

"A great new voice in suspense...Perfect for fans of Big Little Lies who thrive on stories of deceit in the suburban world." —J. T. Ellison, New York Times and USA Today bestselling author of Her Dark Lies "Pitch perfect suspense...The best debut I've read this year." --Allison Brennan, New York Times bestselling author An intriguing and twisty domestic suspense about loyalty and deceit in a tight-knit Texas community where parents are known to behave badly and people are not always who they appear to be. Emily, a popular but bookish prep school senior, goes missing after a night out with friends. She was last seen leaving a party with Alex, a football player with a dubious reputation. But no one is talking. Now three mothers, Catherine, Leslie and Morgan, friends turned frenemies, have their lives turned upside down as they are forced to look to their own children—and each other's—for answers to questions they don't want to ask. Each mother is sure she knows who is responsible, but they all have their own secrets to keep and reputations to protect. And the lies they tell themselves and each other may just have the potential to be lethal in this riveting debut.

Love, calmness, confidence, gratitude, hope and happiness: the six emotions that tip the balance of our mindset in favour of a positive outlook rather than a negative one. Wouldn't it be great to feel more of these positive emotions? Now you can with Fiona Brennan's ultimate manual for the mind. With a chapter on each emotion, and practical steps on how to cultivate them, the plan utilises mindfulness, habit loops, positive psychology and neuroscience to help soothe anxiety and stress. It will show you how to train your brain to embrace negative thoughts with courage and love before transforming them into positive ones. Accompanied by audio-hypnotherapy meditations that take just a few minutes a day, split between morning and evening, it will transform your mental health as you doze off peacefully to the sleep-time audio and start the day happy with the seven-minute morning ritual. Take control of your emotional health and build your ladder to happiness so that you flourish as you develop The Positive Habit. "Life-changing! Manifest the habit of happiness and success." Jack Canfield, author of Chicken Soup for the Soul

Think your way to a more positive life Positive thinking is an approach and a set of skills that we can all learn. But it's not just about how and what you think; you've got to do something! In a range of situations, positive thinking needs to be followed by positive action. The good news is that whatever life has thrown at you in the past and whatever is you want to achieve in the future, the Positive Thinking Pocketbook will help you think and behave more positively. Inside, you'll find out how to use tips, techniques and advice on creating a positive mindset and developing your positive thinking. Next, you'll find out how to apply that positive thinking to a range of potentially difficult situations.

- Little approachable exercises make it easy to get started
- Full of scenarios, ideas, advice, tips and techniques
- Learn how to overcome negative thinking, get motivated and stay motivated
- Discover how to make positive thinking a habit

Whenever you want a shot of positivity, simply pick out a few ideas, tips and techniques that appeal to you and give them a try!

Be calm, collected and in the moment Too often, life just races by. You don't fully experience what's happening now, because you're too busy thinking about what needs doing tomorrow, or distracted by what happened yesterday. And all the time your mind is chattering with commentary or judgement. Mindfulness allows you to experience the moment instead of just rushing through it. Being mindful opens you up to new ideas and new ways of doing things, reducing stress and increasing your enjoyment of life. With ideas, tips and techniques to help you enjoy a more mindful approach to life, you'll learn how to:

- Adopt more positive ways of thinking and behaving
- Become calmer and more confident
- Break free from unhelpful thoughts and thinking patterns
- Bring about positive changes in your relationships
- Achieve a new level of self-awareness and understanding

Life is happening right now; mindfulness will help you live in the moment, so it doesn't pass you by!

GET SMART ABOUT YOUR EMOTIONS! You've probably noticed that it's not the smartest people that are the most successful or the most fulfilled in life; being clever, talented or skilled is not enough. It's your ability to manage your feelings, other people, and your interactions with them that makes the difference. **UNLOCK YOUR TRUE POTENTIAL** Instead of thinking of emotions as being positive or negative, you'll learn that all emotions have a positive intent – all emotions have our best interests in mind. When you improve your emotional intelligence, you can think clearly and creatively, manage stress and challenges, and communicate well with others. A special bonus chapter on personal confidence helps you be more assertive and motivate yourself and others. This book helps you: Express how you feel, what you want and don't want Understand what others are feeling Manage office politics and navigate the social complexities of the workplace Handle bullying Deal with anxiety, anger, and disappointment

Lonely Less

Declutter Your Life

Cultural Intelligence

A Practical Guide for Employers and Employees

Little Exercises for a happy and successful life

Little Exercises for a Calmer Life

Positive Thinking

Succeed in Any Culture, in Every Situation In today's global economy, the ability to interact effectively across cultures is a fundamental job requirement for just about everyone. But it's impossible to learn the customs and traits of every single culture. David Thomas and Kerr Inkson present a universal set of techniques and people skills that will allow you to adapt quickly to, and thrive in, any cultural environment. You'll learn to discard your own culturally based assumptions and pay careful attention, in a mindful and creative way, to cues in cross-cultural situations. The authors show how to apply cultural intelligence in a series of specific situations: making decisions; communicating, negotiating, and resolving conflicts; leading and motivating others; and designing, managing, and contributing to multicultural groups and teams. This extensively revised third edition has been updated with new stories showing cultural intelligence in action. Thomas and Inkson have broadened the focus beyond business to include organizations of all kinds—nonprofits, governments, educational institutions, and more. And they include a reliable and valid measure of cultural intelligence based on a decade of research by an international team of scholars.

Emotional Intelligence

Happiness

Turn Away from Teasing

The Night She Went Missing

Get Motivated, Get Organised and Get Things Done

How to Get Into the Habit of Being Happy

Smart Tactics for Overcoming the Problem People in Your Life