



The Inner Winner

Inspirational Lessons from the World's Great Achievers

An Optimist's Guide to Thriving in the Age of Accelerations (Version 2.0, With a New Afterword)

The Chimp Paradox

How to Realize Your Dreams and Reinvent Your Life

Connect

'Toad', the famous character in Kenneth Grahame's *The Wind in the Willows* is in a very depressed state and his good friends Rat, Mole and Badger, are 'worried that he might do something silly'... First they nursed him. Then they encouraged him. Then they told him to pull himself together... Finally, Badger could stand it no longer. That admirable animal, though long on exhortation, was short on patience. 'Now look here Toad, this can go on no longer', he said sternly. 'There is only one thing left. You must have counselling!' Robert de Board's engaging account of Toad's experience of counselling will capture the imagination of the growing readership of people who are interested in counselling and the counselling process. Written as a real continuation of life on the River Bank, Toad and his friends come to life all over again. Heron, the counsellor, uses the language and ideas of transactional analysis as his counselling method. Through the dialogues which make up the ten sessions, or chapters of the book, Toad learns how to analyse his own feelings and develop his emotional intelligence. He meets his 'rebellious child' and his 'adult' along the way, and by the end of the book, as debonair as ever he was, is setting out on a completely new adventure. As readers learn about Toad, so they can learn about themselves and be encouraged to take the path of psychological growth and development. Best-selling author, Robert de Board says: 'Toad's experiences are based on my own experiences of counselling people over a period of twenty years. Counselling for Toads is really an amalgamation of the many counselling sessions I have held and contains a distillation of the truths I have learnt from practice.' Appropriate for anyone approaching counselling for the first time, whether as a student or as a client, or for the professional counsellor looking for something to recommend to the hesitant, *Counselling for Toads* will appeal to both children and adults of all ages.

Thought Economics

The Science of Doing Your Best When It Matters Most

Prompts, Practices, and Affirmations to Prioritize You

A Psychological Adventure

Through Think Feel Know

Success Is Not an Accident

Supercoach