

100 Hugs A Little Book Of Comfort

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The Tiny Book of Hugs - Kathleen Keating 1992

This is a companion volume to The Little Book of Hugs, which introduces the reader to a new dimension of hug therapy - that hugs have their own special language.

Peacebunny Isl and Caleb Smith 2022-03-08

The incredible true story of a boy who is changing the world through kindness . . . one bunny at a time. Meet Caleb Smith: a young man who, at age 8, decided to follow his dream to train endangered and rescued rabbits to become therapy animals. Today, 16-year-old Caleb is an entrepreneur who owns and operates a private 22-acre Mississippi River sanctuary called Peacebunny Island. The deal is simple: he saves the rabbits, and they help save us. Driven by an unbreakable desire to spread kindness and compassion, Caleb's adventures include:

Founding a program of therapy rabbits who visit with veterans, senior citizens, families with special needs, and much more Embarking on a quest along the Mississippi River to develop the site that would become Peacebunny Island Overcoming challenges and obstacles along the way, while never giving up Becoming an advocate for animal rescue, comfort animal training, and endangered species preservation Inspiring hope and possibility in the next generation of young people. Readers who love animal stories like We Bought a Zoo, Watership Down, and Marley & Mewill treasure Peacebunny Island--an unforgettable journey of determination and faith destined to touch hearts around the world.

She Went Out on a Limb Sandy Gingras 2013-03-05

"She went out on a limb, had it break off, and realized she could fly." We've all been there on occasion. We've over-reached and achieved success by reaching deep within, rallying, and overcoming life's difficulties and challenges that would keep us from our goals. For every woman who has said, "I can" in place of, "I can't," author and illustrator Sandy Gingras offers inspiration inside *She Went Out on a Limb*, an illustrated list book of positive and affirming phrases, some original, some quoted. *She Went Out on a Limb* offers the inspirational power of words for putting your heart on the line, the value of dreaming and hope, trusting yourself, combating fear and adversity, getting out of your own way, not thinking too much, avoiding procrastination, stirring up inspiration, loving yourself, believing in yourself, and just doing it. The thoughtful and poetic prose along with original watercolor illustrations combine to focus on the positive and remind you to combat fear and adversity through affirmation in your own beliefs and abilities. The limb may break, but the flight holds exhilarating promise.

A Gentle Hug for the Soul - Lindsay Coldrick 2018-10-22

HIGHLY COMMENDED in the Soul&Spirit Book Awards 2019 for Best Spiritual Real Life Story, this is a book you are going to want to read. Providing you with really simple ways to manage stressful situations. Divorce, bereavement, house move, job loss, marriage, pregnancy, new

business

Ani Trime's Little Book of Affirmations - Ani Trime 2019-10-15

This beautiful little volume combines 52 accessible and open-hearted affirmations from the beloved Tibetan Buddhist teacher Ani Trime with illustrated interpretations from a wide range of popular contemporary artists.

Hugs to Encourage and Inspire - John Smith 1997-02

Something wonderful happens when a hug is shared. You express love, forgiveness, acceptance, and encouragement that flows from your heart. Hugs generate warmth and affection, and nurture lasting bonds of friendship. Within the pages of this very special book, you'll find a hug after hug filled with inspiration and refreshment for yourself and the ones you love.

Warm stories by the beloved storyteller John William Smith, personalized Scriptures by LeAnn Weiss, uplifting quotes by various well-known people, and inspirational messages by an "anonymous disciple" come together to form enduring hugs that warm the heart. Make something wonderful happen. Share a hug today!

How to Live in Flip-Flops - Sandy Gingras 2009-05

Simple prose and watercolor illustrations offer tips for living a simple, relaxed lifestyle by slowing down and finding happiness in the little things of life.

The Little Book of Hugs Kathleen Keating 1986
hug An affectionate embrace What dictionary definitions fail to point out is that hugging feels good and that, among its many benefits, a hug can dispel loneliness, overcome fear, help curb appetite and even slow down aging. With a cheerful mix of whimsy and seriousness, Kathleen Keating provides in this collection a small armoury of affection which is guaranteed to promote health and happiness and to equip the reader with the restorative skills of a qualified hug therapist.

Starhug - Cindy Wong 2021-07

A magical book about a star and sea star waking up one day and feeling grumpy. Join them on their emotional journey of hope and healing by finding kindness, an inclusive community and a hug always helps.

Hug? - Charlene Chua 2020-09-01

How many hugs is too many? After coughing up a hairball, a girl's cat doesn't feel well. She gives her cat a hug, which makes the cat feel much better. A dog notices and asks for a hug, too. And then some ducks come along. And a skunk . . . and a bear — and a porcupine! One animal after another asks the girl for a hug until she's simply had enough. How much more of this can she take? Sometimes a hug is just what you need. And sometimes, it's just NOT!

Paper Towns - John Green 2013

Quentin Jacobson has spent a lifetime loving Margo Roth Spiegelman from afar. So when she cracks open a window and climbs into his life - dressed like a ninja and summoning him for an ingenious campaign of revenge - he follows. After their all-nighter ends, Q arrives at school to discover that Margo has disappeared.

I Believe in You - Sandy Gingras 2013-04-01
Sandy Gingras brings her popular, hallmark style of a few, carefully chosen words and amusing watercolors to this enchanting, heartfelt book that celebrates the many ways you can encourage and support someone. This is the perfect gift to let those you care about know you believe in them.

The Little Book of Hugs - Lois Blyth 2013-02-14

A hug is one of the most basic ways two (or more) human beings touch. There is power in a hug. A hug can break down barriers that sometimes words cannot. At times, it can speak more than any words can say. We bond with a hug. We find comfort with a hug. We greet and separate from each other with a hug. We establish human contact and interaction with a hug. The beauty of a hug is in its simplicity. The gesture towards another human being, known or unknown, is easy. It costs nothing but is a simple act of caring and kindness. The Little Book of Hugs looks at all aspects of hugging, from stress-reducing health benefits to hugging etiquette, different hugs for different occasions, hugging quotes and anecdotes, and information about the hugging "community". This beautifully illustrated book has been created as a gift that is a joy to give as well as receive, and will enrich the life of whoever reads it.

The Comfort Book - Matt Haig 2021-07-06

An instant New York Times Bestseller! The new uplifting book from Matt Haig, the #1 New York

Times bestselling author of *The Midnight Library*, for anyone in search of hope, looking for a path to a more meaningful life, or in need of a little encouragement. Named by *The Washington Post* as one of the best feel-good books of 2021. "It is a strange paradox, that many of the clearest, most comforting life lessons are learnt while we are at our lowest. But then we never think about food more than when we are hungry and we never think about life rafts more than when we are thrown overboard." **THE COMFORT BOOK** is Haig's life raft: it's a collection of notes, lists, and stories written over a span of several years that originally served as gentle reminders to Haig's future self that things are not always as dark as they may seem. Incorporating a diverse array of sources from across the world, history, science, and his own experiences, Haig offers warmth and reassurance, reminding us to slow down and appreciate the beauty and unpredictability of existence.

The Big Book of Hugs - Nick Ortner
2016-01-21

Barkley the Bear is now ready to continue his family's business, which involves taking care of everyone in the forest. What a job! Barkley worries that he will not be able to provide the care necessary for everyone, but he soon finds out how easy it is to help others, and how much you can get in return. *New York Times* best-selling author Nick Ortner, along with Alison Taylor, take you on a memorable journey of what's most important in life: Kindness, hugs, and a little bit of work.

The Book Thief - Markus Zusak 2007-12-18
#1 NEW YORK TIMES BESTSELLER • ONE OF TIME MAGAZINE'S 100 BEST YA BOOKS OF ALL TIME The extraordinary, beloved novel about the ability of books to feed the soul even in the darkest of times. When Death has a story to tell, you listen. It is 1939. Nazi Germany. The country is holding its breath. Death has never been busier, and will become busier still. Liesel Meminger is a foster girl living outside of Munich, who scratches out a meager existence for herself by stealing when she encounters something she can't resist—books. With the help of her accordion-playing foster father, she learns to read and shares her stolen books with her neighbors during bombing raids as well as with

the Jewish man hidden in her basement. In superbly crafted writing that burns with intensity, award-winning author Markus Zusak, author of *I Am the Messenger*, has given us one of the most enduring stories of our time. "The kind of book that can be life-changing." —*The New York Times* "Deserves a place on the same shelf with *The Diary of a Young Girl* by Anne Frank." —*USA Today* **DON'T MISS BRIDGE OF CLAY, MARKUS ZUSAK'S FIRST NOVEL SINCE THE BOOK THIEF.**

Tiny T. Rex and the Impossible Hug - Jonathan Stutzman 2019-03-05

Tiny T. Rex has a HUGE problem. His friend Pointy needs cheering up and only a hug will do. But with his short stature and teeny T. Rex arms, is a hug impossible? Not if Tiny has anything to say about it! Join this plucky little dinosaur in his very first adventure—a warm and funny tale that proves the best hugs come from the biggest hearts. Introducing an unforgettable character on the picture book scene, Tiny T. Rex will stomp into the hearts of readers in this winning new series.

A Book of Hugs - Dave Ross 2000-12-05

Describes a variety of hugs, including people hugs, blanket hugs, and birthday hugs, and presents facts and hints about hugs.

How to Live at the Beach - Sandy Gingras 2001

With delightful illustrations and simple prose, Sandy Gingras strips away the complicated, structured way of life we cling to and helps us find perspective and appreciation in simple things - like the beach. *How to Live at the Beach* is a gift book that is at home anywhere, on any coast, or far from it. For the beach is only a metaphor, and with every reading we are awakened: How we might live, how we can pace ourselves, how we can appreciate our world, how we can love.

Hugga Loula - Nancy Dearborn 2021-03-02

When you're unhappy, the first thing you really need is a hug . . . and this book, of course.

The Hand Hug - Niki Spears 2020-08-12

It's a wonderful day, the first day for Baelor at a new school. Baelor, however, is feeling anxious. As she prepares to leave, she notices worry bubbles forming above her head: "Will people like me?" "Who will sit with me at lunch?" "Will I make friends?" The more Baelor worries about

these things, the more negative thoughts seem to follow her throughout her day. She feels anxious and finds it very difficult to be in the moment. That's when her teacher approaches her with a smile. Noticing that Baelor is worried, she introduces her to the hand hug. Almost immediately, all of her worries disappear and Baelor realizes that everything will be alright. Join Baelor on her first day at school and learn how the hand hug works and how she learns to use it to feel better and even help others.

I'm Going to Give You a Polar Bear Hug! -

Caroline B. Cooney 2020-10-06

Imagine all the cozy, warm hugs little ones love to receive on cold, blustery days. This highly huggable sequel to the bestselling and beloved *I'm Going to Give You a Bear Hug!* encourages parents and grandparents and their children and grandchildren to giggle and play as they cozy up for their own celebration of the winter season.

From acclaimed author and illustrator pair Caroline B. Cooney and Tim Warnes comes *I'm Going to Give You a Polar Bear Hug!*, a delightful padded board book with adorable, cuddly illustrations that inspire children to get cozy and as they follow along with a story overflowing with winter fun. Imagine who might stomp, sled, and swish through the snow to give a warm hug in these whimsical rhymes and sweet, playful illustrations. Then laugh and play your way through this celebration of the winter season. *I'm Going to Give You A Polar Bear Hug!*: Is a perfect cuddle-up-and-snuggle padded board book for kids age 0 to 4, babies and toddlers alike. Is written by bestselling author Caroline B. Cooney with adorable illustrations by Tim Warnes Is the follow-up to the highly successful *I'm Going to Give You a Bear Hug!*, read to over 100,000 children, resulting in at least that many hugs Makes a wonderful Christmas and birthday gift Has a cover adorned with glitter for sparkle and shine

What a Woman Needs - Sandy Gingras 2009-01-01

I wrote this book because I needed to. . . . I had forgotten about life in the process of living. . . . What we really need in life is simple . . . and, most of it, we already have. This book reminded me of how full my life really is." --Sandy Gingras For the world's three billion-plus women, an illustrated list of what really matters most. Less

gravity, good lighting, words of affection, to escape from her own head, romantic comedies, an off switch--these are among the charming and unique entries Sandy Gingras lists as necessities for the female existence. Chocolate and an elastic waistband are obviously included.

Gingras's relaxed watercolor images meld with her compelling, poetry-like verse to help strip away life's day-to-day complications and strife. This is a book you will buy both to keep and to give as a gift.

Don't Hug Doug - Carrie Finison 2021-01-26

Meet Doug, an ordinary kid who doesn't like hugs, in this fun and exuberant story which aims to spark discussions about bodily autonomy and consent--from author Carrie Finison and the #1 New York Times bestselling illustrator of *The World Needs More Purple People*, Daniel Wiseman. Doug doesn't like hugs. He thinks hugs are too squeezey, too squashy, too squooshy, too smooshy. He doesn't like hello hugs or goodbye hugs, game-winning home run hugs or dropped ice cream cone hugs, and he definitely doesn't like birthday hugs. He'd much rather give a high five--or a low five, a side five, a double five, or a spinny five. Yup, some people love hugs; other people don't. So how can you tell if someone likes hugs or not? There's only one way to find out: Ask! Because everybody gets to decide for themselves whether they want a hug or not.

At the Beach House - Sandy Gingras

2004-04-01

How to keep track of all those people leaving sandy footprints in your life? With this clever guest book that allows visitors to leave their own lasting impressions. Includes an envelope for mementos; bound to lay flat when open.

Lessons of a Turtle - Sandy Gingras 2009-03-17

Long ago, Sandy Gingras read "The Tortoise and the Hare," a fable that teaches "slow and steady wins the race." But she didn't learn the lesson! Instead she lived the race of hurry-up and do-it-all every day. And it was tiring. But now, Gingras presents readers with a different kind of lesson from a different kind of turtle in the charming book *Lessons of a Turtle*. And it's a good lesson: Go with the slow! Life is about enjoying what's around you now and finding your own path. It's about the beauty of the journey more than the achievement of the finish line. So be like the

turtle . . . notice, savor, bask, risk, grow. Put some life back in your life! Gingras helps readers get through life by using charming "turtlisms" that complement her just-as-cute turtle illustrations. She teaches us about life's little lessons with little treats like, "You can't move forward until you stick your neck out." and "The slower you go, the more you see." The author's little observations make a big difference on the journey through life. This book makes a lovely and inspiring gift.

Reasons to Be Happy - Sandy Gingras

2009-05-01

In *Reasons to Be Happy*, Sandy Gingras shares a heartfelt and eclectic list of things that should make everyone smile, all illustrated with her unique watercolor painting. From puppies in a basket to a walk in the garden to the quiet of early morning, each reason is a reminder that there is so much around us to be happy about. The perfect gift for any occasion, *Reasons to Be Happy* will put a smile on your face and a skip in your step! A few reasons to be happy: * That clean-as-a-whistle feeling of the world when the sun pops out after a rainstorm * Summer nights . . . catching fireflies on the lawn * Hearing an old song on the radio * When he calls you just to hear the sound of your voice * Politeness * Mini hot dogs at a fancy party

Hints on Child-training - Henry Clay Trumbull
1893

As Christmas approaches, Katie makes time to help others find the Christmas spirit as the magic wind first switches her with a Christmas tree farm employee, then with an unusual character at North Pole Winter Fun Park.

A Hug For You- David King 2021-11-04

IRISH BOOK AWARDS' CHILDREN'S BOOK OF THE YEAR 2021 Nothing warms us up quite like a hug, but what can we do when we can't be together? This is the story of a new hug's adventure and the boy who shared it with the world. Adam King stole the hearts of the nation when he introduced us to his Virtual Hug, a heart-shaped sign he carried during the COVID-19 pandemic to help him stay connected to his teacher while he was learning from home. He also took it to his regular hospital appointments to show his doctors, nurses, and care staff that he was still giving them a hug, just in a different way. This picture book,

inspired by true events, tells the story of one little boy with a big idea that came straight from the heart. The virtual hug makes its way onto mugs, postage stamps and even all the way to outer space, spreading warmth and connection to people all over the world. _____ 'A

gorgeous, moving book' Irish Times

100 Hugs - Chris Riddell 2017-01-10

This gorgeous collection of hugs from Children's Laureate Chris Riddell is the perfect gift for a loved one, or to cheer yourself up on a dark day. It covers every possible type of hug you can think of, but one thing is for certain: every one will touch your heart.

Little Miss Hug - Adam Hargreaves 2014-12-26

Little Miss Hug's favorite thing in the world is giving hugs. And it looks like lots of folks are in dire need of one! Out just in time for Valentine's Day, here is the perfect book for anybody who needs a little pick-me up--whether you buy this book for yourself or a loved one!

Priscilla and Rosy - Sharon Jennings 2001

Priscilla lives in an alley behind a restaurant. Her best friend, Rosy, lives across the gutter near an ice cream store. One Sunday evening, Priscilla promises Rosy to visit her first thing in the morning to work on a new puzzle. Then, Priscilla is invited for a boat ride with her friend, Rudolph. Priscilla has never been on a boat so she happily accepts the invitation. But what about her promise to visit with Rosy? She will tell Rosy she is sick! But that's a fib. Suddenly, Priscilla feels ratty. What to do....? Priscilla and Rosy is a charming morality tale about loyalty to friends. This read-along edition is narrated by Julie Lawson. Ages 4-8

Out of My Mind - Sharon M. Draper 2012-05

Considered by many to be mentally retarded, a brilliant, impatient fifth-grader with cerebral palsy discovers a technological device that will allow her to speak for the first time.

I Love You, Because... - Sandy Gingras

2012-10-01

I Love You Because . . . is a gift from one tender-hearted lover to another. Whether it's to celebrate an anniversary, a gift for Valentine's Day, or a "just because" expression of your love, *I Love You Because* . . . is the perfect way to show someone you care. Written in Gingras's hallmark style of a few, carefully chosen words and accompanied by her warm and amusing

watercolors, the book has great insight about love and happiness and what really matters in this life.

The Rabbit Listened - Cori Doerrfeld 2018-02-20

A moving and universal picture book about empathy and kindness, sure to soothe heartaches big and small—now a New York Times bestseller and a perfect gift for any special occasion When something sad happens, Taylor doesn't know where to turn. All the animals are sure they have the answer. The chicken wants to talk it out, but Taylor doesn't feel like chatting. The bear thinks Taylor should get angry, but that's not quite right either. One by one, the animals try to tell Taylor how to act, and one by one they fail to offer comfort. Then the rabbit arrives. All the rabbit does is listen . . . which is just what Taylor needs. With its spare, poignant text and irresistibly sweet illustration, The Rabbit Listened is about how to comfort and heal the people in your life, by taking the time to carefully, lovingly, gently listen.

Tiny Noticeable Things - Adrian Webster
2021-03-30

TINY NOTICEABLE THINGS DISCOVER HOW TINY CHANGES AND ACTIONS CAN REVOLUTIONISE CUSTOMER AND EMPLOYEE SATISFACTION TNTs are Tiny Noticeable Things. People don't need to do them, but when they do, they can have a phenomenal and explosive impact. From remembering someone's first name and recalling how they prefer to take their coffee, to sending someone a handwritten 'thank you' note, they are all the little cost-nothing engagers that create the biggest, longest-lasting impressions. They show you care, they blow people away, and they make a very big difference. In Tiny Noticeable Things, best-selling author Adrian Webster shares his ideas along with the personal experiences of over 100 contributors to help you harness the power of TNTs and take your organisation and personal relationships to the next level. Discover the tiny tweaks that elevate the most successful teams to astounding heights, find out what makes employees genuinely happy, hear from customers about the subtle 'human' touches that have put smiles on their faces, and gain invaluable insights into how just the smallest of things can give such a positive lift to those around us. If you want to differentiate yourself,

don't overlook the TNTs! WARNING - THIS BOOK COULD SERIOUSLY IMPACT YOUR BUSINESS 'I often say at work no-one can help everyone but everyone can help someone. I once had one of three hundred volunteers on a community build say "I can't believe there's generosity on such a scale." The truth was each of those people gave what they could but the sum of those individual gifts of time and skill built a facility that changed vulnerable people's lives. That for me is what TNTs are all about.'

Nick Knowles - TV Presenter & Motivational Speaker

While We Can't Hug - Eoin McLaughlin
2020-05-19

From the team behind the bestselling The Hug, a heart-warming picture book that shows us ways to be affectionate while social distancing. Hedgehog and Tortoise were the best of friends. They wanted to give each other a great, big hug. But they weren't allowed to touch. "Don't worry," said Owl. "There are lots of ways to show someone you love them." So the two friends wave to each other, blow kisses, sing songs, dance around and write letters. And even though they can't hug and they can't touch, they both know that they are loved. A gorgeous, uplifting, inspiring picture book that makes social distancing fun!

100 Hugs - Sandy Gingras 2013-11-05

From successful author and watercolor artist Sandy Gingras comes one hundred metaphorical hugs in the form of watercolor paintings and inspirational words. This giftable little book is perfect for anyone seeking or offering comfort and solace. There are times in life when all you need to find solace is a small gesture of consolation. 100 Hugs, a collection of everyday comforts, offers such solace. Each hug is a reminder to slow down and take comfort in the little things, from indulging in warm cookies and milk to watching fireflies on a summer evening. Sandy Gingras's "hugs" are the beacons of light that shine through the fog of everyday life. Sandy Gingras's uplifting words illustrated with her original watercolor art create pretty little "hugs." These hugs are perfect to give as a gift or to keep for your own personal growth. They are nourishment for the body, mind, and soul, reminding you to take a step back and become that flourishing version of you again.

Things I've Learned about Loss - Dana Shields
2020-08-25

Things I've Learned About Loss offers a comforting shoulder to anyone looking for advice on how to process loss and grief. Author Dana Shields, who lost her brother in a plane crash, shares her insight and offers comfort and companionship to readers in mourning. This heartfelt book of wisdom is a beacon of hope to help readers aching to find a new normal. • Loosely guided by the stages of grief • Helps those experiencing grief feel less alone • A beautiful, simple, and sincere book on bereavement When people experience a loss, it's hard to know what to do or say. Things I've Learned About Loss helps reinforce the message that those grieving are not alone or wrong in their grief, even if it sometimes feels that way. • Features earnest content and reassurance that

grief is normal • A good pick for those grieving and struggling to cope with the loss of a loved one, or for anyone who is looking for something to help and soothe their grief • You'll love this book if you love books like It's OK That You're Not OK: Meeting Grief and Loss in a Culture That Doesn't Understand by Megan Devine; There Is No Good Card for This: What to Say and Do When Life Is Scary, Awful, and Unfair to People You Love by Dr. Kelsey Crowe and Emily McDowell; and The Hot Young Widows Club: Lessons on Survival from the Front Lines of Grief by Nora McInerny.

Cooking with Love - Carla Hall 2013-11-12
Collects one hundred twenty-five recipes that adapt favorite comfort foods for overall taste enhancement, including spicy carrot ginger soup, chicken pot pie and five-flavor pound cake.