

Expert Advice for Healthier and Happier Lives

Exisle Publishing Rights Catalogue 2020

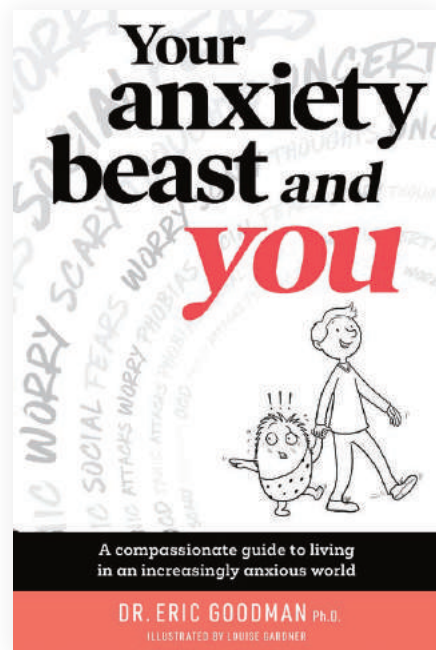


Better Living, Better Life



Independent Publishing with Passion and Purpose.

NEW TITLES



Your Anxiety Beast and You

A Compassionate Guide to Living in an Increasingly Anxious World

Dr Eric Goodman, Ph.D.

Illustrated by Louise Gardner

Your Anxiety Beast and You is a kinder, more compassionate approach for people suffering from anxiety. Don't live with an enemy inside your mind; see anxiety for what it really is — an inner hero. It tries to protect you from threats but gets confused about what the true threats are. Learn to cope and train your anxiety to be a better inner-companion through methods based on compassion-focused therapy, CBT and ACT with humour and compassion.

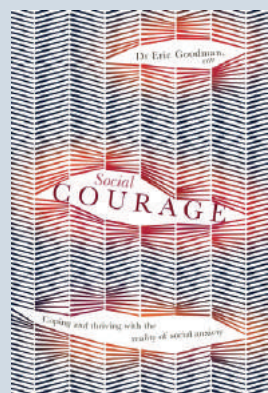
9781925820331 | 229 x 152 mm | 9 x 6 inches | Paperback | 216 Pages | USD \$21.99 | June 20

RIGHTS AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand

ABOUT THE AUTHOR

Dr Eric Goodman, Ph.D. is a clinical psychologist, author, and speaker who specializes in helping people face their social fears and anxiety disorders. In addition to his private practice, he runs Social Courage groups and retreats.

ALSO BY THIS AUTHOR



Social Courage

Coping and Thriving with the Reality of Social Anxiety

Dr Eric Goodman, Ph.D.

Don't let social anxiety hold you back from friendships, romance or career advancement. *Social Courage* provides a step-by-step program that will help you not just cope, but thrive!

9781925335750 | 229 x 152 mm | 9 x 6 inches | Paperback | 232 Pages | USD \$21.99

RIGHTS AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, Romania, Vietnamese

NEW TITLES



Parenting Made Simple

Straightforward, Practical Strategies for Common Childhood Challenges

Dr Sarah Hughes

All children go through periods of poor behaviour, so parents need strategies to manage this. In this practical guide, TV personality and leading child psychologist, Dr Sarah Hughes, offers a warm and commonsense approach all parents can benefit from. Dr Hughes delves into the behavioural development of children and roots out just why kids can't always behave well. She answers hard questions with real-world examples and offers easy-to-implement, realistic approaches parents can adapt to a style of parenting that suits them.

9781925820324 | 229 x 152 mm | 9 x 6 inches | Paperback | 240 Pages | USD \$19.99 | Apr 20

RIGHTS AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand

ABOUT THE AUTHOR

Dr Sarah Hughes completed her clinical training at the University of Sydney and holds a Doctorate in Clinical Psychology and a PhD in child and adolescent anxiety disorders. Sarah is the founder of Think Clinical Psychologists, and has 10 years of clinical experience.

ALSO BY THIS AUTHOR



Skip the Drama

Practical Get-Ahead Strategies to Survive your Daughter's Teenage Years

Dr Sarah Hughes

Supported by real-life examples, studies and the latest research into the adolescent brain, *Skip the Drama* is an accessible reference for parents wanting to raise well-adjusted, self-sufficient, resilient young women.

9781925335859 | 229 x 152 mm | 9 x 6 inches | Paperback | 216 Pages | USD \$19.99

RIGHTS AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, Italy

NEW TITLES



Purposeful Breathing

*Reset Your Mind. Improve Your Energy.
Enhance Your Health.*

Dr Greg Smith

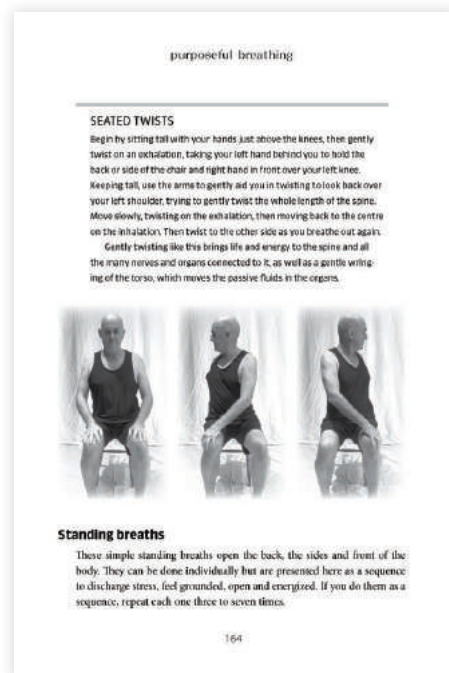
Purposeful Breathing is a practical, user-friendly guide to simple breathing skills that can rapidly reduce states you don't want (such as stress and anxiety) and increase states you do want (such as feeling stronger, performing better or relaxing). For anyone suffering from anxiety, feeling calmer can happen in a breath or two. For anyone wanting to boost performance, the right breathing skills will help them to get into 'the zone'. This book also teaches breathing skills for longer term health and healing, informed by new discoveries from psychology and neuroscience.

9781925820591 | 229 x 152 mm | 9 x 6 inches | Paperback | 216 Pages | USD \$27.99 | Sept 20

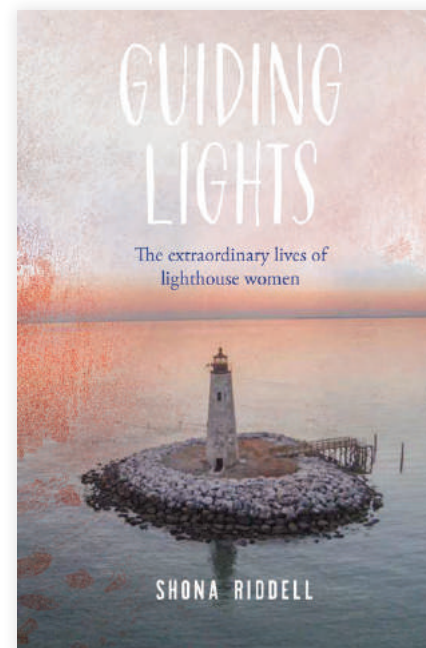
RIGHTS AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand

ABOUT THE AUTHOR

Dr Greg Smith has been a psychologist for more than 35 years. At different times, he has specialized in a wide variety of areas, including depression and anxiety in adults, working with survivors of trauma, working with children and adolescents, relationship counselling and family therapy. Greg has also taught various aspects of counselling and psychotherapy at post-graduate level for many years, and has conducted training workshops in brief and empowering approaches to therapy both nationally and internationally. He is also a qualified yoga teacher and, in recent years, has pursued particular interests in neuroscience, mind-body links, and mindfulness-based approaches to therapy.



NEW TITLES



Guiding Lights

The Extraordinary Lives of Lighthouse Women
Shona Riddell

Women have a long history of keeping the lights burning, from tending ancient altar flames or bonfires to modern-day lighthouse keeping. Yet most of their stories are little known. *Guiding Lights* includes stories from around the world spanning two millennia, as we discover the physical and mental risks of isolation, the heroism of the female keepers, how they came to be hired (especially in the 19th century), breathtaking lighthouse photography and the mysteries and legends that are inextricably part of lighthouse history.

9781925820621 | 229 x 152 mm | 9 x 6 inches | Cased with Jacket | 256 Pages | USD \$27.99 | Oct 20

RIGHTS AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand

About the AUTHOR

Shona Riddell has a long-held fascination with lighthouses. A writer for 20 years, Shona lives with her husband and two daughters in Wellington, New Zealand. She enjoys cold, windy weather and stories about remote locations.

ALSO BY THIS AUTHOR



Trial of Strength

Adventures And Misadventures On The Wild And Remote Subantarctic Islands

Shona Riddell

Discover the compelling stories of the men and women who have braved the wild, untamed subantarctic islands, from the early explorers and sealers to the conservationists of today.

9781775593560 | 260 x 186 mm | 10¼ x 7¼ inches | Hardcover | 264 Pages | USD \$29.99

RIGHTS AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand

NEW TITLES



Fearless Footsteps

True Stories That Capture the Spirit of Adventure

Nathan James Thomas & Jennifer Roberts (eds.)

Exhilarating, introspective and inspiring, this collection of true travel stories proves that the world is best seen with courage, open-mindedness, and relentless curiosity. From a nervous flyer anxiously taking to the skies for the first time to a female traveller braving the Middle East; from a death-defying hike on an Indonesian volcano to the anxious freedom of finding yourself alone on the other side of the world, these stories are certain to send you looking for your passport.

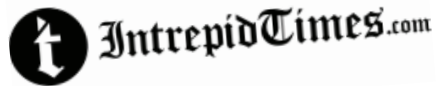
9781925820577 | 210 x 135 mm | 8¼ x 5¼ inches | Paperback | 240 Pages | USD \$17.99 | Sep 20

RIGHTS AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand

ABOUT THE AUTHORS

Nathan James Thomas founded Intrepid Times in 2014, and has seen it grow into a popular home for travel writing with heart, attracting contributors and readers from around the world.

Jennifer Roberts has adventured across four continents. She works as a freelance editor, writer, and English teacher.



Created by the popular travel writing website, Intrepid Times, as part of an international writing competition that saw entries pouring in from across the globe, *Fearless Footsteps* is travel writing at both its most exhilarating and its most introspective. Covering every continent from Africa to Antarctica, these carefully selected stories get to the heart of what it means to be a traveller and see the world with courage, open-mindedness, and relentless curiosity.

NEW TITLES



A Life of Extremes

The Life and Times of a Polar Filmmaker

Max Quinn

Max Quinn's filmmaking career has taken him to the ends of the earth, from his native New Zealand to Alaska; Antarctica to the Arctic. *A Life of Extremes* is a personal account of his work, featuring vibrant text and stunning images that illustrate 20 years of adventures in polar climates. Learn, from behind the camera, about the natural history and wildlife of our world. Leave the tourist trail behind with this unique insight into life in the immensely beautiful, most extreme places on earth.

9781925820577 | 260 x 186 mm | 10¼ x 7¼ inches | Cased with Jacket | 256 Pages | USD \$TBA | Nov 20

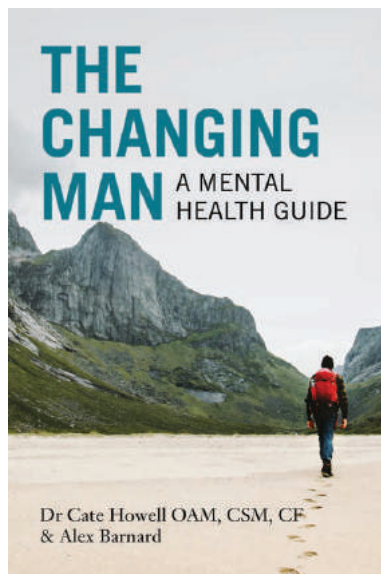
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ABOUT THE AUTHOR

Max Quinn has been involved in television production for over 50 years. He worked in news, current affairs, documentaries, drama productions, and children's programmes before moving into wildlife filming. Max has filmed in many of the world's wildlife hot-spots, including Antarctica, where he spent 11 months working on documentaries on the winter life at New Zealand's Scott Base, and Mexico, the USA, Taiwan, China and Brazil, for a series of nature documentaries for National Geographic Wild.

NEW TITLES



The Changing Man

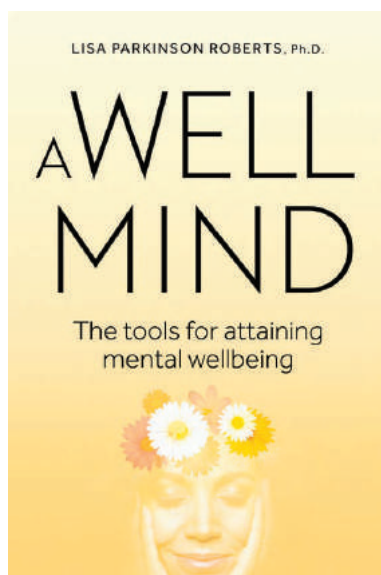
A Mental Health Guide

**Dr Cate Howell OAM, CSM, CF
& Alex Barnard**

Men are changing. They are re-defining what it is to be 'strong', and are more open to understanding their emotions and reaching out for help. But stigma still abounds. *The Changing Man* explores issues affecting men's emotional health and wellbeing, providing tried and tested tools to ensure no man suffers in silence again. *The Changing Man's* methods and knowledge may just change your emotional health for the better. No shame. No silence. No anger.

9781925820355 | 229 x 152 mm | 9 x 6 inches | Paperback | 288 Pages | USD \$21.99 | Nov 20

RIGHTS AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand



A Well Mind

The Tools for Attaining Mental Wellbeing

Lisa Parkinson Roberts, Ph.D

A Well Mind provides a wholistic approach to mental wellness that explores how we can begin to feel better mentally by improving how we care for our physical health. Author Lisa Parkinson Roberts has struggled with mental health, and here she explains the tools and expertise which have helped her regain control of how she feels. Improve your eating, sleep, stress management and exercise routines, and ultimately your mental health, with this essential guide to feeling the best you can in your mind!

9781925820782 | 229 x 152 mm | 9 x 6 inches | Paperback | 280 Pages | USD \$TBA | Nov 20

RIGHTS AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand

ANIMAL MAGIC

PAIRING GORGEOUS PHOTOGRAPHY WITH INSPIRING AND AMUSING QUOTATIONS, THIS SERIES CELEBRATES THE MAGIC OF OUR FAVOURITE ANIMALS.



Cluck

A Book of Happiness for Chicken Lovers

Freya Haanen (ed.)

9781925335798 | 225 x 203 mm | 8¾ x 8 in | Hardcover | 160 Pages | USD \$19.99

RIGHTS AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand



Meow

A Book of Happiness for Cat Lovers

Anouska Jones (ed.)

9781925820225 | 225 x 203 mm | 8¾ x 8 in | Hardcover | 160 Pages | USD \$19.99

RIGHTS AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand



Oink

A Book of Fun for Pig Lovers

Renée Hollis (ed.)

9781925820102 | 225 x 203 mm | 8¾ x 8 in | Hardcover | 160 Pages | USD \$19.99

RIGHTS AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand



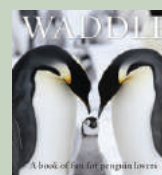
Spirit

A Book of Happiness for Horse Lovers

Anouska Jones (ed.)

9781925335514 | 225 x 203 mm | 8¾ x 8 in | Hardcover | 160 Pages | USD \$19.99

RIGHTS AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand



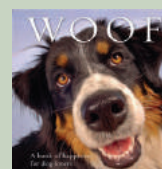
Waddle

A Book of Fun for Penguin Lovers

Lloyd Spencer Davis (ed.)

9781925335910 | 225 x 203 mm | 8¾ x 8 in | Hardcover | 160 Pages | USD \$19.99

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Woof

A Book of Happiness for Dog Lovers

Anouska Jones (ed.)

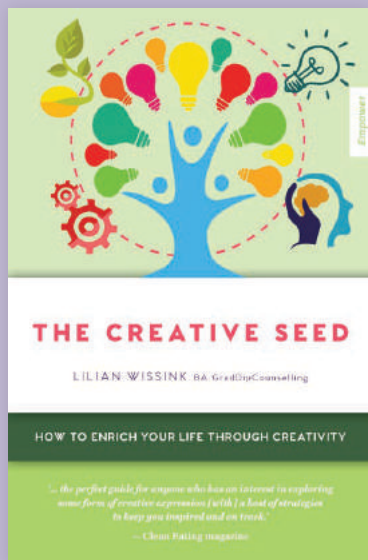
9781925335095 | 225 x 203 mm | 8¾ x 8 in | Hardcover | 160 Pages | USD \$19.99

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EMPOWER

**SUCCESSFUL BOOKS WRITTEN BY EXPERTS.
SIGNIFICANTLY REVISED AND UPDATED.
NOW AVAILABLE IN AN ECONOMIC FORMAT.**



The Creative SEED

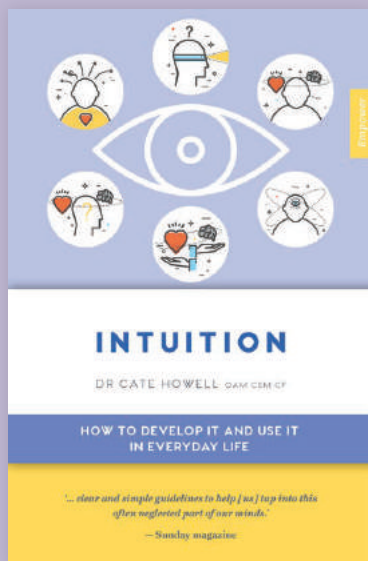
How To Enrich Your Life Through Creativity

Lilian Wissink, BA GradDipCounselling

Skills, Experimentation, Evaluation and Discovery: SEED — an original approach empowering both beginners and established creators to clearly understand the nature of the creative process. Whether you are already involved in some form of creative expression, think you don't have an ounce of creative flair, are a raw beginner or well established, you can discover and nurture new, exciting dimensions in your life with *The Creative SEED* to keep you on track in living your creative dream.

9781925820300 | 198 x 129 mm | 7¾ x 5 inches | Paperback | 200 Pages | USD \$14.99 | Apr 20

RIGHTS AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, Malaysia/Singapore (English), Vietnamese



Intuition

How to Develop it and Use it in Everyday Life

Dr Cate Howell, OAM CSM CF

Intuition: it's instinctive by nature. It's that gut-feeling or 'sixth sense' independent of rational analysis or deductive thinking. But can we actively develop and learn how to better utilise it? Author Dr Cate Howell believes we can, empowering us to use our intuition in everyday life through key principles and a practical seven-step plan, so that we can experience an increased sense of peace, purpose and joy in our lives.

9781925820317 | 198 x 129 mm | 7¾ x 5 inches | Paperback | 216 Pages | USD \$14.99 | Apr 20

RIGHTS AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, Malaysia/Singapore (English), Poland, Slovakia, Chinese Simplified, Vietnamese



Dealing With Depression

Simple Ways to Get Your Life Back

Jan Marsh, M.A (Hons), Dip.Clin.Psych

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

9781925335934 | 198 x 129 mm | 7¾ x 5 inches | Paperback | 192 Pages | USD \$14.99
RIGHTS AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand



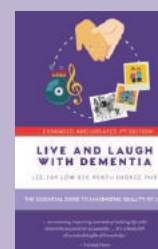
Understanding Autism

The Essential Guide for Parents

Prof. Katrina Williams & Prof. Jacqueline Roberts

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

9781925335712 | 198 x 129 mm | 7¾ x 5 in | Paperback | 272 Pages | USD \$14.99
RIGHTS AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, Russia



Live and Laugh with Dementia

The Essential Guide to Maximizing Quality of Life

Lee-Fay Low, BSC PSYCH (Hons), Ph.D.

Updated edition of this essential guide to maximizing quality of life for dementia sufferers.

9781925335729 | 198 x 129 mm | 7¾ x 5 in | Paperback | 256 Pages | USD \$14.99
RIGHTS AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, Vietnamese



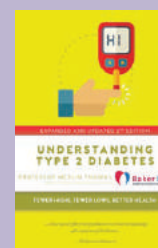
The Digestive Health Solution

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

Benjamin I. Brown, ND

Learn how to improve your health from the inside out, and enjoy better digestive health, for life.

9781925335385 | 198 x 129 mm | 7¾ x 5 in | Paperback | 272 Pages | USD \$14.99
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Understanding Type 2 Diabetes

Fewer Highs, Fewer Lows, Better Health

Prof. Merlin Thomas

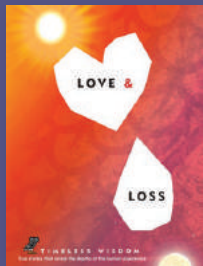
Learn how to manage all aspects of type 2 diabetes with clear, effective guidance from a leading international expert.

9781925335552 | 198 x 129 mm | 7¾ x 5 in | Paperback | 336 Pages | USD \$14.99
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TIMELESS WISDOM

THE 'TIMELESS WISDOM' SERIES OF BOOKS SHOWCASES A DIVERSE RANGE OF TRUE STORIES COLLECTED FROM AROUND THE WORLD, ALL CONTRIBUTED BY MATURE WRITERS AS PART OF AN INTERNATIONAL COMPETITION.



Love and Loss

True Stories That Reveal the Depths of the Human Experience

Renée Hollis (ed.)

Discover 25 real-life stories of love, loss and memory with inspiring, brave reminders of what makes us inherently human.

9781925820072 | 227 x 170 mm | 9 x 6¾ inches | Hardcover | 240 pages | USD \$19.99

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Struggle and Success

True Stories That Reveal the Depths of the Human Experience

Renée Hollis (ed.)

Witness 25 global journeys of struggle and success, highlighting one of humankind's greatest traits — resilience.

9781925820089 | 227 x 170 mm | 9 x 6¾ inches | Hardcover | 240 pages | USD \$19.99

RIGHTS AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand



Fear and Courage

True Stories That Reveal the Depths of the Human Experience

Renée Hollis (ed.)

These 25 true stories showcase fear and courage in all their guises, shining a light on just what it means to be human.

9781925820065 | 227 x 170 mm | 9 x 6¾ inches | Hardcover | 232 pages | USD \$24.99

RIGHTS AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand



Human Kindness

True Stories That Reveal the Depths of the Human Experience

Renée Hollis (ed.)

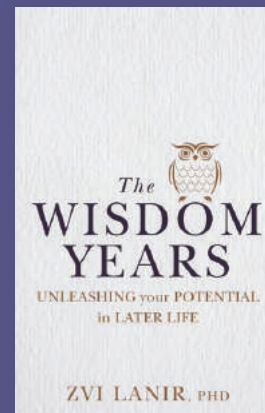
These 25 true stories about kindness and its life-changing impact explore all that is best about human nature.

9781925820058 | 227 x 170 mm | 9 x 6¾ inches | Hardcover | 240 pages | USD \$24.99

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EMOTIONAL INHERITANCE



The Wisdom Years

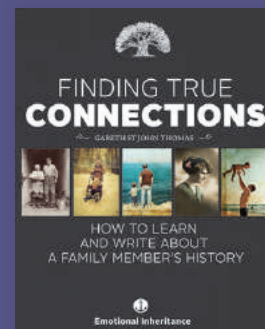
Unleashing Your Potential in Later Life

Zvi Lanir, PhD

We live longer than ever before. This is the essential guide to enjoying these additional 'wisdom years' by reframing your mindset so that you live life according to your functional age, not your chronological one.

9781925820232 | 210 x 135 mm | 8¼ x 5¼ inches | Paperback | 248 pages | USD \$17.99

RIGHTS AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand



Finding True Connections

How to Learn and Write About a Family Member's History

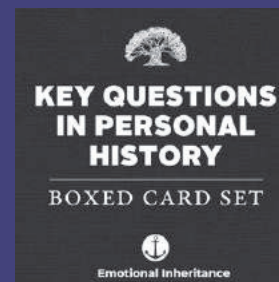
Gareth St John Thomas

Finding True Connections provides a simple and effective method to help you capture the life story of elderly relatives as a legacy for their family.

9781925820157 | 235 x 191 mm | 9¼ x 7½ inches | Hardcover | 232 pages | USD \$24.99

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ALSO AVAILABLE FROM EMOTIONAL INHERITANCE



Key Questions in Personal History

Boxed Card Set

100 cards with prompt questions to help you capture the life story of elderly relatives.

9781925820140 | 95 x 95 mm | Clamshell Boxed Set | 100 Cards | USD \$19.99

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The Journal Writer's Companion

Achieve Your Goals • Express Your Creativity •

Realize your Potential

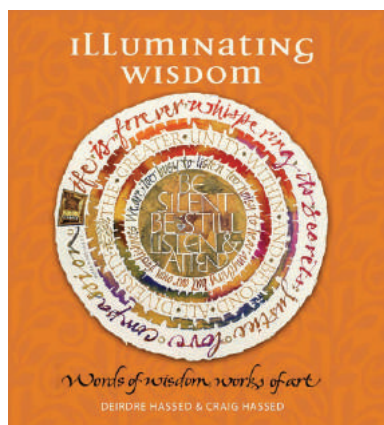
Alyss Thomas, MSc

This is a clear, practical guide to using journalling to help you succeed personally and professionally. It explains how the different types of journalling techniques — from gratitude journals to bullet journals — can be adapted and combined in innovative ways to create a unique, personalized method that works for your life and your goals.

9781925820041 | 210 x 152 mm | 9 x 6 inches | Hardback w/ Ribbon | 272 Pages | USD \$24.99

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'A journal is the private space where you believe in your ideas and your unformed, unknown thoughts. Your journal is where you can be the best version of you that is still in the process of being discovered, where you know you're going to be the best at what you do, and where you are prepared to work away until your projects, your ideas, or your newly minted sense of yourself, are robust enough to be seen in public.' – Alyss Thomas



Illuminating Wisdom

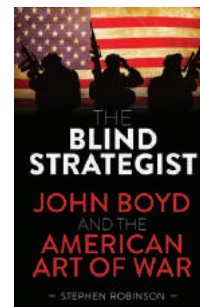
Words of Wisdom, Works of Art

Deirdre Hassed & Craig Hassed

Illuminating Wisdom brings art and wisdom together in a beautiful celebration of some of the world's most inspiring philosophical, spiritual and literary quotes. Quotes, set to exquisite calligraphy, are accompanied by the quote's history, the wisdom tradition to which it belongs, and its deeper meaning.

9781925335354 | 225 x 203 mm | 8¾ x 8 inches | Hardback | 160 Pages | Colour | USD \$24.99

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The Blind Strategist

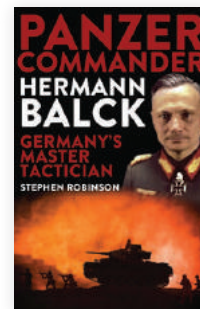
John Boyd and the American Art of War

Stephen Robinson

Maneuver warfare has inherently corrupted the American art of war. *The Blind Strategist* finds the reality behind the myths of the maneuver warfare revolution.

9781925820348 | 234 x 151 mm | 9¼ x 6 inches | Cased with Jacket | 384 pages | Apr 21 | USD \$35.99

RIGHTS AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand



Panzer Commander Hermann Balck

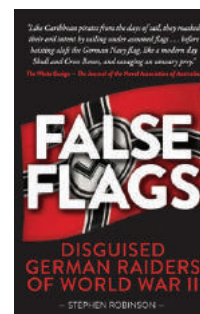
Germany's Master Tactician

Stephen Robinson

While many historians pay tribute to Balck, this is the first book focused solely on the remarkable military leader. This engaging story will appeal to anyone interested in military history and World War II.

9781925820003 | 234 x 151 mm | 9¼ x 6 inches | Hardback | 304 pages | USD \$29.99

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False Flags

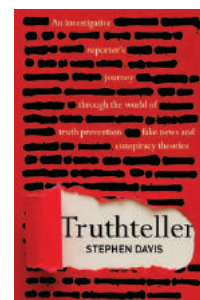
Disguised German Raiders of World War II

Stephen Robinson

Now available in paperback for the first time, this is the epic story of the 'pirate war' waged by the German raiders the Orion, Komet, Pinguin and Kormoran during World War II.

9781925335804 | 234 x 151 mm | 9¼ x 6 inches | Paperback | 320 pages | USD \$22.99

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Truthteller

An Investigative Reporter's Journey Through the World of Truth Prevention, Fake News and Conspiracy Theories

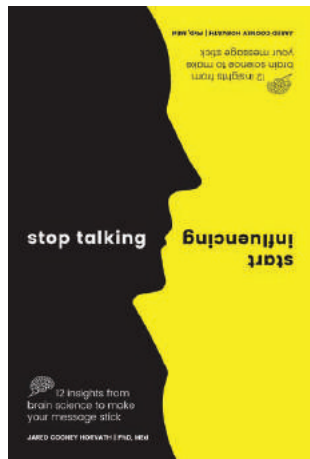
Stephen Davis

There is a war on truth and the liars are winning. *Truthteller* is an essential guide to how governments and corporations cover up murder, corruption and catastrophe.

9781925335897 | 210 x 135 mm | 8¼ x 5¼ inches | Paperback | 264 pages | USD \$17.99

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PERSONAL DEVELOPMENT



Stop Talking, Start Influencing

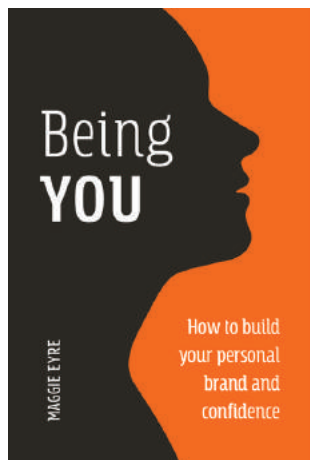
12 Insights from Brain Science to Make Your Message Stick

Jared Cooney Horvath

Drawing on the author's nearly 15 years of experience conducting brain research at prominent universities, teaching students of all ages, and working with organizations and schools across 4 continents, *Stop Talking, Start Influencing* outlines 12 scientific principles of how people learn, so that you can share your knowledge in a way that sticks!

9781925335903 | 229 x 152 mm | 9 x 6 inches | Paperback | 304 Pages | USD \$24.99

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Being You

How to Build Your Personal Brand and Confidence

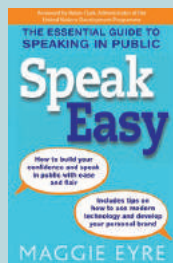
Maggie Eyre

Practical, authoritative, inspirational, and illustrated with stories and case studies based on Maggie Eyre's own international work and experience, this is the essential toolkit to developing a confident, authentic personal brand, whether you're an established businessperson or just starting out in your career.

9781925335927 | 229 x 152 mm | 9 x 6 inches | Paperback | 296 Pages | USD \$21.99

RIGHTS AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, Arabic

ALSO BY THIS AUTHOR



Speak Easy

The Essential Guide to Speaking in Public

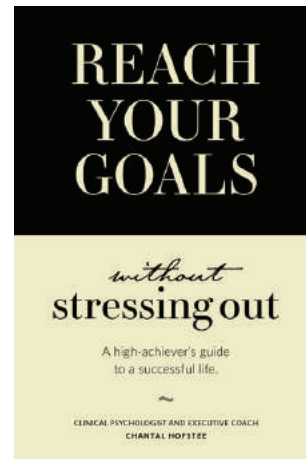
Maggie Eyre

The perfect guide for anyone who has to speak in public, whether for a business presentation or an after-dinner speech.

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PERSONAL DEVELOPMENT



Reach Your Goals Without Stressing Out

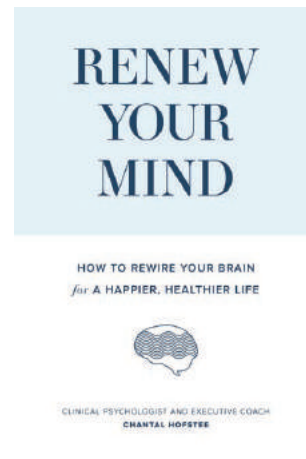
A High-Achiever's Guide to a Successful Life

Chantal Hofstee

If you're tired of working hard instead of working smart, if you feel stressed out and fear burnout, this is the book you've been waiting for. Combining the latest brain science with practical mindfulness-based techniques, it takes you on a journey of self-discovery, leading to practical strategies for sustainable, fulfilling success.

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Renew Your Mind

How to Rewire Your Brain for a Happier, Healthier Life

Chantal Hofstee

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ABOUT THE AUTHOR

Chantal Hofstee is a clinical psychologist, executive coach and mindfulness expert who provides her clients with easy-to-use skills that can be quickly implemented to enable them to take control of stress, improve focus and more.

PERSONAL DEVELOPMENT



Build the Person You Want to Be

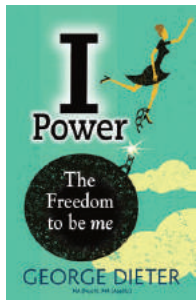
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Simon Rountree

Build a more resilient, optimistic you with *Build the Person You Want to Be*, your personal wellbeing toolkit.

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I Don't Have Time

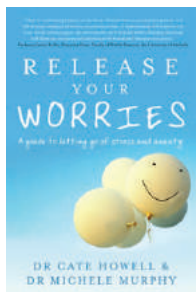
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Relax Your Worries CD also available.

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PERSONAL DEVELOPMENT



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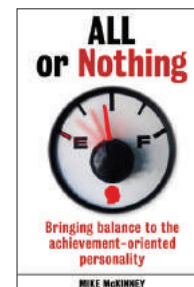
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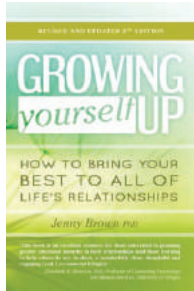
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PERSONAL DEVELOPMENT



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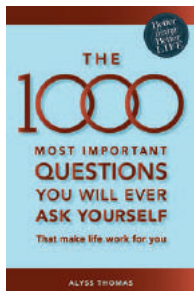
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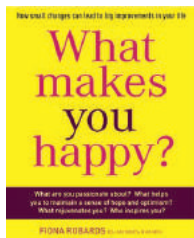
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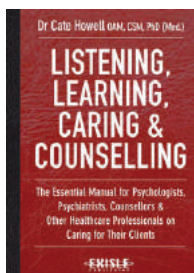
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The Essential Manual for Psychologists, Psychiatrists, Counsellors & Other Healthcare Professionals on Caring for Their Clients

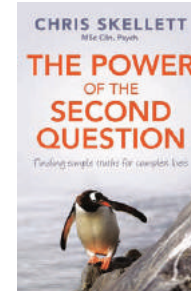
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PERSONAL DEVELOPMENT



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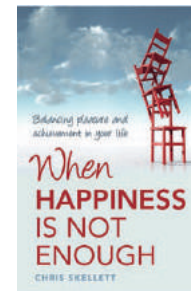
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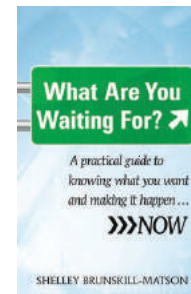
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What Are you Waiting For?

A Practical Guide to Knowing What You Want and Making it Happen ... Now

Shelley Brunskill-Matson

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EVERYDAY MINDFULNESS



The Mindful Home

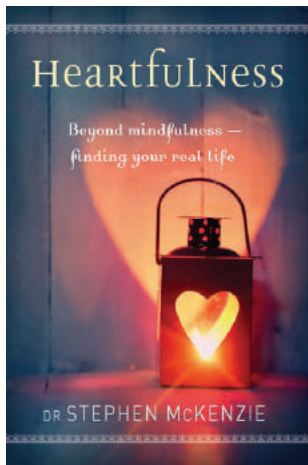
The Secrets to Making Your Home a Place of Harmony, Beauty, Wisdom and True Happiness

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Soothe the Mind with 15 Beautiful Origami Projects and Accompanying Mindfulness Exercises

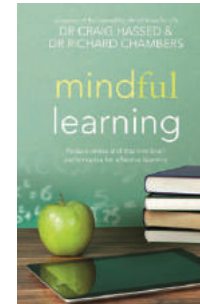
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EVERYDAY MINDFULNESS



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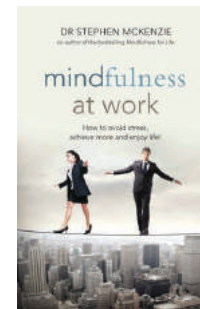
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Mindfulness at Work

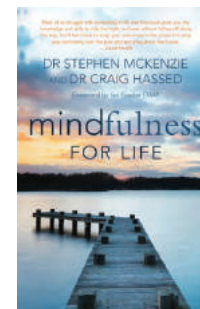
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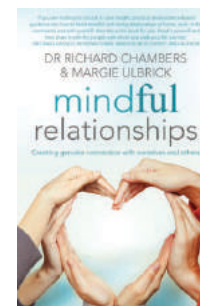
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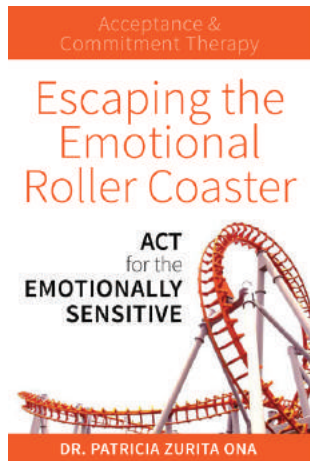
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Dr Richard Chambers & Margie Ulbrick

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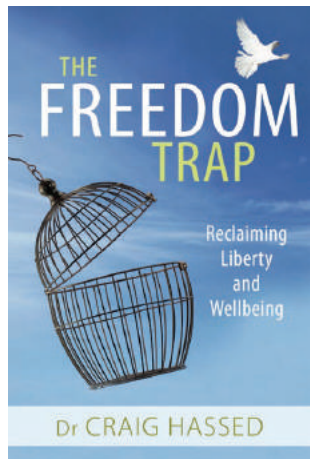
Act for the Emotionally Sensitive

Dr Patricia Zurita Ona

If you've ever been told that you're 'too sensitive' or felt overwhelmed by your emotions, this is the book for you. Using the principles of ACT and positive psychology, Dr Zurita Ona provides a simple roadmap for every 'super-feeler' on how to avoid being hijacked by your emotions and instead act in a way consistent with your personal values.

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The Freedom Trap

Reclaiming Liberty and Wellbeing

Dr Craig Hassed

It seems we have never been more 'free'. Yet anxiety and depression are rife and people feel overwhelmed by daily life. Is our so-called freedom nothing more than a trap of our own making? In this inspiring look at what freedom really is, Dr Craig Hassed explores how we can alleviate our burdens and find a life of peace and happiness.

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ABOUT THE AUTHOR

Dr Craig Hassed is an internationally recognized mindfulness expert. He has been instrumental in promoting mindfulness as a simple and accessible technique for enhancing wellness, preventing and managing illness, and improving performance.



The Happiness Trap

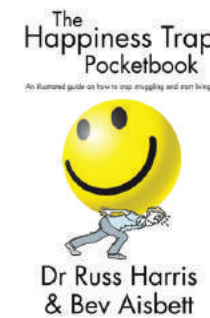
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The Happiness Trap Pocketbook

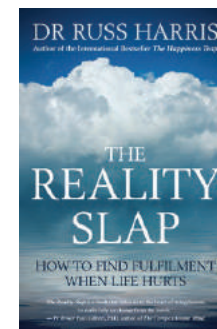
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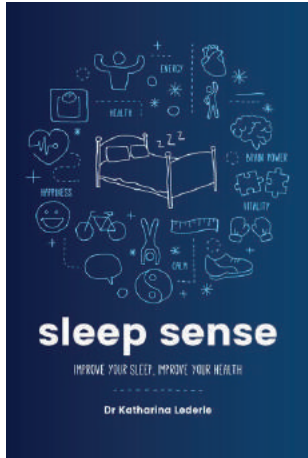
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ABOUT THE AUTHOR

Dr Russ Harris is a medical practitioner, psychotherapist, and bestselling author. He is one of the world's leading authorities on ACT, and regularly travels all over the world to train a wide variety of professionals in the approach.

HEALTHY LIVING



Sleep Sense

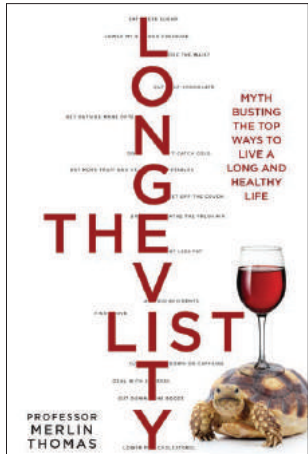
Improve Your Sleep, Improve Your Health

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The Longevity List

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Professor Merlin Thomas

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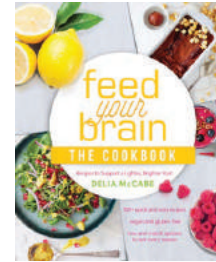
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ABOUT THE AUTHOR

Merlin Thomas MBChB, PhD, FRACP is Professor of Medicine at Monash University, Melbourne, Australia. He is both a physician and a research scientist, and has a broad interest in all aspects of preventive medicine and ageing. He is internationally recognized as a speaker, opinion-leader, teacher and medical storyteller.

HEALTHY EATING



Feed Your Brain: The Cookbook

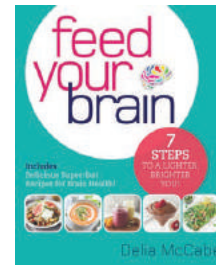
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Delia McCabe

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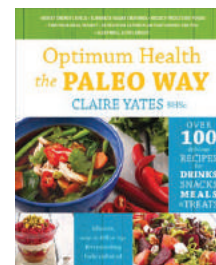
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The Eczema Detox

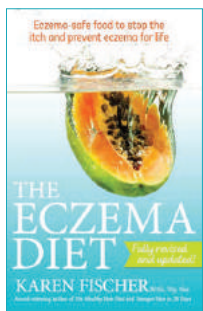
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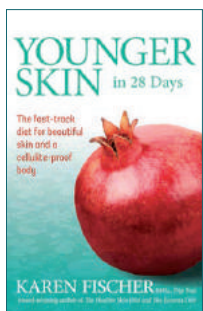
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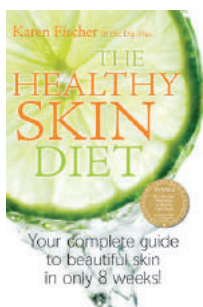
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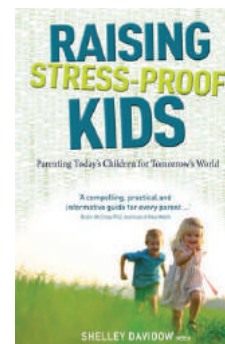
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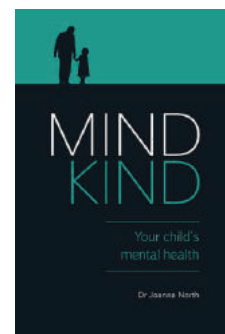
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Mind Kind

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Dr Joanna North

Written by an acclaimed British psychologist, this is an essential reference for parents committed to supporting their child at each stage of development so they can grow a healthy, resilient mind.

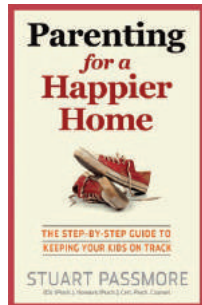
9781925335941 | 229 x 152 mm | 9 x 6 inches | Paperback | 256 Pages | USD \$21.99

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ABOUT THE AUTHOR

Dr Joanna North is a psychotherapist with 30 year's experience working with children, adults and families. She works as an expert witness for the Family Court in the UK and runs a private clinical practice. Jo is the winner of the 2017 CPS Distinguished Contribution to Psychology in Practice Award.

PARENTING



Parenting for a Happier Home

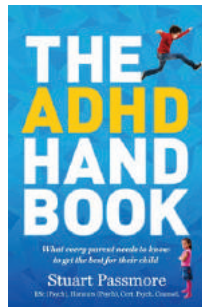
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Stuart Passmore, BSc (Psych.), Honours (Psych.), Cert. Psych. Counsel

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The ADHD Handbook

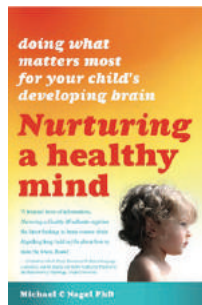
What Every Parent Needs to Know to Get the Best for their Child

Stuart Passmore, BSc (Psych.), Honours (Psych.), Cert. Psych. Counsel

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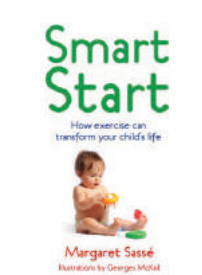
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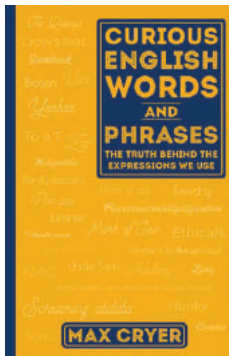
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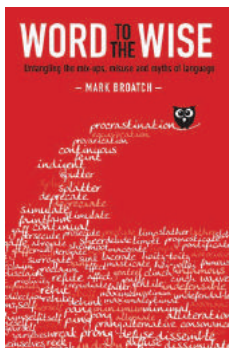
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