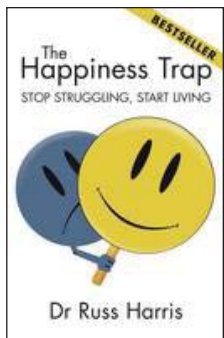
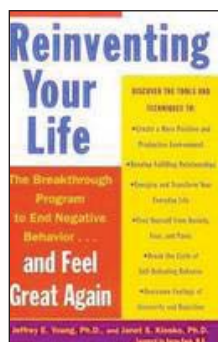


**The Happiness Trap:
Stop Struggling, Start Living** **1**
by Dr. Russ Harris



This book provides an escape from 'the happiness trap', via a revolutionary new development in human psychology: a powerful model for change, known as Acceptance and Commitment Therapy (ACT).

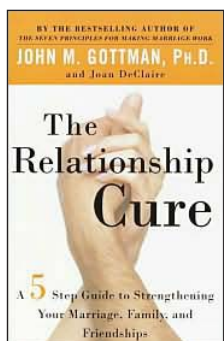
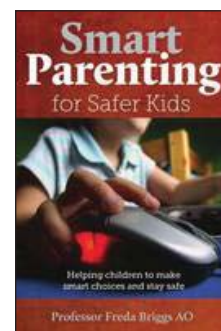


**Reinventing Your Life:
How to Break Free from Negative Life Patterns**
by Jeffrey E. Young

2 Are you drawn into relationships with people who are self-centered, cold to you, misunderstand you, or use you?

3 Smart Parenting for Safer Kids
by Freda Briggs

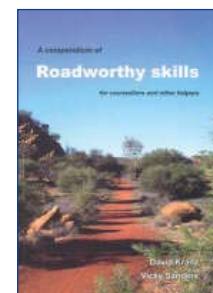
This essential and informative handbook provides an understanding of the behaviours of child sex offenders and their reach, and provides practical advice to those responsible for safeguarding children and teens.



The Relationship Cure: A 5 Step Guide for Building Better Connections with Family, Friends and Lovers
by John M. Gottman

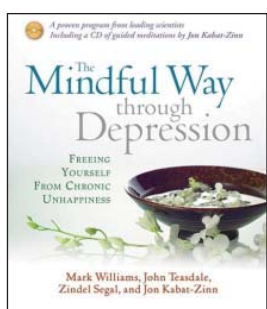
4 A ground breaking, practical program for transforming troubled relationships into positive ones.

**Top 10
BEST SELLING
Titles**



A Compendium of Roadworthy Skills for Counsellors and Other Helpers
by David Kranz & Vicky Sanders **5**

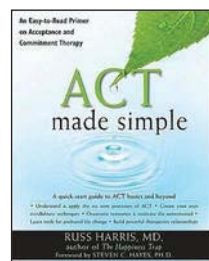
Learn the skills that create both the climate and the means for others to optimise the likelihood of fully expressing their unique potential.



Overcome the cycle of depression by building life skills for resilience, peace, and lasting joy. Featuring guided meditations by Jon-Kabat Zinn.

**6 The Mindful Way Through Depression
Freeing Yourself from Chronic Unhappiness**
by Mark Williams

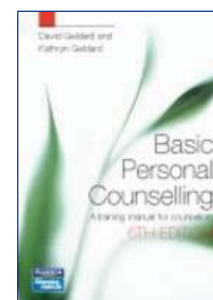
**Act Made Simple:
An Easy-to-Read Primer on Acceptance and Commitment Therapy**



by Dr. Russ Harris

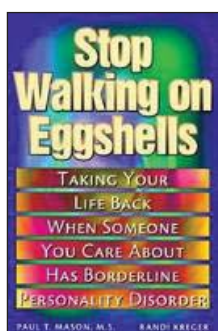
A clear, accessible, and jargon-free ACT primer. Based on ACT in a Nutshell, Harris' popular ten-week crash course on the ACT model, this makes the six ACT processes easy to understand and implement

7



**Basic Personal Counselling:
A Training Manual for Counsellors**
by David & Kathryn Geldard

8 A training textbook for both professional and volunteer counsellors and workers in the helping professions.



**Stop Walking on Eggshells:
Coping When Someone You Care About Has Borderline Personality Disorder**
by Paul T. Mason

A self-help guide that helps the family members and friends of individuals with borderline personality disorder (BPD) understand this self-destructive condition and learn what they can do to cope with it and take care of themselves.

9

**Trauma Essentials
The Go-to-Guide**
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This book presents the wide range of trauma treatments available and gives readers tools to choose a treatment plan or assess whether their treatment plan is working.

10



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