



The Happy Mother

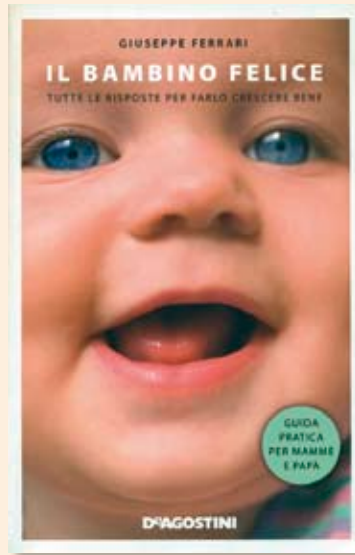
All You Need to Know to Raise Your Baby

By Professor Giuseppe Ferrari

501 questions and answers

Award-winning paediatrician Giuseppe Ferrari answers with authoritative reassurance all the questions that new mothers have asked him in the course of over 40 years of clinical practice. These include: Why do some newborns turn yellow? How can I stop my baby crying? At what age can my baby start to travel? How can I get my baby to sleep? What new vaccines are available? And many hundreds more that first time parents frequently ask.

256 pages; 224 x 140 mm;
paperback with flaps
Originally published in Italy (De Agostini)



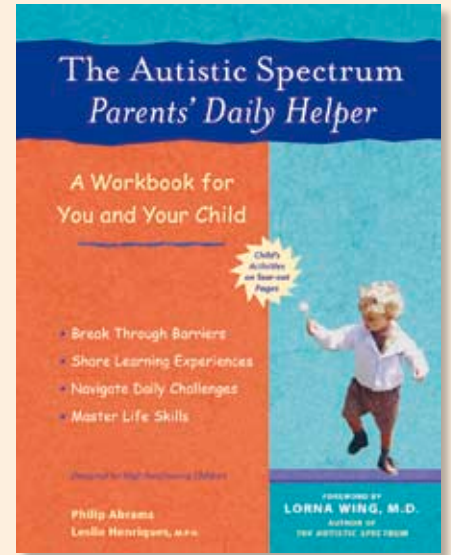
The Happy Baby & Toddler

All You Need to Know to Raise Your Baby

By Professor Giuseppe Ferrari

All parents want their baby to be healthy and happy, but achieving that goal is not always easy. This book explains to new parents in clear and simple terms what to do and what not to do to encourage the natural process of development and growth. The secret to remember is that babies are born with a natural, evolutionary potential to thrive. The book answers all the questions that parents ask on a daily basis – about nutrition, crying, sleep, hunger, sight, teething, colic, then in later years, issues of spoiling a child, how much TV viewing to allow, nursery school, sport, and many others.

256 pages; 224 x 140 mm;
paperback with flaps
Originally published in Italy (De Agostini)



The Autistic Spectrum Parents' Daily Helper

A Workbook for You and Your Child

By Philip Abrams & Leslie Henriques
Foreword by Lorna Wing

In clear and concise language, *The Autistic Spectrum Parents' Daily Helper* describes the techniques parents can use to help their autistic child navigate life's daily routines and challenges. Focusing on 45 easy-to-understand behavioural tasks, this workbook gives parents and other caregivers specific tools for making everyday activities – from getting dressed to going to the doctor to helping in the home – possible for autistic children. The authors also provide useful tips and constructive suggestions to simplify vacation planning. Helpful illustrations and lay terminology make each entry easy to implement. *The Autistic Spectrum Parents' Daily Helper* is designed to make daily life as organised and stress-free as possible for both parent and child.

128 pages; 280 x 216 mm;
16 b/w photos, 30 b/w illustrations
Originally published in USA
(Ulysses Press)



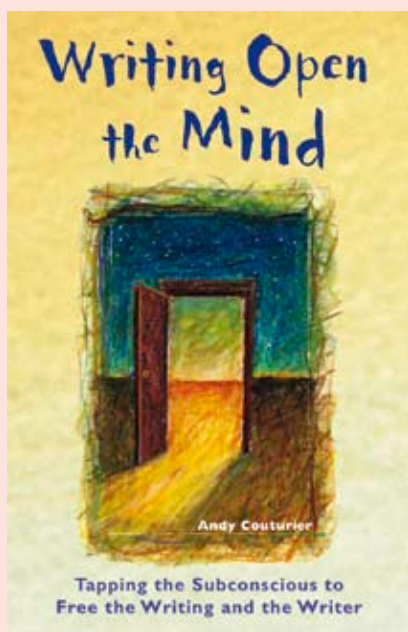
Learn and Grow Together

A Practical Guide for Every Family

This encyclopedic, fully illustrated guide for parents and children covers every conceivable topic likely to affect family life, from matters of physical and mental health to discipline and behaviour, and sexual education. Issues covered include communication, relationships, respect, work, play, discipline, asking permission, disputes and arguments, study and schooling, divorce and separation, single parents, sexuality, depression, fear and anxiety, eating disorders, gifted children, children with special needs, values, money, self-esteem, independence, personality, big decisions, and much more.

256 pages; 215 x 275 mm; colour photos throughout
Originally created in Chile and Brazil (Editorial Amereida)





256 pages; 216 x 138 mm
Originally published in USA (Ulysses Press)

Writing Open the Mind

Tapping the Subconscious to Free the Writing and the Writer

By Andy Couturier

With *Writing Open the Mind* you can inject a sense of playfulness and possibility into your writing!

Powerful writing comes naturally when your mind is energised and experimental, when it can take risks and follow the unexpected. Use the techniques in this book to jump-start your creativity, learn new tricks and expand your writing repertoire.

- Use the surrealist technique of 'automatic writing'
- Play with archetypal imagery from the Tarot
- Learn from the resonances of the body
- Write in diverse voices and styles
- Connect with the luminous natural world
- Scramble word sequences to break the habit of making 'sense' in a linear way

This rollicking guide opens dozens of gateways to the subconscious world. Whether you are writing for publication or for personal pleasure, the practical tools and liberating philosophy found in this book will release the genius of the intuitive mind.

Integral Transformation

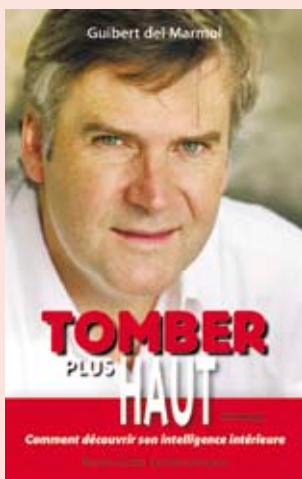
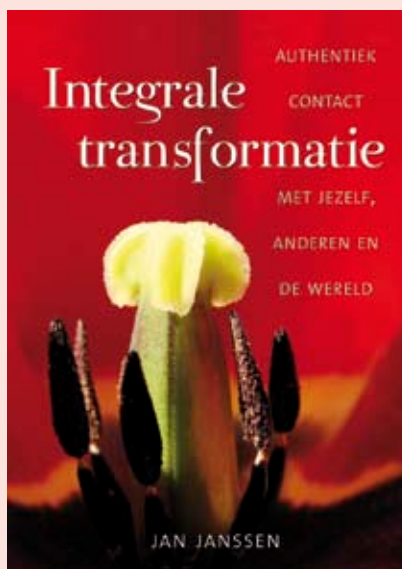
Authentic Contact with Yourself, Others and the World

By Jan Janssen

This book, in 3 parts, describes the transformation of the human psyche. The first part sketches 3 effective tools and 8 fundamental orientation points that are necessary for personal transformation. The second contains a profound clarification of the psychological characteristics of chakras using various examples from actual practice. An explanation is given about the way we can keep our chakras healthy and in balance. The last part provides a unique angle on the theme of human relationships. Professionals and others who deal with people can deepen their insight into the human psyche.

With the instructions provided the reader can undergo a thorough test and embark upon personal transformation.

120 pages; 235 x 170 mm
Originally published in the Netherlands (Ankh-Hermes)
English synopsis available



254 pages; 235 x 205 mm
Originally published in France
(Editions Alpee)

Falling Higher

By Guibert del Marmol

In 1994 a young business leader, Guibert del Marmol suffered a burn-out, ending up hospitalised with a major brain tumour. But the disease that should have killed him eventually led him to re-discover himself and gain a new lease of life. To regain his health, the author developed a new lifestyle, combining the effective remedies of western medicine with traditional healing. A strict discipline based on exercise, best nutritional practice and various meditation practices, including the practice of cardiac coherence, promoted by the eminent French psychiatrist, David Servan-Schreiber in his bestselling book, *Guérir*, cast off his pessimistic prognosis and allowed him to lead a normal life again.

As well as restoring his health, this regime fusing ancient and modern, eastern and western traditions broadened his outlook on life, allowing him to embrace other realities and see things in a new light. He discovered the notion of inner intelligence, adopting scientific methods to understand how thoughts and emotions influence his health. An exchange with quantum physicists, cellular biologists and specialists in the field of psycho-neuro-immunology led him to explore the boundaries between science and philosophy, and between physics and metaphysics. In order to live according to his profoundly-held new convictions and become a force for change in society, he renounced the corporate life, convinced that we must radically change our production and consumption methods in order to save our planet and our human species.