

# Aisling Bea

Téa Obreht

**Period Power** Maisie Hill,2019-05-02 'Hill's advice is straightforward and no-nonsense' - The Guardian 'A life-transforming book... fascinating - Daily Mail 'Maisie Hill has written a bloody brilliant book (pun intended). Everything you need to know about periods and how they affect you and your life is here. It's revolutionary' - Miranda Sawyer 'Thank GOODNESS for Maisie Hill! Flipping open the lid on a vital conversation. It's about time we claimed the power of our periods!' - Gemma Cairney, broadcaster & co-founder of Boom Shakalaka Productions 'This is such an important book. Maisie's insights and cycle strategy have changed my life and my cycle. Period Power is written with such intelligence, humour and a deep understanding of women's health. If you have a period you need to read this book.' - Anna Jones, author of The Modern Cook's Year A profound and practical blueprint for aligning daily life with your menstrual cycle. Period Power is the handbook to periods and hormones that will leave you wondering why the hell nobody told you this sooner. The hormones of the menstrual cycle profoundly influence our energy, mood and behaviour, but all too often we're taught that our hormones make us unreliable, moody bitches, or that it's our lot in life to put up with 'women's problems'. Maisie Hill, a women's health practitioner, knows the power of working with the menstrual cycle and refuses to accept this theory. Instead, Maisie believes that our hormones are there to serve us and, if utilized correctly, can be used to help you get what you want out of life. Yes, we are hormonal, and that's a very good thing. This revolutionary book reveals everything you need to know about taking control of your menstrual cycle and outlines The Cycle Strategy to help us perform at our best, throughout our cycle. In Period Power you will discover how to: - maximise your natural superpowers each month while making adjustments for the darker days, and use Maisie's favourite tips to improve them - identify your personal patterns, powers and pitfalls for each phase of the menstrual cycle - plan your month to perform at your best in all aspects of your life - figure out if you have a hormonal imbalance and what to do about it. Period Power is a no-nonsense guide with all the tools you need to improve your menstrual health.

**Roar** Cecelia Ahern,2019-04-16 From the bestselling author of P.S., I Love You, a fiercely feminist story collection that illuminates, sometimes in fantastical ways, how women of all kinds navigate the world today—now an Apple TV+ series from the creators of GLOW starring Nicole Kidman, Cynthia Erivo, Merritt Wever, and Alison Brie! In this singular and imaginative story collection, Cecelia Ahern explores the endless ways in which women blaze through adversity with wit, resourcefulness, and compassion. Ahern takes the familiar aspects of women's lives—the routines, the embarrassments, the desires—and elevates these moments to the outlandish and hilarious with her astute blend of magical realism and social insight. One woman is tortured by sinister bite marks that appear on her skin; another is swallowed up by the floor during a mortifying presentation; yet another resolves to return and exchange her boring husband at the store where she originally acquired him. The women at the center of this curious universe learn that their reality is shaped not only by how others perceive them, but also how they perceive the power within themselves. By turns sly, whimsical, and affecting, these thirty short stories are a dynamic examination of what it means to be a woman in this very moment. Like women themselves, each story can stand alone; yet together, they have a combined power to shift consciousness, inspire others, and create a multi-voiced Roar that will not be ignored. Includes a Reading Group Guide.

**Repeal the 8th** Una Mullally,2018-04-05 Abortion is illegal in almost every circumstance in Ireland, making it the only democracy in the western world to have such a constitutional ban. Between 1980 and 2015, at least 165,438 Irish women and girls accessed UK abortion services. In 2016, the figure was 3,265. Any woman or girl who procures an abortion, or anyone who assists a woman to procure an abortion in Ireland can be criminalised and imprisoned for up to fourteen years. A woman may not procure an abortion in Ireland if she is pregnant due to incest or rape, or to prevent inevitable miscarriage and fatal foetal abnormality. The movement to repeal the Eighth Amendment and make abortion legal in Ireland has grown massively over the last few years. This anthology shares the literature, personal stories, opinions, photography, art and design produced by the movement that catalysed 2018's momentous referendum. Featuring prize-winning novelists, critically acclaimed poets, cutting-edge artists and journalists on the front line, this anthology will be the definitive collection of the art inspired by the most pressing debate in contemporary Ireland, and beyond. Contributors include: Lisa McInerney, Anne Enright, Louise O'Neill, Caitlin Moran, Tara Flynn, Aisling Bea, Sinead Gleeson, Emmet Kirwan.

**Oh My God, What a Complete Aisling!** Emer McLysaght,Sarah Breen,2017-08-31 Aisling is twenty-eight and she's a complete ... Aisling. She lives at home in Ballygobbar (or Ballygobackwards, as some gas tickets call it) with her parents and commutes to her good job at PensionsPlus in Dublin. Aisling goes out every Saturday night with her best friend Majella, who is a bit of a hames (she's lost two phones already this year – Aisling has never lost a phone). They love hoofing into the Coors Light if they're 'Out', or the vodka and Diet Cokes if they're 'Out Out'. Ais spends two nights a week at her boyfriend John's. He's from down home and was kiss number seventeen at her twenty-first. But Aisling wants more. She wants the ring on her finger. She wants the hen with the willy straws. She wants out of her parents' house, although she'd miss Mammy turning on the electric blanket like clockwork and Daddy taking her car 'out for a spin' and bringing it back full of petrol. When a week in Tenerife with John doesn't end with the expected engagement, Aisling calls a halt to things and soon she has surprised herself and everyone else by agreeing to move into a three-bed in Portobello with stylish Sadhbh from HR and her friend, the mysterious Elaine. Newly single and relocated to the big city, life is about to change utterly for this wonderful, strong, surprising and funny girl, who just happens to be a complete Aisling.

**Maeve in America** Maeve Higgins,2018-08-07 "If Tina Fey and David Sedaris had a daughter, she would be Maeve Higgins." –Glamour A startlingly hilarious essay collection about one woman's messy path to finding her footing in New York City, from breakout comedy star and podcaster Maeve Higgins Maeve Higgins was a bestselling author and comedian in her native Ireland when, at the grand old age of thirty-one, she left the only home she'd ever known in search of something more and found herself in New York City. Together, the essays in Maeve in America create a smart, funny, and revealing portrait of a woman who aims for the stars but sometimes hits the ceiling and the inimitable city that helped make her who she is. Here are stories of not being able to afford a dress for the ball, of learning to live with yourself while you're still figuring out how to love yourself, of the true significance of realizing what sort of shelter dog you would be. Self-aware and laugh-out-loud funny, this collection is also a fearless exploration of the awkward questions in life, such as: Is clapping too loudly at a gig a good enough reason to break up

with somebody? Is it ever really possible to leave home? “Maeve Higgins is hilarious, poignant, conversational, and my favorite Irish import since U2. You’re in for a treat.” –Phoebe Robinson

How to Do Nothing Jenny Odell, 2020-12-29 \*\* A New York Times Bestseller \*\* NAMED ONE OF THE BEST BOOKS OF THE YEAR BY: Time • The New Yorker • NPR • GQ • Elle • Vulture • Fortune • Boing Boing • The Irish Times • The New York Public Library • The Brooklyn Public Library A complex, smart and ambitious book that at first reads like a self-help manual, then blossoms into a wide-ranging political manifesto.—Jonah Engel Bromwich, The New York Times Book Review One of President Barack Obama's Favorite Books of 2019 Porchlight's Personal Development & Human Behavior Book of the Year In a world where addictive technology is designed to buy and sell our attention, and our value is determined by our 24/7 data productivity, it can seem impossible to escape. But in this inspiring field guide to dropping out of the attention economy, artist and critic Jenny Odell shows us how we can still win back our lives. Odell sees our attention as the most precious—and overdrawn—resource we have. And we must actively and continuously choose how we use it. We might not spend it on things that capitalism has deemed important ... but once we can start paying a new kind of attention, she writes, we can undertake bolder forms of political action, reimagine humankind’s role in the environment, and arrive at more meaningful understandings of happiness and progress. Far from the simple anti-technology screed, or the back-to-nature meditation we read so often, How to do Nothing is an action plan for thinking outside of capitalist narratives of efficiency and techno-determinism. Provocative, timely, and utterly persuasive, this book will change how you see your place in our world.

*Out of Love* Hazel Hayes, 2021-09-28 One of E! News' 13 Books to Read This September | One of Bookish's Debuts to Read in the Second Half of 2021 | One of Medium's Best Releases Out Today “Hazel Hayes writes with such honesty and casual confidence and flowing dialogue, you feel you are overhearing it rather than reading it. The writing sparkles with wit and a poignant emotional reality. I love it.”—Matt Haig, bestselling author of The Midnight Library “A smart, touching, time-bending romance. Funny and affecting.”—David Nicholls, bestselling author of One Day and Sweet Sorrow For anyone who has loved and lost, and lived to tell the tale, this gorgeously written debut is a love story told in reverse, a modern novel with the heart of a classic: truthful, tragic, and ultimately full of hope. Out of Love begins at the end. A couple call it quits after nearly five years, and while holding a box of her ex-boyfriend’s belongings, the young woman wonders: How could they have spent so long together? When did they fall out of love? Were there good times before the bad? These are the questions we obsess over when a relationship ends, even when obsessing can do no good. But instead of moving forward through the emotional fallout of a break-up, Out of Love moves backward in time, weaving together an already unraveled tapestry, from tragic ending to magical first kiss. Each chapter jumps further into the past, mining their history for the days and details that might help us understand love; how it happens and why it sometimes falls apart. Readers of Normal People; Goodbye, Vitamin; and One Day will adore this bittersweet romance, a sparkling debut that you won’t want to miss.

*Notes From the Bathroom Line* Amy Solomon, 2021-03-30 A collection of never-before-seen humor pieces—essays, satire, short stories, poetry, cartoons, artwork, and more—from more than 150 of the biggest female comedians today, curated by Amy Solomon, a producer of the hit HBO shows Silicon Valley and Barry. With contributions from: Lolly Adefope • Maria Bamford • Aisling Bea • Lake Bell • Rachel Bloom • Rhea Butcher • Nicole Byer • D’Arcy Carden • Aya Cash • Karen Chee • Margaret Cho • Mary H.K. Choi • Amanda Crew • Rachel Dratch • Beanie Feldstein • Jo Firestone • Briga Heelan • Samantha Irby • Emily V. Gordon • Patti Harrison • Mary Holland • Jen Kirkman • Lauren Lapkus • Riki Lindhome • Kate Micucci • Natalie Morales • Aparna Nancherla • Yvonne Orji • Lennon Parham • Chelsea Peretti • Alexandra Petri • Natasha Rothwell • Amber Ruffin • Andrea Savage • Kristen Schaal • Megan Stalter • Beth Stelling • Cecily Strong • Sunita Mani • Geraldine Viswanathan • Michaela Watkins • Mo Welch • Sasheer Zamata • and many more. More than four decades ago, the groundbreaking book Titters: The First Collection of Humor by Women showcased the work of some of the leading female comedians of the 1970s like Gilda Radner, Candice Bergen, and Phyllis Diller. The book became an essential time capsule of an era, the first of its kind, that opened doors for many more funny women to smash the comedy glass-ceiling. Today, brilliant women continue to push the boundaries of just how funny—and edgy—they can be in a field that has long been dominated by men. In Notes from the Bathroom Line, Amy Solomon brings together all-new material from some of the funniest women in show business today—award-winning writers, stand-up comedians, actresses, cartoonists, and more. Notes from the Bathroom Line proves there are no limits to how funny, bad-ass, and revolutionary women can—and continue—to be.

*I'll Be Home for Christmas Movies* Brandon Gray, Daniel Thompson, Daniel Pandolph, Alonso Duralde, 2021-10-26 I'll Be Home for Christmas Movies is the unofficial fan guide to Hallmark holiday movies, from the creators of the wildly popular Deck the Hallmark podcast. Hosts and best friends Brandon Gray, Daniel Panda Pandolph, and Dan Thompson share reviews that make you feel like you're watching these holiday favorites with your best buds, discussing warm Christmas feelings and absolutely bonkers plot twists with equal enthusiasm. And thanks to original interviews with the movies' stars and creators, fans will find out insider information on the making of the movies and learn answers to pressing questions: Why do the lead characters keep coming down with amnesia? Why do so many female stock brokers and lawyers find themselves forced to plan parties? And do all of the stories take place within something called the Kennyverse? To complete the perfect Christmas package, the book is also chock-full of ideas for hosting your own holiday movie-watching party, complete with delicious recipes. Featuring dozens of full-color photos throughout, I'll Be Home for Christmas Movies is as cozy and sparkly as the movies themselves.

How to Die Alone Mo Welch, 2019-04-16 There’s an entire industry built on the idea of helping people to push hard and succeed in love, work, fitness, and finances. But what about those people who would so much rather stay home and eat pizza with the cat while binge-watching Netflix? Who’s telling them that it’s OK to be a couch potato? Blair, that’s who. The creation of cartoonist and stand-up comic Mo Welch, Blair is the awkward, self-deprecating, totally relatable anti-heroine who already has 65,000 followers on Instagram and an animated show on TBS Digital. Now Blair is the face, the voice, and the attitude of How to Die Alone, the perfect self-help book for not helping yourself—and a funny, irreverent gift for millennials struggling to “adult.” Forget winning friends and influencing people—here’s advice on how to win the Worst Friend Award instead, including: Always be late, never offer to drive (anywhere), and treat your friend’s kitchen like an open bar. Plus the ins and outs of terrible dates, permission to eat cookies instead of going to the gym, and how to treat your job like the inconvenience that it is. It’s the genuinely funny,

tongue-in-cheek guide to just saying no.

*Inland* Téa Obreht,2019 In the lawless, drought-ridden lands of the Arizona Territory in 1893, two extraordinary lives collide. Nora is an unflinching frontierswoman, alone in a house abandoned by the men in her life. Lurie is a man haunted by ghosts--he sees lost souls who want something from him. The way in which Nora and Lurie's stories intertwine is the surprise and suspense of this brilliant novel.

*Corn Flakes for Dinner* Aidan Comerford,2017-10-13 What do you do when both of your daughters have been diagnosed with autism, your wife is depressed and your job has been made redundant? You become a comedian! After years of feeling like he was losing at life, Aidan Comerford was on top of the world. He had just stepped off stage after being crowned the winner of So You Think You're Funny? at the Edinburgh Fringe Festival in 2014, joining previous winners such as Peter Kay, Dylan Moran and Tommy Tiernan. This was it! His big break. Back in Ireland, on the same day, at a remote country cottage near a lake, his daughter went missing . A funny, heartfelt and uplifting memoir about the challenges and adventures of parenting, and accepting that sometimes you have to have Corn Flakes for dinner.

**Consumed** J.R. Ward,2019-06-18 From the #1 New York Times bestselling author and “master of contemporary romance, with heroes so hot they set the pages on fire” (Gena Showalter, New York Times bestselling author), a steamy romantic suspense novel about arson investigator, Anne Ashburn, who is consumed by her troubled past, her family’s scorched legacy, and her current case: chasing a deadly killer. Anne Ashburn is a woman consumed... Strong-willed and brash, Anne relished the thrill of fighting fires. But when one risky decision at a warehouse scene changes her life forever, she must reinvent not only her job, but her whole self. Despite the desire to move on, Anne finds her new career as an arson investigator a pale substitute for all the adrenaline-fueled buzz she left behind. She doesn’t believe she will ever feel that same all-consuming passion for a job again—until a string of suspicious fires endangers the lives of her former colleagues. Danny McGuire is the best fireman in the city but in the midst of a personal meltdown. He’s taking risks like never before thanks to a reckless death wish—until he teams up with Anne to find the fire starter. Passion flares between them—not for the first time—but as Anne narrows in on her target, the arsonist marks her as the next victim in this firestorm of a novel. With heart-pounding suspense and sizzling romance, Consumed is a compulsively readable novel that “you won’t be able to put down” (USA TODAY).

**Toto the Ninja Cat and the Great Snake Escape** Dermot O’Leary,2017-09-21 Meet Toto: she's no ordinary cat, and she can't wait to have an adventure with you! From one of the UK's best-loved broadcasters, purrfect for fans of The Aristocats, The Secret Life of Pets and Atticus Claw Breaks the Law. Toto the cat and her brother Silver live footloose and fancy-free in a townhouse in London. Toto is almost totally blind, and learned to trust her senses from a ninja cat-master who taught her back in Italy where they were born. By day, Toto and Silver seem to be ordinary cats, but by night, they love to have adventures! One evening, news reaches Toto that a king cobra has escaped from London Zoo! Together with help from a very posh cat and two hungry tigers, Toto and Silver must investigate. Can they find the giant snake, before it's too late? Ideal for reading aloud or for children to curl up with and read alone, the story features brilliant black and white illustrations throughout. With gentle themes of friendship, inclusivity and winning in the face of adversity, this is a hilarious must-read for all animal-loving kids! Dermot says: 'The idea for Toto first came to me when my wife and I rescued two stray cats from an olive grove in Italy. One of them, Toto, has been blind from birth, but we quickly realised she had ninja-like reactions. Like a lot of cat owners (or cat servants), we like to imagine our pets having secret lives when we're out or asleep. So before I knew it I was writing about Toto and her brother Silver's nocturnal adventures around London. I really hope that children who pick it up enjoy reading the adventures of our little Italian underdog (cat).' Have you seen Toto's other adventures? The Incredible Cheese Heist and The Superstar Catastrophe are out now, and make perfect Christmas gifts for young readers.

*Confessions of a Murder Suspect* James Patterson,Maxine Paetro,2012-09-24 James Patterson returns to the genre that made him famous with a #1 New York Times bestselling teen detective novel about the mysterious Angel family . . . and the dark secrets they're keeping from one another. On the night Malcolm and Maud Angel are murdered, Tandy Angel knows just three things: 1) She was the last person to see her parents alive. 2) The police have no suspects besides Tandy and her three siblings. 3) She can't trust anyone-maybe not even herself. As Tandy sets out to clear the family name, she begins to recall flashes of experiences long buried in her vulnerable psyche. These memories shed light on her family's dark secrets, and digging deeper into her powerful parents' affairs proves to be a disturbing and dangerous game. Who knows what any of the Angels are truly capable of?

**No Shame** Tom Allen,2020-11-12 'When I was 16 I dressed in Victorian clothing in a bid to distract people from the fact that I was gay. It was a flawed plan.'No Shame is a very funny, candid and emotional ride of a memoir by one of our most beloved comedians. The working-class son of a coach driver, and the youngest member of the Noel Coward Society, Tom Allen grew up in 90s suburbia as the eternal outsider. In these hilarious, honest and heart breaking stories Tom recalls observations on childhood, his adolescence, the family he still lives with, and his attempts to come out and negotiate the gay dating scene. They are written with his trademark caustic wit and warmth, and will entertain, surprise and move you in equal measure.

**The Guilty Feminist** Deborah Frances-White,2018 A funny, joyful, frank and inspiring book about embracing both feminism and our imperfections, from the creator of the hit comedy podcast, Deborah Frances-White. From inclusion to the secret autonomy in rom coms, from effective activism to what poker can tell us about power structures, Deborah explores what it means to be a twenty-first-century feminist, and encourages us to make the world better for everyone. The book also includes exclusive interviews with performers, activists and thinkers - Jessamyn Stanley, Zoe Coombs Marr, Susan Wokoma, Bisha K. Ali, Reubs Walsh, Becca Bunce, Amika George, Mo Mansfield and Leyla Hussein - plus a piece from Hannah Gadsby.

**101 Reasons Why Ireland Is Better Than England** Pat Fitzpatrick,2020-10-07 Tayto, the metric system, Aisling Bea, Luke 'Ming' Flanagan, Blindboy, Marian Keyes and we never get embarrassed on the international stage by dodgy Royals – that's just 7 of the 101 Reasons Why Ireland is Better than England. This tongue-in-cheek sweep across the two nations is aimed at Irish people, wherever they live, not to mention the 10 million English people who move over here after Brexit. With our neighbour losing its marbles, there has never been a better time to exact revenge for the two most despicable things that England has ever inflicted on the Irish – Jacob Rees-Mogg and claiming Saoirse Ronan is British.

*I Feel Bad* Orli Auslander,2017 In a series of 100 illustrations with accompanying text, Orli Auslander has captured a mood and emotional ambivalence that will be all too familiar for readers: trying to be the best wife, mother, and friend she can be, while simultaneously feeling shitty about virtually everything she does. With a distinctive style that brings to mind Robert Crumb and Edward Gorey, *I Feel Bad* is a book that readers will buy for themselves and for a best friend, and where every reader will find the precise moment that Auslander voiced their deepest anxiety in her poignant and hilarious illustrations.

*Taskmaster* Alex Horne,2018-09-06 Build yourself a box and think outside of it. Your time starts now ... In the TV show and on my marriage certificate, my job description is 'Taskmaster's Assistant'. That's what I do and it's an honour. I like Taskmaster a lot. And, of course, I love The Taskmaster. He's mountainous. If you feel in any way the same as me then you should enjoy this paperback version of the official Taskmaster book. There are tasks for you, your friends and your family. There are new tasks, secret things and sneaky tricks. And there is one swear word. So it's almost exactly like being on the show. Good luck. Make good choices. Let's do Him proud. Alex Horne Taskmaster's Assistant

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