

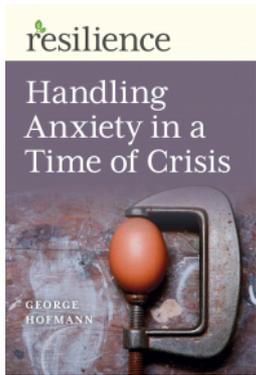


JOHN HUNT PUBLISHING

CATALOGUE

Resilience Series - Changemakers Books

Books for Resilience in Times of Crisis



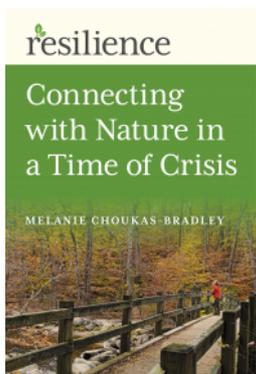
Resilience: Handling Anxiety in a Time of Crisis

George Hofmann

It's a challenging time for people who experience anxiety, and even people who usually don't experience it are finding their moods are getting the better of them.

George Hofmann takes a unique approach to developing better awareness of the body and how to head off disabling angst-filled episodes. Hofmann has used these techniques to successfully overcome crippling mood swings himself and has successfully taught these techniques to countless others, who have found them beneficial in their own lives.

Changemakers Books; 2020-05-01; Mental Health/Mindfulness & Meditation/Mood Disorders (General); Pb-9781789046793, \$9.95/£6.99, 88pp, 8.5x5.5inches / 216x140mm, Ebk-9781789046809, \$4.99/£3.99.



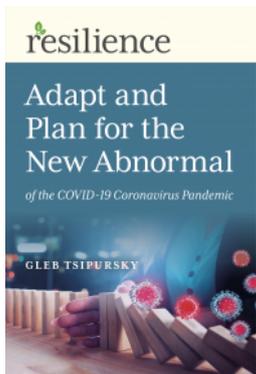
Resilience: Connecting with Nature in a Time of Crisis

Melanie Choukas-Bradley

Nature is one of the best medicines for difficult times. An intimate awareness of the natural world, even within the city, can calm anxieties and help create healthy perspectives. This book will inspire and guide you as you deal with the current crisis, or any personal or worldly distress. Melanie Choukas-Bradley is a naturalist and certified forest therapy guide who leads nature and forest bathing walks for many organizations in Washington, D.C. and the American West.

The "Resilience Series" is the result of an intensive, collaborative effort of our authors in response to the 2020 coronavirus epidemic.

Changemakers Books; 2020-05-01; Ecosystems & Habitats (General)/Happiness/Mindfulness & Meditation; Pb-9781789046830, \$9.95/£6.99, 96pp, 8.5x5.5inches / 216x140mm, Ebk-9781789046847, \$4.99/£3.99.



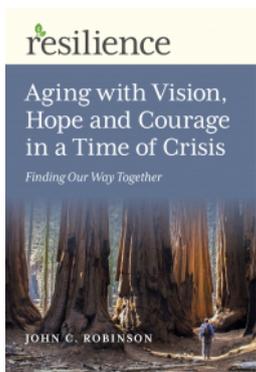
Resilience: Adapt and Plan for the New Abnormal of the COVID-19 Coronavirus Pandemic

Gleb Tsipursky

Using cutting-edge research in cognitive neuroscience and behavioral economics on dangerous judgement errors (cognitive biases), this book first explains why we respond so poorly to slow-moving, high-impact, and long-term crises, and shares research-based strategies for how organizations and individuals can adapt effectively to the new abnormal of the COVID-19 pandemic and similar disasters.

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Changemakers Books; 2020-05-01; Decision-Making & Problem Solving/Strategic Planning/Cognitive Neuroscience & Cognitive Neuropsychology; Pb-9781789046755, \$9.95/£6.99, 121pp, 8.5x5.5inches / 216x140mm, Ebk-9781789046762, \$4.99/£3.99.



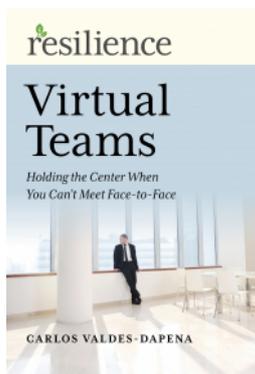
Resilience: Aging with Vision, Hope and Courage in a Time of Crisis

John C. Robinson

We are living in an era of unprecedented world-wide crises: COVID-19, climate change, overpopulation and the unravelling of civilization as we know it. Who wouldn't be worried? This book is for those over 65 wrestling with fear, despair, insecurity, and loneliness in these frightening times. A blend of psychology, self-help, and spirituality, it's meant for all who hunger for facts, respect, compassion, and meaningful resources to light their path ahead.

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Changemakers Books; 2020-05-01; Adulthood & Aging/Aging/Mysticism; Pb-9781789046854, \$9.95/£6.99, 120pp, 8.5x5.5inches / 216x140mm, Ebk-9781789046861, \$4.99/£3.99.



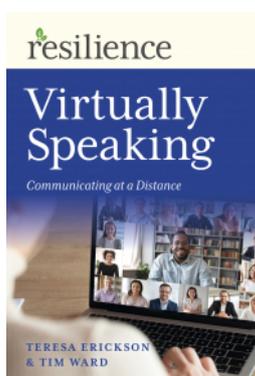
Resilience: Virtual Teams

Carlos Valdes-Dapena

In the face of the COVID-19 virus, organizations large and small are shuttering offices and factories, requiring as much work as possible be done from peoples' homes. The book draws on the insights of the author's earlier title, *Lessons from Mars*, providing a set of the powerful tools and exercises developed within the Mars Corporation to create high performance teams. These tools have been adapted for teams suddenly forced to work apart, in many cases for the first time.

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Changemakers Books; 2020-05-01; Management/Leadership/Decision-Making & Problem Solving; Pb-9781789046915, \$9.95/£6.99, 104pp, 8.5x5.5inches / 216x140mm, Ebk-9781789046922, \$4.99/£3.99.



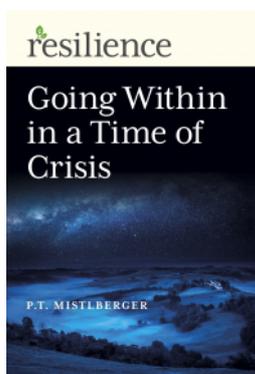
Resilience: Virtually Speaking

Tim Ward & Teresa Erickson

To adapt to a world where you can't meet face to face, with no air travel, conferences cancelled and teams working from home, leaders, experts, managers and professionals all need to master the skills of virtual communication. This book tells you how to create impact with your on-screen presence, use powerful language to motivate listening, and design compelling visuals. You will also learn techniques to prevent your audience from losing attention and to create a lasting impact.

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Changemakers Books; 2020-05-01; Management/Business Communication (General)/Strategic Planning; Pb-9781789046731, \$9.95/£6.99, 96pp, 8.5x5.5inches / 216x140mm, Ebk-9781789046748, \$4.99/£3.99.



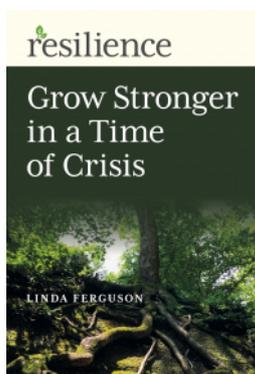
Resilience: Going Within in a Time of Crisis

P.T. Mistlberger

During a time of crisis, we are presented with something of a fork in the road; either look within and examine ourselves, or engage in distractions and go further to sleep. This book is for those seeking deeper self-understanding, and offers several avenues for doing so, all of which are connected to the theme of going within.

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Changemakers Books; 2020-05-01; Transpersonal/Happiness/Mindfulness & Meditation; Pb-9781789046878, \$9.95/£6.99, 96pp, 8.5x5.5inches / 216x140mm, Ebk-9781789046885, \$4.99/£3.99.



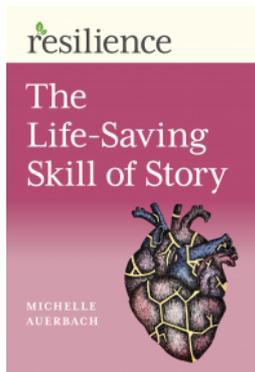
Resilience: Grow Stronger in a Time of Crisis

Linda Ferguson

Many of us have wondered how we would respond in the midst of a crisis. You hope that difficult times could bring out the best in you. Some become stronger, more resilient and more innovative under pressure. You hope that you will too. But you are afraid that crisis may bring out your anxiety, your fears and your weakest communication.

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Changemakers Books; 2020-05-01; Happiness/Communication & Social Skills/Neuropsychology; Pb-9781789046977, \$9.95/£6.99, 96pp, 8.5x5.5inches / 216x140mm, Ebk-9781789046984, \$4.99/£3.99.



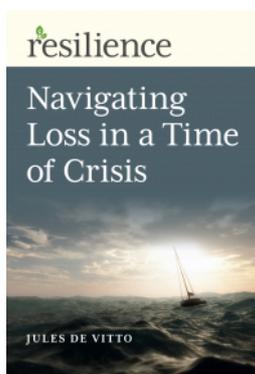
Resilience: The Life-Saving Skill of Story

Michelle Auerbach

Storytelling covers every skill we need in a crisis. We need to share information about how to be safe, about how to live together, about what to do and not do. We need to talk about what is going on in ways that keep us from freaking out. And we need to do it all without falling apart... This book will help people in any field and any walk of life to become better storytellers and immediately unleash the power to teach, learn, change, soothe, and create community to activate ourselves and the people around us.

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Changemakers Books; 2020-05-01; Self-Esteem/Inspiration & Personal Growth/Authorship; Pb-9781789047011, \$9.95/£6.99, 96pp, 8.5x5.5inches / 216x140mm, Ebk-9781789047028, \$4.99/£3.99.



Resilience: Navigating Loss in a Time of Crisis

Jules De Vitto

This book explores the many forms of loss that can happen in times of crisis. These losses can range from loss of business, financial security, routine, or structure, to the deeper losses of meaning, purpose or identity. The author draws on her background in transpersonal psychology, integrating spiritual insights and mindfulness practices to take the reader on a journey in which to help them navigate the stages of uncertainty that follow loss.

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Changemakers Books; 2020-05-01; Death, Grief, Bereavement/Mindfulness & Meditation/Transpersonal; Pb-9781789046991, \$9.95/£6.99, 80pp, 8.5x5.5inches / 216x140mm, Ebk-9781789047004, \$4.99/£3.99.

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