

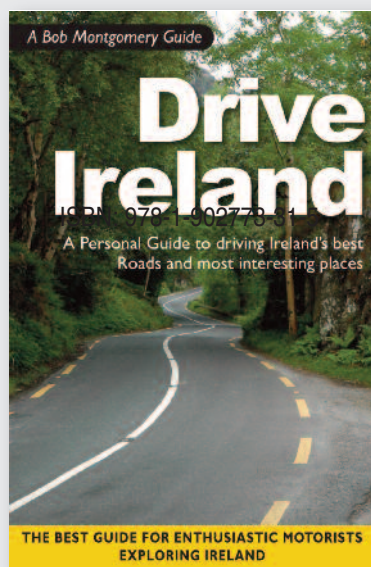
DRIVE IRELAND

A Personal Guide to driving Ireland's best Roads and most interesting places

Bob Montgomery



BOOK DETAILS



Book Title:	DRIVE IRELAND— A Personal Guide to driving Ireland's best Roads and most interesting places
Author:	Text by Bob Montgomery
Dimensions:	200 x 130mm
Extent:	352 pages
Binding:	Soft cover
Illustrations:	461 colour photographs
ISBN:	978-1-902773-31-5
Retail price:	€19.99
Imprint:	Dreoilín Publications
Subject category:	Guide Book
Publication Date:	End March 2017

KEY SELLING POINTS

- The first publication to target keen drivers wishing to explore Ireland's roads and some of its lesser known attractions.
- Offers a unique and different guide to exploring Ireland's best roads and most interesting places. Informative and quirky.
- The first of a series of Guide books from Dreoilín Publications.

ABOUT THE BOOK

Ireland is an incredibly varied island with a wide range of experiences to be enjoyed, unmatched anywhere else. DRIVE IRELAND provides a guide to the author's favourite roads and most interesting places. Apart from the more usual attractions many of the places that appear in this guide will surprise and delight. There is also a unique section detailing places of motoring interest, designed to appeal to the enthusiastic driver, for whom the roads of Ireland have a unique charm.


Bob Montgomery

Curator of the Royal Irish Automobile Club Archive, Bob Montgomery needs little introduction to anyone with an interest in motoring in Ireland. Author of ten books and numerous smaller publications, he is widely known for his regular columns in The Irish Times and Irish Vintage Scene magazine. He was a consultant on the establishment of the WILD ATLANTIC WAY.

Publicity Details

DRIVE IRELAND will be widely promoted in the Motoring Press, specialist travel publications and in general print media. It is expected to be featured in several high profile radio programmes.

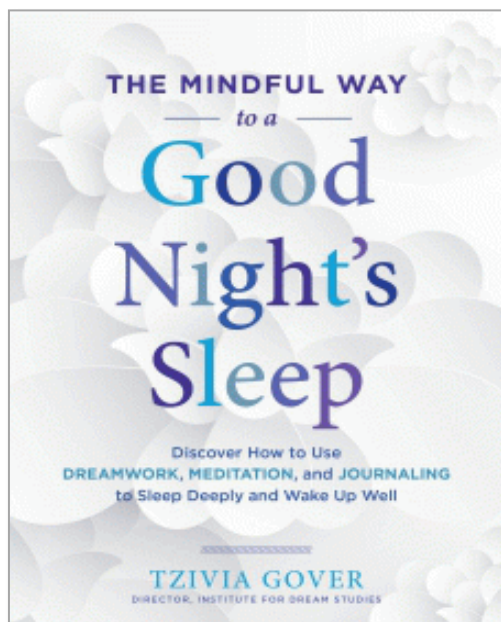
Dreoilín Publications

Dreoilín Publications is an independent publisher specialising in the fields of motoring and aviation and more recently in a broader range of motoring subjects. Find out more about Dreoilín Publications and our range of over thirty titles on our Facebook page. 

Advance Information

The Mindful Way to a Good Night's Sleep

Discover How to Use Dreamwork, Meditation, and Journaling to Sleep Deeply and Wake Up Well



Author:	Tzivia Gover
ISBN:	9781612128825
Imprint:	Storey Publishing
BIC Category:	Mind: Body: Spirit
Dimensions:	205 x 150 x 10
Binding/PP:	Paperback (BC), 192 pp
Rights Countries:	Ireland & United Kingdom
Pub. Date	01 Jan 2018
Price:	GBP12.99
Illustrations:	Two Colour Illustrations Throughout

Selling Points:

Combining aspects of dreamwork and mindfulness, this practical, all-natural wellness program for fostering restful sleep and positive dreaming features lifestyle advice, yoga poses, simple meditations, journaling prompts, breathing exercises, dream recall tips, and more.

Description:

This accessible guide to cultivating deep, restful sleep - naturally - combines author Tzivia Gover's expertise in both mindfulness and dreamwork. Accompanied by a healthy dose of encouragement, Gover presents practical lifestyle advice, simple yoga poses, 10-minute meditations, and easy breathing exercises, along with visualization and journaling activities. You'll also learn how to cultivate your dream recall and set the scene for safe, productive dreaming. This holistic approach extends into your waking hours with tips on morning routines to ensure that sound sleep leads to refreshed, more conscious living all day long.

Author's Previous Books:

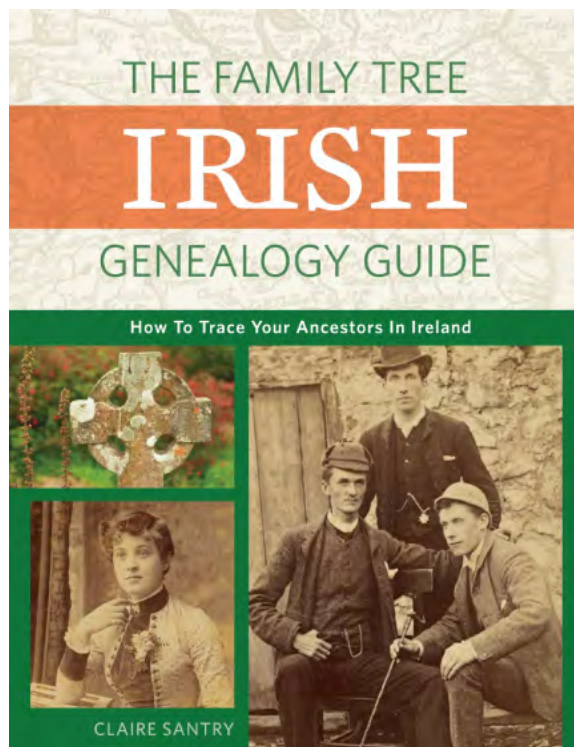
JOY IN EVERY MOMENT 9781612125114

The Family Tree Irish Genealogy Guide

How to Trace Your Ancestors in Ireland – Claire Santry



F&W Media
International



Bibliographic information

Title: The Family Tree Irish Genealogy Guide

Publication Date: June 2017

Height: 231mm Width: 177mm

Edition: First

Presentation: Paperback

Imprint: Family Tree Books

Page Count: 240

Sales Rights: Ireland and United Kingdom. Rest of World(non-Exclusive)

ISBN: **9781440348808**

£19.99 UK



Specifications subject to change without notice

Unique Selling Points

This comprehensive guide covers all aspects of researching Irish ancestors, from identifying immigrant ancestors to navigating administrative districts to locating records in Ireland. Step-by-step guides and worksheets will help readers find and record information about their ancestors. One in ten Americans (including 60 percent of Family Tree Magazine readers) claim Irish ancestry, making it the second most common European ethnicity in the United States. No professionally published, complete guide to Irish genealogy has been produced, making this book the premiere resource for researching Irish ancestors.

About the book

Discover your Irish roots! Trace your Irish ancestors from American shores back to the Emerald Isle. This in-depth guide from Irish genealogy expert Claire Santry will take you step-by-step through the exciting--and challenging--journey of discovering your Irish roots. You'll learn how to identify immigrant ancestor, find your family's county and townland of origin, and locate key genealogical resources that will breathe life into your family tree. With historical timelines, sample records, resource lists, and detailed information about where and how to find your ancestors online, this guide has everything you need to uncover your Irish heritage. In this book, you'll find: The best online resources for Irish genealogy Detailed guidance for finding records in the old country, from both the Republic of Ireland and Northern Ireland. Helpful background on Irish history, geography, administrative divisions, and naming patterns. Case studies that apply concepts and strategies to real-life research problems. Whether your ancestors hail from the bustling streets of Dublin or a small town in County Cork, The Family Tree Irish Genealogy Guide will give you the tools you need to track down your ancestors in Ireland.

About the author

Claire Santry, Fiskerton, Southwell, UK, irish-genealogy-toolkit.com. Claire is long-time journalist and editor. Her blog IrishGenealogyNews.com has been called "the centre of the Irish family history universe."



How to Be Irish

Uncovering the curiosities of Irish behaviour

David Slattery



ISBN: 978-1-871305-24-1 • €14.99 (£12.50) • PB • 233pp • 216 x 138 mm

From the quintessential Irish Mammy to love for all things GAA, the Irish have a particularities – and peculiarities – that make us different from our neighbours.

Social anthropologist David Slattery takes us through the rules of being Irish with deadpan humour, from how to approach an Irish wedding or funeral to the Irish attitude to health, business, politics, death, Christmas and being cool.

For his research, David canvassed undercover for a major political party during the recent election campaign, attended opportune weddings and funerals, and interviewed doctors, psychiatrists, and a bunch of builders: 'I have begged, spied, knocked down my house, got a job, dressed in drag and drank in many pubs – all in the interest of science.'

A unique popular anthropology book about being Irish, not only will this book prove instructive to the tourist or foreigner who wants to blend in without a fuss, but the Irish will find it interesting as a mirror to how we are.

Praise for *How to Be Irish*:

"An insightful and funny delve into the Irish mind...." – Des Bishop

'David Slattery has a genuine fine feel for the nuances of absurd behaviour and an equally appetising penchant for putting it down in the dry-witted fashion I associate with some of the great epigrammatists of our time....' – Aubrey Malone, *Books Ireland*

David Slattery is a social anthropologist. His most recent book is *Poet, Madman, Scoundrel: 189 Unusual Irish Lives* (Nov 2012).

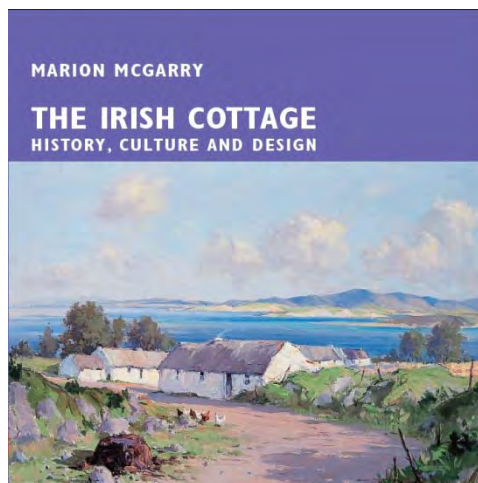
Trade orders to:
Activated Ireland
www.activatedireland.com
david@activatedireland.com
Tel. 087 6858 358



ORPEN PRESS

The Irish Cottage: History, Culture and Design

Marion McGarry



ISBN 978-1-78605-012-0 • €17.99/£15.99 • PB 140pp • 220 x 220 mm • July 2017

The cottage is an indelible image of rural Ireland, a symbol of both poverty and romanticism. This fully illustrated book:

- Examines the evolution of the rural vernacular Irish cottage in the period 1860–1960, exploring the subject in a holistic context and discussing how Irish history, society, politics and culture shaped the design of these dwellings
- Examines the cottage as emblematic of Irish cultural identity, positive and negative, discussing the furniture and interiors of cottages, as well as the lives of the people within them, and exploring its depiction in art and its impact on artists who depicted them
- Is visually led: the text is accompanied by images by notable artists of the period, photographs and prints and this aspect sets it apart from other books which offer narratives based on architectural history alone. In addition, past books tended to be supplemented by grim monochrome images of the Great Famine and evicted families, which did little justice to the colourful and culturally rich lives lived within cottages
- Although researched with academic rigour with sources listed throughout, is colourful and accessible. It does not seek to give a romantic view of cottages and is based on historical sources

The Irish Cottage will appeal to educational researchers, tourists and people in Ireland with an interest in their recent ancestors, identity and culture. It contains approximately 50 colour images and 15 black-and-white images.

Marion McGarry has a PhD in Architectural History and an MA in History of Art and Design. She is currently a lecturer at Galway–Mayo Institute of Technology and has also lectured on Art and Design History at Griffith College Dublin and Limerick Institute of Technology. She is the author of *An Illustrated Dictionary of Furniture and Interiors* (Stobart Davies, 2014) and a number of academic papers. Her chief research interests are in the history of Irish vernacular design and Irish cultural identity.

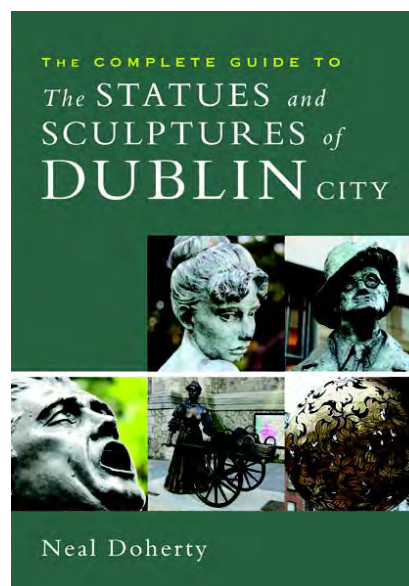
Trade orders to:
Activated Ireland
www.activatedireland.com
david@activatedireland.com
Tel. 087 6858 358



ORPEN PRESS

The Complete Guide to the Statues and Sculptures of Dublin City

Neal Doherty



ISBN 978-1-909895-72-0 • €14.99 • PB 200 pp • 148 x 210 mm • 25 May 2015

How often do you walk past the many statues and sculptures of Dublin without a second glance? Do you know what statues flank the main entrance to Trinity College? What's special about the tie worn by the Oscar Wilde statue in Merrion Square? Why does the Standard Life Assurance Company have a frieze depicting a Biblical parable at the top of its old headquarters?

The Complete Guide to the Statues and Sculptures of Dublin City provides full-colour photos, detailed maps and an informative guide to the more than 250 statues and sculptures of our capital city. Who is depicted in these statues? What is the symbolism of the motifs used? Who are the artists who created these works, and who commissioned them and why? Covering the area between the two canals and going as far west as Kingsbridge, the author divides the city into five areas – City South East, City South Central, City South West, City North West, and Docklands and Financial Quarter – each of which represents a half-day walking tour. Experienced tour guide Neal Doherty brings the history of Dublin alive as he introduces us to the personalities of Dublin, as well as the dominant themes of literature, nationalism, religion and famine that have shaped Dublin over the centuries. This book covers not just the main statues of the city, but also the sculptures and the numerous friezes and decorative features of many of the central buildings of Dublin.

The Complete Guide to the Statues and Sculptures of Dublin City will entertain and inform visitors and locals alike, while providing a beautiful and practical walking guide to both the history and the public art of the capital city. It will also prove useful to tour guides, hoteliers and all those working in the hospitality industry.

Neal Doherty is a true-blue Dubliner and Fáilte Ireland qualified tour guide who has been introducing tourists to the history and culture of Dublin for many years. He spent his career as a divisional manager in Nestlé, and would often show visiting executives around this city. From this he developed his love of history and tour guiding, and after retirement he developed a new career as a tour guide. Now he gives tours in English and French every day to some of the thousands of tourists who visit Dublin each year.

Trade orders to:

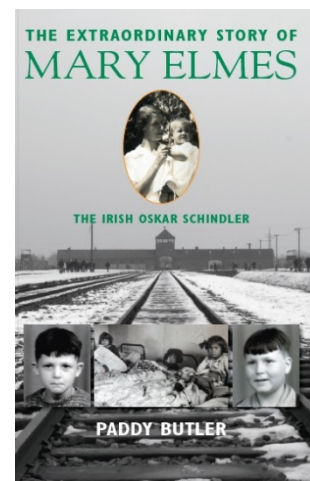
Activated Ireland
www.activatedireland.com
david@activatedireland.com
Tel. 087 6858 358



ORPEN PRESS

The Extraordinary Story of Mary Elmes: The Irish Oskar Schindler

Paddy Butler



ISBN 978-1-78605-044-1 • €15/£13/\$16 • PB 170 pp • 234 x 156 mm • 26 September 2017

The story of Mary Elmes is that of an Irishwoman who choose to risk her life in two of the twentieth century's bloodiest conflicts to help others rather than pursue a conventional career. In 1937 she travelled to Spain as an aid worker, where she ran children's hospitals, moving from one bombed-out building to the next in the midst of a nasty civil war. Seeking refuge in France after Franco's victory, she continued to work in the wretched refugee camps hastily thrown together by the French authorities for 500,000 fleeing Spanish Republicans. Soon, Jews fleeing the Nazis were also imprisoned in the internment camp. Mary initially sought to relieve the suffering of all the inmates but when the deportations to the east began she worked to save hundreds of Jewish children from the death camps, going so far as to smuggle children out of the camp in her own car. Eventually her actions came to the notice of the collaborationist Vichy government and in 1943 she was arrested by the Gestapo and jailed for six months. In 2013 she became the only Irish person to be honoured as Righteous among the Nations by Israel for having risked her life to save Jews during the Holocaust.

The Irish Oskar Schindler includes a number of exclusive interviews with children she saved, along with photos of Mary and of some of those she rescued. The publication will coincide with the broadcast of the related documentary *IT TOLLS FOR THEE*, of which the author is executive producer. First screened in July 2017 at the Galway Film Fleadh, the documentary will be screened by the Irish Film Institute during the upcoming Doc Fest (28 September–1 October) and again on TG4 as part of its autumn/winter schedule. Features on the book will appear in the *Irish Times* and *Sunday Business Post*.

Paddy Butler is a journalist and former foreign correspondent working from Paris and London. During a career which began in the *Irish Press*, he has worked as a freelance journalist in Paris, a sub-editor for the *Times* of London and a senior staff journalist for the *Financial Times*. In 2012 he broke the remarkable, and hitherto unknown, story of Mary Elmes in the *Irish Times*. He followed this up in the same publication in 2013 with the story of her being honoured as Righteous among the Nations.

Trade orders to:

Activated Ireland

www.activatedireland.com

david@activatedireland.com

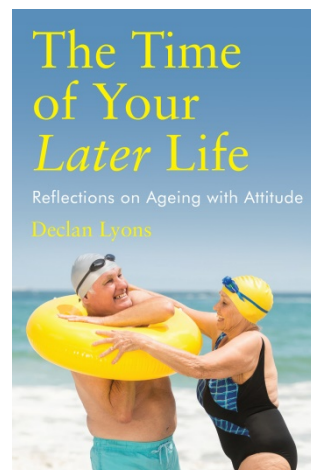
Tel. 087 6858 358



ORPEN PRESS

The Time of Your Later Life: Reflections on Ageing with Attitude

Declan Lyons



ISBN 978-1-78605-053-3 • €15.00 • PB 220 pp • 216 x 138 mm • February 2018

The Time of Your Later Life is a guide to help older people explore new possibilities and write new life narratives in the process of growing older. It is an interpretation of some of the key events of the year seen through the eyes of a middle-ager who happens to work as a psychiatrist for older people and who actively aspires to be a thriving older person. The book reminisces, recalls, reinterprets and explores the themes and circumstances of the year based on a journey through the seasons. It consists of 52 essays (one for each week of the year) exploring:

- Themes
- Festivals
- Rituals
- Opportunities

With observations and wry perceptions challenging the reader to do more and get more out of life.

The intended audience for this book is the 16 per cent of the Irish population aged 65 and older, but also middle-agers approaching this age category, as well as friends, family members and supporters of older people irrespective of age – in other words, all of us.

Dr Declan Lyons is a consultant psychiatrist and director of the Evergreen Programme at St Patrick's Mental Health Services in Dublin. He is a medical graduate of and lectures at Trinity College Dublin, is a director of Aware and chairs the Board of the Human Givens Institute of Psychotherapy in the UK. He edited the 2014 book *The Evergreen Guide: Helping People to Survive and Thrive in Later Years*. He has written for the Health Supplement of the *Irish Times* on maximising well-being and social participation in later life.

Trade orders to:

Activated Ireland

www.activatedireland.com

david@activatedireland.com

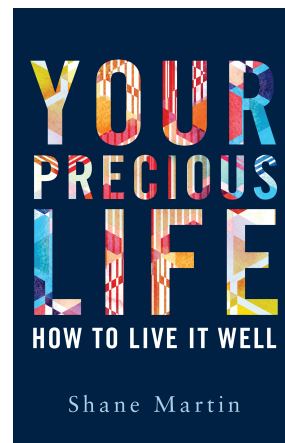
Tel. 087 6858 358



ORPEN PRESS

Your Precious Life: How to Live It Well

Shane Martin



ISBN: 978-1-78605-001-4 • €12.95 • PB 180 pp 216x138 mm • Available

****BACK IN STOCK****

We all want a life worth living. The search for 'the good life' has been a driving force for humanity throughout history. But what exactly is a 'good life'? For too long psychologists have concerned themselves solely with helping the mentally unwell – those who suffer from depression, anxiety and a range of other mental health problems. However, psychologists have recently begun to focus on mental *health*, not just mental ill health, on happiness as well as unhappiness.

Drawing on the latest research in the area of positive psychology, and using a practical, down-to-earth style with real-life stories, Shane Martin teaches us how to bolster our mental health in order to be as happy and resilient as we can be. In *Your Precious Life*, he guides us along the path to optimal mental health and inner happiness, focusing on:

- Rational thinking
- Compassion
- Gratitude
- Savouring
- Resilience
- Community and belonging
- Mindfulness
- The importance of a healthy body – diet, exercise and sleep

Martin believes that everyone can use the tools of psychology to improve their happiness. We should not wait for a crisis before learning to address this crucial part of our well-being, but take proactive steps towards mental wellness. *Your Precious Life* will appeal to anyone who wants to ensure that the one life we have is a good one.

Shane Martin is a psychologist based in Monaghan. A leader within the area of education, Shane has visited hundreds of educational institutions nationwide, working with management teams, teachers, lecturers, students and parents. He has also provided training to health professionals and to many of Ireland's leading business organisations within the public and private sectors. He is the founder of Moodwatchers (www.moodwatchers.com), a self-help psychology programme that he has presented at community venues throughout the country.

Trade orders to:

Activated Ireland

www.activatedireland.com

david@activatedireland.com

Tel. 087 6858 358