
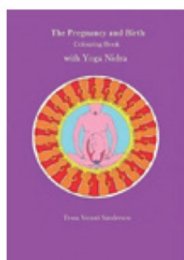



 Editor's  
Picks

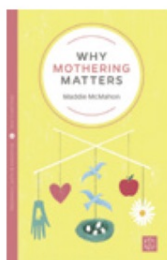
# Parents' BOOKSHELF

 creative inspiration

three books for mothers



**The Pregnancy and Birth Colouring Book** Tessa Venuti Sanderson (£10 Castenetto and Co) Specialist pregnancy yoga teacher and mother-of-two Tessa provides a reflective space for you to prepare for the birthing journey and the arrival of your baby.



**Why Mothering Matters** Maddie McMahon (£8.99 Pinter and Martin) The transition to motherhood can be complex and difficult. In this book, McMahon calls for better recognition of the work of motherhood, and better support for women and families.



**The Positive Breastfeeding Book** Amy Brown (£14.99 Pinter and Martin) This book will not get up in the middle of the night for you, but it will empower you with the knowledge and encouragement you need to feed your baby with confidence. Packed with great advice.




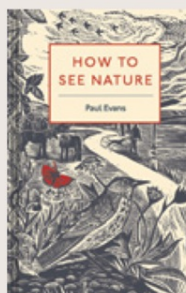
**The Creative Kitchen: Seasonal Plant Based Recipes for Meals, Drinks, Garden & Self Care** Stephanie Hafferty (£19.95 Permanent Publications)

From the best-selling, award winning author of No Dig Organic Home and Garden, Stephanie offers a pathway to low cost, zero waste and as plastic free living as possible.

She shows you the advantages and pleasures of cooking seasonally and making organic products for you and your family's health and happiness. Learn how to be resourceful, creative and inspired by what is seasonal and close to hand for a 100% organic home.

**Pure Skin Care: Nourishing Recipes for Vibrant Skin & Natural Beauty** Stephanie L. Tourles (Storey Publications)

The natural skin care industry is growing, with more and more consumers seeking nontoxic, all-natural products. Now they can make their own at home, less expensively and with fewer additives. Here long-time formulator of natural products, Stephanie shares her 78 all-time favourite recipes for facial cleansers and scrubs, masks, moisturizers, and steams, along with creams, balms, and exfoliants for the entire body, all formulated to meet the most up-to-date green beauty standards. Readers will find specialized formulas for feet, hands, and sun protection, along with instructions for customizing recipes for particular skin types and easy-to-make treatments for common skin conditions like rosacea, acne, and wrinkles.


 book of the month


**How to See Nature** Paul Evans (£16.99 Batsford) A beautifully lyrical collection of essays on the natural world in Britain by the Guardian's country diary writer Paul Evans. With a title taken from the 1940 Batsford book, this is nature writing for the modern reader. It is a book both for those that live in the country and those that don't, but experience nature every day through brownfield edge lands, transport corridors, urban greenspace, industrialised agriculture and fragments of ancient countryside. Evans weaves historical, cultural and literary references into his writing, ranging from TS Eliot to Bridget Riley, from Hieronymus Bosch to Napoleon.


 Meet the  
Author


**Sustainable Home** (Christine Liu White Lion Publishing)

Christine is author of the blog and YouTube account Snapshots of Simplicity, a diary and guide to living simply and sustainably. She lives in California and has recently written Sustainable Home, taking you on a tour through the rooms of your home offering tips, tricks and 18 step-by-step projects designed to help you lead a more low-impact lifestyle. Make your own toothpaste, convert to renewable energy sources, reduce your consumption of plastic, grow your own herb garden or upcycle old pieces of furniture. "Since my childhood, I've had a deep appreciation for nature as my family always advocated for going out for beautiful hikes, camping, etc. – there's nothing better than to watch a beautiful landscape, sunset, or billions of shining stars at night, and I knew that ever since I was young!"