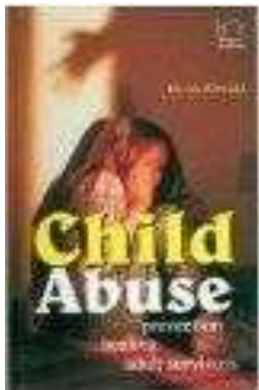


Books

Wouldn't you like to change your life for the better? And wouldn't it be wonderful if you had a handy guide that helps you transform your life in a short period of 30 days? You can improve your life – whether you are going through a tough time or are already enjoying it. From decades of experience and practical knowledge, the team of counsellors at Banjara has evolved a simple but highly effective technique of bringing about a lifetime of transformation in a month. It does not take too much effort, but it requires committed action. Try it and you will find a different you!

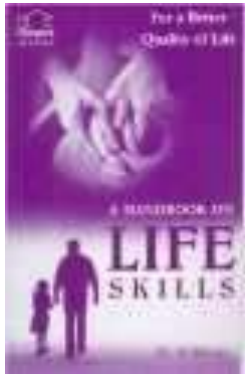


Whether the abuse a child suffers and endures is verbal, physical or sexual, the resultant trauma can cripple him/ her for life. Scientific, legal and moral tomes have been written about child abuse, but it remains a rarely understood term. Even less understood is what goes through the mind of the innocent victim of child abuse. Discussing a range of aspects related to child abuse, from tools for the prevention of abuse and the role of parents and concerned adults to techniques for making the child speak out and dealing with the emotional trauma of an abuse child, this

sensitively written book offers support and solace to child abuse victims. The book also includes some touching first-person accounts from those who have experience child abuse.

This book is written both for the Scholars and Professional Counsellors, as well as for novices who are interested in human behavior, counselling and in understanding life better. It has something to offer to everyone, from old-world wisdom to ultra- modern practical techniques in counselling. It gives insights and very practical tips on dealing with all aspects of life.





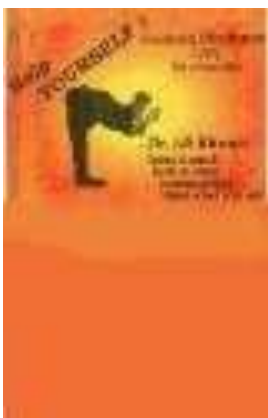
Of all the training we can receive, perhaps the most important and altering is an education in imbuing and inculcating life skills. This book gives a practical, step-by-step process of how to identify the right skills that will help you set and attain balanced goals, lead a better quality of life, improve interpersonal relationships, and get greater fulfillment in whatever you wish to do. The book also offers self-evaluation exercises to help you help yourself and also others around you.

Healthy, active communication between parent and child is the foundation of a united family and a happy home. It is important to realize that communication entails talking, and more importantly,

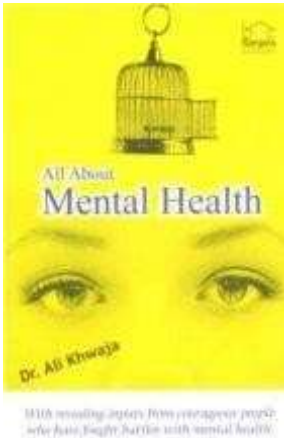


listening. Thus it is important that parents listen when their child talks. This workbook gives practical and experiential exercises to improve your interaction when your child is of 8 years of age and above. Written from a child's

perspective, the points have been shortlisted after years of survey, research and confidential discussions with children. The book offers an invaluable opportunity and means for you to listen to your child's heart and mind and build a deep and strong relationship with him / her.



It is time to remove the stigma associated with going to a counsellor. We all have ups and downs in life. Most of the time, we can handle difficult situations ourselves. Sometimes, we turn to friends and loved ones and at times a stranger is able to help us. However, sometimes we face situations which we cannot overcome by just leaning on ourselves or no dear one seems able to help. This is a distressing situation because emotional turmoil can simply sap the desire to overcome it. At such times, it is best that we take the initiative and gather our wit and will to go to a counsellor for help. This book provides an invaluable introduction to counseling and may empower you or a loved one to seek help if and when you need it.



Mental health is a concept and condition that even the most educated, at best, ignore, and, at worst, view with shame. While most people are more than willing to go to doctors to attend to their physical ailments, the same readiness is found wanting when it comes to seeking guidance from a psychiatrist or counsellor for mental health problems. This is a sorry state of affairs because many a times there is a simple and viable solution to many conditions such as depression, alcoholism, developmental disorders and other mental illnesses if they are detected and treated in time. This book gives an insight

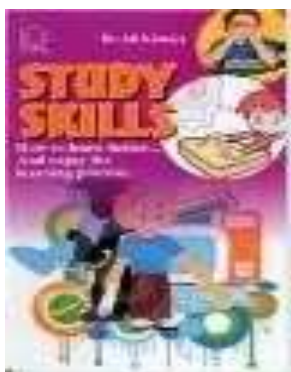
into each aspect of mental wellness and illness, how ordinary citizens can become better aware of detection, where and how to seek treatment, and how to cope with it. It is also a valuable guide for members and care-givers who must tackle the mental issues of their loved ones. The book also aims to enlighten and educate people on the preventive aspects of mental health.

Is your otherwise intelligent child unable to concentrate while studying? Does



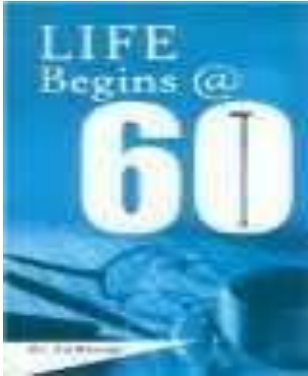
your son recite cricket scores with ease but finds it difficult to remember formulae? Is your daughter able to commit songs to memory but stumbling over her alphabet? Is this situation making the child hostile to studies, his/ her natural brightness bruised and confidence shattered?

Is this leaving you feeling frustrated and overwhelmed? Clearly, your child is experiencing learning difficulties. However, with the right guidance, he/ she can be taught to study and learn. This book helps you understand a child's abilities and limitations, realize how emotions help determine concentration, grasp the concept of learning disabilities, and practically make learning a pleasure for such students.



Studies need not be boring. Many intelligent students do not enjoy studies because it does not capture their interest. However, the learning process can be enhanced to make it exciting and rewarding for the student.

Fueling an interest and inner motivation in the student to learn is half the job done. The teacher's duty cannot stop with imparting knowledge and the parent's duty cannot be limited to ensuring that the homework is done on time. Instead, parents and teachers can enjoy the journey with the student and nurture a fulfilled child in the process. There is a thin dividing line between motivating a student and pressurizing him/ her. This book will help you keep to the right side of that line.

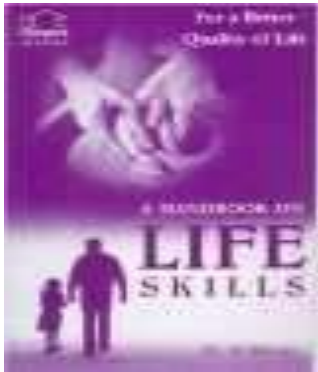


You have hit the 60-year mark – there is no office to go to, the children (if one can still call them children) have grown up, and grandchildren are heading to school. It's the age when you get referred to as old, whether you accept the term or not. It can be one of the most stressful times of life as one contemplates loss of income, status and authority, and impending infirmity. The vacuum of such an existence can shatter a life. However, we must remember that physical aging and slowing down of the body is a natural process, and need not be a hindrance to enjoying life. As long as we understand that the mind controls the body, one need not have any regrets about aging. In fact, these can be the best years of your life. Just think of the freedom from responsibility, the wisdom of experience, and the time to do what one has dreamt of for a lifetime. Read this book to help change your perspective on life after 60 and renew your resolve to make the best of the life that lies ahead of you. After all, these are the golden years of your life.

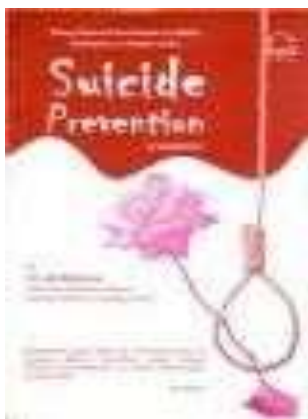


With more couples around the world opting to limit the size of their family and have only one child, we need to explore whether this 'solitary' status affects the child as he/she grows up. While many couple have had only one child in the past (not out of choice in most situations), the presence of a large, extended family more than made up for the lack of siblings. However, a single child has no such support system in the nuclear family of today. While social scientists have debated the pros and cons of having a single child, no satisfactory conclusion has been arrived at. While single children do benefit from the undiluted affection of parents and learn to become independent, they may face problems such as loneliness and inability to communicate. However, parents who take the right precautions and give the right inputs to their single child have been able to offer them a

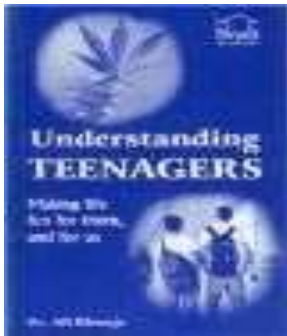
wonderful upbringing. This book takes you through practical do's and don'ts and the areas of concern to help you – as a parent, teacher, counsellor, or concerned adult – nurture a single child into becoming a fully adjusted adult.



Each one of us wants to be happy, lead a life of peace and satisfaction. Yet this state of being often eludes us. Like the proverbial butterfly, we chase it and it keeps flying away from us. To attract the butterfly of happiness, we need to grow flowers for it. This manual is intended to be a guide to grow such flowers. Chapter by chapter, it shows how one can plant the seeds, water them, nurture them, weed the soil... all to make the seeds grow into hardy plants and bear flowers. It includes articles by eminent writers from all walks of life who have written from the heart, sharing experience and expertise to help you lead a better quality of life. Life is far from gentle and hands down disappointment, loss and formidable difficulties. However, cultivating life skills such as problem solving, decision making, creative thinking, critical thinking, communication skills, interpersonal relationships, empathy, self-awareness, and management of emotions and stress, you can surmount the worst life offers, keep on going and climb out of an emotional chasm. Don't just pick up this book, read it once and keep it aside. Instead, turn to it when you are feeling low or when you need direction.



Childhood and youth is a time to enjoy, to celebrate life, and to look forward to a bright future. Most young people are able to have fun – hanging out with friends, going to movies, studying, enjoying sports. But some stumble and fall by the wayside, unable to face setbacks and stresses. They may fall prey to feelings of utter hopelessness and helplessness that can kill even the otherwise bright and resilient young spirit. When that happens, and one finds oneself enveloped by deafening loneliness, one needs a listening ear, a helping hand, and someone who says, “I care.” This book, in simple and easy language, describes the feelings of despair and the conditions that lead to a young person wanting to end his/ her own life. It explains how to identify and assess a suicide risk, how to reach out, and how to save a precious life before it is snuffed out. It is a book for everyone – parents, teachers, youth – anyone who values life. It offers practical tips on how to interact and not only help the suicidal but also prevent others from becoming suicidal.



Living through one's teenage years can be like riding a rollercoaster – as the highs and lows of a young life are accentuated by hormones and perception to make for a tumultuous time. This phase is an adventure for the teenager, and can be equally exacting and exciting for those who interact closely with him or her. The teenager is like the proverbial potter's clay. He/ she can be shaped into a wonderful adult, but make one wrong move and, like clay, he/ she will be bent out of shape, going to waste. This book will help you deal with teenagers, guide them, and even help you befriend them and learn from them. All aspects of adolescent behavior have been covered, supported by real-life situations. No only will the book help parents but will also help all those associated with teenagers in different capacities.

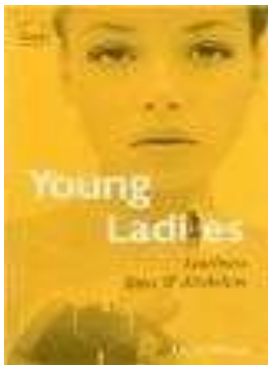


Today's child is different. Computers, the internet, a globalized world, and a changing family structure have made today's child more aware and more ambitious. At the same time, today's child is the same as yesterday's child. She still has the innate need to be creative, the inner urge to question, learn, play, fit in, and have fun, and interact with parents and peers. The avenues for exploring the world have dramatically changed, but at the core the child remains the same. With the right upbringing, today's child, who already has the advantage of a world of boundless opportunities, can blossom into being a fulfilled, well-balanced adult. In the past few years,

much research has been conducted into the techniques and modalities of bringing up children. Children's needs have been identified, their behavior has been analyzed and remedial methods have been developed. In this book, eminent professionals and practicing child consultants explain every aspect of child development. The book offers tips and methods to help make the upbringing experience a pleasurable one – both for the parent and for the child. A valuable referral source, the book has received a tremendous response.



You may have done many done many things in life – reached the pinnacle of professional success, attained great material wealth, and have many achievements to your credit. Hopefully by now you have realized that your greatest happiness lies in the relationship you have built with your friends and family. We are social creatures and strong and healthy relationships are vital to our well-being. This book will open the doors to a deeper understanding of relationships, and hence a impart a deeper meaning to life itself. With this book you can embark on a journey of reaching out to others and enrich your own life in the process. Offering practical techniques of how to handle different life situations, how to improve interpersonal relationships, and how to help others to do the same. You need not be a psychologist to touch hearts and counsel others, to help others help themselves.



Even as young women embrace the fact-paced world, becoming independent decision makers and taking long strides in their chosen professions, they are caught in a tug-of-war between the duality of traditional and modern society. Today, young women are expected to perform a multitude of tasks– they must study well, break into traditional male bastions, prove their worth, forge a career and still become home-makers and nurturers. It is not surprising that young women are searching for an identity in a confusing world. However, thwarted at several turns in life, many fail to find direction and stability and succumb to loneliness, stress and addiction. This book brings out the deep sources of frustration that derail a young woman's life. It throws light on how addictions occur and gives practical tips both on prevention and cure. Included in the book are the startling findings of an extensive survey conducted among educated youth in Bangalore. Also included are first-person accounts shared by some to ensure that others do not fall into the addiction trap they did.