

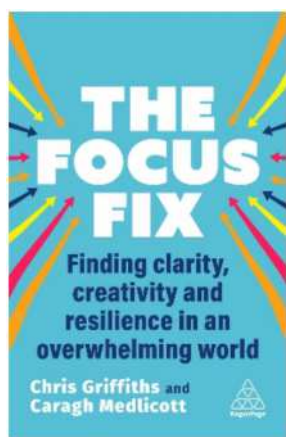
Design Your Life : Your Career, Your Way

Erifili Gounari

Kogan Page Ltd (John Wiley & Sons Ltd) | 9781398617155

£14.99 | Paperback / softback| 256pp. | October 2024

From personal branding to side gigs, discover the new pathways to success and step into the future with Design Your Life.



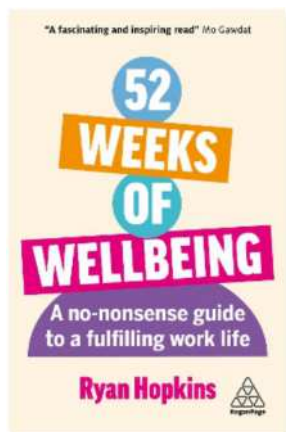
The Focus Fix : Finding Clarity, Creativity and Resilience in an Overwhelming World

Chris Griffiths

Kogan Page Ltd (John Wiley & Sons Ltd) | 9781398616103

£14.99 | Paperback / softback| 264pp. | July 2024

Discover the power of finding focus in a world full of distractions through practical tips and scientific insights.



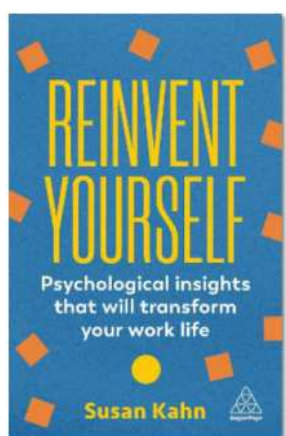
52 Weeks of Wellbeing : A No-Nonsense Guide to a Fulfilling Work Life

Ryan Hopkins

Kogan Page Ltd (John Wiley & Sons Ltd) | 9781398613911

£12.99 | Paperback / softback| 264pp. | January 2024

Lead a more fulfilling work life with 52 inspiring insights for improving your wellbeing throughout the year.



Reinvent Yourself: Psychological Insights That Will Transform Your Work Life

Susan Kahn

Kogan Page Ltd (John Wiley & Sons Ltd) | 9781398613294

£14.99 | Paperback / softback| 272pp. | February 2024

Discover the psychological insights, strategies and opportunities that will allow you to Reinvent Yourself and reach your full potential.



The Financial Wellbeing Book : Creating financial peace of mind

Chris Budd

LID Publishing (Hachette UK) | 9781915951151

£9.99 | Paperback / softback | 164pp. | February 2024

This book provides a simple and practical guide to planning your daily and long-term finances by understanding your objectives and motivations.



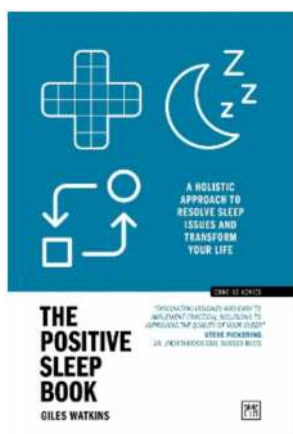
The Dare to be Different Book : Seven dares to embrace, enhance and exploit your own uniqueness

Magnus Lindkvist

LID Publishing (Hachette UK) | 9781915951267

£9.99 | Paperback / softback | 128pp. | March 2024

This challenging and original book blends interdisciplinary insights from technology, the arts, popular culture and more, in order to unlock the secrets to genuine innovation and creativity. For anyone wanting to move beyond merely competing, this book contains compelling insights and inspirations to help effect real change.



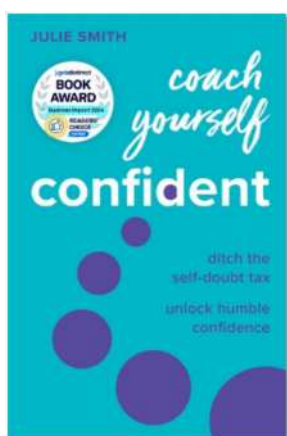
The Positive Sleep Book : A holistic approach to resolve sleep issues and transform your life (New Edition)

Giles Watkins

LID Publishing (Hachette UK) | 9781915951328

£9.99 | Paperback / softback | 144pp. | July 2024

In this highly informative and practical guide, sleep expert and busy professional, Giles Watkins, explores the issues around sleep disorder from a personal and expert perspective.



Coach Yourself Confident : Ditch the self-doubt tax, unlock humble confidence

Julie Smith

Practical Inspiration Publishing (IPS UK) | 9781788605175

£14.99 | Paperback / softback | 240pp. | February 2024

Packed with ideas, stories and practices to help close the confidence gap, Coach Yourself Confident is a guidebook for individuals who recognize that their confidence lags behind their capability.



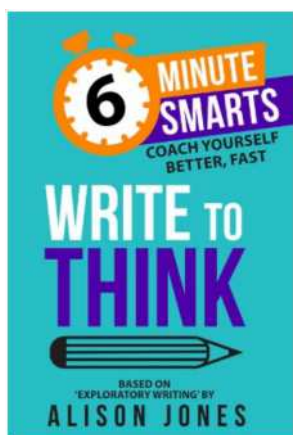
Working Mother : Simple coaching strategies for success at work and home

Rachel Morris

Practical Inspiration Publishing (IPS UK) | 9781788606158

£14.99 | Paperback / softback| 256pp. | September 2024

Practical, proven coaching tools to help you balance work, motherhood and life brilliantly.



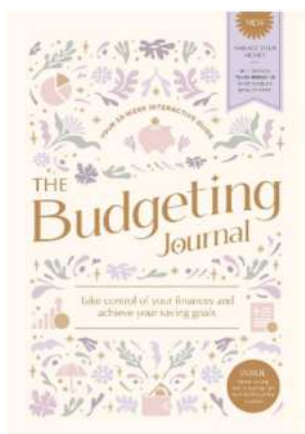
Write to Think

Alison Jones

Practical Inspiration Publishing (IPS UK) | 9781788606646

£9.99 | Paperback / softback| 108pp. | November 2024

Discover simple techniques that will supercharge your creativity, problem-solving skills and resourcefulness, in just 6 minutes!



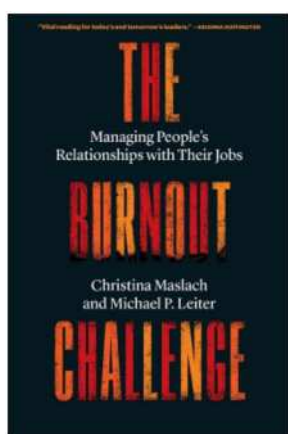
The Budgeting Journal : Take Control of Your Finances and Achieve Your Saving Goals

Julie Bassett

David & Charles (Grantham Book Services (GBS)) | 9781446313107

£14.16 | Hardback| 176pp. | May 2024

The perfect guide to getting your personal finances in order, The Budgeting Journal is undated and can be started at any point in the year. Packed with tips and advice for how to keep on top of a budget and find peace of mind through managing your money.



The Burnout Challenge : Managing People's Relationships with Their Jobs

Christina Maslach

Harvard University Press (John Wiley & Sons Ltd) | 9780674297272

£16.95 | Paperback / softback| 272pp. | September 2024

Solutions to workplace burnout often involve victim-blaming: Stressed? Try therapy—or a new job. But burnout is a sign of defective workplaces, not workers. Drawing on decades of research, Christina Maslach and Michael Leiter show managers how to recognize burnout and fix problems cost-effectively, improving employees' productivity and health.



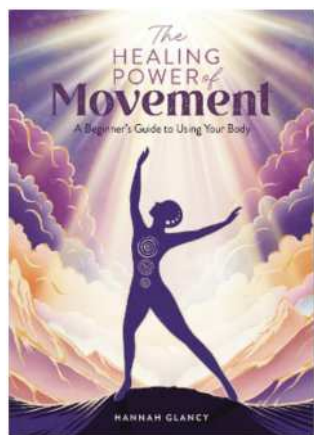
Self-Care Journal : Make Time for Yourself

Zara Gaspar

Fox Chapel Publishing (Macmillan Distribution (MDL)) | 9781641781725

£10.83 | Diary | 192pp. | August 2024

This thoughtful self-care journal asks just the right questions to allow you to reflect and recharge your soul. It reminds you to let go of what you can't control, be honest with yourself, declutter your heart and your home, how to break old habits, and stay positive.



The Healing Power of Movement : A Beginner's Guide to Using Your Body

Hannah Glancy

David & Charles (Grantham Book Services (GBS)) | 9781446313176

£14.99 | Paperback / softback | 144pp. | July 2024

In *The Healing Power of Movement*, the mental, emotional, and spiritual benefits of becoming more physically active are explored in ways that make getting moving more accessible and fun. Featuring exercises to help unblock the mind, train the breath and find the joy in getting out into nature.



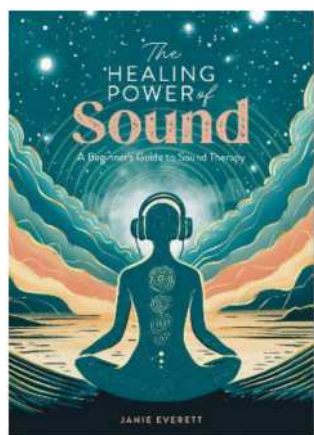
The Healing Power of Scent : A Beginner's Guide to the Power of Essential Oils

Ellen Rowland

David & Charles (Grantham Book Services (GBS)) | 9781446310595

£14.99 | Paperback / softback | 144pp. | June 2024

In *The Healing Power of Scent*, aromatherapist and author Ellen Rowland dives deep into the most mysterious and ephemeral of the five senses – scent – and explores how we can use our own unique responses to the smells we find in the world around us for spiritual and emotional healing.



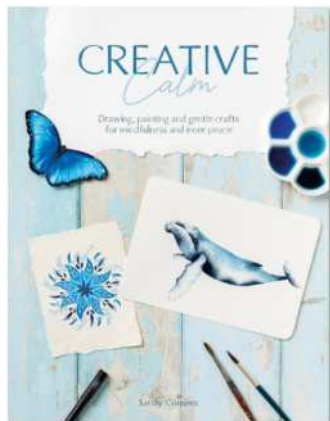
The Healing Power of Sound : A Beginner's Guide to Sound Therapy

Janie Everett

David & Charles (Grantham Book Services (GBS)) | 9781446310601

£14.99 | Paperback / softback | 144pp. | June 2024

A beginner's guide to harnessing – and feeling – the healing power of sound. Author and sound therapist Janie Everett unlocks the ways that sound affects us, and encourages the reader to embrace the healing that sound can provide. Packed with practical exercises to try, this is an accessible introduction to the power of sound therapy.



Creative Calm : Drawing, Painting and Gentle Crafts for Mindfulness and Inner Peace

Sandy Cousens

David & Charles (Grantham Book Services (GBS)) | 9781446313565

£15.99 | Paperback / softback| 128pp. | October 2024

Creative Calm is a practical mixed media art and craft book for those seeking soul enrichment and a more calming gentle life through a creative practice. Written and illustrated by qualified art therapist Sandy Cousens, this holistic guide explores the various ways we can connect with our more creative selves and find peace and fulfilment.



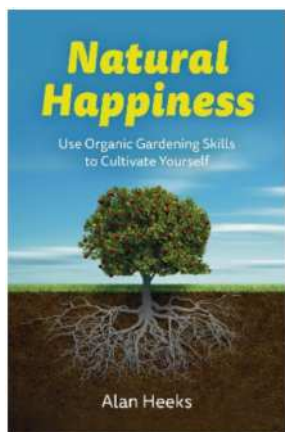
The Tarot Spreads Year : An Inspiration Deck for Getting to Know Yourself

Chelsey Pippin Mizzi

David & Charles (Grantham Book Services (GBS)) | 9781446312629

£12.49 | Cards| 52pp. | April 2024

The Tarot Spreads Year Card Deck features 52 spreads that allow beginners to get to know their decks and cards, build confidence, and find the reading methods that are most comfortable for them - all while having fun and honing their intuition.



Natural Happiness : Use Organic Gardening Skills to Cultivate Yourself

Alan Heeks

Collective Ink (John Wiley & Sons Ltd) | 9781803414966

£10.99 | Paperback / softback| 176pp. | March 2024

Deepen your roots to grow through uncertainty.