

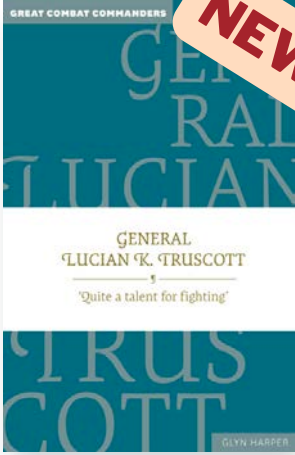
The logo for Exisle Publishing, featuring the word "EXISLE" in a bold, sans-serif font with a horizontal line passing through the middle of the letters. Below it, the word "PUBLISHING" is written in a smaller, all-caps, sans-serif font.

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FRANKFURT 2024

HISTORY



9781923011014 | July 2025 | 229x152 mm | 200 Pages | Approx. 50 000 words | II WW History

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Author

Glyn Harper QSM, is an experienced author. After a long military career, Glyn became Professor of War Studies at Massey University (New Zealand) until his retirement in 2021. He is the award-winning author of more than twenty books for adults and thirteen books for children.

Great Combat Commanders series - there will be more!
Book no 2: Lieutenant General Leslie Morshead (March 2026)

General Lucian K. Truscott

'Quite a talent for fighting'
Professor Glyn Harper

Explores the life and military career of Lucian Truscott, one of the greatest, yet least celebrated, US combat commanders of World War II. Born in Texas to a drug-addicted father, Truscott would become one of the United States' greatest ever combat generals. Expert in mechanised warfare and amphibious operations during World War II, he was a plain-speaking, determined fighter.

The book traces Truscott's rise as a senior American commander in various theatres of war, including the campaigns in North Africa, Sicily, Italy and southern France. It examines Truscott's relationship with other senior American commanders such as George Patton (who once threatened to sack him), Mark Clark (who didn't like him), Eisenhower and George Marshall.

Truscott made a significant contribution to the defeat of Nazi Germany, improving his command skills with each new experience. Being placed in command of the Anzio beachhead was his finest hour, where his vital contribution ultimately led to the capture of Rome.

General Lucian K. Truscott: 'Quite a talent for fighting' is for military enthusiasts looking to expand their knowledge beyond the well-known names of World War II canon.

- New, succinct and fast-paced biography of one of **America's greatest, yet least celebrated, World War II generals.**
- Includes detailed accounts of key moments of a distinguished, innovative leader's life in several theatres of war including North Africa, Southern France, Sicily and mainland Italy.
- Truscott's success in Italy was critical to the Allied victory in Europe.
- **Uses previously unpublished photographs and other new materials.**

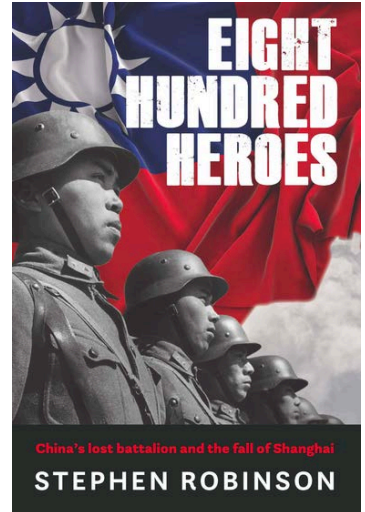


Eight Hundred Heroes

China's Lost Battalion and the Fall of Shanghai
Stephen Robinson

The fascinating story of the legendary heroism of a Chinese battalion during the Battle of Shanghai.

From acclaimed historian Stephen Robinson comes an account of a battle which has taken on mythic dimensions in Chinese and international military history. From 26th October to 1st November 1937, the '800 Heroes' defended Sihang Warehouse from wave after wave of Japanese assaults. This is the exciting story of the Battle of Sihang Warehouse told as never before, bringing together Chinese and western accounts for the first time to create a thorough and compelling depiction of the battle. The result is a thorough analysis of both the last stand of the '800 Heroes', and the legend it became.



9781922539205 | 234 x 151 mm | Hardcover | approx. 50 photographs and 25 maps | 304 Pages | approx. 67,000 words | USA \$35.99 | RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand

An Epic Last Stand

In October 1937 a battalion of around 420 Chinese soldiers led by the stoic 32-year-old Lieutenant Colonel Xie Jinyuan defended Sihang Warehouse in Shanghai against an overwhelming force of Japanese troops. The lone battalion was comprised of Republic of Chinese soldiers from the elite 88th Division. As these determined men fought the Japanese invaders with intense bravery, the rest of the Chinese Army withdrew from the city. However, as the isolated Chinese detachment was only a small force, they informed the outside world that 800 soldiers were defending the warehouse in order to deceive the Japanese into not realising their true number. This successful ruse created the legend of the 'Eight Hundred Heroes' and their demonstration of valour raised Chinese morale during the first year of the long Sino-Japanese War (1937-45).

The Eight Hundred Heroes performed an incredible feat of heroism that quickly gained international fame and sympathy. Even before the fighting ended, the New York Times declared: 'The stand of the battalion stirred Shanghai Chinese to patriotic frenzy.'¹ The story of Sihang Warehouse created its own mythology that helped define the modern Chinese nation. The actions of the Eight Hundred, as the journalists Chen Yu-fu and Jonathan Chin explained in 2017, is 'considered one of the most heroic and symbolic events in the Republic of China Army's history.'²

Stephen Robinson tells this story in an exciting 360 degree blow by blow account. Then he sets the context and vividly explains this dramatic piece of history.

¹ 'Remnant of 88th Division'

² Chen and Chin, 'Veterans Protest Pension Reform Plans'

Author Bio



Stephen Robinson studied Asian history and politics at the University of Western Sydney, graduating with First Class Honours. He has worked at the Department of Veterans' Affairs researching British atomic weapons tests and as a policy officer in the Department of Defence. Stephen has graduated from Australian Command and Staff College, worked as an officer in the Australian Army Reserve and has served as an instructor at the Royal Military College.

Stephen Robinson

The Blind Strategist

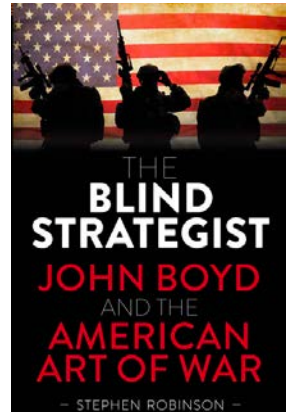
John Boyd and the American Art of War

Stephen Robinson

An in-depth, critical evaluation of the maneuver warfare revolution that has transformed the American military.

Colonel John Boyd, a maverick fighter pilot, revolutionized the American art of war through his ideas on conflict and the human mind. Boyd claimed that victory is won by the side that transitions through 'decision cycles' faster than the enemy, mentally checkmating them with minimal violence. Maneuver warfare concepts became military doctrine during the 1980s but this revolution accidentally undermined American security. When formulating his theories on conflict, Boyd relied upon fraudulent accounts of WWII written by Wehrmacht veterans who fabricated historical evidence to disassociate their reputations from Germany's defeat and cover up their willing participation in Nazi war crimes. Boyd fell for this deception and unknowingly injected dangerous misinformation into the American military mind. Maneuver warfare has accordingly corrupted the art of war and resulted in catastrophic decisions made in Iraq and Afghanistan during 21st-century conflict.

The Blind Strategist separates fact from fantasy and exposes the myths of maneuver warfare through a detailed evidence-based investigation. A must-read for anybody interested in American military history.

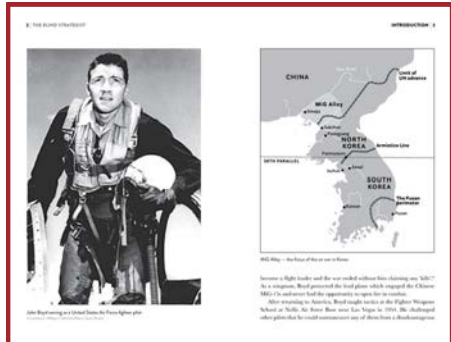


9781922539861 | 234 x 151 mm | approx. 80,000 words | Hardcover | 360 Pages | USA \$24.99 | RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, JAPANESE

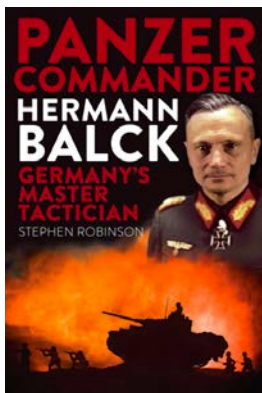
"Stephen Robinson does a superb job of analyzing the momentous debate about the virtues of "maneuver warfare" that took place in the United States during the latter years of the Cold War ... The Blind Strategist is a must read for all serious students of modern warfare."

-John J. Mearsheimer, the R. Wendell Harrison Distinguished Service Professor of Political Science at the University of Chicago

"Stephen Robinson makes a bold, but utterly convincing, assault on the foundations of nearly fifty years of military thinking. As the United States military and its allies across the globe reorient themselves for the challenges of great state competition, Robinson's fascinating book is certain to be at the center of the debate." - Dr. James Lacey, Horner Chair of Military Theory, Marine Corps University



Stephen Robison



Panzer Commander Hermann Balck

Germany's Master Tactician
Stephen Robison

SCAN TO
WATCH THE
TRAILER

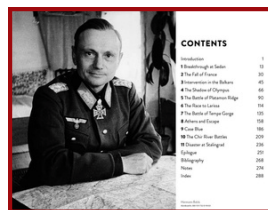
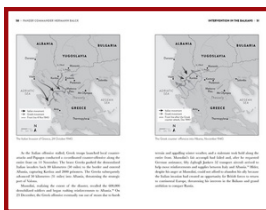


AN AUTHORITATIVE HISTORY OF ONE OF THE GREATEST ARMoured WARFARE COMMANDERS OF ALL TIME, PANZER COMMANDER HERMANN BALCK.

PANZER COMMANDER HERMANN BALCK is regarded as one of the world's greatest armoured warfare commanders. During World War II, he directed panzer troops from the front line and led by example, putting himself in extreme danger when rallying his soldiers to surge forward. He fought battles that were masterpieces of tactical operations, utilising speed, surprise and a remarkable ability to motivate his men to achieve what they considered to be impossible. In this intriguing history, we follow his perilous journey through the fields of France, the mountains of Greece and the steppes of Russia. In Greece, through flair and innovative leadership, his soldiers overcome every obstacle to defeat determined Allied forces defending the narrow mountain passes. But this is also the story of a cultured and complex man with a great love of antiquity and classical literature, who nevertheless willingly fought for Hitler's Third Reich while remaining strangely detached from the horrors around him. The book is the result of extensive research of primary and secondary sources, including Balck's battle reports, panzer division war diaries, campaign assessments and eyewitness accounts written by his Allied adversaries. As a result, Balck's dramatic story has finally been fully told for the first time.

9781922539113 | May 4, 2022 |
Paperback | US RRP: 22.99 | H: 234 W: 151
| Page Extent: 304 | 50 b/w photos and
maps | Biography / Military / World War II

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Canada, United Kingdom, Australia, New
Zealand, ARABIC, POLISH



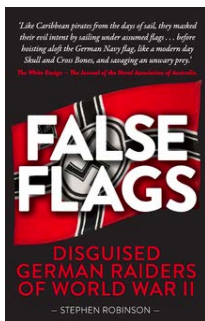
False Flags

Disguised German Raiders of World War II
Stephen Robison

SCAN TO
WATCH THE
TRAILER



TELLS THE DRAMATIC STORIES OF THE SOUTH SEAS 'PIRATE WAR' WAGED BY THE GERMAN RAIDERS DURING THE EARLY YEARS OF WORLD WAR II.



9781925335804 | Sept. 1, 2019 |
Paperback | US RRP: 22.99 | H:
234 W: 151 | Page Extent: 320 |
50 b/w photos and maps |
Biography / Military / World War
II

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United Kingdom, Australia, New
Zealand, CHINESE SIMPLIFIED

False Flags tells the epic story of German raider voyages to the South Seas during the early years of World War II.

In 1940 the raiders Orion, Komet, Pinguin and Kormoran left Germany and waged a 'pirate war' in the South Seas — part of Germany's strategy to attack the British Empire's maritime trade on a global scale. Their extraordinary voyages spanned the globe and are maritime sagas in the finest tradition of seafaring. The four raiders voyaged across the Atlantic, Pacific and Indian oceans as well as the Arctic and Antarctic. They sank or captured 62 ships in a forgotten naval war that is told here in its entirety. The Orion and Komet terrorised the South Pacific and New Zealand waters before Pearl Harbor when the war was supposed to be far away. The Pinguin sank numerous Allied merchant ships in the Indian Ocean before mining the approaches to Australian ports and capturing the Norwegian whaling fleet in Antarctica. The Kormoran raided the Atlantic but will always be remembered for sinking the Australian cruiser Sydney off Western Australia, killing all 645 sailors on board in tragic circumstances. False Flags is also the story of the Allied sailors who encountered these raiders and fought suicidal battles against a superior foe as well as the men, women and children who endured captivity on board the raiders as prisoners of the Third Reich.

ADVENTURERS AND EXPLORERS

Guiding Lights

The Extraordinary Lives of Lighthouse Women
Shona Riddell

Women have a long history of keeping the lights burning, from tending ancient altar flames or bonfires to modern-day lighthouse keeping. Yet most of their stories are little known. *Guiding Lights* includes stories from around the world spanning two millennia, as we discover the physical and mental risks of isolation, the heroism of the female keepers, how they came to be hired (especially in the 19th century), and the mysteries and legends that are inextricably part of lighthouse history.

SCAN TO WATCH THE TRAILER

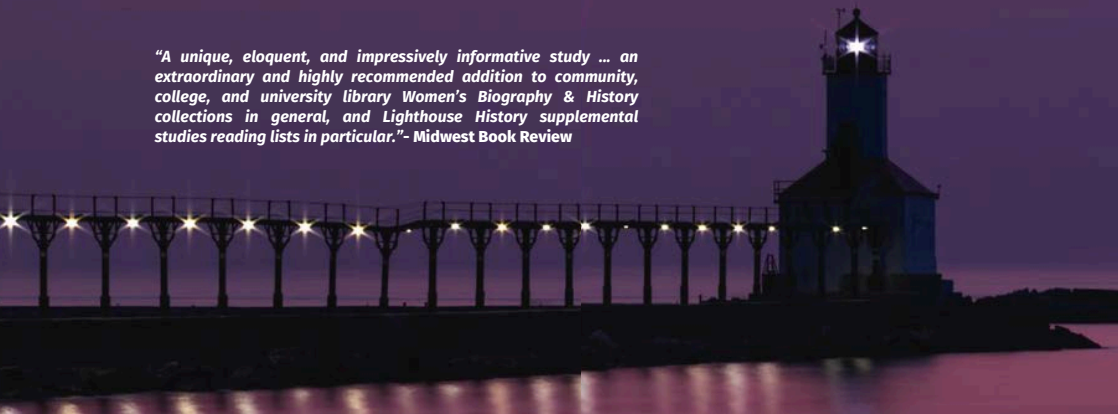


9781925820621 | Oct. 7, 2020 | True stories of endurance & survival | Cased with Jacket | 229 x 152 mm | 256 pages | Colour | US \$27.99

RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand



"A unique, eloquent, and impressively informative study ... an extraordinary and highly recommended addition to community, college, and university library Women's Biography & History collections in general, and Lighthouse History supplemental studies reading lists in particular." - Midwest Book Review



Trial of Strength

Adventures and Misadventures on the Wild and Remote Subantarctic Islands
Shona Riddell



The subantarctic islands circle the lower part of the globe below New Zealand, Australia, Africa and South America in the 'Roaring Forties' and 'Furious Fifties' latitudes. They are filled with unique plants and wildlife, constantly buffeted by lashing rain and furious gales, and have a rich and fascinating human history. *Trial of Strength* tells the compelling stories of these islands and will leave you with an appreciation for the tenacity of the human race and the forbidding forces of nature.

9781775593560 | Oct. 1, 2018 | Cased with Jacket | History / Polar Regions / Explorers / Nature | 260 x 186 mm | 264 pages | US \$29.99 RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand



TRIAL OF STRENGTH
Adventures and Misadventures on the Wild and Remote Subantarctic Islands
SHONA RIDDELL

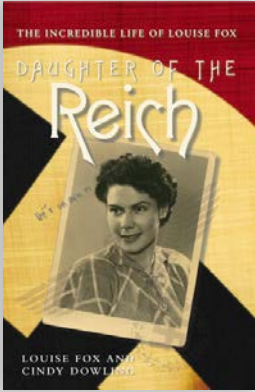


SCAN FOR INTERVIEW WITH THE AUTHOR



BIOGRAPHY

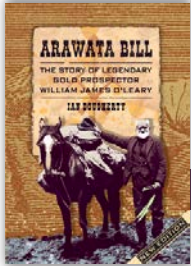
Daughter of the Reich The Incredible Life of Louise Fox Louise Fox and Cindy Dowling



9780908988655 | April 1, 2006 |
Paperback | Biography: historical, political
& military | 234 x 153 mm | 232 pages |
US \$14.99

THE STORY OF HERMAN GOERING'S SECRETARY

This is a story of an ordinary girl from Germany who became caught up in the inner workings of the Nazi war machine. Louise Fox had grown up while the Nazis steadily took full control of the country and like so many of her age group Nazism was considered to be just normal. As a teenager she was first involved in the effort to provide anti-aircraft equipment for the Luftwaffe and to kit out Rommel for the North African campaign. She was a hard worker and was promoted to the rank of captain in the Luftwaffe's supreme command headquarters in Potsdam, near Berlin. She caught Herman Goering's eye when he awarded her a medal for bravery in the capture of a downed British airman, and was sent to work in the Air Ministry making appointments and assisting Goering. As the war intensified on two fronts Louise was transferred back to Potsdam to manage the huge task of securing appropriate ammunition supplies for the Luftwaffe, a job she held for the rest of the war. She married an airman who three weeks later was killed in action. Louise was posted with her colleagues to the Eastern front and escaped with them all in Hitler's 'strategic retreat' ahead of the Red Army. In the last few months of the war she was captured and imprisoned by the Americans. She escaped and began an event-filled 1,000-kilometre hike to the safety of relatives. Life was difficult after the war and Louise entered the black market and was imprisoned. She eventually found a pen pal in Tasmania and much to the amazement of friends migrated there – selling Volkswagens to make a living.



Arawata Bill The Story of Legendary Gold Prospector William James O'Leary Ian Dougherty

Arawata Bill (1865-1947) was a New Zealand folk hero. He spent decades in the unforgiving mountain country of North-west Otago and South Westland, prospecting for gold and making new tracks in unexplored areas. His astonishing feats of endurance and tenacity, coupled with his charming eccentricity, have captured the imagination of generations of New Zealanders. This is his definitive, updated biography.

IN PRINT FOR 30 YEARS!

9781927147535 | Paperback | 4th Edition: Sept. 10, 2019 | Biography / Adventurers & Explorers | 210 x 148 mm | 196 pages | US \$14.99

One Woman's War and Peace A Nurse's Journey in the Royal Australian Air Force Wing Commander Sharon Bown (Retd)

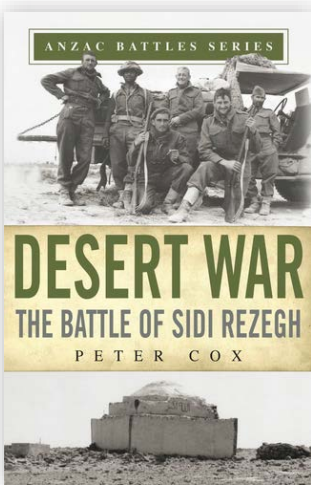
Sometimes humorous, at times tragic, often deeply moving, Sharon Bown's story is that of a courageous, compassionate and inspirational woman who has experienced a life most of us could never imagine. When Sharon, as a young Registered Nurse from Tasmania, joined the Royal Australian Air Force it was with the goal of providing humanitarian aid to the world. She never imagined that, on her retirement, she would have served in East Timor, Bali and Afghanistan - working to save the lives of others, but almost losing her own. As an Air Force Officer, she not only survived a helicopter crash that left her with a shattered jaw and a broken back, but fought back from her injuries to resume her military duties. As commander of a combat surgical team during some of the most intense fighting in Afghanistan, she made sure that the first and last sight for any Australian soldier on the operating table was the Australian flag. As a nurse, she experienced the heartbreak of losing patients, some of whom she and her team had battled for hours to save. Sharon's journey is a confronting, but ultimately inspirational, account of what our men and women in the military experience, and the price they pay for their service.

"Sharon's often traumatic story is one of great courage and compassion and highlights how service to the ADF can come at a great personal, physical, emotional and physiological cost." - Australian Defence Magazine



9781925335316 | Nov. 1, 2016 |
Paperback | Autobiography | 229 x
152 mm | 248 pages | US \$24.99

WW II

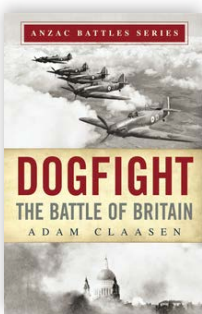


Desert War The Battle of Sidi Rezegh Peter Cox

This is both a very accessible account of a significant New Zealand contribution to World War II and a tribute to the thousands of men who took part in this punishing battle.

Sir Geoffrey Cox described Sidi Rezegh, fought during Operation Crusader in Libya over November and December 1941, as 'the forgotten battle of the Desert War'. The objective of Crusader was to retake Cyrenaica, the eastern region of Libya, and ultimately drive the Italians and Germans out of North Africa. The campaign also involved British and South African troops, and did achieve the badly needed relief of Tobruk. Despite the New Zealand Division's major role, and the importance of this campaign in achieving British victory in North Africa, it has largely been neglected by historians, failing to receive as much attention as Crete, El Alamein or Cassino. Yet more New Zealand soldiers were killed or taken prisoner during Crusader than in any other campaign fought by 'the Div' during the war. Peter Cox, whose father fought at Sidi Rezegh, draws on his experience of twice visiting the battlefield to tell the story of this complex and costly campaign. He sets the scene for the fighting in Libya, describes the unforgiving and inhospitable desert landscape, follows the stages of the action itself and recounts the often moving and heroic stories of the New Zealanders who fought there. Many never returned home.

9781921966705 | Paperback | May 1, 2015 | History / Military / World War II | 234 x 151 mm | 240 pages | US \$14.99 | RIGHTS SOLD: United Kingdom



Dogfight The Battle of Britain Adam Claassen

THE AUSTRALIAN PERSPECTIVE ON THE BATTLE OF BRITAIN

This book tells the story of Australians and New Zealanders in one of the Second World War's defining and most memorable campaigns.

From July until October 1940, the German air force (the Luftwaffe) sought aerial supremacy in skies over England as a prerequisite for an invasion of Britain (Operation Sealion). The ensuing conflict of Luftwaffe and RAF aircraft in the long summer of 1940 became forever known as the Battle of Britain. Of the 574 overseas pilots in the campaign, the New Zealand contingent of 134 airmen was second in size only to the Polish contribution. The Australian involvement, though smaller, was a healthy 37. Thus a fifth of overseas pilots were Anzacs. Among these colonials were some of the Battle of Britain's widely admired aces. Of the top ten pilots with the greatest number of victories two were New Zealanders (C. F. Gray and B. Carbury) and one an Australian (P. Hughes). Australian and New Zealand aircrew were also employed in attacking enemy Channel ports and airfields as part of Bomber and Coastal Command's attempts to thwart invasion preparations and blunt the Luftwaffe aerial onslaught. The Anzacs also had a fellow compatriot at the highest level in the Fighter Command system: the highly regarded New Zealander Air Vice-Marshal Sir Keith Park, who was instrumental in devising and implementing the integrated air defence of Britain around Spitfire and Hurricane aircraft, radio control and radar. In the spring of 1940, he was given the command of Group 11, which would face the brunt of the German aggression in south-east England. The success of Park's plans and operational initiatives, and the role played by Anzac pilots and aircrew, would all contribute to the conflict's eventual successful outcome.

9781921497285 | Nov. 1, 2012 | History / Military / World War II | Paperback | 234 x 153 mm | 232 pages | US \$14.99 | RIGHTS SOLD: United Kingdom

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A polar bear is the central focus, walking across a vast, snowy and icy landscape. The bear's fur is white and appears thick and textured. The background is a bright, blue sky, suggesting a clear day in a high-latitude environment. The overall color palette is dominated by blues and whites, creating a cold and serene atmosphere.

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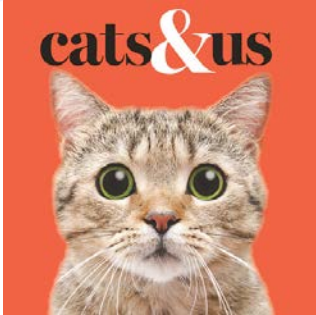
NATURE, GIFT AND COFFEE TABLE
BOOKS

NEW RELEASES

NEW!

Cats & Us

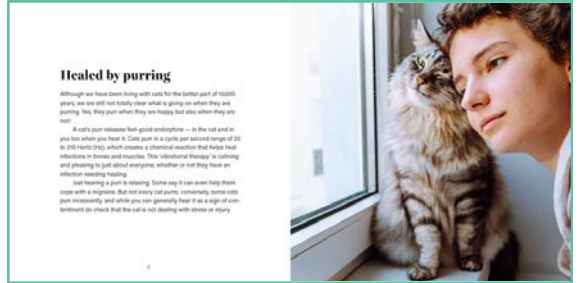
Gareth St John Thomas (ed.)



9781922539526 | Nov 2024 | Gift / Animals | Hardcover | 180x180 mm | 144 pages | Colour | US \$19.99

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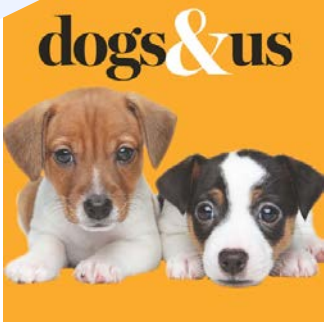
Many of us know the joy (and amusement) of having a feline or dog companion. But have you ever wondered why we can feel such an attachment to these animals in particular? Pairing adorable images with the latest research, this series is an investigation into – and celebration of – animal-human relationships.



NEW!

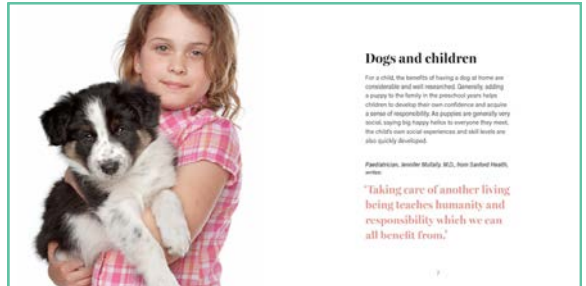
Dogs & Us

Gareth St John Thomas (ed.)



9781922539533 | Nov 2024 | Gift / Animals | Hardcover | 180x180 mm | 144 pages | Colour | US \$19.99

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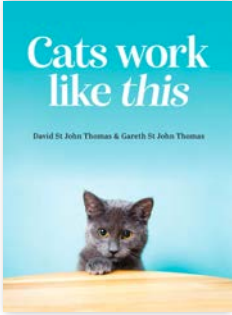


Author

Gareth St John Thomas Gareth St John Thomas has been immersed in the world of books since he started working in his father's publishing company at the age of 6, packing books. His publishing career has taken him around the world, and since founding Exisle Publishing 25 years ago, he has seen the company grow to distribute its titles in the US, Canada, UK, Australia and New Zealand. Gareth's love of seeing the world through the eyes of a child influenced the development of Exisle's children's picture book imprint, EK Books, while his education as a historian has guided his approach to publishing social history books throughout his career.



CATS



Cats Work Like This

David St John Thomas and Gareth St John Thomas

Started by David St John Thomas in his 80th year and largely completed by his son Gareth, this warm friendly book for all cat lovers is full of entertaining stories, photographs and information. The cast of characters features charming, curious and quite different cats. Extensively researched and drawing on two generations of experience, it includes over 50 colour photographs of cats in action.

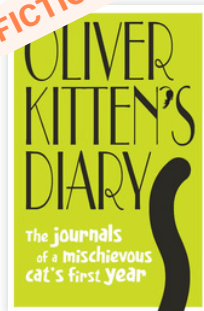


9781925820751 | Hardcover | 201 x 152 mm | 176 pages | Animal behaviour / Essays & Narratives | US \$24.99
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FICTION



Oliver Kitten's Diary

The Journals of a Mischievous Cat's First Year
Gareth St John Thomas

A must for cat lovers who will enjoy Oliver's precocious and naughty antics, learn something about kitten care and appreciate his perceptions of the human condition. Includes elegant line drawings.

Oliver Kitten was born in a firetruck and ends up living with a three-generation multicultural human family in a four-bedroom house. He keeps a diary of his own escapades and the things he hears and sees his family get up to. At once cute and funny, Oliver is a little naughty and sometimes downright wicked in his precocious observations of the things the humans in his house get up to. Elegantly produced with black and white line drawings, *Oliver Kitten's Diary* shows us a kitten evolving into a powerful and smart adult cat with lots of fun, affection, love and adventures.

9781922539359 | Nov. 3, 2022 | 210 x 135 mm | Flexibound Paperback | Fiction/ Humour | 192 Pages | Nov 2022 | USA \$22.99
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ANIMAL MAGIC SERIES



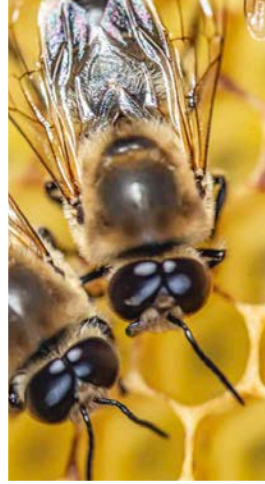
Buzz

A book of happiness for bee lovers

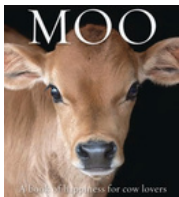
Adam Langstroth

Without bees, where would we be? They pollinate our food and flowers and give us the gift of honey. Take a close-up look at this fascinating, photogenic, and beneficial creature. *Buzz* features memorable quotes from around the world by the famous and not-so-famous. Each quote is accompanied by a gorgeous photograph, showcasing the huge variety of species both wild and kept domestically across the globe.

ISBN: 9781922539595



An eye-opening and thought-provoking insight into one of the most beneficial insects, whose important role in our lives is often overlooked.



Moo

A Book of Happiness for Cow Lovers
Angus Galloway (ed)

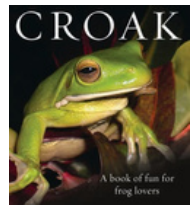
From Charles Dickens to Mary Quant, cows have long fascinated writers, philosophers, designers, musicians and more. *Moo* is a collection of beautiful photographs and quotes from cow-admirers through the ages, giving an endearing, amusing insight into the magic of the humble cow. With photos of around 50 of the world's most popular cattle breeds, this is the perfect gift for anyone from bovine experts to folks who happen to find cows cute (you'll be surprised by how many famous names agree!).

ISBN: 9781922539052

Croak

A Book of Fun for Frog Lovers
Professor Phil Bishop (ed.)

Croak is a collection of delightful quotes and gorgeous photographs celebrating the underappreciated beauty of frogs. Many of the stunning, colourful images were taken by author Phil Bishop on his travels around the world. They showcase frogs in their natural habitats, paired with quotes from famous faces such as Cameron Diaz and John Steinbeck. Simultaneously amusing and illuminating, this perfect coffee table book is a celebration of one of the most varied and vibrant species on earth.



ISBN: 9781925820812

Hardcover | 225 x 203 mm | 160 pages | Colour | US \$19.99

**BESTSELLING
SERIES**



Meow

A Book of Happiness for Cat Lovers
Anouska Jones (ed)

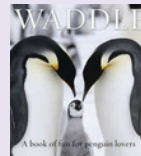
ISBN: 9781925820225



Woof

A Book of Happiness for Dog Lovers
Anouska Jones (ed)

ISBN: 9781925335095



Waddle

A Book of Happiness for Penguin Lovers
Lloyd Spencer Davis (ed.)

ISBN: 9781925335910



Spirit

A Book of Happiness for Horse Lovers
Anouska Jones (ed)

ISBN: 9781921966958



Cluck

A Book of Happiness for Chicken Lovers
Freya Haanen (ed)

ISBN: 9781925335798



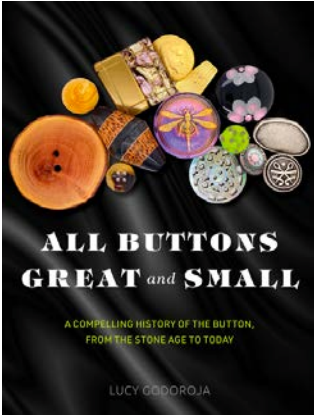
Oink

A Book of Happiness for Pig Lovers
Renée Hollis (ed)

ISBN: 9781925820102



BUTTONS



9781925820836 | Pub Date: 10/31/2023 | \$34.99 | Hardcover with printed dust jacket | 304 Pages | 270 photographs (color) | History of Fashion | 24.1 x 18.4 cm

RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand

All Buttons Great and Small

A compelling history of the button, from the Stone Age to today
Lucy Godoroja

In *All Buttons Great and Small*, author Lucy Godoroja takes readers on a visual tour of buttons, offering fascinating insights into their peculiar history and sharing an appreciation of their design and meaning. From the exquisite to the different to the ordinary, the study of buttons offers a world of delight. This collection of quirky and beautiful images alongside intriguing stories ranges from antiques to today's modern creations, giving Godoroja a wealth of button design, material and meaning to discuss.



NATURAL HISTORY

The Road to Pangaea

In search of the lost supercontinent

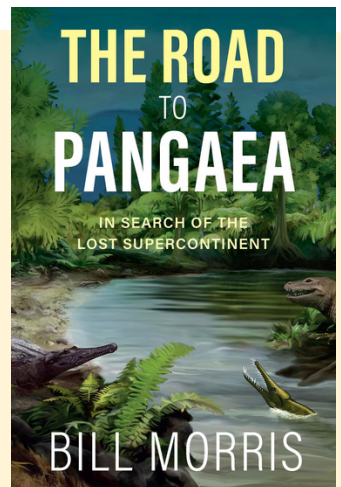
Bill Morris

An immersive and fascinating journey into deep time, charting the ancient supercontinent of Pangea through a billion years of Earth's history.

'Pangaea' is a mystery of geological history; a lost supercontinent and a place woven into the consciousness of all who inhabit its scattered fragments. But what was life like when it was whole? *The Road to Pangaea* traces the steps science took to find Pangaea, and the evolutionary journey of the supercontinent itself. Our tour guide on this journey is *Glossopteris* – an extinct tree that dominated the supercontinent for 50 million years, before vanishing in the most devastating event ever to strike life on this planet, the Permian mass extinction. This is a story about deep time and the challenges that face those who venture there. It's about the importance of imagination in science, and the reasons that the journey towards understanding is sometimes more important than the destination.

Author Bio

Bill Morris is a writer, documentary filmmaker and musician based in Port Chalmers, New Zealand. He has worked extensively as a wildlife filmmaker for NHNZ, the BBC Natural History Unit and others, and is a regular contributor to New Zealand Geographic magazine. His passion for science and stories of the natural world informs all his work.



9781922539335 | Pub Date: 3/14/2023 | \$27.99 | Hardcover with dust jacket | 272 Pages | Approx. 42, mix of b&w/colour photographs and maps - OPTIONAL | Natural History | 22.9 cm H | 15.2 cm W
ORIGINALLY PUBLISHED AS *THE ROAD TO GONDWANA*

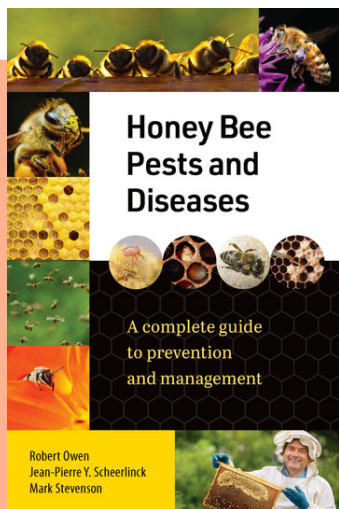
RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand

BEEKEEPING

Honey Bee Pests and Diseases

A complete guide to prevention and management

Robert Owen, Jean-Pierre Y. Scheerlinck, Mark Stevenson



Honey Bee Pests and Diseases is written by three scientists who are also long-time beekeepers. It provides up-to-date information on the management of honey bee diseases found globally, not just in the U.S., Europe, or Australia. Of particular interest are the explanations of how pathogens affect honey bees. This facet of diseases is usually left out of honey bee disease books.

Written in an easy to understand way, and richly illustrated with photographs and diagrams, chapters cover integrated pest management (IPM), epidemiology, viruses, brood diseases, mites, parasites, as well as other problems a colony might face. The book is largely based on the Ph.D. research of Dr. Robert Owen, who studied the effect of bee diseases in Australia and overseas with particular reference to Varroa. Both Prof. Jean-Pierre Scheerlinck and Prof. Mark Stevenson have extensive and well-recognized experience in honey bee research. The authors of Honey Bee Pests and Diseases have been keen beekeepers for over twenty years, and have a professional interest in bees through their university research. The diseases honey bees currently face can be better managed when beekeepers, eager to learn about the identification and treatment of diseases, have access to the latest information.

Beekeeping techniques vary in different countries, and this book enables beekeepers to take the best from each country's practices.

9781922539601 | Pub Date: 10/31/2023 | \$49.99 | Hardcover | 240 Pages | 50 photographs and 10 illustrations, color | Veterinary /Beekeeping | 22.9 x 15.2 cm

RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand

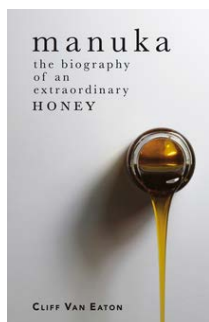
Manuka

The biography of an extraordinary honey

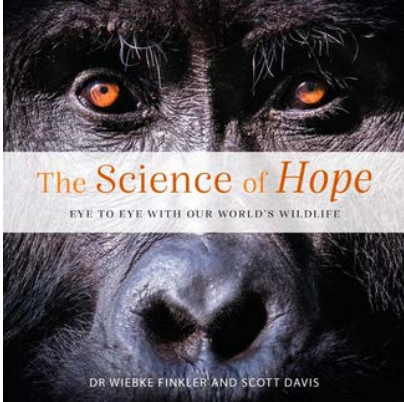
Cliff Van Eaton

This book chronicles the remarkable 'rags-to-riches' story of manuka honey, as seen through the eyes of a New Zealand beekeeping specialist who watched it unfold from the very beginning. It's a great tale of science, in which an inquisitive university lecturer found something totally unexpected in a product everyone had written off. It's also an entertaining account of the way that seemingly simple discovery caught the international media's attention, helping enterprising New Zealanders to develop manuka honey-based products and take them all around the globe.

Above all else it's a story of hope for the future, sounding a note of optimism in a world that for good reason feels saddened and sometimes even afraid about the future of the special relationship we humans have always had with those marvellous creatures, the honey bees.



9781775591634 | Pub Date: Oct. 1, 2014 | \$22.95 | Paperback | 256 Pages | colour photographs (optional) | Beekeeping | H: 234 W: 151
RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand



9781925820645 | 254 x 254 mm | Cased with Jacket Nature / Environmental Conservation | 160 Pages | USD \$29.99 RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand

The Science of Hope

Eye to Eye with our World's Wildlife
Dr Wiebke Finkler, Scott Davis

The book explores the importance of hope when it comes to communicating science. Its pages are filled with breath-taking images by leading wildlife photographers, informative chapters about humans' desire to connect with animals, and positive conservation effort stories about endangered and threatened species, including panda bears, elephants, great apes, whales, big cats, and even monarch butterflies.

"People are tired of hearing that they can't do anything about sustainability issues and that it is all doom and gloom. We all need hope in our lives, as a strategy, and as a pathway to get through life." - Dr Wiebke Finkler



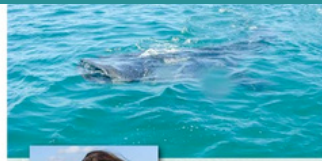
SCAN TO WATCH THE TRAILER

Dr Wiebke Finkler is a creative marketing researcher, filmmaker and science communicator. With a background in marine biology, Wiebke has a special interest in how filmmaking combined with community-based social marketing can be used as a tool for human-wildlife management, sustainable development, conservation, and social good. Wiebke is currently a lecturer in the Department of Marketing, University of Otago, New Zealand.

Scott Davis is a wildlife researcher, international photography expedition leader, and professional assignment photographer specializing in wildlife, travel, documentary and editorial imagery. Originally trained as a wildlife and marine biologist, Scott's research, photo assignments and expeditions have repeatedly taken him to the far-flung corners of the globe and all seven continents

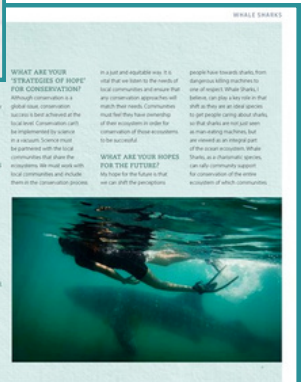


INCLUDES INTERVIEWS WITH SCIENTIST'S AND EDUCATORS FROM ALL AROUND THE WORLD



CASE STUDY
Whale Sharks and communities
Jackie Dugan, environmental social scientist

My research focuses on the conservation value of marine ecosystems. I am interested in understanding whether working in community based organisations can lead to greater support for conservation of both the focal species, the Whale Sharks, and the wider marine environment.



WHAT ARE YOUR 'STRATEGIES OF HOPE' FOR CONSERVATION?
Although conservation is a global issue, conservation is a local issue. Conservation can't be implemented by science in a vacuum. Science must be implemented with the local communities that share the ecosystem. The most work with local communities and include them in the conservation process.

WHAT DO YOU THINK IS THE BIGGEST APPEAL OF YOUR ANIMAL?
Whale sharks are not what you would expect it looks like. They're long, with a good pattern that makes it an unimpressive conservation. For that reason, as both, at least not the most, you would expect from a shark swimming with them is a fair game, and in addition, impressive.

WHAT HAVE BEEN YOUR BIGGEST LESSONS LEARNED?
The biggest lesson is that conservation is not an environmental issue. It is a people issue. Therefore, understanding why humans behave the way they do is critical to address environmental problems.

WHAT ARE YOUR HOPES FOR THE FUTURE?
My hope for the future is that we can stop the poaching.

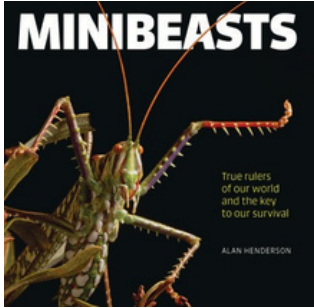
WHAT HAVE YOU LEARNED FROM DISAPPOINTING MISTAKES?
People have learned that, from dangerous killing machines to the use of ivory (tusk, teeth), before we get a idea in that we'll do it, we're at that species as that sharks are not just seen as the eating machines, but as a social animal, but as a shark, as a threatened species, can only conserve support for conservation of all the ecosystems of which conservation.

Minibeasts

True Rulers of Our World and the Key to Our Survival

Alan Henderson

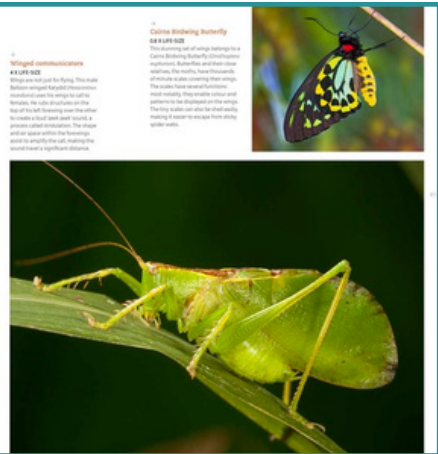
This stunning insight into the micro world of the minibeasts reveals the critical roles these true rulers of our world play in our future survival. Simply put, without the invertebrates (insects) and other tiny critters, humans would not survive. While outlining the importance of the minibeast world, this book is also a visual feast of detail and colour, capturing form and behaviour that the naked eye isn't normally able to see when encountering these small creatures. The result is a book that captivates the reader while at the same time inspiring a new appreciation for these magnificent animals. Lavishly illustrated with breathtaking macro-photography, each chapter focuses on a specific aspect of minibeasts and includes introductory text followed by images and informative captions. Among the topics covered are the jobs minibeasts perform that enable life on earth to exist, as well as the ways in which they have evolved to suit their environments and how we borrow ideas from them in the fields of biotechnology, engineering and design. **As we will come to realise, from new medical drugs to hi-tech robotics, minibeasts provide a wealth of material for humans to draw on to help solve our 21-century problems.**



9781925335842 | 254 x 254 mm | Hardcover | 160 Pages | Oct. 1, 2018 | Nature / Photography / Insects / Science / Biotechnology | RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand



Taking a break
 It's a busy world out there. After a day of flying around it is time to rest. The bee takes a moment to recharge its energy with its wings spread wide as it rests. Research is revealing that bees are becoming increasingly important for pollinating our food. Bees are also important for pollinating our crops. Bees are also important for pollinating our crops.



Queen Butterfly

The queen butterfly is a member of the Pieridae family. It is a common sight in gardens and parks. The queen butterfly is a member of the Pieridae family. It is a common sight in gardens and parks.

Winged communication

Winged communication is a form of communication used by many insects. It is a form of communication used by many insects. It is a form of communication used by many insects.

A LIFE SIZE

A life size model of a queen butterfly is shown. It is a life size model of a queen butterfly. It is a life size model of a queen butterfly.



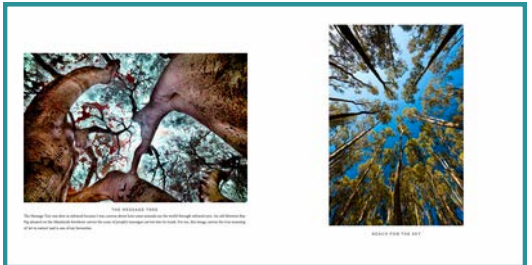
Art in Nature

David Rennie

Australian Geographic ANZANG Nature Photographer of the Year David Rennie presents a collection of strikingly memorable images that will help even the most jaded city-dweller reconnect with the poetry of the natural world.

"... Strikingly memorable images ... The breathtaking photography will captivate both nature and art lovers." - Australian Gift Guide

9781921966637 | Hardcover | 260 x 260 mm / 10¼ x 10¼ in | 144 pages Colour



THE GORGEOUS TREE
 The photograph shows a tree trunk with a bird perched on it. It is a photograph of a tree trunk with a bird perched on it. It is a photograph of a tree trunk with a bird perched on it.

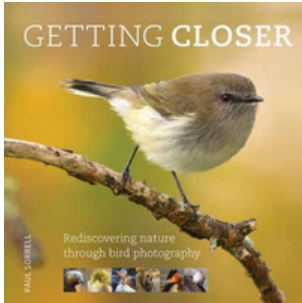


WOODS FROM THE SKY

ENVIRONMENT/PHOTOGRAPHY

Getting Closer

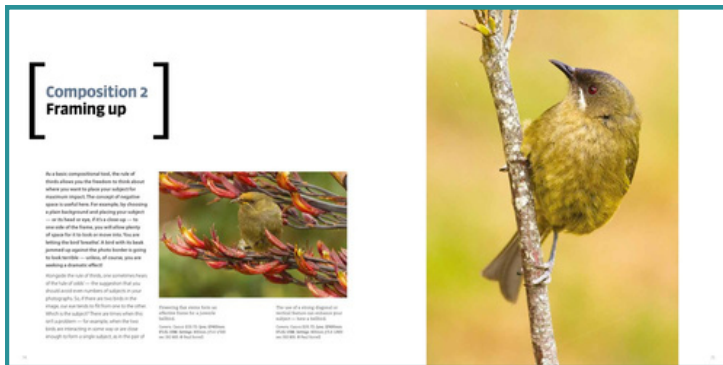
Discovering Nature Through Bird Photography
Paul Sorrell



"Whether you're an old hand at photographing birds, or eager to get started (especially now!), it's an excellent read. Highly, highly recommended!" - Wandering Educators

Getting Closer is an illustrated discussion of photography as a way of achieving greater intimacy with the natural world. With a focus on birds, the book is directed primarily at photographers but also at birders, and people interested in the outdoors. The author offers a simple, practical path for readers to begin to 'rewild' themselves, introducing hands-on techniques that will enable readers to both deeply connect with their environment and become proficient wildlife photographers.

9781925820638 | Hardcover | birds & birdwatching / Photographic equipment & techniques | 254 x 254 mm | 144 pages | Colour | US \$27.99



A Life of Extremes

The Life and Times of a Polar Filmmaker
Max Quinn

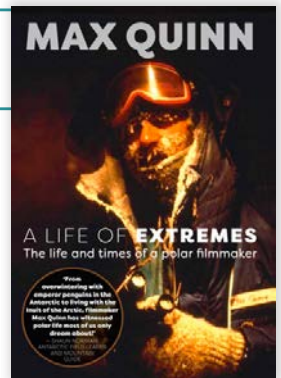
Max Quinn's filmmaking career has taken him to the ends of the earth, from his native New Zealand to Alaska; Antarctica to the Arctic. *A Life of Extremes* is a personal account of his work, featuring vibrant text and stunning images that illustrate 20 years of adventures in polar climates. Learn, from behind the camera, about the natural history and wildlife of our world. Leave the tourist trail behind with this unique insight into life in the immensely beautiful, most extreme places on earth.

"This is quite an amazing book, showing the hardship, danger and excitement of filming in extreme weather conditions." - Wildlife Detective

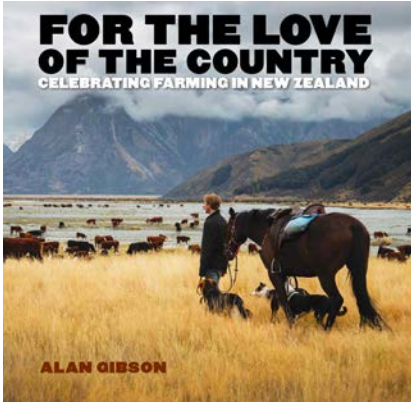
9781775594321 | Cased with Jacket | 260 x 182 mm / 10¼ x 7¼ in | 272 pages | Colour RRP: US \$35.99 | CA \$39.99 | UK £25.99 | AU \$49.99 | NZ \$49.99



SCAN FOR
INTERVIEW
WITH THE
AUTHOR



NATURE/PHOTOGRAPHY



For the Love of the Country
Celebrating farming in New Zealand
Alan Gibson

This gorgeous collection of photographs, accompanied by extended captions and insightful interviews, is a visual celebration of the New Zealand farmer and the landscape in which they live and work.

It tells the stories of the people who are the backbone of farming in Aotearoa New Zealand - people who love this land and love what they do with it. Alan Gibson, a much-awarded photojournalist, was raised on a remote hill country farm. Ever since picking up his first camera as a child, he has wanted to record the people he grew up around and the world they inhabit. He knew the subject of this book intimately; he just had to find the right people to tell the New Zealand farming story. Through Alan's lens we enter the world of dairy farmers, sheep farmers, deer farmers, horticulturists, aquaculturists, beekeepers and viticulturists, among others. From the air, in close-up or in panorama, the photographs focus on the landscapes and people that provide New Zealand's superior primary produce, from oysters, mussels, kiwifruit and venison to beef, lamb, eggs and seasonal fruit and vegetables.

9781991001214 | Pub Date: Nov. 3, 2022 | Paperback + Jacket | H: 254 Photojournalism | W: 254 Page Extent: 160 | NZ\$59.99



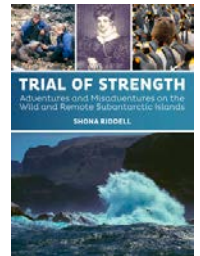
Trial of Strength

Adventures and Misadventures on the Wild and Remote Subantarctic Islands
Shona Riddell



The subantarctic islands circle the lower part of the globe below New Zealand, Australia, Africa and South America in the 'Roaring Forties' and 'Furious Fifties' latitudes. They are filled with unique plants and wildlife, constantly buffeted by lashing rain and furious gales, and have a rich and fascinating human history. *Trial of Strength* tells the compelling stories of these islands and will leave you with an appreciation for the tenacity of the human race and the forbidding forces of nature.

9781775593560 | Oct. 1, 2018 | Cased with Jacket | History / Polar Regions / Explorers / Nature | 260 x 186 mm | 264 pages | US \$29.99 RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand



SCAN FOR
INTERVIEW
WITH THE
AUTHOR



GIFTS FULL OF WISDOM

The Being Human Collection

Dr Carrie Hayward

NEW!



9781922539878 | Pub Date: 10/8/2024 | \$49.99 | 120 Pages | Self-Help / Personal Growth | 4 books in a slip case | Available also as individual books | 16.5 cm H | 16.5 cm W

RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand

Written by a specialist in Acceptance and Commitment Therapy, the *Being Human* series features four narratives that delve into the complexities of our shared human experience.

As humans, we are all prone to psychological struggle. Life is full of challenges, hardships and emotional pain. The *Being Human* series seeks to equip readers with the psychological resilience and flexibility to live a meaningful life in spite of these difficulties. The four books each focus on a different aspect of the human condition, providing teachings and practical processes for readers to implement in their lives:

- *The Lost Sun* focuses on the importance of values-based living.
- *The Flower in the Pocket* emphasizes transforming pain into growth.
- *The Unwanted Friend* explores the realm of thoughts.
- *The Dragonfly in the Haze* discusses our growing disconnect with the world and each other.

Together, these books form the comprehensive Being Human Method, fostering self-awareness, meaningful relationships, and a purposeful existence. Written by a specialist in Acceptance and Commitment

Therapy, each book stands alone but, when read together, offers a comprehensive insight into our shared human experience.



Author

Dr Carrie Hayward is a Melbourne-based clinical psychologist whose life's work is to help individuals live more consciously and purposefully. Specializing in Acceptance and Commitment Therapy (ACT), Carrie advocates for psychological flexibility and resilience in the face of life's inevitable challenges. In 2022, she spent six months in Zanzibar, Tanzania, living and serving in a different community, enriching her understanding of what it truly means to be present and interconnected.



PUG

How to be the Best You

Helen James

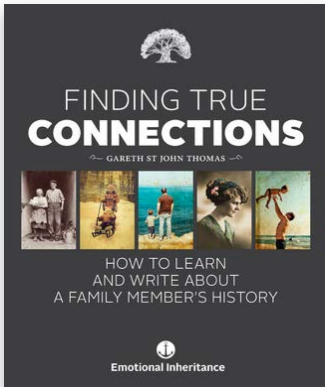
Learn from the ancient knowledge of pugs, and better your life through advice from various creatures, presented uniquely and with charm! Featuring vibrant illustrations and thought-provoking pearls of wisdom, PUG will inspire and entertain.

***"There's something about seeing a pug diving with dolphins that makes one forget whatever they might have been worrying about beforehand."* - Financial Review**

9781925335620 | Hardcover | Humour / Anecdotes & Quotations / Gift books / Self-help & personal development | 203 x 203 mm | 64 pages | US \$17.99



GIFTS FULL OF WISDOM



Finding True Connections

How to Learn and Write About a Family Member's History

Gareth St John Thomas

Interviewing and writing up someone's personal history has become a mainstream activity. For the person being interviewed and for the writer, it can be an immensely enjoyable, beneficial and supportive process.

This detailed, hands-on manual provides comprehensive guidance and instruction, from getting started to the end result. Using the latest best-practice techniques and know-how, and divided into structured sections, it provides you with the 100 most important questions to ask as well as additional context and cues for each question - what to look for and what traps to avoid. Supplementary and follow-up questions are also suggested.

By following the proven approach in this book, you will get to the heart of the person being interviewed - show what they are really like, and share what they've seen and done, revealing their unique thoughts and beliefs in a format that can be passed on to their friends and relatives.

Written in a warm and supportive way, this invaluable reference is designed to be kept with you during the interview process alongside your audio recorder or notebook.

Our individual memories define us. Our tribal memories unite us. If these are missing parts of us are missing too. This book will help you to safely ensure that your family's memories do not slip away.

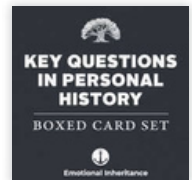
9781925820157 | Hardcover | 235 x 191 mm | 232 pages | July 1, 2019 RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand

Key Questions in Personal History

Boxed Card Set

Gareth St John Thomas

Emotional Inheritance works with psychologists, writers and historians to provide a premium interview and life story production service. Now, this boxed set of 100 cards provides simple effective questions to help you undertake this process yourself, without an external interviewer.



95 x 95 mm | 101 cards in a box



The Art of Mindful Origami

Soothe the Mind with 15 Beautiful Origami Projects and Accompanying Mindfulness Exercises

Dr Richard Chambers

The Art of Mindful Origami combines the classic art of origami and the popularity of art-therapy coloring books with simple mindfulness exercises to create the ultimate way to calm your mind.

9781925335293 | Pub Date: 11/22/2016 | \$14.99 | Paperback | 120 Pages | 45 color photos | Crafts & Hobbies / Origami / Mindfulness | 25.1 cm H | 26 cm W |

RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand



The Mindful Home

The Secrets to Making Your Home a Place of Harmony, Beauty, Wisdom and True Happiness
Craig Hassed & Deirdre Hassed

A house is merely physical but a home is far more subtle and elusive. By bringing a mindful approach to the ways in which we feed our mind and our heart through our senses, how we use space, the practicalities of managing a home, and how to live a healthy and sustainable life at home, *The Mindful Home* beautifully enables us to shape the living spaces we want, creating an environment that both nurtures and invigorates us, while meeting our needs. The ultimate guide to the art of conscious living.

"Aims to help the reader live a more fulfilled life by showing how to create the living space they want and need" - Woman & Home UK

9781921966811 | Paperback | 229 x 184 mm / 9 x 7 1/4 in | 240 pages | Colour RRP: US \$34.95 | CA \$41.99 | UK £19.99 | AU \$34.99 | NZ \$39.99

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Enjoying thirty years of publishing success, Exisle continues to go from strength to strength, with offices in Australia and New Zealand as well as key people in the United States, United Kingdom and Europe. Fully independent, we pride ourselves on being able to serve our customers with flexibility and innovation.

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FRANKFURT 2024

SELF-HELP

NEW RELEASES: SELF-HELP

NEW!



Beating Burnout

Mike McKinney

A comprehensive guide to the reasons behind burnout, with effective, practical ways to manage and prevent burnout to create a more balanced future.

Burnout is a phenomenon that can happen to anyone, yet it is most often found in high-pressured workplaces, especially those where promotions and target achievement are valued. In this timely book, clinical psychologist Mike McKinney takes an informed look at the features of burnout, why and how burnout happens, and the signs it might be about to strike.

After noticing an increase in patients struggling with burnout in their work roles, Mike McKinney found that there are common underlying **personality traits** in an individual that can result in an increased vulnerability towards the development of burnout.

The author then provides options and answers, along with suggestions for positive changes that can be sustained, and offers ways to help the reader consider a wider (and possibly new) purpose in life that is underpinned by ways to enhance resilience.

Beating Burnout is an insightful, practical book for professionals and anyone experiencing burnout, as well as those who would like to help someone in burnout.

9781923011069 | Feb 2025 | \$16.99 | Paperback | 232 Pages | approx. 60,000 words | 198 x 129 mm | Self-Help / Personal Success

RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand

- While workplace change is often touted as the solution, the author details how certain **personality traits** (e.g. the 'all-or-nothing' personality, fear of failure) contribute to burnout. The book then outlines changes the reader can make to help them overcome and prevent burnout.
- **A valuable resource for professionals, HR departments, partners of those experiencing burnout, psychologists, counsellors and life coaches.**
- Written by a **clinical psychologist** who has spent **over two decades** observing the impact of personality on achievement and assisting clients in transforming their lives for the better.
- Includes helpful **practical exercises and suggestions.**
- Makes use of elements of Acceptance and Commitment Therapy (ACT).

Author Bio

Mike McKinney is a clinical psychologist with over 25 years of experience. He has worked in both public and private practice settings, and over the years has become intrigued by the potential for an individual's personality style to affect decisions and behaviours in relation to achievement.

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NEW RELEASES: MORE THAN JUST SELF HELP

HISTORY

General Lucian K. Truscott

'Quite a talent for fighting'
Professor Glyn Harper

Explores the life and military career of Lucian Truscott, one of the greatest, yet least celebrated, US combat commanders of World War II.

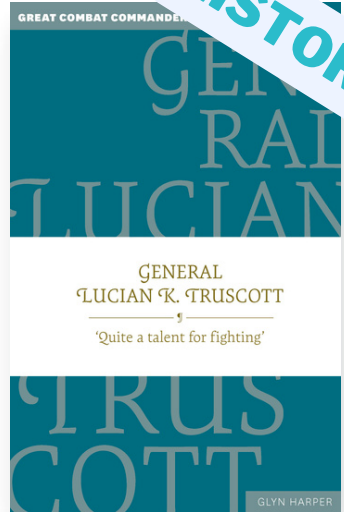
Born in Texas to a drug-addicted father, Truscott would become one of the United States' greatest ever combat generals. Expert in mechanised warfare and amphibious operations during World War II, he was a plain-speaking, determined fighter.

The book traces Truscott's rise as a senior American commander in various theatres of war, including the campaigns in North Africa, Sicily, Italy and southern France. It examines Truscott's relationship with other senior American commanders such as George Patton (who once threatened to sack him), Mark Clark (who didn't like him), Eisenhower and George Marshall.

Truscott made a significant contribution to the defeat of Nazi Germany, improving his command skills with each new experience. Being placed in command of the Anzio beachhead was his finest hour, where his vital contribution ultimately led to the capture of Rome.

General Lucian K. Truscott: 'Quite a talent for fighting' is for military enthusiasts looking to expand their knowledge beyond the well-known names of World War II canon.

- New, succinct and fast-paced biography of one of **America's greatest, yet least celebrated, World War II generals.**
- Includes detailed accounts of key moments of a distinguished, innovative leader's life in several theatres of war including North Africa, Southern France, Sicily and mainland Italy.
- Truscott's success in Italy was critical to the Allied victory in Europe.
- **Uses previously unpublished photographs and other new materials.**



9781923011014 | July 2025 | 229x152 mm | 190 Pages | Approx. 50 000 words | II WW History

RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand

Great Combat Commanders series - there will be more!
Book no 2: Lieutenant General Leslie Morshead (March 2026)

HISTORY

[CLICK FOR THE CATALOGUE!](#)



Eight Hundred Heroes

China's Lost Battalion and the Fall of Shanghai
Stephen Robinson

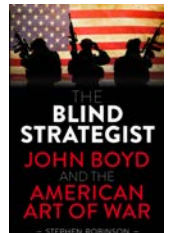
The fascinating story of the legendary heroism of a Chinese battalion during the Battle of Shanghai. An account of a battle which has taken on mythic dimensions in Chinese and international military history. From 26th October to 1st November 1937, the '800 Heroes' defended Sihang Warehouse from wave after wave of Japanese assaults. A thorough analysis of both the last stand of the '800 Heroes', and the legend it became.

9781922539205 | 234 x 151 mm | Hardcover | 304 Pages | approx. 67,000 words | USA \$35.99 | RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand

The Blind Strategist

John Boyd and the American Art of War
Stephen Robinson

An unflinching account of the maneuver warfare revolution that has corrupted the American art of war. **Colonel John Boyd revolutionized the American art of war** through his ideas on conflict and the human mind. Boyd claimed that victory is won by the side that transitions through 'decision cycles' faster than the enemy, mentally checkmating them with minimal violence.



9781922539861 | 234 x 151 mm | Hardcover | 360 Pages | approx. 80,000 words | USA \$24.99 | RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, JAPANESE

NEW RELEASES

NEW!

NEW!

Cats & Us

Gareth St John Thomas (ed.)

Many of us know the joy (and amusement) of having a feline or dog companion. But have you ever wondered why we can feel such an attachment to these animals in particular? Pairing adorable images with the latest research, this series is an investigation into – and celebration of – animal-human relationships.



9781922539526 | Nov 2024 | Gift / Animals | Hardcover | 180x180 mm | 144 pages | Colour | US \$19.99

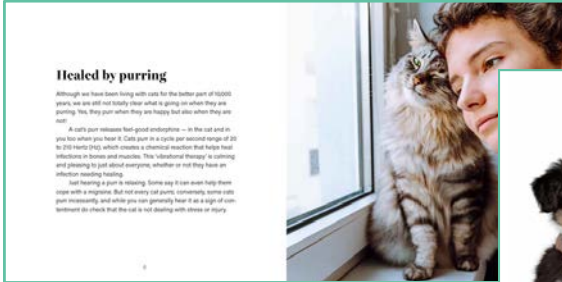
RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand

Dogs & Us



9781922539533 | Nov 2024 | Gift / Animals | Hardcover | 180x180 mm | 144 pages | Colour | US \$19.99

RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand



[NATURE, GIFT AND COFFEE TABLE BOOKS](#)

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BESTSELLING SERIES

Pairing gorgeous photography with inspiring and amusing quotations, this series celebrates the magic of animals.



RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand 225 x 203 mm | Hardcover | 160 Pages | USA \$19.99

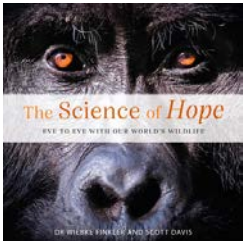
The Science of Hope

Eye to Eye with our World's Wildlife
Dr Wiebke Finkler, Scott Davis

The book explores the importance of hope when it comes to communicating science. Its pages are filled with breath-taking images by leading wildlife photographers, informative chapters about humans' desire to connect with animals, and positive conservation effort stories about endangered and threatened species, including panda bears, elephants, great apes, whales, big cats, and even monarch butterflies,

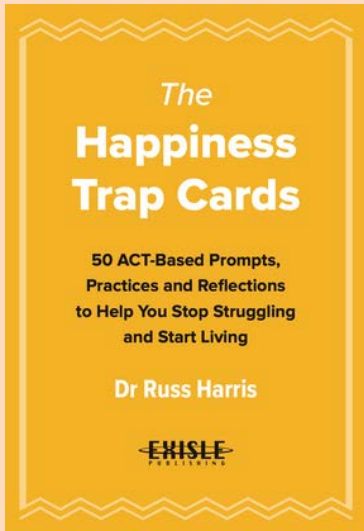
Author Quote - Dr Wiebke Finkler

"People are tired of hearing that they can't do anything about sustainability issues and that it is all doom and gloom – I wanted to offer something that is applied and brings people together. Hope is not just an emotion – there is a strategy and science behind it. We all need hope in our lives, as a strategy, and as a pathway to get through life."



9781925820645 | September 2021 | 254 x 254 mm | Cased with Jacket Nature / Environmental Conservation | 160 Pages | approx. 25,000 words | USD \$29.99 RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand

SELF-HELP



9781922539540 | 50 cards + 4-page booklet |
April 2023 | Self-Help

RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, FRENCH WORLD, GERMAN, ROMANIAN, ITALIAN

The Happiness Trap Cards

50 ACT-Based Prompts, Practices & Reflections to Help You Stop Struggling and Start Living

Dr Russ Harris

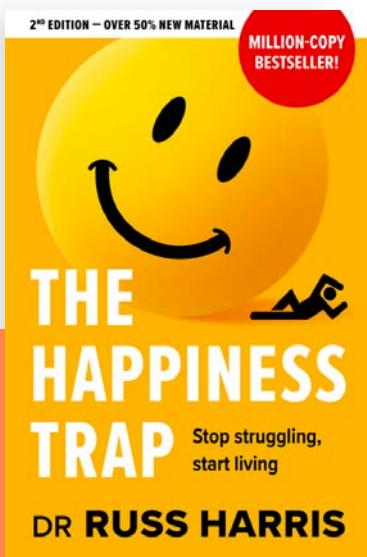
Following on from the million-copy bestseller *The Happiness Trap*, this beautifully presented card set introduces the principles of Acceptance and Commitment Therapy in a fresh and accessible format. Each card features a key concept of ACT, and on the reverse a practical teaching for the reader to apply in their daily life. Readers will be empowered to prioritise their true values, deal with difficult emotions and engage fully in what matters, building authentic happiness from the inside out.

This set of 50 cards will introduce you to the key concepts of ACT and how you can apply them in your day-to-day life, enabling you to:

- handle painful thoughts and feelings more effectively
- break self-defeating habits
- build better relationships
- improve performance and find fulfilment at work
- build self-compassion, and
- deal with loneliness and loss.

BY DR RUSS HARRIS

The Happiness Trap 2nd Edition Stop struggling, start living



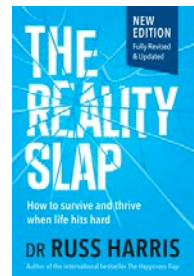
A revolutionary guide which exposes popular misconceptions about happiness, unlocking the secrets to a fulfilling life.

9781922539199 | November 2021
Paperback | 320 Pages | 22.9x15.2 cm

RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, PORTUGUESE, CROATIAN, ESTONIAN, GERMAN, HUNGARIAN, ICELANDIC, ITALIAN, JAPANESE, CHINESE SIMPLIFIED, POLISH, SLOVENE, SPANISH WORLD, SWEDISH, TURKISH, VIETNAMESE, FRENCH WORLD, DUTCH, DANISH, RUSSIAN

The Reality Slap 2nd Edition

How to survive and thrive when life hits hard



9781925820911 | November 2020 |
Paperback | 248 Pages | 23.4x15.1 cm

RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, GERMAN, CZECH, HUNGARIAN, ITALIAN, JAPANESE, KOREAN, DUTCH, POLISH, ROMANIAN, RUSSIAN, SLOVAK, TURKISH

SELF-HELP

ANXIETY

Everything Anxiety Ever Told You is a Lie

(*Well, almost everything!)

Dr Toni Lindsay

Everything Anxiety Ever Told You Is a Lie

*Well, almost everything!

Dr Toni Lindsay

A practical and therapeutic guide to managing anxiety, written specifically for those aged 14–25 by a psychologist with over 15 years of experience working with adolescents and young adults.

Everything Anxiety Ever Told You Is a Lie is aimed at young people who are experiencing anxiety in their everyday lives, across the breadth of the anxiety spectrum. It emphasises that anxiety is completely normal, and something that can be managed by taking the steps that are right for you. The book contains practical, effective activities and exercises that each reader can apply to their own set of circumstances.

Written by an expert and grounded in extensive research and clinical experience in anxiety, ACT, and uncertainty.

9781922539991 | Pub Date: 7/9/2024 | \$24.99 | Hardcover | 144 Pages | approx. 50,000 words | 23.5x18.4 cm | Self-Help / Anxieties & Phobias

RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand

Author Bio

Dr Toni Lindsay is a qualified clinical psychologist who has been working with both adults and adolescents for over 10 years. She works at Chris O'Brien Lifehouse, a cancer treatment center in Australia, in the Oncology and Haematology departments and has a special interest in the care of adolescents and young adults with cancer. She is an AHPRA approved supervisor and works predominately from an Acceptance and Commitment Therapy framework. Her first book was titled *Cancer, Sex, Drugs and Death* (Australian Academic Press, 2017) and focused on the psychological management of young people with cancer. More recent titles include *The Cancer Companion* and *The Certainty Myth*, published by Exisle Publishing.

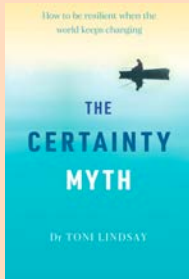
During more than fifteen years spent working clinically with adolescents and young adults (primarily in the health context) Dr Lindsay has developed a unique perspective and understanding of the challenges of managing anxiety. She observes, 'Through my clinical practice with young people, anxiety is showing up more and more frequently. It is now rare that I will meet a young person who has not identified that anxiety has been a concern for them in the past.'



ALSO BY THIS AUTHOR

The Certainty Myth

How to be resilient when the world keeps changing

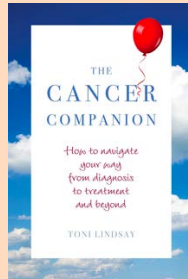


9781922539328 | March 2023 | \$22.99 | 224 Pages | approx. 50,000 words | Self-Help / Mood Disorders | 22.9x15.2 cm

For anyone who is struggling with making sense of a world that keeps changing around them, *The Certainty Myth* will help you rise above the chaos and find emotional stability and happiness. With tools such as ACT (Acceptance and Commitment Therapy) and real-world examples, you'll learn how letting go of certainty can be the key to happiness in today's world.

The Cancer Companion

How to Navigate Your Way from Diagnosis to Treatment and Beyond



9781925820805 | May 2021 | \$21.99 | 224 Pages | approx. 60,000 words | Health & Fitness / Diseases & Conditions | 22.9x15.2 cm

An accessible guide to modern psychological strategies, grounded in the well-proven areas of Acceptance and Commitment Therapy and Cognitive Behavioural Therapy.

RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, FRENCH WORLD, TURKEY

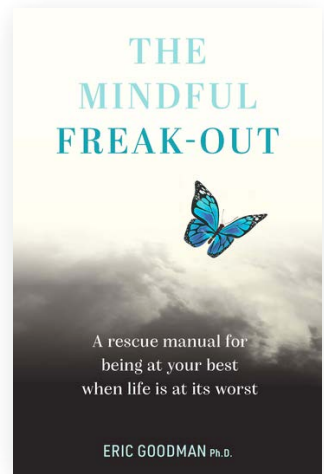
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SELF-HELP

The Mindful Freak-Out

A rescue manual for being at your best when life is at its worst
Eric Goodman, Ph.D.

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. 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. The result is an outcome where you feel good about your response, rather than deeply regretting your actions or words.



9781922539366 | February 2024 | \$22.99 | Paperback | 240 Pages | approx. 50,000 words | Mental Health | 22.9x22.9 cm

RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand

ANXIETY EXPERT

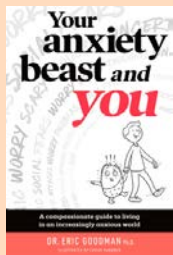
Author Bio

Eric Goodman, Ph.D. is a clinical psychologist, author, and speaker who specializes in helping people face their social fears and anxiety disorders. His private practice is in San Luis Obispo, California and he is a lecturer at Calpol State University.



ALSO BY THIS AUTHOR

Your Anxiety Beast and You

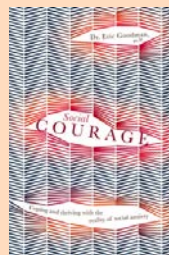


9781925820331 | May 2020 | \$21.99 | Paperback | 216 Pages | approx. 50,000 words | 30 b-w illustrations | Self-Help /Anxieties & Phobias | 22.9x15.2 cm

A Compassionate Guide to Living in an Increasingly Anxious World
Eric Goodman, Louise Gardner

Just like The Beast in the fairy tale *Beauty and the Beast*, anxiety is an emotion that society initially misjudges as the villain. *Your Anxiety Beast and You* is a kinder, more compassionate approach for people suffering from anxiety. Rather than living with an enemy inside your mind, you're encouraged to see anxiety for what it really is—an inner hero. It is always trying to protect you from threats, however, it is completely confused about what are true threats in the modern world.

Social Courage



9781925335750 | July 2018 | \$21.99 | Paperback | 232 Pages | approx. 50,000 words | Self-Help / Anxieties & Phobias | 22.9x15.9 cm

Coping and thriving with the reality of social anxiety
Eric Goodman

Social Courage presents a step-by-step, structured program for minimizing suffering in the face of social anxiety while giving readers the tools to boldly work towards their social goals. It acknowledges that social anxiety is a normal human experience, with only as much power as you are willing to surrender to it. There is no shame in it, and it is felt by everyone to some degree; we just need to learn to break free from its constraints.

RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, FRENCH, CHINESE SIMPLIFIED, POLISH, ROMANIAN

RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, FRENCH, ROMANIAN, VIETNAMESE

BUSINESS



9781922539717 | March 2024 | \$22.99 | Paperback | 240 Pages | approx. 50,000 words | Business & Economics / Leadership | 22.9x15.2 cm

RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, **CHINESE TRADITIONAL**

The Clear Leader

How to lead well in a hyper-connected world
James N. Donald, PhD, Craig S. Hassed, OAM

A cutting-edge guide to achieving authentic modern leadership, from experts in business psychology and mindfulness.

Today's hyper-connected world poses many challenges to leaders: how can you cut through the noise of tech distraction, navigate the rise of AI, deal with information overload, and lead others to success amidst it all? The Clear Leader provides evidence-based guidance to doing just that, giving you the tools to strategize, prioritise, and connect, while sustaining your own wellbeing. Informed and empowered by the latest research, you will master the four key leadership capabilities:

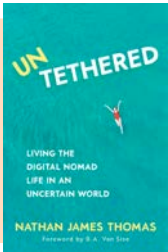
1. Purpose: identifying and communicating your purpose to your team.
2. Priorities: conscious decision-making about where to invest your focus and energy.
3. People: leading people with your full attention – and theirs.
4. Personal: managing your attention and energy in your personal life.

Authors

James Donald, PhD is a Senior Lecturer at the University of Sydney Business School, and regularly appears in print, radio and TV media, discussing issues of workplace wellbeing and leadership. James is also an active researcher in positive psychology and leadership, regularly publishing his research in the world's leading research journals.

Professor Craig Hassed, OAM has worked within the Faculty of Medicine at Monash University in Melbourne, Australia since 1989. In 2021, he became the founding Director of Education at the Monash Centre for Consciousness and Contemplative Studies (M3CS). Craig has authored 120 papers in peer-reviewed journals, published 14 books and 17 book chapters. He is co-author of the two top-ranked online mindfulness courses in the world, and in 2019 received the medal of the Order of Australia for services to medicine.

MORE BUSINESS...



Untethered

Living the digital nomad life in an uncertain world
Nathan James Thomas, B.A Van Sise

In Untethered you'll learn exactly what it takes to engineer a digital nomad lifestyle in a post-pandemic world. With travel stories and case studies interlaced with clear, real-world guidance, you'll discover whether the digital nomad lifestyle is for you and equip yourself with the tools to create your own location-independent life.

9781922539694 | September 2023 | \$22.99 | Paperback | 232 Pages | approx. 40,000 words | Business / Self-Help | 22.9 x 15.2 cm
RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand

Stop Talking, Start Influencing

12 Insights From Brain Science to Make Your Message Stick
Jared Cooney Horvath PhD, MEd

9781925335903 | March 2019 | \$24.99 | Paperback | 304 Pages | approx. 50,000 words | 100 b-w photos | Teaching / Business | 22.9 x 15.2 cm

RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, VIETNAMESE, THAI, KOREAN, CHINESE SIMPLIFIED, CHINESE TRADITIONAL, POLISH, ARABIC LANGUAGE

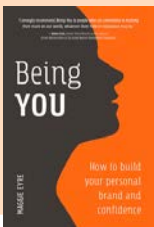


Being You

How to Build Your Personal Brand and Confidence
Maggie Eyre

Being You teaches you everything you need to know about personal branding. A personal brand tells the world about who you are as a human being personally and professionally. It's about authenticity and is derived exclusively from your mind, your heart, your values, your passions, and what you believe to be true at the core of your personal and professional self.

9781925335927 | May 2019 | \$21.99 | Paperback | 286 Pages | approx. 60,000 words | Business / Marketing | 22x15 cm
RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, ARABIC



SELF-HELP

The Flourishing Woman

A mental health and wellbeing guide
Dr Cate Howell OAM, CSM, CF

The Flourishing Woman is a unique, holistic guide to fostering women's mental health and wellbeing, allowing them to overcome challenges and flourish in life. It emphasizes the influence of mental health and wellbeing on the prevention of ill-health (physical and mental), and on living a satisfying and meaningful life.

The book addresses many topics that are highly relevant to adult women, including why women often put themselves last; ways to overcome stress, overwhelm and anxiety; reproduction, menopause and mental health; and managing parenthood challenges and relationship issues. Other topics include the impact of trauma and physical illness on mental health, and strategies to manage these impacts; and how to silence self-criticism and grow self-worth.

9781922539649 | October 2023 | \$22.99 | Paperback | 240 Pages | approx. 50,000 words | Health & Fitness / Women's Health | 22.9x15.2 cm

RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, **POLISH**



Author

Dr. Cate Howell is a GP, therapist, researcher, educator and author. She has over 40 years of training and experience in the health sphere, and is passionate about the areas of mental health, wellbeing and counseling. Currently Cate is mostly involved in education and writing related to these areas. In the year 2000, a Churchill Fellowship allowed her to travel to the UK and Europe studying the primary care management of anxiety and depression.



ALSO BY THIS AUTHOR



The Changing Man

A Mental Health Guide

Dr Cate Howell OAM, CSM, CF & Alex Bernard

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. No shame. No silence. No anger.

9781922539625 | 198 x 129 mm | Paperback | 336 Pages | approx. 50,000 words | May 2023 | USD \$16.99

RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, ROMANIAN



NEW!

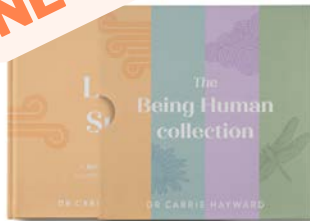
The Being Human Collection

Dr Carrie Hayward

Written by a specialist in Acceptance and Commitment Therapy, the *Being Human* series features four narratives that delve into the complexities of our shared human experience.

- *The Lost Sun* focuses on the importance of values-based living.
- *The Flower in the Pocket* emphasizes transforming pain into growth.
- *The Unwanted Friend* explores the realm of thoughts.
- *The Dragonfly in the Haze* discusses our growing disconnect with the world and each other.

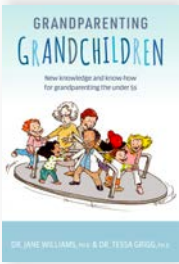
Together, these books form the comprehensive Being Human Method, fostering self-awareness, meaningful relationships, and a purposeful existence. Written by a specialist in Acceptance and Commitment Therapy, each book stands alone but, when read together, offers a comprehensive insight into our shared human experience.



9781922539878 | October 2024 | \$49.99 | 120 Pages | 4x approx. 5000 words | Self-Help / Personal Growth | 4 books in a slip case | Also available as individual books | 16.5x16.5 cm

RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand,

PARENTING



Grandparenting Grandchildren

New knowledge and know-how for grandparenting the under 5's
Dr Jane Williams, Dr Tessa Grigg

Grandparenting Grandchildren is the first guide of its kind written specifically for grandparents, and aims to help you raise well-rounded, ready-to-learn, happy grandchildren, even if you only look after them for a few hours a week. By explaining the latest neuro-developmental and neuro-educational research in accessible, applicable ways, it will reaffirm what you instinctively know, while providing new tools to build your grandchild's imagination, creativity and curiosity. Combining the authors' practical experience as childhood development professionals with international research, this book helps grandparents understand the key influences on healthy development in the first 5 years: movement, music, sleep and food.

9781925820799 | September 2021 | \$21.99 | Paperback | 240 Pages | approx. 50,000 words | 50 illustrations | Parenting | 22.9 x 15.4 cm

RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, CHINESE SIMPLIFIED, POLISH, SPANISH (LATIN AMERICA)

Mind Kind

Your Child's Mental Health
Dr Joanna North

In *Mind Kind: Your Child's Mental Health*, acclaimed psychotherapist Dr Joanna North gives a unique insight into the world of children's mental health; one that focuses on kindness and values. Dr North presents clear, research-based strategies which she has developed over 30 years of working with children, adults and families.

In supporting children towards positive mental health and well-being, this book emphasises the importance of understanding their emotions in a variety of situations. Chapters are devoted to behaviour management; helping children through difficult times; and developing a 'Mind Kind approach' to mental health conditions such as stress, anxiety and depression. Family break-ups, divorce and step-parenting; and eating disorders and their link to mental health receive special attention.

9781925335941 | July 2019 | \$21.99 | Paperback | 256 Pages | approx. 60,000 words | Parenting | 22.9x31.6 cm

RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, POLISH, TURKISH, ARABIC



Engaging Adolescents

Parenting tough issues with teenagers
Michael Hawton

Parenting teenagers can be tricky at the best of times. But when the tough issues arise — behavioural problems, unacceptable risk-taking, bullying, alcohol abuse — things can get extremely difficult and parents can struggle with what to do. Drawing on psychologist Michael Hawton's 30 years of experience, *Engaging Adolescents* is a practical guide to help you steer your teenager through the challenging times with confidence.

Using case studies and based on universally-accepted mediation principles, this is a highly practical, skills-based book that gives you the tools to resolve conflict and build better family relationships. Hawton's advice is honest and open-minded, building on his own parenting successes and failures.

9781925335408 | May 2017 | \$24.99 | Paperback | 216 Pages | approx. 55,000 words | Parenting | 22.9x15.9 cm

RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, CHINESE SIMPLIFIED, VIETNAMESE



Smart Start

How Exercise Can Transform Your Child's Life
Margaret Sasse

Children need exercise, not just to stimulate their bodies but to stimulate their brains as well. The first five years of a child's life are now seen as crucial to later health, well-being and success. Exercise and good diet are especially important in ensuring that the pre-schooler has a healthy start in life, develops a good brain and avoids the problems of obesity. Margaret Sasse has had decades of practical experience in the area of child development, and in training parents and teachers on the importance of healthy food and exercise. *Smart Start* is a practical guide for parents on how to give their children the best start in life, with down-to-earth advice on diet and exercise to encourage optimum physical and intellectual development. The book is carefully organised to provide a step-by-step programme for each year. Simply written, and attractively presented with dozens of lively illustrations and practical exercises, it will soon become an indispensable tool in raising your child.

9781921497186 | May 2009 | \$12.99 | Paperback | 160 Pages | 23.2x17.4 cm

RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, ARABIC, BULGARIAN, CHINESE SIMPLIFIED, CHINESE TRADITIONAL, CZECH, DUTCH, ESTONIAN, GREEK, ITALIAN, KOREAN, POLISH, PORTUGUESE, ROMANIAN, THAI, TURKISH, VIETNAMESE



PARENTING

Anxiety Coach

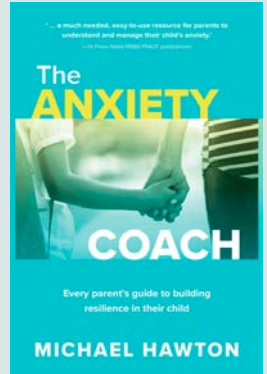
Every parent's guide to building resilience in their child

Michael Hawton

The Anxiety Coach is a practical, evidence-based guide for parents of children with anxiety, giving all parents the confidence and the tools to solve their child's anxiety problems.

With 18 years of expert, qualified experience, the author shows how to help children and tweens build up the necessary brain architecture and perspective, and create the emotional reserves and balance needed throughout life. Parent-led strategies for managing child anxiety based in cognitive behavioral approaches are vital for the successful treatment of mild to moderate levels of child anxiety. Parents, carers and grandparents are on the spot when a child is behaving anxiously and simple interventions by them can be used across time as an effective treatment for child anxiety. User-friendly features in this book include:

- Case studies of a family who have successfully tackled their children's anxious behavior.
- Worksheets outlining the methodical steps parents should take.
- Advice on how to manage a child's digital world.
- Tips to help worried parents deal with their own anxious thoughts and feelings.



9781922539588 | March 2023 | \$21.99 | Paperback | 240 Pages | approx. 46,500 words | Family & Relationships | 22.9x15.2 cm

RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, FRENCH WORLD, CHINESE SIMPLIFIED, POLISH, VIETNAMESE

Author

Michael Hawton has spent much of his career working with parents and their children. He has been training family services workers and educational leaders in the area of behavior management for over 17 years. Michael has developed parent education programs that have been taught to over 150,000 parents and professionals since 2006. A father of two, a published author and a former schoolteacher, Michael brings a clear and unambiguous method-based approach to guide parents through a parent-led method for resolving child anxiety.

Mindfulness at Play

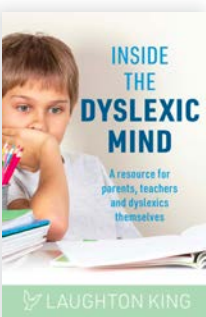
Parenting healthy, happy children with old wisdom and new science

Dr Stephen McKenzie, Angela North

Mindfulness at Play is a comprehensive yet light, playful, and play-based one-stop mindfulness resource for parents. It will help parents help their children develop optimal learning, emotional and social behaviors.

9781922539632 | August 2023 | \$22.99 | Paperback | 240 Pages | approx. 50,000 words | Parenting | 22.9x15.2 cm

RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand



Inside the Dyslexic Mind

A resource for parents, teachers and dyslexics themselves

Laughton King

In Laughton King's formulation, a dyslexic person is like a diesel vehicle. They run perfectly if you give them the right fuel, but if you put petrol in the tank (i.e. expect them to learn like every 'normal' child in our current education system) they break down. This book is designed to help dyslexic (diesel) thinkers make sense of their lives.

9781922539427 | July 2023 | \$24.99 | Paperback | 256 Pages | approx. 60,000 words | Education / Learning Styles | 22.9 x 15.2 cm

RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, POLISH

EMPOWER SERIES

SUCCESSFUL BOOKS WRITTEN BY EXPERTS. SIGNIFICANTLY REVISED AND UPDATED. NOW AVAILABLE IN AN ECONOMIC FORMAT.



Dealing With Depression

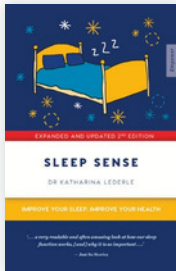
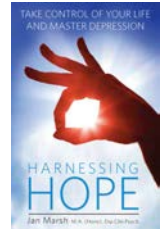
Simple Ways to Get Your Life Back

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 | Paperback | 192 Pages | approx. 50,000 words | USD \$14.99 | ORIGINALLY PUBLISHED AS *HARNESSING HOPE*

RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, ROMANIAN, FRENCH WORLD



Sleep Sense

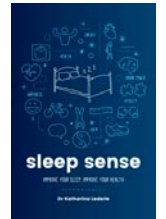
Improve Your Sleep, Improve Your Health

Dr Katharina Lederle

Develop healthy sleep habits that best fit your life with this guide from an international sleep expert. From lighting to diet, it explains easy-to- implement changes that lead to improved health and a good night's sleep.

9781925820935 | 198 x 129 mm | Paperback | 224 Pages | approx. 50,000 words | USD \$14.99

RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, VIETNAMESE, CZECH



The Creative SEED

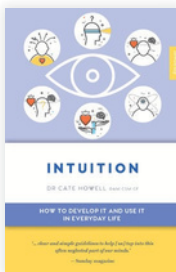
How To Enrich Your Life Through Creativity

Lilian Wissink, BA GradDipCounselling

An original approach to empower beginners and established creators to clearly understand the nature of the creative process including strategies to keep readers inspired and on track for living their creative dream.

9781925820300 | 198 x 129 mm | Paperback | 200 Pages | approx. 35,000 words | USD \$14.99

RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, VIETNAMESE



Intuition

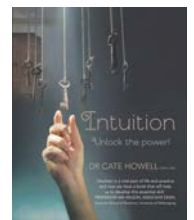
How to Develop it and Use it in Everyday Life

Dr Cate Howell, OAM CSM CF

Intuition: it's instinctive by nature. Become empowered and learn how to develop your intuition. Make better decisions, perform better at work and enhance your life, with this practical seven-step program. .

9781925820317 | 198 x 129 mm | Paperback | 216 Pages | approx. 65,000 words | USD \$14.99

RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, GERMAN, POLISH, SLOVAK, CHINESE SIMPLIFIED, VIETNAMESE, SPANISH WORLD



EMPOWER SERIES



Understanding Autism

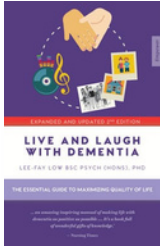
The Essential Guide for Parents

Prof. Katrina Williams & Prof. Jacqueline Roberts

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

9781925335712 | 198 x 129 mm | Paperback | 272 Pages | approx. 55,000 words | USD \$14.99

RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, POLISH, ARABIC, RUSSIAN



Live and Laugh with Dementia

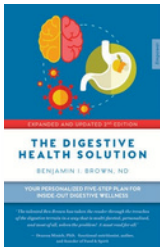
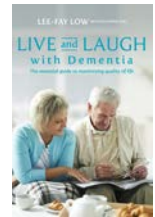
The Essential Guide to Maximizing Quality of Life

Lee-Fay Low, BSC PSYCH (Hons), Ph.D.

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

9781925335729 | 198 x 129 mm | Paperback | 256 Pages | approx. 55,000 words | USD \$14.99

RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, FRENCH WORLD, VIETNAMESE



The Digestive Health Solution

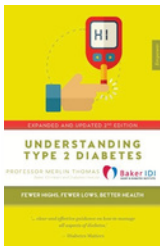
Your Personalized Five-Step Plan for Inside-Out Digestive Wellness

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 | Paperback | 272 Pages | approx. 45,000 words | USD \$14.99

RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, VIETNAMESE, POLISH, GERMAN



Understanding Type 2 Diabetes

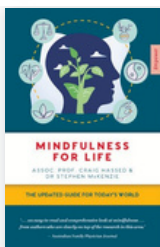
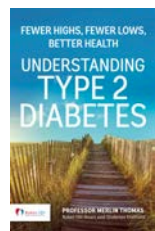
Fewer Highs, Fewer Lows, Better Health

Prof. 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 | Paperback | 336 Pages | approx. 65,000 words | USD \$14.99

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Mindfulness for Life

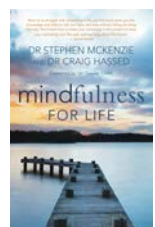
The Updated Guide for Today's World

Assoc. Prof. Craig Hassed & Dr Stephen McKenzie

Written by experts, *Mindfulness for Life* is the complete guide to being fully present in life. Take a leap towards mindful living and you might just discover that you become a calmer, happier and healthier being – for life.

9781922539014 | 198 x 129 mm | Paperback | 272 Pages | approx. 70,000 words | USD \$14.99

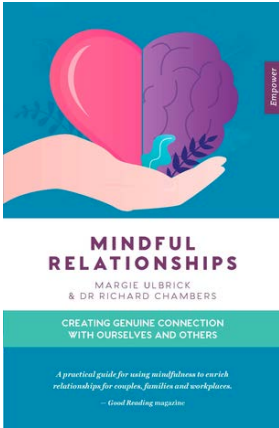
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MORE MINDFULNESS



MINDFULNESS

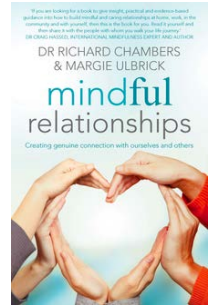


Mindful Relationships (2nd Edition)

Creating genuine connection with ourselves and others

Margie Ulbrick, Dr Richard Chambers

Mindful Relationships, now reissued in the bestselling Empower series, focuses on individuals, couples, families, groups and businesses to provide a practical guide for using mindfulness to enrich relationships and more effectively manage the stresses associated with dispute resolution and conflict. Case studies highlight key principles, while practical exercises enable the reader to develop their mindfulness skills.



9781922539786 | March 2024 | \$16.99 | Paperback | 240 Pages | approx. 60,000 words | Family & Relationships | 19.7x12.7 cm

RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand

Mindfulness at Work

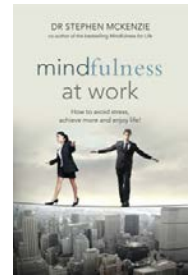
How to avoid stress, achieve more and enjoy life!

Dr Stephen McKenzie

Written by an expert with years of both clinical and personal experience, *Mindfulness at Work* includes examples of mindfulness in action in the workplace, while also looking at how the principles of mindfulness can be applied to specific professions, from sales and marketing to teaching, from law to medicine, from the trades to the creative arts.

9781921966194 | Pub Date: Feb. 1, 2013 | \$22.99 | Paperback | 200 Pages | approx. 60,000 words | Mindfulness | 23.2x15.2 cm

RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, FRENCH WORLD, ITALIAN



Mindful Learning

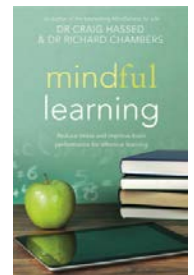
Reduce Stress and Improve Brain Performance for Effective Learning

Dr Craig Hassed, Dr Richard Chambers

Mindfulness is now being used in educational environments 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', practical insights and exercises are given on how to successfully apply mindfulness in the educational setting.

9781921966392 | Pub Date: 5/13/2014 | \$12.99 | Paperback | 272 Pages | 35 color illustrations | 23.5 x14.9 cm

RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, CZECH, POLISH, VIETNAMESE



The Art of Mindful Origami

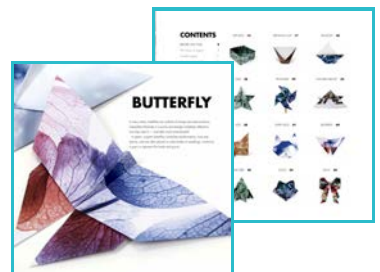
Soothe the Mind with 15 Beautiful Origami Projects and Accompanying Mindfulness Exercises

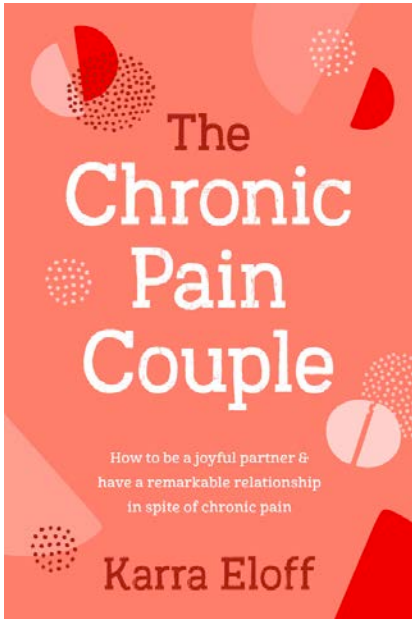
Dr Richard Chambers

The Art of Mindful Origami combines the classic art of origami and the popularity of art-therapy coloring books with simple mindfulness exercises to create the ultimate way to calm your mind.

9781925335293 | Pub Date: 11/22/2016 | \$14.99 | Paperback | 120 Pages | 45 color photos | Crafts & Hobbies / Origami / Mindfulness | 25.1x26 cm

RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand





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 & a fulfilling relationship while coping with chronic illness and pain is a serious problem for millions of people. Australian entrepreneur and health professional Karra Eloff draws on academic research and her own pursuit of joy in spite of suffering to bring this trailblazing, compassionate, low-energy and practical path to a remarkable new normal, for you and your chosen human/partner.

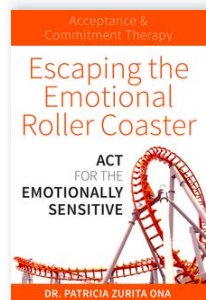
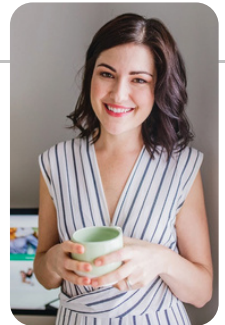
On average, one in five adults suffer from chronic pain. In older people, the number rises to three in five. Most of these people don't realise they don't have to settle for a survival-based coexistence with their partner or bury their hopes for success and joy under a mountain of heat packs or duvets. Chronic illness or pain, according to Karra, need not hold you back from experiencing personal joy and success. It is possible to forge a path to remarkable—to move the dial of a relationship challenged with chronic pain from embattled and exhausted to joyful and passion-filled.

9781922539212 | July 2022 | \$27.99 | Hardcover | 272 Pages | approx. 65,000 words | Pain Management | 22.9x15.2 cm

RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, FRENCH WORLD, GERMAN

Author Bio

Karra Eloff is a health professional, speaker and entrepreneur dedicated to helping suffering people find joy. She is the managing director of two private psychology clinics on the East Coast of Australia. She is also the founder of The Chronic Pain Couple, an organization that delivers practical support to people with chronic pain and their loved one. Karra is a wife, mother, and former speech pathologist who featured as a regular guest panellist on the TV talk show Be That.



Escaping the Emotional Roller Coaster

ACT for the emotionally sensitive

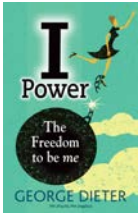
Dr Patricia Zurita Ona

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.

Written in a warm and accessible style by a clinical psychologist who specializes in anxiety and emotional dysregulation issues, it also draws on the latest science as well as aspects of positive psychology.

9781925335743 | August 2018 | \$21.99 | Paperback | 248 Pages | approx. 50,000 words | Self-Help / Emotions | 22.9x15.2 cm

RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, GERMAN, TURKISH, POLISH, RUSSIAN



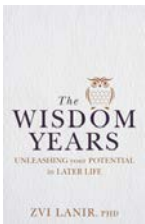
I-Power

The Freedom to be me

George Dieter

With I-Power, learn to take responsibility for yourself to find contentment, fulfillment and balance. Written by a psychologist who has seen how the application of Boundary Theory has transformed his clients lives for the better.

9781921966835 | October 2015 | \$21.95 | Paperback | 232 Pages | approx. 60,000 words | Personal Growth | 23.5 x15.2 cm
RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, CHINESE SIMPLIFIED, CHINESE TRADITIONAL



The Wisdom Years

Unleashing Your Potential in Later Life

Zvi Lanir, PHD

The Wisdom Years provides a practical, thought-provoking and life-changing read for both people embarking on retirement and younger people who would like to mindfully prepare themselves in advance. Derived from Dr Lanir's lifetime of work experience in identifying mindsets that are no longer helpful, it reveals how to reframe our thought processes so that we can live life based on our 'functional age' rather than our 'chronological age'. The result is a book that carries a unique and inspiring message: life after retirement is to be enjoyed as a new, exciting and uplifting journey of personal evolution.

9781925820232 | November 2019 | \$17.99 | Paperback | 247 Pages | approx. 40,000 words | Self-Help / Aging | 21.1x13.7 cm
RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, ARABIC



The Longevity List

Myth busting the top ways to live a long and healthy life

Prof. Merlin Thomas

Red wine is good for us. Alcohol is bad for us. Cut out sugar. Eat less fat. Eat more fat. Every day we're bombarded by often-contradictory advice on what to do to keep ourselves healthy. How can we separate fact from fad? Written by medical clinician Merlin Thomas, this is the ultimate myth-busting guide to what will help you live a long and healthy life. Professor Thomas looks at each item on the "longevity list", analyzes why it's come to be considered a health priority, and gives his scientifically backed verdict on how much attention we really need to pay to it.

9781921966736 | September 2017 | \$17.99 | Paperback | 272 Pages | Health | 23.2x15.6 cm
RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, VIETNAMESE, RUSSIAN, SPANISH, ARABIC



The Journal Writer's Companion

Achieve Your Goals • Express Your Creativity • Realize Your Potential

Alyss Thomas

Designed to be a clear, practical guide to using journal writing to help you succeed in any area of life and work, *The Journal Writer's Companion* is also a comprehensive reference source to all of the different types of journaling techniques, from gratitude journals to bullet journals, legacy journals to art journals. 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.

9781925820041 | September 2019 | \$24.99 | Hardcover | 272 Pages | approx. 120,000 words | b-w illustrations | Self-Help / Journaling | 21.8x16 cm
RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand

DIET AND NUTRITION



The Healthy Skin Kitchen

For Eczema, Dermatitis, Psoriasis, Acne, Allergies, Hives, Rosacea, Red Skin Syndrome, Cellulite, Leaky Gut, MCAS, Salicylate Sensitivity, Histamine Intolerance & more

Karen Fischer

Whether your skin issue is mild or momentous, *The Healthy Skin Kitchen* is your essential resource for clear, healthy skin. Find answers to combat eczema, acne, dandruff, hives, rosacea, salicylate sensitivity and much more. Enjoying more energy, a trimmer waistline and better gut health.

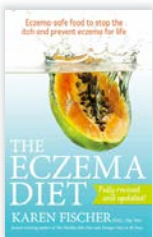


9781925820652 | March 2021 | \$27.99 | Hardcover | 224 Pages | approx. 40,000 words | 50 color photos | Cooking / Health & Healing | 24.4x19.9 cm

RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, POLISH

Author

Karen Fischer is a nutritionist and a member of the Australian Traditional-Medicine Society (ATMS). She has a Bachelor of Health Science Degree and a nutrition diploma. For more than a decade, Karen has used the Eczema Diet in her private practice to help her patients, of all ages, become eczema-free. Karen's books with Exisle include the bestselling *The Healthy Skin Diet* (winner of 'Best Health, Nutrition or Specific Diet Book' at the 2008 Australian Food Media Awards), *The Eczema Detox*, *The Eczema Diet*, *Younger Skin in 28 Days* and *Healthy Family, Happy Family*.



Eczema Diet

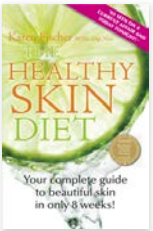
Eczema-safe food to stop the itch and prevent eczema for life

Karen Fischer

The Eczema Diet includes all the facts and scientific research, as well as itch-busting treatments that offer immediate relief combined with a tried-and-tested diet — developed by nutritionist Karen Fischer over the past ten years through her work with eczema patients — that really gets results. Also included are delicious recipes suitable for everyone in the family, an extensive meal plan and shopping lists that are clear and easy to follow.

9781921966460 | July 2014 | \$19.99 | Paperback | 288 Pages | approx. 60,000 words | b/w illustrations | Health Skin / Diet | 234 x 151 cm

RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, CZECH, CHINESE TRADITIONAL, FRENCH CANADA, VIETNAMESE



The Healthy Skin Diet

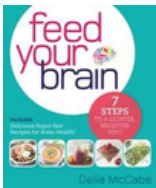
Your Complete Guide to Beautiful Skin in Only 8 Weeks!

Karen Fischer

Whatever your skin type, whatever your skin condition, you'll find all the help you need right here. Whether you want to eliminate acne, cellulite, dandruff, dermatitis, eczema, psoriasis or rosacea, or simply fight the signs of ageing, the answers are in the book. You'll also learn how to ensure your children grow up with clear, problem-free skin. Specific programs are included to target each skin condition, while Karen's nutritious, delicious recipes mean you have all the tools you need to start living a healthier more beautiful life today!

9781921966132 | November 2011 | Paperback | 234 x 153 mm | 392 pages | 234x153 mm

RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, BULGARIAN, PORTUGUESE, RUSSIAN, CHINESE TRADITIONAL, GERMAN, LATVIAN, ITALIAN, POLISH



Feed Your Brain

7 Steps to a Lighter, Brighter You!

Delia McCabe

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.

9781925335118 | September 2016 | \$29.99 | Paperback | 296 Pages | 35 color illustrations | Diet & Nutrition | 23.5 x 19.7 cm

RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, CZECH, ITALIAN

NOT ONLY SELF-HELP...

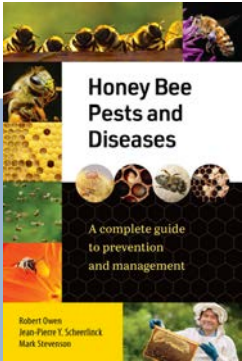
Honey Bee Pests and Diseases

A complete guide to prevention and management

Robert Owen, Jean-Pierre Y. Scheerlinck, Mark Stevenson

Honey Bee Pests and Diseases is written by three scientists who are also long-time beekeepers. It provides up-to-date information on the management of honey bee diseases found globally, not just in the U.S., Europe, or Australia. Of particular interest are the explanations of how pathogens affect honey bees. This facet of diseases is usually left out of honey bee disease books.

Written in an easy to understand way, and richly illustrated with photographs and diagrams, chapters cover integrated pest management (IPM), epidemiology, viruses, brood diseases, mites, parasites, as well as other problems a colony might face. The book is largely based on the Ph.D. research of Dr. Robert Owen, who studied the effect of bee diseases in Australia and overseas with particular reference to Varroa. Both Prof. Jean-Pierre Scheerlinck and Prof. Mark Stevenson have extensive and well-recognized experience in honey bee research. The authors of Honey Bee Pests and Diseases have been keen beekeepers for over twenty years, and have a professional interest in bees through their university research. This book enables beekeepers to take the best from each country's practices.



9781922539601 | October 2023 | \$49.99 | Hardcover | 240 Pages | approx. 40,000 words | 50 photographs and 10 illustrations, color | Veterinary/Beekeeping | 22.9x15.2 cm

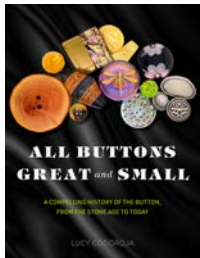
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All Buttons Great and Small

A compelling history of the button, from the Stone Age to today

Lucy Godoroja

In All Buttons Great and Small, author Lucy Godoroja takes readers on a visual tour of buttons, offering fascinating insights into their peculiar history and sharing an appreciation of their design and meaning. From the exquisite to the different to the ordinary, the study of buttons offers a world of delight. This collection of quirky and beautiful images alongside intriguing stories ranges from antiques to today's modern creations, giving Godoroja a wealth of button design, material and meaning to discuss.



9781925820836 | October 2023 | \$34.99 | Hardcover with printed dust jacket | 304 Pages | approx. 70,000 words | 270 photographs (color) | History of Fashion | 24.1x18.4 cm

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The Road to Pangaea

In search of the lost supercontinent

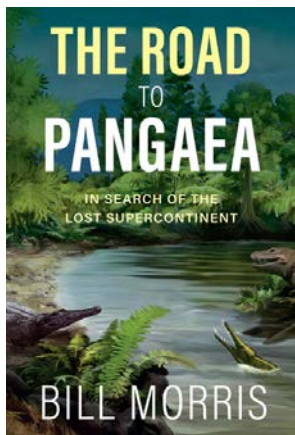
Bill Morris

An immersive and fascinating journey into deep time, charting the ancient supercontinent of Pangea through a billion years of Earth's history.

'Pangaea' is a mystery of geological history; a lost supercontinent and a place woven into the consciousness of all who inhabit its scattered fragments. But what was life like when it was whole? *The Road to Pangaea* traces the steps science took to find Pangaea, and the evolutionary journey of the supercontinent itself. Our tour guide on this journey is *Glossopteris* – an extinct tree that dominated the supercontinent for 50 million years, before vanishing in the most devastating event ever to strike life on this planet, the Permian mass extinction. This is a story about deep time and the challenges that face those who venture there. It's about the importance of imagination in science, and the reasons that the journey towards understanding is sometimes more important than the destination.

9781922539335 | March 2023 | \$27.99 | Hardcover with dust jacket | 272 Pages | approx. 50,000 words | approx. 42 illustrations, mix of b&w/colour photographs and maps - OPTIONAL | Natural History | 22.9x15.2 cm
ORIGINALLY PUBLISHED AS *THE ROAD TO GONDWANA*

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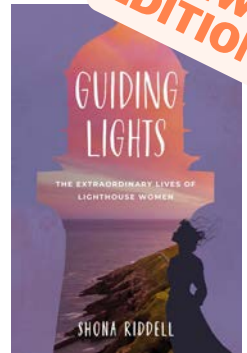
The life of a flying doctor and paediatrician
Dr Elizabeth Green

The incredible story of a woman who took the path less travelled to work for the Royal Flying Doctor Service in outback Australia, and what the experience taught her about life, death and human connection.

No Time for Makeup is a raw, unguarded insight into medical life. It is about the light and the dark sides of providing life-saving care. The complexities of practicing in a time of unprecedented social change. The conflicts of being a working parent. The quiet moments of gaining a patient's trust, and being inspired to become a better doctor.

9781923011090 | April 2025 | 229 x 152 mm | 312 Pages | approx. 70,000 words | USD \$27.99 | RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand

NEW EDITION!



Guiding Lights

The Extraordinary Lives of Lighthouse Women
Shona Riddell

Women have a long history of keeping the lights burning, yet their stories are little known. *Guiding Lights* includes stories from around the world, as we discover the heroism of female lighthouse keepers, how they came to be hired (especially in the 19th century), and the mysteries and legends that are inextricably part of lighthouse history.

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Finding True Connections

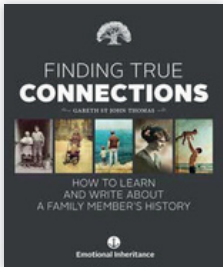
How to Learn and Write About a Family Member's History
Gareth St John Thomas

Our individual memories define us. Our tribal memories unite us. Now, *Finding True Connections* clearly and simply sets out how you can write them down yourself, without an external interviewer. Designed as a series of double-page spreads, on the left-hand page is a prompt question, while opposite are notes on how to gain the most meaningful answers.

9781925820157 | Hardcover | 235x191 mm | 232 pages | July 2019 | RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand



This boxed set of 100 cards provides simple effective questions to help you undertake this process yourself, without an external interviewer.



FICTION



Oliver Kitten's Diary

The Journals of a Mischievous Cat's First Year
Gareth St John Thomas

Oliver Kitten was born in a firetruck and ends up living with a three-generation multicultural human family in a four-bedroom house. He keeps a diary of his own escapades and the things he hears and sees his family get up to. At once cute and funny, Oliver is a little naughty and sometimes downright wicked in his precocious observations of the things the humans in his house get up to.

9781922539359 | November 2022 | 210x135 mm | Flexibound Paperback | Fiction/ Humour | 192 Pages | approx. 35,000 words | USA \$22.99 RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand

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TRAVEL, BIOGRAPHY AND MEMOIR

NEW RELEASES: WOMEN

NEW!



No Time for Makeup

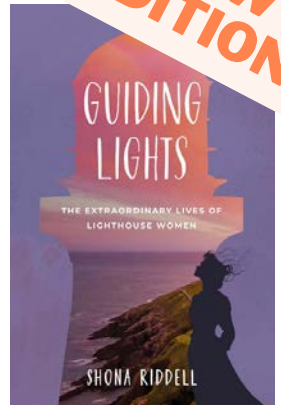
The life of a flying doctor and paediatrician
Dr Elizabeth Green

The incredible story of a woman who took the path less travelled to work for the Royal Flying Doctor Service in outback Australia, and what the experience taught her about life, death and human connection.

No Time for Makeup is a raw, unguarded insight into medical life. It is about the light and the dark sides of providing life-saving care. The complexities of practicing in a time of unprecedented social change. The conflicts of being a working parent. The quiet moments of gaining a patient's trust, and being inspired to become a better doctor.

9781923011090 | April 2025 | 229 x 152 mm | 312 Pages | approx. 70,000 words | USD \$27.99 | RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand

NEW EDITION!



Guiding Lights

The Extraordinary Lives of Lighthouse Women
Shona Riddell

Women have a long history of keeping the lights burning, from tending ancient altar flames or bonfires to modern-day lighthouse keeping. Yet most of their stories are little known. *Guiding Lights* includes stories from around the world spanning two millennia, as we discover the physical and mental risks of isolation, the heroism of the female keepers, how they came to be hired (especially in the 19th century), and the mysteries and legends that are inextricably part of lighthouse history.

9781923011045 | August 2024 | True stories of endurance & survival | Cased with Jacket | 229 x 152 mm | 256 pages | Colour | US \$27.99

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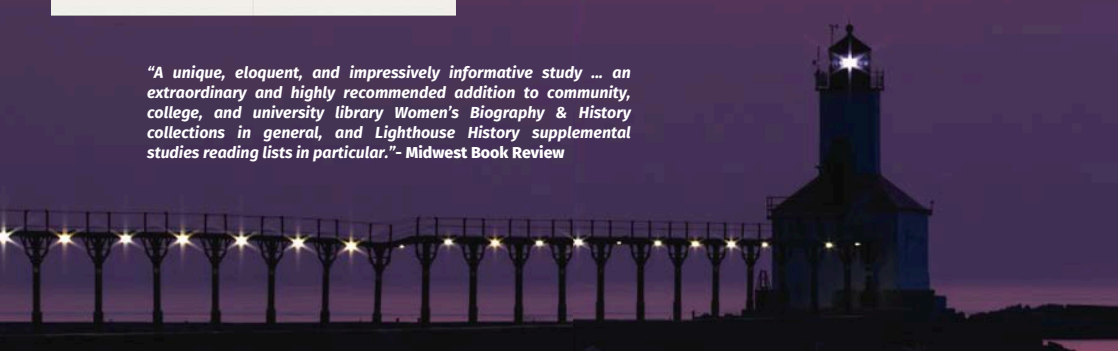
AUSTRALIA
THE CALDERON STORY
In 1880, the first woman to be appointed as a lighthouse keeper in Australia was the young woman from the remote town of Calderon. Her story is a testament to the challenges of lighthouse keeping in a remote and isolated location. Her appointment was a significant milestone in the history of women in the profession.



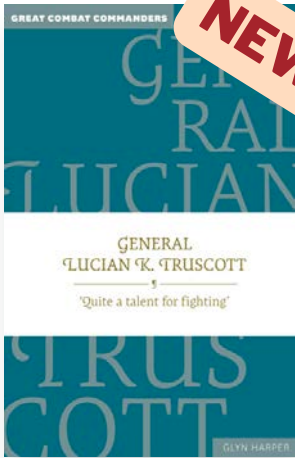
THE GREATS
The story of the first woman to be appointed as a lighthouse keeper in the United States is a testament to her courage and determination. Her appointment was a significant milestone in the history of women in the profession.



"A unique, eloquent, and impressively informative study ... an extraordinary and highly recommended addition to community, college, and university library Women's Biography & History collections in general, and Lighthouse History supplemental studies reading lists in particular." - Midwest Book Review



NEW RELEASES: HISTORY



9781923011014 | July 2025 | 229x152 mm | 200 Pages | Approx. 50 000 words | II WW History

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Author

Glyn Harper QSM, is an experienced author. After a long military career, Glyn became Professor of War Studies at Massey University (New Zealand) until his retirement in 2021. He is the award-winning author of more than twenty books for adults and thirteen books for children.

Great Combat Commanders series - there will be more!
Book no 2: Lieutenant General Leslie Morshead (March 2026)

General Lucian K. Truscott

'Quite a talent for fighting'
Professor Glyn Harper

Explores the life and military career of Lucian Truscott, one of the greatest, yet least celebrated, US combat commanders of World War II. Born in Texas to a drug-addicted father, Truscott would become one of the United States' greatest ever combat generals. Expert in mechanised warfare and amphibious operations during World War II, he was a plain-speaking, determined fighter.

The book traces Truscott's rise as a senior American commander in various theatres of war, including the campaigns in North Africa, Sicily, Italy and southern France. It examines Truscott's relationship with other senior American commanders such as George Patton (who once threatened to sack him), Mark Clark (who didn't like him), Eisenhower and George Marshall.

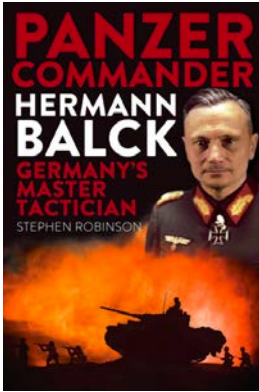
Truscott made a significant contribution to the defeat of Nazi Germany, improving his command skills with each new experience. Being placed in command of the Anzio beachhead was his finest hour, where his vital contribution ultimately led to the capture of Rome.

General Lucian K. Truscott: 'Quite a talent for fighting' is for military enthusiasts looking to expand their knowledge beyond the well-known names of World War II canon.

- New, succinct and fast-paced biography of one of **America's greatest, yet least celebrated, World War II generals.**
- Includes detailed accounts of key moments of a distinguished, innovative leader's life in several theatres of war including North Africa, Southern France, Sicily and mainland Italy.
- Truscott's success in Italy was critical to the Allied victory in Europe.
- **Uses previously unpublished photographs and other new materials.**



HISTORY



9781922539113 | May 4, 2022 | Paperback | US RRP: 22.99 | H: 234 W: 151 | Page Extent: 304 | 50 b/w photos and maps | Biography / Military / World War II

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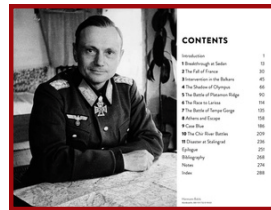
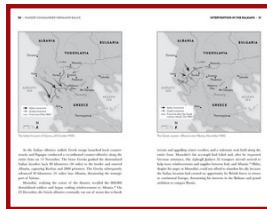
Panzer Commander Hermann Balck Germany's Master Tactician Stephen Robinson

SCAN TO
WATCH THE
TRAILER



AN AUTHORITATIVE HISTORY OF ONE OF THE GREATEST ARMoured WARFARE COMMANDERS OF ALL TIME, PANZER COMMANDER HERMANN BALCK.

A history of one of the world's greatest armoured warfare commanders, Hermann Balck (1897–1982). During World War II, he commanded panzer troops brilliantly, and we follow his exciting journey through the fields of France, mountains of Greece and steppes of Russia. It is also the story of a cultured and complex man with a great love of antiquity and classical literature, who nevertheless willingly fought for Hitler's Third Reich while remaining strangely detached from the horrors around him.



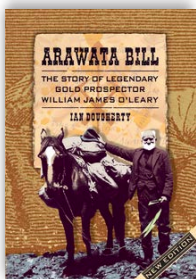
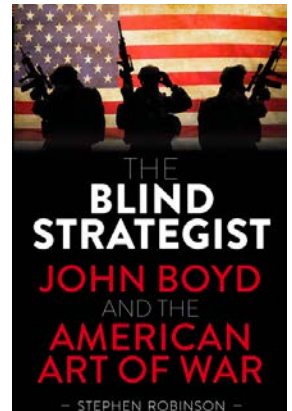
The Blind Strategist

John Boyd and the American Art of War
Stephen Robinson

Colonel John Boyd, a maverick fighter pilot, revolutionized the American art of war but his research relied on accounts written by Wehrmacht veterans who fabricated historical evidence to cover up their participation in Nazi war crimes. *The Blind Strategist* separates fact from fantasy and exposes the myths of maneuver warfare through a detailed evidence-based investigation and is a must-read for anybody interested in American military history.

9781922539861 | 234 x 151 mm | Hardcover | 360 Pages | USA \$24.99 | RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, JAPANESE

“Stephen Robinson does a superb job of analyzing the momentous debate about the virtues of “maneuver warfare” that took place in the United States during the latter years of the Cold War ... The Blind Strategist is a must read for all serious students of modern warfare.”
-John J. Mearsheimer, the R. Wendell Harrison Distinguished Service Professor of Political Science at the University of Chicago



Arawata Bill

The Story of Legendary Gold Prospector William James O'Leary
Ian Dougherty

Arawata Bill (1865-1947) was a New Zealand folk hero. He spent decades in the unforgiving mountain country of North-west Otago and South Westland, prospecting for gold and making new tracks in unexplored areas. His astonishing feats of endurance and tenacity, coupled with his charming eccentricity, have captured the imagination of generations of New Zealanders. This is his definitive, updated biography.

IN PRINT FOR 30 YEARS!

9781927147535 | Paperback | 4th Edition: Sept. 10, 2019 | Biography / Adventurers & Explorers | 210 x 148 mm | 196 pages | US \$14.99

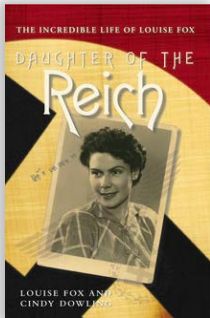
MEMOIR

Island Girl to Airline Pilot A story of love, sacrifice and taking flight Silva McLeod

This is the story of Silva McLeod, the first Tongan woman to become an airline pilot. Silva tells of the cultural changes she experienced as an island girl who married an Australian, started a family and then pursued her dream of a flying career, all set against the backdrop of the love story of her life with her husband and his battle with cancer.

9781922539618 | Pub Date: 5/9/2023 | \$22.99 | Paperback | 352 Pages | Approx. 30 photographs (Colour) | Memoir | 22.9 cm H | 15.2 cm W

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Daughter of the Reich The Incredible Life of Louise Fox Louise Fox and Cindy Dowling

THE STORY OF HERMAN GOERING'S SECRETARY

This is a story of an ordinary girl from Germany who became caught up in the inner workings of the Nazi war machine. Louise Fox's extraordinary journey is traced in vivid detail, as she finds herself unexpectedly in the inner circle of notorious Nazi leader Hermann Goering, loses her husband of only 3 weeks to the war, faces hardship and imprisonment, and eventually moves to Tasmania to rebuild her life on the other side of the world.

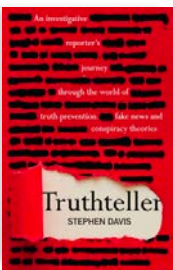
9780908988655 | April 1, 2006 | Paperback | Biography: historical, political & military | 234 x 153 mm | 232 pages | US \$14.99 | RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand

One Woman's War and Peace A Nurse's Journey in the Royal Australian Air Force Wing Commander Sharon Bown (Retd)

Sharon Bown's remarkable 16-year career with the Royal Australian Air Force saw her deployed to East Timor, Bali and Afghanistan. She also served for a year as Aide-de-Camp to the Minister for Defence. From barely surviving a helicopter crash to commanding a combat surgical team, Sharon's journey is a confronting, but ultimately inspirational, account of what our men and women in the military experience, and the price they pay for their service.

"Sharon's often traumatic story is one of great courage and compassion and highlights how service to the ADF can come at a great personal, physical, emotional and physiological cost." - Australian Defence Magazine

9781925335316 | Nov. 1, 2016 | Paperback | Autobiography | 229 x 152 mm | 248 pages | US \$24.99 | RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand



Truthteller An Investigative Reporter's Journey Through the World of Truth Prevention, Fake News and Conspiracy Theories Stephen Davis

LEARN HOW TO SEPARATE FAKE NEWS FROM THE TRUTH.

There is a war on truth. And the liars are winning. *Truthteller* exposes how governments and corporations cover up murder, corruption and catastrophe in an essential guide for teachers, students and concerned citizens who want to know the facts, not fake news. Using exclusive documents and interviews from a career as an award-winning reporter, editor, foreign correspondent and television producer, Stephen Davis reveals shocking details of deceptions from Brazil to Antarctica, and London to LA.

9781925335897 | Paperback | April 1, 2019 | 210 x 135 mm | 264 pages | Journalism / Political corruption | US \$17.99 | RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, ROMANIA

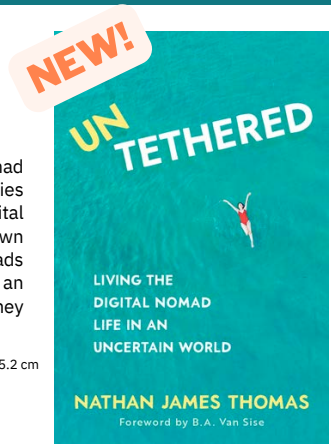
TRAVEL

Untethered

Living the digital nomad life in an uncertain world
Nathan James Thomas, B.A Van Sise

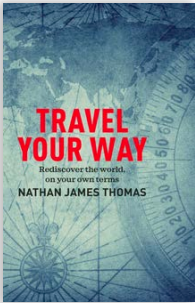
In Untethered you'll learn exactly what it takes to engineer a digital nomad lifestyle in a post-pandemic world. With travel stories and case studies interlaced with clear, real-world guidance, you'll discover whether the digital nomad lifestyle is for you and equip yourself with the tools to create your own location-independent life. Features interviews with a broad range of nomads from around the world. Instead of trying to sell a lifestyle, gives readers an accurate picture of the 'what' and the 'how' of being a digital nomad so they can make their own decisions.

9781922539694 | Pub Date: 9/12/2023 | \$22.99 | Paperback | 232 Pages | Business / Self-Help | 22.9 x 15.2 cm
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Travel Your Way

Rediscover the World, on Your Own Terms
Nathan James Thomas, B.A Van Sise



DISCOVER A PRACTICAL, THOUGHT-PROVOKING GUIDE TO SEEING THE WORLD ON YOUR OWN TERMS AND USING TRAVEL AS THE ANTIDOTE TO HATRED, PREJUDICE AND BIGOTRY.

Travel is the opposite of prejudice; it is curiosity, openness, and connection. In this thought-provoking guide, wanderers, dreamers and nomads are challenged to go further and enhance their understanding of the world by exploring it on their own terms. With practical advice on getting off the tourist trail, connecting with locals, and understanding a place by asking the right questions, readers are given the tools to help transcend false divisions and bring the world together.

9781925820584 | Feb. 2, 2022 | Paperback | 210 x 135 mm | 224 pages | US \$24.99 | Travel writing / Travel tips | b&w | RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand

Fearless Footsteps

True Stories That Capture the Spirit of Adventure
Nathan James Thomas and Jennifer Roberts (eds)



Exhilarating, introspective and inspiring, this collection of true travel stories proves that the world is best seen with courage, open-mindedness, and relentless curiosity. From a nervous flier anxiously taking to the skies for the first time to a female traveler braving the Middle East; from a death-defying hike on an Indonesian volcano to the anxious freedom of finding yourself alone on the other side of the world, these stories are certain to send you looking for your passport.

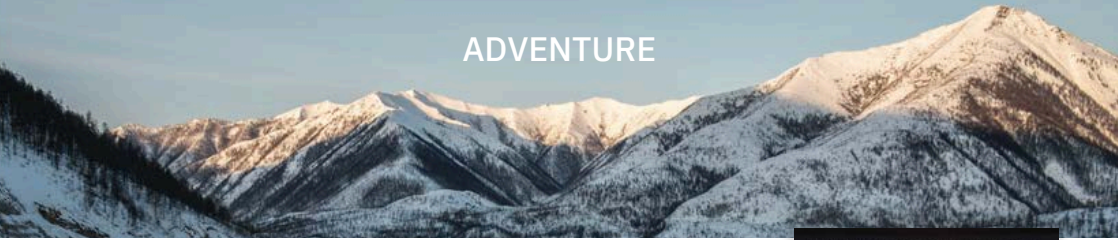
"Its variety is what keeps the reader engaged. Writers from around the world, including one from Algeria, describe challenging travel predicaments in both exotic and familiar locations." - Perceptive Travel

9781925820577 | Paperback | Nov. 1, 2020 | 210 x 135 mm | 240 pages | US \$17.99 | Travel writing | b&w | RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand

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ADVENTURE

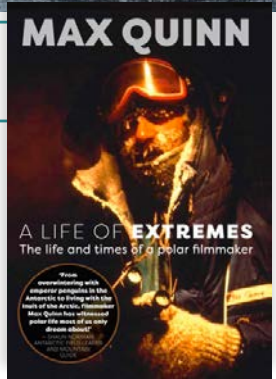


A Life of Extremes

The Life and Times of a Polar Filmmaker
Max Quinn



SCAN FOR
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AUTHOR



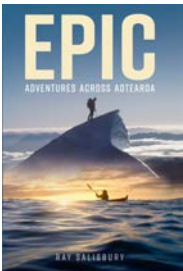
Filming in the world's most extreme environments requires more than just a steady hand. In temperatures as low as -50 degrees, your body shuts down and your equipment freezes up. But it's worth it to witness and record the stunning beauty and epic struggle of life on the edge.

Since 1991 when he spent 11 months filming the wildlife of Antarctica, Max Quinn has been the go-to filmmaker for documentaries such as Expedition Antarctica (2010), Hunting the Ice Whale (2013) and South America's Weirdest (2019). A Life of Extremes tells the stories and shares the stunning images from Quinn's 20 years of adventures in polar climates. Be it travelling 80 kilometres over crevassed ice to a lonely colony of Emperor penguins, or figuring out how to keep cameras warm in the coldest places on earth, Max Quinn has a story to tell about it. Natural history fans will be enthralled by the rich and layered stories, while film buffs will marvel at techniques required to keep the camera rolling when pushed to the absolute limit of endurance.

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"This is quite an amazing book, showing the hardship, danger and excitement of filming in extreme weather conditions." - Wildlife Detective

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Epic

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Ray Salisbury

New Zealand is a country synonymous with epic adventure. Over the years, countless sea kayakers, climbers and alpine trampers have attempted journeys across its stunning landscape, and many more dream of following in their tracks. In *Epic*, the stories of a dozen memorable Kiwi explorers are brought together in a tribute to the spirit of adventure. Illustrated throughout with maps and photographs, *Epic* is perfect for both lovers of the outdoors, as well as armchair explorers.

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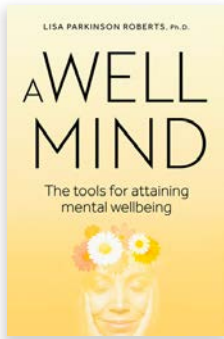
The Antipodean Express

A journey by train from New Zealand to Spain
Gregory Hill

An epic journey from New Zealand to Spain, celebrating the enduring romance of travel by train across 19 countries in 89 days on 33 different trains. From hilarious miscommunications in China to cultural immersion at the Bolshoi Ballet, there are stop-offs with half a world's worth of impressions, people, history, food, music and culture. A vivid travel narrative filled with surprising global insights and fascinating railway anecdotes and source of inspiration for future adventurers looking to replicate portions of this epic journey.

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The Tools for Attaining Mental Wellbeing

Lisa Parkinson Roberts, PhD

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The Turning Point

Moments That Changed Lives

Gareth St John Thomas

FOR EVERYONE WHO IS INTERESTED IN THE HUMAN CONDITION

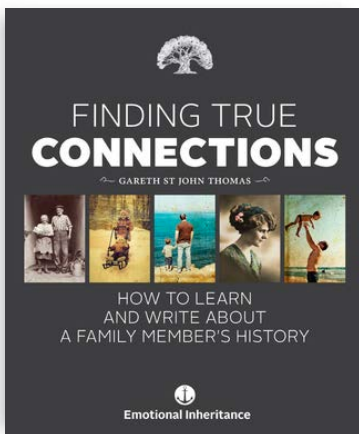
We've all heard the phrase 'the moment when my life changed forever'. Some of us can even pinpoint it in our own lives; the birth of a child, the acceptance letter to a degree programme, the decision to make a momentous change. *The Turning Point* is an anthology of personal accounts, showcasing the extraordinary and unexpected moments that have completely altered everyday lives. Each of the 40 stories in this book offers a rare glimpse into the turning point of the writer's life.

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