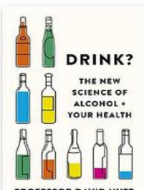


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1






DRINK?
THE NEW SCIENCE OF ALCOHOL + YOUR HEALTH
PROFESSOR DAVID NUTT

Drink? : The New Science of Alcohol and Your Health

Authors: [David Nutt](#)

 **Print Book 2021**
London, UK : Hodder & Stoughton, 2021.

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ADF Library New Books 2022

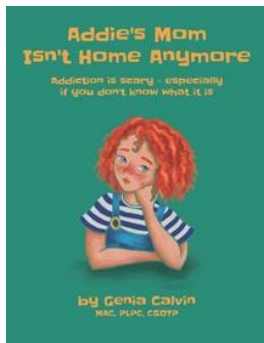
Alcohol



Preventing alcohol-related problems: evidence and community-based initiatives

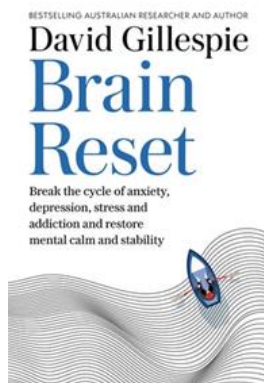
Alcohol is a major public health issue. According to the World Health Organization (WHO), alcohol consumption is a component cause of more than 200 disease and injury conditions. All of these effects place a substantial burden on population health in terms of death and disability, making alcohol consumption 1 of the 10 leading factors with the most impact on population health. This book, edited and authored by experienced researchers and public health specialists in the field, deals with alcohol problems from a public health perspective, with a focus on prevention approaches that focus evidence-based community approaches. The book combines the latest research on community-level alcohol problems with success stories from community practitioners.

Drug Use and Dependence or Addiction



Addie's mom isn't home anymore: addiction is scary-especially when you don't know what it is

What is an addiction? This is a difficult question even for adults to fully understand and answer. Imagine being the child of an addict, confused as to why your mom is acting so differently. Addie is a young girl facing this problem. If she can't trust her mom, who can she trust? Should she tell someone about mom's strange behaviors? Does her mom even love her anymore? Scared, angry, and feeling unloved, she reaches out to her favourite teacher for help, but in Addie's eyes, this only made things worse. Addie's Mom Isn't Home Anymore is the first of Addie's four-part journey to answer this question, told through her own eyes and from her perspective. Addie's story is one of courage, trust, and learning to overcome fear to help someone you love, and is designed to help guide parents, guardians, and professionals through the process of educating children about addiction. Author Notes can be found in the back of this book to further assist adults in helping children to understand the disease of addiction.



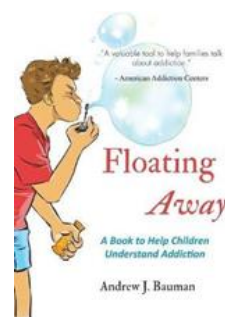
Brain Reset

Anxiety, depression, and addiction are the scourge of modern-day living. How are they linked? How do we beat them?

According to bestselling author and researcher David Gillespie, we are more addicted than ever before, which is playing havoc with our dopamine levels. This is fuelling epidemic-like levels of depression, anxiety, and stress.

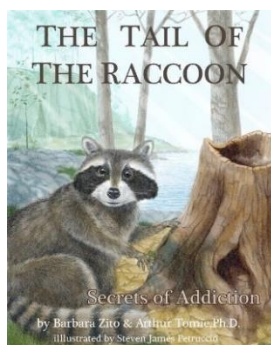
Gillespie reveals a large and robust body of research that shows how addictive activities, such as screen use, sugar consumption, drinking, gambling, shopping, and smoking, spike our dopamine levels. This, in turn, affects our brain's ability to regulate our mood.

The good news is that we can break the cycle to make things better. There are myriad root causes of mental illness, many of which are beyond our control; David argues that it makes sense to tackle the thing that is within our control - our see-sawing dopamine levels. Packed with cutting-edge research and practical advice, David's latest book arms us with the tools we need to break our addictions, conquer uncertainty, and reset our brains.



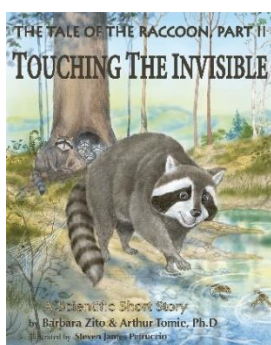
Floating away: a book to help children understand addiction

Addiction can be an incredibly difficult subject for parents and caregivers to discuss with children, who are often the ones most impacted by it. This book provides an avenue for dialogue with the over 18 million children who are affected by addiction in America. It follows a simple metaphor of addiction as the main character, Sam, is swept away in a bubble. At first, he is curious and excited, but he slowly becomes bored and isolated, encounters a devastating storm, and, finally, tries to find his way back home to his family. His journey symbolizes the struggle of addiction in a way children can understand.



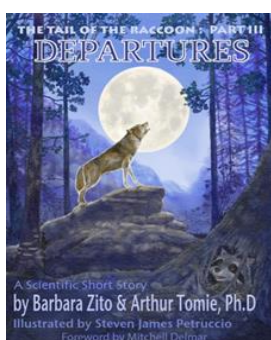
The tail of the raccoon. Part I, Secrets of addiction: a scientific short story

The Tail of the Raccoon: Secrets of Addiction is a scientific short story set in the Eastern Woodlands of North America. The story follows the adventures of a raccoon, called Sign Tracker, and other inhabitants of the Great Forest. What is unique about the story is that the adventures of the raccoon are based on scientific studies of the hidden and overlooked causes of drug addiction. As noted in the Educational and Scientific Commentaries that are included with the story, sign-tracking is a well-established scientific phenomenon which speaks to the remarkable power of reward cues to control and direct behaviour. This story is designed to appeal to all ages. Children are charmed by the antics of the raccoon, while, at the same time, they learn how actions can become disconnected from intention. For college students and adults, reading the story is nostalgic of a more innocent time, and yet, the storyline clearly delivers a message about the underlying causes of drug addiction.



The tail of the raccoon. Part II, Touching the invisible: a scientific short story

The Tail of the Raccoon, Part II: Touching the Invisible is the second story of The Sign Tracker Trilogy. This story follows the adventures of a raccoon family living in the Eastern Woodlands and depicts the early stages of the drug addiction process. Lepus, the youngest son of the raccoon character, Sign Tracker, is offered an extremely rewarding but venomous potion in a vial spun of silk. Lepus enjoys the potion's intoxicating effects, and his raccoon mind becomes preoccupied with getting his paws on more. In the presence of the vial, Lepus is powerless to restrain himself. Descending into the abyss of excessive drug use, his health deteriorates, he loses his free-will, and the rings on his tail fade away. Included with the story are Educational and Scientific Commentaries that explain how the development of Sign-Tracking transitions casual drug use into drug abuse.



The tail of the raccoon. Part III, Departures: a scientific short story

The Tail of the Raccoon, Part III: Departures is the third story of The Sign Tracker Trilogy. This story follows the adventures of a raccoon family living in the Eastern Woodlands and further depicts the relatively early stages of the drug addiction process. Lepus, the youngest son of the raccoon character, Sign Tracker, enjoys the intoxicating effects of the potion presented in the silk vial. In the presence of the vial, though he intends to quit, Lepus is powerless to restrain himself. Because he is triggered into taking the drug, Lepus must depart from the environments mindful of drug use.



Why can't you stop? a first look at addiction

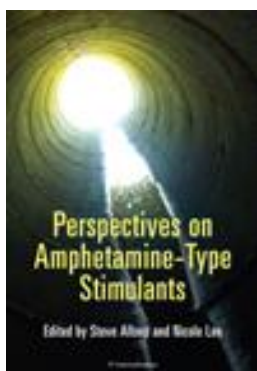
This book looks at some of the reasons why people have addictions. This book is meant to be read with children and is aimed at helping to open up first discussions about the subject.

The superb A First Look At series consists of a number of reassuring picture books that give advice and promote interaction between children, parents, and teachers on a wide variety of personal, social, and emotional issues. Charmingly clear illustrations give readers immediate access to complex situations and feelings. They are excellent tools for teachers to use during classroom discussions.

Notes for parents and teachers at the back of the book provide valuable advice for how to share this book with your child or class.

Written by a trained psychotherapist, journalist, and parent, and illustrated by an experienced children's book artist, this title is part of an acclaimed and successful series of picture-book non-fiction for Early Years.

Drugs



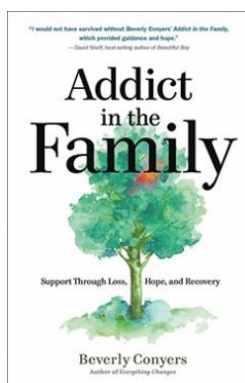
Perspectives on amphetamine-type stimulants

Worldwide, as many as 50 million people report using amphetamine-type stimulants (ATS) in the previous year. Evidence about patterns of use, effects, and associated risks is accumulating, but our understanding of the contexts of use, and implications for intervention, is still developing. Many treatment services report difficulties engaging and retaining people affected by ATS-related problems in treatment. The evidence base for effective treatment is still in relative infancy.

In this book the pharmacology of ATS, social contexts and meanings of use, associated risk taking, and potential harms for the individual consumer and his or her family and community are described. The experiences and views of consumers, a parent, a police officer, and frontline emergency- and health-service staff are offered. The emerging evidence base for law enforcement, prevention, and clinical responses to ATS use and related harms is explored. The book concludes with a clinical focus, in which brief and opportunistic interventions, engagement and retention in treatment, stepped-care approaches, and responses to the specific needs of people with co-existing mental-health problems and same sex-attracted or gender diverse people, are addressed. While each chapter stands alone, the book can be read as a series of perspectives on related issues. Case studies are a feature of the book.

With this book the editors and specialist contributors seek to promote better understanding of and more effective responses to ATS in a broad range of contexts, reducing risk and harms for individuals, families, and the broader community.

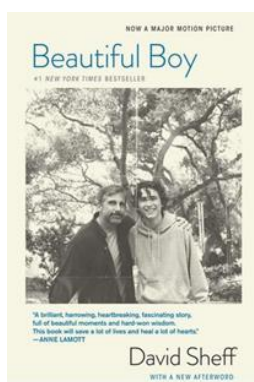
Family



Addict in the family: support through loss, hope, and recovery

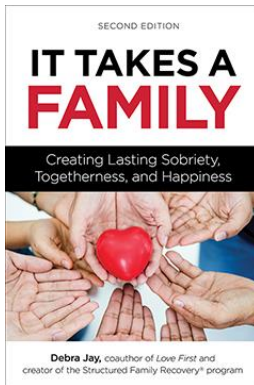
Addict in the Family provides parents and other family members faced with the reality of a loved one's addiction with solid, actionable advice and information about what helps and what doesn't—and how to care for themselves. Rather than providing simple solutions or definitive answers to every question, Conyers' careful research and warm writing offer education and support from those who "have been where you are" and the healing, isolation-breaking power of shared experiences.

This revision of her classic work responds to recent trends in the ongoing opioid epidemic, has been expanded to include a deeper focus on family systems and dynamics, and adds insights, advice, and practices based on updated science related to the biology, psychology, and spirituality of addiction.



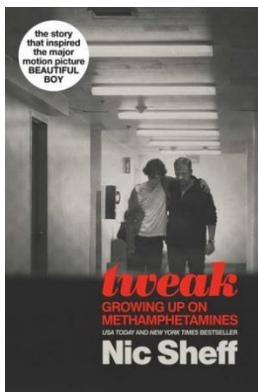
Beautiful boy: a father's journey through his son's addiction

What had happened to my beautiful boy? To our family? What did I do wrong? Those are the wrenching questions that haunted David Sheff's journey through his son Nic's addiction to drugs and tentative steps toward recovery. Before Nic became addicted to crystal meth, he was a charming boy, joyous and funny, a varsity athlete and honour student adored by his two younger siblings. After meth, he was a trembling wraith who lied, stole, and lived on the streets. David Sheff traces the first warning signs: the denial, the three a.m. phone calls--is it Nic? the police? the hospital? His preoccupation with Nic became an addiction in itself. But as a journalist, he instinctively researched every treatment that might save his son. And he refused to give up on Nic.



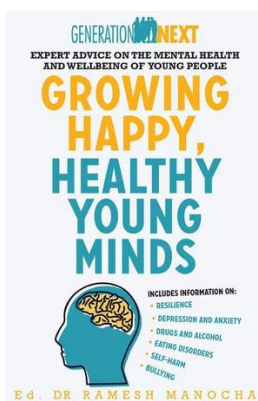
It takes a family: creating lasting sobriety, togetherness, and happiness

As a companion to Love First, the classic guide to family intervention, It Takes a Family delivers a proven method for families and friends to step beyond the initial intervention and reinvent their relationships as part of a family recovery team. In straightforward, compassionate language, Debra Jay offers readers a structured model that shows family members and friends how they can work together to overcome the obstacles many people with addiction face in their initial recovery. Through easy-to-follow strategies and exercises, family members learn about and address the challenges of enabling, denial, and pain while developing their communication skills and embracing the joy that comes from healthier and happier relationships.



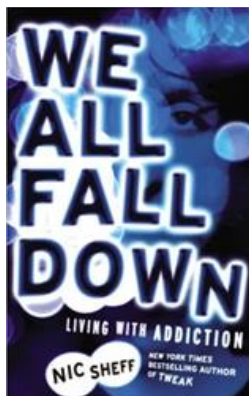
Tweak (growing up on methamphetamines)

Nic Sheff was drunk for the first time at age 11. In the years that followed, he would regularly smoke pot, do cocaine and ecstasy, and develop addictions to crystal meth and heroin. Even so, he felt like he would always be able to quit and put his life together whenever he needed to. It took a violent relapse one summer to convince him otherwise. In a voice that is raw and honest, Nic spares no detail in telling us the compelling true story of his relapse and the road to recovery. He paints an extraordinary picture for us of a person at odds with his past, with his family, with his substances, and with himself. Tweak is a raw, harrowing, and ultimately hopeful tale of the road from relapse to recovery and complements his father's parallel memoir, Beautiful Boy.



Growing happy, healthy young minds: generation next

The challenges that young people face in today's world can sometimes seem overwhelming, not just to them but to the adults in their lives. Help is at hand: Growing Happy, Healthy Young Minds is a collection of expert advice on key topics of importance for young people and those who care for them.



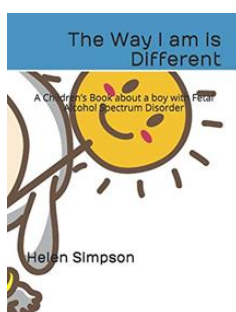
We all fall down: living with addiction

In his follow-up to his bestselling memoir Tweak: Growing Up On Methamphetamines, Nic Sheff reveals a brutally honest account of a young person's struggles with relapse and rehab.

In his bestselling memoir Tweak, Nic Sheff took readers on an emotionally gripping roller-coaster ride through his days as an addict. In this powerful follow-up about his continued efforts to stay clean, Nic writes candidly about eye-opening stays at rehab centers, devastating relapses, and hard-won realizations about what it means to be a young person living with addiction. By candidly revealing his own failures and small personal triumphs, Nic inspires readers to maintain hope and to remember that they are not alone in their battles. A group reading guide is included.

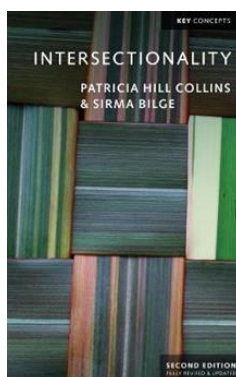
Nic Sheff's Tweak, We All Fall Down, and his father's memoir about him (Beautiful Boy) are the basis of the film Beautiful Boy starring Steve Carell and Timothée Chalamet.

FASD



The way I am is different: a children's book about a boy with fetal alcohol spectrum disorder

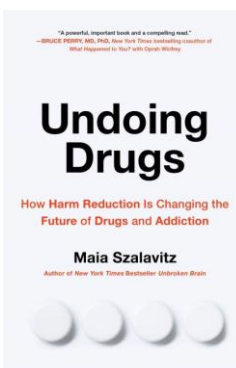
In this children's book, a boy with Fetal Alcohol Spectrum Disorder is about to embark on his third-grade year. The boy describes his anxiety, fears, and discusses his struggles from an honest viewpoint of what it is like to live with FASD in Elementary school. He shows us that the support from family, friends, and teachers certainly makes a positive difference. This book helps children understand their "different" is perfectly okay, and they are not alone.



Harm Reduction

Intersectionality

The concept of intersectionality has become a central topic in academic and activist circles alike. But what exactly does it mean, and why has it emerged as such a vital lens through which to explore how social inequalities of race, class, gender, sexuality, age, ability, and ethnicity shape one another? In this fully revised and expanded second edition of their popular text, Patricia Hill Collins and Sirma Bilge provide a much-needed introduction to the field of intersectional knowledge and praxis. Analysing the emergence, growth, and contours of the concept of intersectionality, the authors also consider its global reach through an array of new topics such as the rise of far-right populism, reproductive justice, climate change, and digital environments and cultures. Accessibly written and drawing on a plethora of lively examples to illustrate its arguments, the book highlights intersectionality's potential for understanding complex architecture of social and economic inequalities and bringing about social justice-oriented change. Intersectionality will be an invaluable resource for anyone grappling with the main ideas, debates, and new directions in this field.



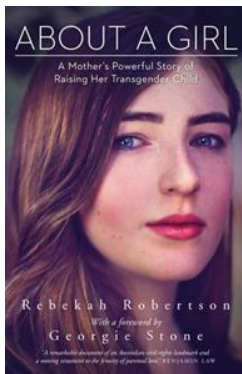
Undoing drugs: the untold story of harm reduction and the future of addiction

Drug overdoses now kill more Americans annually than guns, cars, or breast cancer. But we have tried to solve this national crisis with policies that only made matters worse. In the name of "sending the right message," we have maximized the spread of infectious disease, torn families apart, incarcerated millions of mostly Black and Brown people—and utterly failed to either prevent addiction or make effective treatment for it widely available.

There is another way, one that is proven to work. However, it runs counter to much of the received wisdom of our criminal and medical industrial complexes. It is called harm reduction. Developed and championed by an outcast group of people who use drugs and by former users and public health geeks, harm reduction offers guidance on how to save lives and improve health. And it provides a way of understanding behaviour and culture that has relevance far beyond drugs.

In a spellbinding narrative rooted in an urgent call to action, Undoing Drugs tells the story of how a small group of committed people changed the world, illuminating the power of a great idea. It illustrates how hard it can be to take on widely accepted conventional wisdom—and what is necessary to overcome this resistance. It is also about how personal, direct human connection and kindness can inspire profound transformation. Ultimately, Undoing Drugs offers a path forward—revolutionizing not only the treatment of addiction, but also our treatment of behavioral and societal issues.

LGBTQI



About a girl: a mother's powerful story of raising her transgender child

In 2000, Rebekah gave birth to twin boys, George, and Harry. But as they grew older, their preferences began to show, and by the age of three it was clear Georgie was drawn to anything that was pretty or had a skirt that could swirl.

Before long Georgie was insisting that she was a girl and became distressed that she had to hide who she really was when she began school. Soon the bullying started, and she would come home in floods of tears, begging her mother to help her.

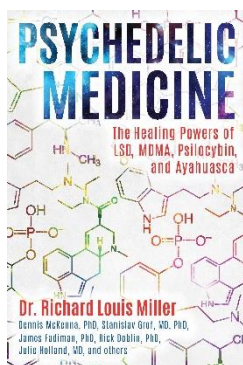
Rebekah and her husband, conflicted about how to proceed and overwhelmed by fear, united in their determination to help her live freely and fearlessly. To ensure Georgie had access to medical support they sought permission for her to begin puberty-blocking medication. Their case was the start of the long road to justice for transgender children in Australia and became the basis of the 2013 landmark decision to remove the Family Court's jurisdiction.

Georgie has gone on to become one of the brightest stars of the Australian youth leadership landscape through her advocacy work. And Rebekah founded Transcend, a support network for transgender kids and their families in Australia.

Part memoir and part inspirational message of hope for those navigating a similar path, *About a Girl* is a thought-provoking and profoundly moving true story. Above all, it is a celebration of family and the values that unite us all.

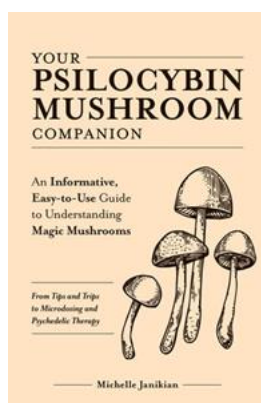
'A remarkable document of an Australian civil rights landmark and a moving testament to the ferocity of parental love.' - Benjamin Law

Psychedelics



Psychedelic medicine: the healing powers of LSD, MDMA, Psilocybin, and Ayahuasca

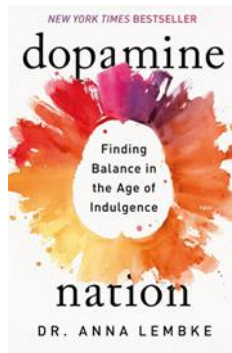
Explores the potential of psychedelics as medicine and the intersections of politics, science, and psychedelics. Explores the tumultuous history of psychedelic research, the efforts to restore psychedelic therapies, and the links between psychiatric drugs and mental illness. Offers non-technical summaries of the most recent, double-blind, placebo-controlled studies with MDMA, psilocybin, LSD, and ayahuasca. Includes the work of Rick Doblin, Stanislav Grof, James Fadiman, Julie Holland, Dennis McKenna, David Nichols, Charles Grob, Phil Wolfson, Michael and Annie Mithoefer, Roland Griffiths, Katherine MacLean, and Robert Whitaker. Embracing the revival of psychedelic research and the discovery of new therapeutic uses, clinical psychologist Dr. Richard Louis Miller discusses what is happening today in psychedelic medicine--and what will happen in the future with top researchers and thinkers in this field, including Rick Doblin, Stanislav Grof, James Fadiman, Julie Holland, Dennis McKenna, David Nichols, Charles Grob, Phil Wolfson, Michael and Annie Mithoefer, Roland Griffiths, Katherine MacLean, and Robert Whitaker. Dr. Miller and his contributors cover the tumultuous history of early psychedelic research brought to a halt 50 years ago by the U.S. government as well as offering non-technical summaries of the most recent studies with MDMA, psilocybin, LSD, and ayahuasca. They explore the biochemistry of consciousness and the use of psychedelics for self-discovery and healing. They discuss the use of psilocybin for releasing fear in the terminally ill and the potential for MDMA-assisted psychotherapy in the treatment of PTSD. They examine Dr. Charles Grob's research on the indigenous use and therapeutic properties of ayahuasca and Dr. Gabor Mate's attempt to transport this plant medicine to a clinical setting with the help of Canada's Department of National Health. Dr. Miller and his contributors explore the ongoing efforts to restore psychedelic therapies to the health field, the growing threat of overmedication by the pharmaceutical industry, and the links between psychiatric drugs and mental illness. They also discuss the newly shifting political climate and the push for new research, offering hope for an end to the War on Drugs and a potential renaissance of research into psychedelic medicines around the world.



Your psilocybin mushroom companion: an informative, easy-to-use guide to understanding magic mushrooms—from tips and trips to micro dosing and psychedelic therapy

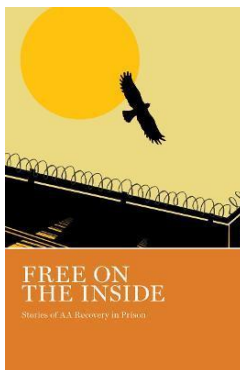
With so much misinformation surrounding magic mushrooms out there, it can be hard to separate fact from fiction. This is where Your Psilocybin Mushroom Companion comes in to help. In this book, you'll find a comprehensive yet friendly guide to everything there is to know about magic mushrooms. Learn how to plan safe, effective trips with easy-to-follow step-by-step advice. Discover how to train a guide to take care of those on psychedelic voyages, as well as how to access the transformative nature of these experiences. Even learn how micro dosing can improve your mood, cognitive functioning, creativity, physical stamina, and more. With the most up-to-date research, Your Psilocybin Mushroom Companion will put magic mushrooms into perspective, dispel myths and urban legends, and open your mind to the benefits of psychedelic tripping.

Recovery



Dopamine Nation

This book is about pleasure. It's also about pain. Most important, it's about how to find the delicate balance between the two, and why now more than ever finding balance is essential. We're living in a time of unprecedented access to high-reward, high-dopamine stimuli: drugs, food, news, gambling, shopping, gaming, texting, sexting, Facebooking, Instagramming, YouTubing, tweeting ... The increased numbers, variety, and potency is staggering. The smartphone is the modern-day hypodermic needle, delivering digital dopamine 24/7 for a wired generation. As such we've all become vulnerable to compulsive overconsumption. In *Dopamine Nation*, Dr. Anna Lembke, psychiatrist and author, explores the exciting new scientific discoveries that explain why the relentless pursuit of pleasure leads to pain...and what to do about it. Condensing complex neuroscience into easy-to-understand metaphors, Lembke illustrates how finding contentment and connectedness means keeping dopamine in check. The lived experiences of her patients are the gripping fabric of her narrative. Their riveting stories of suffering and redemption give us all hope for managing our consumption and transforming our lives. In essence, *Dopamine Nation* shows that the secret to finding balance is combining the science of desire with the wisdom of recovery.

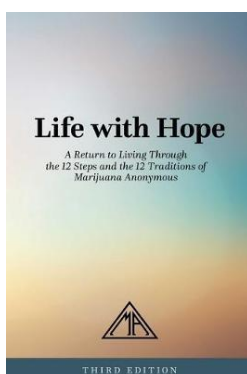


Free on the inside: stories of AA recovery in prison

Getting and staying sober in prison can be tough, but it is possible. *Free on the Inside* features more than 50 essays and letters from members of Alcoholics Anonymous who have experienced AA behind bars--either while serving time, as former inmates, or as outside AA members carrying the message inside through prison groups.

Motivation and inspiration can be found in chapters such as *Finding AA in Prison*, *Staying Sober in Prison*, *Women Helping One Another in Prison*, *Working the Twelve Steps*, *Sponsoring Members in Prison* and *Carrying the AA Message into Prisons* which has long been an important and fulfilling aspect of service in the Fellowship of AA.

This collection of personal accounts of struggle and triumph, breakdowns, and breakthroughs, is a comforting read for incarcerated men and women--and for those who want to help them in their rehabilitation and recovery.



Life with hope a return to living through the 12 steps and the 12 traditions of Marijuana Anonymous

Similar to *The Big Book of Alcoholics Anonymous*, *Life with Hope* thoroughly explains the 12 Steps and 12 Traditions as they relate to marijuana addicts and those with cannabis use disorder. This is an essential resource for anyone seeking recovery through Marijuana Anonymous (MA). The text includes the 12 Steps and the 12 Traditions, fifteen personal stories from Marijuana Anonymous members, and the section, *A Doctor's Opinion about Marijuana Addiction*.

"How can we tell you how to recover? We cannot. All we can do is share with you our own experiences and recovery through the Twelve Steps of Marijuana Anonymous."

Life with Hope is an essential resource for the marijuana addict and for anyone with a cannabis use disorder who is seeking recovery through Marijuana Anonymous (MA). The text is ideal for newcomers, people who are in active addiction, and anyone interested learning more about how marijuana addiction affects people's lives.

RECOVERY AND RENEWAL

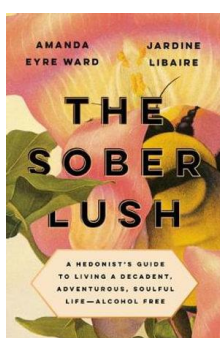


Baylissa Frederick

Recovery and renewal: your essential guide to overcoming dependency and withdrawal from sleeping pills, other 'benzo' tranquillisers and antidepressants

This is an essential guide for counsellors, doctors, other healthcare professionals, family members and anyone affected by dependency and withdrawal from sleeping pills, other benzodiazepines, and antidepressants. Drawn from the author's personal experience with discontinuing a benzodiazepine prescribed for her dystonia (a neurological condition causing involuntary movements), her many years of supporting others in withdrawal, and her counselling training and expertise, it focuses on healing and empowerment and includes coping tips, success stories, description of symptoms and everything else one needs to know in order to self-care and successfully overcome this experience.

Sober Curious



The sober lush: a hedonist's guide to living a decadent, adventurous, soulful life--alcohol free

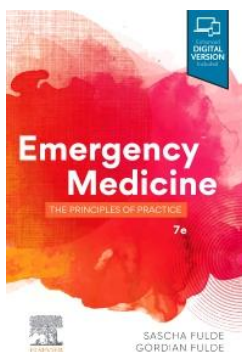
A sober hedonist's guide to living a decadent, wild, and soulful life--alcohol-free. In a culture where sipping "rosé all day" is seen as the epitome of relaxation, "grabbing a drink" the only way to network; and meeting at a bar the quintessential "first date," many of us are left wondering if drinking alcohol really is the only way to cultivate joy and connection in life. Jardine Libaire and Amanda Eyre Ward wanted to live spontaneous and luxurious lives, to escape the ordinary and enjoy the intoxicating. Their drinking, however, had started to numb them to the present moment instead of unlocking it. Ward was introduced to Libaire when she first got sober. As they became friends, the two women talked about how they yearned to create lives that were Technicolor, beautifully raw, connected, blissed out, and outside the lines . . . but how? In The Sober Lush, Libaire and Ward provide a road map for living a lush and sensual life without booze.

Treatment



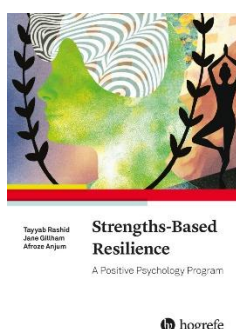
Affirmative counseling for transgender and gender diverse clients

Expert guidance on a collaborative approach to mental health care guided by client-driven goals This volume provides fundamental and evidence-based information on working with transgender and gender diverse people in mental health services. The authors, who are experts in the field, outline the key qualities of affirming mental health services, and explore strategies for improving inclusivity and evidence-based care with trans clients. Dickey and Puckett also provide insight into current topics, such as working with youth, the harmful and ill-advised approach known as rapid onset gender dysphoria, and whether and how autism might be a co-occurring diagnostic concern. Practitioners will find the printable resources provided are invaluable for their clinical practice, including sample letters of support for trans clients who are seeking gender affirming medical care



Emergency medicine: the principles of practice

Gordian Fulde AO, a mainstay of emergency medicine in Australia, continues to author this indispensable reference along with Sascha Fulde and a considered selection of influential emergency medicine clinicians. The strength of Emergency Medicine undoubtedly lies with its combination of expertise, experience, and contemporary content. This premier text offers accessible evidence-based clinical management and treatment advice that can be incorporated seamlessly into the daily demands of the emergency medicine environment. The comprehensive scope of content coverage ensures readers – both students and clinicians – are well equipped with the practical nous to succeed in the demanding world of emergency medicine.



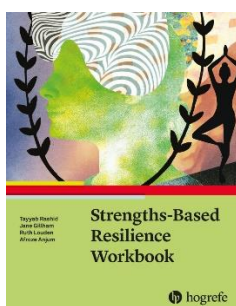
Strengths-based resilience: a positive psychology program

Informed by rigorous research from positive psychology, cognitive behaviour therapy and mindfulness, the Strengths-Based Resilience (SBR) program helps participants cultivate resilience in the face of different adverse life phases, whether it is challenges in higher education, work, relationships, or more. While it may not be possible to eliminate the risks, setbacks, and challenges participants face in life, they can enhance their use of strengths and learn new skills to deal with them.

The 14-module SBR program helps clients to build resilience through a series of evidence-based skills. Core modules focus on:

- Integrating mindfulness, relaxation, and gratitude into daily selfcare routines
- Developing a personal story of resilience
- Learning a more flexible thinking style
- Identifying and using strengths to solve problems
- Incorporating slowness and savouring
- Practicing positive communication for healthier relationships
- Contributing to community by learning to act altruistically
- Pursuing a sense of meaning by exploring past and future selves

This colour-illustrated manual is clearly structured, providing step-by step instructions, and listing the practice elements and goals of each Module. This manual is an essential resource for all mental health practitioners wanting to help their client's build resilience.

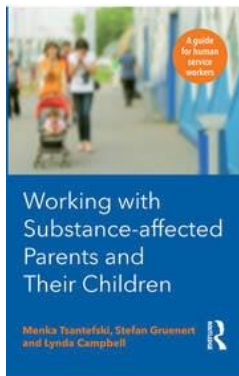


Strengths-based resilience workbook

Do you want to learn skills that focus on strengths that will help you become more resilient? And be able to integrate these skills into your daily life? Then this 14 module strengths-based resilience program will help you do just that with an approach that has been proven to work. You will learn how to:

- Integrate mindfulness, relaxation, and gratitude into your daily self-care routine
- Explore your own story of resilience
- Learn to be more flexible in your thinking
- Identify and use strengths to solve problems
- Incorporate slowness and savouring
- Practice positive communication for healthier relationships
- Contribute to community by learning to do the good you can
- Find a sense of meaning by exploring your past and future self

Each module is clearly structured with step-by-step instructions, listing the practice elements and goals for each module. The book is full of tips so you can start developing the skills now and make changes that will help you flourish in life.



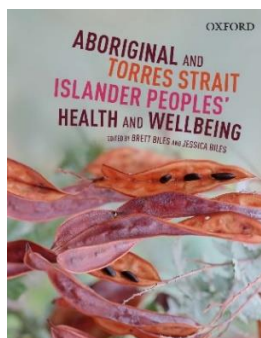
Working with Substance-Affected Parents and Their Children: a Guide for Human Service Workers

Working with families in which parents have problems with alcohol or other drugs can be complex, stressful, and intense. This ground-breaking guide helps human service workers to better support parents struggling to overcome substance use problems. It draws together the perspectives of professionals from alcohol and other drug treatment centres, child and family welfare groups, as well as leading researchers in the fields of addiction and child protection, and also provides practical strategies for understanding and overcoming common practice challenges. In this book you will find guidelines for:

- developing positive relationships with parents and children
- identifying what you need to know when undertaking an assessment
- ensuring the safety of families
- improving family life
- assisting parents when children are in care
- and focusing on your own self-care and professional development

This is an essential resource for both students and professionals working in this challenging field.

Wellbeing



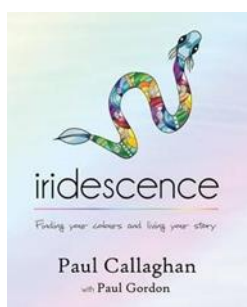
Aboriginal and Torres Strait Islander peoples' healthcare

Aboriginal & Torres Strait Islander Peoples' Health and Wellbeing addresses the need to reorient mainstream health to Aboriginal and Torres Strait Islander peoples' ways. It focuses on the philosophy of Indigenous Australian cultural competence, where the onus of responsibility is not on the patient but instead on the clinician. By providing students with the skills of reconciliation, cultural competence, and cultural safety it aims to strengthen healthcare delivery and ensure that all Australians have equal and equitable access to healthcare.

Taking a multi-disciplinary approach, this book caters to nursing, midwifery, and allied health courses. Each chapter is written by an Aboriginal or Torres Strait Islander and a non-Indigenous author, representing interprofessional collaboration.

Part 1 of the text introduces theoretical and historical concepts that will support your students' learning, while Part 2 focuses on key health systems and will develop students' understanding in specific Aboriginal and Torres Strait Islander peoples' health domains.

- Case Studies with a specific focus on either nursing or allied health provide context to how each specific topic will be relevant in practice
- Critical Reflection Questions follow every case study enabling students to enhance their understanding and reflect on their own perspectives of health
- Research Champion Cases in Chapter 4 provide details about the health care backgrounds of the authors in Part 1, giving students an insight into different health care career paths
- Implications for Nursing Practice and Implications for Allied Health Practice provide practical examples and explanations of how health and societal factors impact on healthcare practice
- Videos highlight personal experiences within the healthcare sector from five different perspectives
- End of Chapter Revision allows students to test their comprehension, and to prepare for tutorials and exams.



Iridescence: finding your colours and living your stories

This book, *iridescence*, provides models, insights, and exercises on achieving improved wellbeing through traditional Aboriginal culture, philosophy and spirituality. Although the amount of information in the world is increasing at an alarming rate, ancient wisdom is more relevant to our daily lives than ever.

In the 1970s, we were told of the brave new world that awaited us beyond 2000, a world of robots, technology, and automation. We were sold an image of a world of increased leisure, a world with more time to connect with friends, family, nature and spirit, a world of increased wellbeing!

Forty years later and 'busy-ness' has accelerated rather than dissipated. We rush here and there without questioning why. We are seduced by 'busy-ness'.

Many of us are also seduced by desire. Often the things we desire take us away from wellbeing rather than towards it. Material possessions, power, fame, and fortune are often in our fantasies and dreams waiting for the day when they will become reality. In addition, we are often conditioned to jump on a treadmill of continual wants. We pursue, wish for, and sometimes even pray for what we want rather than what we need.

As a result, we are rarely at peace and find it hard to find the magic in every moment of every hour of every day. Rather than be in the present, our mind is somewhere else, searching for the pot of gold at the end of the rainbow rather than witnessing the magic of the rainbow itself. We ruminate on what we don't have rather than what we have.

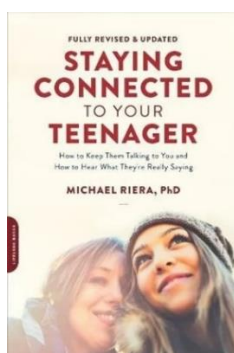
For over 60,000 years, the first nation's people of Australia have achieved wellbeing through understanding all that they need to live a good life is around them. This knowledge was shared in a holistic mind, body and spirit framework that was lived 24 hours a day, 7 days a week, unlike many of us in today's world where mind, body and spirit needs are not integrated and something to contemplate at the end of the working day, week or when we retire.

Paul Callaghan has experienced much in his life. In his earlier years, he felt a sense of achievement from completing formal studies, the overwhelming joy of becoming a father and the satisfaction of career and professional success. Then, to his surprise, he felt the darkness and loneliness of depression. Joy was gone and success a word beyond comprehension and reality.

On his path of recovery Paul realised, he hadn't been walking his footsteps, fulfilling his destiny, or living his Dreaming Path. Paul wasn't living his story or truth. As he searched for answers to this life changing insight, he was introduced to the profound healing of Aboriginal culture, philosophy, and spirituality. Paul discovered what it felt like to find himself and to believe in himself. He has also felt the relief and freedom of letting go of desire and embracing thankfulness. He has felt what it is like to connect with his Dreaming Path and live his truth.

Are you living your truth, your story? If not, then *iridescence* provides you with models, tools, insights, exercises, reflections and 30 specific messages around key themes including your life's journey, the importance of the past, love, learning, sharing, leadership, laughter, loss, personal power, anxiety, anger, regret, guilt, responsibility, success, wellbeing, and truth to help you find your colours so that you can start living your story today. Are you ready to take that journey? The truth is not out there, it is in here, inside you. Are you willing to seek it? And once you find it, are you strong enough to live it?

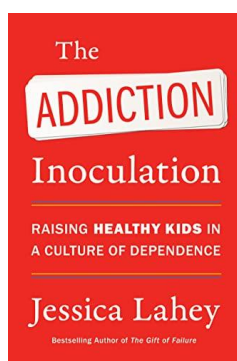
Youth



Staying connected to your teenager: how to keep them talking to you and how to hear what they're really saying

The trusted resource to help frustrated parents reconnect with their teenagers—now revised and updated for today's hectic world, changing family demographics, and ever-evolving technologies

How can families keep their connections strong when adolescence transforms even the happiest kids into defiant, independent teenagers? In the sage, practical *Staying Connected to Your Teenager*, family psychologist Riera reveals that in every teen there are two very different people. Many parents and guardians see only the moody, rebellious child and can miss seeing the more agreeable, increasingly adult thinker in their home. With helpful strategies for promoting real, rich conversations (whether in person, by text, or online); moving from a "managing" to a "consulting" role in a teen's life; working with adolescent sleep rhythms; and more, *Staying Connected to Your Teenager* shows how to bring out the best in a teen—and, consequently, in an entire family.



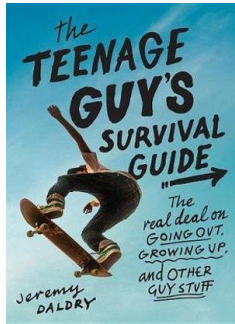
The Addiction Inoculation Raising Healthy Kids in a Culture of Dependence

In this supportive, life-saving resource, the New York Times bestselling author of *The Gift of Failure* helps parents and educators understand the roots of substance abuse and identify who is most at risk for addiction and offers practical steps for prevention.

Jessica Lahey was born into a family with a long history of alcoholism and drug abuse. Despite her desire to thwart her genetic legacy, she became an alcoholic and didn't find her way out until her early forties. Jessica has worked as a teacher in substance abuse programs for teens and was determined to inoculate her two adolescent sons against their most dangerous inheritance. All children, regardless of their genetics, are at some risk for substance abuse. According to the National Center on Addiction and Substance Abuse, teen drug addiction is the nation's largest preventable and costly health problem. Despite the existence of proven preventive strategies, nine out of ten adults with substance use disorder report they began drinking and taking drugs before age eighteen.

The Addiction Inoculation is a comprehensive resource parents and educators can use to prevent substance abuse in children. Based on research in child welfare, psychology, substance abuse, and developmental neuroscience, this essential guide provides evidence-based strategies and practical tools adults need to understand, support, and educate resilient, addiction-resistant children. The guidelines are age-appropriate and actionable—from navigating a child's risk for addiction, to interpreting signs of early abuse, to advice for broaching difficult conversations with children.

The Addiction Inoculation is an empathetic, accessible resource for anyone who plays a vital role in children's lives—parents, teachers, coaches, or paediatricians; to help them raise kids who will grow up healthy, happy, and addiction-free.



The teenage guy's survival guide: the real deal on going out, growing up, and other guy stuff

The go-to book about growing up for teenage (or soon-to-be teenage) boys everywhere, updated with brand-new content for today's social media-driven world. Why do crushes make a person go crazy? Where is the best place to break up? What's up with bad teenage moustaches? With chapters covering everything from dating, kissing, and shaving, to moods, peer pressure, bullying, and drugs, The Teenage Guy's Survival Guide offers the real deal on everything guys want to know. Author Jeremy Daldry tackles the various issues adolescent boys face with irreverence and true understanding - and without giving them a nervous breakdown. This revised second edition has been updated to address all sexualities, to reflect changes in the way kids hang out and party, and to tackle the myriad of other challenges brought on by today's social media-driven world. Like nothing else in the market, The Teenage Guy's Survival Guide gives kids the advice they need from someone who feels like a big brother.

A humorous guide for boys ages ten to fourteen, offering advice on dating, sex, body changes, and social life.