



# Crown House Publishing

Health, Well-being and Parenting  
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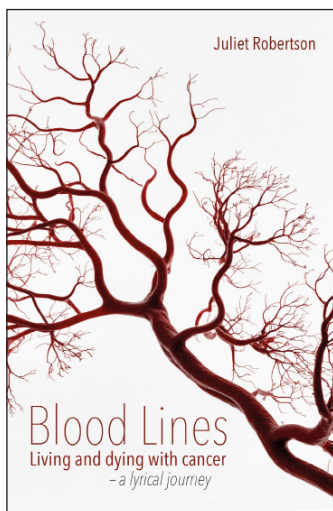
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# Contents



Juliet Robertson received an unexpected blood cancer diagnosis at the end of 2020 which altered her life trajectory. Juliet began writing poetry in 2021 as a way of making sense of her illness, treatment and prognosis. She discovered that through sharing her poems she was empowered to have necessary, but not easy, conversations with family and friends. Prior to this Juliet was an education consultant specialising in outdoor learning and play and the author of two popular books, *Dirty Teaching* and *Messy Maths*. She has been an Independent Thinking Associate since 2011.

## Blood Lines

### Living and dying with cancer – a lyrical journey

Juliet Robertson

When my blood became ink, words began to flow.

When Juliet Robertson received an unexpected diagnosis of Acute Myeloid Leukaemia (AML) in 2020, her life altered irreparably. Poetry became an unexpected source of strength, offering an outlet for her to make sense of her illness.

*Blood Lines* is a poignant exploration of Juliet's life with terminal cancer. Her resilience and positivity are evident throughout this heartwarming collection of poems and the accompanying narrative is a shining example of how to live with adversity. Juliet intertwines notes, poems and visuals beautifully to craft a deeply layered narrative.

*"Blood Lines is a handbook for living and dying well, delivered with grace, fortitude and humour".* Sue Burge, Writer and Mentor.

A moving and inspiring read for anyone that has been personally affected by cancer, including patients, their family and friends and oncology professionals as well as all poetry enthusiasts.

## Health and Well-being

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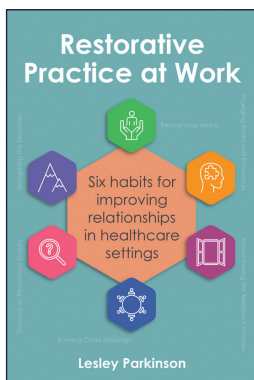
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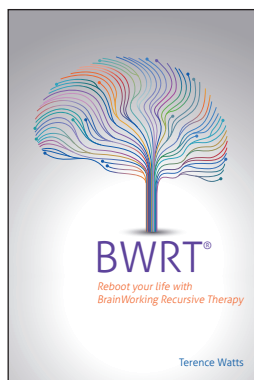


## Restorative Practice at Work

Six habits for improving relationships in healthcare settings

Lesley Parkinson

Restorative practice is emerging in healthcare settings and systems as a highly effective means of improving relationships and enabling positive change. It consists of a set of theories, principles, skills and processes that shape our thinking around the way we interact with others.

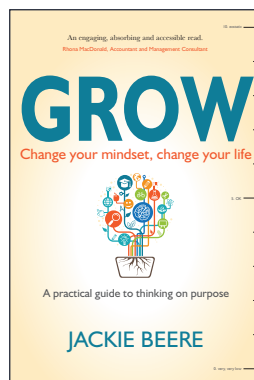


## BWRT®

Reboot your life with BrainWorking Recursive Therapy

Terence Watts

Written by Terence Watts, *BWRT®*: *Reboot your life with BrainWorking Recursive Therapy* is an engaging self-help guide to using BWRT: a psychological approach designed to tackle stress, anxiety, phobias and many other of life's challenges.



## Grow

Change your mindset, change your life – a practical guide to thinking on purpose

Jackie Beere

We can all choose to grow – and coach our loved ones to do the same – by fostering and sustaining a mindset that will keep us healthy and happy in future years.

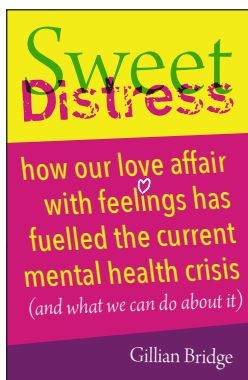
*Grow* demonstrates how we can all change our mindsets, learn to learn and choose to think on purpose.

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### Sweet Distress

How our love affair with feelings has fuelled the current mental health crisis (and what we can do about it)

Gillian Bridge

Packed with realistic and effective strategies, it challenges under-researched but over-promoted ideology and shares evidence-based help and advice for anyone wanting to improve the mental health of those they care about.

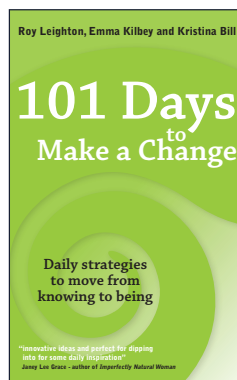


### What to Do When It's Your Turn

(And it's always your turn)

Seth Godin

As thought-provoking as his other titles – but this book is different. Seth has pushed the boundaries once again, this time packaging his thoughts in a beautiful full-colour format to spread its message as far and wide as possible. It is a collection of short stories and essays that help the reader know 'what to do when it's your turn' in life.



### 101 Days to Make a Change

Daily strategies to move from knowing to being

Roy Leighton, Emma Kilbey and Kristina Bill

A variety of exercises and activities, alongside motivating quotes and calls to action will ensure that you stay focussed, supported and positive as you journey towards a more optimistic and successful you.

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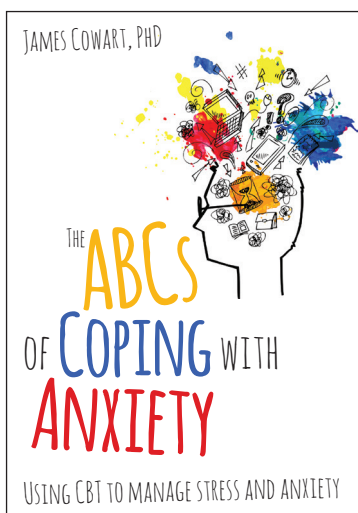
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**James Cowart** is a psychologist with a special interest in providing cognitive behavioural therapy (CBT) to people suffering with anxiety disorders. He has a PhD in Applied Behaviour Analysis and is a member of the American Psychological Association. He specialises in problem-solving formats in family and couples therapy, as well as cognitive behavioural and interpersonal approaches to treat depression and anxiety.

## The ABCs of Coping with Anxiety

### Using CBT to manage stress and anxiety

**James Cowart**

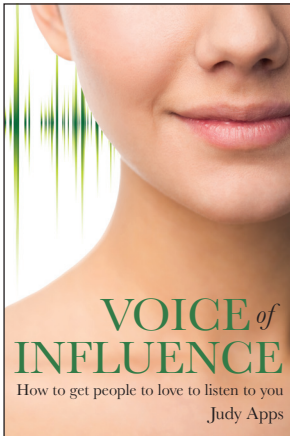
Takes a concise collection of tried-and-tested strategies from cognitive behavioural therapy (CBT) and makes them accessible to people who are learning to cope with their anxiety on a day-to-day basis.

James Cowart aims in to share a toolbox of CBT techniques garnered over 40 years' clinical practice that will enable you to manage your anxiety on a sustainable path toward taking back some of that control. These self-help strategies focus on developing key coping skills designed to reduce fear and anxiety, and are complemented by a user-friendly, step-by-step program of practical exercises that can be personalized to meet each individual's unique needs.

Punctuated with research-informed insight and instruction throughout, *The ABCs of Coping with Anxiety* offers hope, relief and reassurance in helping you master your anxiety and work toward greater independence.

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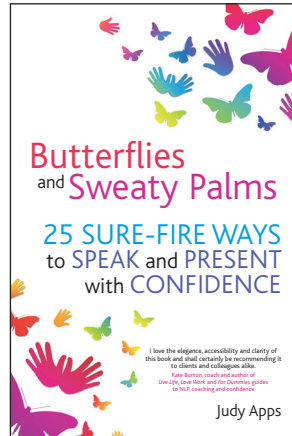


## Voice of Influence

How to get people to love to listen to you

Judy Apps

Leading voice coach Judy Apps shows you how to awaken the energy of your authentic voice to speak from head, heart, gut and soul. Bringing together knowledge from voice training, NLP, Aikido, Alexander Technique, Bioenergetics, Feldenkrais and other mind-body work, *Voice of Influence* gives you the means to reach people at a deeper level where you'll motivate and inspire.



## Butterflies and Sweaty Palms

25 sure-fire ways to speak and present with confidence

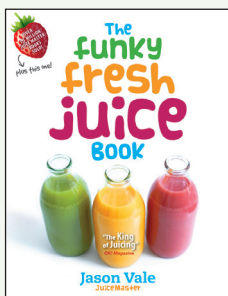
Judy Apps

If you have ever carried a lucky talisman in your pocket to give yourself courage before a big event then carry this book instead. Based on NLP, the groundbreaking solutions to performance anxiety in this book will carry you through the most daunting experience of public speaking.

## Health and Well-being

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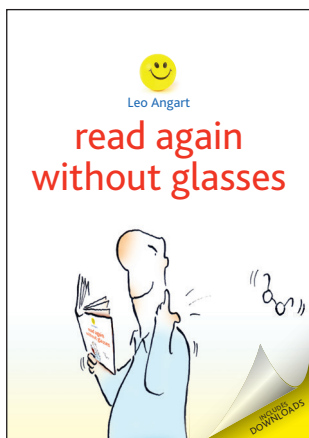
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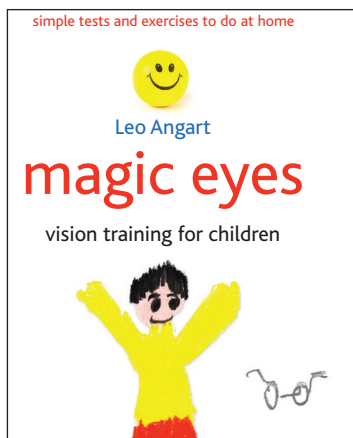


## Read Again without Glasses

Leo Angart

### *Read Again without Glasses*

concentrates on curing presbyopia, the inability to focus on near objects. It explains what presbyopia is and how you can tone your eye muscles, release tension and build up energy in order to regain your natural eyesight. Includes simple vision tests that you can use yourself to verify your level of vision and monitor your improvements.



## Magic Eyes

Vision training for children

Leo Angart

Leo Angart regularly encounters children whose eyesight is being adversely affected by their glasses or who don't really need glasses at all. In *Magic Eyes* Leo shares his experience and explains what you can do to help transform your child's eyesight, eliminating the need for glasses.

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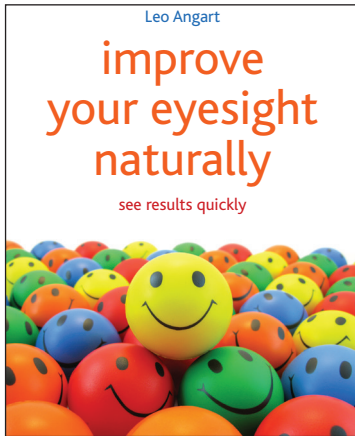
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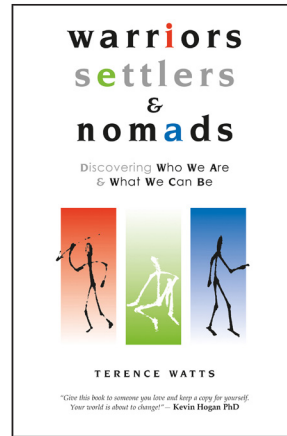
## Improve Your Eyesight Naturally

See results quickly

Leo Angart

Details strategies designed to improve your eyesight by literally exercising your ability to see.

Leo Angart explains how you can tone your eye muscles, release tension and build up energy in order to regain your natural eyesight.



## Warriors, Settlers and Nomads

Discovering who we are and what we can be

Terence Watts

Are you a Warrior? Are you a Settler? Are you a Nomad? Based upon the concept of evolutionary psychology, this is a guide to self-discovery and self-liberation. *Warriors, Settlers and Nomads* utilises powerful hypnosis and visualisation techniques in a programme designed to release our hidden potential.

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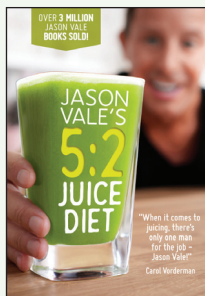
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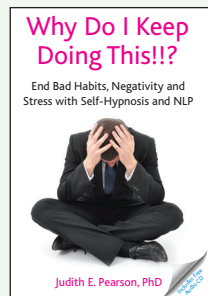
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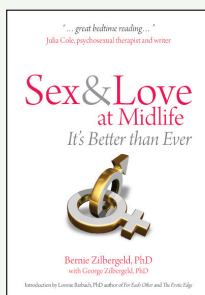
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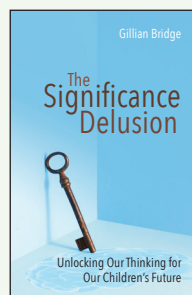
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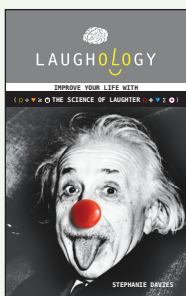
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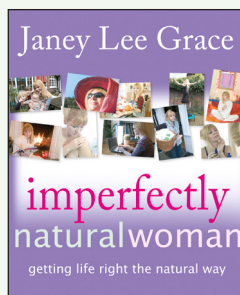
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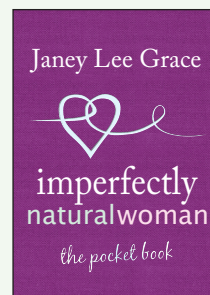
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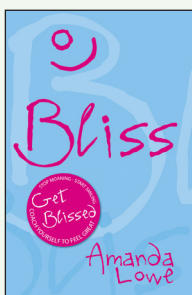
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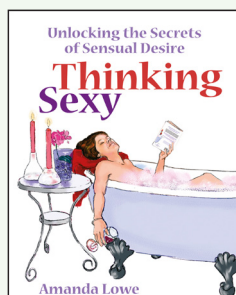
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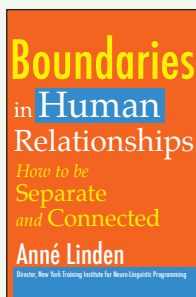


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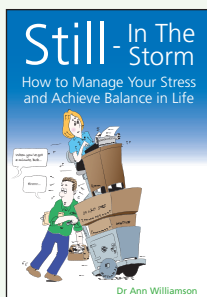


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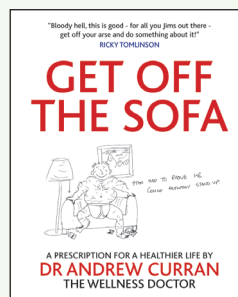
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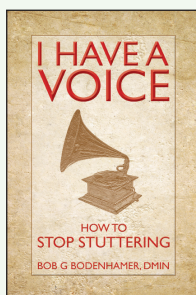
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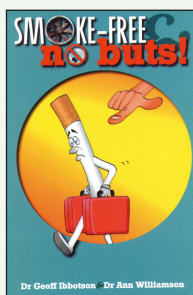
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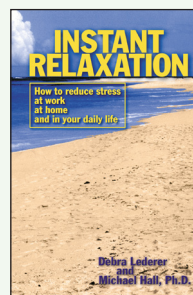
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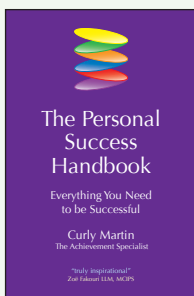
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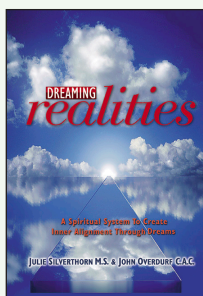
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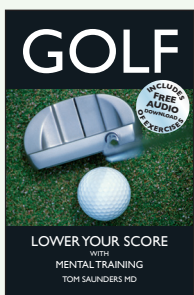
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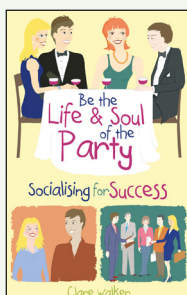
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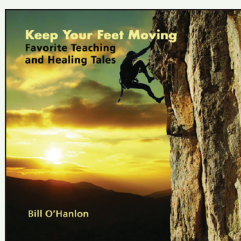
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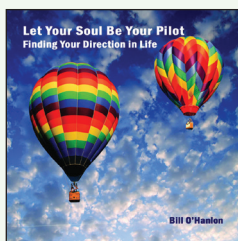
# Health and Well-being





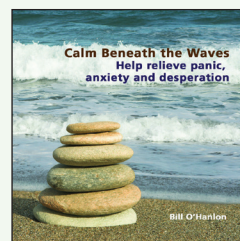
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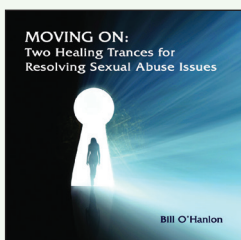
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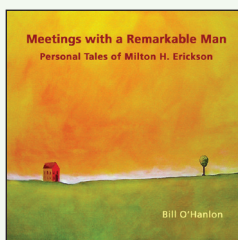
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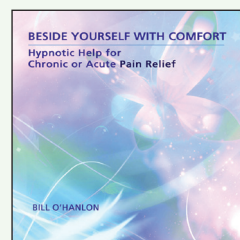
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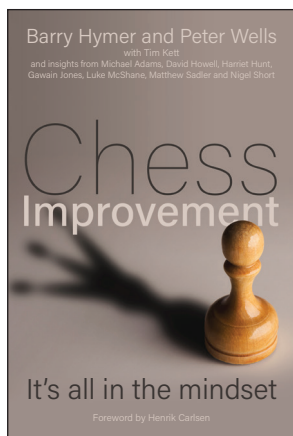
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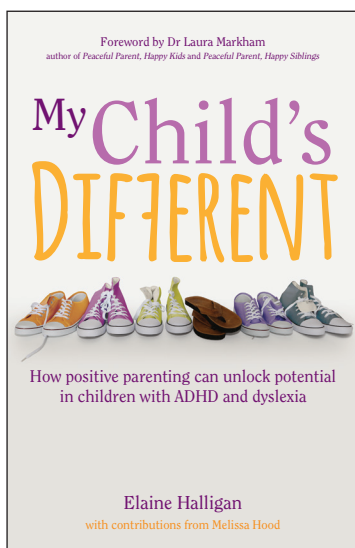
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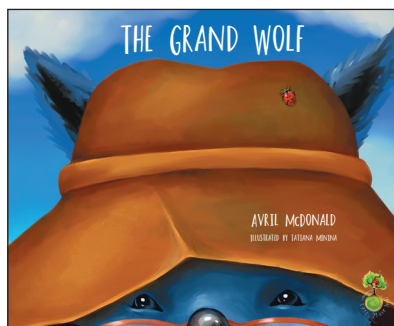
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Wolfgang and his friends love to visit the Grand Wolf but one day they arrive to find that he has gone and this makes them all feel very sad. Spider shows Wolfgang that by just seeing things a little differently he can feel happy again, knowing that true love never ends. Our lives are in a constant state of change and only we can ever know how big each change feels to us. The more we can talk about and embrace change, the better we get at it (whatever shape or size it comes in).

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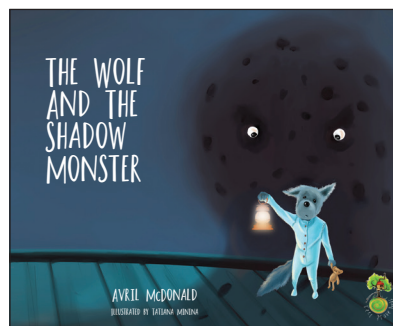
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Wolfgang can't wait for it to get cold enough for him to wear his brand new colourful coat but when the time finally arrives, some nasty creatures make fun of it. Wolfgang feels upset and is afraid that they will hurt him again, so he hides away in the tree house. Spider encourages Wolfgang to tell someone he trusts about how he is feeling and he learns that things aren't always as they seem.



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Wolfgang is excited to be allowed to have his friends over to stay for the whole night – until the lights go out and Wolfgang's secret fear of the dark is revealed. His friends laugh at him until they hear his story and see the Shadow Monster for themselves! Spider shows Wolfgang a special magic spell to make scary things go away. Life can sometimes be scary but there are some great tricks out there to make scary things not so scary anymore.

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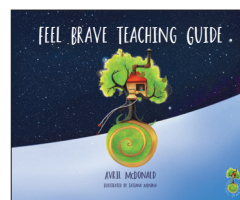
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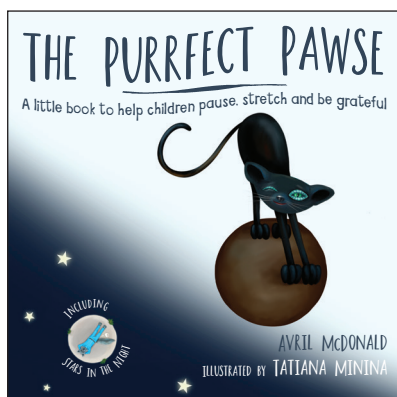
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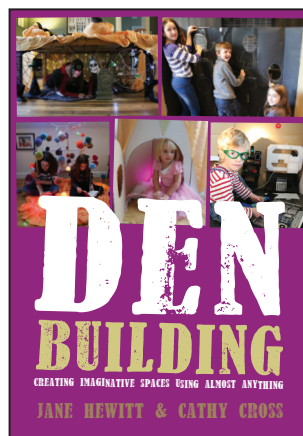


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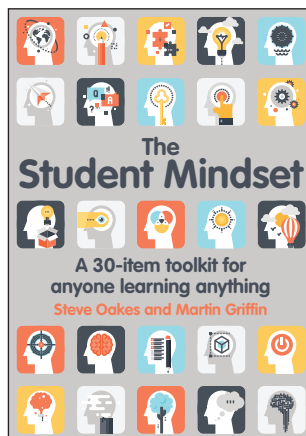


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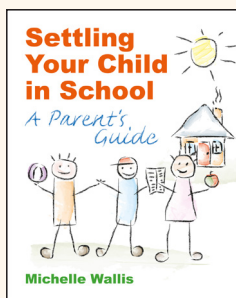
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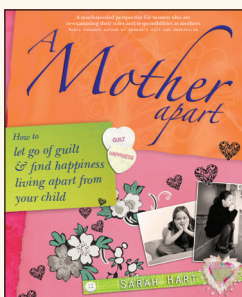
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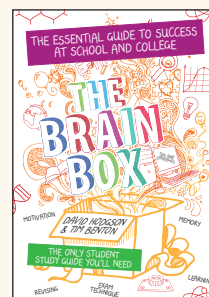
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