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Acupuncture and Acupuncture During Birth
An Integrative Guide for Acupuncturists and Birth Professionals
Claudia Citkovitz
A guide to integrating acupuncture and Chinese medicine into perinatal care
For acupuncturists and birth professionals, this book explains how yin/yang and other principles of Chinese medicine can improve birth experiences as well as outcomes. Acupuncture and Chinese medicine can shift and support the physical and emotional journey of birth and provide nonpharmacologic treatment approaches for commonly occurring disorders of labor such as malposition, asynclitism, slow cervical dilatation and inadequate contractions, as well as postpartum and post C-section care.
Accessible and engaging, the book includes an overview of Chinese medicine for women's health; information on what happens before, during and after birth from both a biomedical and Chinese medical perspective; and a toolkit of treatment strategies for birth work. The techniques described include acupressure, Tui Na (Chinese medical bodywork), needling, auricular acupressure and electrostimulation.

The Acupuncture Point Functions Charts and Workbook
Erica Joy Siegel
An illustrated workbook showing the location of the meridians and other points within the body while explaining each of their function
Perfect for students of acupuncture, this clear and accessible learning resource contains charts that show the location of different meridians and acupuncture points within the body, while explaining each of their functions.
Split into two parts, with the first containing 27 points functions charts, and the second showing the same charts with space for the student to annotate. The charts cover the primary twelve meridians, the conception and governing vessels, and extra points.
Containing a vast amount of information in an engaging format, this book offers the perfect visual reference for acupuncturists and students, and the blank sheets offer a proven and interactive way for acupuncture students to learn.

The Principles and Practical Application of Acupuncture Point Combinations
David Hartmann
Introductory book on acupuncture point combinations for students and practitioners
A foundation textbook explaining how point combinations work in acupuncture practice. The book explains how each point works and how best to combine points for good clinical results. Students and practitioners need to respond to clinical challenges in creative and flexible ways and this book guides them in the art of construction of effective treatment protocols. Clinically useful combinations are presented throughout, along with case studies showing the application of theory to practice.

Hospice and Palliative Care Acupuncture
Torii Black
A introduction to using acupuncture in hospice and palliative care settings
A handbook for acupuncturists and healthcare practitioners on the use of acupuncture for end-of-life care. The book covers the major hospice and palliative care diagnoses from a Chinese medicine perspective, as well as grief and loss, and includes the roots of Chinese historical perspectives on death and dying.

Acupuncture for Headaches, Eyes and ENT Pathologies
Hamid Montakab
July 2019 > hb > 400pp > £40.00 > World English language only > ISBN-9780857014047
Comprehensive guide to head pathologies from a Classical Chinese Medicine perspective
This is the first book to look at all head pathologies from a Classical Chinese Medicine perspective, and is therefore an invaluable guide for acupuncture practitioners.
Divided into two parts, the book focuses on the physical and energetic structure of the head, as well as diagnosis and treatment. By addressing head pathologies with channel theory and issues related to the spirit, it contains information that would be welcomed by practitioners, as there are very few teachers with expertise in this area.
ACUPUNCTURE

Acupuncture Strategies for Complex Patients

From Consultation to Treatment
Skya Abbate, DOM
October 2018 > pb > 256pp > £25.00
World rights available > ISBN-9781848193802
> eISBN-9780857013361
A guide presenting acupuncture treatment strategies that focus on the individual’s foundational energies
A textbook on planning treatment strategy for advanced acupuncture students and new practitioners. With clear illustrations, chapter summary charts and template patient handouts, this book takes an integrative approach to diagnosis and practice and provides insightful recommendations. Covers advanced techniques including bloodletting and gua sha.

“Dr. Skya Abbate offers an insightful and extremely thorough clinical text, covering a full range of practical applications for the budding acupuncturist. Having all of this information presented with this level of care and detail in one place is an enormous boon to Oriental medical educators and students alike.”
–Ted Hall, L.Ac., Dipl. Ac., Dipl. C.H. (NCCAOM), Full Professor, Southwest Acupuncture College

Acupuncture for Babies, Children and Teenagers
Treating both the Illness and the Child
Rebecca Avern
Illustrated by Sarah Hoyle
September 2018 > hb > 776pp > £70.00
World rights available > ISBN-9781848193222
> eISBN-9780857012753
Comprehensive colour textbook on paediatric acupuncture focusing on conditions seen in the modern clinic and current treatment approaches
This colour textbook is a comprehensive guide to diagnosis and treatment in paediatric acupuncture. Ill health related to modern lifestyles is discussed, as is the role of family dynamics in childhood disease. Rebecca Avern examines treatment of children from both a TCM and a Five Element perspective. Throughout, she highlights how diagnosis and treatment should be tailored depending on the age of the child. The book includes information on a wide variety of treatment methods, including needling and pediatric tui na.

The book covers all the conditions that children commonly present with in modern practice, including food allergies, Chronic Fatigue Syndrome, issues relating to Autism Spectrum Disorder, and teenage depression, anxiety and eating disorders.

“Any practitioner of Chinese medicine who wishes to expand their knowledge of pediatrics need not reach for other texts; Rebecca Avern thoroughly and thoughtfully presents the subject in exquisite detail. Every pediatric issue, from history, background, diagnosis, and treatment is analyzed. A smart and sensitive exploration of childhood ailments for the 21st century.”
–Dr. Melanie Katin, DAMC, L.Ac. Faculty, Pacific College of Oriental Medicine

Diving Medical Acupuncture
Treatment and Prevention of Diving Medical Problems with a Focus on ENT Disorders
Janneke Vermeulen
Foreword by Will Maclean
April 2018 > hb > 248pp > £35.00
World rights available > ISBN-9781848193239
> eISBN-9780857012760
Acupuncture diagnostics and treatments for nose, sinus, ear and other medical disorders, especially those that are complicated by or caused by diving and other water sports
An overview of acupuncture treatments for a wide range of health issues that can prevent, complicate or result from diving and other water sports. Applies knowledge from Western Diving Medicine and Chinese medicine to present effective treatment for the most common ear, nose and throat problems associated with diving.

“Any practitioner of Chinese medicine who wishes to expand their knowledge of pediatrics need not reach for other texts; Rebecca Avern thoroughly and thoughtfully presents the subject in exquisite detail. Every pediatric issue, from history, background, diagnosis, and treatment is analyzed. A smart and sensitive exploration of childhood ailments for the 21st century.”
–Dr. Melanie Katin, DAMC, L.Ac. Faculty, Pacific College of Oriental Medicine

Treating Body and Soul
A Clinicians’ Guide to Supporting the Physical, Mental and Spiritual Needs of Their Patients
Edited by Peter Wells
2017 > pb > 208pp > £19.99
World rights available > ISBN-9781785921483
> eISBN-9781784504175
Healthcare professionals reveal how they meet patients’ spiritual needs in medical settings
The Living Needle

Modern Acupuncture Technique
Justin Phillips
2017 > hb > 96pp > £25.00
World rights available > ISBN-9781848193819
> eISBN-9780857013392

The fundamental principles of the art of needle technique for acupuncturists
A thorough explanation of needling techniques for acupuncturists, from the basics of how needles work to the teaching of essential methods, through to the energetics and tips to improve technique. Includes online video demonstrations of practice, with further tips and advice.

The Fundamentals of Acupuncture

Nigel Ching
Foreword by Charles Buck
2016 > hb > 752pp > £60.00 > World English language only > ISBN-9781848193130 > eISBN-9780857012661

A clear and comprehensive textbook on the basic foundations and principles of acupuncture
A fantastically readable guide to Chinese Medicine, this illustrated textbook covers the basic foundations and principles of acupuncture and TCM. Nigel Ching covers everything from the theories of yin and yang to point functions and needling techniques.

Neuropuncture

A Clinical Handbook of Neuroscience Acupuncture, Second Edition
Michael D. Corradino
Foreword by Giovanni Maciocia
2017 > pb > 168pp > £30.00
World rights available > ISBN-9781848193314
> eISBN-9780857012876

A groundbreaking acupuncture system that incorporates neuroscience into its clinical applications for pain management, orthopaedic conditions and internal medicine.
A clinical manual of a groundbreaking acupuncture system that incorporates neuroscience into its clinical applications for pain management, orthopaedic conditions and internal medicine. New research shows how to apply the neurophysiological mechanisms of acupuncture and electrical acupuncture to the traditional TCM model of healthcare.

“The Michael Corradino breathes new life and effectiveness into healing patients with electroacupuncture. Neuropuncture is a deeply needed medical educational roadmap to skillfully bridge neuroscience research, classical acupuncture and hands on application of electroacupuncture. Informative, extremely useful, and a much sought guide.”
–John Hubacher, Pantheon Research Inc., USA

The Acupuncturist’s Guide to Conventional Medicine, Second Edition
Clare Stephenson
2017 > hb > 872pp > £60.00
World rights available > ISBN-9781848193024
> eISBN-9780857012555

Updated edition of a comparative textbook on diagnoses, symptoms and treatments in conventional medicine for students and practitioners of acupuncture
Now in its second edition, this comparative textbook provides everything students and practitioners of complementary medicine need to know about conventional medicine. It covers the physiological systems of the body and the conventional approach to diagnosis and treatment, enabling good relationships with conventionally trained practitioners.
The Acupuncture Points
Functions Colouring Book

Rainy Hutchinson
Foreword by Richard Blackwell, Angela Hicks & John Hicks


A colouring book to help students learn the functions of the acupuncture points. For students of acupuncture, acupressure and shiatsu

Learn the functions of acupuncture points by colouring and doodling. Imaginative illustrations will help students from a wide range of schools and traditions to remember point names, with handy text providing a quick cross reference of their main functions.

Grasping the Donkey’s Tail

Unraveling Mysteries from the Classics of Oriental Medicine
Peter Eckman, M.D., Ph.D., M.Ac
Foreword by Charles Buck

2017 > pb > 152pp > £27.99

Exploration and interpretation of key questions in classical Chinese medicine

Through an in-depth examination of some difficult, often misunderstood classical texts of Oriental medicine, the author offers clear instruction for effective acupuncture practice. Specific discussions of Daoism and pulse diagnosis make this an innovative and essential text.

The Compleat Acupuncturist

A Guide to Constitutional and Conditional Pulse Diagnosis
Peter Eckman, M.D., Ph.D., M.Ac(UK)

2014 > pb > 292pp > £30.00

Synthesizes Chinese, Korean and Ayurvedic pulse diagnosis

Developing Internal Energy for Effective Acupuncture Practice

Zhan Zhuang, Yi Qi Gong and the Art of Painless Needle Insertion
Ioannis Solos

2014 > pb > 240pp > £19.99

This book teaches practitioners to develop their internal energy and sensitivity to energy in order to improve their practice

Acupuncture for Body, Mind and Spirit

Peter Mole

2014 > pb > 160pp > £11.99

Everything you need to know before you step into an acupuncture clinic

Pocket Handbook of Particularly Effective Acupoints for Common Conditions Illustrated in Color

Guo Changqing Guoyan and Zhaiwei Liu Naigang


A practical pocket guide to the key acupuncture points that aid the treatment of many common conditions

The Great Intent

Acupuncture Odes, Songs and Rhymes
Richard Bertschinger
Illustrated by Harriet E J Lewars

2013 > pb > 320pp > £24.99

Newly translated poems offering a rich insight on methods of practice and behaviour, moral attitudes, effective points, diagnostic tips and rules of thumb

This collection of songs and rhymes composed by Chinese acupuncturists was compiled by the physician Yang Jizhou in 1601. Used both as teaching vehicles and as expressions of the poetry behind the practice of acupuncture, these odes offer a rich insight into the history of acupuncture, as well as practical indications for treatment.

Acupuncture and Chinese Medicine

Roots of Modern Practice
Charles Buck

2014 > hb > 352pp > £40.00

Charles Buck draws on three decades of study, practice and teaching in this book to provide a relevant and engaging account of the origins of acupuncture and Chinese medicine
ACUPUNCTURE

Eight Extraordinary Channels - Qi Jing Ba Mai
A Handbook for Clinical Practice and Nei Dan Inner Meditation
Dr David Twicken DOM, LAc

The theory, clinical applications and psycho-emotional and spiritual qualities of some the most interesting and important aspects of Chinese medicine and Qi Gong - the Eight Extraordinary channels
The Eight Extraordinary channels are amongst the most interesting and clinically important aspects of Chinese medicine. This book introduces the theory behind the channels, explains their clinical applications, and delves into their emotional and spiritual qualities, as well as exploring how to cultivate the channels through Nei Gong.

I Ching Acupuncture - The Balance Method
Clinical Applications of the Ba Gua and I Ching
Dr David Twicken DOM, LAc
2012 > pb > 322pp > £25.99

A system of acupuncture point selection based on the principles of Chinese philosophy and classic Chinese texts, including the I Ching, Nei Jing Su Wen and Ling Shu
This book offers a clear explanation of the philosophical theories that underpin acupuncture methods. Introducing the fundamentals of Chinese medical philosophy including Yin-Yang, the Eight Trigrams and Ba Gua, it presents a clinically effective acupuncture system that balances metaphysical theory with practical acupuncture techniques.

Intuitive Acupuncture
John Hamwee
2015 > pb > 160pp > £14.99

The first in-depth, reflective exploration of intuition in acupuncture diagnosis and treatment, how to develop it, and how to test its accuracy

Acupuncture for New Practitioners
John Hamwee
2012 > pb > 160pp > £12.99

Invaluable guide for the new practitioner including common pitfalls and down-to-earth advice
An invaluable guide for anyone beginning a career in acupuncture, this book offers insights into likely challenges and pitfalls of the first years of practice. It addresses styles of working, common mistakes, confidence with patients, and success and failure in the treatment room, helping novice acupuncturists to reflect on their practice.

Pricking the Vessels
Bloodletting Therapy in Chinese Medicine
Henry McCann
Foreword by Heiner Fruehauf
2014 > pb > 168pp > £25.00

This authoritative text explores the theory and function of bloodletting, and provides detailed instruction on its clinical use
The first text on bloodletting therapy for Western practitioners of Chinese medicine, this authoritative introduction explores the history, theory and function of the practice. Through the exploration of classic texts and contemporary standards, it provides everything needed to gain a comprehensive understanding of the technique.

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ISBN-9781848192300

£25.00
ISBN-9781848191891
ACUPUNCTURE - TECHNIQUES, COSMETIC AND WORKING WITH THE FACE

ACUPUNCTURE TECHNIQUES

Needling Techniques for Acupuncturists

Basic Principles and Techniques

Chief Editor: Professor Chang Xiaorong


Everything a student needs to develop best practice in needling

Serving as a core learning tool for beginners, and a handy reference for later use. The book covers everything from the basics of good practice in care of filiform needles, through methods of insertion, to manipulation and the arrival of Qi.

Illustrated Chinese Moxibustion Techniques and Methods

Professor Chang Xiaorong, Professor Hong Jing and Professor Yi Shouxiang


A complete overview of Chinese moxibustion techniques and methods, including detailed treatments and contraindications for a wide range of conditions

This authoritative and extensively illustrated text provides a complete overview of Chinese moxibustion techniques and methods, including contraindications and treatments for a wide range of conditions. It covers the fundamentals of theory as well as the skills and techniques practitioners need, all of which are photographically illustrated.

The Active Points Test

A Clinical Test for Identifying and Selecting Effective Points for Acupuncture and Related Therapies

Stefano Marcelli


A clinical instrument for identifying and selecting the points on the skin that are most effective for treatment

Dr Stefano Marcelli sets out the theory of The Active Points Test, providing a comprehensive and effective system for point selection. Offering detailed guidance on how to carry out the test and interpret the results, this is essential reading for practitioners and students of acupuncture and related reflex and manual therapies.

COSMETIC ACUPUNCTURE AND WORKING WITH THE FACE

Cosmetic Acupuncture, Second Edition

A Traditional Chinese Medicine Approach to Cosmetic and Dermatological Problems

Radha Thambirajah

2015 > hb > 244pp > £40.00 > Rights sold: Turkish > ISBN-9781848192676 > eISBN-978080857012159

A practical guide to the diagnosis and treatment of cosmetic and dermatological problems according to traditional Chinese Medicine

This second edition includes colour photographs and practical instruction on how to perform treatment techniques as well as new material on needling and massage techniques.

Japanese Holistic Face Massage

Rosemary Patten


How to perform the massage used in Japan for centuries to maintain a youthful complexion, reflect inner calm and promote longevity

A comprehensive introductory, explaining how to carry out the massage and therapeutic benefits.

Facial Enhancement Acupuncture

Clinical Use and Application

Paul Adkins


Fully illustrated guide to performing facial enhancement acupuncture

This illustrated guide to facial enhancement acupuncture, showing the acupuncture points, techniques and equipment used to targets points and muscles of the face to improve skin elasticity and appearance.

Vital Face

Facial Exercises and Massage for Health and Beauty

Leena Kiviluoma


This fully-illustrated handbook guides you through facial stretching and massage techniques developed to treat muscle based health problems and reduce the signs of ageing.
The Way of the Five Elements  
52 Weeks of Powerful Acupoints for Physical, Emotional, and Spiritual Health  
John Kirkwood  

52 key acupoints (one for each week) for common complaints, with images and descriptions of the point for richer understanding
With its practical and immensely readable introduction to the nature and self-help uses of a key acupoint for each week of the year, this book is a gateway to the mysterious world of Chinese medical thought.

The author journeys through the seasons of the year, and the five elements that make up the Chinese universe, looking at the physical, emotional and spiritual associations of the most useful acupoints associated with each element. Exploring the deeper meaning of the name, function, and healing use of each acupoint, he shows how to use the acupoint in real life, and explains its practical benefits for the reader, which vary from sharpening a sense of smell, avoiding jetlag, curing a headache, to improving a good sense of humour.

With descriptions and images that capture the spirit of each element, and photographs of the point locations, this book will be a delight to anyone interested in a different view of the body and its deeper health, as well as students and practitioners of Chinese medicine looking for poetic and imaginative understanding of the five elements, and the key acupoints of each.

The Way of the Five Seasons  
Living with the Five Elements for Physical, Emotional, and Spiritual Harmony  
John Kirkwood  
2016 > pb > 384pp > £22.95  

A guide to living the seasons in harmony, the Chinese wisdom tradition way, the book deeply explores the connections between the physical, psychological, emotional and spiritual levels of human experience
A guide to living well through the seasons of the year, the book reveals how the Five Elements, which embrace body, mind, and spirit, change focus through the year. The author offers a model for living in harmony with the world by responding to the Elements of each season, through nutrition, activity, and mindset.

Blogging a Five Element Life  
Nora Franglen  

Reflection on life and and a lifetime’s practice of five element acupuncture
The follow-up to Nora Franglen's first book of collected posts on the holistic life of an acupuncturist, this provides further insight into the everyday musings of a master of her craft. From her love of London’s cafes to challenges she has experienced in her clinic, it reveals how acupuncture can enrich and balance all aspects of our being.

A Five Element Legacy  
Nora Franglen  
April 2018 > pb > 184pp > £12.99  

Insights and reflections derived from a lifetime’s practice of five element acupuncture
Nora Franglen reflects on a lifetime of practising five element acupuncture, offering advice and insights into developing patient-practitioner relationships, tailoring treatments to individual patient’s needs and the importance of taking your time and trusting your feelings. Invaluable guidance gleaned from a successful career.

Turn over for more from Nora Franglen>>
The Handbook of Five Element Practice
Nora Franglen
2013 > pb > 184pp > £27.99
World rights available except Chinese
(simplified) > ISBN-9781848191884 >
eISBN-9780857011459
A complete manual to support and
invigorate five element practice
A companion for practitioners of Five
Element acupuncture that strengthens the foundation
for practice. With detailed outlines of the different
components of Five Element diagnosis and treatment,
this complete manual will support and invigorate practice.
It also includes a Teach Yourself Manual.

The Simple Guide to Five Element Acupuncture
Nora Franglen
2013 > Paperback > 136pp >
£5.99 > Rights sold: Chinese
(simplified) > ISBN-9781848191860 >
eISBN-9780857011473
Insight into five element theory, its
history, philosophy and benefits
This accessible guide explains the
history and philosophy of five element
acupuncture, and shows how it addresses specific
health needs and general well-being. With case studies
throughout, the guide explains how an acupuncturist
diagnoses and treats patients, and looks at the character
of each element.

Keepers of the Soul
The Five Guardian Elements of
Acupuncture
Nora Franglen
2013 > pb > 296pp > £15.99 > Rights sold:
Chinese (simplified) > ISBN-9781848191853 >
eISBN-9780857011466
Accessible accounts of the
five elements that get to
the heart of what they look
like and how they present in people
With profiles of well-known figures, the book explains the
spirit of each of the Five Elements of Chinese medicine,
and what they look like in different people. The philosophy
behind Five Element acupuncture is explained, including
what it means to live in harmony and how the Five
Elements help shape our body and soul.

Patterns of Practice
Mastering the Art of Five Element Acupuncture
Nora Franglen
2013 > pb > 120pp > £13.99 > Rights sold:
Chinese (simplified) > ISBN-9781848191877 >
eISBN-9780857011480
Reflections on the larger questions
of dedicated acupuncture practice
Considering acupuncture in its wider
context, this book contains Nora Franglen's reflections
on her practice and explores how the search for acu-
puncture points can lead the practitioner deep into
challenging areas of existence.

On Being a Five Element Acupuncturist
Nora Franglen
2015 > pb > 296pp > £12.99 > Rights sold:
Chinese (simplified) > ISBN-9781848192362 >
eISBN-9780857011831
How an experienced acupuncturist
lives through her craft
Based on her well-read blog, Nora
Franglen provides a rich insight into the
inner thoughts and feelings of a master acupuncturist.
Covering everything from her love of coffee shops to how
to treat patients effectively, it is reveals the holistic and
rich nature of acupuncture.
Combining the wisdom of Classical Chinese Medicine with modern nutritional science, this book explains how food and herbs can be used for healing. It explores the concept of Yang Sheng, which means to foster wellbeing by nurturing body, mind and spirit in harmony with the natural rhythms and universal laws, and reveals the importance of nutrition with it.

A perfect guide for practitioners and students of Chinese Medicine, the book explains how to diagnose and heal nutritional deficiencies, how to cook in the most healing ways, and how to combine foods for optimum health. It includes delicious and healthy recipes, focused on specific organ deficiencies and maximising energy and wellbeing, which can be prescribed to patients. Advice is given for children and for a range of illnesses and conditions, including menopause and hormonal balancing, healing from injuries and surgeries, high blood pressure, skin conditions, diabetes, inflammatory conditions and many more.
**Extraordinary Chinese Medicine**

The Extraordinary Vessels, Extraordinary Organs, and the Art of Being Human

Thomas Richardson with William Morris


A new understanding of the development of consciousness based on Daoist cosmology and the extraordinary vessels and organs

Exploring the relationship between the eight extraordinary vessels, and the zangfu and extraordinary organs, this ground-breaking book provides a new way of looking at the deep connection between the flow of qi through the primary channels, the placement of the confluent points of the extraordinary vessels along the primary channel system, and Daoist conceptions of the evolution of consciousness. He emphasizes the importance of the dai mai channel in integration.

The author points to direct relationships between the primary channels, the extraordinary channels, and the zangfu and extraordinary organs which demonstrate a deep, underlying, and continuous connection between the individual and their environment, a continuous connection to Heaven above and Earth below, and, perhaps most importantly, an underlying drive of the channel systems to continually, experientially bring us back to the transcendent unity that we are always a part of, the natural state.

This book will enlarge the perspective of Chinese medicine practitioners and prompt new approaches to treatment.

**Returning to the Source**

Han Dynasty Medical Classics in Modern Clinical Practice

Z’ev Rosenberg

Edited by Daniel Schrier

Foreword by Dr Sabine Wilms

Illustrated by Blair Thornley

March 2018 > pb > 184pp > £25.00


Explains the worldview of the classic Chinese medicine texts and how to apply theory to current clinical practice

Written in the tradition of scholar-physician commentaries, this book examines how the wisdom of the classic Yellow Emperor writings can enrich modern practice in Traditional Chinese Medicine. Focusing on the Simple Questions that open the Inner Canon of Huangdi, it offers expert advice on how to achieve sophisticated diagnoses and treatments.

**Chinese Medical Gynaecology**

A Self-Help Guide to Women’s Health

Eddie Dowd

2017 > pb > 256pp > £13.99


A level-headed Chinese medicine approach to common problems in women’s health, with accompanying recipes for treatment

An comprehensive guide to the Chinese medicine approach to common health problems women experience including menstrual cycle, reproductive, and fertility issues, and menopause. The book includes nutritional recipes for home use, as well as other treatment options.

**Treating Emotional Trauma with Chinese Medicine**

Integrated Diagnostic and Treatment Strategies

CT Holman, M.S., L.Ac.

2017 > hb > 384pp > £40.00


Integrates the multi-diagnostic methods and treatment modalities in Chinese medicine to treat emotional trauma

Rich in case studies and self-care techniques, this book applies Chinese medicine diagnostic methods (facial, pulse, channel palpation, and tongue diagnosis) and treatment modalities (acupuncture, Chinese herbal formulas, qigong, nutrition, and more) to resolve past traumas and prevent impacts from future trauma.
The Spirit of the Organs
Twelve stories for practitioners and patients
John Hamwee
2017 > pb > 208pp > £12.99

The unique spirit of each of the 12 ZangFu organs of Chinese medicine brought alive through story
12 stories each depict a different organ of the body and illustrate how they are traditionally understood in Chinese Medicine. The author shows that an appreciation of what the Chinese call the ‘spirit of the organs’ leads to more effective treatments of both common and unusual conditions.

The Art and Practice of Diagnosis in Chinese Medicine
Nigel Ching
Foreword by Jeremy Halpin
2017 > hb > 792pp > £60.00 > World English language only > ISBN-9781848193147 > eISBN-9780857012678

Accessible and comprehensive textbook on Chinese medicine diagnosis
This textbook is a complete diagnostic manual for students of Chinese medicine. It covers how to collect and collate the relevant information needed to make a diagnosis and clearly describes the various diagnostic models in Chinese medicine.

Traditional Chinese Medicine Approaches to Cancer
Harmony in the Face of the Tiger
Henry McGrath
2009 > pb > 256pp > £12.99

A range of Chinese medicine approaches to support those being treated for cancer

Fundamentals of Chinese Fingernail Image Diagnosis (FID)
Jie-Jia Li, Jian-Ping Fu, and Jack Li
2014 > pb > 208pp > £25.00

A comprehensive introduction to the fundamentals of Chinese Fingernail Image Diagnosis (FID)
The Yellow Monkey Emperor’s Classic of Chinese Medicine

Damo Mitchell
Artwork by Spencer Hill
2016 > pb > 272pp > £18.99
World rights available > ISBN-9781848192867
> eISBN-9780857012333

Chinese medicine - the graphic novel.
Covers diagnosis of the syndromes in words, pictures (and Daoist jokes).
Learn and remember the syndromes of Chinese medicine, their causes, symptoms and treatment protocols with these witty cartoons, rich with Daoist in-jokes. Each cartoon tells the story of an animal seeking diagnosis from a wise animal sage and is accompanied by a concise, clear analysis of the associated syndrome.

Gold Mirrors and Tongue Reflections
The Cornerstone Classics of Chinese Medicine Tongue Diagnosis - The Ao Shi Shang Han Jin Jing Lu, and the Shang Han She Jian
Ioannis Solos
2012 > hb > 304pp > £40.00
World rights available > ISBN-9781848190955
> eISBN-9780857010766

Two of the major texts in the history of tongue diagnosis are presented and put into context in this volume, reaffirming the strength of tongue diagnosis as a core diagnostic method.

Clinical Handbook of Chinese Herbs
Desk Reference, Revised Edition
Will Maclean
2017 > pb > 168pp > £22.99
World rights available > ISBN-9781848193420
> eISBN-9780857012982

The essential desk reference for students and clinicians on Chinese herbal qualities and prescriptions.
A comprehensive handbook of Chinese herbs and their clinical applications, this updated reference describes in detail each herb’s characteristics with comparative charts to help clinicians discriminate between similar herbs and dosage guidance.

Psycho-Emotional Pain and the Eight Extraordinary Vessels
Yvonne R. Farrell, DAOM, L.Ac.
Foreword by David Chan
2016 > pb > 224pp > £24.99
World rights available > ISBN-9781848192928
> eISBN-9780857012395

Treating the ‘spirit’ and the psycho-emotional aspects of ill health through work with the Eight Extraordinary Vessels.
Understanding and working with the Eight Extras provides a valuable way of treating patients who struggle to heal. Combining detailed theory with ideas for practical application, this book explains the value of this ancient system in supporting patients’ consciousness and promoting hope for the future.

Celestial Healing
Energy, Mind and Spirit in Traditional Medicines of China, and East and Southeast Asia
Marc S. Micozzi et. al
2013 > pb > 240pp > £11.99
World rights available > ISBN-9781848191570
> eISBN-9780857010605 (also available in hardback)

The medical traditions of China, the Malay Peninsula, the Indonesian Archipelago, the Philippines, Indochina, Korea, and Japan.
Discussion of Cold Damage (Shang Han Lun)  
Commentaries and Clinical Applications  
Guohui Liu, M.Med., L.Ac.,  
Foreword by Henry McCann  
2015 > hb > 976pp > £125.00  
Definitive new translation of the classic text on Chinese herbal medicine, with substantial explanatory commentary, and explanations for clinical use  
Scholar and medical doctor, Guohui Liu, presents a new and detailed translation of the Chinese classic Shang Han Lun. He provides a line by line translation of the text with extensive commentary and descriptions of the clinical applications. The book includes the 112 formulas and the 88 medicinal substances.

Foundations of Theory for Ancient Chinese Medicine  
Shang Han Lun and Contemporary Medical Texts  
Guohui Liu, M.Med., L.Ac.  
Foreword by Charles Buck  
2015 > hb > 280pp > £40.00  
Explanation and discussion of the theories underpinning the ancient Chinese medical texts  
Guohui Liu explains the key concepts of ancient Chinese medicine so that they can be better understood and put into practice by modern practitioners. With the Shang Han Lun as a basis for discussion, it includes information on Chinese culture and philosophy as well as specific issues such as the six conformations and zang-fu organ theory.

Common Laboratory Tests Used by TCM Practitioners  
When to Refer Patients for Lab Tests and How to Read and Interpret the Results  
Partha Banerjee MD and Christina Captain DOM  
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Gary Wagman
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**Bagua Zhang**

C S Tang


An expert master of martial arts skilfully explains the practice of Bagua Zhang

With clear instruction and expert guidance, this fully illustrated guide to Bagua Zhang teaches all you need to know about this subtle, powerful martial art. There is no other martial art system or style, internal or external, which combines so many fighting techniques in one practice - and expert Master C S Tang provides lucid, detailed descriptions of the entire training system.

Bagua is divided into several sets of exercises, and this guide begins by covering the history behind these, and explaining the basic exercises. It goes on to detail the training in more complex practices - including circle walking, single palm change, the eight palm changes, the special weapons of Bagua, and more. Tying into higher spiritual practices of Daoism, this guide not only covers the practical applications of Bagua Zhang, but explores the reasons why it calms the mind, coordinates the body, and develops health.

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A Unique Branch of Daoist Learning, A Secret Skill of the Palace

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Photographs by Si Chi Ko

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The Art of the Lotus and the Moon
Roni Edlund and Damo Mitchell
Foreword by Sophie Johnson
2016 > pb > 288pp > £16.99
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> eISBN-9780857012470

The first complete theory
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specifically as it applies to women

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The first comprehensive and coherent explanation of the whole process of Daoist internal alchemy for Western practitioners

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Activating the Twelve Pathways for Energy Balance and Healing
Camilo Sanchez, L.Ac, MOM
2015 > pb
> eISBN-9780857012364

A complete instructional guide to preventative and self-healing Daoist yoga (Qigong) exercises covering all twelve main meridians

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Shi Jianwu’s Daoist Classic on Internal Alchemy and the Cultivation of the Breath
Richard Bertschinger
Foreword by Master Zhongxian Wu
January 2018 > pb > 192pp > £19.99

The first English translation of an 9th century Daoist text on internal alchemy and meditation practice

In this Tang Classic text from the 9th Century, Daoist practitioner Shi Jianwu describes how through adapting our own breathing to the breath of the universe and daily meditation, one can develop an astral body and ‘transcend earthly matters to walk in the divine’. Richard Bertschinger offers the first annotated English language translation of this text with practical guidance for Qigong, meditative practice and personal development.

With elements of Daoist tradition and drawing on Mayahana Buddhist influences, this ancient guide aims to bring to the fore perceptions and focus on a natural form of breathing for pure meditation. Much of this Chinese practice has been misunderstood and lost over the years, until now. Richard’s thoughtful translation and additional comments serve to distribute Shi Jianwu’s original message with open interpretations for the individual reader.

**Calculating the BaZi**

The Ganzhi/Chinese Astrology Workbook
Karin Taylor Wu
Foreword by Master Zhongxian Wu
2017 > pb > 272pp > £25.00
World rights available > ISBN-9781848193123 > eISBN-9780857012654

Learn how to calculate and interpret a complex Chinese Stem-Branch astrology chart, without a Ten Thousand Year Calendar tool (book or app), and to interpret its life guidance

Understand how to recognise the various influences on BaZi (Chinese Astrology) and learn how to devise personalised astrological charts with this beautifully illustrated guide. Dr Karin Taylor Wu explains how to interpret detailed charts for better understanding of our histories and present and future selves.

**Looking Up, Looking Down**

Guide to Classical Feng Shui
René Aleksandra Hagen
May 2018 > pb > 192pp > £17.95

A guide to the ancient Chinese discipline of feng shui by a classically trained consultant

A fascinating, helpful exploration of the underlying principles of the ancient Chinese discipline of feng shui, with clear and useful recommendations for improving domestic and work environments, the book is grounded in classical Chinese knowledge.

One of the cornerstones of the traditional Chinese holistic view of health, feng shui assesses, diagnoses and adjusts the house in relation to the person living in it. The author explains the key universal principles upon which feng shui is based, and the deep relationship between ourselves, our houses and our surroundings. She explains how a classical trained consultant would proceed analysing your house, how to think about each room in your house, and provides practical advice on what to do and what to avoid.

With many real life illustrations, the book gives the reader a fundamental understanding of what classical feng shui does, and how to begin to think practically about improving life circumstances.

**Ba Zi - The Four Pillars of Destiny**

Understanding Character, Relationships and Potential Through Chinese Astrology
Serge Augier
2016 > Paperback > 152pp > £13.99

How Chinese astrology explains character, tendencies, and relationships - and how to draw up and interpret a basic chart

BaZi (Chinese astrology) is the key to understanding your own character and the characters of others. This book explains how it works and how to draw up and interpret a basic chart. Detailed and practical information is given on the strengths and weaknesses of each character type and how these affect your everyday interactions.
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**Daoist Reflections from Scholar Sage**
Damo Mitchell and his students
2016 > pb > 312pp > £18.99
World rights available > ISBN-9781848193215
> eISBN-9780857012746
Popular articles and new material on Daoist issues and Chinese medicine from Damo Mitchell and his senior students at the Lotus Nei Gong School of Daoist Arts

Bringing together popular articles and new work from Damo Mitchell and his students at the Lotus Nei Gong School of Daoist Arts, this book covers intriguing but rarely discussed topics. Discover the importance of the pineal gland, learn to find contentment in centeredness rather than excitement, explore the Five Spirits of Daoism, and much more.

**The 12 Chinese Animals**
Create Harmony in your Daily Life through Ancient Chinese Wisdom
Master Zhongxian Wu
2010 > hb > 192pp > £12.99
World rights available > ISBN-9781848190313
> eISBN-9780857010155
How to find your power animal symbols, and how to learn from their wisdom

**Heavenly Stems and Earthly Branches - TianGan DiZhi**
The Heart of Chinese Wisdom Traditions
Master Zhongxian Wu and Dr Karin Taylor Wu
Foreword by Fei BingXun
2016 > pb > 240pp > £17.99
World rights available > ISBN-9781848192089
> eISBN-9780857011589 > (hardback also available)
Now available in a student edition, this exhaustive exploration of the 10 Heavenly Stems and 12 Earthly Branches explains their inter-relationships and effects

**Vital Breath of the Dao**
Chinese Shamanic Tiger Qigong - Laohu Gong
Master Zhongxian Wu
2008 > pb > 256pp > £16.99
World rights available > ISBN-9781848190009
> eISBN-9780857011107
An excellent introduction for Qigong beginners with a powerful 24-movement form, historical background, underlying principles and techniques

**Seeking the Spirit of The Book of Change**
8 Days to Mastering a Shamanic Yijing (I Ching) Prediction System
Master Zhongxian Wu
2017 > pb > 240pp > £17.99
World rights available > ISBN-9781848193628
> eISBN-9780857010070
Understand and learn the principles of the ancient Yijing system of prediction

**Heavenly Stems and Earthly Branches - TianGan DiZhi**
The Keys to the Sublime
Master Zhongxian Wu and Dr Karin Taylor Wu
2013 > 37pp > £17.99
World rights available > ISBN-9781848191501
This set of study cards beautifully presents the key characteristics of the 22 GanZhi symbols

**Tao - A New Way of Thinking**
A Translation of the Tao Tê Ching with an Introduction and Commentaries
Chung-yuan Chang
2013 > Paperback > 240pp > £12.99
World rights available > ISBN-9781848192010
> eISBN-9780857011534
Exceptional translation of the Tao Tê Ching makes this Chinese classic accessible to modern ways of thinking, without any reduction of the complex thought within its pages
ROOTS OF DAOISM

Creativity and Taoism
A Study of Chinese Philosophy, Art and Poetry
Chung-yuan Chang
The underlying philosophy and the aesthetics of Chinese art and poetry

Cultivating Qi
The Root of Energy, Vitality, and Spirit
David W. Clippinger
Foreword by Grandmaster Nick Gracenin
2016 > pb > 208pp > £13.99
The first systematic exploration for westerners of the nature of Qi - vital energy - and how and why to cultivate it

Blue Dragon, White Tiger
Verses for Refining the Golden Elixir
Chang Sen Feng
Translated by Shifu Hwang and Cheney Crow
Illustrated by S. Robertson
2012 > pb > 112pp > £12.99
This unusual tantric guide documents the methods of the sexual internal alchemy practiced by kings for several dynasties

The Art and Alchemy of Chinese Tea
Daniel Reid
Photographs by Christian Janzen
2011 > hb > 240pp > £14.99
Getting to the heart of tea culture in China, the author describes the medicinal properties of Chinese tea, and how to cultivate Cha Dao, the Daoist way of tea, in daily life

Cha Dao
The Way of Tea, Tea as a Way of Life
Solala Towler
2010 > pb > 176pp > £12.99
Journey through the Way of Tea from its origins in the sacred mountains and temples of ancient China, via quotes and stories of tea masters, to its links with Daoism and Zen

Quantum Soup
Fortune Cookies in Crisis New and enlarged edition
Chungliang Al Huang
2011 > pb > 160pp > £16.99
Happy anecdotes and mini-essays give insight into the Chinese spirit and philosophy

Go Ask the River
Evelyn Eaton
Foreword by Chungliang Al Huang
2011 > pb > 288pp > £12.99
The haunting story of the great female poet Hung Tu reconstructing the turbulent, cruel, beautiful world of ninth century China

Yijing, Shamanic Oracle of China
A New Book of Change
Translated with commentary by Richard Bertschinger
2011 > hb > 336pp > £25.00
Everything the novice reader needs to know to take their first steps in consulting the ancient oracle
MEDITATION

Practical Zen for Health, Wealth and Mindfulness
Julian Daizan Skinner with Sarah Bladen
Foreword by Shinzan Miyamae
Achieve health, wellbeing and success with these practical meditation and mindfulness techniques
Bringing the body-mind insights of Rinzai Zen from the mountains of Japan to the Western world, Zen master Julian Daizan Skinner and Sarah Bladen present simple meditation techniques to help achieve health, wellbeing and success.
Taking the reader through the first 100 days of practice, the book then shows how to adapt the new learned techniques to the rest of your life.
Including case studies at the end of each chapter to show how people’s lives have been transformed through their meditation journeys, this is an accessible and practical guide to adapting Eastern meditation into busy Western lives.

Zen Wisdom for Christians
Christopher Collingwood
May 2019 > pb > 248pp > £13.99
Shows that through the understanding and practice of Zen, Christians can explore their faith in new and creative ways
As spiritual paths, Zen and Christianity can learn from one another. In this book, Anglican priest and Zen teacher Christopher Collingwood sets out how Zen can return Christians to their roots with renewed energy, and allow others to consider Christianity in a new and more favourable light.
For the many Christians searching for a greater depth of spirituality, Zen offers a way to achieve openness. Drawing on Zen experience and the teachings of Jesus as depicted in the gospels, Zen Wisdom for Christians enables Christians to explore avenues of thought and experience that are fresh and creative. Using examples of Zen koans and Zen readings of Christian texts, the author provides a radical reorientation of life - away from one based on self-centredness and the notion of a separate, isolated self, to a way that is inclusive and at one with all.

NEW

Peace Inside
A Prisoner’s Guide to Meditation
Edited by Sam Settle
Foreword by Benjamin Zephaniah
2017 > pb > 272pp > £12.99
A powerful testament to how, through inner strength, kindness and meditation, people have survived and even thrived in prison
In this inspiring true story, prisoners share how meditation changed their lives. With intimate letters between prisoners and charity workers from the Prison Phoenix Trust, it is beautifully illustrated and includes a simple beginner’s guide to meditation.

The Key to the Qigong Meditation State
Rujing and Still Qigong
Tianjun Liu
Foreword by Zhongxian Wu
Exploring classic Qigong meditation from the perspective of modern psychology, parapsychology and cognitive science
Focusing on Rujing, the meditation state fundamental to Qigong meditation, this ground-breaking book looks at the practice from the perspective of psychology and cognitive science. It describes what happens in mind and body, and how to reach the state of Rujing.

The Way of the Hermit
Interfaith Encounters in Silence and Prayer
Mario I. Aguilar
2017 > pb > 208pp > £16.99
Shows how the solitude practiced by hermits of different faith traditions can make an active contribution to interfaith dialogue

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<tr>
<th>Title</th>
<th>Author</th>
<th>Year</th>
<th>Pages</th>
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<tr>
<td>Shen Gong and Nei Dan in Da Xuan</td>
<td>Serge Augier</td>
<td>2015</td>
<td>240</td>
<td>£17.99</td>
<td>9781848192607</td>
<td>Revealing the secrets of Da Xuan</td>
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<td>The Secret of Everlasting Life</td>
<td>Richard Bertschinger</td>
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<td>Translation from the Chinese of the second-century Can Tong Qi, the earliest known text on transformation and immortality</td>
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<td>Tranquil Sitting</td>
<td>Yin Shi Zi translated by Shifu Hwang and Cheney Crow</td>
<td>2012</td>
<td>96</td>
<td>£12.99</td>
<td>9781848191129</td>
<td>The Taoist Master Yin Shi Zi’s practical guide and inspirational testament to the healing power and spiritual benefits of meditation and Qigong</td>
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<td>Body Intelligence Meditation</td>
<td>Ged Sumner</td>
<td>2014</td>
<td>168</td>
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<td>Learn to see inside your own body</td>
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<td>Body Intelligence</td>
<td>Ged Sumner</td>
<td>2009</td>
<td>224</td>
<td>£12.99</td>
<td>9781848190269</td>
<td>The anatomy of the body is explored in plain English along with visualization exercises to make you feel differently, move differently and think differently</td>
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<td>Daoist Meditation</td>
<td>Wu Jyh Cherng</td>
<td>2014</td>
<td>336</td>
<td>£29.99</td>
<td>97818481911619</td>
<td>Master Cherng’s translation of an 8th century classic text on meditation accompanied by his extensive explanatory commentary</td>
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<td>Colour Healing Manual</td>
<td>Pauline Wills</td>
<td>2014</td>
<td>112</td>
<td>£12.99</td>
<td>9781848192027</td>
<td>A full spectrum of colour meditation exercises ideal for colour therapists, energy healers, yoga instructors and meditation leaders</td>
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<tr>
<td>The Tzolkin Trilogy</td>
<td>Daniel Reid and Si Mullumby</td>
<td>2012</td>
<td>0</td>
<td>£24.99</td>
<td>9781848191082</td>
<td>The Tzolkin Trilogy showcases the primal sound of the didgeridoo in three original compositions, based on the Mayan calendar Useful for anyone interested in music as a therapeutic tool</td>
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The Complete Yoga Anatomy Coloring Book
Katie Lynch

Helps yoga practitioners get to grips with human anatomy with informative and fun coloring exercises
This practical and engaging coloring book helps yoga teachers and students develop their knowledge of the human body. Yoga students are often taught very little human anatomy, yet without proper knowledge of anatomy the body can easily be injured. Katie Lynch covers physiology of the breath, movements of the joints, workings of the spine, shoulders and pelvis and in-depth muscle information, providing anatomical drawings to color in and so allowing learners to visually connect with the new information.

The second part of the book introduces Asana Anatomy specifically related to yoga postures, which shows the reader how to break down the knowledge and apply it to specific asanas. Featuring 100+ illustrations and backed by rigorous scientific knowledge, it is the ultimate tool for all those interested in practising yoga effectively and safely.

Ayurveda for Yoga Teachers
Siva Mohan
July 2019 > pb > 200pp > £19.99

Yoga and Science in Pain Care
Treating the Person in Pain
Edited by Neil Pearson, Shelly Prosko and Marlysa Sullivan

Yoga as Self Care for Healthcare Practitioners
Cultivating Resilience, Compassion and Empathy
Aggie Stewart

Yoga for Sports Performance
A guide for yoga therapists and bodyworkers
Jim Harrington

Ocean of Yoga
Meditations on Yoga and Ayurveda for Balance, Awareness, and Well-Being
Julie Dunlop
Foreword by Vasant Lad, BAMS, MASc
2017 > pb > 336pp > £14.99

Enhance your yoga class or home practice with this collection of calming, themed meditations
Thoughtfully introducing the eight limbs of yoga and yoga’s sister science, Ayurveda, these meditations are perfect for enhancing your yoga practice. Guided visualisations and reflections can be used at the beginning, end or during a class, and also during home practice, to increase awareness of the self and understanding of yoga practice.

Yoga Teaching Handbook
A Practical Guide for Yoga Teachers and Trainees
Edited by Sian O’Neill
2017 > pb > 320pp > £17.99

With expert advice from world-renowned yoga teachers, this book explains how to develop yoga teaching into a successful business. Covering everything from how to be creative with sequencing, to setting up and running a studio space, this book shows how to refine teaching skills and is an essential handbook for all yoga teachers and trainees.

Yoga for a Happy Back
A Teacher’s Guide to Spinal Health through Yoga Therapy
Rachel Krentzman, PT, E-RYT
Foreword by Aadil Palkhivala
2016 > pb > 296pp > £22.99

An instructional guide on how to use yoga therapy in the treatment of back pain and specific spinal problems
This instructional guide provides training for yoga teachers and physical therapists on how to use yoga therapy to relieve back pain and improve spinal health. Fully illustrated with photographs and line drawings, it also includes essential information on how to design effective classes and individual sessions.
NEW

Teen Yoga For Yoga Therapists
A Guide to Development, Mental Health and Working with Common Teen Issues
Charlotta Martinus
Foreword by Anthony Seldon
August 2018 > pb > 248pp > £22.99
World rights available > ISBN-9781848193994
> eISBN-9780857013552
How yoga and mindfulness can help teens with common issues, including anxiety, exam stress, and body image
Help teens access the therapeutic power of yoga and mindfulness in their daily lives with this guide. Explaining the science of yoga and how this ties in with adolescent physical and neurological development, the book also gives concrete ways to use yogic techniques to overcome issues such as anxiety, bullying, relationship issues, depression and sleep deprivation.

The applied yoga in this book includes not only asana, pranayama, meditation and yoga nidra exercises, but also throws the net wider to include visualisations, philosophy and modes of thinking. Including the latest research and evidence on yoga therapy, it shows how yoga’s positive influence extends beyond specific issues. The methods in this book will instil a long-lasting sense of optimism and self-regulation among young people both on and off the mat.

Including yogic and mindfulness exercises that have lasting positive impact well beyond the mat, this book shows how to use yogic techniques in the optimum way when working with teens. It includes advice on dealing with anxiety, depression and bullying, with examples of asana, pranayama, meditation and much more.

Principles and Themes in Yoga Therapy
An Introduction to Integrative Mind/Body Yoga Therapeutics
James Foulkes
Foreword by Mikhail Kogan
2017 > pb > 232pp > £25.00
World rights available > ISBN-9781848192485
> eISBN-978085701947
An exploration of the principles of therapeutic yoga with instructions for practice
Provides a brief history of yoga therapy before offering a new way to think about anatomy and the wholeness of the human being. Through case studies, the author explores different principles of practice with tips for yoga therapy practitioners to develop their working client relationship and their own conditioning.

NEW

Mindful Little Yogis
Self-Regulation Tools to Empower Kids with Special Needs to Breathe and Relax
Nicola Harvey
Illustrated by John Smisson
August 2018 > pb > 176pp > £14.99
World rights available > ISBN-9781848194045
> eISBN-9780857013606
A fun collection of yoga breath and mindfulness activities to help children aged 4+ with emotional regulation
Help children to master emotional self-regulation and improve wellbeing with these activities. Based on traditional yoga breath and mindfulness exercises, each activity is adaptable for a range of abilities and they are also ideal for working with children with autism and other special needs.

The book explains how being conscious of the breath is the key to unlocking calm during busy moments, and shows how this can be taught in a child-friendly way. Including activities such as lion breathing, bubble breathing, and sensory yoga games, children will love to learn self-regulatory techniques they can carry with them for life. Suitable for one-on-one and group work with children aged 4+.

This practical and creative book is filled with simple calming activities to help children find a sense of peace and settle heightened emotions during busy times. Each activity is easily adaptable for different ability levels, providing a handy bank of self-regulation tools that can be used at any time in a range of settings.

Yoga Therapy as a Creative Response to Pain
Matthew J. Taylor
Foreword by John Kepner
May 2018 > pb > 296pp > £24.99
World rights available > ISBN-9781848193567
> eISBN-9780857013156
A guide for yoga therapists which brings pain science, creativity and yoga together to support clients with chronic pain
Supporting yoga therapists to create a programme of care for those living with chronic pain, this guide brings pain science, creativity and yoga together for the first time. It includes the emotional, cognitive, social and spiritual in its definition of pain and acknowledges that there is no simple physical ‘fix’. The book offers advice on creating an environment that restores hope and meaning to clients, and on building a successful business by creating a community of support. Matt Taylor’s blend of creativity and yoga came from his own chronic spine pain as a physical therapist and his discovery of yoga therapy which led to his yoga-based rehabilitation clinic.
Yoga Therapy for Insomnia and Sleep Recovery

An Integrated Approach to Supporting Healthy Sleep and Sustaining Energy All Day
Lisa Sanfilippo

January 2019 > pb > 288pp > £22.99
World rights available > ISBN-9781848193918
> eISBN-9780857013484

How yoga practices can help people get to sleep, stay asleep, rest well, and find sustainable energy during the day

Yoga Therapy for Insomnia and Sleep Recovery: Yoga therapy offers a truly holistic approach to solving the growing problem of insomnia. In this book expert yoga therapist Lisa Sanfilippo explains how yoga practices can be used to target the underlying issues that inhibit good quality sleep, with immediate results that build over time.

Learn how to work with clients to release tension in the body that builds up during the day making it difficult to sleep at night. Honouring a natural yogic and Ayurvedic approach, and infusing it with modern neuroscience, Lisa also addresses the deeper emotional reasons for not sleeping well and looks at how lifestyle changes can help to achieve better quality rest. With the body-mind connection at its core, this book shows how to support better health holistically to restore balance in each layer of the body.

Yoga for Dementia
A Guide for People with Dementia, Their Families and Caregivers
Tania Plahay

Foreword by Martin Green
February 2018 > pb > 264pp > £17.99
World rights available > ISBN-9781785921599
> eISBN-9781784504335

Explains the benefits of yoga for people with dementia with exercises for improving associated symptoms

This book offers substantial yoga sequences, breathing exercises, meditations and mindfulness exercises for improving symptoms associated with dementia. It offers an innovative Reminiscence Yoga approach, which uses sounds, music, guided imagery and familiar actions to stimulate memories. The book demonstrates the many benefits of yoga for people with dementia, and describes the ways that each yoga exercise can be adapted for people of different abilities.

Yoga Therapy for Arthritis
A Whole-Person Approach to Movement and Lifestyle
Steffany Moonaz and Erin Byron

Foreword by Dr. Clifton I Bingham III, MD
December 2018 > pb > 352pp > £24.99
World rights available. > ISBN-9781848193451
> eISBN-9780857013026

A whole-person approach to arthritis management through yoga therapy

Yoga therapy is commonly used for the management of arthritis, but often focuses exclusively on adaptation of the physical poses and on structural solutions. This book moves beyond the traditional routines to present yoga as a lifestyle designed to improve quality of life and overall well-being for individuals living with arthritis and rheumatic conditions. By incorporating the ancient practices of yoga as both physical and mental exercises involving a model of 5-koshas or sheaths (physical, energetic, mental/emotional, wisdom, and spiritual), the yoga therapy practice presented here will help reduce pain and shift the perspective of the individual living with arthritis.

This therapy uses a whole-person approach that employs a broad range of tools to address the biopsychosocial effects of arthritis through the application of yoga practices and philosophy. Useful as a guide for people living with arthritis, this book is full of inspiration for self care along with instructions for yoga teachers and medical professionals to guide their clients using this whole-person perspective.

Scoliosis, Yoga Therapy, and the Art of Letting Go

Rachel Krentzman, PT, E-RYT

Foreword by Matthew J. Taylor
> eISBN-9780857012432

A practical, easy-to-follow yoga manual for people with scoliosis

Take control of your scoliosis with this practical yoga manual. Through this straightforward guide you can expect to improve spinal stability, achieve optimum functioning, and prevent worsening of your curve. Inspirational case studies enhance your path to attaining a full, pain free life without surgery.
**Evidence-based yoga therapy for stroke**

A guide to yoga therapy for post-stroke rehabilitation, this book is for yoga teachers and yoga therapists, but also for occupational, recreational, physical and speech therapists who work with people with stroke and may integrate yoga into their practice.

Rooted in evidence-based research and written by two yoga teachers who are also academics and researchers in rehabilitation, the book provides basic information about stroke and neuroplasticity, discusses the mind body disconnect that often occurs after stroke, and provides instruction on how to improve balance, strength and range of motion. It also covers effective meditation techniques to help overcome the stress and emotional impact of stroke.

Clear photographs demonstrate yoga postures and activities specifically adapted for stroke patients, alongside case studies.

**NEW**

**Yoga Therapy for Fear**

*Treating Anxiety, Depression and Rage with the Vagus Nerve and Other Techniques*

Beth Spindler

June 2018 > pb > 240pp > £24.99

How teachers and therapists can use yoga to aid people toward overcoming fear and anxiety

Uncover fearlessness through yoga’s methods and disciplines with this guide. This book offers a medically-proven approach to help students and clients uncover their own radiance that is hidden by fear and anxiety.

Yoga offers a readily-accessible system for courageous living, and this book explains how to use simple and quick yoga therapy methods for accessing the vagus nerve, resulting in instant relief from symptoms of fear, including depression, anxiety and rage. It offers asana, pranayama and dhyana exercises that help to eliminate ‘worry chatter’, directly affecting the amygdala, the part of the brain responsible for fearful thoughts. Addressing many components of fear, the book explains when fear is useful and when it is not, and teaches how to reprogram responses to uncertain circumstances so that they can be dealt with in a healthy way.

**NEW**

**Yoga Therapy for Digestive Health**

Charlotte Watts

August 2018 > pb > 320pp > £24.99

Understanding and applying yoga therapy to the treatment of digestive issues

Digestive issues are widespread and prove difficult to address through mainstream medicine. Senior yoga teacher Charlotte Watts sheds light on the connection between the gut and the brain, explains the links between stress, trauma and digestive issues and demonstrates how yoga with its focus on stilling the mind can have profound effects on conditions such as IBS, IBD, acid reflux, colitis, diverticulitis and more. Breath awareness allows the breath to drop into the belly and diaphragm, essential for good digestive function and understanding the fascial connections within the viscera help shape movement that enables optimal function.

**NEW**

**Yoga Therapy for Parkinson’s Disease and Multiple Sclerosis**

Jean Danford

2016 > pb > 288pp > £24.99

Definitive guide to yoga for Parkinson’s disease and multiple sclerosis

A key reference for yoga therapists and teachers working with clients affected by Parkinson’s disease or multiple sclerosis, this practical guide outlines both conditions, describes how sessions can be tailored to meet specific and individual needs, and reveals the physical and emotional benefits yoga can unlock for these client groups.

**Trauma-Sensitive Yoga**

Dagmar Härle

Foreword by David Emerson


Body-based intervention for yoga teachers helping clients overcome complex trauma and post-traumatic stress disorder

Trauma-sensitive yoga is a body-based intervention for treating emotional responses to trauma and post-traumatic stress disorder. This book explains why yoga is a useful approach for trauma therapy and shows how to use this method in one-to-one and group settings. It also includes useful examples of non-triggering asanas and breathing exercises.
An exploration of the chakras in relation to grief and loss, showing how to balance energy and bring about healing

This innovative guide to the chakras explains how grief and trauma impacts on every level of our being, and provides the tools to help clients experiencing trauma and grief by influencing, balancing and nurturing the chakra system.

The book provides thorough and clear explorations of each chakra, their connections to each other, and tantric ways of working with energy. It features over 100 expressive and experiential exercises to remedy the ill-effects of grief and trauma, including yoga poses, mudras, pranayama (breath exercises), journaling, creation of ritual, use of essential oils and crystals and stones. Drawing on expertise as a licensed counselor, psychotherapist and yoga therapist, and personal experience as a bereaved mother, the author shares the teachings, practices and philosophies of yoga’s ancient wisdom in a new way, and shows how to sustain personal chakra balancing that will resonate through all areas of life.

This book explains how the six branches of yoga offer guidance and coping methods to those who have suffered bereavement or loss. Looking at the emotional, spiritual, philosophical elements, as well as the physical postures of yoga, the book shows how to begin and sustain a personal practice that helps us move through grief on multiple levels.
Caring with Vitality - Yoga and Wellbeing for Foster Carers, Adopters and Their Families
Everyday Ideas to Help You Cope and Thrive!
Andrea Warman and Liz Lark
2016 > pb > 176pp > £13.99
Strategies for adoptive and foster families to stay healthy in mind and body

Integrating Art Therapy and Yoga Therapy
Yoga, Art, and the Use of Intention
Karen Gibbons
2015 > pb > 184pp > £18.99
A practical guide to integrating art therapy-based and yoga therapy-based techniques in clinical practice to enhance therapeutic outcomes

Mudras of India
A Comprehensive Guide to the Hand Gestures of Yoga and Indian Dance
Cain Carroll and Revital Carroll
Foreword by David Frawley
Over 200 photographed hand mudras each with detailed instructions on technique, application, health and spiritual benefits and historical background

The Healing Power of Mudras
The Yoga of the Hands
Rajender Menen
This book examines Mudras, and teaches how incorporating them into daily life can rejuvenate your body and mind

Mudras of Yoga
72 Hand Gestures for Healing and Spiritual Growth
Cain Carroll with Revital Carroll
2013 > 72pp > £17.99
This card set provides 72 of the most important hand mudras used in yoga

Mudras of Indian Dance
52 Hand Gestures for Artistic Expression
Revital Carroll with Cain Carroll
2013 > 52pp > £17.99
The 52 fundamental hand mudras used in Indian dance and theatre presented in an attractive study card set

The Four Dignities
The Spiritual Practice of Walking, Standing, Sitting, and Lying Down
Cain Carroll
How the mindful cultivation of the four essential postures - walking, standing, sitting, and lying down - can develop greater vitality and spiritual awakening

Asanas for Autism and Special Needs
Yoga to Help Children with their Emotions, Self-Regulation and Body Awareness
Shawnee Thornton Hardy
Introduce children with special needs to the benefits of yoga, from body awareness to managing anxiety Suitable for parents, teachers and yoga instructors

Integrated Yoga
Yoga with a Sensory Integrative Approach
Nicole Cuomo
2007 > pb > 104pp > £12.99
Yoga for Children and Young People with Autism

Yoga Games and Activities to Engage Everyone Across the Spectrum

Michael Chissick
Illustrated by Sarah Peacock


A fun and engaging guide to introducing and developing yoga with children and young people on the spectrum

Speaking from decades of experience, Michael Chissick shares the secrets to teaching yoga to children and young people with Autistic Spectrum Disorder (ASD).

The physical, emotional and social benefits of yoga for autistic children can be profound, and this book will give you the confidence to get going with an array of fun activities and games from ‘chasing the frog’ to ‘yoga detective’. Whether you work in special needs school, primary mainstream school or the community, or you are the parent of an autistic child, this book will equip you with plans, structures, goals, teaching tips and a multitude of real-life stories.

The book is suitable for teaching everyone on the spectrum, with an emphasis on teaching those with more complicated needs. It is also relevant for use with children who have related needs such as ADHD and sensory processing challenges. Beautifully illustrated with images of the postures taught within, it is the perfect go-to resource for anyone interested in engaging children and young people in yoga.

I can be a banana, can you? Suitable for ages 4-11

Yoga can offer a myriad of social, emotional and health benefits to people with children and young people with autism, and in this guide Michael Chissick draws on his vast experience to help parents and educators make this a reality. Beautifully illustrated, it is packed with plans, games, goals, teaching tips and a multitude of real-life stories.

Seahorse’s Magical Sun Sequences

How all children (and sea creatures) can use yoga to feel positive, confident and completely included

Michael Chissick
Illustrated by Sarah Peacock


Seahorse teaches the sun salutation sequence to children and sea creatures of all abilities

Frog’s Breathtaking Speech

How children (and frogs) can use yoga breathing to deal with anxiety, anger and tension

Michael Chissick
Illustrated by Sarah Peacock


Frog and his friends demonstrate yoga breathing techniques to combat anxiety in children

Ladybird’s Remarkable Relaxation

How children (and frogs, dogs, flamingos and dragons) can use yoga relaxation to help deal with stress, grief, bullying and lack of confidence

Michael Chissick
Illustrated by Sarah Peacock


Little Ladybird explains how to do a special yoga relaxation technique that helps stress, grief, and other problems
The Go Yogi! Card Set
50 Everyday Yoga Poses for Calm, Happy, Healthy Kids
Emma Hughes
Illustrated by John Smisson
2017 > £10.99
World rights available > ISBN-9781848193703
50 fun flash cards for introducing simple yoga poses to children aged 4+

Go Yogi!
Everyday Yoga for Calm, Happy, Healthy Little Yogis
Emma Hughes
Illustrated by John Smisson
2017 > hb > 48pp > £9.99
World rights available > ISBN-9781848193413
> eISBN-9780857012975
Introduces everyday yoga asanas to help children tackle difficult feelings and emotions, as well as improve physical health

Striker, Slow Down!
A calming book for children who are always on the go
Emma Hughes
Illustrated by John Smisson
2016 > hb > 40pp > £9.99
World rights available > ISBN-9781848193277
> eISBN-9780857012821
Striker, the cat who is always in a hurry, finally learns that slowing down can be fun too in this book for children aged 3-6

Yoga Girls’ Club
Do Yoga, Make Art, Be You
Tiffani Bryant
2015 > pb > 192pp > £12.99
World rights available > ISBN-9781848192591
> eISBN-9780857012821
A yoga and art workbook to inspire self-expression, encourage body confidence and promote self-esteem in girls and young women

Yoga Therapy for Every Special Child
Meeting Needs in a Natural Setting
Nancy Williams
A yoga therapy program designed to help children understand and use their bodies, encouraging eye-contact, and promoting calm breathing Suitable for parents and professionals

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@singingdragonbooks
Vedic Palmistry

Hasta Rekha Shastra
Andrew Mason
2017 > pb > 176pp > £16.99
World rights available > ISBN-9781848193505
> eISBN-9780857013095
A practical and complete guide to palm reading based on Vedic practice
Compact and concise information on how to determine health implications and life events using palmistry and Vedic wisdom. With a discussion of introductory level astrology and its integration with palmistry, no prior knowledge is required. An essential guide for anyone interested in Vedic wisdom, Ayurveda or yoga.

Jyotish

The Art of Vedic Astrology
Andrew Mason
Foreword by James Braha
2017 > pb > 400pp > £24.99
World rights available > ISBN-9781848192102
> eISBN-9780857011602
The authoritative primer to Jyotish, or Vedic Astrology, covering the planets, signs, houses, myths and interpretations
A complete introduction to Jyotish, or Vedic astrology, with sample charts and clear explanations. Mason provides all the information needed to be able to understand this system of astrology. He also introduces Jyotish’s sister sciences, Ayurveda and Vaatsu, and shows how they interact.

Rasa Shastra

The Hidden Art of Medical Alchemy
Andrew Mason
Foreword by Vaidya Atreya Smith
2014 > hb > 568pp > £60.00
World rights available > ISBN-9781848191075
> eISBN-9780857010889
The first comprehensive analysis of Asian Medical Alchemy

Ayurvedic Medicine

The Principles of Traditional Practice
Sebastian Pole
2012 > hb > 400pp > £45.00
World rights available > ISBN-9781848191136
> eISBN-9780857010919
This book provides guidance on how to incorporate herbal medicine into life and practice, with details of over 100 plant profiles of Ayurvedic herbs and 50 traditional formulas
Ayurvedic Medicine clearly and comprehensively presents the unique theories and traditions of Ayurveda making them accessible to the health practitioner of today. The book offers an essential understanding of Ayurvedic principles and treatment strategies and details over 150 profiles of Ayurvedic herbs and formulas.

Ayurvedic Healing

Contemporary Maharishi Ayurveda Medicine and Science
Second Edition
Hari Sharma, MD and Christopher Clark, MD
Comprehensive guide to the foundations and principles of Maharishi Ayurveda, drawing on the latest scientific research into its efficacy

Vital Healing

Energy, Mind and Spirit in Traditional Medicines of India, Tibet and the Middle East - Middle Asia
Marc S. Micozzi et. al
2013 > pb > 240pp > £11.99
World rights available > ISBN-9781848191563
> eISBN-9780857010254
Presenting traditional medicines of Middle Asia from the Ayurveda and Siddha medicines, to the Unani and Sufi healing practices

Vital Healing

Energy, Mind and Spirit in Traditional Medicines of India, Tibet and the Middle East - Middle Asia
Marc S. Micozzi et. al
2011 > hb > 240pp > £18.99
World rights available > ISBN-9781848190450
> eISBN-9780857010254
Edited by Lorraine Nicolle, this series of accessible, evidence-based, practical guides is essential reading for practitioners and students of clinical nutrition, and all other primary and complementary healthcare professionals interested in an approach that responds to the unique health needs of every individual.

Each book in the series is a powerful new tool to help practitioners achieve significant clinical improvements for their clients/patients through the cutting-edge paradigm of personalized nutrition and lifestyle medicine.

**Mitochondria in Health and Disease**

Ray Griffiths  
Foreword by Lorraine Nicolle  

Exploring the roles mitochondria play in human health, and how to optimize mitochondrial function through personalized nutrition

What are the functions of mitochondria in the human body? Why might they stop working properly and what can happen as a result? How can personalized nutrition help to optimize mitochondrial function and prevent or address chronic conditions?

This innovative book explores the incredibly complex biochemical roles of mitochondria in health and disease. When healthy, mitochondria provide us with ninety percent of our body’s energy. When unhealthy, this can lead to many chronic and degenerative conditions including cancer and Alzheimer’s disease. This guide helps practitioners to identify the mitochondrial dysfunction underlying a wide range of health complaints, and provides inspiration about relevant and emerging mitochondria-supportive dietary regimes and nutrients to explore within the model of personalized nutrition.

“The scope and detail of conditions covered within this book, combined with functional testing and appropriate interventions, offers a really useful handbook and tool to complement the practitioner in clinic.”  
~Nina Bailey BSc (Hons), MSc, PhD (Cantab), RNutr  
Head of Nutrition at Igennus Healthcare Nutrition

**Using Nutrigenomics within Personalized Nutrition**

A Practitioner’s Guide  
Anne Pemberton  

How to use nutrigenomics in nutritional therapy and other clinical practice

This is the comprehensive guide to using nutrigenomics in clinical practice. A cutting-edge field, nutrigenomics looks at the effects of foods on gene expression. This involves identifying a genetic mutation commonly associated with a condition, and advising which foods to choose or avoid in an attempt to lessen the severity of that condition.

The book covers everything a practitioner needs, from looking at how nutrigenomics fits into the wider integrative / functional medicine framework, explaining the difference between nutrigenomics and epigenetics, and what to consider when incorporating functional medicine with nutrigenomics. The book is also highly practical, guiding the reader through the realities of using nutrigenomics in clinical practice. This includes how to accurately take a case history, how to analyse the case, and how to correctly decide if nutrigenomics testing and treatment is appropriate.

**Case Studies in Personalized Nutrition**

A Practitioner’s Handbook  
Edited by Angela Walker  

**Personalized Nutrition for Cognitive Decline**

A Practitioner’s Handbook  
Angela Walker  
September 2020 > hb > 224pp > £25.00 > ISBN-9781848194038

**Personalized Nutrition for Mouth and Dental Health**

A Guide for Practitioners  
Rose Holmes  

Edited by Lorraine Nicolle, this series of accessible, evidence-based, practical guides is essential reading for practitioners and students of clinical nutrition, and all other primary and complementary healthcare professionals interested in an approach that responds to the unique health needs of every individual.

Each book in the series is a powerful new tool to help practitioners achieve significant clinical improvements for their clients/patients through the cutting-edge paradigm of personalized nutrition and lifestyle medicine.
Biochemical Imbalances in Disease
A Practitioner’s Handbook
Edited by Lorraine Nicolle and Ann Woodriff Beirne
2010 > hb > 392pp > £45.00
World rights available > ISBN-9781848190337
> eISBN-9780857010285
Handbook for practitioners explains how to identify and treat such biochemical imbalances in order to better understand and manage a patient’s ill-health
Biochemical imbalances caused by nutritional deficiencies are a contributory factor in chronic illnesses such as cardiovascular disease, diabetes, auto-immune conditions and cancer. This handbook for practitioners explains how to identify and treat such biochemical imbalances in order to better understand and manage a patient’s ill-health.

The Functional Nutrition Cookbook
Addressing Biochemical Imbalances through Diet
Lorraine Nicolle and Christine Bailey
Foreword by Laurie Hofmann
2017 > pb > 256pp > £24.99
This unique cookbook with downloadable PDFs of printable recipes addresses the ways in which diet can be used to help correct underlying imbalances in the body
This unique cookbook for food and health professionals looks beyond intervening in symptoms of health problems and addresses the ways in which diet can be used to help correct underlying imbalances in the body. It also comes with downloadable PDFs of printable recipes that can be used by practitioners to provide extra support for clients.

Eat to Get Younger
Tackling inflammation and other ageing processes for a longer, healthier life
Lorraine Nicolle and Christine Bailey
Recipes and nutrition principles to keep you looking and feeling healthier in your 30s, 40s, 50s, 60s and beyond
This easy-to-read book explains how to avoid the state of chronic inflammation that can lead to age-related health concerns. With meal plans, recipes and questionnaires for self-assessment, it is a complete guide to the anti-inflammatory diet and lifestyle that leads to a younger, healthier you.

Yogic Cooking
Nutritious Vegetarian Food
Garuda Hellas
56 delicious vegetarian recipes based on the principles of the yogic tradition
From appetisers and mains to soups and drinks, this book includes information on the principles behind the yogic diet as well as dietary recommendations and guidelines.

Supernourishment for Children with Autism Spectrum Disorder
A Practical Nutritional Approach to Optimizing Diet for Whole Brain and Body Health
Angelette Müller
2015 > pb > 208pp > £14.99
An autism cookbook with a difference. Improve your child’s health and happiness with a nutritionally dense diet that meets their complex needs
Full of simple yet innovative recipes, this book provides a comprehensive guide to keeping your child on the autism spectrum healthy.

The Cookbook for Children with Special Needs
Learning a Life Skill with Fun, Tasty, Healthy Recipes
Deborah French
Illustrated by Leah Ehrlich
2015 > hb > 200pp > £14.99
Learn to cook with these fun, easy guidelines and recipes ideal for children with special needs
This fully-illustrated book introduces children with special needs to the fundamentals of food preparation, healthy eating and cookery skills.
How to Kiss Goodbye to Ana

Using EFT in Recovery from Anorexia
Kim Marshall
February 2018 > pb > 216pp > £12.99

A personal and professional account of how Emotional Freedom Techniques can aid in recovery from anorexia

Learn how to use Emotional Freedom Techniques (EFT) in recovery from anorexia. Combining a first-hand account of how EFT helped the author in her recovery with expert professional advice on how to carry out this approach, this book shows how to achieve complete long-term recovery from anorexia.

The Recovery Mama Guide to Your Eating Disorder Recovery in Pregnancy and Postpartum

Linda Shanti McCabe
Foreword by Carolyn Costin

An open and supportive guide for pregnant women and new mothers struggling with changing body image or eating disorders

This book offers friendly, realistic advice to support pregnant women and new mothers struggling with changing body image, eating disorders or postpartum depression. Self-care tips and recovery tools help women let go of social and self-imposed pressures, and embrace being good enough during the massive learning curve of new motherhood.

Eating Disorder Recovery Handbook
A Practical Guide to Long-Term Recovery
Dr Nicola Davies and Emma Bacon
2016 > pb > 240pp > £16.99

Handbook of effective advice and activities for recovery from disordered eating

Thoughtfully developed activities will help you to understand, overcome, and maintain recovery from your eating disorder. This complete resource is designed for individual recovery as well as for use in counselling, schools, or self-help groups.

Rebalance Your Relationship with Food
Reassuring recipes and nutritional support for positive, confident eating
Emma Bacon
2016 > hb > 304pp > £20.00

115+ nutritious recipes and advice on positive eating to promote body confidence and counter destructive eating patterns

Feel confident in your relationship with food with this collection of 117 simple recipes. Nutritious breakfasts, balanced lunches and delicious dinners, as well as guilt-free snacks and deserts are accompanied by quotes from people who have experienced food and body issues to support positive change in your physical and emotional wellbeing.
Teaching the Alexander Technique
Active Pathways to Integrative Practice
Cathy Madden
July 2018 > pb > 288pp > £22.99
World rights available.>
ISBN-9781848193888>
eISBN-9780857013460
A guide to teaching the Alexander Technique effectively
A highly experienced teacher unpacks the process of the Alexander Technique for new practitioners. The book includes examples and stories, and current research on education and neuroscience. Covering observation, communication and tactile skills, it shows readers how to develop these skills

Galvanizing Performance
The Alexander Technique as a Catalyst for Excellence
Edited by Cathy Madden and Kathleen Juhl
2017 > pb > 336pp > £27.99
World rights available > ISBN-9781785927201>
eISBN-9780857012722
New developments within the Alexander Technique application to the performing arts, for teachers and students
An application of the teachings of the Alexander Technique to the performing arts. This collection demonstrates how deliberate movement and specific practice in theatre, music, song and dance can improve the art form, as well as the artist’s wellbeing.

The Voice Book for Trans and Non-Binary People
A Practical Guide to Creating and Sustaining Authentic Voice and Communication
Matthew Mills and Gillie Stoneham
Illustrated by Philip Robinson, Matthew Hotchkiss
2017 > pb > 224pp > £16.99
World rights available > ISBN-9781785921285>
eISBN-9781784503949
The complete guide to how trans and non-binary people can modulate or change their voice, written by two leading speech and language therapists

The Energetic Performer
An Integrated Approach to Acting for Stage and Screen
Amanda Brennan
2016 > pb > 328pp > £17.99
World rights available > ISBN-9781848190979>
eISBN-9780857010841
Helps actors and other performers to develop connections between anatomy, sensation, emotion and feeling by integrating Qigong and western actor training techniques

Breath in Action
The Art of Breath in Vocal and Holistic Practice
Edited by Jane Boston and Rena Cook
Foreword by Cicely Berry
2009 > pb > 256pp > £17.99
World rights available > ISBN-9781843109426>
eISBN-9781846429484
A wealth of information and strategies on the art of breath and vocal communication

Butoh Dance Training
Secrets of Japanese Dance through the Alishina Method
Juju Alishina
2015 > pb > 296pp > £24.99
World rights available > ISBN-9781848192768>
eISBN-9780857012265
A practical guide to training the body for Butoh dance - techniques, movements, principles and exercises all fully explained and illustrated

Shakespeare Comes to Broadmoor
The Actors are Come Hither - The Performance of Tragedy in a Secure Psychiatric Hospital
Edited by Murray Cox
World rights available > ISBN-9781853021213
What happened when Mark Rylance’s RSC and National Theatre productions of Hamlet, King Lear, and Romeo and Juliet went to Broadmoor
Combining Touch and Relaxation Skills for Cancer Care

The HEARTS Process
Ann Carter

June 2019 > pb > 192pp > £19.99
World rights available > ISBN-9781848193529
> eISBN-9780857013118

A multisensory approach to facilitating relaxation in cancer care using aromatherapy, touch and voice

Massage, aromatherapy, reflexology and a variety of relaxation techniques are frequently used in hospices, supportive care settings and some hospitals. However, there are still gaps and limitations in the choices offered to patients. HEARTS (Hands-on, Empathy, Aromas, Relaxation, Textures, Sound) was devised to bridge this gap for complementary therapists, patients, carers and health care professionals. HEARTS can be used either on its own, or integrated with a conventional complementary therapy. It can also be used easily by health care workers (and carers) who are not qualified in any therapies.

BodyMindCORE Work for the Movement Therapist

Leading Clients to CORE Breath and Awareness
Noah Karrasch with Robert White and Elizabeth Buri

2017 > pb > 256pp > £24.99
World rights available > ISBN-9781848193383
> eISBN-9780857012951

Presenting CORE® philosophy and showing movement therapists how to put it into practice for improved body attunement

Body and movement awareness is the key to unblocking restrictions in movement and manual therapy. This book offers innovative techniques to help clients become aware of their own restrictions, and to move through them effectively for more whole body and mind wellbeing.

Cupping Therapy for Bodyworkers

A Practical Manual
Ilkay Zihni Chirali

> eISBN-9780857013163

A practical guide to using cupping therapy safely and effectively

Cupping therapy is a Traditional Chinese Medicine (TCM) technique that has been used for thousands of years as a highly effective treatment for a variety of conditions, including skin conditions and musculoskeletal complaints. Many bodyworkers are very interested in learning about how to use Cupping Therapy within their own specialties, and this book is for them.

Drawing on 40 years of expertise, Ilkay Chirali provides a wealth of information on cupping for those without TCM knowledge, covering safety information, equipment and the different variations of cupping and their best uses. Beautifully illustrated with over 120 full-colour photos, it empowers physiotherapists, massage therapists, sports medicine professionals and beauty therapists to add cupping therapy to their toolbox of techniques.

Beautifully illustrated and thoroughly researched, this book explains how to use a variety of cupping techniques to treat a multitude of issues such as muscle tension, skin conditions or high blood pressure. Blending traditional medicine with practical advice, it is ideal for massage therapists, physiotherapists and beauty therapists everywhere.

“As a wholistic practitioner and faciast I am thrilled this book has been written by the brilliant and talented IlkayChirali. It gives a practical and concise understanding of the wonders of cupping for the practitioner who wishes to fine–tune their techniques in this amazing healing modality.”

~Marie Reynolds, Noetic Therapist and Facialist

Freeing Emotions and Energy Through Myofascial Release

Noah Karrasch
Illustrated by Amy Rizza, Julie Zaslow

2012 > pb > 224pp > £15.99
World rights available > ISBN-9781848190856
> eISBN-9780857010650

Bodywork techniques to release physical, mental and emotional pain within the body

Written for bodywork and manual therapy practitioners from a wide variety of disciplines, as well as other healers who want to expand their skills, this generously illustrated book explains how and where emotions and static energy are held in the body, and how they can be released and rebalanced in therapies that challenge bodymindcore awareness.
Osteopathic and Chiropractic Techniques for Manual Therapists
A Comprehensive Guide to Spinal and Peripheral Manipulations
Jimmy Michael, Giles Gyer and Ricky Davis
The first book ever to bring together the best techniques from chiropractic and osteopathy
This book brings together the best techniques from osteopathy and chiropractic, this easy-to-use guide is necessary reading for any manual therapist wishing to hone their skills and discover related techniques that will enhance their practice.

“...which delivers a greater body of knowledge and practical skills to any practitioner of manual manipulation.”
– Ulrik Sandstrom BSc, DC, ICSRD, FRCC, FBCA, FEAC, elite sports chiropractor and fellow of the Royal College of Chiropractors

Dry Needling for Manual Therapists
Points, Techniques and Treatments, Including Electroacupuncture and Advanced Tendon Techniques
Giles Gyer, Jimmy Michael and Ben Tolson
2016 > hb > 320pp > £29.99
An essential, fully-illustrated guide to the research, theory and best practice of dry needling, electroacupuncture and advanced tendon acupuncture
A comprehensive and practical handbook to medical acupuncture for treating musculoskeletal (MSK) problems. Perfect for use in clinic, it includes fully-illustrated instruction on MSK medical acupuncture and electro-acupuncture points and techniques, guidance on safety and treatment planning and overviews of the theory.

Meet Your Body
CORE Bodywork Tools to Release Bodymindcore Trauma
Noah Karrasch
How to ‘oil’ the hinges of your body so you can feel healthy and happy more of the time

Words that Touch
How to Ask Questions Your Body Can Answer - 12 Essential ‘Clean Questions’ for Mind/Body Therapists
Nick Pole
2017 > pb > 352pp > £18.99
An exhaustive guide to the Clean Language technique and how to use it in mind/body therapeutic practice
A thorough analysis of the Clean Language technique that can be applied to a variety of mind and body therapies. Through numerous theories and practical case studies, the importance of language in therapeutic practices is revealed.

Feeling the Way
Touch, Qi Gong healing, and the Daoist tradition
Rob Long
2016 > pb > 136pp > £15.99
An accessible and detailed guide to the use of touch in energetic healing work
Develop your hand sensitivity and awaken your healing hands with the help of this practical guide. Inspired by Daoist philosophy and concepts of Qi, the book features illustrations and instructive techniques for working energetically with your hands, allowing you to develop refined diagnostic and healing methods.

Awakening Somatic Intelligence
Understanding, Learning & Practicing the Alexander Technique, Feldenkrais Method & Hatha Yoga
Graeme Lynn
2016 > pb > 208pp > £13.99
Introduces the wide-ranging benefits of somatic practices, showing the complementary benefits of the Alexander Technique, the Feldenkrais Method and Hatha Yoga
Detailed and original, Awakening Somatic Intelligence reveals the potential of somatic learning methods to transform movement, using The Alexander Technique, The Feldenkrais Method, and Hatha Yoga.
Marma Therapy

The Healing Power of Ayurvedic Vital Point Massage
Dr. Ernst Schrott, Dr. J. Ramanuja Raju and Stefan Schrott
A clear, full colour illustrated guide to Marma therapy, explaining the theory, and with straightforward step-by-step instructions for this Ayurvedic form of massage
The theory and practice of Marma therapy is explained in this book with step-by-step full colour instructions. This Ayurvedic form of gentle massage can help with everything from headaches and back pain, to exam nerves and skin problems.

Curves, Twists and Bends

A Practical Guide to Pilates for Scoliosis
Annette Wellings with Alan Herdman
2009 > pb > 160pp > £12.99
A practical and accessible guide to exercise for scoliosis sufferers
This clear and concise book explains what scoliosis is, its symptoms, and its physical and psychological impact. It includes a series of Pilates exercises, designed by the authors specifically to promote flexibility, posture and muscle strength in scoliosis sufferers, and also vital information on what exercises to avoid.

Zero Balancing

Touching the Energy of Bone
John Hamwee
Foreword by Fritz Smith
Illustrated by Gina Michaels
2014 > pb > 144pp > £14.99
This definitive guide to Zero Balancing brings this increasingly popular therapy to life
The classic, definitive book on Zero Balancing, an increasingly popular therapy that can be easily practised alongside other complementary therapies. Descriptions of particular sessions and client experiences are accompanied by a wider discussion about the nature and behaviour of energy and its use in healing.

Tuina/ Massage Manipulations

Basic Principles and Techniques
Chief Editor: Li Jiangshan
2017 > pb > 112pp > £14.99
A comprehensive introduction including all the basic techniques needed to practice Tuina
Tuina, also known as Chinese massage, is one of the cornerstones of Chinese medicine. This comprehensive introduction is written with the needs of the student and beginning practitioner in mind, and covers all the basic principles of the manipulation techniques required to practise Tuina.

Using the Bowen Technique to Address Complex and Common Conditions

John Wilks and Isobel Knight
2014 > pb > 384pp > £35.00
The Bowen Technique can be particularly effective at alleviating difficult to treat conditions including chronic pain, fatigue, asthma, diabetes (type 2) and migraines
This book shows how the Bowen technique can be used to treat different conditions including lower back pain, frozen shoulder, tennis elbow and carpal tunnel, hayfever, asthma, diabetes (type 2), migraines, stress and tension disorders, fibromyalgia and chronic fatigue, as well as in palliative care and performance enhancement in sport and dance.

Tui na

A Manual of Chinese Massage Therapy
Sarah Pritchard
2015 > pb > 200pp > £30.00
A comprehensive handbook of Tui na working in the West
The definitive handbook for students and practitioners, this book explains the roots of Tui na and provides detailed instruction on the massage techniques, their clinical applications and the principles of practice. It also includes guidance on diagnosis, and on planning and tailoring treatments.
Chinese Massage Manual
A comprehensive, step-by-step introduction to the healing art of Tui na
Sarah Pritchard
Foreword by Li He
2015 > pb > 144pp > £29.99
World rights available > ISBN-9780857012173
The theory, techniques and healing power of Chinese massage, with exercises for self help
Written for students of Chinese and other massage techniques, and complete novices, the author provides an accessible explanation of the fundamental theory, 20 basic techniques, and the methods of treating common ailments.

The Mystery of Pain
Douglas Nelson
Why does scratching an itch feel so good? What is pain and how it can be managed?

Indian Head Massage for Special Needs
Easy-to-Learn, Adaptable Techniques to Reduce Anxiety and Promote Wellbeing
Giuliana Fenwick
2015 > pb > 176pp > £16.99
Reduce stress and anxiety, calm sensory overloads, ease frustration and increase wellbeing in people with special needs, including Autism Spectrum Disorders, with this adapted form of Indian head massage
This guide introduces an adapted Indian head massage practice that helps to reduce anxiety and promote wellbeing in people with special needs. It comes complete with step-by-step, illustrated instructions on a full massage routine, as well as information on the theory behind the massage.

Once Upon a Touch...
Story Massage for Children
Mary Atkinson and Sandra Hooper
2015 > hb > 92pp > £11.99
Encourage relaxation and boost general well-being in children aged 3-11 with story massage
Practice safe and positive touch, promote relaxation and boost self-esteem with children aged 3-11 using story massage. This complete manual provides everything you need to get started. It includes instruction on ten basic strokes and over 25 story massages on a range of topics, from traditional tales to hands-on learning stories.

Connor the Conker and the Breezy Day
An Interactive Pilates Adventure
Rachel Lloyd
Foreword by Alan Watson
2015 > hb > 40pp > £10.99
Boost confidence and self-esteem, and improve body awareness in children aged 4-7 by teaching Pilates with Connor the Conker
An adventure story and activity book designed to boost confidence and improve body awareness in children aged 4-7 by teaching basic Pilates. The story features Connor the Conker as he tests out his balancing and stretching skills on a breezy day in Horse Chestnut Town. It includes detailed instruction on Pilates exercises, and colouring activities.

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To ensure a well-functioning immune system, the lymphatic system must be healthy. This book provides detailed information on the principles and practice of techniques from East Asian medicine which vitalize and move the lymphatic system working at its optimal level. These techniques include shiatsu, cupping therapy and gua sha.

Highlighting the significance of the omentum (a layer of peritoneum that surrounds abdominal organs), the book describes the dynamic physiological attributes of this mostly ignored component of human anatomy. Using the author’s decades of experience working in East Asian and Integrative medicine, he expertly builds a bridge between Western theories of the immune system with Asian bodywork’s emphasis on abdominal treatment. Innovative and insightful guidance for students and practitioners working in Asian Healing modalities and lymphatic techniques.
NEW

Cranio-Sacral Integration, Foundation, Second Edition
Thomas Attlee D.O., R.C.S.T.

New edition of the authoritative foundation volume on Cranio-Sacral Therapy, for practitioners and students

This completely updated and revised edition of the seminal foundation text to Cranio-Sacral Therapy presents a unique integration of a wide spectrum of approaches, providing practitioners and students with an up-to-date and authoritative understanding of the discipline.

The book covers the fundamentals of theory as well as the practical skills and techniques needed to carry out Cranio-Sacral work and is colour-coded for ease of use. It includes detailed instructions for treatments, which are clearly explained in extensive case histories and full-colour photographs and illustrations. Based upon the syllabus of the College of Cranio-Sacral Therapy in London, UK, this is an unparalleled resource for practitioners of Cranio-Sacral Therapy and Cranial Osteopathy, and an essential reference for students.

Face to Face with the Face
Working with the Face and the Cranial Nerves through Cranio-Sacral Integration
Thomas Attlee D.O., R.C.S.T.

The first book to focus specifically on a cranio-sacral understanding of the face and cranial nerves, and how to treat the many painful and debilitating conditions that are associated with it

A cranio-sacral approach to the face, as presented in this book, enables non-invasive and gentle treatment of common conditions, such as persistent ear infections and dental disturbances. With case studies and over 200 colour images, this practical guide clearly explains and illustrates treatment techniques.

Cranial Intelligence
A Practical Guide to Biodynamic Craniosacral Therapy
Ged Sumner and Steve Haines

Demystifying the biodynamic approach to craniosacral therapy

This new and important textbook demystifies the biodynamic approach to craniosacral therapy and shows how and why it can be so effective at bringing about a natural realignment towards optimal health. The authors describe how to respond appropriately to each client’s system, and how to support deep-felt and lasting change in patients.

Every Body Tells a Story
A Craniosacral Journey
Liz Kalinowska and Daška Hatton

Follow an evolving client-therapist relationship to understand how it impacts the therapeutic process

This illuminating overview of ten craniosacral treatment sessions offers helpful insight into the subtleties of the client-therapist relationship. Taken from real-life experience, the perspectives of the client, therapist and authors will help you to refine your therapeutic skills and set you on the path to becoming a more intuitive therapist.

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Hand Reflexology for Practitioners
**Reflex Areas, Conditions and Treatments**
Nicola Hall
Foreword by Matthew Williams
2016 > pb > 216pp > £15.99
World rights available > ISBN-9781848192805
> eISBN-9780857012272

Increase your understanding of hand reflexology and develop skills for practice with this in-depth, practical textbook. Definitive and in-depth, this book presents essential information for excellent hand reflexology practice. Covering history and theory, the anatomy of the hand, detailed descriptions of each reflex area and techniques for practice, this book will deepen understanding of hand reflexology and how it can be used to treat a wide range of conditions.

Pocket Handbook of Body Reflex Zones Illustrated in Color
Guo Changqing Guoyan and Zhaiwei Liu Naigang

Handy illustrated pocket guide to the most important reflex zones.

Principles of Reflexology
**What it is, how it works, and what it can do for you Revised Edition**
Nicola Hall

The theory, history, and the principles of practice of reflexology.

Comforting Touch in Dementia and End of Life Care
**Take My Hand**
Barbara Goldschmidt and Niamh van Meines
Illustrated by James Goldschmidt

Simple hand massage techniques for carers looking to connect with and comfort people with dementia.

Mouse and the Storm
**Children’s reflexology to reduce anxiety and help soothe the senses**
Susan Quayle
Illustrated by Melissa Muldoon

A hand reflexology programme designed to relieve anxiety in children, accompanied by a soothing story about dealing with unexpected disruptions.

Mouse's Best Day Ever
**Children’s Reflexology to Soothe Sore Teeth and Tums**
Susan Quayle
Foreword by Spiros Dimitrakoulas, Sally Earlam
Illustrated by Melissa Muldoon
2016 > hb > 44pp > £9.99

A charming story about Mouse and her friends as they find fun on a stormy day with an accompanying simple reflexology treatment to help relieve discomfort from teething, constipation and colic.

The Mouse’s House
**Children's Reflexology for Bedtime or Anytime**
Susan Quayle
Illustrated by Melissa Muldoon
2014 > hb > 40pp > £9.99

An enchanting story about a mouse’s mission to make a cosy home for Winter with an accompanying simple reflexology massage for parents or carers to perform on a child.
Essential Oils - Third Edition
Jennifer Rhind
May 2019 > pb > 400pp > £25.00
World rights available.
ISBN-9781848193857
eISBN-9780857013439

A comprehensive handbook for understanding and using essential oils

Revised and significantly expanded, the latest edition of this handbook provides full information on the use of essential oils in the field of contemporary aromatherapy and aromatic therapy, based on the most up-to-date research evidence behind their therapeutic applications.

The third edition features a fully updated and expanded contents including detailed Aromatic Profiles of over 100 essential oils, absolutes and resinoids, a new chapter on the latest research in pharmacognosy to foster an understanding of how essential oils work, and a new chapter on formulating essential oils, based on theory and evidence and containing practical suggestions. The author provides a detailed account of how essential oils are created, how and where aromatherapy is used, and the underlying pharmacology and chemistry. This will be an indispensable text for all students and practitioners of aromatherapy and related disciplines, as well as anyone interested in the use of essential oils for well-being.

Fragrance and Wellbeing
Plant Aromatics and Their Influence on the Psyche
Jennifer Peace Rhind
2013 > pb > 448pp > £28.00
World rights available > ISBN-9781848190900
eISBN-9780857010735

How fragrance works on the mind, and how different families of fragrances have different effects

This book explores the impact of fragrance on the psyche from anthropological, perfumery and aromatherapy viewpoints and introduces a range of fragrance families – woody, resinous, spicy, herbaceous, agrestic, floral, citrus and attars.

Listening to Scent
An Olfactory Journey with Aromatic Plants and Their Extracts
Jennifer Peace Rhind
2014 > pb > 164pp > £15.99
World rights available > ISBN-9781848191259
eISBN-9780857011718

A complete introduction to refining the sense of smell

This imaginative book offers a unique and enjoyable way of acquiring and developing essential skills, such as olfactory vocabulary, awareness and discrimination. It also includes scent profiles for expanded practice.

Cooking for the Senses
Vegan Neurogastronomy
Jennifer Peace Rhind and Gregor Law
February 2018 > hb > 320pp > £25.00
World rights available > ISBN-9781848190900
eISBN-9780857012517

The first book on the sensory aspects of neurogastronomy for the home cook, complete with over 100 vegan recipes

“Jennifer’s bountiful harvest of information creates a beautiful banquet for the mind, heart, soul and senses. Each paragraph plays a key part in the symphonic arrangement bringing in together the tastes, flavors, sounds and smells of neurogastronomy. Gregor’s artfully created, mouth–watering recipes based on the principles of the book represent the creativity with which a perfumer or aromatherapist would incorporate into their synergies.”

–Lora Cantele, Editor/Publisher of ‘The International Journal of Professional Holistic Aromatherapy’

A Sensory Journey
Meditations on Scent for Wellbeing
Jennifer Peace Rhind
2013 > 24pp > £15.00
World rights available > ISBN-9781848191532
eISBN-9780857011756

How to practice meditation with fragrance for spiritual growth and wellbeing

Aromatherapeutic Blending
Essential Oils in Synergy
Jennifer Peace Rhind
2015 > pb > 336pp > £25.00 > Rights sold: Chinese (complex), Portuguese (Brazil only) > ISBN-9781848192270
eISBN-9780857011749

Comprehensive guide to understanding the principles and practice of blending essential oils

Investigating the intricacies of aromatherapeutic blending, this book explores the concept of synergy and presents evidence for the biological and therapeutic actions of essential oils and absolutes. It encourages the practitioner to reflect on their approaches to treatment and provides guidance on building safe blends.

Aromatherapy
Aromatica

A Clinical Guide to Essential Oil Therapeutics. Volume 1: Principles and Profiles
Peter Holmes LAc, MH
Foreword by Gabriel Mojay, Tiffany Carole Pollard, Charles Lev
Illustrated by Mimi Camp
2016 > hb > 400pp > £45.00

Written for health professionals by a health professional, Aromatica is a comprehensive clinical text on the principles and applications of essential oils used in clinical settings
This clinical reference provides complementary therapists with a reliable, detailed database of essential oils and their psychological, physiological and topical uses. Taking a holistic approach, Peter Holmes provides a wealth of information on the uses of essential oils in energetic and Chinese medicine. Extensive Materia Medica included.

Hydrosol Therapy

A Handbook for Aromatherapists and Other Practitioners
Lydia Bosson
December 2018 > pb > 208pp > £25.00 > ISBN-9781848194236

This is the complete guide to both theory and practice of working with hydrosols. Hydrosols, also known as floral waters, are produced at the same time as essential oils through steam distillation of plants. Some of them, such as rose water or the hydrosol of orange blossoms, have been known for centuries while others have only recently become available. Therapeutic use of hydrosols has become more and more popular over the last ten years in health care, cosmetics, spa treatments and many other areas of beauty and well-being.

This book gives a complete overview of theory and practice, including detailed descriptions, testimonials, recipes for all kind of disorders. It includes information on how hydrosols can be used in babycare, cooking, and care for pets. It provides a clear vision of how you can easily introduce hydrosols in your daily life as well as using them for specific disorders.

Aromatica

A Clinical Guide to Essential Oil Therapeutics. Volume 2: Applications and Profiles
Peter Holmes LAc, MH
July 2019 > hb > 352pp > £45.00

The second volume of essential oil therapeutics that focusses on physiological functions and effective applications in clinical settings
The second volume in the Aromatica series builds on the fundamentals found in Volume 1: Principles and Profiles. This comprehensive clinical text delves further into the different profiles of essential oils and the proper applications for physiological and psychological functions as well as energetic and Chinese Medicines.

Packed with charts depicting different functions and methods of administration, and an extensive catalogue of 40 new essential oil profiles, this is an indispensable guide for all complementary medicine practitioners.

Women’s Health Aromatherapy

A Clinically Evidence-Based Guide for Nurses, Midwives, Doulas and Therapists
Pam Conrad

Introducing safe, effective aromatherapy to women's healthcare professionals
Aromatherapy has seen a huge surge in popularity in the past decade, and has proven effective for a wide array of women’s health problems. However, the number of women interested in introducing aromatherapy to their personal health care dwarfs the number of clinicians formally trained in it. As a result, large numbers of women self-treat with aromatherapy, which can increase risk factors particularly during pregnancy and lactation. Condensing thorough research into concise, easy-to-digest language, this scientific evidence-based guide enables women’s healthcare professionals and aromatherapists to quickly determine the safest and most effective way to apply aromatherapy in any given situation.

The perfect bedside clinical guide for busy professionals, it covers 20 essential oils and their uses in women’s health, from pregnancy to menopause. Readers will come away equipped with new tools to improve their patients’ comfort and wellbeing, with the confidence of drawing from a reliable base of clinical evidence.
Seven Scents
Healing and the Aromatic Imagination
Dorothy P. Abram
Illustrated by Laura Mernoff
2017 > pb > 160pp > £15.99
World rights available > ISBN-9781848193499
> eISBN-9780857013071

The role of seven aromatic plants in healing and spiritual experience, in both ancient cultures and the modern world
Examining the psychoactive nature of seven aromatic plants, this book centres on scent as a line of inquiry in the exploration of spiritual and healing states.

Aromatherapy, Massage and Relaxation in Cancer Care
An Integrative Resource for Practitioners
Edited by Ann Carter and Dr Peter A. Mackereth
Foreword by Anne Cawthorn, Deborah Costello
2016 > pb > 232pp > £25.00
World rights available > ISBN-9781848192812
> eISBN-9780857012289

The theory and practice of adapting aromatherapy, massage and relaxation therapies for cancer care
An integrated approach to aromatherapy, massage and relaxation therapies for cancer care; a complete toolbox of practical resources and techniques to support therapists for all stages of cancer.

Aromatherapy vs MRSA
Antimicrobial essential oils to combat bacterial infection, including the superbug
Maggie Tisserand

The scientifically proven effects of antibacterial essential oils, and their usefulness in managing infection, including the ‘superbug’

The Essence Practitioner
Choosing and using flower and other essences
Sue Lilly
2014 > pb > 240pp > £14.99
World rights available > ISBN-9781848192508
> eISBN-9780857011985

Everything you need to know to choose and use the right essences for clients

Culpeper’s Medicine
A Practice of Western Holistic Medicine New Edition
Graeme Tobyn

The life and work of Nicholas Culpeper, the 17th-century herbalist, apothecary and astrologer, updated to be useful to the modern practitioner

The Western Herbal Tradition
2000 Years of Medicinal Plant Knowledge
Graeme Tobyn, Alison Denham and Margaret Whitelegg
Foreword by Sheila Kingsbury
Illustrated by Marije Rowling
2016 > pb > 392pp > £35.00
World rights available > ISBN-9781848193062
> eISBN-9780857012593

The Western Herbal Tradition is a comprehensive exploration of 27 key herbs through the examination of historical texts and discussion of current applications and research

The Spirit in Aromatherapy
Working with Intuition
Gill Farrer-Halls
2014 > pb > 112pp > £11.99
World rights available > ISBN-9781848192096
> eISBN-9780857011596

Gill Farrer-Halls explores ways of increasing intuitive awareness in aromatherapy practice

Complementary Therapies for Older People in Care
Sharon Tay
2013 > pb > 216pp > £14.99
World rights available > ISBN-9781848191785
> eISBN-9780857011411

Invaluable information for complementary and beauty therapists working with older people in care
The Business of Maternity Care
A Guide for Midwives and Doulas Setting Up in Private Practice
Denise Tiran

A guide for midwives and doulas on setting up in private practice

This book provides a guide for midwives and doulas who want to establish a maternity-related business offering services such as pregnancy complementary therapies, antenatal classes, lactation support or full doula care. The book is designed to help potential entrepreneurs explore whether this is the right decision for them and provides guidance on the legal, financial and business aspects of setting up in private practice, specifically tailored to maternity care. Advice is given on marketing and pricing and there is debate around the professional and ethical issues for midwives and doulas, including avoiding conflicts of interest and maintaining professional integrity. Case studies of midwives and doulas who have taken the step to set up in private practice are included, and there are various activities to help the reader with their personal plans for their business.

Complementary Therapies in Maternity Care
An Evidence-Based Approach
Denise Tiran
January 2018 > pb > 352pp > £24.99

Professional resource introducing the concept of complementary medicine and exploring the main therapies that can be used in maternity care

The complete textbook on complementary therapies in maternity care, this book addresses how midwives and other birth professionals can use or advise on complementary therapies for pregnant, labouring and new mothers.

Almost 90% of women may be using complementary therapies during pregnancy and birth, and increasingly midwives and doulas incorporate therapies into their care of women, so it is vital that they and other professionals in the maternity care field are aware of safe and appropriate use based on contemporary evidence. Therapies covered include acupuncture, herbal medicine, homeopathy, aromatherapy, reflexology, yoga, massage and hypnosis.

This complete guide to complementary therapies in pregnancy and childbirth covers safety, effectiveness, evidence, benefits and risks, legal, ethical and professional issues based on accurate and up-to-date research.
Weaving the Cradle
Facilitating Groups to Promote Attunement and Bonding between Parents, Their Babies and Toddlers
Edited by Monika Celebi
Foreword by Jane Barlow
2017 > pb > 248pp > £19.99
World rights available > ISBN-9781848193116
> eISBN-9780857012647

How to facilitate parent-infant groups to help nurture attunement, from late pregnancy to age two
Revealing the value of parent-infant groups as a way of promoting emotional and physical attunement between parent and infant, this book describes different therapeutic approaches to running antenatal and postnatal groups. With descriptions of the underlying theory, case examples show a broad array of parent-infant groups in action.

Increasing IVF Success with Acupuncture
An Integrated Approach
Nick Dalton-Brewer, MSc, Lic Ac, PG Dip CHM, PG Dip Gynae, MBAcC, MRSM
2014 > pb > 192pp > £19.99
World rights available > ISBN-9781848192188
> eISBN-9780857011657

This practical book based on cutting-edge research provides vital information acupuncturists treating patients with fertility problems

Integrated Approaches to Infertility, IVF and Recurrent Miscarriage
A Handbook
Edited by Justine Bold and Susan Bedford
Foreword by Gab Kovacs
2015 > pb > 376pp > £22.99
World rights available > ISBN-9781848191556
> eISBN-9780857012319

A comprehensive integrative approach to infertility and CAM therapies for practitioners working with infertile couples considering or undergoing assisted reproduction (or those going through fertility treatment themselves)

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The Practitioner’s Encyclopedia of Flower Remedies

The most comprehensive encyclopedia of flower remedies ever written

This comprehensive encyclopedia explains what flower remedies are, how they work and how to choose the right remedies for your clients’ needs. It describes the properties of 33 families of flower essences and the benefits of over 2,000 remedies with an ailment chart and instructions for prescribing, preparing and using flower remedies.

The Handbook of Bach Flower Remedies for Animals

Practical handbook for using Bach Flower Remedies to treat behavioural and physical complaints in animals

Principles of Bach Flower Remedies

What it is, how it works, and what it can do for you

Bach flower remedies are natural medicines that have the power to bring balance back into our lives. This concise introduction covers the nature and history of Dr Bach’s famous system, a complete list of remedies, instructions on how to select and take them and guidance on finding a practitioner.

Principles and Practice of Homeopathy

The Therapeutic and Healing Process

Leading textbook on the principles and application of homeopathy

With highly-respected international contributors, this comprehensive textbook provides a complete understanding of the principles and practice of homeopathy. Diagrams and case studies help students and practitioners to apply concepts to real-life situations.

Homeopathy and Autism Spectrum Disorder

A Guide for Practitioners and Families

This book presents the clinical experiences of homeopaths from around the world who treat children and adults with ASD. It explores the real clinical outcomes that are being achieved by homeopaths in practice, including reduced aggression, improved physical health and enhanced overall wellbeing.
### White Privilege Unmasked
**How to Be Part of the Solution**
Judy Ryde

February 2019 > pb > 192pp > £14.99

What white people can do at personal and societal levels to break down race barriers

This book explores how white people view cultural differences through a prism of privilege, and how this can impact how they relate to others personally and professionally. The book looks at the history of white privilege, the divisive effects it has on the world, and how white people can practically respond to racism and white privilege.

### A Therapeutic Treasure Deck of Grounding, Soothing, Coping and Regulating Cards
Dr. Karen Treisman

August 2018 > 0pp > £22.99 > ISBN-9781785925290

The perfect tool to add to any ‘therapeutic treasure box': a set of 70 cards designed for coping, regulating, grounding and soothing activities for children (6+), teens and adults

A pack of cards and booklet which offers creative ways to explore feelings and develop coping skills with children aged 6+, teens and adults - it addresses common issues including anxiety, stress, low mood, sleep difficulties and emotional dysregulation.

### Art Therapy Cards for Children
**Creative Prompts to Explore Feelings, Self-Esteem, Relationships and More**
Elitsa Velikova
Illustrated by Andrea Popyordanova


22 illustrated cards presenting fun, therapeutic art activities for children aged 4 - 11, with accompanying guidance for professionals

This toolkit contains 22 brightly illustrated cards, each representing a different therapeutic art activity for children aged 4 - 11, and a booklet with detailed guidance for therapists. The activities are grouped by theme - feelings, relationships, the body, and imagination - and are relevant for a wide range of therapeutic settings.

### Toxins and Antidotes
* A Therapeutic Card Deck for Exploring Life Experiences
Bonnie Thomas
Illustrated by Rosy Salaman

2017 > 0pp > £22.99
World rights available > ISBN-9781785927688

100 therapeutic cards for exploring the emotional effects of life experiences with older teens (16+) and adults

This original therapeutic card set can be used to help clients aged 16+ reflect on their life experiences. Choose from 100 cards, each representing a different life event, and decide whether each card expresses a toxic influence, or a more positive antidote to a wide range of issues. Includes guidelines and further ideas for using the cards.

### Karuna Cards
* Creative Ideas to Transform Grief and Difficult Life Transitions
Claudia Coenen

2017 > 0pp > £15.99
World rights available > ISBN-9781785927805

A creative and compassionate way to explore thoughts and emotions for anyone struggling with loss or grief

A card set based on expressive therapy to help readers work through their grief in a positive, transformative way. The cards encourage the reader to completely engage with their grief through storytelling, self-care and ritual, gently guiding the reader through the healing process in a way that best suits their own circumstances.

### Honest Dialogue
* Presence, Common Sense, and Boundaries when You Want to Help Someone
Bent Falk

2017 > pb > 120pp > £9.99

A guide to the key ingredients of successful communication in helping dialogues for clergy, nurses, therapists, and others

An invaluable guide for counsellors and psychotherapists to establish contact with their clients through dialogue and communication techniques. Focussing on experiences of crisis and anxiety, this book offers hands-on strategies, case studies, and sample conversations.
Transgender Health
A Practitioner's Guide to Binary and Non-Binary Trans Patient Care
Ben Vincent, PhD
Foreword by Stuart Lorimer
An accessible, research-based guide to sensitively treating and caring for transgender patients
This guide shows how to sensitively treat and care for transgender patients in healthcare settings. Distilling cutting edge research into practical advice, it covers everything from referral procedures to respectful language and insights on the wider social and ethical issues experienced by this growing client group.

The Four Qualities of Effective Physicians
Practical Ayurvedic Wisdom for Modern Physicians
Dr. Claudia Welch, DOM
Foreword by Robert Svoboda
2017 > pb > 256pp > £12.99
The complete guide to becoming a truly effective physician, mastering both the science and the art of medicine
Emphasizing the importance of practitioner-patient relationships and compassion, this book examines the definition of an effective physician and how understanding the art of doctoring can not only improve relationships in the therapy room, but also make the medicine prescribed more effective.

The Compassionate Practitioner
How to create a successful and rewarding practice
Jane Wood
2014 > pb > 208pp > £15.99
How to turn new clients into regulars and make your practice flourish

How to Incorporate Wellness Coaching into Your Therapeutic Practice
A Handbook for Therapists and Counsellors
Laurel Alexander
2011 > pb > 272pp > £18.99
Empowering clients to take their health back into their own hands

Shamanism and Spirituality in Therapeutic Practice
An Introduction
Christa Mackinnon
2012 > pb > 320pp > £18.99
Adapting indigenous traditions offers a highly effective repertoire of insights, psycho-spiritual approaches and therapeutic tools to use with clients

Getting Better at Getting People Better
Creating Successful Therapeutic Relationships
Noah Karrasch
2014 > pb > 192pp > £17.99
How to support clients' healing processes

Archetypal Imagery and the Spiritual Self
Techniques for Coaches and Therapists
Anneliese Nelson
2014 > pb > 208pp > £15.99
Visualizing an archetype teaches the mind to focus, relaxes the ego, and opens the unconscious, making this model a powerful tool for coaches and therapists

The Book of Games and Warm Ups for Group Leaders 2nd Edition
Leo Rutherford
2014 > pb > 168pp > £12.99
Tried and tested activities to bring people together, an inspiring and practical resource for anyone running a group
Principles of the Enneagram
What it is, how it works, and what it can do for you Second Edition
Karen A Webb
This book explains the nine personality types, how they interrelate and how to recognise and understand your own and others’ basic types.

Methodologies for Effectively Assessing Complementary and Alternative Medicine (CAM)
Research Tools and Techniques
Edited by Mark J. Langweiler, BA, DC, DAAPM, and Peter W. McCarthy, BSc, PhD
Foreword by Kenneth A. Leight, PhD
2015 > pb > 296pp > £40.00
Finding the evidence base for CAM modalities.

Principles of Reiki
What it is, how it works, and what it can do for you
Kajsa Krishni Boräng
2013 > pb > 128pp > £9.99
This book is ideal for anyone considering Reiki treatment, or simply interested in finding out more about this healing system.
This concise introduction covers the history and spiritual principles of Reiki, how it is taught and practiced and what to expect from treatment.

Spiritism and Mental Health
Practices from Spiritist Centers and Spiritist Psychiatric Hospitals in Brazil
Edited by Emma Bragdon, PhD
Foreword by James Lake
2013 > pb > 352pp > £22.99
The philosophy and practical applications of Spiritist therapies based on case studies from community centers and psychiatric hospitals.

Emotional Resiliency in the Era of Climate Change
A Clinician’s Guide
Leslie Davenport
Foreword by Lise Van Susteren, M.D.
2017 > pb > 208pp > £17.99
Discussion of and strategies for dealing with the negative psychological impact of climate change and natural disasters.

Chasing the Phantom
In Pursuit of Myth and Meaning in the Realm of the Snow Leopard
Eduard Fischer
2014 > pb > 264pp > £9.99
Spiritual adventure in the Himalayas.

The Economics of Therapy
Caring for Clients, Colleagues, Commissioners and Cash-Flow in the Creative Arts Therapies
Edited by Daniel Thomas and Vicky Abad
Foreword by Brynjulf Stige
2017 > pb > 240pp > £22.99
A discussion of the economics and ethics of arts therapies practice and how to develop a sustainable business model in the therapeutic profession.

Playful Awakening
Releasing the Gift of Play in Your Life
Di Gammage
Foreword by Stuart Brown MD
2017 > pb > 248pp > £17.99
Exploration of play as a means towards greater understanding of self, better relationships with others and a richer life, in the context of psychospiritual, art and drama therapies.
This eloquent ode to keeping a place for playfulness in adulthood explores the importance of play for leading a happy, authentic and harmonious life. Inspired by a plethora of writers and artists as well as the Core Process psychotherapy model, it reveals how play helps us understand ourselves, heal from hardships, and live life to the full.
The Recovery Letters
Addressed to People Experiencing Depression
Edited by James Withey and Olivia Sagan, Afterword by Tom Couser
An anthology of inspirational, heartfelt letters written by people recovering from depression addressed to those who are currently affected by it

Out of the Madhouse
An Insider’s Guide to Managing Depression and Anxiety
Michael Maitland and Iain Maitland
A father and son’s journey to recovery from mental illness, with advice on how anyone in similar situations can self-manage their recovery

Written on the Body
Letters from Trans and Non-Binary Survivors of Sexual Assault and Domestic Violence
Edited by Lexie Bean
March 2018 > pb > 216pp > £13.99
An anthology of letters by trans and non-binary survivors of sexual assault, abuse and domestic violence

How to Understand Your Gender
A Practical Guide for Exploring Who You Are
Alex Iantaffi and Meg-John Barker
Foreword by S. Bear Bergman
2017 > pb > 288pp > £14.99
The ultimate gender diversity bible, explaining how gender works so everyone can better understand gender identity, roles and expressions

Motherhood Missed
Stories from Women Who Are Childless by Circumstance
Lois Tonkin
Foreword by Jody Day
September 2018 > pb > 224pp > £12.99
A collection of first-person narratives from women who are childless through circumstance

Obsessive Compulsions
The OCD of Everyday Life
C. Thomas Gualtieri, MD
June 2018 > pb > 424pp > £13.99
What are obsessive-compulsive traits, what causes them and what can we do about them?

Queer Sex
A Trans and Non-Binary Guide to Intimacy, Pleasure and Relationships
Juno Roche
April 2018 > pb > 168pp > £12.99
Diverse and well-known figures from the trans and non-binary community speak out about sex, desire and dating, and the ways gender and sexuality can relate to one another

Yes, You Are Trans Enough
My Transition from Self-Loathing to Self-Love
Mia Violet
June 2018 > pb > 352pp > £14.99
Confronts the inaccuracies of trans representation and what the media has gotten wrong, combined with a charged personal narrative of what it means to be transgender today.

Weight Expectations
One Man’s Recovery from Anorexia
Dave Chawner
An award-winning stand-up comic tells his story of recovering from anorexia
Shattered by Grief
Picking up the pieces to become WHOLE again
Claudia Coenen
Clear, creative guidance on how to process grief and pain in a positive, transformative way

The Trouble with Illness
How Illness and Disability Affect Relationships
Julia Segal
2017 > pb > 312pp > £13.99
Explores the impact of illness and disability on close personal relationships and what can be done to reduce damage to those relationships

Anni’s Cancer Companion
An A-Z of Treatments, Therapies and Healing
Anni Matthews
Foreword by Karol Sikora
2011 > pb > 320pp > £10.99
A friendly companion explaining the range of orthodox treatments, and complementary therapies available

Painful Bladder Syndrome
Controlling and Resolving Interstitial Cystitis through Natural Medicine
Philip Weeks
12 steps to recovering from PBS

Make Yourself Better
A Practical Guide to Restoring Your Body’s Wellbeing through Ancient Medicine
Philip Weeks
2012 > pb > 240pp > £9.99
Practical guide to nutrition, detoxification, and lifestyle choices

Go Your Crohn Way
A Gutsy Guide to Living with Crohn’s Disease
Kathleen Nicholls
Upbeat insight and useful advice for life with Crohn’s disease

Stop Panic Attacks in 10 Easy Steps
Using Functional Medicine to Calm Your Mind and Body with Drug-Free Techniques
Sandra Scheinbaum
2015 > pb > 192pp > £6.99
Practical self-help guide to overcoming panic attacks with a unique functional medicine approach

A Guide to Living with Ehlers-Danlos Syndrome (Hypermobility Type)
Bending without Breaking (2nd edition)
Isobel Knight
Foreword by Alan Hakim
2014 > pb > 312pp > £14.99
A patient’s guide to living well with Ehlers-Danlos Syndrome (Hypermobility Type)

A Multidisciplinary Approach to Managing Ehlers-Danlos (Type III) - Hypermobility Syndrome
Working with the Chronic Complex Patient
Isobel Knight
With contributions from Professor Howard Bird, Dr Alan Hakim, Rosemary Keer, Dr Andrew Lucas, Dr Jane Simmonds and John Wilks
Foreword by Rodney Grahame
2013 > pb > 360pp > £24.99
Essential reading for professionals working with EDSIII including medical professionals, physiotherapists, occupational therapists, psychologists, and complementary therapists
SELF-HELP

Learning to Cope with CRPS / RSD
Putting life first and pain second
Karen Rodham
2014 > pb > 144pp > £12.99
World rights available > ISBN-9781848192409
> eISBN-9780857011886
Hands-on guidance for anyone living with CRPS (Complex Regional Pain Syndrome) (also known as RSD - Reflex Sympathetic Dystrophy)

Sleep Better with Natural Therapies
A Comprehensive Guide to Overcoming Insomnia, Moving Sleep Cycles and Preventing Jet Lag
Peter Smith
> eISBN-9780857011404
A wide range of drug-free therapeutic approaches to overcoming sleeping problems

Breathe Well and Live Well with COPD
A 28-Day Breathing Exercise Plan
Janet Brindley
Foreword by Linda Shampan
2013 > pb > 96pp > £10.99
World rights available > ISBN-9781848191648
> eISBN-9780857011329
Exercises that helps to lessen the effects of breathing difficulties caused by COPD

The Menopause Maze
The Complete Guide to Conventional, Complementary and Self-Help Options
Dr Megan A. Arroll and Liz Efiong
Foreword by Dr John Moran
2016 > pb > 256pp > £12.99
World rights available > ISBN-9781848192744
> eISBN-9780857012210
Everything women approaching or experiencing the menopause need to know about different methods of managing their symptoms

On Being an Introvert or Highly Sensitive Person
A guide to boundaries, joy, and meaning
Ilse Sand
February 2018 > pb > 144pp > £8.99 > World English language only > ISBN-9781785924859
> eISBN-9781784508715
Explores the characteristics, challenges and benefits of being introverted or highly sensitive, perhaps temporarily, with advice and suggestions for happiness in our sociable world

Come Closer
On love and self-protection
Ilse Sand
2017 > pb > 104pp > £8.99 > World English language only > ISBN-9781785922961
> eISBN-9781784506032
A practical guide to understanding and overcoming the behaviours that hinder close relationships

Tools for HelpfulSouls
Especially for highly sensitive people who provide help either on a professional or private level
Ilse Sand
> eISBN-9781784505998
A practical guide for highly sensitive people to develop their abilities to help and support others

The Emotional Compass
How to Think Better about Your Feelings
Ilse Sand
> eISBN-9781784503925
Explores the psychology of emotions, especially in relation to other people, introducing ways to improve your understanding of your own feelings and those of others

Highly Sensitive People in an Insensitive World
How to Create a Happy Life
Ilse Sand
> eISBN-9781784503246
What it means to be a highly sensitive person, including the characteristics, challenges and benefits of being highly sensitive
New

My Anxiety Handbook
Getting Back on Track
Sue Knowles, Bridie Gallagher and Phoebe McEwen
Illustrated by Emmeline Pidgen
Survival guide for teens and tweens aged 12-18 with anxiety

No Weigh!
A Teen’s Guide to Positive Body Image, Food, and Emotional Wisdom
Signe Darpinian, Wendy Sterling and Shelley Aggarwal
Foreword by Connie Sobczak
July 2018 > pb > 192pp > £13.99
A body positive and connected eating workbook for teens aged 13-16

Can I Tell You About Self-Harm?
A Guide for Friends, Family and Professionals
Pooky Knightsmith
Foreword by Jonathan Singer
Illustrated by Elise Evans
January 2018 > pb > 72pp > £9.99
What is self-harm? Asher tells all from their own experience in this illustrated guide for children aged 7+

New

Vincent the Vixen
A Story to Help Children Learn about Gender Identity
Alice Reeves
Illustrated by Phoebe Kirk
One fox's story of understanding their gender identity and coming out to friends and family

Carlos the Chameleon
A Story to Help Empower Children to Be Themselves
Alice Reeves
Illustrated by Phoebe Kirk
Carlos is constantly changing his colours to fit in with others, until he realises he doesn’t need to change who he is in order to be accepted

Roxy the Raccoon
A Story to Help Children Learn about Disability and Inclusion
Alice Reeves
Illustrated by Phoebe Kirk
Roxy and her friends work together to make the forest a better, more inclusive place for everyone, including those with a disability

Molly the Mole
A Story to Help Children Build Self-Esteem
Alice Reeves
Illustrated by Phoebe Kirk
Molly is a mole with many friends who help teach her about self-esteem and body image

Are You a Boy or Are You a Girl?
Sarah Savage and Fox Fisher
Illustrated by Fox Fisher
2017 > hb > 40pp > £10.99
An illustrated storybook to help children aged 3+ talk about gender and identity creatively

Trans Teen Survival Guide
Owl and Fox Fisher
A funny, frank and comprehensive guide to trans life for teenagers by authors who understand the realities of growing up trans
Phoenix Goes to School
A Story to Support Transgender and Gender Diverse Children
Michelle and Phoenix Finch
July 2018 > hb > 40pp > £9.99
An illustrated storybook that empowers and supports trans children to express their gender identity

A House for Everyone
A Story to Help Children Learn about Gender Identity and Gender Expression
Jo Hirst
Illustrated by Naomi Bardoff
May 2018 > hb > 32pp > £10.99
An illustrated children's book about gender identity and gender expression to help children aged 4+ engage with ideas about gender

The Prince and the Frog
A Story to Help Children Learn about Same-Sex Relationships
Olly Pike
April 2018 > hb > 48pp > £10.99
Rewriting of a classic fairytale that helps children aged 3-7 to understand about same-sex relationships

Can I tell you about Gender Diversity?
A guide for friends, family and professionals
CJ Atkinson
Illustrated by Olly Pike
2016 > pb > 64pp > £8.99
What is gender diversity?
Kit explains all in this illustrated guide for children aged 7+

Who Are You?
The Kid's Guide to Gender Identity
Brook Pessin-Whedbee
Illustrated by Naomi Bardoff
2016 > hb > 40pp > £12.99
A straightforward introduction to gender for children (5+)

Lucy the Octopus
Richy K. Chandler
April 2018 > hb > 136pp > £12.99
Graphic novel starring an unpopular teenage octopus named Lucy, who discovers her hidden talents and learns about true friendship

The Mermaid Who Couldn’t
How Mariana Overcame Loneliness and Shame and Learned to Sing Her Own Song
Ali Redford
Illustrated by Kara Simpson
A therapeutic picture book for children aged 4 to 9 about a mermaid who discovers her sense of self-worth

Ellie Jelly and the Massive Mum Meltdown
A Story About When Parents Lose Their Temper and Want to Put Things Right
Sarah Naish
Illustrated by Kath Grimshaw
June 2018 > hb > 32pp > £10.99
OH NO! Ellie Jelly has spilt milk all over the floor and mum is really mad! Will things ever be OK again? A simple reassuring book that helps children aged 3-7 and parents to talk about when things go wrong and people lose their temper.

Super Coach Arty vs. The Shadow
Taking the Fear out of Failure
Lorraine Thomas
Illustrated by Simon Greaves
Introducing Arty, an inner coach to help children aged 8-12 manage negative thinking and improve their self-esteem
NEW

The Giant from Nowhere
Frances Dickens
illustrated by Peter Hudspith
July 2018

A charming children’s tale about learning to accept other people’s differences

All Birds Have Anxiety
Kathy Hoopmann

A bird’s-eye-view introduction to living with anxiety disorder and how to begin to change it

You Make Your Parents Super Happy!
Richy K. Chandler
illustrated by Richy K. Chandler
2017 > hb > 40pp > £8.99

A comforting graphic book for young children whose parents are separating, emphasizing love and continuity

Minnie and Max are OK!
Chris Calland and Nicky Hutchinson
illustrated by Emmi Smid
2017 > hb > 40pp > £11.99
Rights sold: Turkish > ISBN-9781784505141

An illustrated storybook to help children aged 3-7 develop a positive body image

Your Body is Brilliant
Sigrun Danielsdottir
illustrated by Emily Hamilton
2014 > hb > 36pp > £10.99

This picture book teaches children how each body is different and unique, and will inspire them to take good care of their bodies throughout their lives

Little Meerkat’s Big Panic
Jane Evans
illustrated by Izzy Bean
2016 > hb > 48pp > £9.99

An illustrated storybook for children aged 2-6 to help them manage feelings of stress, anxiety and panic

Cyril Squirrel Finds Out About Love
Jane Evans
illustrated by Izzy Bean
2016 > hb > 32pp > £9.99

A picture book for children aged 2-6 to help them to understand and identify love, friendship and kindness

The Giant from Nowhere
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July 2018

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Perry Panda
A Story about Parental Depression
Helen Bashford
illustrated by Russell Scott Skinner
2017 > hb > 32pp > £10.99

A rhyming story to help children aged 3+ understand parental depression

Big Tree is Sick
Nathalie Slosse
illustrated by Rocio Del Moral

An endearing illustrated storybook which helps children to understand serious illness

All You Need Is Love
Celebrating Families of All Shapes and Sizes
Kath Grimshaw

A story to help children age 7+ to understand and overcome their OCD or anxiety
BOOKS FOR CHILDREN AND TEENS

My Book of Feelings
A Book to Help Children with Attachment Difficulties, Learning or Developmental Disabilities Understand their Emotions
Tracey Ross
Illustrated by Rosy Salaman
2017 > hb > 40pp > £10.99
World rights available > ISBN-9781785921926
> eISBN-9781784504663
A picture book for children aged 5+ who struggle to understand and manage their emotions

Is Daddy Coming Back in a Minute?
Explaining (sudden) death in words very young children can understand
Elke Barber and Alex Barber
2016 > hb > 40pp > £10.99
World rights available > ISBN-9781785921063
> eISBN-9781784503710
A true story about Alex, the death of his daddy, and how his mum helped him to understand what dead means

Not Today, Celeste!
A Dog’s Tale about Her Human’s Depression
Liza Stevens
2016 > hb > 36pp > £10.99
World rights available > ISBN-9781785920080
> eISBN-9781784502478
A gentle story about a dog whose human has poorly feelings for children aged 3+

Okay Kevin
A Story to Help Children Discover How Everyone Learns Differently including those with Autism Spectrum Conditions and Specific Learning Difficulties
James Dillon
Illustrated by Kara McHale
A picture book for ages 5-8 about a boy who feels that he is behind his classmates

What Happened to Daddy’s Body?
Explaining what happens after death in words very young children can understand
Elke Barber and Alex Barber
2016 > hb > 40pp > £10.99
World rights available > ISBN-9781785921070
> eISBN-9781784503703
Learn what happens to the body after death as Alex shares the story of what happened to his daddy’s body

Rafi’s Red Racing Car
Explaining Suicide and Grief to Young Children
Louise Moir
2016 > hb > 40pp > £10.99
Beautifully illustrated story helping children aged 3-8 to understand suicide and grief

Luna’s Red Hat
An Illustrated Storybook to Help Children Cope with Loss and Suicide
Enmi Smid
A heart-breaking but ultimately uplifting storybook to help children aged 6+ come to terms with loss by suicide

The Princess and the Fog
A Story for Children with Depression
Lloyd Jones
2015 > hb > 48pp > £10.99
World rights available > ISBN-9781849056557
> eISBN-9781784501518
A vibrantly illustrated story to help children learn about and cope with depression

Staying Cool and In Control with the Keep-Calm Guru
Wise Ways for Children to Regulate their Emotions and Senses
Lauren Brukner
Illustrated by Apsley
2016 > hb > 136pp > £12.99
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> eISBN-9781784503352
With the help of the Keep-Calm Guru, children aged 7-14 will learn to tackle difficult emotions and feel cool, calm, and in control!

Self-Control to the Rescue!
Super Powers to Help Kids Through the Tough Stuff in Everyday Life
Lauren Brukner
Illustrated by Apsley
2017 > hb > 112pp > £13.99
World rights available > ISBN-9781785927591
> eISBN-9781784506193
Self-control strategies and exercises for children aged 4-7 to manage and regulate the emotional challenges faced in daily life

Stay Cool and In Control
With the Keep-Calm Guru
Wise Ways for Children to Regulate their Emotions and Senses
Lauren Brukner
Illustrated by Apsley
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World rights available > ISBN-9781785923000
> eISBN-9781784503352
With the help of the Keep-Calm Guru, children aged 7-14 will learn to tackle difficult emotions and feel cool, calm, and in control!
Anxiety is Really Strange
Steve Haines
Art by Sophie Standing
January 2018 > pb > 32pp > £7.99 >
eISBN-9780857013453

A science-based graphic medicine comic explaining anxiety and how to manage it

The science behind anxiety is explained in this engaging and highly original graphic medicine book, with in-depth analysis of where anxiety comes from, what it means for your body, and how to turn it into something positive. The artwork simply and humorously depicts how to alleviate anxiety and take control of its negative symptoms.

"With great erudition and wit Steve manages to condense philosophical thought, neurological research and psychological thinking into a fabulous tool for re-conceptualising our experience of this bane of modern life – anxiety. Psychoanalysts and others working with people experiencing anxiety will benefit from reflecting on this book and sharing it with their patients.”

–Dr Peter Nevins, Psychoanalyst and Director of Islington Mind

Forgiveness is Really Strange
Masi Noor and Marina Cantacuzino
Art by Sophie Standing
February 2018 > hb > 64pp > £9.99

Science-based comic exploring the psychology of the human capacity to forgive and the effects of forgiveness

This comic, based on science and real-life stories, illustrates the complexity of forgiveness and what it can mean to different people and its potential for positive change. It explores the key aspects of forgiveness and the impact it can have on the mind and psyche.

Trauma is Really Strange
Steve Haines. Art by Sophie Standing. Illustrated by Sophie Standing

A science-based medical graphic book explaining trauma, its effects on our psychology and physiology, and what to do about it

Revealing the strange nature of trauma and exploring how trauma resolution involves changing the body’s physiology, this engaging comic explains the science of trauma in easy-to-understand terms. With a positive emphasis on human resilience, it encourages better understanding of trauma and describes some simple Trauma Releasing Exercises.

Pain is Really Strange
Steve Haines. Art by Sophie Standing. Illustrated by Sophie Standing

A scientifically-based, detailed, and gently humorous graphic book on pain and pain management

Understanding pain is a very good way of relieving it. This engaging, funny, and highly original research-based graphic book explains the nature of pain and how you can effectively relieve pain by changing your mind’s habits.

What the Hell Just Happened?! Comfort and Wisdom for When Your World Falls Apart
Richy K. Chandler
Illustrated by Richy K. Chandler
August 2018 > hb > 56pp > £8.99

A picture book for adults about getting back on track after a bad life event

This inspirational gift book helps readers overcome troubling times in their lives. Through vivid illustrations and positive affirmations, the book shows how you can face your past and embrace your future. The author provides thoughtful tips to remind you of what you can be at your emotionally strongest and smartest.

When Are You Going to Get a Proper Job? Parenting and the Creative Muse
Richy K. Chandler
Illustrated by Richy K. Chandler
2017 > hb > 112pp > £11.99

A comic about the tension between parenting and being a creative artist with a serious underlying question about how society values the arts
**Camouflage**
The Hidden Lives of Women with Autism
Dr Sarah Bargiela
Illustrated by Sophie Standing

An engaging and beautifully illustrated graphic book shedding light on the under-explored condition of female autism. Autism in women and girls is still not widely understood, and is often misrepresented or even overlooked. This graphic novel offers an engaging and accessible insight into the lives and minds of women with autism, using real-life case studies. The charming illustrations lead readers on a visual journey of how women on the spectrum experience everyday life.

**First Year Out**
A Transition Story
Sabrina Symington
2017 > hb > 128pp > £15.99

An empowering and intimate graphic novel depicting a trans woman's emotional, social and physical transition.

**Embroidered Cancer Comic**
Sima Elizabeth Shefrin
2016 > pb > 32pp > £7.99

An unflinchingly funny embroidered comic about the rarely discussed effects of cancer treatment on sex life.

**Dad's Not All There Any More**
A comic about dementia
Alex Demetris
2015 > pb > 32pp > £7.99

An insightful and gently humorous comic about one family's experience of Lewy Body Dementia, its impact, treatment and sometimes strange symptoms.

**When Anxiety Attacks**
Terian Koscik

A graphic memoir about living with anxiety and finding help through a therapist.

**At War with Yourself**
A Comic about Post-Traumatic Stress and the Military
Samuel C. Williams
2016 > pb > 32pp > £7.99

A unique insight into the impact of post-traumatic stress disorder.

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