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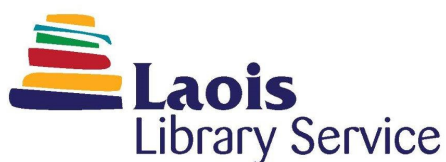


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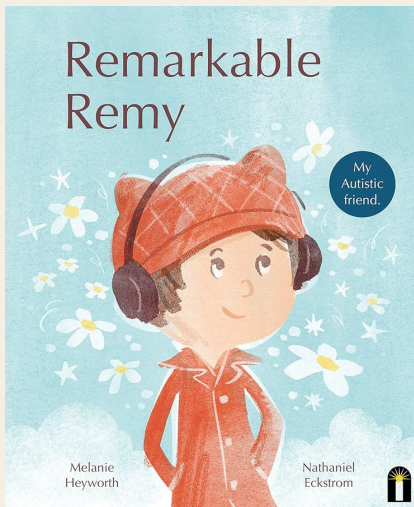
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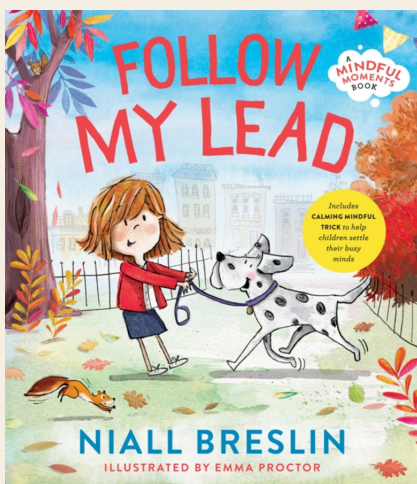
ADULT



Children's Titles



'Remarkable Remy' is a warm and optimistic story that introduces an autistic character to a young audience. The story helps explain the autistic brain - how it works a little differently and how unique it is - and how our neurodivergent friends make the world remarkable!



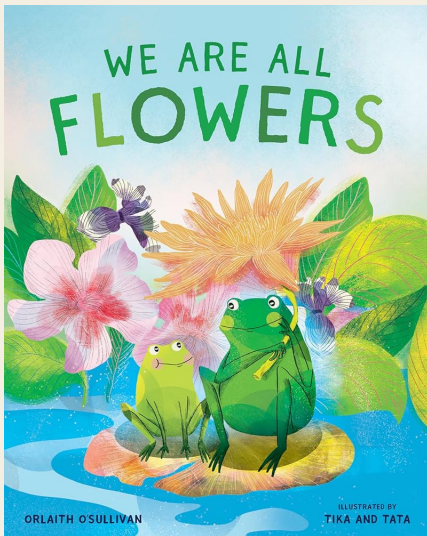
'Follow My Lead' will help children calm their busy minds. Dad and Sam are walking her dog Frank in the park after school. She tells Dad about feeling busy and a bit overwhelmed and he explains that she needs to calm her mind down. He explains that her brain is a bit like her dog.



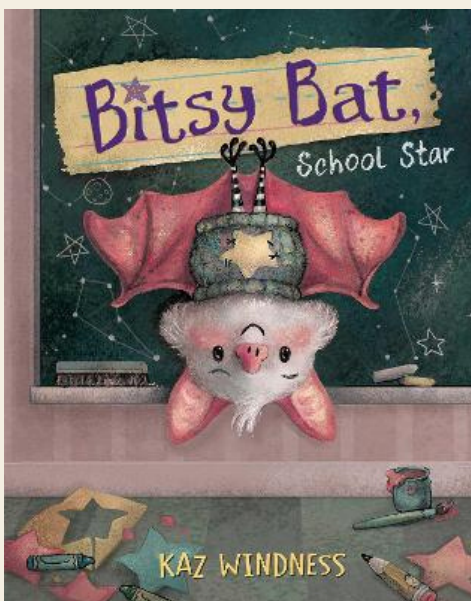
One day, Colour Monster wakes up feeling very confused. His emotions are all over the place; he feels angry, happy, calm, sad and scared all at once! To help him, a little girl shows him what each feeling means through colour. What is the Colour Monster feeling? And can you help him feel a little less mixed up? A gentle exploration of feelings for young and old alike.



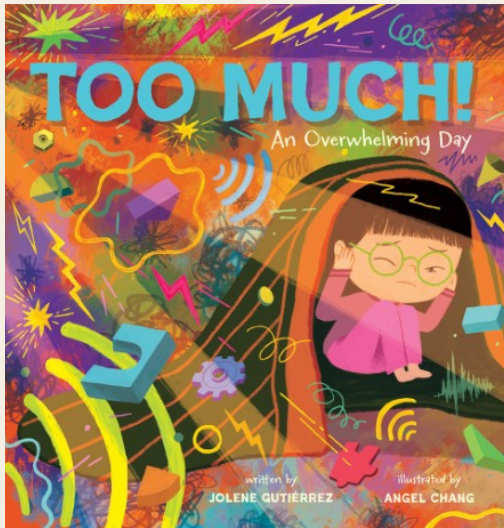
When Liza and Jeremy run to their mother during a scary storm, she comforts them by telling them about the Invisible String, which connects people who love each other no matter where they are and means that they are never alone.



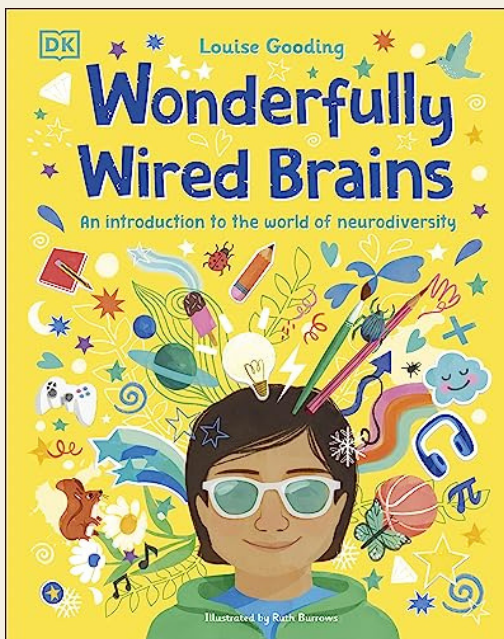
We are all flowers! We all need compliments and appreciation to be our best selves, just like flowers need water. This fun and sweet book introduces children to the practice of flower-watering: the much needed art of recognizing and appreciating good qualities in the people around you, which brightens and lifts everyone's spirits.



A little bat struggles to fit in only to learn to celebrate differences in this heartfelt picture book from an autistic perspective about starting school, making friends, and seeing what makes each person special.

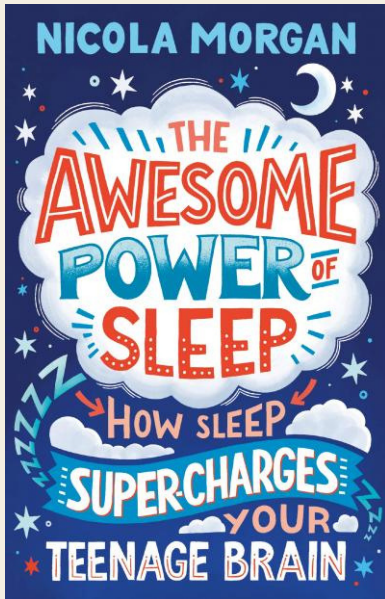


A reassuring rhyming picture book about sensory overload and what you can do when everything is too much. Writing from her own experience with sensory processing disorder, Jolene Gutierrez's compassionate picture book explores the struggles of a sensorily sensitive child and how they settle themselves.

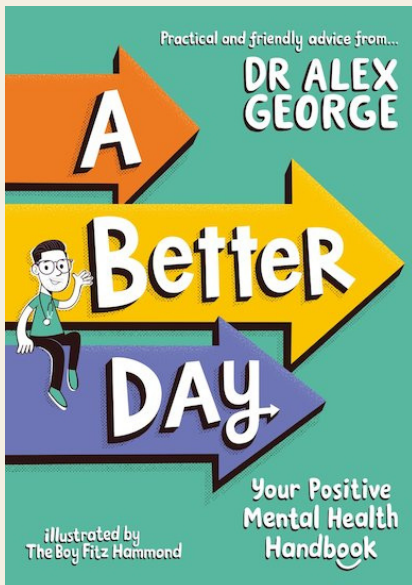


Neurodiverse author Louise Gooding, challenges misconceptions and shows how neurodivergent brains work a little differently. This book teaches children aged 7-9 all about the awesome abilities that neurodiverse individuals have, introduces them to advocates who are challenging neurodiversity stereotypes, and most importantly gives them a safe space to feel accepted.

Young Adult Titles

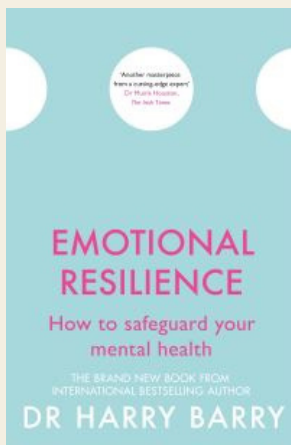


Late nights, addictive technology and minds racing with exam stress and friendship worries: its no wonder the teenage stereotype is tired eyes and sleeping through the weekend. Just like adults, teenagers are sleeping less now than ever before, yet sleep is crucial to our health and well-being. Internationally renowned expert on the teenage brain, Nicola Morgan, tackles this essential subject - asking why teenagers so desperately need a good nights sleep, exploring what a lack of sleep does to their developing brains, and explaining how to have the best sleep possible. A fascinating and helpful guide for both teenagers and adults alike.

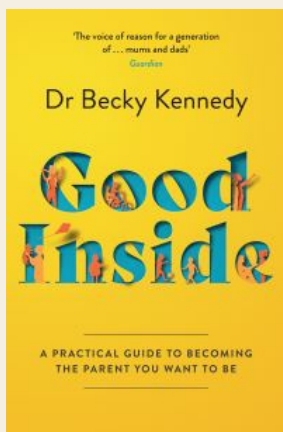


What if we could think of mental health in a positive way? From peer pressure and exam stress to online trolls and anxiety, life can be mentally draining. But though life is full of ups and downs, there are ways you can stay on top of your mental health - including overcoming stigma, talking about your feelings, developing resilience and switching your mindset. This book provides all the scaffolding and practical techniques to help you do this, so though you might be having a hard time right now, you can look toward your future with optimism and positivity. Because no matter what, there is always hope for a better day.

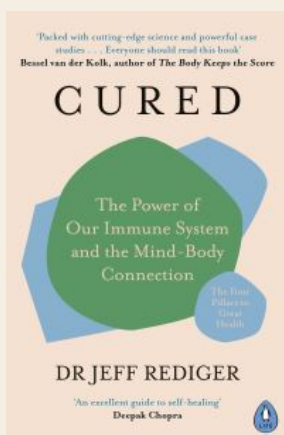
Adult Titles



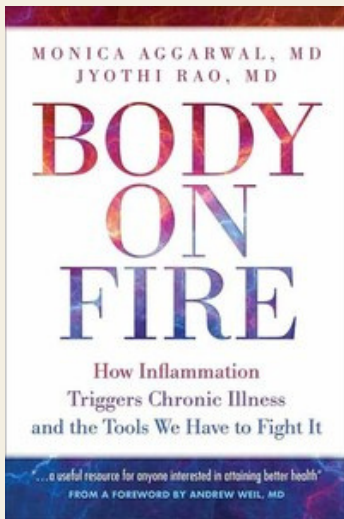
GP Dr Harry Barry reveals how you can unlock your inner emotional resilience reserves, deal with the challenges of life, and protect your mental health. He explores the key skills needed to transform your emotional capacity and reach your full potential.



Dr. Becky Kennedy, wildly popular parenting expert and creator of @drbeckyatgoodinside, shares her groundbreaking approach to raising kids and offers practical strategies for parenting in a way that feels good.

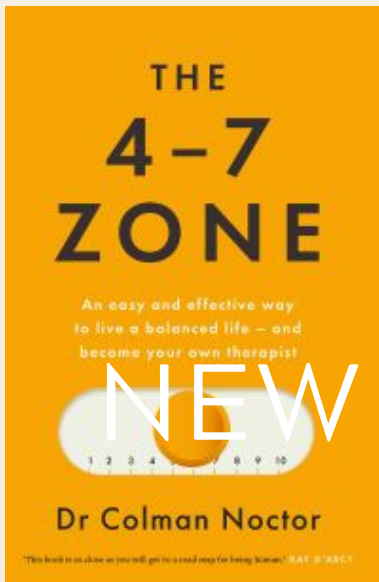


Dr Rediger reveals the immense power of our immune system and unlocks the secrets of the mind-body connection. He explains the vital role that nutrition plays in boosting our immunity and fighting off disease, and he also outlines how stress, trauma and identity affect our physical health.

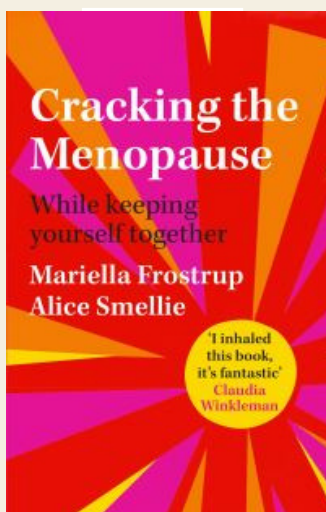


Health professionals worldwide agree that chronic inflammation is the root of most illnesses. Here, the authors present an in-depth evaluation of the impact inflammation has on chronic disease, along with a revolutionary approach for restoring balance and healing.

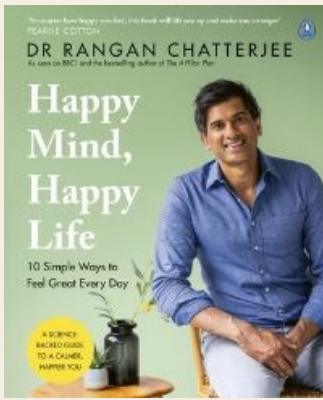
Specific plant-based foods in one's diet that reduce harmful inflammation and nurture healthy digestive organisms, together with quality sleep, stress reduction techniques (such as yoga and meditation), and intermittent fasting are recommended to work together to help the body repair and heal.



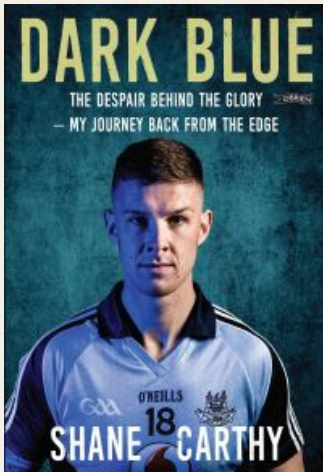
Colman Noctor has developed The 4-7 Zone to help you find the sweet spot between too much and too little to help you achieve balance and harmony. This life-changing method can be applied to every area of your life, helping you to become your own therapist and achieve a practical, sustainable rhythm.



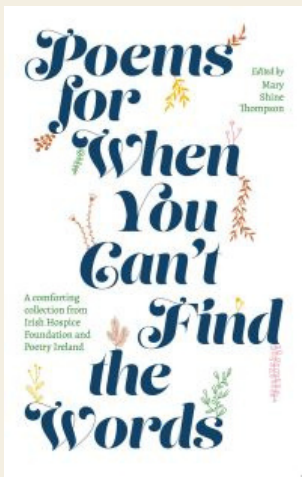
It's time for us to start talking about the menopause. 'Cracking the Menopause', from straight-talking broadcaster Mariella Frostrup and award-winning health journalist Alice Smellie, has all the information you need - with a generous side order of humour. Designed to equip you with the knowledge you need to manage your symptoms from perimenopause onwards, this book separates the myths from the reality and offers expertise, hope and advice.



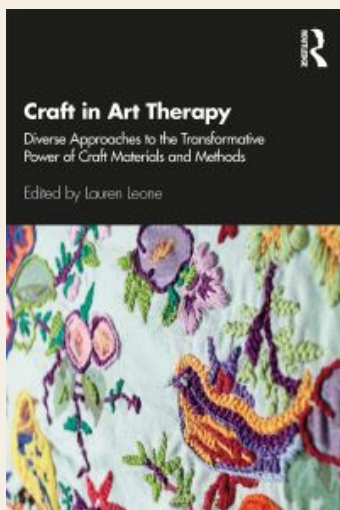
During his 20 years as a GP, Dr Rangan Chatterjee has seen firsthand how motivation isn't always enough for us to maintain a healthy lifestyle. It's only when we learn how to support our own mental wellbeing and cultivate core happiness that these choices become easy. In this book, Dr Chatterjee reveals 10 simple ways to put you back in control of your health.



Shane writes frankly and eloquently about his journey over the last five years. He details, without overdramatising, the downward spiral which, days after producing a man-of-the-match display in Dublin's 2014 Leinster under-21 final win over Meath, saw him wake up in St Patrick's Mental Hospital. He hopes that through his words and actions he can show people that there is a way out of the suffering they may be experiencing and the path, although difficult, is worth travelling



Instigated by the Irish Hospice Foundation,, this collection provides the gift of words at a time when words can be hard to find and is designed to speak to the fears and concerns that illness and approaching death awaken. . Whether you are facing the end of life, are the family, friend or carer of someone who is, or if you are grieving, you will find solace and refuge here.



Craft in Art Therapy is the first book dedicated to illustrating the incorporation of craft materials and methods into art therapy theory and practice. The book explores the therapeutic benefits of a range of craft materials and media, as well as craft's potential to build community, to support individuals in caring for themselves and each other, and to play a valuable role in art therapy practice.

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