

READER PROMOTION

Special themed book collection including unique display bin and header

Wellbeing is a promotion to help guide your readers towards good food, good exercise and a healthy mind.

It is a collection of 44 guides and self-help books designed to promote a longer, healthier life for your readers. The promotion covers a range of health and fitness titles aimed at children, parents, workers, men and women. It explores diets and fitness alongside more unusual subjects that can affect your wellbeing from sleeping patterns to smoking habits and even looks at how to be happy and how to balance your work-life.

Wellbeing is just one step towards a better life and shows the positive and encouraging attitude that can help people make the changes needed.

In an NHS report published in February 2009 the following startling facts were revealed:

- » 24% of adults in England were classified as obese.
- » 53% of men and 54% of women were estimated to be at an increased risk of health problems.
- » Over two-thirds of adults said they would like to do more physical activity.
- » Just under a third of adults consumed five or more portions of fruit and vegetables per day



Promotional Books

www.promotional-books.co.uk

WELLBEING

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The promotional pack contains a display bin, themed header board and one copy of each of the following books:

| Author | Title | ISBN | RRP |
|---------------------|--|---------------|--------|
| Theresa Cheung | 100 Ways to Boost Your Immune System | 9780007275878 | £4.99 |
| Susannah Marriott | 1001 Ways to Get in Shape | 9781405333061 | £12.99 |
| Angela Hicks | 77 Ways to Improve Your Wellbeing | 9781905862252 | £8.99 |
| Eckhart Tolle | A New Earth: Create a Better Life | 9780141039411 | £7.99 |
| Allen Carr | Allen Carr's Easy Way to Stop Smoking | 9780141039404 | £8.99 |
| Howard Bird | Arthritis | 9781405344180 | £12.99 |
| Reader's Digest | Beating Diabetes | 9780276444098 | £12.99 |
| Chrissie | Box into Shape: Get Fighting Fit in Just Twelve Weeks | 9780600618362 | £9.99 |
| Tiger Aspect | Cook Yourself Thin Quick and Easy | 9780718154813 | £14.99 |
| Sue Palmer | Detoxing Childhood | 9780752883700 | £7.99 |
| Bruce Byron | Fat Bloke Slims: How I Lost Three Stone | 9780141038506 | £6.99 |
| Liz Vaccariello | Flat Belly Diet: How to Get the Flat Stomach You've Always Wanted | 9781905744343 | £12.99 |
| Graeme Hilditch | From Flab to Fab | 9781844546985 | £7.99 |
| Gillian McKeith | Gillian McKeith's Boot Camp Diet: Fourteen Days to a New You! | 9780141037165 | £6.99 |
| Karen Miller Kovach | Healthy Parent, Healthy Child | 9780743295499 | £14.99 |
| Robert Ascheim | Heart Health Your Questions Answered | 9781405331111 | £9.99 |
| Patrick Holford | How to Quit without Feeling S**t: | 9780749909949 | £12.99 |
| Amanda Hamilton | Life Changing Weight Loss: 3 Steps to Get the Body and Life You Want | 9780749928377 | £12.99 |
| Glenn Harrold | Look Young, Live Longer: | 9780752886107 | £9.99 |
| Patrick Holford | Low-GL Diet Bible: The Perfect Way to Lose Weight | 9780749941673 | £14.99 |
| Dave Pelzer | Moving Forward: Taking the Lead in Your Life | 9780752882956 | £6.99 |
| Penelope Sach | Natural Woman | 9780143008118 | £12.99 |
| Wynnie Chan | New Calorie Counter: Complete Nutritional Facts for Every Diet! | 9780600619208 | £3.99 |

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| Gregg D. Jacobs | Say Goodnight to Insomnia | 9781905744381 | £8.99 |
| Christine Avanti | Skinny Chicks Don't Eat Salads | 9781905744442 | £9.99 |
| Pete Cohen | Sort Your Life Out | 9781905744374 | £7.99 |
| Chris Gardner | Start Where You are: Life Lessons from the Pursuit of Happiness | 9780061537110 | £14.99 |
| Michael Van Straten | Superfoods, Superjuices, Superhealth | 9781845334864 | £16.99 |
| | The Body Repair and Maintenance Manual | 9780276445019 | £14.99 |
| Dr Manny Noakes | The CSIRO Healthy Heart Plan | 9780143009047 | £9.99 |
| Debra Fine | The Fine Art of Confident Conversation | 9780749929602 | £8.99 |
| Ian Marber | The Food Doctor Ultimate Diet: Changing the Way You Eat for Good! | 9781405329538 | £14.99 |
| Jason Vale | The Juice Master Slim for Life: Freedom from the Diet Trap | 9780007284924 | £8.99 |
| Elisabeth Wilson | The Little Goddess Book of Big Beauty Ideas | 9781905940882 | £7.99 |
| Elisabeth Wilson | The Little Goddess Book of Big Love Ideas | 9781905940899 | £7.99 |
| Tricia Macnair | The Long Life Equation | 9781847734051 | £5.99 |
| Jane Scrivner | The Quick-fix Hangover Detox: 99 Ways to Feel 100 Times Better | 9780749909727 | £6.99 |
| Lloyd Bradley | The Rough Guide to Men's Health | 9781848360044 | £13.99 |
| Julia Hobsbawm | The See-saw: 100 Ideas for Work-life Balance | 9781843549116 | £6.99 |
| Marisa Peer | Ultimate Confidence | 9781847441386 | £10.99 |
| Vicky Pepys | Weight Watchers What to Wear When You are Losing Weight | 9780743285780 | £14.99 |
| Susannah Constantine | Who Do You Want to be Today?: Be Inspired to Dress Differently | 9780297854524 | £20.00 |
| Keren Smedley | Who's That Sleeping in My Bed? | 9780755318803 | £14.99 |
| Sarah Jarvis | Women's Health for Life: Medical Advice You Can Trust | 9781405328975 | £20.00 |

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Please send me:

WELLBEING

QTY

Pack Price

~~£534.58~~

Offer Price

£400.94

Carriage charge at £7.50 per pack (N.I. £10.00, Republic of Ireland £23.50). Contents and prices are correct at time of going to press but it may be necessary to substitute titles. Colour of display bin may vary but will be appropriate to overall design.

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