

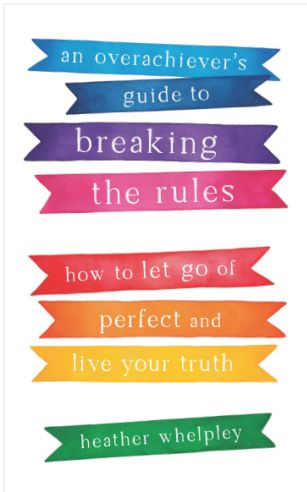


DROPCAP

2023 London - Self-Help,
Mind, Body, Spirit
Rights Guide

3/3/2023

dropcap.com | Allison@dropcap.com |
Monica@dropcap.com



Wise Ink

Publication Date: 4/27/2021

8in x 5in (203mm x 127mm)

Page Count: 192

Retail Price (USD): 15.95

Age: 18+

ISBN: 978-1634894609

An Overachiever's Guide to Breaking the Rules

By Heather Whelpley

Let's face it. You've been surrounded by messages your entire life telling you to work harder, produce more, and ALWAYS do your best.

Over time, those messages become rules you follow, often without knowing it. They make you believe everything will fall apart if you slow down. They tell you it's your job to be responsible for everything and take care of everyone. They make you feel guilty for saying no. They tell you to DO more, WORK more, and BE more.

It's time to stop. It's time to break the rules.

An Overachievers Guide To Breaking The Rules invites you to get off the hamster wheel of constant performing, take a breath, and rediscover your truth. Join speaker and women's leadership development consultant Heather Whelpley as she shares her life-changing journey to let go of proving, pleasing, and perfecting—and guides you to do the same.

Through a seamless blend of vulnerable, heartfelt stories and practical tools, you'll discover why you go into overachieving perfection mode and learn how to:

- Quiet the inner critic
- Slow down
- Rediscover your joy and creativity
- Set boundaries, accept help, and say no
- Let go of what you "should" do and redefine success on

YOUR terms

This is more than a personal development book. It's an inward journey to free yourself from the weight of perfection and start living your truth.

About The Author(s)

Heather Whelpley is an international speaker, award-winning author, and the podcast host of Create Your Own Rules for Life. Her workshops and writing help women break free from proving, pleasing, and perfecting to create their own rules for life. She frequently speaks at companies and conferences around the world about imposter syndrome, burnout, and rediscovering your authentic voice to create change. Prior to starting her business, Heather spent over a decade in human resources and managing development programs for high-achieving women at Fortune 500 companies in the US, Australia, and Latin America. Today, Heather lives in Colorado where she spends as much time hiking and exploring as possible. Her second book will be published in late 2023.

Award(s)

*Gold medal winner for the Living Now Book Awards

*Winner in the Motivational category for the Next Generation Indie Book Awards

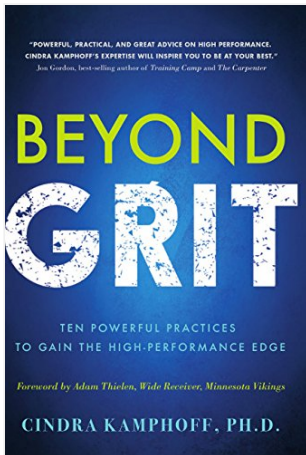
*Short-listed for the Eric Hoffer Book Award Grand Prize

*Finalist for the First Horizon Book Award

Current Licenses: None

BISAC Codes

- SELF-HELP / Motivational & Inspirational
- SELF-HELP / Personal Growth / General



Cindra S. Kamphoff, Ph.D.
Publication Date: 8/31/2017

9.1in x 6.1in (230mm x 155mm)
Page Count: 312
Retail Price (USD): 13.93
Age: 18+
ISBN: 978-1634890809

Beyond Grit

By Cindra Kamphoff, Ph.D.

In *Beyond Grit*, Cindra Kamphoff reveals the ten practices that the world's best use to gain the high performance edge. Kamphoff shares the tools and strategies she's taught executives, entrepreneurs, NFL ProBowl athletes, Olympians, college athletes, and championship teams. Based on almost twenty years of research and consulting with the world's best, she provides a practical, inspiring, and easy-to-use guide to radically accelerating your performance and improving your happiness.

In this book, Kamphoff teaches you how to develop Ten Practices of the World's Best:

1. The world's best are gritty.
2. The world's best are clear on their purpose.
3. The world's best become a master of their thoughts.
4. The world's best know themselves to master yourself.
5. The world's best dominate the controllables.
6. The world's best own the moment.
7. The world's best choose empowering emotions.
8. The world's best own who they are.
9. The world's best live and let go.
10. The world's best choose their courage zone.

You'll also discover 52 life-altering strategies that you can put in your High Performance Toolbox to develop these practices and change your daily life. Each chapter describes one strategy and ends with a powerful affirmation to help you develop the High Performance Mindset.

A widely respected keynote speaker, trainer, and coach, Kamphoff possesses an inspiring style that combines high energy with strategies that work. Her proven system can transform the performance of anyone who wants to up their game, regardless of their field. Whether you're seeking to own your dream business, triple your income, be the best you can be in your sport, or merely achieve a higher level of personal satisfaction, *Beyond Grit* shows you how.

Inspiring and practical, Kamphoff will show you how to "own your why," develop your grit, take control of your future, discover your purpose, thrive under pressure, and be your best more often.

About The Author(s)

"CINDRA KAMPHOFF, PHD, CMPC, PCC, is an award-winning keynote speaker and executive performance coach for professional athletes, business leaders, and championship teams. Her clients range from Verizon Wireless and the Mayo Clinic Health System to the Minnesota Vikings.

She is the president and founder of Mentally Strong Consulting. Her work has appeared in *Forbes*, the *New York Times*, and *USA Today*. She worked with the USA Track and Field Team when they were at the Tokyo Olympics.

Kamphoff is certified with the International Coach Federation and the Association for Applied Sport Psychology. She is the founder and director of the Center for Sport & Performance Psychology and a professor at Minnesota State University, Mankato. She lives in Minnesota with her husband and two boys.

Follow Kamphoff on LinkedIn @Cindra-Kamphoff and on her podcast, *High Performance Mindset*."

Review(s)

"A brilliant and practical guide that extends our knowledge on how to develop grit." --Hendrie Weisinger, Ph.D., *New York Times* bestselling author of *Performing Under Pressure: The Science of Doing Your Best When It Matters Most*

"Bridges the gap between learning and doing by delivering highly practical strategies that can be done daily and weekly . . ." --Bernie Holliday, Ph.D., Director of Mental Conditioning for Pittsburgh Pirates Baseball

"Anyone who's ever wanted to reach a new level will absolutely love the powerful tools in this book." --Gabriele Grunewald,

professional runner and U.S.A. Track and Field Indoor Champion

"This is a must-have book for anyone trying to truly unlock their full potential." --Jeff Locke, NFL punter for the Indianapolis Colts

"I recommend Beyond Grit as a must-read guide for athletes, leaders, and entrepreneurs seeking their own high performance."
--Angus Mugford, Ph.D., Toronto Bluejays Director of Performance

"If you have Beyond Grit, it's the one book you'll read again and again." --BJ Hellyer, Northwestern Mutual Chief Development Officer

Current Licenses: English (India)

BISAC Codes

- SELF-HELP / Personal Growth / General
- PSYCHOLOGY / General
- SELF-HELP / Personal Growth / Success

beyond thoughts



an exploration of who we
are beyond our minds

joseph nguyen

Joseph Nguyen

Publication Date: 10/31/2022

8in x 5in (203mm x 127mm)

Page Count: 194

Retail Price (USD): 12.99

Age: 18+

ISBN: 9798986406534

beyond thoughts

By Joseph Nguyen

A book of poems from the author of the international bestselling title, *Don't Believe Everything You Think* which has sold over 110,000 copies in its first year and is translated into 35 languages. These poems were written to quiet the mind and help you see beyond it beyond the surface, beyond circumstances, beyond labels, beyond conditions, and even beyond your own thoughts there is something within you that is greater than all of the anxieties, depression, traumas, fears, overthinking, suffering, psychological and emotional struggles, past and future there is a deep part of you that knows this which is what drew you here beyond everything you think is your true essence that has been patiently waiting to be discovered you are about to embark on an expansive introspective journey where you will experience yourself in ways you never have before and how you are the answer you have been looking for your whole life welcome home.

About The Author(s)

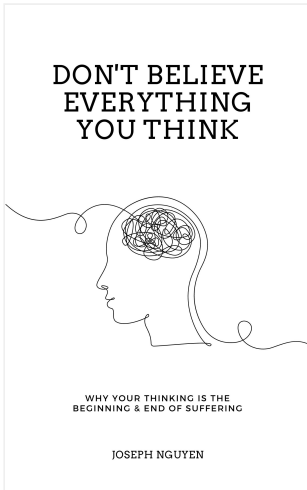
Joseph Nguyen is a spiritual thought leader who has a mission of helping others realize their divine purpose, unlock the infinite potential of their own mind, and live an abundant life free from psychological suffering.

He spends most of his time writing, coaching, teaching, speaking, and sharing timeless wisdom to help people discover their own divinity from within and how they are the answer they've been looking for their entire lives.

Current Licenses: English (India), Arabic (Worldwide)

BISAC Codes

- SELF-HELP / General
- POETRY / General
- PSYCHOLOGY / General



Joseph Nguyen

Publication Date: 3/28/2022

8in x 5in (203mm x 127mm)

Page Count: 125

Retail Price (USD): 9.99

Age: 18+

ISBN: 9798427063852

Don't Believe Everything You Think

By Joseph Nguyen

#1 International Bestseller! English Sales over 110,000 copies in first 12 months in print.

Learn how to overcome anxiety, self-doubt & self-sabotage without needing to rely on motivation or willpower.

In this book, you'll discover the root cause of all psychological and emotional suffering and how to achieve freedom of mind to effortlessly create the life you've always wanted to live.

Although pain is inevitable, suffering is optional.

This book offers a completely new paradigm and understanding of where our human experience comes from, allowing us to end our own suffering and create how we want to feel at any moment.

In This Book, You'll Discover:

- The root cause of all psychological and emotional suffering and how to end it
- How to become unaffected by negative thoughts and feelings
- How to experience unconditional love, peace, and joy in the present, no matter what our external circumstances look like
- How to instantly create a new experience of life if you don't like the one you're in right now
- How to break free from a negative thought loop when we inevitably get caught in one

- How to let go of anxiety, self-doubt, self-sabotage, and any self-destructive habits
- How to effortlessly create from a state of abundance, flow, and ease
- How to develop the superpower of being okay with not knowing and uncertainty
- How to access your intuition and inner wisdom that goes beyond the limitations of thinking

No matter what has happened to you, where you are from, or what you have done, you can still find total peace, unconditional love, complete fulfillment, and an abundance of joy in your life.

About The Author(s)

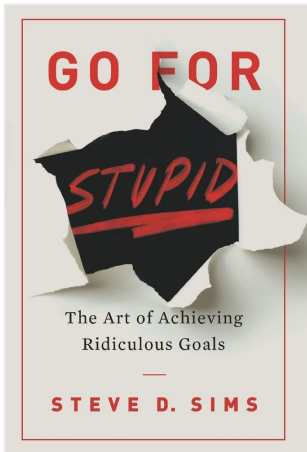
Joseph Nguyen is a spiritual thought leader who has a mission of helping others realize their divine purpose, unlock the infinite potential of their own mind, and live an abundant life free from psychological suffering.

He spends most of his time writing, coaching, teaching, speaking, and sharing timeless wisdom to help people discover their own divinity from within and how they are the answer they've been looking for their entire lives.

Current Licenses: English (India), Hindi (Worldwide), Albanian (Kosovo), Portuguese (Angola, Cape Verde Island, Guinea-Bissau, Mozambique, Portugal), Korean (Korea, South), Spanish (Worldwide), Lithuanian (Lithuania), Serbian (Worldwide), Italian (Worldwide), German (Worldwide), Ukrainian (Ukraine), Slovene (Worldwide), French (Worldwide), Croatian (Worldwide), Slovak (Worldwide), Vietnamese (Vietnam), Polish (Poland), Chinese (Simplified) (Worldwide (excluding Taiwan, Hong Kong and Macao)), Russian (Worldwide), Hebrew (Worldwide), Turkish (Worldwide), Thai (Worldwide), Arabic (Worldwide), Czech (Czech Republic), Dutch (Worldwide), Japanese (Worldwide), Chinese (Traditional) (Worldwide (excluding Mainland China))

BISAC Codes

- PHILOSOPHY / General
- PSYCHOLOGY / Physiological Psychology
- SELF-HELP / Personal Growth / General



House of Nomad SOC
Publication Date: 10/18/2022

8.5in x 5.5in (216mm x 140mm)
Page Count: 188
Retail Price (USD): 21.87
Age: 18+
ISBN: 978-1544535609

Go For Stupid

By Steve D Sims

What would you achieve if you weren't afraid of being laughed at?

In the age of "gotcha" culture, people are terrified to do anything that might be laughed at. Steve Sims is the exact opposite.

In *Go For Stupid: The Art of Achieving Ridiculous Goals*, Steve teaches you how to ignore what everyone else thinks and go for big, stupid, ridiculous goals. From organizing a private dinner in front of Michaelangelo's David to securing a tour of SpaceX led by Elon Musk himself, his accomplishments always start with the same questions: How far can I take this? What would make this a stupid achievement? Steve examines famously stupid goals in history, the key habits of successful people, and lessons from his own career to help you let go of your fear and get out of your own way.

If you do something amazing, you will be ridiculed until you are revered. Stop overthinking and go for ridiculous, stupid goals. Once you "go for stupid," you open the door to the life you always dreamed about.

About The Author(s)

Author, Steve Sims, has over 64k Instagram followers.ç For more than two decades, Steve Sims was the go-to contact for the wealthiest people on the planet. As the founder of the world's leading experiential concierge firm, Sims utilized his talent for connecting with people's passions and making things happen to develop a client list of the world's rich and famous. He has also been a keynote speaker for Harvard, the Pentagon, Mastermind Talks, and the Entrepreneur Society of San Francisco. He lives in Los Angeles with his wife, kids, dogs, and a lot of motorcycles. *Go For Stupid: The Art of Achieving Ridiculous Goals* is the follow-up to his first book, *Bluefishing: The Art of Making Things Happen*.

www.stevedsims.com/

Review(s)

Review

"Simply put, I endorse him. Can I say any more than that?"

— Jay Abraham, Founder and CEO of The Abraham Group

"There are those who talk a good talk, and then there is Steve, who lives it."

— Jim Kwik, NYT bestselling author of Limitless

"Steve Sims dares to imagine achieving the impossible and then delivers time and time again. Better still, he has distilled his trade secrets into this compelling book that has as its own audacious goal to teach you how you can achieve almost anything you can imagine, regardless of the odds or incredulity of your friends, family, or others who find your ambitions too threatening to their own limiting beliefs of what is possible."

— Roland Frasier, Co-Founder of Scalable, DigitalMarketer, and Traffic & Conversion Summit

"The day before something is a breakthrough, it's a crazy idea. Steve Sims has the ability to go after goals that most laugh at, and that's usually just before he achieves them!"

— Peter H. Diamandis, MD, Founder of XPRIZE and Singularity and author of Abundance and Bold

"Almost no person on this planet has made the kind of impact to my thinking as Steve Sims. He taught me how to lean into big, 'stupid' goals and watch how magically they don't seem so stupid after crushing them."

— Brandon Turner, Founder of Open Door Capital and former host of BiggerPockets Podcast

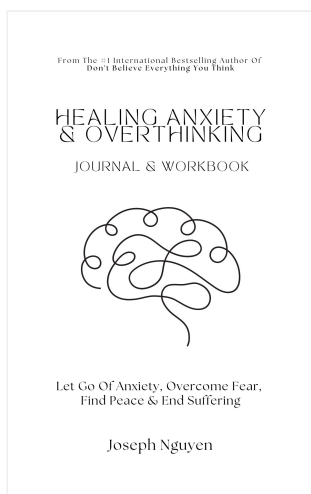
"If you need something done or something that is impossible, Steve is your man. He gets it all done."

— Tucker Max, author, speaker, and Founder of Scribe Media

Current Licenses: Polish (Worldwide), English (India)

BISAC Codes

- BUSINESS & ECONOMICS / Entrepreneurship
- BUSINESS & ECONOMICS / Leadership
- SELF-HELP / Motivational & Inspirational



Joseph Nguyen
Publication Date: 1/1/2023

11in x 8.5in (279mm x 216mm)
Page Count: 248
Age: 18+
ISBN: DBEYTW

Healing Anxiety & Overthinking Journal & Workbook

Don't Believe Everything You Think

By Joseph Nguyen

This 60-day journal and workbook is a companion to the international bestselling book, 'Don't Believe Everything You Think' which has sold over 110,000 copies in its first year in print and is translated into 35 languages. This workbook is designed to help you overcome overthinking, anxiety, fear, stress, and negative thinking in a powerfully simple and transformative way.

Here's What You'll Learn In This Journal & Workbook:

- The root cause of all psychological and emotional suffering
- How to let go of overthinking, stress, and anxiety at any moment on demand
- How to make decisions that are aligned with your true self
- How to let go of any fears that may be holding you back from living a joyful life
- How to design a non-thinking environment that empowers and expands your consciousness
- How to find peace and become resilient no matter what is happening in your life
- How to design a life that feels expansive, free, and deeply fulfilling
- How to connect with and love yourself unconditionally (as well as others)
- How to let go of regret and guilt from the past and fear and anxiety of the future

You already have everything you need inside you to overcome and let go of anything you may be going through right now in life. This daily journal and workbook will help you discover that so that you will never forget it again.

About The Author(s)

Joseph Nguyen is a spiritual thought leader who has a mission of helping others realize their divine purpose, unlock the infinite potential of their own mind, and live an abundant life free from psychological suffering. He spends most of his time writing, coaching, teaching, speaking, and sharing timeless wisdom to help people discover their own divinity from within and how they are the answer they've been looking for their entire lives.

Current Licenses: Czech (Czech Republic)

BISAC Codes

- PHILOSOPHY / General



Koehler Books
Publication Date: 3/25/2022

9in x 6in (229mm x 152mm)
Page Count: 196
Retail Price (USD): 16.95
Age: 18+
ISBN: 9781646636341

It's Good to Say Thank You

By Michael Coccarl

Expressing gratitude can serve as a catalyst to intensify the meaning of our past and transform the trajectory of our future. Through the simple act of writing letters, *It's Good to Say Thank You* demonstrates how we can discover the profound blessings in our relationships and experiences, which can then propel us to lead more meaningful and fulfilling lives. Michael Coccarl shows how expressing appreciation and gratitude to key people in our lives enables us to uncover important life lessons that deepen and renew our identity, values, strengths, and aspirations. This book provides an accessible way to recharge our belief in ourselves, validate the significance of our past, and brighten the possibilities of our future.

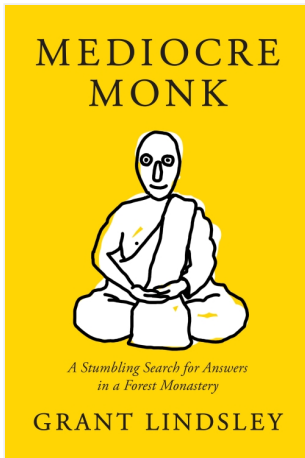
About The Author(s)

MICHAEL COCCARI has spent more than three decades teaching English, first in Osaka, Japan, and then in a public high school in California's Central Valley. His proudest professional achievement is helping adolescents, the majority of whom were studying English as a second language, find their voices and develop their competency as writers, deepen their humanity and values through the study of literature, and discover life directions. *Cancer Fight*, his memoir detailing his wife's courageous seven-year battle against stage 4 breast cancer and his experience as caregiver, was a subject on the *Daily Spark* show hosted by Dr. Angela Chester; a segment on an affiliate of CBS News in Bakersfield, CA; and an article in *Tehachapi News*. *It's Good to Say Thank You* is his second memoir.

Current Licenses: None

BISAC Codes

- BIOGRAPHY & AUTOBIOGRAPHY / Personal Memoirs
- BODY, MIND & SPIRIT / Inspiration & Personal Growth
- SELF-HELP / Motivational & Inspirational



Girl Friday Books
Publication Date: 4/11/2023

9in x 6in (229mm x 152mm)
Page Count: 344
Word Count: 85582
Retail Price (USD): 17.95
Age: 18+
ISBN: 9781954854987

Mediocre Monk

By Grant Lindsley

Funny, perceptive, and deeply personal, *Mediocre Monk* follows Grant Lindsley's rocky journey toward spiritual growth—one that ultimately leads him to places he never imagined.

After the sudden death of a friend, Grant Lindsley abandons his corporate job to train as a monk in one of the strictest Buddhist traditions on earth. Lost and bereft, he believes he can find answers in the mountains of Thailand. He shaves his head and eyebrows, eats one bowl of food a day, and lives in a cave, his solitude punctuated by brushes with snakes, scorpions, and drug smugglers.

But Lindsley can't transform himself into the profound guru he envisions—he's hungry, restless, and lacking in the humility that monkhood requires. Eventually, he exhausts himself into moments of genuine growth, but not in the way he expects. Rather than transcending grief and becoming entirely self-reliant, he is surprised to find solace in allowing pain and reopening himself to community.

For anyone who has nurtured a fantasy of dropping out in search of answers, *Mediocre Monk* suggests a reality that is far more complicated—and rewarding.

About The Author(s)

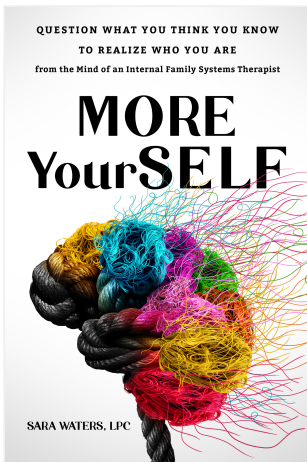
Grant Lindsley is a writer in Brooklyn, New York. He encountered his first Buddhist monk as an undergraduate at Carleton College, where he

majoring in psychology and minoring in neuroscience, because he was majorly interested in himself and minorly interested in himself on drugs. He subsequently spent months training as a monk with the Thai Forest Tradition, a sect of Theravada Buddhism that seeks to follow the exact rules of the historical Buddha from over 2,500 years ago. Lindsley has worked at NOLS and briefly worked at Google until publishing his resignation letter in the Washington Post. An accomplished Ultimate Frisbee player, he has won multiple national championships and two gold medals for Team USA at the World Games. He received his master of fine arts in creative nonfiction from Pacific University and his master of business administration from Cornell Tech. He enjoys pranks and being outside with his family.

Current Licenses: Korean (Worldwide)

BISAC Codes

- TRAVEL / Special Interest / Religious
- TRAVEL / Asia / Southeast
- RELIGION / Buddhism / Tibetan



Lioncrest Publishing
Publication Date: 11/15/2022

9in x 6in (229mm x 152mm)
Page Count: 288
Retail Price (USD): 19.99
Age: 18+
ISBN: 978-1-5445-3657-6

More YourSELF

By Sara Waters

When was the last time you remember feeling like yourself? For many of us, it's been way too long. Chapter by chapter, *More YourSELF* rekindles your natural sense of curiosity toward yourself, other people, and the great big world around you. You'll be led, one step at a time, out of stuckness into your most authentic self and a more joy-filled, purposeful life. How? By exchanging assumptions and certainties for wonderment and question marks. Learn about mindful introspection and actively deepen your connection with yourself as you explore all the "parts" of you through an Internal Family Systems lens. Heal and enhance your relationships with others as your reactivity goes down and open-minded curiosity goes up. And revive your excitement for life as you get clear about what really matters to you. Set certainty aside. Get ready to challenge what you think you know. Be willing to get brave, bold, and curious as you feel, function, and become *More YourSELF*.

About The Author(s)

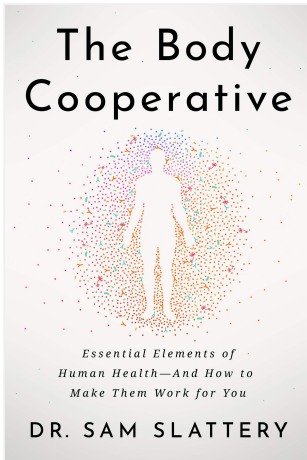
Sara Waters, MA, LPC is a psychotherapist, speaker, author, and host of the podcast *CuriosiFi*. She presents talks and workshops on topics of psychological wellness and emotional intelligence with a wide range of groups, from Fortune 500 companies and Amlaw 100 legal firms to nonprofits, universities, and school districts.

Sara is also the founder and owner of Red Rocks Counseling in the Denver area, offering non-pathologizing, trauma-informed, IFS-based psychotherapeutic services for teens and adults, as well as psychoeducational opportunities, including virtual classes and workshops. Contact her at SaraJeanWaters.com.

Current Licenses: Korean (Worldwide)

BISAC Codes

- SELF-HELP / Personal Growth / Self-Esteem
- SELF-HELP / Personal Growth / Happiness



Lioncrest Publishing
Publication Date: 9/13/2022

9in x 6in (229mm x 152mm)
Page Count: 238
Retail Price (USD): 15.99
Age: 18+
ISBN: 978-1-5445-3297-4

The Body Cooperative

By Dr. Sam Slattery

Are you tired of being treated like you're just another number in the expensive, conveyor-belt healthcare industry while you struggle with less-than-ideal health? Are you frustrated with the endless onslaught of contradictory health information, advice, and fad fixes? Having personally experienced that pain as a patient, Dr. Sam Slattery set out to discover a better path to health. What he found was one simple truth that would change everything. "The human body," he writes, "is an ecosystem. And successful ecosystems, like successful societies and businesses, are based on cooperation and cooperative behavior." Comprehensive yet easy to read, *The Body Cooperative* provides a compassionate, honest, commonsense approach to understanding how your body really works and how to be well again. Based in part on the author's own life story and supported by experience gained from over 130,000 patient interactions and thousands of hours of research, this unique book explains the true how and why of creating a better life.

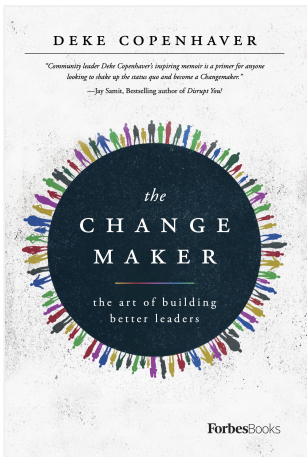
About The Author(s)

Dr. Sam Slattery

Current Licenses: None

BISAC Codes

- SCIENCE / Life Sciences / Human Anatomy & Physiology
- BODY, MIND & SPIRIT / Healing / General



ForbesBooks

Publication Date: 5/28/2019

9in x 6in (229mm x 152mm)

Page Count: 216

Retail Price (USD): 24.95

Age: 18+

ISBN: 9781946633736

The Changemaker

By Deke Copenhaver

What Is A changemaker?

Leadership is never easy. Almost all leaders deal with both triumph and tragedy, oftentimes in equal measure. The fact of the matter is that leadership insists on constant rejection of the status quo. True leaders demand continuous reflection and improvement of those around them, and even more importantly, of themselves. True leaders are Changemakers.

In Deke Copenhaver's *The Changemaker: The Art of Building Better Leaders*, you will learn to become unafraid of doing something different in the service of a good cause and how to spark a movement that others can't help but rally around. The Changemaker is a roadmap of sorts, designed to deliver comprehensive, common sense leadership strategies to people from all walks of life. Through personal and professional anecdotes, case studies, and the wisdom from Changemakers gone by, *The Changemaker* will inspire and empower you to embrace adversity, rely on creativity and character, and sometimes take the road less traveled in order to unlock your ultimate potential.

About The Author(s)

Deke Copenhaver currently serves as principal of Copenhaver Consulting, LLC. From 2005 through 2014 Deke served as mayor of Augusta, Georgia. After leaving office, he hosted *There it is ...* with Deke Copenhaver, a live daily radio show. He has also served as managing consultant for the Augusta Economic Development Authority. Deke has been recognized on multiple occasions by Georgia Trend Magazine as one of the 100 Most Influential Georgians. Deke has spoken at many national conferences on topics including city design, economic

development, healthcare, veterans' issues, and the nonprofit industry. He currently authors a monthly column on leadership published by the Georgia Municipal Association. Deke earned a BA in political science from Augusta College and is a graduate of Leadership Georgia and the Mayors' Institute on City Design. A passionate athlete, Deke has completed five Ironman 70.3s and several half marathons. He and his wife, Malisa, reside in Augusta with their dogs Sarah Bet, Buddy, and Johnny. www.deke-copenhaver.com

Current Licenses: None

BISAC Codes

- BUSINESS & ECONOMICS / Development / Economic Development
- POLITICAL SCIENCE / Civics & Citizenship
- BUSINESS & ECONOMICS / Leadership



GABAL

Publication Date: 8/21/2018

225cm x 148cm (2250mm x 1480mm)

Page Count: 224

Retail Price (USD): 22.99

Age: 18+

ISBN: 978-3-86936-870-2

The Changemaker Mindset

By Ilja Grzeskowitz

Want to Make a Difference and Change the World? First you must develop a changemaker mindset. Whether your goal is to lead a self-determined life, position your company for the future, or be a successful part of a team, external change starts with internal transformation. Learn from a change management expert. Nicknamed "Mr. Change" by his clients, German bestselling author, global keynote speaker, and economist Ilja Grzeskowitz inspires people to develop a changemaker mindset and supports organizations to establish a change culture based on purpose, diversity, and strong values. He regularly travels the world to research future trends and developments in the field of change management. Personal development and relationships are key to success. In a time when workplaces are becoming more digital and more automated, our mindsets and our personal relationships determine whether we succeed in tomorrow's markets. We all have one shot to make a lasting impact. Innovators with the changemaker mindset know how to spot that opportunity when it comes and make it matter. The human success factor. In coming years, the human success factor will determine winners and losers. All business adventures start with a focus on the self. When you know who you are and develop a deep sense of confidence in yourself, you'll have the flexibility to roll with the punches and succeed. With *The Changemaker Mindset*, you'll master the three Ps of personal development: Purpose. Reconsider what motivates you and find your non-negotiable core principles. People. Build a strong inner circle of peers, because nobody wins alone. Persistence. Develop the confidence to take action, navigate setbacks, and implement change.

About The Author(s)

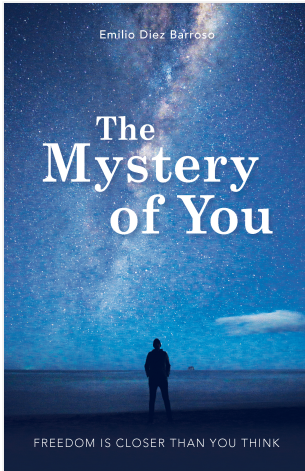
Ilja Grzeskowitz is a global keynote speaker, author and economist. He was an executive manager for Germany's largest retail corporation Karstadt as well as for IKEA, before he started his own consulting company in 2009. He held guest lecturing positions at the Berlin School of Law and Economics and the SRH University in Berlin, and regularly travels around the world to research future trends and developments in the field of change management. As an author, he has published nine books (among them three bestsellers), which have been translated into ten different languages and sold hundreds of thousand copies worldwide. Being nicknamed "Mr. Change" by his clients, Ilja inspires people to develop a changemaker mindset and supports organizations to establish a change culture that is based on purpose, diversity, and strong values. Among his clients are big brands like Accor, Allianz, Audi, Bayer, BASF, Biogen, BMW, Capri Sun, Continental, DPD, Kao, Lufthansa, Nespresso,

Marriott, Mercedes, Pentax, P&G, Swiss, T-Mobile, Unitymedia, and Zara as well as traditional, middle-sized companies. In his change programs, he combines real-world expertise with inspiring storytelling and scientific evidence, and, despite being German, rumor has it that he even has humor. If he is not speaking on a stage around the world, you might find him playing a round of golf, cheering for his favorite football teams (ManU and HSV) or enjoying a nice cup of coffee (always black and lots of it). For more information, check out www.grzeskowitz.com

Current Licenses: None

BISAC Codes

- SELF-HELP / Personal Growth / Success



Lioncrest Publishing
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8.5in x 5.5in (216mm x 140mm)
Page Count: 218
Retail Price (USD): 12.99
Age: 18+
ISBN: 9781544529103

The Mystery of You

By Emilio Diez Barroso

Have we forgotten about being happy in our pursuit of happiness? We have been well trained to go after what we want, but are we missing out on life by always focusing on some future event? In *The Mystery of You*, Emilio Diez Barroso invites you to uncover a peace that is untouched by the happenings of life and encourages you to discover who you are beyond your familiar identities and roles. He grounds the awakening that was once reserved for monasteries into the nitty-gritty of everyday parenting and business. Emilio shows us how to stop the ways in which we perpetuate our own suffering and claim our inherent capacity to experience the bliss of being fully alive.

About The Author(s)

Emilio Diez Barroso was a lifelong seeker—seeking recognition, achievement, love, success, and finally, the ultimate carrot: enlightenment. In his pursuit of enlightenment, he was forced to face what all the seeking had been trying to avoid: his own sense of unworthiness. Defeated at the game of avoiding and humbled by the realization of his true nature, he is now dedicated to alleviating suffering in the world. Emilio is married and is a father to three incredible teachers. He sits on the board of over a dozen companies, is the CEO of NALA Investments and is an active philanthropist, investor and entrepreneur. He has a master's in spiritual psychology and resides in Los Angeles.

Current Licenses: None

BISAC Codes

- SELF-HELP / Spiritual
- PSYCHOLOGY / General



GABAL

Publication Date: 2/23/2016

230cm x 156cm (2300mm x 1560mm)

Page Count: 336

Retail Price (USD): 24.99

Age: 18+

ISBN: 978-3-86936-688-3

The Power of High Sensitivity

By Kathrin Sohst

To be strong despite being highly sensitive – this is a wish for many highly sensitive people who experience their high sensitivity as a burden. Discover and identify your own high sensitivity and accept yourself with all the challenges and strengths. Reflect on and process your experiences with the help of authentic stories for different situations in life. Get up and use resources, strategies, and concepts that make you strong, and integrate them into your everyday life. The aim: living a sensitive and strong life. The book is divided into three parts: 1. What is high sensitivity? What makes these people special? 2. What does this mean for different areas of life such as family, job, health, leisure, friends? 3. What are the strengths of highly sensitive people? The book contains tips and tricks for how to deal with high sensitivity; it is encouraging, and meant for everyday use.

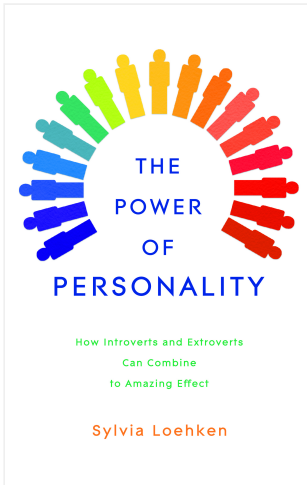
About The Author(s)

As an ambassador for high sensitivity, Kathrin Sohst advises highly sensitive people and organizes information and networking evenings, roundtables, workshops, seminars, and lectures. Her topic: High sensitivity + strength. Since 2005 she has been self-employed. Her motivation: "I want to strengthen sensitive people, raise awareness for nature and sustainability, legalize sensitivity, and set a new standard of appreciation."

Current Licenses: None

BISAC Codes

- BODY, MIND & SPIRIT / Inspiration & Personal Growth

**GABAL**

Publication Date: 2/1/2014

230cm x 156cm (2300mm x 1560mm)

Page Count: 218

Retail Price (USD): 24.99

Age: 18+

ISBN: 978-3-95623-032-5

The Power of Personality

By Sylvia Löhken

Management writers have come up with many tools for explaining how different types of personalities can work best together. But they have ignored the most important personality difference of all - the difference between introverts and extroverts. This book is the first book to fill that gap. This book follows up from Sylvia Loehken's international bestseller Quiet Impact and will be required reading for all managers and anyone who wants to understand their colleagues better.

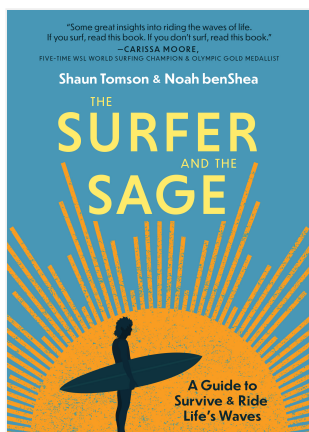
About The Author(s)

"Loehken has good news: You don't have to be an extrovert to be recognized." - Computerwoche For years Sylvia Loehken has helped people to go their own way. She fully understands that introversion and extroversion is a diversity topic. Managers and departments can profit by recognizing the personality differences that become clear after a personality test is completed. Sylvia enables her clients to tap into this knowledge and counsels them along the way. The result: increased personal performance, more effective teamwork - and a greater quality of life. Referring to her books "Leise Menschen - gutes Leben", "Quiet Impact" and "The Power of Personality", media and companies consistently seek her out as an expert for personality-based communication. In coordination with the Pink University, Sylvia has produced the video training program "Introvertiert - und erfolgreich im Beruf". In 2012, she was awarded Speaker of the Year. She knows how to put scientific findings into clear and understandable words. After completing her Ph.D. in linguistics, she worked for 10 years in academic management in Germany and Japan (a "soft-spoken" country by the way). She has acquired coaching and moderating credentials (University of Bielefeld). In addition, she is a certified Reiss Profile Master, LUXxprofile Master, and S.C.I.L. Master and helps her clients discover their life motivations. Sylvia also is involved as member of various professional networks, including the German Speakers Association (GSA) and academic coaching group Coachingnetz Wissenschaft, where she was a board member from 2013 through 2015.

Current Licenses: None

BISAC Codes

- SELF-HELP / Personal Growth / Success



Familius

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8in x 5in (203mm x 127mm)

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Age: 18+

ISBN: 9781641706551

The Surfer and the Sage

By Noah benShea, Shaun Tomson

Sometimes life's waves knock you down; other times, life might seem to sweep you along powerless. But the choice is always yours to swim back up to the light. Legendary world champion surfer Shaun Tomson and international bestselling poet-philosopher Noah benShea join forces to offer you insight on a path of purpose, hope, and faith. This timely guidebook alternates between Tomson's inspiring experiential essays and benShea's spiritual commentary that lift the soul, all accented with stunning full-color surfing photographs.

After losing his son, Tomson walked the bitter road of loss and crossed from darkness into the light. *The Surfer and the Sage* addresses the eighteen relentless, breaking waves of life, from loss and aging to relationships and depression, and guides you to transformation. It is not a list of rules to follow that guarantee success, health, or wealth, but rather a collection of advice from two guides who have traveled far and wide and suffered deeply, but still look forward to tomorrow with faith and hope.

About The Author(s)

Noah benShea is one of North America's most respected and beloved poet-philosophers. He is the Pulitzer Prize-nominated author of 29 books, translated into 18 languages and embraced around the world. Shaun Tomson is a former World Surfing Champion and has been described as one of the greatest and most influential surfers of all time; he is an inductee in the US, Jewish, and South African Sports Halls of Fame. Shaun is also a world-renowned leadership mentor, entrepreneur, environmentalist, and author.

Current Licenses: French (Worldwide), Portuguese (Portugal)

BISAC Codes

- BODY, MIND & SPIRIT / Inspiration & Personal Growth
- SPORTS & RECREATION / Surfing
- SELF-HELP / Affirmations



Smoking Mirror
Publication Date: 9/1/2023

Age: 18+
ISBN: ToltecLegacy

The Toltec Legacy

By Sergio Magaña, Michelle Rodriguez

If you ever feel that you're living through a time of unpredictable change, instability and insecurity, you're not alone. Thousands of years ago the Toltecs determined that this period, the transition from the fifth to the sixth sun in their calendar, would be tumultuous – and would demand that humanity evolve in response. The good news is that the dawn of the Sixth Sun heralds a new era in the collective consciousness of our current world; heralding a more balanced, spiritual, harmonious connection introspection & a deeper connection to the earth.

About The Author(s)

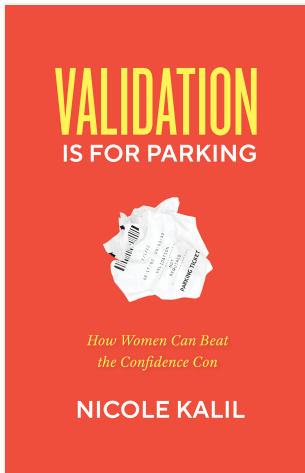
Sergio Magaña – or, to use his Nahual name, Ocelocóyotl – is a world-renowned practitioner, healer and teacher of the ancient knowledge of the Teotihuacans, Toltecs and Aztecs. Exposed to this 5,000-year old oral tradition as a child, he pursued its wisdom as an adult and now devotes his life to spreading the word of the dawning of the Sixth Sun. With an engaged following in Europe, North America and his native Mexico, he has taught thousands of people the powerful spiritual techniques of the Toltecs, hosted his own radio show, and written five books on the subject. Focused on Toltec healing, dreaming and rejuvenation, he has become a bridge between ancient tradition and the modern world.

Michelle Rodriguez is an actress, born in Texas, raised in Jersey City, an inner-city kid of modest means. Making her movie debut in the film *Girlfight*, she has since appeared in multiple action films such as the *Fast and Furious* franchise, *Avatar*, and *Dungeons & Dragons* and is considered one of Hollywood's most charismatic and bankable Latinx stars. Off-screen, however, she has long pursued a deep interest in the history of religion and the occult, spending the last two decades educating herself in spiritual traditions including the works of Rudolf Steiner, Madame Blavatsky and the teachings of Rosicrucian mysticism. In 2017, she approached Sergio Magaña, and with him started exploring the ancient Toltec traditions of the Mexica, training with the obsidian mirror & visiting sacred sites in Mexico, Egypt, and Turkey before continuing her study of Toltec wisdom at home in Los Angeles. This is her first book.

Current Licenses: English (Worldwide), Serbian (Serbia)

BISAC Codes

- BODY, MIND & SPIRIT / General



Lioncrest Publishing
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8.5in x 5.5in (216mm x 140mm)
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Age: 18+
ISBN: 9781544532691

Validation Is For Parking

By Nicole Kalil

Confidence noun con-fi-dence : when you know who you are, own who you're not, and choose to embrace all of it

If you had more confidence, what decisions would you make? What risks would you take? What dreams would you chase?

For women, confidence is often associated with doing it all—and doing it perfectly. When I earn that promotion, lose ten pounds, or meet the person of my dreams...then I'll feel confident. We've been bombarded with messaging telling us to be confident, but no one has told us how. Speaker, leadership strategist, and coach Nicole Kalil is changing that.

In *Validation Is for Parking*, Nicole provides a comprehensive guide for building internal trust and reclaiming confidence, a skill built from the inside out. You'll learn how to create boundaries, give yourself grace, and overcome the five most common derailers that impede progress and contribute to unhealthy patterns. This is a journey in which there are no shortcuts, but Nicole provides the guidance and support you need to break free from limiting narratives. A book for all women, *Validation Is for Parking* is an uplifting exploration of the untruths we believe and the internal antidotes that teach us to trust ourselves and become who we're meant to be.

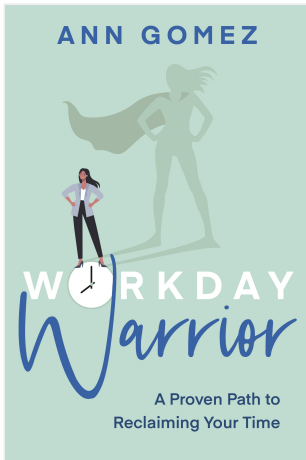
About The Author(s)

Nicole Kalil is an in-demand speaker and the dynamic host of the *This Is Woman's Work* podcast. Known as the Confidence Sherpa, Nicole reveals how-to strategies that set her apart from other self-help experts. Previously a Fortune 100 C-suite executive, she's helped thousands of women reclaim their confidence so they can live authentically, both personally and professionally. Nicole lives with her husband and daughter in Andover, Massachusetts. For more information, visit nicolekalil.com.

Current Licenses: None

BISAC Codes

- SELF-HELP / General
- SELF-HELP / Personal Growth / Success



Dundurn Press Ltd.

Publication Date: 12/13/2022

9in x 6in (229mm x 152mm)

Page Count: 312

Retail Price (USD): 22.99

Age: 18+

ISBN: 9781459749597

Workday Warrior

By Ann Gomez

Reclaim control of your workday with a proven time-saving method. Life is busier than ever before. We are working longer hours to keep up with longer to-do lists. Yet we're experiencing more stress and seem to fall further and further behind. Our so-called leisure time is punctuated with interruptions, constantly pulling us back to work. We are led to believe we can prioritize our way out of this, but prioritization is broken. In *Workday Warrior*, productivity expert Ann Gomez presents a fresh approach that smashes today's time challenges: too many priorities, too many interruptions, and too much complexity. We don't need more willpower, discipline, or hours in our day. Instead, we need a straightforward approach to help us reclaim our time and upgrade our work habits. We need to concentrate our priorities, protect our time, and simplify our work to amplify our results. This book will help you become a *Workday Warrior*. Find more time in your day, play at a higher level, and feel more in control of your time. Your work (and life!) will never be the same.

About The Author(s)

Ann Gomez has spent the last two decades obsessing about how we work. As founding president of Clear Concept, Inc., she has trained some of the world's busiest people helping them reclaim their time, over and over again. She is a sought-after speaker, author of *The Email Warrior*, and a media spokesperson. She lives in Richmond Hill, Ontario.

Current Licenses: English (Canada)

BISAC Codes

- BUSINESS & ECONOMICS / Time Management
- SELF-HELP / Time Management
- BUSINESS & ECONOMICS / Personal Success