

Welcome to Independent Publishing with Passion and Purpose



FOREIGN RIGHTS CATALOGUE

Frankfurt 2026

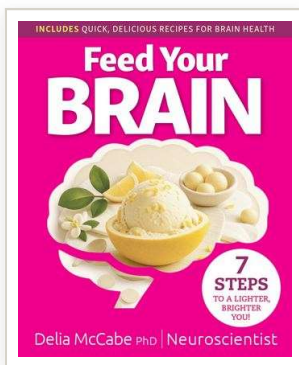
Independent publishing with passion and purpose

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exislepublishing.com nathan@exislepublishing.com

New from Exisle

New and forthcoming titles, 2025 onwards



Feed Your Brain 2nd Edition

7 Steps to a Lighter, Brighter You!

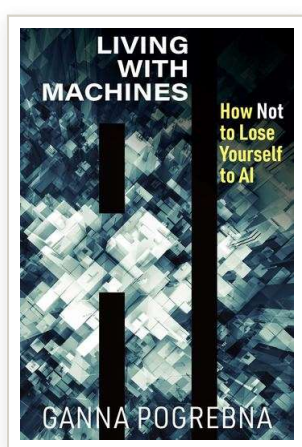
Delia McCabe · 9781923011366 · August 2027

Fully updated edition of the brain-nutrition classic: a simple, evidence-based seven step plan to think and feel better.

An expert in her field, Delia McCabe distils 20+ years of research into a simple seven step real-food plan to *Feed Your Brain*: sharpen memory and focus, improve mood, ease stress and help the brain age well. Clear, practical and accessible, this book presents a compelling mix of scientific exploration and quick brain-nourishing recipes, now in its second, revised edition. For anyone who would like to learn more about their brain and improve their long-term health.

RIGHTS

AVAILABLE all territories



Living with Machines

How Not to Lose Yourself to AI

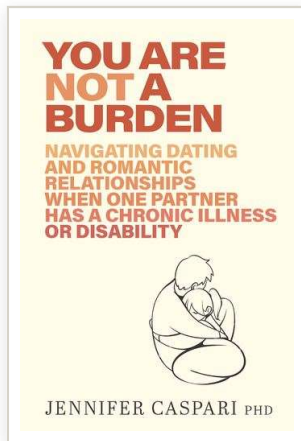
Ganna Pogrebna · 9781923011502 · July 2027

A leading behavioural scientist investigates the timely question: how can we live with AI and still maintain our human uniqueness?

The real risk of AI isn't that it fails – it's that it works beautifully, until you can no longer tell where the machine ends and you begin. Drawing on more than twenty years of research into how humans and machines think together, behavioural scientist Ganna Pogrebna shows how frequent AI use flattens our writing, our judgement and our sense of self – and offers a practical, insightful guide for keeping that seam visible and staying recognisably yourself in the age of intelligent machines.

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You Are Not a Burden

Navigating Dating and Romantic Relationships When One Partner Has a Chronic Illness or Disability

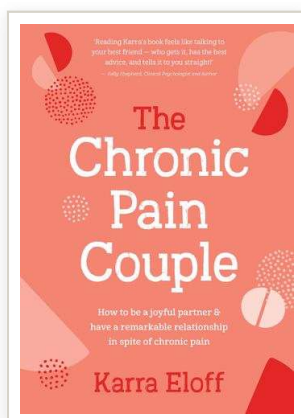
Jennifer Caspari PhD · 9781923011496 · June 2027

A guide to navigating love alongside chronic illness or disability, from a psychologist with lived experience of interabled relationships.

Romantic love is challenging enough – add a chronic illness or disability and dating and partnerships can feel daunting. In *You Are Not a Burden*, clinical psychologist Dr Jennifer Caspari combines professional expertise with her lived experience of cerebral palsy and a thriving interabled marriage, to share evidence-based skills for self-worth, communication, intimacy, boundaries and caregiving. An affirming guide to building connected, lasting love when one partner is ill or disabled.

RIGHTS

AVAILABLE all territories



The Chronic Pain Couple

How to be a joyful partner & have a remarkable relationship in spite of chronic pain

Karra Eloff · 9781923011359 · May 2027 · first published July 2022

A compassionate guide to keeping love, intimacy and joy alive through chronic pain and illness, now in paperback.

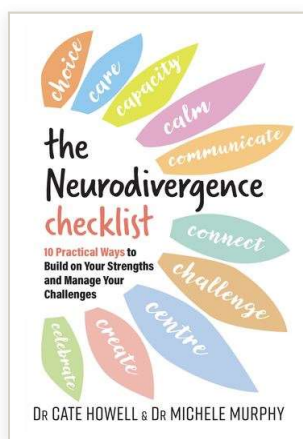
Chronic pain reshapes a couple's closest relationship: intimacy and spontaneity slip away, leaving partners feeling more like patient and carer. Karra Eloff – a psychology clinic co-founder living with chronic pain – offers a warm, practical, low-energy blueprint for moving from surviving to a remarkable, passion-filled relationship.

A valued guide to managing relationships through chronic pain,
now out in paperback!

RIGHTS

SOLD 2 languages

French, German



The Neurodivergence Checklist

10 Practical Ways to Build On Your Strengths and
Manage Your Challenges

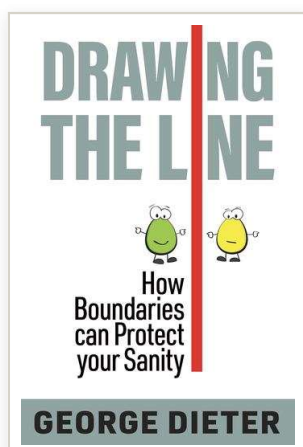
Dr. Cate Howell & Dr. Michelle Murphy · 9781923011335 · April 2027

A warm, strengths-based guide for ADHD and Autistic adults: 10 practical 'Cs' to build on your strengths and thrive.

Being neurodivergent can feel like living in a foreign country and not knowing the local language. *The Neurodivergence Checklist* is a warm, strengths-based guide for ADHD and Autistic adults that teaches you how to build on your strengths, find support and manage challenges. Experienced clinicians Dr Cate Howell and Dr Michele Murphy present their Connect Model, with reflective prompts and checklists to help you cultivate a life that fits who you are.

RIGHTS

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Drawing the Line **Revised & updated edition**

How Boundaries Can Protect Your Sanity

George Dieter · 9781923011328 · March 2027 · first published as i-Power, 2015

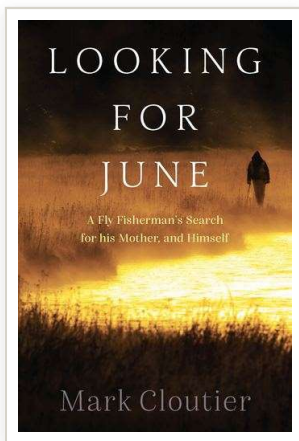
A psychologist's guide to boundary setting that explains why understanding where you end and other people begin is the key to staying sane in a world built to overwhelm you.

Most of us were never taught where we end and another person begins, so we absorb other people's moods, take responsibility for feelings that aren't ours, and then wonder why we feel so depleted. *Drawing the Line* is for anyone tired of carrying it all: the reader who says yes but mean no, who replays arguments at 3AM, who feels responsible for everyone's happiness but their own. Grounded in neuroscience and illustrated with stories from years of practice, this is a practical and humane guide to staying sane when everything around you seems designed to pull you apart.

RIGHTS

SOLD 2 languages

Polish, Simplified Chinese



Looking for June

A Fly Fisherman's Search for His Mother and Himself

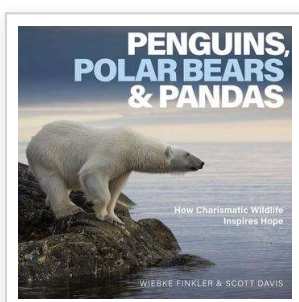
Mark Cloutier · 9781923011342 · February 2027

Tasmania's wild rivers offer solace and strength as a fly fisherman embarks on a late-life search for his birth mother.

When Mark Cloutier begins searching for the mother who gave him up for adoption, he turns instinctively to the wild rivers of Tasmania. Told through days spent fly fishing in remote landscapes, *Looking for June* is a measured, deeply reflective memoir about identity, silence, and how nature can provide the steadiness needed to confront difficult truths.

RIGHTS

AVAILABLE all territories



Penguins, Polar Bears and Pandas

How Charismatic Wildlife Inspires Hope

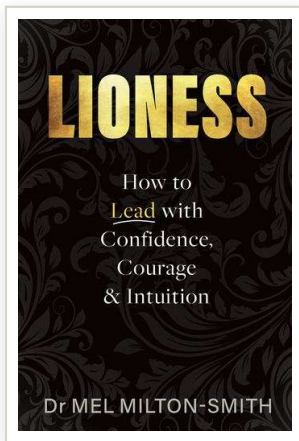
Wiebke Finkler & Scott Davis · 9781921966941 · November 2026

A stunning celebration of the animals we love most, and the powerful hope they inspire for our planet.

Penguins, Polar Bears and Pandas explores the world's most beloved animals and the surprising science behind why we are drawn to them. Featuring breathtaking wildlife photography, this uplifting gift book reveals how these charismatic species inspire empathy, spark conservation, and offer genuine hope for the future of our planet.

RIGHTS

AVAILABLE all territories



Lioness

How to Lead with Confidence, Courage and Intuition

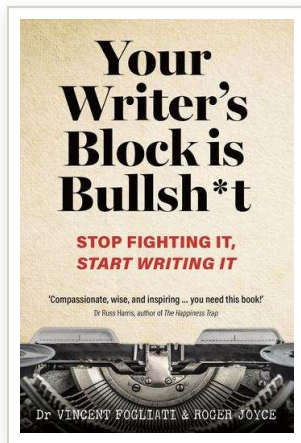
Dr. Mel Milton-Smith · 9781923011120 · October 2026

Defy imposter syndrome and lead with confidence, courage and intuition with this values-led leadership guide by Dr. Mel.

Lioness helps women build confidence from the inside out – starting with their core values and using these to foster effective communication and leadership presence. Drawing on her work as an award-winning academic and executive coach, Dr Mel Milton-Smith shares candid insights from workshops and coaching sessions, along with practical tools to address imposter syndrome, people-pleasing, and the gendered expectations that can affect women's careers.

RIGHTS

AVAILABLE all territories



Your Writer's Block Is Bullsh*t

Stop Fighting It, Start Writing It

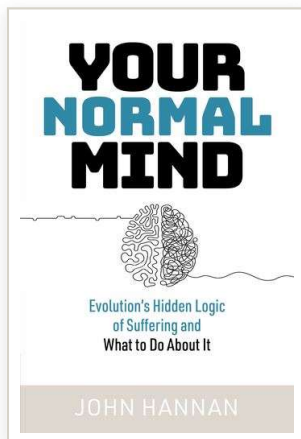
Dr Vincent Fogliati & Roger Joyce · 9781923011625 · September 2026

A radical, compassionate, and practical guide that turns fear from your enemy into your creative ally and gets you writing again.

Every writer knows the fear of the blank page, the inner critic, the endless delay. This book doesn't promise to erase that fear. It teaches you how to write with it beside you. Drawing on the science of Acceptance and Commitment Therapy (ACT) and the raw realism of the writing life, a psychologist and a ghostwriter take you on a journey from paralysis to creative flow. Insightful, honest, and often funny, *Your Writer's Block Is Bullsh*t* is the essential guide for writers ready to stop fighting themselves and start writing again.

RIGHTS

AVAILABLE all territories



Your Normal Mind

Evolution's Hidden Logic of Suffering ... And What to Do About It

John Hannan · 9781923011632 · September 2026

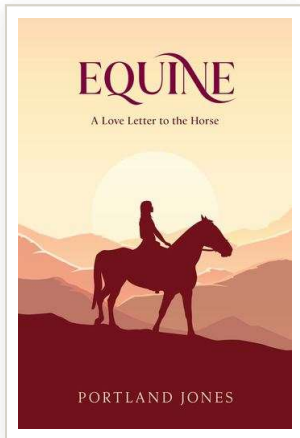
A field manual for your head – the evolutionary reasons for psychological suffering and drive, decoded and made practical for real life.

Much of what we call "mental illness" isn't malfunction – it's adaptation. *Your Normal Mind* shows how our evolutionary wiring creates the very suffering we try to escape, and how to re-train those systems for calm, focus, and purpose. Grounded in evolutionary theory, psychology, and years of field experience, John Hannan delivers a no-nonsense guide to understanding your mind and mastering its code.

RIGHTS

SOLD 1 language

Simplified Chinese



Equine

A Love Letter to The Horse

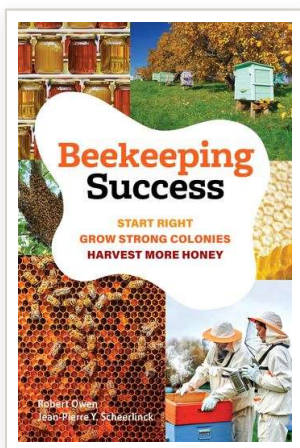
Portland Jones · 9781923011083 · June 2026

A fascinating look at our bond with the horse across 6000 years, including effective, compassionate training methods.

Weaving together science, history and narrative, *Equine* traces humanity's bond with the horse across 6000 years. It takes readers on a journey from the horse's evolutionary beginnings through to their domestication, their use during wartime, and their place in our lives today. The author also turns her considerable expertise to how the horse learns, teaching readers effective, compassionate training methods. *Equine* is for anyone who works with horses, rides them, or simply admires them.

RIGHTS

AVAILABLE all territories



Beekeeping Success

Start Right, Grow Strong Colonies, Harvest More Honey

Dr Robert Owen & Prof. Jean-Pierre Scheerlinck · 9781923011281 · March 2026

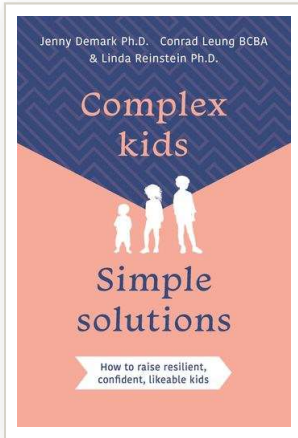
Start right and solve common problems fast with this go-to reference for beginner and intermediate beekeepers.

An accessible, practical guide for new and aspiring beekeepers. Covers everything from choosing equipment to preventing swarms, raising healthy queens, and harvesting honey. With over

300 Q&As, it's a one-stop handbook for troubleshooting and thriving at every stage of your beekeeping journey.

RIGHTS

AVAILABLE all territories



Complex Kids, Simple Solutions

How to raise resilient, confident, likeable kids

Jenny Demark PhD & Conrad Leung BCBA & Linda Reinstein PhD ·
9781923011250 · November 2025

Complex Kids, Simple Solutions offers a research-based antidote to help you get to grips with effective parenting approaches, it is your comprehensive guide to raising cooperative, resilient and likeable kids.

Parenting is a challenging yet rewarding job, and it's one we're never prepared for. Yet everywhere we turn there is information (and misinformation) about how best to raise our children.

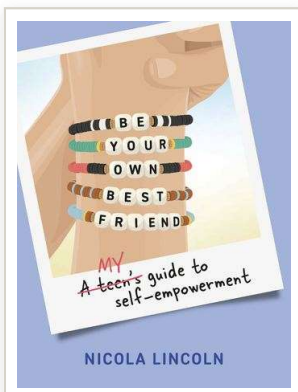
Complex Kids, Simple Solutions offers a research-based antidote to help you get to grips with effective parenting approaches.

Grounded in science and written by three child behavioural specialists, this book is your comprehensive guide to raising cooperative, resilient, and likeable kids.

RIGHTS

SOLD 1 language

Simplified Chinese



Be Your Own Best Friend

A Teen's Guide to Self-Empowerment

Nicola Lincoln · 9781923011298 · November 2025

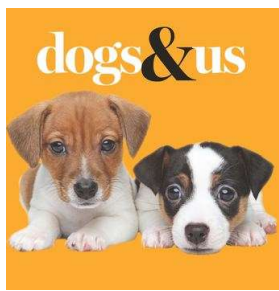
Designed for teens, Be Your Own Best Friend helps you construct a mental wellbeing toolkit to manage your emotions and life's ups

and downs.

This book covers techniques to hack intrusive thoughts and turn your inner critic into an inner coach; healthy coping behaviours for when life gets tough; and tips for sleep, diet, and a healthy relationship with social media. Full of real-life stories and inspirational quotes, *Be Your Own Best Friend* helps you reimagine who and how you want to be.

RIGHTS

AVAILABLE all territories



Dogs & Us

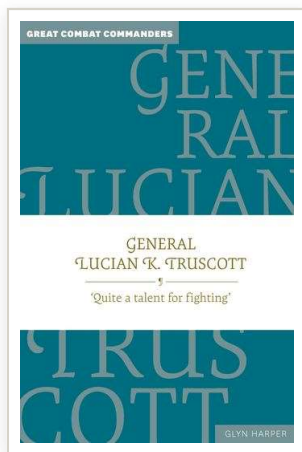
Gareth St John Thomas · 9781923011229 · October 2025

A delightful, insightful compendium of research, writing and photography on the workings of the human-dog relationship.

Dogs and Us provides a fresh, informed and fun look at our relationship with our animal companions. Featuring adorable photography, classic and contemporary observation and research, quotes and extracts, it will simultaneously delight and inform anyone who wants to deepen their understanding of the human-dog relationship. Perfect for the growing number of dog owners who want to know more, and anyone who wishes to give them a joyful and meaningful gift.

RIGHTS

AVAILABLE all territories



General Lucian K. Truscott

'Quite a talent for fighting'

Glyn Harper · 9781923011014 · September 2025

Examines the life of Lucian Truscott, one of the greatest, but least celebrated, US combat commanders of World War II.

Explores the life of Lucian Truscott, one of the greatest, yet least celebrated, US combat commanders of World War II. The book traces Truscott's rise, highlighting his unique record as the only US officer to command military formations from regiment up to a full army. It also examines how he became the US's foremost expert in amphibious operations. Perfect for military enthusiasts looking to expand their knowledge beyond the well-known names of World War II canon.

RIGHTS

AVAILABLE all territories



No Time for Makeup

The life of a flying doctor and paediatrician

Dr Elizabeth Green · 9781923011090 · April 2025

A stunning medical memoir about providing care in wild places, and the power of human connection.

A beautifully written and deeply affecting account of a woman raised in the Australian Outback, who then returned there as a doctor in the Royal Flying Doctor Service. Exploring the beautiful and harsh realities of providing life-saving care in extreme conditions, as well as the quiet moments of seeing a patient's bravery and gaining their trust.

RIGHTS

SOLD 1 language



Beating Burnout

Helping the all-or-nothing personality to find balance

Mike McKinney · 9781923011069 · March 2025

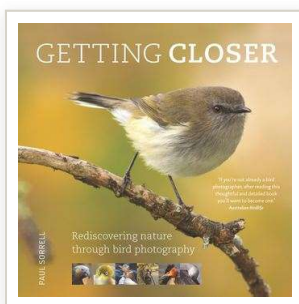
A comprehensive guide to burnout, with practical ways to manage and prevent burnout to create a more balanced future.

Focusing on his findings that certain personality traits contribute to workplace burnout, experienced clinical psychologist Mike McKinney takes an informed look at the features of burnout, why and how burnout happens, and the signs it might be about to strike. This insightful, practical book is filled with suggestions for positive changes that can be sustained, and offers ways to help you consider a wider (and possibly new) purpose in life underpinned by ways to enhance resilience.

RIGHTS

SOLD 1 language

Polish



Getting Closer

Rediscovering nature through bird photography

Paul Sorrell · 9781923011168 · March 2025

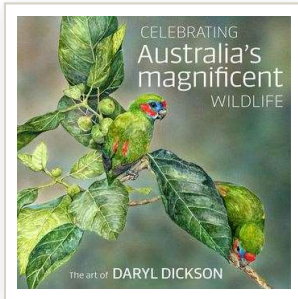
With Getting Closer to guide you, and a camera in hand, learn how to connect with nature by using a photographer's eye.

Getting Closer is an illustrated discussion of photography as a way of achieving greater intimacy with the natural world. With a focus on birds, the book is directed primarily at photographers but also at birders, and people interested in the outdoors. The author offers a simple, practical path for readers to begin to 'rewild' themselves, introducing hands-on techniques that will enable readers to both

deeply connect with their environment and become proficient wildlife photographers.

RIGHTS

AVAILABLE all territories



Celebrating Australia's Magnificent Wildlife

The art of Daryl Dickson

Daryl Dickson · 9781922539519 · February 2025

View the captivating wildlife of Australia through a lifetime of artworks, showcased in a beautiful large-format design.

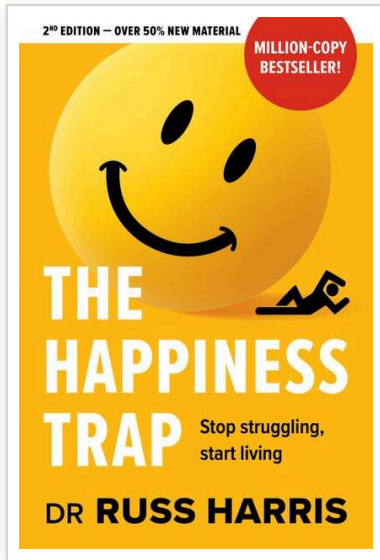
Celebrating Australia's Magnificent Wildlife is a celebration of Daryl Dickson's beautiful work and passion for conservation. The stunning animals around Dickson have informed her work for over 40 years. Witness the ancient tropical forests and majestic landscapes of Queensland, Australia – home to some of the world's rarest and most fascinating species. View a lifetime of artworks, showcased in this beautiful, large-format book that is an essential addition to coffee-tables everywhere.

RIGHTS

AVAILABLE all territories

Featured author · Dr Russ Harris

The Happiness Trap franchise: the million-copy ACT phenomenon, sold in more than thirty languages



MILLION-COPY BESTSELLER

The Happiness Trap

Stop struggling, start living

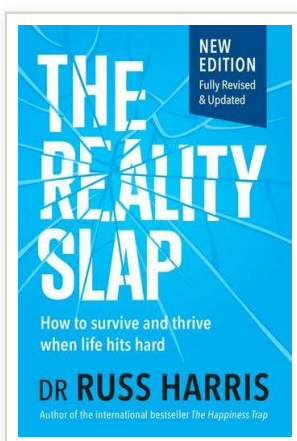
Dr Russ Harris · 9781922539199

The million-copy international bestseller. A revolutionary, evidence-based guide that exposes the popular misconceptions about happiness and, drawing on Acceptance and Commitment Therapy (ACT), unlocks the secrets to a rich and fulfilling life.

RIGHTS

SOLD 32 languages

Albanian, Arabic, Bulgarian, Croatian, Czech, Danish, Dutch, Estonian, Finnish, French, German, Hungarian, Icelandic, Indonesian, Italian, Japanese, Korean, Macedonian, Norwegian, Polish, Portuguese, Romanian, Russian, Serbian, Simplified Chinese, Slovenian, Spanish, Swedish, Thai, Traditional Chinese, Turkish, Vietnamese



The Reality Slap

How to survive and thrive when life hits hard

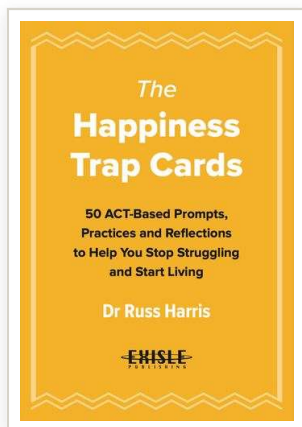
Dr Russ Harris · 9781925820911

From the author of *The Happiness Trap*, a compassionate, practical guide to finding peace, healing and even growth when life deals its heaviest blows, built on the principles of ACT and mindfulness.

RIGHTS

SOLD 19 languages

Czech, Danish, Dutch, French, German, Hungarian, Italian, Japanese, Korean, Polish, Romanian, Russian, Simplified Chinese, Slovak, Spanish, Swedish, Traditional Chinese, Turkish, Ukrainian



The Happiness Trap Cards

50 ACT-Based Prompts, Practices and Reflections

Dr Russ Harris · 9781922539540

A beautifully presented set of 50 cards that introduces the key concepts of Acceptance and Commitment Therapy in a fresh, accessible format, each card pairing a concept with a practical teaching to apply in daily life.

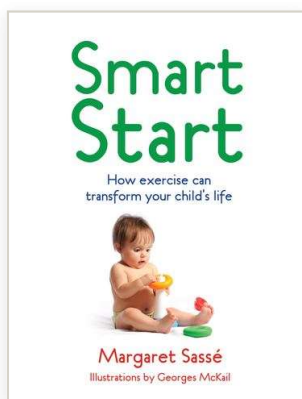
RIGHTS

SOLD 5 languages

Dutch, French, German, Italian, Romanian

Featured backlist

Key titles with multiple foreign rights deals



Smart Start

How Exercise Can Transform Your Child's Life

Margaret Sasse · 9781921497186

Children need exercise to stimulate their brains as well as their bodies. Margaret Sasse offers a step-by-step programme for each year, with down-to-earth advice on diet and exercise for optimum physical and intellectual development.

RIGHTS

SOLD 15 languages

Arabic, Bulgarian, Dutch, Estonian, Greek, Italian, Korean, Polish, Portuguese, Romanian, Simplified Chinese, Thai, Traditional Chinese, Turkish, Vietnamese



Stop Talking, Start Influencing

12 Insights From Brain Science to Make Your Message Stick

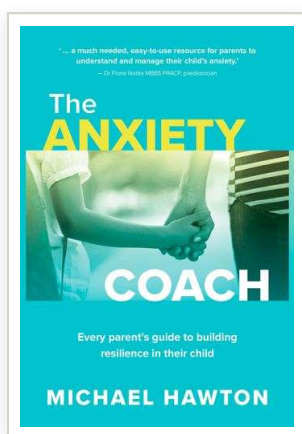
Jared Cooney Horvath · 9781925335903

Backed by cutting-edge neuroscience, twelve brain-science insights that make information stick. An essential handbook for teachers, trainers, presenters and anyone who needs their message to land and be remembered.

RIGHTS

SOLD 7 languages

Arabic, Korean, Polish, Simplified Chinese, Thai, Traditional Chinese, Vietnamese



The Anxiety Coach

Every parent's guide to building resilience in their child

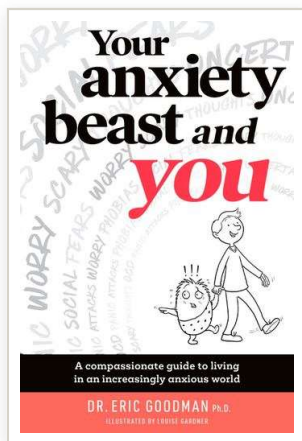
Michael Hawton · 9781922539588

A practical, evidence-based guide for parents of anxious children, giving them the confidence and tools to help solve their child's anxiety through parent-led cognitive behavioural strategies.

RIGHTS

SOLD 5 languages

Arabic, French, Polish, Simplified Chinese, Vietnamese



Your Anxiety Beast and You

A Compassionate Guide to Living in an Increasingly Anxious World

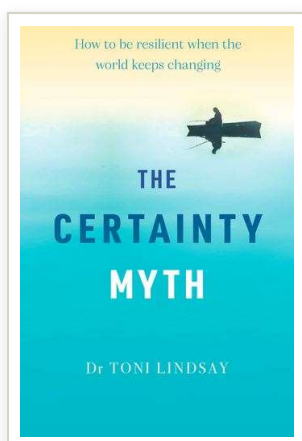
Eric Goodman & Louise Gardner · 9781925820331

A kinder, more compassionate approach to anxiety that reframes it as an inner hero trying to protect you, with step-by-step strategies to cope.

RIGHTS

SOLD 4 languages

French, Polish, Romanian, Simplified Chinese



The Certainty Myth

How to be resilient when the world keeps changing

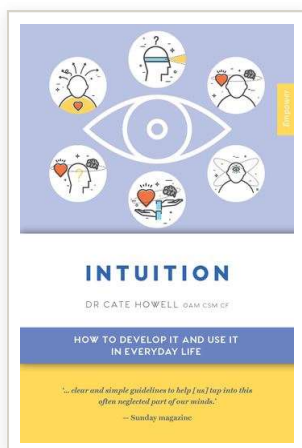
Dr Toni Lindsay · 9781922539328

For anyone struggling to make sense of a world that keeps changing, a guide to rising above the chaos and finding stability, using ACT and real-world examples to show how letting go of certainty can be the key to happiness.

RIGHTS

SOLD 2 languages

French, Turkish



Intuition

How to Develop it and Use it in Everyday Life

Dr Cate Howell · 9781925820317

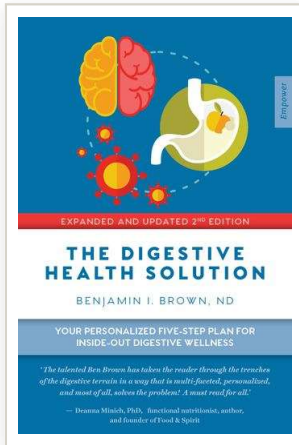
Become empowered and learn how to develop your intuition to make better decisions, perform better at work and enhance your

life, through a practical seven-step programme.

RIGHTS

SOLD 6 languages

German, Polish, Simplified Chinese, Slovak, Spanish, Vietnamese



The Digestive Health Solution

Your Personalised Five-Step Plan for Inside-Out Digestive Wellness

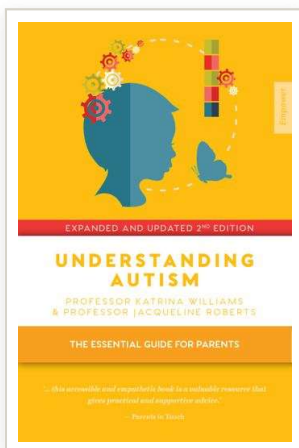
Benjamin I. Brown · 9781925335385

A personalised, science-based five-step plan to improve your health from the inside out and enjoy better digestive health for life.

RIGHTS

SOLD 4 languages

German, Korean, Polish, Vietnamese



Understanding Autism

The Essential Guide for Parents

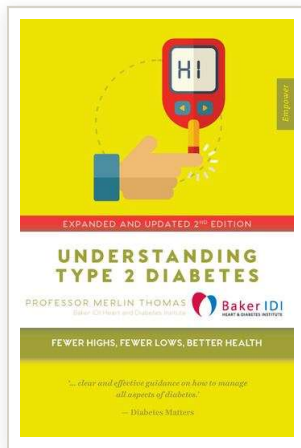
Katrina Williams & Jacqueline Roberts · 9781925335712

The essential reference for parents and carers of children with autism, written by two leading experts in the field.

RIGHTS

SOLD 3 languages

Arabic, Polish, Russian



Understanding Type 2 Diabetes

Fewer Highs, Fewer Lows, Better Health

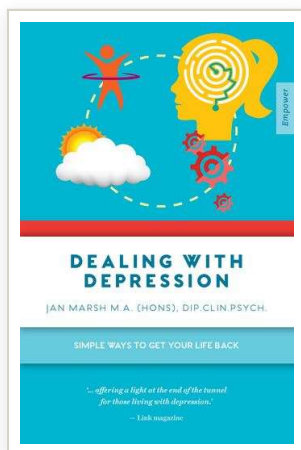
Prof. Merlin Thomas · 9781925335552

Clear, effective guidance from a leading international expert on managing every aspect of type 2 diabetes.

RIGHTS

SOLD 2 languages

Russian, Vietnamese



Dealing With Depression

Simple Ways to Get Your Life Back

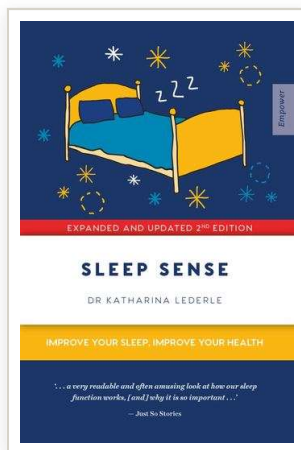
Jan Marsh · 9781925335934

A simple and, above all, effective approach to managing depression, written by a psychologist with 40 years' experience.

RIGHTS

SOLD 3 languages

French, Polish, Romanian



Sleep Sense

Improve Your Sleep, Improve Your Health

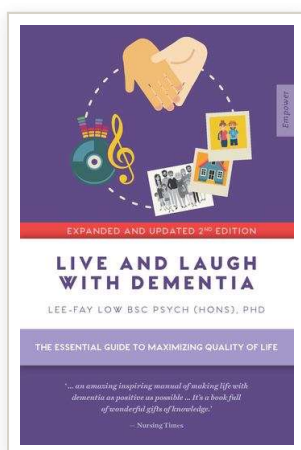
Dr Katharina Lederle · 9781925820935

Develop healthy sleep habits that fit your life with this guide from an international sleep expert, with easy-to-implement changes that lead to better health and a good night's sleep.

RIGHTS

SOLD 2 languages

Czech, Vietnamese



Live and Laugh with Dementia

The Essential Guide to Maximising Quality of Life

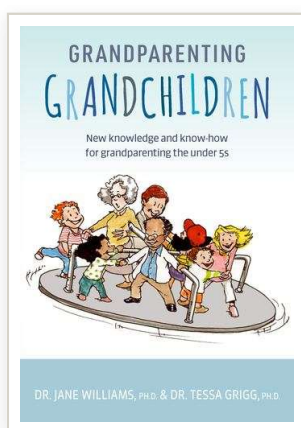
Lee-Fay Low · 9781925335729

An essential, updated guide to maximising quality of life for people living with dementia and those who care for them.

RIGHTS

SOLD 2 languages

French, Vietnamese



Grandparenting Grandchildren

New knowledge and know-how for grandparenting the under-5s

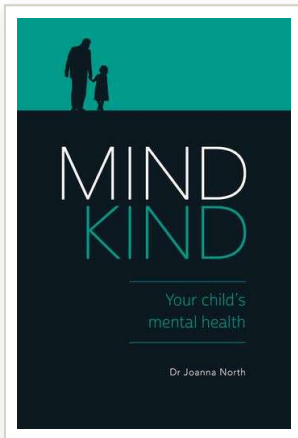
Dr Jane Williams & Dr Tessa Grigg · 9781925820799

The first guide of its kind for grandparents, translating neuro-developmental research into practical tools across the key influences of the first five years: movement, music, sleep and food.

RIGHTS

SOLD 3 languages

Polish, Simplified Chinese, Spanish



Mind Kind

Your Child's Mental Health

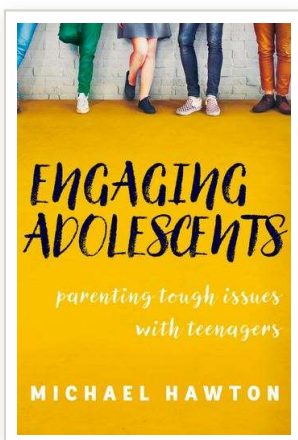
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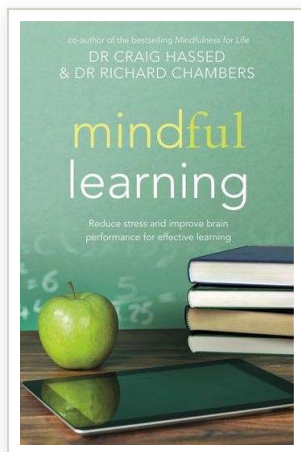
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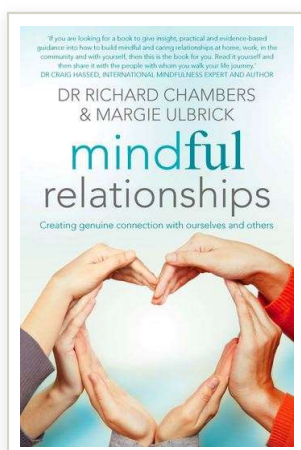
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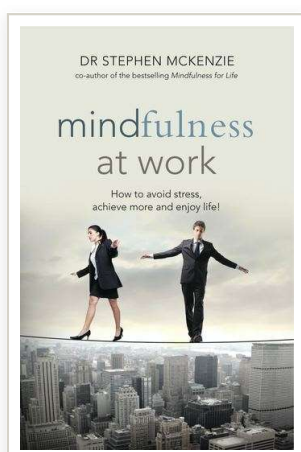
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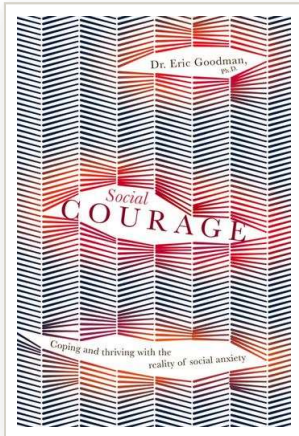
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