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Better Living, Better Life



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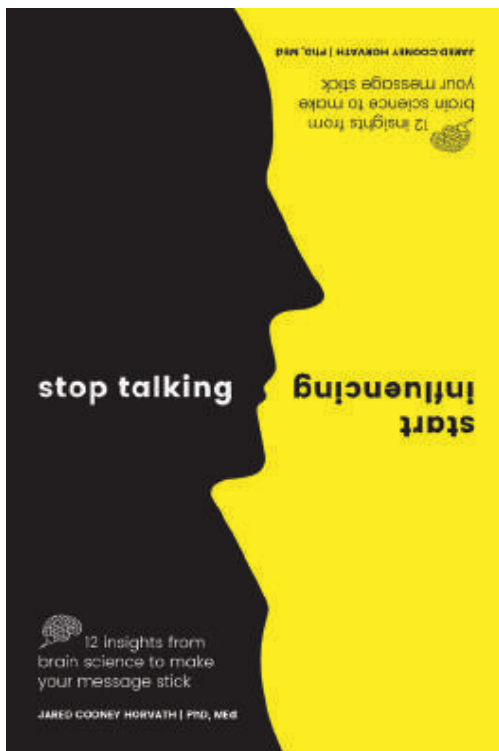
Dr Joanna North

Written by an acclaimed British psychologist, this is an essential reference for parents committed to supporting their child at each stage of development so they can grow a healthy, resilient mind.

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“ If there's one thing science has completely nailed down, it's learning. In fact, the foundations of how humans learn (and how they learn best) have been well understood and unchanged for over a century.

Despite this, very few people know how to translate these foundations to better impact, lead, and inspire others.

This is my reason for writing this book. By exploring concrete ways to apply the *Principles of Human Learning* to the real world, I aim to help business, educational, and sports leaders boost their influence in the boardroom, the classroom, and the locker room.

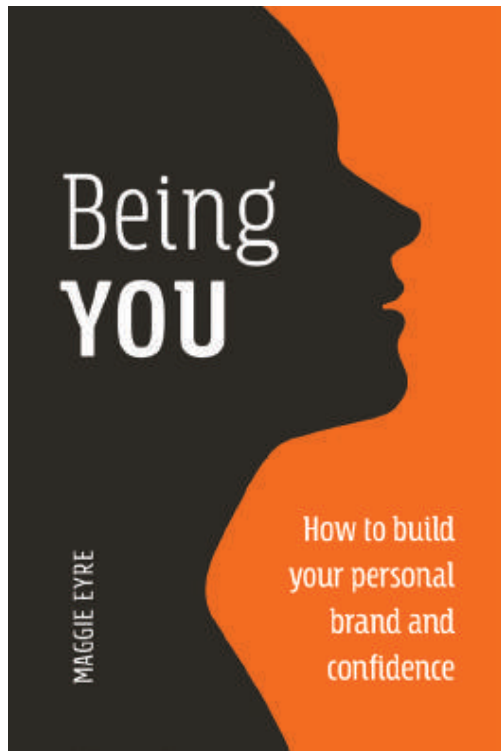
”

AUTHOR SPOTLIGHT JARED COONEY HORVATH



Jared Cooney Horvath PhD, MEd is a neuroscientist and educator with expertise in human learning, memory, and brain stimulation. He has conducted research and lectured at Harvard University, Harvard Medical School, the University of Melbourne and over 50 international schools.

NEW TITLES 2019



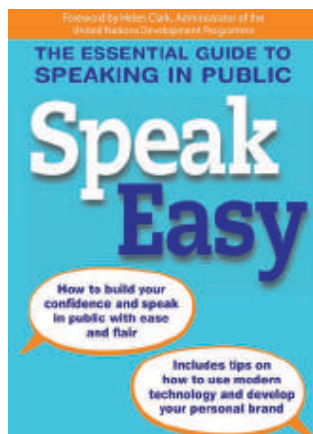
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How to Build Your Personal Brand and Confidence

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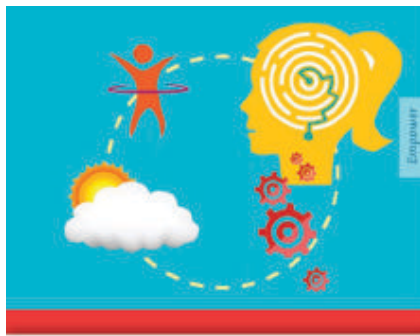
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AUTHOR SPOTLIGHT MAGGIE EYRE



Maggie Eyre is an internationally recognized expert in personal presence and leadership motivation, with over 30 years' experience in business, public relations and performance.



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[JAN MARSH M.A. (HONS), DIP. CLIN. PSYCH.]

SIMPLE WAYS TO GET YOUR LIFE BACK

*"...offering a light at the end of the tunnel
for those living with depression."*
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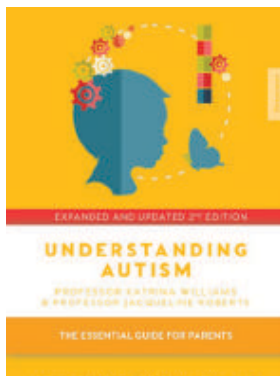
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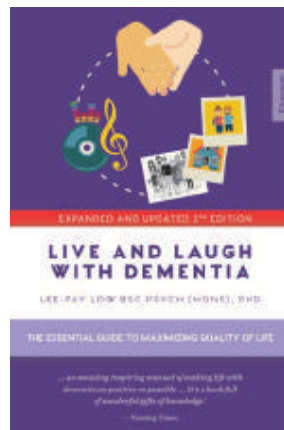
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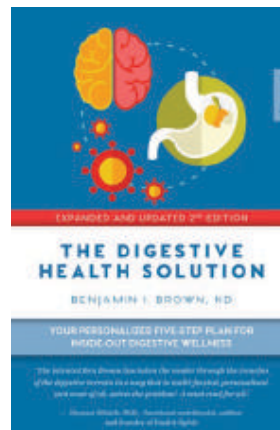


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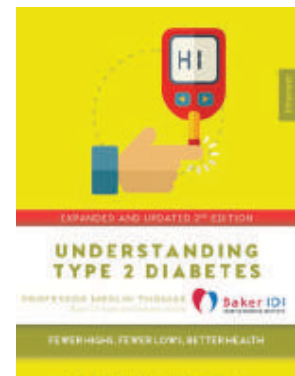


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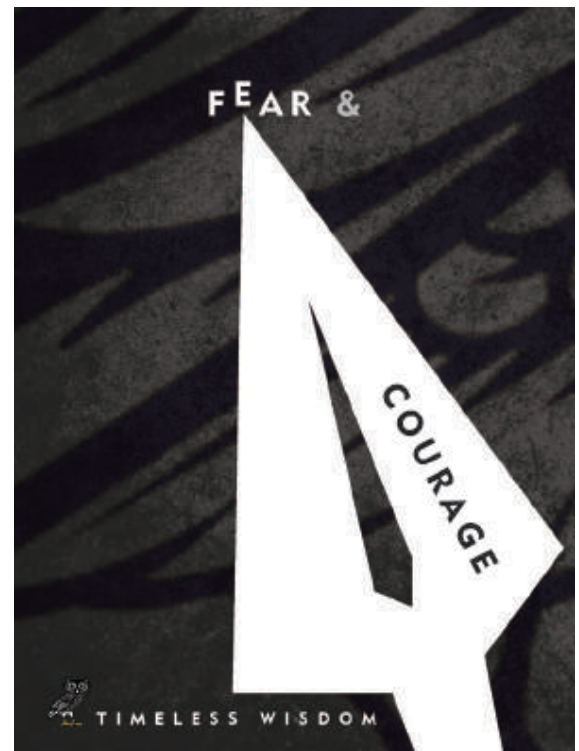


Human Kindness

Renée Hollis (ed.)

Kindness given and received is part of the soul of life. Some of these vivid stories and examples will make you mellow, some may bring forth a tear and all of them can make you draw breath and think.

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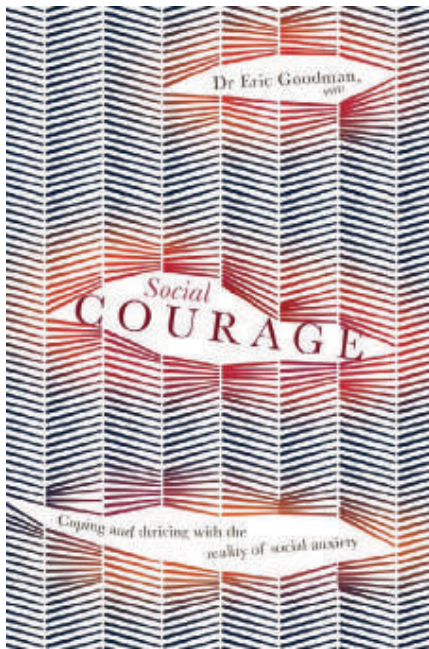
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DEPRESSION & ANXIETY



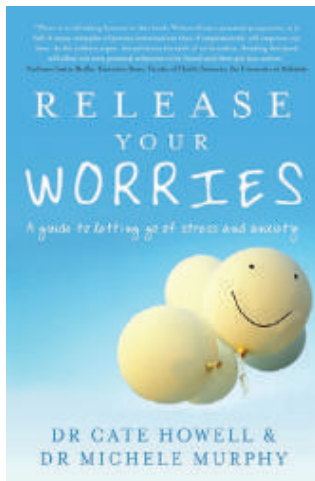
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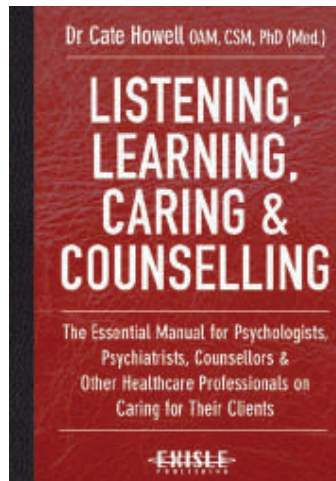
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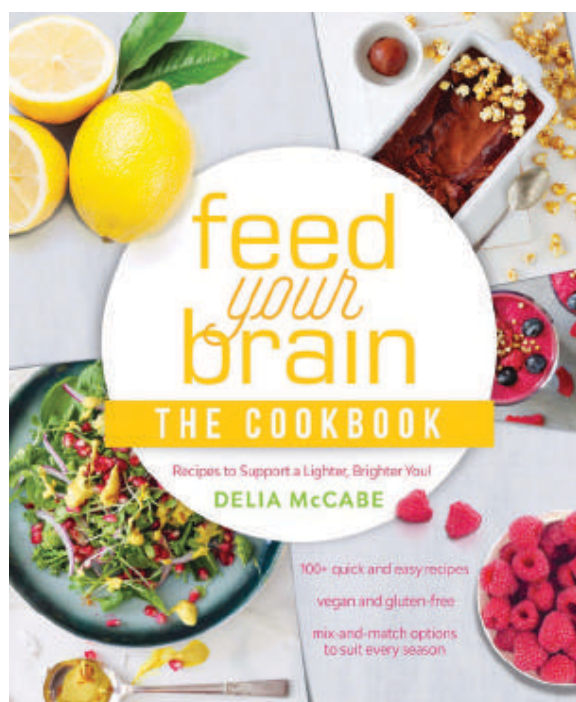
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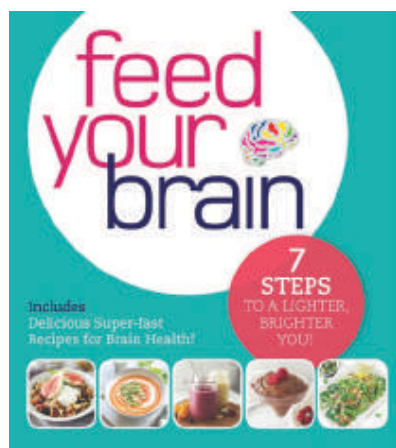
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*Recipes to Support a Lighter,
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Delia McCabe

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Delia McCabe

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AUTHOR SPOTLIGHT DELIA McCABE



Delia McCabe has a Masters in Psychology and is completing her doctorate in nutrition. For the past 20 years she has researched how food influences brain function.



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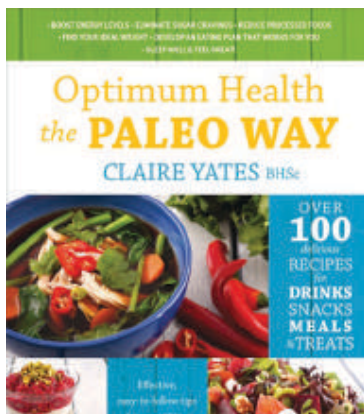
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Eat your way to health with this complete guide to over 60 of the most nutrient-dense foods found everywhere.

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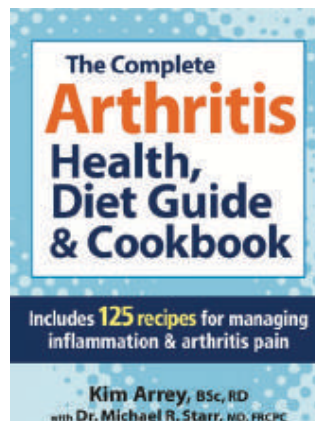
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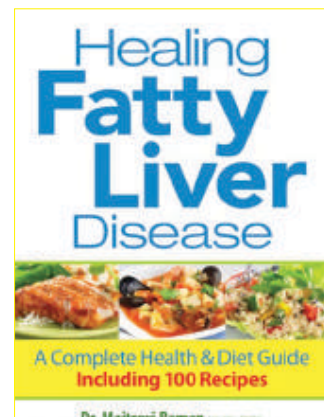
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Includes 125 Recipes for Managing Inflammation & Arthritis Pain

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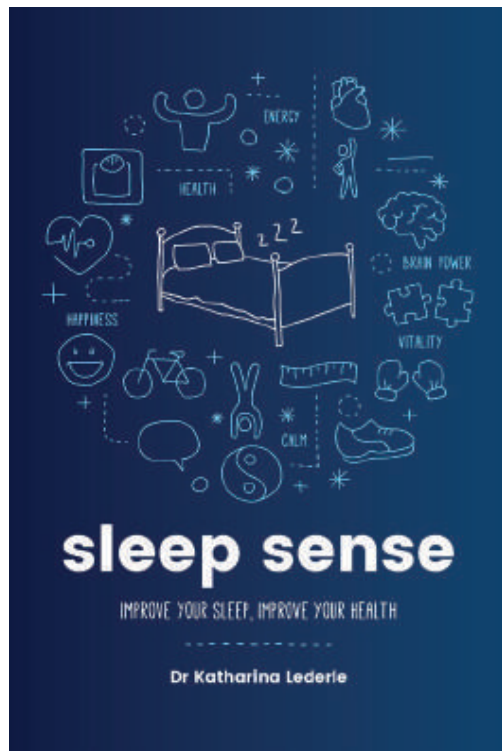
Dr Maitreyi Raman,
Angela Sirounis &
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HEALTHY LIVING



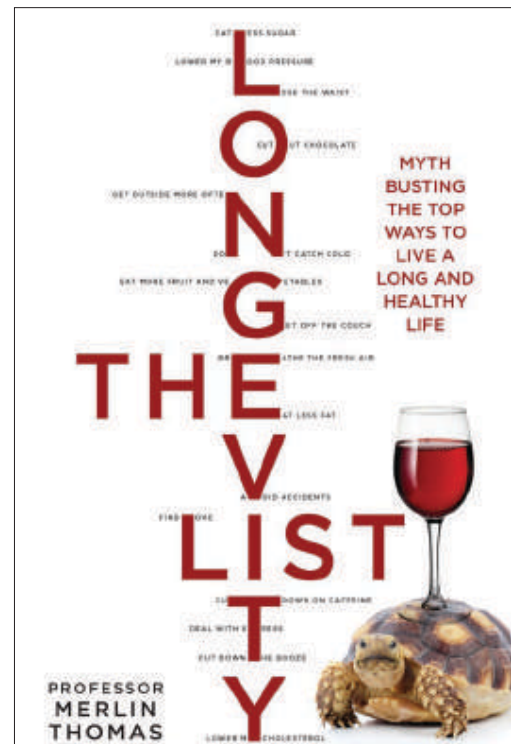
Sleep Sense

Improve Your Sleep, Improve Your Health

Dr Katharina Lederle

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The Longevity List

Myth Busting the Top Ways to Live a Long and Healthy Life

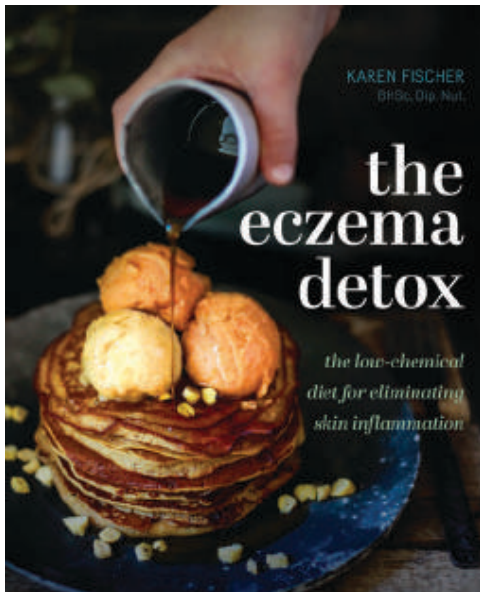
Professor Merlin Thomas

Written by a medical clinician, this is a one-stop checklist to living a life that might just see you reach your 100th birthday and beyond!

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HEALTHY SKIN



The Eczema Detox

The Low-Chemical Diet for Eliminating Skin Inflammation

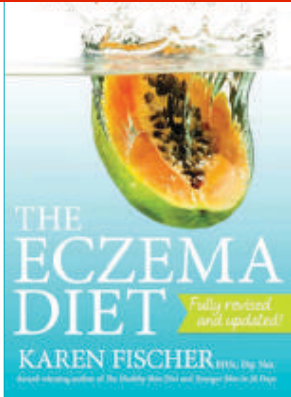
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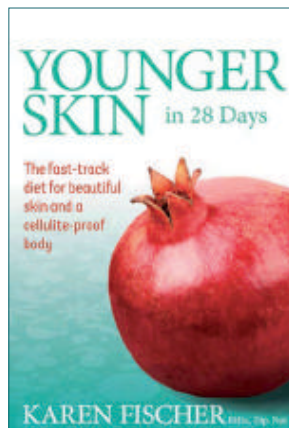
The Eczema Diet

Eczema-Safe Food to Stop the Itch and Prevent Eczema for Life

Karen Fischer

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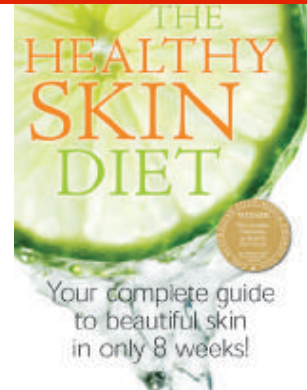
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The Healthy Skin Diet

Your Complete Guide to Beautiful Skin in Only 8 Weeks!

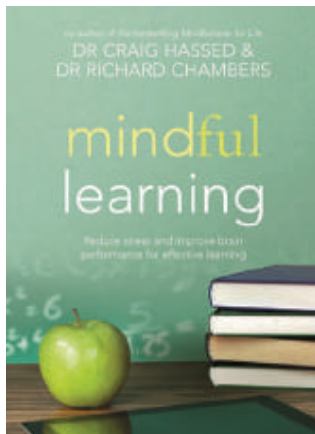
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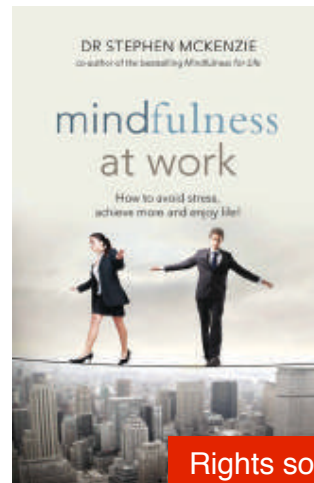
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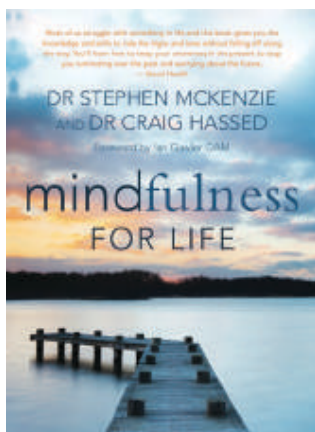
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How to Avoid Stress, Achieve More and Enjoy Life

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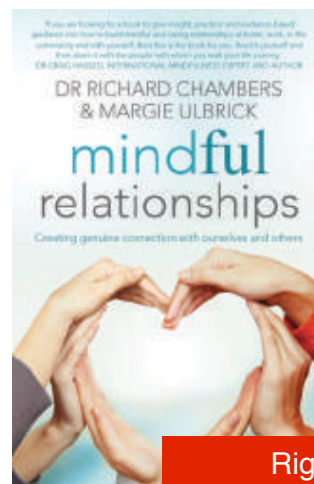
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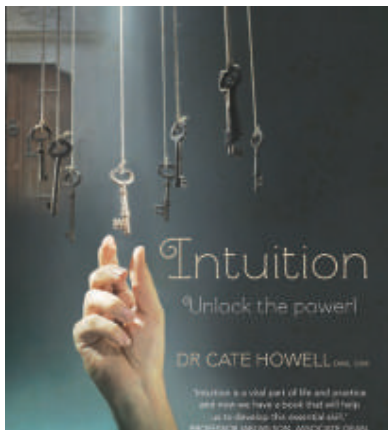
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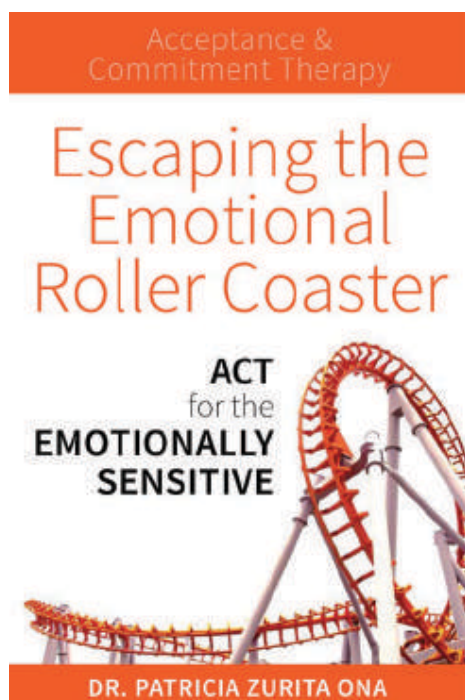
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AUTHOR SPOTLIGHT CRAIG HASSED



Dr Craig Hassed is an internationally recognized mindfulness expert. He has been instrumental in promoting mindfulness as a simple and accessible technique for enhancing wellness, preventing and managing illness, and improving performance.

FREE YOURSELF



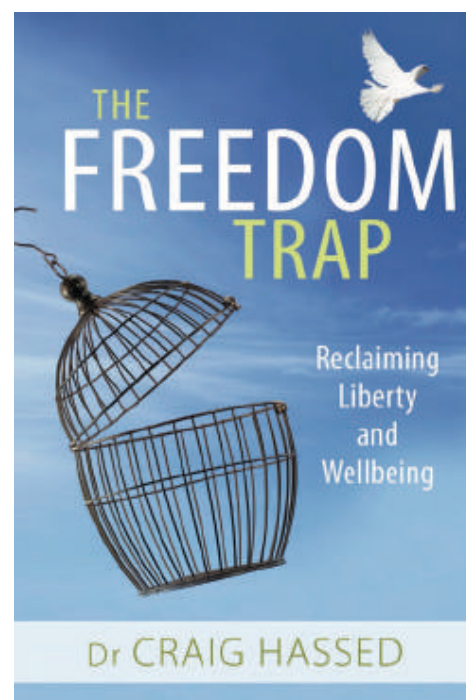
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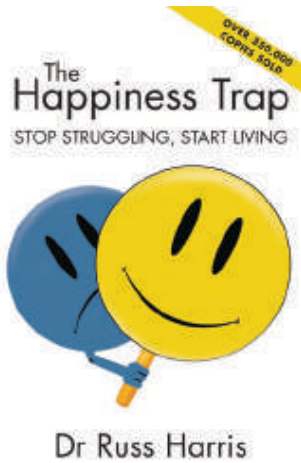
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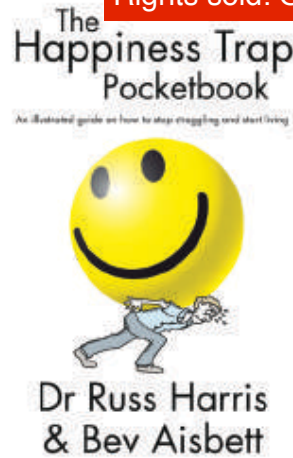
The Happiness Trap

Stop Struggling, Start Living

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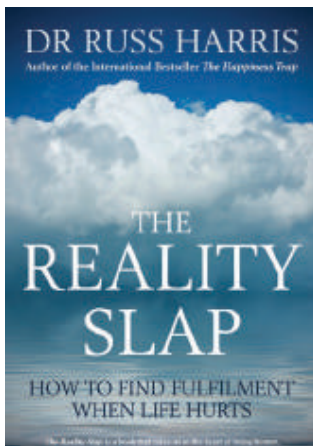
The Happiness Trap Pocketbook

An Illustrated Guide on How to Stop Struggling and Start Living

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Using the proven principles of ACT, learn how to cope effectively when life hurts: not just to survive, but to thrive.

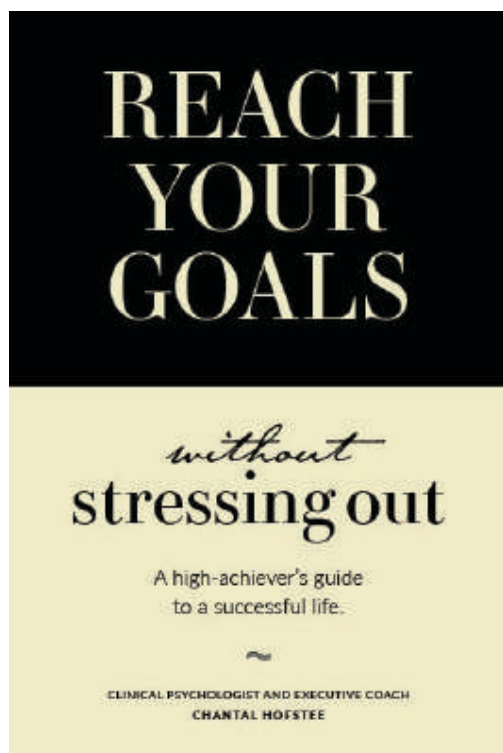
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AUTHOR SPOTLIGHT RUSS HARRIS



Dr Russ Harris is a medical practitioner, psychotherapist, and bestselling author. He is one of the world's leading authorities on ACT, and regularly travels all over the world to train a wide variety of professionals in the approach.

PERSONAL DEVELOPMENT



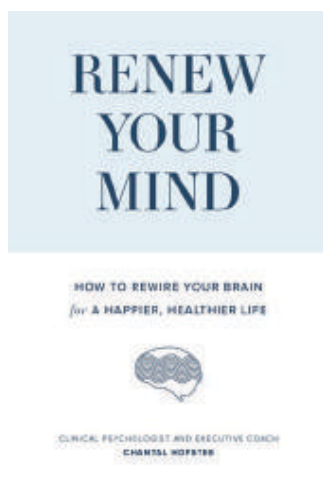
Reach Your Goals Without Stressing Out

A High-Achiever's Guide to a Successful Life

Chantal Hofstee

Discover how to maximize your brain's potential so that you work smart, not hard, and achieve sustainable success.

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Chantal Hofstee is a clinical psychologist, executive coach and mindfulness expert who provides her clients with easy-to-use skills that can be quickly implemented to enable them to take control of stress, improve focus and more.

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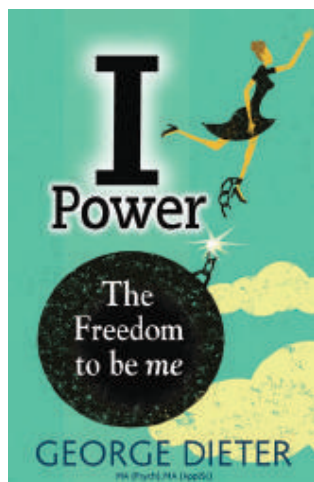
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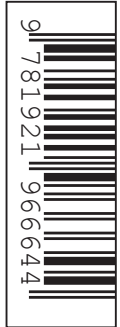
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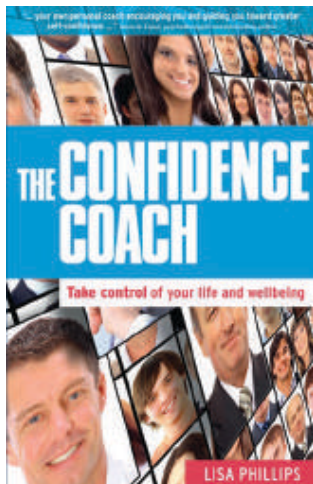
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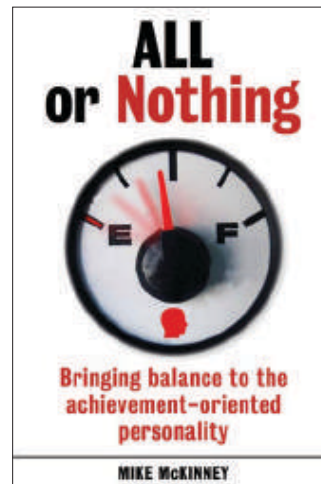
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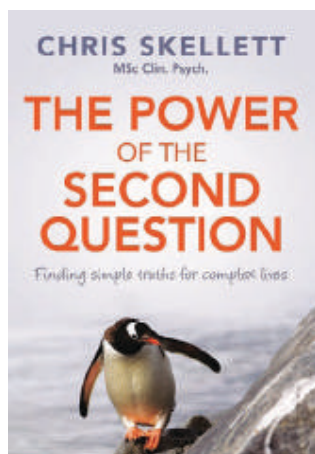
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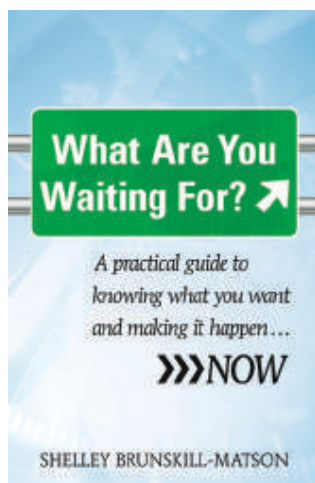
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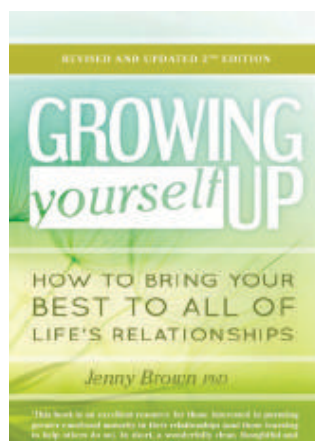
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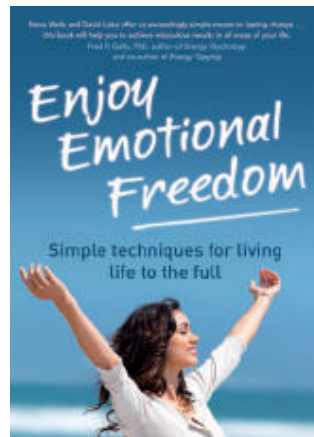
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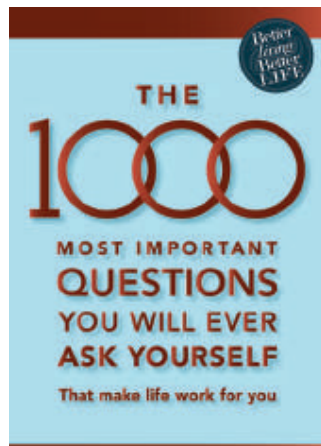
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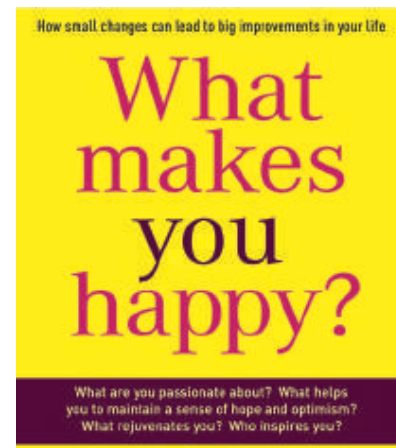
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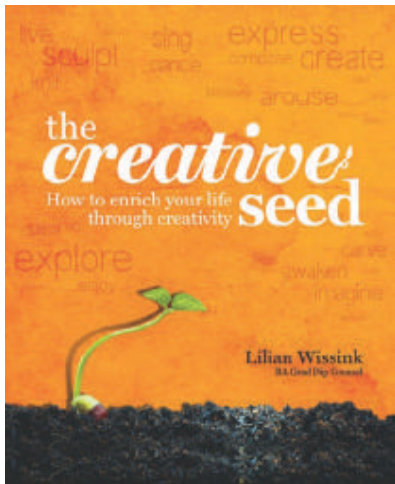
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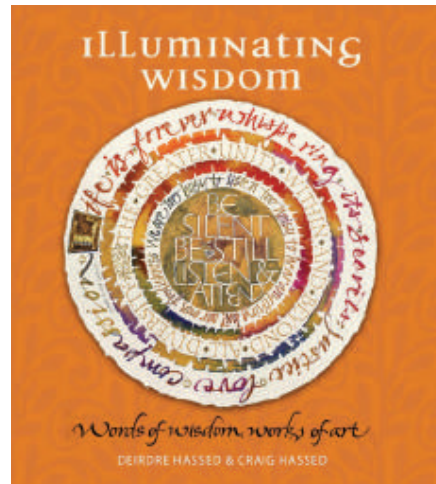
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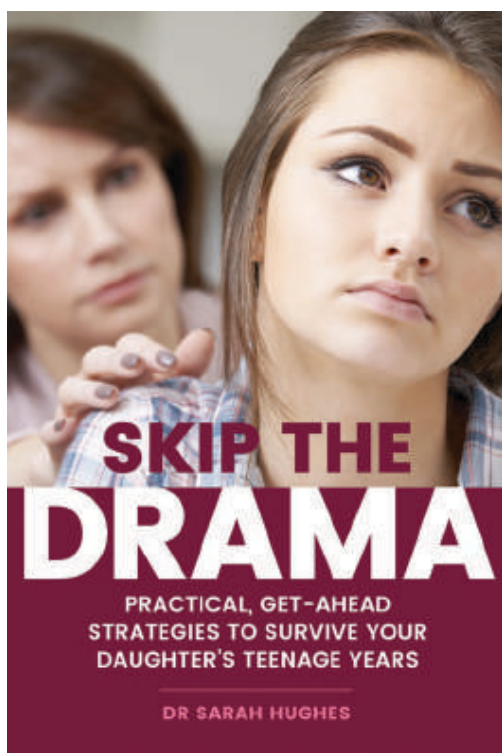
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Dr Richard Chambers is a clinical psychologist and internationally recognized expert in mindfulness. He is also one of the developers of Smiling Mind, a free mindfulness app with over 1 million downloads.

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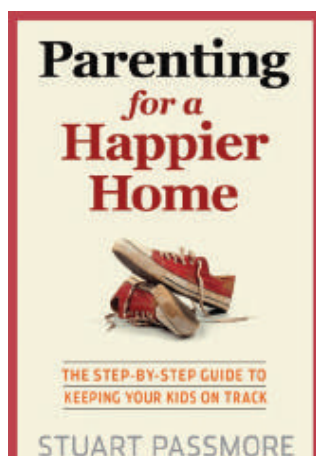
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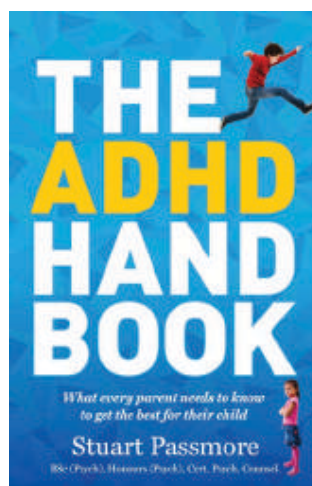
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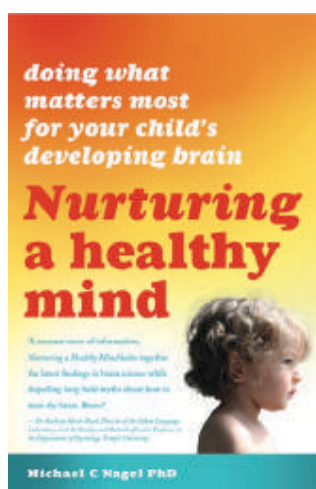


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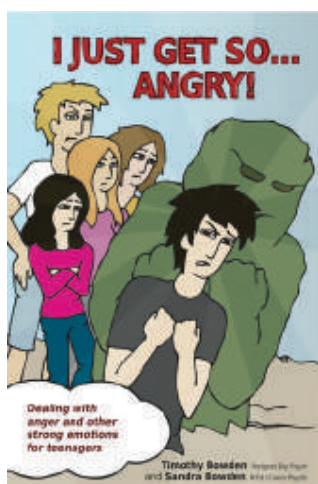
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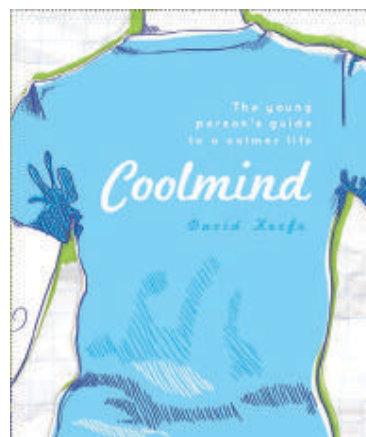
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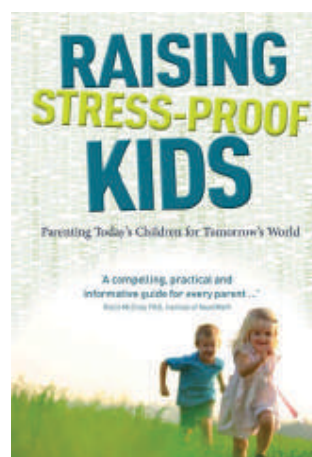
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