

Spiritual Wellbeing

The Keepsake Family Bible

The Keepsake Family Bible is a unique and special Bible that will be cherished by all members of the family for generations. From scholars to new believers, everyone can now discover and learn more and more about God and His people throughout the ages.



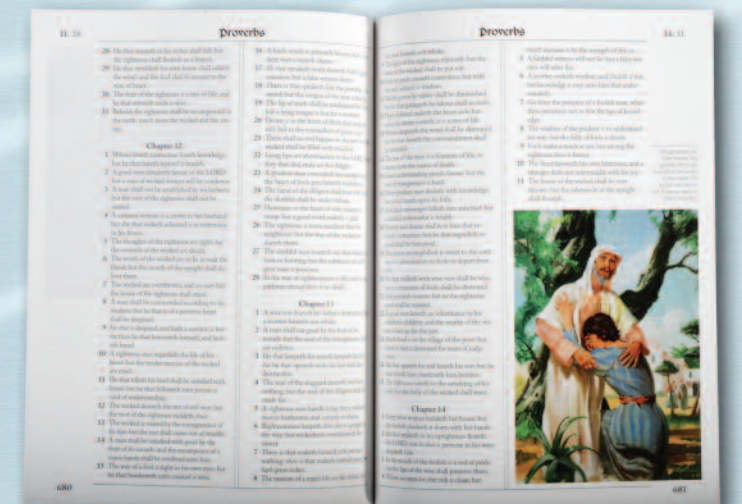
Series: Spiritual Wellbeing
Leather bound
King James Version

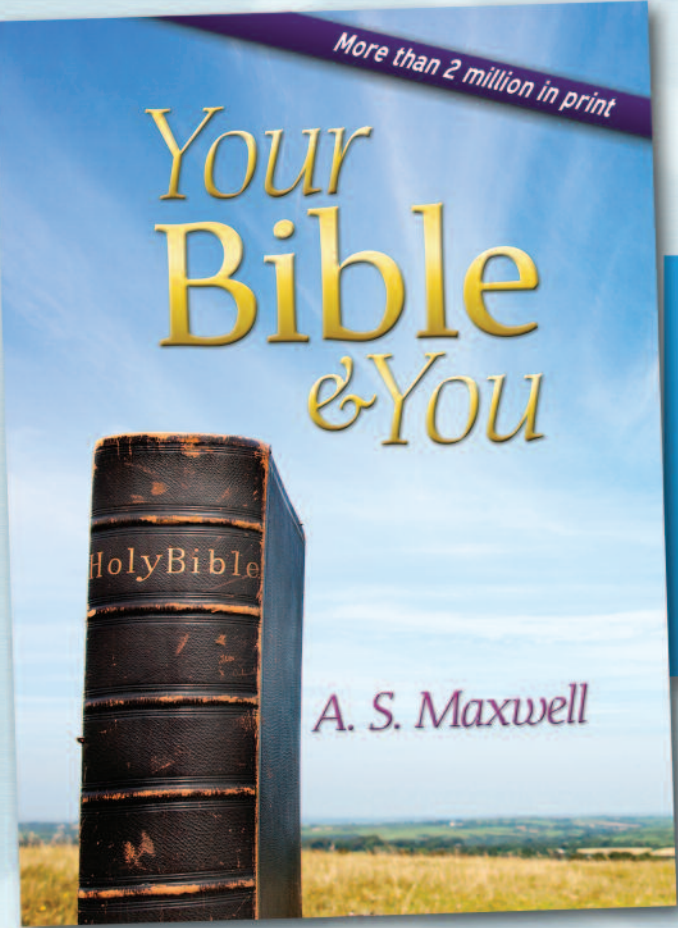
The Keepsake Family Bible includes:

- Dedication page
- Pages to record family events: weddings, births, baptisms, genealogy trees . . .
- 300 works of art
- 1,200 internal references
- Outline and historical introduction of each book of the Bible
- Bible Study Helps by Mark Finley
- Daniel & Revelation questions & answers
- Chronology of the Old Testament
- Harmony of the Gospels
- Annual Bible reading plan
- Miracles of Jesus
- Parables of Jesus
- 32 full-colour maps
- A full prophecy pull-out chart.



The Keepsake Family Bible is a study Bible for every member of the family. Do not miss this opportunity to study the wonderful words of the Lord and the message of hope for His people.





Spiritual Wellbeing

certain vital subjects and how you can have peace and happiness.

Your Bible and You will help you discover what the Bible says about many topics very present in our lives and society today.

Some of them are:

- Abortion
- Abuse
- Beauty
- Business
- Clothes
- Compromise
- Commitment
- Demons
- Drinking
- Financial Advice
- Healing
- Heaven and Hell



- Violence
- Depression
- Divorce
- Eternal life
- Goal-setting
- Gossip
- Love
- Witchcraft

Your Bible and You

Have you ever read a Bible? Do you think it is boring? Incomprehensible? Not really relevant today? Do you say: Not on your life! . . . If you ever thought the Bible was dry and impersonal, this exciting book is going to change your mind.

Arthur S. Maxwell in his book *Your Bible and You* presents a unique and practical book that shows you how to read your Bible for maximum comprehension, enjoyment and spiritual growth.

Your Bible and You has not been designed to be a profound theological treatise. In *Your Bible and You*, you will learn what the Bible has to say on



Now you will not have an excuse to have your Bible lying around, unopened and unread. After reading *Your Bible and You*, you will discover what the Bible says about your life, family, health, possible problems and even your future.

Explore the Bible's fascinating stories and find new meaning for your life: even you can start feeling God's life-changing power and love.





Spiritual Wellbeing

Daniel reveals the future

One of the things people would really like to know is what the future holds for them – don't you think so?

Have you ever wondered why the Bible has successfully survived all the attacks of its enemies for thousands of years? The book of Daniel has likewise endured and survived all the attacks, and modern discoveries of the buried records in the Middle East confirm the writing of this book by the man himself.

Daniel reveals the future is a unique, special, attractive and

Series: Spiritual Wellbeing
199pp Hardback
Robert J. Wieland



modern book that presents an easy explanation, chapter by chapter, verse by verse, that will help you to better understand this book which seemed to be 'sealed' for centuries.

No prophecy of the Scripture is of any private interpretation. If God was desirous to help Daniel understand what he himself had seen, surely He will help us to understand it as well. This book was written for today's society.

Daniel reveals the future will answer some of the questions that are present in our minds today:

- How can a dream explain the mystery of what is happening in Europe, Africa and the rest of the world?
- There are wars and political struggles all around us, but can we know who will rule the world?
- Who was that 'Jesus'? Was He really sent by God?
- Why does prayer often seem unanswered?
- Is this world really coming to an end or is it just Hollywood fantasy?
- Is there anything we can do to change the situation?

Daniel reveals the future will make you aware of many of these interesting and fascinating facts that will enrich your whole life and your future with new understanding of God's love for you and give you better knowledge of His truth for you and your family today.





Spiritual Wellbeing

Revelation of things to come

One of the things people would really like to know is what the future holds for them – don't you think so? Have you ever wondered whether this world will come to an end?

Home Health Education Service presents to you a publication entitled ***Revelation of things to come***.

Millions of people are crying out for some word from God, and this volume reveals the events to come and some signals that are to take place in the last days, and what we can do to prepare for the future.

This volume, containing 240 pages that are divided in 22 chapters with full-coloured illustrative pictures on each page, explains in detail a set of prophecies spanning human history from beginning to end.

Revelation of things to come is a unique, special, attractive and modern book that presents an easy explanation, chapter by chapter, verse by verse,

that will help you to better understand this book that seemed to be 'sealed' for centuries.

Revelation of things to come by Robert J. Wieland provides answers to issues like:

- What do the events around us tell about the future?
- What is the mark God places on the foreheads of His people?
- Is there any hope for the human race?
- The door that was open in Heaven . . . are we all invited?
- The strange book no man could open . . . angels, trumpets, plagues, beasts . . . what is all that about?
- What does the Bible say about the rise of Islam?
- What about your home in the New Jerusalem?



A fourth edition, revised and updated in 2014, provides information that can be found easily with the new Scriptural, Timeline and General Indexes, such that is worth more than any material security.

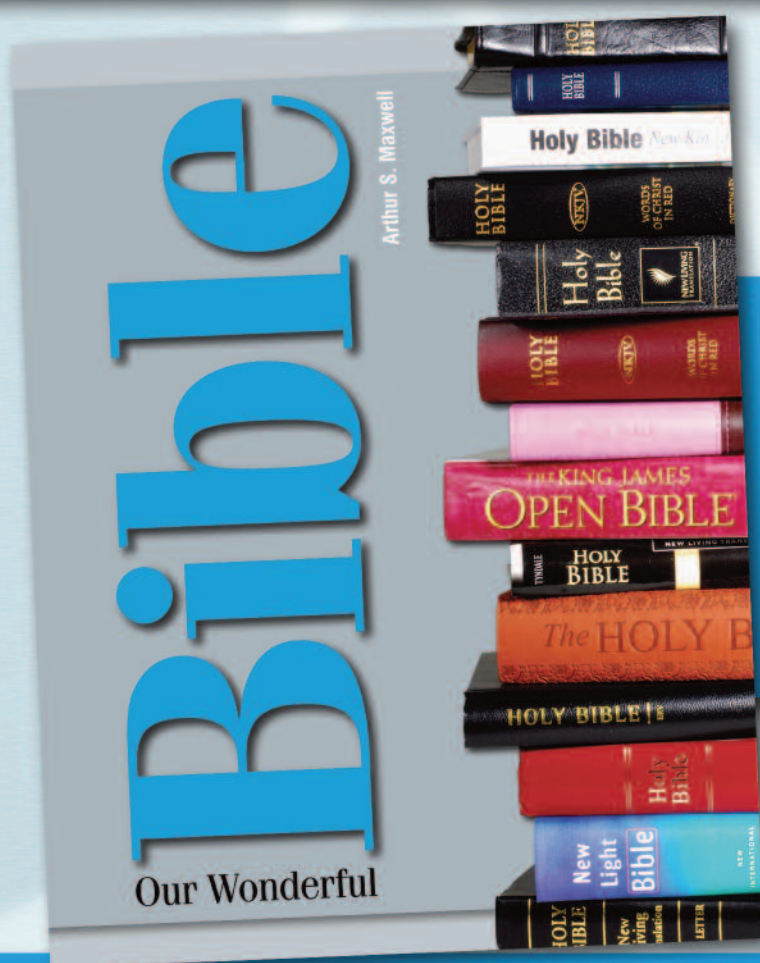
Reading this volume will be the richest and happiest experience of your life, as it reveals Jesus: the only hope of a world in chaos.

No prophecy of the Scripture is of any private interpretation. If God was desirous to help John understand what He told him, surely He will help us to understand it as well. This vital book describes itself as the 'Revelation of Jesus Christ', and He is certainly its central figure.

Written for today's society this interesting volume not only pictures Jesus as revealing what is to come, but also shows that He will come personally.

Revelation of things to come will make you aware of many of those interesting and fascinating facts that will enrich your whole life and your future with new understanding of God's love for you, and give you better knowledge of His truth for you and your family today.

Here is the wisdom you have been waiting for!



Spiritual Wellbeing

Our Wonderful Bible

What is it really about? A celebration of the remarkable nature of the Bible.

Who wrote it? Arthur S. Maxwell, and in this classic book he shows why the Bible remains relevant, meeting the needs of all generations.

Who is the book for? For those who want to celebrate their faith, and the authority of the Bible. It is designed to increase appreciation of the Bible, but those who reject the Bible might not be so open to its message.

Why is the book essential? The Bible is the sole source of authority for most Christians; understanding why and how this is so is critical.

Is it relevant? This is an updated classic first published at least 60 years ago, but the re-emphasis of the Sola Scriptura principle associated with the 500th anniversary of the Protestant Reformation makes it of current interest.

Series: Spiritual Wellbeing
120pp Magabook
Arthur S. Maxwell

This 120-page magabook features 12 'wonderful' prominent themes of the Bible. It's highly illustrated, in full colour, with topical quotes and highlights.

Chapter 1 – Establishing the Bible as an intergenerational treasure; a work of value; a societal asset above and beyond other forms of literature – it underlies much of our culture and understanding of the world.

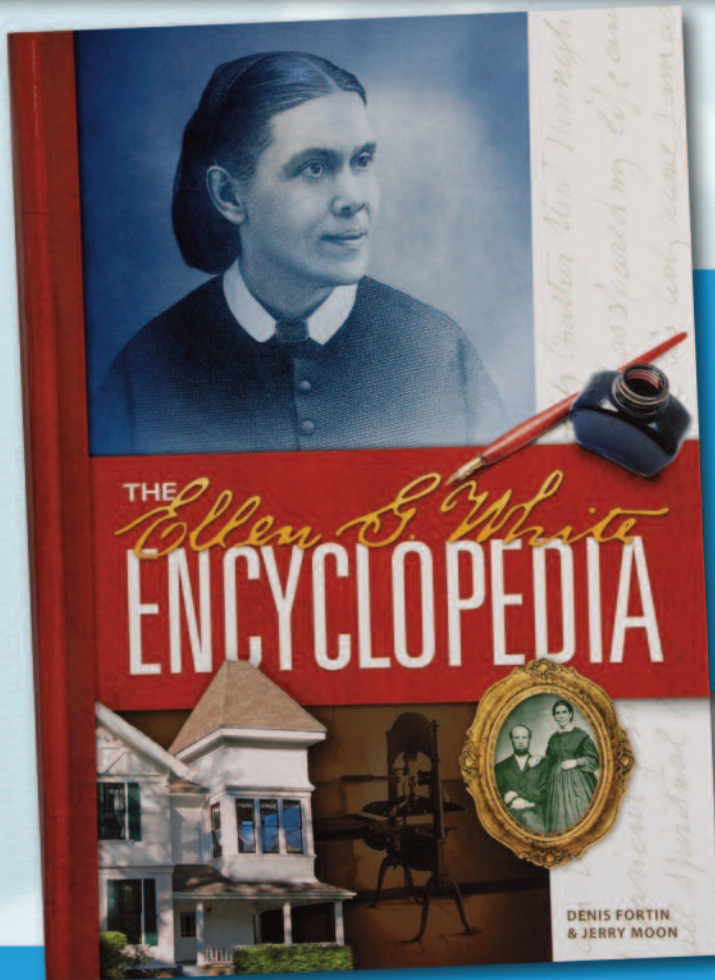
Chapter 2 – Introducing the 'who': Jesus, the central focal character in the Bible. The Old Testament points forward to Christ, and the New Testament shows fulfilment of prophecy, the life and teaching of Christ, and the promise of the Messiah.

Chapters 3-11 – The Bible's values – Love, Righteousness, Salvation, Power, Peace, Comfort, Promises, Certainty, Hope – each of these is 'wonderful'.

Chapter 12 – The wonder of Heaven, eternity, life with God/Christ. The remarkable nature of the Bible/Gospel must be appreciated.

It is our hope that all who read this book will see Jesus more clearly and catch a fresh glimpse of the love of God in giving His Son to save the world. This book summarises the highlights of the Gospel. Repeating all these 'Wonderful' concepts enhances the miraculous and mysterious nature of God and His work.





Spiritual Wellbeing

Ellen G. White Encyclopedia

Everything about Ellen G. White in one resource

This masterwork brings together hundreds of articles that describe the people and events in the life of Ellen White, as well as her stand on numerous topics.

Doctrine and theology

- use of the Apocrypha
- the holy flesh movement
- the humanity of Christ
- justification
- the king of the north
- the latter rain
- legalism
- perfection

Series: Spiritual Wellbeing
Hardback
Denis Fortin & Jerry Moon

Health and lifestyle

- dress reform
- football
- hydrotherapy
- insurance
- use of humour
- milk and cheese
- politics and voting
- 'secret vice'
- time management

Life events

- her conversion
- the General Conference session of 1888
- her great controversy vision
- her iceberg vision
- the San Francisco earthquake

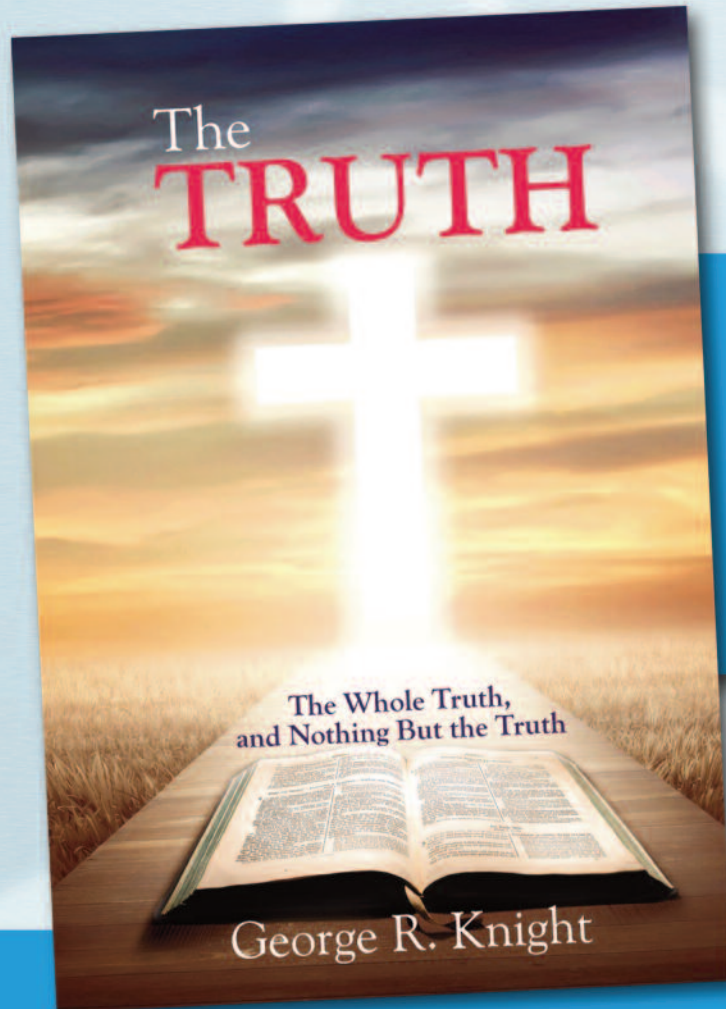
Places

- Gorham, Maine
- Graysville, Tennessee
- Loma Linda Sanitarium
- Oakwood Industrial School
- Pitcairn

People

- Elizabeth Harmon Bangs – the twin sister that Ellen worked to bring into the faith
- Fannie Bolton – the literary assistant who was fired a surprising number of times
- John Byington – the militant abolitionist and first General Conference president
- Sylvester Graham – the temperance advocate whose cracker lives on today
- Moses Hull – the evangelist who lost a debate with a spiritualist in more ways than one

Everything from the hymns Ellen White loved to the homes she lived in are covered in heavily referenced articles. You'll find a detailed chronology of her life and extensive articles on her ministry, her theology, and her statements in the light of advancing scientific knowledge. Whether you're preparing a sermon, teaching a class, or finding answers to personal questions, this single resource has the answers you need.



Spiritual Wellbeing

The Truth . . . The Whole Truth, and Nothing But the Truth

Is there a place where you can *truly* find the meaning of life and the path to eternity?

Is there a message that contains the truth, the whole truth, and nothing but the truth?

This book turns to the thousands of pages of the Bible, from which so many people have found answers to their most profound questions.

Series: Spiritual Wellbeing
Hardback
George R. Knight



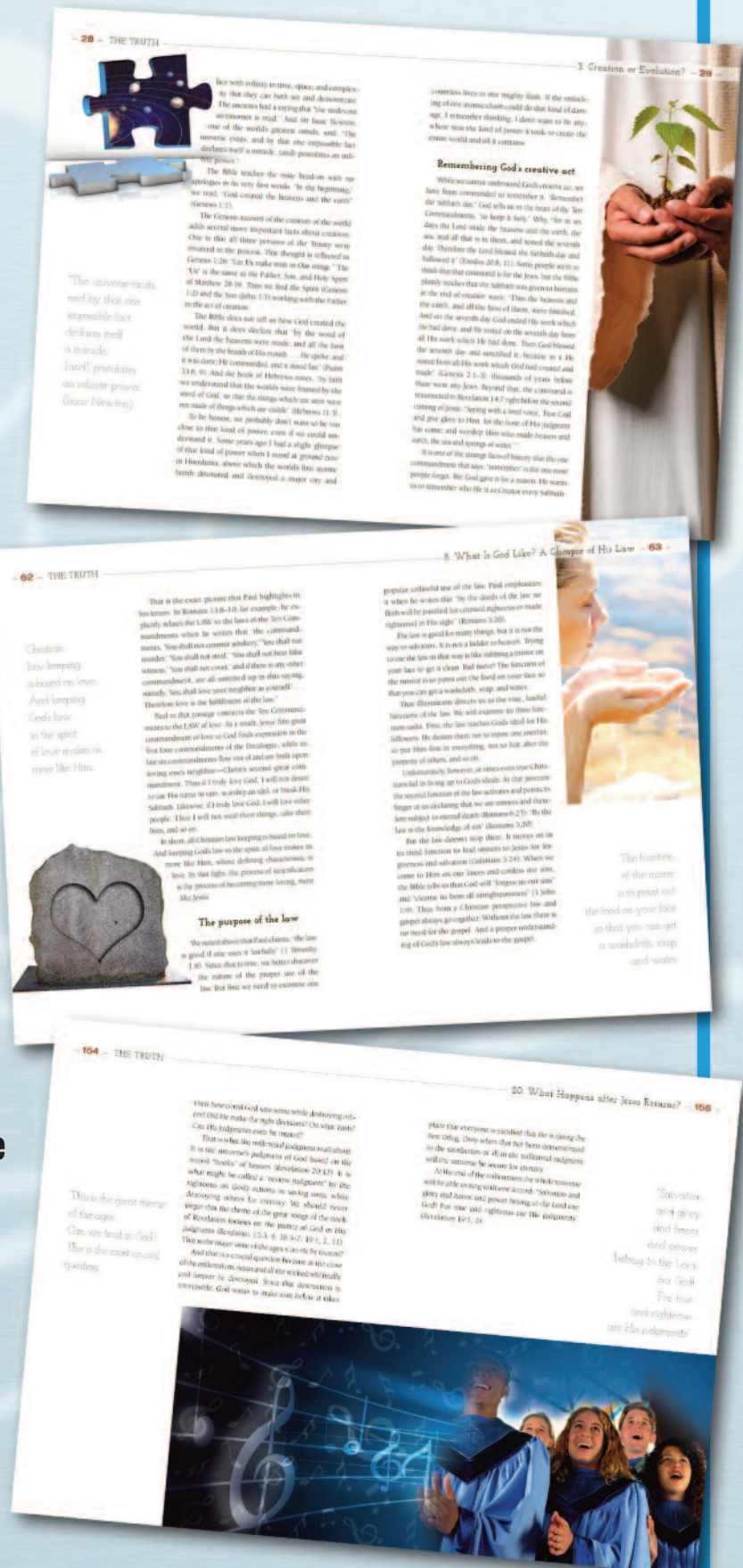
The Truth is a compilation of twenty-two articles and it is a simple, direct and profound title that can truly transform your life.

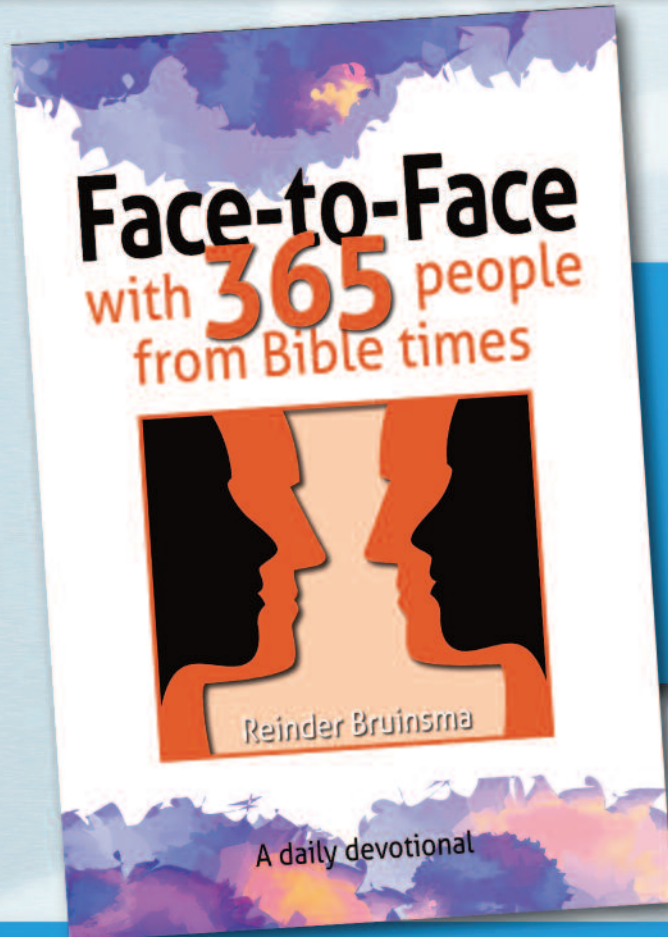
The Truth will answer some of the questions that are present in our minds today:

- Is the Bible relevant today?
 - Why should I read that book?
- How can it change my life when I have everything?

The Truth will make you aware of many interesting and fascinating facts that will enrich your whole life and your future with new understanding of God's love for you and better knowledge of His truth for you and your family today.

We wholeheartedly and truly hope that it will guide your steps to a greater understanding of the truths in life and the Scriptures.





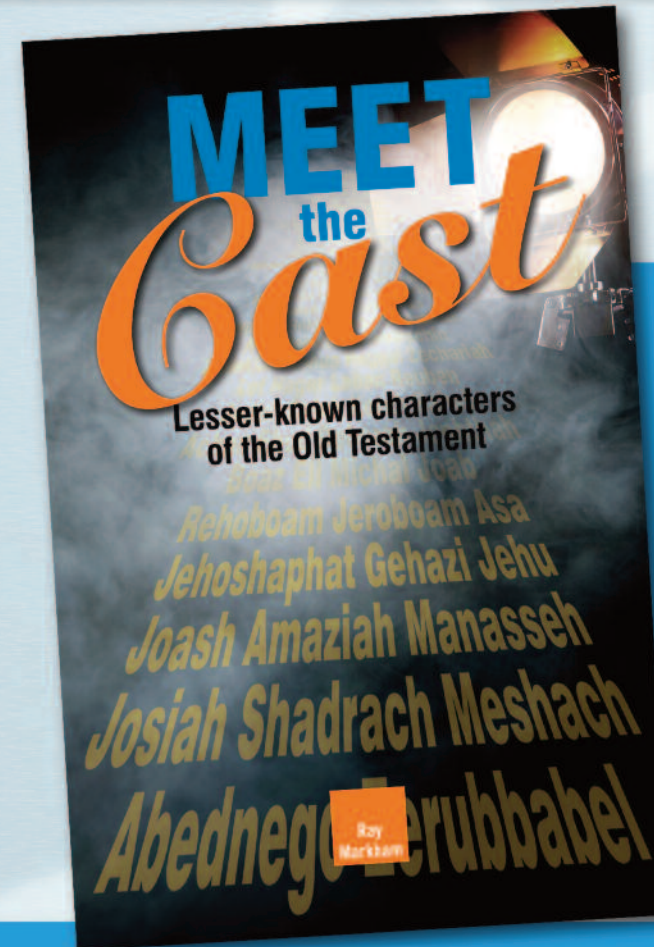
Spiritual Wellbeing

Face-to-Face

A daily devotional by Dr Reinder Bruinsma. The Bible is a book about real people, with all their quirks and flaws. What lessons can we learn from them for ourselves today?

With a short description of each character; the date and place they lived in; an explanation of the meaning of their names; a spiritual lesson drawn from each one of them for us to reflect on; and a prayer to offer to God, this devotional offers something new for each day of the year – concerning both some of the more familiar characters, and some that may surprise you!

Series: Spiritual Wellbeing
Hardback
Reinder Bruinsma



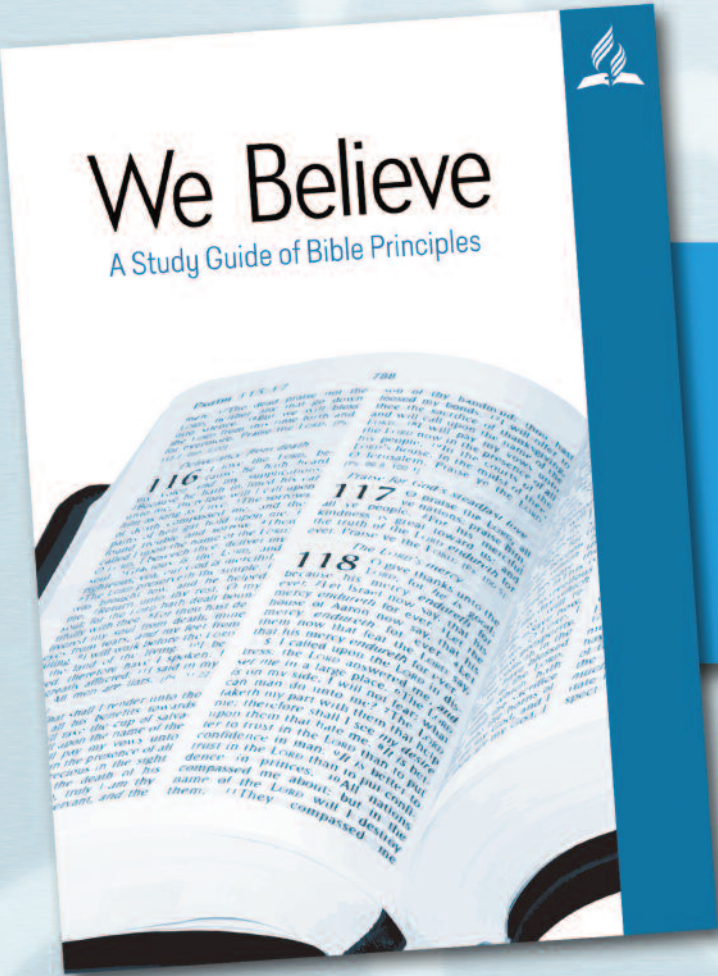
Spiritual Wellbeing

Meet the Cast: Lesser-known characters of the Old Testament

We all know the big events and major characters in the Old Testament, but here's a chance to meet the lesser-known players in the biblical drama. Ray Markham looks at those who had a role, albeit a minor one, in God's purposes.

Take a fresh look at some well-known stories from the perspective of some of the minor characters in God's workings. Explore the mind of Lot and Hagar as they accompany Abraham in the land of promise; get a glimpse of crafty Laban and greedy Gehazi; enter the royal courts with Jeroboam, Jehoshaphat and Josiah; and go through the fiery furnace and beyond with the three Hebrew boys and Zerubbabel. Young or old, you're bound to find new lessons for yourself and your church, and may God bless you as you discover new truths from your study of His word.

Series: Spiritual Wellbeing
215pp Paperback
Ray Markham



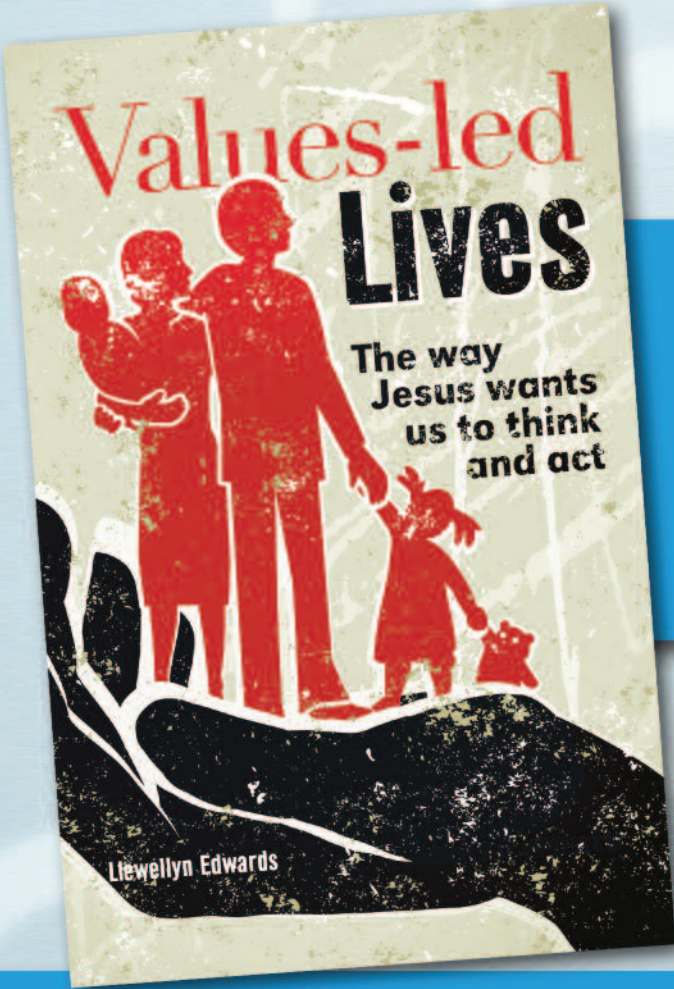
Spiritual Wellbeing

We Believe

This handy guide provides a thorough, in-depth study of Seventh-day Adventist beliefs, using questions and answers, true-or-false questionnaires, simple illustrations and stories to help every member understand the main points of our faith. Learn about each of our twenty-eight fundamental beliefs, the core essential elements of what it means to be a Seventh-day Adventist, and, like the Bereans, examine for yourselves each of the Bible texts on which our faith is founded.

Whether you're a new believer, young in the faith, eager to find out more about the church you're being baptised into, or a seasoned 'patriarch' or 'mother in Israel', you too will benefit from learning more about our beliefs – not just for your own study, but so you can share them with others.

Series: Spiritual Wellbeing
Paperback



Spiritual Wellbeing

Values-led Lives

What values do you live by? What principles drive your thoughts, words and actions? Pastor Llewellyn Edwards, an experienced minister, missionary and church administrator, describes how the values that inspired Jesus can transform our lives, our families and our church. If you are looking for a way to re-energise your spiritual life and make your congregation the kind of place to which people will be drawn, this is your book.

Pastor Edwards helps us take stock and refocus our lives around what's really important – Christ and His values, the way Jesus wants us to think and act. Let yourself be renewed and changed by the Holy Spirit as His fruit becomes the set of values you adopt for living out your life in the Lord.

Series: Spiritual Wellbeing
215pp Paperback
Llewellyn Edwards



Spiritual Wellbeing

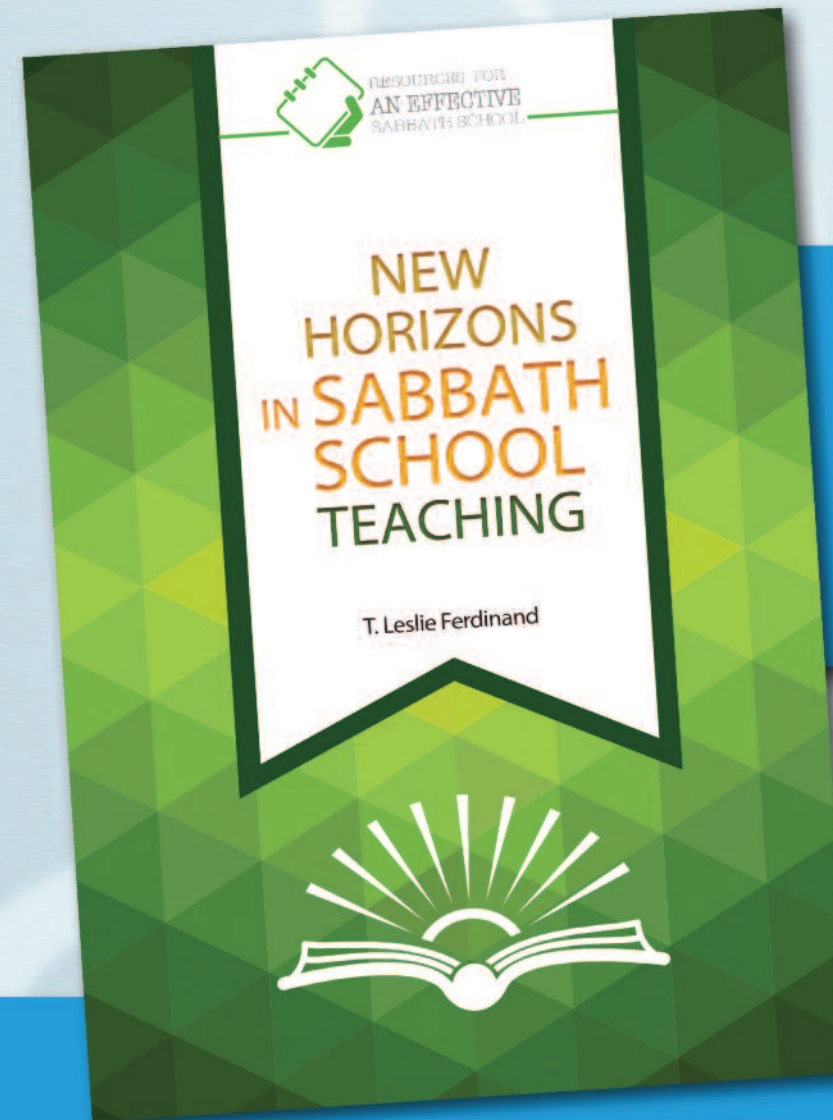
52 Sabbath School Programmes and Activities

Short of ideas for Sabbath School? This wonderful resource book by Samuel Telemaque and Kathy H. Polanco is a 'must' for you. It contains full programmes organised by themes. Perfect to bring new ideas to seasoned and new Sabbath School leaders.

It's a large book that contains not just ideas, but a fully developed programme, complete with suggested aids and props, for each Sabbath School session of the year. You'll always have material you can use to enlighten, encourage and exhort your church on a Sabbath morning with this book by your side. Allow God to use you as a blessing for His church, and see the fruits of your work for His glory.

Series: Spiritual Wellbeing
256pp Paperback
Samuel Telemaque, Kathy H. Polanco

Email: esanguesa@stanboroughpress.org.uk



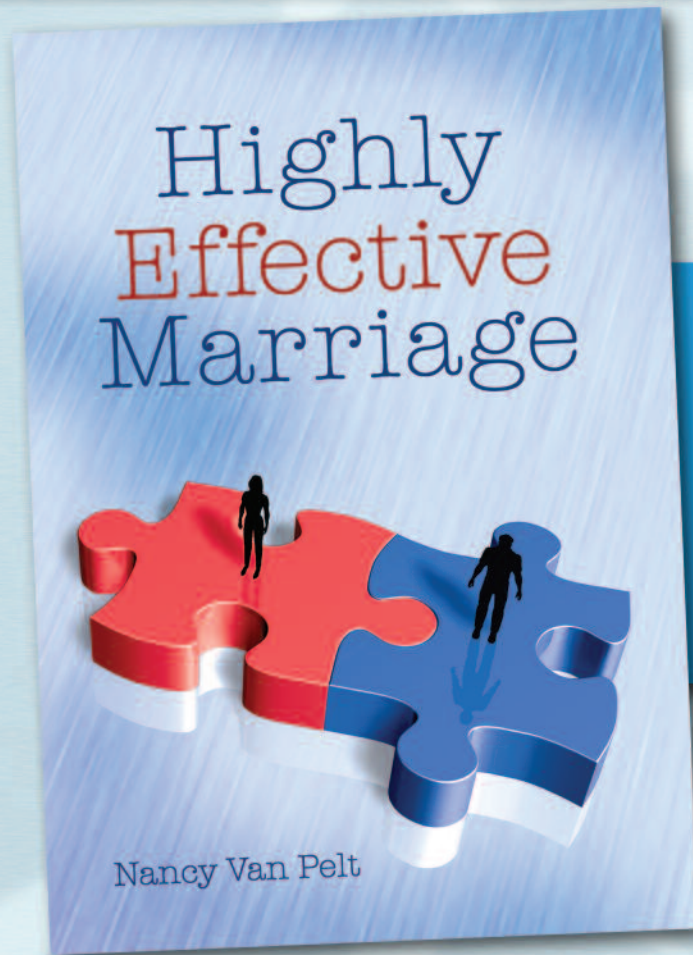
Spiritual Wellbeing

New Horizons in Sabbath School Teaching

This is the perfect book to encourage Sabbath School class teachers to bring out the best in their students, and, through Bible study, to draw them closer to our Saviour. Find out just how important and influential good teachers are, and learn the best and latest teaching methods to adapt your teaching style to the needs of your class. Are they visual, auditory or kinaesthetic learners? How can you make God's word come alive in your class and help them to apply His truths in their day-to-day lives? Make an impact now, for time and for eternity.

Series: Spiritual Wellbeing
96pp Paperback
T. Leslie Ferdinand

Email: esanguesa@stanboroughpress.org.uk



Lifestyle Books

- How to change the status quo by changing your tactics
- Six rules for fighting fair
- The magic of 'share power'
- Thirteen creative ideas for a date with your spouse
- How a few words of affection can lower your medical bills
- Nine ways to put play back into your marriage
- Twenty-one ways to love your wife
- How to decide who submits to whom
- How to replenish an overdrawn love bank
- Five ways to make your spouse feel accepted
- How to put pizzazz back in the bedroom

Find the secrets to keep your partner madly in love with you and to have a successful and **Highly Effective Marriage**.

Highly Effective Marriage

Amazingly, recent studies show that marital happiness depends on whom you marry and has everything to do with how you cope with conflict.

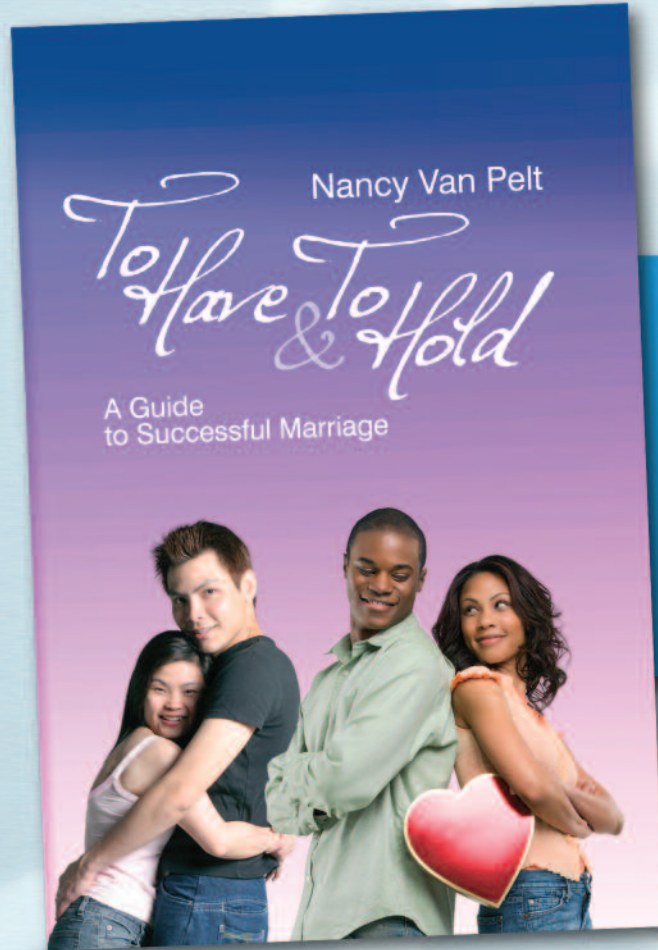
By learning and practising a few simple rules, you can join the ten percent who enjoy true marital happiness.

If you long for marital intimacy, tenderness or respect, or just need a tune-up, this book is filled with powerful secrets to keep your spouse madly in love with you.

Nancy Van Pelt, author of more than 42 books and expert family counsellor, presents in her book **Highly Effective Marriage** practical and clear advice on such matters as:

Series: Lifestyle Books
232pp Hardback
Nancy Van Pelt





Lifestyle Books

To Have & To Hold

A 'marriage manual' for wives and husbands alike.

To Have & To Hold will not only outline a woman's responsibility in holding the marriage together but will also help men find a better balance among the pursuit of goals, career fulfilment and a happy family life.

To Have & To Hold is a book that goes beyond theory and explores hundreds of concrete, practical methods on which husband and wife

can work together in achieving a happy married life.

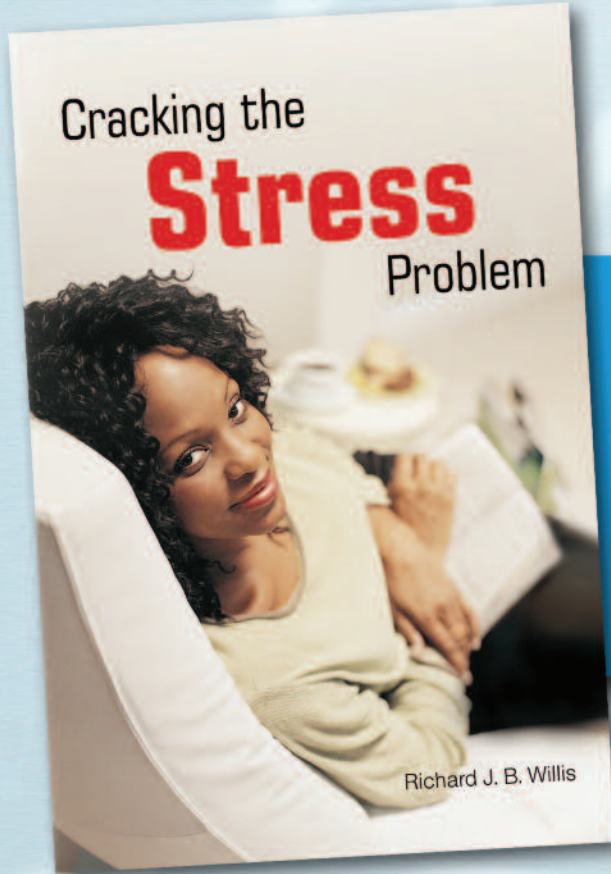
To Have & To Hold is aimed at three specific groups of people:

- Young couples preparing for marriage.
- The average couple looking to liven up their average marriage.
- Troubled couples that are looking to solve their problems and enjoy a happiness not yet realised.

'When you take the time and effort to make a marriage good, the rewards are enormous.'



The purpose of this book is to serve as a guide to marital happiness.



Lifestyle Books

Cracking the Stress Problem

We face stress at every stage of life – from infancy to old age. The intensity is different in men, women, adolescents, and so on.

Our success and quality of life depend on how we deal with stress.

When it comes to dealing with stress, although we can benefit from outside help and co-operation, our survival is down to our own understanding of our condition and our ability to initiate techniques which will help us to control our reactions to the problems of life.

Richard Willis tackles these issues by placing them in a number of contexts and giving stress management programmes.

Series: Lifestyle Books
204pp Hardback
Richard J. B. Willis

Cracking the Stress Problem covers topics such as:

- The dynamics of stress
- The problems of life
- Reality checklists
- The wider cost of stress
- Sensing the danger
- The anxiety state
- Vulnerability
- Physical and mental health: the stress effect
- Self-manufactured stress
- Change and crisis
- Lifestyle change stress indicator
- Deep breathing
- Planning for recovery
- Finding the right solution
- Coping in practice
- Where to find help
- Relaxation
- Fears and phobias
- Childhood and adolescent stress

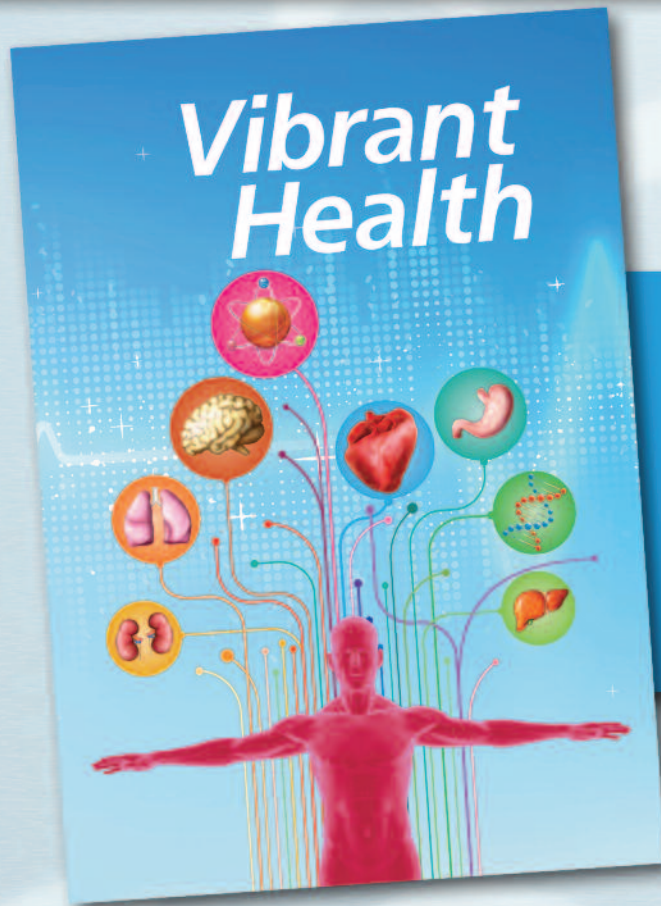


- Symptoms and effects of depression
- Work stress
- Women and stress
- Ageing and stress
- A crisis of faith
- Hope and optimism

This practical book is full of charts, exercises, self-evaluation tests and useful techniques that will surely help us understand and finally crack the stress problem.

Remember that our success and quality of life depend on how we deal with stress.





Lifestyle Books

Vibrant Health in the twenty-first century

Leading physicians, health experts and top consultants have collaborated to produce a book in which the emphasis is on vibrant health, how to attain it, how to keep it, and how to recognise danger signals and take appropriate action.

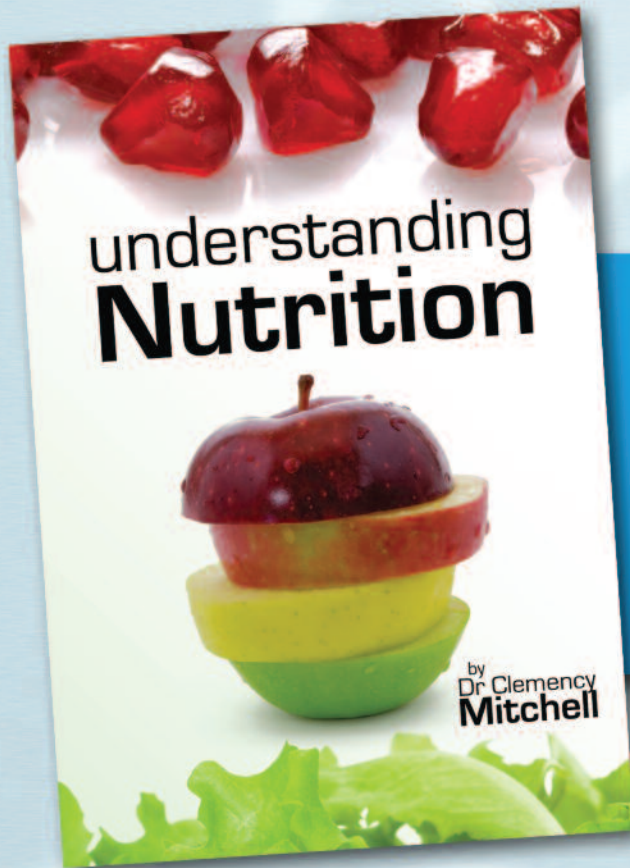
Dr Clemency Mitchell, the medical editor, has been at the forefront of the nutritional revolution. She outlines a health regimen – including diet, exercise and stress control – that will both greatly improve your quality of life and help you avoid the major killer diseases.

Vibrant Health in the twenty-first century is a large-format, 271-page volume with full colour throughout and it covers interesting issues such as:

- The lifestyle choices to maximise health
- HIV, AIDS, STDs
- How to keep your heart healthy
- How to cope with stress
- How to stop smoking
- Alcohol and you
- The use and abuse of drugs
- How to weigh what you want to
- How to keep fit
- How to eat right
- Back pain
- How to reduce the risk of cancer
- Family planning
- Pregnancy and childbirth
- Child health
- Allergies
- Dental health
- Simple home treatments
- First Aid



This book presents a comprehensive guide to health for all the family. A book directed to those who are healthy and want to remain healthy!



Lifestyle Books

Understanding Nutrition

Have you noticed that in every TV morning programme, newspaper and magazine . . . there is always a 'Health & Beauty' section? Today we are bombarded with information about health, including numerous nutritional theories that often seem to change from day to day. But which ones can we trust?

Our health is one of the best investments anyone can possibly make. It is an investment that does not demand much in the way of capital outlay and, although the full benefits are in the future, it starts to pay dividends right away.

It is a pity that so many people wait until they are old to think about investing in health, because, as with financial investment, the sooner they start the scheme, the greater the benefit. But, even after a lifetime of neglect, improving lifestyle still pays valuable dividends.

Nowadays the problems of the rich countries are no longer just in the West, but problems of nutrition occur in all societies. In half the world the main problem is to get enough to eat. For the other half the problem is to persuade people to choose the right food!



How long we live and how healthy we are both depend on what we eat, how much exercise we get, the poisons we take into our bodies, and what we cannot change: our genes.

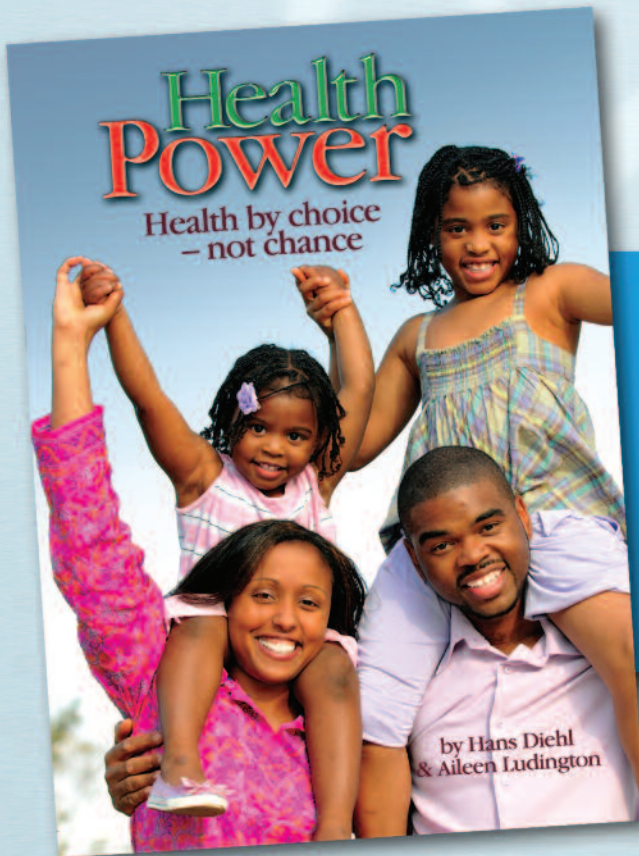
In **Understanding Nutrition**, Dr Clemency Mitchell presents to us, thanks to her 30 years' experience, what principles and truths we can listen to, starting with the Four Keys To **Understanding Nutrition**.

With a clear and practical approach, the 8 chapters of this book present:

1. How the different nutrients and elements in food (sugars, fats, proteins, vitamins, and so on) work in our body and why we need them.
2. Medical properties of certain foods like grapes or tomatoes or cabbages.
3. How nutrition can affect or prevent certain specific health issues such as diabetes, high blood pressure, heart-related diseases, skin allergies and even cancer, among others.
4. Gives answers to different myths about weight loss and other health issues.
5. How to make the right choices as to what to eat and when to do it (that is, meat or not? Margarine or butter? Organic or not? Vegetarian or vegan?)
6. Practical advice on how to make the transition to a healthier lifestyle, including 25 easy recipes.

Understanding Nutrition will teach you that a change in diet and lifestyle will be by far the best prescription for most chronic health problems you may encounter in your life and, what is more important, will help you prevent them.





Lifestyle Books



Health Power

The main objective of **Health Power** is to educate and motivate people to adopt a healthier lifestyle.

'This book may be the most practical and clear guide I have seen to achieve a better lifestyle.' (Dan Matthews, TV host of *Lifestyle Magazine*.)

Health comes by choice, not by chance.

The authors of **Health Power** have been in the forefront of preventive medicine since long before it was fashionable. They confront health questions and anxieties with compelling evidence and grace. No one can read even a few of these chapters and remain the same.

What information and principles should we follow to achieve powerful good health? We must understand and strive to balance all parts of our life: work, family, health, friends, religion.

With a clear and practical approach, the 7 sections of **Health Power** will help you realise that all these aspects are largely under your control.

- Section 1 gives us a Health Outlook for today's society:
 - Myths and miracles in the medical world
 - The Western diet: is there anything wrong with it?
 - Seven wrong roads to modern nutrition
 - Growing healthy kids
 - Ageing healthily and gracefully.
- In Section 2 we will learn how we can prevent and even reverse many of today's major killer diseases such as diabetes, high blood pressure, heart-related diseases, AIDS, alcoholism, skin allergies and even cancer, among others.
- By reading 'Understanding Food' in Section 3 and 'Weight Control' in Section 4, we can learn how to make sense out of confusing and often contradictory health information.
 - How digestion works
 - Information about different kinds of bread
 - Who needs milk?
 - Good vs. bad cholesterol
- Find out how to achieve your optimum weight in Section 4, looking at 'quick-fix' diets, snacks, breakfast, soft drinks, and a 'fail-safe formula' for eating more yet weighing less!
- Section 5 introduces all the elements to have a new start in your life using natural remedies.
- We can learn how to strengthen our social and family relationships at the same time as cultivating a more meaningful spiritual life by reading about the mind-body connection in Section 6.
- The last section contains very practical advice on how to make the transition to a healthier lifestyle, including easy-to-apply tips on how to Eat for Health and Live for Health!



Health Power will help you discover – day by day and step by step – not just a better life, but the best life!



Lifestyle Books

Home health care . . .

While medicine has made great strides forward in dealing with illness and injury, there is nothing more disconcerting than not being able to deal with accidents and health crises at home.

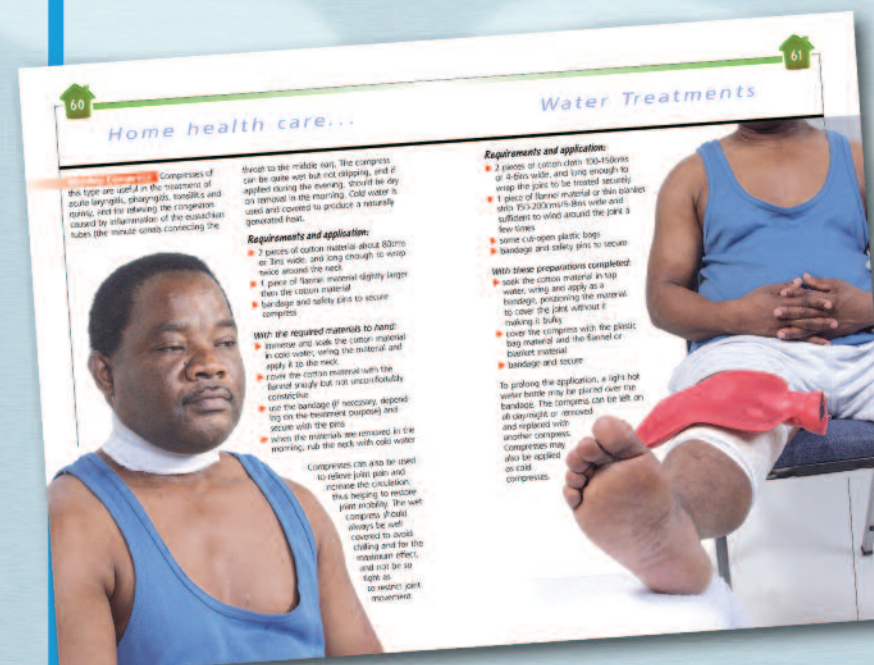
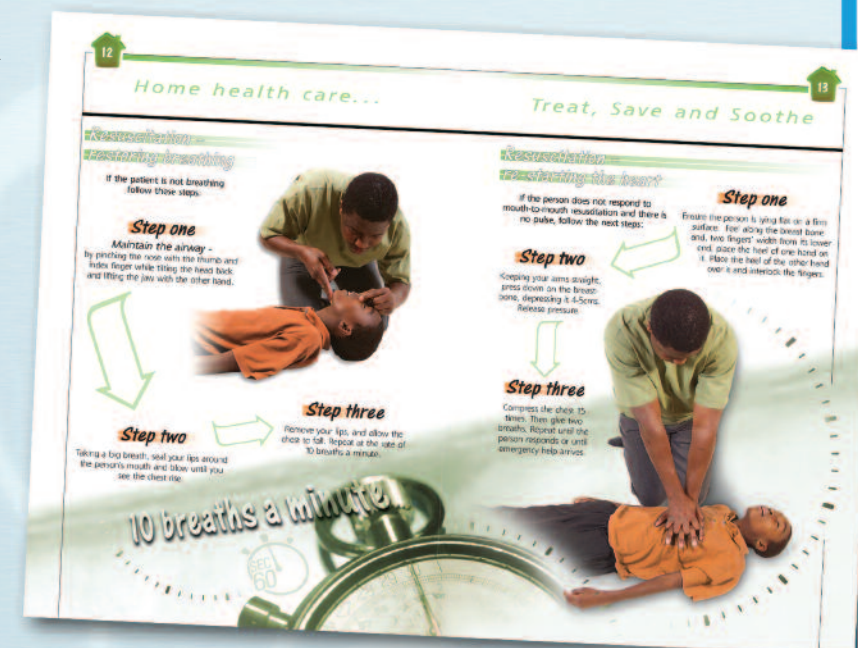
This book combines FIRST AID measures and SIMPLE HOME TREATMENTS, addressing many of the health problems likely to occur, and explains how family members can apply effective remedies.

Written by R. J. B. Willis, an internationally-published author, and J. M. Wilby, who was honoured with the award of the Order of St John for his work in Africa and Britain as a Chief Ambulance Officer, this book is an essential read for keeping your family safe and helping you deal with those emergencies in the home.

Series: Family Health
112pp Hardback
Richard J. B. Willis and John M. Wilby

This hard-cover 112-page book explains:

- How to give First Aid
- Restoring breathing
- Restarting the heart
- Dealing with an unconscious person
- Taking the pulse
- Bleeding
- Broken bones
- Burns and scalds
- Choking
- Eye injuries
- Head injuries
- Heart attack
- Poisoning
- The First Aid book
- Water treatments
- An A-Z of home remedies, including conditions and treatments.



An essential read for keeping your family safe and helping you deal with those emergencies in the home.



Health & Wellness Books

Your Health In Your Hands

The lead editor is Dr Clemency Mitchell with the support of 14 other health professionals, and in *Your Health In Your Hands* they help us to take responsibility for our own health and wellbeing by making common-sense choices.

Most people have been taught the basics of clean, healthful living, yet obesity and its consequences are everywhere. This book is an advocate for vitality: a wake-up call for those who have succumbed to convenience foods and the sedentary/'couch potato' lifestyle, with warnings on dangerous habits.

Sedentary work and lifestyles, along with processed food, time poverty and pollution, not to speak of narcotic abuse, have resulted in a society that could choose to be healthy but suffers from self-inflicted health conditions.

Series: Health & Wellness Books
158pp Magabook
The Stanborough Press

Who is this book for?

Health is about making the best choices, about which most of us need reminders, and our children need non-preachy reinforcement.

Your Health In Your Hands is a 158-page resource that illustrates the togetherness of body, mind and spirit. It outlines the habits of wholesomeness that we need to embrace.

It reminds us that diabetes is often a consequence of poor and unbalanced choices. Poor choices pull the trigger on inherited weaknesses, resulting in cancer and other threatening conditions.

The heart is the distributor of health – of food, and energy, and oxygen – and pumps out waste carbon dioxide. Its strength is vital.

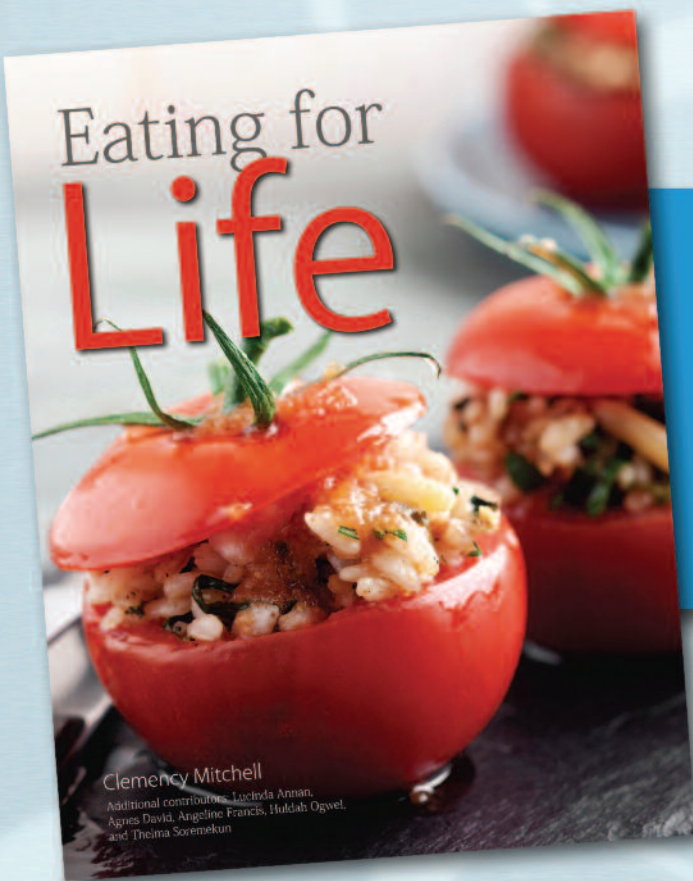
It is all 'mind over matter' – our attitude to life conditions our approach to healthy living and functioning.

It also presents outlines for diet and exercise.

Health is not just for the body; it's for the mind and soul as well.

Display a conscience on the coffee table. . . Remember that your health, and the health of your family, is increasingly a matter of choice, not chance!





Health & Wellness Books

Eating for Life

Dr Clemency Mitchell – a GP and lifelong health advisor – illustrates that nutrition can be both appealing and fun. She shares that eating should result in an energised life free of self-inflicted ailments.

In *Eating for Life* the author gives reasons for a plant-based diet. They include animal welfare, low environmental impact, economic efficiency and religious conviction – but for everyone a varied, plant-based diet results in better health and weight control.

What is *Eating for Life* really about?

It presents creative, appetising, plant-based recipes for every meal of the day.

It is a simple, 'anyone can do it', no-nonsense approach to wholesome living, and it contrasts with the faddish cures currently in circulation.

Who is this book for?

For creative, health-conscious meal providers: especially mothers or students, although all will benefit.

The introduction describes those resources needed in a simple kitchen to store and process vegetable foods, along with an understanding of the principles of healthful living.

Eating healthily needn't be boring – or expensive!

And the best part is that the ingredients used are available in every market stall. (No specialist delicatessen products are used.)

- Energy-rich, sustaining **breakfasts** bring variety to the start of each day.
- **Salad** combinations include all nutritional requirements with variations in taste and texture.
- **Main meal** recipes are protein-rich, nutrient-balanced, colourful and tasty.
- Low-sugar, fruit-based and delicious **desserts** abound.

This book is an appetising resource for those with a preference for vegan nutrition, and it brings practical vegan cooking and baking to life.

Eating for Life is a life-changer for those who want to 'eat for life' rather than just 'live to eat'! And it will give you a whole new world of flavours to explore. Enjoy!





Health & Wellness Books

Juicing for Life

Beverley Ramage shares her collection of mouth-watering fresh juice recipes, each one packed full of invigorating natural ingredients. Kick-start your healthy lifestyle!

Considering juicing? Why juice when you could eat the whole fruit with the added benefits of its fibre?

This is good advice from the Mayo Clinic and the authors: 'If you don't enjoy eating fresh fruits and vegetables, juicing may be a fun way to add them to your diet or to try fruits and vegetables you normally wouldn't eat.'

Juicing and smoothies are also a great way to get kids, disabled people and the aged to have their daily quota of nutrients.

So add some zest to your day and juice up your life with this comprehensive

new guide to juices and smoothies by South African juicing expert, Beverley Ramage!

Whether you're juicing for health, for convenience, or simply for the exciting new flavours, there's plenty here for you:

102 recipes for both juices and smoothies, as well as guidelines on what juicing machine might suit your needs; nutritional benefits of each recipe and individual ingredients; and much more besides.

- **Juicing Basics**
- **Ingredients**
- **Juices:** green juices, energy juices, juices for weight loss, juices for health, and juices for detoxing.
- **Smoothies:** breakfast smoothies, green smoothies, workout smoothies, dairy-free smoothies and better health smoothies.
- **Water:** water-based delicious and simple drinks
- **Appendix:** foody facts

Juicing for Life will give you a whole new world of flavours to explore – and the best part is, you can get most of the ingredients straight from your garden!





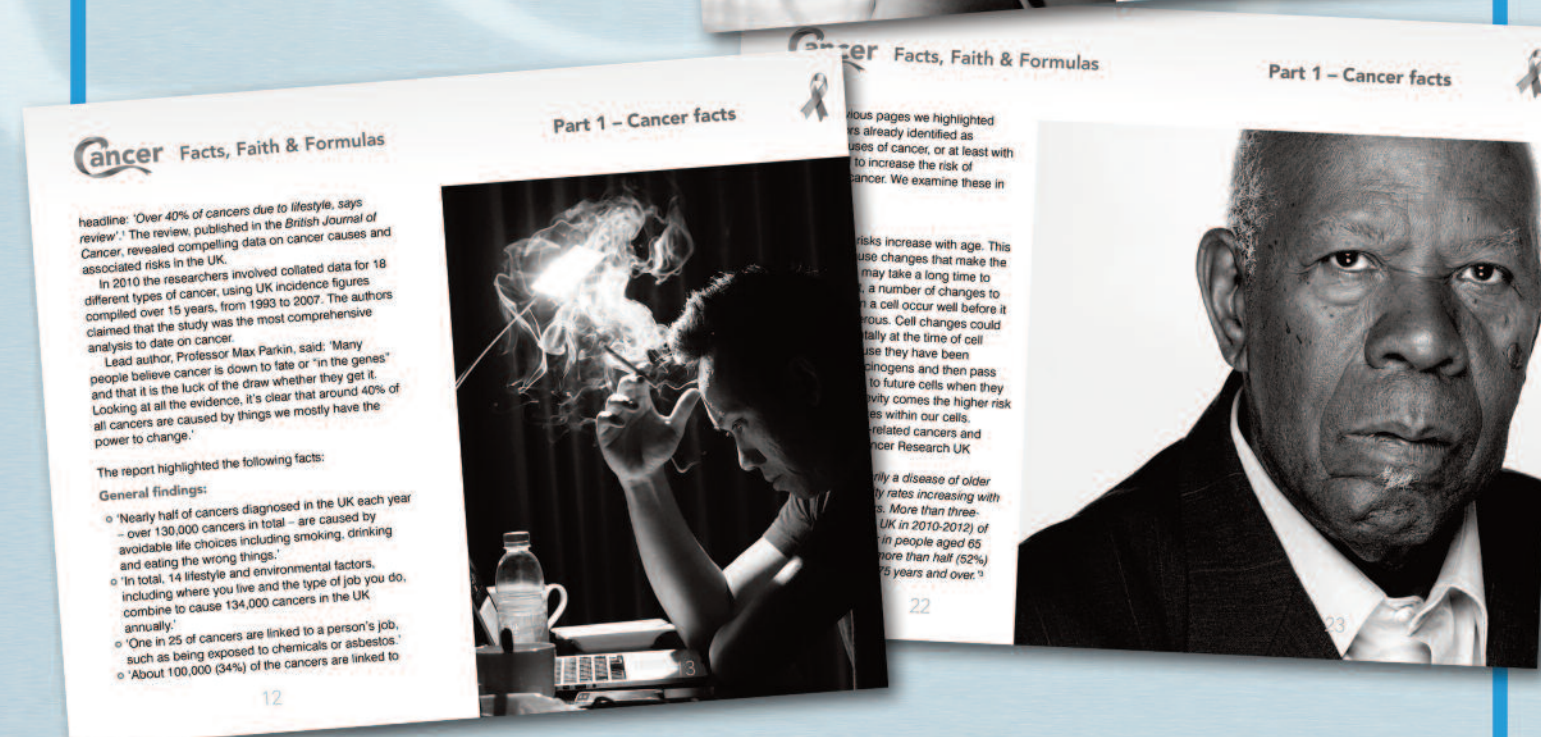
Health & Wellness Books

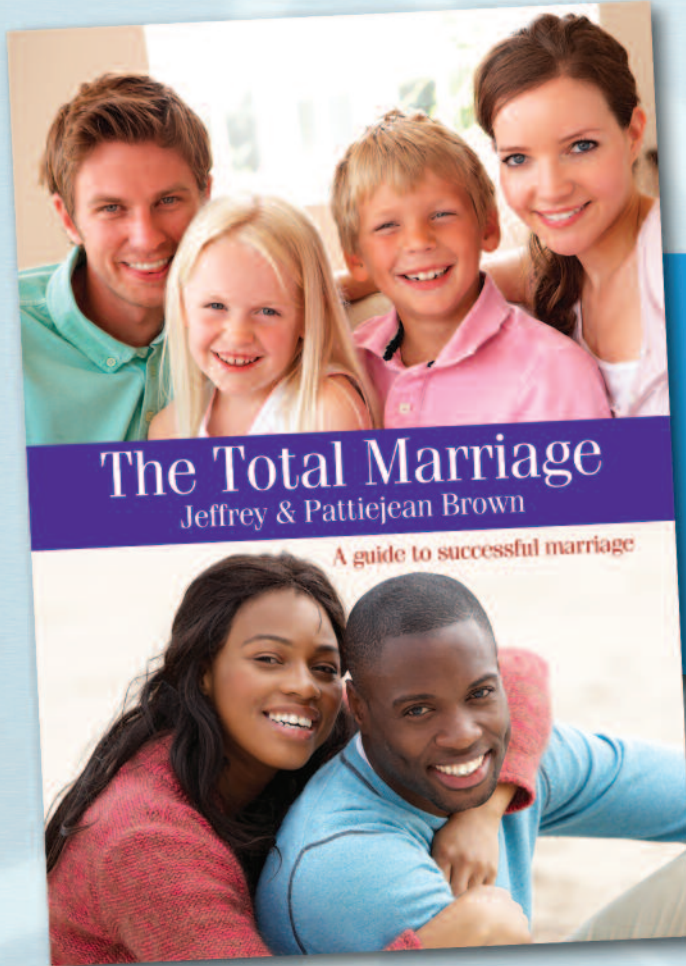
Cancer: Facts, Faith and Formulas

Originally written in 2015 by health professional Sharon Platt-McDonald, this revised edition gives the latest facts, figures and opinions on this important topic.

Health is a priority on everyone's mind these days, and protecting yourself against cancer is becoming ever more a matter of choice, not chance. With new scientific data becoming available every year on the practical measures you can take to reduce the risk for you and your loved ones, who wouldn't want to take advantage of it and stave off this dreaded disease? Be a wise steward of your body; give glory to God with your lifestyle; and preserve

yourself alive for His service. Whether you have become a sufferer of cancer and wish to slow the spread; or you have survived the disease and wish to do everything possible to prevent it from ever coming back; or you simply wish to reduce your risk of ever contracting it in the first place, there's valuable information here that we can all benefit from.





Family Life

The Total Marriage

A practical guide to successful marriage.

Singles often ask, 'How can I be with the one I love?' Married people sometimes ask, 'How can I love the one I'm with?'

Hollywood has managed to make unfaithfulness and marriage break-up titillating. The fact is that the consequences are devastating – not just for spouses, but for the children of the marriage.

The authors, Dr Jeffrey Brown and his wife Pattiejean, conduct relationship seminars for marital and premarital couples and singles. They have pastoral and counselling experience and have lectured on family life issues in Africa, North America and Britain. He is an ordained minister and qualified counsellor.

In the ten chapters of the 176 pages of *The Total Marriage*, the authors stress that marriage is not about *finding* the right person, but about *being* the right person.

They answer such questions as:

- What do you do when your marriage is not all you expected?
- How can conflicts within marriage be resolved?
- How can marital sex be made more fulfilling?
- How can a dead or dying marriage be brought back to life?
- Is there life beyond children?



Experience a *Total Marriage* – looking, liking, learning, living and loving.





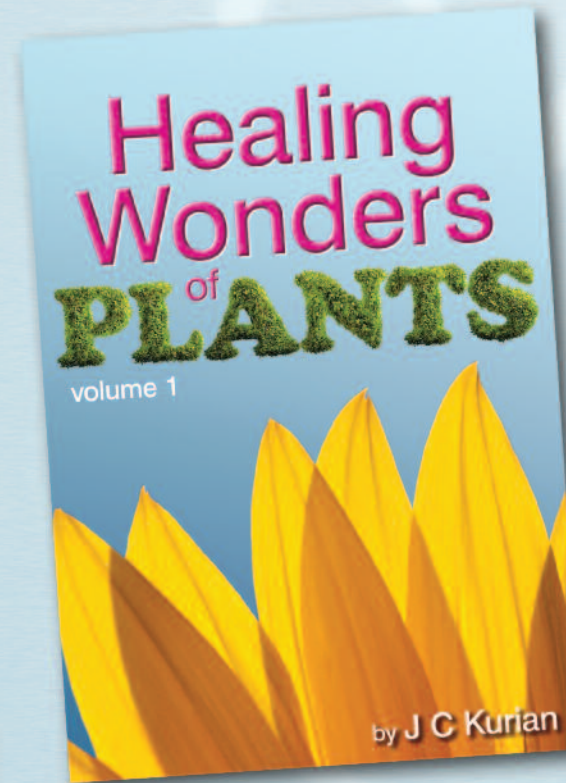
Family Life

Herbal Help

Have you ever wished for simple, plant-based treatments for everyday ailments? Learn how to use them effectively, to help you and those you love.

Doctor Kurian has carried out extensive botanical research, clearly presented in these handy volumes, to protect you from common complaints of the internal organs and digestive system, head, throat and respiratory system, the skin, the muscles, joints, nerves and blood, and to help you with your general and mental health.

Series: Family Health
123pp Paperback
J. C. Kurian

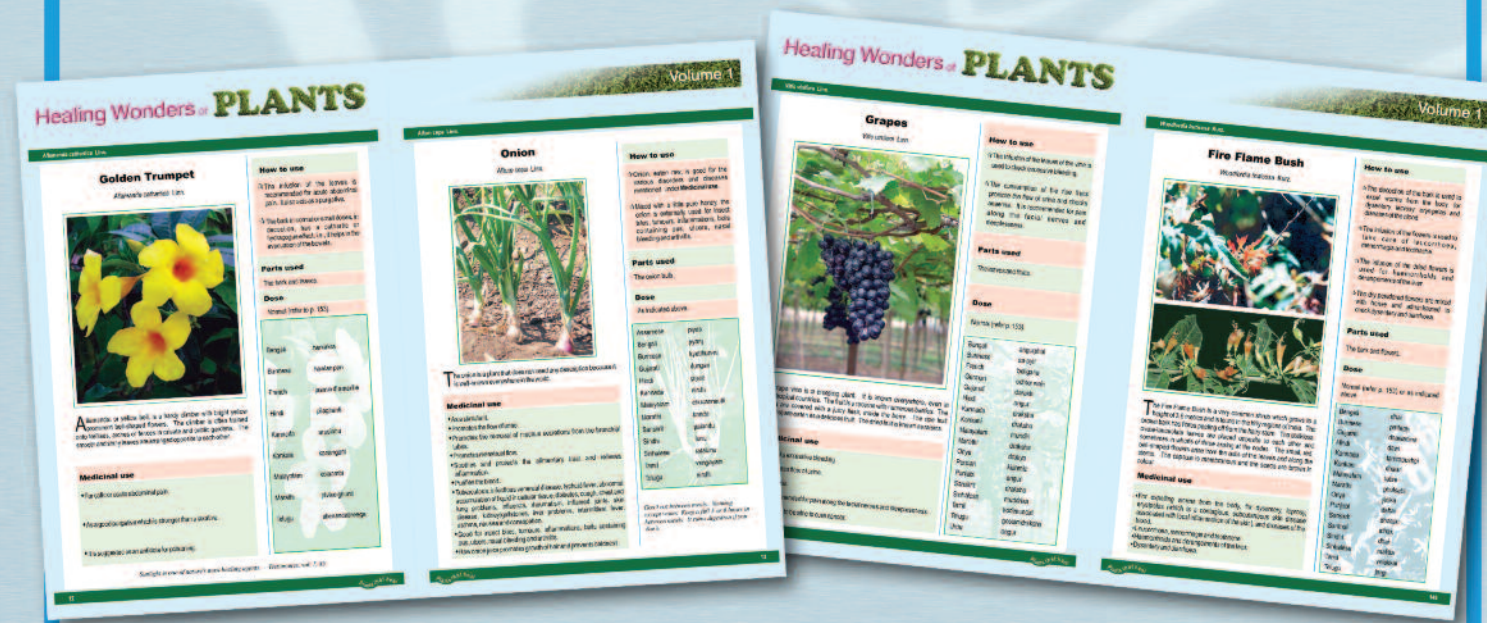


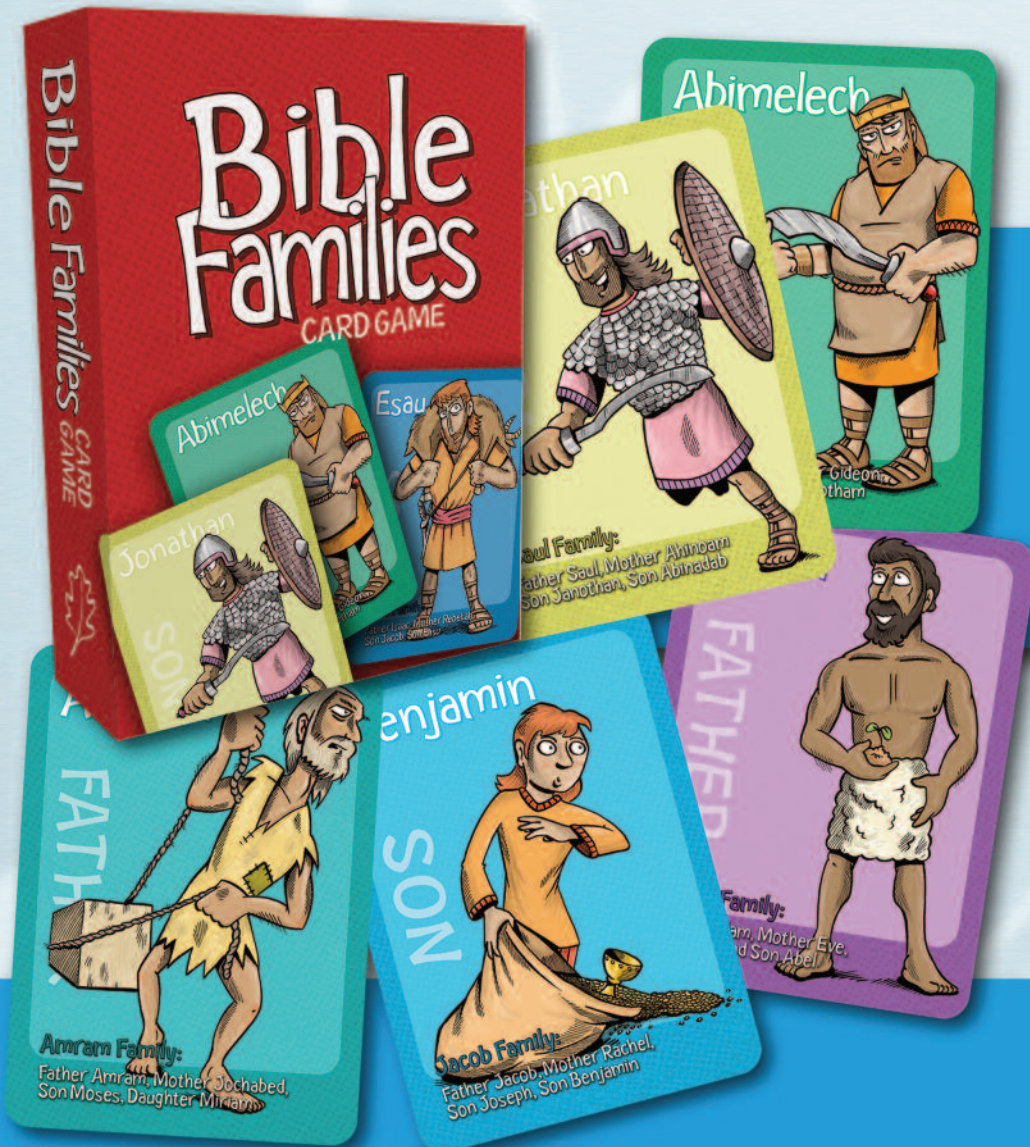
Dr Kurian presents the medicinal value and application of more than 300 plants from the tropical regions, classified by their botanical names.

More than 80% of the world's population have plants as their main source of medicine.

These volumes contain the medicinal uses of the plants, how to apply them, which parts to use, dosages and caution indications, and so on. They are also equipped with helpful indexes.

Series: Family Health
193pp Vols. 1 & 2, Hardback
J. C. Kurian





Bible Families Card Game

Now here's a fun way to learn about Bible characters and the relationships that connect them! It's a game for all ages. Your whole family, even the children, will soon learn the family ties that bind Jacob to Isaac, Adam to Abel, and Jonathan to Ahinoam. What – you didn't know that Ahinoam was the name of Jonathan's mother? Maybe you too will benefit from playing this game, as well as your children! Whatever your level of biblical knowledge, this game is easy to learn and enjoyable to play together. You don't need to be a biblical scholar to master it – but doing so may well cause you to become one!



Bible Challenge

Sharpen your wits and learn more fascinating Bible facts as you play this fast-paced quiz game. There is an easier version for younger children as well as a more challenging one for youth and adults. The questions are graded in order of difficulty, with the easier questions receiving fewer points, and the more demanding questions garnering more points. Make learning about the Bible more enjoyable, both for yourself and for those you know and love too! May God bless your study of His word as you take delight in playing this challenging Bible game together.

Children's Books

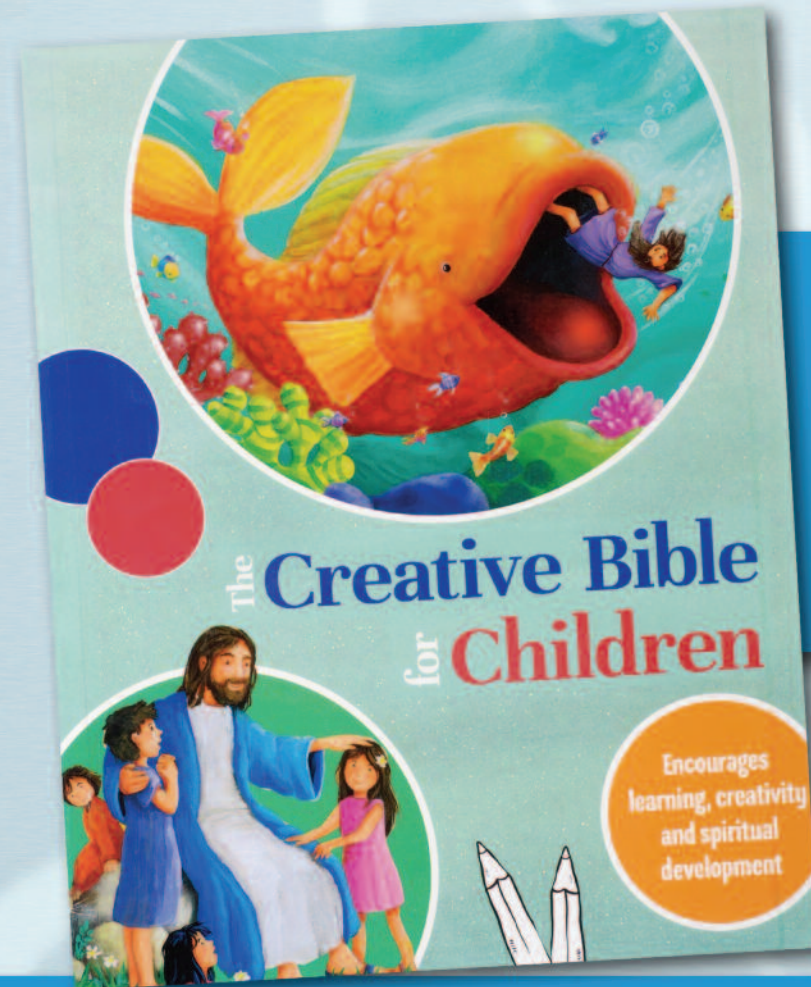


Noah's Ark / Miracles of Jesus Water-doodle books

Children will love these fun-filled activity books. Fill a cup with water, dip your finger and start painting. Let it dry and the picture will vanish, so the pages can be painted again and again.

Children will be amazed as they paint with water and discover all the details of the illustrations while the stories of Noah's Ark and the miracles of Jesus unfold.

Children's Books



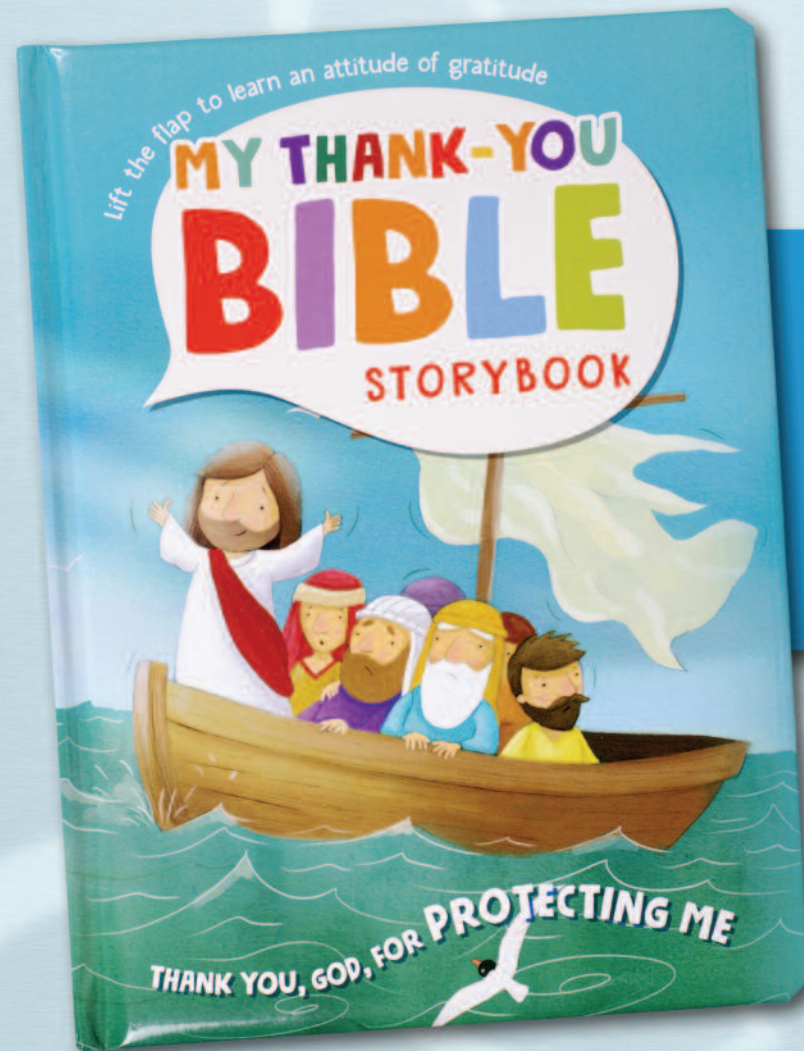
The Creative Bible for Children

This is not your typical Bible storybook. Read and learn about the stories of the Old and New Testaments, which come alive through the creativeness and activities in this fun and amazing Bible book. You will find inspiring Bible illustrations and stories retold in age-appropriate language alongside a wide variety of creative activities.

Activities include:

- Dot-to-dot • Pictures to colour • Look and find • Doodle and draw
- Spot the difference

Encourage learning, creativity and spiritual development and spark your kids' imagination with this colourful and exciting book.



Children's Books

My Thank-You Bible Storybook

In this beautifully illustrated board book, 10 Bible stories are retold in simple language. Each story concludes with a prayer which will encourage your child to develop an attitude of gratitude as they learn about God's love and protective care.

Series: Children's Books
21pp Hardback



Children's Books

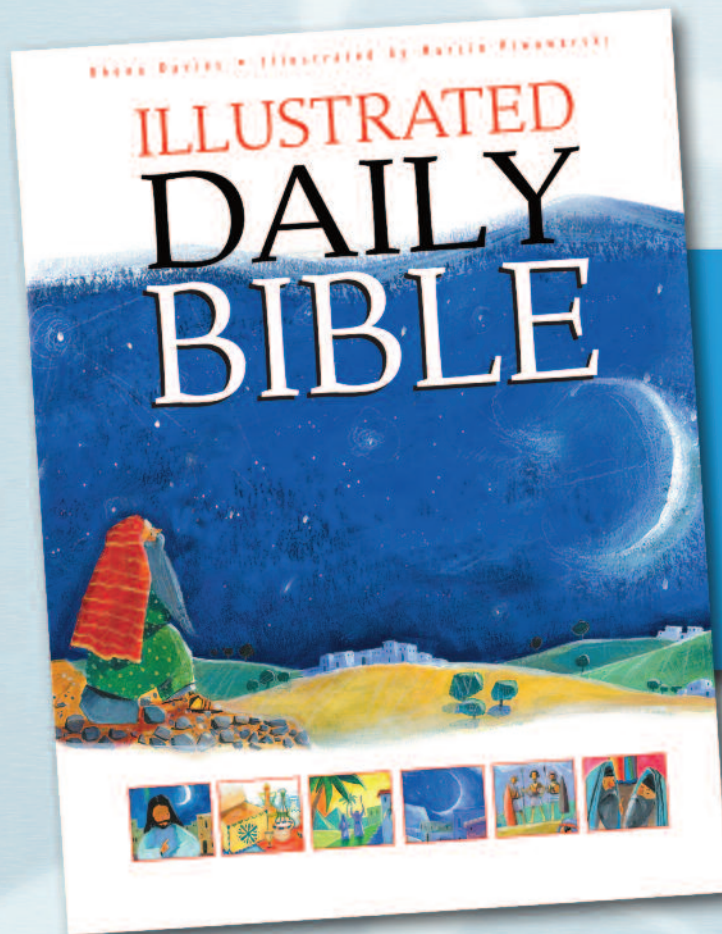
Bedtime Bible Stories

Also available in French and Spanish

Favourite Bible stories from the Old and New Testaments, including Joseph, Esther, Jonah, the prodigal son and Jairus's daughter, are simply retold in this beautifully illustrated book. With Bedtime Bible Stories, children have a great way to end the day as they settle in for bedtime.

Having child-friendly text and illustrations made to spark children's imagination and speak to their hearts, Bedtime Bible Stories will be enjoyed over and over, night after night. It is sure to become a 'read-it-one-more-time' book to be shared with someone special.

Series: Children's Books
139pp Hardback

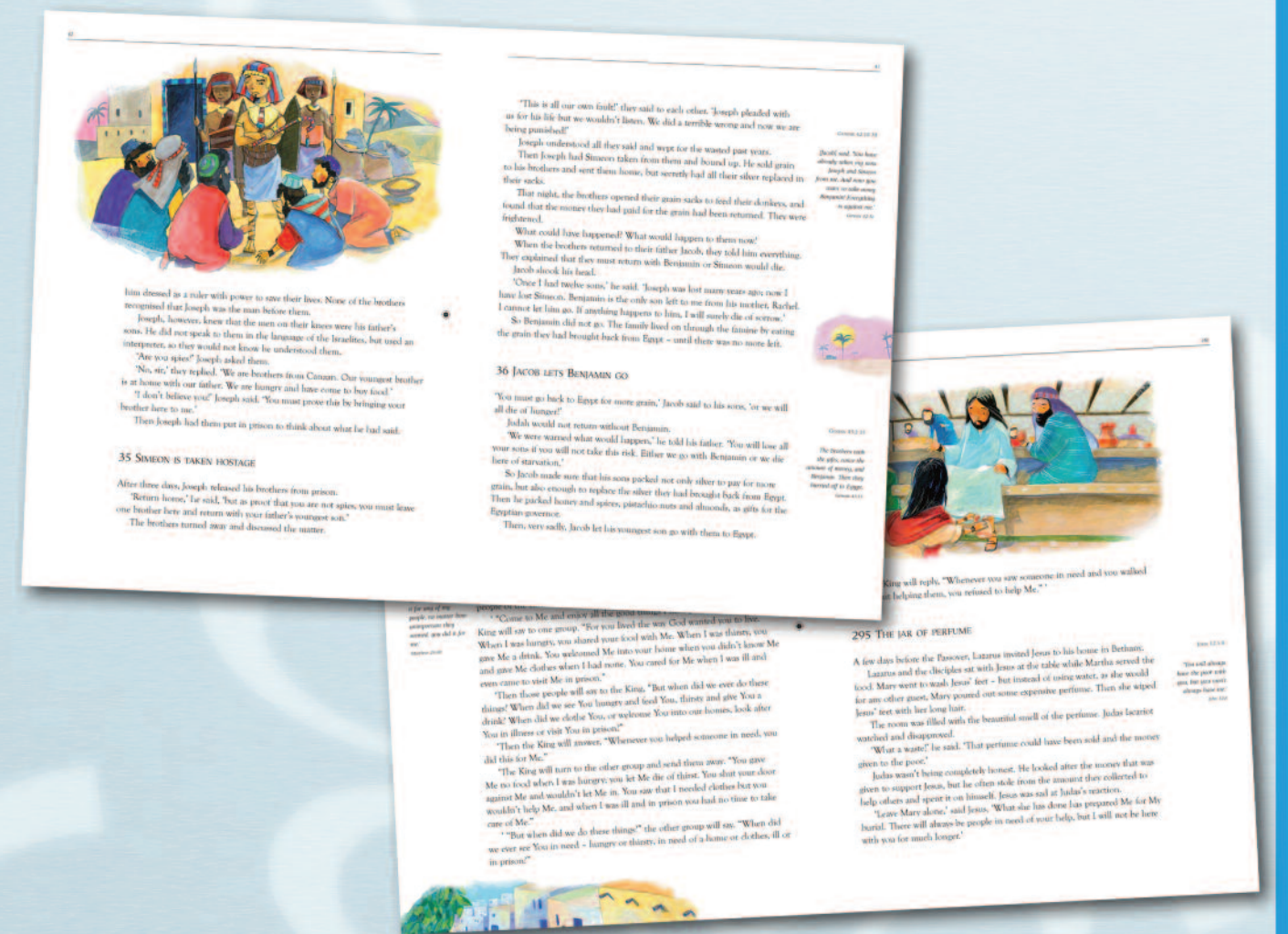


Children's Books

Illustrated Daily Bible

This beautifully illustrated volume presents more than 200 stories from the Old and New Testaments.

This **Illustrated Daily Bible** combines the knowledge and love of the Bible with skilful storytelling in order to introduce young readers to the drama, mystery and wonder of this great book. The Bible stories are retold in words and phrases children will understand and, above all, enjoy reading.



Apart from gripping accounts of all the great Bible stories, The **Illustrated Daily Bible** contains:

- Accessible paraphrases of a number of popular psalms
- Old Testament words of wisdom
- Prophecy
- Bible references
- Indexes of people and places.

The glowing illustrations evoke a sense of life in biblical times, while the contemporary design gives this book the feel of a 'modern classic'.

'Illustrated Daily Bible is a delight to read and to return to again and again.'

Children's Books



'Bedtime Stories' and 'Your Favourite Bedtime Stories' by Uncle Arthur

These two sets of five volumes of **Bedtime Stories** represent a selection of Uncle Arthur's very best. They were written over a period of many years.

The children who read the very first stories are now grandparents. The stories themselves are timeless.

Generations of children have grown up and learnt moral values such as:

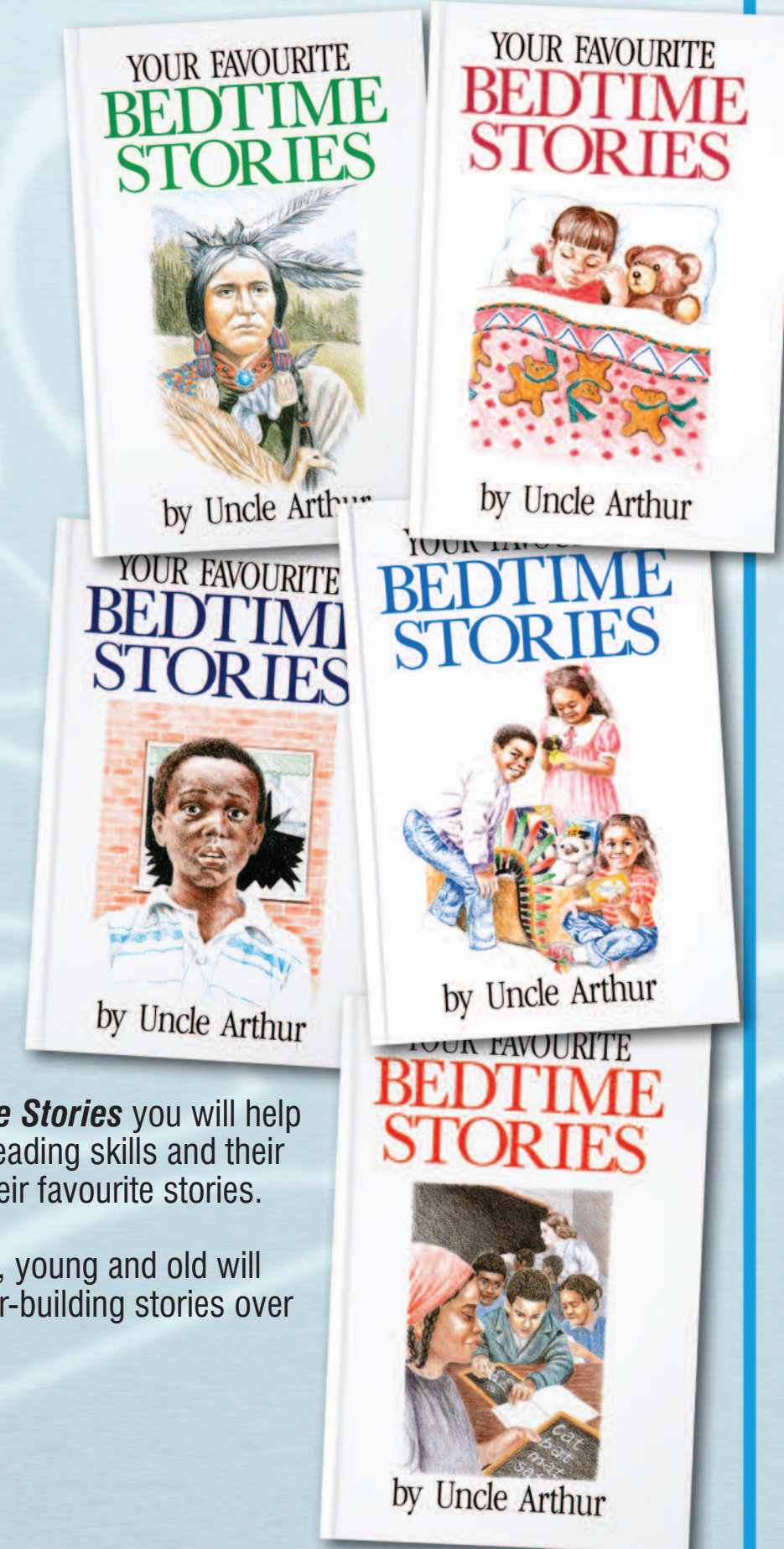
- God's love for them
- Respect

Series: Children's Books
5-Vol. Set Hardback
Uncle Arthur

- Friendship
- Honesty
- Obedience
- Generosity
- The value of effort
- Gratitude
- Kindness
- Never to play with fire
- Not to be scared
- Privacy
- The importance of keeping promises
- The power of a smile
- Prayer
- Fighting doesn't do anybody any good
- Money
- A good friend called Jesus, and so on . . .

With **Uncle Arthur's Bedtime Stories** you will help your children improve their reading skills and their vocabulary while enjoying their favourite stories.

With 12 stories in each book, young and old will enjoy reading these character-building stories over and over again.





Children's Books

'If there isn't deep integrity and fundamental character strength, the challenges of life will cause true motives to surface and human relationship failure will replace short-term success.'

The Bible Story (10-volume set)

The most complete and accurate set of Bible stories ever written for the family.

The Bible Story

- Easy to read and understand
- 411 stories in 10 volumes
- 1,200 colour illustrations
- Stories are true to the Bible

Series: Children's Books
10-volume set. Hardback
Arthur Maxwell

The Bible Story: Because You Want Your Child to Know More About the Bible

Remember that blue book with all the beautiful pictures that you've seen in your doctor's waiting room? That's just a sample of the most complete and accurate set of Bible stories ever produced for children. Give your son or daughter this 10-volume set and they will have access to every 'tellable' story in the Bible. You can bet your child will meet Bible characters they have never heard of before. They'll find out about a widow and her mysterious oil pots. They'll meet a boy named Eutychus and discover why he fell out of a window. Each of these stories comes straight from the Bible text. Nothing is made up.

The Bible Story: Because You Want Your Child to Share Biblical Values

Hundreds of thousands of children have enjoyed the simple writing in *The Bible Story*. They love to visualise the adventures of the Bible's great heroes. And, as they read about these heroes, they absorb the values that are so important to a happy life – values like honesty, courage, justice, and kindness.

They begin to see the spiritual truths that the Good Book has preserved for us for thousands of years. They even begin to understand some Bible prophecies.

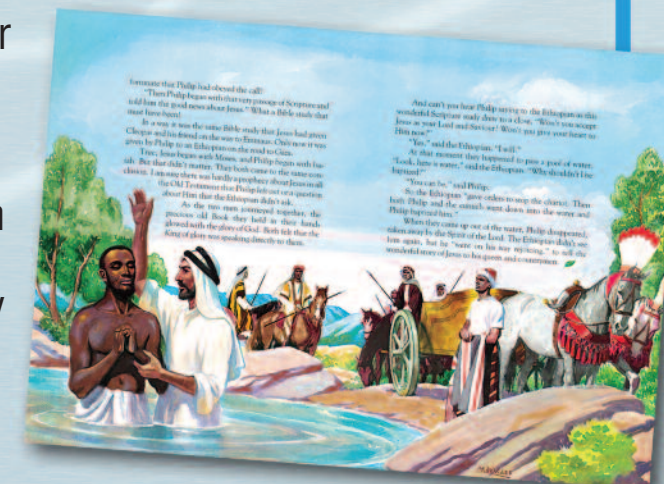
In the same way that the Bible has changed the lives of countless people, *The Bible Story* will also have a positive effect on your children.

The Bible Story: Preparing Your Child for the Future

Imagine for a moment your family sitting down together for a regular Bible story at bedtime. That's better than some silly – or disturbing – television programme, isn't it? And it's a wonderful influence for good.

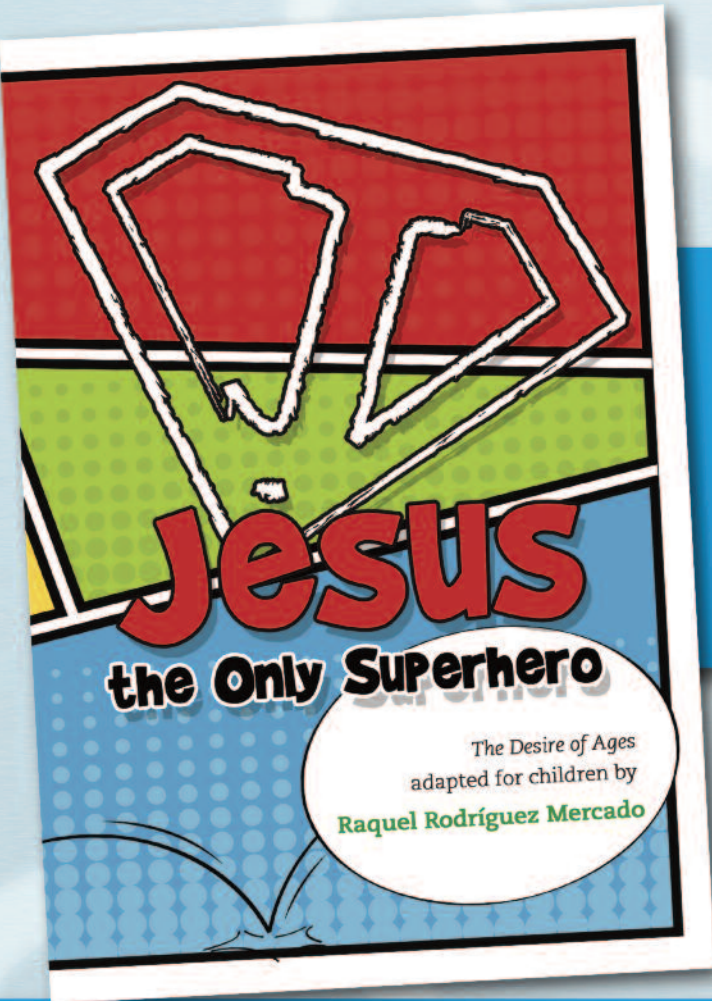
It's time to counter the many influences that can wreck your child's life. You know there will be temptations to use drugs. Maybe even temptations to break the law. Right now, he or she may be struggling with the temptation to lie to Mum or Dad.

Each short, five-minute chapter in *The Bible Story* can help give your children the strength to stand up to the temptations they face. Each story can help build a foundation of values upon which your children can establish happy and successful lives.





Children's Books



Jesus: The Only Superhero

Adapted for young people from Ellen White's book, *The Desire of Ages*, by Raquel Rodríguez Mercado. There is a Superhero who really exists. His name is Jesus, and when we spend time looking at what He has done it causes us to marvel at His heroics. Let Him transform you today! This book's innovative design will capture and sustain the interest of young people and make reading fun.

It's time for the life-story of Jesus – of who He was, of His character, of what He has accomplished for us – to be made accessible to our older children and young teens, so they can read Ellen White's biography of His life and ministry in a way they can understand. Give your child this wonderful gift today, and in future years they will thank you and give God the glory.





Children's Books

Ben's Sunflower and Wendy's Big Worry-knot

Here are two books for the price of one from author Anne Pilmoor. Read one delightful story and then turn the book over to read the second. This book will encourage children to overcome loneliness and fear when they learn to rely on God.

Series: Children's Books
88pp Paperback
Anne Pilmoor

Ben's Sunflower tells the story of a young boy who, though ostracised by his friends, nevertheless allows them to be included in caring for a tender young plant, thus following our Saviour's commandment and example – and, in so doing, he transforms his community. In Wendy's Big Worry-knot we meet a girl who would love to take part in water-based activities at a summer camp, but who is deeply troubled by the fact that she cannot swim. Marvel as she claims God's promises to conquer her fears and seek help for her troubles. Both these stories will encourage your little ones. 'Train up a child. . . '



Children's Books

1,000 Sticker Bible Storybook

Children will have hours of fun learning about their favourite Bible tales from the Old and the New Testament as they match up the stickers to the stories. A beautifully illustrated book, also available in French and Spanish.

Series: Children's Books
48pp Paperback

So many children love to peel off and stick on brightly coloured stickers, and you may already have plenty of secular sticker books in your house – and now here's one your little ones can enjoy on Sabbath too! This delightful gift will surely keep them quietly occupied in church, all the while learning the Scriptures as they do so.



Children's Books

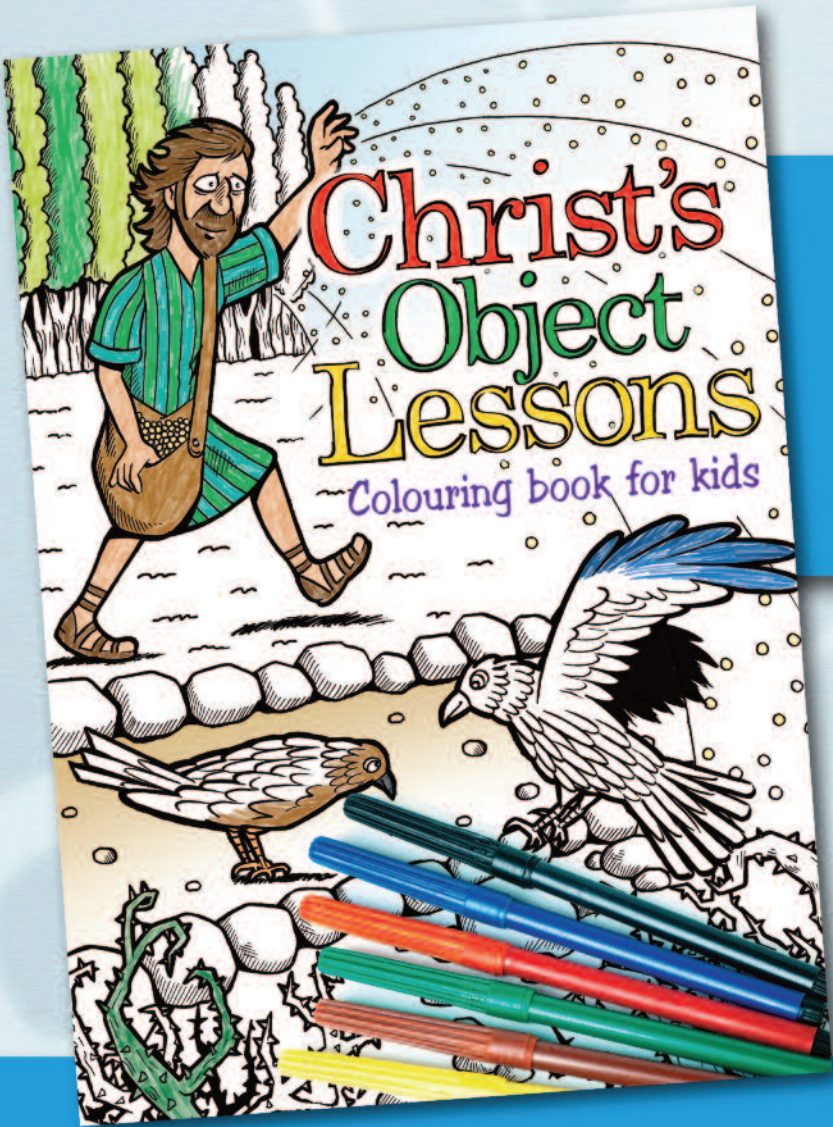
My Key Verse Bible

This beautifully illustrated book written by Cecilie Fodor and Vanessa Carroll will help your young child get to know 22 Bible stories and learn associated texts by heart. Also available in French.

Series: Children's Books
94pp Hardback
Cecilie Fodor, Vanessa Carroll

We are instructed in Deuteronomy to teach our children all the words that God has commanded us, and what better way to do so than by helping them to memorise key verses of Scripture that encapsulate our faith and God's leading throughout the Bible? Here is an excellent tool to help you do this.





Children's Books

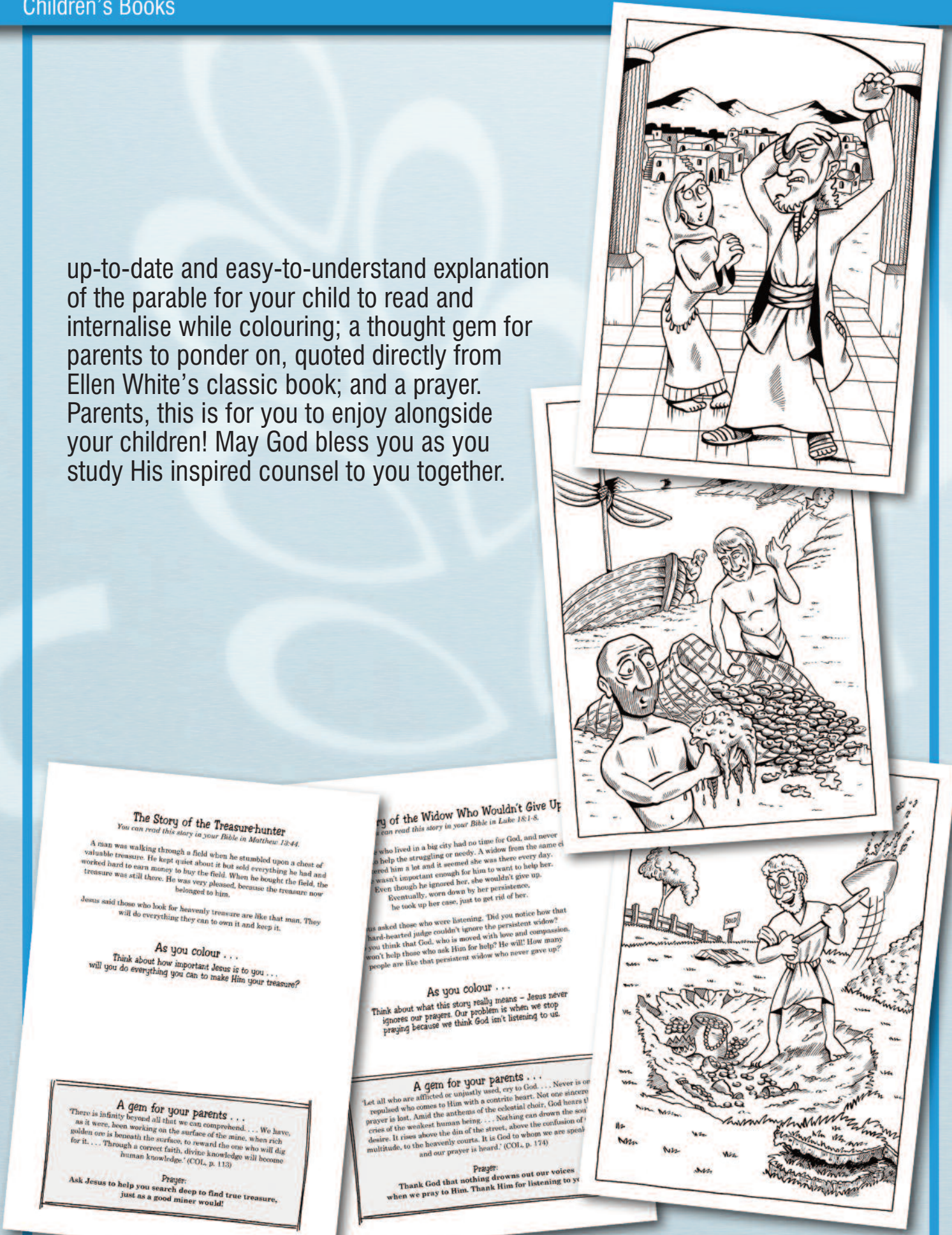
Christ's Object Lessons Colouring Book for Kids

Your children will treasure the insights from Ellen White's book on the parables of Jesus, *Christ's Object Lessons*, briefly summarised here in simple words that they can easily understand, and accompanied by line drawings for them to colour in.

On each page there is a Bible text to look up, where each parable can be found in the Scriptures; a beautiful sketch for your child to colour; an

Series: Children's Books
44pp Paperback

up-to-date and easy-to-understand explanation of the parable for your child to read and internalise while colouring; a thought gem for parents to ponder on, quoted directly from Ellen White's classic book; and a prayer. Parents, this is for you to enjoy alongside your children! May God bless you as you study His inspired counsel to you together.



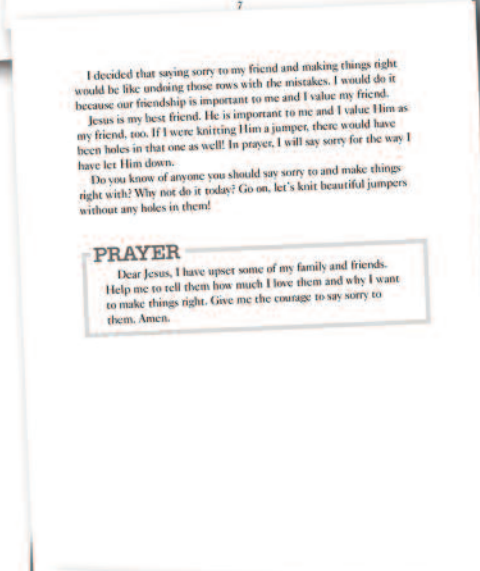


Children's Books

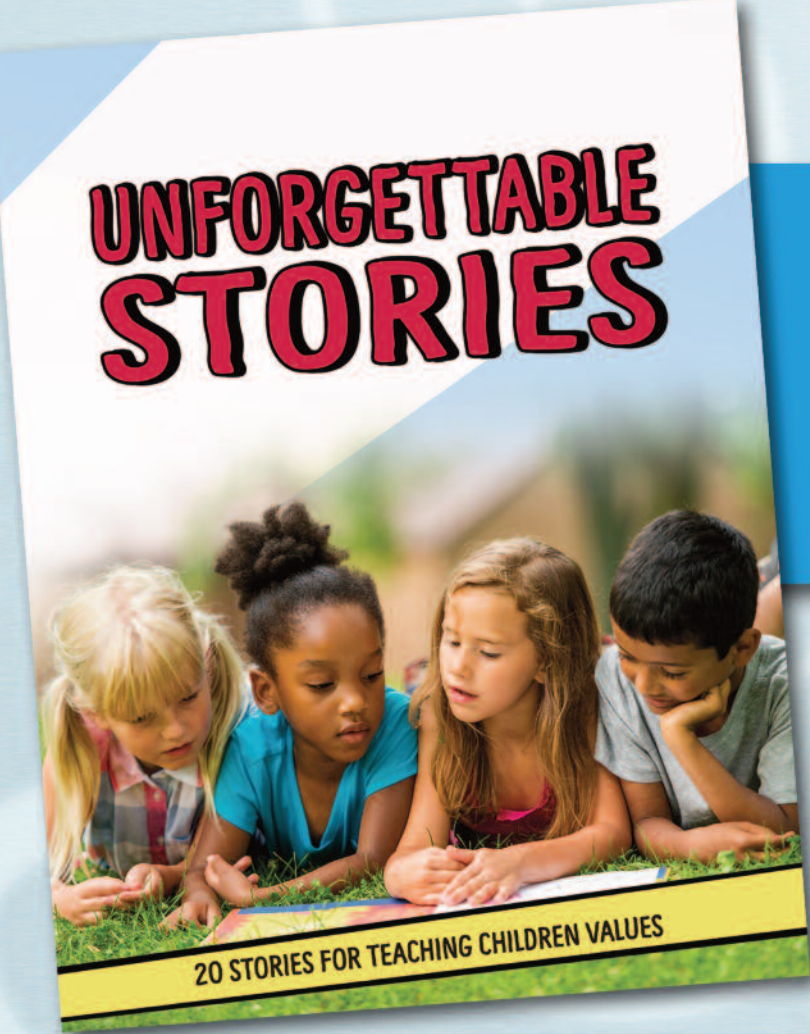
52 5-minute Sermons for Kids

Struggling to find ways to keep your children entertained and stimulated in church? Running out of ideas to present and do during children's story time or worship at home? This invaluable resource book by Anne Pilmoor is packed with innovative ideas to help you make church and worship a relevant and fun experience.

Series: Children's Books
112pp Paperback
Anne Pilmoor



You need never struggle for lessons to present before your children again with this insightful and characterful book full of simple object lessons using everyday items readily accessible in every home. Show your children how to trust in the Lord; how to speak kind words to each other; how to let their light shine; how to show compassion – and much more. There are enough illustrations here for every week of the year.



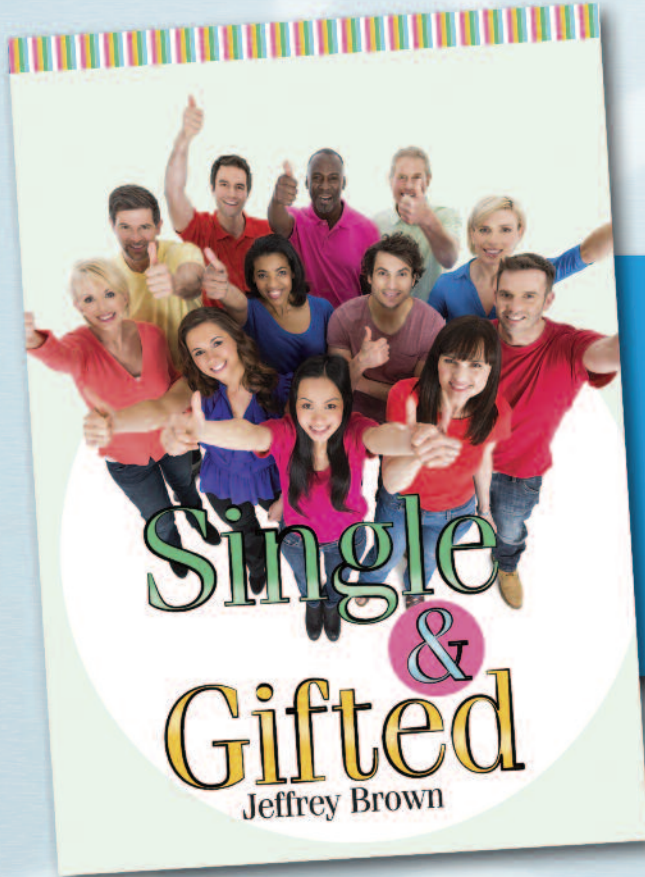
Children's Books

Unforgettable Stories

Twenty stories from around the world teaching values, designed to encourage your children to make wise choices as they grow up. Allow your children to identify with the thoughts and feelings of the colourful characters who appear in these stories, as they learn crucial Christian values like kindness and forgiveness; patience; gratitude; and self-control. These thought-provoking and



well-written stories will also make you as a parent reflect on how well you embody these values and fruit of the Spirit in your own life!



Young Adults



Single & Gifted

Make the most of your singleness . . .

Do you feel sometimes you're losing the battle? Do you feel sometimes that you have actually lost?

Single & Gifted is a practical and down-to-earth book that presents issues and situations that many people face today.

The author, Dr Jeffrey Brown, conducts relationship seminars for singles. He has pastoral and teaching experience and has lectured on the '**Single & Gifted**' theme in Africa, North America and Britain. He is an ordained minister and qualified counsellor.

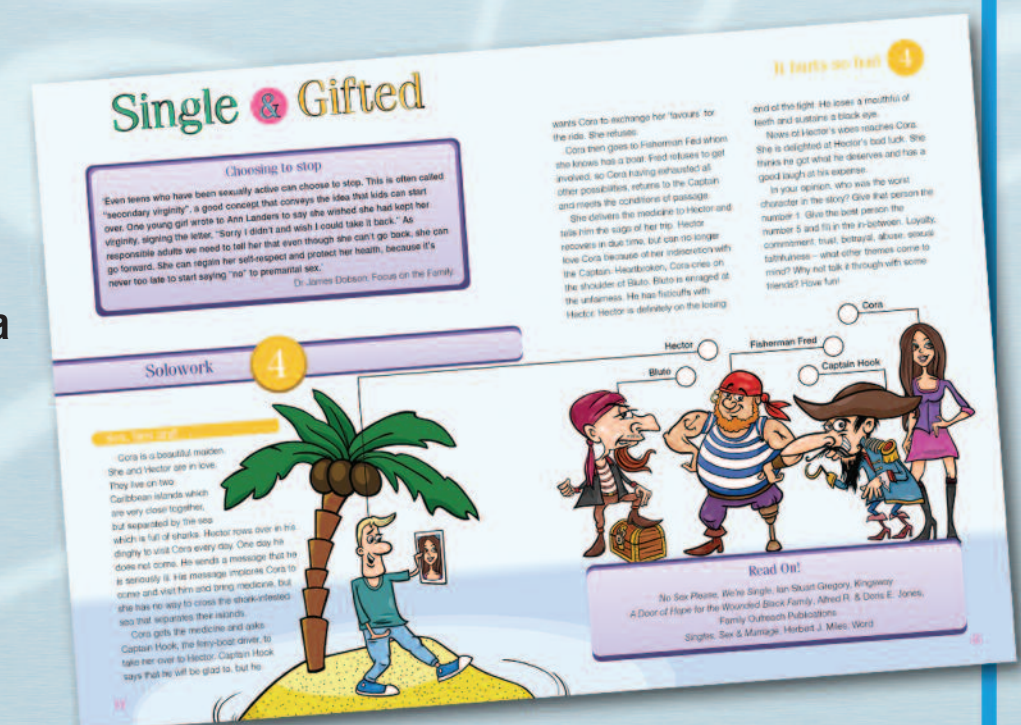
Series: Young Adults
192pp Hardback
Jeffrey Brown

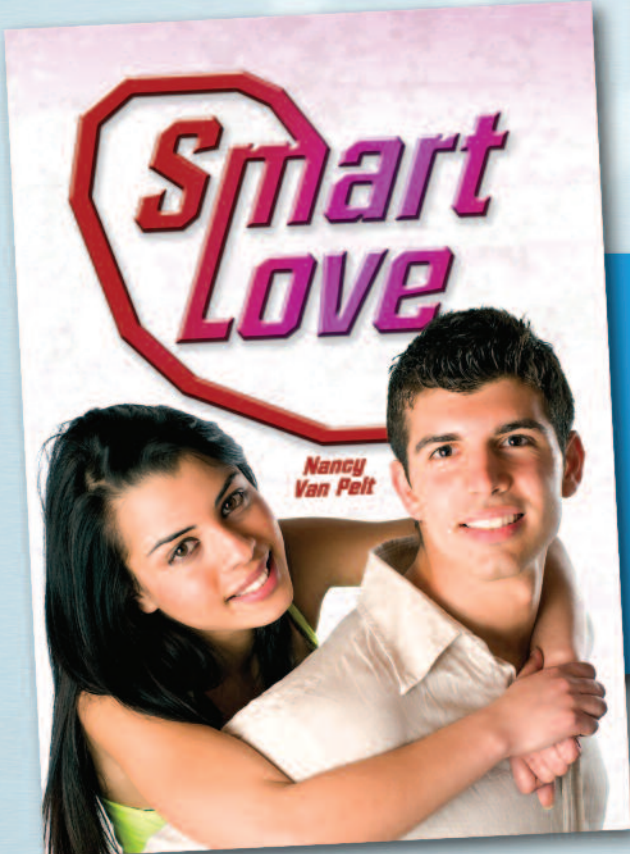
Single & Gifted is a hardback, 192-page, full-colour book that will give you some useful pointers on:

- How to survive as a single – and turn singleness to your advantage.
- Hope for those desperately seeking someone.
- How to cope with being alone – and with the crisis of marital separation.
- Sex and the single person.
- Are you married but still single in some way?
- Surviving as a single parent.
- How to tell love from infatuation.
- The phases of mourning after the death of someone special.
- God knows your deepest longings.



Many people are in this situation today: smart, attractive, educated – and alone. . . . But is singleness a tragic wreck or a tremendous resource? Find out in this practical and insightful book.





Young Adults

Smart Love

- This book provides straight talk to young adults about dating, love and sex.
- Smart dating requires more than just cash, cars and clothes.
- Learn lots of finer points about dating so you can handle the pressure.

Series: Young Adults
204pp Hardback
Nancy Van Pelt

Smart Love is a practical book for our youth: a ‘dating for beginners’ guide.

With Smart Love we can learn:

- How to love ourselves
- Be the best ‘Me’ I can be
- Great dates – where to go and what to do
- Saying goodbye with class
- Letting go: facing life without you
- True love or infatuation? How to tell the difference
- Pressure – how far do we go?
- Why wait?
- Fifteen benefits of sexual abstinence before marriage
- Tough topics
- A choice to be proud of

Please do not think that your teen is too young or innocent to learn the facts of life. Capture the right opportunity to reach and prepare your young adults for the challenges ahead.

This book is designed to assist you. If you miss it, you may never again have another chance!



Young Adults

Young Man, Young Woman

Sex is all around – in the media, in advertising, in the very language and thoughts of modern society. So what is the Christian response? What is the truth about sex, and how should Christian teenagers relate to the issues of sex and sexuality?

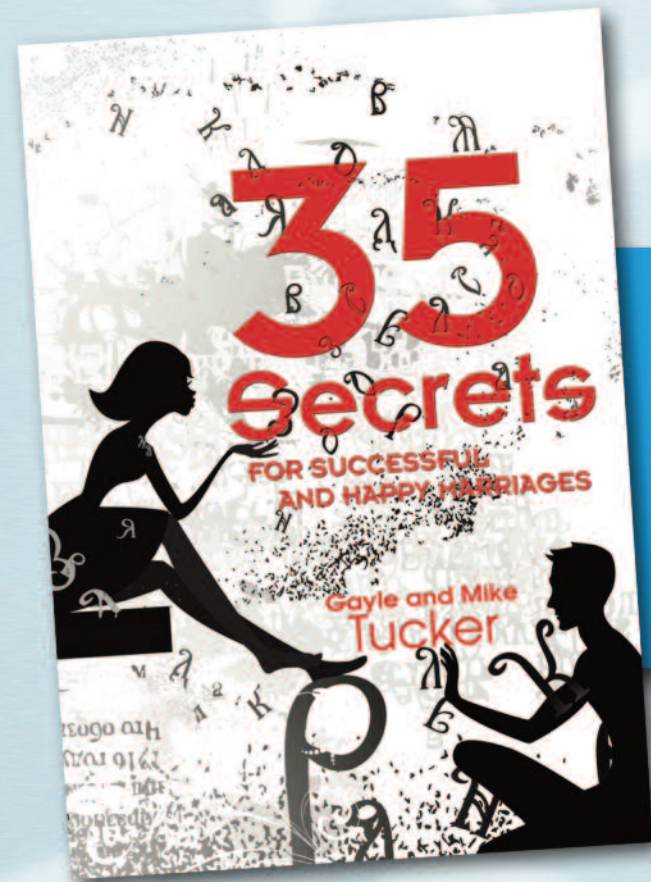
Issues like:

- How do I choose?
- What about sex before marriage?
- What are the risks?
- What are the rights and wrongs?
- How is God involved?

Series: Young Adults
176pp Hardback
Jonathan and Ana Gallagher

In these books Jonathan and Ana Gallagher deal frankly with questions of teenage sexuality. They have considerable experience in teenage, family and marriage counselling and Jonathan Gallagher is widely known for his stimulating seminars and lectures on sexuality in teenage years.





Marriage Counselling

35 Secrets for Successful and Happy Marriages

Do you have a 'secret' for your marriage?

The word 'secrets' has more than one meaning. One of these meanings refers to those tried and tested methods of achieving or maintaining something. These 'secrets' are the things we wish everyone knew so that their lives would be happier and less hassled.

This book has been written to share with you a set of 'secrets' that will make your marriage relationship both happy and successful. In it you will not only discover what we call the guiding principles of marriage, but also 35 pithy mottoes through which various couples have enriched their relationships.

Guiding principles, mottoes and slogans – these are among the terms that are used in this practical volume.

When we find ourselves in a crisis, it is easy to lose our way, to become as directionless as a ship without a rudder, to be lost in the midst of life's storms.

That is why the need for a slogan or motto is most keenly felt in a time of crisis, which every couple experiences. Crisis points can be as dramatic as the loss of a job, the death of a loved one, some dreaded disease, or an affair, or can be as mundane as an argument that never seems to go away or a cheque account that is perpetually overspent.

Mottoes can assist a couple in maintaining a focus on the things that matter.

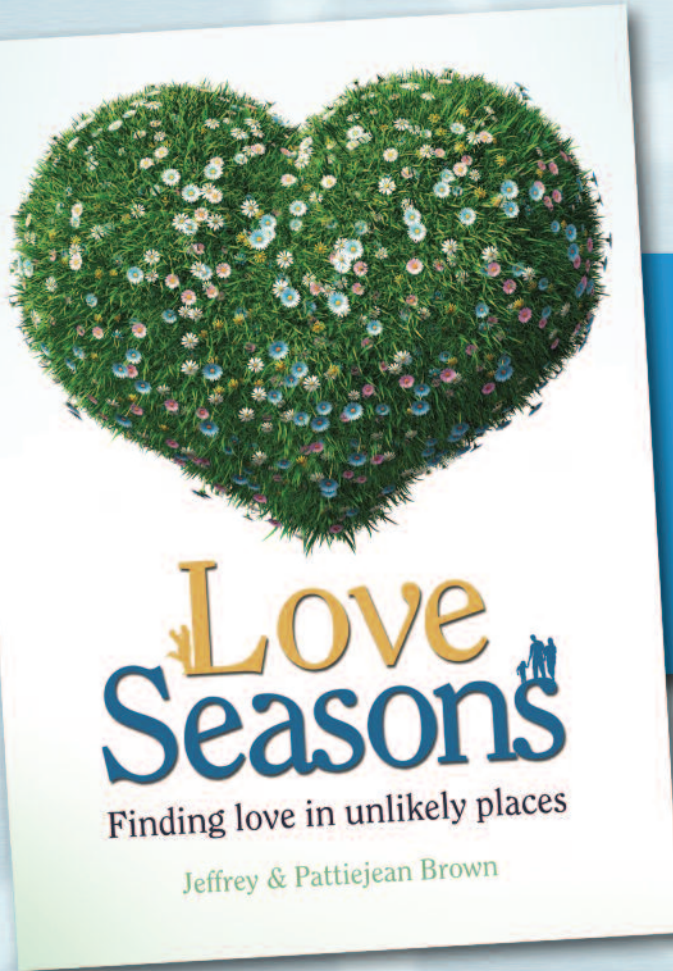
Gayle and Mike Tucker have identified three categories of mottoes that may be of some value to you. They are:

- Decision (includes questionnaire)
- Connection
 - The Kindness Connection
 - The Humour Connection
 - The God Connection
 - Questionnaire
- Communication (includes questionnaire)

35 Secrets for Successful and Happy Marriages is a practical and down-to-earth book that presents issues and situations that many people face today.

Every couple needs a sense of direction in their relationship. Enjoy finding yours!





Marriage Counselling

Love Seasons

**Finding love in unlikely places:
Is success in love possible?**

“My marriage didn’t work out. I don’t know what happened.” . . . Will the next man be any different? Does the next person need to be different or do I need to be different? Do they need to change, or do I? Is it possible to find love right where you are? Even in the unlikelyst of places? If you find it, what will it look like?”

This is how Jeff and Pattiejean Brown start their new book, *Love Seasons*.

As experienced family life educators and counsellors, they have conducted relationship seminars in Europe, Africa, North America and the Caribbean, and

between them they have authored other titles like *The Total Marriage*, *A Guide to Parenting* and *Single and Gifted*.

Experience shows that preparation makes success possible, so this book is ideal for:

- Singles,
- Those who are dating,
- Newly-weds, and
- Established couples.

Maximise the fulfilment in your relationship by identifying its season.

- Beginning the journey – admire, assess and adjust . . .
- Spring Love: communication and emotion
- Summer Love: competition and distortion
- Autumn Love: change and precaution
- Winter Love: commitment and devotion

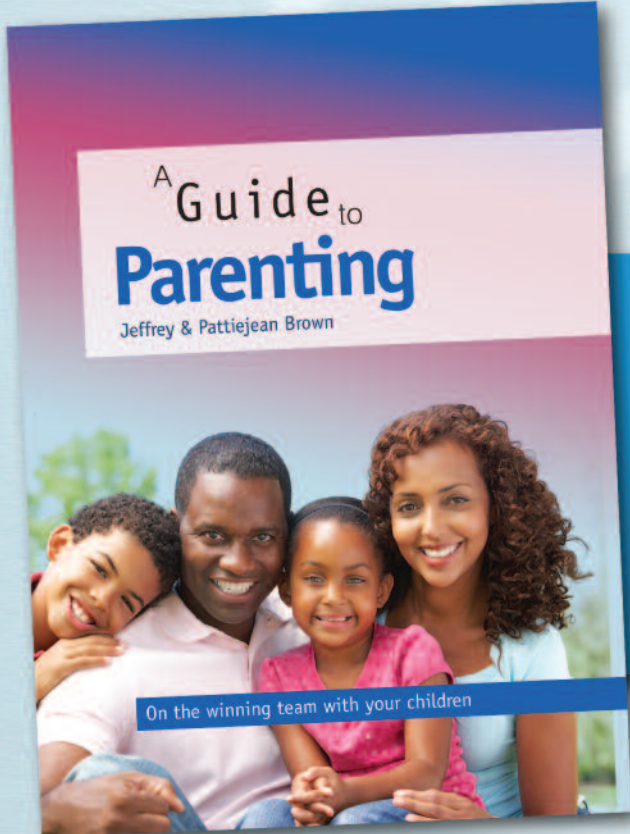
Do you feel sometimes you’re losing the battle? Do you feel sometimes that you have actually lost?

Love Seasons is a practical and down-to-earth book that presents issues and situations that many people face today.

‘Go after a life of love as if your life depended on it – because it does’ (1 Corinthians 14:1, MSG).

‘Love through the promise of spring, love through the pressures of summer, love through the problems of autumn, and love through the prospects of winter. So if love for you looks unlikely, if love for you is refused . . . don’t give up, don’t give in, just go around again.’





Parenting Books

A Guide to Parenting

This book is for children, young people, and the parents, pastors and teachers who love them.

Do you feel sometimes you're losing the parenting battle? Do you feel sometimes that you have actually lost?

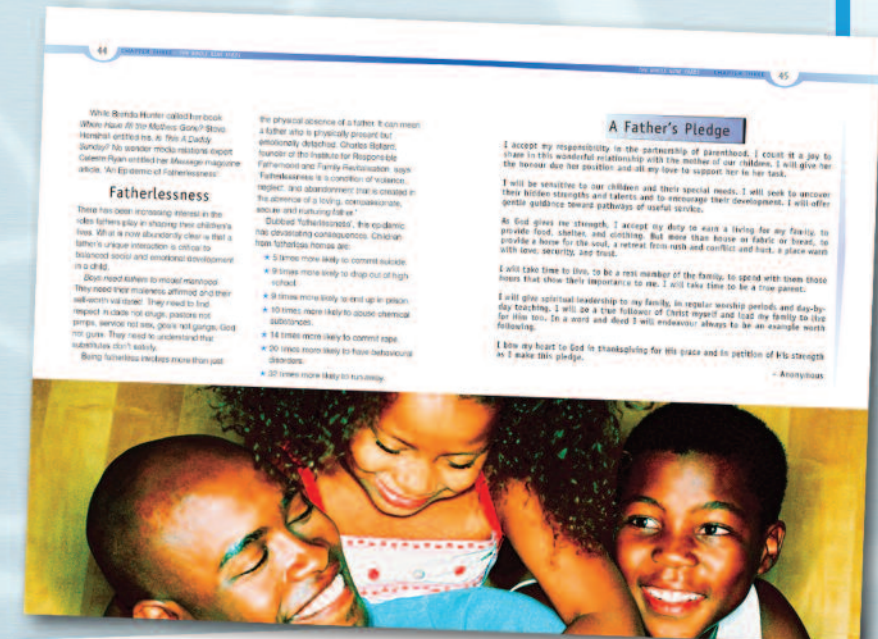
Your loss may be a relationship that went badly wrong, regret over an action you took or failed to take, an argument with your son or daughter, memories of a child who has left home, or the painful journey of bereavement.

Family specialists Jeffrey and Pattiejean Brown want you to know that no matter what your experience might be, you can be more than conquerors. In spite of your loss, you can still be on the winning team with your children.

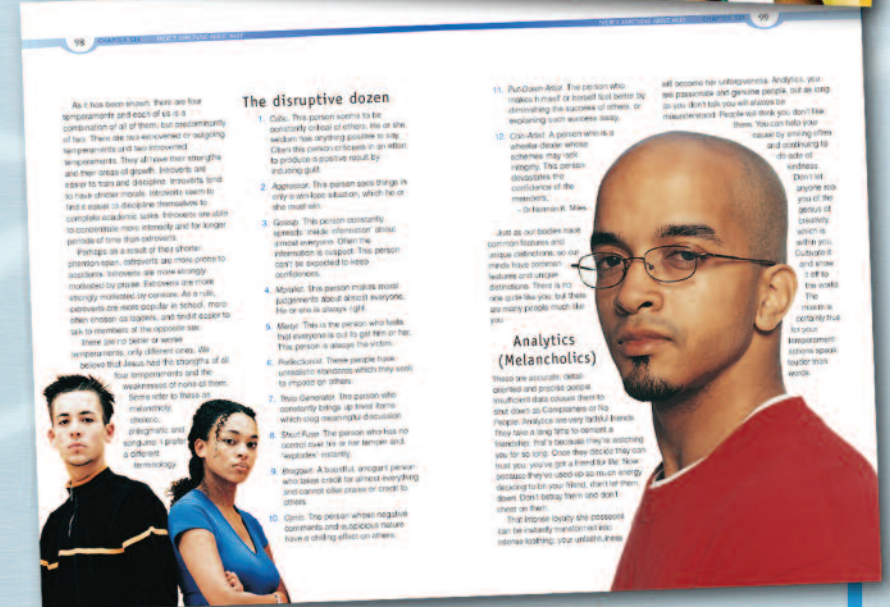
Series: Parenting Books
173pp Hardback
Jeffrey and Pattiejean Brown

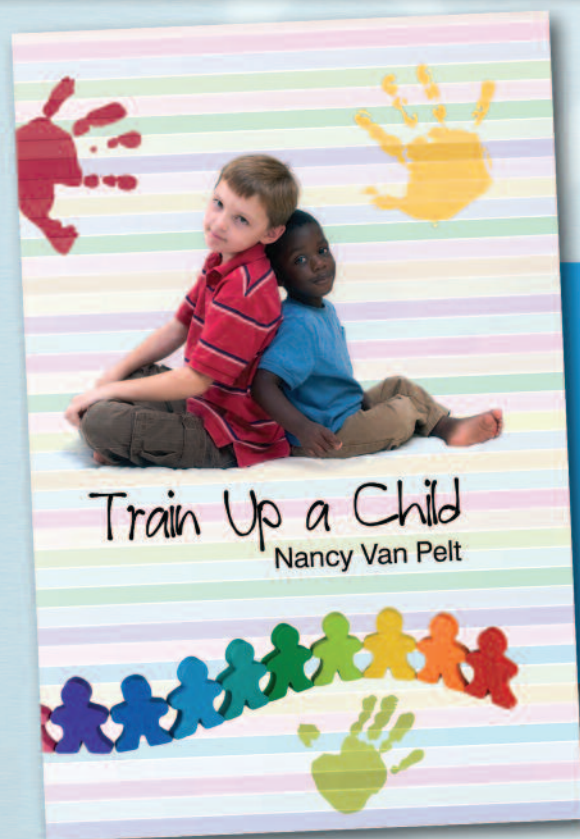
A Guide to Parenting is a hardback, 173-page, full-colour book that covers:

- Love and discipline
- Schooling
- Mentors
- Abuse: from bullying at school through to all sorts of sexual abuse (including rape)
- The death of a child
- Things that matter – and things that *really* matter
- Understanding male sexuality
- Understanding female sexuality
- Motherhood
- Signs of success in parenting



Be on the winning team with your children after following the advice *A Guide to Parenting* presents about subjects such as entertainment, education, discipline, abuse, sexuality, grief, service and family time.





Parenting Books

Train Up a Child

No one ever said parenting was easy, but it's never too late to start making positive improvements.

Train Up a Child is a comprehensive guide to good parenting and in it you will discover a wealth of insights and ideas for creating healthy, confident people.

The 13 chapters of **Train Up a Child** form a complete eight-week parent education programme that will help you improve your parenting skills and enrich your relationship with your child (see pages 5 & 6).

The information and principles contained in these chapters give parents the tools they need to develop techniques that will work for them in their home with their children.

Train Up a Child teaches:

- Are you a good parent? Are you really successful in dealing with the problems that arise daily? Find out with the fun test included at the beginning of the book.

Series: Parenting Books
246pp Hardback
Nancy Van Pelt

- Provides easy-to-learn, easy-to-use methods of effective discipline.
- Emphasises the importance of training during the first years of life.
- Insists that self-respect becomes the determining factor between success and failure in life.
- Presents the essentials of character building.
- Teaches how to effectively communicate with and discipline children of all ages.
- Parental intervention in drug prevention.
- Gives ideas for keeping your family happy.
- The role of the father and the mother.
- Chapter 12 presents the challenges and the opportunities we can have in today's society where we find working mums, single or step-parents, and so on.
- How to keep the family together and re-create family harmony.

This book is the product of the thought and work of many experts in the field of parenting and education, upon whose experience and clinical research the author, Nancy Van Pelt, has drawn.

Nancy assures that 'Although I cannot offer ready-made answers for every parent, nothing is more practical than the attitudes and principles you will explore in this book.'

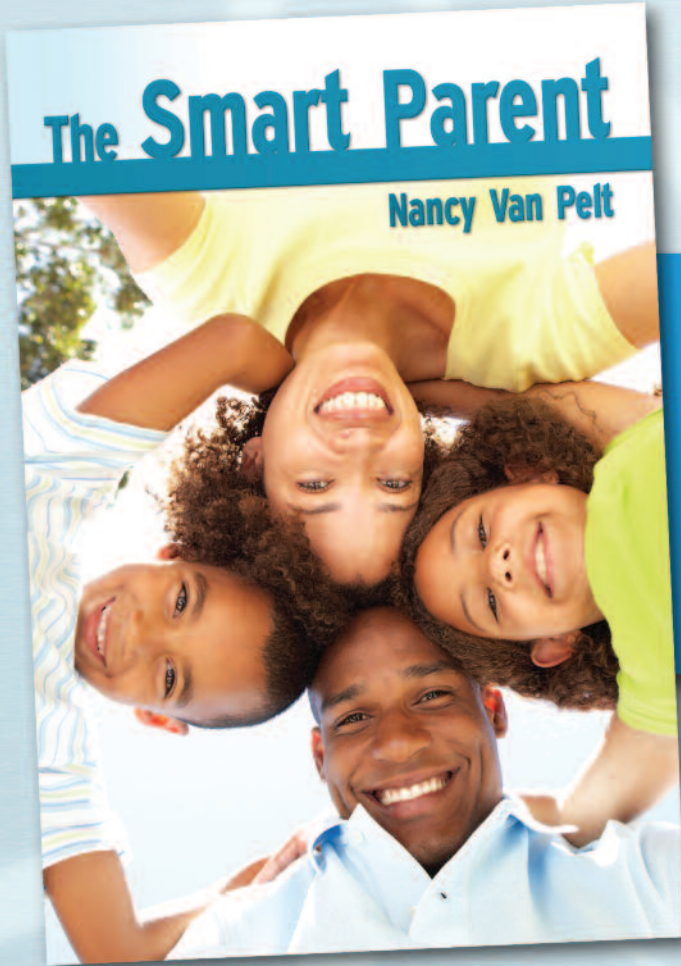
With the help of practical and easy tests at the end of each chapter many of you will undoubtedly say to yourself, 'I wish I had had this information years ago!'

Never before has the family structure been in such peril. Indeed, no one ever said parenting was easy. Times are changing and, although most of us have received absolutely no training in parenting, we do a remarkable job.

Parent, **Train Up a Child** will help you keep your courage.

Producing a child does not require a test or a licence. Let the book be your teacher and follow the **Train Up a Child** Study Programme, because although perfection in parenting is an unattainable goal, improvement is realistic and it is never too late to start making improvements!





Parenting Books



The Smart Parent

No one ever said parenting was easy, but it's never too late to start making positive improvements. **The Smart Parent** presents strategies for growing great kids.

We all like to be smart about our decisions and knowing how best to bring up our children is one of the most important.

In her new book, **The Smart Parent**, Nancy Van Pelt presents the latest research and studies that will help us be better equipped to be smart parents.

In her book Nancy Van Pelt, an author of forty-two books on the subject, a certified family life educator and a grandmother with three grown children of her own, is showing parents how to get your children to become responsible, well-rounded, Christian young people who can safely make their own way in life. And she identifies some common principles that S-M-A-R-T parents follow.

Series: Parenting Books
176pp Hardback
Nancy Van Pelt

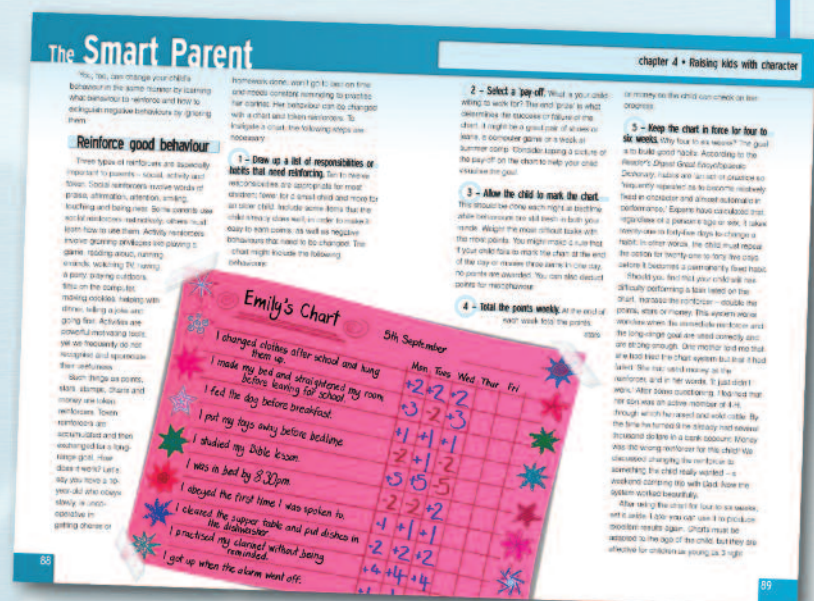
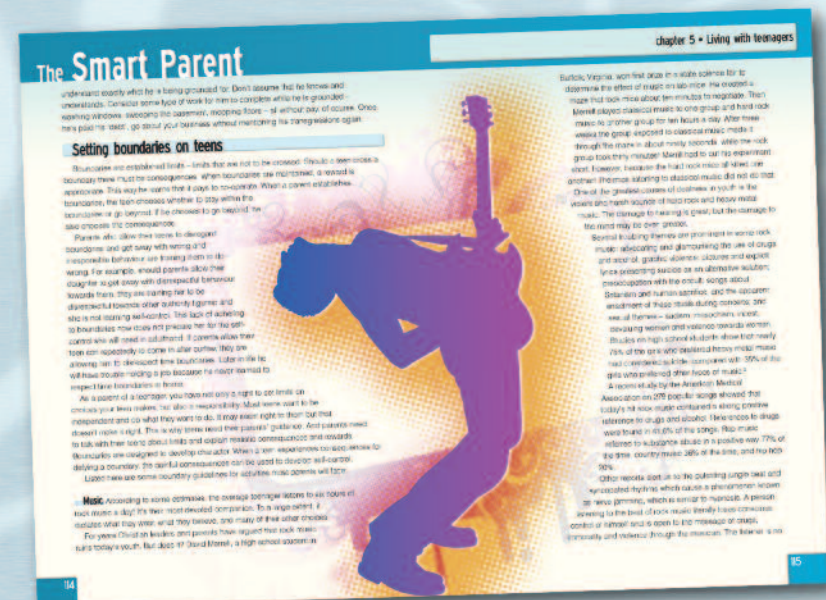
In the ten chapters of her book, Nancy Van Pelt presents:

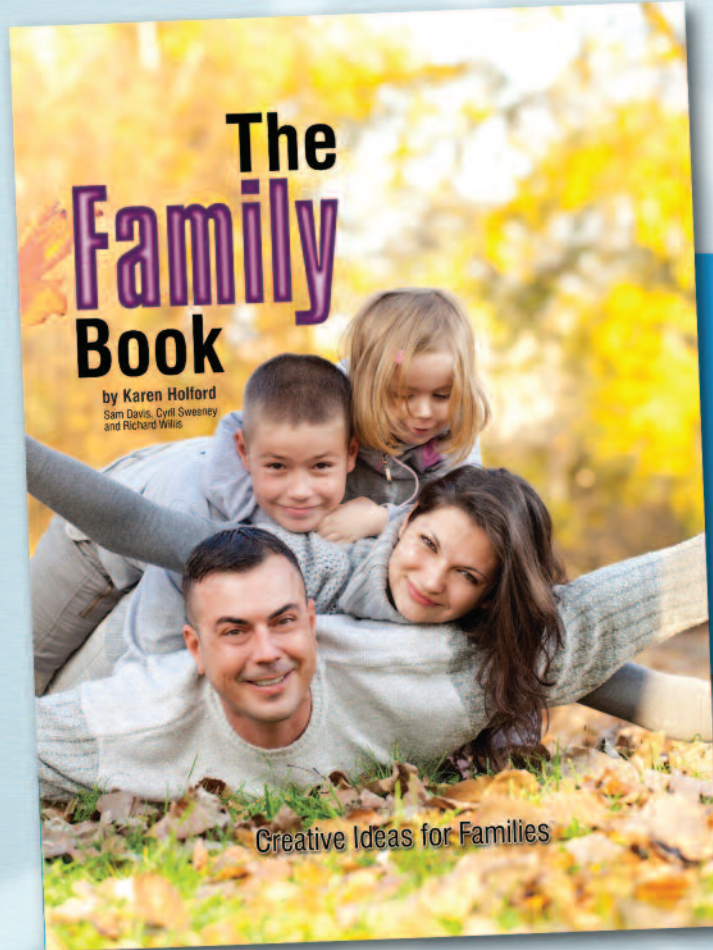
- Strategies to help your child feel like somebody
- Secrets for getting obedience
- Tips for raising kids with character
- Living with teenagers
- High-risk behaviours
- How to give your child a head start
- An insight to remodelled families
- God's plan for smart families.

A practical and updated book that will help parents to find clues on how to become successful, happy parents in today's society.

If you want to become a smart parent, and feel happier and more in control of yourself and your family, then try the guidelines presented in this book.

You can now have your own Super Nanny at home 24/7.





Parenting Books

The Family Book

The subtitle reads: ***Creative Ideas for Families***, and this book is positively stuffed with ideas!

Karen Holford covers an amazingly broad spectrum of subjects, dealing with just about everything, from the basics of effective parenting to helping children cope with a death in the family.

Karen is joined, briefly but effectively, by Sam Davis and Cyril Sweeney, both family men and both deeply into family ministries for all age groups.

Each of the writers has a Master's degree, years of experience in family counselling, and, most important, a successful marriage and family.

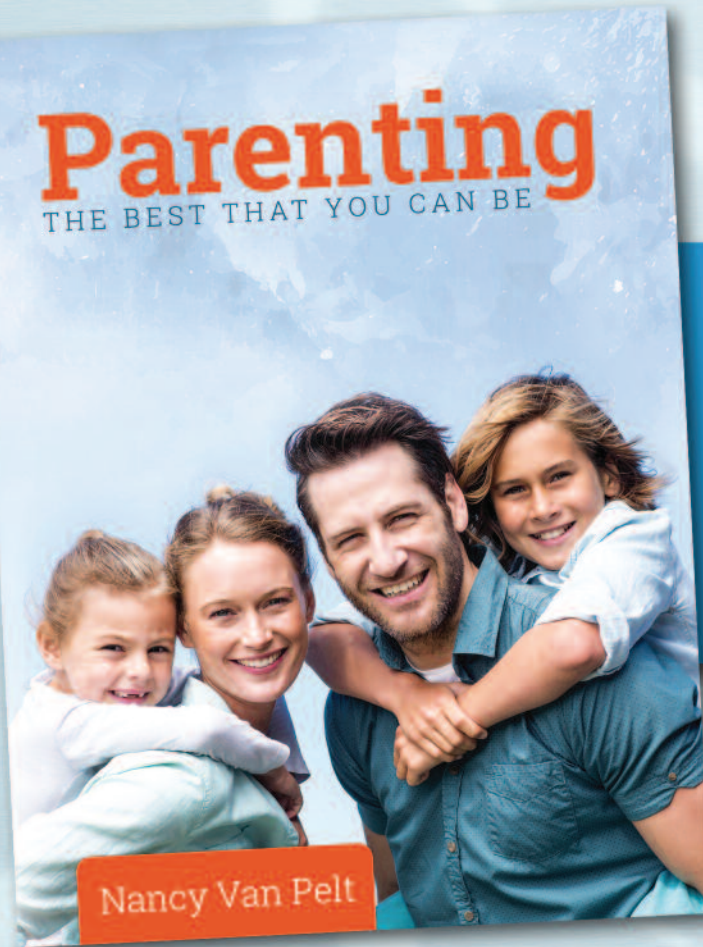
Series: Parenting Books
173pp Hardback
Karen Holford

The Family Book is a hardback, 173-page, full-colour book published by the Stanborough Press that covers:

- The Biblical foundations of the family
- Parenting, including love, conflict management and communication
- Helping your family to grow spiritually
- Family worship, prayer and things to do together
- Building a strong marriage, including preparation for marriage and secrets of a successful marriage
- Reaching out to other relationships
- Creating a welcoming home
- How to be a great grandparent
- AIDS and the family



This book really does contain the nuts and bolts of being a successful marriage partner and parent.



Parenting Books



that encourages parents to be the best they can be. There is no evasion or guilt association with sub-optimal situations; rather, there is pragmatic, forward-looking counsel. It covers:

- **Chapter 1:** Strategies for building value and self-worth in the minds of children. They grow when they understand what it means to be created 'in the image of God': a person of ultimate value.
- **Chapter 2:** Relationships depend on communication, which includes speaking, feeling, listening, awareness and intuition, and power-free conversations that are respectful and humble.
- **Chapter 3:** Discipline, obedience, boundaries and responsibility are prerequisites to co-operation and living happily together. The individual has to submit to the best outcome for the group.
- **Chapter 4:** Discover character-building strategies for embedding values that result in good behaviour, particularly in times of stress.
- **Chapter 5:** Parenting still happens when marriages dissolve for the reasons they do. The best parents will be the more determined.

Family planning is a lifelong, ongoing enterprise. Parents can be intentional about where they lead their families. Parenting is a learned choice. Children only have one childhood.

Parenting

Being a parent is a series of adaptive choices to balance the needs of parents with those of children en route to adulthood and self-sufficiency.

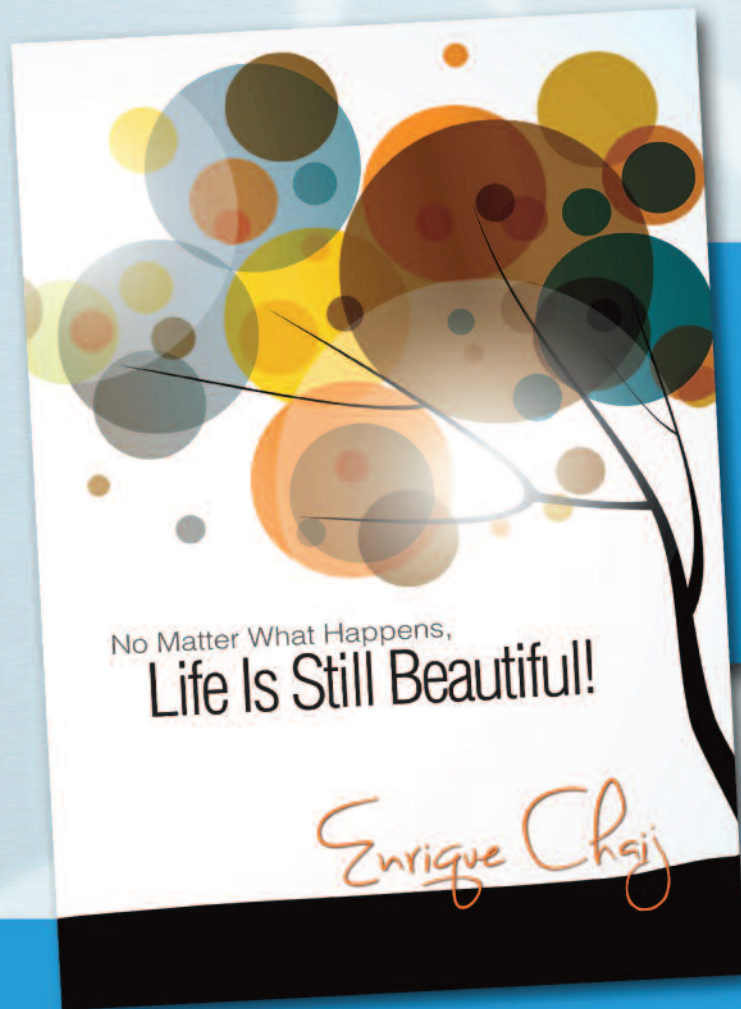
Nancy Van Pelt is an experienced and prolific writer on family relationships.

Every parent wants to be the best mum or dad possible, yet many will repeat the mistakes of their own upbringing. Most will ask, 'How can I do better?' What is the best practice?

Committed and skilled parents are foundational to the success and aspiration of growing children and the harmony of our society. While many children overcome misfortune in their families, many do not.

With family breakdown, and with family fidelity increasingly under threat, learning how to be a good partner and parent is critical for national wellbeing.

Parenting: The Best that You Can Be is a 112-page book of great counsel



Resilience & Counselling

No Matter What Happens, Life Is Still Beautiful!

‘The mystery of human existence lies not in just staying alive, but in finding something to live for.’

Dostoyevsky

Wherever we go, we always find dissatisfied people who are overwhelmed by their problems and are sick because of disillusion and disappointment. It seems that there are fewer and fewer happy people in the world.

No Matter What Happens, Life Is Still Beautiful! is an appropriate answer to this human feeling that is so universal. Throughout its ten chapters, filled with anecdotes and stories, this book will offer you opportunities to find yourself and the basic principles that add happiness to life.

Series: Resilience & Counselling
192pp Hardback
Enrique Chajj

We all want to be happy, but not all paths lead to this longed-for goal. In order to help us find the best path and not leave it, let's learn:

- How to be optimistic in spite of everything
- What we are lacking, and what we have in excess, in order to reach maturity
- The necessary ingredients for finding and strengthening interpersonal relationships that are enriched in all environments, including marriage and the family
- The best method for controlling negative emotions
- True happiness
- The formulas for success
- Peace in the midst of pain
- How to obtain freedom from addictions that enslave
- We are not alone

You will enjoy reading this book, whether your soul feels disheartened, or whether you are a person with a happy spirit.

In these pages you will discover where to find that source of unsurpassable power that is available to everyone and that will allow us to say correctly, **No Matter What Happens, Life Is Still Beautiful!**