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College Textbooks  
Health, Social Care, Mental Health  
Wellbeing, Counselling & Nutrition

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# Contents

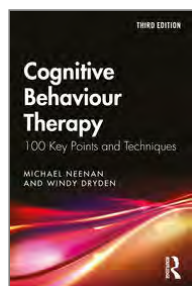
Counselling .....	2
Health & Social Care .....	5
Mental Health & Wellbeing .....	10
Nutrition .....	12
Study Skills .....	14
<b>Index .....</b>	<b>15</b>



## 3RD EDITION

**Cognitive Behaviour Therapy**

100 Key Points and Techniques



**Michael Neenan** Centre for Stress Management, UK,  
**Windy Dryden** Goldsmiths, University of London, UK

*Series: 100 Key Points*

Cognitive Behaviour Therapy: 100 Key Points and Techniques is a crisp, concise elaboration of the 100 main features of the very popular and evidence-based CBT approach within the field of psychotherapy. This compact, usable book is an essential guide for psychotherapists and counsellors, both trainee and qualified, who need to ensure they are entirely familiar with the key features of CBT as part of a general introduction to the current major psychotherapies.

Routledge  
 December 2020 : 314pp  
 Pb: 978-0-367-68065-7 : **£22.99**  
 Hb: 978-0-367-68067-1 : **£135**  
 eBook: 978-1-003-13405-3

\* For full contents and more information, visit: [www.routledge.com/9780367680657](http://www.routledge.com/9780367680657)

**Counselling for Toads**

A Psychological Adventure



**Robert de Board**

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.

Routledge  
 November 1997 : 160pp  
 Pb: 978-0-415-17429-9 : **£24.99**  
 Hb: 978-1-138-41502-7 : **£175**  
 eBook: 978-0-203-13609-6

\* For full contents and more information, visit: [www.routledge.com/9780415174299](http://www.routledge.com/9780415174299)

## 2ND EDITION

**Developing Resilience**

A Cognitive-Behavioural Approach



**Michael Neenan** Centre for Stress Management, UK

Developing Resilience shows how people can find constructive ways of dealing with their difficulties by using the techniques of cognitive behaviour therapy as well as listening to the wisdom of those who have prevailed over adversity. Revised and updated throughout, this new edition provides useful guidance and advice on topics including: managing negative emotions; learning from past experiences; and maintaining a resilient outlook. The book will be essential for anyone trying to find ways forward in difficult times, as well as counsellors, coaches and therapists looking for guidance in helping their clients.

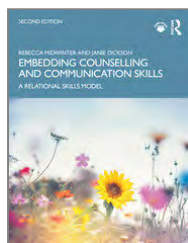
Routledge  
 July 2017 : 200pp  
 Pb: 978-0-415-79291-2 : **£22.99**  
 Hb: 978-0-415-79289-9 : **£120**  
 eBook: 978-1-315-18917-8

\* For full contents and more information, visit: [www.routledge.com/9780415792912](http://www.routledge.com/9780415792912)

## 2ND EDITION

**Embedding Counselling and Communication Skills**

A Relational Skills Model

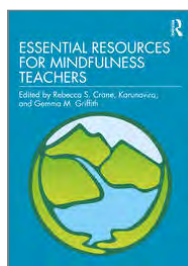


**Rebecca Midwinter** Director of Alpheus Training Ltd, UK,  
**Janie Dickson** University of Bristol, UK

Embedding Counselling and Communication Skills provides a step-by-step approach for those looking to gain a theoretical and practical understanding of using counselling and communication skills within the helper role and applying these skills in the context of professional practice. This book will be an essential resource for students taking an introductory counselling skills course, other trainees within the mental health sector, coaches and many other qualified professionals who wish to enhance their knowledge of embedding counselling skills into their work and practice.

Routledge  
 April 2025 : 314pp  
 Pb: 978-1-032-58340-2 : **£37.99**  
 Hb: 978-1-032-59841-3 : **£140**

\* For full contents and more information, visit: [www.routledge.com/9781032583402](http://www.routledge.com/9781032583402)

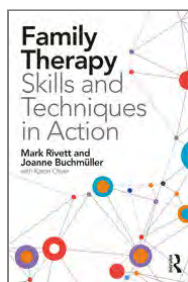
**Essential Resources for Mindfulness Teachers**

*Edited by* **Rebecca S. Crane** University of Wales, Bangor, UK,  
**Karunavira**, **Gemma M. Griffith**

Essential Resources for Mindfulness Teachers offers the reader a wealth of knowledge about the explicit and implicit aspects of mindfulness-based teaching. The book is a core companion text for both trainees and established mindfulness-based teachers, and is a resource you will return to again and again.

Routledge  
 May 2021 : 268pp  
 Pb: 978-0-367-33079-8 : **£22.99**  
 Hb: 978-0-367-33077-4 : **£135**  
 eBook: 978-0-429-31788-0

\* For full contents and more information, visit: [www.routledge.com/9780367330798](http://www.routledge.com/9780367330798)

**Family Therapy Skills and Techniques in Action**

**Mark Rivett** Director of Family and Systemic Psychotherapy training, University of Exeter and family therapist, South Wales, **Joanne Buchmüller**

Learning how to be a family therapist involves incorporating theory with practice. Family Therapy: Skills and techniques in action brings the theory and skills used by family therapists to life, providing a clear and concise introduction to different schools of family therapy and the contemporary development of the theory. Readers will also be able to see how the techniques look in a therapeutic setting through the use of a number of short video clips, available online. Aimed at both students of family therapy and those studying family therapy as part of their professional training, this is an indispensable, accessible text and a welcome addition to the field.

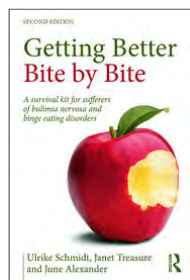
Routledge  
 October 2017 : 228pp  
 Pb: 978-1-138-83143-8 : **£33.99**  
 Hb: 978-1-138-83144-5 : **£135**  
 eBook: 978-1-315-72821-6

\* For full contents and more information, visit: [www.routledge.com/9781138831438](http://www.routledge.com/9781138831438)

2ND EDITION

## Getting Better Bite by Bite

A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders



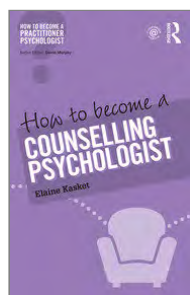
**Ulrike Schmidt** King's College London and Consultant Psychiatrist South London and Maudsley NHS Foundation Trust, UK, **Janet Treasure** South London and Maudsley Hospital and Professor at Kings College London, UK, **June Alexander** writer, editor, newspaper columnist, Australia

The first edition established itself as an essential, authoritative and evidence-based self-help programme for bulimia sufferers. Easy to read, and illustrated with many real-life examples, the new edition concentrates on the key behaviour changes necessary for the sufferer to achieve a happier and more fulfilled life. It is updated throughout, reflecting current research in the field. Two new chapters provide: Guidance on the new evidence in the field, and how this informs the self-help guide, and practical advice on further avenues for self-help. Written by established experts in the field, this is a valuable resource - for sufferers, their families, and the professionals treating them.

Routledge  
September 2015 : 182pp  
Pb: 978-1-138-79737-6 : **£25.99**  
Hb: 978-1-138-79740-6 : **£125**  
eBook: 978-1-315-75401-7

\* For full contents and more information, visit: [www.routledge.com/9781138797376](http://www.routledge.com/9781138797376)

## How to Become a Counselling Psychologist



**Elaine Kasket** Regent's School of Psychotherapy and Psychology, Regent's University London, UK

*Series: How to become a Practitioner Psychologist*

Counselling Psychologists can play a fundamental and inspiring role in people's lives. In a confidential environment, their aim is to bring insight and resolution to psychological and emotional issues, increasing resilience and happiness as a result. But how do you qualify, and what sort of role is it? This is the first guide to this fascinating and growing profession, providing an overview of what the job involves, the educational and training route, and the issues anyone newly qualified will face. The book features testimonials from those working in the field, alternative career paths, and tips on how to make the most of opportunities available.

Routledge  
June 2017 : 132pp  
Pb: 978-1-138-94824-2 : **£17.99**  
Hb: 978-1-138-94821-1 : **£90.99**  
eBook: 978-1-315-66967-0

\* For full contents and more information, visit: [www.routledge.com/9781138948242](http://www.routledge.com/9781138948242)

## How to Run Reflective Practice Groups

A Guide for Healthcare Professionals



**Arabella Kurtz**

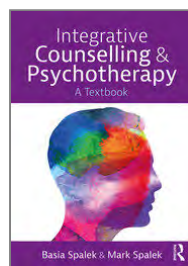
The book is a practical guide to facilitating reflective practice in groups for health and mental healthcare practitioners. Concerns about the impact of overstretched services on patient care and staff wellbeing have resulted in an increase of requests for staff in human services to run reflective practice groups and provide reflective supervision. Drawing on the author's extensive experience of facilitating reflective practice groups, and of training staff to run these groups in turn, the book provides plenty of examples that help practitioners make links with their own contexts and dilemmas.

Routledge  
December 2019 : 168pp  
Pb: 978-0-815-36214-2 : **£23.99**  
Hb: 978-0-815-36213-5 : **£115**  
eBook: 978-1-351-11299-4

\* For full contents and more information, visit: [www.routledge.com/9780815362142](http://www.routledge.com/9780815362142)

## Integrative Counselling and Psychotherapy

A Textbook



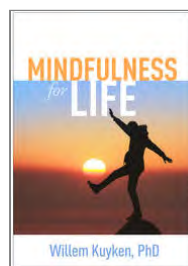
**Basia Spalek** University of Derby, UK, **Mark Spalek**

Integrative Counselling and Psychotherapy: A Textbook is an engaging and comprehensive guide to integrative counselling, providing an explanation of the theoretical ideas underpinning person-centred, interpersonal, cognitive-behavioural (CBT) and hypnotherapeutic modalities. With the help of case studies, exercises and chapter questions, this book will be essential reading for students on integrative counselling and psychotherapy courses and for integrative practitioners.

Routledge  
May 2019 : 206pp  
Pb: 978-1-138-30101-6 : **£36.99**  
Hb: 978-1-138-30097-2 : **£135**  
eBook: 978-0-203-73291-5

\* For full contents and more information, visit: [www.routledge.com/9781138301016](http://www.routledge.com/9781138301016)

## Mindfulness for Life



**Willem Kuyken** University of Oxford, United Kingdom

Mindfulness is easy to get started with, and people often experience benefits almost immediately. Why, then, do many initial enthusiasts end up dropping the practice after a short while? According to Oxford professor and leading mindfulness expert Willem Kuyken, it's because traditional mindfulness training is too far removed from how we actually live. This next-generation resource brings mindfulness home by teaching core skills in easy-to-integrate ways that touch directly on life's daily challenges. Dr. Kuyken provides stepping stones for building a personal practice that is sustainable, purposeful, and richly rewarding. Compelling guided practices include downloadable audio tracks.

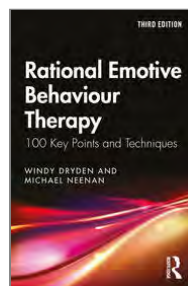
Guilford Press  
November 2024 : 256pp  
Pb: 978-1-462-54397-7 : **£16.99**  
Hb: 978-1-462-55526-0 : **£24.99**

\* For full contents and more information, visit: [www.routledge.com/9781462543977](http://www.routledge.com/9781462543977)

3RD EDITION

## Rational Emotive Behaviour Therapy

100 Key Points and Techniques



**Windy Dryden** Goldsmiths, University of London, UK, **Michael Neenan** Centre for Stress Management, UK

*Series: 100 Key Points*

Rational Emotive Behaviour Therapy: 100 Key Points and Techniques presents 100 main features of Rational Emotive Behaviour Therapy (REBT) to help therapists improve their practice. This concise and highly practical book will be invaluable to psychotherapists and counsellors in training and practice, ensuring a comprehensive understanding of the REBT approach.

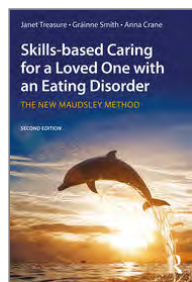
Routledge  
December 2020 : 326pp  
Pb: 978-0-367-67713-8 : **£23.99**  
Hb: 978-0-367-67714-5 : **£135**  
eBook: 978-1-003-13249-3

\* For full contents and more information, visit: [www.routledge.com/9780367677138](http://www.routledge.com/9780367677138)

2ND EDITION

## Skills-based Caring for a Loved One with an Eating Disorder

The New Maudsley Method



**Janet Treasure** South London and Maudsley Hospital and Professor at Kings College London, UK, **Gráinne Smith**, **Anna Crane** General Practitioner at Guy's, King's and St Thomas' Hospital, London, UK

Skills-based Caring equips carers with the skills and knowledge needed to support those suffering from an eating disorder, and help them break free from the traps that prevent recovery. Through a coordinated approach, it offers detailed techniques and strategies, which aim to improve professionals' and carers' ability to build continuity of support for loved ones. Using evidence-based research and personal experience, the authors advise the reader on a number of difficult areas of caring. This new and updated edition is essential reading for both professionals and families involved in the care and support of anyone with an eating disorder.

Routledge  
July 2016 : 294pp  
Pb: 978-1-138-82663-2 : **£29.99**  
Hb: 978-1-138-82664-9 : **£145**  
eBook: 978-1-315-73561-0

\* For full contents and more information, visit: [www.routledge.com/9781138826632](http://www.routledge.com/9781138826632)

## The Psychology of Counselling



**Marie Percival**

*Series: The Psychology of Everything*

The Psychology of Counselling explains the different approaches to therapy and how they are used in practice, giving information on what counselling can help with and what it cannot do. It looks at cognitive and behavioural therapies, psychoanalysis, and humanistic psychology, as well as exploring positive psychotherapy and the move away from a disease-based approach to counselling. The text sheds light on the therapeutic process, what it involves, and how it works, to help all those seeking assistance for relieving emotional or psychological issues and improving their psychological wellness.

Routledge  
April 2023 : 148pp  
Pb: 978-1-032-05180-2 : **£12.99**  
Hb: 978-1-032-05185-7 : **£120**  
eBook: 978-1-003-19647-1

\* For full contents and more information, visit: [www.routledge.com/9781032051802](http://www.routledge.com/9781032051802)

2ND EDITION

## Therapeutic Interviewing

Essential Skills and Contexts of Counseling



**Michael D. Reiter** Nova Southeastern University, Florida, USA

This newly updated introductory textbook is designed to help students of psychotherapy and counseling build the foundational strategies and tools essential for engaging clients in a therapeutic interview. In this second edition, Michael D. Reiter interweaves a new framework, the Issue Cycle, to help students build a foundational template for engaging clients regardless of therapeutic model. Practical and accessible, this textbook shall be essential reading for students of psychotherapy and counseling, as well as training family therapists, social workers, and other mental health professionals.

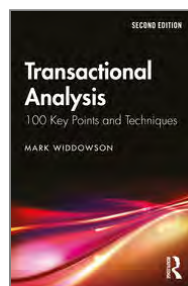
Routledge  
February 2022 : 414pp  
Pb: 978-1-032-05066-9 : **£41.99**  
Hb: 978-1-032-05067-6 : **£135**  
eBook: 978-1-003-19583-2

\* For full contents and more information, visit: [www.routledge.com/9781032050669](http://www.routledge.com/9781032050669)

2ND EDITION

## Transactional Analysis

100 Key Points and Techniques



**Mark Widdowson** University of Salford, UK

*Series: 100 Key Points*

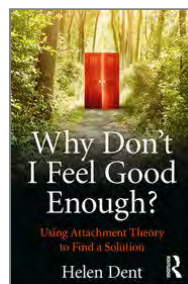
The second edition of Transactional Analysis: 100 Key Points and Techniques synthesises developments in Transactional Analysis (TA) and psychotherapy research, making complex ideas accessible and offering therapists practical guidance on refining TA psychotherapy skills. This book is essential reading for trainee and beginner TA therapists, as well as experienced practitioners looking to update their field knowledge for a skilful and mindful application of this cohesive system of psychotherapy.

Routledge  
November 2023 : 424pp  
Pb: 978-1-032-45203-6 : **£19.99**  
Hb: 978-1-032-45204-3 : **£140**  
eBook: 978-1-003-37589-0

\* For full contents and more information, visit: [www.routledge.com/9781032452036](http://www.routledge.com/9781032452036)

## Why Don't I Feel Good Enough?

Using Attachment Theory to Find a Solution



**Helen Dent** Emeritus Professor of Clinical and Forensic Psychology at Staffordshire University

An understanding of attachment theory and how our early relationships affect our adult relationships can help you to find the origin and solution to a range of problems. Bringing a wealth of therapeutic experience and the latest research on attachment theory, Helen Dent introduces the benefits of AT, particularly for those who struggle with everyday relationships and have difficulties managing their emotions. Using accessible language, and practical guidance such as real-life stories and questionnaires to help you locate your own 'attachment style', she provides the tools and guidance to help you move on and develop secure, positive attachments.

Routledge  
September 2018 : 264pp  
Pb: 978-1-138-94351-3 : **£22.99**  
Hb: 978-1-138-94350-6 : **£130**  
eBook: 978-0-429-44696-2

\* For full contents and more information, visit: [www.routledge.com/9781138943513](http://www.routledge.com/9781138943513)



## A Guide to Aging and Well-Being for Healthcare Professionals

Psychological Perspectives



**Norman M. Brier** Albert Einstein College of Medicine, New York, USA

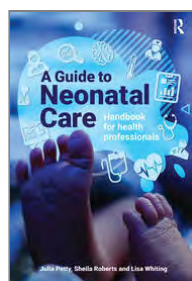
This book provides practical evidence-based strategies that will help clinicians across a broad range of disciplines to address and discuss the main issues an aging person is likely to face and overcome if he or she is to maintain a sense of well-being as they age. It is suitable for all health professionals who provide clinical services or advice to older adults including physicians, nurses, social workers, psychologists, physical therapists, occupational therapists, and audiologists.

Routledge  
January 2020 : 138pp  
Pb: 978-0-367-43049-8 : **£27.99**  
Hb: 978-0-367-43062-7 : **£120**  
eBook: 978-1-003-00102-7

\* For full contents and more information, visit: [www.routledge.com/9780367430498](http://www.routledge.com/9780367430498)

## A Guide to Neonatal Care

Handbook For Health Professionals



**Julia Petty, Lisa Whiting, Sheila Roberts**

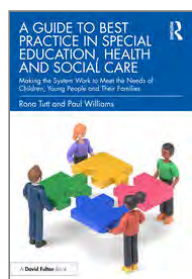
A key text for all those involved in the care of neonates, including nurses, midwives and nursing students, providing a single source of valuable, accessible and fully up-to-date information about neonatal care. This book will better equip those working in the neonatal field with the knowledge and skills they need to care for neonates in their first year of life. Integrated learning tools, including algorithms, flow charts, summary tables, bulleted checklists and reflective questions, encourage critical thinking and aid understanding.

Routledge  
March 2024 : 280pp  
Pb: 978-1-915-08050-9 : **£24.99**  
Hb: 978-1-041-05392-7 : **£135**  
eBook: 978-1-041-05393-4

\* For full contents and more information, visit: [www.routledge.com/9781915080509](http://www.routledge.com/9781915080509)

## A Guide to Best Practice in Special Education, Health and Social Care

Making the System Work to Meet the Needs of Children, Young People and Their Families



**Rona Tutt, Paul Williams**

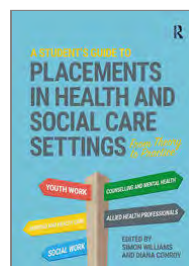
A Guide to Best Practice in Special Education, Health and Social Care explores and explains the changes in governmental policies across the education, health and social care services, and what they mean for young individuals, parents and professionals. It not only fills in gaps in readers' knowledge about the working of all three services, but provides innovative examples of how change is happening at ground level. People of all age groups working in schools and seeking to enhance their knowledge will find this book to be an essential read. It will also be of interest to parents and professionals from across health and social care.

David Fulton Publishers  
May 2023 : 184pp  
Pb: 978-1-032-36675-3 : **£24.99**  
Hb: 978-1-032-36676-0 : **£135**  
eBook: 978-1-003-33320-3

\* For full contents and more information, visit: [www.routledge.com/9781032366753](http://www.routledge.com/9781032366753)

## A Student's Guide to Placements in Health and Social Care Settings

From Theory to Practice



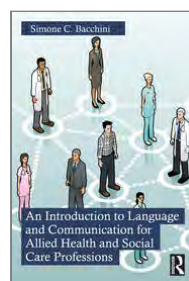
*Edited by* **Simon Williams, Diana Conroy**

Supporting students on placements in health and social care settings, this accessible guide provides a framework for understanding the theory behind successful practice as well as the critical skills needed to apply it. A Student's Guide to Placements in Health and Social Care Settings takes theory beyond the classroom and apply it to real settings, enabling students to recognise their own learning journey and develop their own distinct professional identity within a wider interprofessional context. This is a key resource for placement experience with insights from experts and advice direct from students who have already been on placement.

Routledge  
April 2022 : 220pp  
Pb: 978-1-914-17159-8 : **£23.99**  
Hb: 978-1-041-05398-9 : **£135**  
eBook: 978-1-041-05397-2

\* For full contents and more information, visit: [www.routledge.com/9781914171598](http://www.routledge.com/9781914171598)

## An Introduction to Language and Communication for Allied Health and Social Care Professions



**Simone C. Bacchini**

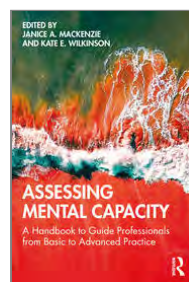
Bringing insights from linguistics to those without a background in this field, this book enables readers to better appreciate the ways in which language functions simultaneously as an instrument to encode and communicate meaning, build and sustain interpersonal relationships, and to express identity. An Introduction to Language and Communication for Allied Health and Social Care Professions is ideal as a core or supplementary textbook for students on degrees in public health, social work, social care, nursing, and other allied health professions who are taking courses in communication.

Routledge  
July 2023 : 160pp  
Pb: 978-0-367-17531-3 : **£38.99**  
Hb: 978-0-367-17529-0 : **£145**  
eBook: 978-0-429-05731-1

\* For full contents and more information, visit: [www.routledge.com/9780367175313](http://www.routledge.com/9780367175313)

## Assessing Mental Capacity

A Handbook to Guide Professionals from Basic to Advanced Practice



*Edited by* **Janice Mackenzie, Kate Wilkinson**

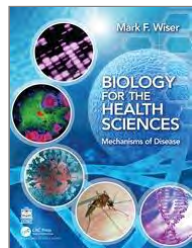
Clinicians and caring professionals are increasingly required to carry out assessments of mental capacity in their everyday practice. Assessing Mental Capacity provides a practical guide for all those required to carry out such assessments, considering the basics of capacity assessments, before discussing a variety of complex issues professionals will need to be aware of. Drawing on expertise from neuropsychologists, solicitors, and social workers, the book provides hands-on coverage of UK mental capacity law, how to make difficult decisions, and how to draw conclusions from capacity assessments.

Routledge  
May 2020 : 444pp  
Pb: 978-1-138-10277-4 : **£37.99**  
Hb: 978-1-138-10274-3 : **£145**  
eBook: 978-1-315-10344-0

\* For full contents and more information, visit: [www.routledge.com/9781138102774](http://www.routledge.com/9781138102774)

## Biology for the Health Sciences

Mechanisms of Disease



**Mark F Wiser**

Biology is central to our understanding of health and disease and to the development of treatments, so its critical that health professionals have a solid grounding in the pathogenesis and mechanisms of disease processes. This new textbook draws these topics together, providing an accessible introduction across four central disciplines - basic biology, non-infectious disease, infectious disease, and biotechnology. Enhanced with plentiful illustrations, Biology for the Health Sciences is an essential companion for any student of the health sciences and for biological science students studying the causes of disease as part of a wider course.

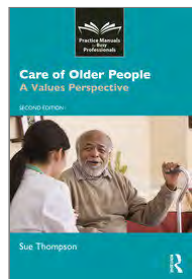
Garland Science  
June 2023 : 516pp  
Pb: 978-0-815-34586-2 : **£51.99**  
Hb: 978-1-032-35726-3 : **£130**  
eBook: 978-1-003-32820-9

\* For full contents and more information, visit: [www.routledge.com/9780815345862](http://www.routledge.com/9780815345862)

2ND EDITION

## Care of Older People

A Values Perspective



**Sue Thompson**

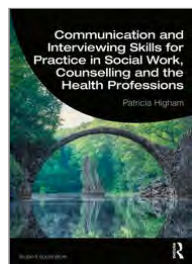
*Series: Practice Manuals for Busy Professionals*

This text provides a foundation of essential knowledge and practical guidance for building best practice in the care of older people. Fully updated for its 2nd edition, Care of Older People uses a whole-person and values-led approach to explore practice with older people, providing the opportunity for practitioners to reflect critically on not just what they do but also on how and why. This accessible book is an invaluable learning resource for all those working, or studying, across the caring professions, including social work, nursing, occupational therapy and more

Routledge  
September 2025 : 132pp  
Pb: 978-1-916-92590-8 : **£21.99**  
Hb: 978-1-041-07791-6 : **£145**

\* For full contents and more information, visit: [www.routledge.com/9781916925908](http://www.routledge.com/9781916925908)

## Communication and Interviewing Skills for Practice in Social Work, Counselling and the Health Professions



**Patricia Higham**

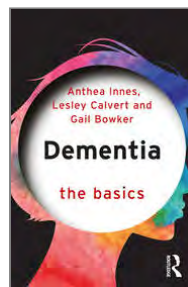
*Series: Student Social Work*

This book supports and develops the communication and interviewing skills of professional practitioners and student practitioners in social work, counselling, and the health professions. Communication and Interviewing Skills for Practice in Social Work, Counselling and the Health Professions will be of interest to all undergraduate and postgraduate social work students, as well as new and experienced professional health care practitioners.

Routledge  
August 2019 : 214pp  
Pb: 978-1-138-34294-1 : **£37.99**  
Hb: 978-1-138-34293-4 : **£145**  
eBook: 978-0-429-43949-0

\* For full contents and more information, visit: [www.routledge.com/9781138342941](http://www.routledge.com/9781138342941)

## Dementia: The Basics



**Anthea Innes , Lesley Calvert , Gail Bowker**

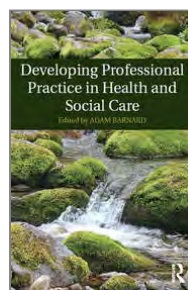
*Series: The Basics*

Dementia: The Basics provides the reader with a clear and compassionate introduction to dementia and an accessible guide to dealing with different parts of the dementia journey, from pre-diagnosis and diagnosis to post-diagnostic support, increasing care needs and end of life care. Offering both an accessible introduction to dementia and practical tools, this book will be ideal for health and social care professionals, students of social care, healthcare and nursing, people with dementia, carers, and anyone wanting to understand more about the condition.

Routledge  
July 2020 : 180pp  
Pb: 978-1-138-89776-2 : **£18.99**  
Hb: 978-1-138-89775-5 : **£94.99**  
eBook: 978-1-315-70900-0

\* For full contents and more information, visit: [www.routledge.com/9781138897762](http://www.routledge.com/9781138897762)

## Developing Professional Practice in Health and Social Care



*Edited by Adam Barnard* Nottingham Trent University, UK

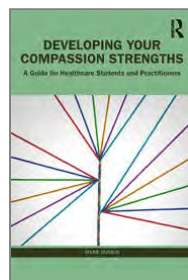
Addressing the changing world of professionalism, this text combines theory, research and practice to investigate the process of becoming professional. Mapping the journey from allied or associate practitioner positions through qualifying and into advanced practitioner status, it is a valuable companion for health and social care, social work and allied health students from the beginning of their studies. It emphasises how health and social care practitioners can contribute to social justice and challenging social exclusion and includes case studies, reflective exercises and activities, chapter aims and summaries and further reading boxes throughout.

Routledge  
June 2017 : 304pp  
Pb: 978-1-138-80672-6 : **£41.99**  
Hb: 978-1-138-80671-9 : **£190**  
eBook: 978-1-315-75153-5

\* For full contents and more information, visit: [www.routledge.com/9781138806726](http://www.routledge.com/9781138806726)

## Developing Your Compassion Strengths

A Guide for Healthcare Students and Practitioners



**Mark Durkin**

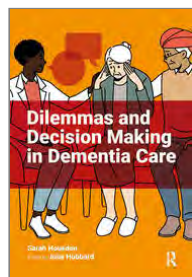
This practical book suggests ways in which healthcare students and practitioners can develop their compassion strengths. Highlighting the concept of compassion strengths, and compassion as a way of being, this is an essential read for healthcare students and practitioners, whether involved in direct patient care or management.

Routledge  
April 2023 : 198pp  
Pb: 978-1-032-23208-9 : **£35.99**  
Hb: 978-1-032-23245-4 : **£130**  
eBook: 978-1-003-27642-5

\* For full contents and more information, visit: [www.routledge.com/9781032232089](http://www.routledge.com/9781032232089)



## Dilemmas and Decision Making in Dementia Care



**Sarah Housden, Julia Hubbard**

*Series: Dilemmas and Decision Making*

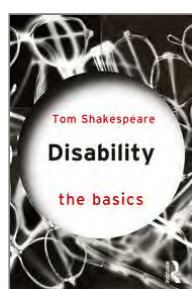
This book is invaluable to nurses and all health and social care practitioners working with people living with dementia in a variety of contexts. It presents a series of true-to-life case studies tackling the ethical and practical dilemmas of dementia care and how to use theoretical approaches to come to potential solutions. The reader is encouraged to explore evidence-based approaches to practice, based on the professional reasoning and experience of the practitioner and the emotional psychological and practical needs of the person living with dementia.

Routledge  
September 2023 : 156pp  
Pb: 978-1-915-08083-7 : **£19.99**  
eBook: 978-1-041-05507-5

\* For full contents and more information, visit: [www.routledge.com/9781915080837](http://www.routledge.com/9781915080837)

## Disability

The Basics



**Tom Shakespeare** University of East Anglia, UK.

*Series: The Basics*

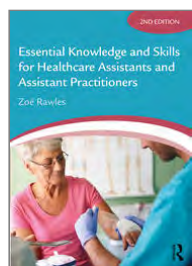
Disability: The Basics is an engaging and accessible introduction to disability which explores the broad historical, social, environmental, economic and legal factors which affect the experiences of those living with an impairment or illness in today's society. The book aims to provide readers with an understanding of the lived experiences of disabled people and highlight the problems and gaps that still exist in how society responds to the challenge of disability. This book is suitable for students of disability studies as well as students taking a disability module as part of a wider course within social work, health care, sociology, nursing, policy and media studies.

Routledge  
August 2017 : 196pp  
Pb: 978-1-138-65139-5 : **£19.99**  
Hb: 978-1-138-65138-8 : **£94.99**  
eBook: 978-1-315-62483-9

\* For full contents and more information, visit: [www.routledge.com/9781138651395](http://www.routledge.com/9781138651395)

2ND EDITION

## Essential Knowledge and Skills for Healthcare Assistants and Assistant Practitioners



**Zoë Rawles** HealthTrain, UK

This fully updated and revised edition is a practical and comprehensive textbook for healthcare assistants and assistant practitioners, designed to equip you with the necessary clinical skills for your profession. Providing the knowledge to provide the safest and most effective patient care possible, it is mapped to the National Occupational Standards and the Care Certificate Standards and addresses the evolving role of the healthcare assistant and training opportunities. It includes new chapters on administering injections, ear irrigation and examining the feet of people with diabetes and an entirely rewritten chapter on protocols.

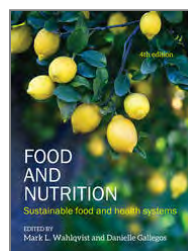
Routledge  
April 2019 : 254pp  
Pb: 978-1-138-09356-0 : **£29.99**  
Hb: 978-1-138-09355-3 : **£145**  
eBook: 978-1-315-10675-5

\* For full contents and more information, visit: [www.routledge.com/9781138093560](http://www.routledge.com/9781138093560)

4TH EDITION

## Food and Nutrition

Sustainable food and health systems



*Edited by Mark L Wahlqvist*

A comprehensive introduction to human nutrition, setting it in the context of food systems and health across the lifespan. This leading text has been totally rewritten for this fourth edition to reflect the new imperatives of food security in the context of climate change.

Routledge  
February 2020 : 768pp  
Pb: 978-1-760-29610-0 : **£37.99**  
Hb: 978-0-367-71809-1 : **£145**  
eBook: 978-1-003-11565-6

\* For full contents and more information, visit: [www.routledge.com/9781760296100](http://www.routledge.com/9781760296100)

## Foundations for 21st-Century Health and Social Care

Theory and Practice for Nursing Associates, Assistant Practitioners, Support Workers and Beyond



*Edited by Lisa Arai*

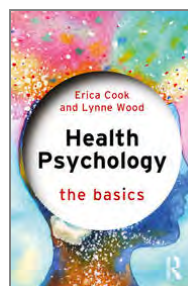
This comprehensive text introduces health and social care theory and practice for students studying at foundation degree level, including those on nursing associate and assistant practitioner pathways. Clearly presented and reader-friendly, this textbook is an essential companion for health and social care students, including nursing associates and assistant practitioners.

Routledge  
November 2023 : 250pp  
Pb: 978-1-032-05600-5 : **£32.99**  
Hb: 978-1-032-05611-1 : **£145**  
eBook: 978-1-003-19833-8

\* For full contents and more information, visit: [www.routledge.com/9781032056005](http://www.routledge.com/9781032056005)

## Health Psychology

The Basics



**Erica Cook** University of Bedfordshire, UK, **Lynne Wood** University of Bedfordshire, UK

*Series: The Basics*

This accessible primer on health psychology covers the key theories and models of the discipline. Through the use of real-life case studies and examples, it covers a broad range of topics related to the field of health psychology including; health promotion, risky health behaviour and health in healthcare settings. It explains how health psychology serves to not only promote positive health and reduce maladaptive health behaviours, but also support those who are chronically ill. It is an essential introductory text suitable for students, professionals and general readers interested in this important and emerging topic area.

Routledge  
December 2020 : 266pp  
Pb: 978-1-138-21369-2 : **£18.99**  
Hb: 978-1-138-21368-5 : **£94.99**  
eBook: 978-1-315-44776-6

\* For full contents and more information, visit: [www.routledge.com/9781138213692](http://www.routledge.com/9781138213692)

## Healthcare Support Workers

A Practical Guide for Training and Development



**Richard Griffin**

NHS support workers, such as nursing Healthcare Assistants, Maternity Support Workers, and Therapy Assistants, often provide the majority of face-to-face care to patients, clients and their families. This accessible guide explores the issues underpinning their recruitment, training, management, development and progression. Drawing on the latest research, and practice, including the author's own experience, this book is an important resource for all those educating, managing or recruiting unregistered healthcare practitioners. It will also provide invaluable guidance to healthcare support workers interested in progressing their careers.

Routledge

August 2022 : 234pp

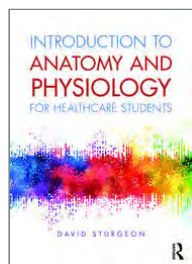
Pb: 978-1-032-17058-9 : **£37.99**

Hb: 978-1-032-17059-6 : **£145**

eBook: 978-1-003-25162-0

\* For full contents and more information, visit: [www.routledge.com/9781032170589](http://www.routledge.com/9781032170589)

## Introduction to Anatomy and Physiology for Healthcare Students



**David Sturgeon** University of East Anglia, UK

This book provides a highly accessible introduction to anatomy and physiology. Written for students studying the subject for the first time, it covers the human body from the atomic and cellular levels through to all the major systems and including chapters on blood and immunity and homeostasis. By the end of each chapter, the reader will understand and be able to explain how the structures and systems described are organised and contribute to the maintenance of health. Complete with self-test questions, full colour illustrations and a comprehensive glossary, it is an essential read for all nursing and healthcare students in both further and higher education.

Routledge

March 2018 : 324pp

Pb: 978-1-138-68387-7 : **£41.99**

Hb: 978-1-138-68386-0 : **£160**

eBook: 978-1-315-54429-8

\* For full contents and more information, visit: [www.routledge.com/9781138683877](http://www.routledge.com/9781138683877)

2ND EDITION

## Key Themes in Health and Social Care

A Companion to Learning



**Edited by Adam Barnard** Nottingham Trent University, UK  
**, Verusca Calabro , Louise Griffiths**

This revised and expanded second edition of Key Themes in Health and Social Care is a learning resource for students in health and social care. It provides an overview of foundational issues and core themes in the field and introduces key areas of debate, moving from an introductory level to in-depth discussion as the book progresses. Time-pressed readers wanting to 'dip into' the book for relevant areas can do so but, read from cover to cover, the book provides a comprehensive introduction to the key areas of contemporary health and social care practice. It will be particularly helpful for students undertaking health and social care undergraduate and foundation degrees.

Routledge

April 2023 : 350pp

Pb: 978-0-367-52932-1 : **£33.99**

Hb: 978-0-367-52934-5 : **£130**

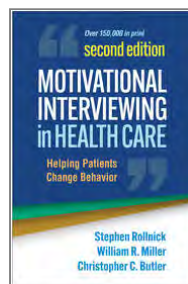
eBook: 978-1-003-07987-3

\* For full contents and more information, visit: [www.routledge.com/9780367529321](http://www.routledge.com/9780367529321)

2ND EDITION

## Motivational Interviewing in Health Care, Second Edition

Helping Patients Change Behavior



**Stephen Rollnick** Cardiff University, United Kingdom,  
**William R. Miller** University of New Mexico (Emeritus),  
United States, **Christopher C. Butler** Cardiff University,  
INACTIONE: Wales

*Series: Applications of Motivational Interviewing*

The definitive guide to motivational interviewing (MI) for health care practitioners has been completely revised to reflect important developments and make the approach even more accessible. When it comes to helping patients manage chronic and acute conditions and make healthier choices in such areas as medication adherence, smoking, diet, and preventive care, good advice alone is not enough. This book shows how MI can transform conversations about change. Even brief clinical interactions can serve to build trust, clarify patients' goals as well as reasons for ambivalence, and guide them to take positive steps. Featuring sample dialogues, tips, and scripts, most of the book is entirely new.

Guilford Press

October 2022 : 216pp

Pb: 978-1-462-55037-1 : **£29.99**

Hb: 978-1-462-55038-8 : **£44.99**

\* For full contents and more information, visit: [www.routledge.com/9781462550371](http://www.routledge.com/9781462550371)

## Nursing Older People

Realities of Practice



**Edited by Heather Elbourne** St. Margaret's School,  
Victoria, British Columbia, Canada, **Andrée le May**  
University of Southampton, UK

This practical guide helps student and practicing nurses to understand the impact of their care when working with older people. With stories from older people who have had varied experiences of health care and nursing, chapters are underpinned by five key principles: providing patient-centered and dignified care, shared decision making involving family and friends, multi-disciplinary care, improving mental wellbeing through companionship and a sense of value, and an appreciation of both the challenges and rewards of working with older people.

Routledge

July 2019 : 126pp

Pb: 978-1-498-73517-9 : **£36.99**

Hb: 978-0-367-33143-6 : **£145**

eBook: 978-1-315-11612-9

\* For full contents and more information, visit: [www.routledge.com/9781498735179](http://www.routledge.com/9781498735179)

3RD EDITION

## Promoting Healthy Behaviour

A Practical Guide to Physical Health and Mental Wellbeing



**Dominic Upton , Katie Thirlaway**

The new edition of this leading text is an essential guide to promoting healthy behaviour in a multi-cultural society, providing a holistic stance that integrates both physical and mental health and wellbeing. An accessible and engaging text, the third edition of Promoting Healthy Behaviours will continue to be essential reading for both students and practitioners across nursing, public health, and allied health professions.

Routledge

April 2024 : 398pp

Pb: 978-1-032-13734-6 : **£39.99**

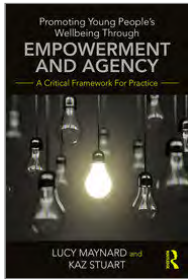
Hb: 978-1-032-74850-4 : **£135**

eBook: 978-1-003-47123-3

\* For full contents and more information, visit: [www.routledge.com/9781032137346](http://www.routledge.com/9781032137346)

## Promoting Young People's Wellbeing through Empowerment and Agency

A Critical Framework for Practice



**Lucy Maynard** Brathay Trust, UK, **Karen Stuart**

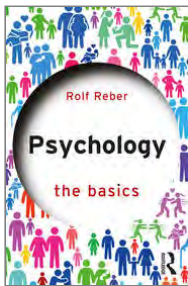
This book bridges the theory-practice divide, offering a clear and definitive guide to concepts and practical ways to develop young people's wellbeing. It examines the concept of wellbeing and its intrinsic relationship to social justice both theoretically and through case study material, and locates these practices within critical pedagogy. This book will benefit students and practitioners who work with young people to realise wellbeing and to embed critical pedagogy in their practice. It also provides a frame of reference to critically engage in policy analysis and is essential reading for social workers, teachers, police support officers and anyone working to empower young people.

Routledge  
September 2017 : 182pp  
Pb: 978-1-138-93719-2 : **£36.99**  
Hb: 978-1-138-93718-5 : **£145**  
eBook: 978-1-315-67641-8

\* For full contents and more information, visit: [www.routledge.com/9781138937192](http://www.routledge.com/9781138937192)

## Psychology

The Basics



**Rolf Reber** University of Oslo, Norway

*Series: The Basics*

Psychology is the science of mind and behaviour. This compact introduction to the basic principles is the ideal primer for anyone looking for an accessible overview of this fascinating subject. Illustrating how everyday behaviours can be explained through these fundamental tenets, the book covers the core areas of cognitive, developmental and social psychology, as well as behaviorism, the brain, our emotions, personality and individual differences, and psychological disorders. Including further reading in each chapter for those wishing to go further, this book shows how Psychology can explain not only how we perceive the world, but also how we behave in it. It is the perfect introduction.

Routledge  
November 2019 : 194pp  
Pb: 978-1-138-55226-5 : **£18.99**  
Hb: 978-1-138-55225-8 : **£94.99**  
eBook: 978-1-315-14804-5

\* For full contents and more information, visit: [www.routledge.com/9781138552265](http://www.routledge.com/9781138552265)

## Research in Health and Social Care



*Edited by* **Simon Williams**, **Rachel Searcey**

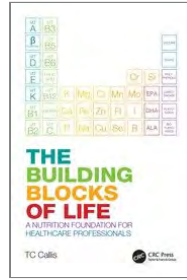
Research in Health and Social Care equips students and early-career practitioners with the crucial knowledge, skills, and understanding required to conduct sound research. Accessibly written, it is structured to allow professionals and students to engage in the theoretical development of their practice in ethical and reflective research. This essential book is perfect for all social work and health and social care students, as well as early-career practitioners, aiming to deepen their knowledge and skills in conducting robust, ethical, and relevant developmental research.

Routledge  
May 2025 : 198pp  
Pb: 978-1-916-92530-4 : **£25.99**  
Hb: 978-1-041-05679-9 : **£145**

\* For full contents and more information, visit: [www.routledge.com/9781916925304](http://www.routledge.com/9781916925304)

## The Building Blocks of Life

A Nutrition Foundation for Healthcare Professionals



**TC Callis**

This book outlines nutrition basics and nutritional issues for primary healthcare practitioners providing potential solutions or support for a range of health concerns.

CRC Press  
March 2023 : 302pp  
Pb: 978-1-032-27111-8 : **£26.99**  
Hb: 978-1-032-27112-5 : **£160**  
eBook: 978-1-003-29140-4

\* For full contents and more information, visit: [www.routledge.com/9781032271118](http://www.routledge.com/9781032271118)

## The Psychology of Exercise



**Josephine Perry**

*Series: The Psychology of Everything*

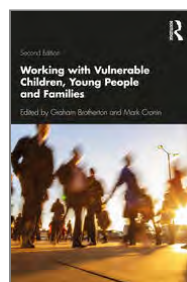
Do we exercise enough? Why should we exercise? Can everyone exercise? The Psychology of Exercise explores the key theories, ideas and impacts of life stages on exercise behaviours. Perry explores the barriers and motivators to exercise for children, adolescents, adults and retirees. The book also considers the impacts of social class, gender and ethnicity on the exercise habits and behaviours of people within each age group. Using real-life case studies and expert opinions, Perry considers the importance of exercise in light of major health changes and crisis.

Routledge  
October 2020 : 130pp  
Pb: 978-0-367-37084-8 : **£12.99**  
Hb: 978-0-367-37082-4 : **£130**  
eBook: 978-0-429-35261-4

\* For full contents and more information, visit: [www.routledge.com/9780367370848](http://www.routledge.com/9780367370848)

2ND EDITION

## Working with Vulnerable Children, Young People and Families



*Edited by* **Graham Brotherton** Newman University, UK, **Mark Cronin** Newman University, UK

This fully revised and expanded edition considers the meaning of 'vulnerability' – a key concept in early intervention – and the relationship between vulnerability and the individual, communities and society. It includes new chapters on children's voices, young people and vulnerability, and working with vulnerable parents. Supporting students in engaging with and evaluating the conceptualisation and application of vulnerability in professional practice, this book is suitable for anyone either preparing for or currently working within the children's workforce, from social work and health care to education and youth work.

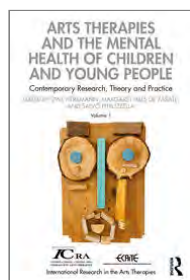
Routledge  
October 2020 : 206pp  
Pb: 978-0-367-15124-9 : **£38.99**  
Hb: 978-0-367-15123-2 : **£150**  
eBook: 978-0-429-05521-8

\* For full contents and more information, visit: [www.routledge.com/9780367151249](http://www.routledge.com/9780367151249)



## Arts Therapies and the Mental Health of Children and Young People

Contemporary Research, Theory and Practice, Volume 1



Edited by **Uwe Herrmann** Weissensee University of Art Berlin, Germany, **Margaret Hills de Zarate** Queen Margaret University, UK, **Salvo Pitruzzella**

Series: *International Research in the Arts Therapies*

Arts Therapies and The Mental Health of Children and Young People presents innovative research and practice in the arts therapies. It draws on different cultural contexts and developmental age groups and illustrates how art, music, drama, dance movement or play therapists have worked therapeutically in response to children's and young people's needs. This book will be of great interest to arts therapists as well as academics and post graduate students in the fields of arts therapies, social work, psychotherapy, health psychology and education.

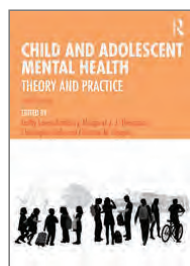
Routledge  
May 2021 : 174pp  
Pb: 978-1-032-01157-8 : **£36.99**  
Hb: 978-0-367-45667-2 : **£125**  
eBook: 978-1-003-02466-8

\* For full contents and more information, visit: [www.routledge.com/9781032011578](http://www.routledge.com/9781032011578)

3RD EDITION

## Child and Adolescent Mental Health

Theory and Practice



Edited by **Cathy Laver-Bradbury** The Orchard Centre, Western Community Hospital Site, Southampton, UK, **Margaret J.J. Thompson** University of Southampton, UK, **Christopher Gale**, **Christine M. Hooper**

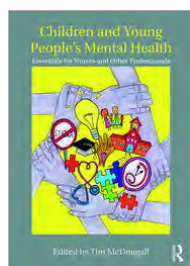
This textbook provides an overview of child and adolescent mental health. The text covers all core aspects on the subject, from the importance of knowing why mental health in children is important, to how to assess, formulate and treat a variety of presentations seen in children and young people. Featuring authors from a variety of clinical and research backgrounds, this fully-revised third edition is an important resource for all professionals working with children, young people, and their families, including student and practitioner psychiatrists, clinical psychologists, mental health nurses and social care specialists.

CRC Press  
May 2021 : 706pp  
Pb: 978-0-367-53738-8 : **£49.99**  
Hb: 978-0-367-53739-5 : **£135**  
eBook: 978-1-003-08313-9

\* For full contents and more information, visit: [www.routledge.com/9780367537388](http://www.routledge.com/9780367537388)

## Children and Young People's Mental Health

Essentials for Nurses and Other Professionals



Edited by **Tim McDougall**

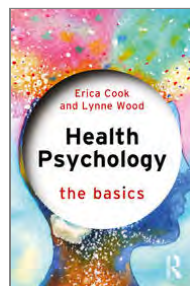
This second edition of Mental Health Nursing for Children and Young People equips nurses and healthcare professionals with the essential skills and competencies needed when working with this important group of people. It explores best practice in a variety of settings and addresses issues such as eating disorders, self-harm, ADHD, forensic mental health issues and misuse of drugs and alcohol, as well as child protection, clinical governance, safeguarding and legal requirements. It is essential reading for all health and social care professionals and students working with children and young people, particularly those working in specialist child and adolescent mental health settings.

Routledge  
September 2016 : 276pp  
Pb: 978-1-138-91545-9 : **£42.99**  
Hb: 978-1-138-91544-2 : **£175**  
eBook: 978-1-315-69022-3

\* For full contents and more information, visit: [www.routledge.com/9781138915459](http://www.routledge.com/9781138915459)

## Health Psychology

The Basics



Erica Cook University of Bedfordshire, UK, **Lynne Wood** University of Bedfordshire, UK

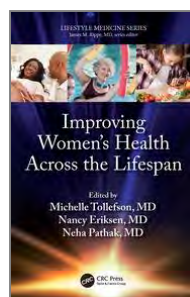
Series: *The Basics*

This accessible primer on health psychology covers the key theories and models of the discipline. Through the use of real-life case studies and examples, it covers a broad range of topics related to the field of health psychology including: health promotion, risky health behaviour and health in healthcare settings. It explains how health psychology serves to not only promote positive health and reduce maladaptive health behaviours, but also support those who are chronically ill. It is an essential introductory text suitable for students, professionals and general readers interested in this important and emerging topic area.

Routledge  
December 2020 : 266pp  
Pb: 978-1-138-21369-2 : **£18.99**  
Hb: 978-1-138-21368-5 : **£94.99**  
eBook: 978-1-315-44776-6

\* For full contents and more information, visit: [www.routledge.com/9781138213692](http://www.routledge.com/9781138213692)

## Improving Women's Health Across the Lifespan



Edited by **Michelle Tollefson**, **Nancy Eriksen**, **Neha Pathak**

Series: *Lifestyle Medicine*

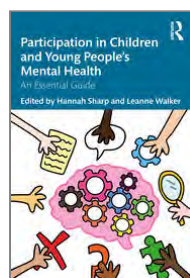
The book is an evidence-based source of information on women's health issues for health professionals already practicing lifestyle medicine, as well as an entry level textbook for those new to the field of lifestyle medicine. The collective expertise of each of the editors along with content provided by leaders within the American College of Lifestyle Medicine fills a much-needed void within the specialty of Lifestyle Medicine and is for providers of women's health globally.

CRC Press  
October 2021 : 520pp  
Pb: 978-0-367-62762-1 : **£58.99**  
Hb: 978-0-367-62763-8 : **£150**  
eBook: 978-1-003-11068-2

\* For full contents and more information, visit: [www.routledge.com/9780367627621](http://www.routledge.com/9780367627621)

## Participation in Children and Young People's Mental Health

An Essential Guide



Edited by **Sharp Hannah**, **Walker Leanne**

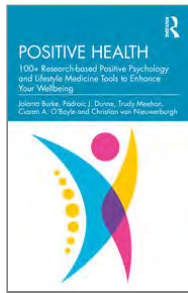
Participation in Children and Young People's Mental Health: An Essential Guide aims to break down the historical challenges surrounding children and young people's mental health (CYPMH) participation. This text is an essential guide for trainees and professionals working in CYPMH services which includes the NHS in England, voluntary sector, and other health systems internationally.

Routledge  
June 2023 : 252pp  
Pb: 978-1-032-26551-3 : **£36.99**  
Hb: 978-1-032-26552-0 : **£130**  
eBook: 978-1-003-28880-0

\* For full contents and more information, visit: [www.routledge.com/9781032265513](http://www.routledge.com/9781032265513)

## Positive Health

100+ Research-based Positive Psychology and Lifestyle Medicine Tools to Enhance Your Wellbeing



**Jolanta Burke , Pádraic J. Dunne , Trudy Meehan , Ciaran A. O'Boyle , Christian van Nieuwerburgh**

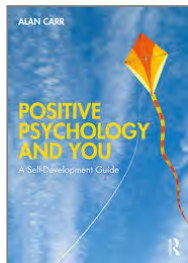
This comprehensive compendium offers a wealth of evidence-based tools that can boost both physical and mental wellbeing throughout the lifespan. Filled with over 100 activities to help you live a good life, this book is the first of its kind to integrate the latest research from the fields of positive psychology and lifestyle medicine. Striking an expert balance between theory and practice, the book first reviews what is known about positive psychology and health, presenting a new approach to holistic well-being. It then goes on to provide 100+ tools designed to increase physical, mental and social health and well-being, and also to decrease the risk of illness and disease.

Routledge  
September 2022 : 232pp  
Pb: 978-1-032-24638-3 : **£38.99**  
Hb: 978-1-032-24639-0 : **£145**  
eBook: 978-1-003-27959-4

\* For full contents and more information, visit: [www.routledge.com/9781032246383](http://www.routledge.com/9781032246383)

## Positive Psychology and You

A Self-Development Guide



**Alan Carr** University College Dublin, Ireland

This broad and innovative self-development guide shows readers how they can use scientific findings from contemporary positive psychology to enhance their lives. Containing dozens of practical exercises and real-life examples, it helps bring positive psychology findings from the lab into day-to-day life. This non-technical and highly accessible book will be of interest to those from all backgrounds with an interest in self-development, as well as mental health workers and related professionals.

Routledge  
August 2019 : 428pp  
Pb: 978-0-367-22435-6 : **£25.99**  
Hb: 978-0-367-22434-9 : **£120**  
eBook: 978-0-429-27485-5

\* For full contents and more information, visit: [www.routledge.com/9780367224356](http://www.routledge.com/9780367224356)

3RD EDITION

## Promoting Healthy Behaviour

A Practical Guide to Physical Health and Mental Wellbeing



**Dominic Upton , Katie Thirlaway**

The new edition of this leading text is an essential guide to promoting healthy behaviour in a multi-cultural society, providing a holistic stance that integrates both physical and mental health and wellbeing. An accessible and engaging text, the third edition of Promoting Healthy Behaviours will continue to be essential reading for both students and practitioners across nursing, public health, and allied health professions.

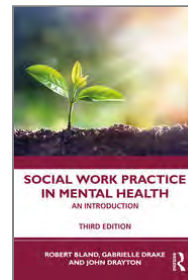
Routledge  
April 2024 : 398pp  
Pb: 978-1-032-13734-6 : **£39.99**  
Hb: 978-1-032-74850-4 : **£135**  
eBook: 978-1-003-47123-3

\* For full contents and more information, visit: [www.routledge.com/9781032137346](http://www.routledge.com/9781032137346)

3RD EDITION

## Social Work Practice in Mental Health

An Introduction



**Robert Bland , Robert Bland , Gabrielle Drake , Gabrielle Drake , John Drayton , John Drayton , Ann Tullgren**

This new edition of Social Work Practice in Mental Health builds on the underpinning principles of the previous editions, whilst reflecting how the context for practice has steadily evolved. This book will be essential reading for social work students, and an invaluable resource for practitioners in social work and mental health.

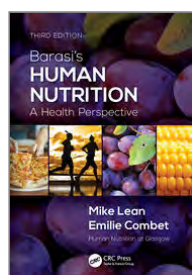
Routledge  
March 2021 : 300pp  
Pb: 978-1-760-52949-9 : **£37.99**  
Hb: 978-0-367-71004-0 : **£145**  
eBook: 978-1-003-14891-3

\* For full contents and more information, visit: [www.routledge.com/9781760529499](http://www.routledge.com/9781760529499)

## 3RD EDITION

**Barasi's Human Nutrition**

A Health Perspective, Third Edition



**Michael EJ Lean** The University of Glasgow, UK, **Emilie Combet** The University of Glasgow, UK

Barasi's Human Nutrition: A Health Perspective, Third Edition, provides a comprehensive introduction to the principles and practice of nutrition. Thoroughly revised, restructured, and updated, this new edition presents up-to-date scientific information in an accessible and reader-friendly format, emphasising how important nutrition is for evidence across the full translational health spectrum, from epidemiology and basic sciences through clinical and public health applications, and ultimately into sustainable public policy.

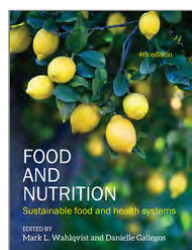
CRC Press  
September 2016 : 482pp  
Pb: 978-1-444-13720-0 : **£41.99**  
Hb: 978-1-138-45488-0 : **£190**  
eBook: 978-1-315-38072-8

\* For full contents and more information, visit: [www.routledge.com/9781444137200](http://www.routledge.com/9781444137200)

## 4TH EDITION

**Food and Nutrition**

Sustainable food and health systems



*Edited by* **Mark L Wahlqvist**

A comprehensive introduction to human nutrition, setting it in the context of food systems and health across the lifespan. This leading text has been totally rewritten for this fourth edition to reflect the new imperatives of food security in the context of climate change.

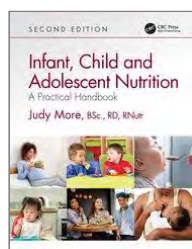
Routledge  
February 2020 : 768pp  
Pb: 978-1-760-29610-0 : **£37.99**  
Hb: 978-0-367-71809-1 : **£145**  
eBook: 978-1-003-11565-6

\* For full contents and more information, visit: [www.routledge.com/9781760296100](http://www.routledge.com/9781760296100)

## 2ND EDITION

**Infant, Child and Adolescent Nutrition**

A Practical Handbook



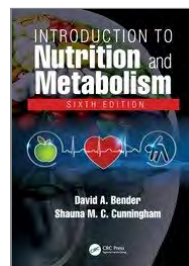
**Judy More** Freelance Paediatric Dietitian and Registered Nutritionist, London, UK

Infant, Child and Adolescent Nutrition: A Practical Guide, Second Edition, is an evidence-based, practical guide introducing readers to the theory behind optimal child nutrition. Containing practical advice on how to put that theory into practice, this new edition facilitates learning through case studies, key points, and learning activities. Divided into seven sections, chapters cover prenatal nutrition and nutrition throughout childhood from preterm babies to adolescents up to the age of 18. It serves as a useful reference for individuals responsible for the nutritional health of children in primary care and community settings.

CRC Press  
June 2021 : 308pp  
Pb: 978-0-367-55455-2 : **£48.99**  
Hb: 978-0-367-55456-9 : **£89.99**  
eBook: 978-1-003-09365-7

\* For full contents and more information, visit: [www.routledge.com/9780367554552](http://www.routledge.com/9780367554552)

## 6TH EDITION

**Introduction to Nutrition and Metabolism**

**David A Bender** University College London, UK, **Shauna M C Cunningham** Robert Gordon University, Scotland

Introduction to Nutrition and Metabolism equips readers with an understanding of the scientific basis of what we call a healthy diet. Now in its sixth edition, this highly recognized textbook provides clear explanations of how nutrients are metabolized and gives explains the principles of biochemistry needed for comprehending the science of nutrition. This full-color textbook explores the uses to which food is put in the body and the interactions between health and diet. Outlining the scientific basis behind nutritional requirements and recommendations, this new edition has been extensively revised to reflect current knowledge.

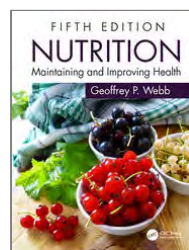
CRC Press  
February 2021 : 452pp  
Pb: 978-0-367-19081-1 : **£72.99**  
Hb: 978-0-367-68815-8 : **£185**  
eBook: 978-1-003-13915-7

\* For full contents and more information, visit: [www.routledge.com/9780367190811](http://www.routledge.com/9780367190811)

## 5TH EDITION

**Nutrition**

Maintaining and Improving Health



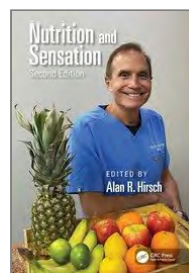
**Geoffrey P. Webb** University of East London, UK

This book contains in-depth and critical reviews of the methods used to evaluate nutritional intakes/status and the observational and experimental used to investigate putative links between dietary factors and health outcome. It covers the role of food as a source of energy and nutrients while discussing the non-nutritional roles of food and the social and psychological factors that influence food choice. Presenting a critical discussion on the value of nutrition research linking specific foods or nutrients to specific diseases encourages students to question the value of some current nutrition research.

CRC Press  
November 2019 : 676pp  
Pb: 978-0-815-36241-8 : **£62.99**  
Hb: 978-0-367-36939-2 : **£165**  
eBook: 978-1-351-05807-0

\* For full contents and more information, visit: [www.routledge.com/9780815362418](http://www.routledge.com/9780815362418)

## 2ND EDITION

**Nutrition and Sensation**

*Edited by* **Alan R. Hirsch**

Since the publication of Nutrition and Sensation, there has been an explosion of information on how sensations impact nutrition. This new edition updates information on sensory experiences including the impacts of olfaction, gustation, retronasal olfaction, vision, vestibular function, hearing, and somatosensory and tactile nature on nutrition.

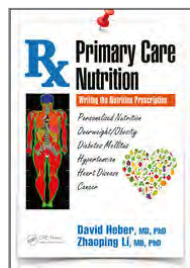
CRC Press  
October 2024 : 352pp  
Pb: 978-1-032-30282-9 : **£45.99**  
Hb: 978-0-367-23618-2 : **£84.99**  
eBook: 978-0-429-28083-2

\* For full contents and more information, visit: [www.routledge.com/9781032302829](http://www.routledge.com/9781032302829)



## Primary Care Nutrition

Writing the Nutrition Prescription



**David Heber** David Geffen School of Medicine UCLA, US,  
**Zhaoping Li** University of California, Los Angeles, USA

Primary care physicians work in settings with limited time and resources making them unable to incorporate nutritional advice into daily practices. This book provides practical applications of proper nutrition practices in disease management, prevention, and treatment. Chapters cover the role of dietary supplements; approach the overweight/obese patient; food addiction, food allergy, and food intolerance; type two diabetes mellitus; managing diabetes without weight gain; nutrition and coronary artery disease; lipid disorders; fatty liver; heart failure; immune function; hypertension; cancer; neurodegenerative disorders and cognitive impairment; and personalized nutrition

CRC Press

June 2017 : 392pp

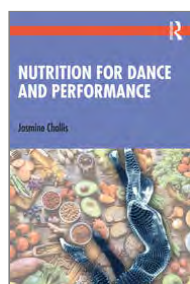
Pb: 978-1-138-06226-9 : **£48.99**

Hb: 978-1-498-74833-9 : **£160**

eBook: 978-1-315-15216-5

\* For full contents and more information, visit: [www.routledge.com/9781138062269](http://www.routledge.com/9781138062269)

## Nutrition for Dance and Performance



**Jasmine Challis**

With an in-depth and extensive coverage on all nutrition topics relevant to dancers, this textbook covers nutrition for the scenarios dancers face, including day to day training and rehearsals, peak performance, injuries, immunonutrition, nutrition and stress management. This book guides the reader through the macronutrients making up the diet, their chemical structure and their role in health and optimal performance.

Routledge

June 2023 : 318pp

Pb: 978-1-032-11242-8 : **£33.99**

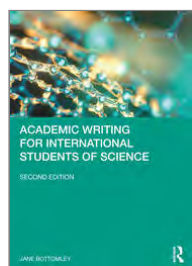
Hb: 978-1-032-11243-5 : **£135**

eBook: 978-1-003-21900-2

\* For full contents and more information, visit: [www.routledge.com/9781032112428](http://www.routledge.com/9781032112428)

2ND EDITION

## Academic Writing for International Students of Science



**Jane Bottomley** University of Manchester

This second edition is an accessible companion designed to help science and technology students develop the knowledge, skills and strategies needed to produce clear and coherent academic writing in their university assignments. Using authentic texts to explore the nature of scientific writing, the book covers key areas such as scientific style, effective sentence and paragraph structure, and coherence in texts and arguments. Throughout the book, a range of tasks offers the opportunity to put theory into practice. This is an invaluable tool for the busy science or technology student looking to improve their writing and reach their full academic potential.

Routledge

October 2021 : 220pp

Pb: 978-0-367-63272-4 : **£28.99**

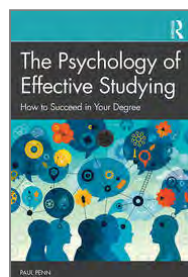
Hb: 978-0-367-63271-7 : **£145**

eBook: 978-1-103-11857-2

\* For full contents and more information, visit: [www.routledge.com/9780367632724](http://www.routledge.com/9780367632724)

## The Psychology of Effective Studying

How to Succeed in Your Degree



**Paul Penn** Independent Scholar, UK

This book provides a vital guide for students to key study skills that are instrumental in success at university. It uses a combination of research from cognitive psychology, humour and practical examples to convey where students often go fundamentally wrong in their studying practices and provides clear and concise advice on how they can improve. The book covers time management, academic integrity, writing essays, team work, and other key required skills for academic study. Written in a humorous and irreverent tone, and including illustrations and examples from popular culture, this is the ideal alternative and accessible study skills resource for any student at undergraduate level.

Routledge

August 2019 : 244pp

Pb: 978-1-138-57092-4 : **£21.99**

Hb: 978-1-138-57090-0 : **£130**

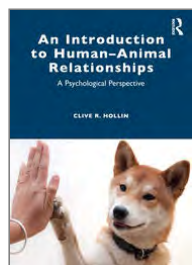
eBook: 978-0-203-70311-3

\* For full contents and more information, visit: [www.routledge.com/9781138570924](http://www.routledge.com/9781138570924)

2ND EDITION

## An Introduction to Human–Animal Relationships

A Psychological Perspective



**Clive R. Hollin**

An Introduction to Human–Animal Relationships is a comprehensive introduction to the field of human-animal interaction from a psychological perspective across a wide range of themes. This key text brings an important perspective to the field of human-animal studies and will be useful to students and scholars in the fields of psychology, sociology, animal welfare, anthrozoology, veterinary science, and zoology.

Routledge

May 2021 : 208pp

Pb: 978-0-367-27759-8 : **£35.99**

Hb: 978-0-367-27757-4 : **£135**

eBook: 978-0-429-29773-1

\* For full contents and more information, visit: [www.routledge.com/9780367277598](http://www.routledge.com/9780367277598)

## The Researcher's Toolkit

The Complete Guide to Practitioner Research



**David Wilkinson** Research Fellow within the Work-Based Learning Unit at the University of Leeds, **Dennis Dokter**

Designed for those undertaking research for the first time, the second edition of The Researcher's Toolkit is a practical and accessible guide for all those partaking in small-scale research. Jargon-free and assuming no prior knowledge, it covers the entire research process, from defining a research topic or question through to its completion. This book is a must-read guide for students and budding researchers as well as educators seeking to explain academic research and writing to their pupils. It will benefit anyone looking to complete a research project whether inside academia or beyond.

Routledge

May 2023 : 178pp

Pb: 978-1-032-01810-2 : **£26.99**

Hb: 978-1-032-01809-6 : **£135**

eBook: 978-1-003-18015-9

\* For full contents and more information, visit: [www.routledge.com/9781032018102](http://www.routledge.com/9781032018102)

3RD EDITION

## Study Skills for Foundation Degrees



**Dorothy Bedford, Elizabeth Wilson**

Study Skills for Foundation Degrees offers a step-by-step guide to the skills needed to successfully complete a Foundation Degree. Filled with activities and useful tips, it will help students to move from nervous novice to confident expert and provide them with the necessary tools to accomplish this. This third edition has been fully updated and features new chapters on e-learning, dissertations as well as expanded sections on ethics, feedback and referencing. Each chapter includes practical guidance as well as student perspectives that will help students through their course of study.

Routledge

December 2019 : 200pp

Pb: 978-0-367-33135-1 : **£17.99**

Hb: 978-0-367-33134-4 : **£145**

eBook: 978-0-429-31810-8

\* For full contents and more information, visit: [www.routledge.com/9780367331351](http://www.routledge.com/9780367331351)

<b>A . . . . .</b>		Healthcare Support Workers . . . . .	8	The Psychology of Effective Studying . . . . .	14
Academic Writing for International Students of Science . . . . .	14	Health Psychology . . . . .	7	The Psychology of Exercise . . . . .	9
A Guide to Aging and Well-Being for Healthcare Professionals . . . . .	5	Health Psychology . . . . .	10	Therapeutic Interviewing . . . . .	4
A Guide to Best Practice in Special Education, Health and Social Care . . . . .	5	How to Become a Counselling Psychologist . . . . .	3	The Researcher's Toolkit . . . . .	14
A Guide to Neonatal Care . . . . .	5	How to Run Reflective Practice Groups . . . . .	3	Transactional Analysis . . . . .	4
An Introduction to Human–Animal Relationships . . . . .	14	<b>I . . . . .</b>		<b>W . . . . .</b>	
An Introduction to Language and Communication for Allied Health and Social Care Professions . . . . .	5	Improving Women's Health Across the Lifespan . . . . .	10	Why Don't I Feel Good Enough? . . . . .	4
Arts Therapies and the Mental Health of Children and Young People . . . . .	10	Infant, Child and Adolescent Nutrition . . . . .	12	Working with Vulnerable Children, Young People and Families . . . . .	9
Assessing Mental Capacity . . . . .	5	Integrative Counselling and Psychotherapy . . . . .	3		
A Student's Guide to Placements in Health and Social Care Settings . . . . .	5	Introduction to Anatomy and Physiology for Healthcare Students . . . . .	8		
<b>B . . . . .</b>		Introduction to Nutrition and Metabolism . . . . .	12		
Barasi's Human Nutrition . . . . .	12	<b>K . . . . .</b>			
Biology for the Health Sciences . . . . .	6	Key Themes in Health and Social Care . . . . .	8		
<b>C . . . . .</b>		<b>M . . . . .</b>			
Care of Older People . . . . .	6	Mindfulness for Life . . . . .	3		
Child and Adolescent Mental Health . . . . .	10	Motivational Interviewing in Health Care, Second Edition . . . . .	8		
Children and Young People's Mental Health . . . . .	10	<b>N . . . . .</b>			
Cognitive Behaviour Therapy . . . . .	2	Nursing Older People . . . . .	8		
Communication and Interviewing Skills for Practice in Social Work, Counselling and the Health Professions . . . . .	6	Nutrition . . . . .	12		
Counselling for Toads . . . . .	2	Nutrition and Sensation . . . . .	12		
<b>D . . . . .</b>		Nutrition for Dance and Performance . . . . .	13		
Dementia: The Basics . . . . .	6	<b>P . . . . .</b>			
Developing Professional Practice in Health and Social Care . . . . .	6	Participation in Children and Young People's Mental Health . . . . .	10		
Developing Resilience . . . . .	2	Positive Health . . . . .	11		
Developing Your Compassion Strengths . . . . .	6	Positive Psychology and You . . . . .	11		
Dilemmas and Decision Making in Dementia Care . . . . .	7	Primary Care Nutrition . . . . .	13		
Disability . . . . .	7	Promoting Healthy Behaviour . . . . .	8		
<b>E . . . . .</b>		Promoting Healthy Behaviour . . . . .	11		
Embedding Counselling and Communication Skills . . . . .	2	Promoting Young People's Wellbeing through Empowerment and Agency . . . . .	9		
Essential Knowledge and Skills for Healthcare Assistants and Assistant Practitioners . . . . .	7	Psychology . . . . .	9		
Essential Resources for Mindfulness Teachers . . . . .	2	<b>R . . . . .</b>			
<b>F . . . . .</b>		Rational Emotive Behaviour Therapy . . . . .	3		
Family Therapy Skills and Techniques in Action . . . . .	2	Research in Health and Social Care . . . . .	9		
Food and Nutrition . . . . .	12	<b>S . . . . .</b>			
Food and Nutrition . . . . .	7	Skills-based Caring for a Loved One with an Eating Disorder . . . . .	4		
Foundations for 21st-Century Health and Social Care . . . . .	7	Social Work Practice in Mental Health . . . . .	11		
<b>G . . . . .</b>		Study Skills for Foundation Degrees . . . . .	14		
Getting Better Bite by Bite . . . . .	3	<b>T . . . . .</b>			
<b>H . . . . .</b>		The Building Blocks of Life . . . . .	9		
		The Psychology of Counselling . . . . .	4		



<b>A.</b> .....		<b>K.</b> .....		<b>W.</b> .....	
Arai . . . . .	7	Kasket . . . . .	3	Wahlqvist . . . . .	12
<b>B.</b> .....		Kurtz . . . . .	3	Wahlqvist . . . . .	7
Bacchini . . . . .	5	Kuyken . . . . .	3	Webb . . . . .	12
Barnard . . . . .	6	<b>L.</b> .....		Widdowson . . . . .	4
Barnard, Calabria, Griffiths . . . . .	6	Laver-Bradbury, Thompson, Gale, Hooper . . . . .	10	Wilkinson, Dokter . . . . .	14
Bedford, Wilson . . . . .	14	Lean, Combet . . . . .	12	Williams, Conroy . . . . .	5
Bender, Cunningham . . . . .	12	<b>M.</b> .....		Williams, Searcey . . . . .	9
Bland, Bland, Drake, Drake, Drayton, Drayton, Tullgren . . . . .	11	Mackenzie, Wilkinson . . . . .	5	Wiser . . . . .	6
Board . . . . .	2	Maynard, Stuart . . . . .	9		
Bottomley . . . . .	14	McDougall . . . . .	10		
Brier . . . . .	5	Midwinter, Dickson . . . . .	2		
Brotherton, Cronin . . . . .	9	More . . . . .	12		
Burke, Dunne, Meehan, O'Boyle, van Nieuwerburgh . . . . .	11	<b>N.</b> .....			
<b>C.</b> .....		Neenan . . . . .	2		
Callis . . . . .	9	Neenan, Dryden . . . . .	2		
Carr . . . . .	11	<b>P.</b> .....			
Challis . . . . .	13	Penn . . . . .	14		
Cook, Wood . . . . .	10	Percival . . . . .	4		
Cook, Wood . . . . .	7	Perry . . . . .	9		
Crane, Karunavira, Griffith . . . . .	2	Petty, Whiting, Roberts . . . . .	5		
<b>D.</b> .....		<b>R.</b> .....			
Dent . . . . .	4	Rawles . . . . .	7		
Dryden, Neenan . . . . .	3	Reber . . . . .	9		
Durkin . . . . .	6	Reiter . . . . .	4		
<b>E.</b> .....		Rivett, Buchmüller . . . . .	2		
Elbourne, le May . . . . .	8	Rollnick, Miller, Butler . . . . .	8		
<b>G.</b> .....		<b>S.</b> .....			
Griffin . . . . .	8	Schmidt, Treasure, Alexander . . . . .	3		
<b>H.</b> .....		Shakespeare . . . . .	7		
Hannah, Leanne . . . . .	10	Spalek, Spalek . . . . .	3		
Heber, Li . . . . .	13	Sturgeon . . . . .	8		
Herrmann, Hills de Zarate, Pitruzzella . . . . .	10	<b>T.</b> .....			
Higham . . . . .	6	Thompson . . . . .	6		
Hirsch . . . . .	12	Tollefson, Eriksen, Pathak . . . . .	10		
Hollin . . . . .	14	Treasure, Smith, Crane . . . . .	4		
Housden, Hubbard . . . . .	7	Tutt, Williams . . . . .	5		
<b>I.</b> .....		<b>U.</b> .....			
Innes, Calvert, Bowker . . . . .	6	Upton, Thirlaway . . . . .	11		
		Upton, Thirlaway . . . . .	8		



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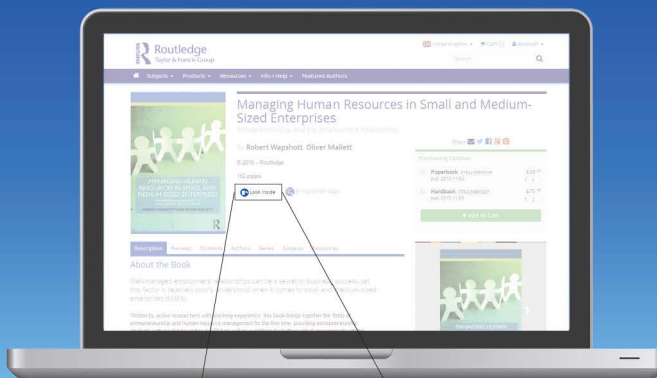
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