



# Crown House Publishing

## Business and Personal Development Catalogue

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## Key

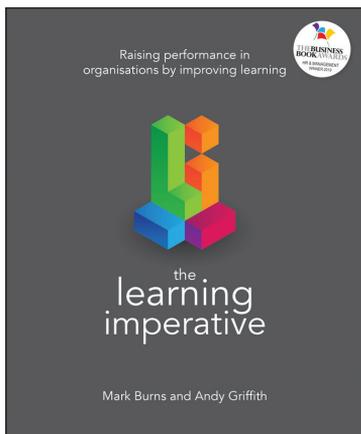


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**Mark Burns** is co-director of MALIT Ltd and has a proven track record in improving teaching and leadership in education. More recently, he has worked with FTSE 100 retailers and third sector organisations to develop the quality and impact of their learning and development programmes.

**Andy Griffith** is the founding director of MALIT Ltd. He has won a national training award for his work in education and has consulted for a number of organisations, including the BBC and Comic Relief.

## The Learning Imperative

### Raising performance in organisations by improving learning

Mark Burns and  
Andy Griffith

*The Learning Imperative*, written by bestselling authors and learning specialists Mark Burns and Andy Griffith, addresses the most common barriers to effective learning and provides practical strategies for overcoming them.

But even avoiding these pitfalls far from guarantees effective learning, so the authors also guide the reader through the key principles in designing learning programmes that directly improve performance.



*The Learning Imperative* is the Business Book Awards 2019 HR and Management book award winner.

The authors' work was shortlisted in the Best Learning & Development Initiative – Public/Third Sector category of the 2018 CIPD People Management Awards.

*The Learning Imperative* was also a finalist in the 2018 INDIES Book of the Year Awards in the Business and Economics category.

## Training

978-178583269-7

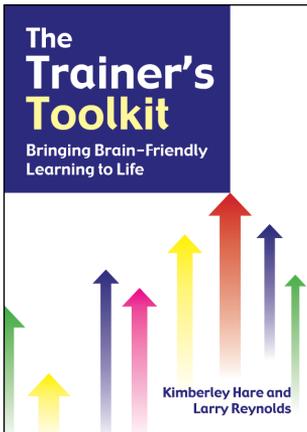
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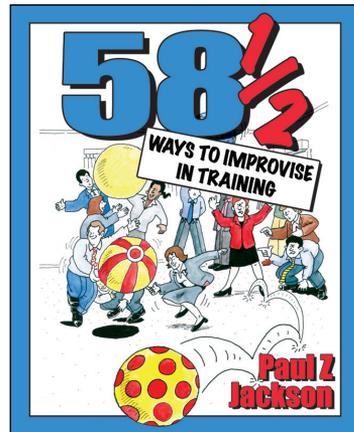
## The Trainer's Toolkit

Bringing brain-friendly learning to life

Kimberley Hare and  
Larry Reynolds

A concise guide to brain-friendly training design along with tools that you can pick and adapt to help you create new training events or make-over existing ones.

There is a clear explanation of the theory behind brain-friendly learning from the inside out – including the concepts and learning models you'll need to underpin your approach.



## 58 1/2 Ways to Improvise in Training

Improvisation games and activities for workshops, courses and team meetings

Paul Z. Jackson

Whether you are running a training session, a workshop or a team meeting, Paul Jackson's varied collection of games and activities will help you create an environment of improvisation and experimentation, of imagination and energy, and of laughter and commitment.

What better way to engage everyone in the process of learning?

## Training

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## Laughology

### Improve your life with the science of laughter

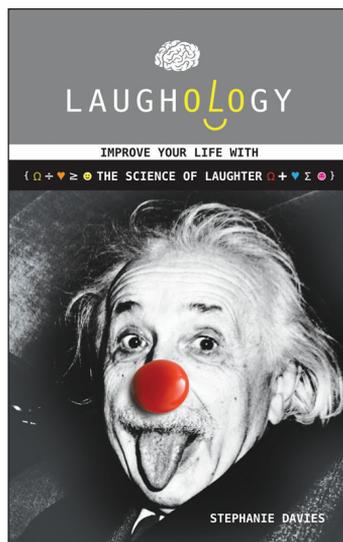
#### Stephanie Davies

A practical self-help guide to using laughter and humour as a thinking skill and life skill to make you feel better and enable you to communicate more effectively.

*Laughology*, written in an easy to understand, fun, informative way, takes a psychological look at how humour can influence your behaviour, help you feel better and live a happier life.

Simple techniques and exercises will improve the reader's ability to gain a more positive perspective in difficult situations, change his or her mood, and increase happiness through adopting the techniques from the Laughology model.

The author, Stephanie Davies, has over ten years' experience of developing interventions that have been applied in a wide variety of settings dealing with complex public and mental health issues and building teams in high profile organisations.



**Stephanie Davies** is recognised as one of the UK's leading voices in the psychology of laughter and humour. She is an award-winning stand-up comedian who has worked with world-renowned Dr Patch Adams exploring the relationship between health, humour, community and the arts.

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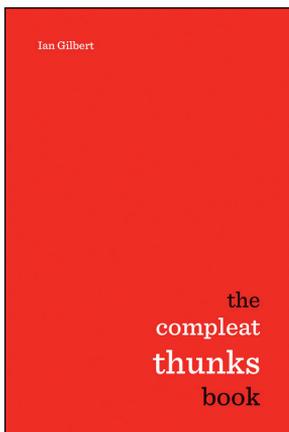
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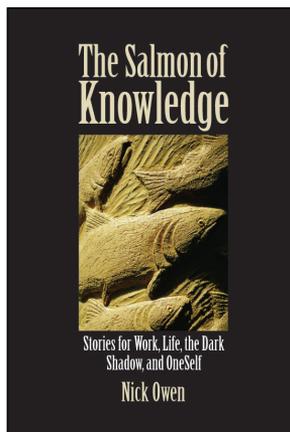
## The Compleat Thinks® Book

Ian Gilbert

In a world gone dangerously bonkers, we need *The Compleat Thinks Book*: a collection of beguiling questions about everyday things that stop you in your tracks and help you start to look at the world in a whole new light.

At times controversial and often provocative, Ian Gilbert's brainteasers are sure to stimulate philosophical enquiry and debate during the thinking, reasoning, logic or panic employed in arriving at (or deviating from) the answers and conversations that ensue.

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## The Salmon of Knowledge

Stories for work, life, the dark shadow, and oneself

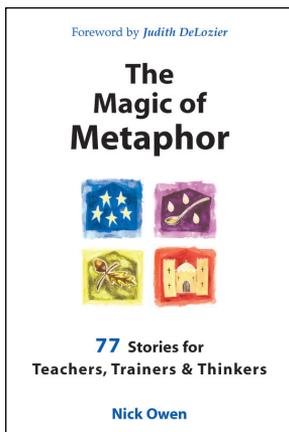
Nick Owen

A collection of stories, analogies and metaphors that invite us to pause and consider what is really important in our lives, our work and ourselves.

Varied and wide ranging, the stories are pragmatic, some spiritual, some light-hearted, some provocative, some work-related, while others still are closer to home. All of them challenge the reader to consider the life they are currently living, and ways they could deepen and enhance it for themselves and others in a wide variety of applications and contexts.

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# Training



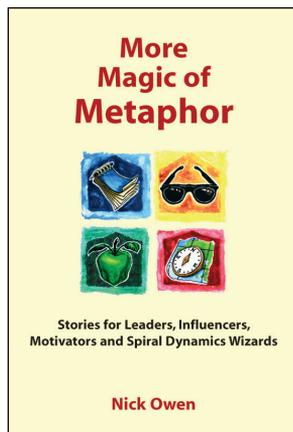
## The Magic of Metaphor

77 stories for teachers, trainers and thinkers

Nick Owen

Presents a collection of powerful stories designed to engage, inspire and transform the listener as well as the reader.

Promoting positive feelings, confidence, direction and vision, the stories supply a wealth of advice and information on the art of creating metaphor and storytelling.



## More Magic of Metaphor

Stories for leaders, influencers, motivators and spiral dynamics wizards

Nick Owen

With a particular emphasis on leadership, the stories in this collection offer inspiration, inner knowledge and wisdom. Metaphors are incredibly powerful vehicles through which real change can be generated in the world, and can be used to influence, motivate and lead others with elegance and integrity.

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## Leader

Know, love and inspire  
your people

Katy Granville-Chapman  
and Emmie Bidston

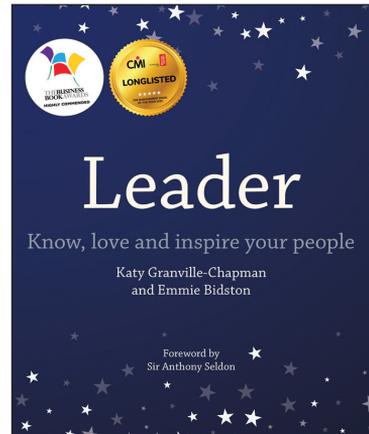
Practical, evidence-based and optimistic, *Leader* will inspire leaders in any setting to lead through service and empower them with the tools to help their team flourish.

Foreword by Sir Anthony Seldon.

In this wide-ranging book, Katy Granville-Chapman and Emmie Bidston eloquently combine up-to-date research in psychology and neuroscience with inspiring examples of success to show that leadership can be learned and that it is all about looking after your people.

They take you on a journey to meet a diverse selection of great leaders from multiple spheres – from the sports field to the corporate world – and talk you through the process by which effective leaders have become great leaders. The secret lies in mastering three key principles: know your people, love your people, inspire your people.

Suitable for both aspiring and established leaders looking to help their teams flourish.



“Seamlessly combines fantastic stories with laser-sharp questions to help you grow your leadership capabilities. Exceptional.” – Will Greenwood, former England rugby international and 2003 World Cup winner

Katy Granville-Chapman and Emmie Bidston are Associate Fellows at the Oxford Character Project and are co-chairs of the Leadership for Flourishing Group, a collaboration between the Oxford Character Project and the Human Flourishing Program at Harvard University.

## Leadership

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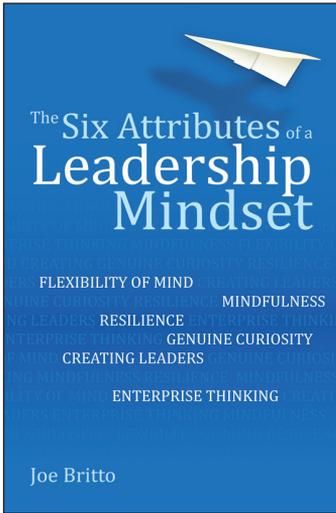
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As founder of Innate Leaders – and as a psychological coach, management consultant and writer – **Joe Britto** has worked with a wide range of entrepreneurs and leadership teams across the non-profit, public and private sectors. His grounding in experiential learning, along with his studies in literary theory and psychological coaching, has allowed him to create a unique methodology that has successfully facilitated sustainable results.

## The Six Attributes of a Leadership Mindset

Flexibility of mind,  
mindfulness, resilience,  
genuine curiosity, creating  
leaders, enterprise thinking

### Joe Britto

In this insightful handbook, Joe Britto shines a spotlight on the qualities and behaviours that embody a leadership mindset and inspires leaders to step out of their comfort zone as they take on the challenges faced by their teams and organisations.

With the help of engaging stories, practical challenges and an acute sense of humour, Joe guides you through six key attributes of leadership – flexibility of mind, mindfulness, resilience, genuine curiosity, creating leaders and enterprise thinking – and explores in detail how you can bring them to life both within and beyond the workplace.

In doing so, he reveals the real gift of a leadership mindset: that as we grow our mindset and cultivate positive behaviours, we can lead ourselves and our teams to better outcomes and nurture the leadership capacities of others.

## Leadership

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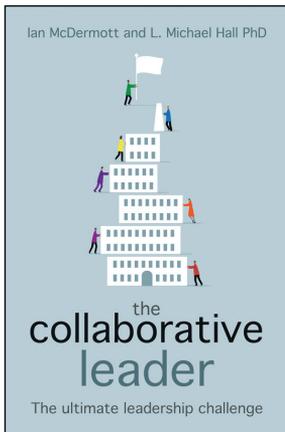
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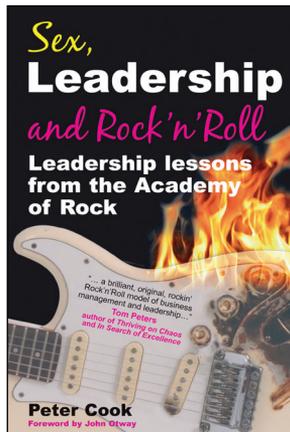
## The Collaborative Leader

The ultimate leadership challenge

Ian McDermott and  
L. Michael Hall

A practical guide to collaborating with others and leading collaboratively.

That means learning how to win the hearts and minds of those who we lead. Packed with practical and immediate action points, this book will show you how to turn around a non-collaborative group or environment immediately.



## Sex, Leadership and Rock'n'Roll

Leadership lessons from the academy of rock

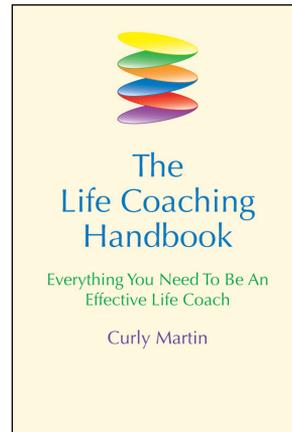
Peter Cook

Offers a real-world source of inspiration and provocation in areas such as creativity, innovation, relationships, motivation, leadership, high performance, learning and reinvention.

# Leadership

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## The Five-Minute Coach

Improve performance – rapidly  
Lynne Cooper and Mariette  
Castellino

Short, punchy and easy to read, the book enables the reader to swiftly learn innovative and effective methods guaranteed to improve performance.

Suitable for leaders, managers and supervisors in any setting.

## The Life Coaching Handbook

Everything you need to be an  
effective life coach  
Curly Martin

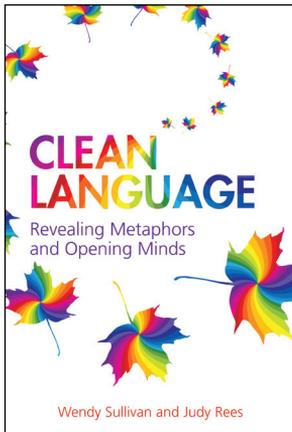
This complete guide to life coaching reveals what life coaching is, how to coach yourself and others effectively, and how to create and sustain a successful coaching practice.

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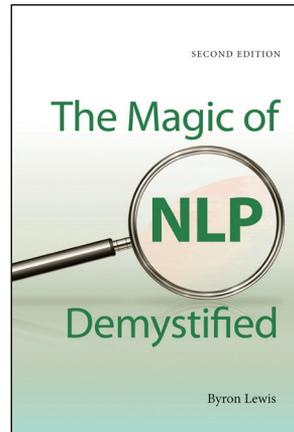
## Clean Language

Revealing metaphors and opening minds

Wendy Sullivan and  
Judy Rees

Would you like better relationships, a deeper understanding of the people around you, and a simple yet powerful way to help them achieve their life goals?

*Clean Language* can offer all this and more. This book will teach you a new way to communicate which gets to the heart of things!



## The Magic of NLP Demystified – Second Edition

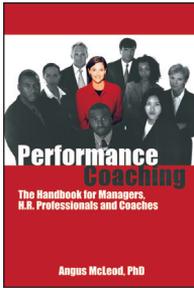
Byron Lewis

With new and updated material, this is the second edition of a work which has long been regarded as one of the best introductions to NLP and, in particular, its Language of Communication model available.

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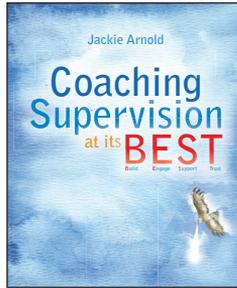
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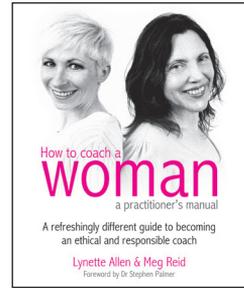
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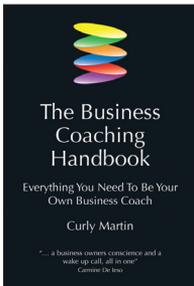
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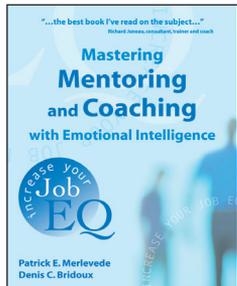
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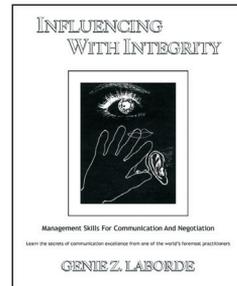
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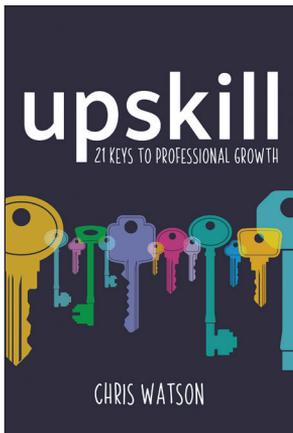
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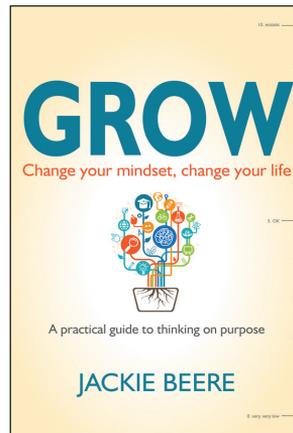


## Upskill

21 keys to professional growth

Chris Watson

Brimming with punchy, practical ideas to improve your day-to-day effectiveness, Chris Watson's *Upskill* is the definitive guide to developing the adaptive skills essential for success at work.



## GROW

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

Jackie Beere

In *GROW*, Jackie Beere demonstrates how we can all change our mindsets, learn to learn and choose to think on purpose.

## Personal Development

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# The ABCS of Coping with Anxiety

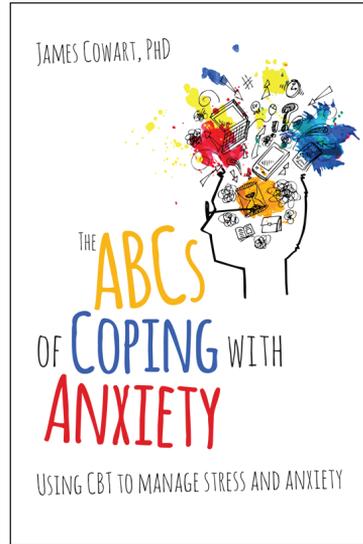
## Using CBT to manage stress and anxiety

James Cowart

James Cowart offers 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's aim in *The ABCS of Coping with Anxiety* is 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 personalised to meet each individual's unique needs.

Informed by his extensive experience and therapeutic knowledge, and with real-life case studies to guide you, James's easy-to-remember ABCS approach is as transformative as it is simple.



**James Cowart** is a psychologist with a special interest in providing CBT to people suffering with anxiety disorders. He has a PhD in Applied Behaviour Analysis and is a member of the American Psychological Association.

## Personal Development

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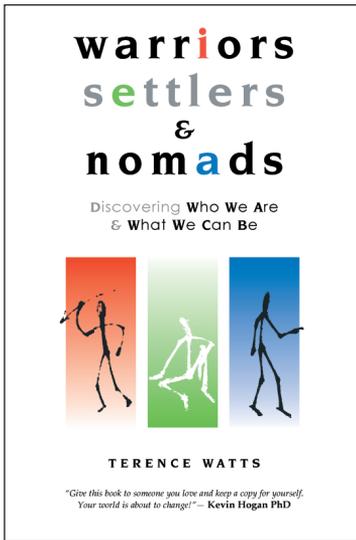
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**Terence Watts** is a Fellow of the Royal Society of Medicine, and the only psychology-related therapist to have been awarded the 'MCGI' – Member of the City & Guilds Institute. Founder of the Essex Institute of Clinical Hypnosis, the Institute of BrainWorking Recursive Therapy and The British BrainWorking Research Society, he is an international lecturer and trainer and runs popular online training seminars.

## 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. It provides unique personal growth strategies that enable us to discover who we really are.

A must-have for all coaches and highly recommended for anyone working with people, this book will certainly change the way you think. It identifies the inherited characteristics that we all have, as well as the programming, beliefs and ancestral behaviours that make us who we are.

## Personal Development

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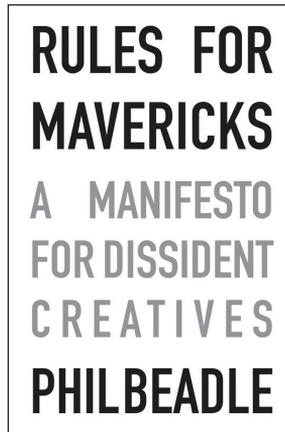
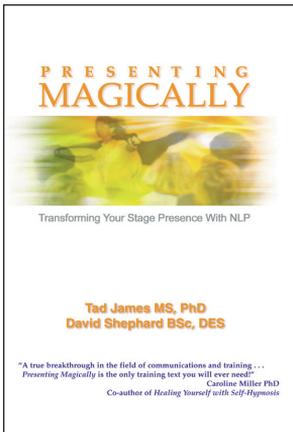
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## Presenting Magically

Transforming your stage presence with NLP

Tad James and  
David Shephard

Whether you are a newcomer or a seasoned professional, *Presenting Magically* will provide you with masterful tips and techniques to transform your presenting skills.

## Rules for Mavericks

A manifesto for dissident creatives  
Phil Beadle

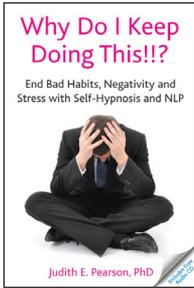
A guidebook to leading a creative life, to being a renaissance dilettante, to embracing your own pretension and, most of all, to dealing with your failure(s).

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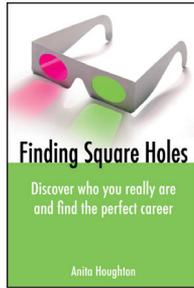
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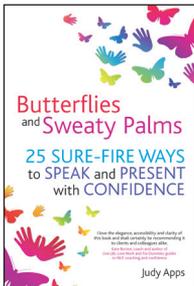
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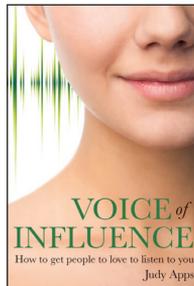
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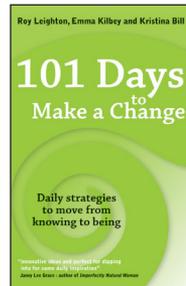
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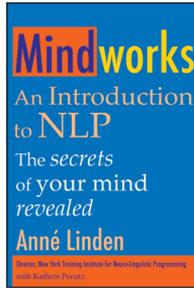
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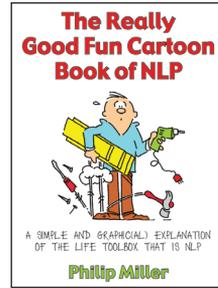
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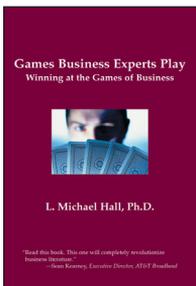
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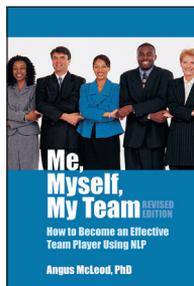
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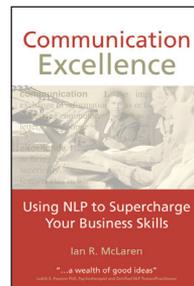
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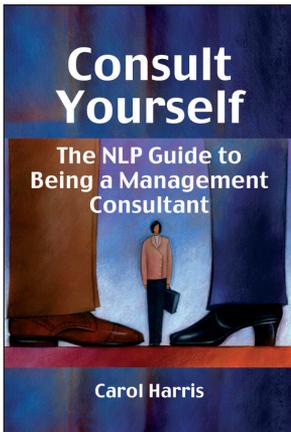
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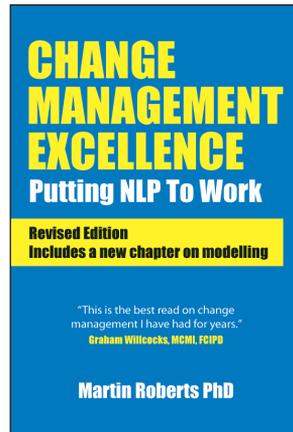
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