



PIATKUS NON-FICTION BACKLIST

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NON-FICTION

THE ORGANISED MUM METHOD: ROCK THE HOUSEWORK AND TRANSFORM YOUR HOME IN 30 MINUTES A DAY **by Gemma Bray**

Say goodbye to mess, clutter and weekends spent tidying and cleaning! Gemma Bray (a.k.a The Organised Mum) is a firm believer that there is more to life than housework, and over the last decade she has perfected The Organised Mum Method (TOMM). TOMM is a structured, manageable and ultra-efficient cleaning routine that ensures all areas of the home are taken care of, as well as time-saving recipes that can be prepared in seconds. It's easy to follow, effective and ensures that everything gets done in just 30 minutes a day, Monday to Friday...and you get weekends off! As well as handy housekeeping hacks, Bray shares her super speedy recipes that will focus on delicious slow-cooked dishes that can be prepared in a flash. Moving away from traditional stews and casseroles, she shares family-friendly recipes such as the hugely popular 'fakeaway' doner kebab, chipotle pulled pork and the ultimate veggie korma. The easy-to-follow recipes not only taste delicious but also save valuable time for busy people. Bray's method shows you how to get housework done fast so you can concentrate on getting on with the fun stuff -- get ready to rock the housework!

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THE ORGANISED TIME TECHNIQUE

Do you ever get to the end of the day and feel like you've achieved nothing? Do you find it difficult to decide how to spend the small amount of free time you have? Do you ever wonder how some people seem to be able to do more with their time than others? If you're feeling overwhelmed by all the things you need to squeeze into your day, unproductive or stuck in a daily routine that isn't making you happy, The Organised Time Technique is for you. This is Gemma Bray's unique method for organising your day that will stop you from trying to do everything (and feeling like a failure when you can't), keep you focused on how you use the time you have available, help you play to your strengths and, most importantly, stop worrying about what anyone else is doing. So how does it work? The Organised Time Technique encourages you to look at the 24 hours you have each day as your time budget - at total of 48 30-minute tokens. It helps you work out how to spend those tokens in the best way possible by breaking down your day into Level 1 'non-negotiable' tokens such as sleeping and eating; Level 2 'essential' tokens like going to work and taking your children to school; and Level 3 'focus' tokens - the things you always want to get around to doing, but never quite manage such as taking up a hobby, reading a book, starting a side business or simply having a bath! The Organised Time Technique can be adapted to fit any lifestyle or set of circumstances. It will help you discover that you can achieve more in the time you have and ultimately feel happier and more fulfilled.

Czech rights *Grada Publishing*

THE BEASTLY BATTLES OF OLD ENGLAND by Nigel Cawthorne

Throughout history the English have been a warlike lot. In THE BEASTLY BATTLES OF OLD ENGLAND Nigel Cawthorne takes us on a darkly humorous journey through some of our ill-advised military actions. From the war over a severed ear to a General seeking out his rival's mistress to even the score, it is a miscellany of insufferable arrogance, reckless gallantry, stunning stupidity, massive misjudgements and general beastliness. Nigel Cawthorne is the author of THE SEX SECRETS OF OLD ENGLAND (Piatkus 2006), THE STRANGE LAWS OF OLD ENGLAND (Piatkus 2004) and THE CURIOUS CURES OF OLD ENGLAND (Piatkus 2005).

THE STRANGE LAWS OF OLD ENGLAND by Nigel Cawthorne

A fun and fascinating tour of the by-ways of British legal history. Did you know that the law requiring a London taxi driver to carry a bale of hay on top of his cab to feed the horse was in force until 1976? Or that Welshmen are not allowed in the city of Chester after dark? Nigel Cawthorne has unearthed an

extraordinary (and sometimes hilarious) collection of the most bizarre and arcane laws that have been enacted over the centuries. Some of which, incredibly are still in force! It is still illegal to enter the Houses of Parliament in a suit of armour. Nigel Cawthorne is the author of a number of popular history books - including books on Pirates and Witches, and a biography of Alexander the Great.

THE AMOROUS ANTICS OF OLD ENGLAND by Nigel Cawthorne

Once again, Nigel Cawthorne takes the reader on a fascinating journey through the strange, hidden sexual history of England. The history of sex in Britain has been largely glossed over by 'proper' historians: Nigel Cawthorne has burrowed deep into the archives to reveal exactly what our ancestors got up to in bed (and out of it). There are chapters on the ancient arts of seduction, adultery, brothels, 'the English vice', contraception, defloration, and many more - from the torrid Tudors to the supposedly strait-laced Victorians.

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AWAY AND AWARE by Sarah Clemence

As our daily lives are dominated by devices and an always-connected mentality, more people are using their precious vacation time as an excuse to unplug and re-engage with their surroundings - and themselves. AWAY & AWARE serves as a complete guide to more mindful travel, with tips and advice for planning off-the-grid trips, minimalist packing, unplugging on the road, connecting with local culture, traveling with children, and easing back into the real world after returning from a trip.

HOW TO BE A SUPER READER by Ron Cole

This book will help you overcome poor reading habits which hold back your ability to read at high speeds with good comprehension and recall. It includes tools and techniques that come from the author's experience teaching professionals and students of all ages. The book includes memory training and information on learning, attitude and achievement. The techniques in the book could save you up to ten hours a week and are a must for students and anyone who has to deal with the sea of emails and reports that are part of our working day. Using unique exercises, you will learn mentally to process multiple words at a glance, thus increasing reading speed, comprehension and accuracy. The results are quick, sustainable and grow over time with minimal effort. Ron Cole has spent fourteen years teaching speed reading in corporations, schools and organisations. His Superreading TM courses have adapted to the changing needs of readers as technology has transformed the way we receive and display information. He is the author of CREATING BEDTIME STORIES FOR YOUR CHILDREN.

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THE LOST TRIBES OF POP by Tom Cox

Few things tell us more about ourselves than the music we listen to, a fact that Tom Cox has demonstrated brilliantly in his acclaimed Observer column, The Lost Tribes of Pop. Extended from that column, Cox's beautifully illustrated book presents a unique and hilarious vision of the current pop climate, via the people who really make it what it is: the fans. From Dave, the Old School Goth, and Charlie, the iPod Twit, to Nancy, the Rave Mom, and Margot, the First-time Gigger, Lost Tribes is an endlessly entertaining and curious mix of social stereotypes, in all their flawed, obsessive, identity-searching glory. Tom Cox is the author of NICE JUMPER and EDUCATING PETER.

THE FREELANCE WRITER'S HANDBOOK by Andrew Crofts

Now in a fully updated third edition, The Freelance Writer's Handbook is the essential book for everyone who dreams of making money from their writing. It will appeal to all aspiring writers, whether they want to write as a full time profession, or simply to supplement their existing income through writing. This inspiring guide will also benefit professional writers and journalists who want ideas on how to find new markets for their work. Includes valuable information on agents, making contacts, interviewing skills, potential markets, how to get commissioned, and much more. Andrew Crofts, one of the world's most successful freelancers, has been writing for over 30 years.

HOW NOT TO WRITE by Terence Denman

The easy-to-understand (non-boring) grammar guide you've been waiting for. How good is your grasp of grammar? Do you write clearly and concisely - or not? Effective communication through writing - letters, emails, reports, surveys, magazines and other publications - is what many businesses depend on. But how

many of us know how language works? We all tend to be a little hazy when it comes to the principles of grammar, a problem which the grammar-free schools of the last thirty years have contributed to. Despite our best intentions we often end up creating confusing, jumbled or even impenetrable writing. *How Not to Write* sets out the basics and destroys a few myths. Terence Denman has been an instructor with the UK-based Plain English Campaign for the last six years and has trained hundreds of people from both the public and private sectors in how to write clearly and concisely.

THE CHOCOLATE CONNOISSEUR by Chloe Doutre-Roussel

The 'chocolate angel' Chloe Doutre-Roussel is a woman with a mission - to teach the world about chocolate. Even if you've spent a lifetime eating the worst milk chocolate, there is still time to harness your tastebuds and become a connoisseur. More than just a book about chocolate, this is the story of one woman's personal journey through chocolate. Chloe loved chocolate as a child growing up in Mexico, and now devotes her working life to researching, tasting and sourcing the finest chocolate from all over the world. In *The Chocolate Connoisseur*, she reveals the secrets of what chocolate to eat, when to eat it, how to eat it, and most importantly, how to overcome the idea that chocolate is an indulgence. Chloe Doutre-Roussel was the chocolate buyer at Fortnum and Mason in London. She has worked in chocolate factories, and as a taster and adviser for chocolatiers.

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FRESH EGGS DON'T FLOAT by Caroline Eastman Bridges and Lara DePetrillo

Lara DePetrillo and Caroline Eastman-Bridges remove the intimidation from cooking and offer a light-hearted, smart and funny approach to making great food from your own kitchen - without fancy gadgets and over-complicated instructions. In this guide to food in all its forms, you will find amazing facts and invaluable tips to creating fabulous meals at home. Lara DePetrillo has been learning to cook since becoming a mother. Caroline Eastman Bridges lives in the USA, and is a private chef and vegan baker.

THE ANIMAL'S WAR by Juliet Gardiner

Published in association with the Imperial War Museum, to coincide with their major exhibition, and including an introduction by Jilly Cooper. From the First World War to the present day, animals have played a key part in warfare - and many have suffered and died as a result. Juliet Gardiner's book is a moving tribute to their efforts and sacrifice - illustrated with hundreds of evocative photographs and paintings. Many different animals have played a role on the battlefield - horses and mules carrying supplies and munitions; dogs, like Buster in Iraq, seeking out ammo dumps; canaries trained by tunnellers to detect gas; carrier pigeons sending messages, like Gustav who flew back with the first reports of the D-Day landings; camels used in the Arab Revolt in the First World War; and dolphins trained to protect submarines. Juliet Gardiner was editor of *History Today* before becoming a full-time writer. Her most recent book *THE CHILDREN'S WAR* was published by Piatkus in March 2005.

THE CHILDREN'S WAR by Juliet Gardiner

Published in association with the Imperial War Museum, a lavishly illustrated account of how the Second World War impacted on the lives of children. This book is published to accompany the major exhibition in 2005 to be held at the Imperial War Museum on the lives of children during World War II. It looks at the evacuees who were forced to adjust to separation from family and friends; and those who stayed in the cities to endure the horrors of the Blitz. It describes in words and pictures every aspect of life on the home front for children - through letters, diaries, drawings, posters and photos, plus numerous vivid first hand accounts. The result is a supremely nostalgic and poignant reminder of what the war meant for the innocent children caught up in it.

THE TREASURE HUNTER'S HANDBOOK by Brian Grove

A comprehensive guide to finding all kinds of valuable, hidden treasures. Who hasn't dreamed of discovering some immensely valuable piece of buried treasure in a field - and thereby perhaps making a fortune? Brian Grove describes the many different types of treasure that can be found, and where they can be found. The book combines essential information on the practicalities of treasure hunting with inspiring

stories of people who have found valuable hoards - like Eric Lawes who in 1992 discovered the Hoxne Treasure in Suffolk, and received 1.75 million from the British Museum! Brian Grove, a life-long treasure hunter, has been researching stories of successful finders for many years.

SEX BY NUMBERS by Sarah Hedley

Sex by Numbers is packed with fascinating facts and lists which answer every question you have about sex. From the most potent sexual positions and best ever oral techniques to the top ten classic parody porn titles, this light-hearted but essential guide includes everything you have ever wondered about: The body - a guide to erogenous zones, massage, masturbation and sexual positions; Sexual accessories - including sex toys, orgasm-boosting condoms and household objects to help you climax; Games for grown-ups - including outdoor fun, fantasies and bondage; Food of lust - foolproof recipes to boost your libido and the aphrodisiacs you should avoid. Sarah Hedley is one of the UK's leading sex writers. She has resided as sex editor and columnist for Cosmopolitan magazine, Maxim magazine and the Sun newspaper and is columnist of annesummer.com and Men's Fitness magazine.

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DUBLIN: A VIEW FROM THE GROUND by Neil Hegarty

Dublin is one of only a handful of cities that holds international appeal and influence, chiefly because its fame is based almost exclusively on cultural output. A rich story encompassing art, literature, architecture, politics and more, DUBLIN follows a general chronology, but the chapters are organised around themes - crime and punishment, power and rebellion, urban calamity (fire, flood, and disease), the sacred and the profane - that occur and recur throughout the city's history. Larger historical trends - the effects of the city's Penal Laws, the establishment of a Catholic middle class, the dizzying pace of change in the wake of the Celtic Tiger's economic reforms - are seen through the experiences of leaders and pioneers, as well as that of ordinary citizens, to create one of the most wide-ranging and nuanced portraits of Dublin ever published. Neil Hegarty has written and produced radio documentaries on the Irish.

PISTOLS AT DAWN by Richard Hopton

A fascinating history, packed with eye-witness accounts, of the duel. Duelling is deeply embedded in our collective consciousness, through numerous films and books: it evokes a golden past, of gentlemen defending their honour in the early morning light of a wooded glade, of frockcoats, rapiers and pistols. Richard Hopton traces the history of the duel from its medieval antecedents in trial by combat and chivalric tournaments. Using numerous vivid accounts of actual duels, he shows how the arcane rules of the duel evolved - and why so many felt compelled to fight them, often with fatal results. Richard Hopton was a barrister before becoming a full-time writer.

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THE FIRST LONDON OLYMPICS: 1908 by Rebecca Jenkins

A charming and nostalgic account of the 1908 Olympics, which carries the reader back to a gentlemanly world, light years from the multi-million pound excesses of the modern Olympics. But the London Olympics of 1908 was not an entirely gentlemanly affair; the American team protested vigorously when their tug-of-war team was defeated by a British team of policemen - wearing their hobnailed boots. And the Germans were deeply offended by their fencing team's comprehensive defeat. Then, as today, the Olympics seemed to foster more international ill-feeling than brotherly love. Rebecca Jenkins has written several novels and plays and is the author of the *Raif Jarrett* detective novels.

HOW TO WRITE FOR CHILDREN AND GET PUBLISHED by Louise Jordan

The fully updated essential guide to writing for children. This comprehensive and fully updated book tells you all you need to know, in a new edition that offers the very latest information on market trends, such as self publishing. Written by an acknowledged expert on children's publishing, this inspiring, practical and wide-ranging guide takes the reader step-by-step through all the different markets for children's books including: picture books, educational books, series, teenage fiction, short stories, poetry, non-fiction and the fast-changing multi-media market. Louise Jordan gives valuable advice on: developing ideas, themes and style; presenting proposals and manuscripts; approaching publishers and agents; what you need to know once your book has been accepted for publication. Louise Jordan has worked in children's publishing for over twenty five years.

NOSTRADAMUS: THE NEXT 50 YEARS by Peter Lemesurier

In this book Peter Lemesurier looks anew at Nostradamus's prophecies and offers a gripping blow-by-blow account of what the next fifty years may hold. He also looks at the quatrains, many of which nobody until now has been able to make much sense of, and arranges them into a connected scenario of frightening immediacy and stunning verisimilitude. The book explains how many of the prophecies have already come true and looks to the future and at the unexplained quatrains. This new interpretation presents the theory of the coming Asiatic invasion of Europe. A massive power is destined to start moving towards Europe out of Asia via the Middle East, its armies counted in millions. Most of Europe will be engulfed by the invasion including Turkey, Greece, Italy and France. Christianity will be virtually wiped out and various countries will be left uninhabited. Peter Lemesurier read languages at Cambridge University and is a highly experienced Nostradamus scholar.

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THE LIVES OF THE ENGLISH RAKES by Fergus Linnane

Rake (n) 'a dissolute man, esp. one in fashionable society; rou' The English rake strides through the pages of romantic fiction, impossibly handsome, cynical and dangerous, a gambler, a deadly swordsman leaving a trail of broken hearts and slain rivals in his wake. The reality was if anything more intriguing. Some were poets and playwrights of genius - including the Earl of Rochester, author of some of the most tender and most obscene lyrics in the language. Others, such as Colonel Charteris 'Rape-master General', personified depravity. This unique and fascinating book charts the exploits the English rake, beginning in the Restoration Era with the hedonistic Charles II and his licentious courtiers, and following the flowering and then final decline of the rake during the Victorian era. You'll become intimately acquainted with those who have the dubious accolade of being the biggest rogues, lechers and profligates in history. Fergus Linnane has had a long career in journalism, working for the Daily Mail, Daily Mirror and finally as executive editor of the European newspaper.

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COME TO THE TABLE by Louise Luiggi

Louise Luiggi's Come to the Table is a highly original memoir of the author's journey towards a passion for food - which ultimately led to her running her own restaurant. Focusing on the French influence that changed her eating patterns - a transformation spiced with the trials and tribulations of taking on a 'new' Corsican family - Louise Luiggi explores her travels from her innocent au pair days in Paris, to liberated

student living, an impulsive marriage in Toulouse to setting up her own restaurant, French Living. She writes enchantingly about the food and lifestyle discoveries that she made along the way, and demonstrates how easy it can be to live outside France, yet reap the benefits of simple but delicious French cuisine. Louise Luigi is a first time author.

BETWEEN by Sarah Ockwell-Smith

BETWEEN will be a modern look at parenting a child from 8-13 years of age - also known as 'tweenagers'. The book will consider all the issues faced by parents and tweens today, with a focus on the biology, neurology, psychology and sociology of adolescence as well as plenty of practical parenting advice for common everyday situations.

THE SECOND BABY BOOK by Sarah Ockwell-Smith

Having a second baby is a very different experience from having your first, yet there is little recognition of the wide range of issues that need to be considered when bringing a second child into the family. In this incredibly helpful book, Sarah Ockwell-Smith helps parents feel more positive and prepared for life with two children. The book begins with the obvious question: when is the right time to add another member to the family? It then goes on to examine the specific issues that can arise with a second pregnancy and birth; the common concerns about siblings, such as how to prepare your firstborn for what's to come; how to cope with the practicalities of life with two young children (aka actually managing to get anything done!); and the feelings parents are likely to experience, too.

THE GENTLE POTTY TRAINING BOOK by Sarah Ockwell-Smith

THE GENTLE POTTY TRAINING BOOK is a concise guide to the toilet training process. It will help parents understand when to start the process, and provide a step by step guide to the best, most gentle and easiest approach to take, as well as how to cope with the inevitable regressions and setbacks. Option publishers: Russian (AST).

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THE GENTLE PARENTING BOOK by Sarah Ockwell-Smith

Parenting trends come and go. Gentle parenting is different - it isn't a label for a precise set of rules but a method of parenting that embraces the needs of parent and child, while being mindful of current science and child psychology. It means parenting with empathy, respect, understanding - and boundaries. In THE GENTLE PARENTING BOOK, Sarah Ockwell-Smith provides a trustworthy combination of what-to-expect information and gentle-parenting solutions to the most common challenges faced by parents with young children. Sarah addresses a wide variety of topics, including coping with a crying baby, introducing solid foods and creating healthy eating habits, potty training, starting nursery and school, sibling rivalry, tantrums, whining and sulking, aggressive behaviour and much more. Sarah Ockwell-Smith is the mother of four young children. She has a BSc in Psychology and worked for several years in Pharmaceutical Research and Development. Following the birth of her firstborn, Ockwell-Smith re-trained as a Paediatric Homeopath, HypnoBirthing Antenatal Teacher and Birth and Postnatal Doula. She has also undertaken training in Baby Massage, Hypnotherapy and Psychotherapy, and is the founder of BabyCalm (www.babycalm.co.uk), an award-winning company offering support and classes to new parents. In 2012 she launched ToddlerCalm, which now has 50 UK teachers, as well as teachers in Canada, New Zealand and South Africa. The company has also formed a partnership with the Active Birth Centre and hosts regular workshops at its London headquarters (www.toddlercalming.co.uk).

Chinese (simplified) rights

Ginkgo

THE GENTLE DISCIPLINE BOOK by Sarah Ockwell-Smith

THE GENTLE DISCIPLINE BOOK is an indispensable guide for parents looking for a more gentle and effective way to shape their child's behaviour. Discipline is a vital part of child rearing, but many misunderstand its true meaning and attempt to discipline their child by punishing or rewarding them. Both are ineffective methods that potentially damage the child. THE GENTLE DISCIPLINE BOOK helps parents to analyse common so called 'discipline' techniques and to understand why they are ineffective. It enables parents to

understand why their child acts in the way that they do, how they can get their child to listen to them, and how to get them to behave in more appropriate ways both now and in the future. The book covers a range of ages and the principles contained in the book will work with toddlers, 'tweens' and teenagers equally well. THE GENTLE DISCIPLINE BOOK will help parents to adopt a style of managing their child's behaviour that will see them through many years to come.

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THE GENTLE EATING BOOK by Sarah Ockwell-Smith

Most parents worry about their child's eating at some point and in particular struggle with how to get their children to eat healthily. A large proportion of these parents look for guidance from books, particularly as support from medical professionals is little to non-existent after the first few months. THE GENTLE EATING BOOK will help parents to understand their child's eating habits and nutrition requirements at each age.

The book will cover choosing whether to breast or bottle feed and will provide all of the information needed whatever choice is made. Parents of older babies will find information about weaning onto solids, including the pros and cons of purees and finger foods. For parents with toddlers and older children, the book will look at picky eating and food refusal. At each age THE GENTLE EATING BOOK will help parents to feed their child in a manner that will set up positive eating habits for life.

TODDLERCALM by Sarah Ockwell-Smith

Sarah Ockwell-Smith, founder of BabyCalm and ToddlerCalm, is passionate about 'gentle' parenting. Her mission is to let parents know that there are other ways to cope with a toddler apart from putting him or her on the naughty step or resorting to controlled crying. This book fills a gap in the market, helping parents enjoy their toddlers, understand the limitations of current popular toddler parenting methods such as sticker charts and time out, and to have the confidence to ignore the current mainstream 'experts' and parent their own child with trust and empathy. Chapters include: Why toddlers are not mini-adults; the importance of night-time parenting; coping with a picky eater; communication - toddler style; avoiding difficult situations; the importance of unconditional love and why you don't need to be permissive to parent respectfully. Sarah Ockwell-Smith has a BSc in Psychology and is the founder of Babycalm (www.babycalm.co.uk), an award-winning company offering support and classes to new parents and subsequently launched ToddlerCalm in April 2012.

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BABYCALM: A Guide for Calmer Babies and Happier Parents by Sarah Ockwell-Smith

Since having her first child nine years ago, Sarah Ockwell-Smith has worked tirelessly to prepare parents for the birth of their child. An antenatal teacher and a doula, with a background in psychology, she founded an award-winning company Babycalm™ with one aim in mind – to turn stressed-out new parents and crying babies into happier parents and calmer babies. She has a great understanding of the minds of new parents and is passionate about gentle parenting – letting parents know that it is OK to trust their instincts, that there are other ways to cope as a new mother without putting your baby into a strict routine or resorting to controlled crying. This book takes a different approach to the vast array of books out there –

helping new parents to enjoy their baby and to trust in their own parenting instincts and offers a refreshing alternative to prescriptive, routine-led parenting. BABYCALM will help you understand your baby and yourself as a new parent. It offers plenty of ideas about calming techniques and how to encourage your baby to sleep well and will enable you to feel confident and at ease in your new role. A happy mum and a calm baby go hand in hand and this book will get you off to a great start. Sarah Ockwell-Smith has a degree in psychology and a background in pharmaceutical research. She works as an antenatal teacher, doula and is the founder of Babycalm, www.babycalm.co.uk.

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AST
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THE GREAT CRASH by Selwyn Parker

The Wall Street stock market crash of 1929 set in motion a series of economic, social and political events that affected many millions of people in America, Britain, Europe and Australia. The crash rolled across the world like a tidal wave, toppling governments, creating the wave of dictatorships in Italy and Germany, deluging entire industries and plunging millions into unemployment and poverty. By the time it began to lift in 1935, the lives of people in scores of countries had changed forever.

More social history than financial analysis, this is a gripping, if painful tale and Parker poses the question as a final chapter: could it happen again? Selwyn Parker, a New Zealander, has written for The Sydney Morning Herald, Time magazine and Newsweek, most on financial matters. His previous books include WINNERS AND LOSERS and the award-winning CHASING THE CHIMNEY SWEEP.

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THE DIRECTORY OF CLASSICAL THEMES by Denys Parsons

Have you ever had a classical tune buzzing round your head and not been able to identify it? With no greater musical knowledge than the ability to hum the tune, you will be able to find it in THE DIRECTORY OF CLASSICAL THEMES. The author discovered that the only necessary feature to distinguish any number of different themes was the up-and-down pattern of the melody. This enabled him to compile a reference work that is incredibly easy to use. Practically every well-known classical theme from the 16th century onwards is found in these pages. It can be used to find the composer, identify the theme and movement of a sonata, symphony or concerto and to check the opus number or key of a work you already know. Denys Parsons was a musician, author, chemist, film-maker, professional piano tuner and repairer, Press Officer to the British Library. This classic musical reference book was first published in 1975 and such is its popularity that second hand copies sell for hundreds of pounds.

THE CONVERGING WORLD by John Pontin

John Pontin's THE CONVERGING WORLD makes the case for a socially and environmentally sustainable model of capitalism by telling the story of one community's efforts to change the world for the better. Pontin's radical project twinned his local village of Chew Magna, near Bristol, with Tamil Nadu in southern India, helping to implement a renewable energy programme and reduce the Indian community's carbon emissions. The wind turbines that were set up not only lessened Tamil Nadu's reliance on fossil fuels – India's electric power is 80% from coal – but also provided a local source of sustainable income. The carbon credits produced were then sold in Chew Magna to individuals and businesses to offset emissions they cannot yet reduce. The effects of this scheme have been dramatic and exhilarating, and Pontin's story presents a model of action for any individual or community concerned about climate change, environmental damage and social inequality. John Pontin OBE is the founder of the JT Group, a non-profit urban renewal social enterprise.

KNITTING FOR DOGS by Kristi Porter

Sweaters, coats, accessories, and more. Dogs are far more than pets - they've become part of the family. So why not give your canine companion a hand-knitted treat? Knitting for Dogs is packed with over twenty quirky patterns by young knitwear designers. From sequined sweaters to practical rain-resistant coats, each item is functional and comfortable - and, let's face it, will look really cute. There are easy patterns and tips (including a foolproof guide on how to properly measure a dog and sizing information for the perfect fit)

plus more challenging projects for the expert knitter. Included are patterns for: hats, gloves and bags so that owner and dog can be truly co-ordinated; a range of accessories from a cat-shaped squeaky toy to a herbal flea collar; coats, pullovers and sequined sweaters. Kristi Porter is a knitwear designer, technical editor, teacher and author.

TOUCH ME, I'M SICK by Tom Reynolds

In *Touch Me, I'm Sick*, Tom Reynolds, the author of the best-selling book on depressing songs, *I HATE MYSELF AND WANT TO DIE*, analyses 52 love songs that for various reasons have gone off the rails into the realm of the tawdry (Paul Anka's 'You're Having My Baby'), the maudlin (Pearl Jam's 'Black') the obsessive (Eminem's 'Stan'), the self-involved (Kevin Federline's 'To Know Him Is To Love Him') and the stupendously weird (Michael Jackson's 'Ben'). Organising his list into ten different categories, the author examines songs from the 50s to the present day, sung by artists as diverse as James Blunt, Melissa Etheridge, Sinéad O'Connor, The Spice Girls and The Police. Complete with a ranked 'Countdown of Creepiness' and sinister black and white line art throughout, *Touch Me, I'm Sick* is a must-have compilation of rhythmic wretchedness - and the perfect Christmas gift for the music lover on your list. Tom Reynolds is a writer and television producer.

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THE ULTIMATE GIRLS' NIGHT IN by Jacqui Ripley

What could be better than lazing around on the sofa with your girlfriends, drinking cocktails, nibbling on canaps, having your nails painted and enjoying a really good laugh at the same time? *Ultimate Girls' Night In* gives you dozens of original suggestions, ideas and tips for having a great night in with your friends and how to give yourselves the luxury, pampering and fun that you all deserve. Dishing out great advice with plenty of attitude, Jacqui Ripley encourages you to indulge all of your girlie whims - think gossip, think giggling, think *Ultimate Girls' Night In*.

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THE HORNET'S STING by Mark Ryan

The exploits of Tommy Sneum, the Danish-born spy who died in 2007, made him a legend in espionage circles. Based on hundreds of hours of interviews with Sneum (who died in 2005), Mark Ryan describes how Sneum made an incredible escape from Denmark in a battered old Hornet Moth aircraft - which he had to refuel in mid-air by climbing out on the wing. Later, he escaped from Denmark again, by walking across a treacherous frozen sea on which two of his companions died. Sneum brought over precious intelligence about the Nazi radar installations in Denmark and their atom bomb. His reward was to be imprisoned in Brixton as a suspected double agent and threatened with execution, yet he managed to cheat the hangman. It is only with the publication of this enthralling book that Sneum can be celebrated as, in the words of Professor R.V. Jones, Churchill's chief of scientific intelligence, 'one of the true heroes of World War II'. Mark Ryan has been a journalist for over twenty years.

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THE DISASTROUS HISTORY OF THE WORLD by John Withington

Here is a compulsively readable collection of all the nastiest things that have afflicted mankind. John Withington's book is an epic journey through the annals of the disastrous that have marked human history. In Part I are all the major natural calamities - floods, volcanic eruptions, hurricanes, tsunamis, plague and famine. Part II describes in vivid detail the greatest man-made disasters - war and invasion, persecution and massacre, riots and terrorism, explosions and fires, shipwrecks and air crashes. Out of all this horror, the author produces a highly entertaining and thought-provoking book. John Withington is the author of *A DISASTROUS HISTORY OF BRITAIN*. He has written for national newspapers and magazines, and written and directed more than forty television documentaries.

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CONNED by James Morton

A racy, highly entertaining history of cons and conmen. To the many people who've been the subject of a con, this book will be of personal interest: even if you haven't, there's still a fascination in how it has happened to other. The great, the good and the bad, from Oscar Wilde to Al Capone, have fallen victim to the wiles of the trickster. In Capone's case, he purchased a machine from 'Count' Victor Lustig, guaranteed to produce dollar bills. Other great cons described in this alarming yet funny book are: Royal Cons, Psychic Swindlers, Fairground Cons, Sexual Swindles, and Gambling Swindles. James Morton's previous books include the bestselling *GANGLAND* and *EAST END GANGLAND*.

MIND, BODY AND SPIRIT

THE PSYCHIC WORLD OF DEREK ACORAH by Derek Acorah

Have you ever had a dream that came true? Or sensed that someone was present even though no one was physically there? Or discovered you could read a friend's mind? In this fascinating book, renowned psychic Derek Acorah reveals that we all have psychic potential and shows us how we can tap into and develop our psychic ability. Packed with the insights, in-depth knowledge and good humour of one of the world's most amazing psychics, *The Psychic World of Derek Acorah* will change your life forever. 'Derek's clairvoyant skills have stunned the scientific community and proven to be incredibly accurate.' Dr Larry Montz, Chairman and founder of the International Society for Paranormal Research. Derek Acorah, star of Living TV's *Most Haunted* program, is Britain's top TV psychic and medium.

CHANNELLING: What it is and how to do it by Lita de Alberdi

Lita de Alberdi is a gifted spiritual teacher who has taught hundreds of people to channel their guides. In this straightforward and practical book, she explains how you too can learn to contact and channel your own spiritual guide. Full of easy-to-follow meditations and exercises based on her successful courses, *CHANNELLING* will enable you to:

- Shift your awareness to an expanded state of consciousness
- Work with guides and angels
- Use psychic protection effectively
- Channel to receive help with health and past-life issues
- Conduct channelled readings for others
- Understand the changes happening on Earth today

Enhance your confidence and creativity. Throughout the book, Lita de Alberdi includes channelled material from her own guides and answers the many questions that people ask. If you want to learn to channel successfully and safely, this is the book for you. Lita de Alberdi spends her time channelling, teaching, healing, spiritual counselling and in psychotherapeutic work at the School of the Living Light which she founded in 1994 near Ely in Cambridgeshire.

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THE DREAM HANDBOOK by Jane Teresa Anderson

We all dream - and quite often we wonder if our dreams mean anything. As it turns out, they do! Your dreams contain wisdom and insight about your waking life - that's why they are so important. Using *THE DREAM HANDBOOK* you can discover the meaning of your dreams and nightmares, and then apply the dream alchemy practices to create positive life change.

THE SELF-HEALING HANDBOOK by Jack Angelo

In THE SELF-HEALING HANDBOOK, leading UK healer and teacher Jack Angelo turns his attention to healing yourself, a prerequisite for healing others and also for improving and maintaining your good health, developing inner peace, aligning with the sacred, and creating a greater connection with others. He explains that all effective healing and therapeutic practice begins with the breath, as the breath carries the life force. Inspiring and practical, the handbook is based around 57 easy-to-follow exercises, meditations, affirmations and visualisations. The amazing benefits of efficient breathing and meditation include enhancing your ability to self heal and heal others, breathe effectively, improve posture, ensure good digestion and sound sleep, relax, increase energy levels and ensure energetic protection, bring emotional and mental calm, increase energy levels, clear your system of negative energies, achieve mental focus and attune to inner guidance. This is an important new book in Jack Angelo's series of handbooks for healers, student healers, self healers, complementary therapists and everyone interested in self help. Jack Angelo is a well-known writer and teacher of subtle energy medicine and natural spirituality. In 1997, he was awarded a D. Litt. for his work. His previous books are YOUR HEALING POWER (1994), THE SPIRITUAL HEALING HANDBOOK (2007) and THE DISTANT HEALING HANDBOOK (2007).

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THE DISTANT HEALING HANDBOOK by Jack Angelo

Jack Angelo explains that we all have it in our power to take action, to reach out and help people, places and animals who are in need. Extraordinary case histories reveal the beneficial effect distant healing can have. Step-by-step, using over 60 easy-to-follow exercises, Jack shows you how to access your own distant healing power and harness your love and energy for the good of others. The Distant Healing Handbook will enable you to: Sense your energy field and send healing to people at any distance; Work on your own or with a group or healing circle; Learn advanced, astral level healing; Work with the environment, plants and animals; Send light to trouble spots and disaster areas around the world; Practise unconditional love and bring healing into your everyday life. Jack Angelo is a healer, writer and teacher of subtle energy medicine and natural spirituality, with over 25 years' experience.

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YOUR HEALING POWER by Jack Angelo

Your Healing Power is a step-by-step practical course for those who wish to awaken and develop their own healing gift. Written by one of Britain's most respected spiritual healers and teachers, it includes: Exercises to help you develop an understanding of the human body and work with its energies · Explanations of the nature of diseases and the role of the mind and emotions in healing. Detailed instructions on how to heal others and how to run healing practice. This fully illustrated and comprehensive guide can be used as a self-healing manual, as a reference book for healers, and also as a workshop text.

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THE SPIRITUAL HEALING HANDBOOK by Jan & Jack Angelo

The Spiritual Healing Handbook is the ideal companion to Jack Angelo's bestselling book Your Healing Power. Drawing on their healing work and teaching experiences, Jack and Jan Angelo provide much-needed, step-by-step advice and guidance on the spiritual aspect of healing. · Explains the basics of spiritual healing · Provides illustrated step-by-step exercises to help you to develop more powerful and rewarding healing techniques · Gives guidance on how breathing, meditation, the etheric body, chakras, intuition and psychic awareness will help you channel healing energies · Includes advice on self-healing and working as a healer. Based on the extensive experience of two highly regarded healers and teachers, The Spiritual Healing Handbook will help you to achieve a profound new level of insight and understanding. Jan Angelo is a healer, psychotherapist and counsellor.

SACRED HEALING by Jan & Jack Angelo

Sacred Healing is a companion volume to Jack Angelo's bestselling core text Your Healing Power. Drawing on their current healing work and teaching experiences, Jack and Jan Angelo provide much-needed, step-by-step advice and guidance on the spiritual aspect of healing. Covers the fundamentals of spiritual healing. Explains the importance of soul in the healing process. Provides illustrated step-by-step exercises to help you to develop more powerful and rewarding healing techniques. Gives guidance on how breathing, meditation, the etheric body, chakras, intuition and psychic awareness will help you channel healing energies. Includes advice on self-healing and working as a healer. Throughout Sacred Healing is clearly explained, with case histories, step-by-step advice and over 60 helpful line drawings.

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THE LITTLE BOOK OF PRACTICAL MAGIC by Sarah Bartlett

This book is for the 'occult curious'. Discover not only the secrets of crystals, herbs, chakras, fortune telling and psychic power, but also how to work with them for personal success, love and wellbeing. You don't have to believe in magic to read this book – magic is simply about making wondrous and good things happen. With this practical guide, you can quickly learn to make magic in your life, and enhance your own intuitive and healing powers.

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THE POWER OF MODERN SPIRITUALITY by William Bloom

In THE POWER OF MODERN SPIRITUALITY, William Bloom identifies for the first time the core strategies found at the heart of all spiritual traditions and explains how everyone - regardless of background, beliefs or personality type - can develop them and immediately put them into practice. He structures his book around the key areas of connection, fulfilment and compassion, showing us how to recognise and develop these aspects of ourselves in the context of today's challenges and crises so that we gain greater meaning and purpose in our lives. Written in a lively, intelligent and inspiring style, and drawn from William's popular courses and workshops, it will help you to go more deeply into yourself and develop a greater sense of personal integrity, inner strength, better health, a stronger connection with friends, family and colleagues, an increased sense of personal joy and of being in the driving seat of your life, and much more. William Bloom is one of the UK's most experienced teachers, healers and authors in the field of holistic development and contemporary spirituality. He is the author of THE ENDORPHIN EFFECT (Piatkus 2001), PSYCHIC PROTECTION (Piatkus 1996) and WORKING WITH ANGELS, FAIRIES AND NATURE SPIRITS (Piatkus 2002).

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WORKING WITH ANGELS, FAIRIES AND NATURE SPIRITS by William Bloom

In his new book, bestselling author and teacher Dr William Bloom presents a compelling description of the angel, fairy and spirit realm. He reveals a world that lies behind everyday reality and shows you how to co-operate with these invisible beings of energy who are a fundamental part of every aspect of our lives. Learn: How to sense angels and spirits and communicate with them; How to co-operate with this inner world for inspiration and guidance; How to work with angels for healing and spiritual growth; How they can help you fulfil yourself and help others; How they can bring you a deeper understanding of all life. Dr William Bloom is considered by many to be Britain's leading holistic teacher.

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PSYCHIC PROTECTION by William Bloom

Are you sensitive to negative energies and atmospheres? Do you meet people who leave you feeling drained? Do you want a better ambience in your home or workplace? With simple strategies that will work for anyone, PSYCHIC PROTECTION shows you how to maintain your own psychic space in uncomfortable and intimidating situations, feel confident and protected when coming into contact with aggressive personalities and cleanse your home and workplace. PSYCHIC PROTECTION will help you to create an oasis of self-confidence and goodwill in this challenging world.

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THE MAYA PROPHECY by Dr. Ronald Bonewitz

Known as Time's Special Witness, the seventh century Mayan prophet, Pacal Votan, left a visionary message for future generations. He foretold how our technologically advanced society will hurtle towards self-destruction, and its wilful ignoring of the earth's natural rhythms will result in irreparable damage. The precise day of this cataclysmic event will be 21 December 2012. Ronald Bonewitz presents the background to this prophecy and provides an overview of Mayan civilisation, culture, religion and science.

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JONATHAN CAINER'S GUIDE TO THE ZODIAC by Jonathan Cainer

Internationally renowned astrologer Jonathan Cainer is resident astrologer for the Express. For the first time, this attractive book combines his highly regarded Sun Sign descriptions with Moon Sign analysis to reveal the

deeper inner you. Each sign is dealt with in fascinating detail and includes information on home, money, career and love. This book shows you how to use your unique Wheels of Destiny to predict your own future and read your personal horoscope. Learn to: Understand yourself better; Find your ideal partner and discover astro-compatibility; Fulfil your true potential; Be successful in everything you do; Predict your future. Jonathan Cainer, the astrologer for the Daily Mail, became known as the million pound astrologer after three Fleet Street newspapers vied for his services! Jonathan appears frequently on television and radio, and writes regular columns for many magazines around the world.

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A TIME FOR TRANSFORMATION by Diana Cooper

In this work Diana Cooper explains that we all have the possibility of total transformation and awakening to our soul's purpose. She takes us step-by-step through the processes needed to change the way we think and live our lives, so that we create our own reality and light up the good in others. Using examples from her own life and from her work with clients and her workshops, Diana Cooper shows us how to change our beliefs and empower our lives. Topics covered include: prosperity, abundance, success, careers, resolving conflict, healing hurts, our shadow self, past lives, claiming our power and relationships. Diana Cooper is one of Britain's leading metaphysical writers. She is also a therapist, broadcaster and healer.

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TRANSFORM YOUR LIFE by Diana Cooper

Most of us would like to improve our relationships or heal our bodies, or find a more satisfying career, but don't know how to go about it. Diana Cooper believes we can all transform our lives if we really want to. This book is filled with advice and exercises which will facilitate the process of change so we can be who we want to be and do what we want to do. Throughout, a variety of techniques such as affirmations, creative visualization, dynamic drawing and writing will help us to bring hidden blockages to the surface and anchor us to the new, positive, empowering beliefs which will change our lives.

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WORKING WITH ARCHANGELS by Theolyn Cortens

Archangels are powerful spiritual helpers who offer us the opportunity to realise our own creative power and transform our lives. In WORKING WITH ARCHANGELS, angel expert Theolyn Cortens maps out a journey enabling readers to meet and work with twenty-four powerful archangels. Each step on the journey offers a new kind of angelic energy to work with as the twenty-four reveal their unique qualities in turn. Readers can take this journey at their own pace, learning about both traditional stories and contemporary experiences. With visualisations and invocations, and a variety of suggestions for day-to-day activities, as well as case histories, this is an exciting and in-depth journey that other angel books have not yet touched on. Theolyn Cortens has a degree in Philosophy and Religion and is a qualified adult education teacher. She has also trained with the National Federation of Spiritual Healers. She is the author of WORKING WITH YOUR GUARDIAN ANGEL and LIVING WITH ANGELS, published by Piatkus.

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WORKING WITH YOUR GUARDIAN ANGEL by Theolyn Cortens

Every one of us is watched over by a guardian angel, a divine coach and mentor, whose purpose is to help us realise our full potential. In this unique book, angel expert Theolyn Cortens leads you through her 12-week programme, teaching you how to harness the help of your guardian angel. You will discover how to: Meet, and work with, your guardian angel; Use your angel to contact your creative self; Uncover your heart's desire and life's purpose; Identify the things that stop you from achieving your desires Nurture your ideas and manifest your dreams. Theolyn Cortens has a degree in Philosophy and Religion and is a qualified adult education teacher.

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LIVING WITH ANGELS by Theolyn Cortens

Theolyn Cortens has been working with angels and other celestial beings for over thirty years. In this fascinating and informative workbook she helps you to bring angels into your life. From the historical origins of angels through to real-life angel experiences and easy-to-follow exercises on how to contact your guardian angel, this book is a practical introduction to angels and how to experience them and communicate with them. You will learn: how to create a sacred space to encourage angelic power; how to call and work with your guardian angel; simple ways to work with nature spirits; how to call on angels for specific purposes, for example to protect your child, for safe travelling, or to nurture close relationships.

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CASSANDRA'S PSYCHIC PARTY GAMES by Cassandra Eason

Cassandra's Psychic Party Games is full of ideas for entertaining yourself, family and friends, or even people you don't know very well. All the games are based on psychic research and use recognised methods that will help you to learn more about your fellow partygoers - and yourself. The games are based on psychic powers, telepathy, psychokinesis and clairvoyance and include: Can you read my mind? Truth or dare with a pendulum. What's my future? Psychic treasure hunt. What's my aura? Who will be a millionaire first? The book begins with games that will get any party off to a great start and help break the ice, and goes on to more complicated games. Ideal for all ages and for any event from birthdays to hen nights to New Year's Eve or Halloween, Cassandra's Psychic Party Games adds excitement, unpredictability and fun to every gathering. Cassandra Eason lectures and broadcasts on all aspects of spirituality and magic in countries including the UK, USA and Sweden.

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ANGEL MAGIC by Cassandra Eason

In the frantic modern world many people want to discover easy ways to improve the harmony of their lives, reduce stress and resolve problems. ANGEL MAGIC is a delightful, user-friendly guide to angels for busy people, providing inspiration and guidance in an easy-to-read format. Based in ancient tradition, the power of angels can be used to benefit you in many different ways. Eason reveals: angels to guide and inspire in every aspect of your life including love, prosperity and career, advice on how to contact specific angels for specific situations, ways to work with angels for healing, protection and wellbeing, a list of 250 named angels, with explanations on how they relate to the modern world and the individual's needs. ANGEL MAGIC also makes a perfect gift. Cassandra Eason lectures and broadcasts on all aspects of spirituality and is regularly featured in the media. She is the international bestselling author of more than forty-five titles, including ENCYCLOPEDIA OF MAGIC AND ANCIENT WISDOM, THE COMPLETE GUIDE TO PSYCHIC DEVELOPMENT and A COMPLETE GUIDE TO MAGIC AND RITUAL.

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BECOMING CLAIRVOYANT by Cassandra Eason

BECOMING CLAIRVOYANT is a new book from bestselling author and practising clairvoyant Cassandra Eason. Written for everyone who has ever wanted to learn the key skills of clairvoyance, BECOMING CLAIRVOYANT is a structured twelve-step course packed with essential information, practical exercises and self-assessment tests. Whether you want to develop your clairvoyant powers purely for pleasure or if you are seeking to work professionally on the psychic circuit, this book offers guidance on predictions, tarot reading, premonitions, auras, ghosts and much more. BECOMING CLAIRVOYANT also gives suggestions for further work and research that more advanced students and professionals will find useful, and is a comprehensive and insightful guide to this fascinating line of work. Cassandra Eason lectures and broadcasts on all aspects of spirituality and magic. She has a regular column in *Best* magazine. She is the international bestselling author of more than forty-five titles including, *ENCYCLOPEDIA OF MAGIC AND ANCIENT WISDOM*, *THE COMPLETE GUIDE TO PSYCHIC DEVELOPMENT* and *A COMPLETE GUIDE TO MAGIC AND RITUAL*.

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COMPLETE GUIDE TO PSYCHIC DEVELOPMENT by Cassandra Eason

We are all psychic to some degree. Some of us can access and use this ability easily, while others need help to develop their natural skills. Cassandra Eason presents over 30 ways you can tap into your latent talent and develop your psychic ability. Learn how to tune into naturally occurring psychic energies - auras, etheric bodies, earth energies and how to practise astral projection · Discover how to use telepathy, clairvoyance and psychometry.

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10 STEPS TO PSYCHIC POWER by Cassandra Eason

We all have psychic powers, but in our hectic modern world our abilities are often overlooked. 10 Steps to Psychic Power offers a straightforward, step-by-step programme to reawaken and enhance your hidden talents. Packed with ideas and techniques drawn from many traditions, this book shows you how to use your intuition and make a permanent connection with the spirit world.

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CONSCIOUS MEDICINE by Gill Edwards

In CONSCIOUS MEDICINE Gill Edwards explains that mind and body are inseparable and that emotions are crucial in health and disease. Her new approach to healthcare is based on the latest research into the transformative power of consciousness, energy and the bodymind. She explains how, when you break your old habits of thought, you can not only reverse disease processes and heal injuries but also attract more positive events and circumstances into your life. Chapters cover Gill's own journey towards good health, 'miracles' in health and why our current medical model is limiting, how negative thoughts activate the stress response in the body which eventually makes us ill, how the body speaks to us symbolically through symptoms and illness, how to break free from limiting patterns and create a new health-full future. Always thought-provoking and inspiring, this is an accessible, practical and joyous book. Gill Edwards is a clinical psychologist who has been involved in mind-body medicine for the past thirty years. She is the author of *LIVING MAGICALLY*, *PURE BLISS*, *WILD LOVE*, *STEPPING INTO THE MAGIC* and *LIFE IS A GIFT* (Piatkus).

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STEPPING INTO THE MAGIC by Gill Edwards

Developing the ideas contained in her first book, Living Magically, the author offers a practical approach to everyday life and a blend of metaphysics, shamanism and psychology. The book is about having a foot in both worlds - walking with the right foot in the practical reality of everyday life, while the left treads the world of the shaman, mystic, visionary, map-maker and co-creator. It argues that, by blending the two worlds into one, we begin to heal the age-old divisions between spirit and matter, earth and heaven, masculine and feminine, personal and planetary, individuality and oneness. Gill Edwards is a chartered clinical psychologist, a leading spiritual writer and teacher

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WILD LOVE by Gill Edwards

Unconditional or 'wild' love sets us free to be who we are. In Wild Love clinical psychologist and metaphysical writer Gill Edwards reveals a deeper, more magical reality where you can break free from the 'ego prisons' of fear and guilt and start to love yourself, other people and life, unconditionally. Gill explains that your ego can short-circuit your energies and make you always look for approval, safety or control in your relationships. She explains that when we learn to enjoy unconditional wild love, we will set ourselves free to follow our dreams and our unique potential. To do this we need to change our lives from the inside out. Learn to connect with a deeper reality and become an embodied soul - loving, joyful, creative, passionate and full of gratitude. Start to say 'yes' to life instead of 'no' or 'maybe' or 'only if'. Get your energy flowing again so you connect with unconditional love and remember who you truly are. Beautifully written and inspiring.

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PURE BLISS by Gill Edwards

Pure Bliss is an indispensable handbook for the 21st century. Written by leading spiritual writer and teacher Gill Edwards, the book helps us to abandon the stress, busyness and limitations of our everyday lives and discover a more carefree, joyful and creative state of being and living. The 75 short chapters are to be dipped into, meditated on and enjoyed. They cover themes that resonate with us all - such as your personal relationships, the inner you, parenting, work, prosperity, health and your home.

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LIFE IS A GIFT by Gill Edwards

If you have a dream, you can make it come true. You can create your own heaven on earth, no matter what your starting point. You simply need to focus on what you desire, and then get your own way. Whatever you ask for, this loving Universe always says yes - and it wants to deliver your gifts. So it is guiding you every step of the way.

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LIVING MAGICALLY by Gill Edwards

Living Magically is a book that has changed countless lives. Gill Edwards, Britain's leading spiritual teacher, draws upon mystics, scientists and channelled sources to challenge our 'commonsense' assumptions about the world and provide a startling new vision of reality - a vision which can transform our everyday lives. In this lively and inspiring guide to the tools and techniques of metaphysics, Gill Edwards outlines a spiritually-based psychology for the times that we live in.

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TEACH YOURSELF TO MEDITATE by Eric Harrison

Many people are turning to meditation as an effective way to relax and bring inner peace. Meditation can help you to combat stress, improve your general health, increase your awareness and boost your capacity to think clearly and creatively. TEACH YOURSELF TO MEDITATE is the ideal guide for everyone who wants to learn this powerful technique. Throughout, there are easy-to-follow exercises and enjoyable 'spot meditations' which you can do anytime, anywhere. By investing just a few minutes a day, you will learn a skill that will greatly improve the quality of your life. This excellent book explains what meditation is and why it works, how to do it and the 10 core meditation practices which work best for everyone.

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DARE TO CONNECT by Susan Jeffers

In this empowering book, Susan Jeffers reveals to us the heart and soul of connection. We all want to be loved by our partners, and to have good relationships with friends and colleagues. What we don't always know is how to make that special sense of connection happen. In Dare to Connect, Susan gives us the insights and tools we need to create a sense of belonging everywhere we go. We learn that this is a world where there are no strangers and we never need to feel alone. With wisdom and humour, Susan Jeffers

shows you how to enjoy the wonderful relationships you deserve. Susan Jeffers Ph.D is a psychotherapist, public speaker, workshop and seminar leader.

CREATE YOUR PERFECT FUTURE: Heal Your Past to Create the Life of Your Dreams by Anne Jirsch with Andrea Courtenay

What's holding *you* back from the future of your dreams? Anne Jirsch, psychic and future-life progressionist beloved of the stars, shows us how to free ourselves from the past and turn our dreams into reality. In *THE FUTURE IS YOURS*, Jirsch showed us how to visualise our future using the techniques she has trained hundreds of clients in across the globe. *CREATE YOUR PERFECT FUTURE* builds on these successful techniques, showing you not only how to visualise alternative futures for yourself and choose the best one, but how to clear blockages from your past that are holding you back, from past life trauma to childhood problems. Using Jirsch's winning techniques, you too can transform your health, love life, friendships, career, wealth and ultimately your world. Anne Jirsch is a London-born professional psychic, past-life regressionist and future-life regressionist, with a large worldwide following. Her client base includes heads of industry, politicians and celebrities from the worlds of film, music and sport. She is also Chairman of The Past & Future Life Society and a leading pioneer of Future Life Progression (FLP). Anne's FLP training school has 150 practitioners in 8 countries. Anthea Courtenay is a writer and former journalist in MBS.

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COSMIC ENERGY by Anne Jirsch

COSMIC ENERGY is the amazing new book from top psychic Anne Jirsch. Everyone has heard of cosmic ordering; COSMIC ENERGY takes the process one step further and teaches you how to harness the pure power of the universe to transform all areas of your life. In her friendly, readable style, Anne Jirsch provides exercises to help you tap into your own chi and connect to the flow of the universe. She provides you with tools to create the life you deserve - reveal your life's purpose; attract positive people into your life; connect to all the wealth and happiness in the world; and maximise your wellbeing and that of your loved ones. Anne Jirsch is a psychic, tarot consultant, metaphysical teacher, past life regressionist and future life progressionist. Her client base includes heads of industry, politicians and celebrities from the world of film, media, show business and sport. She is the author of *THE FUTURE IS YOURS* and *INSTANT INTUITION*, also published by Piatkus.

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THE FUTURE IS YOURS by Anne Jirsch

Future Life Progression is the amazing technique from top psychic Anne Jirsch. It will enable you to tap into your own future wisdom and talents, and create your own destiny. In her friendly, positive and reassuring style, Anne Jirsch tells of her own experiences with FLP, reveals dozens of heart-warming stories of people

she has helped with this technique, and shows you how to use this simple, safe technique yourself. · Discover how to use FLP to meet your soul mate and find long-lasting love, to reveal your talents and to see exactly where you'll be in 10 years' time · Choose your own destiny, overcome blocks, and speed up future success · Discover future trends in the workplace and stay ahead of the competition · Read what Anne has to say about what our world will be like 20, 50 and 100 years ahead. Anne Jirsch is a psychic, a tarot consultant, metaphysical teacher, radio/newspaper astrologer, past life regressionist and future life progressionist.

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INSTANT INTUITION by Anne Jirsch and Monica Cafferky

In INSTANT INTUITION, Anne Jirsch reveals her own unique techniques for effortlessly developing clairvoyant ability. She describes, with practical and straightforward exercises, how you too can switch on your psychic skills. Jirsch reveals her own revolutionary approach - Etheric Energy Techniques (E.E.T) - which enables you to tap into a person's thoughts and emotions, no matter where they are. Using Anne's methods of Future Life Progression, you can act now to change your own destiny. INSTANT INTUITION will give you the tools to find quick answers to life's compelling questions on love, relationships, work and success. It is packed with real life stories and will help you to transform your life - with instant results! Her techniques are completely safe, backed with scientific research, and give instant results. Anne Jirsch is a psychic, tarot consultant, metaphysical teacher, past life regressionist and future life progressionist. She is the author of COSMIC ENERGY and THE FUTURE IS YOURS, both published by Piatkus. Monica Cafferky is one of the UK's top freelance journalists.

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THE POWER OF YOU by Anne Jones

Each and every one of us possesses an amazing personal power. It is our deep core energy that motivates us and gives us the endurance, courage and determination to overcome the challenges in life. When we are in touch with this power we have the confidence and the strength to drive us to our goals and make a positive difference to the world around us. Now spiritual healer Anne Jones shows us how to claim this extraordinary power within us so that we may live our lives to the fullest and bring that joy into the lives of those around us. Including positive meditations and inspiring case studies, The Power of You shows you what the human spirit is truly capable of if we connect to our inner power. Anne Jones is a gifted and experienced healer. She regularly tours the world (America, South Africa, Australia and the Far East) lecturing, running workshops and giving healing. She is the founder of Ripple UK Ltd and Hearts and Hands, an international healing organisation. She is the author of SOUL CONNECTION, HEALING NEGATIVE ENERGIES, OPENING YOUR HEART, HEAL YOURSELF and THE RIPPLE EFFECT (Piatkus).

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OPENING YOUR HEART by Anne Jones

In Opening Your Heart, healer Anne Jones addresses our relationship issues and our deepest fears. She demonstrates that by opening our hearts to love, we can change our relationships and our lives profoundly. She believes that we all deserve to share in an infinite amount of love, and that each one of us can achieve this if we are willing to examine and heal our emotional hearts. Here is a unique chance to open yourself up to love, address your true emotions, forgive those who have hurt you in the past and reinforce and strengthen your current loving relationships.

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SOUL CONNECTION by Anne Jones

This book will help you integrate your energies with your divine self, your pure spirit, allowing love and joy to flow through you and everything you do. Once you are in touch and aligned with your spiritual essence the blocks that prevent you from excelling in your chosen work will clear, the struggle will cease. You can then go with the flow of life, drawing towards you all you need to be happy, loved, fulfilled and joyful. You can tap into the greatest source of love and be filled with the most powerful and uplifting energy which will permeate you and everything you do. Anne Jones is an experienced healer. She regularly tours the world (America, South Africa, Australia and the Far East) lecturing, running workshops and giving healing.

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HEALING NEGATIVE ENERGIES by Anne Jones

Do you feel uncomfortable in a particular person's presence? Does your computer zap your energy? Do you get creepy feelings in old houses? In this inspiring book, extraordinary healer Anne Jones shows us how to bring positive energy into every area of our lives. With her down-to-earth, straightforward approach, she gives you the keys to tackle negative energy in your mind, body and surroundings. Bring light and laughter into every area of your life!

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HEAL YOURSELF by Anne Jones

HEAL YOURSELF brings Anne Jones's extraordinary healing techniques into the public arena for the first time. This down-to-earth, straightforward guide gives you the keys to heal your body, mind, emotions and soul. With basic exercises and instructions, and, most importantly, Jones's unique healing symbols, the book shows you: How to assess and re-work your attitudes, emotional patterns, relationships, health and career; How to use the power of your mind to banish illness and pain; How to let go of damaging relationships and emotional baggage; How to work with your subtle energy including your chakras, aura and meridians · How to build self-esteem; How to meditate and de-stress.

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THE RIPPLE EFFECT by Anne Jones

The Ripple Effect is based on simple principles for a fulfilling and empowering life. As we take responsibility for ourselves, improve our self-esteem, heal our emotions and release our anxieties, we become happier with ourselves and our world. And as we achieve this happiness and peace of mind for ourselves, we find it positively affects those around us. Using easy-to-follow techniques, popular healer Anne Jones teaches you how to awaken your sense of your own value and worth and how to find inner harmony.

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222 WAYS TO TRICK YOURSELF TO SLEEP by Kim Jones

Half of us average six hours' sleep a night. Four in five worry that we're not getting enough. While 30% of Americans identify as insomniacs. Added to this is a rise in reported sleep problems attributed to our always-on culture; western society is chronically sleep-deprived, according to Nobel Prize winner and Neuroscientist Michael Rosbash, reporting on his research this autumn. Because poor sleep is now being linked to psychological issues, heart disease, diabetes, infertility, weight gain, memory loss, depression, cognitive deterioration, and more, interest in better sleep is expanding to include everyone who wants to improve their health generally. From managing your thoughts, relaxing your body and overcoming fears of being unable to sleep, to making your bedroom a sleep haven and the daytime habits that improve sleep at night, Kim Jones will cut to the chase with tips and techniques to give readers the great night's sleep they need.

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TOTAL I CHING by Stephen Karcher

The I Ching is the oldest and most respected oracle or divinatory system in the world. There are currently two translations available which offer somewhat conflicting interpretations - the popular Confucian version and an earlier Taoist version called Zhouyi. Reconstructed by twentieth-century scholars and archaeologists, Zhouyi presents the highly imaginative world of myth and ritual that is the hidden base of thousands of years of Eastern thought. Now, for the first time ever, Stephen Karcher fuses these two traditions using modern scholarship and archaeological and linguistic research, along with a wide background in Eastern philosophy and comparative religion, and presents them to the modern Western reader in a comprehensive and accessible new form. TOTAL I CHING is a complete oracle with instruction for immediate use in all life situations, but is also the first translation to detail the mythology of the divinatory system, offering a revolutionary new approach to the world's oldest wisdom tradition. Stephen Karcher PhD has worked with divinatory texts for more than thirty years. He was a speaker at the Eranos Foundation and supervised their I Ching Project. He is widely acknowledged to be one of the world's leading experts on the psychological and spiritual uses of divination.

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SYMBOLS OF LOVE: Relationship Guidance from the Ancient Oracle by Stephen Karcher

The Classic of Change (or the I Ching) is the oldest and most respected oracle book or divinatory system in the world; it originated in ancient China about 4,000 years ago, compiled by shamans and spirit mediums who devised a form of writing in order to record magic phrases. In SYMBOLS OF LOVE, author Stephen Karcher has selected the I Ching hexagrams that specifically apply to relationships, and he gives simple instructions on how to consult this ancient oracle and interpret its answers to learn the ways in which you can most successfully interact with friends and partners. SYMBOLS OF LOVE will show you which of 22 'models of relationship' is at work in your life, and the Relationship Model Oracle can help you to understand what is happening in your interaction with others. January 2002.

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THE KUAN YIN ORACLE: The Oracle of the Goddess of Compassion by Stephen Karcher

Kuan Yin, the Compassionate One - or more literally 'the one who sees and hears the cries of the world' - is the principal goddess in the eastern firmament. She is centuries older than the Christian Virgin Mary but not unconnected with her, in that in most illustrations she holds a rosary, suggesting purification of the cycle of birth and death, and a willow branch, a symbol of Buddhist virtues. Wherever there are Chinese or Japanese speaking people in the world, Kuan Yin's image can be found, and the ritual of consulting her has brought solace, hope and insight to countless people. She continues to be an integral part of life throughout the East today. Stephen Karcher's interpretation of this ancient text presents 'The 100 Poems of the Goddess', as relevant now as they were 1000 years ago, and when these are used along with the numbered 'Sticks of fate' they can lead the reader to answers to specific questions about family, romance, health and professional success. Stephen Karcher PHD is an author, lecturer, translator and consulting diviner with over 30 years experience. He is acknowledged as one of the world's experts on the psychological and spiritual uses of divination and its relation to the arts. November 2001

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ESSENTIAL SHIATSU: The Eight Extraordinary Meridians by Yuichi Kawada

Shiatsu is the ancient Japanese art of finger pressure massage - or acupuncture without the needles. It identified and treats the eight meridians of the human body, applying pressure and stimulation to deal with a variety of human ailments and lethargies. Shiatsu is becoming increasingly well known as an acceptable alternative therapy - Superdrug in central London now offers Shiatsu massages in-store. Yuichi Kawada is a master in this field and his book will be appropriate for beginners but will also be invaluable to the experienced Shiatsu practitioner because of Mr. Kawada's progressive approach. November 2002

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CLEAR YOUR CLUTTER WITH FENG SHUI by Karen Kingston

Clearing clutter can radically transform your life. Drawing on her wealth of experience as a feng shui and space clearing consultant, Karen Kingston explains how clutter is trapped energy with far-reaching physical, mental, emotional and spiritual effects. This book will motivate you to clutter-clear as never before, once you realise just how much your junk has been holding you back! Learn · why people clear clutter · how clutter causes stagnation in every area of your life · why clearing clutter is essential for effective Feng Shui · how to clear clutter effectively. Karen Kingston is one of the UK's top feng shui consultants. Her unique style of feng shui has developed from her pioneering study of space clearing. She divides her time between her

home in Bali and teaching to packed audiences in the UK, America and around the world. She is the author of *CREATING SACRED SPACE WITH FENG SHUI* (Piatkus). First published in 1998, *CLEAR YOUR CLUTTER WITH FENG SHUI* has remained constantly in print ever since and has sold a quarter of a million copies in the English language.

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THE PSYCHIC PROTECTION HANDBOOK by Caitlin Matthews

Do you wish you could feel safer and more positive in your daily life? Are you put-upon by others? Do you worry constantly about dangers that may be lurking around the corner? Most people live in a state of insecurity and negativity without even realising it. The *Psychic Protection Handbook* addresses the kinds of psychic or soul disruption that are commonly encountered. It explains how we can become spiritually streetwise and guard our souls against such unpleasant outside disturbance with simple and commonsense strategies. Caitlin Matthews' practical rituals and wise advice will help you to strengthen your self esteem and build your confidence, so that you cease to be affected by psychic disturbance. Caitlin Matthews is the author of forty books and is an expert in the fields of spirituality and Celtic myth.

US rights *Ulysses*

SPIRITUAL WISDOM by Claire Montanaro

In *SPIRITUAL WISDOM*, Claire Montanaro seeks to de-mystify spirituality and make the key spiritual truths accessible and understandable to everyone. Montanaro had a successful career as an army officer before leaving to take up a top public affairs position for a leading UK bank. After ten years she went on to serve as Board Director for two leading communication companies in London, until she chose to create her own specialist company, Illumino Global, twelve years ago, dedicated to helping people with their personal and spiritual needs and development. *SPIRITUAL WISDOM* is a comprehensive and readable book for anyone who wants to start on their spiritual path, but doesn't know where to begin. Claire Montanaro takes you, step-by-step, through the ancient spiritual teachings which highlight the wisdom behind everything in our world today. Exploring topics such as karma, reincarnation, the soul's journey and our spiritual helpers – she can help you understand what 'being spiritual' means, and how simple and straightforward it truly is. Claire Montanaro is a spiritual teacher, counsellor and lecturer.

TRAVELLING MAGICALLY by Rima Morrell

To travel 'magically' is truly to open yourself up to the place you are visiting and the people you are meeting. Your adventures will, in turn, open a doorway into your own consciousness. By going to new destinations in a spontaneous way, you can discover who - and what - is truly important to you. There is no limit to the power of travelling magically. Whether you are going away for a weekend, a couple of weeks, months or even years, TRAVELLING MAGICALLY will guide you through everything from planning your journey and experiencing your destination, to coming home. This informative guide includes a comprehensive resources section packed with useful websites and green recommendations, and is a must-have for everyone who wants to experience something more in their life, but doesn't quite know how to do it. Dr. Morrell is a fellow of the Royal Geographic Society and the Royal Anthropological Institute. She gives consultations and lectures at international conferences.

THE GENTLE SLEEP BOOK by Sarah Ockwell-Smith

THE GENTLE SLEEP BOOK offers gentle, no tears, sleep solutions for exhausted parents of new-borns to five year olds. No other book on the market concentrates on providing gentle sleep help for this age range. Most focus only on the under ones or separate their advice into very small age brackets, meaning parents have to buy several books as their child grows and their sleep problems change. Others focus on harsh behavioural methods not backed by modern science. This new book from Sarah Ockwell-Smith, author of BABYCALM (Piatkus 2012) and TODDLERCALM (Piatkus 2013), is an indispensable guide for parents no matter what issues they are facing with their child's sleep from the day they bring their new-born home until their child is settled into school. From frequent night waking in babyhood, through bedwetting in toddlerhood, to nightmares and refusal to go to bed in pre-schoolers, this book will provide extensive scientific and anecdotal information and gentle suggestions.

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This comprehensive manual provides much-needed support for students and teachers who want to ensure best practice. It can also be used by people who have taken Reiki courses and want more information, or wish to update their skills and work professionally, or simply treat themselves, family and friends informally. The first three sections cover levels Reiki 1, Reiki 2 and Reiki 3. Information is given in an accessible, structured and interactive way to increase understanding, knowledge and experience. The final section of the manual contains reference material specifically for students who wish to become professional practitioners, and for Masters who wish to expand the scope of the training they can offer to their students. Penelope Quest is a highly respected Reiki author and trainer. She has been teaching Reiki since 1994 and has been a consultant on Reiki to both the Open University and the NHS.

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Modern life can often feel hectic, stressful and anxiety-inducing. Now more than ever it is harder to escape the sense of chaos in the world. Tiddy Rowan's timeless book is designed to help us find a sense of inner peace and greater harmony with the people we live near, our environment and the world. Peaceful is an anthology of musings, insights and stories on peace and how we attain it in life, drawing from the wisdom of philosophers, religious leaders, secular thinkers, writers, poets and artists. This beautifully designed gift book will inspire, soothe and uplift the soul.

*Spanish rights**Urano***LIVING THE REIKI WAY by Penelope Quest**

Practising Reiki is not simply about healing others – it is also about healing yourself and growing spiritually. In *LIVING THE REIKI WAY* Penelope Quest offers practical and spiritual guidance on how you can absorb the six key Reiki principles into your everyday life: Live 'in the now'; Live without anger; Live without worry; Live with gratitude; Live with kindness; Work honestly and diligently. By following these principles each day, you will gain a deeper understanding of their meaning and relevance to your life and achieve happiness and contentment. Penelope Quest is a Usui Reiki Master and Karuna Reiki Master with over thirteen years' experience in the practice and teaching of this ancient healing art. She is the author of *REIKI, REIKI FOR LIFE* and *SELF HEALING WITH REIKI*, published by Piatkus.

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THE BASICS OF REIKI by Penelope Quest

The Basics of Reiki by Penelope Quest offers a clear and accessible introduction to an increasingly popular and powerful healing art. Best known as a gentle hands-on-healing technique for physical ailments, Reiki is also a holistic system which can be used for healing body, mind, emotions and spirit. This is the perfect choice for those who want to find out more about Reiki and the benefits it can offer. Penelope Quest is an Usui Reiki Master and Karuna Reiki Master with more than thirteen years' experience in the practice and teaching of this ancient healing art.

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REIKI FOR LIFE by Penelope Quest

Reiki for Life is the definitive guide to the practice of Reiki techniques for both the beginner and the more experienced Reiki practitioner. Penelope Quest, a leading expert with a wealth of experience as a Reiki Master and former Vice-Chairman and Education Co-ordinator for the UK Reiki Federation, tells you everything you need to know. Whether you want to recap on the basic Reiki routines, follow detailed instruction on First and Second Degree techniques, discover how to use Reiki for spiritual growth or find out how to become a Reiki Master, this is the book for you. This classic text, used by teacher and student alike, has now been fully updated and expanded to include even more illustrations to help guide you through each level of Reiki plus the very latest on developments in Reiki training in the West, how the mind-body connection works, the Japanese tradition of Reiki and the legal requirements for Reiki practitioners.

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SELF-HEALING WITH REIKI by Penelope Quest

Most people attending a Reiki workshop are taught the basics of self-treatment with Reiki, but few discover Reiki's real potential for self-healing. It is an amazing tool for healing mind, body, emotions and spirit to create wholeness and harmony, personal peace and a sense of purpose. This book is packed with innovative yet easy-to-use techniques and is aimed at everyone who has worked with Reiki at any level. This book includes: New ways of using Reiki to heal the whole person, from the subtle energies of the aura to the physical body, for a healthier and more balanced life; a 'whole life' approach to self-healing, including psychological, emotional, social and environmental issues; unique methods of using Reiki more creatively for spiritual development and self-understanding; techniques from both Eastern and Western Reiki traditions; exclusive special meditations; easy-to-follow diagrams; accessible text, and clear explanations and examples.

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THE FENG SHUI JOURNEY by Jon Sandifer

Jon Sandifer explains in 12 in-depth chapters his belief that combining traditional Feng Shui with astrology and elements of oriental medicine provides the means to practice it all the more effectively. As he points

out: "The holistic perspective that we find in Chinese medicine is mirrored in astrology and in our practice of spatial Feng Shui." Packed with information gathered from the author's many years of experience, this book details the origins and philosophy of Feng Shui. It then relates this to nine-star astrology, including instructions for working out your personal horoscope, and then explains the Chinese Five Element system of health. Only then does it move to the more familiar aspect of Feng Shui concerned with the arrangement of the home in relation to the movement of chi.

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SOUL MATES: Secret Ways to Find Yours by Jenny Smedley

In her work as an international columnist and psychic advisor, the most common question Jenny Smedley is asked is: *How can I find my soul mate?* Now, for the first time, she unravels the mysteries behind this most sought after state - that of being in love with the right person and making it last - and explores what magical and mystical means there are to help nature along, including colour, aura, scent, spells, mirrors, astrology, numerology and asking your angels to help. Providing practical, accessible advice on all soul mate situations, SOUL MATES shows the reader not only how to find their soul mate, but also offer practical advice on maintaining the most important relationships in our lives.

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SPIRIT COMMUNICATION by Roy Stemman

Is it possible to communicate with a loved one after they have passed over? How is it done - and who are the people who are able to do it? The veil that separates this world from the next is lifting. Spirit Communication takes a thought-provoking look at the whole subject and provides a detailed appraisal of the developments of the last 50 years from channelling spirit guides to the amazing popularity of today's television mediums such as John Edward, Gordon Smith and Derek Acorah. Roy Stemman was a journalist and director of the weekly Spiritualist newspaper Psychic News for 20 years and is now editor of Life & Soul magazine.

COLOUR YOUR LIFE by Dorothy & Howard Sun

Colour has been used for thousands of years to represent an individual's mental and emotional state. The colours that we surround ourselves with provide an insight and allow for a deeper exploration into the inner self. Used positively, colour can have a profound healing quality, enhance our well-being and improve our lives. Howard and Dorothy Sun have been working as colour therapists for over twenty years and created Living Colour, a colour awareness and personal growth organisation. COLOUR YOUR LIFE explains how colour can be used to promote health, healing and personal growth. Discover how to do your own Colour Reflection Reading, learn about your aura and chakra colours and discover how colour in your life can be the answer to spiritual growth and well-being.

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WORKING WITH YOUR SOUL by Ruth White

Working with Your Soul is an inspiring and uplifting new book for anyone who is seeking a deeper and higher context for their life. Using case histories from her rich experience as counsellor, psychotherapist and spiritual consultant, bestselling author Ruth White seeks to define both soul and spirit. She demonstrates how life itself can be seen as guidance from our souls, whether by the gifts it holds for us, or the actual and metaphoric 'knocks on the head' and 'kicks from behind' that challenge our direction and our creative relationship to living. Working with Your Soul is a book for those who long to know more about the intentions of their souls for this present lifetime, to define their life purpose and to be guided more clearly about the meaning and

lessons of life. Packed with practical exercises to help you work with your soul, this is an essential and much-needed book for our times. Ruth White is an accredited psychotherapist and maintains a private practice.

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WORKING WITH YOUR CHAKRAS by Ruth White

Working with Your Chakras is a practical and approachable guide to the chakras. Clearly written and easy to use, this classic book brings esoteric chakra knowledge into a Western perspective. You will discover how connecting with your chakras enables growth, healing and balance to take place in all areas of your being - physical, mental, emotional and spiritual. Ruth White explains that much chakra work is of self-help nature. In connecting with your chakras - through exercises and colourful visualisations and meditations - you will unlock a wealth of information about yourself. Unsuspected strengths or gifts will emerge and information essential to full physical and emotional healing will be revealed.

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WORKING WITH SPIRIT GUIDES by Ruth White

The author explains all readers need to know about spirit guides: what their purpose in our lives is, how to identify and communicate with them, and what to expect. She tells her own and others stories and includes easy-to-follow exercises for activating your sensitivity and intuition. Ruth White is an accredited psychotherapist and runs a counselling practice and workshops in the UK and Europe. She also works as a channel for guidance from Gildas - her well known discarnate Guide. She lives in East Sussex.

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GHOSTS AND EARTHBOUND SPIRITS by Linda Williamson

For the last twenty years, medium Linda Williamson has been helping clients to contact loved ones who have passed over. Her latest book, Ghosts and Earthbound Spirits, will be of interest to everyone who is fascinated by ghosts and hauntings, or who thinks they may have a spirit attached to them or their home. Based on Linda's own extraordinary experiences, and the stories of other mediums, the book examines the subject in depth, answering key questions such as: Why do spirits become earthbound? What is it like to be a ghost? What are poltergeists? Do evil spirits exist? How do we move them on? This insightful book will also help you to understand how mediums are trained to carry out spirit releases, and provides sensible advice on how to protect yourself against intrusion by troubled or troublesome spirits. Linda Williamson gives private consultations, and lectures and workshops at the College of Psychic Studies in London.

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CONTACTING THE SPIRIT WORLD by Linda Williamson

When a loved one dies, many people have an urgent need to find out what has happened to the person who has gone. Have they ceased to exist or are they living in another world? What kind of world is it? Is it possible to get in touch? Is the feeling of the dead person's continuing presence real or just imagination? Contacting the Spirit World provides the answers, building a strong case for life after death, and shows you how to develop your own powers as a medium. Looks at contact with the dead arising spontaneously through dreams, visions, hearing voices and astral journeys. Contains stories of ordinary people not previously psychic or believers in life after death who undergo extraordinary, life-changing experiences. Draws on medium Laura Williamson's own experiences and those of other mediums, sitters and ordinary people.

HEALTH

TRUE HAPPINESS by Dr Mark Atkinson

Are you fed up with the way you feel? Is guilt, fear, anger, resentment or emotional pain holding you back from living the life you want? In TRUE HAPPINESS, Dr Mark Atkinson, one of the UK's leading integrated medical doctors and experts on emotional health, will show you how to transform your mind and mood permanently using his revolutionary self-help approach. You will discover how to: create your own personalised health and happiness programme to increase your confidence, overcome fear and change your self-limiting beliefs. Combining traditional medicine with his self-help emotional tools, Dr Mark includes a step-by-step integrated medical programme for the most common problems, such as addiction, anxiety, depression, negative thinking, obsessive compulsive disorder, phobias and many more. It is a must-have book for everyone who wants to face the issues that are holding them back, and achieve their full potential for happiness. Dr Mark Atkinson is one of Britain's most innovative holistic medical doctors and a leading authority on drug-free solutions to chronic illnesses. He is the author of THE MIND-BODY BIBLE (Piatkus 2007) and HOLISTIC HEALTH SECRETS FOR WOMEN (Piatkus 2009).

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HOLISTIC HEALTH SECRETS FOR WOMEN by Dr Mark Atkinson

Dr Mark Atkinson is one of the UK's leading holistic doctors, specialising in women's health. In HOLISTIC HEALTH SECRETS FOR WOMEN he explains how women differ from men both physically and psychologically, and therefore require a different treatment approach. Using a mind-body approach and drawing from his clinical experience, Dr Atkinson offers detailed advice on the top fifteen most common health problems that he witnesses in his female patients. These include: fatigue, depression, PMS, weight, infertility, the menopause, preconception, pregnancy, endometriosis, fibroids and skin problems. Dr Atkinson's unique integrated approach combines nutrition, self-help and natural approaches with medical treatments. Whether you are looking for advice on a specific ailment, or you simply want to improve your general wellbeing, this inspiring book will help you to transform your physical and emotional health. Dr Atkinson launched the Whole Body Healing Clinic, a pioneering holistic medical clinic, in Harley Street, London, in 2001, and founded The British College of Integrated Medicine in 2007. He also lectures internationally, runs numerous workshops, and writes regular health articles and columns (he was named Health Journalist of the Year 2005). He has also been Vice President of the Complementary Medical Association. His first book for Piatkus, THE MIND-BODY BIBLE was published in May 2007.

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THE MIND-BODY BIBLE by Dr Mark Atkinson

Fulfil your potential for physical health and emotional wellbeing. The Mind-Body Bible is an important book about the mind-body connection from leading holistic medical doctor Mark Atkinson. Dr Mark illuminates the connections between the body and mind, and offers us safe holistic solutions to illness, stress and emotional problems. Dr Mark provides detailed questionnaires to identify the core issues underlying your particular health problem. He then directs you to specific strategies to combat your problem. Body-based strategies include creating a personalised nutrition plan, cooling chronic inflammation, helping your heart and overcoming addictions. Dr Mark Atkinson is one of Britain's most innovative holistic medical doctors and a leading authority on drug-free solutions to chronic illnesses.

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THE ANTI-AGEING DIET by Sally Beare

Today, we are living longer than ever before. However, many of us are anxious at the thought of living to 100, knowing that we may be plagued with 'diseases of ageing' such as cancer, heart disease and stroke during our final years. Yet there are places in the world where people commonly live to 100 or more without suffering so much as a headache. How do they do it? The answer is simple: through dietary and lifestyle habits. The Anti-Ageing Diet looks at the 'secrets' of the five most remarkable longevity hotspots of the world - Okinawa (Japan), Symi (Greece), Campodimele (Italy), Hunza (Pakistan) and Bama (China). Sally Beare is a journalist and qualified nutritionist who trained at the British College of Nutrition and Health.

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THE ENDORPHIN EFFECT by William Bloom

Endorphins are the miracle hormones. Found in everyone, they kill pain, provide the foundation for good health and create the physical sensations of pleasure. In THE ENDORPHIN EFFECT Dr William Bloom, Britain's leading holistic teacher, presents a major breakthrough in the field of healthcare and personal development. He reveals a revolutionary method that enables you to produce endorphins for vitality and a positive mood whenever you want, even when exhausted or in a crisis. Discover how to use THE ENDORPHIN EFFECT for an easy and effective programme of healthcare, healing and self-improvement. Use it to boost your enjoyment of life, build good health, improve your relationships at home and at work, and enhance your performance in every aspect of your life. Dr William Bloom is considered by many to be Britain's leading holistic teacher.

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THE FOOD SWAP DIET: by Peta Bee

THE FOOD SWAP DIET is a practical manual for weight loss that provides all the information you need to lose weight permanently. The book compares seemingly similar foods and shows which are friendlier to the waistline, allowing you to make the wisest food choices and reduce your daily calorie intake. There's no going hungry, no banned foods and no skipping meals. You'll find hundreds of food swaps that slice anything from 10 to 900 calories per serving so you can choose what to swap to achieve your goal. Comprehensive and informative, the book covers everything from store cupboard and fridge staples, such as breakfast cereals and dairy products, to lunches, ready-meals, drinks, snacks and eating out. You'll also find plenty of guidance on the healthiest choices - they aren't always the ones you think! - and how to make your diet really work for you so that you also gain health as you lose weight. Peta Bee is an award-winning journalist with degrees in nutrition and sports science. She currently writes a weekly article on health and fitness for *The Times*, and contributes regularly to the *Sunday Times*, the *Guardian* and the *Daily Mail*.

MUM'S NOT HAVING CHEMO by Laura Bond

In March 2011 Gemma Bond, Laura Bond's mother, was diagnosed with ovarian and uterine cancer. Shortly after, Laura started writing the blog, 'Mum's Not Having Chemo' as a way of explaining her mother's decision to say 'no' to mainstream medicine and 'yes' to hydrogen peroxide and healing purple flames. They were keen to share some of the information they'd discovered; how these treatments work, which ones work best and how they can be used alongside conventional medicine. The book – like the blog –not only takes the reader through Gemma's journey of recovery but also includes other natural cancer survivor's stories as well as interviews with holistic practitioners, scientists and doctors. It combines both the personal and practical as well as the spiritual and scientific. Laura Bond is a freelance journalist who has written for many leading publications including The Sunday Times, The Mail on Sunday, Tatler, Psychologies, and Cosmopolitan. Her Cosmopolitan pieces are frequently syndicated in international editions including in Italy, South America, India, Malaysia and South Africa. She is currently training as a health coach at the Institute of Integrative Nutrition in the UK.

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VERTICAL REFLEXOLOGY by Lynne Booth

Lynne Booth's ground-breaking book introduces Lynne's revolutionary technique that provides deeper access to reflex points so that the treatment is quicker and more effective than conventional reflexology, providing results in just 5 minutes. Lynne Booth was trained in reflexology at the International Institute of Reflexology, London. She runs a private practice in Bristol.

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VERTICAL REFLEXOLOGY FOR HANDS by Lynne Booth

In her new book Lynne explains how vertical reflexology can work powerfully on reflex points on the hands and nails. She explains the extraordinary healing possible from hand reflexology. Provides detailed diagrams of the key reflex points on the hands, details a step-by-step self-help treatment guide for common ailments, provides ground-breaking material on nail reflexology - a new area of reflexology research which has achieved amazing results in treating complaints of the nervous system.

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BEYOND TEMPTATION by Audrey Boss and Sophie Boss

In BEYOND TEMPTATION Sophie and Audrey Boss offer a radical alternative to the tried and tested methods used to combat overeating which either encourage women to rely on willpower alone, or legitimise overeating by providing lists of 'free foods' on which women are actively encouraged to binge. This book doesn't rely on NLP, CBT or life coaching techniques, but instead draws on the authors' own experiences as two overweight and unhappy overeaters and their ten years of experience working with thousands of failed dieters in the 'Beyond Chocolate' workshops and the successful techniques used in their newly established 'Stop Overeating' workshops to offer women a practical, sustainable approach to stopping overeating and achieving long term weight loss. Sophie and Audrey Boss are the authors of BEYOND CHOCOLATE (Piatkus 2006)

BEYOND CHOCOLATE by Sally & Audrey Boss

Are you unhappy with your body but fed up with constant dieting? Would you like to lose weight without depriving yourself of the food you love? Beyond Chocolate is a radically different approach to weight loss. Serial dieters for years, Sophie and Audrey Boss finally overcame their weight problems when they discovered the key to success: break free from the diet mentality and learn how to listen to your body so that you can make food choices that really work for you. This book sets out a new, liberating approach to establishing a healthy and satisfying relationship with food, and a positive body image. Beyond Chocolate is your passport to freedom! Sophie and Audrey Boss are sisters in their 30s who, following years of struggling with their weight, they founded a support group called Beyond Chocolate. They are passionate about their message and have experience of working with women of all ages and backgrounds.

NATURAL APPROACHES TO DIABETES by Sarah Brewer

Diabetes is one of the world's fastest growing health problems. Over 135 million people worldwide suffer from diabetes, and estimates suggest that the number will double within the next twenty years. In the UK alone, sufferers are estimated at 1.4 million, with another possible 1 million yet to be diagnosed. Diabetes can lead to other very serious illnesses. The good news? With the right dietary measures it is possible to lower your risk of contracting diabetes, to control diabetes - and even to eradicate some types altogether. Health expert Dr Sarah Brewer's Natural Approaches to Diabetes is the first truly holistic book to tackle the problem of diabetes. Whether you have Metabolic Syndrome (the forerunner of diabetes) or Type 1 or Type 2 diabetes, following this nutritional approach can help you successfully manage the disease. Dr Sarah Brewer worked as a GP before moving into hospital medicine and journalism. She was Health Journalist of the Year in 2002.

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PRECIOUS BABIES by Kate Brian

For women who finally have the long-awaited positive pregnancy test, the expectation is that they will now be the same as any other pregnant woman – the reality is that the experience of infertility continues to resonate during pregnancy, birth and often long afterwards. In her new book, Kate Brian looks at the common difficulties that women who had trouble conceiving face; increased risk of miscarriage; multiple pregnancies; premature birth; post natal depression. Kate Brian is the author of THE COMPLETE GUIDE TO IVF (Piatkus 2009) and THE COMPLETE GUIDE TO FEMALE FERTILITY (Piatkus 2007).

THE COMPLETE GUIDE TO IVF by Kate Brian

The most recent studies show that 40,000 cycles of IVF are carried out in the UK each year - and approximately a million are carried out worldwide. It is estimated that at least 200,000 IVF babies are born annually - and this figure is constantly rising. With assisted conception increasing year on year, THE COMPLETE GUIDE TO IVF offers an invaluable and insightful approach to the process. Packed with first-hand accounts of patients who have been through it, and Kate Brian's own experience of IVF, this book will demystify the treatment and give a 'behind-the-scenes' account of what really happens. Addressing the entire experience, right from the initial clinic visit through to the assisted conception cycle, THE COMPLETE GUIDE TO IVF provides a friendly, down-to-earth and reassuring account of using IVF. Kate Brian is a specialist in female fertility. She is a member of the board of Infertility Network UK, and has been a member of a Human Fertilisation and Embryology Authority expert advisory panel.

THE COMPLETE GUIDE TO FEMALE FERTILITY by Kate Brian

Written by an international expert on fertility, The Complete Guide to Female Fertility is a practical and accessible guide which addresses all the questions that women have about their fertility and getting pregnant in a positive way. It includes the real-life experiences of dozens of women, and also deals with the emotional aspects of relationships and fertility. The Complete Guide to Female Fertility gives the facts in a balanced, down to earth manner and includes information on: how your reproductive system works; when you are at your most fertile; how your age affects your chances of conceiving; how you can boost your fertility naturally; what may stop you getting pregnant; what reproductive technology can do to help. Kate Brian is a freelance writer, journalist and PR consultant.

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LIVING WELL WITH PAIN AND ILLNESS by Vidyamala Burch

This is a practical guide to living with and managing chronic pain. Vidyamala Burch's programme demonstrates that by becoming 'mindful' and developing a calm awareness of your body and your pain in each and every moment, it is possible to let go of the frustration and suffering that you associate the pain with. When you break down your resistance to pain, your pain will reduce and cease to be so distressing. Mindfulness meditation gained worldwide recognition thanks to the work of health and stress expert, Jon Kabat-Zinn, who helps patients suffering from chronic pain at his Stress Reduction Clinic at the University of Massachusetts Medical Center. In this practical and reassuring book, Burch draws on his work, and recommends easy-to-follow breathing techniques and powerful mindfulness meditations to help you to deal with the secondary and emotional effects of chronic pain, and live more positively. Vidyamala Burch is the co-founder of the well-respected Breathworks organisation in Manchester, and has taught meditation for twelve years as a member of the Western Buddhist Order.

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OPTIMUM NUTRITION FOR BABIES & YOUNG CHILDREN by Lucy Burney

Healthy children need healthy food. If you want to give your child the best possible start in life, good nourishment is vital. Optimum Nutrition for Babies and Young Children is a groundbreaking book on children's nutrition from an author trained by the prestigious Institute for Optimum Nutrition, founded by bestselling author and top nutritionist Patrick Holford. Top nutritionist Lucy Burney shows how easy it is to make quick, delicious, nutrient-rich meals that all your family will love. Lucy Burney is a qualified Nutrition Consultant who trained at the Institute for Optimum Nutrition.

HEALTH REVOLUTION FOR MEN by Dr. Charles Clark and Maureen Clark

In HEALTH REVOLUTION FOR MEN, leading authority on diabetes and author of the bestselling HIGH PROTEIN DIET (Vermilion 2002) Dr Charles Clarke tackles the health of the middle-aged man - a large proportion of his patient base. Addressing all the key psychological issues such as stress and the major physical issues middle-aged men face that stem primarily from being overweight, this man-friendly programme will yield quick results in areas of weight, cholesterol, blood pressure and other key areas for men aged 40+. This is a health/body makeover for men (which don't involve giving up alcohol!) and will appeal to women looking to improve their partner's health. Dr Charles Clark is an internationally recognised specialist in diabetes and glaucoma. His outstanding academic record includes the unique achievement of Doctorates in Science, Medicine and Surgery and fellowships from Europe, Australasia and the US.

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BEATING CHRONIC FATIGUE by Kristina Downing-Orr

BEATING CHRONIC FATIGUE is a much-needed book on how to treat extreme tiredness, otherwise known as ME or Chronic Fatigue Syndrome. Chronic Fatigue is a common condition that can last for many years and it ruins lives. It is regarded by some in the medical profession as being 'all in the mind' and a symptom of depression, and by others as attention seeking or malingering, and dismissed altogether. Sufferers despair of ever getting better. Kristina Downing-Orr is a clinical psychologist who has worked in the NHS and herself suffered from severe Chronic Fatigue Syndrome. At her worst she was paralysed, bedridden and unable to function. Shocked by the attitude of her doctors she devised her own treatment programme – and her symptoms started to disappear almost immediately. In this book she provides an easy step-by-step programme which will help sufferers regain their health and their life. Kristina Downing-Orr is the author of 101 REASONS WHY YOUR MAN'S FROM HEAVEN...WHY HE'S FROM HELL (Robson Books), WEARING THE RUBY SLIPPERS: NINE STEPS TO HAPPINESS (Arrow) and many other titles.

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THE VEGETARIAN LOW-CARB DIET by Rose Elliot

Finally, the diet vegetarians have been waiting for. Have you been feeling left out lately? Many is the vegetarian or vegan who has watched their meat-eating friends with envy as they followed the Atkins diet and the pounds dropped off. There's no doubt about it: a high-protein, low-carbohydrate diet really does work. But what about vegetarians and vegans? Is it possible to follow a high-protein diet without the fry-ups or the meat? And can it really be a healthy way of life? The answer to all these questions is a resounding 'yes'. Top vegetarian cookery writer Rose Elliot has devised an easy to follow, meat-free answer to the Atkins diet. Scientifically formulated to make your metabolism stop burning carbs and start burning fat, her diet helps you to lose weight and make carb cravings, mood swings and energy lows a thing of the past. Rose Elliot is Britain's foremost vegetarian cookery writer.

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ENDOMETRIOSIS AND OTHER PELVIC PAIN by Susan Evans

Pelvic pain affects millions of women all over the world. Endometriosis is often the cause, but other conditions can cause similar pain. Endometriosis is a condition in which cells from the womb lining (endometrium) grow outside the womb instead of inside it. Women find out they have endometriosis in many ways. Some realise early that there is something wrong, whereas others have endometriosis found unexpectedly during investigation for pelvic pain, ovarian cysts or difficulty becoming pregnant. As most women know very little about endometriosis, being diagnosed can be confusing and worrying. Answers the questions women want answered. Fully explains the medical and surgical aspects of endometriosis in simple terms/ Explains the risks. Provides a holistic approach by giving information on complementary medicine, natural therapies and dietary advice. Dr Susan Evans is a gynaecologist and laparoscopic surgeon from Adelaide, Australia, who specialises in endometriosis.

OVERCOMING PMS THE NATURAL WAY by Marilyn Glenville

In Natural Solutions to PMS Marilyn Glenville, the UK's leading nutritional therapist, explains that the discomfort and pain associated with the menstrual cycle is not inevitable. She shows you simple nutritional and lifestyle changes you can make that will balance your hormones and relieve your symptoms. From breast pain to fluctuating moods, and from weight gain to fatigue, Marilyn Glenville details a thoroughly researched and tested programme to get your symptoms under control. Discover: How to get rid of your symptoms permanently; Which tests, supplements, herbs and nutrition will make a difference; Why premenstrual symptoms occur and why conventional treatments are rarely effective; How to get your hormones back in balance; How to relieve specific symptoms. Marilyn Glenville PhD is one of Britain's leading nutritional therapists. She is chair of Foresight, the steering group for the Nutritional Therapy Council and the Governing Council for the British Association of Nutritional Therapists.

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HOW TO FEEL BETTER: Practical Ways to Recover Well from Illness and Injury by Dr Frances Goodhart & Lucy

Atkins

HOW TO FEEL BETTER is the one book you will want to give to any friend, colleague or loved one who has faced a health crisis, whether that is a serious illness, accident, surgery or a threatening event such as stroke or heart attack. This is the first book to tackle the crucial question of *how* to get well. It offers simple, research based psychological strategies for recovery – a modern day “convalescent's toolkit”. It centres on the crucial, research based (but widely overlooked) truth that ‘getting better’ is not just about the body – emotions play a huge part. Often, a person's emotional state is the one thing that is stopping them from full recovery. Dr Frances Goodhart is a Consultant Clinical Health Psychologist with over 20 years' experience in the NHS. Lucy Atkins is a well-known health journalist, writing for papers such as The Guardian, The Times and The Telegraph. They are the authors of THE CANCER SURVIVOR'S COMPANION (Piatkus 2011).

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THE CANCER SURVIVOR'S COMPANION by Dr Frances Goodhart and Lucy Atkins

Every two minutes in the UK someone is diagnosed with cancer. But these days more than half will survive for at least five years after diagnosis, and thanks to advances in screening and treatment, this number is set to increase dramatically in the future. You'd think this was fantastic news, but in fact cancer survivors face numerous physical, psychological, social and spiritual issues. They may have survived, but they're still adrift. THE CANCER SURVIVOR'S COMPANION is the cancer survivor's bible. It is a practical and highly accessible guide built on Dr Goodhart's extensive experience as a clinical psychologist working with cancer survivors. In short, THE CANCER SURVIVOR'S COMPANION shows you how to live again, not merely survive. Dr Frances Goodhart has been a Macmillan Consultant Clinical Psychologist in Oncology and Palliative Care since 2007. Lucy Atkins is a well-known health journalist.

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Wydawnictwo Nasza Księgarnia

WALKACTIVE PROGRAMME by Joanna Hall with Lucy Atkins

As an exercise physiologist, Joanna Hall knows without doubt that it is possible to get the body you long for without hassle, pain, guilt or cost. You don't need sophisticated, state-of-the-art exercise kit. You have everything you need right here, right now - your body. You can use it in the simplest, most natural way imaginable to see an amazing transformation. All you have to do is walk - the Walkactive way! This inspiring and practical new book will teach you a more intelligent and active way to walk - a way that uses your body to its full capacity and in the process will change your body and your fitness levels dramatically. Walkactive can help you drop inches from your waist, improve your fitness and muscle tone, reduce stress and depression, and keep the signs of ageing at bay. It will work, whatever your age, fitness, health, or stage of life. All you have to do is put one foot in front of the other. Packed with step-by-step advice to master the technique, motivational case studies and quotes, tips and strategies, and specific plans to help you lose weight, look younger and feel better, Joanna Hall's Walkactive Programme is the book we've all been waiting for. Joanna Hall, MSc (Sports Science), is a highly respected fitness professional and businesswoman. She is the author of twelve fitness and health books, translated into four languages, and has received over 2 million hits for her online exercise clips. Lucy Atkins is an award-winning health writer and author/co-author of six books.

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LIFE-CHANGING WEIGHTLOSS by Amanda Hamilton and Sandy Newbigging

LIFE-CHANGING WEIGHT LOSS reveals a unique way to be your ideal weight – for life! Traditional dieting can actually make your body more toxic, leading to long-term weight gain and health problems. Leading detox and wellbeing experts Amanda Hamilton and Sandy Newbigging explain that to lose weight successfully you must first reduce your toxic load. They show you how to harness the power of your body and mind in order to make significant, long-lasting changes to your size and shape and regain your health and vitality. Based on their successful clinics and retreats, this life-changing book combines a seven-day eating plan and mouth-watering recipes with easy, effective mind techniques. Discover how to deal with emotional eating, break toxic habits, and change the way you think about food, in order to lose the weight you want to lose and enjoy healthy foods for life. Hamilton and Newbigging are the authors of LIFE DETOX, also published by Piatkus. Hamilton is a nutritionist. She presents BBC2's 'Something for the Weekend' live every Sunday morning and regularly appears on GMTV. She and Newbigging present UKTV's popular 'Spa of Embarrassing Illnesses'. Sandy Newbigging works internationally as a coach, therapist and trainer.

LIFE DETOX by Amanda Hamilton & Sandy Newbigging

An indispensable original detox guide for your body and your mind. Life Detox introduces you to a world of perfect health, mental clarity and feeling and looking great. This life-changing book reveals a 7-day programme which will help you to lose weight, banish cellulite, overcome ailments, and achieve optimum vitality and a sense of wellbeing. The book guides you through a step-by-step mind-body detox programme that is both effective and long-lasting. Amanda provides a 7-day cleanse and an easy-to-follow maintenance diet while Sandy gives you simple tools to help you to release your mental and emotional toxins too. This is a detox which will change the way you live your life forever. You will quickly feel healthier and happier, and look years younger! Amanda and Sandy run detox centres in Scotland and overseas. Amanda is a regular nutritionist on GMTV and Sandy Newbigging works internationally as a coach, therapist and trainer.

10 DAYS TO BETTER HEALTH by Kirstin Hartvig & Nic Rowley

Written for busy people, it takes only 10 days to be healthier, calmer, more energetic and better nourished. For 10 days you will enjoy a mini 'health spa' in your own home and learn self-help skills which can be used to reduce stress and relieve illness at any time. Each day is organised into an easy-to-follow programme that fits around the normal working day. During the course of the 10 days a dozen simple natural healing techniques are introduced, ranging from aromatherapy, self-massage, meditation, hydrotherapy, and stretching, to breathing and relaxation techniques. A naturopathic diet is followed throughout. Kirsten Hartvig ND is a member of the National Institute of Medical Herbalists and the Register of Naturopaths. Dr Nic Rowley is a holistic physician.

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THE ACUPUNCTURE HANDBOOK by Angela Hicks

Acupuncture is one of the most popular and widely accepted complementary therapies available to the general public. And yet many of us know little about it, what it can be used for, and how it works. This book explains · What it feels like to have treatment · How acupuncture works · How acupuncture helps to balance your energy and strengthen your immune system · How it can successfully treat a wide variety of ailments, from panic attacks to hot flushes, asthma, joint pains and the common cold · Which of the 'Five Element' types you are and how this relates to your health · How acupuncture can be used safely and effectively to treat pregnant women, children, and animals · How to find the right practitioner. Self-help information and questionnaires are also included to enable you to discover more about your Chinese medicine diagnosis. Angela Hicks has been a practitioner of Traditional Chinese Medicine for over 25 years. She is also a qualified Chinese herbal medicine practitioner and regularly practices Qigong.

BE GOOD TO YOUR GUT by Eve Kalinik

Eve Kalinik's modern, fresh and innovative approach to gut health combines scientific knowledge and practical advice with inspiring and delicious recipes. The book will include solid information that will help the reader better understand digestion alongside enticing, nourishing and simple recipes.

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THE WATERFALL DIET by Linda Lazarides

Do you eat next to nothing and exercise for hours every week, but find it impossible to lose weight? Do your friends seem to eat what they like, but if you so much as look at a cake you pile on the pounds? If so, your

problem may not be too much fat but too much fluid. The Waterfall Diet is a revolution in dieting. It can help you to safely lose a stone in seven days. Linda Lazarides reveals that many women who are trying to lose weight (40% of the female population) would lose weight more effectively if they controlled fluid retention. Linda shows you how to identify easily if fluid retention is your problem. For women who haven't found success through normal dieting, THE WATERFALL DIET is a proven, revolutionary and easy-to-follow way to shed excess weight. Linda Lazarides is founder and director of the Society for the Promotion of Nutritional Therapy, founder of the British Association of Nutritional Therapists, and adviser to the Institute for Complimentary Medicine, CancerBACUP, Here's Health and Good Health magazines.

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THE HEALING JOURNEY by Matthew Manning

Matthew Manning is one of the world's most gifted healers. In *The Healing Journey*, he provides a guide to achieving optimum health, well-being and happiness. Drawing on his own work and the research and experiences of leading healers, doctors and medical scientists around the world, he explains how our emotions are integral to our health and examines the amazing benefits of nutrition, prayer and positive thoughts. Inspired by his wife's successful battle with cancer, Matthew Manning offers insight, inspiration and solid information for everyone who want to improve their health and well-being. Matthew Manning is one of the world's most gifted healers and demonstrates his healing techniques all over the world.

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YOUR MIND CAN HEAL YOUR BODY by Mathew Manning

A guide to achieving optimum health, wellbeing and happiness. We all have healing abilities, whether we know about them or not. In this new book by Britain's most popular healer you will learn how to listen to the messages your body is giving you and awaken and nurture your own healing abilities to deal with them. Based on Matthew's amazing experiences as a healer, his work with thousands of patients, and his understanding of how your emotions are linked to your health, *YOUR MIND CAN HEAL YOUR BODY* is full of stories about real-life healing, as well as step-by-step exercises to take you through the healing process. Matthew Manning is one of the world's best-known and most gifted healers and has a healing practice in Suffolk. He is the author of *ONE FOOT IN THE STARS* (Piatkus 2003) and *THE HEALING JOURNEY* (Piatkus 2001).

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GOOD GUT BUGS by Kathryn Marsden

Did you know that there are more bacteria in your gut than the total number of cells in your body? Do you know why the good bacteria – or probiotics – are good for you and how they can benefit many aspects of your health? Do you know that by following a different diet or by taking safe and effective probiotic supplements you can increase the number of good bugs in your body with amazing results? Probiotic supplements are on their way to becoming the twenty-first century must-have medicine. In *GOOD GUT BUGS* Kathryn Marsden explains that we need good bacteria to avoid, or overcome, conditions caused by bad bacteria. Writing in a readable, lively style she reveals what probiotics do, how they work, and how simple dietary changes can allow you to benefit from them. Discover how probiotics will help you avoid MRSA, lower your cholesterol, improve the digestion, boost your immune system, calm the side effects of antibiotics, control and limit the growth of yeasts and parasites, treat constipation and ease IBS, and even influence your weight. Kathryn Marsden is the author of a dozen health titles including *THE COMPLETE BOOK OF FOOD COMBINING* and *GOOD GUT HEALING*, both published by Piatkus. Her areas of special interest include cardiovascular health, mind-body medicine, and in helping patients who suffer from digestive and bowel disorders.

GOOD GUT HEALING by Kathryn Marsden

GOOD GUT HEALING covers the many common - but rarely addressed - ailments that can affect the digestive system and bowel and suggests dozens of natural ways to tackle the symptoms and ease discomfort. Written in Kathryn's friendly, down-to-earth style, the book is packed with expert advice that really works. 20 top tips for a healthy gut. Advice on which foods to eat and which to avoid. Action plans for dealing with every condition from acid reflux, bloating and candida to irritable bowel, leaky gut and ulcers. Helpful information on fibre, allergies and sensitivities, detoxification and stress.

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THE COMPLETE BOOK OF FOOD COMBINING by Kathryn Marsden

Food combining enhances the quality of your diet, increases your intake of vitamins and minerals and improves the way the body digests and absorbs nourishment. It is one of the safest and most successful ways to lose weight as well as being an invaluable, natural remedy for a variety of health problems. In her new definitive book Kathryn Marsden explains everything you'll ever need to know about food combining in one easy-to-follow volume. Kathryn Marsden is the author of 12 books, most notably The Food Combining Diet and Food Combining in 30 Days which have sales of over 600,000 copies. She is a qualified nutritionist with ten years experience in clinical practice.

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DR GILLIAN MCKEITH'S LIVING FOOD FOR HEALTH by Gillina McKeith

Dr. Gillian McKeith, has identified twelve miraculous 'superfoods', which are packed with powerful nutrients and enzymes which can improve our health. These vital nutrients and enzymes occur naturally but are lacking in Western diets. Dr. McKeith identifies nature's 12 most powerful living superfoods - from blue-green algae, the most nutrient-dense food on the planet, to flax, the most efficient provider of essential fatty acids to aloe vera leaves and their extraordinary healing power. These superfoods will heal, improve your digestion, stimulate internal cleansing, nourish your organs and spark cell renewal, to increase your mental and physical energy, balance your body's meridians, enhance sexual desire, improve stamina, boost your immunity - and more. Dr Gillian McKeith is the controversial nutritionist and Director of the renowned McKeith Clinic in London. She is the author of the Number One bestseller based on the Channel 4 television series You Are What You Eat.

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Basic Health

THE ULTIMATE HOLISTIC HEALTH BOOK by Deborah McManners

Accessible and inspiring text based on integrative medicine and the Triangle of Good Health - nutritional, physical and emotional balance and wellbeing; Combines nutritional medicine, homoeopathic approaches, relaxation and stress relief techniques with conventional medicine to give the best possible advice; Questionnaires to give you insights, understanding and practical advice; Simple healthy eating

guidelines to build reserves and treat specific conditions; Hard facts about how environmental factors could be affecting your health; Optimum exercise programmes devised for your sex, age and fitness level; Insights into how your emotional and spiritual state impacts your general health; Programmes for maintaining optimum health and delaying the ageing process. Dr Deborah McManners is a high-profile doctor, health guru and columnist and a unique combination of medical doctor, naturopath and homoeopath.

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THE OFFICIAL LASTONE THERAPY MANUAL by Jane Scrivner & Mary Nelson

LaStone therapy is the application of geo-thermotherapy, using deep penetrating heated stones and alternating with chilled stones to bring about chemical release within the body's systems. LaStone works on every level, body, mind and spirit to create perfect balance. The Official LaStone Therapy Manual explains in clear and simple terms the steps and knowledge required to become a LaStone therapist. Designed as an accompaniment to your LaStone studies, it is also an excellent way to find out every detail about this amazing therapy. Mary Nelson is the originator of LaStone therapy, whose work in 1993 started this innovative and challenging technique.

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DETOX YOURSELF by Jane Scrivner

The original bestselling detox phenomenon, completely revised and updated. Detox Yourself, by bestselling author Jane Scrivner, is a highly effective spring-cleaning programme for the whole body. Expanded and adapted to cater for your hectic modern lifestyle, this 30-day programme will enhance your circulation, boost your immune system, tackle your cellulite, and promote optimum energy levels and glowing skin so you will feel cleansed, revitalised and energised! With a range of tasty new recipes for you to enjoy, menu plans, shopping lists and key foods to be enjoyed or avoided, as well as a section on eating out on the programme, you will be completely prepared for every occasion. The book encourages you to adjust your long-term attitude to food and your body for lasting health and vitality.

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THE QUICK-FIX HANGOVER DETOX by Jane Scrivner

All of us over-indulge every now and again, and have suffered from symptoms such as headaches, nausea, dehydration and tiredness. Together with plenty of proven hangover cures, this little book reveals simple strategies for prevention, damage limitation and speedy recovery. Before: prime your liver with lots of water, carrot or beetroot juice. During: match every glass of alcohol with a diluting glass of water; avoid sweet drinks such as pre-mixed spirits and liqueurs. After: drink fizzy water to help you rehydrate and re-oxygenate your blood; eat foods such as muesli, nuts and fruit, to help absorb toxins and balance stomach acidity. Quite simply, detox your hangover, and you need never say 'Never again -' again! Jane Scrivner established The British School of Complementary Therapy in London's Harley Street in 1989. It runs courses on a range of therapies including osteopathy, physiotherapy, reflexology and aromatherapy. She is the bestselling author of DETOX YOURSELF published by Piatkus.

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YOUR BODY SPEAKS YOUR MIND by Debbie Shapiro

Fully updated and expanded edition of the classic book on body-mind. In *Your Body Speaks Your Mind*, renowned teacher and bestselling author Deb Shapiro shows how understanding your body's 'language of symptoms' can increase your potential for healing. She explains the interconnectedness between your physical state and your emotional, psychological and spiritual health. *Your Body Speaks Your Mind* shows you how to initiate communication between body and mind, in order to achieve better health and a greater sense of wellbeing. Deb Shapiro has been teaching body-mind therapy and meditation with her husband, Ed Shapiro for over 20 years, and has written several books.

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DEALING WITH DEPRESSION by Caroline Shreeve

Depression tends to be something we keep to ourselves. Yet it is estimated that one in four adults is affected at some time in their lives. What is depression, and what can we do about it? Why all the fuss about antidepressants - and is medication the only answer? In *Dealing with Depression* Dr Caroline Shreeve answers all your questions, describes how to recognise the symptoms, and discusses the physical and psychological causes of depression. Once you've got a basic understanding, learn how to arm yourself against depression with Dr Shreeve's highly effective personal self-help programme. Dr Caroline Shreeve is a GP and trained in the UK as a psychiatrist.

THE REAL LIFE DIET by Maryon Stewart

Quite simply, Maryon Stewart explains that in order to be slim and in good shape physically, every aspect of your life needs to be in balance. She shows you how to discover if you are eating the wrong foods for your particular body and stage of life. And she also helps you deal with your lifestyle and emotions too. Once you are happy with yourself and your body, your weight should stabilise and you'll shed your health problems along with the pounds. Here is a holistic approach to weight loss. Complete Maryon Stewart's simple questionnaires and start on your own Real Life Diet today. Losing weight is all about getting the balance right in life. Whether you want to lose weight or banish health problems for ever, Maryon Stewart's Real Life Diet will help you to reach your goal. Maryon Stewart is based in Lewes, Sussex. She established the Women's Nutrition Advisory Service in 1984, and now heads the Natural Health Advisory Service.

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patrick
HOLFORD

Patrick Holford is a pioneer in new approaches to health and nutrition, and is the founder of the Institute for Optimum Nutrition in London. He has written over 30 books, selling more than a million copies worldwide.

Patrick's books are categorised and colour coded into five subject areas
Essentials, **Weight**, **Body**, **Mind**, and **Children**.

ESSENTIALS

GOOD MEDICINE by Patrick Holford

This fascinating, practical book is for everyone who values a natural approach to health. GOOD MEDICINE covers the top fifty most common health problems and offers simple things you can do to prevent or reverse that health condition. They are all tried and tested and have been proven to work, both in clinical research but also in practice, with people like you. You will find revealing case studies and general advice on the habits that will help you stay healthy, from reducing your stress level to improving your diet and how to monitor which changes make the biggest difference to you. Covering everything from everyday ailments such as the common cold to more serious illnesses, this comprehensive book is the perfect guide to natural approaches to health. Patrick Holford BSc, DiplON, FBANT, NTCRP is the founder of the Institute for Optimum Nutrition in London (Europe's leading training centre for nutritional therapists) and the author of over 30 health books. Jerome Burne is a leading health journalist and recently won the 'medical science explained' category of the Medical Journalist Association awards 2011-2012.

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100% HEALTH by Patrick Holford

100% Health is a survival guide for the 21st century. It argues that all the major diseases of the 20th century are the consequences of mankind not adapting to the incredible changes that have occurred to our diet, environment and lifestyle. That's the bad news. The good news is that we can adapt and in so doing avoid illness and achieve 100% Health. Patrick Holford explains the practical ways that simple changes to your diet and lifestyle can lead you to a whole new level of health.

THE 10 SECRETS OF HEALTHY AGEING by Patrick Holford & Jerome Burne

Life expectancy is increasing, but this is only good news if you stay well and can enjoy it. 10 SECRETS OF HEALTHY AGEING shows you how good nutrition will help you stay healthy, look younger and feel great as you age. It explains how your body changes as you grow older and what you can do to avoid the illnesses of old age, avoid aches and pains and poor sleep, stop eyesight deterioration, and stay as fit and mentally alert as possible for as long as possible. 10 SECRETS OF HEALTHY AGEING helps to establish your biological age, draws on health secrets of long-lived people, helps you to stay drug-free as you age. Patrick Holford is the founder of the Institute for Optimum Nutrition in London (Europe's leading training centre for nutritional therapists), is Chief Executive of the Food for the Brain Foundation and the author of over 30 books. Jerome Burne is a leading health journalist, writing regularly for the Daily Mail. He is co-author with Patrick in FOOD IS BETTER MEDICINE THAN DRUGS (Piatkus 2006).

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THE 10 SECRETS OF 100% HEALTH COOKBOOK by Patrick Holford & Fiona McDonald Joyce

This enticing cookbook offers the best of both worlds - delicious recipes that are healthy too. Based on the principles of Patrick's popular book The 10 Secrets of 100% Healthy People, this practical cookbook allows the reader to put the principles of 100% health into practice. As well as over 80 recipes, the book features guidance on each of the 10 secrets of 100% healthy people: these are the secrets based on the feedback from the highest scorers in Britain's biggest-ever health and diet survey and the in-depth knowledge of one of the UK's leading nutrition experts. With recipes for everything from breakfasts and snacks, main meals, vegetarian dishes, salads - and yes, even puddings - this unique cookbook will help you to have a healthier diet; one that doesn't compromise on taste. And if you think that nourishing food is complicated you'll find these simple yet imaginative recipes a revelation. With full-colour photographs of many of the dishes and easy-to-follow instructions, cooks of all abilities will find these recipes a breeze to prepare. Patrick Holford is one of the UK's leading nutrition experts and Fiona McDonald Joyce is a nutritionist and cookery consultant.

THE OPTIMUM NUTRITION BIBLE by Patrick Holford

Aimed at helping the reader to design a personal supplement programme that gives optimum nutrition. There is also a Nutrient Fact File that lists every nutrient known and an A-Z of nutritional healing, covering common ailments like allergies, fatigue, headaches and ulcers.

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THE OPTIMUM NUTRITION COOKBOOK by Patrick Holford & Judy Ridgway

Patrick Holford, bestselling author of The Optimum Nutrition Bible, has teamed up with top cookery writer Judy Ridgway to create sumptuous and imaginative recipes using the ultimate in healthy superfoods. In The Optimum Nutrition Cookbook, what tastes good does you good! · Beautifully designed with over 35 pages of outstanding colour photographs · The Optimum Nutrition Cookbook contains over 200 recipes and menu ideas · From exotic feasts to fantastic fast food, and from hearty winter warmers to delicious desserts, these dishes are designed to appeal to everyone · Recipes are specially coded so you can easily eat the perfect balance of proteins, carbohydrates, essential fats, vitamins and minerals each day. For more information on Judy Ridgway please visit www.oliveoil.org.uk

THE LITTLE BOOK OF OPTIMUM NUTRITION by Patrick Holford

Discover easy ways to balance your diet, quick explanations of vitamins and minerals, advice on what you should, and shouldn't be eating, lists of healthy superfoods, and many other ways to achieve an abundance of good health and vitality. The Little Book of Optimum Nutrition makes a healthy lifestyle easy and fun!

OPTIMUM NUTRITION MADE EASY by Patrick Holford with Susannah Lawson

Optimum Nutrition is a revolution in health care. It means giving yourself the best possible intake of nutrients to allow your body to be as healthy as it possibly can.

In OPTIMUM NUTRITION MADE EASY, top nutritionist Patrick Holford explains the basics of optimum nutrition, including what to eat, what to avoid, and information on supplements and superfoods. With an A-Z of common ailments and their optimum nutrition remedies, useful questionnaires, advice on meal planning, delicious recipes and a comprehensive nutrition fact file, OPTIMUM NUTRITION MADE EASY will help you determine what your body is telling you and enable you to develop a personalised nutrition programme and achieve optimum health. Patrick Holford is founder of the Institute for Optimum Nutrition in London. He is the author of over twenty health books, including PATRICK HOLFORD'S NEW OPTIMUM BIBLE, which has sold over one million copies in thirty countries. Susannah Lawson Dip.ION is a practising nutritional therapist. She is author of OPTIMUM NUTRITION BEFORE, DURING AND AFTER PREGNANCY with Patrick Holford.

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500 HEALTH & NUTRITION QUESTIONS ANSWERED by Patrick Holford

In 500 Health and Nutrition Questions Answered top nutritionist Patrick Holford answers a selection of the most important health questions he has been asked. Armed with comprehensive knowledge of all things nutritional, he explains in simple, easy-to-follow terms the best way to deal with everything from common colds to unusual medical conditions, not forgetting those little complaints that you'd never take to your doctor. From how to prevent hangovers to nutritional tips for coping with skin conditions, depression, Alzheimer's, and Multiple Sclerosis, you'll find out what's good for you, what's not good for you - and why.

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OPTIMUM NUTRITION BEFORE, DURING AND AFTER PREGNANCY by Patrick Holford & Susannah Lawson

This book is the essential guide to nutrition for women who are either planning to conceive, are pregnant, or have given birth. It will also help women who are having difficulty conceiving or taking their baby to term. Top nutritionist Patrick Holford and journalist Susannah Lawson start with a pre-conception nutrition checklist, moving on to cover nutrition in pregnancy, complete with diet and meal plans, and follow up with useful advice about your own nutrition in early parenthood - from beating the baby blues to how to produce the best-quality milk. The final section deals with optimum nutrition for babies and young children, with information about weaning, prevention of allergies, and the ideal diet for a healthy child. Discover top nutritional advice to help you to: Achieve maximum fertility and good health; Prevent birth defects; Prevent sickness and other pregnancy problems; Prevent allergies in your baby; Feed your baby in the best way possible, and much more.

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SIX WEEKS TO SUPERHEALTH by Patrick Holford

This highly practical, six week health plan is the fastest way to achieve superhealth in six easy weeks. Step by step, top nutrition expert Patrick Holford shows you how to use diet, supplements and eating plans to: Increase your energy; Balance your hormones; Boost your brain power; Tune up your digestion; Increase your immunity; Prevent pain and inflammation; And much more. After only six weeks, you will be healthier, stronger and fitter, with a real basis upon which to build lifelong health. 'This is do-it-yourself health at its very best' - Hazel Courteney, Sunday Times.

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THE 10 SECRETS OF 100% HEALTHY PEOPLE by Patrick Holford

Patrick Holford has interviewed the top one percent of people who completed Britain's biggest-ever health and diet survey to discover the ten essential habits that will help us not just to survive, but also to thrive, in the twenty-first century. He shows readers how to discover where they are on the scale of 100% health. He then provides a new system of good health that is easy to follow and easily measurable and will enable you to transform your health. This highly informative and practical book, based on data provided by the 100,000-people 100% Health survey, covers the five pillars of health: optimum nutrition and how to feel great (the main part of the book), exercise for strength, suppleness and stamina, how to generate vital energy, emotional clearing, and the importance of having purpose in your life.

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THE PERFECT PREGNANCY COOKBOOK by Patrick Holford and Fiona McDonald Joyce

This practical book is designed to help women achieve optimum nutrition before and during pregnancy. Patrick Holford, one of the UK's leading nutrition experts, provides sound guidance on the right pre-conception diet, what to eat and which supplements to take if you have experienced difficulties conceiving, and the perfect diet for optimal nourishment during pregnancy. Fiona McDonald Joyce draws

on this nutritional advice to provide over 80 easy-to-prepare, delicious recipes that include everything from breakfasts and snacks to easy mid-week meals and healthy desserts. And of course, all of them are safe to eat and will positively nourish your body during one of the most important times of your life. Many of the dishes are illustrated with full-colour photographs and this, combined with a wealth of practical guidance, makes this an invaluable guide for all mothers to be.

WEIGHT

BURN FAT FAST by Patrick Holford and Kate Staples

As rates of obesity increase exponentially and more and more people struggle to lose weight, the question is what's the easiest, healthiest and most effective way to lose weight and keep it off? Patrick Holford has been examining this question from the days of low-fat, low-calorie, high-fibre, high-protein, low-GI and low-GL diets to the latest idea – alternate-day fasting (ADF), which involves eating about 20 per cent less than your calorie requirement every other day. Perhaps even more exciting than the quick weight loss is the promise that this kind of approach, when combined with a low-glycaemic load (GL) diet, may switch on genes that keep you young, healthy and at the right weight, by boosting your metabolism to burn fat. This accessible book outlines Patrick's unique approach to alternate-day fasting, which is a less restrictive and more doable than many ADF diets – and therefore more effective as a long-term, healthy diet. The fat-burning effects of the diet can also be greatly enhanced by the right type of exercise, so former Gladiator and Olympic athlete Kate Staples provides guidance – and a link to her performing – a highly-effective eight-minute exercise routine.

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THE HOLFORD LOW GL DIET COOKBOOK by Patrick Holford & Fiona McDonald Joyce

The Holford Low-GL Diet showed you how to lose fat fast, safely and permanently. It revealed how the key is to control the number of 'GLs' you consume each day. Based on the latest research, top nutritionist Patrick Holford explained that by eating no more than 40 GLs a day and eating protein with carbohydrate, you can lose weight quickly and permanently, control your blood sugar, improve your health and feel truly energised. The Holford Low-GL Diet Cookbook is the perfect companion to The Holford Low-GL Diet. This attractively designed cookbook is packed with delicious tried-and-tested recipes which are both easy to follow and simple to prepare. The GLs of each recipe are clearly calculated for you, so it's easy to stick to your daily limit, especially with over 150 tempting recipes to choose from. With menu plans and recipes for both weight-loss and maintenance, The Holford Low-GL Diet Cookbook will enable you to beat cravings and lose weight permanently.

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THE HOLFORD LOW GL DIET by Patrick Holford

Two simple rules 1. Eat no more than 40 GLs a day 2. Eat protein with carbohydrate. One simple diet-The Holford Low GL Diet. At its heart, one controlling principle: If you lose blood sugar control, you gain weight, and feel hungry and tired; If you gain blood sugar control, you lose weight, feel happy and full of energy. The bottom line; When you balance your blood sugar, you'll lose weight fast. With The Holford Low GL Diet you will beat your cravings! You'll enjoy delicious meals, choosing from a wide variety of energy-boosting foods and simple menu plans. Tried and tested by the Institute for Optimum Nutrition, The Holford Low GL Diet is based on the latest medical and nutritional research, made totally accessible. Discover how easy it is to reprogramme your body to burn your fat away. Patrick Holford is founder of the Institute for Optimum Nutrition in London. He is Britain's top nutrition expert and is the author of over 20 health books.

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THE HOLFORD LOW GL DIET MADE EASY by Patrick Holford

Patrick Holford's revolutionary diet, based on balancing your blood sugar, is the most safe, effective way to lose weight. This full colour, clearly designed book highlights the basics of the bestselling diet. The Holford Low-GL Diet Made Easy explains: how GL is more accurate than GI, the principles of low-GL eating, how to get started, portion sizes, adding up your GL count and foods to avoid. There are also three weeks of day-by-day menus and mouth-watering recipes. The Holford Low-GL Diet Made Easy is essential reading if you are interested in losing weight safely, improving your health and increasing your energy levels.

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THE HOLFORD DIET GL COUNTER by Patrick Holford

In The Holford Low-GL Diet, Patrick Holford revealed a brilliant weightloss diet. He explained how the simple principle of eating no more than 40 GLs a day can help you to lose weight, control your blood sugar and stop cravings. To maintain your weight, he recommends foods with a total GL value of 60 per day. The Holford Diet GL Counter is the perfect tool to help you manage your GL intake and find out the GL content of the foods you are eating. This pocket-sized guide contains a comprehensive list of foods, complete with recommended serving sizes and GL count, protein and fat content. It is produced in an easy-to-follow format that gives you an instant guide to which foods are good, OK and bad according to medically approved low-GL principles. Foods are divided into sections covering breakfast, snacks, main meals and restaurant meals, and each section specifies your daily GL goal - e.g. a maximum daily intake of 5 GLs for snacks and 10 GL for main meals, as well as an extra 5 GLs for drinks and puddings.

FOOD GLORIOUS FOOD by Patrick Holford and Fiona Joyce

GL - Glycemic Load - is simply the best measure of whether a food, a meal, or a diet will help create blood sugar control, and help lose weight. Food **GL**orious Food is not a diet or cookbook in the traditional sense, but rather a celebration of the ingredients that can help us all to eat a healthier diet. This, however, is no tough dietary regime - the recipes are delicious and exciting and also have the added advantage of being low GL too. That means you - and your guests - can enjoy meals that are both deeply satisfying and health enriching. Written in association with Fiona McDonald Joyce, who specialises in healthy food that doesn't compromise on taste, Food **GL**orious Food is filled with dishes that'll impress family and friends - without the need to resort to creamy sauces, sugar-laden concoctions or overly complex cooking techniques. With everything from curries to healthy roasts and gluten-free chocolate brownies, good food is firmly on the menu. This book is essential reading for anyone who wants to feel and look healthier and boost energy levels, without disappointing their taste buds. Patrick Holford is founder of the Institute for Optimum Nutrition and author of over twenty health books. Fiona McDonald Joyce is a nutritional therapist and cookery consultant.

THE HYBRID DIET by Patrick Holford and Jerome Burne

Diet has become a controversial and divisive subject in recent years. With so many conflicting messages about what we should eat, we all seem to be confused about what constitutes a healthy diet. Many experts fall into two opposing camps – those who advocate a no-carb, high-protein, high-fat approach (think Atkins, Dukan, Real Meal and Paleo), and those who favour a healthy carb and moderate protein and fat regime (South Beach, Mediterranean and low-GL diets). In THE HYBRID DIET, nutrition expert Patrick Holford and leading health journalist Jerome Burne explain what lies behind these conflicting approaches, why we should make the best use of both options, and when and how to do that. It's a ground-breaking proposition that is based on the latest research into health, weight loss and athletic performance. The book is based on the fact that the human body, like a hybrid car, can run on two sources of fuel – glucose and ketones.

THE STRESS CURE by Patrick Holford

Stress may seem like an inevitable part of life in the 21st century but research is now showing that far from being something we should all just resign ourselves to, it poses a real and serious threat to our health – and one that we must address. THE STRESS CURE answers the need for a practical, realistic approach to coping with our high-octane, sleep-deprived lifestyles. Unlike other books in this area, it doesn't offer a 'single-solution' answer, such as improving your mind-set or diet, but offers a range of strategies that are sensible and doable – including quick fixes to feel better now, how to get off the stimulant merry go round, the right fuel for feeling good, uncovering your stress triggers, using the HeartMath Solution, utilising the power of sleep and the rapid relaxation techniques that really work.. Patrick Holford BSc, DiplON, FBANT, NTCRP is the founder of the Institute for Optimum Nutrition in London (Europe's leading training centre for nutritional therapists) and the author of over 30 health books. Susannah Lawson DiplON, NTCRP, is a practicing nutritional therapist whose core speciality is combining nutritional and stress counselling techniques to help people feel better. Susannah studied and worked with the highly-respected Heart Math Institute in the US, which has developed a unique technique for reducing stress.

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THE 5 DAY DIET by Patrick Holford

Kickstart ketosis, lose weight, gain energy and transform your health in just five days Pioneering research has shown that a diet that is low in carbs and calories and high in good fats that trigger ketosis can counteract many diseases and boost wellbeing better than water fasts. In The 5 Day Diet, nutrition expert and co-author of The Hybrid Diet Patrick Holford provides you with a tried and tested plan to trigger a self-repair process, called autophagy, which renews and rejuvenates your cells, reboots your metabolism and detoxifies your body. This book breaks down the science and how it works while giving you daily meal plans, recipes and exercises. Whether you are after a quick fix with lasting results or looking to improve overall wellbeing, The 5 Day Diet is a springboard to better health.

OPTIMUM NUTRITION FOR VEGANS by Patrick Holford

We know that a plant-based, vegan diet is healthy. But how easy is it to incorporate it into our lifestyle? Are there any other steps that need to be taken to ensure our body is getting the nutrients it needs? In Optimum Nutrition for Vegans, Patrick Holford, bestselling author of over 25 health books, shows you how to achieve optimum nutrition while following a vegan diet. This book features 100 delicious, easy recipes that will nourish your body and your brain. Patrick will also show you how to ensure you are getting enough protein and brain fats, control your sugar and energy, and other other steps that need to be taken for overall health for vegans. Whether you already follow a plant-based lifestyle or you simply want to incorporate more meat, dairy and egg-free meals into your week, Optimum Nutrition for Vegans will be your guide for overall health.

BODY

THE HOLFORD 9-DAY LIVER DETOX by Patrick Holford and Fiona McDonald Joyce

Patrick Holford is the UK's best-known nutrition guru. With this book, he will change the way you eat forever and leave you looking and feeling fantastic by detoxing and re-energising your liver. Patrick Holford explains why detox works, the role of the liver in detoxing and how to detox your body. His nine-day plan is easy to follow, spread effortlessly over two weekends and the five days between. He gives you simple information on how to get started and how to get the most out of your detox, so that you will feel the benefits immediately, as you flush the toxins from your system, shake off the strains of a high-pressure life and achieve the body and energy levels you've always dreamed of. This is a healthy and safe detox diet that you can follow for life!

Patrick Holford is founder of the Institute for Optimum Nutrition in London. He is the author of over twenty health books.

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SAY NO TO DIABETES by Patrick Holford

In SAY NO TO DIABETES, nutrition expert Patrick Holford presents a complete action plan for sufferers of Diabetes type 1, Diabetes type 2 and the forerunner of Diabetes 2, Metabolic Syndrome, with motivating case histories and supported by the latest scientific findings. He advises on the causes of the current diabetes problem, explains the 10 secrets for preventing and reversing diabetes and Metabolic Syndrome, and provides an anti-diabetes diet, a daily supplement programme, and advice on how to undo the damage caused by diabetes and diabetes drugs. This easy-to-follow programme will help you regulate out-of-control blood sugar levels safely and effectively, with no dangerous side effects. Patrick Holford BSc, DipION, FBANT, NTCRP pioneers new approaches to health and nutrition. He is the founder of the Institute for Optimum Nutrition in London (Europe's leading training centre for nutritional therapists), is Chief Executive of the Food for the Brain Foundation and the author of over 30 books.

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SAY NO TO CANCER by Patrick Holford

An expanded and updated guide will be published in 2010. Cancer is on the increase. It is predicted that, within twenty years, half the population will be affected at some point in their lives. The single greatest cause of cancer - even greater than smoking - is now known to be the modern diet. The good news is that you can reduce your risk by more than half. By improving your diet and taking the right nutritional supplements you really can Say No To Cancer.

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SAY NO TO HEART DISEASE (revised and updated) by Patrick Holford

We have a fifty per cent chance of dying from heart or artery disease. However, these devastating diseases can be prevented by using a simple yet powerful medicine - food. SAY NO TO HEART DISEASE shows how eating the right diet and correctly supplementing your diet can eliminate your chances of a heart attack, lower your blood pressure without drugs, reverse artery disease, maximise recovery after a stroke or heart attack, and add twenty years to your healthy lifespan. Informative and practical, it describes the cardiovascular system and what goes wrong with it, the key theories on the major contributors to heart disease, how to work out your own risk, and which areas of your diet and lifestyle to focus on in order to minimise your risk. It also gives advice on maximising recovery from a heart attack or stroke.

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SAY NO TO ARTHRITIS by Patrick Holford

The Institute for Optimum Nutrition is at the forefront of research into how good nutrition can enable you to reach your maximum potential for health, vitality and longevity. Optimum Nutrition is a revolution in healthcare. Following the success of The Optimum Nutrition Bible by Patrick Holford, founder of the Institute for Optimum Nutrition, Piatkus are delighted to announce the latest addition to their nutrition list.

SUPPLEMENTS FOR SUPERHEALTH by Patrick Holford

In Supplements for Super Health Patrick Holford explains in a clear and concise way how supplements can: increase your energy; boost your immune system; protect your bones and organs; enhance your memory and mood; safeguard children's health; reduce pain and inflammation; and slow down the ageing process.

IMPROVE YOUR DIGESTION by Patrick Holford

You are not what you eat. You are what you can digest. Good digestion helps you absorb health-promoting nutrients and enables your body to stay balanced and free from disease and discomfort. It is vital to keep your digestive system in shape and the key is eating the right food. Understanding nutrition and correctly supplementing your diet really will improve your digestion.

BOOST YOUR IMMUNE SYSTEM by Patrick Holford & Jennifer Meek

We can all prevent disease and fight infection using a simple yet powerful medicine - food. Understanding nutrition and correctly supplementing your diet is the key to boosting your immune system. Discover how to stay free from disease, feel great, perform better, look good and live longer. Experts Jennifer Meek and Patrick Holford show you how to: · Beat infections naturally. Win the war against colds and flu · Decrease your allergic potential · Protect yourself against cancer · Increase your immunity · Prevent candida · Supplement for immune strength · and much more.

THE H FACTOR PLAN by Patrick Holford & James Braly

Your H (homocysteine) level is the single most important statistic you need to know in order to determine how healthy you are and how long you will live. Your H level is now widely understood to be a greater risk factor for heart disease than cholesterol. Homocysteine expert Dr James Braly has shown that a high H score is a major risk factor for cancer, arthritis and even obesity. In this accessible book Dr Braly and leading nutritionist Patrick Holford show you how to assess your H level and suggest 10 remarkably simple changes to your diet and your lifestyle that will lower your score and dramatically cut your risk of ever having cancer, heart disease, diabetes, arthritis and many more serious ailments.

BEAT STRESS AND FATIGUE by Patrick Holford

Do you often feel stressed and tired? Do you find it hard to relax? Is your energy level on the decline? The good news is that it is possible to supercharge your system and keep your body balanced, refreshed and full of life. The key is nutrition. World-renowned nutritionist Patrick Holford explains that eating the right food and correctly supplementing your diet really does Beat Stress And Fatigue. In this breakthrough book you will learn how to: · Beat the sugar blues · Avoid chronic fatigue syndrome · Balance your stress hormones · Turn food into energy - not fat · Discover the power of sleep · Increase your concentration · Control impatience, restlessness and irritability.

HIDDEN FOOD ALLERGIES by Patrick Holford & Dr James Braly

Is what you eat making you ill? Food allergies and intolerances are on the increase. They are frequently the cause of many common health problems that simply won't go away. But there are things we can do to deal with food allergies and intolerances. This book will help if you feel you may be intolerant to a food, find it impossible to lose weight or simply have a range of minor symptoms your doctor can't treat. Hidden Food Allergies identifies the most common allergens, helps you to diagnose and allergy, and contains a full action plan to guide you through getting tested, elimination diets, lifestyle and dietary changes.

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BALANCING HORMONES NATURALLY by Patrick Holford & Kate Neil

Vastly updated and expanded for publication in 2010. Unbalanced hormones play havoc with women's lives. But the balance can be easily and naturally restored with one simple medicine - food. Understanding nutrition and correctly supplementing your diet is the key to balancing hormones naturally. In this breakthrough book, you will discover the surest ways to overcome the health issues that all women now face. Experts Kate Neil and Patrick Holford show you how to beat: · Premenstrual tension and depression · Irregular and heavy periods · Infertility · Weight gain and bloating · Menopause problems · Osteoporosis and endometriosis · Breast lumps and cancer · Ovarian cysts and fibroids · and other Women's problems.

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SOLVE YOUR SKIN PROBLEMS by Patrick Holford & Natalie Savona

Optimum Nutrition is a revolution in healthcare. Following the success of The Optimum Nutrition Bible by Patrick Holford, founder of the Institute for Optimum Nutrition, Piatkus are delighted to announce this latest addition to their exciting new series of Optimum Nutrition Handbooks. Discover: How to have healthy, young looking skin, whatever your age; Effective, natural solutions to cellulite, eczema, psoriasis, acne and more; How the right balance of fibre, carbohydrate, protein and fat, together with correct supplementation and good dietary habits, will help you overcome skin problems.

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FOOD IS BETTER MEDICINE THAN DRUGS by Patrick Holford & Jerome Burne

Brilliantly researched and based on solid scientific trials and illuminating case histories, Food is Better Medicine than Drugs will revolutionise the way you think about your health and put you back in charge. The authors reveal how modern medicine has become distorted and is now, for reasons largely to do with profit and power, heavily dependent on prescription drugs. They look at common health problems (pain/arthritis, heart, depression, diabetes, memory, hormones, digestion, breathing, infections etc) and compare the effectiveness of nutrition-based approaches with today's potentially harmful commonly used medicines.

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THE FEEL GOOD FACTOR by Patrick Holford

Low mood, motivation and depression are endemic and on the increase and the recession has fuelled the need for the feel good factor. THE FEEL GOOD FACTOR, written by leading nutrition expert and psychologist Patrick Holford, delivers highly effective ways that really make a difference to how you feel without the need for medical drugs. It includes practical life style and life management techniques and reveals that if you eat the right foods, and avoid the wrong ones, your mood will improve dramatically - and quickly. This accessible, 10-step approach is supported by substantial research, and backed up by poignant and motivating case histories. It contains inspiring case histories, including those of people at the suicidal end of depression who failed to get better with conventional approaches and recovered completely on Holford's regime. The book would be supported by further in-depth analysis relating to mood and diet taken from Holford's 100% Health survey which was completed by over 55,000 people. Patrick Holford is the founder of the Institute for Optimum Nutrition in London, Europe's leading training centre for nutritional therapists.

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HOW TO QUIT WITHOUT FEELING ST by Patrick Holford and Dr. David Miller**

Patrick Holford and Dr David Miller are starting a revolution in reversing addiction. Whether you have a mild addiction, needing coffee in the morning to wake up and a glass of wine in the evening to relax, or you are hooked on cigarettes, sugar, alcohol, prescribed or illicit drugs, and have tried, and failed, to quit, this means your brain's chemistry is out of balance. By correcting your brain's chemistry with Patrick Holford's radical 'optimum nutrition' programme of diet plus specific nutrients, you can rapidly repair and bring your brain's chemistry back into balance. This important and innovative diet programme will put an end to cravings and addictive tendencies, and restore your energy, mental clarity and mood, giving you the freedom to choose to take control of your life, free from addiction. Patrick Holford is founder of the Institute for Optimum Nutrition in London and the bestselling author of over twenty health books published by Piatkus. Dr David Miller is an eminent American physician who specialises in addiction.

PATRICK HOLFORD'S NEW OPTIMUM NUTRITION FOR THE MIND by Patrick Holford

A totally revised and expanded edition of a bestselling book. Optimum Nutrition for the Mind is the classic guide to improving your mood, boosting your memory, sharpening your mind and solving mental health problems through nutrition. Patrick Holford asserts that what you eat affects your mind. Now fully updated, Patrick Holford's New Optimum Nutrition for the Mind also includes new insights, and a questionnaire-based method to work out your own nutritional programme for improving your mood, mind and memory. This book guarantees to knock five years off your mental age.

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Basic Health

THE ALZHEIMER'S PREVENTION PLAN by Patrick Holford, Shane Heaton & Deborah Colson

Alzheimer's disease and age-related memory loss are on the increase. The burden this places on sufferers, their families and health care systems is immense. In this reassuring and practical book, top nutritionist and mental health expert Patrick Holford argues that memory decline and Alzheimer's disease can be arrested and prevented and you can reduce your risks significantly if you take early action. The Alzheimer's Prevention Plan is based on cutting-edge research into nutritional medicine from experts around the world. It contains a specially formulated Alzheimer's prevention diet and a ten-step plan to enhance your memory.

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NATURAL HIGHS by Patrick Holford & Dr Hyla Cass

World-renowned psychologist and nutritionist Patrick Holford has teamed up with prominent psychiatrist Dr Hyla Cass, expert in nutrition and mental health. Together they reveal ways to improve the quality of your life and help you feel on top of the world without resorting to artificial substances. You'll learn how to increase your energy naturally, sharpen your mind, improve your mood, relax and beat stress, and feel connected - through herbs, nutritional supplements and simple lifestyle changes.

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NATURAL HIGHS: CHILL by Patrick Holford & Dr Hyla Cass

Do you have trouble sleeping? Find it hard to relax after a stressful day at work? Do you find you're drinking more than you should to wind down? In Natural Highs: Chill, top nutritionist Patrick Holford and Dr Hyla Cass, bestselling authors of Natural Highs, provide the perfect pocket-sized handbook for natural and safe ways to relax and chill out. Be calm and relaxed without depending on alcohol, drugs or tranquillisers.

NATURAL HIGHS: ENERGY by Patrick Holford & Dr Hyla Cass

Are you addicted to coffee? Can't function without a mid-morning chocolate bar? Would die without your afternoon cigarette break? In Natural Highs - Energy, top nutritionist Patrick Holford and Dr Hyla Cass, bestselling authors of Natural Highs, provide the perfect pocket-sized handbook for natural and safe alternatives to these potentially harmful substances. Here are 25 hot tips about how to give yourself an instant energy boost - naturally. Wake up full of energy; Best pick-me-up foods; Energising herbs and supplements; Step-by-step high-energy exercise routines; Breathing techniques that generate vital energy.

CHILDREN

SMART FOOD FOR SMART KIDS by Patrick Holford and Fiona McDonald Joyce

Easy, nutritious meals for all the family! Jamie Oliver brought the sorry state of Britain's school dinners to everyone's attention. Patrick Holford goes one step further and proves the link between children's nutrition and their mental health. His Food for the Brain campaign is being implemented in primary schools in order radically to improve the diet of children and record the results. This full-colour cookery book based on the campaign is aimed at parents with young children. It contains one hundred simple, tasty dishes which will appeal to the whole family. Each recipe is carefully designed to provide optimum nourishment to aid with mental development, behaviour and academic performance. SMART FOOD FOR SMART KIDS also contains menu plans and practical advice on planning, shopping, eating out and dealing with fussy eaters. Patrick Holford is founder of the Institute for Optimum Nutrition in London. He is the author of over twenty health books.

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OPTIMUM NUTRITION FOR YOUR CHILD by Patrick Holford and Deborah Colson

Patrick Holford illustrated the connection between nutrition and all aspects of health in his best-selling book PATRICK HOLFORD'S NEW OPTIMUM NUTRITION BIBLE. Here, he reveals how crucial optimum nutrition is for children's general health and development, as well as their behaviour and IQ. He explains why certain foods are so beneficial and why others are damaging, and enables you to identify common problems in children which can be improved or solved with the right foods and supplements. With invaluable advice on getting children to eat healthy food, food plans and practical tips, this book is the definitive guide for parents. Patrick Holford is founder of the Institute for Optimum Nutrition in London. He is the author of over twenty health books.

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OPTIMUM NUTRITION FOR YOUR CHILD'S MIND by Patrick Holford & Deborah Colson

Optimum nutrition is a revolution in healthcare. As he showed in his brilliant book on the connection between nutrition and the mind, Optimum Nutrition for the Mind, Patrick Holford reveals in Optimum Nutrition for Your Child's Mind what good nutrition can do for the minds and brains of children. The first part of the book reveals why certain foods will benefit the brain and why others are not good. The second part explains how to maximise your child's potential for better school performance, happiness and personal fulfilment. The third part explains how to identify and solve mental health problems in children. Part four explains what you need do to feed your child properly, with plenty of shopping tips, recipes and practical ways to keep your child's diet on track. Give your child a head start at school. Identify and solve mental health problems in children. Start to give your child the best diet possible.

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SELF HELP/ POPULAR PSYCHOLOGY

NLP IN 21 DAYS by Dr Harry Alder and Beryl Heather

NLP IN 21 DAYS is an authoritative guide that covers the full international syllabus for NLP practitioner training. This easy-to-follow programme will benefit the growing number of people who now recognise the power Neuro Linguistic Programming has to improve all aspects of life, from personal relationships and career advancement to selling and even spelling and mental arithmetic. Written by two top NLP trainers, NLP IN 21 DAYS covers 21 key topics and includes dozens of exercises and examples which you can immediately apply to your own situation. Beryl Heather and Harry Alder are two of the UK's leading NLP experts.

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NLP FOR MANAGERS by Dr Harry Alder

NLP For Managers shows you how to master the NLP way of thinking. It will enable you to reproduce excellence in any skill you choose. NLP can be used in areas of: goal setting; leadership; selling and negotiating; problem solving; career advancement; professional creativity; public speaking; relationships and team building; learning and long-term memory; visual skills, and better communication. NLP will give you more flexibility in the way you work and lead to more choices, more influence and greater success in everything you do.

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NLP: NEW ART & SCIENCE OF GETTING WHAT YOU WANT by Dr Harry Alder

NLP is the new art and science of personal excellence. It shows you how, by following successful models of thought and behaviour, you too can achieve astounding results in the areas of: · Selling and negotiating · Personal and professional creativity · Public speaking · Long-term memory · Personal relationships · Spelling and mental arithmetic · Career advancement and personal finance · Listening and visual skills and many others. By employing the practical techniques in Harry Alder's inspiring 21-day programme, you too can uncover your hidden genius and start getting what you want right away.

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THE OVERLOAD SOLUTION by Jane Alexander

The 21st century is a busier and more difficult place than we ever imagined. The idea of simply being 'stressed' would be almost appealing in today's world; instead, many of us are feeling so overwhelmed that we are suffering breakdowns, depression and anxiety. Cracks appear in our work, our relationships, our families and in our society. We feel ourselves failing as parents, partners, friends and as people. We simply don't have time to do it all, but we're petrified of admitting that we can't. In The Overload Solution, Jane Alexander recognises that we cannot keep papering over the cracks. She doesn't offer an instant get-out clause or perfect solution. What she does offer is an honest appraisal of where we are now and provides strategies to help us readjust to this tough new world. Jane Alexander is a journalist and author who has written for many national newspapers, and in particular the Daily Mail.

BREATHE by Mary Birch

In her years of teaching breathing retraining, Mary Birch has found that the majority of her clients experiencing symptoms of panic, anxiety and stress are over-breathing, sometimes significantly. Reducing breathing to the normal level has an enormous impact on reducing stress, anxiety, and panic as well as restoring a sense of calm. Part 1 of BREATHE provides an explanation of the link between over-breathing and stress, anxiety and panic symptoms. Part 2 contains a four-week program with weekly guidelines to help people experiencing these issues to improve their breathing pattern and gain long-term relief. The author recommends a minimum four-week breathing retraining program for a reason: the body needs time to adjust so the new and improved breathing pattern becomes automatic, preventing reversion to a disordered breathing pattern and chronic over-breathing in times of stress.

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Editura For You

BIRTH ORDER by Linda Blair

On the basis of over twenty-five years' clinical experience and psychological research, Linda Blair reveals how your birth order position, as well as the spacing between you and your siblings and the sex of your siblings have an impact on your childhood, your adult life and your relationships. Packed with new research and written in a lively, personal style, BIRTH ORDER will inform and intrigue. By reading this book you will quickly understand yourself, your family and your partner better. It will also shed light on the dynamics of your other relationships, explain why you may repeat patterns within relationships, and suggest helpful strategies for dealing with other people. Chapters cover birth order and what being the eldest, middle, or youngest child reveals about you, the effect of large or small age gaps between you and your siblings, family size, the sex of your siblings, parental attitudes to each child, being an only child, being a twin, the impact of step-siblings, and much more. Linda Blair is a chartered clinical psychologist, with a private practice in Bath.

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THE HAPPY CHILD by Linda Blair

Parenting well is one of the biggest challenges we face in life. In this refreshingly down-to-earth book, psychologist and columnist Linda Blair shares her no-nonsense advice on helping your child become as competent and happy as they can be. It divides childhood into three stages and looks at what you can expect your child to achieve in each, the concerns and passions your child is likely to have and the how to deal with the problems that typically arise as they develop. With a foreword written by Ellen Winner, professor of child psychology at Boston College and expert in gifted children, this is the perfect book to help you bring up your child to become a happy, enthusiastic and confident individual. Linda Blair is a chartered clinical psychologist. She has degrees from Wellesley, Harvard and the University of London and has worked as a cognitive therapist for over twenty-five years.

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STRAIGHT TALKING by Linda Blair

Many of us feel overwhelmed by what modern life throws at us. Anxiety and depression are on the rise. Whether our specific pressures are financial, job instability, relationship troubles, fears about personal safety

or a lack of down time, the result is the same. We feel helpless. In STRAIGHT TALKING, clinical psychologist Linda Blair helps you find ways to become happier and more content. She provides simple, effective suggestions for dealing with the most commonly experienced problems, such as sleep disturbance, anxiety and panic attacks, negative thinking and loss of contentment. Linda Blair is a chartered clinical psychologist. She has degrees from Wellesley, Harvard and the University of London and has worked as a cognitive therapist for over twenty-five years. She writes weekly for The Guardian, is the 'Dilemma Doctor' for Psychologies magazine, has a monthly column in Junior magazine, and appears frequently on television and radio. She has a private practice in Bath.

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FEELING SAFE by William Bloom

Feeling safe is vital to leading a successful and healthy life. This much needed book provides effective strategies for managing the challenges and stimulation of modern living. Bestselling author Dr William Bloom shows you how to deal with life's unpleasant realities and, at the same time, be secure, strong and confident. Dr William Bloom is considered by many to be Britain's leading holistic teacher. He co-founded Alternatives and is the founder of the educational consultancy Holistic Partnerships. He has appeared on numerous television and radio programmes. Dr William Bloom is considered by many to be Britain's leading holistic teacher.

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ALREADY BRILLIANT by Rachel Bridge

Using Rachel Bridge's unique and much-loved blend of anecdotes, real life stories, scientific research and interviews with successful people in all areas of life, ALREADY BRILLIANT will show you how to discover and nurture the potential you already have within you to become the person you always wanted to be. Written in an entertaining, informal and informative style, ALREADY BRILLIANT will include details of dozens of useful websites, books and other key sources of information and guidance, to help readers get started on their goal, no matter what it may be. Chapters will look at how to make the most of your personality, abilities, character, skills and personal circumstances to achieve success, and consider topics such how to embrace change, how to take control and how to decide what is the right path for you to take. Every chapter will end with a three-point action plan that readers can do immediately to get them straight into achieving their goal.

<i>Vietnamese</i>	<i>Van Lang Culture JSC-Viet Nam</i>
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WE NEED TO TALK ABOUT GRIEF by Annie Broadbent

When Annie Broadbent was just twenty-five her mum died of cancer. One of the hardest, and least expected, aspects of the whole experience was the way in which support (verbal, practical and emotional)

was so often varied and inadequate. As a society we are in a state of dumb denial – we don't have a language to help people suffering from grief and we often shy away from discussing death altogether. Frustrated with seeing family and friends paralysed by their fear of death, Annie decided to share her own experience of grief and the stories of 14 other people as a way to help shed some light on the darkest moments in life. The contributors differ in age, gender and background but all have experienced 'immediate loss' – a child, parent, sibling, partner or close friend. Each contributor interviewed by Annie will share what helped them cope and what didn't. In addition, there will be expert advice from key charities working to support people through the grieving process. Annie Broadbent is a trained clinical volunteer at St Christopher's Hospice. She also helps run a support group in conjunction with the hospice that offers a safe space for members of the public, staff and patients to talk about death and dying. This September she will commence training as a volunteer for the 'Candle Project' – a child bereavement service run by St Christopher's Hospice. She is also about to start her second year of training as a psychotherapist at the Psychosynthesis and Education Trust. In her spare time she writes a blog (www.anniebroadbent.com) about coping with grief and her experiences at the hospice.

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BREAKTHROUGH by David C. M. Carter

In 1954, Roger Bannister decided he would break the four-minute-mile record. Not only did he do this, but within a year, his achievement empowered 37 others to do the same. He accomplished his own 'breakthrough' and inspired others to push themselves beyond what they thought they could achieve. For the first time, the world's leading mentor David C. M. Carter shares his most effective 'breakthrough' secrets in this practical guide to becoming the best you can be. Previously only accessible to his handful of exclusive international clients, these strategies are the keys to a more successful and happier you. By following them, you will learn how to identify and clarify your goals - and then achieve them in every area of your life. With simple, easy-to-action 'breakthroughs' outlined in each chapter, complete with 'how-to' tools, you'll have no excuse to live anything less than the life you were destined to live. David C M Carter is widely regarded as one of the world's leading mentors. He has an exclusive list of just 10 clients a year, ranging from CEO's of major companies, to entrepreneurs, celebrities and philanthropists.

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UNCOUPLING by Sara Davison

Current wisdom is that a divorce coach is the person you call at the same time as you instruct a lawyer: you need someone impartial at your elbow, to see you through the emotional and practical implications of serious relationship break-up, and someone who can help see you through, which in some cases may be even more important than the elusive goal of getting even. Davison helps her clients make sure that justice is done for themselves, let alone whatever their legal advisors instruct in relation to third parties. Divorce and break-up is a fact of life for many of us today: it's as though it has ceased to be a guilty secret and accepted as a process that must be worked through, but for which we still lack constructive tools. This is the book that can become as constant a reference point as Allen Carr's *Easy Way to Stop Smoking* – an evergreen Highway Code, if you like, for managing the difficult process of separation but coming out intact, and one which applies a mindful approach to one of life's most stressful experiences. The book combines Davison's extensive training in life coaching techniques and success in cutting edge work with those who are themselves 'uncoupling', as well as her own personal experience. Davison's website is <http://saradavison.com> where you can read more about her work and get a sense of her dynamic and professional personality.

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DIFFICULT CONVERSATIONS by Anne Dickson

Every one of us faces the need to speak up in difficult situations at some time. We may not like doing it, but not speaking up usually makes matters worse. So how do you communicate to your partner that something they do drives you mad, without it ending in a row? How do you correct or criticise a colleague without generating repercussions that you'll regret? How do you tell someone clearly of a decision that you know

will cause disappointment or provoke strong disagreement? How do you handle conflict? Anne Dickson tells you how. She describes a range of difficult conversations that frequently occur in intimate, social and work situations, and reveals simple but powerful techniques that will help you to transform the situation. Anne Dickson is a psychologist, writer and trainer with many years' experience of teaching communication skills and management of emotions.

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INDESTRUBTIBLE SELF BELIEF by Fiona Harrold

The brilliant pocket-sized companion to Reinvent Yourself - by the country's top life coach Daily Mail. The greatest asset you can have in life is self-belief. People who handle life well, achieve great things and prosper all have stronger self-belief than the average person. Fiona Harrold's book will coach you to develop magnificent levels of self-belief; step by step, it will equip you to make the most of yourself, stretch and grow into your fullest potential. Life's easier when you believe in yourself. You feel more optimistic, more enthusiastic about everything. And this inspiring book will give you that feeling. Fiona Harrold has incontrovertibly established herself as the reigning queen of life coaching.

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REINVENT YOURSELF by Fiona Harrold

You have far greater control over who you are than you think; your character, your personality and mental outlook are all in your hands to shape and fashion as you wish. If you want to be more attractive, dynamic and outgoing or whatever, Fiona Harrold's book is for you. It will teach you the art of true reinvention from the inside out. Based on her immensely successful life-coaching courses, the book describes the seven essential steps to a brand new you: Who are you now? Who do you want to be? What do you want? Look the part; Fake it; Move on; Become a better you.

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IT'S NOT FAIR by Gill Hines & Alison Baverstock

This book addresses the fact that time-poor parents may push their bright children to achieve academically but often pay little attention to their social skills, with the result that when these children reach their teens and are making decisions on their own about complex adult issues such as sexual activity, drugs and alcohol, they will lack the maturity or life experience to negotiate such issues effectively and may get hurt and damaged along the way. This insightful and practical book is aimed at parents of preteens who have bright, risk-taking, independent children who are hard to rein in. It will help parents to identify and handle areas of concern before they become problems. Gill Hines is a freelance education consultant and trainer, who runs programmes in schools aimed at parents of bright and challenging children. Alison Baverstock is an author and marketing consultant. They are regularly in the media.

WHATEVER! by Gill Hines & Alison Baverstock

Do you find bringing up teenagers more of a pain than a pleasure? · When - and how - should you broach the difficult topics, such as sex, drugs and alcohol? · How much independence is a good thing? Raising teenagers can test parental love to breaking point, particularly if you have previously enjoyed a close and loving relationship. Help is at hand. Here is a practical guide to help teenagers, their parents and the rest of the family. Whatever! offers tried-and-tested strategies for every situation which you can put into practice

immediately. You will wonder how you ever managed without this cheerfully perceptive book. Gill Hines has worked extensively with young people, parents and teachers. Alison Baverstock is a writer and marketing consultant.

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THE HOME EDUCATION HANDBOOK by Gill Hines and Alison Baverstock

If you are thinking of home educating your child, your initial surprise may be at how easy it is to turn intention into reality. Once you have deregistered your child, you are largely left to get on with delivering education from home, as you see best. This book is full of practical guidance for parents, based on the authors' long experience of working with children and young people; their parents, teachers and schools. It will help you plan what is taught, as well as when and how. The authors not only consider how to benefit from the opportunities home education provides, but also suggest creative ways to fill the potential gaps that might arise from not being part of the traditional school system. THE HOME EDUCATION HANDBOOK covers everything from the socialisation of home-educated children to advice on supporting the motivation and resilience of all involved. This is a book that every parent who is considering home education or flexi-schooling, or is simply keen to ensure that their child gets the best education possible, needs to read.

LATER: A GUIDE TO PARENTING A YOUNG ADULT by Gill Hines and Alison Baverstock

Building on the success of *WHATEVER! A down to earth guide to parenting teenagers* (recently listed in *The Independent's* ten top books for parents) and *IT'S NOT FAIR! Parenting the bright and challenging child* (both published by Piatkus) this new book deals with the issue of young people moving on with their lives – and probably away from their parents. Watching your children leave for the next stage in their life can bring all sorts of mixed emotions as you wonder how you will manage without them around on a daily basis. But time goes very quickly, and a pride as you watch them graduate may be accompanied by wariness about their plan to return home afterwards. *LATER!* is an empathetic and practical guide to making sense of life at a time when all the ground rules need to be reconsidered, if not renegotiated. Packed with strategies for the effective analysis and management of a situation that only one of you has handled before, the authors offer sound thinking and the reassurance that others are feeling the same. Dr. Alison Baverstock is an author, university lecturer, and a mother of four. Gill Hines has a wealth of experience in working with young people, their parents, teachers and supporters. She has run a huge number of workshops, support and mentoring sessions.

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TIME TO HELP YOUR PARENTS by Jacky Hyams

We're all living longer than ever. But there is, inevitably, a point when most of us have to face the fact that Mum or Dad - or both - really do need more help. For many, the responsibility of supporting their parents and aiding them to make the right decisions at the right time can be challenging. This book tells you everything you need to know about the key issues surrounding caring for ageing parents. From the small, practical, problems that crop up daily such as shopping, nutrition, cleaning and reduced mobility, to the bigger, more complex issues such as independence, health, changing roles, accommodation and financial issues, this book enables you to tackle them. Jacky Hyams is an experienced freelance journalist and editor who has been widely published in a number of leading magazines and newspapers in the UK and Australia.

GET REAL by Sarah Ivens

Do you find yourself constantly saying yes, even when you should be saying no? Do you try your hardest to please everyone around you, yet still feel like you're not getting it right? To write a happier story, you need to take control and become the editor of your most important work - YOU! In *Get Real*, Sarah Ivens helps you to identify the things that are truly important in life and equips you with the motivation, self-healing techniques and actionable advice needed to improve your mental and physical well-being. Sarah draws on illuminating research and personal experience: from accepting that her difficult relationship with her father wasn't her fault and coming to terms with the pain of miscarriage, to ending toxic friendships and turning down a million-dollar job offer.

BRIDE'S GUIDE TO UNIQUE WEDDINGS by Sarah Ivens

This fun, witty book for brides-to-be tells the modern girl how to have the most memorable day ever. The Bride's Guide to Unique Weddings gives helpful hints, guidance and case studies on how to plan for the big day and how to make it different to all the other weddings your friends have been to. Entertaining and informative, it is aimed at every woman who wants to enjoy a stylish wedding which will stand out and be memorable. The Bride's Guide to Unique Weddings is a must-have, light-hearted guide to one of the most stressful days of a girl's life. Sarah Ivens is Deputy Editor at OK! Magazine. She has also written for Marie Claire, Tatler, Mail on Sunday, News of the World, GQ and Woman's Journal

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A MODERN GIRL'S GUIDE TO THE PERFECT SINGLE LIFE by Sarah Ivens

A MODERN GIRL'S GUIDE TO THE PERFECT SINGLE LIFE is a must-have book which tells the truth about how to survive and most of all, enjoy, single life. Covering every aspect of single life from going to events alone to fending off exes to enjoying your freedom, it gives advice and guidance on the real issues of single life. Topics include: Living on your own; Surviving the weekends and holidays; Dating rules for the single girl; Feeling fabulous; Managing your emotions; Enjoying your single status; Facing the future. Packed full of common dilemmas as well as secrets of success and case studies, this book is an essential guide for all single women. Sarah Ivens is the editor of *OK!* magazine in New York. She has also written for Marie Claire, Tatler, Woman's Journal, Daily Mail, Mail on Sunday, News of the World & GQ.

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A MODERN GIRL'S GUIDE TO GETTING HITCHED by Sarah Ivens

This fun, witty, self-help book for brides-to-be tells the modern woman the truth about weddings. A MODERN GIRL'S GUIDE TO GETTING HITCHED gives tips, guidance and case studies on how to plan for your big day, cope with your families and friends, and achieve your own goals. Entertaining and informative, it is aimed at real women and tells the truth about weddings that the magazines don't dare to mention. This book is a must-have, light-hearted guide to one of the most unintentionally stressful days of a girl's life.

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A MODERN GIRL'S GUIDE TO ETIQUETTE by Sarah Ivens

Have you ever felt out of your depth in a social situation? Not known what cutlery to use or how to fend off your boss's advances? This fun but essential 21st Century guide tells the modern girl what to do and how to behave in every situation. A MODERN GIRL'S GUIDE TO ETIQUETTE gives tips, guidance and lively examples on how to be cool, calm and collected when entertaining, when out and about or simply meeting and communicating with others. Packed full of common dilemmas and advice as well as secrets of success and experience, this book is a must-have for every woman.

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A MODERN GIRL'S GUIDE TO DYNAMIC DATING by Sarah Ivens

This must-have book tells the modern girl the truth about playing the dating game - and winning at it. A MODERN GIRL'S GUIDE TO DYNAMIC DATING gives tips, guidance and real-life answers about how to find, seduce and keep the right man. Packed full of common dilemmas and disasters as well as advice and experience, this is an essential book for all single women. The book is a hilarious, unmissable guide to finding the right man with the minimum of stress.

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A MODERN GIRL'S GUIDE TO NETWORKING by Sarah Ivens

This fun, info-packed guide is the perfect book for those seeking personal or career success and improved communication skills. Sarah Ivens, bestselling author of A Modern Girl's Guide to Etiquette, tells you how to network with integrity, how to win friends, work a room at social occasions and get ahead in business. Ideas to improve your confidence along with case studies of successful networkers will help you become the successful woman you want to be. Topics covered include: Basic etiquette and body language; Conversation starters; The art of communication; Social situations; Hosting an event; Friendships and dating; In the office.

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HOW TO MANAGE YOUR MAMMOTH by Wendy Jago

HOW TO MANAGE YOUR MAMMOTH draws on a single coaching technique, bite sizing, to help you manage issues and tasks that you find difficult, overwhelming or impossible. You can use bite sizing to break down a difficult task or build up to a goal. Experienced psychotherapist and coach Wendy Jago draws on her work with business professionals worldwide in the banking and commercial sectors, to provide a user-friendly guide packed with short, snappy exercises to help even the worst procrastinators. HOW TO MANAGE YOUR MAMMOTH covers, how you naturally approach problems. Do you hone in on the details/specifics straight away or do you think of a problem in its entirety rather than its parts? How much energy and stamina do you have to draw on. What is your natural attention span? The book will show you how to work with your natural energy and attention levels and not against them. How we unintentionally create mammoths and how we can avoid doing so.

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THE NLP BRAIN BUILDER by Wendy Jago

Adaptation is imperative if you want to succeed in the twenty-first century. THE NLP BRAIN BUILDER increases your chances of adapting to a world of change, challenge and opportunity so that you not only survive but actually thrive. We all get stuck in our ways of thinking and we need to change our way of thinking in order to become more flexible, better able to make decisions quickly, reach solutions, spot and grasp new opportunities, assess short-term and long-term outcomes, turn crises around and prioritise. THE NLP BRAIN BUILDER teaches you simple and effective NLP (neuro-linguistic programming) techniques that will enable you to change your way of thinking. Wendy Jago, a business coach and NLP Master Practitioner, reveals the powerful techniques that she has used to help her high-flying clients in both public and private sectors to become more successful. Whatever your starting point, she shows you how to build mental agility just as you build physical fitness - and, with its help, manage and enjoy your professional and personal life much more. Wendy Jago is an NLP Master Practitioner and qualified NLP coach, with a background in university teaching, teacher education and psychotherapy. She coaches for a leading firm of international bankers and is part of a fast-track management development programme for the NHS.

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THE MIND MAKEOVER: The Key to Living Your Best Life by Sharron Lowe

For many years Sharron Lowe has been the go-to coach for global beauty brands. She has coached thousands of people, helping them to make massive positive shifts in how they think, feel and what they believe is possible. In doing so she has transformed the luxury brands and people she works with, adding millions to each company's turnover. Sharron coaches that attitude is *the* key to getting what we want in life and yet it's so rarely taught at school or university. Once you break the boundaries of what you thought was possible you will start to achieve the success you deserve. In THE MIND MAKEOVER, Sharron Lowe shares the same success strategies that have helped shape the performance of the mega brands she has worked with. She will show you how to create a positive inner voice, stop negative influences ruling your life, and build your confidence and your self-belief. So what are you waiting for? A mind lift is much better than a face lift, and your mind is *the* key to living your best life yet. THE MIND MAKEOVER is essential reading for anyone who wants to take control of their life. Sharron Lowe is a success coach to global luxury cosmetic brands, including Chanel, Calvin Klein, Clinique, Christian Dior, Estée Lauder, the Hilton Group, and Lancôme. For the past year, Sharron has been a mentor in *Marie Claire's* Inspire & Mentor Campaign and currently advises readers in a regular column for the magazine. Over the past 13 years Sharron has run image and confidence-building workshops with the charity Centrepoin, helping homeless young women get back on their feet.

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THE CURSE OF LOVELY by Jacqui Marson

Many people's lives, relationships, careers and wellbeing are blighted by the belief that to be liked, loved and accepted they have to limit themselves to the behaviours they believe are approved of by others. This might mean some or all of the following: always being polite, nice, helpful, charming, fun, making people feel good about themselves, not letting people down, never saying 'no', avoiding conflict and putting others' needs before their own. Jacqui Marson in her 15 years of clinical experience as a psychologist has coined the phrase 'the curse of lovely' to describe this growing trend. Many people would like to be known as lovely, but for a growing number of people it can feel like a curse. They feel trapped, suffocated and oppressed by the weight of others' expectations and feel that change is not an option. This highly practical and motivational book will show readers how to break the cycle or curse of lovely to live a more complete, fulfilling life. Jacqui Marson is a chartered counselling psychologist with a private practice in Covent Garden, London. She is the in-house psychologist for Channel Five News and has a monthly column, Fast Therapy, in *Psychologies* magazine.

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SUPERMODELS' BEAUTY SECRETS by Victoria Nixon

In this book former top model Victoria Nixon gives you the hottest tips on style, fashion and beauty from the world's leading models. With quotes from Elle Macpherson, Helena Christensen, Jerry Hall, Sophie Dahl and many others, this book is destined to become your beauty bible. Victoria reveals the timeless yet easy-to-follow beauty secrets every model swears by. Victoria Nixon was a top model with Laraine Ashton, owner of one of the UK's most prestigious agencies. She was beauty editor for POL magazine in Australia for several years and has worked as a freelance writer for a number of UK health and beauty magazines.

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SUPERMODELS' DIET SECRETS by Victoria Nixon

Former top model Victoria Nixon gives you the hottest tips on getting the body you want from the world's leading models. With quotes from Jodie Kidd, Helena Christensen, Liberty Ross and Elle Macpherson amongst others, this book is destined to become your diet bible. Train your brain to listen to your body. The truth about allergies and intolerances. How to recognise and appreciate good food. What models eat and what they avoid. How to stock up and shop wisely. How to balance exercise and diet. Supermodels' favourite meals.

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TURNING 30 by Ellen Jackson & Sheila Panchal

In Turning 30, Ellen Jackson and Sheila Panchal have come up with the ultimate antidote to your turning 30 blues. Packed with case studies, questionnaires, tips and goal-setting exercises, it shows you how to examine every area of your life - from career to relationships, money, health and family. You'll re-examine your values and learn how to turn your dreams into practical ideas for leading the life you want. Ellen Jackson is a human resources specialist and consultant psychologist who runs Potential Psychology Services, coaching people in the workplace. Sheila Panchal is a psychologist and co-founder of Happiness First, which promotes individual and organisational well-being.

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OPENING OUR HEARTS TO MEN by Susan Jeffers

Susan Jeffers has helped millions of people throughout the world overcome their fears, heal their relationships, and move forward in life with confidence and love. In *Opening Our Hearts To Men* she shares her own experiences, and offers wisdom, insights and practical advice on how to feel good about yourself and your relationships. *Opening Our Hearts To Men* is a book for every woman who wants to bring more love into her life. It will help you if: Your relationship is not working out in the way you had hoped. You want to develop greater intimacy in your relationships; You find it difficult to form lasting relationships with men; You are feeling lonely and unloved. Susan Jeffers Ph.D is a psychotherapist, public speaker, workshop and seminar leader.

RIGHT WOMAN, RIGHT NOW by Paul Kerton

No girlfriend? No problem. This book will help you find one. There are many books aimed at telling women how to get the man of their dreams - but remarkably few that give men advice on attracting the women they want. Paul Kerton's book is packed with invaluable tips on meeting, dating (and bedding) the most desirable women. It's for every man who has spotted a beautiful girl across a crowded room at a party, in the office - even walking down the street - but has lacked the confidence to approach her. The book is not just about finding and seducing the woman you want; it's also about satisfying her in and out of bed, so that a brief fling can become a long-term relationship. Paul Kerton is a former editor of *Men's Health* magazine, who has written widely on sexual topics for many leading magazines, including *Playboy*. He now lives in South Africa, where he set up the South African version of *Men's Health* magazine.

CHOICES FOR LATER LIFE by Marie Lacheze

Choices for Later Life provides readers with a much-needed practical, workable and realistic approach to the life choices and new opportunities that face us when we reach our fifties and beyond. Everyone is different - our circumstances, our family, our needs, our dreams, our dilemmas. What is common to most of us is that there comes a time when we want to make changes to our lives and grasp new opportunities or have to make adjustments and face new challenges. Marie Lacheze writes for all men and women over a certain age. She provides case histories, checklists and possible options and suggests the steps you might take to make the best choices and decisions for you.

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BOOST YOUR CONFIDENCE WITH NLP by Ian McDermott

We all want to be more confident! This self-help book uses NLP (Neuro-Linguistic Programming) as the tool or technique to help you achieve more confidence and boost your self esteem. NLP is an interpersonal communication model and an alternative approach to psychotherapy based on the subjective study of language, communication and personal change. It provides you with proven NLP tools, simple tests and exercises, success stories, and an easy-to-follow action plan that will teach you how to become more confident in all aspects of your life, and let your confidence shine through. It is a practical and inspiring read. Ian McDermott is a leading coach and certified NLP practitioner and the author and co-author of many books on personal and professional development. He is featured regularly on television, radio and in the national press. He has taught NLP for many years and was made an International NLP Diplomat in 1994 in recognition of his work in the field.

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THE COACHING BIBLE by Ian McDermott & Wendy Jago

The Coaching Bible is a practical and inspiring new book from the UK's top coaches Ian McDermott and Wendy Jago, authors of *The NLP Coach* and *Your Inner Coach*. Coaching has become an integral part of our lives, but people still need to know how to make the most of what coaching can offer and how to distinguish between good and indifferent coaching. This is a comprehensive and authoritative guide to the key issues that make coaching one of the most powerful and exciting tools for furthering personal and professional effectiveness. It includes a unique new coaching template that will benefit everyone. Ian McDermott is the author of a dozen bestselling books on NLP which have been translated into 15 languages. Wendy Jago is a practising coach, consultant and therapist.

YOUR INNER COACH by Ian McDermott

NLP master practitioner and executive coach Ian McDermott and NLP practitioner and psychotherapist Wendy Jago combine their expertise to provide a step-by-step self-coaching guide. They show you how you can make the most of all of yourself once you learn how to access and harness the hidden power of your unconscious mind. Discover how to: Access your inner wisdom; Make the most of your gut feelings, dreams and intuitions; Use simple NLP techniques to access your subconscious mind; Find your purpose and identify your goals; Harness your inner wisdom to deliver insights, resolve problems, enhance creativity, improve decision making, increase confidence and communication skills; Use the right questions to achieve the right answers; Become your own inner coach.

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MANAGE YOURSELF, MANAGE YOUR LIFE by Ian McDermott & Ian Shircore

Are you getting what you want out of life? Do you dream of a more rewarding career? Would you like a happier, more fulfilling relationship? MANAGE YOURSELF, MANAGE YOUR LIFE is your essential guide for living in the twenty-first century. Based on powerful NLP (neuro-linguistic programming) techniques, this practical handbook will help you create the new life that you deserve.

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LITTLE GOALS, BIG RESULTS by Eileen Mulligan

Top life coach Eileen Mulligan, author of the bestselling Life Coaching, shows you how to achieve change quickly. Through a process of setting little goals on a daily basis you'll discover just how easy it is to turn your life around and achieve the big results you've always wanted. Each chapter takes a different area of life and is full of case studies, exercises, goal-setting ideas and examples, aimed at helping you build a full picture of where you are at, where you'd like to be, and how to get there - step by step. And bit by bit, the little goals you set will lead you towards bigger things! Eileen Mulligan is one of Britain's most successful and high profile life coaches and a winner of Cosmopolitan Entrepreneur of the Year.

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THE LAZY GIRL'S GUIDE TO A BLISSFUL PREGNANCY by Anita Naik

THE LAZY GIRL'S GUIDE TO A BLISSFUL PREGNANCY is your guide to getting pregnant, being pregnant and life after pregnancy. It's for all girls who want to find the less stressed way to be pregnant but are too busy to wade through all the books, leaflets and advice. It's about the stuff that's tricky, such as how to work when you have 24 hour fatigue and morning sickness. And the stuff that's annoying, such as how to deal with the myriad of medical, anecdotal and personal advice thrown at you. But most of all THE LAZY GIRL'S GUIDE TO A BLISSFUL PREGNANCY is about the parts of being pregnant that secretly worry you – pregnancy sex, first time parenting, meeting your new baby and how to avoid turning your chic house into a large oversized playroom! Crammed full of expert advice on pre and post pregnancy fashion and beauty, essential mum tips on first time motherhood, and surviving labour and smart advice on the emotional, physical and lifestyle changes of pregnancy. Anita Naik is a freelance journalist.

THINK YOURSELF GORGEOUS by Anita Naik

Young girls entering puberty often experience a crisis of confidence which, if ignored, can lead to life-long issues. In THINK YOURSELF GORGEOUS, experienced agony aunt Anita Naik provides a honest, down-to-earth and reassuring guide to negotiating the early teenage years. She shows that low self-esteem and bad

body image happen to everyone, no matter how they behave in public (including the most popular girls) and why it pays to love the real you, warts and all. Focusing on issues of weight, beauty, peer pressure, stress, body image, puberty and emotions, THINK YOURSELF GORGEOUS will help young girls to understand why their idea of themselves is taking a downward turn, why it is natural for them to feel that way, and what they can do about it. Packed with 'bodylicious tips', quotes from other teenagers and practical advice, it will address all the tricky areas that can damage a girl's confidence and help them learn to feel gorgeous inside and out. Anita Naik is a freelance journalist who has written for magazines including Glamour and Red. She was the agony aunt on Just 17, the sex columnist on More and the health columnist on Closer magazine and is the author of the international bestselling LAZY GIRL'S GUIDES Series.

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POCKET BABE by Anita Naik

If life is trying your patience and fraying your nerves, help is at hand with Pocket Babe - your essential guide to life's daily dilemmas. Read on and find out how to shop smartly on a limited budget, look irresistible to the opposite sex, and appear five years younger on just four hours sleep. Discover secret ways to deal with exasperating work colleagues, how to wangle time off work and even how to make a quickie count! Whatever your annoyance here's all you need to know and more. A modern-day upbeat advice book for women who want quick fixes to their lives. Divided into sections including home, sex, going out and work, Pocket Babe focuses on expert advice that will make your life easier. Anita Naik is a freelance journalist who has written for magazines including GLAMOUR and RED. She was the agony aunt on JUST 17, the sex columnist on MORE and the health columnist on CLOSER magazine.

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THE NEW YOU by Anita Naik

The New You is the lifestyle boost you need! A clear-cut, practical guide on how to get from who you are now, to who you dream of being in just four weeks with the help of leading Agony Aunt, Anita Naik. Read it and find out: · What's holding you back in your life! · How to conquer your fears, and out dated self-beliefs? · What to do to kick-start instant change · How to empower yourself and tackle problems head on · What steps to take to start making your dreams a reality. With the help of expert advice, proven tips and a 28-day jumpstart plan uncover the new, brighter and happier YOU. It's easier than you think.

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THE LAZY GIRL'S GUIDE TO GOOD HEALTH by Anita Naik

Did you know that just 20 minutes of exercise three times a week could totally change your life? And did you know that 30 minutes of morning sex is worth an hour in the afternoon in terms of boosting your metabolic rate and burning fat? THE LAZY GIRL'S GUIDE TO GOOD HEALTH is an instant guide to staying becoming and staying healthy. It doesn't make promises to transform the reader into a supermodel but it will make them feel better, give them more energy and help them to live the way they want. THE LAZY GIRL'S GUIDE TO GOOD HEALTH is the essential guide for girls who know they need to improve aspects of their life and health, but, being lazy, don't want to change their lives in any major way.

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THE LAZY GIRL'S GUIDE TO BEAUTY by Anita Naik

THE LAZY GIRL'S GUIDE TO BEAUTY is a beauty bible for those who want to fake it to make it in the gorgeousness stakes. Aimed at women who want to look fabulous without having to spend hours in the bathroom, this book will help ease you through the nightmare journey of beauty facials, cellulite treatments, body detoxes, and bikini line waxes. Plus if you're stuck with skin and/or hair that just won't behave, or a

bottom with more dimples than a ripe orange, this guide can and will assist you in ironing out the irritating bits.

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THE LAZY GIRL'S GUIDE TO A FABULOUS BODY by Anita Naik

Do you want to get your body into shape but have never had the motivation to do it? Is there a party coming up that you want to look great for? Or do you need to look fantastic in your bikini in just a few weeks' time? The Lazy Girl's Guide to A Fabulous Body offers short-term practical solutions and long-term advice in an easy, humorous manner which will help you achieve the body you want. This book won't necessarily transform you into a supermodel but it will make you feel better, have more energy and attain the body that you want.

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THE LAZY GIRL'S GUIDE TO SUCCESS by Anita Naik

Do you yearn for success of the financial, social or material kind but don't get around to picking up the phone, writing your CV or pushing yourself to the limit? Are your friends whizzing up the ladder of life while you are just treading water? If so, The Lazy Girl's Guide to Success is the kick in the pants you sorely need. Crammed full of quick, easy and simple tips, read The Lazy Girl's Guide to Success and find out your success quota, what to do to re-launch your career and love life, and how to go from a sofa hugging, wine drinking flake to a mesmerising, charismatic girl about town.

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THE LAZY GIRL'S GUIDE TO GREEN LIVING by Anita Naik

Studies show that while 80% of us are concerned about environmental problems and keen to do our bit, most of us are too lazy to do anything more than basic recycling and switching off lights as we exit rooms. The good news is you don't have to be an eco-warrior, grow your hair and hug a tree to make a difference. The Lazy Girl's Guide to Green Living shows you not only how it's easier than you think to live an eco-friendly life but also how you can contribute to the world's wellbeing by making simple choices that can and will affect the environment for the better. The Lazy Girl's Guide to Green Living is ideal for any lazy girl willing to turn a bit green in order to save the planet.

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THE LAZY GIRL'S GUIDE TO MEN by Anita Naik

Whether you're single, in love or broken-hearted, The Lazy Girl's Guide to Men has all the answers you need to your dating dilemmas. Find out: · Where to find the elusive Mr Right · What to do about your flirting calamities and embarrassing flings · Why men are so different to women · How to control your bunny-boiler urges · And how to spot the love losers. Crammed full of dating tips and advice, this is a practical must-have guide for anyone trying to survive finding a man, falling in love, and beyond.

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THE LAZY GIRL'S PARTY GUIDE by Anita Naik

THE LAZY GIRL'S PARTY GUIDE is a fabulous guide to being a party animal. Packed with all the information you'll ever need for the party season, including an exercise plan to get into that dress, tips on how to work a room and most important of all, how to feel good the morning after the night before. Aimed at party girls who party hard, but don't want to look like they do, this guide also covers health tips, beauty pointers and flirting and sex tips. Crammed full of quick, easy and simple tips, plus an A-Z party survival guide - read THE LAZY GIRL'S PARTY GUIDE and you will have all the tools you need to look great and keep partying.

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THE LAZY GIRL'S GUIDE TO THE HIGH LIFE ON A BUDGET by Anita Naik

With almost twice as many people aged eighteen to twenty-four as stressed by their financial situation as those aged over fifty-five, and a third of eighteen to thirty year olds cutting back on going out due to limited funds, THE LAZY GIRL'S GUIDE TO THE HIGH LIFE ON A BUDGET is an essential survival guide to living it up without losing the plot. It's about making sense of the crunch, dealing with your debts and learning to be thrifty all so you can live your life as glamorously as you want. Full of tips on how to do everything from the frivolous – shop smartly and be supermarket savvy – to the serious – downshift and bounce back from redundancy, it's the most prudent buy of the season. Anita Naik is the author of Piatkus' international bestselling LAZY GIRL'S GUIDE series. She is also a freelance journalist who has written for magazines including Glamour and Red. She was the agony aunt on Just 17, the sex columnist on More and the health columnist on Closer magazine. Visit her website www.anitanaik.co.uk

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BABE BIBLE by Anita Naik

A modern-day upbeat advice book for women who want quick fixes to their lives. Divided into sections including life, career, dating, emotions, confidence, relationships and sex, BABE BIBLE focuses on expert advice that can turn your life around and help you do something that will make your life easier, better, or boost your confidence and kick-start your life. We all have days when we wake up and nothing's right. When the job you once loved starts to suffocate you and your hair acts like it's having a worse day than you are. Your success then largely depends on how good you are at picking yourself off the floor and rising to the occasion. This is just where BABE BIBLE can help. Inside this life-saving guide you'll find expert gems to help you improve, fix and repair every area of your life. From what to do when you say something embarrassing to how not to fall flat on your face when you're drunk.

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NAUGHTY BUT NICE by Anita Naik

If you feel like your life is stuck in a rut Naughty but Nice is the guidebook that will help you get what you want because while it's good to be nice, sometimes being naughty gets you further! Designed to give you the tools to shake up your life, read it and discover more about: · Your desires - and how to make your

dreams a reality · Your attitude - and how to get one that truly kicks · Your sexiness - and how to unleash the babe within · Your style - and how to be authentic and silence the critic within you. With the help of expert advice, proven tips and quizzes you can find out what you need to change and why in order to unleash a sexier and more confident NAUGHTY YOU on the world.

WHOSE LIFE IS IT ANYWAY?: Living through your 20s on your own terms by Dr Linda Papadopoulos

Psychologist Dr Linda Papadopoulos is a champion of girls and the younger woman (aged 18-30) and hears their problems and issues all the time, both through her practice and through her column in Cosmopolitan magazine. In this book Dr Papadopoulos sets out to advise and support the younger woman who is often anxious, feels a lack of confidence, can't say no, ends up doing things she doesn't want to or regrets, feels under pressure to be seen out and about having a good time. Topics covered include: anxiety, self-esteem, confidence, bullying, mild depression, guilt, moods, OCD, perfectionism, loneliness, burnout, friends/toxic friendships, pressure to succeed, pressure to conform, how you feel you should look and feel, poor body image and more. Dr Linda Papadopoulos is one of the most well-known and respected psychologists working in the UK today. As well as an accomplished academic career where she set up and headed successful post-graduate programmes, she is also an active researcher and was at one time one of the youngest Readers in the country based on her international academic publications. Her work has informed government policy, and in 2010 she headed up a highly acclaimed independent review for the Home Office on the effects of sexualisation on young people. She was recently invited to present her research at the European Parliament in Brussels. Her most recent book, *What Men Say What Women Hear* is published in 14 countries around the world. Her TV show, *My Naked Secret*, airs in 25 countries around the world.

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YOU CAN BE YOUNGER by Marisa Peer

The way we look and feel has very little to do with our chronological age: positive thinking and changing your belief system are the most important factors in staying young. In this exciting new book, leading therapist Marisa Peer explains how you can arrest the ageing process by harnessing the power of your subconscious mind. By changing your thinking, you can change your body and become physically and mentally at least ten years younger. YOU CAN BE YOUNGER contains a ten-step programme to teach you how to: retrain your mind so you can stay young and vibrant; use Marisa's cell regeneration therapy to counteract the ageing process; boost energy and visibly improve your skin's appearance. Marisa Peer shares the secrets her celebrity clients know so that you too can look and feel more youthful. Marisa Peer was named Best British Therapist by Men's Health magazine and features in Tatler's Guide to Britain's 250 Best Doctors. She has spent 25 years working with an extensive client list including royalty, rock stars, actors, professional and Olympic athletes, CEOs and media personalities and has developed her own unique approach, which is frequently referred to as life-changing. Marisa is a best-selling author and appears extensively, as an expert, on television and radio.

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TOTAL STRESS RELIEF by Vera Peiffer

By the bestselling author of Positive Living, here comes the only anti-stress book anyone will ever need. Total Stress Relief is a self-help guide which will help you tackle everyday challenges in a constructive way. The exercises presented here constitute a holistic approach to modern stress management. Not only are they effective; they are simple and designed not to take up a lot of time, so that they can be easily fitted around the obligations of even the busiest day. The reader is guided to use the suggested programmes at different levels of intensity, according to his or her individual needs. Total Stress Relief looks at stress management as a form of personal development that helps the reader grow stronger, more competent and ultimately more confident in dealing with the ups and downs of modern life. Vera Peiffer has a degree

in psychology and is a qualified analytic hypnotherapist and health kinesiologist with a highly successful private practice in London's Harley Street.

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BANISH BAD HABITS FOREVER by Vera Peiffer

In Banish Bad Habits Forever, Vera Peiffer helps you turn problem habits into good habits so you feel better about yourself and your life. These good habits will in turn become the tools with which you can shape a successful future and build better relationships with friends, family and colleagues. Banish Bad Habits Forever will help you grow stronger, healthier and more confident, and allow you to take back control of your life. Vera Peiffer has a degree in psychology and is a qualified analytic hypnotherapist and health kinesiologist with a highly successful private practice in London's Harley Street.

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POSITIVE LIVING by Vera Peiffer

In Positive Living bestselling author Vera Peiffer provides effective advice and easy-to-learn techniques to help you cope with the challenges of modern life. She shows you how to overcome feelings of loneliness, alienation, stress and low self-esteem and helps you create the life you want. Vera Peiffer is an authority in the art of positive thinking. Vera Peiffer has a degree in psychology and is a qualified analytic hypnotherapist and health kinesiologist with a highly successful private practice in London's Harley Street. She runs workshops in England, Germany, Italy and the USA.

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THE POWERWATCH HANDBOOK by Alasdair & Jean Philips

Are you keeping safe? Electrical wiring and appliances, overhead power lines, machinery, photocopiers, mobiles and cordless telephones, radio masts, TVs, tube trains, x-rays and laser beams are amongst the hundreds of everyday items that are now known to give off high levels of microwave radiation. Electromagnetic fields (EMFs) can be biologically active and capable of making changes to the structure of human and animal cells which are exposed to them. Long-term exposure is believed by an increasing number of scientists and environmentalists to be connected to tumours, fertility problems, behaviour and mood changes, concentration and memory loss, and also to affect melatonin production and impair our immune system repair mechanisms. Alasdair and Jean Philips have researched the effects of electromagnetic fields on health for over 20 years.

BEATING STRESS, ANXIETY AND DEPRESSION by Jane Plant and Janet Stephenson

One person in six suffers from depression or chronic anxiety. The negative effects on our personal lives, let alone the social and economic costs, are huge. In BEATING STRESS, ANXIETY AND DEPRESSION, Professor Jane Plant and Janet Stephenson, both former sufferers, argue that the medical profession's current approach – which largely bypasses accurate diagnosis and relies on prescription drugs – is simply not working. They dispel the fear and prejudice surrounding mental illness and put forward a new, effective programme for dealing with stress, depression and anxiety. This user-friendly book gives you the key to the best methods of prevention and treatment, including better diagnosis, which prescription drugs will help, information on talking therapies and alternative approaches, how to reduce your risk factors, and how to improve your mental health through lifestyle and diet. Packed with easy-to-understand information and

advice on prevention, diagnosis and treatment, BEATING STRESS, ANXIETY AND DEPRESSION is essential reading for sufferers and their families.

THE GROWN-UP GIRL'S GUIDE TO LIFE by Jacqui Ripley

The Grown-up Girl's Guide to Life helps you through the ups and downs of life and deals with the many dilemmas sent to try and test you. It offers tips that can help put a spin on how you see and handle things and gives advice on many life lessons from the serious to the not-so-serious to leave you feeling positive, uplifted and focused. Ideal for those who want a healthier attitude to life along with having the confidence to deal with anything that life throws in your path - however big or small. Jacqui Ripley is a freelance journalist who writes for Hello!, Now!, Cosmopolitan, Zest, the Evening Standard and The Sunday Times and specialises in health and beauty.

THE MAKEOVER BOOK by Jacqui Ripley

Your appearance says a lot about you and how you value yourself. It also affects what people think of you on first impression. So what does your look say about you? This book is designed to boost your fabulousness by encouraging you to re-think your style and ultimately reward yourself with a new and improved you. Including easy-to-follow tips that will help you to introduce effortless style, beauty and health into your life, this book encourages you to pick one of your best features and flaunt it. For women who are stuck in a rut and secretly desire to 'make an entrance', Jacqui Ripley, helps you to become your own stylist, hairdresser, beauty therapist, nutritionist and personal trainer all rolled into one.

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TOTAL DETOX by Jane Scrivner

Jane Scrivner's bestselling Total Detox shows you how easy it is to look good, feel great and live your life to the full. Detox expert Jane Scrivner has created 6 outstanding detox programmes. Each one is different and designed to suit a specific need. All will revitalise your life. Whatever the situation and whatever your lifestyle, if you want to feel happy, healthy and completely invigorated this is the only detox book you need. Jane Scrivner established The British School of Complementary Therapy in London's Harley Street in 1989. It runs courses on a range of therapies including osteopathy, physiotherapy, reflexology and aromatherapy.

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DETOX YOURSELF by Jane Scrivner

Detox Yourself, by bestselling author Jane Scrivner, is a highly effective spring-cleaning programme for the whole body. This 30-day programme will enhance your circulation, boost your immune system, tackle your cellulite, and promote optimum energy levels and glowing skin so you will feel cleansed, revitalised and energised! With a range of tasty new recipes for you to enjoy, menu plans, shopping lists and key foods to be enjoyed or avoided, as well as a section on eating out on the programme, you will be completely prepared for every occasion. Detox Yourself also includes a breakdown of all the latest treatments and products to complement your detox. It features a 10-day programme for the times when your body needs a jump-start, but also encourages you to adjust your longterm attitude to food and your body for lasting health and vitality.

In this unique and perceptive look at mothering, Naomi Stadlen draws on many years' work with hundreds of other mothers of a wide variety of ages and backgrounds. She explores mothers' experiences to reveal what they - and you - are doing when it may look, to everyone else, like nothing. If you are a mother, and have ever felt: that nobody understands what you do all day; overwhelmed by your feelings for your baby; tired all the time; that nothing prepared you for motherhood; uncertain what your baby seems to want; short-tempered with your partner - you will find this the most reassuring book you have ever picked up. Naomi Stadlen is a qualified psychotherapist who has worked for many years as an existential counsellor, specialising in seeing parents of young children, and she has been a breastfeeding counsellor for more than twenty years.

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WHAT MOTHERS LEARN

What mothers learn is both ordinary and very difficult. They are usually the first to relate to their babies. As they communicate by pre-verbal 'conversations', they gain an understanding of their babies - and also of themselves. Drawing on their words, What Mothers Learn describes the mothering experience as a journey of discovery. It demonstrates why mothering is so valuable to both mother and baby, and beneficial to society as a whole.

LOVE LIFE, LIVE LIFE by Sue Stone

Sue Stone's life hit rock bottom in the late 1990s, both emotionally and financially. She was desperately unhappy and on the verge of losing everything. Not accepting that this was going to be 'it', she set about researching ways to improve her life. She learnt about the incredible power of our thoughts, our subconscious mind and the astonishing power of our feelings. This power is within every single one of us but so few have any real understanding of it. Sue has transformed her life to one of complete happiness, inner peace and financial abundance, a far cry from her state of depression. In this inspiring, easy to read and practical book, Stone educates, empowers and motivates the reader by sharing all that she has learnt. She includes solid content and practical life transforming techniques that can be put to use immediately at home and at work. Sue Stone is a Happiness and Empowerment Coach and Business Mentor. With a background in business, she now concentrates on working with individuals and corporations to help them achieve success and happiness in their own lives and work. She makes regular TV and radio appearances.

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THE DISCOMFORT ZONE by Farrah Storr

While it is human nature to shy away from things that are outside of our comfort zone, it is only by spending time in our discomfort zone that we can grow, and improve, and realise our full potential. Whether it's putting yourself forward for a new challenge, asking for difficult feedback, nailing a presentation or getting

a dream job, in this book Farrah Storr shows how you have to push through what she calls "brief moments of discomfort" in order to get to where you need to be. Farrah describes these brief moments of discomfort as "like HIIT training for your life" - and shows how the more you force yourself into them, the easier it will get. This book is full of advice, practical exercises and examples both from Farrah's own life and career and from all sorts of other successful people, from athletes to entrepreneurs. By adopting the brief moments of discomfort, or BMD method, you will soon understand that nothing in life is an insurmountable challenge, only a series of small, uncomfortable tests that can easily be overcome. Once you have used Farrah's techniques to transform your fear into bite-size, manageable pieces, you'll be able to take on anything. In fact, in time, you'll even begin to enjoy these moments.

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SPEAK FOR YOURSELF by Cristina Stuart

This is an indispensable, practical and reassuring guide to speaking in public, written by an expert author. Whether you wish to prepare for a conversation with the bank manager, chair a local meeting, present to a handful of business colleagues or give a speech to wedding guests or to hundreds of delegates at a conference, Speak for Yourself offers practical advice, tips and techniques to build your confidence. Cristina Stuart shows how even the most nervous can become successful public speakers, simply by mastering the basic steps. Emphasises the importance of preparation and planning, understanding your audience and the vital components of voice, appearance and body language.

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AUTISM: A Practical Guide for Parents by Jon & Polly Tommey

This book shares the authors' personal experience of bringing up their autistic son who at age 13 is now described as high functioning (from an early diagnosis of severe autism). It also draws on the latest research and expert opinion from around the world. The book will give parents and carers the confidence and knowledge they need to tackle the problems and issues they face. There is much that can be done to improve the quality of an autistic child's life. The book shares Jon's experience with some of the children he has treated who have done so well that they can be considered recovered. Polly Tommey is regarded as one of the leading figures in autism in the UK. She is the Founder and Editor-in-Chief of The Autism File, which boasts a circulation of 50,000. Editions have just launched in both the USA and Spain. She is also the Founder of The Autism Trust. Jon Tommey is the Health and Nutritional Consultant for The Autism File magazine and is Managing Director of The Autism Clinic.

BARE NECESSITIES by Jemma Wayne

So you've left home and you are living your new independent life but then you need to switch on the washing machine or change a tyre and no one has ever shown you how. Bare Necessities is the invaluable book for big kids of all ages. Guiding you through everything from how to write a cheque, to filling out tax returns, and from boiling an egg to contacting the gas company when the egg fails to boil - it is essential reading for all adult-novices. It is broken down into sections according to life skills and these include: food, health, housekeeping, car survival, banking, starting work and property. No longer will you have to phone your friends to ask how to do things or sit through lectures on how to change a plug. You now have it all at your fingertips. Jemma Wayne is a freelance journalist who has written for several newspapers.

WHY CAN'T I MEDITATE? by Nigel Wellings

WHY CAN'T I MEDITATE? is a book for those of us who are thinking about practising mindfulness, who want to practise but are finding it hard to start and continue, or have started but have stopped again. Full of accounts by new meditators of their struggles and successes, and insights from a wide variety of the most accomplished teachers representing every school of mindfulness teaching, it offers many practical ways to get our mindfulness unstuck and firmly establish a regular practice. This is a book for anyone who has sat on

their meditation seat or cushion and wondered whether they should go on. Contributors include Stephen Batchelor, Rebecca Crane, Christina Feldman, Geshe Tashi Tsering, Willem Kuyken, Tsoknyi Rinpoche, and Franklin Sills. Nigel Wellings is a psychoanalytic psychotherapist who works within a contemplative perspective. He is a founder member of The Forum for Contemplative Studies and a facilitator on the Bath and Bristol Mindfulness Courses. With Elizabeth McCormick he has published several books including *Nothing To Lose*, *Psychotherapy*, *Buddhism* and *Living Life*.

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PUTTING CHILDREN FIRST by Karen & Nick Woodall

Children living in separated family situations fare best when their relationship with each of their parents continues to be close. Putting Children First helps mothers and fathers unlock and resolve the conflict around contact with children that can arise during and after separation. Using strategies such as parenting plans, scripted phone calls and parenting meetings, the book will enable parents to communicate effectively on all the most important things in their children's lives - and make relaxed arrangements for the continued involvement by both parents with their children. Karen and Nick Woodall, who both have experience of being separated parents, run the Centre for Separated Families, which Karen founded. The Centre, a national charity, offers support, advice and information to everyone affected by family separation.

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Basic Books

SEX

FRIENDLY FETISH by Emily Dubberly

FRIENDLY FETISH aims to bust the myth that exploring your fetishes makes you a pervert. Starting with fantasies and working through to more hardcore fetishes such as submission and domination, it explains every step of the way in layman's terms, helping you know what to expect and decide which fetish (if any)

is for you. Whether you've always wondered what it would be like to tie your partner up, fancy bending over and getting a good spanking or feel heated at the idea of seeing your lover in high heels, FRIENDLY FETISH will hold your hand as you wander through the fetish world and help you see that there's nothing to worry about after all. Emily Dubberley was Founding Editor of 'Scarlet', a sex magazine for women.

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HOW TO BLOW HIS MIND IN BED by Siski Green

HOW TO BLOW HIS MIND IN BED is written by 'Men's Health' magazine's resident sexpert, Siski Green. In her refreshingly honest new book, she will debunk the myth that a man only cares about his own orgasm, and give the inside knowledge on what they really want in the bedroom. Siski has had unrivalled access to the innermost thoughts of men through her work, and insight into their worries, desires and needs. But she has also dealt with many women's queries from the 'Men's Health' website, so she understands exactly what they really want to know about how men think. HOW TO BLOW HIS MIND IN BED will offer women inside knowledge on how to make a man excited, what his erogenous zones are, his feelings and concerns, and improving his orgasms and your techniques. It is a must-read for every woman who wants to improve and enhance what they already know, to have even better sex. Siski Green is the author of HOW TO BLOW HER MIND IN BED (Piatkus 2007), and has worked as the sex and relationships editor for 'Men's Health' magazine for six years. She won the Natmags Lee Hill award for feature writing in 2005, and was highly commended in the Editorial Team category in 2006.

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HOW TO BLOW HER MIND IN BED by Siski Green

Wouldn't it be great if you could read a woman's mind? You could find out whether she wants you, what she'd like you to do to her in bed, and how to be the best lover she's ever had. Well, now you can. How to Blow Her Mind in Bed reveals what a woman is really thinking when you're trying to chat her up, kiss her or get her naked. You'll find out what she likes, what she doesn't and the tricks and techniques she wishes you knew. With interviews from real women and scientific explanations of the whys and hows of women's sexual desires, How to Blow Her Mind in Bed gives you the knowledge you need to get what you want. Siski Green is Men's Health magazine's sex and relationships writer and online editor, working on the relaunch of the Men's Health website.

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7 DAYS TO AMAZING SEX by Sarah Hedley

In her fabulous new book, 7 DAYS TO AMAZING SEX, sex and lifestyle expert Sarah Hedley explains how to completely revitalise your sex life in just ten days. Not only will she help you to feel sexier and more confident in the bedroom, but you will also see benefits in every area of your life. Each of the book's chapters will relate to a day in the programme, which makes it an easy book for readers to dip into. Packed with question-and-answer sessions, real-life case studies, practical exercises and essential tips, this is the perfect book for everyone who cares about their health, sex life and wellbeing, and wants to change them for the better. Sarah Hedley is one of the UK's leading authorities on sex and wellbeing. She is the editor of Scarlet, a sex magazine for women, and regularly contributes to a number of publications including Cosmopolitan, The Sun, Maxim and FHM. She is the author of SEX BY NUMBERS (Piatkus 2007)

THE LAZY GIRL'S GUIDE TO GOOD SEX by Anita Naik

The Lazy Girl's Guide to Good Sex is for women who want to know more about sex but don't want the information to be base, vulgar or too mechanical. This is a frank, down-to-earth look at sex from a back-to-basics point of view. Anita Naik takes you from those early teenage fumbles right through to where you are today and beyond - so that you can get a full picture of what it means to have good sex. Unlike other sex manuals you won't have to search for these tips in between embarrassing legs-wide-open shots or worse.

The Lazy Girl's Guide to Good Sex is a funny, irreverent guide to being sexy and sexual in the 21st century. So even if you are too lazy to go at it for longer than five minutes - they'll still be five minutes worth bragging to your friends about.

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HOW TO HAVE GREAT SEX FOR THE REST OF YOUR LIFE by Val Sampson & Julia Cole

Sex in long-term relationships is regarded by most of the media as unglamorous, dutiful - and definitely not exciting. In a society that's overloaded with overtly sexual images, it's easy to imagine that the rest of the world is having a much better sex life than you and your partner. And many couples do suffer a loss of libido after a number of years. But the message of this book is that sex doesn't have to become boring or routine. Not only can you re-kindle your sex-life, but the sex you can have with your long-term partner can be the best sex of your life, no matter what your age or the number of years you have been together. Val Sampson has written for many leading newspapers and magazines, including The Times and Good Housekeeping; her latest book was the best-selling Tantra: The Art of Mind-Blowing Sex (Vermillion). Julia Cole is a leading psychosexual therapist.

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DAISY- THE LIFE AND LOVE OF THE COUNTESS OF WARWICK by Sushila Anand

Daisy Warwick was an heiress in her own right and a renowned beauty when she married Lord Brooke, heir to the Earl of Warwick, in 1880 at the age of eighteen. But she soon embarked on a passionate affair with Lord Charles Beresford who subsequently brought her close to the Prince of Wales with whom she had a very public liaison for eight years, and remained a lifelong friend. At the height of her wealth and fame, she unexpectedly converted to socialism – and later even stood against Anthony Eden at the General Election of 1924. Sushilla Anand's colourful biography does full justice to the magnetic personality and glamorous life

of Daisy Warwick. Sushila Anand is the author of two previous well-reviewed biographies: Queen Victoria's Maharajah and Indian Sahib.

ZIGZAG by Nicholas Booth

Eddie Chapman was a womaniser, blackmailer and safecracker. He was also a great hero - the most remarkable double agent of the Second World War. Chapman became the only British national ever to be awarded an Iron Cross for his work for the Reich. He was also the only German spy ever to be parachuted into Britain twice. But it was all an illusion: Eddie fooled the Germans in the same way he conned his victims in civilian life. He was working for the British all along. Until now, the full story of Eddie Chapman's extraordinary exploits has never been told, thwarted by the Official Secrets Act. Now at last all the evidence has been released, including Eddie's M15 files, and a complete account of what he achieved is told in this enthralling book. Nicholas Booth is a writer and broadcaster. For ten years he worked as a journalist, starting his career with the Observer, and ending up as technology editor on The Times.

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JOURNEYS THROUGH TIME by Jenny Cockell

Jenny Cockell has always had memories of living before. In YESTERDAY'S CHILDREN she described her search for the past life family which had haunted her from her childhood. She remembered living as Mary Sutton, an Irishwoman who died over twenty years before she was born. She gave an extraordinary account of how she found Mary's surviving children and was reunited with them. Her new book, JOURNEYS THROUGH TIME brings readers up to date with her story. Jenny gives details of the four past lives that she remembers most clearly and explains how she has tried to trace them all. Jenny Cockell is the bestselling author of YESTERDAY'S CHILDREN (Piatkus 1993). She is married with two children and lives in Northamptonshire.

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YESTERDAY'S CHILDREN by Jenny Cockell

This is the extraordinary story of Jenny Cockell, a young woman from Northamptonshire, who has always known that she has lived before. In her previous life her name was Mary. She was an Irishwoman who died 21 years before Jenny was born leaving several very young children without a mother or a stable, happy home. Yesterday's Children describes the trauma and worry of this continual past life memory, and Jenny's decision to search for her lost children. The book follows her progress through her dreams and memories, the revelations of hypnotism, her searches through maps, through local groups in Ireland, and her trip to the village where Mary had lived. Finally, she details her painstaking search for the children (now in their sixties and seventies) who had been split up after Mary's death, and the extraordinary reunions that took place. Jenny Cockell is married with two children and lives and works in Northamptonshire.

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LOVING PETER by Judy Cook with Angela Levin

Judy Huxtable, a beautiful Swinging Sixties model and actress, met and fell in love with Peter Cook in 1967. They were together during the memorable hit shows 'Behind the Fridge' and 'Derek and Clive', but divorced in 1989. Being intimate with Cook meant that Judy was inevitably close to his comic partner, Dudley Moore, and they all formed an extraordinary bond. She was in a unique position to observe the special relationship that Pete and Dud shared, and the rivalry that existed between them.

In *Loving Peter*, Judy Cook gives a perceptive and poignant account of the Peter Cook that only she knew. She writes with a mix of humour, insight and sadness about one of the funniest, most enigmatic and troubled men on the planet. She describes what he was like as a lover, husband, performer, friend, father and man and gives an inside view of what really made him tick; why he seemed to want to destroy those he loved

the most; how he succumbed to the destructive forces of drink and drugs; and how he and Dudley really got on. Judy and Peter Cook were together for twenty years. Until now, she has never revealed her story. Angela Levin is an award-winning journalist and writer.

SUN KING: THE MAN BEHIND SUN RECORDS by Kevin & Tanka Crouch

Music producer Sam Phillips and his landmark studio in Memphis, Sun Records, hold a unique place in the history of rock 'n' roll - by many accounts, before Phillips recorded 'Rocket 88' by Jackie Brenston and his Delta Cats in 1951, rock 'n' roll as we know it didn't even exist. Phillips is simultaneously hailed as the man who discovered Elvis Presley and derided as the man who sold the same artist to RCA for a paltry \$35,000. The list of musical legends that passed through the doors of Sun Records is simply astounding, including BB King, Ike Turner, Johnny Cash, Roy Orbison, Jerry Lee Lewis and more. SUN KING strips away the glossy veneer of legend around the Phillips story - which, like his signature sound, was much the result of his own careful crafting - to reveal a man who, from a very young age, heard a musical sound that no one else heard. Tanja Crouch worked in the music business for over fifteen years, most notably as an agent for artists such as Carl Perkins, Randy Travis and Vince Gill, and as the Vice President of the estate of Sun Records artist Roy Orbison. Kevin Crouch is the former archivist for the Roy Orbison estate.

DARKER THAN THE DEEPEST SEA by Trevor Dann

When singer-songwriter Nick Drake died of a drug overdose in the autumn of 1974, he left behind only three well-received but modest selling albums. Today, he is recognised as one of true geniuses of English folk music, with millions of fans worldwide and a regular place in all-time best album lists. Using many newly discovered documents and all-new interviews with the singer's friends and associates, Trevor Dann's book reveals more detail on Nick Drake's life than ever previously published, from his early years in Tanworth-in-Arden and Cambridge, to the missed opportunities and mismanagement that defined his recording career, to the remarkable 'Drake cult' that has grown since the singer's death at age 26. An unflinching portrait of a reclusive and gifted artist, *Darker Than the Deepest Sea* is essential reading for any serious music fan. The former Head of Music Entertainment at the BBC and a producer of Live Aid, Trevor Dann has written for *The Times*, *Q Magazine*, *Mojo* and *the Independent*.

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GIRL NEXT DOOR by Anne Diamond

Anne Diamond is known and loved by millions. In her long-awaited autobiography, this popular presenter reveals the truth about the girl next door who became a household name. She describes the heyday of breakfast television, the fun and the gossip, when everything she did made headline news. And she tells of the sadnesses, the loss of her father, the sudden and tragic death of her young son, the demolition of her marriage, the axing of her TV programme, and what the public saw as the final insult - the loss of her figure! Observers feared she would crumble under the strain. But that was to underestimate the sheer guts, determination and downright pluck that have made Anne Diamond as bright as her name. Anne Diamond is a popular journalist and television presenter.

OLIVIA by Tim Ewbank

Now approaching her sixtieth birthday, Olivia Newton-John still exudes star power and timeless glamour. She has sold sixty million records around the world, topped the charts in the US and the UK four times, and is known all over the world for her role as Sandy opposite John Travolta in *Grease*. But behind the successful singing and film career lies the story of a remarkable survivor. Newton-John's life has been repeatedly touched by trauma, heartache, personal tragedy and her own life-threatening cancer. Tim Ewbank's revealing biography charts the highs and lows of her career, and the personal crises that have affected her personal life - but never defeated her. Tim Ewbank writes regularly for *Now* magazine, the *Daily Express* and *Mail on Sunday*. He is the author of numerous biographies including *Rod Stewart* and *Nicole Kidman*.

ROD STEWART: THE NEW BIOGRAPHY by Tim Ewbank and Stafford Hildred

A new, very frank and revealing biography of rock's most enduring legend. Rod Stewart is in his 60s - yet his popularity is undimmed by the passing years. Since turning 50, life has been as turbulent as ever for him; marriage to Rachel, two children, divorce, a serious cancer scare, more albums released and concerts given, singing for the Queen at the Jubilee concert - and, naturally, a new blonde on his arm, Penny Lancaster. Tim Ewbank and Stafford Hildred have been tracking Rod's life for many years, right from the early days of the Faces. For this book they have spoken to many of the most important influences in his life, including past loves like Bebe Ruell, Britt Ekland and Rachel Hunter. Tim Ewbank and Stafford Hildred are the authors of a previous bestselling biography of Rod Stewart, published by Headline in 1991.

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MUSIC, FOOD AND LOVE by Clare Farrow & Guo Yue

Music, Food and Love conveys the vivid experiences of a boy with a passion for music and cooking who grew up in Beijing before and during the Chinese Cultural Revolution. The youngest of six children, Guo Yue recalls his childhood at the heart of a close-knit family of musicians living beside a Beijing alley. He draws the reader into a world where music is everywhere - even in the rhythmic chopping sounds of the kitchen. We follow Yue as he explores Beijing, watching others and learning through imitation, until he finally leaves for the West. This beautifully-written and evocative memoir highlights how, despite poverty and repressed times, cooking family dishes was a life-affirming experience, symbolising freedom of expression. His book gives the reader a taste of family life in China and real Chinese home cooking. As a musician Guo Yue has travelled extensively making recordings and composing film soundtracks.

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ABBA by Karl French

In April 1974, 500 million television viewers across Europe witnessed the bizarrely thrilling sight of four garishly-dressed unknowns from Sweden storm their way to victory in the Eurovision Song Contest. The song was 'Waterloo'. Abba had arrived. Over the next three decades, the band moved on through an almost unbroken succession of hit albums and singles. Abba have sold some 400 million records around the world, and their songs inspired a musical which since opening in October 2001 has been seen by more than 10 million people. In *Abba: Unplugged*, Karl French, brings his inimitable wry perception to bear on the band's whole story. Born in Sweden, and raised in England, he comes to the subject as someone with first-hand knowledge of the very particular social and political climate from which Abba emerged. Karl French has contributed articles on pop culture to many newspapers and magazines, among them *Hot Dog* and *Esquire*.

FREDDIE MERCURY: THE REVISED AND UPDATED BIOGRAPHY by Laura Jackson

This fascinating biography of Freddie Mercury which received outstanding acclaim from Queen and rock fans worldwide has now been updated for reissue to coincide with the release of the film about his life. Laura Jackson addresses the reality behind Queen's flamboyant front man and lead singer, known as a man of mystery - amusing, loyal and generous, yet with a dark side to his personality. Jackson covers his frequent use of cocaine and how it heightened his tendency to excess - both on and off stage as well as the women in his life - his bizarrely enduring relationships with his first love, Mary Austin, and his long-time confidante, Barbara Valentin, who speaks for the first time in this book. The book also includes new and intimate stories by those who knew him well, such as Tim Rice, Richard Branson, Cliff Richard, Bruce Dickinson, Mike Moran, Wayne Eagling, Zandra Rhodes and Susannah York. Laura Jackson is a highly regarded biographer. She has published biographies of many rock and film stars including: Steven Tyler, Queen, Kiefer Sutherland, Brian May and Brian Jones. Laura lives in Scotland.

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JON BON JOVI: THE REVISED AND UPDATED BIOGRAPHY by Laura Jackson

This fascinating biography provides a detailed portrait of the high-energy, charismatic international superstar and frontman of the ever-popular band, Bon Jovi. The book charts Jon's relationship with the other band members who have their fair share of rock and roll stories - sex, booze, burnouts, health and women problems. Although rock music is Jon Bon Jovi's first love, he has more recently developed an interest in acting - starring in various hit TV shows such as *Ally McBeal* and *Sex and the City* and attracting critical acclaim for his role in World War II hit film, *U-571*. He has also scored film music, with his score for *Young Guns* earning him an Oscar nomination. Bestselling writer Laura Jackson explores the personality, character, drive and the determination that have taken him from playing New Jersey clubs through all the groupie excess and glamorous indulgence to where the band is today. Two new chapters in this updated edition detail his recent work for charity, his involvement in politics and football and also give an update on the band's new albums and tours. Laura Jackson is a highly regarded biographer and the author of *BONO* (Piatkus 2001), *QUEEN* (Piatkus 2002) and *NEIL DIAMOND* (Piatkus 2004).

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BRIAN JONES by Laura Jackson

In this definitive biography of Brian Jones, Laura Jackson rejects the stereotype of a rock star addicted to excessive drinking, unscrupulous womanising and reckless drug taking. Instead, she spoke to the people who knew him - his family and friends, his first serious girlfriend and the son they had together, her rival in love and her son, also by Brian, and the musicians who best understood Brian's love of music. Many have spoken for the first time about Brian to provide fresh insight into his character. Jones emerges as a man of immense talent, energy and humour, but crippled by insecurities that were to bring him to the brink of suicide. There is new testimony on the rivalries within the Rolling Stones and the bitter final split, which came just weeks before Brian's death. Jackson presents interviews with the staff who lived and worked with Brian right up until his death to explode dramatically the myths surrounding Jones' last days. Laura Jackson is a highly regarded biographer. She is a bestselling rock and film biographer who has interviewed many of the world's leading celebrities.

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THE EAGLES by Laura Jackson

The Eagles have enjoyed colossal success spanning three decades. They are a remarkable mesh of lyrical and musical talent, twinned with an explosive blend of personalities. They are a group of individually diverse and vivid characters - something which played a crucial part in propelling them to global success but has also led to bitter personality clashes, paranoia and tension, leaving them at bitter odds with one another, burned out and depressed at the start of the 1980s. The Eagles have one of the most fascinating sex, drugs and rock and roll stories that there is. Laura Jackson follows their fascinating story from the early '70s when they established an immediately identifiable sound that was unique to them, through their career and personal highs and lows, to their break up in 1982 and their eventual reform in 1994. Laura Jackson is a highly regarded biographer.

KIEFER SUTHERLAND by Laura Jackson

Kiefer Sutherland: The Biography traces the actor's life from his childhood, through his parents' divorce to his struggle to break into acting and the success he has achieved today. He has appeared in almost 60 films but his role as Jack Bauer in 24 has given him a new, international audience. This biography explores his versatility as an actor, his involvement with the Brat Pack when he became known as a hellraiser, and the years when he turned his back on Hollywood to travel on the rodeo circuit. In this first biography of the notorious actor, the author will explore the relationships in Kiefer's life: the unique and enduring bond with his father, Donald Sutherland, and his chequered love life including the cancellation of his wedding to Julia Roberts.

NEIL DIAMOND by Laura Jackson

Neil Diamond has been responsible for writing some of the most memorable songs in pop music history and he has sold in excess of 120 million albums and has continued to reign as one of the Top 5 most successful solo artists in pop music. He is an intriguing blend of contradictions - a massively charismatic dazzling live performer, yet deeply introspective off stage. In this fascinating portrait, his life, his music and his passions are explored from his childhood struggle to get out of Brooklyn, through five decades of global stardom, to the present day. NEIL DIAMOND: THE BIOGRAPHY provides a definitive insight into one of the most enduring, creative, and prolific singer-songwriters of his generation, exploring the complex man behind the glittering legend.

US rights *ECW Press*

STEVEN TYLER by Laura Jackson

Steven Tyler is a natural born survivor. The charismatic front man of Aerosmith for more than three decades, he has soared the dizzying heights of fame and plumbed the dark depths of drug addiction - and is miraculously still performing. Laura Jackson chronicles Tyler's incredible rollercoaster journey and reveals the lurid tales of sex and drugs, the creative partnerships and tensions in the band, the family conflicts and the women in his life, and his battle with hepatitis C- not forgetting the music. He is also the father of Liv Tyler who for years thought that her father was Todd Rundgren.

BRIAN MAY: THE DEFINITIVE BIOGRPAHY by Laura Jackson

As the lead guitarist of Queen, Brian May is one of rock's most recognisable stars. Laura Jackson charts his life from childhood, through his student years studying astro physics and teaching, to his success with Queen, his more recent projects and his volatile relationship with actress Anita Dobson. The book reveals Queen's struggles to gain success and life at the top, throwing some of the most notorious and wildly salacious parties in the business. It charts the camaraderie and conflicts within Queen as well as May's difficult years throughout the disintegration of his first marriage, the death of his father and the profound professional and emotional effects of Freddie Mercury's illness and death. Laura Jackson is a bestselling rock and film biographer.

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BONO: THE BIOGRAPHY by Laura Jackson

U2's lead singer, Bono, has been one of rock music's biggest stars since the 1980's. This biography explores the many aspects of the singer's life. It charts his life and the band's development, giving insights into his music, as well as his strong social conscience, his passionate commitment to world issues and his enduring love affair with his wife, family and music.

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MICHAEL STIPE by Rob Jovanovic

For the last quarter of a century Michael Stipe has been the lead singer of R.E.M, who from their humble beginnings toured and built a steadily growing legion of fans before breaking into the mainstream during the early 1990s. Today Stipe is one of the most instantly recognisable faces in rock and R.E.M. are held in a respect that only 25 years of excellent song writing and hard work can justify. But Stipe is much more than just the singer. Using first hand testimony from those who have worked closely with Stipe, Jovanovic presents a rounded picture of this most enigmatic of pop stars. Rob Jovanovic has written about music for numerous magazines, including Mojo, Q, Level, Record Collector and Uncut, and many other publications such as The Guinness Rockopedia and The Rare Record Price Guide.

GEORGE MICHAEL by Rob Jovanovic

George Michael is an enigma. While he is one of the most open and vocal pop superstars on the planet, he also fiercely protective of his privacy. From the formation of Wham! In 1981 he immediately found fame and

fortune beyond his wildest dreams. His music formed the soundtrack to the 1980s and he achieved all of this despite growing up in a dysfunctional family where his father openly proclaimed that George had no talent. Wham! Split in 1986 but Michael went on to greater things as a solo artist. Along the way he has been embroiled in several controversies, but in a refreshing change to other superstars, he has been happy to address his issues head-on in the media. A court case with Sony; an arrest in a Los Angeles public toilet; minor run-ins over class-C drugs; and traffic offences in London. Rob Jovanovic's biography of George Michael tackles the issues that formed the superstar today and his place as a cultural icon.

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KATE BUSH by Rob Jovanovic

Kate Bush has written some of the most memorable songs in pop music history. Wuthering Heights, her debut single shot to number 1 in 1978 and she remains something of an enigma over a quarter of a century later. A singer, songwriter, musician, dancer, actress and director, Kate has inspired a devoted following around the world. Rob Jovanovic traces the story of Kate Bush's career, from her up-bringing in the Essex countryside through her first forays into music with a series of home recordings, to her number 1 debut album that propelled her to international stardom. Including exclusive interviews with studio musicians and choreographers, Jovanovic's biography emphasizes both her voracious talent and her intensely private personality.

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PAINKILLER ADDICT by Cathryn Kemp

Cathryn Kemp was a successful travel journalist who was struck down by a life-threatening illness. After four years of operations and mis-diagnoses she left hospital with a repeat prescription for a painkiller 100 times stronger than heroin. Within 2 years she was taking more than 10 times the NHS maximum: her GP was effectively her dealer. Her family struggled to understand; her boyfriend left her, she hit rock bottom. Discovering she had only 6 months to live if she didn't give up the pills she sold everything she owned and checked into rehab. In the treatment centre she was told that she was unlikely to recover from 'the highest level of opiate-abuse in the clinic's history'. To everyone's amazement, she proved them wrong. This is an extraordinarily poignant, vivid and honest memoir. Based on the 24 diaries that the author kept during this period, we travel with Cathryn through her hospital agony, descend with her into the hell of addiction and cheer her as she pulls herself out and upwards. It is a love story, a horror story, a survival story, a battle for dignity and freedom and an insight into one of the medical scandals of our time: the over-prescription of strong pain relief. Cathryn Kemp is a journalist and travel writer. She was a journalist for *The People*, *News of the World*, *The Sunday Mirror* and the *Mirror* for seven years before falling ill overnight in 2004. She has written several Lonely Planet books, including *Romania and Moldova*; *Estonia, Latvia and Lithuania*; *Eastern Europe*, and *Europe on a Shoestring*.

ALICE IN THE LOOKING GLASS by Jo Kingsley

Alice in the Looking Glass is a moving memoir written by a mother and her anorexic daughter, Alice. In the first part of the book Jo Kingsley writes with raw intensity about Alice's illness and what she hopes is her recovery. At ten, Alice was an easy-going, free-spirited child. At eleven, she started to develop her 'rigmaroles' - little rituals which grew into severe Obsessive Compulsive Disorder - and then, at fourteen, turned into anorexia. Jo describes her journey through 'Planet Anorexia', recognising the amazing support she received and telling of the long periods of despair, guilt, anger and, as the mother of a much-loved child, sheer terror. In the second part of the book Alice, now eighteen and on the road to recovery, also looks back over the past eight years. She writes vividly and honestly about herself, her illness, her treatment and recovery. Finally, Jo brings the story up to date and offers guidance and hope to others who love and care for an anorexic child. Jo Kingsley was the mother of three children, and worked as a farm secretary. Alice Kingsley is studying to become a doctor.

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WILLIE JOHN by Willie John McBride & Peter Bills

Willie John McBride is a rugby legend - the boy from Ballymena in Northern Ireland who became captain of the Ireland rugby team and captain of the British Lions for their unbeaten tour against South Africa in 1974. He has remained at the centre of rugby life ever since. During an international career lasting from 1962-75, Willie John played 17 tests for the Lions and was capped 63 times (12 as captain) by Ireland. He was awarded the MBE for services to rugby football in 1971 and later coached and managed the Lions and Ulster. Willie John reveals a man who loves his rugby, love, life, and loves to tell a good story. Despite his amazing success on the rugby field, his life was not always as happy and straightforward. He recounts and reveals details of his life from family tragedies to how he had to sleep with two bodyguards outside his door during the Troubles. Willie John McBride MBE is one of the most famous and best-loved rugby players of all time. He played from 1962-75, and captained the British Lions for their unbeaten tour in 1974.

LOLA MONTEZ by James Morton

How did an Irish Protestant girl, baptized Eliza Gilbert, transform herself into the most famous courtesan of the nineteenth century, attracting admirers and scandal wherever she went? This enthralling biography reveals the incredible true story of Lola Montez - who packed more adventure (and lovers) into her short life than any other woman of her time (or probably any other time). She captivated and ruined King Ludwig of Bavaria; at least one man was killed in a duel over her, another she horse-whipped; and she was not averse to shooting at her lovers in moments of anger. Her travels as an actress and dancer took her to four continents, and in her day racehorses and dances were named after her. Her meteoric life ended at the age of 41 in New York. James Morton is a former barrister and author of several books and autobiographies.

CALL ME WHEN YOU GET TO HEAVEN by Jacky Newcomb and Madeline Richardson

In this fascinating and moving memoir, sisters Jacky and Madeline share the communications they have received from their beloved father, Ron, since he passed away in February 2008. Ron reaches out to them from 'the other side' to show his family that there most certainly is life after death. Ron visits family and friends in dreams, shows them the future in visions, and plays havoc with door bells, light switches and alarms. He reaches out to them to prove that he is safe in the afterlife, and to offer reassurance and guidance from beyond. This extraordinary book shows that this life is not the end, and that happiness can be found in the afterlife. It is a touching and emotional tribute to their father that will offer comfort and hope to anyone who has lost someone they love. Jacky is paranormal experiences expert and author of AN ANGEL BY MY SIDE (Harper Element 2006) and AN ANGEL HELD MY HAND (Harper Element 2007). Madeline is a writer who has studied paranormal phenomenon for over 20 years.

*Italian rights**Polish rights**Spanish rights**TEA**Hachette Polska**Luciérnaga***ALL OF ME by Kim Noble**

Kim Noble suffers from Dissociative Identity Disorder (DID), or what is more commonly known as multiple personalities. At some point in her childhood, an unknown traumatic incident caused her mind to fracture into numerous alternate personalities (or alters) in order to protect Kim from the impact of this event. There are now twenty alters all occupying Kim's body, including the current dominant personality, Patricia. ALL OF ME covers Kim's journey through numerous misdiagnoses, a range of mental health problems, her alcoholism and bulimia. It was only after her diagnosis that her life began to make sense. Now Kim lives a relatively normal life with her nine year old daughter Aimee and the alters who share their home. Thirteen of Kim's twenty alternate personalities are artists, and the book includes some astonishing examples of the art they have produced - each alter has their own distinct style. There is a foreword by Professor John Morton of the University College of London's Institute of Cognitive Neuroscience offering insight into Kim's condition and DID in general.

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SPIRIT OF LOVE by Paul Norton and Tracy Hall

Paul Norton and Tracy Hall are an ordinary couple, with an extraordinary story to tell. Paul Norton was just 19 when he realised that he was in touch with the spirit world. His father had been trying to connect with him before he committed suicide. Disillusioned that her spirit friends had not warned her that her brother was about to commit suicide, grieving medium Tracy Hall decided that she no longer wanted to use her own gifts to help others. Some months later, she went to see Paul Norton at a spiritualist meeting where he invited Tracy to work with him. Together they embarked on a journey of spiritual discovery that also led to a blossoming relationship. Paul and Tracy are both experienced psychics and mediums.

PATTI SMITH'S HORSES by Mark Paytress

Before The Sex Pistols, before The Clash, before The Ramones, there was Patti Smith. The poet laureate of punk, she burst onto a vacuous music scene in the mid-1970s with a raw and revolutionary sound - steeped as much in French symbolist poetry as it was in 60s garage rock - and an indelible, gender-bending stage persona. With the release of her debut album, *Horses*, rock music would simply never be the same. Drawing on sources in music, literature and art, Mark Paytress puts the *Horses* story in its full context: from her early days in New Jersey to her rapid rise on New York's performance art scene and the key role she played in the emerging art-punk movement at club CBGBs. He also demonstrates the influence Smith and her music continue to exert today in the work of luminaries such as Morrissey, REM's Michael Stipe, and PJ Harvey, not to mention the current crop of art-rockers led by Franz Ferdinand. Essential reading for serious music fans, *Break It Up* tells the unforgettable story of a landmark album, the new rock aesthetic that it brought about, and how Patti Smith became the most influential female rock 'n' roller of all time. Mark Paytress is a renowned music journalist. His work has appeared in MOJO, Q, and The Guardian, among other national publications.

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MICHAEL BUBLÉ: THE BIOGRAPHY by Juliet Peel

Michael Bublé is an international singing sensation. Since his debut in 2003, he has sold eighteen million albums, won numerous awards (including a Grammy), reached the top ten in the UK charts with his first album, 'Michael Bublé', and the top fifty of the Billboard 200 album charts for the same CD. His second album, 'It's Time', was more successful still, debuting at number four in the UK charts, and his song 'Home' was a UK number one. His performances and concerts worldwide have been sell outs, while he has cultivated a huge and loyal fan base. Of Italian origin, and born into a family of fishermen in Canada, Michael was largely raised by his grandfather, whom he credited with introducing him to the kind of music he would make his own – Frank Sinatra, Ray Charles, Dean Martin and Elvis, to name but a few. His popularity continues to grow, and this comprehensive and definitive biography charts his fascinating and phenomenal success story. Juliet Peel is the pseudonym of a successful celebrity biographer.

GRACE UNDER PRESSURE: Going the Distance as an Asperger's Mum by Sophie Walker

When Sophie Walker's daughter Grace was diagnosed with Asperger Syndrome, her world unravelled. Her high-powered job was in disarray, she couldn't sleep, often woke in tears and felt hopeless and useless in her role as a mother. One day she realised she hadn't done any exercise for months - neglecting her physical health as well as her mental wellbeing. Previously a keen runner, she set herself the challenge of running the

London Marathon to raise awareness of Asperger Syndrome and make herself physically strong enough to support her daughter. Invigorated by the physical challenge she had set herself, Sophie began a blog - 'Grace Under Pressure' - writing about both day-to-day life raising Grace alongside training for the marathon. The combination caught the imagination of readers and the blog took off, garnering praise from a wide range of sources. Now transformed into a book, GRACE UNDER PRESSURE is a moving story that charts the highs and lows of raising a child with Asperger Syndrome and the physical challenge of training for a long-distance running event. Sophie Walker is an experienced print and television journalist who has reported from trouble spots and war zones all over the world.

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HUMOUR

ARSETROLOGY by Tom Alexander with Oliver Scheidt

Forget the crystal ball - predicting the future is all about the toilet bowl. ARSETROLOGY is a groundbreaking new book which uncovers the hidden depths of your number twos, using the ancient art of poo-reading. If horoscopes and palm-reading are driving you round the u-bend, then panic no more. Sit down, relax, do your thing - and then proudly gaze upon what you have produced to discover what the future has in store. Examine the shape, the look, the texture and the difficulty rating of your crap - and then match it up to one of the 'poo runes' to read the long and short of what your shit means. ARSETROLOGY will be your indispensable guide to dropping the kids off at the pool. Put it by your throne, and refer to it every time you get the call of nature, to stay one step ahead of the game. Understand your life through the lav, and never underestimate the turd's telling powers again. Tom Alexander lives in London, and has an uncanny knowledge of poo in all its forms. His co-writer, Oliver Scheidt, holds the Colonic Chair in Faecal Sciences at the University of Waterloo, and is best known his groundbreaking study of scatological language, You Gotta Be Shittin' Me.

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THE CURIOUS CURES OF OLD ENGLAND by Nigel Cawthorne

Another highly entertaining trawl through the byways of English history by the author of *The Strange Laws of Old England*. The history of medicine in Britain is full of the most bizarre cures for all manner of ailments, from the plague to the pox. A 16th century cure for dizziness was: Take a young swallow from her nest when the crescent moon is in Virgo; cut off the head and let the blood run into a vessel containing frankincense; then give it to the patient when the moon is waning. But amidst all the eccentric - and sometimes lethal! - treatments there were some that, incredibly, seemed to work; and they form the basis of many of the medicines we know today. Nigel Cawthorne has been a writer for nearly 30 years, writing a number of successful popular history books.

BETTER LIVING THROUGH AIR GUITAR by George Mole & Steven Appleby

Embrace your inner air guitarist, with the help of one of Britain's leading cartoonists. Have you been searching all your life for a hobby you can start today and be good at instantly? Well, here it is! With the help of award-winning cartoonist Steven Appleby, you can change your life for the better! In just a few moments you could be standing in front of your bathroom mirror playing a real air guitar of your very own! It's all here in *Better Living Through Air Guitar*: the fancy moves, the cool facial expressions, the lingo, the equipment, the obscure technical details you'll even learn other air instruments, like bass, keyboards, and violin. With all of these great things happening in your life, your whole outlook will change and you'll be feeling on top of the world! So what are you waiting for? Let's rock! Steven Appleby is one of Britain's leading cartoonists. His work currently appears in the *Guardian*, *The Times*, the *Sunday Telegraph*, *Junior* and the *Oldie*.

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NEGATIVE AFFIRMATIONS by George Mole & Steven Appleby

No is the strongest word in your vocabulary, and, with the help of Steven Appleby and George Mole's new book, you'll learn to use the power of the negative to confirm who you really are. Pithy sayings like 'You will never achieve intimacy', 'Your Guardian Angel Is On Strike' and 'Embarrassment is another way of reminding myself I am foolish and unworthy' - each brought to life with Steven Appleby's superb full-colour illustrations - allow readers to harness their negativity, and, with repeated recitations (preferably in public) help set them on the path to debasement and lowered expectations. Let *Negative Affirmations* help you shine a bright light into every nook and cranny of your pathetic psyche!

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THE LITTLE BOOK OF PARKING TICKETS by Stephen Appleby and George Mole

As everyone knows, the parking ticket is the most serious threat to individual liberty. It's your duty to fight back, and with the help of Steven Appleby and George Mole, you'll be able to transform all that anger and frustration into personal growth and achievement. *THE LITTLE BOOK OF PARKING TICKETS* will not only teach you to talk your way out of fines and escape prosecution, but reclaim your piece of mind and your parking space! *THE LITTLE BOOK OF PARKING TICKETS* is the ultimate gift for any driver, or passenger, on your list. Steven Appleby is one of Britain's leading cartoonists with a popular weekly column in the *Guardian* for many years. He is the author of over 20 books. George Mole is a writer and actor who has contributed to national publications such as the *Observer* and *Punch*. They are the authors of *BETTER LIVING THROUGH AIR GUITAR* (Piatkus 2005) and *NEGATIVE AFFIRMATIONS* (Piatkus 2006).

BUSINESS

ROCK YOUR PRESENTATION: A NEW GUIDE TO SPEAKING WITH PASSION by Nigel Barlow

Nearly all of us have to pitch or present our ideas, whether in a formal setting to a hundred jaded sales people, in a lecture theatre or classroom, putting over our thoughts to a team of four colleagues, or even selling a concept one-on-one to our boss. In all these situations we can choose between delivering a message that sounds like muzak, or one that wakes the listener up. In short, a presentation that 'rocks up' the content. Most presentations and pitches could benefit from being 'rocked up' – becoming more dynamic and memorable, in way that arouse the passion of the audience. By applying the ideas in ROCK IT UP the reader will be able to deliver much better, livelier and emotionally engaging talks which leave their audience with the kind of high you get from being in a crowd at a great concert.

Nigel Barlow has made a successful living for several decades giving thousands of speeches to many of the world's most famous companies: Apple, Danone, GSK, Microsoft, Hewlett Packard and Vodafone are typical clients. He was a founding director of the Tom Peters company in Europe, and currently runs his own company. Until recently he was also an Associate Fellow at Oxford University's Saïd Business School.

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HOW TO BUILD A BILLION DOLLAR APP by George Berkowski

A billion humans now have smartphones. We've downloaded more than 500,000 different apps more than 35 billion times. Apps are not only changing the way we communicate, shop, interact and travel, but they

are becoming the dominant platform by which we manage many parts of our lives. Despite this, there are only a handful of mobile businesses that have cracked the code to making it billion-dollar big. George Berkowski is one of the masterminds behind one app in this elite group – Hailo – the smartphone app which allows users to hail a taxi from their mobile phone. In HOW TO BUILD A BILLION DOLLAR APP, he shows readers how to translate an idea for an app into a real world service, product and business, interwoven with the inside story of Hailo and other billion dollar apps including Angry Birds, Instagram, and Square. Supported by endorsements from high profile entrepreneurs including Richard Branson, Niklas Zennstrom (founder of Skype) and Daniel Ek (founder of Spotify), this timely book will be essential reading for anybody with a great idea for an app-based business. George Berkowski is currently Head of Product for Hailo and is responsible for transforming the vision of the company's founders into a hugely successful business. He sold his previous startup WooMe to Zoosk.com (the world's largest online dating company), and was involved in MirCorp (the company that helped Dennis Tito become the world's first Space Tourist). He is Chairman of the MIT Enterprise Forum UK and a regular speaker on the London and New York tech scenes. Hailo currently operates in London, New York, Dublin, Toronto, Barcelona, Madrid, Boston, Chicago and Tokyo with more 30,000 drivers registered worldwide. The app turned over \$100 million in taxi fares in its first year.

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BUSINESS ETIQUETTE FOR THE 21st CENTURY by Lynne Brennan

The fast pace of today's business world involves constant new challenges - meeting new people, international travel, conferences and entertaining, and the need to represent your company in a variety of situations. If you don't know what to do, you can quickly feel nervous and stressed, perform inappropriately and jeopardise your opportunities of business success. Business Etiquette for the 21st Century shows you what to do - and what not to do. Discover how to: Maximise your image and make the best impression at all times; Learn the correct codes of behaviour for your workplace; improve your communication skills in person, by phone, email and letter; Boost your social skills so that you will be able to build contacts and get the best from any social or business occasion. Lynne Brennan runs a successful international company in Surrey providing personal development programmes and training seminars in business etiquette.

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#STANDOUTONLINE by Natasha Courtenay-Smith

Every professional niche is populated by its stars, those who have used digital, content creation, positioning and imaging to brand themselves and set themselves apart from their competition. Meanwhile, their competitors look at them with a mix of awe and envy. How, they wonder, has this person done this? How have they become so well known? Do they really know more than I do? And why is this person getting all the opportunities instead of me? #SELFMADEONLINE will show everyone from solopreneurs to mumpreneurs to executives, coaches and practitioners how to build a strong personal brand and become the visible expert and authority of their industry/niche. It will unravel how some are managing to stand out in their fields and reveal how you can do it too. The book will feature some of the UK and America's most well-known individuals and ask them, 'How did you become so well known?' and, 'How did you shape your personal brand?' It will also explain how you can build your own personal brand using opinion, content, video and the internet. #SELFMADEONLINE will look at the highs and the lows, the tricks and the tips, the to-dos and not to-dos and the complicated interactions between expertise, reputation, authority, credibility, publicity, social media and the online tools of the modern world.

THE MILLION DOLLAR BLOG by Natasha Courtenay Smith

Blogging has become the 'it' career of the modern world, but it's actually never been tougher to be a real standout success in the digital storytelling landscape. Blogging today requires creativity, strategy, confidence, determination, consistency, great ideas and determination. The best bloggers think big and are as strategic and persistent as big brands and global organisations. THE MILLION DOLLAR BLOG will be the first book to look at the blogging industry as it matures for 2016 and beyond. With tips from the authors of the

world's most respected and financially successful blogs on fashion, music, film and lifestyle, as well as from leading content marketing agencies, THE MILLION DOLLAR BLOG will offer expert advice on starting and growing a blog and turning it into a business.

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BUSY: How to Thrive in a World of Too Much by Tony Crabbe

Tony Crabbe combines solid psychological research with practical strategies to combat one of the great problems of modern life: we're too busy. But BUSY isn't a time-management book. Rather than providing advice for increasing productivity and efficiency, BUSY encourages readers to focus on creation and attention to detail in order to stand out from the crowd and make time for the things they value most. Crabbe draws on his background in business psychology to identify the five major busy profiles – helplessness, playing the wrong game, disengagement, uncertainty and insecurity – and shows you how to turn each on its head by taking control, achieving better, identifying the fundamentals in your life, increasing your confidence and standing out from the crowd. Tony Crabbe is a business psychologist who has worked with global organisations including Microsoft, Disney, News International and the World Bank. This is his first book.

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EVERYTHING I NEED TO KNOW ABOUT BEING A MANAGER I LEARNED FROM MY KIDS by Ian Durston

Being a parent and being a manager have a lot in common. Both involve long hours and a daunting list of responsibilities. Both require clear communication skills and a good sense of humour. In this unique look at the modern workplace, Ian Durston, a successful project manager and happy father of three, uses his experience raising children to shed light on the perennial challenges of management. Issues such as leadership, motivation, performance, team building and change are explored not only through the author's experience as a manager, but, more importantly, through the rituals every parent must go through in raising his or her child. A witty and wise book for managers and parents alike, Everything I Need to Know About Being a Manager is a salient reminder of the life skills we all need to succeed, whether at work or at home. Ian Durston has worked in industry and business for 13 years, including a role at Deloitte Consulting, where his clients included General Motors and the Ministry of Defence. He is currently a senior project manager at Airbus.

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WALKING WITH TIGERS by Frank Furness

Frank Furness is recognised as one of the world's top motivators, speakers and trainers, helping salespeople, marketers, managers and executives at companies in over 40 countries. In Walking with Tigers, Furness shares valuable lessons he has learned from his decade of observing and working with leaders in large and small businesses, and offers unique insights into what it takes to succeed, both in business and in life. Collecting stories from achievers of all levels and from all over the world, Walking with Tigers explores the key characteristics associated with top performance. Issues of persistence, integrity, confidence, focus, discipline, organisation and more are illuminated through Frank's own experience, as well as tales from those he has worked with. His book will help you plan your own road to success - and, more importantly, achieve dramatic results. Improved sales, higher productivity, bigger profits, a greater sense of fulfilment -

Walking with Tigers will show you how all of it is within your grasp. Frank Furness has twenty one years experience as a sales consultant, trainer and senior manager and has twice qualified for 'MDRT Top of the Table', the top half percent of financial services salespeople in the world.

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THE BUSINESS RULES by Jo Haigh

The business world is awash with legal pitfalls and opportunities. If you own or run a small-to-medium sized business (with a turnover of up to 10 million) you cannot afford to miss out on this book. Jo Haigh is a business expert who gives presentations to companies on how they can protect themselves - as individuals and as a group - from a range of potentially fatal pitfalls. In this accessible and practical book, she highlights essential - yet very often unknown - business practice to provide valuable insight and guidelines to alert and arm you before you enter the proverbial lion's den of the business world. The Business Rules draws on current legislation and case histories. Jo Haigh is a corporate financier who was named South Yorkshire Business Woman of the Year in 2005 and is the author of The Business Rules: Protect Yourself and Your Company from over 100 Hidden Pitfalls (0749927062), also published by Piatkus.

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TALES FROM THE GLASS CEILING: A Survival Guide for Women in Business by Jo Haigh

12-14% of UK businesses are majority owned by women, a statistic that shows both the great strides women have made in business in the past two decades and how many obstacles still remain in a culture where 90% of the top roles are held by men. Jo Haigh has worked for many years in corporate finance, and has experienced these obstacles first-hand, and overcome them. In TALES FROM THE GLASS CEILING, she offers women an inspirational guide to success in the male-dominated business world - a goal, as she makes clear, that does not mean losing your identity. Haigh offers stories of success from many different areas of business, giving tips and advice on how to reconcile an open, emotional disposition with an executive level's occasionally brutal atmosphere; how to spot the right training and development opportunities (and get them funded); how to overcome resistance to female leadership from both men and women; and how to build, manage and maintain your professional network. Jo Haigh is a corporate financier who ran her own company helping people buy and sell businesses for nearly ten years.

STRONGER TOGETHER by Simon Hartley

What do world-class teams do that others don't? How do those teams think, make decisions and respond to challenges? Stronger Together will help readers to understand what differentiates world class teams from the rest. Using these insights, readers can apply the same key principles when leading their own teams. To illustrate how world-class teams operate and how they're led, Simon Hartley will draw on examples of teamwork from a very diverse range of disciplines, from The Red Arrows to SAS Units, a Formula One Pit Crew, Americas Cup crews, World Champion sports teams and more. He will use case studies from his work with elite professional, international and Olympic sports teams, plus executive leadership teams from businesses. Simon Hartley is a globally respected sport psychology consultant and performance coach. He helps athletes and business people to get their mental game right. For almost twenty years, Hartley has worked with gold medallists, world record holders, top five world-ranked professional athletes and championship winning teams. He has worked at the highest level of sport, including spells in Premiership football, Premiership rugby union, First Class County Cricket, Super League, golf, tennis, motor sport and with Team GB Olympians.

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COMPASSIONATE LEADERSHIP by Manley Hopkinson

This book will introduce you to the art of compassionate leadership - the art of getting the best for and out of people through the fulfilment of self-worth in order to gain commitment from your team rather than their compliance. It aims to show leaders how to give their teams a real sense of purpose and direction in order to motivate and inspire them to perform at a high level. To illustrate his message, author Manley Hopkinson draws on his background as a board member of companies including A TLAS Consortium and Hewlett Packard Defence UK, his career as an inspirational speaker and his adventure experiences as team leader

in the BT Global Challenge (a round the world yacht race) and The Polar Race (an expedition style race to the Magnetic North Pole). Manley Hopkinson was schooled on leadership through a mix of practical and academic: as an Officer in the Royal Navy and the Royal Hong Kong Police, and as an 'inspiring leadership catalyst' to businesses and organisations worldwide including the ATLAS Consortium and HP Defence UK. Manley is also a professional speaker who has inspired audiences around the world with his tales of battling the high seas and high latitudes. Through these powerful stories he draws out the lessons on leadership, relationships and team work in a manner that has a direct impact on everyday life.

SPENDSMART by Jay Hunt & Benjamin Fry

Do you dread opening bills and statements? Do you feel like your debts are spiralling out of control? Do you wish you had more money left at the end of the month? SPENDSMART authors and money experts Benjamin Fry and Jay Hunt take a unique and holistic approach to helping you deal with all your financial worries. First Fry examines the real reasons behind your overspending, so that you can understand how to change, and then Hunt provides you with practical and realistic solutions for spending less. By following their proven five-step plan, you will be able to identify your debts, learn how to live on a budget without depriving yourself and apply their strategies to the way you continue to spend money in the future. Packed with budgeting suggestions, helpful questionnaires, realistic tips, and fun ideas, SPENDSMART is a must-read for anyone who wants to make their money go further.

Psychotherapist Benjamin Fry and lifestyle expert Jay Hunt are the co-presenters of BBC3's hugely successful 'Spendaholics' programme. Their unique combined approach has helped countless clients to understand why they get into debt and how to change their spending habits.

THE BOOK OF LEADERSHIP by Antony Gell

Have you ever wondered what the characteristics are of some of the most successful people and organizations on the planet? Have you ever asked yourself, what is it that they do differently that makes them stand out from the rest and gets them so far ahead? And what can you learn from them to ensure your own success? Based on the exclusive interviews conducted by Anthony Gell throughout his time as founder and CEO of LeadersIn, his book distils hundreds of hours of wisdom from some of the successful business leaders, CEOs, entrepreneurs and management gurus, including: Sir Terry Leahy (former CEO of Tesco); Robert Senior (CEO, Saatchi & Saatchi); Edward de Bono; Michael Birch (co-founder, Bebo); Brian Tracy (author of EAT THAT FROG); Daniel Goleman (author of EMOTIONAL INTELLIGENCE); Sahar Hashemi (co-founder, Coffee Republic). THE BOOK OF LEADERSHIP will share insights and advice in four areas; 1) leadership success (what does it take to be a world class leader like Steve Jobs, Sir Stuart Rose or Terry Leahy?); 2) personal success (what are the habits and attributes of the most successful people in the world?); 3) organisational success (what does it take to run and build a world class organisation? What makes Google, Facebook and Goldman Sachs such successful companies? What can you learn to ensure that your organisation is world class?); and 4) entrepreneurial success (key insights that will lead you on the way to great success and prosperity in your own business). Anthony Gell is the founder and CEO of LeadersIn, an online and offline and community dedicated to sharing wisdom from world leaders in their field. Before launching LeadersIn in 2012, he was a producer in a London based B2B publishing and conference company. Gell writes many leadership, success and business articles and is an avid public speaker. He has been asked to interview business leaders at many leading institutions including London Business School and Imperial College, London.

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SIMPLIFY by Richard Koch and Greg Lockwood

For the past forty years Richard Koch has wanted to uncover the simple, elemental, elegant and parsimonious principles that are needed to create great new businesses. To qualify, a principle must be so overwhelmingly powerful that anyone can reliably use it towards extraordinary results. Is there any principle that can tell you how to do that consistently and with a high chance of success? Working with venture capitalist Greg Lockwood, his co-author on SUPERCONNECT, and supported by research from the elite firm of OC&C Strategy Consultants, Koch has the answer. The principle Koch and Lockwood have discovered behind extraordinarily successful businesses is simplifying. Some simplify on price - take Ryanair's budget flights which still take you from A to B, but so cheaply that nearly everyone can afford them, multiplying the size of their market - and some simplify on proposition, such as Apple's decision to cut down on the number of their product lines and focus on perfecting only a few devices. With case studies of famous companies in

all different industries from finance to fast food, the authors show how anyone can analyse their business's potential to become a simplifier, and which route they should take to maximise the impact.

Richard Koch is the bestselling author of *THE 80/20 MANAGER*. He is also a highly successful entrepreneur and investor, whose ventures have included Filofax, Plymouth Gin, Belgo and Belfair. He was formerly a partner of Bain & Company and co-founder of LEK Consulting.

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THE 80/20 MANAGER by Richard Koch

A large number of managers - especially in these difficult times - feel completely overwhelmed. Their inboxes are overflowing, they constantly struggle to finish their to-do lists and they stay at work longer than they would like to, leaving little time for the things that really matter. Luckily there is a way for managers to enjoy work and build a successful and fulfilling career without stress or long hours. In his bestselling book *The 80/20 Principle*, Richard Koch showed readers how to put the 80/20 Principle - the idea that 80 per cent of results come from just 20 per cent of effort - into practice in their personal lives. Now he demonstrates the few things you need to do in the workplace to multiply the results you achieve. Richard Koch is the bestselling author of *The 80/20 Principle*, which has sold three quarters of a million copies and been published in thirty-one languages. He is also a highly successful entrepreneur and investor, whose ventures have included Filofax, Plymouth Gin, Belgo and Belfair.

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THE STAR PRINCIPLE by Richard Koch

Richard Koch has made himself a millionaire many times over, and now shares the secrets of his success with readers. He explains how you can identify and exploit 'Star Businesses', by which he means new businesses that excel in their field and provide handsome returns for investors and employees alike. Koch has made a huge fortune from identifying Star Businesses (an average return of over twenty times on them) - and in this book he shows how you can learn from his success. This is a book for investors and all those who want to work for (and profit from) star ventures, and thereby receive better pay, great bonuses, free shares and share options.

Koch is eminently qualified to write a book of this nature - he is one of the founding partners of Belgo, Filofax, Plymouth Gin and Betfair. He is also the author of the international bestseller THE 80/20 PRINCIPLE, which has sold over 650,000 copies world wide and been translated into twenty-four languages.

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THE GUERRILLA MARKETING REVOLUTION by Jay Conrad Levinson & Paul R. J. Hanley

First published in 1983, Jay Levinson's Guerrilla Marketing has become a classic in the field of business, revolutionising marketing for small businesses all over the world and creating a new way to understand market share and how to gain it. It also launched a veritable Guerrilla Marketing industry, including dozens of future Guerrilla books, CDs and speaker events. In this completely updated and expanded fourth edition of Levinson's first Guerrilla Marketing book, his take-no-prisoners approach to finding clients is on full display, as he offers hundreds of marketing ideas that really work and a new roadmap for small-business success in the global marketplace. Filled with leading-edge strategies for marketing on the Internet, putting new technologies to work, targeting prospects, cultivating repeat and referral business, and managing in the age of telecommuting and freelance employees, among others, Guerrilla Marketing will be the entrepreneur's marketing bible for the twenty-first century. Jay Conrad Levinson is the author of more than a dozen books in the Guerrilla Marketing series.

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CHANGING TO WIN by Giles Long

Giles Long was training to be an Olympic swimmer when, aged thirteen, he was diagnosed with bone cancer. After several rounds of chemo and a painful operation (that included replacing a part of his arm with a steel rod), he began training again, this time as a paralympics swimmer, and went on to win eight gold medals (and break several world records) in his ten-year swimming career. Long is now a successful

trainer and speaker, using his experiences as an athlete to motivate and inspire people at all levels in business organisations. **CHANGING TO WIN** is drawn from his keynote speech of the same name; it relates episodes from his life and sporting career and the principles of success he has learned, providing readers with the tools to overcome adversity in pursuit of their business ambitions.

KITCHEN TABLE TYCOON by Anita Naik

Are you eager to combine the roles of mother and entrepreneur but wondering how to get started? If so, you are not alone. Many mothers are quitting their day jobs and starting up on their own, eager to cut out the nursery fees and see more of their kids. If that sounds like your dream, this book can help you make it come true. Having worked from home for sixteen successful years, she can give you the true, nitty-gritty details on what it really means to start and run your business from your kitchen table.

KITCHEN TABLE TYCOON also shows you how to create and research a realistic business idea, how to find your start-up costs, and how to navigate your way through the ups and downs of running your own business. With inspiring stories and advice from successful entrepreneurial mothers who have been there and done that, *Kitchen Table Tycoon* can show even the most nervous of mumpreneurs how it's more than possible to have to have a great business and a great life. Anita Naik has been running her own successful business for fifteen years. She is a freelance journalist who has written for magazines including *Glamour* and *Red*. She was the agony aunt on *Just 17*, the sex columnist on *More* and the health columnist on *Closer* magazine. She is also the author of Piatkus' extremely successful **LAZY GIRLS** Series.

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MY MANAGER AND OTHER ANIMALS by Richard Robinson

Deep down, we're just like animals. Some of us are selfish like apes. Some are chaotic like ants, and somehow the two clash and coalesce in 'antagonistic harmony'. **MY MANAGER AND OTHER ANIMALS** examines the evolutionary psychology of work, focusing on the office, workshop, corporation or government department, and the complex and fascinating evolutionary tactics that have developed to deal with working life. 37 years ago Richard Dawkins wrote *The Selfish Gene* and it didn't take long for the business community to latch on to the 'selfish' part and adopt it as an industry standard. After all, it fitted in with the notion that, since we are all descended from apes, we should be like them: selfish, aggressive and competitive. More recently, astounding discoveries in human and animal behaviour (particularly ants) have shown that, in all animals, cooperation and altruism is more common than we think and more useful than we could imagine. It seems we contain an inner ape and an inner ant. How confusing; they seem like opposites, because co-operation means helping others, competition means swatting them. What are we, ape or ant? This book shows that ant and ape are both important. Co-operation without leadership is random, leadership without co-operation is slavery. The result of these two colliding is the mad world of work and life, lovingly described in the book. Richard Robison is the author of ten books of popular science including **WHY THE TOAST ALWAYS LANDS BUTTER SIDE DOWN**.

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