

Panoma

PRESS

Book Catalogue
Spring 2019

Books that change lives



About Panoma Press

Panoma Press is an independent publisher founded in 2005. Panoma publishes high quality business and personal development books that help people grow in their personal and business lives.

To date, we have published over 350 books and have sales and distribution channels in over 40 countries.

In addition to print editions, Panoma Press publishes many formats of ebooks and audiobooks.

We are always looking for ways to partner with talented authors to bring great books into the market and raise the profile of our authors. Many of our authors win awards, receive excellent media coverage and achieve bestseller status. Typically, Panoma Press authors are business leaders or entrepreneurs, consultants or trainers, or people with interesting personal stories.

If you would like to know more about publishing with **Panoma Press**, or purchasing, licensing or distributing our books, please browse our website:

www.panomapress.com

We hope you enjoy our catalogue and look forward to engaging with you again in the near future.

Mindy Gibbins-Klein
Managing Director

Books that change lives

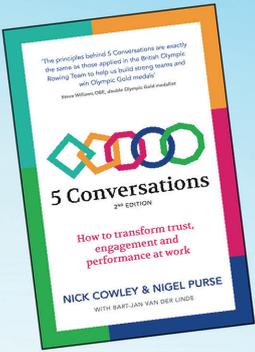
Panoma
PRESS



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New Releases and Coming Soon



5 Conversations (2nd edition)

Nick Cowley and Nigel Purse

Research shows that successful businesses are those where employees are really engaged. This book is a simple guide to why, when and how to hold five critical conversations with people you manage. Each has been proven to dramatically improve trust, relationships, motivation and performance at work.

ISBN: 9781784521585

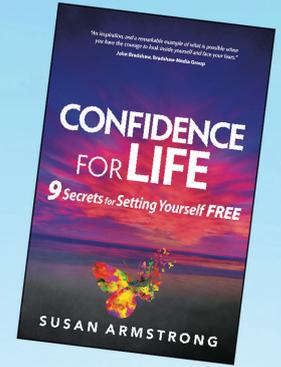
Format: **Paperback B&W** Page Count: **208 pp**
Size: **203 x 127 mm** Price: **£14.99 / \$19.95**

Confidence for Life

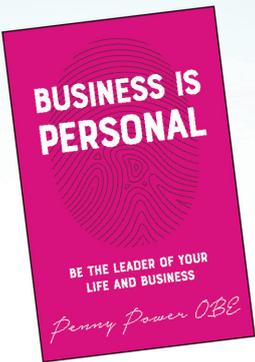
Susan Armstrong

Based on the life of Susan Armstrong, this book answers the question of how she went from addicted, abused and homeless, to international speaker, award-winning trainer and author. This book provides you with techniques and tips that will allow you to finally break free of your invisible prison. And stay free.

ISBN: 9781784521554



Format: **Paperback B&W** Page Count: **160 pp**
Size: **229 x 152 mm** Price: **£14.99 / \$21.95**



Business is Personal

Penny Power

Business is Personal shares the areas of business that are rarely discussed but have been learned the hard way by Penny and others. Being the leader of your own life is the greatest lesson in business. She explores the emotions we need to understand, the mind we can be in control of, and the tools gained following years of endeavour and many challenging moments.

ISBN: 9781784521523

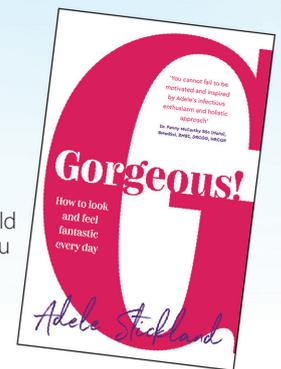
Format: **Paperback B&W** Page Count: **232 pp**
Size: **216 x 140 mm** Price: **£14.99 / \$19.95**

Gorgeous

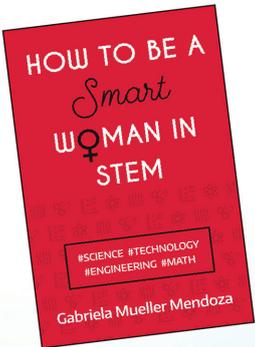
Adele Stickland

Tried every diet under the sun? Terrified of being back at square one? Confused, upset and disappointed for failing again? It is not willpower; your body is not meant to 'go without'. This book will hold your hand, dig deep and find your personal emotional trigger: the trigger that has held you back from finding your true 'you'. Guiding you through the simple food changes which will allow your 'body love' transformation to occur.

ISBN: 9781784521608



Format: **Paperback B&W** Page Count: **240 pp**
Size: **216 x 140 mm** Price: **£14.99 / \$19.95**



How to be a Smart Woman in STEM

Gabriela Mueller Mendoza

Gabriela Mueller Mendoza offers strategies for women in STEM to get better results, more often and with less trouble. Her work has a Latin-Swiss flavour and helps women reach decision-making positions worldwide. Her tools are as effective and practical as a Swiss Army knife 4.0. Her humorous style is direct, bold and spicy. This book is a goldmine of ideas and strategies. Gain practical tips to thrive.

ISBN: 9781784521530

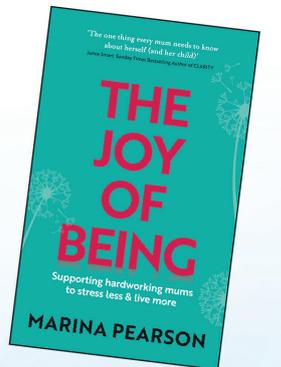
Format: **Paperback B&W** Page Count: **240 pp**
Size: **216 x 140 mm** Price: **£14.99 / \$19.95**

The Joy of Being

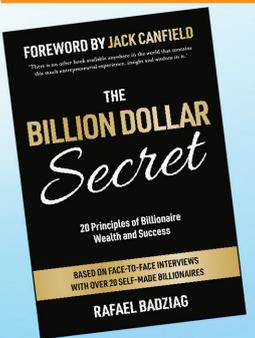
Marina Pearson

Would you love to stress less and live more? This ground-breaking book by bestselling author and joy coach, Marina Pearson, guides mums to fall back in love with life so they unplug from their worries and light up with insight and joy.

ISBN: 9781784521615



Format: **Paperback B&W** Page Count: **168 pp**
Size: **203 x 127 mm** Price: **£12.99 / \$17.95**



The Billion Dollar Secret

Rafael Badziag

Billionaires are extremely rare, and their mindset differs hugely from ordinary millionaires. This book offers firsthand knowledge of billionaire entrepreneurs told in their own words. The author worked for years with some of the very best entrepreneurs on the planet and distilled their secrets into 20 principles that enabled them to start from zero and create billions in value during one life span. This book gives you the roadmap to follow their path to extreme wealth and success.

ISBN: 9781784521646
Format: **Paperback B&W** Page Count: **336 pp**
Size: **234 x 156 mm** Price: **£19.99 / \$28.95**

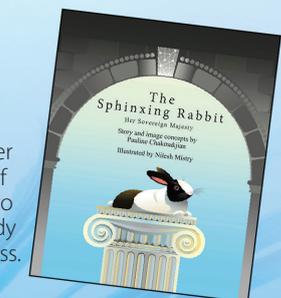
ISBN: 9781784521639
Format: **Hardback B&W** Page Count: **336 pp**
Size: **234 x 156 mm** Price: **£27.99 / \$35.95**

The Sphinxing Rabbit: Her Sovereign Majesty

Pauline Chakmakjian

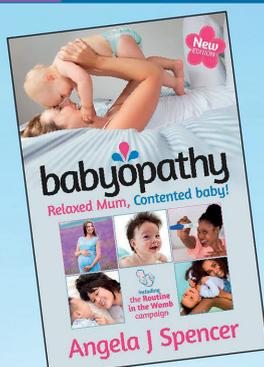
The Story of the Life Regal and Free. Deceptively simple in appearance yet heavy in content. The Sphinxing Rabbit series of books, starting with Her Sovereign Majesty, aim to communicate tenets of freedom in an entertaining manner as opposed to complex, intellectual discussion, which has already been attempted many times, with variable success. Each book also alludes to famous works of art.

ISBN: 9781784521547



Format: **Hardback Colour** Page Count: **68 pp**
Size: **140 x 140 mm** Price: **£14.99 / \$19.99**

New Releases and Coming Soon



Babyopathy (2nd edition)

Angela Spencer

The author shares her research into the effects of stress during pregnancy and how to combat this using sensory techniques to enjoy a positive pregnancy and birth, and to have a relaxed and contented baby. It is about guiding mums through a journey that wherever possible should be positive, nurtured and supported and also help them to de-stress and relax to enjoy their pregnancies, birth and beyond!

ISBN: 9781784521271

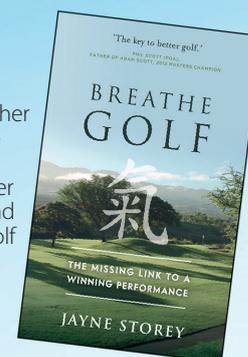
Format: **Paperback Colour** Page Count: **272 pp**
Size: **229 x 152 mm** Price: **£19.99 / \$33.95**

Breathe GOLF

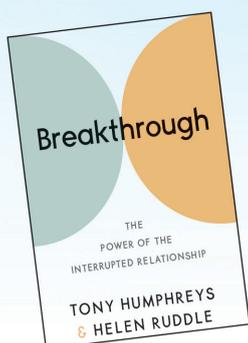
Jayne Storey

This definitive work, written by a long-term teacher of eastern philosophy and practice, explores the relationship between breathing, the quiet mind and playing effortless golf, especially when under pressure. Drawing on a lifetime of meditation and Tai Chi plus 18 years' research into the perfect golf shot, Breathe GOLF teaches how to unite your mental game with your swing. It will become the go-to performance manual.

ISBN: 9781784521578



Format: **Paperback B&W** Page Count: **176 pp**
Size: **216 x 140 mm** Price: **£12.99 / \$17.95**



Breakthrough

Tony Humphreys and Helen Ruddle

The high prevalence of couple conflict and marital breakdown causes considerable suffering to the individuals involved. As long as people view such conflict as being about the relationship between individuals, rather than within each person, breakdown is the inevitable outcome. This book demonstrates the potential for all breakdowns to become breakthroughs.

ISBN: 9781784521592

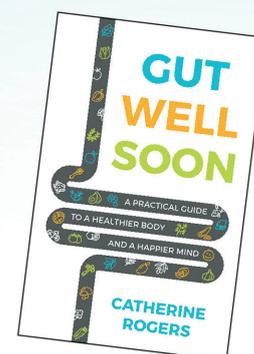
Format: **Paperback B&W** Page Count: **208 pp**
Size: **216 x 140 mm** Price: **£14.99 / \$19.95**

Gut Well Soon

Catherine Rogers

Gut Well Soon navigates the turbulent waters of health and wellness in the 21st century. It explores the science underpinning the health claims and misconceptions we have all heard but never fully understood. In particular it explains why our gut bacteria are crucial to our mental and physical health, and explains what you can do to support it in a simple and accessible way.

ISBN: 9781784521561



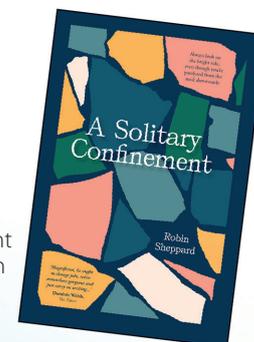
Format: **Paperback B&W** Page Count: **240 pp**
Size: **216 x 140 mm** Price: **£14.99 / \$19.95**

A Solitary Confinement (2nd edition)

Robin Sheppard

Taking time out to invent the truly iconic Ty-Nant mineral water business and then a niche adult soft drinks business, Robin Sheppard became an entrepreneur without ever knowing it, and a role model for many a novice hotel student along the way. Then things changed. A Solitary Confinement is the inspirational story of Robin's encounter with Guillain-Barré syndrome.

ISBN: 9781784521219



Format: **Paperback B&W** Page Count: **208 pp**
Size: **229 x 152 mm** Price: **£14.99 / \$21.95**

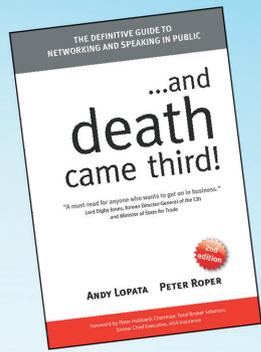
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And Death Came Third!

Andy Lopata & Peter Roper

A New York Times Survey on Social Anxiety placed death third in the list of people's biggest fears. The top two responses were walking into a room full of strangers and speaking in public. This book shares the authors' wealth of experience and insider secrets on networking and public speaking, so you can overcome your fears.

ISBN: 9781907722301

Format: **Paperback B&W** Page Count: **280 pp**
Size: **216 x 140 mm** Price: **£15.99 / \$23.99**

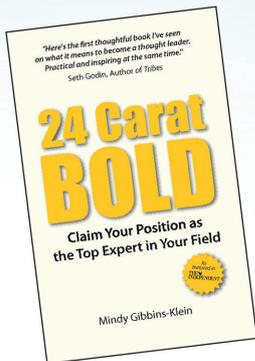
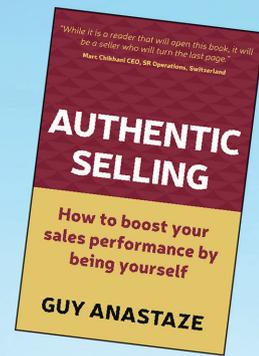
Authentic Selling

Guy Anastaze

How to boost your sales performance by being yourself. Boost your sales performance by coaching your clients through an authentic, respectful and empathetic journey to success. Be proud of being a seller by taking your life in hand, knowing why you do what you do and taking care of yourself. Focus on the essentials of your life and your sales profession.

ISBN: 9781909623989

Format: **Paperback B&W** Page Count: **208 pp**
Size: **203 x 127 mm** Price: **£14.99 / \$21.95**



24 Carat BOLD

Mindy Gibbins-Klein

Are you a thought leader? How do you know? In the past, it has been hard to identify the qualities that distinguish true innovators from the rest of the pack. This book presents a systematic approach to becoming a 'REAL Thought Leader' and gaining recognition and credibility.

ISBN: 9781907722349

Format: **Paperback B&W** Page Count: **224 pp**
Size: **203 x 127 mm** Price: **£12.99 / \$19.99**

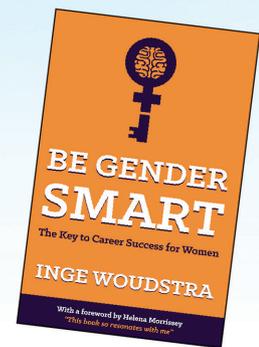
Be Gender Smart

Inge Woudstra

Women have already proven they can get to the top. Now is the time for the next wave and to see more women bring their unique contribution to work and leadership roles. Learn the latest insights from Neuroscience and Be Gender Smart. Build a career and dare to be yourself. Be more confident about your own value. Get better projects, promoted faster, and paid more.

ISBN: 9781784520717

Format: **Paperback B&W** Page Count: **200 pp**
Size: **216 x 140 mm** Price: **£14.99 / \$21.95**



360 Degree Feedback

Elva Ainsworth

The author is widely regarded as one of the UK's leading practitioners and trainers in the field of 360 degree feedback. Unique and powerful frameworks and methodologies are described and illustrated with real examples of what is possible. If you are new to 360, this book is the best introduction you can have.

ISBN: 9781784520700

Format: **Paperback B&W** Page Count: **234 pp**
Size: **229 x 152 mm** Price: **£15.99 / \$25.95**

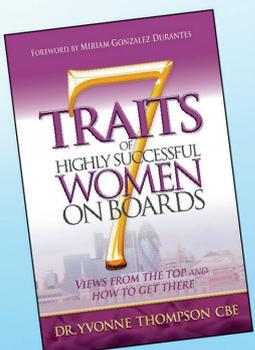
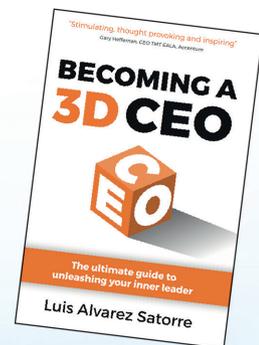
Becoming a 3D CEO

Luis Alvarez Satorre

The ultimate guide to unleashing your inner leader. Change is the new normal. Disruption is affecting all our businesses. New leaders are required to deal with the challenges and opportunities of a global digital world. This book is a pragmatic guide based on personal stories and the experiences of a 3D CEO. Learn the core skills to become one of those leaders. Read it, enjoy it, apply it.

ISBN: 9781784521394

Format: **Paperback B&W** Page Count: **216 pp**
Size: **229 x 152 mm** Price: **£14.99 / \$21.95**



7 Traits Of Highly Successful Women On Boards

Dr Yvonne Thompson CBE

Coined as 'the board woman's bible', this is an essential read for women on boards, and those aspiring to get there, not only in the private, but also public, charity and SME sectors, sharing advice and tips from 22 highly successful women on corporate boards in the UK that will help you chart your journey to the room at the top.

ISBN: 9781909623736

Format: **Paperback B&W** Page Count: **312 pp**
Size: **229 x 152 mm** Price: **£15.99 / \$25.95**

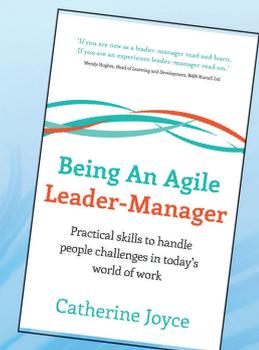
Being An Agile Leader-Manager

Catherine Joyce

Managing other people at work is a challenge for every manager! In each chapter, the reader is taken through a different topic: with exercises, stories and tips to dip into and expand their management skills. There are practical and useful ways to help new managers be more effective. There are new processes to learn and fresh strategies to explore for experienced managers.

ISBN: 9781784520793

Format: **Paperback B&W** Page Count: **248 pp**
Size: **216 x 140 mm** Price: **£14.99 / \$21.95**





Better Thinking for Better Results

Cathy Lasher

Do you think as well as you can? Does the quality of your thinking even matter? In this tool-packed practical guide, Cathy Lasher presents an exciting new way to get better results through focused thinking. Discover EDGE-it, a new approach that helps you sharpen your thinking in virtually any situation, leading to getting more of what you want, more easily.

ISBN: 9781909623873

Format: **Paperback B&W** Page Count: **288 pp**
 Size: **216 x 140 mm** Price: **£15.99 / \$23.95**

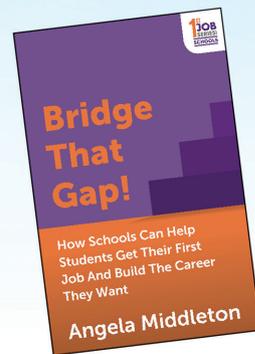
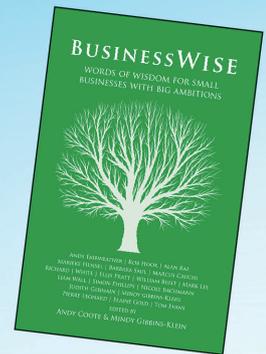
BusinessWise

Mindy Gibbins-Klein and Andy Coote

Words of wisdom for small businesses with big ambitions. If you are starting a business, or considering it, this book is for you. Over 20 business experts look at the whole process of setting up a new business with success in mind. The result is a guide that provides insights and direction to new or potential business people as well as support to existing business owners.

ISBN: 9781905823130

Format: **Paperback B&W** Page Count: **236 pp**
 Size: **234 x 156 mm** Price: **£9.99 / \$15.99**



Bridge That Gap!

Angela Middleton

Most education professionals will concede that there is a chasm between school careers advice and the reality for young people in gaining the skills they need for the real world of employment. This book explains how a bridge can be built to cross the divide between theory and practice – and will equip teachers with the wherewithal they need to help their pupils fly.

ISBN: 9781784521356

Format: **Paperback B&W** Page Count: **184 pp**
 Size: **216 x 140 mm** Price: **£12.99 / \$19.95**

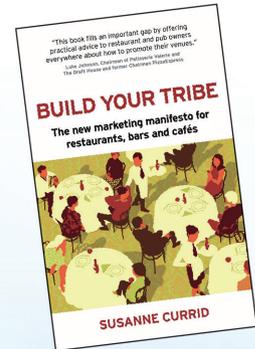
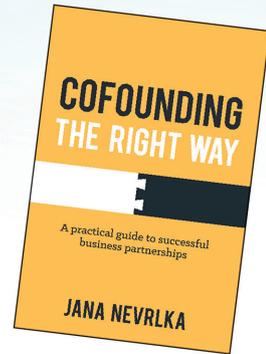
Cofounding The Right Way

Jana Nevrilka

Any list of successful companies seems awash with cofounders who are a match made in business heaven. And yet... two-thirds of startups fail because of disagreements between founders. Get your cofounding team right and you'll be in the best possible position to handle any challenge that's thrown in your direction.

ISBN: 9781784521240

Format: **Paperback B&W** Page Count: **248 pp**
 Size: **216 x 140 mm** Price: **£14.99 / \$21.95**



Build Your Tribe

Susanne Currid

This thought-provoking book introduces you to the concept of tribe-building and explains how you can integrate this dynamic new strategy into your restaurant, bar or café marketing plan.

ISBN: 9781909623132

Format: **Paperback B&W** Page Count: **196 pp**
 Size: **229 x 152 mm** Price: **£12.99 / \$19.99**

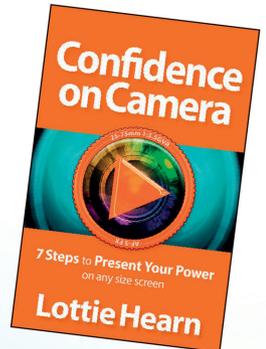
Confidence on Camera

Lottie Hearn

Cameras are everywhere – but how can you best present 'you' to those cameras and get results? Whether you are the expert at what you do, the face of your team, or the host of an interview - you need to overcome your fears of being on-camera and get your message across with positive impact.

ISBN: 9781909623910

Format: **Paperback B&W** Page Count: **272 pp**
 Size: **229 x 152 mm** Price: **£16.99 / \$26.95**



Business Battleships

Tim Rylatt

Business Battleships - blow your competition out of the water with marketing and sales skills that hit the target every time. Discover what goes on in the mysterious brain of your prospect AND make more sales as a result!

ISBN: 9781908746214

Format: **Paperback B&W** Page Count: **196 pp**
 Size: **203 x 127 mm** Price: **£14.99 / \$21.99**

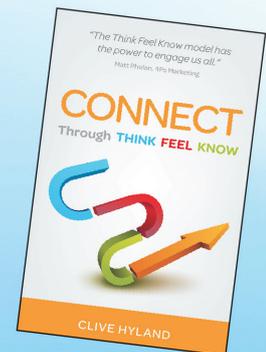
CONNECT

Clive Hyland

This book offers new insights into how we can connect, or disconnect, with those who matter most to us in business and in life in general. This is an informative and exciting read for anyone directly engaged in supporting, developing or leading people's behaviour.

ISBN: 9781908746757

Format: **Paperback B&W** Page Count: **200 pp**
 Size: **216 x 140 mm** Price: **£12.99 / \$19.99**



Conscious Leadership In Action!

Floyd Carlson

We desire more consciousness and connection in our lives, and especially from our leaders. We are yearning to feel inspired, but are often surrounded by poor examples of leadership. By leading consciously you can have the positive, memorable impact people want from their leaders.

ISBN: 9781909623927



Format: **Paperback B&W** Page Count: **176 pp**
Size: **229 x 152 mm** Price: **£14.99 / \$21.95**

Deal Makers

Tiffany Kemp

How intelligent use of contracts can help you sell more and deliver better. In this straightforward look at how contracts are used in everyday business life, Tiffany Kemp shows us how to use contracts to help us build stronger, more profitable relationships with our customers.

ISBN: 9781908746733



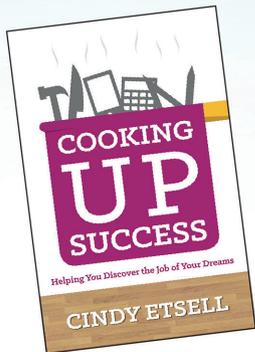
Format: **Paperback B&W** Page Count: **280 pp**
Size: **229 x 152 mm** Price: **£19.99 / \$32.99**

Cooking Up Success

Cindy Etsell

Do you find yourself stuck in a job you dislike? Are you facing redundancy, nearing retirement or just feel ready to make some changes to find the job you love? Are you finding it tough to know how to take that first step? This book will help you discover the job of your dreams.

ISBN: 9781784520922



Format: **Paperback B&W** Page Count: **120 pp**
Size: **203 x 127 mm** Price: **£12.99 / \$19.95**

Developing and Sustaining Excellent Packaging Labelling and Artwork Capabilities

Stephen McIndoe & Andrew Love

The knowledge and expertise contained in this book will help you to understand and deliver the right mix of packaging artwork capabilities for your organisation, in a shorter period of time, at lower cost and with significantly less risk.

ISBN: 9781908746160



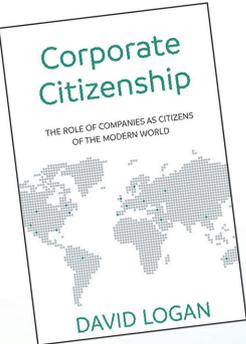
Format: **Paperback B&W** Page Count: **214 pp**
Size: **198 x 129 mm** Price: **£19.99 / \$32.99**

Corporate Citizenship

David Logan

Companies are in fact corporate citizens of society; just as individuals are private citizens. They exercise certain rights but also have profound responsibilities. They have to step up as good citizens and use their power and influence to help humanity face the challenges of the future. This book discusses why and how they must do that as a step towards learning to live with modern capitalism.

ISBN: 9781784521509



Format: **Paperback B&W** Page Count: **248 pp**
Size: **229 x 152 mm** Price: **£14.99 / \$21.95**

DREAM DESIGN SURF

Marcelo Bravo

How to design new ventures for rapid growth, lower risk and global impact. Starting new ventures is risky, there is uncertainty, all kinds of things do not go according to plan. Many new businesses fail. This book is a must read for all those who are starting new businesses in science or technology.

ISBN: 9781908746481



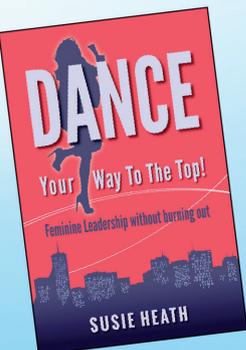
Format: **Hardback B&W** Page Count: **128 pp**
Size: **216 x 140 mm** Price: **£24.99 / \$41.99**

Dance Your Way To The Top!

Susie Heath

It is not large corporations who will shape the future of the world, but women stepping in and claiming our authentic leadership as women. Let go of the addiction to old behaviors; stop working like a man; tap into your inherent resources; step into your own potent leadership at a personal and professional level and facilitate change that will leave a legacy.

ISBN: 9781909623903



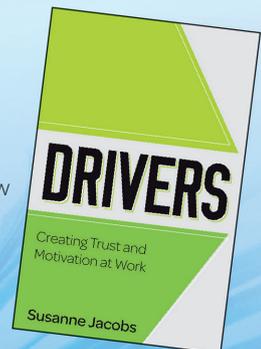
Format: **Paperback B&W** Page Count: **224 pp**
Size: **244 x 170 mm** Price: **£15.99 / \$23.95**

DRIVERS

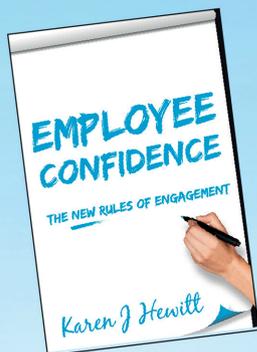
Susanne Jacobs

We talk a great deal about engagement and trust in the workplace and research has shown the clear link between both and organisational success. And yet, engagement is at an all-time low and we are seeing ever growing levels of stress at work as a result with a direct bottom line impact. This book brings together a practical checklist of the DRIVERS of intrinsic motivation and trust.

ISBN: 9781784521189



Format: **Paperback B&W** Page Count: **200 pp**
Size: **216 x 140 mm** Price: **£14.99 / \$21.95**



Employee Confidence

Karen J Hewitt

Are your people the change you want to see? Employee Engagement figures are flagging. Employees are disgruntled, stressed or underutilised, even all three! The world is changing fast and companies, as well as entire industries, are fighting for survival. The people that work in them have never been more valuable. This book outlines an effective new methodology for every senior business leader with a stake in people, culture and behaviours.

ISBN: 9781784521325

Format: **Paperback B&W** Page Count: **308 pp**
Size: **216 x 140 mm** Price: **£14.99 / \$21.95**

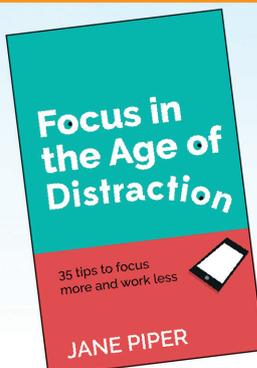
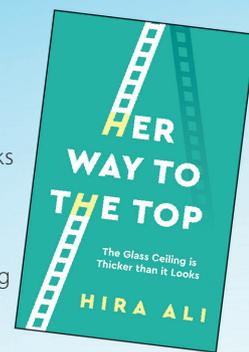
Her Way To The Top

Hira Ali

Hira Ali examines the myriad of challenges women face on their road to professional success. She reveals the universal internal and external roadblocks that can impede a woman's climb to the top, regardless of her culture or geography. Ali moves beyond identifying these problems and empowers her readers with real solutions to help them cope with, and ultimately overcome, the issues preventing them from breaking the glass ceiling.

ISBN: 9781784521516

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Focus in the Age of Distraction

Jane Piper

We are now working even harder, longer and at a faster pace than ever before. But longer hours and harder work aren't going to give us the career and life that we want. Here are 35 practical and pragmatic tips based on latest research to help you be more creative and productive. Be more focused while at work, get more done, learn to switch off, and get on and enjoy your life.

ISBN: 9781784521264

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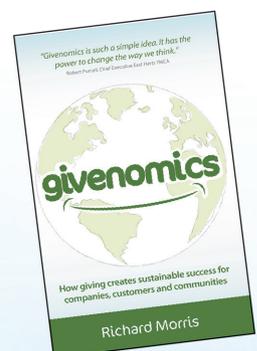
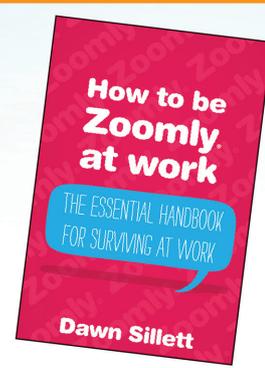
How to be Zoomly at work

Dawn Sillett

With no-nonsense tools and tips, practical exercises and real examples of managing and being managed by other people, this is an essential handbook for surviving at work.

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Givenomics

Richard Morris

Are current business models part of the problem or part of the solution? Givenomics is a concept for those who want to see businesses as a force for good with new ways to engage their customer base, customer empowerment to support their communities and new ways for community organisations to gain and maintain vital support in a tough climate.

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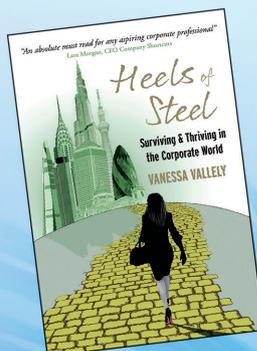
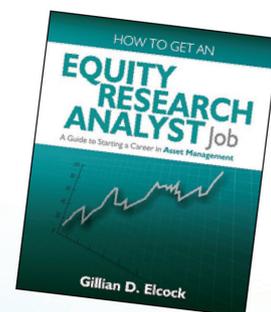
How To Get An Equity Research Analyst Job

Gillian Elcock

Do you want to get a job in the asset management industry, analyzing stocks or managing portfolios? How do you go about convincing a company to give you a job? This title guides you from choosing which companies to target, to mastering the specialized interview process.

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Vanessa Valley

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ISBN: 9781909623118

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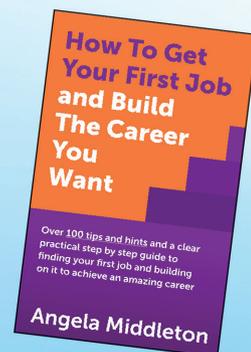
How To Get Your First Job and Build The Career You Want

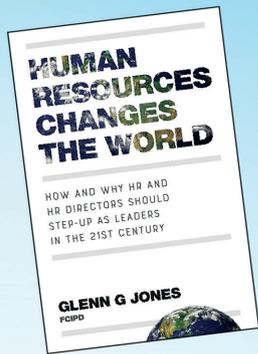
Angela Middleton

A step by step guide for 16 to 24 year olds on how to choose the right career, get your first job, excel within that job and quickly progress. This book will give you the confidence and techniques to find the job of your dreams, regardless of your qualifications or background.

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Human Resources Changes The World

Glenn G Jones

How and Why HR and HR Directors Should Step-Up as Leaders in the 21st Century. Could you imagine an HR Director being your CEO? Glenn G Jones examines the available research and sets out the reasons why HR is not progressing to its full potential; it will surprise you. If you've never thought of becoming a CEO and you are in HR, then think again.

ISBN: 9781784521417

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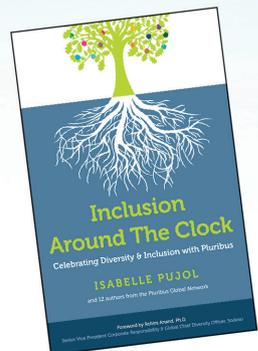
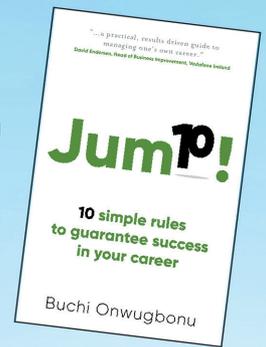
JUMP!

Buchi Onwugbonu

Are you satisfied with where you are in your career today? If your answer is not a resounding "yes!" then please read on... Jump! is a career development book with practical and proven strategies to help move your career forward. You will learn how to take charge of your career and figure out what you really want to do, and how to make an excellent first impression, amongst other rules to guarantee success.

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Inclusion Around The Clock

Isabelle Pujol

A collective book from Pluribus, a global diversity and inclusion consultancy. All share a common vision: to be a positive drive for change in the world! It raises the reader's awareness on what diversity and Inclusion is about – more than just race and gender! It represents the wide-range of rich talent, experiences (personal and professional) and perspectives that makes up Pluribus.

ISBN: 9781784521011

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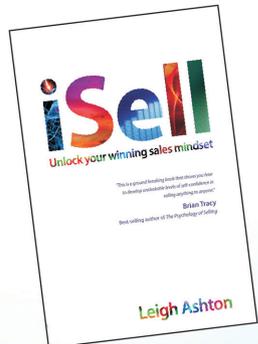
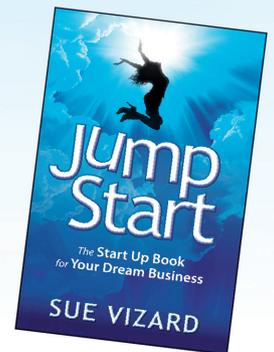
Jump Start

Sue Vizard

This book is for people who want to start their dream business, or who might want to start their dream business, or have started a business and it's not working out!

ISBN: 9781909623347

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iSell

Leigh Ashton

Even when outwardly confident, sales people and business owners often lack the inner confidence and practical strategies to achieve great sales results on a consistent basis. Conventional sales training doesn't address the inner barriers that get in the way of sales success.

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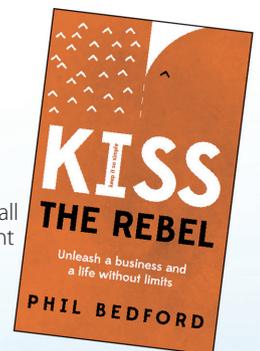
KISS The Rebel

Phil Bedford

Perfect for any business owner or aspiring entrepreneur. Igniting your imagination and opening your eyes to the accessible resources sitting at your fingertips. Helping you to see that the right solution or dream client is just a phone call away. Giving you practical tips on building the right relationships and advice to help you construct a sustainable business and your dream lifestyle.

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It's Behaviour, Stupid!

Steve Glowinkowski PhD

The premise of this book is that a leader's behaviour or rather, the quality of their leadership delivery, drives the performance of the group or business for which they are accountable.

ISBN: 9781905823321
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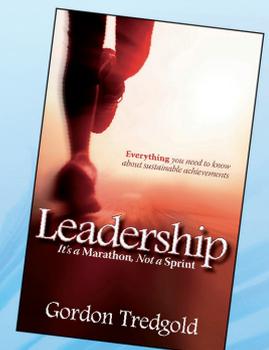
Leadership: It's a Marathon, Not a Sprint

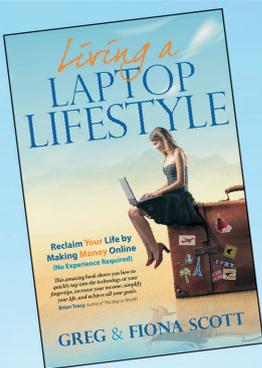
Gordon Tredgold

Everything you need to know about sustainable achievements. Everyone has the potential to be an inspiring leader. Learn how!

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Greg & Fiona Scott

Follow the 'Five Essential Steps To Success' as you read an intriguing and compelling guide for creating your own online business so you can live a life full of choice. Composed to suit the budding entrepreneur; from the very basics of getting started, right through to creating your very own website, and making money online.

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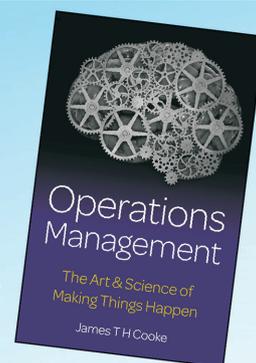
Operations Management

James Cooke

What the business schools don't teach you to survive and flourish. Putting management theory into practice faces some major challenges. This book centres on three themes: how to develop and look after yourself as an individual manager; how to make operations happen and work successfully; how to develop a high performance team around you.

ISBN: 9781908746634

Format: **Paperback B&W** Page Count: **342 pp**
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Love to Lead

Dr Tracy Kite

This book is for people in leadership positions who want to learn more about great leadership. Why use the word 'love' in a book for business? Because it matters! When leaders consider love from a philosophical viewpoint, it gives way to the serious business of trust, respect, compassion, ethics and loyalty in getting business done. If you give a damn about people and you're courageous enough to contemplate 'love', you get great business.

ISBN: 9781784521462

Format: **Paperback B&W** Page Count: **232 pp**
Size: **216 x 140 mm** Price: **£14.99 / \$21.95**

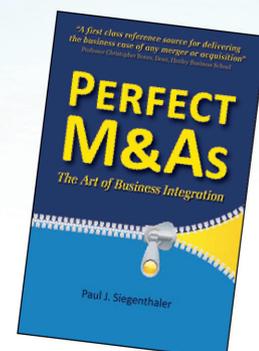
Perfect M&As

Paul Siegenthaler

This book covers the specific elements that senior and middle managers can use or develop to deliver an orderly business integration and the realisation of the benefits that the initiators of the merger had promised to deliver.

ISBN: 9781905823635

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Loving Leadership

Richard Summerfield

What is the single biggest leadership attribute needed to be successful in the new world of work? How can leaders motivate others with a different rule book driven by the expectations of new generations? The author makes the compelling case for leaders to show genuine care for people above all else, illustrating it through eight key techniques.

ISBN: 9781784520830

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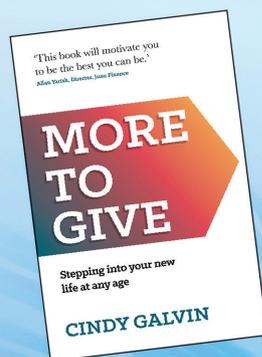
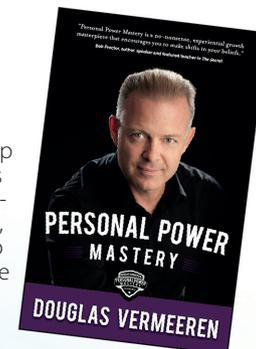
Personal Power Mastery

Douglas Vermeeren

Following interviews with more than 400 of the top achievers worldwide, Personal Power Mastery concepts are based on systems that top achievers are actually utilizing in their own lives and the outcomes created from them. With life-changing content based on thorough research, Douglas invites you on this personal journey, to discover and claim your own power and live the mastery for your best life.

ISBN: 9781784521486

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More to Give

Cindy Galvin

Are you over 50 and facing a crossroads in life? Feel you're too old to change or don't have time to start over? Think again. In this down-to-earth book, Cindy Galvin explains why it's never too late to launch your next career. With cheeky wit, Cindy takes you on a journey with clients who transformed their lives by developing careers filled with purpose. She explains why it's never been a better time to create the life you want.

ISBN: 9781784521455

Format: **Paperback B&W** Page Count: **180 pp**
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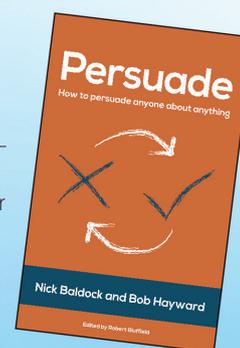
Persuade

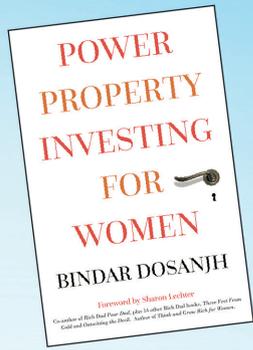
Nick Baldock & Bob Hayward

Why would you want to persuade anyone about anything? Persuasion is a skill – part psychology – part human relationships – part communication. Can you turn someone around to see things your way? The chances are you will want to persuade someone, some time to your way of thinking.

ISBN: 9781784521424

Format: **Paperback B&W** Page Count: **264 pp**
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Power Property Investing for Women

Bindar Dosanjh

Power Property Investing for Women is for any woman who wants to control their financial future. There is a property investing strategy for everyone regardless of financial or personal circumstances. This book provides the necessary guidance, tools, strategies and support. Bindar teaches a safe and secure way to start property investing, turning the fearful novice into a fiercely confident property investor.

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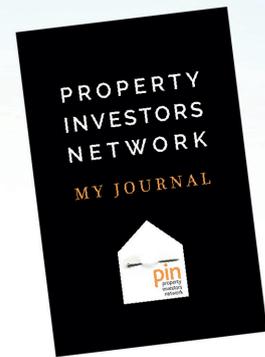
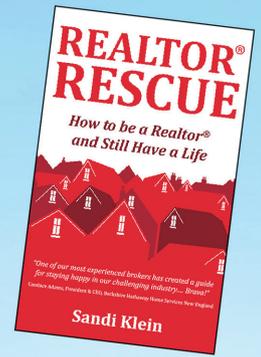
Realtor Rescue®

Sandi Klein

Realtors and other self-employed people work very hard and many times forget that part of their life should be devoted to finding happiness. This book offers up a path to reach satisfaction, self-confidence, and renewed enthusiasm for their business and for life itself.

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Property Investors Network Journal

Simon Zutshi

This journal has been designed to help keep on track during your property investing journey. Created to get the most out of any of the 50+ property investors network (pin) meetings that happen monthly throughout the UK. There is bound to be a meeting close to where you work, live or invest, or it can be used at any property network meeting.

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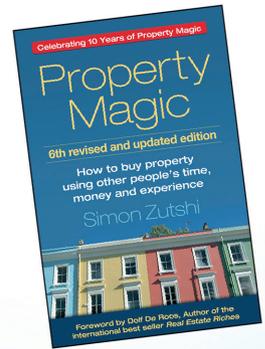
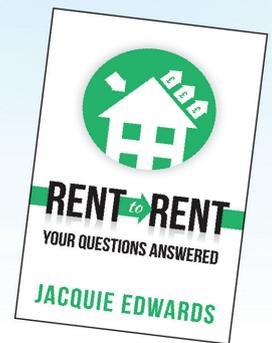
Rent to Rent

Jacque Edwards

Jacque Edwards spent 12 months creating a property portfolio that pays her over £100,000 NET PROFIT per annum and she doesn't even own the houses! This book will help you to create the same success by answering all of your questions about Rent to Rent.

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Property Magic

Simon Zutshi

In the 10th Anniversary edition of this No. 1 Best Selling property book, Property Millionaire Simon Zutshi shows you how you can build a £1 million property portfolio and a £50,000 income in just 12 months, by revealing some of the secrets behind his Property Mastermind Programme. This book will make you aware of some of the current possibilities available in property investing.

ISBN: 9781784521288

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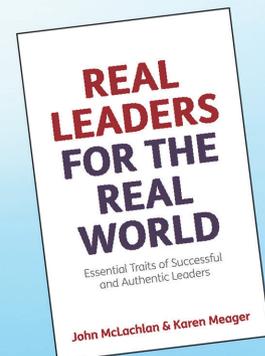
Rent to Rent: Getting Started Guide

Jacque Edwards

Jacque Edwards built a business using the Rent to Rent strategy that has made her financially free and she's put everything she learned into this guide to help the reader get started! At whatever stage, knowing exactly what your next steps are is essential in your Rent to Rent business – and this is the book you need.

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Format: **Paperback B&W** Page Count: **176 pp**
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Real Leaders for the Real World

Karen Meager & John McLachlan

Essential Traits of Successful and Authentic Leaders. This book unpacks the psychological and behavioural traits of good leaders and shows how you can develop these traits and remain true to yourself and your own style.

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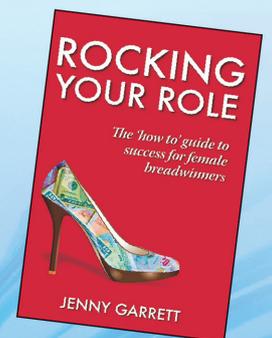
Rocking Your Role

Jenny Garrett

Go beneath the surface of what it means to be the Female Breadwinner, a role that can fundamentally challenge women's identity. It is the trigger, catalyst and cause for many complex issues women have to manage. For a successful family life and career, women must address these internal challenges for their physical, mental and spiritual well-being.

ISBN: 9781908746207

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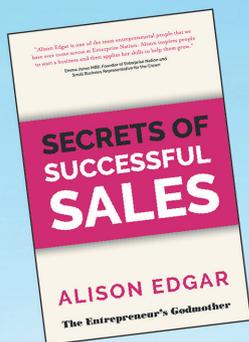


Secrets of Successful Sales

Alison Edgar

Alison Edgar, The Entrepreneur's Godmother, brings together psychology and sales to help you develop a winning strategy for increasing sales and growing your business. Alison's Four Key Pillars of sales methodology will enable you to understand customer behaviour and provide you with a foolproof process to create an effective strategy and close with confidence.

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The 7 Secrets of Creative Radio Advertising

Tony Hertz

This book is full of wisdom, experiences, examples and entertaining stories drawn from Tony Hertz's 40 years' passion for radio advertising. In today's visual/digital /online/mobile/social media/ branded content consumed advertising business, radio remains a powerful and relevant way to reach millions of consumers all over the world.

ISBN: 9781908746658



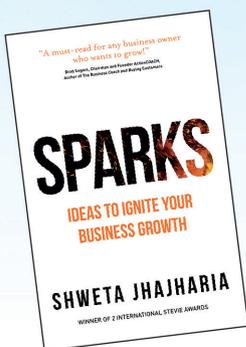
Format: **Paperback Colour** Page Count: **176 pp**
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Sparks

Shweta Jhajharia

In SPARKS, Ideas to Ignite your Business Growth, Shweta Jhajharia, a multi-award winning serial entrepreneur, international speaker and leading global business coach, draws on proven strategies and stories to offer powerful ideas for sustainable double-digit growth. These 'sparks' have the potential to transform your business.

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The Act Of Attraction in Business

Tamsen Garrie

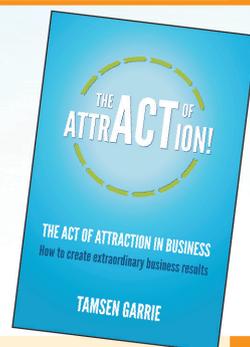
Learning and consciously applying The Act Of Attraction in your business will enable you to deliberately build the business you truly desire, because when you get what's going on in your head and what you're actually doing working together in tandem - that's when you create extraordinary results!

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ISBN: 9781908746498

Format: **Hardback B&W**
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Size: **234 x 156 mm**
Price: **£21.99 / \$36.99**

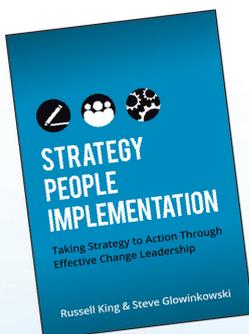


Strategy, People, Implementation

Steve Glowinkowski & Russell King

The two authors' combined experience of Change Leadership is extensive. This book provides leaders with a theory of how people are motivated to change, together with the practical steps from designing a strategy to developing and implementing an effective change agenda.

ISBN: 9781909623828



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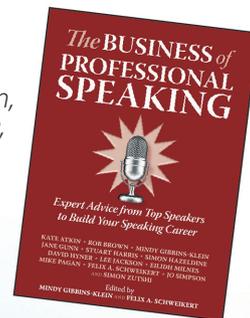
The Business of Professional Speaking

Kate Atkin, Rob Brown, Mindy Gibbins-Klein, Jane Gunn, Stuart Harris, Simon Hazeldine, David Hyner, Lee Jackson, Eilidh Milnes, Mike Pagan, Felix Schweikert, Jo Simpson, Simon Zutshi

Revealed – the Secrets of How to Build a Successful Professional Speaking Business! If you want to be a successful speaker, this book will take you there.

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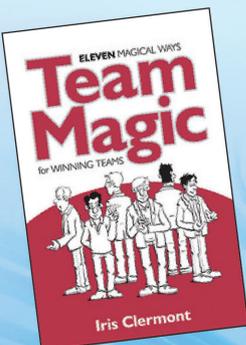


Team Magic

Iris Clermont

Written for managers, for team leaders and for team members who are open minded and want to change their habits and be a part of or lead the 'Best', 'Dream' or 'Magic' Team. This title can help you become a highly effective, successful team member or team leader, working in a relaxed company atmosphere, with a balanced work and private life.

ISBN: 9781905823956



Format: **Paperback B&W** Page Count: **138 pp**
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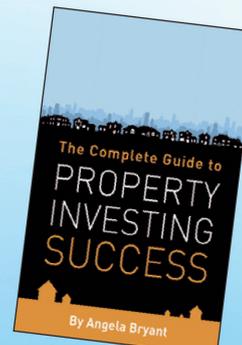
The Complete Guide to Property Investing Success

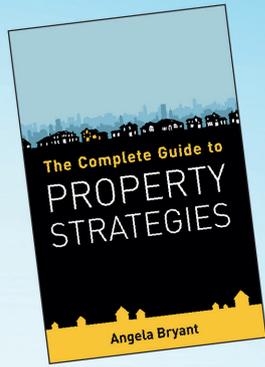
Angela Bryant

You will learn all you need to succeed in property, even in challenging times and why professional investors believe that now is the right time to buy property.

ISBN: 9781905823475

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The Complete Guide to Property Strategies

Angela Bryant

This book is to help YOU succeed in property NOW. Make no mistake, there is much for landlords to be worried about today in the UK with legislation and tax changes. Despite the government clamping down on buy-to-lets in recent years, property is still the best investment for many. This book is written for the courageous who seek the insights required to escape mediocrity and succeed in building wealth through property.

ISBN: 9781784521370

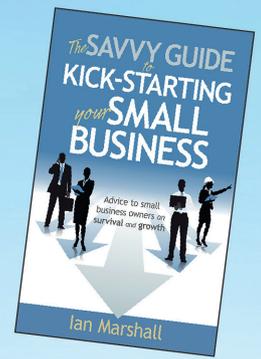
Format: **Paperback B&W** Page Count: **280 pp**
 Size: **234 x 156 mm** Price: **£14.99 / \$21.95**

The Savvy Guide to...Kick-starting your small business

Ian Marshall

Perhaps you're just starting your new business, or looking for growth but not clear what your next step should be. This book is a straight-talking, jargon-free guide that homes right in on those key challenges facing all small businesses.

ISBN: 9781909623859



Format: **Paperback B&W** Page Count: **256 pp**
 Size: **229 x 152 mm** Price: **£14.99 / \$21.95**



The Creative Gorilla

John Brooker

If you want a practical guide to make the most of opportunities, create innovative propositions and develop strategies to implement them, this book is it.

ISBN: 9781907722608

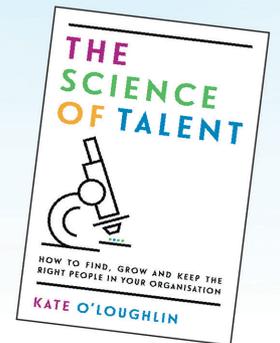
Format: **Paperback B&W** Page Count: **248 pp**
 Size: **229 x 152 mm** Price: **£14.99 / \$22.99**

The Science of Talent

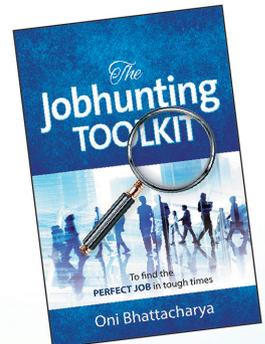
Kate O'Loughlin

Lots of people know that 'talent happens' in their organisation, but many are not quite sure what 'talent' is or how 'it' happens. In this book Kate looks at what the science tells us about the theories behind these ideas, whether making some of the changes suggested are a good idea or not and what other options there might be.

ISBN: 9781784521257



Format: **Paperback B&W** Page Count: **160 pp**
 Size: **216 x 140 mm** Price: **£12.99 / \$19.95**



The Jobhunting Toolkit

Oni Bhattacharya

This book shows you how to get working in tough times. The methods have been tested on some of the UK's long-term unemployed with great success. For those serious about finding work this book will show you how to unlock your own inner potential and be successful at finding the job you are looking for.

ISBN: 9781909623835

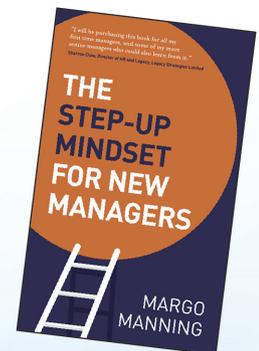
Format: **Paperback B&W** Page Count: **176 pp**
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The Step-Up Mindset for New Managers

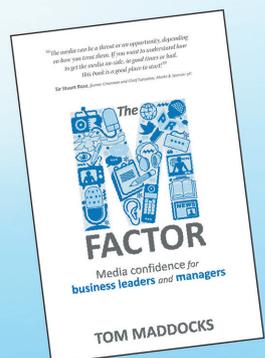
Margo Manning

You need to be more than talking a good game, your wants and potential must be converted into tangible outcomes. This is the book that will cut through the unnecessary hype and methodologies and give you a highly effective and yet simple approach to becoming a great manager.

ISBN: 9781784520915



Format: **Paperback B&W** Page Count: **192 pp**
 Size: **203 x 127 mm** Price: **£12.99 / \$19.95**



The M-factor

Tom Maddocks

Media confidence for business leaders and managers. This highly practical, down-to-earth book reveals the secrets of how to understand the media mindset, know what journalists are looking for, give a good press or broadcast interview, deal with a crisis, and understand the impact of social media.

ISBN: 9781908746726

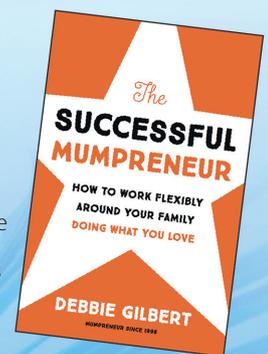
Format: **Paperback B&W** Page Count: **192 pp**
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The Successful Mumpreneur

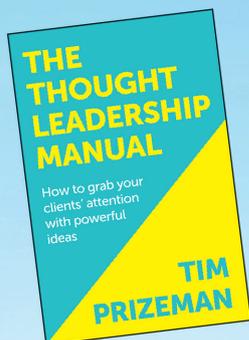
Debbie Gilbert

Debbie started her business in 1998 when the internet was in its infancy and few women were launching their own businesses. Twenty years on her business is thriving. What is shared in this book comes from her own experience together with those successful business builders who have generously shared inspiration and insights. The advice is constructive and effective, the solutions straightforward and the input invaluable, whatever stage you're at with your business.

ISBN: 9781784521448



Format: **Paperback B&W** Page Count: **208 pp**
 Size: **216 x 140 mm** Price: **£14.99 / \$21.95**



The Thought Leadership Manual

Tim Prizeman

Creating insights that grab attention is one of the most important marketing challenges for businesses. Yet 'thought leadership' barely features in marketing courses, and there is even less advice available on how to create great ideas. This book provides a process and toolkit to create and launch successful campaigns.

ISBN: 9781909623804

Format: **Paperback B&W** Page Count: **232 pp**
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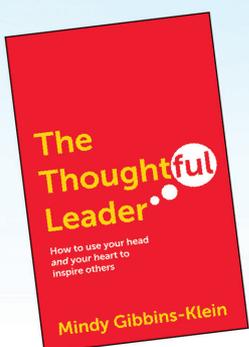
Time Mastery

Karen Meager & John McLachlan

Have you tried the latest time management techniques and still feel overwhelmed? Are you fed up with having to 'think' about prioritizing? Whether you want to get more done at work, delegate better, manage the priorities at home or just spend more time doing things that bring you joy, Karen and John will help you develop an approach to time that is efficient and fits with your unique personality.

ISBN: 9781784520991

Format: **Paperback B&W** Page Count: **152 pp**
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The Thoughtful Leader

Mindy Gibbins-Klein

Is it time for leaders to think more deeply and more effectively? This book sets out to define and introduce a new paradigm and a new standard of idea generation and sharing in a fresh approach called Thoughtful Leadership. It inspires, encourages and teaches REAL thought leaders a new way of thinking and behaving.

ISBN: 9781909623934

Format: **Paperback B&W** Page Count: **136 pp**
 Size: **203 x 127 mm** Price: **£12.99 / \$19.95**

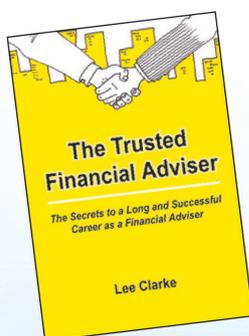
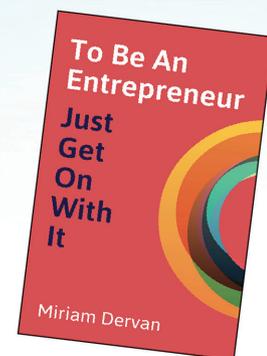
To Be An Entrepreneur: Just Get On With It

Miriam Dervan

If you've ever had the desire to run your own business, but don't think you've got what it takes, pick up this book. This is the personal story of one entrepreneur who overcame low self-esteem and self-doubt to establish a global, multimillion dollar business.

ISBN: 9781784520939

Format: **Paperback B&W** Page Count: **144 pp**
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The Trusted Financial Adviser

Lee Clarke

To build your own financial services practice requires far more than technical competence. This book is aimed at people who want to work for themselves, building their own businesses rather than spending their lives working for someone else and building someone else's capital value and someone else's future.

ISBN: 9781905823536

Format: **Paperback B&W** Page Count: **172 pp**
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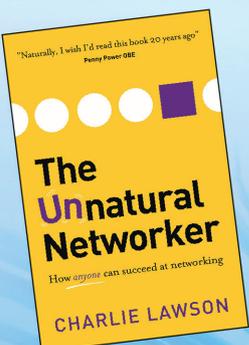
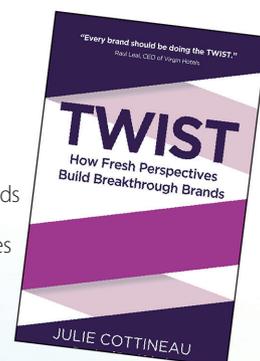
TWIST

Julie Cottineau

Standing out in today's crowded markets is a huge challenge for entrepreneurs, small businesses and non-profits vying for attention from consumers, clients and donors who are bombarded by thousands of messages every day. Julie Cottineau, a global authority on impactful and effective branding, shares her proven tools and tips for building a brand that breaks through and delivers tangible results.

ISBN: 9781784520847

Format: **Paperback B&W** Page Count: **160 pp**
 Size: **203 x 127 mm** Price: **£12.99 / \$19.95**



The Unnatural Networker

Charlie Lawson

The Unnatural Networker will help you to have confidence to network; build a better business by developing an effective networking strategy; remove the fear, so you can actually enjoy networking and generate more business through networking.

ISBN: 9781909623699

Format: **Paperback B&W** Page Count: **248 pp**
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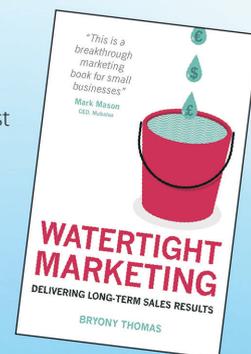
Watertight Marketing

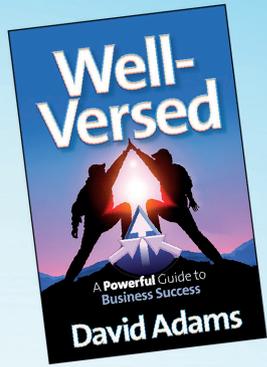
Bryony Thomas

Are you wasting your money on marketing? Most businesses are. They've got serious profit leaks. So when they run their marketing Taps, revenue simply pours out of a leaky Bucket. This is the book on marketing that makes all the others make sense. Following this process puts you in control of your business growth.

ISBN: 9781908746344

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Well-Versed

David Adams

Being successful in business is about being both entrepreneurial and process driven; about combining the numbers, the words and the questions to help you achieve the vision you have dreamed of. This book helps you consider why you're in business, what you are trying to develop and how you should set about doing it.

ISBN: 9781909623866

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Wow! That's What I Call Service!

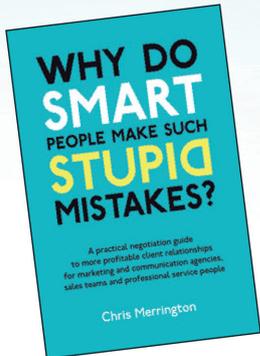
Don Hales & Derek Williams

This book is full of stories about people and businesses to serve as an inspiration to others in order to raise standards of customer service throughout the UK.

ISBN: 9781905823161



Format: **Paperback B&W** Page Count: **192 pp**
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Why Do Smart People Make Such Stupid Mistakes?

Chris Merrington

Are you paid what you deserve by your clients? This book helps you discover: how to confidently hold your price, how to say 'no' to clients while improving your relationship, how to negotiate higher fees and prices, how to handle unrealistic timescales and budgets, how to respond to 'you've got the business if you drop your price', and more.

ISBN: 9781907722011

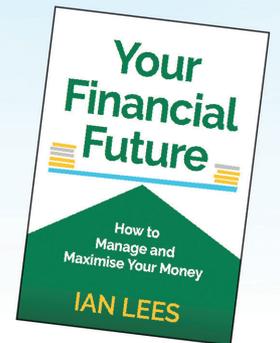
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Ian Lees

How to Manage and Maximise Your Money. The reason for financial planning is to take control of your destiny, first and foremost. Gather all the relevant information, decide what you want to achieve – and make it happen!

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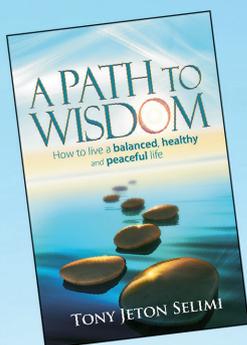
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Personal Development



A Path to Wisdom

Tony Jeton Selimi

Inner peace, calmness and clarity are just some of the results you can expect from reading this book. You become effective, productive and learn how to live a balanced, healthy and peaceful life.

ISBN: 9781909623576

Format: **Paperback Colour** Page Count: **352 pp**
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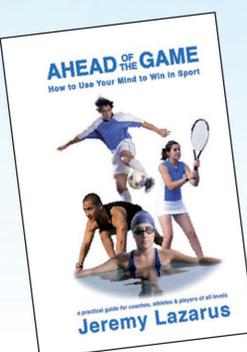
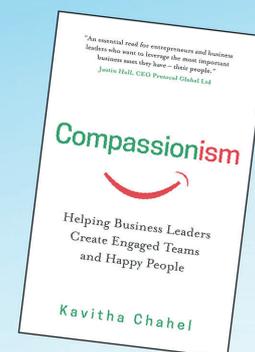
Compassionism

Kavitha Chahel

The author explores the tell-tale signs of a toxic work environment and the impact on business. Work practices are changing and today's worker is looking for more than just a decent salary. Create a sense of belonging, being part of something bigger than one's self, starting with humanising the way we communicate with one another.

ISBN: 9781784520946

Format: **Paperback B&W** Page Count: **192 pp**
Size: **203 x 127 mm** Price: **£14.99 / \$21.95**



Ahead of the Game

Jeremy Lazarus

Ahead of the Game is written for sports coaches, athletes and players of all levels who want to learn some leading edge yet tried and tested techniques and approaches to using your mind more effectively, and helping others to do the same to achieve success.

ISBN: 9781905823093

Format: **Paperback B&W** Page Count: **364 pp**
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Dancing 'Round The Handbags

Lynne Copp

This book is a catalyst for balancing the way we work and live. Using the metaphor of the 'handbag' and the 'dance', it supports you to create clarity about dancing to your own tunes whilst maintaining balance between work and life. This life-changing book stops the music for a while, removes you from the dancefloor of life, opens up the handbag that is you, and encourages you to explore your potential and balance.

ISBN: 9781907722646

Format: **Paperback B&W** Page Count: **350 pp**
Size: **234 x 156 mm** Price: **£19.99 / \$32.99**



Becoming the Perfect Gentleman

Zach Falconer-Barfield & Nic Wing

We have almost forgotten what it is to be a Gentleman. It is time to right this wrong and bring the Gentleman back. This book is essential for any man in the modern world. Part-Handbook, Part-Statement of the Gentleman Philosophy, it is a fantastic first port to embark from on this Journey.

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Format: **Paperback B&W** Page Count: **240 pp**
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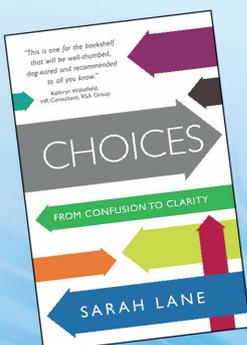
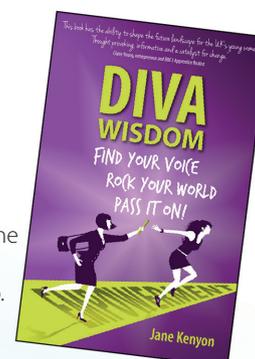
Diva Wisdom

Jane Kenyon

This is a call from the heart to implore women everywhere to recognise what they need to do to shine, in order to be the real role models our young girls need. We all play a part in disempowering the next generation and it is time we stepped up. They may not be listening to what we say, but they are watching what we do.

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Choices

Sarah Lane

From confusion to clarity. This book uses psychology together with a selection of stories and tools to aid making better choices in your career and life.

ISBN: 9781909623446

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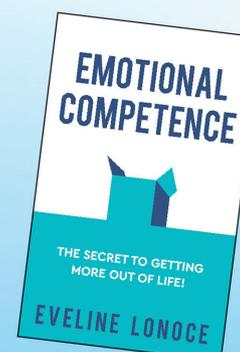
Emotional Competence

Eveline Lonoce

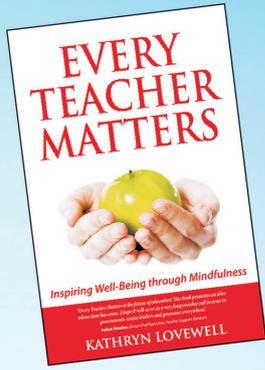
Did you know your emotions are powerful resources? This book shows you how they can become reliable indicators that can help you navigate life. Learn step-by-step how to build a healthy relationship with your emotions and start the adventure of letting them become your strongest and most loyal allies.

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Personal Development



Every Teacher Matters

Kathryn Lovewell

Teachers are the most valuable resource in education. Why is it that so little investment is made in supporting teachers to ensure they can sustain effective teaching and learning in the classroom? With humour, anecdotes, and a wealth of background research, this book offers a gentle hand to guide teachers – and through them, their students back to their hearts!

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Full Spectrum Supervision

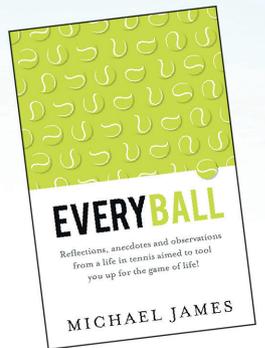
Edna Murdoch & Jackie Arnold

This book offers the reader a unique view of what actually happens in supervision and shares many new and practical exercises; these can be used by a wide range of professionals and adapted to make your practice stronger.

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Format: **Paperback B&W** Page Count: **248 pp**
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Everyball

Michael James

Mike James delves deep into his tennis experiences, including a twenty-two year coaching career, to bring alive his coaching philosophy of 'Everyball'. A book for the tennis coach, parent, player and enthusiast, but also for anyone interested in learning, growing and thriving in the bigger game of life we all have no choice but to 'play'.

ISBN: 9781784520861

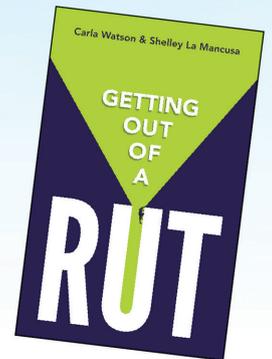
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Getting Out of a Rut

Carla Watson & Shelley La Mancusa

Carla and Shelley met when they won a competition to get healthy. This book is a personal insight into their lives and the struggles that led to them to hit rock bottom and having to make the necessary changes to their lifestyles. Juggling life, work and motherhood it highlights challenges that face us all and demonstrates that, no matter what life is throwing at you, there is always a way out.

ISBN: 9781784521004



Format: **Paperback B&W** Page Count: **136 pp**
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Farewell Jet Lag

Christopher Babayode

Christopher Babayode is the 'Go To' person for healthy jet lag solutions for intensive frequent flyers where change is a threatening constant. This book shows the jet-lagged flyer how to master all the variables of flying well. It introduces the reader to tools they can make use of right now as well as tools they can incorporate into their lifestyle. It outlines the six easy steps any flyer can use to beat jet lag.

ISBN: 9781784520786

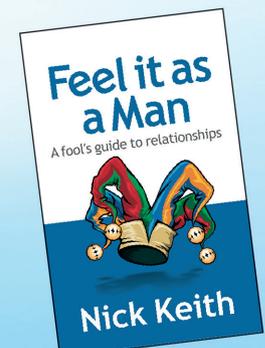
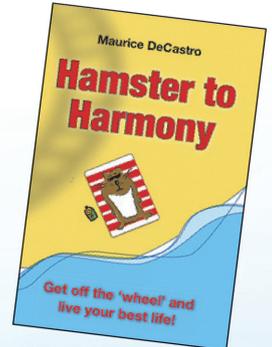
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Hamster to Harmony

Maurice de Castro

This book is for those who are tired of tiptoeing their way through life. It's for those looking to step off the 'hamster wheel', to reinvent themselves, to rediscover life's possibilities and lead the life of their dreams, a life of harmony.

ISBN: 9781905823482



Feel it as a Man

Nick Keith

Find your feelings to sort out your relationships. Are you a man who struggles to discover and express his feelings? Do you find it hard to communicate openly and listen actively? Are your relationships fraught with failures and misunderstandings? This book is for you if you are such a man. Here you will find answers to your questions and potential solutions to some lifelong emotional problems.

ISBN: 9781784521479

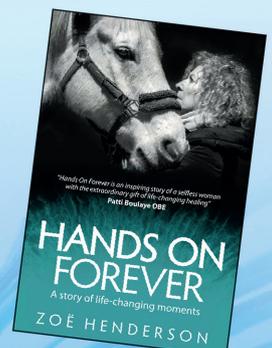
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Hands on Forever

Zoë Henderson

EVERYONE HAS THE GIFT OF HEALING. THEY JUST NEED TO UNCOVER IT. Throughout this book the reader will find: miraculous and amusing accounts of nurturing animals; how healing is intertwined with everyday life; the constant help from the angels that surround us; and the importance of honouring your very own gifts.

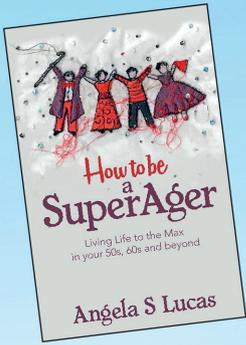
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Books that change lives

Personal Development



How to Be a SuperAger

Angela Lucas

On her 82nd birthday, Angela started a long hike in Spain's Galician mountains. This was one way she faced the adventures and challenges of the third or late age. Far from settling into comfy slippers, whatever problems life presents, if a new challenge is accepted, a purposeful new life adventure begins. A guide for those in their 50s and beyond.

ISBN: 9781784521363

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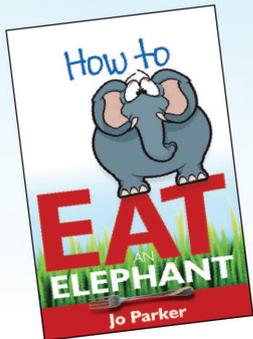
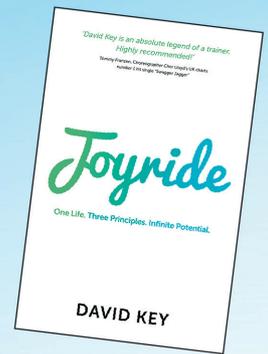
Joyride

David Key

Ancient wisdom meets the modern world. *Joyride* reveals the illusory nature of pressure, worry and stress of all kinds. The revelation that these are not brought upon us by circumstances 'outside of us' but created from the inside out, is the start of a transformational journey of self-discovery that will allow you to 'show up better', be more productive, more resilient and stress free.

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How to Eat an Elephant

Jo Parker

This book will tell you the secrets of professional project managers who manage huge projects of amazing complexity, along with tricks of the best managers.

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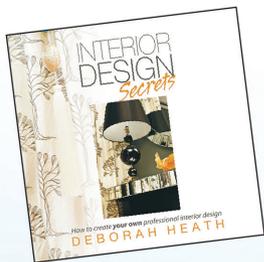
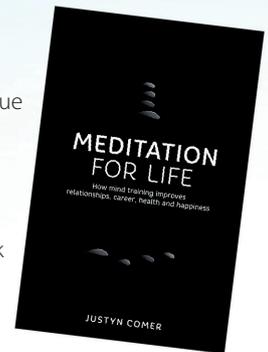
Meditation For Life

Justyn Comer

Meditation is so much more than just a technique for stress reduction or relaxation. It is a mental training that will transform your relationships, your career, your health, your athletic ability and so much more. It can help you relax, but it can also help you get focused, energized, motivated, and successful. This book shows you how to do it, and how to get the full range of benefits meditation has to offer.

ISBN: 9781784521233

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Interior Design Secrets

Deborah Heath

How to create your own professional interior design. This book will inspire and guide you through any size of interior design task with useful references where further information is required.

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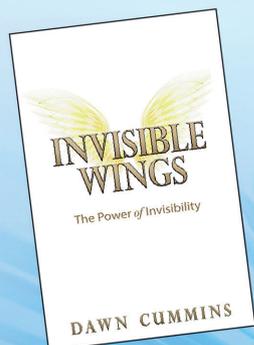
Message of Love

Dawn Cummins

This book has a powerful but simple message, explaining how you can learn to get in touch with and feel the love and embrace worthiness which is deep within your soul. You will feel inspired, gain clarity and strength, knowing you are ready to connect to who you truly are.

ISBN: 9781909623651

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Invisible Wings

Dawn Cummins

Do you know you are the Powerful Creator of your Life? Are you experiencing deep transformations? This book supports and encourages all Earth Angels, spiritual beings, healers, empaths, highly sensitive people (HSPs) to discover their own transformation, understanding it is paramount when in service to the Universe, to honour their well-being and energy.

ISBN: 9781784521226

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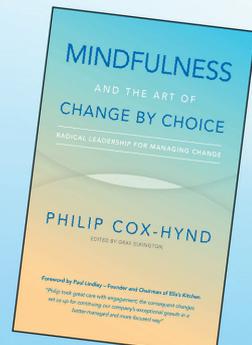
MINDFULNESS and the Art of CHANGE by CHOICE

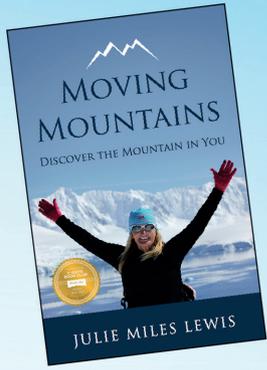
Philip Cox-Hynd

Philip uses a mix of analogies, real life stories and change management case histories to examine our psychological response to change and choice, the practical application of Mindfulness and the radical leadership required to deliver sustained change in our lives, be it within our families or workplace.

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Moving Mountains

Julie Miles Lewis

Are you ready to move mountains, discover the mountain in you...or maybe even climb one? This part adventure, part personal development workbook will guide and inspire you to find the strength, courage, wisdom, compassion and energy of the mountain in you to move mountains.

ISBN: 9781784520892

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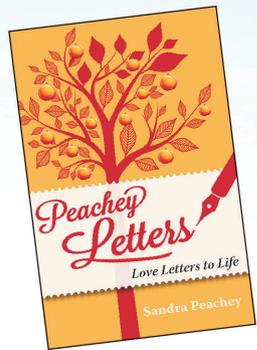
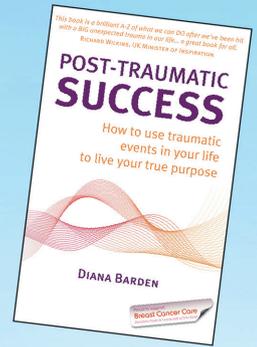
Post Traumatic Success

Diana Barden

This book shows you how it is possible to turn trauma into success, how you can take the lessons from a traumatic event in your life and create something positive that becomes your legacy.

ISBN: 9781909623439

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Peachey Letters

Sandra Peachey

What's it all about... this crazy thing called life and how can we make the most of it? One woman answers these big questions, as she takes a voyage through the past, the present, the players, and the ponderings of her life – sending love letters back to them all along the way.

ISBN: 9781908746719

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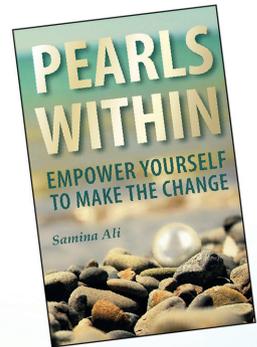
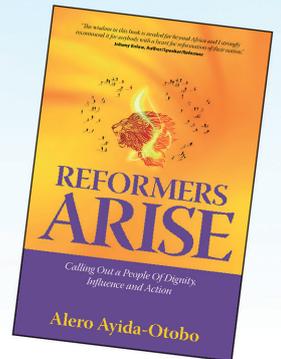
Reformers Arise

Alero Ayida-Otobo

This book is a cry from the heart to see the emergence of a new kind of people - The Reformers. They are 'young' (in age and at heart), full of creative energy and passion. They are tired of the status quo, tired of the state of their nations. They want to see change and are willing to pay the price to be the instigator of that change.

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Pearls Within

Samina Ali

Have you ever wondered why you keep falling into the same patterns in life, or even why your life has shaped out the way it has? This thought provoking book unlocks how the backdrop came about on your stage and how the different characters influenced this. It takes you through a journey providing you with a self-discovery in a new dimension.

ISBN: 9781909623675

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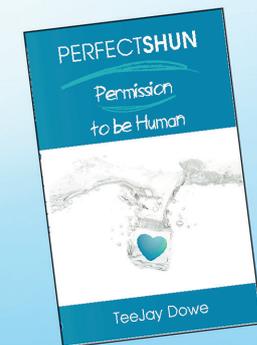
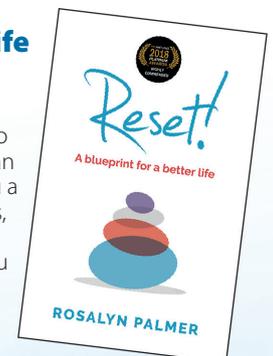
Reset! A Blueprint for a Better Life

Rosalyn Palmer

Rosalyn Palmer teaches you how to overcome negative patterns and reprogramme yourself to operate at a higher level and with more joy than you thought possible. A framework to give you a balanced life and simple, yet effective exercises, reinforce the powerful messages of the book. Prepare for a complete system overdrive, as you follow dynamic techniques to reset your life spiritually, emotionally and physically.

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PERFECTSHUN

TeeJay Dowe

It's time to stop beating yourself up, putting yourself down and making yourself feel bad trying to be perfect. Instead – become the BEST that you can be by being kind to yourself and giving yourself Permission to be Human!

ISBN: 9781907722226

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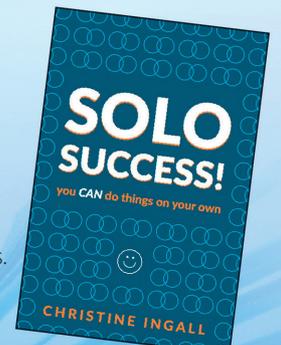
Solo Success!

Christine Ingall

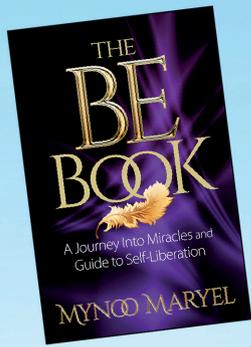
Millions of people who live alone avoid everyday leisure pursuits for fear of being seen to be on their own. This step-by-step guide helps such people to conquer their fear and build the confidence to pursue the things that they enjoy doing, regardless of their solo status.

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Personal Development



The BE Book

Mynoo Maryel

In 2010, Mynoo went through a series of spiritual awakenings through which she reconnected with the true mission of her soul. She began to enter periods of silence, during which profound wisdom was revealed to her. She then actively applied the received wisdom to her own life, became her own 'guru' and transformed, almost beyond recognition.

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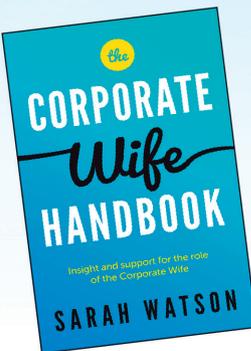
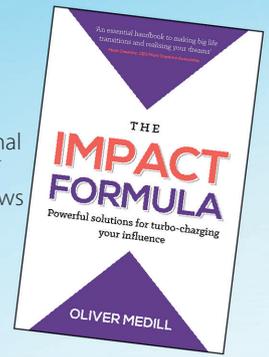
The Impact Formula

Oliver Medill

Powerful solutions for turbo-charging your influence. We all have a unique skill set, a personal toolbox of knowledge and insight, but not all of us know how to leverage those skills. Oliver shows you how to revolutionise your career in a series of simple steps. This book will consolidate your brand identity, transform your confidence and maximise your impact at all levels.

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The Corporate Wife Handbook

Sarah Watson

Need to understand the role of a Corporate Wife? This book reveals what is required in the corporate networking environment and how to gain the most from those opportunities. From first impressions to breaking through the comfort zone, this is an essential handbook for the Corporate Wife.

ISBN: 9781784521059

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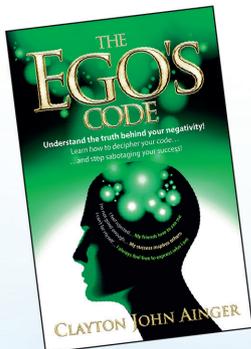
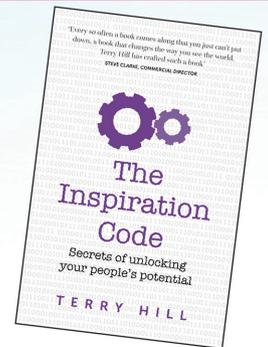
The Inspiration Code

Terry Hill

This book is an inside-out programme for uncovering, igniting and harnessing the inner passions of each and every member of a team. Follow it and make the workplace a more inspirational, productive and healthier place to be. Both the reader and their team will win. Get the complete toolkit for success.

ISBN: 9781784520823

Format: **Paperback B&W** Page Count: **168 pp**
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The Ego's Code

Clayton John Ainger

This book explores the spiritual reasons for negativity, its purpose and where it comes from. It explains the effect on the physical body, the mind, how it interacts with spirit and impacts on your life and offers new insights and understanding to change old beliefs and perceptions about negativity so you can live your dream life.

ISBN: 9781909623958

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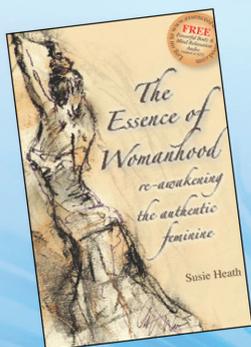
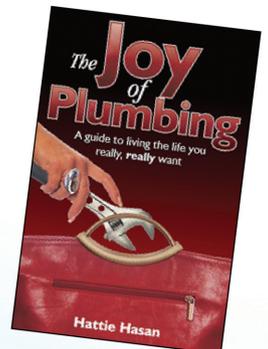
The Joy of Plumbing

Hattie Hasan

A book for a woman wanting to take control of her life. It takes you on a journey that lets you explore and revisit those possibilities, and guide you practically into making those dreams a reality.

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The Essence of Womanhood

Susie Heath

Women - have you forgotten who you are? Ever wish you had an instruction manual for yourself? Feel there is part of you missing? Spent years battling your way up the ladder in the corporate market or being chauffeur, decorator and general skivvy bringing up your children? This is the book you've been waiting for.

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The Love-Response Helper

Wayne Lindsey

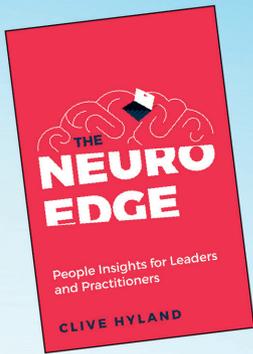
A lot of people struggle with deeply ingrained beliefs that they are somehow not good enough or not deserving of love or happiness. The Love-Response Helper shows and explains a framework for initiating and maintaining good parenting, making significant changes to a person's life by giving a precise and complete guide. Readers of this book will no doubt realize that we are all children of the universe who deserve the happiness we crave.

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Personal Development



The Neuro Edge

Clive Hyland

People insights for leaders and practitioners. This book brings the complex world of neuroscience into everyday relevance and value for those who are engaged in leading, developing and supporting people in organisations. It has the potential to take us all to a whole new level of understanding and performance.

ISBN: 9781784521042

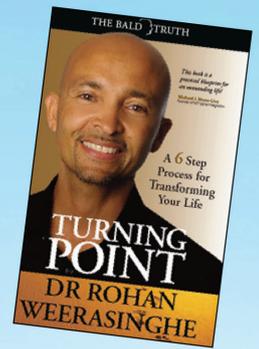
Format: **Paperback B&W** Page Count: **232 pp**
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Turning Point

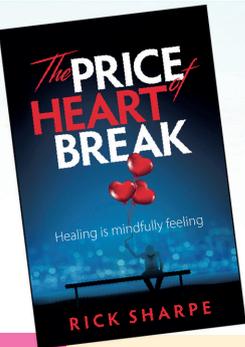
Dr Rohan Weerasinghe

Shows you how to create and direct your own turning points whenever you choose to. This book guides you through a 6 Step Change Process that can be applied to any area of your life, from health to relationships and from money to career.

ISBN: 9781907722202



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The Price of Heartbreak

Rick Sharpe

Failing emotionally started a journey filled with the very real pain of heartbreak and the smothering cloud of depression. Rick discovered what vulnerability really was and how his generation ran from it. Search your own heart and find those scars. They never really heal but they become a better part of us. For those who need to know there is another day worth living, you're welcome to share this journey.

ISBN: 9781784521141

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ISBN: 9781784521158

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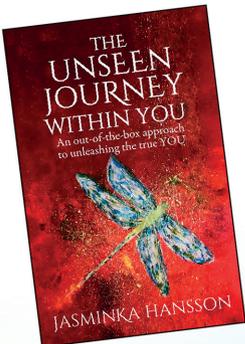
Leila Witkin & Barbara Eubanks

Discover your authentic inner voice and go from tongue-tied to terrific! If you suffer stage fright and fear public speaking, you have come to the right place for help – this practical guide will help you to overcome both.

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The Unseen Journey Within You

Jasminka Hansson

This book will give you guidance, structure and confirmation about certain feelings that you didn't know how to express. It offers answers to your unspoken questions, gives a better understanding for your being here and now and provides great tools for moving forward. The more you are consciously in touch with yourself, the more life will offer. This is an opportunity for your unique personal transformation.

ISBN: 9781784521332

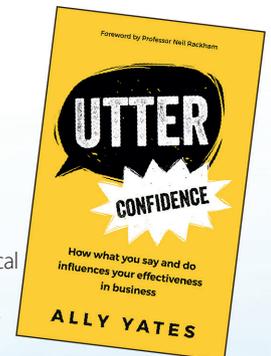
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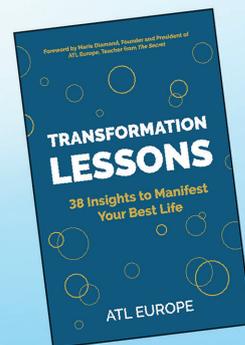
Ally Yates

Do you ever feel frustrated, anxious or ineffective when communicating with others at work? Miscommunications lead to wasted time and productivity losses. Using Behaviour Analysis, Ally draws on extensive academic research and over 30 years of corporate experience. The concepts are clearly explained and supported with clever, practical tips for modifying your behaviour to increase your effectiveness and achieve more positive outcomes.

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Get Inspired to Transform Your Life By Top European Transformational Leaders. 38 transformational leaders share stories of their own personal transformational experiences with you. We offer these stories, lessons, insights, tools, and techniques to you to support you in your own life, and maybe even in your own personal transformation too.

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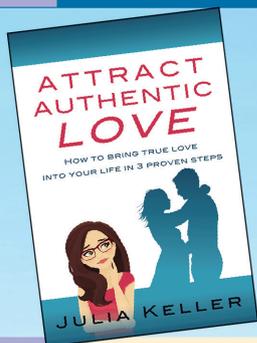
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Books that change lives

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Julia Keller

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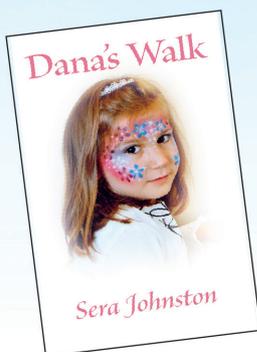
Goodbye Mr Ex

Marina Pearson

A Woman's Guide To Moving On. Transform your ex-relationship struggle into freedom. Ever wondered what keeps most women struggling in the pain and anger of their ex-relationships and why they keep having their buttons pushed? This book identifies what these factors are and gives you a pro-active approach to free you from your past.

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Sera Johnston

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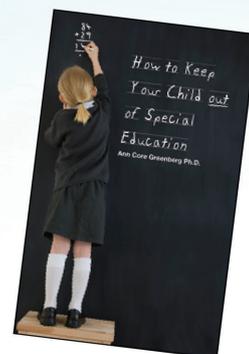
How to Keep Your Child Out of Special Education

Ann Core Greenberg PhD

Is your child struggling academically? Do you want to help him or her succeed in regular, not special, education? Are you confused about where to start and what to do? This title offers practical guidance to address your child's academic difficulty.

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Feelings can be Friends

Gail Maisel

For children, feelings may be hard to identify, and can sometimes seem confusing or be misunderstood. The ability to recognize and understand our own feelings, as well as the feelings of others, is necessary for social development. Through simple language and appealing illustrations this book helps children envision feelings as friends that they can search for and get to know.

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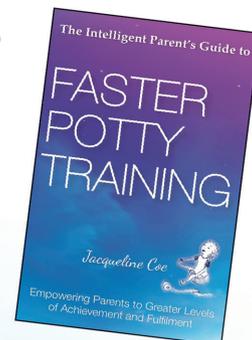
The Intelligent Parent's Guide to Faster Potty Training

Jacqueline Coe

The insights written in this book will reach every parent and child across the world so they too are able to attain a fast and smooth transition through the potty training process.

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10 Secrets to Sporting Success

Katie Page & Helen Clarke

A step-by-step guide to applying professional mind training secrets to you and your performance. Each secret is introduced by a professional who explains how important that aspect of mind training is to them. If you want to learn from the best and reach your true potential this is the book for you.

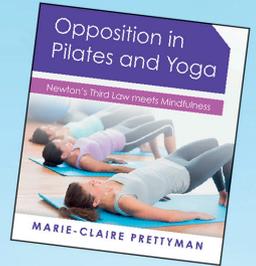
ISBN: 9781909623798

Opposition in Pilates and Yoga

Marie-Claire Prettyman

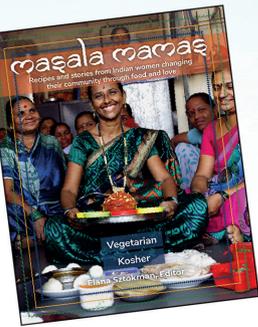
By understanding how Newton's Third Law and Mindfulness work together in movement, anyone can feel the benefit of Pilates and Yoga. Developed from 15 years of working with people in both disciplines and appreciating that we are not all the same, the concept of opposition is the simplest way to help you feel your body in the way that you are supposed to and get maximum benefits in the shortest time.

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Masala Mamas

Dr Elana Sztokman

Recipes and stories from Indian women changing their communities through food and love. This full colour vegetarian and kosher cookbook introduces the Masala Mamas, 16 women who live in the Kalwa slum in Mumbai, India. Every morning, the women cook hundreds of hot nutritious meals and deliver the food to the Love to Learn school run by Gabriel Project Mumbai, where kids know that if they show up to learn, they will eat. It's a win-win.

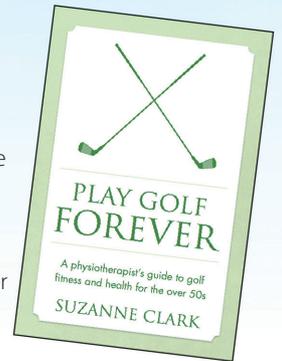
ISBN: 9781784529000

Play Golf Forever

Suzanne Clark

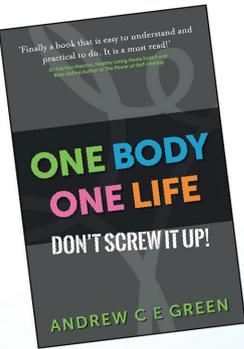
Play Golf Forever is a practical guide to slowing down the gradual decline in your body as you get older. Suzanne Clark has 30 years' experience as a physiotherapist and keen, all-round sports player. She explains in layman's terms how your body works when you play golf and what you can do to make it healthier and fitter to enable you to play for longer. This book is for all the over 50s who want to keep playing golf.

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One Body, One Life Don't Screw It Up!

Andrew C E Green

Are you constantly stressed and busy, prioritising others over yourself and realising that your health is not what it was? Do you keep procrastinating over making healthy choices you know will benefit you and your loved ones? The Solution: Assess where you are now, and then follow a series of simple sustainable changes that you can easily stick to, get the balance right, and reclaim your health.

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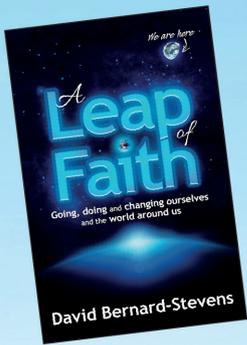
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Life Stories



A Leap of Faith

David Bernard-Stevens

Learn HOW to think differently in order to change yourselves and the world around you. This is a book of letters written by a father to his sons, and to each of us, so we can find within our lives the power to create meaning, purpose and joy. Within these letters lie secrets for understanding the universe we live in and how, no matter where or what our circumstances, we can be powerful beings capable of making our dreams change from being illusion into becoming real.

ISBN: 9781909623972

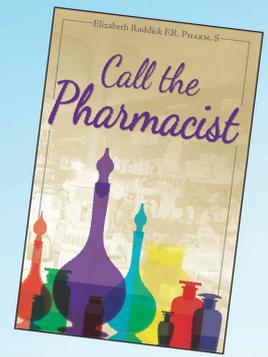
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Call the Pharmacist

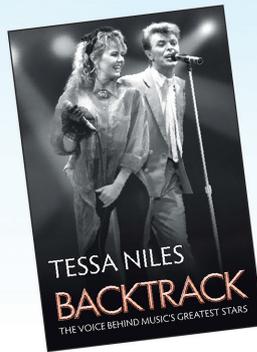
Elizabeth Roddick

Set in Glasgow, Elizabeth Roddick, an NHS award-winning pharmacist, gives a very personal account of her life in and out of her community pharmacy.

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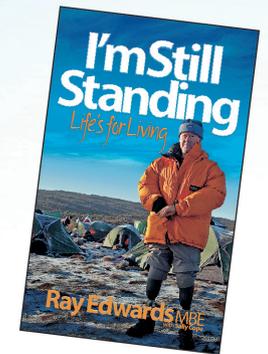
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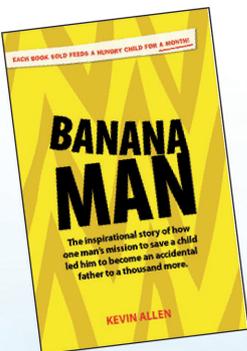
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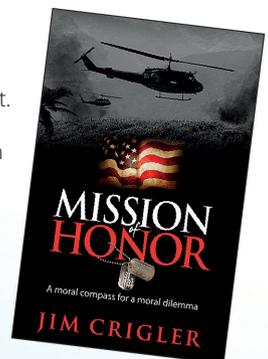
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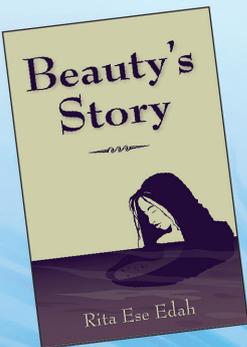
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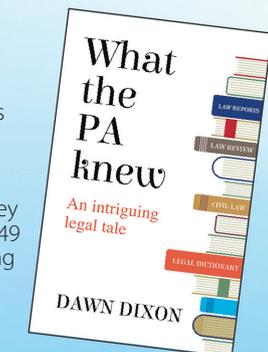
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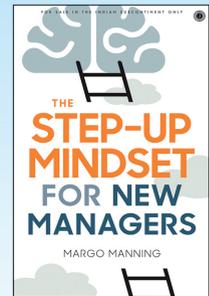
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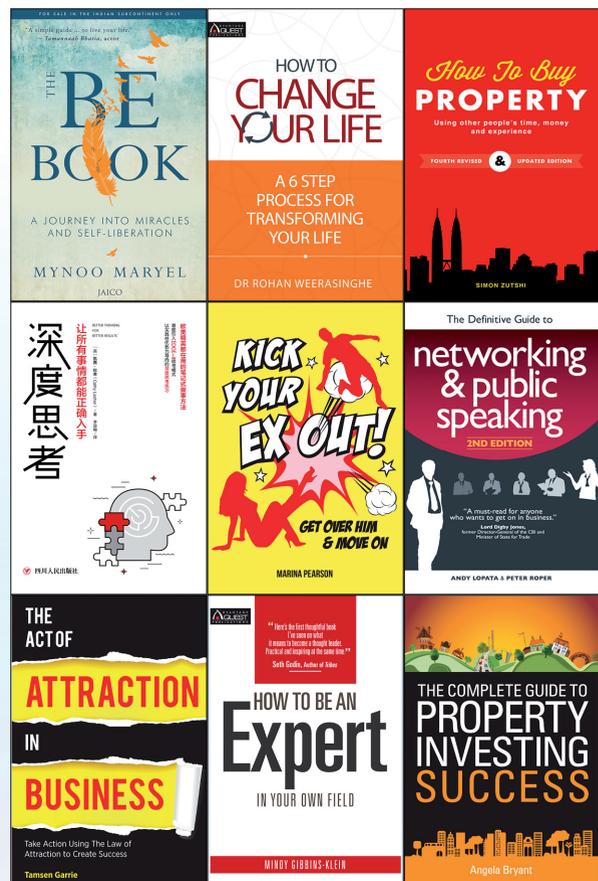
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Mindy Gibbins-Klein
mindy@panomapress.com

FOR ENQUIRIES ABOUT PUBLISHED TITLES

Emma Herbert
publishing@panomapress.com

FOR TRADE SALES ENQUIRIES

David Wightman
Global Book Sales Limited
david@globalbooksales.co.uk

FOR DISTRIBUTION ENQUIRIES

Macmillan Distribution Limited
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