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strategies, tools and relatable examples throughout that offer simple and effective ways to feel brave, independent and confident. Pushing through your fear will allow you to take back control of your life so you can make changes, accept that you have choices and recognise that you

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Readers get to grips with the complex concepts of philosophy through the ages, and help match the theories to the names.

We all go through patches when we find it hard to sleep. Either we have problems dropping off at night or we

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wake in the early hours with thoughts buzzing round in our minds.

Sometimes it seems impossible to get that elusive night's sleep we so badly crave, but this book will show you how to break negative patterns, get more rest and improve your well-being. Dr. Jessamy Hibberd and Jo Usmar draw

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This Book Will
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We live increasingly busy lives, and while some of us have no trouble juggling multiple responsibilities, others struggle to deal with the mounting pressures we feel from

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