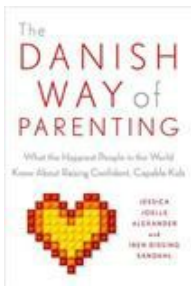


Cari amici,  
con piacere vi presentiamo gli ultimi titoli self help dei nostri clienti, [QUI](#) la **Rights List** scaricabile.

Segnaliamo in modo particolare RUN FOR YOUR LIFE di William Pullen e SLEEP di Nick Littlehales, entrambi titoli interessanti pubblicati da Penguin Life.

Vi invitiamo inoltre a guardare THE DANISH WAY OF PARENTING di Jessica Joelle Alexander e Iben Sandahl, libro che sta ottenendo un grande successo e che è stato già venduto in 10 paesi.

### THE DANISH WAY OF PARENTING

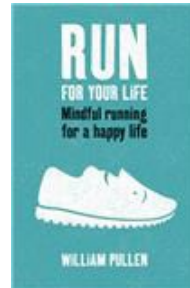


**THE DANISH WAY OF PARENTING: What the Happiest People in the World Know About Raising Confident, Capable Kids by Jessica Joelle Alexander and Iben Sandahl (TarcherPerigee)**

What makes Denmark the happiest country in the world—and what are the secrets of Danish parents for raising happy, confident, successful kids, year after year? This upbeat and practical guide, filled with practical takeaways and examples, brings together the insights of a licensed psychotherapist and a mom on the habits of the happiest families on

earth. This book will help parents from all walks of life raise the happiest, most well-adjusted kids in the world.

### RUN FOR YOUR LIFE



**RUN FOR YOUR LIFE by William Pullen (Penguin Life)**

Anyone who has ever gone for a run, jog or even a walk knows that uplifting, happy feeling they get at the end of their journey. Some call it the 'runner's high', others put it down to endorphins. In Run for Your Life, William Pullen teaches us focus that incredible energy to experience our emotions in motion. The book is designed to offer space for you to reflect on your practice and see your progress as you run through life's ups and downs.

Run for Your Life introduces Dynamic Running

Therapy as a truly holistic approach to living, bringing the mind in perfect harmony with the body and combining the power of both in order to show how we might achieve our fullest potential.

### SLEEP



**SLEEP: Redefine Your Rest, for Success in Work, Sport and Life by Nick Littlehales (Penguin Life)**

One third of our lives are spent trying to sleep. Most of us have disturbed, restless nights and the hours we spend in bed shape our mood, motivation and decision-making skills - defining our performance in work, at home and while keeping fit. We need a new approach to sleep. In this ground-breaking book, Nick Littlehales, elite sleep coach to some of the world's leading sports stars

and teams, lays bare his strategies for us all to use.