



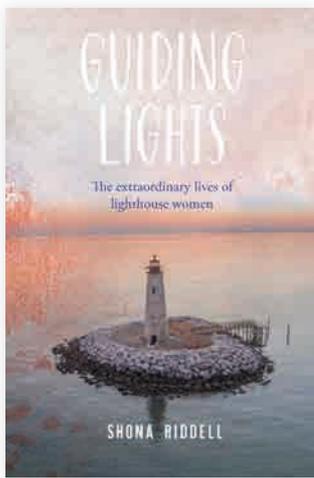
**IN THIS ISSUE**

- CELEBRATE THE BEAUTY OF AUSTRALIAN FAUNA WITH THE VIBRANT ART OF DARYL DICKSON.
- *GUIDING LIGHTS* – DISCOVER THE UNTOLD STORIES OF LIGHTHOUSE WOMEN THROUGHOUT THE AGES
- *PURPOSEFUL BREATHING* - TECHNIQUES FOR DE-STRESSING AND PERFORMANCE BOOSTING.

**NEW FOR CHILDREN**

- SEND WORRIES PACKING WITH *GO AWAY, WORRY MONSTER!*
- *TREE BEINGS* – AN INCREDIBLE LARGE-FORMAT BOOK ABOUT TREES FOR MIDDLE SCHOOLERS WITH A FOREWORD BY DR JANE GOODALL.





## Guiding Lights

The Extraordinary Lives of Lighthouse Women

Shona Riddell



JOURNEY TO REMOTE DESTINATIONS WITH THIS LYRICAL ACCOUNT OF THE ROLE PLAYED BY WOMEN AS LIGHTHOUSE KEEPERS.



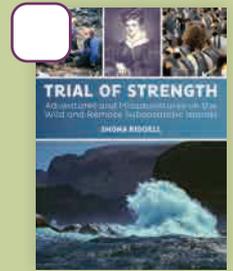
AU \$39.99 | NZ \$39.99 | Oct 2020 |  
9781925820621 | 229 x 152 mm |  
Cased with Jacket | 256 pages

Women have a long history of keeping the lights burning, from tending ancient altar flames or bonfires to modern-day lighthouse keeping. Yet most of their stories are little known. *Guiding Lights* includes stories from around the world spanning two millennia, as we discover the physical and mental risks of isolation, the heroism of the female keepers, how they came to be hired (especially in the 19th century), and the mysteries and legends that are inextricably part of lighthouse history.

### ABOUT THE AUTHOR

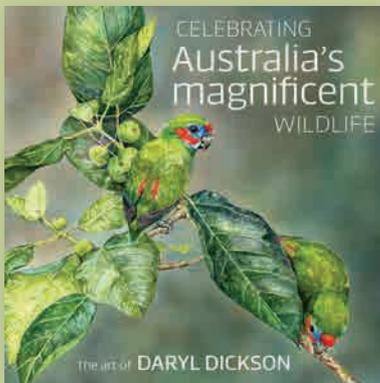
**Shona Riddell** has a long-held fascination with lighthouses. A writer for 20 years (including her subantarctic history book *Trial of Strength* with Exisle), Shona lives with her husband and two daughters in Wellington, New Zealand. She enjoys cold, windy weather and stories about remote locations.

### ALSO BY THIS AUTHOR



### Trial of Strength Shona Riddell

AU \$39.99 | NZ \$39.99 |  
9781775593560 |  
260 x 186 mm |  
Hardcover | 264 pages



## Celebrating Australia's Magnificent Wildlife

The Art of Daryl Dickson

Daryl Dickson

THE PERFECT GIFT BOOK FOR ART AND NATURE LOVERS.



AU \$55.00 | NZ \$55.00 | Oct 2020 |  
9781925820607 | 254 x 254 mm |  
Cased with Jacket | 144 pages



AU \$199.99 | NZ \$225.00 | Oct 2020 |  
9781925820614 | 254 x 254 mm |  
Limited Edition Leather Bound | 144 pages

Australia's recent bushfires served to remind us of the beauty and fragility of our natural environment. *Celebrating Australia's Magnificent Wildlife* is an ode to Australia's unique wildlife and wild places, through the spectacular art of Daryl Dickson. From black-winged stilts to brushtail possums, see the variety and colour of Australian wildlife contained in one wonderful book. Informed by her passion for conservation, Daryl highlights the natural beauty of species that deserve to be saved in what is essential reading for anyone with an interest in the natural world. Her work is inspired by the incredible diversity of flora and fauna that she lives amongst – the ancient tropical forests and majestic landscapes of northern Queensland, home to some of the world's rarest and most fascinating species. View a lifetime of artworks and share in her journey to becoming an artist, showcased in this large-format, beautifully designed book that is an essential addition to coffee tables everywhere.

### ABOUT THE AUTHOR

**Daryl Dickson** is an award-winning painter and illustrator with a passion for the natural environment and native wildlife rehabilitation. She lives in Far North Queensland, where she divides her time between her art and working to save the endangered mahogany glider. She has received an Australia Day Award for her work in environmental education and wildlife rescue, the Cassowary Award, and the Drawing prize at the Hinchinbrook Bird Life Art Awards.

A PERCENTAGE  
OF ROYALTIES GO  
TO PRESERVING  
AUSTRALIA'S  
GLORIOUS WILDLIFE.

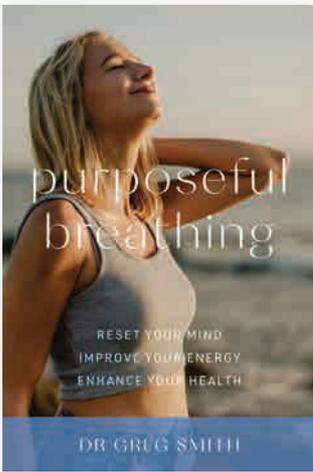


### ALSO BY THIS CREATOR



Paddy O'Melon  
Julia Cooper &  
Daryl Dickson





## Purposeful Breathing

Reset Your Mind. Improve Your Energy. Enhance Your Health.

Dr Greg Smith

TEACHES SIMPLE, EFFECTIVE BREATHING SKILLS FOR EVERY FACET OF DAILY LIFE, FROM MANAGING STRESS TO ENHANCING PERFORMANCE.

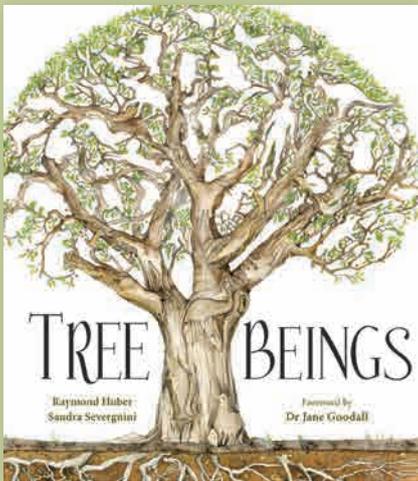


AU \$34.99 | NZ \$34.99 | Sept 2020 | 9781925820591 |  
229 x 152 mm | Paperback | 216 pages

*Purposeful Breathing* is a practical, user-friendly guide to simple breathing skills that can rapidly reduce states you *don't* want and increase states you *do* want. For anyone suffering from anxiety, feeling calmer can happen in a breath or two. For anyone wanting to boost performance, the right breathing skills will help them to get into 'the zone'. The book also teaches breathing skills for longer term health and healing, informed by new discoveries from psychology and neuroscience.

### ABOUT THE AUTHOR

**Dr Greg Smith** is a psychologist who combines an interest in empowering styles of psychotherapy with a passion for yoga, meditation and mind-body awareness.



## Tree Beings

Raymond Huber & Sandra Severgnini

A UNIQUE COMBINATION OF FACT AND FEELING THAT WILL INSPIRE KIDS TO FALL IN LOVE WITH TREES AND ACT TO PROTECT THEM. AGES 8-13



AU \$34.99 | NZ \$34.99 | Oct 2020 | 9781925820539 |  
280 x 245 mm | Hardcover | Colour | 96 pages

**THEMES: NATURAL WORLD, PROTECTING OUR ENVIRONMENT**

Trees are tall, strong, ancient, and easily thought of as silent statues. *Tree Beings* challenges this perception, instead celebrating trees as our best allies in the fight to slow down climate change. In exploring this, it centres around four 'big ideas': trees give life to the planet, trees can help save us from climate change, trees are beings, and trees need our help and protection. In a vibrant combination of illustrations and text, it blends true stories and science to explain how trees are essential to our world.



Introduced by world-renowned conservationist Dr Jane Goodall, *Tree Beings* contains accounts of a scientist who discovered how trees 'talk', the young woman with the world record for living up a tree, a boy who mobilised other children to fight climate change, the first brave tree-hugging women, and a man responsible for trillions of tree-plantings. Learn to appreciate trees through the stories of people who love them, while also reading about tree wisdom from many cultures, and about some famous and fascinating tree species. In a world increasingly concerned with conserving our natural environments, *Tree Beings* is an excellent way to help children appreciate the wonder and value of nature. Learn to cherish our connection to trees, not as silent statues, but as beings that enrich the whole planet.



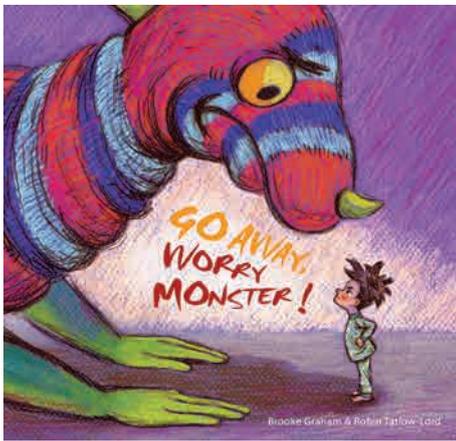
FOREWARD BY DR JANE GOODALL.



### ABOUT THE CREATORS

**Raymond Huber** is a children's author, teacher, and editor. He writes fiction for children of all ages and has also written many educational books. He lives in New Zealand and was the Creative NZ-Otago University Writer in Residence in 2018.

**Sandra Severgnini** owned an art gallery and retail store before focusing on children's picture books. Her fascination with the magical natural world around her inspires her words and brings sensitivity and humour to her illustrations.



## Go Away, Worry Monster!

Brooke Graham & Robin Tatlow-Lord

**EFFECTIVE TOOLS FOR MANAGING ANXIETY AND WORRY.  
FOR AGES 4-8**



AU \$24.99 | NZ \$24.99 | Sep 2020 | 9781925820393 |  
245 x 255 mm | Hardcover | Colour | 32 pages

**THEMES: ANXIETY, RESILIENCE AND EMOTIONAL REGULATION**

Worry Monster loves 'helping' Archie to worry. Archie feels so anxious that his head hurts, his tummy flutters and his heart pounds. But he soon realizes that the only way to feel better is to make Worry Monster go away by challenging his fears and following a set of steps useful for helping any child to cope with their anxieties.

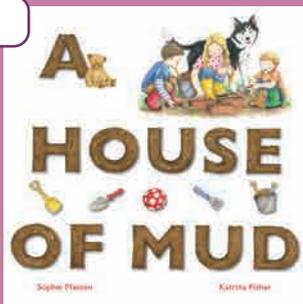
### ABOUT THE CREATORS

**Brooke Graham** is a children's author, primary school teacher and mother. She is passionate about reducing the stigma around mental illness and frequently works with Beyondblue.

**Robin Tatlow-Lord** is a writer, animator and cartoonist who loves bringing character and emotions to all her pictures.



## LITTLE PINK DOG BOOKS



### A House of Mud

Sophie Masson & Katrina Fisher

AU \$24.95 | NZ \$24.95 | Sep 2020 | 9780648256328 |  
245 x 245 mm | Hardcover | Colour | 32 pp | Ages 5-12

A true story about how a close-knit family built their own unique mud-brick home for themselves and their pet dog.



### Evie Is All Ears

Kellie Byrnes & Lesley McGee

AU \$24.95 | NZ \$24.95 | Oct 2020 | 9780648652823 |  
245 x 245 mm | Hardcover | Colour | 32 pp | Ages 5-10

A book about deafness and its isolating effects, following the life of a Bilby who learns to accept help to hear again.



#### 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

Danielle Burke - danielle@exislepublishing.com

#### Your Australian local Exisle sales representative

**NSW, ACT & TASMANIA** sales@exislepublishing.com

**QUEENSLAND** Keith Smyth - 0432 482 005 | keithmsmyth@hotmail.com

**WEST AUSTRALIA** Christine Jackson - 08 9295 5552 | 0409 912 677 | christine@exislepublishing.com

**VICTORIA** Joel Fulton, Fulton Book Agencies - 0417 411 466 | joel@fultonbookagencies.com.au

**SOUTH AUSTRALIA AND NORTHERN TERRITORY** Liz Christie - 0417 825 945

[www.exislepublishing.com](http://www.exislepublishing.com)