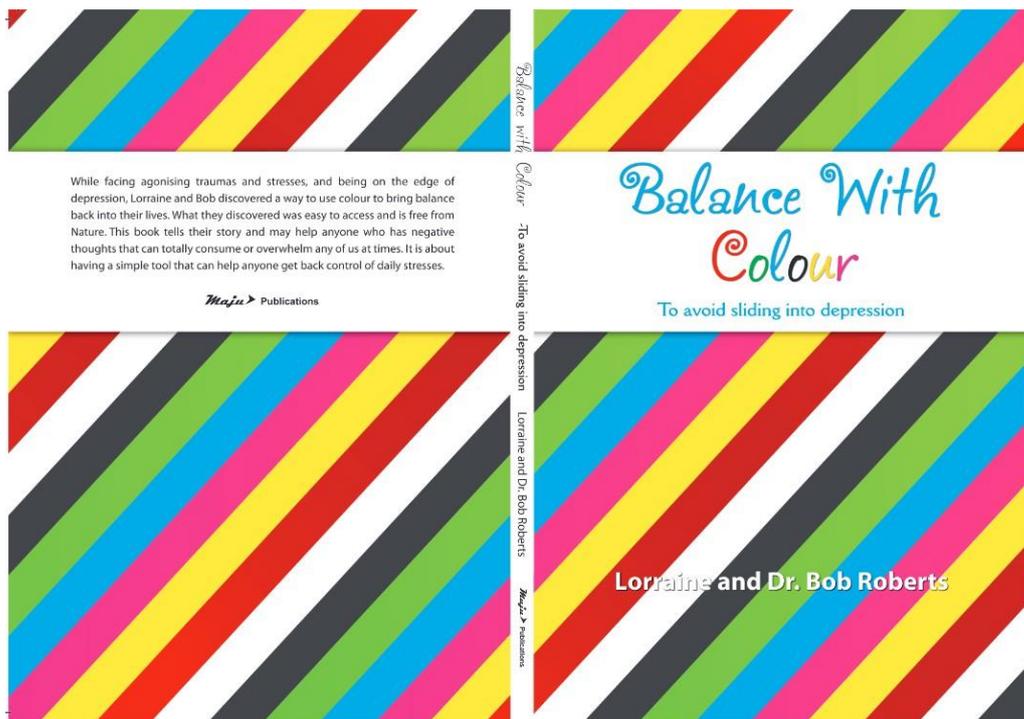


CATALOGUE OF BOOKS BY LORRAINE ROBERTS

All are available from www.balancewithcolour.com

Some from Amazon

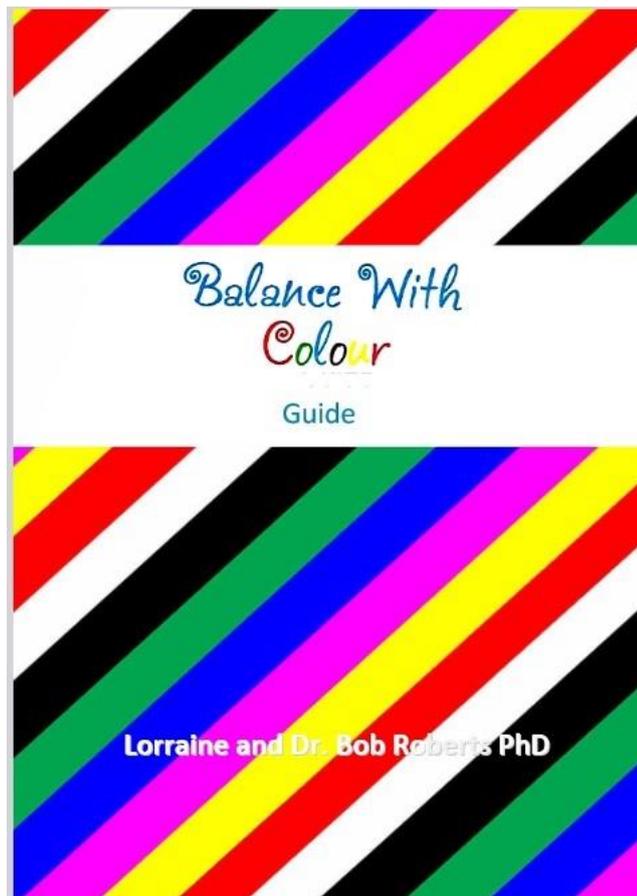
Balance With Colour: To avoid sliding into depression



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.

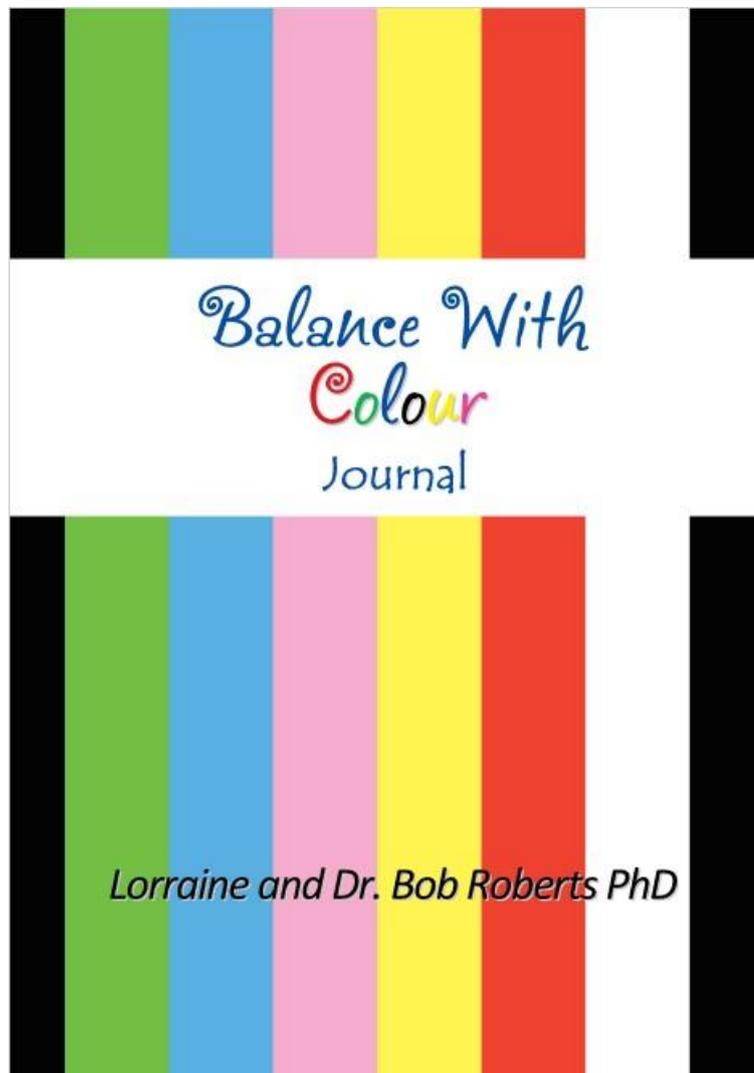
Maju Publications

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.

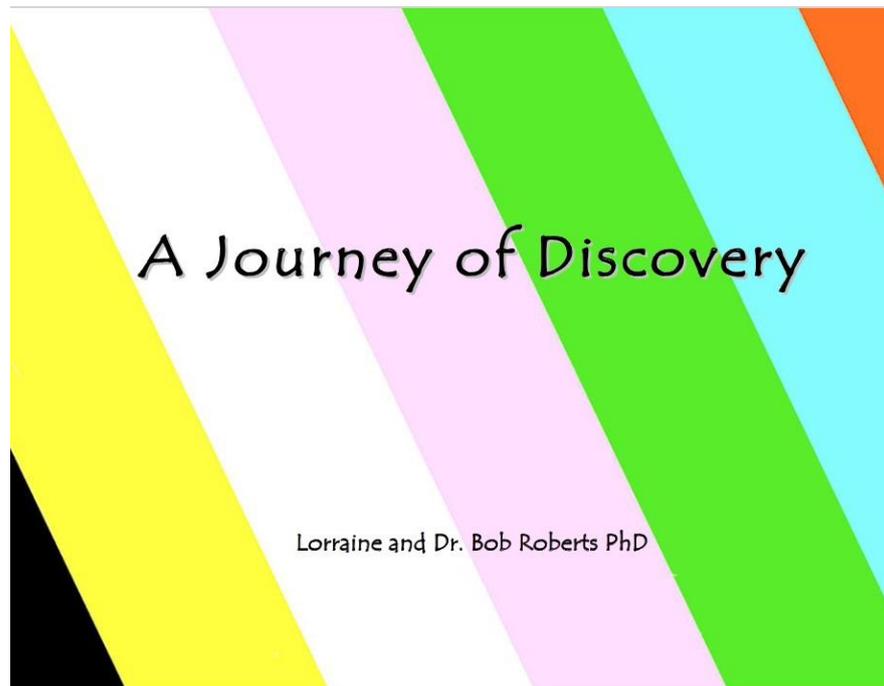
Balance With Colour Journal



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

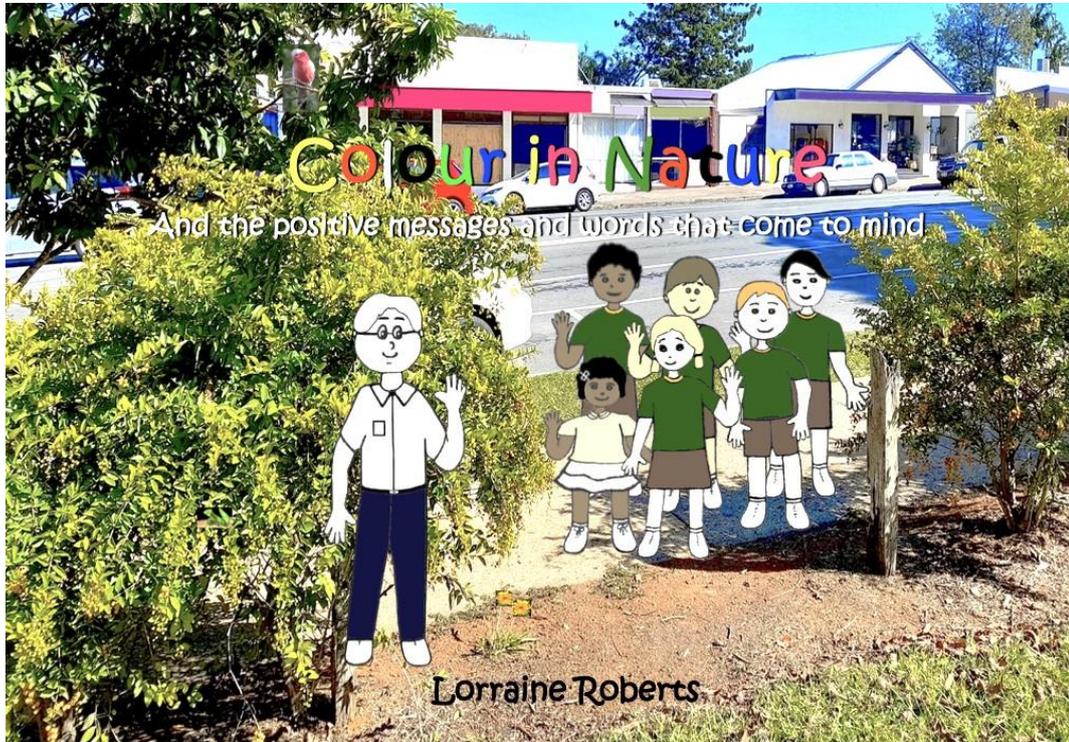
which we are then able to reflect and learn as we go along. Look back and learn is a good motto. The authors use this particular journal, BWC design, personally and it works well for them. The reader, of course, may choose any format that suits, though a one-year journal is recommended, as long as it 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.

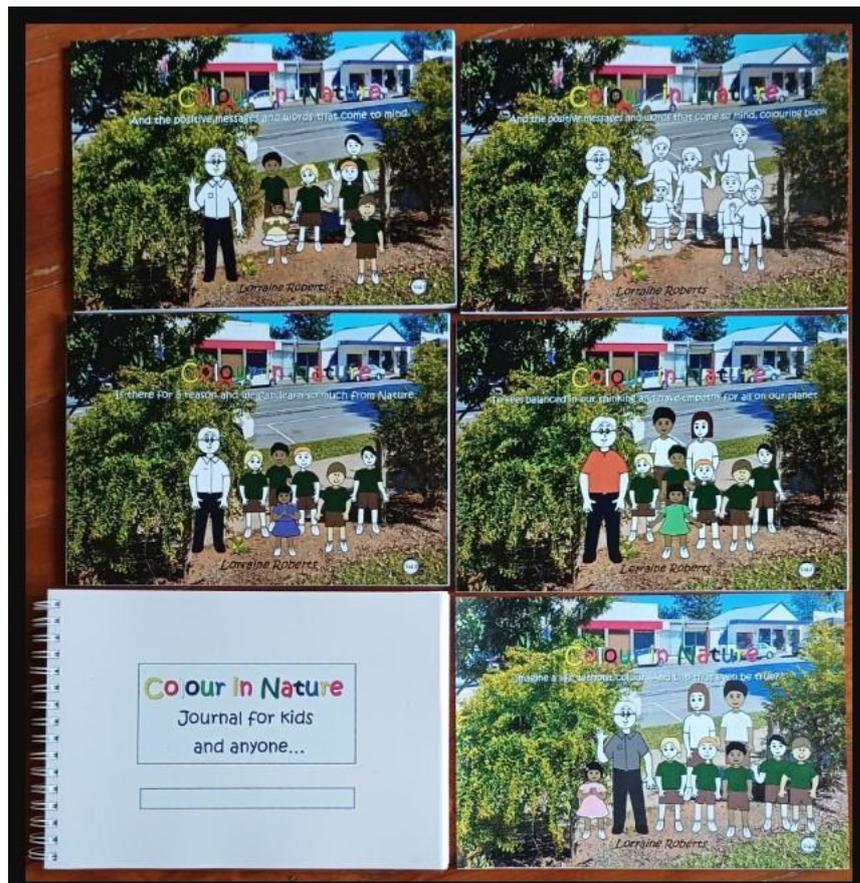
Colour In Nature



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



This is the full Colour In Nature set that can be used by parents or other teachers to provide a simple and fun course that teaches anyone the Balance With Colour concept and technique in stages as Granddad explains it to the children. There is a colouring book and later a one-year Journal that also serves as a diary that enables anyone to track their progress day-by-day to reflect and learn.

Balance With Colour Poster Set

Red - This is a vibrant colour that is often associated with passion, energy, and love. It is a powerful colour that can inspire and motivate.

Blue - This is a calm and serene colour that is often associated with trust, loyalty, and wisdom. It is a soothing colour that can help to reduce stress and anxiety.

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.

Deliver all around as a gift from Nature in doing good and understanding because all things change around us and we all want action. That is the message that Nature gives us.

Green - This is a fresh and vibrant colour that is often associated with growth, renewal, and harmony. It is a calming colour that can help to improve mood and energy.

Yellow - This is a bright and cheerful colour that is often associated with happiness, optimism, and energy. It is a stimulating colour that can help to increase focus and productivity.

Orange - This is a warm and vibrant colour that is often associated with enthusiasm, creativity, and energy. It is a stimulating colour that can help to increase motivation and productivity.

Pink - This is a soft and romantic colour that is often associated with love, compassion, and femininity. It is a soothing colour that can help to reduce stress and anxiety.

Brown - This is a warm and earthy colour that is often associated with stability, reliability, and strength. It is a grounding colour that can help to increase focus and productivity.

Black - This is a powerful and mysterious colour that is often associated with mystery, elegance, and sophistication. It is a bold colour that can help to increase focus and productivity.

Purple - This is a rich and vibrant colour that is often associated with luxury, creativity, and spirituality. It is a stimulating colour that can help to increase focus and productivity.

White - This is a clean and bright colour that is often associated with purity, simplicity, and peace. It is a soothing colour that can help to reduce stress and anxiety.

Grey - This is a neutral and sophisticated colour that is often associated with balance, stability, and strength. It is a calming colour that can help to reduce stress and anxiety.

Gold - This is a bright and vibrant colour that is often associated with wealth, luxury, and success. It is a stimulating colour that can help to increase focus and productivity.

Light Blue - This is a soft and calming colour that is often associated with peace, tranquility, and serenity. It is a soothing colour that can help to reduce stress and anxiety.

Light Green - This is a fresh and vibrant colour that is often associated with growth, renewal, and harmony. It is a calming colour that can help to improve mood and energy.

Light Purple - This is a soft and romantic colour that is often associated with love, compassion, and femininity. It is a soothing colour that can help to reduce stress and anxiety.

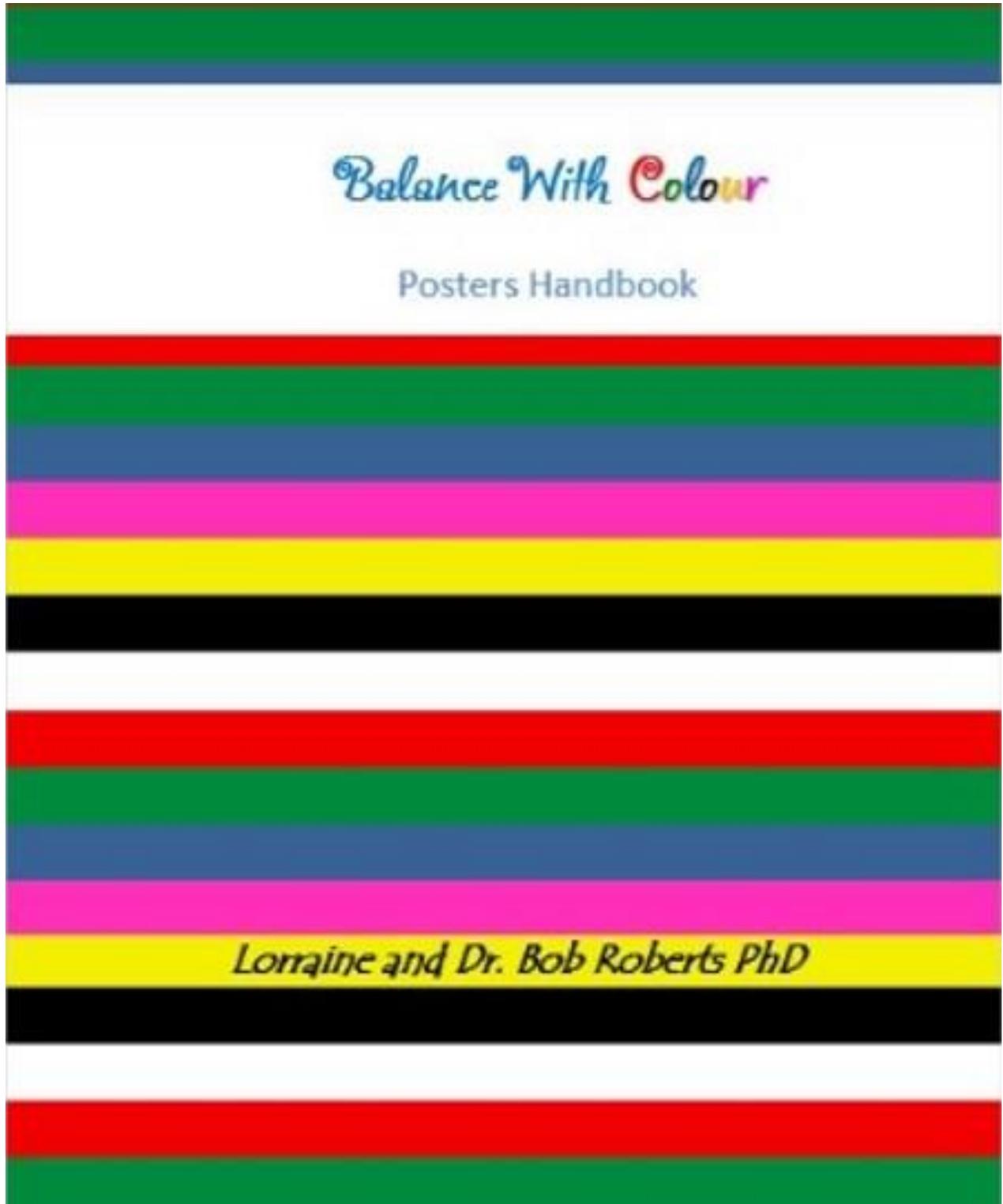
Light Yellow - This is a bright and cheerful colour that is often associated with happiness, optimism, and energy. It is a stimulating colour that can help to increase focus and productivity.

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



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

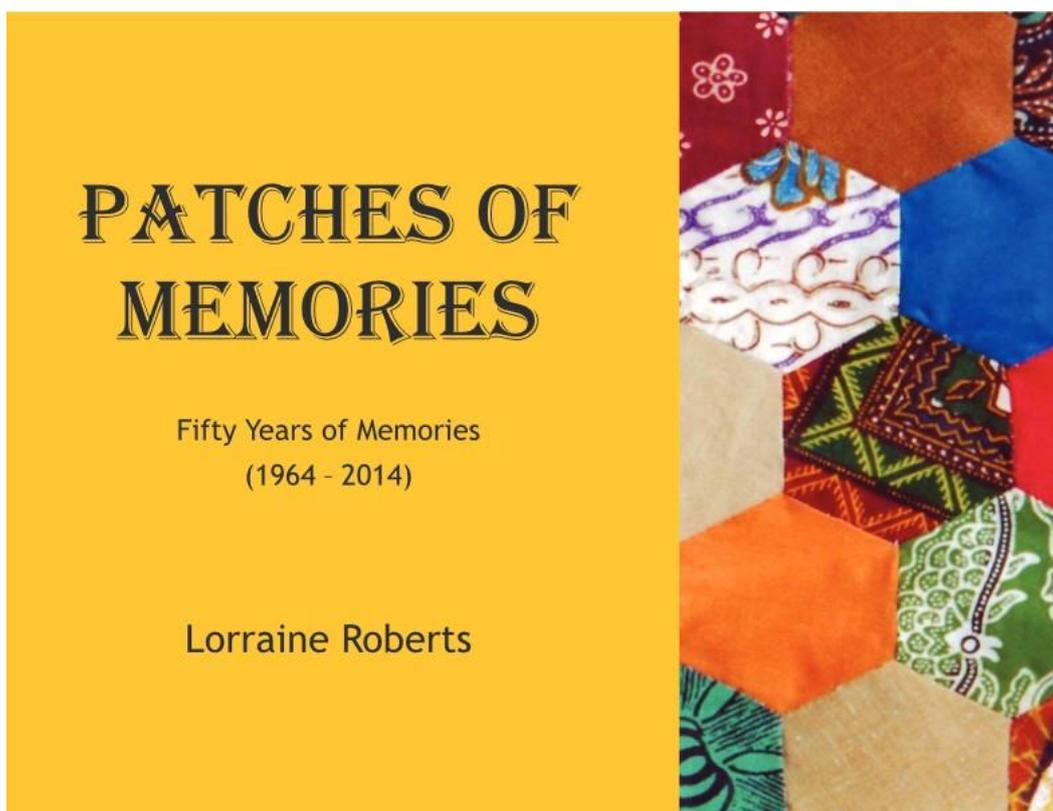
My name is not Benji.

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



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.

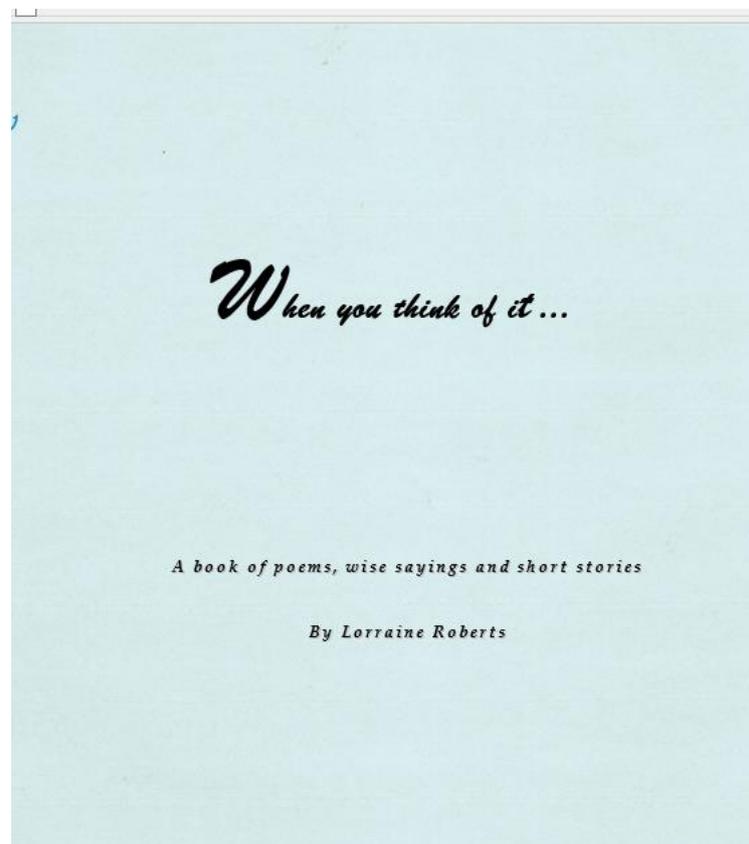
To Put It Another Way

To
Put
It
Another
Way

A book of poems, wise sayings and short stories

By Lorraine Roberts

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



When you think of it...

Lorraine once again, in her second book of poems, wise words and sayings, has shared her thoughts and experience gained over many years. She keeps on learning and adding meaning to words we sometimes take for granted, especially words that have a wide range of meanings and connotations from their dictionary definitions.

Lorraine's poems, wise words and sayings, focus mainly on the many aspects of — love, empathy, healing, patience, never giving up, listening, prioritising, sabotage and more — of relationships, and on the good and bad elements of the human condition. Other topics touched on include time, growing up, the ancestors, nature and fighting for a cause.

These poems, wise words and saying form the crystals of thoughts gained from Lorraine being an Australian growing up in Indonesia and living as a wife and mother in England, Africa, Papua New Guinea and Australia for over fifty years.

We thank Lorraine for sharing her thoughts and advice, which being the eldest of seven sisters, she has always done. The reader will find in her writings much to help and inspire their own journey of life.

A Personal Message

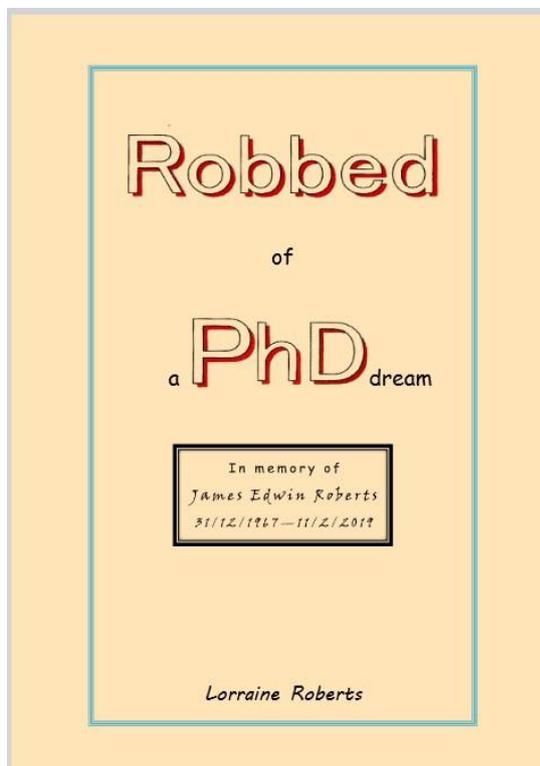
A book of poems, wise sayings and short stories

Lorraine Roberts

In this book *A Personal Message*, Lorraine again shares her accumulated wisdom about life and the human condition, drawn from her experiences of having a multicultural background and from her extensive travel. It is the third in a series of books of poems, wise words and short stories, the others being, *To Put It Another Way* and *When You Think of It*, where she reflects on love, relationships, family, friends, and all aspects of life. The poems, wise words and short stories are her thoughts, feelings, beliefs and philosophy, that she feels are treasured gifts to make sense of who she is and for her to learn and accept life the way it is. It just is!

James' Book

*Always in our thoughts
Forever in our hearts*



Profile of a gifted artist

James has had many interests and hobbies, but art has always been his number one love, which he had a gift with from a very young age. In this book we want to introduce some of his works that we hope will inspire others, especially those who are inclined towards art. With his wide knowledge of the world of art, James would have made an excellent teacher, and was indeed heading towards becoming one. So this book is our way to help James fulfill the dream that he had.



Lorraine Roberts Maju Publications

Stay Connected



Stay connected

Finally, as with my book, Patches of Memories: Fifty years of memories, I felt I had a story to share about the wool I had inherited from my mum and also, that there are lessons we can all learn about having a connection. Be it a gift or a reminder of a shared experience, it is the memory of the person we have had the connection with; and when you receive this book, you too will have a

connection to the person who gave it to you. Is it then any wonder when you think of it that we all have a connection with someone? However, 'staying connected' with family or with your beliefs, is the most important connection to have. No one really wants to be disconnected, if that is even possible, but if it did happen and we have lost contact or forgotten the connection we once had, then there are lessons to be learned, because it is all about the Yin and Yang of life. Neither is good nor bad or is right or wrong. The best way for all of us to stay connected is with better communication, understanding, and acceptance. We need to also be flexible and learn to adapt to new ways of thinking and doing, or 'bend with the wind'. Agree to disagree, meet halfway, and let bygones be bygones. I hope this book will remind us all to do what we possibly can to stay connected, and to appreciate family. One of the quotes from my book, To Put It Another Way, is:

'We are family and we need each other when others need their family.'

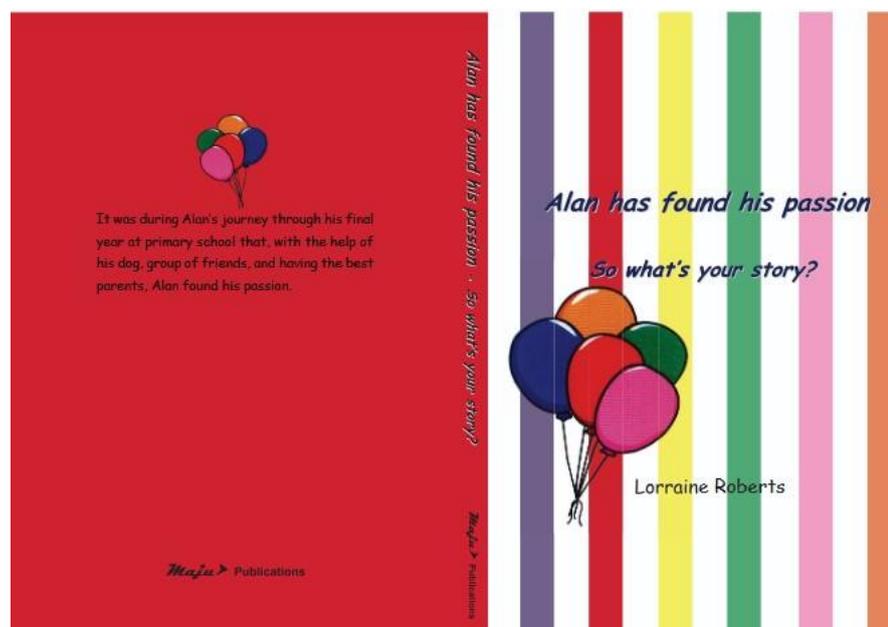
Lorraine Roberts - 2015

Six Lessons in Basic Indonesian Cooking

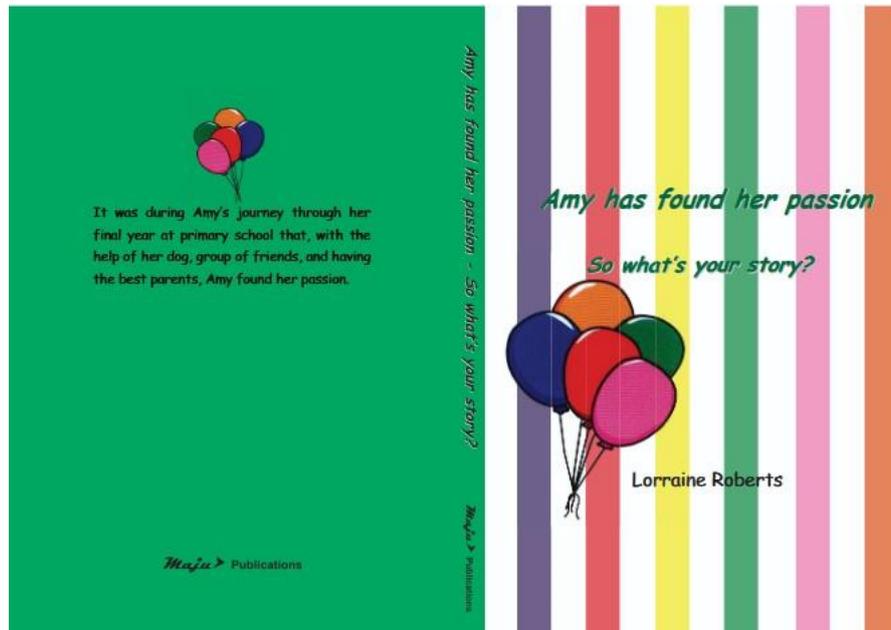


Six Lessons in Basic Indonesian Cooking is a simple and easy step-by-step introduction to the successful preparation of authentic Indonesian cuisine. There are six easy-to-follow lessons written in a charmingly unassuming style using both the English and Indonesian names for the ingredients and dishes. The course concentrates on roles of rice, soya sauce, chillies, coconut, and peanut sauce in the preparation of a variety of dishes. Ideas for adapting most recipes to suit vegetarian cooking are provided. This book also provides some interesting and insightful anecdotes indicative of Indonesian culinary culture—drawn from the author's own personal experience of growing up within an Indonesian family. The success of her Six Lessons in Basic Indonesian Cooking courses gave the author the inspiration to write this book. The aim is to provide the reader with the foundation from which to go on to better appreciate the many Indonesian/Asian cookbooks on the market today.

Alan has found his passion



Amy has found her passion



Alan meets Amy: So what's their story

