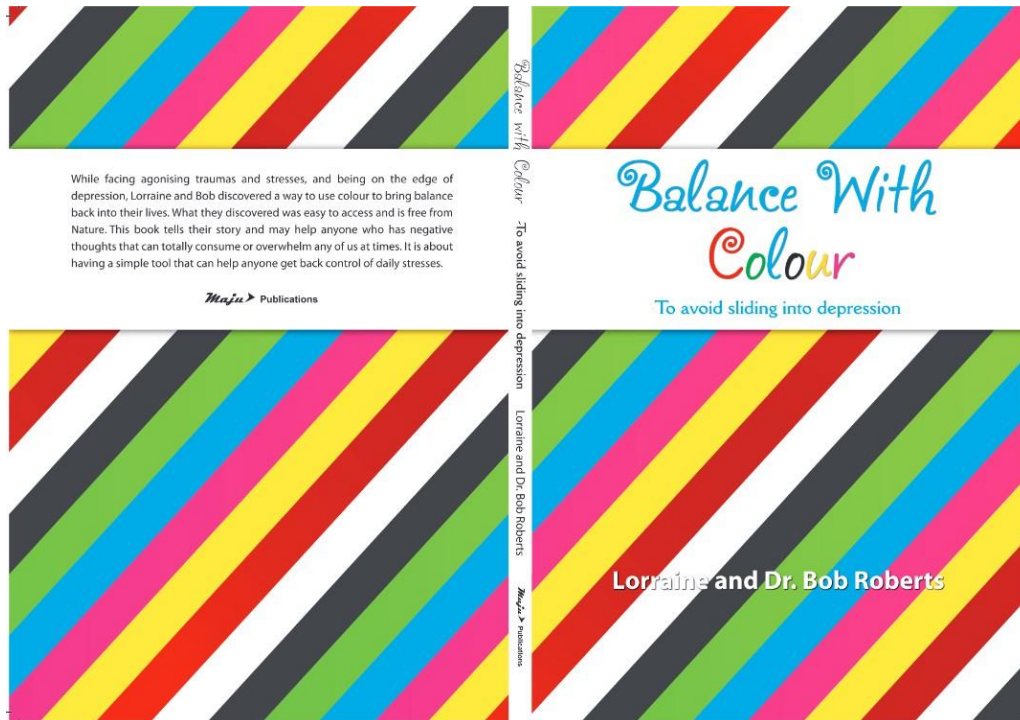


CATALOGUE OF BOOKS BY LORRAINE ROBERTS

All are available from www.balancewithcolour.com

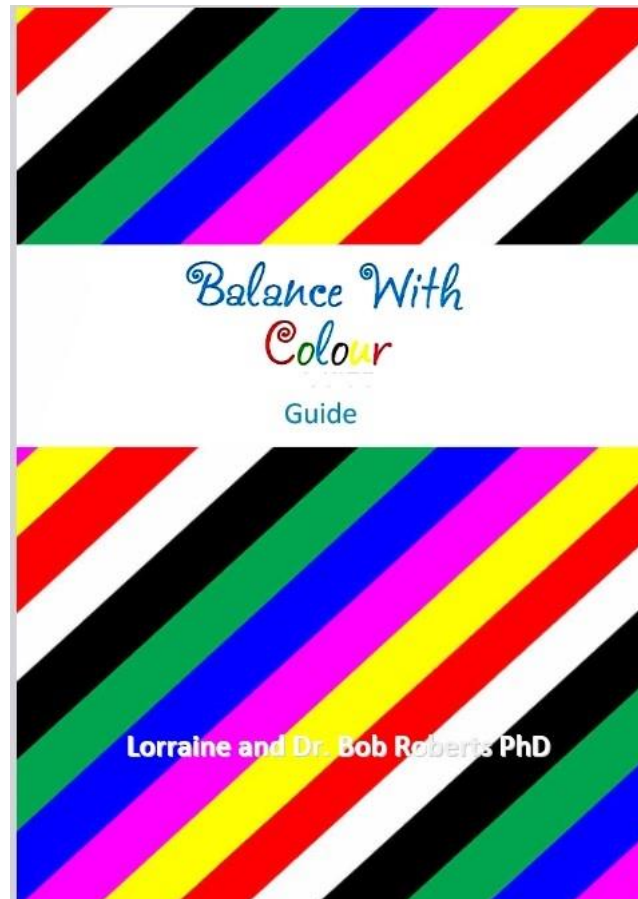
Balance With Colour: To avoid sliding into depression



While facing agonising traumas and stresses, and being on the edge of depression, Lorraine and Bob discovered a way to use colour to bring balance back into their lives. What they discovered was easy to access and is free from Nature. This book tells their story and may help anyone who has negative thoughts that can totally consume or overwhelm any of us at times. It is about having a simple tool that can help anyone get back control of daily stresses.

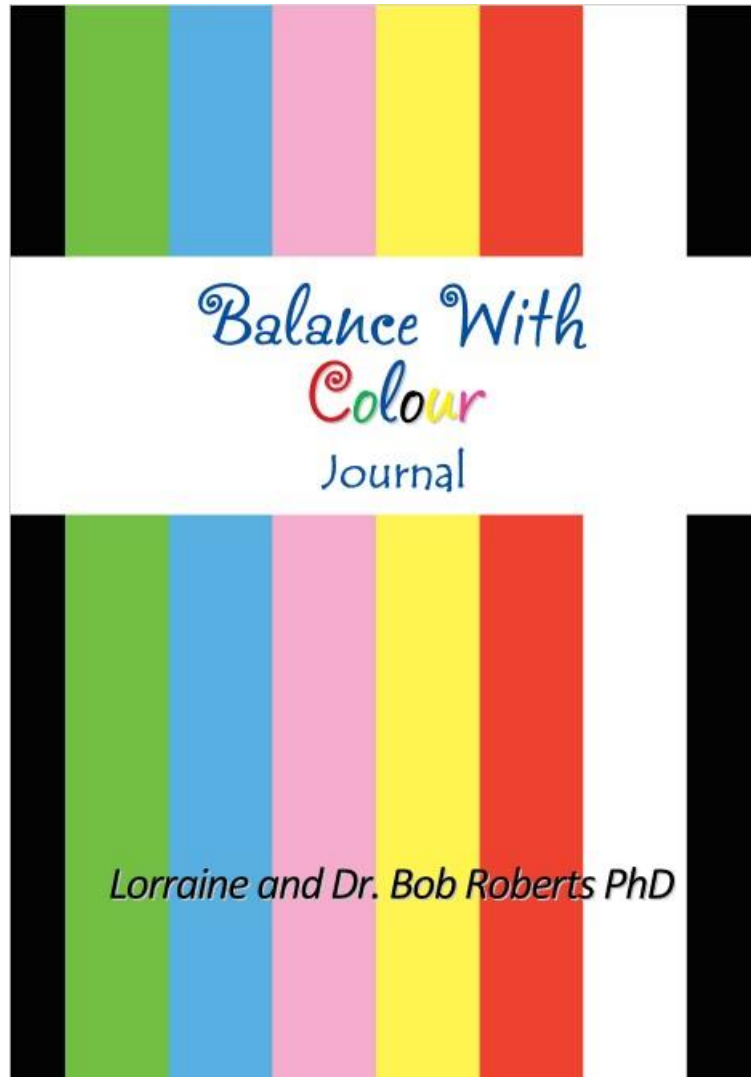
Maju Publications

Balance With Colour Guide



The Guide explains in detail the Balance With Colour (BWC) concept and how to apply its technique every day to gain and maintain a positive purpose to ensure we have balance in our thinking. Topics also include Men's Mental Health; Bullying; fitting BWC into the school curriculum at any age or subject; meditation; and much more in detail about how to share the BWC concept and technique.

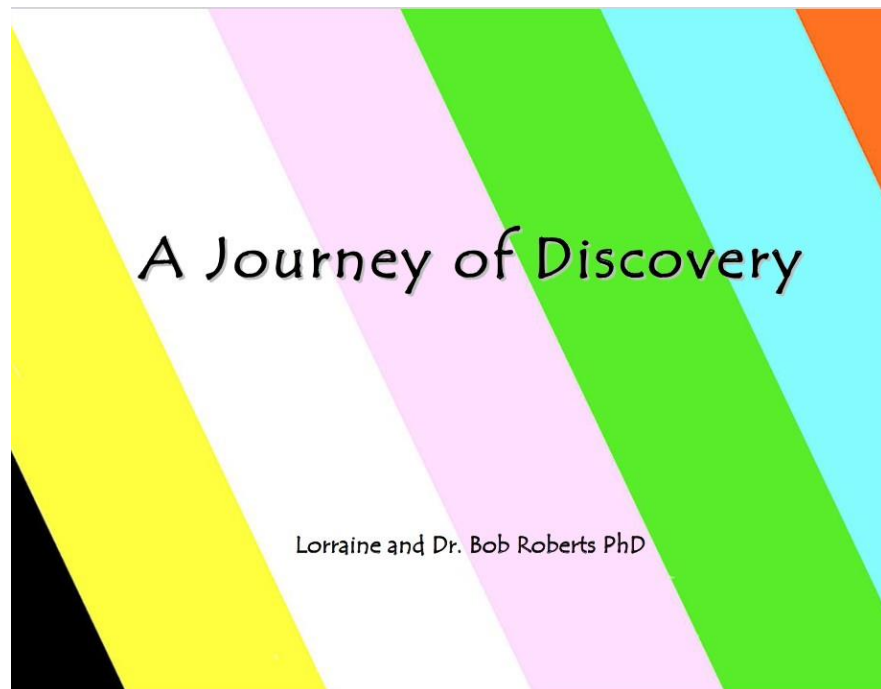
Balance With Colour Journal



This Balance With Colour (BWC) Journal was designed to help anyone, of any age, anywhere to avoid sliding into depression when times get overwhelming. This book provides simple, time-and cost economic advice on the journaling process. Journaling is an ancient art that has helped societies down the ages to improve their lifestyles. It is particularly important in today's changing world. It enables us to keep

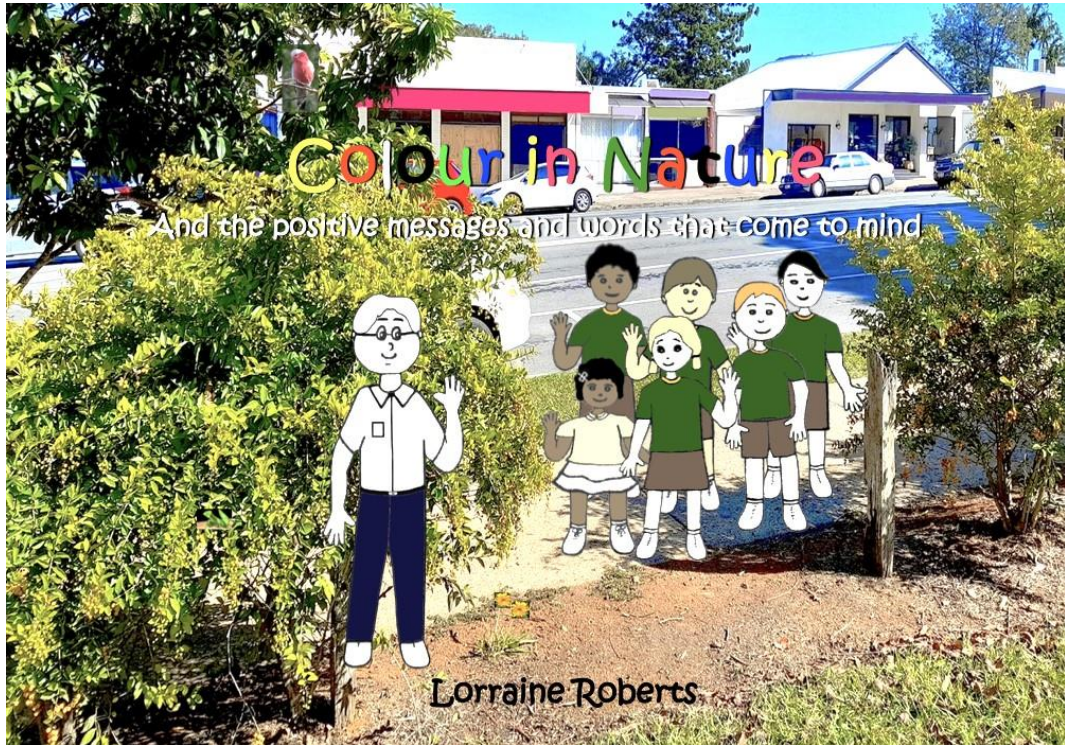
control of our lives by recording our actions and outcomes on which we are then able to reflect and learn as we go along. Look back and learn is a good motto. The authors use this particular journal, BWC design, personally and it works well for them. The reader, of course, may choose any format that suits, though a one-year journal is recommended, as long as it collects that valuable information, day-by-day or week-by-week, and contains a regular, perhaps monthly, summary of reflections and learnings, from which we are able to improve our lives.

The Journey



Nine-year-old, John, a troubled boy, and his family, go on a journey to discover not only who they are but also how important it is to share culture and beliefs. It is about listening and understanding that we live in a shared world and all living things are to be honoured and respected because we all depend on each other for our survival. With no fuss or drama, improved family communication and the discovery of a simple Nature-given technique that brings balance back into the life of their stressed family, John was able to solve his own problems.

Colour In Nature



Colour in Nature And the positive messages and words that come to mind, is an activity and colouring book, with a story that provides an in-depth and uplifting thought-provoking journey into the world of Colour in Nature. In this book, Granddad shares with the children his appreciation of how colour in Nature enables him—as it does for the author—to be balanced in his thinking, and to fully appreciate that colour, and all on our planet Earth, is there for a good reason.

You will enjoy learning more about our natural environment, a simple free-from-Nature tool that can quickly become a valuable habit. It is for the personal growth of self-worth, confidence, and empathy. It is for any age, and can be done privately, or shared with family, friends, social and business groups, and in our schools.

By looking at colour in Nature with all our senses, Nature is showing us how to survive and thrive, and to live a comfortable life—linking this book to more details of the *Balance With Colour* concept and technique explained on our website www.balancewithcolour.com

Balance With Colour Poster Set

Balance With Colour

Choose a colour.

See where that colour is in Nature.

Note what positive word comes to mind.

Focus on that word for a day.

Draw all around us in a girl from Nature to bring peace and understanding. Instead of being angry depend on and love all that's in. That is the message that Nature gives us.

Why choose a colour from Nature to bring peace and understanding? Instead of being angry depend on and love all that's in. That is the message that Nature gives us.

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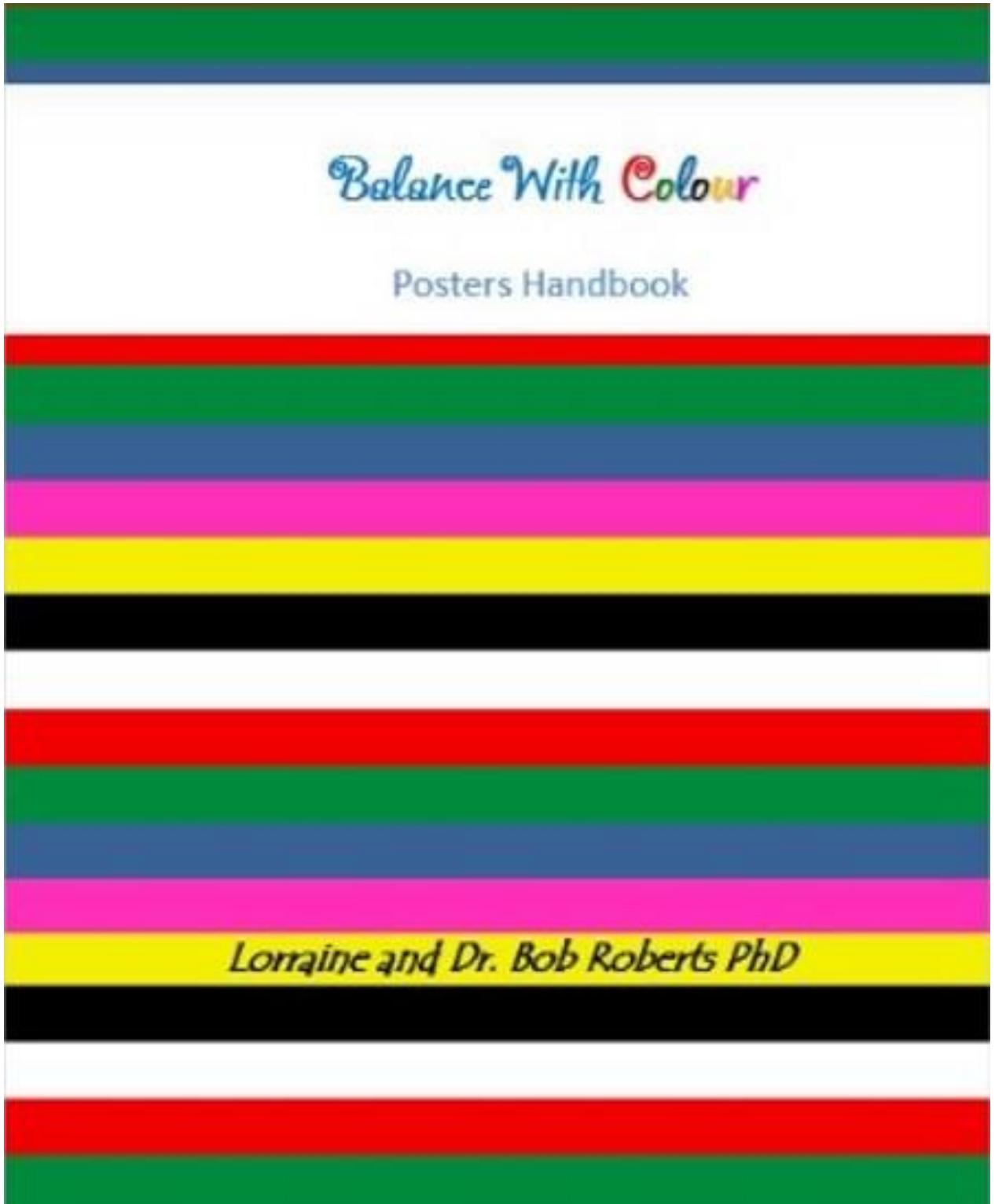
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Though initially intended for school classroom and business office use, the posters are designed to enable anyone to easily teach the *Balance With Colour* (BWC) concept and technique to any one or any audience.

There are ten posters in the set. Each poster can be printed to A1-size or smaller. There is a "combined" poster showing all posters together including an instruction poster showing the steps of the BWC technique. The remaining eight posters each present a colourful natural creation for the learner to focus on as they wish: scenery, flowers, snakes, birds, butterflies, fruit and vegetables, precious stones, and sea creatures.

These eight posters are to provide the learner with a choice of starting points when connecting with Nature. At the bottom of each of these posters are some challenging questions to arouse the curiosity of the learner as they focus on their chosen natural creation and capture the positive words that that naturally coloured creation brings to their minds. Everyone will have their own perception and can choose the positive action word for that day that they personally feel as they study Nature in this way.

Posters Handbook



Balance With Colour

Posters Handbook

Lorraine and Dr. Bob Roberts PhD

Together with the posters is a Posters Handbook that gives details on how to use the posters to teach the *Balance With Colour* concept and technique to any audience.

Together, this forms a presenter's kit.

The posters and the Posters Handbook can be bought separately.

Patience



Patience



Lorraine Roberts

Take care when choosing names for your children because you will be choosing their destiny.

Tina Nelk's life takes on a new direction when as a young reporter from Holland, she decides to do a follow-up story for the newspaper she is now working for, but meanwhile was sent to cover a lavish Hindu wedding. Tina had no idea that there would be a connection there with the follow-up story she had started to work on and that she would meet the man she would soon marry. The outcome of this also leads her to fulfil her dream of becoming a writer when she unexpectedly gets the material she needs for her book. It is also a love story about a young teenage girl who never gives up hope of meeting the handsome young man who did not seem to notice her at that time. But then, true to her name, her patience pays off in the end, and not because she had grown into a beautiful woman...

Benji

My name is not Benji.

Lorraine Roberts

My name is not Benji, my name is Benjamin Maxwell Goulding, is not about Benji, but about Alex, who like Benjamin, was becoming obsessed with his business at the expense of his family. Along the way Alex learns that there is a flow-on effect in what people do, and he discovers how many people are affected by one person's act, even if they do

not realise it at the time. This can apply whether it may hurt others or if it is an act of kindness. And, as for example in this story, we can all take away something from the experiences of others, if we are willing to give someone a helping hand. To not judge, but to ask why, because there is usually a reason why someone behaves the way they do. No one is the hero in this story because everyone benefits.

Patches of Memory

PATCHES OF MEMORIES

Fifty Years of Memories
(1964 - 2014)

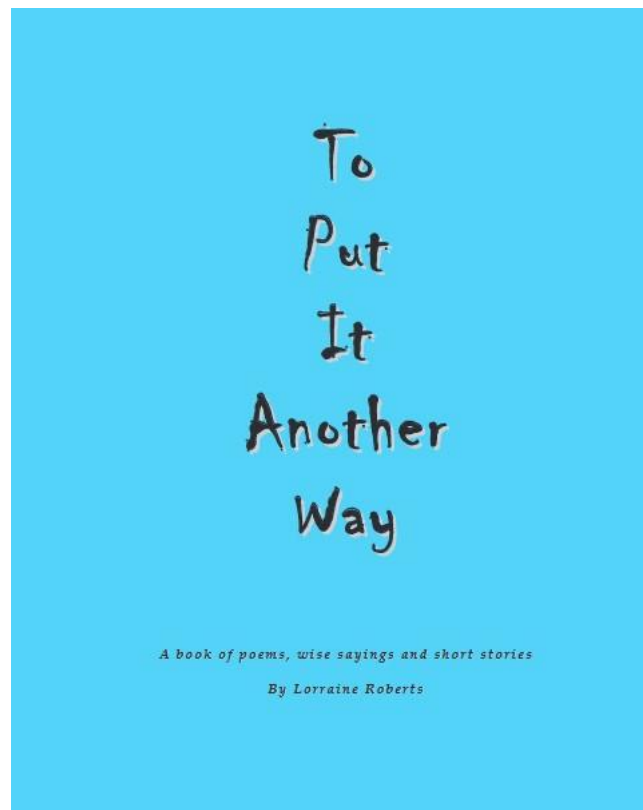
Lorraine Roberts



So many items we keep with us can evoke happy and positive memories to lift our spirits. In *PATCHES OF MEMORIES*, written to accompany her patchwork quilt design, Lorraine has created a unique memory provoking concept. Each patch in her quilt - as explained in this book - can draw those lovingly involved back to times, places, and events, encouraging happy reminiscences and insights into family history and hopes for the future.

PATCHES OF MEMORIES is a unique concept in the family history genre, which can be adopted to enrich, explain, and preserve much of the family memorabilia we lovingly treasure in our homes today, and which identifies who we are.

To Put It Another Way



After many years of struggle to understand and to express herself in the English language, having been raised in Indonesia, Lorraine Roberts has finally found her voice. *To Put It Another Way* is an anthology of Lorraine's poems, wise saying and stories that share Lorraine's views about the human condition that she has observed over the many years of her extensive cross-cultural experiences, international travel and residences. Born in Australian, Lorraine has lived in Indonesia, England, Kenya, Papua New Guinea and Australia. There is much to be learned from her words that will enrich the lives of the readers

- **Link**
- **Staying Connected**
- **When You Think of It**
- **A Personal Message**