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Self-care tips to boost your mental health



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Say It Out Loud Ashley Schumacher, 2025-09-30 In this heartfelt magical romcom a down and out podcaster gets a second chance at her career and love when she's cast in the audio drama adaptation of her favorite paranormal romance series alongside the one who got away A deliciously sexy disarmingly poignant and deliriously funny enemies to fake dating to friends to lovers romance Ashley Poston New York Times bestselling author of *The Dead Romantics* and *The Seven Year Slip* Juniper Green doesn't believe in magic anymore Not since her mom died her dreams of a publishing career fizzled and her podcast the one bright spot in her life was stolen out from under her Now at thirty two she's living in her dad's spare room and wondering if life peaked when she was a teenager with a stack of vampire books and an unhealthy obsession with enigmatic immortals Then comes the email an invitation to audition for the lead role in the audio drama adaptation of *The Meadow* the wildly popular vampire romance series that defined her teenage years It's a dream opportunity until she learns her co star is James Neely the brooding talented actor who played Romeo to her Juliet in a one night only college show before breaking her heart and disappearing from the stage and her life right along with the magic To save the project and her career Juniper and James must revive their onstage chemistry playing *The Meadow's* star crossed lovers for the microphones and social media alike But as the lines between performance and reality blur Juniper is left wondering Can you rewrite the ending of a story you thought was over Because love like magic is a fragile thing to lose and to find again [Relationships and Mental Health](#)

Ruban F Ribeiro, 2024-02-13 A First Edition book written and published by Ruban F Ribeiro A MUST HAVE BOOK TO BETTER UNDERSTAND RELATIONSHIPS IN THE MODERN ERA My journey as a writer on Medium with over half a million views and 120 publications laid the foundation for this book I suffered tremendously emotionally and physically for nearly five years and writing became my salvation I put together a compilation of some of my best pieces that have resonated with readers over the years offering common sense and practical advice on love relationships personal growth and mental health This book consists of five chapters Chapter 1 The Truth About Love and Relationships Chapter 2 Understanding Yourself and Mental Health Chapter 3 Communication and Relationship Dynamics Chapter 4 Self Improvement and Personal Growth Chapter 5 Personal Favorites NEW CHAPTER ADDED Each chapter consists of eight stories ALL based on honest lived experiences Either from my personal life or from strangers asking for help YOU DON'T NEED to read the book in order Each heading in all chapters consists of a fresh story so feel free to go to the page that best helps you Your feedback is invaluable please consider leaving a review or reaching out to share how this book has touched your life Thank you for investing your time and trust in these pages **Dancing in the Moonlight**

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