

John Murray Learning & Nicholas Brealey



JOHN
MURRAY
LEARNING



NICHOLAS BREALEY
PUBLISHING

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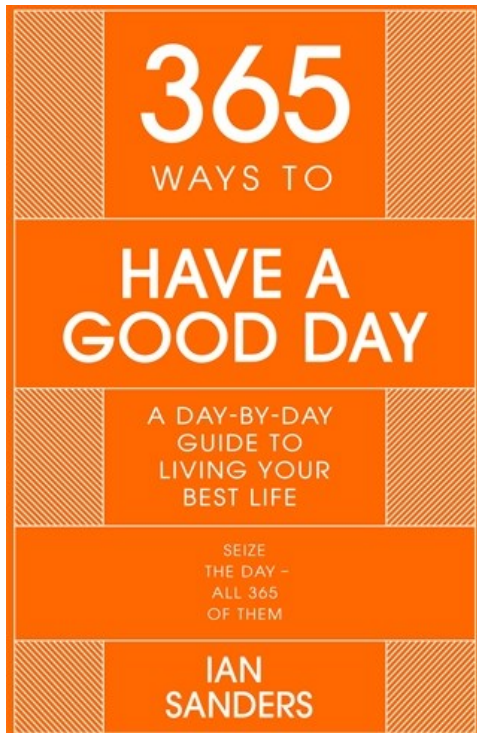
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365 WAYS TO HAVE A GOOD DAY

IAN SANDERS



John Murray Learning

November 2021

Editor: Iain Campbell

Length: 272

Translation rights available

About the Author:

Ian Sanders is on a mission to get people firing on all cylinders about their work - how and where they do it, what they need to do to get creative, how to be more energised, how to do the work that matters. Ian's passionate and fresh approach in all he does - workshops, presentations, storytelling and one-to-one walking coaching sessions - sparks change and inspires leaders, organisations, teams and individuals. He lives by the coast in Leigh-on-Sea.

A full year's worth of daily tips, insights, inspiration, habits, tools, and behaviour changes to help you seize the day and figure out what success means for you. Your best life is closer than you think when you take it one day at a time.

HOW ARE THE NEXT TWELVE MONTHS LOOKING FOR YOU? PRETTY MUCH THE SAME AS LAST YEAR? OR ARE YOU READY FOR BETTER?

365 WAYS TO HAVE A GOOD DAY is a full year's worth of daily inspiration, tools, habits, actions, and rituals that will help you live your best life. You'll discover surprising insights from psychologists, business leaders, entrepreneurs and designers. You'll explore the benefits of Feierabends and Laughies, have your eyes opened by a dance psychologist, and find out why one senior executive's tattooed fingers help him make the right career choices. You'll learn habit-forming strategies, pick up helpful hacks, and uncover tips for lasting change - all brought to life through real examples and thought-provoking stories that will get you looking at life differently.

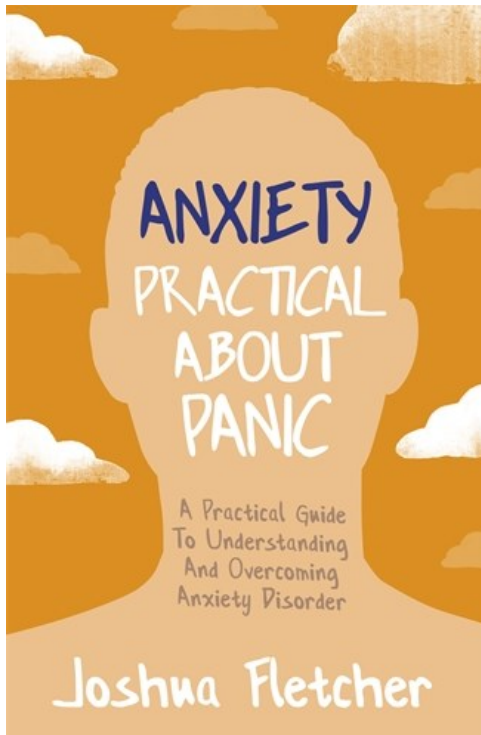
You'll meet a cast of characters from around the world who know all about creating success, from the founder of a billion-dollar mindfulness company in California to the Hollywood screenwriter who takes up to eight showers a day to fuel his ideas, and from the Harvard Business School professor who discovered more joy at work by wearing red trainers to the man who every Friday for five years set up a table in central NYC to give advice to strangers, including a gang member on the run.

365 WAYS TO HAVE A GOOD DAY focuses on the small stuff you can do every day to make life better. Because when you get the little things right, the big things follow. Things like figuring out where you're going, hitting reset, designing the life you want, breaking through limiting beliefs, and creating success on your own terms. And when you find what works for you, you can do more of it, making you more productive, more fulfilled, and much happier.

IT'S TIME TO SEIZE THE DAY. ALL 365 OF THEM.

ANXIETY: PRACTICAL ABOUT PANIC

JOSHUA FLETCHER



Stop waiting for things to change and get practical about dealing with panic and anxious thoughts.

Do you suffer from anxiety and panic? So did Joshua Fletcher, the author of the self-published bestseller *ANXIETY: PANICKING ABOUT PANIC* - but he treated his own condition successfully, went back to school, became a counsellor and emerged as one of the country's leading experts.

ANXIETY: PRACTICAL ABOUT PANIC is a complete, easy to read and hugely practical book about anxiety from someone who knows how to recover and live your life to the full - and will show you how. Concentrating on the actions that you can take to alleviate and overcome your worries, this book is all about you and what you need to do to improve your life.

John Murray Learning

April 2021

Editor: Jonathan Shipley

Length: 160

Translation rights available

BUT ARE YOU ALIVE?

ELOISE SKINNER



John Murray Learning

May 2022

Editor: Jonathan Shipley

Length: 320

Translation rights available

Discover your path to a varied and meaningful life, and feel truly alive.

Anyone's who's been back into a huge supermarket after a year of lockdown and found themselves momentarily paralysed by the scale of the shop and the impossibility of choosing between so many things, or who sits scrolling through Netflix unable to find anything they're prepared to commit to watching, will recognise the truth that choice can be overwhelming. In times of uncertainty and fatigue, making a decision can be really hard. It's even harder when the stakes are higher. How do we work out just what exactly we want to do with our lives?

This feeling of indecision has become a prominent feature of contemporary life. Today, the average job tenure has fallen to 4.5 years, and it's estimated that workers will have around 10-15 jobs in their lifetime. And our personal lives are more diverse, too. We're encouraged to define the life we want to live; to choose our hobbies and 'side-hustles'; to pick careers aligned with our values. In some respects, we're freer than ever to become the authors of our own existence.

All this choice, paradoxically, often leaves us unsettled. With so many things to do and tasks to achieve and options to pick, we can end up feeling unanchored. What are we supposed to do with our lives? What if we pick the wrong path? And will the work we do eat up every moment of our time?

In this book Eloise Skinner shows that it's possible for each of us to take all the scattered elements of our existence, each so crucial for our sense of who we are, and blend them together to create a life that's integrated, completely unique, and filled with meaning. In short - a life that's lived fully.

About the author:

Eloise Skinner is a lawyer, author, therapist and dancer who devotes her life to helping people find meaning, purpose and direction.

HOW TO LIVE AN AWESOME LIFE

BEN COOMBER



It's time to go big - this book will help you visualise your life at its most awesome and show you exactly how to get there. BIG change is possible!

Small incremental changes are well and good, but do you really have the time to make minute adjustments to your life, working slowly towards a way of living that could be months or years into the future? Living a life of passion, purpose and connection on your own terms is the key to happiness and too many people wait too long before taking bold, direct action.

If your own life isn't inspiring you - not enough time, energy or opportunity - this book is designed as the kickstart you need. It will show that you can try all your like to make more money, sleep better, eat healthier and think more clearly, but if the core foundations of your journey aren't in alignment with your true motivations, change will prove illusive. To succeed at anything you need the right mindset, then the right tools and plan, and then the resilience to see that plan through to create the life you want. No more excuses - this book will change the way you think, to change the way you feel.

John Murray Learning

June 2022

Editor: Jonathan Shipley

Length: 288

Translation rights available

About the author:

Ben Coomber is a coach, nutritionist, business consultant and motivational speaker. As a teenager, Ben took action to address his obesity, shedding five and a half stone and ridding himself of IBS, Asthma and Eczema. Now he works with thousands of individuals as well as major brands such as England Rugby, Virgin Sport, Sainsburys, and TalkTalk to show individuals how to take bold steps to improve their mindset and improve their life.

JUST F*CKING DO IT

NOOR HIBBERT



'Noor Hibbert is a force of nature and her book is a candid, no-bullsh*t blueprint for living your most amazing life. Invigorating and inspiring!'
Sarah Knight, New York Times bestselling author of
*The Life-Changing Magic of Not Giving a F*ck*

John Murray Learning

July 2019

Editor: Jonathan Shipley

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Stop thinking small. Just put yourself out there, aim for the sky, and JFDI.

*JUST F*CKING DO IT* will take you on a mind-altering journey of self discovery and personal transformation using an approach which combines psychological rigour with spiritual power - helping you to become the best version of yourself and create a life of happiness and abundance.

True personal development can only be achieved by changing how you think and interact with the world. This book, by the creator of the hit podcast 'Think It, Get It', will demonstrate that, alongside purposeful and practical steps to improve your life, you have the power to multiply your success and happiness by harnessing the Law of Attraction.

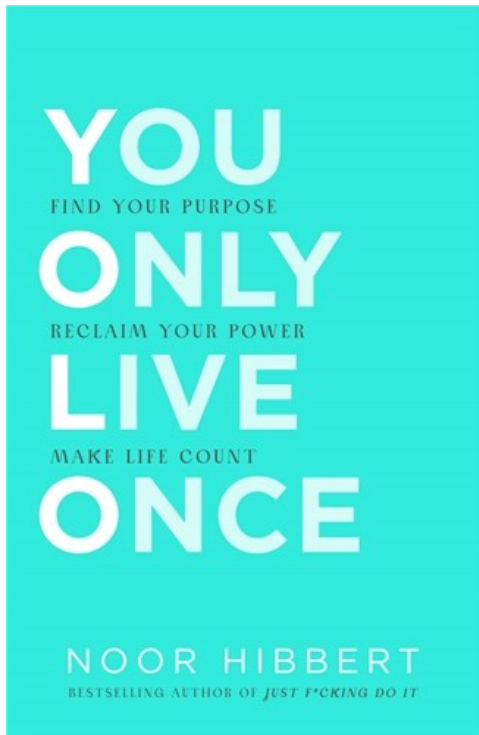
Whatever obstacles you face, this book will show you how to stop thinking small, make positive changes and live the life you deserve.

About the Author:

Noor Hibbert is a qualified life and business coach, serial-entrepreneur, motivational speaker, author, mother and spiritual badass. Noor has a degree in Psychology and Postgraduate Certifications in Business & Executive Coaching and Coaching Psychology. She is a trained Strategic Intervention coach and Rapid Transformational Therapist. She is the proud founder of This Is Your Dream - and where she helps people transform their mindset, master manifestation and live their best life through her monthly memberships. She also supports people in building their business in her coaching programs and is the host of the 'Think It, Get It' podcast. She has built a seven figure business whilst raising three small children and she strongly believes that embarking on a spiritual journey has accelerated her success.

YOU ONLY LIVE ONCE

NOOR HIBBERT



John Murray Learning

October 2021

Editor: Jonathan Shipley

Length: 224

Translation rights available

How long are you going to wait to live the life you truly want?

Too many of us are existing on autopilot, sleepwalking through life with no purpose and neglecting our dreams.

But what if it didn't have to be that way?

What if it could be different? What if *you* could be different? What if you remembered that you have the power to make every single day count? How would it feel to design a life that you truly want, and know how to make it happen?

This book is here to show you that positive thinking is just the beginning. From there you'll start to demand more *of* yourself and *for* yourself.

You'll ask big questions and start attracting BIG successes. You'll learn how to take control, gain a new and healthier perspective and see that life is for the making and the taking.

You only live once. So let's live on purpose.

About the Author:

Noor Hibbert is a qualified life and business coach, serial-entrepreneur, motivational speaker, author, mother and spiritual badass. Noor has a degree in Psychology and Postgraduate Certifications in Business & Executive Coaching and Coaching Psychology. She is a trained Strategic Intervention coach and Rapid Transformational Therapist. She is the proud founder of This Is Your Dream - and where she helps people transform their mindset, master manifestation and live their best life through her monthly memberships. She also supports people in building their business in her coaching programs and is the host of the 'Think It, Get It' podcast. She has built a seven figure business whilst raising three small children and she strongly believes that embarking on a spiritual journey has accelerated her success.

LOVEWORK

SOPHIE DEVONSHIRE & BEN RENSHAW

Ben Renshaw Sophie Devonshire



*"A proven methodology for discovering
or recovering the work you love."*

AMY C. EDMONDSON,
Novartis Professor of Leadership and Management, Harvard Business School

John Murray Learning

July 2019

Editor: Jonathan Shipley

Length: 272

Translation rights available

Seven steps to transforming your life by making work better.

Life provides a unique opportunity to do great things and help make the world a better place. Given that a staggering 90,000 hours of our lives (on average) will be spent working, how many of those precious hours will be meaningful or memorable?

Authors Ben Renshaw and Sophie Devonshire believe it's possible to make the time you spend at work more rewarding and enjoyable. In *LoveWork* they share seven simple steps to help you find new ways to build a more positive relationship with your work.

This book is for you if:

- You are moving up through your work or moving on to a new role
- You'd like to move faster or go further
- You want to find, rediscover or nurture your love of work.

You'll learn how to unlock your thinking to trigger a renaissance in your work experience, to embrace dynamic working and to discover, develop and then deliver new ways to thrive at work. If you want to love life, you'll need to LoveWork. It's time to stop counting the hours and start making those hours count.

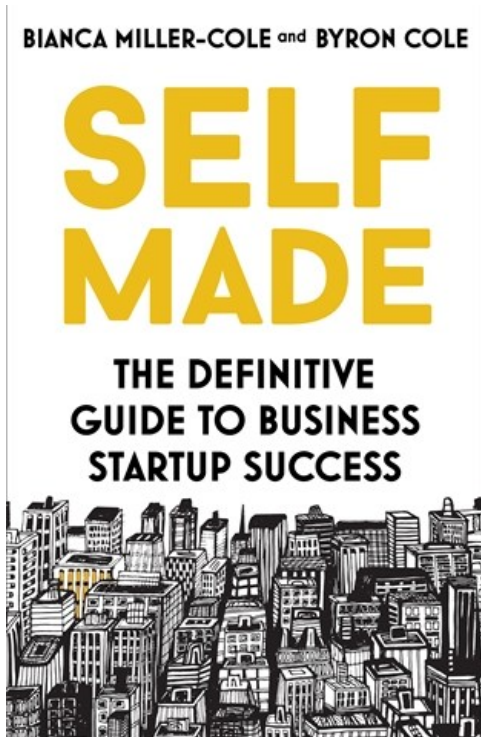
About the Authors:

Sophie Devonshire is CEO of The Marketing Society, a global network of marketing leaders. An experienced business leader and entrepreneur, her career includes brand management at Procter & Gamble and Coca-Cola. Author of *Superfast: Lead at Speed* which was shortlisted for Business Book Awards and the #1 bestseller in Change Management on Amazon.

Ben Renshaw is one of today's foremost leadership thinkers, speaker, coach and author. Ben's innovative work with leading organisation, senior executives and entrepreneurs has brought him international acclaim. Author of ten popular books including *Being, Purpose, LEAD* and *SuperCoaching*. Clients include Heathrow, IHG, London Underground, Sainsbury's and Sky.

SELF MADE

BIANCA MILLER-COLE & BYRON COLE



John Murray Learning

October 2017

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Length: 288

Translation rights available

SELF MADE IS A TRULY DEFINITIVE GUIDE; A 'GO-TO' BOOK FOR ALL ENTREPRENEURS AT ANY STAGE OF BUSINESS.

This authoritative, focused guide by two of the UK's brightest young entrepreneurs - The Apprentice runner-up, Bianca Miller and serial entrepreneur, Byron Cole - is a comprehensive toolkit for anyone who wants to make a success of running their own business. Featuring interviews with well known entrepreneurs, entertainers and industry experts, the book covers every tier of the business development process, from start-up to exit, offering practical, implementable and global advice on the start up process.

De-coding the jargon that is prevalent in business circles today, this book provides straightforward advice on converting an innovative business concept into a commercially viable proposition. It will help you to avoid the costly common mistakes of many who have gone before you, and create a sustainable enterprise that will flourish.

Read *Self Made* and run your own business without fear of failure.

About the Authors:

Bianca Miller-Cole

Bianca Miller-Cole is an award-winning entrepreneur, workshop facilitator and public speaker.

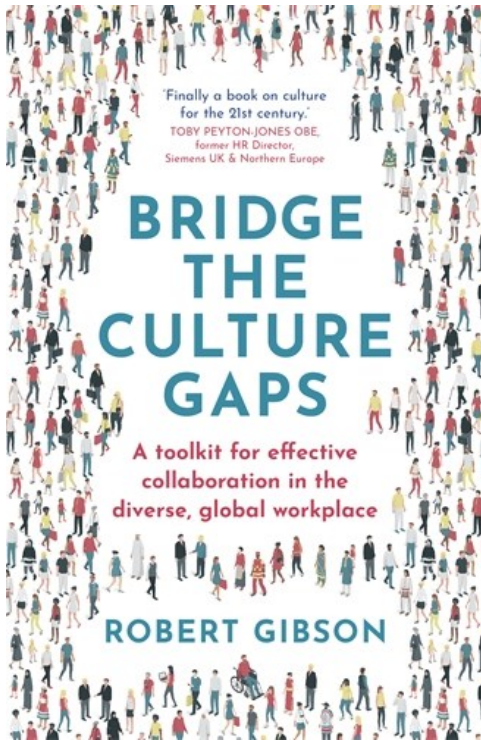
In 2014, Bianca was the runner-up on The Apprentice, the BBC television series in which candidates compete in front of millions of viewers to go into business partnership with multi-millionaire tycoon, Lord Sugar. Bianca is the founder of the BE group and her hosiery brand, Bianca Miller London. She is an in-demand public speaker and was awarded a Power Profile by Linked in 2016.

Byron Cole

Byron Cole is an award-winning serial entrepreneur, public speaker, investor, philanthropist and mentor to entrepreneurs and students. He runs the BLC Group, an umbrella company that look after his many business interests.

BRIDGE THE CULTURE GAPS

ROBERT GIBSON



Nicholas Brealey

November 2021

Editor: Holly Bennion

Length: 224

Translation rights available

The essential guide for working in diverse teams and across cultures today.

This practical self-help guide will optimize the performance of individuals and teams working in an intercultural environment. By increasing awareness of the nature and impact of diversity in the workplace and national cultural differences, it demonstrates how to use the power of difference to achieve positive results for all.

Learn how to mitigate unconscious bias to create inclusive organizations and how to use key cultural dimensions to communicate and cooperate in intercultural teams. Addressing the unique challenges of influencing across cultures and managing international transformation projects, this is an indispensable toolkit for a key competence in business.

Leading interculturalist Robert Gibson challenges conventional ideas and makes new connections between culture, diversity and neuroscience in this modern guide for anyone working virtually or together in a diverse team or international business. Use these simple and proven approaches for better communication, collaboration, leadership and decision making in today's globalised workplace.

About the Author:

Robert Gibson is an interculturalist with over 30 years' experience of intercultural competence development in business and education. A former Vice-President of the Society for Intercultural Education, Training and Research (SIETAR Europa) and a founder and Member of the Advisory Board of SIETAR Deutschland he was head of intercultural training at Siemens AG for 18 years during which time he designed and implemented an award-winning Diversity and Inclusion initiative for over 230,000 employees worldwide.

His publications include Gibson (2002) *Intercultural Business Communication* and over 70 articles on Intercultural Communication for the magazine *Business Spotlight*. He grew up in London and studied at the Universities of Oxford and Exeter in the UK before moving to Germany in 1985. He is currently based in Munich and works as a freelance consultant, facilitator and trainer.

CHANGEMAKER PLAYBOOK

HENRY F. DE SIO, JR.

HENRY F. DE SIO, JR.

"Changemaker Playbook offers a new game plan on leadership that everyone needs for a world in which change is the only constant."
—Pete Souza, #1 New York Times best-selling author



CHANGEMAKER
PLAYBOOK

*The New Physics of Leadership in
A World of Explosive Change*

Nicholas Brealey

July 2021

Editor: Jonathan Shipley

Length: 256

Translation rights available

Our one-leader-at-a-time past has given way to a present reality where everyone has the potential to lead in every aspect of life. We all have at our fingertips the tools of change that were once available to just a few - and The shift from one-leader-at-a-time to everyone-leading-in-every-moment has created a changemaker effect on society. **Change is no longer linear and faster, it's explosive and omnidirectional.**

THE CHANGEMAKER PLAYBOOK will show you how to thrive in every aspect of today's transformed societal landscape.

A tutorial on the principles of empathy-based ethics and co-creative teamwork, *THE CHANGEMAKER PLAYBOOK* is as much a leadership handbook as it is a guide to personal achievement. Based on the author's discoveries about leading in change from front-edge thinkers - business and social entrepreneurs, educators, media thought leaders and youth changemakers - who distinguish themselves by putting their bold ideas and entrepreneurial capacities to work for the good of all, readers can apply the principles in this book to every aspect of their lives.

This book is less about getting ahead and more about getting along - because in the world we have entered, this is the central principle underlying the new success formula.

About the Author:

Henry F. De Sio, Jr. will make an outstanding spokesperson for **THE CHANGEMAKER PLAYBOOK**. He has been a commentator and keynote speaker on individual and organizational achievement. He was featured as a 75-minute segment of CSPAN's Road to the White House, has been a guest on Alan Colmes' national radio broadcast, and has headlined at such impressive venues as the Skoll World Forum in Oxford, the Asia Leadership Conference in Seoul (along with George W. Bush and Gerhard Schroeder), and the Global Child Forum at the Royal Palace in Stockholm, by invitation of the King and Queen. He has spoken at The Hague and at the Start-up Columbia Festival. He is an Aspen Ideas Festival Scholar, his op-eds have appeared in *Newsweek*, *Reuters* and *The Hill*, and he has been a contributor to *Forbes* and *Entrepreneur*

LISTEN. DECIDE. ACT

ANDREW ST GEORGE & SHARON CURRY



Nicholas Brealey

April 2022

Editor: Jonathan Shipley

Length: 320

Translation rights available

Learn how to make right decisions in all manner or situations, using a technique which will never let you down.

We have to make decisions all the time. Our lives are full of them, from the work we choose to the amount we save for retirement, to when, where and how we replenish our energy through socializing and play. How well we make them depends on developing, practising and mastering a consistent and reliable approach.

Reaching and keeping senior positions at work depend on our ability to make good decisions all the time: more interesting and more responsible work carries the rights to make more and wider-reaching decisions. The higher up any organization, the more difficult and more influential the decisions that are made.

But were any of us taught at school, college or work how to make better decisions?

This book, by Sharon Curry and Andrew St George, provides a very simple system for making good decisions, tried and tested in a wide variety of workplaces, and under extreme conditions with clients from military to health to commercial to consultancies to international governments. The process derives from the Royal Marines and military planning, fully extended and adapted to match the challenges of everyday lives. The process is underwritten by sound psychological principles - used right, it will never let you down.

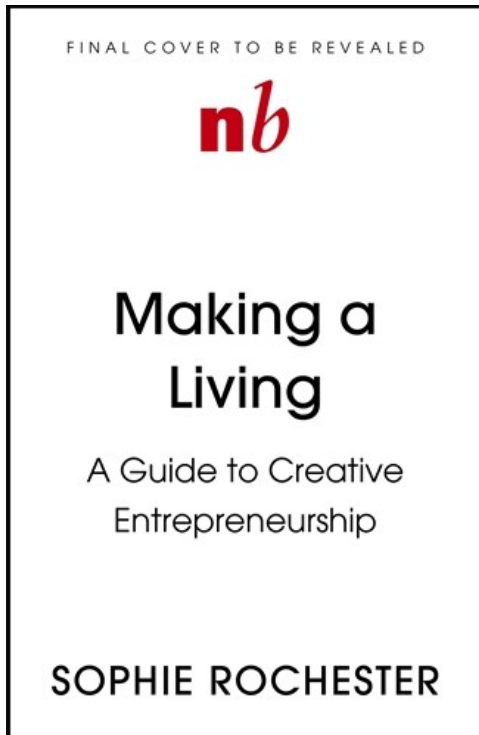
About the Authors:

Andrew St George has an academic background (Cambridge, Harvard, Oxford) and a doctorate in Linguistics and Conversation Theory. He has held faculty positions at Harvard, Oxford, Columbia and is currently Associate Fellow at the Said Business School, Oxford. He works with the Royal Navy, the Army and the NHS, advises McKinsey & Co on Agility, and is a trained coach (Marshall Goldsmith) and Facilitator of Transformation (Aberkyn/McKinsey).

Sharon Curry is Partner and Executive Leadership Coach at the Trusted Executive Foundation, an Executive Coach, Innovation Expert and former Naval Officer. She coaches and facilitates leadership thinking in leading military, educational and commercial organisations globally including the NHS Leadership Academy, the Royal Navy, SAID Business School (UAE), Pfizer and Toyota.

MAKING A LIVING

SOPHIE ROCHESTER



Nicholas Brealey

December 2021

Editor: Holly Bennion

Length: 256

Translation rights available

About the Author:

Sophie Rochester is CEO and Founder of Yodomo, a marketplace for online creative courses and products from leading artists, makers and designers. Yodomo enables designer makers to share their skills and create additional revenue streams for their businesses. She is an advocate of the power and benefits of making with our hands.

She is listed as a Top 10 British Council UK Creative Entrepreneur on the Guardian Professional Club 100 list. She is on the Creative Economy British Council Pool of Experts.

The definitive guide to starting your dream business, for creative entrepreneurs.

Making a Living has been carefully crafted to support anyone looking for practical, hands-on advice and inspiring stories to motivate them to make their dream business into a reality.

Inspiring stories from bakers to florists, basket weavers to artists, bee-keepers to brewers, will bring bags of real world advice and inspiration for those wanting to take their first steps into this new artisanal economy.

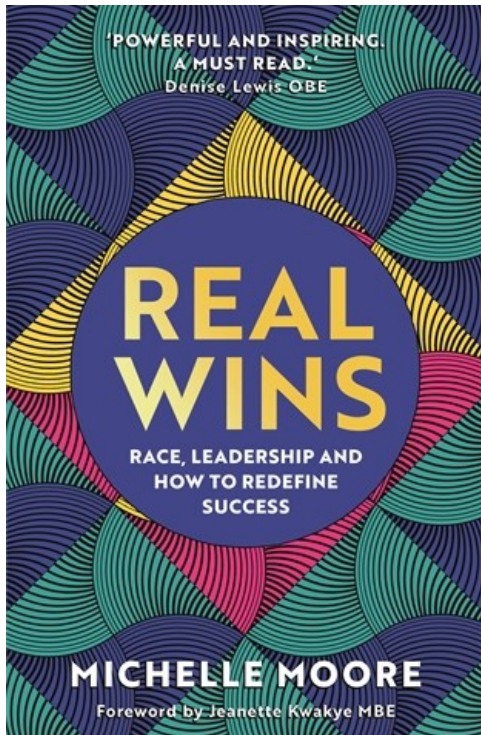
With more time at home than ever before, the restorative distraction of crafts and making has seen a mainstream resurgence. So too has the desire to 'make a living' from creating handmade products to sell, or to sell our creative skills.

This new wave of at-home entrepreneurs are using Facebook and Instagram to promote their businesses, Etsy and Not on the High Street to sell their crafts and Paypal and Shopify to manage their payments. Technology-led businesses are transforming the way in which offline maker businesses are operating - and business is booming.

From the founder of Yodomo, the online learning platform for arts and crafts, and with chapters on market research, valuing and pricing your work, branding, marketing and sales, as well as accounting fundamentals and legal considerations, this is a step-by-step guide to getting your idea off the ground, either as a side hustle or as your next major career move.

REAL WINS

MICHELLE MOORE



Nicholas Brealey

November 2021

Editor: Holly Bennion

Length: 224

Translation rights available

***Real Wins* is an urgent call to action from one of the most influential women in sport.** In her unflinching style, Michelle Moore seeks to redress inequality at all levels and shows us how to challenge stereotypes and tired assumptions to transform our experiences and environments.

Through this timely, eye-opening insight into her experiences both on the track and in the boardroom, Michelle shows us how to face our fears, build resilience and find our own unique leadership style. She shares stories from athletes, leaders and many other inspiring people, as she redefines the relationship between identity and success for both individuals and organisations.

Giving you the practical strategies of self-awareness and resilience to run your own race, *Real Wins* will empower you to take responsibility for your own prejudices, actions and ultimate success.

Michelle Moore tirelessly champions a brand of conscious leadership for a new age of sport and business. She is sought out by corporations, government bodies and international sports federations to help drive change and bring about personal and collective transformation.

About the Author:

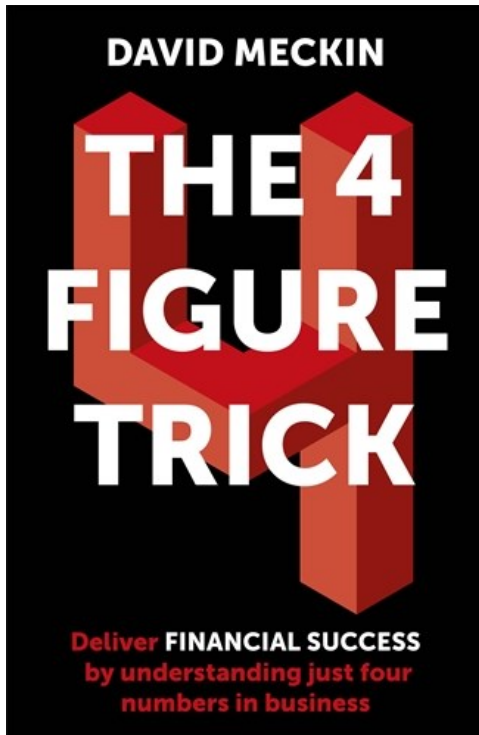
Michelle Moore is a sought-after leadership coach, educator, international speaker and former athlete, with over two decades of experience leading national and international programmes at the intersections of sports and social change. With extensive experience working in senior executive leadership and management roles across education, government and sport, her award-winning consulting and coaching work has transformed the lives of professionals, young people, athletes and the culture of many organisations.

Michelle's coaching programmes focus on personal and collective transformation supporting individuals and organisations to achieve greater growth and performance. She works with businesses, government, charities, and international and national sport federations at a leadership level to create solutions steeped in strategic insight and cultural context and finding new ways to challenge inequalities.

Michelle enjoys an international public-speaking career delivering keynotes on leadership, equity, resilience and success. She holds a number of non-executive roles in sport and is a Senior Honorary Associate lecturer at the University of Worcester.

THE 4 FIGURE TRICK

DAVID MECKIN



Nicholas Brealey

March 2021

Editor: Holly Bennion

Length: 160

Translation rights available

Finance for non-financial managers - succeed with just four numbers.

Finance doesn't have to be complicated. This book shows you how to make better, faster, financially sound business decisions using just four numbers.

Effective financial management is at the heart of every successful business but it can seem impenetrable to the non-financial manager; littered with spreadsheets, inexplicable charts and intricate formulae, all washed down with swathes of unintelligible jargon. In reality, successful financial management is all about the management of just these four figures.

Knowing what these four figures are, how they relate to each other and most importantly, how they can be managed, is the key to financial success. This is what David Meckin calls 'the 4 figure trick'. Almost every major business failure can be pinned down to the ineffective management of at least one of these critical figures.

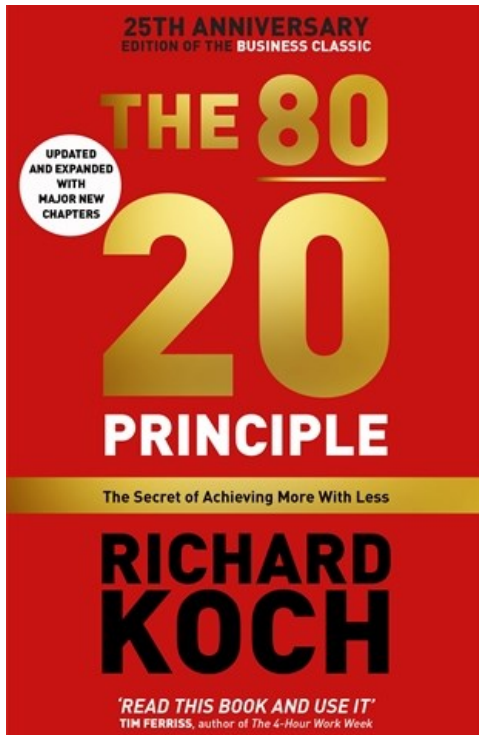
Focusing on just four figures not only makes the world of financial management more accessible to the non-financial manager, it also greatly simplifies the decision-making process. Full of step-by-step guides, examples and illustrations, *The 4 Figure Trick* reveals a variety of practical managerial strategies that can significantly enhance the financial performance of any business.

About the Author:

David Meckin is managing director of Insight Financial Consulting and has over 20 years' commercial experience, including as finance director of a multinational. He is a qualified accountant, a Member of the Chartered Management Institute, and a Fellow of the Chartered Institute of Bankers. He regularly delivers workshops and presents at conferences internationally, and his clients include FTSE-100 companies and household names worldwide.

THE 80/20 PRINCIPLE

RICHARD KOCH



Nicholas Brealey / April 2017

Editor: Iain Campbell

Length: 432

About the Author:

Richard Koch is a highly successful author, investor and entrepreneur, having made large returns from businesses as diverse as hotels, restaurants, personal organisers and consulting. A former partner at consulting firm Bain & Co, and co-founder of The LEK Partnership, the fastest growing and most profitable 'strategy boutique' of the 1980s, Richard now lives the 80/20 way between Gibraltar, Spain, Portugal and South Africa.

Millions of highly effective people have become more successful by understanding the simple fact that 80% of your results come from 20% of your efforts. All you have to do is identify the 20 percent that leads to 80 percent. *The 80/20 Principle* shows you how.

Richard Koch's million-copy-selling global bestseller is now completely revised and updated, and more powerful and essential than ever. He reveals how the principle works and shows how to use it in a systematic and practical way to vastly increase your effectiveness, and improve your career.

The unspoken corollary to the 80/20 principle is that little of what you spend your time on actually counts. But by concentrating on those things that do, you can unlock the enormous potential of the magic 20 percent. Discover how to identify the few methods that will lead to great results, and use them alone. Avoid hard work. Don't push water uphill. Be very selective in what you do. Have a great life.

80/20 is the essential tool for anyone who wants to succeed.

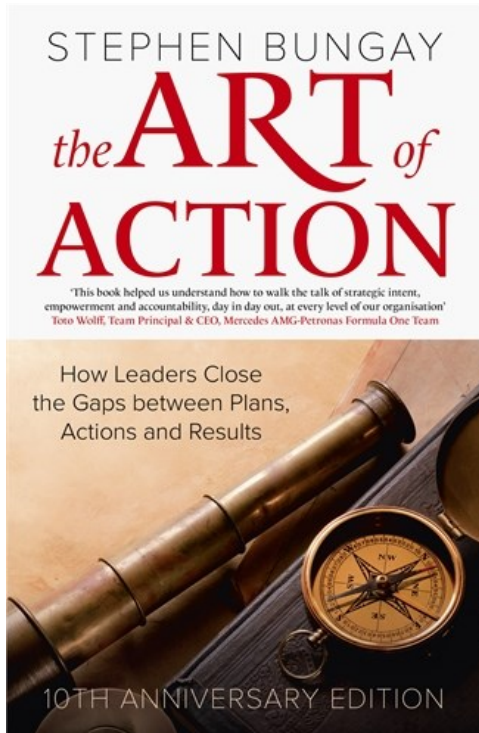
Be more effective with less effort by learning how to leverage the 80/20 principle.

Rights sold:

Azerbaijan (Qanun)	Romania (Meteor Press)
Chinese Simplified (China Youth Group Publishing)	Russia (Exem Licence)
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France (Editions de l'Homme)	Slovakia (Eastone Group)
Indonesia (PT Menuju Insan Cemerlang)	South Korea (Book21)
Italy (FrancoAngeli)	Spain (Editorial Planeta)
Japan (CCC Media House)	Thailand (SE-Education)
	Ukraine (KM Books)
	US (Crown)

THE ART OF ACTION - 10th Anniversary Edition

STEPHEN BUNGAY



Nicholas Brealey

November 2010

Editor: Holly Bennion

Length: 320

Rights sold:

Russia (Mann, Ivanov & Ferber)

US (Safari Books)

The 10th Anniversary Edition of the Leadership Classic

The surprisingly common sense approach to leading a global company, based on a theoretical framework first used by the nineteenth-century Prussian Army.

For over a decade the approach known as 'mission command' has been taught at the leading HULT Ashridge International Business School and has been applied in transforming businesses as diverse as pharmaceuticals and F1 racing.

What do you want me to do? This question is the enduring management issue, a perennial problem that Stephen Bungay shows has an old solution that is counter-intuitive and yet highly practical. *The Art of Action* is a thought-provoking and fresh look at how managers can turn planning into execution, and execution into results.

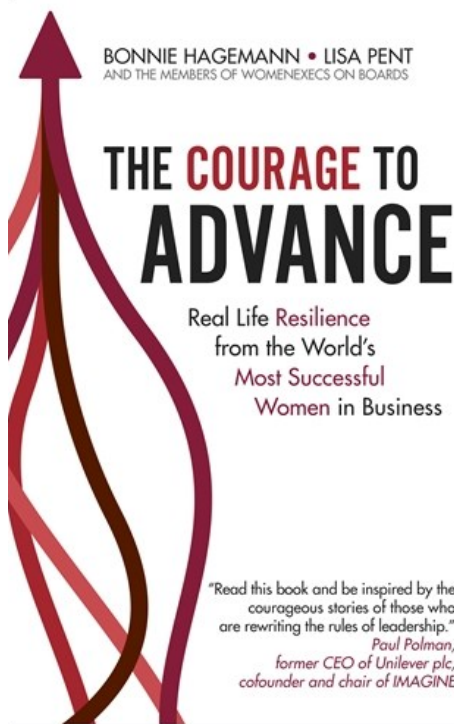
Drawing on his experience as a consultant, senior manager and a highly respected military historian, Stephen Bungay takes a close look at the army which built its agility on the initiative of its highly empowered junior officers, to show business leaders how they can build more effective, productive organizations.

About the Author:

Stephen Bungay is a Director of the Ashridge Strategic Management Centre in London and teaches on several executive programmes at Ashridge Executive Education. After completing his studies at Oxford and the University of Tübingen, he worked in the London and Munich offices of The Boston Consulting Group for 17 years and now works as an independent consultant and teacher and is a sought-after conference speaker. The approach described in *The Art of Action* has been adopted by a wide range of his clients ranging from mid-cap digital technology companies to major global corporates. An acclaimed military historian, Stephen has published two books in that field, *The Most Dangerous Enemy: A History of the Battle of Britain* and *Alamein*, both with Aurum Press, and is a frequent contributor to television programmes, having appeared on Channel 4, Channel 5, BBC2, BBC4, and a range of satellite and cable channels around the world.

THE COURAGE TO ADVANCE

BONNIE HAGEMANN, LISA PENT AND THE MEMBERS OF THE WOMENEXECS ON BOARDS



Nicholas Brealey

December 2021

Editor: Holly Bennion

Length: 224

Translation rights available

Getting to the top in Business is never straightforward, especially as a woman.

This powerful collection of stories reveals how the world's leading women in business have overcome some of life's biggest challenges to reach the top of their professions. This is a book written for every current and aspiring leader, revealing the things that leaders rarely talk about; the behind the scenes struggles.

The women in these stories are powerful, internationally diverse and have impressive leadership accomplishments. They were brought together through one unifying experience: they have all completed the Harvard Business School Women on Boards program, a course that has turned into a movement. Today there are over 130 members of the WomenExecs on Boards network, from 17 countries. This is the network where organisations go to find educated, prepared, qualified and diverse women for corporate board seats.

After reading this book you will be inspired to lead and make a difference for others whether it's running a company or leading a division, team, project, community event or your family and home. You will discover that you already have all you need to succeed when it gets hard, to never give up, and how to keep going through life's difficult and sometimes terrible challenges. These women want you to know that you are not alone, and that you can lean on the strength of those who have gone before you, keep leading and keep getting back up again.

About the Authors:

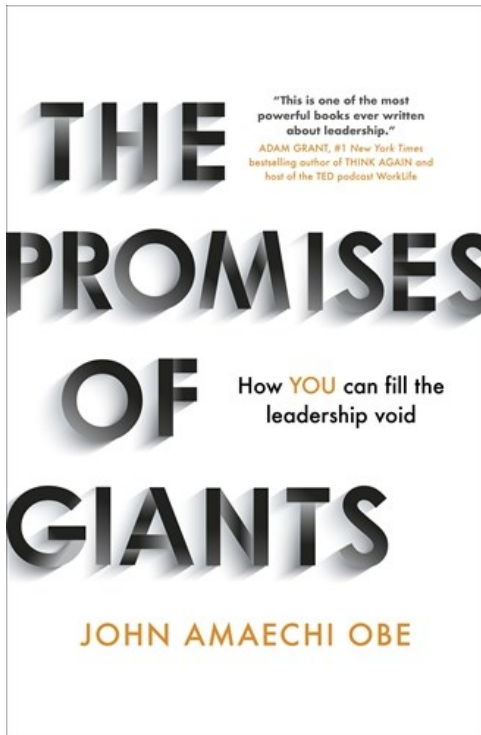
Bonnie Hagemann is a visionary leadership expert and the CEO of Executive Development Associates, a boutique consulting firm specialising in top-of-the-range executive development. She is called on as a subject matter expert for the media, including Forbes, Fast Company, The Wall Street Journal and CNN.

Lisa Pent is a financially literate FTSE 100 senior executive fluent in the worlds of Business Development, Finance, Governance, Strategy, Transformation, Innovation, and Product Lifecycle Management. Lisa sits on the board of the Wall Street Women's Alliance and was in the inaugural Class of Harvard Business School's Executive Education - Women on Boards: Succeeding as a Corporate Director programme.

WomenExecs on Boards is a global network of Women Prepared for Board Service at Harvard Business School with over 190 members from 23 countries. They are deeply committed to one another's success and are working together systematically to advance the state of gender equality in corporate governance and senior executive positions.

THE PROMISE OF GIANTS

JOHN AMAECHI OBE



Nicholas Brealey

July 2021

Editor: Holly Bennion

Length: 240

Translation rights available

"THE MOST UNLIKELY OF PEOPLE, IN THE MOST IMPROBABLE OF CIRCUMSTANCES, CAN BECOME EXTRAORDINARY."

From socio-political chaos and workplace disruption to the climate change crisis, we have never needed people with the skill and will to collaborate to create a better world more than now. We need people who are willing to fill the leadership void. People who will embrace the influence they have. People who believe in improving society and workplace culture - not only because it makes life better, but because it is proven to yield positive results. We need more leaders.

The Promises of Giants is a challenge to anyone who aspires to make a difference in their environment. Over fourteen promises, it seamlessly intertwines personal anecdotes and workplace and social observation with the latest research, to provide practical, proven tips and strategies to empower you to maximize your own potential and inspire others. It is not a self-help book. It is a how-to guide for winning, rooted in the belief that the most unlikely of people, in the most improbable of circumstances, can become extraordinary.

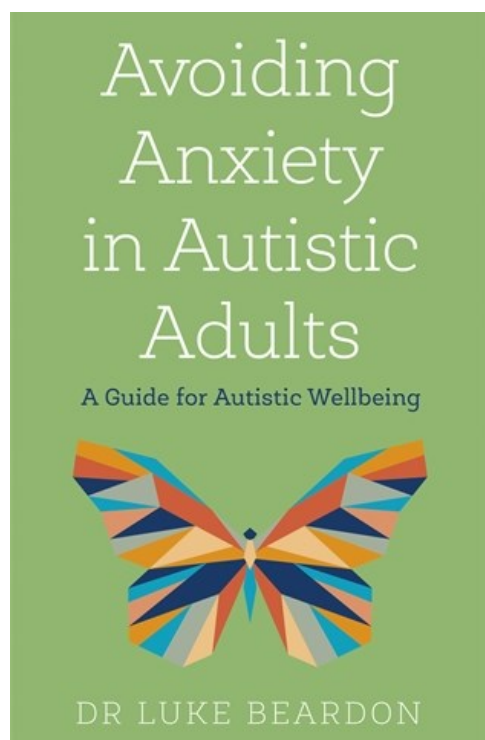
John Amaechi well understands the responsibilities and potential that come with being a giant. *The Promises of Giants* is the product of a life-time spent observing and studying effective leadership - from accompanying his mother's visits to her dying patients to competing at the highest levels of professional sport, through two decades of management consulting with multinational corporations. These experiences have shown that *everyone* has the ability to act decisively to influence the world in a positive way. Everyone is a giant to someone.

About the Author:

John Amaechi OBE is a respected organisational psychologist, New York Times best-selling author, sought after public speaker, executive coach and Founder of APS Intelligence Ltd. He is a non-executive director of a of a FTSE 250 food company and £2.4bn healthcare organisation in addition to being a board advisor for several FTSE100 organisations in the financial, legal and professional services, technology, publishing, engineering and retail sectors. John has been recognised as one of HR's most influential thinkers by HR Magazine. John is the first Briton to have a career in the NBA.

AVOIDING ANXIETY IN AUTISTIC ADULTS

LUKE BEARDON



Sheldon Press

December 2021

Editor: Victoria Roddam

Length: 144

Translation rights available

Are you an autistic adult? Do you love, live or work with an autistic adult? The incredible insights and practical strategies in this book will diminish your stress and anxiety if you are autistic, and will help your autistic loved one or colleague live well, flourish and thrive if you can improve and adjust their environment if you aren't.

One of the biggest challenges if you are an autistic adult (or suspect you might be) is navigating the situations which to the predominantly neuro-typical population might appear completely benign but which cause you huge stress, anxiety and worry.

At work, at university, in social situations, in friendships, relationships, in shops, in unfamiliar environments - there are a wealth of things that can make you feel overwhelmed if the world is full of things that you feel nobody else notices but which cause you huge distress.

Dr Luke Beardon has put together an optimistic, upbeat and readable guide that will be essential reading not just for any autistic adult, but for anyone who loves, lives with or works with an autistic person. Emphasising that autism is not behaviour, but at the same time acknowledging that there are risks of increased anxiety specific to autism, this practical book gives clear strategies that the autistic person can adopt to minimise their anxiety and live comfortably in a world full of what may seem to be noise and chaos.

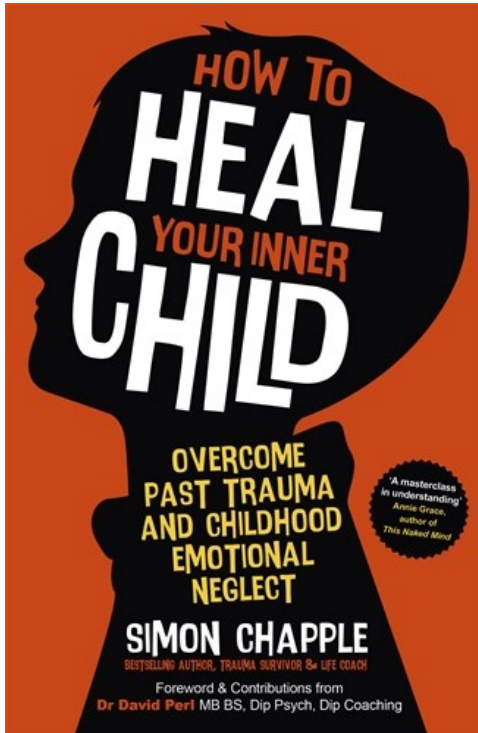
At the same time, *Avoiding Anxiety in Autistic Adults* this book gives clear guidelines and mission statements to those who live or work with autistic people that they, too, can implement to accommodate needs that are different to their own, taking a radical new step towards a genuinely inclusive world in which autistic people don't just survive, but in which they thrive.

About the Author:

Dr Luke Beardon is Senior Lecturer in Autism at Sheffield Hallam University. He has published widely on autism and is renowned and respected for his uniquely inclusive, celebratory approach to helping autistic people thrive in a neuro-typical world. He works with government authorities to develop services and model best practice, in addition to being part of a research team, and has spoken at many national and international conferences on a variety of autism-related topics. He has won several awards for his work, including the National Autistic Society's Autism Professionals Award for achievement in 2016, and has won the Autism Hero Awards in two categories, including for Lifetime Achievement.

HOW TO HEAL YOUR INNER CHILD

SIMON CHAPPLE



Sheldon Press

December 2021

Editor: Victoria Roddam

Length: 240

Rights sold:

Chinese Simplified (China Machine Press)

A recovery and growth handbook for anyone who feels empty - but doesn't know why.

Ten questions to ask yourself, right now:

- * Do you have a sense that something is wrong, but you don't know what it is?
- * Do you have a feeling that you are hollow inside, that you are empty or have a void within?
- * Do you react badly to rejection?
- * Do you often feel sad, unhappy or down for no obvious reason?
- * Would you describe yourself as highly sensitive?
- * Do you have problems with relationships and intimacy?
- * Do you engage in addictive behaviour - alcohol, drugs, gambling, shopping, food, sex, work, exercise?
- * Do you have low self-esteem or self-worth - are you not 'good enough'?
- * Do you have a sense of being numb to your feelings?
- * Do you rarely experience true joy and happiness?

If you have answered 'yes' to most of these questions, there is a strong chance you have experienced emotional neglect or trauma as a child. An emotionally neglected child may struggle to form strong and secure attachments as an adult. They may feel hollow or empty, worthless (or overly important), judge themselves harshly and struggle with addictive tendencies - drinking, eating or exercising too much, for example. If this describes you, *Heal Your Inner Child* will change your life and give you back the love, compassion and authenticity you needed as a child, and deserve as an adult.

Fomer heavy drinker turned sobriety coach Simon Chapple is - like you - a survivor of childhood trauma. His unique brand of straight-talking, practical yet reflective and relatable advice has helped thousands of people quit drinking, and he can help you now to move on from childhood emotional neglect to a place of happiness free from past trauma. *How to Heal Your Inner Child* is a stepped and safe approach to confronting your past, with space for reflective and supportive strategies that will help you to foster self-compassion and break free from the destructive behaviours that have blighted your life. Clinically endorsed and verified by a psychotherapist, this deeply personal, unflinchingly honest exploration is designed to unlock your own epiphany and support you as you journey to a happier, less troubled and more authentic self.

FAQs: ON ANXIETY

SIMON CHAPPLE

sheldon PRESS

No question too embarrassing, naive, complicated or simple - everything that's ever been asked about anxiety, answered.

You left the doctor's surgery before you could ask the things you really wanted to know.

You've googled your question about anxiety and had 75 answers, all contradicting each other.

You asked your best friend - but they looked at you strangely.

You have so many questions, but no idea where to start finding the answers. Here they are. In this book you'll find the definitive, expert responses to all your *FAQs: On Anxiety*. No question is too simple, too embarrassing, too rude or too offbeat to be included, and each one has been asked by thousands of people just like you.

Can anxiety make you vomit?

Will I lose my job because of anxiety?

Are anxious people weak?

All these questions, and hundreds more, are covered in this short but powerful, helpful, practical guide to managing your anxiety. Read at your leisure, or dip in and out when you most need the support or to shine a light on the thoughts and feelings that are making you uncomfortable or unhappy, and to bring them out of the shadows so you can understand and accept them.

Sheldon Press

June 2022

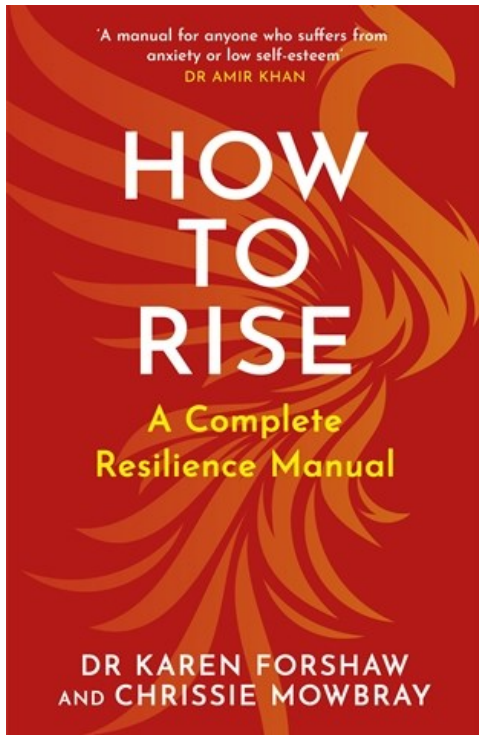
Editor: Victoria Roddam

Length: 192

Translation rights available

HOW TO RISE

DR KAREN FORSHAW & CHRISSIE MOWBRAY



Sheldon Press

June 2021

Editor: Victoria Roddam

Length: 256

Translation rights available

A comprehensive how-to guide for anyone who doubts their ability to navigate life's challenges.

We all fall over. It's knowing how to rise that matters.

Created by healthcare experts with over 45 years' clinical experience between them, *How to Rise* draws on both spiritual and psychological wisdom to create a Resilience Toolkit which tackles even the most difficult of circumstances.

Outlining what a Resilient Mindset looks like, and drawing on years of experience working with some of the most stressed and anxious people in the healthcare industry, Karen Forshaw and Chrissie Mowbray have created a highly effective and potent blend of western therapies and eastern philosophy. Using their unique 'Resilience Gap Analysis Tool', you'll find out how to identify the weak spots in your armour before taking practical action to address areas of need and build your resilience with over 60 'tools' cross-referenced to your personalised Gap Analysis.

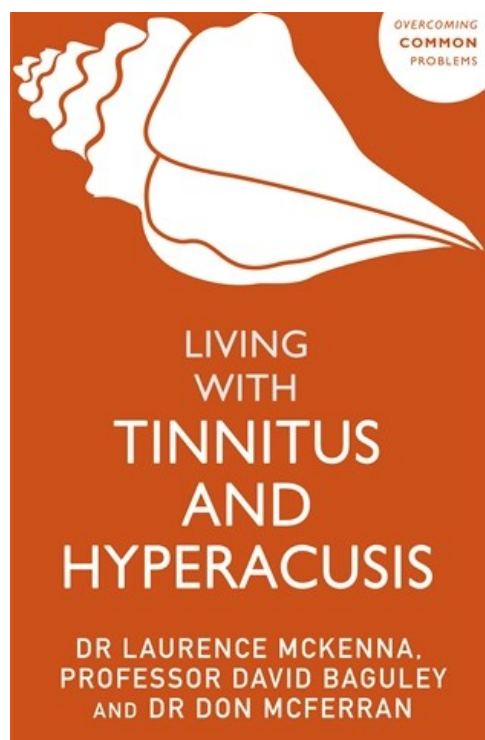
With dozens of mindfulness, visualisation and other practical exercises all carefully curated to help you build a better mindset, *How to Rise* is a unique blend of holism and practical techniques with proven outcome. Tried and tested on hundreds of stressed NHS professionals, this is an essential read for anyone struggling with issues related to stress, self-esteem, anxiety or insecurity.

About the Authors:

Dr Karen Forshaw is a General Practitioner and **Chrissie Mowbray** is a Physiotherapist, Hypnotherapist and Psychotherapist with NLP and C BT training. They have over 45 years' clinical experience between them. They have trained hundreds of healthcare professionals to be more resilient through RC GP and other NHS workshops. They are listed as a mental health resource on several NHS websites.

LIVING WITH TINNITUS AND HYPERACUSIS

DR LAWRENCE MCKENNA, PROFESSOR DAVID BAGULEY & DR DON MCFERRAN



Sheldon Press

September 2021

Editor: Victoria Roddam

Length: 160

Translation rights available

All the latest insight, research and practical advice on how to manage this distressing condition and the associated disorders of hyperacusis and misophonia.

Tinnitus can be a difficult and distressing condition to manage, and many people with tinnitus are currently left to fend for themselves.

Misophonia is an increasingly recognized, and equally distressing, condition which is likewise often overlooked by the medical profession, despite the acute anxiety it generates in those experiencing it.

However, prospects for recovery have never been better, based on recent advances in psychology, auditory neuroscience and medicine. Because tinnitus, hyperacusis and misophonia present very differently and idiosyncratically from individual to individual, self-help techniques can often be effective in minimizing the distress caused by these disorders, which can range from lack of sleep and irritability, to loss of concentration and confidence.

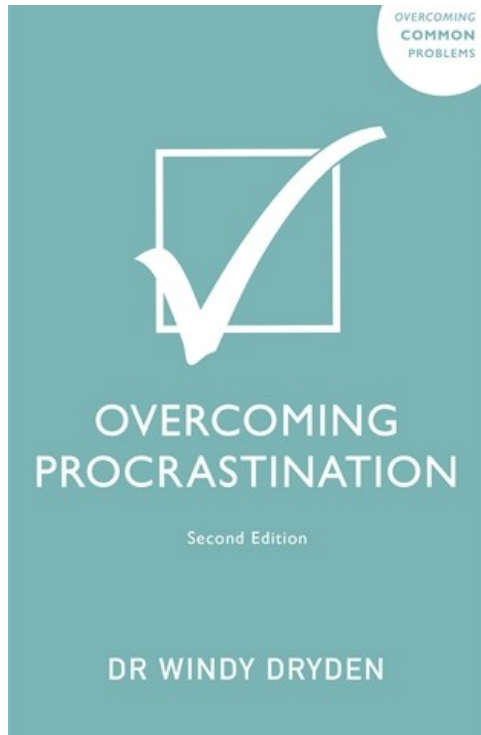
The latest edition of *Living with Tinnitus and Hyperacusis* looks at strategies for living with tinnitus, hyperacusis and misophonia, and includes a complete programme for recovery. It features the latest research from the fields of psychology, neuroscience and medicine to offer a full overview of the causes, impact, and most effective treatments available. It has practical advice on relaxation and sound therapy as well as insights into relieving the stress of auditory conditions.

About the Authors:

Laurence McKenna has worked as a clinical psychologist at the Royal National Throat Nose & Ear Hospital for the past 27 years. He is head of the team of psychologists working in the Adult Audiological Medicine Department treating patients with tinnitus and other audiovestibular disorders. **David Baguley** is Director of Audiology at Cambridge University Hospitals, UK. David's clinical and research interests focus on tinnitus, with the aim of understanding this symptom and designing novel and innovative interventions. **Don McFerran** is a consultant ear, nose and throat surgeon. He has worked as an ENT surgeon since 1983 and has a specific interest in tinnitus.

OVERCOMING PROCRASTINATION

WINDY DRYDEN



Sheldon Press

October 2021

Editor: Victoria Roddam

Length: 128

Translation rights available

If 'putting off until tomorrow the things you could do today' is disrupting your life and impacting your success and happiness, you need to buy and read this book - NOW.

Procrastinating, putting things off, delaying and obstructing progress - do these sound familiar to you?

They are all patterns of destructive or obstructive behaviour in a pressured world where progress is measured by results. *Overcoming Procrastination*, updated and modernized for 2021, demonstrates that change can only occur when we have a better understanding of our own emotions and motivations. It uses proven therapeutic techniques that centre around finding strategies for developing potential, and unlocking the door to a more effective and enriched life.

About the Author:

Windy Dryden is one of the leading practitioners and trainers in the UK in the Cognitive Behaviour Therapy (CBT) tradition of psychotherapy. He is best known for his work in Rational-Emotive Cognitive Behaviour Therapy (RECBT), a leading CBT approach. He has been working in the field of counselling and psychotherapy since 1975 and was one of the first people in Britain to be trained in CBT.

He has published over 200 books and has trained therapists all over the world, in as diverse places as the UK, the USA, South Africa, Turkey and Israel.

He is Emeritus Professor of Psychotherapeutic Studies at Goldsmiths University of London.

SMASHING STEREOTYPES

VIRGINIA MENDEZ

sheldon PRESS

Sheldon Press

April 2022

Editor: Victoria Roddam

Length: 160

Translation rights available

Ground-breaking and game-changing, *Smashing Stereotypes* gives parents a series of actionable, practical, easy to implement strategies to fight gender stereotypes and help your child become a positive agent for change.

- In 2013, Disney released its most egalitarian film to date - but 59% of all the lines in *Frozen* are spoken by male characters.
- 57% of children's books published annually have central male characters; just 31% have central female characters.

Raising your child beyond the limitations placed on them by gender is, let's face it, an uphill battle. If you don't know where to start, or how to start, you will find inspiration, insight and plenty of practical strategies in *Smashing Stereotypes*. From navigating the gendered constructs that dominate children's films, television and media generally, to choosing appropriate and stimulating toys beyond the binary divide, this accessible and relatable book will make the whole process much less daunting.

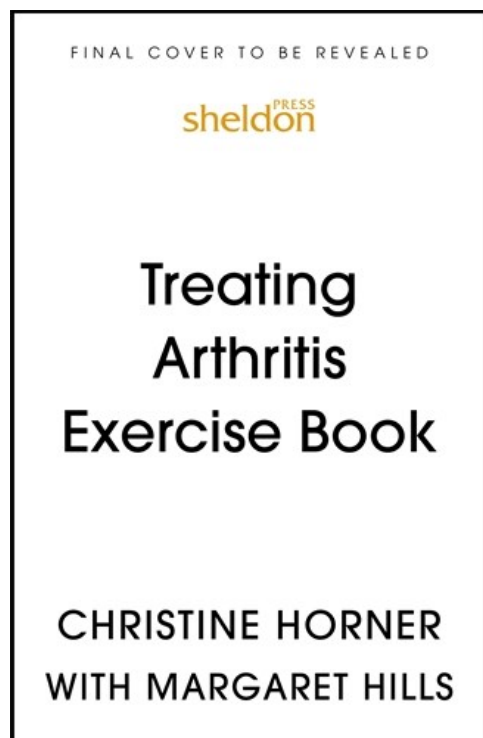
Based on interviews with, and research by, some of the best thought-leaders from the fields of psychology, neuroscience and education, the insights in this book will not only open the eyes of any parent or caregiver, they will inspire you to help your child to look at the world in a critical, creative and empowered way. Free from the restraints of the stereotypes that surround gender, your child has the opportunity to reach their true potential - and this is the book that you need to launch them on that journey.

About the Author:

Virginia Mendez is a mother of two and the co-founder of www.thefeministshop.com. She is the author of two books for children on gender, and consent. As a children's author, she has spoken to over 2000 school children, promoting critical thinking and inviting them to understand what is behind their already-formed ideas about things being for boys and things being for girls. She has spoken at the Human Rights Festival, has been published in both *Forbes* and *The Sunday Times*, and is part of the thought leader program 'Ladies who Launch'. She has been featured in *Women in Business* and she is frequently invited to podcasts and YouTube channels as a guest speaker. Virginia is part of the Global Equality Collective, and DiverseEducators. She has been recognised as one of the 145 Inspiring Women Leaders of 2020 by Diverse In Globaland and won an award as one of the Top 100 UK #Also f:Entrepreneurs in 2020.

TREATING ARTHRITIS EXERCISE BOOK

CHRISTINE HORNER WITH MARGARET MILLS



Sheldon Press

April 2022

Editor: Victoria Roddam

Length: 128

Translation rights available

MOVE BETTER, FEEL BETTER - TREATING ARTHRITIS THE NATURAL WAY

Hundreds of thousands of people with arthritis have been helped by the Margaret Hills Clinic and by Margaret's bestselling books, *Treating Arthritis: The Drug Free Way* and *The Treating Arthritis Diet Book*. This companion title, completely updated with new exercises, routines and the latest insights into arthritis and joint function, offers a full program to help restore mobility and flexibility for those who are struggling with pain or discomfort.

Embracing the simple principles that make the Margaret Hills drug-free protocol so effective, this book will give stepped and manageable exercises that work to improve fitness and function in anyone experiencing inflammation or pain. You don't need to be fit, athletic or flexible to derive benefits from this book, no special equipment is necessary, and you can commit as little (or as much) time as fits your routine. Used in conjunction with the diet and lifestyle management from the companion titles above, you can significantly improve not only your physical condition but also your mental and emotional wellbeing.

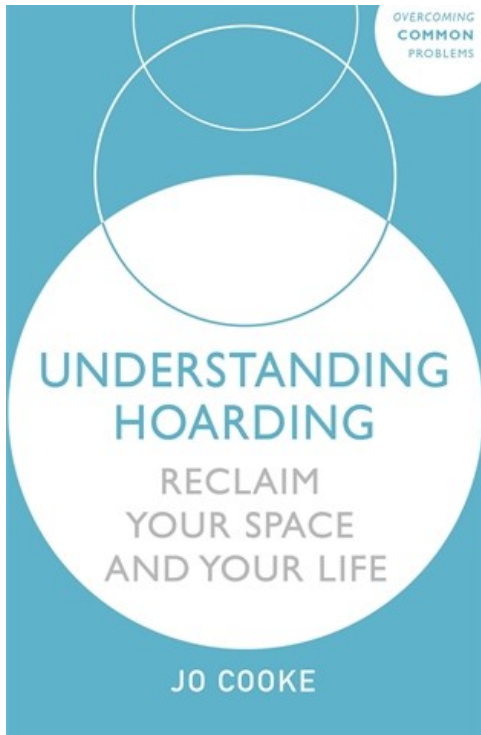
About the Author:

The late **Margaret Hills**, SRN, trained at St Stephen's Hospital, London. She developed osteoarthritis and rheumatoid arthritis as a young woman, but went on to finish her nurse's training, marry, have eight children and pursue a long career as an industrial nurse. She developed her own method of natural treatment for arthritis, clearing all her symptoms and subsequently opened her Clinic in the early 1980s by public demand. Many thousands of people worldwide contacted her for advice on how to alleviate their symptoms of arthritis.

Christine Horner, ECNP, is a Nutritional Medicine practitioner and, having gained valuable experience working alongside Margaret for many years, was able to continue the work of the Clinic on her mother's retirement. Her constant research for safe ways to overcome the debilitating pain her patients are suffering has led her to adding photobiomodulation using coherent cold laser light, and adaptive electrotherapy, InterX, Scenar and Cosmodic, to help improve tissue repair, reduce inflammation and restore the body's homeostasis so as to regain health and mobility as quickly as possible.

UNDERSTANDING HOARDING

JO COOKE



Sheldon Press

May 2021

Editor: Victoria Roddam

Length: 144

Translation rights available

If you are living with, are close to, or are yourself someone who is hoarding, you'll know that the disorder goes far deeper than most people realise, affecting the whole family and presenting huge challenges to the physical, mental, emotional and even financial wellbeing of anyone involved.

Jo Cooke is Director of one of the UK's leading support services for people affected by hoarding and clutter, and has written this sensitive and empathetic book to help anyone experiencing hoarding difficulties. She gives insight into Hoarding Disorder - explaining what it is and, importantly, what it isn't - and what may trigger hoarding. There are strategies for how to assess the scale of situation and lay the groundwork to address it, and insights into who can help and how they can do it.

An 8 step-plan gives practical steps to tackle the hoarding, supported by suggestions for what to do with the 'stuff', and advice on safeguarding - as well as techniques to support the hoarder as they attempt to stay clutter-free. There is space in the book for individuals and their own stories of hoarding, giving an empowering voice to people affected by the condition, and replacing the morbid curiosity that often accompanies it.

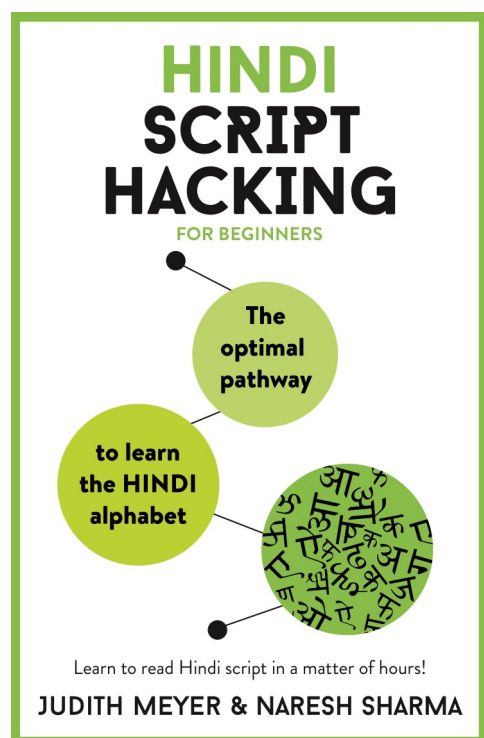
With plenty of information on resources and therapies that can help, this is a warm and hugely practical guide that can only help anyone affected in any way by hoarding.

About the Author:

Jo Cooke is director of Hoarding Disorders UK and an accredited member of the Association of Professional Declutterers and Organisers (APDO). Her previous career included working for various charities and the Civil Service.

HINDI SCRIPT HACKING

JUDITH MEYER & NARESH SHARMA



Teach Yourself

July 2020

Editor: Emma Green

Length: 144

Translation rights available

Learn how to read Hindi (Devanagari) script in a matter of hours!

Using a unique, tried and tested algorithm, this book teaches you how to quickly and efficiently recognise letters and common words in Hindi (Devanagari) script. Whether you're travelling and want to understand the words around you, or preparing to learn Hindi and want to master the basics, this is the book for you.

In this book you will find:

- An introduction to Hindi (Devanagari) script
- Plenty of practice activities to help you recognise each letter of the alphabet
- Helpful mnemonics to make you remember the shape of each letter
- Accompanying audio files so you know how to pronounce letters and words
- Handy tips to help you decipher common and familiar words

The audio for this course can be downloaded from the Teach Yourself Library app or streamed at library.teachyourself.com.

Rely on Teach Yourself, trusted by language learners for over 80 years.

About the Authors:

Judith Meyer is the founder of learnlangs.com and a freelance computational linguist, developing computer language courses and algorithms to improve the offline teaching of languages. She is a renowned polyglot with thousands of followers on social media who is known for running the annual Polyglot Gatherings.

Naresh Sharma is a Senior Lecturer in Hindi and Urdu at SOAS, University of London. He has a MA in Hindi and a MA in Language Teaching.

COMPLETE ARAMAIC

ERIC D. REYMOND

COMPLETE ARAMAIC

A Comprehensive Guide to reading and understanding Aramaic with Original Texts



ERIC REYMOND

Teach Yourself

October 2021

Editor: Emma Green

Length: 344

Translation rights available

Discover a new and effective way to access the world's ancient knowledge. With 24 units covering the key skills of reading and writing, this course gives you the confidence you need to understand Aramaic.

Designed for complete beginners, and tested with real learners, *Complete Aramaic* offers a bridge from the textbook to the real world, enabling you to learn the grammar, understand the vocabulary and even how to translate Biblical texts written in the language spoken by Jesus and the earliest Christian community.

Structured around authentic material including Biblical extracts from the books of Daniel and Ezra as well as extracts from the Dead Sea Scrolls, using original exercises and full grammatical support, this course also features:

- 24 short learning units plus glossary and reference section
- Authentic materials - language taught through key texts
- Teaches the key skills - reading and understanding Aramaic grammar and vocabulary
- Includes readings from ancient papyri and the Dead Sea Scrolls
- Self tests and learning activities - see and track your own progress

Rely on Teach Yourself, trusted by language learners for over 80 years.

About the Author:

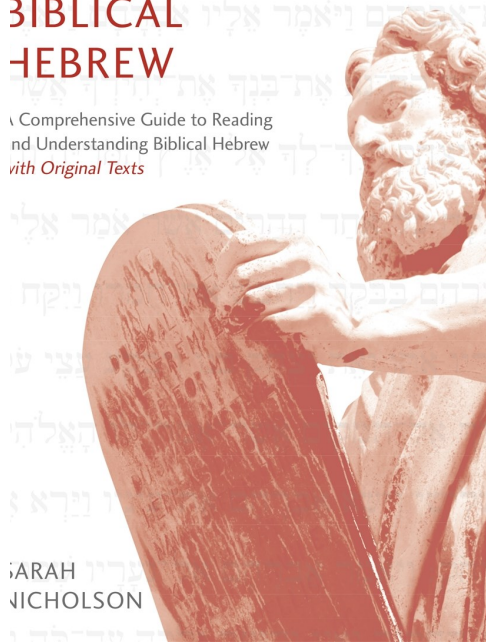
Eric Raymond is Lector in Biblical Hebrew at Yale Divinity School. He has studied Aramaic in all its forms, as well as Syriac, and has taught Aramaic to graduate and undergraduate students at the University of Michigan (Ann Arbor) and Yale University. He is the author of numerous articles and reviews, in addition to two books, and has created a website specifically to teach Aramaic to those with no previous experience of Semitic languages.

COMPLETE BIBLICAL HEBREW

SARAH NICHOLSON

COMPLETE BIBLICAL HEBREW

A Comprehensive Guide to Reading
and Understanding Biblical Hebrew
with Original Texts



Teach Yourself

March 2021

Editor: Emma Green

Length: 392

Translation rights available

A complete course on reading and understanding Biblical Hebrew, designed for absolute beginners, with a focus on authentic biblical texts.

Designed for complete beginners, and tested for years with real learners, *Complete Biblical Hebrew* offers a bridge from the textbook to the real world, enabling you to learn the grammar, understand the vocabulary and ultimately gain the skills needed to be able to translate passages from the Hebrew Bible.

This new edition includes:

- 20 short learning units plus glossary and grammar reference section
- Authentic materials - draws on extracts from the Pentateuch, the Prophets and the Writings
- Poetic texts and narrative texts for translation at the end of the book
- Detailed coverage of both grammar and vocabulary
- Numerous practice activities
- Self-tests and self-check activities, enabling you to see and track your own progress
- Answer key at the back of the book
- Includes glossary, verb tables and lexicon

This new edition features even more practice exercises, additional readings and the latest scholarship.

Rely on Teach Yourself, trusted by language learners for over 80 years.

About the Author:

Dr. Sarah Nicholson is a lecturer in Theology and Religious Studies at the University of Glasgow.

ENJOY ESPERANTO

TIM OWEN



Teach Yourself

September 2021

Editor: Emma Green

Length: 240

Translation rights available

This new course from *Teach Yourself* - the most trusted brand in language learning - teaches learners to communicate with greater confidence and fluency, and to feel at home with Esperanto.

Enjoy Esperanto introduces you to the more advanced points of Esperanto grammar and develops your vocabulary through a variety of engaging and contemporary themes, giving you the skills you need to respond to a wide range of authentic texts and conversations.

What will I achieve by the end of the course?

By the end of *Enjoy Esperanto* you will have increased your capacity to understand the spoken and written language, and furthered your ability to communicate with Esperanto speakers, orally and in writing. This course aims to take you from a good intermediate level (B1/B2 on the Common European Framework of Reference for languages / Advanced Low of the ACTFL) and help you progress up to a C1 / Advanced High level.

Is this course for me?

If you already know some Esperanto and want to take it further, this is the course for you. It's perfect for the self-study learner, with a one-to-one tutor, or for the post-beginner classroom.

What do I get?

A coursebook with over two hours of audio online that features:

- Ten units that cover more complex situations than your basic tourist scenarios
- Carefully levelled and sequenced material - a solid path to build up your knowledge
- Insight into Esperanto culture
- Authentic texts, such as newspaper articles, blogs, poems, songs, excerpts and conversations to present the language
- Learn through the Discovery Method which helps you notice patterns and retain the language you learn
- Learn to learn - tips and advice on becoming a better language learner
- Easy to use workbook format.

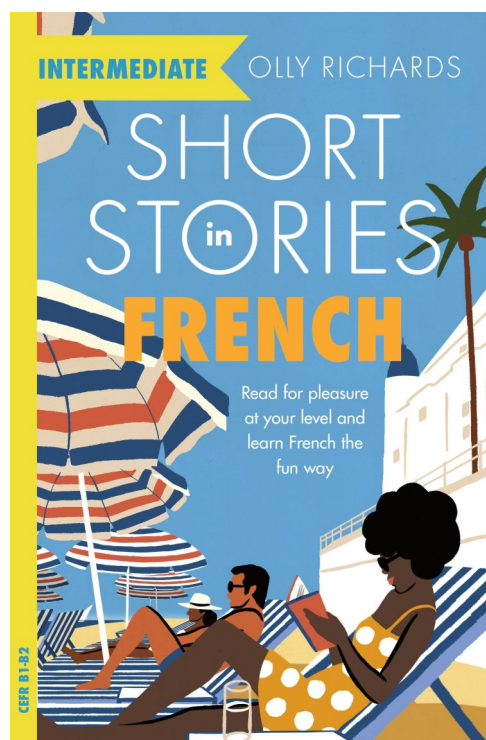
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About the Author:

Tim Owen is Director of Education and Development at the Esperanto Association of Britain. He has taught students at all levels and edits the magazine *La Brita Esperantisto*.

SHORT STORIES IN FRENCH FOR INTERMEDIATE LEARNERS

OLLY RICHARDS



Teach Yourself

May 2021

Editor: Sarah Cole

Length: 256

Translation rights available

About the Author:

Olly Richards speaks eight languages and is the man behind the popular blog: *I Will Teach You A Language*. He started learning his first foreign language at age 19, when he bought a one-way ticket to Paris...

With no exposure to languages growing up, and no special talent to speak of, he had to figure out how to learn a foreign language from scratch. Fifteen years later, Olly has studied ten languages and has decided to reveal how he accomplished his goal of learning foreign languages quickly.

An unmissable collection of eight unconventional and captivating short stories for young adult and adult intermediate learners of French.

Short Stories in French for Intermediate Learners has been written especially for students from a low-intermediate to intermediate level, designed to give a sense of achievement, and most importantly - enjoyment! Mapped to B1-B2 of the Common European Framework of Reference (CEFR) for languages, these eight captivating stories will both entertain you and give you a feeling of progress when reading.

What does this book give you?

- Eight stories in a variety of exciting genres, from science fiction and crime to history and thriller - making reading fun, while you learn a wide range of new vocabulary
- Controlled language at your level, to help you progress confidently
- Realistic spoken dialogues, to help you learn conversational expressions and improve your speaking ability
- Accessible grammar so you learn new structures naturally, in a stress-free way
- Beautiful illustrations accompanying each story, to set the scene and support your understanding
- Pleasure! Research shows that if you're enjoying reading in a foreign language, you won't experience the usual feelings of frustration - 'It's too hard!' 'I don't understand!'

With intriguing plots that will spark your imagination and keep you reading, *Short Stories in French for Intermediate Learners* will take your grasp of French to the next level with key features to support and consolidate your progress, including:

- A glossary for bold-face words in each text
- A bilingual word list
- Full plot summary
- Comprehension questions after each chapter.

As a result, you will be able to focus on enjoying reading, delighting in your improved range of vocabulary and grasp of the language, without ever feeling overwhelmed. From science fiction to fantasy, to crime and thrillers, *Short Stories in French for Intermediate Learners* uses reading as the perfect tool to not only delight in learning French, but to accelerate your journey towards fluency.

SHORT STORIES IN GERMAN FOR INTERMEDIATE LEARNERS

OLLY RICHARDS



Teach Yourself

April 2021

Editor: Sarah Cole

Length: 256

Translation rights available

About the Author:

Olly Richards speaks eight languages and is the man behind the popular blog: *I Will Teach You A Language*. He started learning his first foreign language at age 19, when he bought a one-way ticket to Paris...

With no exposure to languages growing up, and no special talent to speak of, he had to figure out how to learn a foreign language from scratch. Fifteen years later, Olly has studied ten languages and has decided to reveal how he accomplished his goal of learning foreign languages quickly.

An unmissable collection of eight unconventional and captivating short stories for young adult and adult intermediate learners of German.

Short Stories in German for Intermediate Learners has been written especially for students from a low-intermediate to intermediate level, designed to give a sense of achievement, and most importantly - enjoyment! Mapped to B1-B2 of the Common European Framework of Reference (CEFR) for languages, these eight captivating stories will both entertain you and give you a feeling of progress when reading.

What does this book give you?

- Eight stories in a variety of exciting genres, from science fiction and crime to history and thriller - making reading fun, while you learn a wide range of new vocabulary
- Controlled language at your level, to help you progress confidently
- Realistic spoken dialogues, to help you learn conversational expressions and improve your speaking ability
- Accessible grammar so you learn new structures naturally, in a stress-free way
- Beautiful illustrations accompanying each story, to set the scene and support your understanding
- Pleasure! Research shows that if you're enjoying reading in a foreign language, you won't experience the usual feelings of frustration - 'It's too hard!' 'I don't understand!'

With intriguing plots that will spark your imagination and keep you reading, *Short Stories in French for Intermediate Learners* will take your grasp of French to the next level with key features to support and consolidate your progress, including:

- A glossary for bold-face words in each text
- A bilingual word list
- Full plot summary
- Comprehension questions after each chapter.

As a result, you will be able to focus on enjoying reading, delighting in your improved range of vocabulary and grasp of the language, without ever feeling overwhelmed. From science fiction to fantasy, to crime and thrillers, *Short Stories in German for Intermediate Learners* uses reading as the perfect tool to not only delight in learning German, but to accelerate your journey towards fluency.

SHORT STORIES IN IRISH FOR BEGINNERS

TIM OWEN



Teach Yourself

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About the Author:

Olly Richards speaks eight languages and is the man behind the popular blog: *I Will Teach You A Language*. He started learning his first foreign language at age 19, when he bought a one-way ticket to Paris...

With no exposure to languages growing up, and no special talent to speak of, he had to figure out how to learn a foreign language from scratch. Fifteen years later, Olly has studied ten languages and has decided to reveal how he accomplished his goal of learning foreign languages quickly.

An unmissable collection of eight unconventional and captivating short stories for young and adult learners of Irish.

Short Stories in Irish for Beginners has been written especially for students from high-beginner to low-intermediate level, designed to give a sense of achievement, a feeling of progress and most importantly - enjoyment! Mapped to A1-B1 on the Common European Framework of Reference (CEFR) for languages, these eight captivating stories are designed to give you a sense of achievement and a feeling of progress when reading.

What does this book give you?

- Eight stories in a variety of exciting genres, from science fiction and crime to history and thriller - making reading fun, while you learn a wide range of new vocabulary
- Controlled language at your level, to help you progress confidently
- Realistic spoken dialogues, to help you learn conversational expressions and improve your speaking ability
- Accessible grammar so you learn new structures naturally, in a stress-free way
- Beautiful illustrations accompanying each story, to set the scene and support your understanding
- Pleasure! Research shows that if you're enjoying reading in a foreign language, you won't experience the usual feelings of frustration - 'It's too hard!' 'I don't understand!'

Carefully curated to make learning a new language easy, these stories include key features that will support and consolidate your progress, including:

- A glossary for bolded words in each chapter
- Full plot summary
- A bilingual word list
- Comprehension questions after each chapter.

As a result, you will be able to focus on enjoying reading, delighting in your improved range of vocabulary and grasp of the language, without ever feeling overwhelmed. From science fiction to fantasy, to crime and thrillers, *Short Stories in Irish for Beginners* will make learning Irish easy and enjoyable.

SHORT STORIES IN JAPANESE FOR INTERMEDIATE LEARNERS

OLLY RICHARDS



Teach Yourself

February 2022

Editor: Sarah Cole

Length: 304

Translation rights available

About the Author:

Olly Richards speaks eight languages and is the man behind the popular blog: *I Will Teach You A Language*. He started learning his first foreign language at age 19, when he bought a one-way ticket to Paris...

With no exposure to languages growing up, and no special talent to speak of, he had to figure out how to learn a foreign language from scratch. Fifteen years later, Olly has studied ten languages and has decided to reveal how he accomplished his goal of learning foreign languages quickly.

An unmissable collection of eight unconventional and captivating short stories for young and adult learners of Japanese.

Short Stories in Japanese for Intermediate Learners has been written especially for students from low-mid intermediate (ACTFL) level of Japanese. Mapped to B1 and approaching B2 on the Common European Framework of Reference, these eight captivating stories are designed to give you a sense of achievement and a feeling of progress when reading, and most importantly - enjoyment!

What does this book give you?

- Eight stories in a variety of exciting genres, from science fiction and crime to history and thriller - making reading fun, while you learn a wide range of new vocabulary
- Controlled language at your level to help you progress confidently
- Realistic spoken dialogues to help you learn conversational expressions and improve your speaking ability
- Accessible grammar so you learn new structures naturally, in a stress-free way
- Beautiful illustrations accompanying each story, to set the scene and support your understanding
- Pleasure! Research shows that if you're enjoying reading in a foreign language, you won't experience the usual feelings of frustration - 'It's too hard!' 'I don't understand!'

With intriguing plots that will spark your imagination and keep you reading, *Short Stories in Japanese for Intermediate Learners* will take your grasp of Japanese to the next level with key features to support and consolidate your progress, including:

- A glossary for bolded words in each chapter
- Full plot summary
- A bilingual word list
- Comprehension questions after each chapter.

As a result, you will be able to focus on enjoying reading, delighting in your improved range of vocabulary and grasp of the language, without ever feeling overwhelmed. From science fiction to fantasy, to crime and thrillers, *Short Stories in Japanese for Intermediate Learners* will accelerate your journey towards fluency.

SHORT STORIES IN RUSSIAN FOR INTERMEDIATE LEARNERS

OLLY RICHARDS



Teach Yourself

April 2021

Editor: Sarah Cole

Length: 288

Translation rights available

About the Author:

Olly Richards speaks eight languages and is the man behind the popular blog: *I Will Teach You A Language*. He started learning his first foreign language at age 19, when he bought a one-way ticket to Paris...

With no exposure to languages growing up, and no special talent to speak of, he had to figure out how to learn a foreign language from scratch. Fifteen years later, Olly has studied ten languages and has decided to reveal how he accomplished his goal of learning foreign languages quickly.

An unmissable collection of eight unconventional and captivating short stories for young adult and adult intermediate learners of Russian.

Short Stories in Russian for Intermediate Learners has been written especially for students from a low-intermediate to intermediate level, designed to give a sense of achievement, and most importantly - enjoyment! Mapped to B1-B2 of the Common European Framework of Reference (CEFR) for languages, these eight captivating stories will both entertain you and give you a feeling of progress when reading.

What does this book give you?

- Eight stories in a variety of exciting genres, from science fiction and crime to history and thriller - making reading fun, while you learn a wide range of new vocabulary
- Controlled language at your level to help you progress confidently
- Realistic spoken dialogues to help you learn conversational expressions and improve your speaking ability
- Accessible grammar so you learn new structures naturally, in a stress-free way
- Beautiful illustrations accompanying each story, to set the scene and support your understanding
- Pleasure! Research shows that if you're enjoying reading in a foreign language, you won't experience the usual feelings of frustration - 'It's too hard!' 'I don't understand!'

With intriguing plots that will spark your imagination and keep you reading, *Short Stories in Japanese for Intermediate Learners* will take your grasp of Japanese to the next level with key features to support and consolidate your progress, including:

- A glossary for bolded words in each chapter
- Full plot summary
- A bilingual word list
- Comprehension questions after each chapter.

As a result, you will be able to focus on enjoying reading in Cyrillic, delighting in your improved range of vocabulary and grasp of the language, without ever feeling overwhelmed. From science fiction to fantasy, to crime and thrillers, *Short Stories in Russian for Intermediate Learners* uses reading as the perfect tool to not only delight in learning Russian and reading Cyrillic, but to accelerate your journey towards fluency.