice between living in a closet, shamed by peers and family members, or dealing with discrimination as a parent's sexual orientation is used against them. Taken together, these stories make a statement for acceptance, understanding, and tolerance as children do their best to make the transition from a traditional family to a nontraditional lifestyle. "My mom is a normal person just like everyone else. The only thing that's different about her is that she's gay and if you can't deal with it, you're just going to have to live with it." How It Feels to Have a Gay or Lesbian Parent: A Book by Kids for Kids of All Ages offers comfort and support to children from those who share their journey. The book is a valuable aid for practitioners working with children of GLBT parents and an educational tool for GLBT adults considering children.
Insightful Guidance for the Long Haul
How It Feels to Be Fifty (Classic Reprint)
How it Feels to be the Husband of a Suffragette
Black Women Entertainers and the Civil Rights Movement
Time to Listen
Through the stories of individual children, this book will illuminate the process of creative, play-based child psychotherapy. Each chapter focuses on a particular issue that brings a child or a young person to the therapy room, and explores the use and meaning of particular objects and "object games'. Readers will gain a profound understanding through these dynamic stories of therapy channeled through the objects the children choose to bring into play.
Excerpt from How It Feels to Be Fifty It is a shame to disappoint such a large and intelligent audience, but I am compelled to state that I do not feel like a doddering old wreck teetering on the edge of the grave. I remember a lovely underwear advertisement that depicted a sort of cradle to grave scene, with a toddling youngster at one end of the bridge of life and an aged man at the other end, and men of vari ous progressive underwear ages scattered between. They were all arrayed in nice comfy underwear. About the Publisher Forgotten Books publishes hundreds of thousands of rare and classic books. Find more at www.forgottenbooks.com This book is a reproduction of an important historical work. Forgotten Books uses state-of-the-art technology to digitally reconstruct the work, preserving the original format whilst repairing imperfections present in the aged copy. In rare cases, an imperfection in the original, such as a blemish or missing page, may be replicated in our edition. We do, however, repair the vast majority of imperfections successfully; any imperfections that remain are intentionally left to preserve the state of such historical works.
A struggle with body dysmorphia forces one girl to decide if letting go of her insecurity also means turning her back on her dreams. Sam has always known she'd be a professional dancer—but that was before her body betrayed her, developing unmanageable curves in all the wrong places. Lately, the girl staring back at Sam in the mirror is unrecognizable. Dieting doesn't work, ignoring the whispers is pointless, and her overbearing mother just makes it worse. Following a series of crippling anxiety attacks, Sam is sent to a treatment camp for teens struggling with mental and emotional obstacles. Forced to open up to complete strangers, Sam must get through the program if she wants to attend a crucial ballet intensive later in the summer. It seems hopeless until she starts confiding in a camp counselor who sparks a confidence she was sure she'd never feel again. But when she's faced with disappointing setbacks, will Sam succumb to the insecurity that imprisons her? This compelling story from Kathryn Holmes examines one girl's efforts to overcome her worst enemy: herself.
Biz's world turns from balance to grief and depression when her father, whom she has been seeing since his death when she was seven, suddenly stops appearing to her, and she must find a new normal.
Do What You Gotta Do
How it Feels to be a Teacher
This Is What It Feels Like
This Is How It Feels
How It Feels to Be You
Amber Turk lived with an inoperable brain tumour for 12 months before dying in November 2003 at the age of 27. During her final year she wrote a journal documenting her emotional journey: her hopes, her despair, and finally her desire to leave the pain behind and embrace death. This absorbing, thought-provoking and inspirational book is a unique window into the private world of a dying person. Compelling reading for students of medici
professionals, Time to Listen will also interest those who consider the broader questions of meaning, spirituality and suffering, especially young people facing their own mortality.
What does it mean to be Black in America? In this book, Pierre W. Orelus uses his poetry to unpack this question, unmasking racism, sexism, and oppression in America. The 59 poems in this collection deal with a wide range of topics, from immigration to xenophobia, from Black pride to Black rage, from parenting to female empowerment.
What does it feel like to find yourself in the grip of a 15-foot Great White shark? To be struck not once but twice by lightning? Here are 40 incredible true-life stories of people who lived through the most harrowing experiences you could imagine. In some cases, they stared death right in the face; in others, they wished they could die but somehow found the strength to go on. A remarkable group of survivors explain, in their own words, what it
brainwashed by a cult, buried by an avalanche, attacked by a crocodile, and much more. What they have to say will surprise and enlighten, and certainly satisfy our curiosity about what it means to go to the very edge...and come back.
Interviews with adopted children and adoptive families about their experiences and feelings concerning adoption.
It Feels Good to Be Me!
How it Feels to be Fifty
How It Feels to Be Adopted
So This Is How It Feels to Be a Wife
The Philosophical Review
Winner of the Benjamin L. Hooks National Book Award Winnter of the Michael Nelson Prize of the International Association for Media and History In 1964, Nina Simone sat at a piano in New York's Carnegie Hall to play what she called a "show tune." Then she began to sing: "Alabama's got me so upset/Tennessee made me lose my rest/And everybody knows about Mississippi Goddam!" Simone, and her song, became icons of the civil rights movement. But her confrontational style was not the only path taken by black women entertainers. In How It Feels to Be Free, Ruth Feldstein examines celebrated black women performers, illuminating the risks they took, their roles at home and abroad, and the ways that they raised the issue of gender amid their demands for black liberation. Feldstein focuses on six women who made names for themselves in the music, film, and television industries: Simone, Lena Horne, Miriam Makeba, Abbey Lincoln, Diahann Carroll, and Cicely Tyson. These women did not simply mirror black activism; their performances helped constitute the era's political history. Makeba connected America's struggle for civil rights to the fight against apartheid in South Africa, while Simone sparked high-profile controversy with her incendiary lyrics. Yet Feldstein finds nuance in their careers. In 1968, Hollywood cast the outspoken Lincoln as a maid to a white family in For Love of Ivy, adding a layer of complication to the film. That same year, Diahann Carroll took on the starring role in the television series Julia. Was Julia a landmark for casting a black woman or for treating her race as unimportant? The answer is not clear-cut. Yet audiences gave broader meaning to what sometimes seemed to be apolitical performances. How It Feels to Be Free demonstrates that entertainment was not always just entertainment and that "We Shall Overcome" was not the only soundtrack to the civil rights movement. By putting black women performances at center stage, Feldstein sheds light on the meanings of black womanhood in a revolutionary time.
Do What You Gotta Do examines the role of black female entertainers in the Civil Rights movement.
"I had no idea how free we were. That's how free I was."An old friend, a best friend, a first love and the dreamer Neil Cronk who connects them all...Four school friends are on the verge of adulthood and the next 12 hours will change the course of their lives... Friendships will be broken, virginity lost, love unleashed and secrets buried.A decade later, one is dead, one is famous, two are getting married, and the truth is about to erupt. Wildly funny, brutal, tender and true, How It Feels is a coming-of-age story set in Sydney's Sutherland Shire with stopovers in Bathurst and London. Brendan Cowell's electrifying debut novel is a devastating ode to youth, capturing the beauty of growing up by the beach, and the darkness which moves beneath its surface. Because this is how it feels.
It feels good to be me! You cant help but smile when you say it because you know in your heart its true. You were born with the inner knowing that you are filled with only good feelings like happiness, joy, peace, comfort, security, elation and love. In your heart you feel this truth. This is who you really are. The main character in this story lives from her heart but she also understands that feeling good is choice. As the story unfolds you see the life she has created for herself. Her life is filled with joyful experiences because she pays attention to her feelings and thoughts. When her feelings are not in alignment with what she knows to be true, she also knows that she is empowered to create a new thought, a new feeling to live the life she desires. You can too! This book will show you the ways to live from your heart and create the life you truly desire.
How it Feels to be a Child
How It Feels
Permission to Feel
How It Feels When a Parent Dies
A Memoir - Attempting Suicide and Finding Life
How It Feels To Be A BoatHarperCollins
In this vivid and involving piece of literary reportage, Fran Abrams follows a group of young people for a year, at school and at home. What exactly does it feel like to be a teenager today?
An international journal of general philosophy.
Unlocking the Power of Emotions to Help Our Kids, Ourselves, and Our Society Thrive
How It Feels To Be A Boat
How Does It Feel to Be a Problem?
How it Feels to Be Attcked by a Shark