



Newsletter
venerdì 17 luglio 2015

Cari amici,

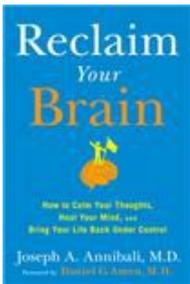
con piacere vi presentiamo gli ultimi titoli dei nostri clienti a proposito di SALUTE, ALIMENTAZIONE e SPORT, PARENTING e SELF IMPROVEMENT.

Trovate tutte le nostre proposte in questa [rights list](#).

Tra queste, vorremmo segnalare in modo particolare due: la prima è **NEW AGING**, una guida per imparare a invecchiare bene arricchita da disegni allegri, pieni di colore ed accattivanti. Vi consigliamo di guardare con attenzione anche **15 MINUTES TO FIT**, del fenomeno commerciale Zuzka Light.

Cogliamo l'occasione per augurarvi una serena e riposante Estate!

RECLAIM YOUR BRAIN

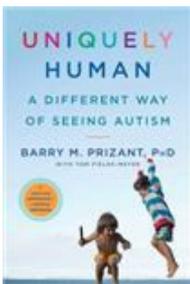


RECLAIM YOUR BRAIN: How to Calm Your Thoughts, Heal Your Mind, and Bring Your Life Back Under Control, Joseph A. Annibali, M.D (Avery)

RECLAIM YOUR BRAIN is a prescriptive guide to restoring cognitive calm, based on Amen Clinics Chief Psychiatrist Annibali's three decades of treating patients who suffer from overloaded, over-stimulated brains. Through practical strategies, understandable explanations, and prescriptive mind-management techniques, Dr. Annibali helps readers finally reclaim their brains

and get back in control of their lives.

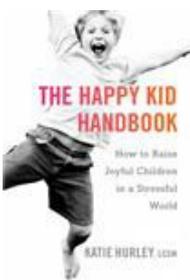
UNIQUELY HUMAN



UNIQUELY HUMAN. A different Way of seeing Autism; Dr. Barry Prizant (Simon & Schuster Books)

Essential reading for any parent, teacher, therapist, or caregiver of a person with autism: a groundbreaking book on autism, by one of the world's leading experts, who portrays autism not as a tragic disability, but as a unique way of being human.

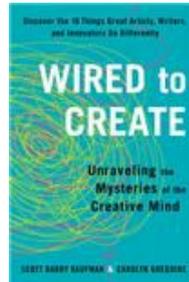
THE HAPPY KID HANDBOOK



THE HAPPY KID HANDBOOK: How to Raise Joyful Children in a Stressful World by Katie Hurley (Tarcher)

With all the parenting information out there and the constant pressure to be the "perfect" parent, it seems as if many parents have lost track of one very important piece of the parenting puzzle: raising happy kids. A back-to-basics guide to parenting, THE HAPPY KID HANDBOOK is a must-have for any parent hoping to be the best parent they can be.

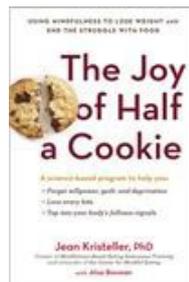
WIRED TO CREATE



WIRED TO CREATE: Unraveling the Mysteries of the Creative Mind; Carolyn Gregoire and Scott Barry Kaufman Ph. D (Perigee)

Based on the authors' wildly popular Huffington Post article "18 Things That Creative People Do Differently" (which generated 5 million views and 500,000 Facebook shares in one week), this well-researched and engaging book uncovers what we know about creativity, and what anyone can do to enhance this essential aspect of their lives and work.

THE JOY OF HALF A COOKIE

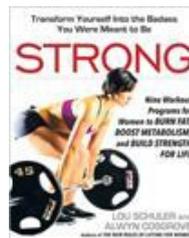


THE JOY OF HALF A COOKIE: Using Mindfulness to Lose Weight and End the Struggle with Food, Jean Kristeller, PhD (Perigee)

Anyone who's tried to lose weight through sheer will power knows how difficult, if not impossible, it can be. In this practical and paradigm-shifting book, Dr. Jean Kristeller presents a new alternative. Instead of frustration, deprivation, backsliding, guilt, and a lack of results, THE JOY OF HALF A COOKIE provides simple, proven ways

to lose weight and keep it off, using what we now know about the power of the mind.

STRONG



STRONG: Nine Next-Level Workout Programs for Women, Lou Schuler and Alwyn Cosgrove (Avery)

Forget the elliptical machine and the candy-colored Barbie weights. Female athletes are hungry for real fitness. They want to be STRONG. Here fitness author Lou Schuler and renowned strength coach Alwyn Cosgrove present a comprehensive strength and conditioning plan to help women burn fat and build muscle by getting them off the

machines and revolutionizing how they work out.

15 MINUTES TO FIT



15 MINUTES TO FIT: The Simple 30-Day Guide to Total Fitness, 15 Minutes at a Time; Zuzka Light and Jeff O'Connell (Avery)

YouTube workout video star Zuzka Light presents her long-awaited debut fitness book, with a 30-day fitness regime of powerful, effective 15-minute workouts. Based on innovative high-intensity interval training, the workouts are designed to be done anywhere, anytime (no fancy gym equipment necessary), in just 15 minutes a

day.

New Aging



NEW AGING: A guide to Enjoying the Rest of Your Life; Matthias Hollwich with Bruce Mao Design (Penguin Original)

NEW AGING will be for growing older what Michael Pollan's Food Rules is for eating: a manifesto. It conveys concrete ideas in short, engaging passages that inspire us to think about how we live. A book on aging has never before looked so darn cool. Mirroring the positive outlook that NEW AGING encourages, the bright, modern illustrations in the book pop off the page and convey the happiness that can be attained as we

age.

A [questo link](#) trovate una sample del volume.

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