

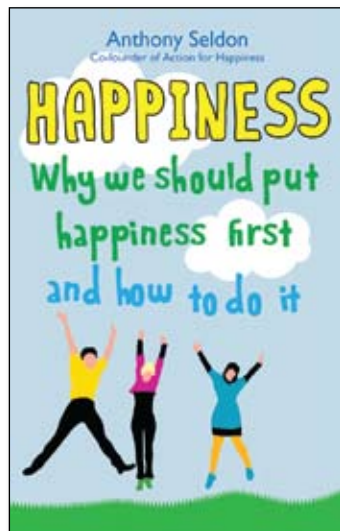
MIND, BODY & HEALTH

Happiness

Why we should put happiness first and how to do it

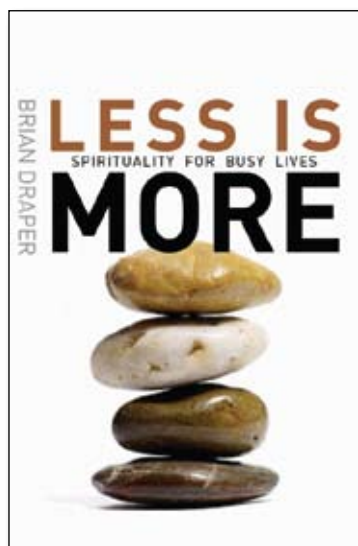
Anthony Seldon

Important new book from political commentator and official biographer of Tony Blair. Anthony Seldon is a joint founder of the Action for Happiness initiative. He offers practical advice on how simple steps can improve our happiness. Ideal for self-help and for parents or teachers wanting to improve children's happiness.



Action for Happiness co-founder shows us how to put happiness first

March
Paperback
9780745955636
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Reduce the quantity, increase the quality - spiritual wisdom for the Age of Austerity!

Less is More

Spirituality for Busy Lives

Brian Draper

Brian Draper was tired of feeling tired. "Life in its fullness" felt like a life crammed full of stuff, and no more. Drawing on the guidance of Christian wisdom, he began to notice day to day opportunities to reduce the quantity, and increase the quality of life - to make room for his soul. *Less is More* distils a wonderful spiritual principle which is especially significant right now when time is limited and money is in short supply.

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First Steps out of Weight Problems

Catherine Francis

A back-to-basics guide for anyone struggling with their weight. Learn to calculate how many pounds you should lose (or gain) for good health, and discover the facts about why weight gain occurs and how you can reverse it. The pros and cons of different approaches to slimming are outlined – and you'll learn how you can achieve a healthy size through simple changes to your diet and activity levels.



February
Weight Problems:
9780745955384
BIC: VFMD, VFD
Separation & Divorce:
9780745955360
BIC: VFVS
Rights: World
£4.99 each

First Steps through Separation and Divorce

Penny Rich

Practical advice for anyone experiencing separation or divorce. With an introduction to legal issues and where to seek help, Rich provides useful tips on how to build a new life, plus words of encouragement to express our feelings and allow ourselves to grieve. There is also advice on helping children through divorce, and details of helpful organisations and websites.



First Steps provide answers to crucial questions and practical advice on a range of self-help issues

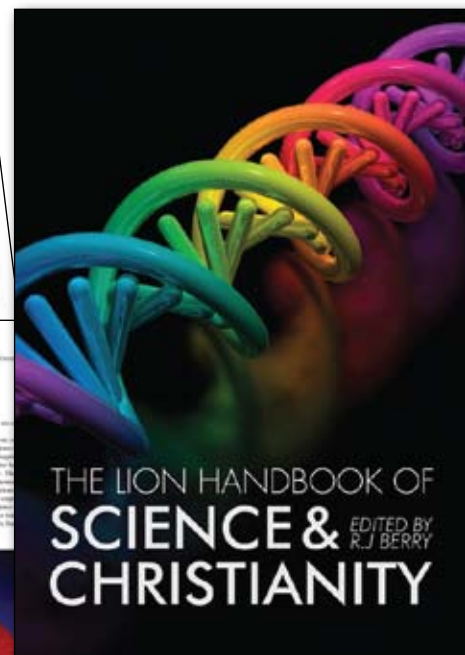
The first comprehensive colour-illustrated guide to science and Christianity

The Lion Handbook of Science and Christianity

R.J. Berry

Comprehensive, objective and accessible guide to the entire history of the relationship between science and Christianity. Lavishly illustrated throughout.

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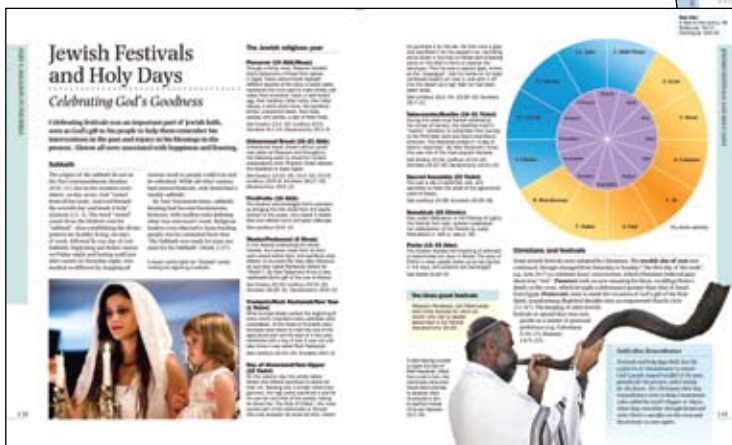
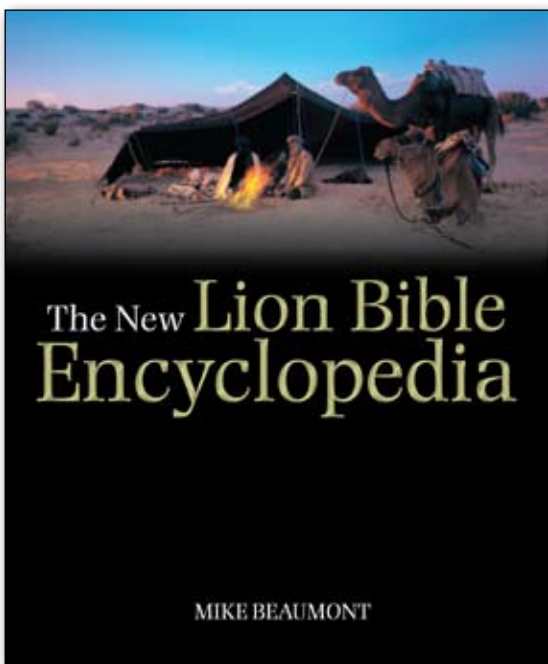
A brand new, comprehensive colour-illustrated encyclopedia to the Bible

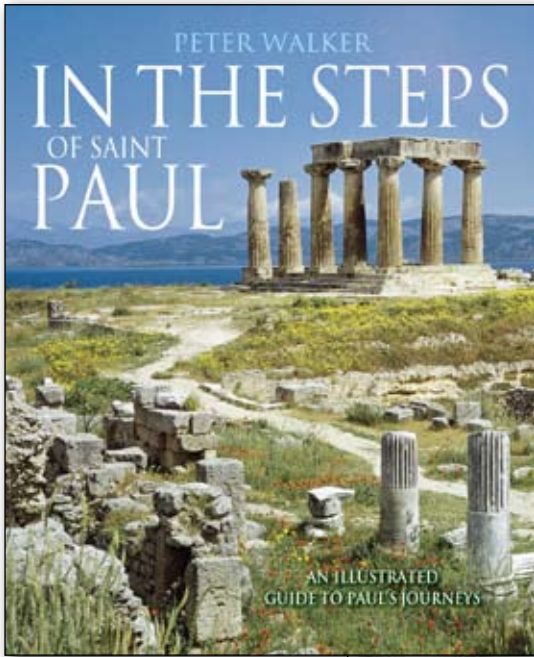
The New Lion Bible Encyclopedia

Mike Beaumont

A brand new, comprehensive, full-colour encyclopedia of the Bible. Nearly 100 colour spreads cover every aspect of the Bible. Includes photographs, maps, timelines, illustrations and diagrams showing the main biblical themes, personalities and history.

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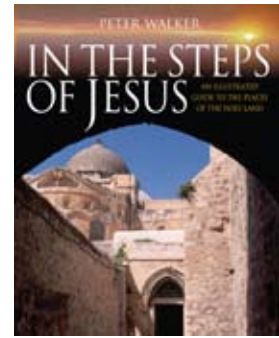


In the Steps of Saint Paul

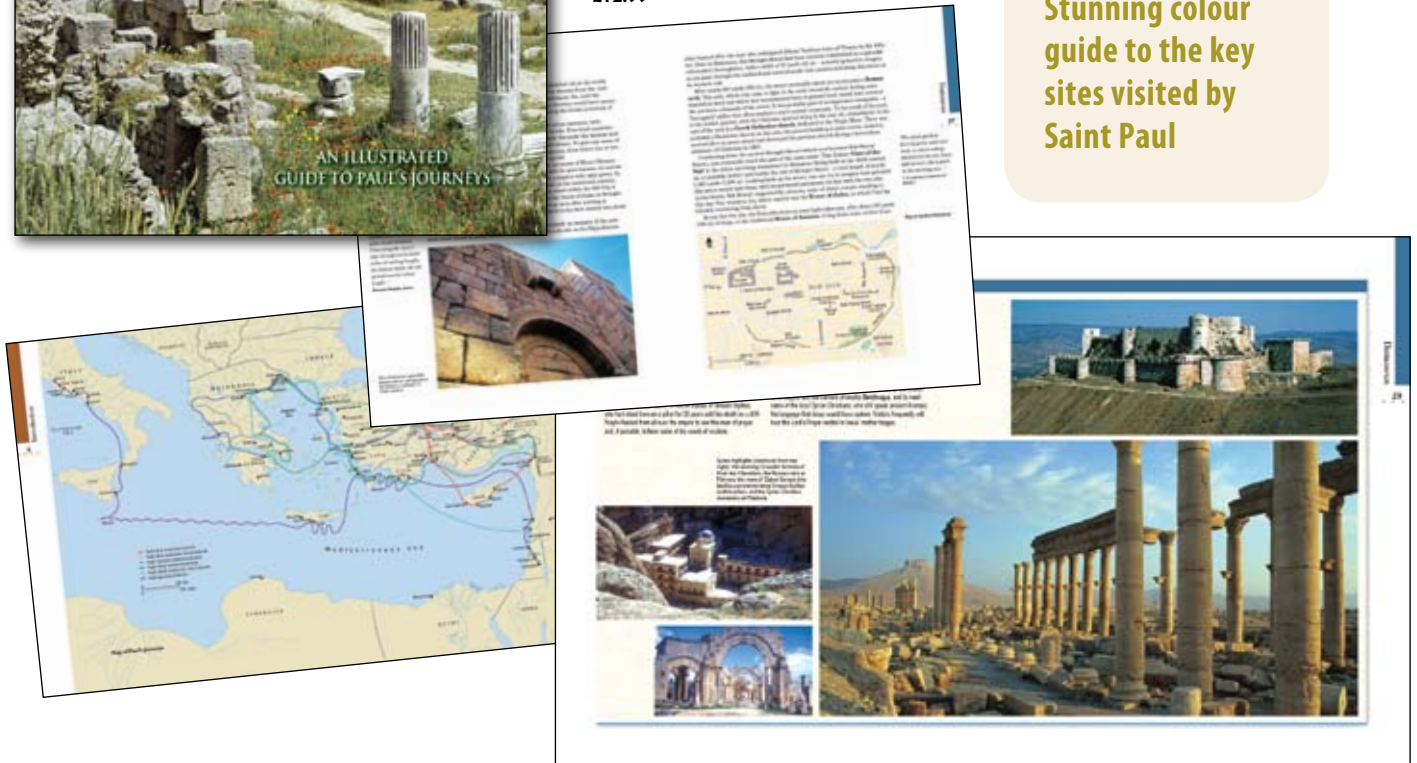
Peter Walker

Stunning colour-illustrated guide to the key sites visited by Saint Paul, written and compiled by an experienced tour leader and biblical scholar.

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Stunning colour guide to the key sites visited by Saint Paul

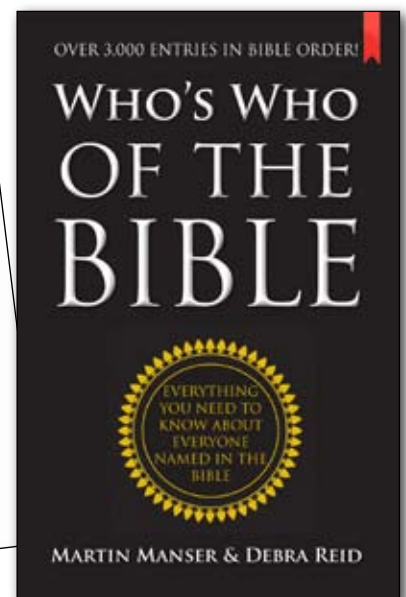


Who's Who of the Bible

Martin H. Manser and Debra Reid

The only comprehensive book of every Bible character, including dates. Arranged in Bible-book order with major figures having a double page spread and less space given to minor characters.

The only comprehensive book of every Bible character - including dates



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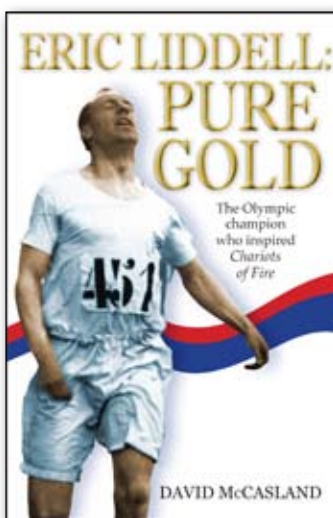
BIOGRAPHY

Eric Liddell: Pure Gold

The Olympic champion who inspired Chariots of Fire

David McCasland

Eric Liddell ran for gold at the Paris Olympics. McCasland does full justice to Liddell's sporting career while also telling his personal story from his upbringing in China, and his missionary work to his death at a Japanese internment camp.



The definitive biography of one of Britain's greatest ever Olympians

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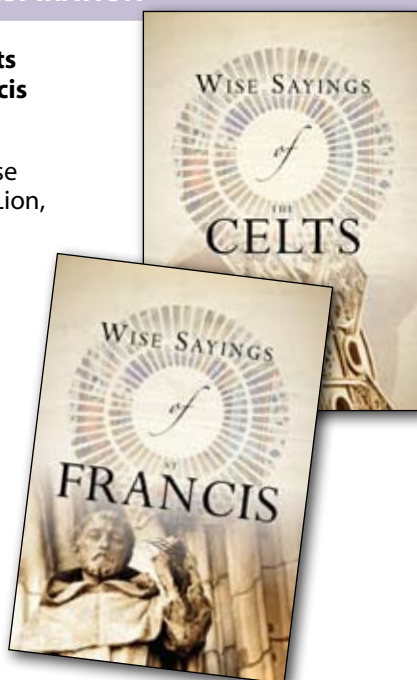
SPIRITUALITY & INSPIRATION

Wise Sayings of the Celts Wise Sayings of St Francis

Andrea Skevington

The latest in the new 'Wise Sayings of...' series from Lion, offering illustrated hardback gift books with quotes and verses of wisdom. Each book is beautifully presented with decorative colour illustrations.

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What's the Point of Easter?

J. John

What's the Point of Easter looks at the life and death of Jesus, and considers what happened at the crucifixion - God's funeral - and what it means to us today. A full-colour mix of beautiful photographs and straightforward text explain the true meaning of Easter for a modern audience.

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