



Jessica Kingsley  
Publishers

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# RIGHTS GUIDE

## Spring 2022

# Contacts

**Margaret Szymczyk** *Asia, Audio and Digital Licensing*

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Head of Rights

Margaret.Szymczyk@hachette.co.uk

**Daria Riabchikova** *Europe, Middle East, and Latin America*

---

Senior Rights Executive

Daria.Riabchikova@johnmurrays.co.uk

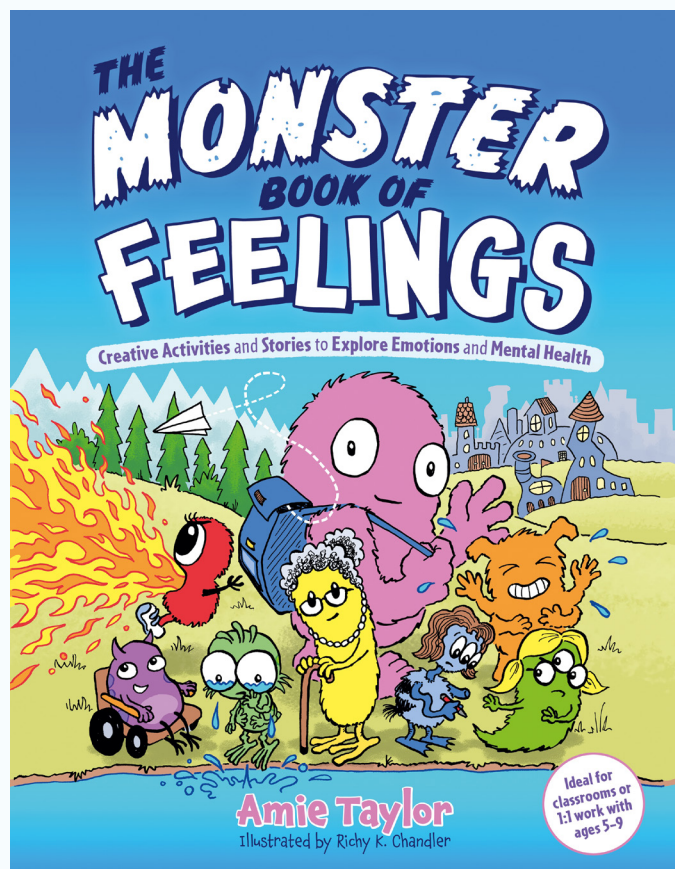


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FEB 2022 | TP | 208PP | ISBN-9781787759008 | 35 B&W  
ILLUSTRATIONS | JESSICA KINGSLEY PUBLISHERS

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**Amie Taylor** has 15 years' experience making and delivering theatre and storytelling projects with and for children and young people. Her theatre company, The Shadow Makers, have created 4 shows for children aged 4-9, including Ice Island, about feelings, emotions and mental health, which inspired the book. She has also been a speaker for The Self Esteem Team, delivering talks on mental health in youth settings, and the drama lead for Our Time, a charity working with young people living with a parent or carer with a mental health issue.

## The Monster Book of Feelings

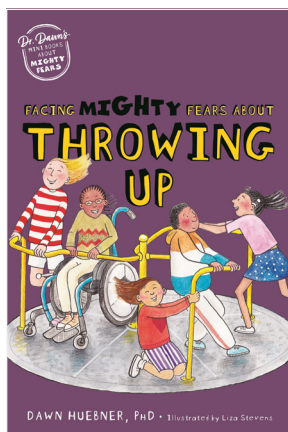
Creative Activities and Stories to  
Explore Emotions and Mental Health

**Amie Taylor**

*Illustrated by Richy K. Chandler*

This book is designed to help children to understand and articulate the emotions they might experience - feelings of anxiety and worry, pride, joy and excitement, sadness, anger and jealousy - and provides simple strategies for managing their mental health. Full of monster-themed stories, activities and downloadable worksheets, it is ideal to use individually or in group settings with ages 5-9.

Children will meet characters like Thomas, the big purple monster who has a heavy backpack full of his worries, and Geronimo, who inconveniently creates small floods with his tears all around Ice Island. The second part of the book is a detailed guide for adults with explanations of key concepts, support for delivering the activities, suggested discussion points and drama activities to consolidate learning.



## Facing Mighty Fears About Throwing Up

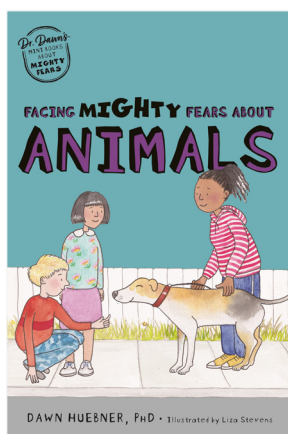
**Dawn Huebner, PhD**

*Illustrated by Liza Stevens*

No one like to throw up, but emetophobia is different, turning disgust into dread.

*Facing Mighty Fears About Throwing Up* presents techniques to help shrink this common fear. Fun Facts about vomit engage children, while a Note to Parents and Caregivers and supplemental resource section make this the perfect guide for parents and mental health professionals. Part of the *Dr. Dawn's Mini Books About Mighty Fears* series and designed to help children ages 6-10 tackle fears and live happier lives.

APR 2022 | TP | 80PP | ISBN-9781787759251 | 39 BLACK & WHITE ILLUSTRATIONS | JKP | WORLD RIGHTS AVAILABLE



## Facing Mighty Fears About Animals

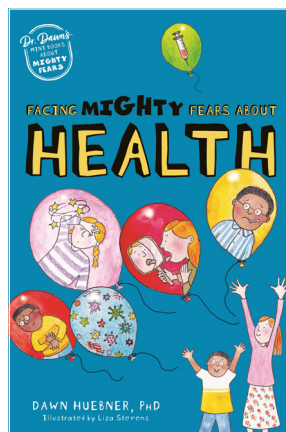
**Dawn Huebner, PhD**

*Illustrated by Liza Stevens*

Fear of animals that slither, bite, and sting can get in the way of going places

and doing things. *Facing Might Fears About Animals* teaches children techniques to shrink over-size fears. Fun Facts about bees, dogs, spiders, and snakes engage children, while a Note to Parents and Caregivers and supplemental resource section make this the perfect guide for parents and mental health professionals. This book is part of the *Dr. Dawn's Mini Books About Mighty Fears* series, designed to help children ages 6-10 tackle their fears and live happier lives.

APR 2022 | TP | 80PP | ISBN-9781787759466 | 40 BLACK & WHITE ILLUSTRATIONS | JKP | WORLD RIGHTS AVAILABLE



## Facing Mighty Fears About Health

**Dawn Huebner, PhD**

*Illustrated by Liza Stevens*

Thinking about our body's functions can be scary, especially when it morphs

into Health Anxiety that gets in the way of everyday life. *Facing Mighty Fears About Health* teaches 4 steps to manage 'false alarm' fears. Fun Facts about the body engage children, while a Note to Parents and Caregivers and supplemental resource section make this the perfect guide for parents and mental health professionals. Part of the *Dr. Dawn's Mini Books About Mighty Fears* series and designed to help children ages 6-10 tackle their fears and live happier lives.

APR 2022 | TP | 80PP | ISBN-9781787759282 | 39 BLACK & WHITE ILLUSTRATIONS | JKP | WORLD RIGHTS AVAILABLE



## Facing Mighty Fears About Trying New Things

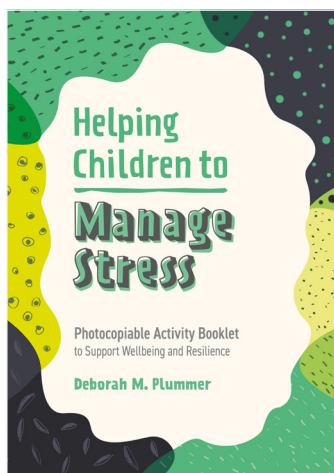
**Dawn Huebner, PhD**

*Illustrated by Liza Stevens*

First time jitters are normal, but when they turn into tears and outright refusal, the world shrinks in problematic ways. *Facing Mighty Fears About Trying New Things* teaches children to manage uncertainty about new experiences. Fun Facts engage children while a Note to Parents and Caregivers and a supplemental resource section make this the perfect guide for parents and mental health professionals. This book is part of the *Dr. Dawn's Mini Books About Mighty Fears* series, designed to help children ages 6-10 tackle their fears lives. 6-10 tackle their fears.

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## Helping Children to Manage Stress

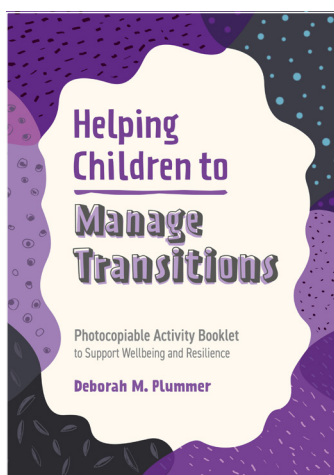
**Photocopiable Activity Booklet to Support Wellbeing and Resilience**

**Deborah M. Plummer**

Facilitating the healthy management of stress is crucial for the social, psychological, and emotional wellbeing and resilience in children. Based on over thirty years of expertise, Deborah Plummer provides varied and straightforward activities for teachers, parents, and therapists to healthily engage with children and help them manage stress. This activity book allows

space to explore stress and help children identify some of their worries, whilst also providing help on how to build skills and strategies that will help them recognise normal signs of stress and how to respond to these appropriately. It also explores the potential benefits and enjoyments of positive stress, allowing children to have a healthy relationship with difficult feelings.

FEB 2022 | TP | 112PP | ISBN-9781787758650 | 6 LINE DRAWINGS | JKP | WORLD RIGHTS AVAILABLE



## Helping Children to Manage Transitions

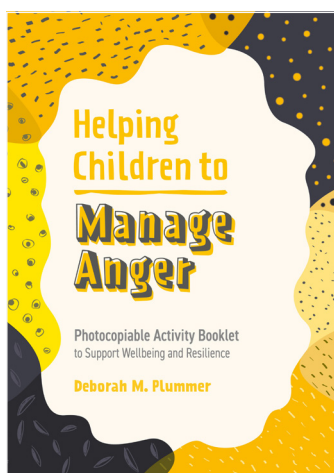
**Photocopiable Activity Booklet to Support Wellbeing and Resilience**

**Deborah M. Plummer**

Change and transitions are inevitable but can be an overwhelming and intimidating time for children. Facilitating the healthy management of transitions is crucial for the social, psychological, and emotional wellbeing and resilience in children. Deborah Plummer provides varied and straightforward activities

for teachers, parents, and therapists to healthily engage with children and help them process and manage transitions. This activity book aids children in identifying their worries and fears about transitions and facilitates them in building skills and strategies that help them to cope during times of change.

FEB 2022 | TP | 112PP | ISBN-9781787758612 | 19 LINE DRAWINGS | JESSICA KINGSLEY PUBLISHERS | WORLD RIGHTS AVAILABLE



## Helping Children to Manage Anger

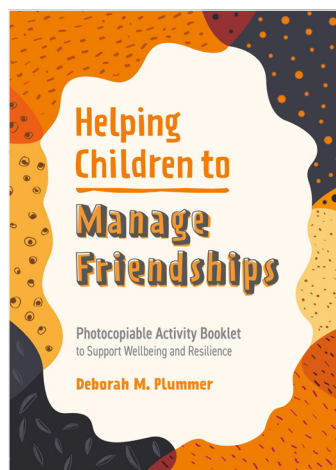
**Photocopiable Activity Booklet to Support Wellbeing and Resilience**

**Deborah M. Plummer**

Anger is a very difficult and often misunderstood emotion for children to experience. Facilitating the healthy management of this natural but challenging emotion is crucial for children's social, psychological, and emotional wellbeing and resilience. Plummer provides varied and

straightforward activities for teachers, parents, and therapists with activities that allow space to explore anger and varying degrees of emotion whilst also providing help on how to manage it.

FEB 2022 | TP | 112PP | ISBN-9781787758636 | 8 LINE DRAWINGS | JESSICA KINGSLEY PUBLISHERS | WORLD RIGHTS AVAILABLE



## Helping Children to Manage Friendships

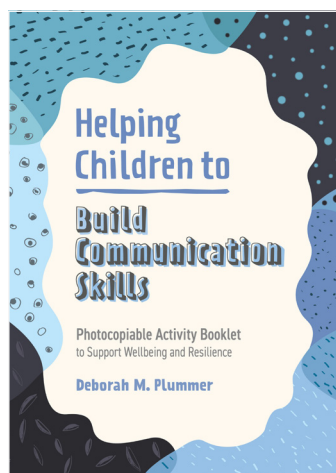
**Photocopiable Activity Booklet to Support Wellbeing and Resilience**  
**Deborah M. Plummer**

Friendships and community are very important for the healthy social, psychological, and emotional development of young children. In this fun and accessible activity book, Deborah Plummer deploys over thirty years of expertise for parents, teachers, and therapists to facilitate healthy friendships between children.

This activity book explores concepts around child friendships, community, and being part of a group whilst also including sections on cooperation, negotiation, and conflict resolution.

There is an accompanying ebook: *Using Imagination, Mindful Play and Creative Thinking to Support Wellbeing and Resilience in Children*

MAY 2022 | TP | 112PP | ISBN-9781787758681 8 LINE DRAWINGS | JESSICA KINGSLEY PUBLISHERS | WORLD RIGHTS AVAILABLE



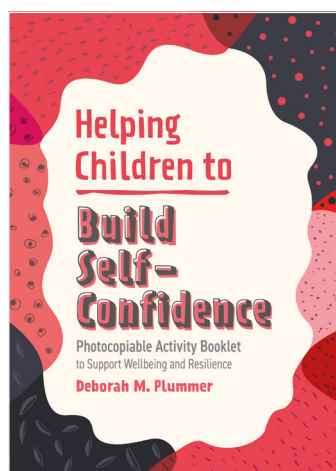
## Helping Children to Build Communication Skills

**Photocopiable Activity Booklet to Support Wellbeing and Resilience**  
**Deborah M. Plummer**

This practical and fun activity booklet facilitates parents, teachers, and therapists to build children's communication skills. It explores how and why we communicate, effective listening, non-verbal communication, and how to stay on topic. Plummer helps children

understand that their interactions reflect their beliefs about themselves and others, and shows how to recognise and celebrate the unique and diverse ways in which we express who we are.

MAY 2022 | TP | 112PP | ISBN-9781787758704 | JESSICA KINGSLEY PUBLISHERS | WORLD RIGHTS AVAILABLE



## Helping Children to Build Self-Confidence

**Photocopiable Activity Booklet to Support Wellbeing and Resilience**  
**Deborah M. Plummer**

Building self-confidence in children is crucial for healthy psychological, social, and emotional development and wellbeing. This resourceful and fun activity booklet is an invaluable resource for parents, teachers, and therapists in helping to build children's self-confidence. It explores ideas around

self-confidence and what that might mean as well as the essentials required to build it. This activity booklet also encourages self-knowledge and self-acceptance through the identification of each child's unique strengths and skills.

MAY 2022 | TP | 96PP | ISBN-9781787758728 | 6 LINE DRAWINGS | JESSICA KINGSLEY PUBLISHERS | WORLD RIGHTS AVAILABLE



## Riley the Brave's Sensational Senses!

Help for Sensory and Emotional Challenges

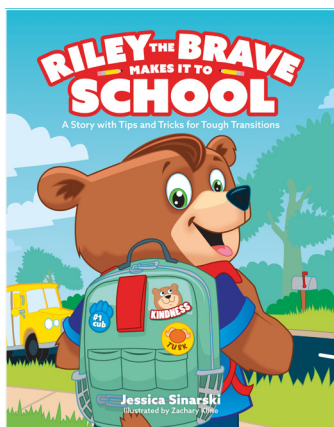
**Jessica Sinarski**

Riley the Brave is a little bear with big feelings. He really wants to have fun at the fair, but sometimes he struggles just making it to school, especially on the STINKY, BUMPY, NOISY bus! It is hard for Riley to focus and have fun when he is feeling so many confusing sensations! He has porcupine moments and grumps at his friends, or turtle moments

when he just wants to be alone.

Riley the Brave's Sensational Senses teaches children about their senses through a playful story with real-life strategies for emotion regulation. It also features an educational afterword for grown-ups that explains our eight senses and includes tips for getting the most out of the book.

SEP 2022 | HB | 48PP | ISBN-9781839973116 | FULLY ILLUSTRATED | JESSICA KINGSLEY PUBLISHERS | WORLD RIGHTS AVAILABLE



## Riley the Brave Makes it to School

A Story with Tips and Tricks for Tough Transitions

**Jessica Sinarski**

"I'm NOT going to school today!" Riley the Brave is a little bear with big feelings. Some days he wakes up feeling cheerful and ready to brave the day. He has energy to get dressed, eat breakfast and have some fun! But some days he wakes up feeling like a grumpy porcupine. His brow is scrunched and he thinks that it is going to be a terrible day. Today, Riley is

having one of those days! What can be done to help him? All children struggle to make it to school some days, and this can be even tougher for children who have had difficult life experiences and extra challenges at school.

This book creates a safe space for conversations about big thoughts and feelings.

JUN 2021 | HB | 48PP | ISBN-9781787755185 | FULLY ILLUSTRATED | JESSICA KINGSLEY PUBLISHERS | WORLD RIGHTS AVAILABLE



## Riley the Brave - The Little Cub with Big Feelings!

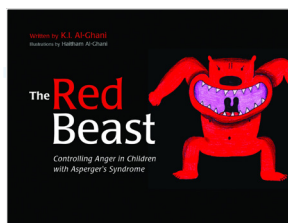
Help for Cubs Who Have Had A Tough Start in Life

**Jessica Sinarski**

Join this super-cool, cape-wearing cub as he embarks on a journey to face his fears. Riley is joined by all of his animal friends who care for him as he faces his difficult feelings. Along the way, Riley learns how sometimes, being tough or loud isn't the bravest thing to

be - sometimes it's asking for help, or being brave enough to let someone into your heart. Written for any child who is looking to unlock their inner courage, and particularly those healing from difficult life experiences or trauma. This book creates a safe space for conversations.

OCT 2020 | HB | 48PP | ISBN-9781787755161 | FULLY ILLUSTRATED | JESSICA KINGSLEY PUBLISHERS | WORLD RIGHTS AVAILABLE



## The Red Beast

Helping Children on the Autism Spectrum to Cope with Angry Feelings

**K.I. Al-Ghani**

Deep inside everyone, a red beast lies sleeping. When it is asleep, the red beast is quite small, but when it wakes up, it begins to grow and grow. This is the story of a red beast that was awakened. Danni is in the school playground when his friend, Charlie, kicks a ball that hits him in the stomach, and wakes up the sleeping red beast: 'I hate you - I'm gonna get you!'. The red beast doesn't hear the teacher asking if he's okay. How can Danni tame the red beast?

The second edition of this vibrant fully illustrated storybook is for children aged 4-9, and has been updated with inclusive up-to-date language and new illustrations to make sure every child's red beast can learn to be tamed!

JUL 2022 | HB | 40PP | ISBN-9781839972751 | FULLY ILLUSTRATED | JKP | WORLD RIGHTS AVAILABLE



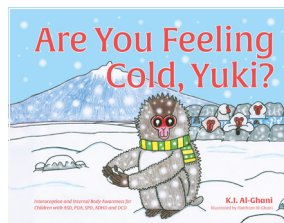
## The Disappointment Dragon

Learning to cope with disappointment (for all children and dragon tamers, including those with Asperger syndrome)

**K.I. Al-Ghani**

*The Disappointment Dragon* sometimes comes to see us all and, if we let him, he can make us feel sad or angry. He visits Bobby when he is not picked for the school football team, he also finds Lucinda when she has to miss an exciting school trip because she has the Chicken Pox. He even tries to take the whole of Class Three down to the Valley of Despair when their favourite teacher moves away. Will the Dragon of Hope be able to chase away the Disappointment Dragon and help them see things more positively?

DEC 2013 | HB | 64PP | ISBN-9781849054324 | JKP RIGHTS SOLD: CHINESE (SIMPLIFIED): HUAXIA PUB HOUSE



## Are You Feeling Cold, Yuki?

A Story to Help Build Interoception and Internal Body Awareness for Children with Special Needs

**K.I. Al-Ghani**

Yuki the snow monkey lives in Japan with his family and friends. He sometimes finds it hard to realise when his body is giving him signals, like when he is hungry or cold. Grandfather helps Yuki to understand what his 'funny feelings' mean, and what his brain is trying to tell him. This illustrated storybook will help children to build interoceptive awareness and gain an understanding of the body's activities. It also includes information for parents and carers, as well as downloadable activities and strategies for building interoceptive abilities.

DEC 2021 | HB | 48PP | ISBN-9781787756922 | FULLY ILLUSTRATED | JKP | WORLD RIGHTS AVAILABLE



## The Panicosaurus

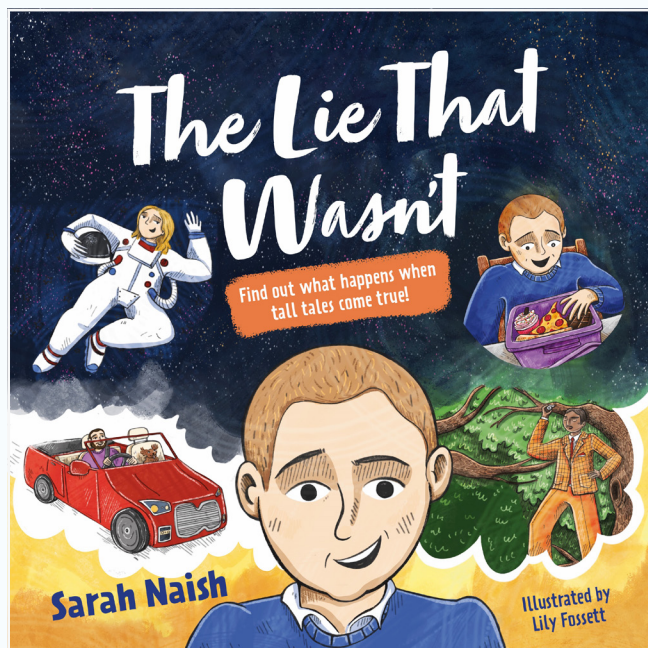
Managing Anxiety in Children Including Those with Asperger Syndrome

**K.I. Al-Ghani**

Have you ever felt a sense of dread and worry creeping over you? That might be the Panicosaurus coming out to play... Sometimes the Panicosaurus tricks Mabel's brain into panicking about certain challenges, such as walking past a big dog on the street or when her favourite teacher is not at school. With the help of Smartosaurus, who lets her know there is really nothing to be afraid of, Mabel discovers different ways to manage Panicosaurus, and defeat the challenges he creates for her. At the end of the book, parents and carers will like the helpful introduction, explaining anxiety in children, and the list of techniques for lessening anxiety.

OCT 2012 | HB | 56PP | ISBN-9781849053563 | JKP RIGHTS SOLD: CHINESE (SIMPLIFIED): HUAXIA PUB HOUSE





**Sarah Naish** is an adoptive parent and mum to five adult children. She is also the author of a series of books for adoptive and foster families: *Therapeutic Parenting Books* and a range of therapeutic story books for children who have experienced trauma.

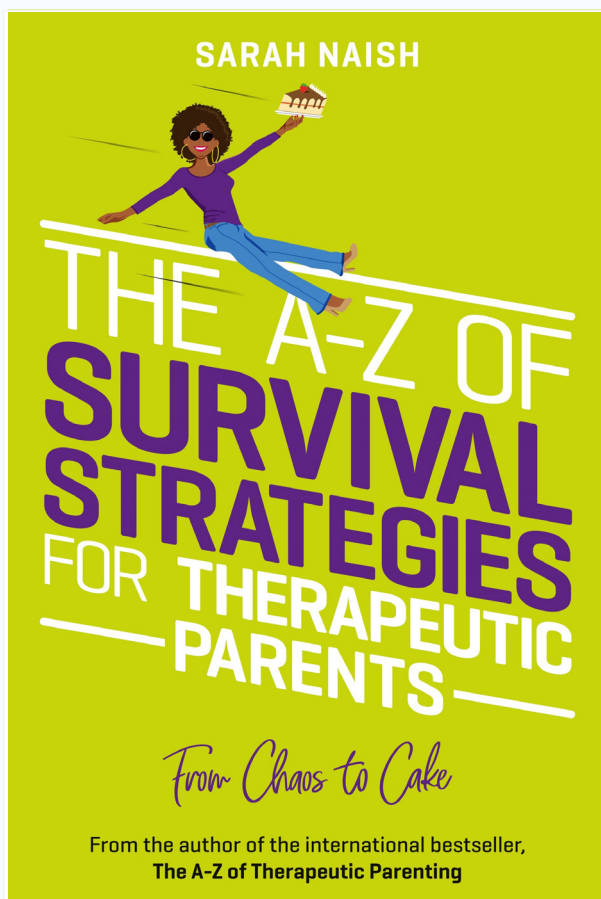
## The Lie That Wasn't

**Sarah Naish**

Arthur is daydreaming in class when his teacher announces, "Remember it's Parents Evening tonight so don't forget to give your parents the letter." Oh no! Arthur hasn't been doing his homework and doesn't want to get in trouble. Quick - tell a lie! But then something strange happens - Arthur's lies start to come true! Mum is at space camp; dad has a snazzy new car... and Mr Lott is tangled in sticky tape trying to stick branches back on trees?! Now, if he tells the wrong lie, someone could get hurt! This book is a fun, story for children aged 4-8 about how telling tricky truths is usually better than telling tall tales.

NOV 2022 | HB | 32PP | ISBN-9781839973727 |  
COLOUR PICTURE BOOK | JKP

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## The A-Z of Survival Strategies for Therapeutic Parents

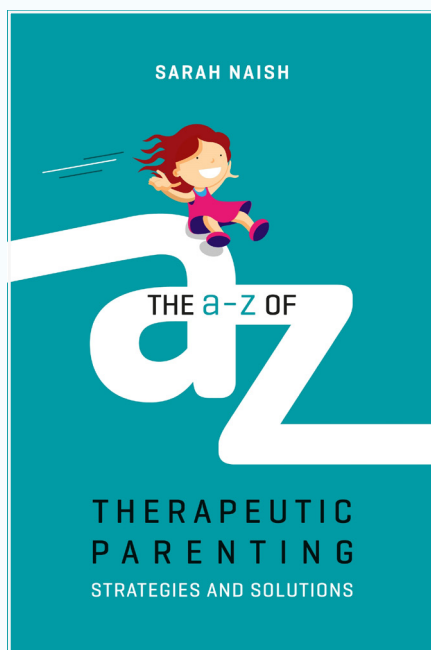
**Sarah Naish**

*Illustrated by Kath Grimshaw*

This easy-to-follow, dip-in dip-out resource addresses common challenges and feelings experienced by therapeutic parents and offers 80 practical strategies to help you cope and survive. Naish writes with humour and compassion, sharing her personal and professional experiences covering all of the essentials: self-maintenance, coping with isolation and rejection and scheduling holidays.

MAY 2022 | TP | 352PP | ISBN-9781839971723 | 12  
B&W ILLUSTRATIONS | JKP

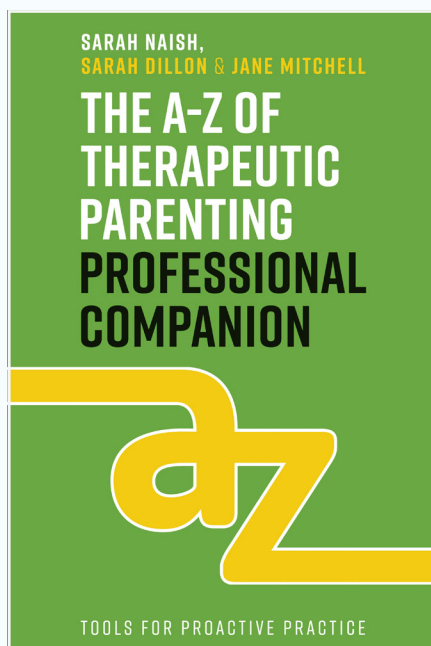
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APR 2018 | TP | 344PP | ISBN-9781785923760  
JESSICA KINGSLEY PUBLISHERS

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AUG 2021 | TP | 176PP | ISBN-9781787756939  
JESSICA KINGSLEY PUBLISHERS

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## The A-Z of Therapeutic Parenting

### Strategies and Solutions

#### *Sarah Naish*

Therapeutic parenting is a deeply nurturing parenting style, and is especially effective for children with attachment difficulties, or who experienced childhood trauma. This book provides everything you need to know in order to be able to effectively therapeutically parent.

Providing a model of intervention, The A-Z of Therapeutic Parenting gives parents or caregivers an easy to follow process to use when responding to issues with their children. The following A-Z covers 60 common problems parents face, from acting aggressively to difficulties with sleep, with advice on what might trigger these issues, and how to respond. Easy to navigate and written in a straightforward style, this book is a 'must have' for all therapeutic parents.

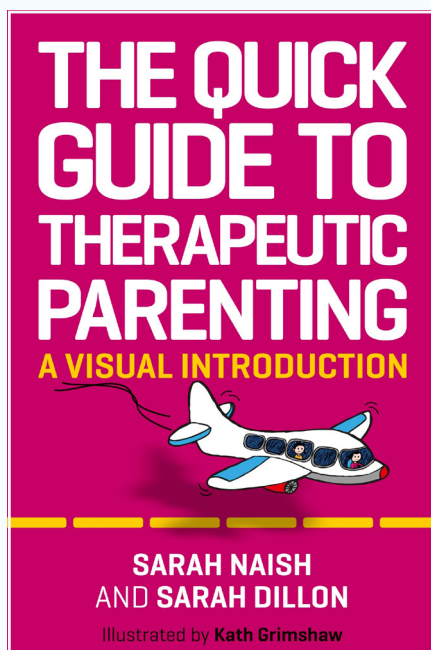
## The A-Z of Therapeutic Parenting Professional Companion

### Tools for Proactive Practice

#### *Sarah Naish, Sarah Dillon and Jane Mitchell*

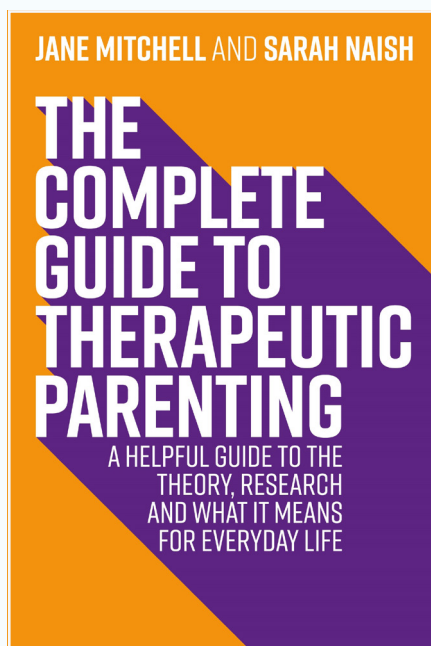
Designed as a professional complement to Sarah Naish's bestselling *A-Z of Therapeutic Parenting*, this tried and tested resource offers practical tools for all professionals supporting therapeutic families. Based on the latest research, and with photocopiable worksheets, pro formas and charts to use with parents, these tools will help you to build supportive and stable relationships with families and reduce family breakdown. To aid learning throughout, this book is the one-stop shop for everyone wanting to truly understand every aspect of therapeutic parenting and trauma.





JUN 2020 | TP | 256PP | ISBN-9781787753570 |  
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JUN 2020 | TP | 256PP | ISBN-9781787753570  
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## The Quick Guide to Therapeutic Parenting

### A Visual Introduction

***Sarah Naish and Sarah Dillon***

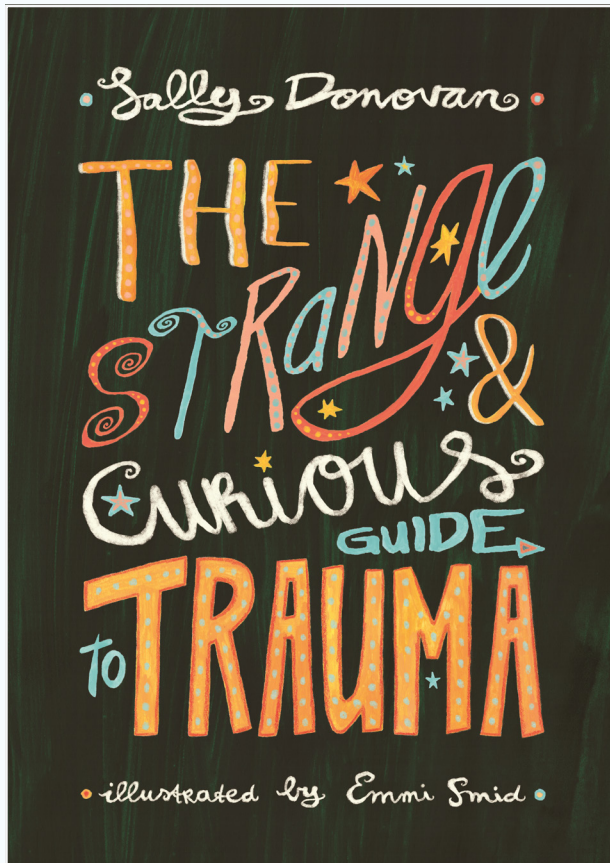
Therapeutic parenting is not your usual parenting style. It's a special, specific way to raise kids who have experienced trauma in their past, and requires a lot of commitment and determination - this is about far more than love and care. But where do you start? This book is the ideal first step for anyone who wants to understand how therapeutic parenting works. It offers simple summaries of the key ideas behind it, fully illustrated throughout with informative cartoons and graphics. Over 40 different issues are covered, from dysregulation and fear, to setting boundaries and parenting in the midst of trauma. The perfect introduction for new therapeutic parents, family members, teachers or other adults who need to help support you and your child, this Quick Guide will also be a source of inspiration for more experienced parents.

## The Complete Guide to Therapeutic Parenting

### A Helpful Guide to the Theory, Research and What it Means for Everyday Life

***Sarah Naish and Jane Mitchell***

This is the go-to guide for practitioners, parents and carers and provides an easy to understand explanation of the latest theory and research in trauma and neuroscience, and explains how these relate to everyday parenting strategies. It provides clarity on complex areas, such as early developmental trauma in children, and insights into key challenges, including managing transitions, sibling relationships, challenging behaviour, the teenage years, and how to find time and space for self-care. This is the one-stop shop for everyone wanting to truly understand every aspect of therapeutic parenting and trauma.



MAR 2022 | TP | 112PP | ISBN-9781787757479 |  
 43 BLACK AND WHITE ILLUSTRATIONS | JESSICA  
 KINGSLEY PUBLISHERS

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**Sally Donovan OBE**, is an award-winning writer and adoptive parent. Her bestselling books include *No Matter What: An Adoptive Family's Story of Love, Hope and Healing* and *The Unofficial Guide to Adoptive Parenting*. She is also author of *Billy Bramble and the Great Big Cook Off*, a story for children of 8-13 who struggle with their feelings.

**Emmi Smid** is a children's book author and illustrator from the Netherlands and a former resident of Brighton UK. Her books include *Luna's Red Hat* and *Rainbow Village*.

## The Strange and Curious Guide to Trauma

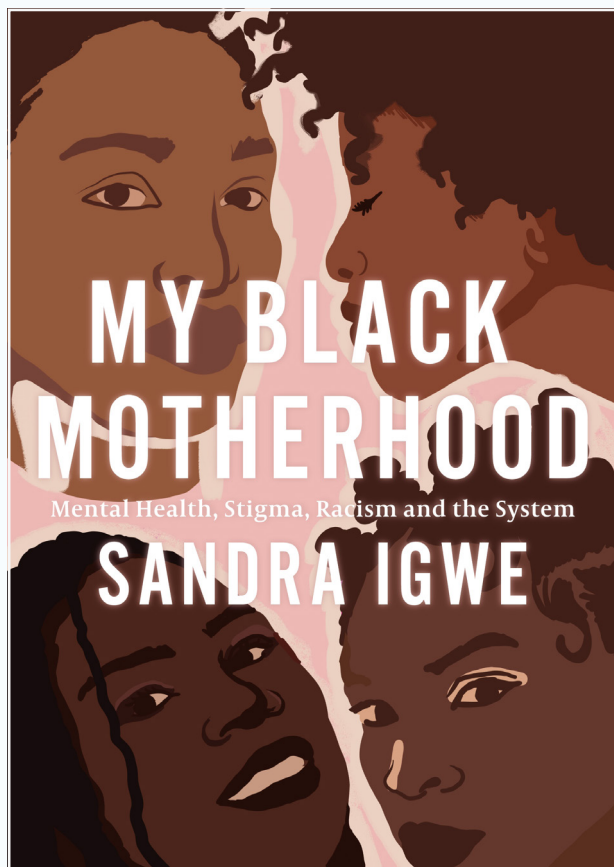
**Sally Donovan**

*Illustrated by Emmi Smid*

Our book about trauma features buzzy bees stuck in your tummy, yes, and also science and superheroes, carrots and lambs, lollies and, unfortunately for me, baboons...

Join Ordinary Jo, some people, Courtney Cortisol, Amy Amygdala and friends to be guided through the curious world of trauma. This fully illustrated guide for children aged 8-12 features an array of quirky characters and facts about trauma woven into a therapeutic story. Learn why some carrots grow perfect and straight, others wonky and wobbly - and why that's ok! Find out all the clever ways our strange and curious bodies keep us safe all the time, and what the different nutty parts of our brain do for us when we are afraid! Discover all this and more to understand your own experiences, body, and even friends better too. (And just in case you don't remember it all, there is a summary of all the things we have learnt at the end).

Let knowledge and kindness become your superpower by learning all the strange and curious things about Trauma!



JUN 2022 | PB | 208PP | ISBN-9781839970085  
JESSICA KINGSLEY PUBLISHERS

#### WORLD RIGHTS AVAILABLE

**Sandra Igwe** is the Founder of The Motherhood Group, a platform and safe space to support the Black motherhood experience, through events, workshops, peer-to-peer support, collaborative projects, training, advocacy and campaigning. Sandra is co-chair of the National Inquiry into Racial Injustice in Maternity Care and a trustee of Birthrights charity.

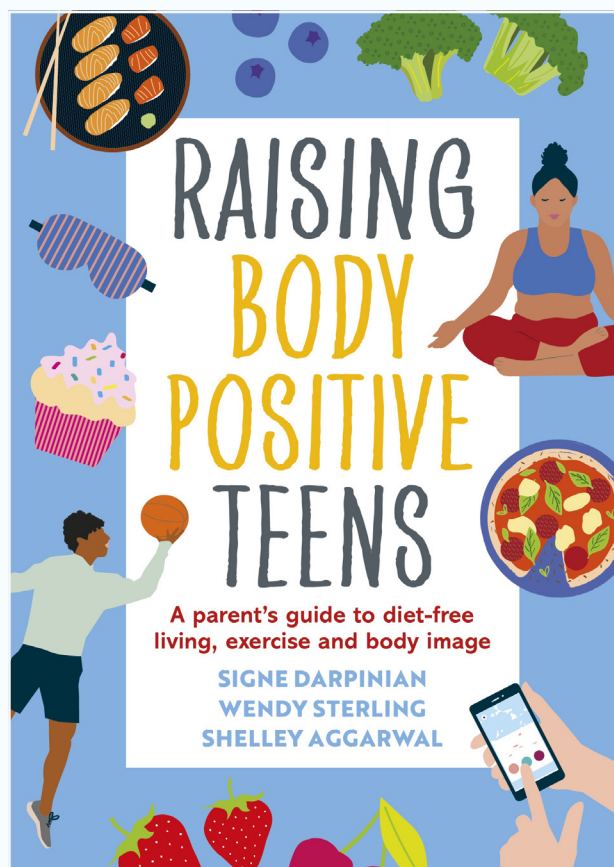
## My Black Motherhood

### Mental Health, Stigma, Racism and the System

#### *Sandra Igwe*

Joyful. Graceful. Blessed. Strong. Anxious. Depressed. Stigmatised. Stereotyped. What happens when motherhood isn't what you expected - and when you reach out for support, you are met with judgment and prejudice?

Sandra Igwe shares her journey as a young Black mother, coping with sleepless nights, anxiety and loneliness after the birth of her first daughter. Burdened by cultural expectations of the 'good mother' and the 'strong Black woman' trope, her mental health struggles became an uphill battle. Black women are at higher risk of developing postnatal depression but are the least likely to be identified as depressed. Sharing the voices of other mothers, Sandra examines how culture, racism, stigma and a lack of trust in services prevent women getting the help they need. Breaking open the conversation on motherhood, race, and mental health, she demands that Black women are listened to, believed, and understood.



MAR 2022 | TP | 224PP | ISBN-9781839970399  
JESSICA KINGSLEY PUBLISHERS

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**Signe Darpinian** is a Licensed Marriage and Family Therapist (LMFT), Certified Eating Disorder Specialist (CEDS), and the past president of the San Francisco Bay Area iaedpTM. She is also the creator and host of Therapy Rocks!, a personal growth podcast.

**Wendy Sterling** is a Certified Eating Disorder Registered Dietitian (CEDRDS) and Board Certified Specialist in Sports Dietetics (CSSD). She is the co-author of *How to Nourish Your Child Through an Eating Disorder* and has served as a consultant to NFL, NBA, NHL and MLB teams.

**Shelley Aggarwal MD**, is double boarded in Adolescent and Young Adult Medicine as well as Pediatrics and has expertise in adolescent development, disordered eating, and mindfulness. She is the Medical Director of clinics serving justice involved youth.

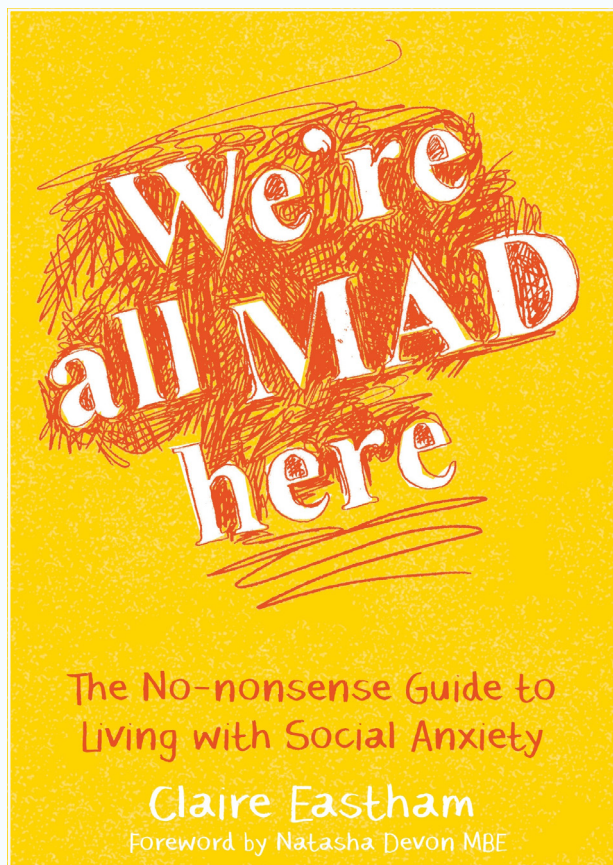
## Raising Body Positive Teens

**A Parent's Guide to Diet-Free Living, Exercise, and Body Image**

**Signe Darpinian, Wendy Sterling and Shelley Aggarwal**

In a world fraught with diet-culture and weight stigma, many parents worry about their child's relationship with their body and food. This down-to-earth guide is an invaluable resource allowing parents to take proactive actions in promoting a friendship with food, and preventative actions to minimise the risk factors for the development of eating disorders, particularly when early signs of disordered eating, excessive exercise, or body dissatisfaction have been noticed. It provides clear strategies and tools with a practical focus to gently encourage parents and teens to have a healthy relationship with food and exercise by centralising joy and health. Coming from a therapist, a dietitian, and an adolescent medicine physician, with insightful case studies from an array of young people from different backgrounds, this multidisciplinary author team delivers friendly, strategic guidance based in a wealth of expertise.





NOV 2016 | PB | 200PP | ISBN-9781785920820  
JESSICA KINGSLEY PUBLISHERS

**RIGHTS SOLD:**

CHINESE (TRADITIONAL): AZOTH BOOKS CO.,  
LTD., CHINESE (SIMPLIFIED): BEIJING SUNNBOOK  
CULTURE & ART CO. LTD., SPANISH: EDITORIAL  
LECTORUM SA DE CV, GERMAN: TRIAS VERLAG  
THIEME GRUPPE

**Claire Eastham** writes about coping with social anxiety on her award-winning blog, We're All Mad Here ([www.weallmadhere.com](http://www.weallmadhere.com)), and recently started her own YouTube channel where she discusses anxiety and demonstrates self-help techniques. She works in publishing and is based in London, UK.

## We're All Mad Here

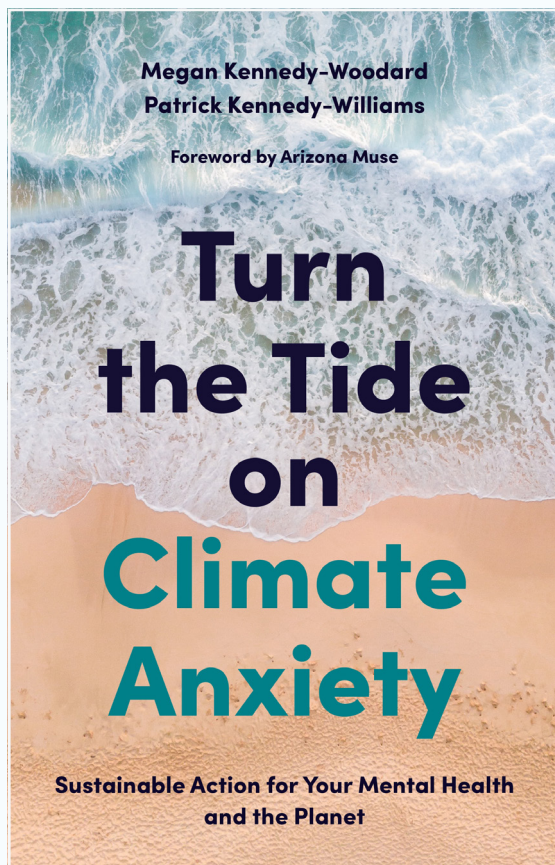
### The No-Nonsense Guide to Living with Social Anxiety

**Claire Eastham**

*Foreword by Natasha Devon MBE*

Anxiety is a crafty shapeshifter that can take on many forms: the tiger that sinks its claws in with physical symptoms and distressing thoughts, the cruel and belittling bully creating insecurity and self-doubt and, worst of all, the frenemy rewarding avoidance of social situations with no physical symptoms, no cruel thoughts... and no life beyond your sofa! This no-nonsense guide to beating social anxiety covers everything from surviving university and the workplace, through to social media and making it through parties and dates (whilst actually enjoying them!)

With honest insights about her own social anxiety and a healthy dose of humour, award-winning blogger Claire Eastham describes what social anxiety is, why it happens, and how you can lessen its effects with lifestyle choices, talking therapies or even a hug from your favourite canine friend!



JAN 2022 | TP | 208PP | ISBN-9781839970672 | 5 B&W  
ILLUSTRATIONS | JESSICA KINGSLEY PUBLISHERS

#### WORLD RIGHTS AVAILABLE

**Megan Kennedy-Woodard** and **Dr Patrick Kennedy-Williams** are founders of Climate Psychologists, which provides individual therapeutic support and wider consultation regarding the mental health implications of climate change. They have done press work with The Guardian, Time Magazine, Vogue Business, ITV, BBC Radio 4, and The Times. They also teach Guardian Masterclasses. Patrick is a clinical psychologist and enjoys getting out into nature, Tottenham Hotspur Football Club (sometimes), Italian food and cycling. Megan is a coaching psychologist who loves the mountains and the sea, could eat Mexican food for every meal and believes there is no such thing as 'too many pets'. Megan and Patrick live in Oxford with their two wild and wonderful children.

## Turn the Tide on Climate Anxiety

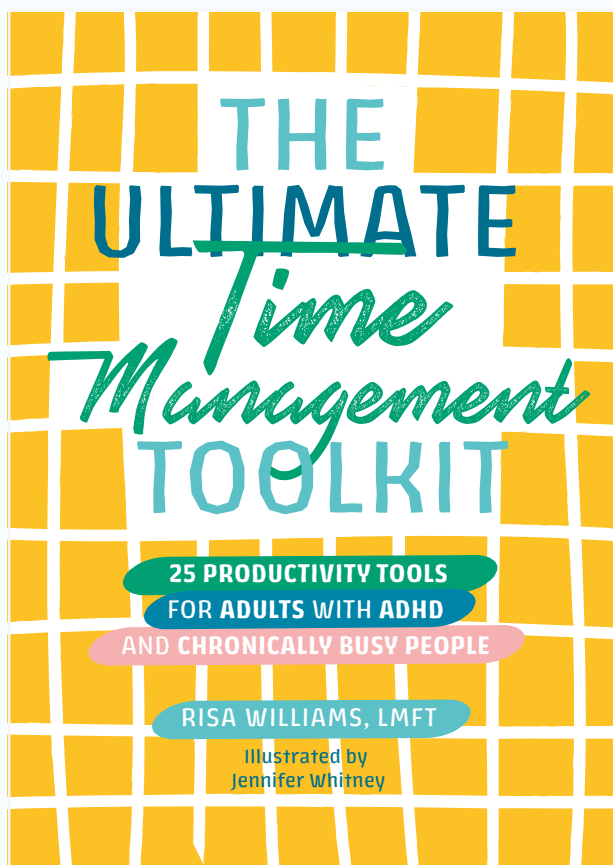
### Sustainable Action for Your Mental Health and the Planet

**Megan Kennedy-Woodard and  
Dr Patrick Kennedy-Williams**

*Foreword by Arizona Muse - Founder and Trustee  
of Dirt Foundation for the Regeneration of Earth*

It's hard to watch the news, scroll through social media, or listen to the radio without hearing or seeing something disturbing about the climate emergency. This can trigger all sorts of emotions: worry, anger, sadness, guilt, and even grief but also often over-looked positive emotions like motivation, connection, care, and abundance that support mental health and climate action for sustainable longevity. Written by psychologists with extensive experience in treating people with eco-anxiety, this book shows you how to harness these emotions, validate them, and transform them into positive action. It enables you to assess and understand your psychological responses to the climate crisis and move away from unhealthy defence mechanisms, such as denial and avoidance. Ultimately, it shows that the solution to both climate anxiety and the climate crisis is the same - action that is sustainable for you and for the planet - and empowers you to take steps towards this.





AUG 2022 | TP | 192PP | ISBN-9781839971785 | 72  
BLACK & WHITE ILLUSTRATIONS | JESSICA KINGSLEY  
PUBLISHERS

#### WORLD RIGHTS AVAILABLE

**Risa Williams** is a licensed therapist and coach specializing in anxiety and stress reduction tools. She's been featured as an expert in Business Insider, Bustle, Men's Journal, and HuffPost and she has written articles for Breathe Magazine and LA Parent Magazine.

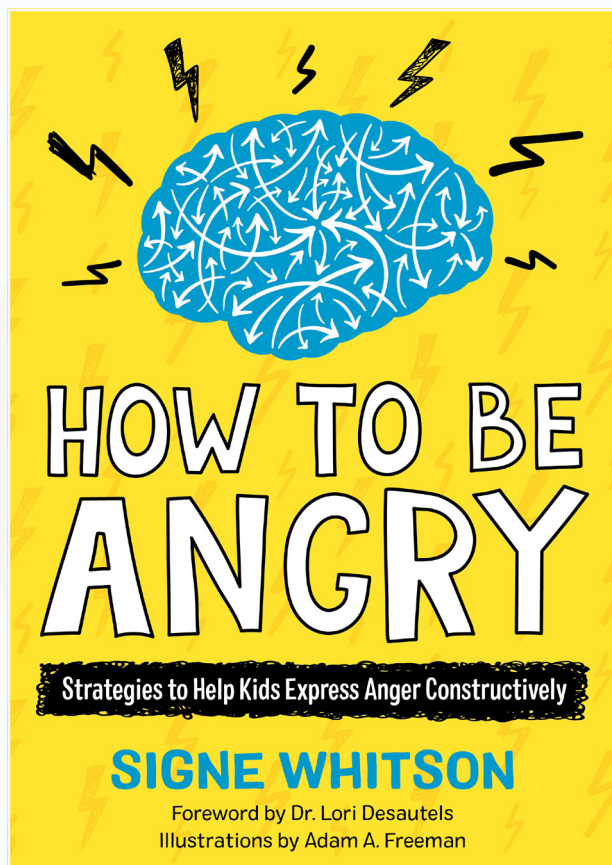
She's also a university professor and the co-author of the book, *Cinescopes: What Your Favorite Movies Reveal About You* (Quirk Books). In *The Ultimate Anxiety Toolkit*, she provides 25 tools based on cognitive behavioral therapy, narrative therapy, and mindfulness to help readers feel more empowered to change their thinking patterns to more positive ones.

## The Ultimate Time Management Toolkit

### 25 Productivity Tools for Adults with ADHD and Chronically Busy People

#### **Risa Williams**

Do you find time constantly slipping away from you? Or does completing a to-do list feel totally unachievable? We all have 24 hours in a day, but sometimes putting them to good use can feel like an impossible task. The Ultimate Time Management Toolkit is here to change that! Written by a clinical therapist and author of *The Ultimate Anxiety Toolkit*, this book focuses on practical methods and strategies, including creative worksheets and easy to use techniques, to help you find your motivation, achieve your goals and feel less stressed about organizing your time. With 25 different techniques based on CBT, mindfulness and narrative therapy, you can find out which strategies work best for you to help transform how you use your time and learn how to feel empowered to make positive changes to habits in your daily life.



MAR 2022 | TP | 256PP | ISBN-9781839971303 | 9 LINE  
DRAWINGS | JESSICA KINGSLEY PUBLISHERS

#### WORLD RIGHTS AVAILABLE

**Signe Whitson** is an author and educator on bullying, crisis intervention, and child and adolescent emotional and behavioral health. In her articles, books, and training workshops, Signe provides down-to-earth, practical advice for professionals and parents on navigating the daily challenges of living and working with children, tweens and teens.

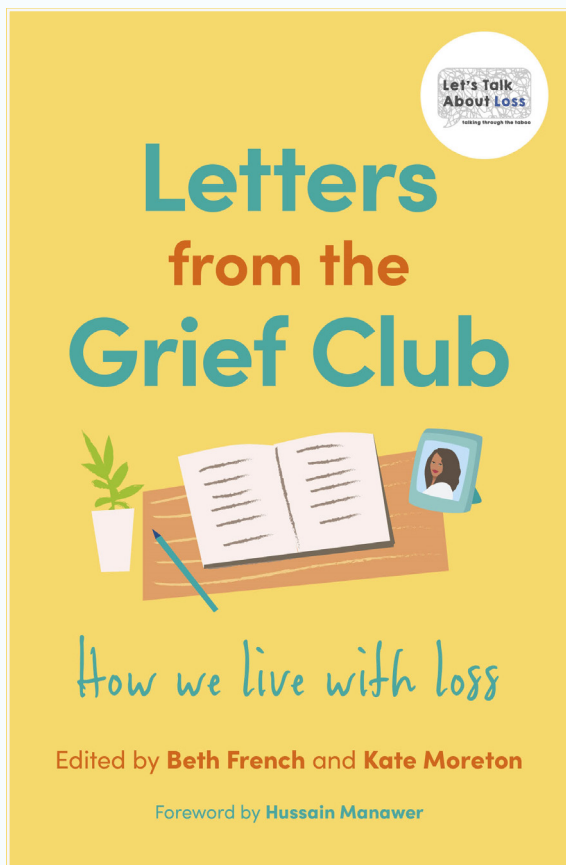
## How to Be Angry

### Strategies to Help Kids Express Anger Constructively

**Signe Whitson**

*Foreword by Dr. Lori Desautels*

Children and teenagers often struggle to cope with anger, and angry feelings can boil over into aggression and destructive behaviour. This updated and extended resource takes a different approach to anger, teaching children how to be angry effectively, rather than telling them not to be angry at all. Encouraging appropriate anger management through group work and tailored lessons, the book is also accompanied by downloadable additional resources demonstrating the activities and offering adaptations for parents. Suitable for use with children and teenagers aged 5 - 18, this engaging resource will help children to overcome self-destructive patterns of passive, aggressive, and passive aggressive behaviour.



JUN 2022 | PB | 176PP | ISBN-9781787759213  
JESSICA KINGSLEY PUBLISHERS

#### WORLD RIGHTS AVAILABLE

**Beth French** is the Founder and Director of Let's Talk About Loss, a charity supporting young adults who have been bereaved. Beth set up the charity following the death of her mother, when she decided to combat the lack of support for bereaved people in this age group.

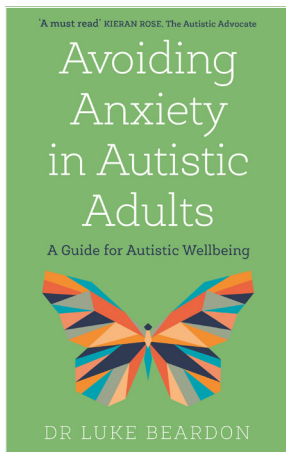
**Kate Moreton's** dad died when she was 17. She tries to support people both in their grief by talking about the loss and the person lost. She is privileged to have been the chair of trustees for Let's Talk About Loss since 2019.

## Letters from the Grief Club

### How We Live With Loss

**Edited by Beth French and Kate Moreton**

Welcome to the club you never wanted to join. When someone you love dies, it may seem impossible to know what will happen next and how you will cope. Losing someone in early adulthood, you may feel even more alone, when no-one around you seems to have had the same experience. Our letters don't have all the answers, but they do have some - because we've been through it ourselves. Some of us have written to ourselves back on that first day of grief, with the reassurance that we will get through those awful first months. Others share snippets from our grief journeys - from the experience of therapy, to the power of getting creative. Encompassing all types of loss, these stories show that there is not one right way to grieve. They talk honestly about grief - the sad, the bad, and the surprisingly beautiful. Welcome to the Grief Club, we're so glad you've found us.



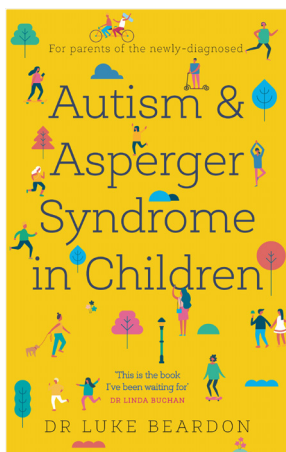
## Avoiding Anxiety in Autistic Adults

### A Guide for Autistic Wellbeing

**Luke Beardon**

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.

DEC 2021 | TP | 144PP | ISBN-9781529394740  
SHELDON PRESS | WORLD RIGHTS AVAILABLE



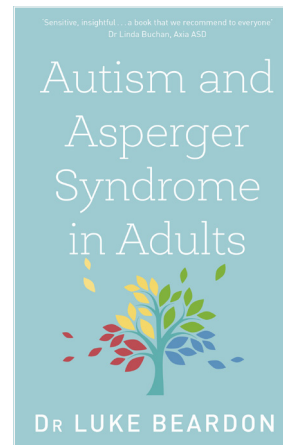
## Autism and Asperger Syndrome in Childhood

### For Parents and Carers of the Newly Diagnosed

**Luke Beardon**

A diagnosis - or a suspected diagnosis - of autism or Asperger Syndrome in a child can be overwhelming for a parent, especially if you know nothing, or very little, about either of them. Dr Luke Beardon is a well-known expert in the field, and this book is an accessible, easy-to-read introduction for those encountering autism for the first time. Gently and honestly, it guides you through the issues you might encounter, busting the myths around autism and Asperger Syndrome, and explaining what the diagnosis means

JUL 2019 | TP | 144PP | ISBN-9781847094926  
SHELDON PRESS | WORLD RIGHTS AVAILABLE

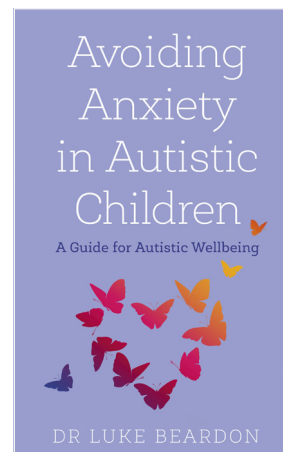


## Autism and Asperger Syndrome in Adults

**Luke Beardon**

If you've recently been diagnosed with ASD, or think you might be, or you are close to someone with ASD, one of the things you will like most about this book is the way in which it challenges the idea of autism as a 'disorder' or 'impairment'. Instead, Dr Luke Beardon will help you to reframe what you feel, and challenge what you know, about being on the spectrum. He explains how autism impacts on the individual, and what purpose a diagnosis might - or might not - serve, whilst myth-busting and dismantling the stereotypes and clichés around ASD.

MAY 2017 | PB | 128PP | ISBN-9781847094452  
SHELDON PRESS | WORLD RIGHTS AVAILABLE



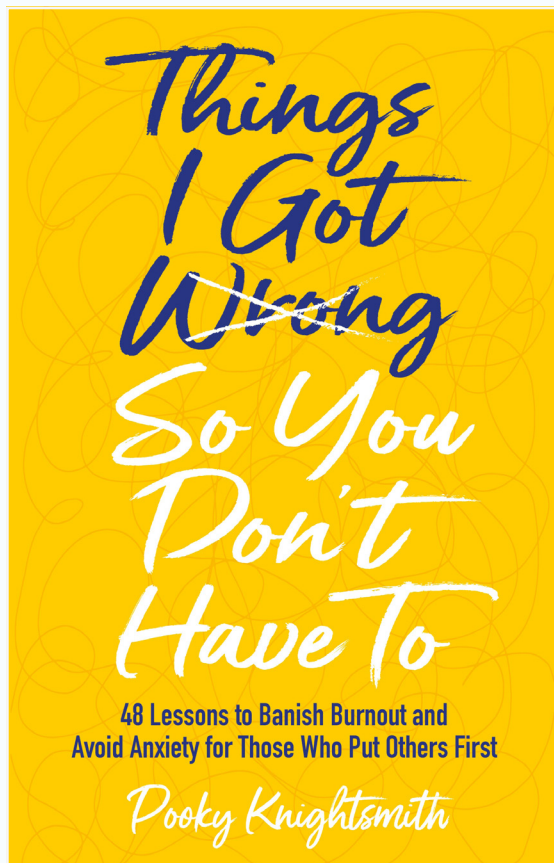
## Avoiding Anxiety in Autistic Children

### A Guide for Autistic Wellbeing

**Luke Beardon**

One of the biggest challenges for the parent of any autistic child is how best to support and guide them through the situations in life which might cause them greater stress, anxiety and worry than if they were neurotypical. This practical book gives insight into the nature of the anxiety experienced by autistic people, as well as covering every likely situation in which your child might feel anxious or worried. It will help you to prepare your child for school, to monitor their anxiety around school, and be informed about

DEC 2020 | TP | 144PP | ISBN-9781529394764  
SHELDON PRESS | WORLD RIGHTS AVAILABLE



APR 2022 | TP | 224PP | ISBN-9781839972676  
JESSICA KINGSLEY PUBLISHERS

#### WORLD RIGHTS AVAILABLE

**Pooky Knightsmith** has a PhD in child mental health from the Institute of Psychiatry, King's College London. She is the author of several books, and is a former chair of the Children and Young People's Mental Health Coalition and a managing director at Creative Education. Pooky is autistic; a late diagnosis has helped her to thrive following many years of anorexia, depression and anxiety. She has a YouTube channel which is a source of Continuing Professional Development for many educators in the UK and beyond.

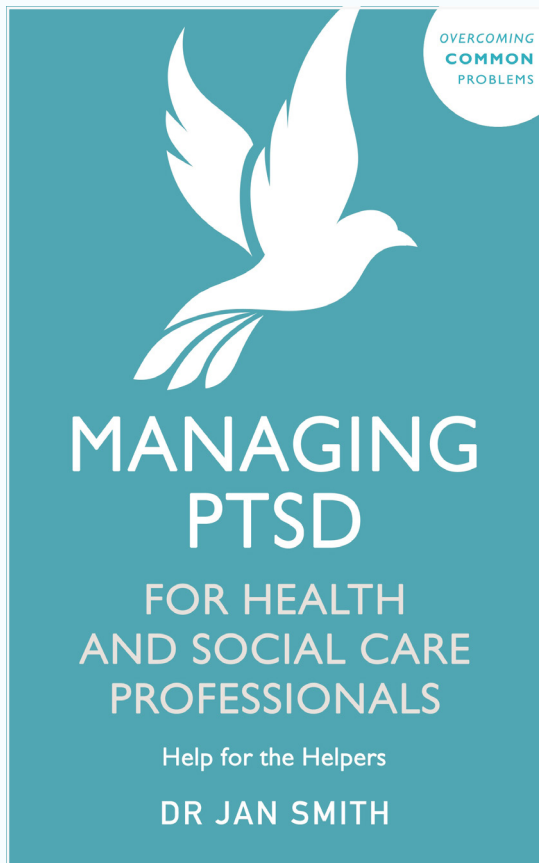
## Things I Got Wrong So You Don't Have To

48 Lessons to Banish Burnout and Avoid Anxiety for Those Who Put Others First

**Pooky Knightsmith**

An internationally respected campaigner, Pooky Knightsmith has worked tirelessly to promote good child and adolescent mental health. Her knowledge, ideas and advice come not just from years of research and study, but from hard earned experience with PTSD, anorexia, self-harm and depression. Part mental health guide, part memoir, this book contains 48 life lessons learned from everyday victories to life-changing events. Pooky shares tips on how to avoid burnout, how small acts of self-care can make a big difference, steps you can take to live with anxiety, and how to nurture key friendships and relationships, amongst many other things. Each lesson ends with space for the reader to reflect, and includes exercises to help take the first steps to incorporating these lessons into their own lives. Unflinching and utterly authentic, Pooky shares the things she got wrong so that you don't have to.





FEB 2022 | TP | 176PP | ISBN-9781529371055 |  
SHELDON PRESS

#### WORLD RIGHTS AVAILABLE

**Dr Jan Smith** is a Chartered Psychologist with over 15 years' experience of providing psychological support to those affected by trauma, including staff who are experiencing high levels of stress, burnout, have been involved in a serious incident or are experiencing work-related trauma. She has been the advisor for several programmes on trauma, including Radio 4's 'Dads and the Delivery Room' and is the Lead for the Parliamentary Working Group on Birth Trauma.

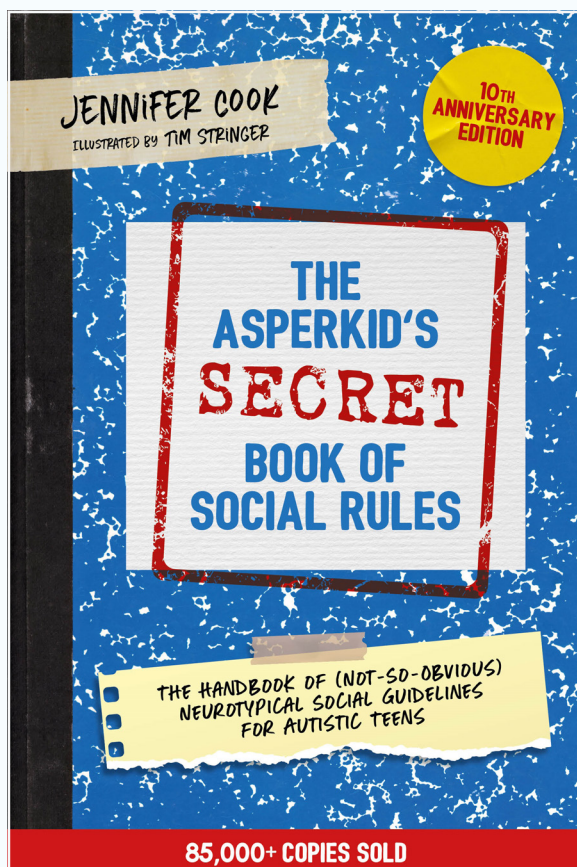
## Managing PTSD for Health and Social Care Professionals

### Help for the Helpers

**Jan Smith**

Since early 2020, the already considerable stresses of working in health or social care have been greater than at any point in recent history. If you work in one of these fields, you may well be experiencing symptoms of trauma, burnout or compassion fatigue and wondering how you might move forward when you are balanced on the edge. This book is a 2-part guide to managing the symptoms of post-traumatic stress disorder (PTSD) if you are a health or social care professional. It takes a practical but holistic approach, with the intention of helping you develop a sense of self-awareness, a clear idea of your values and - critically - a strong support network. You will learn effective techniques for self-care, through practices like mindfulness and meditation; you will also come to understand more about the symptoms of trauma, moral injury and burnout - with insights on practising defensively and clear guidance for what the different treatments for PTSD are, and how to seek professional help. Small enough to keep to hand in a locker or desk drawer, and designed to be read in short pauses in breaks or at the end of a long shift, without being complicated or taxing, this accessible introduction throws a life raft to any medical or social care professional overwhelmed by a challenging and stressful working environment.





JUN 2022 | TP | 288PP | ISBN-9781787758377 | 45  
BLACK AND WHITE CARTOONS | JESSICA KINGSLEY  
PUBLISHERS

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CZECH: ALBATROS MEDIA A.S., DANISH:  
BOGFORLAGET FRYDENLUND, CHINESE (SIMPLIFIED):  
CHINA LIGHT INDUSTRY PRESS, CHINESE  
(TRADITIONAL): FARTERNG CULTURE CO., LTD,  
POLISH: JAGIELLONIAN UNIVERSITY PRESS

**Jennifer Cook** was identified as being on the spectrum in 2011, just after her three children. She is now the author of seven bestselling books --the Asperkids collection, *Sisterhood of the Spectrum*, and *Autism in Heels* -- which include a Wall Street Journal Bestseller, a Publishers Weekly "Best Book" title winner, and three of BookAuthority's "Best-Selling" and "Top Autism Books of All Time". Jennifer is the bestselling female author of any single book in the genre, a multi-award-winning international speaker, and the founder of a brand-new venture called *Belong*, a virtual wonderland of enrichment and community, empowering neurodiverse individuals, couples and families worldwide.

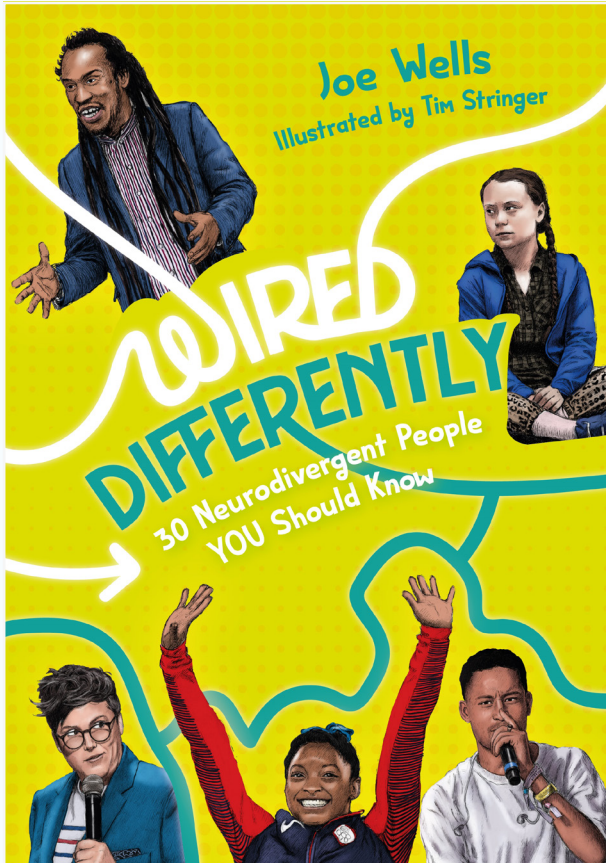
## The Asperkid's (Secret) Book of Social Rules

The Handbook of (Not-So-Obvious) Neurotypical Social Guidelines for Autistic Teens

10<sup>th</sup> Anniversary Edition

### Jennifer Cook

Being a teen or tween is tough for anyone. And if you're on the Autism Spectrum, life can feel like a game you're playing without knowing the rules. Jennifer Cook knows - she's been there! Her internationally bestselling handbook is the key to unlocking those unwritten, often confusing, not-so-obvious social guidelines and bolstering confidence, all at once. Finally, teens can play the game of life with instructions. The 10<sup>th</sup> Anniversary Edition of *The (Secret) Book of Social Rules* reveals the essential secrets behind the baffling social codes surrounding making and keeping friends, dating, and catastrophic conversation pitfalls, with all-new content on social media and talking about neurodiversity. It's no wonder Jennifer's is the navigation tool tens of thousands of fans have come to love! Full of brand-new funny illustrations, take-it-from-me explanations, and comic strip examples, this Book of the Year award winner is real, positive, and speaks from the heart (without ever sounding like your mother's guide to manners). It's confidence, humor, and smarts. For the Human Spectrum.



MAY 2022 | PB | 192PP | ISBN-9781787758421 | 30  
B&W ILLUSTRATED PORTRAITS | JESSICA KINGSLEY  
PUBLISHERS

#### WORLD RIGHTS AVAILABLE

**Joe Wells** wrote *Touch and Go Joe* at age 16, sharing his experiences living with OCD from the age of 9. Since then, Joe has been working in comedy, in stand-up and writing for the BBC and magazines. Recently, he has been writing about mental health and neurodiversity.

## Wired Differently – 30 Neurodivergent People You Should Know

### Joe Wells

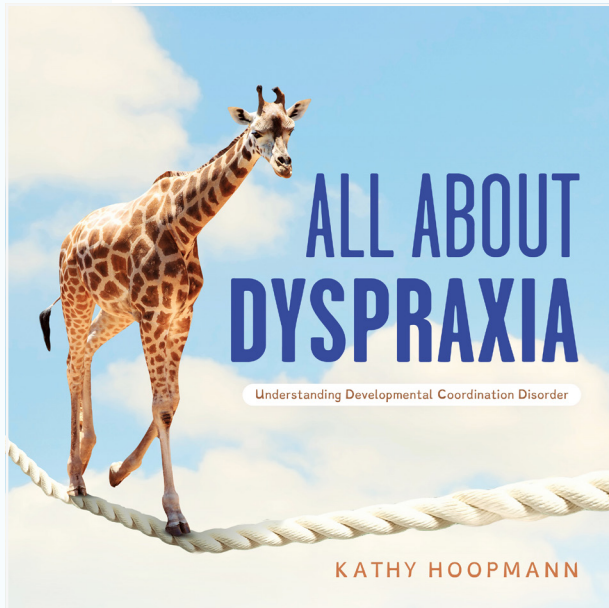
This collection of illustrated portraits celebrates the lives of influential neurodivergent figures who have achieved amazing things in recent times. Showcasing these 30 incredible people, the extraordinary stories in this book show that the things they've achieved, created and inspired they did not despite being different but because they are different. From politicians, activists and journalists to YouTubers, DJs and poets, this book highlights a wide range of exciting career paths for neurodivergent readers.

# All About Dyspraxia

## Understanding Developmental Coordination Disorder

**Kathy Hoopmann**

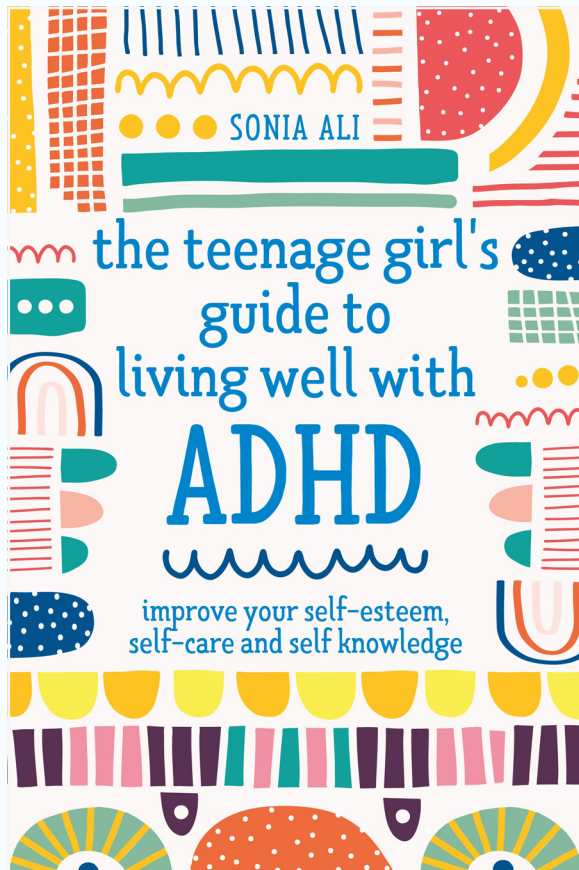
*All About Dyspraxia* follows in the best-selling footsteps of Kathy Hoopmann's *All Cats are on the Autism Spectrum* and *All Dogs have ADHD*. Through engaging text and full-colour photographs, this book shows how people with dyspraxia see and experience the world and highlights the unique characteristics that make them special. A perfect introduction to dyspraxia for those recently diagnosed with the condition, as well as their families, friends, and the people who work with them. People with dyspraxia will also appreciate the book for the way it shares their perspectives on life with care and gentle humour.



MAR 2022 | HB | 80PP | ISBN-9781787758353 |  
JESSICA KINGSLEY PUBLISHERS

### WORLD RIGHTS AVAILABLE

**Kathy Hoopmann** is the best-selling Australian author of *All Cats Have Asperger Syndrome*, *All Dogs Have ADHD* and *All Birds Have Anxiety*. With a primary school teaching background, she is the author of over twenty books for children and teenagers which sell widely in Australia, the UK, the US and the Middle East, and her books have been translated into nineteen languages. To find out more about Kathy and her writing, visit [www.kathyhoopmann.com](http://www.kathyhoopmann.com).



DEC 2021 | TP | 160PP | ISBN-9781787757684 | 60 B&W ILLUSTRATIONS | JESSICA KINGSLEY PUBLISHERS

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**Sonia Ali** is a Specialist SEND, ADHD and Dyslexia Advisory Teacher for a local Authority. Previous to this, she worked for over a decade in mainstream secondary education as an English Teacher and a Dyslexia Specialist Assessor. Sonia became very interested in how ADHD presents in girls after supporting girls with ADHD and realising that she presents with ADHD herself.

## The Teenage Girl's Guide to Living Well with ADHD

Improve your Self-Esteem, Self-Care and Self Knowledge

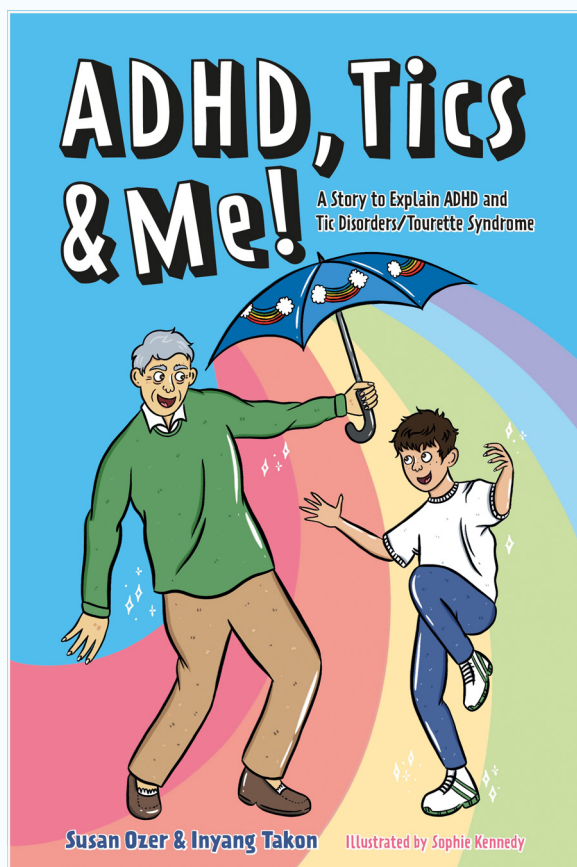
**Sonia Ali**

Have you ever been told you are chatty or fidgety at school? Do you have a constantly whirring mind? Do you 'tune out' and daydream or find it hard to pay attention?

ADHD can impact your life in many ways. This positive, self-affirming guide will increase your knowledge about ADHD and empower you in your daily life. The chapters are full of tips, tricks and life hacks so you can better manage your time, harness your creativity, energy and enthusiasm, and make more time for fun! Reflection activities and quizzes will help you better understand yourself and learn strategies on how to manage the intense emotions of rejection sensitivity. You'll learn the fundamentals of great self-care and how to look forward to life beyond school. Learn how ADHD brains work, and tricky concepts like executive functioning. Quick chapter summaries let you pick which sections are most relevant to you right now, and the strategies and visuals are designed for ADHD brains and can be used with support from parents, mentors or teachers.

The Teenage Girl's Guide to Living Well with ADHD gives you all you need to build on your strengths and overcome challenges to fully embrace who you are and live your best life.





JAN 2022 | TP | 64PP | ISBN-9781787758919 | 24 B&W  
ILLUSTRATIONS | JESSICA KINGSLEY PUBLISHERS

#### WORLD RIGHTS AVAILABLE

**Susan Ozer** (née Yarney) is a Neurodevelopmental Paediatrician, specialising in ADHD, and works for the National Health Service. She provides strategic leadership for ADHD in her organization, which supports 1200 children with ADHD. She has sat on ADHD advisory groups and is a frequent speaker and writer on ADHD topics. She lives in Cambridgeshire, UK.

**Dr Inyang Takon** is a Neurodevelopmental Paediatrician in the NHS and Independent Practice. She has extensive clinical and academic experience in the management of children with Tics and Tourette syndrome and ADHD. She is a leading clinician in the field of ADHD and has been involved in the development of local pathways, quality improvement initiatives and research in the field of ADHD. She practices in Hertfordshire, UK.

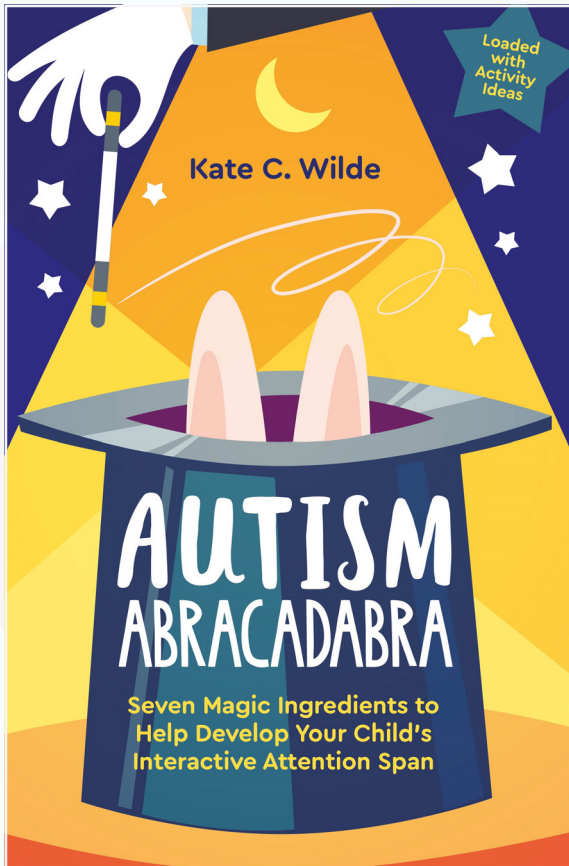
## ADHD, Tics & Me!

### A Story to Explain ADHD and Tic Disorders/Tourette Syndrome

**Susan Ozer and Inyang Takon**

Meet Jamie, a young boy with ADHD and a tic disorder called Tourette Syndrome. He's not being fidgety or naughty - he really can't help it! Jamie explains how he was diagnosed and what having tics and ADHD is like for him. He also shares how he has learnt to relieve his ADHD symptoms, minimise his tics, and how friends and adults can help at home and school. This illustrated book comes in two parts - one with interactive activities and heaps of useful information about having both ADHD and tics. Jamie explains how it can be really tricky to tell whether your fidgeting comes from having ADHD, tics, or both!

The second part tells the story of how Jamie's Grandfather encouraged him to learn more about his tics. Jamie and his friends who attend the after-school tic club learn about each other by sharing their experiences of ADHD and tics at home and at school. This book is ideal for children aged 7+ as well as friends, teachers and professionals working with children with ADHD and tic disorders, and a great starting point for family and classroom discussions too!



MAY 2022 | TP | 240PP | ISBN-9781787757516 |  
JESSICA KINGSLEY PUBLISHERS

**WORLD RIGHTS AVAILABLE**

**Kate Wilde** has spent the whole of her life working with children on the autism spectrum. She has a degree in Music and Education from the University of Surrey, UK, and has studied with Dr. Rachel Pinney. Kate is the Director for Global Outreach at the Autism Treatment Center of America®, where she has worked for over 20 years, working one-on-one with over 1500 children from more than 40 different countries. She also works in private practice serving families worldwide.

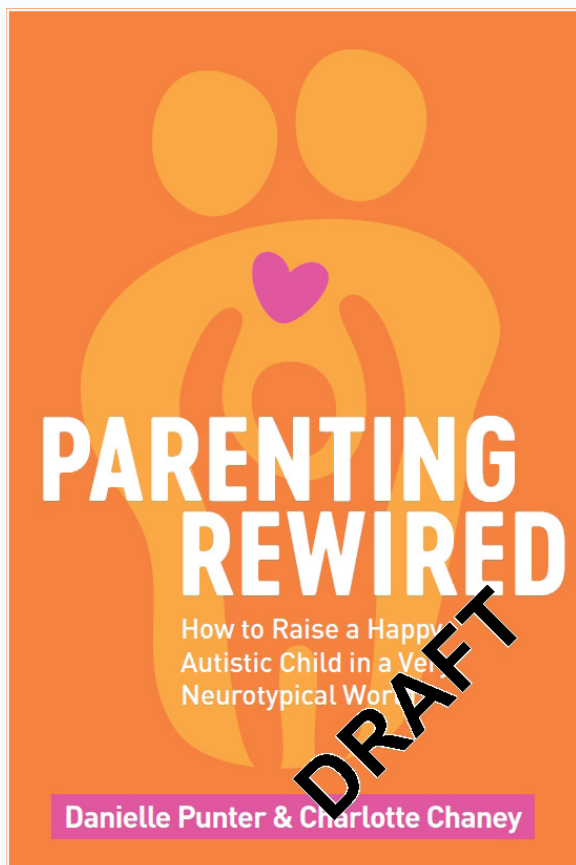
## Autism Abracadabra

### Seven Magic Ingredients to Help Develop Your Child's Interactive Attention Span

**Kate Wilde**

Don't you wish there was a "magic" formula for activities and games that your loved one on the autism spectrum actually wants to participate in to develop their interactive attention span and socialization? There is! Designed around common special interests enjoyed by autistic people, this book includes over 180 activities for families to do together to help strengthen relationships and develop social skills. Kate shows how seven magic ingredients for optimal game-playing can be applied to a range of themes, from trains and planes to household appliances, the human body to animals and insects, TV and film characters, and what's more, how you can introduce your loved one's favorite topics. She shares "Presto Chango" beliefs - the five mindsets you need to power activities - as well as how to understand the magic of timing and knowing when to start and stop an activity based on your loved one's cues.





## Parenting Rewired

### How to Raise a Happy Autistic Child in a Very Neurotypical World

***Danielle Punter and Charlotte Chaney***

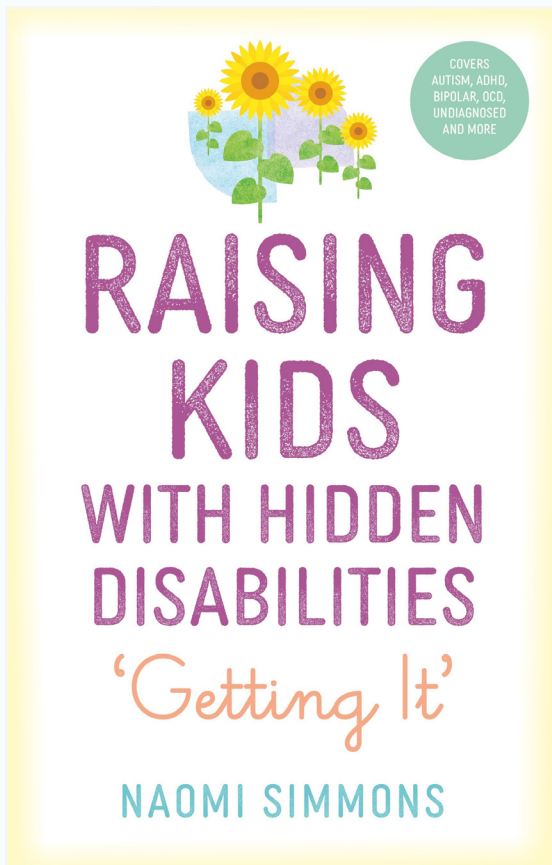
Parenting an autistic child as a neurotypical adult can be challenging and although people say it doesn't have to feel impossible...sometimes it does. This essential guide is here to change that! Packed with lived-experience insight and easy-to-follow advice this transformative guide will change how you view the behaviour of your autistic child and challenge you to rewire your thinking to see the world through the autistic lens, giving you all the tools you need to not only parent your autistic child, but also to understand them. With tips on how to cope with emotional dysregulation, meltdowns, food aversions and much more, you will learn how to see the world through your child's eyes, using communication techniques that will help you and your child thrive.

AUG 2022 | TP | 208PP | ISBN-9781839970726 |  
JESSICA KINGSLEY PUBLISHERS

#### WORLD RIGHTS AVAILABLE

**Danielle Punter** is parent to an autistic child and a neurodivergent author. She blogs on The Autism Diaries, and has written for The Mighty, appeared on BBC regional news and BBC Radio Devon.

**Charlotte Chaney** is an autistic parent. She co-founded the autism assistance dog program Supporting Paws, matching autistic children, adults and their families to assistance dogs.



APR 2022 | TP | 320PP | ISBN-9781839971556  
JESSICA KINGSLEY PUBLISHERS

#### WORLD RIGHTS AVAILABLE

**Naomi Simmons** was named by The Times as one of the top ten authors of the decade. She is a bestselling author of books for children, parents and teachers on language learning and speech development and is most known for the Family and Friends series (OUP).

## Raising Kids with Hidden Disabilities

### Getting It

#### *Naomi Simmons*

When it comes to parenting a child with a hidden disability, everyone seems to have an opinion. Here, Naomi Simmons writes from experience, offering new solutions for when conventional parenting strategies just don't work. Whether it be high functioning autism, ADHD, OCD, a mood or anxiety disorder with or without a diagnosis, if you have a child with any hidden disability, this is the book for you. Naomi Simmons is a parent of children with a range of hidden disabilities. She provides candid guidance on how best to support children in this situation - dealing with meltdowns, school avoidance, self-harm, anxiety and depression - and shares the experiences of others who really do 'get it'. Addressing common concerns and hurdles, this book helps you respond to your child's needs and challenges while developing their unique strengths and talents.

# *What Your Autistic Child Wants You To Know*

*And how you  
can help them*



JUL 2022 | TP | 240PP | ISBN-9781787757721  
JESSICA KINGSLEY PUBLISHERS

**WORLD RIGHTS AVAILABLE**

**Maja Toudal** is an autistic author, speaker, online self-advocate and autism consultant. She has written for Autism Denmark and lives in Copenhagen, Denmark.

## What Your Autistic Child Wants You to Know

And How You Can Help Them

**Maja Toudal**

Foreword by Tony Attwood.

There are so many things I wish I could have told my parents when I was a child, but back then I did not have the words.

It can be challenging understanding what your autistic child wants and needs, at times it can feel like a struggle to ask the right questions and find the right words. Written by autistic academic and advocate, Maja Toudal, in collaboration with other autistic voices, this candid book explores a range of common situational and social challenges an autistic young person may face and gives lived-experience advice on how to resolve them. Maja offers insights on everything from making mealtimes work for your child, to handling bullying and peer pressure, both at school and on social media, providing an insider's guide into the child's emotional life. With relatable and engaging advice on what your child needs and why, alongside chapters focusing on how to approach puberty, providing coping mechanisms for meltdowns, and offering insight into making safe spaces, this is the essential guide to parenting autistic young people.



FEB 2022 | TP | 240PP | ISBN-9781787759626  
JESSICA KINGSLEY PUBLISHERS

#### WORLD RIGHTS AVAILABLE

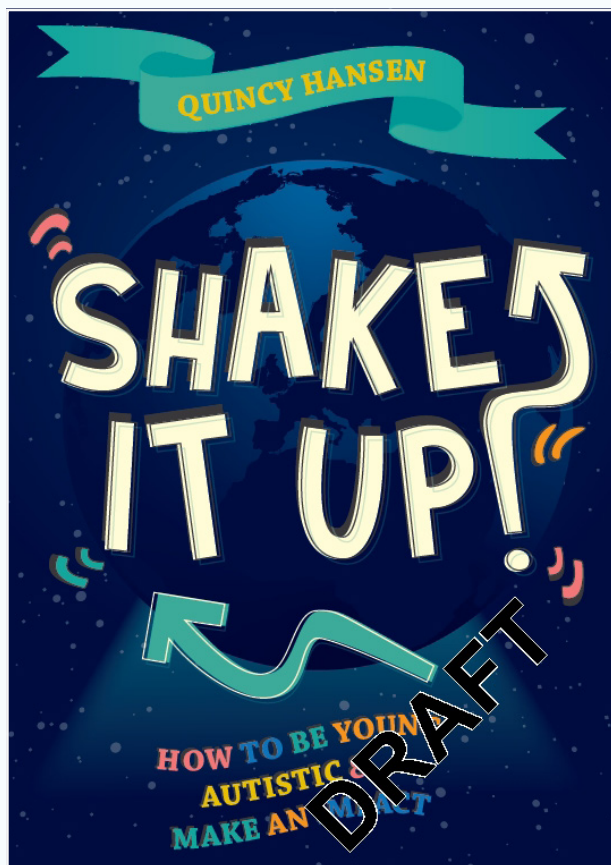
**Dr. Melanie Hayes** focuses on helping gifted and 2e people find their niche and work to their strengths. She holds a Master's in gifted education, a Master's in marriage and family therapy, and a Doctorate in educational leadership with a focus on twice exceptionality. Her research and outreach over the past decade has been centred on building support and understanding for the 2e population. Dr. Hayes is also the founder of Big Minds, an educational model for 2e children that mentors and supports their intellectual, social, and emotional well-being.

## Being Twice Exceptional

**Melanie Hayes**

Twice exceptionality (2e) is not well understood. While many parents, educators, and professionals are working to bridge the knowledge gap and help 2e children, there is still a great deal we do not know about how life turns out for those children once they grow up. How do 2e adults deal with the complex aspects of being an adult? What are your prospects if you are brilliant, but can't get into college? What if you fail at work because you don't know how to fit in socially? This book provides first-hand stories about the experiences of 2e adults, offering compassionate coping strategies for overcoming and rethinking the tough parts. It champions radical acceptance of 2e people and celebrates their unique outlook on the world.





JUL 2022 | TP | 256PP | ISBN-9781787759794  
JESSICA KINGSLEY PUBLISHERS

#### WORLD RIGHTS AVAILABLE:

**Quincy Hansen** is a young autistic activist, blogger, and public speaker residing in Colorado in the USA. Quincy's advocacy revolves around correcting stereotypes and misconceptions about autism to bring about greater acceptance, understanding, and inclusion of autistic people while promoting self-determination and equal protection for neurodivergent people. As a university biology student, Quincy always enjoys learning about new things and spending free time exploring and admiring the natural world.

## Shake It Up!

### How to Be Young, Autistic and Make an Impact

#### *Quincy Hansen*

When you see a problem go unsolved do you feel compelled to act? Does seeing an injustice light a fire within your soul? Do you have a burning passion to take action, or to witness change within your own life, your community, or the world? If so, you may have the makings of an advocate. This inspiring book by autistic blogger Quincy Hansen ([www.speakingofautism.com](http://www.speakingofautism.com)) encourages autistic teens to find their voice and make a difference in the world around them. Featuring interviews with young autistic change-makers such as Siena Castellon, and addressing issues like self-image, harmful stereotypes and communication barriers, Shake it up! aims to build readers' confidence, and inspire them to take action to change the world to be a better place.



JUN 2022 | HB | 48PP | ISBN-9781839972584 | FULL COLOUR | JESSICA KINGSLEY PUBLISHERS

#### WORLD RIGHTS AVAILABLE

**Jem Milton** is a comic artist and illustrator living in Glasgow with their cat, Yuki. As well as drawing, they enjoy baking and knitting.



AUG 2022 | HB | 32PP | ISBN-9781839970924  
JESSICA KINGSLEY PUBLISHERS

#### WORLD RIGHTS AVAILABLE

**Laura Kate Dale** She/Her is a queer trans woman and author. Laura lives with her cat Smudge, and her wife Jane. When Laura isn't writing she loves to play roller derby, and play video games with her friends.

## The Big Book of Pride Flags

**Jessica Kingsley Publishers**

*Illustrated by Jem Milton*

Celebrate and learn about the LGBTQIA+ community with this colourful book of Pride flags! Featuring all the colours of the rainbow, this book teaches children about LGBTQIA+ identities through 17 different Pride flags. With fun facts, simple explanations and a short history of each flag accompanying beautiful illustrations, children will uncover the history of Pride and be introduced to different genders and sexual orientations. There's also a blank Pride flag design at the back of the book so that children can create their very own Pride flag! With a Reading Guide that provides a detailed History of the Pride Flag and questions for further discussion, this inspiring book is a must-have for every child's bookshelf, library or classroom.

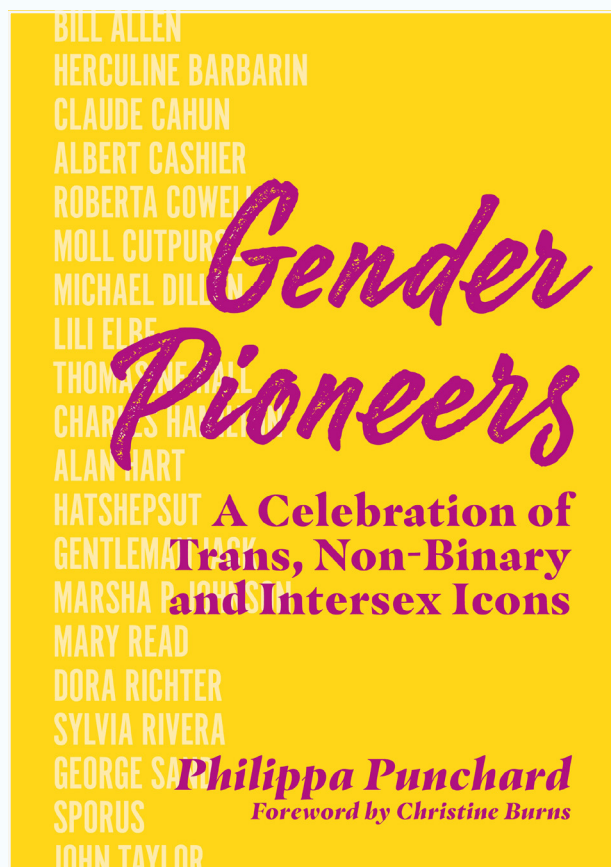
## Me and My Dysphoria Monster

**An Empowering Story to Help Children Cope with Gender Dysphoria**

**Laura Kate Dale**

Nisha's monster follows her everywhere. It used to be small, but recently her monster has begun to grow. And as her monster gets bigger and bigger, Nisha feels more and more unlike herself.

When people refer to her as a boy, or when she tries to hide her true gender identity, Nisha's dysphoria monster grows larger and larger. Until, one day, Nisha meets Jack - a trans man - who shows Nisha how she can shrink her dysphoria monster back down to size. This touching story is the perfect book for discussing gender dysphoria with children, explaining what it is and how they and their families can deal with it. It also includes an accompanying guide for parents with further information about gender dysphoria, terminology, and first-hand examples of the author's own experiences.



AUG 2022 | HB | 120PP | ISBN-9781787755154 | FULL  
COLOUR ILLUSTRATIONS THROUGHOUT | JESSICA  
KINGSLEY PUBLISHERS

#### WORLD RIGHTS AVAILABLE

**Philippa Punchard** is a trans artist, former teacher and bookseller based in South London. Her work has appeared in a Queerdirect show and its book, at Loudest Whispers and also in Tate Modern and Dulwich Picture Gallery Late Shows. She also curated consecutive Pride Month 'Queer Arts' Shows in association with LGBTQIA+ charity, Opening Doors London, for which she also runs their Hackney art group. *Gender Pioneers* is her first book.

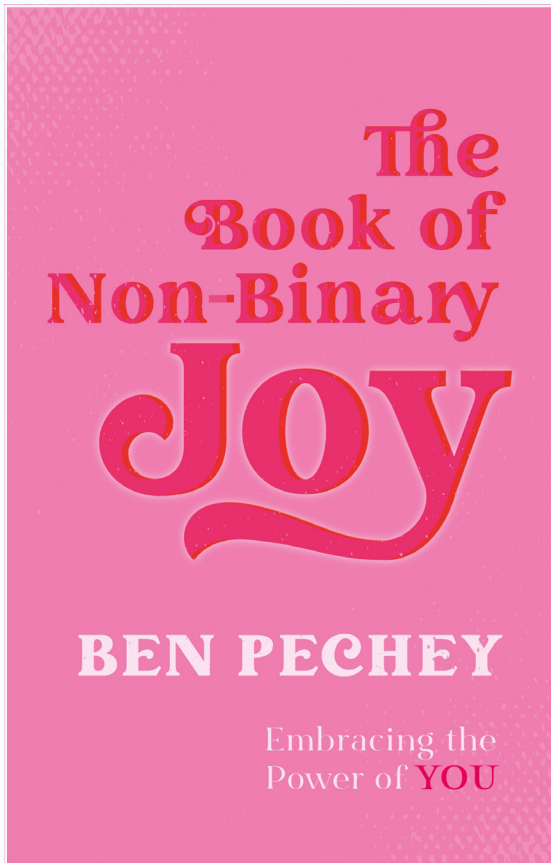
## Gender Pioneers

### A Celebration of Transgender, Non-Binary and Intersex Icons

**Philippa Punchard**

*Foreword by Christine Burns*

This inspiring collection of illustrated portraits celebrates the lives of influential transgender, non-binary and intersex figures throughout history. Showcasing the diversity of gender identities and expressions that have existed in all cultures alongside developments from recent years, the extraordinary stories in this book highlight the achievements and legacies of those who have fought to be themselves, whatever their gender. From activists, soldiers and historical leaders through to pirates, actors and artists, this book explores the life and times of over fifty trans and intersex trailblazers in their fight for equality, acceptance and change. Poignant, educational and empowering, these are the gender pioneers everyone needs to know about.



MAY 2022 | TP | 224PP | ISBN-9781787759107 |  
40 B&W ILLUSTRATIONS | JESSICA KINGSLEY  
PUBLISHERS

#### WORLD RIGHTS AVAILABLE

**Ben Pechey** is a non-binary writer, presenter and fashion icon. They have written and produced content for The Guardian, Cosmopolitan, Women's Health, Refinery 29 and LGBT Foundation and have worked with brands such as Simply Be, Elemis, Amazon, Oskia, The British Beauty Council, Crocs and NSPCC to educate and improve awareness of the LGBTQIA+ community. The Book of Non-Binary Joy is their first book.

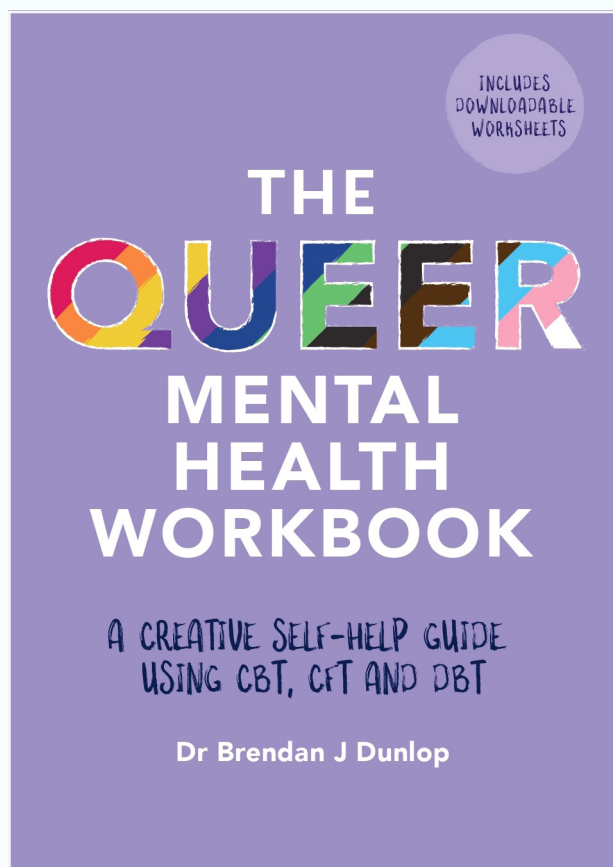
## The Book of Non-Binary Joy

### Embracing the Power of You

#### **Ben Pechey**

Oh hello darling, and welcome to *The Book of Non-Binary Joy*! This book is here to help you be yourself - free from judgement and expectation - as you unlock more joy in your life. Take my hand, and let's start your journey of self-love today.' Whether you are at the start of your journey or have been on the wild ride of gender introspection for a long time, this guide is here to help you thrive as your authentic - and most fabulous - non-binary self. With personal stories, valuable insights and interactive sections, this inspiring book covers a wide range of topics, including mental health, pleasure, fashion, understanding your past, allyship privilege and self-expression. Written with warmth and unapologetic humour, and with bold illustrations throughout, Ben Pechey has created the ultimate safe space for you to embrace your non-binary life and start living.





MAR 2022 | TP | 288PP | ISBN-9781839971075 | B/W  
FIGURES, CHARTS & ILLUSTRATIONS THROUGHOUT |  
JESSICA KINGSLEY PUBLISHERS

#### WORLD RIGHTS AVAILABLE

**Dr Brendan J Dunlop** (he/him) is a Highly Specialist Clinical Psychologist in the NHS, as well as a Clinical Lecturer in Clinical Psychology at The University of Manchester. He has a particular interest in supporting the mental health and wellbeing of minority groups within society, especially people from the LGBTQIA+ community.

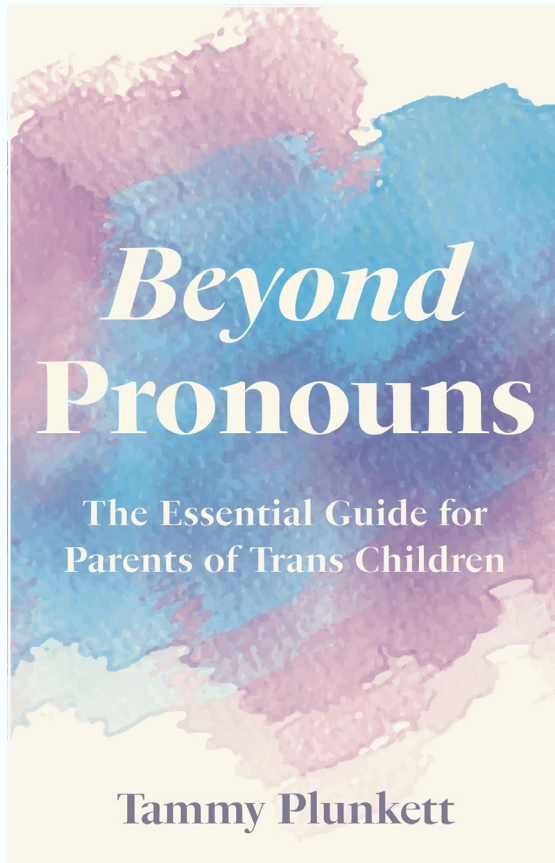
## The Queer Mental Health Workbook

**“A Creative Self-Help Guide Using CBT, CFT and DBT”**

***Brendan J Dunlop***

To be queer is to feel different - a felt sense that you don't fit in. This can be alienating and difficult and lead to mental health challenges and lower wellbeing throughout life. Using a range of therapeutic approaches, this comprehensive, down-to-earth self-help workbook is designed to be your personal mental health resource. It is filled with techniques and activities you can read, tailor and 'pick and mix' to improve your wellbeing as a queer person, at your pace. The workbook is split into two sections - the first part focusses on laying the groundwork by exploring identity, psychological wellbeing, and mental health experiences in order to situate mental health challenges in context and improve overall mental health.

The second half hones in on ideas and techniques applicable to specific challenges and situations. It explores difficult topics such as anxiety, low self-esteem, eating disorders, self-harm, suicidal ideation, shame, trauma, substance abuse, sleep, and low mood, all whilst maintaining a focus on your needs as a queer individual. Empowering and reassuring, and written by an experienced queer mental health practitioner, this one-of-a-kind workbook will help you to flourish as a queer person and begin to overcome any challenge.”



JUN 2022 | TP | 224PP | ISBN-9781839971143  
JESSICA KINGSLEY PUBLISHERS

#### WORLD RIGHTS AVAILABLE

**Tammy Plunkett** is the mother of four children, all of whom identify as queer, including her third child, who came out as transgender at age 11. Tammy is a certified life coach, writer, and speaker who began her career as a registered nurse. She founded a monthly support group for parents of transgender children while serving on the board of Airdrie Pride. She lives in Alberta, Canada.

## Beyond Pronouns

### The Essential Guide for Parents of Trans Children

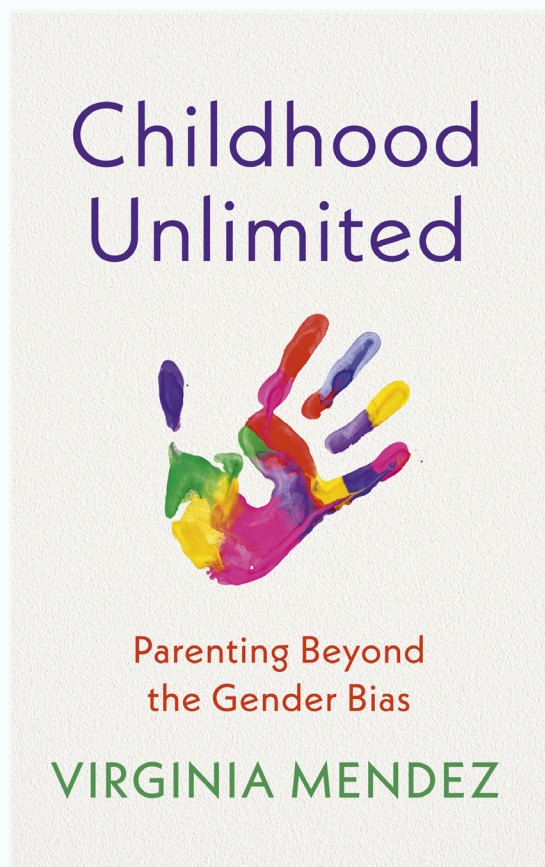
**Tammy Plunkett**

*Foreword by Mitchell Plunkett*

If your child or teen recently told you they are transgender, non-binary or genderfluid, you're bound to have questions. You may wonder how best to support your child's transition and doubt whether you are making the right decisions. When her son came out as transgender, Tammy Plunkett had the same worries.

In *Beyond Pronouns*, she shares her candid experiences learning to navigate her child's transition and provides clear and practical guidance to help you do the same. She deals with many frequently asked questions, including: Is this a phase? Why not wait until they're an adult? How do I tell others my child is gender-diverse? Where do we start a child's transition?

Offering gentle guidance through the first 100 days and beyond, Tammy uniquely addresses the need for parents to be supported so they can best care for their child. You will find ways to face common fears, have important conversations with your child, be a good ally and much more, with age-appropriate approaches that aim for a happy and connected family.



APR 2022 | TP | 224PP | ISBN-9781529395389 |  
SHELDON PRESS

#### WORLD RIGHTS AVAILABLE

**Virginia Mendez** is a mother of two and the co-founder of [www.thefeministshop.com](http://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 Entrepreneurs in 2020.

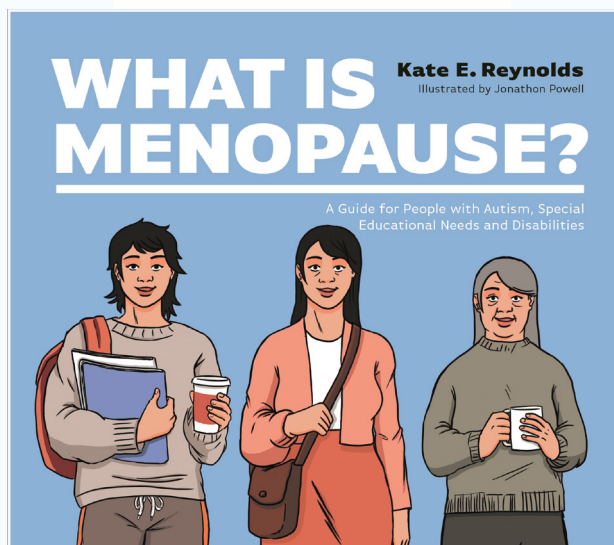
## Childhood Unlimited

### Parenting Beyond the Gender Bias

#### *Virginia Mendez*

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 Childhood Unlimited.

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.



MAY 2022 | HB | 40PP | ISBN-9781787759411 | JESSICA KINGSLEY PUBLISHERS

#### WORLD RIGHTS AVAILABLE

**Kate E. Reynolds** MDS, PGDC, PGDHE, BSc (Hons) SA, RGN is mother to two young people on the autism spectrum, one of whom has intellectual disabilities. She worked for the UK's NHS for 18 years, mainly in HIV and sexual health. Kate has written 15 books, largely about aspects of relationships and sexuality. Kate is a researcher, speaks at conferences and runs training for parents and staff. In 2016 she presented at an All Party Parliamentary Group about sex education and disability. Her website is: [kateereynolds.com](http://kateereynolds.com).

**Jonathon Powell** lives in Brisbane and has a Diploma in Fine Art and Bachelor of Animation. He has illustrated many books including the *Sexuality and Safety with Tom & Ellie* series by Kate E. Reynolds and *Making Sense of Sex* by Sarah Attwood.

## What Is Menopause?

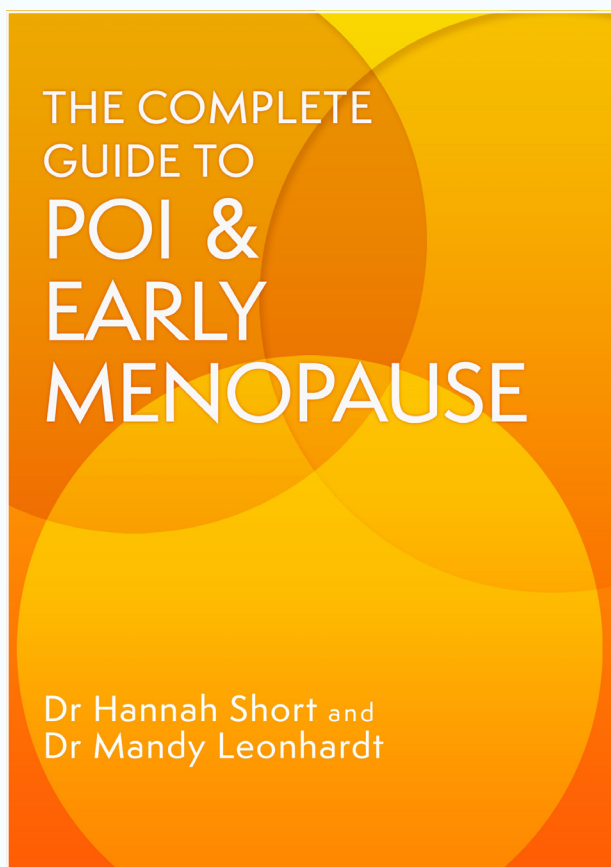
### A Guide for People with Autism, Special Educational Needs and Disabilities

**Kate E. Reynolds**

This carefully written and explicitly illustrated book provides an explanation of menopause for people with autism and special education needs and disabilities (SEND). It helps readers to understand the physical processes and symptoms of menopause, as well as important practical information, such as how to cope with the emotional and hormonal changes in menopause, complementary therapies and tips on how to effectively communicate your experiences to support networks and professionals such as, doctors and therapists. Menopause is rarely recognised or addressed with people who have autism, special educational needs and disabilities (SEND) yet it has a significant impact on their daily living.

This book frankly explains what constitutes menopause, that it is part of the life course and can be actively managed. As part of the 'Healthy Loving, Healthy Living' series, this book is written in gender neutral and inclusive language.





JUN 2022 | TP | 224PP | ISBN-9781399801249 |  
SHELDON PRESS

#### WORLD RIGHTS AVAILABLE

**Dr Hannah Short** is a GP and accredited Specialist in Menopause & Premenstrual Disorders. She holds a British Menopause Society/FSRH Advanced Certificate in Menopause Care, is a member of the IAPMD Clinical Advisory Board (CAB) and their Surgical Menopause Advisory Committee, and an ambassador for The Daisy Network. She lectures widely, providing education and information for fellow healthcare professionals and the public.

**Dr Mandy Leonhardt** is a GP who specializes in women's health, in particular Premenstrual Syndrome (PMS), perimenopause and menopause. She holds a BMS Certificate in Menopause Care, and was the founder, organizer and host of England's first Menopause Café in 2018. She gives frequent talks at women's health events and has made numerous media appearances talking about menopause and menopause-related issues.

## The Complete Guide to POI and Early Menopause

**Hannah Short & Dr Mandy Leonhardt**

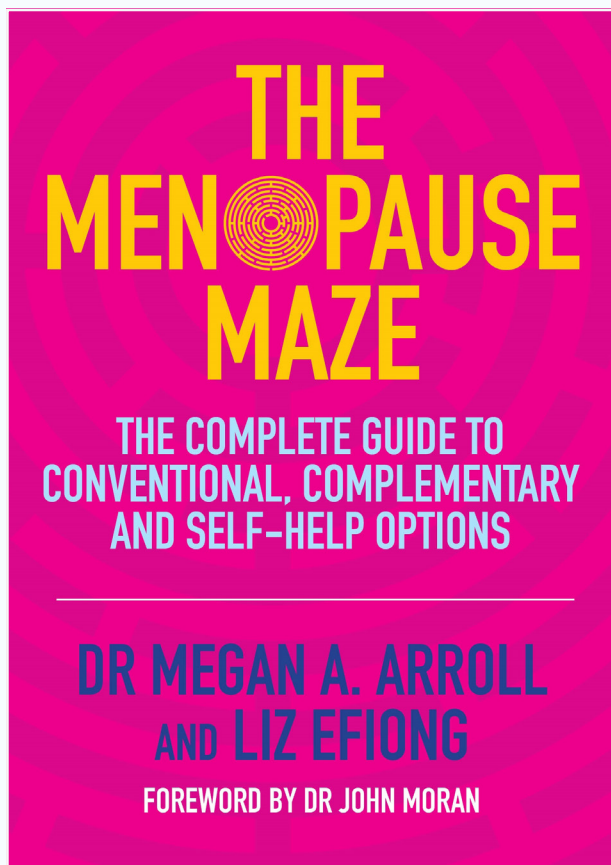
Support for every stage of your journey through early menopause and Primary Ovarian Insufficiency.

Finding out in your teenage years or early twenties that you are 'menopausal' can be devastating, and cannot be compared to the more natural, expected hormonal transition at mid-life. Receiving the same diagnosis in your late 30s is just as overwhelming; learning you are 'post-menopausal' while undergoing fertility treatment at the age of 42 can leave you blind-sided. Drs Hannah Short and Mandy Leonhardt are GPs who not only specialise in treating hormonal imbalances and menopausal health, but also have first-hand experience of POI and early menopause. Their book, *The Complete Guide to POI and Early Menopause*, offers a road-map to navigating the emotional and hormonal rollercoaster that is a diagnosis of early menopause. It brings together the latest research and clinical advice, with a whole-body approach that prioritises empowerment and health, underpinned by the authors' compassion and empathy for where you are now.

Packed full of the most comprehensive and up-to-date information, the book covers:

- Causes of early menopause and POI;
- When, and how, to seek a diagnosis;
- Hormonal and non-hormonal treatments
- Nutrition, Lifestyle & Self-care; - Fertility
- Sexual wellbeing, relationships and self-identity
- Early menopause, education and work.

With an emphasis on diversity and inclusion, and featuring numerous case studies, FAQs, guidelines and further resources, this book is the only one you will ever need if you are facing the unique challenges of menopause and POI diagnosis at a stage of life when you least expected, or wanted, it.



MAY 2016 | TP | 256PP | ISBN-9781848192744 | 6  
BLACK AND WHITE TABLES | SINGING DRAGON

#### WORLD RIGHTS AVAILABLE

**Dr Megan A. Arroll** is a Senior Lecturer in Health Psychology at BPP University and is a Chartered Psychologist and Chartered Scientist with a keen interest in women's health throughout the lifespan. She is the author of *Chronic Fatigue Syndrome: What You Need to Know about CFS/ME* and co-author of *Invisible Illnesses: Coping with Misunderstood Conditions and Irritable Bowel Syndrome: Navigating Your Way to Recovery* with Prof. Christine Dancey. Megan splits her time between London and rural Alabama.

**Liz Efiong** has an honours degree in Nutritional Therapy and worked with Patrick Holford as a researcher and writer for two years. She is co-author of *Say No to Cancer* and has researched and edited a number of other books, including *Say No to Arthritis* and *Balance Your Hormones*. Liz is based in London.

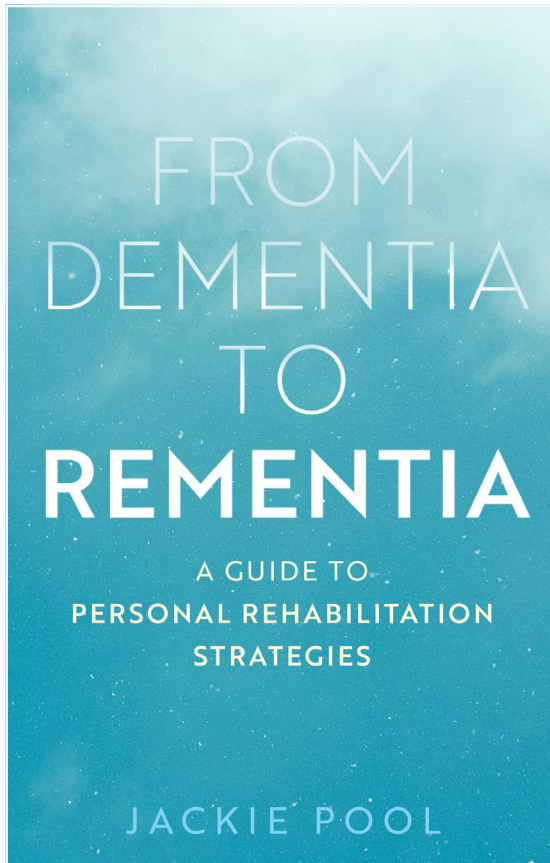
## The Menopause Maze

The Complete Guide to  
Conventional, Complementary  
and Self-Help Options

**Megan A. Arroll and Liz Efiong**

"Hot flushes, night sweats, insomnia... How on earth do I cope with symptoms of the menopause?"

There is no single answer to this question. Based on up-to-date research, this book provides an honest account of the pros and cons of the different options for managing the menopause so that you can make an informed decision about the best approach for your particular situation. It covers hormone replacement therapy (HRT), bioidentical HRT, medication, lifestyle, nutrition, and complementary therapies, from acupuncture and reflexology to tai chi and yoga. This is everything you need to know about the issues you may face during the perimenopause and menopause, how to support your body as the changes start, and the conventional, alternative and self-help therapies that can ease your symptoms.



DEC 2021 | TP | 176PP | ISBN-9781839973154 | JESSICA KINGSLEY PUBLISHERS

#### WORLD RIGHTS AVAILABLE

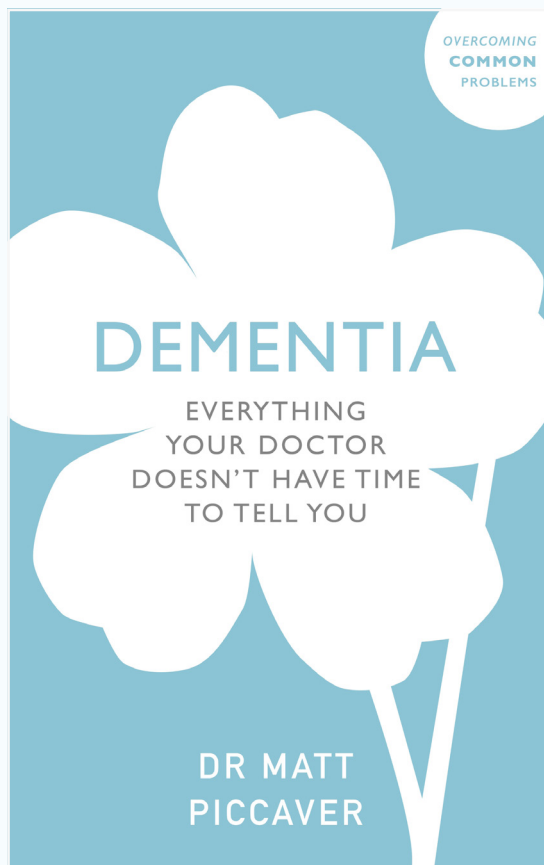
**Jackie Pool** is a UK leading specialist in dementia care who was awarded the National Dementia Care Award 2011 for Best Dementia Care Personality. She is the Director of Memory Care for Sunrise Senior Living.

## From Dementia to Rementia

### A Guide to Personal Rehabilitation Strategies

#### *Jackie Pool*

This innovative book sets out practical guidance for people with dementia, their families and carers on reducing the symptoms of Alzheimer's disease and other dementias. Applying a 'rementia' based approach to dementia care, Jackie Pool shows how therapeutic cognitive rehabilitation techniques can be used to reduce symptoms of dementia and ultimately improve quality of life for people living with dementia. Covering topics such as nutrition, stress, communication, memory and sleep, it provides all the tools and information necessary to build a personalised and flexible self-care plan which will improve and sustain quality of life. By clearing away the myths and stigma surrounding dementia, this book creates room for cooperation, creativity and hope.



APR 2020 | TP | 112PP | ISBN-9781847094827 |  
SHELDON PRESS

**RIGHTS SOLD: CHINESE (TRADITIONAL): DOMAIN  
PUBLISHING COMPANY**

**Dr Matt Piccaver** is a GP, writer and broadcaster. He has written for both local and national newspapers and appears regularly on television and radio talking about medical matters in addition to his clinical practice. He is the author of *Everything Your GP Doesn't Have Time to Tell You About Arthritis* (Sheldon Press, 2017).

## Dementia

### Everything Your Doctor Doesn't Have Time to Tell You

**Matt Piccaver**

You have suspected for a while that you, or a loved one, might have dementia - and your family doctor has just confirmed this. But they have only ten minutes to tell you everything you need to know about the diagnosis, and it's taken you half that time to take your coat off. This book by a busy working doctor tells you everything you need to know about dementia and its various forms. It will help you to understand what happens to the brain when it develops Alzheimer's Disease (or other forms of dementia) and what the treatment possibilities are. It explains what to expect with symptoms, suggests some non-pharmacological approaches to managing the condition, and covers such practicalities as driving, making your home safe and giving or receiving Power of Attorney where necessary. Covering Alzheimer's Disease, vascular dementia, Dementia with Lewy Bodies and all the other major neurodegenerative conditions, this book is packed with information, written with a light, wry humour, and answers all the questions that you didn't know you had until you left the surgery...





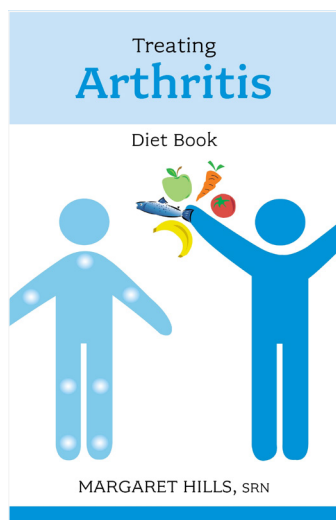
## Treating Arthritis

### The Drug Free Way Margaret Hills

Best-selling author Margaret Hills tells the amazing stories of people who have benefited from her honey and cider vinegar cure. Advice about diet and stress is also included, so that readers have very real and practical tools to help them treat their arthritis. Crippled herself with arthritis, Margaret Hills used her nurse's training and determination

to win back her health. Since then her 'acid-free' approach has brought relief to thousands. Topics include: Arthritis in children Arthritis in adults A selection of case histories The stress factor: how it affects the body and contributes to arthritis, and how it can be alleviated.

AUG 2012 | PB | 128PP | ISBN-9781847092380 | SHELDON PRESS | WORLD RIGHTS AVAILABLE



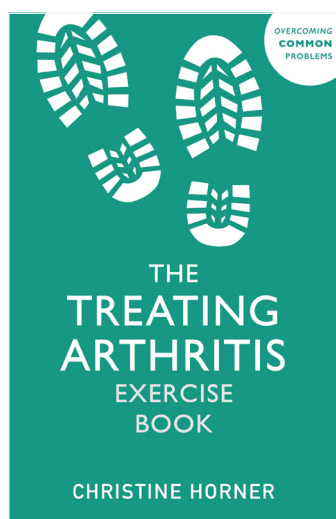
## The Treating Arthritis Diet Book

### Recipes and Reasons Margaret Hills

This is a companion to the author's highly successful *Treating Arthritis - The Drug-Free Way*. It contains a wide selection of recipes especially for arthritis. These cover hors d'oeuvres, soups, fish dishes, savouries, salads, meat dishes, poultry and game, desserts and cakes and biscuits. All the recipes

are simple and easy to prepare but delicious to eat! The ingredients are neither elaborate nor costly and there is plenty of variety combined with good nutrition. If you suffer from arthritis or know someone who does, if you wish to prevent arthritis or are simply interested in a healthy diet, this book is a must.

JUN 2006 | PB | 96PP | ISBN-9780859699976 | SHELDON PRESS | WORLD RIGHTS AVAILABLE



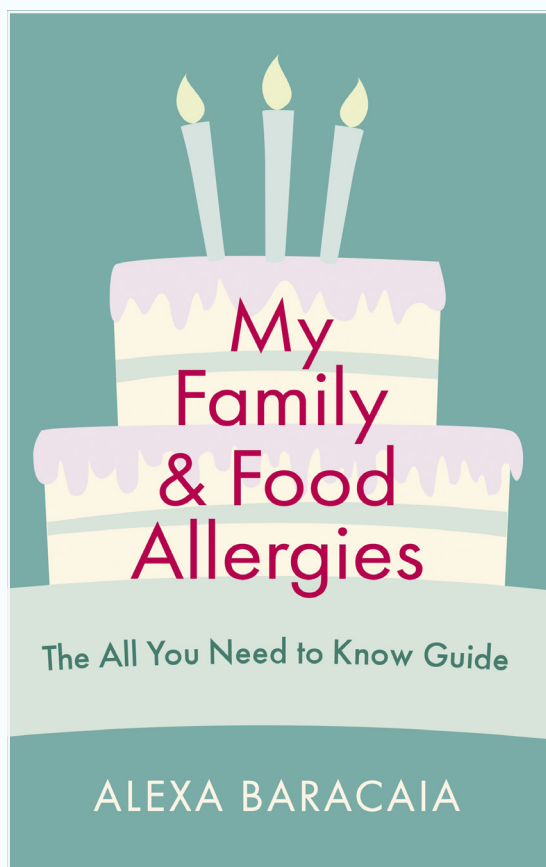
## Treating Arthritis Exercise Book

### Margaret Hills and Christine Horner

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.

DEC 2022 | TP | 128PP | ISBN-9781529375497 | SHELDON PRESS | WORLD RIGHTS AVAILABLE



NOV 2021 | TP | 336PP | ISBN-9781529349887 |  
SHELDON PRESS

#### WORLD RIGHTS AVAILABLE

For **Alexa Baracaia**, Mother's Day started with a relaxing breakfast of scrambled eggs - and ended in the Emergency Department with her distressed five month-old baby. Following the acquisition of numerous EpiPens and a large dose of anxiety, she sought the help and advice of others going through the same struggles, as she took to social media and began a blog charting her family's food allergy journey. Ten years on, she is co-founder of the hugely popular Twitter support forum @allergyhour, and is a food allergy speaker, campaigner, writer and consultant for organisations including the School Food Plan team, the Institute of Hospitality, the Food Standards Agency, Leon restaurants and more. She is also a judge for the annual 'Free From' Food Awards. With her non-allergy hat she is a freelance journalist and former newspaper arts editor. This is the book she wishes she had to hand when her son was diagnosed.

## My Family and Food Allergies

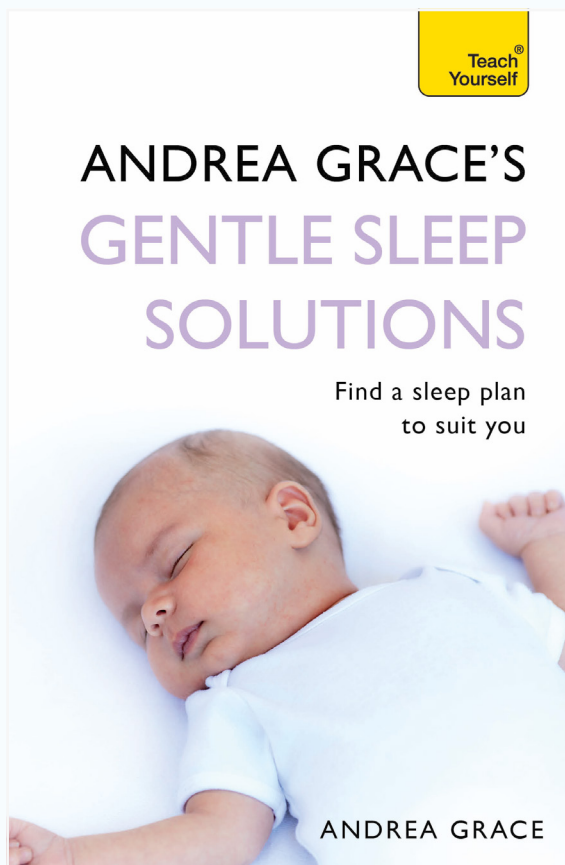
### The All You Need to Know Guide

#### Alexa Baracaia

The discovery that your child has a serious food allergy can be life-changing, accompanied as it often is by an emergency dash to the hospital, the acquisition of several EpiPens, and a large dose of anxiety. *My Family and Food Allergies* is for anyone caring for, or close to, a child with food allergies. It covers every aspect of the journey from diagnosis to helping your child on the path to independence.

First and foremost, it is aimed at parents but it is also a must-read for grandparents, friends, teachers and others keen to learn more about living with food allergies. It is bursting with practical tips and expert advice on how to navigate each fresh milestone and challenge, including school care plans, understanding where the real risks are (and what is manageable) and how to handle things like school bake sales, celebratory occasions and birthday parties. It features failsafe recipes for every occasion, including the best 'free from' birthday cake recipe ever, as well as advice on travel and flying, on what to look for in accommodation and a mini-allergy-friendly guide for resorts such as Disneyland, restaurant chains, and so on.

With an outline of what we can hope for the future, where the science is now, and what the experts predict will happen in the battle against severe food allergies, this really is the ultimate guide for anyone who wants to safely support and inform their child on the path to independence.



JUL 2022 | TP | 240PP | ISBN-9781399803533  
SHELDON PRESS

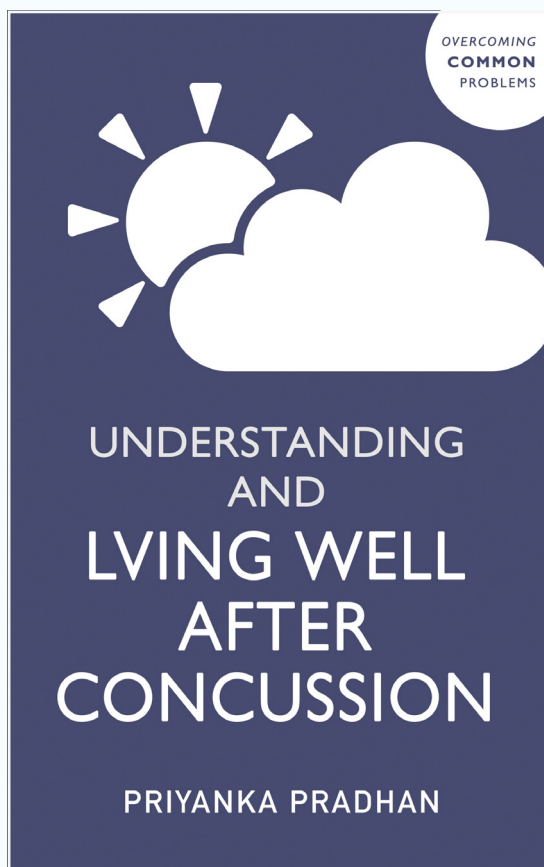
#### WORLD RIGHTS AVAILABLE

**Andrea Grace** is one of the UK's longest established and most experienced child sleep specialists. She helps babies and children to sleep through the night in no time at all, using an approach which is safe, gentle and specifically designed for them and you.

## Andrea Grace's Gentle Sleep Solutions

### **Andrea Grace**

Does your baby have trouble sleeping? You're not alone. Designed specifically for the very many parents encountering the same issues as you, this practical, no-nonsense book gives you the insights, tools and strategies to help your baby get the rest they need - however difficult the challenge. Featuring up-to-date safe sleeping guidance, and drawing on the latest clinical expertise, this book will help you to devise a gentle, sustainable sleep plan which will work for you and your baby. It is based on Andrea Grace's work with hundreds of families, and her decades of experience as the UK's longest-standing sleep consultant, to successfully formulate a gentle, sustainable approach without crying it out, or unnecessary distress for you or your child. It includes coverage of a variety of different needs, from colic to reflux and eczema, and provides welcome support for other carers and family members, from babysitters and childminders to grandparents and siblings.



APR 2022 | TP | 160PP | ISBN-9781529346145 |  
SHELDON PRESS

#### WORLD RIGHTS AVAILABLE

**Dr Priyanka Pradhan** is a chartered clinical psychologist and registered clinical neuropsychologist. She specialises in behavioural activation, cognitive behavioural therapy, mindfulness based cognitive behavioural therapy and traumatic brain injury. During her treatments, her aim is to draw upon all aspects of the patient including physical, emotional, cognitive, social and cultural status providing neuropsychology services.

**Anna Leggett** is a writer and coach. She has a particular interest in mindfulness, meditation, neuroplasticity and nutrition and the power of the human mind and spirit to overcome challenges. In 2016, she sustained a concussion and soft-tissue injuries in a car accident. She went on a long recovery journey and has applied what she learnt to the whole of her life and now wants to share those valuable insights and lessons with others.

## Understanding and Living Well After A Concussion

### *Priyanka Pradhan*

Concussion, even in its mildest form, can have lasting effects on the individual in a way we're only just beginning to understand. Mild Traumatic Brain Injuries (mTBI), concussion and post-concussion syndrome have previously been conservatively managed with recommendations for 'rest'. But even mild brain injuries and post-concussion syndrome can have an enormous impact on life, long after the 3 months during which they are expected to resolve. There are also significant differences between the way in which concussion affects men and women respectively, as this new research shows. If concussion or an mTBI are affecting you, there is much in this book to help and support your symptoms.

Neuropsychologist Dr Priyanka Pradhan has pulled together the latest research to provide a complete manual for overcoming the impact of any mild brain injury. Her book explains what a concussion is and how it may present, and give practical strategies for managing persistent symptoms. Such strategies include not only how to ask for professional and specialist medical help (and where to get it from), but also self-management techniques that draw on things like EMDR, craniosacral therapy and osteopathy.

Understanding and Living Well After Concussion also explains the importance of sleep and diet, and includes significant psychological and emotional support for mental wellbeing and recovery, a support that is often missing from the clinical pathway for post-concussion syndrome. This book is an essential resource for anyone who feels that they need insight, practical help and emotional support into what is often perceived as an almost-invisible illness, but one which is very real for you or your loved one.





DEC 2021 | TP | 112PP | ISBN-9781529375664 |  
SHELDON PRESS

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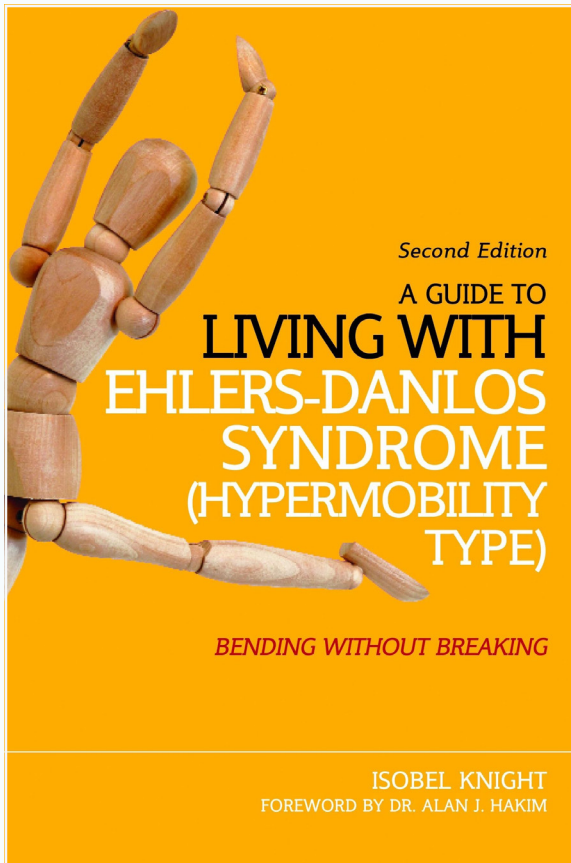
**Professor Edelmann** is a Chartered Psychologist, a HCPC Registered Clinical, Forensic and Health Psychologist and a Fellow of the British Psychological Society. From 1986 until 1997 he was involved in Clinical Psychology training at the University of Surrey where he also directed a Masters programme in Health Psychology. From 1999 until 2007 he worked in full-time independent practice offering consultancy, psychological therapy, medico-legal expertise, teaching and research. He is currently Emeritus Professor of Forensic and Clinical Psychology.

## Coping with Blushing

**Robert J. Edelmann**

"I just couldn't stop blushing... It was awful!"

It's the thing you dread most. You're at a party, giving a presentation, joining a new evening class or even meeting your online date in real life for the first time. You feel the warmth creeping up over their face - you know they've noticed, and now they'll think you're socially inept, or awkward, or nervous. The more embarrassed you feel, the more you blush. But it doesn't need to be this way. Blushing is not something to be feared, and there are ways to break the cycle and regain control of your anxiety. Professor Edelmann offers proven, practical and easy to manage strategies to unlearn feelings of failure, and to not only survive but thrive in any social or professional situation.



DEC 2014 | TP | 312PP | ISBN-9781848192317 | 40 B&W ILLUSTRATIONS & PHOTOS | SINGING DRAGON

#### WORLD RIGHTS AVAILABLE

**Isobel Knight** is a writer, researcher and periodic lecturer on Ehlers Danlos Syndrome (Hypermobility Type). She is also a practising Bowen Therapist. Isobel is the author of 'A Multidisciplinary Approach to Managing Ehlers-Danlos (Type III) - Hypermobility Syndrome' and she co-wrote, with John Wilks, 'Using the Bowen Technique to Address Complex and Common Conditions,' also published by Singing Dragon. She lives in South London.

## A Guide to Living with Ehlers-Danlos Syndrome (Hypermobility Type)

### Bending without Breaking

#### 2<sup>nd</sup> Edition

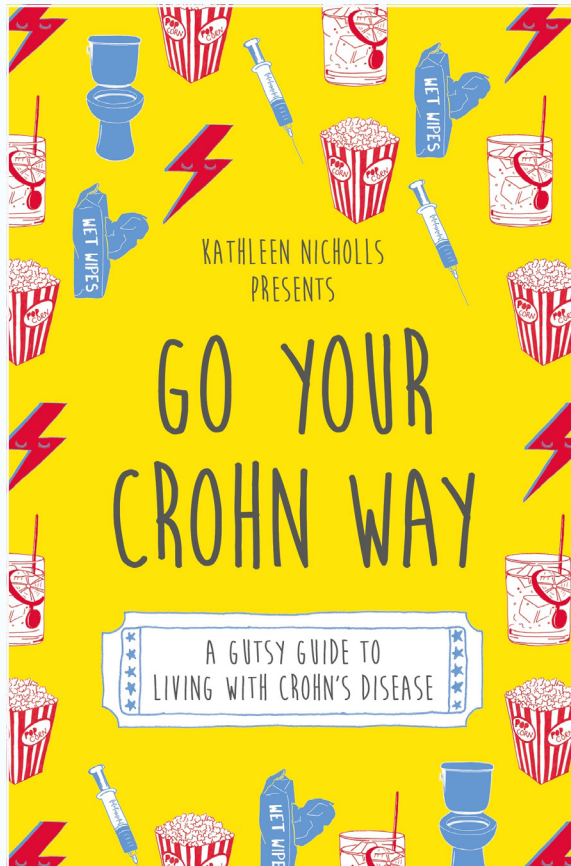
**Isobel Knight**

Covering everything from recognising symptoms and obtaining initial diagnosis to living with the condition on a daily basis, this complete guide to living with and managing Ehlers-Danlos Syndrome (Hypermobility Type - formerly known as Type III) has been revised and fully-updated in this accessible new edition. The author, who has the condition, looks at how it affects children and adolescents and explores pain management, pregnancy, physical and psychological aspects, and how it widely affects dancers and other performance artists.

#### New material includes:

- changes in terminology
- information on how osteopathy and nutrition can help; psychological approaches beyond CBT
- how to deal with professionals
- what to expect from support groups and rehabilitation programmes.

This new edition will be a must for anybody who suffers, or suspects they might be suffering from, Ehlers-Danlos Syndrome (Hypermobility Type) and provides everything needed to enjoy a fulfilling life with this complex condition. It will also be of interest to their families and friends, and professionals working with Hypermobility Type EDS.



MAY 2016 | PB | 208PP | ISBN-9781848193161 | 15 B&W  
CARTOONS | SINGING DRAGON

**RIGHTS SOLD: FRENCH: FIRST EDITIONS A  
DEPARTMENT OF SAS ED18**

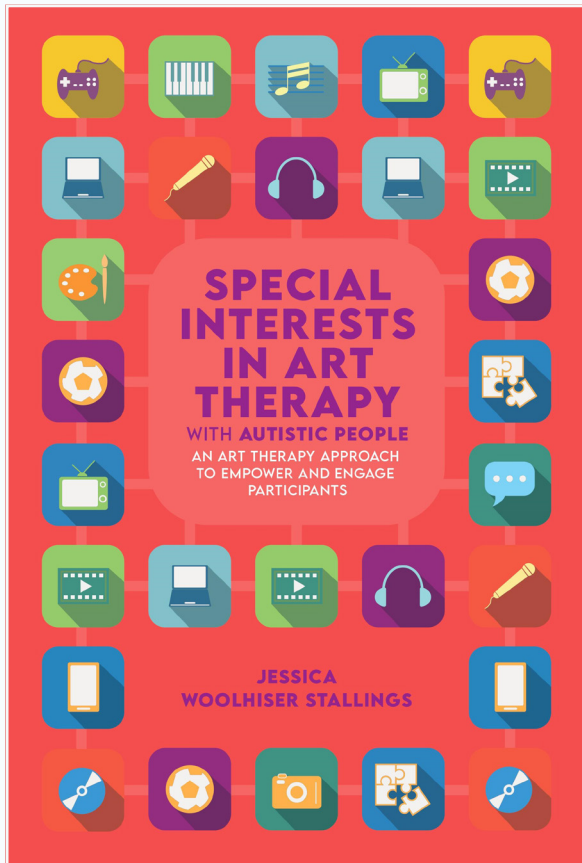
**Kathleen Nicholls** lives in Scotland with her partner, two cats and a mountain of cat hair. She has been living with Crohn's Disease since her youth but was officially diagnosed in 2010. Since then she has undergone every treatment in the NHS book and so far one surgery. Follow her on her blog Crohnological Order.

## Go Your Crohn Way

### A Gutsy Guide to Living with Crohn's Disease

**Kathleen Nicholls**

For Kathleen Nicholls, life with Crohn's disease has been a constant battle against her bowels. But life has also been about David Bowie, dancing, and laughter. *Go Your Crohn Way* follows the highs and lows of Kathleen's experiences, and is full of useful advice for maintaining self-confidence and positivity while navigating the world of work, relationships, and those conversations. Warm and inspiring, this book demonstrates how Crohn's can be life-changing, but not just for the worse. Kathleen gives advice and tips on adapting and thriving through Crohn's, including a specially created phrasebook, which proves that so long as you know how to ask for the nearest bathroom, globe-trotting is still firmly on the agenda. Full of fun and humour, Kathleen's journey through life with Crohn's disease will leave you - like her - in stitches.



SEP 2022 | TP | 192PP | ISBN-9781787759084  
JESSICA KINGSLEY PUBLISHERS

#### WORLD RIGHTS AVAILABLE

**Dr Jessica Woolhiser Stallings**, LMHP, LMHC, LPC, ATR-BC is a clinician and leading expert in the application of art therapy with autistic individuals. She teaches at Emporia State University, Kansas, where she assisted in developing an interdisciplinary autistic certificate program for professionals. She was the co-recipient of the Rawley Silver Research Award for a research proposal on evidence-based practice in art therapy with individuals with autism.

## Special Interests in Art Therapy with Autistic People

An Art Therapy Approach to Empower and Engage Participants

**Jessica Woolhiser Stallings**

Introducing the Special Interest Communication Theory (SICT) Facilitative Framework, this guide will help you to support autistic clients and meet their needs through special interests and pop culture. Turning away from a culture that has often sought to suppress autistic special interests, Stallings asks that therapists meet autistic children and adults on their own terms. Creating an autism positive environment and engaging with special interests - from video games to K-Pop - builds rapport and helps identify therapeutic goals. Jessica Woolhiser Stallings combines this practical guide to her evidence-based framework with an overview of the history and applications of therapies and arts therapies used with autism. From a perspective that respects autistic self-advocacy and the role of art therapy in supporting individual emotional health, this guide offers tools to address anxiety, social interaction, communication, identity and more.





JUN 2022 | TP | 208PP | ISBN-9781787756106 |  
JESSICA KINGSLEY PUBLISHERS

#### WORLD RIGHTS AVAILABLE

**Emeritus Professor Denise Grocke** has a teaching career spanning over 40 years and has published multiple books. She has held highly profiled positions such as President of the World Federation of Music Therapy, President of the Australian Music Therapy Association, President of the Music and Imagery Association of Australia. She is an Honorary Life Member of the World Federation of Music Therapy, the Australian Music Therapy Association, and the Music and Imagery Association of Australia.

**Professor Katrina Skewes McFerran** is an international expert on the topic of music, music therapy and adolescents. Professor McFerran is Head of the Masters in Music Therapy by Coursework program and Director of the National Music Therapy Research Unit where she supervises a range of projects exploring music and youth. She is currently Associate Dean (Research) in the Faculty of the VCA&MCM, and Associate Director (Research) at the Melbourne Conservatorium of Music.

## Receptive Music Therapy

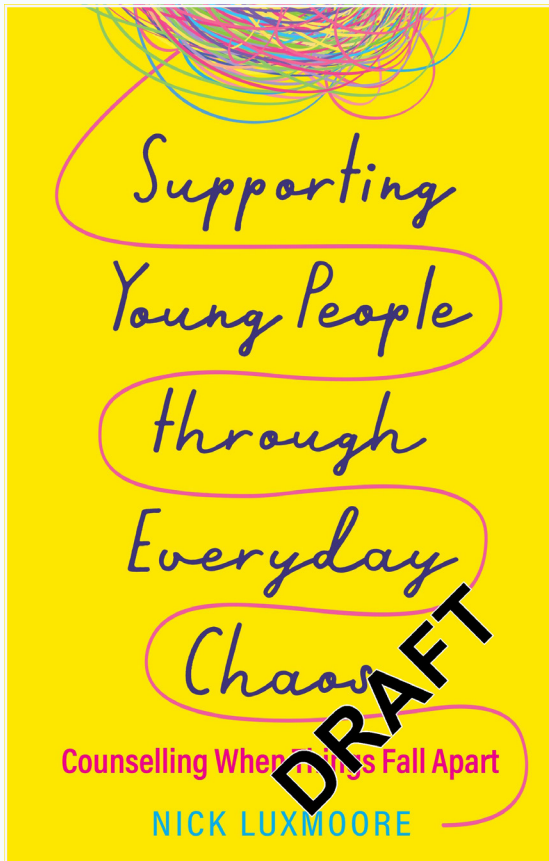
Techniques, Clinical Applications and New Perspectives

2<sup>nd</sup> Edition

**Katrina Skewes McFerran  
and Denise Grocke**

New technologies for accessing music have influenced music therapy methods. Receptive Music Therapy is a valuable resource providing a single source of information for students and music therapists. Theoretical explanations of introductory concepts and new elements such as listening and talking skills when working with recorded music are combined with practical guidance, so that you will always know what to do in practice, and why you are doing it. Practice vignettes provided, articulate the use of a decision tree approach to the selection of receptive music therapy methods.

With everything from focused music listening, playlist construction, song discussion and lyric analysis, music and relaxation, music and imagery to and music and art media, this new edition is a must have for anyone looking to become a music therapist or bring their practices up to speed with the ever-evolving music listening practices.



JUL 2022 | TP | 160PP | ISBN-9781839973598 | JESSICA  
KINGSLEY PUBLISHERS

#### WORLD RIGHTS AVAILABLE

**Nick Luxmoore** was a school counsellor, trainer, teacher, youth worker and UKCP registered Psychodrama psychotherapist. He had over 35 years' experience of work with young people and with the professionals who support them. He worked as the Counsellor at King Alfred's Academy, Wantage, UK.

## Supporting Young People through Everyday Chaos

### Counselling When Things Fall Apart

**Nick Luxmoore**

This book provides ways to support and counsel young people struggling to adapt and live with the constant possibility of things breaking down, of normal life being overtaken by chaos. Covering many different types of 'everyday chaos' including anxiety, bullying, mental health, trauma, anger and loss, this book is an incredibly useful guide for anyone working with young people at a time when these issues are more prevalent than ever. It was inspired by the author's daughter's accidental death aged 27. Written in a warm and down-to-earth tone, the chapters use a variety of case studies to lead through examples on a range of problems young people are facing.



**Tanja Sharpe**

Foreword by Suzanne Alderson

# CREATIVE COUNSELLING

Creative Tools and Interventions to  
Nurture Therapeutic Relationships

MAR 2022 | TP | 224PP | ISBN-9781839970184 | 45  
B&W IMAGES | JESSICA KINGSLEY PUBLISHERS

**WORLD RIGHTS AVAILABLE**

**Tanja Sharpe** is an integrative counsellor and therapeutic coach. She has a private practice based in Chester and has previously worked as a counsellor in the NHS and Rape Crisis. She is the Founder of Creative Counsellors and the author of *Doodle your Worries Away* and *CBT Doodling for Kids*. [www.creativecounsellors.org](http://www.creativecounsellors.org)

## Creative Counselling

### Creative Tools and Interventions to Nurture Therapeutic Relationships

**Tanja Sharpe**

Foreword by Suzanne Alderson

This guide explains how to incorporate creative interventions into counselling confidently and effectively and provides activities to support clients to express themselves through art, sound, movement, symbols, poetry and more. The book presents the Creative Counselling Model and gives guidance on incorporating creativity at every step of the therapeutic journey, from initial contract through to managing endings. It will support you to better adapt to the needs and interests of your clients, increase engagement, build better therapeutic relationships and improve outcomes. Advice is also given on nurturing your own creativity as a therapist and using creativity as self-care.

Bonus content! This book also gives access to a free video series where you can learn more about some of the creative tools and interventions in the book, such as using clay, sand and symbols.

