



Gifts Ideas for People with Anxiety

Stagram Picks Anxiety Relief This Month

N Colangelo



Stagram Picks Anxiety Relief This Month:

Between Two Strangers Kate White, 2023-05-16 A woman receives a bewildering inheritance that may have something to do with her past in this twisty and addictive psychological thriller from the New York Times bestselling author Entertainment Weekly calls impossible to outwit Struggling artist Skyler Moore is flabbergasted when she receives a suspicious phone call from a lawyer she's never met regarding a private matter As soon as she arrives at the law firm's office she learns she's the recipient of a large inheritance a life changing sum that will allow her to realize her long held dream of becoming a mother But who was her benefactor Christopher Whaley The late man's name means nothing to Skyler and she has no idea why he would leave her such an enormous bequest Looking into his background Skyler finally realizes they met once at a hotel bar and shared a one night stand But they never exchanged numbers or even last names and that was over a decade ago She wonders if the inheritance is meant to be a message of some kind but can't imagine what it might be Chris family is confused and suspicious too and his widow accuses Skyler of having an affair with her late husband then threatens revenge In order to protect herself Skyler has to understand the reason the money was left to her But as she digs for the truth it becomes clear that Chris Whaley might have taken other secrets to the grave ones that could have terrifying consequences for her *Still Beautiful* Katie Piper, 2025-06-05 A beautifully thoughtful considered and candid read As always Katie's trademark warmth and grace shines through Stacey Dooley TV presenter and author Age is a gift not everybody is given When a life threatening acid attack left Katie Piper physically and visibly scarred at just 24 her approach to ageing was irrevocably changed she now sees each passing year as a reminder of the privilege of being alive Over a decade on from sharing her story for the first time Katie reflects on what it means to age well within a world that has too often made women feel irrelevant or invisible for going through the natural ageing process From how to know your worth to how to take up space in a society that tells you to be small this book will help you cultivate a confidence you can depend on and find the real beauty in getting older Katie Piper OBE is an international bestselling author inspirational speaker TV presenter and charity campaigner She is a regular panellist on ITV's Loose Women and a presenter for BBC Radio 2 Katie shared her remarkable story in a Channel 4 documentary called Katie My Beautiful Face which was watched by over 3.5 million viewers and nominated for a BAFTA in 2010

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