

ANNOUNCING AN IMPORTANT AND TIMELY NEW SERIES
FOR A BETTER PHYSICAL AND MENTAL LIFE AT WORK



THE POSITIVE WELLBEING SERIES

KEY TOPICS COVERED BY THE SERIES:

- + Resilience
- + Stress management
- + Health
- + Physical energy
- + Mental energy
- + Emotional energy
- + Nutrition
- + Fulfilling aspirations
- + Self awareness
- + Strengths training/
wellness in the workplace

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CATEGORY Self help/
Business

TERRITORIES World

RIGHTS All languages

It is now widely recognized that wellbeing is a major factor in business. From an individual perspective, wellbeing has broad implications for a person's performance, success and fulfilment at work. From an organization's perspective, the wellbeing of its staff has a direct impact on productivity and ultimately the profitability of the company.

Governments and employers are now convinced that wellbeing in the workplace is an important issue. Individual employees who want to be successful in their work – but are also seeking satisfaction and fulfilment generally in their lives – also now believe enhancing their own wellbeing to be a major priority.

This cutting-edge series is designed to make wellbeing accessible to everyone who works. In line with current thinking in workplace wellbeing, as well as new ideas and innovations, the series will provide a touch point for individuals, organizations and wellbeing practitioners.

The series will empower and guide individuals to enhance their own wellbeing – and therefore find happiness and fulfilment at work by becoming more productive and successful.

The series will provide employers with a resource to develop greater wellbeing among their employees and therefore increase quality, performance, productivity and overall business effectiveness and profit.

With expert authors from the sector, the Positive Wellbeing series will help readers develop a better overall quality of life – both physically and mentally.





As our lives speed up at an ever more frantic pace, we often find we are lacking the energy currency to keep up. What if getting the focussed energy we need required nothing more than understanding a few simple rules and putting in place a strategic eating plan that delivers concrete results?

In this practical and accessible book, an expert nutritionist delivers a down-to-earth, no nonsense approach to eating well. With so much confusion around diet, food and eating, this book aims to put a clear eating structure in place, empowering the reader to make wise and nurturing choices around food, for both work dynamism and healthy living.

KATE COOK is an author, nutritionist, international speaker and food and community activist. She is the founder and director of the Harley Street Clinic, working with over 7,500 patients. She also mentors nutrition coaches through the Nutrition Coach Network.

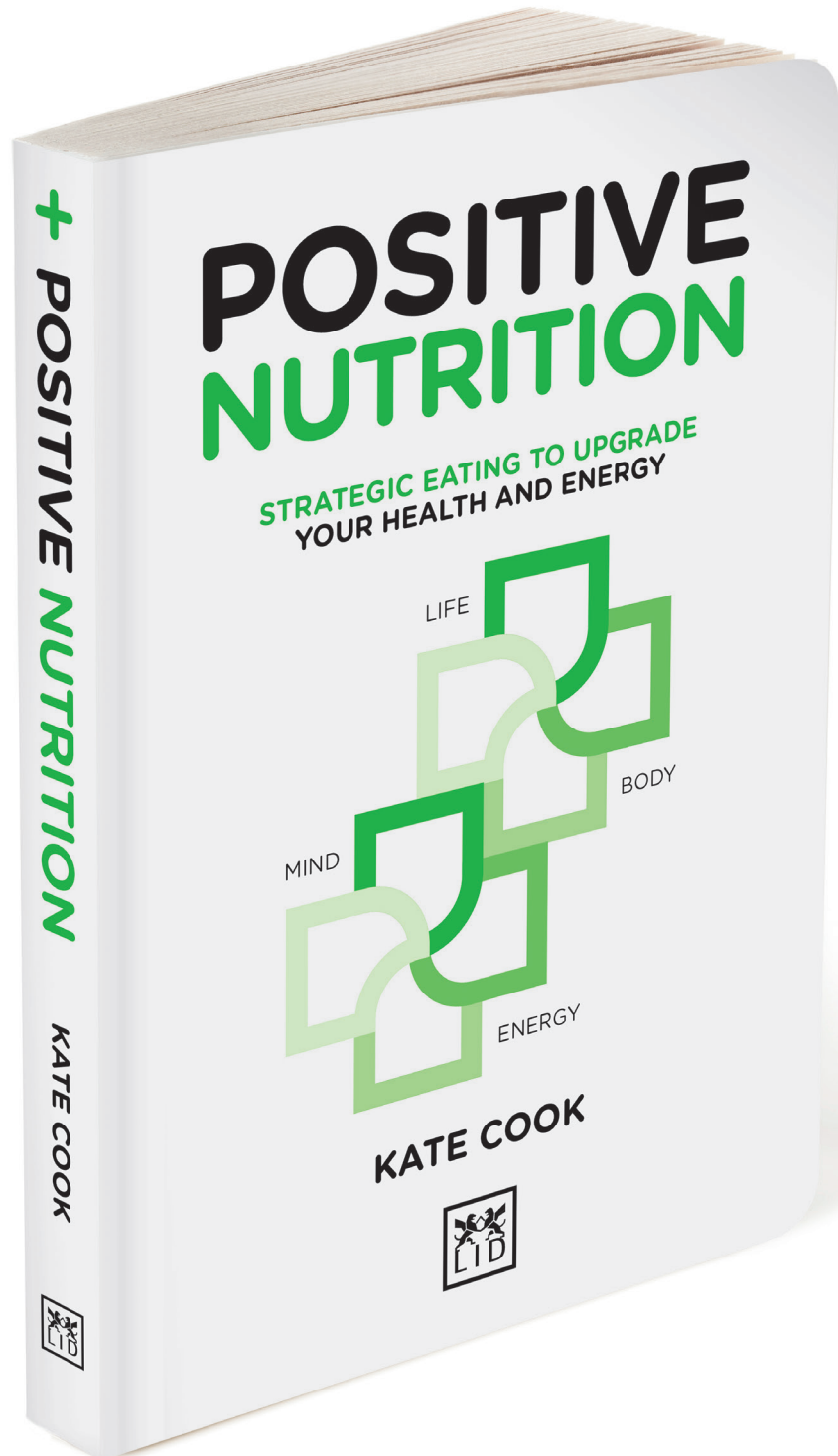
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