

RIGHTS GUIDE 2019

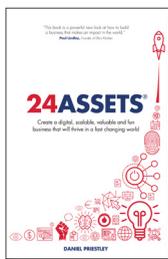
RETHINK PRESS
THE ENTREPRENEUR'S PUBLISHER

WELCOME TO THE RETHINK PRESS RIGHTS GUIDE 2019

Rethink Press is the entrepreneur's publisher. Written by expert international authors, our titles are innovative, inspiring and practical. This Rethink Press Rights Guide brings together best sellers and frontlist titles in the areas of leadership, business, technology, self development, and health & lifestyle. We are sure you'll find much to engage and inspire the readers in your territories and look forward to hearing from you.

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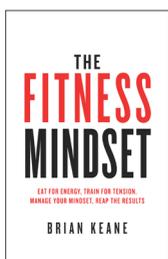


24 Assets by Daniel Priestley

Rights sold Italian, Thai

About the book In every industry, there are companies that take off. They hire talented people, attract loyal customers, create cool products and make money. These companies stand out and scale up quickly with support from investors, partners and the media. Sadly, most companies don't perform this way. Most entrepreneurs aren't building anything of value. This book focuses you on transforming your organisation into something scalable, digital, fun and capable of making an impact.

ISBN 9781781332481 **Publication** May 2017 **Page count** 208

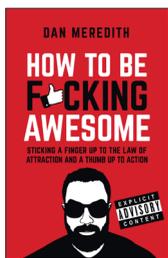


The Fitness Mindset by Brian Keane

Rights sold Italian

About the book Eat for energy, Train for tension, Manage your mindset, Reap the results. How would it feel to have the body you've always wanted, a huge boost in energy, and the mindset to keep it forever? The Fitness Mindset gives you everything you need to get the body you've always dreamed of. Finally get into the best physical and mental shape of your life.

ISBN 9781781332528 **Publication** August 2018 **Page count** 182

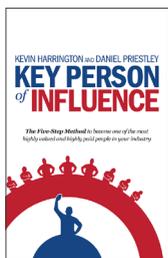


How to be F*cking Awesome by Dan Meredith

Rights available World

About the book If you've been looking for the motivation to launch that business or start a new project you've been putting off, this book is for you. What enables some people to work hard, play harder and make a difference every day, yet still have time to take care of their body, eat good food and be there for the people who matter? This book shares 11 devastatingly powerful principles you can apply immediately to start getting more of what you want and less of what you don't want.

ISBN 9781781331880 **Publication** April 2016 **Page count** 190



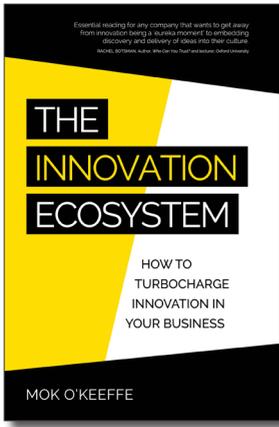
Key Person of Influence (Revised Edition)

Rights sold Thai, Vietnamese

by Daniel Priestley

About the book Fully revised edition with over 10,000 words of new content. Every industry revolves around Key People of Influence. Their names come up in conversation. They attract opportunity. They earn more money. Many people think it takes decades of hard work, academic qualifications and a generous measure of good luck to become a Key Person of Influence. This book shows that there is a strategy for fast-tracking your way to the inner circle of the industry you love.

ISBN 9781781331095 **Publication** September 2014 **Page count** 190



ISBN 9781781333433

Publication Date December 2018

Page Count 180

Rights available World

The Innovation Ecosystem

How to turbocharge innovation in your business

Mok O'Keeffe

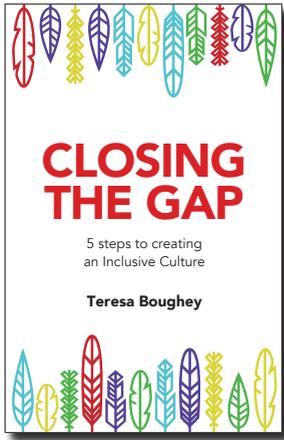
This book is a must-read for business leaders who want to understand how to unlock the creative potential of their people and deliver sustainable innovation in their business. Taking inspiration and insight from the world's most innovative organisations, *The Innovation Ecosystem* identifies the four elements they all share, providing you with a step-by-step guide to doing it in your business. When you read this book you will discover how to:

- Set a clear innovation strategy that aligns to your business objectives
- Inspire your leadership team to encourage, enable and reward innovation
- Measure innovation and put structures and processes in place to ensure it is protected from "business as usual"
- Turn employees into innovators by giving them the tools, knowledge and space to innovate

Contents

Foreword – Introduction – How To Use This Book – What Is Innovation? – The Direction: Articulating Your Innovation Strategy – The Environment – The Engine – The Enablers: Building The Innovation Capability Of Your People – Conclusion – Notes

Mok O'Keeffe has over two decades' experience of working in innovation in Europe, the United States, the Middle East and Asia. Mok is the Founder of The Innovation Beehive, whose clients include Google, McDonald's Corporation, Ford Motor Company, Hearst Magazines and Lloyds Banking Group. He has been quoted in Forbes Magazine, People Manager and HR Magazine and is a regular speaker on innovation management.



ISBN 9781781333549

Publication Date March 2019

Page Count 346

Rights available World

**... a helpful guide
using practical, real-life
examples and providing
a framework for leaders
and boards.'**

– Gary Kildare,
Chief HR Officer IBM Europe

Closing The Gap

5 steps to creating an Inclusive Culture

Teresa Boughey

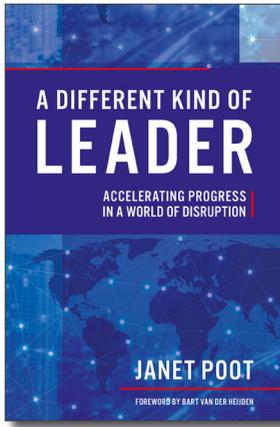
Closing the Gap provides board directors, business leaders and HR professionals with a path to implementing a holistic approach to inclusion and diversity in their organisations. It sets out strategies to create an environment where people have a sense of belonging and feel respected and valued, ultimately enabling you to attract top talent and outperform your competitors. Read this book to:

- Take Stock – identify your current Diversity and Inclusion position
- Raise Awareness – understand why Inclusion and Diversity helps to achieve competitive advantage
- Inspire and Involve – recognise the benefits of an internal culture that inspires and involves everyone
- Build for the Future – embrace Inclusion and Diversity to improve and sustain talent attraction and retention
- Embed – ensure that Inclusion and Diversity is infused and firmly embedded within your organisation's culture

Contents

Preface – Introduction – Take Stock And Transparency – Raise Awareness – Inspire And Involve – Build For The Future – Embed – Conclusion

Teresa Boughey Chartered MA FCIPD works with boards and leadership teams during times of change and business transformation and enables organisations to create inclusive workplace cultures. Teresa is a UK Female Entrepreneur Ambassador and a member of the Women and Enterprise, and Women and Work APPG.



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Publication Date March 2018

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Rights available World

A Different Kind Of Leader

Accelerating progress in a world of disruption

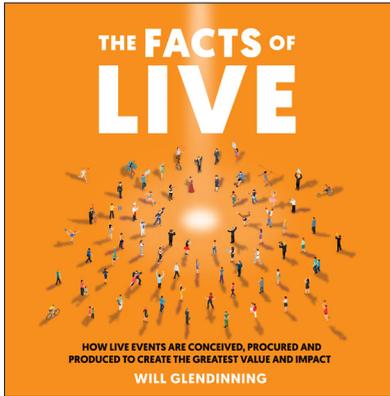
Janet Poot

At a time when innovation is driven more and more by cross-functional, self-managed teams, this book provides valuable insights for leaders who wish to increase their influence and facilitate ongoing progress in a disruptive, digitalised world. Janet Poot provides practical examples of relevant situations and dilemmas that will open the door to a different way of leading and can be used for ready reference in every phase of leadership. If you're a leader, or aspiring leader, and want to continue to add value in these highly disruptive times, then *A Different Kind Of Leader* is an invaluable guide.

Contents

Preface – Foreword xi – Introduction – Chapter One: Understanding the External Environment – Chapter Two: The Changing Face of the Internal – Organisation – Chapter Three: Leadership Today – the Transitional – Phase of Half Measures – Chapter Four: Preparing for Change – Chapter Five: On the Job – Chapter Six: Teams Today – the Most Common – Limitations – Chapter Seven: Modern Team and Intergenerational – Leadership – Chapter Eight: When the Going Gets Tough – Postscript – Acknowledgements – The Author

Janet Poot is an international business coach, writer and speaker born in South Africa and now based in The Netherlands. She has many years of experience as a marketing entrepreneur and subsequently as a leadership consultant with a range of multinational clients, and runs leadership programmes and workshops in a variety of different markets, cultures and industries to inspire a new role and approach for leaders.



The Facts Of Live

How live events are conceived, procured and produced to create the greatest value and impact

Will Glendinning

In *The Facts Of Live* Will Glendinning distils over twenty years' experience with almost every type of live event. Whether you're in the sport, entertainment, arts, marketing, communication, government or the not-for-profit sector, creating the most value and impact with a live event, pavilion or exhibition starts with the 'facts of live' – its genesis, the foundations that underpin it, and key principles. Read this book to learn how to:

- Procure or outsource your event or exhibition
- Improve or build in-house professional event or exhibition teams or organisations
- Develop or improve how you professionally produce events or exhibitions

ISBN 9781781333396

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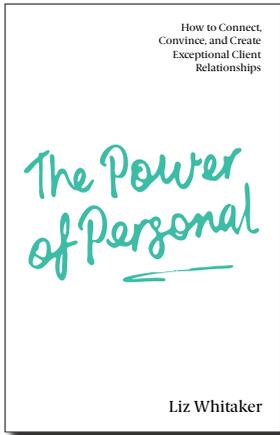
'Will's expertise in creating and delivering major events, which are becoming increasingly complex and risky, has been proven time and time again.'

Zara Hyde Peters OBE,
Former CEO British Triathlon
Non-Executive Director,
Birmingham Organising Committee,
2022 Commonwealth Games

Contents

Glossary – Introduction – The Purpose Of Live Events – The Anatomy Of Live Events – Live Event Team Structures – The Tipping Point – Leadership – Procurement Paradox – Procurement Toolkit: Overview, Goods And Services – Procurement Toolkit Part : Turnkey Solutions – Your Live Event – And Finally – Summary –

Will Glendinning is a live event producer, director, designer and part-time adventurer. He's been responsible for some of the most ambitious live events, marketing campaigns and entertainment in recent history. He works with major brands, world leaders, mega and major sporting events, pavilions, exhibitions, the arts, military pageantry and more. Will is a speaker and media commentator whose work has received acclaim from the highest levels of business and government.



ISBN 9781781333556

Publication Date March 2019

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Rights available World

'It's clever and gives firms what they're looking for in their marketing. The advantage.'

– Derek Southall, CEO
Hyperscale Group Limited

The Power Of Personal

How to Connect, Convince, and Create
Exceptional Client Relationships

Liz Whitaker

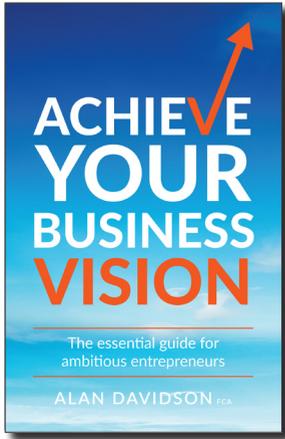
The Power Of Personal is a business development handbook for organisations selling high value services in highly competitive markets where there is a financial or reputational risk to the client, where trust is paramount and where relationships are everything. This book will show you how to:

- Identify the priority sectors, organisations and people to fulfil your business ambitions
- Realise the massive untapped potential that already exists in your client base and your own people
- Make every client interaction human and build exceptional relationships based on trust and mutual respect
- Gain a competitive advantage by putting personalisation at the heart of everything you do
- Develop a methodology for your whole team that enables you to leverage more from the time and money spent on marketing, communications and business development

Contents

Foreword – Introduction – SECTION 1 THE BIG FAT WHY?
– What's Happening In The World – What's Happening To Us – SECTION2 PREPARE – People And Touchpoints – How To Really Connect And Convince – SECTION 3 PROPELLA EXPLAINED: PLOT, PRIORITISE, AND PLAN – Gathering The Information – Propella Explained (Part One) – Propella Explained (Part Two) – The Characters (And Meet Your New Best Friend) – Characters To Convert – Characters To Watch – Characters To Relegate – SECTION 4 PERSONALISE: WHERE THE MAGIC HAPPENS – Think Big – Act Small (With Beautiful Results) – Next Steps

Liz Whitaker has over 30 years' experience advising professional services firms how to use marketing communications to grow their business, protect their reputation, and retain and recruit top talent.



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Rights available World

Achieve Your Business Vision

The essential guide for ambitious entrepreneurs

Alan Davidson FCA

This book seeks to give entrepreneurs a head start by helping them achieve their business vision much more quickly, successfully and profitably. Drawing on over 25 years' experience working directly with entrepreneurs to achieve their business dreams, Alan Davidson provides tools, tactics and advice to accelerate your business success. This book shows how to:

- Build a business with real value from the start
- Avoid common and costly mistakes everyone else makes
- Evaluate your dream to ensure your vision is feasible
- Stop worrying about the finances and focus on your dream
- Embrace technology to gain a competitive advantage

Contents

Introduction – Shortcut To Success – Assess Your Situation – Consider Cash Flow – Making Cloud Accounting Work For You – Follow The Rules – Identify Insights – Enhance The Business – Build Value – Create An Exit Plan – Conclusion

Alan Davidson is a Chartered Accountant who has been advising businesses on financial matters for over 25 years. He has seen many promising entrepreneurs struggle to fulfil their initial expectations, helped them to overcome obstacles and grow a business that serves them, their customers and the world at large.



ISBN 9781781333303

Publication Date October 2018

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Rights available World

Putting The Human Back Into HR

Success as an HR professional begins with you

Su Patel

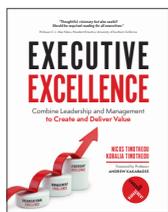
Su Patel shares the five key areas HR professionals need to master to be more effective and fulfilled in their role, along with practical advice on balancing processes, policies and people skills and making a positive impact on any business and its employees. Read this book and follow Su's advice to:

- Develop a great partnership brand where the business will value and respect you
- Create an enjoyable work environment for your employees and yourself
- Become proactive rather than reactive to change
- Deliver measurable results and prove your worth to your company

Contents

Some truths about HR – HR in The Real World – Partnership – Process – Productivity – Performance – Progress – The HR health check

Su Patel is the founder and director of HR Training and Consulting Ltd. Following a successful career with one of the biggest retailers in the UK she set up her own company to transform HR in SMEs, providing training and empowering HR professionals with a world-class, human approach to the profession.



Executive Excellence

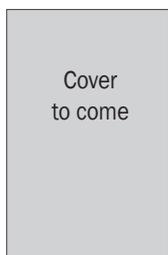
Rights available World

by Nicos Timotheou and Koralia Timotheou

About the book This is the ultimate handbook to developing your organisational, management and leadership competences and creating and delivering outstanding value, whether you are a seasoned executive or CEO, or an aspiring young MBA graduate. This book will help you negotiate the complicated, competitive and demanding business world of today. It's an invaluable guide to achieving executive excellence and business success and delivering extraordinary value for your organisation's customers, shareholders and stakeholders. Read this book to learn about:

- 21st century business models, value streams, enterprise architectures and generic subprocesses
- Process management and how it is exercised by successful executives
- The successful executives' management process
- The successful executives' leadership process
- How to upgrade your leadership and management competencies and accelerate success

ISBN 9781781333525 **Publication** May 2019 **Page count** 360



Trust Is The New Currency

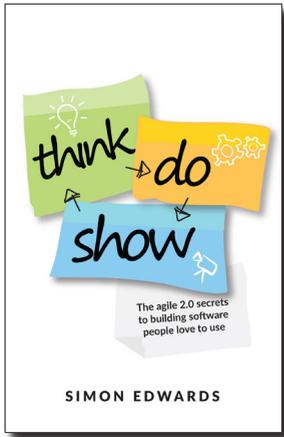
Rights available World

by Sheila Holt and Fredrik Sandvall

About the book This book is for entrepreneurs who want to develop a fresh and vital approach to building a business by creating new ways to fund ventures, find money, and access resources. At the core of this economy are relationships founded on trust. This book will help you gain an understanding of how to build relationships in your new or existing business, how to build trust from scratch, and how to deepen it. Discover how you can use trust as currency to attract the right business partners and ultimately achieve the results you desire. Learn about:

- The foundations of trust
- Building your 'business engine' based on trust
- Partnering to create wealth through business and investments

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ISBN 9781781333648

Publication Date March 2019

Page Count 202

Rights available World

Think, Do, Show

The agile 2.0 secrets to building software people love to use

Simon Edwards

Think, Do, Show is a refreshing, simplified reboot of an agile 2.0 framework. In this book, Simon Edwards presents a simplified agile model which elegantly brings the whole business together to truly empower delivery.

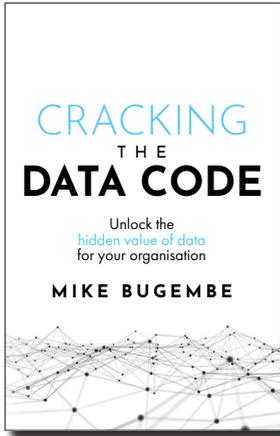
If your job relies on you to rapidly deliver beautiful looking software that people love to use, then read *Think, Do, Show* to be able to:

- Map out only the features you need to fix the problem(s) you're trying to solve
- Create a simplified delivery schedule that everyone can understand and buy into
- Cut through corporate fog to ship software that adds value to your business and people's lives
- Supercharge the delivery arm and give your team clear objectives
- Build a tribe of passionate followers and supporters within your organisation

Contents

Preface – Introduction – SECTION ONE: THINK – Minimum Viable Product Statement – Minimum Viable Product Maps – Sprint Schedule – Creating Winning Proposals – SECTION TWO: DO – Setting Up Your Organisation's Structure For Success – How To Build Effective Agile Functional Teams – The Importance Of Tribes – Agile Rituals – SECTION THREE: SHOW – Communicate – How To Give Demonstrations That Rock – The One-Page Report – Conclusion

Simon Edwards PHD is a pragmatic agile evangelist. He has 15 years' experience of real-world software delivery for globally successful organisations, including Apple, O2, BT, Credit Suisse, Thomson Reuters, Shell, GlaxoSmithKline, the UK Ministry of Defence and the Metropolitan Police, working in Europe, USA and Asia.



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Publication Date October 2018

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Rights available World

Cracking The Data Code

Unlock the hidden value of data for your organisation

Mike Bugembe

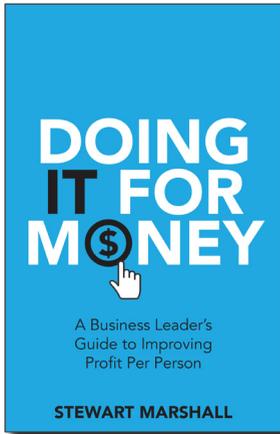
The notion that all you need is a technically competent data team in order to succeed in generating value from data is popular, but totally wrong. Little attention has been paid to the critical role that leaders play in unlocking the true game changing value that data promises. This book, a product of over a decade of research, introduces the 5 leadership keys to unlocking value from data and will enable you to:

- Understand the 5 leadership keys
- Set your organisation up to identify the game changing use cases
- Build a world class team to deliver
- Make the necessary organisational/cultural changes to maximise your chances of real success

Contents

Introduction – Demystifying Data – Your Data Leader – A Game Plan For Big Data – Building Data Teams – Creating A Culture For Success – Concluding Thoughts

Mike Bugembe is an award-winning data evangelist, guest lecturer, author and executive advisor working with organisations on how to generate value from the deluge of data that is being produced today. His approach successfully establishes data, analytics and machine learning as the lifeblood of the organisations that he has worked with, recently resulting in the \$100m valuation and sale of JustGiving.com.



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Publication Date December 2018

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Doing IT For Money

A business leader's guide to improving profit per person

Stewart Marshall

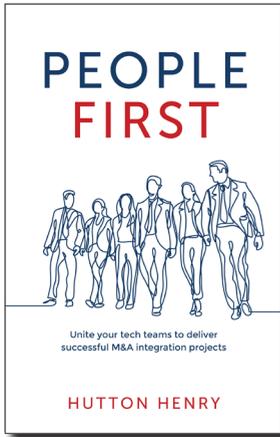
If you are a business leader who (whisper it softly...) doesn't really 'get' IT, you need this book. *Doing IT for Money* tells you all you need to know about the fundamentals of business IT and why it is an asset and the core of your business. Stewart Marshall sets out the five key principles you can use to support your future decision-making. When you've read this book, you will understand how to:

- Use technology as the foundation for your business
- Provide the tools your employees need to do things more accurately and efficiently
- Engage with your customers and prospects to deliver a superior customer lifetime value
- Provide the IT strength your business needs to build for the future
- Actively seek out the opportunities that digital transformation presents
- Energise your team and enhance your profit per person

Contents

In The Beginning... – A Little Background Information – Foundation – It's Not About Computers – Assistance – It's All About The People – Simplify – Faster, Better, Cheaper – Engage – Because They'll Love You – Strength – A Never-ending Story? Conclusion: The End Of The Beginning

Stewart Marshall spent much of his career in commercial R&D designing and building highly productive development tools used by companies worldwide. He's a passionate innovator and educator, driven by a desire to simplify and democratise technology, and to bridge the gap between businesses and the IT that drives them.



ISBN 9781781333044

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People First

Unite your tech teams to deliver successful M&A integration projects

Hutton Henry

People First is a guide for those who are responsible for delivering post-merger integration projects. Eighty per cent of Mergers & Acquisition deals fail to deliver the intended financial benefits; one major reason is a failure to fully engage technology teams in the M&A process.

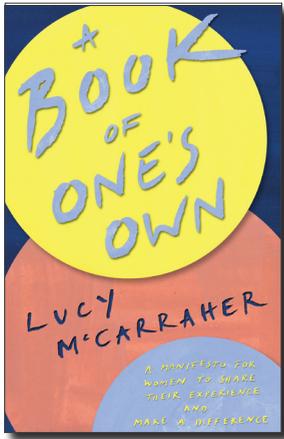
People First helps you to avoid loss of key staff, ideas and knowledge. Learn how to:

- Develop high-performing teams spread across multiple companies
- Create and nurture a positive team culture
- Avoid common mistakes that can derail the integration
- Discover the key differences between 'legacy' and 'digital' acquisitions
- Deliver a smooth technology transformation.

Contents

Introduction – PART ONE: THE CHALLENGE OF PMI – What Is Post-merger Integration? – The Challenge – Potential Risks – What Tech Staff Are Facing Today – PART TWO: THE MANAGED M&A METHOD – Introducing The Managed M&A – Engage – Examine – Envision – Conclusion – Glossary

Hutton Henry has been working in post-integration projects for more than 24 years for firms like Ford, Jaguar and Coral, helping clients take a people-oriented approach to technology projects. His unique approach blends sales, marketing and psychometric testing into corporate IT projects. He is a qualified business coach, screenwriter and can (still) cut code.



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'... valuable reading for men and women... We need more non-fiction books written by female authors: books of authority, books with meaning, books that serve.'

– Shah Wasmund MBE

A Book Of One's Own

A manifesto for women to share their experience and make a difference

Lucy McCarraher

Foreword by Shaa Wasmund

Author, publisher and book mentor Lucy McCarraher is on a mission to get more women writing business books about their knowledge, experience and expertise because, with the odds stacked against them, writing and publishing their own book could be of particular benefit to women entrepreneurs. In *A Book of One's Own*, fifty women authors share their experience with Lucy, who defines ten women archetypes and explains:

- The conscious and unconscious bias against women and how to challenge it
- The fears and anxieties most women share, and how to turn them into assets
- Why writing your book will benefit you, your business, your family and your gender
- How to plan and write your book with least disruption to your life and business
- How to publish and promote your book – without feeling pushy – for impact, income and influence

Contents

Foreword – Introduction – Part One Big Sister Is Watching You – Why Women Don't Write Their Business Books – Feel The Fear And Do It Anyway – What Held You Back? – Many Hands, Many Minds – Part Two We Must Be Heroes – The Power Of The Printed Word – Brainpower – Reasons To Write Your Book – Part Three Kill Your Angel, Write Your Book – The Angel, The Librarian And Miss Moneypenny – Mindset And Motivation – You're Not Alone – Preparation Is Everything – Start Writing – Getting Your Book Out There

Lucy McCarraher is co-founder and Managing Editor of Rethink Press, Publish Mentor of Dent Global and the Key Person of Influence programme, and Founder of the Business Book Awards. She is the author of twelve books, a mentor and speaker.



ISBN 9781781333488

Publication Date January 2019

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Speak Up!

How to ask for what you want, talk about what matters and make yourself heard

Helen Ponting

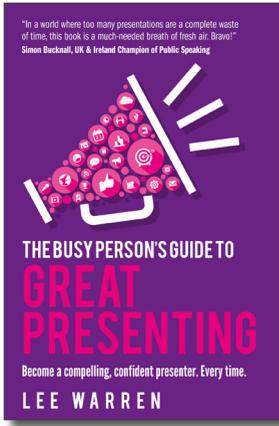
If you find conversations challenging, *Speak Up!* will help you to change how you approach them, whether with friends, family or people in authority. Conversations are part of everyday life and an important way to express yourself and connect with others, whether at home, in education or at work. This book will help you to:

- Learn how to start conversations
- Ask the right questions
- Make the right impression at work appraisals or interviews
- Improve your confidence and feel like you can make a contribution

Contents

PART ONE Why Are Conversations So Challenging? – Why Conversations Are Important – What Is A Conversation? – PART TWO How You Can Have Easy Conversations – Situation – Plan and Prepare – Eyes and Ears – Ask Questions – Knowledge – PART THREE Sample Conversations – Conversation Cases – Summary –Conclusion

Helen Ponting is a retired police supervisor and qualified trainer with a degree in Education and a Post-Graduate Certificate in Education. As an operational police officer and trainer she has proven skills and knowledge in communication, managing and planning people interactions, coaching, personal and leadership development.



ISBN 9781781333259

Publication Date October 2018

Page Count 234

Rights available World

The Busy Person's Guide To Great Presenting

Become a compelling, confident presenter. Every time.

Lee Warren

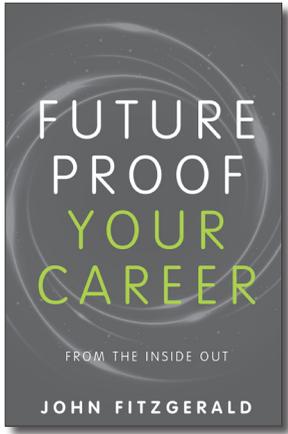
If you're a busy professional who wants – and needs – to give compelling presentations and pitches, this is the book for you. *The Busy Person's Guide To Great Presenting* provides a clear, simple and reliable structure that will ensure you can engage your audience, build rapport and get your message heard and acted on. A professional performer himself, Lee Warren reveals tricks and tools of the trade that will help you too to become a confident, assured presenter. Understand and learn how to:

- Quickly create and confidently deliver compelling presentations
- Conquer your nerves, engage your audience and deal with questions
- Work with colleagues and clients to stand out from the competition
- Increase your profile and credibility
- Avoid 'Death by PowerPoint'

Contents

Introduction – The Message – The Audience – The Presenter – The Busy Person's Guide To Slides – The Not-so Busy Presenter – Afterword

Lee Warren is a professional business keynote speaker and presenter. He has presented in over 20 countries, to hundreds of the world's largest companies, including Deloitte, IBM, HSBC, Pfizer, and GE Capital.



ISBN 9781781333327

Publication Date October 2018

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Rights available World

Future Proof Your Career

From the inside out

John Fitzgerald

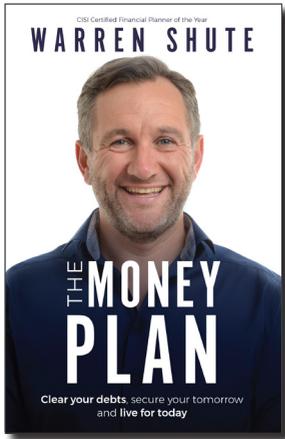
How do you make it through a 50-year career when all the rules for success have changed as we enter the Fourth Industrial Revolution? Professionals in organizations all over the world are going through change and are too busy to find time to think strategically about their next ideal career move. The book is a rich mix of fresh insights, real life stories and best practice career models to help you stay ahead in your career. Follow the advice in this book and stay employable, marketable and highly paid for life.

- Understand how you will be impacted the Future of Work
- Prepare for the changing structure of organisations, skills and mindset to stay ahead
- Clarify your next ideal role and why you want it
- Learn the new rules to stay employable, marketable and valuable for a 50-year career

Contents

My Career – My Business – A business model to take back career control – Dare to be different – The skills and attributes of influencing – Your Future World Of Work – The robots are coming – Your Future Organisations – The workplace winners of the future – Your career lighthouse – Six common barriers to career transition – Future Work Skills – Embracing Change – Building a bridge to the future – Challenge is our opportunity to change – Commit to your career

John Fitzgerald is a Career Futurist and a passionate speaker. He has coached hundreds of blue chip Senior Executives to rethink their career strategy. He set up Harmonics in 2006 and serves on the board of OI Global Partners, a global leading career consulting practice with 225 offices across 28 countries worldwide.



ISBN 9781781332856

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Rights available World

The Money Plan

**Clear your debts, secure your tomorrow
and live for today**

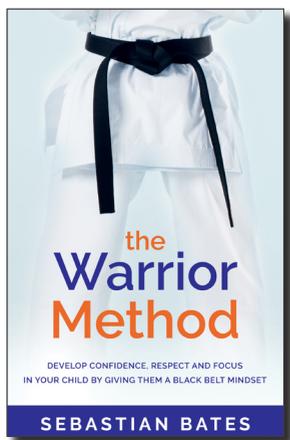
Warren Shute

If you've ever wondered why some people make money easily, enjoy great holidays, have nice things and retire rich, while others always seem to struggle, it's not because they are more intelligent or just lucky. It's simply because they have better beliefs about money and a system that works. In this practical book, Warren Shute shares his proven plan so you can clear your debts, secure your tomorrow and live for today. This book will provide you with the knowledge and strategies to make your finances automatic and enable you to retire young and rich.

Contents

Foreword by Alvin Hall – Introduction: Meeting Mr Planner –
STAGE ONE: GOALS – What's Your Why? – Goal setting – Set Yourself Up for Financial Success –
STAGE TWO: ORGANISED – Get Financially Well Organised Step One – Get Financially Well Organised Step Two – Get Financially Well Organised Steps Three and Four –
STAGE THREE: PROTECT – House Of Wealth Overview –
STAGE FOUR: DEBT – Clearing The Debt Burden – Mortgage Snowball –
STAGE FIVE: INVEST – Investment Success – Conclusion – Believing In Yourself – Final Thoughts – Appendix

Warren Shute MSc, CISI 'Certified Financial Planner of the Year 2017' winner, has worked with hundreds of men, women and children to help them live their life by design, not default. He is a Chartered Wealth Manager and a Fellow of the Chartered Institute for Securities and Investments, and a top multi-award-winning Financial Planner.



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Rights available World

The Warrior Method

Develop confidence, respect and focus in your child giving them a black belt mindset

Sebastian Bates

Do you worry that your child is lacking confidence, isn't doing as well at school as they could be, or is struggling with their behaviour as they negotiate the challenges of adolescence? *The Warrior Method* gives parents a four-step character development programme based on martial arts that you can use to transform your children's lives at any age. In this book you will learn how martial arts can:

- Improve your child's behaviour and reduce your stress
- Give your child a Black Belt mindset and high levels of confidence
- Massively improve your child's focus, concentration and school results
- Ensure your child is bulletproof to the effects of bullying
- Support your child through adolescence and ensure a promising future

Contents

Introduction – PART ONE Modern Problems And Ancient: Modern Problems – Parents' Problems – Ancient Solutions – PART TWO The Warrior Method: Community – An Introduction To Community – A Black Belt Community – PART THREE The Warrior Method: Inspire – Inspire – Black Belt Confidence – PART FOUR The Warrior Method: Challenge – Adventure – Competition – Setting Goals – PART FIVE The Warrior Method: Lead – Lead – Conclusion: What's Next? – References And Further Reading

Sebastian Bates has spent 20 years studying six different martial arts around the world and won several national titles in the UK. He created the Warrior Academy, a Martial Arts organisation that now teaches over 1000 students yearly in over 45 clubs. Sebastian's Warrior Method is a character development programme that has transformed the lives of thousands of families.

Featured
in Majesty
magazine



SCONE Or SCONE

The essential guide to British afternoon tea

Jane Malyon

Jane Malyon argues that afternoon tea is much more than just delicious carbohydrates: it's the secret to global harmony. So put the kettle on and start reading this light-hearted but fascinating gem of a book. If you have ever debated the pronunciation of the word 'scone' or wondered whether the little finger should be held out when sipping tea, this book has all the answers and will give you confidence that your manners are 'palace-ready'. It includes a short history of the great British tradition of afternoon tea and challenges you to an etiquette test. Learn about:

- The top qualities to look for in a tea room or hotel for your indulgent treat
- Why teatime manners matter now more than ever
- How to host your own perfect tea party

Contents

Foreword – Introduction – Going Out for Afternoon Tea – Do Table Manners Matter? – Test Your Etiquette – A Tea-Potted History of Afternoon Tea – Put The Kettle On – Hosting Your Own Tea Party – How Afternoon Tea Could Save The World

Jane Malyon's lifetime interest in afternoon tea led her to create a business that delivers fresh afternoon tea across the UK and teatime gifts worldwide. She gained the Guinness World Record for the largest English Cream Tea party ever.

ISBN 9781781333358

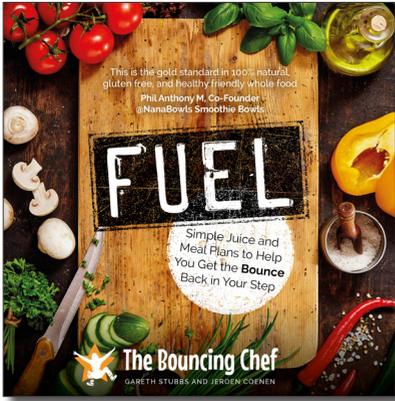
Publication Date January 2019

Page Count 200

Rights available World

'Jane Malyon's cream tea credentials precede her, and she is respected not just in Britain but the world over.'

– William Hanson,
British etiquette coach, author
and broadcaster



ISBN 9781781333082

Publication Date May 2018

Page Count 274

Rights available World

Fuel

Simple juice and meal plans to help you get the bounce back in your step

Gareth Stubbs and Jeroen Coenen

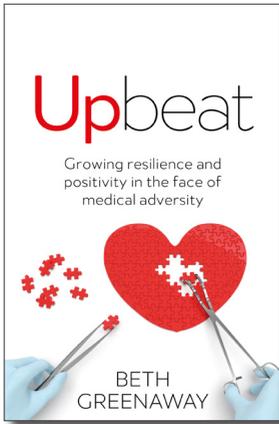
Somewhere in Spain, off the beaten track, is the home of The Bouncing Chef. People arrive feeling tired and unwell, confused and overwhelmed about how to live more healthily. After seven days they find themselves happier, refreshed and more alive than they've felt in a long time. *FUEL* is for you if you want to:

- Know what and how to prepare simple, healthy and fun food
- Truly enjoy the experience of eating properly again
- Take better care of yourself but don't know where to start
- Get more out of life with the confidence to go out and get it

Contents

The D-Toxd philosophy – All About FUEL – The Four FUEL Commandments – The seven-day fruit and veg juice plan – The seven-day alkaline juice plan – The five-day juice and soup detox plan – The four-week plan – The seven-day clean-eating plan – FUEL to Start Your Day – Juicing – FUEL To Go: Salads and Soups – Rocket FUEL: The Main Meals – The Guilt-Free Zone: Snacks, Treats, and desserts – The FUEL Challenge

Gareth Stubbs and Jeroen Coenen are friends brought together through a common aim: to live a healthy, balanced and happy life without extremes. Together, they've faced some tough life challenges, overcoming drug and alcohol addiction, mental health issues and an eating disorder. They now dedicate their lives to helping others find a version of healthy that works for them at their health retreat in Spain.



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Rights available World

Upbeat

Growing resilience and positivity in the face of medical adversity

Beth Greenaway

How can you ensure that you will come out the other side of serious medical adversity or trauma stronger and more resilient? *Upbeat* offers hope and inspiration, as well as proven tools, techniques and strategies to help you face adversity and thrive. With lessons drawn from Beth's own journey, this book will show you how to:

- Rebuild your confidence and boost your inner strength
- Nurture a healthy mindset to deal with uncertainty and loss of control
- Live successfully, day to day, with a long-term illness.
- Develop a toolbox of ideas and coping strategies to help you move forward and thrive
- Find the positives in your adversity and use them as a springboard for personal growth

Contents

Your Diagnosis Does Not Define You – The hero's journey
 – Focus On The Parts Of Life You Can Control – Learned helplessness – Learn From The Past, Look To The Future
 – Post-traumatic growth – Never Lose Hope – Look For The Positives In Your Adversity – Dealing with uncertainty
 – Boosting your inner strength – Relish The Challenge – Keeping a positive mindset – Life Doesn't Owe You Anything
 – You Only Live Once – Supporting your recovery – Conclusion
 – Staying upbeat

Beth Greenaway has faced more than her share of medical adversity. Born with a serious congenital heart condition, she has bounced back from three open-heart surgeries, a stroke which left her blind in one eye, and a life-threatening heart infection which kept her hospitalised for several months. None of this has stopped her living life to the full, competing as an endurance athlete, living overseas, running a successful business, or working as a personal trainer for others with long-term medical conditions.

Cover
to come**Fertility Breakthrough** by Gabriela Rosa**Rights available** World

About the book If you have been trying to conceive and take a healthy pregnancy to term for more than two years, having tried multiple other treatments without success, this book is for you. Getting clarity on the obstacles to your optimum fertility is the absolute, essential first step to understanding how to transform your results. Read this book to learn:

- That fertility is a team sport
- That fertility is not the 'numbers game' you have been led to believe
- The number one reason why you are not yet holding the healthy baby of your dreams in your arms, and what you need to do about it before it's too late
- The crucial steps to finally taking charge of your current results to overcome infertility and/or (recurrent) miscarriage

ISBN 9781781333631 **Publication** June 2019 **Page count** 200

Cover
to come**Still Magic** by Marcel Thompson**Rights available** World

About the book Gin's resurgence is a global phenomenon and a new generation of gin makers are forging an exciting future. Armed with this book, you can count yourself among today's intrepid creators and build upon gin's legacy. Marcel Thompson describes the foundations and building blocks that help you create high-quality gin. Read this book to understand:

- How you can make gin inexpensively without fuss
- That inexperience is not a barrier to success
- Why simplicity is key
- The three core values that distillers hold dear
- When you're ready to commercialise your gin legacy

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