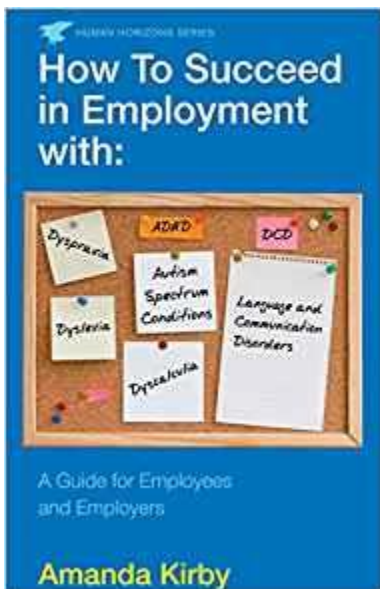


# MARCH'S TOP NEW TITLES

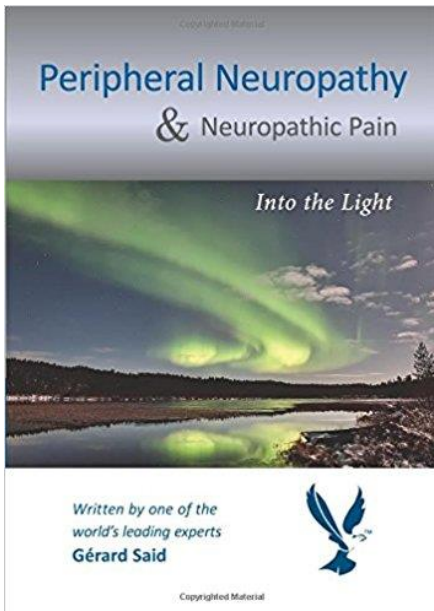


**1. Overcoming Gambling Addiction** - This self-help manual uses cognitive behavioural therapy (CBT) techniques, aspects of which were pioneered by clinical psychologist Professor Alex Blaszczynski, and now used all over the world, to help with gambling addiction. This fully revised and updated new edition takes into account the growth of sport betting and the increased ease of online gambling, as well improvements in clinical interventions. **OVERCOMING** self-help guides use clinically proven techniques to treat long-standing and disabling conditions, both psychological and physical. Many guides in the Overcoming series are recommended under the Reading Well Books on Prescription scheme.



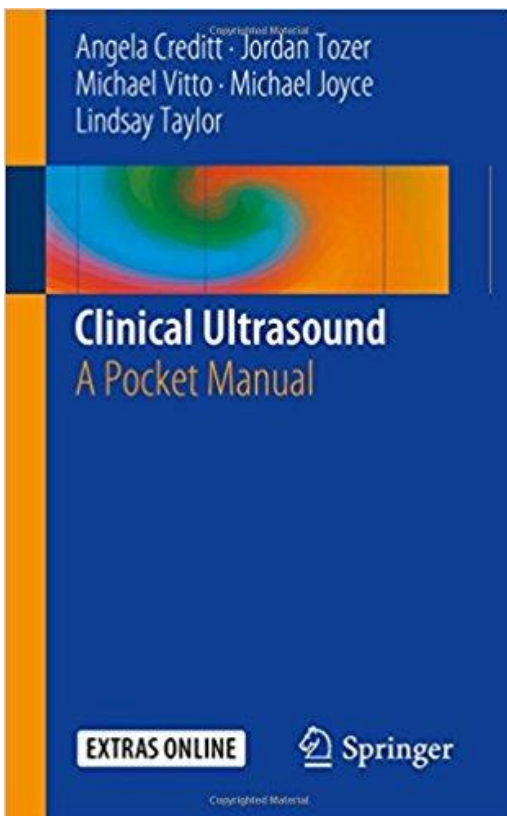
**2. How to succeed in employment with: A Guide for Employees and Employers** - For anyone becoming employed, or in employment, with hidden impairments such as dyslexia, dyspraxia, ADHD or ASD the work setting can be a real challenge. From getting started choosing a career, tips on job interviews to information on life in employment, starting from induction onwards, daily management of a workload, selling strengths, and even guidance on how to build a good balance between work and home life, Amanda Kirby identifies the best strategies to use for success, both professionally and personally. While being in a new job can be exciting it can also provoke anxious feelings of not being quite sure what to do and when to act. The information in this book is the ideal preparation for the challenges, and new opportunities, ahead. Drawing on decades of practical experience, as well as her academic expertise, Amanda Kirby provides a comprehensive range of helpful information built from contributions from many people with specific learning difficulties who

have gone through this experience, and professionals working in the field. This is an easy to use guide that will prepare anyone for all aspects of life in employment and is a must-have guide for all employers.

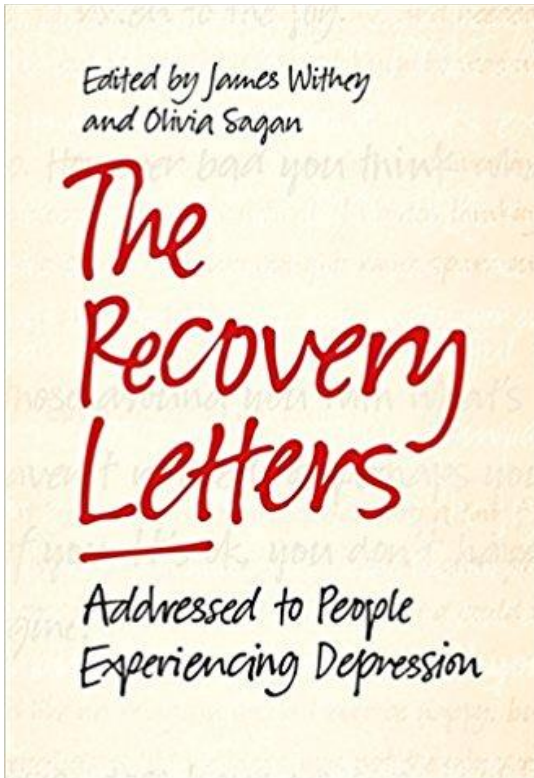


**3. Peripheral neuropathy & Neuropathic Pain** - Peripheral neuropathy is a common medical condition, the diagnosis of which is often protracted or delayed. It is not always easy to relate a neuropathy to a specific cause. Many people do not receive a full diagnosis, their neuropathy often being described as 'idiopathic' or 'cryptogenic'. Another additional problem for many patients is that once having received a full, or even a partial diagnosis, they are then often discharged back to their primary healthcare team who, in many instances, know little about this condition and how it may impact upon their patients' lives. In order to help bridge this gap in medical knowledge and to give healthcare providers a better understanding of this often distressing condition, The Neuropathy Trust has commissioned a new book on this complex topic. Written by one of the world's

leading experts on neuropathy, Professor Gerard Said, it is a 'must read' and also a handy reference book for doctors, nurses, physiotherapists, chiropodists/podiatrists and other health professionals. As well as covering the anatomy of the nervous system and the basic pathological processes that may affect the peripheral nerves, the book covers a whole range of neuropathic conditions. These include, for example, Guillain Barre syndrome, chronic inflammatory demyelinating polyneuropathy, vasculitic neuropathies, infectious neuropathies, diabetic and other metabolic neuropathies, hereditary neuropathies and neuropathies in patients with cancer.



**4. Clinical Ultrasound: A Pocket Manual** - This pocket manual is designed to guide medical professionals in acquiring skills in basic ultrasound imaging. It describes the most common scans performed at the patient's bedside, specifically in the emergency department or intensive care unit. Following an overview of basic ultrasound principles, the use of this modality to visualize specific organ systems is described. In a quick-reference bulleted format, each chapter details indications, basic techniques (patient position, organ windows/views), probe placement, anatomy, pathology, pearls, and key points in ultrasound imaging. The extensive collection of images helps orient the reader in interpreting the scans, depicts anatomic landmarks, and identifies key pathologic findings for each organ system. *Clinical Ultrasound: A Pocket Manual* is an accessible guide to performing bedside ultrasound imaging for emergency medicine physicians, primary care physicians, critical care medicine providers, residents, and medical students.



**5. The Recovery Letters: Addressed to People Experiencing Depression** - In 2012, The Recovery Letters was launched to host a series of letters online written by people recovering from depression, addressed to those currently affected by a mental health condition. Addressed to 'Dear You', the inspirational and heartfelt letters provided hope and support to those experiencing depression and were testament that recovery was possible.

Now for the first time, these letters have been compiled into an anthology for people living with depression and are interspersed with motivating quotes and additional resources as well as new material written specifically for the book. This powerful collection of personal letters from people with first-hand experiences of depression will serve as a comforting resource for anyone on the journey to recovery.