

A polar bear is the central focus, walking across a vast, snowy and icy landscape. The bear's fur is white and appears thick and textured. The background is a bright, hazy blue sky, suggesting a clear, cold day. The overall scene is serene and majestic, capturing the natural habitat of the bear.

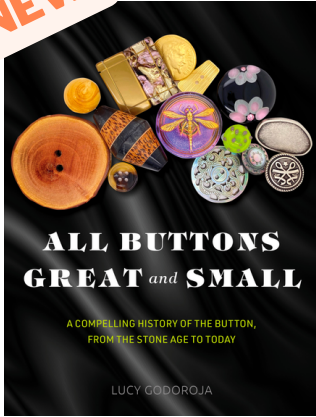
Exisle Publishing

FOREIGN RIGHTS CATALOGUE
FRANKFURT 2023

NATURE, GIFT AND COFFEE TABLE
BOOKS

BUTTONS

NEW!



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

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

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.



NATURAL HISTORY

NEW!

The Road to Pangaea

In search of the lost supercontinent

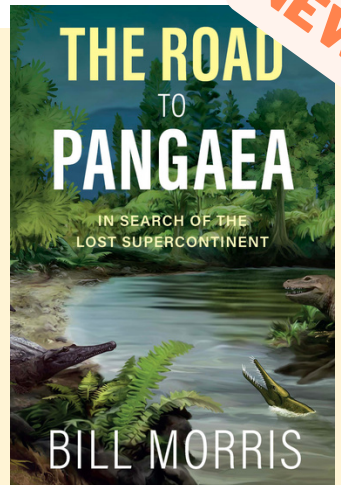
Bill Morris

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*

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

BEEKEEPING

Honey Bee Pests and Diseases

A complete guide to prevention and management

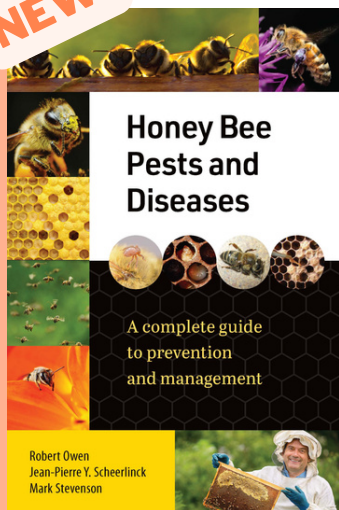
Robert Owen, Jean-Pierre Y. Scheerlinck, Mark Stevenson

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

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

NEW!



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

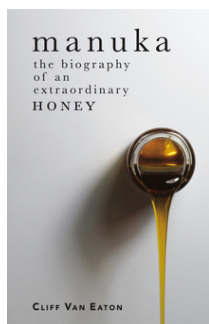
Manuka

The biography of an extraordinary honey

Cliff Van Eaton

This book chronicles the remarkable 'rags-to-riches' story of manuka honey, as seen through the eyes of a New Zealand beekeeping specialist who watched it unfold from the very beginning. It's a great tale of science, in which an inquisitive university lecturer found something totally unexpected in a product everyone had written off. It's also an entertaining account of the way that seemingly simple discovery caught the international media's attention, helping enterprising New Zealanders to develop manuka honey-based products and take them all around the globe.

Above all else it's a story of hope for the future, sounding a note of optimism in a world that for good reason feels saddened and sometimes even afraid about the future of the special relationship we humans have always had with those marvellous creatures, the honey bees.



9781775591634 | Pub Date: Oct. 1, 2014 | \$22.95 | Paperback | 256 Pages | colour photographs (optional) | Beekeeping | H: 234 W: 151
RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand

ANIMAL MAGIC SERIES

NEW!



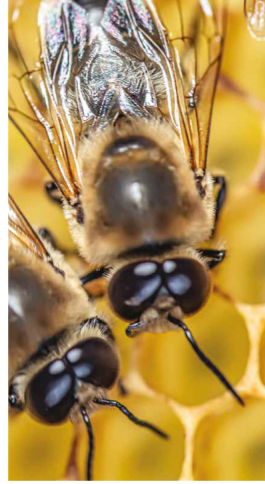
Buzz

A book of happiness for bee lovers

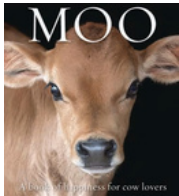
Adam Langstroth

Without bees, where would we be? They pollinate our food and flowers and give us the gift of honey. Take a close-up look at this fascinating, photogenic, and beneficial creature. *Buzz* features memorable quotes from around the world by the famous and not-so-famous. Each quote is accompanied by a gorgeous photograph, showcasing the huge variety of species both wild and kept domestically across the globe.

ISBN: 9781922539595



An eye-opening and thought-provoking insight into one of the most beneficial insects, whose important role in our lives is often overlooked.



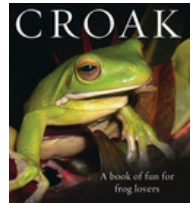
Moo

A Book of Happiness for Cow Lovers
Angus Galloway (ed)

From Charles Dickens to Mary Quant, cows have long fascinated writers, philosophers, designers, musicians and more. *Moo* is a collection of beautiful photographs and quotes from cow-admirers through the ages, giving an endearing, amusing insight into the magic of the humble cow. With photos of around 50 of the world's most popular cattle breeds, this is the perfect gift for anyone from bovine experts to folks who happen to find cows cute (you'll be surprised by how many famous names agree!).

ISBN: 9781922539052

Croak
A Book of Fun for Frog Lovers
Professor Phil Bishop (ed.)



Croak is a collection of delightful quotes and gorgeous photographs celebrating the underappreciated beauty of frogs. Many of the stunning, colourful images were taken by author Phil Bishop on his travels around the world. They showcase frogs in their natural habitats, paired with quotes from famous faces such as Cameron Diaz and John Steinbeck. Simultaneously amusing and illuminating, this perfect coffee table book is a celebration of one of the most varied and vibrant species on earth.

ISBN: 9781925820812

BESTSELLING SERIES

Hardcover | 225 x 203 mm | 160 pages | Colour | US \$19.99



Meow

A Book of Happiness for Cat Lovers
Anouska Jones (ed)

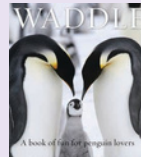
ISBN: 9781925820225



Woof

A Book of Happiness for Dog Lovers
Anouska Jones (ed)

ISBN: 9781925335095



Waddle

A Book of Happiness for Penguin Lovers
Lloyd Spencer Davis (ed.)

ISBN: 9781925335910



Spirit

A Book of Happiness for Horse Lovers
Anouska Jones (ed)

ISBN: 9781921966958



Cluck

A Book of Happiness for Chicken Lovers
Freya Haanen (ed)

ISBN: 9781925335798



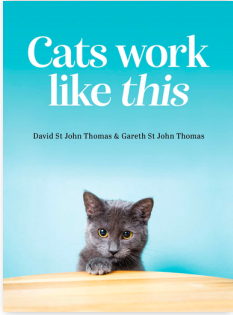
Oink

A Book of Happiness for Pig Lovers
Renée Hollis (ed)

ISBN: 9781925820102



CATS AND DOGS



Cats Work Like This

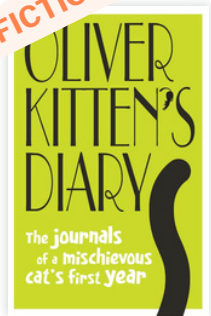
David St John Thomas and Gareth St John Thomas

Started by David St John Thomas in his 80th year and largely completed by his son Gareth, this warm friendly book for all cat lovers is full of entertaining stories, photographs and information. The cast of characters features charming, curious and quite different cats. Extensively researched and drawing on two generations of experience, it includes over 50 colour photographs of cats in action.

9781925820751 | Hardcover | 201 x 152 mm | 176 pages | Animal behaviour / Essays & Narratives | US \$24.99
RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand



FICTION



Oliver Kitten's Diary

The Journals of a Mischievous Cat's First Year

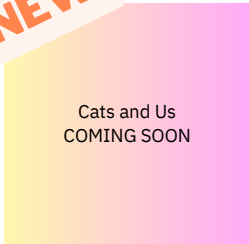
Gareth St John Thomas

A must for cat lovers who will enjoy Oliver's precocious and naughty antics, learn something about kitten care and appreciate his perceptions of the human condition. Includes elegant line drawings.

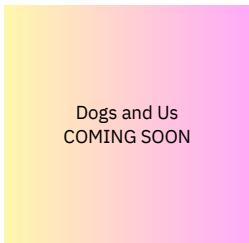
Oliver Kitten was born in a firetruck and ends up living with a three-generation multicultural human family in a four-bedroom house. He keeps a diary of his own escapades and the things he hears and sees his family get up to. At once cute and funny, Oliver is a little naughty and sometimes downright wicked in his precocious observations of the things the humans in his house get up to. Elegantly produced with black and white line drawings, *Oliver Kitten's Diary* shows us a kitten evolving into a powerful and smart adult cat with lots of fun, affection, love and adventures.

9781922539359 | Nov. 3, 2022 | 210 x 135 mm | Flexibound Paperback | Fiction/ Humour | 192 Pages | Nov 2022 | USA \$22.99
RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand

NEW!



Cats and Us
COMING SOON



Dogs and Us
COMING SOON

The "... and Us" Series

Gareth St John Thomas (ed.)

The '... & US' books explore the relationships we have with the most loved animals. We explore how we get along and connect with our loved ones through a range of brief extracts from modern observers and classical writers paired with especially selected quotes that perfectly illustrate the point. There are exceptional photographs throughout the books.

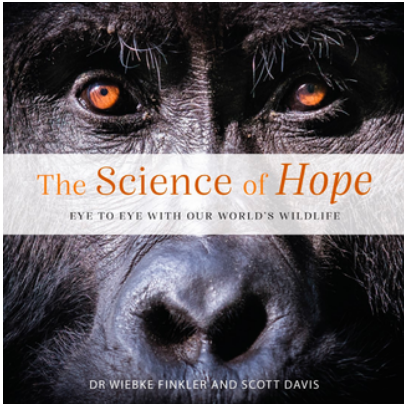
Animal lovers and their families will find this series to be relatable and heart-warming, with amazing and transporting stories and images.

Chapters may include:

- Affection
- Calming
- Child Minding
- Companionship
- Exercising
- Food Testing
- Friendship
- Life Extending
- Playing.

MOCKUP SPREADS AVAILABLE!

ENVIRONMENT/PHOTOGRAPHY



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

The Science of Hope

Eye to Eye with our World's Wildlife
Dr Wiebke Finkler, Scott Davis

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

"People are tired of hearing that they can't do anything about sustainability issues and that it is all doom and gloom. We all need hope in our lives, as a strategy, and as a pathway to get through life." - Dr Wiebke Finkler



Dr Wiebke Finkler is a creative marketing researcher, filmmaker and science communicator. With a background in marine biology, Wiebke has a special interest in how filmmaking combined with community-based social marketing can be used as a tool for human-wildlife management, sustainable development, conservation, and social good. Wiebke is currently a lecturer in the Department of Marketing, University of Otago, New Zealand.

Scott Davis is a wildlife researcher, international photography expedition leader, and professional assignment photographer specializing in wildlife, travel, documentary and editorial imagery. Originally trained as a wildlife and marine biologist, Scott's research, photo assignments and expeditions have repeatedly taken him to the far-flung corners of the globe and all seven continents

INCLUDES INTERVIEWS WITH SCIENTIST'S AND EDUCATORS FROM ALL AROUND THE WORLD

The Science of Hope

Penguins

Penguins are one of the world's best loved birds, able to warm our hearts even at the coldest temperatures. Their distinctive black and white plumage makes them easy to identify, recognizable, a firmly established part of popular culture. Penguins – especially the Emperor penguin – have the 'cool factor'. They are birds, but they stand upright and walk like us. So, connect with us by focussing on the funny, cute penguin waddles and their amazing abilities.

There are sixteen species of penguins, which are all found in the Southern Hemisphere. Unfortunately, their numbers have declined from figures that high through most of the 20th century. This is due to a number of reasons. The biggest threat is loss of sea ice upon which they live. Climate change and sea level rise are also threats. Conservationists are working hard to protect these birds and their habitats.

Wildlife photographer and filmmaker Scott Davis says that, as he looks at the species of penguins he has seen on his expedition:

CASE STUDY
Jackie Dugan, environmental social scientist

My research focuses on the conservation value of marine ecosystems. I am interested in understanding whether working in community based organisations can lead to greater support for conservation of both the local species, like Whale Sharks, and the wider marine environment.

WHAT ARE YOUR 'STRATEGIES OF HOPE' FOR CONSERVATION?

Although conservation is a global issue, conservation is a local issue. Conservation can't be implemented by science in a vacuum. Science must be implemented with the local communities that share the ecosystem. We must work with local communities and include them in conservation decisions.

WHAT DO YOU THINK IS THE 'BIGGEST APPEAL OF YOUR ANIMAL'?

Whale sharks are not what you would expect it to look like. They're long, with a good pattern that makes it an unmissable conservation. For this reason, as well as the fact that they're the largest animal on earth, at least 100 feet long, and most people have a great love affair with them. It's a real special animal to address, especially.

WHAT HAVE BEEN YOUR 'BIGGEST LESSONS LEARNED'?

The biggest lesson to learn is that conservation is not an environmental issue. It is people issue. Therefore, understanding why humans behave the way we do is critical to address environmental problems.

WHAT ARE YOUR HOPES FOR THE FUTURE?

My hope for the future is that we can stop the poaching.

People have thousands of ways to generate killing machines to use in every other industry. Because we're in a rare case that we're the only animal species that really are not just seen as the eating machine, but as a resource as a thing of part of the meat economy. We can't do that as a national species, certainly, certainly support for conservation of all forms of ecosystem of which conservation.

Minibeasts

True Rulers of Our World and the Key to Our Survival

Alan Henderson

This stunning insight into the micro world of the minibeasts reveals the critical roles these true rulers of our world play in our future survival. Simply put, without the invertebrates (insects) and other tiny critters, humans would not survive. While outlining the importance of the minibeast world, this book is also a visual feast of detail and colour, capturing form and behaviour that the naked eye isn't normally able to see when encountering these small creatures. The result is a book that captivates the reader while at the same time inspiring a new appreciation for these magnificent animals. Lavishly illustrated with breathtaking macro-photography, each chapter focuses on a specific aspect of minibeasts and includes introductory text followed by images and informative captions. Among the topics covered are the jobs minibeasts perform that enable life on earth to exist, as well as the ways in which they have evolved to suit their environments and how we borrow ideas from them in the fields of biotechnology, engineering and design. **As we will come to realise, from new medical drugs to hi-tech robotics, minibeasts provide a wealth of material for humans to draw on to help solve our 21-century problems.**



9781925335842 | 254 x 254 mm | Hardcover | 160 Pages | Oct. 1, 2018 | Nature / Photography / Insects / Science / Biotechnology | RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand



Taking a break
 Bumblebees are important pollinators. After a busy day of flying around it is time to rest. The bee spends the afternoon in a sunny spot to absorb the sun's warmth. Research is revealing that bees are becoming more important than ever before. The world's bees face many threats, and the loss of even a few species could have a significant impact on our daily lives and the world.



Queen striking butterfly

The queen striking butterfly is a species of butterfly found in the mountains of the Himalayas. The butterfly has a distinctive black and white pattern on its wings. The queen striking butterfly is a species of butterfly found in the mountains of the Himalayas. The butterfly has a distinctive black and white pattern on its wings. The queen striking butterfly is a species of butterfly found in the mountains of the Himalayas. The butterfly has a distinctive black and white pattern on its wings.



Art in Nature

David Rennie

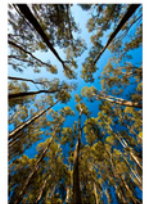
Australian Geographic ANZANG Nature Photographer of the Year David Rennie presents a collection of strikingly memorable images that will help even the most jaded city-dweller reconnect with the poetry of the natural world.

"... Strikingly memorable images ... The breathtaking photography will captivate both nature and art lovers." - Australian Gift Guide

9781921966637 | Hardcover | 260 x 260 mm / 10¼ x 10¼ in | 144 pages Colour



THE GREAT TREE
 The photograph shows a large tree trunk in a forest. The tree trunk is thick and gnarled, with a bird perched on it. The background is a bright, overcast sky. The photograph is a close-up shot of the tree trunk, showing the texture of the bark and the bird's form.

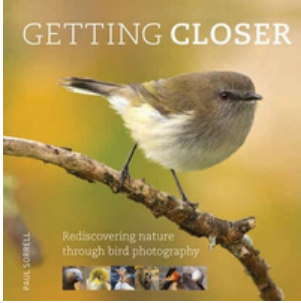


LOOKING UP

ENVIRONMENT/PHOTOGRAPHY

Getting Closer

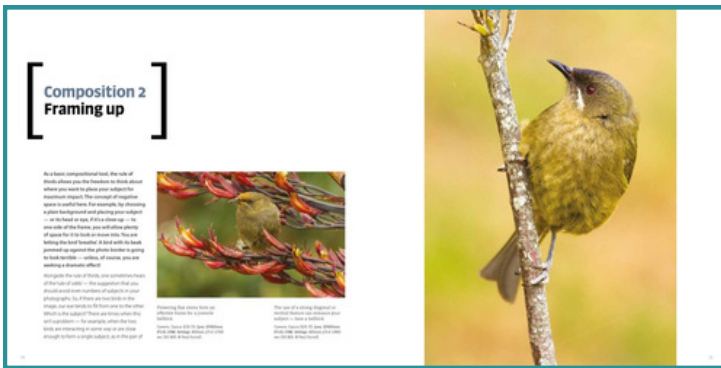
Discovering Nature Through Bird Photography
Paul Sorrell



"Whether you're an old hand at photographing birds, or eager to get started (especially now!), it's an excellent read. Highly, highly recommended!" - Wandering Educators

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

9781925820638 | Hardcover | birds & birdwatching / Photographic equipment & techniques | 254 x 254 mm | 144 pages | Colour | US \$27.99



A Life of Extremes

The Life and Times of a Polar Filmmaker
Max Quinn



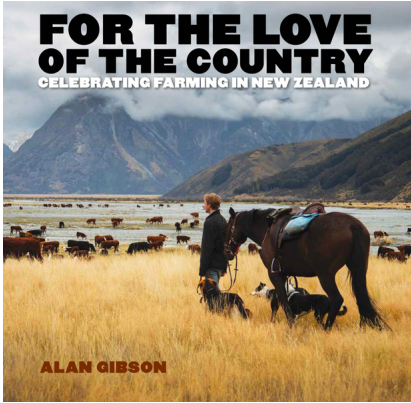
Max Quinn's filmmaking career has taken him to the ends of the earth, from his native New Zealand to Alaska; Antarctica to the Arctic. *A Life of Extremes* is a personal account of his work, featuring vibrant text and stunning images that illustrate 20 years of adventures in polar climates. Learn, from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

"This is quite an amazing book, showing the hardship, danger and excitement of filming in extreme weather conditions." - Wildlife Detective

9781775594321 | Cased with Jacket | 260 x 182 mm / 10¼ x 7¼ in | 272 pages | Colour RRP: US \$35.99 | CA \$39.99 | UK £25.99 | AU \$49.99 | NZ \$49.99



NATURE/PHOTOGRAPHY



For the Love of the Country
Celebrating farming in New Zealand
Alan Gibson

This gorgeous collection of photographs, accompanied by extended captions and insightful interviews, is a visual celebration of the New Zealand farmer and the landscape in which they live and work.

It tells the stories of the people who are the backbone of farming in Aotearoa New Zealand - people who love this land and love what they do with it. Alan Gibson, a much-awarded photojournalist, was raised on a remote hill country farm. Ever since picking up his first camera as a child, he has wanted to record the people he grew up around and the world they inhabit. He knew the subject of this book intimately; he just had to find the right people to tell the New Zealand farming story. Through Alan's lens we enter the world of dairy farmers, sheep farmers, deer farmers, horticulturists, aquaculturists, beekeepers and viticulturists, among others. From the air, in close-up or in panorama, the photographs focus on the landscapes and people that provide New Zealand's superior primary produce, from oysters, mussels, kiwifruit and venison to beef, lamb, eggs and seasonal fruit and vegetables.

9781991001214 | Pub Date: Nov. 3, 2022 | Paperback + Jacket | H: 254 Photojournalism | W: 254 Page Extent: 160 | NZ\$59.99



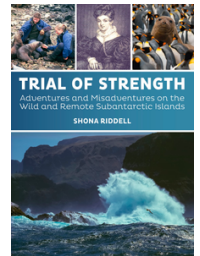
Trial of Strength

Adventures and Misadventures on the Wild and Remote Subantarctic Islands
Shona Riddell



The subantarctic islands circle the lower part of the globe below New Zealand, Australia, Africa and South America in the 'Roaring Forties' and 'Furious Fifties' latitudes. They are filled with unique plants and wildlife, constantly buffeted by lashing rain and furious gales, and have a rich and fascinating human history. *Trial of Strength* tells the compelling stories of these islands and will leave you with an appreciation for the tenacity of the human race and the forbidding forces of nature.

9781775593560 | Oct. 1, 2018 | Cased with Jacket | History / Polar Regions / Explorers / Nature | 260 x 186 mm | 264 pages | US \$29.99 RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand



SCAN FOR
INTERVIEW
WITH THE
AUTHOR



GIFTS FULL OF WISDOM

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 | Available also 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.



9781925335620 | Hardcover | Humour / Anecdotes & Quotations / Gift books / Self-help & personal development | 203 x 203 mm | 64 pages | US \$17.99

PUG

How to be the Best You

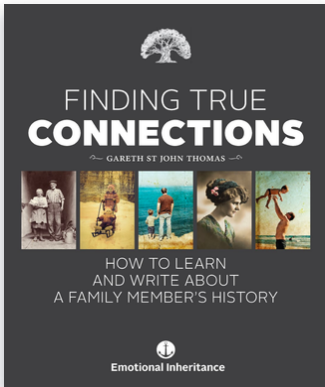
Helen James

Learn from the ancient knowledge of pugs, and better your life through advice from various creatures, presented uniquely and with charm! Featuring vibrant illustrations and thought-provoking pearls of wisdom, PUG will inspire and entertain.

***"There's something about seeing a pug diving with dolphins that makes one forget whatever they might have been worrying about beforehand."* - Financial Review**



GIFTS FULL OF WISDOM



Finding True Connections

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

Gareth St John Thomas

Interviewing and writing up someone's personal history has become a mainstream activity. For the person being interviewed and for the writer, it can be an immensely enjoyable, beneficial and supportive process.

This detailed, hands-on manual provides comprehensive guidance and instruction, from getting started to the end result. Using the latest best-practice techniques and know-how, and divided into structured sections, it provides you with the 100 most important questions to ask as well as additional context and cues for each question - what to look for and what traps to avoid. Supplementary and follow-up questions are also suggested.

By following the proven approach in this book, you will get to the heart of the person being interviewed - show what they are really like, and share what they've seen and done, revealing their unique thoughts and beliefs in a format that can be passed on to their friends and relatives.

Written in a warm and supportive way, this invaluable reference is designed to be kept with you during the interview process alongside your audio recorder or notebook.

Our individual memories define us. Our tribal memories unite us. If these are missing parts of us are missing too. This book will help you to safely ensure that your family's memories do not slip away.

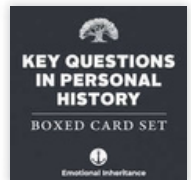
9781925820157 | Hardcover | 235 x 191 mm | 232 pages | July 1, 2019 RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand

Key Questions in Personal History

Boxed Card Set

Gareth St John Thomas

Emotional Inheritance works with psychologists, writers and historians to provide a premium interview and life story production service. Now, this boxed set of 100 cards provides simple effective questions to help you undertake this process yourself, without an external interviewer.



95 x 95 mm | 101 cards in a box



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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The Mindful Home

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

A house is merely physical but a home is far more subtle and elusive. By bringing a mindful approach to the ways in which we feed our mind and our heart through our senses, how we use space, the practicalities of managing a home, and how to live a healthy and sustainable life at home, *The Mindful Home* beautifully enables us to shape the living spaces we want, creating an environment that both nurtures and invigorates us, while meeting our needs. The ultimate guide to the art of conscious living.

"Aims to help the reader live a more fulfilled life by showing how to create the living space they want and need" - Woman & Home UK

9781921966811 | Paperback | 229 x 184 mm / 9 x 7 1/4 in | 240 pages | Colour RRP: US \$34.95 | CA \$41.99 | UK £19.99 | AU \$34.99 | NZ \$39.99

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