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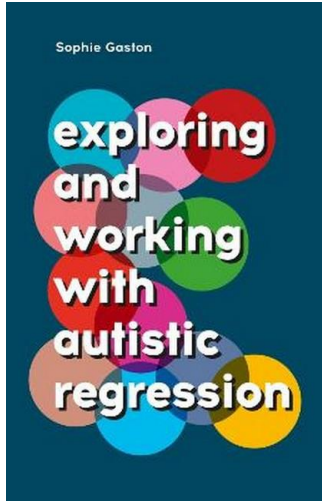


Jessica Kingsley
Publishers



JKP believe that establishing positive narratives about difference from an early age can help shape confident and fulfilling lives.

www.woodslanehealth.com.au/collections/jessica-kingsley



Exploring and Working With Autistic Regression

By *Sophie Gaston*

COMING SOON

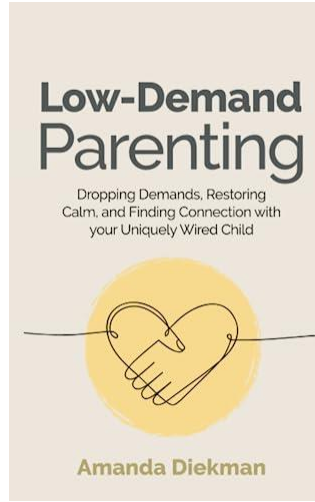


9 781839 974373

Sophie Gaston's offers the first honest and poignant depiction of autistic regression and provides invaluable advice on understanding and identifying the symptoms and how to find acceptance and happiness following diagnosis.

JESSICA KINGSLEY PUBLISHERS
Disc: TRADE INTERNATIONAL
216 X 138 mm
Release Date: October 2023
9781839974373

Paperback
176 pages
B&W THROUGHOUT
AUD\$: 38.99



Low-Demand Parenting

By *Amanda Diekman*

COMING SOON

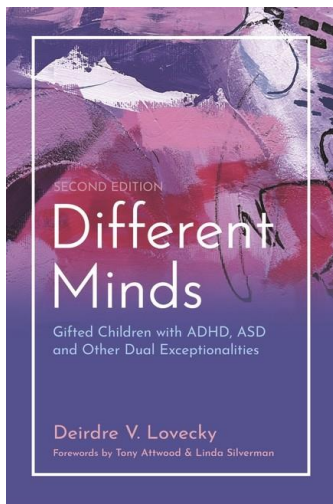


9 781839 977688

Autistic adult, Amanda Diekman, shares her experiences about how low demand parenting her neurodivergent children has transformed her relationship and family life.

JESSICA KINGSLEY PUBLISHERS
Disc: TRADE INTERNATIONAL
216 X 138 mm
Release Date: October 2023

Paperback
160 pages
B&W THROUGHOUT
AUD\$: 33.99



Different Minds

By *Deirdre V Lovecky*

COMING SOON

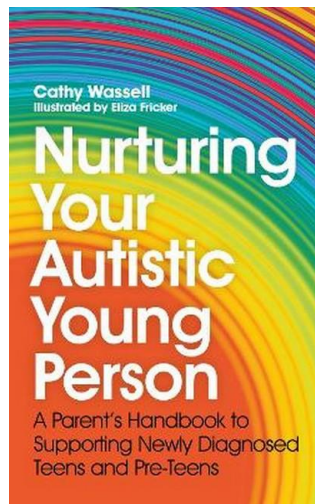


9 781849 059244

Explaining why certain children are gifted and how giftedness is manifested, each chapter addresses the relevance for children with AD/HD and Asperger Syndrome.

JESSICA KINGSLEY PUBLISHERS
Disc: TRADE INTERNATIONAL
246 X 173 mm
Release Date: September 2023
9781849059244

Paperback
592 pages
B&W THROUGHOUT
AUD\$: 85.99



Nurturing Your Autistic Young Person

By *Cathy Wassell, Eliza Fricker*

NEW

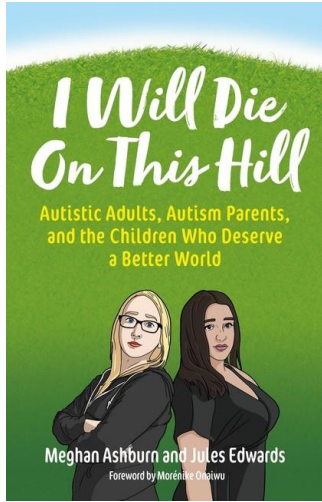


9 781839 971112

An introductory guide for parents of older children and younger teenagers who may be autistic or have been recently diagnosed. Learn how to understand and advocate for your child and create an environment in which they can thrive.

JESSICA KINGSLEY PUBLISHERS
Disc: TRADE INTERNATIONAL
216 X 138 mm
Release Date: January 2023
9781839971112

Paperback
288 pages
AUD\$: 38.99



I Will Die On This Hill

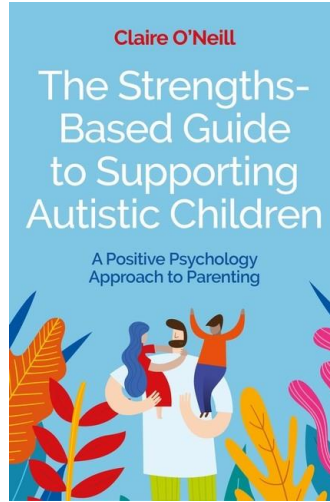
By Meghan Ashburn, Jules Edwards



This book bridges the divide between #ActuallyAutistic activists and Autism Parents in the online community. Written by an author team with experience on both sides of the coin.

JESSICA KINGSLEY PUBLISHERS
 Disc: TRADE INTERNATIONAL
 216 X 138 mm
 Release Date: March 2023
9781839971686

Paperback
 256 pages
 B&W THROUGHOUT
AUD\$: 38.99



The Strengths-Based Guide to Supporting Autistic Children

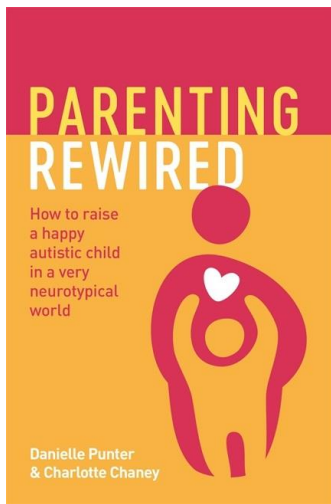
By Claire O'Neill



A step-by-step guide to the strengths-based approach by teaching professional and autistic author and parent Claire O'Neill. Designed to focus on the unique strengths of autistic children.

JESSICA KINGSLEY PUBLISHERS
 Disc: TRADE INTERNATIONAL
 229 X 152 mm
 Release Date: March 2023
9781839972157

Paperback
 208 pages
 B&W THROUGHOUT
AUD\$: 37.99



Parenting Rewired

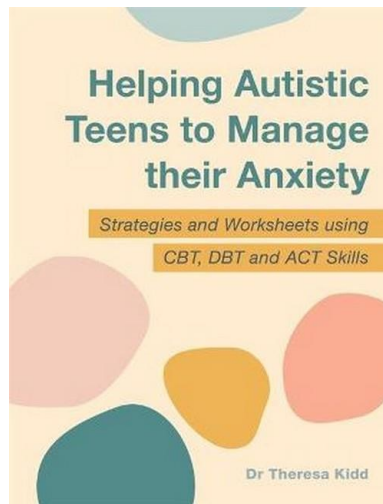
By Danielle Punter, Charlotte Chaney



Packed with lived-experience insight and easy-to-follow advice this transformative guide will change how you view the behaviour of your autistic child and challenge you to rewire your thinking to see the world through the autistic lens.

JESSICA KINGSLEY PUBLISHERS
 Disc: TRADE INTERNATIONAL
 229 X 152 mm
 Release Date: November 2022
9781839970726

Paperback
 224 pages
AUD\$: 42.99



Helping Autistic Teens to Manage their Anxiety

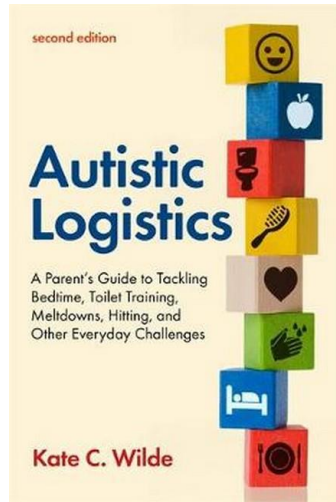
By Dr Theresa Kidd



An accessible activity book for professionals and parents helping children on the autistic spectrum with their anxiety. Contains a wide range of useful and effective worksheets as well as advice for treatment modification.

JESSICA KINGSLEY PUBLISHERS
Author is from Australia
 Disc: TRADE INTERNATIONAL
 279 X 216 mm
 Release Date: April 2022
9781787754508

Paperback
 240 pages
AUD\$: 52.99



Autistic Logistics 2/e

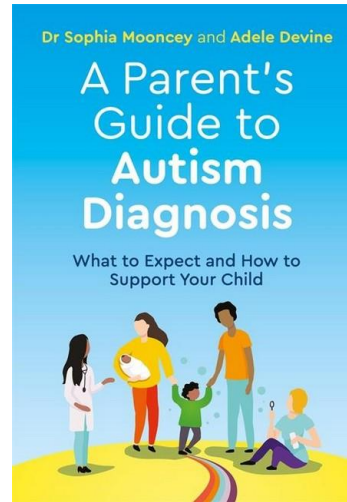
By Kate Wilde



A fully updated edition of the bestselling guide to parenting children on the autism spectrum. It covers all the key problem areas including sleep, food avoidance and emotional regulation, and is full of tried-and-tested strategies.

JESSICA KINGSLEY PUBLISHERS
 Disc: TRADE INTERNATIONAL
 229 X 152 mm
 Release Date: January 2022
9781787757493

Paperback
 288 pages
AUD\$: 39.99



A Parent's Guide to Autism Diagnosis

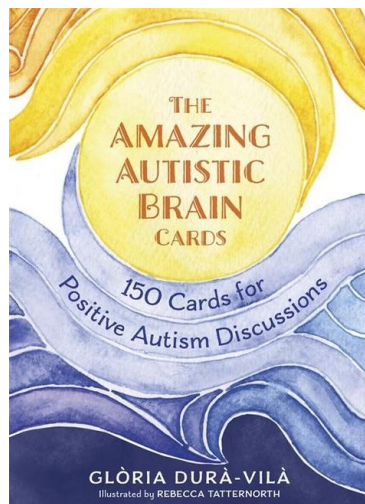
By Adele Devine, Sophia Mooncey



Everything parents need to know about the process of autism diagnosis for a child, from referral to assessment and beyond. Combining information on medical diagnosis, educational needs and more, it answers common questions.

JESSICA KINGSLEY PUBLISHERS
 Disc: TRADE INTERNATIONAL
 229 X 152 mm
 Release Date: January 2022
9781787754249

Paperback
 272 pages
AUD\$: 39.99



The Amazing Autistic Brain Cards

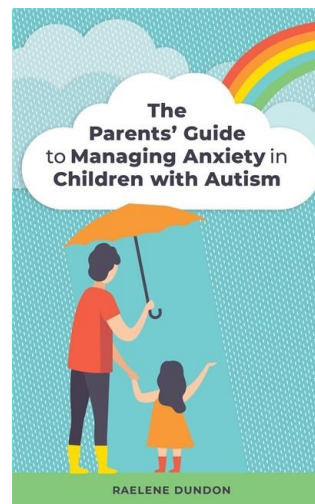
By Gloria Dura-Vila, Rebecca Tatternorth



A set of cards to help children and teens recently diagnosed with autism to characterise and understand their diagnosis in a positive light.

JESSICA KINGSLEY PUBLISHERS
 Disc: TRADE INTERNATIONAL
 75 X 105 mm
 Release Date: September 2021
9781787754300

Cards
AUD\$: 60.99



Parents' Guide to Managing Anxiety in Children with Autism

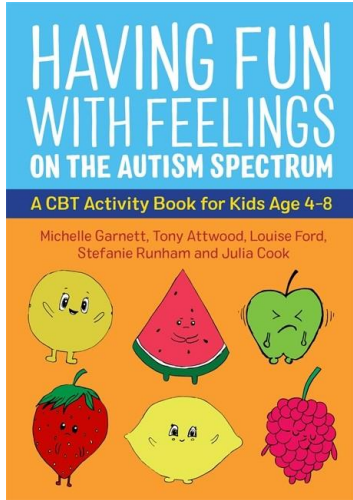
By Raelene Dundon



This guide for parents is a complete introduction to autism and anxiety. Drawing on the author's clinical experience working with children and their families, it provides parents and carers with everything they need to know.

JESSICA KINGSLEY PUBLISHERS
 Author is from Australia
 Disc: TRADE INTERNATIONAL
 216 x 138 mm
 Release Date: January 2020
9781785926556

Paperback
 176 pages
AUD\$: 36.99



Having Fun with Feelings on the Autism Spectrum

By Michelle Garnett, Tony Attwood

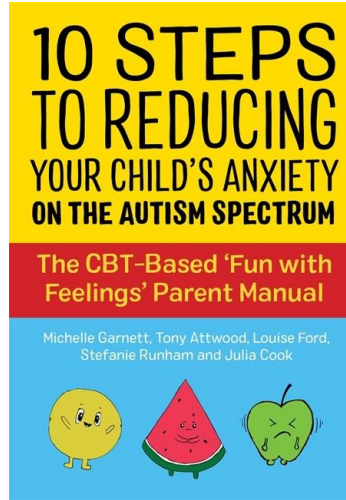


This activity book is a helpful and creative tool for children aged 4-8 to learn and understand their emotions to help reduce anxiety.

JESSICA KINGSLEY PUBLISHERS
 Author is from Australia

Disc: TRADE INTERNATIONAL
 150 X 150 mm
 Release Date: July 2020
9781787753273

Paperback
 96 pages
AUD\$: 26.99



10 Steps to Reducing Your Child's Anxiety on the Autism Spectrum

By Michelle Garnett, Tony Attwood

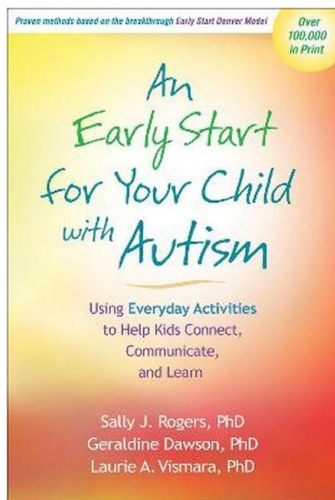


Recognising, expressing and understanding emotions helps young children make sense of their life experiences. Children diagnosed with autism can have significant difficulties with recognising and processing emotions.

JESSICA KINGSLEY PUBLISHERS
 Author is from Australia

Disc: TRADE INTERNATIONAL
 150 x 150 mm
 Release Date: July 2020
9781787753259

Paperback
 256 pages
AUD\$: 39.99



An Early Start for Your Child with Autism

By Sally J. Rogers, Geraldine Dawson

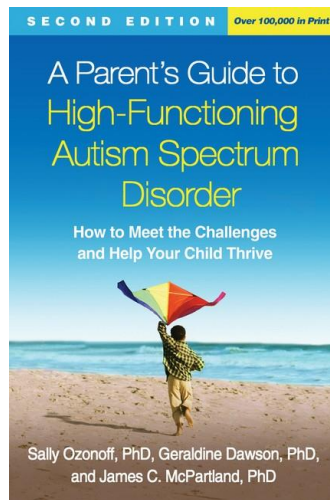


Cutting-edge research reveals that parents can play a huge role in helping toddlers and preschoolers with autism spectrum disorder (ASD) connect with others and live up to their potential.

GUILFORD PUBLICATIONS
 Disc: TRADE INTERNATIONAL

254 X 178 mm
 Release Date: August 2012
9781609184704

Paperback
 342 pages
AUD\$: 44.99



A Parent's Guide to High-Functioning Autism Spectrum Disorder 2/e

By Sally Ozonoff, Geraldine Dawson

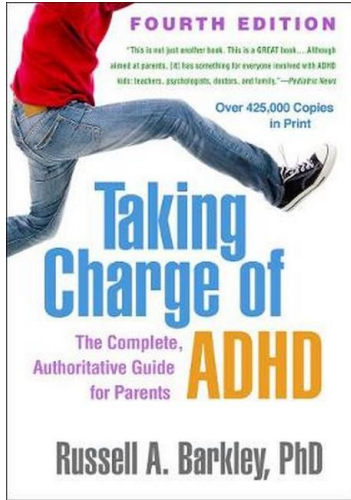


Over 100,000 parents have found the facts they need about high-functioning autism spectrum disorder (ASD), including Asperger syndrome, in this indispensable guide.

GUILFORD PUBLICATIONS
 Disc: TRADE INTERNATIONAL

229 X 152 mm
 Release Date: February 2015
9781462151743

Paperback
 308 pages
AUD\$: 49.99



Taking Charge of ADHD 4/e

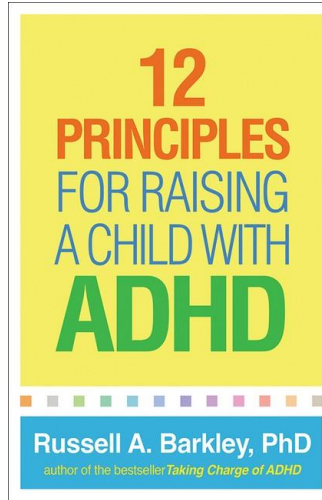
By Russell A. Barkley



The leading parent resource about attention-deficit/hyperactivity disorder (ADHD) and its treatment has now been revised and updated with the latest information and resources.

GUILFORD PUBLICATIONS
 Disc: TRADE INTERNATIONAL
 150 X 150 mm
 Release Date: August 2020
9781462542673

Paperback
 381 pages
AUD\$: 52.99



12 Principles for Raising a Child with ADHD

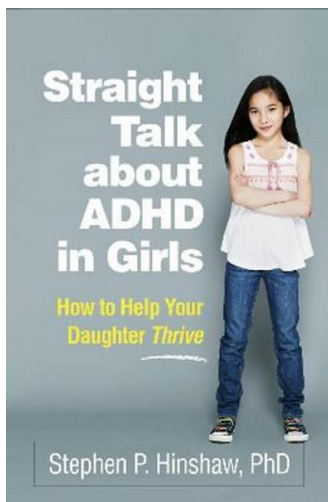
By Russell A. Barkley



From his decades of research and work with thousands of families, leading authority Russell A. Barkley knows how overwhelming the everyday challenges of ADHD can be.

GUILFORD PUBLICATIONS
 Disc: TRADE INTERNATIONAL
 100 X 100 mm
 Release Date: January 2021
9781462542550

Paperback
 205 pages
AUD\$: 44.99



Straight Talk about ADHD in Girls

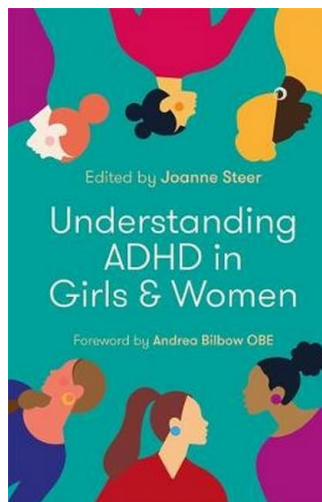
By Stephen P. Hinshaw



Parenting a daughter with attention-deficit/hyperactivity disorder (ADHD) is no easy path—especially because of the myth that the disorder is rare to nonexistent in girls.

GUILFORD PUBLICATIONS
 Disc: TRADE INTERNATIONAL
 229 X 152 mm
 Release Date: September 2022
9781462547517

Paperback
 258 pages
 NOT ILLUSTRATED
AUD\$: 44.99



Understanding ADHD in Girls and Women

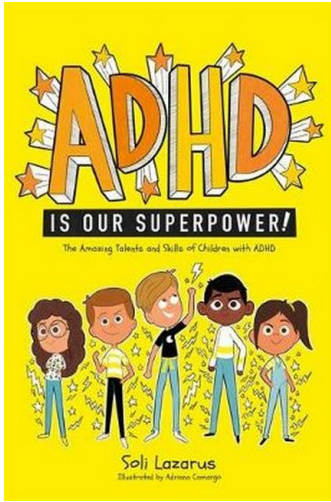
By Joanne Steer, Andrea Bilbow



This book offers honest and clear professional insights into what it really means to have ADHD and provides information about where to go and what to expect.

JESSICA KINGSLEY PUBLISHERS
 Disc: TRADE INTERNATIONAL
 229 X 152 mm
 Release Date: June 2021
9781787754003

Paperback
 360 pages
 B&W THROUGHOUT
AUD\$: 52.99



ADHD Is Our Superpower

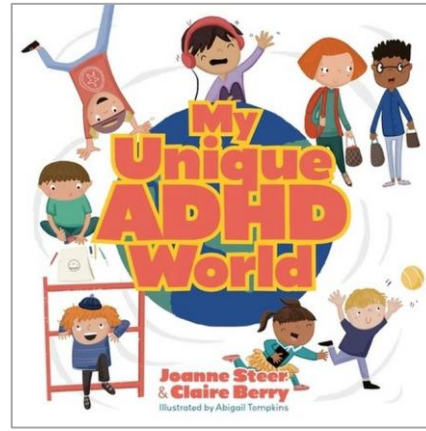
By Soli Lazarus, Adriana Camargo



An illustrated book to help children to understand their ADHD diagnosis in a positive light. Each character in the book focuses on a specific symptom of ADHD such as hyper-focus, sensory overwhelm, poor initiation and inattention.

JESSICA KINGSLEY PUBLISHERS
 Disc: TRADE INTERNATIONAL
 229 X 152 mm
 Release Date: August 2021
9781787757301

Paperback
 64 pages
 COLOUR SECTION(S)
AUD\$: 26.99



My Unique ADHD World

By Joanne Steer, Claire Berry



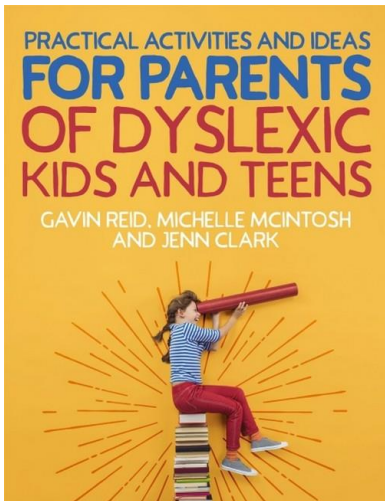
I am great at thinking quickly! I have a great sense of humour! What are you really great at? I have trouble finishing my homework... I get distracted easily... Do similar things happen to you?

JESSICA KINGSLEY PUBLISHERS
 Disc: TRADE INTERNATIONAL
 216 X 213 mm
 Release Date: September 2023
9781839973352

Hardback
 32 pages
AUD\$: 28.99

COMING SOON

DYSLEXIA



Practical Activities and Ideas for Parents of Dyslexic Kids and Teens

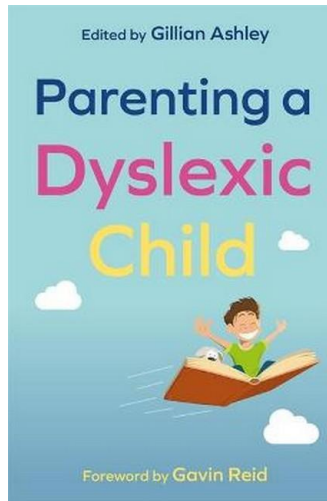
By Gavin Reid, Michelle McIntosh



Over 70 tried and tested accessible activities and games for parents to use with dyslexic children and teens to boost their fundamental educational skills including reading, writing, spelling and more.

JESSICA KINGSLEY PUBLISHERS
 Disc: TRADE INTERNATIONAL
 279 X 216 mm
 Release Date: May 2022
9781787757615

Paperback
 192 pages
 B&W THROUGHOUT
AUD\$: 44.99



Parenting a Dyslexic Child

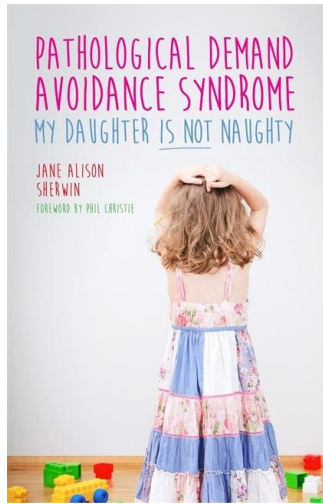
By British Dyslexia Association, Lindsay Peer



Covering everything parents need to know when a child has dyslexia, this is the go-to guide on the topic covering diagnosis, assessment, emotional support and communicating with school.

JESSICA KINGSLEY PUBLISHERS
 Disc: TRADE INTERNATIONAL
 229 X 152 mm
 Release Date: August 2021
9781787754263

Paperback
 208 pages
AUD\$: 44.99



Pathological Demand Avoidance Syndrome - My Daughter is Not Naughty

By Jane Alison Sherwin, Phil Christie



9 781849 056144

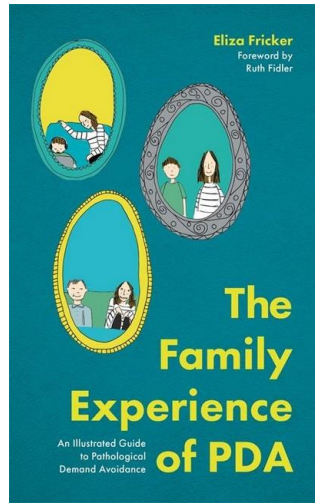
Jane Alison Sherwin's honest and uplifting account provides insight into the challenges of bringing up a child with Pathological Demand Avoidance (PDA).

JESSICA KINGSLEY PUBLISHERS

Disc: TRADE INTERNATIONAL
214 X 138 mm
Release Date: March 2015
9781849056144

Paperback
328 pages

AUD\$: 36.99



The Family Experience of PDA

By Eliza Fricker, Eliza Fricker



9 781787 756779

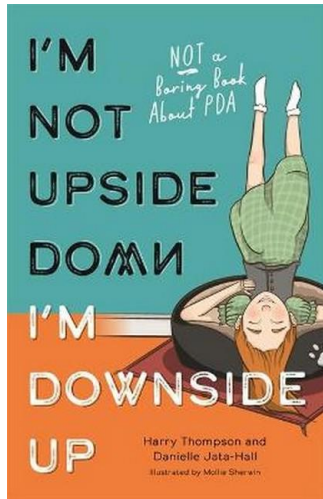
This book is an essential read for any parent with a PDA child, to help better understand your child, build support systems and carve out some essential self-care time guilt free.

JESSICA KINGSLEY PUBLISHERS

Disc: TRADE INTERNATIONAL
150 X 150 mm
Release Date: January 2022
9781787756779

Paperback

AUD\$: 34.99



I'm Not Upside Down, I'm Downside Up

By Danielle Jata-Hall, Harry Thompson



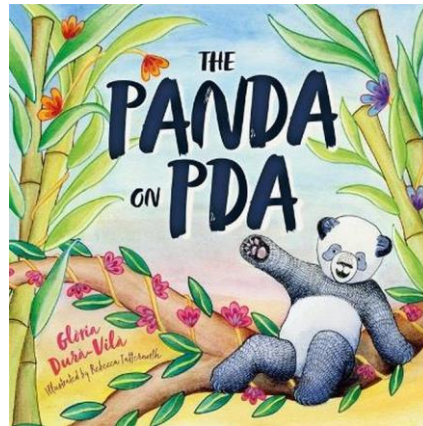
9 781839 971174

Welcome to my downside up life! My name is Ariana and I want to explain what it's like to have pathological demand avoidance from my perspective. I'll try and show you why I am the way I am from inside my own head.

JESSICA KINGSLEY PUBLISHERS

Disc: TRADE INTERNATIONAL
216 X 138 mm
Release Date: May 2022
9781839971174

Paperback
64 pages
B&W THROUGHOUT
AUD\$: 26.99



The Panda on PDA

By Gloria Dura-Vila, Rebecca Tatternorth



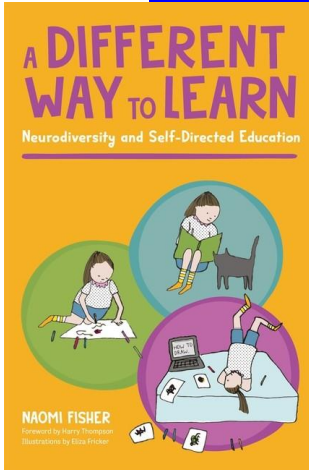
9 781839 970061

A positive and gentle introduction to PDA for children aged 3+. Panda describes the strengths and challenges of PDA, explaining how he finds it very hard to do what others ask him to do.

JESSICA KINGSLEY PUBLISHERS

Disc: TRADE INTERNATIONAL
216 X 213 mm
Release Date: September 2022
9781839970061

Hardback
40 pages
COLOUR SECTION(S)
AUD\$: 32.99



COMING SOON

A Different Way to Learn Neurodiversity and Self-Directed Education

By *Naomi Fisher*

'If you are a parent worrying whether self-directed education will work for your child, because you have been told that they have special needs which can only be met in the school system - think again! Neurodivergent children experience and interact with the world differently to many of their peers. Standard educational systems often fail to adapt to their unique strengths and ways of learning. School, and even the act of learning, can become a source of great anxiety and trauma. Self-directed education offers an alternative to traditional schools that can help neurodivergent children develop at their own pace and thrive. Blending theory, practical advice and lived experience, clinical psychologist Naomi Fisher introduces the world of self-directed learning and tailoring the learning environment to your child.'

JESSICA KINGSLEY

PUBLISHERS

Disc: TRADE INTERNATIONAL

Paperback

229 X 152 mm

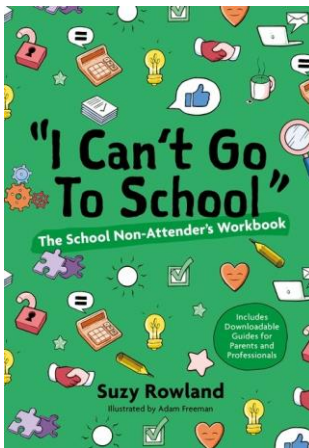
224 Pages

B&W THROUGHOUT

Rel Date: September 2023

9781839973635

AUD\$: 38.99



NEW

'I can't go to school!' The School Non-Attender's Workbook

By *Suzy Rowland, Adam A. Freeman*

If you think that going to school is tough - you're not wrong. It's difficult to do subjects you don't understand. Or be with people you don't feel comfortable around. Or to deal with the feelings you get when you think about going to school. Your parents and teachers might be having a hard time understanding why going to school is tricky for you. But don't worry, there are things you can do and there are things that other people can do to help you. By working through this book, we can explore some of the words you can use to get help and activities you can try that will make being at school feel better. Whether you're working through this individually, or if your parents, teachers or therapist use the downloadable guides to go through this workbook with you - you'll soon discover what works best for you to get the most of learning and education!

JESSICA KINGSLEY

PUBLISHERS

Disc: TRADE INTERNATIONAL

Paperback

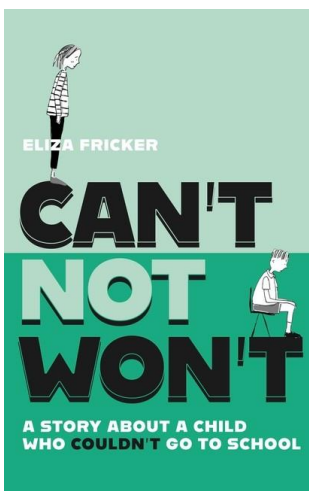
246 X 173 mm

128 Pages

Rel Date: February 2023

9781839972065

AUD\$: 38.99



NEW

Can't Not Won't A Story About A Child Who Couldn't Go To School

By *Eliza Fricker, Sue Moon*

Eliza Fricker gets it. Her compelling, hard-hitting and irreverently humorous illustrations follow a family through the early days of school avoidance, the process of accessing support and the challenges of coping in the meantime. Can't Not Won't illuminates the absurdity and frustrations that often arise when dealing with health, social and educational systems, and will help any parent in the same boat feel seen. This guide acts as a way to communicate these difficult circumstances with others. Wonderfully relatable, the book also includes written guidance for parents and professionals on what works best when it comes to managing school avoidance.

JESSICA KINGSLEY

PUBLISHERS

Disc: TRADE INTERNATIONAL

Paperback

210 X 140 mm

160 Pages

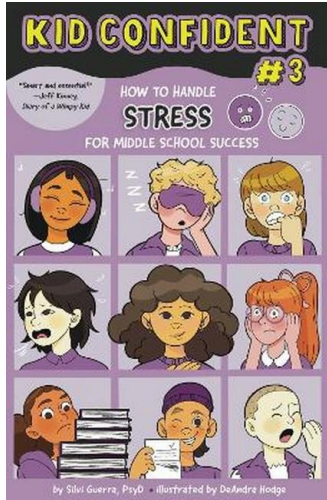
NOT ILLUSTRATED

Rel Date: March 2023

9781839975202

AUD\$: 33.99





How to Handle STRESS for Middle School Success (Book #3)

By *Silvi Guerra, Bonnie Zucker*

NEW

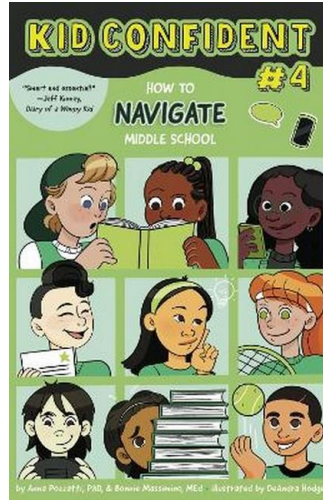


How to Handle Stress for Middle School Success: Kid Confident Book #3 defines stress and anxiety and explains how it manifests physiologically and cognitively. Readers will learn about the mind-body connection.

MAGINATION PRESS

Disc: TRADE INTERNATIONAL
216 X 140 mm
Release Date: May 2023
9781433838163

Hardback
256 pages
AUD\$: 34.99



How to NAVIGATE Middle School (Book #4)

By *Anna Pozzatti, Bonnie Massimino*

NEW

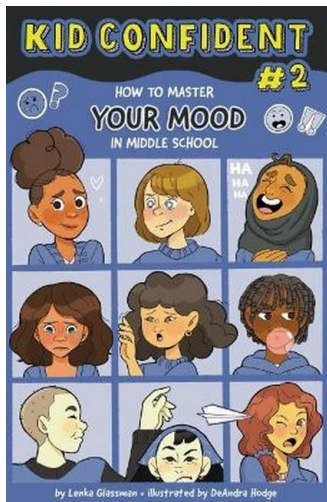


Kid Confident (Book #4): How to Navigate Middle School shows readers how to handle the increasing academic demands of middle school, organizational skills and time management, how to be self-determined, have grit, and a sense of agency.

MAGINATION PRESS

Disc: TRADE INTERNATIONAL
216 X 140 mm
Release Date: May 2023
9781433838224

Hardback
256 pages
AUD\$: 34.99



How to Master Your Mood (Book #2)

By *Lenka Glassman, Bonnie Zucker*

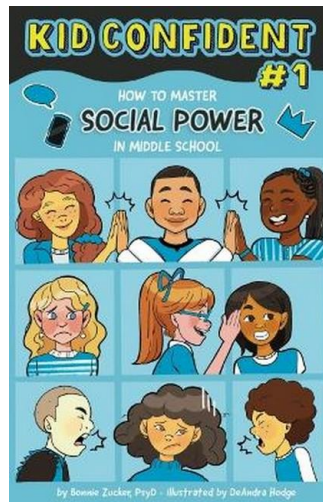


Middle schoolers learn how to identify, manage, and self-regulate their emotions and moods.

MAGINATION PRESS

Disc: TRADE INTERNATIONAL
220 X 140 mm
Release Date: November 2022
9781433838187

Hardback
304 pages
AUD\$: 34.99



How to Master Social Power (Book #1)

By *Bonnie Zucker, Bonnie Zucker*

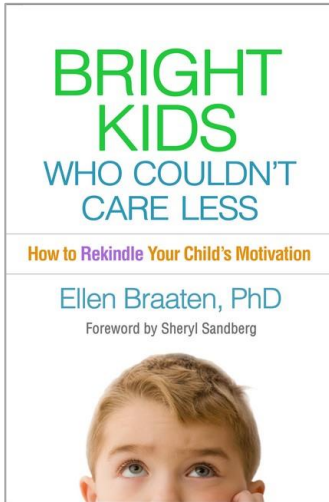


Do you know what "social power" is? HINT: You experience every day, you share it with your friends and classmates, and when it is balanced and equal, you feel AWESOME.

MAGINATION PRESS

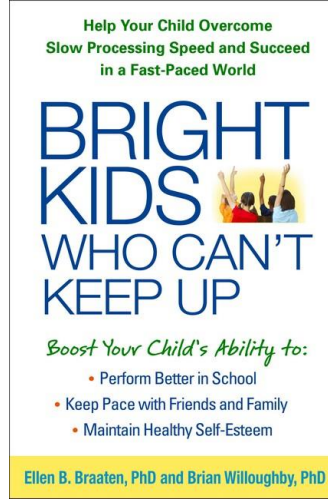
Disc: TRADE INTERNATIONAL
216 X 140 mm
Release Date: November 2022
9781433838149

Hardback
224 pages
AUD\$: 34.99



Bright Kids Who Couldn't Care Less

By Ellen Braaten, Sheryl Sandberg



Bright Kids Who Can't Keep Up

By Ellen Braaten, Brian Willoughby



Over the course of her 25-year career, psychologist and learning expert Ellen Braaten has begun to notice a trend. More and more parents are coming to her because their kids couldn't care less about anything.

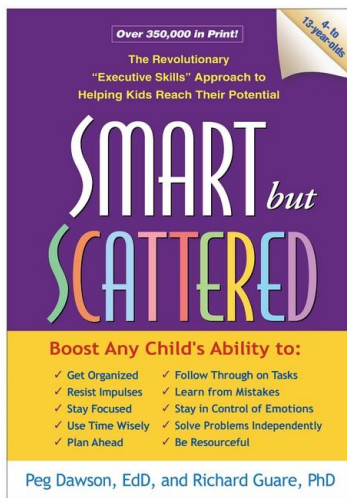
Do you find yourself constantly asking your child to "pick up the pace"? Does he or she seem to take longer than others to get stuff done--whether completing homework, responding when spoken to, or getting dressed and ready in the morning?

GUILFORD PUBLICATIONS
 Disc: TRADE INTERNATIONAL
 229 X 152 mm
 Release Date: June 2023
9781462547647

Paperback
 250 pages
AUD\$: 44.99

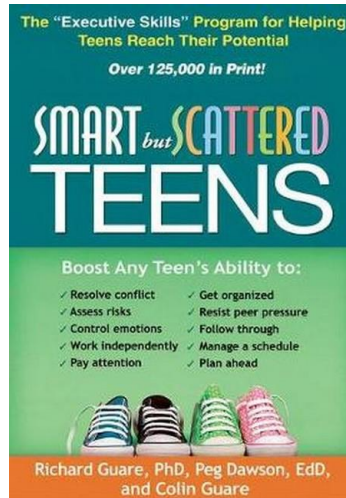
GUILFORD PUBLICATIONS
 Disc: TRADE INTERNATIONAL
 229 X 152 mm
 Release Date: October 2014
9781609184728

Paperback
 207 pages
AUD\$: 39.99



Smart but Scattered
The Revolutionary

By Peg Dawson, Richard Guare



Smart but Scattered
Teens

By Richard Guare, Peg Dawson



Presents ways to assess children's strengths and weaknesses. This book offers guidance on day-to-day issues like following instructions in the classroom, doing homework, completing chores, reducing performance anxiety, and staying cool.

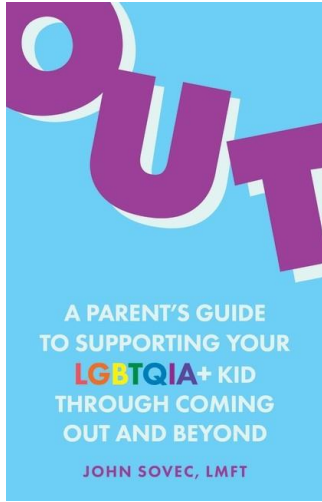
This positive guide provides a science-based program for promoting teens independence by building their executive skills--the fundamental brain-based abilities needed to get organized, stay focused, and control impulses and emotions.

GUILFORD PUBLICATIONS
 Disc: TRADE INTERNATIONAL
 254 X 178 mm
 Release Date: December 2008
9781593854454

Paperback
 314 pages
AUD\$: 47.99

GUILFORD PUBLICATIONS
 Disc: TRADE INTERNATIONAL
 254 X 178 mm
 Release Date: February 2013
9781609182298

Paperback
 293 pages
AUD\$: 47.99

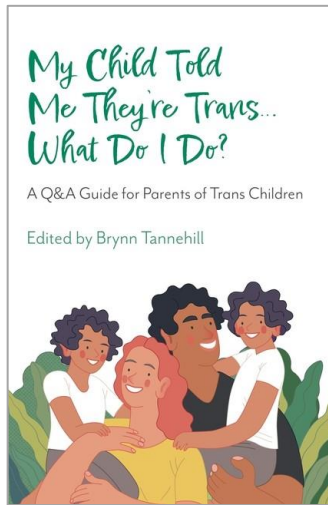
**Out: A Parent's guide to Supporting Your LGBTQIA+ Kid Through Coming Out and Beyond***By John Sovec*

9 781839 974243

Coming out is one of the trickiest moments for families and this essential coming out parenting guide is here to help. With loads of helpful information about a wide range of orientations, cultures.

JESSICA KINGSLEY PUBLISHERS
Disc: TRADE INTERNATIONAL
216 X 138 mm
Release Date: June 2023
9781839974243

Paperback
224 pages
B&W THROUGHOUT
AUD\$: 33.99

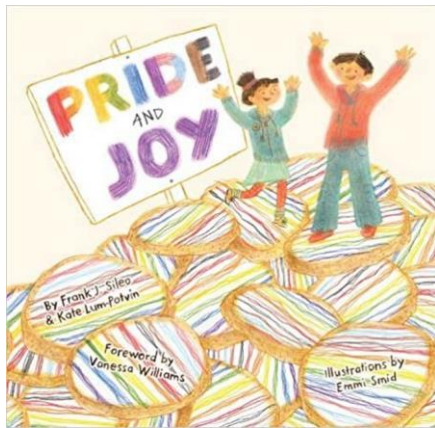
**My Child Told Me They're Trans...What Do I Do?***By Brynn Tannehill, Amy Cannava*

9 781839 972775

The ultimate FAQ book for parents of trans children. This book gathers practical advice and personal experiences from a range of parents and experts providing answers to the most common questions.

JESSICA KINGSLEY PUBLISHERS
Disc: TRADE INTERNATIONAL
229 X 152 mm
Release Date: May 2023
9781839972775

Paperback
304 pages
B&W THROUGHOUT
AUD\$: 33.99

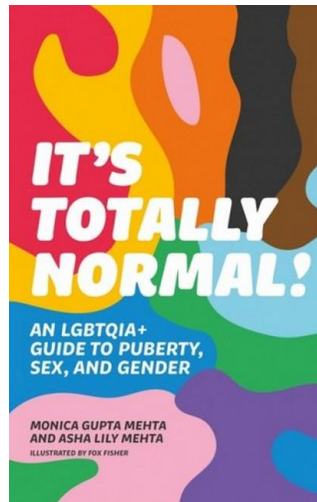
**Pride and Joy***By Frank J. Sileo, Kate Lum-Potvin*

9 781839 975264

Joy loves her big brother, Noah. But When Noah is teased for being gay, Joy wants to help! Join Joy in learning what it means to be an ally to the LGBTQIA+ community in this charming picture book.

JESSICA KINGSLEY PUBLISHERS
Disc: TRADE INTERNATIONAL
245 X 245 mm
Release Date: August 2023
9781839975264

Hardback
48 pages
B&W THROUGHOUT
AUD\$: 33.99

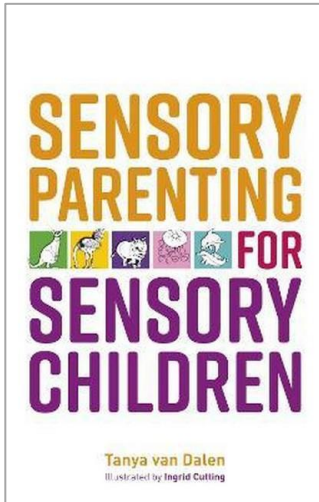
**It's Totally Normal!***By Monica Gupta Mehta, Ash Mehta*

9 781839 973550

An LGBTQIA inclusive relationship and sex education guide written specifically for queer teens. Expect coverage of puberty, sex and protection, as well as chapters on relationships, conflict resolution and consent.

JESSICA KINGSLEY PUBLISHERS
Disc: TRADE INTERNATIONAL
216 X 138 mm
Release Date: August 2023
9781839973550

Paperback
208 pages
B&W THROUGHOUT
AUD\$: 33.99



Sensory Parenting for Sensory Children

By *Tanya Van Dalen*

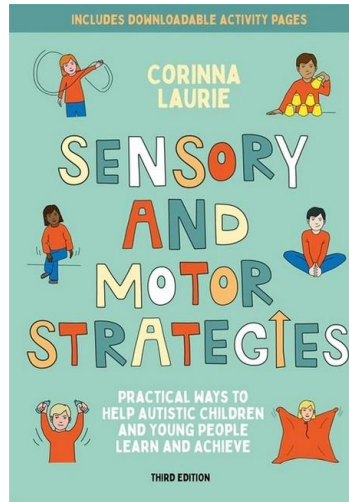


A reflective guide for parenting a child with sensory needs, with guidance on navigating sensory meltdowns, managing your own emotions, and responding empathetically to your child.

JESSICA KINGSLEY PUBLISHERS

Disc: TRADE INTERNATIONAL
 215 X 138 mm
 Release Date: June 2023
9781839972546

Paperback
 192 pages
 NOT ILLUSTRATED
AUD\$: 33.99



Sensory and Motor Strategies 3/e

By *Corinna Laurie, Kirsteen Wright*

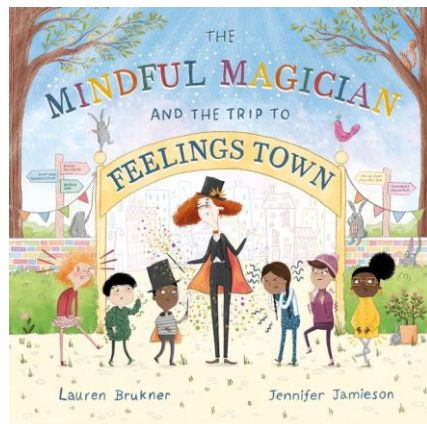


The fully revised third edition to Corinna Laurie's Sensory and Motor Strategies, an essential resource for professionals working with children on the autism spectrum.

JESSICA KINGSLEY PUBLISHERS

Disc: TRADE INTERNATIONAL
 210 X 297 mm
 Release Date: September 2022
9781839972720

Paperback
 128 pages
AUD\$: 54.99



The Mindful Magician and the Trip to Feelings Town

By *Lauren Brukner*

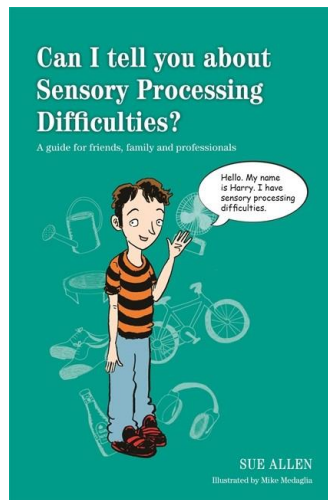


A fun packed self-regulation picture book from bestselling author and occupational therapist Lauren Brukner, The Mindful Magician takes the child reader on a journey to meet five kids experiencing strong emotions.

JESSICA KINGSLEY PUBLISHERS

Disc: TRADE INTERNATIONAL
 246 X 243 mm
 Release Date: June 2023
9781839971389

Hardback
 72 pages
AUD\$: 33.99



Can I tell you about Sensory Processing Difficulties?

By *Sue Allen, Mike Medaglia*

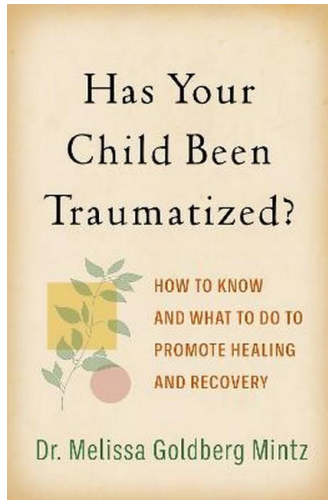


Meet Harry - a young boy with sensory processing difficulties. Harry invites readers to learn about why he finds it hard to process sensory information effectively.

JESSICA KINGSLEY PUBLISHERS

Disc: TRADE INTERNATIONAL
 226 X 150 mm
 Release Date: December 2015
9781849056403

Paperback
 56 pages
AUD\$: 26.99



Has Your Child Been Traumatized?

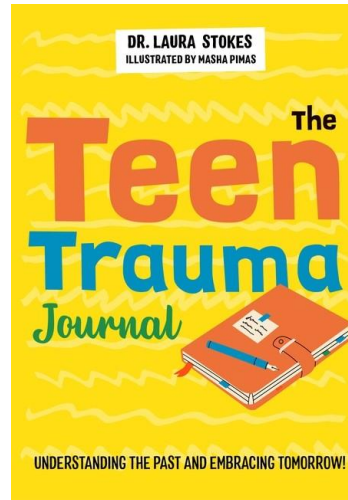
By *Melissa Goldberg Mintz*



When a child has been through an upsetting or stressful event, it can feel overwhelming. Is my child traumatized? Are new behaviors normal, or signs of PTSD? What can I do to make my child feel safe again?

GUILFORD PUBLICATIONS
Disc: ACAD & PROFESSIONAL
229 X 152 mm
Release Date: August 2022
9781462547494

Paperback
212 pages
AUD\$: 34.99



The Teen Trauma Journal

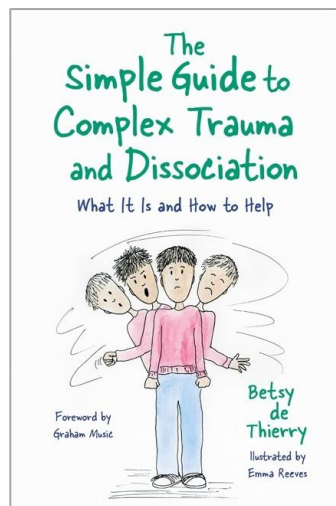
By *Laura Stokes*



Self-help journal providing support and information for people who have experienced trauma or attachment challenges. With interactive chapters on attachment, emotions, school, resilience and more.

JESSICA KINGSLEY PUBLISHERS
Disc: TRADE INTERNATIONAL
246 X 173 mm
Release Date: May 2023
9781839972218

Paperback
176 pages
AUD\$: 37.99



Simple Guide to Complex Trauma and Dissociation

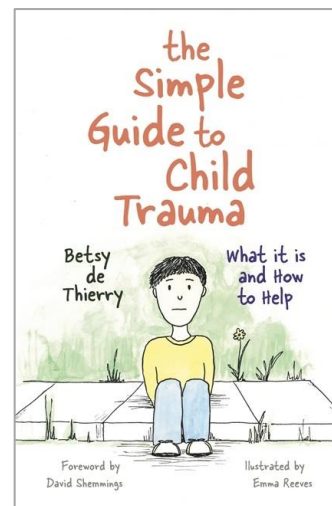
By *Betsy de Thierry, Emma Reeves*



This guide is essential for any adult caring for or working with dissociative children affected by early trauma. Full of helpful information and advice, it differentiates trauma from complex trauma.

JESSICA KINGSLEY PUBLISHERS
Disc: TRADE INTERNATIONAL
150 X 150 mm
Release Date: January 2021
9781787753143

Paperback
144 pages
AUD\$: 28.99



Simple Guide to Child Trauma

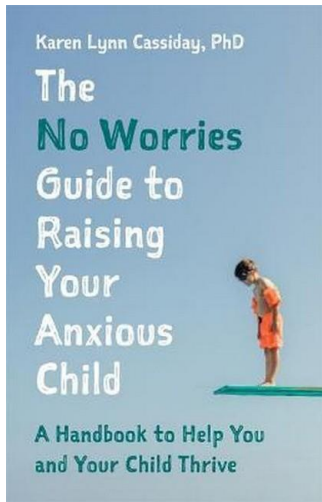
By *Betsy de Thierry, Emma Reeves*



Providing straightforward answers to these complex questions, The Simple Guide to Child Trauma is the perfect starting point for any adult caring for or working with a child who has experienced trauma.

JESSICA KINGSLEY PUBLISHERS
Disc: TRADE INTERNATIONAL
196 X 128 mm
Release Date: December 2016
9781785921360

Paperback
80 pages
AUD\$: 28.99



The No Worries Guide to Raising Your Anxious Child

By *Karen Lynn Cassiday*

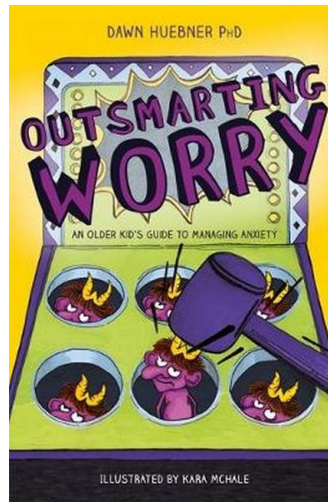


Drawing on evidence-based therapies, such as CBT, ACT and positive psychology, Dr Cassiday provides strategies to help you and your child with anxiety.

JESSICA KINGSLEY PUBLISHERS

Disc: TRADE INTERNATIONAL
216 X 138 mm
Release Date: November 2021
9781787758872

Paperback
208 pages
AUD\$: 34.99



Outsmarting Worry

By *Dawn Huebner, Kara McHale*

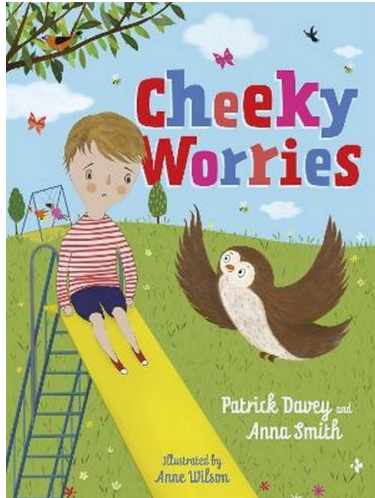


Outsmarting Worry teaches 9–13-year-olds and the adults who care about them a specific set of skills that makes it easier to face - and overcome - worries and fears.

JESSICA KINGSLEY PUBLISHERS

Disc: TRADE INTERNATIONAL
226 X 150 mm
Release Date: January 2018
9781785927829

Paperback
112 pages
AUD\$: 26.99



Cheeky Worries

By *Patrick Davey, Anna Smith*

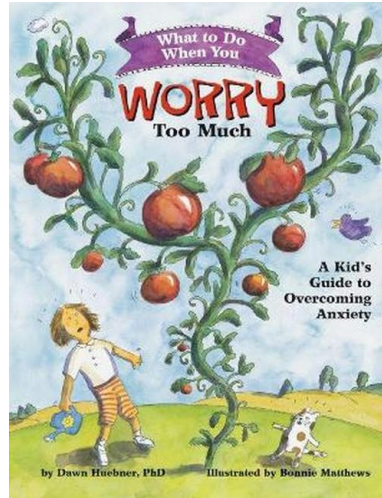


Finn becomes sad when his worries stop him from having fun. Thankfully, a wise Owl is on hand with some helpful advice, and he learns to overcome these feelings.

JESSICA KINGSLEY PUBLISHERS

Disc: TRADE INTERNATIONAL
286 X 213 mm
Release Date: January 2023
9781839972119

Hardback
48 pages
COLOUR SECTION(S)
AUD\$: 28.99



What to Do When You Worry Too Much

By *Dawn Huebner, Bonnie Matthews*

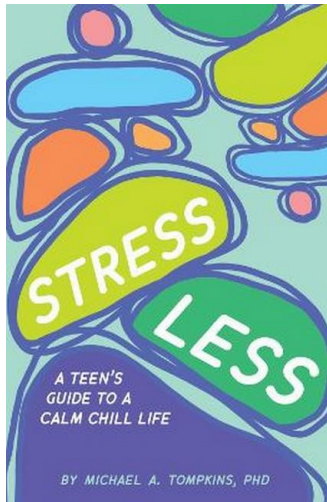


An interactive self-help book designed to guide 6–12-year-olds and their parents through the cognitive-behavioral techniques most often used in the treatment of generalised anxiety.

MAGINATION PRESS

Disc: TRADE INTERNATIONAL
279 X 216 mm
Release Date: December 2005
9781591473145

Paperback
80 pages
B&W THROUGHOUT
AUD\$: 34.99



Stress Less

By Michael A. Tompkins

NEW



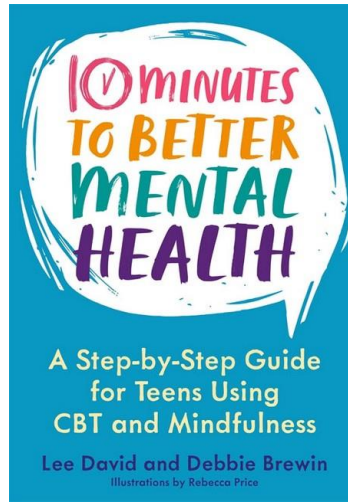
9 781433 837043

Let's get real. Stress is part of every teen's life - stress of exams, college applications, a big game, difficult teachers, difficult friends, parents who don't always get you, not to mention the dating and social scenes.

MAGINATION PRESS

Disc: TRADE INTERNATIONAL
216 X 140 mm
Release Date: May 2023
9781433837043

Hardback
312 pages
AUD\$: 34.99



10 Minutes to Better Mental Health

By Lee David, Debbie Brewin



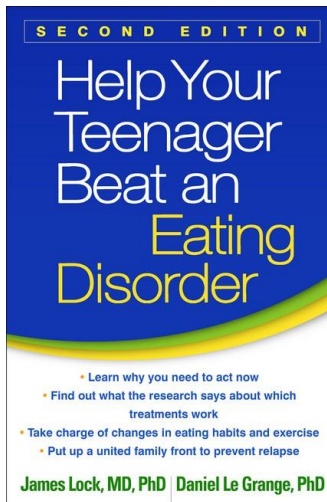
9 781787 755567

10 minutes is all you need a day to develop the skills for better mental health. Covering low mood, anxiety and worry, self-esteem and more, the bitesize information, exercises and video and audio clips in this book will help you.

JESSICA KINGSLEY PUBLISHERS

Disc: TRADE INTERNATIONAL
246 X 173 mm
Release Date: May 2022
9781787755567

Paperback
208 pages
B&W THROUGHOUT
AUD\$: 36.99



Help Your Teenager Beat an Eating Disorder 2/e

By James Lock, Daniel Le Grange



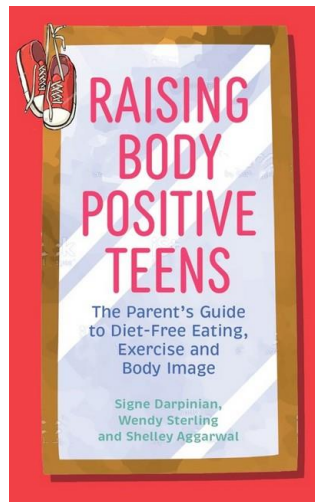
9 781462 517480

Tens of thousands of parents have turned to this compassionate resource for support and practical advice grounded in cutting-edge scientific knowledge.

GUILFORD PUBLICATIONS

Disc: TRADE INTERNATIONAL
229 X 152 mm
Release Date: May 2015
9781462517480

Paperback
310 pages
AUD\$: 49.99



Raising Body Positive Teens

By Signe Darpinian, Wendy Sterling



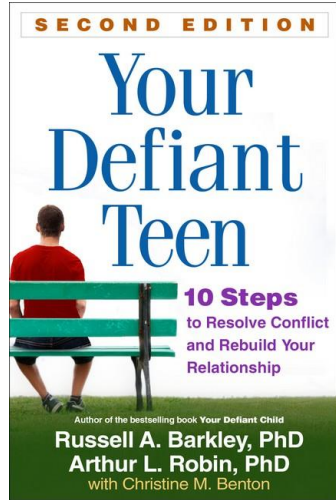
9 781839 970399

A guide for parents on creating a weight-neutral, body positive home and supporting their teen in building a healthy relationship with food and body image, from the authors of No Weigh!

JESSICA KINGSLEY PUBLISHERS

Disc: TRADE INTERNATIONAL
246 X 173 mm
Release Date: March 2022
9781839970399

Paperback
224 pages
NOT ILLUSTRATED
AUD\$: 39.99



Your Defiant Teen 2/e

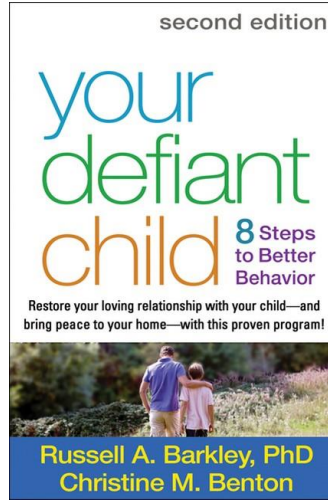
By **Russell A. Barkley, Arthur L. Robin**



If life with your teen has become a battleground, it's time to take action. This empathic book shows how trusted psychologists who have worked with thousands of families give you the tools you need.

GUILFORD PUBLICATIONS
 Disc: TRADE INTERNATIONAL
 229 X 152 mm
 Release Date: February 2014
9781462511662

Paperback
 372 pages
AUD\$: 44.99



Your Defiant Child 2/e

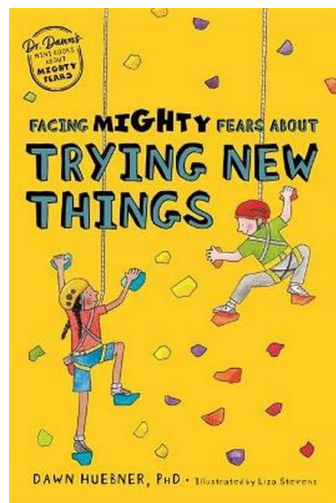
By **Russell A. Barkley, Christine M. Benton**



Discover a way to end constant power struggles with your defiant, oppositional, "impossible" 5- to 12-year-old, with the help of leading child psychologist Russell A. Barkley.

GUILFORD PUBLICATIONS
 Disc: TRADE INTERNATIONAL
 229 X 152 mm
 Release Date: September 2013
9781462510078

Paperback
 257 pages
AUD\$: 44.99



Facing Mighty Fears About Trying New Things

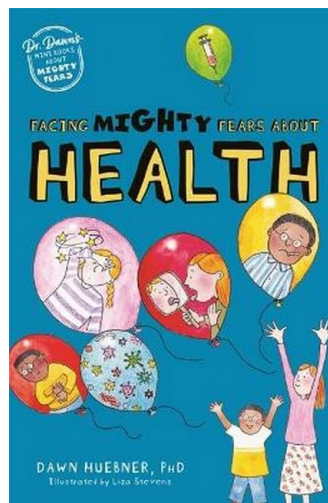
By **Dawn Huebner, Liza Stevens**



Written with warmth and humor, and filled with practical tips, this book eases anxiety about new experiences, helping 6-10-year-olds live more varied lives. Supplemental guidance for parents and caretakers ensures maximum effectiveness.

JESSICA KINGSLEY PUBLISHERS
 Disc: TRADE INTERNATIONAL
 229 X 152 mm
 Release Date: May 2022
9781787759503

Paperback
 64 pages
 B&W THROUGHOUT
AUD\$: 28.99



Facing Mighty Fears About Health

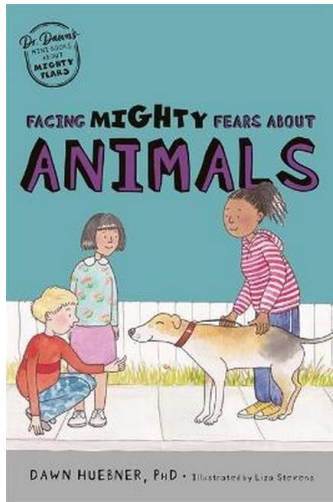
By **Dawn Huebner, Liza Stevens**



Written with warmth and humor, and filled with practical tips, this book eases over-size fears about health, helping 6-10-year-olds live happier lives. Supplemental guidance for parents and caretakers ensures maximum effectiveness.

JESSICA KINGSLEY PUBLISHERS
 Disc: TRADE INTERNATIONAL
 229 X 152 mm
 Release Date: May 2022
9781787759282

Paperback
 80 pages
 B&W THROUGHOUT
AUD\$: 28.99



Facing Mighty Fears About Animals

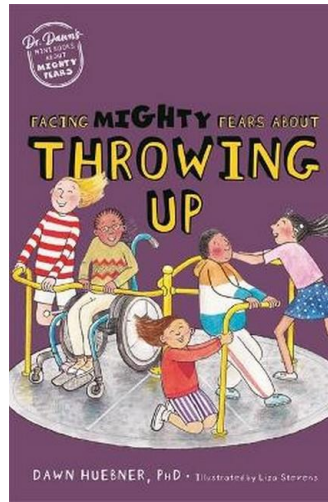
By Dawn Huebner, Liza Stevens



Filled with practical tips and fun facts, this book eases over-size fears about animals, helping 6-10-year-olds live happier lives. Supplemental guidance for parents and caretakers ensures maximum effectiveness.

JESSICA KINGSLEY PUBLISHERS
Disc: TRADE INTERNATIONAL
229 X 152 mm
Release Date: May 2022
9781787759466

Paperback
64 pages
B&W THROUGHOUT
AUD\$: 28.99



Facing Mighty Fears About Throwing Up

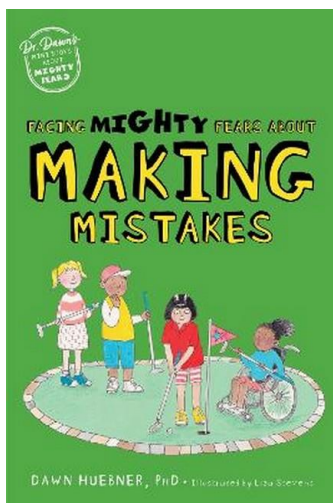
By Dawn Huebner, Liza Stevens



No one like to throw up, but emetophobia is different, turning disgust into dread. Facing Mighty Fears About Throwing Up presents techniques to help shrink this common fear.

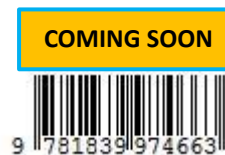
JESSICA KINGSLEY PUBLISHERS
Disc: TRADE INTERNATIONAL
229 X 152 mm
Release Date: August 2022
9781787759251

Paperback
80 pages
B&W THROUGHOUT
AUD\$: 28.99



Facing Mighty Fears About Making Mistakes

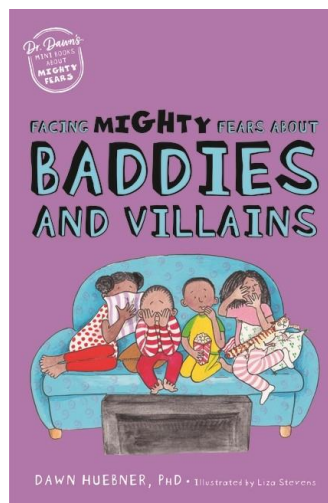
By Dawn Huebner, Liza Stevens



Filled with practical tips and fun facts, this book eases over-size fears about making mistakes, helping 6-10-year-olds live happier lives. Supplemental guidance for parents and caretakers ensures maximum effectiveness.

JESSICA KINGSLEY PUBLISHERS
Disc: TRADE INTERNATIONAL
229 X 152 mm
Release Date: October 2023
9781839974663

Paperback
80 pages
B&W THROUGHOUT
AUD\$: 28.99



Facing Mighty Fears About Baddies and Villains

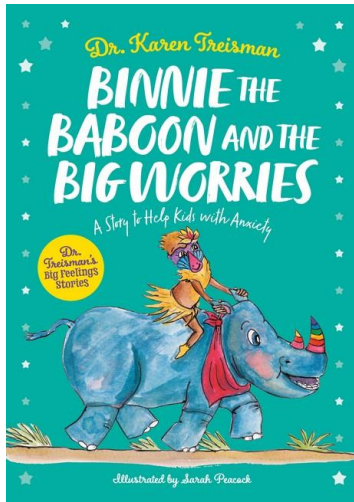
By Dawn Huebner, Liza Stevens



Written with warmth and humor, and filled with practical tips, this book eases oversized fears about real and pretend baddies and villains, helping 6-10-year-olds live happier lives.

JESSICA KINGSLEY PUBLISHERS
Disc: TRADE INTERNATIONAL
229 X 152 mm
Release Date: June 2023
9781839974625

Paperback
80 pages
B&W THROUGHOUT
AUD\$: 27.99



Binnie the Baboon and the Big Worries

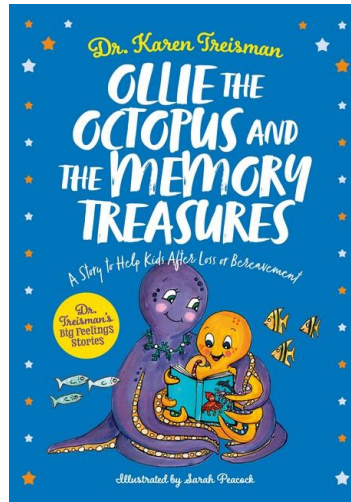
By Dr Karen Treisman, Sarah Peacock



Binnie the Baboon and the Big Worries helps children aged 5-10 who experience anxiety, fears, stress and worries to understand and overcome some of these big feelings.

JESSICA KINGSLEY PUBLISHERS
 Disc: TRADE INTERNATIONAL
 297 X 210 mm
 Release Date: September 2021
9781839970252

Paperback
 48 pages
 COLOUR SECTION(S)
AUD\$: 26.99



Ollie the Octopus and the Memory Treasures

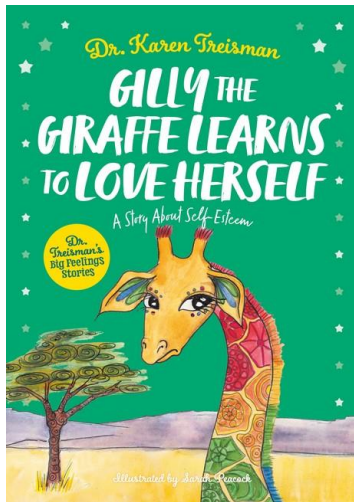
By Dr Karen Treisman, Sarah Peacock



Ollie the Octopus and the Memory Treasures helps children aged 5-10 who have experienced loss and bereavement to begin to understand big feelings and to process their grief.

JESSICA KINGSLEY PUBLISHERS
 Disc: TRADE INTERNATIONAL
 297 X 210 mm
 Release Date: November 2021
9781839970238

Paperback
 60 pages
AUD\$: 26.99



Gilly the Giraffe Learns to Love Herself

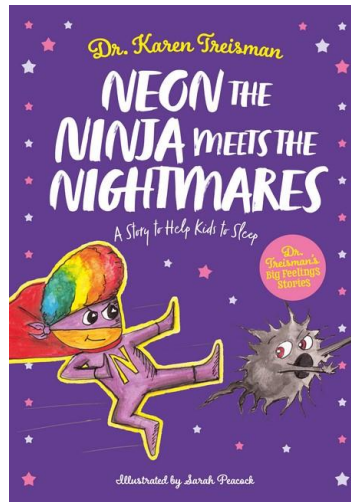
By Dr Karen Treisman, Sarah Peacock



Gilly the Giraffe Learns to Love Herself helps children aged 5-10 to explore feelings relating to worry and self-doubt, and to enrich their confidence and self-esteem.

JESSICA KINGSLEY PUBLISHERS
 Disc: TRADE INTERNATIONAL
 297 X 210 mm
 Release Date: November 2021
9781839970290

Paperback
 40 pages
 COLOUR SECTION(S)
AUD\$: 26.99



Neon the Ninja Meets the Nightmares

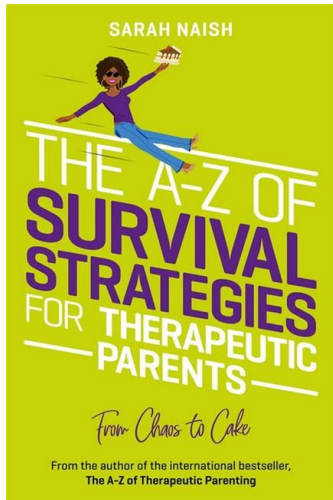
By Dr Karen Treisman, Sarah Peacock



Neon the Ninja Meets the Nightmares helps children aged 5 - 10 to feel safer and more relaxed at nighttime, helping to reduce nightmares and sleep worries.

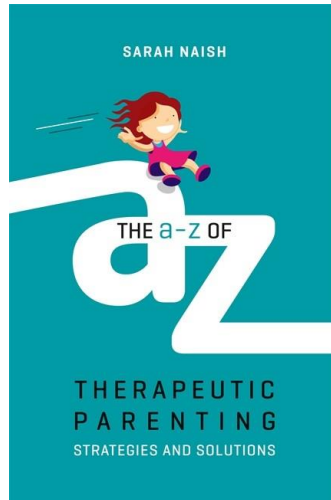
JESSICA KINGSLEY PUBLISHERS
 Disc: TRADE INTERNATIONAL
 297 X 210 mm
 Release Date: November 2021
9781839970191

Paperback
 32 pages
 COLOUR SECTION(S)
AUD\$: 26.99



The A-Z of Survival Strategies for Therapeutic Parents

By Sarah Naish, Kath Grimshaw



A-Z of Therapeutic Parenting: Strategies and Solutions

By Sarah Naish



Surviving therapeutic parenting can almost be as easy as A,B,C with this popular A-Z style survival guide. Covering over 70 common issues and feelings, you can learn strategies to process your feelings and experiences.

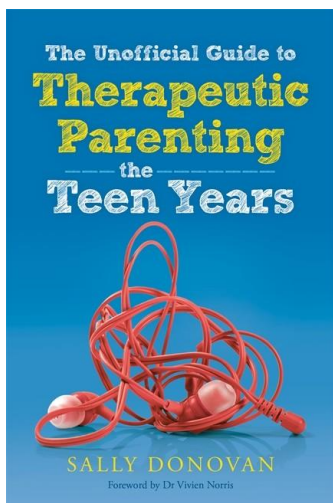
Therapeutic parenting is a deeply nurturing parenting style, and is especially effective for children with attachment difficulties, or who experienced childhood trauma.

JESSICA KINGSLEY PUBLISHERS
Disc: TRADE INTERNATIONAL
229 X 152 mm
Release Date: August 2022
9781839971723

Paperback
352 pages
B&W THROUGHOUT
AUD\$: 39.99

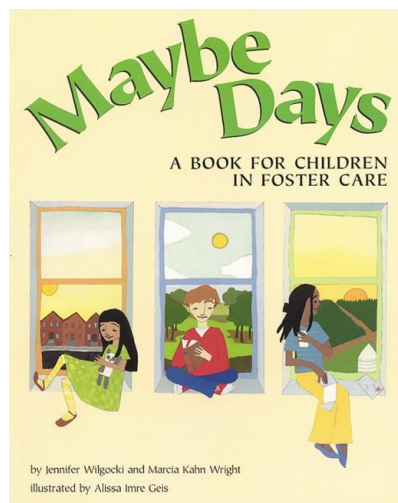
JESSICA KINGSLEY PUBLISHERS
Disc: TRADE INTERNATIONAL
228 X 150 mm
Release Date: June 2018
9781785923760

Paperback
344 pages
AUD\$: 44.99



Unofficial Guide to Therapeutic Parenting - The Teen Years

By Sally Donovan



Maybe Days

By Jennifer Wilgocki, Marcia Wright



An honest insight into the messy reality of therapeutically parenting teenagers. Award-winning columnist and adoptive parent Sally Donovan offers savvy, compassionate advice on how to be 'good enough.'

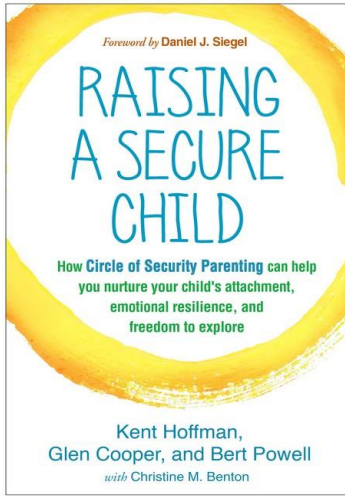
Maybe Days is a straightforward look at the issues of foster care, the questions that children ask, and the feelings that they confront. A primer for children going into foster care, the book also explains the responsibilities of everyone.

JESSICA KINGSLEY PUBLISHERS
Disc: TRADE INTERNATIONAL
196 X 130 mm
Release Date: September 2019
9781785921742

Paperback
288 pages
AUD\$: 42.99

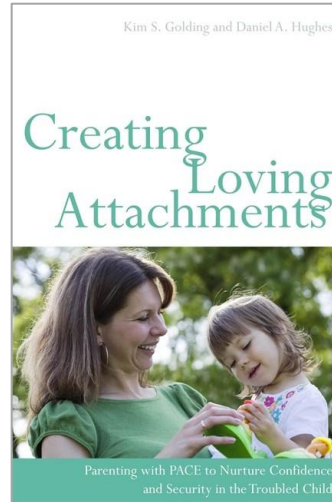
MAGINATION PRESS
Disc: TRADE INTERNATIONAL
100 X 100 mm
Release Date: December 2001
9781557988027

Paperback
32 pages
COLOUR SECTION(S)
AUD\$: 20.99



Raising a Secure Child

By Kent Hoffman, Glen Cooper



Creating Loving Attachments

By Daniel Hughes, Kim Golding



Today's parents are constantly pressured to be perfect. But in striving to do everything right, we risk missing what children really need for lifelong emotional security.

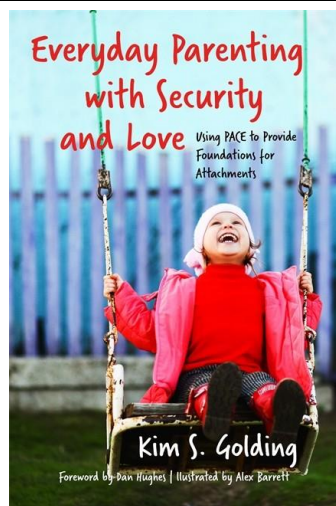
All children need love, but for troubled children, a loving home is not always enough. Children who have experienced trauma need to be parented in a special way that helps them feel safe and secure.

GUILFORD PUBLICATIONS
 Disc: TRADE INTERNATIONAL
 229 X 152 mm
 Release Date: March 2017
9781462527632

Paperback
 280 pages
AUD\$: 39.99

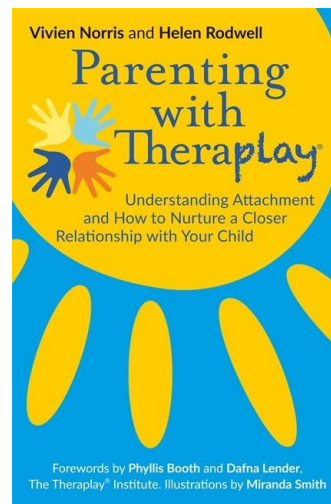
JESSICA KINGSLEY PUBLISHERS
 Disc: TEXT
 228 X 156 mm
 Release Date: May 2012
9781849052276

Paperback
 240 pages
AUD\$: 34.99



Everyday Parenting with Security and Love

By Kim Golding, Dan Hughes



Parenting with Theraplay®

By Helen Rodwell, Vivien Norris



Children that have experienced trauma, loss or separation early in life need special care and attention; they need to be parented with love and security in a way that allows them to heal and rebuild emotional bonds.

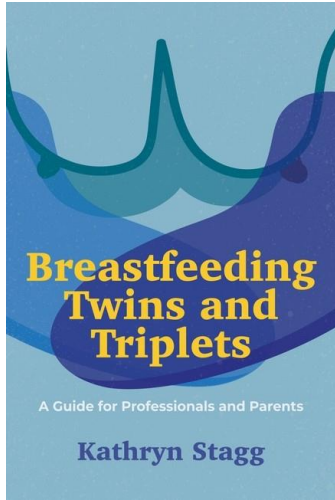
Theraplay® is an attachment-focused model of parenting that helps parents to understand and relate to their child. Based on a sequence of play activities that are rooted in neuroscience.

JESSICA KINGSLEY PUBLISHERS
 Disc: TRADE INTERNATIONAL
 229 X 174 mm
 Release Date: August 2017
9781785921155

Paperback
 256 pages
AUD\$: 50.99

JESSICA KINGSLEY PUBLISHERS
 Disc: TRADE INTERNATIONAL
 196 X 130 mm
 Release Date: September 2017
9781785922091

Paperback
 208 pages
AUD\$: 39.99



Breastfeeding Twins and Triplets

By Kathryn Stagg

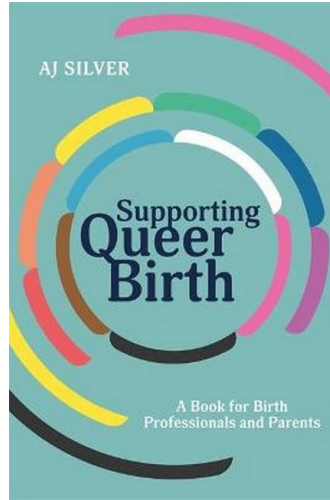


9 781839 970498

Providing a source of information for those supporting multiple birth families who wish to breastfeed, this informative guide remains accessible, and evidence based.

JESSICA KINGSLEY PUBLISHERS
Disc: TRADE INTERNATIONAL
230 X 150 mm
Release Date: May 2023
9781839970498

Paperback
208 pages
NOT ILLUSTRATED
AUD\$: 59.99



Supporting Queer Birth

By AJ Silver

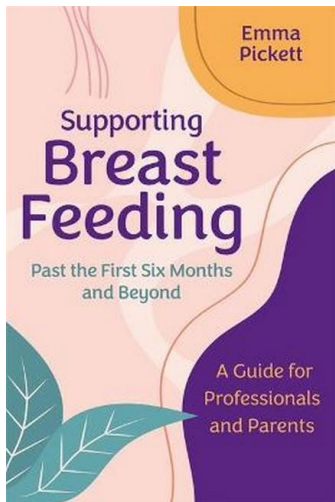


9 781839 970450

Bringing together the stories and experiences of LGBT+ parents as well as professionals in the field, this guide explains what healthcare and birth workers can do to improve care for their clients.

JESSICA KINGSLEY PUBLISHERS
Disc: TRADE INTERNATIONAL
229 X 152 mm
Release Date: June 2022
9781839970450

Paperback
208 pages
B&W THROUGHOUT
AUD\$: 65.99



Supporting Breast Feeding Past the First Six Months and Beyond

By Emma Pickett

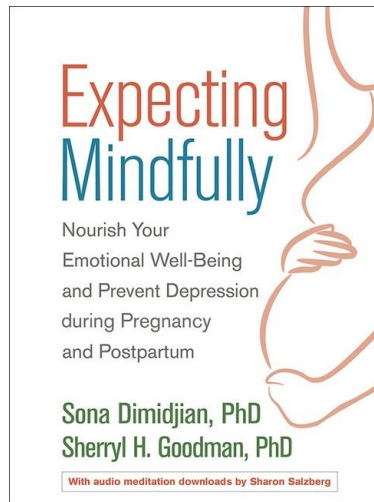


9 781787 759893

This evidence-based guide for professionals covers essential information to help support parents breastfeeding past the first six months.

JESSICA KINGSLEY PUBLISHERS
Disc: TRADE INTERNATIONAL
229 X 152 mm
Release Date: June 2022
9781787759893

Paperback
288 pages
B&W THROUGHOUT
AUD\$: 65.99



Expecting Mindfully

By Sona Dimidjian, Sherryl H. Goodman

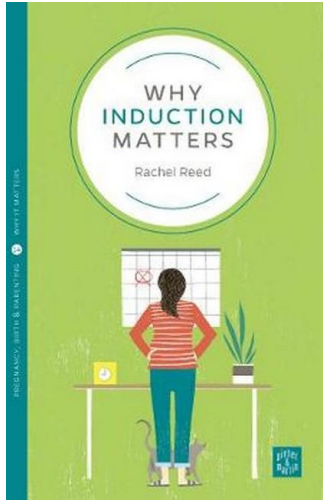


9 781462 529025

Unlike other mindfulness resources for moms and moms-to-be, this compassionate book is grounded in mindfulness-based cognitive therapy, a proven program.

GUILFORD PUBLICATIONS
Disc: TRADE INTERNATIONAL
266 X 203 mm
Release Date: June 2019
9781462529025

Paperback
212 pages
AUD\$: 44.99



Why Induction Matters

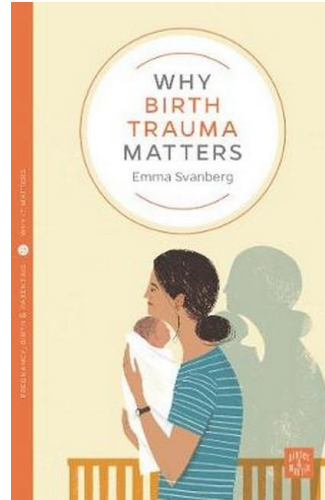
By Rachel Reed



Why Induction Matters offers parents the knowledge to make their own informed decisions on induction.

PINTER AND MARTIN
Disc: TRADE INTERNATIONAL
172 X 111 mm
Release Date: December 2018
9781780666006

Paperback
180 pages
B&W THROUGHOUT
AUD\$: 18.99



Why Birth Trauma Matters

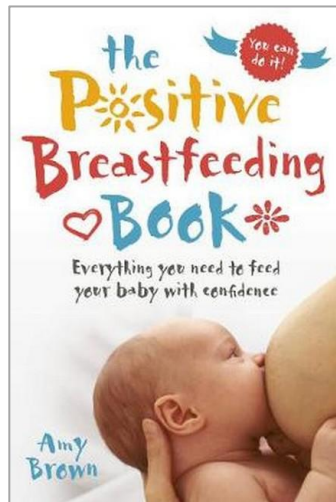
By Emma Svanberg



Informative, pocket-sized guide to accompany women in their recovery from birth-related trauma.

PINTER AND MARTIN
Disc: TRADE INTERNATIONAL
172 X 111 mm
Release Date: October 2019
9781780666105

Paperback
160 pages
B&W THROUGHOUT
AUD\$: 22.99



The Positive Breastfeeding Book

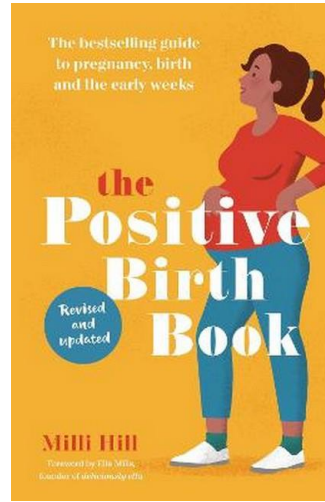
By Amy Brown



The Positive Breastfeeding Book doesn't promise to make it easy, nor will it get up in the middle of the night for you, but it will empower you with the knowledge and encouragement you need to feed your baby with confidence.

PINTER AND MARTIN
Disc: TRADE INTERNATIONAL
234 X 155 mm
Release Date: January 2019
9781780664606

Paperback
320 pages
B&W THROUGHOUT
AUD\$: 34.99



The Positive Birth Book

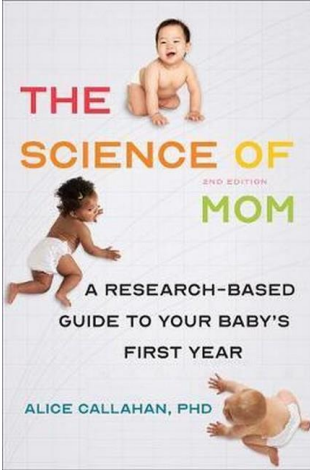
By Milli Hill, Ella Mills



The Positive Birth Book celebrates birth and equips women with the knowledge and resources to plan the birth they want.

PINTER AND MARTIN
Disc: TRADE INTERNATIONAL
234 X 155 mm
Release Date: September 2022
9781780667652

Paperback
320 pages
B&W THROUGHOUT
AUD\$: 38.99



The Science of Mom

A Research-Based Guide to Your Baby's First Year

By Alice Callahan

Now updated! The new edition of this best-selling guide uses science to tackle some of the most important decisions facing new parents—from sleep training and vaccinations to breastfeeding and baby food. When scientist Alice Callahan became a mom, she knew it would mean long nights of rocking and feeding the baby. What she didn't anticipate was the barrage of parenting questions that would send her down rabbit holes of late-night internet searches, claiming even more sleep than her newborn. Is co-sleeping safe? How important is breastfeeding, and how can parents help it go smoothly? When should babies start eating solid foods, and are there ways to reduce the risk of food allergies? Should we be worried about the unpronounceable additives in the vitamin K shot given to newborns or the aluminium found in vaccines?

JOHNS HOPKINS UNIVERSITY PRESS

Disc: TRADE INTERNATIONAL

Paperback

229 X 152 mm

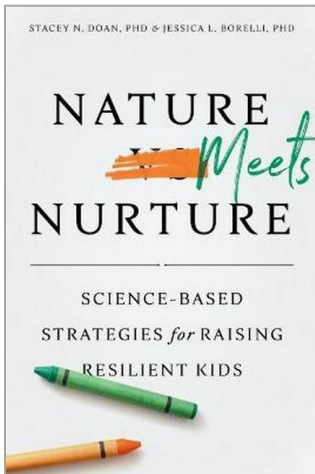
424 Pages

B&W THROUGHOUT

Rel Date: March 2022

9781421441993

AUD\$: 50.99



Nature Meets Nurture

Science-Based Strategies for Raising Resilient Kids

By Dr Stacey N. Doan, Dr Jessica L Borelli

Every parent has pondered "nature vs. nurture" questions. How much of my child's personality and behavior is inborn? How much is learned? This important new book written by behavioral scientists who are also mothers has answers. This book offers the best parenting practices to foster resilience by encouraging children's social-emotional development and adaptive stress-regulation strategies. The authors translate scientific research into concrete, actionable tips and recommendations to help promote the emotional wellbeing of both child and parent. Authors Stacey N. Doan and Jessica Borelli offer a science-based framework to help show parents and guardians how biology and parenting work together. Although genetics are significant, DNA is not destiny--the die is not cast at birth. Parenting still matters, deeply.

APA LIFETOOLS

Disc: TRADE INTERNATIONAL

Paperback

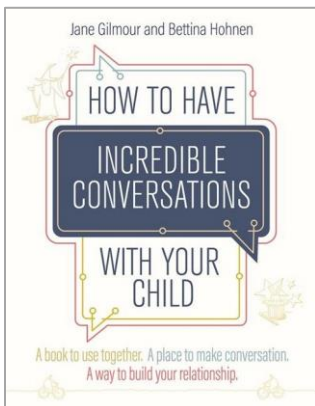
215 X 140 mm

216 Pages

Rel Date: November 2022

9781433833106

AUD\$: 36.99



How to Have Incredible Conversations with your Child

By Jane Gilmour, Bettina Hohnen

You: "How was your day?" Your child: "Fine." As a parent, you want to know what is going on in your child's life, how school and friendships are going, if they're feeling okay. As a kid you want to tell your parent what's going on, but it can be hard to find the words. This book is brilliant because it makes finding those words easy, and you discover incredible stuff about each other. How exactly do you make it happen? This accessible guide answers the million-dollar question by steering you, step by step through carefully supported and structured conversational platforms that encourage connection and strengthen relationship bonds.

JESSICA KINGSLEY PUBLISHERS

Disc: TRADE INTERNATIONAL

Paperback

216 X 279 mm

192 Pages

B&W THROUGHOUT

Rel Date: January 2022

9781787756403

AUD\$: 39.99





Imperfect Parenting

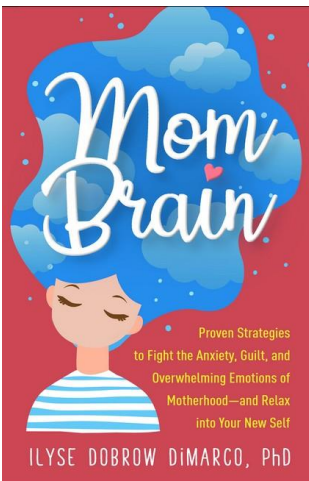
How to Build a Relationship with Your Child to Weather Any Storm

By Dona J. Matthews

As parents, we often worry we're making the wrong decisions. The good news is, having a strong relationship with your child means you can make a parenting blunder from time to time, and exercise grace and patience to try again. Written for parents of children from birth to young adulthood (ages 0-24), this book helps you examine your role as a guide, cheerleader, advocate, and most importantly, as a human being who doesn't always have the right answers. While your child's brain, body, emotions, and social abilities develop over time, author Dona Matthews shows how your skills as a parent can be developed too, by practicing relationship fundamentals such as acceptance, positivity, social support, boundaries, respect, self-care, and gratitude. Rooted in the latest findings from neuroscience and psychology, this book presents a model of authoritative parenting that embraces imperfection.

APA LIFETOOLS

Disc: TRADE INTERNATIONAL
Paperback
215 X 140 mm
415 Pages
Rel Date: November 2022
9781433837562
AUD\$: 36.99



Mom Brain

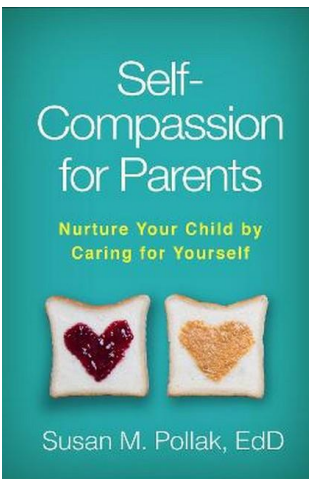
Proven Strategies to Fight the Anxiety, Guilt, and Overwhelming Emotions

By Ilyse Dobrow DiMarco

Becoming a mother is a joyful rite of passage, but it can also bring overwhelming emotional upheaval, exhaustion, and self-doubt. And is it any wonder? Motherhood changes everything, right down to a woman's brain chemistry. No one understands "mom brain" better than psychologist Ilyse Dobrow DiMarco, a mother of two herself who specializes in treating women with young children. In this compassionate guide, Dr. Dobrow DiMarco shares science-based psychological strategies to help moms cope with common challenges and make peace with their transformed identity. Candid, witty stories from her own life and the lives of women she has worked with illustrate ways to tame self-critical thoughts; navigate the "new normal" of work, marriage, and friendships; and mindfully accept the highs and lows of parenting—even in the toughest moments.

GUILFORD PUBLICATIONS

Disc: TRADE INTERNATIONAL
Paperback
229 X 152 mm
274 Pages
Rel Date: May 2021
9781462540266
AUD\$: 39.99



Self-Compassion for Parents

Nurture Your Child by Caring for Yourself

By Susan M. Pollak

"I yelled at the kids again--and feel so ashamed." "I barely have time to shower, let alone exercise; no wonder I'm so out of shape." "I'm just not the dad I hoped I would be." Parenting is hard. That's why self-compassion is so important. In this empathic resource, mindfulness expert and psychologist Susan M. Pollak helps parents let go of constant self-judgment and treat themselves with the same kindness and caring they strive to offer their kids. Simple yet powerful guided meditation techniques (most under three minutes long) are easy to practice while doing the dishes, driving to work, or soothing a fussy baby.

GUILFORD PUBLICATIONS

Disc: TRADE INTERNATIONAL
Paperback
229 X 152 mm
246 Pages
Rel Date: September 2019
9781462533091
AUD\$: 39.99





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