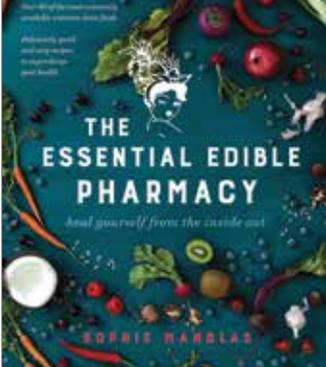


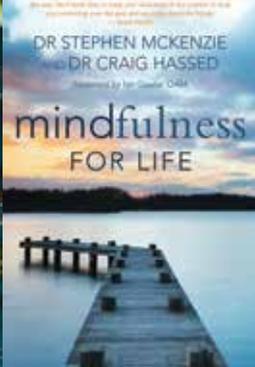


SLOW AGEING GUIDE TO
SKIN
REJUVENATION



THE ESSENTIAL EDIBLE PHARMACY
heal yourself from the inside out

SORRIS HANGLAS



DR STEPHEN MCKENZIE
AND DR CRAIG HASSED
mindfulness
FOR LIFE

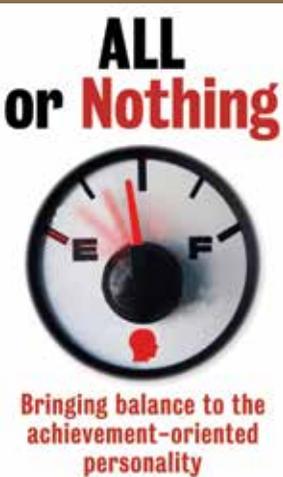


MINDFULNESS
ON THE
RUN

THE
EFFECTIVE
MINDFULNESS
TECHNIQUES
FOR BUSY
PEOPLE

EXISTLE
PUBLISHING

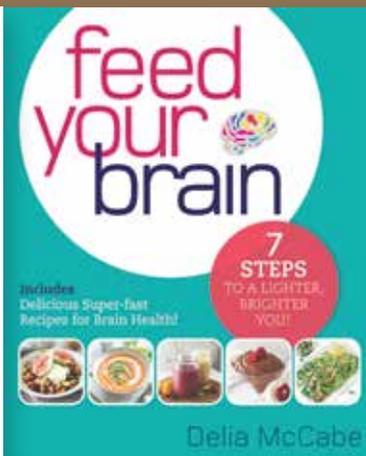
International Rights Catalogue
FRANKFURT 2016



ALL
or **Nothing**



Bringing balance to the
achievement-oriented
personality



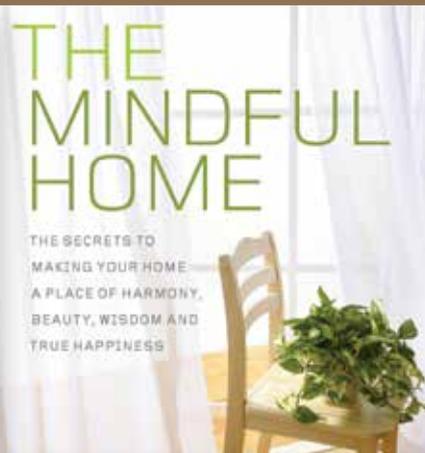
feed
your
brain

Includes
Delicious Super-fast
Recipes for Brain Health!



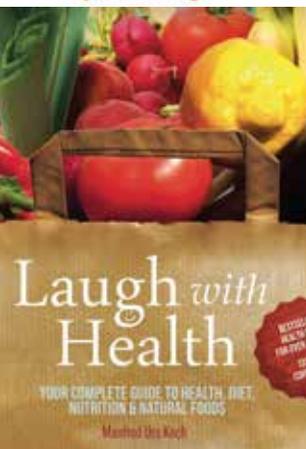
7
STEPS
TO A LIGHTER,
BRIGHTER
YOU!

Delia McCabe



THE
MINDFUL
HOME

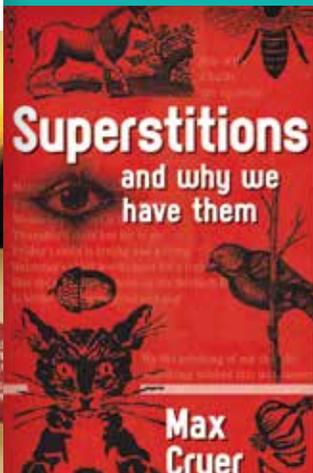
THE SECRETS TO
MAKING YOUR HOME
A PLACE OF HARMONY,
BEAUTY, WISDOM AND
TRUE HAPPINESS



Laugh with
Health

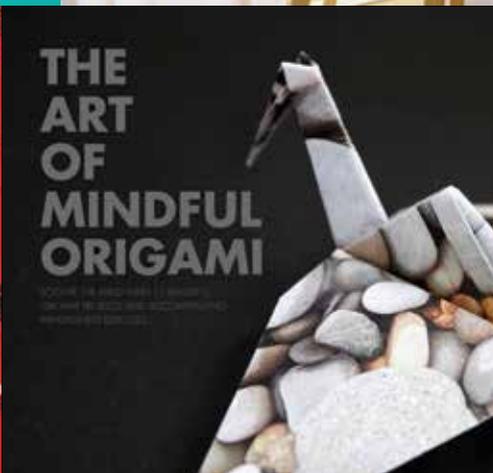
YOUR COMPLETE GUIDE TO HEALTH, DIET,
NUTRITION & NATURAL FOODS

Melanie Dea Koch



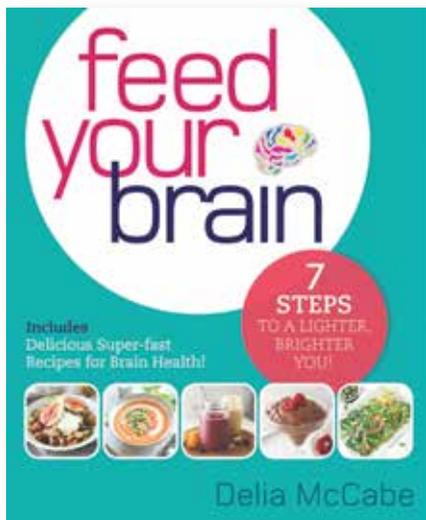
Superstitions
and why we
have them

Max
Cruer



THE
ART
OF
MINDFUL
ORIGAMI

THE ART OF MINDFUL ORIGAMI
HOW TO MAKE 100+ BEAUTIFUL
ORIGAMI MODELS



PASSIONATE LOCAL AUTHOR,
GREAT MEDIA TALENT

Feed Your Brain

7 Steps to a lighter, brighter you!
Delia McCabe

This is the ultimate guide to optimum brain health. Cases of dementia, depression and anxiety are on the rise. Years of research into the connection between nutrition and brain health has shown the author that we can improve focus and memory, reduce stress and think more clearly simply by enjoying a diet rich in the right nutrients. In Part 1 Delia outlines her 7-step program, explains how the brain works, and shows how nutrients affect its function. Part 2 features delicious, easy recipes to form the basis of your new diet and inspire your own ideas.

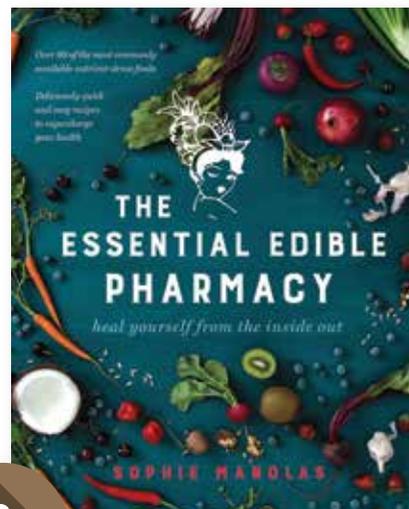


Scan this code to view a clip of Delia revealing the 7 steps to a lighter, brighter you.



About the author

Delia McCabe has a Masters in Psychology and is completing her doctorate in nutrition. For the past 20 years she has researched how food influences brain function, and she now presents seminars teaching people how to achieve optimum brain health via nutrition.



The Essential Edible Pharmacy

Heal yourself from the inside out
Sophie Manolas

Sophie Manolas is a clinical nutritionist who is all about showing people how they can eat their way to being the healthiest version of themselves. She takes over 60 of the most commonly available nutrient-dense foods and explains exactly why each of them is so good for you, before giving a simple recipe that will entice even the fussiest tastebuds. Fully illustrated throughout with gorgeous photographs of fresh produce and delicious recipes, this is a practical yet beautiful reference. Particularly useful for women with hormonal issues, including menopause, as nutrition is an effective tool for managing symptoms that is often overlooked by Western medicine.



Hot new talent – reaping what she sows

Sophie Manolas is a clinical nutritionist, whose country childhood taught her the importance of the home vegetable patch and fresh produce. She was inspired to study Nutritional Medicine after a long struggle with Polycystic Ovarian Syndrome — a change in diet proved to be the only effective treatment. After qualifying, Sophie established her own practice, and has achieved great success with her down-to-earth approach and comprehensive understanding of how we can use food as medicine.

Sophie lives on a farm run on permaculture principles, with chickens, ducks, horses, cattle and dogs where she produces the majority of her own food. Her passion and authenticity sprout from every page of *The Essential Edible Pharmacy*.





Slow Ageing Guide to Skin Rejuvenation

Kate Marie, Professor Merlin Christopher Thomas MD, PhD, Dr John Flynn MBBS, Dip RACOG, FRACGP, Dip.P.Derm, FACCS

Slow Ageing Guide to Skin Rejuvenation explains what happens to skin as it ages, de-mystifies cosmetic medicine, and presents clear, no-nonsense advice on the many options available, including surgery-free, non-invasive techniques that you can utilise right now. It is the second book in the successful Slow Ageing series.



About the authors



Kate Marie is the driving force behind the 'Slow Ageing' collaboration. Drawing on her frustrations with established medical practice and the generic 'anti-ageing' industry, her work aims to provide transformational health information which gives all men and women the realistic means to control their own ageing and love getting old.



Professor Merlin Christopher Thomas MD, PhD is a clinician scientist. His research focuses on the role of diabetes, glycation and oxidative stress in accelerating the changes of ageing, and finding a practical means for their control. Dr Thomas has published over 150 articles in many of the world's leading medical journals. The Juvenile Diabetes Research Foundation, Diabetes Australia, the Australian NHMRC, Kidney Health Australia and the National Heart Foundation also support the work of Dr Thomas.



Dr John Flynn MBBS, Dip RACOG, FRACGP, Dip.P.Derm graduated from The University of Queensland Medical School and has obtained a Dermatology qualification in the UK, is Board Certified by the American Board of Laser Surgery, and is a Fellow of the Australasian College of Cosmetic Surgery. Dr Flynn specialises in Facial Cosmetic Surgery and non-invasive facial rejuvenation techniques. He developed the Saffé Lift, a popular technique of minimally invasive facial rejuvenation. Dr Flynn is regularly invited to present at academic meetings in Australia and internationally.



MINDFULNESS IN MINUTES

Mindfulness on the Run

Quick, effective mindfulness techniques for busy people.

Dr Chantal Hofstee

As a busy psychologist, wife and mother, Dr Chantal Hofstee has developed a quick, effective program that enables you to slot mindfulness into your life without the need for formal meditation practice. The result will be a calmer mind, less stress, more focus, greater productivity, increased efficiency, enhanced creativity, and most importantly, a happier, more enjoyable life. Packed full of practical exercises that can be done in minutes, this is mindfulness that can be done anywhere, anytime — even when you don't have time!

About the author

Chantal Hofstee is a clinical psychologist who has worked in both the private and corporate sectors. She uses the techniques of Cognitive Behavioural Therapy and mindfulness to provide her clients with easy-to-use skills that can be quickly and effectively implemented to change their lives.



Chantal's Top Tips

Mindfulness reduces stress and boosts happiness, and it doesn't have to be difficult or time-consuming. Mindfulness can be simple and practical. Here are our top three mindfulness on-the-run tips.

Breathe

Take 3 deep breaths, the belly kind, and drop your shoulders as you breathe out. Go on, give it a try, you know it will make you feel better.

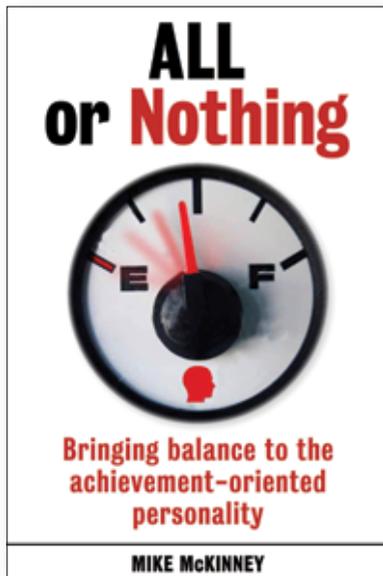
Smile

A smile (even a fake one) reduces stress. If you smile looking at a mirror the effect will be even stronger.

Give your brain a break

When you are working on something remind yourself that if you 'take 5' you 'win 50'. Giving your brain a break makes you so much more effective and efficient, it will be worth it.





Mike McKinney is a clinical psychologist with over 20 years of experience. He has become intrigued by the potential for an individual's personality style to affect decisions and behaviours in relation to achievement.

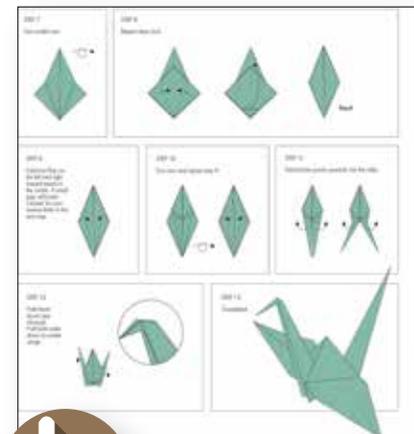
All or Nothing

Bringing balance to the achievement-oriented personality

Mike McKinney

Burn-out is increasing among workers of all levels in all professions. The 'all or nothing' personality is a key contributor to this phenomenon, and this book not only explains the characteristics in clear, accessible language, but also offers tools to help. In this fascinating and empowering book, the author (a clinical psychologist) looks at the often talked about but little understood phenomenon of the 'all or nothing' personality: a personality type that is driven to focus on a task or area of their life to the exclusion of all else.

While often bringing great rewards in terms of career achievement, this approach can commonly lead to other areas of life being adversely affected (difficulty maintaining relationships, not having a life outside work, etc). It's also one of the main causes of burn-out. The author looks at how this personality type can develop (for example, a deep fear of failure, a desire to please others, childhood expectations that you 'always do your best') and, more importantly, how balance can be brought to the all or nothing personality so that the best aspects of it can be retained while the potential negatives are mitigated, resulting in a more meaningful and rewarding life.



The Art of Mindful Origami

Soothe the mind with 15 beautiful origami projects and accompanying mindfulness exercises

Dr Richard Chambers

Gorgeous ultra-modern book combining origami with the current popularity of art-therapy colouring books to encourage a mindful approach to life. Contains 15 tear-out projects on beautiful textured paper.

- Combines the classic art of origami and the popularity of art-therapy colouring books with simple mindfulness exercises to create the ultimate way to calm your mind.
- Includes detailed step-by-step instructions as well as origami paper ready for you to tear out so you can start on your projects straight away.
- Beautifully designed, this is the perfect gift for anyone interested in a calmer, more stress-free life, regardless of whether they have any prior experience in origami or mindfulness.

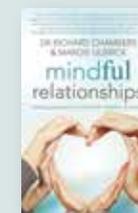
About the author

Dr. Richard Chambers is a clinical psychologist and internationally recognized expert in mindfulness. He has published two previous books, *Mindful Learning*, and *Mindful Relationships*, and numerous journal articles. He is regularly interviewed by mainstream media and consults for a growing number of businesses, sports clubs, healthcare organizations and educational institutions. Richard is spearheading a world-first, university-wide mindfulness initiative at Monash University. He is also one of the developers of *Smiling Mind*, a free mindfulness app with over 1 million downloads.

Also by Richard Chambers

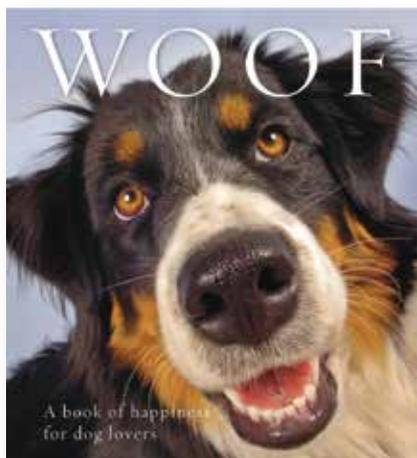


Mindful Learning



Mindful Relationships





Woof

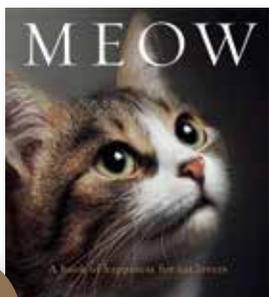
A book of happiness for dog lovers
Anouska Jones

Dogs have a way of making our lives feel complete and no dog lover can imagine life without a canine friend. *Woof: A book of happiness for dog lovers* is a compendium of delightful quotes that capture the essence of this affection. Some are by famous people, others not; some are philosophical, others light-hearted — all are memorable.

Featuring beautiful photography, and presented in a high-quality gift format, this is a collection of quotes to treasure.



Also in this series

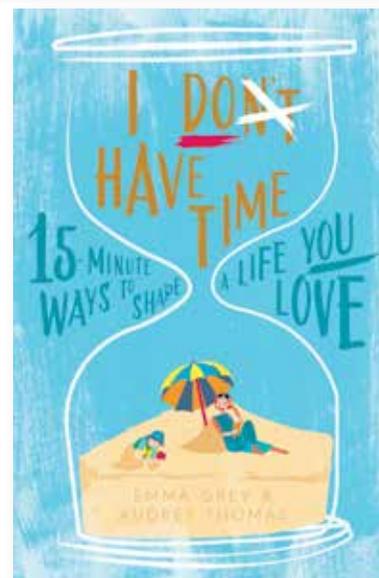
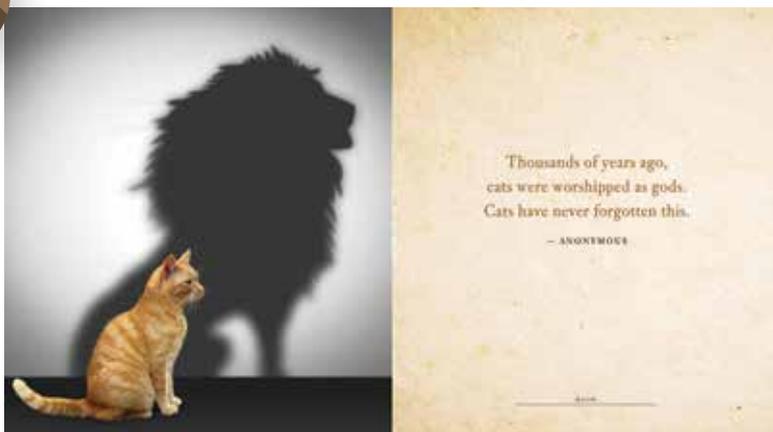


Meow

A book of happiness for cat lovers
Anouska Jones

“... lovely quotes
and images of furry
felines.”

GOOD READING



I Don't Have Time

15-minute ways to shape a life you love
Emma Grey & Audrey Thomas

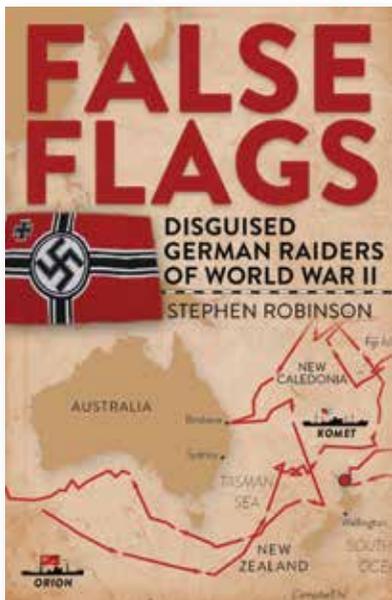
We live in a time of 'hurry sickness'. 'Busy' has become a competitive sport — and it's a sport with no winners. But somewhere, underneath all of this hard slog, there are the things we really want to do. The things that bring us joy and give our lives meaning. More often than not, the only thing standing between us and getting on with those things is ourselves. Our lives don't have to be as complicated as we make them.

Through stories, theories and practical exercises, *I Don't Have Time* explores 50 excuses we make that keep us from getting on with the things that really matter to us. These are the excuses that hold us back in our health and wellbeing, our careers, relationships, finances, home environments, personal development and recreation.

Using humour, anecdotes, research into productivity and Emma and Audrey's proven 'My 15 Minutes' approach, this is a practical guide to ditching overwhelm and making progress in all the areas that matter most. It flips the notion that we need great swathes of time to get ahead with things, instead encouraging us to use the nooks and crannies in our day to achieve big things over time.

Emma Grey is a life-balance specialist who uses a suite of innovative concepts and tools to provide organisations and individuals with practical solutions to the modern challenge of 'having it all'. Emma runs seminars, workshops and executive coaching, writes regularly for national media, and together with Audrey, is co-founder of the highly successful 'My 15 Minutes' program (<http://www.my15minutes.com.au>).

Audrey Thomas is an experienced coach and facilitator with a background in project change and management, human resources and operations management. After a corporate career spanning the UK, Europe and North America, she now specialises in working with clients in both the public and private sectors to discover and develop their untapped potential.



False Flags

Disguised German raiders of World War II

Stephen Robinson

An epic, freshly told story of maritime daring and intrigue that will appeal to anyone interested in the world wars or maritime history, not just military experts. Robinson draws on previously unpublished archival material, including intelligence reports and eyewitness accounts, to tell the story of German raider voyages to the South Seas during the early years of World War II.

Often masquerading as innocent trading vessels, the German raiders *Orion*, *Komet*, *Penguin* and *Kormoran* waged a 'pirate war' in the South Seas — part of Germany's strategy to attack the British Empire's maritime trade on a global scale. Their extraordinary voyages spanned the globe and are maritime sagas in the finest tradition of seafaring. Between them they sank or captured 62 ships in a forgotten naval war that is now being told in its entirety for the first time.

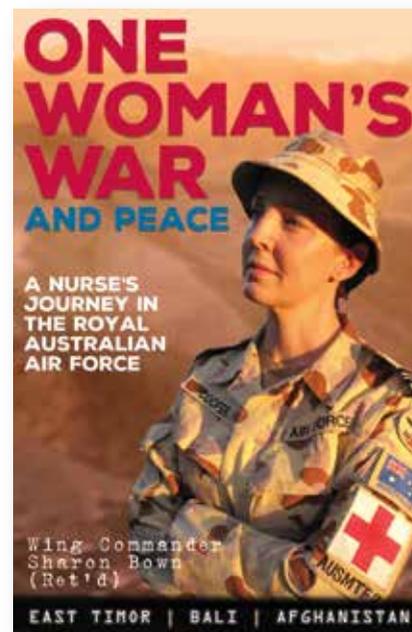
The campaign included the mining of the approaches to Australian ports and the infamous sinking of the Australian cruiser *Sydney* off Western Australia, killing all 645 sailors on board in tragic circumstances.

False Flags is also the story of the Allied sailors who encountered these raiders and fought suicidal battles against a superior foe as well as the men, women and children who endured captivity on board the raiders as prisoners of the Third Reich, and experienced surprising compassion from their captors.



“Nobody has yet done justice to the story of the raiders in the South Seas terrorising Australian and New Zealand waters. I knew I had a fantastic opportunity to tell a unique story.”

STEPHEN ROBINSON



One Woman's War and Peace

A nurse's journey in the Royal Australian Air Force

Wing Commander Sharon Bown (Ret'd)

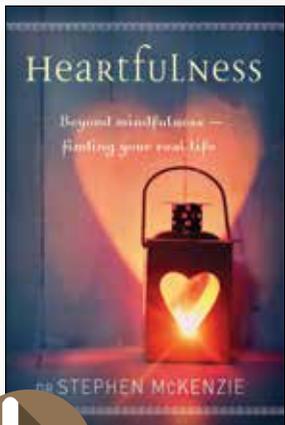
As an idealistic 23-year-old Registered Nurse, Sharon Bown left her comfortable family life in Tasmania and joined the Royal Australian Air Force with the aim of providing humanitarian aid to the world. Through her 16-year military career she deployed on three operations, barely survived a helicopter crash, struggled to return to military service, mixed in political circles and commanded a combat surgical team during some of the most intense fighting in Afghanistan. During this time, she lost her mother to breast cancer and almost lost her policeman father to a would-be cop-killing homicidal psychopath.

Sharon's service came at the cost of her physical and mental health. A broken back, shattered jaw and Post-Traumatic Stress Disorder are the price she has paid for a remarkable and inspirational career in the Royal Australian Air Force.



Wing Commander Sharon Bown (Retd) is a Nurse with post-graduate qualifications in Peri-operative Nursing and Advanced Nursing in Family, Child and Youth Health. She served in East Timor and Afghanistan and was the commander of a surgical/critical care team deployed to Afghanistan in 2008. Her service life has exposed her to the best and the worst of humanity. Sharon is a passionate advocate for Australia's military nurses and for military and veterans' health. She is highly sought after as a public speaker.

“Addresses issues not only related to women in military service, but women in positions of senior command and the surge of PTSD sufferers from Australia's recent conflicts.”



Heartfulness

Beyond mindfulness — finding your real life

Dr Stephen McKenzie

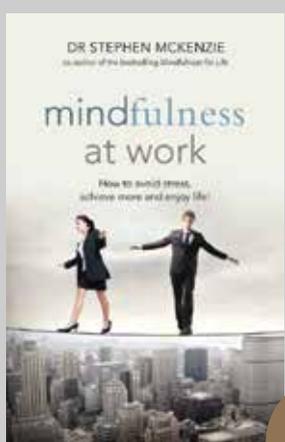
RIGHTS SOLD ITALY, CZECH REPUBLIC

The mindfulness trend has seen mindfulness become valued more as an item in a personal tool kit as opposed to a full way of living. There are exercises for the reader and chapters include adversity, humour, knowledge, kindness, love and hope along with anecdotes, things to do and think about and much to read and enjoy. This is a gentle, warm book that seeks to bring the reader home to a happy state.



“*In life your expectations and disappointments are directly linked. So too is your heartfulness and your contentedness.*”

RASHEED OGUNLARA



Mindfulness at Work

How to avoid stress, achieve more and enjoy life!

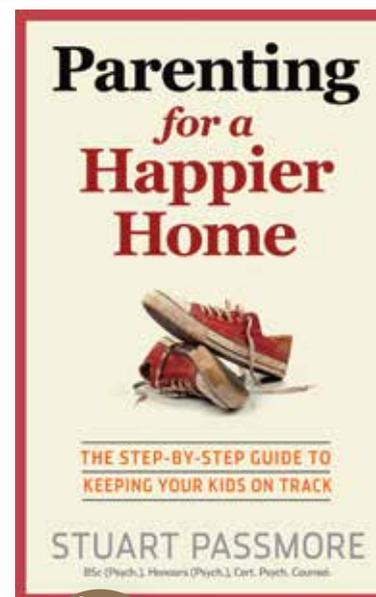
Dr Stephen McKenzie

RIGHTS SOLD USA, FRANCE

Mindfulness at Work is a comprehensive guide to significantly improving one's worklife, through the practice of mindfulness, that anyone can understand and use.



Dr Stephen McKenzie is a researcher, lecturer and writer with years of clinical and teaching experience in many areas of psychology. Dr McKenzie lectures in psychology at Melbourne's Monash University.



Parenting for a Happier Home

The step-by-step guide to keeping your kids on track

Stuart Passmore BSc (PSYCH),
HONOURS (PSYCH), CERT PSYCH.
COUNSEL.

RIGHTS SOLD INDIA

Being a parent can be tough and there are times when you just don't have all the answers. For parents who find themselves faced with a seemingly endless spiral of conflict, poor behaviour and ineffective discipline, this is the evidence-based parenting program they've been waiting for.

Divided into 12 sessions, it first focuses on developing a strong relationship between parent and child. Once a firm foundation of parenting strategies has been developed, the program then moves onto effective discipline. The discipline program is designed so that it is self-sustaining and allows the parent to step back from what is often an emotionally charged situation and instead use predetermined consequences. It also emphasises teaching children ownership of their behaviour. The beauty of this program is that the principles can be used in each of the child's environments (at home, at school, with grandparents, etc), while it has also been designed so that any parent can use it as well as those with children who have been diagnosed with behavioural disorders such as ADHD, Oppositional Defiance Disorder, or explosive and non-compliant behaviour.

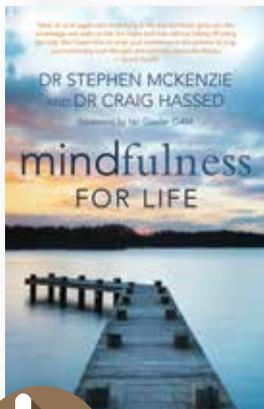




The Mindful Home
The Secrets to Making Your Home a Place of Harmony, Beauty, Wisdom and True Happiness
 Dr Craig & Deirdre Hasted

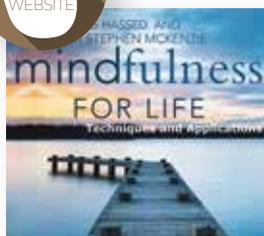
“... shows how our home can be organised and lived in with purpose and intention”

HOME IDEAS



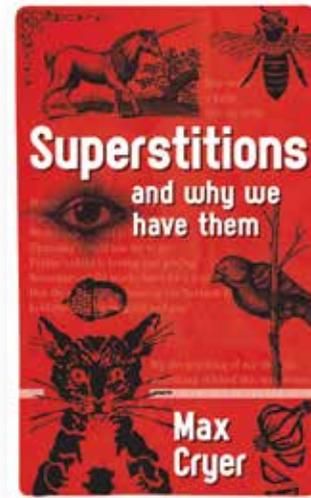
Mindfulness for Life
 Dr Stephen McKenzie & Dr Craig Hasted

The complete guide to learning how to master the art of paying attention to what is going on in our lives right now. In a state of full awareness we connect more with our children, work more efficiently, drive more safely and stress less. Mindfulness can even help you reduce your risk of disease, overcome addiction, manage your weight, unhook yourself from depression or simply enjoy a good night's sleep.



Mindfulness for Life CD
Techniques and applications
 Dr Stephen McKenzie & Dr Craig Hasted

The techniques on this CD are designed to support the book.



Superstitions
And why we have them
 Max Cryer

From kissing under the mistletoe to the unlucky number thirteen, from the significance of the bridal bouquet, to saying 'bless you' after sneezing — discover the reasons for these superstitions in this witty and informative book.



The Cat's Out Of The Bag
Truth and lies about cats
 Max Cryer

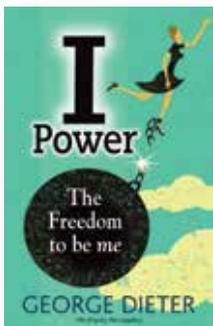
Established entertainer/wordsmith Max Cryer delightfully celebrates cats and their behaviours from words, books, movies and more.



Who Said That First?
The curious origins of common words and phrases
 Max Cryer

This collection sets out to credit — as far as it's possible to do so — the people who actually created many familiar terms in common use. Written in Max Cryer's delightfully witty style, *Who Said That First?* is a wonderful book to dip into or settle a friendly dispute.



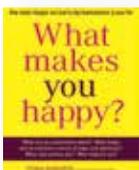


I Power

The freedom to be me

George Dieter MA (PSYCH), MA (APPLSc)

Gives you the tools to handle all kinds of troublesome personal situations from relationships to health issues.



What Makes You Happy?

How small changes can lead to big improvements in your life

Fiona Robards

RIGHTS SOLD TURKEY, KOREA

Psychologist Fiona Robards looks at ten areas key to achieving happiness, ranging from finances to relationships.



What Are You Waiting For?

A practical guide to knowing what you want and making it happen . . . NOW

Shelley Brunskill-Matson

Challenges readers to be honest about where they are in life, and what's really stopping them from living the lives they want.



Growing Yourself Up

How to bring your best to all of life's relationships

Jenny Brown

RIGHTS SOLD THE NETHERLANDS

Drawing from Bowen family systems theory, this book helps you see predictable patterns of relationships throughout life.



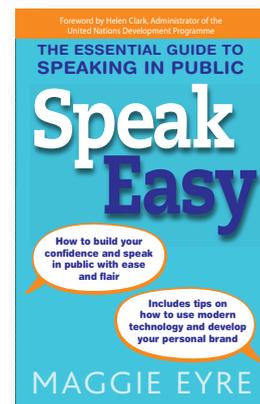
When Happiness Is Not Enough

Balancing pleasure and achievement in your life

Chris Skellett

RIGHTS SOLD VIETNAM, INDIA

Chris Skellett proposes that: 'In order to live a truly fulfilling life, we need to strike a considered balance between Pleasure and Achievement'



Speak Easy

The essential guide to speaking in public

Maggie Eyre

RIGHTS SOLD INDONESIA, INDIA

Includes chapters on body language, voice, health, warming up, managing your audience, fear, media skills, social media, how to use technology, grooming and learning your lines. Practical and authoritative, and illustrated with anecdotes and case studies, this is the essential book for anyone facing an audience, whether for a high-flying business presentation or an informal after-dinner speech.



How to Get a Good Job After 50

A step-by-step guide to job search success

Rupert French

Proven effective strategies guaranteed to enable job seekers over 50. Case studies and specimen resumes are included. Job seekers can almost guarantee getting a good job in the shortest possible time if they follow the Job Winners recipe for success!



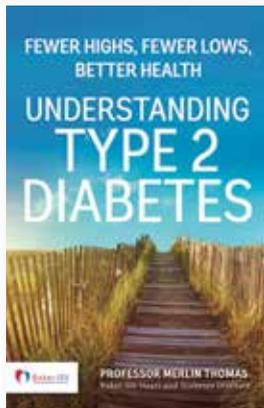
The Confidence Coach

Take Control of Your Life and Wellbeing

Lisa Phillips

Unlock the keys to self-confidence so that you can take control and achieve the life you want! If you doubt your abilities, feel anxious about being assertive, or believe that confidence is just a mask you sometimes wear rather than something you really feel in the inside, it's time for *The Confidence Coach* to show you how to change your life!





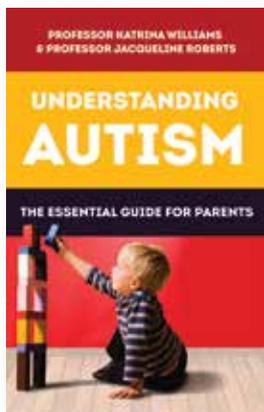
Understanding Type 2 Diabetes

Fewer highs, fewer lows, better health
Professor Merlin Thomas

RIGHTS SOLD INDIA



Type 2 diabetes is a growing epidemic. While it can be caused by genetic factors it can also be triggered or made worse by being overweight and lack of exercise. *Understanding Type 2 Diabetes* is the essential resource for any diabetes sufferer.

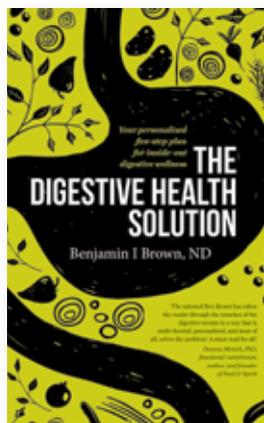


Understanding Autism

The essential guide for parents
Professor Katrina Williams & Professor Jacqueline Roberts



This comprehensive book is written by two leading experts in the field. It covers the causes of autism and how it manifests at the various ages and stages of a child's life. Case studies provide practical examples for parents and families, empowering them to deal with professionals, cope with the stresses they face, and better understand their young person's autism.



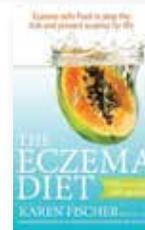
The Digestive Health Solution

Your personalized five-step plan for inside-out digestive wellness
Benjamin I. Brown

RIGHTS SOLD INDIA, FRANCE



Get your digestive system working for a healthy long life. What you need to know so you can make life-improving changes. Ben Brown, a naturopath and expert in nutritional medicine, uses the latest research to explore the mind-body connection, food intolerances, gluten sensitivity, dietary changes and the key issues in your digestive system, in order to provide practical ways to transform your digestive health.



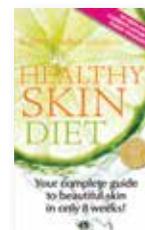
The Eczema Diet

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

Karen Fischer BHS, Dip. Nut.

RIGHTS SOLD USA, FRENCH CANADIAN, TAIWAN

The Eczema Diet is the comprehensive solution that every eczema sufferer needs!



The Healthy Skin Diet

Your complete guide to beautiful skin in only 8 weeks!

RIGHTS SOLD USA, UK, POLAND, LATVIA, RUSSIA, ITALY

If you have acne, eczema, psoriasis, dandruff, rosacea, the odd pimple or simply want to prevent premature ageing and reduce the appearance of wrinkles, this is the book for you.



Healthy Family, Happy Family

The complete healthy guide to feeding your family

Karen Fischer BHS, Dip. Nut.

This is the one-stop food manual for parents.



Younger Skin in 28 Days

The fast-track diet for beautiful skin and a cellulite-proof body

Karen Fischer BHS, Dip. Nut.

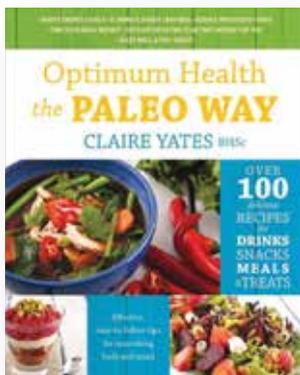
RIGHTS SOLD USA, POLAND

Look young, feel young, by learning what foods to eat and what products to use!



Karen Fischer . . .

. . . has a Bachelor of Health Science Degree and a nutrition diploma. A bestselling and award-winning author, Karen has an avid following, and her expert opinion is often sought by the media. 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.



Optimum Health the Paleo Way

Over 100 delicious recipes for drinks, snacks, meals & treats

Claire Yates BHSc

RIGHTS SOLD USA, SPAIN, LITHUANIA

Paleo expert Claire Yates sets out how the Paleo lifestyle can help to improve and maintain health.

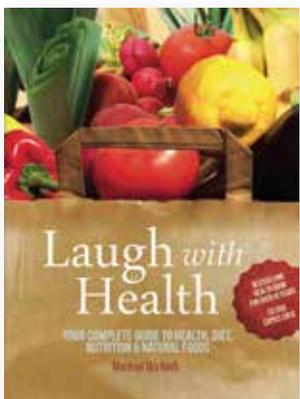


Juice It! Blend It!

Transform your health one drink at a time!

Lisa Craven

This is the complete reference guide to incorporating plant foods into your everyday diet by juice enthusiast Lisa Craven. All recipes are gluten and dairy free, using only natural ingredients and with no processed sugars. Packed with facts, tips and gorgeous photographs.



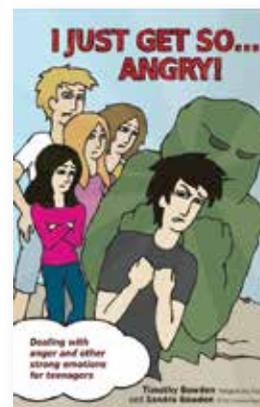
Laugh with Health

Your complete guide to health, diet, nutrition & natural foods

Manfred Urs Koch

RIGHTS SOLD USA, ITALY, CHINA

A complete body system guide to health and healing with information on vitamins and minerals and food combination charts for improved health and digestion. An international bestseller — over 130,000 copies sold.



I Just Get So . . . Angry!

Dealing with anger and other strong emotions for teenagers

Timothy and Sandra Bowden

In graphic novel form *I Just Get So . . . Angry!* enables teenagers to develop effective, flexible coping skills to deal with life's challenges. Tim & Sandra Bowden are both school counsellors with over forty years combined experience in teaching and counselling. This book is based on *Acceptance & Commitment Therapy*.



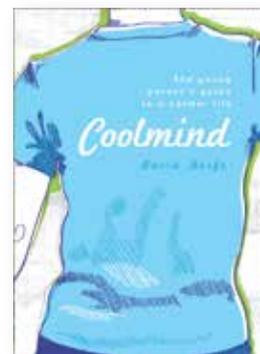
I Just Want To Be Me!

Building resilience in young people

Timothy and Sandra Bowden

RIGHTS SOLD THE NETHERLANDS

Children struggle with a range of issues, from depression and anxiety to poor body image and low self-esteem. Acceptance and Commitment Therapy (ACT) offers effective, flexible strategies for dealing with these stressors.



Coolmind

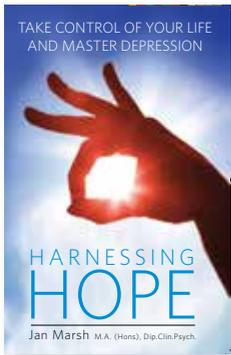
A young person's guide to a calmer life

David Keefe

RIGHTS SOLD USA, ARABIC, POLAND

In as little as three minutes a day, author David Keefe will show you how to gain mental calm and clarity in any situation by selecting from the techniques outlined in *Coolmind*. Written specifically for teenagers.

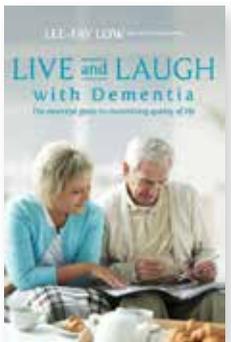




Harnessing Hope

Take control of your life and master depression
Jan Marsh M. A. (HONS), DIP.CLIN.PSYCH.

The author takes a holistic approach, addressing mind, body and spirit through tips on physical wellbeing, insights into the habits and beliefs that shape our moods, and ways to keep sight of the bigger picture through mindfulness practices.



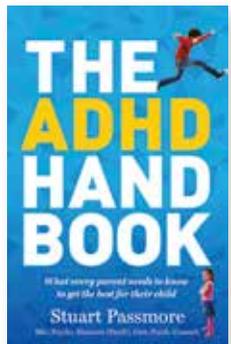
Live and Laugh with Dementia

The essential guide to maximizing quality of life
Lee-Fay Low BSC PSYCH (HONS), PHD

RIGHTS SOLD FRENCH CANADIAN

“... a how-to-guide to strengthen and maintain the mental and relationship muscles of the person with dementia. ... a mix of science, experience, case studies, and suggested activities.”

AGENDAS — AGED AND COMMUNITY SERVICES
AUSTRALIA MAGAZINE



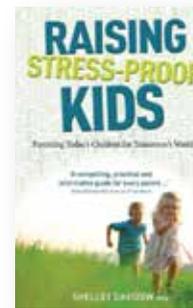
The ADHD Handbook

What every parent needs to know to get the best for their child

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

“... draws on the latest research to dispel myths and offer parenting techniques to better understand the disorder.”

MINDFOOD



Raising Stress-Proof Kids

Parenting today's children for tomorrow's world
Shelley Davidow MSEd

RIGHTS SOLD USA, VIETNAM, POLAND

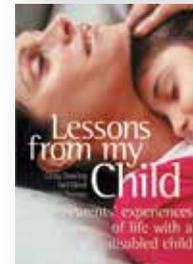
A must-read for every parent who wants to raise smart, emotionally stable, responsible, stress-proof kids!



Nurturing a Healthy Mind

Doing what matters most for your child's developing brain
Michael C. Nagel

Written by a neurological expert, this book explains brain processes during the first years to help parents provide the best environment for healthy child development.

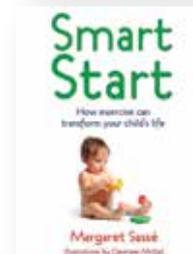


Lessons From My Child

Parents' experiences of life with a disabled child
Cindy Dowling, Neil Nicoll, Bernadette Thomas

RIGHTS SOLD USA, UK, JAPAN

A rare insight into raising a child with intellectual or physical disabilities and the profound life lessons gained.



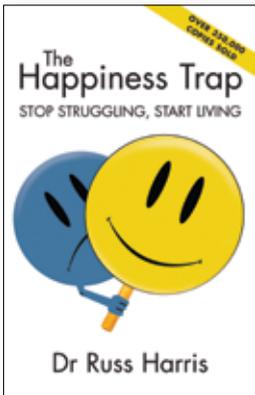
Smart Start

How exercise can transform your child's life
Margaret Sassé

RIGHTS SOLD ITALY, CHINA, USA, POLAND, VIETNAM, ESTONIA, TURKEY, KOREA, THE NETHERLANDS

Gives children the best start with advice on diet and exercise for optimum physical and intellectual development.

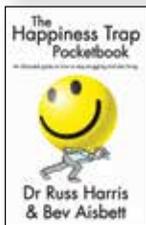




The Happiness Trap
Stop struggling, start living
Dr Russ Harris

RIGHTS SOLD IN OVER 30 COUNTRIES

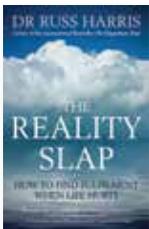
A guide to ACT – the revolutionary mindfulness-based program for reducing stress, overcoming fear, and finding fulfilment. Popular ideas about happiness are misleading, inaccurate, and directly contribute to the current epidemic of stress, anxiety & depression. In this empowering bestselling book, Dr Harris provides the means to escape the happiness trap.



The Happiness Trap Pocketbook

RIGHTS SOLD IN OVER 10 COUNTRIES

An illustrated guide on how to stop struggling and start living Dr Russ Harris has joined forces with Bev Aisbett to produce a highly illustrated, simpler version of *The Happiness Trap* that will not only resonate with readers of the original but also find a new audience for Russ's empowering message.



The Reality Slap
How to find fulfilment when life hurts
Dr Russ Harris

RIGHTS SOLD USA, UK, ITALY, GERMANY, THE NETHERLANDS, SWEDEN, DENMARK, RUSSIA, INDIA

The 'reality slap' takes many different forms. Sometimes it is so violent it's more like a punch: the death of a loved one. Sometimes it's a little gentler: rejection. But whatever form it takes, one thing's for sure: it hurts! Using the proven principles of ACT you will learn how to cope effectively when life hurts: not just survive, but thrive.

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