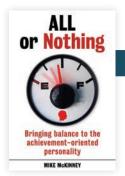
EXISLE BOOKS FOR BETTER BUSINESS

EXPERT PERSONAL DEVELOPMENT ADVICE FOR BUSINESS SUCCESS



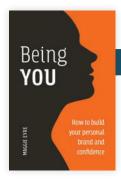
All or Nothing | Bringing Balance to the Achievement-Oriented Personality **Mike McKinney**

A SURVIVAL GUIDE FOR HIGH ACHIEVERS AND THEIR PARTNERS.

Bring balance to your achievement-oriented 'all or nothing personality', and live a more meaningful and rewarding life!

Mike McKinney is a clinical psychologist with over 20 years of experience, and has worked in both public and private practice settings

9781925335262 | 229 x 152 mm / 9 x 6 inches | Paperback | 224 Pages | AU \$34.99 | NZ \$34.99 | UK £14.99 | US \$24.99 | CAN \$32.99



Being You | How to Build Your Personal Brand and Confidence Maggie Eyre

BUILD YOUR BRAND FACE-TO-FACE AND ONLINE

Practical, authoritative and inspirational, this is the essential toolkit to developing a confident, authentic personal brand.

Maggie Eyre is an internationally recognized expert in personal presence and leadership motivation, with over 30 years' experience in business, public relations and performance.

9781925335927 | 229 x 152 mm / 9 x 6 inches | Paperback | 296 Pages | AU \$32.99 | NZ \$32.99 | UK £12.99 | US \$21.99 | CAN \$28.99



Build The Person You Want To Be | The ORANGES toolkit

Simon Rountree

A PROVEN POSITIVE PSYCHOLOGY PROGRAMME TO TURN WORKPLACE CULTURE AROUND AND IMPROVE PRODUCTIVITY

Build a more resilient, optimistic you with *Build the Person You Want to Be*, your personal wellbeing toolkit.

Originally a preschool teacher, **Simon Rountree** has worked across the private, government and not-for-profit sectors in a career that has covered more than 35 years.

 $9781925335125 \mid 229 \times 152 \text{ mm} / 9 \times 6 \text{ inches} \mid \text{Paperback} \mid 192 \text{ Pages} \mid \text{AU} \\ \$29.99 \mid \text{NZ} \\ \$29.99 \mid \text{UK} \\ \$10.99 \mid \text{US} \\ \$21.99 \mid \text{CAN} \\ \$23.99 \mid \text$



The Confidence Coach | *Take Control of Your Life and Wellbeing* **Lisa Phillips**

ASSERTIVENESS COACHING TO GET YOU OUT OF YOUR COMFORT ZONE

A warm and practical guide to unlocking the keys to self-confidence, taking control and achieving the life you want!

Lisa Phillips has over 20 years of experience as a Life Coach and Confidence expert. She founded her 'Amazing Coaching' business in 2001 after working overseas in over 20 countries as an Internal Auditor.

 $9781921966743 \mid 234 \times 151 \text{ mm} / 9\frac{1}{4} \times 6 \text{ inches} \mid \text{Paperback} \mid 192 \text{ Pages} \mid \text{AU } \$24.99 \mid \text{NZ } \$24.99 \mid \text{UK } \$13.99 \mid \text{US } \$17.95 \mid \text{CAN } \$21.95 \mid \text$



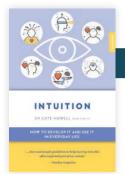
I Don't Have Time | 15-Minute Ways to Shape a Life You Love Emma Grey & Audrey Thomas

FIND THE TIME YOU NEED TO DO THE THINGS YOU REALLY CARE ABOUT

Learn how to say goodbye to 'hurry sickness' and say hello to the things that bring you joy.

Emma Grey is a life-balance specialist who, together with Audrey, is co-founder of the highly successful 'My 15 Minutes' program. **Audrey Thomas** is an experienced coach and facilitator who works with clients in both the public and private sectors.

9781925335323 | 229 x 152 mm / 9 x 6 inches | Paperback | 224 Pages | AU \$29.99 | NZ \$34.99 | UK £10.99



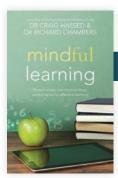
Intuition | How to Develop it and Use it in Everyday Life Dr Cate Howell, OAM, CSM, CF

A HOW-TO-GUIDE FOR USING YOUR GUT FEELING TO MAKE BETTER DECISIONS

Intuition: learn how to tap into this power, make better decisions, perform better in your work and enhance your life.

Dr Cate Howell is a GP specialising in mental health and counselling. She has a consultancy which provides professional and workplace training and lectures at the University of Adelaide.

 $9781925820317 \mid 198 \times 129 \text{ mm} / 734 \times 5 \text{ inches} \mid \text{Paperback} \mid 216 \text{ Pages} \mid \text{AU} \\ \$19.99 \mid \text{NZ} \\ \$19.99 \mid \text{UK} \\ \$9.99 \mid \text{US} \\ \$14.99 \mid \text{CAN} \\ \$19.99 \mid \text{April } 201 \times 1000 \times 1$



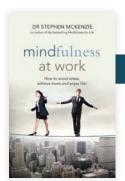
Mindful Learning | Reduce Stress and Improve Brain Performance for Effective Learning Dr Craig Hassed & Dr Richard Chambers

USE MINDFULNESS TO DESTRESS AND LEARN MORE EFFECTIVELY

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

Dr Craig Hassed is an internationally recognised expert in mindfulness, and co-author of Exisle's very successful Mindfulness for Life. Dr Richard Chambers is a clinical psychologist in private practice, where he specialises in mindfulness-based therapies and runs regular mindfulness courses.

9781921966392 | 234 x 151 mm / 91/4 x 5 inches | Paperback | 272 Pages | AU \$29.99 | NZ \$34.99



Mindfulness At Work | How To Avoid Stress, Achieve More And Enjoy Life Dr Stephen McKenzie

SIMPLE HABITS TO GIVE YOU THE EDGE AND TAKE THE EDGE OFF WORKPLACE STRESS

Mindfulness at Work is a comprehensive guide to significantly improving one's worklife, through the practice of mindfulness, that anyone can understand and use.

Dr Stephen McKenzie has over twenty years of experience in researching and teaching a broad range of psychological areas, including depression, dementia, substance abuse, and most recently, mindfulness.

9781921966194 | 234 x 151 mm / 91/4 x 5 inches | Paperback | 200 Pages | AU \$24.99 | NZ \$29.99 | UK £9.99



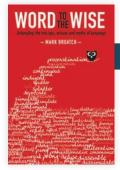
Stop Talking, Start Influencing | 12 Insights From Brain Science To Make Your Message Stick Jared Cooney Horvath

A MUST-READ FOR ALL SALES PEOPLE, EDUCATORS AND ANYONE WHO EVER NEEDS TO DELIVER A MESSAGE THAT THEY WANT REMEMBERED

Understand the 12 scientific principles of how people learn so that you can make your message stick in any environment.

Jared Cooney Horvath PhD, MEd is a neuroscientist and educator with expertise in human learning, memory, and brain stimulation.

 $9781925335903 \mid 229 \times 152 \text{ mm} / 9 \times 6 \text{ inches} \mid \text{Paperback} \mid 304 \text{ Pages} \mid \text{AU} \\ \$34.99 \mid \text{NZ} \\ \$39.99 \mid \text{UK} \\ \$10.99 \mid \text{US} \\ \$24.99 \mid \text{CAN} \\ \$32.99 \mid \text$



Word to the Wise | Untangling The Mix-Ups, Misuse And Myths Of Language Mark Broatch

AN ESSENTIAL GUIDE TO SAYING WHAT YOU MEAN

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

Mark Broatch is a journalist, critic and author. After gaining an MA (Hons) in English Literature and Linguistics he went on to be a senior editor and chief subeditor at three national publications.

9781775593546 | 229 x 152 mm / 9 x 6 inches | Paperback | 192 Pages | AU \$29.99 | NZ \$29.99 | UK £12.99 | US \$19.99 | CAN \$25.99

Customer Name:	Account No:	Order reference:
Address:		
Phone no: Email:		Rep:
AUSTRALIA: Exisle Publishing - Ph: 02 4998 3327 sales@exislepublishing.com Harper Entertainment Distribution Services - Fax AU: 1800 645547 orders@harpercollins.com.au		

NEW ZEALAND: Exisle Publishing - Ph: 03 477 1615 | sales@exislepublishing.com | Harper Entertainment Distribution Services - Fax NZ: 0800 452633 | orders@harpercollins.com.au UNITED KINGDOM: Hachette UK Distribution - Hely-Hutchinson Centre, Milton Road, Didcot, Oxfordshire, OX11 7HH | salesuk@quarto.com

USA: Quarto Publishing Group USA - Ph: +1 800 328 0590 | sales@quarto.com | CANADA: Canadian Manda Group - Ph: 416 516 0911 | info@mandagroup.com