



Discover smart and entertaining strategies for dealing with difficult emotions like anxiety, sadness, anger, and uncertainty. More than just “adulting”—this book will give you the real emotional skills you need to thrive! Whether you’re graduating from college, starting a career, trying to gain financial independence, or creating meaningful relationships—entering into the world of grownups can be more than a little overwhelming. And while there are plenty of fun books out there for young adults offering advice on how to fix a leaky faucet or find the right apartment, none really delve into the deeply emotional aspects of growing up. In *Mastering Adulthood*, psychologist Lara Fielding offers evidence-based skills to help you cope with the feelings of anxiety, depression, anger, and stress that may be getting in the way of living an independent, fulfilling adult life. Drawing on case examples from young adults she’s worked with in her private practice, Fielding provides empowering strategies and skills for managing difficult emotions using mindfulness, dialectical behavior therapy (DBT), and acceptance and commitment therapy (ACT). When you experience big life changes that cause you stress, you need emotional flexibility to reach your goals and be your best self. Using the skills in this book, you’ll learn to take charge of your emotional habits, stop feeling stuck, and discover what really matters to you.

*A Widow’s Guide to Healing*

*A Full Course Meal on Emotional Health*

*Emotional Intelligence 2.0*

*Essentials for Leadership and Practice Improvement*

*Forgiveness and Health*

*The CBT Workbook for Perfectionism*

**Becoming a Better Leader Starts with a Transformed Inner Life** Do you feel too overwhelmed to enjoy life, unable to sort out the demands on your time? Are you doing your best work as a leader, yet not making an impact? Have you ever felt stuck, powerless to change your environment? In *The Emotionally Healthy Leader*, bestselling author Peter Scazzero shows leaders how to develop a deep, inner life with Christ, examining its profound implications for surviving stress, planning and decision making, building teams, creating healthy culture, influencing others, and much more. *The Emotionally Healthy Leader* contains: Concise assessments for leaders and teams to measure their leadership health Practical, proven strategies that have been developed over a 28-year period spent both in the local church and in equipping leaders around the world Helpful applications of how to face your shadow, lead out of your marriage or singleness, slow down, and embrace endings for new beginnings Going beyond simply offering a quick fix or new technique, *The Emotionally Healthy Leader* gets to the core, beneath-the-surface issues of uniquely Christian leadership. This book is more than just a book you will read; it is a resource you will come back to over and over again.

In this highly practical book, Rona Tutt and Paul Williams explore how schools and other educational settings can provide students with the right environment to support their emotional wellbeing and hence to maximise their learning potential. Encouraging collaboration between education and healthcare professionals, as well as other services, and with families, they show how to develop resilience in young people and provide them with the tools for coping with mental health issues. Based on a range of practical experiences from many different schools and practitioners, *How to Maximise Emotional Wellbeing and Improve Mental Health* discusses several crucial aspects of wellbeing in educational settings, including: Changing attitudes surrounding wellbeing and mental health Nurturing resilience, and its application Creating a healthy and constructive ethos and environment Providing extensive case studies, and featuring insightful conversations with school leaders and other professionals, this book will be an essential resource for staff in schools, including those leading on mental health, as well as trainee teachers and anyone with a wider societal concern about mental wellbeing in young people”-

*Self-Discovery*

*How to Stay Sane*

*Emotional Intelligence in Everyday Life*

*Emotional Literacy*