



Exisle Publishing

FOREIGN RIGHTS CATALOGUE

SPRING 2025

NEW RELEASES: PARENTING



9781923011250 | Aug 2025 | \$27.99 | Paperback | 296 Pages | approx. 60,000 words | 229 x 152 mm | Parenting

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

Complex Kids, Simple Solutions

Jenny Demark, PhD, Conrad Leung, BCBA,
Linda Reinstein, PhD

Prepare. Teach. Motivate.

Penned by two child psychologists and a behavioural analyst, the book weaves together theories and principles from the fields of developmental, cognitive and clinical psychology. It offers proven parenting approaches, used by the authors over decades of working with children and families, and based on three essential fundamentals: Prepare. Teach. Motivate.

The book explains how these concepts apply to almost any situation, from the mundane to the meltdown. Once you understand and master them, you will be able to tackle just about anything with confidence, precision and consistency. Covering everything from the morning rush to helping your child handle big emotions, from minimising screens to the proactive power of spending quality time with your child, *Complex Kids, Simple Solutions* is a reader-friendly, sometimes humorous manual that gives you practical solutions to parenting problems. **This is your guide to raising cooperative, resilient and likeable kids.**

Perfect for parents and carers of children of all ages, from toddlers to teenagers.

Dr Jenny Demark is a Child Clinical Psychologist whose goal is to improve the quality of life for children and their families by sharing the insights of Prepare. Teach. Motivate! She has decades of experience working with children, youth, parents and schools, and she is known for her warm and collaborative approach to skill building. Dr Demark enjoys outdoor activities, eating gourmet food, and maintaining a net-zero energy home with her husband, two sons and rescue dog.

Conrad Leung is a Board Certified Behaviour Analyst who is passionate about helping people. He has worked with diverse families and a variety of professionals in homes, schools, clinical and group care settings. He strives to translate principles and research into solutions that produce meaningful changes in the lives of children, their families, and those who support them. He also supports and supervises future Behaviour Analysts. In his spare time, Conrad enjoys learning from his young children, cooking from scratch, and listening to good music.

Dr Linda Reinstein is a Child Clinical and School Psychologist with a broad range of experience in understanding, assessing, and consulting about complex developmental, learning, and behavioural issues. She strives to help parents and children make meaningful changes in their relationships and lives through collaboration, connection, skill development and compassion. When not working in her private practice, she enjoys spending time with her husband and two teenage children.

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Part 1 - PREPARE

Chapter 1 - Setting the Stage

Chapter 2 - Quality Time: A Powerful Proactive Strategy

Part 2 - TEACH

Chapter 3 - Being a "Skills Detective"

Chapter 4 - Teaching

Part 3 - MOTIVATE

Chapter 5 - Understanding Reinforcement

Chapter 6 - Understanding Punishment

Part 4 - Prepare, Teach, Motivate, in Action

Chapter 7 - Just Do It! Teaching Cooperation.

Chapter 8 - You Can't Always Get What You Want.

Teaching Your Child to Accept When You Say No or Ask Them to Wait

Chapter 9 - Getting Out The Door. Taking the "Mad" Out of the Mad Dash in the Morning

Chapter 10 - Giving It Up. Teaching Your Child to

Transition Away from Screens

Chapter 11 - We Can Handle This Together. Helping Your

Child Handle Their Big Emotions

Chapter 12 - To Sleep, Perchance to... Actually Sleep!

Teaching Your Child to Sleep in Their Own Bed for the Whole Night

NEW!



9781923011090 | April 2025 | 229 x 152 mm | 312 Pages | approx. 70,000 words | colour photo insert | USD \$27.99 | APRIL 2025

RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, **CHINESE TRADITIONAL**

No Time for Makeup

The life of a flying doctor and paediatrician
Dr Elizabeth Green

The incredible story of a woman who took the path less travelled to work for the **Royal Flying Doctor Service** in remote parts of Australia, and what the experience taught her about life, death and human connection.

No Time for Makeup is a raw, unguarded insight into medical life. It is about the light and the dark sides of providing life-saving care. The complexities of practicing in a time of unprecedented social change. The conflicts of being a working parent. The quiet moments of gaining a patient's trust, and being inspired to become a better doctor.



'A girl from the bush becomes a flying doctor and a paediatrician — a compelling story of courage, determination and, above all, professional dedication, filled with gratitude for those who helped her along the way.' - Jay Weatherill, former Premier of South Australia

"It was 1988. I had no time for makeup and wore a crushed heart on my sleeve. My life was up in the air. Being a flying doctor grounded me. I went underground to rescue a miner trapped in a rock fall and flew across the outback to treat a critically ill baby. I learned that medicine was not all life and death experiences – it was the quiet moments when you gained a patient's trust." - Dr Elizabeth Green

ABOUT THE AUTHOR

Dr Elizabeth Green worked in hospitals and in general practice before landing a job with the Royal Flying Doctor Service in Kalgoorlie, Western Australia. The children of the outback inspired her to become a paediatrician, a passion lived for twenty-four years as a private paediatrician in Perth/Boorloo.

The **Royal Flying Doctor Service (RFDS)**, commonly known as the Flying Doctor, is a non-profit air medical service in Australia that provides emergency and primary health care services for those living in rural, remote and regional areas of Australia who cannot access a hospital or general practice due to the vast distances.

NEW!



Beating Burnout

Mike McKinney

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

Burnout is a phenomenon that can happen to anyone, yet it is most often found in high-pressured workplaces, especially those where promotions and target achievement are valued. In this timely book, 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.

After noticing an increase in patients struggling with burnout in their work roles, Mike McKinney found that there are common underlying **personality traits** in an individual that can result in an increased vulnerability towards the development of burnout.

The author then provides options and answers, along with suggestions for positive changes that can be sustained, and offers ways to help the reader consider a wider (and possibly new) purpose in life that is underpinned by ways to enhance resilience.

Beating Burnout is an insightful, practical book for professionals and anyone experiencing burnout, as well as those who would like to help someone in burnout.

9781923011069 | Feb 2025 | \$16.99 | Paperback | 232 Pages | approx. 60,000 words | 198 x 129 mm | Self-Help / Personal Success

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

- While workplace change is often touted as the solution, the author details how certain **personality traits** (e.g. the 'all-or-nothing' personality, fear of failure) contribute to burnout. The book then outlines changes the reader can make to help them overcome and prevent burnout.
- **A valuable resource for professionals, HR departments, partners of those experiencing burnout, psychologists, counsellors and life coaches.**
- Written by a **clinical psychologist** who has spent **over two decades** observing the impact of personality on achievement and assisting clients in transforming their lives for the better.
- Includes helpful **practical exercises and suggestions.**
- Makes use of elements of Acceptance and Commitment Therapy (ACT).

Author Bio

Mike McKinney is a clinical psychologist with over 25 years of experience. He has worked in both public and private practice settings, and over the years has become intrigued by the potential for an individual's personality style to affect decisions and behaviours in relation to achievement.

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NEW RELEASES: HISTORY

HISTORY

General Lucian K. Truscott

'Quite a talent for fighting'
Professor Glyn Harper

Explores the life and military career of Lucian Truscott, one of the greatest, yet least celebrated, US combat commanders of World War II.

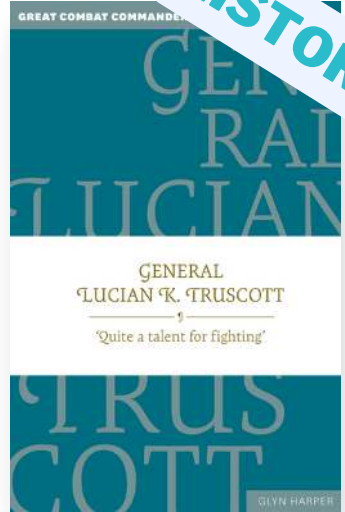
Born in Texas to a drug-addicted father, Truscott would become one of the United States' greatest ever combat generals. Expert in mechanised warfare and amphibious operations during World War II, he was a plain-speaking, determined fighter.

The book traces Truscott's rise as a senior American commander in various theatres of war, including the campaigns in North Africa, Sicily, Italy and southern France. It examines Truscott's relationship with other senior American commanders such as George Patton (who once threatened to sack him), Mark Clark (who didn't like him), Eisenhower and George Marshall.

Truscott made a significant contribution to the defeat of Nazi Germany, improving his command skills with each new experience. Being placed in command of the Anzio beachhead was his finest hour, where his vital contribution ultimately led to the capture of Rome.

General Lucian K. Truscott: 'Quite a talent for fighting' is for military enthusiasts looking to expand their knowledge beyond the well-known names of World War II canon.

- New, succinct and fast-paced biography of one of **America's greatest, yet least celebrated, World War II generals.**
- Includes detailed accounts of key moments of a distinguished, innovative leader's life in several theatres of war including North Africa, Southern France, Sicily and mainland Italy.
- Truscott's success in Italy was critical to the Allied victory in Europe.
- **Uses previously unpublished photographs and other new materials.**



9781923011014 | July 2025 | 229x152 mm | 190 Pages | Approx. 50 000 words | II WW History

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

Great Combat Commanders series - there will be more!

Book no 2: Lieutenant General Leslie Morshead (March 2026)

HISTORY

[CLICK FOR THE CATALOGUE!](#)



Eight Hundred Heroes

China's Lost Battalion and the Fall of Shanghai
Stephen Robinson

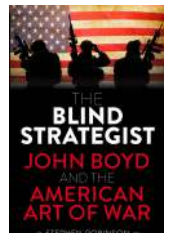
The fascinating story of the legendary heroism of a Chinese battalion during the Battle of Shanghai. An account of a battle which has taken on mythic dimensions in Chinese and international military history. From 26th October to 1st November 1937, the '800 Heroes' defended Sihang Warehouse from wave after wave of Japanese assaults. A thorough analysis of both the last stand of the '800 Heroes', and the legend it became.

9781922539205 | 234 x 151 mm | Hardcover | 304 Pages | approx. 67,000 words | USA \$35.99 | RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand

The Blind Strategist

John Boyd and the American Art of War
Stephen Robinson

An unflinching account of the maneuver warfare revolution that has corrupted the American art of war. **Colonel John Boyd revolutionized the American art of war** through his ideas on conflict and the human mind. Boyd claimed that victory is won by the side that transitions through 'decision cycles' faster than the enemy, mentally checkmating them with minimal violence.



9781922539861 | 234 x 151 mm | Hardcover | 360 Pages | approx. 80,000 words | USA \$24.99 | RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, JAPANESE

NEW RELEASES

NEW!



Cats & Us

Gareth St John Thomas (ed.)

Many of us know the joy (and amusement) of having a feline or dog companion. But have you ever wondered why we can feel such an attachment to these animals in particular? Pairing adorable images with the latest research, this series is an investigation into – and celebration of – animal-human relationships.

9781922539526 | Nov 2024 | Gift / Animals | Hardcover | 180x180 mm | 144 pages | Colour | US \$19.99

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

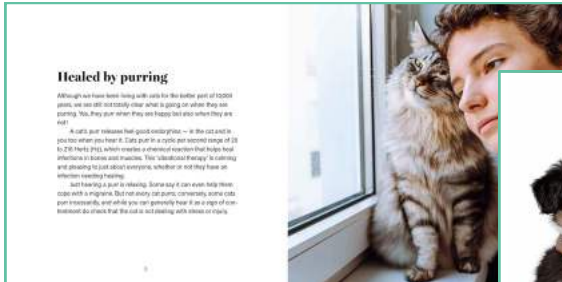
Dogs & Us



NEW!

9781922539533 | Nov 2024 | Gift / Animals | Hardcover | 180x180 mm | 144 pages | Colour | US \$19.99

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



[NATURE, GIFT AND COFFEE TABLE BOOKS](#)

[CLICK FOR THE CATALOGUE!](#)

BESTSELLING SERIES

Pairing gorgeous photography with inspiring and amusing quotations, this series celebrates the magic of animals.



RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand 225 x 203 mm | Hardcover | 160 Pages | USA \$19.99

The Science of Hope

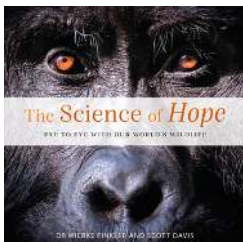
Eye to Eye with our World's Wildlife

Dr Wiebke Finkler, Scott Davis

The book explores the importance of hope when it comes to communicating science. Its pages are filled with breath-taking images by leading wildlife photographers, informative chapters about humans' desire to connect with animals, and positive conservation effort stories about endangered and threatened species, including panda bears, elephants, great apes, whales, big cats, and even monarch butterflies,

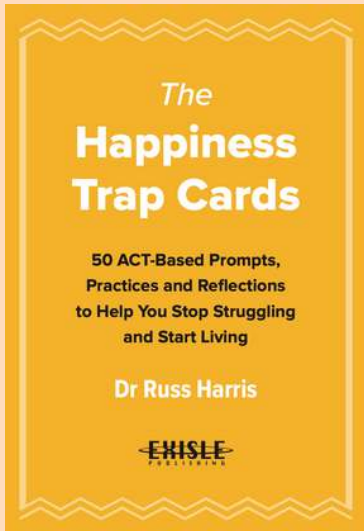
Author Quote - Dr Wiebke Finkler

"People are tired of hearing that they can't do anything about sustainability issues and that it is all doom and gloom – I wanted to offer something that is applied and brings people together. Hope is not just an emotion – there is a strategy and science behind it. We all need hope in our lives, as a strategy, and as a pathway to get through life."



9781925820645 | September 2021 | 254 x 254 mm | Cased with Jacket Nature / Environmental Conservation | 160 Pages | approx. 25,000 words | USD \$29.99 RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand

SELF-HELP



9781922539540 | 50 cards + 4-page booklet |
April 2023 | Self-Help

RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, FRENCH WORLD, GERMAN, ROMANIAN, ITALIAN

The Happiness Trap Cards

50 ACT-Based Prompts, Practices & Reflections to Help You Stop Struggling and Start Living

Dr Russ Harris

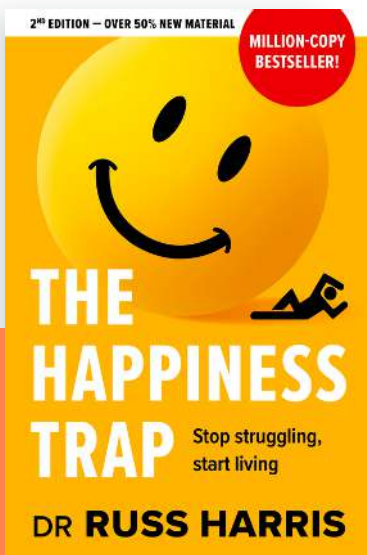
Following on from the million-copy bestseller *The Happiness Trap*, this beautifully presented card set introduces the principles of Acceptance and Commitment Therapy in a fresh and accessible format. Each card features a key concept of ACT, and on the reverse a practical teaching for the reader to apply in their daily life. Readers will be empowered to prioritise their true values, deal with difficult emotions and engage fully in what matters, building authentic happiness from the inside out.

This set of 50 cards will introduce you to the key concepts of ACT and how you can apply them in your day-to-day life, enabling you to:

- handle painful thoughts and feelings more effectively
- break self-defeating habits
- build better relationships
- improve performance and find fulfilment at work
- build self-compassion, and
- deal with loneliness and loss.

BY DR RUSS HARRIS

The Happiness Trap 2nd Edition Stop struggling, start living



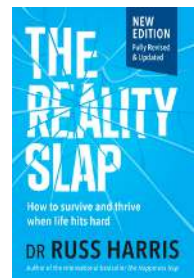
A revolutionary guide which exposes popular misconceptions about happiness, unlocking the secrets to a fulfilling life.

9781922539199 | November 2021
Paperback | 320 Pages | 22.9x15.2 cm

RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, PORTUGUESE, CROATIAN, ESTONIAN, GERMAN, HUNGARIAN, ICELANDIC, ITALIAN, JAPANESE, CHINESE SIMPLIFIED, POLISH, SLOVENE, SPANISH WORLD, SWEDISH, TURKISH, VIETNAMESE, FRENCH WORLD, DUTCH, DANISH, RUSSIAN

The Reality Slap 2nd Edition

How to survive and thrive when life hits hard



9781925820911 | November 2020 |
Paperback | 248 Pages | 23.4x15.1 cm

RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, GERMAN, CZECH, HUNGARIAN, ITALIAN, JAPANESE, KOREAN, DUTCH, POLISH, ROMANIAN, RUSSIAN, SLOVAK, TURKISH

SELF-HELP

ANXIETY



Everything Anxiety Ever Told You Is a Lie

*Well, almost everything!

Dr Toni Lindsay

A practical and therapeutic guide to managing anxiety, written specifically for those aged 14–25 by a psychologist with over 15 years of experience working with adolescents and young adults.

Everything Anxiety Ever Told You Is a Lie is aimed at young people who are experiencing anxiety in their everyday lives, across the breadth of the anxiety spectrum. It emphasises that anxiety is completely normal, and something that can be managed by taking the steps that are right for you. The book contains practical, effective activities and exercises that each reader can apply to their own set of circumstances.

Written by an expert and grounded in extensive research and clinical experience in anxiety, ACT, and uncertainty.

9781922539991 | Pub Date: 7/9/2024 | \$24.99 | Hardcover | 144 Pages | approx. 50,000 words | 23.5x18.4 cm | Self-Help / Anxieties & Phobias

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

Author Bio

Dr Toni Lindsay is a qualified clinical psychologist who has been working with both adults and adolescents for over 10 years. She works at Chris O'Brien Lifehouse, a cancer treatment center in Australia, in the Oncology and Haematology departments and has a special interest in the care of adolescents and young adults with cancer. She is an AHPRA approved supervisor and works predominately from an Acceptance and Commitment Therapy framework. Her first book was titled *Cancer, Sex, Drugs and Death* (Australian Academic Press, 2017) and focused on the psychological management of young people with cancer. More recent titles include *The Cancer Companion* and *The Certainty Myth*, published by Exisle Publishing.

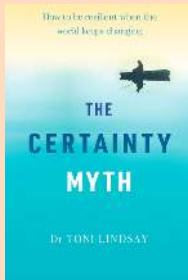
During more than fifteen years spent working clinically with adolescents and young adults (primarily in the health context) Dr Lindsay has developed a unique perspective and understanding of the challenges of managing anxiety. She observes, 'Through my clinical practice with young people, anxiety is showing up more and more frequently. It is now rare that I will meet a young person who has not identified that anxiety has been a concern for them in the past.'



ALSO BY THIS AUTHOR

The Certainty Myth

How to be resilient when the world keeps changing

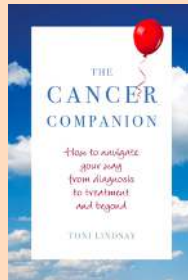


9781922539328 | March 2023 | \$22.99 | 224 Pages | approx. 50,000 words | Self-Help / Mood Disorders | 22.9x15.2 cm

For anyone who is struggling with making sense of a world that keeps changing around them, *The Certainty Myth* will help you rise above the chaos and find emotional stability and happiness. With tools such as ACT (Acceptance and Commitment Therapy) and real-world examples, you'll learn how letting go of certainty can be the key to happiness in today's world.

The Cancer Companion

How to Navigate Your Way from Diagnosis to Treatment and Beyond



9781925820805 | May 2021 | \$21.99 | 224 Pages | approx. 60,000 words | Health & Fitness / Diseases & Conditions | 22.9x15.2 cm

An accessible guide to modern psychological strategies, grounded in the well-proven areas of Acceptance and Commitment Therapy and Cognitive Behavioural Therapy.

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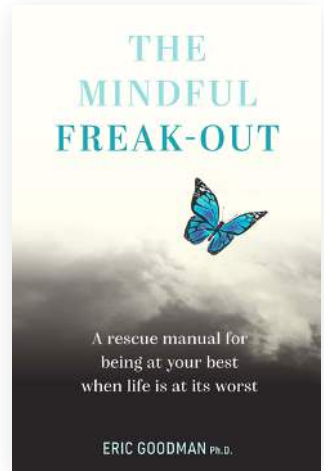
SELF-HELP

The Mindful Freak-Out

A rescue manual for being at your best when life is at its worst
Eric Goodman, Ph.D.

The Mindful Freak-Out presents strategies from Acceptance and Commitment Therapy (ACT) and Compassion Focused Therapy (CFT) to give you the evidence-based tools you need to face highly distressing moments. The goal of these strategies is to soothe your suffering while giving you the inner strength, wisdom, and commitment needed to face the emotional pain in a flexible way that you feel good about (rather than deeply regretting your words or actions later on). Loaded with practical advice, exercises, and information, this book will help you harness the power of mindfulness and compassion to live your best life, even when intensely painful emotions show up. The Mindful Freak-Out presents strategies from Acceptance and Commitment Therapy (ACT) and Compassion Focused Therapy (CFT) to give you the evidence-based tools you need to face highly distressing moments. The goal of these strategies is to soothe your suffering while giving you the inner strength, wisdom, and commitment needed to face the emotional pain in a flexible way. The result is an outcome where you feel good about your response, rather than deeply regretting your actions or words.

**ANXIETY
EXPERT**



9781922539366 | February 2024 | \$22.99 |
Paperback | 240 Pages | approx. 50,000
words | Mental Health | 22.9x22.9 cm

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Canada, United Kingdom, Australia, New
Zealand

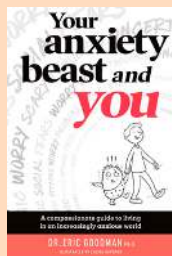
Author Bio

Eric Goodman, Ph.D. is a clinical psychologist, author, and speaker who specializes in helping people face their social fears and anxiety disorders. His private practice is in San Luis Obispo, California and he is a lecturer at Calpol State University.



ALSO BY THIS AUTHOR

Your Anxiety Beast and You



9781925820331 | May 2020
| \$21.99 | Paperback | 216
Pages | approx. 50,000 words
| 30 b-w illustrations | Self-
Help /Anxieties & Phobias |
22.9x15.2 cm

**A Compassionate Guide to Living in
an Increasingly Anxious World** Eric
Goodman, Louise Gardner

Just like The Beast in the fairy tale *Beauty and the Beast*, anxiety is an emotion that society initially misjudges as the villain. *Your Anxiety Beast and You* is a kinder, more compassionate approach for people suffering from anxiety. Rather than living with an enemy inside your mind, you're encouraged to see anxiety for what it really is—an inner hero. It is always trying to protect you from threats, however, it is completely confused about what are true threats in the modern world.

Social Courage



9781925335750 | July 2018
| \$21.99 | Paperback | 232
Pages | approx. 50,000 words
| Self-Help / Anxieties &
Phobias | 22.9x15.9 cm

**Coping and thriving with the
reality of social anxiety**
Eric Goodman

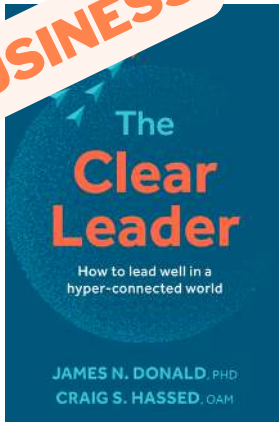
Social Courage presents a step-by-step, structured program for minimizing suffering in the face of social anxiety while giving readers the tools to boldly work towards their social goals. It acknowledges that social anxiety is a normal human experience, with only as much power as you are willing to surrender to it. There is no shame in it, and it is felt by everyone to some degree; we just need to learn to break free from its constraints.

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FRENCH, CHINESE SIMPLIFIED, POLISH, ROMANIAN

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Kingdom, Australia, New Zealand, FRENCH, ROMANIAN,
VIETNAMESE

SELF-HELP

BUSINESS



The Clear Leader

How to lead well in a hyper-connected world

James N. Donald, PhD, Craig S. Hassed, OAM

A cutting-edge guide to achieving authentic modern leadership, from experts in business psychology and mindfulness.

Today's hyper-connected world poses many challenges to leaders: how can you cut through the noise of tech distraction, navigate the rise of AI, deal with information overload, and lead others to success amidst it all? The Clear Leader provides evidence-based guidance to doing just that, giving you the tools to strategize, prioritise, and connect, while sustaining your own wellbeing. Informed and empowered by the latest research, you will master the four key leadership capabilities:

1. Purpose: identifying and communicating your purpose to your team.
2. Priorities: conscious decision-making about where to invest your focus and energy.
3. People: leading people with your full attention – and theirs.
4. Personal: managing your attention and energy in your personal life.

9781922539717 | March 2024 | \$22.99 | Paperback | 240 Pages | approx. 50,000 words | Business & Economics / Leadership | 22.9x15.2 cm

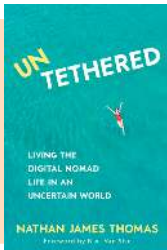
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Authors

James Donald, PhD is a Senior Lecturer at the University of Sydney Business School, and regularly appears in print, radio and TV media, discussing issues of workplace wellbeing and leadership. James is also an active researcher in positive psychology and leadership, regularly publishing his research in the world's leading research journals.

Professor Craig Hassed, OAM has worked within the Faculty of Medicine at Monash University in Melbourne, Australia since 1989. In 2021, he became the founding Director of Education at the Monash Centre for Consciousness and Contemplative Studies (M3CS). Craig has authored 120 papers in peer-reviewed journals, published 14 books and 17 book chapters. He is co-author of the two top-ranked online mindfulness courses in the world, and in 2019 received the medal of the Order of Australia for services to medicine.

MORE BUSINESS...



Untethered

Living the digital nomad life in an uncertain world

Nathan James Thomas, B.A Van Sise

In Untethered you'll learn exactly what it takes to engineer a digital nomad lifestyle in a post-pandemic world. With travel stories and case studies interlaced with clear, real-world guidance, you'll discover whether the digital nomad lifestyle is for you and equip yourself with the tools to create your own location-independent life.

9781922539694 | September 2023 | \$22.99 | Paperback | 232 Pages | approx. 40,000 words | Business / Self-Help | 22.9 x 15.2 cm
RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand

Stop Talking, Start Influencing

12 Insights From Brain Science to Make Your Message Stick

Jared Cooney Horvath PhD, MEd

9781925335903 | March 2019 | \$24.99 | Paperback | 304 Pages | approx. 50,000 words | 100 b-w photos | Teaching / Business | 22.9 x 15.2 cm

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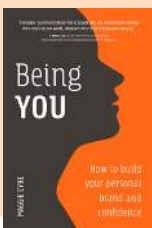
Being You

How to Build Your Personal Brand and Confidence

Maggie Eyre

Being You teaches you everything you need to know about personal branding. A personal brand tells the world about who you are as a human being personally and professionally. It's about authenticity and is derived exclusively from your mind, your heart, your values, your passions, and what you believe to be true at the core of your personal and professional self.

9781925335927 | May 2019 | \$21.99 | Paperback | 286 Pages | approx. 60,000 words | Business / Marketing | 22x15 cm
RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, ARABIC



SELF-HELP

The Flourishing Woman

A mental health and wellbeing guide
Dr Cate Howell OAM, CSM, CF

The Flourishing Woman is a unique, holistic guide to fostering women's mental health and wellbeing, allowing them to overcome challenges and flourish in life. It emphasizes the influence of mental health and wellbeing on the prevention of ill-health (physical and mental), and on living a satisfying and meaningful life.

The book addresses many topics that are highly relevant to adult women, including why women often put themselves last; ways to overcome stress, overwhelm and anxiety; reproduction, menopause and mental health; and managing parenthood challenges and relationship issues. Other topics include the impact of trauma and physical illness on mental health, and strategies to manage these impacts; and how to silence self-criticism and grow self-worth.

Author

9781922539649 | October 2023 |
\$22.99 | Paperback | 240 Pages |
approx. 50,000 words | Health &
Fitness / Women's Health | 22.9x15.2
cm

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USA, Canada, United Kingdom,
Australia, New Zealand, POLISH



Dr. Cate Howell is a GP, therapist, researcher, educator and author. She has over 40 years of training and experience in the health sphere, and is passionate about the areas of mental health, wellbeing and counseling. Currently Cate is mostly involved in education and writing related to these areas. In the year 2000, a Churchill Fellowship allowed her to travel to the UK and Europe studying the primary care management of anxiety and depression.

ALSO BY THIS AUTHOR

The Changing Man

A Mental Health Guide

Dr Cate Howell OAM, CSM, CF & Alex Bernard

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. No shame. No silence. No anger.

9781922539625 | 198 x 129 mm | Paperback | 336 Pages | approx. 50,000 words | May 2023 |
USD \$16.99

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



The Being Human Collection

Dr Carrie Hayward

Written by a specialist in Acceptance and Commitment Therapy, the *Being Human* series features four narratives that delve into the complexities of our shared human experience.

- *The Lost Sun* focuses on the importance of values-based living.
- *The Flower in the Pocket* emphasizes transforming pain into growth.
- *The Unwanted Friend* explores the realm of thoughts.
- *The Dragonfly in the Haze* discusses our growing disconnect with the world and each other.

Together, these books form the comprehensive Being Human Method, fostering self-awareness, meaningful relationships, and a purposeful existence. Written by a specialist in Acceptance and Commitment Therapy, each bookstands alone but, when read together, offers a comprehensive insight into our shared human experience.



9781922539878 | October 2024 | \$49.99 | 120 Pages
| 4x approx. 5000 words | Self-Help / Personal Growth
| 4 books in a slip case | Also available as individual
books | 16.5x16.5 cm

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NEW!

PARENTING



Grandparenting Grandchildren

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

Dr Jane Williams, Dr Tessa Grigg

Grandparenting Grandchildren is the first guide of its kind written specifically for grandparents, and aims to help you raise well-rounded, ready-to-learn, happy grandchildren, even if you only look after them for a few hours a week. By explaining the latest neuro-developmental and neuro-educational research in accessible, applicable ways, it will reaffirm what you instinctively know, while providing new tools to build your grandchild's imagination, creativity and curiosity. Combining the authors' practical experience as childhood development professionals with international research, this book helps grandparents understand the key influences on healthy development in the first 5 years: movement, music, sleep and food.

9781925820799 | September 2021 | \$21.99 | Paperback | 240 Pages | approx. 50,000 words | 50 illustrations | Parenting | 22.9 x 15.4 cm

RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, CHINESE SIMPLIFIED, POLISH, SPANISH (LATIN AMERICA)

Mind Kind

Your Child's Mental Health

Dr Joanna North

In *Mind Kind: Your Child's Mental Health*, acclaimed psychotherapist Dr Joanna North gives a unique insight into the world of children's mental health; one that focuses on kindness and values. Dr North presents clear, research-based strategies which she has developed over 30 years of working with children, adults and families.

In supporting children towards positive mental health and well-being, this book emphasises the importance of understanding their emotions in a variety of situations. Chapters are devoted to behaviour management; helping children through difficult times; and developing a 'Mind Kind approach' to mental health conditions such as stress, anxiety and depression. Family break-ups, divorce and step-parenting; and eating disorders and their link to mental health receive special attention.

9781925335941 | July 2019 | \$21.99 | Paperback | 256 Pages | approx. 60,000 words | Parenting | 22.9x31.6 cm

RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, POLISH, TURKISH, ARABIC



Engaging Adolescents

Parenting tough issues with teenagers

Michael Hawton

Parenting teenagers can be tricky at the best of times. But when the tough issues arise — behavioural problems, unacceptable risk-taking, bullying, alcohol abuse — things can get extremely difficult and parents can struggle with what to do. Drawing on psychologist Michael Hawton's 30 years of experience, *Engaging Adolescents* is a practical guide to help you steer your teenager through the challenging times with confidence.

Using case studies and based on universally-accepted mediation principles, this is a highly practical, skills-based book that gives you the tools to resolve conflict and build better family relationships. Hawton's advice is honest and open-minded, building on his own parenting successes and failures.

9781925335408 | May 2017 | \$24.99 | Paperback | 216 Pages | approx. 55,000 words | Parenting | 22.9x15.9 cm

RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, CHINESE SIMPLIFIED, VIETNAMESE



Smart Start

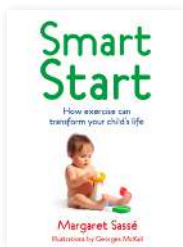
How Exercise Can Transform Your Child's Life

Margaret Sasse

Children need exercise, not just to stimulate their bodies but to stimulate their brains as well. The first five years of a child's life are now seen as crucial to later health, well-being and success. Exercise and good diet are especially important in ensuring that the pre-schooler has a healthy start in life, develops a good brain and avoids the problems of obesity. Margaret Sasse has had decades of practical experience in the area of child development, and in training parents and teachers on the importance of healthy food and exercise. *Smart Start* is a practical guide for parents on how to give their children the best start in life, with down-to-earth advice on diet and exercise to encourage optimum physical and intellectual development. The book is carefully organised to provide a step-by-step programme for each year. Simply written, and attractively presented with dozens of lively illustrations and practical exercises, it will soon become an indispensable tool in raising your child.

9781921497186 | May 2009 | \$12.99 | Paperback | 160 Pages | 23.2x17.4 cm

RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, ARABIC, BULGARIAN, CHINESE SIMPLIFIED, CHINESE TRADITIONAL, CZECH, DUTCH, ESTONIAN, GREEK, ITALIAN, KOREAN, POLISH, PORTUGUESE, ROMANIAN, THAI, TURKISH, VIETNAMESE



PARENTING

Anxiety Coach

Every parent's guide to building resilience in their child

Michael Hawton

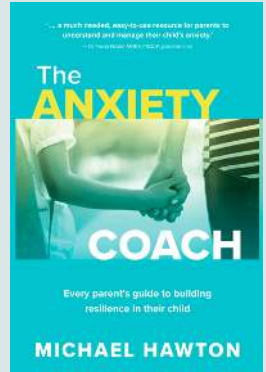
The Anxiety Coach is a practical, evidence-based guide for parents of children with anxiety, giving all parents the confidence and the tools to solve their child's anxiety problems.

With 18 years of expert, qualified experience, the author shows how to help children and tweens build up the necessary brain architecture and perspective, and create the emotional reserves and balance needed throughout life. Parent-led strategies for managing child anxiety based in cognitive behavioral approaches are vital for the successful treatment of mild to moderate levels of child anxiety. Parents, carers and grandparents are on the spot when a child is behaving anxiously and simple interventions by them can be used across time as an effective treatment for child anxiety. User-friendly features in this book include:

- Case studies of a family who have successfully tackled their children's anxious behavior.
- Worksheets outlining the methodical steps parents should take.
- Advice on how to manage a child's digital world.
- Tips to help worried parents deal with their own anxious thoughts and feelings.

Author

Michael Hawton has spent much of his career working with parents and their children. He has been training family services workers and educational leaders in the area of behavior management for over 17 years. Michael has developed parent education programs that have been taught to over 150,000 parents and professionals since 2006. A father of two, a published author and a former schoolteacher, Michael brings a clear and unambiguous method-based approach to guide parents through a parent-led method for resolving child anxiety.



9781922539588 | March 2023 | \$21.99 | Paperback | 240 Pages | approx. 46,500 words | Family & Relationships | 22.9x15.2 cm

RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, FRENCH WORLD, CHINESE SIMPLIFIED, POLISH, VIETNAMESE

Mindfulness at Play

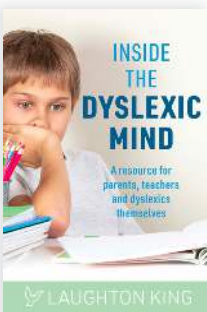
Parenting healthy, happy children with old wisdom and new science

Dr Stephen McKenzie, Angela North

Mindfulness at Play is a comprehensive yet light, playful, and play-based one-stop mindfulness resource for parents. It will help parents help their children develop optimal learning, emotional and social behaviors.

9781922539632 | August 2023 | \$22.99 | Paperback | 240 Pages | approx. 50,000 words | Parenting | 22.9x15.2 cm

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



Inside the Dyslexic Mind

A resource for parents, teachers and dyslexics themselves

Laughton King

In Laughton King's formulation, a dyslexic person is like a diesel vehicle. They run perfectly if you give them the right fuel, but if you put petrol in the tank (i.e. expect them to learn like every 'normal' child in our current education system) they break down. This book is designed to help dyslexic (diesel) thinkers make sense of their lives.

9781922539427 | July 2023 | \$24.99 | Paperback | 256 Pages | approx. 60,000 words | Education / Learning Styles | 22.9 x 15.2 cm

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

EMPOWER SERIES

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



Dealing With Depression

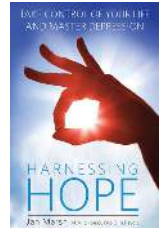
Simple Ways to Get Your Life Back

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 | Paperback | 192 Pages | approx. 50,000 words | USD \$14.99 | ORIGINALLY PUBLISHED AS *HARNESSING HOPE*

RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, ROMANIAN, FRENCH WORLD, POLAND



Sleep Sense

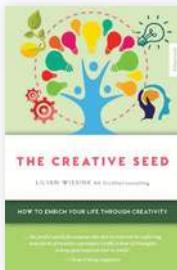
Improve Your Sleep, Improve Your Health

Dr Katharina Lederle

Develop healthy sleep habits that best fit your life with this guide from an international sleep expert. From lighting to diet, it explains easy-to-implement changes that lead to improved health and a good night's sleep.

9781925820935 | 198 x 129 mm | Paperback | 224 Pages | approx. 50,000 words | USD \$14.99

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



The Creative SEED

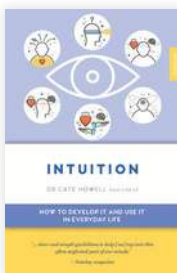
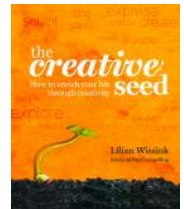
How To Enrich Your Life Through Creativity

Lilian Wissink, BA GradDipCounselling

An original approach to empower beginners and established creators to clearly understand the nature of the creative process including strategies to keep readers inspired and on track for living their creative dream.

9781925820300 | 198 x 129 mm | Paperback | 200 Pages | approx. 35,000 words | USD \$14.99

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



Intuition

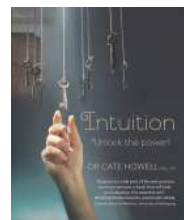
How to Develop it and Use it in Everyday Life

Dr Cate Howell, OAM CSM CF

Intuition: it's instinctive by nature. Become empowered and learn how to develop your intuition. Make better decisions, perform better at work and enhance your life, with this practical seven-step program.

9781925820317 | 198 x 129 mm | Paperback | 216 Pages | approx. 65,000 words | USD \$14.99

RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, GERMAN, POLISH, SLOVAK, CHINESE SIMPLIFIED, VIETNAMESE, SPANISH WORLD



EMPOWER SERIES



Understanding Autism

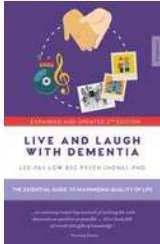
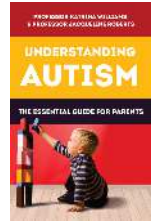
The Essential Guide for Parents

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 | Paperback | 272 Pages | approx. 55,000 words | USD \$14.99

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Live and Laugh with Dementia

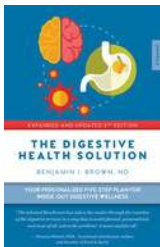
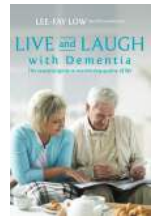
The Essential Guide to Maximizing Quality of Life

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 | Paperback | 256 Pages | approx. 55,000 words | USD \$14.99

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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 | Paperback | 272 Pages | approx. 45,000 words | USD \$14.99

RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, VIETNAMESE, POLISH, GERMAN



Understanding Type 2 Diabetes

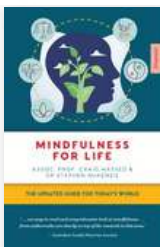
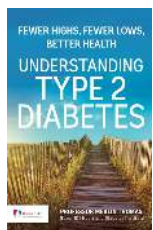
Fewer Highs, Fewer Lows, Better Health

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 | Paperback | 336 Pages | approx. 65,000 words | USD \$14.99

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Mindfulness for Life

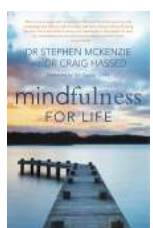
The Updated Guide for Today's World

Assoc. Prof. Craig Hassed & Dr Stephen McKenzie

Written by experts, *Mindfulness for Life* is the complete guide to being fully present in life. Take a leap towards mindful living and you might just discover that you become a calmer, happier and healthier being – for life.

9781922539014 | 198 x 129 mm | Paperback | 272 Pages | approx. 70,000 words | USD \$14.99

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



MORE MINDFULNESS



MINDFULNESS

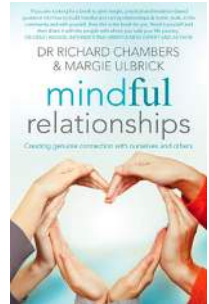


Mindful Relationships (2nd Edition)

Creating genuine connection with ourselves and others

Margie Ulbrick, Dr Richard Chambers

Mindful Relationships, now reissued in the bestselling Empower series, focuses on individuals, couples, families, groups and businesses to provide a practical guide for using mindfulness to enrich relationships and more effectively manage the stresses associated with dispute resolution and conflict. Case studies highlight key principles, while practical exercises enable the reader to develop their mindfulness skills.



9781922539786 | March 2024 | \$16.99 | Paperback | 240 Pages | approx. 60,000 words | Family & Relationships | 19.7x12.7 cm

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

Mindfulness at Work

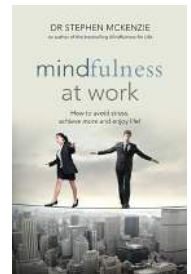
How to avoid stress, achieve more and enjoy life!

Dr Stephen McKenzie

Written by an expert with years of both clinical and personal experience, *Mindfulness at Work* includes examples of mindfulness in action in the workplace, while also looking at how the principles of mindfulness can be applied to specific professions, from sales and marketing to teaching, from law to medicine, from the trades to the creative arts.

9781921966194 | Pub Date: Feb. 1, 2013 | \$22.99 | Paperback | 200 Pages | approx. 60,000 words | Mindfulness | 23.2x15.2 cm

RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, FRENCH WORLD, ITALIAN



Mindful Learning

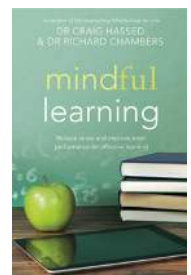
Reduce Stress and Improve Brain Performance for Effective Learning

Dr Craig Hassed, Dr Richard Chambers

Mindfulness is now being used in educational environments to help students learn more effectively, develop personally, enhance their physical and emotional health, and deal with study and exam-related demands. In 'Mindful Learning', practical insights and exercises are given on how to successfully apply mindfulness in the educational setting.

9781921966392 | Pub Date: 5/13/2014 | \$12.99 | Paperback | 272 Pages | 35 color illustrations | 23.5 x14.9 cm

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The Art of Mindful Origami

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

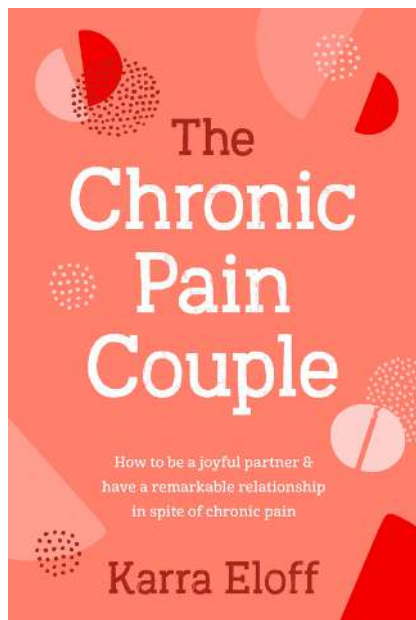
Dr Richard Chambers

The Art of Mindful Origami combines the classic art of origami and the popularity of art-therapy coloring books with simple mindfulness exercises to create the ultimate way to calm your mind.

9781925335293 | Pub Date: 11/22/2016 | \$14.99 | Paperback | 120 Pages | 45 color photos | Crafts & Hobbies / Origami / Mindfulness | 25.1x26 cm

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





The Chronic Pain Couple

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

Karra Eloff

The struggle to maintain joy & a fulfilling relationship while coping with chronic illness and pain is a serious problem for millions of people. Australian entrepreneur and health professional Karra Eloff draws on academic research and her own pursuit of joy in spite of suffering to bring this trailblazing, compassionate, low-energy and practical path to a remarkable new normal, for you and your chosen human/partner.

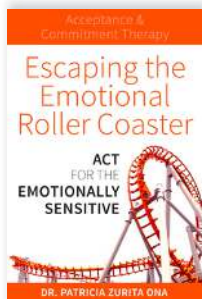
On average, one in five adults suffer from chronic pain. In older people, the number rises to three in five. Most of these people don't realise they don't have to settle for a survival-based coexistence with their partner or bury their hopes for success and joy under a mountain of heat packs or duvets. Chronic illness or pain, according to Karra, need not hold you back from experiencing personal joy and success. It is possible to forge a path to remarkable—to move the dial of a relationship challenged with chronic pain from embattled and exhausted to joyful and passion-filled.

9781922539212 | July 2022 | \$27.99 | Hardcover | 272 Pages | approx. 65,000 words | Pain Management | 22.9x15.2 cm

RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, FRENCH WORLD, GERMAN

Author Bio

Karra Eloff is a health professional, speaker and entrepreneur dedicated to helping suffering people find joy. She is the managing director of two private psychology clinics on the East Coast of Australia. She is also the founder of The Chronic Pain Couple, an organization that delivers practical support to people with chronic pain and their loved one. Karra is a wife, mother, and former speech pathologist who featured as a regular guest panellist on the TV talk show Be That.



Escaping the Emotional Roller Coaster

ACT for the emotionally sensitive

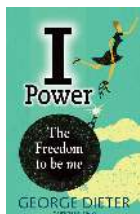
Dr Patricia Zurita Ona

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. You will discover that you are far more than your emotions, and that you can always choose to act in a way that is consistent with your personal values, in order to experience fulfilling, loving relationships.

Written in a warm and accessible style by a clinical psychologist who specializes in anxiety and emotional dysregulation issues, it also draws on the latest science as well as aspects of positive psychology.

9781925335743 | August 2018 | \$21.99 | Paperback | 248 Pages | approx. 50 000 words | Self-Help / Emotions | 22.9x15.2 cm

RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, GERMAN, TURKISH, POLISH, RUSSIAN



I-Power

The Freedom to be me

George Dieter

With I-Power, learn to take responsibility for yourself to find contentment, fulfillment and balance. Written by a psychologist who has seen how the application of Boundary Theory has transformed his clients lives for the better.

9781921966835 | October 2015 | \$21.95 | Paperback | 232 Pages | approx. 60,000 words | Personal Growth | 23.5 x15.2 cm
RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, CHINESE SIMPLIFIED, CHINESE TRADITIONAL, POLAND



The Wisdom Years

Unleashing Your Potential in Later Life

Zvi Lanir, PhD

The Wisdom Years provides a practical, thought-provoking and life-changing read for both people embarking on retirement and younger people who would like to mindfully prepare themselves in advance. Derived from Dr Lanir's lifetime of work experience in identifying mindsets that are no longer helpful, it reveals how to reframe our thought processes so that we can live life based on our 'functional age' rather than our 'chronological age'. The result is a book that carries a unique and inspiring message: life after retirement is to be enjoyed as a new, exciting and uplifting journey of personal evolution.

9781925820232 | November 2019 | \$17.99 | Paperback | 247 Pages | approx. 40,000 words | Self-Help / Aging | 21.1x13.7 cm
RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, ARABIC



The Longevity List

Myth busting the top ways to live a long and healthy life

Prof. Merlin Thomas

Red wine is good for us. Alcohol is bad for us. Cut out sugar. Eat less fat. Eat more fat. Every day we're bombarded by often-contradictory advice on what to do to keep ourselves healthy. How can we separate fact from fad? Written by medical clinician Merlin Thomas, this is the ultimate myth-busting guide to what will help you live a long and healthy life. Professor Thomas looks at each item on the "longevity list", analyzes why it's come to be considered a health priority, and gives his scientifically backed verdict on how much attention we really need to pay to it.

9781921966736 | September 2017 | \$17.99 | Paperback | 272 Pages | Health | 23.2x15.6 cm
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The Journal Writer's Companion

Achieve Your Goals • Express Your Creativity • Realize Your Potential

Alyss Thomas

Designed to be a clear, practical guide to using journal writing to help you succeed in any area of life and work, *The Journal Writer's Companion* is also a comprehensive reference source to all of the different types of journaling techniques, from gratitude journals to bullet journals, legacy journals to art journals. An experienced psychotherapist and writing coach, Alyss Thomas explains how these various approaches to journaling can be adapted and combined in innovative ways to create a unique, personalized method that works for your life and your goals.

9781925820041 | September 2019 | \$24.99 | Hardcover | 272 Pages | approx. 120,000 words | b-w illustrations | Self-Help / Journaling | 21.8x16 cm
RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand

DIET AND NUTRITION



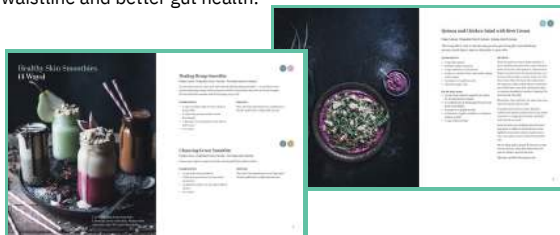
9781925820652 | March 2021 | \$27.99 | Hardcover | 224 Pages | approx. 40,000 words | 50 color photos | Cooking / Health & Healing | 24.4x19.9 cm

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

The Healthy Skin Kitchen

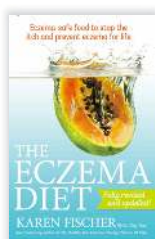
For Eczema, Dermatitis, Psoriasis, Acne, Allergies, Hives, Rosacea, Red Skin Syndrome, Cellulite, Leaky Gut, MCAS, Salicylate Sensitivity, Histamine Intolerance & more
Karen Fischer

Whether your skin issue is mild or momentous, *The Healthy Skin Kitchen* is your essential resource for clear, healthy skin. Find answers to combat eczema, acne, dandruff, hives, rosacea, salicylate sensitivity and much more. Enjoying more energy, a trimmer waistline and better gut health.



Author

Karen Fischer is a nutritionist and a member of the Australian Traditional-Medicine Society (ATMS). She has a Bachelor of Health Science Degree and a nutrition diploma. For more than a decade, Karen has used the Eczema Diet in her private practice to help her patients, of all ages, become eczema-free. Karen's books with Exisle include the bestselling *The Healthy Skin Diet* (winner of 'Best Health, Nutrition or Specific Diet Book' at the 2008 Australian Food Media Awards), *The Eczema Detox*, *The Eczema Diet*, *Younger Skin in 28 Days* and *Healthy Family, Happy Family*.



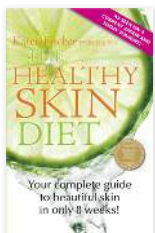
Eczema Diet

Eczema-safe food to stop the itch and prevent eczema for life
Karen Fischer

The Eczema Diet includes all the facts and scientific research, as well as itch-busting treatments that offer immediate relief combined with a tried-and-tested diet — developed by nutritionist Karen Fischer over the past ten years through her work with eczema patients — that really gets results. Also included are delicious recipes suitable for everyone in the family, an extensive meal plan and shopping lists that are clear and easy to follow.

9781921966460 | July 2014 | \$19.99 | Paperback | 288 Pages | approx. 60,000 words | b/w illustrations | Healthy Skin / Diet | 234 x 151 cm

RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, CZECH, CHINESE TRADITIONAL, FRENCH CANADA, VIETNAMESE



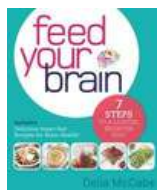
The Healthy Skin Diet

Your Complete Guide to Beautiful Skin in Only 8 Weeks!
Karen Fischer

Whatever your skin type, whatever your skin condition, you'll find all the help you need right here. Whether you want to eliminate acne, cellulite, dandruff, dermatitis, eczema, psoriasis or rosacea, or simply fight the signs of ageing, the answers are in the book. You'll also learn how to ensure your children grow up with clear, problem-free skin. Specific programs are included to target each skin condition, while Karen's nutritious, delicious recipes mean you have all the tools you need to start living a healthier more beautiful life today!

9781921966132 | November 2011 | Paperback | 234 x 153 mm | 392 pages | 234x153 mm

RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, BULGARIAN, PORTUGUESE, RUSSIAN, CHINESE TRADITIONAL, GERMAN, LATVIAN, ITALIAN, POLISH



Feed Your Brain

7 Steps to a Lighter, Brighter You!
Delia McCabe

Feed Your Brain is the essential guide to eating foods rich in the nutrients your brain needs to stay happy, productive, and healthy. Learn how to take care of your brain with Delia's 7-step program.

9781925335118 | September 2016 | \$29.99 | Paperback | 296 Pages | 35 color illustrations | Diet & Nutrition | 23.5 x 19.7 cm

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NOT ONLY SELF-HELP...

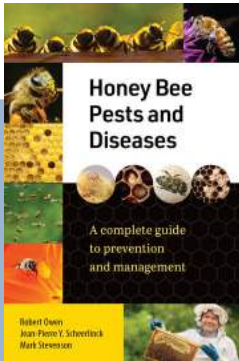
Honey Bee Pests and Diseases

A complete guide to prevention and management

Robert Owen, Jean-Pierre Y. Scheerlinck, Mark Stevenson

Honey Bee Pests and Diseases is written by three scientists who are also long-time beekeepers. It provides up-to-date information on the management of honey bee diseases found globally, not just in the U.S., Europe, or Australia. Of particular interest are the explanations of how pathogens affect honey bees. This facet of diseases is usually left out of honey bee disease books.

Written in an easy to understand way, and richly illustrated with photographs and diagrams, chapters cover integrated pest management (IPM), epidemiology, viruses, brood diseases, mites, parasites, as well as other problems a colony might face. The book is largely based on the Ph.D. research of Dr. Robert Owen, who studied the effect of bee diseases in Australia and overseas with particular reference to Varroa. Both Prof. Jean-Pierre Scheerlinck and Prof. Mark Stevenson have extensive and well-recognized experience in honey bee research. The authors of Honey Bee Pests and Diseases have been keen beekeepers for over twenty years, and have a professional interest in bees through their university research. This book enables beekeepers to take the best from each country's practices.



9781922539601 | October 2023 | \$49.99 | Hardcover | 240 Pages | approx. 40,000 words | 50 photographs and 10 illustrations, color | Veterinary/Beekeeping | 22.9x15.2 cm

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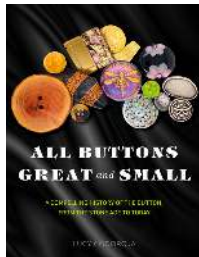
All Buttons Great and Small

A compelling history of the button, from the Stone Age to today

Lucy Godoroja

In All Buttons Great and Small, author Lucy Godoroja takes readers on a visual tour of buttons, offering fascinating insights into their peculiar history and sharing an appreciation of their design and meaning. From the exquisite to the different to the ordinary, the study of buttons offers a world of delight. This collection of quirky and beautiful images alongside intriguing stories ranges from antiques to today's modern creations, giving Godoroja a wealth of button design, material and meaning to discuss.

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9781925820836 | October 2023 | \$34.99 | Hardcover with printed dust jacket | 304 Pages | approx. 70,000 words | 270 photographs (color) | History of Fashion | 24.1x18.4 cm



The Road to Pangaea

In search of the lost supercontinent

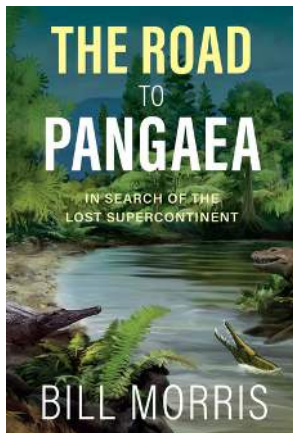
Bill Morris

An immersive and fascinating journey into deep time, charting the ancient supercontinent of Pangaea through a billion years of Earth's history.

'Pangaea' is a mystery of geological history; a lost supercontinent and a place woven into the consciousness of all who inhabit its scattered fragments. But what was life like when it was whole? *The Road to Pangaea* traces the steps science took to find Pangaea, and the evolutionary journey of the supercontinent itself. Our tour guide on this journey is *Glossopteris* – an extinct tree that dominated the supercontinent for 50 million years, before vanishing in the most devastating event ever to strike life on this planet, the Permian mass extinction. This is a story about deep time and the challenges that face those who venture there. It's about the importance of imagination in science, and the reasons that the journey towards understanding is sometimes more important than the destination.

9781922539335 | March 2023 | \$27.99 | Hardcover with dust jacket | 272 Pages | approx. 50,000 words | approx. 42 illustrations, mix of b&w/colour photographs and maps - OPTIONAL | Natural History | 22.9x15.2 cm
ORIGINALLY PUBLISHED AS *THE ROAD TO GONDWANA*

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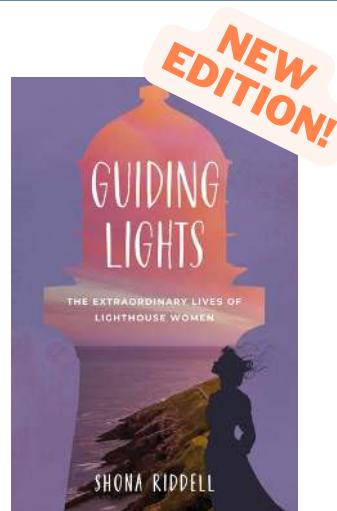
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Guiding Lights

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), and the mysteries and legends that are inextricably part of lighthouse history.



9781923011045 | August 2024 | 229 x 152 mm | 256 Pages | approx. 55,000 words | USD \$24.99
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Finding True Connections

How to Learn and Write About a Family Member's History
Gareth St John Thomas

Our individual memories define us. Our tribal memories unite us. Now, *Finding True Connections* clearly and simply sets out how you can write them down yourself, without an external interviewer. Designed as a series of double-page spreads, on the left-hand page is a prompt question, while opposite are notes on how to gain the most meaningful answers.

9781925820157 | Hardcover | 235x191 mm | 232 pages | July 2019 | RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand



This boxed set of 100 cards provides simple effective questions to help you undertake this process yourself, without an external interviewer.

FICTION



Oliver Kitten's Diary

The Journals of a Mischievous Cat's First Year
Gareth St John Thomas

Oliver Kitten was born in a firetruck and ends up living with a three-generation multicultural human family in a four-bedroom house. He keeps a diary of his own escapades and the things he hears and sees his family get up to. At once cute and funny, Oliver is a little naughty and sometimes downright wicked in his precocious observations of the things the humans in his house get up to.

9781922539359 | November 2022 | 210x135 mm | Flexibound Paperback | Fiction/ Humour | 192 Pages | approx. 35,000 words | USA \$22.99 RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand

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