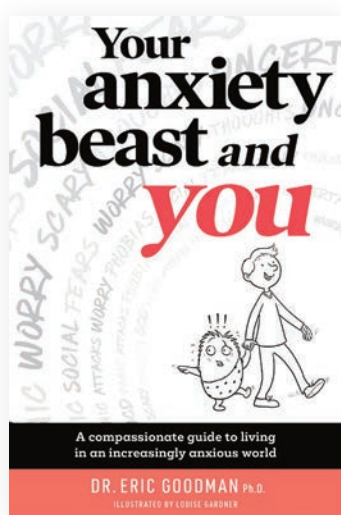




IN THIS ISSUE

- EXPERT ADVICE ON TAMING YOUR ANXIETY BEAST
- TALES FROM AOTEAROA
- CUTE ROLE-REVERSAL STORY FOR KIDS WHO ARE TRICKY AT BEDTIME
- GREAT NEW SERIES FOR UPPER-PRIMARY AGED READERS, EXPLORING THE LIVES OF SCIENTISTS WHO CHANGED THE WORLD





Your Anxiety Beast and You

A Compassionate Guide to Living in an Increasingly Anxious World

Dr Eric Goodman, PhD

Illustrated by Louise Gardner



COMBINES COGNITIVE BEHAVIOURAL THERAPY (CBT) WITH NEWER MINDFULNESS AND ACCEPTANCE BASED APPROACHES.



AU \$32.99 | NZ \$32.99 | June 2020 | 9781925820331 | 229 x 152 mm | Paperback | 216 pages

Your Anxiety Beast and You is a kinder, more compassionate approach for people suffering from anxiety. Don't live with an enemy inside your mind,

see anxiety for what it really is — an inner hero. It tries to protect you from threats but gets confused about what the true threats are. Learn to cope and train your anxiety to be a better inner-companion through methods based on compassion-focused therapy, CBT and ACT with humour and compassion.

ALSO BY THIS AUTHOR



Social Courage

Dr Eric Goodman

AU \$29.99 | NZ \$34.99 | 9781925335750 | 229 x 152 mm | Paperback | 232 pages



This step-by-step program will give you all the tools you need to not just cope with social anxiety, but to thrive!

MORE ACCEPTANCE AND COMMITMENT THERAPY

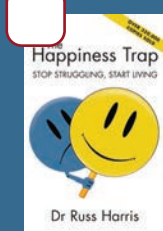


Release Your Worries

Dr Cate Howell & Dr Michele Murphy



AU \$29.99 | NZ \$34.99 | 9781921497438 | 234 x 153 mm | Paperback | 288 pages

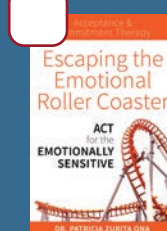


The Happiness Trap

Dr Russ Harris



AU \$29.99 | NZ \$34.99 | 9780908988907 | 234 x 151 mm | Paperback | 284 pages



Escaping the Emotional Roller Coaster

Dr Patricia Zurita Ona



AU \$29.99 | NZ \$29.00 | 9781925335743 | 229 x 152 mm | Paperback | 248 pages

TALES FROM AOTEAROA



This is Us

New Zealand 2020

Pete Carter



A CELEBRATION OF THE KIWI SPIRIT THAT CAPTURES THE DIVERSITY OF NEW ZEALAND'S PEOPLE

AU \$44.99 | NZ \$39.99 | June 2020 | 9781775594338 | 235 x 191 mm | Hardcover | 192 pages



This is Us is a collection of over 200 brief interviews with New Zealanders, spanning the length and breadth of the country; from Cape Reinga to Stewart Island. It was written in response to the Christchurch terrorist attack but is not about it; it is instead a representation of the New Zealand people in their own words. A celebration of the diverse, open, and inclusive communities that exist across New Zealand, *This is Us* inspires hope by showing the kindness and spirit of everyday people. Each interview provides a snapshot of the subject's life, accompanied by a photographic portrait. The joy interviewees felt in telling their stories shines from the page. Each of the interviewees has a unique story to tell, and to have them

collected in one place creates an engaging and insightful reading experience that will delight anyone interested in finding out more about Kiwi society and culture. *This is Us* is a tribute to the Kiwi spirit.



Going By Train

Graham Hutchins



AU \$59.99 | NZ \$59.99 | 9781775593553 | 260 x 183 mm | Hardcover | 312 pages

'Generously illustrated, with plenty of colour and well-preserved black and white archive photos.' — Otago Daily Times



The Godzone Dictionary

Max Cryer



AU \$29.99 | NZ \$34.99 | 9781775594000 | 210 x 135 mm | Paperback | 248 pages

A quick and easy reference to understanding the words and phrases that make New Zealand English unique.



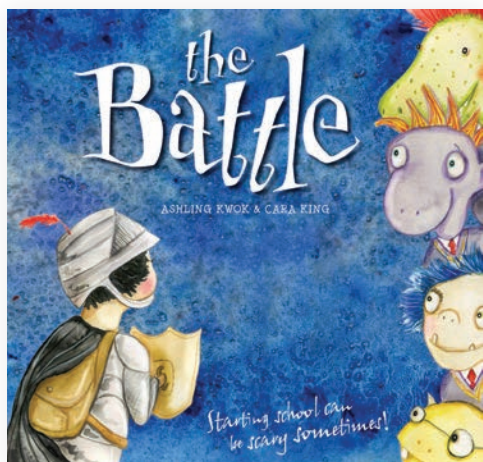
Today in New Zealand History

Neill Atkinson, David Green, Gareth Phipps and Steve Watters



AU \$39.99 | NZ \$39.99 | 9781775594284 | 280 x 210 mm | Paperback | 304 pages

'Such a good idea, it's a wonder why it hasn't been done before.' — Radio NZ



The Battle

Starting School Can Be Scary Sometimes!

Ashling Kwok & Cara King

TEACHES RESILIENCE AND EMOTIONAL REGULATION IN THE FACE OF NEW ENVIRONMENTS.



AU \$24.99 | NZ \$24.99 | June 2020 | 9781925820409 | 245 x 255 mm | Hardcover | 32 pages

THEMES: FACING FEARS, FRIENDSHIP, RESILIENCE



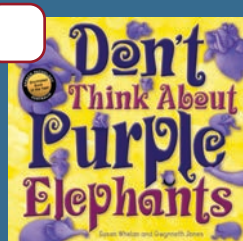
Edward is anxious to start knight-school. He puts on his armour, prepared for battle. It's sure to be terrifying with all those ogres and dragons about. But at school, Edward is befriended by an ogre who offers him some of her lunch. Edward soon realizes that maybe things aren't as bad as they first seemed. In fact, his armour was holding him back. As he learns to let his guard down, magic and fun await and Edward realizes the dragons and ogres he feared are actually just like him.

ABOUT THE AUTHOR & ILLUSTRATOR

Ashling Kwok is a children's author from Sydney and loves immersing herself in a magical world where anything is possible.

Cara King is a designer and illustrator, with her own design business, Caratoons. Her other EK titles are *Scaredy Book* and *The Box Cars*.

MORE COURAGE FOR KIDS



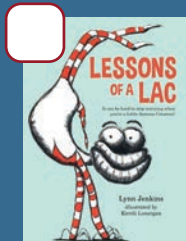
Don't Think About Purple Elephants

Susan Whelan & Gwynneth Jones



AU \$24.99 | NZ \$24.99 | 9781921966699 | 245 x 255 mm | Hardcover | 32 pages

'An unexpected and valuable lesson in dealing with anxiety.' — Sydney Morning Herald



Lessons of a LAC

Lynn Jenkins & Kirrili Lonergan



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

'Written by a clinical psychologist, this is a wonderful book for parents of anxious children' — Herald Sun



Bedtime, Daddy!

Sharon Giltrow & Katrin Dreiling

THE PERFECT BEDTIME STORY TO HELP PUT FUSSY CHILDREN TO BED IN A FUN AND POSITIVE WAY.



AU \$24.99 | NZ \$24.99 | May 2020 | 9781925820386 | 245 x 255 mm | Hardcover | 32 pages

THEMES: BEDTIME ROUTINE & THE FATHER-CHILD BOND



Putting Daddy to bed can be hard work. Especially when he starts crying! *Bedtime, Daddy!* uses role reversal and empathy to encourage kids to view the challenges of bedtime from a new perspective. Snuggle into the pages of this adorable book as baby bear does his best to convince daddy bear, (who is full of familiar excuses), to go to bed. With gorgeous illustrations, this is the perfect story to help put any child to bed in a fun, positive way.

ABOUT THE AUTHOR & ILLUSTRATOR

Sharon Giltrow is an Early Childhood Educator and Teacher Education Support for young children with Developmental Language Disorder.

Katrin Dreiling is an award-winning illustrator who uses many media forms. Born in Germany, she lives now in Queensland with her family.

NEW IN PAPERBACK



The Boy in the Big Blue Glasses

Susanne Gervay & Marjorie Crosby-Fairall



AU \$19.99 | NZ \$19.99 | June 2020 | 9781925820560 | 215 x 288 mm | Paperback | 32 pages

Endorsed by Good Vision for Life and written by a recipient of the Lifetime Social Justice Award for Children's Literature, this is a story about sight impairment and its impact on kids' self-esteem.



Arabella and the Magic Pencil

Stephanie Ward & Shaney Hyde

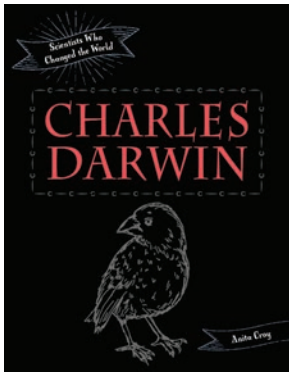


AU \$19.99 | NZ \$19.99 | May 2020 | 9781925820553 | 245 x 255 mm | Paperback | 32 pages

Arabella is a beloved only child until her brother arrives. One day, she erases him with her magic pencil. Can she get him back — and does she want to? A fun-filled book about sibling rivalry.

SCIENTISTS WHO CHANGED THE WORLD

PERFECT FOR CURIOUS YOUNG MINDS AGED 9 TO 13



Charles Darwin

Anita Croy

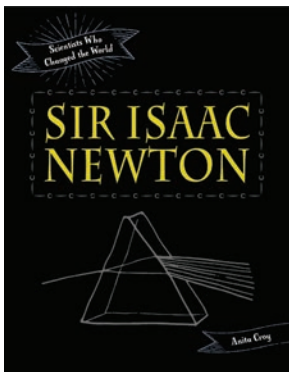


AU \$24.99 | NZ \$24.99 | May 2020 | 9781925820706 |
235 x 184 mm | Hardcover | 64 pages

Charles Darwin pioneered a theory of evolution that changed the way we see the natural world and the progression of species. But despite his great advancement of the field, Darwin's theories were extremely controversial. Find out why in this biography designed to engage and educate young readers, with colourful illustrations and quirky design. See how the work of this brilliant scientist revolutionised society's views of evolution, changing our understanding of the world around us forever!



QTY



Sir Isaac Newton

Anita Croy



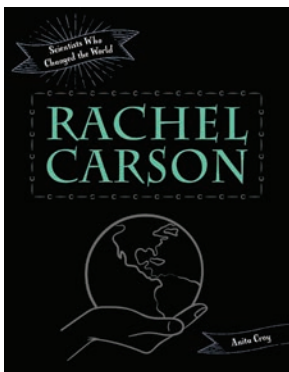
AU \$24.99 | NZ \$24.99 | May 2020 | 9781925820713 |
235 x 184 mm | Hardcover | 64 pages

The work of Sir Isaac Newton created the foundations for modern science and furthered our understanding of the universe. He discovered gravity, he invented calculus, and he defined the three Laws of Motion that form the basis of modern physics. He also very nearly became a sheep farmer.

Find out how Newton went from village boy to one of the greatest thinkers since Galileo with this captivating biography. Learn how he has changed life, society, and our understanding of the world around us!



QTY



Rachel Carson

Anita Croy



AU \$24.99 | NZ \$24.99 | May 2020 | 9781925820690 |
235 x 184 mm | Hardcover | 64 pages

Raised in rural Pennsylvania, Rachel Carson was a pioneer in combining the disciplines of the arts and science, specifically writing and biology. She is famous for alerting the world to the danger of pesticides and other manmade farming chemicals through her work, including her book *Silent Spring*.

From writing about the ocean like a poet, to exposing the danger of pesticides to the world, Carson led an extraordinary life. Find out more about the world we live in by reading her fascinating story!



QTY

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