

My Birth Plan Nhs

My First Pregnancy
Bumpology
The Hypnobirthing Book
WHO Recommendations for Augmentation of Labour
British Reports, Translations and Theses
My Mini Midwife
The Guardian Index
Ina May's Guide to Childbirth
Your Baby, Your Birth
This Is Going to Hurt
Dental Practice
The Postive Birth Book
RCM Midwives
Hard Pushed
The Modern Midwife's Guide to Pregnancy, Birth and Beyond
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Involving People in Healthcare Policy and Practice
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HypnoBirthing, Fourth Edition
Hello Baby!
Parliamentary Debates, House of Commons - Bound Volumes
The Secret Midwife
Childbirth without Fear
Hypnobirthing
Catching Babies

My First Pregnancy

What you need to know to have the best birth experience for you. Drawing upon her thirty-plus years of experience, Ina May Gaskin, the nation's leading midwife, shares the benefits and joys of natural childbirth by showing women how to trust in the ancient wisdom of their bodies for a healthy and fulfilling birthing experience. Based on the female-centered Midwifery Model of Care, Ina May's Guide to Natural Childbirth gives expectant mothers comprehensive information on everything from the all-important mind-body connection to how to give birth without technological intervention. Filled with inspiring birth stories and practical advice, this invaluable resource includes:

- Reducing the pain of labor without drugs--and the miraculous roles touch and massage play
- What really happens during labor
- Orgasmic birth--making birth pleasurable
- Episiotomy--is it really necessary?
- Common methods of inducing labor--and which to avoid at all costs
- Tips for maximizing your chances of an unmedicated labor and birth
- How to avoid postpartum bleeding--and depression
- The risks of anesthesia and cesareans--what your doctor doesn't necessarily tell you
- The best ways to work with doctors and/or birth care providers
- How to create a safe, comfortable environment for birth in any setting, including a hospital
- And much more

Ina May's Guide to Natural Childbirth takes the fear out of childbirth by restoring women's faith in their own natural power to give birth with more ease, less pain, and less medical intervention.

Bumpology

"Mama Natural's Week to Week Guide to Pregnancy is the modern (and yet ancient) approach to pregnancy and childbirth. "Natural" recognizes that pregnancy and birth are normal, and that having a baby is a wondrous biological process and rite of passage--not a medical condition. This book draws upon the latest research showing how beneficial and life-changing natural birth is for both babies and moms. Full of weekly advice and tips for a healthy pregnancy, Grace details vital nutrition to take, natural remedies for common and troublesome symptoms, as well as the appropriate (and inappropriate) use of interventions. Pregnancy, childbirth, health, health and wellness, parenting, family"--

The Hypnobirthing Book

From cravings to stretch marks, all your questions answered in a non-preachy down-to-earth style Have you ever wished your midwife lived next door so you could ask her for answers to your questions as soon as they came to mind? This handy and authoritative book is here to reassure you and provide all the guidance you need, anytime and anywhere. It gives clear answers to confusing questions, covering everything from conception to delivery and beyond, and will be invaluable for anyone who is planning or expecting a baby.

WHO Recommendations for Augmentation of Labour

This comprehensive pregnancy guide offers support and reassuring advice for first-time mums-to-be. Written by a team of medical professionals, it includes important changes to official guidelines and up-to-date information so you can have a safe and enjoyable pregnancy.

British Reports, Translations and Theses

My Mini Midwife

The Guardian Index

Ina May's Guide to Childbirth

Obstetrician and gynecologist Magnus Murphy, MD, and journalist/advocate Pauline McDonagh Hull offer a compelling case for surgical delivery as a legitimate birth choice for informed women. By offering a wealth of medical evidence from around the world and thoughtfully countering the many objections detractors have lodged against it, the authors convincingly demonstrate that a planned cesarean birth at

thirty-nine- plus weeks is a safe and often preferred alternative to a planned vaginal delivery. An indispensable guide for women, their families, and medical professionals.

Your Baby, Your Birth

THIS BOOK WILL MAKE YOUR BIRTH BETTER. IT IS FOR EVERY WOMAN AND EVERY TYPE OF BIRTH. 'Siobhan manages to completely demystify hypnobirthing, making it accessible and relevant to all women and all births. This book will be a complete game changer and I will be recommending it to mums-to-be from now on' Sarah Turner, author of The Unmumsy Mum Expert hypnobirthing teacher and founder of The Positive Birth Company Siobhan Miller has made it her mission to change the way women around the world approach and experience birth. Through her teaching she seeks to educate and empower women - and their birth partners - so that they can enjoy amazing and positive birth experiences, however they choose to bring their babies into the world. In this book, Siobhan debunks common myths about hypnobirthing and explains why she believes it can make every type of birth a better experience - from a water birth at home to an unplanned caesarean in theatre. So, what is hypnobirthing? Essentially, it's a form of antenatal education, an approach to birth that is both evidence-based and logical. Hypnobirthing certainly doesn't involve being hypnotised; instead, it teaches you how your body works on a muscular and hormonal level when in labour and how you can use

various relaxation techniques to ensure you are working with your body (rather than against it), making birth more efficient and comfortable. Siobhan's advice and guidance will change your mindset and enable you to navigate your birth with practical tools that ensure you feel calm and in control throughout. By the time you finish this book you'll feel relaxed, capable and genuinely excited about giving birth.

This Is Going to Hurt

Strongest supporter, best friend, expert, cheerleader and chief photographer . . . Before, during and after labour the role of a midwife is second to none. The Secret Midwife reveals the highs and lows on the frontline of the maternity unit, from the mother who tries to give herself a DIY caesarean to the baby born into witness protection, and from surprise infants that arrive down toilets to ones that turn up in the lift. But there is a problem; the system which is supposed to support the midwives and the women they care for is starting to crumble. Short-staffed, over worked and underappreciated - these crippling conditions are taking their toll on the dedicated staff doing their utmost to uphold our National Health Service, and the consequences are very serious indeed. The Secret Midwife is a heart-breaking, engrossing and important read. At once joyful and profoundly shocking, this is the story of birth, straight from the delivery room.

Dental Practice

The Postive Birth Book

'Involving People in Healthcare Policy and Practice' explores the link between the 'corridors of power' where healthcare policy is made and the hospital, health centre or clinic where it is then carried out.

RCM Midwives

Childbirth can be an empowering and positive experience that you treasure for the rest of your life. Hypnobirthing teaches simple and gentle techniques that have a profound effect.

Hard Pushed

NOVELTY, TOY & DIE-CUT BOOKS. Cute board book with adorable illustrations and a mirror so baby can see their smiling face! Stimulates the development of early motor skills and aids picture-word recognition. Age 0+

The Modern Midwife's Guide to Pregnancy, Birth and Beyond

Optimizing outcomes for women in labor at the global level requires evidence-based guidance of health workers to improve care through appropriate patient selection and use of effective interventions. In this regard, the World Health Organization (WHO) published recommendations for induction of labor in 2011. The goal of the present guideline is to consolidate the guidance for effective interventions that are needed to reduce the global burden of prolonged labor and its consequences. The primary target audience includes health professionals responsible for developing national and local health protocols and policies, as well as obstetricians, midwives, nurses, general medical practitioners, managers of maternal and child health programs, and public health policy-makers in all settings.

Nursing Times, Nursing Mirror

Everything you wanted to know but were too embarrassed to ask – a guide to pregnancy and birth straight from the midwife's mouth. Winner of the Gold and Consumer Choice award at the Mumii Best Baby and Toddler Gear Awards 2017 Mum to four little girls and midwife to many, Clemmie Hooper wants to share her knowledge, wisdom and stories about pregnancy, birth and mothering young children that aren't so widely talked about – straight from the midwife's mouth.

From how to prevent tearing during birth to what you really need in your labour bag, Clemmie reveals everything pregnant women and new mums need to know with a good dose of humour and wit.

Birth by Definition

THE SUNDAY TIMES BESTSELLER _____ No sleep for twenty hours. No food for ten. And a ward full of soon-to-be mothers Welcome to the life of a midwife. Life on the NHS front line, working within a system at breaking point, is more extreme than you could ever imagine. From the bloody to the beautiful, from moments of utter vulnerability to remarkable displays of strength, from camaraderie to raw desperation, from heart-wrenching grief to the pure, perfect joy of a new-born baby, midwife Leah Hazard has seen it all. Through her eyes, we meet Eleanor, whose wife is a walking miracle of modern medicine, their baby a feat of reproductive science; Crystal, pregnant at just fifteen, the precarious, flickering life within her threatening to come far too soon; Star, birthing in a room heady with essential oils and love until an enemy intrudes and Pei Hsuan, who has carried her tale of exploitation and endurance thousands of miles to somehow find herself at the open door of Leah's ward. Moving, compassionate and intensely candid, *Hard Pushed* is a love letter to new mothers and to Leah's fellow midwives - there for us at some of the most challenging, empowering and defining moments of our lives. _____ 'The stories in *Hard Pushed* highlight the bravery

of our midwives, and the women they care for.' CHRISTIE WATSON, author of *The Language of Kindness* 'Heart-rending, inspiring and funny, *Hard Pushed* brings alive the world of midwifery in all its complexity and radiates love and respect for women.' PROFESSOR LESLEY PAGE CBE, former president of the Royal College of Midwives 'It is Leah Hazard's capacity to love and give so personally to the many thousands of women she has worked with which imbues this book with its power.' JULIA SAMUEL, author of *Grief Works* 'Not only powerful but well written too . . . a worthwhile addition to a genre fast becoming as crowded as a busy maternity unit.' DAILY EXPRESS 'A riveting read- heartwarming and heartbreaking' SHEENA BYROM OBE, midwifery consultant and author of *Catching Babies* 'A beautifully written, intimate portrait of the extraordinary work that midwives carry out each and every day.' CAROLINE ELTON, author of *Also Human- The Inner Lives of Doctors*

How to Grow a Baby and Push It Out

Heal Pelvic Pain: The Proven Stretching, Strengthening, and Nutrition Program for Relieving Pain, Incontinence, I.B.S, and Other Symptoms Without Surgery

"I'm not sure I'm cut out for parenthood. It's not in my plan. All right, I haven't

actually got a plan, but if I had one, this wouldn't be in it. I don't even like babies—nasty, small, noisy, smelly things that take over your life. But this is a different baby. This is not just a baby; this is our baby” Newlywed Theodora discovers a slight oversight she and Kevin made on their honeymoon. Now she's gained an important new subject for her famous diary—but at such a cost!“Tom opened the oven door and got out the most enormous chocolate pudding and placed it on the table in front of me. ‘Especially for you, dear sister,’ said Ariadne. I swallowed hard a few times then took off for the bathroom. Ariadne looked at Tom and said, ‘I told you so.’” What? Theodora sick (literally) of chocolate? How will she survive without her favorite food group? Answer: with typical irrepressible humour that finds much to laugh at about marital bliss, faith, friendships, and the foibles of pregnancy. But will she be reunited with her lost love? Never fear—Theodora and chocolate can't be separated forever.

Helping Birth

A midwife's heartwarming and inspirational true story *Catching Babies* is a moving account of an extraordinary career. It reveals the unique experiences that filled midwife Sheena Byrom's days as she looked after mums and dads and helped to bring their precious babies into the world. From her very first day as a nervous student nurse in Blackburn to the dedicated completion of her midwifery qualifications in Burnley, Sheena has never once looked back, enjoying a thirty-five-

year career with the NHS. At the forefront of evolving medical practices, she was the first midwife to oversee a home water birth in her area, but also found herself at the centre of a traumatic delivery that tested her to her limits. Yet, whatever has come Sheena's way, ultimately, there are the strong mothers who taught her so much and the little miracles who have made every single moment as a midwife truly magical.

Pregnancy and Parenthood in a Foreign Land

****AWARDED A MUMSNET RATED BADGE 2017**** 'Exceeded my expectations! In-depth introduction to weaning, including useful nutritional information, plus lots of lovely recipes appropriate to each stage of weaning – and the ones for toddlers are fantastic for the whole family to share, too!' Mumsnet Reviewer

BMJ

Contains the 4th session of the 28th Parliament through the session of the Parliament.

Nursing Times

An indispensable guide for parents looking for reliable information about birth pain relief options and common interventions in labour. Do you feel overwhelmed by what pain relief options are available for labour? Are you confused by the effects drugs will have on you and your baby? Do you want reliable information about what happens during birth interventions? Most pregnant mums plan for a natural birth, however in the UK over 50% of births include some form of drugs for pain relief, or an intervention to help the baby be born (and in the US this figure is even higher). This book will enable you make empowered and informed decisions in your late pregnancy, and before, during and after childbirth. It has been carefully researched to include the most up-to-date pain relief options, like gas & air, pethidine and epidural, and details common interventions carried out, such as induction of labour, assisted delivery (forceps or ventouse) and caesarean birth. The easy-to-understand descriptions and diagrams of the different stages of labour will help you recognise what is happening in your body. This gives you a framework to understand the context in which pain relief is offered, and at what stage interventions could occur. Each chapter is crafted around the BRAIN acronym (Benefits, Risks, Alternatives, Implications, Nothing) so that you can understand fully the pros and cons of every type of medical pain relief available, and what you can do to minimise complications. There are also 35 real birth stories from mums who have experienced pain relief and interventions to help you get a real idea about what it is like to have a medical birth. Eleanor Hayes has worked with hundreds of pregnant mums and their birth partners through her business

Birthzang, offering antenatal Active Birth preparation workshops, and prenatal yoga classes. She has experienced two births, both of which included various levels of pain relief and interventions, and is passionate to share her insight and research to help you make the best choices for your labour and birth. After reading this book, you and your birth partner will have a deep understanding of all the choices available to you, so that you can enter your labour and birthing journey feeling confident and able to understand what is going on in labour. Crush your fear of labour and birth, and ensure your birth is a positive and empowered one! Written in an informative, readable style, this book is fully referenced, with a detailed index so it can be used as a handy reference guide to look up information during labour. An essential item to include in your hospital bag packing list!

Theodora's Baby

Give Birth Like a Feminist

In an age when normal birth can still be overtaken by obstetrics, Grantly Dick-Read's philosophy is still as fresh and relevant as it was when he originally wrote this book. He unpicks the root causes of women's fears and anxiety about pregnancy, childbirth and breastfeeding with overwhelming heart and empathy. As

one of the most influential birthing books of all time, *Childbirth Without Fear* is essential reading for all parents-to-be, childbirth educators, midwives and obstetricians! This definitive reissue includes the full text of the fourth edition, the last completed by Grantly Dick-Read before his death in 1959, and *The Autobiography of Grantly Dick-Read*, compiled from his writings

Things I Wish I'd Known

A dual British-American national on her first return trip to England in over a decade, Jane Satterfield faced a woman's fundamental decision: to become a mother or to forge a new life on her own. That the decision was not so simple was only the first of many revelations. Satterfield casts a loving yet skeptical glance on the world of mid-`90s Britain as well as the cultural and literary legacy that continues to haunt, shape, and challenge her. In a voice by turns tender, insightful, and funny, Satterfield brings to life a provocative personal history through fascinating detours into music, popular culture, and literary mothers such as the Brontës, Sylvia Plath, and Angela Carter. --Amazon.com.

Family Planning

No matter how you birth your baby, feel calm and safe with hypnobirthing "This

woman is a great healer and birth expert. This book will be brilliant." Russell Brand Your Baby, Your Birth is a truly modern hypnobirthing book for ALL births. In-demand hypnobirthing coach Hollie de Cruz provides you with the skills and tools to make any birth feel safe, calm, connected and empowering. Drawing on her experience working with new mums, including Fearne Cotton and Giovanna Fletcher, Hollie de Cruz helps you prepare for a positive (not 'perfect') birth experience and approach motherhood with confidence in yourself and your instincts. Your Baby, Your Birth will teach you: - That birth is safe - listen to your body, embrace the changes, prepare your mind and relax during pregnancy - Exercises and breathing techniques for labour and birth for you and your birth partner, along with guided meditations to keep you calm and engaged - How to trust your instincts, understand your body and baby, and make informed decisions throughout your pregnancy and beyond Hollie de Cruz, creator of the award-winning yesmum positive affirmation cards, is renowned for demystifying hypnobirthing and her down-to-earth, realistic approach is highly sought after. Whatever kind of birth you are planning, let Hollie de Cruz provide you with a set of deep relaxation, mindfulness and meditation tools for an empowering experience.

Choosing Cesarean

As featured on BBC Radio 5 Live Birth is a feminist issue. It's the feminist issue nobody's talking about.

The Parliamentary Debates (Hansard).

In *Pregnancy and Parenthood in a Foreign Land: My Experience in Thailand with Useful Tips for Mothers Everywhere*, Rebecca Wongwiboonchai shares her experiences of her first pregnancy, giving birth, and becoming a new parent in a foreign land. A British expat living with her husband in Thailand, the author gives us an honest and candid glimpse into her adventure from beginning to end. Each chapter is divided into two sections: “A Real-life Experience,” in which she tells the story as it happened for her (including pregnancy, labour and birth, first days of motherhood and breastfeeding, and travelling and working with a newborn) and “The Facts,” where she offers straight talk on practicalities, such as things one might like to consider when making choices, a discussion of food and diet, vaccinations, the importance of personal time, and equipment essentials. Although Wongwiboonchai’s account takes place in Thailand, the descriptions of her firsthand experiences and valuable tips are applicable to expat mothers-to-be worldwide. The author shares the lessons that she learned—oftentimes the hard way—so that you don’t have to.

The Mama Natural Week-by-Week Guide to Pregnancy and Childbirth

From award-winning science journalist Linda Geddes, a fascinating and practical companion for expectant parents that makes sense of conflicting advice about pregnancy, birth, and raising babies. Can I eat peanuts during pregnancy? Do unborn babies dream? Can men get pregnancy symptoms too? How much do babies remember? How can I get my baby to sleep through the night? The moment she discovers she's pregnant, every woman suddenly has a million questions about the life that's developing inside her. Linda Geddes was no different, except that as a journalist writing for New Scientist magazine she had access to the most up-to-date scientific research. What began as a personal quest to find the truth behind headlines and information that didn't patronize or confuse is now a brilliant new book. In *Bumpology*, Geddes discusses the latest research on every topic that expectant parents encounter, from first pregnancy symptoms to pregnancy diet, the right birth plan, and a baby's first year.

Daughters of Empire

Involving People in Healthcare Policy and Practice

THE PERFECT GIFT FOR MOTHER'S DAY! Look at the front cover of any parenting book and what do you see? Glowing mothers-to-be, or pristine, beautifully-behaved

children. But the reality is, your pregnancy might be a sweaty, moody rollercoaster, and your children will almost certainly spend the first few years of their lives covered in food, tears and worse. And the experience is no less magical for it. In this no-holds-barred collection of essays, prominent women authors, journalists and TV personalities explore the truth about becoming mothers. Covering topics from labour to the breastapo, twins to IVF, weaning to post-birth sex, and with writers including Cathy Kelly, Adele Parks, Kathy Lette and Lucy Porter (and many more), Things I Wish I'd Known is a reassuring, moving and often hilarious collection that will speak to mothers - and mothers-to-be - everywhere.

Truly Scrumptious Baby: My complete feeding and weaning plan for 6 months and beyond

In the US edition of this international bestseller, Adam Kay channels Henry Marsh and David Sedaris to tell us the "darkly funny" (The New Yorker) -- and sometimes horrifying -- truth about life and work in a hospital. Welcome to 97-hour weeks. Welcome to life and death decisions. Welcome to a constant tsunami of bodily fluids. Welcome to earning less than the hospital parking meter. Wave goodbye to your friends and relationships. Welcome to the life of a first-year doctor. Scribbled in secret after endless days, sleepless nights and missed weekends, comedian and former medical resident Adam Kay's This Is Going to Hurt provides a no-holds-

barred account of his time on the front lines of medicine. Hilarious, horrifying and heartbreaking by turns, this is everything you wanted to know -- and more than a few things you didn't -- about life on and off the hospital ward. And yes, it may leave a scar.

HypnoBirthing, Fourth Edition

Hello Baby!

HypnoBirthing® has gained momentum around the globe as a positive and empowering method of childbirth. In fact, more than 25,000 books were sold in 2014 through the author's website alone, and according to Nielsen BookScan, over 70,000 were sold through reporting retailers since its publication in 2005. Here's why: HypnoBirthing helps women to become empowered by developing an awareness of the instinctive birthing capability of their bodies. It greatly reduces the pain of labor and childbirth; frequently eliminates the need for drugs; reduces the need for caesarian surgery or other doctor-controlled birth interventions; and it also shortens birthing and recovery time, allowing for better and earlier bonding with the baby, which has been proven to be vital to the mother-child bond. What's more, parents report that their infants sleep better and feed more easily when they

haven't experienced birth trauma. HypnoBirthing founder Marie Mongan knows from her own four births that it is not necessary for childbirth to be a terribly painful experience. In this book she shows women how the Mongan Method works and how parents they can take control of the greatest and most important event of their lives. So, why is birth such a traumatic event for so many women? And why do more than 40% of births now end in caesarian section, the highest percentage in history? The answer is simple: because our culture teaches women to fear birth as a painful and unsettling experience. Fear causes three physical reactions in the body—tightening of the muscles, reduced blood flow to the birthing muscles, and the release of certain hormones—which increase the pain and discomfort of childbirth. This is not hocus-pocus; this is science.

Parliamentary Debates, House of Commons - Bound Volumes

The Secret Midwife

Bronze Medal Winner of a 2009 National Health Information Award Stop your pelvic pain . . . naturally! If you suffer from an agonizing and emotionally stressful pelvic floor disorder, including pelvic pain, irritable bowel syndrome, endometriosis, prostatitis, incontinence, or discomfort during sex, urination, or bowel movements,

it's time to alleviate your symptoms and start healing--without drugs or surgery. Natural cures, in the form of exercise, nutrition, massage, and self-care therapy, focus on the underlying cause of your pain, heal your condition, and stop your pain forever. The life-changing plan in this book gets to the root of your disorder with: A stretching, muscle-strengthening, and massage program you can do at home Guidelines on foods that will ease your discomfort Suggestions for stress- and pain-reducing home spa treatments Exercises for building core strength and enhancing sexual pleasure

Childbirth without Fear

'Marie Louise is a dream come true for any parent with her uncanny ability to simplify the most important and complicated questions' Emma Bunton, co-founder of Kit and Kin Whether you are planning for a baby, just found out you are pregnant or well into your third trimester, this book will help you to feel confident, informed and inspired about your exciting journey ahead. Through years of work with families, Senior Midwife Marie Louise reveals the key things that will make the biggest, most positive difference to you and your baby as you navigate these life-changing months. As well as this, Marie Louise is renowned for bringing complex science to life. You'll discover fascinating facts that underpin everything you and your baby will go through, including - - How your nervous system is synced with your baby and why baby already knows a lot about you when they are born - The

unique process your baby goes through to pass through the birth canal and how you work together in labour - Incredible facts about breast milk Packed with the most up-to-date findings and expert insights, you'll find everything you need to prepare for motherhood and, most importantly, understand and appreciate just how amazing you and your baby both are!

Hypnobirthing

Catching Babies

Work out what kind of birth you really want, and learn how to maximize your chances of getting it, in this refreshing, warm and witty guide to pregnancy, birth and the early weeks. Packed with vital and cutting-edge information on everything from building the ultimate birth plan, to your choices and rights in the birth room; from optimal cord clamping, to seeding the microbiome; from the inside track on breastfeeding, to woman-centered cesarean, *The Positive Birth Book* shows you how to have the best possible birth, regardless of whether you plan to have your baby in hospital, in the birth center, at home or by elective cesarean. Find out how the environment you give birth in, your mindset and your expectations can influence the kind of birth you have, and be inspired by the voices of real women,

who tell you the truth about what giving birth really feels like. Challenging negativity and fear of childbirth, and brimming with everything you need to know about labor, birth, and the early days of parenting, The Positive Birth Book is the must-have birth book for women of the 21st century.

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