
Before I Go To Sleep Book

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optimizing your tool's storage space capacity, utilizing e-reading applications, and remaining updated with the most recent book launches. With this information, you prepare to start exciting literary adventures via the easy act of downloading *Before I Go To Sleep* Book. Happy reading!

Before I Go to Sleep

Christine, whose memory is damaged by a long-ago accident, is treated by a neurologist who helps her to remember her former self through journal entries until inconsistencies begin to emerge, raising disturbing questions.

Before I Go To Sleep LP

A Novel Harper Collins

Memories define us. So what if you lost yours every time you went to sleep? Your name, your identity, your past, even the people you love—all forgotten overnight. And the one person you trust may be telling you only half the story. Welcome to Christine's life.

Before I Go To Sleep

Text Publishing

Christine wakes in a strange bed beside a man she does not recognise. In the bathroom she finds a photograph of him taped to the mirror, and beneath it the words 'Your husband'. Each day, Christine wakes knowing nothing of her life. Each night, her mind erases the day. But before she goes to sleep, she will recover fragments

from her past, flashbacks to the accident that damaged her, and then—mercifully—she will forget. Chilling, exquisitely crafted and compulsively readable, S. J. Watson's debut novel *Before I Go to Sleep* is a psychological thriller of the highest order. It asks primary questions. Are there things best not remembered? Who are we if we do not know our own history? How do we love without memory?

Before I Go to Sleep

Putnam Juvenile

Before falling asleep, a child imagines being a variety of animals.

Before I Go to Sleep

At bedtime, a child dreams of saying goodnight to the world.

Tell Me Something Happy Before I Go to Sleep *Houghton Mifflin Harcourt*

In this endearing bedtime story, Willa's big brother helps her get to sleep by reminding her about all of the happy things around her. Willa is afraid of bad dreams. "Think of something happy," suggests her big brother, Willoughby. But Willa needs his help. So together they think of all the happy things that await her in the morning--cozy slippers to warm her little feet, a yummy breakfast, and the morning itself, which loves to gently nudge her awake. But for Willa, the happiest thing of all is knowing that Willoughby will be there in the morning, too, just like always. This reassuring

bedtime book will quickly become a cherished addition to family libraries-- favorite for grown-ups and little ones to share for years to come.

Before I Go To Sleep Movie Tie-in Edition

A Novel *Harper*

International Bestseller
Now a major motion picture starring Nicole Kidman and Colin Firth
Memories define us. So what if you lost yours every time you went to sleep? Your name, your identity, your past, even the people you love—all forgotten overnight. And the one person you trust may be telling you only half the story.

Tell Me Something Happy Before I Go to Sleep *Houghton Mifflin Harcourt*

Willa has trouble falling asleep until her brother reminds her of all the happy things that await her in the morning.

Before I Go to Sleep

Christine wakes up every morning in an unfamiliar bed with an unfamiliar man. And every morning that man must explain that he is Ben, he is her husband; she is forty-seven years old; and a terrible accident two decades earlier decimated her ability to form new memories. But it's the phone call from a neurologist named Dr. Nash that directs her to her hidden journal. For the past few weeks, Christine has been recording her activities and rereading past entries, learning the facts of her life as

retold by the husband upon whom she is completely dependent. As the entries accumulate, Christine finds herself asking more and more questions—about what she missed and what Ben might not be telling her...

Second Life

A Novel *HarperCollins*
From the New York Times bestselling author of *Before I Go to Sleep*, a sensational new psychological thriller about a woman with a secret identity that threatens to destroy her. How well can you really know another person? How far would you go to find the truth about someone you love? When Julia learns that her sister has been violently murdered,

she must uncover why. But Julia's quest quickly evolves into an alluring exploration of own darkest sensual desires. Becoming involved with a dangerous stranger online, she's losing herself . . . losing control . . . perhaps losing everything. Her search for answers will jeopardize her marriage, her family, and her life. A tense and unrelenting novel that explores the secret lives people lead—and the dark places in which they can find themselves—*Second Life* is a masterwork of suspense from the acclaimed S. J. Watson.

Before I Go To Sleep

The no. 1 bestselling Richard & Judy Book Club thriller *Random*

House

'Mesmerising and unsettling . . . The best debut thriller for years' Sunday Times Now a major film starring Nicole Kidman, Colin Firth and Mark Strong Over 7 million copies sold worldwide

_____ Memories define us. So what if you lost yours every time you went to sleep? Your name, your identity, your past, even the people you love - all forgotten overnight. And the one person you trust may only be telling you half the story. Welcome to Christine's life.

_____ Readers are obsessed with *Before I Go To Sleep*: ***** 'A genius plot with an incredible twist. *Before I go to Sleep* is one of the best books I've read in a very long time.' *****

'The book had me gripped from the very beginning . . . a real can't-put-it-down-till-the-last-page read.' ***** 'It's dark, fascinating, original and addictive - I read it in a day.' _____

Final Cut, the unputdownable new thriller from S. J. Watson, is out now.

Go the Fk to Sleep**

Open Road Media

The #1 New York Times Bestseller: "A hilarious take on that age-old problem: getting the beloved child to go to sleep" (NPR). "Hell no, you can't go to the bathroom. You know where you can go? The f**k to sleep." *Go the Fuck to Sleep* is a book for parents who live in the real world, where a few snoozing kitties and cutesy rhymes

don't always send a toddler sailing blissfully off to dreamland. Profane, affectionate, and radically honest, it captures the familiar—and unspoken—tribulations of putting your little angel down for the night. Read by a host of celebrities, from Samuel L. Jackson to Jennifer Garner, this subversively funny bestselling storybook will not actually put your kids to sleep, but it will leave you laughing so hard you won't care.

Why We Sleep

Unlocking the Power of Sleep and Dreams

Simon and Schuster

"Sleep is one of the most important but least understood aspects of our life, wellness, and longevity

... An explosion of scientific discoveries in the last twenty years has shed new light on this fundamental aspect of our lives. Now ... neuroscientist and sleep expert Matthew Walker gives us a new understanding of the vital importance of sleep and dreaming"--Amazon.com.

Before I Go To Sleep

Bible Stories, Poems, and Prayers for Children
Kingfisher

Before I Go to Sleep

Parragon Incorporated

At bedtime, a child dreams of saying goodnight to the world.

Good Night, Sweet Dreams, I Love You - Now Get Into Bed and Go to Sleep!

Boys Town Press

Ask a Manager

How to Navigate Clueless Colleagues, Lunch-Stealing Bosses, and the Rest of Your Life at Work

Ballantine Books

From the creator of the popular website Ask a Manager and New York's work-advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice! There's a reason Alison Green has been called "the Dear Abby of the work world." Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don't know what to say. Thankfully, Green

does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You'll learn what to say when

- coworkers push their work on you—then take credit for it
- you accidentally trash-talk someone in an email then hit "reply all"
- you're being micromanaged—or not being managed at all
- you catch a colleague in a lie
- your boss seems unhappy with your work
- your cubemate's loud speakerphone is making you homicidal
- you got drunk at the holiday party

Praise for Ask a Manager "A must-read for anyone who works . . . [Alison Green's] advice boils down to the idea that you should be professional (even

when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work.”—Booklist (starred review) “The author’s friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers’ lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience.”—Library Journal (starred review) “I am a huge fan of Alison Green’s Ask a Manager column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor.”—Robert Sutton, Stanford professor and author of *The No Asshole Rule* and *The Asshole Survival Guide* “Ask a Manager is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way.”—Erin Lowry, author of *Broke Millennial: Stop Scraping By and Get Your Financial Life Together*

Siege

A Thriller *Simon and Schuster*

From the #1 internationally bestselling author of *Relentless*, *Stay Alive*, and *Ultimatum*, a heart-pounding, race-

against-time thriller about a carefully orchestrated hostage takeover at a London hotel. London is under attack. An unknown number of its citizens are dead. Many more lives hang in the balance as a group of highly trained gunmen storm the luxurious Stanhope Hotel on Park Lane, demanding the government meet their requests within five hours—or they will blow up the building and everyone still inside it. Shots ring out. Some guests panic. Others text their loved ones. A few try to escape. All are united by their desire to live. And at the center of it all is one man who has information so dangerous that it must be kept safe—at any price. Darkness falls.

The gunmen become increasingly violent. One question is on everyone's mind: Will any of them survive the night? "Kernick generates a potent cocktail of thrills" (The Guardian) and calls to mind Robert Ludlum and Lee Child in sheer storytelling power and action. With a fast-moving plot and an arsenal of dynamic characters who are at once familiar and full of surprises, *Siege* will keep you on the edge of your seat from its start to its shocking finish.

How Do Dinosaurs Go to Sleep? *Blue Sky Press*

In rhyming text a young dinosaurs try to avoid going to bed, but finally cooperate, to their parents' relief.

Before I Lay Me Down to Sleep

If you were given only six months to a year to live, what would be your final good deed? Filled with love, humor and heart stopping suspense, you will find Gail Washington; a therapist diagnosed with a monstrous disease, arranges a sensual mixer in hopes that four individuals, who are also her clients, make a love connection. Nathaniel, a head strong seductive pediatric surgeon, has never met a woman that could handle him mentally or physically; that's why Gail's feisty secretary Zaya is perfect for him. Raven is the top male tennis player in the world. He quickly learns that with championships comes a lot of money and a

lot of women; both of which he's always had control over until he meets Morgan, a free spirited hairstylist that is drop dead gorgeous and emotionally elusive. Will Gail live to see her last wish granted? Will they surrender their hearts and fall passionately in love with one another? Or will Gail's final act of kindness accompany her to the grave?"

Before I Go to Sleep

Nicole Kidman, Colin Firth and Mark Strong star in this adaptation of the bestselling novel by S.J. Watson. Christine Lucas (Kidman) suffers from anterograde amnesia, waking up every day without any knowledge of who she is. Christine regularly visits Dr. Nash (Strong) who, with the help of her

understanding husband Ben (Firth), is assisting her with the recovery of her memories. When Dr. Nash takes her to the place where she was attacked to try to reconstruct the event in her mind, Christine realises that she may be better off not remembering ...

Sleep and Aging

Elsevier

Alterations in sleep are common manifestations of aging that can lead to significant health problems and contribute to behavioural problems associated with age-related neurodegenerative disorders such as Alzheimer's and Parkinson's diseases. Recent advances have revealed key cellular

and molecular mechanisms involved in sleep regulation, and this knowledge is helping to advance an understanding of both the normal functions of sleep and the mechanisms responsible for abnormalities in sleep in various neurological conditions and during normal aging. This volume of *Advances in Cell Aging and Gerontology* brings together chapters by leaders in the fields of sleep research and the neurobiology of aging. The book starts with chapters describing fundamental aspects of the neurocircuitry involved in sleep, patterns of brain activity during the different stages of sleep and disturbances of sleep during aging. The links between

depression, anxiety and insomnia are reviewed in regards to the underlying neurochemical alterations that appear to involve abnormalities in neurotransmitter and neurotrophic factor signalling. The evolutionary basis of sleep is reviewed and the emerging evidence supporting a major role for sleep in learning and memory is described. The bulk of the book focuses on specific sleep disorders associated with aging and age-related neurodegenerative disorders. A comprehensive consideration of this topic is woven through a number of chapters that address both basic research and clinical aspects of sleep abnormalities during aging and in disease. The impact of sleep on the immune system is described. The articles are written in a high level of detail and are comprehensive, thus providing valuable information for a range of scientists and other well-educated people. In particular, the book will be a valuable resource for graduate students, postdoctoral and senior scientists in the fields of sleep, aging, neurodegenerative disorders and learning and memory. In addition, clinicians will find this book valuable as it provides a bridge between basic research and the treatment of the patients with sleep disorders. * Covers the fields of sleep in aging and age-related disease from

neurochemistry to the clinic * Includes detailed summary diagrams that depict key concepts * Provides views of the future of research on sleep and aging, and the potential for prevention and treatment of various sleep disorders

And Miles To Go Before I Sleep *Coach House Books*

Smart, raunchy poems that are sorry-not-sorry. "Sticky, sad, and sultry, *Exhibitionist* is a merry-go-round circling back to the tender, awkward parts of ourselves. Molly Cross-Blanchard allows her poems to ask the reader out for ice cream, to fart at a dinner party, to sprawl out on a chaise lounge, stare through a dusty skylight and whisper

that they think they may love you. And that love will be unmistakably mutual." — Mallory Tater, author of *The Birth Yard* and *This Will Be Good* "Multiple orgasms appear in the first line of the first poem in *Exhibitionist*. Multiple orgasms, as a relative image or a practice, elicit everything from mystical worship to moral panic. Molly Cross-Blanchard understands this diametric power. She nods to this power with countless crisp and explicit images throughout her debut collection. Read her poems first to marvel at the well-crafted voicing of sexuality. Read a second time to appreciate Cross-Blanchard's beautiful charge of juxtaposition. Again and again, she

places the erotic beside mundane so that both are transformed — a dirty basement carpet becomes the backdrop of profound intimacy and gas station coffee acts as a symbol of self-discovery."

—Amber Dawn, author of *My Art is Killing Me* and *Sodom Road Exit* One minute she's drying her underwear on the corner of your mirror, the next she's asking the sky to swallow her up: the narrator of *Exhibitionist* oscillates between a complete rejection of shame and the consuming heaviness of it. Painfully funny, brutally honest, and alarmingly perceptive, Molly Cross-Blanchard's poems use humour and pop culture as vehicles for empathy and sorry-not-

sorry confessionalism. What this speaker wants more than anything is to be seen, to tell you the worst things about herself in hopes that you'll still like her by the end.

The Borowitz Report

The Big Book of Shockers *Simon and Schuster*

Prepare to be shocked. From the man *The Wall Street Journal* hailed as a "Swiftean satirist" comes the most shocking book ever written! *The Borowitz Report: The Big Book of Shockers*, by award-winning fake journalist Andy Borowitz, contains page after page of "news stories" too hot, too controversial, too -- yes, shocking -- for the mainstream press to handle. Sample the

groundbreaking reporting from the news organization whose motto is "Give us thirty minutes -- we'll waste it."

Last Call at the Hotel Imperial

The Reporters Who Took On a World at War *Random House*

A prize-winning historian's revelatory account of a close-knit band of wildly famous American reporters who, in the run-up to World War II, took on dictators and rewrote the rules of modern journalism "As intimate and gripping as a novel, this brilliant book vividly conveys what it felt like to live through the shocking crises of the thirties and forties."—Larissa MacFarquhar, author of *Strangers Drowning*

They were an astonishing group: glamorous, gutsy, and irreverent to the bone. As cub reporters in the 1920s, they roamed across a war-ravaged world, sometimes perched atop mules on wooden saddles, sometimes gliding through countries in the splendor of a first-class sleeper car. While empires collapsed and fledgling democracies faltered, they chased deposed empresses, international financiers, and Balkan gun-runners, and then knocked back doubles late into the night. *Last Call at the Hotel Imperial* is the extraordinary story of John Gunther, H. R. Knickerbocker, Vincent Sheean, and Dorothy Thompson. In those tumultuous years, they landed exclusive

interviews with Hitler and Mussolini, Nehru and Gandhi, and helped shape what Americans knew about the world. Alongside these backstage glimpses into the halls of power, they left another equally incredible set of records. Living in the heady afterglow of Freud, they subjected themselves to frank, critical scrutiny and argued about love, war, sex, death, and everything in between. Plunged into successive global crises, Gunther, Knickerbocker, Sheean, and Thompson could no longer separate themselves from the turmoil that surrounded them. To tell that story, they broke long-standing taboos. From their circle came not just the

first modern account of illness in Gunther's *Death Be Not Proud*—a memoir about his son's death from cancer—but the first no-holds-barred chronicle of a marriage: Sheean's *Dorothy and Red*, about Thompson's fractious relationship with Sinclair Lewis. Told with the immediacy of a conversation overheard, this revelatory book captures how the global upheavals of the twentieth century felt up close.

Don't Go to Sleep (Goosebumps #54)
Scholastic Inc.

Matt hates his tiny bedroom. It's so small, it's practically a closet! Still, Matt's mom refuses to let him sleep in the guest room.

After all, they might have guests. Some day. Or year. Then Matt does it. Late one night. When everyone's in bed. He sneaks into the guest room and falls asleep. Poor Matt. He should have listened to his mom. Because when Matt wakes up, his whole life has changed. For the worse. And every time he falls asleep, he wakes up in a new nightmare...

Addicted to You *K.B. Ritchie*

She's addicted to sex. He's addicted to booze...the only way out is rock bottom. No one would suspect shy Lily Calloway's biggest secret. While everyone is dancing at college bars, Lily stays in the bathroom. To get laid. Her compulsion leads her to one-night

stands, steamy hookups and events she shamefully regrets. The only person who knows her secret happens to have one of his own. Loren Hale's best friend is his bottle of bourbon. Lily comes at a close second. For three years, they've pretended to be in a real relationship, hiding their addictions from their families. They've mastered the art of concealing flasks and random guys that filter in and out of their apartment. But as they sink beneath the weight of their addictions, they cling harder to their destructive relationship and wonder if a life together, for real, is better than a lie. Strangers and family begin to infiltrate their guarded lives, and with new challenges, they

realize they may not just be addicted to alcohol and sex. Their real vice may be each other.

Final Cut *Text Publishing*

Called 'an erotic, psychological and nuanced thriller' by NPR, Final Cut is the new compulsive read from the New York Times bestselling author of Before I Go to Sleep, which sold over 100,000 print and ebook copies in Australia.

Blood Orange *Grand Central Publishing*

A young lawyer's outwardly perfect life spirals out of control as she takes on her first murder case in this "dark, original and utterly compelling" domestic noir for readers of Paula

Hawkins, A.J. Finn, or Shari Lapena. (Lisa Jewell, New York Times bestselling author of Then She Was Gone) Alison has it all. A doting husband, adorable daughter, and a career on the rise--she's just been given her first murder case to defend. But all is never as it seems... Just one more night. Then I'll end it. Alison drinks too much. She's neglecting her family. And she's having an affair with a colleague whose taste for pushing boundaries may be more than she can handle. I did it. I killed him. I should be locked up. Alison's client doesn't deny that she stabbed her husband - she wants to plead guilty. And yet something about her story is deeply amiss. Saving this woman may be the first step to

Alison saving herself. I'm watching you. I know what you're doing. But someone knows Alison's secrets. Someone who wants to make her pay for what she's done, and who won't stop until she's lost everything....

Revelation *Canongate Books*

The final book of the Bible, Revelation prophesies the ultimate judgement of mankind in a series of allegorical visions, grisly images and numerological predictions. According to these, empires will fall, the "Beast" will be destroyed and Christ will rule a new Jerusalem. With an introduction by Will Self.

Before I Go to Sleep
/ **Truoc Gio Di Ngu**

BabI Children's Books in Vietnamese and English

Thomas Hood's classic nineteenth-century poem is brought to life with Mary Jane Begin's bright and detailed illustrations in this edition of *Before I Go to Sleep*. On a summer evening, when it's just too hot to sleep, a young boy passes the time by imagining all the animals he'd like to be and what he'd do as that animal. Perhaps a regal hound who chases the postman for fun, or a polar bear selling ice on an iceberg, or even a lion eating bananas in his pyjamas! The fun goes on and on, but before he can figure out what exactly he wants to be, the boy finds himself drifting off to sleep. The perfect book for bedtime, you and your

young one will love this warm and playful poem illustrated with Mary Jane's dreamy and clever art, all while learning a new language!

Project Hail Mary

A Novel

The sole survivor on a desperate, last-chance mission to save both humanity and the earth, Ryland Grace is hurtled into the depths of space when he must conquer an extinction-level threat to our species.

Tell Me What It's Like to Be Big

Houghton Mifflin Harcourt

When she wakes up early one morning, Willa questions her big brother about what it will be like to be a grown up.

Go to Sleep, Monster! *Balzer + Bray*

Go to Sleep, Monster! is a funny and surprising twist on the typical monster-under-your-bed story. Getting George to sleep is a nightmare. But getting a monster to sleep? That's an adventure. This is the first book written and illustrated by the bestselling artist of the Terrible Two series, Kevin Cornell.

Adolescent Sleep Patterns

Biological, Social, and Psychological Influences *Cambridge University Press*

There is a growing concern in relation to the problem of insufficient sleep, particularly in the United States. In the early 1990s a

Congressionally mandated commission noted that insufficient sleep is a major contributor to catastrophic events, such as Chernobyl and the Exxon Valdez, as well as personal tragedies, such as automobile accidents. Adolescents appear to be among the most sleep-deprived populations in our society, though they are rarely included in sleep assessments. This book explores the genesis and development of sleep patterns in adolescents. It examines biological and cultural factors that influence sleep patterns, presents risks associated with lack of sleep, and reveals the effects of environmental factors such as work and

school schedules on sleep. Adolescent Sleep Patterns will appeal to psychologists and sociologists of adolescence who have not yet considered the important role of sleep in the lives of our youth.

Read Me to Sleep

With Techniques to Help Lull Your Child to Sleep

With techniques to help lull your child to sleep, *Read Me to Sleep* is the must-have bedtime companion for any parent! Written by Claire Hawcock, a psychotherapist and children's book author, these soft, lullaby-like words and gentle pictures will help settle your child for bed as you share this calming story together.

Her One Mistake*Gallery Books*

What should have been a fun-filled, carefree day takes a tragic turn for the worse for one mother when her best friend's child goes missing in this "seriously page-turning" (Lisa Jewell, *New York Times* bestselling author), suspenseful, and darkly twisted psychological thriller. Charlotte was supposed to be looking after the children, and she swears she was. But while her three kids are all safe and sound at the school fair, Alice, her best friend Harriet's daughter, is nowhere to be found. Frantically searching everywhere, Charlotte knows she must find the courage to tell Harriet that her beloved only child is

missing—and admit that she's solely to blame. Harriet, devastated by this unbearable loss, can no longer bring herself to speak to Charlotte again, much less trust her. Now, more isolated than ever and struggling to keep her marriage afloat, Harriet believes nothing and no one. But as the police bear down on both women, trying to piece together the puzzle of what happened to this little girl, dark secrets begin to surface—and Harriet discovers that trusting Charlotte again may be the only thing that will reunite her with her daughter.... This breathless and fast-paced novel—perfect for fans of *Big Little Lies* and *The Couple Next Door*—takes you on a chilling journey

that will keep you guessing until the very last page.

Have You Seen Me?

A Novel of Suspense

HarperCollins

From New York Times bestselling author Kate White comes a gripping novel about one woman's dangerous quest to recover lost memories someone would rather she never find. The key to her missing memories could bring relief—or unlock her worst nightmares. On a cold, rainy morning, finance journalist Ally Linden arrives soaked to the bone at her Manhattan office, only to find that she's forgotten her keycard. When her boss shows, he's shocked to see her—because, he explains, she hasn't

worked there in five years. Ally knows her name, but is having trouble coming up with much beyond that, though after a trip to the psychiatric ER, she begins to piece together important facts: she lives on the Upper West Side; she's now a freelance journalist; she's married to a terrific man named Hugh. More memories materialize and yet she still can't recall anything about the previous two days. Diagnosed as having experienced a dissociative state, she starts to wonder if it may have been triggered by something she saw. Could she have witnessed an accident—or worse—had something happened to her? Desperate for answers,

Ally tries to track where she spent the missing days, but every detail she unearths points to an explanation that's increasingly ominous, and it's clear someone wants to prevent her from learning where those forty-eight hours went. In order to uncover the truth, Ally must dig deep into the secrets of her past—and outsmart the person who seems determined to silence her.

Can Anybody Help Me? *Quercus*

It was crazy really, she had never met the woman, had no idea of her real name but she thought of her as a friend. Or, at least, the closest thing she had to a friend in Dublin. Struggling with a new baby, Yvonne turns to

netmammy, an online forum for mothers, for support. Drawn into a world of new friends, she spends increasing amounts of time online and volunteers more and more information about herself. When one of her new friends goes offline, Yvonne thinks something is wrong, but dismisses her fears. After all, does she really know this woman? But when the body of a young woman with striking similarities to Yvonne's missing friend is found, Yvonne realizes that they're all in terrifying danger. Can she persuade Sergeant Claire Boyle, herself about to go on maternity leave, to take her fears seriously?

Before I Sleep I Say Thank You

At bedtime, a mother and child think about their day and remember one thing each is sorry for, then the child recalls five things to be grateful for, takes a peaceful breath, and falls asleep. Includes notes for children and adults.