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JANUARY–MARCH 2019



ALSO IN THIS ISSUE:

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From the Exisle team...

There is something about the ambling of a penguin that is thoroughly endearing. In this issue discover **Waddle**, the newest book in the animal magic gift series.

Also in this issue, be prepared to have your mind blown with new thinking about learning in **Stop Talking, Start Influencing** by rock star neuroscientist Jared Cooney Horvath PhD, MEd.

We also have a rare treat for you with **Keepers of History**, a collection of intimate and privileged interviews with people who have lived to see their 100th year, witnessing the astonishing changes in the fabric of society that a century has wrought.

Our children's imprint, EK Books, brings you **Grey-glasses-itis**, new in the popular "Lessons of A LAC" series. If you have ever spent a sunny afternoon as a kid with a cardboard box strapped over your shoulders you will love **The Box Cars**, while **Saying Goodbye to Barkley** is likely to take you back to sunny afternoons with the family pet.

If you would like more information about any of these titles please get in touch.



Best Wishes
Siobhan Dillon
Sales

Whether you are a coach, teacher, or business leader, rock star neuroscientist Jared Cooney Horvath has some unforgettable tips on how to make your message stick.



“ *If there's one thing science has completely nailed-down, it's learning. In fact, the foundations of how humans learn (and how they learn best) have been well understood and unchanged for over a century.*

Despite this, very few people know how to translate these foundations to better impact, lead, and inspire others.

This is my reason for writing this book. By exploring concrete ways to apply the Principles of Human Learning to the real world, I aim to help business, educational, and sports leaders boost their influence in the boardroom, the classroom, and the locker room.



Stop Talking, Start Influencing

12 Insights from Brain Science to Make Your Message Stick

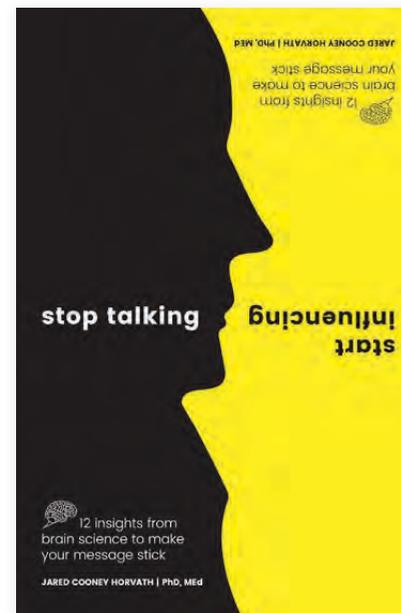
Jared Cooney Horvath PhD, MEd

AU \$34.99 | NZ \$34.99 | 9781925335903 | 229 x 151 mm | Paperback | 308 pages | February 2019



Love it or hate it, we are all teachers. Whether walking clients through

a new program, guiding an audience through a novel proposition, or helping our children to kick a soccer ball, nearly every day we work to disseminate knowledge and wisdom to others. The problem is that very few of us have ever been taught how to teach! Drawing on Jared Cooney Horvath's nearly 15 years of experience conducting brain research

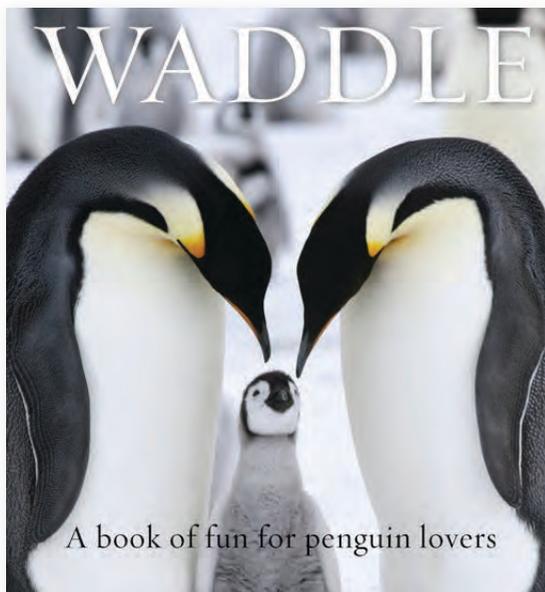


at prominent universities, teaching students from 10 to 80 years of age, and working closely with organizations and schools across 4 continents, *Stop Talking, Start Influencing* outlines 12 scientific principles of how people learn. The result is a book that shows readers how to impart their knowledge to others in a manner that sticks with and truly influences them — regardless of the situation or circumstance. For every business leader sick of repeating themselves ad nauseam to colleagues and clients, for every coach tired of endlessly drilling athletes without seeing meaningful improvement, for every entrepreneur who's had enough of pouring their heart into presentations only to see no lasting impact among the audience ... it's time to stop talking and start influencing!

Full of games, puzzles, images, activities and experiments, this is an interactive, hands-on workshop that enables readers to practically experience the rules and principles of thinking and learning.

ABOUT THE AUTHOR

Jared Cooney Horvath PhD, MEd is a neuroscientist and educator with expertise in human learning, memory, and brain stimulation. He has conducted research and lectured at Harvard University, Harvard Medical School, the University of Melbourne and over 100 international schools. Jared currently serves as director of the Science of Learning Group and NeuroEducation: two teams dedicated to bringing the latest in brain and behavioural research to education and business alike. His work has been featured in numerous popular publications (including the *New Yorker*, the *Economist*, the *Atlantic*, the *New York Times*, *Scientific American*, *New Scientist*, *WIRED*, *VICE*, and *Men's Journal*) as well as television and radio programs (including *NOVA: Science Now* and *Catalyst*).



Waddle

A Book of Fun for Penguin Lovers

Lloyd Spencer Davis (ed.)

AU \$29.99 | NZ \$29.99 | 9781925335910 | 225 x 203 mm | Hardback | 160 pages | Colour | March 2019

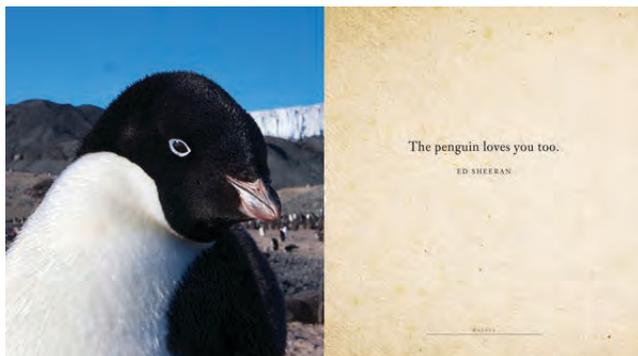


Penguins. We love them. Seemingly

upright caricatures of us, it is easy to bond with these black and white 'little people'. They have become perennial favourites of cartoonists, because they are fun. They make us laugh. *Waddle* is a compendium of delightful quotes and gorgeous photographs that capture the essence of this amusement. Its

intention is to put a grin on your face and a warm feeling in your heart — all thanks to these endearing creatures that don't just walk, but waddle.

The perfect gift for anyone who's ever smiled at a penguin's antics.



ABOUT THE AUTHOR

Professor Lloyd Spencer Davis (aka Professor Penguin) has been studying penguins for over 40 years. He has written numerous books and articles about them and has studied penguins in exotic and far-flung locations all around the Southern Hemisphere. He maintains the website PenguinWorld.com.

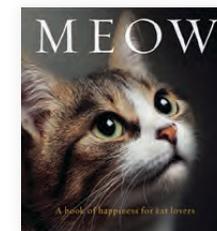


Cluck

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

AU \$29.99 | NZ \$29.99 | 9781925335798 | 225 x 203 mm | Hardcover | 160 pages | Colour | November 2018

High-quality photography with inspirational quotes make this a compendium that will steal any chicken lover's heart.

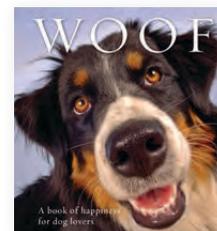


Meow

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

AU \$14.99 | NZ \$14.99 | 9781925335088 | 225 x 203 mm | Paperback | 160 pages | Colour

No cat lover can imagine life without a feline presence. *Meow* is a compendium of delightful quotes and photographs that capture the essence of this fascination.



Woof

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

Paperback | AU \$14.99 | NZ \$14.99 | 9781925335576 | 225 x 203 mm | 160 pages | Colour

Hardback | AU \$29.99 | NZ \$29.99 | 9781925335095 | 225 x 203 mm | 160 pages | Colour

Featuring beautiful photography, this is a collection of quotes to treasure.



Spirit

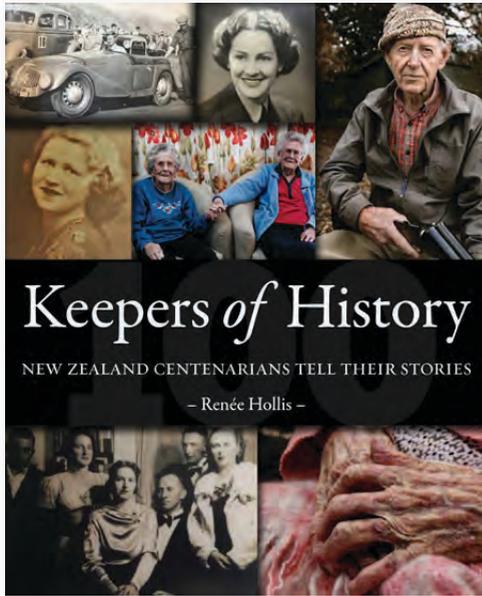
A Book of Happiness for Horse Lovers
Anouska Jones (ed.)

Paperback | AU \$14.99 | NZ \$14.99 | 9781921966958 | 225 x 203 mm | 160 pages | Colour | October 2018

Hardback | AU \$29.99 | NZ \$29.99 | 9781925335514 | 225 x 203 mm | 160 pages | Colour

Horses are the epitome of grace, power, and freedom. *Spirit* is a compendium of enduring quotes and beautiful images that capture the essence of our affection for these magnificent animals.





Keepers of History

New Zealand Centenarians Tell Their Stories

Renée Hollis

AU \$39.99 | NZ \$39.99 | 9781775593805 |
235 x 191 mm | Hardback | 264 pages |
Colour | March 2019



In 2017, Renée Hollis interviewed 120 people over

the age of 100, living in every region of New Zealand. Along the way, she had the privilege of interviewing 23 World War II veterans. Her goal in compiling the book was to preserve New Zealand history by sharing the stories and memories of our eldest citizens. She wants all people to value the elderly and to read and appreciate their stories and contribution to our society. Most

importantly, she wants to ensure that that they are not forgotten and do not become invisible in our communities, but instead are honoured and celebrated. In this collection of interviews, we meet opera singers and farmers, a politician and a racing car driver, a nun and a freedom fighter with Gandhi, and even a member of Hip Operation — the oldest hip-hop group in the world! They have witnessed momentous global events and technological innovations that have changed our world. From the everyday to the extraordinary, these are the stories of people who have lived through history and whose message of resilience and making the best of things has so much to offer the generations that have followed them.

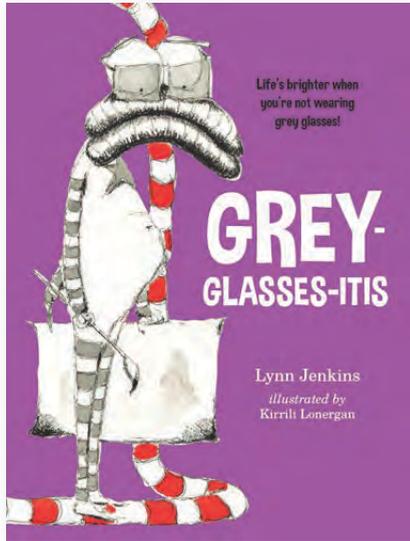


“ **The period that these centenarians have lived through is remarkable. They have gone from horse and cart to skydiving their grandchildren.** ”



ABOUT THE AUTHOR

Renée Hollis has been called the ‘grey whisperer’ on her travels throughout New Zealand, interviewing centenarians in their homes, on their farms and in retirement villages. She has a unique ability to draw out remarkable stories, as she interacts with the individual and their family members.



Grey-glasses-itis

Life's brighter when you're not wearing grey glasses!

Lynn Jenkins & Kirrili Lonergan

AU \$19.99 | NZ \$19.99 | 9781925335958 | 305 x 230 mm | Paperback | 32 pages | Colour | January 2019

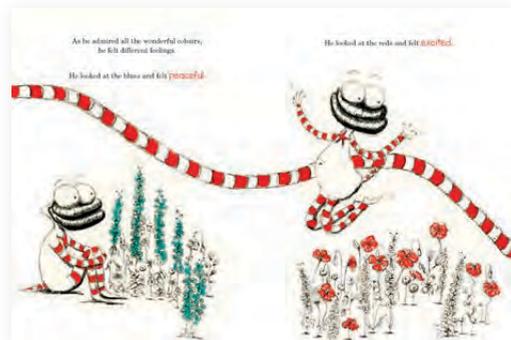


The fourth book in the popular 'Lessons of a LAC' series, *Grey-glasses-itis*

helps children to understand the link between how they see things and how they feel. Lopy notices that he feels differently when he looks at the world around him through different-coloured glasses. When he's using green glasses, he feels relaxed. When he's using yellow glasses, he feels

cheerful. But when he's using grey glasses, he just feels sad. As his friend Curly explains, he has a case of 'grey-glasses-itis'! Curly shows Lopy that to feel better he can change the colour of the glasses he's seeing things through. This is a simple but effective way to explain to children how thoughts, perceptions and feelings influence each other. They will grow up knowing that when they are feeling sad, worried or angry, it might be because they have a case of 'grey-glasses-itis'. They'll also know that with a shift in perception they can have some influence over their feelings, thereby helping to build their emotional resilience.

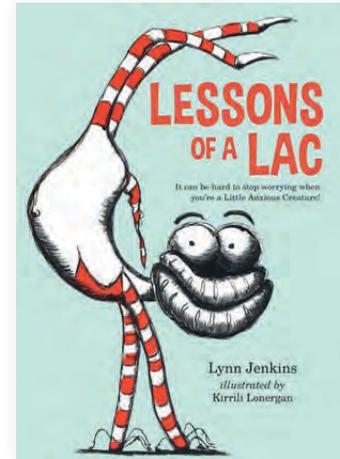
The fourth book in the highly successful 'Lessons of a LAC' series, by an experienced, practising clinical psychologist.



ABOUT THE AUTHOR AND ILLUSTRATOR

Lynn Jenkins is a clinical psychologist whose books have a strong focus on early intervention in the social and emotional development of children.

Kirrili Lonergan is a children's book illustrator and former paediatric nurse, passionate about illustrating picture books that have a 'healing' message.



Lessons of a LAC

It can be hard to stop worrying when you're a Little Anxious Creature!

Lynn Jenkins & Kirrili Lonergan

AU \$19.99 | NZ \$19.99 | 9781925335828 | 305 x 230 mm | Paperback | 32 pages | Colour

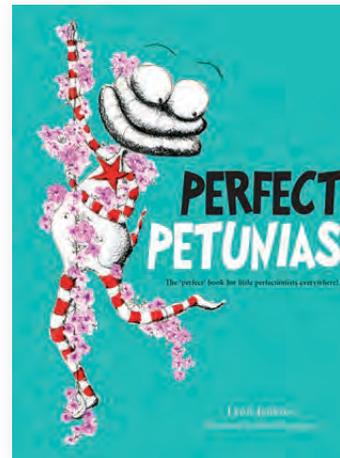


"This wonderful book was

written by an experienced Australian clinical psychologist and it is full of valuable messages for Little Anxious Creatures all over the world. We love

that this book offers skills to deal with anxiety and worries. It's clever, funny and USEFUL. Helping children think about their anxiety is the first step in managing them. It opened up very useful conversations and I must say it's even helped my anxieties a little too with being given the knowledge of some easy self-help tools!"

–Early Childhood Book Reviews



Perfect Petunias

The 'Perfect' Book for Little Perfectionists Everywhere!

Lynn Jenkins & Kirrili Lonergan

AU \$19.99 | NZ \$19.99 | 9781925335583 | 305 x 230 mm | Paperback | 32 pages | Colour

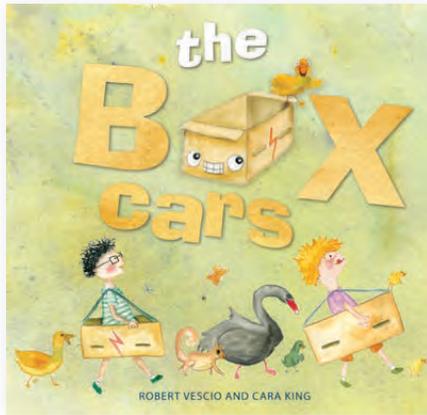


"It's easy to become frustrated when things don't turn out quite right, and this book is a great

resource to help little people understand their feelings and how to deal with them. It also shows adults a positive way to respond to help their little person."

–Reading Time, Children's Book Council of Australia





The Box Cars

Robert Vescio & Cara King

AU \$24.99 | NZ \$24.99 | 9781925335835 |
245 x 255 mm | Hardback | 32 pages | Colour |
February 2019



Liam and Kai are the best of friends. Each day in the park they race around in their box cars, pretending to be everything from policemen chasing down bad guys to chauffeurs driving around movie stars! One day they notice a little girl watching them

— she's keen to join in, but with only two box cars to play with it seems someone's going to be left out. *The Box Cars* is a fun-filled story of friendship, sharing and creative problem-solving that will appeal to boys and girls everywhere!

A fun-filled story with an empowering message about friendship, sharing and creative problem-solving.

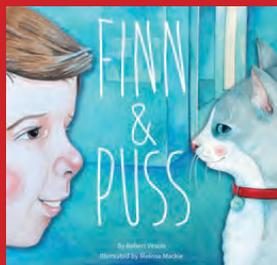


ABOUT THE AUTHOR AND ILLUSTRATOR

Robert Vescio is a full-time children's author whose aim is to enthuse and inspire children to read and write and leave them bursting with imaginative ideas. He is author of *Finn and Puss*.

Cara King is a designer and illustrator, who runs her own design business, Caratoons. Cara also illustrated *Scaredy Book*.

ALSO BY THIS AUTHOR



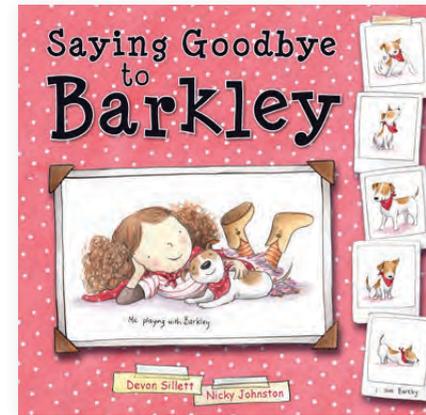
Finn and Puss

Robert Vescio & Melissa Mackie

AU \$19.99 | NZ \$19.99 | 9781925335507 |
245 x 255 mm | Hardback | 32 pages | Colour



Short-listed
for the BILBY
Awards!



Saying Goodbye to Barkley

Devon Sillett & Nicky Johnston

AU \$24.99 | NZ \$24.99 | 9781925335965 |
245 x 255 mm | Hardback | 32 pages | Colour |
March 2019



Olivia and her dog Barkley are inseparable. He's her sidekick, her partner in crime-fighting — they're the perfect

pair. But then, Barkley dies and Olivia is heartbroken. Gradually, however, she realizes that Barkley wouldn't want her to be unhappy for the rest of her life. So she thinks of a way that she can not only get her own happiness back, but also give happiness to another animal, by adopting a new dog from an animal shelter. And so Spud joins the family.

Provides an opportunity to start a conversation with children who are dealing with the loss of a pet, which may be the first experience of loss that a child has.

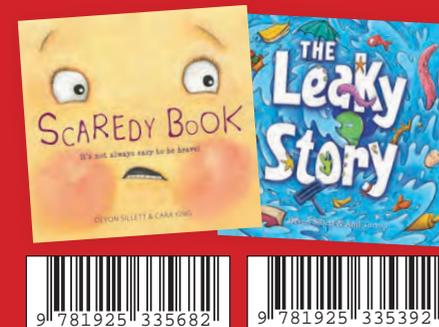


ABOUT THE AUTHOR AND ILLUSTRATOR

Devon Sillett is a writer and reviewer. Born in the US, Devon teaches writing in Canberra. Her previous EK titles are *The Leaky Story* and *Scaredy Book*.

Nicky Johnston is an educator and author/illustrator, with a strong focus on children's emotional resilience and mental health awareness..

ALSO BY THIS AUTHOR



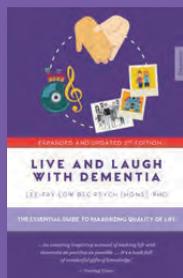
Scaredy Book

Devon Sillett & Cara King
AU \$24.99 | NZ \$24.99 | 9781925335682 |
245 x 255 mm | Hardback | 32 pages | Colour

The Leaky Story

Devon Sillett & Anil Tortop
AU \$24.99 | NZ \$24.99 | 9781925335392 |
245 x 255 mm | Hardback | 32 pages | Colour

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Live and Laugh with Dementia

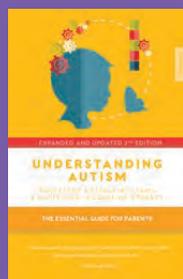
The Essential Guide to Maximizing Quality of Life

Lee-Fay Low

AU \$19.99 | NZ \$19.99 | 9781925335729 | 198 x 129 mm | Paperback | 256 pages



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



Understanding Autism

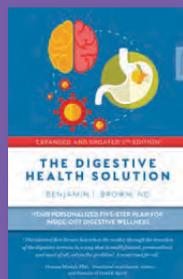
The Essential Guide for Parents

Professor Katrina Williams &
Professor Jacqueline Roberts

AU \$19.99 | NZ \$19.99 | 9781925335712 | 198 x 129 mm | Paperback | 272 pages



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



The Digestive Health Solution

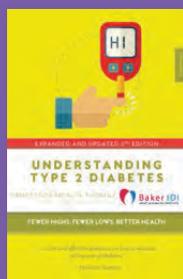
Your Personalized Five-Step Plan for Inside-Out Digestive Wellness

Benjamin I. Brown

AU \$19.99 | NZ \$19.99 | 9781925335385 | 198 x 129 mm | Paperback | 272 pages



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



Understanding Type 2 Diabetes

Fewer Highs, Fewer Lows, Better Health

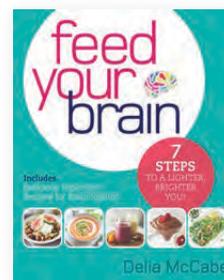
Professor Merlin Thomas

AU \$19.99 | NZ \$19.99 | 9781925335552 | 198 x 129 mm | Paperback | 336 pages



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

Proven profitable performers. Don't be without them.



Feed Your Brain

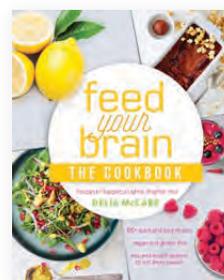
7 Steps to a Lighter, Brighter You!

Delia McCabe

AU \$34.99 | NZ \$34.99 | 9781925335118 | 235 x 191 mm | Paperback | 296 pages | Colour



A 7-step plan for ensuring optimum brain health through the foods you eat. Learn what to avoid and what to eat more of.



Feed Your Brain: The Cookbook

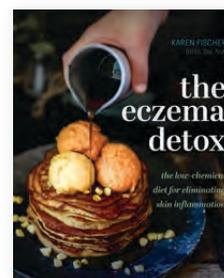
Recipes to Support a Lighter, Brighter You!

Delia McCabe

AU \$34.99 | NZ \$34.99 | 9781925335613 | 235 x 191 mm | Paperback | 240 pages | Colour



The ultimate collection of quick, easy and delicious recipes to keep your brain in tip-top shape.



The Eczema Detox

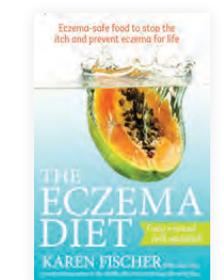
The Low-Chemical Diet for Eliminating Skin Inflammation

Karen Fischer

AU \$34.99 | NZ \$34.99 | 9781925335538 | 235 x 191 mm | Hardback | 240 pages | Colour



Featuring delicious recipes and carefully crafted dietary programs in a visually appealing layout, this is the perfect quick-and-easy reference for eczema sufferers.



The Eczema Diet

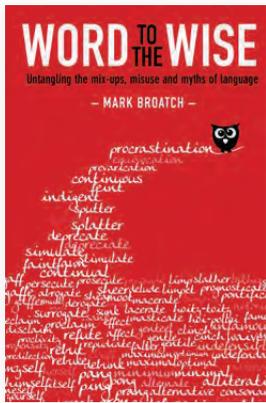
Eczema-Safe Food to Stop the Itch and Prevent Eczema for Life

Karen Fischer

AU \$29.99 | NZ \$34.99 | 9781921966460 | 234 x 151 mm | Paperback | 288 pages

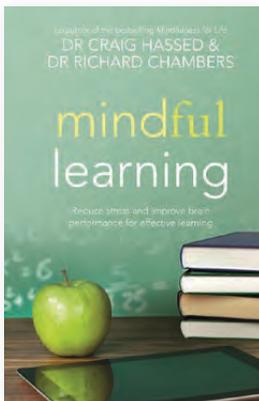


The ultimate resource for treating inflammatory skin conditions, combining in-depth scientific research with detailed eating plans and supplement programs to achieve lasting results.



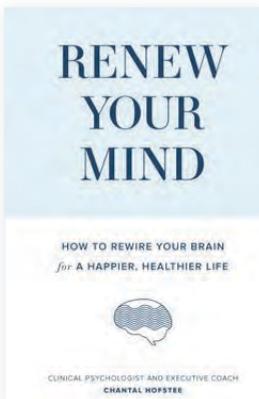
Word to the Wise
Untangling the mix-ups, misuse and myths of language
Mark Broatch
 AU \$29.99 | NZ \$29.99 | 9781775593546 | 229 x 152 mm | Paperback | 192 pages

A useful, entertaining reference to clear up language misuse and mix-ups to help any writer get their word use straight.



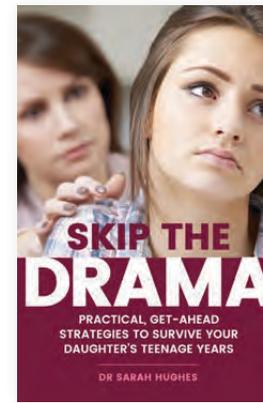
Mindful Learning
Reduce Stress and Improve Brain Performance for Effective Learning
Dr Craig Hassed & Dr Richard Chambers
 AU \$29.99 | NZ \$34.99 | 9781921966392 | 234 x 151 mm | Paperback | 272 pages

Whatever your age, whatever your learning environment, mindfulness can make a positive difference.



Renew Your Mind
How to Rewire Your Brain for a Happier, Healthier Life
Chantal Hofstee
 AU \$32.99 | NZ \$32.99 | 9781925335866 | 229 x 152 mm | Paperback | 320 pages

The essential guide to rewiring your brain so that you can lead a rich and rewarding life that leaves you energized, healthy and happy.



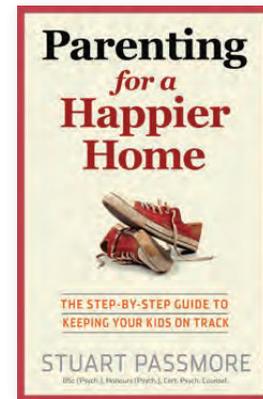
Skip the Drama
Practical Get-Ahead Strategies to Survive your Daughter's Teenage Years
Dr Sarah Hughes
 AU \$29.99 | NZ \$29.99 | 9781925335859 | 229 x 152 mm | Paperback | 216 pages

An accessible reference for parents wanting to raise well-adjusted, self-sufficient, resilient young women.



Engaging Adolescents
Parenting Tough Issues with Teenagers
Michael Hawton
 AU \$29.99 | NZ \$29.99 | 9781925335408 | 229 x 152 mm | Paperback | 216 pages

A practical, skills-based guide to parenting teenagers through difficult issues, based on accepted mediation principles.

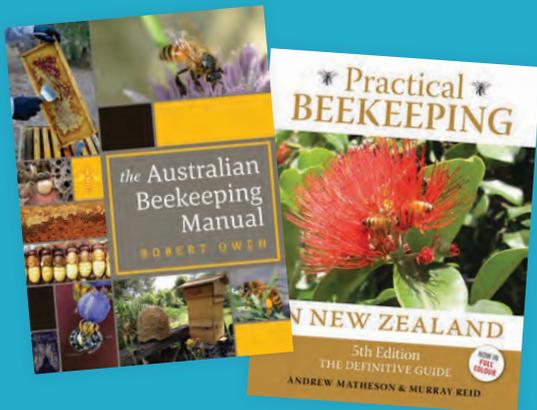


Parenting for a Happier Home
The Step-by-Step Guide to Keeping Your Kids on Track
Stuart Passmore
 AU \$29.99 | NZ \$29.99 | 9781921966842 | 234 x 151 mm | Paperback | 240 pages

A commonsense, practical guide to getting your kids back on track and creating a happier home.



SWEET SUMMER SELLERS



The Australian Beekeeping Manual

Robert Owen

AU \$49.99 | NZ \$49.99 | 9781921966880 |
242 x 184 mm | Hardback | 352 pages |
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Practical Beekeeping in New Zealand (5th ed.)

The Definitive Guide

Andrew Matheson & Murray Reid

AU \$49.99 | NZ \$49.99 | 9781775593621 |
242 x 184 mm | Hardback | 288 pages |
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are subject to change

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