

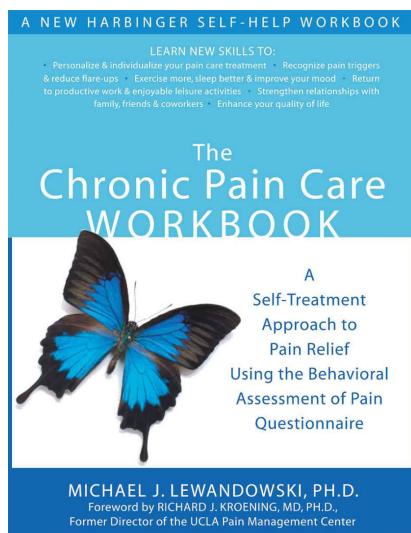
BOOK LIST

1. The Chronic Pain Care Workbook (By Michael J Lewandowski)

This book offers a Powerful Step-by-Step Approach to Dealing with Chronic Pain.

The tools in this book will give you control over your own pain-management process by helping you monitor your responses to pain. Use the assessments to help gauge your levels of physical and emotional pain, sleep habits, and general ability to function throughout the day. Then put the book's practical advice to work to maintain a higher quality of life despite pain. Ultimately, you'll start to achieve higher activity levels and a greater degree of fulfillment.

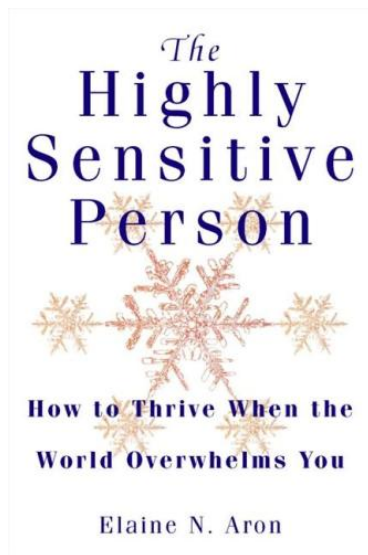
<http://www.fishpond.com.au/Books/Chronic-Pain-Care-Workbook-Michael-J-Lewandowski/9781572244702>



2. The Highly Sensitive Person: How to Survive and Thrive When the World Overwhelms You (By Elaine N. Aaron)

How to cope when the world overwhelms you. For those people who: have a keen imagination; are labelled too shy or too sensitive; who perform poorly when being observed even though they are usually competent; have vivid dreams; for whom time alone each day is essential; and find they are quickly overwhelmed by noise and confusion, crowded parties, hectic office life.....this is the book to help them understand themselves and how best to cope in various situations.

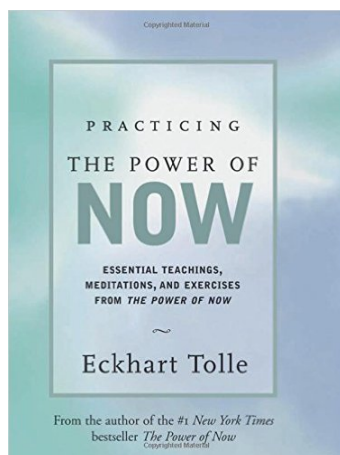
<http://www.booktopia.com.au/the-highly-sensitive-person-elaine-n-aaron/prod9780722538968.html?source=pla&gclid=CJSF14qbx80CFQx8vQodDu0CdA>



3. **Practicing the Power of Now: Essential Teachings, Meditations, and Exercises From The Power of Now (By Eckhart Tolle)**

Eckhart Tolle is rapidly emerging as one of the world's most inspiring spiritual teachers, sharing the enlightenment he himself experienced after a startling personal transformation. His views go beyond any particular religion, doctrine, or guru. This book extracts the essence from his teachings in *The Power of Now*, showing us how to free ourselves from "enslavement to the mind." The aim is to be able to enter into and sustain an awakened state of consciousness throughout everyday life. Through meditations and simple techniques, Eckhart shows us how to quiet our thoughts, see the world in the present moment, and find a path to "a life of grace, ease, and lightness."

http://www.bookdepository.com/book/9781442965089?redirected=true&selectCurrency=AUD&w=AF45AU961DZV48A8Z3TT&gclid=CJXH_46cx80CFYKZvAodtBsIFg



4. **The Inspiration 'Bible' (By Emily Gowor)**

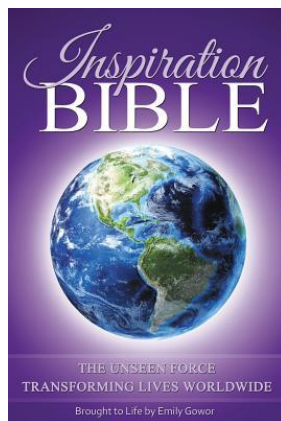
This powerful book is devoted to uplifting humanity, one day at a time, from teenagers who are struggling to find themselves to adults with challenges to the

elderly who are giving up on life. The Inspiration Bible is a much-needed beacon of love and wisdom to bring people through their darkest moments and raise them up to live the life they dream of.

Termed as “The Book That Keeps on Giving,” the Inspiration Bible has a unique philanthropic aspect to it: **For every copy of the book purchased, a second copy is given away for FREE to someone needing inspiration.**

This means the power is DOUBLED whenever someone buys the book, giving the gift of inspiration to thousands of people around the world – so that one more life is influenced, one more life is changed and one more dream is awakened.

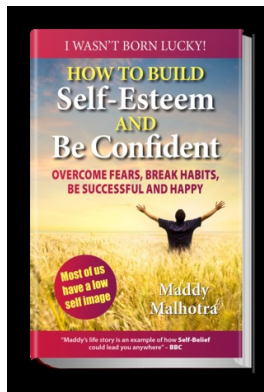
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5. **How to build Self-Esteem and be Confident (By Maddy Malhotra)**

Many hours and much money are spent every year in the pursuit of getting thinner, richer, more confident, ‘better’ jobs and fulfilling relationships and yet we never quite seem to achieve what we desperately seek and we can’t seem to keep hold of it when we do. Why is this? Quite simply we sabotage our own efforts with ‘limiting beliefs’ about our capabilities and our worth. In this Easy to read and Practical book Maddy Malhotra aims to help us change that forever.

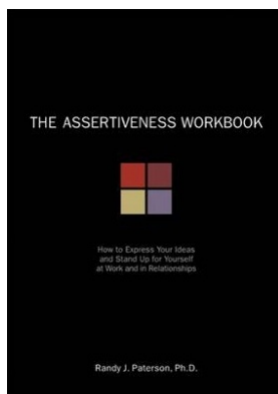
<http://www.booktopia.com.au/how-to-build-self-esteem-and-be-confident-maddy-malhotra/prod9780957667709.html?source=pla&gclid=CM39vYuex80CFQqbvAod828BkQ>



6. **The Assertiveness Workbook (By Randy J. Paterson)**

Effective communication is a critical skill that influences your professional success, the stability of your family life, and your personal happiness. Your ability to communicate effectively is seriously hampered if you can't assert yourself constructively. If you've ever felt paralyzed by an imposing individual or strongly argued opposing point of view, you know that a lack of assertiveness can leave you feeling marginalized and powerless. The Assertiveness Workbook contains effective, cognitive behavioral techniques to help you become more assertive.

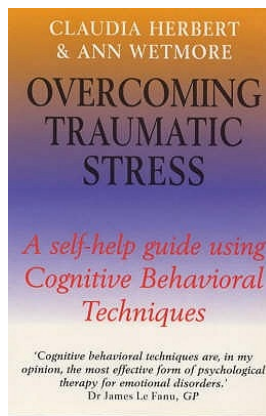
<http://www.booktopia.com.au/the-assertiveness-workbook-randy-j-paterson/prod9781572242098.html>



7. **Overcoming Traumatic Stress: A Self-Help Guide using Cognitive Behavioural Techniques (By Claudia Herbert & Ann Wetmore)**

This is a self-help guide aimed to help sufferers, their families and those who work with them to understand the physical, mental and emotional reactions of traumatic stress. It works through accepting and managing those reactions, learning to accept the trauma itself and then letting go and moving on.

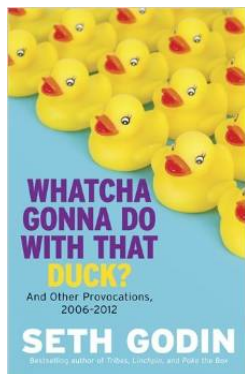
http://www.fishpond.com.au/Books/Overcoming-Traumatic-Stress-Claudia-Herbert-Ann-Wetmore/9781841190167?utm_source=googleps&utm_medium=ps&utm_campaign=AU&gclid=COFNschMyc0CFYkIvAod_MQMdg



8. Whatcha Gonna Do with That Duck?: And Other Provocations, 2006-2012 (By Seth Godin)

“We’re surrounded by people who are busy getting their ducks in a row, waiting for just the right moment. . . . Getting your ducks in a row is a fine thing to do. But deciding what you are going to do with that duck is a far more important issue.” With his ruthless honesty and genuine inspiration, Godin makes you ponder the difficult questions you wouldn’t ever dare to ask yourself. If you need a friend that understands, a boss that forces you to venture deep in your non-comfort zone, a wise guru that tells you what needs to be left behind and a sage that proclaims the coming of a new age, then look no further; you will find these shrewd voices all tied together in this magnificent book. Make sure to get this one.

<http://www.booktopia.com.au/whatcha-gonna-do-with-that-duck--seth-godin/prod9781591846093.html?source=pla&gclid=CNbNyOLNyc0CFYoDvAodQ3AEEnQ>



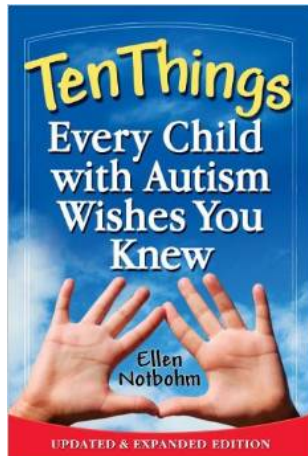
9. Ten Things Every Child with Autism Wishes You Knew: Updated and Expanded Edition (By Ellen Notbohm)

Every parent, teacher, social worker, therapist, and physician should have this succinct and informative book in their back pocket. Framed with both humor and compassion, the book describes ten characteristics that help illuminate—not define—children with autism. This updated edition delves into expanded thought and deeper discussion of communication issues, social processing skills, and the critical roles adult perspectives play in guiding the child with autism to a meaningful, self-sufficient, productive life.

A bonus section includes ten more essential, thought-provoking "things" to

share with young people on the spectrum as they cross the threshold of adulthood, and an appendix of more than seventy questions suitable for group discussion or self-reflection. This new edition sounds an even more resonant call to action, carrying the reader farther into understanding the needs and the potential of every child with autism.

http://www.fishpond.com.au/Books/Ten-Things-Every-Child-with-Autism-Wishes-You-Knew-Ellen-Notbohm/9781935274650?utm_source=googleps&utm_medium=ps&utm_campaign=AU&gclid=CKSogtXOyc0CFYwHvAodynUBjw



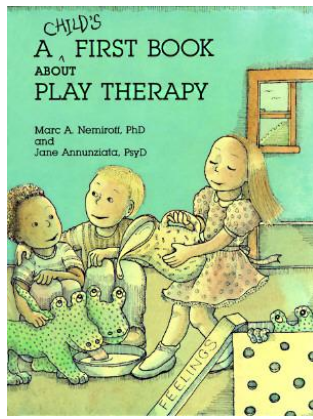
10. A Child's First Book about Play Therapy (By Marc A. Nemiroff and Jane Annunziata)

What is play therapy? What happens in a session?

Beginning therapy for a child and parent is a time of curiosity, questions, and worry. "Play Therapy" is designed to answer the questions that children have about therapy in words and images that 4 to 7 year-olds can understand. Issues are addressed in simple language with many illustrations. Combining large print and clear terms with witty illustrations, this book explains:

- a) The concept of confidentiality
- b) The bond that is created between therapist and child
- c) How therapy can help children feel better and make their problems smaller when they understand their feelings.

<http://www.bookdepository.com/book/9781557981127?redirected=true&selectCurrency=AUD&w=AF45AU96RGUJX9A8Z3TT&gclid=CJzRya7Pyc0CFVSUvQo dkBgNpw>



11. **Change Your Thinking, 2007-2013 (by Sarah Edelman)**

This is a self help and easy to read book that assists people in identifying the impact their unhelpful negative thinking has on both their behaviour and emotions. It has a range of exercises providing the reader an opportunity to implement practical strategies for overcoming anxiety, depression, anger and guilt. This book is based on Cognitive Behaviour Therapy (CBT) principles.

http://www.booktopia.com.au/change-your-thinking-sarah-edelman/prod9780733332241.html?source=pla&gclid=CjwKEAjwn7e8BRCUqZiP_vnr_tBkSJAC_lp4HZOIGl4cEkFeXiONZ3klcWPj3Nvkc3M6696GtcC8EUxoC1r7w_wcB

