

# GREAT ADVICE AT THE RIGHT PRICE. EMPOWER READERS TO BETTER HEALTH WITH PRACTICAL ADVICE FROM LEADING EXPERTS.

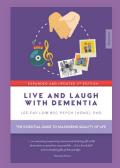




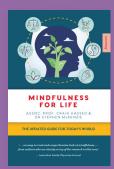






















Creating Genuine Connection With Ourselves and Others
Margie Ulbrick & Dr Richard Chambers





A practical guide for using mindfulness to enrich relationships within couples, families and workplaces.

9781922539786 | 198 x 129 mm / 7 ¾ x 5 inches | Paperback | 240 Pages | RRP: ANZ \$24.99 | UK £10.99 | USA \$16.99 | CAN \$22.99 | AUG 2023



# The Changing Man

A Mental Health Guide









The Changing Man's proven tools may just change your emotional health for the better. No shame. No silence. No anger.

9781922539625 | 198 x 129 mm / 7 ¾ x 5 inches | Paperback | 288 Pages | RRP: ANZ \$24.99 | UK £10.99 | USA \$16.99 | CAN \$22.99 | MAY 2023



#### **Mindfulness for Life**

The Updated Guide for Today's World

## Assoc. Prof. Craig Hassed and Dr Stephen McKenzie



Learn to focus on the present, connect with others, and live healthier with this comprehensive guide to mindful living.

9781922539014 | 198 x 129 mm / 7 ¾ x 5 inches | Paperback | 224 Pages | RRP: ANZ \$24.99 | UK £9.99 | USA \$14.99 | CAN \$19.99



#### Sleep Sense

Improve Your Sleep, Improve Your Health











Discover how to develop healthy sleep habits and feel the benefits in your mind, body and soul!

9781925820935 | 198 x 129 mm / 7 ¾ x 5 inches | Paperback | 224 Pages | **RRP**: UK £9.99 | USA \$14.99 | CAN \$19.99



#### The Creative SEED

How To Enrich Your Life Through Creativity







The Creative SEED: an original approach to empower and keep you inspired and on track for living your creative dream.

9781925820300 | 198 x 129 mm / 7 ¾ x 5 inches | Paperback | 224 Pages | **RRP:** ANZ \$24.99 | UK £9.99 | USA \$14.99 | CAN \$19.99



How to Develop it and Use it in Everyday Life

Dr Cate Howell, OAM, CSM, CF



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

9781925820317 | 198 x 129 mm / 7 ¾ x 5 inches | Paperback | 224 Pages | RRP: ANZ \$24.99 | UK £9.99 | USA \$14.99 | CAN \$19.99



#### **Dealing with Depression**

Simple Ways to Get Your Life Back

Jan Marsh M.A (Hons), Dip Clin. Psych.





A simple and, above all, effective approach to managing depression, written by a psychologist with 40 years' experience.

9781925335934 | 198 x 129 mm / 7 ¾ x 5 inches | Paperback | 224 Pages | RRP: ANZ \$24.99 | UK £9.99 | USA \$14.99 | CAN \$19.99



### **Understanding Autism**

The Essential Guide for Parents

Prof. Katrina Williams & Prof. Jacqueline Roberts



The essential reference for parents and carers of children with autism, written by two leading experts in

9781925335712 | 198 x 129 mm / 7 ¾ x 5 inches | Paperback | 272 Pages | RRP: ANZ \$24.99 | UK £9.99 | USA \$14.99 | CAN \$19.99



#### The Digestive Health Solution

Your Personalized Five-Step Plan for Inside-Out Digestive Wellness Benjamin I. Brown, ND





Learn how to improve your health from the inside out, and enjoy better digestive health, for life.

9781925335385 | 198 x 129 mm / 7 ¾ x 5 inches | Paperback | 272 Pages | RRP: ANZ \$24.99 | UK £9.99 | USA \$14.99 | CAN \$19.99



### **Live and Laugh with Dementia**

The Essential Guide to Maximizing Quality of Live Lee-Fay Low, BSC Psych (Hons), PHD





Updated edition of this essential guide to maximizing quality of life for dementia sufferers.

9781925335729 | 198 x 129 mm / 7 ¾ x 5 inches | Paperback | 256 Pages | RRP: ANZ \$24.99 | UK £9.99 | USA \$14.99 | CAN \$19.99



#### **Understanding Type 2 Diabetes**

Fewer Highs, Lower Lows, Better Health

#### **Professor Merlin Thomas**



Learn how to manage all aspects of type 2 diabetes with clear, effective guidance from a leading international expert.

9781925335552 | 198 x 129 mm / 7 ¾ x 5 inches | Paperback | 336 Pages | **RRP:** ANZ \$24.99 | UK £9.99 | USA \$14.99 | CAN \$19.99

Customer Name:		Account No:	
Rep:	Order Ref:	Phone No:	
Email:			. Date: /
Address:			
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   nzsales@exislepublishing.com   Harper Entertainment Distribution Services - Fax NZ: 0800 452633   orders@harpercollins.com.au			