

Getting Out Of A Stress Mess A Guide For Kids Elf Help Books For Kids

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Getting Things Done Guilford Publications

This is a resource pack for teachers to use in classrooms to help students combat stress. As well as the theory, it presents photocopiable worksheets. The pack covers the following areas: * preparing for exams * learning study skills * building self-confidence and self-esteem * coping with relationships and family problems * diet and exercise issues. The information is presented in an accessible way and there are plenty of follow-up activities and strategies for coping. Everything is geared towards making it readable and interesting for young people without losing sight of the needs of the curriculum.

6 Practice Tests + Proven Strategies + Online + Mobile Storey Publishing

Stress is a constant in our lives - such a constant that we actually don't realize we are under stress, we think it's "just part of life." Health surveys report that over 70% of people feel stress everyday. Some stress is helpful, but most stress is destructive; it can age you and it can kill you. The focus of this book is STRESS OUT, not Stressed-out. Stressed-out is a condition you may be experiencing; Stress Out is a solution, a command to tell stress who's the boss. This book provides quick tips, recommendations and techniques that can assist you in having a more healthy relationship with stress.

The Secret to Unlocking the Stress Cycle Penguin

We hear about it all the time: stress. Almost everyone says: "I'm so stressed out!" There are many sources of pressure today and it is these pressures that cause stress and anxiety. In addition, we are often poorly equipped to cope with them and as a result, this can make us sick. Really sick. Statistics are alarming: Work-related stress is common in the 15 Member States of the European Union: close to 1 worker out of 3 is affected. More than half of the 160 million workers (56%) report working at an infernal rate. More than a third do not have a say in the order of their tasks, and 40% say they perform monotonous tasks. These work-related stress conditions are probably not unrelated to current health problems: 15% of the working population complained of headaches, 23% of neck and shoulder pain, 23% of fatigue, 28% of stress and 33% of back pain. In the United States, 1 in 8 Americans aged 18 to 54 suffers from anxiety problems. More than 19 million people! Research has shown that anxiety is the #1 mental health problem in American women, just after alcohol and the use of narcotics in men. Women suffer from stress and anxiety almost twice more than men. Anxiety is the most common mental health problem for people over 65 years and people who suffer from anxiety see an average of 5 doctors before being diagnosed properly. Unfortunately, stress and anxiety always go hand in hand. In fact, one of the main symptoms of stress is anxiety. And stress is the cause of 80 % of diseases, either directly or indirectly. In fact, stress is much more dangerous than you think. You've probably heard that it increases our blood pressure, which increases the risk of heart attack. In addition, chronic stress can interfere with the normal functioning of the immune system. Studies have shown that stressed individuals easily develop diseases and are more vulnerable to allergies, autoimmune or cardiovascular diseases. Physicians agree that with chronic stress, body functions that are not essential to survival, such as the immune and digestive systems, stop functioning. "That's why people get sick," they say. They also explain that there are many cases of psychosomatic illnesses that have an emotional and/or psychological side. On the other hand, stress often causes people to smoke, drink alcohol, eat badly, or become physically inactive. This, in addition to stress wear, damages the body. Stress is part of our daily lives. Throughout our lives, we are under pressure that causes stress. It's our way of reacting that makes all the difference and keeps us healthy. You must understand that even if you can never completely get rid of stress, you can, on the other hand, learn techniques that allow you to manage and transform stress into a healthier situation. When I was asked to write this book, I thought: "Of course, you can eliminate stress and anxiety, just lock yourself in a room and never talk to anyone again." But it would not make a very interesting book, right? I have also suffered from anxiety disorders caused by stress for years. Then I learned to handle this in a certain way. Nevertheless, every day I have to face new situations and discover new techniques. You will find in this book some of my experiences combined with expert advice. These are tools that will help you in stressful situations. You will also learn different ways to overcome the anxiety and panic attacks suffered by many people. In writing this book, I discovered amazing information that I look forward to sharing with you. I learned a lot of things, so now let's see how to eliminate the stress and anxiety of YOUR life!

Living With Stress Is a Choice, Not a Fact of Life Hay House, Inc

With the combination of Coach Melvin's Dynamic Application of Internal Awareness(tm) (DAIA) Method, Dr. Totton's 100-day method to condition your body's neural pathways to establish a new habit which then becomes automatic, and with Dr. Painter's method of committed practice of Li Family Yixingong (Standing Meditation) to produce profound results at the neurological level, novices to advanced practitioners gain the ability to access your inner core, tapping into an area that can positively affect your overall well-being, prevent stress from taking hold, and give you perpetual mental-physical rejuvenation.

Beat the stress by Getting Through better Sourcebooks, Inc.

AARP Digital Editions offer you practical tips, proven solutions, and expert guidance. AARP Optimal Stress is the essential guide for women looking to find the optimal level of stress and wellness in

their lives and careers. If you're one of the many women juggling the issues and demands of self, home, family, health, and the workplace, stress is one of the most important emotional and physical problems you face every day. Stress is inevitable, but this book shows you how to embrace it and use it. The key lies in learning how to transform harmful reactions into healthy responses. Optimal Stress offers a new way to view, organize, and shape your world so that you have a healthy response to any stressor or demand in your life. Its approach helps you develop a crucial understanding of what stress is, what it is not, and most importantly, how to find the right stress-health balance. Clarifies the link between stress and medical disorders such as: heart disease, immune disorders, diabetes, and gastrointestinal issues Explains three key principles-Priorities, Passions, and Purpose-to help you understand and handle stress Shares data as well as other women's true stories, feelings, and insights about stress Reveals that stress is a process, with emotional, psychological, behavioral, biological and physical components Helps you find a renewed sense of meaning, coherence, and balance in your life through discovery of your personal BestStress Zone Gets you in touch with your unique physical and personality traits and life circumstances that contribute to stress Don't let stress overwhelm you-discover Optimal Stress and regain balance in your life.

Stamp Out Stress Cengage Learning

Updated for the most recent exam changes, Kaplan's GMAT Prep Plus 2020 has the strategies and practice you need for an advantage on test day. This edition includes 6 online practice tests and our proven test-taking strategies, plus more than 120 new practice questions and updated videos in the online resources. We're so confident that GMAT Prep Plus 2020 will raise your score that we guarantee it: After studying with the book and online resources, you'll score higher on the GMAT or you'll get your money back. The Best Practice 1,200+ practice questions—including new questions for the 2020 edition—cover all sections of the test and come with detailed explanations. Six full-length online practice tests in the same shorter format as the revised GMAT help you practice using the same interface and adaptivity you'll see on test day. A 200-question online Quiz Bank lets you select problems by topic, customizing your practice. Questions have been reviewed, revised, and updated by Kaplan's expert teachers. Efficient Strategies and Expert Guidance 1-on-1 academic support from Kaplan faculty on our Facebook page: facebook.com/KaplanGMAT Video workshops with top Kaplan faculty help you master our proven methods and strategies for scoring higher. Kaplan's books and practice questions are written by veteran GMAT teachers who know students—and every explanation is written to help you learn. We know the test. The Kaplan team has spent years studying every GMAT-related document available. We invented test prep. Kaplan has been helping students achieve their goals for over 80 years. Find out more at kaptest.com. Want to boost your studies with even more online practice and in-depth GMAT math and verbal workbooks? Try Kaplan's GMAT Complete 2020.

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16 Easy Techniques to Relax and Get Rid of Stress

Stamp Out Stress provides an innovative new way of looking at and dealing with the symptoms of stress. This is not just another book about stress. It is a revolution in living your life. Living with stress is a choice not a fact of life. Learning to turn off the thoughts that promote the effects of stress in your life will give you back your life. In return, you will receive better health and much more happiness and abundance if only because your body and mind will have more time and energy to relax and allow a better way of living. So the choice is yours. Put this book back on the shelf and do nothing or take action by incorporating the techniques in this book into your life so you can have that life beyond the insanity of stressful living.

Burnout Penguin

You may not be able to change the things that are stressing you out, but what if you could respond differently? How would it feel to let go of chronic worry and tension, manage your time more effectively, be less irritable and exhausted, and tackle everyday hassles with confidence? Now you can find out for yourself. Weaving together proven self-help strategies, prominent clinician-researcher Dr. Jonathan Abramowitz helps you accomplish more--and stress less. Easy-to-use worksheets, forms, and numerous examples show you step by step how to create a personalized anti-stress action plan. You'll learn where stress comes from, when it can actually be beneficial, and how it gets out of control. Dr. Abramowitz provides the guidance, specific instructions, and encouragement you need to: *Break free of all-or-nothing thinking and other mental traps. *Get more out of each hour in the day. *Resolve conflicts with your partner or kids. *Cope with work problems and financial strains. *Use meditation to attain a sense of well-being. *Set achievable goals for healthy eating and exercise. *Meet your deadlines--without running yourself into the ground. *Reduce stress-related pain and other health concerns.

[How to Get Rid of Stress and Anxiety](#) Independently Published

If you think being stressed out is "just the way it is these days," then you need to Get Smart! This interactive book is packed with inspirational quotes, journaling assignments, and exercises designed to raise your self awareness. Topics include: modern day stressors, defining what stress is, a spiritual approach to dealing with stress, whole life wellness, au natural stress relievers, 141 ways to alleviate stress, 7 stages to balancing your life and much more. The only stress management book you will ever need!

A Practical Resource for Schools Open Road Media

You may not be able to change the things that are stressing you out, but what if you could respond differently? How would it feel to let go of chronic worry and tension, manage your time more effectively, be less irritable and exhausted, and tackle everyday hassles with confidence? Now you

can find out for yourself. Weaving together proven self-help strategies, prominent clinician-researcher Dr. Jonathan Abramowitz helps you accomplish more--and stress less. Easy-to-use worksheets, forms, and numerous examples show you step by step how to create a personalized anti-stress action plan. You'll learn where stress comes from, when it can actually be beneficial, and how it gets out of control. Dr. Abramowitz provides the guidance, specific instructions, and encouragement you need to: *Break free of all-or-nothing thinking and other mental traps. *Get more out of each hour in the day. *Resolve conflicts with your partner or kids. *Cope with work problems and financial strains. *Use meditation to attain a sense of well-being. *Set achievable goals for healthy eating and exercise. *Meet your deadlines--without running yourself into the ground. *Reduce stress-related pain and other health concerns.

[Stress Management: Little Known Secrets for Getting Rid of Stress](#) Harper Collins

Drawing from groundbreaking research, psychologist and award-winning teacher Kelly McGonigal, PhD, offers a surprising new view of stress—one that reveals the upside of stress, and shows us exactly how to capitalize on its benefits. You hear it all the time: stress causes heart disease; stress causes insomnia; stress is bad for you! But what if changing how you think about stress could make you happier, healthier, and better able to reach your goals? Combining exciting new research on resilience and mindset, Kelly McGonigal, PhD, proves that undergoing stress is not bad for you; it is undergoing stress while believing that stress is bad for you that makes it harmful. In fact, stress has many benefits, from giving us greater focus and energy, to strengthening our personal relationships. McGonigal shows readers how to cultivate a mindset that embraces stress, and activate the brain's natural ability to learn from challenging experiences. Both practical and life-changing, *The Upside of Stress* is not a guide to getting rid of stress, but a toolkit for getting better at it—by understanding, accepting, and leveraging it to your advantage.

Stress Routledge

Dr. Elizabeth Lombardo's True Success™ series takes you on a journey from your inner critic to your authentic self through a research-supported process. The first book in the series, *Get Out of The Red Zone*, addresses passion and stress in new ways. We all experience both, but knowing how to work with our passions and manage and utilize our stress is a game-changer. More than just "use positive affirmations," Dr. E helps you identify what is uniquely holding you back and offers solutions on how to overcome it. Dr. E defines passion as "having positive energy, even in stressful times." Knowing your personal red zone will help you optimize your life and cultivate practices that transform your stress, resulting in True Success. In *Get Out of The Red Zone*, you will discover how to stop stressing and start living. The result is a transformation from the inside out where you will feel happier and more confident in both your personal and professional life.

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CONCLUSION

Simple Guide How to Relieve Stress, Get Out of Depression, Clear the Mind, Improve Your Body Jaydra Hymer

"I don't think I've ever read a book that paints such a complex and accurate landscape of what it is like to live with the legacy of trauma as this book does, while offering a comprehensive approach to healing." --from the foreword by Bessel van der Kolk A pioneering researcher gives us a new understanding of stress and trauma, as well as the tools to heal and thrive Stress is our internal response to an experience that our brain perceives as threatening or challenging. Trauma is our response to an experience in which we feel powerless or lacking agency. Until now, researchers have treated these conditions as different, but they actually lie along a continuum. Dr. Elizabeth Stanley explains the significance of this continuum, how it affects our resilience in the face of challenge, and why an event that's stressful for one person can be traumatizing for another. This groundbreaking book examines the cultural norms that impede resilience in America, especially our collective tendency to disconnect stress from its potentially extreme consequences and override our need to recover. It explains the science of how to direct our attention to perform under stress and recover from trauma. With training, we can access agency, even in extreme-stress environments. In fact, any maladaptive behavior or response conditioned through stress or trauma can, with intentionality and understanding, be reconditioned and healed. The key is to use strategies that access not just the thinking brain but also the survival brain. By directing our attention in particular ways, we can widen the window within which our thinking brain and survival brain work together cooperatively. When we use awareness to regulate our biology this way, we can access our best, uniquely human qualities: our compassion, courage, curiosity, creativity, and connection with others. By building our resilience, we can train ourselves to make wise decisions and access choice--even during times of incredible stress, uncertainty, and change. With stories from men and women Dr. Stanley has trained in settings as varied as military bases, healthcare facilities, and Capitol Hill, as well as her own striking experiences with stress and trauma, she gives readers hands-on strategies they can use themselves, whether they want to perform under pressure or heal from traumatic experience, while at the same time pointing our understanding in a new direction.

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Table of Contents Introduction 1.)Early Morning Routine 2.)Respiratory Exercises 3.) Cooking 3.)Scrub-a-dub-a-dub 4.)Put Away That Cell Phone 6.) Music to Relax Your Senses 7) The Power of Essential Oils 8) Refreshing Massages Hot Stone Massage 9) A walk on the beach or in any natural surroundings 10) Human Contact 11) Role Playing and Singing 12) Acupuncture and Luxopuncture 13) Relax With Pets 14) Get into the Habit of Walking 15) Have a Luxurious Stress Busting Bath 16) The Soothing Tea Making Ceremony Appendix How to Make Rosewater Naturally How to make an oatmeal scrub Bag Conclusion Author Bio Publisher Introduction If you ask a number of people out there how they manage to rest and recuperate, especially after they have had a hectic session at work, or at the office, their answer is going to be that they have their own ways and means of unwinding unless of course they happen to be confirmed workaholics. The age-old ways in which one could get rid of stress and tension, was getting a massage done, listening to music, cooking something in the kitchen, or just sitting quietly in one corner of the garden, and dreaming of absolutely nothing at all. The last one is of course something a large number of us want to do, if only we had the time to sit and stare! If I tell any of my workaholic friends, to take some time off to contemplate the reticulate venation of a leaf, they are going to give me a look of "what makes you that way, do you think I have the time to look at the venous system of a leaf?" They may have course not remember it, but when they were children, they spend hours and hours, contemplating a butterfly, a daisy, a dandelion, or anything else, which caught their interest, and did not consider that time wasted. How come the moment we grew up, we decided to make stress and strain our portion, forgot how to relax, and decided we would rather live a life on the go, instead of at a turtle pace. Here are 16 easy to do rest and relax tips, which are going to help you get rid of all that stress, strain and tension, which you have welcomed into your life, and which you can try out, depending on your lifestyle and the amount of time you have free, out of your busy schedule. You may not know it, but some people have their own way of relaxing, and starting up the day in a manner which puts them in a frame of mind, which keeps them in a state of contentment, throughout the day. You have to find your own perfect beginning, to the start of the day, yoga, meditation, going for a walk, jogging, find out a routine, which suits you best, and then added to your daily lifestyle. This reminds me of a really cute story told to me, by one of my friends, whose father told him that the first thing he did, when he woke up in the morning was touch his slippers 30 times, first thing in the morning. Well, I do not enjoy these bending exercises, first thing in the morning, but it seemed this oldster enjoyed this sort of activity. And then he gave a sly smile and wink and said, "Then I get out of bed and put them on." I guess he had been pulling our leg to such a great extent that we needed binoculars to check where our foot was.

The Stress Less Workbook Simon and Schuster

Meditation for Beginners, Simple Guide How to Relieve Stress, Get Out of Depression, Clear the Mind, Improve Your Body The practice of meditation is rising in popularity and gaining mainstream acceptance as a preventative healing method and one of the most studied alternative ways of therapy. Meditation has been proven to provide a wide range of benefits which are emotional, mental, physical and spiritual. More doctors are recommending the practice of meditation to those dealing with stress, depression, and anxiety issues given the results that have been realized by those once affected with the condition. Meditation enables one to get into a state of deep relaxation within minutes which makes it possible for the levels of stress causing hormones to drop resulting into good and happy feelings. Conditions of stress, depression, and anxiety have a way of altering the structure of the brain resulting into one's mind and thoughts being focused more on the negative things that happened in the past or are more likely to happen in the future. Engaging in meditation enables one's awareness to be changed to the extent that one is able to view things in a more clear and truthful way with a focus in the present moment which leads to more clarity and health for the body and mind. Meditation for beginners is a book that's fully packed with valuable lessons capable of equipping a beginner with sufficient information on what meditation entails and how it can be practiced effectively. There are numerous benefits that are associated with engaging in meditation and all are shared in this book in detail. Meditation has the potential of transforming one's way of life and their perception of the world. The techniques used don't only relieve from stress and depression, one can also attain clarity of mind with improved benefits as they engage in meditation. Whether you're just starting out as a beginner with no clear purpose for practicing meditation or you are going through a specific condition that only meditation can provide relief for, you will definitely realize massive benefits that can last for a very long period of time as you embrace the practice of meditation as a habit. Some of the areas covered in the book include understanding meditation, the purpose of meditation, benefits of meditation, the different types of meditation, how to get started with the practice and elements of meditation amongst others. You will also learn about mindfulness and how you can attain deep levels of joy, peace, and happiness as you practice meditation. Every topic is covered in detail with various techniques that you can use to try out the process. Take your time to read the book all through to the end, as each chapter is covered in detail and you will get valuable information whether you are a the beginner level, intermediate or even as a pro. Remember that the benefits of meditation can only be realized when you shift from having a onetime practice to a habit of practicing meditation. It's by continuous practice of even 5 minutes per day that will grant you lasting and outstanding benefits. Here Is A Preview Of What You'll Learn... Introduction Chapter 1: What is Meditation Chapter 2: History and Benefits of Meditation Chapter 3: Getting started with Meditation and Practical Advice Chapter 4: Simple and Effective Meditation Elements Chapter 5: Breath Control the Key to Meditation Chapter 6: How to Relieve Stress, Get out of Depression, Clear the Mind and Improve your body Chapter 7 : Conclusion Scroll up and click "Buy now with 1-Click" to download your copy now! © 2017 All Rights Reserved !

[Stress Can Really Get on Your Nerves!](#) Lulu Press, Inc

Quit stressing out and live longer! Stress Could Be Taking Years Away From Your Life! There are lots of things that individuals need to learn about stress resolutions but it would be best to familiarize themselves first with the basics. The following information can help individuals suffering from stress to get out of the trap. Research has shown that chronic stress can make you sick, weaken your immune system, and shorten your lifespan by eroding your DNA. Because of this, managing and reducing your stress levels is the key to a healthier, happier and longer life. Though jokes about stress giving you gray hair and taking years off your life abound in our culture, it is no joke. Those who live a life of stress and anxiety are reducing their lifespan moment by moment, month by month, day by day, year by year. If you are one of those who experience a lot of stress, you need to act now and prevent any more damage to your biological system. Stress Busters will provide you with the following information to help you master and defeat the negative impact of stress on your life: The basics of stress resolution Understanding who and what stresses you out Developing an acceptance mindset Practicing stress-reducing breathing exercises Using reminders to relax your anxiety Maintaining an 'I will be calm' mentality Taking advantage of affirmations to stay on course The powerful benefits of reducing stress in your life

Kid-Friendly Yoga and Peaceful Activities for a Happy, Healthy You Self Investment Publishing

NEW YORK TIMES BESTSELLER • "This book is a gift! I've been practicing their strategies, and it's a

total game-changer."—Brené Brown, PhD, author of the #1 New York Times bestseller *Dare to Lead* This groundbreaking book explains why women experience burnout differently than men—and provides a simple, science-based plan to help women minimize stress, manage emotions, and live a more joyful life. Burnout. Many women in America have experienced it. What's expected of women and what it's really like to be a woman in today's world are two very different things—and women exhaust themselves trying to close the gap between them. How can you "love your body" when every magazine cover has ten diet tips for becoming "your best self"? How do you "lean in" at work when you're already operating at 110 percent and aren't recognized for it? How can you live happily and healthily in a sexist world that is constantly telling you you're too fat, too needy, too noisy, and too selfish? Sisters Emily Nagoski, PhD, and Amelia Nagoski, DMA, are here to help end the cycle of feeling overwhelmed and exhausted. Instead of asking us to ignore the very real obstacles and societal pressures that stand between women and well-being, they explain with compassion and optimism what we're up against—and show us how to fight back. In these pages you'll learn • what you can do to complete the biological stress cycle—and return your body to a state of relaxation • how to manage the "monitor" in your brain that regulates the emotion of frustration • how the Bikini Industrial Complex makes it difficult for women to love their bodies—and how to defend yourself against it • why rest, human connection, and befriending your inner critic are keys to recovering and preventing burnout With the help of eye-opening science, prescriptive advice, and helpful worksheets and exercises, all women will find something transformative in these pages—and will be empowered to create positive change. Emily and Amelia aren't here to preach the broad platitudes of expensive self-care or insist that we strive for the impossible goal of "having it all." Instead, they tell us that we are enough, just as we are—and that wellness, true wellness, is within our reach. NAMED ONE OF THE BEST BOOKS OF THE YEAR BY BOOKRIOT "Burnout is the gold standard of self-help books, delivering cutting-edge science with energy, empathy, and wit. The authors know exactly what's going on inside your frazzled brain and body, and exactly what you can do to fix it. . . . Truly life-changing."—Sarah Knight, New York Times bestselling author of *Calm the F*ck Down*

Get Powerful Health and Nutritional Secrets Mendon Cottage Books

A balanced lifestyle enhances health, happiness and wellbeing. With practical techniques and strategies, this book explores how this balance can be found and how stress and anxiety, which are linked to being overworked and over busy, may be alleviated. It begins by examining the state of work-life imbalance in our everyday lives and discussing real life examples from a group of professionals working in health and social care. Their stories and experiences illustrate the problems caused by our modern, work-driven society and resonate with how many of us are living today. The author then provides practical tools and techniques to address this overwork culture and achieve a more balanced lifestyle. These simple, yet effective, strategies can be implemented quickly in everyday life. This practical resource addresses a problem affecting many professionals worldwide. It will be of particular interest to helping professionals, including occupational therapists, counsellors and therapists, and will allow them to apply the theories of work-life balance to real life in straightforward and tangible ways. The stories and techniques will also resonate with anyone interested in transforming their overworked or overburdened lives.

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REVIEW OF GETTING OUT OF A STRESS MESS A GUIDE FOR KIDS ELF HELP BOOKS FOR KIDS

• NIGHT VISITOR, by Melanie Jackson, purports to be a ghost story/romance--the blurb on the back cover would certainly lead one to believe that--but in actuality it's more of a quasi-paranormal/time travel/fairy tale romance. Although one can't help but admire Jackson's originality, VISITOR was often confusing, both in the way the story was structured and in the writing itself, and the characterizations suffered because of this. NIGHT VISITOR will appeal to some people, especially those who love anything to do with Scotland, but it's not a particularly good novel, despite its inventiveness. Okay, here's the premise: In 1888, Taffine, a young woman who's rather independent for the time period, is spending the summer helping her misogynistic father photograph archaeological sites in Scotland. When the bones of "The Piper" are found in a castle called Duntrune, Taffy is called in to photograph them for posterity. According to legend, The Piper had his hands chopped off for playing his pipes in order to warn someone named McColla that Duntrune was under siege by the evil Campbells (actually, it technically wasn't under siege, because it was the Campbells' castle to begin with, but never mind). Now, he's a ghost. Legend also says that anyone who touches the bones of a ghost will have that ghost haunt them until they go mad--unless they're a MacLeod, in which case they'll simply be called away to the land of the fairies. Of course, Taffy touches the Piper's bones, so guess what happens next. As I mentioned before, the story is pretty original, but the way it was told was utterly confusing to me. For one thing, why open the novel with the bishop, several months AFTER the Piper's bones have been discovered, especially since the bishop doesn't play hardly any role at all in the story? Also, when the book first shifts over to Malcolm's (the piper's) viewpoint (page 36, just in case anyone was wondering), the date listed is 1964! Now, I'm admittedly not well-versed on Scottish history, but I don't think all this war stuff was going on in the sixties in Scotland--which means that the date was either a mistake, which is really incredibly sloppy, or simply nonsensical. Furthermore, once Malcolm does enter the picture, the point of view between him and Taffy changes so often that it's hard to get a sense of the characters. They both do a lot of stuff, but I can't recall them ever feeling anything in the way of emotions. Thus, while they both seem like very interesting characters at the very beginning of the novel, they

quickly become flat and two-dimensional. All in all, NIGHT VISITOR wasn't what I expected it to be. It lies off the beaten path of paranormal/time travel/fairy romances, and thus might turn some people off--truly, I would only recommend this book to fans of the OUTLANDER series and to those who enjoy Scottish historicals.

- Frankenstein is still alive. He's been building up an evil scheme. In his demented mind, he thinks is the answer to all of life's problems. You, like everyting Koontz has written, are thrown into right into the middle of a fast paced roller coaster thrill ride that challenges anything at any amusement park. Koontz, as usual, makes you feel like you're a character written into the book. Even though he doesn't write in the first person, you almost feel like he has, with his writing style. Koontz has the

amazing ability to take 4 mini-stories, include them in the greater story. You'll never get lost though. He's able to weave them all together flawlessly so you're never losing track of who any of them are. Make sure that you've had plenty of rest, a good long period of free time, and food and water nearby. Then, find a comfortable chair, and sit back. You're NOT going to want to put this book down. I sure wish I could've found the time to read this book in one sitting. I dreaded putting this book down even for a moment. Enjoy this thrilling update of one of the most infamous schemers in the history of literature. You ask yourself, almost immediately, did Mary Shelley write Frankenstein from personal experience? Was it semi-autobiographical, or biographical? Was it fiction? Was it a combination of these? After reading this book you might not want to know the answer.