

# BOOKS TO KEEP YOUR CUSTOMERS COMPANY, WHILE THEY ARE AVOIDING THE COMPANY OF OTHERS.

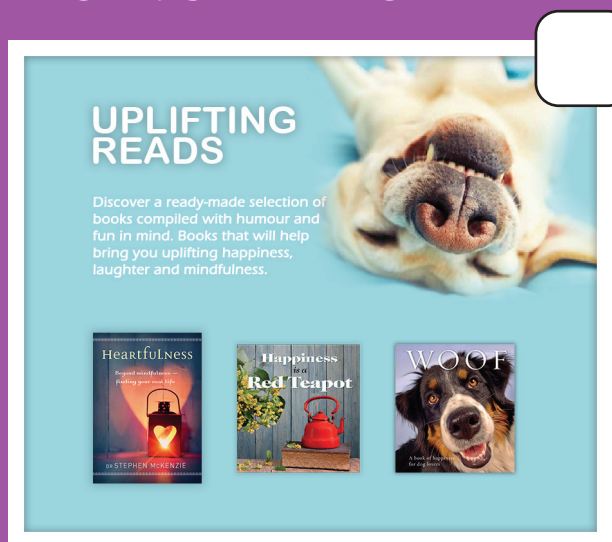
**At Exisle we are all about books for wellness and connectedness.**

Our list includes titles to build resilience, books to make you smile, and stories that celebrate the strength of the human spirit.

We would like to offer you some book packs to help your customers gain some perspective, joy and calm in turbulent times. We will supply you with some bright and cheery graphics for use online to help put a smile on folk's faces.

Follow **#BooksInExisle** for more promo materials to bring us together with a community craving connection.

## PACK 1: UPLIFTING



### Heartfulness

*Beyond mindfulness – finding your real life*

Dr Stephen McKenzie

9781925335002 | Paperback | 229 x 152 mm | 192 pp | RRP \$29.99

### Happiness is a Red Teapot

Anouska Jones (ed)

9781925335651 | Hardcover | 225 x 203 mm | 160 pp | RRP \$29.99

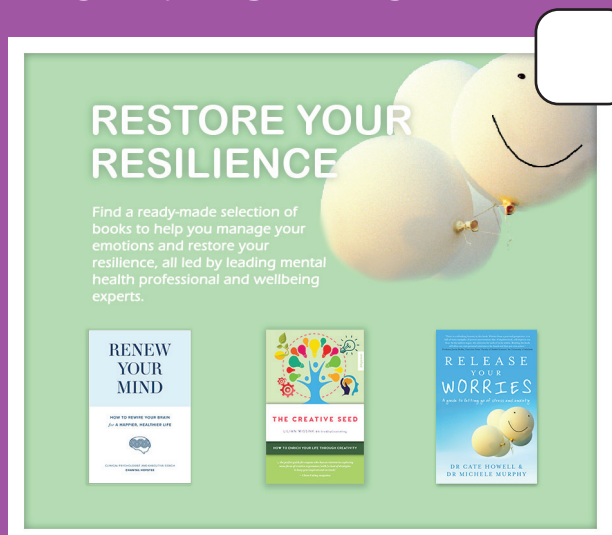
### Woof

*A Book of Happiness for Dog Lovers*

Anouska Jones (ed)

9781925335095 | Hardcover | 225 x 203 mm | 160 pp | RRP \$19.99

## PACK 2: RESILIENCE



### Renew Your Mind

*How to Rewire Your Brain for a Happier, Healthier Life*

Chantal Hofstee

9781925335866 | Paperback | 229 x 152 mm | 320 pp | RRP \$32.99

### The Creative SEED

*How to Enrich Your Life Through Creativity*

Lilian Wissink

9781925820300 | Paperback | 198 x 129 mm | 200 pp | RRP \$19.99

### Release Your Worries

*A Guide to Letting Go of Stress and Anxiety*

Dr Cate Howell & Dr Michele Murphy

9781921497438 | Paperback | 234 x 153 mm | 288 pp | RRP \$29.99

## PACK 3: CONNECTED



### Human Kindness

*True Stories That Reveal the Depths of the Human Experience*  
Renee Hollis (ed.)

9781925820058 | Hardcover | 227 x 170 mm | 240 pp | RRP \$29.99

### The Journal Writer's Companion

*Achieve Your Goals • Express Your Creativity • Realize Your Potential*  
Alyss Thomas

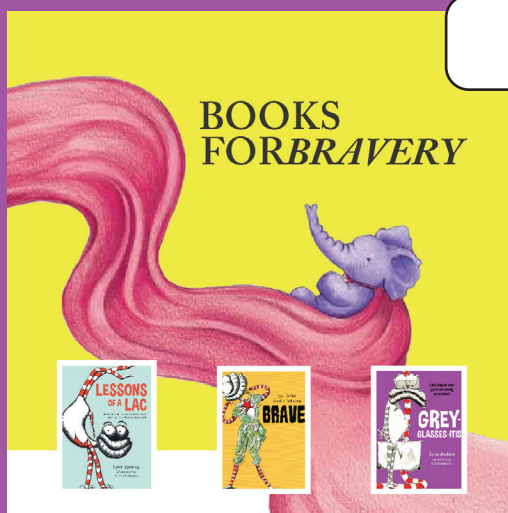
9781925820041 | Hardcover | 210 x 152 mm | 272 pp | RRP \$34.99

### Finding True Connections

*How to Learn and Write About a Family Member's History*  
Gareth St John Thomas

9781925820157 | Hardcover | 235 x 191 mm | 232 pp | RRP \$39.99

## PACK 4: BRAVERY & RESILIENCE FOR KIDS



### Lessons of a LAC

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Lynn Jenkins & Kirrili Lonergan

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### Brave

Lynn Jenkins & Kirrili Lonergan

9781925117844 | Paperback | 310 x 230 mm | 36 pp | Colour | RRP \$19.99

### Grey-glasses-itis

*Life's Brighter When You're Not Wearing Grey Glasses!*

Lynn Jenkins & Kirrili Lonergan

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