



RIGHTS GUIDE

Spring 2023

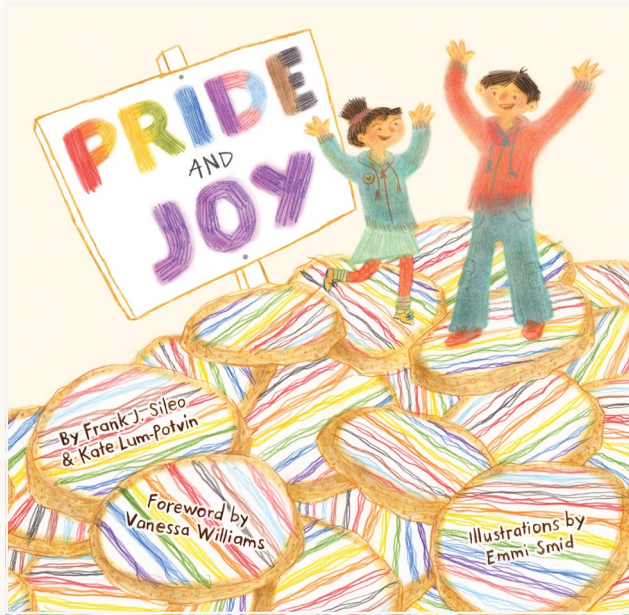


Jessica Kingsley
Publishers

sheldon^{PRESS}

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MAY 2023 | HB | 48PP | ISBN-9781839975264

FULLY ILLUSTRATED PICTURE BOOK

JESSICA KINGSLEY PUBLISHERS

RIGHTS AVAILABLE

FRANK J. SILEO, PhD, is a licensed psychologist, international speaker and award-winning author of 12 other children's picture books. He also wrote an award winning parenting book that deals with raising chronically ill children. Since 2010, he has been consistently recognized as one of New Jersey's top kids' doctors. For over 27 years, he has worked therapeutically with LGBTQIA+ youth, adults, and families. Dr. Sileo has had his research published in psychological journals, and is often the 'go to' psychologist in the media. He lives in New Jersey, USA. Visit drfranksileo.com and on Facebook, Twitter, and Instagram @DrFrankSileo.

KATE LUM-POTVIN is an award-winning children's author and podcast storyteller. She began her LGBTQIA+ allyship journey when her sister came out, and is proud to be a part of this joyful new book. Kate is based in Nova Scotia, Canada. Visit her at katelum.com and on Instagram and Facebook @Kate_and_Friends_for_Kids.

Pride and Joy

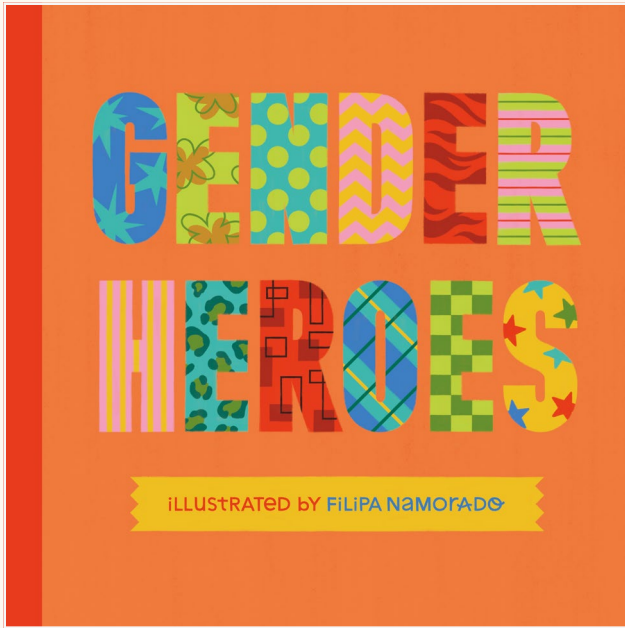
A Story About Becoming an LGBTQIA+ Ally

Frank J. Sileo and Kate Lum-Potvin.
Foreword by Vanessa Williams

Joy loves her big brother, Noah. He's the best brother, skateboarder and cookie baker there is! So, when Noah is teased for being gay, Joy wants to help. But how?

Joy decides to become an ally - someone who supports others through their words and actions. With her best friend, Elliott, Joy takes action, baking 'Pride and Joy' cookies to raise money for the local LGBTQIA+ center. But when the bully tries to put an end to the bake sale, Joy learns that being an ally means using your words, too.

Written by an award-winning author team, and with charming illustrations throughout, *Pride and Joy* introduces children to LGBTQIA+ allyship and teaches them the value of inclusion and courage. Featuring a reading guide for adults and questions for discussion, this beautiful, uplifting picture book is a must-have for every young ally.

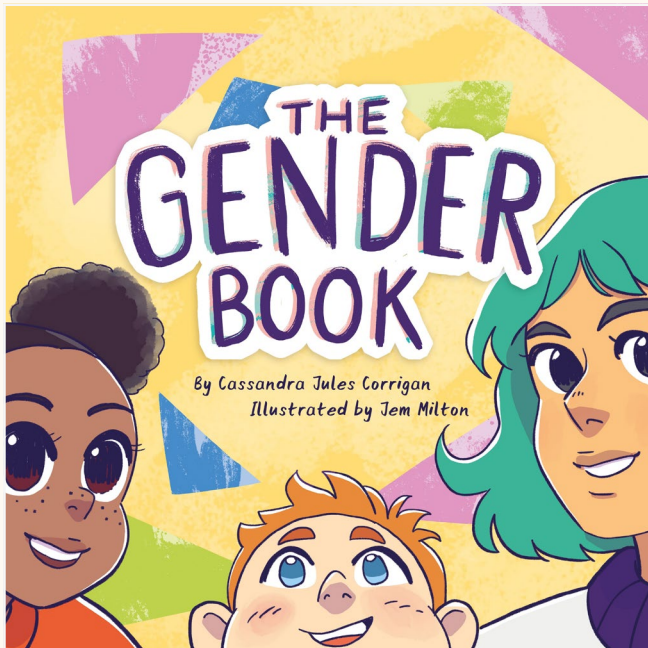


APRIL 2023 | HB | 64PP | ISBN-9781839973253

COLOUR ILLUSTRATIONS

JESSICA KINGSLEY PUBLISHERS

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AUGUST 2023 | HB | 32PP | ISBN-9781839977107

COLOUR ILLUSTRATIONS

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Gender Heroes

25 Amazing Transgender, Non-Binary and Genderqueer Trailblazers from Past and Present!

Illustrated by Filipa Namorado

Prepare to meet the gender trailblazers of past and present - who dress and express themselves however they choose!

Featuring icons from across art, sports, fashion, music, politics, civil rights and the media, this vibrantly illustrated book introduces children age 5+ to transgender, non-binary and genderqueer role-models who dare to be different - and are conquering the world as they go.

Packed with the triumphant tales of 25 gender heroes - including Laverne Cox, Elliott Page, Marsha P. Johnson, Gavin Grimm and Alok Vaid-Menon, as well as a glossary of key terms, this is an inspirational introduction for kids and educators alike - and a timely reminder that not all heroes wear capes.

The Gender Book

Girls, Boys, Non-binary, and Beyond

Cassandra Jules Corrigan

Ellie and Casey are back to talk about gender!

In this gloriously illustrated guide to gender identity, you'll meet demiboy and demigirl, agender people, greygender people, those who are AFAB and AMAB, and many more as Ellie and Casey guide curious children through the world of people who don't identify as their assigned gender at birth.

An invaluable resource for parents, classrooms and children alike.

CASSANDRA JULES CORRIGAN is a genderqueer and disabled writer based in Tennessee. Their writing has appeared in *X Marks the Spot - A Non-Binary Anthology*. They are the author of *The Pronoun Book*.

Pride Families

Amie Taylor

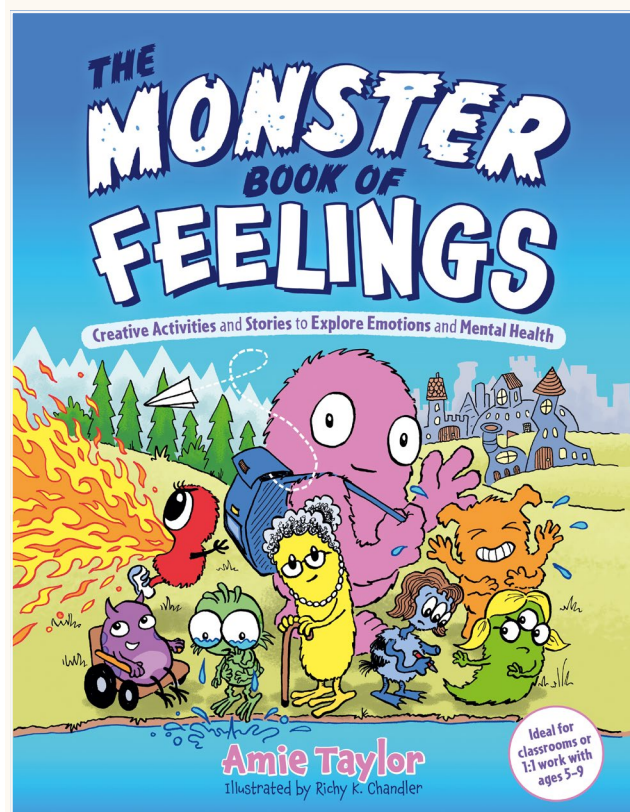
Families come in all different shapes and sizes, and each one is perfect! Come and celebrate what it means to be a PRIDE FAMILY in this beautifully illustrated book written by LGBTQIA+ author, Amie Taylor and Illustrated by Kaspa Clarke.

LGBTQIA+ families come in all the colours of the rainbow. Perhaps you belong to a Pride family, or maybe you have a friend who belongs to a Pride Family?

This educational children's book explores what these families look like with a focus on trans, non-binary, gay, lesbian and polyamorous family set ups. Covering themes such as: pregnancy, donor conception and surrogacy alongside a guide for adults that helps explain terminology. This book is an invaluable resource for sharing and celebrating what it means to be a Pride family.

AMIE TAYLOR has 15 years' experience making and delivering theatre and storytelling projects with and for children and young people. Her theatre company, *The Shadow Makers*, have created 4 shows for children aged 4-9.

OCTOBER 2023 | HB | 40PP | ISBN-9781839976810 | COLOUR PICTURE BOOK | RIGHTS AVAILABLE
JESSICA KINGSLEY PUBLISHERS



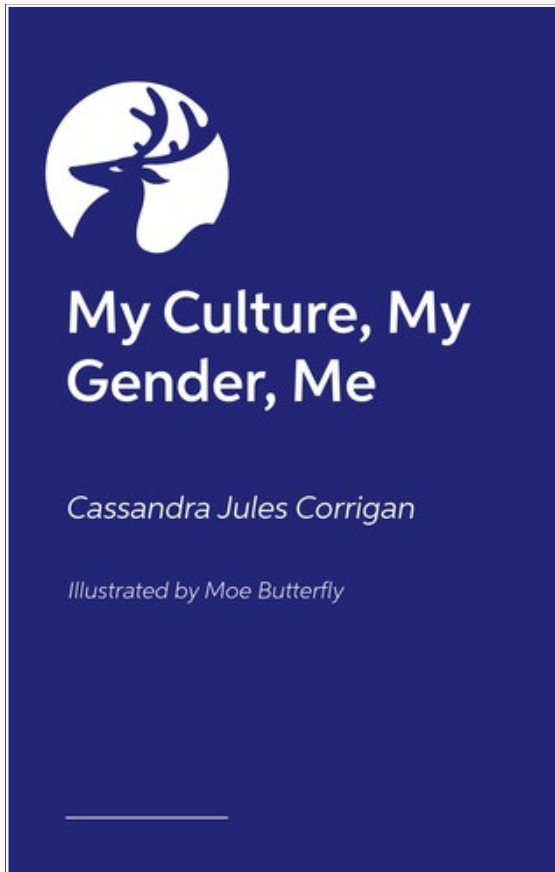
The Monster Book of Feelings

Creative Activities and Stories to Explore Emotions and Mental Health

Amie Taylor

This book is designed to help children to understand and articulate the emotions they might experience - feelings of anxiety and worry, pride, joy and excitement, sadness, anger and jealousy - and provides simple strategies for managing their mental health. Full of monster-themed stories, activities and downloadable worksheets, it is ideal to use individually or in group settings with ages 5-9. Children will meet characters like Thomas, the big purple monster who has a heavy backpack full of his worries.

FEB 2022 | TP | 208PP | ISBN-9781787759008 | 35 B&W ILLUSTRATIONS | RIGHTS AVAILABLE
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SEPTEMBER 2023 | HB | 48PP | ISBN-9781839977626

COLOUR ILLUSTRATIONS

JESSICA KINGSLEY PUBLISHERS

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CASSANDRA JULES CORRIGAN is a genderqueer and disabled writer based in Tennessee. Their writing has appeared in *X Marks the Spot - A Non-Binary Anthology*.? They are the author of *The Pronoun Book* and *The Gender Book*.

My Culture, My Gender, Me

Cassandra Jules Corrigan

Gender diversity knows no borders...

Exploring identities that span the Indigenous Two Spirit people, the hijras of the Indian subcontinent, the mahu people of Hawaii, the female husbands of the Igbo tribe and many more. Cassandra Corrigan beautifully demonstrates that gender identities beyond the binary are a world-wide phenomenon.

This lovingly illustrated guide is an important testament that genders other than male and female have always existed - around the globe - and comes with additional materials to help children uncover the gender identities from their own cultures.

Perfect for parents, children, educators and professionals who work with gender-diverse children.



OCTOBER 2023 | TP | 40PP | ISBN-9781839975127

FULL COLOUR GRAPHIC NOVEL

JESSICA KINGSLEY PUBLISHERS

RIGHTS AVAILABLE

DR. TEDDY G. GOETZ is a trans, queer psychiatrist based in Philadelphia. Prior to earning their M.D at Columbia University, Teddy studied biochemistry and gender studies at Yale. They have previously co-edited *Gender-Affirming Psychiatric Care for Transgender and Gender Diverse People*.

Gender is Really Strange

Teddy G. Goetz

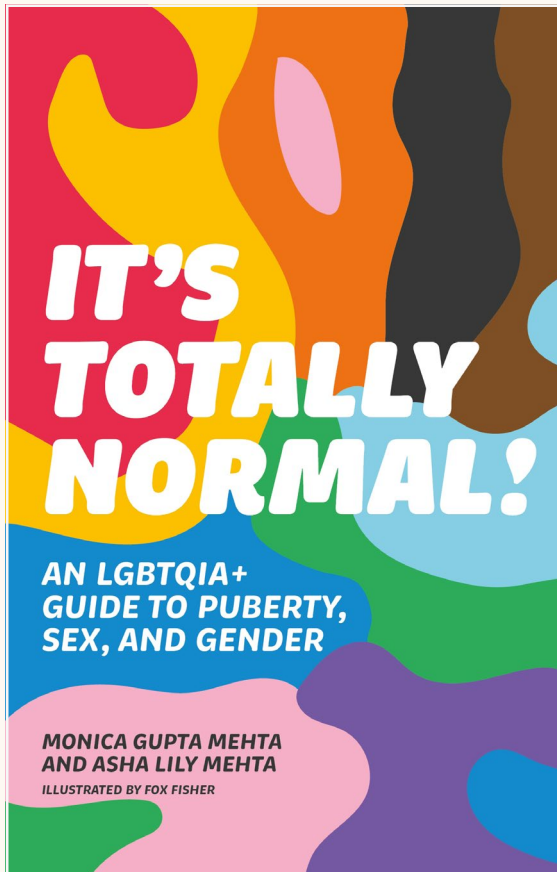
What does it mean to be Trans? Non-Binary?
Gender Diverse?

What parts of gender come from society? What parts come from within?

How much is biology, and how much is socialization?

Part of the *Really Strange* series, this science-based graphic medicine comic addresses these questions and more, revealing the inherent messiness of gender identity and sex. A mysterious amalgam of biology and society, inherently sensed, yet societally-defined, the complexity of gender is revealed through examining neuroscience, biology, hormones, mental health, behaviour and how much of gender comes from society.

Exploring theories, thinkers, terminology, history and gender cultures around the world and across different religions, this easy-to-understand and engaging book will help you to question perceived norms and engage critically with your own gender identity. Get ready to break down the binary B.S. and celebrate gender in all its messy glory!



MAY 2023 | TP | 208PP | ISBN-9781839973550

12 B&W ILLUSTRATIONS

JESSICA KINGSLEY PUBLISHERS

RIGHTS AVAILABLE

MONICA GUPTA MEHTA is a panromantic and demisexual parent, sex education and SEL (social emotional learning) teacher, and an educational psychologist. Ash Mehta is her nonbinary, lesbian child, and together they are co-founders of Normalizers - an organization that seeks to create safe spaces for LGBTQIA youth. Normalizers began on TikTok and now has over a hundred thousand followers. Monica and Ash are based in Palo Alto, California.

It's Totally Normal!

An LGBTQIA+ Guide to Puberty,
Sex, and Gender

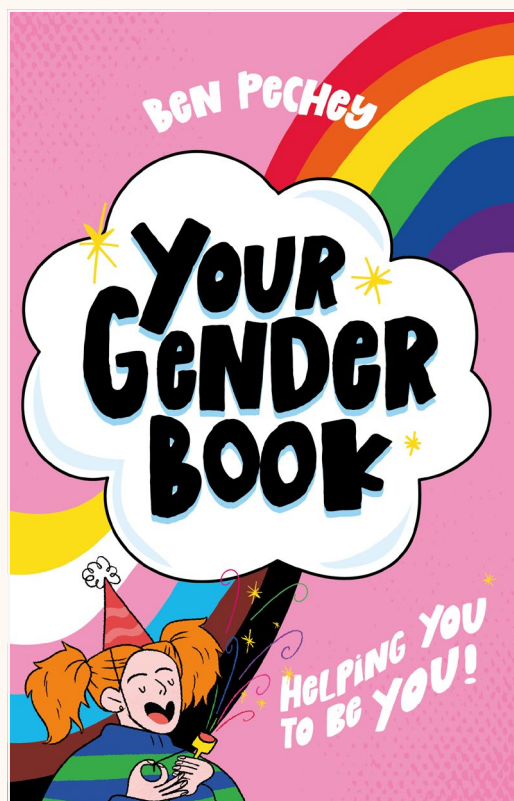
Monica Gupta Mehta and Asha Lily Mehta

Does scissoring count as losing your virginity?

Where can I find safe porn?

When do I come out to my partner as trans?

Mother and child duo Monica and Ash Mehta are at hand to answer your most pressing sex questions. Forget the penis-in-vagina basics - this is a queer friendly guide that'll have you rethinking the very definition of sex. Combining expert advice with the personal experiences of teens all over the world, prepare to plunge into the topics they don't cover in sex ed. Masturbation, pornography, fetishes - if you're not afraid to ask, they're not afraid to answer.



Your Gender Book

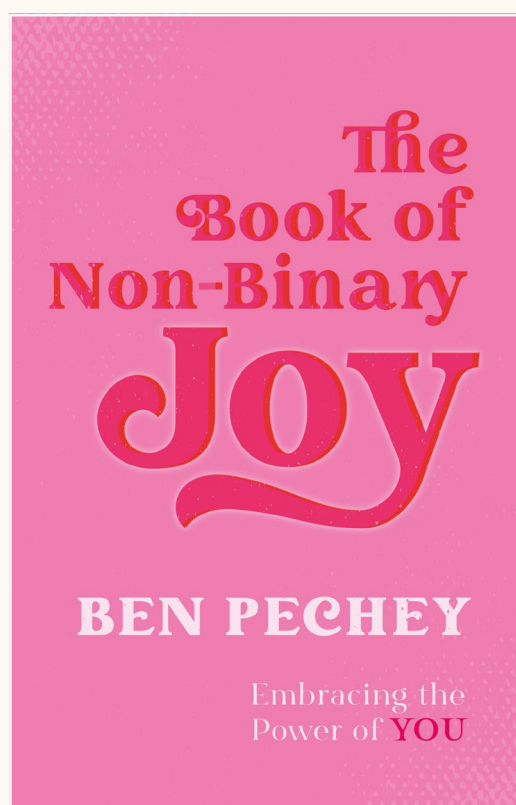
Helping You To Be You!

Ben Pechey

This book is here to hold your hand; to answer your questions; soothe your soul; help you understand yourself in new ways. The best place to start is at the beginning. The best time is now! So, turn the page and let's explore who you are!

If you are at the start of your journey with gender identity, or looking to help someone who is, this insightful guide offers a safe space to celebrate you becoming your true - and most joyful - self. With fun activities, resources and LGBTQ+ role models throughout, this book sheds light on everything from gender identity, sex, pronouns and expression, to barriers, mental health, allyship and finding happiness.

SEPTEMBER 2023 | TP | 208PP | ISBN-9781839976100 | 53 B&W ILLUSTRATIONS | RIGHTS AVAILABLE
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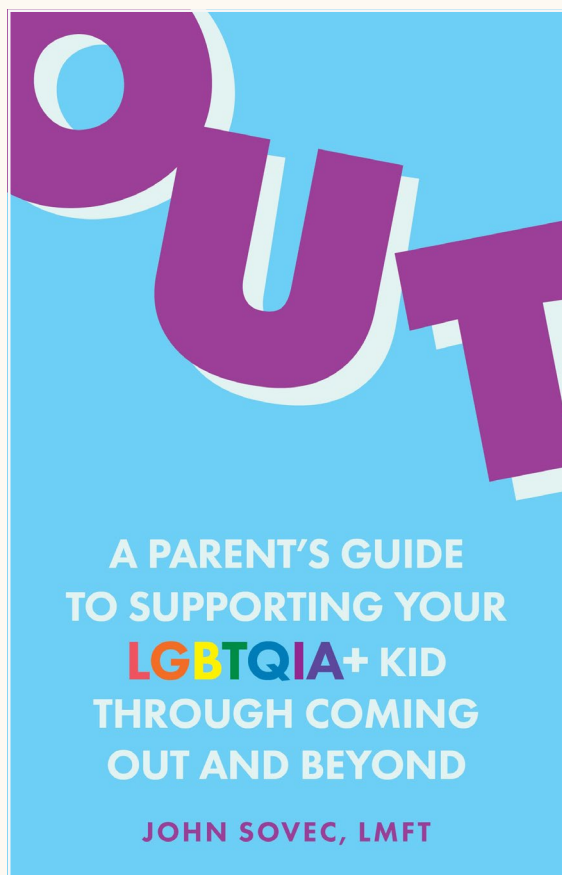
The Book of Non-Binary Joy

Embracing the Power of You

Ben Pechey

Whether you are at the start of your journey or have been on the wild ride of gender introspection for a long time, this guide is here to help you thrive as your authentic - and most fabulous - non-binary self. With personal stories, valuable insights and interactive sections, this inspiring book covers a wide range of topics, including mental health, pleasure, fashion, understanding your past, allyship privilege and self-expression. Written with warmth and unapologetic humour, and with bold illustrations throughout, Ben Pechey has created the ultimate safe space for you to embrace your non-binary life and start living."

MAY 2022 | TP | 224PP | ISBN-9781787759107 | 40 B&W ILLUSTRATIONS | RIGHTS AVAILABLE
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APRIL 2023 | TP | 224PP | ISBN-9781839974243

B&W ILLUSTRATIONS

JESSICA KINGSLEY PUBLISHERS

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JOHN SOVEC is a licensed therapist, counselor and coach who specializes in working with LGBTQIA+ teens and their families during the coming out process. John has written for *Huffington Post*, *Medium* and *Good Therapy* and appeared on the *Ricki Lake Show*, *OWN*, *Shahs of Sunset*, *Raising Whitley*, *BRAVO*, *Fox News*, *The Washington Post*, and *LA Talk Radio*. He is the host of *OutTalk* and lives in Pasadena, California with his husband.

Out

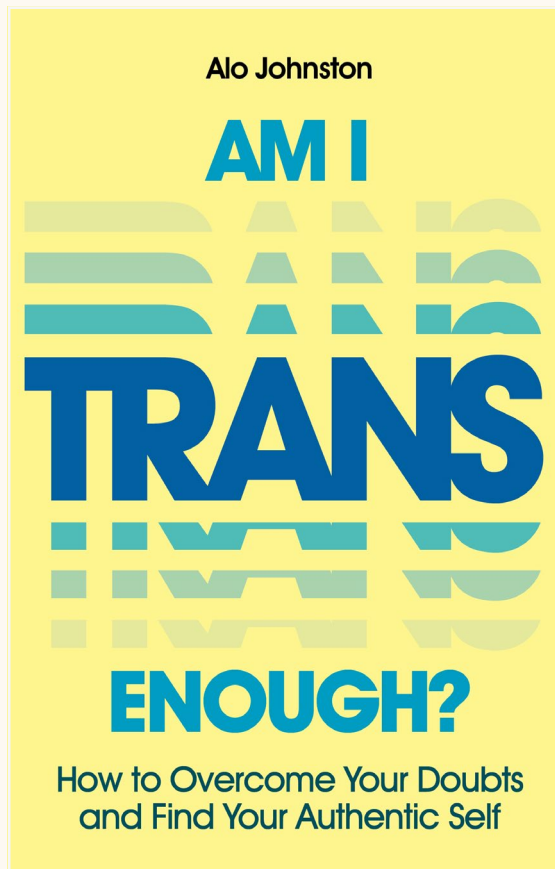
A Parent's Guide to Supporting Your LGBTQIA+ Kid Through Coming Out and Beyond

John Sovec, LMFT

The coming out process for LGBTQIA+ adolescents can be a terrifying moment, not only for themselves, but also for their family and friends. When intense emotions are running the gamut of concern, shock, joy or even anger and acceptance, it can be tricky to process how you feel while giving your child the support they need.

Offering essential guidance and advice, this book is here to help you with chapters that explore LGBTQIA+ terminology, understanding the coming out process, effective communication strategies, talking to your LGBTQIA+ kid about sex, the parents' process of acceptance, and the family coming out process. Importantly, this guide also covers a wide range of lesser-known orientations such as pansexuality and asexuality as well as dedicated chapters on trans youth and the often overlooked grieving process for parents with stories of lived experience throughout.

With a unique three step strategy, you and your family can support your LGBTQIA+ child's newly shared identity, create a stronger family unit, and move towards a more open, affirming relationship based on honest communication and understanding.



FEBRUARY 2023 | TP | 224PP | ISBN-9781839975349

JESSICA KINGSLEY PUBLISHERS

RIGHTS AVAILABLE

ALO JOHNSTON MA, LMFT is a licensed marriage and family therapist who is based in Los Angeles. Alo has provided therapy for hundreds of trans/non-binary clients and worked at the Los Angeles LGBT Center and the Los Angeles Gender Center. *Am I Trans Enough?* is his first book.

Am I Trans Enough?

How to Overcome Your Doubts and Find Your Authentic Self

Alo Johnston

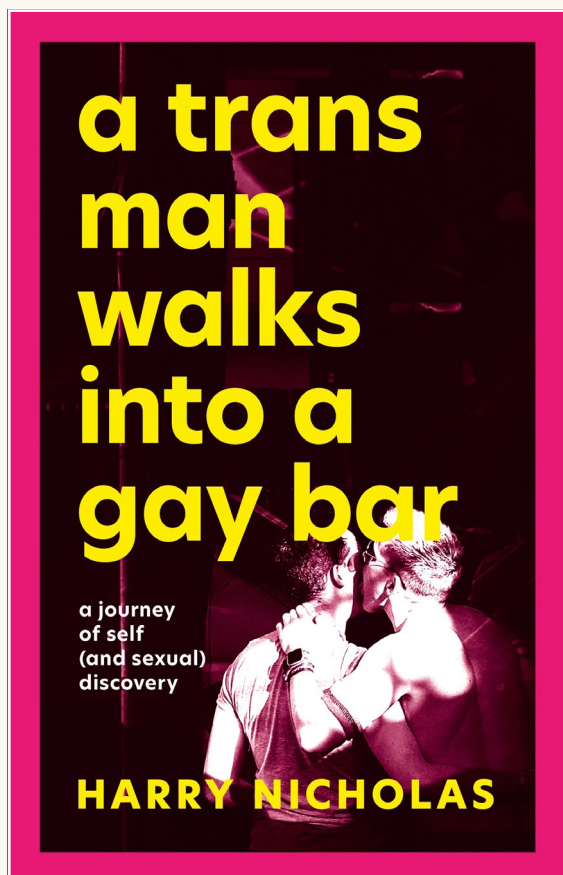
Am I Trans Enough?

The answer is undoubtably yes. You are.

Alo Johnston has been where you are. From watching every transition story on YouTube and navigating online message boards for answers to finally starting testosterone and transitioning himself, he now walks alongside you every step of the way to guide you towards acceptance of who you truly are.

Born out of thousands of hours of research and conversations with hundreds of trans people, *Am I Trans Enough?* digs deep into internalized transphobia and the historical narratives that fuel it. It unveils what happens after you come out, or begin questioning living as a trans person, in a world that works against you.

Use this book as a space to engage with your fears and explore your doubts without the pressure of needing to be a perfect trans representative. If you are just beginning your trans journey, are twenty years into transition or have no idea if you are even trans at all, this book will help you to become your most authentic self.



MAY 2023 | TP | 224PP | ISBN-9781839971839

JESSICA KINGSLEY PUBLISHERS

RIGHTS AVAILABLE

HARRY NICHOLAS is a writer, campaigner and gay trans man living in London. He has contributed to articles in *The Huffington Post*, *Forbes*, *BBC Newsbeat*, *BBC3's 'Things Not to Say to a Trans Person'* and *Pink News*. *A Trans Man Walks into a Gay Bar* is his first book.

A Trans Man Walks Into a Gay Bar

A Journey of Self (and Sexual) Discovery

Harry Nicholas

On the bookshelves, there was plenty of stuff on being gay, and much needed, joyous accounts of what it is to be trans, but nothing really that encapsulates what it is to be both - to exist in the hazy terrain between.

After his relationship with his girlfriend of 5 years ended, Harry realised he was a single adult for the first time - not only that, but a single, transmasculine and newly out gay man.

Despite knowing it was the right decision, the reality of his new situation was terrifying. How could he be a gay man, when he was still learning what it was to be a man? Would the gay community embrace him or reject him? What would gay sex be like?

And most importantly, would finding love again be possible?

In this raw, intimate and unflinchingly honest book, we follow Harry as he navigates the sometimes fraught and contradictory worlds of contemporary gay culture as a trans gay man, from Grindr, dating and gay bars, to saunas, sex and ultimately, falling in love. Harry's brave and uplifting journey will show you there is joy in finding who you are.



VICTORIA BARRON is an illustrator who identifies with a variety of LGBTQ+ labels, and is a self-proclaimed 'queer weirdo'.

Amazing Ace, Awesome Aro

An Illustrated Exploration
Victoria Barron

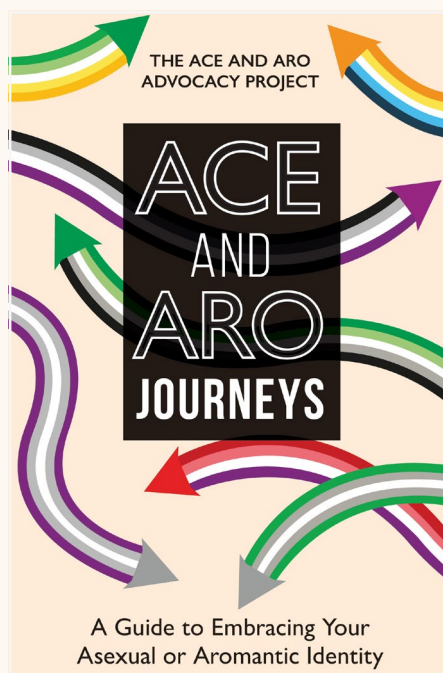
The split attraction model? Alterous Love? Queerplatonic relationships?

From the creator of *Perfectly Queer: An Illustrated Introduction*, this bold and brilliantly illustrated guide is written for anyone looking to explore the beautiful ace and aro communities; the acefluxes, the arospikes, the demis, the greys, the frays and more.

Separate the myths and stereotypes, and discover some of the wonderful intricacies that shape each spectrum, including: forms of love and attraction, common identities, microlabels, flags, and the entertaining community-led culture.

Packed with quizzes, activity sheets and a directory of further resources; a celebration of ace and aro!

FEBRUARY 2023 | HB | 96PP | ISBN-9781839974083 | COLOUR ILLUSTRATIONS | RIGHTS AVAILABLE
JESSICA KINGSLEY PUBLISHERS



THE ACE AND ARO ADVOCACY PROJECT is the largest volunteer-run organization focused on helping aromantic and asexual people in the USA

Ace and Aro Journeys

A Guide to Embracing Your Asexual or Aromantic Identity
The Ace and Aro Advocacy Project

What does it mean to be ace or aro? How should I approach the challenges that come with being ace or aro? How can I best support the ace and aro people in my life?

Join the The Ace and Aro Advocacy Project (TAAAP) for a deep dive into the process of discovering and embracing your ace and aro identities. Empower yourself to explore the nuances of your identity, find and develop support networks, explore different kinds of partnership, come out to your communities and find real joy within.

You are not invisible! You are among friends.

272 APRIL 2023 | TP | PP | ISBN-9781839976384 | RIGHTS AVAILABLE
JESSICA KINGSLEY PUBLISHERS

LGBTQ+ People and Dementia

Sue Westwood and Elizabeth Price

UNIVERSITY OF BRADFORD DEMENTIA GOOD PRACTICE GUIDES

JULY 2023 | TP | 144PP | ISBN-9781839973307

JESSICA KINGSLEY PUBLISHERS

RIGHTS AVAILABLE

SUE WESTWOOD is a Senior Lecturer in Law at the University of York. Previously a social worker and psychologist, she has over 20 years' experience of researching, teaching and training about LGBTQ-inclusive care and support. She previously managed a dementia adviser service for a UK charity.

ELIZABETH PRICE is a Senior Lecturer in Social Work at the University of Hull and a registered social worker. Her work focuses on the lived experience of dementia, chronic illness, and sexualities.

LGBTQ+ People and Dementia

A Good Practice Guide

Sue Westwood and Elizabeth Price

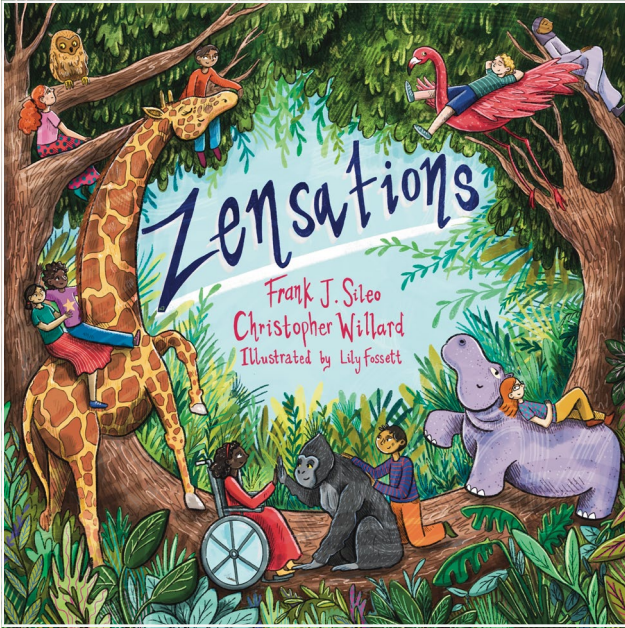
Bringing together research, policy and the voices of LGBTQ+ people with dementia, this good practice guide highlights the importance of a person-centred approach.

Care and support should recognise and validate different - and often intersectional - LGBTQ+ identities. Readers are encouraged to move away from the idea of equality as treating everyone the same, towards treating everyone as individuals.

The vast changes in the social and legal status of LGBTQ+ people through recent decades can uniquely affect their later lives. Dementia services are often under-prepared to meet their needs, and there can be prejudice and discrimination.

Creating LGBTQ+ inclusive services can be challenging. The book explains how to deal with these challenges, giving lots of practical examples. 'Food for thought' sections offer opportunities for reflection.

Becoming more informed about LGBTQ+ lives and creating services which are LGBTQ+ inclusive will improve the experiences of LGBTQ+ people living with dementia and encourage the best possible quality care.



JUNE 2023 | HB | 40PP | ISBN-9781839976797

COLOUR ILLUSTRATIONS

SINGING DRAGON

RIGHTS AVAILABLE

FRANK J. SILEO, PhD, is a New Jersey licensed psychologist, international speaker and a multi award-winning author of 14 other children's picture books and a parenting book. Since 2010, he has been consistently recognized as one of New Jersey's top kids' doctors. Dr. Sileo speaks across the country, has published in numerous psychological journals, and is a go-to psychologist in the media. Learn more at drfranksileo.com.

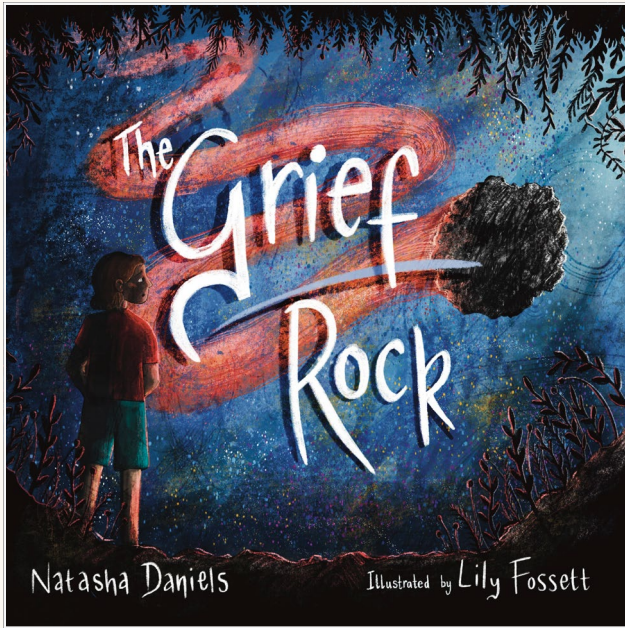
DR. CHRISTOPHER WILLARD, (Psy. D.) is a clinical psychologist, author and consultant based in Massachusetts who teaches at Harvard Medical School. He has spoken in thirty countries, and is the author of twenty books, including *Alphabreaths* (2019), *Growing Up Mindful* (2016) and *How we Grow Through What we Go Through*. (2022) His thoughts on mental health have been featured in *The New York Times*, *The Washington Post*, *mindful.org*, *cnn.com*, and elsewhere. He teaches at Harvard Medical School.

Zensations

Frank J. Sileo and Christopher Willard

How you feel is very important, and a lot of the time our emotions might not just live inside our heads but in our bodies too!

These are called bodily feelings, or *Zensations*, and you might find them all over your body. Come along with us as we learn how to feel our *Zensations* from the tips of our toes to the very top of our heads and find out all about the things our bodies are telling us.



MAY 2023 | HB | 32PP | ISBN-9781839974397

COLOUR PICTURE BOOK

JESSICA KINGSLEY PUBLISHERS

RIGHTS AVAILABLE

NATASHA DANIELS is a Child Therapist and has worked with young children and their families for over 15 years. She is the author of *How to Parent Your Anxious Toddler*, *Social Skills Activities for Kids*, *It's Brave to Be Kind*, and *Anxiety Sucks: A Teen Survival Guide*.

LILY FOSSETT is an illustrator based in Bath, UK and a recent graduate of Falmouth University. She has a passion for creating character led children's illustrations, and uses digital media and textures to produce her work.

The Grief Rock

A Book to Understand Grief and Love

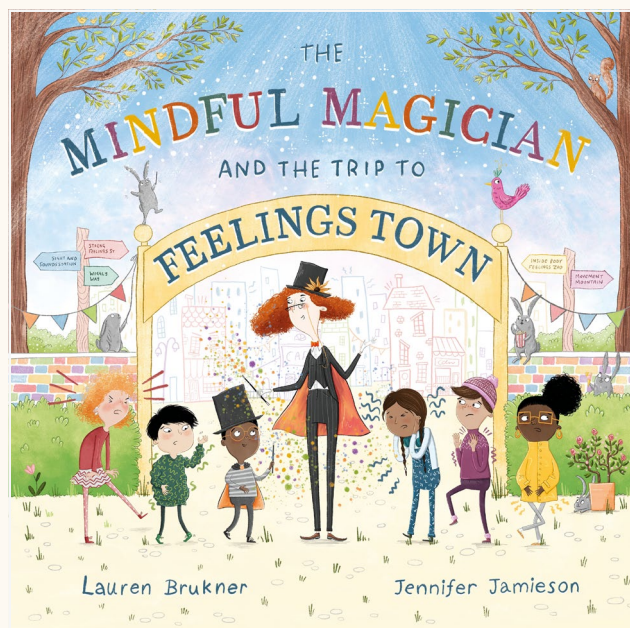
Natasha Daniels

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 was important in our lives.

Perfect to open up the conversation on difficult feelings, the book also includes a short guide for adults with tips on supporting children after a bereavement.



APRIL 2023 | HB | 72PP | ISBN-9781839971389

JESSICA KINGSLEY PUBLISHERS

RIGHTS AVAILABLE

LAUREN BRUKNER is a senior occupational therapist and bestselling author based in New Jersey. She specializes in sensory integration and self-regulation strategies for children and young people, and their implementation in home, school, and community settings.

The Mindful Magician and the Trip to Feelings Town

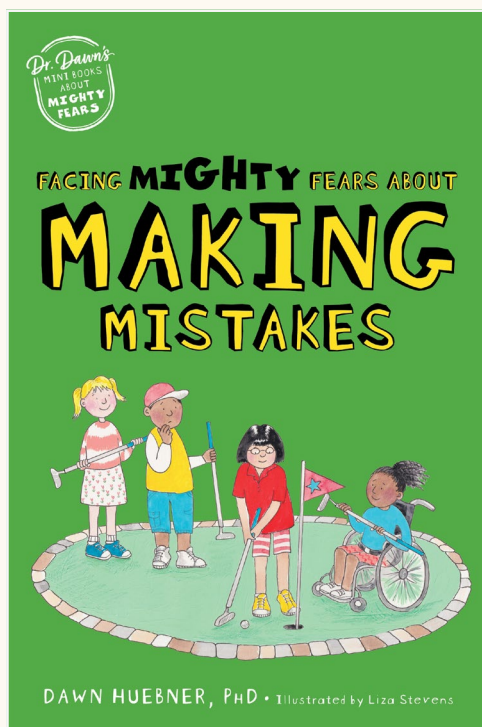
Tips and Tricks to Help the Youngest Readers Regulate their Emotions and Senses

Lauren Brukner

We are going to take a trip to a very special town called *Feelings Town*. In this town there are kids who need our help because they are having different super-strong feelings. Do you ever feel angry, sad or worried, get startled by big sounds, or not realise how hungry you are?

Don't worry, the Mindful Magician is here to help! In this book you'll learn fun tricks that will ZAP those feelings away. If we use them the right way, we can save the day for kids who need our help! And the best bit is once you've learned those powers, you will be able to use them yourself anytime you feel those feelings!

This illustrated picture book shows children aged 5+ different self-regulation strategies for dealing with strong emotions and overwhelming sensory experiences, and how to understand interoceptive senses. The interactive story normalises struggling with tricky emotions and senses while offering a helping hand dealing with them, and there is further guidance for adults at the end of the story and advice on other self-regulation strategies.

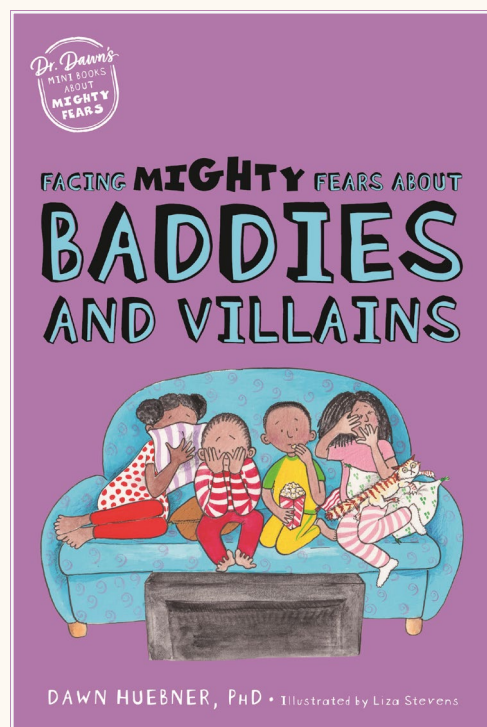


JUL 2023 | TP | 80PP | ISBN-9781839974663

46 BLACK AND WHITE LINE DRAWINGS

JESSICA KINGSLEY PUBLISHERS

CHINESE (SIMPLIFIED): CHEERS PUB CO.



MAR 2023 | TP | 80PP | ISBN-9781839974625

34 BLACK AND WHITE ILLUSTRATIONS

JESSICA KINGSLEY PUBLISHERS

CHINESE (SIMPLIFIED): CHEERS PUB CO.

Facing Mighty Fears About Making Mistakes

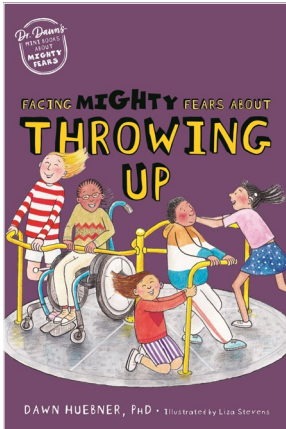
Dawn Huebner, PhD

Many children avoid taking on challenges, melting down when the going gets tough. But doing things you aren't very good at is one of the best ways to keep your brain healthy and strong. That means it's okay to mess up, and fumble, and fail. In fact, you should do these things. Mistakes are exactly what your brain needs to grow. *Facing Mighty Fears About Making Mistakes* helps 6-10-year-olds get more comfortable with imperfection. Fun Facts about famous mistakes engage children, while a Note to Parents and Caregivers and supplemental Resource Section make this the perfect guide for parents and mental health professionals.

Facing Mighty Fears About Baddies and Villains

Dawn Huebner, PhD

Many children are afraid of baddies and villains who do, in fact, do hurtful things. But sometimes fear far outstrips danger, and even children who are safe feel apprehensive all the time. *Facing Mighty Fears About Baddies and Villains* teaches 3 steps to help manage ongoing fears. Fun Facts engage children, while a Note to Parents and Caregivers and supplemental Resource section make this the perfect guide for parents and mental health professionals.

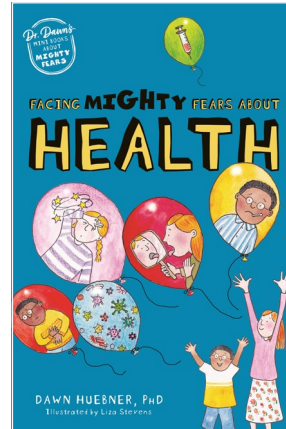


Facing Mighty Fears About Throwing Up

Dawn Huebner, PhD
Illustrated by Liza Stevens

No one like to throw up, but emetophobia is different, turning disgust into dread. *Facing Mighty Fears About Throwing Up* presents techniques to help shrink this common fear. Fun Facts about vomit engage children, while a Note to Parents and Caregivers and supplemental resource section make this the perfect guide for parents and mental health professionals.

APR 2022 | TP | 80PP | ISBN-9781787759251 | 39 B&W
ILLUSTRATIONS | JKP | JKP RIGHTS AVAILABLE

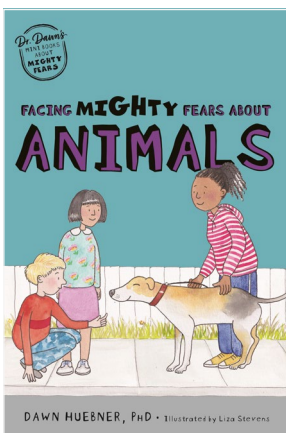


Facing Mighty Fears About Health

Dawn Huebner, PhD
Illustrated by Liza Stevens

Thinking about our body's functions can be scary, especially when it morphs into Health Anxiety that gets in the way of everyday life. *Facing Mighty Fears About Health* teaches 4 steps to manage 'false alarm' fears. Fun Facts about the body engage children, while a Note to Parents and Caregivers and supplemental resource section make this the perfect guide for parents and mental health professionals.

APR 2022 | TP | 80PP | ISBN-9781787759282 | 39 B&W
ILLOS | JKP | CHINESE (SIMPLIFIED): CHEERS PUB CO.



Facing Mighty Fears About Animals

Dawn Huebner, PhD
Illustrated by Liza Stevens

Fear of animals that slither, bite, and sting can get in the way of going places and doing things. *Facing Might Fears About Animals* teaches children techniques to shrink over-size fears. Fun Facts about bees, dogs, spiders, and snakes engage children, while a Note to Parents and Caregivers and supplemental resource section make this the perfect guide for parents and mental health professionals.

APR 2022 | TP | 80PP | ISBN-9781787759466 | 40 B&W ILLOS |
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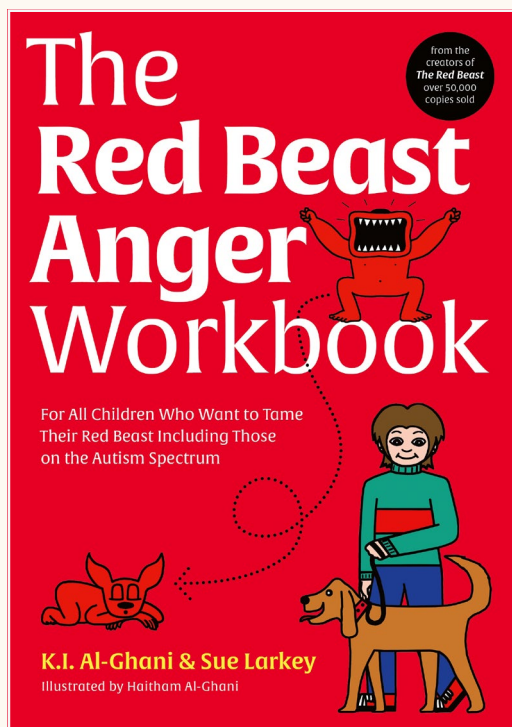


Facing Mighty Fears About Trying New Things

Dawn Huebner, PhD
Illustrated by Liza Stevens

First time jitters are normal, but when they turn into tears and outright refusal, the world shrinks in problematic ways. *Facing Mighty Fears About Trying New Things* teaches children to manage uncertainty about new experiences. Fun Facts engage children while a Note to Parents and Caregivers and a supplemental resource section make this the perfect guide for parents and mental health professionals.

APR 2022 | TP | 80PP | ISBN-9781787759503 | 35 B&W
ILLOS | JKP | CHINESE (SIMPLIFIED): CHEERS PUB CO.



K.I. AL-GHANI is a specialist advisory teacher and is currently a lecturer at the University of Brighton, delivering their PGCert Autism.

SUE LARKEY has taught as a primary school teacher and as a special education teacher. She is currently undertaking a Doctorate in Education.

The Red Beast Anger Workbook

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

K.I. Al-Ghani and Sue Larkey

This illustrated and interactive workbook will help children find ways to calm their Red Beast and learn how to prevent it from waking in the first place. Full of practical activities and illustrated examples, it supports the development of emotional and sensory regulation and provides coping mechanisms for children who experience intense emotional flooding or meltdowns as well.

The workbook includes a helpful introduction for adults on the science of self-regulation, clear guidance on how to pace the learning and a wide range of activities such as scenarios to help children explore their anger, anger management plans, and exercises that encourage interoceptive awareness.

MAY 2023 | TP | 128PP | ISBN-9781839974151 | B&W LINE DRAWINGS | RIGHTS AVAILABLE

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JUL 2022 | HB | 40PP | ISBN-9781839972751
FULL COLOUR HAND DRAWN ILLUSTRATIONS

JESSICA KINGSLEY PUBLISHERS

FRENCH: AFD SARL, CZECH: ALBATROS MEDIA A.S.,
CHINESE (SIMPLIFIED): HUAXIA PUBLISHING HOUSE CO.
LTD, GERMAN: LIBELLUS AUTISMUSVERLAG FORMERLY
KOMM - MIT E.V.

The Red Beast Second Edition

Helping Children on the Autism Spectrum to Cope with Angry Feelings

K.I. Al-Ghani

This is the story of a red beast that was awakened.

Danni is in the school playground when his friend, Charlie, kicks a ball that hits him in the stomach, waking up the sleeping red beast: 'I hate you - I'm gonna get you!'. The red beast doesn't hear the teacher asking if he's okay. It doesn't see that Charlie is sorry - how can Danni tame the red beast?

The second edition is written for children aged 4-9, and has been updated with inclusive up-to-date language and new illustrations.



AUGUST 2023 | TP | 160PP | ISBN-9781839973000

FULLY ILLUSTRATED

JESSICA KINGSLEY PUBLISHERS

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JESSICA SINARSKI, LPCMH is a dynamic presenter, bilingual author, and clinical supervisor. She equips parents and professionals to be healers for hurting children, igniting both passion and know-how in audiences. She has also been a Certified Adoption Therapist since 2008.

ZACHARY KLINE is an illustrator from New Jersey who enjoys drawing, playing music, and spending time with his wife Natasha and four lovely children, Eden, Zethan, Alina and Dax.

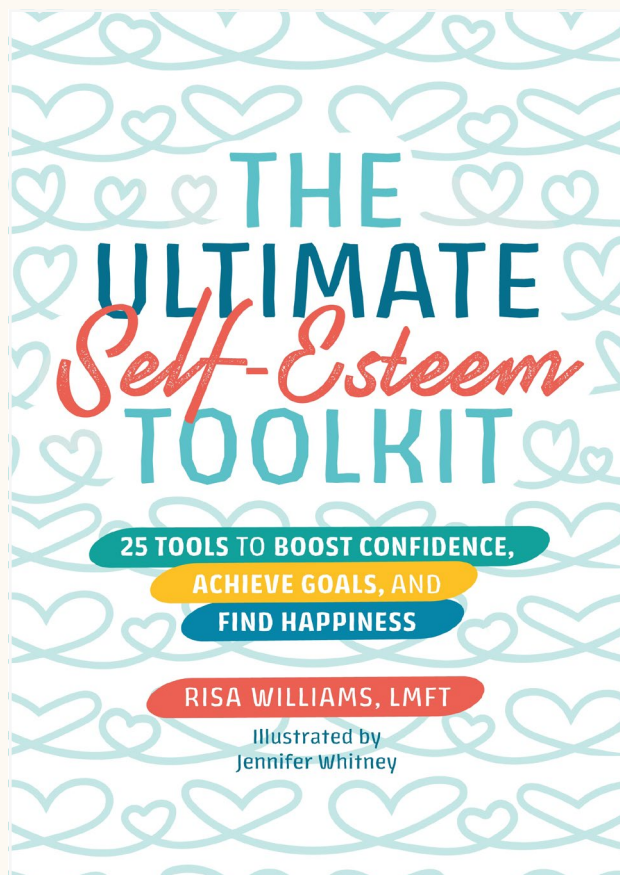
Riley the Brave's Big Feelings Activity Book

A Trauma-Informed Guide for Counselors, Educators, and Parents

Jessica Sinarski

Roaring, grumping, knots in tummies...Making sense of big feelings can be tricky. Riley the Brave and his safe big critters are here to help! Enjoy 60+ fun activities and trauma-sensitive strategies to help children understand the brain science behind those big MAD, SAD, and SCARED emotions...and what to do about it!

Bright illustrations and familiar characters encourage children as they dig into their prickly porcupine moments, timid turtle moments, and all the feelings in between. An introduction for grown-ups will help you make the most of this treasure trove of games, printable masks, colorful cards, word searches, action plans, and more! Work one-on-one or easily adapt these strength-based activities for group settings. Lesson plans and frequent Try This! sections make this the ultimate resource for parents, teachers, counselors, and anyone else supporting children with big feelings.



The Ultimate Self-Esteem Toolkit

25 Tools to Boost Confidence, Achieve Goals, and Find Happiness

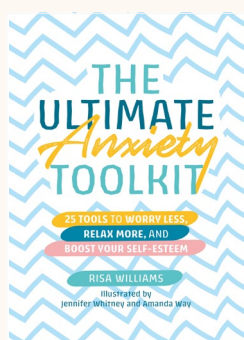
Risa Williams

Do you ever struggle with self-confidence? Or find it difficult to speak about yourself kindly? Finding the self-esteem to navigate high-stress situations and achieve your goals can often feel like an impossible feat, but *The Ultimate Self-Esteem Toolkit* is the perfect aid to change that.

Written by a therapist with many years' experience supporting people to build their confidence, this book provides re-affirming, practical tools and creative exercises to encourage you in developing a healthy sense of self-esteem.

With 25 different techniques based on CBT, positive psychology, mindfulness, and narrative therapy, develop your resiliency and confidence and transform the way you view yourself.

MARCH 2023 | TP | 176PP | ISBN-9781839974748 | 45 B&W ILLUSTRATIONS | RIGHTS AVAILABLE
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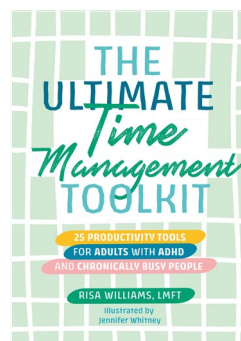


The Ultimate Anxiety Toolkit

25 Tools to Worry Less, Relax More, and Boost Your Self-Esteem

If you're looking to manage your anxious feelings and reduce your stress, this is the book for you. Written by a therapist who specializes in helping people navigate anxiety, the chapters contain 25 creative tools specifically designed to help reduce anxiety in stress, social anxiety, anxious thoughts, self-esteem and the future.

2021 | TP | 144PP | ISBN-9781787757707 | B&W ILLUSTRATIONS | CHINESE (SIMPLIFIED): GINKGO (SHANGHAI) BOOK CO., LTD; RUSSIAN: OOO "ALPINA PUBLISHER"; POLISH: PUBLICAT S.A.

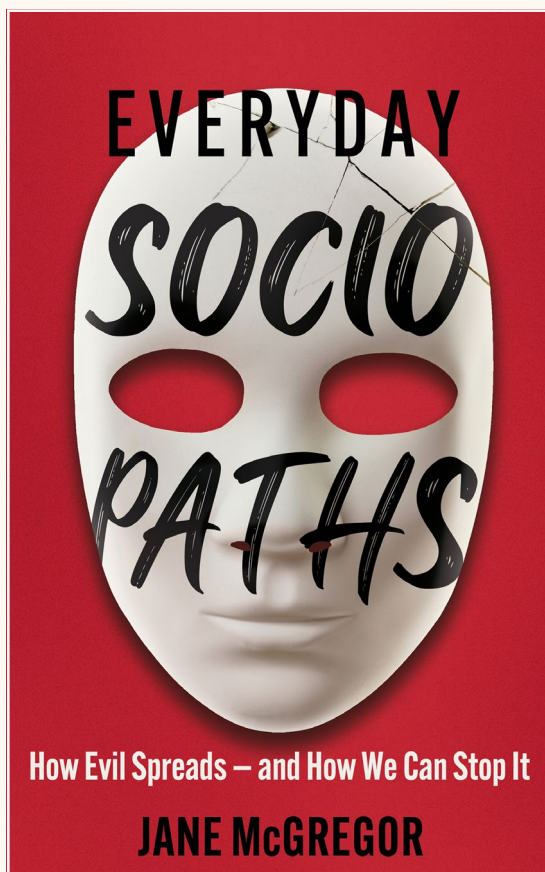


The Ultimate Time Management Toolkit

25 Productivity Tools for Adults with ADHD and Chronically Busy People

We all have 24 hours in a day, but sometimes putting them to good use can feel like an impossible task. *The Ultimate Time Management Toolkit* is here to change that! This book focuses on practical methods and strategies, including creative worksheets and easy to use techniques, to help you achieve your goals and organize your time.

AUGUST 2022 | TP | 192PP | ISBN-9781839971785 | B&W ILLUSTRATIONS | POLISH: PUBLICAT S.A.



APRIL 2023 | TP | 256PP | ISBN-9781399806954

SHELDON PRESS

RIGHTS AVAILABLE

DR JANE MCGREGOR is a freelance writer and trainer. Her academic subject area is public health. She holds a PhD in this area, gained at the London School of Hygiene and Tropical Medicine and funded by the Wellcome Trust. In addition to her work in academia, Jane worked in the NHS and voluntary sector for many years, mostly in the field of addiction treatment, and she has published widely in this area.

Everyday Sociopaths

How Evil Spreads and How We Can Stop It

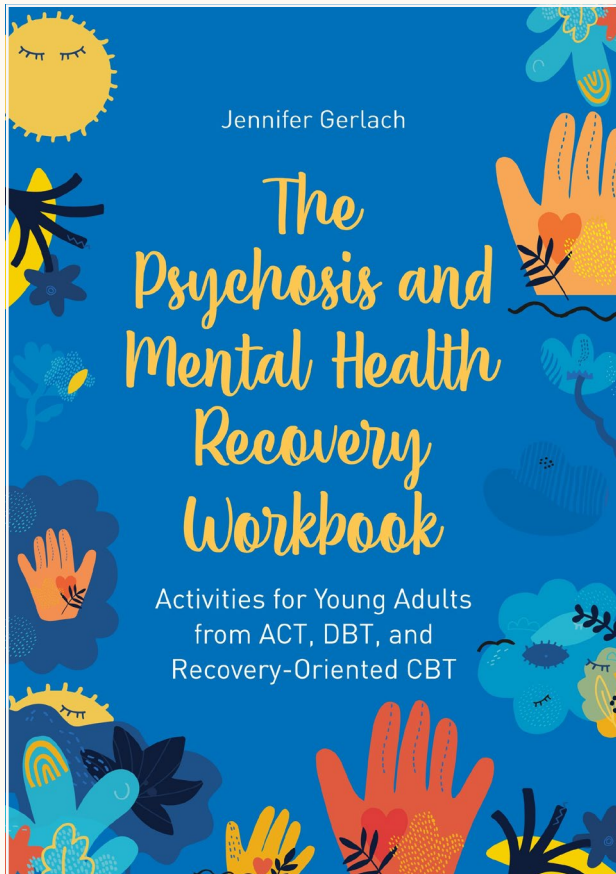
Jane McGregor

Offers answers, healing and game-changing new insights' Jackson MacKenzie

If you're in a relationship where you're always in the wrong, and constantly being criticised, the chances are you're with a sociopath - someone without a conscience, whose personality shows extreme antisocial tendencies.

Now substantially updated with shocking new statistics and compelling case studies, this book is designed to help you identify the sociopath destroying your happiness, and it gives you the tools you need to protect yourself against these arch-manipulators. It will help you to see their behaviour for what it really is, understand the way they interact with others, and extract yourself from a destructive relationship - whatever its nature. You will regain control of your life for good, and become a survivor; a stronger person.

More than just a practical guide, *Everyday Sociopaths* sends out a call to all of us, not only to identify and call out the sociopaths in our midst, but also to contribute to a culture where empathy exists as a prized virtue with the potential to transform society at every level.



MAY 2023 | TP | 192PP | ISBN-9781839977329

B&W ILLUSTRATIONS

JESSICA KINGSLEY PUBLISHERS

RIGHTS AVAILABLE

JENNIFER GERLACH, LCSW is a therapist based in the St Louis area in the US and specializes in working with young people. She has trained in Recovery-Oriented Cognitive Therapy (CT-R) and Acceptance and Commitment Therapy (ACT) and previously worked within a program for individuals in their first episode of psychosis. Jennifer experienced a psychosis diagnosis as a young adult and is herself in mental health recovery.

The Psychosis and Mental Health Recovery Workbook

Activities for Young Adults from ACT, DBT, and Recovery-Oriented CBT

Jennifer Gerlach

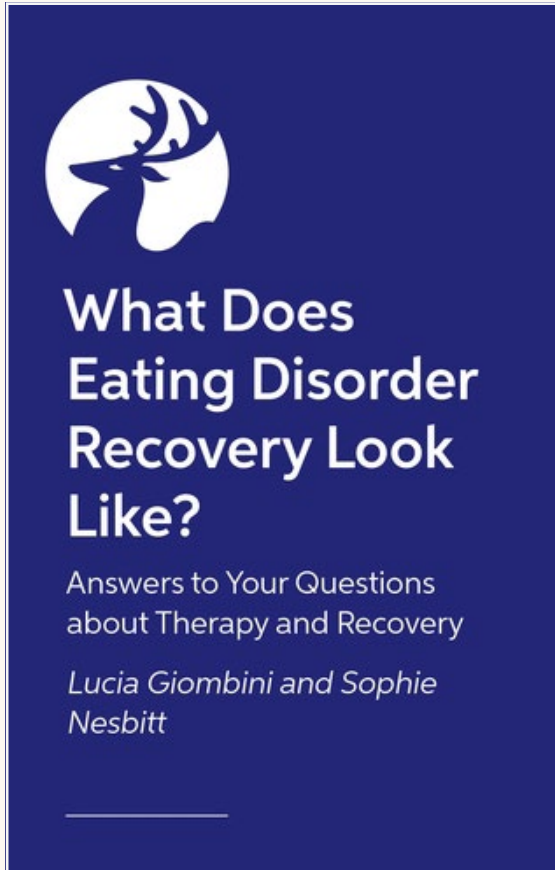
How can I use my voice to reduce the other voices I hear?

Who should I tell about my experiences with psychosis?

What steps should I take after a mental health crisis?

Experiencing and recovering from psychosis can be isolating, especially if friends and peers can't relate to what you are going through. With testimony from the author's lived experience and using a range of practical therapeutic exercises that draw on ACT, DBT and Recovery-Oriented CBT, this workbook will support and inspire you throughout your recovery, and help you be the best possible advocate for yourself.

With practical guidance on everything from coping with paranoia to dealing with stigma, as well as mindfulness strategies and advice on returning to work or school - this guide is with you every step of the way.



AUGUST 2023 | TP | 208PP | ISBN-9781839972201

JESSICA KINGSLEY PUBLISHERS

RIGHTS AVAILABLE

LUCIA GIOMBINI and **SOPHIE NESBITT** are Clinical Psychologists specialising in supporting young people and adults with eating disorders. They are based at Rhodes Wood Hospital, a specialist inpatient unit for childhood and adolescent ED in Hatfield, UK. Both authors are associate fellow members of the British Psychological Society, and work in private practice within their own clinics.

What Does Eating Disorder Recovery Look Like?

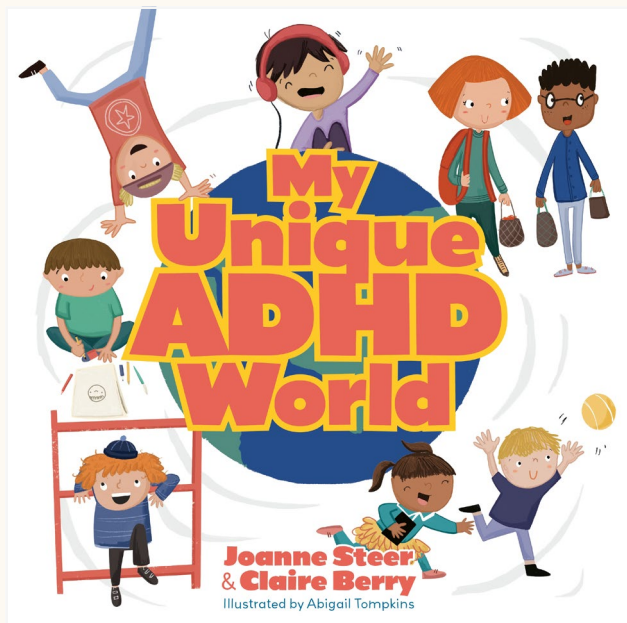
Answers to Your Questions about Therapy and Recovery

Lucia Giombini and Sophie Nesbitt

Do you have questions about eating disorders that you are afraid to ask? How about questions you did ask, but couldn't get an answer to?

From the causes of eating disorders to the most effective treatment approaches, this guide offers honest answers to difficult questions. Drawing on their experience supporting young people and adults with eating disorders, the authors provide insight into treatment and share information about recovery that is often harder to find.

Ideal for individuals and families at every stage of the recovery process, this book is relevant and sensitive to all types of eating disorder and has been developed to include insights from first-hand experience, alongside expert guidance. It also acknowledges the specific questions families, carers and non-medical professionals might have, helping them to understand the recovery process and better support others.



JUNE 2023 | HB | 32PP | ISBN-9781839973352

JESSICA KINGSLEY PUBLISHERS

RIGHTS AVAILABLE

DR JOANNE STEER is a chartered clinical psychologist with 19 years' experience working in Child & Adolescent Mental Health Services providing assessment and diagnosis of ADHD in children under 18 years. Joanne is the Associate Director for Emotional Health Services at Achieving for Children in South West London. She has authored and co-authored multiple books on ADHD for children and parents.

CLAIRE BERRY is an accredited Cognitive Behavioural Therapist with 13 years' experience working in Child and Adolescent Mental Health services. Claire provides ADHD assessments to young people under the age of 18 along with therapeutic intervention for those with a comorbid mental health difficult. Claire also delivers training to the children's workforce on understanding and supporting ADHD and is a contributing author to *Understanding ADHD in Girls & Women* Edited by Joanne Steer.

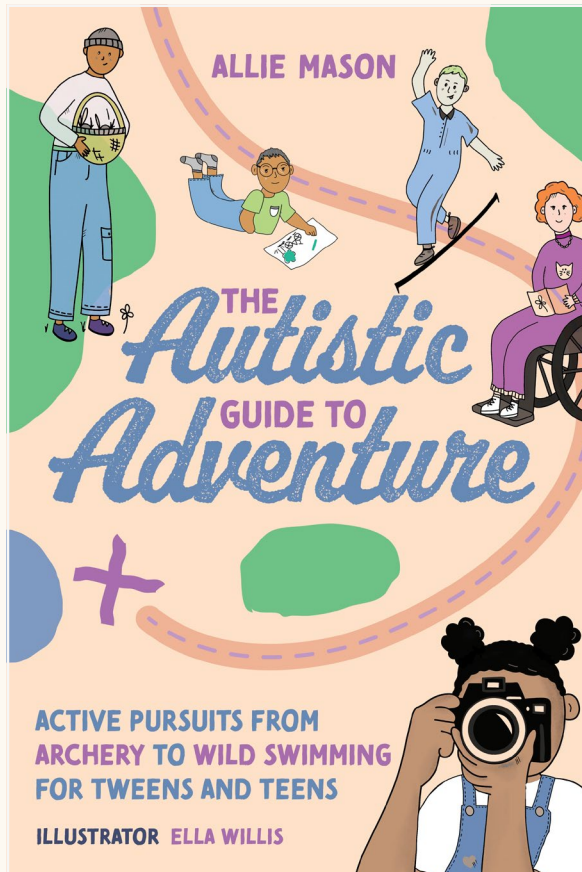
My Unique ADHD World

Joanne Steer and Claire Berry

'They just don't get it!' I bet you have said that before...

Maybe if you knew more about ADHD, you could help your friends, family and teachers understand too. Everyone has things they are good at and things they find more difficult. ADHD can give you some special strengths - however, it can also make some things more difficult for you. Let's explore what ADHD means for you with fun facts and by hearing all about other ADHD children's experiences too!

You can even write (or doodle) what you already know and what you have learnt about so that you can teach your friends, family and teachers all about you and YOUR UNIQUE ADHD!



MARCH 2023 | TP | 176PP | ISBN-9781839972171

50 B&W ILLUSTRATIONS AND PHOTOS

JESSICA KINGSLEY PUBLISHERS

RIGHTS AVAILABLE

ALLIE MASON is an autistic advocate who is passionate about making sport and adventure more accessible to the neurodivergent community. As well as being an ambassador for Neuropool, an organisation that aims to support neurodivergent people in further education and in the workplace, she has close links with the sports charities Spautism and Love Rowing.

The Autistic Guide to Adventure

Active Pursuits from Archery to Wild Swimming for Tweens and Teens

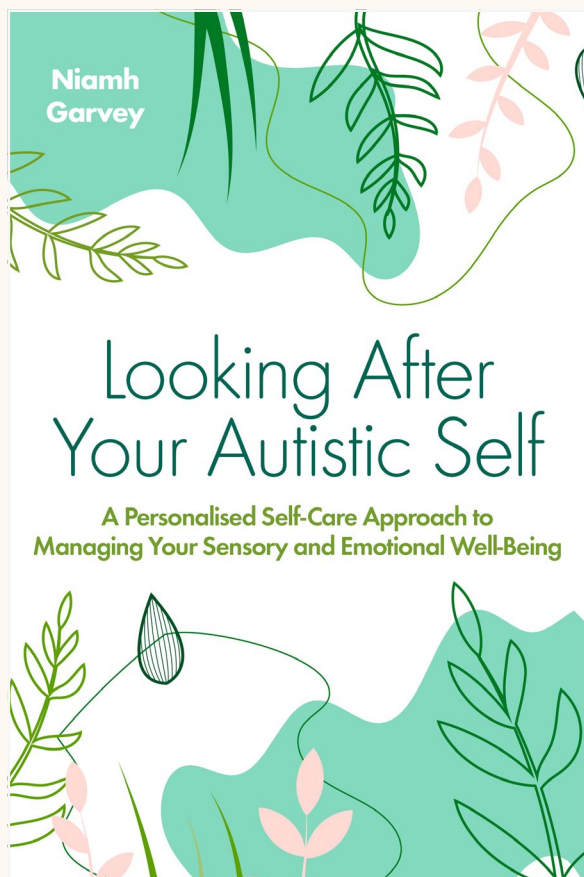
Allie Mason

It's time for a new generation of autistic adventurers!

Outdoor adventuring can be life changing - it makes you physically and mentally stronger, takes you to new places and introduces you to new friends, as well as being an exhilarating challenge - but it can be stressful when there are unexpected social and sensory challenges involved. Allie Mason, autistic adventurer extraordinaire, is here to help.

Join Allie as she introduces activities ranging from archery to stargazing, sailing to fossil hunting, snorkeling to nature-writing - and so much more. Each easily digestible factsheet comes with a short introduction, a summary of the sensory experiences involved, suggestions on approaching activities for when you're just getting started, as well as a handy budgeting system.

With personal anecdotes and interviews with awesome autistic athletes, this book will give you the support you need to take on the great outdoors.



MARCH 2023 | TP | 256PP | ISBN-9781839975608

JESSICA KINGSLEY PUBLISHERS

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NIAMH GARVEY is an autistic author. She graduated with a Diploma in Autism Studies from University College Cork in 2021. Niamh is a registered nurse, and lives in Cork, Ireland with her husband and three children.

Looking After Your Autistic Self

A Personalised Self-Care Approach to Managing Your Sensory and Emotional Well-Being

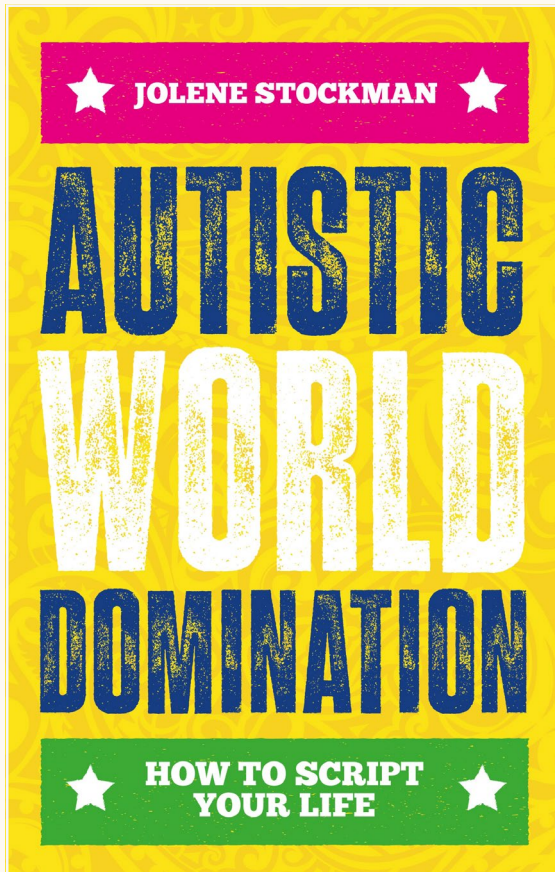
Niamh Garvey

'I no longer try to mask my autism; I now work to support my autism.'

It is a myth that autistic children grow into 'less autistic' adults. In fact, many autistic adults feel more overwhelmed as they age as the stresses of social demands such as relationships, parenting, or the work environment increase.

Niamh Garvey offers tips and tricks designed to reduce sensory and emotional stress and look after your autistic self. From understanding what's happening when the stress response kicks in to using the 'detective habit' to spot your individual strengths and triggers. What's more, every element of this book can be personalised to you.

Featuring strategies including 'quick calm plans' for managing triggers and lived-experience advice on understanding emotional regulation, coping with sensory overload and how to look after your senses during intimacy, this guide is here to ensure that you don't just survive adulthood, you thrive in it.



MARCH 2023 | TP | 208PP | ISBN-9781839974441

B&W ILLUSTRATIONS

JESSICA KINGSLEY PUBLISHERS

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Autistics, assemble! Ultra-enthusiastic author and TEDx speaker **JOLENE STOCKMAN** is tangata whaitakiwatanga (autistic). This fast-talking, big thinking Kiwi is excited to empower autistics - and the neurotypicals who love them - with her vision of the world. Jolene lives in Aotearoa, New Zealand.

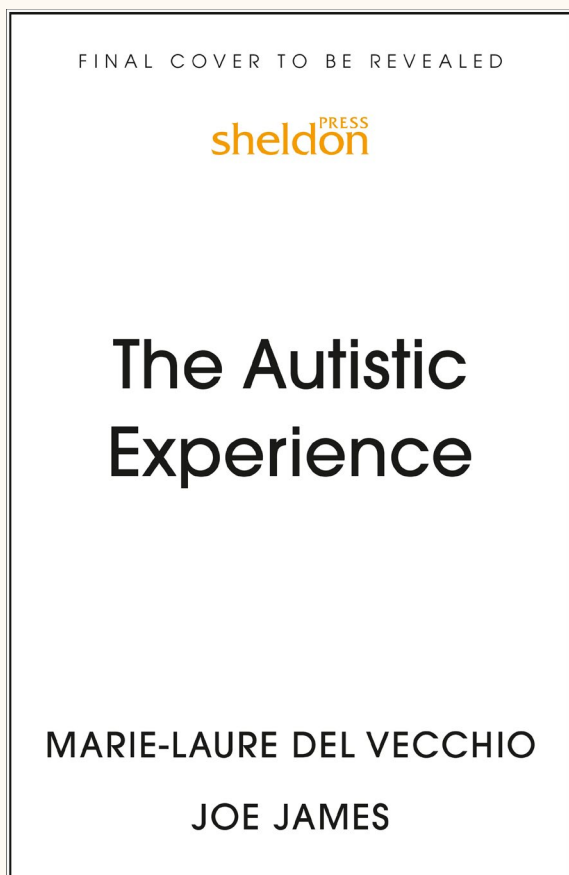
Autistic World Domination

How to Script Your Life

Jolene Stockman

The neurotypical world doesn't always work for autistic people who often feel they're on the same planet but live in a different world. *Autistic World Domination* is here to rewrite normal. By helping readers write their own blueprint for life, this book empowers autistic people to create the world they want for themselves. This vibrant, fresh, and energetic guide blends motivational writing based on Jolene Stockman's own experiences as an autistic woman with practical exercises and actionable plans to help the reader identify who they are, what is important to them and how they might achieve their goals.

This futuristic perspective on autism weaves advice and action together and encourages readers to uncover the truth about themselves and tap into the potential of true autistic power and joy.



JUNE 2023 | TP | 288PP | ISBN-9781399806855

SHELDON PRESS

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JOE JAMES is The Autistic Photographer. Having experienced a very traumatic childhood and early adulthood prior to being diagnosed as autistic, he is determined to ensure no child or adult experiences the same combination of disadvantages and poor understanding that he did. His photography has attracted critical acclaim, and he is building a platform from which to inform and empower other autistic people, and as an outreach worker in schools and organizations such as Autism Oxford, and NEST.

MARIE-LAURE DEL VECCHIO is a Swiss psychologist and psychotherapist who specialises in Emotionally Focused Therapy and who is affiliated with the Swiss Federation of Psychologists and by the Association of Psychologists from the Vaud Canton.

The Autistic Experience

Silenced Voices Finally Heard

Joe James & Marie-Laure Del Vecchio

'My autism and ADHD are as integral to me as my sense of personal ethics'

LETTIE

'That clearly visible line for everyone else was non-existent for me, and often I was ridiculed'

PARNEL

'Questioning authority? I was seeking clarification!'

LOUKAS

'I hate eye contact but I do it in order to look normal'

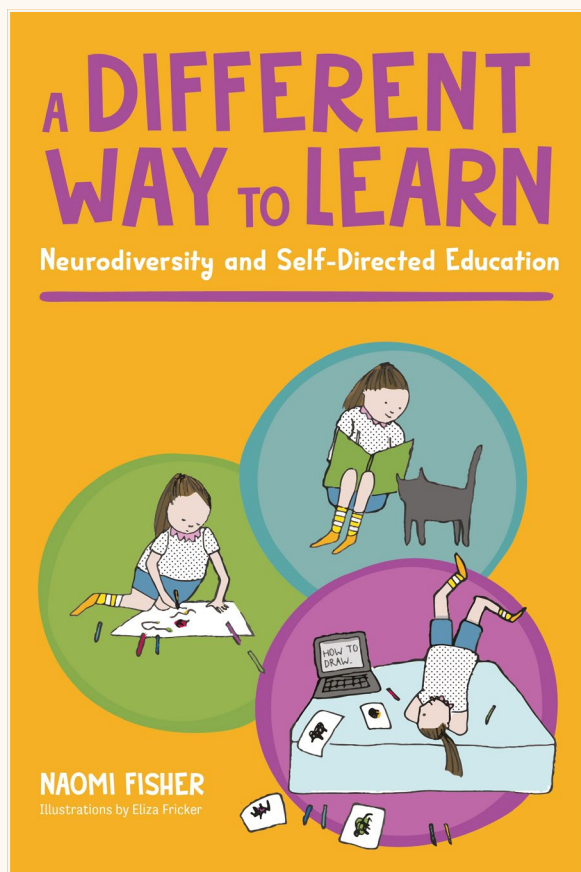
DIANA

These are Autistic Voices, and this is *The Autistic Experience*.

Curated by the Autistic Photographer, Joe James, whose own experience of trauma drives his mission to create an inclusive society, this book is a brave, unflinching and ultimately optimistic collection of stories about life in the lens of autism.

Sometimes sad, sometimes funny, often shocking and always eye-opening, these stories from people across the globe explore all aspects of autistic life - from the earliest childhood memories to the challenges facing the autistic parent or grandparent. From school days to office life, from teenagers to those in their seventies, across all genders, from people who are homeless to NASA scientists, *The Autistic Experience* explodes the myths around autism and celebrates the right to be autistic.

Taking a deep dive into controversies like the 'causes' of autism this is, above all, a book that speaks to the hundreds of thousands of people both with and without an autism diagnosis who need to know that to live in a more inclusive, adjusted and autism-friendly environment is a right worth fighting for.



JUNE 2023 | TP | 224PP | ISBN-9781839973635

B&W ILLUSTRATIONS

JESSICA KINGSLEY PUBLISHERS

RIGHTS AVAILABLE

NAOMI FISHER is a clinical psychologist with a PhD in autism. She works clinically with families whose children do not go to school or who are unhappy at school. She is the mother of two young people who have never been to conventional school and is a recognised expert in neurodiversity and self-directed education.

A Different Way to Learn

Neurodiversity and Self-Directed Education

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.

This comprehensive overview of self-directed learning is packed with ideas on how to implement it at home and includes interviews from parents of neurodivergent children on how you can make learning differently work for you and your child.

The Adult Autism Assessment Handbook

A Neurodiversity Affirmative Approach



Davida Hartman, Tara O'Donnell-Killen,
Jessica K Doyle, Dr Maeve Kavanagh,
Dr Anna Day, Dr Juliana Azevedo

FEBRUARY 2023 | TP | 368PP | ISBN-9781839971662

JESSICA KINGSLEY PUBLISHERS

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DAVIDA HARTMAN is an Adjunct Professor, as well as founder, Clinical Director and Senior Psychologist at The Adult Autism Practice and The Children's Clinic, both specialising in best practice Neuro-Affirmative autism assessments.

TARA O'DONNELL-KILLEN is the founder and Principal Psychologist at Thriving Autistic, a non-profit global multidisciplinary team of Autistic and otherwise Neurodivergent practitioners who specialise in supporting late-identified neurodivergent adults.

JESSICA K DOYLE is an Autistic Assistant Psychologist at the Adult Autism Practice, a director at Thriving Autistic, a project officer at TCDSense, and a consultant and researcher passionate about exploring Autistic perception and repositioning the lens away from thwarting Neurodivergent authenticity to designing for diversity, fostering growth and committing to universal design.

The Adult Autism Assessment Handbook

A Neurodiversity Affirmative Approach

Davida Hartman, Tara O'Donnell-Killen, Jessica K Doyle, Dr Maeve Kavanagh, Dr Anna Day, Dr Juliana Azevedo

Adult autism assessment is a new and fast-growing clinical area, for which professionals often feel ill-equipped. Autistic adults are often misdiagnosed which has enormous implications for their mental health.

This accessible and comprehensive adult autism assessment handbook covers the most up to date research and best practice around adult autism assessment, centering the person's internal experiences and sense-making in clinical assessment, rather than subjective observation, thus providing the clinician with a truly paradigm shifting Neuro-Affirmative approach to autism assessment. Traditional clinical assessment tools are comprehensively explored and unpacked to enable the clinician to have full confidence in aligning traditional criteria to the Autistic person's subjective experiences.

Full of additional resources like language guidelines and an exploration of the common intersections between Autistic experience and the effects of trauma, mental health and more, this book supplies a breadth of knowledge on key areas that affect Autistic adults in everyday life.

The mixed team of neurotypical and neurodivergent authors describe lived experience of Autistic adults, a how-to for conducting Neuro-Affirmative assessments and post-assessment support, alongside reflections from practice. This book also has a directory of further resources including downloadable forms that you can use to prepare for your own assessments and a downloadable deep dive into Autistic perception. This guide will also support professionals through every step of the assessment



JULY 2023 | TP | 176PP | ISBN-9781839974373

B&W ILLUSTRATIONS

JESSICA KINGSLEY PUBLISHERS

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SOPHIE GASTON has 20 years' experience working in education, from secondary languages teaching to senior leadership roles in schools, recruitment, and education charities. Sophie is also Trustee for children's charities with a focus on inclusion, and is a trained volunteer supporting families with disabled children.

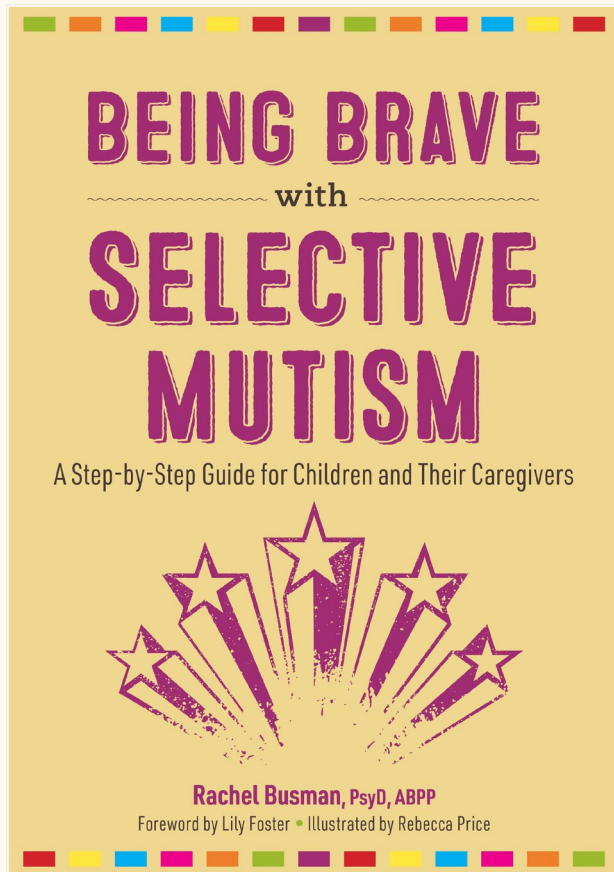
Exploring and Working With Autistic Regression

Sophie Gaston

In this honest, poignant depiction of autistic regression, Sophie Gaston explores the unexpected joys and challenges of having a child that regresses and surveys the historic and latest professional perspectives on the causes of this little-understood occurrence.

Full of advice and resources, including insight from speech therapists, autistic adults, paediatricians, and other parents, Sophie explores the implications of regression for family life and what can be done to achieve acceptance and happiness during these times.

Backed by the latest research and scientific evidence, and delivered from a lived-experience viewpoint, this book provides everything you need to explore what autistic regression is and how you can help a regressing autistic child to thrive.



MAY 2023 | TP | 106PP | ISBN-9781839970658

20 B&W ILLUSTRATIONS

JESSICA KINGSLEY PUBLISHERS

RIGHTS AVAILABLE

RACHEL BUSMAN is a Clinical Psychologist and Senior Director of the Child and Adolescent Anxiety and Related Disorders Program at Cognitive Behavioural Consultants in White Plains, NY. She created Voices Rising, an intensive group based therapy program for SM. She is certified in Parent Child Interaction Therapy for Selective Mutism. Prior to joining CBC, Rachel was the Senior Director of the Anxiety Disorders Center at the Child Mind Institute and the director of Brave Buddies, an internationally recognized program for children with Selective Mutism.

Being Brave with Selective Mutism

A Step-by-Step Guide for Children and Their Caregivers

Rachel Busman, PsyD, ABPP

Foreword by Lily Foster

If you've picked up this book, talking is probably pretty hard for you. Maybe you really want to talk but feel too nervous to do it when lots of eyes are on you. Perhaps you can talk to certain people but not others or you can only speak a few words in a soft voice. No matter what you are going through, the tips and activities in this book can help you to feel braver about talking.

Selective mutism can be tricky to manage. This workbook helps you and your child formulate a plan for exposure activities, and breaks down talking into attainable steps. It includes examples of games to play while practicing talking and offers sample dialogues to illustrate how to do exposures. Pairing a system of rewards along with the exposures helps your child through the challenge of dealing with those uncomfortable feelings. It discusses different situations and places where talking can be difficult and introduces two children, Emily and Jackson, who are both working hard to tackle their selective mutism.

Packed full of activities, worksheets and helpful strategies, this book makes putting in the work of being brave around talking fun!



SEPTEMBER 2023 | TP | 224PP | ISBN-9781839973185

JESSICA KINGSLEY PUBLISHERS

RIGHTS AVAILABLE

LATONYA SUMMERS is a mental health counsellor and author. She is Assistant Professor in Mental Health Counselling at Jacksonville University, Florida, and the founder of the Black Mental Health Symposium, which equips mental health professionals with culturally relevant skills to improve wellness in Black Communities.

Black Again

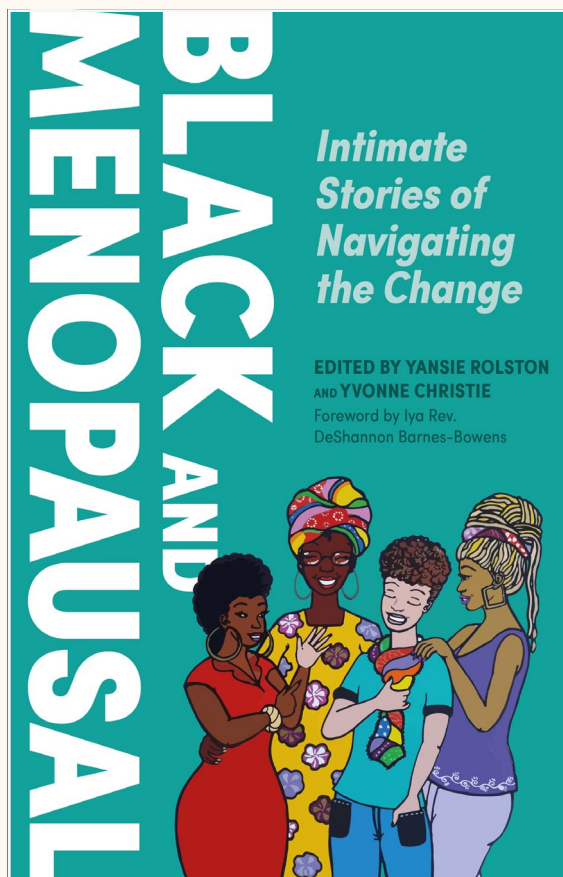
Losing and Reclaiming My Racial Identity

LaTonya Summers

'I was driven by the belief that if I wanted to go somewhere I'd need to be something other than Black.'

LaTonya Summers was only six years old the first time she unconsciously tried to be 'more white'. Recollecting experiences from her childhood in foster care through to her life today as an Assistant Professor and mother, LaTonya examines how her perception of self was affected by internalized racism and led her to adopt white norms - influencing everything from her music and clothing choices to her speech and values. Join LaTonya in her journey of realization - how all those years assimilating, stretching and pressing for whiteness harmed her, and how, in a world that sees her as Black, it's about time she did too.

Discover how LaTonya has truly 'made it' by embracing and endorsing the Afrocentric norms and values that have sustained her and her family better than any white picket fence ever could.



JUNE 2023 | TP | 208PP | ISBN-9781839973796

JESSICA KINGSLEY PUBLISHERS

RIGHTS AVAILABLE

YANSIE ROLSTON, PhD, FRSA, is Associate Director - Health & Wellbeing at The Ubele Initiative, and Director of Efficacy EVA. Yansie is passionate about the menopause and was driven to co-found YouandMe Menopause after her own challenges in getting culturally appropriate support.

YVONNE CHRISTIE is Project Director at Efficacy EVA and Co-Founder of YouandMe Menopause. She has an MA in Applied Psychology of mental health services, a diploma in counselling and a diploma in community and youth work. She has worked with communities (particularly women) on a range of issues including domestic abuse, psychological issues, parenting issues and has delivered training around race and inequality.

Black and Menopausal

Intimate Stories of Navigating the Change

Edited by Yansie Rolston and Yvonne Christie

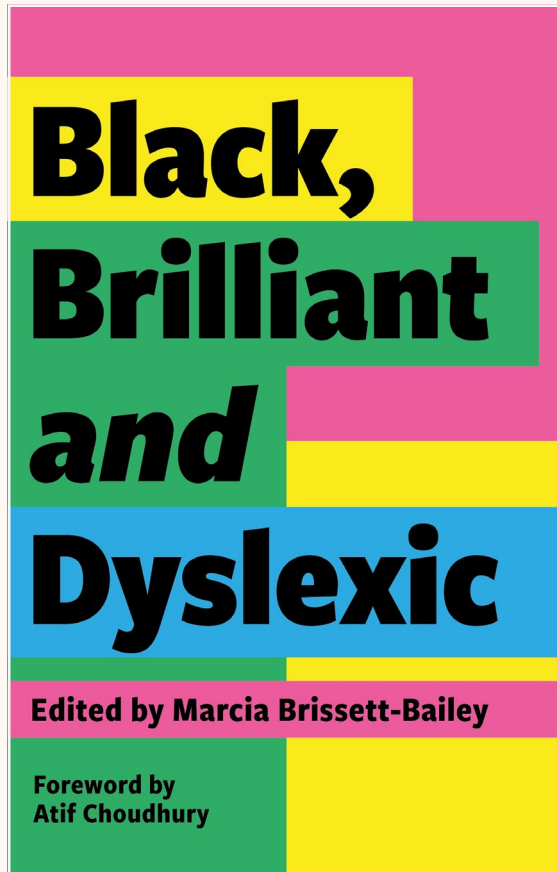
Foreword by Iya Rev. DeShannon

Barnes-Bowens, M.S.

'This is our voice, these are our truths, and our stories deserve to be told.'

This deeply empowering and personal collection of stories brings together a wide range of Black experiences on the menopause journey. Drawing on the historical and cultural importance of storytelling traditions in African and Caribbean ancestry, this anthology breaks through a taboo topic that has too often been mired in shame and silence with courage and vulnerability.

Contributions span across various heritages, sexual orientations, ages, and gender identities, curating an intimate treasury of journeys full of honesty, pain, healing, and liberation. Topics on emotional, mental, and sexual health as well as complementary therapies are all discussed with empathy and sincerity, allowing readers to broaden their depth of understanding on the experiences of Black people impacted by the menopause.



FEBRUARY 2023 | TP | 240PP | ISBN-9781839971334
 B&W AUTHOR PHOTO INCLUDED IN EACH CHAPTER
 JESSICA KINGSLEY PUBLISHERS

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MARCIA BRISSETT-BAILEY is an inspirational speaker, co-author and passionate advocate and champion for dyslexia and neurodiversity. She was named one of the Top 50 Influential Neurodivergent Women of 2022 and was winner of the British Dyslexia Association (BDA) Adult Award 2022. Marcia was nominated for the Stereotype Buster of the Year category at the 2021 and 2022 Celebrating Neurodiversity Awards. She is a co-founder of the BDA Cultural Perspective Committee and a board member of several organisations focused on Neurodiversity.

Black, Brilliant and Dyslexic

Neurodivergent Heroes Tell their Stories

Edited by Marcia Brissett-Bailey

Foreword by Atif Choudhury

My book showcases positive role models for black people and those within our wider dyslexic community and society, to inspire current and future generations.

This is a raw, honest and enlightening collection of experiences, across the black and dyslexic community, giving an intersectional perspective on topics including the education system, the workplace, daily life and entrepreneurship. These stories highlight the challenges, progress, successes and contributions of the black and dyslexic community, helping others to find their voice, feel empowered and be proud of their differences.

It charts journeys from early childhood through to adulthood and, despite the lack of representation within the public arena, how black dyslexic people of all ages are changing the world.

Raising awareness, breaking silences and tackling the stigma around dyslexia and the difficulties stemming from a lack of support. Contributors share how they tackled their unique adversities and provide practical tips for others to live proudly at the intersection of blackness and dyslexia.

Where Do I Start?

How to Navigate the Emotional Journey of Autism Parenting



Kate Laine-Toner

SEPTEMBER 2023 | TP | 224PP | ISBN-9781839975523

B&W ILLUSTRATIONS

JESSICA KINGSLEY PUBLISHERS

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KATE LAINE-TONER BCav is the founder of Bristol Autism Support, a charity that offers support and information for parents and carers of autistic children, both before and after diagnosis. She is the parent of an autistic child who was diagnosed at the age of two in 2012. Kate is autistic herself and also has ADHD. She writes from this multi-faceted perspective, as a parent, a neurodivergent person, and as a facilitator of helping parents and carers find their way on what can be an overwhelming journey. In 2022 Kate was given a British Citizen Award for her service to the autism parenting community.

Where Do I Start?

How to Navigate the Emotional Journey of Autism Parenting

Kate Laine-Toner

Recognising that your child is autistic is a pivotal moment for parents and carers. While it can lead to positives in terms of understanding behaviour and accessing support, the diagnostic process itself can be a huge source of anxiety, stress, guilt and worry.

But it's going to be ok - because right here you have the ultimate guidebook to navigating the emotions and challenges that these early stages present.

From weathering the initial impact of a potential diagnosis, to self-care strategies and finding new parameters for success, reading this book is like being taken by the hand and shown how to look after your own mental health while supporting your child. Each chapter is full of guidance from someone who's been where you are now, and tells you what you really need to know so you can journey from panic and uncertainty to confidence, acceptance and strength.

Low-Demand Parenting

Dropping Demands, Restoring
Calm and Finding Connection with
your Uniquely Wired Child



Amanda Diekman

JULY 2023 | TP | 160PP | ISBN-9781839977688

JESSICA KINGSLEY PUBLISHERS

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AMANDA DIEKMAN is soulful Presbyterian pastor, spiritual director, coach, and autistic contemplative. She has been published at *Not An Autism Mom*, *PDA Parents*, *the Mighty*, and *Motherly*. She lives in Durham NC with her husband and 3 children.

Low-Demand Parenting

Dropping Demands, Restoring Calm, and Finding Connection with Your Uniquely Wired Child

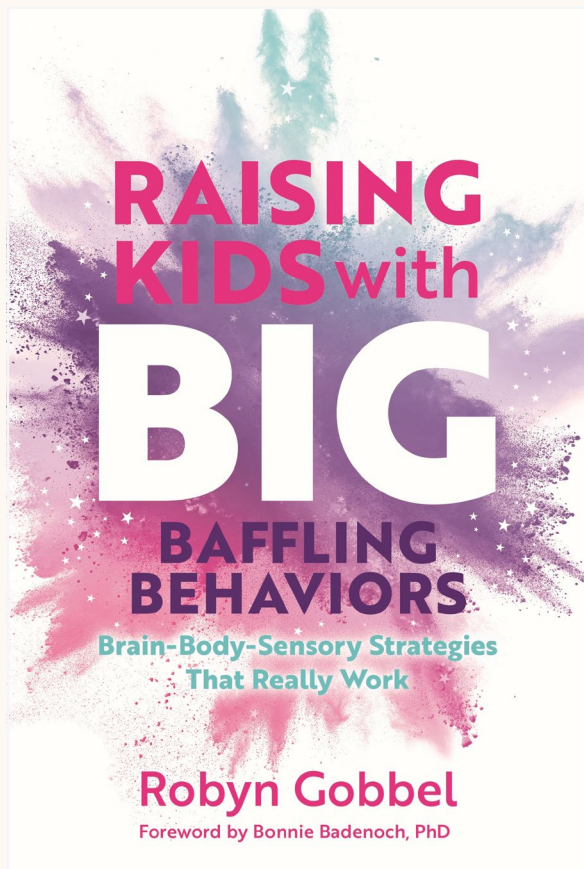
Amanda Diekman

'Low-demand parenting requires radical acceptance. It says to the kid right in front of you, I see you, just as you are. - You are ok here. I love you right here.'

Parent to neurodivergent children and autistic adult, Amanda Diekman, outlines a parenting approach that finally lowers the bar for the whole family, enabling the equilibrium of the home to be restored.

Low-demand parenting allows you to drop the demands and expectations that are making family life impossible and embrace the joyful freedom of living life with low demands. It can be a particularly effective approach for children with high anxiety levels including neurodivergent children. Amanda talks from experience and teaches you how to identify what the big, tiny and invisible demands are for your own child and gives you the step-by-step instructions on how to drop them.

Full of practical resources and scripts that are easy to implement in busy everyday life, this book is your flashlight and your map to parenting your uniquely wired child. It will not tell you where to go, but it will help you find your way so you and your family thrive.



SEPTEMBER 2023 | TP | 272PP | ISBN-9781839974281

41 B&W ILLUSTRATIONS

JESSICA KINGSLEY PUBLISHERS

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ROBYN GOBBEL is a mental health professional, specializing in supporting the families of children with challenging behaviors. She runs training courses for parents and founded the podcast *Parenting after Trauma with Robyn Gobbel*. Robyn is 'Neuroscience with heart...wrapped in glitter and fun!'.

Raising Kids with Big, Baffling Behaviors

Brain-Body-Sensory Strategies
That Really Work

Robyn Gobbel

'All behavior makes sense.'

'It most certainly does not!', is probably your first reaction.

Parenting coach Robyn Gobbel is here to reveal how all behaviour, no matter how baffling, can be explained and remedied. You just need to look past the behavior and understand what's going on inside.

Robyn decodes the latest brain science into easy-to-understand principles and metaphors which will help you to become an expert in your child's behaviour. She reveals simple ways to help you regulate and connect with your child, with brain-, body- and sensory-based strategies to overcome day-to-day challenges. She also provides you with the knowledge to understand and regulate your own brain so that you don't flip your lid when your child flips theirs.

Let this be your lifeline for parenting or caring for any child with baffling behaviors and hidden challenges, including kids who have experienced adversity, or with additional needs.

SENSORY PARENTING FOR SENSORY CHILDREN



Tanya van Dalen

Illustrated by **Ingrid Cutting**

MARCH 2023 | TP | 192PP | ISBN-9781839972546

JESSICA KINGSLEY PUBLISHERS

RIGHTS AVAILABLE

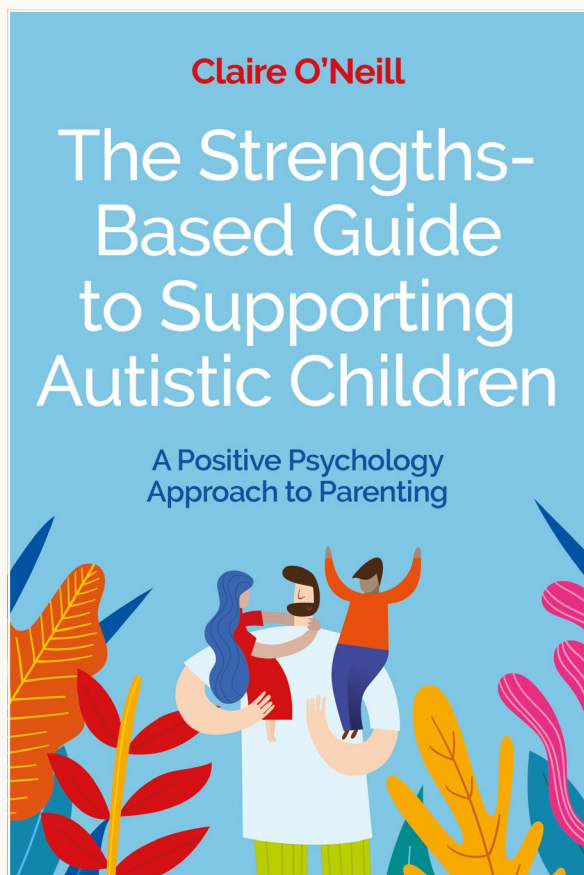
TANYA VAN DALEN is a highly specialised Occupational Therapist with over 25 years' experience. She is also the parent of a child with sensory needs.

Sensory Parenting for Sensory Children

Tanya Van Dalen

When your child dysregulates, half the battle is managing your own response. In the moment, you're at the mercy of many competing feelings: embarrassment, fear, panic, exhaustion. Being able to recognise your own triggers and behaviours in order to stay calm and provide the best support to your child, is not a skill that comes easily.

Helping parents and carers to reflect on themselves, think about how they manage sensory meltdowns and give them some simple ideas on how to manage their own emotions in order to help their child, this is a short and simple guide for those that parent or care for a child with sensory needs, or a sensory processing disorder (SPD). Drawing on Porges' polyvagal theory, and using easy-to-follow animal analogies, this will empower parents to build empathy for their child, and themselves.



FEBRUARY 2023 | TP | 208PP | ISBN-9781839972157

26 B&W PENCIL SKETCHES

JESSICA KINGSLEY PUBLISHERS

RIGHTS AVAILABLE

CLAIRE O'NEILL has taught autistic pupils for over 20 years. She has designed and facilitated Positive Psychology courses for teachers and parents of autistic children. She is also an accredited coach and uses positive psychology approaches in her coaching practice. Claire is autistic and lives with her autistic husband and their two autistic children.

The Strengths-Based Guide to Supporting Autistic Children

A Positive Psychology Approach to Parenting

Claire O'Neill

Being strength-aware has brought many moments of joy to our family life. It is this potential for growth and joy that I now want to share in this book.

This flexible, dip-in-dip-out guide will introduce you to the strengths-based approach that is helping autistic children and their families to thrive. By focusing on how to identify, develop and use your child's strengths to support them throughout childhood and into adolescence, this transformative approach is here to show you and your child that their unique character-strengths can empower them and shape their future.

Claire O'Neill combines her personal experience as an autistic person and mother to autistic children with her expert knowledge as a professional working with autistic young people to demonstrate the value of a strengths-based approach.

With step-by-step instructions on how parents and teachers can incorporate this approach easily into family and school life, Claire also offers a variety of specific tips, tricks and engaging activities to provide ongoing support for parents and teachers alike.

How to Survive in Social Work

Neil Thompson and John McGowan

Social worker. You're a helping hand, a rock in the tempest, a friendly face through the hard times, and a catalyst for change. But what about you? How do you keep going when the pressure just keeps rising?

In this no-nonsense handbook, Neil Thompson and John McGowan distil years of social work expertise into key strategies to overcome the challenges that come with the profession. Each chapter is full of clear, practical advice on staying resilient in the face of tough situations, whether they're political, social, or economic. Handy frameworks and expert advice will strengthen your practice and give you a solid structure to build on, helping you fulfil your potential as a social worker and provide better support for your clients.

Social work is tough, but with the guidance and support in this book you can learn to tackle the challenges and thrive as a force for change.

OCTOBER 2023 | TP | 288PP | ISBN-9781839978074 | 10 ILLUSTRATIONS | RIGHTS AVAILABLE
JESSICA KINGSLEY PUBLISHERS

The Social Worker's Practice Manual

Neil Thompson

An essential handbook for students and experienced social workers alike, this practical guide filters out the jargon and sets out what you really need to know. 30 easy-to-follow chapters delve into topics ranging from holistic thinking to effective record keeping, all rooted in Neil Thompson's extensive hands-on experience.

Complicated subjects such as cultural sensitivity and managing conflict are discussed thoughtfully and pragmatically, helping you understand the roots of tricky situations and find effective solutions. Each section masterfully combines theory and practice to give a holistic view of social work that can be tailored to help each unique client. This is 45 years of experience distilled into one manual for success.

AUGUST 2023 | TP | 304PP | ISBN-9781839978036 | 118 IMAGES | RIGHTS AVAILABLE
JESSICA KINGSLEY PUBLISHERS

The Learning From Practice Manual

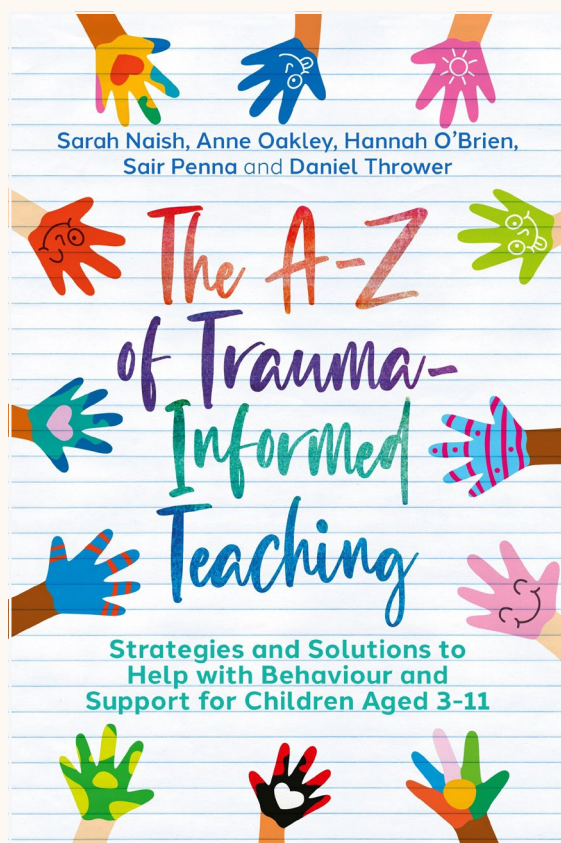
Neil Thompson

Neil Thompson sets out what you really need to know about supporting further learning during placement and practice.

Stripping away the confusion and anxiety about 'what next?', this manual goes back to the core theories of how learning works in the first place, and how you can synchronise that with values and reflective practice to help your students and colleagues reach their professional goals. Summaries illustrate and reinforce the guidance, creating a set of easy-to-follow strategies for effective workplace development mentoring.

Accessible explanations guide you through the theory and practice, covering everything from fostering a learning environment to troubleshooting difficulties and encouraging a culture of self-directed learning. Grow your mentoring skills and help your colleagues get to grips with not just what to learn, but how to learn it and make it stick.

SEPTEMBER 2023 | TP | 288PP | ISBN-9781839978050 | RIGHTS AVAILABLE
JESSICA KINGSLEY PUBLISHERS



AUGUST 2023 | TP | 352PP | ISBN-9781839972058

JESSICA KINGSLEY PUBLISHERS

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DANIEL THROWER is CEO of The Wensum Trust.

ANNE OAKLEY is the Strategic Lead for Attachment and Trauma at The Wensum Trust but also supports Norfolk schools.

SAIR PENNA works within the Centre of Excellence in Child Trauma supporting the delivery of education, training, resources, peer support and therapeutic support to families who care for neurodivergent children and children who have experienced trauma.

HANNAH O'BRIEN is founder of and CEO of Wickselm House Alternative Learning Centre.

SARAH NAISH is CEO and founder of the Centre for Excellence in Child Trauma.

This talented author team combines extensive experience in both teaching and supporting children with trauma and attachment difficulties.

The A-Z of Trauma-Informed Teaching

Strategies and Solutions to Help with Behaviour and Support for Children Aged 3-11

Sarah Naish, Anne Oakley, Hannah O'Brien, Sair Penna and Daniel Thrower

What does trauma-informed teaching really look like in the classroom, and can we really achieve it?

Maybe you, like many other teachers, will reach the end of a busy day feeling exhausted, deskilled and less than keen to dive into a book on the theory of trauma. Luckily you won't find any complex theory or jargon in this book, but you will gain an understanding of how small humans develop, how perplexing behaviours can be explained and learn inclusive strategies that will help all children in your classroom and school. Part 1 provides you with an explanation of what trauma-informed teaching involves. Then, Part 2 lists an A-Z of issues and behaviours for you to flip to in your busiest moments, ranging from Aggression and Lateness right through to Learning Challenges and Zzz (sleep issues).

Gain new understanding into the children in your classroom with this book offering you strategies to better support every child's mental health and resilience.

The Simple Guide to Emotional Neglect

What It Is and How to Help



Betsy de Thierry

Foreword by
Dr. Karen Treisman

Illustrated by
Emma Reeves

JULY 2023 | TP | 128PP | ISBN-9781839976759

9 B&W ILLUSTRATIONS

JESSICA KINGSLEY PUBLISHERS

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BETSY DE THIERRY is a mum of four brilliant sons, a practising psychotherapist and a qualified primary school teacher. With over 20 years of experience and knowledge within the field, she is a trainer in trauma recovery and the founder of the Trauma Recovery Centre, a charity specialising in recovery from complex trauma. She is also the CEO of BdT Ltd (www.betsytraininguk.co.uk) Trauma Training, Consultancy and Leadership, which supports professionals who work with traumatised children and families in the UK.

The Simple Guide to Emotional Neglect

What It Is and How to Help

Betsy de Thierry

What is emotional neglect?

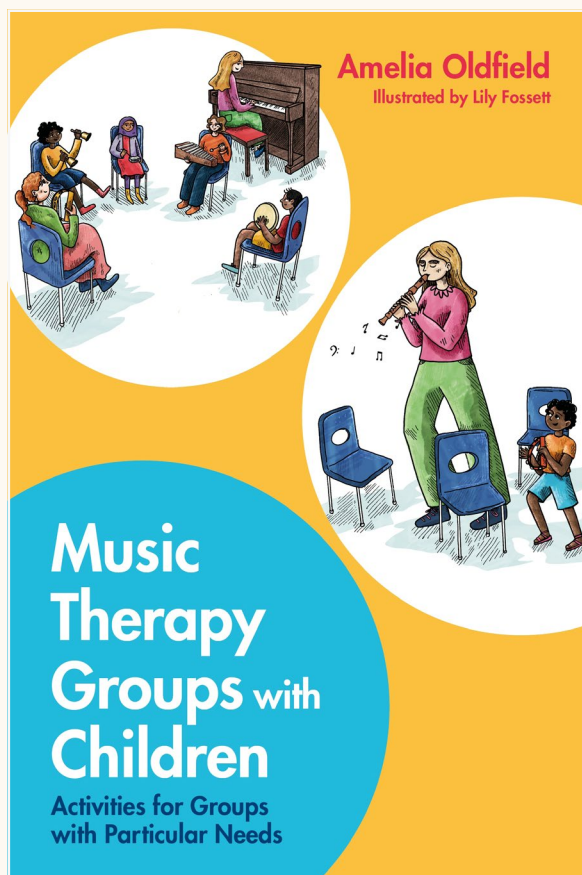
How does it affect children and the adults they become?

What can we do to help?

In *The Simple Guide to Emotional Neglect*, Betsy de Thierry provides clarity and guidance on the complex subject of emotional neglect, including how it impacts emotional connection and behaviour in the children who experience it.

Betsy de Thierry has spent years working with children and adults impacted by emotional neglect from all walks of life, and combines her experience with the latest research evidence to provide you with a concise overview of what emotional neglect looks like, and the issues it can create, including its impact on the developing brain, the development of trauma-based behaviours and challenges to forming emotional connections.

The practical advice in this book guides parents, carers, and professionals involved in child welfare on how to provide informed and empathic support.



FEBRUARY 2023 | TP | 224PP | ISBN-9781787759718

JESSICA KINGSLEY PUBLISHERS

RIGHTS AVAILABLE

AMELIA OLDFIELD is a well-known music therapist with over 40 years' experience in the field. She worked at the Croft Unit for Child and Family Psychiatry and at the Child Development Centre, Addenbrooke's Hospital. She is emeritus professor at Anglia Ruskin University, where she co-initiated the MA Music Therapy Training.

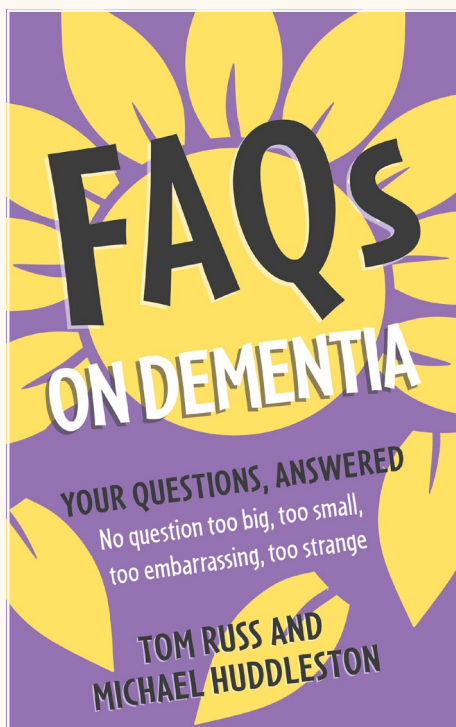
Music Therapy Groups with Children

Activities for Groups with Particular Needs

Amelia Oldfield

This one-stop practical book guides you to run a wide range of music therapy groups with pre-school and primary aged children with additional needs. Gain understanding on how to adapt and improvise to ensure that the group meets the individual child's needs, from simple tweaks - such as selecting easier to use instruments and adjusting table heights - to improvising on a single line instrument while dancing around the room. This book includes specific guidance on how to structure sessions to cater for children with neurodivergent needs, physical and learning disabilities, and those receiving psychiatric support, with tailored sessions for each client group.

60 ideas of group activities, complete with sheet music and helpful illustrations to bring the text to life, make this book your ideal practice companion.



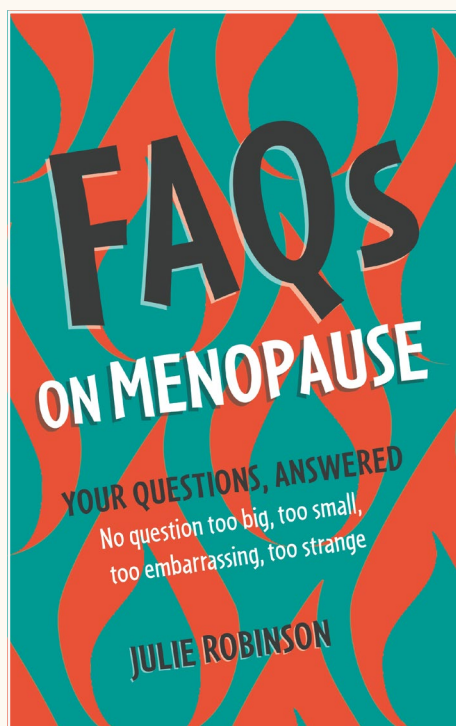
FAQs on Dementia

Tom Russ and Michael Huddleston

In this book you'll find the definitive, expert responses to all your FAQs: On Dementia. No question is too simple, too embarrassing, too rude or too offbeat to be included, and each one has been asked by thousands of people just like you. All these questions, and hundreds more, are covered in this short but powerful, helpful, practical guide to understanding the nature, and impact, of dementia.

TOM RUSS is a consultant psychiatrist, Network Champion of the NRS Neuroprogressive and Dementia Network, and Director of the Alzheimer Scotland Dementia Research Centre, Edinburgh. **MICHAEL HUDDLESTON** is Alzheimer Scotland's Dementia Advisor for Mid and East Lothian.

APRIL 2023 | TP | 160PP | ISBN-9781399802550 | RIGHTS AVAILABLE
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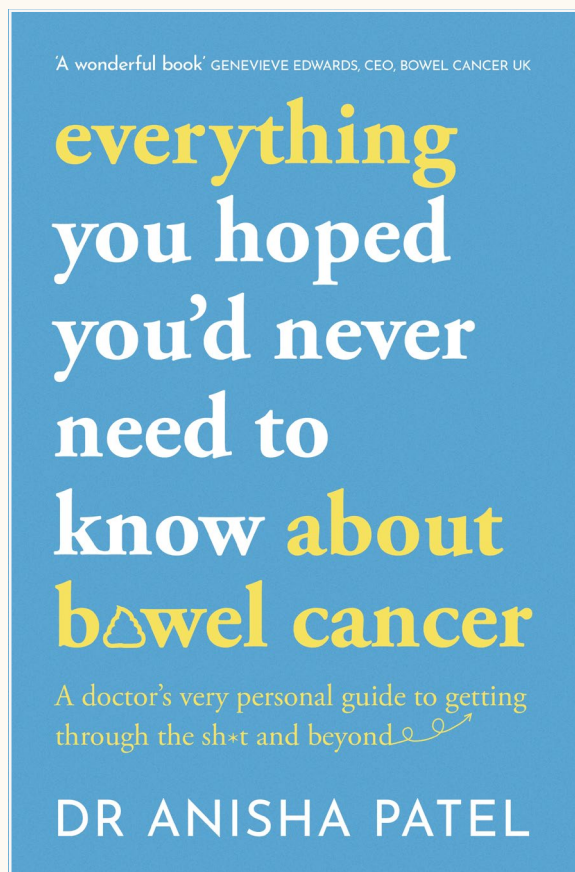
FAQs on Menopause

Julie Robinson

You left the doctor's surgery before you could ask the things you really wanted to know. You've googled your question about menopause symptoms and had 75 answers, all contradicting each other. You asked your best friend - but they looked at you strangely. You have so many questions, but no idea where to start finding the answers. Here they are. In this book you'll find the definitive, expert responses to all your FAQs: *On Menopause*.

JULIE ROBINSON, established the organization after she underwent a hysterectomy at the age of 36. The aim of the company is to promote physical and emotional wellbeing in women undergoing menopause. MenoHealth offers a programme of online workshops and exercise sessions to help business support their colleagues.

MAY 2023 | TP | 160PP | ISBN-9781399805674 | RIGHTS AVAILABLE
SHELDON PRESS



MARCH 2023 | TP | 352PP | ISBN-9781399807067

SHELDON PRESS

RIGHTS AVAILABLE

DR ANISHA PATEL MBChB, MRCP, DFSRH, DRCOG, MRCPGP undertook her medical training at the University of Birmingham and is now a general practitioner in West Sussex, UK. She was diagnosed with bowel cancer at the age of 39, and since then her energy has been focused on raising awareness of bowel cancer, initially through her popular Instagram platform, @doctorsgetcancertoo. Today, she is a speaker and health educator, working as an on-screen doctor across a variety of media outlets to highlight a broad range of health agendas. Anisha appears regularly on television, podcasts, in magazines and print media, talking all things health and women's health, with a particular focus on cancers. Anisha has taken part in a variety of health and cancer-related campaigns, as well as being a Trustee of Teens Unit and a Patron of the Fountain Centre, Guildford, two cancer charities supporting patients from diagnosis, through treatment, and beyond.

Everything You Hoped You'd Never Need to Know about Bowel Cancer

A Doctor's Very Personal Guide to Getting through Sh*t

Anisha Patel

1 in 15 men. 1 in 18 women.

Every year in the UK 43,000 people are newly diagnosed with bowel cancer.

Dr Anisha Patel is one of them. Young, fit, and married to a consultant gastroenterologist and bowel cancer screening specialist, in 2018 she was diagnosed with Stage 3 bowel cancer.

Despite being a family doctor, Anisha had no idea what would come next. With the benefit of hindsight, and after first-hand experience, she understands now that the diagnosis is just the beginning, that treatment can be physically and mentally overwhelming, and that the hard work really starts when the treatment ends.

Drawing on her own experience and her medical expertise, as well as that of specialists in the field, Anisha's book is an essential companion for anyone facing a cancer diagnosis. She outlines what to expect at each stage, from diagnosis, through treatment and into the 'new normal' that awaits, with practical advice and emotional guidance for every step of the way.

Hers is not the only voice; here you will find a chorus of individuals who share their own lived experiences of bowel cancer and its aftermath, in the hope that they, too, can navigate you through the eye of the cancer storm, to thrive in the life beyond.

Powerful and personal, this is a life-saving book for a life-changing diagnosis, and a testament to human resilience and the enduring power of hope.

Get Out Get Love

WHAT EVERYONE SHOULD KNOW IN,
AND AFTER, ABUSIVE RELATIONSHIPS

CRAIG NEWMAN

JULY 2023 | TP | 192PP | ISBN-9781399810357

SHELDON PRESS

RIGHTS AVAILABLE

CRAIG NEWMAN is a Chartered Clinical Psychologist with 23 years' experience in supporting transformation and personal growth. He is an experienced therapist and coach with expertise in pain management, neuropsychology and disabilities. He has worked in both the private and public sector, most recently providing NHS leadership and teams coaching. An award-winning innovator within the digital health sector, he has created a range of digital solutions that have gone on to improve the lives of both NHS staff and patients and was the driving force behind Project5, a free wellbeing service he set up to support NHS staff during the COVID pandemic.

As a survivor of domestic abuse and a single parent, his aim now is to offer clients and fellow survivors the same freedom and personal growth that he has enjoyed, showing them how to *Get Out, and Get Love*.

Get Out, Get Love

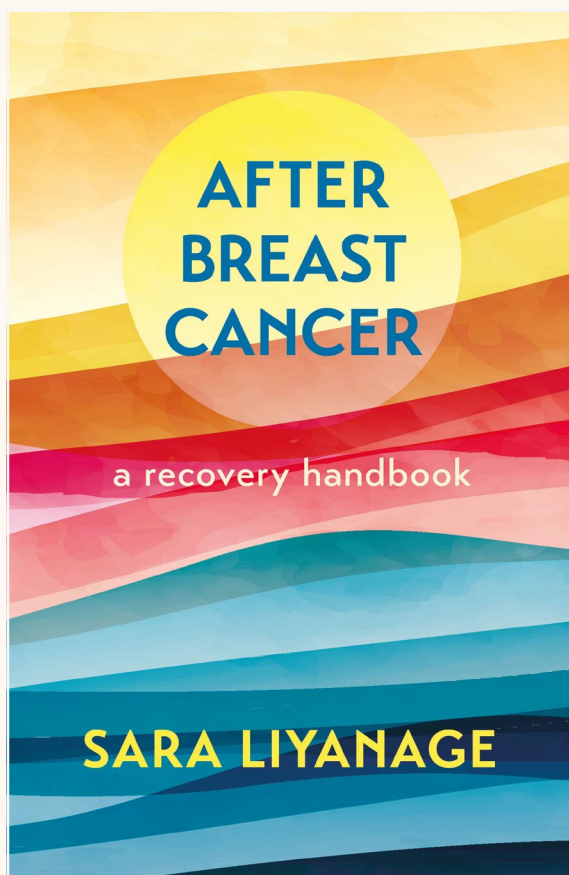
What Everyone Should Know In, and After, Abusive Relationships

Craig Newman

Before the pandemic, 5 in 100 adults was in an abusive relationship - a figure now estimated to be much higher. The author of this book was one of them.

After over a decade in an abusive relationship, he left, taking his children with him - and he has used his expertise, contacts and professional experience to formulate a recovery plan to help not only him and his family, but the hundreds of clients and fellow survivors he has met since. And he can help you.

Get Out, Get Love is a guide to the journey that anyone leaving an abusive relationship must undertake, in three stages - getting understanding (of the reasons we fall into abuse and why we tolerate it), getting out (escaping, breaking the cycle and staying away) and getting love (seeking closure, regaining trust and love in self). A mix of storytelling, case studies from a clinical perspective, and psychological insight, there is space for personal reflection and journalling prompts. Most importantly, unlike any other book on this subject, it puts control of the narrative in your hands, by helping you understand yourself better, and allowing you to embrace growth and change, for a future of freedom and joy.



APRIL 2023 | TP | 272PP | ISBN-9781399808019

SHELDON PRESS

RIGHTS AVAILABLE

SARA LIYANAGE is a corporate lawyer and breast cancer survivor. She is also a patient advocate, and founded a website providing practical advice and support for those with breast cancer, which has now been merged with that of the Future Dreams Breast Cancer Charity - for whom she runs the online support hub. She is a regular speaker at cancer-related events, the author of numerous articles for the press, cancer charities and Huff Post, NCT and Muggies. She has appeared on many podcasts and radio shows, runs writing workshops for people who have had cancer, and is a member of the Thames Valley Cancer Alliance Patient Partnership Group (PPG) and the Thames Valley Cancer Alliance Clinical Advisory Group (CAG) on chemotherapy/radiotherapy.

After Breast Cancer

A Recovery Handbook

Sara Liyanage

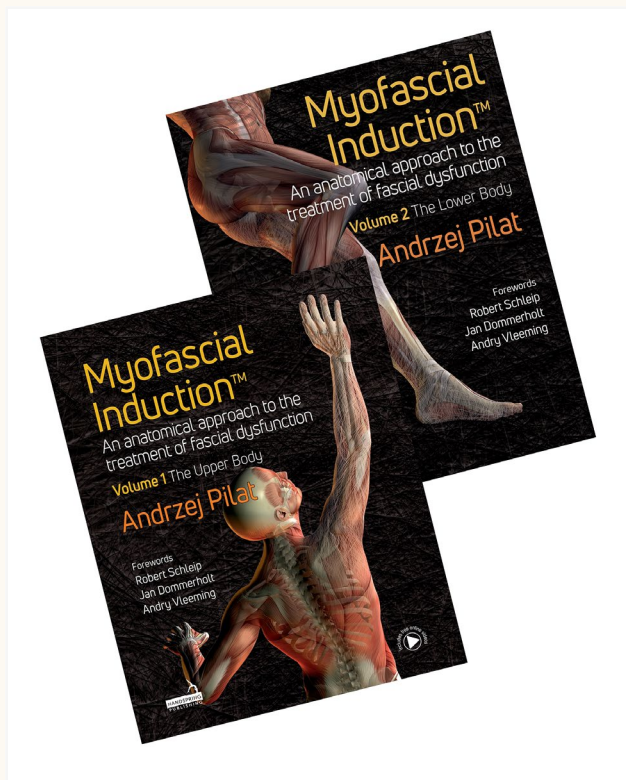
'Once treatment stops, and people leave strictly managed clinical environments, survivors feel as though they had "fallen off a cliff edge"... feeling isolated and abandoned at a time when support is needed the most.'

MENTAL HEALTH FOUNDATION

From the final infusion to the five-year check, *After Breast Cancer* gives a step-by-step support package to coping post-treatment. It follows on from Sara Liyanage's successful coverage of diagnosis and treatment in *Ticking Off Breast Cancer*, and is driven not only by her experience of illness, but underpinned by contributions from leading oncologists, heads of cancer services, and clinical consultant psychologists.

With a readable blend of informality and medically endorsed insight, *After Breast Cancer* has an optimistic outlook and a reassuring tone, but doesn't flinch from discussing the possibility of secondary cancer, or the full impact of treatment and surgery on you or your loved one. It features a huge amount of practical information, including a full toolkit for navigating the days post-treatment - including breathing exercises, mindfulness meditation, journaling, affirmations and a healthy bedtime routine.

Designed for women of all backgrounds, whatever the nature of their diagnosis, this blend of approachability, lived experience and medical insight puts the power firmly back in your hands, as a breast cancer survivor.



SEPTEMBER 2023 | HB | 528PP | ISBN-9781909141322

HANDSPRING PUBLISHING

CHINESE (SIMPLIFIED): SHANDONG SCIENCE & TECHNOLOGY PRESS CO.; KOREAN: YEONG MUN PUBLISHING AGENCY; POLISH: S3 PUBLISHING; SPANISH: EDICIONES JOURNAL S.A.

DR ANDRZEJ PILAT is a Physiotherapist and specialist in manual therapy. Creator of the Myofascial Induction approach. Lecturer on postgraduate and master degree programs in numerous universities in Spain and other European countries as well as in Central and South America. Author of the book Myofascial Induction, and co-author of books and papers on manual therapy published in Britain, Spain, Italy and the USA. Director of the Tupimek School of Myofascial Therapies, Madrid, Spain. Dr Andrzej Pilat has undertaken pioneering research on fascial anatomy using non-embalmed cadaver dissections and has used his expertise as a photographer to capture the inner beauty of the body in pictures.

Myofascial Induction™ 2-Volume Set

An Anatomical Approach to Fascial Dysfunction

Andrzej Pilat

In these unique and lavishly illustrated books and their accompanying videos, the practitioner can for the first time see the effect of manual interventions on underlying body structures.

Using over 700 photographs and diagrams these volumes reveal fascial architecture to the reader in all its glory, and sets out the principles and practice of Myofascial Induction. The author's own teaching and practice provide the material that explains and illustrates fascial anatomy and therapeutic procedures. The beautiful full color photographs and videos of dissections of non-embalmed cadavers show the continuity of the fascial system and its dynamic links to other body systems. By demonstrating the effect that therapy has on body structures the book will be of interest and practical value to the physical therapist, osteopath, chiropractor, physician and all bodyworkers dedicated to manual therapy, as well as to researchers wishing to build on this ground-breaking material.

Volume 1 covers the science and principles of Myofascial Induction and its applications to the upper body. Volume 2 addresses its applications to the thoracic and lumbar spine, the pelvis, and the lower body.

The Neuroscience of Yoga and Meditation



Brittany Fair

Foreword by Brandt Passalacqua



JULY 2023 | TP | 192PP | ISBN-9781913426439

143 COLOUR DRAWINGS AND PHOTOGRAPHS: 94 COLOUR
HALFTONES, 43 LINE DRAWINGS

HANDSPRING PUBLISHING

KOREAN: DONGLE DESIGN

BRITTANY FAIR, MS, RYT200, RCYT is a San Diego-based science writer, podcast host, and yoga teacher. With a background in philosophy, ecology, medical studies, and neuroscience, she has taught courses and workshops at yoga studios, schools, and universities nationwide. She is also the former president of the San Diego Science Writers Association. Outside of work, she is a competitive triathlete and twin mom.

The Neuroscience of Yoga and Meditation

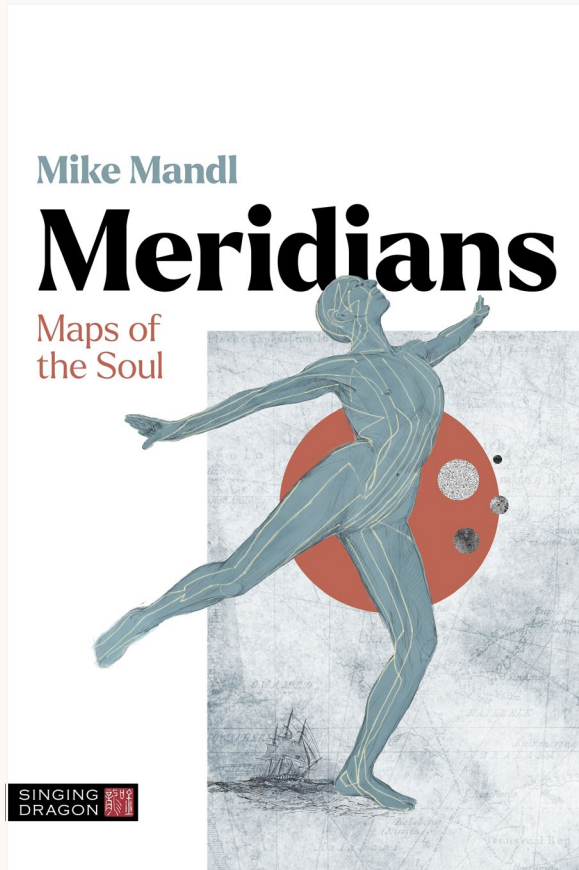
Brittany Fair

The Neuroscience of Yoga and Meditation presents a comprehensive review of scientific research on the effects of yoga and meditation on the brain. The author offers tools for interpreting scientific literature and explores the current limitations in studying these practices. She also includes examples of mediations and movement routines that activate the brain to decrease stress and improve well-being.

The Neuroscience of Yoga and Meditation is a must-have for any yoga teacher, yoga therapist, or yoga student who is interested in how contemplative practices affect the brain.

Topics Include:

- Anatomy of the brain
- How the senses work
- Movement and proprioception
- Breathing science
- Styles of Meditation
- Stress, inflammation, and trauma
- Psychological disorders and neurological conditions
- Brain Plasticity and aging.



FEBRUARY 2023 | TP | 272PP | ISBN-9781839976711

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SINGING DRAGON

RIGHTS AVAILABLE

MIKE MANDL has been practicing TCM and shiatsu for the past 30 years. He is a popular lecturer throughout Europe, offering postgraduate programs in English and German, and hosts an e-learning platform, *Das Zentrum*. Mike is the Director of European Shiatsu Congress and Director of the International Academy for Hara Shiatsu, as well as being a passionate gardener and snowboarder in his own time. He is based in Vienna.

Meridians

Maps of the Soul

Mike Mandl

Meridians are the bridge between the psyche and soma, the system that allows our life force to flow through our body. Each of the twelve main meridians stand for a fundamental life principle and by examining them, we can begin a journey towards better health- as well as freedom and contentment.

In this inspirational, easy-to-read deep dive, Mike Mandl uses his own wit and humour to explore the life principles of the meridians and offers a toolbox for self-diagnostic purposes, demonstrating how to strengthen these principles, correct imbalances, and keep in harmony with yourself through daily observation and maintenance.

Translating the principles of Traditional Chinese Medicine into an engaging, accessible resource for practitioners and novices alike, this is the perfect first step in harnessing the meridians for your own self-actualisation.

