



ALSO IN THIS ISSUE:

Latest children's picture books from EK BOOKS

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The
JOURNAL
WRITER'S
COMPANION

Achieve your goals

Express your creativity

Realize your potential

From the Exisle team...

Bullet journaling has shot the practice of writing to access your creativity into the stratosphere. Written by an experienced psychotherapist, Alyss Thomas, our upcoming release **The Journal Writer's Companion** is a practical how-to guide to help people get the best results from journaling.

As self-discovery and personal history become all the more meaningful for our ageing population, our newest imprint, **Emotional Inheritance**, aims to make the process of documenting personal history easier for people aged 65 and over, so they can tell their stories in just the right way. With the step-by-step instructions contained in **Finding True Connections** and the box set of 100 prompt cards in **Key Questions in Personal History**, families can now leave a lasting family legacy.

Your child's mental and physical health are always hot topics, and Dr Joanna North's **Mind Kind** is a useful resource for easing parents' worries about their children's mental state. Dr North offers methods to help parents find important connections with children of any age so they can grow more resilient.

From EK Books, award-winning author Susanne Gervay and illustrator Marjorie Crosby-Fairall bring **The Boy in the Big Blue Glasses** to life, as Sam finds confidence in being his bespectacled self. While **Ella and Mrs Gooseberry** learn just what love looks like, and Arabella works through her jealous rivalry with her new baby brother in **Arabella and the Magic Pencil!**

Best Wishes,



Siobhan Dillon
Sales

“ A journal is the private space where you believe in your ideas and your unformed, unknown thoughts. Your journal is where you can be the best version of you that is still in the process of being discovered, where you know you're going to be the best at what you do, and where you are prepared to work away until your projects, your ideas, or your newly minted sense of yourself, are robust enough to be seen in public. ”

– Alyss Thomas

The Journal Writer's Companion

Achieve Your Goals • Express Your Creativity • Realize Your Potential

Alyss Thomas, MSc

AU \$34.99 | NZ \$34.99 | 9781925820041 | 210 x 152 mm | Hardback with Ribbon | 272 pages | Sept 2019



Numerous studies show that journal writing is a fantastic resource that

can significantly impact your life, but few people know how to go about it effectively in order to gain lasting positive results. 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 a comprehensive reference source for all types of journaling techniques.



Written by an experienced psychotherapist and writing coach, who has seen the results journaling has delivered in both her own life and that of her students. The result is the only guide you'll ever need to achieving personal and professional success, the journaling way!



ABOUT THE AUTHOR



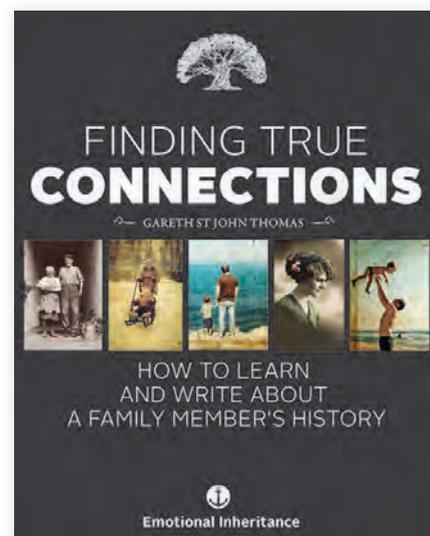
Alyss Thomas is an experienced writer, coach and therapist and has worked as a writing coach for over 20 years. She has helped hundreds of students use journals as a learning tool. This book came to life through her own journaling practice after she discovered she was getting incredible results in life areas she was journaling about, compared with the ones she wasn't. Alyss is also the author of *The 1000 Most Important Questions You Will Ever Ask Yourself* (Exisle, 2005).



FAMILY HISTORY

This interview process is about establishing someone's life story. These questions will help older people consider the question 'who am I?', and for the interviewer they start to point the way towards revealing how the interviewee has constructed their own narrative. Often this is not consciously articulated by them and part of the interviewer's role is to facilitate this as well as to record and observe.

When you start writing the story, knowing what to leave out will require a series of judgements. To help you with those judgements it is important to have some understanding of who will be reading the story — who is your audience and what aspects of the subject's life will they be most interested in? Also, what does the subject — the interviewee — wish to stress and emphasize about their life. You can assess this by listening to the level of interest the interviewee displays and the time they take to talk about the varying questions.



Finding True Connections

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

Gareth St John Thomas

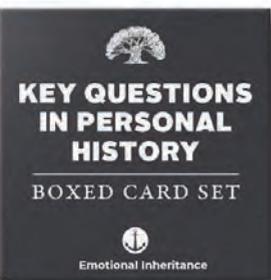
AU \$39.99 | NZ \$39.99 | 9781925820157 |
235 x 191 mm | Hardcover | 232 pages |
July 2019 | **EMOTIONAL INHERITANCE**



Emotional Inheritance works with psychologists, writers

and historians to provide a premium interview and life-story production service. Now, *Finding True Connections* clearly and simply sets out how you can undertake this process yourself,

without an external interviewer. If our family stories are missing, parts of us are missing too; *Finding True Connections* helps you to capture the life stories of elderly family members so that their legacy can be preserved for future generations. Designed as a series of double-page spreads, on the left-hand page is a prompt question, while opposite are notes on how to gain the most meaningful answers.



Key Questions in Personal History

Boxed Card Set

EMOTIONAL INHERITANCE

AU \$24.99 | NZ \$24.99 | 9781925820140 | 95 x 95 mm |
Clamshell Boxed Set | 100 Cards | July 2019



A boxed set of 100 cards to help provide simple effective questions when attempting

to document your own life story or that of a family member. Categories include 'Early Childhood', 'Adulthood', 'Marriage and Parenthood', 'The Future' and 'Leaving Advice' so that a structured narrative and lasting legacy can be created with the answers.



The Boxed Card set is the perfect partner to *Finding True Connections*.

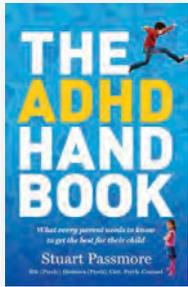
“ *Our individual memories define us. Our tribal memories unite us. Finding True Connections provides a simple and effective method to help you capture the life story of elderly relatives as a legacy for their family.* ”



ABOUT THE AUTHOR

Gareth St John Thomas is the founder of Exisle Publishing, an independent publishing house that, for over 25 years, has published books on history, better living, psychology, family, ageing and health. Emotional Inheritance is a division of Exisle Publishing.

VALUE BUNDLE — BUY ALL 5 BOOKS AND GET AN EXTRA 5% OFF



The ADHD Handbook

What Every Parent Needs to Know to Get the Best for their Child

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

AU \$34.99 | NZ \$39.99 | 9781921966118 | 234 x 151 mm | Paperback | 264 pages

The essential reference every parent needs to help navigate their way successfully through the challenges posed by ADHD.



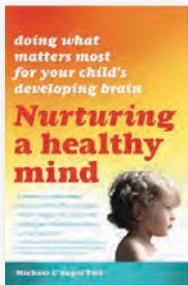
Coolmind

The Young Person's Guide to a Calmer Life

David Keefe

AU \$12.99 | NZ \$14.99 | 9781921497933 | 138 x 105 mm | Paperback | 120 pages

From as little as three minutes a day, you can learn how to feel calmer, happier, more focused and ready to achieve your goals.



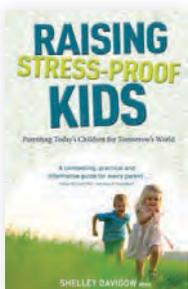
Nurturing a Healthy Mind

Doing What Matters Most for your Child's Developing Brain

Michael C Nagel PhD

AU \$32.99 | NZ \$39.99 | 9781921966026 | 234 x 153 mm | Paperback | 248 pages

Written by a neurological expert, this book takes the available science and translates it for parents in an easy-to-understand and user-friendly format.



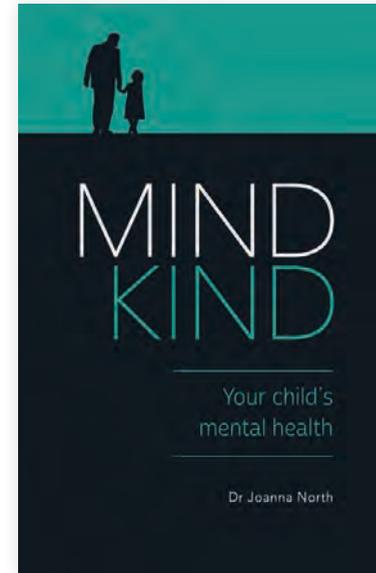
Raising Stress-Proof Kids

Parenting Today's Children for Tomorrow's World

Shelley Davidow MEd

AU \$24.99 | NZ \$29.99 | 9781921966408 | 234 x 151 mm | Paperback | 240 pages

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



Mind Kind

Your Child's Mental Health

Dr Joanna North

AU \$32.99 | NZ \$32.99 | 9781925335941 | 229 x 152 mm | Paperback | 256 pages | July 2019



Mind Kind: Your Child's Mental Health gives vital insight into the world of mental health and provides a values-based system to help parents and carers connect with their children and support them towards positive mental health and wellbeing. As a practising psychotherapist, Dr Joanna North is an expert in the field and has helped many parents and carers to grow strong and healthy minds. Chapters are devoted

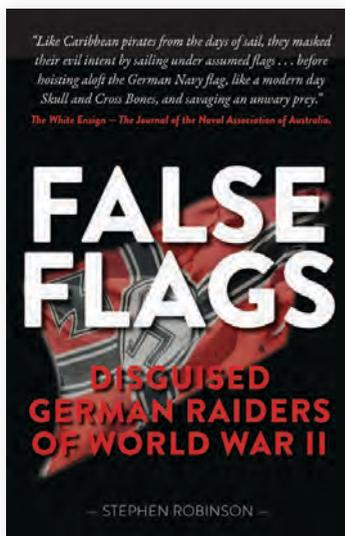
to behaviour management; helping children through difficult times; and developing a 'Mind Kind approach' to mental health conditions such as stress, anxiety and depression. Family break-ups, divorce and step-parenting receive special attention, while there is also a chapter dedicated to eating disorders and its link to mental health. In addition, Dr North addresses common parental misunderstandings about mental health and provides effective tools and strategies for every age and stage of childhood to create an environment that promotes positive mental wellbeing.

Family-centric mental wellness

ABOUT THE AUTHOR



Dr Joanna North is a Doctor of Psychotherapy, a Chartered Psychologist and a Chartered Scientist with 30 years of experience working with children, adults and families. Her previously published books are *How to Think About Caring for a Child with Difficult Behaviour* (2010) and *Mindful Therapeutic Care for Children* (2014). Jo has been recognized by the British Psychological Society with the 2017 CPS Distinguished Contribution to Psychology in Practice Award for her work with adopted children.



False Flags

Disguised German Raiders of World War II

Stephen Robinson

AU \$29.99 | NZ \$29.99 | 9781925335804 | 234 x 151 mm |
Paperback | 320 pages | Sept 2019



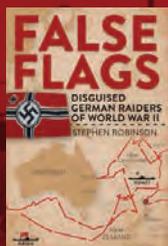
Vividly written and immaculately researched, *False Flags* tells the epic story of German raider voyages to the South Seas during the early years of World War II. Robinson has skilfully mined the archives to unearth intelligence reports and eyewitness accounts that transport the reader into the minds of the German raiders and their victims in this 'pirate war'. These raider ships, disguised as harmless merchant vessels, hunted their unsuspecting prey in the waters of Australia and New Zealand, taking lives and wreaking havoc with maritime movements as a critical part of Germany's

strategy to attack the British Empire's maritime trade on a global scale. Their extraordinary voyages are maritime sagas in the finest tradition of seafaring. *False Flags* is a gripping rendering of part of our maritime history which should not be forgotten.

GRIPPING READING — NOW AVAILABLE FOR THE FIRST TIME IN PAPERBACK.

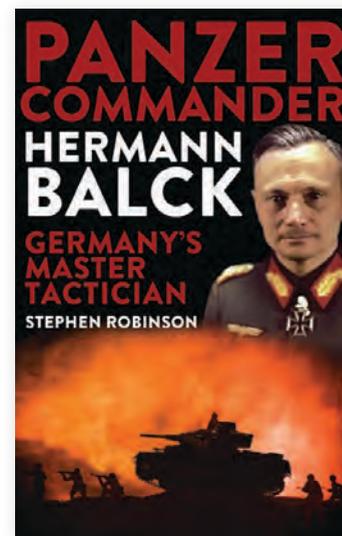
“ Like Caribbean pirates from the days of sail, they masked their evil intent by sailing under assumed flags ... before hoisting aloft the Germany Navy flag, like a modern day Skull and Cross Bones, and savaging an unwary prey. ”

The White Ensign — The Journal of the Naval Association of Australia



ALSO AVAILABLE
IN HARDBACK

AU \$39.99 | NZ \$39.99 |
9781925335156 | 234 x 151 mm |
Hardcover | 368 pp



Panzer Commander Hermann Balck

Germany's Master Tactician

Stephen Robinson

AU \$44.99 | NZ \$44.99 | 9781925820003 | 234 x 151 mm |
Hardback | 304 pages | Aug 2019



Any military history or World War II buff can't go past this engaging story of a remarkable military leader. While many historians pay tribute to Balck, this is the first book focused solely on one of the world's greatest armoured warfare commanders. Written in Robinson's trademark commanding storytelling style, it provides insights into Balck's personality and psyche, his thoughts on the burden of command, the art of leadership, command principles, and the war itself.

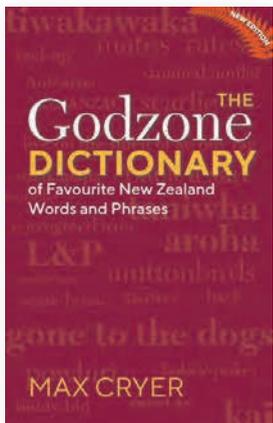
NEW FROM THE AUTHOR OF *FALSE FLAGS*

The Untold Story of a Master Military Tactician



ABOUT THE AUTHOR

Stephen Robinson studied Asian history and politics at the University of Western Sydney, graduating with First Class Honours. He has worked at the Department of Veterans' Affairs researching British atomic weapons tests and as a policy officer in the Department of Defence. He is also an officer in the Australian Army Reserve and has served as an instructor at the Royal Military College.



The Godzone Dictionary (2nd edition)
of Favourite New Zealand Words and Phrases
Max Cryer

AU \$29.99 | NZ \$29.99 | 9781775594000 | 210 x 135 mm | Paperback | 248 pages | Aug 2019

THE KIWI DIALECT DEMYSTIFIED



Visitors to New Zealand are frequently surprised — and puzzled — by local terms and expressions. This concise A–Z dictionary, now updated in a new expanded edition, is a quick and easy reference to understanding the words and

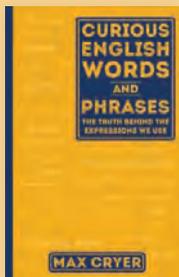
phrases that make the New Zealand language and speech patterns so different. Language expert Max Cryer not only provides helpful definitions for the various entries, but also sheds light on their origins. Slang words feature heavily, while a key feature of the book is the large number of Māori words that have become part of the common language over the years. Popular names of sports teams are also included, while an appendix of New Zealand acronyms completes the book. From Rotovegas to the Naki, both Kiwis and visitors to New Zealand will find the lingo of Godzone explained simply and accurately. Never stuffy or academic, Max Cryer brings his expert knowledge and dry wit to a book that is sure to become an essential reference. Sweet as!



ABOUT THE AUTHOR

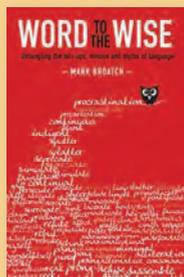
Max Cryer is a national treasure. He is seasoned researcher and writer on aspects of the English language. A well-known broadcaster and entertainer, he hosts a weekly radio slot on the subject. In a long career, he has been a schoolteacher, a compere and TV host, as well as a singer in London, Las Vegas and Hollywood.

MAX CRYER AT HIS BEST



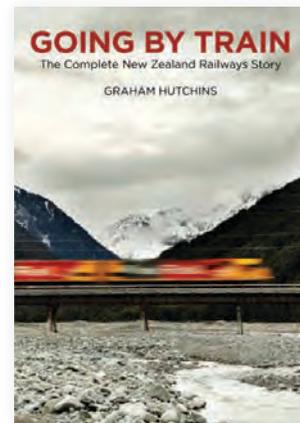
Curious English Words and Phrases
The Truth Behind the Expressions We Use
Max Cryer

AU \$19.99 | NZ \$19.99 | 9781925335873 | 210 x 135 mm | Paperback | 432 pages



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



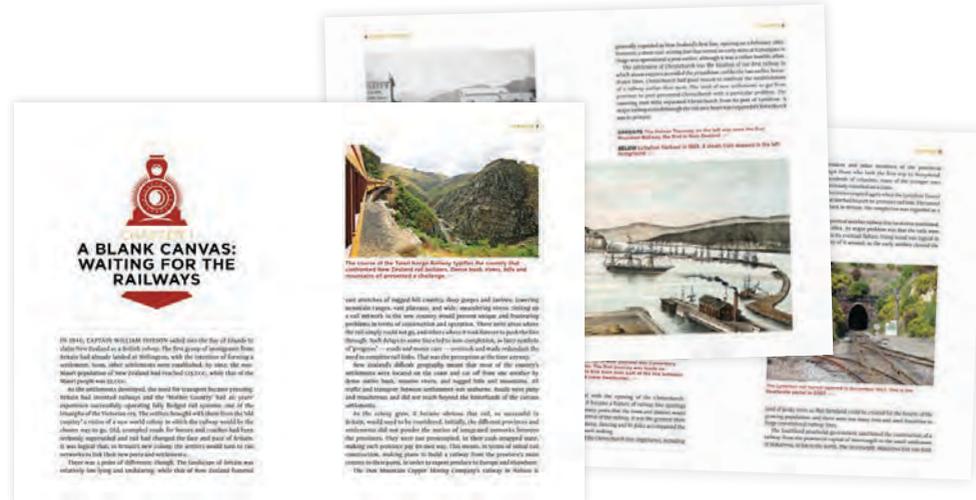
Going By Train
The Complete New Zealand Railways Story
Graham Hutchins

AU \$49.99 | NZ \$49.99 | 9781775593553 | 260 x 186 mm | Hardcover | 240 pages | Colour | Sept 2019



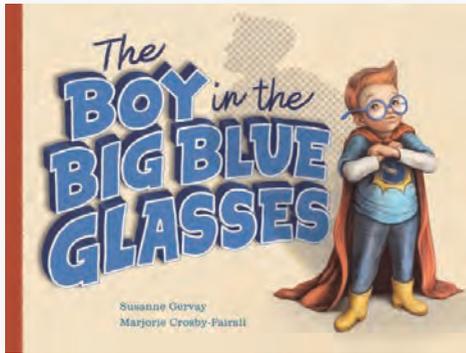
Railways played a pivotal part in the development of New Zealand's economy, towns and cities, and helped shape a distinctive culture. This is a comprehensive, highly readable account of our railways story, from the earliest days of the colony, through rail's growth and golden days, slow decline and recent resurgence. Includes epic feats of engineering and construction, memorable characters, and describes how New Zealand's rail story played a key role in shaping the nation's identity.

Fully illustrated. Written by one of New Zealand's leading rail authors.



ABOUT THE AUTHOR

Graham Hutchins is a long-time railway enthusiast and a frequent traveller on the New Zealand rail network. Among several books he has written on the subject are *Great New Zealand Railway Journeys* and *Last Train to Paradise*. He has also written extensively on rugby, cricket, rock music and a range of other subjects. Graham is a full-time writer and lives in Hamilton.



The Boy in the Big Blue Glasses

SUSANNE GERVAY & MARJORIE CROSBY-FAIRALL

THEMES: SELF-ESTEEM, DEALING WITH DIFFERENCE

AU \$24.99 | NZ \$24.99 | 9781925335996 | 215 x 288 mm | Hardcover | 32 pages | Colour | July 2019



Sam doesn't like his new glasses. They make his ears hurt. His parents say he looks handsome in them. But Sam just wants to look like himself. His teacher doesn't recognize him — she says he must be a new superhero. But Sam doesn't want to be a superhero. He just wants to be himself. Eventually, with a bit of confidence and a lot of humour, Sam finds out that wearing glasses isn't so bad — and people still like him just the way he is after all.

Written by the recipient of the Lifetime Social Justice Literature Award for Children's Literature from the International Literacy Association.



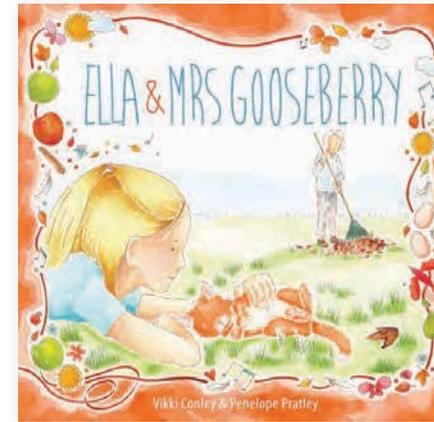
ABOUT THE AUTHOR AND ILLUSTRATOR

Susanne Gervay is an award-winning Australian author, educational consultant and children's book advisor who has published 15 previous children's book titles as well as anthologies.

Marjorie Crosby-Fairall is a designer and freelance illustrator of 7 previous children's books. Her books have appeared on the Premier's Reading Challenge lists, and she won the CBCA Eve Pownall Award for her first picture book.



Books with Heart on Issues that Matter



Ella & Mrs Gooseberry

VIKKI CONLEY & PENELOPE PRATLEY

THEMES: LOVE AND KINDNESS

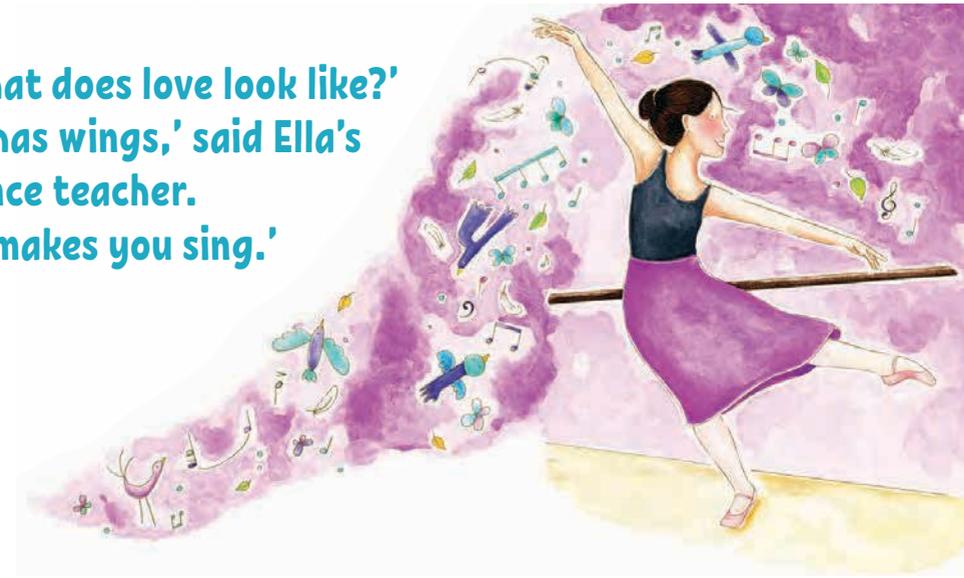
AU \$24.99 | NZ \$24.99 | 9781925335255 | 245 x 255 mm | Hardcover | 32 pages | Colour | Aug 2019



Grumpy old Mrs Gooseberry from next door has lost her love. 'I didn't know you could lose love,' says Ella. So she begins her quest to find out what love looks like and how she can help

Mrs Gooseberry to rediscover it. Her mother says love is like home-cooked pie. Her teacher says it's like lanterns in the night. Perhaps love might look like a little kitten. Ella and Mrs Gooseberry is a heart-warming picture book about a child's understanding of love, selfless giving and how it makes you feel.

'What does love look like?'
'It has wings,' said Ella's dance teacher.
'It makes you sing.'



ABOUT THE AUTHOR AND ILLUSTRATOR

Vikki Conley is a children's author, communicator, book reviewer, intrepid adventurer and sailor.

Penelope Pratley has been mucking about with paint since she was a small girl. She has taught art from preschool to high school, and now works as an illustrator at her business, Penelope's Nest.



Books with Heart on Issues that Matter



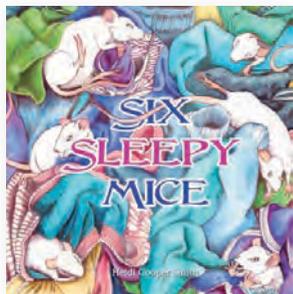
Window of Hope

ROBERT VESCIO & DEMELSA HAUGHTON

AU \$24.95 | NZ \$24.95 | 9780648256366 | 238 x 238 mm | Hardcover | 32 pages | Colour | July 2019 | LITTLE PINK DOG BOOKS



With the help of a bird, a little girl with a disability learns how to bravely rebuild her world and give life a second chance. An inspirational story about resilience and accepting differences.



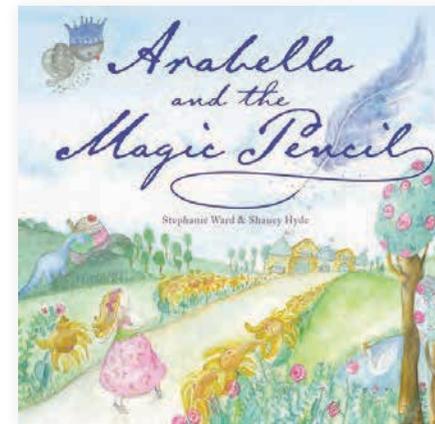
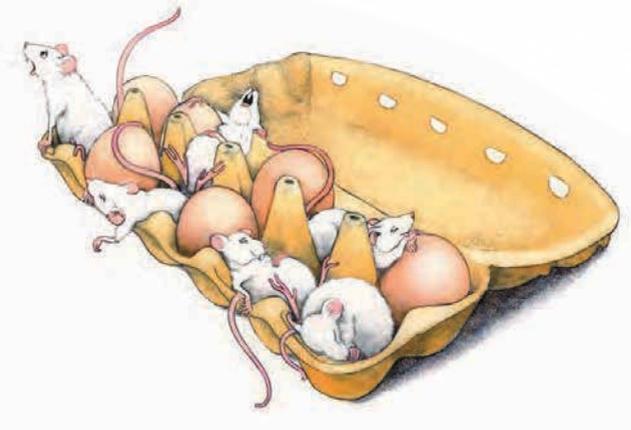
Six Sleepy Mice

HEIDI COOPER SMITH

Fast and fun, with engaging, luscious, search-and-find illustrations, *Six Sleepy Mice* is a rhyming tale of adventure and comradery/friendship.

AU \$24.95 | NZ \$24.95 | 9780648256359 | 238 x 238 mm | Hardcover | 32 pages | Colour | Sept 2019 |

LITTLE PINK DOG BOOKS



Arabella and the Magic Pencil

STEPHANIE WARD & SHANEY HYDE

THEMES: CREATIVITY AND SIBLING RIVALRY

AU \$24.99 | NZ \$24.99 | 9781925820010 | 245 x 255 mm | Hardcover | 32 pages | Colour | Sept 2019



Arabella is a beloved only child who has everything until her brother, Avery, arrives. While she loves him, it's sometimes hard to like him. She spends her days creating marvellous things with her magic pencil, and ignoring him. But when he spoils her tea party, she decides drastic action is required and she erases him from her life. Oops! Can she get him back? *Arabella and the Magic Pencil* will appeal to any child with a new sibling, and to caregivers who are supporting changing family dynamics.

Encourages discussion with older siblings about the normal feelings of jealousy and rivalry when a baby arrives.



ABOUT THE AUTHOR AND ILLUSTRATOR

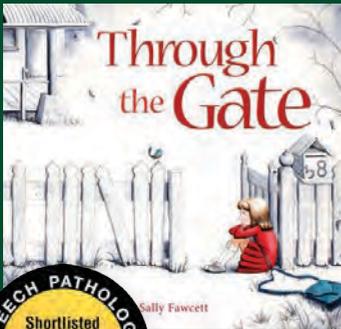
Stephanie Ward is an award-winning children's author and reviewer who splits her time between London, Seattle and Sydney.

Shaney Hyde is an Early Childhood Teacher from Melbourne who runs art workshops for children and draws inspiration from her own playful childhood.



Books with Heart on Issues that Matter

NOW IN PAPERBACK



Through the Gate

SALLY FAWCETT

THEMES: MOVING HOUSE AND COPING WITH CHANGE

AU \$14.99 | NZ \$14.99 | Paperback | 9781925820096 |

245 x 255 mm | 32 pages | Colour | July 2019

AU \$24.99 | NZ \$24.99 | Hardcover | 9781925335415 |

245 x 255 mm | 32 pages | Colour



In sparse text and evocative illustrations, this acclaimed picture book explores a little girl's changing perspective after moving house. While at first she struggles to cope with the new house, she slowly realizes that change can include good things too. Now available for the first time in paperback.

'A visually striking and emotionally memorable look at affecting and accepting change.' – Boomerang Books



Books with Heart on Issues that Matter

EXISLE
PUBLISHING

Independent Publisher

Chief Executive

Gareth St John Thomas

gareth@exislepublishing.com

Orders and Invoicing

c/o Harper Entertainment

Distribution Services

orders@harpercollins.com.au

or Fax AU: 1800645547

Fax NZ: 0800452633

Note All titles, specifications and prices are subject to change.

Sales enquiries Australia

Phone +61 2 4998 3327

sales@exislepublishing.com

Sales enquiries New Zealand

Phone +64 3 477 1615

nzsales@exisle.co.nz

Sales

Siobhan Dillon, siobhan@exislepublishing.com

Your Australian local Exisle sales representative

NSW Amber Gilchrist 0414 503 801

amber.gilchrist@exislepublishing.com

NSW REGIONAL AND ACT Margaret Alston 0438 752 506

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