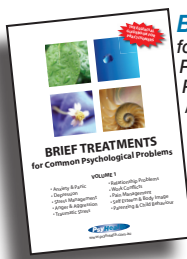
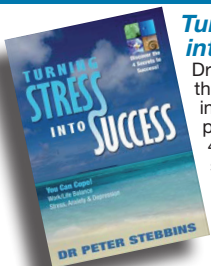


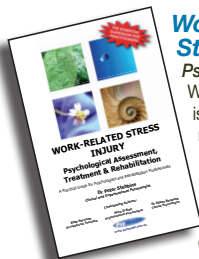
SELECTED BOOKS FROM PSYHEALTH MEDIA



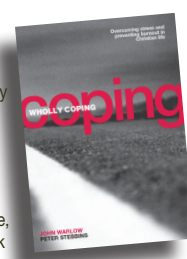
Brief Treatments for Common Psychological Problems
A must-have for health professionals. This practical guide contains a series of treatment plans, client handouts and worksheets for 10 of the most common psychological problems.



Turning Stress into Success
Dr Stebbins takes you through a practical and informative step by step process to discover the 4 secrets to turning stress into success - clinically proven skills and strategies to achieve work/life balance and overcome stress, anxiety and depression.

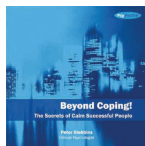


Work Related Stress Injury
PsyHealth Media
Work Related Stress Injury is a practical, "hands-on" resource for anyone involved in managing the transition from psychological injury back to the workplace, designing return-to-work programs or communicating ideas to management.



Wholly Coping
Overcoming Stress and Preventing Burnout in Christian Life
By Dr John Warlow and Dr Peter Stebbins - Wholly Coping provides practical strategies for managing stress and preventing burnout combined with a deep understanding of the spiritual underpinnings of the Christian Faith.

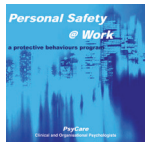
AUDIO CDS FROM PSYHEALTH MEDIA



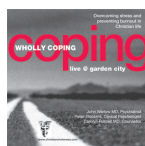
Beyond Coping!
The Secrets of Calm, Successful People
This double CD set contains over 120 minutes of practical, clear discussion of key skills and strategies needed to take your life to a higher and more fulfilling level.



Pain Management
Getting the Most Out of Life
This CD provides a wealth of practical tips for managing your physical environment and your thinking patterns to live an active and enjoyable life, despite chronic or acute pain.



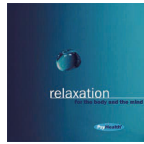
Personal Safety @ Work
A Protective Behaviours Program
Provides the latest on personal safety and protective behaviours at work. Full of practical strategies and solutions including tips for OH&S, useful for challenging 'people' situations.



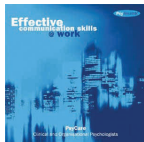
Wholly Coping Overcoming Stress and Preventing Burnout in Christian Life live @ garden city
Presented by Dr's John Warlow, Carolyn Russell and Peter Stebbins. This informative live recording details the practical strategies for Wholly Coping - minimising stress and promoting Christian Wholeness in an entertaining, humorous and interactive presentation.



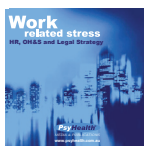
Stress Free Living
Relaxation Techniques for the Body and Mind
This new enhanced version of PsyCare's popular relaxation CD includes narration from Psychologist, Simon Thatcher and a bonus 12 page guidebook "Calm and successful in a stressful world" by Clinical Psychologist, Peter Stebbins.



Relaxation
Techniques for the Body and Mind
Robyn Frost presents three clinically proven relaxation exercises. She leads the listener through slow, deep breathing, progressive muscle relaxation, and calming thoughts and images.



Effective Communication Skills at Work
This CD will help you communicate better by learning to know your own communication style, and know what will connect with the needs of the other person. Includes tips for resolving conflict, and successful negotiations.



Work Related Stress HR, OH&S and Legal Strategy
This double CD set includes in-depth interviews with Robert King, Industrial Relations Lawyer, and Peter Stebbins, Clinical and Organisational Psychologist, addressing work related stress in the Australian human resources, safety, and legal context.

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