

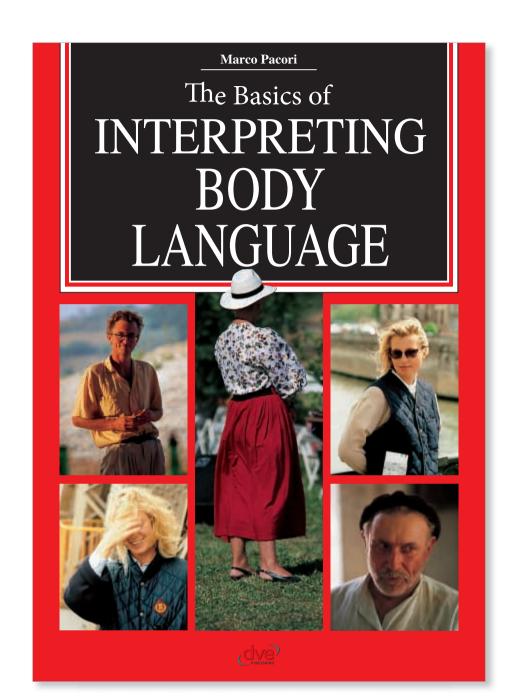
# PERSONAL DEVELOPMENT



### 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.

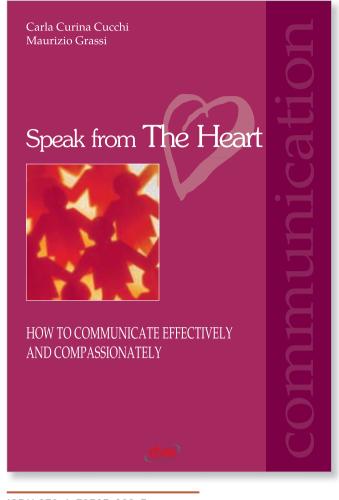




#### ISBN 978-1-78525-946-3 Format 170 x 240 mm, 192 pages 44,000 words

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.

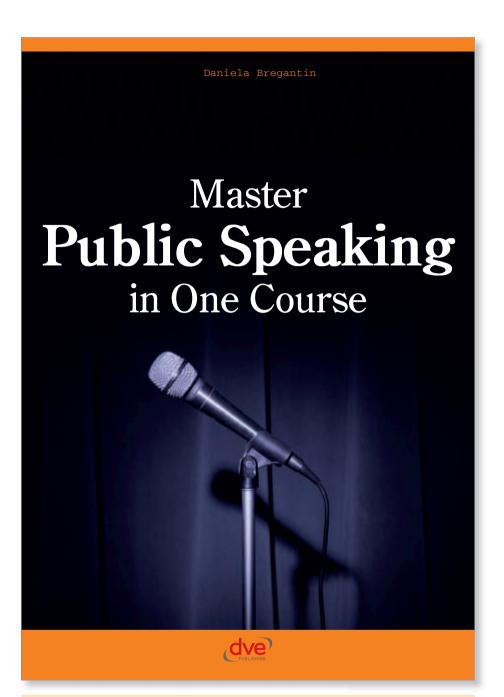
Francesco Padrini

## The Simple Guide to Secret Body Language



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

The 20<sup>th</sup> 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

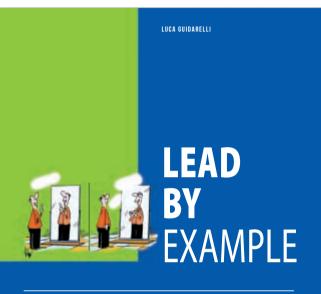
Do you get nervous when you have to speak in public? Do you know how to catch the attention of your audience? Learn the best techniques for public speaking that the ancient masters of rhetoric already used as well the modern schools' practises. You will learn how to organise and think through all the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

Learn the latest business techniques and receive valuable tips to help you achieve success thanks to a pleasant and thought-provoking text.



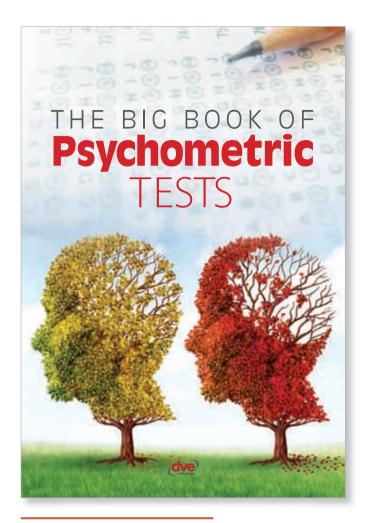
### HOW TO INSPIRE YOUR TEAMMATES IN ANY SITUATION

<sub>(</sub>dve)

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**



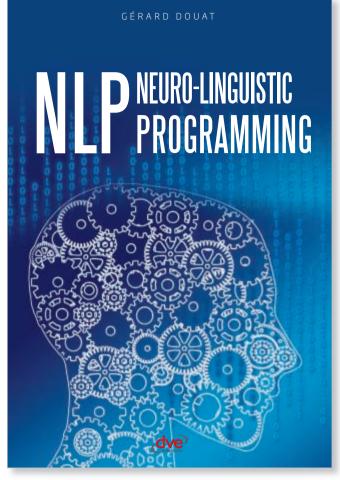
#### ISBN 978-1-78525-948-7 Format 170 x 240 mm, 432 pages 80,000 words

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.

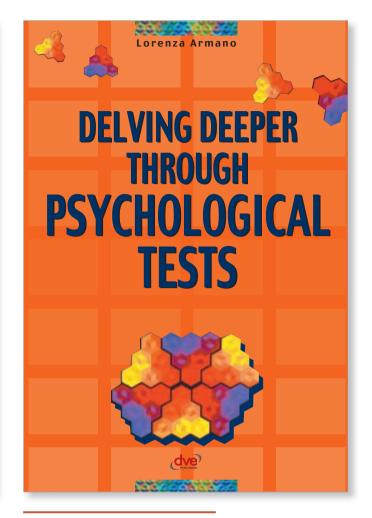
- "NLP is an education of the brain", said Richard Bandler, one of the founders, along with John Grindler, of this useful technique, which is present today in all works related to communication.
- You will learn the three main principles of NLP: consciousness does not give us the whole reality, the disparity 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.

### Enter The Secret World of PSYCHOLOGY



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

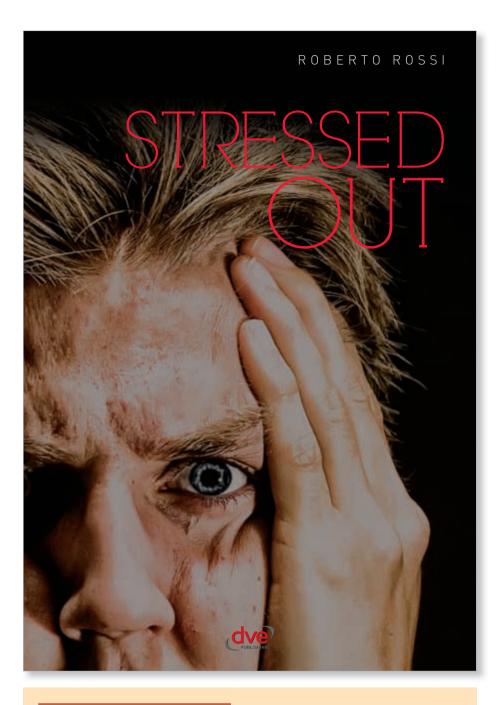
Discover the mysterious and fascinating world of the paranormal powers and learn to recognise the subconscious, and the hidden part of our being; this guide will reveal extrasensory perception techniques and, thanks to the numerous exercises, it will allow you to find the path of knowledge and wisdom. 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.

#### PSYCHOLOGIST'S ADVICE

Silvio Crosera

## TO UNDERSTAND

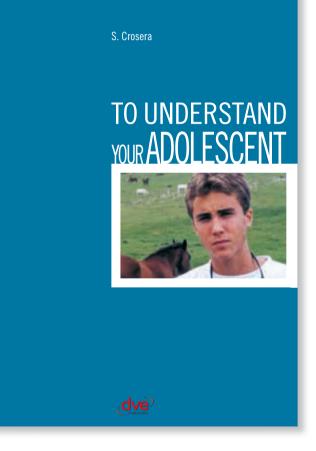


#### ISBN 978-1-78525-296-9 Format 145 x 205 mm, 160 pages 37,000 words

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.

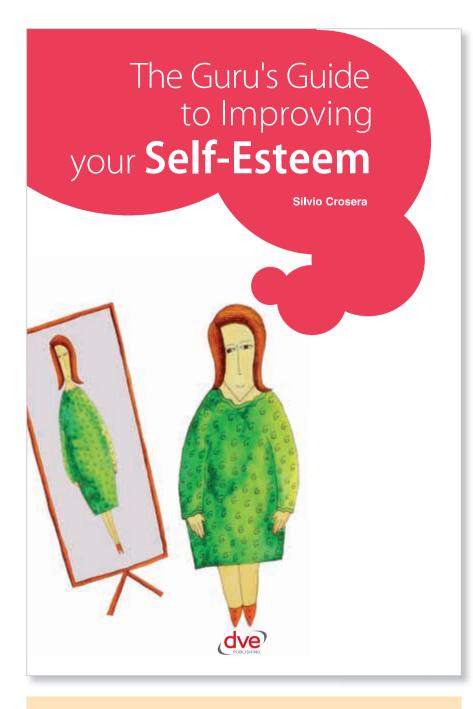
#### PSYCHOLOGIST'S ADVICE



#### 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.

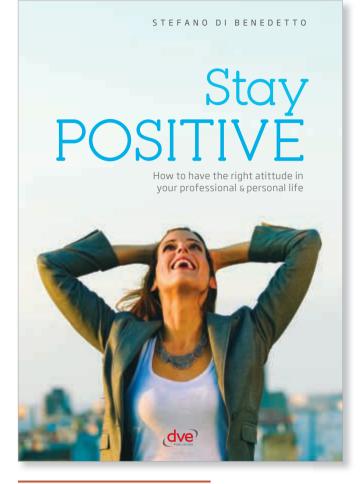




ISBN 978-1-78525-947-0 Format 140 x 220 mm, 144 pages 37,000 words

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.

## **REAL RESULTS** FOR REAL PEOPLE

**MAKE** YOUR DREAMS

FABRIZIO CORNALBA

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.



## HOW TO DISCOVER• your hidden talents

PUBLISHING

#### 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!

### ALSO AVAILABLE

#### **BUSINESS & COMMUNICATION**

A Guide to Choosing Your Type of Business The Art of Effective Communication and Persuasion The Art of Management The Big Book of Modern Private and Commercial Correspondence The Big Book of Private and Business Correspondence Business Correspondence Made Easy Competitive Curriculum: A Complete Guide The Creative Negotiating Guide Effective Communication Skills For Any Speaker English Express: How To Stand Out In Today's Job Market & Write An Unforgettable Resume How to Be an Effective Facilitator How to Clean Up a Company in Crisis How to Measure Your Intelligence How to Write Effective Business Letters The Manager's Manual: How to Manage Your Company Reveal Your Best Signature The Rules for an Effective Resume Talking Like a Leader Telemarketing 101 Winning through Negotiation Writing Private Correspondence Today 200 Responses to Succeed in Job Interviews

#### FAMILY

The A-Z Adoption Guide All About Divorce and Separation All About Pregnancy, Child Birth, and Breastfeeding The Big Book for Father's The Big Book of Baby Names The Couple's Guide to Infidelity Dad, Mom, Leave Me Time for My... Do Not Talk in That Tone! The Encyclopedia of Names The Expectant Parent's Guide to Naming The Family Guide to Healthy Eating The Family Guide to Overcoming Unemployment For Starters, You're Not My Mother! Fun Things to Do with Your Baby The Great Dictionary of Names The Growing Up Guide The Handbook for Stay-at-Home Moms The Handbook of Personal Names How Long Will This Tantrum Last? How to Avoid Simple Mistakes in Castilian How to Get Your Child to Listen How to Help your Son Recover from Assault How to Separate but Protect your Children The Loving Mother's Manual Names for Life The Natural Guide to Naming Your Son Parents: How to Say No Psychologist's Advice to Understand Your Adolescent Psychologist's Advice to Understand Your Son Understanding Children Your Personal Pregnancy Journal

#### HISTORY

All About the Dreyfuss Affair All About the Incas All About the Mata Hari Affair All About the Mayans



The Big Book of Ancient Civilizations The Big Book of Nostradamus The Complete Guide to Catharism A Complete Guide to the Crusades A Complete Guide to Key Amulets The History of Poisons The Prophecies of Nostradamus The World of the Egyptians The World of the Greeks The World of the Romans The World of the Romans

#### HOROSCOPES

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#### HOW TO & LEARNING

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#### LANGUAGE LEARNING

English Express: Common English Mistakes... And How To Avoid Them English Express: Effective Communication In The Workplace English For Beginners: Writing & Speaking Exercises German For Beginners: Writing & Speaking Exercises How To Be A Great Parent and Partner: Understanding Your Family's Needs Improve Your Italian Skills For Everyday Use



Improve Your Italian Skills For Everyday Use Improve Your Portugese Skills For Everyday Use Latin Everywhere: Common Expressions & Phrases Learn 500 English Phrases in 5 Days Learn Basic English in 5 Days Learn English by Phone Learning English Made Easy Master The English Language in 3 Weeks Master The English Language in 3 Weeks Master The French Language in 3 Weeks Master The French Language in 3 Weeks Master The Italian Language in 3 Weeks Master The Italian Language in 3 Weeks My First Word in 4 Languages No Time? No Problem! Learn English in 30 Days No Time? No Problem! Learn Russian in 30 Days It's As Easy As 1-2-3! Learn Basic Japanese Grammar & Expressions The Play-Along Book of English Words Sing-A-Long Guide to Learning English

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The Tricks and Traps of the English Language

#### SPIRITUAL & HEALTH

All About Bach Flowers All About Chakras All About the Testament The Anti-Stress Massage Guide The Art of Acupressure: A Complete Guide The Art of Divination The Art of Healing Through Osteopathy The Art of Interpreting Dreams The Art of Massage The Art of Native American Divination Cards The Art of Reading Aura's The Art of Remembering Dreams The Art of Unplugging Appealing Aroma's: The Complete Guide to Oils, Flavors, Scents, and Bath Salts The Basic Guide to Reflexology Beings of Light The Big Book of Massage and Essential Oils The Big Book of Reflexology The Big Book of Remedies The Big Book of Superstitions The Book of Facial Queues Choosing and Using White Magic Choosing and Using Your Astronomical Telescope The Collector's Guide to Precious Stones The Colour Personality Test The Complete Book of Love Potions The Complete Guide to Coaching The Complete Guide to Crystal Therapy The Complete Guide to Interpreting Dreams The Complete Guide to Premonitory Dreams The Complete Guide to Understanding Meteorology The Complete Guide to Vacation Dreams and What They Mean Enter the Secret World of Psychology The Encyclopedia of Essential Oils Enter the Secret World of Tarot



The Expert Guide to the Evil Eye and Spells The Extraordinary Power of Amulets and Talismans The Extraordinary Power of the Mandala The Extraordinary World of Ghosts Good Vibes The Guardian Angel Guide The Guide to Discovering the Powers in You The Guide to Lymphatic Drainage Massage The Guide to Universal Astrology The Guide to Using Appropriate Words The Guru's Guide to Gemstones Happiness Made Easy Health For The Human Spirit: Chinese Proverbs & Meditation Practices How Am I Really? How to Achieve the Perfect Mind-Body Balance How to Develop Personal Magnetism How to Develop Psychological Faculties How to Develop Your Intuition How to Interpret Dreams and Lucky Numbers How to Overcome Anxiety and Stress How to Psychoanalyze Yourself How to Succeed by Yourself The Hypnosis Handbook Joys The Key to Dreams Learn the Mysteries of Astral Travel Learn the Mysteries of Dreams Learn the Mysteries of Numerology Learn the Powers of Spiritualism Lend a Hand: A Zonal Hand Massage Guide The Letters of the Planets Master Pranotherapy in One Course Mastering Meteorology The Modern Guide to Feng Shui **Overcoming Your Fears and Anxieties** Palm-Reading for Beginner's Predicting the Future with the Letters of the Sibyl

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#### VARIOUS

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