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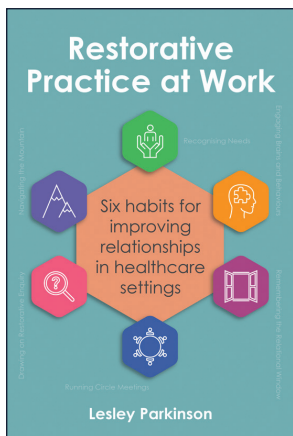


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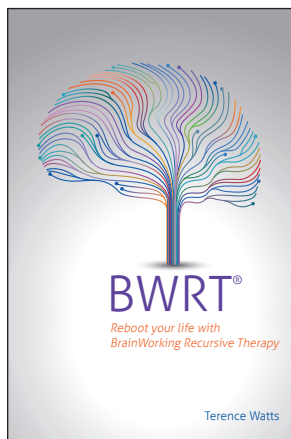


Restorative Practice at Work

Six habits for improving relationships in healthcare settings

Lesley Parkinson

Restorative Practice at Work identifies a set of six complementary habits which will help to change and improve everyday communications in healthcare. These habits demonstrate how restorative practice can help to ease some of the daily challenges faced by healthcare professionals and foster more effective working relationships, potentially leading to improvements in patient care.



BWRT®

Reboot your life with BrainWorking Recursive Therapy

Terence Watts

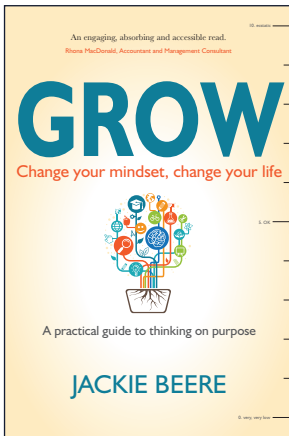
Written by Terence Watts, *BWRT®: Reboot your life with BrainWorking Recursive Therapy* is an engaging self-help guide to using BWRT: a psychological approach designed to tackle stress, anxiety, phobias and many other of life's challenges.

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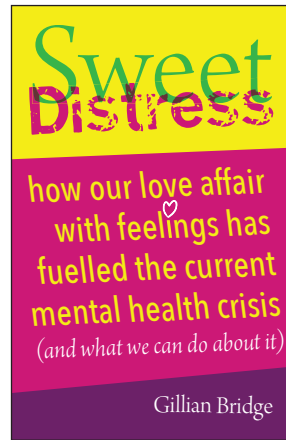
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Grow
 Change your mindset, change your life – a practical guide to thinking on purpose
 Jackie Beere

Our thoughts and beliefs lead us to develop habits that can predict our success or failure. We can all choose to grow – and coach our loved ones to do the same – by fostering and sustaining a mindset that will keep us healthy and happy in future years.

Grow demonstrates how we can all change our mindsets, learn to learn and choose to think on purpose.



Sweet Distress
 How our love affair with feelings has fuelled the current mental health crisis (and what we can do about it)
 Gillian Bridge

Cutting its way through the media frenzy, *Sweet Distress* puts emotional resilience centre stage.

Packed with realistic and effective takeaway strategies for parents and educators, *Sweet Distress* challenges under-researched but over-promoted ideology and shares evidence-based help and advice for anyone wanting to improve the mental health of those they care about.

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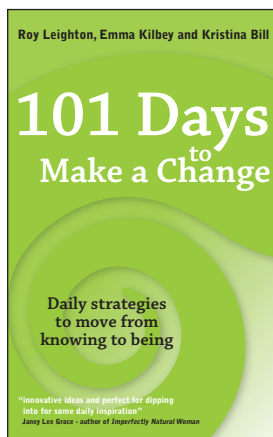


What to Do When It's Your Turn

(And it's always your turn)

Seth Godin

Written by bestselling author Seth Godin, *What to Do When It's Your Turn* is as thought-provoking as his other titles – but this book is different. Seth has pushed the boundaries once again, this time packaging his thoughts in a beautiful full-colour format to spread its message as far and wide as possible. It is a collection of short stories and essays that help the reader know 'what to do when it's your turn' in life.



101 Days to Make a Change

Daily strategies to move from knowing to being

Roy Leighton, Emma Kilbey and Kristina Bill

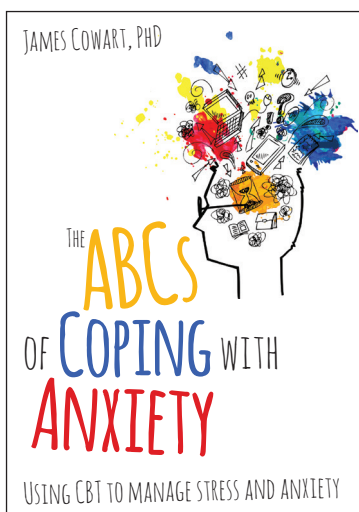
101 Days to Make a Change's expansive ideology is grounded by an achievable process with a realistic timeframe to help chart progress and acknowledge results.

A variety of exercises and activities, alongside motivating quotes and calls to action will ensure that you stay focussed, supported and positive as you journey towards a more optimistic and successful you.

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James Cowart is a psychologist with a special interest in providing cognitive behavioural therapy (CBT) to people suffering with anxiety disorders. He has a PhD in Applied Behaviour Analysis and is a member of the American Psychological Association. He specialises in problem-solving formats in family and couples therapy, as well as cognitive behavioural and interpersonal approaches to treat depression and anxiety.

The ABCs of Coping with Anxiety

Using CBT to manage stress and anxiety

James Cowart

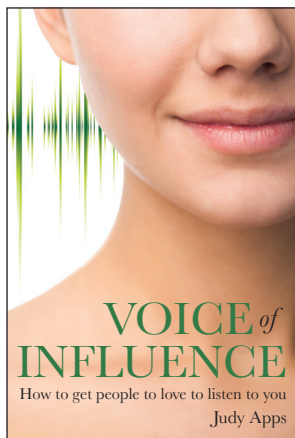
Takes a concise collection of tried-and-tested strategies from cognitive behavioural therapy (CBT) and makes them accessible to people who are learning to cope with their anxiety on a day-to-day basis.

James Cowart aims in to share a toolbox of CBT techniques garnered over 40 years' clinical practice that will enable you to manage your anxiety on a sustainable path toward taking back some of that control. These self-help strategies focus on developing key coping skills designed to reduce fear and anxiety, and are complemented by a user-friendly, step-by-step program of practical exercises that can be personalized to meet each individual's unique needs.

Punctuated with research-informed insight and instruction throughout, *The ABCs of Coping with Anxiety* offers hope, relief and reassurance in helping you master your anxiety and work toward greater independence.

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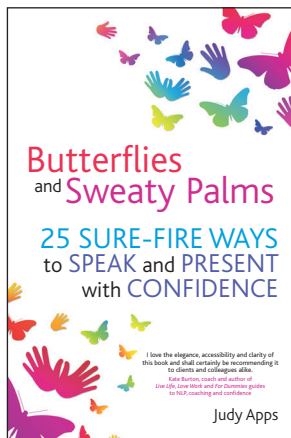


Voice of Influence

How to get people to love to listen to you

Judy Apps

Leading voice coach Judy Apps shows you how to awaken the energy of your authentic voice to speak from head, heart, gut and soul. Bringing together knowledge from voice training, NLP, Aikido, Alexander Technique, Bioenergetics, Feldenkrais and other mind-body work, *Voice of Influence* gives you the means to reach people at a deeper level where you'll motivate and inspire.



Butterflies and Sweaty Palms

25 sure-fire ways to speak and present with confidence

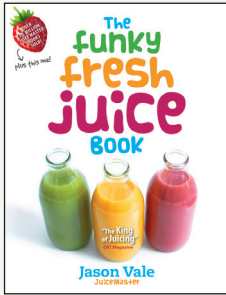
Judy Apps

If you have ever carried a lucky talisman in your pocket to give yourself courage before a big event then carry this book instead. Based on NLP, the groundbreaking solutions to performance anxiety in this book will carry you through the most daunting experience of public speaking.

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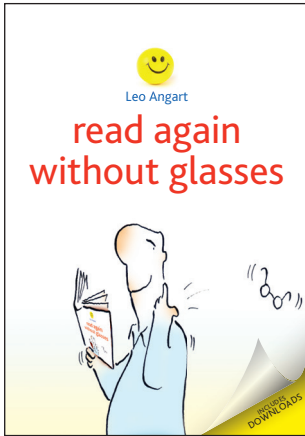
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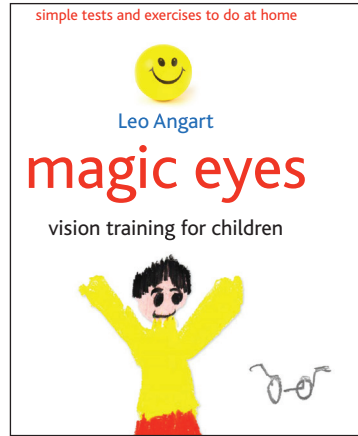
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Read Again without Glasses

Leo Angart

Read Again without Glasses concentrates on curing presbyopia, the inability to focus on near objects. It explains what presbyopia is and how you can tone your eye muscles, release tension and build up energy in order to regain your natural eyesight. Includes simple vision tests that you can use yourself to verify your level of vision and monitor your improvements.



Magic Eyes

Vision training for children

Leo Angart

Leo Angart regularly encounters children whose eyesight is being adversely affected by their glasses or who don't really need glasses at all. In *Magic Eyes* Leo shares his experience and explains what you can do to help transform your child's eyesight, eliminating the need for glasses.

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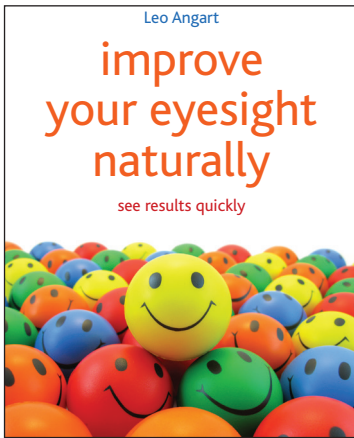
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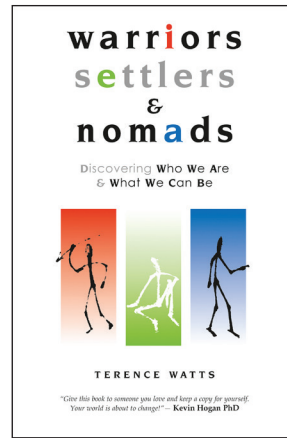
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Leo Angart

Details strategies designed to improve your eyesight by literally exercising your ability to see.

Leo Angart explains how you can tone your eye muscles, release tension and build up energy in order to regain your natural eyesight.



Warriors, Settlers and Nomads

Discovering who we are and what we can be

Terence Watts

Are you a Warrior? Are you a Settler? Are you a Nomad? Based upon the concept of evolutionary psychology, this is a guide to self-discovery and self-liberation. *Warriors, Settlers and Nomads* utilises powerful hypnosis and visualisation techniques in a programme designed to release our hidden potential.

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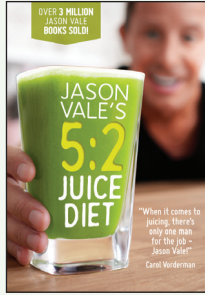
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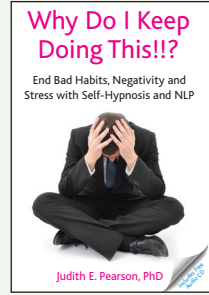
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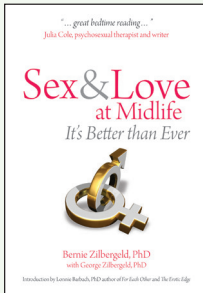
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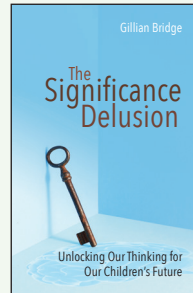
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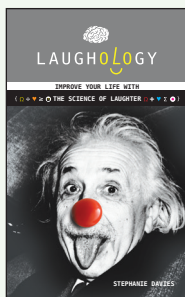
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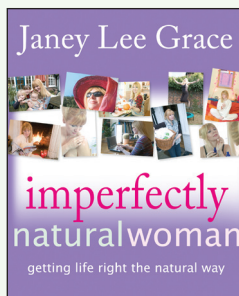
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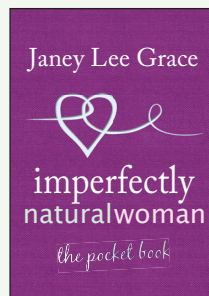
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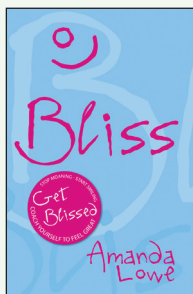
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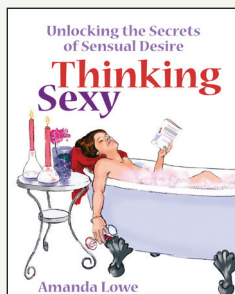
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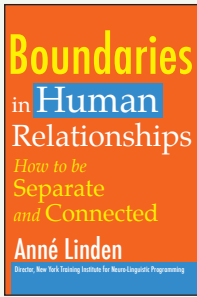
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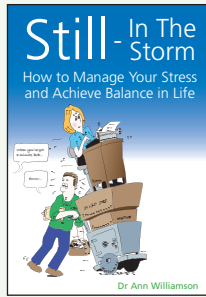
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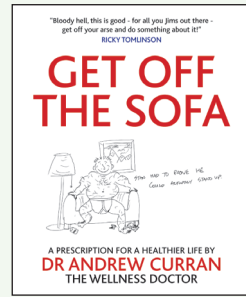
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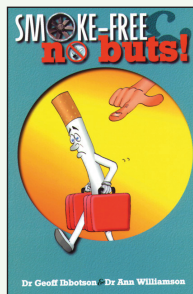
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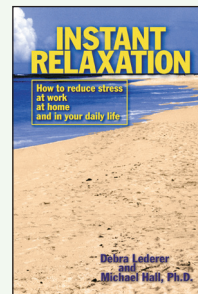
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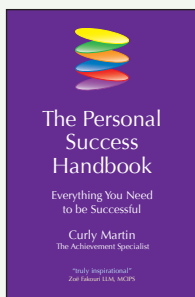
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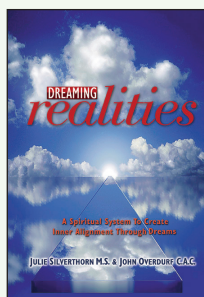
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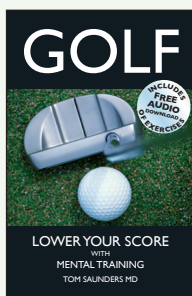
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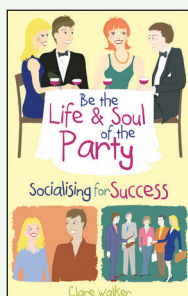
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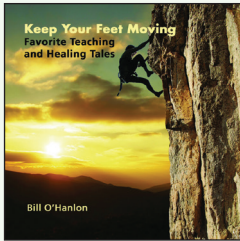
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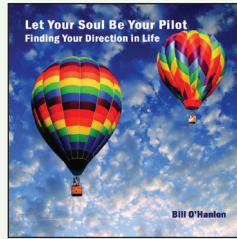
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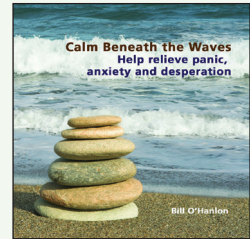
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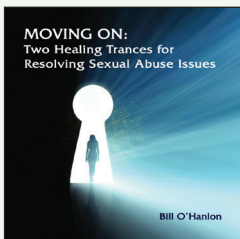
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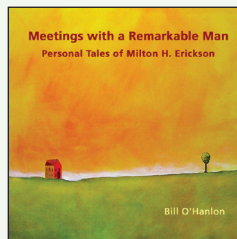
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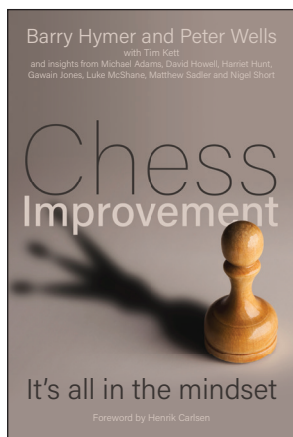
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Chess Improvement

It's all in the mindset

Barry Hymer
and Peter Wells

Blending theory, practice and the distinct but complementary skills of two authors – one an academic (and amateur chess player) and the other a highly regarded England Chess Olympiad coach (and grandmaster) – *Chess Improvement* is an invaluable resource for any aspirational chess player or coach/parent of a chess player.



The Board Game Family

Reclaim your children from
the screen

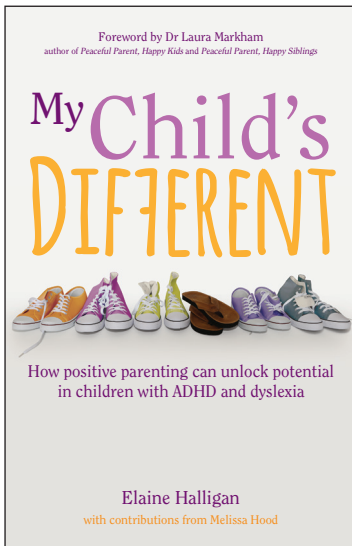
Ellie Dix

In *The Board Game Family*, teacher and educationalist Ellie Dix aims to help fellow parents by inviting them and their families into the unplugged and irresistible world of board games. The benefits of board gaming are far-reaching: playing games develops interpersonal skills, boosts confidence, improves memory formation and cognitive ability, and refines problem-solving and decision-making skills.

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Elaine Halligan is a director at The Parent Practice and has been a parenting specialist since 2006, helping parents raise competent and confident children through parenting classes, private coaching and keynote speaking in schools and corporate settings both in the UK and overseas. She is frequently quoted in the broadsheet press and regularly appears on Sky News, BBC world news and BBC local radio.

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Elaine Halligan

Explores the enabling role that parents can play in bringing the best out of children who are seen as 'different' or 'difficult'.

In *My Child's Different* Elaine shares the true story of her son Sam, who by the age of seven had been excluded from three schools and was later labelled with a whole host of conditions – ranging from autistic spectrum disorder (ASD) to pathological demand avoidance (PDA), before finally being diagnosed with dyslexia. He had become 'the Alphabet Kid'. His family never gave up on him, however...

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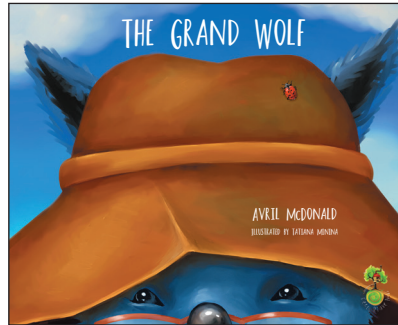
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The Wolf is Not Invited

Avril McDonald

Wolfgang is left heartbroken when his best friend Catreen runs off without him to play with Clarissa. Spider shows Wolfgang how to make his own fun and Wolfgang realises that there are other great friends out there just waiting to be met! There are some situations and feelings that we cannot change and there are some that we can. Knowing the difference between the two (and some ways to make ourselves feel happy) is a great trick to have up our sleeves!



The Grand Wolf

Avril McDonald

Wolfgang and his friends love to visit the Grand Wolf but one day they arrive to find that he has gone and this makes them all feel very sad. Spider shows Wolfgang that by just seeing things a little differently he can feel happy again, knowing that true love never ends. Our lives are in a constant state of change and only we can ever know how big each change feels to us. The more we can talk about and embrace change, the better we get at it (whatever shape or size it comes in).

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Wolfgang can't wait for it to get cold enough for him to wear his brand new colourful coat but when the time finally arrives, some nasty creatures make fun of it. Wolfgang feels upset and is afraid that they will hurt him again, so he hides away in the tree house. Spider encourages Wolfgang to tell someone he trusts about how he is feeling and he learns that things aren't always as they seem.



The Wolf and the Shadow Monster

Avril McDonald

Wolfgang is excited to be allowed to have his friends over to stay for the whole night – until the lights go out and Wolfgang's secret fear of the dark is revealed. His friends laugh at him until they hear his story and see the Shadow Monster for themselves! Spider shows Wolfgang a special magic spell to make scary things go away. Life can sometimes be scary but there are some great tricks out there to make scary things not so scary anymore.

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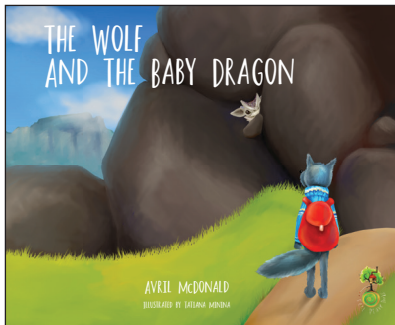
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The Wolf and the Baby Dragon

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When Wolfgang and his friends learn about a secret cave where a baby dragon is growing they quickly run off to find it but, sadly, Wolfgang gets left behind. His bag is full of heavy worries that are making him slow and he just can't let go of them. When he trips on a rock and falls, Spider shows him how to rest his busy mind and tells them that worries aren't so bad if you share them.

The Wolf was Not Sleeping

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A heartwarming bedtime story specially written to soothe the anxiety of children whose parents work as first responders and to encourage conversations which help them manage trauma.

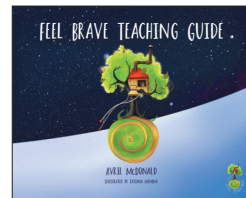
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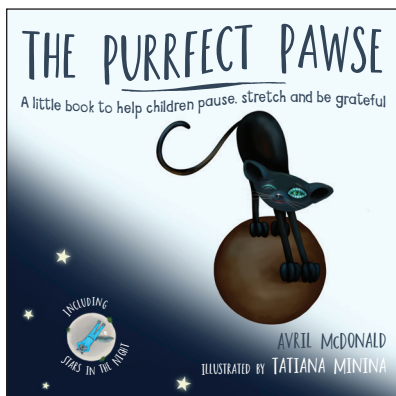
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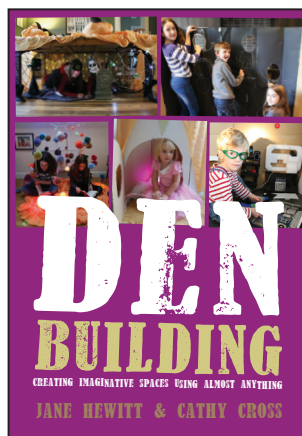


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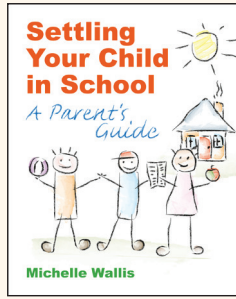
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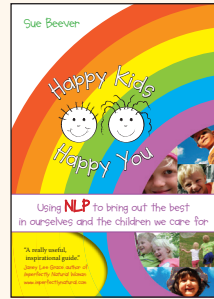
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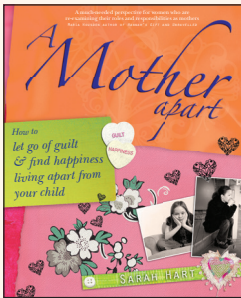
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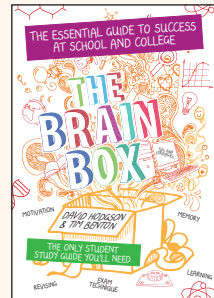
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