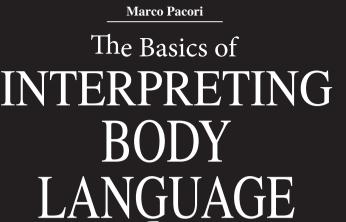


# PERSONAL DEVELOPMENT

n this ever-changing world, you need to continuously keep pushing yourself, learning, and developing new skills. Whether that entails learning a foreign language, how to write an amazingly articulate CV and cover letter, or brushing up on your astronomy, if you don't keep pushing yourself and evolving your acumen, you may be left behind. The modern world in which we live forces us to constantly acquire new competencies or to strengthen our existing skills, and nothing is more attractive than someone who wants to be the best possible version of themselves.











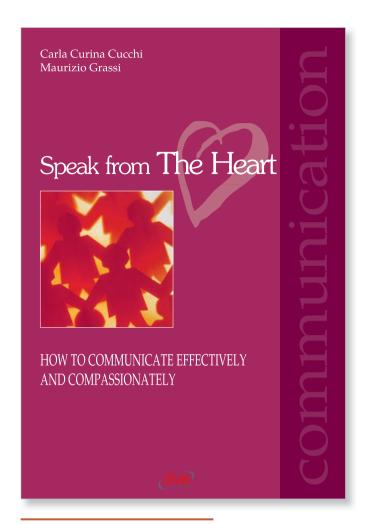




ISBN 978-1-78525-946-3 Format 170 x 240 mm, 192 pages 44,000 words

One would give just about anything to know what is behind the gaze of the person with whom they are speaking, to see if he or she is sincere and what his or her intentions are! There is a scientific and effective method that anyone can learn quickly: the interpretation of body language.

The author examines the most significant signs of the body; for every gesture finds its motivation and its meaning in a completely innovative and original way. The text is accompanied by photographs and drawings, which enable a more straightforward comprehension.

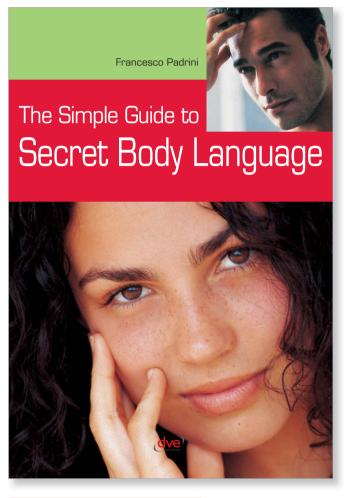


ISBN 978-1-78525-380-5 Format 145 x 205 mm, 160 pages 36,000 words

To communicate successfully you don't need to be a psychologist, but to understand the conversational partner, interpret their gestures, expressions, verbal and non-verbal language.

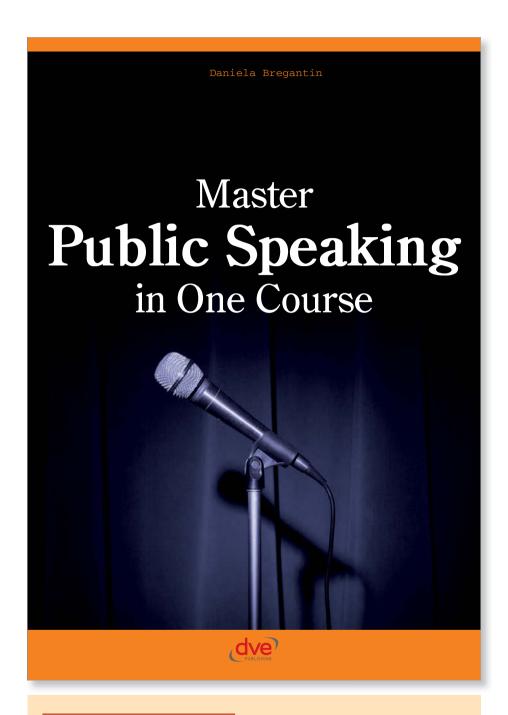
In conclusion, you need to listen, see and "feel" the others. Difficult? Less so than it seems: within this guide you will find exercises and practical examples to develop your skills gradually and effectively.

You will learn with yourself, becoming a good and empathic listener to make the other part comfortable and satisfied with the communication.



ISBN 978-1-78525-945-6 Format 170 x 240 mm, 144 pages 27,000 words

The 20th century was, without a doubt, the century of communication: radio, television, computers... Communication has reached, through image and sound, a level that was impossible to imagine until very recently. Nevertheless, we still know very little about non-verbal communication; we make sounds, but we also communicate simultaneously through our attitude and gestures. With this book you will discover the fascinating world of non-verbal language –the secret language- that is yet to discover.



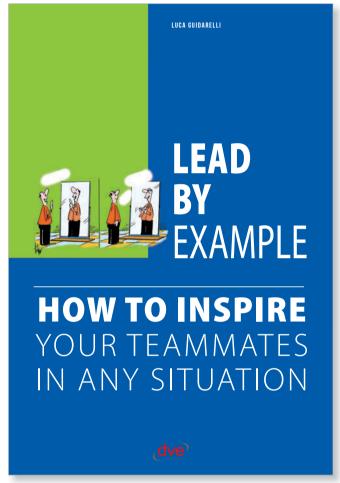
ISBN 978-1-78525-950-0 Format 145 x 205 mm, 240 pages 66,000 words

Do you get nervous when you have to speak in public? Do you know how to catch the attention of your audience? Learn the best techniques for public speaking that the ancient masters of rhetoric already used as well the modern schools' practises. You will learn how to organise and think through all the content of a speech and how to correctly identify the target and the audience.



ISBN 978-1-78525-953-1 Format 170 x 240 mm, 192 pages 47,200 words

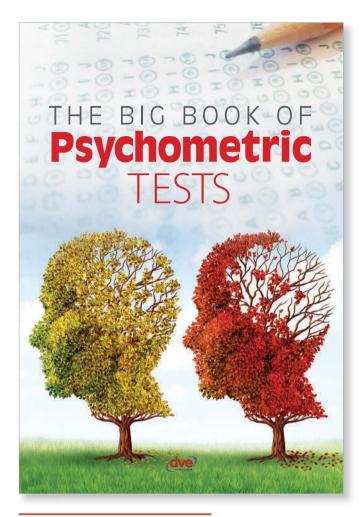
This innovative book, practical and clear, is aimed at those who are looking for concepts, tools, and techniques, new and effective ideas and case studies, that provide the fundamentals for the success of a company and its management. It deals with all aspects of selling a product, applying the correct price policies, resolving problems, managing projects, and making better decisions ...

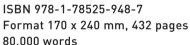


ISBN 978-1-78525-388-1 Format 145 x 205 mm, 128 pages 39,000 words

Is leadership innate or learned? Are you a chief or a leader? Learn how to deal with the pillars of leadership: positive mental attitude, courage, ethics and integrity, fighting or negotiating, time management, leadership and emotionality, stress, barriers of communication, active attention, motivating and delegating, incentives and sanctions.

# MEMORY & INTELLIGENCE



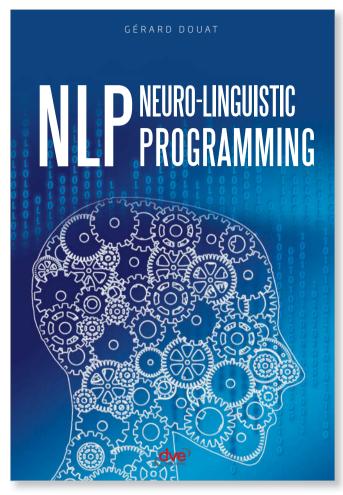


Do you know what your IQ is? Measure your intelligence with memory, reasoning, and attention tests.

In this book you will also find tests to help you find the professional environment where you will make better use of your own skills.

The personality tests will help you learn more about your character, feelings, strengths and weaknesses, and how to use this information in favour of your personal life.

Give a U-turn to your life, and reach the success that you have always dreamt of.

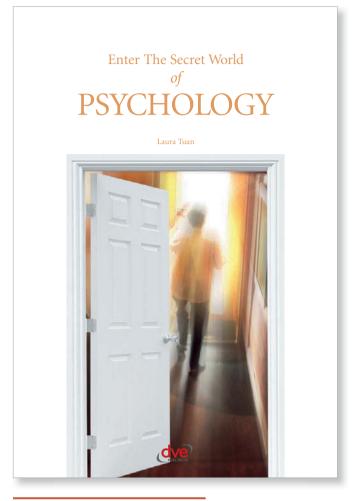


ISBN 978-1-78525-379-9 Format 145 x 205 mm, 168 pages 20,000 words

Are you predominantly visual, auditory, or kinaesthetic? To know what type of person you are, NLP (Neuro-Linguistic Programming) proposes a technique aimed to understand our own functioning and thus adapt our behaviour to the interlocutor when we are involved in a verbal or corporal dialogue.

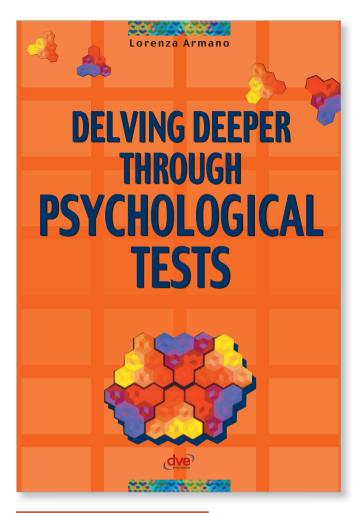
- "NLP is an education of the brain", said Richard Bandler, one of the founders, along with John Grindler, of this useful technique, which is present today in all works related to communication.
- You will learn the three main principles of NLP: consciousness does not
  give us the whole reality, the disparity between being and appearing, and
  the confirmation that we have more resources than we think we have.
- Apply the technique to improve you perceptions and fulfill your aspirations.
- Thanks to this book you will be able use NLP in your private and professional life.

# **PSYCHOLOGY**



ISBN 978-1-78525-315-7 Format 145 x 205 mm, 96 pages 23,000 words

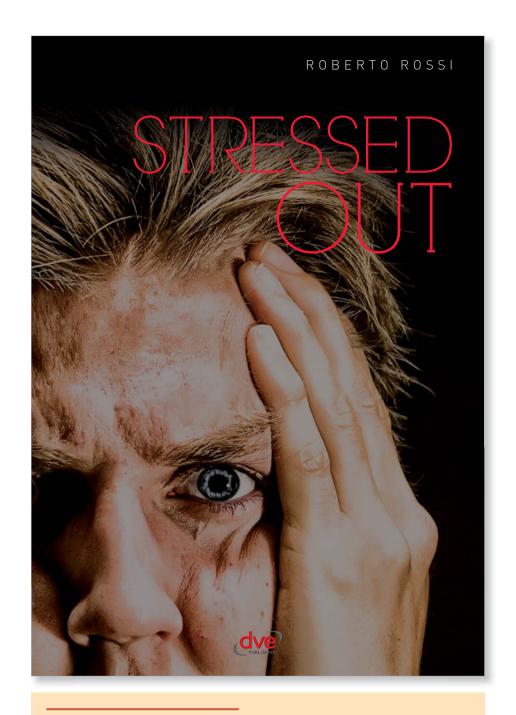
Discover the mysterious and fascinating world of the paranormal powers and learn to recognise the subconscious, and the hidden part of our being; this guide will reveal extrasensory perception techniques and, thanks to the numerous exercises, it will allow you to find the path of knowledge and wisdom. This book aims to focus on the big issues of esotericism, as well as enabling improvement in self-knowledge and the discovery of the universe around us.



ISBN 978-1-78525-949-4 Format 170 x 240 mm, 272 pages 46,000 words

How to cope with tests? What is their goal? How should we read and understand the results?

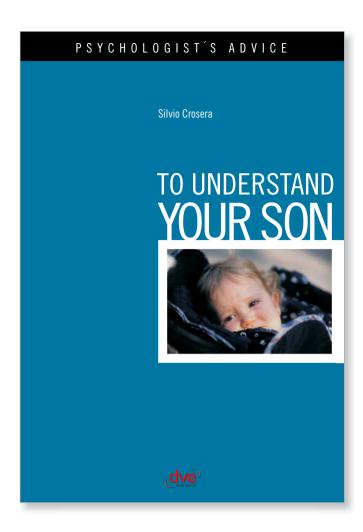
Find out everything you need to know about tests in this book. The author, a psychologist of training, offers a wide range of tests with solutions and grids for interpretation to be quietly completed at home. They include behavioural assessment tests, tests for the couple and the family, tests concerning work and career, but also a handwriting analysis and a study of the body language and morphopsychology.



# ISBN 978-1-78525-385-0 Format 145 x 205 mm, 128 pages 37,000 words

Stress is a great threat against health and well-being with so many harmful effects: anxiety, irritability, decreased sex drive, headaches, general fatigue, etc. The small tensions of your everyday life can potentially lead to stress. These impulses can be overlooked until our physical and mental health gets a stroke. Why waiting until that moment?

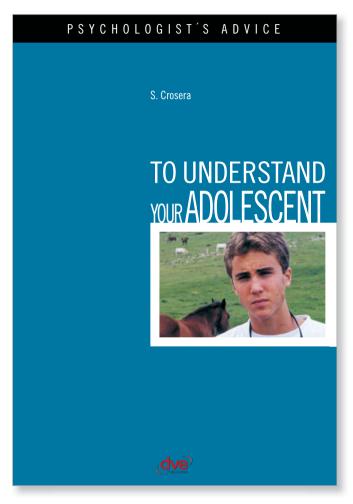
This book aims to be a guide for you through a great number of exercises, tests and questionnaires to learn how to recognise the stress, to make a distinction between positive and negative pressure, to improve your self-esteem, to face anxiety and rage, and more.



ISBN 978-1-78525-296-9 Format 145 x 205 mm, 160 pages 37,000 words

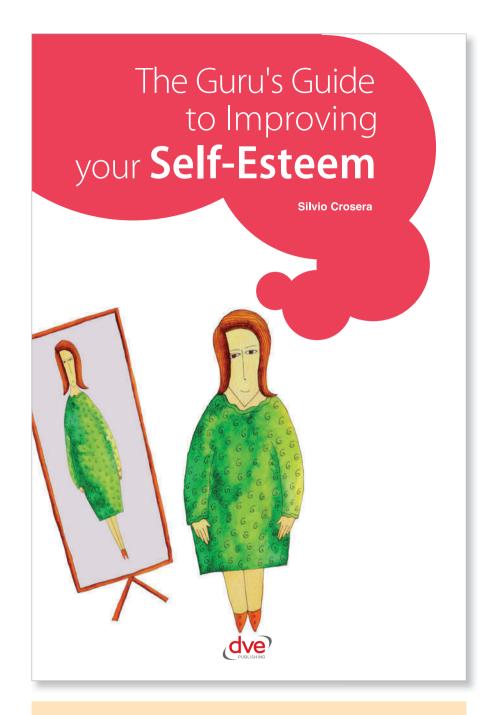
You are not born a parent; you become one during your life!

This book aims to give practical answers to essential questions that parents and educators will come up with during the education process so that they can better understand each problem and look for the best professional counselling.



ISBN 978-1-78525-295-2 Format 145 x 205 mm, 156 pages 33,000 words

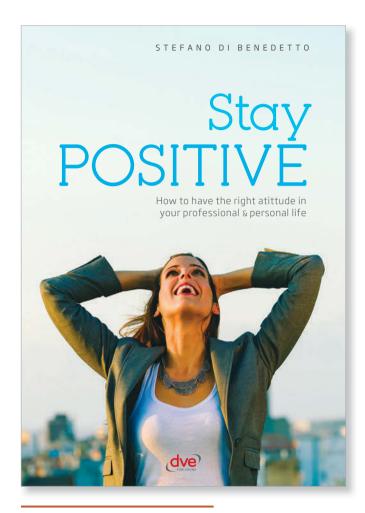
At the age of 11, your child stops being a kid. The body changes, desires arise, and he will feel lost between the childhood and the grown-ups world. How can we help teenagers go through this extremely difficult phase to become an adult? How can we understand and feel close to them without confrontation and through dialogue towards education? These questions are addressed to parents, teachers, educators, and other family members.



ISBN 978-1-78525-947-0 Format 140 x 220 mm, 144 pages 37,000 words

Am I satisfied with myself? Do I feel secure in myself? Do I know myself enough? Am I able to achieve all that I would like? Is it possible to change? How can I make it happen? In this book you will find dozens of tests to get to know yourself better and find the best way to learn how to value yourself more positively. Responsibility, communication, extroversion, or determination are some of the keys that we need to develop in order to use our self-esteem to confront the challenges of life.

# PERSONAL ACHIEVEMENT & SUCCESS



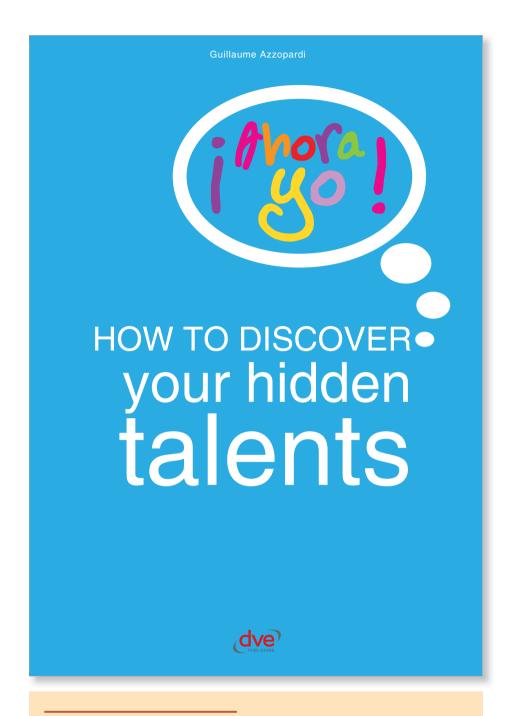
ISBN 978-1-78525-387-4 Format 145 x 205 mm, 160 pages 36,000 words

This book is a compendium of practical advice proposed by the author, bringing together ideas, notes, reflections, and real anecdotes gathered through interviews conducted with both influential businessmen and executives and people who manage human resources: employees, the self-employed, or simply parents. It is all about how to get confidence and general agreement, a winning skill in daily life.



ISBN 978-1-78525-389-8 Format 145 x 205 mm, 128 pages 37,000 words

Every day we have to face unexpected situations, and we don't know where to find the resources that we need to deal with. Without the appropriate tools, tasks like public speaking or calling an important client can be overwhelming.



ISBN 978-1-78525-255-6 Format 145 x 205 mm, 320 pages 44,500 words

Why do we often have relationship problems at work or at home? Why do we feel bad, dissatisfied, or disappointed? It is almost always because we know far too little about ourselves. Based on objective data, such as the study of the face, body, hands, and handwriting, but also behaviours or dreams, this book gives us the essential tools to better understand ourselves, to fully exploit all our potential, and to become more successful in life. In short, this is a long-awaited personal quide to success!

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& Write An Unforgettable Resume

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