

# RIGHTS GUIDE

## Spring 2023

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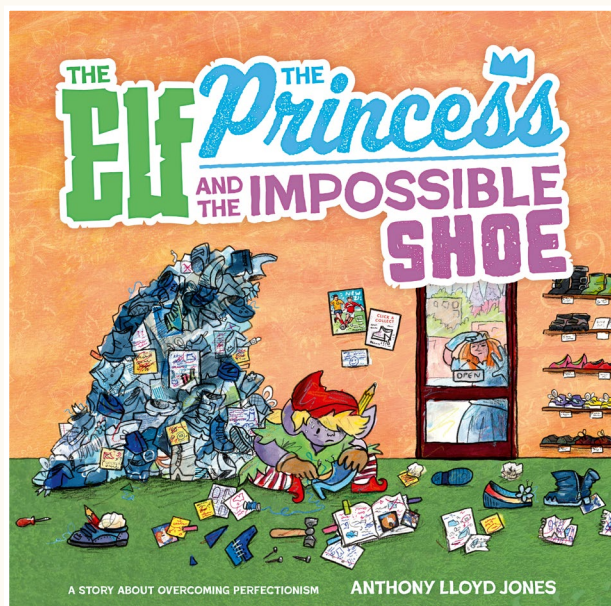
Jessica Kingsley  
Publishers





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NOV 2023 | HB | 48PP  
 FULL COLOUR ILLUSTRATIONS THROUGHOUT  
 ISBN-9781839975417

JESSICA KINGSLEY PUBLISHERS

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ANTHONY LLOYD JONES is an author and illustrator who currently lives in London, UK. He fell in love with illustration at a very young age and likes to make stories inspired by his own mental health experiences (with the help of people much smarter than him.) More of Lloyd's work can be seen at [www.anthonylloydjones.com](http://www.anthonylloydjones.com).

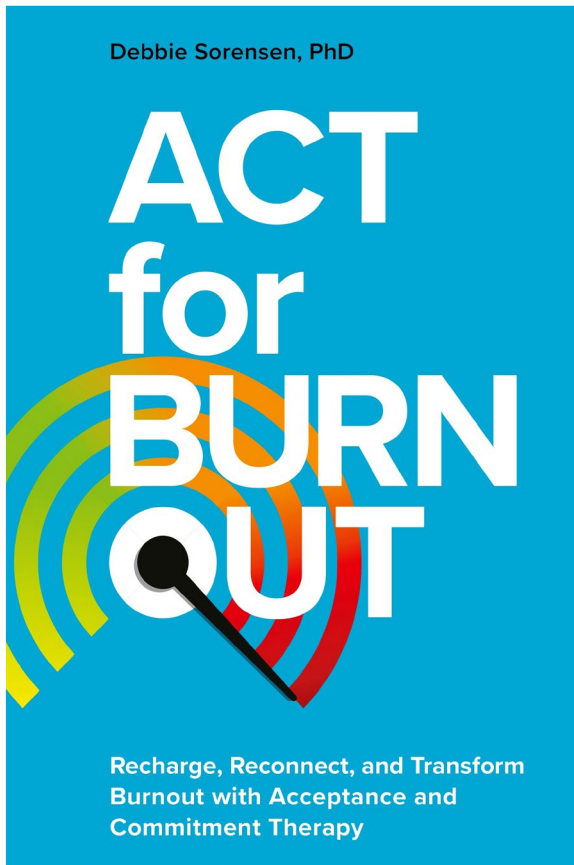
## The Elf, the Princess and the Impossible Shoe

A Story about Overcoming Perfectionism

Anthony Lloyd Jones

Once upon a time, in a kingdom far away, there lived an elf. The elf was a shoemaker, and her shoes were admired around the kingdom. The elf was confident at her job, until one day the Princess ordered a pair of shoes for the Royal Ball. Putting pressure on herself and comparing her work to her friends' on 'Elfstagram', the elf is worried that her shoes will not be perfect.

*The Elf, The Princess and the Impossible Shoe* explores childhood perfectionism and the anxiety that it can cause, and offers children aged 5+ effective tools to deal with their feelings. It also contains a guide for parents and professionals, giving expert advice on how to use the book to aid discussion on this topic.



JAN 2024 | TP | 240PP

BLACK AND WHITE ILLUSTRATIONS

ISBN-9781839975370

JESSICA KINGSLEY PUBLISHERS

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DR. DEBBIE SORENSEN is a clinical psychologist with a Ph.D. in Psychology from Harvard University. She works with adults in her private practice in Denver, Colorado. She is a co-host of the *Psychologists Off the Clock* podcast and co-author of *ACT Daily Journal: Get Unstuck and Live Fully with Acceptance and Commitment Therapy*. Her personal experiences with burnout have led her to specialize in helping her clients recognize and overcome it.

## ACT for Burnout

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

*Debbie Sorensen*

'I know what it's like to care deeply about my work and yet feel utterly exhausted by it.'

Burnout is more widespread than ever before, and it's time to do something about it.

Rooted in Acceptance and Commitment Therapy (ACT), this book delves into the systemic, cultural, and economic contexts that contribute to burnout, and gives you the tools to exit the cycle. Exercises and reflection questions help you reconnect with your values to find what's really important, and disentangle yourself from unhelpful thought patterns. By engaging with your emotions rather than avoiding or suppressing them, ACT allows you to respond more effectively and become re-engaged in your own life again. This book will show you how to move out of the burnout cycle, reconnect with meaningful aspects of your work, and make changes that last.

KATE SHERMAN and MICHELLE HENDERSON



# DBT FOR EVERYONE



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

NOV 2023 | TP | 208PP

BLACK AND WHITE ILLUSTRATIONS

ISBN-9781839975882

JESSICA KINGSLEY PUBLISHERS

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KATE SHERMAN and MICHELLE HENDERSON are Licensed Mental Health Counselors and hosts of the popular podcasts, *DBT and Me* and *The Couch and the Chair*. They both have personal and professional experience of using DBT skills and are passionate about communicating the benefits of DBT more widely. Both authors are based in the US.

## DBT for Everyone

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

*Kate Sherman and Michelle Henderson*

DBT skills can be a fantastic way to approach life's challenges. But where do you start?

This down-to-earth guide walks you through the four DBT modules: mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness. Each chapter explains how to practice the key skills and dives into the authors' own experiences to explore what works, what doesn't, and which skills work best for particular challenges. Journaling prompts help you work out how to fit the skills into your own day-to-day life, so you can make changes that work for you.

DBT works by helping you to understand difficult emotions and develop skills to regulate them in a healthy way. Whether you struggle with mental health difficulties, or just want to improve the way you handle everyday stress and challenges, this book will filter out the jargon and show you how to use DBT skills in real life.



AUG 2024 | TP | 176PP

BLACK AND WHITE ILLUSTRATIONS

ISBN-9781399815437

**SHELDON PRESS**

**RIGHTS AVAILABLE**

DR. ERIN LEONARD has been a practicing psychotherapist for 25 years. Currently, she owns and practices at Recore Counseling in Indiana. Dr. Leonard has appeared on *WGN* and *FOX* affiliates in Chicago, Dallas, Boston, Memphis, Atlanta, and Phoenix. She is a TV contributor for *WNDU*, South Bend, *WISH TV*, Indianapolis, and *WGN*, Chicago. In 2016, she won the bronze Living Now Award, and in 2018 was awarded the title of worldwide leader in healthcare and inducted into the International Association of Healthcare Providers.

As a journalist for *Psychology Today* with over 7 million readers, she enjoys helping people in the areas of emotional intelligence, empathy, narcissism, attachment, and parenting. Her TikTok platform helps her reach a wider audience and keeps her in touch with people who are looking for trustworthy advice.

# How to Outsmart a Narcissist with Emotional Intelligence

**Regain Control at Home, at Work, and in Life**

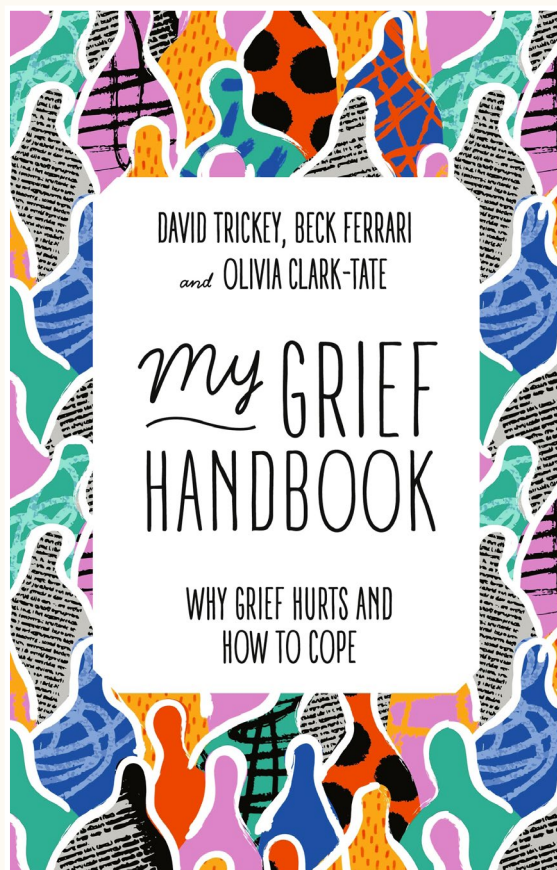
*Erin Leonard*

It might be surprising to learn that the emotional qualities that allow you to remain close to others, empathize, collaborate, compromise, perspective-take, and easily resolve conflict, in most healthy relationships, can actually backfire with a toxic person.

Why? Because you see the good. You trust. You empathize. You take things 'on the chin,' for the betterment of the group. These emotionally intelligent attributes serve you well with non-narcissists and allow you to remain close and connected to others. They may also help you resolve conflict amicably and maintain healthy relationships. Yet, with a narcissist these EI features are often manipulated and exploited.

Unfortunately, a narcissist typically garners your trust before they do anything else. Once they have it, however, they abuse it by unscrupulously working behind your back against you. Before you realize what is happening, they have quickly convinced you that you are the 'real' problem in the relationship. In the absence of a solid education about your vulnerabilities regarding this dynamic and specific emotionally intelligent strategies to inoculate the narcissist, you may endure an inhumane amount of emotional abuse in almost every area of your life - work, dating, marital, and familial.





OCT 2023 | TP | 176PP

17 BLACK AND WHITE ILLUSTRATIONS

ISBN-9781839970696

JESSICA KINGSLEY PUBLISHERS

#### RIGHTS AVAILABLE

DAVID TRICKEY is a Consultant Clinical Psychologist and Co-Director of the UK Trauma Council. He has specialised in working with traumatised and bereaved children for over two decades.

BECK FERRARI is a Cognitive Behavioural Therapist who specialises in trauma and bereavement. She is the Clinical Content Lead for the UK Trauma Council. Her background is in teaching and leading child bereavement services in schools.

OLIVIA CLARK-TATE is passionate about sharing her experience with bereavement as a teenager with young people, in the hope of making the process of grief and healing easier through her own learning journey. She has previously worked with the UK Trauma Council to produce content aimed at supporting other young bereaved people.

## My Grief Handbook

### Why Grief Hurts and How to Cope

*David Trickey, Beck Ferrari  
and Olivia Clark-Tate*

Grief can be complicated and painful. Our memories, relationships, good times and worries are unique, and these all affect how we experience a loss. No two people will experience grief in the same way because all of our relationships are specific to us.

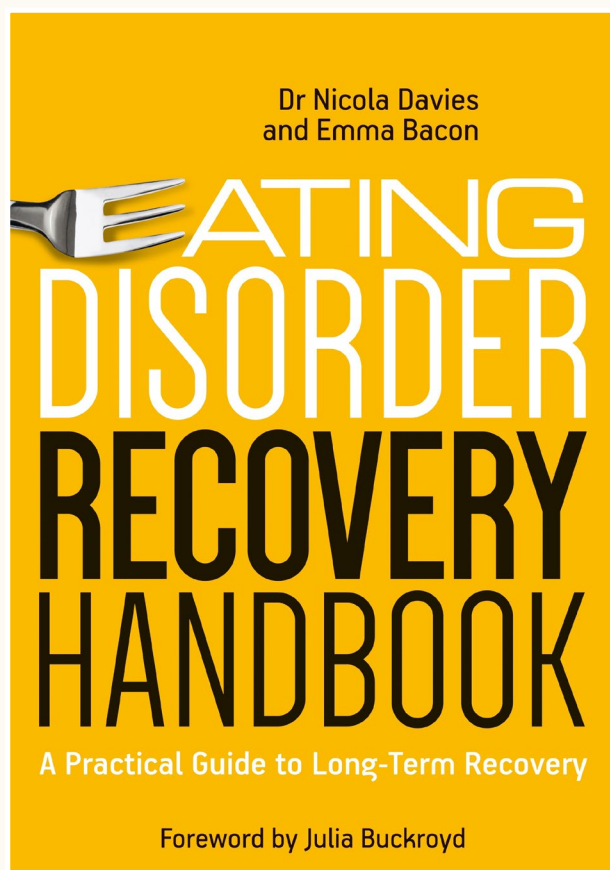
But there are frameworks for understanding our reactions when someone dies. Lots of people have found it helpful to understand these frameworks, as knowing what's going on with grief can help us find ways to cope with the loss, let go of some of the pain, and find ways to still have a good future.

Based on years of research, this book includes some first-hand experiences from people who have been through grief, to show how the ideas could work in real life. However, this is not another person's story. It is a guide to understanding your own.

By getting to know how we are processing grief, we can start getting on with it - working alongside it and moving forward.

For children aged 12+ who have experienced a bereavement.





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JESSICA KINGSLEY PUBLISHERS

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NICOLA DAVIES is a health psychologist, counsellor, and writer specialising in raising awareness about health and well-being. She is a member of the British Psychological Society and the British Association for Counselling and Psychotherapy. Nicola also keeps a health psychology blog and runs an online forum for counsellors.

EMMA BACON is the founder of Balanced MK, an eating disorder support service, which she set up after her own recovery from anorexia nervosa. She also offers mentoring and facilitates a self-support group for sufferers and carers, with the aim of spreading awareness and understanding about eating disorders.

## Eating Disorder Recovery Handbook

### A Practical Guide to Long-Term Recovery

*Dr Nicola Davies and Emma Bacon*

This empathetic handbook has been created for people affected by any form of disordered eating. Thoughtfully compiled by experienced authors, it will be a comprehensive guide through every stage of your recovery, from recognising and understanding your disorder and learning fully about treatment, to self-help tools and practical advice for maintaining recovery and looking to the future.

Each chapter includes suggested objectives, tasks and reflections which are designed to help you think about, engage with, and express your thoughts, feelings and behaviours. It will encourage you to process the discoveries you make about yourself for positive and long-lasting change. Encouraging quotes are included throughout from people who have walked this path and found the help they needed to overcome their own disordered eating. You are not alone on this journey.

# EATING DISORDERS DON'T DISCRIMINATE

STORIES OF ILLNESS, HOPE AND  
RECOVERY FROM DIVERSE VOICES

EDITED BY CHUKWUEMEKA NWUBA AND BAILEY SPINN  
FOREWORD BY PROFESSOR JANET TREASURE OBE

FEB 2024 | TP | 336PP

BLACK AND WHITE ILLUSTRATIONS

ISBN-9781839976995

JESSICA KINGSLEY PUBLISHERS

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CHUKWUEMEKA “CHUKS” NWUBA is a London-based Specialty Doctor in Eating Disorders. He was voted on the list of Powerful Media’s Top 10 Black Future Leaders 2017-18. He is the Clinical Lead for Mind of the Student charity and is the Co-Founder of ed/md, the UK’s first eating disorders conference for medical students.

BAILEY SPINN is a musician and social media influencer. Her point of view videos on TikTok have gained her over 13.7 million followers, along with over 3.1 million on YouTube. Throughout her career, she has been featured on *Allure Magazine’s* YouTube, *New York Post*, *USA Today*, and *ET Canada*. She has eating disorder lived experience and uses her platform to raise awareness.

## Eating Disorders Don’t Discriminate

Stories of Illness, Hope and  
Recovery from Diverse Voices

Edited by Dr Chukwuemeka  
Nwuba and Bailey Spinn

Foreword by Professor Janet Treasure OBE

Eating disorders know no boundaries.  
They don’t discriminate.

Every story of living with an eating disorder is unique. *Eating Disorders Don’t Discriminate* brings together thirty-three of them, each tackling the stereotypes and misconceptions about what eating disorders look like and who they impact.

Athletes, activists, directors, models, health professionals, and more share their experiences of eating disorders, including anorexia nervosa, ARFID, bulimia nervosa, binge eating disorder and muscle dysmorphia, and highlight the complexities of how race, gender, culture and social media can influence our experiences of body and food.

Compiled by one the UK’s top eating disorder psychiatrists Dr Chuks Nwuba and TikTok and eating disorder advocate Bailey Spinn, this stirring anthology is one of hope and encouragement for anyone who feels misunderstood and underrepresented.



# Child Trauma and Attachment in Common Sense and Doodles

A Practical Guide Second Edition

Dr. Miriam Silver

FEB 2024 | TP | 240PP

BLACK AND WHITE ILLUSTRATIONS

ISBN-9781839979125

JESSICA KINGSLEY PUBLISHERS

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DR MIRIAM SILVER is a Consultant Clinical Psychologist who specialises in parenting, attachment issues and the impact of early trauma. She has led a Child and Adolescent Mental Health Services team providing services for looked after and adopted children as well as conducting court expert witness work in Care proceedings. She holds two academic posts and has conducted research in risk and resilience factors in adoptive matching and the development, mental health and wellbeing of children who no longer live with their biological family. For several years she was chair of the national network of Clinical Psychologists working with Looked After and Adopted Children within the British Psychological Society.

# Child Trauma and Attachment in Common Sense and Doodles

## Second Edition

### A Practical Guide

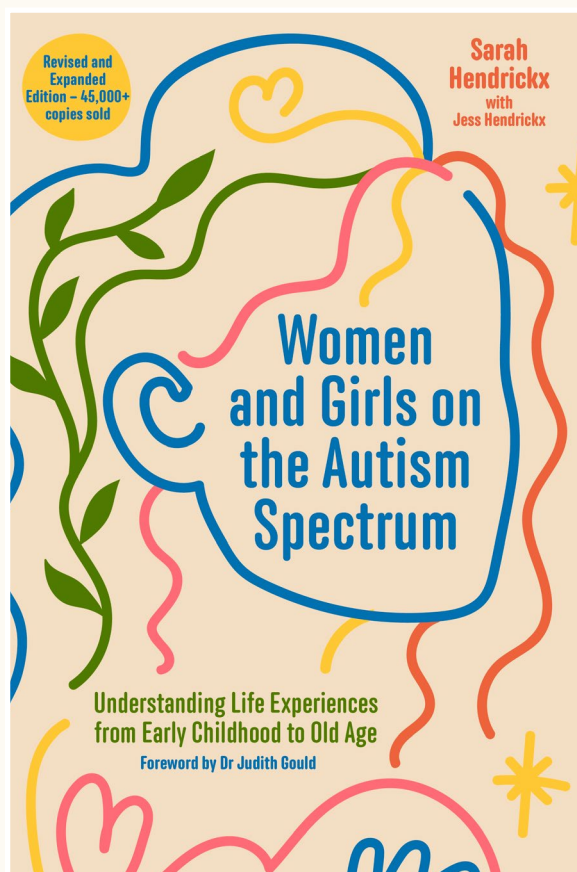
Miriam Silver

Trauma and attachment are commonly used terms, but are complex concepts.

'Trauma' refers to negative experiences that cause us to fear for our safety, whilst 'attachment' describes meaningful relationships with someone we love or respect. Why, then, is so much of the language surrounding these concepts so obscure, and why is it so challenging to help children who have experienced trauma, and lack healthy attachment bonds? Providing grounded advice accompanied by accessible 'doodles' throughout, this guide aims to bring some clarity to the subject.

It explains the differing attachment patterns in children who are adopted, fostered, or have experienced early trauma. The book also provides advice on how to repair attachment difficulties and to build secure, loving relationships.

With new material on cultural diversity and sexual exploitation as well as specific guidance for trafficked and asylum-seeking children, this fully updated new edition provides you with all you need to know.



JAN 2024 | TP | 352PP | ISBN-9781805010692

**JESSICA KINGSLEY PUBLISHERS**

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B.V.; JAPANESE: KAWADE SHOBO SHINSHA LTD;  
POLISH: JAGIELLONIAN UNIVERSITY PRESS**

SARAH HENDRICKX is autistic, and highly experienced in the assessment of autistic females and those with co-morbid profiles of Autism/ADHD. Sarah has carried out more than 1000 assessments over 10+years, has trained psychiatrists in the diagnosis of female Autism, and has delivered over 1000 Autism training workshops and conference presentations internationally. Sarah is British, now residing in France.

## Women and Girls on the Autism Spectrum Second Edition

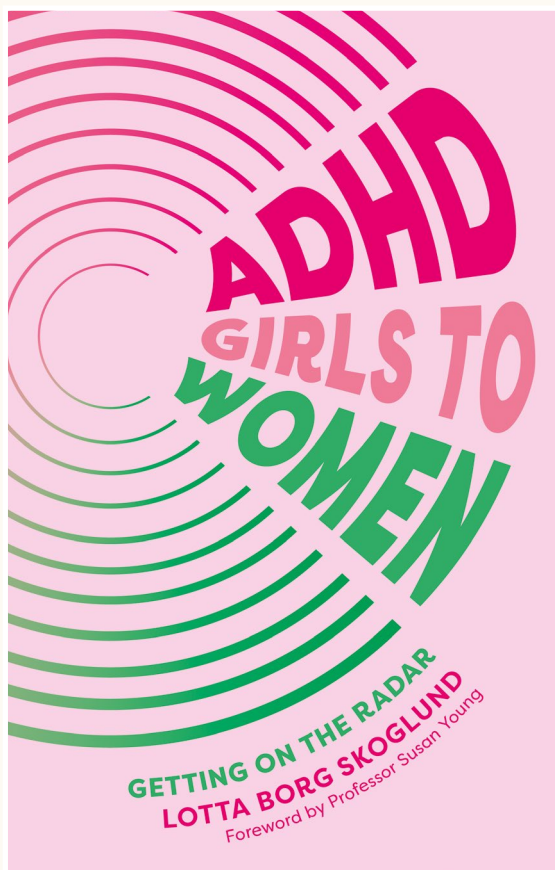
**Understanding Life Experiences  
from Early Childhood to Old Age**

*Sarah Hendrickx*

The difference that being female makes to the diagnosis, life and experiences of an autistic person is hugely significant. In this widely expanded second edition, Sarah Hendrickx combines the latest research with personal stories from girls and women on the autism spectrum to present a picture of their feelings, thoughts and experiences at each stage of their lives.

Outlining the likely impact will be for autistic women and girls throughout their lifespan, Hendrickx surveys everything from diagnosis, childhood, education, adolescence, friendships and sexuality, to employment, pregnancy, parenting, and aging.

With up-to-date content on masking, diagnosis later in life, and a new focus on trans and non-binary voices, as well as a deeper dive into specific health and wellbeing implications including menopause, PCOS, Hypermobility/Ehlers-Danlos, autistic burnout, and alexithymia, this is an invaluable companion for professionals, as well as a guiding light for women with autism to understand and interpret their own experience in context.



NOV 2023 | TP | 224PP | ISBN-9781805010548

JESSICA KINGSLEY PUBLISHERS

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DANISH, ESTONIAN AND KOREAN

LOTTA BORG SKOGLUND is a certified specialist in family practice and psychiatry/addiction and the medical director of SMART Psychiatry, specializing in treatment and assessment of neurodevelopmental disorders. Lotta is a frequent guest on Swedish TV, radio shows and an active advocate for the patient autonomy in social media and the press, and an internationally recognised ADHD expert.

## ADHD Girls to Women

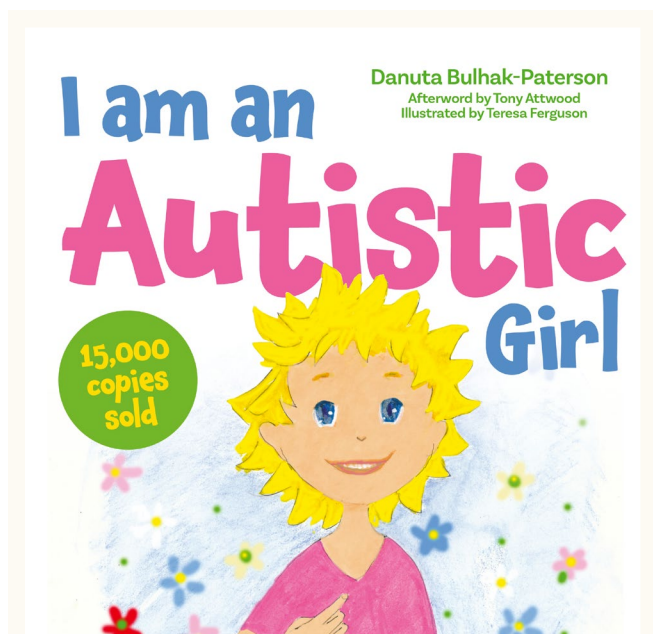
### Getting on the Radar

*Lotta Borg Skoglund*

ADHD girls and women often fall under the radar. This rigorous and accessible book connects current research (which until recently has mostly focused on men) to the lived experiences of girls and women with ADHD, weaving in their personal struggles and breakthroughs throughout their lives from childhood and the teen years through to motherhood, menopause and beyond.

Family doctor, psychiatrist, and international ADHD expert Lotta Borg Skoglund combines years of experience in the treatment and assessment of ADHD with the powerful testimonies of the women she has encountered along the way, exploring issues such as hormonal changes, emotional regulation, organisation and concentration, relationships, work, and treatment. She provides valuable tips and insights along with powerful strategies as to how ADHD girls and women can achieve the self-understanding they need to live lives to their best potential.





NOV 2023 | HB | 32PP  
 FULL COLOUR ILLUSTRATIONS THROUGHOUT  
 ISBN-9781805011200  
**JESSICA KINGSLEY PUBLISHERS**

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DANUTA BULHAK-PATERSON is a Clinical Psychologist and Director at Unique U Psychology Clinic, a specialist clinic for the internalised (masking) presentation of Autism, in Melbourne, Australia. She has over twenty years' experience of working with autistic people of all ages. She previously worked with Professor Tony Attwood and Dr Michelle Garnett in Brisbane, Australia.

## I am an Autistic Girl

**A Book to Help Young Girls Discover and Celebrate Being Autistic**

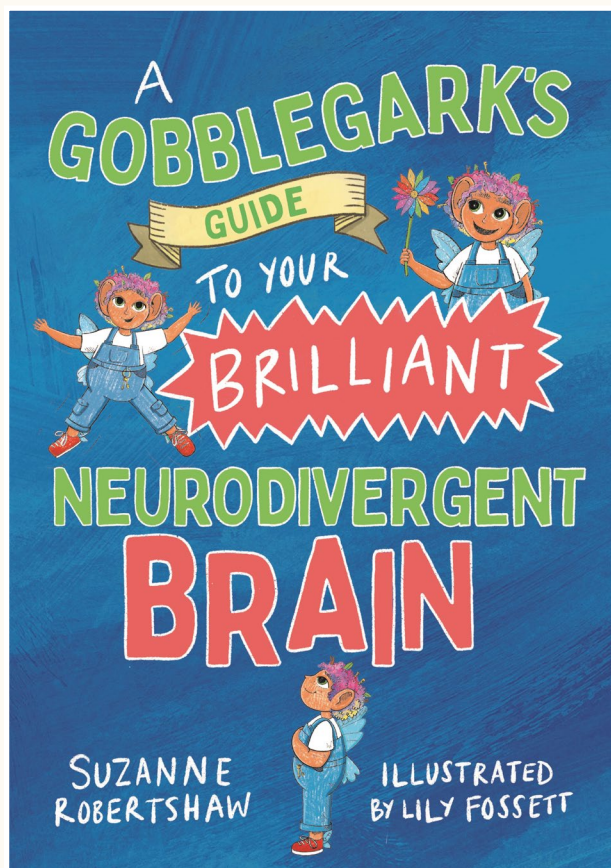
*Danuta Bulhak-Paterson*

Lizzie is an autistic girl, which means that her brain works differently to her friends, and even to autistic boys!

In this book, Lizzie explains what it's like to be an autistic girl, including how she has a special talent for blending in with her friends, how she can get really tired after being at school all day, how she worries about making mistakes, and how she finds it hard to understand how she is feeling.

By simply, clearly and positively explaining the social differences associated with young autistic girls, this book will help autistic girls aged 5-11 to understand their diagnosis, recognise their unique strengths and celebrate their differences, and find ways of coping with difficulties. This positive, and celebratory book also contains helpful discussion points for parents and professionals to explore further with the girls in their care.





OCT 2023 | TP | 128PP

60 BLACK AND WHITE ILLUSTRATIONS

ISBN-9781839978524

JESSICA KINGSLEY PUBLISHERS

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SUZANNE ROBERTSHAW is a learning support teacher and trainer. She has been a teacher for 23 years and mentored young people with learning differences since 2015. Suzanne also writes about learning differences for *ADDitude* magazine, provides private consultancy services to parents with ADHD kids and has a Post-graduate degree in Dyslexia Research and Practice.

## A Gobblegark's Guide to Your Brilliant Neurodivergent Brain

*Suzanne Robertshaw*

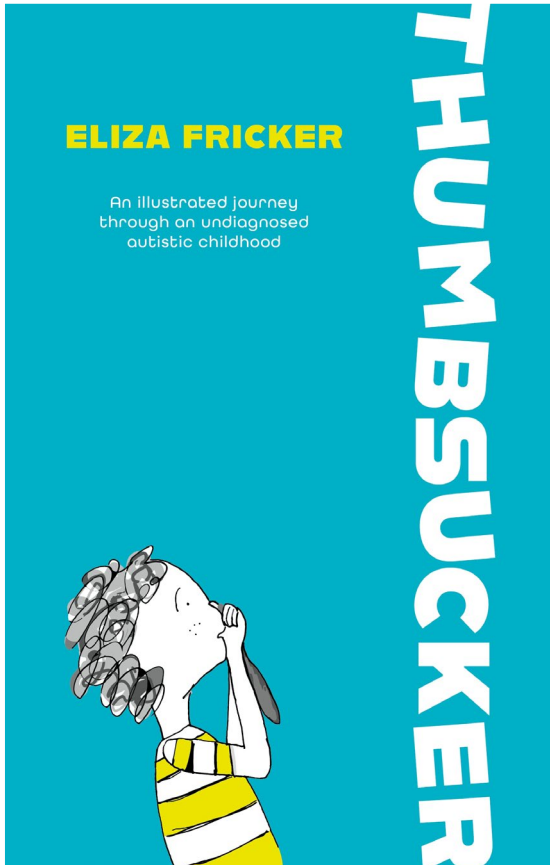
Psstt.. over here... I'm Jangles... I'm a Gobblegark!... No time to explain, join me on a treasure hunt!

This is no ordinary treasure hunt. In fact, this book is quite magical. You'll meet caterpillars and gobblegarks and best of all? You'll see how fantastic being neurodivergent is! Win keys by completing some challenges along the way, each one leading you closer to the treasure and to knowing a bit more about yourself and your brain. Built-in breaktimes ensure that you won't get overwhelmed. Afterall, it can be tiring investigating your brain, making your way through a maze, and finding out how to use the strengths of your brain and understand yourself!

Downloadable worksheets let you truly make this book your own because you can go back to activities as many times as you need, or do them in different ways, (and of course skip the ones you don't!). Let's make our brilliant brains even more amazing with this Gobblegark Guide!

**ELIZA FRICKER**

An illustrated journey  
through an undiagnosed  
autistic childhood



NOV 2023 | TP | 128PP

BLACK AND WHITE ILLUSTRATIONS

ISBN-9781839978548

JESSICA KINGSLEY PUBLISHERS

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ELIZA FRICKER is a neurodivergent illustrator, author and mother of a neurodivergent child. She is the writer and illustrator for her blog, *Missing the Mark* and is always looking for new ways to help parents feel seen and heard.

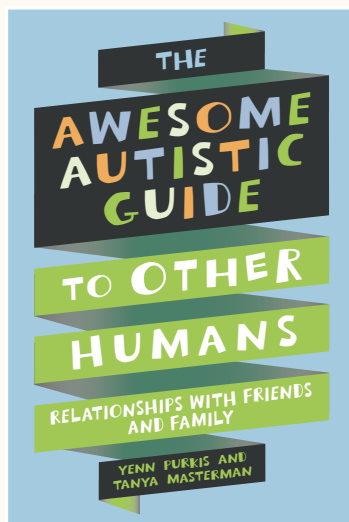
## Thumbsucker

*Eliza Fricker*

Spoilt. Weirdo. Fussy. Hypochondriac. Chatterbox.

Eliza spent her childhood being told she was all of these until her autism diagnosis as an adult revealed why she had experienced the world so differently. But what does it mean to grow up knowing you are different, misunderstood, 'difficult'?

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



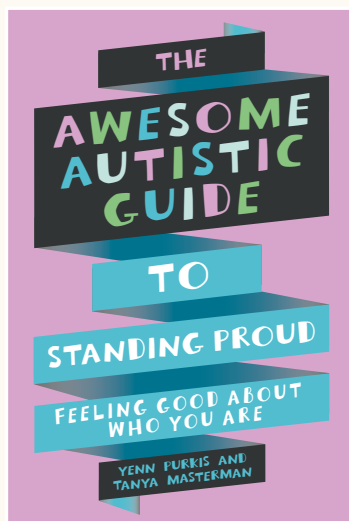
## The Awesome Autistic Guide to Other Humans

### Relationships with Friends and Family

*Yenn Purkis and Tanya Masterman*

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

FEB 2024 | TP | 112PP | ISBN-9781839977404 | BLACK AND WHITE  
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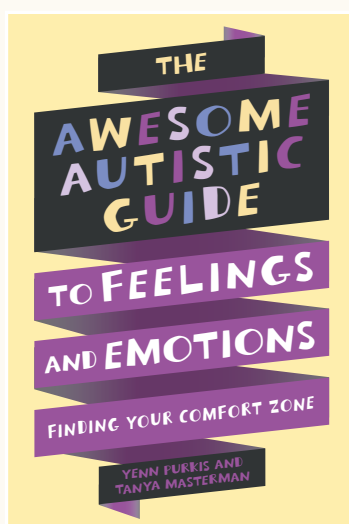
## The Awesome Autistic Guide to Being Proud

### Feeling Good about Who You Are

*Yenn Purkis and Tanya Masterman*

Welcome to the autistic community! From learning about the autistic community and who is a part of it, to finding like-minded friends and connecting with others, this book will give you everything you need to ask the question 'what does it mean to be me?' Learn alongside Min how the special things that make you YOU can also help find your own community. Discover your own strengths, boost your confidence, and learn how to start your journey as an awesome autistic person.

FEB 2024 | TP | 112PP | ISBN-9781839977367 | BLACK AND WHITE  
ILLUSTRATIONS [JESSICA KINGSLEY PUBLISHERS](#) | [RIGHTS AVAILABLE](#)

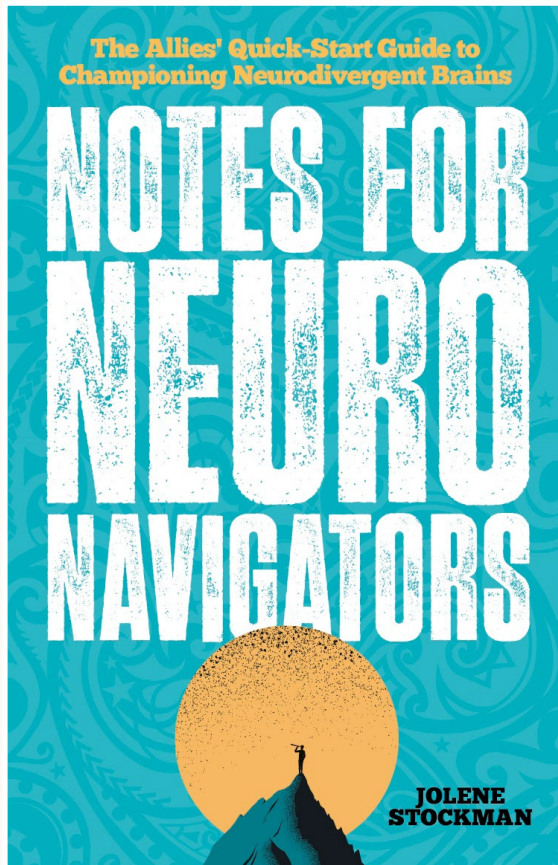


## The Awesome Autistic Guide to Feelings and Emotions

### Finding Your Comfort Zone

*Yenn Purkis and Tanya Masterman*  
Understanding your feelings and emotions is an incredibly important part of learning to become your most awesome autistic self! Yenn, Tanya and a tiny meerkat called Min are here to help you find out everything you need to know about your feelings and emotions, using tips and tricks they have picked up along the way to help you calm your brain down when it feels overloaded.

FEB 2024 | TP | 112PP | ISBN-9781839977381 | BLACK AND WHITE  
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DEC 2023 | TP | 144PP | ISBN-9781839978685

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JOLENE STOCKMAN is tangata whaitakiwatanga (an autistic person), and a bi-racial (Maori and Pakeha) woman from Aotearoa (New Zealand). She has progressed from schoolgirl with situational mutism to multi-award-winning author and international TEDx speaker. Since her adult autism diagnosis and TEDx Talk 'coming out' in 2018 she has been inspiring corporations, communities, and global giants with her fresh perspective on autism. Jolene is a professional technical writer and author of *Autistic World Domination*.

## Notes for Neuro Navigators

The Allies' Quick-Start Guide to Championing Neurodivergent Brains

Jolene Stockman

'Being autistic is full-on, but being in the life of someone who is autistic? This can be epic, world-changing love.'

In a world built for neurotypicals, how can you help autistic loved ones navigate their way to happiness?

Packed with strategies and honest, down-to-earth advice, autistic author Jolene Stockman, explores the myriad ways you can boost the autistic in your life: from creating safe spaces and supporting self-care, to changing your own perspective, and advocating for them with others.

Picking up this book is the next step in your journey towards enhancing the lives of autistics - so welcome! It's time to find out how we can help those we love to navigate the current world, and work together to build a brighter one that supports us all.





NOV 2023 | TP | 240PP | | ISBN-9781839975783

JESSICA KINGSLEY PUBLISHERS

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SONNY JANE WISE is a non-binary, disabled and neurodivergent advocate based in Australia. Sonny were diagnosed as a child and grew up only hearing a deficit narrative. Since then, their mission has been to change the narrative on neurodiversity and neurodivergence as an internationally recognised public speaker, author and creator.

## We're All Neurodiverse

### How to Build a Neurodiversity-Affirming Future and Challenge Neuronormativity

*Sonny Jane Wise*

'Neurodiversity has helped me understand myself and provided a sense of relief that I'm a whole neurodivergent person functioning as my brain intends.'

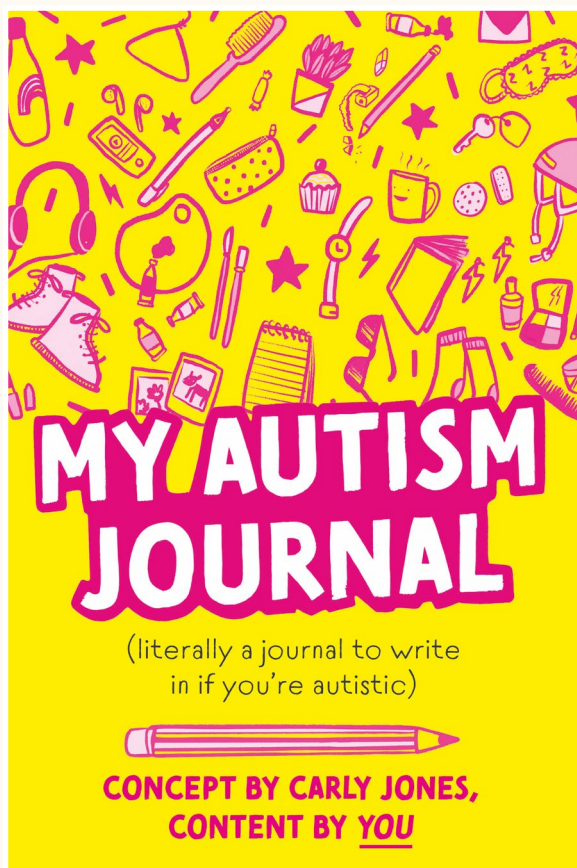
'It's provided me with the language to advocate for myself.'

'I no longer hated myself. I no longer felt broken. I found a sense of community. A sense of belonging.'

This affirming and thoughtful guide outlines how and why we need to fundamentally shift our thinking about neurodivergent people. We need to accept differences rather than framing them as a problem, abnormality or disorder. Welcome to the neurodiversity paradigm.

At times challenging and radical, Sonny Jane Wise explores the intersections of neurodivergence with disability, gender, sexuality and race. Through interviews, narratives, and the lens of their own raw experiences, they consider how current systems and structures that impact neurodivergent people are rooted in outdated capitalist and racist frameworks, and how these need to change and adapt to be neurodiversity affirming. Sonny Jane's words are a rallying cry to challenge the pathology paradigm. And instead offers nine principles for facilitating change with core values that are reflected in deeply personal stories from the neurodivergent community.

Powerful and persuasive, this book is a clarion call for a kinder and more neurodiversity affirming society.



NOV 2023 | TP | 176PP

BLACK AND WHITE ILLUSTRATIONS

ISBN-9781839974342

JESSICA KINGSLEY PUBLISHERS

RIGHTS AVAILABLE

DR CARLY JONES MBE h(DS)c is a British autism advocate who has worked for the inclusion of autistic women and girls since 2008. Carly is autistic herself and regularly speaks on news channels, at universities, and in parliament, and she was the first British autistic woman to address the United Nations on autistic females' rights, and spoke on autistic rights at Glastonbury Left Field (2022).

## My Autism Journal

Carly Jones

Write in me, draw in me, but most importantly express yourself: *My Autism Journal* is the first tailored journal just for you! Fully illustrated and packed with prompts and activities, this journal is the perfect companion to help you process and communicate your thoughts and emotions.

Featuring uplifting quotes and real-life advice from a range of autistic people, this journal will be your go-to diary to help you explore who you are, how life is treating you and share your experiences with those you trust.

This is a concept created by autistic advocate Carly Jones, but with the content written by you!



# What Works for Autistic Adults



DR LUKE BEARDON

DEC 2023 | TP | 160PP | | ISBN-9781399804639

SHELDON PRESS

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DR LUKE BEARDON is Senior Lecturer in Autism at Sheffield Hallam University. He has published widely on autism and is renowned and respected for his uniquely inclusive, celebratory approach to helping autistic people thrive in a neurotypical world. He works with government authorities to develop services and model best practice, in addition to being part of a research team, and has spoken at many national and international conferences on a variety of autism-related topics. He has won several awards for his work, including the National Autistic Society's Autism Professionals Award for achievement in 2016, and has won the Autism Hero Awards in two categories, including for Lifetime Achievement.

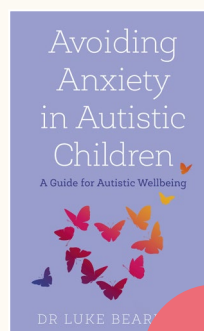
## What Works for Autistic Adults

*Luke Beardon*

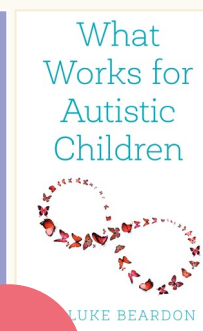
Imagine a world where an autistic person is included, engaged and cherished for how they are; a world which changes for autistic people, rather than changing the person.

*What Works for Autistic Adults* brings the conversation about inclusivity into the forefront and turns it on its head. Instead of modifying the autistic individual and making exceptions or special circumstances, Luke shows how the world can, should and must change to accommodate your needs or those of the autistic person you love, live or work with. He identifies the aspects that impact on life most - partners, friends, work or college, and environment - and outlines the steps that can and should be taken by everyone involved to create an autism-friendly landscape and improve outcomes all round. Covering every setting, from social situations to office or other professional environments, and in all circumstances.

DEC 2020 | TP | 144PP  
ISBN-9781529394764

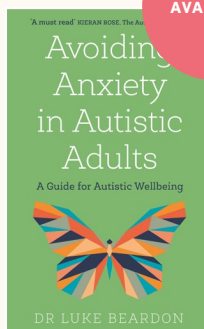


DEC 2022 | TP | 144PP  
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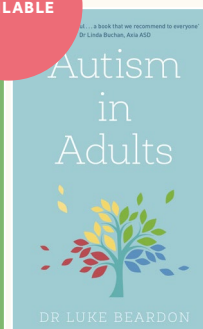


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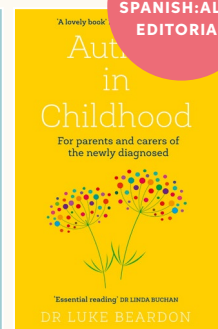
RIGHTS SOLD  
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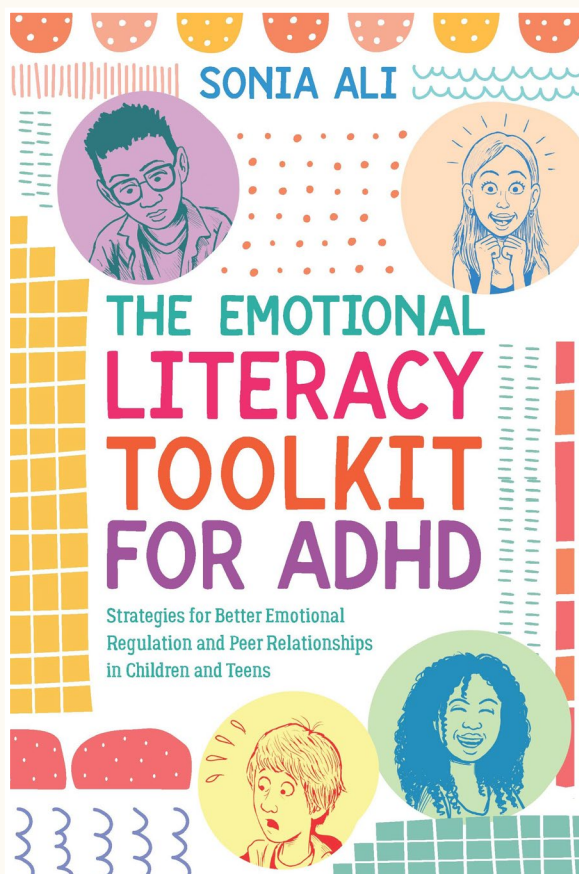
DEC 2021 | TP | 144PP  
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ISBN-9781529375411



DEC 2022 | TP | 144PP  
ISBN-9781399805391



NOV 2023 | TP | 144PP

BLACK AND WHITE ILLUSTRATIONS

ISBN-9781839974267

JESSICA KINGSLEY PUBLISHERS

RIGHTS AVAILABLE

SONIA ALI is a Specialist SEND, ADHD and Dyslexia Advisory Teacher for a local authority. Previous to this, she worked for over a decade in mainstream secondary education as an English Teacher and a Dyslexia Specialist Assessor and is the author of *A teenage girls guide to living well with ADHD*.

## The Emotional Literacy Toolkit for ADHD

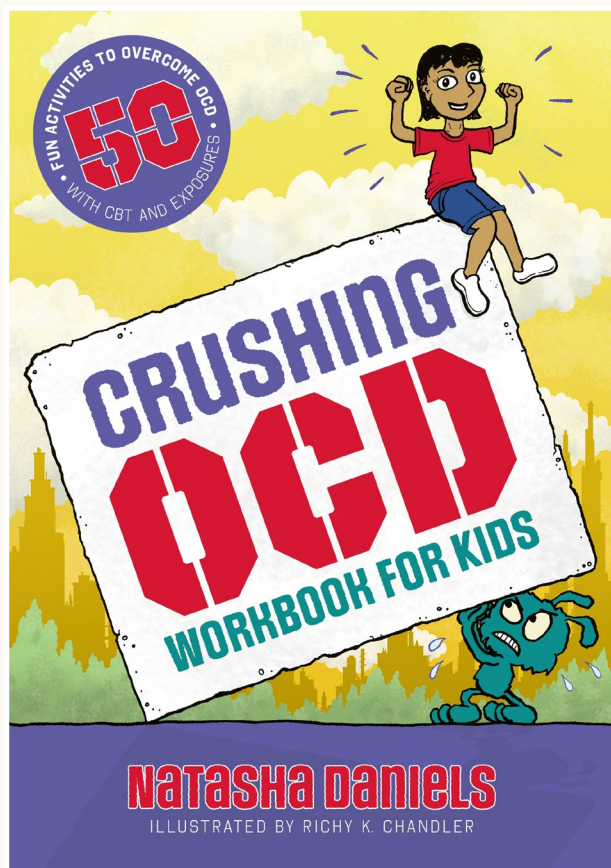
Strategies for Better Emotional Regulation and Peer Relationships in Children and Teens

*Sonia Ali*

Challenges with emotional regulation and rejection sensitivity can disproportionately affect children and teens with ADHD, impacting on their development at school and their relationship with their peers.

Developed for children and young people who experience difficulties with emotional regulation, SEND specialist Sonia Ali, shares a mentoring Intervention programme to support a child or young person with this issue at school or at home. Covering concepts like the flight, flight, freeze response and the 'Window of Tolerance', managing anger outbursts and overwhelm or navigating conflict with peers, this easily digestible book will help educators and carers support children and teens to develop core emotional literacy skills in an enjoyable way!

This accessible, step-by-step guide is packed with activities, including role-play situations, discussion-based statements, quizzes and more. The programme can be followed sequentially or 'dipped into' to support a child with a particular issue when relevant.



FEB 2024 | TP | 112PP

BLACK AND WHITE ILLUSTRATIONS

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JESSICA KINGSLEY PUBLISHERS

RIGHTS AVAILABLE

NATASHA DANIELS is a Child Therapist, specialising in OCD and anxiety, and has worked with children and teens and their families for over 15 years. She is the author of *How to Parent Your Anxious Toddler*, *The Grief Rock*, *Social Skills Activities for Kids*, *It's Brave to Be Kind*, and *Anxiety Sucks: A Teen Survival Guide*. Natasha is based in Arizona, USA.

## Crushing OCD Workbook for Kids

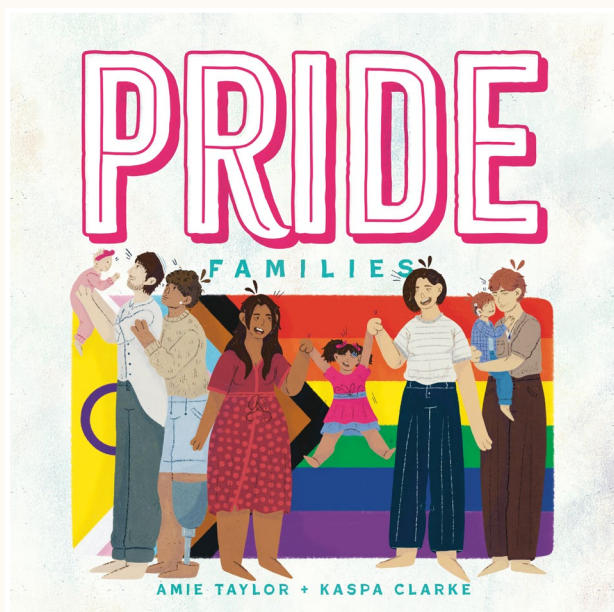
50 Fun Activities to Overcome OCD with CBT and Exposures

Natasha Daniels

Show OCD who's boss!

Using the exercises in this book, you'll learn how to spot when OCD is stirring up trouble, and how to stop it in its tracks. All 50 activities are designed by an expert therapist for kids aged 8-12 to help you grow your skills to take down OCD - starting with how to recognise compulsions, and building up to using exposure so you can tackle OCD even when it's sleeping. This book also contains helpful info for parents and carers so they can be effective backup while you're working on your anti-compulsion skills.

Each section of this book shows you how to build a different skill, so you can handle whatever OCD throws at you and build up all your muscles to crush OCD!



OCT 2023 | 40PP | HB | ISBN-9781839976810  
 FULL COLOUR ILLUSTRATIONS THROUGHOUT  
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#### RIGHTS AVAILABLE

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, including *Ice Island*, about feelings, emotions and mental health, which inspired the book. She has also been a speaker for The Self Esteem Team, delivering talks on mental health in youth settings, and the drama lead for Our Time, a charity working with young people living with a parent or carer with a mental health issue.

## 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 Kaspia 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.





SEP 2023 | HB | 48PP  
FULL COLOUR ILLUSTRATIONS THROUGHOUT  
ISBN-9781839977626

JESSICA KINGSLEY PUBLISHERS

RIGHTS AVAILABLE

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

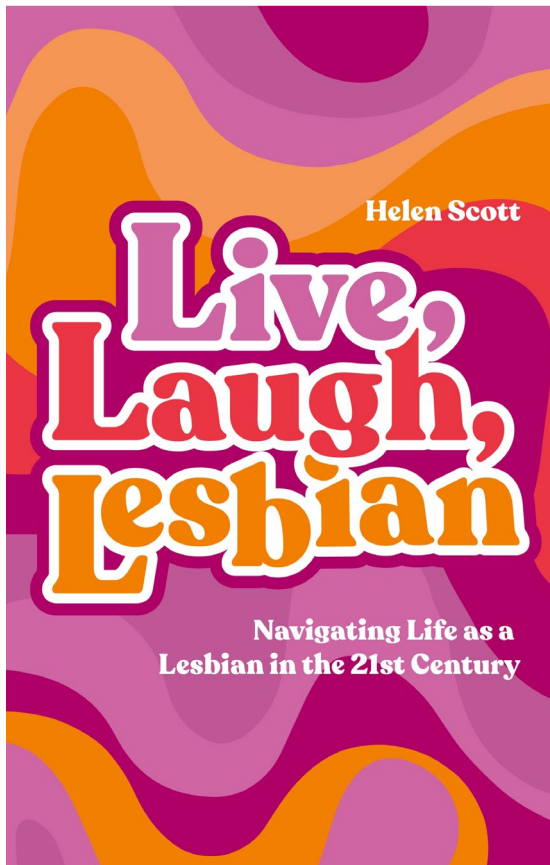
Cassandra Jules Corrigan

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.



OCT 2023 | TP | 224PP | | ISBN-9781839978142

JESSICA KINGSLEY PUBLISHERS

RIGHTS AVAILABLE

HELEN SCOTT is a presenter, broadcaster, content creator and a vocal ambassador for the lesbian community. She's hosted variously on *BBC Radio*, *ITV* and *Virgin*, and is one of *TikTok*'s top presenters, as well as writing a regular column for *Gay London Life*. Helen is based in Manchester.

## Live, Laugh, Lesbian

### Navigating Life as a Lesbian in the 21st Century

*Helen Scott*

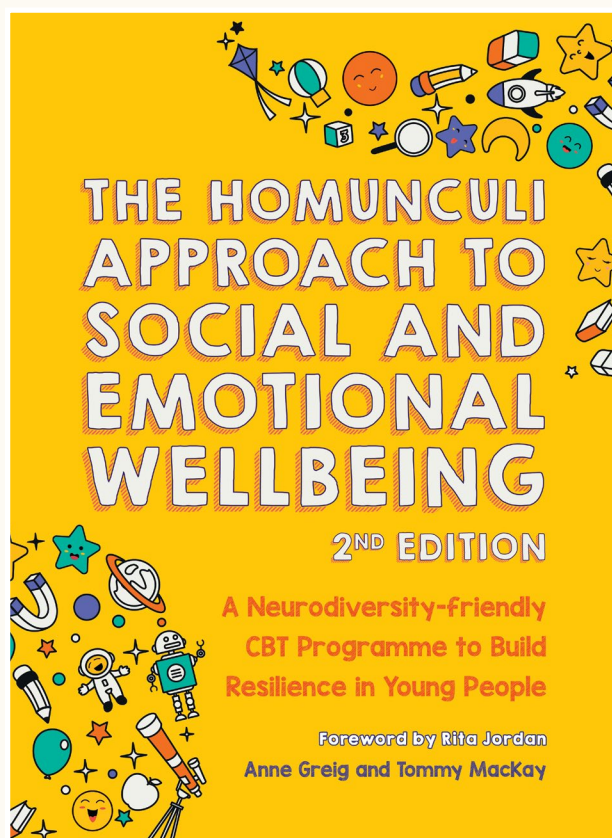
'Sometimes, it's easy to feel like the only lesbian in the world - let alone in the village. But wherever you are with your sexuality, you've just picked up a book with the word 'lesbian' in the title and I know baby you would be so proud.'

From strap-ons and Lesbian Bed Death to dealing with homophobic microaggressions in the workplace and finding your second family, Helen Scott, lesbian big sister and lipstick femme in chief is here to hold your hand as you travel your own unique path to Gay Town.

Half memoir, half guide, and 100% big lesbian hug, plunge with Helen into the highs and lows of navigating lesbian life in the modern world and emerge with all the lesbian life hacks you'll need to get out there and live the life of your dreams.

Candid, wise, bold and hilarious - it's time to reclaim the L in LGBTQ+!





SEP 2023 | TP | 160PP

40 BLACK AND WHITE ILLUSTRATIONS

ISBN-9781839973949

JESSICA KINGSLEY PUBLISHERS

RIGHTS AVAILABLE

ANNE GREIG is an educational psychologist, accredited CBT practitioner and honorary lecturer at Dundee University. Anne has developed expertise in the areas of autism, psychotherapy and mental health. She is on the editorial board of the *BPS Journal Educational and Child Psychology*. She is also part of a group of psychologists working alongside colleagues in Bethlehem to create counselling approaches in schools. She works as a clinical practitioner at the National Diagnosis and Assessment Service for Autistic Spectrum Disorders.

TOMMY MACKAY is a psychologist working in education, child psychology, health psychology, neuropsychology and psychotherapy. Tommy has been awarded the Lifetime Achievement Award of the British Psychological Society.

# The Homunculi Approach to Social and Emotional Wellbeing

## Second Edition

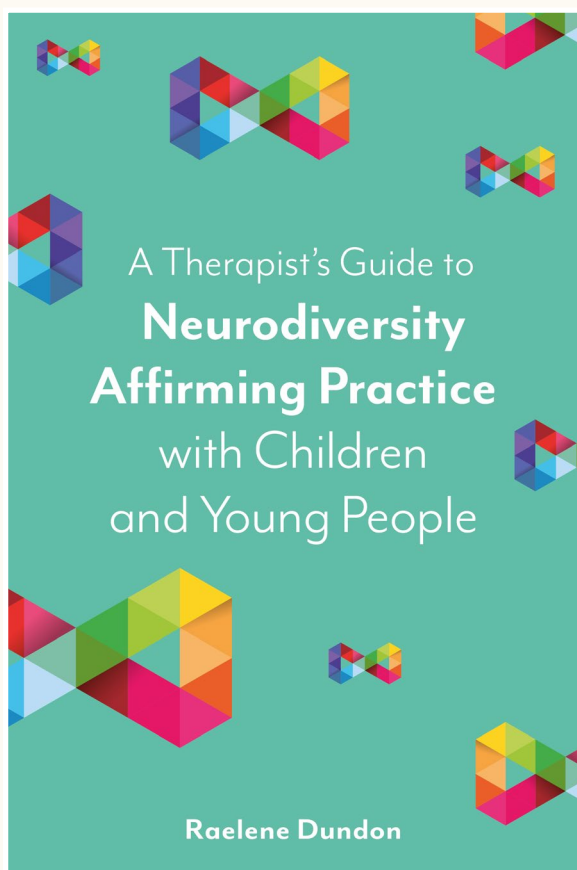
A Neurodiversity-Friendly CBT Programme to Build Resilience in Young People

Anne Greig and Tommy MacKay

Welcome to the world of the homunculi!

The homunculi are miniature agents with problem solving missions and special gadgets who live inside the brain and help out with distressing feelings and behaviours. Now adapted for use in the classroom, as well as pairs and individuals, this practical second edition allows you to use this fun CBT-based activity with children and young people aged 7-16.

This well researched approach is proven to help children who have difficulty identifying troubling feelings such as anger and fear and can be used in a variety of potentially distressing situations including bullying or tricky transitions from primary to secondary school. Complete with a large format skull poster, character and storyboard templates and downloadable record sheets this unique resource includes everything needed to get started on making stories cartoons or videos. Additional online resources show you how the programme was put in action in real-life individual and classroom settings, showcasing how the weirdly wonderful homunculi characters and stories created by children can come to life.



NOV 2023 | TP | 208PP | | ISBN-9781839975851

JESSICA KINGSLEY PUBLISHERS

#### RIGHTS AVAILABLE

RAELENE DUNDON is the Director of Okey Dokey Childhood Therapy, a large multidisciplinary therapy practice for children in Melbourne, Australia. She is a late diagnosed Autistic ADHDer and is an endorsed Educational and Developmental Psychologist. Raelene has over 15 years' experience working with neurodivergent children and their families, providing educational, social/emotional and parenting support.

## A Therapist's Guide to Neurodiversity Affirming Practice with Children and Young People

*Raelene Dundon*

In this honest and practical guide, autistic therapist Raelene Dundon explores and demystifies how neurodiversity affirming principles can be easily applied to therapeutic practice.

Covering essential considerations for working with neurodivergent clients such as presuming competence, promoting autonomy and respecting communication styles, and providing advice on the best affirming approaches in therapy including how to accommodate sensory needs and encourage self-advocacy, Raelene provides easy-to-implement ways to make your practice inclusive and empowering for neurodivergent children and young people.

The deficit model is out. It's time to become neurodiversity affirming.

# Occupational Therapy Disruptors

What Global OT Practice Can Teach Us  
about Innovation, Culture, and Community

*Sheela Roy Ivlev*

*Foreword by Juman Simaan*

This anthology collates 16 unique and powerful perspectives from occupational therapists around the globe, each highlighting the culture that they are a part of and how it informs their work and care. Ranging across almost every continent in the world including stories from Aotearoa to the Gaza Strip to Dhaka and beyond, *Occupational Therapy Disruptors* offers a decolonised re-examination of occupational therapy through a poignant, global lens.

Based on a series of interviews conducted by Sheela Roy Ivlev, each account provides candid and personal reflections and challenges found in occupational therapy in different cultural and political contexts and inspires occupational therapists to enrich their own practice with cultural awareness and reflexivity.

With reflection prompts and calls to action at the end of each chapter, this is an invaluable resource for occupational therapists looking to develop a more diverse, culturally-informed understanding of their practice.

Sheela Roy Ivlev

## OCCUPATIONAL THERAPY DISRUPTORS



What Global OT Practice Can Teach Us  
About Innovation, Culture, and Community

FOREWORD BY **Dr Juman Simaan**

NOV 2023 | TP | 208PP

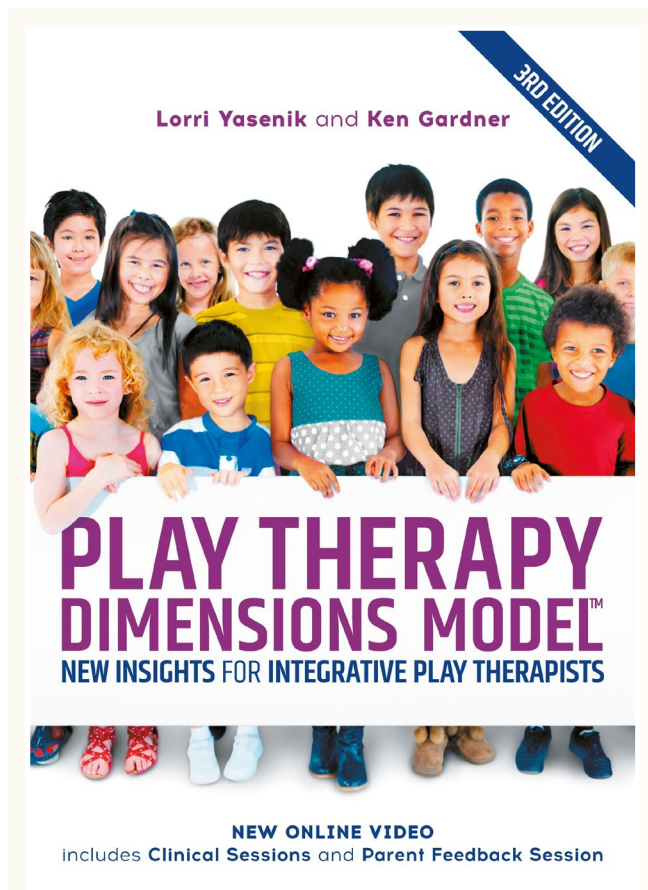
BLACK AND WHITE ILLUSTRATIONS

ISBN-9781839976650

**JESSICA KINGSLEY PUBLISHERS**

**RIGHTS AVAILABLE**

SHEELA ROY IVLEV (she/her) is a Bengali American occupational therapist and the founder of DisruptOT, an international volunteer-based organization dedicated to disrupting the status quo in occupational therapy, challenging oppressive systems, and building community by highlighting global voices and providing free education and opportunities to students and practitioners worldwide. She lives in California.



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BLACK AND WHITE ILLUSTRATIONS

ISBN-9781839976537

JESSICA KINGSLEY PUBLISHERS

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KEN GARDNER M.Sc., R.Psych (CPT-S) is a Clinical Psychologist and certified play therapy supervisor with over 30 years of counselling experience. Ken has served as an executive board member on the Canadian Association for Child and Play Therapy. Ken is the co-author of the *Play Therapy Dimensions Model: A Decision-Making Model for Integrative Play Therapists* (2012).

LORRI YASENIK Ph.D., RPT-S, CPT-S is the Director of the Rocky Mountain Play Therapy Institute (RMPTI) and the Co-director of the International Centre for Children and Family Law (ICCFL) in Australia/Canada. Lorri is the co-author of the books *Play Therapy Dimensions Model*: and *Turning Points in Play Therapy and the Emergence of Self*

## Play Therapy Dimensions Model Third Edition

New Insights for Integrative Play Therapists

Lorri Yassenik and Ken Gardner

An updated take on a fundamental decision-making framework, this practical guide explores the dimensions of play therapy and how they apply to today's practitioner. In-depth case studies illustrate the interplay between theory and practice, demonstrating an integrative case conceptualization approach. Scales have been updated to reflect current best practice and developments in the field, and combine with the core decision-making framework for a deeper, expanded use of the model. New chapters delve into parent work and case conceptualization utilizing observational and self-reflective forms. Downloadable video content brings the text to life, including a new video illustrating the essentials of consultation with parents.

The interface between practitioner and client also takes centre stage. New sections on self-reflection and cultural sensitivity guide you through ways to foster a welcoming, compassionate environment throughout your practice.

Whether you're a seasoned play therapist or just starting out, this fresh take on the dimensions of play therapy will foster self-reflection of the who, what, when, why, and how of play therapy.

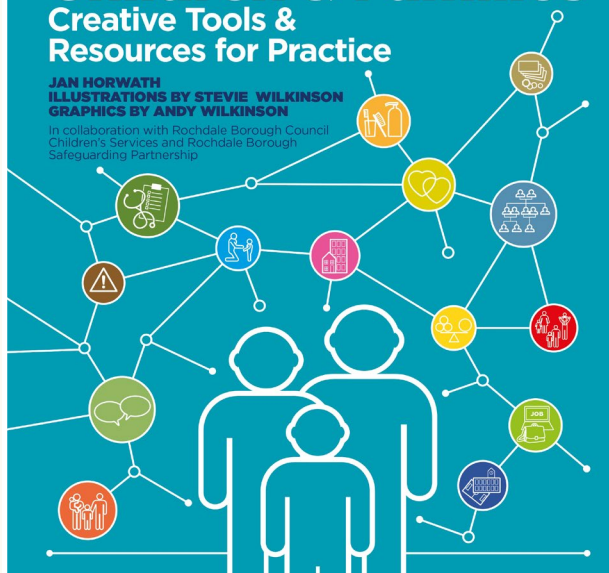


# Making Connections with Vulnerable Children & Families

Creative Tools & Resources for Practice

JAN HORWATH  
ILLUSTRATIONS BY STEVIE WILKINSON  
GRAPHICS BY ANDY WILKINSON

In collaboration with Rochdale Borough Council  
Children's Services and Rochdale Borough  
Safeguarding Partnership



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JESSICA KINGSLEY PUBLISHERS

RIGHTS AVAILABLE

JAN HORWATH is Emeritus Professor of Child Welfare in the Department of Sociological Studies at the University of Sheffield.

## Making Connections with Vulnerable Children and Families

Creative Tools and Resources for Practice

Jan Horwath

*Making Connections with Vulnerable Children and Families* is the practical go-to resource for practitioners looking to build effective relationships and engage meaningfully with vulnerable children and their families.

Compiled by Jan Horwath, lead editor of the bestselling child protection handbook *The Child's World*, the text features a wealth of clear, user-friendly, creative materials. The tools draw on evidence-based research and have been developed and tested by frontline practitioners from a range of disciplines working in Rochdale. Each tool includes a practice example as well as detail about aims, method, things to think about and possible adaptations. The tools can be used in a variety of work settings and the downloadable, versatile resources are all designed to support a relational approach to practice.

These tools will help you establish relationships with both children and their primary carers, understand their lived experience and the impact of this on the health and well-being of the child or adolescent. Additional tools are included for use with parents and primary carers to explore parenting capacity and the socio-economic factors that influence family life.



MAR 2024 | TP | 224PP | | ISBN-9781785922329

JESSICA KINGSLEY PUBLISHERS

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CHRISTIANE SANDERSON BSc., MSc. is a Senior Lecturer in Psychology at the University of Roehampton. She is a widely published author with over 26 years' experience working with child and adult survivors of sexual abuse.

## We Are Still Here

**What Counsellors and Therapists Can Learn from the Lived Experiences of Child Sexual Abuse Survivors**

**Christiane Sanderson**

*Foreword by Fay Maxton*

Child sexual abuse leaves a legacy that continues to affect survivors in adulthood. This practical book is full of personal stories that provide helping professionals with the knowledge they need to truly meet survivors' needs.

Survivors share a wide range of personal experiences, including abuse within families, institutions and faith communities, abuse by females, and organised child sexual exploitation. Expert psychologist, Christiane Sanderson explains what lessons can be drawn from these stories, and how to support survivors of such experiences in professional settings. Examining the common consequences experienced by survivors in adulthood - such as shame, vulnerability to substance addiction, attachment issues, dissociation, and distortion of reality - Sanderson advises how to listen and respond sensitively, and create an optimal environment for post-traumatic healing.



# Seasons of Grief

Creative Interventions to Support Bereaved People



Edited by **Claudia Coenen**

JAN 2024 | TP | 224PP

BLACK AND WHITE ILLUSTRATIONS

ISBN-9781839974861

**JESSICA KINGSLEY PUBLISHERS**

**RIGHTS AVAILABLE**

CLAUDIA COENEN, CGC, FT, MTP is a certified grief counsellor in private practice at The Karuna Project in Hudson, New York. She presents workshops using expressive modalities on grief, on fear and uncertainty in complex situations and vicarious trauma in the workplace. Claudia is a fellow in thanatology through the Association for Death Education and Counselling and holds a Masters in transpersonal psychology, with a focus on creativity and innovation.

## Seasons of Grief

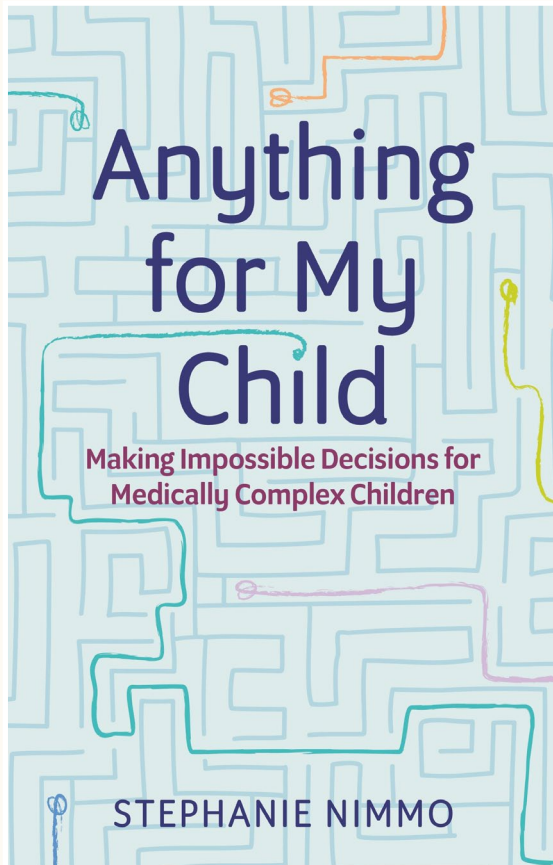
### Creative Interventions to Support Bereaved People

*Claudia Coenen*

The quiet letting go of Autumn, the reflective stillness of Winter, the bright rebirth of Spring, and the flourishing warmth of Summer trace the natural path of grief as it grows and changes to fit the spaces left behind by those we love. Easy-to-use exercise guides and activities invite readers to explore the changeable nature of grief through the ebb and flow of the seasons.

As well as contributions from diverse creative practitioners, poems from Dr. Robert Neimeyer and reflections from Claudia Coenen create a starting point to delve into the emotional context of each chapter, encouraging the reader to view each personal account and case study through the lens of a different phase of grief. This heart-centred, compassionate approach infuses bereavement therapy with much-needed warmth, supporting clinically-proven techniques to guide users towards practical, healthy ways of processing their loss.

Bringing together voices and art from across the spectrum of creative grief therapy, Coenen provides an accessible, compassionate guide to supporting those coping with bereavement throughout their journey.



NOV 2023 | TP | 272PP

BLACK AND WHITE ILLUSTRATIONS

ISBN - 9781805010272

JESSICA KINGSLEY PUBLISHERS

RIGHTS AVAILABLE

STEPHANIE NIMMO is a Communications Professional and Writer. She draws from her own lived experience of the loss of her child together with a professional interest in the fields of palliative care and medical bioethics to bring a perspective 'from the other side of the hospital bed'. She is regularly invited to speak at high profile events including the RCPCH Annual Conference and the Great Ormond Street Bioethics Conference. She is regularly approached for comment by major media outlets as an expert on conflict prevention in paediatric care, bereavement and end of life care.

## Anything for My Child

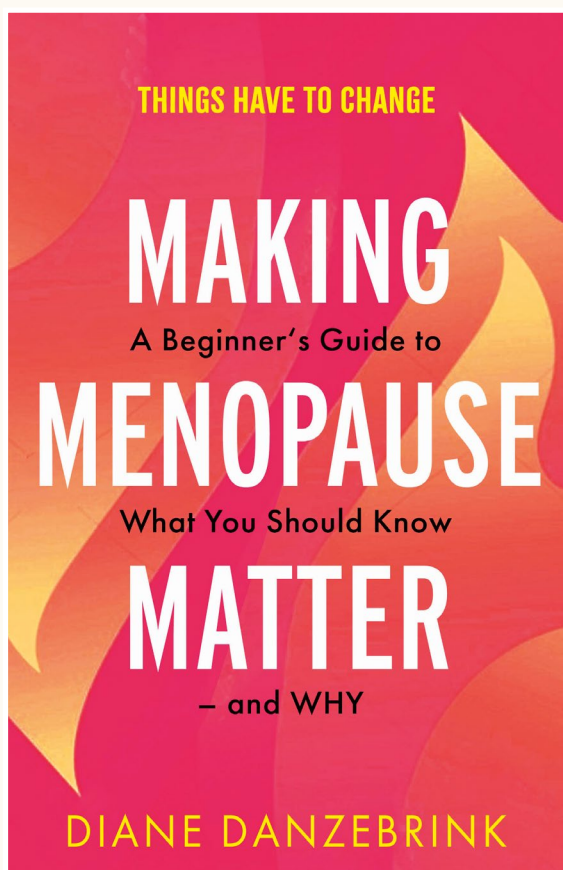
### Making Impossible Decisions for Medically Complex Children

*Stephanie Nimmo*

Every parent wants the same thing: for their child to enjoy a long and fulfilling life. But what happens when things don't go according to plan? What happens when parents have to become advocates for their child's healthcare needs? Who decides what is in a child's 'best interests'?

Stephanie Nimmo faced these questions first-hand when her daughter, Daisy, was diagnosed with a life-limiting condition as a baby. Seen through the lens of Stephanie's own experiences, this sensitive book delves into the complex world of medical ethics and paediatric palliative care. From recognising tipping points to the importance of building relationships with palliative care teams well before crisis, this book explores how medical professionals can better support families throughout their child's care.

Interviews with clinicians and snapshots from the lives of patients' families provide insight into the realities of life on both sides of the hospital bed. Compassionate explanations of the conflicting pressures in the hospital system foster understanding and help medical professionals and families work together.



MAR 2024 | TP | 192PP | ISBN-9781399812672

SHELDON PRESS

RIGHTS AVAILABLE

DIANE DANZEBRINK is a consultant, speaker, educator, and menopause expert. She is the founder of the purpose over profit organisation Menopause Support, and has led the call for better menopause care and support in the UK with her national #MakeMenopauseMatter campaign. The campaign has been instrumental in ensuring that menopause has been added to the curriculum in schools in England and that all medical students will be taught about menopause from 2024.

Widely recognized as a trusted voice of reason, Diane has appeared on *This Morning*, *Good Morning Britain*, *Loose Women*, *Lorraine*, *BBC Breakfast*, *ITV*, *Channel 4*, and *Sky News*. She can regularly be heard discussing menopause and mental health on the radio, has written for both the *Telegraph* and the *Guardian*, and has featured in *Japanese Vogue* and on *Japanese and Australian TV news*.

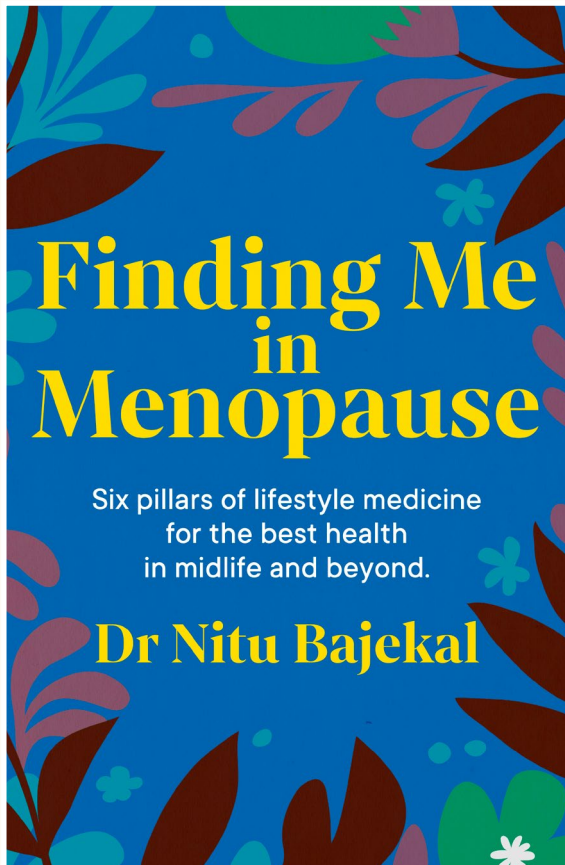
## Making Menopause Matter

A Beginner's Guide to What You Should Know and Why

Diane Danzebrink

The conversation around menopause has opened up; most of us understand what it means to go through the menopause, how it affects health and wellbeing and what we can do to manage difficult symptoms. BUT. Do we really know why menopause matters? Oestrogen levels drop - so what? Periods get heavier - so what? It matters because oestrogen protects heart health and if levels drop dramatically, women are at greater risk of a cardiac event. And heavy periods are not trivial if, for example, you're a primary school teacher who can't just abandon your children mid-lesson to deal with flooding, or a police officer who can't access a toilet to change sanitary protection. Women in these situations - women like you; your mother; your sister; your friend; your partner - often just give up. On work, on their careers, on their health. And this isn't even taking into account those who can't access any healthcare support to take HRT, or enter a conversation in which that might become a possibility.

Diane Danzebrink was one of the first people to take up the fight to have menopause recognised and covered on the school PSHE curriculum and her campaigns have been critical to the way in which menopause is no longer seen as a shameful or trivial experience. Her book *Making Menopause Matter* reminds us not only of what menopause is - of the scope, nature and impact of symptoms and of how we can manage them - but also why it is important that we continue to campaign for access to support, enhanced understanding and an acceptance that it is not a seamless transition for many. Diane's wise, compassionate writing offers practical advice on symptoms along with deeper insights into how we can better support those whose lives are hugely impacted by their menopause.



APR 2024 | TP | 288PP | | ISBN-9781399810227

**SHELDON PRESS**

**RIGHTS AVAILABLE**

DR NITU BAJEKAL, MD is a Senior Consultant Obstetrician and Gynaecologist in London, UK with over 35 years of clinical experience in women's health. She is a Fellow of the Royal College and recipient of the Indian President's Gold medal. Dr Bajekal is one of the first US board-certified Lifestyle Medicine Physicians in the UK. Dr Bajekal is passionate about educating women, providing reliable medical and lifestyle information for the general public, doctors, workplaces, and schools. She runs a voluntary service set up to educate, energise and empower women to make lifestyle choices to help improve their own and their families' health. Along with her daughter Rohini, Dr Bajekal is also the co-author of *Living PCOS Free* (Hammersmith Books, 2022), a practical guide to managing Polycystic Ovary Syndrome (PCOS) with proven lifestyle approaches alongside western medicine.

## Finding Me in Menopause

**Flourishing in Perimenopause and Menopause using Nutrition and Lifestyle**

*Dr Nitu Bajekal*

HRT is the one-stop solution for difficult menopause symptoms, we are told. BUT what if you don't want to take it? What if you can't take it? What if you can't get to a doctor? What if you can't get through to a doctor?

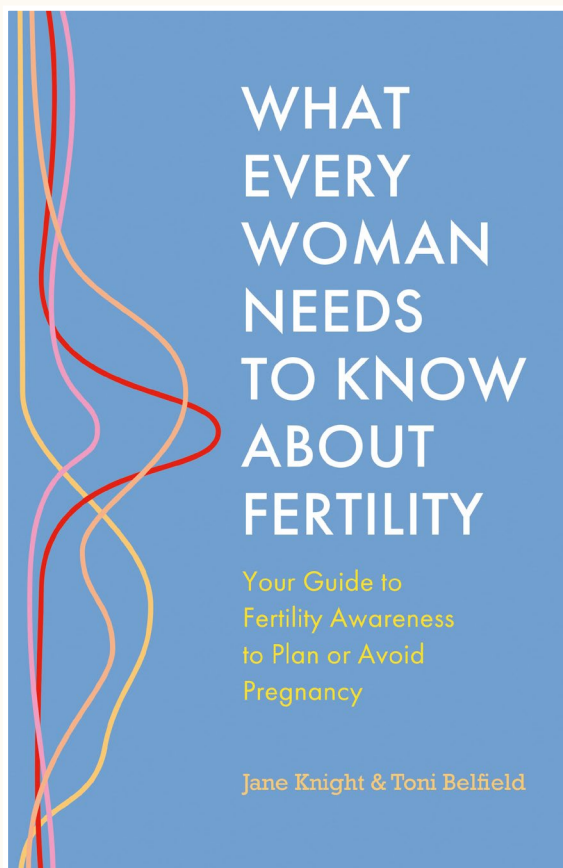
In *Finding Me in Menopause*, Dr Nitu Bajekal, OBGYN, and one of the UK's first Board-Certified Lifestyle Medicine Physicians, shares how lifestyle interventions, and the food we eat, can dramatically transform menopausal health. following the principle of six lifestyle pillars, she gives simple yet scientific nutrition and lifestyle tips to transform the experience of menopause, with or without hormone therapy.

Throughout her book, Dr Bajekal shows you how to lead a healthier and happier life, and make a positive difference for yourself and your loved ones, using time-tested techniques that anyone can access. You will learn how to identify and manage stress, understand how sleep affects our hormones, the role of exercise in our lives, and the importance of maintaining positive social connections for our mental health.

There is dietary support, which draws on the science and power of plant-based nutrition to offer Menopause Menus - dozens of easy, delicious, and nourishing plant-based recipes for breakfast, main meals, and snacks from Nitu's kitchen with a shopping plan, and health insights for each dish.

*Finding Me In Menopause* is an inclusive, non-pharmaceutical, holistic program that takes into account the needs of all women, from all backgrounds, removing the barriers that might stop you seeking support.





DEC 23 | 192PP | ISBN-9781399814591

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JANE KNIGHT is the Director of Fertility UK - a national fertility awareness service which provides information and support for planning and avoiding pregnancy naturally. She has over 40 years' experience as a Specialist Fertility Nurse in the NHS and private practice supporting couples using fertility awareness methods.

TONI BELFIELD is a specialist in sexual and reproductive health information. She has worked in the field for over 40 years. She has worked with medical and health organisations, policy makers, industry and commercial organisations and the media to improve consumer information, clinical and health information for professionals and improve standards and provision of sexual and reproductive health services. Toni has received honorary fellowships from the Faculty of Sexual and Reproductive Healthcare and from the Royal College of Obstetricians and Gynaecologists.

## What Every Woman Needs to Know About Fertility

**Your Guide to Fertility Awareness to Plan or Avoid Pregnancy**

*Jane Knight and Toni Belfield*

Written by a fertility nurse specialist and a sexual health information expert, *What Every Woman Needs to Know About Fertility* is the most comprehensive, practical and accessible guide to fertility awareness methods available.

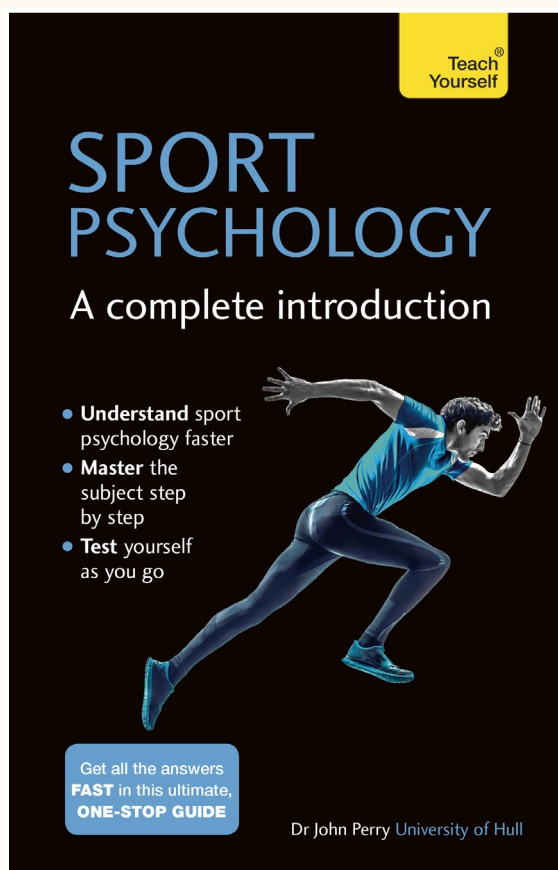
This essential guide to reproduction puts you in control of your fertility by explaining how your body works, giving you the confidence to make informed decisions about your sexual and reproductive health. It answers every conceivable question about fertility awareness using detailed images, charts and a step-by-step guide to tracking your temperature and observing the bodily changes associated with ovulation, and gives clearly defined guidelines for how to plan, or avoid, a pregnancy.

Dispelling the myths around fertility awareness methods, and explaining the pros and cons of reproductive technologies such as fertility apps, this book also gives practical answers to the questions that all women ask, including:

- How reliable are Fertility Awareness Methods?
- How easy are FAMs to use?
- How can I use FAMs after having a baby?
- How can I use FAMs if I'm menopausal?

With insights into optimum health and preconception care, *What Every Woman Needs to Know About Fertility* provides unique, comprehensive guidance and choices for all on how to plan or avoid pregnancy naturally.





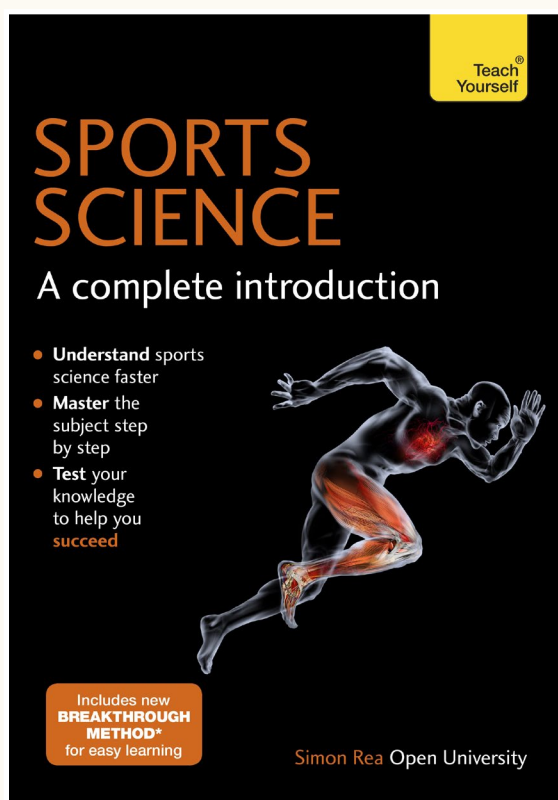
## Sport Psychology: A Complete Introduction

*John Perry*

*Sport Psychology: A Complete Introduction* is designed to give you everything you need to succeed, all in one place. It covers the key areas that students are expected to be confident in, outlining the basics in clear, jargon-free English and providing added-value features like summaries of key experiments and even lists of questions you might be asked in your seminar or exam.

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*Simon Rea*

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