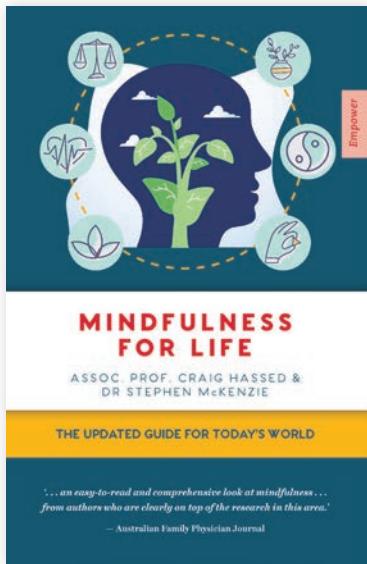


**IN THIS ISSUE**

- TWO NEW RELEASES IN OUR POPULAR AND AFFORDABLE EMPOWER SERIES: *MINDFULNESS FOR LIFE* AND *SLEEP SENSE*. THESE NEW EDITIONS OF PROVEN SELLERS WILL HELP READERS TO BETTER MENTAL AND PHYSICAL HEALTH.
- *GRANDPARENTING GRANDCHILDREN* – A MUST-HAVE GUIDE FOR THE LEGIONS OF GRANDPARENTS HELPING TO RAISE CHILDREN UNDER 5.
- 7 NEW GORGEOUS CHILDREN'S BOOKS WITH HEART ON ISSUES THAT MATTER, ON TOPICS RANGING FROM NEURODIVERSITY TO BULLYING, PLUS THREE NEW BOOKS ABOUT SCIENTISTS WHO CHANGED THE WORLD.





Mindfulness for Life

The Updated Guide for Today's World

Assoc. Prof. Craig Hassed and Dr Stephen McKenzie



AU \$19.99 | NZ \$19.99 | July 2021 | 9781922539014 |
198 x 129 mm | Paperback | 272 pages

AN IN-DEPTH LOOK AT HOW MINDFULNESS LINKS TO MENTAL HEALTH, AGEING, ADDICTION, PAIN, EMOTIONAL INTELLIGENCE, AND A VARIETY OF OTHER TOPICS.

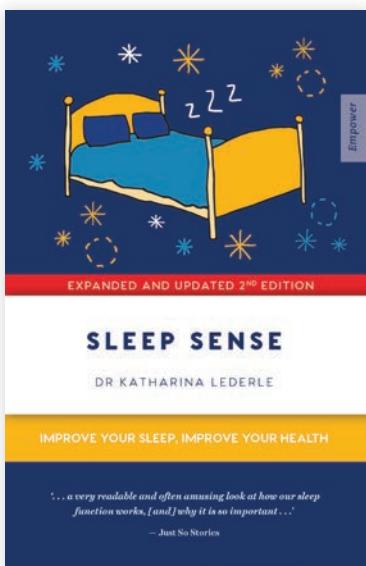
Written by two of Australia's leading mindfulness experts, *Mindfulness for Life* is the complete guide to being fully present in life. In a state of full awareness, we connect more with our children, work more efficiently, drive more safely and stress less. This revised and updated second edition of the guide includes the latest research on mindful techniques, alongside practical guidance for applying them. Take a leap towards mindful living and you might just discover that you become a calmer, happier and healthier being – for life.

ABOUT THE AUTHORS

Associate Professor Craig Hassed is an internationally recognised mindfulness expert. He is co-author of the two top-ranked online mindfulness courses in the world, was the founding president of Meditation Australia, and has received the medal of the Order of Australia for services to medicine.

Dr Stephen McKenzie is a Senior Lecturer at the University of Melbourne's School of Psychological Sciences with over thirty years of experience in researching and teaching a broad range of areas.

WATCH THE TRAILER HERE



Sleep Sense

Improve Your Sleep, Improve Your Health

Dr Katharina Lederle



AU \$19.99 | NZ \$19.99 | July 2021 | 9781925820935 |
198 x 129 mm | Paperback | 224 pages

SLEEP YOUR WAY TO BETTER PHYSICAL AND MENTAL HEALTH AND IMPROVED COGNITIVE PERFORMANCE.

In this guide to improving your sleep quality by adapting your environment and routines, you'll discover how you can establish healthy sleep habits that best fit your life! International sleep expert Dr Katharina Lederle draws on the latest research to explore how sleep is connected to each of the three pillars of healthy and successful living. The book begins with a tour of the most essential information for understanding sleep; how and where it is generated and regulated, why light is so important for sleep, and how sleep differs by gender. It explains the sleep disorders which compromise these pillars, and sets out a 'menu' of healthy sleep options from which readers can choose to best suit their individual needs.

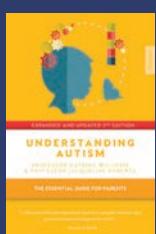
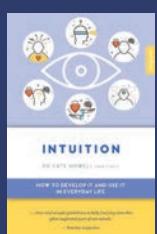
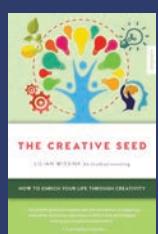
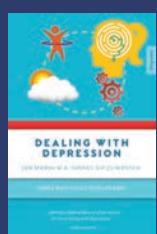
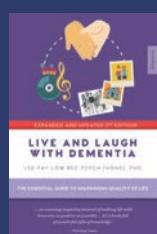
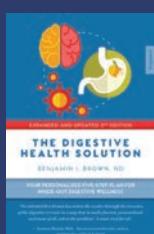
ABOUT THE AUTHOR

Dr Katharina Lederle is a specialist in human sleep and fatigue, who has advised organisations around the world on issues of fatigue and sleep deprivation. She provides educational talks, runs workshops, and consults with individuals on how we can improve our sleep and live our lives to the full.

WATCH THE TRAILER HERE



ALSO IN THIS SERIES



GRANDPARENTING GRANDCHILDREN

New knowledge and know-how
for grandparenting the under 5s



DR. JANE WILLIAMS, PH.D. & DR. TESSA GRIGG, PH.D.

QTY

Grandparenting Grandchildren

New Knowledge and Know-How for Grandparenting the Under 5s

Dr Jane Williams, PhD and Dr Tessa Grigg, PhD



AU \$32.99 | NZ \$32.99 | Aug 2021 | 9781925820799 |
229 x 152 mm | Paperback | 224 pages

A GO-TO RESOURCE FOR ACTIVE AND INVOLVED GRANDPARENTS ON THE LATEST RESEARCH IN BRAIN DEVELOPMENT, SO THEY CAN HELP THEIR PRE-SCHOOLER GRANDCHILDREN TO REACH THEIR POTENTIAL.

With people staying healthier for longer, grandparents are increasingly involved in raising their grandchildren. *Grandparenting Grandchildren* is the first guide of its kind written specifically for grandparents, and aims to help you raise well-rounded, ready-to-learn, happy grandchildren, even if you only look after them for a few hours a week. By explaining the latest neuro-developmental and neuro-educational research in accessible, applicable ways, it will reaffirm what you instinctively know, while providing new tools to build your grandchild's imagination, creativity and curiosity.

Combining the authors' practical experience as childhood development professionals with international research, this book helps grandparents understand the key influences on healthy development in the first 5 years: movement, music, sleep and food. *Grandparenting Grandchildren* gives practical advice on how to integrate these 'super brain foods' best into your grandchild's life. This has been proven to have many positive benefits, including improving the ability to think creatively, building speech and language skills, promoting social skills, and driving curiosity.

Learn to build a loving, supportive relationship that helps grandchildren feel positive about their future, while constructing essential life skills that ensure they are well-rounded, happy and capable, confident learners.

ABOUT THE AUTHORS

Dr Jane Williams has been working with families and young children for over 45 years. She is the Director of ToddlerROO, KindyROO and GymbaROO.

Dr Tessa Grigg is the Research and Education Manager for ToddlerROO, KindyROO and GymbaROO, and has extensive experience in teaching and child development.

OTHER BOOKS FOR NURTURING GROWING MINDS



Mind Kind

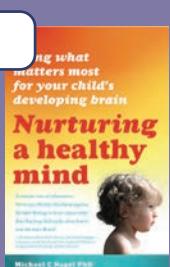
Your Child's Mental Health

Dr Joanna North

AU \$32.99 | NZ \$32.99 | 9781925335941 | 229 x 152 mm | Paperback | 256 pages

Strategies from an acclaimed psychotherapist to help parents support children's mental health with care and kindness

SCAN FOR
AUTHOR'S
PODCAST



Nurturing a Healthy Mind

Doing What Matters Most for Your Child's Developing Brain

Michael C Nagel PhD

AU \$32.99 | NZ \$39.99 | 9781921966026 | 234 x 153 mm | Paperback | 248 pages

"Expert in child development Dr Michael Nagel busts neuro-myths" - Natural Parenting



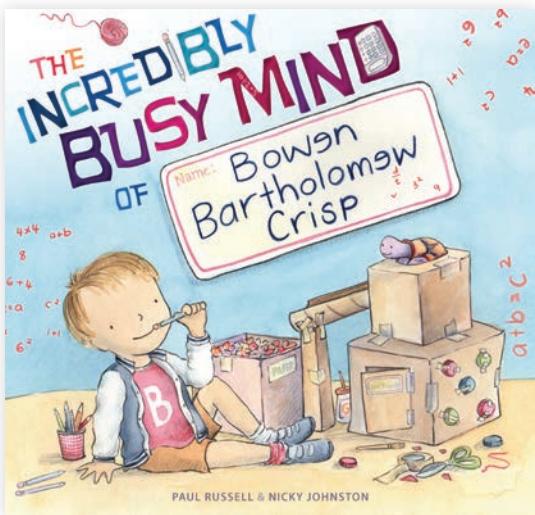
Parenting Made Simple

Straightforward, Practical Strategies for Common Childhood Challenges

Dr Sarah Hughes

AU \$29.99 | NZ \$29.99 | 9781925820324 | 229 x 152 mm | Paperback | 240 pages

"There is a whole chapter dedicated to anxiety; how to identify when it has become a problem for your child, and simple advice that parents and carers can follow to help children build resilience and cope in a world where the stresses are real and impossible to ignore." - The Government Schools Guide



The Incredibly Busy Mind of Bowen Bartholomew Crisp

Paul Russell & Nicky Johnston



AU \$24.99 | NZ \$24.99 | July 2021 | 9781925820881 |
245 x 255 mm | Hardback | 32 pages | Colour

QTY

AGES
5-10

THEMES: NEURODIVERSITY, CURIOSITY, FITTING IN, SCHOOL

A PLAYFUL STORY CELEBRATING THE WONDER OF THE NON-NEUROTYPICAL MIND!

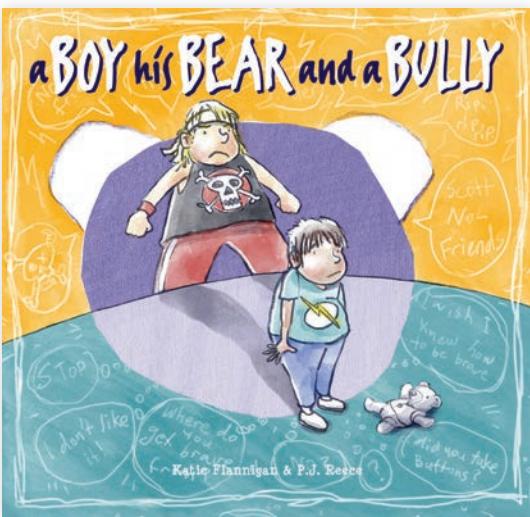
Most children would say that the ocean is blue, but when Bowen looks at it he sees white where the waves crash, deep black on the ocean floor, and green when there's a storm. Bowen sees the world differently and struggles to fit in. When he turns his uniqueness into his greatest strength, however, he finds his place in the world. Young readers, carers, teachers and psychologists alike will be inspired by this story of embracing diversity while also encouraging children to think differently.

"As the author of children's books, I spent much of my life in a world of imagination and as an adult wouldn't change a thing. But as a child, being a little more normal would have made things easier. I wrote this book for a dear friend who has a son that reminds me of me. I wanted to write something that told them both there was light at the end of the tunnel." - Paul Russell, Author

ABOUT THE CREATORS

Paul Russell is a primary teacher, playwright and children's author. He is passionate about children's literacy and building young appetites for the written word.

Nicky Johnston is an educator and author/illustrator, with a strong focus on children's emotional resilience and mental health awareness.



A Boy, His Bear and a Bully

Katie Flannigan & P.J. Reece



AU \$24.99 | NZ \$24.99 | Aug 2021 | 9781925820898 |
245 x 255 mm | Hardback | 32 pages | Colour

QTY

AGES
4-8

THEMES: BULLYING, FRIENDSHIP, BRAVERY, FORGIVENESS, SCHOOL

PROVIDES A CONSTRUCTIVE MODEL OF HOW TO DEAL WITH DIFFICULT SITUATIONS AT SCHOOL, OPENING CONVERSATIONS ON SOCIAL ISSUES CHILDREN MAY BE RELUCTANT TO DISCUSS.

Scott takes his bear, Buttons, to school with him every day to help him feel brave. He has to, because every day, Duncan is mean to him. When Buttons goes missing though, Scott has to look elsewhere to find his brave, and much to his surprise, he does. *A Boy, His Bear and a Bully* addresses the global issue of bullying in a hopeful, gentle way. It is an inspiring conversation starter for children, carers, and professionals, providing guidance for anyone who wishes they could be brave.



TEACHER NOTES
AVAILABLE
HERE



ABOUT THE CREATORS

Katie Flannigan has had twenty years' experience in the Health Sector, and now writes full time for children. She lives in Melbourne with her husband, three children and way too many dogs.

P.J. Reece is an Australian illustrator who has done illustration work for Blake Education, sold greeting cards of his designs at various retail outlets and has had two children's books published through Little Steps Publishing that feature his illustrations.



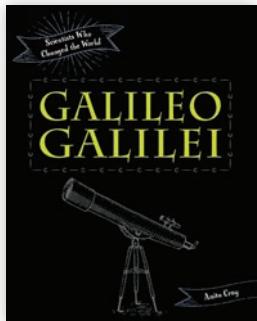
Books with Heart on Issues that Matter

SCIENTISTS WHO CHANGED THE WORLD

This series looks at some of the world's greatest scientists and how their work and discoveries changed society. The books are beautifully designed with a focus on keeping the reading experience exciting and engaging, while helping children learn.

'A fantastic way for young readers to move from reading regular novels to more scientific and non-fiction books.' - Artin, aged 10.

THEMES: SCIENCE, BIOGRAPHY



Galileo Galilei

Anita Croy



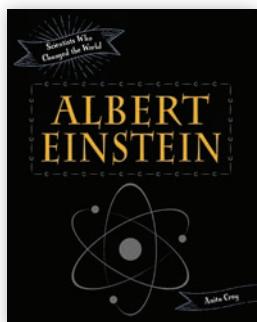
AU \$24.99 | NZ \$24.99 | Aug 2021 | 9781925820744 |
235 x 184 mm | Hardcover | 64 pages | Colour

AGES
9-13



QTY

Galileo Galilei pioneered the scientific method and made ground-breaking observations about physics and the solar system. His work informs both modern scientific endeavour and our daily lives. Learn how his discoveries have changed our understanding of the world with this captivating biography, full of colourful illustrations and fascinating facts!



Albert Einstein

Anita Croy



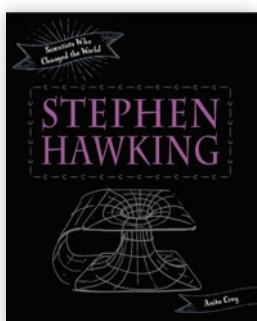
AU \$24.99 | NZ \$24.99 | Aug 2021 | 9781925820737 |
235 x 184 mm | Hardcover | 64 pages | Colour

AGES
9-13



QTY

Albert Einstein is one of the most famous scientists in the world, known for his phenomenal work in the field of quantum physics. His Theory of Relativity changed our understanding of space and inspired decades of research. Learn what his exceptional story can tell us about life and society, and discover the ways in which his work changed our world!



Stephen Hawking

Anita Croy



AU \$24.99 | NZ \$24.99 | Aug 2021 | 9781925820720 |
235 x 184 mm | Hardcover | 64 pages | Colour

AGES
9-13



QTY

Stephen Hawking advanced our understanding of the universe enormously and had a huge impact on society through his bestselling books and his inspirational battle with disability. This beautifully designed biography will teach young readers about Hawking's life and research, and how his discoveries have changed our understanding of the world!

MATH BOY

Albert Einstein was born into a Jewish family in the town of Ulm, Germany, in 1879. A year later, the family moved to the large city of Munich. Einstein's father was a businessman, while his mother stayed at home and raised Albert and his younger sister, Maja, who was known as Maja.

When Albert was just five years old, he saw a compass for the first time. It fascinated him. He wanted to know about the invisible forces that moved the needle. Despite his curiosity about how things worked, Albert was a poor student at school. He hated the rigid structure of lessons. He was teased and even attacked by his classmates for being a Jew.

Albert was a poor student at school.

Most of Albert's learning took place out of school, thanks to a medical student named Max Talmey, who ate with the Einsteins every Thursday night. When Albert was 12, Max gave him a book about the branch of mathematics called geometry. The book, by the ancient Greek mathematician Euclid, was called *Elements*. Albert called it his "sacred little geometry book." Max became Albert's unofficial tutor. He also introduced Albert to science and philosophy. Albert worked on his geometry problems all week and showed them to Max every Thursday. Before long, the student had overtaken his teacher.

This photo of Albert and Maja was taken in about 1886, when Albert was seven.



Ideas that changed the world

Einstein thought that an education based on freedom of choice and being responsible for one's own learning was far superior to an education that relied on rules and discipline, obeying authority without question, and ambition.

Exploring the ideas

Like the seventeenth-century English scientist Sir Isaac Newton (1642–1727), whose theories he would later challenge, Einstein did not enjoy his schooldays. He did most of his learning outside of school. When Einstein was 15, his family moved to Italy for his father's new business, but Einstein stayed in Germany to finish school. He hated the way the German school system forced students to learn without questioning. Einstein spent his whole life questioning and challenging accepted ideas, and then coming up with ideas of his own.

Einstein's birthplace, Ulm, stands on the Danube River.

HISTORY'S STORY

The Einsteins were Jewish, but did not attend synagogue regularly. They adapted Jewish customs to suit their lives, such as the Friday night Sabbath meal. Instead of inviting Max Talmey over on Fridays, as was the Jewish custom, they invited him on Thursdays. Einstein was picked on at school for being Jewish. Perhaps, as a result, he stood up for the underdog throughout his life.

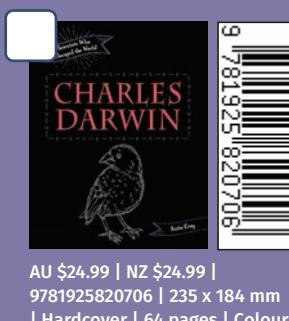
ABOUT THE AUTHOR

Anita Croy has written numerous books for young readers, mainly about ancient and modern history and the geography of Asia and the Americas, where she has travelled widely. This includes studies of ancient civilisations for the *National Geographic*.

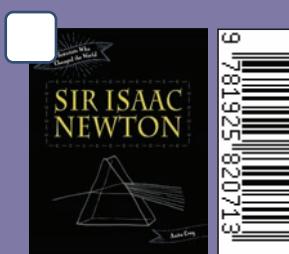
ORDER ALL 6 BOOKS IN THE SERIES, FOR AN EXTRA 5% DISCOUNT.



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



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

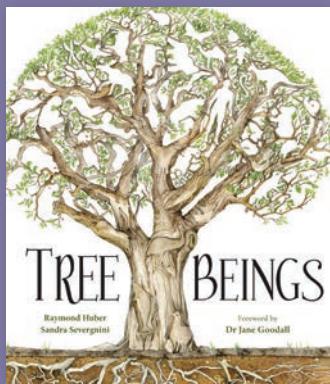


AU \$24.99 | NZ \$24.99 |
9781925820713 | 235 x 184 mm | Hardcover | 64 pages | Colour

TEACHER NOTES AVAILABLE HERE



NOW BACK IN STOCK



Tree Beings

RAYMOND HUBER & SANDRA SEVERGNINI
WITH FOREWORD BY DR JANE GOODALL



AU \$34.99 | NZ \$34.99 | 9781925820539 |
280 x 245 mm | Hardback | 96 pages | Colour
9 781925 820539

AGES
9-13



QTY

THEMES: NATURAL WORLD, PROTECTING OUR ENVIRONMENT

"A delightful and enriching exploration of tree heroes and saviours that will appeal to kids and adults alike. It is exquisitely illustrated."
- Organic Gardener



LITTLE PINK DOG BOOKS



The Cat Thief

Pat Simmons & Liz Duthie



AU \$24.99 | NZ \$24.99 | July 2021 | 9780648964018 |
251 x 251 mm | Hardback | 32 pages | Colour
9 780648 964018

AGES
4-8



QTY

Olive longs to own a pet cat but her plan to steal one doesn't seem to be working. Olive has another idea. Will she finally find the cat of her dreams? A humorous picture book suitable for young children up to eight years old. Cheeky, fun illustrations encapsulate Olive's unfortunate efforts as a cat thief.



ABOUT THE CREATORS

Pat Simmons writes poetry, short stories and children's picture books. *The Cat Thief* is Pat's fifth picture book.
Liz Duthie is an illustrator with fine arts training who specializes in illustration for picture books and middle grade chapter books using traditional mediums.



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



SCAN HERE TO VISIT OUR
BOOKSELLER ZONE, FOR
ALL OUR LATEST MATERIALS
INCLUDING ONIX FILES, ORDER
FORMS, BESTSELLER LISTS
AND SAMPLE PAGES.

Your Australian local Exisle sales representative

NSW, ACT & TASMANIA Bronwyn Eley - bronwyn@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

FOLLOW US ON:

Instagram: @exislepublishing | @ekbooksforkids

YouTube: ExislePublishing | EK Books for Kids

Twitter: @ExisleBooks | @EK_Books

Facebook: @ExislePublishing | @ekbooksforkids

www.exislepublishing.com