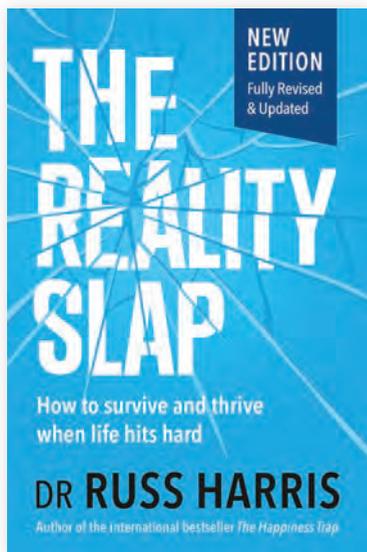




EXISLE PUBLISHING
FOREIGN RIGHTS CATALOGUE
2021 NEW RELEASES



The Reality Slap (2nd ed.)

How to Find Fulfilment When Life Hurts
Dr Russ Harris

Sometimes, it can feel like life holds endless setbacks and challenges; like reality is continually slapping you in the face and causing pain that you aren't equipped to handle. This 'reality slap' can take many forms, from the death of a loved one to the loss of a job, loneliness to rejection. And whatever form it takes, it hurts! With constructive methods based on real-world research, this guide gives you the tools to rebuild your life and thrive after serious setbacks.

Ten years after the success of its first edition, this fully updated and rewritten edition of *The Reality Slap* contains a new wealth of advanced expertise on coping effectively when life hurts. Dr Russ Harris

shows you how to apply the scientifically proven methods of Acceptance and Commitment Therapy in your daily life and reconnect with yourself and others.

Written in a kind, supportive voice with lots of examples and exercises, this timely self-help book contains mindfulness wisdom, hands-on advice and case-studies. Every aspect of the book is designed to be accessible, simple to implement, and to comprehensively tackle emotions arising from setbacks.

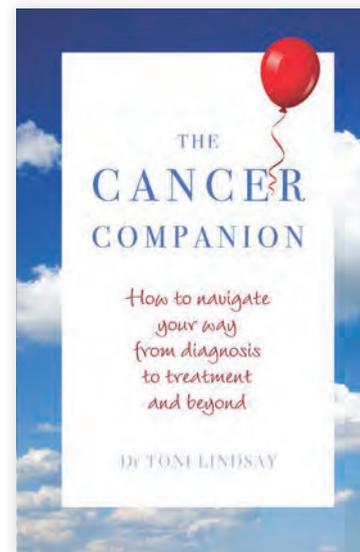
If you are facing difficulty and don't know where to turn, *The Reality Slap* is the essential guide to finding happiness and fulfilment. Learn how to heal from your pain and come out stronger than before with this powerful book that might just change your life.

ABOUT THE AUTHOR

Dr Russ Harris is a medical practitioner, psychotherapist and psychologist who works in private practice, online teaching and the face to face training of counsellors and psychologists. He is also the bestselling author of *The Happiness Trap*, which has now been translated into 22 languages. Russ is one of the world's leading authorities on ACT, and regularly travels all over Australia as well as internationally to train a wide variety of professionals in the approach. His other books include *The Confidence Gap*, *ACT With Love*, *ACT Made Simple*, and the fictional novel *Stand Up Strummer*. He lives in Melbourne.

9781925820911 | 234 x 151 mm | 9 1/4 x 6 inches | Paperback | 248 Pages | AUD \$34.99 | Nov 20

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The Cancer Companion

How to Navigate Your Way from Diagnosis to Treatment and Beyond
Dr Toni Lindsay

A cancer diagnosis has more than physical effects; it can cause a torrent of unexpected, unfamiliar emotions felt by both the patient and those who care for them. *The Cancer Companion* is a compassionate, down-to-earth guide for those navigating these difficult and complex emotions. It takes psychological interventions shown to be appropriate and helpful in the management of cancer-related distress and provides an effective framework for patients and their loved ones to be able to apply these interventions in their own lives.

The book is written in short, concise chapters, organised in four sections:

- diagnosis and treatment
- ending treatment
- managing advanced disease
- strategies to manage the specific psychological components which may occur (including anxiety, depression, sleep disturbance and management of relationships).

With over a decade of experience working with cancer patients and their families, author Toni Lindsay understands that accessible, constructive emotional guidance is vital. This simple structure, combined with the book's comprehensive approach, aims to help people find a companionate commentary on their situation, and to engage with the outlined strategies. *The Cancer Companion* is a comforting, constructive, and jargon-free guide which will have a lasting and meaningful impact on the mental wellbeing of anyone whose life has been affected by cancer.

ABOUT THE AUTHOR

Dr Toni Lindsay is a qualified Clinical and Health Psychologist who has been working with both adults and adolescents for over 10 years. She works at Chris O'Brien Lifehouse in the Oncology and Haematology departments, and has a special interest in the care of Adolescents and Young Adults with cancer. She is an AHPRA approved supervisor and works predominately from an Acceptance and Commitment Therapy framework.

9781925820805 | 229 x 152 mm | 9 x 6 inches | Paperback | 224 Pages | USD \$21.99 | May 21

RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand

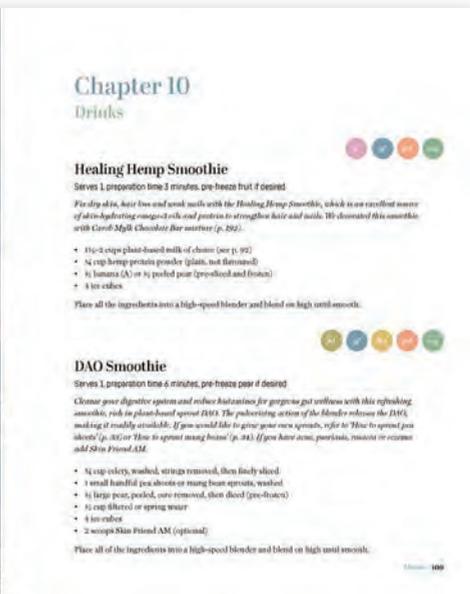


The Healthy Skin Kitchen

For Eczema, Dermatitis, Psoriasis, Acne, Allergies, Hives, Rosacea, Cellulite, Wrinkles, Leaky Gut, TSW, MCAS, MTHFR, Salicylate Sensitivity & Histamine Intolerance.

Karen Fischer B.H.Sc., Dip.Nut.

The Healthy Skin Kitchen is an essential resource for anyone who wants beautiful skin, particularly people who struggle with eczema, acne, rosacea, and other skin conditions. Beautifully designed and photographed, it is the first book to focus on low-chemical foods that are truly healing. The recipes are allergy-friendly and include vegan and autoimmune paleo options to cater to a wide range of people. Be inspired to care for yourself and reclaim your life through healthy living.



9781925820652 | 235 x 191 mm | 9 1/4 x 7 1/2 inches | Hardcover | 224 Pages | USD \$27.99 | Feb 21

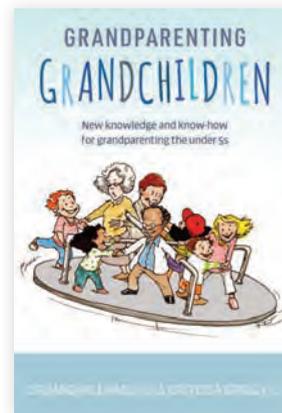
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ALSO BY THIS AUTHOR

ABOUT THE AUTHOR

Karen Fischer is a registered nutritionist and founder of the support network Eczema Life. Her book *The Healthy Skin Diet* won 'Best Health, Nutrition or Specific Diet Book' at the Australian Food Media Awards. Over 20 years she has helped thousands of people to heal and reclaim their lives.



Grandparenting Grandchildren

New knowledge and know-how for grandparenting the under 5's
Dr Jane Williams, PhD & Dr Tessa Grigg, PhD

Grandparenting Grandchildren is the first guide of its kind written specifically for grandparents, and aims to help you raise well-rounded, ready-to-learn, happy grandchildren. It covers the key influences on healthy development: movement, music, sleep and food, explaining both how they benefit the brain and how to implement them in your grandchild's life. Learn to build a loving, supportive relationship, while constructing essential life skills for happy, capable, and confident learners.

ABOUT THE AUTHORS

Dr Jane Williams has been working with families and young children for over 45 years. She is the Director of ToddlerROO, KindyROO and GymbaROO.

Dr Tessa Grigg is the Research and Education Manager for ToddlerROO, KindyROO and GymbaROO, and has extensive experience in teaching and child development.

9781925820799 | 229 x 152 mm | 9 x 6 inches | Paperback | 224 Pages | USD \$21.99 | Aug 21

RIGHTS SOLD AND DISTRIBUTION: USA, Canada, United Kingdom, Australia, New Zealand, Chinese Simplified



How to Get a Good Job After 50 (2nd ed.)

A step-by-step guide to job search success

Rupert French

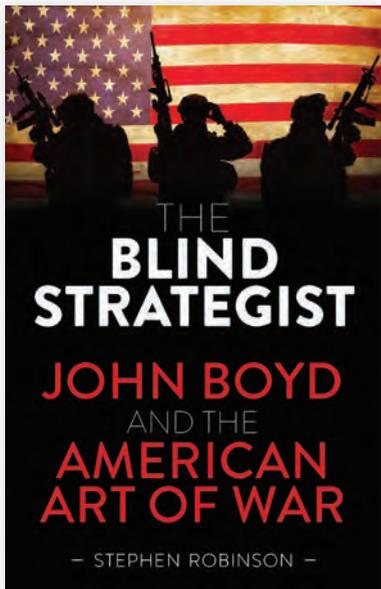
These days, many people are seeking to stay in the workforce longer and are looking for satisfying, fulfilling jobs. *How to Get a Good Job After 50* is a step-by-step guide to taking control of your career with expertise and confidence. With age comes experience, reliability and practised skills, and this book explains how to market these qualities to prospective employers in clear, practical chapters. Covering all aspects of the job search, this is a tried and tested recipe for career success!

ABOUT THE AUTHOR

Rupert French has over 25 years' experience in career development with a focus on developing effective job search strategies. He has developed and run successful training programs for mature age job seekers, many of them long-term unemployed, with his strategies featuring on ABC TV's 7.30 Report.

9781925820829 | 229 x 152 mm | 9 x 6 inches | Paperback | 320 Pages | USD \$24.99 | June 21

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The Blind Strategist

John Boyd and the American Art of War
Stephen Robinson

Did Nazi war criminals deceive the United States military during the Cold War? A new book by a Canberra-based historian tells the story of how America's most famous and influential military theorist was seduced by the lies of Hitler's defeated generals.

From the author of *Panzer Commander Hermann Balck* and *False Flags* comes *The Blind Strategist: John Boyd and the American Art of War*. Colonel John Boyd, a maverick fighter pilot, revolutionized the American art of war through his ideas on conflict and the human mind. Boyd claimed that victory is won by the side which transitions through 'decision cycles' faster than the enemy and his ideas gained influential converts in the Pentagon who were

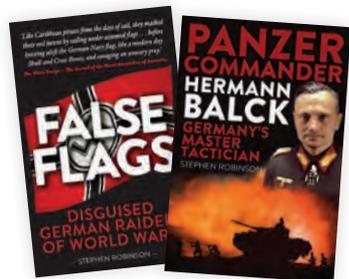
seeking a new way of waging war after defeat in Vietnam.

Although Boyd's theories became the basis of American military doctrine, he relied upon the fraudulent testimony of former Nazi generals who fabricated historical evidence to disassociate their reputations from their defeat and cover up their willing participation in war crimes. Boyd certainly changed the American art of war, but did he corrupt it in the process?

The Blind Strategist separates fact from fantasy and exposes the myths of maneuver warfare through a detailed evidence-based investigation. Discover how maneuver warfare has resulted in catastrophic decisions in this must-read for anybody interested in American military history.

9781925820348 | 234 x 151 mm | 9 1/4 x 6 inches | Cased with Jacket | 360 Pages | USD \$35.99 | Apr 21

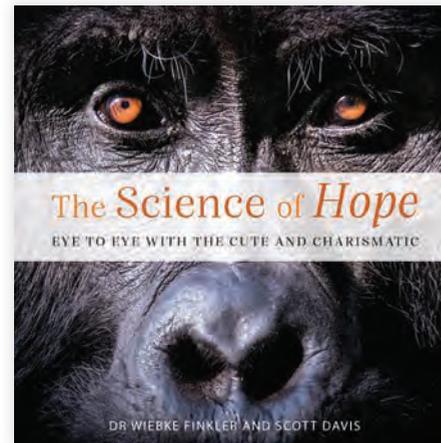
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ALSO BY THIS AUTHOR

ABOUT THE AUTHOR

Stephen Robinson studied Asian history and politics at the University of Western Sydney, graduating with First Class Honours. He has worked at the Department of Veterans' Affairs researching British atomic weapons tests and as a policy officer in the Department of Defence. Stephen has graduated from Australian Command and Staff College, worked as an officer in the Australian Army Reserve and has served as an instructor at the Royal Military College.



The Science of Hope

Eye to Eye with the Cute and Charismatic
Dr Wiebke Finkler & Scott Davis

From polar bears to mountain gorillas, penguins to sea otters, certain animals capture our imagination. These are the animals that become mascots for conservation campaigns. By why these creatures instead of other equally endangered animals? The answer lies in their cuteness or charisma!

The great white shark fascinates us even as we fear it. The comical waddle of the penguin entrances us. Illustrated with breathtaking images by one of the world's leading wildlife

photographers, *The Science of Hope* informs as it educates, describing the psychology and science behind our desire to connect with these animals while promoting a message of hope by highlighting positive conservation efforts around the world.



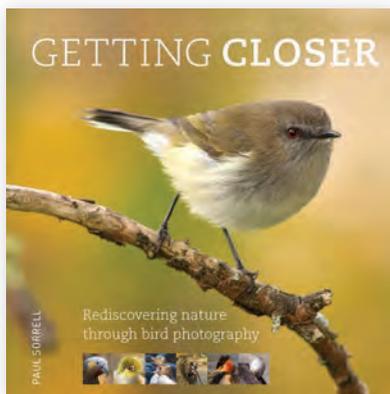
9781925820645 | 254 x 254 mm | 10 x 10 inches | Cased with Jacket | 160 Pages | USD \$29.99 | Sep 21

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ABOUT THE CREATORS

Dr Wiebke Finkler is a marine biologist, filmmaker and science communicator. She is interested in how to use multimedia storytelling for more effective science communication, conservation marketing and sustainable human-wildlife interactions. Wiebke has a special interest in responsible whale watching and sustainable tourism development.

Scott Davis is a wildlife researcher, international photography expedition leader, and professional assignment photographer. Originally trained as a wildlife and marine biologist, Scott's research, photo assignments and expeditions have repeatedly taken him to the far-flung corners of the globe and all seven continents.



Getting Closer

Rediscovering Nature Through Bird Photography
Paul Sorrell

Getting Closer is an illustrated discussion of photography as a way of achieving greater intimacy with the natural world. With a focus on birds, the book is directed primarily at photographers but also at birders, and people interested in the outdoors. The author offers a simple, practical path for readers to begin to 'rewild' themselves, introducing hands-on techniques that will enable readers to both deeply connect with their environment and become proficient wildlife photographers.



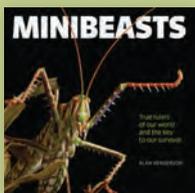
ABOUT THE AUTHOR

Paul Sorrell has worked in the area of books and publishing since the 1980s, copy-editing, writing numerous articles and publishing four books. He took up photography in the early 2000s, giving him a new form of creative engagement with his longstanding interest in wildlife and the natural world.

9781925820638 | 254 x 254 mm | 10 x 10 inches | Hardcover | 144 Pages | USD \$27.99 | Feb 21

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ALSO IN THIS CATEGORY



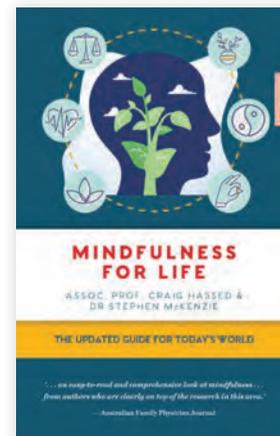
Minibeasts

True Rulers of Our World and the Key to Our Survival
Paul Sorrell

Lavishly illustrated with breathtaking macro photography, this stunning insight into the insect kingdom reveals their critical role in our existence. Observe the lives of these fascinating creatures with newfound awe.

9781925335842 | 254 x 254 mm | 10 x 10 inches | Hardcover | 160 Pages | USD \$29.99

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Mindfulness for Life

The Updated Guide for Today's World
Assoc. Prof. Craig Hassed &
Dr Stephen McKenzie

Written by experts, *Mindfulness for Life* is the complete guide to being fully present in life. In a state of full awareness, we connect more with our children, work more efficiently, drive more safely and stress less. This revised and updated second edition of the guide includes the latest research on mindful techniques, alongside practical guidance for applying them. Take a leap towards mindful living and you might just discover that you become a calmer, happier and healthier being – for life.

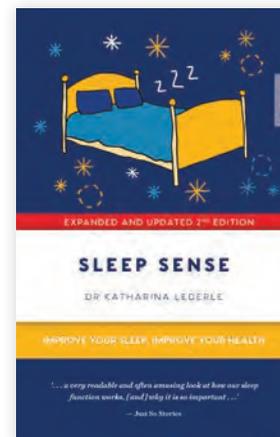
ABOUT THE AUTHORS

Associate Professor Craig Hassed is an internationally recognised mindfulness expert and co-author of the two top-ranked online mindfulness courses in the world.

Dr Stephen McKenzie is a Senior Lecturer in Psychological Sciences with over thirty years of experience in researching and teaching.

9781922539014 | 198 x 129 mm | 7¾ x 5 inches | Paperback | 272 Pages | USD \$14.99 | July 21

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Sleep Sense

Improve Your Sleep, Improve Your Health
Dr Katharina Lederle

Sleep is fundamental to our health and wellbeing. In *Sleep Sense*, international sleep expert Dr Katharina Lederle draws on the latest research to explore how sleep is connected to each of the three pillars of successful living: physical health, cognitive performance, and emotional wellbeing. She then provides readers with a 'menu' of healthy sleep options from which they can choose in order to effectively establish better sleep habits that improve day-to-day health and wellbeing.

ABOUT THE AUTHOR

Dr Katharina Lederle is a specialist in human sleep and fatigue, who has advised organisations around the world on issues of fatigue and sleep deprivation. She provides educational talks, runs workshops, and consults with individuals on how we can improve our sleep and live our lives to the full.

9781925820935 | 198 x 129 mm | 7¾ x 5 inches | Paperback | 224 Pages | USD \$14.99 | July 21

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