

NEW RELEASES FEB 2024

NEW YEAR. NEW LEAF.

Books to help readers reach their personal growth goals.

ALSO IN THIS ISSUE

MINDFUL FREAK-OUT - A guide to keeping your cool, when everything is going to hell in a hand basket.

NOVA'S MISSING MASTERPIECE – a new picture book from the team that brought you the CBCA shortlisted *Go Away, Worry Monster!*

TWO RABBITS – a tale of finding your way back from fractured friendship. UNDER THE SEA – picture books to help kids ride the rising tide of maritime environmental awareness.



EXISED

ADULT NON-FICTION

The Mindful Freak-Out

A Rescue Manual for Being at Your Best When Life is at its Worst

Eric Goodman Ph.D.

AU \$34.99 | NZ \$37.99 | Feb 2024 | 9781922539366 | 229 x 152 mm | Paperback | 280 pages |

A guide to reacting in ways you won't regret when life makes you want to throw your toys out of the cot!

The *Mindful Freak-Out* is written for people who are suffering during emotionally painful moments, such as when:

- You are facing anxiety or panic that seems to take over your life.
- The ferocity of anger that you are feeling threatens to damage relationships.
- Your life feels overwhelming, like you just can't take it anymore.

When life serves you up an intensely distressing moment (and life will find a way), you are in a competition with your inner 'threat system' for control over you. Your threat system will try to take over and make you react impulsively. When this happens, you not only suffer from the painful emotion, but are left with distressing consequences.

The *Mindful Freak-Out* presents strategies from Acceptance and Commitment Therapy (ACT) and Compassion Focused Therapy (CFT) to give you the evidence-based tools you need to face highly distressing moments. The goal of these strategies is to soothe your suffering while giving you the inner strength, wisdom, and commitment needed to face the emotional pain in a flexible way that you feel good about (rather than deeply regretting your words or actions later on).

Loaded with practical advice, exercises, and information, this book will help you harness the power of mindfulness and compassion to live your best life, even when intensely painful emotions show up.

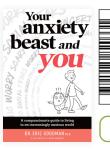
ABOUT THE AUTHOR

Eric Goodman, Ph.D., is a clinical psychologist and anxiety disorders and OCD specialist. His private practice is in San Luis Obispo, California and he is a lecturer at California Polytechnic State University. He is the author of *Your Anxiety Beast and You: A compassionate guide to living in an increasingly anxious world* and *Social Courage: Coping and thriving with the reality of social anxiety*, both published by Exisle.



"At times of crisis, distressing emotions can take over and lead you to act in ways that actually multiply your suffering. And it may drive you to behave in ways that you later regret. This book was written to be a guide for navigating life's highly distressing moments in a way that minimizes suffering while maximizing values-based responding." - Dr Eric Goodman

ALSO BY THIS AUTHOR





BOOKS TO HELP YOU RESET YOUR INTENTIONS FOR A FRESH START IN 2024

The Creative SEED Lilian Wissink



AU \$24.99 | NZ \$24.99 | 9781925820300 | 198 x 129 mm | Paperback | 200 pp



An original guide to nurturing creative expression while navigating mental health issues.

The Journal Writer's Companion Alyss Thomas MSc



AU \$34.99 | NZ \$39.99 | 9781925820041 | 210 x 152 mm | Hardcover | 272 pp



Harness the power of journalling — from gratitude journals to bullet journals — reboot your life goals and make those new resolutions into reality.

Dancing With Your Muse Gilda Joffe



AU \$34.99 | NZ \$34.99 | 9781922539069 | 210 x 135 mm | Hardcover | 224 pp



Make 2024 the year you achieve creative success without inhibition with this unique guide to turning fear of failure into motivation.

How to Get a Good Job After 50 Rupert French



AU \$34.99 | NZ \$34.99 | 9781925820829 | 229 x 152 mm | Paperback | 320 pp



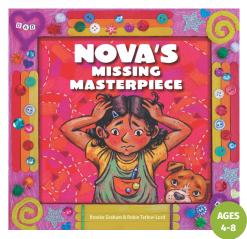
Must-have strategies and insight for every job seeker over 50 who ever thought they were too old to win the job they really wanted.

THE MINDFUL FREAK-OUT





PICTURE BOOKS



AU \$24.99 | NZ \$27.99 | Feb 2024 | 9781922539373 | 245 x 255 mm | Hardcover | 32 pages | Colour



Nova's Missing Masterpiece Brooke Graham & Robin Tatlow-Lord

THEMES: EMOTIONAL REGULATION, MANAGING ANGER AND FRUSTRATION, PETS, GIFTING

Nova's Missing Masterpiece uses a girl's bond with her dog to address the themes of anger, self-regulation, problem-solving, resilience and persistence. When Nova realises the artwork she created for Dad's birthday present is missing, her tummy flip flops and her heart ker-thumps. She and her dog, Harley, turn the house upside down, searching absolutely everywhere, but the missing masterpiece is nowhere to be found. Nova loses her temper but Harley remains calm and content. Can Nova learn from her dog, calm herself down and find her Dad's present in time for his birthday party?

Learning to self-regulate, persist, problem solve, and be resilient are essential skills that need to be taught and modelled to children to support their social and emotional growth. *Nova's Missing Masterpiece* gives children useful coping strategies to deal with anger and frustration, making the book an invaluable tool for parents, educators, health professionals and counsellors. With vibrant, well-observed illustrations, this is the perfect story to show children how anger and frustration affect their brains and bodies, and how simple techniques can help them self-regulate and reset.

ABOUT THE CREATORS

Brooke Graham is a children's author, primary school teacher and mother who enjoys writing picture book stories and YA fiction. She is passionate about reducing the stigma around mental illness.

Robin Tatlow-Lord is a writer, animator and cartoonist. Having been drawing since she was in nappies, she loves bringing character and emotion to all her pictures and favours kids' books, comics and graphic novels.

THE PERFECT COMPANION TO Go Away, Worry Monster!

"Gives children evidence-based strategies to cope with anxiety. This invaluable resource is an excellent spring board for discussions with children who are experiencing worry." - My Child



Two Rabbits Larissa Ferenchuk and Prue Pittock

AU \$24.99 | NZ \$27.99 | Feb 2024 | 9781922539656 | 215 x 288 mm | Hardcover | 32 pages | Colour

THEMES: FRIENDSHIP, RESOLVING CONFLICT

In *Two Rabbits*, Little Brown Rabbit and Little Grey Rabbit have had an argument. As they go their separate ways into the night, the wind whispers around them to remind them of their sharp words. Will they be able to come back together and find a way to save their friendship?

The story portrays the physical and emotional journey of two best friends as they experience feelings of anger, sadness and loneliness. Young readers will learn that friendship can overcome differences and disagreements.

ABOUT THE CREATORS

Larissa Ferenchuk loves all things magical and whimsical. She lives with her husband, three children and one very lovely Little Grey Rabbit.

Prue Pittock started in advertising and illustrated and designed record covers. Prue loves a limited palette, and has developed this into her own distinctive style.







MORE BOOKS ON FRIENDSHIP

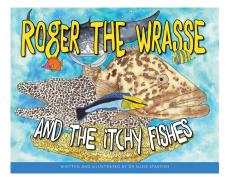


Even best friends argue sometimes!

PICTURE BOOKS



LITTLE PINK DOG BOOKS





Roger the Wrasse and the Itchy Fishes Dr Suzie Starfish

AU \$17.99 | NZ \$17.99 | Feb 2024 | 9780648652854 | 200 x 250 mm | Paperback | 32 pages | Colour

THEMES: BIODIVERSITY, OCEAN, ENVIRONMENT

This story draws attention to the importance of biodiversity on the reef and illustrates the special roles and relationships animals have under the sea. Told through the eyes of Roger the wrasse, a small and brightly coloured reef fish who is in charge of a cleaning station on the reef. Roger's bright colours are almost like a neon sign advertising his 'cleaning services' to other sea creatures.

Written by an Australian marine scientist.

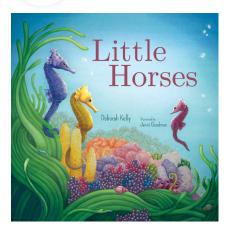
ALSO IN THIS SERIES







WOMBAT BOOKS



Little Horses

Deborah Kelly & Jenni Goodman

AU \$24.99 | NZ \$27.99 | Feb 2024 | 9781761111310 | 240 x 240 mm | Hardcover | 32 pages | Colour

THEMES: BIODIVERSITY, OCEAN, ENVIRONMENT, SEA HORSES, **SEA HORSE HOTELS**

Beneath the waters of a calm bay, seahorses hide from predators, feed on shrimp and raise their young. But when a storm destroys their habitat, they are left without food and nowhere to hide. Until, a Marine Biologist comes up with a clever invention to provide them with shelter and food while the natural environment recovers.



PICTURE BOOKS



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