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The Last Black Unicorn Layla, the Last Black Unicorn DOCONON Mimi and the Last Black U

The Last Black Unicorn 2017-12-05

new york times bestseller an inspiring story that manages to be painful honest shocking bawdy and hilarious the new york times book review from stand up comedian actress and breakout star of girls trip tiffany haddish comes the last black unicorn a sidesplitting hysterical edgy and unflinching collection of extremely personal essays as fearless as the author herself growing up in one of the poorest neighborhoods of south central los angeles tiffany learned to survive by making people laugh if she could do that then her classmates would let her copy their homework the other foster kids she lived with wouldn t beat her up and she might even get a boyfriend or at least she could make enough money as the paid school mascot and in demand bar mitzvah hype woman to get her hair and nails done so then she might get a boyfriend none of that worked and she s still single but it allowed tiffany to imagine a place for herself where she could do something she loved for a living comedy tiffany can t avoid being funny it s just who she is whether she s plotting shocking jaw dropping revenge on an ex boyfriend or learning how to handle her newfound fame despite still having a broke person s mind set finally poised to become a household name she recounts with heart and humor how she came from nothing and nowhere to achieve her dreams by owning sharing and using her pain to heal others by turns hilarious filthy and brutally honest the last black unicorn shows the world who tiffany haddish really is humble grateful down to earth and funny as hell and now she s ready to inspire others through the power of laughter

Layla, the Last Black Unicorn 2022-05-10

from beloved comedian actress and new york times bestselling author tiffany haddish comes layla the last black unicorn a hilarious original picture book tale about a lovable but awkward unicorn who learns why her uniqueness is her biggest strength it s not easy to fit in when you stand out when layla arrives for her first day of school at unicornia the school for unicorns she realizes that she s not like the other kids there they re all pastel colors and know the rules to horn ball and none of them come from the woods like layla does try as she might to make friends layla s just different but when her class gets lost during a field trip to the fiddle dee deep forest it s up to layla to step up and save the day layla the last black unicorn is a hilariously heartwarming picture book about self acceptance self esteem and standing up for standing out by new york times bestselling author grammy award winning comedian and actress tiffany haddish and jerdine nolen author of the coretta scott king honor book thunder rose

Summary of Tiffany Haddish's The Last Black Unicorn 2022-03-08T22:59:00Z

please note this is a companion version not the original book sample book insights 1 i had a lot of problems in school because i was constantly being made fun of for my mom s looks i would take scissors and cut off my horn because that is what the kids would say about me 2 my grandma was wrong about the wart being a mole it was actually a wart and she took me to the doctor to have it removed she told me that warts are caused by nasty people who do nasty things but in reality they are caused by hpv 3 i went to a school called el camino real which was 3 percent black it was mostly white and hispanic and asian and they were all rich i was bused from south central la i would try to write audie letters but i was illiterate 4 i was told i was stupid every day growing up i believed i was stupid so i didn t think i could do it i never tried as an adult i worked at the airline and one of my coworkers called me stupid

Mimi and the Last Black Unicorn 2019-08-18

a little girl named mimi and some unexpected friends make it their business to make some changes in their town this family book allows the family to discuss healthy conversations about accepting other s differences and learning tolerance spreading peace and not division
Black Unicorn 2015-04-30
nobody knew where it had come from or what it wanted not even jaive the sorceress could fathom the mystery of the fabled beast but tanaquil jaive s completely unmagical daughter understood it at once she knew why the unicorn was there it had come for her it needed her tanaquil was amazed because she was the girl with no talent for magic she could only fiddle with broken bits of machinery and make them work again what could she do for a unicorn
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Can Laughter Make the World a Better Place? 2022-04-04

on one side is snide arrogant dismissive sexist racist homophobic transphobic and otherwise abusive laughter on the other side is laughter that is warm and supportive compassionate and forgiving encouraging lifting and healing and there is so much in between such great differences in laughter lead to the question can laughter make the world a better place this book uses television shows like m as h and malcolm in the middle movies like zombieland and life is beautiful novels like a confederacy of dunces and the sellout insights by neuroscientists philosophers painters social and political scientists and an undocumented man and his daughter as well as ideas from people like c s lewis sigmund freud brene brown tiffany haddish and hannah gadsby to answer that question

The Black Unicorn 2012-10-12

despite the warnings of his father the great white unicorn blackie ventures from his secure refuge in the heart of the forest into the restless striving world of humans his travels take him from the peaceful shrine at the top of the world to the burning dragon pit at its bottom blackie meets monsters and beasts and humans of every rank from beggars gypsies peasants and priests to knights nobles and his irrepressible irresistible princess he learns the joys of love friendship and a well baked bowl of cookies as well as the miseries of sickness treachery and death ultimately he learns what it means to be unicorn a holy beast to the humans with his celebrated horn of violence in battle and healing in sickness

Black Magic 2017-06-18

inspired by the new diversity of science fiction fantasy and horror in the twenty first century hot equations science fantasy and the radical imagination on a troubled planet confronts the kinds of literary and political realism that continue to suppress the radical imagination alluding both to the ongoing climate catastrophe and to tom godwin s the cold equations that famous touchstone of hard science fiction hot equations reads the crises of our post normal moment via works that increasingly subvert genre containment and spill out into the public sphere drawing on archives and contemporary theory author jesse s cohn argues that these imaginative works of science fiction fantasy and horror strike at the very foundations of modernity calling its basic assumptions into question they threaten the modern order with a simultaneously terrible and promising anarchy pointing to ways beyond the present medical ecological and political crises of pandemic climate change and rising global fascism examining books ranging from well known titles like the hunger games and the caves of steel to newer works such as under the pendulum sun and the stone sky cohn investigates the ways in which science fiction fantasy and horror address contemporary politics social issues and more the cold equations that established normal life in the modern world may be in shambles cohn suggests but a new black fantastic makes it possible for the radical imagination to glimpse viable possibilities on the other side of crisis

Hot Equations *2024-05-15*

zofia trickenbod a sorceress from another planet is stuck on modern day earth things have been quiet for the past three years until one morning she finds her long lost husband dorian on her doorstep and he s undead meanwhile the evil wizard vaseelyod blood is hypnotizing zofia s neighbors in order to get the magical stone of irdisi back

from her and maybe kill zofia in the process after blood abducts her children zofia has to deal with a nasty demon get past a dragon deal with a lamia save her children and tell her boyfriend that her husband is back spell of the black unicorn is a romantic fantasy adventure with hunky vampires evil wizards and unicorns what more could you want

Spell of the Black Unicorn 2022-02-01

how have black women elders managed stress in black women's yoga history stephanie y evans uses primary sources to answer that question and to show how meditation and yoga from eras of enslavement segregation and migration to the civil rights black power and new age movements have been in existence all along life writings by harriet jacobs sadie and bessie delany eartha kitt rosa parks jan willis and tina turner are only a few examples of personal case studies that are included here illustrating how these women managed traumatic stress anxiety and depression in more than fifty yoga memoirs black women discuss practices of reflection exercise movement stretching visualization and chanting for self care by unveiling the depth of a struggle for wellness memoirs offer lessons for those who also struggle to heal from personal cultural and structural violence this intellectual history expands conceptions of yoga and defines inner peace as mental health healing and wellness that is both compassionate and political

Black Women's Yoga History 2021-03-01

go deeper than the black history you may think you know black american history for dummies reveals the terrors and struggles and celebrates the triumphs of black americans this handy book goes way beyond what you may have studied in school digging into the complexities and the intrigues that make up black america from slavery and the civil rights movement to black wall street juneteenth redlining and black lives matter this book offers an accessible resource for understanding the facts and events critical to black history in america the history of black americans is the history of americans americans dance to black music read black literature watch black movies and whether they know it or not reap the benefits of the vibrant political athletic and sociological contributions of black americans with this book you can dive into history culture and beyond see how far there s yet to go in the approach to studying black american culture and ending racism get the authoritative story on the growth and evolution of black america from slavery reconstruction jim crow the civil rights era through to today discover the black artists musicians athletes and leaders who have made the united states what it is develop a fuller understanding of concerns about police brutality and other front and center race issues find out how every aspect of american life connects to black history black american history for dummies is for anyone who needs to learn or re learn the true history about black americans

Black American History For Dummies 2021-04-14

50 million terry brooks copies sold around the world terry s place is at the head of the fantasy world philip pullman an outcast king fights for his throne a year has passed since ben holiday bought the magic kingdom and claimed the throne despite the machinations of the wizard meeks three loyal friends had come to his aid the incompetent court wizard questor thews the court scribe abernathy a talking dog and the lovely willow who was sometimes a tree now ben dreamt of a former partner miles bennett in grave trouble but when he returned to earth miles was in the best of spirits his home coming to landover was shattered by the disappearance of willow and the partial destruction of questor s books of magic not only that no one seemed to recognise ben himself and meeks had taken on ben s appearance and the role of king ben holiday and his kingdom were in deep trouble praise for terry brooks a master of the craft required reading brent weeks i can t even begin to count how many of terry brooks s books i ve read and re read over the years patrick rothfuss author of the name of the wind i would not be writing epic fantasy today if not for shannara peter v brett author of the painted man if you haven t read terry brooks you haven t read fantasy christopher paolini author of eragon

The Black Unicorn 2010-02-04

1980

the sleep meditations in this beautifully illustrated book are written specifically to help the reader slow down a busy mind let go of the day and relax into a restful night s sleep all the senses are gently engaged to enhance the process and research now shows that imagining a sea breeze or a still lake is as mentally beneficial as being there similarly meditations included help the reader to put down their worries and turn them over to the unconscious world and welcome in calm and restoring energy the visual design of the book has been created to enhance the relaxing reading experience with plenty of space to breathe meditations include the bridge to calling in cleansing energy letting go of the day the easy path cutting threads still lake coming home candle gazing you re ok it s ok meeting your guides ocean breeze maybe it s magic

Sleep Meditations 2020-08-06

from the small screen to the big time jordan peele and keegan michael key have made waves across the united states and the world branching out beyond comedy the two have been involved in hit feature films and their innate ability to combine comedy with a sharp sense for social commentary has put them on the path toward continued success in an industry that has not had many african american superstars inspire your readers with this biography of two giants in comedy

Jordan Peele and Keegan-Michael Key 2019-07-15

queer theory asserts linda garber alternately buries and vilifies lesbian feminism missing its valuable insights and ignoring its rich contributions rejecting the either or choice between lesbianism and queer theory she favors an inclusive approach that defies current factionalism in an eloquent challenge to the privileging of queer theory in the academy garber calls for recognition of the historical and intellectually significant role of lesbian poets as theorists of lesbian identity and activism the connections garber shows are most clearly seen when looking at the pivotal work of working class lesbians of color whose articulations of multiple simultaneous identity positions and activist politics both belong to lesbian feminism and presage queer theory identity poetics includes a critical overview of recent historical writing about the women s and lesbian feminist movements of the 1970s discussions of the works of judy grahn pat parker audre lorde adrienne rich and gloria anzaldúa and finally a chapter on the rise and hegemony of queer theory within lesbigay studies

Identity Poetics 2001-10-17

it s time to turn up no more trauma celebrates the power of owning our stories and making peace with the past buried beneath the story of every trauma survivor lies an inner strength and indestructible body of truth capable of changing the trajectory of their lives this volume paves the way for kindred spirits by rolling out compassionate and battle tested guidance for tapping into the inner strength required to reframe and transform painful life events into opportunities for growth lady d drops the mic on lessons learned positive affirmations life skills self care routines and spiritual insight used to mitigate the adverse effects of trauma arising during a seventeen year stay in foster care you will discover how to use your gifts and talents and spirit of creativity to navigate pathways for healing within reach to open doors for living your best life and experiencing positive life change

It's Time To Turn Up! No More Trauma 2023-01-01

an inspiring collection of pithy easy to recall one liners and quotable short passages from historic and contemporary thought leaders throughout the african diaspora famous black quotations first published in 1986 has long been the go to resource for the eloquent words of black history makers in this new expanded edition famous black quotations for the twenty first century editor janet cheatham bell includes the words of people who have come to prominence in recent decades such as barack and michelle

obama alicia garza john legend colin kaepernick kamala harris and nikole hannah jones bestselling author bell has curated more than five hundred quotes along with dates sources and biographical information of the people quoted this guide to significant events in the experiences of people of african descent can be used to educate and inspire much has changed in the past few decades as black americans speak out to demand fair treatment and equal opportunity and famous black quotations for the twenty first century has been updated and repackaged to inspire a new generation

Still Rising 2023-01-24

four towers is a thrilling tale of good versus evil it is second and final book from the series called zondon alliance and the order of inquisition as zondon was attacked over and over by the forces of evil attorand came back from retirement and he disclosed the secret about who is behind the evil and how to overcome the forces of darkness yet these evil forces had prepared the last show of force and had invaded zondon in an apocalyptic way it was like the armageddon and only a strike of luck could save dmitry and his armies and that luck came through attorand who ultimately uses two weapons so he could save zondon and its people the book is also packed with funny situations

Four Towers 2012-07-10

on this day in comedy is not just an encyclopedia but a celebration of comedy in humorous prose the book takes readers through the often neglected subcultures of comedy in america acknowledging the inclusiveness of the performers as well as shows and films that made this art form so vital to comics of all backgrounds it s artistically criminal that a search for native american or asian comedy information yields a virtually blank slate look for middle eastern comics and you II be provided information on the region s comic book revolution and search results for latin comedy are confined to a series of outdated articles this encyclopedia will offer rare and in some cases never before seen photos and obscure facts making it an indispensable comedy essential

This Day In Comedy 2019-11-04

fifty biographies of groundbreaking outspoken odds defying jewish women serve as inspiration and roadmap for the next generation

"Nice" Jewish Girls 2022-01-25

after a few years spent playing supporting roles in smaller television shows tiffany haddish finally broke out and made a name for herself in the 2017 hit girls trip with a fun exuberant personality and a great sense for comedy she has gone on to star next to some of comedy s biggest names as her career continues to grow in this informative biography readers will learn how haddish has grown from the pain and struggles of her childhood to become a strong new voice for female comedians especially african americans everywhere proving that success will come to those who work for it

Tiffany Haddish 2019-07-15

kevin hart s rise into comedy s upper echelon has been nothing short of meteoric following in the footsteps of other african american comic giants such as eddie murphy and dave chappelle hart brings an over the top energy and undeniable sense of comedic timing to his record breaking stand up performances in this entertaining biography readers will learn more about how he has also broken into the big screen taking on roles with big name movie stars to resounding success

000000 2017-10

a magical guide to subverting manboy power one spell at a time skeptics might think witchcraft is nothing more than a fad but make no mistake modern witches aren t playing around today s wizarding women are raising hell exorcising haters and revving up to fight fire with a fierce inferno of magical outrage magic has always been a weapon of the disenfranchised and in hexing the patriarchy author ariel gore offers a playbook for the feminist uprising full of incantations enchantments rituals and witchy

wisdom designed protect women and bring down the man readers will learn how to make salt scrubs to wash away patriarchal bullshit mix potions to run abusive liars out of town use their bare hands and feet to vanquish bro culture conjure dead relatives to help smash the system and more from summoning ancestors to leveraging the zodiac these twenty six alphabetically inspired spells are ready made recipes for toppling the patriarchy with a dangerously divine they never saw it coming power

Kevin Hart 2019-07-15

ready to write your book so why haven t you done it yet if you re like most nonfiction authors fears are holding you back sound familiar is my idea good enough how do i structure a book what exactly are the steps to write it how do i stay motivated what if i actually finish it and it s bad worst of all what if i publish it and no one cares how do i know if i m even doing the right things the truth is writing a book can be scary and overwhelming but it doesn t have to be there s a way to know you re on the right path and taking the right steps how by using a method that s been validated with thousands of other authors just like you in fact it s the same exact process used to produce dozens of big bestsellers including david goggins s can t hurt me tiffany haddish s the last black unicorn and joey coleman s never lose a customer again the scribe method is the tested and proven process that will help you navigate the entire book writing process from start to finish the right way written by 4x new york times bestselling author tucker max and publishing expert zach obront you Il learn the step by step method that has helped over 1 500 authors write and publish their books now a wall street journal bestseller itself the scribe method is specifically designed for business leaders personal development gurus entrepreneurs and any expert in their field who has accumulated years of hard won knowledge and wants to put it out into the world forget the rest of the books written by pretenders this is the ultimate resource for anyone who wants to professionally write a great nonfiction book

Hexing the Patriarchy 2019-10-15

if you want to discover stress relief strategies to help relieve you from stress worry and anxiety for long term health benefits and wellness keep reading did you know a study by the american psychological association shows that although men and women report the same average stress levels women are much more likely to show physical and emotional symptoms irritability fatigue apathy anxiety and headache are some of the most common symptoms among women women who are stressed are also more prone than men who are stressed to have anxiety and depression a survey mentioned that almost half of all women 49 percent said their stress has increased over the past five years compared to four in 10 39 percent men balancing work social life home life and personal aspirations and dreams can be challenging for the modern woman women are expected to put equal time and effort into home and childcare as they do in work and other roles the pressure to perform well in all of these areas can cause women extreme stress aside from the above mentioned physical symptoms stress can also lead to difficulties in sleeping weaker immune systems and worse medical conditions such as depression heart problems and obesity in addition women can experience problems in their menstrual cycle and or face challenges in getting pregnant due to stress in this complete step by step guide stress management for women effective coping strategies to relieve stress worry and anxiety for long term wellness and stress free living you will discover the three main causes of long term stress and more than 25 ways on how you can avoid them ten go to strategies on how you can relieve stress in the workplace twelve practical tips on how to manage stress at home including an easy to apply technique to delegate chores to family members six common causes of stress in a relationship which you may not be fully aware of and 14 helpful ways you can do to improve it the 10 benefits of finding some time alone to recharge and relax nine of the best tools and apps for stress management with the pros and cons of each discussed in detail to provide ideas on which would suit you best for your lifestyle guick stress management techniques that are simple to apply when faced with a stress situation and need immediate relief and much much more added bonuses bonus 1 guick start action steps at the end of chapters designed to give you fast results in a short amount of time bonus 2 includes a bonus chapter dedicated to busy working moms this book makes stress management simple and practical to do and even if you ve never tried any stress management strategy before or have tried in the past but didn't get results the steps outlined in this book will help manage your stress regardless of situation for working women for students for moms for women in relationships for single women for women on the go for women who need some alone time for women who want to do what they love this book is dedicated to all of you scroll up and click the buy now button today to discover stress relief coping strategies to help you manage stressful situations and benefit you both in the present and in the long term

The Scribe Method 2021-04-15

there are two kinds of people in the world at the present juncture the dreaming awake the sheeple un sheeple the shadow keepers the light bringers many people have one foot in both worlds if you are in limbo awake or want to be this book was made to serve you what you have before you is a masterpiece spawn to pioneer the new renaissance on new earth in this era of the 21st century golden age despite a wee bit of irreverent sass this book is meant to be earnestly undertaken bold predictions are made for the future of our civilization the mass devastation we currently see taking place on the world stage war division conflict corruption crime injustice poverty illness disease pollution wildfires twisters death destruction disaster is all just the purging of a long lineage of un grace if you will there is no other way to rid the planet of it than to draw it to the surface for release to be transmuted to light any stuck pattern program must unearth in order to be gone for good make sense this is what pandora s box is burning means the future of our species depends on it the burning of pandora s box is the catalyst for humanity s final frontier which is world peace ahimsa the law of the land becoming love hence the symbolic transformational feat of the rising phoenix portrayed on the front cover this is the stage in human evolution where everything is coming to a head on purpose to be cleared or burned into the fire of transmutation so peace can be possible man s turning point is god s turn note this book is the final installment of thee trilogy of the ages series which is more like a collection so the books can be read in any order wel come to your life there s no turning back bookonfire press in love we trust self empowerment soul mastery higher learning social justice transformation ahimsa america

Stress Management for Women 2019-10-23

Pandora's Box Is Burning 2021-12-21

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