Humans Givens: the new approach to emotional health and clear thinking

Why we dream: the definitive answer

How to lift depression... fast

Freedom from addiction: the secret behind successful addiction busting

How to master anxiety: all you need to know to overcome stress, panic attacks, phobias, trauma, obsessions and more

The observing self

How to liberate yourself from pain: practical help for sufferers

Release from anger: practical help for controlling unreasonable rage

PLUS: The Human Givens Journal (see below).

The therapeutic power of guided imagery (MP3)
Joe Griffin and Ivan Tyrrell, HG Publishing. Price £6.99

Effective anxiety management – without drugs
Joe Griffin and Ivan Tyrrell, HG Publishing. Price £9.95

Effective anger management: understanding and controlling unreasonable expressions of anger in yourself and other people
Joe Griffin and Ivan Tyrrell, HG Publishing. Price £9.95

Understanding and lifting depression without drugs...
Joe Griffin and Ivan Tyrrell, HG Publishing. Price £9.95

To help increase your effectiveness, we would also like you or your organisation to subscribe to Human Givens, the journal of the Human Givens Institute. Each issue contains a wealth of information and ideas relating to therapy, education, social work, health and the psychological impact of the changes we are all witnessing in society today.

TO SUBSCRIBE: Human Givens is published biannually and costs £30 for an annual UK subscription and £38 for an overseas annual subscription. You can save £5 by paying for your subscription by standing order. You can subscribe online, or over the phone by calling: +44 (0)1323 811662 with your credit/debit card details or by visiting: www.humangivens.com

Alternatively you can send us your details and a cheque (made payable to: ‘Human Givens Publishing Ltd’) to us at Human Givens Publishing, Chalvington, East Sussex, BN27 3TD, UK.

If you would like to set up a standing order, you will need to apply in writing (please complete and print out the online standing order form and send it to us at the address above).

If you would like further information please contact us at: info@humangivens.com or call our office on +44 (0)1323 811662.
**FURTHER TITLES OF INTEREST**

**Godhead: the brain’s big bang – the explosive origin of creativity, mysticism and mental illness**
HG Publishing. Joe Griffin and Ivan Tyrrell. £20.00

**Transforming tales**
ISBN: 1847901374

**Why gender matters: what parents and teachers need to know about the emerging science of sex differences**
ISBN: 0-767916-255

**Opening Skinner’s box: great psychological experiments of the twentieth century**
ISBN: 0-747568605

**Loneliness: human nature and the need for social connection**
ISBN: 978-0393335286

**My voice will go with you: the teaching tales of Milton H Erickson**
ISBN: 0-393301-354

**A user’s guide to the brain**
ISBN: 0-349112-967.ZZ

**The optimistic child**

**Anger: the misunderstood emotion**

**Introducing mind and brain**
ISBN: 978-0553818499

**In search of solutions: a new direction in psychotherapy**
ISBN: 0-393704-378

**Social intelligence: the new science of human relationships**
ISBN: 978-0999464921

**Mad in America: bad science, bad medicine, and the enduring mistreatment of the mentally ill**

**The female brain**
ISBN: 978-0553818499

**Taking sex differences seriously**
ISBN: 978-1594030918

**The sickening mind: brain, behaviour, immunity and disease**
ISBN: 0-006550-228

**Why marriages succeed or fail**
ISBN: 0-747593-604

**Why Freud was wrong: sin, science and psychoanalysis**
ISBN: 978-015192-254

**The Jung cult**
ISBN: 0-684834-235

**The right mind**

**The nurture assumption: why children turn out the way they do**
Judith Rich Harris, Bloomsbury (1999). Paperback
ISBN: 0-747548-943 (used versions often available via Amazon).

**Emotional intelligence**
ISBN: 0-553383-71X

---

**HOW TO ORDER**

**BY TELEPHONE:** To order any of the books or CDs available from HG Publishing, or to subscribe to the Journal, simply call our office on **01323 811662** with your credit/debit card details.

**ONLINE:** Alternatively, you can subscribe or order items securely online at: **www.humangivens.com**

**BY POST:** For UK orders, we can also accept cheques (made payable to ‘Human Givens Publishing Ltd’) for the total amount including postage and packing (as detailed below). Please send this along with the details of what you would like to order and your address, to: Human Givens Publishing, Chalvington, East Sussex, BN27 3TD, UK.

---

**Postage rates**

**For UK postage and packing, please add:**

- **£3.00** p&p for the first item, and an additional **£1.30** for each subsequent item ordered.

---

**For Overseas Orders:** Please contact our office (either by telephone on: +44 1323 811662 or by email to: info@humangivens.com) with details of the items you’d like to order and where you would like them sent to so that we can confirm the correct postage and packaging.