

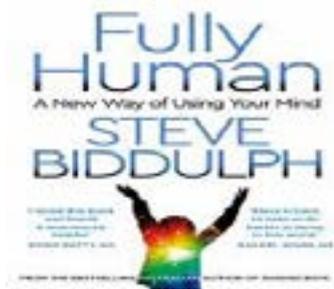
Men's health and wellbeing titles

Fully Human

Author: Steve Biddulph

Format: eBook, Book, Compact Disc

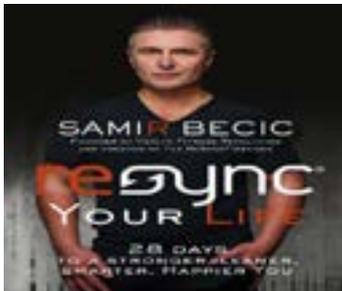
Becoming fully alive is something that deep down we yearn for. We are so far away from being 'the possible human'. We've been robotised by modern life into lonely separate shadows of the wild aliveness that we ought to inhabit, that human beings once were. Neuroscience backs up this message – we just don't use what we've got, waiting there just below the surface. And this book shows you how. Our problems with anxiety and mental health, our shattered families, our burdens of trauma personal and planetary, the terrible distortions of masculinity we have suffered for centuries, the simple lack of joy and aliveness that defines modern life – all are all swept away with this astonishing toolbox for re-activating the powers of our body-mind system. Neuroscience and therapy have arrived at a new threshold of personal liberation. A lifetime working with trauma and healing has led Steve Biddulph in his final stage of life, to this remarkable synthesis.



ReSYNC™ Your Life

Author: Samir Becic

Format: eBook



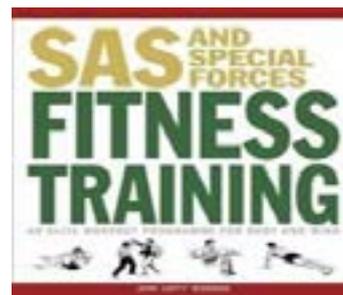
Samir Becic is one of the most celebrated fitness trainers in the world. His revolutionary ReSYNC™ Method shows people how to resync their minds and bodies for optimum health and fitness so that they live fully and healthy, the way God created them. A whole body-mind approach, ReSYNC™ is an alternative training program that encompasses physical fitness, nutritional health, and mental and spiritual balance. The power of the ReSYNC™ Method comes from its simplicity. It uses the body's own movement and natural resistance instead of costly or heavy equipment, which allows followers to push their bodies to their full potential without harming themselves. As a result, athletes and exercise buffs consistently tout it as more effective than gym training. The nutrition plan includes foods that lead to glowing health, a leaner physique, and increased brain power. And the spiritual component encourages prayer and meditation techniques linked to better health. Samir Becic's proven strategies, implemented with tens of thousands of clients for more than 15 years--from Lakewood Church to Bally Total Fitness Clubs--will help readers ReSYNC™ their body, mind, and spirit to be everything they were meant to be.

SAS and Special Forces Fitness Training

Author: John Wiseman

Format: Book

The SAS is probably the world's greatest elite military unit and its soldiers are renowned for their ability to cope when under great physical and mental stress. Now you can acquire the unique range of skills taught to members of the Special Air Service through the 'SAS & Special Forces Fitness Training'. Written by an expert author, this book offers a total fitness programme for both body and mind. Special exercises and routines will help the reader improve strength, stamina and agility. There are also chapters on diet and nutrition, to help the trainee's body gain the maximum benefit from eating the right food and drink.



How to Feel Good in Difficult Times

Author: Gael Lindenfield

Format: eAudiobook



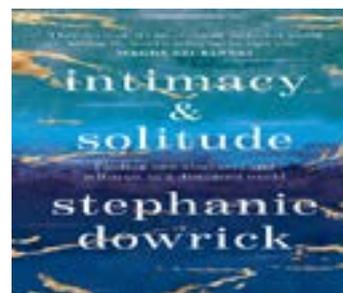
In today's uncertain world we are all susceptible to crises of confidence. In these difficult times, it is easy to retreat into ourselves in an effort to hide from the negativity and block out the world around us. Renowned psychologist Gael Lindenfield offers simple strategies that will allow you to step back and refuel so that you can regain a sense of balance and control. Filled with practical and easy-to-follow advice, you will learn how to come to terms with and move past obstacles; equip yourself with the tools to conquer overwhelm; and dust yourself off and reclaim your positivity.

Intimacy and Solitude

Author: Stephanie Dowrick

Format: eBook

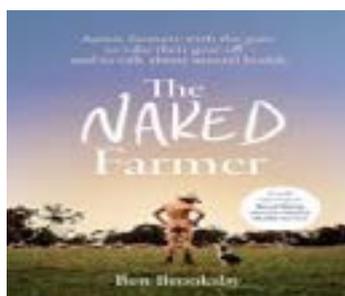
The quality of your personal relationships has never mattered more. It isn't enough to have lots of friends on social media. Or to give 'everything' to work hoping that will validate your existence. When familiar certainties are dissolving, we need to give and receive closeness and understanding to feel fully alive. But how do we open to others in a world that can seem harsh, indifferent - and unpredictable in the extreme? Intimacy and Solitude starts with the most fundamental relationship of all: how you understand and care for your own self - knowing this will inevitably be reflected in your most essential relationships.



The Naked Farmer

Author: Ben Brooksby

Format: Book



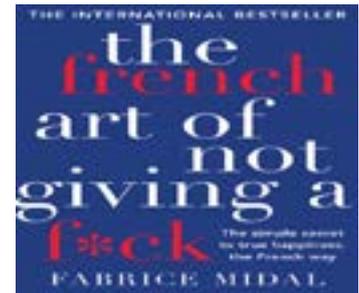
Ben Brooksby is a fifth-generation farmer from St Helens Plains in western Victoria. When he was younger, he struggled with anxiety and other mental health issues, as do so many others in rural communities. A simple social media post helped him to turn things around. After he shared a photo on Instagram showing himself naked in a truck full of lentils, he received a huge response, with other farmers wanting to share their own photos - and their stories. As the Naked Farmer movement grew, Ben met people from all around the country who wanted to get naked for mental health.

The French Art of Not Giving a F*ck

Author: Fabrice Midal

Format: eBook, eAudiobook

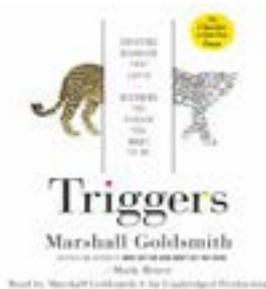
It's time to stop giving a f*ck! Be calm... Stop stressing... Embrace the universe... Try yoga... Be fulfilled... and that's an order! We hear these commands everywhere, and we often torture ourselves to 'try harder', yet somehow we never feel we've done quite enough. It's about time we stopped feeling guilty for not being perfect, and instead simply allowed ourselves to be angry, be tired, be silly, be passionate – to stop giving a f*ck, and just be. This international bestseller explains why the key to true mindfulness is freeing ourselves from social and often self-imposed stresses – and highlights how we can embrace life more fully by giving ourselves a break. One of the world's leading teachers of meditation and mindfulness, Midal offers us a new solution to the perennial problem of our too-much, too-fast modern life. It's OK, he urges us, to say no to the things that don't fulfill us. It's necessary, in fact, to give ourselves a break and say, simply, 'F*ck it! C'est la vie.' The French Art of Not Giving a F*ck grants each of us permission to stop doing the things that don't make us happy, so we have room in our lives for the things that do.



Triggers

Author: Goldsmith, Marshall,

Format: Compact Disc



In business, the right behaviours matter. But getting it right is tricky. Even when we acknowledge the need to change what we do and how we do it, life has a habit of getting in the way, upsetting even the best-laid plans. And just how do we manage those situations that can provoke even the most rational among us into behaving in ways we would rather forget? 'Triggers' confronts head-on the challenges of behaviour and change, looking at the external factors (or 'triggers') - both negative and positive - that affect our behaviours, our awareness of when we need to change, our willingness (or otherwise) to do so and our ability to see the change through. Drawing on his unparalleled experience as an international executive educator and coach, Marshall Goldsmith invites us to understand how our own beliefs and the environments in which we operate can trigger negative behaviours, or a resistance to the need to change. But he also offers up some simple, practical advice to help us navigate the negative and make the most of the triggers that will help us to sustain positive change.

Mental

Author: Steve Ellen

Format: eAudiobook

Psychiatrist Dr Steve Ellen and comedian Catherine Deveny combine forces to demystify the world of mental health. Providing an insider perspective, they share their personal experiences of mental illness and unpack the current knowledge about conditions and treatments. What do we know? What don't we know? How do we get help? What actually works?

