

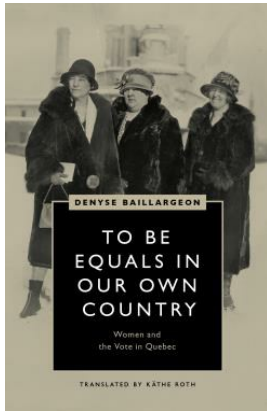
**UBC PRESS**

**WINTER 2019**



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Women's Suffrage and the Struggle for Democracy  
**To Be Equals in Our Own Country**

Women and the Vote in Quebec  
By (author): **Denyse Baillargeon** 🇨🇦

Mar 01, 2019 | Forthcoming \$27.95 CAD

“When the history of suffrage is written, the role played by our politicians will cut a sad figure beside that of the women they insulted.” Speaking in 1935, feminist Idola Saint-Jean captured the bitter nature of Quebec women’s prolonged fight for the right to vote. *To Be Equals in Our Own Country* is a passionate yet even-handed account of the road to suffrage in Quebec, examining women’s political participation since winning the vote in 1940 and comparing their struggle to movements in other countries. This astute exploration of enfranchisement rightly recognizes suffrage as a fundamental question of human rights.

**ABOUT THE CONTRIBUTOR**

**Denyse Baillargeon** is a professor of history at the Université de Montréal. She is the author of several historical studies in French, translated as *A Brief History of Women in Quebec* (2014), Canadian Historical Association Clio-Québec prize winner *Babies for the Nation: The Medicalization of Motherhood in Quebec, 1910–1970* (2009), and *Making Do: Women, Family and Home in Montreal during the Great Depression* (1999). **Käthe Roth** has been a literary translator, working mainly in historical non-fiction, for more than twenty-five years.

**REVIEWS**

An original and comprehensive history of women’s diverse struggles leading up to and following the fight for suffrage in Quebec told with skill and clarity. - Bettina Bradbury, author of *Wife to Widow: Lives, Laws, and Politics in Nineteenth-Century Montreal*

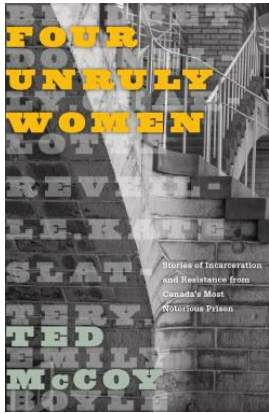
An essential introduction to one of the most influential social movements in Canadian history. - Dominique Clément, author of *Equality Deferred: Sex Discrimination and BC’s Human Rights State*




- POLITICAL SCIENCE / Women in Politics
- 9780774838481
- English
- Hardcover, Sewn
- Professional/Scholarly
- 5.5 x 8.5 in
- 224 pages
- 11 illus. and 8 b&w photos
- UBC Press
- For sale with exclusive rights in: WORLD
- Not for sale in: ROW

**SUPPLY DETAIL**

Distributor: UTP Distribution  
Availability: Not yet available  
Carton Quantity: 1  
\$27.95 CAD  
\$30.95 USD  
\$23.99 GBP



## Four Unruly Women

Stories of Incarceration and Resistance from Canada's Most Notorious Prison  
By (author): Ted McCoy 



Mar 01, 2019 | Forthcoming \$21.95 CAD

Bridget Donnelly. Charlotte Reveille. Kate Slattery. Emily Boyle. Until now, these were nothing but names marked down in the admittance registers and punishment reports of Kingston Penitentiary, Canada's most notorious prison. In this shocking and heartbreaking book, Ted McCoy tells these women's stories of incarceration and resistance in poignant detail. The four women served sentences at different times over a century, but the inhumanity they suffered was consistent. Locked away in dark basement wards, they experienced starvation and corporal punishment, sexual abuse and neglect – profoundly disturbing evidence of the hidden costs of isolation, punishment, and mass incarceration.



### ABOUT THE CONTRIBUTOR

**Ted McCoy** is the author of *Hard Time: Reforming the Penitentiary in Nineteenth-Century Canada*. He is an assistant professor in the Department of Sociology at the University of Calgary, where he teaches law and society.

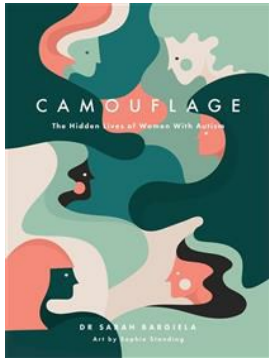
- HISTORY / Women
- 9780774838887
- English
- Paperback, Trade
- Professional/Scholarly
- 5.5 x 8.5 in
- 132 pages
- 12 photos
- UBC Press
- For sale with exclusive rights in: WORLD
- Not for sale in: ROW

### REVIEWS

Compelling, poignant, infuriating, and touching – this book shines a light on the inhumane treatment of female prisoners and the toll it inflicted on them and their families. These women's stories deserve to be read by as many people as possible so that we may remember them and the disgraceful way they were treated. - Geoffrey Reaume, author of *Remembrance of Patients Past: Life at the Toronto Hospital for the Insane, 1870–1940*

### SUPPLY DETAIL

Distributor: UTP Distribution  
Availability: Not yet available  
Carton Quantity: 1  
\$21.95 CAD  
\$21.95 USD  
\$16.99 GBP



## Camouflage

The Hidden Lives of Women with Autism

By (author): Sarah Bargiela

Illustrated by: Sophie Standing

Mar 21, 2019 | Forthcoming \$25.95 CAD

An engaging and beautifully illustrated graphic book shedding light on the under-explored condition of female autism.

Autism in women and girls is still not widely understood, and is often misrepresented or even overlooked. This graphic novel offers an engaging and accessible insight into the lives and minds of women with autism, using real-life case studies. The charming illustrations lead readers on a visual journey of how women on the spectrum experience everyday life, from metaphors and masking behaviours to communication online, dealing with social pressures and managing relationships.

Fun, sensitive and informative, this is a fantastic resource for anyone who wishes to understand how gender affects autism, and how to create safer, more accommodating environments for women on the spectrum.

### ABOUT THE CONTRIBUTOR

**Dr Sarah Bargiela** is a clinical psychologist who specialises in autism. She has also been a key worker for children with autism, and holds an MA in Child Development.

**Sophie Standing** is a London-based illustrator and designer, specialising in human sciences. Her style combines digital and hand-made, with an emphasis on rich colour, textures and metaphorical concepts.

### Images



• COMICS & GRAPHIC  
NOVELS / Nonfiction /

General

• 9781785925665

• English

• Paperback, Trade

• Higher Education: Age

(years) from 8 - 18

• 173 x 236 mm

• 40 pages

• full colour illustrations  
throughout

• Jessica Kingsley Publishers

• For sale with exclusive  
rights in: CA

• Not for sale in: ROW

### OTHER FORMATS

9781785926679

### SUPPLY DETAIL

Distributor: UTP Distribution

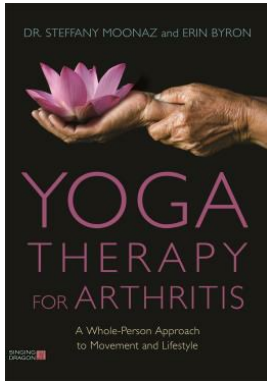
Availability: Not yet available

Carton Quantity: 1

\$25.95 CAD

\$18.95 USD

\$12.99 GBP



## Yoga Therapy for Arthritis

A Whole-Person Approach to Movement and Lifestyle

By (author): **Steffany Moonaz**

By (author): **Erin Byron**

Foreword by: **Dr. Clifton I Bingham III, MD**

Jan 21, 2019 | Forthcoming \$45.95 CAD

A whole-person approach to arthritis management through yoga therapy.

Yoga therapy is commonly used for the management of arthritis, but often focuses exclusively on adaptation of the physical poses and on structural solutions. This book moves beyond the traditional routines to present yoga as a lifestyle designed to improve quality of life and overall well-being for individuals living with arthritis and rheumatic conditions. By incorporating the ancient practices of yoga as both physical and mental exercises involving a model of 5-koshas or sheaths (physical, energetic, mental/emotional, wisdom, and spiritual), the yoga therapy practice presented here will help reduce pain and shift the perspective of the individual living with arthritis.

This therapy uses a whole-person approach that employs a broad range of tools to address the biopsychosocial effects of arthritis through the application of yoga practices and philosophy. Useful as a guide for people living with arthritis, this book is full of inspiration for self care along with instructions for yoga teachers and medical professionals to guide their clients using this whole-person perspective.

- HEALTH & FITNESS / Yoga
- 9781848193451
- English
- Paperback, Trade
- Professional/Scholarly
- 178 x 254 mm
- 352 pages
- 175 b&w photos
- Jessica Kingsley Publishers
- Singing Dragon
- For sale with exclusive rights in: CA

### OTHER FORMATS

9780857013026

### SUPPLY DETAIL

Distributor: UTP Distribution

Availability: Not yet available

Carton Quantity: 1

\$45.95 CAD

\$35.00 USD

\$24.99 GBP

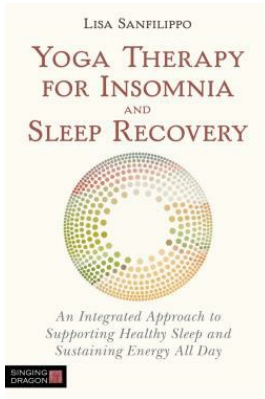


### ABOUT THE CONTRIBUTOR

**Steffany Moonaz** is a yoga researcher and yoga therapist serving as the Director of Clinical and Academic Research at the Maryland University of Integrative Health. Based on her years of practice and research, she founded Yoga for Arthritis, an organization that trains yoga professionals to work safely and effectively with arthritic populations.

**Erin Byron** is a psychotherapist and author who co-founded one of the first internationally-accredited yoga therapist training programs. She has been leading retreats and training for over fifteen years.





## Yoga Therapy for Insomnia and Sleep Recovery

An Integrated Approach to Supporting Healthy Sleep and Sustaining Energy All Day  
By (author): Lisa Sanfilippo

Feb 21, 2019 | Forthcoming \$37.95 CAD

How yoga practices can help people get to sleep, stay asleep, rest well, and find sustainable energy during the day.

Yoga therapy offers a truly holistic approach to solving the growing problem of insomnia. In this book expert yoga therapist Lisa Sanfilippo explains how yoga practices can be used to target the underlying issues that inhibit good quality sleep, with immediate results that build over time.

Learn how to work with clients to release tension in the body that builds up during the day making it difficult to sleep at night. Honouring a natural yogic and Ayurvedic approach, and infusing it with modern neuroscience, Lisa also addresses the deeper emotional reasons for not sleeping well and looks at how lifestyle changes can help to achieve better quality rest. With the body-mind connection at its core, this book shows how to support better health holistically to restore balance in each layer of the body.



- HEALTH & FITNESS / Yoga
- 9781848193918
- English
- Paperback, Trade
- General Trade
- 152 x 229 mm
- 288 pages
- 60 b&w illustrations
- Jessica Kingsley Publishers
- Singing Dragon
- For sale with exclusive rights in: CA

### OTHER FORMATS

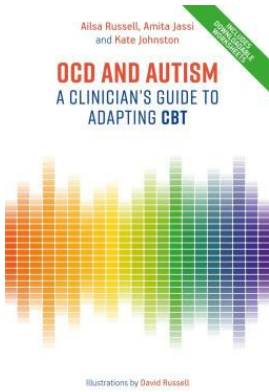
9780857013484

### SUPPLY DETAIL

Distributor: UTP Distribution  
Availability: Not yet available  
Carton Quantity: 1  
\$37.95 CAD  
\$32.95 USD  
\$22.99 GBP

### ABOUT THE CONTRIBUTOR

**Lisa Sanfilippo** is a registered yoga therapist and senior yoga teacher at Triyoga and The Life Centre. She has spent 15 years developing the leading yoga workshops for insomnia. She lives in London, UK.



## OCD and Autism

A Clinician's Guide to Adapting CBT

By (author): **Ailsa Russell**

By (author): **Amita Jassi**

By (author): **Kate Johnston**

Illustrated by: **David Russell**

Feb 21, 2019 | Forthcoming \$35.95 CAD

How to adapt CBT treatment for OCD in people with autism

This step-by-step manual explains how to adapt CBT (Cognitive Behavioural Therapy) approaches to OCD (Obsessive Compulsive Disorder) for individuals on the autism spectrum. It outlines the rationale for the need to adapt treatment for the autism population, and includes detailed guidance on each phase of the approach. It explains assessment of OCD in autism, the links between the two conditions and difficulties in identifying aspects of OCD in autistic people. The book offers advice on dealing with difficult issues and on the next steps after treatment is complete. Accompanying worksheets and handouts are available to download.



- PSYCHOLOGY / Psychopathology / Autism Spectrum Disorders
- 9781785923791
- English
- Paperback, Trade
- General Trade
- 152 x 229 mm
- 136 pages
- 15 b&w drawings
- Jessica Kingsley Publishers
- For sale with exclusive rights in: CA
- Not for sale in: ROW

### ABOUT THE CONTRIBUTOR

**Ailsa Russell** is a Clinical Psychologist and Reader in Psychology at the University of Bath, UK.

**Amita Jassi** is a Consultant Clinical Psychologist at the National Specialist BDD clinic at the Maudsley Hospital, London, UK.

**Kate Johnston** is a Consultant Clinical Psychologist at the Michael Rutter Centre, Maudsley Hospital, UK.

### OTHER FORMATS

9781784507282

### SUPPLY DETAIL

Distributor: UTP Distribution

Availability: Not yet available

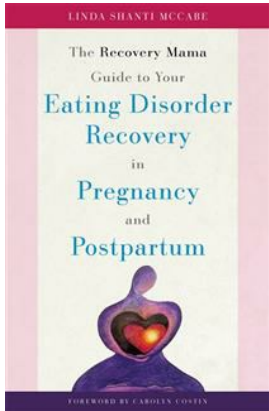
Carton Quantity: 1

\$35.95 CAD

\$23.95 USD

\$17.99 GBP





## The Recovery Mama Guide to Maintaining Your Eating Disorder Recovery in Pregnancy and Postpartum

**By (author):** Linda Shanti McCabe  
**Foreword by:** Carolyn Costin

Mar 21, 2019 | Forthcoming \$29.95 CAD

An open and supportive guide for pregnant women and new mothers struggling with changing body image or eating disorders.

The upheaval of pregnancy and new motherhood can often trigger a relapse for women recovering from eating disorders, or contribute to their development. This book supports pregnant women and new mothers struggling with changing body image, eating disorders, postpartum depression or perinatal anxiety. Many of the emotional challenges of recovering from an eating disorder - isolation, perfectionism and identity issues - are compounded during pregnancy or early motherhood, when women also have to tackle hormone fluctuations, food cravings and perceived pressures to lose baby weight.

The author combines friendly, non-judgmental advice and professional expertise with candid personal experience. She offers recovery tools, support strategies and realistic advice on how to make time for self-care while navigating the chaos of sleep deprivation and feeding schedules. Most importantly, this book will help women let go of social and self-imposed pressures, and embrace being good enough during the massive learning curve of new motherhood.



- \* SELF-HELP / Eating Disorders & Body Image
- \* 9781785928291

- \* English
- \* Paperback, Trade
- \* General Trade
- \* 138 x 216 mm
- \* 224 pages
- \* Jessica Kingsley Publishers
- \* For sale with exclusive rights in: CA
- \* Not for sale in: ROW

### OTHER FORMATS

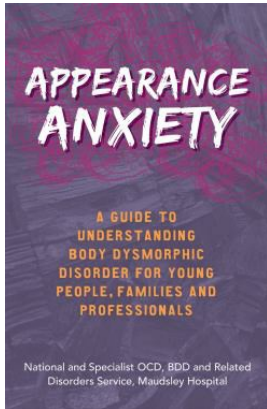
9781785925900

### SUPPLY DETAIL

Distributor: UTP Distribution  
 Availability: Not yet available  
 Carton Quantity: 1  
 \$29.95 CAD  
 \$19.95 USD  
 \$14.99 GBP

### ABOUT THE CONTRIBUTOR

**Linda Shanti McCabe** is a Clinical Psychologist with 19 years' experience helping women recover from eating disorders. She is a professional member of Postpartum Support International and the International Association of Eating Disorder Professionals. She has written about her own experiences of recovery and motherhood for the *Huffington Post* and on her blog *Recovery Mama*.



## Appearance Anxiety

A Guide to Understanding Body Dysmorphic Disorder for Young People, Families and Professionals

By (author): The National and Specialist OCD, BDD and Related Disorders Service

Apr 21, 2019 | Forthcoming \$19.95 CAD

Explains body dysmorphic disorder to young people, families and professionals including symptoms, treatment and first-hand experiences.

The first book for teens that explains the causes and impact of body dysmorphic disorder (BDD). The book is interspersed with accounts and artwork from young people with BDD, along with perspectives of their families. BDD is a debilitating mental health disorder, and this book gives advice on treatment including CBT and medication, and shows where to get help.

It increases awareness, provides solidarity for people with BDD, and alerts others to key signs and symptoms so they can prevent further suffering. It also includes a short section for families and professionals on what they can do to help, making this the go-to book for professionals and families to recommend to teens, as well an invaluable resource for young people themselves.

### ABOUT THE CONTRIBUTOR

The National and Specialist OCD, BDD and Related Disorders Clinic at the Maudsley Hospital in London is at the forefront of research into BDD.



\* YOUNG ADULT  
NONFICTION / Social Topics  
/ Eating Disorders & Body  
Image

\* 9781785924569

\* English

\* Paperback, Trade

\* General Trade

\* 138 x 216 mm

\* 88 pages

\* 7 b&w images

\* Jessica Kingsley Publishers

\* For sale with exclusive  
rights in: CA

\* Not for sale in: ROW

### OTHER FORMATS

9781784508326

### SUPPLY DETAIL

Distributor: UTP Distribution

Availability: Not yet available

Carton Quantity: 1

\$19.95 CAD

\$15.95 USD

\$9.99 GBP



## Help! My Feelings Are Too Big!

**Making Sense of Yourself and the World After a Difficult Start in Life - for Children with Attachment Issues**  
**By (author): K.L. Aspden**



Apr 21, 2019 | Forthcoming \$17.95 CAD

Illustrated guide to help children and care-givers understand the emotional impact of anxiety, attachment disorders or early trauma.

Emotions can be complicated at the best of times. If something goes wrong right at the beginning of someone's life things can often feel painful and scary. This book will help explain that there are always good reasons why a person feels the way they do. It will help you learn about emotions like anxiety, how you can live with these emotions, and how safe adults can help you build a calm, strong place inside yourself!

This illustrated guide helps build emotional awareness and offers friendly support for children aged 9+ who have attachment disorders, anxiety or are overcoming early trauma. Friendly, age-appropriate language helps work through complex issues in a way which is sensitive to children and parents. This accessible guide is an invaluable tool for anyone supporting children with extreme emotions or attachment issues, including parents and carers, support workers, teachers, and therapists.



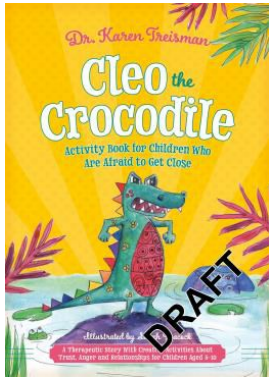
- JUVENILE NONFICTION / Family / Adoption
- 9781785925566
- English
- Paperback, Trade
- General Trade : Reading age from 9 - 12
- 152 x 229 mm
- 80 pages
- 40 b&w drawings
- Jessica Kingsley Publishers
- For sale with exclusive rights in: CA
- Not for sale in: ROW

### ABOUT THE CONTRIBUTOR

**K.L. Aspden** has worked as a therapist with both children and adults since 1998. She has particular interest in the areas of trauma and anxiety, and she has experience working in both mainstream and special schools. K.L. Aspden currently works in a school for children with emotional and behavioural difficulty.

#### SUPPLY DETAIL

Distributor: UTP Distribution  
Availability: Not yet available  
Carton Quantity: 1  
\$17.95 CAD  
\$12.95 USD  
\$8.99 GBP



Therapeutic Treasures Collection

## Cleo the Crocodile Activity Book for Children Who Are Afraid to Get Close

A Therapeutic Story With Creative Activities About Trust, Anger and Relationships for Children Aged 5-10

By (author): Karen Treisman

Apr 21, 2019 | Forthcoming \$29.95 CAD

Cleo the Crocodile loved having fun with all of the other animals, until Hayden the Hippo started being mean to Cleo and he had to leave to another swamp. Scared of being hurt again, Cleo swung, snapped and stared at all the others animals so that he would be left alone. Would he ever be happy again and make friends? How would he feel safe and ready for new adventures?



- JUVENILE FICTION / Social Themes / Emotions & Feelings
- 9781785925511
- English
- Paperback, Trade
- General Trade : Reading age from 5 - 10
- 210 x 297 mm
- 144 pages
- Jessica Kingsley Publishers
- For sale with exclusive rights in: CA
- Not for sale in: ROW

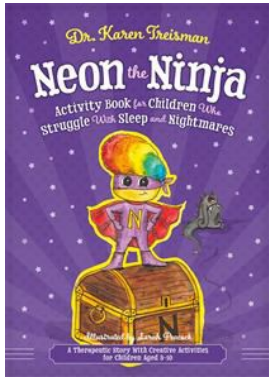
This activity book developed by expert psychologist Dr. Karen Treisman is an illustrated therapeutic story about Cleo the Crocodile to help start conversation with children who have had to move into foster care. It aims to help children to explore their feelings of anger and rejection, and shows their loved ones how to build their trust!

### ABOUT THE CONTRIBUTOR

**Dr. Karen Treisman** is a specialist clinical psychologist, trainer and author, working in London, UK. Karen is also the Director of Safe Hands and Thinking Minds Training and Consultancy services. She lives in London, UK.

#### SUPPLY DETAIL

Distributor: UTP Distribution  
 Availability: Not yet available  
 Carton Quantity: 1  
 \$29.95 CAD  
 \$24.95 USD  
 \$16.99 GBP



Therapeutic Treasures Collection

## Neon the Ninja Activity Book for Children Who Struggle With Sleep and Nightmares

A Therapeutic Story With Creative Activities for Children Aged 5-10

By (author): Karen Treisman

Jan 21, 2019 | Forthcoming \$29.95 CAD

Introducing Neon the nightmare-fighting Ninja, this workbook is the ideal night-time companion for helping children aged 5-10 with nightmares and sleeping difficulties.

Neon the Ninja has a very special job. He looks after anyone who finds the night time scary. Lots of us have nightmares, but Neon loves nothing more than using his special ninja powers to keep the nightmares and worries far away, and to keep the magical dreams and positive thoughts close by.

It combines a fun illustrated story to show children how Neon the Ninja can reduce their nightmares and night worries with fun activities and therapeutic worksheets to make nighttime feel safer and more relaxed. This workbook contains a treasure trove of explanations, advice, and practical strategies for parents, carers and professionals. Based on creative, narrative, sensory, and CBT techniques, it is full of tried and tested exercises, tips and techniques to aid and alleviate nightmares and sleeping difficulties.

This is a must-have for those working and living with children aged 5-10 who experience nightmares or other sleep-related problems.

### ABOUT THE CONTRIBUTOR

**Dr. Karen Treisman** is a specialist clinical psychologist, trainer and author, working in London, UK. Karen is also the Director of Safe Hands and Thinking Minds Training and Consultancy services.

### Images



\* JUVENILE NONFICTION / Health & Daily Living / General

\* 9781785925504

\* English

\* Paperback, Trade

\* General Trade : Reading age from 5 - 10

\* 210 x 297 mm

\* 144 pages

\* Jessica Kingsley Publishers

\* For sale with exclusive rights in: CA

\* Not for sale in: ROW

### OTHER FORMATS

9781787750029

### SUPPLY DETAIL

Distributor: UTP Distribution

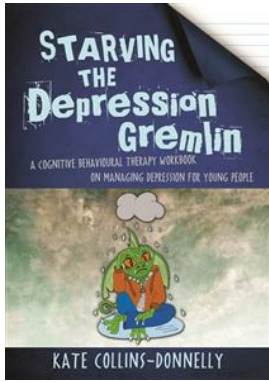
Availability: Not yet available

Carton Quantity: 1

\$29.95 CAD

\$26.95 USD

\$18.99 GBP



## Starving the Depression Gremlin

A Cognitive Therapy Workbook on Managing Depression for Young People

By (author): **Kate Collins-Donnelly**

Mar 21, 2019 | Forthcoming \$22.95 CAD

A self-help tool based on cognitive behavioural therapy to help young people aged 10+ to manage feelings of low mood and sadness

Have you met the depression gremlin? He's a troublesome creature who likes nothing more than to feed off your low mood. And the more he devours, the bigger he gets and the more sadness you feel. But never fear - starve him of depression-related thoughts, feelings and behaviours and watch him shrink and shrivel away!

Part of the award-winning *Starve the Gremlin* series, this engaging and accessible workbook helps young people aged 10+ to understand their feelings by explaining what depression is, how it develops and the impact it can have on the lives of young people. Based on the principles of cognitive behavioural therapy and packed with valuable tips and strategies, this workbook also aims to empower the reader to change how they think and act in order to manage their depression.

Full of fun and creative activities, *Starving the Depression Gremlin* can help support and inform wider therapeutic work with young people with depression, and it can be used independently or with a parent or practitioner. It will be of interest to school counsellors, therapists, social workers, youth workers, teaching staff and other professionals working with young people.

### ABOUT THE CONTRIBUTOR

**Kate Collins-Donnelly** is the author of several inspirational workbooks for children including *Starving the Anger Gremlin*, *Starving the Anxiety Gremlin*, and *Banish Your Self-Esteem Thief*.



- \* JUVENILE NONFICTION / Social Topics / Depression & Mental Illness
- \* 9781849056939
- \* English
- \* Paperback, Trade
- \* General Trade : Age (years) from 10 - 16
- \* 173 x 246 mm
- \* 176 pages
- \* 25 b&w line drawings
- \* Jessica Kingsley Publishers
- \* For sale with exclusive rights in: CA

#### OTHER FORMATS

9781784502058

#### SUPPLY DETAIL

Distributor: UTP Distribution

Availability: To order

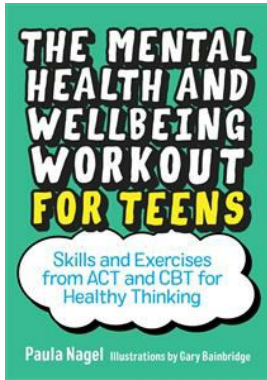
Carton Quantity: 1

\$22.95 CAD

\$19.95 USD

\$12.99 GBP





## The Mental Health and Wellbeing Workout for Teens

Skills and Exercises from ACT and CBT for Healthy Thinking

By (author): **Paula Nagel**

Illustrated by: **Gary Bainbridge**

Apr 21, 2019 | Forthcoming \$26.95 CAD

Self-help book for teenagers and young people to promote healthy thinking habits and mental health 'fitness'

This easy-to-understand, engaging guide arms teens with healthy thinking habits and coping strategies for staying on top of their mental health. Using tried and tested therapeutic techniques, readers are given the tools to build their own personalised mental health 'workout' to boost their emotional resilience and well-being.

Informed by the experiences of teens themselves, this friendly guide gives practical tips and strategies on how to overcome everyday stresses and ditch negative thinking 'frenemies' before they develop into more serious issues. Teens will be better equipped to recognize negative thoughts and emotions, monitor their mood and behaviour, and flex their positive thinking muscles in order to combat the mental health blips we all face sometimes.

### ABOUT THE CONTRIBUTOR

**Paula Nagel** is the principal educational psychologist for UK national children's mental health charity Place2Be. She has twenty years' experience as an educational psychologist working to promote emotional wellbeing and positive mental health in young people.



• JUVENILE NONFICTION /  
Health & Daily Living /  
General

• 9781785923944

• English

• Paperback, Trade

• General Trade : Age  
(years) from 12 - 18

• 173 x 246 mm

• 128 pages

• 16 black and white  
illustrations

• Jessica Kingsley Publishers

• For sale with exclusive  
rights in: CA

• Not for sale in: ROW

### OTHER FORMATS

9781784507534

### SUPPLY DETAIL

Distributor: UTP Distribution

Availability: Not yet available

Carton Quantity: 1

\$26.95 CAD

\$21.95 USD

\$12.99 GBP