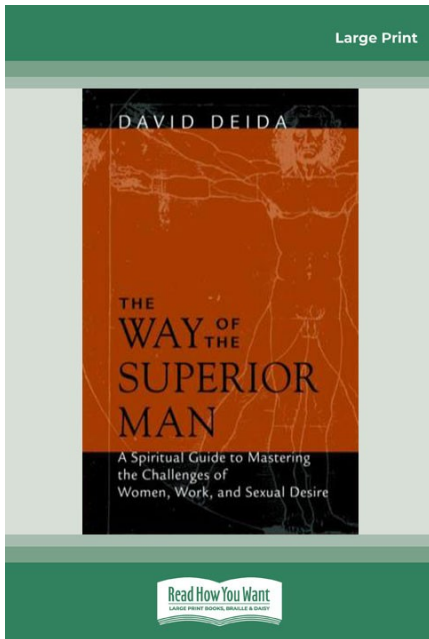


## Large Print Non-Fiction Best-Sellers



**Title:** The Way of the Superior Man  
**Author:** David Deida

**ISBN:** 9781459611443

**Retail Price (excl. tax):** 34.99 USD

**Pages:** 272

**Publication Date:** 26/01/2011

**Category:** SELF-HELP / Spiritual

**BISAC:** SEL032000

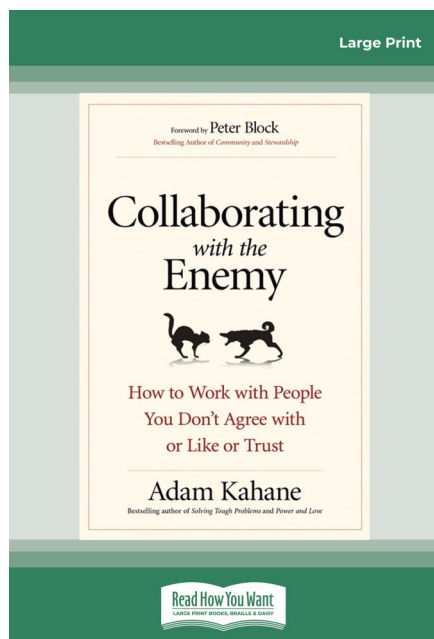
**Format:** [Large Print]

**Original Publisher:** Sounds True

**About the Book:** The Ultimate Spiritual Guide for Men What is your true purpose in life? What do women really want? What makes a good lover? If you're a man reading this, you've undoubtedly asked yourself these questions - but you may not have had much luck answering them. Until now. In *The Way of the Superior Man*, David Deida explores the most important issues in men's lives - from career and family to women and intimacy to love and spirituality - to offer a practical guidebook for living a masculine life of integrity, authenticity, and freedom. Join this bestselling author and internationally renowned expert on sexual spirituality for straightforward advice, empowering skills, body practices, and more to help you realize a life of fulfillment, immediately and without compromise. "It is time to evolve beyond the macho jerk ideal, all spine and no heart," writes David Deida. "It is also time to evolve beyond the sensitive and caring wimp ideal, all heart and no spine." *The Way of the Superior Man* presents the ultimate challenge - and reward - for today's man: to discover the 'unity of heart and spine' through the full expression of consciousness and love in the infinite openness of ....

**About the Author:** Acknowledged as one of the most insightful and provocative teachers of our time, bestselling author David Deida continues to revolutionize the way that men and women grow spiritually and sexually. His books have been published in more than twenty languages. His workshops on a radically practical spirituality have been hailed as among the most original and authentic contributions to the field of self-development currently available.

## Large Print Non-Fiction Best-Sellers



**Title:** Collaborating with the EnemyHow to Work with People You Don't Agree with or Like or Trust

**Author:** Adam Kahane

**ISBN:** 9781525249525

**Retail Price (excl. tax):** 27.99 USD

**Pages:** 224

**Publication Date:** 5/06/2017

**Category:** BUSINESS & ECONOMICS / Negotiating

**BISAC:** BUS047000

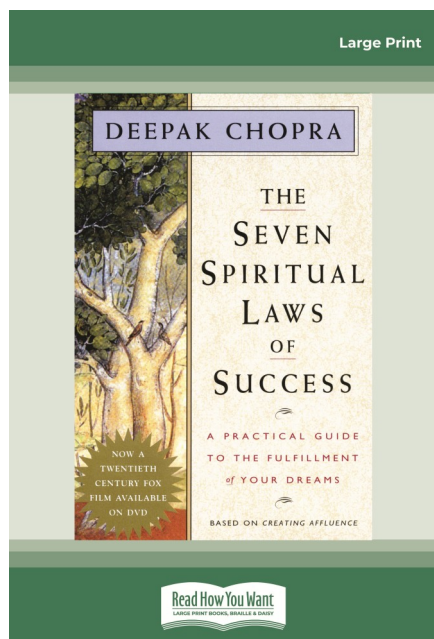
**Format:** [Large Print]

**Original Publisher:** Berrett-Koehler Publishers

**About the Book:** Collaboration is increasingly difficult and increasingly necessary. Often, to get something done that really matters to us, we need to work with people we don't agree with or like or trust. Adam Kahane has faced this challenge many times, working on big issues like democracy and jobs and climate change and on everyday issues in organizations and families. He has learned that our conventional understanding of collaboration—that it requires a harmonious team that agrees on where it's going, how it's going to get there, and who needs to do what—is wrong. Instead, we need a new approach to collaboration that embraces discord, experimentation, and genuine cocreation—which is exactly what Kahane provides in this groundbreaking and timely book.

**About the Author:** Adam Kahane is a director of Reos Partners, an international social enterprise that helps people move forward together on their most important and intractable issues.

## Large Print Non-Fiction Best-Sellers



**Title:** The Seven Spiritual Laws of Success A Practical Guide to the Fulfillment of Your Dreams

**Author:** Deepak Chopra

**ISBN:** 9781442973589

**Retail Price (excl. tax):** 19.99 USD

**Pages:** 100

**Publication Date:** 6/05/2009

**Category:** SELF-HELP / Personal Growth / Success

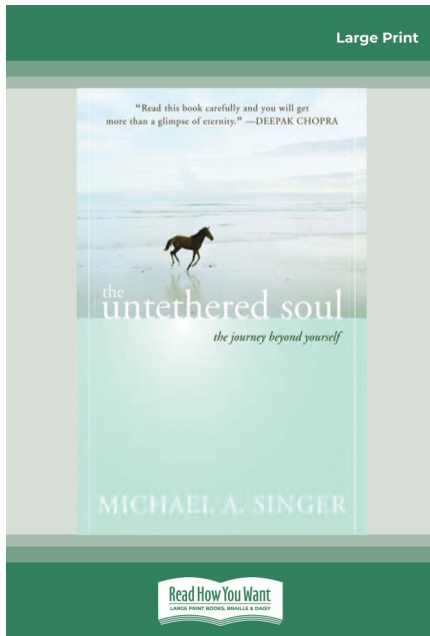
**BISAC:** SEL027000

**Format:** [Large Print]

**Original Publisher:** New World Library

**About the Book:** BASED ON NATURAL laws which govern all of creation, this book shatters the myth that success is the result of hard work, exacting plans, or driving ambition. In The Seven Spiritual Laws of Success, Deepak Chopra offers a life-altering perspective on the attainment of success: Once we understand our true nature and learn to live in harmony with natural law, a sense of well-being, good health, fulfilling relationships, energy and enthusiasm for life, and material abundance will spring forth easily and effortlessly. Filled with timeless wisdom and practical steps you can apply right away, this is a book you will want to read and refer to again and again.

## Large Print Non-Fiction Best-Sellers



**Title:** The Untethered SoulThe Journey Beyond Yourself  
**Author:** Michael A. Singer

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**ISBN:** 9781458727374

**Retail Price (excl. tax):** 34.99 USD

**Pages:** 280

**Publication Date:** 5/10/2009

**Category:** SELF-HELP / Spiritual

**BISAC:** SEL032000

**Format:** [Large Print]

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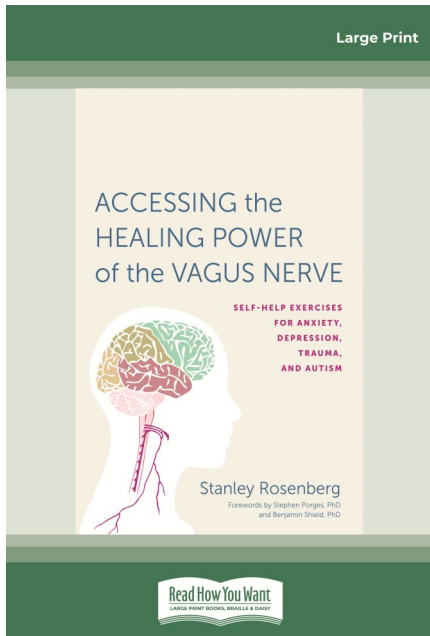
**Original Publisher:** New Harbinger Publishing

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**About the Book:** The chapters of this book are nothing but mirrors for seeing your "self" from different angles. And though the journey we are about to embark on is an inner one, it will draw upon every aspect of your life. The only requirement asked of you is the willingness to honestly look at yourself in the most natural, intuitive manner. Remember, if we are seeking the root of "self," what we are actually seeking is you. As you read through these pages, you will find that you know much more than you thought you did about some very deep subjects. The fact is, you already know how to find yourself; you have just gotten distracted and disoriented. Once refocused, you will realize that you not only have the ability to find yourself, you have the ability to free yourself. Whether you choose to do so or not is entirely up to you. But upon completion of your journey through these chapters, there will be no more confusion, no more lack of empowerment, and no more blaming others. You will know exactly what must be done. And should you choose to devote yourself to the ongoing journey of self-realization, you will develop a tremendous sense of respect for who you really are. It is only then that you will come to appreciate the full depth of meaning in the advice: "This above all: to thine own self be true."

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## Large Print Non-Fiction Best-Sellers



**Title:** Accessing the Healing Power of the Vagus Nerve Self-Exercises for Anxiety, Depression, Trauma, and Autism  
**Author:** Stanley Rosenberg

**ISBN:** 9780369307279

**Retail Price (excl. tax):** 33.99 USD

**Pages:** 450

**Publication Date:** 1/08/2019

**Category:** HEALTH & FITNESS / Alternative Therapies

**BISAC:** HEA032000

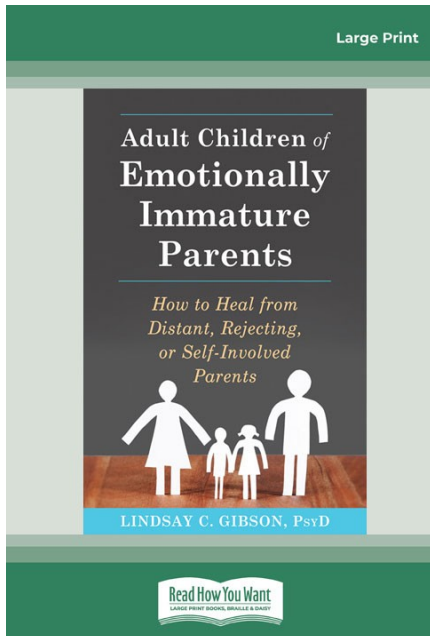
**Format:** [Large Print]

**Original Publisher:** North Atlantic Books

**About the Book:** A practical guide to understanding the cranial nerves as the key to our psychological and physical wellbeing. Drawing from the polyvagal theory of Steven Porges—one of the biggest new developments in human neurobiology—author Stanley Rosenberg explains in simple terms how the vagus nerve, in particular, has a strong role in determining our psychological and emotional state, especially when it comes to how we relate and react to other people. Anxiety, panic attacks, depression, social withdrawal, anger, and destructive behavior are signs of lack of proper function in the ventral vagus. This book offers self-help exercises that can help restore vagal function and make it easier to interact with others. Those suffering from anxiety, depression, panic, and trauma will find much that is useful here, as well as those with physical ailments such as chronic pain and digestive problems. Additionally, because the vagus nerve is a key regulator of social interaction, therapy for proper vagal functioning has great potential for helping those with autism spectrum disorders.

**About the Author:** STANLEY ROSENBERG has been a practicing craniosacral therapist since 1987. He began his studies at the Upledger Institute and has studied osteopathy under Alain Gehin and Jean Pierre Barral. He lives in Silkeborg, Denmark.

## Large Print Non-Fiction Best-Sellers



**Title:** Adult Children of Emotionally Immature Parents  
How to Heal from Distant, Rejecting, or Self-Involved Parents

**Author:** Lindsay C. Gibson

**ISBN:** 9781458794017

**Retail Price (excl. tax):** 33.99 USD

**Pages:** 344

**Publication Date:** 27/01/2016

**Category:** SELF-HELP / Personal Growth / General

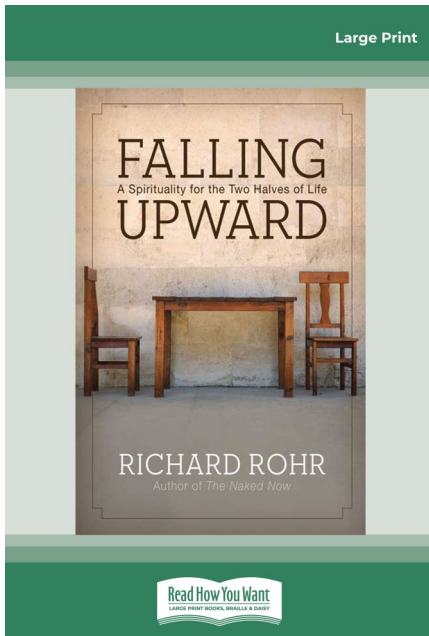
**BISAC:** SEL031000

**Format:** [Large Print]

**Original Publisher:** New Harbinger Publishing

**About the Book:** If you grew up with an emotionally immature, unavailable, or selfish parent, you may have lingering feelings of anger, loneliness, betrayal, or abandonment. You may recall your childhood as a time when your emotional needs were not met, when your feelings were dismissed, or when you took on adult levels of responsibility in an effort to compensate for your parent's behavior. These wounds can be healed, and you can move forward in your life. In this breakthrough book, clinical psychologist Lindsay Gibson exposes the destructive nature of parents who are emotionally immature or unavailable. You will see how these parents create a sense of neglect, and discover ways to heal from the pain and confusion caused by your childhood. By freeing yourself from your parents' emotional immaturity, you can recover your true nature, control how you react to them, and avoid disappointment. Finally, you'll learn how to create positive, new relationships so you can build a better life. Discover the four types of difficult parents: The emotional parent instills feelings of instability and anxiety The driven parent stays busy trying to perfect everything and everyone The passive parent avoids dealing with anything upsetting The rejecting parent is withdrawn, dismissive, and derogatory.

## Large Print Non-Fiction Best-Sellers



**Title:** Falling Upward A Spirituality for the Two Halves of Life  
**Author:** Richard Rohr

**ISBN:** 9781459635753

**Retail Price (excl. tax):** 27.99 USD

**Pages:** 276

**Publication Date:** 16/02/2012

**Category:** RELIGION / Spirituality

**BISAC:** REL062000

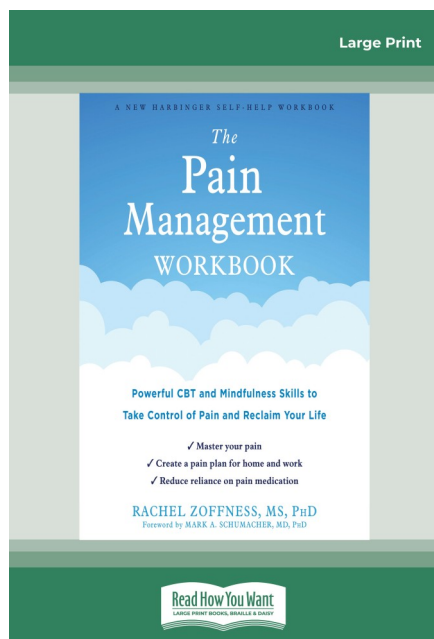
**Format:** [Large Print]

**Original Publisher:** Wiley Publishing, Inc.

**About the Book:** In *Falling Upward*, Richard Rohr seeks to help readers understand the tasks of the two halves of life and to show them that those who have gone "down" are the only ones who understand "up." Those who have somehow fallen, and fallen well, are the only ones who can grow spiritually and not misuse "up". More than anything else, he describes what "up" (in the second half of life) will look like and could look like. Most of us tend to think of the second half of life as largely about getting old, dealing with health issues, and letting go of life, but the whole thesis of this book is exactly the opposite. What looks like falling down can largely be experienced as "falling upward." In fact, it is not a loss but somehow actually a gain, as we have all seen with elders who have come to their fullness, and life flows out from them naturally.

**About the Author:** Fr. Richard Rohr is a Franciscan priest of the New Mexico Province. He founded the Center for Action and Contemplation in Albuquerque, New Mexico in 1986, where he presently serves as Founding Director. An internationally known speaker to many thousands of people a year, Richard's travels have recently taken him to Europe, Australia/New Zealand and South Africa. Teaching on such themes as adult Christian spirituality, men's spirituality, and politics and spirituality, Richard has partnered with such esteemed teachers as Thomas Keating (author of books on centering prayer), Ronald Rolheiser (author of the best-selling *The Holy Longing*), Joan Chittister (author of *The Gift of Years*), Phyllis Tickle (author of *The Great Emergence*), and Jim Wallis (founder of *Sojourners* and author of *God's Politics*). Richard is also well known for his numerous recorded teachings, through the Center's quarterly publication, *Radical Grace*, and is a regular contributing writer for *Sojourners* and *Tikkun* magazines.

## Large Print Non-Fiction Best-Sellers



**Title:** The Pain Management Workbook Powerful CBT and Mindfulness Skills to Take Control of Pain and Reclaim Your Life

**Author:** Rachel Zoffness

**ISBN:** 9780369344175

**Retail Price (excl. tax):** 31.99 USD

**Pages:** 334

**Publication Date:** 8/03/2021

**Category:** HEALTH & FITNESS / Pain Management

**BISAC:** HEA036000

**Format:** [Large Print]

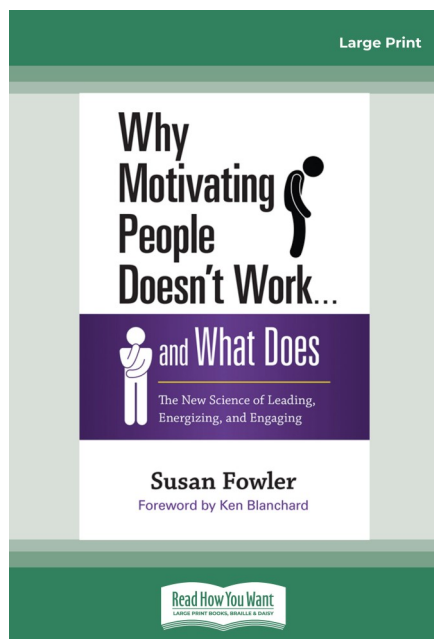
**Original Publisher:** New Harbinger Publishing

**About the Book:** Change your brain, change your pain-that's the empowering message interwoven in this evidence-based workbook by pain expert Rachel Zoffness. Grounded in cognitive behavioral therapy (CBT), mindfulness-based stress reduction (MBSR), and neuroscience, this important workbook offer readers proven-effective pain management techniques, so they can break the pain cycle and live with greater joy and fulfillment.

**About the Author:** Rachel Zoffness, MS, PhD, is faculty at the UCSF School of Medicine, where she teaches pain education for medical residents and interns, and serves on the steering committee of the American Association of Pain Psychology. She is a pain psychologist, author, medical consultant, and educator specializing in chronic pain and illness. She is author of The Chronic Pain and Illness Workbook for Teens; piloted the Psychology Today column, Pain, Explained; and is a 2020 Mayday Pain Advocacy Fellow. She was trained at Brown University, Columbia University, University of California San Diego, San Diego State University, and Mount Sinai St. Luke's Hospital. She provides lectures and trainings for multidisciplinary health care providers, and serves as a consultant to medical professionals and hospitals around the world. Mark A. Schumacher, MD, PhD, is professor and chief of the division of pain medicine in the department of anesthesia and perioperative care at the University of California, San Francisco (UCSF). Schumacher is director of the UCSF Pain and Addiction Research Center; recently served on the National Academies of Science, Engineering, and Medicine Committee; and coauthored a report on the opioid epidemic. Throughout his career, he has sought ways to communicate the science and practice of pain medicine, including previously directing an NIH Center of Excellence in Pain Education at UCSF.



## Large Print Non-Fiction Best-Sellers



**Title:** Why Motivating People Doesn't Work . . . and What Does  
The New Science of Leading, Energizing, and Engaging

**Author:** Susan Fowler

**ISBN:** 9781459684386

**Retail Price (excl. tax):** 36.99 USD

**Pages:** 288

**Publication Date:** 30/09/2014

**Category:** #N/A

**BISAC:** 0

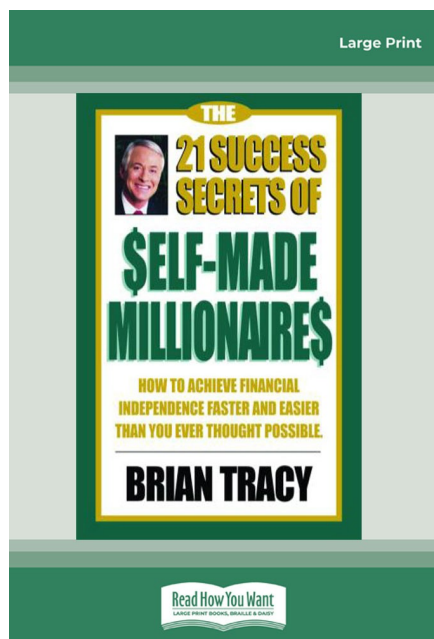
**Format:** [Large Print]

**Original Publisher:** Berrett-Koehler Publishers

**About the Book:** Top leadership researcher, consultant, and coach Susan Fowler says stop trying to motivate people! It's frustrating for everyone involved and it just doesn't work. You can't motivate people - they are already motivated but generally in superficial and short - term ways. In this book, Fowler builds upon the latest scientific research on the nature of human motivation to lay out a tested model and course of action that will help leaders guide their people toward the kind of motivation that not only increases productivity and engagement but that gives them a profound sense of purpose and fulfillment.

**About the Author:** Susan Fowler has over thirty years' experience as a researcher, consultant, and coach in over thirty countries around the globe in the field of self leadership. She is the creator and lead developer of The Ken Blanchard Companies' Optimal Motivation product line as well as the creator and lead developer of Situational Self Leadership, the organization's best - of - class self leadership and personal empowerment program. She is the bestselling coauthor of three books with Ken Blanchard: Self Leadership and The One Minute Manager®, Leading at a Higher Level, and Empowerment. She is also the co-author of Achieve Leadership Genius, The Team Leader's Idea - a - Day Guide, and Good Leaders, Good Shepherds. A catalyst for growth, Fowler is a senior consulting partner with The Ken Blanchard Companies and a professor in the Master of Science in Executive Leadership program at the University of San Diego.

## Large Print Non-Fiction Best-Sellers



**Title:** The 21 Success Secrets of Self-Made Millionaires How to Achieve Financial Independence Faster and Easier than You Ever Thought Possible

**Author:** Brian Tracy

**ISBN:** 9781442962590

**Retail Price (excl. tax):** 31.99 USD

**Pages:** 96

**Publication Date:** 3/02/2009

**Category:** BUSINESS & ECONOMICS / Personal Finance / General

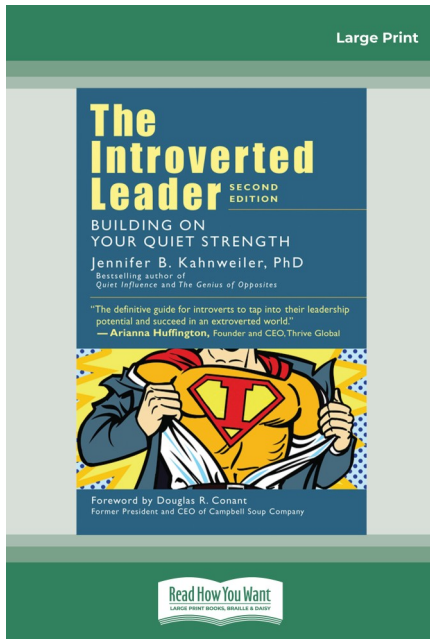
**BISAC:** BUS050000

**Format:** [Large Print]

**Original Publisher:** Berrett-Koehler Publishers

**About the Book:** This book is the culmination of 15 years of research, teaching, and personal experience on the subject of self-made millionaires. These pages contain the key ideas and strategies I have discovered in reading hundreds of books and thousands of articles on the subject of wealth accumulation. The ideas and strategies are presented in a simple, tested, proven, easy-to-use format so that you can learn and apply them immediately.... Why are some people more successful than others? I especially wanted to know, How is it that some people start off with nothing and eventually become millionaires? This question set me off on a search for the answers, which has led to this book. I chose self-made millionaires as my focal point because these people had demonstrated special qualities and behaviors that were both observable and measurable. They had started with nothing and passed the magic million-dollar mark as the result of doing certain things in a certain way, over and over.... These 21 "success secrets" are the keys to great success in every area of life, whether or not you make a lot of money. The good news is that these principles are so powerful that you can apply them to accomplish almost anything you really want. Many of these methods and techniques will seem familiar to you. This is because they have been discovered and rediscovered for hundreds of years. I see myself more as a student of success a reader, a researcher, a synthesizer, and a teacher of great ideas than as an originator or creator of brand new concepts. I believe, as it says in Ecclesiastes, "There is nothing new under the sun." Since you are reading this book, I know that one of your great goals in life is to become an extraordinary person, to realize more and more of your true potential. Each of these success secrets will help you to move ahead more rapidly toward the wonderful life that is possible for you. Enjoy the journey!

## Large Print Non-Fiction Best-Sellers



**Title:** The Introverted Leader Building on Your Quiet Strength  
**Author:** Jennifer Kahnweiler

**ISBN:** 9781525272332

**Retail Price (excl. tax):** 26.99 USD

**Pages:** 230

**Publication Date:** 6/03/2018

**Category:** BUSINESS & ECONOMICS / Leadership

**BISAC:** BUS071000

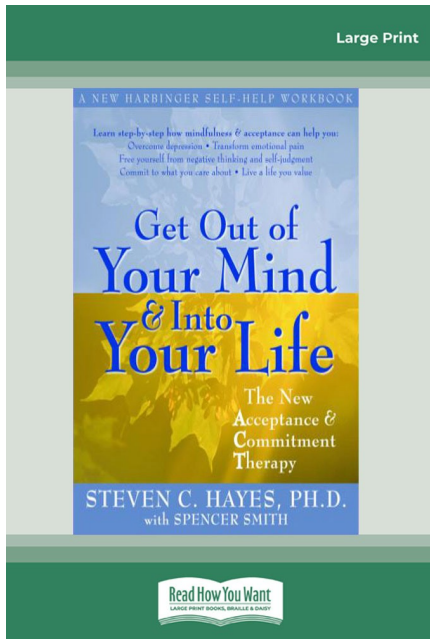
**Format:** [Large Print]

**Original Publisher:** Berrett-Koehler Publishers

**About the Book:** Building on Your Quiet Strength, Second Edition Finally, a book that recognizes the immense value that introverts bring to the workplace.' - Daniel Pink, author of Drive and When A prevailing myth is that a big, vibrant personality is needed to succeed in the workplace, but often the quietest people have the loudest minds. Unfortunately, in our extroverted business culture, introverts can feel excluded, overlooked, or misunderstood. Jennifer Kahnweiler shows that introversion is a source of strength. Just look at Arianna Huffington and Mark Zuckerberg, two introverts who have learned to be themselves and thrive in type A work environments. This revised and expanded second edition draws on new research, interviews, and insights from thousands of introverted leaders, including fresh information on the unique challenges faced by introverted women; how leaders can shape a more inclusive, introvert-friendly workplace; the brains of introverts; and the correlation between introverted leadership and company performance. Kahnweiler lays out a well-tested progressive four-step strategy called 'The 4 Ps Process' for succeeding in the workplace by building on your natural quiet strengths. First, preparation: carefully devise a game plan for any potentially anxiety-provoking situation. Then, presence: knowing you're prepared, be completely focused on the present moment. Then you can push - go beyond your comfort zone. And finally, practice, practice, practice. A newly revised quiz helps pinpoint where to amplify your quiet strengths and when to consider flexing your style. Kahnweiler shows exactly how to apply the 4 Ps in areas that can be particularly challenging for introverts - including networking, making presentations, and handling meetings. Aspiring leaders will be able to contribute more fully to their organization while staying true to themselves and serve as models and mentors to others as they move forward in their careers.

**About the Author:** Jennifer B. Kahnweiler, PhD, CSP is an author, global speaker, and thought leader hailed as a "champion for introverts." Her bestselling books The Introverted Leader: Building on Your Quiet Strength and Quiet Influence: The Introvert's Guide to Making a Difference achieved widespread appeal and have been translated into 14 languages.

## Large Print Non-Fiction Best-Sellers



**Title:** Get Out of Your Mind and Into Your Life  
**Author:** Steven Hayes

**ISBN:** 9781458717108

**Retail Price (excl. tax):** 41.99 USD

**Pages:** 468

**Publication Date:** 15/09/2009

**Category:** SELF-HELP / Mood Disorders / General

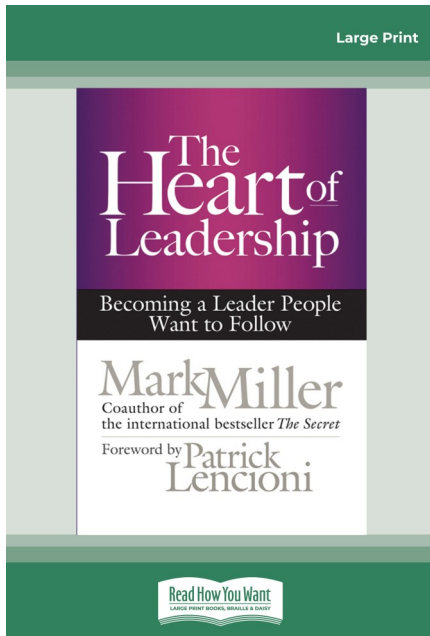
**BISAC:** SEL020000

**Format:** [Large Print]

**Original Publisher:** New Harbinger Publishing

**About the Book:** For a scientist committed to empirical evaluation, it is important to show that materials can be helpful outside the context of a therapeutic relationship, so, generally speaking, we know that a book like this is likely to be helpful. Several of the specific components in this book have been tested, sometimes in a form very similar to the way you are contacting this material. For example, several studies evaluated the impact of short passages drawn nearly word for word from ACT materials (very similar to what you've read) that were recorded on audiotape, read aloud by a research assistant, or were presented to the participants to read. Typically, these studies focused on the ability of participants to tolerate distress of various kinds, such as gas-induced panic-like symptoms, extreme cold, extreme heat, or electric shock. A few studies looked at the distress produced by difficult or intrusive cognitions, or clinically relevant anxiety. Some were done with patients, others with normal populations. The specific ACT components that have been examined so far include defusion, acceptance, mind-fulness, and values. The techniques included exercises, metaphors, and rationales, including several that can be found in this book (e.g., word repetition, physicalizing, leaves on a stream, the quicksand metaphor, the Chinese finger trap metaphor, and so forth). Thus, it seems fair to say that it is known that at least some of what you've read can be helpful at least some of the time outside of the context of a therapeutic relationship, when presented in a form similar to the form in which you have contacted this material.

## Large Print Non-Fiction Best-Sellers



**Title:** The Heart of Leadership  
**Author:** Mark Miller

**ISBN:** 9781459670730

**Retail Price (excl. tax):** 33.99 USD

**Pages:** 160

**Publication Date:** 7/10/2013

**Category:** BUSINESS & ECONOMICS / Leadership

**BISAC:** BUS071000

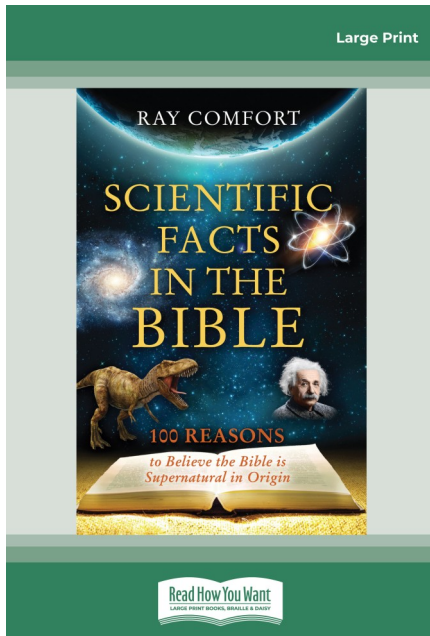
**Format:** [Large Print]

**Original Publisher:** Berrett-Koehler Publishers

**About the Book:** This short, easy-to-read fable reveals the five habits that underlie leadership character and that determine leaders' success - and teaches leaders how to develop these habits. Like Mark Miller's previous books, this one follows the life, learning, and influence of Debbie Bruster. Here she finds herself mentoring Blake Brown, the son of her former mentor. Rather than answer Blake's questions about leadership directly, Debbie introduces him to other leaders, each of whom shares a unique perspective on what really makes a leader successful. As Blake puts the pieces together, he discovers his problem is not one of skills but of character, that leadership is more about the heart of the leader than the head or hands. In fact, Miller summarized these traits with the acronym HEART: Hunger for Wisdom, Expect the Best, Accept Responsibility, Respond with Courage, and Think Others First. With the help of his new friends and mentors, Blake is able to build a plan to transform his heart. The good news for all of us: leadership is not just the purview of the few - it is within reach for millions of aspiring leaders around the world. This book is the road map they need to get their lives and careers on track.

**About the Author:** Mark Miller began writing about a decade ago when he teamed up with Ken Blanchard on *The Secret: What Great Leaders Know and Do*. Since then, his books have sold almost 600,000 copies worldwide. Miller encourages leaders through his posts on GreatLeadersServe.org. It is rated as one of the top leadership blogs in the world and has garnered almost 2 million page views since its inception less than two years ago. Miller also sells chicken. He started his Chick-fil-A career working as an hourly team member back in 1977. He joined the corporate staff in 1978, working in the warehouse and mailroom. Today he serves as the vice president for organizational effectiveness.

## Large Print Non-Fiction Best-Sellers



**Title:** Scientific Facts In The Bible[Updated Edition]

**Author:** Ray Comfort

**ISBN:** 9780369335685

**Retail Price (excl. tax):** 22.99 USD

**Pages:** 150

**Publication Date:** 10/04/2020

**Category:** RELIGION / General

**BISAC:** REL000000

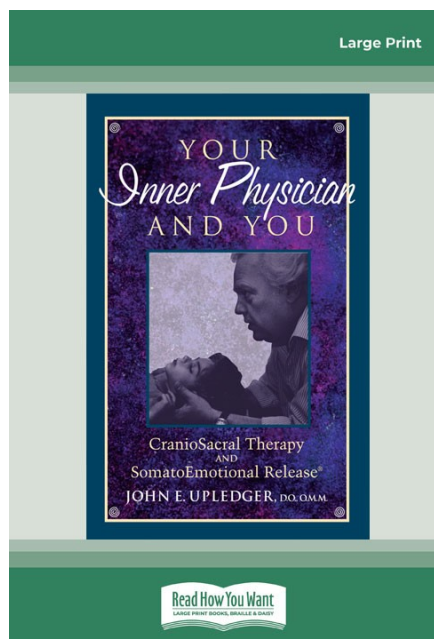
**Format:** [Large Print]

**Original Publisher:** Bridge-Logos Publishers

**About the Book:** An elderly lady once left 20,000 dollar and 'my Bible and all it contains' to her nephew. The young man knew what the Bible contained so he didn't bother to open it. He merely picked it up and put it on a high shelf in his house, and headed for Las Vegas. It wasn't long until all his money was gone. He lived the next 60 years as a pauper, scraping for every meal and barely having the clothes on his back. As he was moving to a convalescent home he reached up to grab that old Bible and accidentally dropped it from his trembling hands. It fell to the floor and opened, revealing a 100 dollar bill between every page. That man lived his life as a pauper when he could have lived in luxury, simply because of his prejudice. He thought he knew what the Bible contained. Most people don't know that the Bible contains a wealth of incredible scientific, medical and prophetic facts. The implications are mind boggling!

**About the Author:** Co-host of the television show, ""The Way of the Master,"" and companion radio program, which premiered in the fall of 2005. In February 2006, ""The Way of the Master"" won NRB's top award for excellence in broadcasting. Together, their books include The Evidence Bible, The Way of the Master, The Way of the Master Minute, and Thanks a Million! Their ministry has been commended by David Wilkerson, Franklin Graham, Ravi Zacharius, Joni Eareckson Tada, John MacArthur, Josh McDowell and many other Christian leaders. Their ministry, Living Waters, is in Bellflower, California.

## Large Print Non-Fiction Best-Sellers



**Title:** Your Inner Physician and YouCranioioSacral Therapy and SomatoEmotional Release

**Author:** John E. Upledger

**ISBN:** 9781525242236

**Retail Price (excl. tax):** 33.99 USD

**Pages:** 314

**Publication Date:** 25/02/2017

**Category:** HEALTH & FITNESS / General

**BISAC:** HEA000000

**Format:** [Large Print]

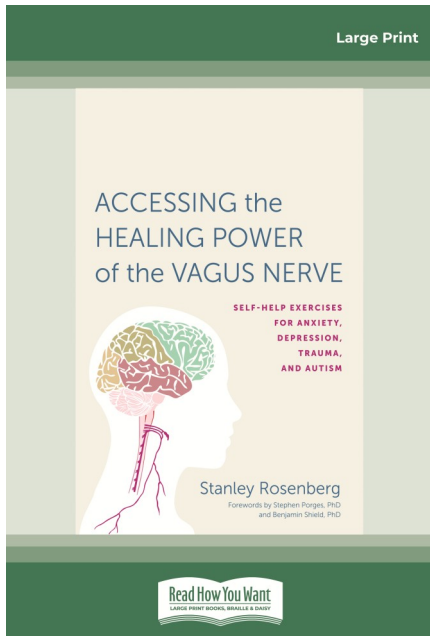
**Original Publisher:** North Atlantic Books

**About the Book:** This lively book describes the discovery and therapeutic value of the craniosacral system in easy, understandable terms healthcare professionals and laypeople alike can understand. Dr. Upledger's colorful case histories explain the path that led to his discovery of this exciting medical modality. The book contains a play-by-play account of the development of CranioSacral Therapy, SomatoEmotional Release, and other concepts and techniques. It's recommended reading for therapists, patients, caregivers, and anyone interested in understanding how therapy performed on the craniosacral system can improve the quality of life.

**About the Author:** Dr. John E. Upledger is President of The Upledger Institute, Inc. Dedicated to the natural enhancement of health, the Institute is recognized worldwide for its groundbreaking continuing-education programs, clinical research and therapeutic services. He is the author of CranioSacral Therapy; CranioSacral Therapy II - Beyond The Dura; SomatoEmotional Release and Beyond; Your Inner Physician and You; A Brain is Born; and CranioSacral Therapy, Touchstone for Natural Healing.



## Large Print Non-Fiction Best-Sellers



**Title:** Accessing the Healing Power of the Vagus NerveSelf-Exercises for Anxiety, Depression, Trauma, and Autism  
**Author:** Stanley Rosenberg

**ISBN:** 9780369307279

**Retail Price (excl. tax):** 33.99 USD

**Pages:** 450

**Publication Date:** 1/08/2019

**Category:** HEALTH & FITNESS / Alternative Therapies

**BISAC:** HEA032000

**Format:** [Large Print]

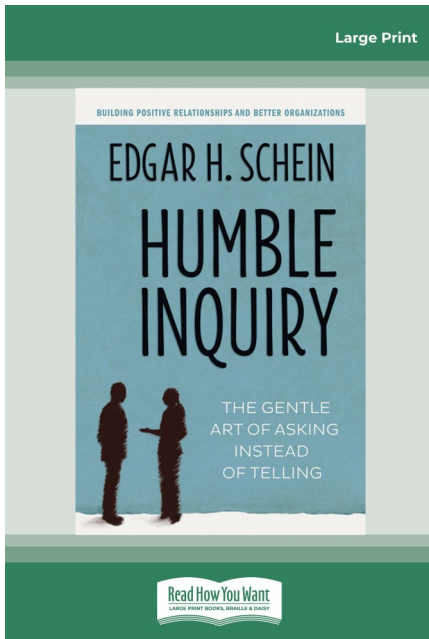
**Original Publisher:** North Atlantic Books

**About the Book:** A practical guide to understanding the cranial nerves as the key to our psychological and physical wellbeing. Drawing from the polyvagal theory of Steven Porges-one of the biggest new developments in human neurobiology-author Stanley Rosenberg explains in simple terms how the vagus nerve, in particular, has a strong role in determining our psychological and emotional state, especially when it comes to how we relate and react to other people. Anxiety, panic attacks, depression, social withdrawal, anger, and destructive behavior are signs of lack of proper function in the ventral vagus. This book offers self-help exercises that can help restore vagal function and make it easier to interact with others. Those suffering from anxiety, depression, panic, and trauma will find much that is useful here, as well as those with physical ailments such as chronic pain and digestive problems. Additionally, because the vagus nerve is a key regulator of social interaction, therapy for proper vagal functioning has great potential for helping those with autism spectrum disorders.

**About the Author:** STANLEY ROSENBERG has been a practicing craniosacral therapist since 1987. He began his studies at the Upledger Institute and has studied osteopathy under Alain Gehin and Jean Pierre Barral. He lives in Silkeborg, Denmark.



## Large Print Non-Fiction Best-Sellers



**Title:** Humble InquiryThe Gentle Art of Asking Instead of Telling  
**Author:** Edgar H. Schein

**ISBN:** 9781459670563

**Retail Price (excl. tax):** 26.99 USD

**Pages:** 180

**Publication Date:** 2/09/2013

**Category:** BUSINESS & ECONOMICS / Organizational Behavior

**BISAC:** BUS085000

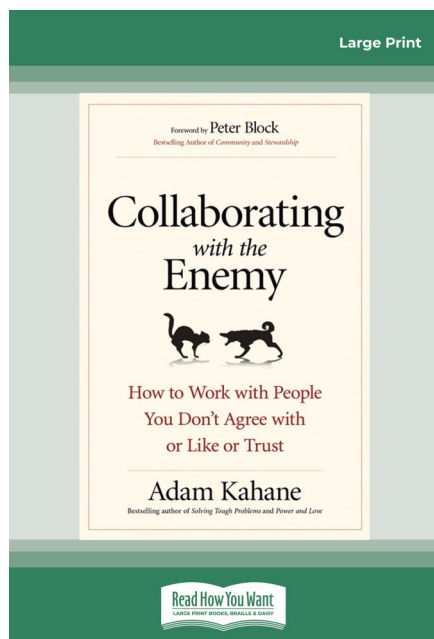
**Format:** [Large Print]

**Original Publisher:** Berrett-Koehler Publishers

**About the Book:** We live, says Ed Schein, in a culture of Tell. Rather than trying to genuinely relate to other people we tell them what we think they need to know or should do based on assumptions we've made about them. But telling makes people feel inferior - it shuts them down. This is particularly true of interactions between superiors and subordinates, and that's where it's particularly problematic. In today's complex, interconnected, rapidly changing world hierarchy means nothing - anybody anywhere could have that vital fact or insight that could mean the difference between success or disaster. A free flow of information is crucial. Humble Inquiry builds the kinds of positive, trusting, balanced relationships that encourage honest and open interactions in both our professional and personal lives. Schein defines Humble Inquiry as "the fine art of drawing someone out, of asking questions to which you do not know the answer, of building a relationship based on curiosity and interest in the other person." In this seminal work he explores the concept of humility, looks at how Humble Inquiry differs from other kinds of inquiry, offers examples of Humble Inquiry in action in many different settings, and shows how to overcome the cultural, organizational and psychological barriers that keep us from practicing it. This is a major new contribution to how we see human dynamics and relationships, presented in a compact, personal, eminently practical way.

**About the Author:** Edgar H. Schein is the Society of Sloan Fellows Professor of Management Emeritus at the MIT Sloan School of Management. His previous books include Helping; Process Consultation Revisited; The Corporate Culture Survival Guide; DEC Is Dead, Long Live DEC; Organizational Culture and Leadership; and Career Anchors.

## Large Print Non-Fiction Best-Sellers



**Title:** Collaborating with the EnemyHow to Work with People You Don't Agree with or Like or Trust

**Author:** Adam Kahane

**ISBN:** 9781525249525

**Retail Price (excl. tax):** 27.99 USD

**Pages:** 224

**Publication Date:** 5/06/2017

**Category:** BUSINESS & ECONOMICS / Negotiating

**BISAC:** BUS047000

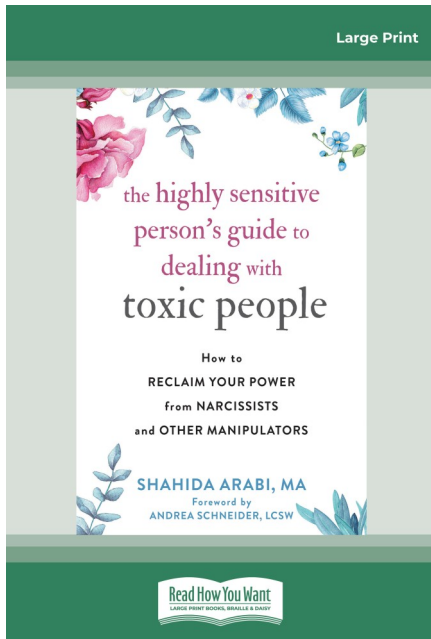
**Format:** [Large Print]

**Original Publisher:** Berrett-Koehler Publishers

**About the Book:** Collaboration is increasingly difficult and increasingly necessary. Often, to get something done that really matters to us, we need to work with people we don't agree with or like or trust. Adam Kahane has faced this challenge many times, working on big issues like democracy and jobs and climate change and on everyday issues in organizations and families. He has learned that our conventional understanding of collaboration—that it requires a harmonious team that agrees on where it's going, how it's going to get there, and who needs to do what—is wrong. Instead, we need a new approach to collaboration that embraces discord, experimentation, and genuine cocreation—which is exactly what Kahane provides in this groundbreaking and timely book.

**About the Author:** Adam Kahane is a director of Reos Partners, an international social enterprise that helps people move forward together on their most important and intractable issues.

## Large Print Non-Fiction Best-Sellers



**Title:** The Highly Sensitive Person's Guide to Dealing with Toxic People How to Reclaim Your Power from Narcissists and Other Manipulators  
**Author:** Shahida Arabi

**ISBN:** 9780369359933

**Retail Price (excl. tax):** 31.99 USD

**Pages:** 330

**Publication Date:** 8/03/2021

**Category:** SELF-HELP / Personal Growth / Self-Esteem

**BISAC:** SEL023000

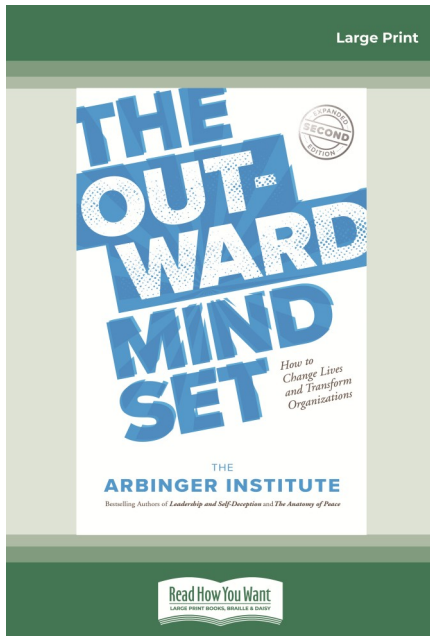
**Format:** [Large Print]

**Original Publisher:** New Harbinger Publishing

**About the Book:** Highly sensitive people (HSPs) and those who identify as empaths are natural targets for narcissists, emotional vampires, and other controlling people due to their giving nature. The Highly Sensitive Person's Guide to Dealing with Toxic People is a practical road map to help HSPs identify and deal effectively with toxic people-at work, in the family, in friendships, or in romantic relationships.

**About the Author:** Shahida Arabi, MA, is a summa cum laude graduate of Columbia University, and best-selling author of three books, including *Becoming the Narcissist's Nightmare* and *Power*. Her work has been featured on Psychology Today, Psych Central, Salon, HuffPost, Bustle, the National Domestic Violence Hotline, the New York Daily News, Thought Catalog, and VICE Media Group. Find out more about her at [www.shahidaarabi.com](http://www.shahidaarabi.com). Andrea Schneider, LCSW, is a licensed clinical social worker in the San Francisco Bay Area, and has over twenty years of experience counseling thousands of individuals and families. She specializes in narcissistic abuse recovery, maternal wellness, trauma recovery, special needs parenting, grief, and loss. You can find out more about her at [www.andreaschneiderlcsw.com](http://www.andreaschneiderlcsw.com).

## Large Print Non-Fiction Best-Sellers



**Title:** The Outward Mindset (2nd Edition)How to Change Lives and Transform Organizations

**Author:** The Arbinger Institute

**ISBN:** 9780369322586

**Retail Price (excl. tax):** 22.99 USD

**Pages:** 248

**Publication Date:** 11/09/2019

**Category:** BUSINESS & ECONOMICS / Leadership

**BISAC:** BUS071000

**Format:** [Large Print]

**Original Publisher:** Berrett-Koehler Publishers

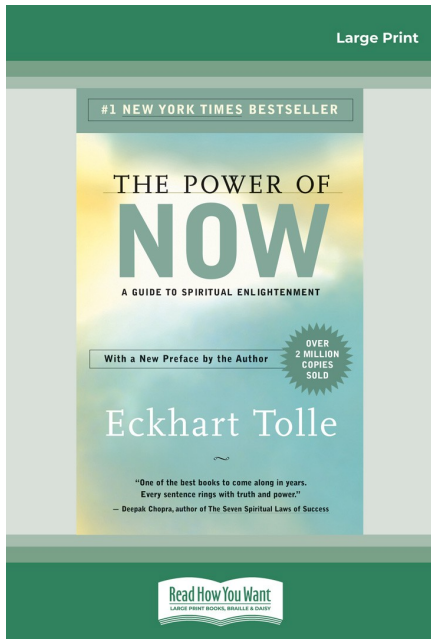
**About the Book:** The new edition of an international bestseller helps individuals and organizations shift to a new mindset that will improve performance, spark collaboration, accelerate innovation, and make your life and the lives of everyone around you better. Without even being aware of it, many of us operate from an inward mindset, a single-minded focus on our own goals and objectives. This book points out the many ways, some quite subtle and deceptive, that this mindset invites tension and conflict. But incredible things happen when people switch to an outward mindset. They intuitively understand what coworkers, colleagues, family, and friends need to be successful and happy. Their organizations thrive, and astonishingly, by focusing on others they become happier and more successful themselves! This new mindset brings about deep and far-reaching changes. The Outward Mindset presents compelling true stories to illustrate the gaps that individuals and organizations typically experience between their actual inward mindsets and their needed outward mindsets. And it provides simple yet profound guidance and tools to help bridge this mindset gap. This new edition includes a new preface, updated case studies, and new material covering Arbinger's latest research on mindsets. In the long run, changing negative behavior without changing one's mindset doesn't last-the old behaviors always reassert themselves. But changing the mindset that causes the behavior changes everything.

**About the Author:** THE ARBINGER INSTITUTE is a worldwide training, consulting, and coaching organization whose programs and methodologies are based on forty-five years of research in the psychology of human behavior and motivation and more than thirty-five years of experience working with organizations worldwide. Headquartered in the United States, Arbinger has operations around the world, including throughout the Americas, Europe, Africa, the Middle East, India, Oceania, and Asia. To learn more about how Arbinger's work can help you or your organization, please visit [www.arbinger.com](http://www.arbinger.com).

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## Large Print Non-Fiction Best-Sellers

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**Title:** The Power of NowA Guide to Spiritual Enlightenment  
**Author:** Eckhart Tolle

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**ISBN:** 9781458770943

**Retail Price (excl. tax):** 33.99 USD

**Pages:** 304

**Publication Date:** 6/04/2010

**Category:** BODY, MIND & SPIRIT / Inspiration & Personal Growth

**BISAC:** OCC019000

**Format:** [Large Print]

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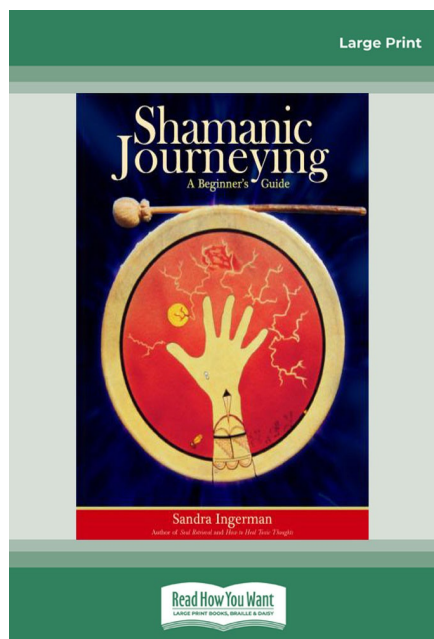
**Original Publisher:** New World Library

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**About the Book:** It's no wonder that The Power of Now has sold over 2 million copies worldwide and has been translated into over 30 foreign languages. Much more than simple principles and platitudes, the book takes readers on an inspiring spiritual journey to find their true and deepest self and reach the ultimate in personal growth and spirituality: the discovery of truth and light. In the first chapter, Tolle introduces readers to enlightenment and its natural enemy, the mind. He awakens readers to their role as a creator of pain and shows them how to have a pain-free identity by living fully in the present. The journey is thrilling, and along the way, the author shows how to connect to the indestructible essence of our Being, "the eternal, ever-present One Life beyond the myriad forms of life that are subject to birth and death." Featuring a new preface by the author, this paperback shows that only after regaining awareness of Being, liberated from Mind and intensely in the Now, is there Enlightenment.

**About the Author:**

## Large Print Non-Fiction Best-Sellers



**Title:** Shamanic JourneyingA Beginner's Guide  
**Author:** Sandra Ingerman

**ISBN:** 9781427088321

**Retail Price (excl. tax):** 19.99 USD

**Pages:** 112

**Publication Date:** 21/10/2008

**Category:** BODY, MIND & SPIRIT / Shamanism

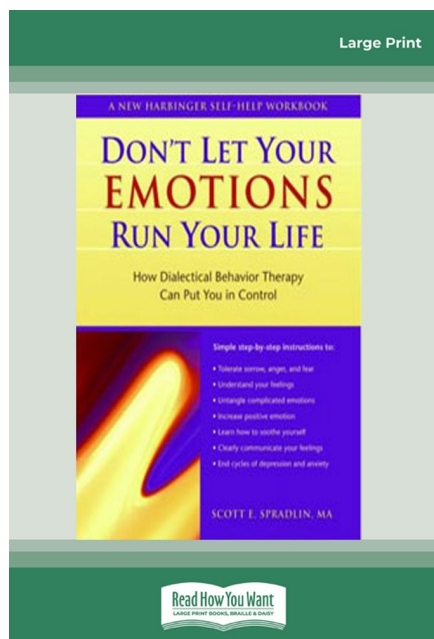
**BISAC:** OCC036030

**Format:** [Large Print]

**Original Publisher:** Sounds True

**About the Book:** The shamanic journey is a practice common to all indigenous societies throughout history. By listening to a drumbeat or other rhythmic percussion, the shaman enters "non-ordinary" reality - an altered state of consciousness beyond time and space - to access spiritual guidance and healing, assist others and the planet, and reconnect with the cycles of nature. Shamanic Journeying offers you an interactive learning experience to discover how to journey just as traditional shamans have for centuries.

## Large Print Non-Fiction Best-Sellers



**Title:** Don't Let Your Emotions Run Your Life

**Author:** Scott E. Spradlin

**ISBN:** 9781458755957

**Retail Price (excl. tax):** 33.99 USD

**Pages:** 316

**Publication Date:** 7/05/2010

**Category:** SELF-HELP / Mood Disorders / General

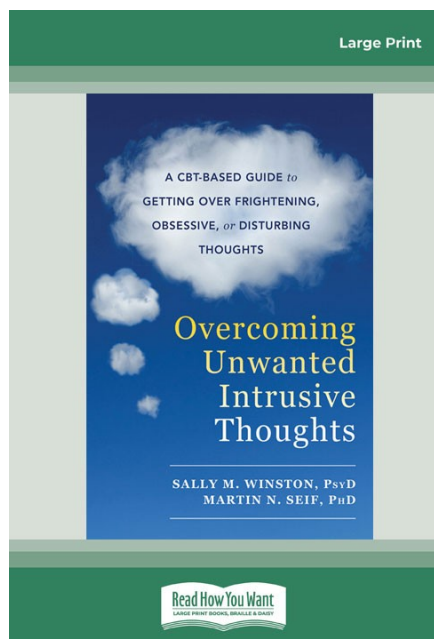
**BISAC:** SEL020000

**Format:** [Large Print]

**Original Publisher:** New Harbinger Publishing

**About the Book:** When we are regularly undone by our emotions, we become victims of damaged relationships, trapped circumstances, self-sabotage, and illness. Don't Let Your Emotions Run Your Life offers help to all of us who want to gain the upper hand on our feelings and our lives. Even high reactors, people disposed to experiencing strong, even overwhelming emotions on a regular basis, will find its strategies easy to use and effective at managing frequent emotional flare-ups. This book develops proven DBT techniques into worksheets, exercises, and assessments that show you how to pay attention to emotions when they arise, assess blocks to controlling them, and overcome them to eliminate overpowering feelings. Learn what emotional triggers exist in your environment and become less judgmental about yourself when you do experience a surge. Avoid or reduce the distress that strong emotions cause you. This workbook teaches you to reduce the impact of painful feelings and increase the effects of positive ones so that you can tolerate life's ongoing stresses and achieve a sense of calm coexistence with your emotions.

## Large Print Non-Fiction Best-Sellers



**Title:** Overcoming Unwanted Intrusive ThoughtsA CBT-Based Guide to Getting Over Frightening, Obsessive, or Disturbing Thoughts  
**Author:** Sally Winston

**ISBN:** 9781525267222

**Retail Price (excl. tax):** 27.99 USD

**Pages:** 280

**Publication Date:** 14/12/2017

**Category:** SELF-HELP / General

**BISAC:** SEL000000

**Format:** [Large Print]

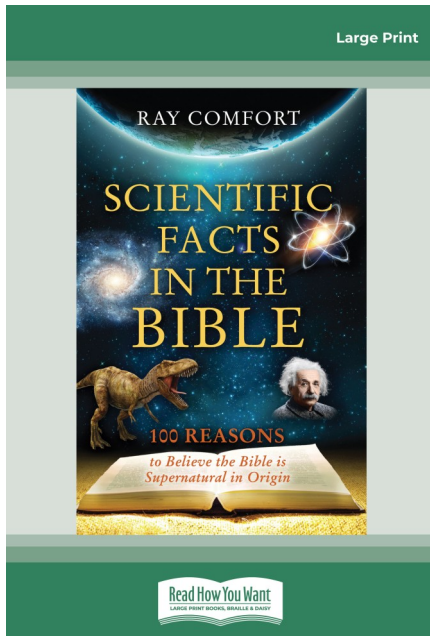
**Original Publisher:** New Harbinger Publishing

**About the Book:** People who experience unwanted, intrusive, or frightening thoughts often suffer shamefully and struggle silently for fear of what the thoughts might mean about them. In this powerful book, two anxiety disorder experts offer powerful and proven-effective cognitive behavioral therapy (CBT) skills to help readers get unstuck from disturbing thoughts, overcome intense shame, and reduce anxiety.

**About the Author:** Sally M. Winston, PsyD, founded and codirects the Anxiety and Stress Disorders Institute of Maryland in Towson, MD. She served as the first chair of the Clinical Advisory Board of the Anxiety and Depression Association of America (ADAA), and received their prestigious Jerilyn Ross Clinician Advocate Award. She is a master clinician who has given sought-after workshops for therapists for decades. She is coauthor of What Every Therapist Needs to Know About Anxiety Disorders.



## Large Print Non-Fiction Best-Sellers



**Title:** Scientific Facts In The Bible[Updated Edition]

**Author:** Ray Comfort

**ISBN:** 9780369335685

**Retail Price (excl. tax):** 22.99 USD

**Pages:** 150

**Publication Date:** 10/04/2020

**Category:** RELIGION / General

**BISAC:** REL000000

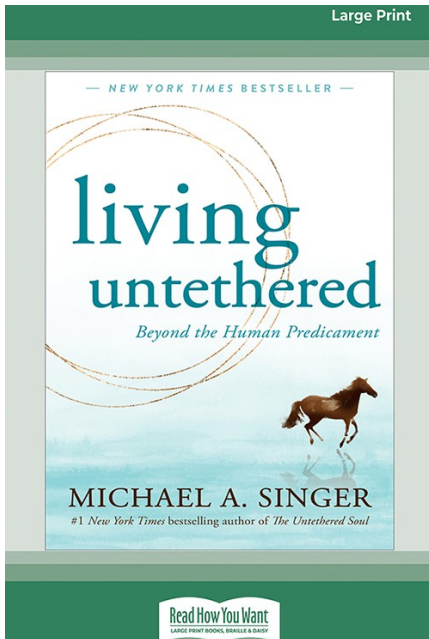
**Format:** [Large Print]

**Original Publisher:** Bridge-Logos Publishers

**About the Book:** An elderly lady once left 20,000 dollar and 'my Bible and all it contains' to her nephew. The young man knew what the Bible contained so he didn't bother to open it. He merely picked it up and put it on a high shelf in his house, and headed for Las Vegas. It wasn't long until all his money was gone. He lived the next 60 years as a pauper, scraping for every meal and barely having the clothes on his back. As he was moving to a convalescent home he reached up to grab that old Bible and accidentally dropped it from his trembling hands. It fell to the floor and opened, revealing a 100 dollar bill between every page. That man lived his life as a pauper when he could have lived in luxury, simply because of his prejudice. He thought he knew what the Bible contained. Most people don't know that the Bible contains a wealth of incredible scientific, medical and prophetic facts. The implications are mind boggling!

**About the Author:** Co-host of the television show, ""The Way of the Master,"" and companion radio program, which premiered in the fall of 2005. In February 2006, ""The Way of the Master"" won NRB's top award for excellence in broadcasting. Together, their books include The Evidence Bible, The Way of the Master, The Way of the Master Minute, and Thanks a Million! Their ministry has been commended by David Wilkerson, Franklin Graham, Ravi Zacharius, Joni Eareckson Tada, John MacArthur, Josh McDowell and many other Christian leaders. Their ministry, Living Waters, is in Bellflower, California.

## Large Print Non-Fiction Best-Sellers



**Title:** Living Untethered Beyond the Human Predicament  
**Author:** Michael A Singer

**ISBN:** 9780369394125

**Retail Price (excl. tax):** 26.99 USD

**Pages:** 270

**Publication Date:** 24/08/2022

**Category:** SELF-HELP / Spiritual

**BISAC:** SEL032000

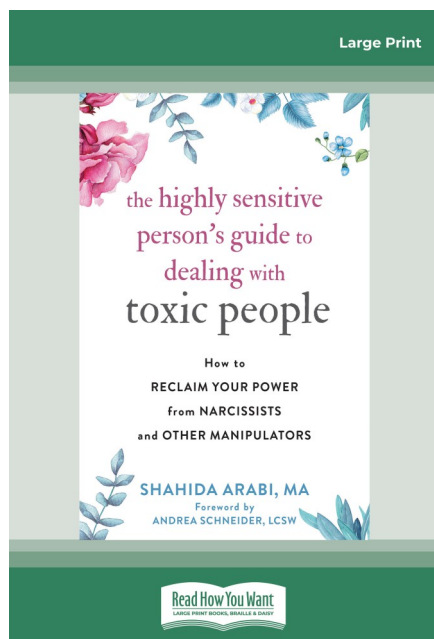
**Format:** [Large Print]

**Original Publisher:** New Harbinger Publishing

**About the Book:** It's time to let your spirit soar! From world-renowned spiritual teacher Michael A. Singer-author of the #1 New York Times bestseller, *The Untethered Soul*-this highly anticipated, timely, and transformative guide offers a crucial reminder that true inspiration, fulfillment, and joy exist within each and every one of us, and provides a clear path to understanding ourselves and finding unconditional happiness-every day.

**About the Author:** Michael A. Singer is author of the #1 New York Times bestseller, *The Untethered Soul*, and the New York Times bestseller, *The Surrender Experiment*, which have both been published worldwide. He had a deep inner awakening in 1971 while working on his doctorate in economics, and went into seclusion to focus on yoga and meditation. In 1975, he founded Temple of the Universe, a now long-established yoga and meditation center where people of any religion or set of beliefs can come together to experience inner peace. He is also creator of a leading-edge software package that transformed the medical practice management industry, and founding CEO of a billion-dollar public company whose achievements are archived in the Smithsonian Institution. Along with his more than four decades of spiritual teaching, Singer has made major contributions in the areas of business, education, health care, and environmental protection. He previously authored two books on the integration of Eastern and Western philosophy: *The Search for Truth* and *Three Essays on Universal Law*. Visit [www.untetheredsoul.com](http://www.untetheredsoul.com) for more information.

## Large Print Non-Fiction Best-Sellers



**Title:** The Highly Sensitive Person's Guide to Dealing with Toxic People How to Reclaim Your Power from Narcissists and Other Manipulators  
**Author:** Shahida Arabi

**ISBN:** 9780369359933

**Retail Price (excl. tax):** 31.99 USD

**Pages:** 330

**Publication Date:** 8/03/2021

**Category:** SELF-HELP / Personal Growth / Self-Esteem

**BISAC:** SEL023000

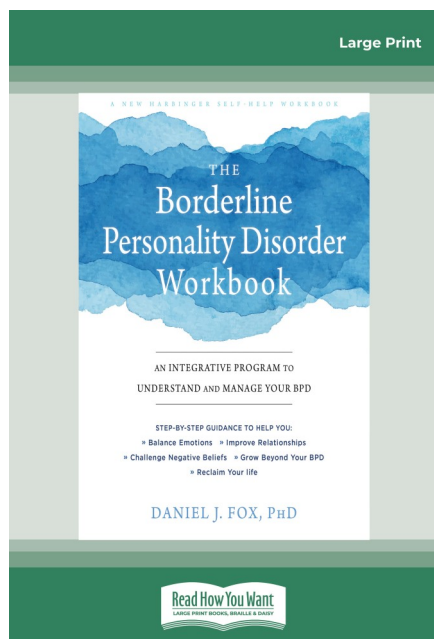
**Format:** [Large Print]

**Original Publisher:** New Harbinger Publishing

**About the Book:** Highly sensitive people (HSPs) and those who identify as empaths are natural targets for narcissists, emotional vampires, and other controlling people due to their giving nature. The Highly Sensitive Person's Guide to Dealing with Toxic People is a practical road map to help HSPs identify and deal effectively with toxic people-at work, in the family, in friendships, or in romantic relationships.

**About the Author:** Shahida Arabi, MA, is a summa cum laude graduate of Columbia University, and best-selling author of three books, including *Becoming the Narcissist's Nightmare* and *Power*. Her work has been featured on Psychology Today, Psych Central, Salon, HuffPost, Bustle, the National Domestic Violence Hotline, the New York Daily News, Thought Catalog, and VICE Media Group. Find out more about her at [www.shahidaarabi.com](http://www.shahidaarabi.com). Andrea Schneider, LCSW, is a licensed clinical social worker in the San Francisco Bay Area, and has over twenty years of experience counseling thousands of individuals and families. She specializes in narcissistic abuse recovery, maternal wellness, trauma recovery, special needs parenting, grief, and loss. You can find out more about her at [www.andreaschneiderlcsw.com](http://www.andreaschneiderlcsw.com).

## Large Print Non-Fiction Best-Sellers



**Title:** The Borderline Personality Disorder Workbook An Integrative Program to Understand and Manage Your BPD

**Author:** Daniel J. Fox

**ISBN:** 9780369332660

**Retail Price (excl. tax):** 30.99 USD

**Pages:** 272

**Publication Date:** 24/01/2020

**Category:** SELF-HELP / Mood Disorders / General

**BISAC:** SEL020000

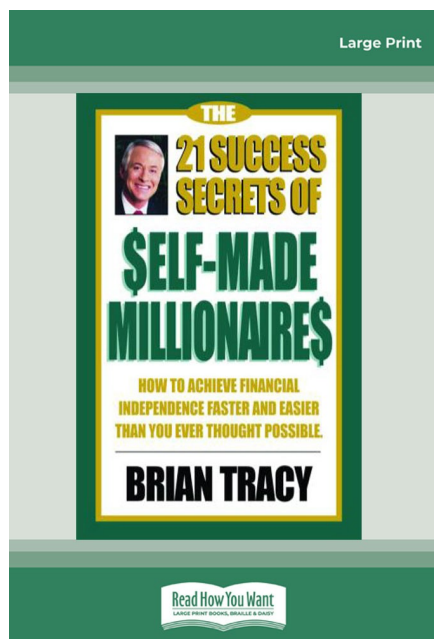
**Format:** [Large Print]

**Original Publisher:** New Harbinger Publishing

**About the Book:** In The Borderline Personality Disorder Workbook, a psychologist and expert in treating borderline personality disorder (BPD) offers an integrative approach to help readers manage symptoms, gain greater self-control, and build a more confident self, using dialectical behavior therapy (DBT), cognitive behavioral therapy (CBT), acceptance and commitment therapy (ACT), and interpersonal therapy. This workbook meets the reader where they are in their therapeutic journey, and rather than utilizing a one-size-fits-all method-provides insights and activities that address BPD as a collection of symptoms.

**About the Author:** Daniel J. Fox, PhD, is a licensed psychologist in Texas, an international speaker, and award-winning author. He has been specializing in the treatment and assessment of individuals with personality disorders for over fifteen years in the state and federal prison system, universities, and in private practice. His specialty areas include personality disorders, ethics, burnout prevention, and emotional intelligence. He has published several articles in these areas, and is author of The Clinician's Guide to Diagnosis and Treatment of Personality Disorders, The Narcissistic Personality Disorder Toolbox, and the award-winning Antisocial, Borderline, Narcissistic and Histrionic Workbook. Fox has been teaching and supervising students for more than fifteen years at various universities across the United States, some of which include West Virginia University, Texas A&M University, University of Houston, Sam Houston State University, and Florida State University. He is currently an adjunct assistant professor at the University of Houston, and maintains a private practice that specializes in the assessment and treatment of individuals with complex psychopathology and personality disorders. Fox has given numerous workshops and seminars on ethics and personality disorders; personality disorders and crime; treatment solutions for treating clients along the antisocial, borderline, narcissistic, and histrionic personality spectrum; emotional intelligence; narcissistic personality disorder and its impact on children and partners; managing mental health within the prison system; and others. Fox maintains a website and is on social media to present various treatment interventions focused on working with and attenuating the symptomatology related to individuals along the antisocial, borderline, narcissistic, and histrionic personality spectrum. Learn more at [www.drdfox.com](http://www.drdfox.com).

## Large Print Non-Fiction Best-Sellers



**Title:** The 21 Success Secrets of Self-Made MillionairesHow to Achieve Financial Independence Faster and Easier than You Ever Thought Possible

**Author:** Brian Tracy

**ISBN:** 9781442962590

**Retail Price (excl. tax):** 31.99 USD

**Pages:** 96

**Publication Date:** 3/02/2009

**Category:** BUSINESS & ECONOMICS / Personal Finance / General

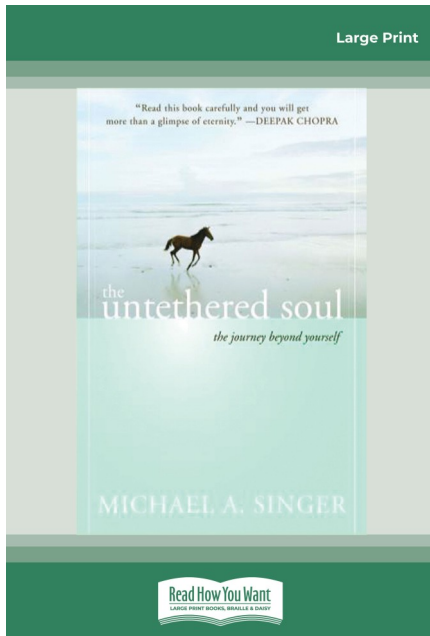
**BISAC:** BUS050000

**Format:** [Large Print]

**Original Publisher:** Berrett-Koehler Publishers

**About the Book:** This book is the culmination of 15 years of research, teaching, and personal experience on the subject of self-made millionaires. These pages contain the key ideas and strategies I have discovered in reading hundreds of books and thousands of articles on the subject of wealth accumulation. The ideas and strategies are presented in a simple, tested, proven, easy-to-use format so that you can learn and apply them immediately.... Why are some people more successful than others? I especially wanted to know, How is it that some people start off with nothing and eventually become millionaires? This question set me off on a search for the answers, which has led to this book. I chose self-made millionaires as my focal point because these people had demonstrated special qualities and behaviors that were both observable and measurable. They had started with nothing and passed the magic million-dollar mark as the result of doing certain things in a certain way, over and over.... These 21 "success secrets" are the keys to great success in every area of life, whether or not you make a lot of money. The good news is that these principles are so powerful that you can apply them to accomplish almost anything you really want. Many of these methods and techniques will seem familiar to you. This is because they have been discovered and rediscovered for hundreds of years. I see myself more as a student of success a reader, a researcher, a synthesizer, and a teacher of great ideas than as an originator or creator of brand new concepts. I believe, as it says in Ecclesiastes, "There is nothing new under the sun." Since you are reading this book, I know that one of your great goals in life is to become an extraordinary person, to realize more and more of your true potential. Each of these success secrets will help you to move ahead more rapidly toward the wonderful life that is possible for you. Enjoy the journey!

## Large Print Non-Fiction Best-Sellers



**Title:** The Untethered SoulThe Journey Beyond Yourself  
**Author:** Michael A. Singer

**ISBN:** 9781458727374

**Retail Price (excl. tax):** 34.99 USD

**Pages:** 280

**Publication Date:** 5/10/2009

**Category:** SELF-HELP / Spiritual

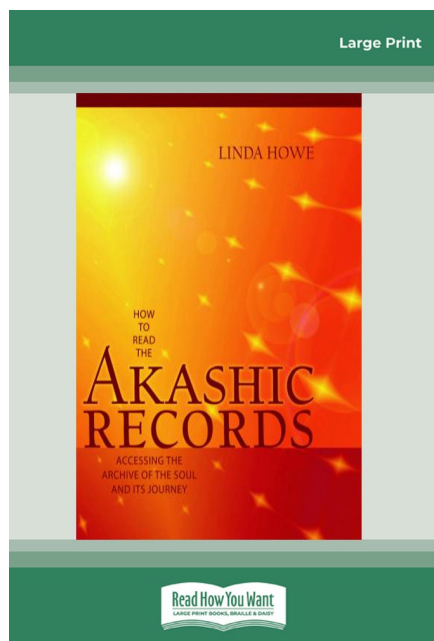
**BISAC:** SEL032000

**Format:** [Large Print]

**Original Publisher:** New Harbinger Publishing

**About the Book:** The chapters of this book are nothing but mirrors for seeing your "self" from different angles. And though the journey we are about to embark on is an inner one, it will draw upon every aspect of your life. The only requirement asked of you is the willingness to honestly look at yourself in the most natural, intuitive manner. Remember, if we are seeking the root of "self," what we are actually seeking is you. As you read through these pages, you will find that you know much more than you thought you did about some very deep subjects. The fact is, you already know how to find yourself; you have just gotten distracted and disoriented. Once refocused, you will realize that you not only have the ability to find yourself, you have the ability to free yourself. Whether you choose to do so or not is entirely up to you. But upon completion of your journey through these chapters, there will be no more confusion, no more lack of empowerment, and no more blaming others. You will know exactly what must be done. And should you choose to devote yourself to the ongoing journey of self-realization, you will develop a tremendous sense of respect for who you really are. It is only then that you will come to appreciate the full depth of meaning in the advice: "This above all: to thine own self be true."

## Large Print Non-Fiction Best-Sellers



**Title:** How to Read the Akashic Records Accessing the Archive of the Soul and its Journey

**Author:** Linda Howe

**ISBN:** 9781458729255

**Retail Price (excl. tax):** 32.99 USD

**Pages:** 276

**Publication Date:** 5/10/2009

**Category:** BODY, MIND & SPIRIT / General

**BISAC:** OCC000000

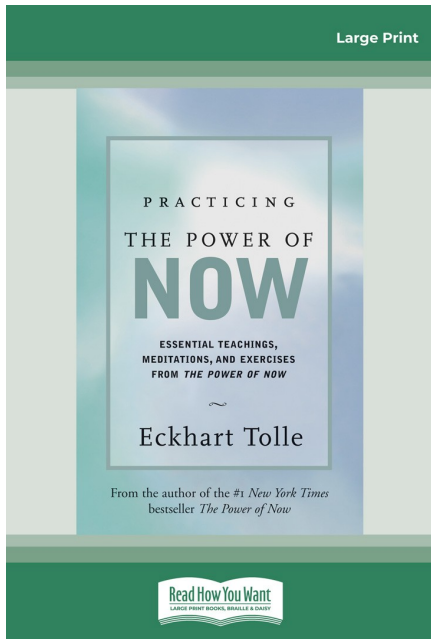
**Format:** [Large Print]

**Original Publisher:** Sounds True

**About the Book:** The universe is alive - and it has a memory. Known as the Akashic Records, this energetic archive of soul information stands ready to lovingly guide you. Once accessible only to rare spiritual masters, now the Records are available to anyone. With *How to Read the Akashic Records*, you have all the tools you need to help you tap into this profound wisdom source. After a lifelong search for truth, master teacher and healer Linda Howe has developed a reliable method for accessing this reservoir of information: the Pathway Prayer Process. By lifting you to a divine level of consciousness, this sacred prayer opens the doors of the Records, where your "soul blueprint" - everything you need to know about your soul's destiny - awaits you. Once there, you will work with your Masters, Teachers, and Loved Ones to cultivate a rich relationship with the Records and ultimately learn to unleash your highest potential. Grounded with the success stories of dozens whose lives have been touched by the Records, this comprehensive guidebook will help you confidently read the Records for yourself - or another - and find inspiration for your own spiritual path. "Accessing the Akashic Records provides an opportunity to align with your soul and develop your own spiritual authority," teaches Linda Howe. Now with *How to Read the Akashic Records*, you can learn to connect with this divine source for infinite joy, inner peace, and fulfillment.



## Large Print Non-Fiction Best-Sellers



**Title:** Practicing the Power of Now Essential Teachings, Meditations, And Exercises From the Power of Now

**Author:** Eckhart Tolle

**ISBN:** 9781442965089

**Retail Price (excl. tax):** 25.99 USD

**Pages:** 152

**Publication Date:** 3/04/2009

**Category:** SELF-HELP / Spiritual

**BISAC:** SEL032000

**Format:** [Large Print]

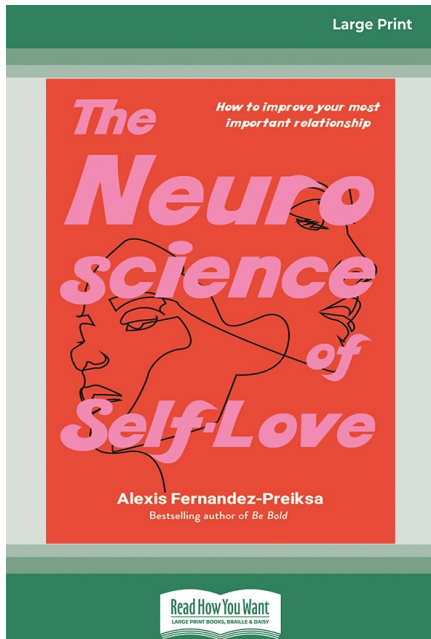
**Original Publisher:** New World Library

**About the Book:** This manual-style book instantly dives into Eckhart Tolle's principles of "living in the moment," which could be a jarring experience for readers who haven't read his preceding book, *The Power of Now*. For the initiated, though, this makes an excellent companion guide--rich in exercises and meditations to help readers get out of their minds so they can live more peacefully in their bodies. Sometimes it's hard to fathom what on earth Tolle is talking about: "To regain awareness of Being and to abide in that state of 'feeling-realization' is enlightenment." Be patient. All concepts will be revealed (or at least more carefully explained). Ultimately, Tolle leads readers into a new form of thinking (or actually not thinking) that erases the consuming habits of waiting, worrying, and being in fear. The first step is ending the "delusion of time." He asks, "Are you always trying to get somewhere other than where you are? ... Is most of your doing just a means to an end?" If so, Tolle has a book full of advice for you. As simplistic as this may sound, Tolle's work has spiritual merit and depth, especially for frantic Westerners who find their lives diminished by packed schedules and busy-ness.

**About the Author:**



## Large Print Non-Fiction Best-Sellers



**Title:** The Neuroscience of Self-Love  
**Author:** Alexis Fernandez- Preiksa

**ISBN:** 9781038721945

**Retail Price (excl. tax):** 34.99 USD

**Pages:** 176

**Publication Date:** 12/12/2022

**Category:** SELF-HELP / Personal Growth / Happiness

**BISAC:** SEL016000

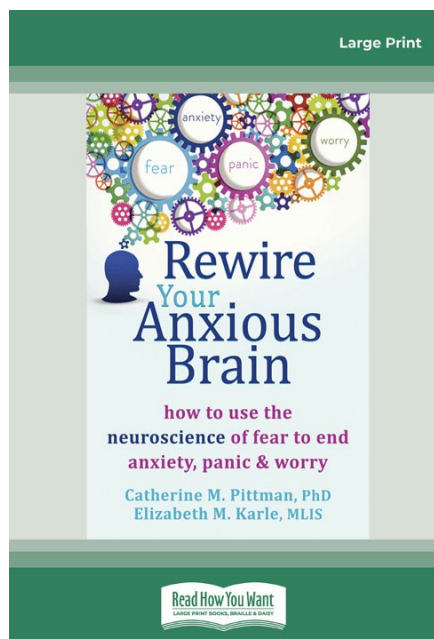
**Format:** [Large Print]

**Original Publisher:** Affirm Press

**About the Book:** Thoughts and moods are chemical reactions in your brain that you might think you are powerless to control. But modern science has shown beyond doubt that changing your behaviour and thought patterns can rewire the neurological pathways of your brain to literally change how you think, feel and view yourself. Thought; moods; rewire brain patterns; practical tools; exercises; positive thinking; exercise; meditation; In The Neuroscience of Self-Love, Alexis Fernandez-Preiksa takes the theory out of neuroscience and gives you practical tools and exercises to create a new self that is happier, more balanced and less dependent on others for validation. By re-engineering your habits, optimising your decision-making, curbing negative thoughts and harnessing the power of exercise and meditation, you will become more centred, connected and creative, and learn how to trust, prioritise and truly love yourself.

**About the Author:** Alexis Fernandez-Preiksa is the host of the hit podcast Do You F\*cking Mind? and author of the bestselling book Be Bold. She became interested in the link between physical exercise and brain health through her work as a Pilates instructor and personal trainer, which led her to further her studies of the brain by undertaking a Master of Neuroscience. She is passionate about helping people change their relationships with themselves by understanding how their brains work on a physical and chemical level, and how the brain can be altered through changing behaviours, habits and thought patterns.

## Large Print Non-Fiction Best-Sellers



**Title:** Rewire Your Anxious Brain How to Use the Neuroscience of Fear to End Anxiety, Panic and Worry

**Author:** Catherine M. Pittman and Elizabeth M. Karle

**ISBN:** 9781458793898

**Retail Price (excl. tax):** 33.99 USD

**Pages:** 336

**Publication Date:** 27/01/2016

**Category:** SELF-HELP / Anxieties & Phobias

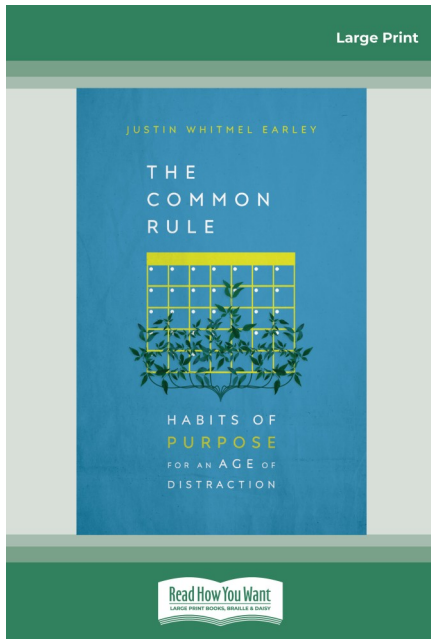
**BISAC:** SEL036000

**Format:** [Large Print]

**Original Publisher:** New Harbinger Publishing

**About the Book:** Do you ever wonder what is happening inside your brain when you feel anxious, panicked, and worried? In *Rewire Your Anxious Brain*, psychologist Catherine Pittman and author Elizabeth Karle offer a unique, evidence - based solution to overcoming anxiety based in cutting - edge neuroscience and research. In the book, you will learn how the amygdala and cortex (both important parts of the brain) are essential players in the neuropsychology of anxiety. The amygdala acts as a primal response, and oftentimes, when this part of the brain processes fear, you may not even understand why you are afraid. By comparison, the cortex is the center of "worry." That is, obsessing, ruminating, and dwelling on things that may or may not happen. In the book, Pittman and Karle make it simple by offering specific examples of how to manage fear by tapping into both of these pathways in the brain. As you read, you'll gain a greater understanding how anxiety is created in the brain, and as a result, you will feel empowered and motivated to overcome it. The brain is a powerful tool, and the more you work to change the way you respond to fear, the more resilient you will become. Using the practical self - assessments and proven - effective techniques in this book, you will learn to literally "rewire" the brain processes that lie at the root of your fears.

## Large Print Non-Fiction Best-Sellers



**Title:** The Common Rule  
**Author:** Justin Whitmel Earley

**ISBN:** 9780369365712

**Retail Price (excl. tax):** 26.99 USD

**Pages:** 272

**Publication Date:** 2/06/2021

**Category:** RELIGION / Christian Living / Personal Growth

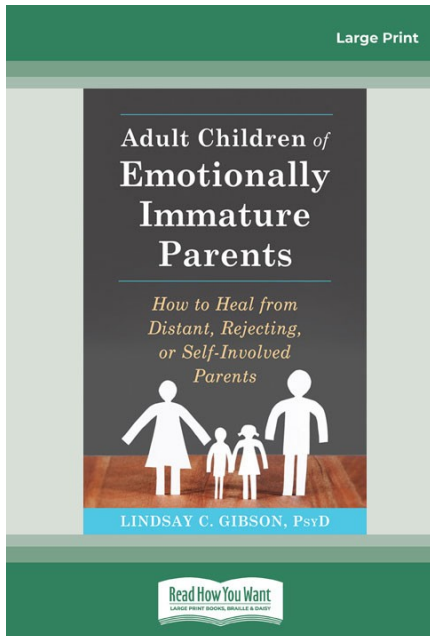
**BISAC:** REL012070

**Format:** [Large Print]

**Original Publisher:** InterVarsity Press

**About the Book:** The modern world is a machine of a thousand invisible habits, forming us into anxious, busy, and depressed people. We yearn for the freedom and peace of the gospel, but remain addicted to our technology, shackled by our screens, and exhausted by our routines. But because our habits are the water we swim in, they are almost invisible to us. What can we do about it? The answer to our contemporary chaos is to practice a rule of life that aligns our habits to our beliefs. The Common Rule offers four daily and four weekly habits, designed to help us create new routines and transform frazzled days into lives of love for God and neighbor. Justin Earley provides concrete, doable practices, such as a daily hour of phoneless presence or a weekly conversation with a friend. These habits are "common" not only because they are ordinary, but also because they can be practiced in community. They have been lived out by people across all walks of life—businesspeople, professionals, parents, students, retirees—who have discovered new hope and purpose. As you embark on these life-giving practices, you will find the freedom and rest for your soul that comes from aligning belief in Jesus with the practices of Jesus.

## Large Print Non-Fiction Best-Sellers



**Title:** Adult Children of Emotionally Immature Parents How to Heal from Distant, Rejecting, or Self-Involved Parents

**Author:** Lindsay C. Gibson

**ISBN:** 9781458794017

**Retail Price (excl. tax):** 33.99 USD

**Pages:** 344

**Publication Date:** 27/01/2016

**Category:** SELF-HELP / Personal Growth / General

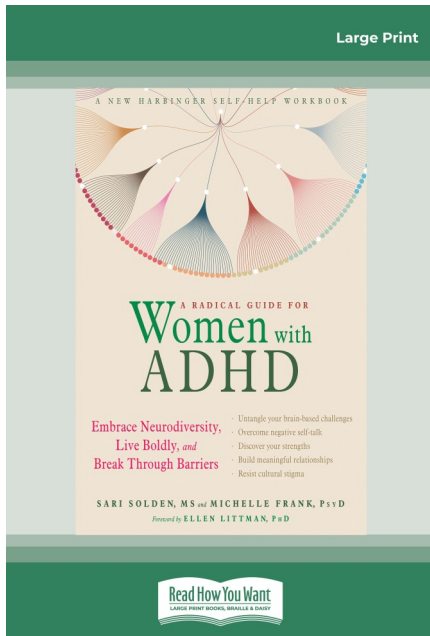
**BISAC:** SEL031000

**Format:** [Large Print]

**Original Publisher:** New Harbinger Publishing

**About the Book:** If you grew up with an emotionally immature, unavailable, or selfish parent, you may have lingering feelings of anger, loneliness, betrayal, or abandonment. You may recall your childhood as a time when your emotional needs were not met, when your feelings were dismissed, or when you took on adult levels of responsibility in an effort to compensate for your parent's behavior. These wounds can be healed, and you can move forward in your life. In this breakthrough book, clinical psychologist Lindsay Gibson exposes the destructive nature of parents who are emotionally immature or unavailable. You will see how these parents create a sense of neglect, and discover ways to heal from the pain and confusion caused by your childhood. By freeing yourself from your parents' emotional immaturity, you can recover your true nature, control how you react to them, and avoid disappointment. Finally, you'll learn how to create positive, new relationships so you can build a better life. Discover the four types of difficult parents: The emotional parent instills feelings of instability and anxiety The driven parent stays busy trying to perfect everything and everyone The passive parent avoids dealing with anything upsetting The rejecting parent is withdrawn, dismissive, and derogatory.

## Large Print Non-Fiction Best-Sellers



**Title:** A Radical Guide for Women with ADHD  
**Author:** Sari Solden and Michelle Frank

**ISBN:** 9780369332790

**Retail Price (excl. tax):** 27.99 USD

**Pages:** 250

**Publication Date:** 24/01/2020

**Category:** FAMILY & RELATIONSHIPS / General

**BISAC:** FAM000000

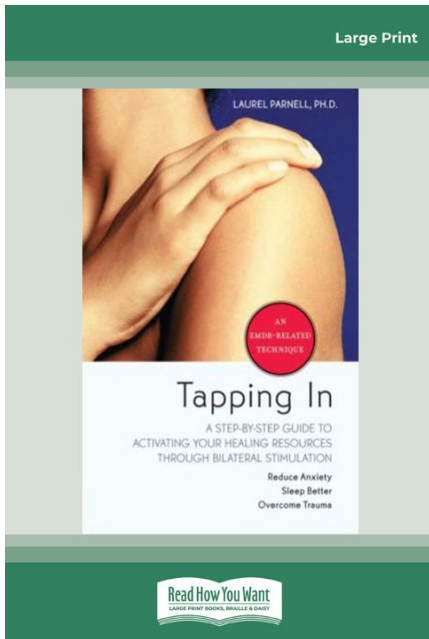
**Format:** [Large Print]

**Original Publisher:** New Harbinger Publishing

**About the Book:** Women with attention deficit/hyperactivity disorder (ADHD) often feel misunderstood and experience a sense of alienation because of their differences. This radical guide empowers readers to challenge the cultural stigma and deeply internalized shame of being a woman living with an invisible disorder. With this groundbreaking book, readers will discover their individual strengths as they build self-esteem, celebrate their neurodiversity, learn to communicate with boldness and clarity, form sustainable relationships, identify their core values, and move toward a more meaningful life.

**About the Author:** Psychotherapist Sari Solden, MS, has counseled adults with attention deficit/hyperactivity disorder (ADHD) for thirty years. She is author of the pioneering books, *Women with Attention Deficit Disorder* and *Journeys Through ADDulthood*, as well as a prominent keynote speaker at national and international conferences. She serves on the professional advisory board of the Attention Deficit Disorder Association (ADDA), and is a past recipient of their award for outstanding service by a helping professional. Solden's areas of specialization include women's issues, inattentive ADHD, and the emotional consequences and healing process for adults who grew up with undiagnosed ADHD. Michelle Frank, PsyD, is a well-regarded clinical psychologist who specializes in the diagnosis, treatment, education, and empowerment of individuals with ADHD. She draws from cognitive behavioral therapy (CBT), mindfulness-based practices, and psychoeducational approaches based in the latest research to help individuals with ADHD live fulfilling, empowered lives. Frank serves on the board of ADDA, the only nonprofit organization solely dedicated to helping adults with ADHD. She speaks nationally on issues related to ADHD, neurodiversity, and women's empowerment.

## Large Print Non-Fiction Best-Sellers



**Title:** Tapping In A Step-By-Step Guide to Activating Your Healing Resources through Bilateral Stimulation

**Author:** Laurel Parnell

**ISBN:** 9781458770738

**Retail Price (excl. tax):** 33.99 USD

**Pages:** 324

**Publication Date:** 14/05/2010

**Category:** PSYCHOLOGY / Mental Health

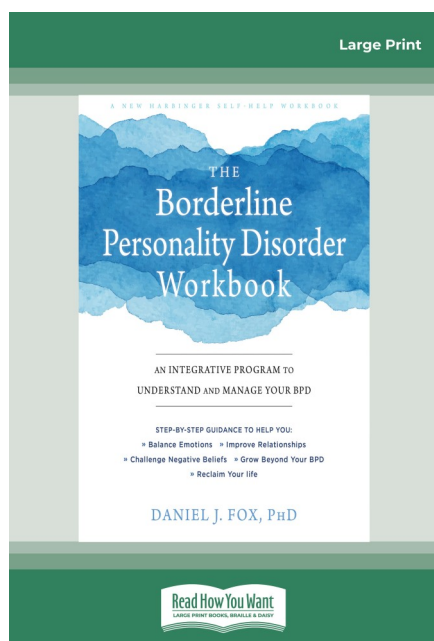
**BISAC:** PSY036000

**Format:** [Large Print]

**Original Publisher:** Sounds True

**About the Book:** Never has it been so effortless to activate your inner power and resilience than with the remarkable technique known as "resource tapping." Tapping In makes available for the first time a self-guided program for learning this revolutionary EMDR-related method. With step-by-step instruction in bilateral stimulation (a core component of EMDR, or Eye Movement Desensitization and Reprocessing), Tapping In teaches you a clinically recognized system for tapping both sides of the body to overcome trauma, boost confidence, calm the body on a deep, physiological level, and to respond better to stress. Join world-renowned EMDR expert Dr. Laurel Parnell as she shares a series of easy-to-learn exercises to access your "latent positive resources" - your neurological foundation for internal resilience and stability.

## Large Print Non-Fiction Best-Sellers



**Title:** The Borderline Personality Disorder Workbook An Integrative Program to Understand and Manage Your BPD

**Author:** Daniel J. Fox

**ISBN:** 9780369332660

**Retail Price (excl. tax):** 30.99 USD

**Pages:** 272

**Publication Date:** 24/01/2020

**Category:** SELF-HELP / Mood Disorders / General

**BISAC:** SEL020000

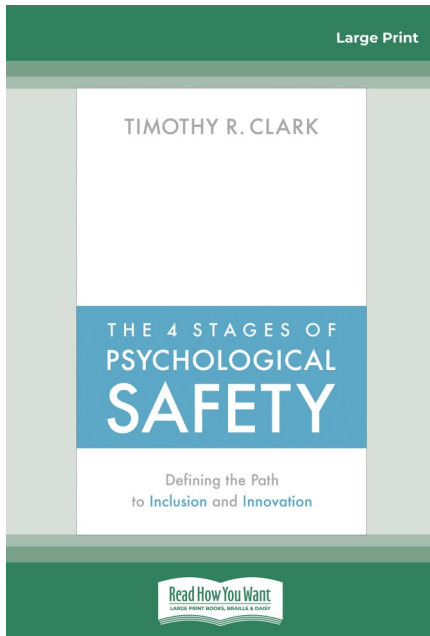
**Format:** [Large Print]

**Original Publisher:** New Harbinger Publishing

**About the Book:** In The Borderline Personality Disorder Workbook, a psychologist and expert in treating borderline personality disorder (BPD) offers an integrative approach to help readers manage symptoms, gain greater self-control, and build a more confident self, using dialectical behavior therapy (DBT), cognitive behavioral therapy (CBT), acceptance and commitment therapy (ACT), and interpersonal therapy. This workbook meets the reader where they are in their therapeutic journey, and rather than utilizing a one-size-fits-all method-provides insights and activities that address BPD as a collection of symptoms.

**About the Author:** Daniel J. Fox, PhD, is a licensed psychologist in Texas, an international speaker, and award-winning author. He has been specializing in the treatment and assessment of individuals with personality disorders for over fifteen years in the state and federal prison system, universities, and in private practice. His specialty areas include personality disorders, ethics, burnout prevention, and emotional intelligence. He has published several articles in these areas, and is author of The Clinician's Guide to Diagnosis and Treatment of Personality Disorders, The Narcissistic Personality Disorder Toolbox, and the award-winning Antisocial, Borderline, Narcissistic and Histrionic Workbook. Fox has been teaching and supervising students for more than fifteen years at various universities across the United States, some of which include West Virginia University, Texas A&M University, University of Houston, Sam Houston State University, and Florida State University. He is currently an adjunct assistant professor at the University of Houston, and maintains a private practice that specializes in the assessment and treatment of individuals with complex psychopathology and personality disorders. Fox has given numerous workshops and seminars on ethics and personality disorders; personality disorders and crime; treatment solutions for treating clients along the antisocial, borderline, narcissistic, and histrionic personality spectrum; emotional intelligence; narcissistic personality disorder and its impact on children and partners; managing mental health within the prison system; and others. Fox maintains a website and is on social media to present various treatment interventions focused on working with and attenuating the symptomatology related to individuals along the antisocial, borderline, narcissistic, and histrionic personality spectrum. Learn more at [www.drdfox.com](http://www.drdfox.com).

## Large Print Non-Fiction Best-Sellers



**Title:** The 4 Stages of Psychological Safety Defining the Path to Inclusion and Innovation

**Author:** Timothy R. Clark

**ISBN:** 9780369333858

**Retail Price (excl. tax):** 25.99 USD

**Pages:** 270

**Publication Date:** 9/03/2020

**Category:** BUSINESS & ECONOMICS / Human Resources & Personnel Management

**BISAC:** BUS030000

**Format:** [Large Print]

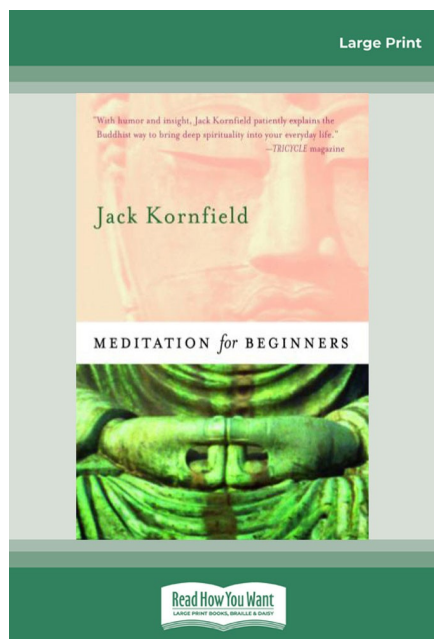
**Original Publisher:** Berrett-Koehler Publishers

**About the Book:** This book is the first practical, hands-on guide that shows how leaders can build psychological safety in their organizations, creating an environment where employees feel included, fully engaged, and encouraged to contribute their best efforts and ideas.

**About the Author:** Timothy R. Clark is founder and CEO of LeaderFactor, a consulting and training organization that focuses on leadership, change management, engagement, and strategic agility. After earning a triple degree and first-team Academic All-America honors as a football player at Brigham Young University, Clark spent time in industry and then went back to school with a plan to teach. He completed a doctorate from Oxford University and was a Fulbright and British Research scholar. After serving as vice president and plant manager for a steel mill, he then became CEO of two consulting and training organizations for several years. He advises, coaches, and speaks to leaders and organizations in industry, government, health care, education, and nonprofit sectors.



## Large Print Non-Fiction Best-Sellers



**Title:** Meditation For Beginners

**Author:** Jack Kornfield

**ISBN:** 9781427085306

**Retail Price (excl. tax):** 19.99 USD

**Pages:** 104

**Publication Date:** 1/11/2008

**Category:** SELF-HELP / Meditations

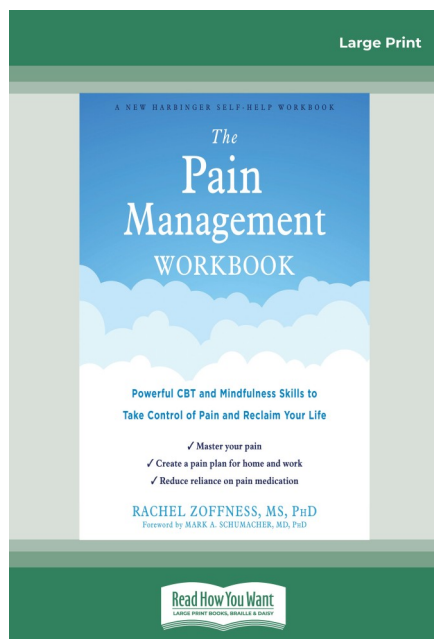
**BISAC:** SEL019000

**Format:** [Large Print]

**Original Publisher:** Sounds True

**About the Book:** HAVE YOU EVER thought about trying meditation, but didn't know how to get started? With Meditation for Beginners, trusted teacher Jack Kornfield shows you how simple it is to start - and stick with - a daily meditation practice. Insight or vipassana meditation is the time-honored skill of calming the spirit and clearing the mind for higher understanding. Now, in this complete course created especially for beginners, renowned teacher Jack Kornfield offers a straightforward, step-by-step method for bringing meditation into your life.

## Large Print Non-Fiction Best-Sellers



**Title:** The Pain Management Workbook Powerful CBT and Mindfulness Skills to Take Control of Pain and Reclaim Your Life

**Author:** Rachel Zoffness

**ISBN:** 9780369344175

**Retail Price (excl. tax):** 31.99 USD

**Pages:** 334

**Publication Date:** 8/03/2021

**Category:** HEALTH & FITNESS / Pain Management

**BISAC:** HEA036000

**Format:** [Large Print]

**Original Publisher:** New Harbinger Publishing

**About the Book:** Change your brain, change your pain-that's the empowering message interwoven in this evidence-based workbook by pain expert Rachel Zoffness. Grounded in cognitive behavioral therapy (CBT), mindfulness-based stress reduction (MBSR), and neuroscience, this important workbook offer readers proven-effective pain management techniques, so they can break the pain cycle and live with greater joy and fulfillment.

**About the Author:** Rachel Zoffness, MS, PhD, is faculty at the UCSF School of Medicine, where she teaches pain education for medical residents and interns, and serves on the steering committee of the American Association of Pain Psychology. She is a pain psychologist, author, medical consultant, and educator specializing in chronic pain and illness. She is author of The Chronic Pain and Illness Workbook for Teens; piloted the Psychology Today column, Pain, Explained; and is a 2020 Mayday Pain Advocacy Fellow. She was trained at Brown University, Columbia University, University of California San Diego, San Diego State University, and Mount Sinai St. Luke's Hospital. She provides lectures and trainings for multidisciplinary health care providers, and serves as a consultant to medical professionals and hospitals around the world. Mark A. Schumacher, MD, PhD, is professor and chief of the division of pain medicine in the department of anesthesia and perioperative care at the University of California, San Francisco (UCSF). Schumacher is director of the UCSF Pain and Addiction Research Center; recently served on the National Academies of Science, Engineering, and Medicine Committee; and coauthored a report on the opioid epidemic. Throughout his career, he has sought ways to communicate the science and practice of pain medicine, including previously directing an NIH Center of Excellence in Pain Education at UCSF.

## Large Print Non-Fiction Best-Sellers

Large Print



**Title:** The Body Is Not an Apology, Second EditionThe Power of Radical Self-Love

**Author:** Sonya Renee Taylor

**ISBN:** 9780369373557

**Retail Price (excl. tax):** 26.99 USD

**Pages:** 280

**Publication Date:** 13/09/2021

**Category:** SELF-HELP / Personal Growth / Self-Esteem

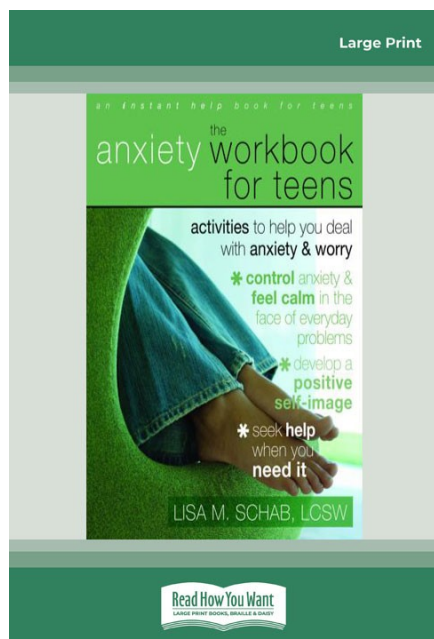
**BISAC:** SEL023000

**Format:** [Large Print]

**Original Publisher:** Berrett-Koehler Publishers

**About the Book:** The Body Is Not an Apology offers radical self-love as the balm to heal the wounds inflicted by these violent systems. World-renowned activist and poet Sonya Renee Taylor invites us to reconnect with the radical origins of our minds and bodies and celebrate our collective, enduring strength. As we awaken to our own indoctrinated body shame, we feel inspired to awaken others and to interrupt the systems that perpetuate body shame and oppression against all bodies. When we act from this truth on a global scale, we usher in the transformative opportunity of radical self-love, which is the opportunity for a more just, equitable, and compassionate world-for us all. This second edition includes stories from Taylor's travels around the world combating body terrorism and shines a light on the path toward liberation guided by love. In a brand new final chapter, she offers specific tools, actions, and resources for confronting racism, sexism, ableism, homophobia, and transphobia. And she provides a case study showing how radical self-love not only dismantles shame and self-loathing in us but has the power to dismantle entire systems of injustice. Together with the accompanying workbook, Your Body Is Not an Apology, Taylor brings the practice of radical self-love to life.

## Large Print Non-Fiction Best-Sellers



**Title:** The Anxiety Workbook for Teens (First Edition) Activities to help you deal with Anxiety & Worry

**Author:** Lisa M. Schab

**ISBN:** 9781458762702

**Retail Price (excl. tax):** 27.99 USD

**Pages:** 236

**Publication Date:** 7/01/2010

**Category:** JUVENILE NONFICTION / Social Topics / Depression & Mental Illness

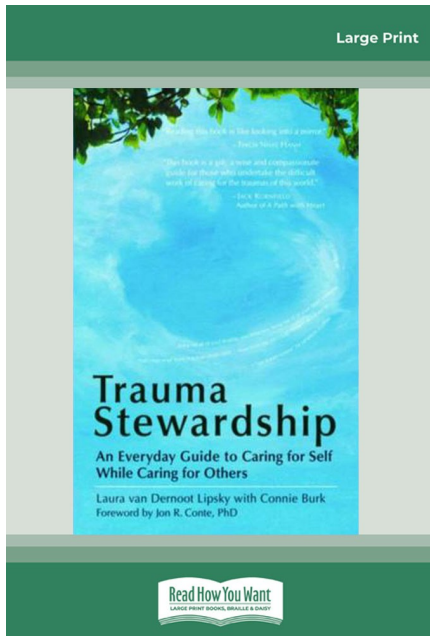
**BISAC:** JNF053230

**Format:** [Large Print]

**Original Publisher:** New Harbinger Publishing

**About the Book:** This professional edition includes both the Instant Help book and a companion CD that offers the complete book and printable worksheets for your clients. About one in four teens suffers from mild to serious problems with anxiety, and many of them get little or no help. The Anxiety Workbook for Teens, written by an experienced therapist, gives teens a collection of tools to help control anxiety and face day-to-day challenges. This workbook both gives anxious teens insight into their problems and offers practical guidance for overcoming them.

## Large Print Non-Fiction Best-Sellers



**Title:** Trauma StewardshipAn Everyday Guide to Caring for Self While Caring for Others

**Author:** Laura van Dernoot Lipsky

**ISBN:** 9781458767967

**Retail Price (excl. tax):** 52.99 USD

**Pages:** 456

**Publication Date:** 14/05/2010

**Category:** SELF-HELP / Personal Growth / General

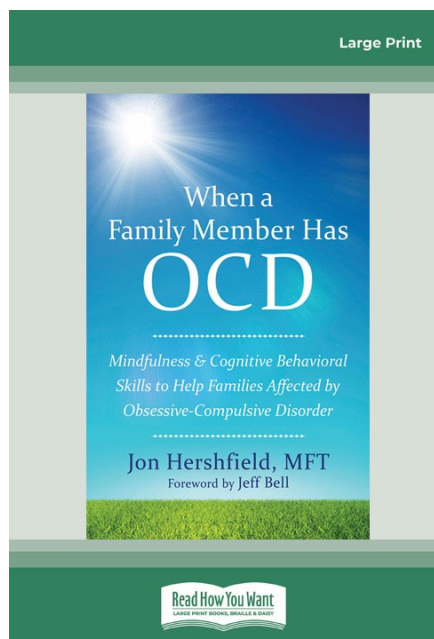
**BISAC:** SEL031000

**Format:** [Large Print]

**Original Publisher:** Berrett-Koehler Publishers

**About the Book:** This book is for all those who notice that they are not the people they once were or who are being told that by their families, friends, colleagues, or pets. Laura van Dernoot Lipsky takes a deep and sympathetic look at the many ways the stress of dealing with trauma manifests itself: feelings of helplessness and hopelessness, diminished creativity, chronic exhaustion, cynicism, and a dozen more. To keep from being overwhelmed, we need to respond to suffering in a thoughtful, intentional way - not by hardening our hearts or by internalizing others struggles as our own but by developing a quality of compassionate presence. This is trauma stewardship. To help achieve this, Lipsky offers a variety of simple and profound practices, drawn from modern psychology and a range of spiritual traditions, that enable us to look carefully at our reactions and motivations and discover new sources of energy and renewal. She includes interviews with successful trauma stewards from different walks of life and even uses New Yorker cartoons to illustrate her points. We can do meaningful work in a way that works for us and for those we serve, Lipsky writes. Taking care of ourselves while taking care of others allows us to contribute to our societies with such impact that we will leave a legacy informed by our deepest wisdom and greatest gifts instead of burdened by our struggles and despair.

## Large Print Non-Fiction Best-Sellers



**Title:** When a Family Member Has OCD  
**Author:** Jon Hershfield

**ISBN:** 9781458794147

**Retail Price (excl. tax):** 33.99 USD

**Pages:** 316

**Publication Date:** 27/01/2016

**Category:** SELF-HELP / General

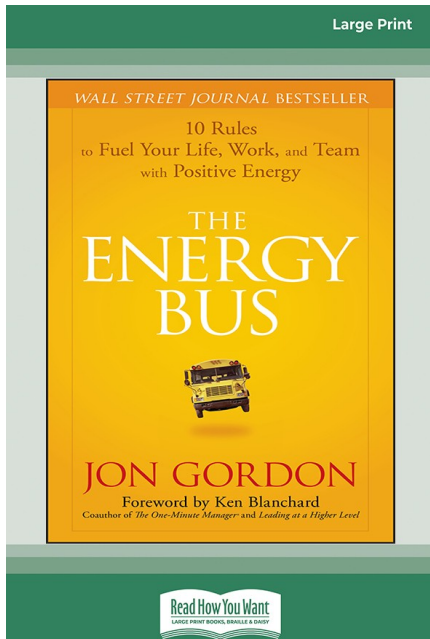
**BISAC:** SEL000000

**Format:** [Large Print]

**Original Publisher:** New Harbinger Publishing

**About the Book:** When someone has obsessive - compulsive disorder (OCD), it can affect the entire family. This book is an essential guide to help family members cope with their loved one's compulsive behaviors, obsessions, and constant need for reassurance. If your loved one has OCD, you may be unsure of how to express your concerns in a compassionate, effective way. In *When a Family Member Has OCD*, you and your family will learn ways to better understand and communicate with each other when OCD becomes a major part of your household. In addition to proven - effective cognitive behavioral therapy (CBT) and mindfulness techniques, you'll find comprehensive information on OCD and its symptoms, as well as advice for each affected family member. OCD affects millions of people worldwide. Though significant advances have been made in medication and therapeutic treatments of the disorder, there are few resources available to help families deal with the impact of a loved one's symptoms. This book provides a helpful guide for your family.

## Large Print Non-Fiction Best-Sellers



**Title:** The Energy Bus: 10 Rules to Fuel Your Life, Work, and Team with Positive Energy

**Author:** Jon Gordon

**ISBN:** 9780369399731

**Retail Price (excl. tax):** 25.99 USD

**Pages:** 168

**Publication Date:** 12/09/2024

**Category:** BUSINESS & ECONOMICS / Personal Success

**BISAC:** BUS107000

**Format:** [Large Print]

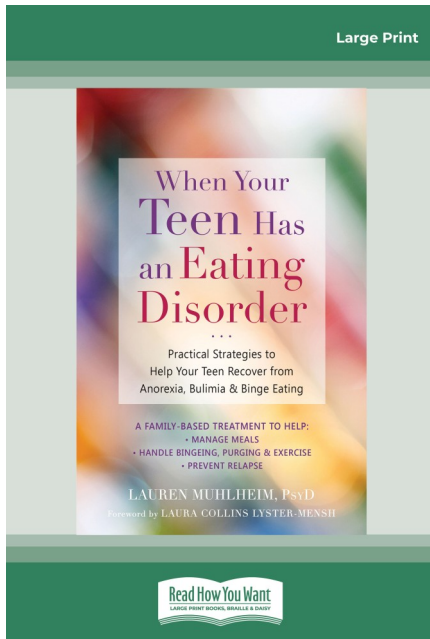
**Original Publisher:** Wiley Publishing, Inc.

**About the Book:** According to Gallup polls, negativity in the workplace is costing companies 300 billion dollars a year. So companies are spending a significant amount of money and resources to find solutions that will help leaders and their employees overcome these challenges. Utilizing a business parable format, The Energy Bus teaches the reader how to find their inner motivation and pass on that positive energy to others in their organization. The Energy Bus presents the 10 rules for the "Ride of Your Life" including: You're the driver Desire, vision, and focus move your bus in the right direction Fuel your ride with positive energy Invite more people to get on your bus and share your vision for the road ahead Don't waste your energy on those who don't get on your bus Post a sign that says, "No energy vampires allowed!" Enthusiasm attracts more passengers and energizes them during the ride Love your passengers Drive with purpose Have fun and enjoy the ride

**About the Author:** Jon Gordon's bestselling books and talks have inspired readers and audiences around the world. His principles have been put to the test by numerous NFL, NBA, and college coaches and teams, Fortune 500 companies, school districts, hospitals and non-profits. He is the author of The Wall Street Journal bestseller The Energy Bus, The No Complaining Rule, Training Camp, The Shark and The Goldfish, Soup, The Positive Dog, The Seed, The Carpenter, and his latest book The Hard Hat. Jon and his tips have been featured on The Today Show, CNN, Fox and Friends and in numerous magazines and newspapers. His clients include The Atlanta Falcons, Campbell Soup, Wells Fargo, State Farm, Novartis, Bayer and more. When he's not running through airports or speaking to businesses, hospitals or school leaders, you can find him playing tennis or lacrosse with his wife and two "high energy" children.



## Large Print Non-Fiction Best-Sellers



**Title:** When Your Teen Has an Eating Disorder Practical Strategies to Help Your Teen Recover from Anorexia, Bulimia, and Binge Eating  
**Author:** Lauren Muhlheim

**ISBN:** 9780369332318

**Retail Price (excl. tax):** 22.99 USD

**Pages:** 250

**Publication Date:** 24/01/2020

**Category:** FAMILY & RELATIONSHIPS / Children with Special Needs

**BISAC:** FAM012000

**Format:** [Large Print]

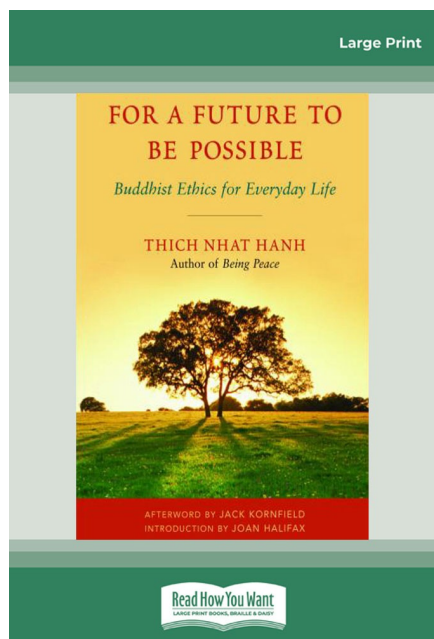
**Original Publisher:** New Harbinger Publishing

**About the Book:** Having a teen with an eating disorder can leave parents feeling helpless. To help empower these parents, a clinical psychologist and expert in eating disorders offers an evidence-based program using family-based treatment (FBT) to help parents and caregivers take charge of their teen's nutritional rehabilitation, which includes normalizing eating behaviors, managing meals, expanding food flexibility, teaching independent and intuitive eating habits, and utilizing coping strategies and recovery skills to prevent relapse.

**About the Author:** Lauren Muhlheim, PsyD is a clinical psychologist and eating disorders specialist. Muhlheim trained at the Rutgers Eating Disorder Clinic, and is certified in family-based treatment (FBT) by the Training Institute for Child and Adolescent Eating Disorders. She is certified as an eating disorder specialist (CEDs) through the International Association of Eating Disorders Professionals (IAEDP), and has worked in a variety of settings, including an obesity research center, inpatient hospitals, outpatient clinics, group homes, and in private practice where more than 80 percent of her patients present with eating disorders. Muhlheim conducts workshops and seminars for parents, treatment professionals, graduate students in psychology, and psychiatry residents approximately six times per year. She has her own website and blog, is the eating disorders expert for [www.verywell.com](http://www.verywell.com), and is clinical director for the eating disorder information website, Mirror-Mirror Eating Disorder ([www.mirror-mirror.org/eatdis.htm](http://www.mirror-mirror.org/eatdis.htm)). She's affiliated with a number of eating disorder and psychology organizations, and is very active on social media. She has built a solid professional platform around eating disorder recovery using FBT. Currently, she is director of Eating Disorder Therapy LA, a multidisciplinary, specialized outpatient eating disorder practice in the heart of Los Angeles, CA.



## Large Print Non-Fiction Best-Sellers



**Title:** For a Future to be Possible

**Author:** Thich Nhat Hanh

**ISBN:** 9781427088390

**Retail Price (excl. tax):** 28.99 USD

**Pages:** 200

**Publication Date:** 21/10/2008

**Category:** RELIGION / Buddhism / Zen (see also PHILOSOPHY / Zen)

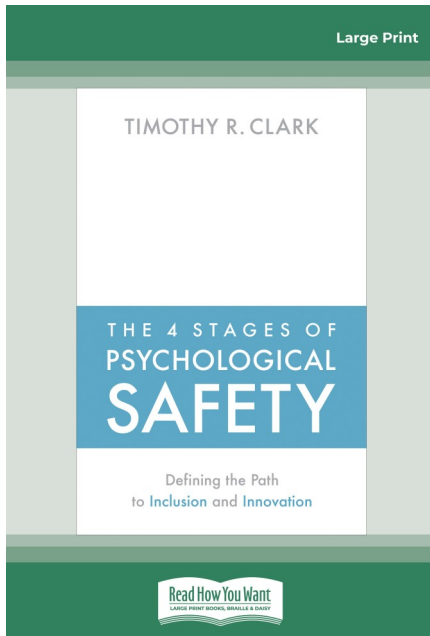
**BISAC:** REL092000

**Format:** [Large Print]

**Original Publisher:** Parallax Press

**About the Book:** THE FIVE MINDFULNESS TRAININGS are the basic statement of ethics and morality in Buddhism. In *For a Future to Be Possible*, Zen Master and peace activist Thich Nhat Hanh discusses these Five Mindfulness Trainings and offers insights and challenges for how they might play an important role in our personal lives and in society. Nhat Hanh calls the Five Trainings a "diet for a mindful society," and he hopes that this book will launch a discussion, transcending sectarian boundaries, on how we can agree upon and practice moral guidelines that will allow us to sustain a compassionate and sane life together.

## Large Print Non-Fiction Best-Sellers



**Title:** The 4 Stages of Psychological Safety Defining the Path to Inclusion and Innovation

**Author:** Timothy R. Clark

**ISBN:** 9780369333858

**Retail Price (excl. tax):** 25.99 USD

**Pages:** 270

**Publication Date:** 9/03/2020

**Category:** BUSINESS & ECONOMICS / Human Resources & Personnel Management

**BISAC:** BUS030000

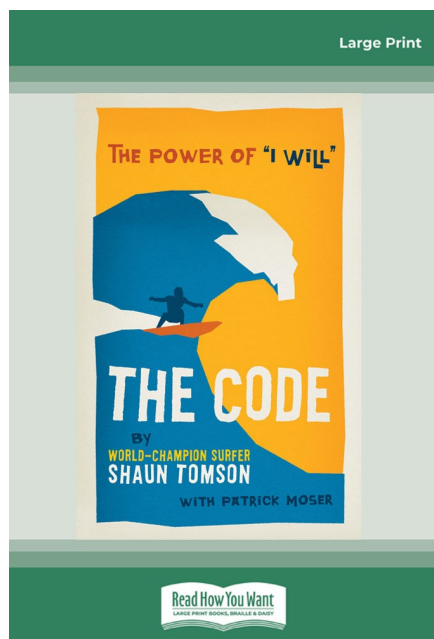
**Format:** [Large Print]

**Original Publisher:** Berrett-Koehler Publishers

**About the Book:** This book is the first practical, hands-on guide that shows how leaders can build psychological safety in their organizations, creating an environment where employees feel included, fully engaged, and encouraged to contribute their best efforts and ideas.

**About the Author:** Timothy R. Clark is founder and CEO of LeaderFactor, a consulting and training organization that focuses on leadership, change management, engagement, and strategic agility. After earning a triple degree and first-team Academic All-America honors as a football player at Brigham Young University, Clark spent time in industry and then went back to school with a plan to teach. He completed a doctorate from Oxford University and was a Fulbright and British Research scholar. After serving as vice president and plant manager for a steel mill, he then became CEO of two consulting and training organizations for several years. He advises, coaches, and speaks to leaders and organizations in industry, government, health care, education, and nonprofit sectors.

## Large Print Non-Fiction Best-Sellers



**Title:** The CodeThe Power of "I Will"  
**Author:** Shaun Tomson and Patrick Moser

**ISBN:** 9781459673274

**Retail Price (excl. tax):** 19.99 USD

**Pages:** 148

**Publication Date:** 30/10/2013

**Category:** SELF-HELP / Affirmations

**BISAC:** SEL004000

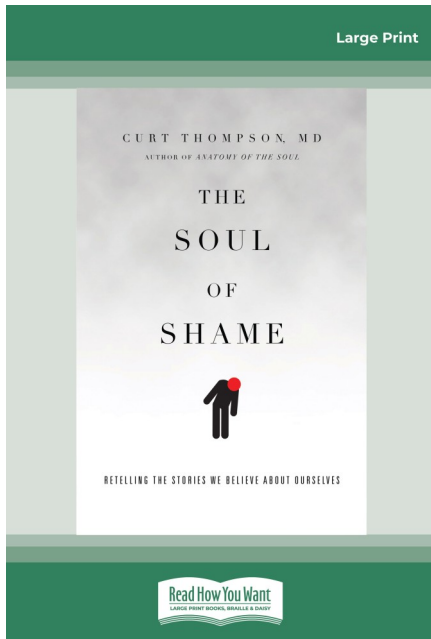
**Format:** [Large Print]

**Original Publisher:** Gibbs Smith Publisher

**About the Book:** How to convert the power of "I Will" into a life - changing mantra The twelve stories in this book, taken from Shaun Tomson's own life experiences in and out of the surfing world, offer the simple message - I Will - as a model to face life's challenges and help you achieve your goals. All you need is to be encouraged to find your voice and commit yourself to positive values. The stories resonate with positivity and hope for the future, and are infused with the belief that even in the darkest time, light shines ahead to show you the way forward.

**About the Author:** Patrick Moser, PhD, has written articles on surfing that have appeared in Surfer, Surf Life for Women, and the Surfer's Journal. His abbreviated history of surfing will appear in the forthcoming The Pacific Region (Greenwood Press). He currently teaches at Drury University in Springfield, Missouri, where he is Chair of the Department of Languages and teaches a course on the history and culture of surfing. His latest project is compiling an anthology of writings about surfing

## Large Print Non-Fiction Best-Sellers



**Title:** The Soul of Shame  
**Author:** Curt Thompson

**ISBN:** 9780369365804

**Retail Price (excl. tax):** 32.99 USD

**Pages:** 358

**Publication Date:** 2/06/2021

**Category:** RELIGION / General

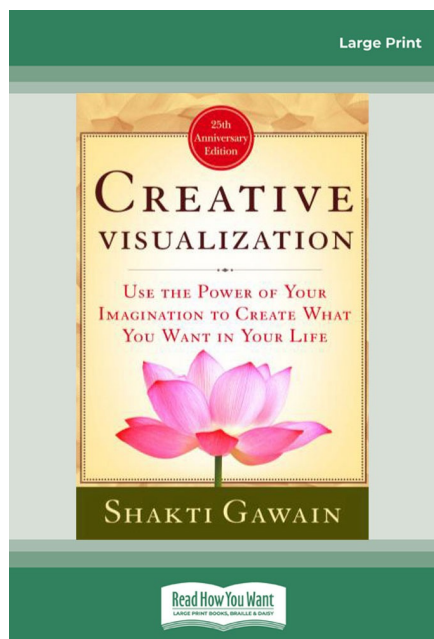
**BISAC:** REL000000

**Format:** [Large Print]

**Original Publisher:** InterVarsity Press

**About the Book:** We're all infected with a spiritual disease. Its name is shame. Whether we realize it or not, shame affects every aspect of our personal lives and vocational endeavors. It seeks to destroy our identity in Christ, replacing it with a damaged version of ourselves that results in unhealed pain and brokenness. But God is telling a different story for your life. Psychiatrist Curt Thompson unpacks the soul of shame, revealing its ubiquitous nature and neurobiological roots. He also provides the theological and practical tools necessary to dismantle shame, based on years of researching its damaging effects and counseling people to overcome those wounds. Thompson's expertise and compassion will help you identify your own pains and struggles and find freedom from the lifelong negative messages that bind you. Rewrite the story of your life and embrace healing and wholeness as you discover and defeat shame's insidious agenda.

## Large Print Non-Fiction Best-Sellers



**Title:** Creative Visualization Use The Power of Your Imagination to Create What You Want In Your Life

**Author:** Shakti Gawain

**ISBN:** 9781442950320

**Retail Price (excl. tax):** 26.99 USD

**Pages:** 200

**Publication Date:** 14/11/2008

**Category:** BUSINESS & ECONOMICS / Careers / General

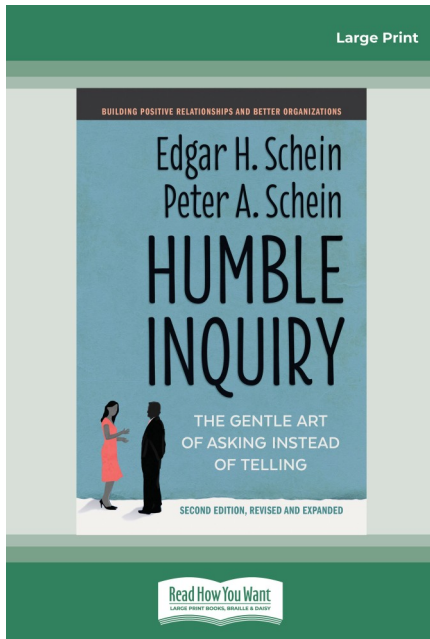
**BISAC:** BUS012000

**Format:** [Large Print]

**Original Publisher:** New World Library

**About the Book:** Creative Visualization is the art of using mental imagery and affirmation to produce positive changes in your life. It is being successfully used in the fields of health, business, the creative arts, and sports, and in fact can have an impact in every area of your life. With more than six million copies sold worldwide, this pioneering bestseller and perennial favorite helped launch a new movement in personal growth when it was first published.

## Large Print Non-Fiction Best-Sellers



**Title:** Humble Inquiry, Second EditionThe Gentle Art of Asking Instead of Telling

**Author:** Edgar H. Schein and Peter A. Schein

**ISBN:** 9780369373588

**Retail Price (excl. tax):** 25.99 USD

**Pages:** 206

**Publication Date:** 13/09/2021

**Category:** BUSINESS & ECONOMICS / General

**BISAC:** BUS000000

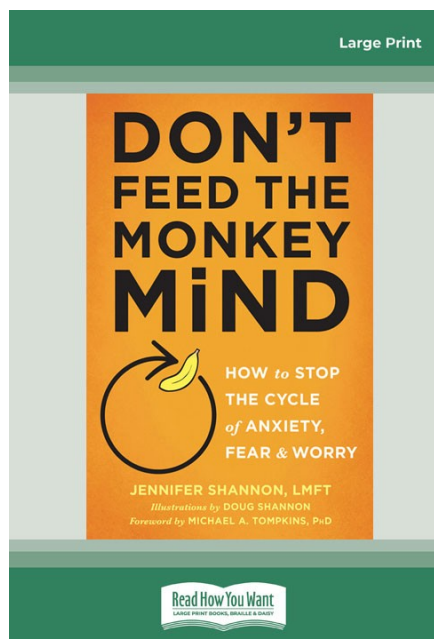
**Format:** [Large Print]

**Original Publisher:** Berrett-Koehler Publishers

**About the Book:** This worldwide bestseller offers simple guidance for building the kind of open and trusting relationships vital for tackling global systemic challenges and developing adaptive, innovative organizations-over 200,000 copies sold and translated into seventeen languages! We live, say Edgar and Peter Schein, in a culture of "tell." All too often we tell others what we think they need to know or should do. But whether we are leading or following, what matters most is we get to the truth. We have to develop a commitment to sharing vital facts and identifying faulty assumptions-it can mean the difference between success and failure. This is why we need Humble Inquiry more than ever. The Scheins define Humble Inquiry as "the gentle art of drawing someone out, of asking questions to which you do not know the answer, of building relationships based on curiosity and interest in the other person." It was inspired by Edgar's twenty years of work in high-hazard industries and the health-care system, where honest communication can literally mean the difference between life and death. In this new edition the authors look at how Humble Inquiry differs from other kinds of inquiry, offer examples of it in action, and show how to overcome the barriers that keep us telling when we should be asking. This edition offers a deepening and broadening of this concept, seeing it as not just a way of posing questions but an entire attitude that includes better listening, better responding to what others are trying to tell us, and better revealing of ourselves. Packed with case examples and a full chapter of exercises and simulations, this is a major contribution to how we see human conversational dynamics and relationships, presented in a compact, personal, and eminently practical way.

**About the Author:** Edgar H. Schein is chairman and cofounder of the Organizational Culture and Leadership Institute. He recently retired from the position of the Society of Sloan Fellows Professor of Management Emeritus at the MIT Sloan School of Management. Schein has received multiple lifetime achievement awards from associations such as the American Society of Training Directors, the Academy of Management, and the International Leadership Association. Peter Schein is the cofounder and COO of the Organizational Culture and Leadership Institute. Schein's expertise draws on over twenty years of industry experience in marketing and corporate development at technology pioneers, with a focus on the underlying organizational culture challenges that growth engenders in innovation-driven enterprises.

## Large Print Non-Fiction Best-Sellers



**Title:** Don't Feed the Monkey MindHow to Stop the Cycle of Anxiety, Fear, and Worry

**Author:** Jennifer Shannon

**ISBN:** 9781525267253

**Retail Price (excl. tax):** 27.99 USD

**Pages:** 222

**Publication Date:** 14/12/2017

**Category:** SELF-HELP / Anxieties & Phobias

**BISAC:** SEL036000

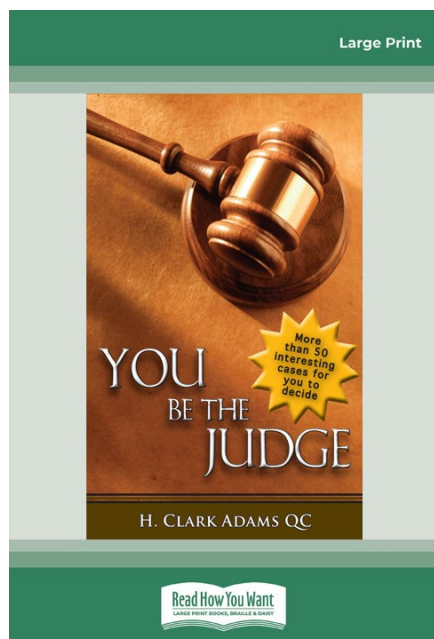
**Format:** [Large Print]

**Original Publisher:** New Harbinger Publishing

**About the Book:** The very things we do to control anxiety can make anxiety worse. In this unique book, psychotherapist Jennifer Shannon offers a cognitive behavioral therapy (CBT)-based approach to help readers recognize the constant chatter of their anxious "monkey mind," stop feeding anxious thoughts, and finally find the personal peace they crave.

**About the Author:** Jennifer Shannon, LMFT, is author of The Shyness and Social Anxiety Workbook for Teens, The Anxiety Survival Guide for Teens, and cofounder of the Santa Rosa Center for Cognitive-Behavioral Therapy in Santa Rosa, CA. She is a diplomate of the Academy of Cognitive Therapy.

## Large Print Non-Fiction Best-Sellers



**Title:** You Be the Judge  
**Author:** H. Clark Adams

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**ISBN:** 9781525237546

**Retail Price (excl. tax):** 29.99 USD

**Pages:** 284

**Publication Date:** 26/01/2017

**Category:** LAW / Legal Education

**BISAC:** LAW059000

**Format:** [Large Print]

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**Original Publisher:** Dundurn Press

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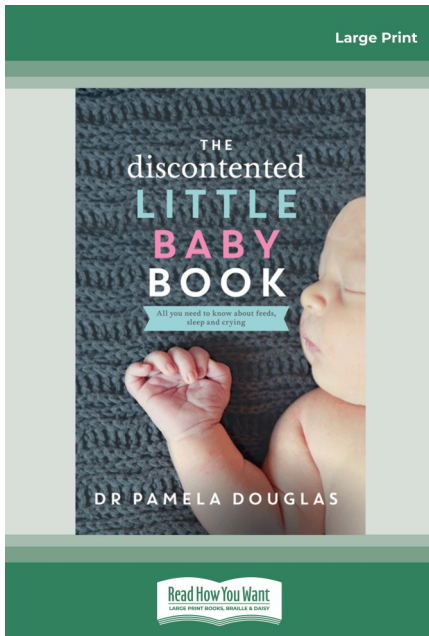
**About the Book:** H. Clark Adams let you be the judge on 60 cases that he's already made his decisions on in the legal arena of small claims court. It's enough to put you off wedded bliss forever, but if you did harbour strong opinions on how the case Smith v Brown a couple on the brink of matrimony, interfering relatives notwithstanding should unfold, H. Clark Adams welcomes you to the legal arena of small claims court. Here feuding former lovers, despondent homeowners, and singed shopkeepers bring their grievances against their erstwhile partners in love and business for a ruling that could end the troubled relationship and maybe even offer them material or monetary comfort. In a tone that's distinctly light-hearted, the retired deputy judge offers readers a fictionalized sampling of the cases presented at small claims court, and the chance for them to pit their best instincts and powers of judgment against his. Part I of the book is a collection of cases from the gripping to the ridiculous, while Part II features Adams's decisions on the cases presented. If your view on these 60 cases differs from the learned judge, be warned: no appeal to his decision has ever been successful.

**About the Author:** H. Clark Adams QC practised law for 35 years and was a Judge in Small Claims Court for 15 years before retirement in 2008. In 1997 he received a Bicentennial Award of Merit from the Law Society of Upper Canada. He lives in Orangethorpe, Ontario.

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## Large Print Non-Fiction Best-Sellers



**Title:** The Discontented Little Baby Book  
**Author:** Pamela Douglas

**ISBN:** 9781459687370

**Retail Price (excl. tax):** 40.99 USD

**Pages:** 348

**Publication Date:** 4/10/2014

**Category:** FAMILY & RELATIONSHIPS / Parenting / Motherhood

**BISAC:** FAM032000

**Format:** [Large Print]

**Original Publisher:** University Queensland Press

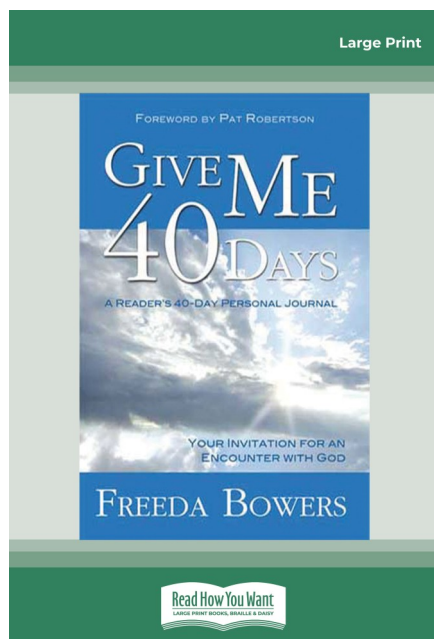
**About the Book:** A revolutionary new approach to caring for your baby from a respected Australian GP Did you know there are things that you can do to help your baby cry and fuss less in the first 16 weeks? Did you know that many parents' nights are unnecessarily disrupted? The Discontented Little Baby Book doesn't promise magic cures. The first months after a baby's arrival can be exhausting, and attempts at quick fixes are often part of the problem. The first 16 weeks of life is a neurologically sensitive period, during which some babies will cry a lot, and we can certainly also expect broken nights. But a number of obstacles are accidentally put in the way of a healthy night's sleep, and much can be done to help your baby cry less. The Discontented Little Baby Book gives you practical and evidence - based strategies for helping you and your baby get more in sync. Dr Pam offers a path that protects your baby's neurodevelopment so that he or she can reach his or her full potential, at the same time as you learn simple strategies for both living with vitality and enjoying your baby, right in the midst of the challenges of this extraordinary time. With parents' real - life stories, advice on how to avoid PND, and answers to your questions about reflux and allergies, The Discontented Little Baby Book really is a quiet revolution in baby - care.

**About the Author:** Dr Pamela Douglas has worked in general practice since 1987, with a special interest in women's health. She is founder of Possums for Mothers and Babies, Senior Lecturer in the Discipline of General Practice at the University of Queensland, and Adjunct Associate Professor at the Maternity and Family Unit at Griffith University. Her crying baby research has been supported by various scholarships and fellowships, and she is the author of internationally published medical research in this field. She lives with her husband in Brisbane, Queensland. They have five adult children and stepchildren, and four grandchildren.

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## Large Print Non-Fiction Best-Sellers

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**Title:** Give Me 40 Days  
**Author:** Freeda Bowers

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**ISBN:** 9781459633216

**Retail Price (excl. tax):** 29.99 USD

**Pages:** 288

**Publication Date:** 19/12/2011

**Category:** RELIGION / Christian Living / Prayer

**BISAC:** REL012080

**Format:** [Large Print]

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**Original Publisher:** Bridge-Logos Publishers

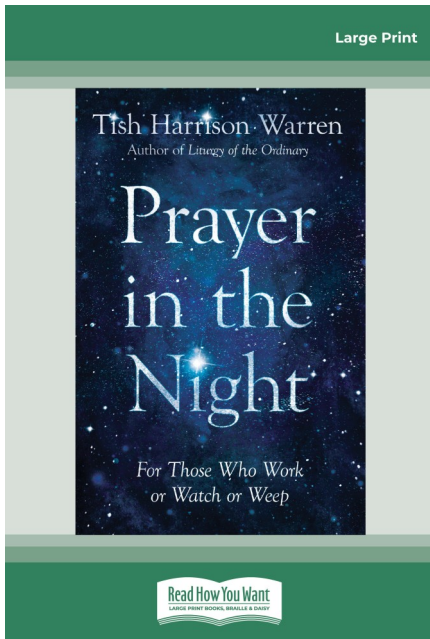
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**About the Book:** Give Me 40 Days is a timeless and practical devotional to help you put everything in your life (marriage children finances fears hopes and dreams) into a daily connection with Jesus. This book will teach and convince you why above all prayer is more important.

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## Large Print Non-Fiction Best-Sellers



**Title:** Prayer in the Night For Those Who Work or Watch or Weep  
**Author:** Tish Harrison Warren

**ISBN:** 9780369364661

**Retail Price (excl. tax):** 26.99 USD

**Pages:** 280

**Publication Date:** 20/04/2021

**Category:** RELIGION / Christian Living / General

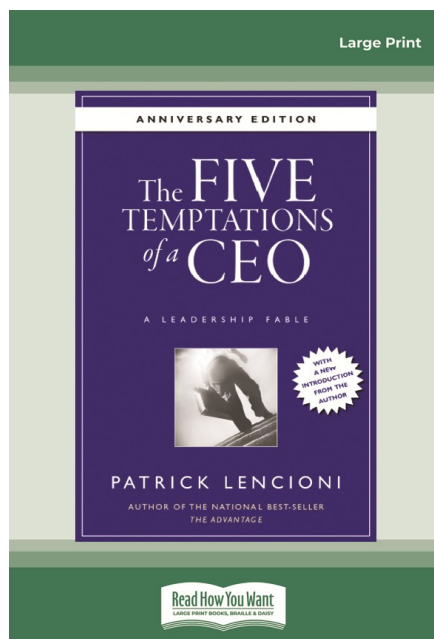
**BISAC:** REL012000

**Format:** [Large Print]

**Original Publisher:** InterVarsity Press

**About the Book:** How can we trust God in the dark? Framed around the nighttime prayer of Compline, Tish Harrison Warren explores human vulnerability, suffering, and God's seeming absence as she recalls her own experience navigating a time of doubt and loss. This book offers a prayerful and frank approach to the difficulties in our ordinary lives at work, at home, and in a world filled with uncertainty...

## Large Print Non-Fiction Best-Sellers



**Title:** The Five Temptations of a CEO: A Leadership Fable, 10th Anniversary Edition

**Author:** Patrick M. Lencioni

**ISBN:** 9780369301352

**Retail Price (excl. tax):** 30.99 USD

**Pages:** 100

**Publication Date:** 11/03/2019

**Category:** BUSINESS & ECONOMICS / General

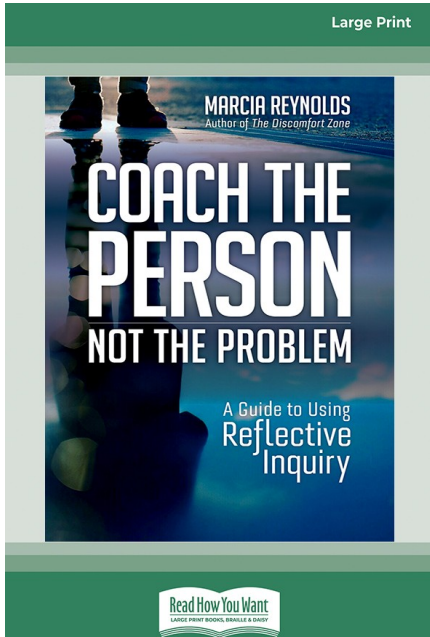
**BISAC:** BUS000000

**Format:** [Large Print]

**Original Publisher:** Wiley Publishing, Inc.

**About the Book:** Absorbing, compelling, and utterly memorable, *The Five Temptations of a CEO* was like no other business book that came before. Highly sought-after management consultant Patrick Lencioni deftly told the tale of a young CEO who, facing his first annual board review, knows he is failing, but doesn't know why. Refreshingly original and compelling, this razor-sharp novelette plus self-assessment (written to be read in one sitting) serves as a timeless and potent reminder that success as a leader can come down to practicing a few simple behaviors that are painfully difficult for each of us to master. Any executive can learn how to recognize the mistakes that leaders can make and how to avoid them. The lessons of *The Five Temptations* are as relevant today as ever, and this special anniversary edition celebrates ten years of inspiration and enlightenment with a brand new introduction and testimonials from respected business leaders.

## Large Print Non-Fiction Best-Sellers



**Title:** Coach the Person, Not the Problem A Guide to Using Reflective Inquiry

**Author:** Marcia Reynolds

**ISBN:** 9780369399052

**Retail Price (excl. tax):** 30.99 USD

**Pages:** 272

**Publication Date:** 6/05/2024

**Category:** BUSINESS & ECONOMICS / Mentoring & Coaching

**BISAC:** BUS106000

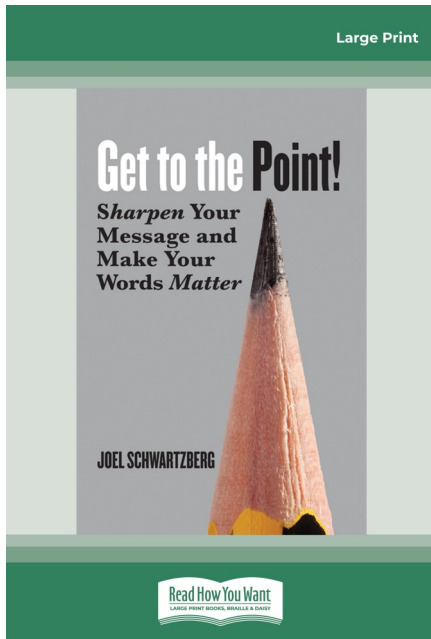
**Format:** [Large Print]

**Original Publisher:** Berrett-Koehler Publishers

**About the Book:** This book will free coaches from the cult of asking the magical question by offering five essential practices of reflective inquiry: focus on the person, not the problem; summarize what is heard and expressed; identify underlying beliefs and assumptions; unwrap the desired outcome; and articulate insights and commitments. Using these practices, combined with a respectful and caring presence, helps create a space where clients feel safe, seen, and valued for who they are. Coaches become change agents who actively recharge the human spirit. And clients naturally dive deeper and develop personalized solutions that may surprise even the coach.

**About the Author:** Marcia Reynolds, PsyD and Master Certified Coach, is president of Covisioning, a leadership training and coaching firm helping organizations unleash the brilliance in their people. Reynolds is a sought-after behavioral scientist who holds a doctoral degree in organizational psychology and two master's degrees in education and communications. She has been hired by organizations across Italy, Turkey, Russia, China, Kazakhstan, and North America for her coaching expertise, and she is the author of five books, including Outsmart Your Brain, Wander Woman, and The Discomfort Zone.

## Large Print Non-Fiction Best-Sellers



**Title:** Get to the Point! Sharpen Your Message and Make Your Words Matter

**Author:** Joel Schwartzberg

**ISBN:** 9781525259111

**Retail Price (excl. tax):** 19.99 USD

**Pages:** 150

**Publication Date:** 16/10/2017

**Category:** BUSINESS & ECONOMICS / Business Communication / General

**BISAC:** BUS007000

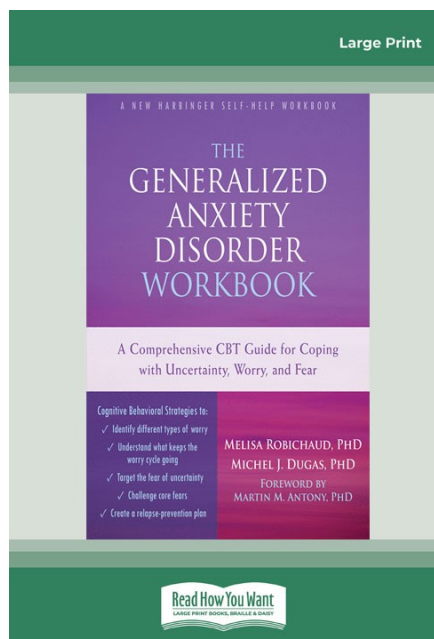
**Format:** [Large Print]

**Original Publisher:** Berrett-Koehler Publishers

**About the Book:** Every time you communicate, you're trying to do something, change something, or move someone to action. You're trying to make a point. But the only way to make a point is to have a point. And the surprising truth is, very few communicators know their points or even understand what a point is, rendering them pointless. Communications expert Joel Schwartzberg says a point is not just a topic, an idea, or a theme. A real point is a proposition of value. It's a contention you can propose, argue, illustrate, and prove. In this concise and practical book, you'll learn to identify your point, strengthen it, stick to it, and sell it. Whether you want to improve your impact in speeches, staff meetings, pitches, emails, PowerPoint presentations, or any other communication setting, Schwartzberg's novel approach teaches you how to go from simply sharing a thought to making a difference. Which would you rather do?

**About the Author:** Joel Schwartzberg has over a decade of experience as a strategic communication executive with major organizations and as a corporate communication trainer. He is the senior director of strategic and executive communications for the American Society for the Prevention of Cruelty to Animals.

## Large Print Non-Fiction Best-Sellers



**Title:** The Generalized Anxiety Disorder Workbook A Comprehensive CBT Guide for Coping with Uncertainty, Worry, and Fear  
**Author:** Melisa Robichaud and Michel J. Dugas

**ISBN:** 9781458794130

**Retail Price (excl. tax):** 33.99 USD

**Pages:** 384

**Publication Date:** 27/01/2016

**Category:** SELF-HELP / Anxieties & Phobias

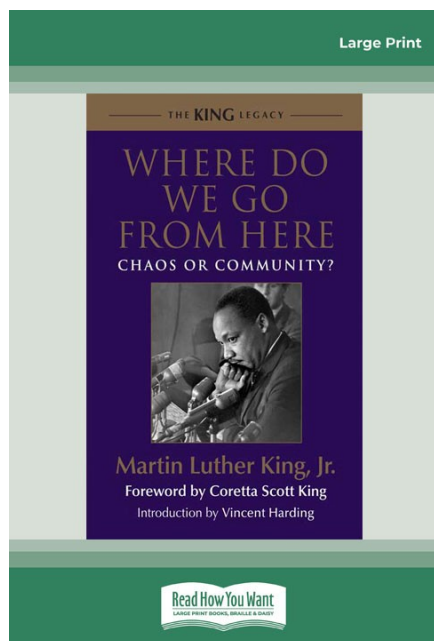
**BISAC:** SEL036000

**Format:** [Large Print]

**Original Publisher:** New Harbinger Publishing

**About the Book:** The Generalized Anxiety Disorder Workbook offers a powerful, comprehensive new approach to treating generalized anxiety disorder (GAD). If you have GAD, you may experience excessive and uncontrollable worry about daily life events, including your finances, family, health, future, and even minor concerns like traffic, work, or household issues. You aren't alone. GAD is one of the most commonly diagnosed mental health issues facing our society today. Unfortunately, this chronic condition can cause such excessive worrying that it can be difficult to live your life - and can even manifest in a number of physical symptoms, including sleep and concentration problems, fatigue, irritability, and feelings of restlessness. So, how can you take charge of your anxiety before it takes over your life? Based in cognitive behavioral therapy (CBT), this book provides real, proven - effective solutions. Written by three renowned anxiety experts, the book offers practical exercises and strategies to help soothe your worst worries, fears, and panic. The book focuses on what most often leads you to worry - the fear of uncertainty. In a nutshell, people with GAD worry as a way of mentally planning and preparing for any outcome that life throws their way. With this book, you'll learn to stop seeing uncertainty as threatening - which will in turn, reduce your anxiety and instill a sense of calm. If you're ready to stop letting your worries get the better of you, this easy - to - use workbook will help you - one step at a time.

## Large Print Non-Fiction Best-Sellers



**Title:** Where Do We Go from HereChaos or Community?

**Author:** Martin Luther King

**ISBN:** 9781459647763

**Retail Price (excl. tax):** 41.99 USD

**Pages:** 308

**Publication Date:** 2/10/2012

**Category:** POLITICAL SCIENCE / Civil Rights

**BISAC:** POL004000

**Format:** [Large Print]

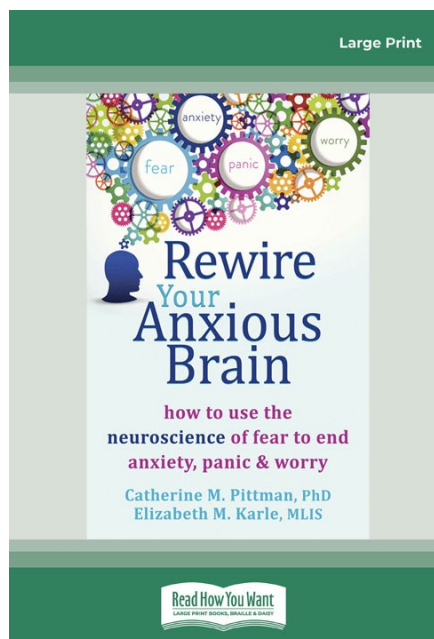
**Original Publisher:** Beacon Press

**About the Book:** In 1967, Dr. Martin Luther King, Jr., isolated himself from the demands of the civil rights movement, rented a house in Jamaica with no telephone, and labored over his final manuscript. In this prophetic work, which has been unavailable for more than ten years, he lays out his thoughts, plans, and dreams for America's future, including the need for better jobs, higher wages, decent housing, and quality education. With a universal message of hope that continues to resonate, King demanded an end to global suffering, asserting that humankind - for the first time - has the resources and technology to eradicate poverty.

**About the Author:** The Reverend Dr. Martin Luther King Jr., (1929 - 1968), Nobel Peace Prize laureate and architect of the non-violent civil rights movement, was among the twentieth century's most influential figures. One of the greatest orators in U.S. history, his speeches, sermons, and writings are inspirational and timeless. Dr. King was assassinated in Memphis, Tennessee, on April 4, 1968.  
Coretta Scott King (1927 - 2006), the wife of Martin Luther King, Jr., was an American author and human rights activist.  
Clayborne Carson is the general editorial advisor to the King Legacy; he is the founding director of the King Research and Education Institute at Stanford University.



## Large Print Non-Fiction Best-Sellers



**Title:** Rewire Your Anxious Brain How to Use the Neuroscience of Fear to End Anxiety, Panic and Worry

**Author:** Catherine M. Pittman and Elizabeth M. Karle

**ISBN:** 9781458793898

**Retail Price (excl. tax):** 33.99 USD

**Pages:** 336

**Publication Date:** 27/01/2016

**Category:** SELF-HELP / Anxieties & Phobias

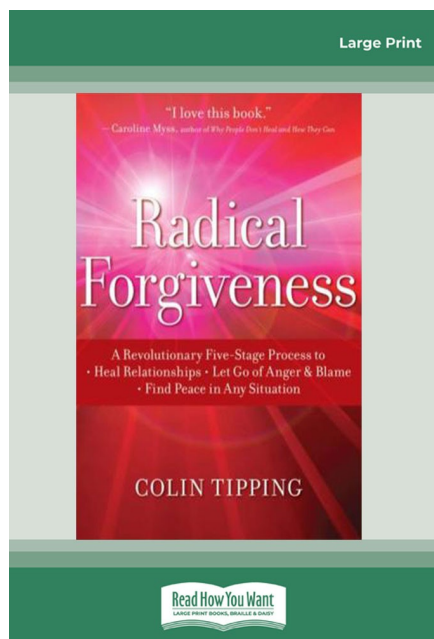
**BISAC:** SEL036000

**Format:** [Large Print]

**Original Publisher:** New Harbinger Publishing

**About the Book:** Do you ever wonder what is happening inside your brain when you feel anxious, panicked, and worried? In *Rewire Your Anxious Brain*, psychologist Catherine Pittman and author Elizabeth Karle offer a unique, evidence - based solution to overcoming anxiety based in cutting - edge neuroscience and research. In the book, you will learn how the amygdala and cortex (both important parts of the brain) are essential players in the neuropsychology of anxiety. The amygdala acts as a primal response, and oftentimes, when this part of the brain processes fear, you may not even understand why you are afraid. By comparison, the cortex is the center of "worry." That is, obsessing, ruminating, and dwelling on things that may or may not happen. In the book, Pittman and Karle make it simple by offering specific examples of how to manage fear by tapping into both of these pathways in the brain. As you read, you'll gain a greater understanding how anxiety is created in the brain, and as a result, you will feel empowered and motivated to overcome it. The brain is a powerful tool, and the more you work to change the way you respond to fear, the more resilient you will become. Using the practical self - assessments and proven - effective techniques in this book, you will learn to literally "rewire" the brain processes that lie at the root of your fears.

## Large Print Non-Fiction Best-Sellers



**Title:** Radical Forgiveness A Revolutionary Five-Stage Process to: Heal Relationships - Let Go of Anger and Blame - Find Peace in Any Situation

**Author:** Colin Tipping

**ISBN:** 9781458770691

**Retail Price (excl. tax):** 33.99 USD

**Pages:** 352

**Publication Date:** 14/05/2010

**Category:** SELF-HELP / Personal Growth / Self-Esteem

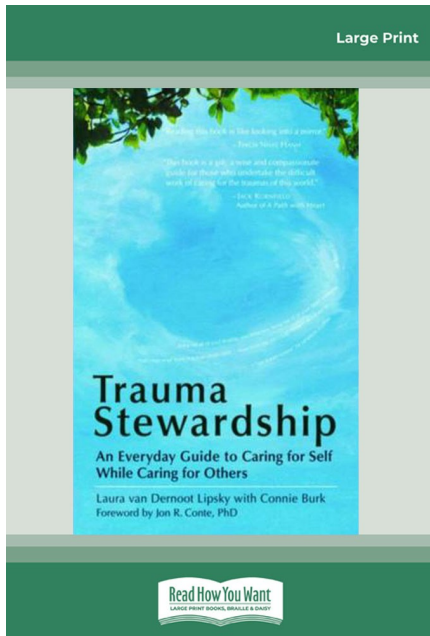
**BISAC:** SEL023000

**Format:** [Large Print]

**Original Publisher:** Sounds True

**About the Book:** Is there a divine purpose behind everything that happens? If you're willing to embrace that possibility, every aspect of your life can change. This is the theory behind Colin Tipping's revolutionary method for experiencing the freedom, peace, and renewed energy that come with Radical Forgiveness. In Radical Forgiveness, Tipping gives us step-by-step instruction in what begins as a healing process and culminates in an entirely new way of living in the world. Discover how to transform difficult emotions like anger, fear, and resentment into unconditional love, gratitude, and peace. Explore the five essential stages of Radical Forgiveness and how they help us transcend the victim archetype and embrace the inherent perfection of life. And put it all into practice with the tools of Radical Forgiveness - a series of quick, effective, and easy-to-use techniques.

## Large Print Non-Fiction Best-Sellers



**Title:** Trauma StewardshipAn Everyday Guide to Caring for Self While Caring for Others

**Author:** Laura van Dernoot Lipsky

**ISBN:** 9781458767967

**Retail Price (excl. tax):** 52.99 USD

**Pages:** 456

**Publication Date:** 14/05/2010

**Category:** SELF-HELP / Personal Growth / General

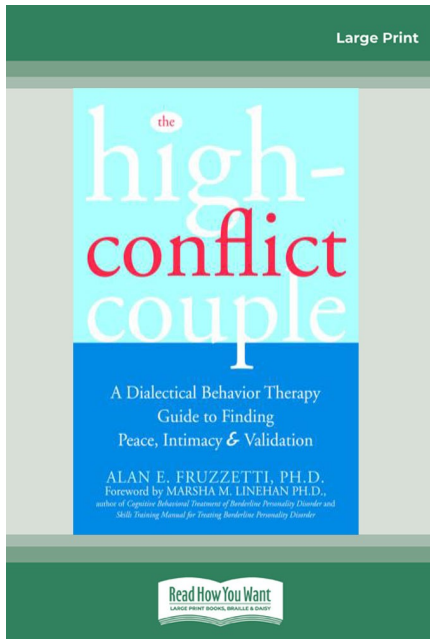
**BISAC:** SEL031000

**Format:** [Large Print]

**Original Publisher:** Berrett-Koehler Publishers

**About the Book:** This book is for all those who notice that they are not the people they once were or who are being told that by their families, friends, colleagues, or pets. Laura van Dernoot Lipsky takes a deep and sympathetic look at the many ways the stress of dealing with trauma manifests itself: feelings of helplessness and hopelessness, diminished creativity, chronic exhaustion, cynicism, and a dozen more. To keep from being overwhelmed, we need to respond to suffering in a thoughtful, intentional way - not by hardening our hearts or by internalizing others struggles as our own but by developing a quality of compassionate presence. This is trauma stewardship. To help achieve this, Lipsky offers a variety of simple and profound practices, drawn from modern psychology and a range of spiritual traditions, that enable us to look carefully at our reactions and motivations and discover new sources of energy and renewal. She includes interviews with successful trauma stewards from different walks of life and even uses New Yorker cartoons to illustrate her points. We can do meaningful work in a way that works for us and for those we serve, Lipsky writes. Taking care of ourselves while taking care of others allows us to contribute to our societies with such impact that we will leave a legacy informed by our deepest wisdom and greatest gifts instead of burdened by our struggles and despair.

## Large Print Non-Fiction Best-Sellers



**Title:** The High-Conflict Couple Dialectical Behavior Therapy Guide to Finding Peace, Intimacy

**Author:** Alan E. Fruzzetti

**ISBN:** 9781458746122

**Retail Price (excl. tax):** 33.99 USD

**Pages:** 308

**Publication Date:** 8/12/2009

**Category:** FAMILY & RELATIONSHIPS / Marriage & Long-Term Relationships

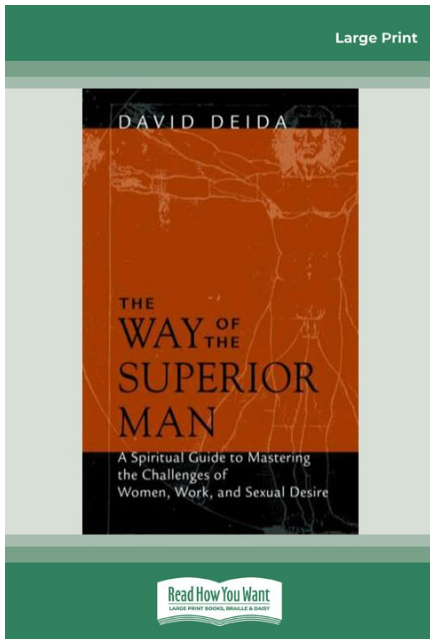
**BISAC:** FAM030000

**Format:** [Large Print]

**Original Publisher:** New Harbinger Publishing

**About the Book:** You hear and read a lot about ways to improve your relationship. But if you've tried these without much success, you're not alone. Many highly reactive couples—pairs that are quick to argue, anger, and blame—need more than just the run-of-the-mill relationship advice to solve their problems in love. When destructive emotions are at the heart of problems in your relationship, no amount of effective communication or intimacy building will fix what ails it. If you're part of a 'high-conflict' couple, you need to get control of your emotions first, to stop making things worse, and only then work on building a better relationship. The High-Conflict Couple adapts the powerful techniques of dialectical behavior therapy (DBT) into skills you can use to tame out-of-control emotions that flare up in your relationship. Using mindfulness and distress tolerance techniques, you'll learn how to deescalate angry situations before they have a chance to explode into destructive fights. Other approaches will help you disclose your fears, longings, and other vulnerabilities to your partner and validate his or her experiences in return. You'll discover ways to manage problems with negotiation, not conflict, and to find true acceptance and closeness with the person you love the most.

## Large Print Non-Fiction Best-Sellers



**Title:** The Way of the Superior Man  
**Author:** David Deida

**ISBN:** 9781459611443

**Retail Price (excl. tax):** 34.99 USD

**Pages:** 272

**Publication Date:** 26/01/2011

**Category:** SELF-HELP / Spiritual

**BISAC:** SEL032000

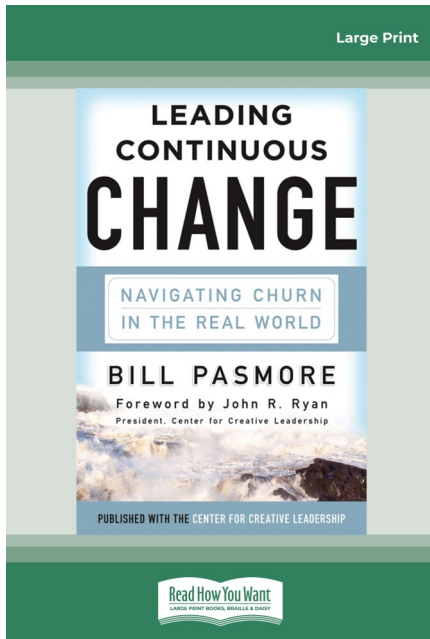
**Format:** [Large Print]

**Original Publisher:** Sounds True

**About the Book:** The Ultimate Spiritual Guide for Men What is your true purpose in life? What do women really want? What makes a good lover? If you're a man reading this, you've undoubtedly asked yourself these questions - but you may not have had much luck answering them. Until now. In *The Way of the Superior Man*, David Deida explores the most important issues in men's lives - from career and family to women and intimacy to love and spirituality - to offer a practical guidebook for living a masculine life of integrity, authenticity, and freedom. Join this bestselling author and internationally renowned expert on sexual spirituality for straightforward advice, empowering skills, body practices, and more to help you realize a life of fulfillment, immediately and without compromise. "It is time to evolve beyond the macho jerk ideal, all spine and no heart," writes David Deida. "It is also time to evolve beyond the sensitive and caring wimp ideal, all heart and no spine." *The Way of the Superior Man* presents the ultimate challenge - and reward - for today's man: to discover the 'unity of heart and spine' through the full expression of consciousness and love in the infinite openness of ....

**About the Author:** Acknowledged as one of the most insightful and provocative teachers of our time, bestselling author David Deida continues to revolutionize the way that men and women grow spiritually and sexually. His books have been published in more than twenty languages. His workshops on a radically practical spirituality have been hailed as among the most original and authentic contributions to the field of self-development currently available.

## Large Print Non-Fiction Best-Sellers



**Title:** Leading Continuous Change  
**Author:** Bill Pasmore

**ISBN:** 9781459696419

**Retail Price (excl. tax):** 41.99 USD

**Pages:** 280

**Publication Date:** 17/08/2015

**Category:** BUSINESS & ECONOMICS / Leadership

**BISAC:** BUS071000

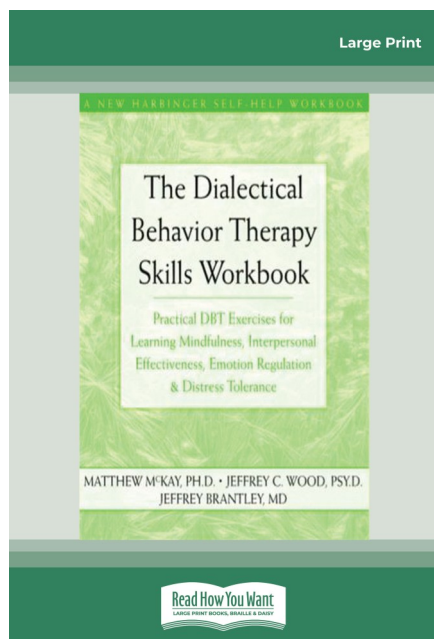
**Format:** [Large Print]

**Original Publisher:** Berrett-Koehler Publishers

**About the Book:** A MODERN APPROACH: In an era of constant change, models for managing a single change at a time, like Kotter's famous eight - stop method, won't work. Pasmore's model helps leaders manage multiple change efforts simultaneously. HIGH - PROFILE AUTHOR: Pasmore is a Senior VP at the Center for Creative Leadership, a professor at Columbia University, and editor for the Journal of Applied Behavioral Sciences, as well as a global consultant and speaker. CCL SUPPORT: The Center for Creative Leadership is the most prominent global leadership institution in the world. CCL has already committed to an aggressive strategy to promote the work worldwide.

**About the Author:** Bill Pasmore is a Senior Vice President and Global Organizational Practice Leader for the Center for Creative Leadership, and a Visiting Professor of Organization and Leadership and advisor to the Provost on continuing education programs at Columbia University. He is also Editor of the Journal of Applied Behavioral Sciences. He was formerly a partner with Oliver Wyman Delta consulting, headed his own consulting firm, was a tenured professor at Case Western Reserve University, and taught at Stanford and Insead.

## Large Print Non-Fiction Best-Sellers



**Title:** The Dialectical Behavior Therapy Skills Workbook Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation & Distress Tolerance

**ISBN:** 9781458768612

**Retail Price (excl. tax):** 41.99 USD

**Pages:** 456

**Publication Date:** 14/05/2010

**Category:** SELF-HELP / Mood Disorders / General

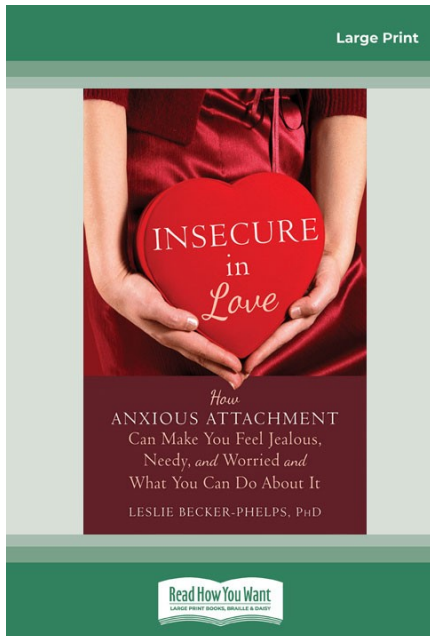
**BISAC:** SEL020000

**Format:** [Large Print]

**Original Publisher:** New Harbinger Publishing

**About the Book:** By a distinguished team of authors, this workbook offers readers unprecedented access to the core skills of dialectical behavior therapy (DBT), formerly available only through complicated professional books and a small handful of topical workbooks. These straightforward, step-by-step exercises will bring DBT core skills to thousands who need it.

## Large Print Non-Fiction Best-Sellers



**Title:** Insecure in LoveHow Anxious Attachment Can Make You Feel Jealous, Needy, and Worried and What You Can Do About It

**Author:** Leslie Becker-Phelps

**ISBN:** 9781458793775

**Retail Price (excl. tax):** 22.99 USD

**Pages:** 274

**Publication Date:** 27/01/2016

**Category:** BODY, MIND & SPIRIT / Mindfulness & Meditation

**BISAC:** OCC010000

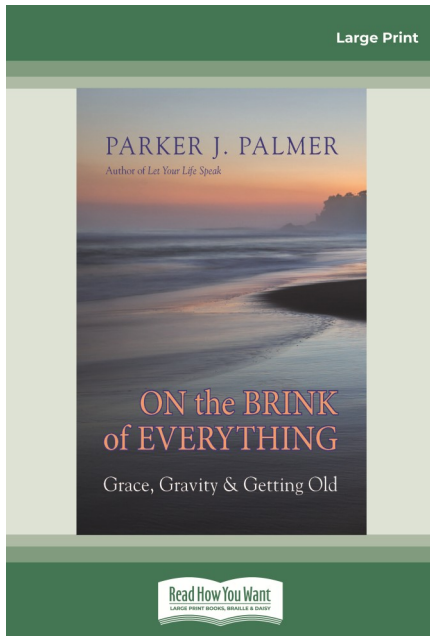
**Format:** [Large Print]

**Original Publisher:** New Harbinger Publishing

**About the Book:** Has your romantic partner called you clingy, insecure, desperate, or jealous? No one wants to admit that they possess these qualities; but if you find yourself constantly on the alert, anxious, or worried when it comes to your significant other, you may suffer from anxious attachment, a fear of abandonment that is often rooted in early childhood experiences. Insecure in Love, you'll learn how to overcome attachment anxiety using compassionate self - awareness, a technique that can help you recognize your negative thoughts or unhealthy behavior patterns and respond to them in a nurturing way - rather than beating yourself up. You'll also learn how insecurity can negatively affect healthy dialog between you and your partner (or potential partners) and develop the skills needed to stop you from reverting back to old patterns of neediness and possessiveness. If you suffer from anxious attachment, you probably know that you need to change, and yet you have remained stuck. With compassionate self - awareness, you can successfully explore old anxiety - perpetuating perceptions and habits without being overwhelmed or paralyzed by them. By understanding the psychological factors at the root of your attachment anxiety, you will learn to cultivate secure, healthy relationships to last a lifetime. If you're ready to stop getting stuck in the same hurtful relationship patterns and finally break the cycle of heartache, this book can show you how to get the love you deserve - and keep it!.



## Large Print Non-Fiction Best-Sellers



**Title:** On the Brink of Everything  
**Author:** Parker J. Palmer

**ISBN:** 9780369300683

**Retail Price (excl. tax):** 22.99 USD

**Pages:** 266

**Publication Date:** 21/02/2019

**Category:** SELF-HELP / Aging

**BISAC:** SEL005000

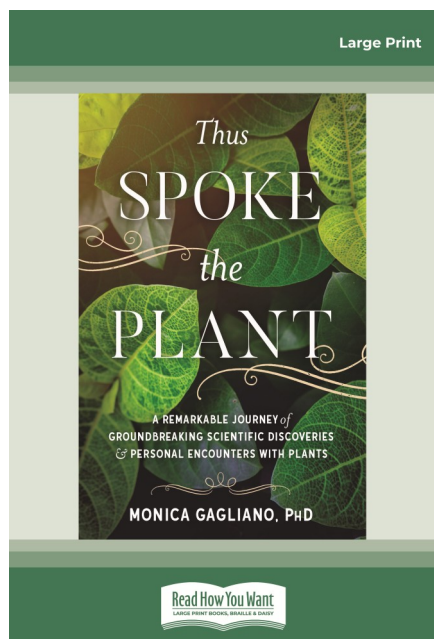
**Format:** [Large Print]

**Original Publisher:** Berrett-Koehler Publishers

**About the Book:** Drawing on eight decades of life - and his career as a writer, teacher, and activist - Palmer explores the questions age raises and the promises it holds. "Old," he writes, "is just another word for nothing left to lose, a time to dive deep into life, not withdraw to the shallows." But this book is not for elders only. It was written to encourage adults of all ages to explore the way their lives are unfolding. It's not a how-to-do-it book on aging, but a set of meditations in prose and poetry that turn the prism on the meaning(s) of one's life, refracting new light at every turn. From beginning to end, the book is laced with humor as well as gravitas - beautifully enhanced by three free downloadable songs from the gifted singer-songwriter Carrie Newcomer, written in response to themes in the book.

**About the Author:** Parker Palmer is one of our wisest minds and lives and one of my greatest mentors. He has the spirit of a poet and the stature of a prophet. There is no one I'd rather eavesdrop on as he ponders "the brink of everything." This book is a companion for not merely surviving a fractured world, but embodying - like Parker - the fiercely honest and gracious wholeness that is ours to claim at every stage of life. -KRISTA TIPPETT, founder of On Being Studios, author of Einstein's God and Becoming Wise, winner of the 2014 National Humanities Medal

## Large Print Non-Fiction Best-Sellers



**Title:** Thus Spoke the Plant A Remarkable Journey of Groundbreaking Scientific Discoveries and Personal Encounters with Plants

**Author:** Monica Gagliano

**ISBN:** 9780369307323

**Retail Price (excl. tax):** 22.99 USD

**Pages:** 260

**Publication Date:** 1/08/2019

**Category:** NATURE / General

**BISAC:** NAT000000

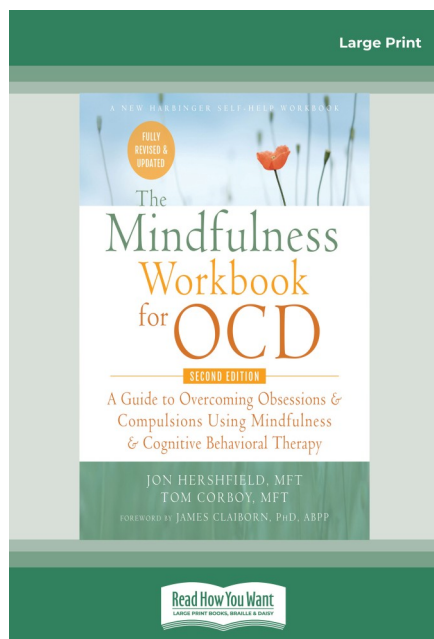
**Format:** [Large Print]

**Original Publisher:** North Atlantic Books

**About the Book:** An accessible and compelling story of a scientist's discovery of plant communication and how it influenced her research and changed her life. In this "phytobiography"-a collection of stories written in partnership with a plant-research scientist Monica Gagliano reveals the dynamic role plants play in genuine first-hand accounts from her research into plant communication and cognition. By transcending the view of plants as the objects of scientific materialism, Gagliano encourages us to rethink plants as people-beings with subjectivity, consciousness, and volition, and hence having the capacity for their own perspectives and voices. The book draws on up-close-and-personal encounters with the plants themselves, as well as plant shamans, indigenous elders, and mystics from around the world and integrates these experiences with an incredible research journey and the groundbreaking scientific discoveries that emerged from it. Gagliano has published numerous peer-reviewed scientific papers on how plants have a Pavlov-like response to stimuli and can learn, remember, and communicate to neighboring plants. She has pioneered the brand-new research field of plant bioacoustics, for the first time experimentally demonstrating that plants emit their own 'voices' and, moreover, detect and respond to the sounds of their environments. By demonstrating experimentally that learning is not the exclusive province of animals, Gagliano has re-ignited the discourse on plant subjectivity and ethical and legal standing. This is the story of how she made those discoveries and how the plants helped her along the way.

**About the Author:** MONICA GAGLIANO, PhD, is Research Associate Professor of Evolutionary Ecology at the Centre of Evolutionary Biology at the University of Western Australia, a Research Affiliate at the Sydney Environment Institute at the University of Sydney, and former Fellow of the Australian Research Council. She is the author of numerous scientific articles in the fields of animal and plant behavioral and evolutionary ecology, and is the co-editor of *The Green Thread: Dialogues with the Vegetal World* (Lexington Books, 2015) and *The Language of Plants: Science, Philosophy and Literature* (Minnesota University Press, 2017). Her work has extended the concept of cognition (including perception, learning processes, memory and consciousness) in plants. Gagliano has pioneered the brand-new research field of plant bioacoustics, for the first time experimentally demonstrating that plants emit their own 'voices' and, moreover, detect and respond to the sounds of their environments. For more information, visit: [www.monicagagliano.com](http://www.monicagagliano.com)

## Large Print Non-Fiction Best-Sellers



**Title:** The Mindfulness Workbook for OCDA Guide to Overcoming Obsessions and Compulsions Using Mindfulness and Cognitive Behavioral Therapy

**ISBN:** 9780369344151

**Retail Price (excl. tax):** 31.99 USD

**Pages:** 332

**Publication Date:** 8/03/2021

**Category:** SELF-HELP / General

**BISAC:** SEL000000

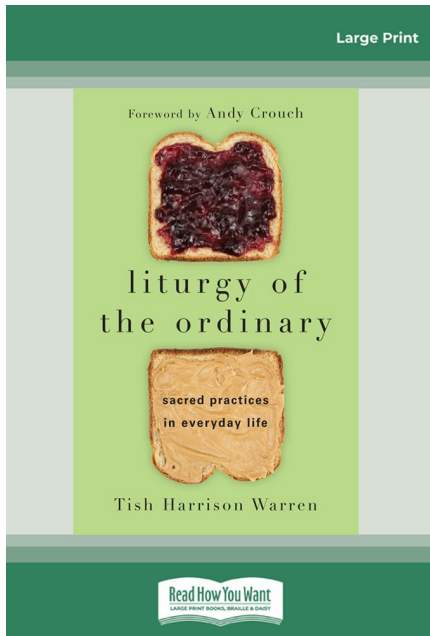
**Format:** [Large Print]

**Original Publisher:** New Harbinger Publishing

**About the Book:** Combining mindfulness practices with cognitive behavioral therapy (CBT), this fully revised and updated second edition of The Mindfulness Workbook for OCD offers practical and accessible tools for managing the unwanted thoughts and compulsive urges associated with obsessive-compulsive disorder (OCD). With this powerful workbook, readers will develop present-moment awareness, learn to challenge their own distorted thinking, and stop treating thoughts as threats and feelings as facts.

**About the Author:** Jon Hershfield, MFT, is director of The Center for OCD and Anxiety at Sheppard Pratt in Towson, MD. He specializes in the use of mindfulness and cognitive behavioral therapy (CBT) for obsessive-compulsive disorder (OCD) and related disorders. He is author of Overcoming Harm OCD, When a Family Member Has OCD, and The OCD Workbook for Teens; and coauthor of The Mindfulness Workbook for OCD and Everyday Mindfulness for OCD. Tom Corboy, MFT, is executive director of the OCD Center of Los Angeles, which he founded in 1999. He is a licensed psychotherapist specializing in MBCBT for the treatment of OCD and related anxiety-based conditions. In addition to his work with individual clients, he has trained and mentored many postgraduate interns, has presented at numerous conferences held by the International OCD Foundation (IOCDF), and has facilitated weekly therapy groups for adults with OCD since 1997. You can find out more about him at [www.ocdla.com](http://www.ocdla.com). James Claiborn, PhD, ABPP, is a psychologist in private practice specializing in OCD and related disorders. He is a member of the Scientific Advisory Board of the International OCD Foundation and has presented internationally on OCD, cognitive behavioral therapy (CBT), and other topics.

## Large Print Non-Fiction Best-Sellers



**Title:** Liturgy of the Ordinary Sacred Practices in Everyday Life  
**Author:** Tish Harrison Warren

**ISBN:** 9781525233586

**Retail Price (excl. tax):** 27.99 USD

**Pages:** 240

**Publication Date:** 4/11/2016

**Category:** RELIGION / Christian Living / Spiritual Growth

**BISAC:** REL012120

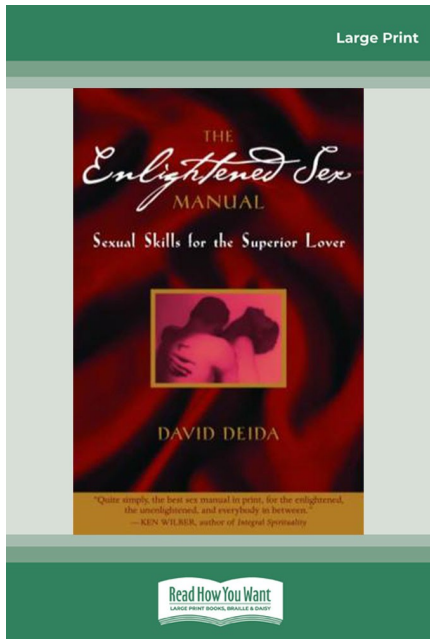
**Format:** [Large Print]

**Original Publisher:** InterVarsity Press

**About the Book:** Framed around one ordinary day, this book explores daily life through the lens of liturgy, small practices, and habits that form us. Each chapter looks at something author Tish Harrison Warren does in a day-making the bed, brushing her teeth, losing her keys-and relates it to spiritual practice as well as to our Sunday worship.

**About the Author:** Tish Harrison Warren writes regularly for The Well, and her writing has also been featured in Her.meneutics, Churchleaders.com, Anglicanpastor.com, Christ and Pop Culture, Art House America, Mere Orthodoxy, Christianity Today, and the White Horse Inn. After seven years in campus ministry with InterVarsity Graduate and Faculty Ministries at Vanderbilt and UT-Austin, she now works with InterVarsity Women in the Academy and Professions. Warren has a masters in theology from Gordon-Conwell Theological Seminary and is a priest in the Anglican Church in North America, serving at Resurrection South Austin. She and her husband live in Austin and have two young daughters.

## Large Print Non-Fiction Best-Sellers



**Title:** The Enlightened Sex Manual  
**Author:** David Deida

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**ISBN:** 9781459611498

**Retail Price (excl. tax):** 27.99 USD

**Pages:** 232

**Publication Date:** 26/01/2011

**Category:** SELF-HELP / Sexual Instruction

**BISAC:** SEL034000

**Format:** [Large Print]

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**Original Publisher:** Sounds True

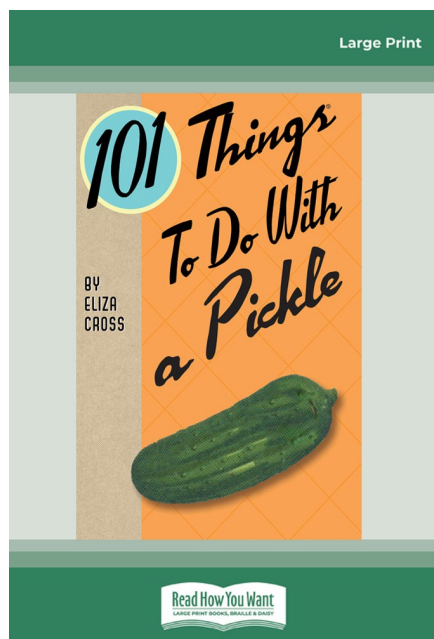
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**About the Book:** The secret to enlightenment and great sex is revealed to be one and the same in this groundbreaking manual for adventurous lovers. David Deida was trained for decades in the art of spiritual and sexual awakening. Now he presents the ultimate collection of skills for opening to the physical, emotional, and spiritual rewards of intimate embrace. In paperback for the first time, The Enlightened Sex Manual teaches you how to transform simple "skin friction" into the depths and embodiment of ecstasy, how to develop sexual abilities as gifts of heart rapture and bodily surrender, how to achieve the principal types of orgasm - and all their varieties - and much more.

**About the Author:** Acknowledged as one of the most insightful and provocative teachers of our time, bestselling author David Deida continues to revolutionize the way that men and women grow spiritually and sexually. His books have been published in more than twenty languages. His workshops on a radically practical spirituality have been hailed as among the most original and authentic contributions to the field of self-development currently available.

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## Large Print Non-Fiction Best-Sellers



**Title:** 101 Things to do with a Pickle

**Author:** Eliza Cross

**ISBN:** 9781459682771

**Retail Price (excl. tax):** 19.99 USD

**Pages:** 148

**Publication Date:** 7/07/2014

**Category:** COOKING / Specific Ingredients / General

**BISAC:** CKB105000

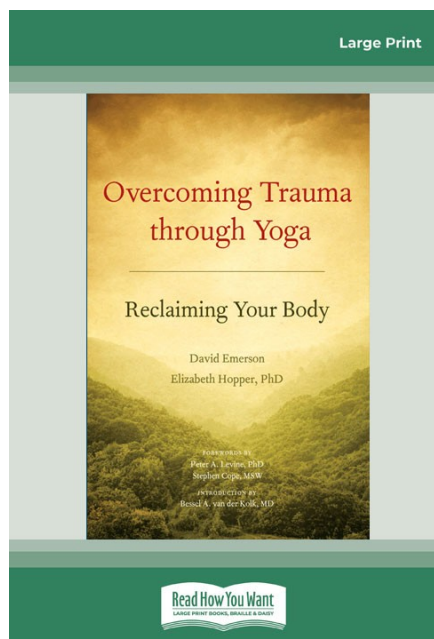
**Format:** [Large Print]

**Original Publisher:** Gibbs Smith Publisher

**About the Book:** This fun and zesty cookbook is full of recipes for making pickles as well as using them in a dill - icious collection of pickle appetizers, sandwiches, salads, dinners, and even desserts. Includes dills, gherkins, spears, chips, sour, or sweet star in recipes such as Sweet & Sour Mustard Pickles, Bacon - Wrapped Pickle Poppers, Dill Pickle Soup, Roast Pickle Potatoes, and Sweet Pickle Pie.

**About the Author:** Eliza Cross is an award - winning author and journalist. She also develops recipes and styles cuisine for corporate and print media. Eliza is the founder of the bacon enthusiast society BENS International. She lives in Centennial, Colorado.

## Large Print Non-Fiction Best-Sellers



**Title:** Overcoming Trauma Through Yoga Reclaiming Your Body  
**Author:** David Emerson and Elizabeth Hopper

**ISBN:** 9781525242243

**Retail Price (excl. tax):** 33.99 USD

**Pages:** 300

**Publication Date:** 25/02/2017

**Category:** PSYCHOLOGY / General

**BISAC:** PSY000000

**Format:** [Large Print]

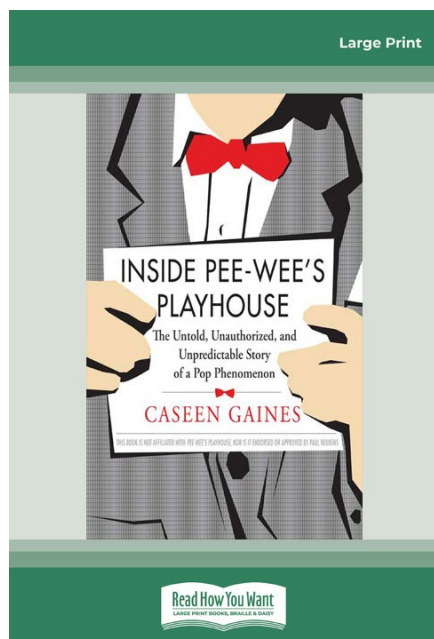
**Original Publisher:** North Atlantic Books

**About the Book:** Survivors of trauma—whether abuse, accidents, or war—can end up profoundly wounded, betrayed by their bodies that failed to get them to safety and that are a source of pain. In order to fully heal from trauma, a connection must be made with oneself, including one's body. The trauma-sensitive yoga described in this book moves beyond traditional talk therapies that focus on the mind, by bringing the body actively into the healing process. This allows trauma survivors to cultivate a more positive relationship to their body through gentle breath, mindfulness, and movement practices. *Overcoming Trauma through Yoga* is a book for survivors, clinicians, and yoga instructors who are interested in mind/body healing. It introduces trauma-sensitive yoga, a modified approach to yoga developed in collaboration between yoga teachers and clinicians at the Trauma Center at Justice Resource Institute, led by yoga teacher David Emerson, along with medical doctor Bessel van der Kolk. The book begins with an in-depth description of trauma and post-traumatic stress disorder (PTSD), including a description of how trauma is held in the body and the need for body-based treatment. It offers a brief history of yoga, describes various styles of yoga commonly found in Western practice, and identifies four key themes of trauma-sensitive yoga. Chair-based exercises are described that can be incorporated into individual or group therapy, targeting specific treatment goals, and modifications are offered for mat-based yoga classes. Each exercise includes trauma-sensitive language to introduce the practice, as well as photographs to illustrate the poses. The practices have been offered to a wide range of individuals and groups, including men and women, teens, returning veterans, and others. Rounded out by valuable quotes and case stories, the book presents mindfulness, breathing, and yoga exercises that can be used by home practitioners, yoga teachers, and therapists as a way to cultivate awareness, tolerance, and an increased acceptance of the self.

**About the Author:** David Emerson is the director of yoga services at the Trauma Center ([traumacenter.org](http://traumacenter.org)). In 2003 he codesigned the Trauma Center Yoga Program that includes classes and teacher training programs. He lives in Cambridge, MA. Elizabeth Hopper, PhD, is a licensed clinical psychologist specializing in traumatic stress and works as the associate director of training at the Trauma Center. She lives in Somerville, MA.



## Large Print Non-Fiction Best-Sellers



**Title:** Inside Pee-wee's PlayhouseThe Untold, Unauthorized, and Unpredictable Story of a Pop Phenomenon

**Author:** Caseen Gaines

**ISBN:** 9781459651364

**Retail Price (excl. tax):** 33.99 USD

**Pages:** 408

**Publication Date:** 21/11/2012

**Category:** PERFORMING ARTS / Film / History & Criticism

**BISAC:** PER004030

**Format:** [Large Print]

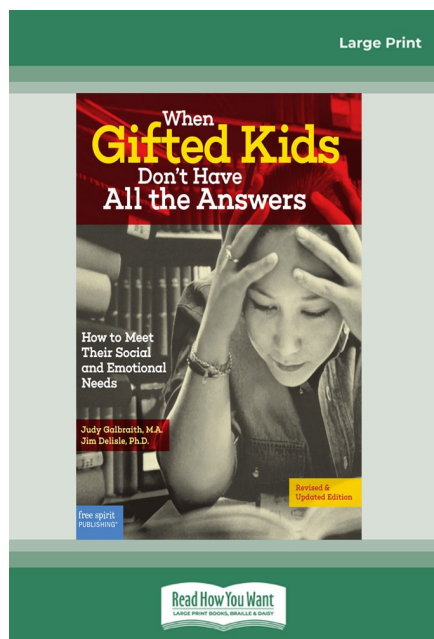
**Original Publisher:** ECW Press

**About the Book:** Between 1986 and 1991, nearly ten million people a week watched *Pee - wee's Playhouse*, the critically acclaimed and widely successful children's program broadcast on CBS. Now, on the 25th anniversary of the show, the complete behind - the - scenes story is being told for the first time by those who experienced it. Complete with an episode guide, biographical information about the cast and key members of the show's creative team, never - before - told anecdotes, and previously unpublished photos, *Inside Pee - wee's Playhouse* takes the first in - depth look behind the program *TV Guide* recently cited as one of the top ten cult classics of all time. Paul Reubens (as Pee - wee Herman) has been making a comeback since August 2010, appearing on *Saturday Night Live*, *The View*, *The Jimmy Kimmel Show*, *Conan*, and *The Tonight Show with Jay Leno*. He starred in a successful stage revival of his live show in January and February of 2010, and it hit Broadway later that year. It's been turned into a special on HBO. His public Twitter and Facebook accounts boast over one million fans and followers. *Inside Pee - wee's Playhouse* is the first comprehensive look at this amazingly successful (and still revered) children's program. Pee - wee Herman fans have been energized recently by the character's re - emerging presence. From casual fans to devout followers, everyone will be interested in taking a look *Inside Pee - wee's Playhouse*.

**About the Author:** **Caseen Gaines** is a pop culture enthusiast who has won awards for essays on *The Flip Wilson Show* and the *Planet of the Apes* film series. He is a high school English teacher and the co - founder of Hackensack Theatre Company. He lives in New Jersey.



## Large Print Non-Fiction Best-Sellers



**Title:** When Gifted Kids Don't Have All the AnswersHow to Meet Their Social and Emotional Needs (Revised & Updated Edition)

**Author:** Judy Galbraith and Jim Delisle

**ISBN:** 9781459694675

**Retail Price (excl. tax):** 61.99 USD

**Pages:** 612

**Publication Date:** 10/04/2015

**Category:** EDUCATION / Special Education / Gifted

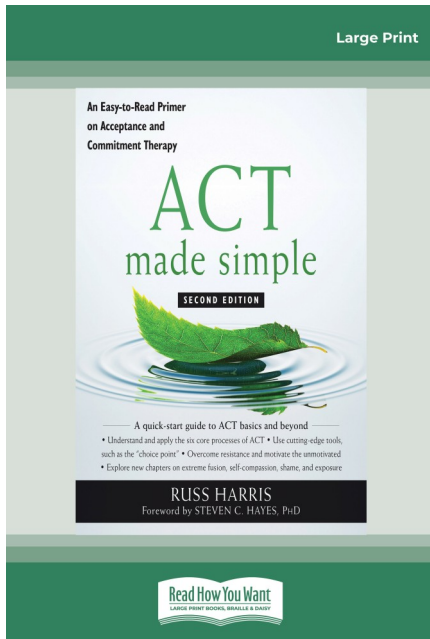
**BISAC:** EDU026060

**Format:** [Large Print]

**Original Publisher:** Free Spirit Publishing

**About the Book:** Gifted kids are so much more than test scores and grades. Still, it's sometimes difficult to see past the potential to the child who may be anxious, lonely, confused, or unsure of what the future might bring. This book, now fully revised with updated information and new survey quotes, offers practical suggestions for addressing the social and emotional needs of gifted students. The authors present ways to advocate for gifted education; help gifted underachievers, perfectionists, and twice - exceptional students; and provide all gifted kids with a safe, supportive learning environment. Complete with engaging stories, strategies, Q&As, essays, activities, resources, and discussions of ADHD, Asperger's, and the Common Core, this book is for anyone committed to helping gifted students thrive. Online digital content includes reproducible forms from the book.

## Large Print Non-Fiction Best-Sellers



**Title:** ACT Made Simple An Easy-To-Read Primer on Acceptance and Commitment Therapy

**Author:** Russ Harris

**ISBN:** 9780369332646

**Retail Price (excl. tax):** 63.99 USD

**Pages:** 690

**Publication Date:** 24/01/2020

**Category:** PSYCHOLOGY / General

**BISAC:** PSY000000

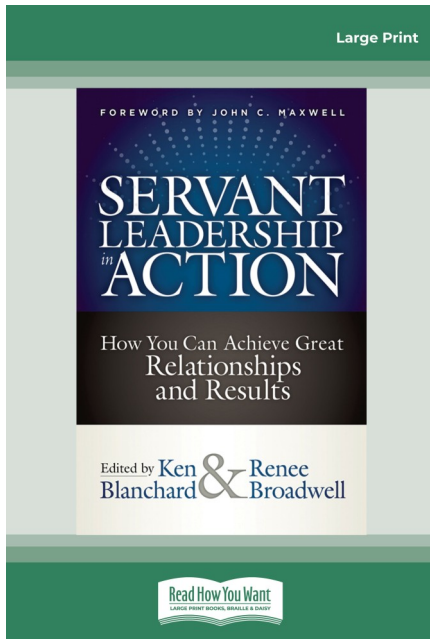
**Format:** [Large Print]

**Original Publisher:** New Harbinger Publishing

**About the Book:** A practical and easy-to-use primer, ideal for newcomers and experienced professionals alike, ACT Made Simple offers clear explanations of the six core processes of acceptance and commitment therapy (ACT), and a set of real-world tips and solutions for rapidly and effectively implementing this powerful therapy into practice. This fully revised and updated second edition includes new information and chapters on self-compassion, flexible perspective taking, working with trauma, and more.

**About the Author:** Russ Harris is an internationally acclaimed acceptance and commitment therapy (ACT) trainer and author of the best-selling ACT-based self-help book The Happiness Trap, which has sold over 600,000 copies and been published in thirty languages. He is widely renowned for his ability to teach ACT in a way that is simple, clear, and fun-yet extremely practical.

## Large Print Non-Fiction Best-Sellers



**Title:** Servant Leadership in ActionHow You Can Achieve Great Relationships and Results

**Author:** Ken Blanchard and Renee Broadwell

**ISBN:** 9781525272349

**Retail Price (excl. tax):** 41.99 USD

**Pages:** 500

**Publication Date:** 6/03/2018

**Category:** BUSINESS & ECONOMICS / Leadership

**BISAC:** BUS071000

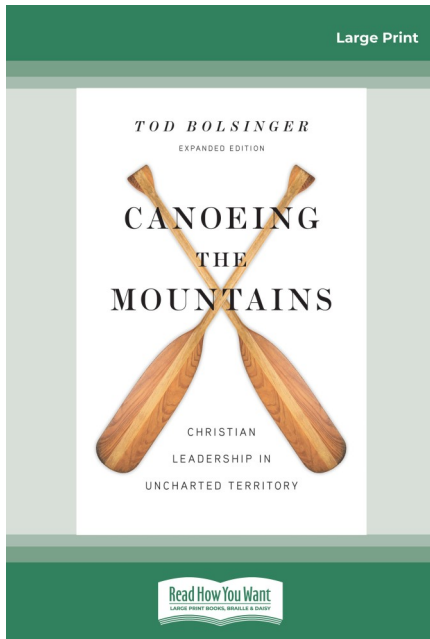
**Format:** [Large Print]

**Original Publisher:** Berrett-Koehler Publishers

**About the Book:** How You Can Achieve Great Relationships and Results We've seen the negative impact of self-serving leaders in every sector of our society. Not infrequently, they end up bringing down their entire organization. But there is another way. Servant leaders lead by serving their people, not by exalting themselves. In this collection, edited by legendary business author and lifelong servant leader Ken Blanchard and his longtime editor Renee Broadwell, leading businesspeople, bestselling authors, and spiritual leaders offer tools for implementing this proven - but for some, still radical - leadership model. The book is organized into six parts. Part One, Fundamentals of Servant Leadership, describes basic aspects of servant leadership. Part Two, Elements of Servant Leadership, highlights some of the different points of view of servant leaders. Part Three, Lessons in Servant Leadership, focuses on what people have learned on a personal level from observing servant leadership in action. Part Four, Exemplars of Servant Leadership, features people who have been identified as classic servant leaders. Part Five, Putting Servant Leadership to Work, offers firsthand accounts of people who have made servant leadership come alive in their organizations. Part Six, Servant Leadership Turnarounds, illustrates how servant leadership can dramatically impact both results and human satisfaction in organizations. This is the most comprehensive and wide-ranging guide ever published for what is, in every sense, a better way to lead.

**About the Author:** Ken Blanchard is the founder and chief spiritual officer of The Ken Blanchard Companies. He is the coauthor of several best-selling books, including The One Minute Manager and The New One Minute Manager, Raving Fans and Gung Ho -His books have combined sales of more than twenty million copies in forty-two languages. Ken is also cofounder of Lead Like Jesus, a nonprofit organization dedicated to inspiring and equipping people to be servant leaders. Renee Broadwell is an editor at The Ken Blanchard Companies, with more than a decade of experience producing books on business and leadership. Prior to that, she helped coordinate academic programs at The Art Institute of California, San Diego.

## Large Print Non-Fiction Best-Sellers



**Title:** Canoeing the Mountains (Expanded Edition)Christian Leadership in Uncharted Territory

**Author:** Tod Bolsinger

**ISBN:** 9780369365705

**Retail Price (excl. tax):** 40.99 USD

**Pages:** 470

**Publication Date:** 2/06/2021

**Category:** RELIGION / General

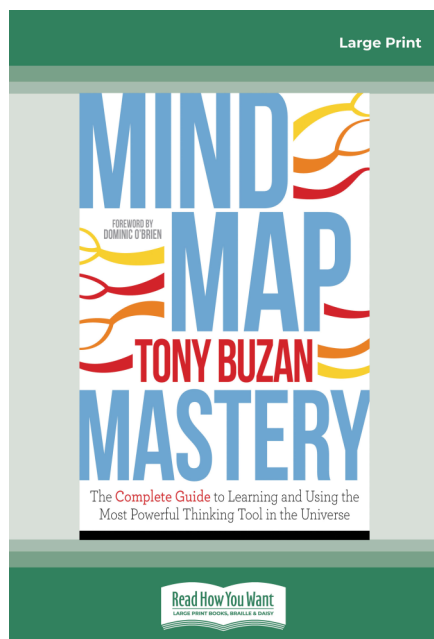
**BISAC:** REL000000

**Format:** [Large Print]

**Original Publisher:** InterVarsity Press

**About the Book:** Leadership Explorers Lewis and Clark had to adapt. While they had prepared to find a waterway to the Pacific Ocean, instead they found themselves in the Rocky Mountains. You too may feel that you are leading in a cultural context you were not expecting. You may even feel that your training holds you back more often than it carries you along. Drawing from his extensive experience as a pastor and consultant, Tod Bolsinger brings decades of expertise in guiding churches and organizations through uncharted territory. He offers a combination of illuminating insights and practical tools to help you reimagine what effective leadership looks like in our rapidly changing world. If you're going to scale the mountains of ministry, you need to leave behind canoes and find new navigational tools. Now expanded with a study guide, this book will set you on the right course to lead with confidence and courage.

## Large Print Non-Fiction Best-Sellers



**Title:** Mind Map MasteryThe Complete Guide to Learning and Using the Most Powerful Thinking Tool in the Universe

**Author:** Tony Buzan

**ISBN:** 9780369330147

**Retail Price (excl. tax):** 29.99 USD

**Pages:** 250

**Publication Date:** 5/12/2019

**Category:** SELF-HELP / General

**BISAC:** SEL000000

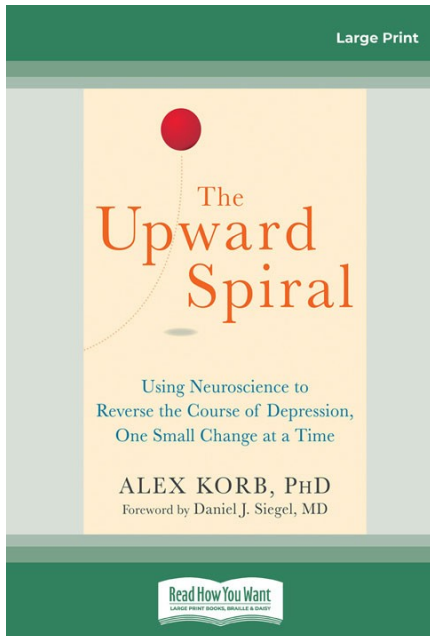
**Format:** [Large Print]

**Original Publisher:** Watkins Publishing

**About the Book:** ""I would recommend Tony's new book to anybody who wants to improve their thinking and achieve Mind Map mastery themselves."" - Dominic O'Brien, eight-time World Memory Champion and bestselling author Tony Buzan invented the Mind Map technique five decades ago. Seeing the transformational impact it had on people, he has been spreading the thinking tool across the world ever since. Tony Buzan's Mind Map technique has gathered amazing praise and an enormous worldwide following over the last few decades, but as with any very successful idea, there have been many sub-standard imitators. With Mind Map Mastery, Tony Buzan re-establishes the essential concepts that are the core of the Mind Map with a clarity and practicality unrivalled by other books. If you are looking to improve your memory, plan your business strategy, become more organized, study for an exam or plan out your future, this is the book for you. With a clarity and depth that far exceeds any other book on the subject, it includes the history of the development of the Mind Map, an explanation of what makes a Mind Map (and what isn't a Mind Map) and why it's such a powerful tool, illustrated step-by-step techniques for Mind Map development - from simple to complex applications - and how to deal with Mind Maps that have "gone wrong". Developed both for those new to the Mind Map concept as well as more experienced users who would like to revise and expand their expertise, Mind Map Mastery is the one Mind Mapping book needed on the shelf of every student and business person across the world.

**About the Author:** Tony Buzan is the world-renowned inventor of Mind Maps and the author of the multi-million-copy bestselling How to Mind Map and Mind Maps for Kids series. He appears regularly on television, radio and in print, and lectures all over the world. He advises international businesses, governments, educational authorities and Olympic athletes. His work has been published in over 100 countries and 30 languages.

## Large Print Non-Fiction Best-Sellers



**Title:** The Upward Spiral Using Neuroscience to Reverse the Course of Depression, One Small Change at a Time

**Author:** Alex Korb

**ISBN:** 9781458793935

**Retail Price (excl. tax):** 33.99 USD

**Pages:** 352

**Publication Date:** 27/01/2016

**Category:** SELF-HELP / Mood Disorders / General

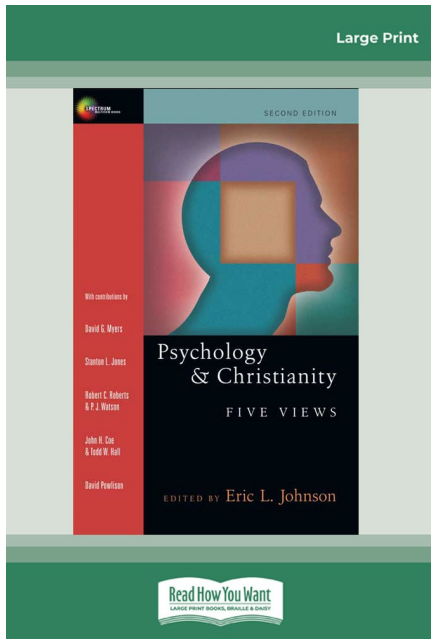
**BISAC:** SEL020000

**Format:** [Large Print]

**Original Publisher:** New Harbinger Publishing

**About the Book:** Depression can feel like a downward spiral, pulling you into a vortex of sadness, fatigue, and apathy. In *The Upward Spiral*, neuroscientist Alex Korb demystifies the intricate brain processes that cause depression and offers a practical and effective approach to getting better. Based on the latest research in neuroscience, this book provides dozens of straightforward tips you can do every day to rewire your brain and create an upward spiral towards a happier, healthier life. Whether you suffer from depression or just want a better understanding of the brain, this book offers an engaging and informative look at the neuroscience behind our emotions, thoughts, and actions. The truth is that there isn't one big solution to depression, but there are numerous simple steps you can take to alter brain activity and chemistry. Some are as easy as relaxing certain muscles to reduce anxiety, or getting more sunlight to improve your mood. Small steps in the right direction can have profound effects - giving you the power to become your best self as you literally reshape your brain, one small change at a time.

## Large Print Non-Fiction Best-Sellers



**Title:** Psychology and Christianity (2nd Edition)Five Views  
**Author:** Eric L. Johnson

**ISBN:** 9781459660199

**Retail Price (excl. tax):** 50.99 USD

**Pages:** 628

**Publication Date:** 28/02/2013

**Category:** RELIGION / Counseling

**BISAC:** REL019000

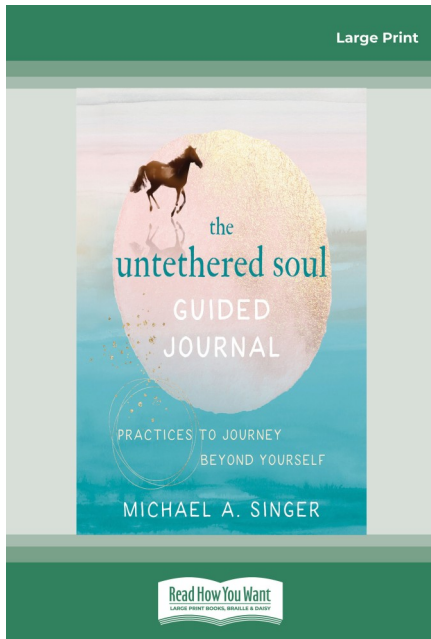
**Format:** [Large Print]

**Original Publisher:** InterVarsity Press

**About the Book:** How are Christians to understand and undertake the discipline of psychology? This question has been of keen interest because of the importance we place on a correct understanding of human nature. This collection of essays edited by Eric Johnson and Stanton Jones offers four different models for the relationship between Christianity and psychology.

**About the Author:** Eric L. Johnson (Ph.D., Michigan State University) is trained as an academic psychologist and is Lawrence and Charlotte Hoover Professor of Pastoral Care at The Southern Baptist Theological Seminary in Louisville, Kentucky. He is editor of *God Under Fire* and the author of *Foundations for Soul Care*. He is an associate editor of the *Journal of Psychology and Theology*, the *Journal of Psychology and Christianity*, and the *Journal of Spiritual Formation and Soul Care*, and he is the director of the Society for Christian Psychology (AACC).

## Large Print Non-Fiction Best-Sellers



**Title:** The Untethered Soul Guided Journal Practices to Journey Beyond Yourself

**Author:** Michael A . Singer

**ISBN:** 9780369359919

**Retail Price (excl. tax):** 37.99 USD

**Pages:** 424

**Publication Date:** 8/03/2021

**Category:** SELF-HELP / Spiritual

**BISAC:** SEL032000

**Format:** [Large Print]

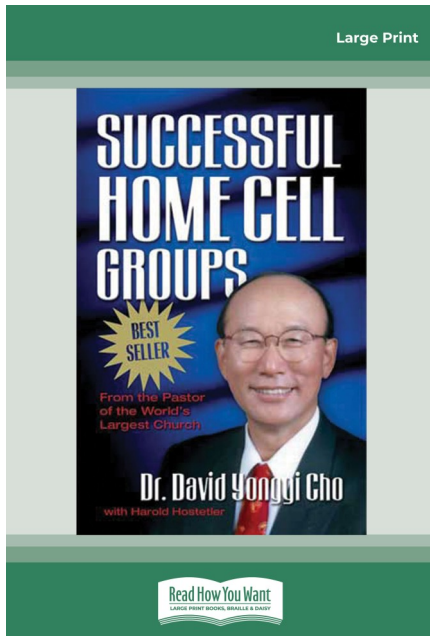
**Original Publisher:** New Harbinger Publishing

**About the Book:** Based on the #1 New York Times bestseller The Untethered Soul by Michael A. Singer, this beautiful journal guides readers on a journey of limitless possibilities and true fulfillment. Packed with inspirational writing prompts and practices, readers will learn to incorporate the profound wisdom of The Untethered Soul into their daily lives for lasting and unconditional happiness.

**About the Author:** Michael A. Singer is author of the #1 New York Times bestseller, The Untethered Soul, and the New York Times bestseller, The Surrender Experiment, which have both been published worldwide. He had a deep inner awakening in 1971 while working on his doctorate in economics, and went into seclusion to focus on yoga and meditation. In 1975, he founded Temple of the Universe, a now long-established yoga and meditation center where people of any religion or set of beliefs can come together to experience inner peace. He is also creator of a leading-edge software package that transformed the medical practice management industry, and founding CEO of a billion-dollar public company whose achievements are archived in the Smithsonian Institution. Along with his more than four decades of spiritual teaching, Singer has made major contributions in the areas of business, education, health care, and environmental protection. He previously authored two books on the integration of Eastern and Western philosophy: The Search for Truth and Three Essays on Universal Law. Visit [www.untetheredsoul.com](http://www.untetheredsoul.com) for more information.



## Large Print Non-Fiction Best-Sellers



**Title:** Successful Home Cell Groups

**Author:** David Yonggi Cho

**ISBN:** 9781458751386

**Retail Price (excl. tax):** 26.99 USD

**Pages:** 192

**Publication Date:** 20/04/2010

**Category:** RELIGION / Christian Ministry / Pastoral Resources

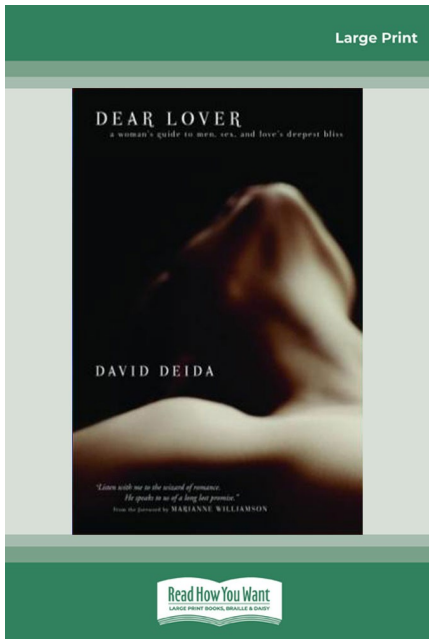
**BISAC:** REL074000

**Format:** [Large Print]

**Original Publisher:** Bridge-Logos Publishers

**About the Book:** Home cell groups are becoming a necessity in the believer's life, not only for the mega-churches but also for the small corner churches, as well. This book is a how-to resource that details everything you need to know in order to make home cell groups work in your church. The plans developed here are designed to bring intimate fellowship and involvement in the Christian's life, to effectively show Christians how to evangelize their neighborhood and community, and to share their spiritual gifts with one another. Home cell groups, therefore, give church members the opportunity to participate in the ministry of their church. Dr. Cho promises that, "By following the guidelines I have presented here, you can bring the miracles of home cell groups and church growth to your own congregation." So how does a church of more than 800,000 believers grow and work? Small groups, one household at a time. Cho is careful to share both his mistakes as well as his successes. One of the prime ingredients for a successful home group program is evangelism. He insists that the cell groups focus on the neighborhoods and communities to reach the lost. Leadership, training, discipline, recognition, focus, and personal involvement by the senior pastor are other critical elements. There is a careful balance which needs to be struck between control and freedom for each group to strengthen and grow. Great wisdom is shown in relying on the Holy Spirit to strike the right balance. As a senior partner in ministry, The Holy Spirit has grown the body of Christ in a miraculous way. Recorded in this book are lessons for us all, laymen and clergy, large church and small.

## Large Print Non-Fiction Best-Sellers



**Title:** Dear Lover  
**Author:** David Deida

**ISBN:** 9781459611467

**Retail Price (excl. tax):** 34.99 USD

**Pages:** 220

**Publication Date:** 26/01/2011

**Category:** SELF-HELP / Spiritual

**BISAC:** SEL032000

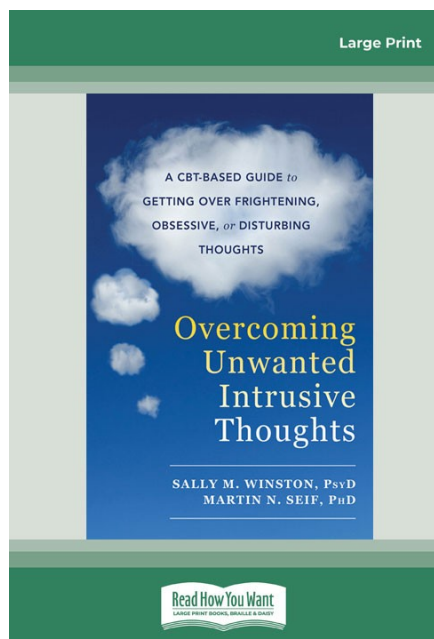
**Format:** [Large Print]

**Original Publisher:** Sounds True

**About the Book:** Are You Ready to Open to Loves Deepest Bliss? Every woman knows the fairy tale: find the right man, give him what he wants and needs, and he'll love you forever. But when the myth you've been asked to believe fails to deliver - when you sense you've been settling for far less than you know in your heart is possible - how do you attract and keep a man capable of meeting what you most passionately yearn for? In *Dear Lover: A Woman's Guide to Men, Sex, and Love's Deepest Bliss*, David Deida explores every aspect of the feminine practice of spiritual intimacy, from sexuality and lovemaking to family and career to emotions, trust, and commitment. Written as a collection of letters from a man to his "dear lover," here is this internationally acclaimed writer's invitation to practice love as a living art, as you discover: Why your man is always your choice - and how to pick the man of deep integrity who will satisfy the needs of your body, heart, and spirit "Sexual essence" and the three stages of loving: how to understand your fluctuating capacity to experience divine connection with another Knowing when to end a relationship and how to deal with the "him-shaped void" your absent man leaves behind Daily exercises to help you and your partner move from separation to openness in two-bodied devotional trust Ultimately, what every woman wants is to give and receive love fully. Whether you're partnered or alone, *Dear Lover* reveals that "your love is the same love that yearns to open at everybody's heart. You will attract and inspire a man as willing and able to open as you are. Constant yearning is the call to open and give yourself to all as love's offering.

**About the Author:** Acknowledged as one of the most insightful and provocative teachers of our time, bestselling author David Deida continues to revolutionize the way that men and women grow spiritually and sexually. His books have been published in more than twenty languages. His workshops on a radically practical spirituality have been hailed as among the most original and authentic contributions to the field of self-development currently available.

## Large Print Non-Fiction Best-Sellers



**Title:** Overcoming Unwanted Intrusive ThoughtsA CBT-Based Guide to Getting Over Frightening, Obsessive, or Disturbing Thoughts  
**Author:** Sally Winston

**ISBN:** 9781525267222

**Retail Price (excl. tax):** 27.99 USD

**Pages:** 280

**Publication Date:** 14/12/2017

**Category:** SELF-HELP / General

**BISAC:** SEL000000

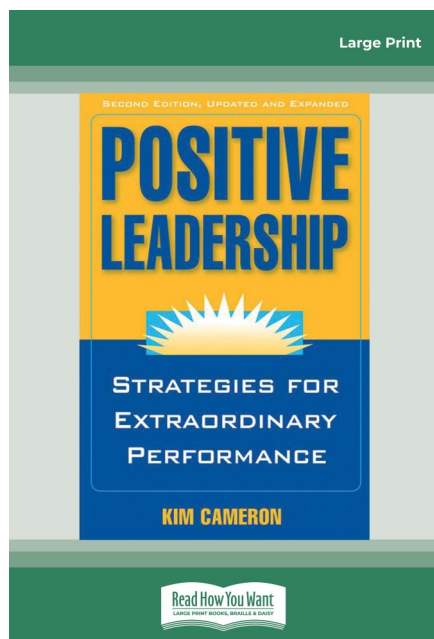
**Format:** [Large Print]

**Original Publisher:** New Harbinger Publishing

**About the Book:** People who experience unwanted, intrusive, or frightening thoughts often suffer shamefully and struggle silently for fear of what the thoughts might mean about them. In this powerful book, two anxiety disorder experts offer powerful and proven-effective cognitive behavioral therapy (CBT) skills to help readers get unstuck from disturbing thoughts, overcome intense shame, and reduce anxiety.

**About the Author:** Sally M. Winston, PsyD, founded and codirects the Anxiety and Stress Disorders Institute of Maryland in Towson, MD. She served as the first chair of the Clinical Advisory Board of the Anxiety and Depression Association of America (ADAA), and received their prestigious Jerilyn Ross Clinician Advocate Award. She is a master clinician who has given sought-after workshops for therapists for decades. She is coauthor of What Every Therapist Needs to Know About Anxiety Disorders.

## Large Print Non-Fiction Best-Sellers



**Title:** Positive Leadership

**Author:** Kim Cameron

**ISBN:** 9781459643246

**Retail Price (excl. tax):** 33.99 USD

**Pages:** 212

**Publication Date:** 6/08/2012

**Category:** BUSINESS & ECONOMICS / Development / General

**BISAC:** BUS092000

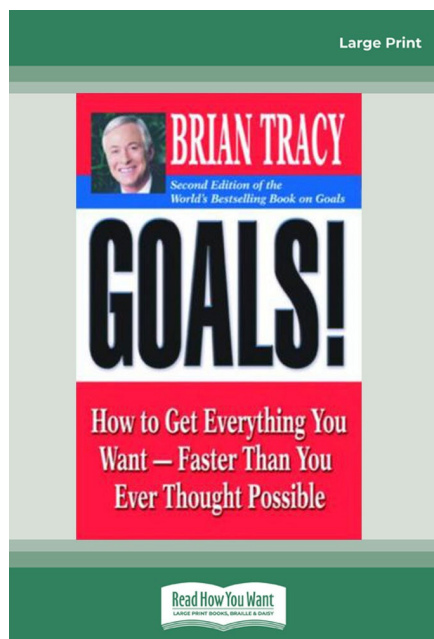
**Format:** [Large Print]

**Original Publisher:** Berrett-Koehler Publishers

**About the Book:** Leadership should be about much more than hitting targets and avoiding mistakes. Kim Cameron shows how to reach beyond ordinary success to achieve extraordinary effectiveness, spectacular results, and what he calls "positively deviant performance" - performance far above the norm. Positive leadership enables thriving and flourishing rather than simply addressing obstacles and impediments. It helps bring out the best in human nature. Cameron is one of the founders of the new field of Positive Organizational Scholarship, which studies unusually high - performing organizations. In Positive Leadership he draws on discoveries in this field and in the allied field of positive psychology - which focuses on high - functioning individuals - as well as positive organizational change methodologies. He identifies four interrelated leadership strategies:<br/> Positive Climate: fostering emotions such as optimism, compassion, and gratitude<br/> Positive Relationships: building positive energy networks and developing strength - based activities<br/> Positive Communications: fostering best - self feedback and supportive communication patterns<br/> Positive Meaning: helping people find profound purpose and a sense of calling<br/>Cameron cites the empirical research that these strategies are rooted in and that supports their bottom - line effectiveness, lays out a proven process for implementing them, and includes a self - assessment instrument and a guide to assist leaders in the implementation process. Positive Leadership is a concise, thoroughly researched, and practical guide that any leader can use to generate truly amazing results.<br/>

**About the Author:** Kim Cameron is professor of management and organizations at the University of Michigan and cofounder of the Center for Positive Organizational Scholarship. He is coauthor or coeditor of ten books, including Developing Management Skills, Positive Organizational Scholarship, and Making the Impossible Possible.

## Large Print Non-Fiction Best-Sellers



**Title:** Goals! (2nd Edition)How to Get Everything You Want-Faster Than You Ever Thought Possible

**Author:** Brian Tracy

**ISBN:** 9781458715265

**Retail Price (excl. tax):** 42.99 USD

**Pages:** 372

**Publication Date:** 6/10/2010

**Category:** SELF-HELP / Personal Growth / General

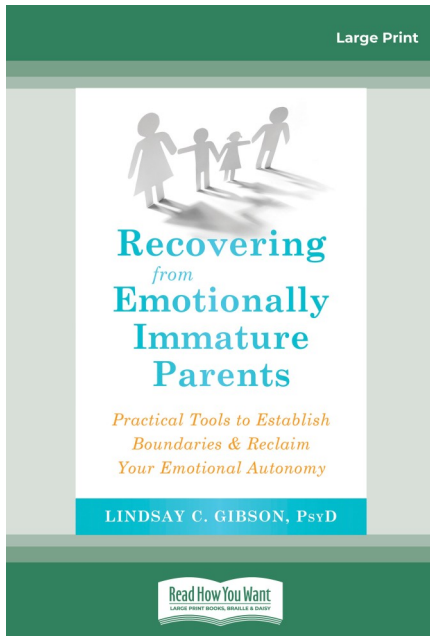
**BISAC:** SEL031000

**Format:** [Large Print]

**Original Publisher:** Berrett-Koehler Publishers

**About the Book:** Why do some people achieve all their goals while others simply dream of having a better life? Bestselling author Brian Tracy shows that the path from frustration to fulfillment has already been discovered. Hundreds of thousands--even millions--of men and women have started with nothing and achieved great success. Here Tracy presents the essential principles you need to know to make your dreams come true. Tracy presents a simple, powerful, and effective system for setting and achieving goals--a method that has been used by more than one million people to achieve extraordinary things. In this revised and expanded second edition he has added three new chapters addressing areas in which goals can be most rewarding but also the toughest to set and keep: finances, family, and health. Using the twenty-one strategies Tracy outlines, you'll be able to accomplish any goals you set for yourself--no matter how big. You'll discover how to determine your own strengths, what you truly value in life, and what you really want to accomplish in the years ahead. Tracy shows how to build your self-esteem and self-confidence, approach every problem or obstacle effectively, overcome difficulties, respond to challenges, and continue forward toward your goals, no matter what happens. Most importantly, you'll learn a system for achievement that you will use for the rest of your life.

## Large Print Non-Fiction Best-Sellers



**Title:** Recovering from Emotionally Immature Parents Practical Tools to Establish Boundaries and Reclaim Your Emotional Autonomy

**Author:** Lindsay C Gibson

**ISBN:** 9780369332684

**Retail Price (excl. tax):** 28.99 USD

**Pages:** 300

**Publication Date:** 24/01/2020

**Category:** SELF-HELP / General

**BISAC:** SEL000000

**Format:** [Large Print]

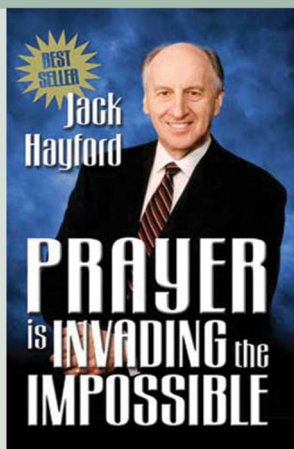
**Original Publisher:** New Harbinger Publishing

**About the Book:** Drawing on the success of her popular self-help book, *Adult Children of Emotionally Immature Parents*, author Lindsay Gibson offers yet another essential resource for adult children of emotionally immature parents. With this follow-up guide, readers will learn practical skills to recognize the signs of an emotionally immature parent, and powerful strategies for protecting themselves against emotional takeover. With this compassionate resource, readers will also discover how to reconnect with their own emotions and needs, and gain emotional autonomy in all their relationships.

**About the Author:** Lindsay C. Gibson, PsyD, is a clinical psychologist in private practice who specializes in individual psychotherapy with adult children of emotionally immature (EI) parents. She is author of *Who You Were Meant to Be*, and writes a monthly column on well-being for *Tidewater Women* magazine. In the past, she has served as adjunct assistant professor of graduate psychology at the College of William and Mary, as well as at Old Dominion University. Gibson lives and practices in Virginia Beach, VA.

## Large Print Non-Fiction Best-Sellers

Large Print



Read How You Want  
LARGE PRINT BOOKS, BRAILLE & DAISY

**Title:** Prayer Invading Impossible

**Author:** Jack Hayford

**ISBN:** 9781459633315

**Retail Price (excl. tax):** 26.99 USD

**Pages:** 192

**Publication Date:** 21/12/2011

**Category:** RELIGION / Christian Living / Prayer

**BISAC:** REL012080

**Format:** [Large Print]

**Original Publisher:** Bridge-Logos Publishers

**About the Book:** Through prayer, we learn that nothing is impossible with God. He is able to do beyond all that we can ask or think. Jack Hayford writes, "Prayer can change anything. The impossible doesn't exist. His is the power. Ours is the prayer. Without Him, we cannot. Without us, He will not." This is one of the best-selling and more highly regarded books on prayer in our generation. Prayer Is Invading the Impossible will show you the way to: Face seeming impossibilities, Be honest with God and yourself, Wage effective spiritual warfare, Find victory for your life.