



Woodslane



# PARENTING

NEW AND BESTSELLING BOOKS

July 2023

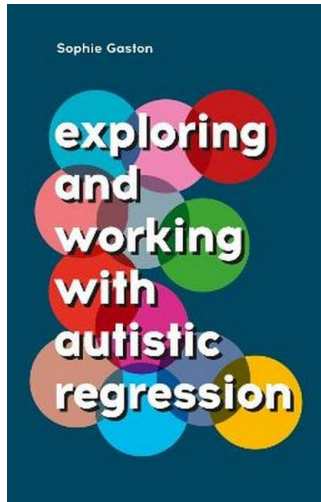
[www.woodslane.com.au](http://www.woodslane.com.au)



Jessica Kingsley  
Publishers



*JKP believe that establishing positive narratives about difference from an early age can help shape confident and fulfilling lives.*



### Exploring and Working With Autistic Regression

By *Sophie Gaston*

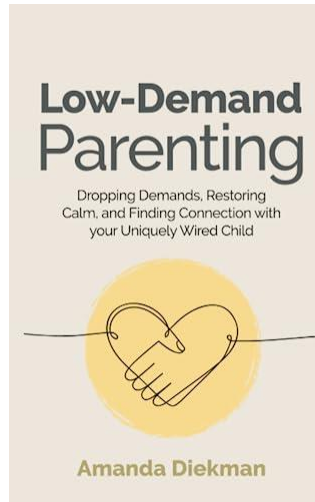
COMING SOON



Sophie Gaston's offers the first honest and poignant depiction of autistic regression and provides invaluable advice on understanding and identifying the symptoms and how to find acceptance and happiness following diagnosis.

**JESSICA KINGSLEY PUBLISHERS**  
Disc: TRADE INTERNATIONAL  
216 X 138 mm  
Release Date: October 2023  
**9781839974373**

Paperback  
176 pages  
B&W THROUGHOUT  
**AUD\$: 38.99**



### Low-Demand Parenting

By *Amanda Diekman*

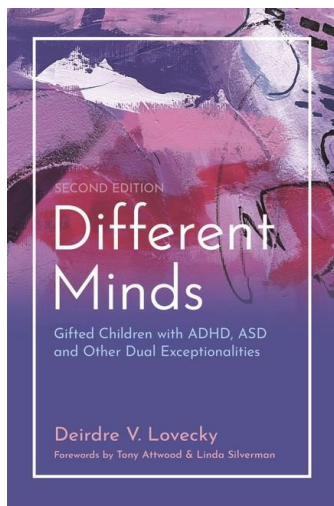
COMING SOON



Autistic adult, Amanda Diekman, shares her experiences about how low demand parenting her neurodivergent children has transformed her relationship and family life.

**JESSICA KINGSLEY PUBLISHERS**  
Disc: TRADE INTERNATIONAL  
216 X 138 mm  
Release Date: October 2023

Paperback  
160 pages  
B&W THROUGHOUT  
**AUD\$: 33.99**



### Different Minds

By *Deirdre V Lovecky*

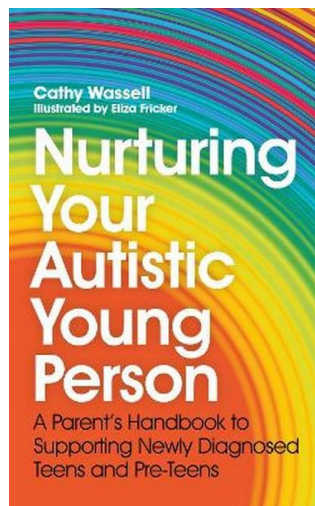
COMING SOON



Explaining why certain children are gifted and how giftedness is manifested, each chapter addresses the relevance for children with AD/HD and Asperger Syndrome.

**JESSICA KINGSLEY PUBLISHERS**  
Disc: TRADE INTERNATIONAL  
246 X 173 mm  
Release Date: September 2023  
**9781849059244**

Paperback  
592 pages  
B&W THROUGHOUT  
**AUD\$: 85.99**



### Nurturing Your Autistic Young Person

By *Cathy Wassell, Eliza Fricker*

NEW

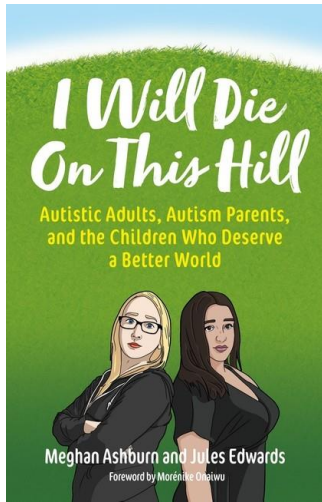


An introductory guide for parents of older children and younger teenagers who may be autistic or have been recently diagnosed. Learn how to understand and advocate for your child and create an environment in which they can thrive.

**JESSICA KINGSLEY PUBLISHERS**  
Disc: TRADE INTERNATIONAL  
216 X 138 mm  
Release Date: January 2023  
**9781839971112**

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

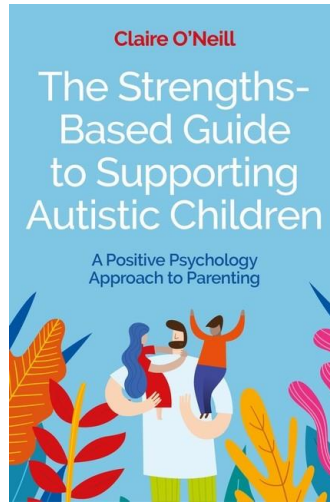


**I Will Die On This Hill****By Meghan Ashburn, Jules Edwards**

This book bridges the divide between #ActuallyAutistic activists and Autism Parents in the online community. Written by an author team with experience on both sides of the coin.

**JESSICA KINGSLEY PUBLISHERS**  
Disc: TRADE INTERNATIONAL  
216 X 138 mm  
Release Date: March 2023  
**9781839971686**

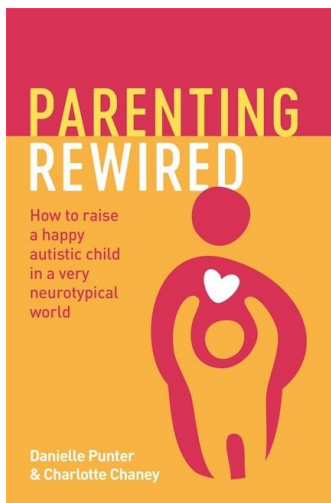
Paperback  
256 pages  
B&W THROUGHOUT  
**AUD\$: 38.99**

**The Strengths-Based Guide to Supporting Autistic Children****By Claire O'Neill**

A step-by-step guide to the strengths-based approach by teaching professional and autistic author and parent Claire O'Neill. Designed to focus on the unique strengths of autistic children.

**JESSICA KINGSLEY PUBLISHERS**  
Disc: TRADE INTERNATIONAL  
229 X 152 mm  
Release Date: March 2023  
**9781839972157**

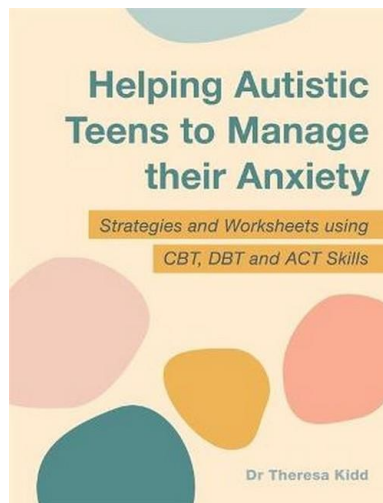
Paperback  
208 pages  
B&W THROUGHOUT  
**AUD\$: 37.99**

**Parenting Rewired****By Danielle Punter, Charlotte Chaney**

Packed with lived-experience insight and easy-to-follow advice this transformative guide will change how you view the behaviour of your autistic child and challenge you to rewire your thinking to see the world through the autistic lens.

**JESSICA KINGSLEY PUBLISHERS**  
Disc: TRADE INTERNATIONAL  
229 X 152 mm  
Release Date: November 2022  
**9781839970726**

Paperback  
224 pages  
**AUD\$: 42.99**

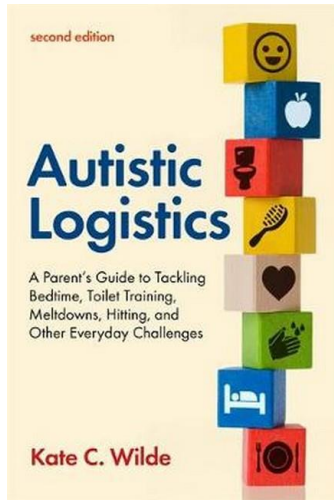
**Helping Autistic Teens to Manage their Anxiety****By Dr Theresa Kidd**

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\$: 52.99**

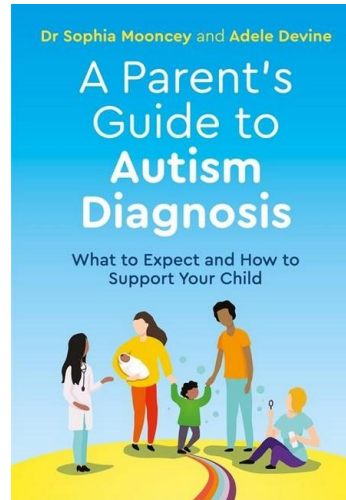


**Autistic Logistics 2/e***By Kate Wilde*

A fully updated edition of the bestselling guide to parenting children on the autism spectrum. It covers all the key problem areas including sleep, food avoidance and emotional regulation, and is full of tried-and-tested strategies.

**JESSICA KINGSLEY PUBLISHERS**  
Disc: TRADE INTERNATIONAL  
229 X 152 mm  
Release Date: January 2022  
**9781787757493**

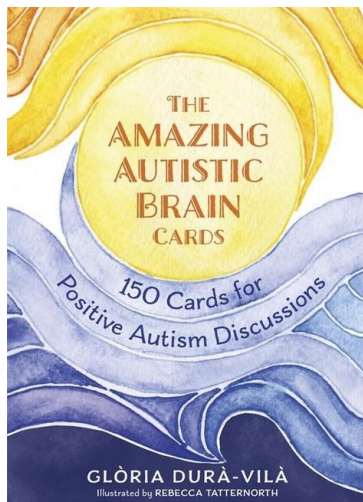
Paperback  
288 pages  
**AUD\$: 39.99**

**A Parent's Guide to Autism Diagnosis***By Adele Devine, Sophia Mooneyce*

Everything parents need to know about the process of autism diagnosis for a child, from referral to assessment and beyond. Combining information on medical diagnosis, educational needs and more, it answers common questions.

**JESSICA KINGSLEY PUBLISHERS**  
Disc: TRADE INTERNATIONAL  
229 X 152 mm  
Release Date: January 2022  
**9781787754249**

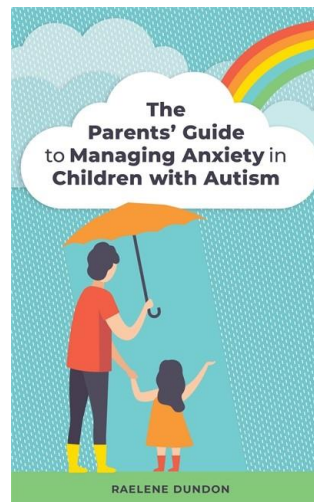
Paperback  
272 pages  
**AUD\$: 39.99**

**The Amazing Autistic Brain Cards***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**

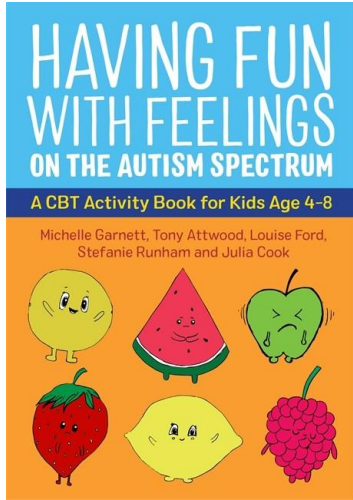
Cards  
**AUD\$: 60.99**

**Parents' Guide to Managing Anxiety in Children with Autism***By Raelene Dundon*

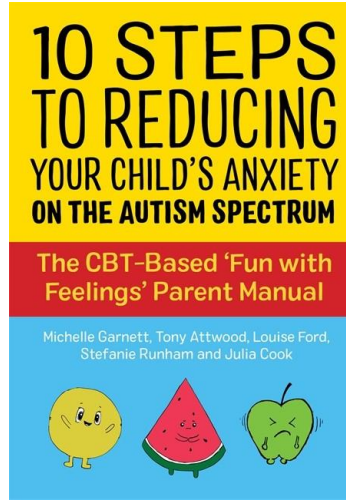
This guide for parents is a complete introduction to autism and anxiety. Drawing on the author's clinical experience working with children and their families, it provides parents and carers with everything they need to know.

**JESSICA KINGSLEY PUBLISHERS**  
**Author is from Australia**  
Disc: TRADE INTERNATIONAL  
216 x 138 mm  
Release Date: January 2020  
**9781785926556**

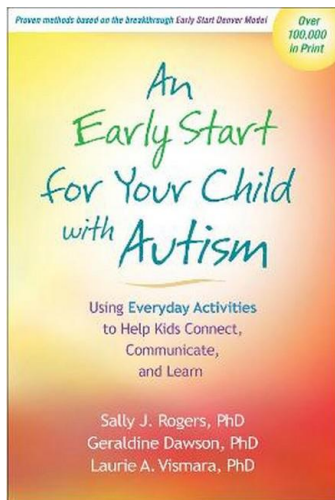
Paperback  
176 pages  
**AUD\$: 36.99**

**Having Fun with Feelings on the Autism Spectrum****By Michelle Garnett, Tony Attwood**

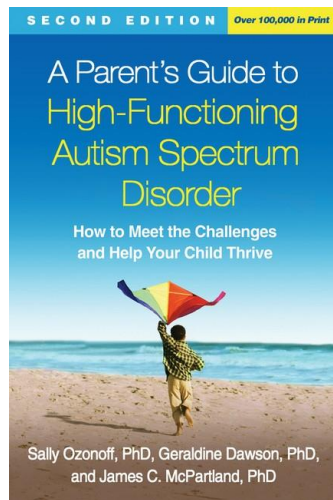
This activity book is a helpful and creative tool for children aged 4-8 to learn and understand their emotions to help reduce anxiety.

**JESSICA KINGSLEY PUBLISHERS**  
Author is from AustraliaDisc: TRADE INTERNATIONAL  
150 X 150 mm  
Release Date: July 2020  
**9781787753273**Paperback  
96 pages  
**AUD\$: 26.99****10 Steps to Reducing Your Child's Anxiety on the Autism Spectrum****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 recognising and processing emotions.

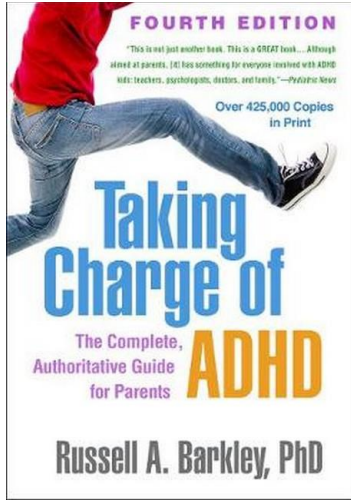
**JESSICA KINGSLEY PUBLISHERS**  
Author is from AustraliaDisc: TRADE INTERNATIONAL  
150 x 150 mm  
Release Date: July 2020  
**9781787753259**Paperback  
256 pages  
**AUD\$: 39.99****An Early Start for Your Child with Autism****By Sally J. Rogers, Geraldine Dawson**

Cutting-edge research reveals that parents can play a huge role in helping toddlers and preschoolers with autism spectrum disorder (ASD) connect with others and live up to their potential.

**GUILFORD PUBLICATIONS**  
Disc: TRADE INTERNATIONAL254 X 178 mm  
Release Date: August 2012  
**9781609184704**Paperback  
342 pages  
**AUD\$: 44.99****A Parent's Guide to High-Functioning Autism Spectrum Disorder 2/e****By Sally Ozonoff, Geraldine Dawson**

Over 100,000 parents have found the facts they need about high-functioning autism spectrum disorder (ASD), including Asperger syndrome, in this indispensable guide.

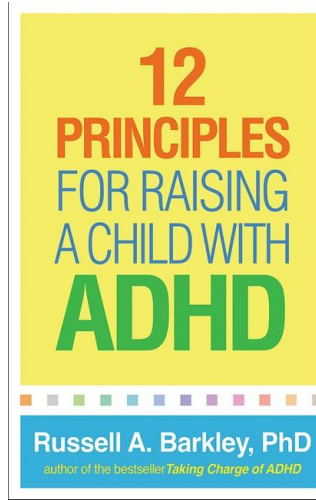
**GUILFORD PUBLICATIONS**  
Disc: TRADE INTERNATIONAL229 X 152 mm  
Release Date: February 2015  
**9781462151743**Paperback  
308 pages  
**AUD\$: 49.99**

**Taking Charge of ADHD 4/e***By Russell A. Barkley*

The leading parent resource about attention-deficit/hyperactivity disorder (ADHD) and its treatment has now been revised and updated with the latest information and resources.

**GUILFORD PUBLICATIONS**  
Disc: TRADE INTERNATIONAL  
150 X 150 mm  
Release Date: August 2020  
**9781462542673**

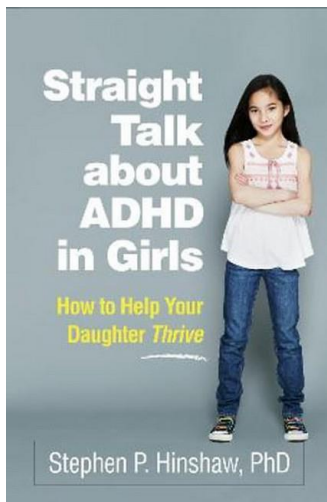
Paperback  
381 pages  
**AUD\$: 52.99**

**12 Principles for Raising a Child with ADHD***By Russell A. Barkley*

From his decades of research and work with thousands of families, leading authority Russell A. Barkley knows how overwhelming the everyday challenges of ADHD can be.

**GUILFORD PUBLICATIONS**  
Disc: TRADE INTERNATIONAL  
100 X 100 mm  
Release Date: January 2021  
**9781462542550**

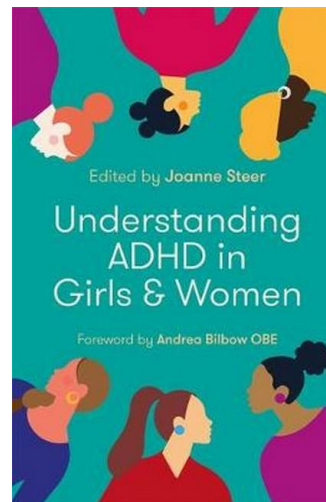
Paperback  
205 pages  
**AUD\$: 44.99**

**Straight Talk about ADHD in Girls***By Stephen P. Hinshaw*

Parenting a daughter with attention-deficit/hyperactivity disorder (ADHD) is no easy path—especially because of the myth that the disorder is rare to nonexistent in girls.

**GUILFORD PUBLICATIONS**  
Disc: TRADE INTERNATIONAL  
229 X 152 mm  
Release Date: September 2022  
**9781462547517**

Paperback  
258 pages  
NOT ILLUSTRATED  
**AUD\$: 44.99**

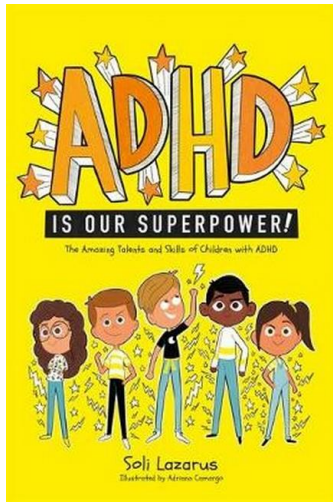
**Understanding ADHD in Girls and Women***By Joanne Steer, Andrea Bilbow*

This book offers honest and clear professional insights into what it really means to have ADHD and provides information about where to go and what to expect.

**JESSICA KINGSLEY PUBLISHERS**  
Disc: TRADE INTERNATIONAL  
229 X 152 mm  
Release Date: June 2021  
**9781787754003**

Paperback  
360 pages  
B&W THROUGHOUT  
**AUD\$: 52.99**

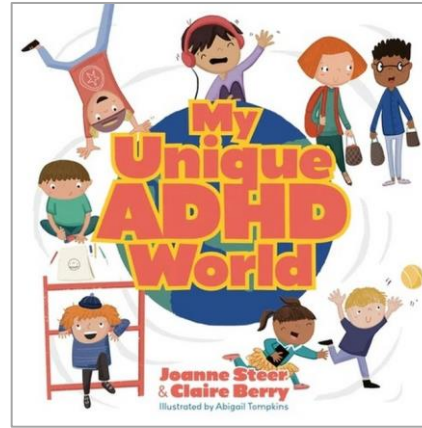


**ADHD Is Our Superpower***By Soli Lazarus, Adriana Camargo*

An illustrated book to help children to understand their ADHD diagnosis in a positive light. Each character in the book focuses on a specific symptom of ADHD such as hyper-focus, sensory overwhelm, poor initiation and inattention.

**JESSICA KINGSLEY PUBLISHERS**  
Disc: TRADE INTERNATIONAL  
229 X 152 mm  
Release Date: August 2021  
**9781787757301**

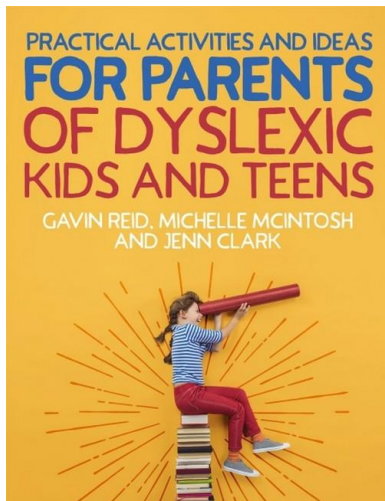
Paperback  
64 pages  
COLOUR SECTION(S)  
**AUD\$: 26.99**

**My Unique ADHD World***By Joanne Steer, Claire Berry***COMING SOON**

I am great at thinking quickly! I have a great sense of humour! What are you really great at? I have trouble finishing my homework... I get distracted easily... Do similar things happen to you?

**JESSICA KINGSLEY PUBLISHERS**  
Disc: TRADE INTERNATIONAL  
216 X 213 mm  
Release Date: September 2023  
**9781839973352**

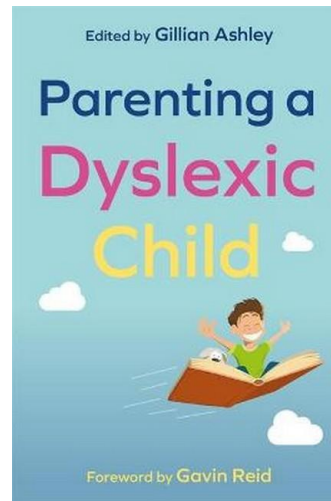
Hardback  
32 pages  
**AUD\$: 28.99**

**DYSLEXIA****Practical Activities and Ideas for Parents of Dyslexic Kids and Teens***By Gavin Reid, Michelle McIntosh*

Over 70 tried and tested accessible activities and games for parents to use with dyslexic children and teens to boost their fundamental educational skills including reading, writing, spelling and more.

**JESSICA KINGSLEY PUBLISHERS**  
Disc: TRADE INTERNATIONAL  
279 X 216 mm  
Release Date: May 2022  
**9781787757615**

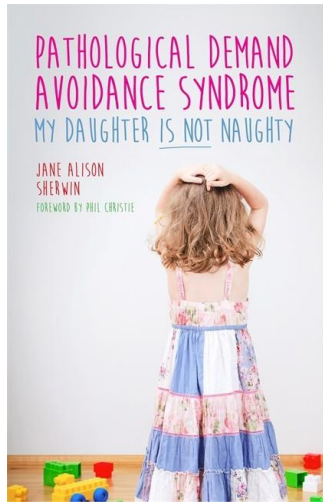
Paperback  
192 pages  
B&W THROUGHOUT  
**AUD\$: 44.99**

**Parenting a Dyslexic Child***By British Dyslexia Association, Lindsay Peer*

Covering everything parents need to know when a child has dyslexia, this is the go-to guide on the topic covering diagnosis, assessment, emotional support and communicating with school.

**JESSICA KINGSLEY PUBLISHERS**  
Disc: TRADE INTERNATIONAL  
229 X 152 mm  
Release Date: August 2021  
**9781787754263**

Paperback  
208 pages  
**AUD\$: 44.99**



### Pathological Demand Avoidance Syndrome - My Daughter is Not Naughty

By Jane Alison Sherwin, Phil Christie



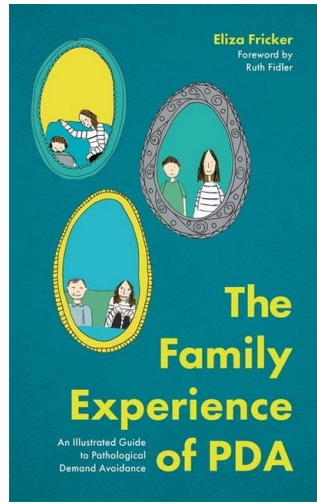
Jane Alison Sherwins honest and uplifting account provides insight into the challenges of bringing up a child with Pathological Demand Avoidance (PDA).

JESSICA KINGSLEY PUBLISHERS

Disc: TRADE INTERNATIONAL  
214 X 138 mm  
Release Date: March 2015  
9781849056144

Paperback  
328 pages

AUD\$: 36.99



### The Family Experience of PDA

By Eliza Fricker, Eliza Fricker



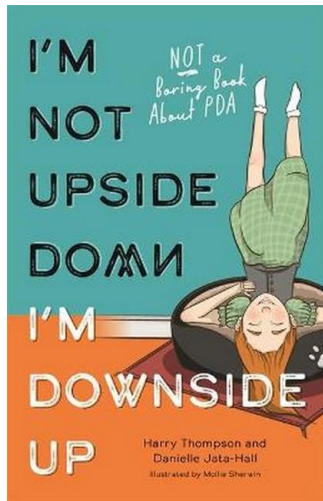
This book is an essential read for any parent with a PDA child, to help better understand your child, build support systems and carve out some essential self-care time guilt free.

JESSICA KINGSLEY PUBLISHERS

Disc: TRADE INTERNATIONAL  
150 X 150 mm  
Release Date: January 2022  
9781787756779

Paperback

AUD\$: 34.99



### I'm Not Upside Down, I'm Downside Up

By Danielle Jata-Hall, Harry Thompson

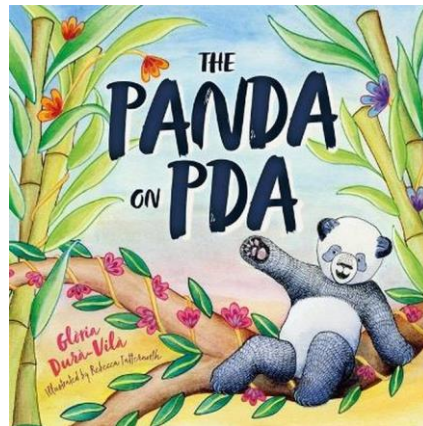


Welcome to my downside up life! My name is Ariana and I want to explain what it's like to have pathological demand avoidance from my perspective. I'll try and show you why I am the way I am from inside my own head.

JESSICA KINGSLEY PUBLISHERS

Disc: TRADE INTERNATIONAL  
216 X 138 mm  
Release Date: May 2022  
9781839971174

Paperback  
64 pages  
B&W THROUGHOUT  
AUD\$: 26.99



### The Panda on PDA

By Gloria Dura-Vila, Rebecca Tatternorth

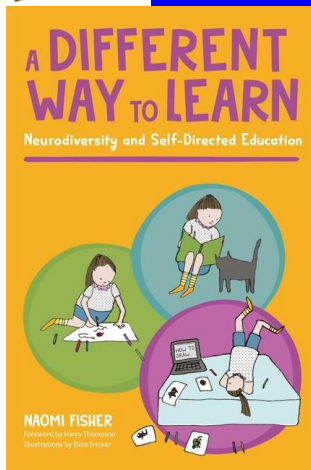


A positive and gentle introduction to PDA for children aged 3+. Panda describes the strengths and challenges of PDA, explaining how he finds it very hard to do what others ask him to do.

JESSICA KINGSLEY PUBLISHERS

Disc: TRADE INTERNATIONAL  
216 X 213 mm  
Release Date: September 2022  
9781839970061

Hardback  
40 pages  
COLOUR SECTION(S)  
AUD\$: 32.99



COMING SOON

## A Different Way to Learn

### Neurodiversity and Self-Directed Education

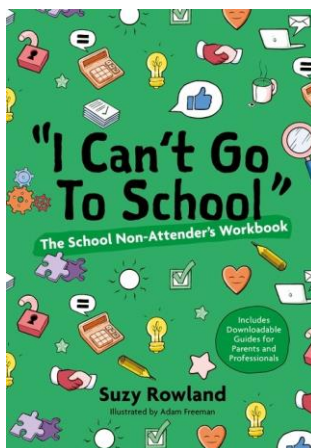
By Naomi Fisher

'If you are a parent worrying whether self-directed education will work for your child, because you have been told that they have special needs which can only be met in the school system - think again' Neurodivergent children experience and interact with the world differently to many of their peers. Standard educational systems often fail to adapt to their unique strengths and ways of learning. School, and even the act of learning, can become a source of great anxiety and trauma. Self-directed education offers an alternative to traditional schools that can help neurodivergent children develop at their own pace and thrive. Blending theory, practical advice and lived experience, clinical psychologist Naomi Fisher introduces the world of self-directed learning and tailoring the learning environment to your child.

JESSICA KINGSLEY  
PUBLISHERS

Disc: TRADE INTERNATIONAL  
Paperback  
229 X 152 mm  
224 Pages  
B&W THROUGHOUT  
Rel Date: September 2023  
9781839973635

AUD\$: 38.99



NEW

## 'I can't go to school!'

### The School Non-Attender's Workbook

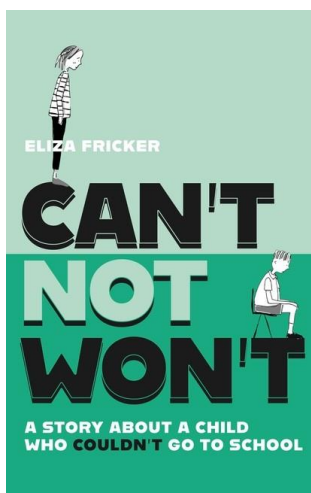
By Suzy Rowland, Adam A. Freeman

If you think that going to school is tough - you're not wrong. It's difficult to do subjects you don't understand. Or be with people you don't feel comfortable around. Or to deal with the feelings you get when you think about going to school. Your parents and teachers might be having a hard time understanding why going to school is tricky for you. But don't worry, there are things you can do and there are things that other people can do to help you. By working through this book, we can explore some of the words you can use to get help and activities you can try that will make being at school feel better. Whether you're working through this individually, or if your parents, teachers or therapist use the downloadable guides to go through this workbook with you - you'll soon discover what works best for you to get the most of learning and education!

JESSICA KINGSLEY  
PUBLISHERS

Disc: TRADE INTERNATIONAL  
Paperback  
246 X 173 mm  
128 Pages  
Rel Date: February 2023  
9781839972065

AUD\$: 38.99



NEW

## Can't Not Won't

### A Story About A Child Who Couldn't Go To School

By Eliza Fricker, Sue Moon

Eliza Fricker gets it. Her compelling, hard-hitting and irreverently humorous illustrations follow a family through the early days of school avoidance, the process of accessing support and the challenges of coping in the meantime. Can't Not Won't illuminates the absurdity and frustrations that often arise when dealing with health, social and educational systems, and will help any parent in the same boat feel seen. This guide acts as a way to communicate these difficult circumstances with others. Wonderfully relatable, the book also includes written guidance for parents and professionals on what works best when it comes to managing school avoidance.

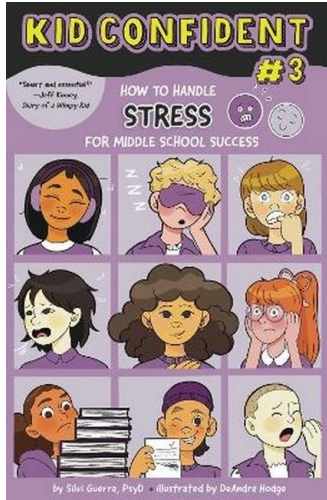
JESSICA KINGSLEY  
PUBLISHERS

Disc: TRADE INTERNATIONAL  
Paperback  
210 X 140 mm  
160 Pages  
NOT ILLUSTRATED  
Rel Date: March 2023  
9781839975202

AUD\$: 33.99







### How to Handle STRESS for Middle School Success (Book #3)

By *Silvi Guerra, Bonnie Zucker*

**NEW**

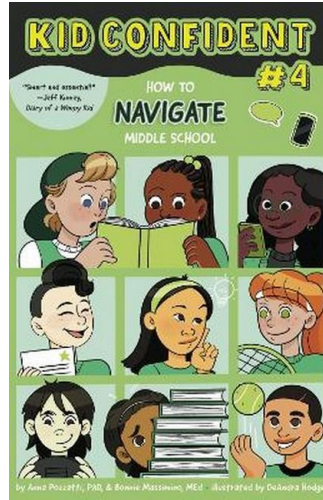


How to Handle Stress for Middle School Success: Kid Confident Book #3 defines stress and anxiety and explains how it manifests physiologically and cognitively. Readers will learn about the mind-body connection.

**MAGINATION PRESS**

Disc: TRADE INTERNATIONAL  
216 X 140 mm  
Release Date: May 2023  
9781433838163

Hardback  
256 pages  
AUD\$: 34.99



### How to NAVIGATE Middle School (Book #4)

By *Anna Pozzatti, Bonnie Massimino*

**NEW**

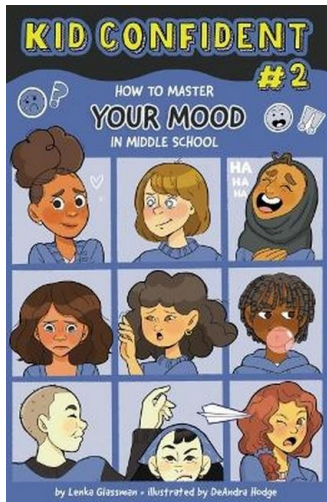


Kid Confident (Book #4): How to Navigate Middle School shows readers how to handle the increasing academic demands of middle school, organizational skills and time management, how to be self-determined, have grit, and a sense of agency.

**MAGINATION PRESS**

Disc: TRADE INTERNATIONAL  
216 X 140 mm  
Release Date: May 2023  
9781433838224

Hardback  
256 pages  
AUD\$: 34.99



### How to Master Your Mood (Book #2)

By *Lenka Glassman, Bonnie Zucker*

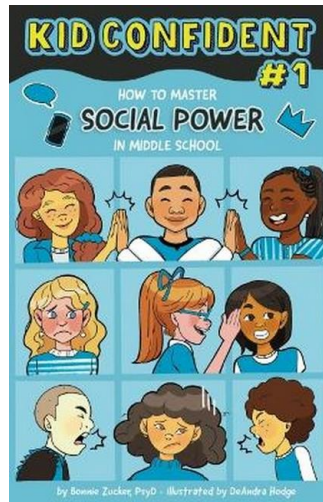


Middle schoolers learn how to identify, manage, and self-regulate their emotions and moods.

**MAGINATION PRESS**

Disc: TRADE INTERNATIONAL  
220 X 140 mm  
Release Date: November 2022  
9781433838187

Hardback  
304 pages  
AUD\$: 34.99



### How to Master Social Power (Book #1)

By *Bonnie Zucker, Bonnie Zucker*

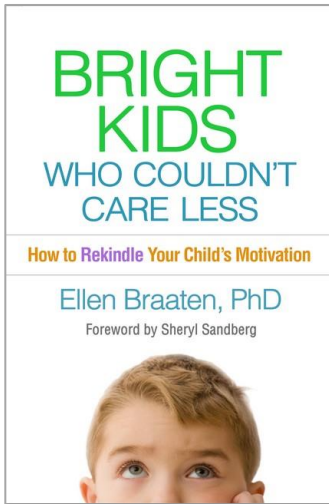


Do you know what "social power" is? HINT: You experience every day, you share it with your friends and classmates, and when it is balanced and equal, you feel AWESOME.

**MAGINATION PRESS**

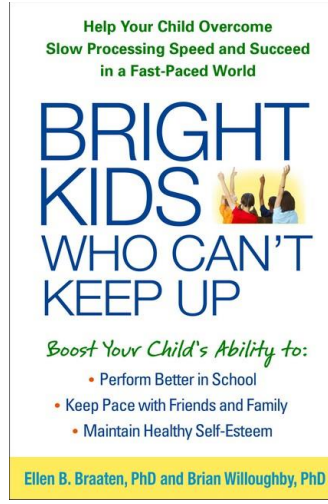
Disc: TRADE INTERNATIONAL  
216 X 140 mm  
Release Date: November 2022  
9781433838149

Hardback  
224 pages  
AUD\$: 34.99



### Bright Kids Who Couldn't Care Less

By Ellen Braaten, Sheryl Sandberg



### Bright Kids Who Can't Keep Up

By Ellen Braaten, Brian Willoughby



Over the course of her 25-year career, psychologist and learning expert Ellen Braaten has begun to notice a trend. More and more parents are coming to her because their kids couldn't care less about anything.

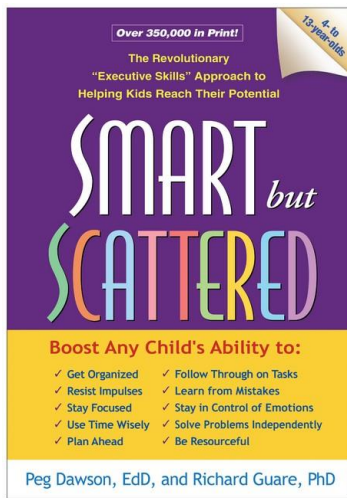
Do you find yourself constantly asking your child to "pick up the pace"? Does he or she seem to take longer than others to get stuff done--whether completing homework, responding when spoken to, or getting dressed and ready in the morning?

**GUILFORD PUBLICATIONS**  
Disc: TRADE INTERNATIONAL  
229 X 152 mm  
Release Date: June 2023  
9781462547647

Paperback  
250 pages  
AUD\$: 44.99

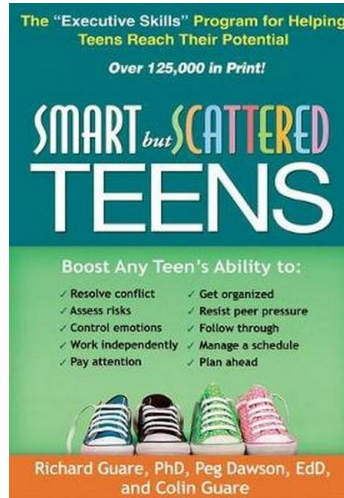
**GUILFORD PUBLICATIONS**  
Disc: TRADE INTERNATIONAL  
229 X 152 mm  
Release Date: October 2014  
9781609184728

Paperback  
207 pages  
AUD\$: 39.99



### Smart but Scattered The Revolutionary

By Peg Dawson, Richard Guare



### Smart but Scattered Teens

By Richard Guare, Peg Dawson



Presents ways to assess children's strengths and weaknesses. This book offers guidance on day-to-day issues like following instructions in the classroom, doing homework, completing chores, reducing performance anxiety, and staying cool.

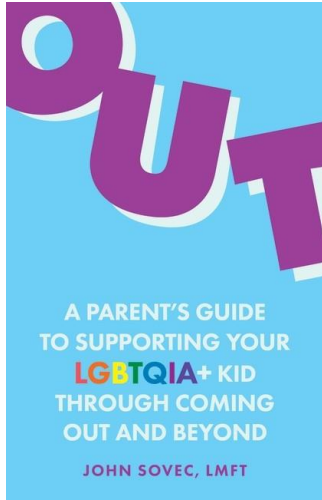
This positive guide provides a science-based program for promoting teens independence by building their executive skills--the fundamental brain-based abilities needed to get organized, stay focused, and control impulses and emotions.

**GUILFORD PUBLICATIONS**  
Disc: TRADE INTERNATIONAL  
254 X 178 mm  
Release Date: December 2008  
9781593854454

Paperback  
314 pages  
AUD\$: 47.99

**GUILFORD PUBLICATIONS**  
Disc: TRADE INTERNATIONAL  
254 X 178 mm  
Release Date: February 2013  
9781609182298

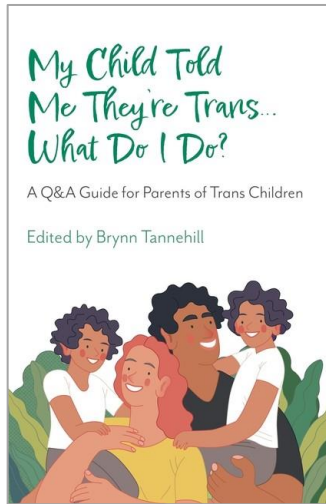
Paperback  
293 pages  
AUD\$: 47.99

**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.

**JESSICA KINGSLEY PUBLISHERS**  
Disc: TRADE INTERNATIONAL  
216 X 138 mm  
Release Date: June 2023  
**9781839974243**

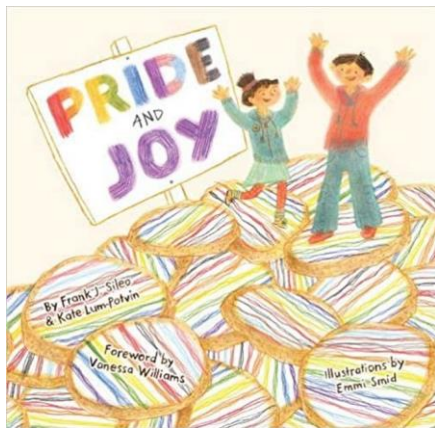
Paperback  
224 pages  
B&W THROUGHOUT  
**AUD\$: 33.99**

**My Child Told Me They're Trans...What Do I Do?***By Brynn Tannehill, Amy Cannava*

The ultimate FAQ book for parents of trans children. This book gathers practical advice and personal experiences from a range of parents and experts providing answers to the most common questions.

**JESSICA KINGSLEY PUBLISHERS**  
Disc: TRADE INTERNATIONAL  
229 X 152 mm  
Release Date: May 2023  
**9781839972775**

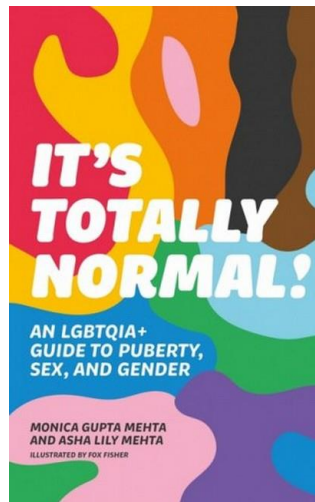
Paperback  
304 pages  
B&W THROUGHOUT  
**AUD\$: 33.99**

**Pride and Joy***By Frank J. Sileo, Kate Lum-Potvin*

Joy loves her big brother, Noah. But When Noah is teased for being gay, Joy wants to help! Join Joy in learning what it means to be an ally to the LGBTQIA+ community in this charming picture book.

**JESSICA KINGSLEY PUBLISHERS**  
Disc: TRADE INTERNATIONAL  
245 X 245 mm  
Release Date: August 2023  
**9781839975264**

Hardback  
48 pages  
B&W THROUGHOUT  
**AUD\$: 33.99**

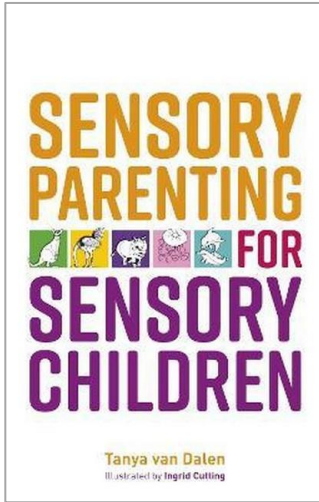
**It's Totally Normal!***By Monica Gupta Mehta, Ash Mehta*

An LGBTQIA inclusive relationship and sex education guide written specifically for queer teens. Expect coverage of puberty, sex and protection, as well as chapters on relationships, conflict resolution and consent.

**JESSICA KINGSLEY PUBLISHERS**  
Disc: TRADE INTERNATIONAL  
216 X 138 mm  
Release Date: August 2023  
**9781839973550**

Paperback  
208 pages  
B&W THROUGHOUT  
**AUD\$: 33.99**





### Sensory Parenting for Sensory Children

By *Tanya Van Dalen*

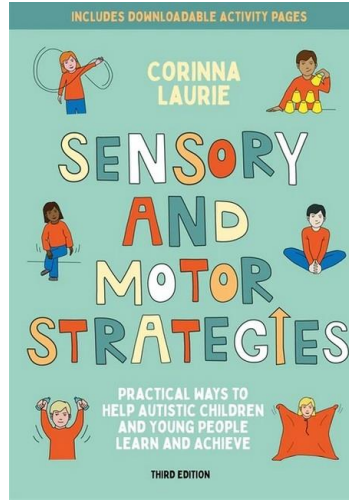


A reflective guide for parenting a child with sensory needs, with guidance on navigating sensory meltdowns, managing your own emotions, and responding empathetically to your child.

**JESSICA KINGSLEY PUBLISHERS**

Disc: TRADE INTERNATIONAL  
215 X 138 mm  
Release Date: June 2023  
9781839972546

Paperback  
192 pages  
NOT ILLUSTRATED  
AUD\$: 33.99



### Sensory and Motor Strategies 3/e

By *Corinna Laurie, Kirsteen Wright*



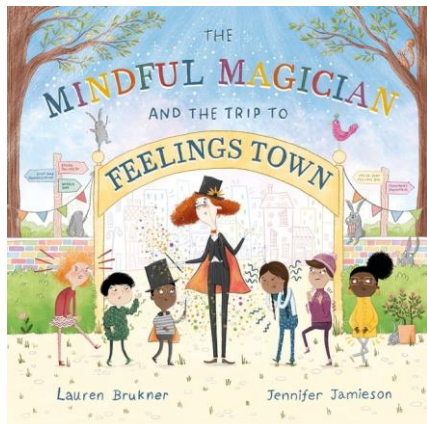
The fully revised third edition to Corinna Laurie's Sensory and Motor Strategies, an essential resource for professionals working with children on the autism spectrum.

**JESSICA KINGSLEY PUBLISHERS**

Disc: TRADE INTERNATIONAL  
210 X 297 mm  
Release Date: September 2022  
9781839972720

Paperback  
128 pages

AUD\$: 54.99



### The Mindful Magician and the Trip to Feelings Town

By *Lauren Brukner*

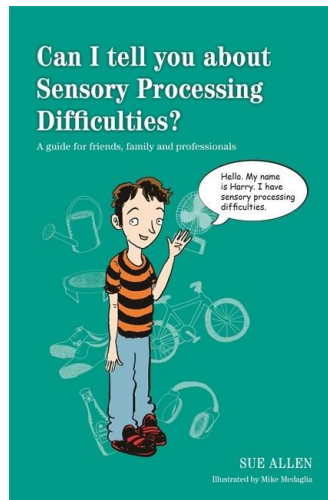


A fun packed self-regulation picture book from bestselling author and occupational therapist Lauren Brukner, The Mindful Magician takes the child reader on a journey to meet five kids experiencing strong emotions.

**JESSICA KINGSLEY PUBLISHERS**

Disc: TRADE INTERNATIONAL  
246 X 243 mm  
Release Date: June 2023  
9781839971389

Hardback  
72 pages  
AUD\$: 33.99



### Can I tell you about Sensory Processing Difficulties?

By *Sue Allen, Mike Medaglia*



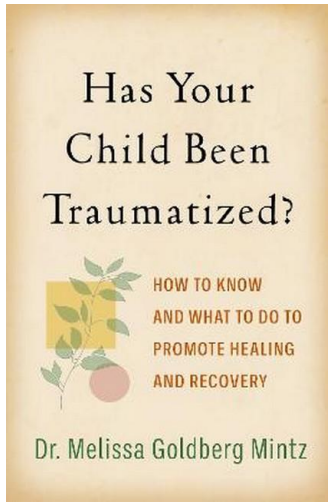
Meet Harry - a young boy with sensory processing difficulties. Harry invites readers to learn about why he finds it hard to process sensory information effectively.

**JESSICA KINGSLEY PUBLISHERS**

Disc: TRADE INTERNATIONAL  
226 X 150 mm  
Release Date: December 2015  
9781849056403

Paperback  
56 pages

AUD\$: 26.99



### Has Your Child Been Traumatized?

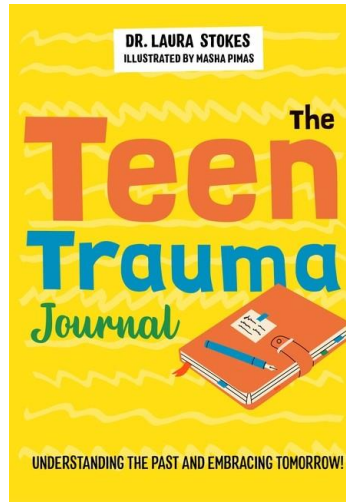
By *Melissa Goldberg Mintz*



When a child has been through an upsetting or stressful event, it can feel overwhelming. Is my child traumatized? Are new behaviors normal, or signs of PTSD? What can I do to make my child feel safe again?

**GUILFORD PUBLICATIONS**  
Disc: ACAD & PROFESSIONAL  
229 X 152 mm  
Release Date: August 2022  
**9781462547494**

Paperback  
212 pages  
**AUD\$: 34.99**



### The Teen Trauma Journal

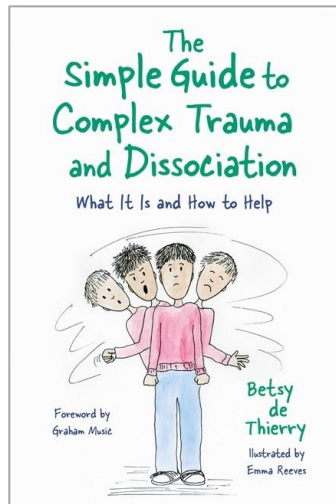
By *Laura Stokes*



Self-help journal providing support and information for people who have experienced trauma or attachment challenges. With interactive chapters on attachment, emotions, school, resilience and more.

**JESSICA KINGSLEY PUBLISHERS**  
Disc: TRADE INTERNATIONAL  
246 X 173 mm  
Release Date: May 2023  
**9781839972218**

Paperback  
176 pages  
**AUD\$: 37.99**



### Simple Guide to Complex Trauma and Dissociation

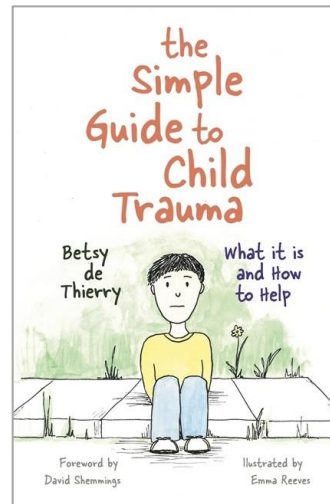
By *Betsy de Thierry, Emma Reeves*



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.

**JESSICA KINGSLEY PUBLISHERS**  
Disc: TRADE INTERNATIONAL  
150 X 150 mm  
Release Date: January 2021  
**9781787753143**

Paperback  
144 pages  
**AUD\$: 28.99**



### Simple Guide to Child Trauma

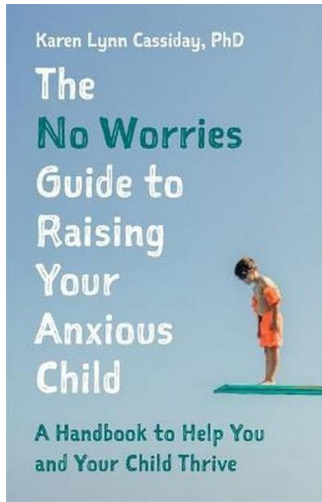
By *Betsy de Thierry, Emma Reeves*



Providing straightforward answers to these complex questions, The Simple Guide to Child Trauma is the perfect starting point for any adult caring for or working with a child who has experienced trauma.

**JESSICA KINGSLEY PUBLISHERS**  
Disc: TRADE INTERNATIONAL  
196 X 128 mm  
Release Date: December 2016  
**9781785921360**

Paperback  
80 pages  
**AUD\$: 28.99**



### The No Worries Guide to Raising Your Anxious Child

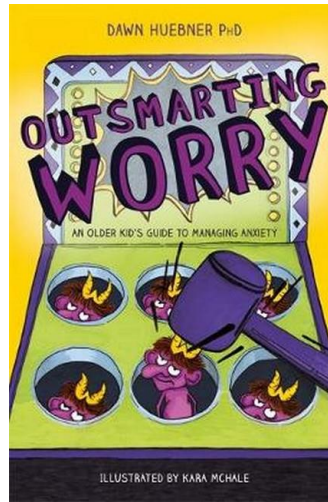
By Karen Lynn Cassiday



Drawing on evidence-based therapies, such as CBT, ACT and positive psychology, Dr Cassiday provides strategies to help you and your child with anxiety.

**JESSICA KINGSLEY PUBLISHERS**  
Disc: TRADE INTERNATIONAL  
216 X 138 mm  
Release Date: November 2021  
**9781787758872**

Paperback  
208 pages  
**AUD\$: 34.99**



### Outsmarting Worry

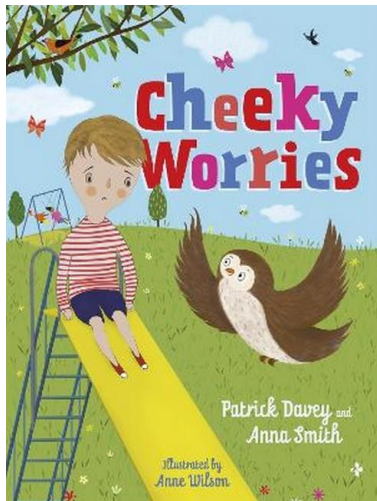
By Dawn Huebner, Kara McHale



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.

**JESSICA KINGSLEY PUBLISHERS**  
Disc: TRADE INTERNATIONAL  
226 X 150 mm  
Release Date: January 2018  
**9781785927829**

Paperback  
112 pages  
**AUD\$: 26.99**



### Cheeky Worries

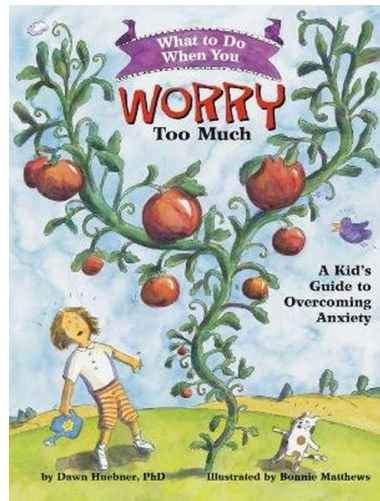
By Patrick Davey, Anna Smith



Finn becomes sad when his worries stop him from having fun. Thankfully, a wise Owl is on hand with some helpful advice, and he learns to overcome these feelings.

**JESSICA KINGSLEY PUBLISHERS**  
Disc: TRADE INTERNATIONAL  
286 X 213 mm  
Release Date: January 2023  
**9781839972119**

Hardback  
48 pages  
COLOUR SECTION(S)  
**AUD\$: 28.99**



### What to Do When You Worry Too Much

By Dawn Huebner, Bonnie Matthews

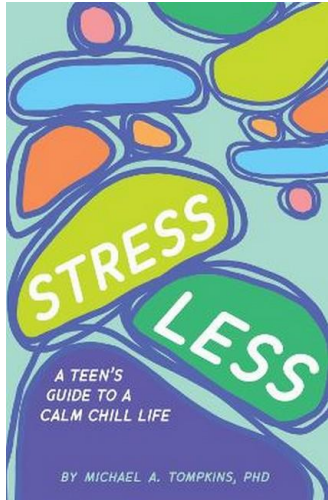


An interactive self-help book designed to guide 6–12-year-olds and their parents through the cognitive-behavioral techniques most often used in the treatment of generalised anxiety.

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

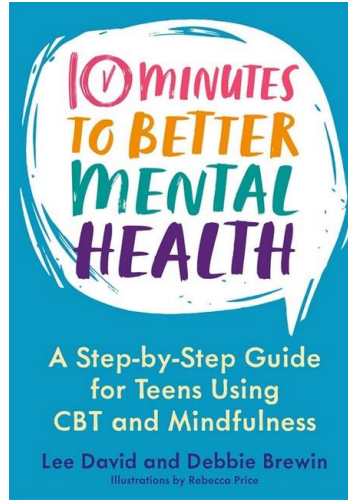
Paperback  
80 pages  
B&W THROUGHOUT  
**AUD\$: 34.99**





### Stress Less

By Michael A. Tompkins



### 10 Minutes to Better Mental Health

By Lee David, Debbie Brewin



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.

10 minutes is all you need a day to develop the skills for better mental health. Covering low mood, anxiety and worry, self-esteem and more, the bitesize information, exercises and video and audio clips in this book will help you.

#### MAGINATION PRESS

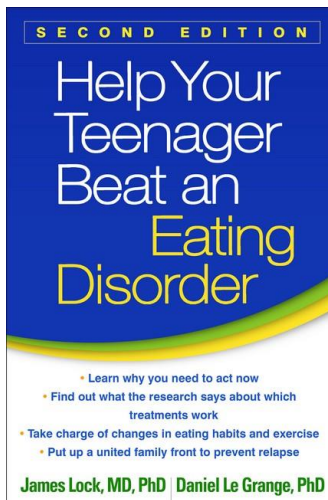
Disc: TRADE INTERNATIONAL  
216 X 140 mm  
Release Date: May 2023  
9781433837043

Hardback  
312 pages  
AUD\$: 34.99

#### JESSICA KINGSLEY PUBLISHERS

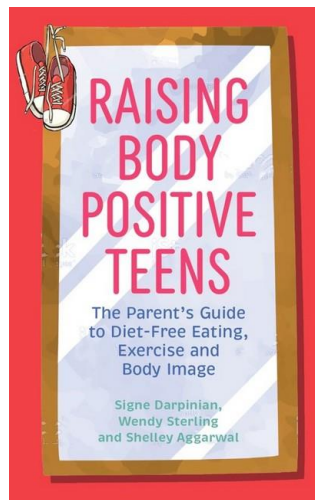
Disc: TRADE INTERNATIONAL  
246 X 173 mm  
Release Date: May 2022  
9781787755567

Paperback  
208 pages  
B&W THROUGHOUT  
AUD\$: 36.99



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

By James Lock, Daniel Le Grange



### Raising Body Positive Teens

By Signe Darpinian, Wendy Sterling



Tens of thousands of parents have turned to this compassionate resource for support and practical advice grounded in cutting-edge scientific knowledge.

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!

#### GUILFORD PUBLICATIONS

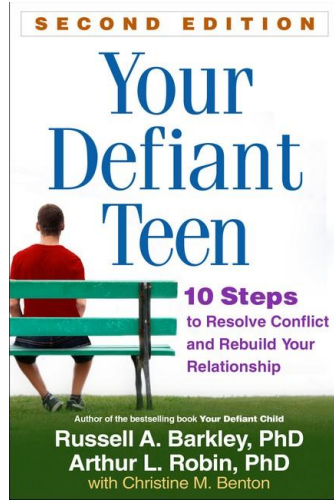
Disc: TRADE INTERNATIONAL  
229 X 152 mm  
Release Date: May 2015  
9781462517480

Paperback  
310 pages  
AUD\$: 49.99

#### JESSICA KINGSLEY PUBLISHERS

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

Paperback  
224 pages  
NOT ILLUSTRATED  
AUD\$: 39.99

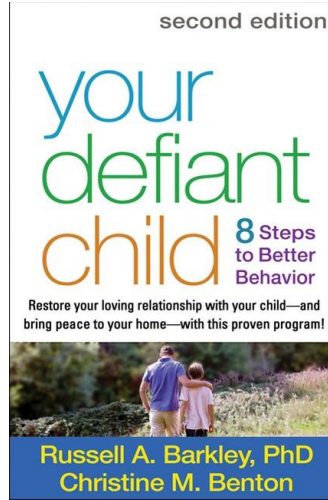
**Your Defiant Teen 2/e***By Russell A. Barkley, Arthur L. Robin*

9 781462 511662

If life with your teen has become a battleground, it's time to take action. This empathic book shows how trusted psychologists who have worked with thousands of families give you the tools you need.

**GUILFORD PUBLICATIONS**  
 Disc: TRADE INTERNATIONAL  
 229 X 152 mm  
 Release Date: February 2014  
**9781462511662**

Paperback  
 372 pages  
**AUD\$: 44.99**

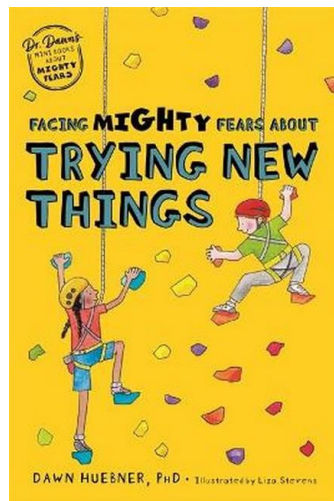
**Your Defiant Child 2/e***By Russell A. Barkley, Christine M. Benton*

9 781462 510078

Discover a way to end constant power struggles with your defiant, oppositional, "impossible" 5- to 12-year-old, with the help of leading child psychologist Russell A. Barkley.

**GUILFORD PUBLICATIONS**  
 Disc: TRADE INTERNATIONAL  
 229 X 152 mm  
 Release Date: September 2013  
**9781462510078**

Paperback  
 257 pages  
**AUD\$: 44.99**

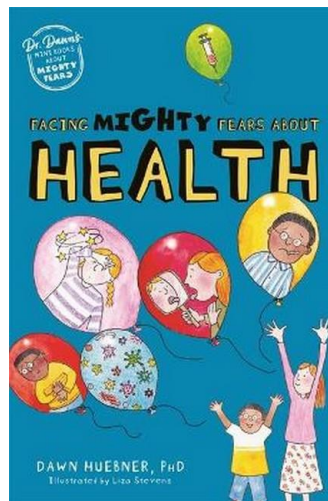
**Facing Mighty Fears About Trying New Things***By Dawn Huebner, Liza Stevens*

9 781787 759503

Written with warmth and humor, and filled with practical tips, this book eases anxiety about new experiences, helping 6-10-year-olds live more varied lives. Supplemental guidance for parents and caretakers ensures maximum effectiveness.

**JESSICA KINGSLEY PUBLISHERS**  
 Disc: TRADE INTERNATIONAL  
 229 X 152 mm  
 Release Date: May 2022  
**9781787759503**

Paperback  
 64 pages  
 B&W THROUGHOUT  
**AUD\$: 28.99**

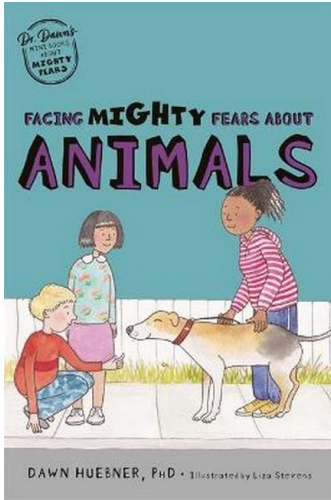
**Facing Mighty Fears About Health***By Dawn Huebner, Liza Stevens*

9 781787 759282

Written with warmth and humor, and filled with practical tips, this book eases over-size fears about health, 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: May 2022  
**9781787759282**

Paperback  
 80 pages  
 B&W THROUGHOUT  
**AUD\$: 28.99**



### Facing Mighty Fears About Animals

By Dawn Huebner, Liza Stevens

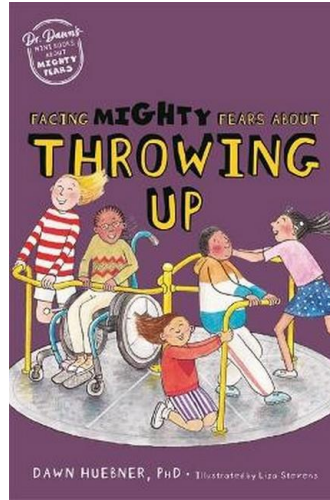


9 781787 759466

Filled with practical tips and fun facts, this book eases over-size fears about animals, 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: May 2022  
9781787759466

Paperback  
64 pages  
B&W THROUGHOUT  
AUD\$: 28.99



### Facing Mighty Fears About Throwing Up

By Dawn Huebner, Liza Stevens

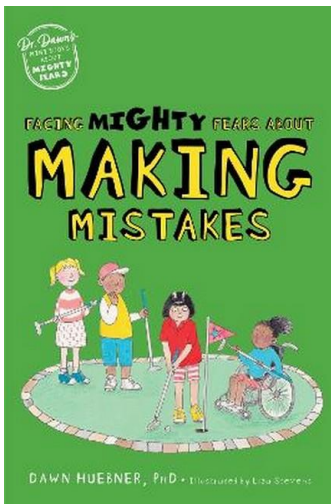


9 781787 759251

No one like to throw up, but emetophobia is different, turning disgust into dread. Facing Mighty Fears About Throwing Up presents techniques to help shrink this common fear.

JESSICA KINGSLEY PUBLISHERS  
Disc: TRADE INTERNATIONAL  
229 X 152 mm  
Release Date: August 2022  
9781787759251

Paperback  
80 pages  
B&W THROUGHOUT  
AUD\$: 28.99



### Facing Mighty Fears About Making Mistakes

By Dawn Huebner, Liza Stevens

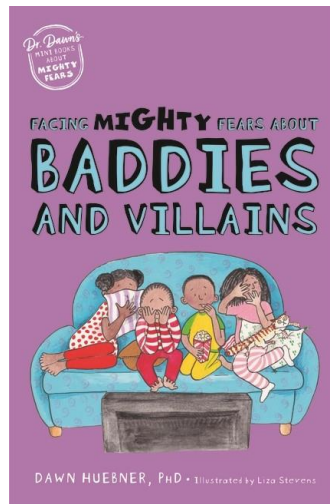


9 781839 974663

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: October 2023  
9781839974663

Paperback  
80 pages  
B&W THROUGHOUT  
AUD\$: 28.99



### Facing Mighty Fears About Baddies and Villains

By Dawn Huebner, Liza Stevens



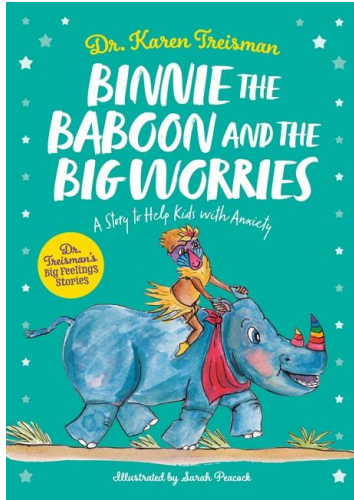
9 781839 974625

Written with warmth and humor, 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\$: 27.99





### Binnie the Baboon and the Big Worries

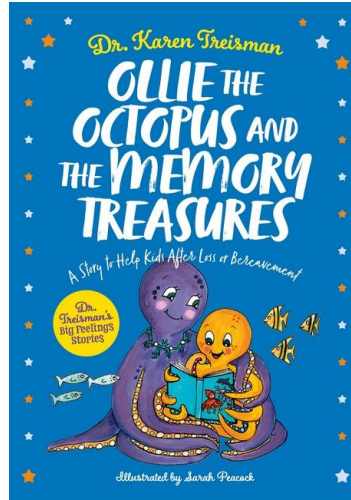
By Dr Karen Treisman, Sarah Peacock



Binnie the Baboon and the Big Worries helps children aged 5-10 who experience anxiety, fears, stress and worries to understand and overcome some of these big feelings.

JESSICA KINGSLEY PUBLISHERS  
Disc: TRADE INTERNATIONAL  
297 X 210 mm  
Release Date: September 2021  
9781839970252

Paperback  
48 pages  
COLOUR SECTION(S)  
AUD\$: 26.99



### Ollie the Octopus and the Memory Treasures

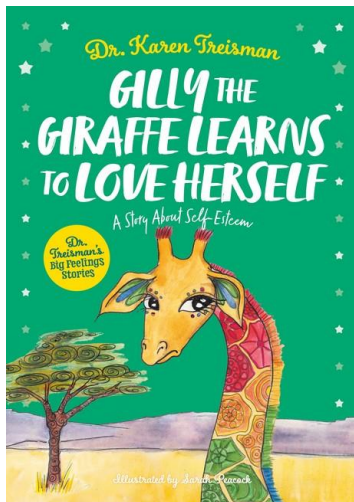
By Dr Karen Treisman, Sarah Peacock



Ollie the Octopus and the Memory Treasures helps children aged 5-10 who have experienced loss and bereavement to begin to understand big feelings and to process their grief.

JESSICA KINGSLEY PUBLISHERS  
Disc: TRADE INTERNATIONAL  
297 X 210 mm  
Release Date: November 2021  
9781839970238

Paperback  
60 pages  
AUD\$: 26.99



### Gilly the Giraffe Learns to Love Herself

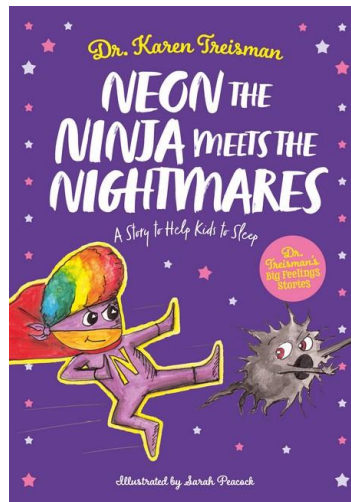
By Dr Karen Treisman, Sarah Peacock



Gilly the Giraffe Learns to Love Herself helps children aged 5-10 to explore feelings relating to worry and self-doubt, and to enrich their confidence and self-esteem.

JESSICA KINGSLEY PUBLISHERS  
Disc: TRADE INTERNATIONAL  
297 X 210 mm  
Release Date: November 2021  
9781839970290

Paperback  
40 pages  
COLOUR SECTION(S)  
AUD\$: 26.99



### Neon the Ninja Meets the Nightmares

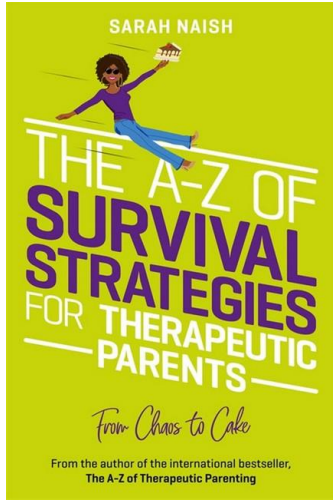
By Dr Karen Treisman, Sarah Peacock



Neon the Ninja Meets the Nightmares helps children aged 5 - 10 to feel safer and more relaxed at nighttime, helping to reduce nightmares and sleep worries.

JESSICA KINGSLEY PUBLISHERS  
Disc: TRADE INTERNATIONAL  
297 X 210 mm  
Release Date: November 2021  
9781839970191

Paperback  
32 pages  
COLOUR SECTION(S)  
AUD\$: 26.99

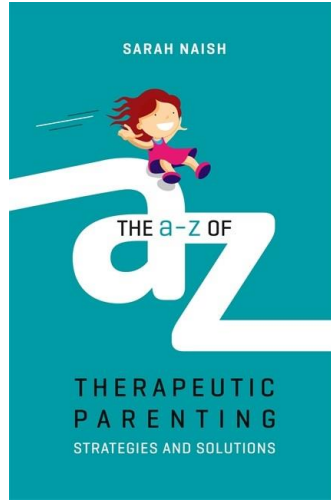


### The A-Z of Survival Strategies for Therapeutic Parents

By Sarah Naish, Kath Grimshaw



9 781839 971723



### A-Z of Therapeutic Parenting: Strategies and Solutions

By Sarah Naish



9 781785 923760

Surviving therapeutic parenting can almost be as easy as A,B,C with this popular A-Z style survival guide. Covering over 70 common issues and feelings, you can learn strategies to process your feelings and experiences.

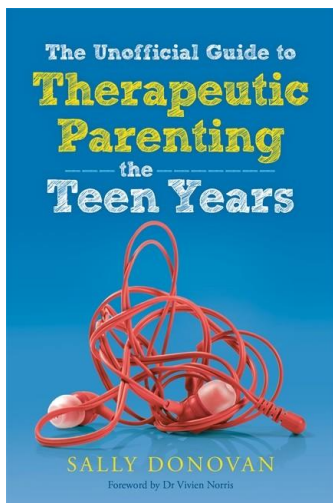
Therapeutic parenting is a deeply nurturing parenting style, and is especially effective for children with attachment difficulties, or who experienced childhood trauma.

JESSICA KINGSLEY PUBLISHERS  
Disc: TRADE INTERNATIONAL  
229 X 152 mm  
Release Date: August 2022  
9781839971723

Paperback  
352 pages  
B&W THROUGHOUT  
AUD\$: 39.99

JESSICA KINGSLEY PUBLISHERS  
Disc: TRADE INTERNATIONAL  
228 X 150 mm  
Release Date: June 2018  
9781785923760

Paperback  
344 pages  
AUD\$: 44.99

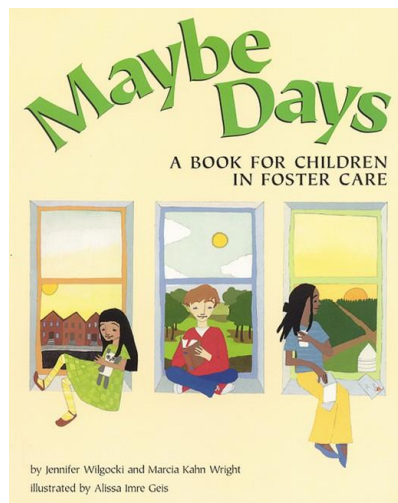


### Unofficial Guide to Therapeutic Parenting - The Teen Years

By Sally Donovan



9 781785 921742



### Maybe Days

By Jennifer Wilgocki, Marcia Wright



9 781557 988027

An honest insight into the messy reality of therapeutically parenting teenagers. Award-winning columnist and adoptive parent Sally Donovan offers savvy, compassionate advice on how to be 'good enough.'

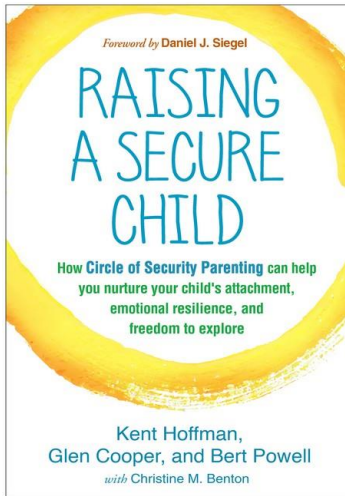
Maybe Days is a straightforward look at the issues of foster care, the questions that children ask, and the feelings that they confront. A primer for children going into foster care, the book also explains the responsibilities of everyone.

JESSICA KINGSLEY PUBLISHERS  
Disc: TRADE INTERNATIONAL  
196 X 130 mm  
Release Date: September 2019  
9781785921742

Paperback  
288 pages  
AUD\$: 42.99

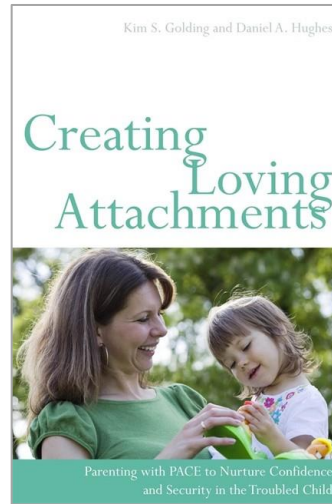
MAGINATION PRESS  
Disc: TRADE INTERNATIONAL  
100 X 100 mm  
Release Date: December 2001  
9781557988027

Paperback  
32 pages  
COLOUR SECTION(S)  
AUD\$: 20.99



### Raising a Secure Child

By *Kent Hoffman, Glen Cooper*



### Creating Loving Attachments

By *Daniel Hughes, Kim Golding*



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.

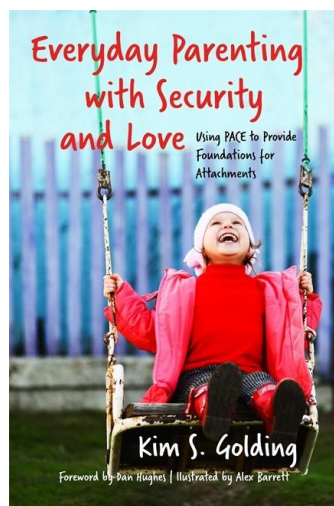
All children need love, but for troubled children, a loving home is not always enough. Children who have experienced trauma need to be parented in a special way that helps them feel safe and secure.

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

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

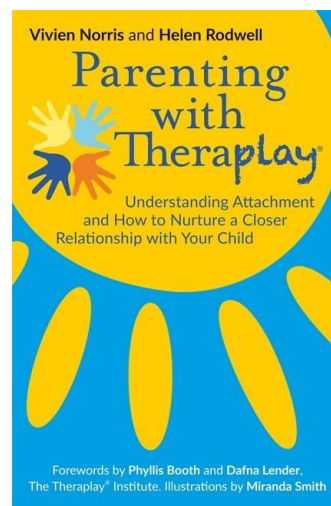
**JESSICA KINGSLEY PUBLISHERS**  
Disc: TEXT  
228 X 156 mm  
Release Date: May 2012  
**9781849052276**

Paperback  
240 pages  
**AUD\$: 34.99**



### Everyday Parenting with Security and Love

By *Kim Golding, Dan Hughes*



### Parenting with Theraplay®

By *Helen Rodwell, Vivien Norris*



Children that have experienced trauma, loss or separation early in life need special care and attention; they need to be parented with love and security in a way that allows them to heal and rebuild emotional bonds.

Theraplay® is an attachment-focused model of parenting that helps parents to understand and relate to their child. Based on a sequence of play activities that are rooted in neuroscience.

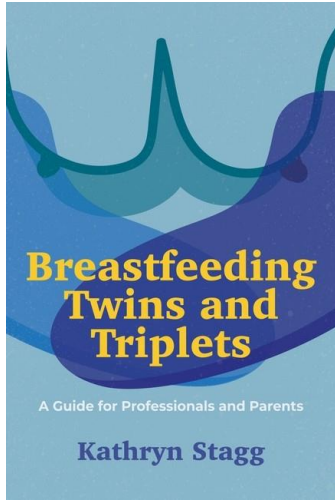
**JESSICA KINGSLEY PUBLISHERS**  
Disc: TRADE INTERNATIONAL  
229 X 174 mm  
Release Date: August 2017  
**9781785921155**

Paperback  
256 pages  
**AUD\$: 50.99**

**JESSICA KINGSLEY PUBLISHERS**  
Disc: TRADE INTERNATIONAL  
196 X 130 mm  
Release Date: September 2017  
**9781785922091**

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





### Breastfeeding Twins and Triplets

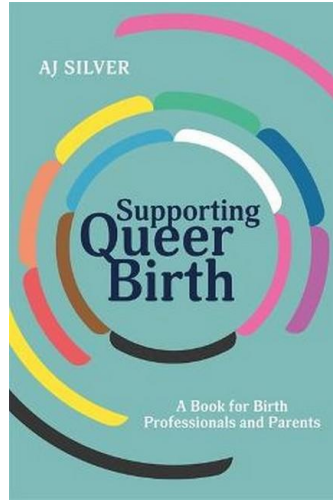
By Kathryn Stagg



Providing a source of information for those supporting multiple birth families who wish to breastfeed, this informative guide remains accessible, and evidence based.

JESSICA KINGSLEY PUBLISHERS  
Disc: TRADE INTERNATIONAL  
230 X 150 mm  
Release Date: May 2023  
9781839970498

Paperback  
208 pages  
NOT ILLUSTRATED  
AUD\$: 59.99



### Supporting Queer Birth

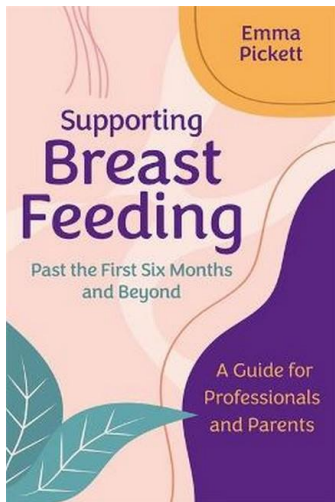
By AJ Silver



Bringing together the stories and experiences of LGBT+ parents as well as professionals in the field, this guide explains what healthcare and birth workers can do to improve care for their clients.

JESSICA KINGSLEY PUBLISHERS  
Disc: TRADE INTERNATIONAL  
229 X 152 mm  
Release Date: June 2022  
9781839970450

Paperback  
208 pages  
B&W THROUGHOUT  
AUD\$: 65.99



### Supporting Breast Feeding Past the First Six Months and Beyond

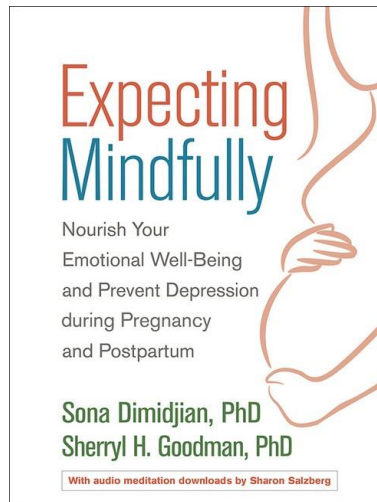
By Emma Pickett



This evidence-based guide for professionals covers essential information to help support parents breastfeeding past the first six months.

JESSICA KINGSLEY PUBLISHERS  
Disc: TRADE INTERNATIONAL  
229 X 152 mm  
Release Date: June 2022  
9781787759893

Paperback  
288 pages  
B&W THROUGHOUT  
AUD\$: 65.99



### Expecting Mindfully

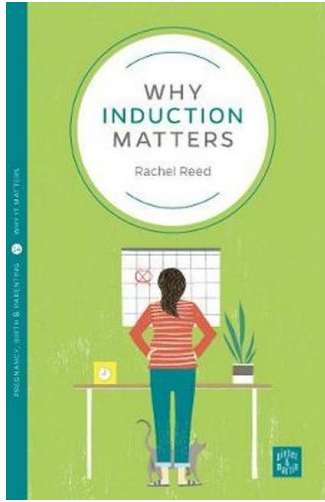
By Sona Dimidjian, Sherryl H. Goodman



Unlike other mindfulness resources for moms and moms-to-be, this compassionate book is grounded in mindfulness-based cognitive therapy, a proven program.

GUILFORD PUBLICATIONS  
Disc: TRADE INTERNATIONAL  
266 X 203 mm  
Release Date: June 2019  
9781462529025

Paperback  
212 pages  
AUD\$: 44.99



### Why Induction Matters

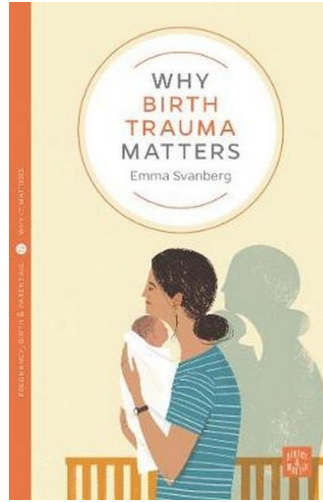
By Rachel Reed



Why Induction Matters offers parents the knowledge to make their own informed decisions on induction.

**PINTER AND MARTIN**  
Disc: TRADE INTERNATIONAL  
172 X 111 mm  
Release Date: December 2018  
**9781780666006**

Paperback  
180 pages  
B&W THROUGHOUT  
**AUD\$: 18.99**



### Why Birth Trauma Matters

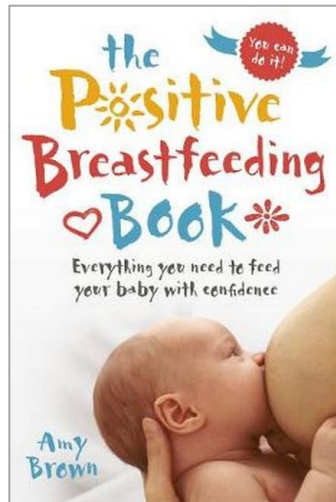
By Emma Svanberg



Informative, pocket-sized guide to accompany women in their recovery from birth-related trauma.

**PINTER AND MARTIN**  
Disc: TRADE INTERNATIONAL  
172 X 111 mm  
Release Date: October 2019  
**9781780666105**

Paperback  
160 pages  
B&W THROUGHOUT  
**AUD\$: 22.99**



### The Positive Breastfeeding Book

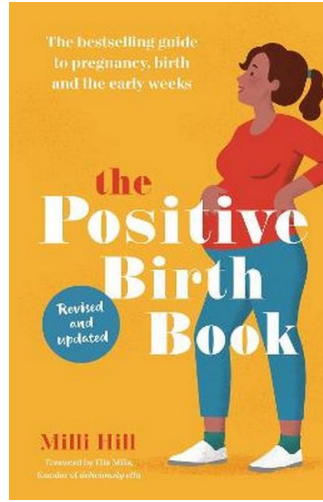
By Amy Brown



The Positive Breastfeeding Book doesn't promise to make it easy, nor will it get up in the middle of the night for you, but it will empower you with the knowledge and encouragement you need to feed your baby with confidence.

**PINTER AND MARTIN**  
Disc: TRADE INTERNATIONAL  
234 X 155 mm  
Release Date: January 2019  
**9781780664606**

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



### The Positive Birth Book

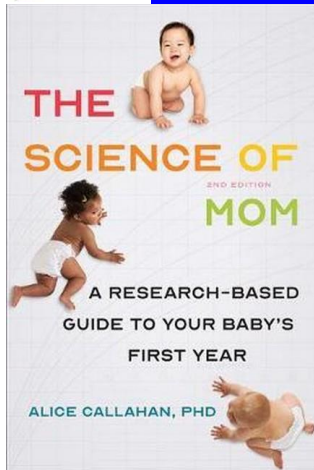
By Milli Hill, Ella Mills



The Positive Birth Book celebrates birth and equips women with the knowledge and resources to plan the birth they want.

**PINTER AND MARTIN**  
Disc: TRADE INTERNATIONAL  
234 X 155 mm  
Release Date: September 2022  
**9781780667652**

Paperback  
320 pages  
B&W THROUGHOUT  
**AUD\$: 38.99**



## The Science of Mom

A Research-Based Guide to Your Baby's First Year

By *Alice Callahan*

Now updated! The new edition of this best-selling guide uses science to tackle some of the most important decisions facing new parents—from sleep training and vaccinations to breastfeeding and baby food. When scientist Alice Callahan became a mom, she knew it would mean long nights of rocking and feeding the baby. What she didn't anticipate was the barrage of parenting questions that would send her down rabbit holes of late-night internet searches, claiming even more sleep than her newborn. Is co-sleeping safe? How important is breastfeeding, and how can parents help it go smoothly? When should babies start eating solid foods, and are there ways to reduce the risk of food allergies? Should we be worried about the unpronounceable additives in the vitamin K shot given to newborns or the aluminium found in vaccines?

**JOHNS HOPKINS UNIVERSITY PRESS**

Disc: TRADE INTERNATIONAL

Paperback

229 X 152 mm

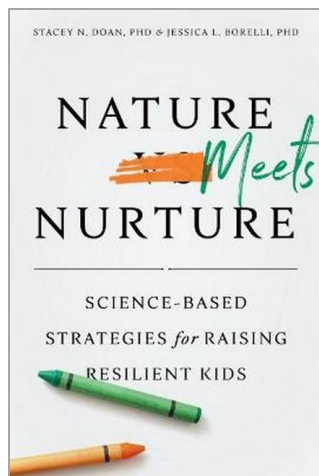
424 Pages

B&W THROUGHOUT

Rel Date: March 2022

**9781421441993**

**AUD\$: 50.99**



## Nature Meets Nurture

Science-Based Strategies for Raising Resilient Kids

By *Dr Stacey N. Doan, Dr Jessica L Borelli*

Every parent has pondered "nature vs. nurture" questions. How much of my child's personality and behavior is inborn? How much is learned? This important new book written by behavioral scientists who are also mothers has answers. This book offers the best parenting practices to foster resilience by encouraging children's social-emotional development and adaptive stress-regulation strategies. The authors translate scientific research into concrete, actionable tips and recommendations to help promote the emotional wellbeing of both child and parent. Authors Stacey N. Doan and Jessica Borelli offer a science-based framework to help show parents and guardians how biology and parenting work together. Although genetics are significant, DNA is not destiny--the die is not cast at birth. Parenting still matters, deeply.

**APA LIFETOOLS**

Disc: TRADE INTERNATIONAL

Paperback

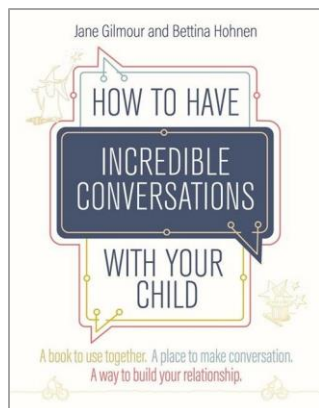
215 X 140 mm

216 Pages

Rel Date: November 2022

**9781433833106**

**AUD\$: 36.99**



## How to Have Incredible Conversations with your Child

By *Jane Gilmour, Bettina Hohnen*

You: "How was your day?" Your child: "Fine." As a parent, you want to know what is going on in your child's life, how school and friendships are going, if they're feeling okay. As a kid you want to tell your parent what's going on, but it can be hard to find the words. This book is brilliant because it makes finding those words easy, and you discover incredible stuff about each other. How exactly do you make it happen? This accessible guide answers the million-dollar question by steering you, step by step through carefully supported and structured conversational platforms that encourage connection and strengthen relationship bonds.

**JESSICA KINGSLEY PUBLISHERS**

Disc: TRADE INTERNATIONAL

Paperback

216 X 279 mm

192 Pages

B&W THROUGHOUT

Rel Date: January 2022

**9781787756403**

**AUD\$: 39.99**







## Imperfect Parenting

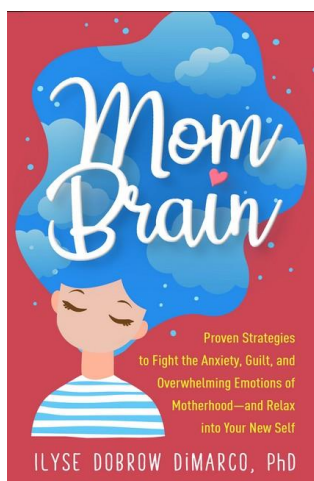
How to Build a Relationship with Your Child to Weather Any Storm

By *Dona J. Matthews*

As parents, we often worry we're making the wrong decisions. The good news is, having a strong relationship with your child means you can make a parenting blunder from time to time, and exercise grace and patience to try again. Written for parents of children from birth to young adulthood (ages 0-24), this book helps you examine your role as a guide, cheerleader, advocate, and most importantly, as a human being who doesn't always have the right answers. While your child's brain, body, emotions, and social abilities develop over time, author Dona Matthews shows how your skills as a parent can be developed too, by practicing relationship fundamentals such as acceptance, positivity, social support, boundaries, respect, self-care, and gratitude. Rooted in the latest findings from neuroscience and psychology, this book presents a model of authoritative parenting that embraces imperfection.

**APA LIFETOOLS**

Disc: TRADE INTERNATIONAL  
Paperback  
215 X 140 mm  
415 Pages  
Rel Date: November 2022  
**9781433837562**  
**AUD\$: 36.99**



## Mom Brain

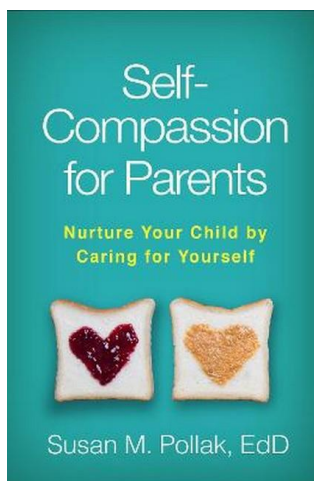
Proven Strategies to Fight the Anxiety, Guilt, and Overwhelming Emotions

By *Ilyse Dobrow DiMarco*

Becoming a mother is a joyful rite of passage, but it can also bring overwhelming emotional upheaval, exhaustion, and self-doubt. And is it any wonder? Motherhood changes everything, right down to a woman's brain chemistry. No one understands "mom brain" better than psychologist Ilyse Dobrow DiMarco, a mother of two herself who specializes in treating women with young children. In this compassionate guide, Dr. Dobrow DiMarco shares science-based psychological strategies to help moms cope with common challenges and make peace with their transformed identity. Candid, witty stories from her own life and the lives of women she has worked with illustrate ways to tame self-critical thoughts; navigate the "new normal" of work, marriage, and friendships; and mindfully accept the highs and lows of parenting—even in the toughest moments.

**GUILFORD PUBLICATIONS**

Disc: TRADE INTERNATIONAL  
Paperback  
229 X 152 mm  
274 Pages  
Rel Date: May 2021  
**9781462540266**  
**AUD\$: 39.99**



## Self-Compassion for Parents

Nurture Your Child by Caring for Yourself

By *Susan M. Pollak*

"I yelled at the kids again—and feel so ashamed." "I barely have time to shower, let alone exercise; no wonder I'm so out of shape." "I'm just not the dad I hoped I would be." Parenting is hard. That's why self-compassion is so important. In this empathic resource, mindfulness expert and psychologist Susan M. Pollak helps parents let go of constant self-judgment and treat themselves with the same kindness and caring they strive to offer their kids. Simple yet powerful guided meditation techniques (most under three minutes long) are easy to practice while doing the dishes, driving to work, or soothing a fussy baby.

**GUILFORD PUBLICATIONS**

Disc: TRADE INTERNATIONAL  
Paperback  
229 X 152 mm  
246 Pages  
Rel Date: September 2019  
**9781462533091**  
**AUD\$: 39.99**

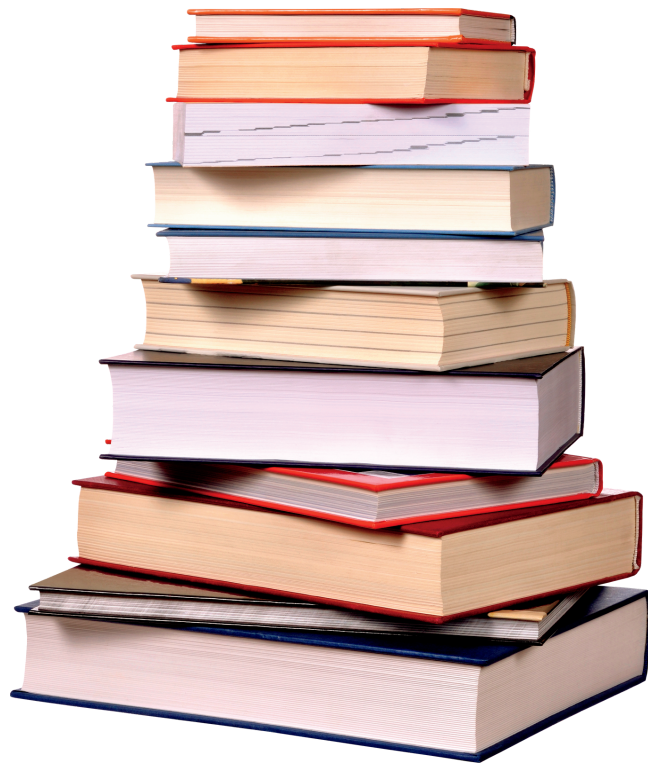




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