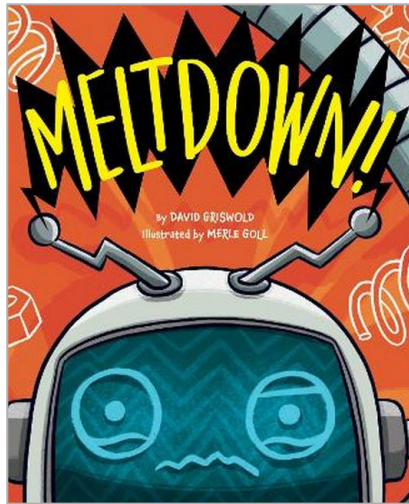


# Mental Health Self-Help Resources

**NEW AND BESTSELLING  
MARCH 2024**



[www.woodslane.com.au](http://www.woodslane.com.au)



**Meltdown!**

**NEW**

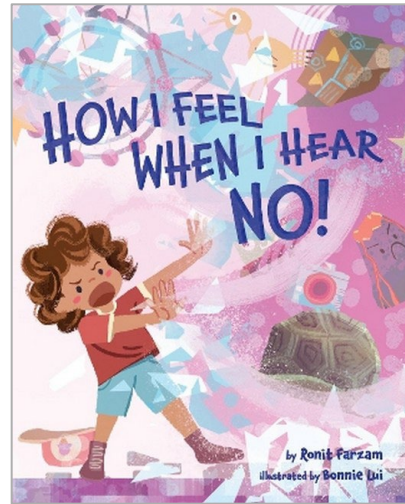
*By David Griswold, Merle Goll*



This humorous picture book uses robots to help kids explore big emotions. Did you know robots never stay up past their bedtime? They power down right at seven o'clock. And when robots are upset, they never hit.

**MAGINATION PRESS**  
 Disc: TRADE INTERNATIONAL  
 254 X 203 mm  
 Release Date: May 2024  
**9781433842573**

Hardback  
 32 pages  
**AUD\$: 38.99**



**How I Feel When I Hear NO**

**NEW**

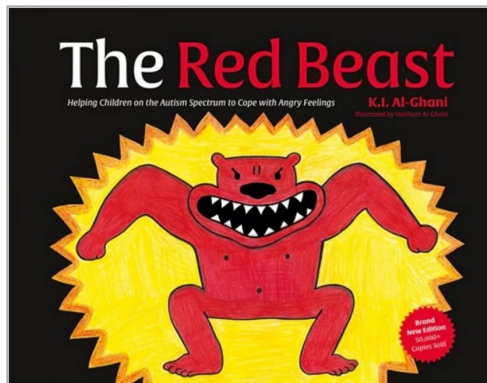
*By Ronit Farzam, Bonnie Lui*



An engaging story that uses imaginative metaphors to explore a child's anger when his mom tells him "No." Do you know how I feel when I hear NO? Kids hate the word "no"! It can make them feel mad and sad, turning them into a dragon.

**MAGINATION PRESS**  
 Disc: TRADE INTERNATIONAL  
 254 X 203 mm  
 Release Date: June 2024  
**9781433842160**

Hardback  
 32 pages  
**AUD\$: 39.99**



**The Red Beast 2/e**

Helping Children on the Autism Spectrum to Cope with Angry Feelings

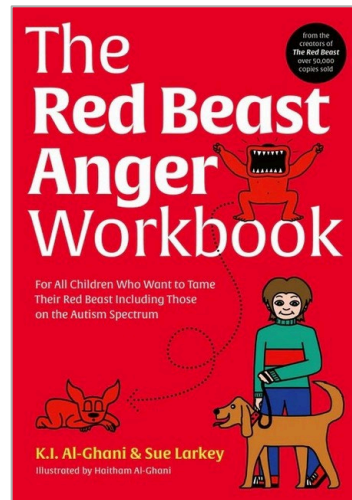
*By K.I. Al-Ghani, Haitham Al-Ghani*



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.

**JESSICA KINGSLEY PUBLISHERS**  
**Author is from Australia**  
 Disc: TRADE INTERNATIONAL  
 279 X 216 mm  
 Release Date: August 2022  
**9781839972751**

Age: 5+ years  
 Hardback  
 40 pages  
 COLOUR THROUGHOUT  
**AUD\$: 37.99**



**The Red Beast Anger Workbook**

For All Children Who Want to Tame Their Red Beast Including Those on the Autism Spectrum

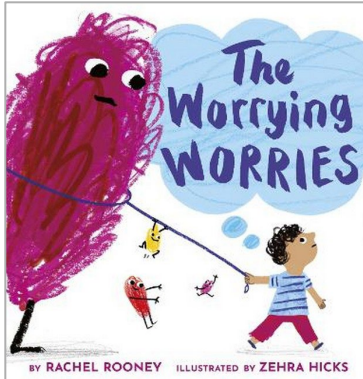
*By Kay Al-Ghani, Sue Larkey*



This practical and interactive resource is full of activities that have been specifically designed to provide coping mechanisms to help children to manage their angry feelings and improve their overall emotional and sensory regulation.

**JESSICA KINGSLEY PUBLISHERS**  
**Author is from Australia**  
 Disc: TRADE INTERNATIONAL  
 246 X 173 mm  
 Release Date: August 2023  
**9781839974151**

Age: 5+ years  
 Paperback  
 128 pages  
 B&W THROUGHOUT  
**AUD\$: 40.99**



**The Worrying Worries**

**NEW**

By Rachel Rooney, Zehra Hicks

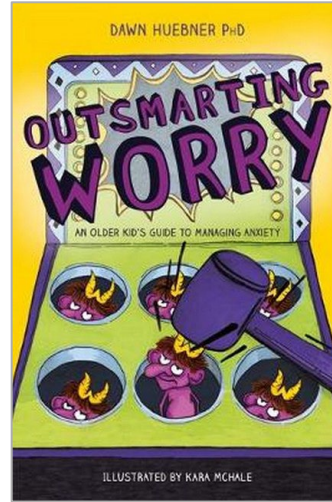


Do you ever worry about your worries? This lively rhyming picture book explores what happens when children encounter a worry, and some simple strategies to tame them. Everyone has had a worry at some point. Worries can be awful pests, and they hate to see you happy. They can follow you to the library, the park, and back home. In upbeat rhymes and engaging illustrations, this book shares some simple exercises children can practice staying calm and banish those pesky worries.

**MAGINATION PRESS**

Disc: TRADE INTERNATIONAL  
248 X 260 mm  
Release Date: December 2023  
9781433841958

Hardback  
28 pages  
AUD\$: 41.99



**Outsmarting Worry**  
An Older Kid's Guide to Managing Anxiety

By Dawn Huebner, Kara McHale

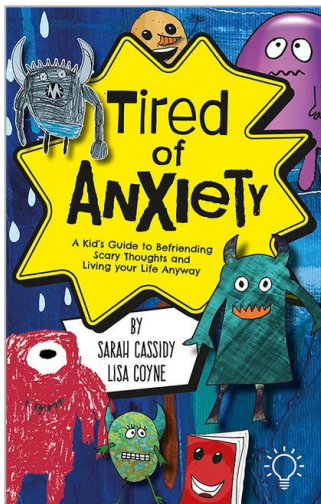


*Outsmarting Worry* teaches 9–13-year-olds and the adults who care about them a specific set of skills that makes it easier to face - and overcome - worries and fears. Smart, practical, proven techniques are presented in language accessible.

**JESSICA KINGSLEY PUBLISHERS**

Disc: TRADE INTERNATIONAL  
226 X 150 mm  
Release Date: January 2018  
9781785927829

Paperback  
112 pages  
AUD\$: 26.99



**Tired of Anxiety**  
A Kid's Guide to Befriending Difficult Thoughts & Feelings and Living Your Life Anyway

By Sarah Cassidy, Lisa Coyne

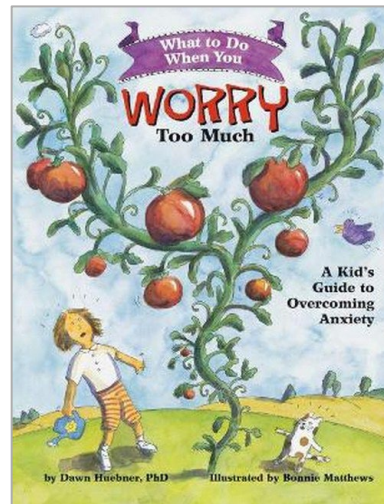


*Tired of Anxiety* is a step-by-step guide for children on how to do the things that matter to them despite anxiety. Based on principles of Acceptance and Commitment Therapy (ACT).

**PAVILION PUBLISHING & MEDIA**

Disc: TRADE INTERNATIONAL  
216 X 135 mm  
Release Date: January 2023  
9781803880808

Paperback  
128 pages  
NOT ILLUSTRATED  
AUD\$: 54.99



**What to Do When You Worry Too Much**  
A Kid's Guide to Overcoming Anxiety

By Dawn Huebner, Bonnie Matthews

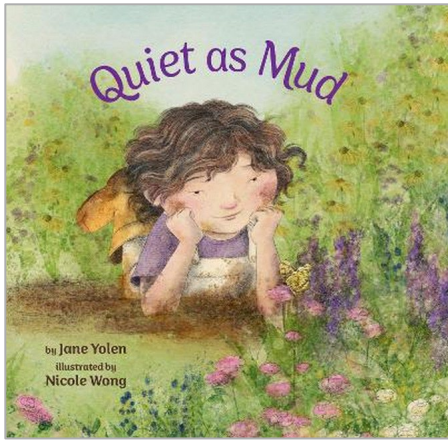


An interactive self-help book designed to guide 6–12-year-olds and their parents through the cognitive-behavioral techniques most often used in the treatment of generalised anxiety.

**MAGINATION PRESS**

Disc: TRADE INTERNATIONAL  
279 X 216 mm  
Release Date: December 2005  
9781591473145

Paperback  
80 pages  
B&W THROUGHOUT  
AUD\$: 34.99



**Quiet as Mud**

**NEW**

By Jane Yolen, Nicole Wong



A sweet poem about being an introvert in a big loud world. Inspired by a quote from the late, great children's book author Margaret Wise Brown, this poem honours and celebrates the beauty of being your authentic self.

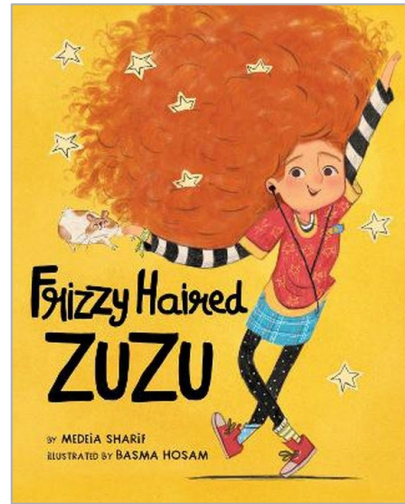
**MAGINATION PRESS**

Disc: TRADE INTERNATIONAL  
203 X 203 mm  
Release Date: July 2024

**9781433841538**

Hardback  
32 pages

**AUD\$: 38.99**



**Frizzy Haired Zuzu**

**NEW**

By Medea Sharif, Basma Hosam



A children's picture book about accepting and loving your appearance. Zuzu loves riding her bike and dancing. Her curly red hair would bounce when she danced. But Zuzu hates her hair. The older she gets, the bigger it grows.

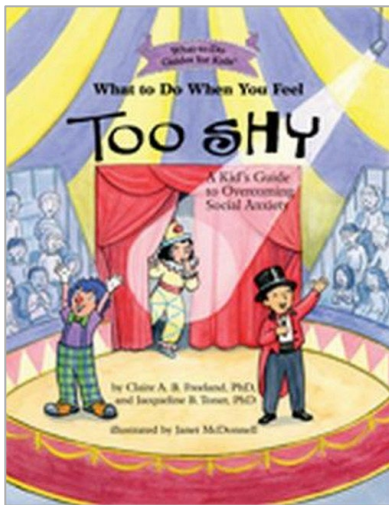
**MAGINATION PRESS**

Disc: TRADE INTERNATIONAL  
254 X 203 mm  
Release Date: January 2024

**9781433841576**

Hardback  
32 pages

**AUD\$: 38.99**



**What to Do When You Feel Too Shy**

A Kid's Guide to Overcoming Social Anxiety

By Claire A.B. Freeland, Jacqueline B. Toner



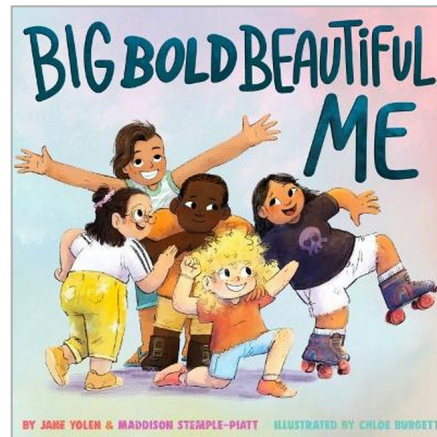
This book helps kids with social phobias and anxiety using an approach based on cognitive behavioural principles. Through a variety of examples, activities and step-by-step instructions, children aged 6-12 will learn how to speak up.

**MAGINATION PRESS**

Disc: TRADE INTERNATIONAL  
229 X 152 mm  
Release Date: November 2016

**9781433822766**

Paperback  
96 pages  
B&W THROUGHOUT  
**AUD\$: 34.99**



**Big Bold Beautiful Me**

A Story that's Loud and Proud and Celebrates You!

By Jane Yolen, Maddison Stemple-Piatt



*Big Bold Beautiful Me* is a delightful announcement of self-love, self-appreciation, self-acceptance, and self-comfort, and being 100% proud of who you are and your shape. Together it is a valuable resource for young readers to confidently embrace who they are with big bold beautiful appeal to teachers, librarians, counsellors, and parents, too.

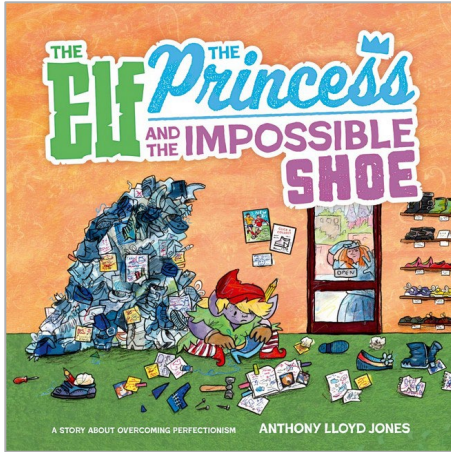
**MAGINATION PRESS**

Disc: TRADE INTERNATIONAL  
229 X 230 mm  
Release Date: February 2023

**9781433838644**

Hardback  
32 pages

**AUD\$: 34.99**



**The Elf, the Princess and the Impossible Shoe**

**NEW**

By Anthony Lloyd Jones



Exploring childhood perfectionism, *The Elf, The Princess and the Impossible Shoe* sees a shoemaker elf tasked with making a pair of shoes for the Princess. Through the elf's fear that the shoes won't be perfect and the pressure she puts on herself. It also contains a guide for parents and professionals, giving expert advice on how to use the book to aid discussion on this topic.

**JESSICA KINGSLEY PUBLISHERS**  
 Disc: TRADE INTERNATIONAL  
 6 X 3 mm  
 Release Date: February 2024  
**9781839975417**

Hardback  
 48 pages  
 B&W THROUGHOUT  
**AUD\$: 32.99**



**Doodle Yourself Happy**  
 A Therapeutic Doodling Workbook for Children Who Feel Sad or Low

**NEW**

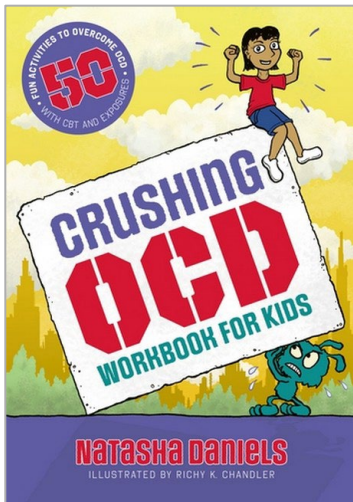
By Tanja Sharpe



Drawing on evidence-based therapeutic approaches, this doodling workbook helps children aged 8+ explore and understand their feelings of sadness and work towards building more happiness in their lives.

**JESSICA KINGSLEY PUBLISHERS**  
 Disc: TRADE INTERNATIONAL  
 246 X 173 mm  
 Release Date: February 2024  
**9781839976223**

Paperback  
 128 pages  
 B&W THROUGHOUT  
**AUD\$: 34.99**



**Crushing OCD Workbook for Kids**  
 50 Fun Activities to Overcome OCD with CBT and Exposures

**NEW**

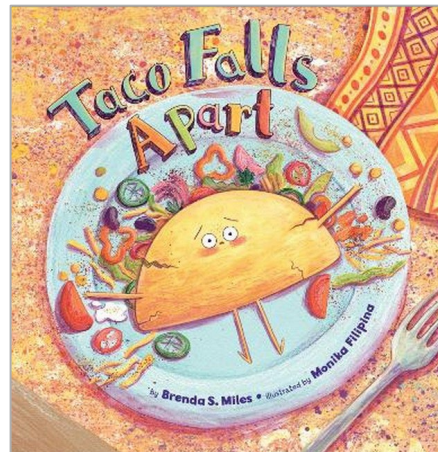
By Natasha Daniels, Richy K. Chandler



Show OCD who's boss! Using the exercises in this book, you'll learn how to spot when OCD is stirring up trouble, and how to stop it in its tracks. All 50 activities are designed by an expert therapist for kids aged 8-12 to help you grow.

**JESSICA KINGSLEY PUBLISHERS**  
 Disc: TRADE INTERNATIONAL  
 246 X 173 mm  
 Release Date: May 2024  
**9781839978883**

Paperback  
 112 pages  
 B&W THROUGHOUT  
**AUD\$: 44.99**



**Taco Falls Apart**

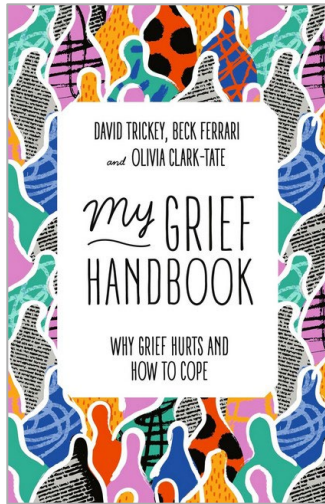
By Brenda S. Miles, Monika Filipina



Friendly and funny, this evidence-based science-informed book skilfully presents a fundamental concept of cognitive-behavior psychology in a way kids can understand - how the interplay between thoughts, feelings, and behaviour shape who we are and how we experience everything.

**MAGINATION PRESS**  
 Disc: TRADE INTERNATIONAL  
 229 X 229 mm  
 Release Date: October 2023  
**9781433842511**

Hardback  
 32 pages  
**AUD\$: 41.99**



**My Grief Handbook**  
Why Grief Hurts and How to Cope

**NEW**

By Beck Ferrari, David Trickey

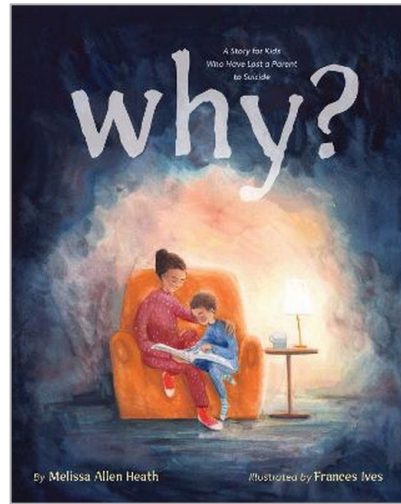


In confronting bereavement head-on, Trickey and Ferrari have created a supportive and encouraging handbook that explains grief theories to children in an accessible way. Based on years of research, this book includes some first-hand experiences from people who have been through grief, to show how the ideas could work in real life. However, this is not another person's story. It is a guide to understanding your own.

**JESSICA KINGSLEY PUBLISHERS**

Disc: TRADE INTERNATIONAL  
216 X 138 mm  
Release Date: January 2024  
9781839970696

Paperback  
176 pages  
B&W THROUGHOUT  
AUD\$: 34.99



**Why?**  
A Story for Kids Who Have Lost a Parent to Suicide

**NEW**

By Melissa Allen Heath, Frances Ives

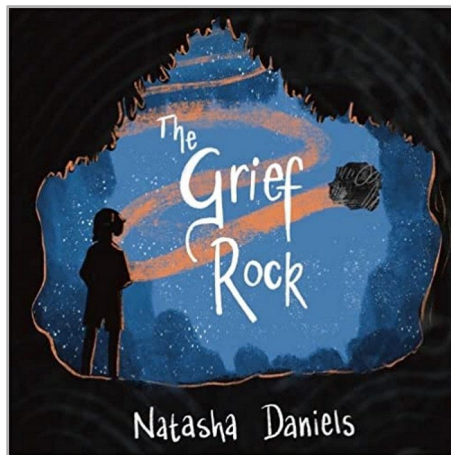


A sensitive picture book to help parents and counsellors communicate with young children about a parent's suicide. In developmentally appropriate language and evocative illustrations, this picture book helps open communication about why a parent completes suicide. A reader's note offers more information about supporting children who have lost a parent to suicide.

**MAGINATION PRESS**

Disc: TRADE INTERNATIONAL  
254 X 203 mm  
Release Date: October 2023  
9781433841965

Hardback  
32 pages  
AUD\$: 41.99



**The Grief Rock**  
A Book to Understand Grief and Love

**NEW**

By Natasha Daniels, Lily Fossett

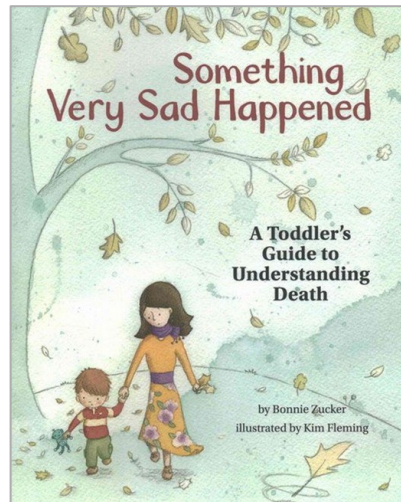


When someone you love dies, the grief rock shows up. Sometimes grief can feel like a heavy weight you are carrying around. It can be difficult to explain how you feel or know how you will cope carrying the grief rock around. This gentle story explores how grief is filled with all the love we have for someone who is important in our lives.

**JESSICA KINGSLEY PUBLISHERS**

Disc: TRADE INTERNATIONAL  
216 X 213 mm  
Release Date: August 2023  
9781839974397

Hardback  
32 pages  
COLOUR SECTION(S)  
AUD\$: 29.99



**Something Very Sad Happened**  
A Toddler's Guide to Understanding Death

By Bonnie Zucker, Kim Fleming

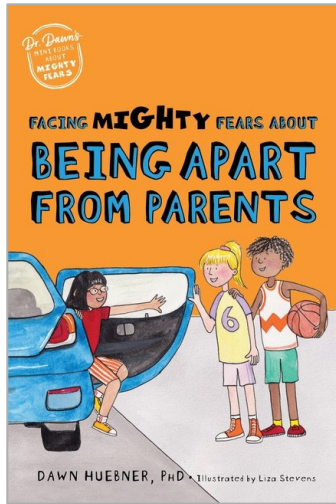


When a loved one dies, it can be hard to know how to explain it to a young child, particularly if you are grieving the loss yourself. Sensitive written and gently illustrated, Something Very Sad Happened explains death in developmentally appropriate terms.

**MAGINATION PRESS**

Disc: TRADE INTERNATIONAL  
254 X 203 mm  
Release Date: October 2016  
9781433822667

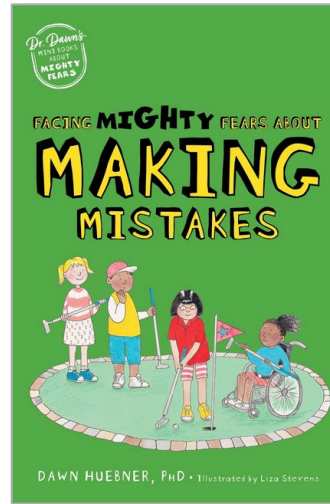
Hardback  
32 pages  
AUD\$: 34.99

**Facing Mighty Fears About Being Apart From Parents****NEW***By Dawn Huebner, Liza Stevens*

Many children worry about doing things on their own, with fears escalating to the point of not being able to leave their parents' side. But staying with a parent isn't always possible and doing things independently.

**JESSICA KINGSLEY PUBLISHERS**  
Disc: TRADE INTERNATIONAL  
229 X 152 mm  
Release Date: July 2024  
**9781839974649**

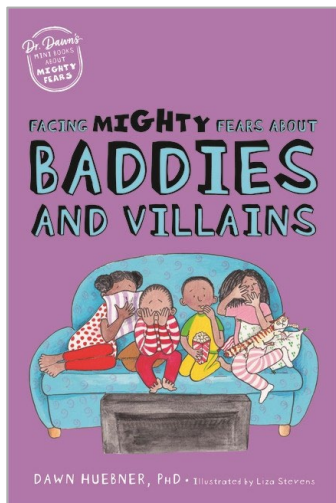
Paperback  
80 pages  
B&W THROUGHOUT  
**AUD\$: 31.99**

**Facing Mighty Fears About Making Mistakes***By Dawn Huebner, Liza Stevens*

Filled with practical tips and fun facts, this book eases over-size fears about making mistakes, helping 6-10-year-olds live happier lives. Supplemental guidance for parents and caretakers ensures maximum effectiveness.

**JESSICA KINGSLEY PUBLISHERS**  
Disc: TRADE INTERNATIONAL  
229 X 152 mm  
Release Date: September 2023  
**9781839974663**

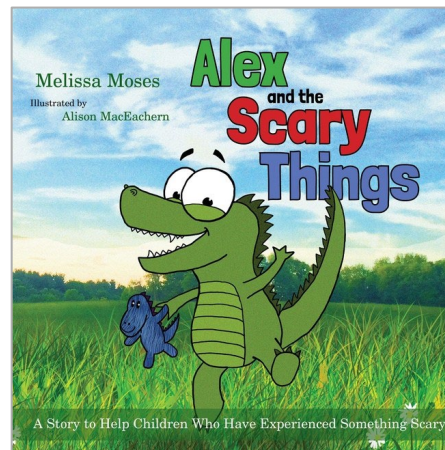
Paperback  
80 pages  
B&W THROUGHOUT  
**AUD\$: 29.99**

**Facing Mighty Fears About Baddies and Villains***By Dawn Huebner, Liza Stevens*

Written with warmth and humour, and filled with practical tips, this book eases oversized fears about real and pretend baddies and villains, helping 6-10-year-olds live happier lives.

**JESSICA KINGSLEY PUBLISHERS**  
Disc: TRADE INTERNATIONAL  
229 X 152 mm  
Release Date: June 2023  
**9781839974625**

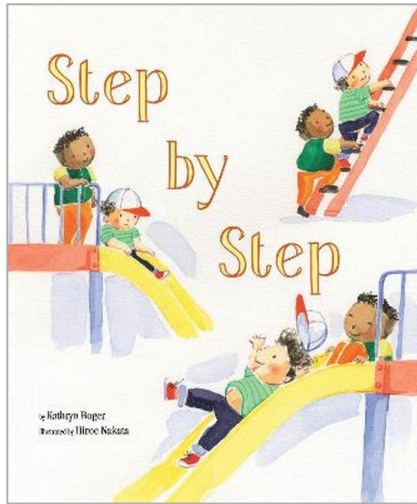
Paperback  
80 pages  
B&W THROUGHOUT  
**AUD\$: 29.99**

**Alex and the Scary Things**  
A Story to Help Children Who Have Experienced Something Scary**NEW***By Melissa Moses, Alison MacEachern*

This is the story of Alex who has experienced 'scary things', and the different things he does to cope with all the ways these scary things make him feel. This gentle storybook will help children who have experienced trauma.

**JESSICA KINGSLEY PUBLISHERS**  
Disc: TRADE INTERNATIONAL  
210 X 210 mm  
Release Date: February 2024  
**9781805011934**

Paperback  
40 pages  
COLOUR SECTION(S)  
**AUD\$: 30.99**



**Step by Step**

**NEW**

*By Kat Boger, Hiroe Nakata*



The world is full of exciting new things for Sam to try...but new things can be scary! Can his mom help him figure out how to face his fears? His mom helps him figure out what small steps he can take, little by little, so that he realizes he can handle it.

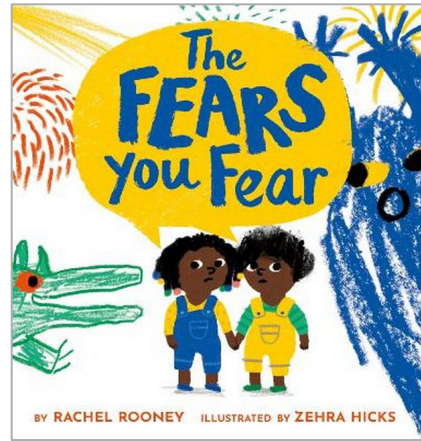
**MAGINATION PRESS**

Disc: TRADE INTERNATIONAL  
254 X 203 mm  
Release Date: December 2023

**9781433842412**

Hardback  
32 pages

**AUD\$: 38.99**



**The Fears You Fear**

**NEW**

*By Rachel Rooney, Zehra Hicks*



The Fears You Fear is a rhyming picture book that explores what happens when children encounter a fear. Fear comes in all shapes and sizes and can meet you anywhere, from the circus ring to the swimming pool to the first day of school. The thing you fear may be something others love, like a dog or a bicycle. But you don't have to let a fear give you goosebumps!

**MAGINATION PRESS**

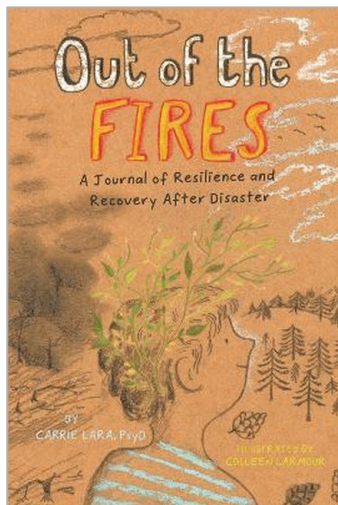
Disc: TRADE INTERNATIONAL  
248 X 260 mm  
Release Date: November 2023

**9781433841927**

Hardback  
28 pages

**AUD\$: 41.99**

**BOOKS FOR CHILDREN - TRAUMA**



**Out of the Fires**  
A Journal of Resilience and Recovery After Disaster

**NEW**

*By Carrie Lara, Colleen Larmour*



This inspiring journal will help victims of a natural disaster as they follow a boy who is healing after a devastating fire in his neighbourhood. A journal filled with drawings, news clippings, and coping strategies.

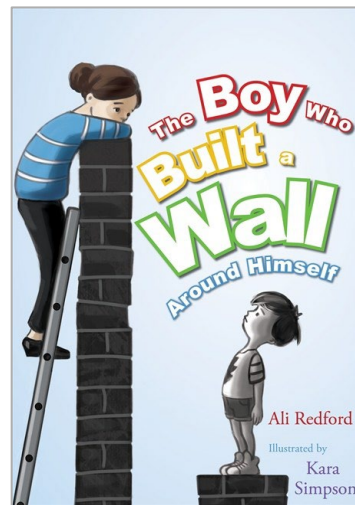
**MAGINATION PRESS**

Disc: TRADE INTERNATIONAL  
229 X 152 mm  
Release Date: September 2023

**9781433840692**

Hardback  
64 pages

**AUD\$: 40.99**



**Boy Who Built a Wall Around Himself**

*By Kara Simpson, Ali Redford*



Boy built a wall to keep himself safe. Behind it he felt strong and more protected. Then Someone Kind came along. She bounced a ball, sang, and painted on the other side of the wall, and Boy began to wonder if life on the other side might be like.

**JESSICA KINGSLEY PUBLISHERS**

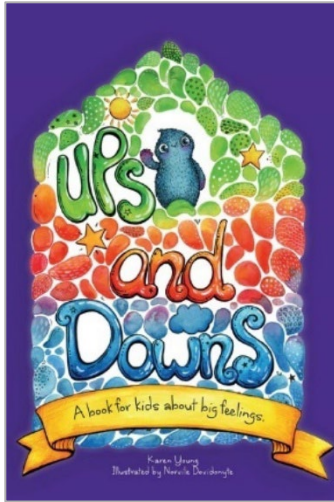
Disc: TRADE INTERNATIONAL  
253 X 180 mm  
Release Date: January 2016

**9781849056830**

Hardback  
32 pages

**AUD\$: 29.99**





**Ups and Downs**  
A book for kids about big feelings

**NEW**

By Karen Young, Norvile Dovidonyte

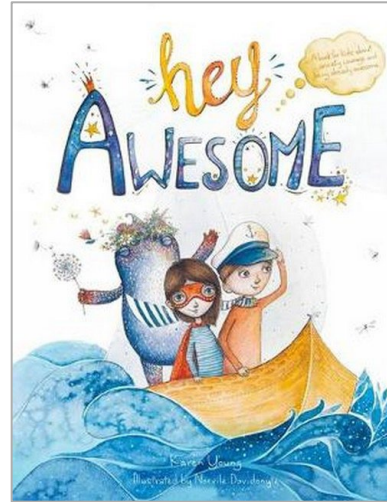


A book for young people (and their important adults). All feelings are important - the magical, the messy, and the in-between.

**HEY SIGMUND**

Author is from QLD  
Disc: TRADE AUSTRALIAN  
277 X 215 mm  
Release Date: November 2023  
9780648488897

Age: 5+ years  
Hardback  
44 pages  
COLOUR THROUGHOUT  
AUD\$: 26.99



**Hey Awesome**  
A book about anxiety, courage, and being already awesome

By Karen Young

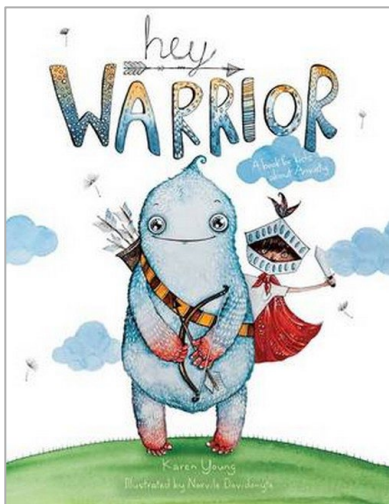


This book is a reminder for all kids that everything they need to be brave, strong, and brilliant is already in them.

**HEY SIGMUND**

Author is from QLD  
Disc: TRADE AUSTRALIAN  
270 X 210 mm  
Release Date: October 2020  
9780648488828

Age: 5+ years  
Hardback  
36 pages  
COLOUR THROUGHOUT  
AUD\$: 26.99



**hey WARRIOR**  
A book for kids about anxiety

By Karen Young

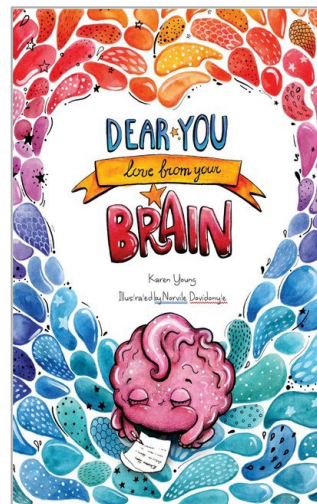


Kids can do amazing things with the right information. Understanding why anxiety feels the way it does and where the physical symptoms come from is a powerful step in turning anxiety around. Anxiety explained, kids empowered.

**HEY SIGMUND**

Author is from QLD  
Disc: TRADE AUSTRALIAN  
270 X 210 mm  
Release Date: January 2017  
9780648488804

Age: 5+ years  
Hardback  
32 pages  
COLOUR THROUGHOUT  
AUD\$: 26.99



**Dear You, Love From Your Brain**  
A book for kids about the brain

By Karen Young, Norvile Dovidonyte

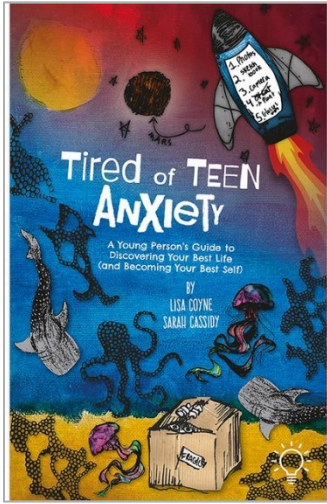


A book for kids about the brain. This book will help children discover more about the brain - how it works, what it needs, and how to love it big so it loves them bigger.

**HEY SIGMUND**

Author is from QLD  
Disc: TRADE AUSTRALIAN  
275 X 215 mm  
Release Date: May 2022  
9780648488880

Age: 5+ years  
Hardback  
36 pages  
COLOUR THROUGHOUT  
AUD\$: 26.99



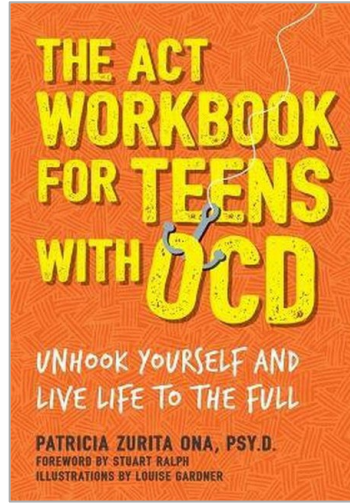
**Tired of Teen Anxiety**  
A Young Person's Guide to  
Discovering Your Best Life (and  
Becoming Your Best Self)

**NEW**

By Lisa Coyne, Sarah Cassidy



9 781803 882758



**ACT Workbook for  
Teens with OCD**  
Unhook Yourself and Live Life  
to the Full

By Patricia Zurita Ona Psy.D,  
Louise Gardner



9 781787 750838

*Tired of Teen Anxiety* is a step-by-step guide for teens on how to come to terms with anxiety, do the things that matter to them and get on with living their lives. Drawing on principles of mindfulness and Acceptance and Commitment Therapy.

This workbook, based on Acceptance and Commitment Therapy (ACT) and Exposure Response Prevention (ERP), teaches teens with OCD new skills to handle the stream of pesky obsessions that show up in their mind.

**PAVILION PUBLISHING & MEDIA**

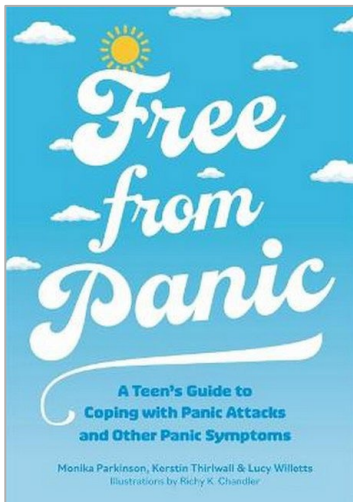
Disc: TRADE INTERNATIONAL  
216 X 135 mm  
Release Date: April 2024  
9781803882758

Paperback  
160 pages  
COLOUR SECTION(S)  
AUD\$: 59.99

**JESSICA KINGSLEY PUBLISHERS**

Disc: TRADE INTERNATIONAL  
244 X 172 mm  
Release Date: February 2020  
9781787750838

Paperback  
272 pages  
AUD\$: 45.99



**Free from Panic**  
A Teen's Guide to Coping with  
Panic Attacks and Other Panic  
Symptoms

By Monika Parkinson, Kerstin  
Thirlwall



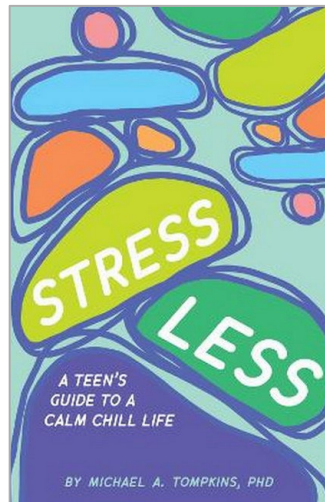
9 781787 758186

Co-authored by clinicians specialising in anxiety, this guide for teens struggling with panic symptoms or panic disorder uses strategies from CBT, ACT and CFT.

**JESSICA KINGSLEY PUBLISHERS**

Disc: TRADE INTERNATIONAL  
246 X 173 mm  
Release Date: May 2022  
9781787758186

Paperback  
112 pages  
B&W THROUGHOUT  
AUD\$: 34.99



**Stress Less**  
A Teen's Guide to a Calm Chill  
Life

By Michael A. Tompkins



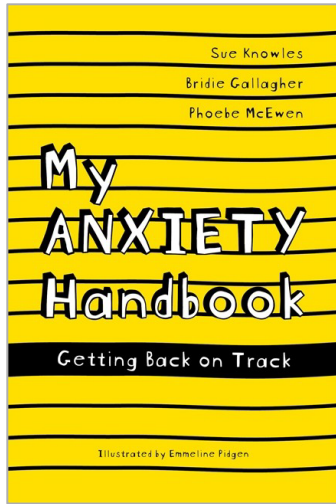
9 781433 837043

Let's get real. Stress is part of every teen's life - stress of exams, college applications, a big game, difficult teachers, difficult friends, parents who don't always get you, not to mention the dating and social scenes.

**MAGINATION PRESS**

Disc: TRADE INTERNATIONAL  
216 X 140 mm  
Release Date: May 2023  
9781433837043

Hardback  
312 pages  
AUD\$: 34.99

**My Anxiety Handbook**  
Getting Back on Track*By Sue Knowles, Bridie Gallagher*

9 781785 924408

Helping young people with anxiety learn to recognise and manage their symptoms, this anxiety survival guide teaches 10- to 21-year-olds how they can overcome their biggest worries.

**JESSICA KINGSLEY PUBLISHERS**

Disc: TRADE INTERNATIONAL

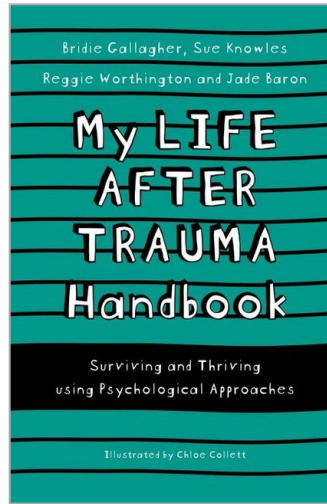
226 X 152 mm

Release Date: March 2018

**9781785924408**

Paperback

192 pages

**AUD\$: 34.99****My Life After Trauma Handbook**

Surviving and Thriving using Psychological Approaches

*By Sue Knowles, Bridie Gallagher*

9 781839 971280

First reliable handbook for teens covering how to cope with trauma, adverse experiences and how to understand their impact.

**JESSICA KINGSLEY PUBLISHERS**

Disc: TRADE INTERNATIONAL

229 X 152 mm

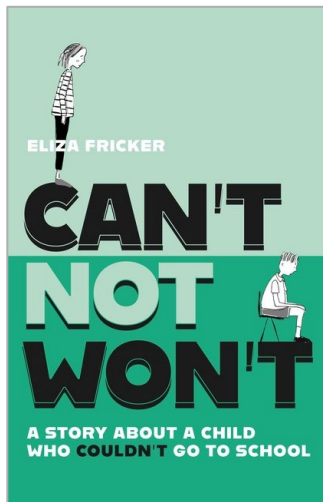
Release Date: January 2023

**9781839971280**

Paperback

240 pages

B&amp;W THROUGHOUT

**AUD\$: 34.99****STUDENT RESOURCES****Can't Not Won't**  
A Story About A Child Who Couldn't Go To School*By Eliza Fricker, Sue Moon*

9 781839 975202

Eliza Fricker gets it. Deceptively simple, endearing, humorous and emotional illustrations following a family managing the early stages of school avoidance are designed to help parents feel seen, and empathetic writing and guidance gives help.

**JESSICA KINGSLEY PUBLISHERS**

Disc: TRADE INTERNATIONAL

210 X 140 mm

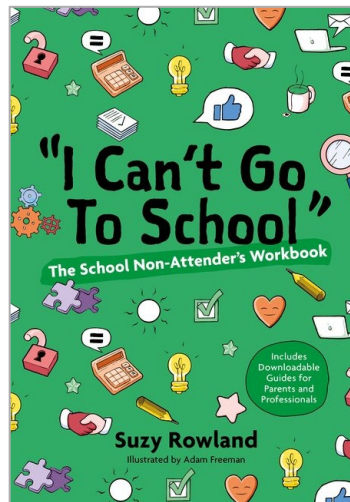
Release Date: March 2023

**9781839975202**

Paperback

160 pages

NOT ILLUSTRATED

**AUD\$: 34.99****'I can't go to school!'**  
The School Non-Attender's Workbook*By Suzy Rowland, Adam A. Freeman*

9 781839 972065

School can be a scary place. But you're not alone. This interactive workbook, complete with a parent's guide and professional's guide for teachers and therapists, will help you feel more confident about asking for help.

**JESSICA KINGSLEY PUBLISHERS**

Disc: TRADE INTERNATIONAL

246 X 173 mm

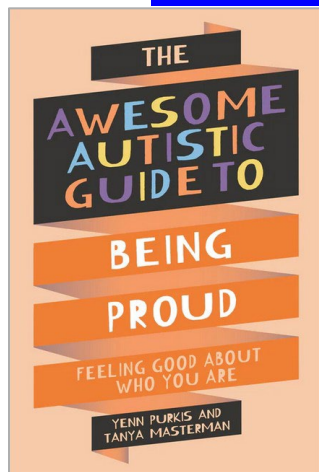
Release Date: February 2023

**9781839972065**

Paperback

128 pages

**AUD\$: 40.99**



## The Awesome Autistic Guide to Being Proud

Feeling Good About Who You Are

*By Yenn Purkis, Tanya Masterman*

Welcome to the autistic community! We're very glad you're here! Sometimes it can be difficult to feel proud of who you are. Maybe you feel different from other people or struggle to fit in - there is no need to worry! Yenn, Tanya and a tiny meerkat called Min are here to help you discover how to feel proud to be you. From learning about the autistic community and who is a part of it, to finding like-minded friends and connecting with others, this book will give you everything you need to ask the question 'what does it mean to be me?' Learn alongside Min how the special things that make you YOU can also help find your own community.

**JESSICA KINGSLEY**

**PUBLISHERS**

Authors are from Australia

Age: 9+ years

Disc: TRADE INTERNATIONAL

Paperback

229 X 152 mm

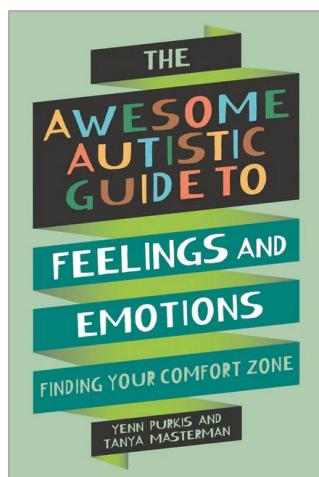
96 Pages

B&W THROUGHOUT

Rel Date: May 2024

**9781839977367**

**AUD\$: 32.99**



## The Awesome Autistic Guide to Feelings and Emotions

Finding your Comfort Zone

*By Yenn Purkis, Tanya Masterman*

Understanding your feelings and emotions is an incredibly important part of learning to become your most awesome autistic self! Yenn, Tanya and a tiny meerkat called Min are here to help you find out everything you need to know about your feelings and emotions, using tips and tricks they have picked up along the way to help you calm your brain down when it feels overloaded. From anger and worry to sadness and joy, emotions can come in all shapes and sizes with some feeling big and others feeling much smaller (or even feeling like nothing), this book explores why we experience certain emotions, what they mean and how we can find the ultimate autistic comfort zone!

**JESSICA KINGSLEY**

**PUBLISHERS**

Authors are from Australia

Age: 9+ years

Disc: TRADE INTERNATIONAL

Paperback

229 X 152 mm

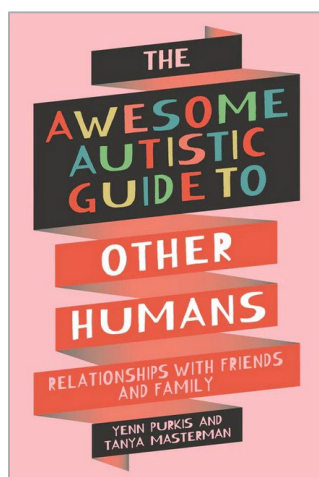
96 Pages

B&W THROUGHOUT

Rel Date: May 2024

**9781839977381**

**AUD\$: 32.99**



## The Awesome Autistic Guide to Other Humans

Relationships with Friends and Family

*By Yenn Purkis, Tanya Masterman*

Let's face it, other humans can be difficult to understand sometimes! There is no need to worry! Yenn, Tanya and a tiny meerkat called Min are here to help you find out everything you need to know about friendships, improving relationships with your family members, and how to deal with issues and arguments that can arise with the people in your life. Answering the difficult questions like 'What makes a good friend?' and 'Why do adults tell me to do things?' this book gives you helpful tips, tricks, and advice you need to help you understand other humans whilst staying true to your own awesome autistic self!

**JESSICA KINGSLEY**

**PUBLISHERS**

Authors are from Australia

Age: 9+ years

Disc: TRADE INTERNATIONAL

Paperback

229 X 152 mm

96 Pages

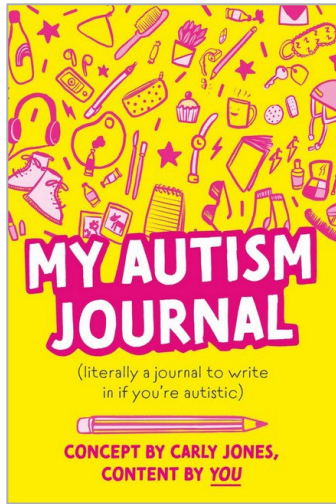
B&W THROUGHOUT

Rel Date: May 2024

**9781839977404**

**AUD\$: 32.99**





**My Autism Journal**

By *Carly Jones*

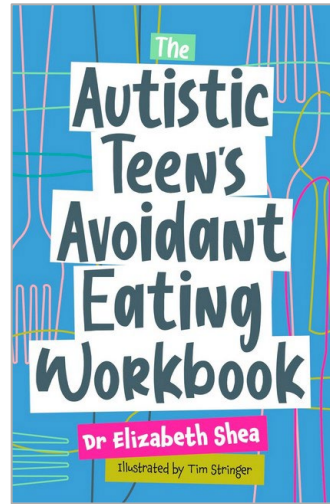


The first fully illustrated journal, tailored for autistic teenagers to help them express difficult emotions like anxiety, trauma, and depression. Full of prompts and the freedom to create.

**JESSICA KINGSLEY PUBLISHERS**

Disc: TRADE INTERNATIONAL  
229 X 152 mm  
Release Date: October 2023  
9781839974342

Paperback  
176 pages  
B&W THROUGHOUT  
AUD\$: 40.99



**The Autistic Teen's Avoidant Eating Workbook**

By *Elizabeth Shea, Tim Stringer*



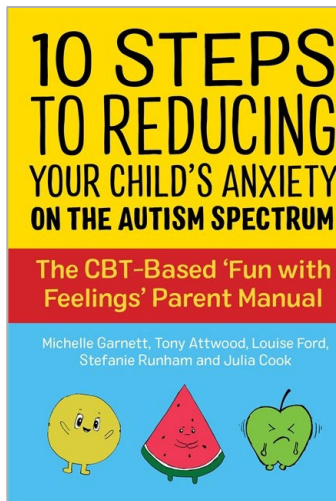
An interactive workbook to support autistic teens, and the adults in their lives, with restricted or avoidant eating, written by a clinical psychologist with 20 years' experience in the field.

**JESSICA KINGSLEY PUBLISHERS**

Disc: TRADE INTERNATIONAL  
229 X 152 mm  
Release Date: September 2023  
9781787758599

Paperback  
208 pages  
B&W THROUGHOUT  
AUD\$: 40.99

**AUTISM AND NEURODIVERSITY RESOURCES FOR PARENTS AND ADULTS**



**10 Steps to Reducing Your Child's Anxiety on the Autism Spectrum**

The CBT-Based 'Fun with Feelings' Parent Manual

By *Michelle Garnett, Tony Attwood*



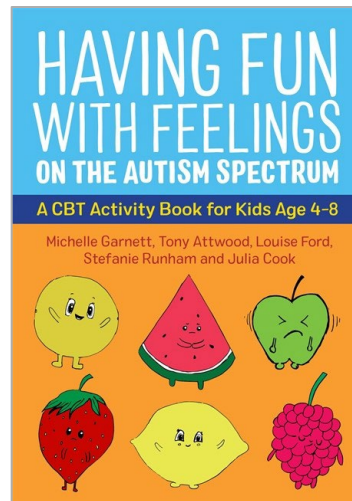
Recognising, expressing, and understanding emotions helps young children make sense of their life experiences. Children diagnosed with autism can have significant difficulties with processing emotions which can lead to high levels of anxiety.

**JESSICA KINGSLEY PUBLISHERS**

Authors are from Australia

Disc: TRADE INTERNATIONAL  
150 X 150 mm  
Release Date: July 2020  
9781787753259

Paperback  
256 pages  
AUD\$: 40.99



**Having Fun with Feelings on the Autism Spectrum**

A CBT Activity Book for Kids Age 4-8

By *Michelle Garnett, Tony Attwood*



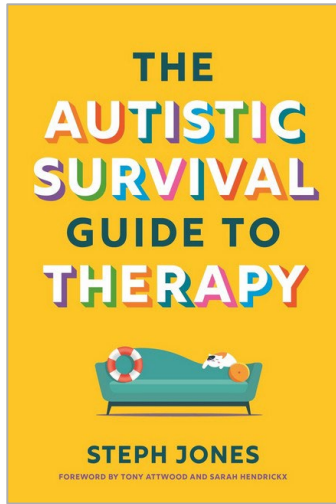
This activity book is a helpful and creative tool for children aged 4-8 to learn and understand their emotions to help reduce anxiety. It is intended to be used in conjunction with the 10 Steps to Reducing Your Child's Anxiety on the Autism Spectrum.

**JESSICA KINGSLEY PUBLISHERS**

Authors are from Australia

Disc: TRADE INTERNATIONAL  
150 X 150 mm  
Release Date: July 2020  
9781787753273

Paperback  
96 pages  
AUD\$: 26.99

**The Autistic Survival Guide to Therapy****NEW***By Stephanie Jones*

In this candid, witty and insightful exploration into therapy, Steph Jones uses her professional and lived experiences as a late diagnosed autistic woman and therapist, as well as consulting therapists from across the world and tapping into the autistic community, to create the ultimate autistic survival guide to therapy.

**JESSICA KINGSLEY PUBLISHERS**

Disc: TRADE INTERNATIONAL

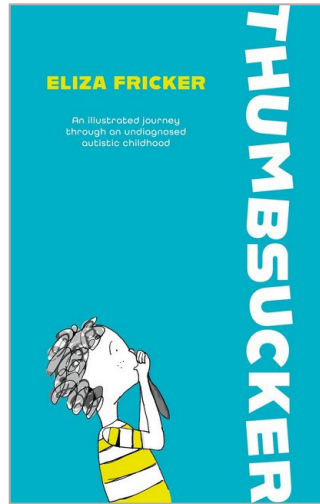
216 X 138 mm

Release Date: May 2024

**9781839977312**

Paperback

256 pages

**AUD\$: 42.99****Thumbsucker****NEW***By Eliza Fricker*

Funny, witty and tender, Sunday Times bestselling author and illustrator Eliza Fricker, uses her own memories of growing up in the 80s to explore how neurodiversity presents itself in everyday life and what neurodivergent children really need from the people who love them.

**JESSICA KINGSLEY PUBLISHERS**

Disc: TRADE INTERNATIONAL

216 X 138 mm

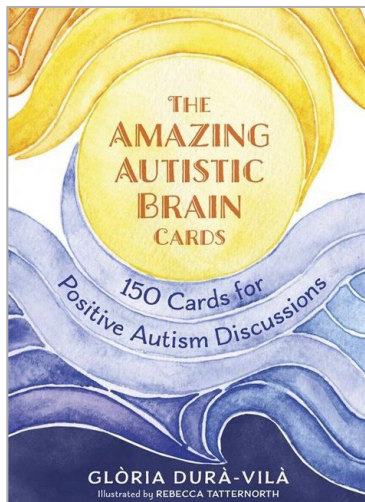
Release Date: January 2024

**9781839978548**

Paperback

128 pages

B&amp;W THROUGHOUT

**AUD\$: 37.99****The Amazing Autistic Brain Cards****150 Cards for Positive Autism Discussions***By Gloria Dura-Vila, Rebecca Tatternorth*

A set of cards to help children and teens recently diagnosed with autism to characterise and understand their diagnosis in a positive light.

**JESSICA KINGSLEY PUBLISHERS**

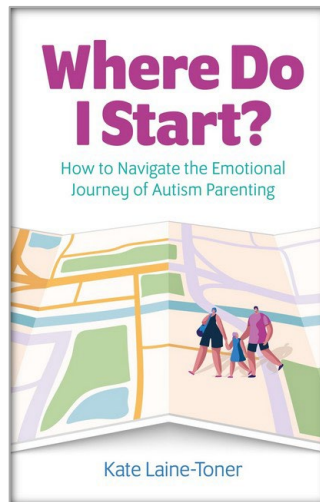
Disc: TRADE INTERNATIONAL

75 X 105 mm

Release Date: September 2021

**9781787754300**

Cards

**AUD\$: 61.99****Where Do I Start?****How to Navigate the Emotional Journey of Autism Parenting***By Kate Laine-Toner*

Written by an author who is both neurodivergent and the parent of an autistic child, this guidebook supports parents and carers as they navigate their child's autism diagnosis.

**JESSICA KINGSLEY PUBLISHERS**

Disc: TRADE INTERNATIONAL

216 X 140 mm

Release Date: October 2023

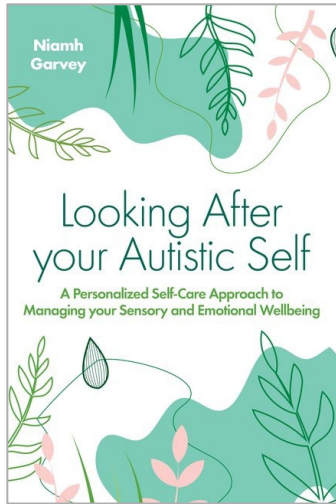
**9781839975523**

Paperback

224 pages

B&amp;W THROUGHOUT

**AUD\$: 40.99**



**Looking After your Autistic Self**  
A Personalized Self-Care Approach to Managing your Sensory and Emotional

By *Niamh Garvey*

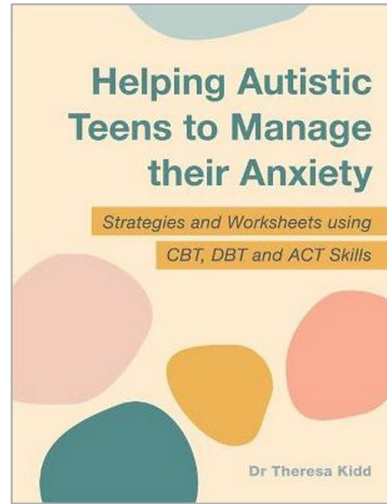


This is the go-to-guide to surviving and thriving as an autistic adult. Featuring customisable, stress-relieving strategies that are easy to implement into busy everyday life to create a calmer, happier you.

**JESSICA KINGSLEY PUBLISHERS**

Disc: TRADE INTERNATIONAL  
229 X 152 mm  
Release Date: May 2023  
**9781839975608**

Paperback  
256 pages  
B&W THROUGHOUT  
**AUD\$: 43.99**



**Helping Autistic Teens to Manage their Anxiety**  
Strategies and Worksheets using CBT, DBT, and ACT Skills

By *Dr. Theresa Kidd*

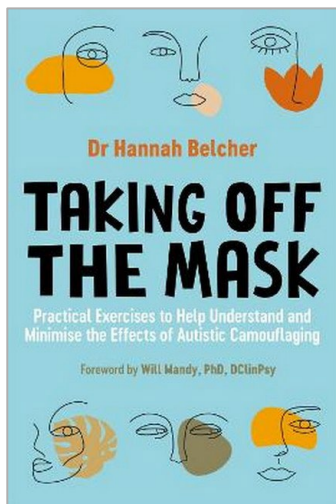


An accessible activity book for professionals and parents helping children on the autistic spectrum with their anxiety. Contains a wide range of useful and effective worksheets as well as advice for treatment modification.

**JESSICA KINGSLEY PUBLISHERS**

**Author is from Australia**  
Disc: TRADE INTERNATIONAL  
279 X 216 mm  
Release Date: April 2022  
**9781787754508**

Paperback  
240 pages  
**AUD\$: 53.99**



**Taking Off the Mask**  
Practical Exercises to Help Understand and Minimise the Effects of Autistic Camouflaging

By *Hannah Louise Belcher*

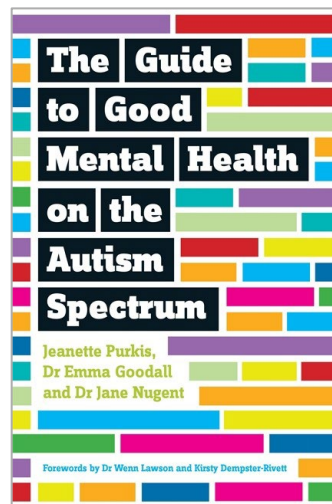


Combining lived experience with scientific research and practical advice, this book is the essential guide to understanding why you mask and how to feel confident without one.

**JESSICA KINGSLEY PUBLISHERS**

Disc: TRADE INTERNATIONAL  
229 X 152 mm  
Release Date: November 2022  
**9781787755895**

Paperback  
176 pages  
**AUD\$: 40.99**



**Guide to Good Mental Health on the Autism Spectrum**

By *Yenn Purkis, Emma Goodall*

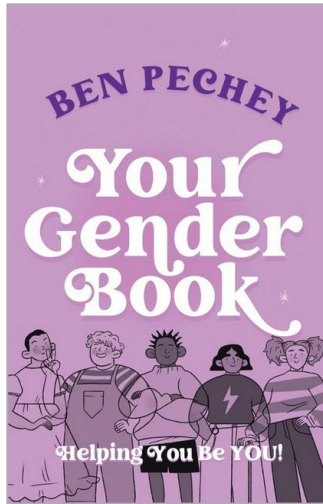


Filled with strategies and advice, this empowering guide presents practical ways to improve the mental wellbeing of people on the Autism Spectrum.

**JESSICA KINGSLEY PUBLISHERS**

Disc: TRADE INTERNATIONAL  
228 X 150 mm  
Release Date: May 2016  
**9781849056700**

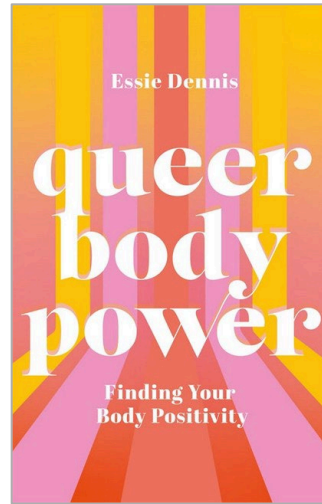
Paperback  
272 pages  
**AUD\$: 43.99**

**Your Gender Book**  
Helping You To Be You!**NEW**

By Ben Pechey



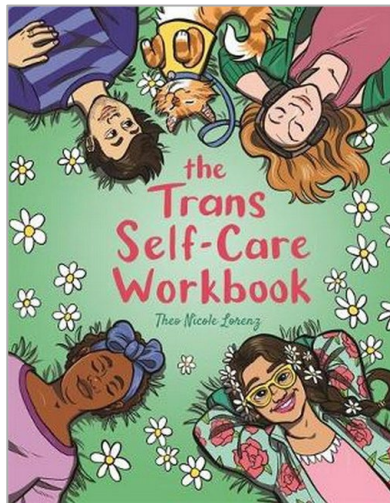
This empowering guide offers young people an interactive resource to help them explore their gender identity. with practical tips on understanding gender expression and mental health to advice on how to support friends.

**JESSICA KINGSLEY PUBLISHERS**Disc: TRADE INTERNATIONAL  
246 X 173 mm  
Release Date: February 2024  
**9781839976100**Paperback  
176 pages  
B&W THROUGHOUT  
**AUD\$: 33.99****Queer Body Power**  
Finding Your Body Positivity

By Essie Dennis



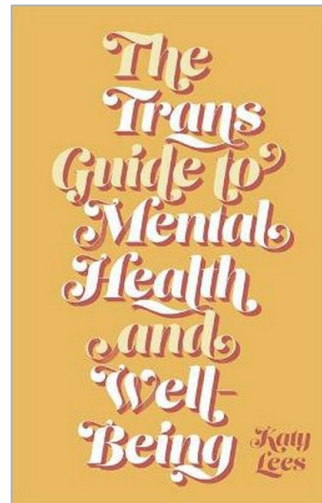
Fierce and unapologetically written, this is an inspiring call to arms for queer body positivity. Featuring honest advice, personal insights, and powerful stories from a diverse range of queer voices, this essential book will help you love yourself.

**JESSICA KINGSLEY PUBLISHERS**Disc: TRADE INTERNATIONAL  
216 X 138 mm  
Release Date: June 2022  
**9781787759046**Paperback  
240 pages  
B&W THROUGHOUT  
**AUD\$: 40.99****The Trans Self-Care Workbook**  
A Colouring Book and Journal for TRANS and Non-Binary People

By Theo Lorenz



If you're transgender, non-binary, or any other gender under the wide and wonderful trans umbrella, this book is for you. A creative journal and workbook with a difference, this book combines colouring pages celebrating trans identity and more.

**JESSICA KINGSLEY PUBLISHERS**Disc: TRADE INTERNATIONAL  
279 X 216 mm  
Release Date: January 2021  
**9781787753433**Paperback  
176 pages  
**AUD\$: 40.99****The Trans Guide to Mental Health and Well-Being**

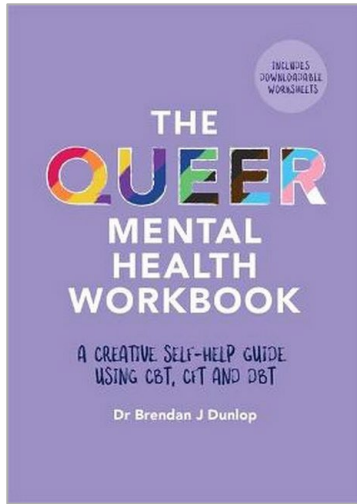
By Katy Lees



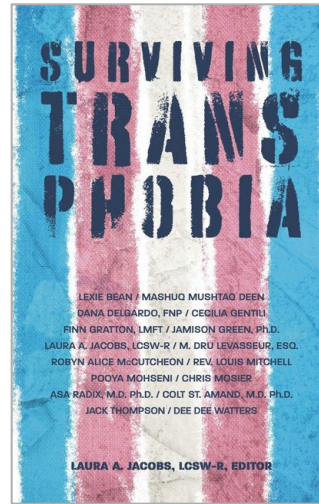
An essential mental health guide for trans people, combining therapeutic strategies alongside the author's first-hand experience. With advice on anxiety, depression, trauma, negative body image, suicide, and dissociation.

**JESSICA KINGSLEY PUBLISHERS**Disc: TRADE INTERNATIONAL  
216 X 138 mm  
Release Date: July 2022  
**9781787755260**Paperback  
240 pages  
B&W THROUGHOUT  
**AUD\$: 40.99**

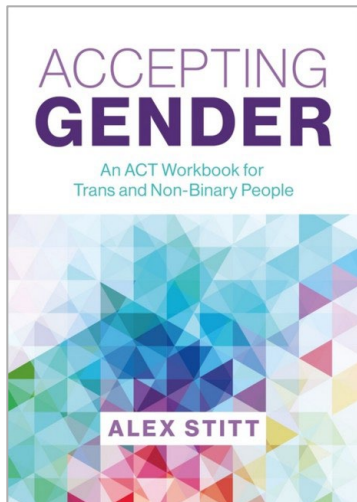


**The Queer Mental Health Workbook**  
A Creative Self-Help Guide Using CBT, CFT and DBT*By Dr. Brendan J. Dunlop*

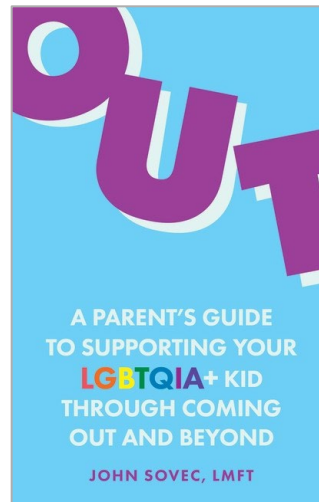
This queer mental health workbook uses CBT, DBT and ACT to support LGBTQIA+ people with mental health challenges such as anxiety, self-harm, shame, trauma, low self-esteem, and eating disorders.

**JESSICA KINGSLEY PUBLISHERS**Disc: TRADE INTERNATIONAL  
246 X 173 mm  
Release Date: August 2022  
**9781839971075**Paperback  
224 pages  
B&W THROUGHOUT  
**AUD\$: 45.99****Surviving Transphobia***By Laura A. Jacobs LCSW*

*Surviving Transphobia* is an inspiring collection of essays by transgender and nonbinary experts and celebrities. We tell you our histories, reveal our vulnerabilities, share our strategies to remain determined in bleak times.

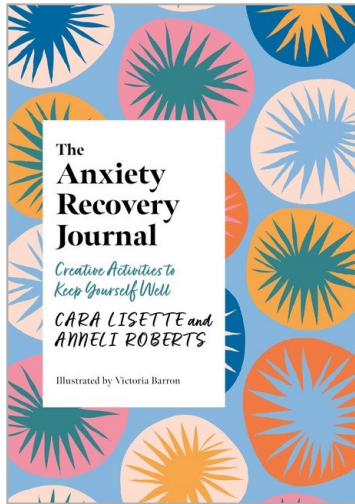
**JESSICA KINGSLEY PUBLISHERS**Disc: TRADE INTERNATIONAL  
216 X 138 mm  
Release Date: November 2023  
**9781787759657**Paperback  
224 pages**AUD\$: 40.99****Accepting Gender**  
An ACT Workbook for Trans and Non-Binary People*By Alex Stitt*

Acceptance and Commitment Therapy is an empowering technique for trans, non-binary, and gender explorative people because of its focus on self-acceptance and personal values.

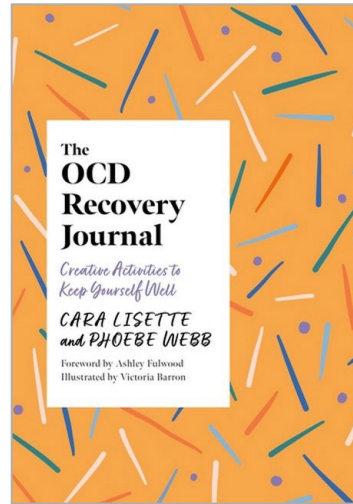
**JESSICA KINGSLEY PUBLISHERS**Disc: TRADE INTERNATIONAL  
246 X 173 mm  
Release Date: May 2023  
**9781839974328**Paperback  
208 pages  
B&W THROUGHOUT  
**AUD\$: 40.99****Out**  
A Parent's Guide to Supporting Your LGBTQIA+ Kid Through Coming Out and Beyond*By John Sovec*

Coming out is one of the trickiest moments for families and this essential coming out parenting guide is here to help. With loads of helpful information about a wide range of orientations, cultures, effective communication strategies.

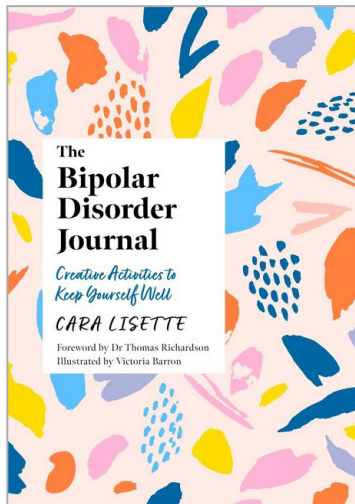
**JESSICA KINGSLEY PUBLISHERS**Disc: TRADE INTERNATIONAL  
216 X 138 mm  
Release Date: June 2023  
**9781839974243**Paperback  
224 pages  
B&W THROUGHOUT  
**AUD\$: 34.99**

**The Anxiety Recovery Journal**  
Creative Activities to Keep Yourself Well**NEW***By Cara Lisette, Anneli Roberts*

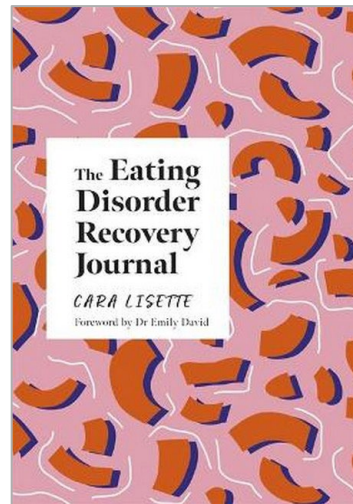
The Anxiety Recovery Journal is designed to support you in managing your feelings of anxiety. Drawing on evidence-based techniques, such as CBT, and on the authors' professional and lived experience, it features helpful journaling prompts.

**JESSICA KINGSLEY PUBLISHERS**Disc: TRADE INTERNATIONAL  
246 X 173 mm  
Release Date: August 2024  
9781805010791Paperback  
160 pages  
B&W THROUGHOUT  
AUD\$: 42.99**The OCD Recovery Journal**  
Creative Activities to Keep Yourself Well**NEW***By Cara Lisette, Phoebe Webb*

The OCD Recovery Journal is designed to help you better understand and manage your OCD. Drawing on evidence-based techniques, such as CBT and Exposure and Response Prevention, and on the authors' professional and lived experience.

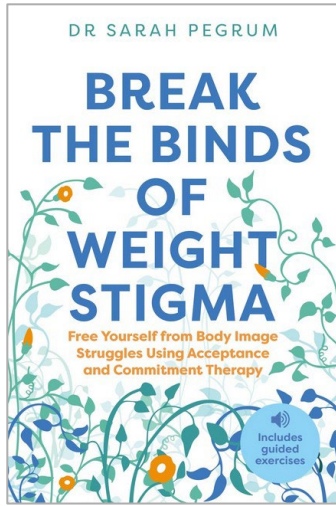
**JESSICA KINGSLEY PUBLISHERS**Disc: TRADE INTERNATIONAL  
246 X 173 mm  
Release Date: June 2024  
9781805010951Paperback  
128 pages  
B&W THROUGHOUT  
AUD\$: 42.99**The Bipolar Disorder Journal**  
Creative Activities to Keep Yourself Well**NEW***By Cara Lisette, Victoria Barron*

The Bipolar Disorder Journal is for anybody struggling to stay motivated while managing the ups and downs of bipolar. With journaling prompts, written activities, and creative activities to help you develop strategies to cope and thrive.

**JESSICA KINGSLEY PUBLISHERS**Disc: TRADE INTERNATIONAL  
246 X 173 mm  
Release Date: August 2023  
9781839977817Paperback  
128 pages  
B&W THROUGHOUT  
AUD\$: 40.99**The Eating Disorder Recovery Journal***By Cara Lisette, Victoria Barron*

This journal is a safe space to explore and challenge you're eating disorder. Filled with creative activities, CBT and mindfulness techniques, colouring pages, and positive affirmations, it is designed to support and motivate you throughout your journey.

**JESSICA KINGSLEY PUBLISHERS**Disc: TRADE INTERNATIONAL  
246 X 173 mm  
Release Date: May 2022  
9781839970856Paperback  
128 pages  
COLOUR SECTION(S)  
AUD\$: 40.99



**Break the Binds of Weight Stigma**  
Free Yourself from Body Image Struggles Using Acceptance and Commitment Therapy

**NEW**

By Dr. Sarah Pegrum



It's a common reaction to put things on hold because of how you feel about your body or weight. This guide encourages you to take a step back from harmful social attitudes towards weight and use ACT to support your journey.

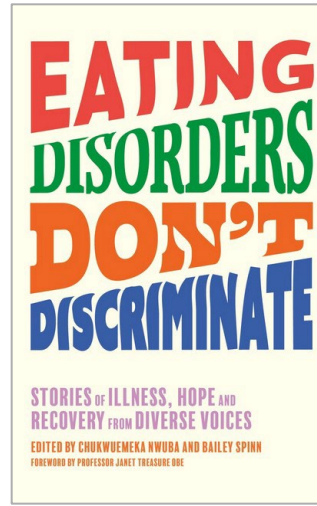
JESSICA KINGSLEY PUBLISHERS

Disc: TRADE INTERNATIONAL  
229 X 152 mm  
Release Date: October 2023

9781839977237

Paperback  
208 pages

AUD\$: 40.99



**Eating Disorders Don't Discriminate**  
Stories of Illness, Hope and Recovery from Diverse Voices

**NEW**

By Dr Chukwuemeka Nwuba, Bailey Spinn



Eating disorders know no boundaries. They don't discriminate. Every story of living with an eating disorder is unique. Eating Disorders Don't Discriminate brings together thirty-one of them, each tackling the stereotypes and misconceptions.

JESSICA KINGSLEY PUBLISHERS

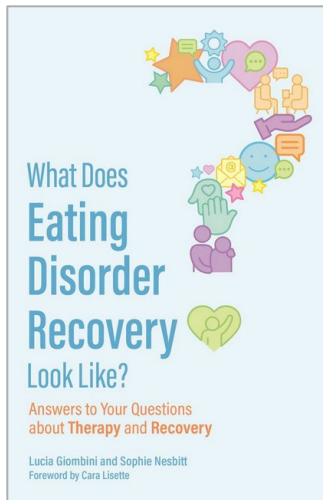
Disc: TRADE INTERNATIONAL  
216 X 138 mm  
Release Date: May 2024

9781839976995

Paperback  
304 pages

B&W THROUGHOUT

AUD\$: 39.99



**What Does Eating Disorder Recovery Look Like?**

Answers to Your Questions about Therapy and Recovery

**NEW**

By Lucia Giombini, Sophie Nesbitt



This guide has been developed to answer the more complex questions that those with eating disorders and their families might be struggling to get answers to.

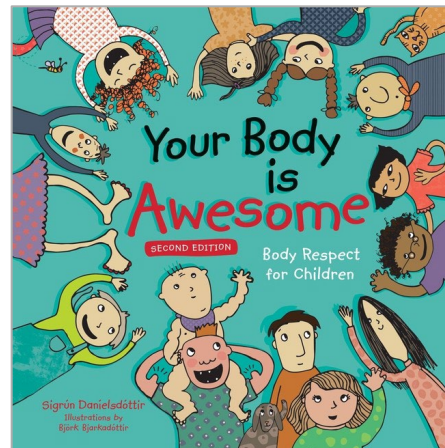
JESSICA KINGSLEY PUBLISHERS

Disc: TRADE INTERNATIONAL  
216 X 138 mm  
Release Date: August 2023

9781839972201

Paperback  
208 pages

AUD\$: 40.99



**Your Body is Awesome 2/e**  
Body Respect for Children

By Sigrun Danielsdottir, Bjork Bjarkadottir



The colorful and updated illustrations in this picture book will help children learn to love their bodies from an early age and appreciate all the wonderful things their bodies do. This second edition promotes a healthy attitude which will encourage children to love their bodies from an early age.

JESSICA KINGSLEY PUBLISHERS

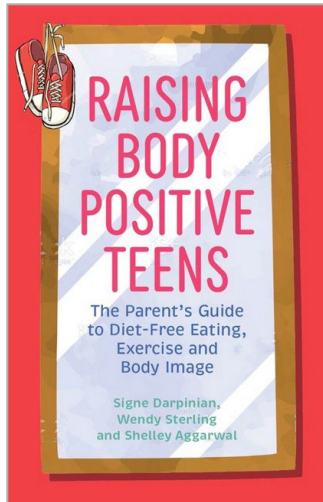
Disc: TRADE INTERNATIONAL  
240 X 190 mm  
Release Date: March 2023

9781839975332

Hardback  
40 pages

COLOUR THROUGHOUT

AUD\$: 34.99



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

By *Signe Darpinian, Wendy Sterling*

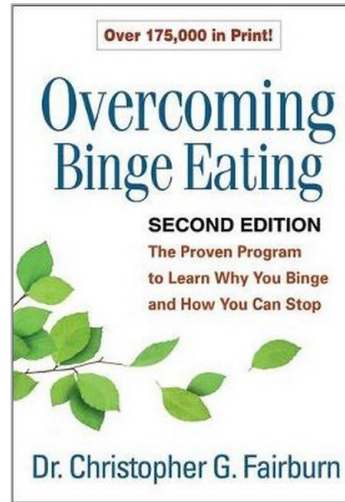


A guide for parents on creating a weight-neutral, body positive home and supporting their teen in building a healthy relationship with food and body image, from the authors of No Weigh!

**JESSICA KINGSLEY PUBLISHERS**

Disc: TRADE INTERNATIONAL  
246 X 173 mm  
Release Date: March 2022  
9781839970399

Paperback  
224 pages  
NOT ILLUSTRATED  
AUD\$: 40.99



**Overcoming Binge Eating 2/e**  
The Proven Program to Learn Why You Binge and How You Can Stop

By *Christopher G. Fairburn*



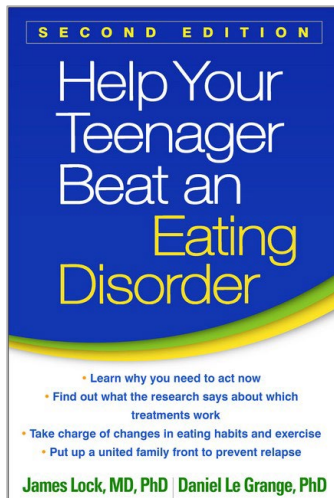
This trusted bestseller provides all the information needed to understand binge eating and bring it under control, whether you are working with a therapist or on your own. Clear, step-by-step guidelines show you how to.

**GUILFORD PUBLICATIONS**

Disc: TRADE INTERNATIONAL  
229 X 152 mm  
Release Date: September 2013  
9781572305618

Paperback  
243 pages

AUD\$: 43.99



**Help Your Teenager Beat an Eating Disorder 2/e**

By *James Lock, Daniel Le Grange*



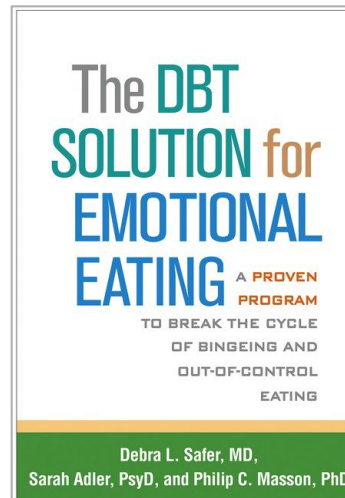
Tens of thousands of parents have turned to this compassionate resource for support and practical advice grounded in cutting-edge scientific knowledge. Numerous vivid stories show how to recognize and address anorexia nervosa, bulimia and more.

**GUILFORD PUBLICATIONS**

Disc: TRADE INTERNATIONAL  
229 X 152 mm  
Release Date: May 2015  
9781462517480

Paperback  
310 pages

AUD\$: 49.99



**The DBT Solution for Emotional Eating**  
A Proven Program to Break the Cycle of Bingeing and Out-of-Control Eating

By *Debra L. Safer, Sarah Adler*



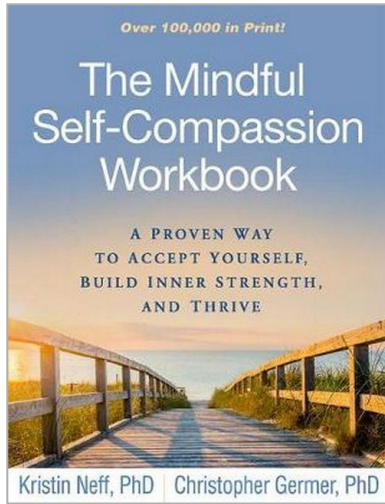
Eating can be a source of great pleasure--or deep distress. If you've picked up this book, chances are you're looking for tools to transform your relationship with food. Grounded in dialectical behavior therapy (DBT).

**GUILFORD PUBLICATIONS**

Disc: TRADE INTERNATIONAL  
254 X 178 mm  
Release Date: February 2018  
9781462520923

Paperback  
278 pages

AUD\$: 51.99



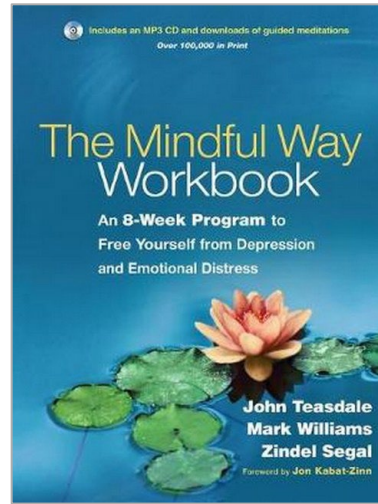
**The Mindful Self-Compassion Workbook**  
 A Proven Way to Accept Yourself, Build Inner Strength, and Thrive  
 By Kristin Neff, Christopher Germer



Are you kinder to others than you are to yourself? More than a thousand research studies show the benefits of being a supportive friend to yourself, especially in times of need.

**GUILFORD PUBLICATIONS**  
 Disc: TRADE INTERNATIONAL  
 266 X 203 mm  
 Release Date: October 2018  
**9781462526789**

Paperback  
 206 pages  
**AUD\$: 51.99**



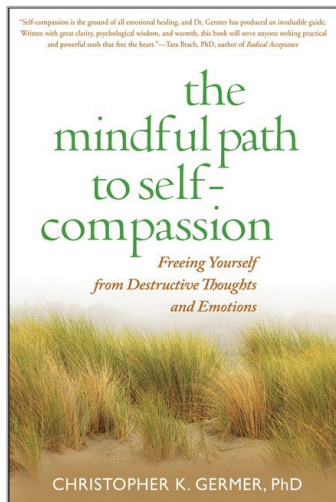
**The Mindful Way Workbook**  
 An 8-Week Program to Free Yourself from Depression and Emotional Distress  
 By John Teasdale, J. Mark G. Williams



Imagine an 8-week program that can help you overcome depression, anxiety, and stress--by simply learning new ways to respond to your own thoughts and feelings.

**GUILFORD PUBLICATIONS**  
 Disc: TRADE INTERNATIONAL  
 266 X 203 mm  
 Release Date: March 2014  
**9781462508143**

Paperback  
 228 pages  
**AUD\$: 64.99**



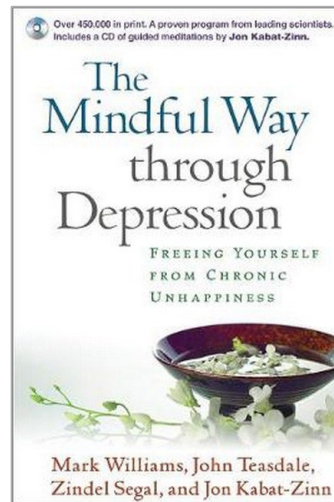
**The Mindful Path to Self-Compassion**  
 Freeing Yourself from Destructive Thoughts and Emotions  
 By Christopher Germer



Illuminates the nature of self-compassion and offers steps for incorporating it into daily life. This book is suitable for readers new to mindfulness or those who want to take their practice to the next level.

**GUILFORD PUBLICATIONS**  
 Disc: TRADE INTERNATIONAL  
 229 X 152 mm  
 Release Date: July 2009  
**9781593859756**

Paperback  
 306 pages  
**AUD\$: 43.99**



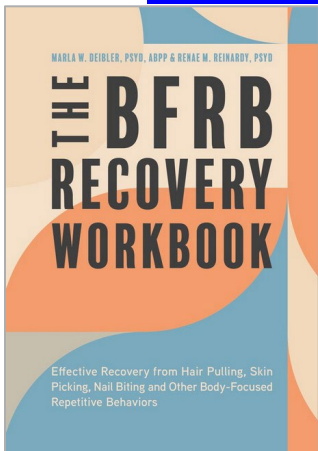
**The Mindful Way through Depression**  
 Freeing Yourself from Chronic Unhappiness  
 By J. Mark G. Williams, John Teasdale



An easy-to-use self-help program that is based on methods clinically proven to reduce the recurrence of depression. Revealing the hidden psychological mechanisms that cause chronic unhappiness, this work guides readers.

**GUILFORD PUBLICATIONS**  
 Disc: TRADE INTERNATIONAL  
 229 X 152 mm  
 Release Date: July 2007  
**9781593851286**

Paperback  
 273 pages  
**AUD\$: 56.99**



NEW

### The BFRB Recovery Workbook

Effective Recovery from Hair Pulling, Skin Picking, Nail Biting, and Other Body-Focused Repetitive Behaviours

By Dr. Marla Deibler, Dr. Renae Reinardy

So, you want to work on recovery from your body-focused repetitive behavior (BFRB)? Chances are, this is not the first time you've thought about changing your BFRB. And it's probably not the first time you've taken action to overcome it. This workbook provides evidence-based tools consistent with the most up-to-date behavioral science to examine your BFRB in a new way, shift perspective on how you relate to your BFRB experience, reduce the behavior with individually tailored interventions, and transform your life and sense of self for the better. Written by licensed clinical psychologists, this integrative behavioral therapy (IBT) approach is rooted in behavioral and cognitive psychology, utilizing CBT, ACT, DBT and habit reversal training, and is applicable to all BFRBs, including nail biting, hair pulling, and skin picking.

JESSICA KINGSLEY

PUBLISHERS

Disc: TRADE INTERNATIONAL

Paperback

246 X 173 mm

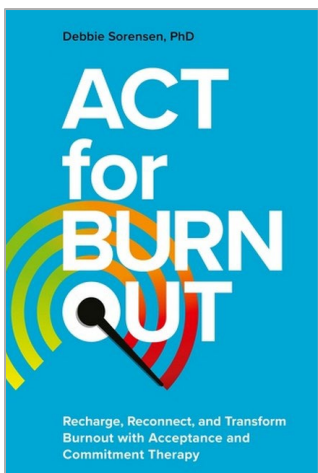
224 Pages

B&W THROUGHOUT

Rel Date: January 2024

9781839976551

AUD\$: 51.99



NEW

### ACT for Burnout

Recharge, Reconnect, and Transform Burnout with Acceptance and Commitment Therapy

By Debbie Sorensen

"I know what it's like to care deeply about my work and yet feel utterly exhausted by it." Burnout is more widespread than ever before, and it's time to do something about it. Rooted in Acceptance and Commitment Therapy (ACT), this book delves into the systemic, cultural, and economic contexts that contribute to burnout, and gives you the tools to exit the cycle. Exercises and reflection questions help you reconnect with your values to find what's important and disentangle yourself from unhelpful thought patterns. By engaging with your emotions rather than avoiding or suppressing them, ACT allows you to respond more effectively and become re-engaged in your own life again.

JESSICA KINGSLEY

PUBLISHERS

Disc: TRADE INTERNATIONAL

Paperback

229 X 152 mm

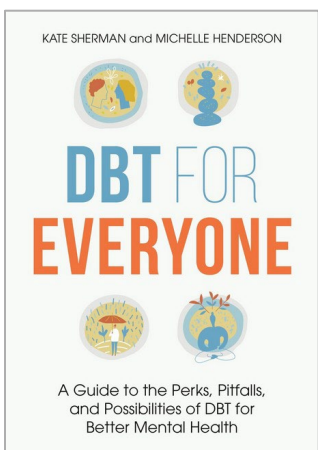
240 Pages

B&W THROUGHOUT

Rel Date: April 2024

9781839975370

AUD\$: 42.99



NEW

### DBT for Everyone

A Guide to the Perks, Pitfalls, and Possibilities of DBT for Better Mental Health

By Michelle Henderson, Kate Sherman

DBT skills can be a fantastic way to approach life's challenges. But where do you start? This down-to-earth guide walks you through the four DBT modules, mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness. Each chapter explains how to practice the key skills and dives into the authors' own experiences to explore what works, what doesn't, and which skills work best for challenges. Journaling prompts help you work out how to fit the skills into your own day-to-day life, so you can make changes that work for you. DBT works by helping you to understand difficult emotions and develop skills to regulate them in a healthy way.

JESSICA KINGSLEY

PUBLISHERS

Disc: TRADE INTERNATIONAL

Paperback

246 X 173 mm

208 Pages

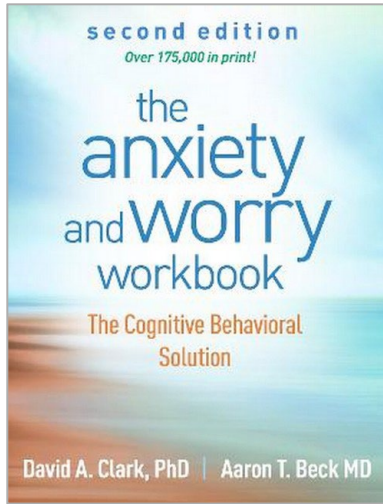
B&W THROUGHOUT

Rel Date: February 2024

9781839975882

AUD\$: 40.99





**The Anxiety and Worry Workbook 2/e**  
The Cognitive Behavioral Solution

**NEW**

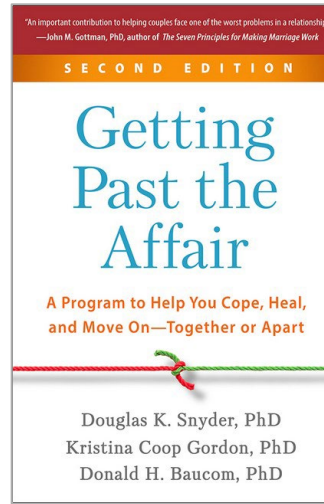
By **David A. Clark, Aaron T. Beck**



The bestselling workbook that has already helped more than 175,000 people loosen the grip of debilitating anxiety is now in a revised and updated second edition.

**GUILFORD PUBLICATIONS**  
Disc: ACAD & PROFESSIONAL  
270 X 200 mm  
Release Date: August 2023  
**9781462546169**

Paperback  
398 pages  
NOT ILLUSTRATED  
**AUD\$: 58.99**



**Getting Past the Affair 2/e**  
A Program to Help You Cope, Heal, and Move On--Together or Apart

**NEW**

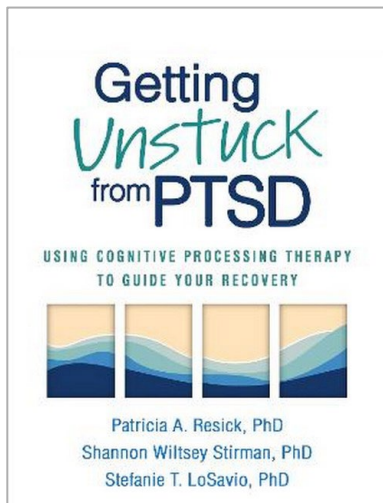
By **Douglas K. Snyder, Donald H. Baucom**



Discovering that a partner has had an affair can feel like an earthquake. Long after the first jolt, emotional aftershocks can make it difficult to be there for family, manage daily life, and think clearly about options.

**GUILFORD PUBLICATIONS**  
Disc: TRADE INTERNATIONAL  
229 X 152 mm  
Release Date: November 2023  
**9781462547487**

Paperback  
294 pages  
NOT ILLUSTRATED  
**AUD\$: 49.99**



**Getting Unstuck from PTSD**  
Using Cognitive Processing Therapy to Guide Your Recovery

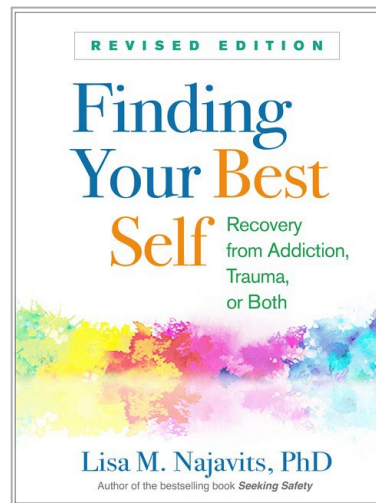
By **Patricia A. Resick, Shannon Wiltsey Stirman**



Anyone who is struggling to recover from trauma can now receive one of the gold-standard treatments for PTSD. This is the first self-help workbook based on cognitive processing therapy (CPT).

**GUILFORD PUBLICATIONS**  
Disc: TRADE INTERNATIONAL  
260 X 200 mm  
Release Date: April 2023  
**9781462549832**

Paperback  
270 pages  
**AUD\$: 64.99**



**Finding Your Best Self, Revised Edition**  
Recovery from Addiction, Trauma, or Both

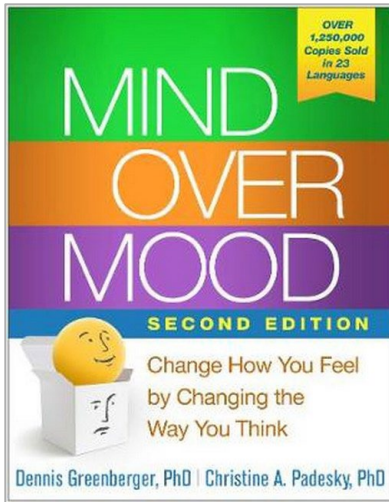
By **Lisa M Najavits**



Addiction and trauma are two of the most common and difficult issues that people face. In this motivating book, leading expert Lisa Najavits explains the link between addiction and trauma and presents science-based self-help strategies.

**GUILFORD PUBLICATIONS**  
Disc: TRADE INTERNATIONAL  
266 X 203 mm  
Release Date: July 2019  
**9781462539895**

Paperback  
269 pages  
**AUD\$: 49.99**



**Mind Over Mood 2/e**  
Change How You Feel by Changing the Way You Think

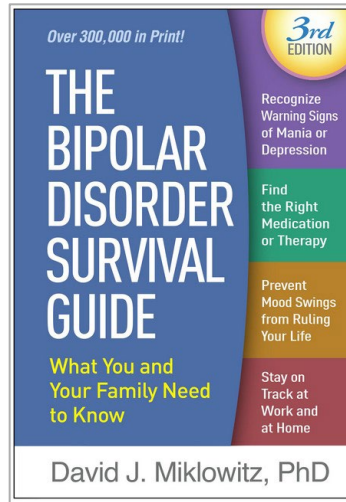
By *Dennis Greenberger, Christine A. Padesky*



Discover simple yet powerful steps you can take to overcome emotional distress--and feel happier, calmer, and more confident.

**GUILFORD PUBLICATIONS**  
Disc: TRADE INTERNATIONAL  
266 X 203 mm  
Release Date: October 2015  
**9781462520428**

Paperback  
341 pages  
**AUD\$: 69.99**



**The Bipolar Disorder Survival Guide 3/e**  
What You and Your Family Need to Know

By *David J. Miklowitz*

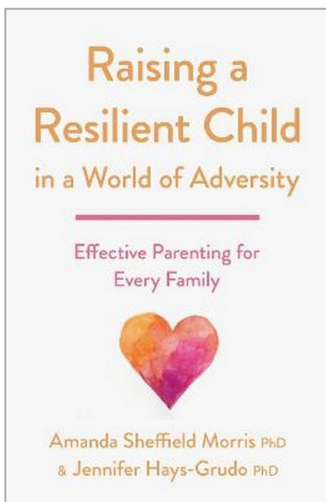


Bipolar disorder is a lifelong challenge--but it doesn't have to rule your life. Find the science-based information you need in the revised third edition of this indispensable guide.

**GUILFORD PUBLICATIONS**  
Disc: TRADE INTERNATIONAL  
254 X 178 mm  
Release Date: May 2019  
**9781462534982**

Paperback  
444 pages  
**AUD\$: 56.99**

PARENTING RESOURCES



**Raising a Resilient Child in a World of Adversity**  
Effective Parenting for Every Family



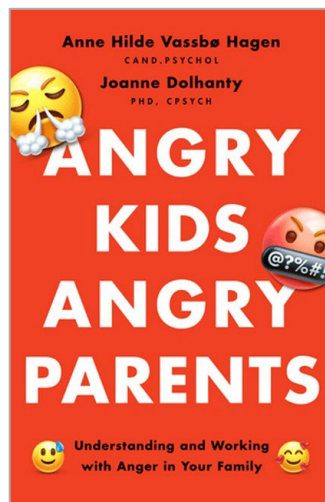
By *Amanda Sheffield Morris, Jennifer Hays-Grudo*



Parenting doesn't always come naturally. This book provides expert guidance for caregivers who struggle with parenting because of adversity in their own lives, or simply because they are raising kids in an increasingly stressful world.

**APA LIFETOOLS**  
Disc: TRADE INTERNATIONAL  
216 X 140 mm  
Release Date: February 2024  
**9781433834073**

Paperback  
208 pages  
**AUD\$: 39.99**



**Angry Kids, Angry Parents**  
Understanding and Working with Anger in Your Family

By *Anne Hilde Vassbo Hagen, Joanne Dolhanty*

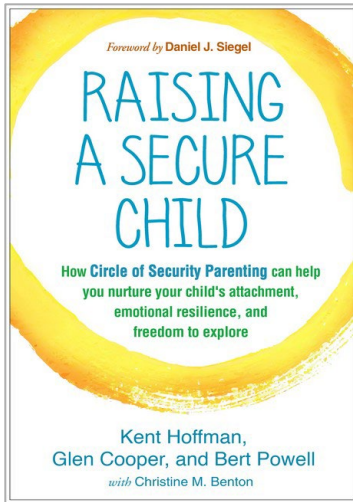


Gives parents all the information they need to know about their children's, and their own, anger and aggression. This book shines a light on the misunderstood elements of anger and reminds people why it is an essential emotion.

**APA LIFETOOLS**  
Disc: TRADE INTERNATIONAL  
216 X 140 mm  
Release Date: September 2023  
**9781433840654**

Paperback  
295 pages  
**AUD\$: 39.99**





**Raising a Secure Child**  
 How Circle of Security Parenting Can Help You Nurture Your Child's Attachment, Emotional Resilience, and Freedom to Explore

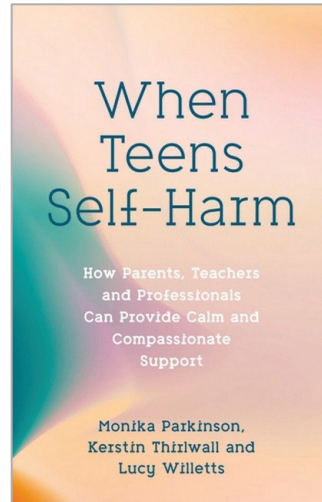
By **Kent Hoffman, Glen Cooper**



Today's parents are constantly pressured to be perfect. But in striving to do everything right, we risk missing what children really need for lifelong emotional security.

**GUILFORD PUBLICATIONS**  
 Disc: TRADE INTERNATIONAL  
 229 X 152 mm  
 Release Date: March 2017  
**9781462527632**

Paperback  
 280 pages  
**AUD\$: 38.99**



**When Teens Self-Harm**  
 How Parents, Teachers and Professionals Can Provide Calm and Compassionate Support

**NEW**

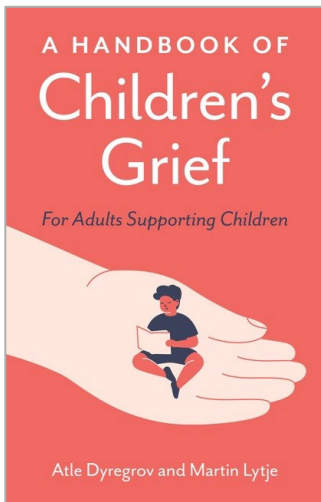
By **Monika Parkinson, Lucy Willetts**



Supporting teens who self-harm can be stressful, with panic and anxiety muddying the waters and making it difficult to know how to respond. How do you help? What if you make it worse?

**JESSICA KINGSLEY PUBLISHERS**  
 Disc: TRADE INTERNATIONAL  
 216 X 138 mm  
 Release Date: June 2024  
**9781839975967**

Paperback  
 112 pages  
 B&W THROUGHOUT  
**AUD\$: 37.99**



**A Handbook of Children's Grief**  
 For Adults Supporting Children

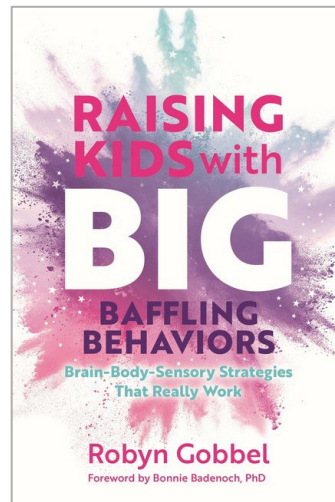
By **Atle Dyregrov, Martin Lytje**



Bereavement is undeniably one of the most challenging experiences a child can face. It is crucial for individuals caring for such children to be well-informed about how to provide the best support.

**JESSICA KINGSLEY PUBLISHERS**  
 Disc: TRADE INTERNATIONAL  
 216 X 138 mm  
 Release Date: June 2024  
**9781805011699**

Paperback  
 240 pages  
 B&W THROUGHOUT  
**AUD\$: 57.99**



**Raising Kids with Big Baffling Behaviors**  
 Brain-Body-Sensory Strategies That Really Work

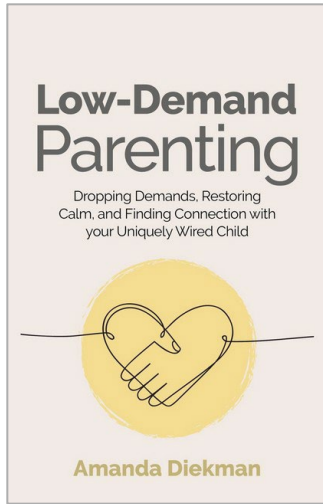
By **Robyn Gobbel**



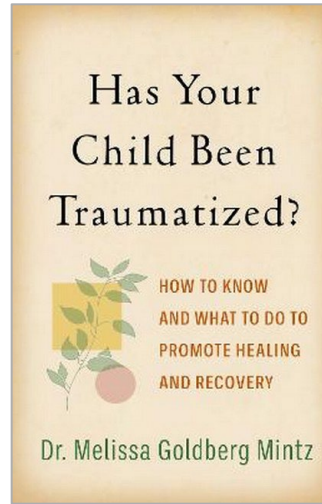
Baffling behaviours can make any parent feel bewildered and drained. Why is my child doing this? Robyn Gobbel and neuroscience are here to help you understand and slowly reverse the neurological causes behind children behaviour.

**JESSICA KINGSLEY PUBLISHERS**  
 Disc: TRADE INTERNATIONAL  
 229 X 152 mm  
 Release Date: December 2023  
**9781839974281**

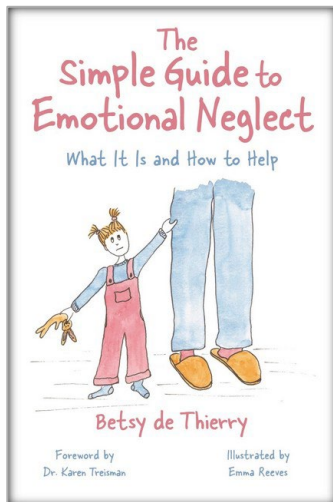
Paperback  
 272 pages  
 B&W THROUGHOUT  
**AUD\$: 39.99**

**Low-Demand Parenting**  
Dropping Demands, Restoring Calm, and Finding Connection with your Uniquely Wired Child*By Amanda Diekman*

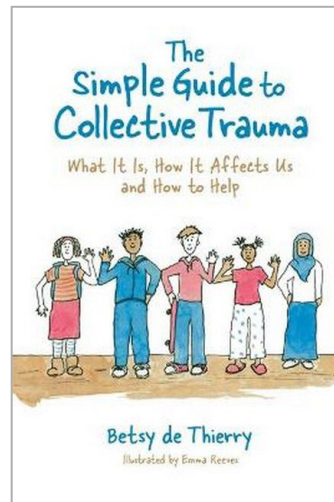
Short, easy-read guide for parents on how to reduce family conflict by dropping unnecessary demands from daily life to help neurodivergent families to thrive.

**JESSICA KINGSLEY PUBLISHERS**  
Disc: TRADE INTERNATIONAL  
216 X 138 mm  
Release Date: September 2023  
**9781839977688**Paperback  
160 pages  
B&W THROUGHOUT  
**AUD\$: 34.99****Has Your Child Been Traumatized?**  
How to Know and What to Do to Promote Healing and Recovery*By Melissa Goldberg Mintz*

When a child has been through an upsetting or stressful event, it can feel overwhelming. Is my child traumatized? Are new behaviours normal, or signs of PTSD?

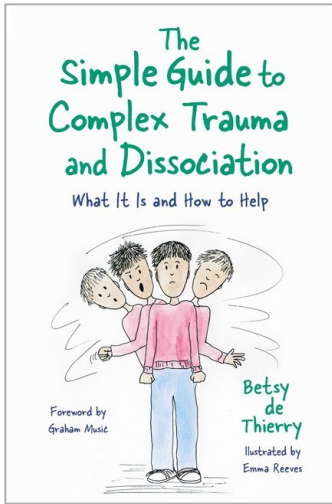
**GUILFORD PUBLICATIONS**  
Disc: ACAD & PROFESSIONAL  
229 X 152 mm  
Release Date: August 2022  
**9781462547494**Paperback  
212 pages  
**AUD\$: 32.99****The Simple Guide to Emotional Neglect**  
What It Is and How to Help*By Betsy de Thierry, Emma Reeves*

The Simple Guide to Emotional Neglect provides you with a concise explanation of the impact of emotional neglect in childhood. Easy to read and digest, it is a trusted introduction for any parent, carer, or child welfare professional workers.

**JESSICA KINGSLEY PUBLISHERS**  
Disc: TRADE INTERNATIONAL  
198 X 129 mm  
Release Date: August 2023  
**9781839976759**Paperback  
112 pages  
B&W THROUGHOUT  
**AUD\$: 29.99****The Simple Guide to Collective Trauma**  
What it is, How it Affects Us and How to Help*By Betsy de Thierry, Lisa Cherry*

Providing accessible answers to these complex questions and more, this guide explores the key characteristics of collective trauma and provides practical advice on how to help children, young people, and communities to heal.

**JESSICA KINGSLEY PUBLISHERS**  
Disc: TRADE INTERNATIONAL  
197 X 130 mm  
Release Date: October 2021  
**9781787757882**Paperback  
112 pages  
**AUD\$: 29.99**



**The Simple Guide to Complex Trauma and Dissociation**  
What It Is and How to Help

By Betsy de Thierry, Emma Reeves



This guide is essential for any adult caring for or working with dissociative children affected by early trauma. Full of helpful information and advice, it differentiates trauma from complex trauma and provides information on the different dissociation.

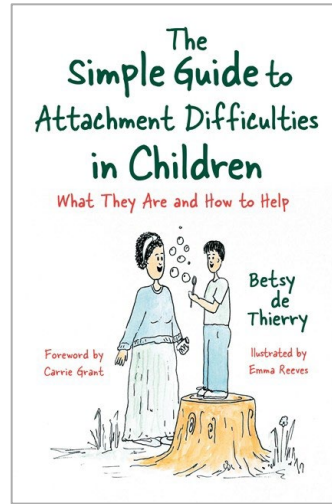
JESSICA KINGSLEY PUBLISHERS

Disc: TRADE INTERNATIONAL  
150 X 150 mm  
Release Date: January 2021

9781787753143

Paperback  
144 pages

AUD\$: 29.99



**The Simple Guide to Attachment Difficulties in Children**  
What They Are and How to Help

By Betsy de Thierry, Emma Reeves



What are attachment difficulties? How do they affect children? How can you help? This book provides clear and concise answers to these important questions - and more. Much more than just a simple introduction to the subject of attachment.

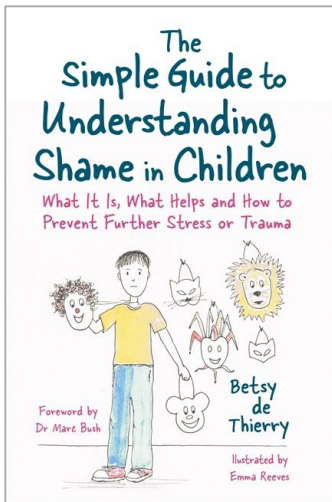
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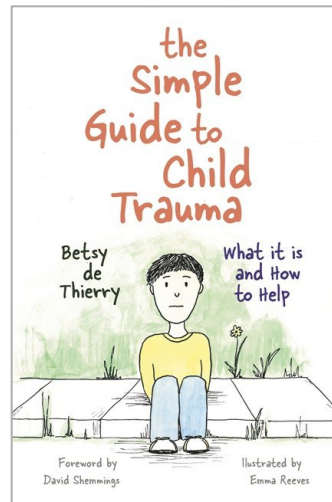
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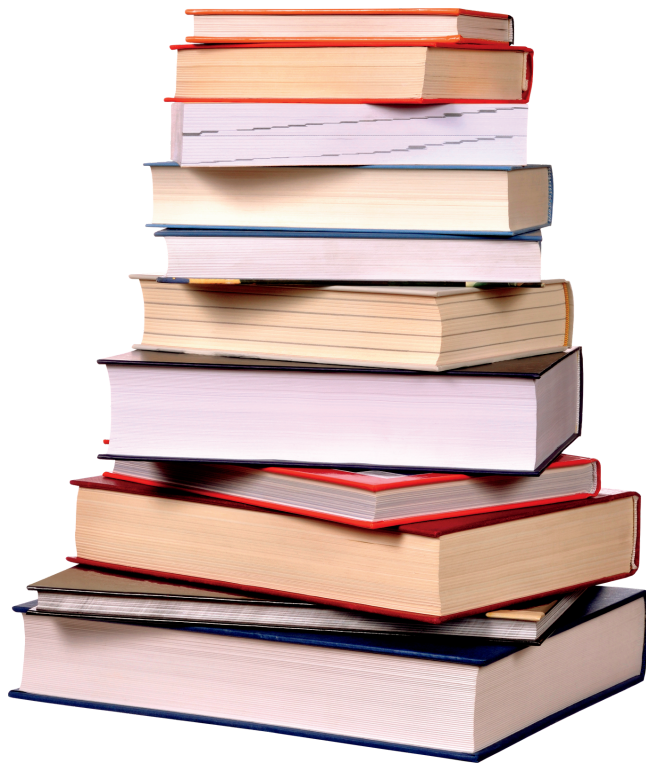
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