

**PRACTICAL AND COMPASSIONATE BOOKS BY DOCTORS,  
COUNSELLORS, PSYCHOLOGISTS, TEACHERS AND MORE.**

**From Exisle Publishing, the home of Dr Russ Harris and *The Happiness Trap*.**



# **MENTAL HEALTH CATALOGUE BOOKS FOR A HEALTHIER MIND**

With so much fear and uncertainty in the world, many of us are now spending our days in a constant state of stress, worry and distraction. The impact this has on our mental health is undeniable. We're not designed to live in perpetual survival mode, but how can we break the cycle when the world itself seems unpredictable and beyond our power to control? In this collection of books written by leading experts, readers will find practical research-based advice for taking control of your inner landscape, overcoming anxiety, and accessing strength, resilience and calm - no matter what!

Written in plain English, these titles give instant access to the wisdom and experience of professionals at the top of their game — from clinical psychologists to experts in brain nutrition, from sleep scientists to mindfulness gurus.

Our children’s books, under our EK imprint, are also crafted by authors and illustrators whose backgrounds include teaching and psychology. These creators have a knack for unpacking complex issues, making them engaging and memorable for even our youngest readers. We invite you to explore our range and soothe your mind.

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ACT & OTHER THERAPEUTIC APPROACHES

AUTHOR SPOTLIGHT

Dr Russ Harris is a world-renowned trainer of Acceptance & Commitment Therapy (ACT), training over 50,000 health professionals since 2005. His bestselling book *The Happiness Trap* is the go-to reference guide to ACT, having sold more than a million copies around the globe and translated into more than 30 languages. This is first time since its original publication in 2007 that this seminal text has been updated. This much-anticipated new edition incorporates the learnings from Russ's extensive clinical and training career, including his work with the WHO (World Health Organization) on a stress-management protocol for use in refugee camps around the world. The impressive results of which were published in *The Lancet*.



BRAND NEW, FULLY REVISED EDITION

The Happiness Trap

Stop Struggling, Start Living

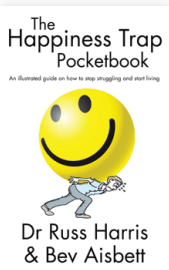
Dr Russ Harris

This million copy bestselling book has been extensively (over 50%) rewritten and there is lots more material (approx. 20,000 words). Free yourself from depression, anxiety and insecurity, and instead build a rich and meaningful life, with the world's best-selling guide to escaping the 'happiness trap'.

There is a growing number of people who feel something is missing from their lives; that despite financial or family success they are not truly happy. Unfortunately, popular psychological approaches are making it even worse! In *The Happiness Trap*, Dr Russ Harris provides a means to escape this epidemic of stress, anxiety and depression, unlocking the secrets to a truly fulfilling life.

Updated and expanded in its second edition, this empowering book presents the insights and techniques of Acceptance and Commitment Therapy (ACT), covering more topics and providing more practical tools than ever before. Learn how to clarify your values, develop self-compassion and find true satisfaction with this bigger and better guide to:

- Reducing stress and worry
- Handling painful thoughts and feelings more effectively
- Breaking self-defeating habits
- Overcoming insecurity and self-doubt
- Building better relationships



The Happiness Trap Pocketbook

An Illustrated Guide on How to Stop Struggling and Start Living

Dr Russ Harris & Bev Aisbett



9781921966187 | Paperback | 198 x 128 mm / 7 7/8 x 5 in | 168 pages | RRP: AU \$19.99 | NZ \$24.99

The Reality Slap

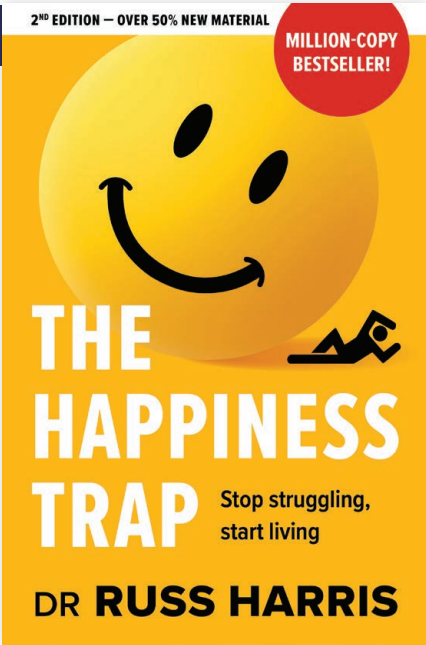
How To Survive and Thrive When Life Hits Hard

Dr Russ Harris

We all have tough times in life, and here's the manual to help.

This fully updated and rewritten edition of the highly successful *The Reality Slap* contains a new wealth of advanced expertise on coping effectively when life hurts. Using proven principles of Acceptance and Commitment Therapy, it provides a compassionate, constructive guide to dealing with emotions arising from setbacks. From serious illness to divorce; loneliness to the stress of a pandemic, this powerful book will show you how to heal from your pain and emerge stronger than before.

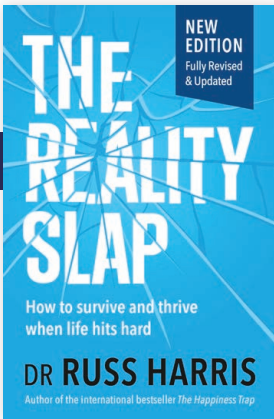
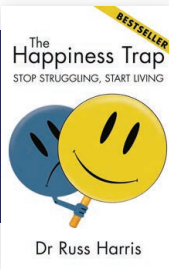
9781925820911 | Paperback | 234 x 151 mm / 9 1/4 x 6 in | 248 pages  
RRP: AU \$34.99 | NZ \$34.99



9781922539199 | Paperback | 229 x 152 mm / 9 x 6 in | 320 pages | RRP: AU \$34.99 | NZ \$34.99



A GLOBAL SELLER, THIS FIRST EDITION IS BEING KEPT IN PRINT TO SATISFY READING LIST DEMAND.





ACT & OTHER THERAPEUTIC APPROACHES

AUTHOR SPOTLIGHT

Dr Cate Howell is a GP, therapist, educator and author. She had a Year 2000 Churchill Fellowship and completed a PhD on depression. In 2012 Cate was awarded the Order of Australia Medal for services to mental health. Cate currently works as a General Practitioner with Defence, and also has a private practice focusing on mental health and various teaching activities.

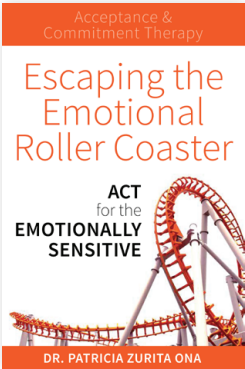
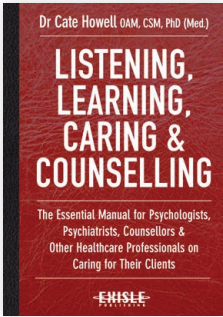


Listening, Learning, Caring and Counselling

The Essential Manual for Psychologists, Psychiatrists, Counsellors and Other Healthcare Professionals on Caring for Their Clients  
Dr Cate Howell OAM, CSM, PhD (Med.)

Developing the skills of listening, learning, caring and counselling requires professional support and training. This authoritative, comprehensive guide fills that role. Issues including depression, relationship concerns, addiction and grief are dealt with and numerous therapies and their techniques are described. The extensive case studies, skills and tips for everyday practice make it a practical, user-friendly resource.

9781925335040 | Paperback | 229 x 152 mm / 9 x 6 in | 336 pages  
RRP: US \$24.99 | CA \$32.99 | UK £19.99 | AU \$44.99 | NZ \$44.99



Escaping the Emotional Roller Coaster

ACT for the Emotionally Sensitive  
Dr Patricia Zurita Ona

If you’ve ever been told that you’re ‘too sensitive’ or felt overwhelmed by your emotions, this is the book for you. Using the principles of ACT and positive psychology, Dr Zurita Ona provides a simple roadmap for every ‘super-feeler’ on how to avoid being hijacked by your emotions. You will discover that you are far more than your emotions, and that you can always choose to act in a way that is consistent with your personal values, in order to experience fulfilling, loving relationships.

9781925335743 | Paperback | 229 x 152 mm / 9 x 6 in | 248 pages  
RRP: US \$21.99 | CA \$23.99 | UK £9.99 | AU \$34.99 | NZ \$34.99



ABOUT THE AUTHOR

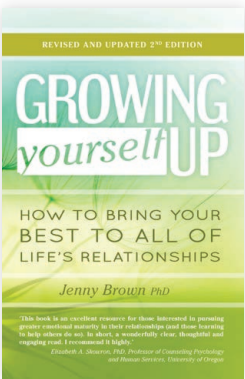
Dr Patricia Zurita Ona, is a clinical psychologist who specialises in anxiety and emotion dysregulation problems. In addition to private practice, Dr Z is a clinical faculty member for the Wright Institute.

Build the Person You Want to Be

The ORANGES Toolkit  
Simon Rountree

Based on the science and principles of positive psychology, *Build the Person You Want to Be* provides you with the tools you need to foster greater resilience and mental wellbeing. The ORANGES toolkit focuses on the seven key elements that support human flourishing and meaning: Optimism, Resilience, Attitude, Now (mindfulness), Gratitude, Energy and Strengths.

9781925335125 | Paperback | 229 x 152 mm / 9 x 6 in | 192 pages  
RRP: US \$21.99 | CA \$23.99 | UK £10.99 | AU \$29.99 | NZ \$29.99



Growing Yourself Up

How to Bring Your Best to All of Life’s Relationships  
Jenny Brown

In relationships, we experience both the best and worst of ourselves. *Growing Yourself Up* helps you understand yourself by understanding your relationships. Drawing on Bowen family systems theory, the book explores each life stage to see predictable relationship patterns and then make self-adjustments to facilitate change. The result is a sturdier self and a new view of life’s challenges and opportunities.

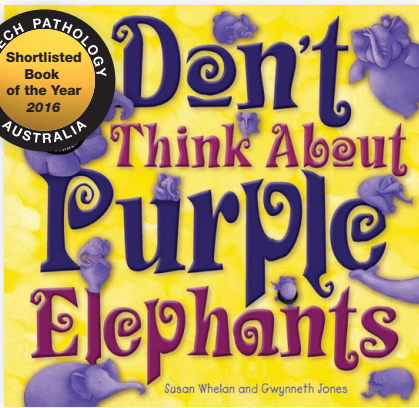
9781925335194 | Paperback | 234 x 152 mm / 9¼ x 6 in | 296 pages  
RRP: US \$22.99 | CA \$29.99 | UK £14.99 | AU \$34.99 | NZ \$39.99



ABOUT THE AUTHOR

Jenny Brown PhD is the founder and Director of the Family Systems Institute Sydney, where she has a counselling practice and trains mental health professionals and organisations.

ANXIETY AND DEPRESSION



Don’t Think About Purple Elephants

Susan Whelan & Gwynneth Jones

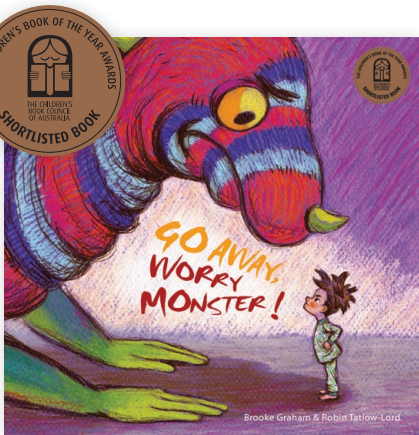
Sometimes Sophie worries — not during the day when she is busy with family and friends, but at night when everything is calm and quiet. Her family all try to help, but somehow they just make her worries worse. Until her mother thinks of a new approach ... that just might involve elephants!

THEMES: COPING WITH ANXIETY, WORRY

9781921966699 | Hardcover | 245 x 255 mm / 9½ x 10 in | 32 pages  
RRP: US \$17.99 | CA \$23.99 | UK £10.99 | AU \$24.99 | NZ \$24.99



9781925335484 | Paperback | 245 x 255 mm / 9½ x 10 in | 32 pages  
RRP: US \$13.99 | CA \$17.99 | UK £7.99 | AU \$14.99 | NZ \$14.99



Go Away, Worry Monster!

Brooke Graham & Robin Tatlow-Lord

Worry Monster loves ‘helping’ Archie worry, especially the night before he starts his new school. He soon realizes that the only way to feel better is to make Worry Monster go away. He does his belly breaths and challenges his inner fears by facing facts. *Go Away, Worry Monster!* gives children useful strategies to cope with their anxieties and stress, showing them how to make their own Worry Monsters leave.

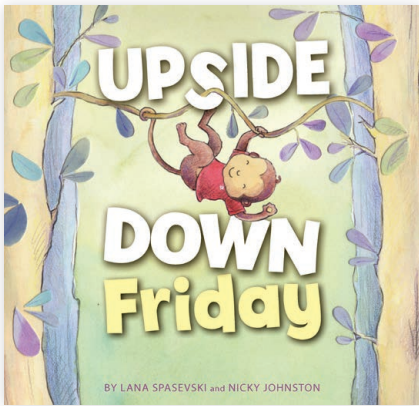
THEMES: ANXIETY, RESILIENCE, EMOTIONAL REGULATION

9781925820393 | Hardcover | 245 x 255 mm / 9½ x 10 in | 32 pages | Colour | RRP: US \$18.99 | CA \$24.99 | UK £10.99 | AU \$24.99 | NZ \$24.99



ABOUT THE AUTHOR

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.



Upside-Down Friday

Lana Spasevski & Nicky Johnston

Hugo the monkey doesn’t like Upside-Down Fridays. His routine is the wrong way round, and school is a scary place full of uncertainty. However, with just a small gesture of friendship and understanding from Maddie the giraffe, Hugo begins to feel braver. *Upside-Down Friday* reflects how helping others and accepting change can reduce childhood anxiety. With its emotive language and unique ‘upside-down’ illustrations, it is the perfect resource for building emotional resilience in children.

THEMES: COPING WITH CHANGE, ANXIETY, SCHOOL

9781925820850 | Hardcover | 245 x 255 mm / 9½ x 10 in | 32 pages  
RRP: US \$18.99 | CA \$24.99 | UK £10.99 | AU \$24.99 | NZ \$24.99



Together Things

When Her Father Feels Sad, A Little Girl Finds Ways to Keep the Bonds of Love Alive  
Michelle Vasiluu & Gwynneth Jones

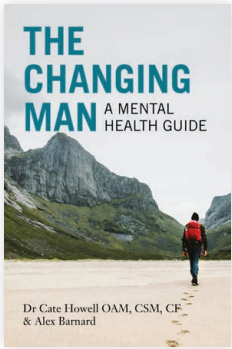
Sometimes, when mental health issues arise, a parent can’t play like they used to. In *Together Things* a girl faces conflicting feelings toward her depressed father, but her mother soon helps her realize they can do different things together to preserve their relationship while her dad tries to get better.

THEMES: UNDERSTANDING DEPRESSION, MENTAL HEALTH. PARENT-CHILD RELATIONSHIPS

9781925820294 | Hardcover | 245 x 255 mm / 9½ x 10 in | 32 pages  
RRP: US \$18.99 | CA \$24.99 | UK £10.99 | AU \$24.99 | NZ \$24.99







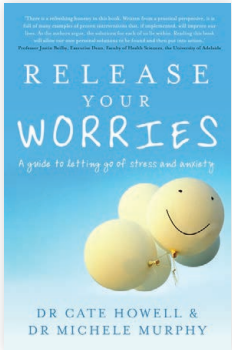
**The Changing Man**  
*A Mental Health Guide*  
**Dr Cate Howell OAM, CSM, CF & Alex Barnard**

Men are changing. They are re-defining what it is to be ‘strong’, and are more open to understanding their emotions and reaching out for help. But stigma still abounds. *The Changing Man* explores issues affecting men’s emotional health and wellbeing, providing tried and tested tools to ensure no man suffers in silence again. *The Changing Man*’s methods and knowledge may just change your emotional health for the better. No shame. No silence. No anger.

9781925820355 | Paperback | 229 x 152 mm / 9 x 6 in | 288 pages  
**RRP:** US \$21.99 | CA \$28.99 | UK £12.99 | AU \$34.99 | NZ \$34.99



ALSO AVAILABLE  
IN AUDIO AT  
[exislepublishing.com](http://exislepublishing.com)



**Release Your Worries**  
*A Guide to Letting Go of Stress and Anxiety*  
**Dr Cate Howell & Dr Michele Murphy**

The most enjoyable book you will ever read about dealing with stress and anxiety! Written by experts, *Release Your Worries* is just the tool you need to help you take control of your anxieties.



9781921497438 | Paperback | 234 x 153 mm / 9¼ x 6 in | 288 pages | **RRP:** US \$19.99 | CA \$21.99 | AU \$34.99 | NZ \$34.99

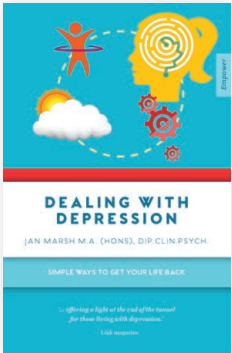
**Relax Your Worries**  
*A Guide to Letting Go of Stress and Anxiety*  
**Dr Cate Howell & Dr Michele Murphy**



GET IT IN AUDIO!



9780987073600 | CD | 125 x 140 x 10 mm / 5 x 5½ x ½ in | 53:15 mins | **RRP:** AU \$19.99 | NZ \$22.99



**Dealing With Depression**  
*Simple Ways to Get Your Life Back*  
**Jan Marsh M.A. (Hons). Dip.Clin.Psych**

*Dealing with Depression* offers a simple, easy to follow, non-judgmental and, above all, effective exploration of depression and how to manage it. A range of strategies is outlined, including the physiological fundamentals of sleep, healthy diet and exercise as well as ideas from positive psychology that help us to take care of ourselves. Case studies show how Jan Marsh’s approach can be tailored to the individual, enabling anyone to successfully deal with depression and get their life back.

9781925335934 | Paperback | 198 x 129 mm / 7¾ x 5 in | 192 pages  
**RRP:** US \$14.99 | CA \$19.99 | UK £9.99 | AU \$24.99 | NZ \$24.99



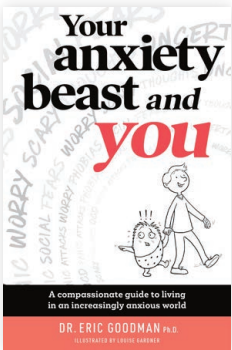
ALSO AVAILABLE  
IN AUDIO AT  
[exislepublishing.com](http://exislepublishing.com)



**Social Courage**  
*Coping and Thriving with the Reality of Social Anxiety*  
**Dr Eric Goodman PhD**

Whether you are struggling with social anxiety of phobic proportions or are just held back when it comes to public speaking or meeting specific social goals, *Social Courage* offers help with its step-by-step program that draws from a range of therapeutic approaches. Packed with practical exercises and case studies, it will teach you to thrive in social settings, from friendships, to romance, to career advancement. Break the pattern of anxiety and make the most of your life and your relationships!

9781925335750 | Paperback | 229 x 152 mm / 9 x 6 in | 232 pages  
**RRP:** US \$21.99 | CA \$23.99 | UK £9.99 | AU \$34.99 | NZ \$34.99



**Your Anxiety Beast and You**  
*A Compassionate Guide to Living in an Increasingly Anxious World*  
**Eric Goodman, Ph.D., Illustrated by Louise Gardner**

*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.

9781925820331 | Paperback | 229 x 152 mm / 9 x 6 in | 216 pages  
**RRP:** US \$21.99 | CA \$28.99 | UK £12.99 | AU \$32.99 | NZ \$32.99

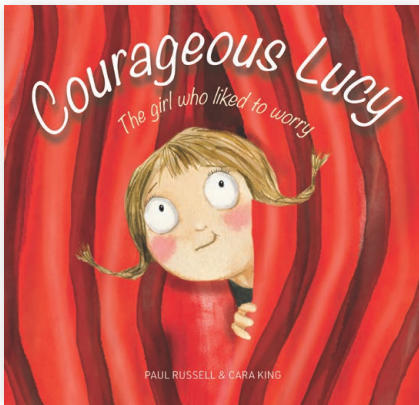


**Cookie**  
**Isabelle Duff & Susannah Crispe**

Cookie loves Girl more than anything – even chasing balls and smelling smells! Sometimes Girl is too sad to play with Cookie, but that’s okay because Cookie is good at sad. You can lick it off, you know. With beautiful words and playful illustrations, *Cookie* is both a heart-warming tale about the love between a dog and their person, and a sensitive exploration of depression and anxiety. From dog-lovers to children who share Girl’s feelings, everyone can learn something from this inseparable pair.

**THEMES:** ANXIETY, DEPRESSION

9781925820959 | Hardcover | 245 x 255 mm / 9½ x 10 in | 32 pages | Colour  
**RRP:** US \$18.99 | CA \$24.99 | UK £10.99 | AU \$24.99 | NZ \$24.99



**Courageous Lucy**  
*The Girl Who Liked to Worry*  
**Paul Russell & Cara King**

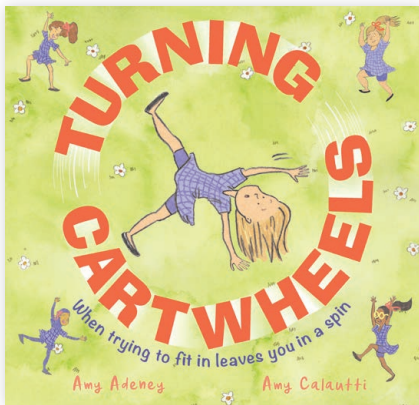
Lucy worries about everything. She’s so skilled at worrying that she worries about things no one else even thinks about! When a school musical is announced, Lucy wants to be part of it but is scared to try out. Then, her teacher finds a part especially for her. Lucy stands proud and tall to be the best tree she can, even as her knees knock and her tummy ties in knots. Lucy’s bravery will show children everywhere that it’s okay to be worried, and still embrace opportunities!

**THEMES:** ANXIETY, BRAVERY, OVERCOMING FEARS, SCHOOL

9781925820775 | Hardcover | 245 x 255 mm / 9½ x 10 in | 32 pages | Colour  
**RRP:** US \$18.99 | CA \$24.99 | UK £10.99 | AU \$24.99 | NZ \$24.99



BULLYING

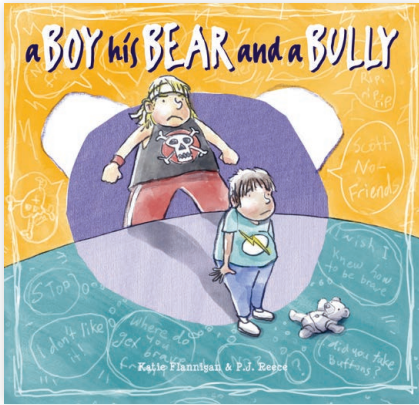


**Turning Cartwheels**  
*When Trying to Fit In Leaves You in a Spin*  
**Amy Adeney & Amy Calautti**

Emma is desperate to join queen bee Carly’s Cartwheel Club. When she is finally accepted, she finds that Carly’s rules take all the joy out of cartwheeling, and being part of the gang isn’t as awesome as she expected. A clever exploration of the social bullying conducted by ‘frenemies’ that is so often experienced by primary school-aged girls.

**THEMES:** SOCIAL BULLYING, FRIENDSHIP, PEER PRESSURE, FITTING IN, SCHOOL

9781925820515 | Hardcover | 245 x 255 mm / 9½ x 10 in | 32 pages  
**RRP:** US \$18.99 | CA \$24.99 | UK £10.99 | AU \$24.99 | NZ \$24.99



**A Boy, His Bear and a Bully**  
**Katie Flannigan & P.J. Reece**

*A Boy, his Bear and a Bully* tells the story of the day Scott’s bear, Buttons, goes missing, and Scott has to find his brave and stand up to his bully. It addresses the global issue of bullying in a hopeful, gentle way, opening the conversation for children, carers, and professionals, and providing guidance for anyone who wishes they could be brave.

**THEMES:** BULLYING, FRIENDSHIP, BRAVERY, FORGIVENESS, SCHOOL

9781925820898 | Hardcover | 245 x 255 mm / 9½ x 10 in | 32 pages  
**RRP:** US \$18.99 | CA \$24.99 | UK £10.99 | AU \$24.99 | NZ \$24.99



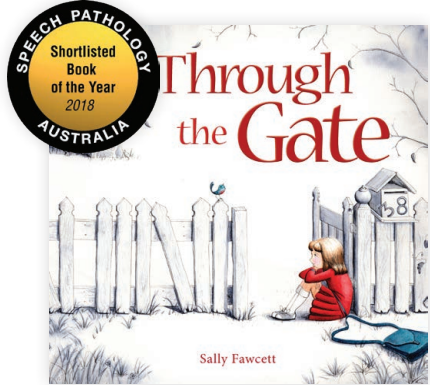




**Mind Kind**  
*Your Child's Mental Health*  
**Dr Joanna North**

*Mind Kind: Your Child's Mental Health* provides clear, research-based advice to help parents and carers support children towards positive mental wellbeing. Acclaimed psychotherapist Dr Joanna North addresses common parental misunderstandings and presents strategies based on kindness, and awareness that every child's emotional needs are unique. She advises on a range of situations including behaviour management; dealing with anxiety and depression; eating disorders; divorce and step-parenting.

9781925335941 | Paperback | 229 x 152 mm / 9 x 6 in | 256 pages  
**RRP:** US \$21.99 | CA \$28.99 | UK £12.99 | AU \$34.99 | NZ \$34.99



**Through the Gate**  
**Sally Fawcett**

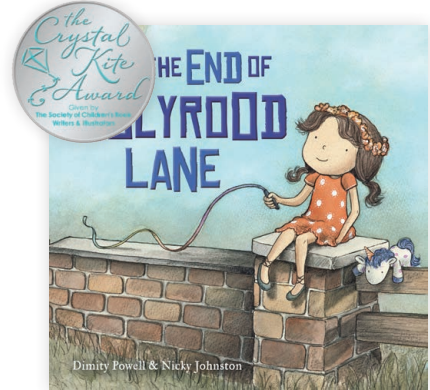
Like all changes, moving house can be difficult. A little girl struggles to cope when confronted with a dilapidated house and a new life. But, over time, the renovations to the house parallel a shift in her perspective, as she realises that change can include good things too.

**THEMES:** MOVING HOUSE, COPING WITH CHANGE

9781925335415 | Hardcover | 245 x 255 mm / 9½ x 10 in | 32 pages  
**RRP:** US \$17.99 | CA \$23.99 | UK £9.99 | AU \$24.99 | NZ \$24.99



9781925820096 | Paperback | 245 x 255 mm / 9½ x 10 in | 32 pages  
**RRP:** US \$14.99 | CA \$19.99 | UK £8.99 | AU \$16.99 | NZ \$16.99



**At the End of Holyrood Lane**  
**Dimity Powell & Nicky Johnston**

Flick's life is often unpredictable due to the constant storms that plague her home. Visually arresting, emotionally incisive, and ultimately uplifting, this beautifully crafted picture book provides a sensitive glimpse into one aspect of domestic violence and how it can affect young lives.

**THEMES:** DOMESTIC VIOLENCE, ABUSE, RESILIENCE, TRUST, HOPE

9781925335767 | Hardcover | 245 x 255 mm / 9½ x 10 in | 32 pages  
**RRP:** US \$17.99 | CA \$23.99 | UK £10.99 | AU \$24.99 | NZ \$24.99



9781925820454 | Paperback | 245 x 255 mm / 9½ x 10 in | 32 pages  
**RRP:** US \$15.99 | CA \$20.99 | UK £9.99 | AU \$19.99 | NZ \$19.99



**Tabitha and the Raincloud**  
**Devon Sillett & Melissa Johns**

When Tabitha wakes up on the wrong side of the bed, she finds a big raincloud next to her. She tells it to go away, but it won't budge. And her day just gets worse. By lunchtime she's so stormy none of her friends want to sit next to her and Tabitha realises she needs to change her attitude. An empowering story of resilience and optimism, for anyone who's ever had a day when nothing seems to go right.

**THEMES:** ANGER, EMOTIONAL REGULATION, OPTIMISM

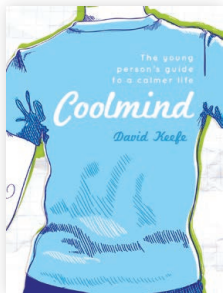
9781925820133 | Hardcover | 245 x 255 mm / 9½ x 10 in | 24 pages | Colour  
**RRP:** US \$18.99 | CA \$24.99 | UK £10.99 | AU \$24.99 | NZ \$24.99



**Cool Mind**  
*The Young Person's Guide to a Calmer Life*  
**David Keefe**

Learn to feel calmer, happier and more focused in just three minutes a day with this guide to having a coolmind!

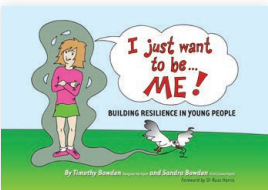
9781921497933 | Paperback | 138 x 105 mm / 5½ x 4 in | 120 pages | **RRP:** UK £5.99 | AU \$12.99 | NZ \$14.99



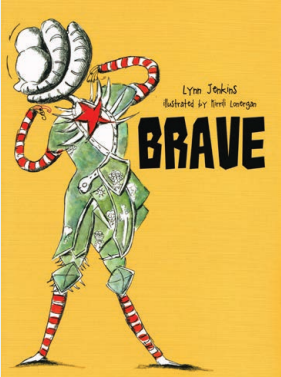
**I Just Want to Be ... Me!**  
*Building Resilience in Young People*  
**Timothy and Sandra Bowden**

This graphic novel teaches young people effective, flexible strategies for dealing with the stressors in their life.

9781921497476 | Paperback | 170 x 245 mm / 6¾ x 9¾ in | 64 pages | Colour | **RRP:** US \$9.99 | CA \$11.99 | UK £8.99 | AU \$19.99 | NZ \$22.99



Written by clinical psychologist Lynn Jenkins, and illustrated by art therapist Kirrili Lonergan, the 'Lessons of a LAC' series gives children ways to think about and manage common emotional difficulties. It is a valuable resource for every child to help guide their emotional development.



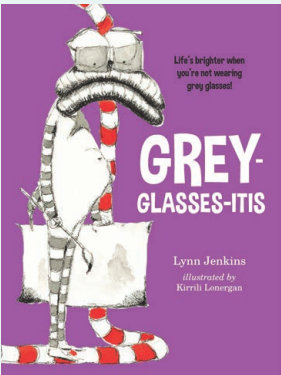
**Brave**  
**Lynn Jenkins & Kirrili Lonergan**

While kids are blessed with imagination, it can be a source of anxiety. However, it can also be tapped to help them to feel BRAVE!

**THEMES:** ANXIETY, WORRY, RESILIENCE, COURAGE



9781925117844 | Paperback | 310 x 230 mm / 12¼ x 9 in | 36 pages | Colour  
**RRP:** AU \$19.99 | NZ \$19.99 | Little Steps Publishing



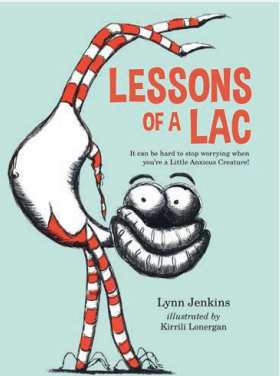
**Grey-glasses-itis**  
*Life's Brighter When You're Not Wearing Grey Glasses!*  
**Lynn Jenkins & Kirrili Lonergan**

When Loppy takes off his grey glasses, life doesn't look so sad! A simple way to teach kids how thoughts influence mood.

**THEMES:** MOODS, FEELINGS, EMOTIONAL RESILIENCE



9781925335958 | Paperback | 305 x 230 mm / 12 x 9 in | 32 pages | Colour  
**RRP:** US \$17.99 | CA \$23.99 | UK £9.99 | AU \$19.99 | NZ \$19.99



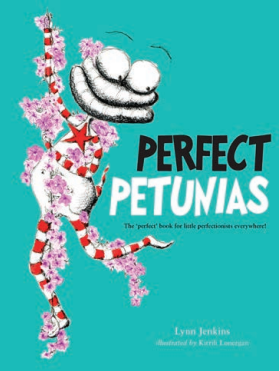
**Lessons of a LAC**  
*It Can Be Hard To Stop Worrying When You're A Little Anxious Creature!*  
**Lynn Jenkins & Kirrili Lonergan**

An essential resource tool, in an engaging picture-book format, to help children manage their worries and anxieties.

**THEMES:** ANXIETY, WORRY, RESILIENCE



9781925335828 | Paperback | 305 x 230 mm / 12 x 9 in | 32 pages | Colour  
**RRP:** US \$17.99 | CA \$23.99 | UK £9.99 | AU \$19.99 | NZ \$19.99



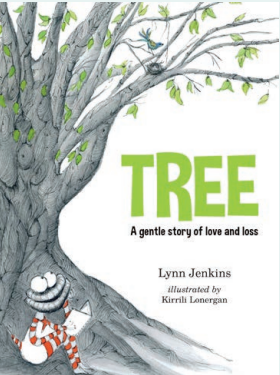
**Perfect Petunias**  
*The 'Perfect' Book for Little Perfectionists Everywhere!*  
**Lynn Jenkins & Kirrili Lonergan**

The 'perfect' book for kids who find it hard to make mistakes! Sometimes 'perfect' just means trying your best.

**THEMES:** PERFECTIONISM, SELF-ACCEPTANCE, RESILIENCE



9781925335583 | Paperback | 305 x 230 mm / 12 x 9 in | 32 pages | Colour  
**RRP:** US \$17.99 | CA \$23.99 | UK £9.99 | AU \$19.99 | NZ \$19.99



**Tree**  
*A Gentle Story of Love and Loss*  
**Lynn Jenkins & Kirrili Lonergan**

A gentle story of loss to help children learn how to say goodbye, process grief and commemorate a loved one's life.

**THEMES:** GRIEF, LOSS, EMOTIONAL RESILIENCE



9781925820126 | Paperback | 305 x 230 mm / 12 x 9 in | 32 pages | Colour  
**RRP:** US \$17.99 | CA \$23.99 | UK £9.99 | AU \$19.99 | NZ \$19.99



**What if ... ?**  
**Lynn Jenkins & Kirrili Lonergan**

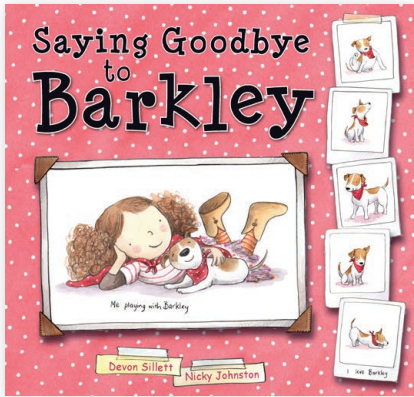
In this colourful adventure, 'what ifs' become springboards for happiness and imagination. Why worry about monsters under the bed when you could wonder what it would be like if the clouds were purple and orange and green? Children will delight in this playful exploration of words and their power to change how we feel, turning anxiety into wonder.

**THEMES:** ANXIETY, IMAGINATION

9781925820973 | Hardcover | 245 x 255 mm / 9½ x 10 in | 32 pages | Colour  
**RRP:** US \$18.99 | CA \$24.99 | UK £10.99 | AU \$24.99 | NZ \$24.99







**Saying Goodbye to Barkley**  
**Devon Sillett & Nicky Johnston**

Olivia and her dog Barkley are inseparable. He’s her sidekick, her partner in crime-fighting — they’re the perfect pair. But then, Barkley dies and Olivia is heartbroken. Gradually, however, she realizes that Barkley wouldn’t want her to be unhappy for the rest of her life. So she comes up with a clever plan to get her happiness back.

**THEMES: PETS, LOSS, ANIMAL WELFARE**

9781925335965 | Hardcover | 245 x 255 mm / 9½ x 10 in | 32 pages  
**RRP:** US \$17.99 | CA \$23.99 | UK £10.99 | AU \$24.99 | NZ \$24.99

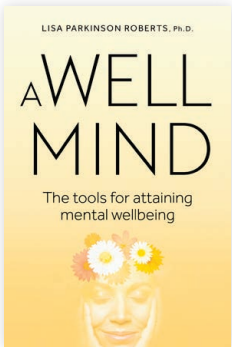
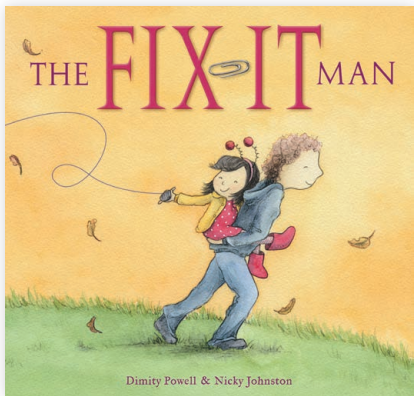


**The Fix-It Man**  
**Dimity Powell & Nicky Johnston**

A young girl believes her father can fix anything, but following the death of her mother, she discovers that broken hearts are not as easy to repair as torn toys or cracked teapots. Together, she and her father find a way to glue back the pieces of their lives. A poignant picture book that explores how a child can cope with the loss of a parent.

**THEMES: GRIEF, DEATH, HOPE, HEALING FROM LOSS**

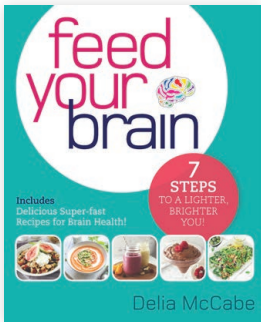
9781925335347 | Hardcover | 245 x 255 mm / 9½ x 10 in | 32 pages  
**RRP:** US \$17.99 | CA \$23.99 | UK £9.99 | AU \$24.99 | NZ \$24.99



**A Well Mind**  
*The Tools for Attaining Mental Wellbeing*  
**Lisa Parkinson Roberts, PhD**

*A Well Mind* provides a holistic approach to mental wellness that explores how we can begin to feel better mentally by improving how we care for our physical health. Author Lisa Parkinson Roberts has struggled with mental health, and here she explains the tools and expertise which have helped her regain control of how she feels. Improve your eating, sleep, stress management and exercise routines, and ultimately your mental health, with this essential guide to feeling the best you can in your mind!

9781925820782 | Paperback | 229 x 152 mm / 9 x 6 in | 280 pages  
**RRP:** US \$21.99 | CA \$28.99 | UK £12.99 | AU \$34.99 | NZ \$34.99

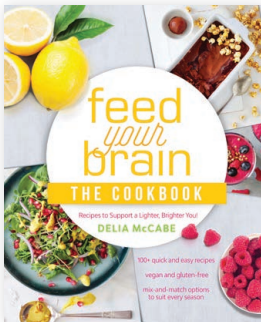


**Feed Your Brain**  
*7 Steps to a Lighter, Brighter You!*  
**Delia McCabe**

9781925335118 | Paperback | 235 x 191 mm / 9¼ x 7½ in | 296 pages  
**RRP:** US \$29.99 | CA \$38.99 | UK £16.99 | AU \$34.99 | NZ \$39.99



*Feed Your Brain* is the essential guide to eating foods rich in the nutrients your brain needs to stay happy, productive, and healthy. Learn how to take care of your brain with Delia’s 7-step program, then apply this knowledge using her simple, delicious and nutritious recipes.

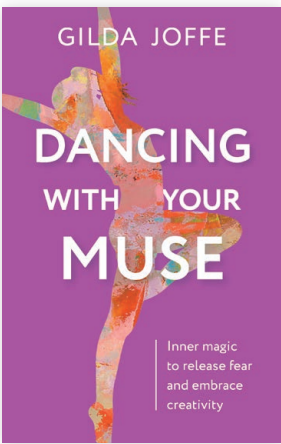


**Feed Your Brain: The Cookbook**  
*Recipes to Support a Lighter, Brighter You!*  
**Delia McCabe**

9781925335613 | Paperback | 235 x 191 mm / 9¼ x 7½ in | 240 pages  
**RRP:** US \$24.99 | CA \$32.99 | UK £14.99 | AU \$34.99 | NZ \$39.99



The ultimate collection of quick, easy and delicious recipes to keep your brain in tip-top shape. Following on from *Feed Your Brain*, author Delia McCabe shares her tips and tricks for preparing meals that will nurture body, soul, and also your brain. Best of all, they’re recipes the whole family will love.



**Dancing with Your Muse**  
*Inner Magic to Release Fear and Embrace Creativity*  
**Gilda Joffe**

Have you ever had a dream, but let it go because you were too afraid of failure to try? *Dancing with Your Muse* is a heartfelt, motivational guide to understanding this fear, realising that you are not alone in it, and working past it to achieve your goals without inhibition. With sections on the purpose of fear and how to turn it into a positive outcome, guidance on staying resilient to external perceptions of your worth, and defining what success means to you, this book will teach you to courageously choose the most direct pathways to success. Will appeal to people from all walks of life, particularly performing artists, entrepreneurs, hobbyists, mental health professionals, public speakers, sports psychologists, and anyone suffering from corporate overwhelm.

9781922539069 | Hardcover | 210 x 135 mm / 8¼ x 5¼ in | 224 pages  
**RRP:** US \$24.99 | CA \$32.99 | UK £18.99 | AU \$34.99 | NZ \$34.99



**The Journal Writers Companion**  
*Achieve Your Goals • Express Your Creativity • Realize Your Potential*  
**Alyss Thomas, MSc**

Numerous studies show that effective journal writing can significantly impact your life. Designed to be a clear, practical guide to using journaling to help you succeed in any area of life, *The Journal Writer’s Companion* is also a comprehensive reference to all of the different types of journaling techniques. An experienced psychotherapist and writing coach, Alyss Thomas explains how these various approaches to journaling can be adapted and combined in innovative ways to create a unique, personalized method that works for your life and your goals. The result is the only guide you’ll ever need to achieving personal and professional success the journaling way!

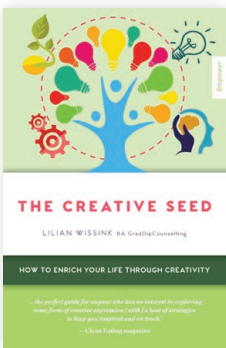
9781925820041 | Hardcover | 210 x 152 mm / 8¼ x 6 in | 272 pages  
**RRP:** US \$24.99 | CA \$32.99 | UK £14.99 | AU \$34.99 | NZ \$39.99



**Purposeful Breathing**  
*Reset Your Mind • Improve Your Energy • Enhance Your Health*  
**Dr Greg Smith**

*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. The breath is a remarkably powerful mind-body connection. Anxiety, anger, deep calm or steady concentration each have their own patterns of breathing and we move between different styles of breathing every day without usually realizing it. If we can recognize these styles of breathing, we can also consciously change them and this in turn produces change in the emotional state. The book also teaches breathing skills for longer term health and healing, informed by new discoveries from psychology and neuroscience.

9781925820591 | Paperback | 229 x 152 mm / 9 x 6 in | 216 pages  
**RRP:** US \$27.99 | CA \$37.99 | UK £19.99 | AU \$34.99 | NZ \$34.99



**The Creative SEED**  
*How to Enrich your Life Through Creativity*  
**Lilian Wissink, BA GradDip Counselling**

9781925820300 | Paperback | 198 x 129 mm / 7¾ x 5 in | 200 pages  
**RRP:** US \$14.99 | CA \$19.99 | UK £9.99 | AU \$24.99 | NZ \$24.99



An empowering book to keep you on track for living your creative dream. Whether you are already involved in some form of creative expression, think you don’t have an ounce of creative flair, are a beginner, well established, or suffer from low confidence, you can discover and nurture new, exciting dimensions in your life with *The Creative SEED*.



**Sleep Sense**  
*Improve Your Sleep, Improve Your Health*  
**Dr Katharina Lederle**

9781925820935 | Paperback | 198 x 129 mm / 7¾ x 5 in | 224 pages  
**RRP:** US \$14.99 | CA \$19.99 | UK £9.99 | AU \$24.99 | NZ \$24.99



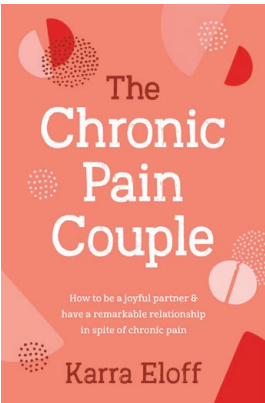
Sleep is fundamental to our health and wellbeing. In *Sleep Sense*, international sleep expert Dr Katharina Lederle explores how sleep is connected to each of the three pillars of successful living: physical health, cognitive performance, and emotional wellbeing, and provides readers with the tools to effectively establish healthy sleep habits.



**The Chronic Pain Couple**  
*How To Be A Joyful Partner & Have A Remarkable Relationship In Spite Of Chronic Pain*  
**Karra Eloff**

The struggle to maintain joy and a fulfilling relationship while coping with chronic illness and pain is a serious problem for millions of people today. Australian health entrepreneur Karra Eloff has drawn on academic research and her own pursuit of joy in spite of suffering to develop this trailblazing, compassionate, low-energy and practical path to a remarkable new normal, delivering much-needed solutions to couples living with one partner’s chronic pain. If you experience chronic pain or love someone with a chronic illness this book is for you. If you are a health professional seeking practical advice for people with chronic pain, this book is for you.

9781922539212 | Hardcover | 229 x 152 mm / 9 x 6 in | TBA pages | July 2022  
**RRP:** US \$27.99 | CA \$37.99 | UK £19.99 | AU \$39.99 | NZ \$39.99



**The Cancer Companion**  
*How to Navigate Your Way From Diagnosis to Treatment and Beyond*  
**Dr Toni Lindsay**

9781925820805 | Paperback | 229 x 152 mm / 9 x 6 in | 224 pages  
**RRP:** US \$21.99 | CA \$28.99 | UK £12.99 | AU \$32.99 | NZ \$32.99



Modern psychological research and proven strategies combine in this guide to dealing with the emotional distress of a cancer diagnosis. Its compassionate, jargon-free explanations will have a lasting and meaningful effect on mental wellbeing.

**Pear of Hope**  
**Wenda Shurety & Deb Hudson**

**DRAWS ON THE AUTHORS EXPERIENCE OF LIVING WITH MS**

*Pear of Hope* is the story of a little girl with cancer and her tale of recovery. Told through sensitive words and gentle, beautiful illustrations, the story will comfort and inspire any children who are struggling to feel positive, whatever journey they may be on.

**THEMES: ILLNESS, OVERCOMING CHALLENGES, RESILIENCE, HOPE, CANCER**



9781925820867 | Hardcover | 215 x 288 mm / 8½ x 11¼ in | 32 pages | Colour | **RRP:** US \$18.99 | CA \$24.99 | UK £10.99 | AU \$24.99 | NZ \$24.99



**Grandma Forgets**  
**Paul Russell & Nicky Johnston**



A warm, uplifting picture book about a family bound by love as they cope with their grandmother’s dementia.

**THEMES: DEMENTIA, ALZHEIMER’S DISEASE, AGEING**

9781925335477 | Hardcover | 245 x 255 mm / 9½ x 10 in | 24 pages  
**RRP:** US \$17.99 | CA \$23.99 | UK £9.99 | AU \$24.99 | NZ \$24.99

9781925335811 | Paperback | 245 x 255 mm / 9½ x 10 in | 24 pages  
**RRP:** US \$12.99 | CA \$16.99 | UK £6.99 | AU \$14.99 | NZ \$14.99



**Finding Granny**  
*We Never Really Lose the People We Love*  
**Kate Simpson & Gwynneth Jones**



Every two seconds, someone in the world suffers a stroke. In *Finding Granny*, that someone is Edie’s beloved grandmother. A heart-warming story of family and coping with life’s challenges.

**THEMES: GRANDPARENTS, ILLNESS, STROKE AWARENESS**

9781925335699 | Hardcover | 245 x 255 mm / 9½ x 10 in | 32 pages  
**RRP:** US \$17.99 | CA \$23.99 | UK £10.99 | AU \$24.99 | NZ \$24.99



**AUTHOR SPOTLIGHT**

Associate Professor Craig Hassed is an internationally recognised mindfulness expert who has presented at international conferences and has published extensively in the areas of mind–body medicine and mindfulness. Dr Hassed has devised mindfulness training programs for the core curriculum at Monash University, and for other Australian universities. He is co-author of the two top-ranked online mindfulness courses in the world, and was the founding president of Meditation Australia. In 2019, Dr Hassed received the medal of the Order of Australia for services to medicine.

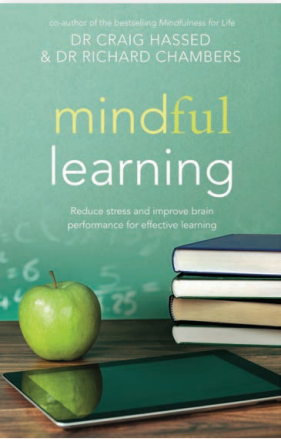
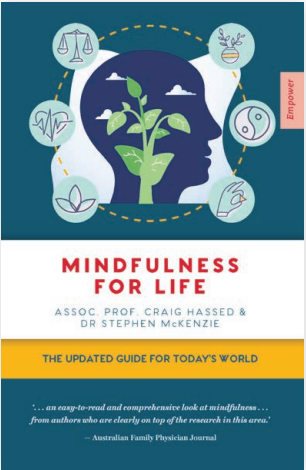


**Mindfulness for Life**  
*The Updated Guide for Today's World*  
**Assoc. Prof. Craig Hassed & Dr Stephen McKenzie**

Mindfulness is a form of mental training that centres on being fully present in life; focusing on what is rather than being distracted by what isn’t. Written by 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. Mindfulness has been around for millennia, but recent years have seen huge advancements in its potential for directly increasing our wellbeing. Take a leap towards mindful living and you might just discover that you become a calmer, happier and healthier being — for life.



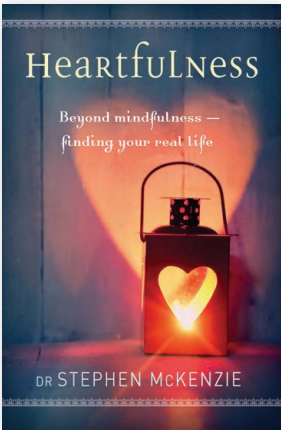
9781922539014 | Paperback | 198 x 129 mm / 7¾ x 5 in | 272 pages  
**RRP:** US \$14.99 | CA \$19.99 | UK £9.99 | AU \$24.99 | NZ \$24.99



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

Mindfulness is increasingly being used in educational environments as a way to help students learn more effectively, develop personally, enhance their physical and emotional health, and deal with study and exam-related demands. In *Mindful Learning*, the authors provide practical insights and exercises on how to apply mindfulness in the educational setting, resulting in a book that clearly sets out how we can manage stress, improve performance and create better communication and relationships. Whatever your age, whatever your learning environment, mindfulness can make a positive difference.

9781921966392 | Paperback | 234 x 151 mm / 9¼ x 6 in | 272 pages  
**RRP:** UK £9.99 | AU \$34.99 | NZ \$34.99



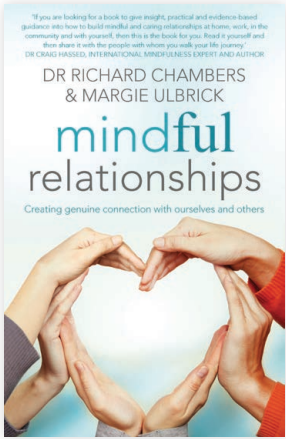
**Heartfulness**  
*Beyond Mindfulness – Finding Your Real Life*  
**Dr Stephen McKenzie**

The mindfulness trend has seen mindfulness become valued more as an item in a personal toolkit as opposed to a full way of living. Dr Stephen McKenzie, a leading mindfulness author and teacher, brings us back to its roots — connecting the heart with mindfulness to become heartfulness. The paths to full living are clearly shown and demonstrated. Being heartfelt simply means being fully connected — with ourselves and with other people — and therefore fully alive, happy, without stress and at peace.

9781925335002 | Paperback | 229 x 152 mm / 9 x 6 in | 192 pages  
**RRP:** US \$19.99 | CA \$23.99 | UK £12.99 | AU \$34.99 | NZ \$34.99



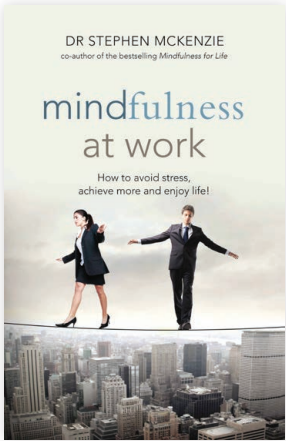




**Mindful Relationships**  
*Creating Genuine Connection With Ourselves And Others*  
**Dr Richard Chambers & Margie Ulbrick**

A practical guide for using mindfulness to enrich relationships and effectively manage stresses associated with conflict. The authors explore how we can use mindfulness to develop a more compassionate, friendly relationship with ourselves and others; communicate more effectively; reduce defensive patterns; and work effectively within couples, families and workplaces. Case studies highlight key principles, while practical exercises enable the reader to develop their mindfulness skills.

9781921966781 | Paperback | 234 x 151 mm / 9¼ x 6 in | 240 pages  
**RRP:** US \$18.95 | CA \$22.95 | UK £9.99 | AU \$29.99 | NZ \$34.99



**Mindfulness at Work**  
*How to Avoid Stress, Achieve More and Enjoy Life*  
**Dr Stephen McKenzie**

*Mindfulness at Work* reveals how the practice of mindfulness — the ability to focus our attention on what is rather than be distracted by what isn't — can be a powerful antidote to the distractions and stresses of our modern lives, especially our working lives. Written by an expert and including case studies, it shows you how to reduce stress, increase productivity, improve decision-making skills, enjoy better relationships with colleagues, think creatively and improve leadership skills.

9781921966194 | Paperback | 234 x 151 mm / 9¼ x 6 in | 200 pages  
**RRP:** UK £9.99 | AU \$34.99 | NZ \$34.99

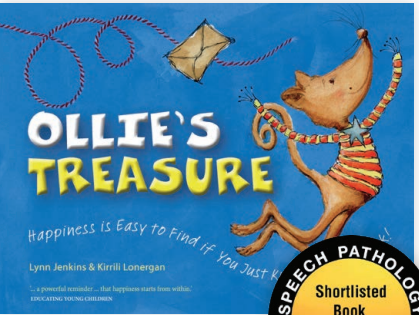


**Tomorrow Girl**  
*A Tale of Mindfulness*  
**Vikki Conley & Penelope Pratley**

Catch up with a girl called Tomorrow — you'd better be quick because she's always in a hurry! *Tomorrow Girl* is a quirky tale delivering a timely reminder about the importance of mindfulness and what can happen when we allow ourselves time to be in the moment amidst the modern-day rush.

**THEMES:** MINDFULNESS, FRIENDSHIP

9781925820362 | Hardcover | 245 x 255 mm / 9½ x 10 in | 32 pages  
**RRP:** US \$18.99 | CA \$24.99 | UK £10.99 | AU \$24.99 | NZ \$24.99



**Ollie's Treasure**  
*Happiness is Easy to Find if You Just Know Where to Look!*  
**Lynn Jenkins & Kirrili Lonergan**

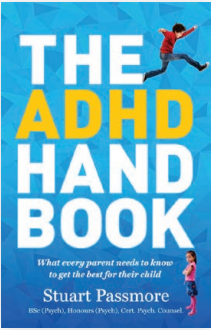
*Ollie's Treasure* is a fun-filled tale of mindfulness for young, developing minds. Ollie's grandma sends him a treasure map that promises to lead him to 'something that will make him happy always'. Ollie thinks this 'something' will be a toy, walkie talkies, or maybe even a new game... but he gets a big surprise when his treasure turns out to be him!

**THEMES:** FINDING HAPPINESS THROUGH MINDFULNESS

9781925335422 | Hardcover | 215 x 288 mm / 8½ x 11¼ in | 32 pages  
**RRP:** US \$17.99 | CA \$23.99 | UK £9.99 | AU \$24.99 | NZ \$24.99



9781925820263 | Paperback | 215 x 288 mm / 8½ x 11¼ in | 32 pages  
**RRP:** US \$14.99 | CA \$19.99 | UK £8.99 | AU \$19.99 | NZ \$19.99

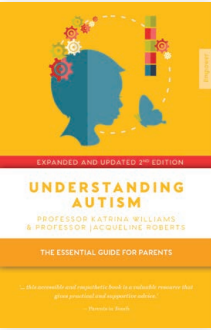


**The ADHD Handbook**  
*What Every Parent Needs to Know to Get the Best for their Child*  
**Stuart Passmore**

9781921966118 | Paperback | 234 x 151 mm / 9¼ x 6 in | 264 pages  
**RRP:** US \$21.95 | CA \$23.95 | UK £14.99 | AU \$34.99 | NZ \$39.99



In this essential reference, Psychologist Stuart Passmore presents a comprehensive look at ADHD and its treatment. With accessible scientific explanations and practical guidance, *The ADHD Handbook* teaches parents to navigate their way successfully through the challenges posed by a child with ADHD.

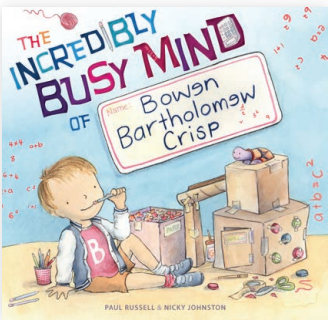


**Understanding Autism**  
*The Essential Guide for Parents*  
**Professor Katrina Williams & Professor Jacqueline Roberts**

9781925335712 | Paperback | 198 x 129 mm / 7¾ x 5 in | 272 pages  
**RRP:** US \$14.99 | CA \$19.99 | UK £9.99 | AU \$24.99 | NZ \$24.99



The essential reference for parents and carers, written by two leading experts in the field. This updated edition covers the causes of autism, how it manifests at various stages of childhood, coping with common problematic behaviour and how to manage the child's transition to adulthood.

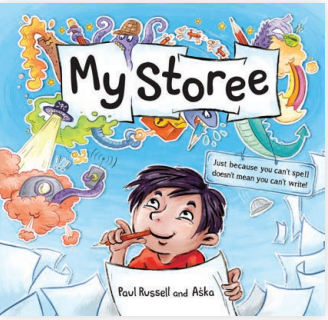


**The Incredibly Busy Mind of Bowen Bartholomew Crisp**  
**Paul Russell & Nicky Johnston**

Bowen Bartholomew Crisp's mind is full of curious questions and mile-a-minute trains of thought. Learn how Bowen goes from struggling to fit in with his peers to finding 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.

**THEMES:** NEURODIVERSITY, CURIOSITY, FITTING IN, SCHOOL

9781925820881 | Hardcover | 245 x 255 mm / 9½ x 10 in | 32 pages  
**RRP:** US \$18.99 | CA \$24.99 | UK £10.99 | AU \$24.99 | NZ \$24.99



**My Storee**  
*Just Because You Can't Spell, Doesn't Mean You Can't Write!*  
**Paul Russell & Aska**

An engaging and creatively designed picture book that provides inspiration and support for reluctant writers and dyslexics, and shows the importance and power of good teachers.

**THEMES:** DYSLEXIA, RELUCTANT WRITERS, CREATIVITY

9781925335774 | Hardcover | 245 x 255 mm / 9½ x 10 in | 32 pages  
**RRP:** US \$17.99 | CA \$23.99 | UK £10.99 | AU \$24.99 | NZ \$24.99

9781922539106 | Paperback | 245 x 255 mm / 9½ x 10 in | 32 pages  
**RRP:** US \$15.99 | CA \$20.99 | UK £9.99 | AU \$19.99 | NZ \$19.99



WRITTEN BY A TEACHER WHO HAS DYSLEXIA

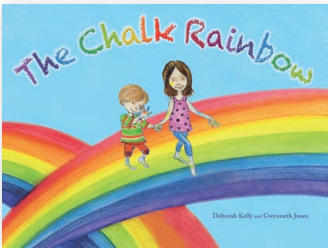


**The Secret of Sapling Green**  
**Penelope Pratley**

Sapling Green has always hidden her big secret – her green thumbs. But one day the old schoolyard tree is damaged in a storm. Can Sapling be brave enough to show her classmates her secret and save the tree? This heart-warming story is an important reminder that our differences are our strengths, and we should always accept each other for who we are.

**THEMES:** SELF-ESTEEM, SELF-ACCEPTANCE, NEURODIVERSITY, CELEBRATING UNIQUE TALENTS

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