



EXISLE PUBLISHING

MENTAL HEALTH CATALOGUE
BOOKS FOR A HEALTHIER MIND



INCLUDES CHILDREN'S TITLES FROM EK BOOKS

With so much fear and uncertainty in the world, many of us are now spending our days in a constant state of stress, worry and distraction. The impact this has on our mental health is undeniable. We're not designed to live in perpetual survival mode, but how can we break the cycle when the world itself seems unpredictable and beyond our power to control? In this collection of books written by leading experts, readers will find practical research-based advice for taking control of your inner landscape, overcoming anxiety, and accessing strength, resilience and calm - no matter what!

Written in plain English, these titles give instant access to the wisdom and experience of professionals at the top of their game — from clinical psychologists to experts in brain nutrition, from sleep scientists to mindfulness gurus.

Our children's books, under our EK imprint, are also crafted by authors and illustrators whose backgrounds include teaching and psychology. These creators have a knack for unpacking complex issues, making them engaging and memorable for even our youngest readers. We invite you to explore our range and soothe your mind.

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ANXIETY AND DEPRESSION

Your Anxiety Beast and You

A Compassionate Guide to Living in an Increasingly Anxious World

Dr Eric Goodman, Ph.D. Illustrated by Louise Gardner

With over 25 years' experience helping people with anxiety and OCD, Dr Eric Goodman aims to help readers make peace with their anxiety and help them re-focus on making their anxiety a better companion.



9781925820331 | Paperback | **June 2020**
229 x 152 mm | 216 Pages
AU \$32.99 | NZ \$32.99



The Changing Man

A Mental Health Guide

Dr Cate Howell OAM, CSM, CF & Alex Barnard

The Changing Man explores a range of issues affecting men's emotional health and wellbeing, and provides a collection of tried and tested tools to ensure no man suffers in silence again.



9781925820355 | Paperback | **Nov 2020**
229 x 152 mm | 240 Pages
AU \$32.99 | NZ \$32.99



Go Away, Worry Monster!

Brooke Graham & Robin Tatlow-Lord

Learn anxiety-reducing techniques with Archie when Worry Monster climbs into his bed the night before starting school.



9781925820393 | Hardcover | **Sep 2020**
245 x 255 mm | 32 Pages | Colour
AU \$24.99 | NZ \$24.99

**AGES
4-8**



Together Things

When Her Father Feels Sad, A Little Girl Finds Ways to Keep The Bonds of Love Alive

Michelle Vasilu & Gwynneth Jones

Her Dad used to be fun, but now he is sad. When depression strikes, a girl and her dad adapt as he tries to get better.



9781925820294 | Hardcover |
245 x 255 mm | 336 Pages | Colour
AU \$24.99 | NZ \$24.99

**AGES
4-8**



Dealing With Depression

Simple Ways to Get Your Life Back

Jan Marsh M.A. (Hons). Dip.Clin.Psych.

A simple and, above all, effective approach to managing depression, written by a psychologist with 40 years' experience.



9781925335934 | Paperback |
198 x 129 mm | 192 Pages |
AU \$19.99 | NZ \$19.99



Release Your Worries

A Guide to Letting Go of Stress and Anxiety

Dr Cate Howell & Dr Michele Murphy

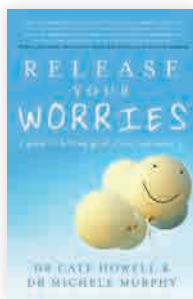
This is a comprehensive yet accessible book on dealing with stress and anxiety. **Relax Your Worries CD also available.**



9781921497438 | Paperback |
234 x 153 mm | 288 Pages |
AU \$29.99 | NZ \$29.99



9780987073600 | CD |
125 x 140 x 10mm | 53:15 mins |
AU \$19.99 | NZ \$22.99



Social Courage

Coping and Thriving with the Reality of Social Anxiety

Dr Eric Goodman, PhD

This step-by-step program will give you all the tools you need to not just cope with social anxiety, but thrive.



9781925335750 | Paperback |
229 x 152 mm | 232 Pages |
AU \$29.99 | NZ \$29.99



Don't Think About Purple Elephants

Susan Whelan & Gwynneth Jones

Sometimes Sophie worries and then can't get to sleep. Until her mother thinks of a solution ... involving elephants!



9781921966699 | Hardcover |
245 x 255 mm | 32 Pages | Colour |
AU \$24.99 | NZ \$24.99



9781925335484 | Paperback |
245 x 255 mm | 32 Pages | Colour |
AU \$14.99 | NZ \$14.99

AGES
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Parenting Made Simple

Straightforward, Practical Strategies for Common Childhood Challenges

Dr Sarah Hughes

In this practical guide, parents will learn the do's and don'ts of managing their child's behavior, and discover effective solutions for raising well-adjusted children.



9781925820324 | Paperback | **Apr 2020**
229 x 152 mm | 240 Pages |
AU \$29.99 | NZ \$29.99



Mind Kind

Your Child's Mental Health

Dr Joanna North

An essential reference for parents committed to supporting their child at each stage of development so they can grow a healthy, resilient mind.



9781925335941 | Paperback |
229 x 152 mm | 256 Pages |
AU \$32.99 | NZ \$32.99



Love and Loss

True Stories That Reveal the Depths of the Human Experience

Renée Hollis (ed.)

Discover 25 real-life stories of love, loss and memory with inspiring, brave reminders of what makes us inherently human.



9781925820072 | Hardcover |
227 x 170 mm | 240 Pages |
AU \$29.99 | NZ \$29.99



Struggle and Success

True Stories That Reveal the Depths of the Human Experience

Renée Hollis (ed.)

Witness 25 global journeys of struggle and success, highlighting one of humankind's greatest traits — resilience.



9781925820089 | Hardcover |
227 x 170 mm | 240 Pages |
AU \$29.99 | NZ \$29.99



Tabitha and the Raincloud

Devon Sillett & Melissa Johns

When you wake up under a raincloud you have a choice: feel soggy and miserable or dance in the rain! An empowering story of resilience and the importance of optimism.



9781925820133 | Hardcover | Mar 2020
245 x 255 mm | 32 Pages |
AU \$24.99 | NZ \$24.99

AGES
4-8



The Battle

Starting School Can Be Scary Sometimes!

Ashling Kwok & Cara King

Edward prepares for battle. Starting school is scary with ogres and dragons about! But fun awaits when he realizes the ogres and dragons are actually just like him.



9781925820409 | Hardcover | June 2020
245 x 255 mm | 32 Pages | Colour
AU \$24.99 | NZ \$24.99

AGES
4-8



Dandelions

Katrina McKelvey & Kirrili Loneragan

A heart-warming picture book about a father's love, the resilience of nature and the importance of hope!



9781925335569 | Paperback |
245 x 255 mm | 32 Pages | Colour |
AU \$14.99 | NZ \$14.99

AGES
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Through the Gate

Sally Fawcett

Now in paperback, this acclaimed picture book tells an empowering story of resilience and coping with change.



9781925335415 | Hardcover |
245 x 255 mm | 32 Pages | Colour |
AU \$24.99 | NZ \$24.99



9781925820096 | Paperback |
245 x 255 mm | 32 Pages | Colour |
AU \$14.99 | NZ \$14.99

AGES
4-8



Lessons of a LAC

It Can Be Hard To Stop Worrying When You're A Little Anxious Creature!

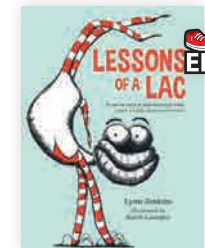
Lynn Jenkins & Kirrili Loneragan

An essential resource tool, in an engaging picture-book format, to help children manage their worries and anxieties.



9781925335828 | Paperback |
305 x 230 mm | 32 Pages | Colour |
AU \$19.99 | NZ \$19.99

AGES
4-8



Brave

Lynn Jenkins & Kirrili Loneragan

While kids are blessed with imagination, it can be a source of anxiety. However, it can also be tapped to help them to feel BRAVE!



9781925117844 | Paperback |
310 x 230 mm | 36 Pages | Colour |
AU \$19.99 | NZ \$19.99 | Little Steps Publishing

AGES
4-8



Perfect Petunias

The 'Perfect' Book for Little Perfectionists Everywhere!

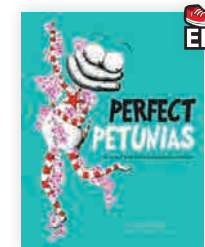
Lynn Jenkins & Kirrili Loneragan

The 'perfect' book for kids who find it hard to make mistakes! Sometimes 'perfect' just means trying your best.



9781925335583 | Paperback |
305 x 230 mm | 32 Pages | Colour |
AU \$19.99 | NZ \$19.99

AGES
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Grey-glasses-itis

Life's Brighter When You're Not Wearing Grey Glasses!

Lynn Jenkins & Kirrili Loneragan

When Loppy takes off his grey glasses, life doesn't look so sad! A simple way to teach kids how thoughts influence mood.



9781925335958 | Paperback |
305 x 230 mm | 32 Pages | Colour |
AU \$19.99 | NZ \$19.99

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Tree

A Gentle Story of Love and Loss

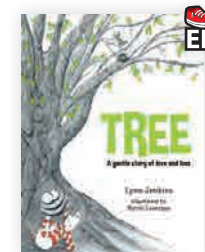
Lynn Jenkins & Kirrili Loneragan

A gentle story of loss to help children learn how to say goodbye, process grief and commemorate a loved one's life.



9781925820126 | Paperback | Sept 20
305 x 230 mm | 32 Pages | Colour |
AU \$19.99 | NZ \$19.99

AGES
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The Reality Slap

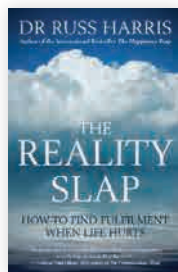
How to Find Fulfilment When Life Hurts

Dr Russ Harris

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



9781921497261 | Paperback |
234 x 151 mm | 240 Pages |
AU \$29.99 | NZ \$35.00



The Fix-It Man

Dimity Powell & Nicky Johnston

There are some things even dads can't fix. A poignant picture book that explores how a child and her father rebuild their lives after the loss of her mother.



9781925335347 | Hardcover |
245 x 255 mm | 32 Pages | Colour |
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AGES
4-8



At the End of Holyrood Lane

Dimity Powell & Nicky Johnston

A sensitive, and ultimately uplifting, glimpse into the world of domestic violence and how it can affect young lives.



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245 x 255 mm | 32 Pages | Colour |
AU \$24.99 | NZ \$24.99



9781925820454 | Paperback |
245 x 255 mm | 32 Pages | Colour |
AU \$19.99 | NZ \$19.99

AGES
4-8



Saying Goodbye to Barkley

Devon Sillett & Nicky Johnston

Olivia and her dog Barkley are inseparable. When he dies, how will Olivia find happiness again?

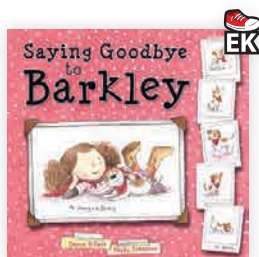


9781925335965 | Hardcover |
245 x 255 mm | 32 Pages | Colour |
AU \$24.99 | NZ \$24.99



9781925820447 | Paperback |
245 x 255 mm | 32 Pages | Colour |
AU \$19.99 | NZ \$19.99

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Purposeful Breathing

Reset Your Mind. Improve Your Energy. Enhance Your Health.

Dr Greg Smith

Written by an experienced psychologist and yoga practitioner, *Purposeful Breathing* sets out simple breathing techniques to deliver fast, effective results for mind and body.



9781925820591 | Hardcover | Oct 20
210 x 152 mm | 256 Pages |
AU \$34.99 | NZ \$34.99



The Creative SEED

How To Enrich Your Life Through Creativity

Lilian Wissink, BA GradDip Counselling

Skills, Experimentation, Evaluation and Discovery: SEED — an original approach to empower beginners and established creators to clearly understand the nature of the creative process.



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198 x 129 mm | 200 Pages |
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The Journal Writer's Companion

Achieve Your Goals • Express Your Creativity • Realize Your Potential

Alyss Thomas, MSc

Create a personalized approach to journaling that will help you to succeed both professionally and personally!



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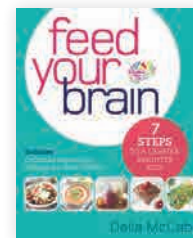
Feed Your Brain

7 Steps to a Lighter, Brighter You!

Delia McCabe

A 7-step plan for ensuring optimum brain health through the foods you eat.

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Feed Your Brain: The Cookbook

Recipes to Support a Lighter, Brighter You!

Delia McCabe

Quick, easy and delicious recipes to keep your brain in tip-top shape.

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AU \$34.99 | NZ \$34.99



Build the Person You Want to Be

The ORANGES Toolkit

Simon Rountree

Build a more resilient, optimistic you with *Build the Person You Want to Be*, your personal wellbeing toolkit.



9781925335125 | Paperback |
229 x 152 mm | 192 Pages |
AU \$29.99 | NZ \$29.99



Escaping the Emotional Roller Coaster

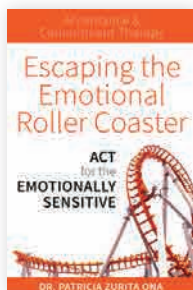
ACT for the Emotionally Sensitive

Dr Patricia Zurita Ona

Learn how to use Acceptance and Commitment Therapy to control your emotions and live a values-based life, instead of letting your emotions control you!



9781925335743 | Paperback |
229 x 152 mm | 248 Pages |
AU \$29.99 | NZ \$29.99



Take Control of Your Life

The Five-Step Plan to Health and Happiness for a Stress Free Life

Dr Gail Ratcliffe

Based on the Five-Step Life Plan, this book provides you with tools to design the life you want to live and deal with the things that cause you stress.



9780908988303 | Paperback |
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AU \$34.99 | NZ \$34.99



Growing Yourself Up (2nd ed.)

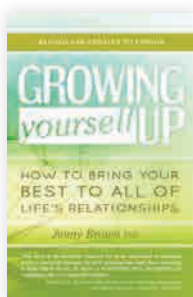
How to Bring Your Best to All of Life's Relationships

Jenny Brown PhD

Better understand yourself using Bowen family systems theory in the 2nd edition of this bestselling book.



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234 x 152 mm | 296 Pages |
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The Happiness Trap

Stop Struggling, Start Living

Dr Russ Harris

Written in simple layman's terms, this guide to Acceptance and Commitment Therapy will strike a chord with anyone looking to get more out of life and feel more fulfilled.



9780908988907 | Paperback |
234 x 151 mm | 284 Pages |
AU \$29.99 | NZ \$29.99



The Happiness Trap Pocketbook

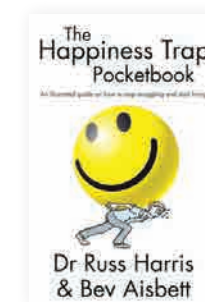
An Illustrated Guide on How to Stop Struggling and Start Living

Dr Russ Harris & Bev Aisbett

A highly illustrated, simpler, shorter version of *The Happiness Trap*.



9781921966187 | Paperback |
198 x 128 mm | 168 Pages |
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I Just Get So ... Angry!

Dealing with Anger and Other Strong Emotions for Teenagers

Timothy Bowden & Sandra Bowden

Using the principles of ACT, this book enables teenagers to develop coping skills that will build their mental resilience and equip them to deal with life's challenges.



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10-16



I Just Want to be ... Me!

Building Resilience in Young People

Timothy Bowden & Sandra Bowden

By following the main character's encounters with monsters, children will learn how to use ACT principles.



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AGES
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Intuition

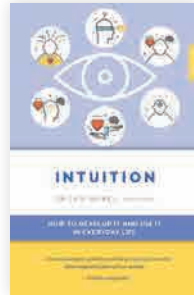
How to Develop it and Use it in Everyday Life

Dr Cate Howell, OAM CSM CF

Become empowered with Dr Cate Howell and learn how to develop your intuition to make better decisions, perform better at work and enhance your life.



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198 x 129 mm | 216 Pages |
AU \$19.99 | NZ \$19.99



Renew Your Mind

How to Rewire Your Brain for a Happier, Healthier Life

Chantal Hofstee

The essential guide to rewiring your brain so that you can lead a rich and rewarding life that leaves you energized, healthy and happy.



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Tomorrow Girl

A Tale of Mindfulness

Vikki Conley & Penelope Pratley

Catch up with a girl called Tomorrow as she meets Yesterday and trips over Today, forcing her whole world to slow down.



9781925820362 | Hardcover | **Feb 2021**
245 x 255 mm | 32 Pages | Colour
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Ollie's Treasure

Happiness is Easy to Find if You Just Know Where to Look!

Lynn Jenkins & Kirrili Lonergan

This fun-filled picture book is a tale of mindfulness for young, developing minds. Follow Ollie on his treasure hunt!

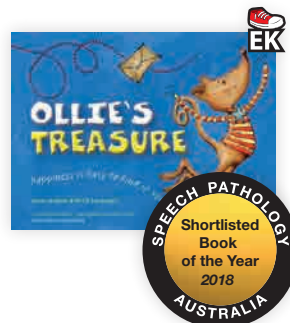


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Mindful Learning

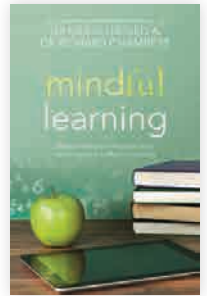
Reduce Stress and Improve Brain Performance for Effective Learning

Dr Craig Hassed & Dr Richard Chambers

Whatever your age, whatever your learning environment, mindfulness can make a positive difference.



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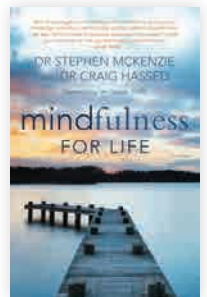
Mindfulness for Life

Dr Stephen McKenzie & Dr Craig Hassed

The complete guide to learning how to master the art of paying attention to what is going on in our lives.



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234 x 151 mm | 312 Pages |
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Mindful Relationships

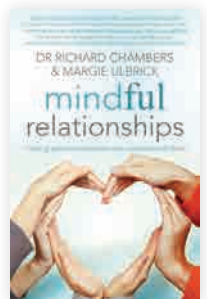
Creating Genuine Connection with Ourselves and Others

Dr Richard Chambers & Margie Ulbrick

A practical guide for using mindfulness to enrich relationships within couples, families and workplaces.



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Mindfulness at Work

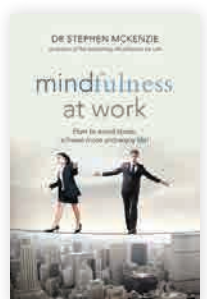
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A comprehensive guide to significantly improving one's worklife, through the practice of mindfulness.



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Understanding Autism

The Essential Guide for Parents

Prof. Katrina Williams & Prof. Jacqueline Roberts

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



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The ADHD Handbook

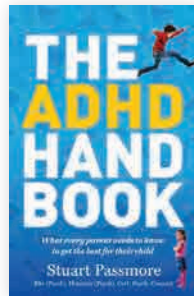
What Every Parent Needs to Know to Get the Best for their Child

Stuart Passmore BSc (Psych), Honours (Psych), Cert. Psych. Counsel.

The handbook every parent needs to help navigate their way successfully through the challenges posed by ADHD.



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My Storee

Just Because You Can't Spell, Doesn't Mean You Can't Write!

Paul Russell & Aśka

An inspiring picture book that provides hope and encouragement to kids with dyslexia.



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The Chalk Rainbow

Deborah Kelly & Gwynneth Jones

Enter the world of a boy with autism in a story of learning to look at life through the eyes of others.



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AGES
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The Confidence Coach

Take Control of Your Life and Wellbeing

Lisa Phillips

Unlock the keys to self-confidence so that you can take control and achieve the life you want.



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234 x 151 mm | 192 Pages |
AU \$24.99 | NZ \$24.99



The Boy in the Big Blue Glasses

Susanne Gervay & Marjorie Crosby-Fairall

For anyone who's ever felt different, this is the heart-warming story of a boy who wishes he didn't wear glasses.



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215 x 288 mm | 32 Pages | Colour
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The Art Garden

Sowing the Seeds of Creativity

Penny Harrison & Penelope Pratley

Sadie wants to be a painter but she's just no good at it! An inspiring story about finding our creative flair.



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Finn and Puss

Robert Vescio & Melissa Mackie

When Finn finds Puss, he also finds a friend. But Puss's real owners miss their cat. Will Finn do the right thing?



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Scaredy Book

It's Not Always Easy to Be Brave!

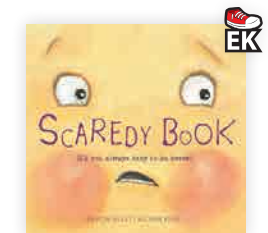
Devon Sillett & Cara King

Book longs for adventure but is too scared to leave the library. Then Book meets Emma — and learns how to be brave!



9781925820683 | Paperback | Feb 2021
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SELF-ESTEEM AND SELF-BELIEF

Invisible Jerry

Adam Wallace & Giuseppe Poli

A picture book with humour and heart for anyone who has ever felt like they're on the outside looking in.



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DEMENTIA AND CARING FOR OTHERS

Live and Laugh with Dementia

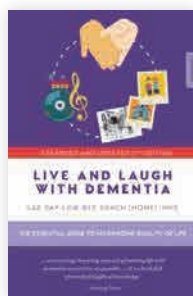
The Essential Guide to Maximizing Quality of Life

Lee-Fay Low BSC Psych (Hons), PhD

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



9781925335729 | Paperback |
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Listening, Learning, Caring & Counselling

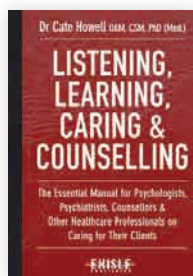
The Essential Manual for Psychologists, Psychiatrists, Counsellors & Other Healthcare Professionals on Caring for Their Clients

Dr Cate Howell

Thorough, authoritative guide for all working professionals for improving how they relate to and assist their clients.



9781925335040 | Hardcover |
229 x 152 mm | 336 Pages |
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Grandma Forgets

Paul Russell & Nicky Johnston

The heart-warming story of a family bound by love as they cope with their grandma's dementia.



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Brave | Lynn Jenkins & Kirrili Lonergan
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Chalk Rainbow, The | Deborah Kelly & Gwynneth Jones
AU \$24.99 | NZ \$24.99 | UK £9.99 | USA \$17.99 | CAN \$23.99



Dandelions | Katrina McKelvey & Kirrili Lonergan
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