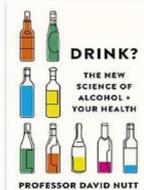


## New print books in the ADF Library 2021.

These are the titles purchased as print books for the ADF Library collection in 2021 in response to requests by ADF Library members. These are titles which are unavailable to purchase as library eBooks. To borrow them, please select the link to take you to the library catalogue and select the 'To borrow place hold here' link and complete the form. You may like to use the [How to borrow print books](#) guide.

1



**Drink? : The New Science of Alcohol and Your Health**

Authors: [David Nutt](#)

 Print Book 2021  
London, UK: Hodder & Stoughton, 2021.

Access Options

✓ Available

Alcohol and Drug Foundation  
Main Library (Melbourne)  
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## Topics of new eBooks

Addiction

Alcohol

Crime

Drug Use

Drugs

Family

Harm Minimisation

Medical Cannabis

Pharmacotherapy

Recovery

Schools

Sober Curious

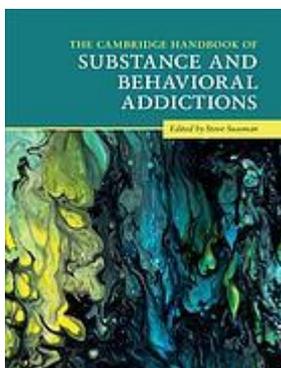
Treatment

Withdrawal

Youth

## ADF Library New Books 2021

### Addiction



#### **The Cambridge handbook of substance and behavioral addictions**

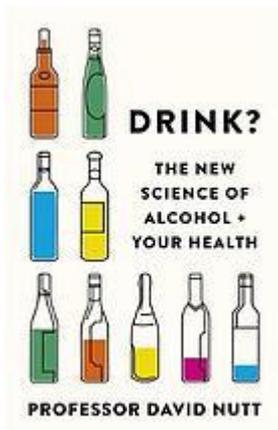
Written by leaders in the addictions field, 100 authors from six countries, this handbook offers a guide to the breadth and depth of addiction processes. Through a detailed explanation of appetitive motivation, incentive sensitization, reward deficiency, and behavioural economics it provides readers with the necessary conceptual underpinnings to fully grasp this area. Both clinical and research methods are clearly mapped out alongside an outline of their strengths and weaknesses, giving the reader the tools needed to help guide their research and practice aims. The etiology of addiction at various levels of analysis is discussed, including neurobiology, cognition, culture, and environment, which simultaneously lays out the foundations and high-level discourse to serve both novice and expert researchers and clinicians. The volume also explores the prevention and treatment of addictions including alcohol, tobacco, other drugs, food, gambling, sex, work, shopping, the internet, and several seldom-investigated behaviors (e.g., love, tanning, exercise). This practical advice is accompanied with suggestions for future research.



### The twittering machine

In surrealist artist Paul Klee's, *The Twittering Machine*, the birdsong of a diabolical machine acts as bait to lure humankind into a pit of damnation. Leading political writer and broadcaster Richard Seymour argues that this is a chilling metaphor for our relationship with social media. Former social media executives tell us that the system is an addiction-machine. We are users, waiting for our next hit as we like, comment and share. We write to the machine as individuals, but it responds by aggregating our fantasies, desires, and frailties into data, and returning them to us as a commodity experience. Through journalism, psychoanalytic reflection and insights from users, developers, security experts and others, Seymour probes the human side of the machine, asking what we're getting out of it, and what we're getting into. -- Provided by publisher. Through journalism, psychoanalytic reflection and insights from users, developers, security experts and others, Seymour probes the human side of the machine, asking what we're getting out of it, and what we're getting into.

## Alcohol



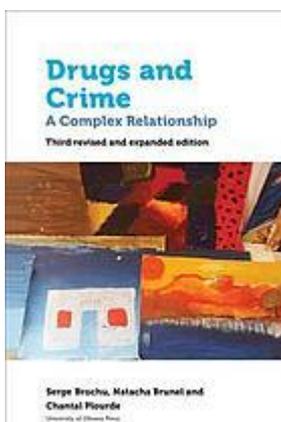
### Drink? The New Science of Alcohol and Your Health

THE DEFINITIVE GUIDE TO ALCOHOL AND YOUR HEALTH

Alcohol – a simple molecule that can induce so much pleasure and pain at the same time... As the most harmful drug in the UK, it has a profound and wide-reaching impact on our health and on society at large. *Drink?* is the first book of its kind, written by a scientist and rooted in 40 years of medical research and hands-on experience treating patients. Professor David Nutt cuts through the noise to explain the long- and short-term effects of alcohol, makes complex science digestible and takes readers through its journey inside the body and brain from the very first sip.

*Drink?* holds the key to all the questions you want to know the answers to, covering mental health, sleep, hormones, fertility, and addiction. It sheds light on what 'responsible drinking' truly means and equips us with the essential knowledge we all need to make rational, informed decisions about our consumption now and in the future.

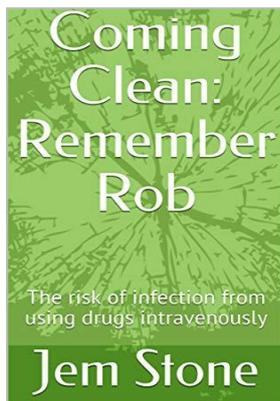
## Crime



### Drugs and crime: A complex relationship

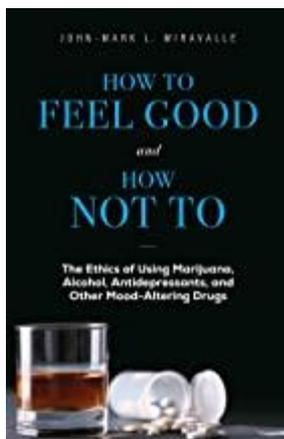
The third edition of *Drogue et criminalité: Une relation complexe* (Les Presses de l'Université de Montréal), translated here for the first time into English, presents an overview of the complex relationship between drugs and crime, looking beyond simplistic affirmations to the effect that using psychoactive substances necessarily leads to crime. It sheds light on the political and legislative contexts around drug use and offers an exceptional synthesis of the research literature of the past 20 years. The authors also discuss the increased attention being paid to illegal drug users and people with addictions and describe the various kinds of support that are available to them.

## Drug Use



### Coming Clean: Remember Rob

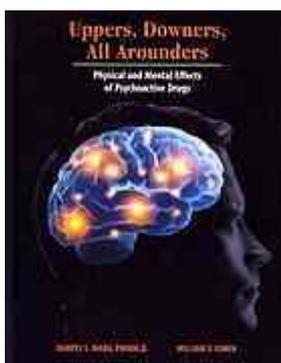
This is a true story which happened in our changing world due to COVID. They are my emotional journals of the hell I went through with my dying husband who was only 38. He had caught infections from the use of intravenous drugs (shooting up). Now an addict is warned about risks such as what is in the drug or overdose, but not this insidious killer that has taken so many lives especially young ones. I have published it to warn others, and to protect. My goal is just to reach one person and save loved ones' heartache. This is not a pretty book, not been glossed over with honey. It is raw, brutal, and honest.



### How to feel good and how not to

The ethics of using marijuana, alcohol, antidepressants, and other mood-altering drugs. Masterfully combining philosophy, theology, and science, Miravalle equips you with the tools you need to make decisions based on your own particular circumstances. With the help of these edifying pages, you'll learn what effect the uses of particular substances typically have on your ability to regulate your feelings and cultivate an emotional life that leads to happiness and fulfillment over time. You'll also learn: why it matters whether a drug is used for recreational or therapeutic purposes; the moral distinction between casual marijuana use and the enjoyment of alcohol; the difference between bodily passion and psychic passion -- and why it matters; why good and evil and right and wrong do not correspond to pleasure and pain; why some people claim to have mystical experiences when using psychedelic drugs -- and why they're wrong; why not all delight is true delight; how sorrow can enhance your faculty for joy; what to do when suffering becomes disordered.

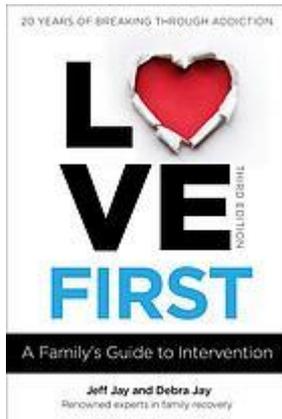
## Drugs



### Uppers, downers, all arounders

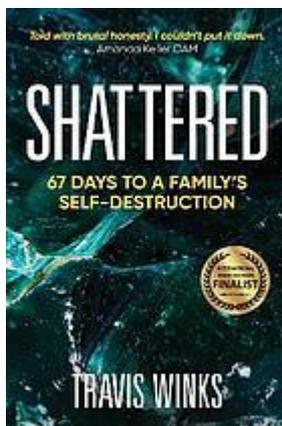
This edition incorporates the most current and comprehensive information on the physiology, neurochemistry, and sociology of drugs in to one of the best test/reference books on the subject. Recommended reading for AOD counselling certification and adopted by hundreds of colleges and universities as well as federal, state, and local law enforcement agencies, this text provides readers at every level with a thoughtful and through examination of the physical and mental effects of psychoactive drugs and compulsive behaviors. With a completely redesigned format, this edition contains over 300 illustrations, photos, and graphics to provide readers with visual interpretations of complex ideas. Written in a clear, concise, style, this textbook will be a valuable addition to the library of an instructor, student, or treatment professional.

## Family



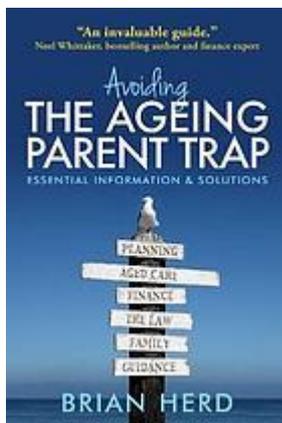
### **Love first: A family's guide to intervention**

Love First provides clear steps for families, friends, and professionals to create a loving and effective intervention plan for helping those who have an addiction. This revised and expanded twentieth-anniversary edition adds new intervention techniques for alcohol and other drug addictions, plus contemporary insights from the authors' decades of front-line work with those who are addicted and their families. Also new are tools to help families undertake the treatment journey together and transition from intervention team to ongoing community of support for lifelong recovery.



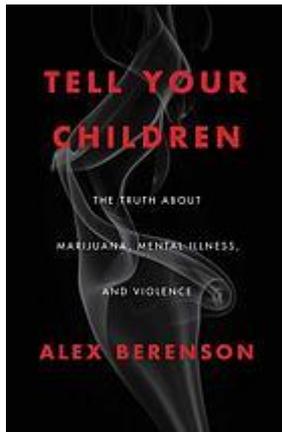
### **Shattered: 67 days to a family's self-destruction**

A true story about the devastating impacts of mental illness and domestic violence that saw one family self-destruct in just 67 harrowing days. Told through the eyes of a hurting brother and son, this tragic story follows three family members through a series of decisions that bring the family together and then tear them apart. Almost every family has a tumultuous chapter, and this story is about the real impact mental illness and domestic violence can have. The consequences are not only catastrophic for sufferers, but also for those who love them. Travis tells his story with rawness and honesty, but also with hope and humour.



### **Avoiding the ageing parent trap: Essential information & solutions**

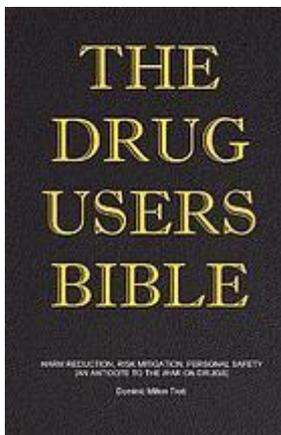
Informative and insightful, this is the essential family guide to preparing for ageing parents. This is a book that forces us to confront what most of us avoid - planning for our ageing parents. Our natural inclination is to wait and see what might happen. But when it does happen, or starts to unfold, we, and our siblings, are totally unprepared. Poor decisions, disputes with siblings and partners and the destruction of relationships can be the aftermath. Brian should know, as a lawyer working in this area for over 20 years, he has dealt with the fallout from these failures in families. Avoiding the Ageing Parent Trap is packed full of practical strategies for dealing with family dynamics and managing financial and legal affairs. Including information and practical case studies to support families in their legal, financial, and healthcare decision-making, this is an easy to read and common-sense guide from a leading elder care lawyer. His uses his hands-on experience and examples to demonstrate what to expect, and even better how to plan and prepare. A book that will help keep families together and achieve the best outcomes for parents.



### **Tell your children: The truth about marijuana, mental illness, and violence**

An eye-opening report from an award-winning author and former New York Times reporter reveals the link between teenage marijuana use and mental illness, and a hidden epidemic of violence caused by the drug--facts the media have ignored as the United States rushes to legalize cannabis. Recreational marijuana is now legal in nine states. Almost all Americans believe the drug should be legal for medical use. Advocates argue cannabis can help everyone from veterans to cancer sufferers. But legalization has been built on myths- that marijuana arrests fill prisons; that most doctors want to use cannabis as medicine; that it can somehow stem the opiate epidemic; that it is not just harmless but beneficial for mental health. In this meticulously reported book, Alex Berenson, a former New York Times reporter, explodes those myths: Almost no one is in prison for marijuana; A tiny fraction of doctors write most authorizations for medical marijuana, mostly for people who have already used; Marijuana use is linked to opiate and cocaine use. Since 2008, the US and Canada have seen soaring marijuana use and an opiate epidemic. Britain has falling marijuana use and no epidemic; Most of all, THC--the chemical in marijuana responsible for the drug's high--can cause psychotic episodes. After decades of studies, scientists no longer seriously debate if marijuana causes psychosis. Psychosis brings violence, and cannabis-linked violence is spreading. In the four states that first legalized, murders have risen 25 percent since legalization, even more than the recent national increase. In Uruguay, which allowed retail sales in July 2017, murders have soared this year. Berenson's reporting ranges from the London institute that is home to the scientists who helped prove the cannabis-psychosis link to the Colorado prison where a man now serves a thirty-year sentence after eating a THC-laced candy bar and killing his wife. He sticks to the facts, and they are devastating. This book will make readers reconsider if marijuana use is worth the risk.

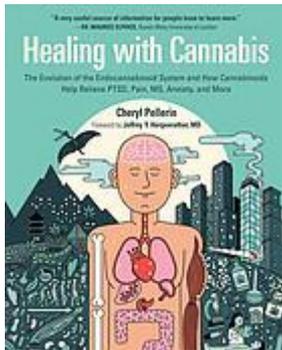
### **Harm Minimisation**



### **The drug users bible: Harm reduction, risk mitigation, personal safety: An antidote to the war on drugs**

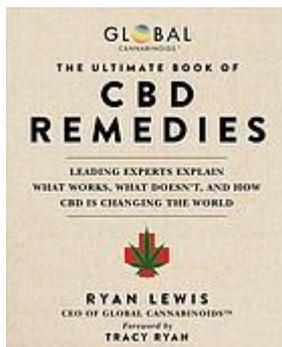
The Drug Users Bible "documents the facts about the individual drugs and the subject in general. The author self-administered over 150 different chemicals and botanicals. For each of these he documented the vital safety data, inclusive of dose thresholds, onset times and duration. In addition, he recorded a trip report: a subjective analysis of his qualitative experience, usually at different time-checks. This in itself provides a yet another tranche of harm reduction information, enabling assessment of loss of judgement and capability.

## Medical Cannabis



### Healing with cannabis

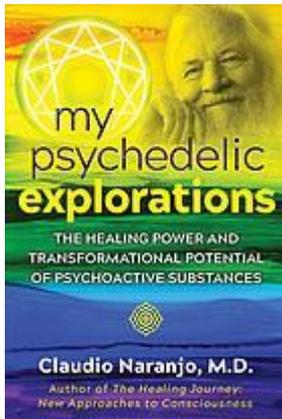
With cannabis approved in fourteen states (including the District and two US territories), medical cannabis approved in at least 35 states, and hemp (very-low-THC cannabis) off the controlled substances list, millions now treat their ills with medical cannabis or non-intoxicating cannabinoids like CBD. But lots of them don't know why or how cannabis works in the body. *Healing with Cannabis* informs readers about an ancient biological system newly discovered in every vertebrate on the planet--the endocannabinoid system. This system is the only reason cannabis works in the body, and it's why cannabis is effective in a broad range of disorders. The book offers an informal tone, a little humor, interviews with some of the most knowledgeable cannabinoid scientists, color images, and a selection of research and clinical trials to recount the story of the endocannabinoid system, its origins in the earliest forms of life on Earth, the evolution of its elements, and the discoveries, millions of years later, of more of its elements over time. *Healing with Cannabis* explains the surprising reasons evolution conserved the endocannabinoid system over a billion years and tells specifically how cannabis has positive effects on some of society's most devastating illnesses, including neurodegenerative diseases, post-traumatic stress disorder, pain, movement disorders, cancer and chemotherapy, and addiction. The book also shows how medical cannabis, widely available, will change the face of public health, and how nearly everyone can benefit from this versatile medicine that has a 5,000-year history of safe and effective use.



### Ultimate book of CBD remedies

In *The Ultimate Book of CBD Remedies*, Ryan Lewis has interviewed highly regarded pioneers, developers, and doctors focused on the benefits of CBD and cannabinoids, as well as exploring ancient medicinal practices that reference hemp as a "cure-all"--all the while seeking to re-evaluate and re-define the application to modern disorders. Highlighted are personal experiences of these notables and an easy-to-understand collection of information showing how CBD works with many chronic conditions, without the risk of significant side effects. Alongside the expected research and analysis, Lewis supplies readers with a solid basis upon which to select the right delivery system for themselves and their families. Whether that be the combination of topicals and tinctures for neurological/chronic pain or an "as needed" softgel regimen to encourage the return to an optimum state of homeostasis, consumers will understand how CBD interacts with their bodies and why immediate and lasting relief is often found with virtually no side effects. The author, Ryan Lewis, is the founder and CEO of Global Cannabinoids, one of the largest wholesale CBD and hemp derived cannabinoid producers, manufacturers, and distributors in the world. Lewis built the very first company to distribute American grown hemp and CBD oil and has been a pioneer in building the global supply chain for hemp cannabinoids that are now found in thousands of CBD branded products worldwide. Whether looking to CBD for debilitating pain, seizures, anxiety, depression and stress, or cancer treatment, *The Ultimate Book of CBD Remedies* dives into the myriad of health complications we face today and how hemp CBD has improved the lives of men, women, and children across the globe, both by treating conditions once thought to be untreatable with modern medicine and by keeping them away from harmful and dangerous opioids.

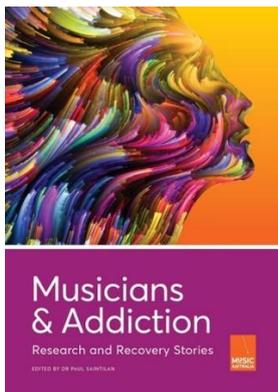
## Pharmacotherapy



### **My psychedelic explorations: The healing power and transformational potential of psychoactive substances**

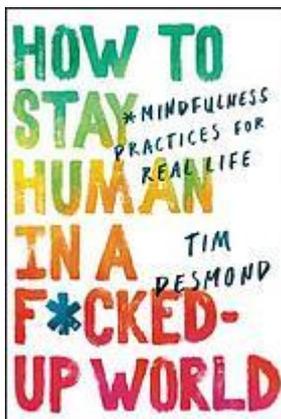
Claudio Naranjo's psychedelic autobiography with previously unpublished interviews and research papers. Explores Dr. Naranjo's pioneering work with MDMA, ayahuasca, cannabis, iboga, and psilocybin. Shares his personal accounts of psychedelic sessions and experimentation, including his work with Alexander Sasha Shulgin and Leo Zeff. Includes the author's reflections on the spiritual aspects of psychedelics and his recommended techniques for controlled induction of altered states.

## Recovery



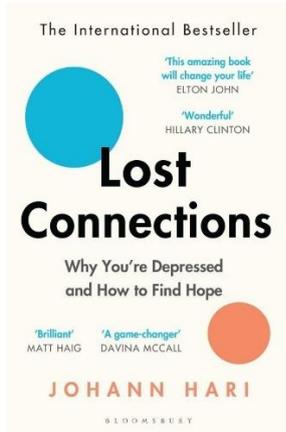
### **Musicians & Addiction: Research and Recovery Stories**

Musicians and Addiction: Research and Recovery Stories examines the extraordinary vulnerability musicians have towards addiction. The book attempts to examine all the facets that contribute to the problem and suggests ideas for addressing the problem. It starts by presenting a review of research and published articles on the topic. This is broken into themes such as pre-existing conditions, performance anxiety, cultural and workplace pressures, creative exploration/ creative pressures, and identity issues. The second section presents personal insights from 30 contributors working in the Australian, UK and US music industries. This includes: 12 excerpts from interviews and autobiographies of well-known musicians; 12 specially commissioned recovery stories from musicians working across multiple genres (one withdrawn after publication); and a series of professional perspectives. The final section of the book examines the implications for individual musicians, organisations, and the industry as a whole. The book potentially has relevance to visual artists, novelists, and other creative people.



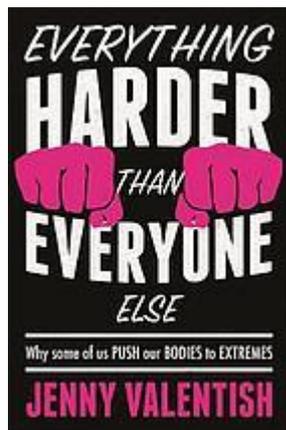
### **How to stay human in a fucked-up world: Mindfulness practices for real life**

Tim Desmond--an esteemed Buddhist philosopher who has lectured on psychology at Yale and leads a mental health project at Google--offers a path to self-growth, connection, and joy like we've never seen before. Despite an absent father, childhood homelessness, and losing a wife to cancer, Desmond has emerged with not only inner strength and joyful resilience, but also a deep understanding of human suffering necessary to advocate for those hurting all over the world. Through his work, Desmond realized the truth: we don't need a mindfulness practice for productivity or sleep, and it shouldn't come from religion, philosophy, or hypothetical situations. Instead, mindfulness should be rooted in the pain, sadness, loneliness, and trauma of the here and now, because it is the only true antidote for this sometimes-miserable world we call home. A modern approach to mindfulness from esteemed Buddhist scholar and lecturer on psychology at Harvard Medical School.



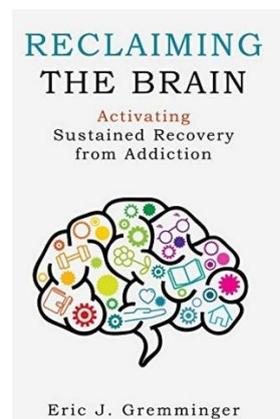
### Lost connections: Why you're depressed and how to find hope

What really causes depression and anxiety - and how can we really solve them? Award-winning journalist Johann Hari suffered from depression since he was a child and started taking anti-depressants when he was a teenager. He was told that his problems were caused by a chemical imbalance in his brain. As an adult, trained in the social sciences, he began to investigate whether this was true - and he learned that almost everything we have been told about depression and anxiety is wrong. Across the world, Hari found social scientists who were uncovering evidence that depression and anxiety are not caused by a chemical imbalance in our brains. In fact, they are largely caused by key problems with the way we live today. Once he had uncovered nine real causes of depression and anxiety, they led him to scientists who are discovering seven very different solutions - ones that work.



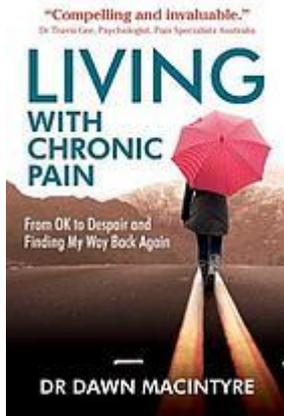
### Everything harder than everyone else: Why some of us push our bodies to extremes

It's part of human nature to test our limits. But what happens when this part comes to define us? When Jenny Valentish wrote a memoir about addiction in 2017, she noticed that people who treated drug-taking like an Olympic sport would often hurl themselves into a pursuit such as marathon running upon giving up. What stayed constant was the need to push their boundaries. Everything Harder Than Everyone Else follows people doing the things that most couldn't, wouldn't or shouldn't. Their insights lead Jenny on a compulsive, sometimes reckless journey through psychology, endurance and the power of obsession, revealing what we can learn about the human condition. There's the neuroscientist violating his brain to override his disgust response. The athlete using childhood adversity as grist for the mill. The wrestler turning restlessness into curated ultraviolence. The architect who hangs from hooks in her flesh to get out of her head. The performance artist seeking erasure by torturing his body. The BDSM dominant helping people flirt with death to feel more alive. The bare-knuckle boxer whose gnarliest opponent is her ego. The dancer who could not separate her identity from her practice until at death's door. The bodybuilder exacting order on a life that was once chaotic. And the porn-star-turned-fighter for whom sex and violence are two sides of the same coin. Darkly funny and vividly penetrating, Everything Harder Than Everyone Else explores our deeper selves and asks: what are your limits?



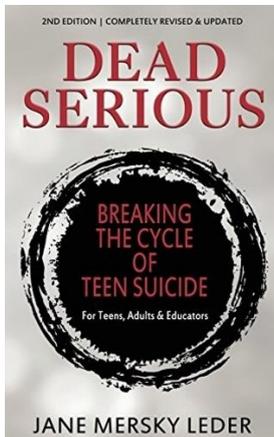
### Reclaiming the brain: Activating sustained recovery from addiction

Addiction treatment leader Eric Gremminger delivers an informative read on maximizing potential and happiness in recovery in an easy-to-understand guidebook. Reclaiming the Brain: Activating Sustained Recovery from Addiction is the culmination of years of extensive fundamental and applied research in neuroscience, addiction, and recovery. Eric offers growth frameworks and solutions he personally uses, and that he has successfully implemented in multiple clinical settings, as well as in his private coaching practice. This book has a very clear message: your diagnosis is not meant to be your destiny.



### **Living with Chronic Pain: From OK to Despair and Finding My Way Back Again**

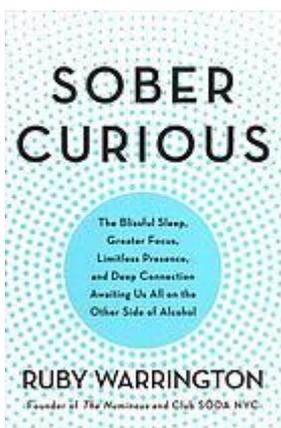
One in five people live with chronic pain and most feel misunderstood and unsupported. Dr Dawn Macintyre is one of those people. Here, Dawn shares her journey from living a full life to a life so diminished, full of pain, shame and exhaustion that she was desperate enough to want to take her own life. The author's personal story is interwoven with insight into the emotions and challenges faced, as well as practical advice for changes and support to help sufferers enjoy life again. Dawn provides her perspective as both a sufferer of chronic pain and a health practitioner. If you are a health professional, this book offers insight into how to best support your patients and clients living with chronic pain. If you are living with chronic pain, this story will bring you courage, joy and most importantly, the knowledge to find your meaningful life again.



### **Schools**

#### **Dead serious: Breaking the cycle of teen suicide: A book for teens, adults & educators**

Teenagers who struggle with stress, grades, bullying, anxiety and depression, and sexual and gender identity may find themselves in crisis and end their lives. Learn how to break the cycle of teen suicide by recognizing the warning signs, encouraging conversation, and setting up a network of peers and trusted adults who can listen and, if necessary, connect to medical health professionals. Suicide is preventable.



### **Sober Curious**

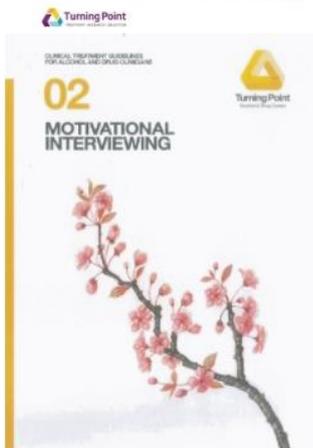
#### **Sober Curious: The Blissful Sleep, Greater Focus, Limitless Presence, and Deep Connection Awaiting Us All on the Other Side of Alcohol**

How different would our lives be if we stopped drinking on autopilot? If we stopped drinking altogether? Really different, it turns out. Really better. Frank, funny, and always judgment free, Sober Curious is a bold guide to choosing to live hangover-free, from Ruby Warrington, one of the leading voices of the new sobriety movement.

## Treatment

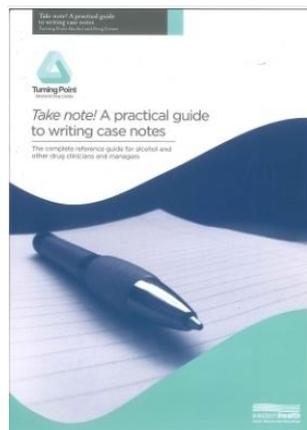


**Methamphetamine treatment guidelines: Practice guidelines for health professionals**



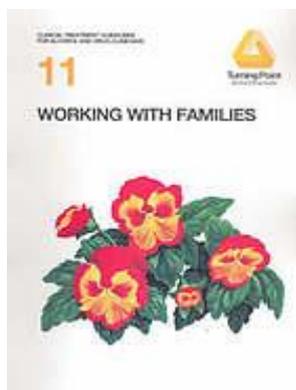
### Motivational Interviewing

The practice of motivational interviewing has been consistently identified as a vital element in exploring behaviour change.

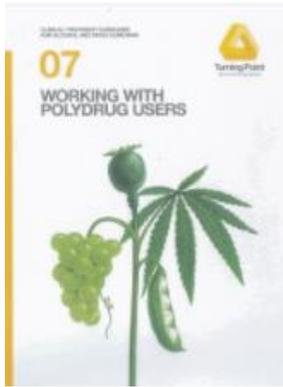


### Take note! A practical guide to writing case notes

The complete reference guide for alcohol and other drug clinicians and managers.



### Working with families



**Working With Poly Drug Users**

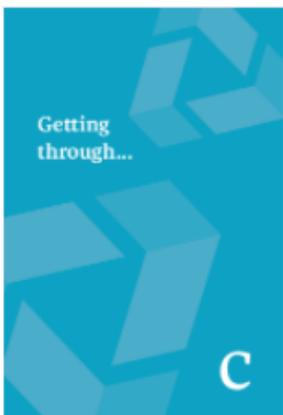
Polydrug use refers to the concurrent use of multiple drugs or the combining of drugs and marked increases in polydrug use have become apparent in Australia over the last 25 years. Polydrug use has become the norm among many drug-using groups and evidence suggests that the majority of clients accessing drug treatment services are polydrug users. This publication presents an overview of polydrug use and the implications for clinicians planning and providing treatment to clients who use multiple drugs.

**Withdrawal**



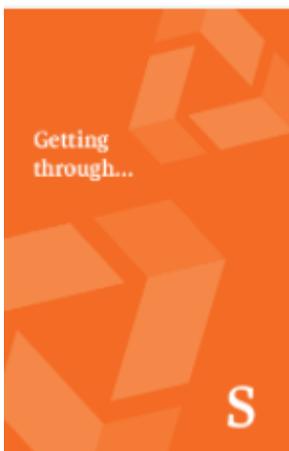
**Getting Through Alcohol Withdrawal**

A guide for people who want to withdraw from alcohol.



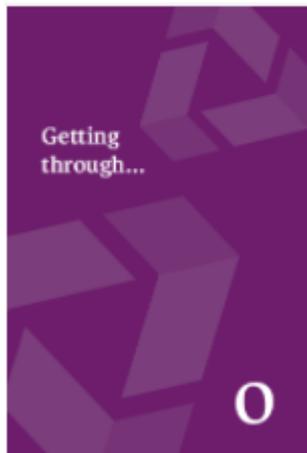
**Getting Through Cannabis Withdrawal**

A guide for people who want to withdraw from cannabis.



**Getting through methamphetamine and other stimulant withdrawal**

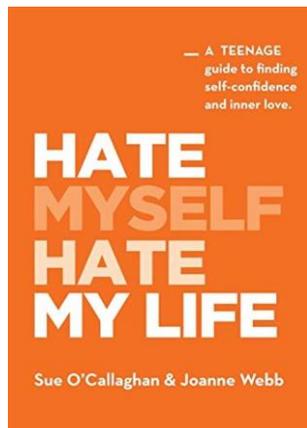
A guide for people who want to withdraw from methamphetamine and other stimulants.



### Getting Through Opioid Withdrawal

A guide for people who want to withdraw from heroin and other opioids.

## Youth



### Hate myself hate my life: A teenage guide to finding self-confidence and inner love

THAT BEST FRIEND BOOK... Did you know that some books can end up being like a best friend?

In fact, this one was probably thrust upon you by a best friend who heard about it from another friend, and he or she thought it was a perfect way to share some interesting ideas and insights into why life just sucks sometimes.

Did you know that some books can end up being like a best friend?

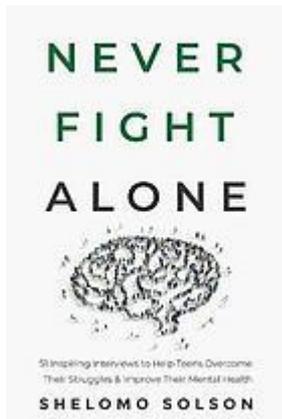
This book is that kinda book. It might well be the one thing you find when you unpack an old box one day when you move into your own home and settle long enough for opening up that old crate your parents kept in the garage for you. You'll open it up and sit and read the notes you made in the margin and the smiley or angry faces you drew in some margins and forget the unpacking for the rest of the day. This is That kinda book for millennials.

So, before you roll your eyes and think... "uh huh - a book aint gonna make any difference to my life!" take a chill pill and ten minutes to read the first 10 pages. Go on - we dare you.

Then... read on and you'll quickly discover some real and practical strategies for teens to journey through the muck, the dirt, and the pain of now. You can turn around loss, hurt and suffering so that you don't just survive but THRIVE - you just need some extra tools to work out how to do that.

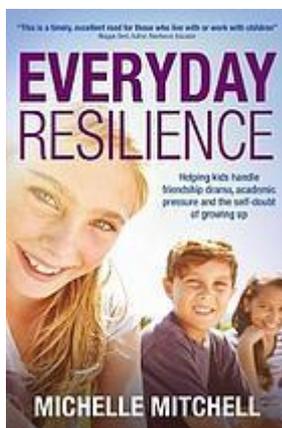
Discover your identity, learn resilience and communication, understand the importance of healthy relationships and boundaries, while learning to love all of YOU and embrace being a beautiful human being!

DOUBLE DARE ya... because this book is not only like a best friend, it's the handbook into becoming who you really want to be. Think of it as your secret weapon into figuring out the what's next stage of your life.



**Never fight alone: 51 inspiring interviews to help teens overcome their struggles & improve their mental health**

Teenagers today are struggling like never before. They're facing a multitude of problems - - bullying, divorced or absentee parents, physical and sexual abuse, anxiety, depression, self-harm, and suicidal thoughts -- in the midst of one of the most uncertain eras in modern history. Worst of all, many teens stay silent about their struggles, fighting a lonely battle that is claiming far too many lives. Never Fight Alone is a book for teens that consists of 51 inspiring interviews with all sorts of people who have faced similar problems. From teen entrepreneurs to former professional athletes to inspirational authors and speakers, they describe the obstacles they faced, how they overcame them, and offer life-changing tips for how readers can do the same. In this book, you will learn: how other people overcame adversity, coping methods to deal with mental health issues, how to talk to others about your problems, actionable steps that you can take today to make your life worth living, ways to be happier and more positive, how to find supportive friends and mentors.



**Everyday resilience: Helping kids handle friendship drama, academic pressure and the self-doubt of growing up**

Everyday Resilience is about developing our children's resilience muscle in the everyday moments of life, so when the big challenges arrive, they are ready. The way our children handle 'small knocks' is crucial, as it will be the foundation for much bigger things. Parents have an opportunity to see each small knock as a teachable moment to build resilience and help kids deal with the increasing challenges of friendship issues, academic pressure, and the self-doubt they experience on a daily basis. Our children can 'have it all' and still be ill-prepared to handle life's challenges. Despite the posters on our school's walls and the endless research on resilience, there has been a significant rise in mental illness over the past five years. For many of our young ones, resilience is much easier to talk about than put into practice. In this book Michelle shows every family how they can cultivate resilience in their children or adolescents by focussing on 7 key traits - courage, gratitude, empathy, self-awareness, responsibility, self-care, and contribution. She answers questions like: How can I help my child be more confident? What do I say when my child is rejected by friends? How do I help a child who is struggling academically? What do I say when my child says, "I can't"? How do I help an anxious or shy child find their voice? What can I do to help them discover their potential? As a teacher, and founder of Youth Excel, Michelle has witnessed first-hand what works. Using everyday scenarios and how-to actions, Michelle explains resilience in a way that will relate to every family. Her practical tone, humour and hands on experience provide every parent with tools to nurture strength in young lives.