

## Complex Kids, Simple Solutions

*How to raise resilient, confident, likeable kids*

JENNY DEMARK PH.D., CONRAD LEUNG BCBA & LINDA REINSTEIN PH.D.

\$34.99 AUD \$37.99 NZD | ISBN: 9781923011250

296 pages | Paperback | 229 mm x 152 mm

Category FAMILY & RELATIONSHIPS | Imprint EXISLE

Parenting is a challenging yet rewarding job – and it’s one we’re never prepared for. Yet everywhere we turn there is information (and misinformation) about how best to raise our children. *Complex Kids, Simple Solutions* offers a research-based antidote to help you get to grips with effective parenting approaches. Grounded in science and written by three child behavioural specialists, *Complex Kids, Simple Solutions* is your comprehensive guide to raising cooperative, resilient, and likeable kids.



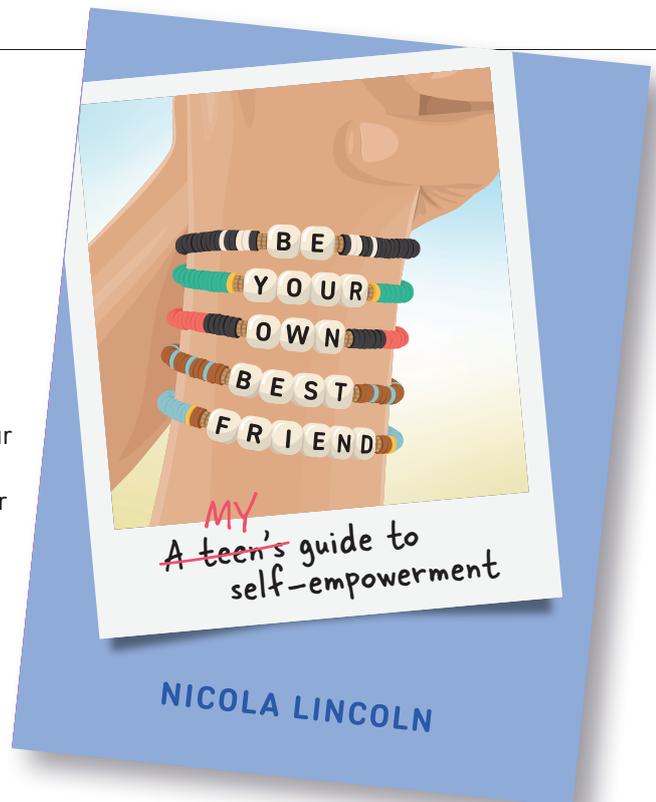
## Be Your Own Best Friend

*A teen's guide to self-empowerment*

NICOLA LINCOLN

ANZ \$34.99 | ISBN: 9781923011298 | 128 pages | Hardback Colour | 210 mm x 156 mm | Category MENTAL HEALTH TEENAGERS | Imprint EXISLE

Designed especially for teens, *Be Your Own Best Friend* helps you construct your own mental wellbeing toolkit to manage your emotions and life’s many ups and downs. It covers techniques to hack intrusive thoughts and turn your inner critic into an inner coach; healthy coping behaviours for when life gets tough; and tips for sleep, diet, and a healthy relationship with social media. Full of real-life stories and inspirational quotes, *Be Your Own Best Friend* helps you reimagine who and how you want to be.



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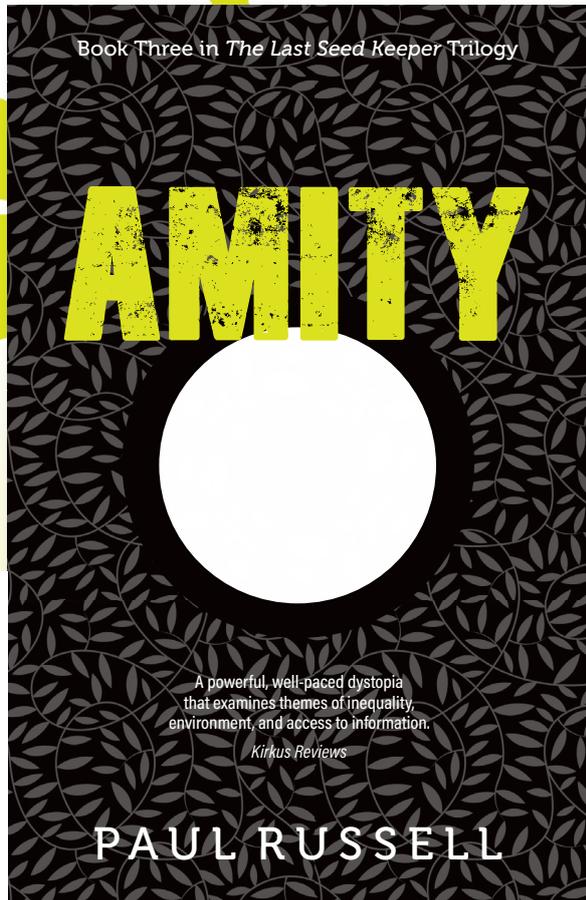
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# AMITY

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**Amity brings to a thrilling close this story of family and friendship, and shows how taking a different approach can change the future.**



## The Last Seed Keeper

*The Last Seed Keeper, #1*

PAUL RUSSELL

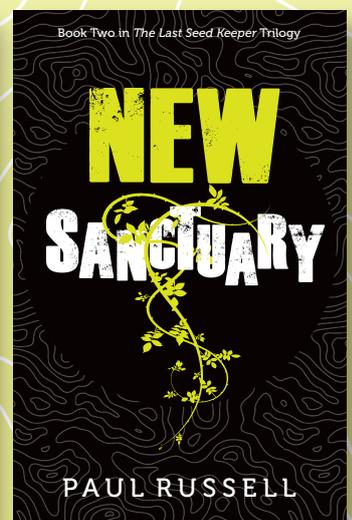
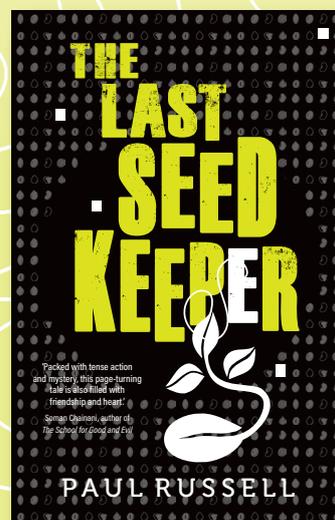
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