

Newsletter May

BLACKBIRD LITERARY AGENCY

Find books that will fit your list. Each month several titles/subjects will be highlighted: this month it is Health/Psychology. These books will be a real addition to your list. PDF's can be send on request. Any queries please contact the agency.



The Mongolian Horse The Girl & the Therapist

In this loving and humorous book *The Mongolian horse*, Hesther Selbeck describes in a style that is at times reminiscent of *Bridget Jones's diary*, her work as a systems therapist in the youth mental health care system. How she developed the innovative Contextual Equine Therapy (CPT) after a horseback trek through Mongolia, in which she focuses on horses as a co-therapist for young people with complex psychiatric behavior and their parents.

Disarmingly honest, she shares her personal development with us: her search for meaning in ecstatic dance and meditation, her right to exist in relationships and her spiritual inspirations and dreams. An ode to the resilience and autonomy of people, who rearrange their lives and take control for change. A current topic at this time.

Podcast interview with [The Systemic Way](#)

Additional Information:

Published 2021 (Elmar Publ.) - **English sample** available - ISBN: 9789038928302 – 264 pages – Paperback

Rights: World (incl. World English)

[More info](#)



The Professor as Guinea Pig A Hopeful Perspective for Migraine Sufferers

Migraine is one of the most onerous illnesses from which human beings can suffer. There are millions of migraine sufferers globally. Irene van Staveren is one of them. She was twenty-one when she had her first migraine attack.

When her doctors had failed to help her solve the problem after many years of trying, she decided to do some research on the matter herself. She explored the body of academic research that is beyond the mainstream and tried out her findings on herself. The results were astonishing: her migraine attacks decreased by 95%.

The Professor as a Guinea Pig is both a first-hand account by a patient and a fierce plea for the need for an experimental spirit in both doctors and patients. Irene van Staveren offers the millions of migraine sufferers around the world a hopeful

perspective.

Additional Information:

Published 2020 (Ten Have) - **English sample** available - ISBN: 9789025907792 – 240 pages – Paperback

Rights: World (incl. World English)

[More info](#)



Divorcing Mom A Memoir of Psychoanalysis

Psychoanalysis was her family's religion—instead of wafers and wine, there were Seconals, Nembutals, and gin. Baptized into the faith at fourteen, Melissa Knox endured her analyst's praise of her childlike, victimized mother—who leaned too close, ate off Melissa's plate, and thought "pedophile" meant "silly person."

Gaslighted with the notions that she'd seduced her father, failed to masturbate, and betrayed her mother, Melissa shouldered the blame. Her story of a family pulled into and torn apart by psychoanalysis exposes the abuse inherent in its authoritarianism as Melissa learns, with a startling sense of humor and admirable chagrin, that divorcing Mom is sometimes the least crazy thing to do.

Additional Information :

Published 2019 (Cynren Press) - ISBN: 9781947976054 - 9 photo's - 228 Pages - Hardback

Rights: World

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