**Saving Our Adolescents**  By Maggie Dent
Are you worried, concerned or confused about an adolescent you care for? Are you looking for ideas, and practical strategies to better support adolescents on the bumpy ride to adulthood? Do you really want to make a difference in the lives of today’s adolescents? This book answers so many questions about why adolescents get confused, grumpy, moody, forgetful, angry, defiant, horny, and excitable and a high risk to themselves and others. With more healthy support they can still thrive and become people who can make our world a better place.

**Real Kids in an Unreal World**  By Maggie Dent
Real children need real experiences with real people to grow up healthy - just as they have since mankind began. This book explores the 10 essential building blocks that help children build resilience and authentic self esteem in our chaotic, modern world. It’s a commonsense, holistic approach that encourages connectedness, character and compassion. We can’t change the world, however we can change the choices we make for our children. And we can start now.

**Saving Our Children From Our Chaotic World**  By Maggie Dent
‘Silence and stillness does have a magic to it! It doesn’t matter where you find it – in your home, your workplace or your classroom, when it occurs something magical happens. Low self esteem is an epidemic amongst our children. Unfortunately it is not the only unhealthy and frightening epidemic that is sweeping the children of the world.’- Maggie Dent.

**Teen Talk**  By Sharon Witt
Becoming a teenager can be pretty tough going at times. This book, written in language Teens understand, covers topics ranging from positive choices, goals setting, bullies, friendships and failures. Packed with quotes and cartoons, this is the book teens will read again and again.

**Girl Talk**  By Sharon Witt
Being an adolescent girl comes with its own set of issues. In this book you’ll discover everything you want and need to know about puberty, boys and growing up in today’s world. This book provides real stories, shared by girls during their teen years. You’ll find many of your questions addressed in this easy to read book.

**Guy Talk**  By Sharon Witt
What is going on with my body!? Why do girls act in such strange ways? Why do I feel this way? In Teen Talk- Guy Talk, you’ll find the answers to many of your questions concerning your changing body and of course, girls! This book provides up to date information on many issues relating to puberty and growing up, in an entertaining and informative way.
Secret Boys’ Business  By Fay Angelo, Heather Pritchard and Rose Stewart
This book is to help boys understand the changes they go through at puberty, and assists them to understand the changes that occur in their bodies, and dispels all myths and fears.
Ages 10+ .

Secret Girls’ Business  By Fay Angelo, Heather Pritchard and Rose Stewart
A very accessible and well-illustrated book to help young girls understand the changes they go through when reaching puberty. Provides easy-to-understand information about growing up and the changes that happen to their bodies such as the advent of period.

Just For Kidz  By Maggie Dent
This 2 pack CD has been created in response to the increasing numbers of children experiencing problems of anxiety and sleeplessness. Research has shown that early unresolved problems can become patterns for life that can lead to mental illness, low resilience and poor life management. Prevention and early intervention for older children is essential.
Disk 1
Safe n Sound
Endless Journey
Sleepytime

Disk 2
Calming the Angry Ant
Misery Guts Fixer
Boredom Buster
The Magic Yellow Cloud
I am a Good Friend

Just a Little Time Out  By Maggie Dent
Short visualisations for individuals or groups ages 5-100. Creative visualisation is important in the development of imagination, giving the brain time to rest and renew and settle group energy.

School Mastery  By Maggie Dent
This is cutting edge attitude and concept changing for primary students who want to improve school performance. Accepting Myself is a powerful Esteem Building track great for all ages!

Real Kids in an Unreal World- DVD/CD Seminar in a Box  By Maggie Dent
Maggie’s popular seminar based on her bestselling book Real Kids in an Unreal World is now a seminar in a box! The one and a half hour DVD is ideal for parents, child care educators and primary teachers. In her unique entertaining manner, Maggie explores modern parenting and how to build resilience in children from birth to 12 using her 10 resilience building block model. For time poor individuals there is an audio CD to use in the car.