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NUMBER ONE BESTSELLER – For readers of You Are a Badass .... A bullsh\*t free perspective and a no-frills account of anxiety from the front line. Through the filtered lens of social media, it may seem like life's a peach, but for lots of people – journalist and author

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Caroline Foran included - anxiety is always bubbling beneath the surface.

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With honesty, humour and a bullsh\*t free perspective, Owning It is a no-frills account of anxiety from the front line. Through the filtered lens of Instagram, it may seem like life's a peach, but in

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reality, journalist Caroline Foran has been living with crippling anxiety since her early 20s.

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the front line. For those facing the same struggle, Caroline explores exactly what anxiety is, its triggers and the various treatments - from CBT, acu...

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Confidence Kit, a refreshing take on something that's common to us all - fear. When journalist and author Caroline Foran published *Owning It*, her bullsh\*t-free account of living with anxiety, it became a phenomenal Number One bestseller. Here, in *The*

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Confidence Kit, she returns with her unique, down-to-earth style, sharing her essential toolkit for improved self-confidence. Her goal? To take our inner fears and anxieties and turn them into the building blocks of confidence. From understanding the fear of

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failure and knowing when and how to step outside your comfort zone to tools such as 'fear hacking' and the art of decision-making, The Confidence Kit is jam-packed with practical advice, expert input, along with the author's signature sense of

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humour. Consider it your ultimate guide to confidence. 'The goal of this book isn't to teach you how to become completely fearless. It's about how you can employ techniques to build your confidence, to own your fears and anxieties -- to bring you one step



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closer to achieving what you want  
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With honesty, humor and a  
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filtered lens of Instagram, it may

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seem like life's a peach, but in reality, journalist Caroline Foran has been living with crippling anxiety since her early 20s. Here, in *Owning It*, she chronicles her journey from the kind of all-consuming fear where leaving the house for milk was too petrifying

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a prospect, and holding down a high-octane Editor job was no longer possible, to spending every day crying under her duvet, wondering how the hell she was going to pull herself through. But then she did; she owned it. For those facing the same struggle,

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Caroline explores exactly what anxiety is, its triggers and the various treatments. From CBT, acupuncture, diet and the often debated role of medication - she examines with honesty, humor and a bullsh\*t free perspective what worked for her and gives us

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a no-frills account of anxiety from the front line. 'The hardest lesson and most important I learned was that embracing your anxiety is the key to recovering from it and living a life where it doesn't define you. Don't get me wrong; I still have shitty, stressful days at

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work, or days when I feel a little below par (one time I was particularly exhausted, ratty and hormonal and I cried because my boyfriend ate my last chicken nugget. I'm 28, I know) - but that, dear friend, is the human experience. What I have now,

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however, is confidence in myself to pull through whatever life throws at me, thanks to the invisible arsenal of effective tools I keep tucked under my arm.'

With honesty, humour and a bullsh\*t free perspective, Owning

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It is a no-frills account of anxiety from the front line. Through the filtered lens of social media, it may seem like life's a peach, but for lots of people - journalist and author Caroline Foran included - anxiety is always bubbling beneath the surface. Here, she



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Chronicles her experiences. From being unable to cope with the thought of venturing outside, to walking away from her fast-paced job, to the different, and sometimes controversial, treatments available - from Cognitive Behavioural Therapy to

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acupuncture to medication -  
Caroline shows us how she eventually found a way of owning her anxiety so that it doesn't own her. With extensive research and help from the experts, *Owning It* is written with honesty and a bullsh\*t-free perspective;

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Consider it your ultimate, practical guide that aims to get you feeling good again.

'Offers a frank and funny approach to the ins and outs of anxiety - what it is, why it happens, and how to manage it. I

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love Caroline Foran's message of self-acceptance and leaning into mental illness rather than trying to outrun it. Highly recommended!' Sarah Knight, bestselling author of Calm the F\*\*k Down THE NUMBER ONE BESTSELLER - A bullsh\*t free

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perspective and a no-frills account of anxiety from the front line. Through the filtered lens of social media, it may seem like life's a peach, but for lots of people - journalist and author Caroline Foran included - anxiety is always bubbling beneath the

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surface. Here, she chronicles her experiences. From being unable to cope with the thought of venturing outside, to walking away from her fast-paced job, to the different, and sometimes controversial, treatments available - from Cognitive

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Behavioural Therapy to  
acupuncture to medication -  
Caroline shows us how she  
eventually found a way of owning  
her anxiety so that it doesn't own  
her. With extensive research and  
help from the experts, *Owning It*  
is written with honesty and a

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Less than a year ago, Oobah  
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and living on a diet of boiled eggs. Its safe to say that he hadn't achieved much with his life. Yet just a year on, on the back of three documentaries that have been viewed over 150m times, hes won awards, been featured on TV all over the world

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impact—a brand authenticity expert shares her most powerful secrets. Everyone in marketing is talking “authenticity.” Which means making a personal or professional brand should be simpler than ever, right? What could be easier than “being

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yourself?" Simple? Sure. But  
easy? Not so much. Why?  
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days. In short, authenticity feels scary. No wonder we try to brand ourselves as someone else we think will be more appealing than our real selves. Jessica Zweig founded the SimplyBe. agency to revolutionize an authenticity-first approach to branding. With Be: A

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Zweig. “For any brand—business or personal—the game is no longer about eyeballs, but engagement. No longer about impressions, but impact. Content is no longer king, clarity is. Your best strategy? Service and generosity. Your best solution?

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#1 International Bestseller  
Anxiety transforms from a crutch into an ally with this empowering

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Caroline Foran is not here to  
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her job, her health, and her life,  
she tried everything—from  
Cognitive Behavioral Therapy to  
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medication. She found that there's no such thing as a stress-free life . . . but, armed with the right tool kit, she could live with anxiety, and not spend her days running away from it. In *Own It.*, Caroline shares her hard-earned knowledge and kick-\*ss

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insights from mental-health professionals, Caroline will help you ditch your fear and anxiety—and own it!

In *No Bullsh!t Leadership*, Moore outlines his proven leadership principles, learned over his 33+

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year career, in a clear, direct way. He sweeps away the mystical fog surrounding leadership today and lays out the essential steps for success. Moore combines this tangible advice with honest, real-world examples from his own career to provide a no-nonsense

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