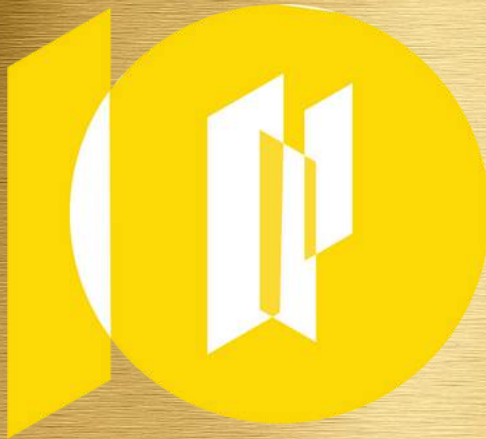


PRACTICAL INSPIRATION PUBLISHING IS 10!

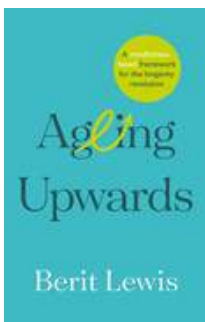
TO CELEBRATE WE ARE GIVING YOU AN EXTRA 10 %
OFF 30 TITLES SELECTED TO SHOWCASE OUR
PUBLISHING LIST



ORDER FROM INGRAM PUBLISHER SERVICES
OR
GARDNERS

OFFER IS VALID ON ALL ORDERS PLACED FROM 1 MARCH TO 30 APRIL 2024

Health and wellbeing



Ageing Upwards

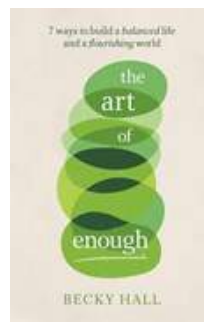
A mindfulness-based framework for the longevity revolution

Berit Lewis

9781788604338 • 204 pages

£14.99 • April 2023

Self-development



The Art of Enough

7 ways to build a balanced life and a flourishing world

Becky Hall

9781788602891 • 250 pages

£14.99 • September 2021

Leadership and coaching



Collabor(h)ate

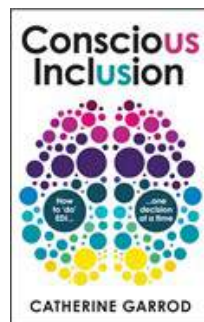
How to build incredible collaborative relationships at work (even if you'd rather work alone)

Deb Mashek PhD

9781788603829 • 220 pages

£16.99 • January 2023

Diversity, equity and inclusion



Conscious Inclusion

How to 'do' EDI, one decision at a time

Catherine Garrod

9781788604284 • 338 pages

£16.99 • April 2023

Diversity, equity and inclusion



Don't Fix Women

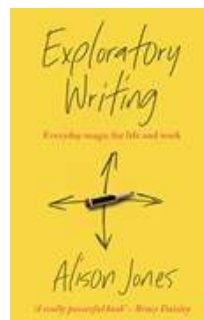
The practical path to gender equality at work

Joy Burnford

9781788603102 • 266 pages

£14.99 • November 2022

Self-development



Exploratory Writing

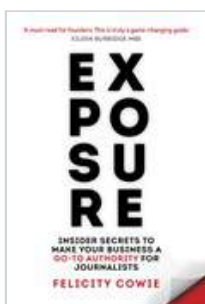
Everyday magic for life and work

Alison Jones

9781788603676 • 216 pages

£14.99 • December 2022

Sales and marketing



Exposure

Insider secrets to make your business a go-to authority for journalists

Felicity Cowie, Foreword by Eileen

9781788603393 • 234 pages

£14.99 • June 2022

HR



The Future of Time

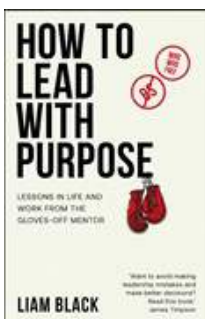
How 're-working' time can help you boost productivity, diversity and wellbeing

Helen Beedham

9781788602631 • 286 pages

£14.99 • March 2022

Entrepreneurship



How to Lead with Purpose

Lessons in life and work from the gloves-off mentor

Liam Black, Foreword by James Timpson

9781788604079 • 232 pages

£14.99 • January 2023

HR



HR Disrupted

It's time for something different (2nd Edition)

Lucy Adams

9781788602112 • 230 pages

£14.99 • February 2021

Sales and marketing



Humanizing B2B

The new truth in marketing that will transform your brand and your sales

Paul Cash and James Trezona

9781788602518 • 216 pages

£17.99 • April 2021

Sales and marketing



Hype Yourself

A no-nonsense PR toolkit for small businesses

Lucy Werner

9781788601238 • 228 pages

£14.99 • January 2020

Health and wellbeing



It's Not You, It's Your Hormones!

Nicki Williams

9781910056530 • 338 pages

£14.99 • February 2017

Leadership and coaching



Lead Beyond The Edge

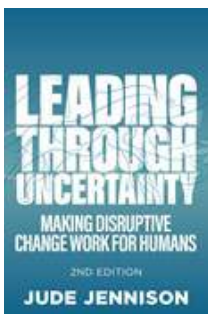
The Bold Path to Extraordinary Results

Frederique Murphy, Foreword by Bob Burg

9781788602143 • 216 pages

£19.99 • March 2021

Leadership and coaching



Leading Through Uncertainty - 2nd edition

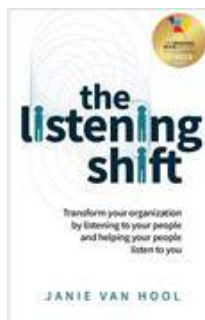
Making disruptive change work for humans

Jude Jennison

9781788603362 • 240 pages

£17.99 • May 2022

Leadership and coaching



The Listening Shift

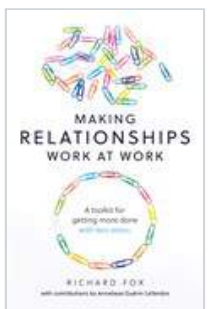
Transform your organization by listening to your people and helping your people listen to you

Janie van Hool

9781788602570 • 232 pages

£12.99 • June 2021

Leadership and coaching



Making Relationships Work at Work

A toolkit for getting more done with less stress

Richard Fox

9781788601733 • 288 pages

£15.99 • June 2020

Leadership and coaching



Making Workshops Work

Creative collaboration for our time

Penny Pullan

9781910056677 • 260 pages

£19.99 • July 2021

Health and wellbeing



Men... Let's Talk Menopause

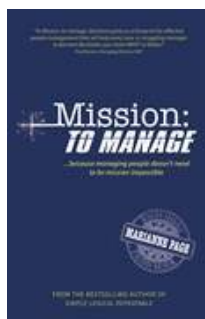
What's going on and what you can do about it

Ruth Devlin

9781788600804 • 104 pages

£9.99 • April 2019

Leadership and coaching



Mission: To Manage

Because managing people doesn't need to be mission impossible

Marianne Page

9781788601825 • 204 pages

£12.99 • July 2020

Business



The Monday Revolution

Seize control of your business life

David Mansfield

9781788601481 • 232 pages

£12.99 • March 2020

Finance



The Money Train

10 things young businesses need to know about investors

David Pattison

9781788601948 • 196 pages

£12.99 • January 2021

Business



The Product Innovator's Handbook

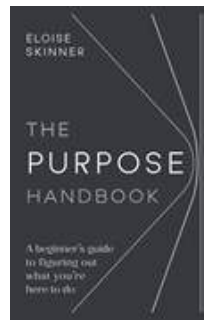
How to design and manufacture a product that people want to buy

Gethin Roberts

9781788604208 • 168 pages

£19.99 • February 2023

Self-development



The Purpose Handbook

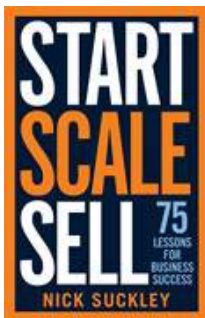
A beginner's guide to figuring out what you're here to do

Eloise Skinner

9781788602846 • 238 pages

£12.99 • October 2021

Entrepreneurship



Start. Scale. Sell.

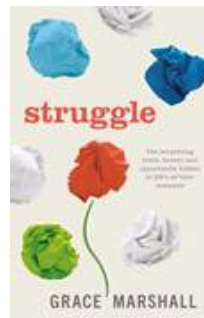
75 lessons for business success

Nick Suckley

9781788601832 • 142 pages

£12.99 • July 2020

Self-development



Struggle

The surprising truth, beauty and opportunity hidden in life's sh*ttier moments

Grace Marshall

9781788601979 • 240 pages

£9.99 • April 2021

Leadership and coaching



The Team Coaching Toolkit

55 Tools and Techniques for Building Brilliant Teams

Tony Llewellyn

9781910056653 • 224 pages

£19.99 • October 2017

Self-development



Why Weren't We Taught This at School?

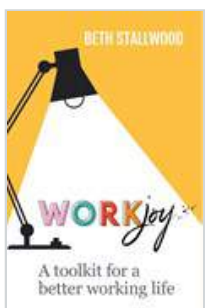
The surprisingly simple secret to transforming life's challenges

Alice Sheldon

9781788602952 • 234 pages

£14.99 • October 2021

Self-development



WorkJoy

A toolkit for a better working life

Beth Stallwood

9781788603584 • 232 pages

£14.99 • January 2023

HR



Your Resource is Human

How empathetic leadership can help remote teams rise above

Melissa Romo

9781788603942 • 232 pages

£14.99 • April 2023