



# Exisle Publishing

FOREIGN RIGHTS CATALOGUE  
FRANKFURT 2023

SELF-HELP

## NEW RELEASES

**NEW!**



### 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 | 23.5 cm H | 18.4 cm W | 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.

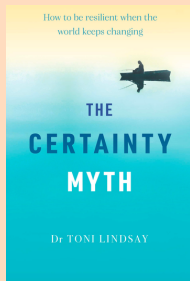


During more than fifteen years spent working clinically with adolescents and young adults (primarily in the health context) Dr Lindsay has developed a unique perspective and understanding of the challenges of managing anxiety. She observes, 'Through my clinical practice with young people, anxiety is 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

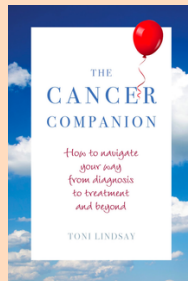


9781922539328 | Pub Date: 3/28/2023 | \$22.99 | Hardcover | 224 Pages | Self-Help / Mood Disorders | 22.9 cm H | 15.2 cm W

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 | Pub Date: 5/11/2021 | \$21.99 | Paperback | 224 Pages | Health & Fitness / Diseases & Conditions | 22.9 cm H | 15.2 cm W

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

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

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

## NEW RELEASES

**NEW!**



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

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

### The Happiness Trap Cards

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

Dr Russ Harris

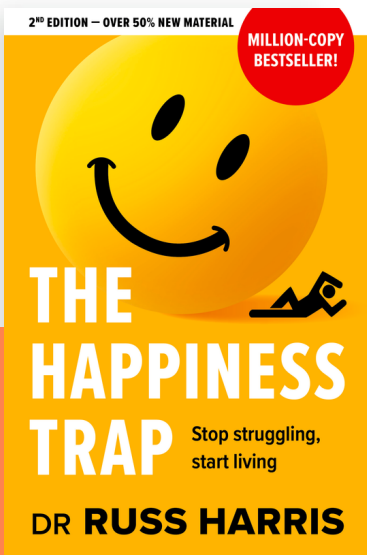
THE HAPPINESS TRAP takes its name from a central theme: many popular ideas about happiness are misleading and inaccurate, and may well make you miserable if you let them guide your life. The Happiness Trap offers a radically different but firmly science-based pathway to genuine happiness, via a psychological model called Acceptance and Commitment Therapy (ACT).

The aim of ACT (which is pronounced as the word act, not as the initials A.C.T.) is to maximize human potential for a rich, full, and meaningful life, and there are now over three thousand published scientific studies confirming its effectiveness.

Every card in this deck covers a key ACT concept. On one side, there's a brief summary of the idea and on the other side a practice for applying it in your life. The idea is that you can pull cards out at random to learn about or remind yourself of key ACT principles and then apply them to your everyday life.

## 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 | Pub Date:  
11/3/2021 Paperback | 320 Pages |  
22.9 cm H | 15.2 cm W

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 | Pub Date:  
11/10/2020 | Paperback | 248 Pages |  
23.4 cm H | 15.1 cm W

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



# NEW RELEASES

## The Being Human Collection

Dr Carrie Hayward

**NEW!**



9781922539878 | Pub Date:  
10/8/2024 | \$49.99 | 120  
Pages | Self-Help / Personal  
Growth | 4 books in a slip case |  
Also available as individual  
books | 16.5 cm H | 16.5 cm W

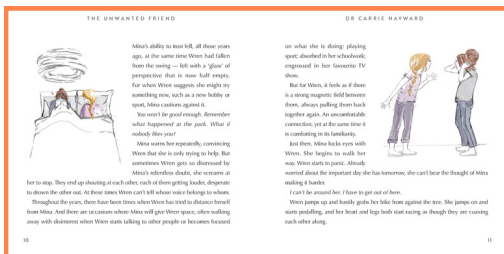
**RIGHTS SOLD AND  
DISTRIBUTION:** USA,  
Canada, United Kingdom,  
Australia, New Zealand,

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.

As humans, we are all prone to psychological struggle. Life is full of challenges, hardships and emotional pain. The *Being Human* series seeks to equip readers with the psychological resilience and flexibility to live a meaningful life in spite of these difficulties. The four books each focus on a different aspect of the human condition, providing teachings and practical processes for readers to implement in their lives:

- *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 book stands alone but, when read together, offers a comprehensive insight into our shared human experience.



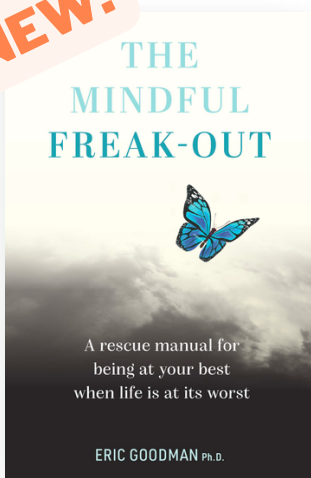
### Author Bio

Dr Carrie Hayward is a Melbourne-based clinical psychologist whose life's work is to help individuals live more consciously and purposefully. Specializing in Acceptance and Commitment Therapy (ACT), Carrie advocates for psychological flexibility and resilience in the face of life's inevitable challenges. In 2022, she spent six months in Zanzibar, Tanzania, living and serving in a different community, enriching her understanding of what it truly means to be present and interconnected.



## NEW RELEASES

**NEW!**



### 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.

9781922539366 | Pub Date: 2/13/2024 |  
\$22.99 | Paperback | 240 Pages | Mental  
Health | 22.9 cm H | 22.9 cm W

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

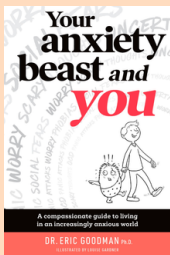
### Author Bio

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



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.

9781925820331  
Pub Date: 5/26/2020 | \$21.99  
Paperback | 216 Pages  
30 b-w illustrations  
Self-Help / Anxieties & Phobias  
22.9 cm H | 15.2 cm W

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

### Social Courage



Coping and thriving with the reality of social anxiety  
Eric Goodman

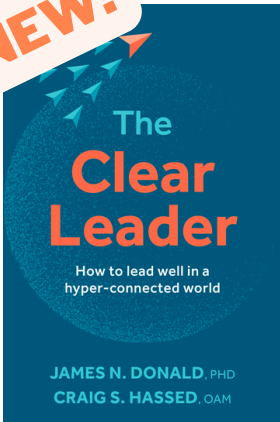
*Social Courage* presents a step-by-step, structured program for minimizing suffering in the face of social anxiety while giving readers the tools to boldly work towards their social goals. It acknowledges that social anxiety is a normal human experience, with only as much power as you are willing to 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.

9781925335750  
Pub Date: 8/7/2018  
\$21.99  
Paperback  
232 Pages  
Self-Help / Anxieties & Phobias  
22.9 cm H | 15.9 cm W

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

## NEW RELEASES

NEW!



### 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 | Pub Date: 3/12/2024 |  
\$22.99 | Paperback | 240 Pages | Business &  
Economics / Leadership | 22.9 cm H | 15.2 cm  
W

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

**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.

### Authors

## 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 | Pub Date: 9/12/2023 | \$22.99 | Paperback | 232 Pages | 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 | Pub Date: 3/12/2019 | \$24.99 | Paperback | 304 Pages | 100 b-w photos | Teaching / Business | 22.9 x  
15.2 cm

RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, VIETNAMESE, THAI,  
KOREAN, CHINESE SIMPLIFIED, CHINESE TRADITIONAL, POLISH, ARABIC LANGUAGE

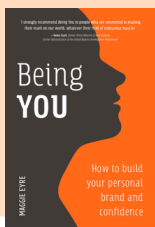


### Being You

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 | Pub Date: 5/28/2019 | \$21.99 | Paperback | 286 Pages | Business / Marketing | 22 cm H | 15 cm W  
RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, ARABIC



## NEW RELEASES

**NEW!**



### 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.

9781922539649 | Pub Date:  
10/10/2023 | \$22.99 |  
Paperback | 240 Pages  
Health & Fitness / Women's  
Health  
22.9 cm H | 15.2 cm W

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

### Author Bio

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. Over the years, Cate developed a strong interest in women's health, including mental health and wellbeing. She wrote a book about men's mental health which was published in 2020, and whilst visiting communities and talking about the book in 2020-21, many women attended the talks. When Cate asked them about a need for a similar book for women, the resounding answer was 'YES'.



### ALSO BY THIS AUTHOR



### The Changing Man

A Mental Health Guide

Dr Cate Howell OAM, CSM, CF & Alex Bernard

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



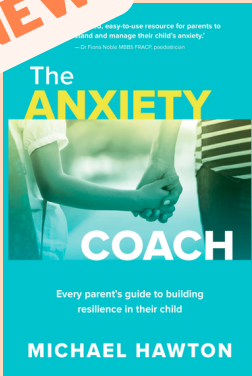
9781922539625 | 198 x 129 mm | Paperback | 336 Pages | May 2023 | USD \$16.99

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



# NEW RELEASES

**NEW!**



9781922539588 | Pub Date: 3/14/2023 | \$21.99 | Paperback | 240 Pages | Family & Relationships | 22.9 cm H | 15.2 cm W

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

## 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 Bio

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.

## 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.

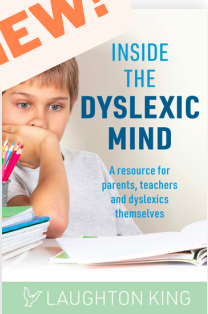
9781922539632 Pub Date: 8/8/2023 | \$22.99 | Paperback | 240 Pages | Parenting | 22.9 cm H | 15.2 cm W

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

**NEW!**



**NEW!**



## 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 | Pub Date: 7/11/2023 | \$24.99 | Paperback | 256 Pages | Education / Learning Styles | 22.9 x 15.2 cm

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

# MORE 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 | Pub Date: 9/14/2021 | \$21.99 | Paperback | 240 Pages | 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 | Pub Date: 7/9/2019 | \$21.99 | Paperback | 256 Pages | Parenting | 22.9 cm H | 31.6 cm W  
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 | Pub Date: 5/1/2017 | \$24.99 | Paperback | 216 Pages | Parenting | 22.9 cm H | 15.9 cm W  
RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, CHINESE SIMPLIFIED, VIETNAMESE

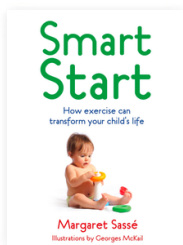


## Smart Start

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 | Pub Date: 3/12/2013 | \$12.99 | Paperback | 160 Pages | 23.2 cm H | 17.4 cm W  
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



# NEW RELEASES

NOT ONLY SELF-HELP...

NEW!

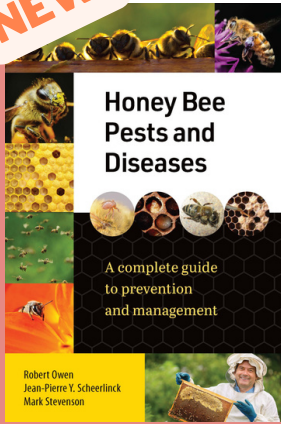
## Honey Bee Pests and Diseases

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 kept beekeepers for over twenty years, and have a professional interest in bees through their university research. The diseases honey bees currently face can be better managed when beekeepers, eager to learn about the identification and treatment of diseases, have access to the latest information. Beekeeping techniques vary in different countries, and this book enables beekeepers to take the best from each country's practices.



9781922539601 | Pub Date: 10/31/2023 | \$49.99 | Hardcover | 240 Pages | 50 photographs and 10 illustrations, color | Veterinary /Beekeeping | 22.9 x 15.2 cm

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

NEW!

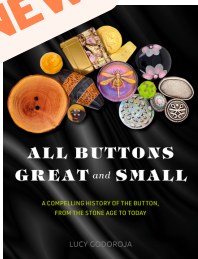
## All Buttons Great and Small

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.

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



9781925820836 | Pub Date: 10/31/2023 | \$34.99 | Hardcover with printed dust jacket | 304 Pages | 270 photographs (color) | History of Fashion | 24.1 x 18.4 cm



NEW!

## Island Girl to Airline Pilot

A story of love, sacrifice and taking flight

Silva Mcleod

This is the story of Silva Mcleod, the first Tongan woman to become an airline pilot. Silva tells of the cultural changes she experienced as an island girl who married an Australian, started a family and then pursued her dream of a flying career, all set against the backdrop of the love story of her life with her husband and his battle with cancer.

9781922539618 | Pub Date: 5/9/2023 | \$22.99 | Paperback | 352 Pages | Approx. 30 photographs (Colour) | Memoir | 22.9 cm H | 15.2 cm W

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# NEW RELEASES

## NOT ONLY SELF-HELP...

**NEW!**

### The Road to Pangaea

In search of the lost supercontinent

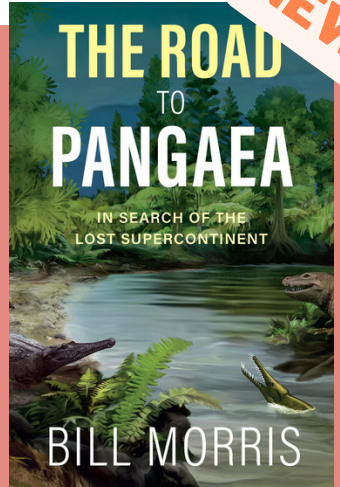
Bill Morris

An immersive and fascinating journey into deep time, charting the ancient supercontinent of Pangea 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.

### Author Bio

Bill Morris is a writer, documentary filmmaker and musician based in Port Chalmers, New Zealand. He has worked extensively as a wildlife filmmaker for NHNZ, the BBC Natural History Unit and others, and is a regular contributor to New Zealand Geographic magazine. His passion for science and stories of the natural world informs all his work.



9781922539335 | Pub Date: 3/14/2023 | \$27.99 | Hardcover with dust jacket | 272 Pages | Approx. 42, mix of b&w/colour photographs and maps - OPTIONAL | Natural History | 22.9 cm H | 15.2 cm W  
ORIGINALLY PUBLISHED AS *THE ROAD TO GONDWANA*

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**NEW!**



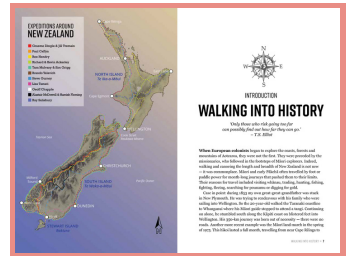
### Epic

Adventures across Aotearoa

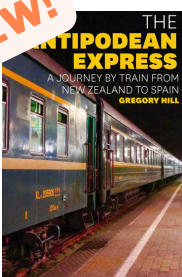
Ray Salisbury

New Zealand is a country synonymous with epic adventure. Over the years, countless sea kayakers, climbers and alpine trappers have attempted journeys across its stunning landscape, and many more dream of following in their tracks. In *Epic*, the stories of a dozen memorable Kiwi explorers are brought together in a tribute to the spirit of adventure. Illustrated throughout with maps and photographs, *Epic* is perfect for both lovers of the outdoors, as well as armchair explorers.

9781991001399 | Pub Date: 4/9/2024 | \$22.99 | Hardcover | 256 Pages | Color Photographs & Maps | Travel / Biography | 22.9 x 15.2 cm  
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**NEW!**



### The Antipodean Express

A journey by train from New Zealand to Spain

Gregory Hill

An epic journey from New Zealand to Spain, celebrating the enduring romance of travel by train across 19 countries in 89 days on 33 different trains. From hilarious miscommunications in China to cultural immersion at the Bolshoi Ballet, there are stop-offs with half a world's worth of impressions, people, history, food, music and culture. A vivid travel narrative filled with surprising global insights and fascinating railway anecdotes and source of inspiration for future adventurers looking to replicate portions of this epic journey.

9781921497155 | Pub Date: 5/12/2024 | \$39.99 | Paperback | 296 Pages | Travel / Biography | 23.5 cm H | 15.9 cm W

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



# EMPOWER SERIES

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



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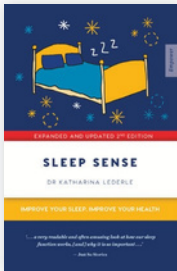
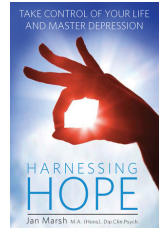
*Simple Ways to Get Your Life Back*

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 | USD \$14.99 | ORIGINALLY PUBLISHED AS *HARNESSING HOPE*

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## Sleep Sense

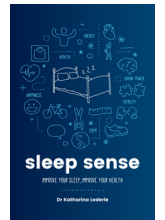
*Improve Your Sleep, Improve Your Health*

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 | USD \$14.99

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



## The Creative SEED

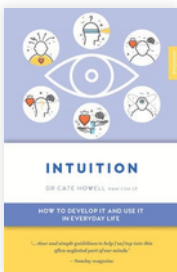
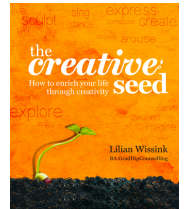
*How To Enrich Your Life Through Creativity*

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 | USD \$14.99

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## Intuition

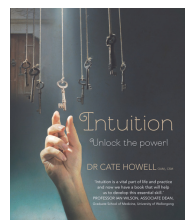
*How to Develop it and Use it in Everyday Life*

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. .

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# EMPOWER SERIES



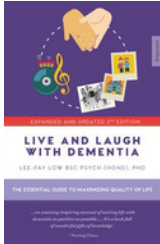
## Understanding Autism

*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 | USD \$14.99  
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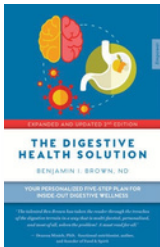
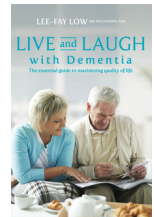
## Live and Laugh with Dementia

*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 | USD \$14.99  
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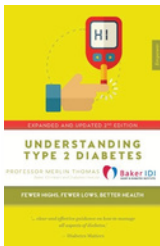
## The Digestive Health Solution

*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.

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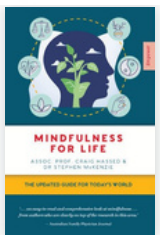
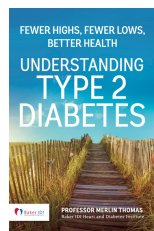
## Understanding Type 2 Diabetes

*Fewer Highs, Fewer Lows, Better Health*

**Prof. Merlin Thomas**

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

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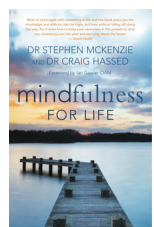
## Mindfulness for Life

*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 | USD \$14.99  
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MORE MINDFULNESS





# MINDFULNESS

**NEW!**



## Mindful Relationships (2nd Edition)

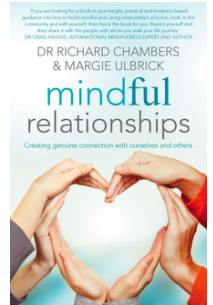
Creating genuine connection with ourselves and others

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 | Pub Date: 3/12/2024 | \$16.99 | Paperback | 240 Pages | Family & Relationships | 19.7 cm H | 12.7 cm W

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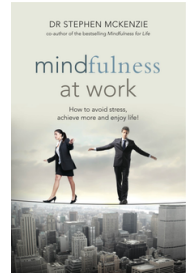
## Mindfulness at Work

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 | Mindfulness | 23.2 cm H | 15.2 cm W  
RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, FRENCH WORLD, ITALIAN



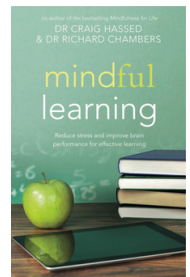
## Mindful Learning

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 cm H | 14.9 cm W  
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## The Art of Mindful Origami

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

Dr Richard Chambers

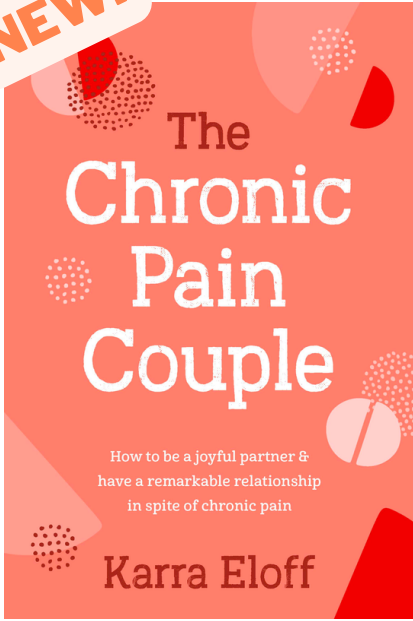
The Art of Mindful Origami combines the classic art of origami and the popularity of art-therapy coloring books with simple mindfulness exercises to create the ultimate way to calm your mind.

9781925335293 | Pub Date: 11/22/2016 | \$14.99 | Paperback | 120 Pages | 45 color photos | Crafts & Hobbies / Origami / Mindfulness | 25.1 cm H | 26 cm W |

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**NEW!**



**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.

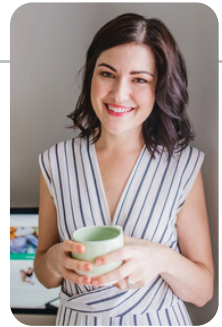
On average, one in five adults suffer from chronic pain. In older people, the number rises to three in five. Most of these people don't realise they don't have to settle for a survival-based coexistence with their partner or bury their hopes for success and joy under a mountain of heat packs or duvets. 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 | Pub Date: July 6, 2022 | \$27.99 | Hardcover | 272 Pages | Pain Management | 22.9 cm H | 15.2 cm W

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.



**I-Power**

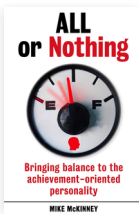
The Freedom to be me

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 | Pub Date: 10/15/2015 | \$21.95 | Paperback | 232 Pages | Personal Growth | 23.5 cm H | 15.2 cm W

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**All or Nothing**

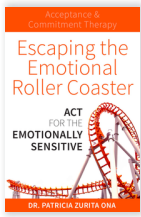
Bringing balance to the achievement-oriented personality

Mike McKinney

High achievers are often praised for their dedication, determination and drive. Indeed, a single-minded approach can be viewed as the only way to succeed. But what if the cost of that success becomes too great? what if you feel as if your life is spiralling out of balance? The 'all or nothing' personality-style - one that is driven to focus on one task or area of life to the exclusion of all else - might be the cause. This can sometimes lead to burn-out, mental and physical fatigue, or health and relationship issues. So what's the solution?

9781925335262 | Sept. 1, 2016 | \$24.99 | Paperback | 224 Pages | Personal Development | H: 229 W: 152

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## Escaping the Emotional Roller Coaster

ACT for the emotionally sensitive

Dr Patricia Zurita Ona

The first self-help book for adults struggling with emotional regulation that is based on Acceptance and Commitment Therapy (ACT). 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 | Pub Date: 8/7/2018 | \$21.99 | Paperback | 248 Pages | Self-Help / Emotions | 22.9 cm x 15.2 cm  
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## 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 | Nov. 1, 2019 | \$17.99 | Paperback | 247 Pages | Self-Help / Aging | 21.1 cm H | 13.7 cm W  
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## 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 | Sept. 1, 2017 | \$17.99 | Paperback | 272 Pages | Health | 23.2 cm H | 15.6 cm W  
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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 | Sept. 1, 2019 | \$24.99 | Hardcover | 272 Pages | b-w illustrations | Self-Help / Journaling | 21.8 cm H | 16 cm W  
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# DIET AND NUTRITION



9781925820652 | March 3, 2021 | \$27.99 | Hardcover | 224 Pages | 50 color photos | Cooking / Health & Healing | 24.4 cm H | 19.9 cm W

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## The Healthy Skin Kitchen

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

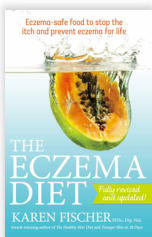
Karen Fischer

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 Bio

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

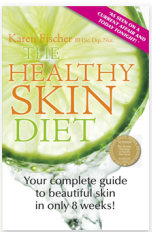
Eczema-safe food to stop the itch and prevent eczema for life

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 1, 2014 | \$19.99 | Paperback | 288 Pages | b/w illustrations | Healthy Skin / Diet | 234 x 151 cm

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## The Healthy Skin Diet

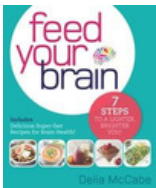
Your Complete Guide to Beautiful Skin in Only 8 Weeks!

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 | Nov. 1, 2011 | Paperback | 234 x 153 mm | 392 pages |

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## 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 | Pub Date: 9/6/2016 | \$29.99 | Paperback | 296 Pages | 35 color illustrations | Diet & Nutrition | 23.5 cm H | 19.7 cm W

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## A Life of Extremes

The Life and Times of a Polar Filmmaker

Max Quinn



*A Life of Extremes* is a personal account of Max Quinn's extraordinary filmmaking career, which has taken him to the most extreme places on earth. From travelling 80 kilometres over crevassed ice to keeping bodies and cameras warm in the coldest climates on earth, Max has plenty of adventure to share in this inspiring insight into life on the edge.

9781925820577 | Nov. 1, 2020 | 260 x 186 mm | Cased with Jacket | 272 Pages | USD \$35.99 RIGHTS AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand

## Guiding Lights

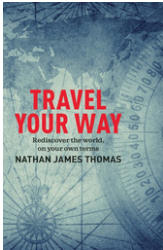
The Extraordinary Lives of Lighthouse Women

Shona Riddell



Women have a long history of keeping the lights burning, yet their stories are little known. *Guiding Lights* includes stories from around the world, as we discover the heroism of female lighthouse keepers, how they came to be hired (especially in the 19th century), and the mysteries and legends that are an inextricable part of lighthouse history.

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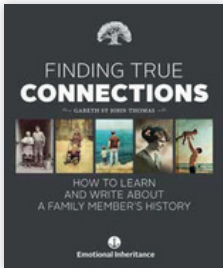
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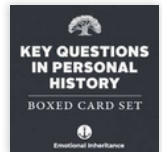
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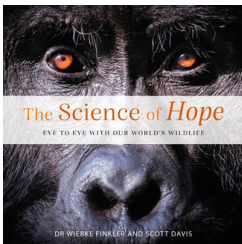
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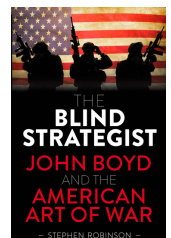
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