

Introducing **Emotional Inheritance**

Capturing the wisdom of the past to enhance our future



A new imprint from Exisle Publishing

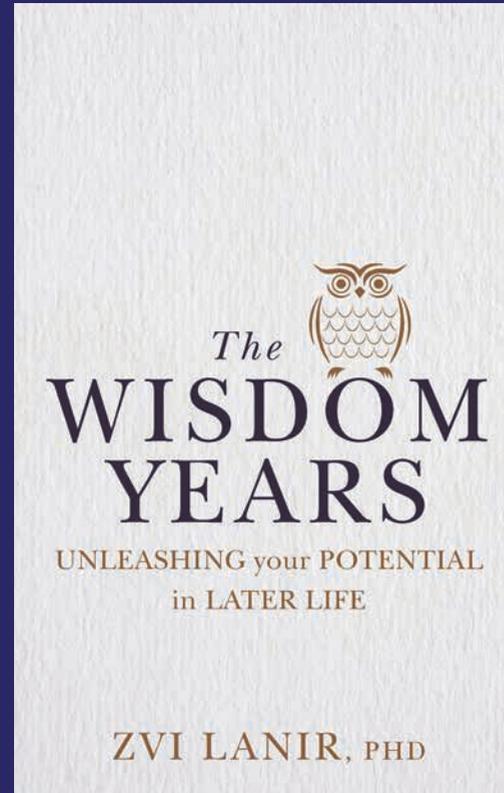


The biggest change the book market faces today is our rapidly ageing population. Baby boomers are getting old:

- Canada has more seniors than children under 15.
- Nearly 20% of the Australian population is aged 65 or over.
- Over 18% of the UK population is over 65.
- In Ireland the number of people over 65 has increased by 20% in the last 6 years.
- In New Zealand there are already 750,000 people aged 65 and over.

For the first time in history, we have a reliable expectation of living to a very old age. Now the challenge is to break historic perceptions of ageing and encourage people to live their functional age. This need, together with an increased interest in preserving the stories and wisdom of our older generations, is the reason we at Exisle have established our new imprint, Emotional Inheritance.

www.emotionalinheritance.org
www.exislepublishing.com



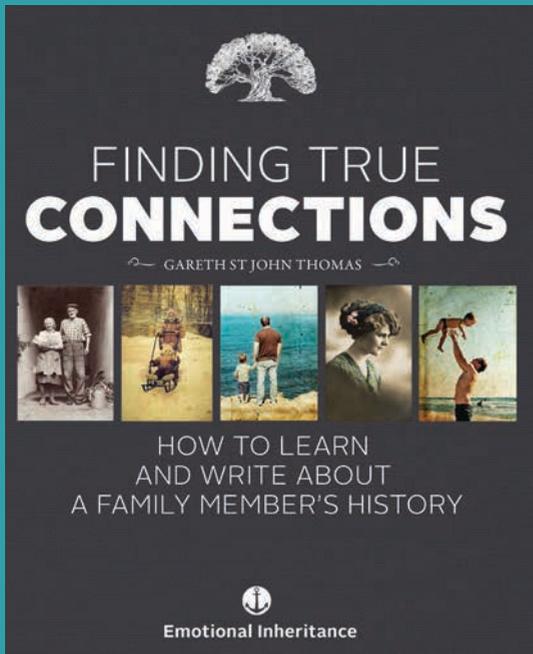
The Wisdom Years

Unleashing Your Potential in Later Life

Zvi Lanir, PhD

A practical, thought-provoking and life-changing read that reveals how we can reframe our mindset so that we live life based on our 'functional age' rather than our 'chronological age'. Based on Dr Lanir's lifetime of work experience in identifying mindsets that are no longer helpful or relevant to current reality, this is a step-by-step guide to achieving the full potential of our wisdom years. Be inspired by his message that our increased life expectancy is to be enjoyed as a new, exciting and uplifting journey of personal evolution.

9781925820232 | 210 x 135 mm | 8¼ x 5¼ in | Paperback | 240 Pages |
ANZ & UK Release - Nov 2019 | USA & CAN Release - Feb 2020
RRP: AU \$29.99 | NZ \$29.99 | US \$17.99 | CAN \$19.99 | UK £9.99



Finding True Connections

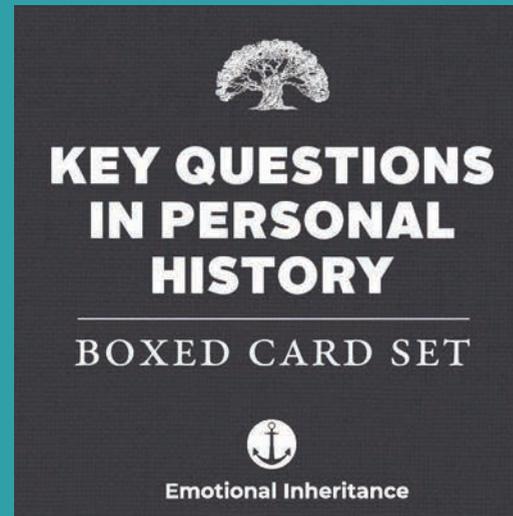
How to Learn and Write About a Family Member's History

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. Written in a warm and supportive way, this invaluable reference will enable you to get to the heart of the person being interviewed and capture their life story in a format that can be passed on to future generations.

9781925820157 | 235 x 191 mm | 9¾ x 7½ in | Hardcover | 232 Pages |
ANZ Release - July 2019 | US, UK & CAN Release - October 2019
RRP: AU \$39.99 | NZ \$39.99 | US \$24.99 | CAN \$32.99 | UK £19.99



Key Questions in Personal History

Boxed Card Set

This beautifully presented box of cards contains 100 key questions that can be used to guide the writing of a person's life story from their childhood right up to the present day. By placing each card in front of an interviewee and then recording their response before moving on to the next question, a carefully structured narrative will emerge that reveals their unique experiences, thoughts and beliefs. While these 100 questions, as well as additional information and guidelines, appear in *Finding True Connections*, the book and card set are also designed to be used as standalone products.



9781925820140 | 95 x 95 mm | 3¾ x 3¾ in | Clamshell Boxed Set | 100 Cards |
ANZ Release - July 2019 | US, UK & CAN Release - October 2019
RRP: AU \$24.99 | NZ \$24.99 | US \$19.99 | CAN \$21.99 | UK £14.99



TIMELESS WISDOM

True stories that reveal the depths of the human experience



Fear & Courage Renée Hollis (ed.)

Collected from around the world, the twenty-five true stories showcased here capture the full range of the fear and courage experience. From the 65-year-old woman stepping outside her comfort zone to visit Antarctica, to the young social worker confronting an abusive father and husband; from a gay woman's experience of coming out, to a man confronting his claustrophobia to have an MRI — these are stories of fear and courage in all their guises. At times humorous, often poignant, they will linger in your memory, shining a light

on just what it means to be human. Interspersed between the stories are quotes about fear and courage by people as diverse as Eleanor Roosevelt, Paulo Coelho, Marcus Aurelius and Taylor Swift. The result is a book to be savoured and returned to again and again.

9781925820065 | 227 x 170 mm | 9 x 6¾ in | Hardcover | 232 Pages | Oct 2019
RRP: AU \$29.99 | NZ \$29.99 | US \$19.99 | CAN \$25.99 | UK £12.99



Human Kindness Renée Hollis (ed.)

Sourced from around the world, these are stories of the everyday and the extraordinary. From the woman who stopped a suicidal man from jumping just by taking the time to listen to him, to the couple who fostered a baby they found abandoned in a rubbish bin when no one else could help; from the students who came to the rescue of an elderly man fallen on black ice, to the response of a terrorist leader when confronted by a young child's cries for her favourite doll — these are stories of unexpected kindness that

had a lasting impact on the recipient. Interspersed between the stories are quotes about kindness by people as diverse as Audrey Hepburn, Lao Tzu, Ellen DeGeneres and Ralph Waldo Emerson. The result is a book that explores all that is best about human nature.

9781925820058 | 227 x 170 mm | 9 x 6¾ in | Hardcover | 240 Pages | Oct 2019
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Key Questions in Personal History

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Fear & Courage

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