

Hope is a Verb

Emily Ehlers

An exquisite visual handbook for transforming anxiety about the world into meaningful action, delivered through illustrations, flow charts and infographics.

Description

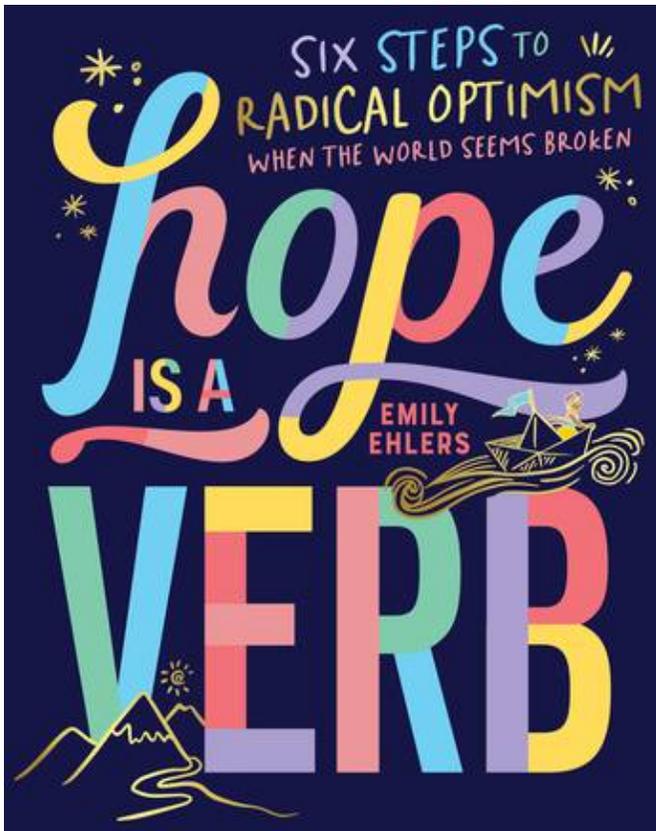
When the world feels uncertain, we need hope, humour and meaningful action.

Hope Is a Verb is the ideal handbook for anyone freaked out about the state of the planet. Illustrator and activist Emily Ehlers offers a cheerful six-step process that reframes the current global mood as an invitation to a better future. Be inspired to examine the stories you tell yourself, live in alignment with your values, realise your true agency and take both individual and collective action. For those of us feeling adrift, Hope Is a Verb points to a world of opportunity and promise.

The future is calling. Let's answer!

About the Author

Emily Ehlers is a writer, illustrator, speaker and nature lover whose upbeat Instagram feed @ecowithem focuses on arty activism ('artivism'). Her work has been featured in Forbes, BuzzFeed and the website 1 Million Women, and she has collaborated with National Geographic. She is currently completing a degree in Sustainable Development and International Aid. When she is not sketching she is chasing her two children and husband around her backyard.



Price: **AU \$29.99** **NZ \$32.99**
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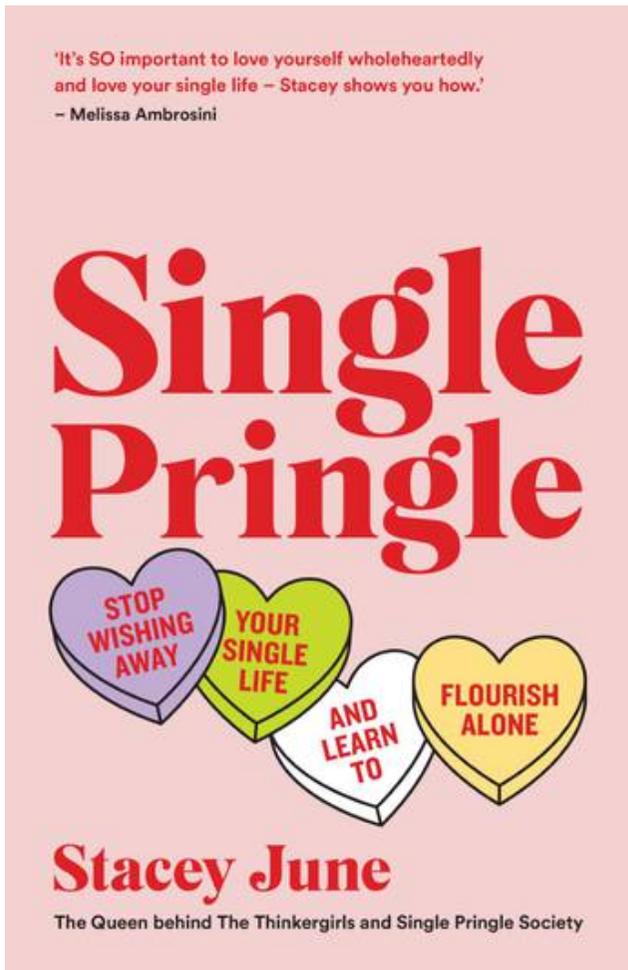
Hope is a Verb 8 Copy Pack.

Description

Hope is a Verb 8 Copy Pack.

About the Author

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Author now living:



Single Pringle Stacey June

An empowering guide for millennial singles, sharing practical tools and advice on how to relish and revel in the solo life.

Description

'It's SO important to love yourself wholeheartedly and love your single life - Stacey shows you how.' - Melissa Ambrosini

We're encouraged to be comfortable doing our own thing these days. Female empowerment! Be independent! But many of us have yet to master the tools for living happily on our own.

Stacey June is here to help! With the assistance of a whole slew of experts, a wild variety of romantic and sexual partners, a few fairly average boyfriends, and some healers, yogis and 'kumbaya' moments, Stacey dives into the principles of being comfortable alone, living independently and going after every opportunity in life.

Learn the ins and outs of why you're staying in a relationship for too long, dating for the wrong reasons, discovering that casual sex doesn't always feel 'single and fabulous' and a whole lot more. Practice self-care, go on a date with yourself and never stop believing in love - because it's completely possible to live happily solo while still being open to relationships.

Let's stop wishing away our single lives, because the single pringle life is awesome.

About the Author

Stacey June's passion for women's stories has inspired her to delve into topics others fear to broach, making her one of Australia's most exciting writers and broadcasters. As the creator of The Thinkergirls and a podcast network founder, TV presenter and self-care coach, Stacey has dedicated her life to helping people access their intuition and feel good about their authentic selves. You can hear her share her heart and stories on numerous podcasts and membership programs on media outlets across the country.

Price: **AU \$32.99** **NZ \$36.99**
 ISBN: **9781760525743**
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**Single Pringle 8 Copy Pack
A&U Point of Sale**

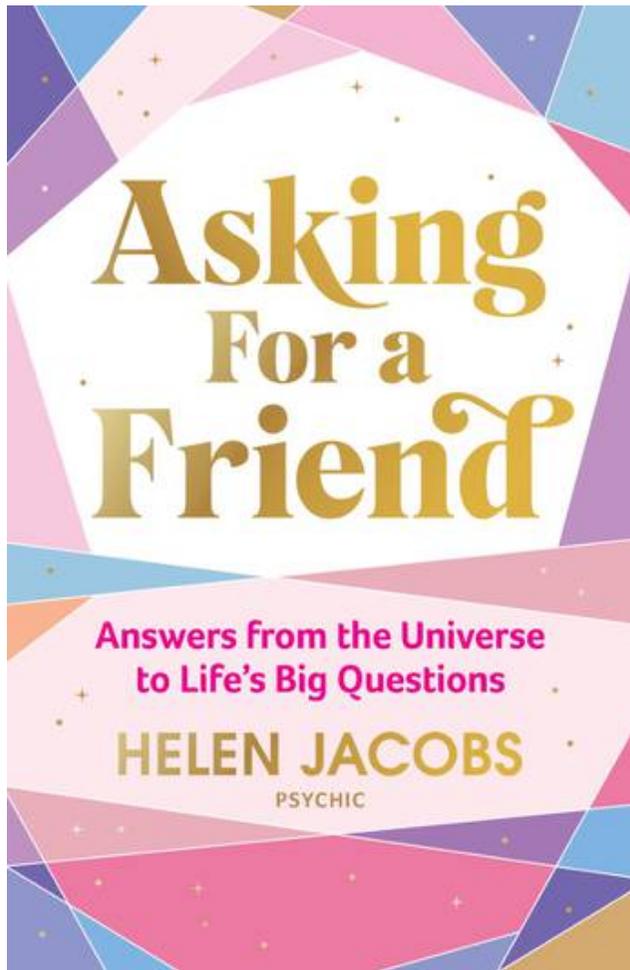
Single Pringle 8 Copy Pack with free reading copy.

Description

Single Pringle 8 Copy Pack with free reading copy.

About the Author

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Author now living:



Asking For A Friend Helen Jacobs

The ultimate advice book direct from beyond, sharing comfort and wise advice on navigating all of life's challenges, from the popular Australian psychic medium and author of *You Already Know*.

Description

'Guidance of the highest calibre for every burning question you ever had. I loved this book!' - Jordanna Levin, internationally bestselling author of *Make It Happen*

'I love everything Helen writes. Asking For A Friend is imbued with a sense of renewed energy, confidence, and importantly, hope. A gift to bookshelves the world over.' - Cassie Mendoza-Jones, author of *You Are Enough*

No matter what our differences are, we all ultimately ask the same big questions of life. When will I find love? What happens when we die? Why do bad things happen to good people? How do I go on?

As a psychic, Helen Jacobs has heard just about every curly question there is. Asking For A Friend provides answers from the spirit realm, with a side dose of hope, comfort and gentle guidance to those navigating challenging times.

This is the ultimate spiritual FAQ, bringing together answers to the most commonly asked questions Helen has received over the past decade. From dealing with losing someone you love or a relationship breakdown, to how to navigate the very uncertain times we're experiencing, including our current climate crisis and other world-altering events, Asking For A Friend serves up bite-sized wisdom to life's biggest questions.

About the Author

A trained journalist, Helen Jacobs was a successful PR and marketing executive who left her thriving career to become a full-time psychic, hosting popular workshops and events to provide thousands of readings for people all over the world. In addition to her work as a medium, Helen mentors and teaches women how to change their lives and find a more meaningful path for themselves. She is the author of *You Already Know: How to access your intuition and find your divine life path*.

Price: **AU \$32.99** **NZ \$36.99**
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 Package Type: **PAPERBACK**
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 Extent: **288 pages**
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**Asking For A Friend 8 Copy Pack
A&U Point of Sale**

Asking For A Friend 8 Copy Pack with free reading copy.

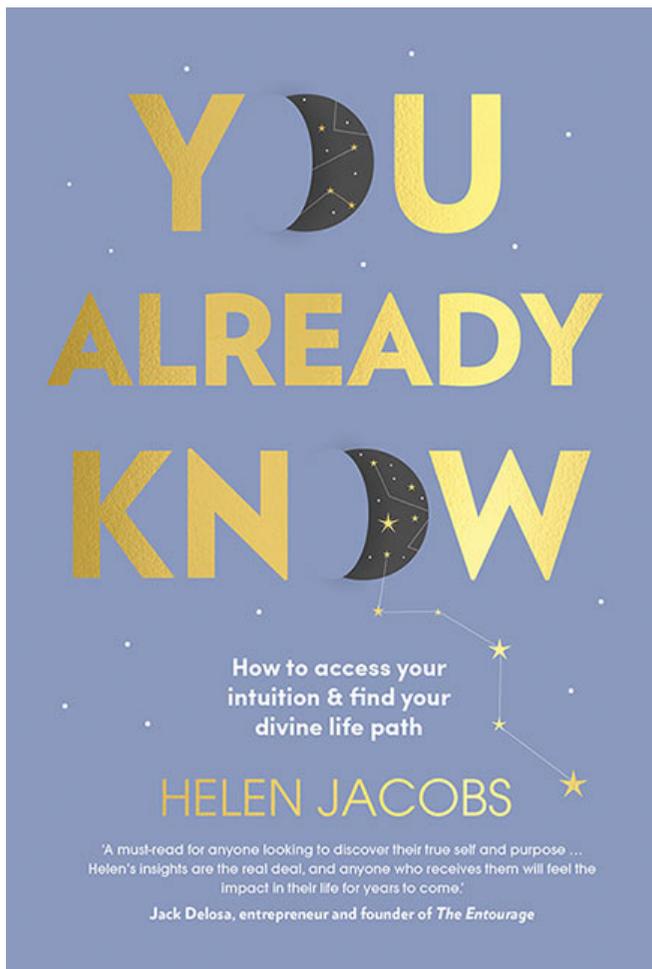
Description

Asking For A Friend 8 Copy Pack with free reading copy.

About the Author

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Author now living:

You Already Know Helen Jacobs



An accessible, practical toolkit for accessing your inner guidance system and connecting with your spiritual side.

Description

'A must-read for anyone looking to discover their true self and purpose... Helen's insights are the real deal, and anyone who receives them will feel the impact in their life for years to come.' -- Jack Delosa, entrepreneur and Founder of The Entourage

Learn how to foresee potential life pitfalls, realise what your guidance is asking you to heal (and why), and prepare to find your true soul calling!

Successful PR executive-turned psychic Helen Jacobs never wanted to be a medium, but the universe came knocking. After following advice from her spirit guides, Helen left her successful career to start her own business, soon seeing a long list of clients with extensive waiting lists for one-on-one sessions. Now a full-time psychic, Helen runs sell-out workshops, events and a dedicated social media group which helps people all around the world find the life they want to lead.

Weaving her own personal experiences throughout You Already Know, Helen shares her unlikely journey and explains how to create a beautiful life for yourself today - by listening closely to your intuition, and developing it so that you can be a spiritual ninja.

About the Author

A trained journalist, Helen Jacobs was a successful PR and marketing exec who left her thriving career to become a full-time psychic medium, hosting popular workshops and events to provide thousands of readings for people all over the world. In addition to her work as a medium, Helen mentors and teaches women how to change their lives and find a more meaningful path for themselves.

Price: **AU \$32.99** **NZ \$36.99**
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 Format: **Misc PB**
 Package Type: **PAPERBACK**
 Dimensions: **234h x 153w mm**
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 Author now living: Cooperaroo

Serendip

Peter Kuruvita

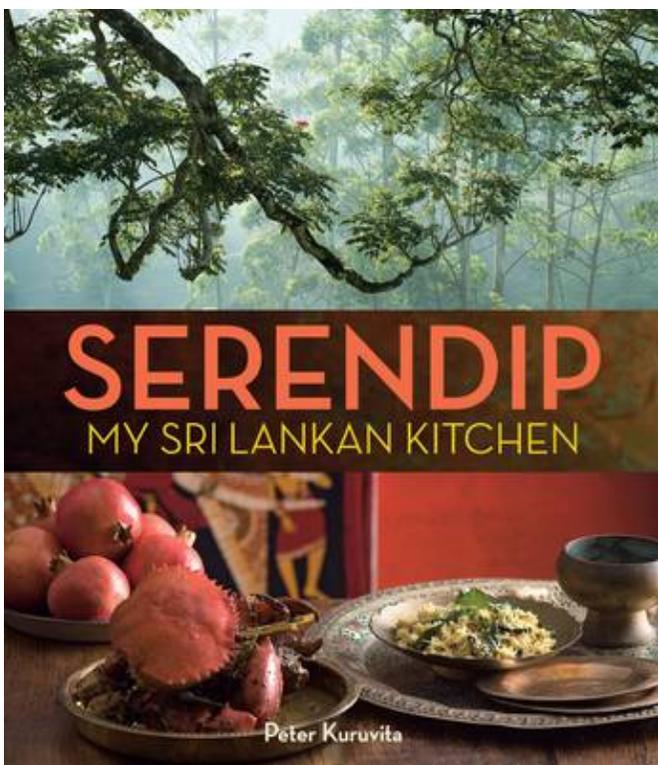
Serendip takes us on a rich and rewarding journey through Sri Lanka's traditional foods, its family-oriented culture and its colourful approach to life.

Description

Serendip takes us on a rich and rewarding journey through Sri Lanka's traditional foods, its family-oriented culture and its colourful approach to life. Acclaimed chef Peter Kuruvita reaches deep into kitchen experiences with his grandmother and aunts, and has travelled the markets and stalls of the lush green island, to bring us this comprehensive collection of Sri Lankan recipes and a host of heart-warming stories. Offering Sri Lankan curries of every kind, as well as traditional snacks, breads and sticky sweet treats, Serendip is a treasury of spicy meals and tasty morsels.

About the Author

Inspired by his childhood of traditional cooking in his ancestral home in Colombo, Peter's career as an award-winning chef and restaurateur has spanned four decades and many iconic establishments. He is well-known in Sydney and Fiji for his Flying Fish restaurants and for Noosa Beach House in his home town on the Sunshine Coast in Australia. Peter is famous for his love of local produce and seafood, spiced with Sri Lankan and world flavours. His popular TV series My Sri Lanka, Island Feast, Mexican Fiesta and Coastal Kitchen air on television screens the world over and combine beautiful scenery with sensational local cuisine. Peter loves to travel the world, bonding with locals over a mutual love of food and produce, sharing cooking secrets and cultural custom.



Price: **AU \$49.99 NZ \$55.00**
 ISBN: **9781922351326**
 Format: **Misc PB**
 Package Type: **PAPERBACK**
 Dimensions: **240h x 210w mm**
 Extent: **256 pages**
 Bic1: National & regional cuisine
 Bic2: <Table Missing>
 Author now living:

BakeClass Step by Step

Anneka Manning

An essential baking book that progressively builds the home cook's skills and confidence through technique-based lessons and delicious recipes.

Description

Whether you're a beginner or already baking with confidence, Anneka will guide you through a unique step-by-step lesson sequence to help you master the 10 fundamental mixing methods that provide the foundation for all baking recipes. This must-have reference features over 90 sweet and savoury fail-safe recipes that will build your know-how and confidence in a progressive and practical way, and help you become the baker you want to be.

'You'd be hard-pressed to find a more passionate baker than Anneka... Filled with marvellously diverse, indulgent yet reliable recipes and lots of useful tips, this book provides a great insight into baking.' Matt Moran, chef, and judge on LifeStyle FOOD's The Great Australian Bake Off

'This book is an absolute winner; I was captivated right from the very first page. Anneka's logical approach to baking, dividing her recipes according to the method used, is brilliant. Every item looks mouthwateringly delicious... I guarantee that this book will become a classic.' Stephanie Alexander AO

About the Author

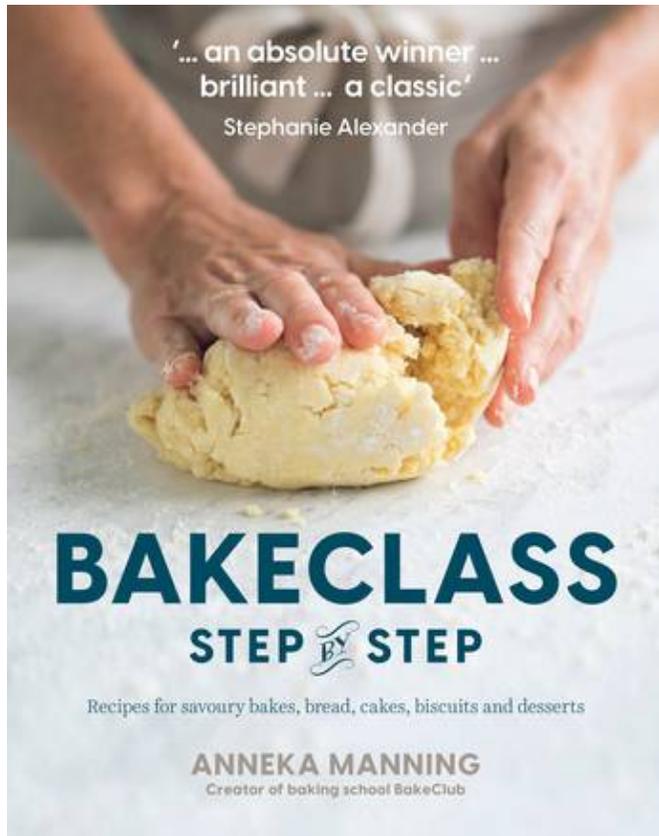
Anneka Manning, creator of the face-to-face and online baking school BakeClub, is an Australian baking and cooking authority with over 30 years' experience in the industry. A warm and generous communicator and educator, she has worked as an author, food editor, consultant, teacher and publisher on magazines, newspapers and books, including Gourmet Traveller, Good Taste and The Australian Women's Weekly. Her books include BakeClass and Mastering the Art of Baking.

In her classes, Anneka specialises in teaching not only the 'how' but also the 'why' of baking, giving home cooks the know-how, understanding and skill to bake with confidence and success every time. She also hosts the unique six-month Make Me a Baker program, the only baking course of its kind currently available in Australia.

Anneka is passionate about bringing real baking into Australian homes and inspiring home cooks with deliciously simple recipes that are relevant to their lives. She believes that baking is something to be valued and, most importantly, shared. Her ultimate goal is to connect home cooks with the magic of baking and, through this, the people they love.

"Baking can enrich people's lives on so many levels and connect them with the people they love. It warms the heart and feeds the soul. Baking is love made edible."

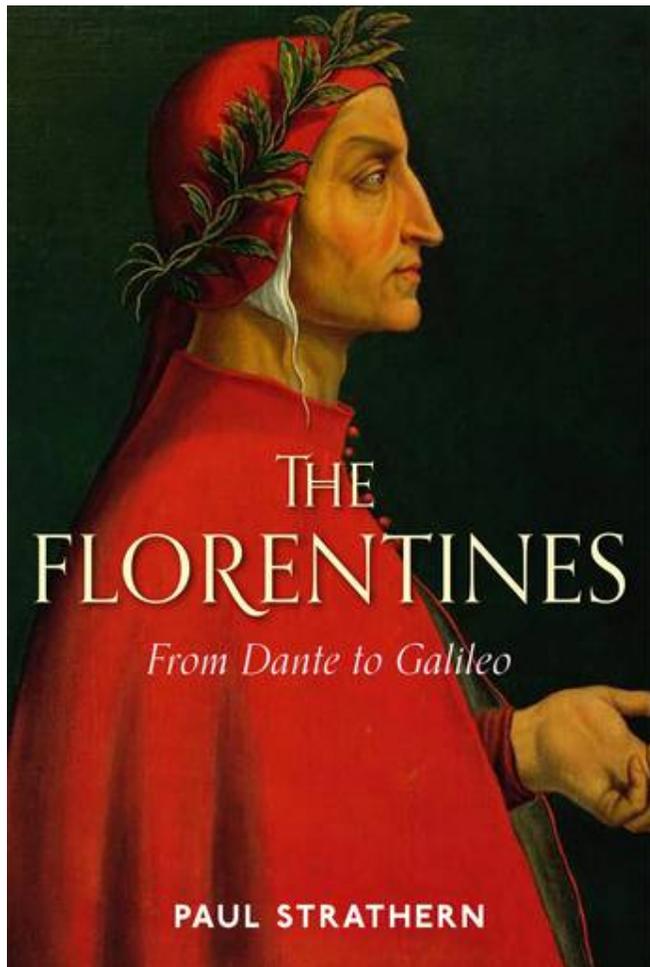
bakeclass.com.au



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 Package Type: **PAPERBACK**
 Dimensions: **254h x 203w mm**
 Extent: **280 pages**
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 Bic2: <Table Missing>
 Author now living:

The Florentines

Paul Strathern



A sweeping 400-year history of the Florentines who gave birth to the Renaissance, by the author of *The Medici* and *The Borgias*.

Description

Between the birth of Dante in 1265 and the death of Galileo in 1642 something happened which transformed the entire culture of western civilisation. Painting, sculpture and architecture would all visibly change in such a striking fashion that there could be no going back on what had taken place. Likewise, the thought and self-conception of humanity would take on a completely new aspect. Sciences would be born, or emerge in an entirely new guise.

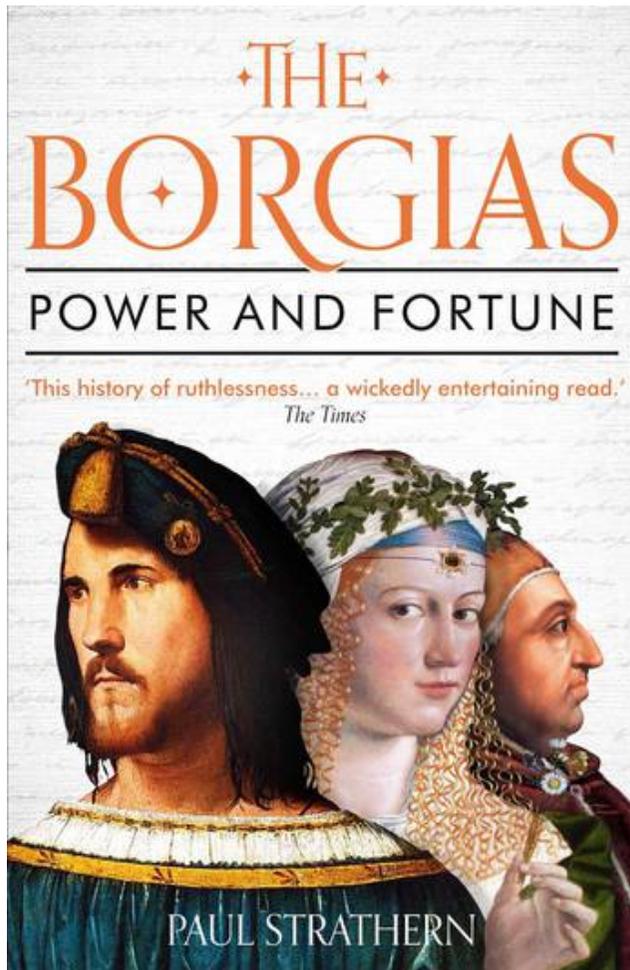
The ideas which broke this mould largely began, and continued to flourish, in the city of Florence in the province of Tuscany in northern central Italy. These ideas, which placed an increasing emphasis on the development of our common humanity - rather than other-worldly spirituality - coalesced in what came to be known as humanism. This philosophy and its new ideas would eventually spread across Italy, yet wherever they took hold they would retain an element essential to their origin. And as they spread further across Europe this element would remain.

Transformations of human culture throughout western history have remained indelibly stamped by their origins. The Reformation would always retain something of central and northern Germany. The Industrial Revolution soon outgrew its British origins, yet also retained something of its original template. Closer to the present, the IT revolution which began in Silicon Valley remains indelibly coloured by its Californian origins. Paul Strathern shows how Florence, and the Florentines, played a similar role in the Renaissance.

About the Author

Paul Strathern studied philosophy at Trinity College, Dublin. He is a Somerset Maugham Award-winning novelist; author of two series of books - *Philosophers in 90 Minutes* and *The Big Idea: Scientists who Changed the World* - and several works of non-fiction, including *The Medici*, *The Artist*, *the Philosopher and the Warrior*, *Spirit of Venice*, *Death in Florence* and *The Borgias*.

Price: **AU \$32.99** **NZ \$36.99**
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 Package Type: **PAPERBACK**
 Dimensions: **234h x 153w mm**
 Extent: **pages**
 Bic1: European history
 Bic2: <Table Missing>
 Author now living:



The Borgias Paul Strathern

The sensational story of the rise and fall of one of the most notorious families in history, by the author of *The Medici*.

Description

A Daily Mail Book of the Week

The sensational story of the rise and fall of one of the most notorious families in history.

'A wickedly entertaining read' - *The Times*

The Borgias have become a byword for evil. Corruption, incest, ruthlessness, avarice and vicious cruelty - all have been associated with their name. But the story of this remarkable family is far more than a tale of sensational depravities - it also marks the golden age of the Italian Renaissance and a decisive turning point in European history.

From the family's Spanish roots and the papacy of Rodrigo Borgia, to the lives of his infamous offspring, Lucrezia and Cesare - the hero who dazzled Machiavelli, but also the man who befriended Leonardo da Vinci - Paul Strathern tells the captivating story of this great dynasty and the world in which they flourished.

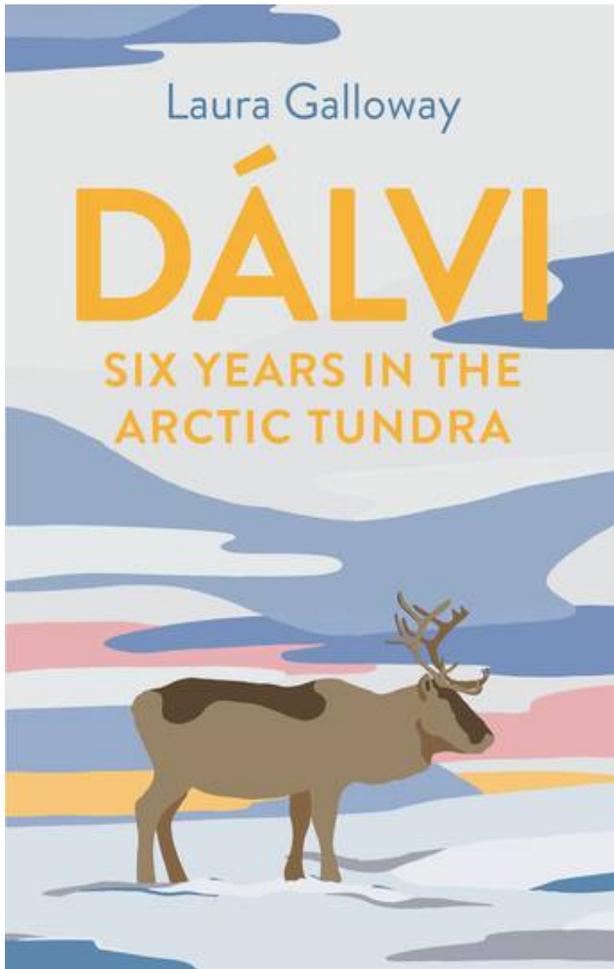
'A vivid insight into the hothouse world of papal politics in the tumultuous years before the Reformation.' - *Daily Telegraph*

'Authoritative and well-written' - *Wall Street Journal*

About the Author

Paul Strathern studied philosophy at Trinity College, Dublin. He is a Somerset Maugham Award-winning novelist; author of two series of books - *Philosophers in 90 Minutes* and *The Big Idea: Scientists who Changed the World* - and several works of non-fiction, including *The Medici*, *The Artist*, *the Philosopher and the Warrior*, *Spirit of Venice* and *Death in Florence*.

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 ISBN: **9781786495464**
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 Package Type: **PAPERBACK**
 Dimensions: **190h x 130w mm**
 Extent: **400 pages**
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 Author now living:



Dalvi

Laura Galloway

Part memoir, part travelogue, this is the story of one woman's six years living in a reindeer-herding village in the Arctic Tundra, forging a life on her own as the only American among one of the most unknowable cultures on earth.

Description

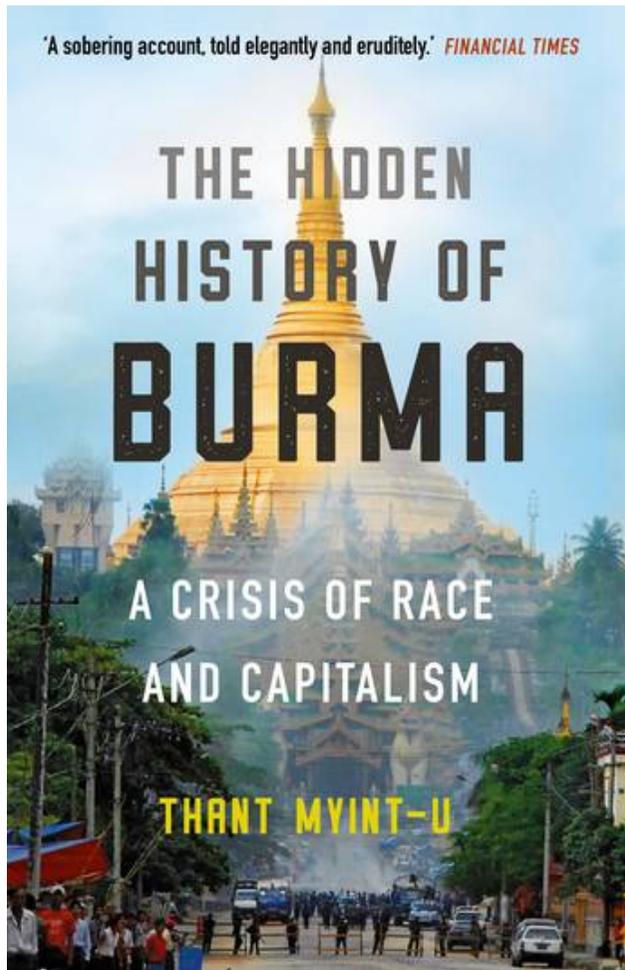
A DNA test suggesting she shared some genetics with the Sami people, the indigenous inhabitants of the Arctic tundra, tapped into Laura Galloway's wanderlust. An affair with a Sami reindeer herder led her to abandon her high-flying New York life for a fresh start in the tiny town of Kautokeino. When her new boyfriend left her unexpectedly after six months, it would have been easy, and perhaps prudent, to return home. But she stayed for six years.

Dalvi is the story of Laura's time in a reindeer-herding village in Arctic Norway, forging a solitary existence as one of the few Westerners living among one of the most remote cultures on earth. Both a heart-rending memoir and a love letter to the singular landscape of the region, Dalvi explores with great warmth and humility what it means to truly belong.

About the Author

Laura Galloway is an international communications strategist, writer, and executive producer with more than 25 years' experience developing and executing original communications strategies. She has worked with some of the world's most recognized thought leaders and brands, with a focus on individuals and institutions in the ideas economy.

Price: **AU \$29.99** **NZ \$32.99**
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 Bic2: **<Table Missing>**
 Author now living:



The Hidden History of Burma

Thant Myint-U

A compelling and timely inside account of the recent crisis in Burma and its troubled journey from dictatorship to democracy.

Description

'A sobering account, told elegantly and eruditely.' - Financial Times

'Thant Myint-U is the greatest living historian of Burma.' - William Dalrymple

Precariously positioned between China and India, Burma's population has suffered dictatorship, natural disaster and the dark legacies of colonial rule. But when decades of military dictatorship finally ended and internationally beloved Nobel laureate Aung San Suu Kyi emerged from long years of house arrest, hopes soared. World leaders including Barack Obama ushered in waves of international support. Progress seemed inevitable.

As historian, former diplomat, and presidential advisor, Thant Myint-U saw the cracks forming. In this insider's diagnosis of a country at a breaking point, he dissects how a singularly predatory economic system, fast-rising inequality, disintegrating state institutions, the impact of new social media, the rise of China next door, climate change and deep-seated feelings around race, religion and national identity all came together to challenge the incipient democracy. Interracial violence soared and a horrific exodus of hundreds of thousands of Rohingya refugees fixed international attention. Thant Myint-U explains how and why this happened, and details an unsettling prognosis for the future.

Burma is today a fragile stage for nearly all the world's problems. Are democracy and an economy that genuinely serves all its people possible in Burma? In clear and urgent prose, Thant Myint-U explores this question - a concern not just for the Burmese but for the rest of the world - warning of the possible collapse of this nation of 55 million while suggesting a fresh agenda for change.

'A compelling account of modern Burma's bloody history' - Amitav Ghosh

About the Author

Thant Myint-U is an award-winning writer, historian and conservationist. He served for over a decade with the United Nations, including in peacekeeping operations in Cambodia and the Balkans and was an advisor to the Burmese government during the early years of the transition from military dictatorship. He lives in Rangoon, where he currently heads U Thant House and the Yangon Heritage Trust.

Price: **AU \$22.99** **NZ \$24.99**
 ISBN: **9781786497901**
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 Package Type: **PAPERBACK**
 Dimensions: **198h x 129w mm**
 Extent: **304 pages**
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 Author now living:

Endpapers

Alexander Wolff

A powerful portrait of a Jewish German family divided by exile, abandonment and emigration.

Description

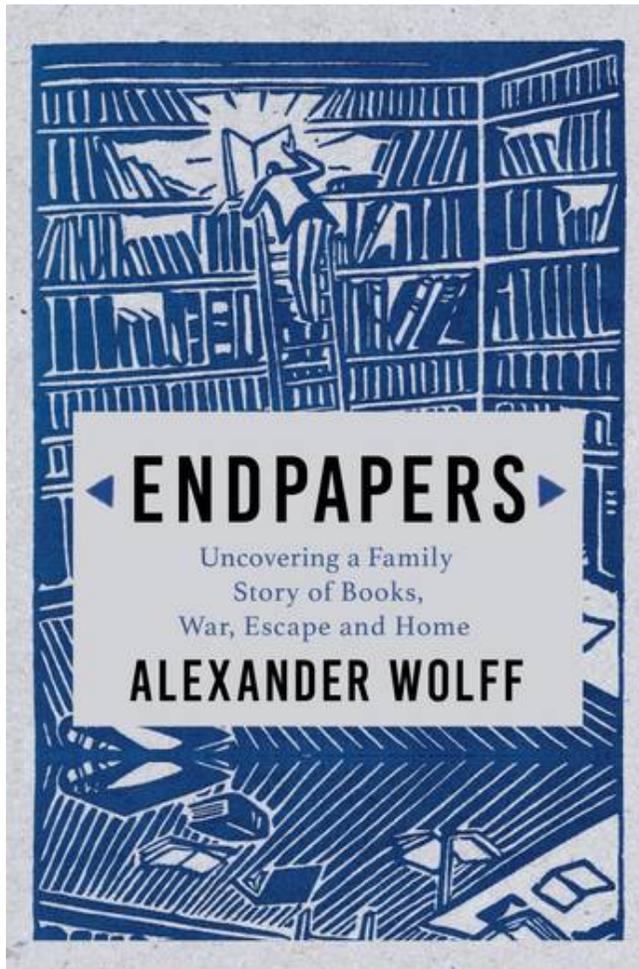
In 2017, acclaimed journalist Alexander Wolff moved to Berlin to take up a long-deferred task: learning his family's history. His grandfather Kurt Wolff set up his own publishing firm in 1910 at the age of twenty-three, publishing Franz Kafka, Emile Zola, Anton Chekhov and others whose books would be burned by the Nazis. In 1933, Kurt and his wife Helen fled to France and Italy, and later to New York, where they would bring books including Doctor Zhivago, The Leopard and The Tin Drum to English-speaking readers.

Meanwhile, Kurt's son Niko, born from an earlier marriage, was left behind in Germany. Despite his Jewish heritage, he served in the German army and ended up in an prisoner of war camp before emigrating to the US in 1948. As Alexander gains a better understanding of his taciturn father's life, he finds secrets that never made it to America and is forced to confront his family's complex relationship with the Nazis.

This stunning account of a family navigating wartime and its aftershocks brilliantly evokes the perils, triumphs and secrets of history and exile.

About the Author

Alexander Wolff served as a staff writer for Sports Illustrated for over thirty years and has written and edited several highly acclaimed and bestselling books on basketball. He lives in Vermont.



Price: **AU \$34.99** **NZ \$39.99**
 ISBN: **9781611856453**
 Format: **C-Format HB**
 Package Type: **HARD BACK**
 Dimensions: **234h x 156w mm**
 Extent: **400 pages**
 Bic1: Biography: literary
 Bic2: <Table Missing>
 Author now living:

The Ten Lauren Cochrane

LAUREN COCHRANE



The Ten

THE STORIES BEHIND THE FASHION CLASSICS

White T-shirt / Miniskirt / Hoodie / Jeans / Ballet flat / Breton top / Biker jacket / Little black dress / Stiletto / Trench

From the evolution of the white T-shirt from army staple to symbol of achingly cool simplicity, the hoodie's birth in the monasteries of Rome to its domination of streetwear, and the transition of the stiletto from the feet of fifteenth-century Iranian equestrians to those of New York businesswomen, The Ten puts fashion in context.

Description

White T-shirt, Miniskirt, Hoodie, Jeans, Ballet flat, Breton top, Biker jacket, Little black dress, Stiletto, Trench.

What are you wearing? In all likelihood, your outfit will feature at least one of these 10 items. Familiar, commonplace, ubiquitous - each piece has become an emblem of a certain style, carrying its own connotations and historical significance. They aren't just clothes - our social history is contained within these perfect 10 pieces. They're vessels that hold the history of style, politics and identity: while trends may come and go, these are here to stay.

The Ten includes deep dive explorations into each item's history, how it gained its reputation, and what it means today, accompanied by stylish photography and illustrations. Stories of iconic adopters and landmarks in the story of each piece reveal how they have achieved their status as so ubiquitous and yet so extraordinary. From the evolution of the white T-shirt from army staple to symbol of achingly cool simplicity, the hoodie's birth in the monasteries of Rome to its domination of streetwear, and the transition of the stiletto from the feet of fifteenth-century Iranian equestrians to those of New York businesswomen, The Ten puts fashion in context. Showing how certain pieces are just as ubiquitous on the catwalk as on the street, Lauren Cochrane's crucial volume defines the fashion items that make up your wardrobe, and how they got there, providing the perfect excuse - a pedigree, a narrative, a realness - for the reader to wear them time and time again.

About the Author

Lauren Cochrane is a senior fashion writer at the Guardian. She has written for i-D, Vogue, the Telegraph, matchesfashion.com, Elle, Porter and The Gentlewoman. She regularly appears on the radio, on podcasts and at events discussing fashion and culture. Lauren is the author of 50 Style Icons Who Changed the World (2016). She lives in London.

Price: **AU \$29.99** **NZ \$32.99**
 ISBN: **9781787395053**
 Format: **Misc HB**
 Package Type: **HARD BACK**
 Dimensions: **194h x 140w mm**
 Extent: **256 pages**
 Bic1: History of fashion
 Bic2: <Table Missing>
 Author now living:

Maker.DIY Sustainable Projects

Audrey Love

From constructing a portable greenhouse from old picture frames to creating your own drawstring bags for zero-waste, zero-plastic shopping trips, these projects will change both the aesthetic and the philosophy of your life, for the better, for good.

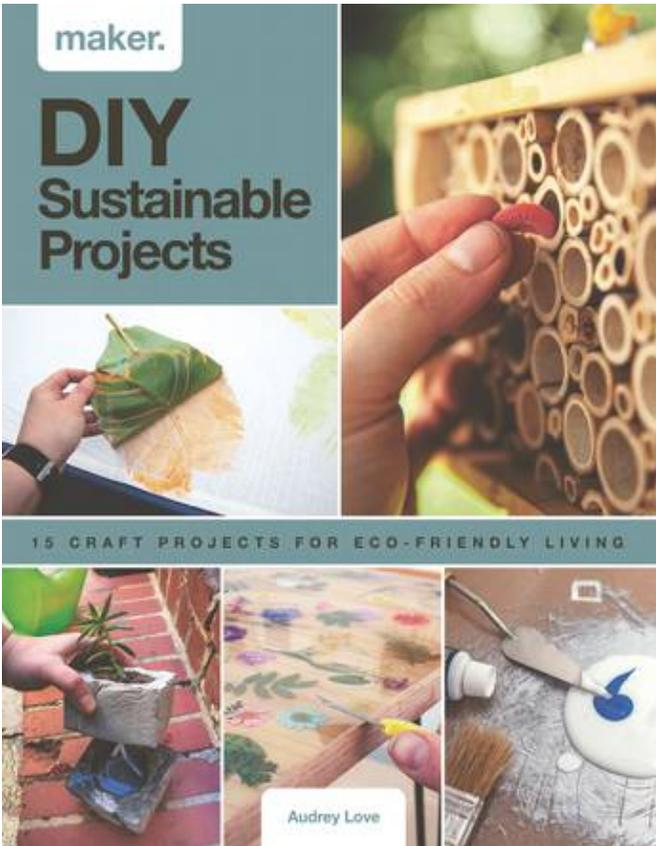
Description

Makers are at the forefront of finding solutions for sustainable living. Crafting something from scratch means you get to carefully choose the materials you use, your method and philosophy for making it, and the way you use the final product.

Maker.Sustainable features 15 step-by-step projects that are created using sustainable materials and upcycling methods. Each make will help readers along their journey to an eco-friendly lifestyle, not only in the repurposing of the old into new and beautiful products, but in the making of practical, useful tools that will actively encourage a more sustainable way of life. Created by artist and educator Audrey Love, a passionate advocate of upcycling and sustainable design, the projects range from easy as pie to satisfyingly advanced. Audrey's step-by-step instructions are easy to follow, and accompanied by beautiful photography sharing styling ideas and essential technical skills. From constructing a portable greenhouse from old picture frames to creating your own drawstring bags for zero-waste, zero-plastic shopping trips, these projects will change both the aesthetic and the philosophy of your life, for the better, for good.

About the Author

Audrey Love is an artist, maker and educator. She creates step-by-step projects for Instructables, and is art projects manager for Burning Man festival. She lives in California.



Price: **AU \$29.99** **NZ \$32.99**
 ISBN: **9781787393974**
 Format: **Misc HB**
 Package Type: **HARD BACK**
 Dimensions: **237h x 185w mm**
 Extent: **160 pages**
 Bic1: Handicrafts, decorative arts & crafts
 Bic2: <Table Missing>
 Author now living:

Women of the WhiteHouse**Amy Russo**

US current affairs journalist Amy Russo explores the changing face of the role of FLOTUS, and how they have influenced the policy and public perception of the White House. A timely examination of these women and why no woman has yet entered the White House as president.

Description

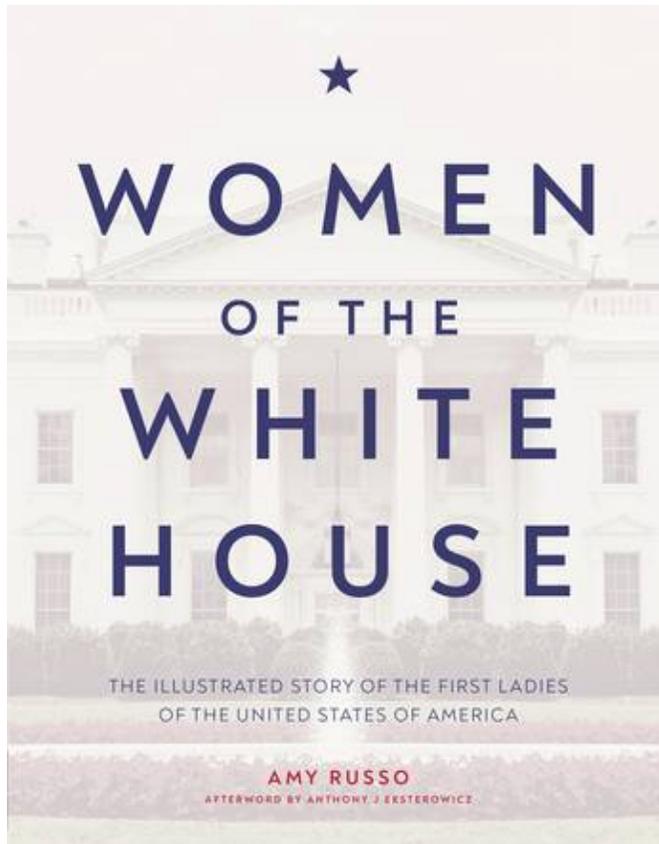
Women of the White House looks at the work, lives and times of the 47 women officially recognized as America's first lady.

Through portraits, photographs, accounts and profiles, the book examines their contributions to the presidencies they supported and to the 230-year history of the role. The women who have held the position have evolved it from White House hostess to campaigner for social causes and a game-changing leadership position. A role model for the world, a powerful political player, a traditional yet modern woman - the position of first lady of the United States is many-faceted, complex and beyond high profile.

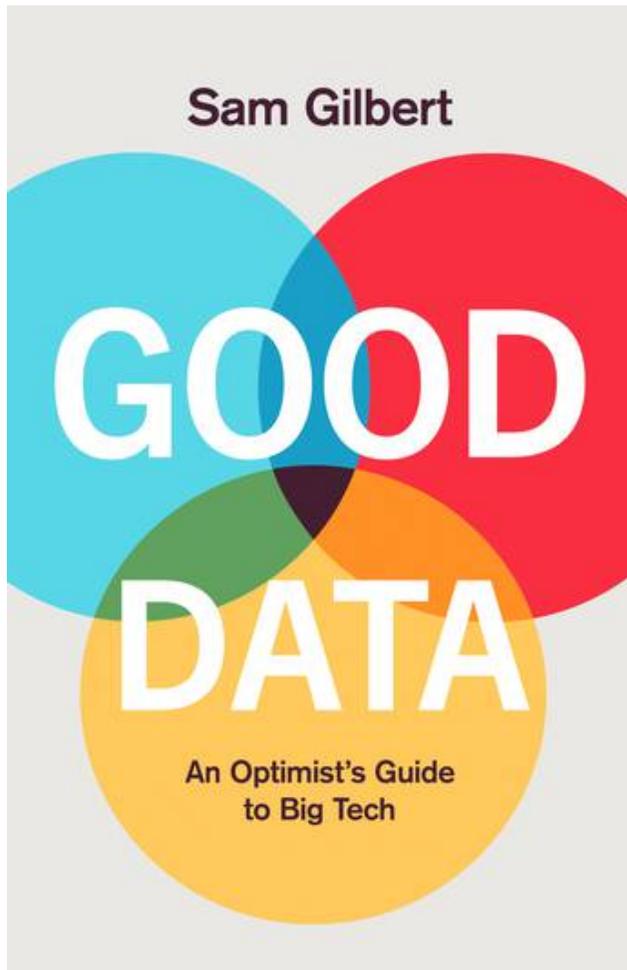
Amy Russo explores how the social platforms these women established - from Mary Todd Lincoln's work for slaves and soldiers after the Civil War to Michelle Obama's fight for girls' education - have not only made the role iconic but also shaped America.

About the Author

Amy Russo is a writer for NBC News in New York City. She has also written for HuffPost, the New York Post and the Pulitzer Center on Crisis Reporting. Her work has appeared in USA Today and Foreign Affairs, among other publications.



Price: **AU \$32.99** **NZ \$36.99**
 ISBN: **9781787393882**
 Format: **Misc HB**
 Package Type: **HARD BACK**
 Dimensions: **213h x 166w mm**
 Extent: **192 pages**
 Bic1: History: specific events & topics
 Bic2: <Table Missing>
 Author now living:



Good Data
Sam Gilbert

Digital technology is now so pervasive that it's very hard to escape its influence, and with that growth comes fear. But whatever the news has told you about data and technology, think again. Data expert and tech insider Sam Gilbert shows that, actually, this data revolution could be the best thing that ever happened to us.

Description

The book that will make you rethink everything you thought you knew about data, privacy and the future of Big Tech.

'We are currently living in a moment of extreme pessimism about data. This book will change your mind.'

Almost everything we do generates data. Digital technology is now so pervasive that it's very hard to escape its influence, and with that growth comes fear. But whatever the news has told you about data and technology, think again. Data expert and tech insider Sam Gilbert shows that, actually, this data revolution could be the best thing that ever happened to us.

Good Data examines the incredible new ways this information explosion is already helping us - whether that's combating inequality, creating jobs, advancing the frontiers of knowledge or protecting us from coronavirus - and explains why the best is yet to come.

Data touches everything, from our biggest hates (online advertising) to our greatest loves (our pets), and in this fascinating new book, Gilbert explores how, if we can embrace the revolution (even the ads), we could all live vastly improved lives.

We are standing on the edge of greatness, we just need to know how to get there.

About the Author

Sam Gilbert is an affiliated researcher at the Bennett Institute for Public Policy at the University of Cambridge. An expert in data-driven marketing, he was employee number one and chief marketing officer at Bought By Many, an award-winning fintech start-up named as one of Wired's hottest start-ups in Europe and ranked 13th in the Sunday Times TechTrack100 list of the UK's fastest-growing companies in 2018. Previously, he was head of strategy and development at the data company Experian and head of consumer finance at Santander. Sam also advises early-stage tech businesses on growth strategy and digital marketing. He lives in London and Copenhagen. Good Data is his first book.

Price: **AU \$29.99** **NZ \$32.99**
 ISBN: **9781787396340**
 Format: **C-Format PB**
 Package Type: **PAPERBACK**
 Dimensions: **234h x 153w mm**
 Extent: **320 pages**
 Bic1: Digital lifestyle
 Bic2: <Table Missing>
 Author now living:

The Little Book of Cycling Orange Hippo!

There's little that can beat the perfect simplicity of a bike ride.

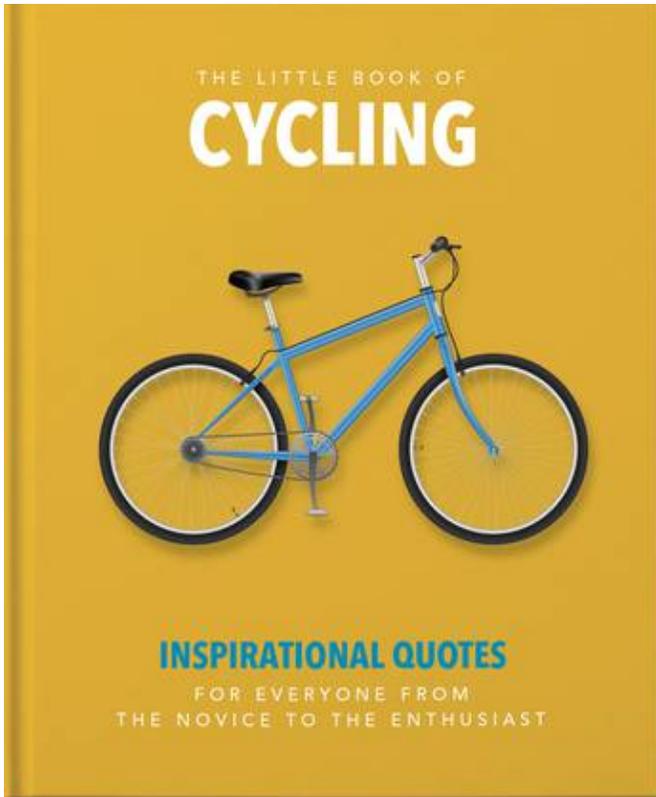
Description

There are many reasons why cycling has such enduring appeal. For some, it is the relaxation and freedom that biking offers - what could be better than pedalling away and leaving our troubles behind? For others, cycling is the perfect means of building strength and fitness. Indeed, it can be one of the most challenging sports on the planet - from amateurs testing themselves to the limit to professionals competing in some of the toughest races in the world.

Packed full of wise, witty and inspirational quotes, The Little Book of Cycling is the perfect gift for cyclists of all levels. From the simple exhilaration of freewheeling downhill to the arduous challenges faced by the endurance cyclist, this is the ultimate ode to the love of two wheels.

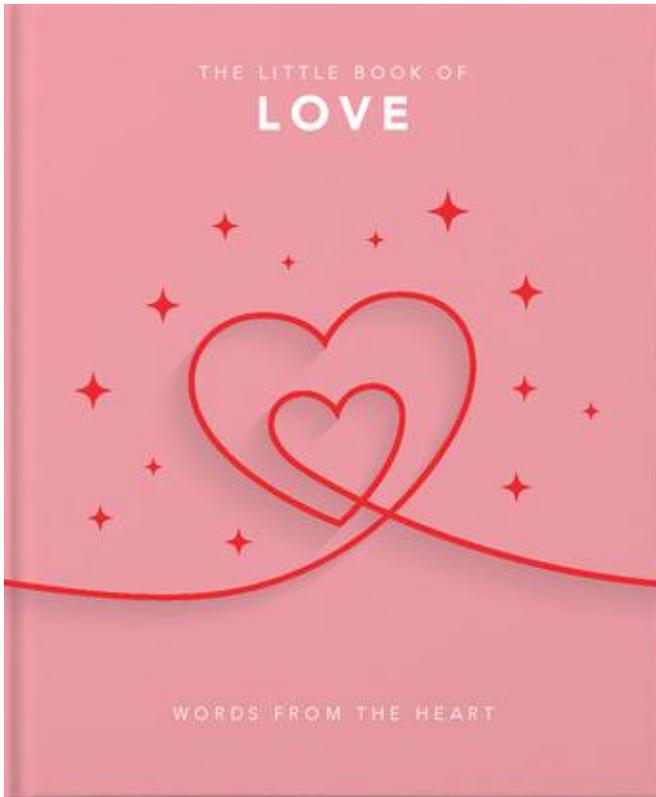
'Give a man a fish and feed him for a day. Teach a man to fish and feed him for a lifetime. Teach a man to cycle and he will realize fishing is stupid and boring'.' - Desmond Tutu

About the Author



Price:	AU \$12.99	NZ \$14.99
ISBN:	9781800690066	
Format:	Misc HB	
Package Type:	HARD BACK	
Dimensions:	137h x 113w mm	
Extent:	192 pages	
Bic1:	Gift books	
Bic2:	<Table Missing>	
Author now living:	None	

The Little Book of Love Orange Hippo!



In The Little Book of Love the words of civil rights activists sit alongside those of movie stars, world leaders and the philosophers of Ancient Greece...

Description

The most inspiring, beautiful and thought-provoking reflections and declarations of love, all in one place.

From Shakespeare's sonnets to the rom coms of modern-day cinema, Enlightenment philosophy to the latest Nicholas Sparks novel, one could say that no other topic has inspired such beauty - in art, literature, poetry or music - than that of love.

In The Little Book of Love the words of civil rights activists sit alongside those of movie stars, world leaders and the philosophers of Ancient Greece. In its pages you will find some hard-won lovers' wisdom, a whole host of poignant and inspiring reflections on love, as well as some of the most famous, endearing and enduring declarations of love ever spoken.

'Love is not love
Which alters when it alteration finds,
Or bends with the remover to remove:
O no! it is an ever-fixed mark
That looks on tempests and is never shaken...'
William Shakespeare, 'Sonnet 116'

'I loved her against reason, against promise, against peace, against hope, against happiness, against all discouragement that could be.' - Pip, Charles Dickens' Great Expectations (1860)

'With the whole world crumbling, we pick this time to fall in love.' - Ilsa Lund, Casablanca (1942)

About the Author

Price: **AU \$12.99** **NZ \$14.99**
 ISBN: **9781911610991**
 Format: **Misc HB**
 Package Type: **HARD BACK**
 Dimensions: **137h x 113w mm**
 Extent: **192 pages**
 Bic1: Family & relationships
 Bic2: <Table Missing>
 Author now living:

The Little Book of Bees Orange Hippo!

Humans and bees have enjoyed a close relationship for millennia, and the entries in this book reflect at least two thousand years of fascination with the world's favourite insect. Packed full of science, history, folklore and quotes - all about the bee.

Description

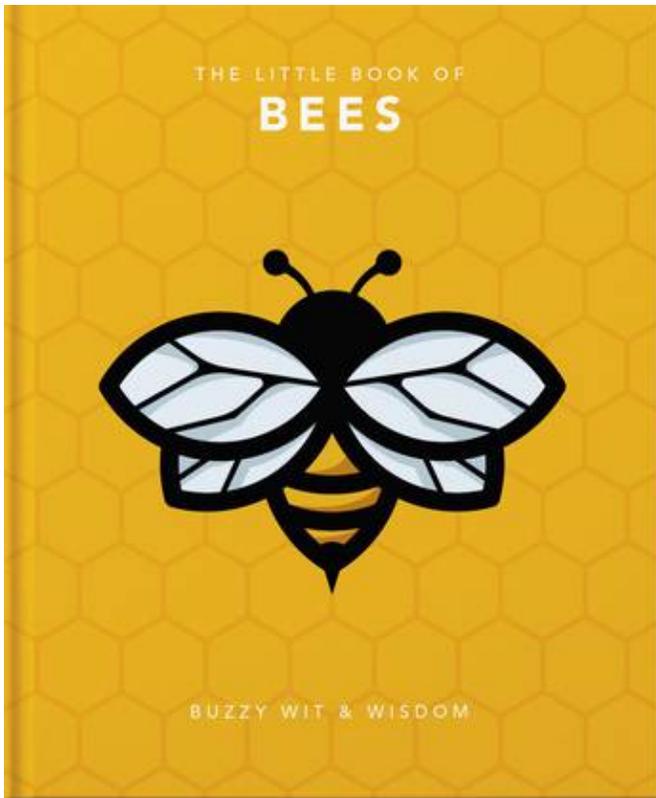
Listen to the bees.

Bees reflect human society - understand them and we can get a little closer to understanding ourselves. Humans and bees have enjoyed a close relationship for millennia, and the entries in this book reflect at least two thousand years of fascination with the world's favourite insect. Monarch, celebrity, monk, peasant, warrior or regular Joe, there are few who haven't fallen under the spell of bees and the riches they bring. From superstition to science, cake recipes to self-help, these quotes are a mirror to ourselves - our hopes and fears, our lives and deaths. Not to mention our taste-buds.

'A summer where there are no bees becomes as sad and as empty as one without flowers or birds' - The Life of the Bee, Maurice Maeterlinck, 1901, trans. Alfred Sutro, 1914.

In many European countries and parts of North America it is traditional to visit a hive and 'tell the bees' when there is a birth, marriage, departure, return or death in the family.

About the Author



Price: **AU \$12.99** **NZ \$14.99**
 ISBN: **9781800690073**
 Format: **Misc HB**
 Package Type: **HARD BACK**
 Dimensions: **137h x 113w mm**
 Extent: **192 pages**
 Bic1: **Wildlife: butterflies, other insects & spiders**
 Bic2: **<Table Missing>**
 Author now living:

The Little Book of Trees

Orange Hippo!

The Little Book of Trees is crammed with facts, lists, information, folklore and history that will keep any dendrophile turning the pages.

Description

Appreciating the trees of yesterday and today.

You don't need to be a tree hugger to love trees. Whether they grow in cities or form part of a huge rainforest canopy, learn interesting facts about trees, why we need them and how we've lived with them throughout the centuries. You'll find snippets on trees in literature, quotes and proverbs about trees, and learn about tree deities and rituals from around the world. The Little Book of Trees is crammed with information, folklore and history that will keep any dendrophile turning the pages.

'A nation that destroys its soils destroys itself. Forests are the lungs of our land, purifying the air and giving fresh strength to our people' - Franklin D. Roosevelt

Only about 1 per cent of rainforest plants have been researched for medicinal properties, yet over a quarter of today's medicines are from sources that came from rainforests.

About the Author

Price: **AU \$12.99** **NZ \$14.99**
ISBN: **9781800690080**
Format: **Misc HB**
Package Type: **HARD BACK**
Dimensions: **137h x 113w mm**
Extent: **192 pages**
Bic1: Trees, wildflowers & plants
Bic2: <Table Missing>
Author now living:

Wild Tea
Nick Moyle, Richard Hood

Whether you are a gardener, cook or crafter, Wild Tea is the perfect guide to allow you to take your health and wellness into your own garden and create specialized brews at home.

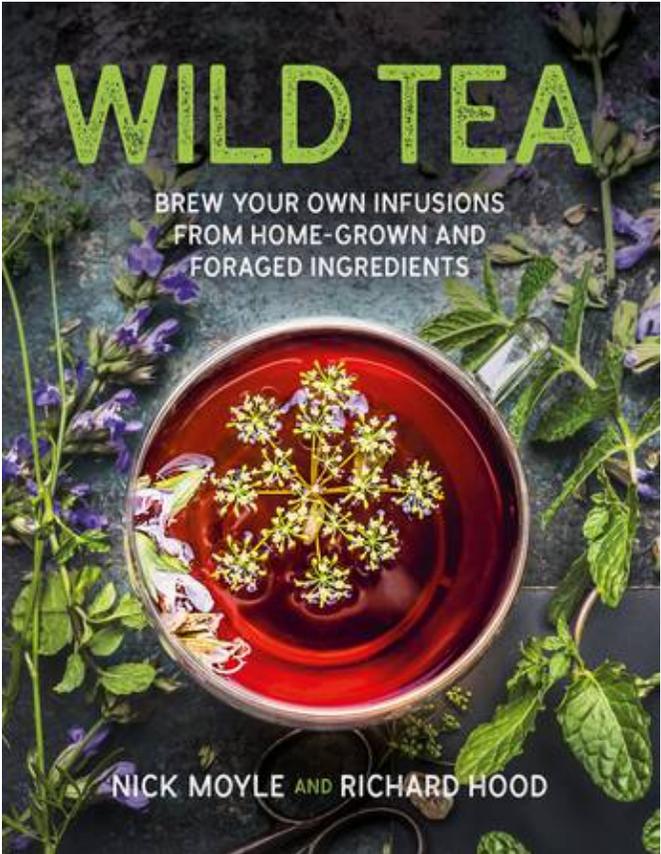
Description

Discover the incredible uses of 40 of the best home-grown and foraged ingredients as the Two Thirsty Gardeners guide you through their original brew-it-yourself recipes.

Wild Tea presents easy-to-follow recipes that teach you how to collect naturally sourced ingredients - including berries, roots, seeds, leaves and flowers - for brewing your own blends and special infusions, from classic night-time and hangover teas, to chai latte and Moroccan mint, to specialist barley tea, bubble tea and even dandelion coffee. There is also a 'best of the rest' section with more unique ingredients that can be used for drinks, such as ginger, cinnamon, pomegranate, orange and valerian. Whether you are a gardener, cook or crafter, Wild Tea is the perfect guide to allow you to take your health and wellness into your own garden and create specialized brews at home.

About the Author

Nick Moyle and Richard Hood are founders of the award-winning website www.twothirstygardeners.co.uk, which chronicles their adventures turning what they grow and forage into drinks. The authors of the craft-beer book Brew It Yourself, sold in ten languages, they write for UK magazines and journals, have appeared on national TV (The Alan Titchmarsh Show and Countryfile) and are regulars on the events circuit.



Price: **AU \$29.99** **NZ \$32.99**
 ISBN: **9781859064573**
 Format: **Misc HB**
 Package Type: **HARD BACK**
 Dimensions: **246h x 189w mm**
 Extent: **176 pages**
 Bic1: Health & wholefood cookery
 Bic2: <Table Missing>
 Author now living:

The Ayurveda Detox

Anu Paavola

The Ayurveda Detox offers natural ways to heal ailments and improve digestion and metabolism, with mental detox methods such as meditation, yoga and breathing practices and physical detox methods such as fasting. Includes recipes and home remedies to enhance your detox plan.

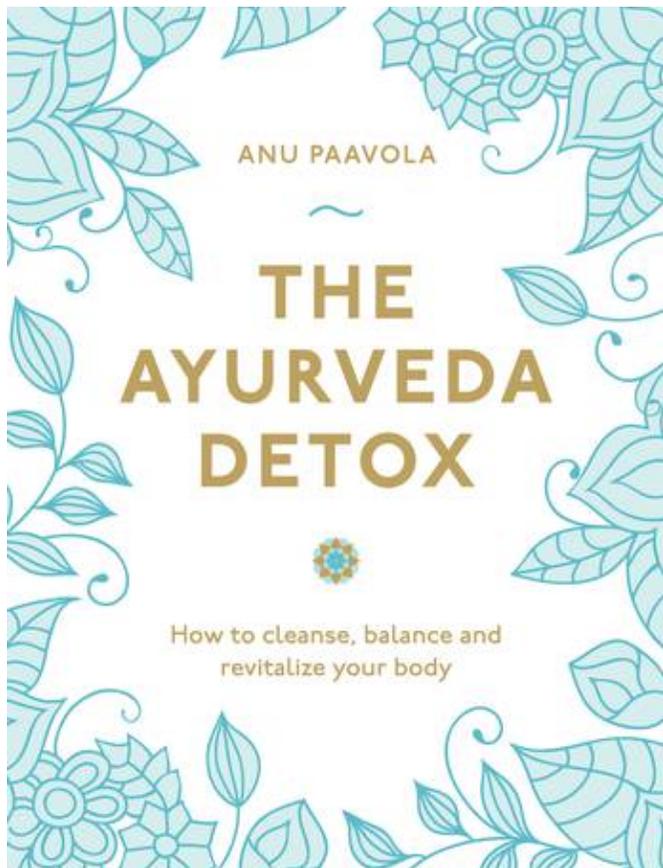
Description

According to Ayurveda, our natural state is one of health, happiness and an inner sense of wellbeing. Health is defined as the body being clear of toxins, the mind at peace, calm emotions, wastes eliminated and organs functioning normally. In a busy and toxic world, our physical and mental systems accumulate toxins causing deterioration in bodily functions.

This book begins by introducing Ayurveda, its origins and characteristics, approaches and healing methods - the most extreme being detoxing. It analyzes our individual constitutions and needs - the doshas (kapha, pitta and vata) and examines the importance of our digestion for eliminating toxins. Armed with this vital information, the book moves on to mental and physical detox plans and routines, recipes and home remedies. The plans increase in strength from daily detoxes to the signature detox of Ayurveda: Panchakarma.

About the Author

Anu Paavola is a qualified Ayurveda practitioner and yoga instructor. After graduating with B.Sc (Hons) from Mayur Ayurvedic University of Europe in London, she worked in an Ayurvedic hospital in India. In 2011, she founded Jivita Ayurveda spa and clinic in North London in response to the demand for modernized education in Ayurveda. She offers courses for therapists and practitioners.



Price: **AU \$35.00** **NZ \$39.99**
 ISBN: **9781859064757**
 Format: **Misc PB**
 Package Type: **PAPERBACK**
 Dimensions: **246h x 189w mm**
 Extent: **176 pages**
 Bic1: Ayurvedic therapies
 Bic2: <Table Missing>
 Author now living:

Most Difficult Maths Tests (Mensa)**Gareth Moore**

This book consists of 200 difficult puzzles of a variety of different types focussing on maths and numerical reasoning. Questions include mathematical grid puzzles such as killer Sudoku and numerical crosswords, as well as maths-based logic and pattern puzzles. Puzzle artworks and full-colour illustrations are included throughout.

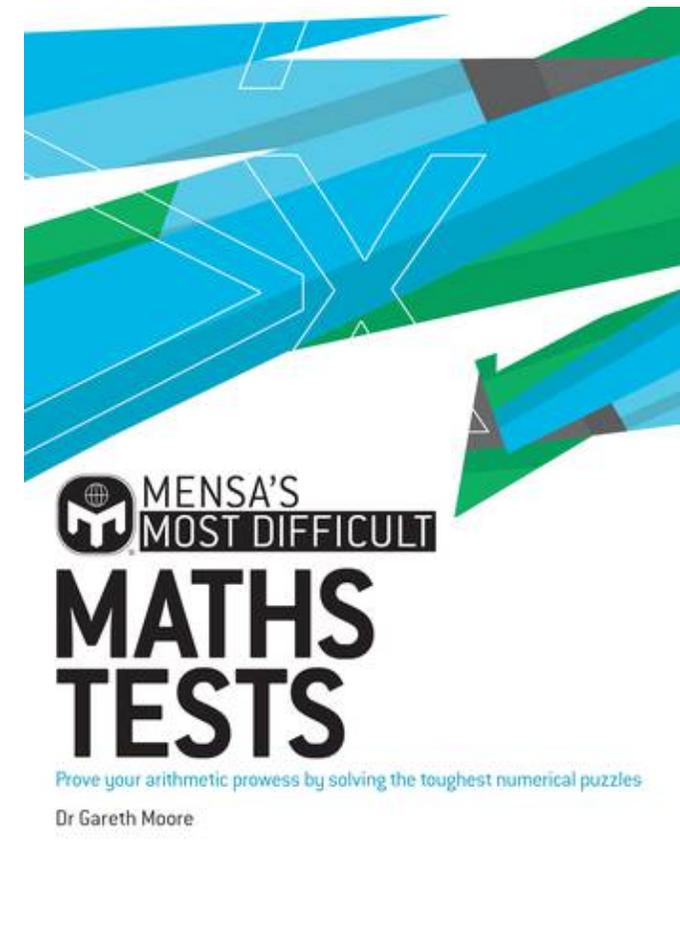
Description

Mensa's Most Difficult Maths Tests provides an exceptional challenge for even the most adept of puzzlers. All aspects of arithmetical thinking are tested by the high IQ society's finest puzzle-setters. With puzzles ranging from killer Sudoku to numerical crosswords, this colourful puzzle book will keep you entertained for hours.

About the Author

Dr Gareth Moore is one of the world's leading puzzle-setters, with more than 750,000 book sales to his name. He is the author of more than 75 international brain-training titles including the bestselling puzzle book The Ordnance Survey Puzzle Book, which has sold more than 120,000 copies in the UK. He is also the creator of Brained Up, a cutting-edge brain training site offering scientifically designed daily sessions to help you make the most of your brain.

Mensa is the largest and oldest high IQ society in the world. It is a non-profit organization open to people who score at the 98th percentile or higher on a standardized, supervised IQ or other approved intelligence test.



Price: **AU \$19.99** **NZ \$22.99**
 ISBN: **9781787394292**
 Format: **Misc PB**
 Package Type: **PAPERBACK**
 Dimensions: **237h x 185w mm**
 Extent: **144 pages**
 Bic1: Sudoku & number puzzles
 Bic2: <Table Missing>
 Author now living:

Most Difficult Pattern Puzzles (Mensa)**Tim Dedopulos**

This book consists of 200 difficult puzzles of a variety of different types focussing on pattern puzzles of all types. Questions include mathematical and alphabetical ciphers, as well as shape and geometric patterns. Puzzle artworks and full-colour illustrations are included throughout.

Description

Mensa's Most Difficult Pattern Puzzles provides an exceptional challenge for even the most adept of puzzlers. Your mind will need to be at its most nimble to spot the patterns and crack the codes hidden within these conundrums. With puzzles ranging from alphabetical ciphers to geometric sequence problems, this colourful puzzle book will keep you entertained for hours.

About the Author

Tim Dedopulos is an author, puzzle setter and editor who lives in Spain. He has written numerous puzzle books for Mensa, as well as the successful Sherlock Puzzles series and many other titles.

Mensa is the largest and oldest high IQ society in the world. It is a non-profit organization open to people who score at the 98th percentile or higher on a standardized, supervised IQ or other approved intelligence test.



**MENSA'S
MOST DIFFICULT
PATTERN
PUZZLES**

Unleash your creative problem-solving to crack 200 demanding brainteasers

Tim Dedopulos

Price: **AU \$19.99** **NZ \$22.99**
 ISBN: **9781787394308**
 Format: **Misc PB**
 Package Type: **PAPERBACK**
 Dimensions: **237h x 185w mm**
 Extent: **144 pages**
 Bic1: **Puzzles & quizzes**
 Bic2: **<Table Missing>**
 Author now living:

Mind Palace Puzzles (Sherlock Holmes)**Tim Dedopulos**

Over one hundred puzzles are included, from seemingly simple riddles to more complicated brain-busting logic puzzles, alongside murder mysteries for the reader to solve alongside Sherlock. Tips and tricks for solving the Sherlock way are included, as well as an introduction to the memory techniques needed to create your own mind palace!

Description

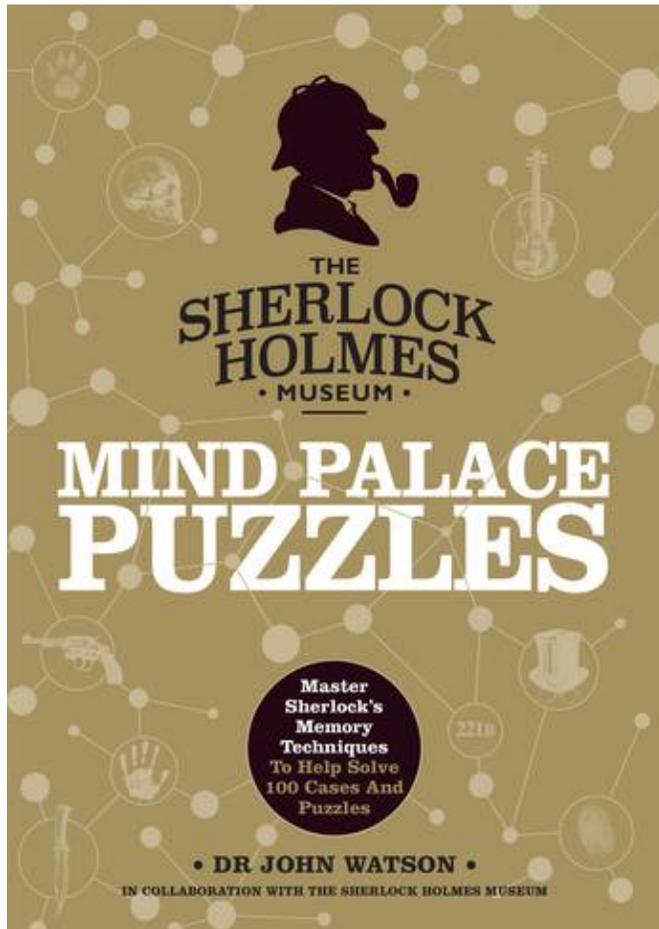
The game is afoot once more, and Sherlock Holmes and Dr Watson are back to solve criminal mysteries and puzzles alike.

In Sherlock Holmes Mind Palace Puzzles, Dr John Watson shares the great detective's memory-boosting techniques to help you start to think the Sherlock way. As you work your way through Watson's latest selection of his esteemed colleague's cases, Sherlock shares his knowledge of how the human brain works, meaning that you will find your memory skills improving until you too can create your very own Mind Palace!

The book includes more than 100 memory puzzles and classic Sherlock mysteries to solve, all written in the style of Sir Arthur Conan Doyle's revered stories.

About the Author

Tim Dedopulos, aka Dr Watson, is an author, puzzle setter and editor. He worked for Wizards of the Coast and White Wolf, and has written role-playing games and fiction. He has written several Sherlock-themed puzzle books that have sold hundreds of thousands of copies around the world.



Price: **AU \$27.99** **NZ \$32.99**
 ISBN: **9781787395534**
 Format: **Misc PB**
 Package Type: **PAPERBACK**
 Dimensions: **210h x 150w mm**
 Extent: **224 pages**
 Bic1: **Puzzles & quizzes**
 Bic2: **<Table Missing>**
 Author now living: **London, UK**

The Sherlock Holmes Puzzle Collection

Tim Dedopulos

Over 100 specially commissioned riddles and conundrums, themed around the casebook of Sherlock Holmes.

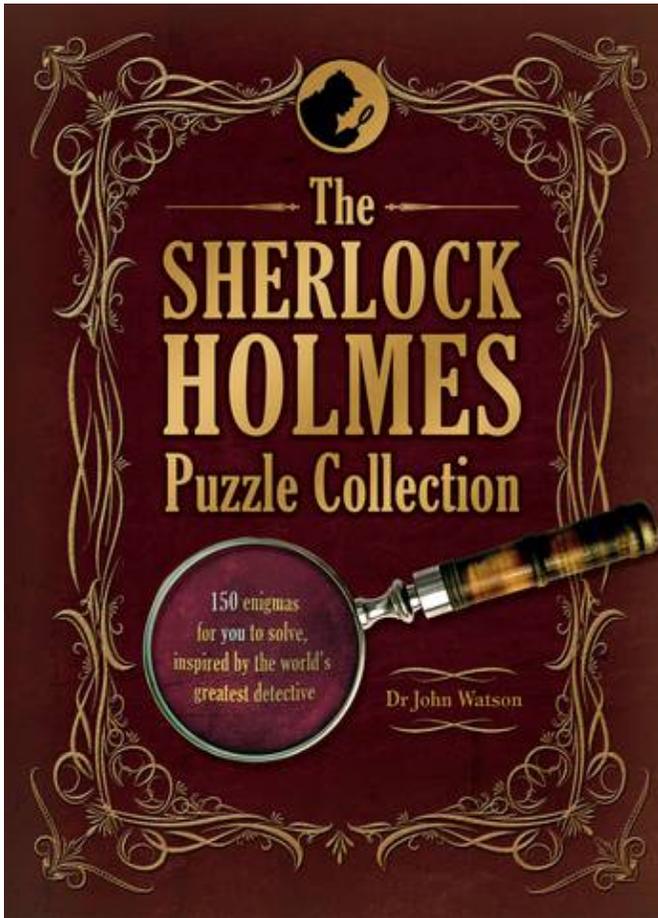
Description

Join the world's greatest fictional detective and use your own powers of deduction to solve these ingenious enigmas. This remarkable collection features all kinds of puzzles to suit all tastes and levels of logical skill - from 'elementary' to 'impenetrable'.

'You know my methods, apply them'
 Sherlock Holmes - The Sign of Four.

About the Author

Tim Dedopulos is an author, puzzle setter and editor. He worked for Wizards of the Coast and White Wolf, and has written role-playing games and fiction. A passionate fan of fantasy in all its forms, he lives in central London.



Price: **AU \$27.99** **NZ \$32.99**
 ISBN: **9781847329011**
 Format: **Misc HB**
 Package Type: **HARD BACK**
 Dimensions: **238h x 170w mm**
 Extent: **288 pages**
 Bic1: **Puzzles & quizzes**
 Bic2: **<Table Missing>**
 Author now living: **London, UK**

Stoner's Optical Illusions

Jaz Cigarette

One hundred bespoke artworks have been created to make you wonder if you smoked way more than you thought - or if the illusions just make you feel like you did. In this trippy book, there are new designs and classic optical illusions that have been redesigned with a weed theme, but with the psychology and science behind them still intact.

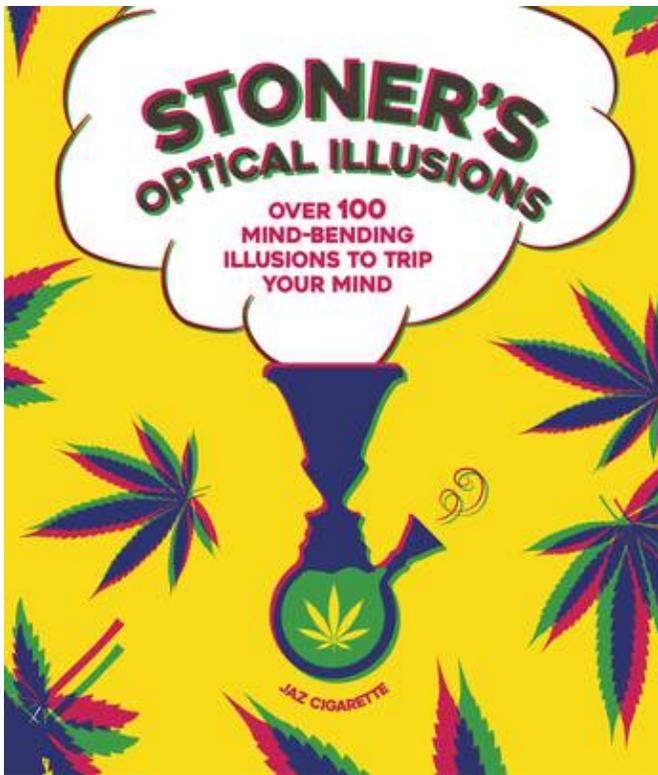
Description

If you're a fan of both mind-bending substances and mind-bending illusions, then blaze your way through the trippy illustrations inside Stoner's Optical Illusions.

There might not be 420, but there are still more than 100 marijuana-themed artworks inside that will make you wonder if you've smoked just a little too much. From pulsating patterns to bizarrely impossible shapes - not to mention spliffs that you could have sworn were longer a minute ago - this book will make your brain tingle before it blows your mind. Isn't that dope?

About the Author

Jaz Cigarette is a chilled-out writer who has experienced strange visions and hallucinations for much of his adult life. He has always been amazed and befuddled by the strange patterns he sees, and constantly searches for the meaning behind why they appear only to him. His friends and family are much more certain that they know why... Nevertheless, this is his book.



Price: **AU \$19.99** **NZ \$22.99**
 ISBN: **9781787395831**
 Format: **Misc HB**
 Package Type: **HARD BACK**
 Dimensions: **172h x 148w mm**
 Extent: **160 pages**
 Bic1: 3-D images & optical illusions
 Bic2: <Table Missing>
 Author now living:

Magickal Tarot

Robyn Valentine

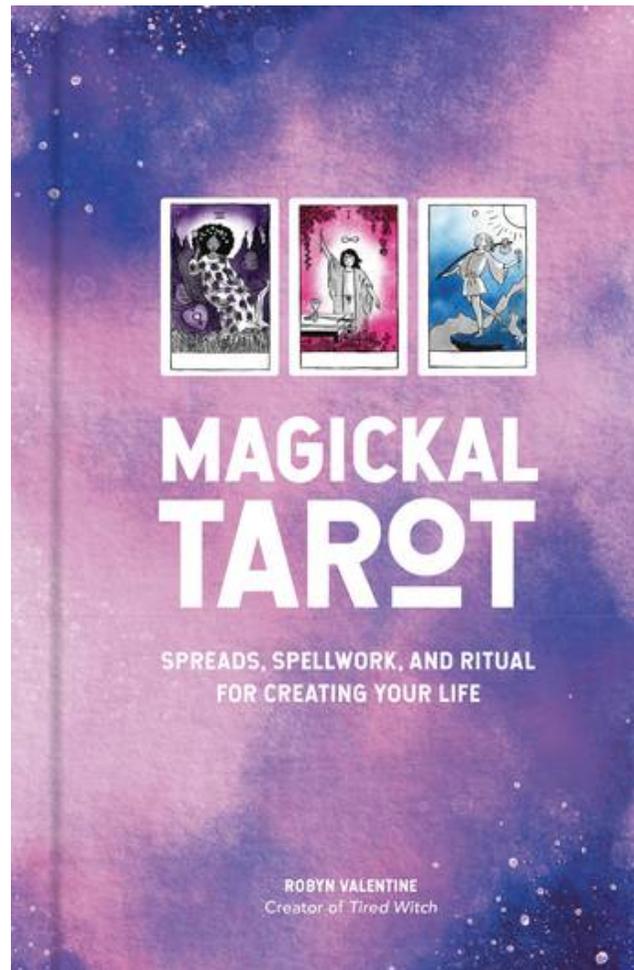
Written by @TiredWitch creator Robyn Valentine, Magickal Tarot helps you tap into the energy of the cards for manifesting and amplifying desired outcomes in spells and rituals.

Description

Magickal Tarot offers a unique approach to tarot that teaches you how to tap into the energy and archetypes of the Major Arcana for manifesting and amplifying desired outcomes. Tarot is a powerful tool for divination. Its magick, however, goes far beyond fortune-telling and prediction. Tarot cards represent situations we experience as we progress through the journey of life, with each card holding specific messages of perspective and guidance. Each individual tarot card holds rich symbolism that is imbued with energy and vibration. That energy can be applied to nearly all forms of manifestation, thus making your tarot deck a powerful magickal tool you can use to invoke specific outcomes in spells and ritual work. With Magickal Tarot, you'll learn the specific manifestation focus of each Major Arcana card as well as spells and rituals that align with each card:

- Use the Magician for confidence and glamour magick
- Use the High Priestess to assist in dreamwork and divination
- Use the Empress to support fertility and grounding of your creative projects
- Use the Emperor to aid in receiving a promotion or professional success

About the Author



Price: **AU \$29.99** **NZ \$32.99**
 ISBN: **9781589239937**
 Format: **B**
 Package Type: **HARD BACK**
 Dimensions: **203h x 127w mm**
 Extent: **160 pages**
 Bic1: Tarot
 Bic2: <Table Missing>
 Author now living:

The Ultimate Guide to Astrology

Tanaaz Chubb

With *The Ultimate Guide to Astrology*, leading astrologer and Instagram star Tanaaz Chubb (@foreverconscious) presents a modern and accessible approach to astrology with an emphasis on the signs and the planets.

Description

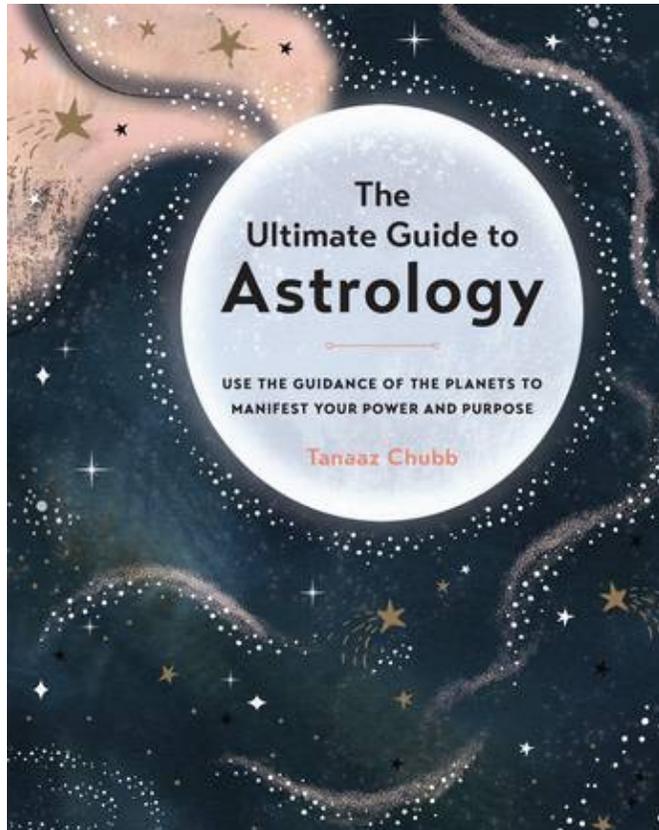
The Ultimate Guide to Astrology is a modern and appealing approach to the most popular aspects of astrology—the signs and the planets—from leading astrologer Tanaaz Chubb of the wildly popular Instagram astrology handle, Forever Conscious. Astrology can be a complicated subject filled with technical content such as charting, planetary aspects, and transits. For most beginners, these are confusing and dry details that obscure the most magical aspects of astrology. *The Ultimate Guide to Astrology* clearly and succinctly explains these complicated facets, thus enabling you to quickly move onto the bigger picture of using the signs and the planets to understand yourself and your life with deeper clarity.

- Learn how to quickly set up your astrological chart.
- Understand the unique energetic expression of each planet and how it expresses itself in your birth chart.
- Discover where each sign sits in your chart and how it impacts specific life areas such as career, finances, health, and relationships.

With this unique approach, you'll be able to intuitively understand your cosmic blueprint and how to apply it to your life.

About the Author

Tanaaz Chubb is the creator of Forever Conscious, one of the most prominent spiritual websites online today. As a gifted intuitive and astrologer, Tanaaz has worked with many different people from all around the world, helping to guide them to understand themselves better through harnessing the power of the stars and spirit.



Price: **AU \$32.99** **NZ \$36.99**
 ISBN: **9781589239876**
 Format: **Misc PB**
 Package Type: **PAPERBACK**
 Dimensions: **254h x 203w mm**
 Extent: **176 pages**
 Bic1: Astrology
 Bic2: <Table Missing>
 Author now living:

Be Bold, Be You

Anna Goldstein

Tap into your innate potential by taking practical steps to build your confidence with Be Bold, Be You!

Description

Be Bold, Be You is an interactive journey to discover your own confidence. Learn how to transcend fear, trust your gut, and take practical steps to build your self-esteem. Once you break free from what's holding you back, clarify your vision, and step into your power, you will see measurable changes in all areas of your life.

Feeling stuck or that something is just not quite right? You know you are meant for more, so how do you access the clarity and confidence to take your life to the next level? You won't discover it by simply thinking positive thoughts or by squaring your shoulders and faking it. It requires a choice: less people-pleasing and perfectionism and more action, risk taking, and fast failure. If you're ready to take control of your life, Be Bold, Be You is here to help you gain a deeper understanding of the internal forces shaping your life's direction. With this knowledge, you can fully realize your potential to live in a body you love, have fulfilling relationships, a meaningful career, and more. Here are some of the things that self-assured people (and soon enough, you!) do:

- Applaud their imperfections
- Say no
- Trust their own judgment, and also listen to others' opinions
- Don't mirror others to find what makes them happy
- Open themselves to love
- Ask for help
- Strive to understand their emotions
- Release guilt
- Love watching their friends soar

Dispel the illusion that the reason you can't achieve something is a lack of adequate resources. All you need is within you now and this book will show you how to tap into this innate potential from the inside out. You got this!

Other titles in the series include: Progress Over Perfection; Find Your Flow; Be Happy; Seeking Slow; Finding Gratitude; Eff This! Meditation; The Joy of Forest Bathing; Find Your Mantra; It Had to be You; Men's Society; Genius Jokes; The Calm and Cozy Book of Sleep and Choose Happy.

About the Author

Anna Goldstein is an NYU-Certified Life & Business Coach and Host of the Profit with Purpose Podcast. With her shoot-from-the-hip style and keen gift for zooming straight to the heart of any issue, Anna has made her name helping clients figure out what they truly want, and to go get it already! For the past decade, she has been coaching professionals including Broadway actors, executives, entrepreneurs, and many more. Anna has been featured in Oprah.com, The New York Observer, Time Out New York, SHAPE Magazine, and Marie Claire and has been a guest speaker on Sirius Radio

BE BOLD

A GUIDE TO
*UNBREAKABLE
CONFIDENCE*

ANNA GOLDSTEIN

Price: **AU \$24.99** **NZ \$27.99**
 ISBN: **9781631067327**
 Format: **Misc HB**
 Package Type: **HARD BACK**
 Dimensions: **200h x 140w mm**
 Extent: **144 pages**
 Bic1: Assertiveness, motivation & self-esteem
 Bic2: <Table Missing>
 Author now living:

Beautifully Brave
Sarah Pendrick

With Beautifully Brave, foster your inner light through authentic self-love exercises and practices that are easy to use in the real world.

Description

Unleash the inner you and cultivate a life full of greatness. Beautifully Brave provides a road map for building self-belief and self-love with practices that promote growth. Return to this beautiful book time and time again for instant support-just flip through to find exactly what you need for every situation of self-sabotage. It's easy to feel unworthy of all the amazing things that life has to offer.

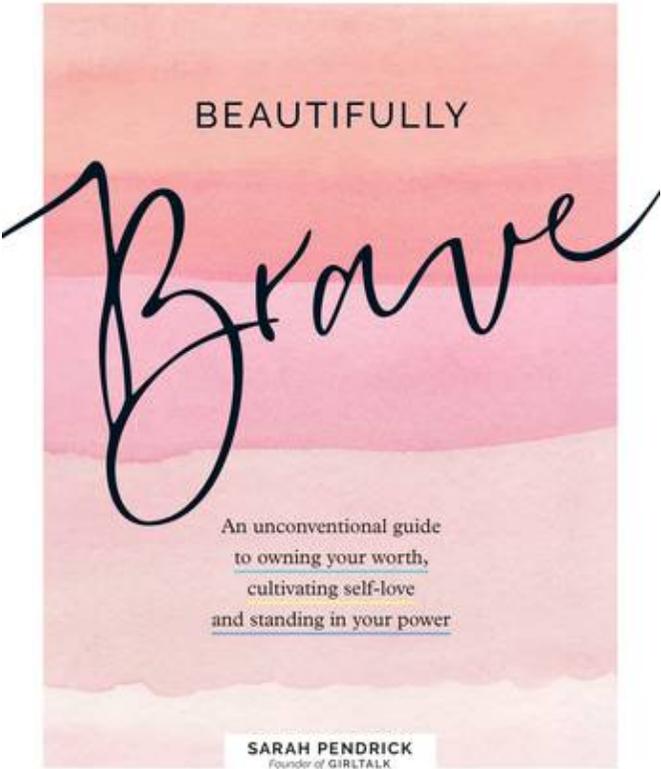
Self-doubt can keep us from living fulfilling lives. When you are feeling stuck in the comparison trap, asking yourself why everyone seems to have their life figured out and you don't, know that the rewards life holds for you will come in due time. And when they do, know that you deserve it. Each chapter helps you take on every day with full force and moves you toward a better you. You'll find ways to stop comparison, foster self-belief, eliminate self-doubt, and push through emotional roadblocks to help you unlock your fullest potential. Sacred self-love notes will motivate and encourage you whenever you need it. Are you feeling down because something you planned so hard for didn't go through as planned? Give yourself grace and kindness; this is a new lesson that you can use to achieve your next accomplishment. A variety of creative and interactive activities will have you welcoming more inner love into your life. Learn how to build from your inner strengths with simple positive habits and transform your experiences into lessons. Deepen your understanding of yourself through:

- Authentic advice
- Mantras
- Self-love assessments
- Self-love deep dives

Then seize your new confidence to take these powerful techniques in the real world. Create a self-love plan to a life full of purpose, joy, and greatness. Be your own best friend while loving yourself through anything with Beautifully Brave.

About the Author

Sarah Pendrick is the Founder of one of the original women-supporting women movements, The GirlTalk Network (originally GirlTalk LA) and the other leg of their 501c3 Foundation. Her mission is to empower women of all ages while serving as a resource for young women. Sarah is a self-love advocate, community influencer, life coach, writer, empowerment speaker, and philanthropist. With a degree in Psychology and a Masters in Family Therapy, Sarah developed a famous womens event that benefits a custom empowerment program for young women. She travels all over the United States to speak to women and provides them with support, education, and empowerment.



Price: **AU \$35.00** **NZ \$39.99**
 ISBN: **9781631067488**
 Format: **Misc HB**
 Package Type: **HARD BACK**
 Dimensions: **246h x 190w mm**
 Extent: **208 pages**
 Bic1: Self-help & personal development
 Bic2: <Table Missing>
 Author now living:

**Self Care (A Journal)
Editors of Chartwell Books**

Self Care is a guided journal to help you unlock the happiest parts of yourself.

Description

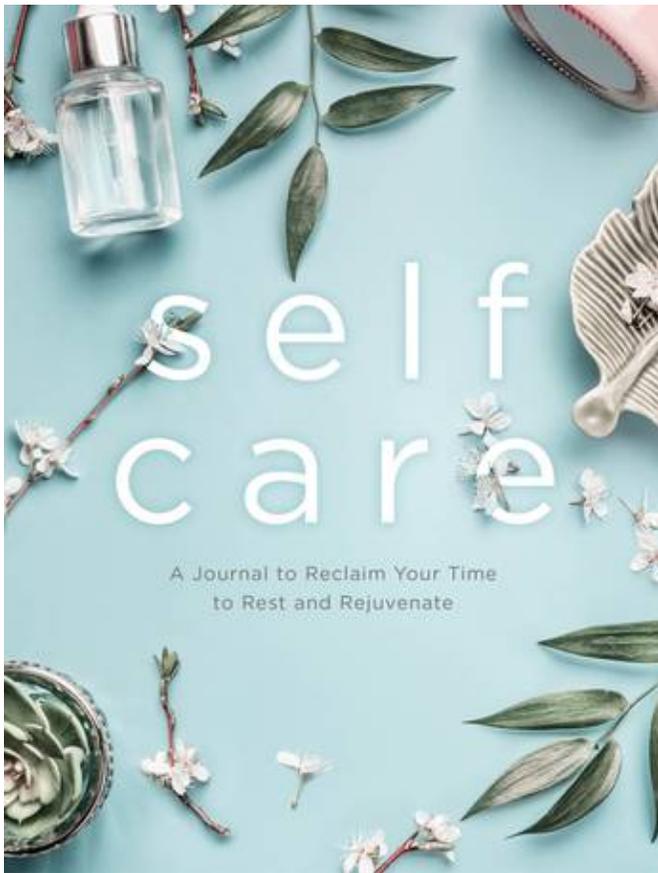
The interactive and beautifully designed Self Care journal guides you through the personal journey of building boundaries and reclaiming the things that make you happy. Being happy and fulfilled should be simple, but in our loud and messy world it can be difficult to find our roots. Through self care, you can ground yourself and reverse the negative effects that stress and the hectic nature of life have on the body while also reaching for your higher self. The Self Care journal works to help you in this goal in three interactive ways:

- Habit and mood trackers guide you through the physical ways stress can manifest in the body
- Thoughtful journal prompts and exercises help you dream up and visualize the best version of your life
- Insightful journal prompts show you how to carve out time for yourself and get to know yourself even better than you already do

The writing prompts help you work through the common issues that plague our general well-being, while the health and fitness trackers of various shapes and sizes help illuminate any trends in mood based on your physical wellness. The journal is laid out intuitively, but you can hop around the different areas as you see fit. By tracking the things that bring us joy and bringing more of them into the fold, we can find a lifelong happiness that doesn't involve chasing the marketed version of happiness we see everywhere, but rather by finding gratitude in the minor moments of joy in our lives.

About the Author

Publishing and supplying books to wholesalers, mail order companies, and retail stores for over 60 years. Chartwell Books publishes across a wide range of subjects, including history, craft, home reference, puzzles and games, music and music instruction, art instruction, transportation, and more.



Price: **AU \$16.99 NZ \$18.99**
 ISBN: **9780785839248**
 Format: **Misc PB**
 Package Type: **PAPERBACK**
 Dimensions: **210h x 160w mm**
 Extent: **160 pages**
 Bic1: Self-help & personal development
 Bic2: <Table Missing>
 Author now living:

Complete Guide to Self-Care

Kiki Ely

Self-care is far from selfish. Learn lots of new mantras, tips, tricks, and crafts to help balance out all the moving parts in your life with The Complete Guide to Self-Care.

Description

The Complete Guide to Self-Care features 100 accessible activities that help you reconnect with your body, mind, spirit, and surroundings, and leave you feeling refreshed and ready to face the world again. Caring for yourself is far from selfish and self-care is far from a new phenomenon, but it's recently been in the popular vernacular. With screens, work emails on our phones, notifications, and poor boundaries between ourselves and the world around us, taking time and making space for ourselves has become more and more important. Therapy, caring for plants, making your favourite dish...these are all little ways to reclaim parts of yourself that you've lost track of in the daily hustle of life.

With encouraging reminders, inspiring thoughts, easy wins, and practical advice, The Complete Guide to Self-Care helps you identify your needs so you can relax, refuel, and find calm in your hectic life. This book tells you why mindset is key, how to nourish instead of punish yourself, how to exercise and sleep, and why it is important to go slow sometimes. You live your whole life being you, so why not be your own best friend? The Complete Guide to Self-Care is a book for people who need to relax, chill out, or re-centre. You'll learn how to achieve this by:

- Setting an effective and fruitful sleep schedule
- Creating exercise routines and not feeling bad about falling off the bike
- Saying no to things you don't want to do (and things that maybe you do but don't have space for)
- Reading, writing, art, music, and all forms of expression that water our soul
- Setting aside time that is only for you, no one else, no exceptions
- Watering yourself and giving yourself proper nutrients

In the tumults of our hectic world and your busy life, if you're working toward being emotionally available and hungry for stability, a happier and healthier you is within your grasp.

About the Author

Kiki Ely is a former attorney and event designer who made the conscious decision to pursue a life that was more fulfilling, connected, and authentic. Kiki is a self-care, mindset, and beauty curator, influencer, blogger, and author. She speaks at conventions, retreats, workshops, and on podcasts. In addition to this, she coaches individuals and businesses seeking more alignment, balance, and truth in their day to day operations. Kiki believes that everyone deserves to live a life that is a full expression of who they truly are.



Price:	AU \$24.99	NZ \$27.99
ISBN:	9780785838302	
Format:	Misc HB	
Package Type:	HARD BACK	
Dimensions:	235h x 191w mm	
Extent:	168 pages	
Bic1:	Lifestyle & personal style guides	
Bic2:	<Table Missing>	
Author now living:		

Kama Sutra for Beginners (Press Here!)**Michelle Pauli**

Kama Sutra for Beginners is an accessible introductory guide to the art of lovemaking featuring easy-to-follow and beautifully illustrated instruction on a range of sexual positions.

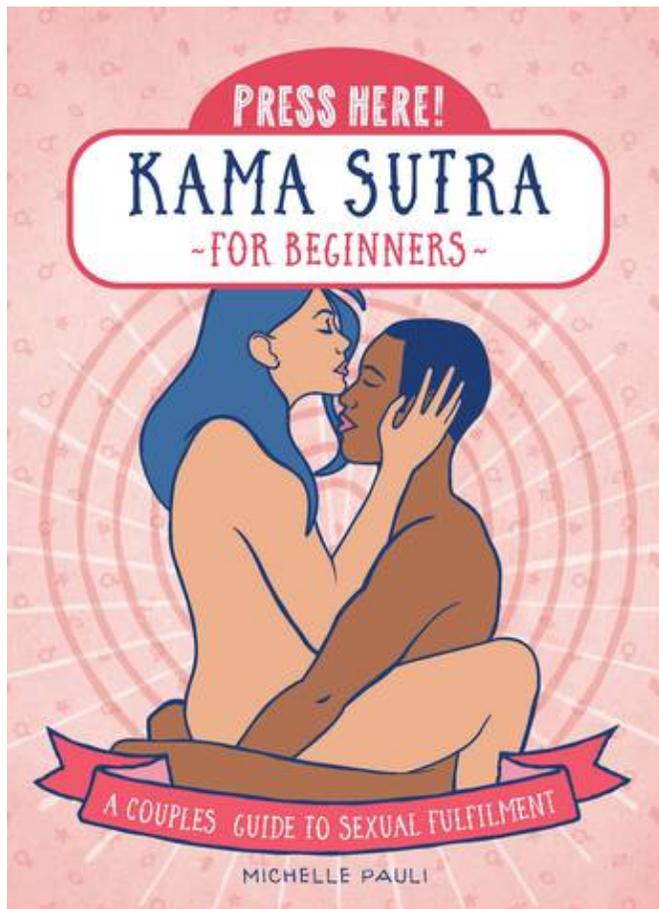
Description

Kama Sutra for Beginners is a practical and inspirational guide to lovemaking based on the renowned ancient Indian text—learn through beautiful illustrations, step-by-step instructions, and expert advice. Discover how to invigorate your relationship and add an extra dimension to your love life by adding new positions to your sexual repertoire. Elegant illustrations and easy-to-follow instructions demonstrate sexual positions and inventive erotic techniques that are guaranteed to heighten your sexual pleasure.

The Press Here! series offers contemporary takes on traditional hands-on healing practices for a new generation of practitioners. These introductory guides feature easy-to-access organization, clear instructions, and beautiful illustrations of each technique. Other Press Here! topics include massage, reiki, reflexology, chakras, face workouts, and acupressure.

About the Author

Michelle Pauli is an experienced journalist and writer on relationships and spirituality. Her previous books include *In Search of the Ultimate High* (Random House, 2000), *Sex with Spirit* (Red Wheel/Weiser, 2002), *Spiritual Sex* (MQP, 2002) and *Sex Secrets* (MQP, 2002). She lives in Brighton, in the south of England.



Price: **AU \$24.99** **NZ \$27.99**
 ISBN: **9781589239982**
 Format: **Misc HB**
 Package Type: **HARD BACK**
 Dimensions: **210h x 160w mm**
 Extent: **128 pages**
 Bic1: Sex & sexuality, sex manuals
 Bic2: <Table Missing>
 Author now living:

Sensual Massage for Beginners (Press Here!) Sydney Price

Learn how to practice the art of sensual massage, with yourself and/or a partner, with Sensual Massage for Beginners.

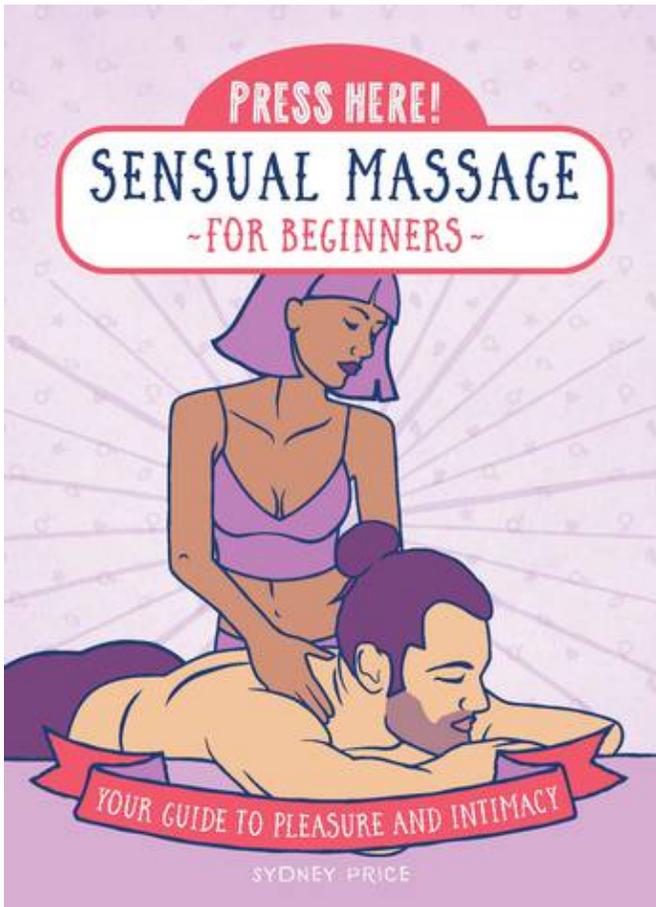
Description

Sensual Massage for Beginners is an introductory guide to practicing the art of sensual massage, with yourself and/or a partner—learn through beautiful illustrations, step-by-step instruction, and expert advice. Sexuality is an integral part of your health and self-development. Whether you are single, dating, or already in a relationship, spending quality time exploring the nature of your own and a partner's sexual pleasure and expression through touch can increase your satisfaction, confidence, and bonding while reducing stress. With this guide, learn how to create a unique and satisfying sensual massage experience, including:

- How to use communication to create a safe space and honestly share desires
- Using breath and focus to slow down
- How to create different sensations with your hands
- A demystifying and non-shaming breakdown of the anatomy of arousal (often left out of traditional sex education)
- Creating a sensual space with oils, aromatherapy, toys, and props
- A guided practice model for trying a full body sensual massage either alone or with a partner

Add sensual massage to your self-care routine or bonding time with a partner to improve your overall well-being with Sensual Massage for Beginners. The Press Here! series offers contemporary takes on traditional hands-on healing practices for a new generation of practitioners. These introductory guides feature easy-to-access organization, clear instructions, and beautiful illustrations of each technique. Other Press Here! topics include massage, Kama Sutra, reiki, reflexology, chakras, face workouts, and acupressure.

About the Author



Price: **AU \$24.99** **NZ \$27.99**
 ISBN: **9781589239999**
 Format: **Misc HB**
 Package Type: **HARD BACK**
 Dimensions: **218h x 168w mm**
 Extent: **128 pages**
 Bic1: Sex & sexuality, sex manuals
 Bic2: <Table Missing>
 Author now living:

Reiki for Beginners (Press Here!)**Victor Archuleta**

Reiki for Beginners (Press Here!) is a contemporary take on the ancient, Japanese Buddhist healing practice. Reiki is now accessible for a new generation of readers.

Description

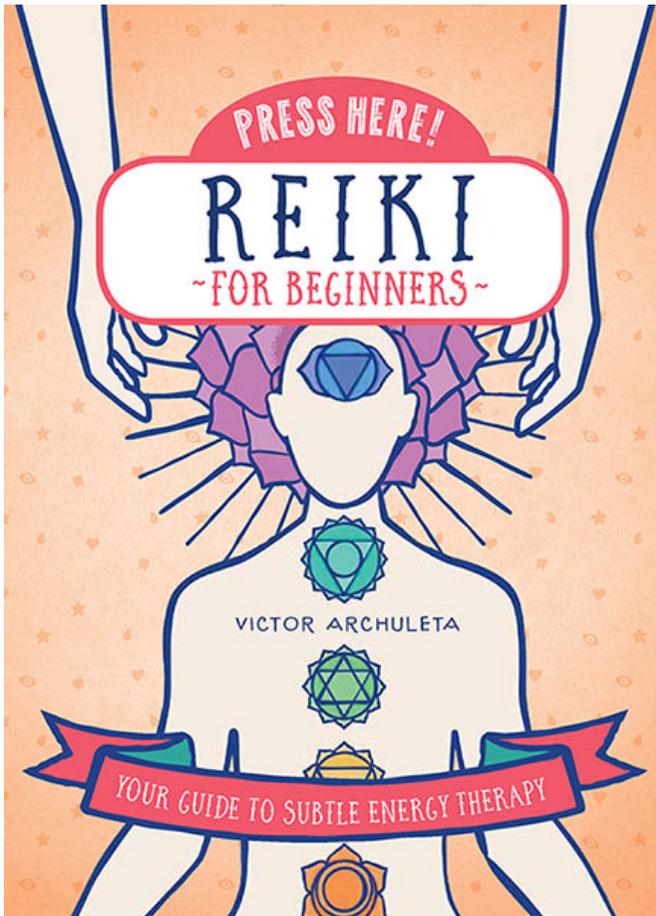
Reiki is a non-invasive Japanese approach to natural health which reduces stress and promotes healing. Reiki is practiced by "laying on hands"; channeling the unseen "life force energy" that flows through the body and creates life. If your life force energy is low, you are more likely to be stressed, anxious, and ill. With these sophisticated techniques, you will begin to feel the life force energy flow through you more rapidly.

Reiki is a full body treatment, and thus, supports the whole person's emotions, mind, body and spirit, and create feelings of peace and well being. Reiki for Beginners offers accessible instruction in fun, contemporary, illustrations to teach a whole new audience the benefits of a vital reiki practice.

About the Author

Victor Archuleta is a healing practitioner with his own practice in the Los Angeles, California, area. He is trained as a yoga teacher and is a certified Reflexologist, a 3rd level Reiki practitioner and is trained as a CranioSacral therapist. He is a member of the Reflexology Association of California and a member of the Associated Bodywork and Massage Professionals.

Emily Portnoi is a professional designer with extensive experience working in advertising, branding, packaging design, illustration, and publishing. She lives in Brighton, UK.



Price: **AU \$24.99** **NZ \$27.99**
 ISBN: **9781592337910**
 Format: **Misc HB**
 Package Type: **HARD BACK**
 Dimensions: **211h x 152w mm**
 Extent: **128 pages**
 Bic1: Reiki
 Bic2: <Table Missing>
 Author now living:

**Food by Fire
Derek Wolf**

Food by Fire, based on the popular blog and Instagram Over the Fire Cooking, covers everything from easy wins for live fire grilling beginners to unique techniques from around the world.

Description

In Food by Fire, join live fire cooking expert Derek Wolf to discover the secrets to great flavour. Master the art of starting cooking fires and learn about the best fuel sources. Then tackle a variety of recipes using direct heat and indirect heat, mastering skillet, skewers, and more along the way. Derek has been researching global fire-cooking techniques for the better part of a decade, travelling around the world to learn about dishes like lamb al asador and brick-pressed chicken. He shares it all in this book. If you're looking to try cooking on the coals with herb butter oysters or picanha like a Brazilian steakhouse, you've come to the right place. Recipes include:

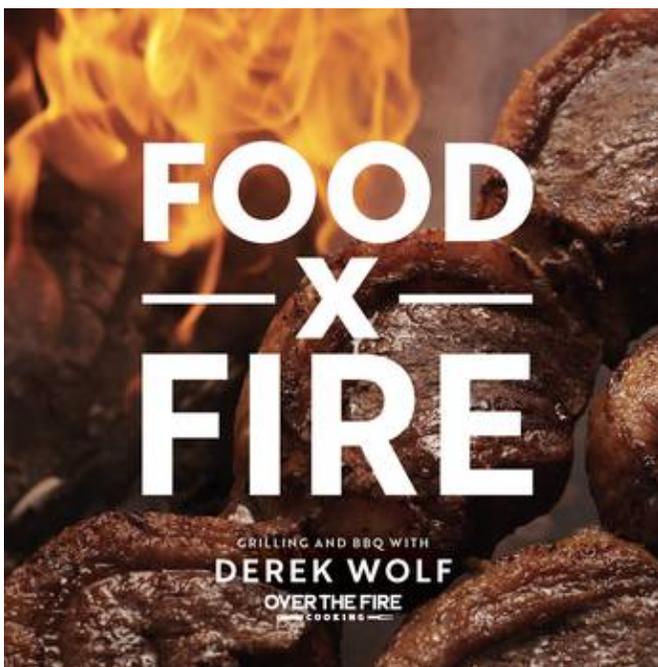
- Herb Brush Basted Bone-In Ribeye
- Leaning Salmon Plank with Lemon Dill Sauce
- Al Pastor Skewered Tacos
- Coal Roasted Lobster Tails
- Dirty Chipotle NY Strips
- Spicy Rotisserie Beef Ribs
- Salt-Baked Red Snapper
- Charred and Glazed Pineapple

On top of all that, you'll find recipes for killer sides like Grilled Bacon-Wrapped Asparagus, Cowboy-Broiled Cheesy Broccoli, and Charred Brussel Sprouts, as well as unique sauces like Spicy Cilantro Chimichurri and Maple Bourbon Glaze. It's everything you need to cook your next meal by fire.

About the Author

Derek Wolf fell in love with live fire cooking while on his couch, watching TV, and procrastinating school work in college. While scrolling through the endless list of shows, he found a documentary following a South American chef and his adventures cooking with fire. It was love at first sight. He had to try it himself. The first meal Derek and his wife cooked was a Porter Road skirt steak with homemade chimichurri sauce. It must have been beginners' luck because it was delicious. From that moment on, Derek decided that if he was grilling, then he was grilling over a live fire. Derek soon started documenting his journey on Instagram, sharing open fire cooking recipes and photos with @overthefirecooking. Soon enough, he had fellow fire enthusiasts submitting photos and videos as well. He started featuring some of these chefs and home cooks on his channels in order to inspire everyone and show that cooking over fire is simple and relatable.

Over The Fire Cooking has grown from a couple hundred followers to almost a million in less than 3 years. Derek has been able to travel all over the United States, Europe, and the Americas to learn different styles of cooking. With an



Price: **AU \$39.99** **NZ \$45.00**
 ISBN: **9781592339754**
 Format: **Misc HB**
 Package Type: **HARD BACK**
 Dimensions: **229h x 229w mm**
 Extent: **208 pages**
 Bic1: **Cooking with meat & game**
 Bic2: **<Table Missing>**
 Author now living:

BBQ Revolution

Mitch Benjamin

In BBQ Revolution, you'll find mouthwatering que from classic competition-winning recipes to more creative fare from renowned pitmaster and popular Char Bar restaurant owner Mitch Benjamin (aka Meat Mitch).

Description

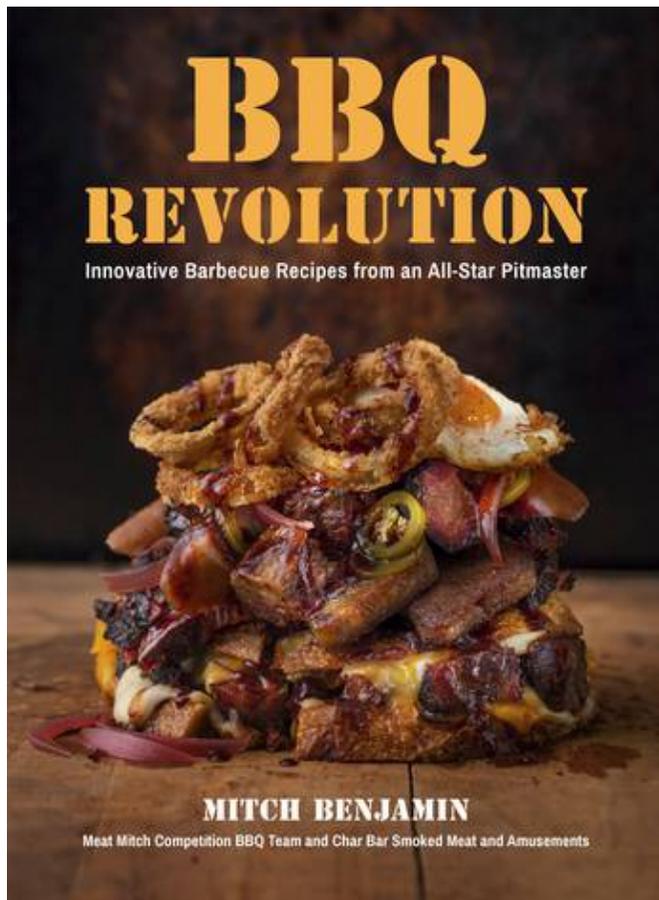
From classic, competition-winning recipes to boundary-pushing que, join the founder of Meat Mitch competition BBQ team and Char Bar in Kansas City for a BBQ Revolution! Mitch Benjamin has helped open BBQ restaurants in Paris, served his smoked meat to baseball legends at Yankee field, and taken home some serious hardware from just about every major BBQ competition. In this book, he throws open the doors to his kitchen (or as he calls it, his "Mitchen") and takes BBQ on a wild ride as only he can! The book starts with his treatise on smokers and smoking, then winds its way through chapters both classic and creative:

- Learn the ins and outs of competition BBQ, including some of Mitch's award-winning recipes for sauces, rubs, and meats from brisket and burnt ends to short ribs and pork butt.
- Take a trip behind the scenes of Kansas City's Char Bar, with some of their most popular recipes like their smoked and glazed chicken wings and burnt ends eggs Benedict. Mitch even breaks out the smoking gun for some smoked cocktails!
- Next up, some truly revolutionary BBQ. Leave your expectations at home as Mitch teaches reverse smoking, sous vide, and other techniques to master non-traditional mains including oysters, shrimp, trout, jackfruit, bone marrow, meatloaf, and much more.
- There's never "que" much of a good thing! In a full chapter on making the most of smoked meat, Mitch whips up his signature "pig mac" as well as Japanese steamed buns; candied pork belly; and barbeque-stuffed tacos, quiche, and poutine.
- Last but not least, Mitch shares some of his legendary sides and "amusements." Think outrageous pimiento cheese with smoked black peppercorns, grilled roots and fruits salad, smoky whoopie pies, and more!

Whether you're relatively new to BBQ or a seasoned pitmaster, you're sure to find new ideas, techniques, and flavors if you hang around with Mitch. What are you waiting for? Go ahead, join the revolution!

About the Author

Mitch Benjamin is the founder of the Meat Mitch competition BBQ team and brand, known throughout the world in the barbecue community. He has dreamed up and cooked sauces, rubs, and meats that are consistently among the most award winning and decorated in the country. In 2019, the Meat Mitch competition team won at the most prestigious American Royal BBQ Sauce World Championship Competition, The Memphis in May World Championship BBQ Sauce Competition, and finished with a 1st, 2nd, and 3rd in the heralded National Barbecue and Grilling Competition for his sauces and rubs. His Meat Mitch products can be found in stores and national chains throughout the US and in 12 different countries throughout the world. In Kansas City, Mitch was named the "Barbecue Ambassador" to the city (by none other than Legendary Hall-of-Fame baseball player, George Brett). He has cooked for both the Home and Visitor clubhouse's during all of the Major League Baseball festivities—debuting on the actual field with a plate of ribs for



Price: **AU \$39.99** **NZ \$45.00**
 ISBN: **9781592339952**
 Format: **Misc HB**
 Package Type: **HARD BACK**
 Dimensions: **254h x 203w mm**
 Extent: **208 pages**
 Bic1: **Cooking with meat & game**
 Bic2: **<Table Missing>**
 Author now living:

The Low-Carb Mediterranean Cookbook (Clean Eating Kitchen)

Michelle Dudash

Clean Eating Kitchen: The Low-Carb Mediterranean Cookbook is a new type of Mediterranean diet cookbook focused on low-carb (aka high protein) Mediterranean recipes for lifelong health.

Description

From the creator of Clean Eating Kitchen, Michelle Dudash presents The Low-Carb Mediterranean Cookbook with simple, plant-focused recipes for lifelong health. The Mediterranean diet holds the top rank for being easy to follow and delivering proven results for improved heart health and blood sugar management, decreased risk of cancer, and increased longevity. This cookbook combines the best aspects of the Mediterranean diet with more than 100 nutritious recipes that help the whole family eat clean including 60 meals that can be prepared in 30-minutes or less.

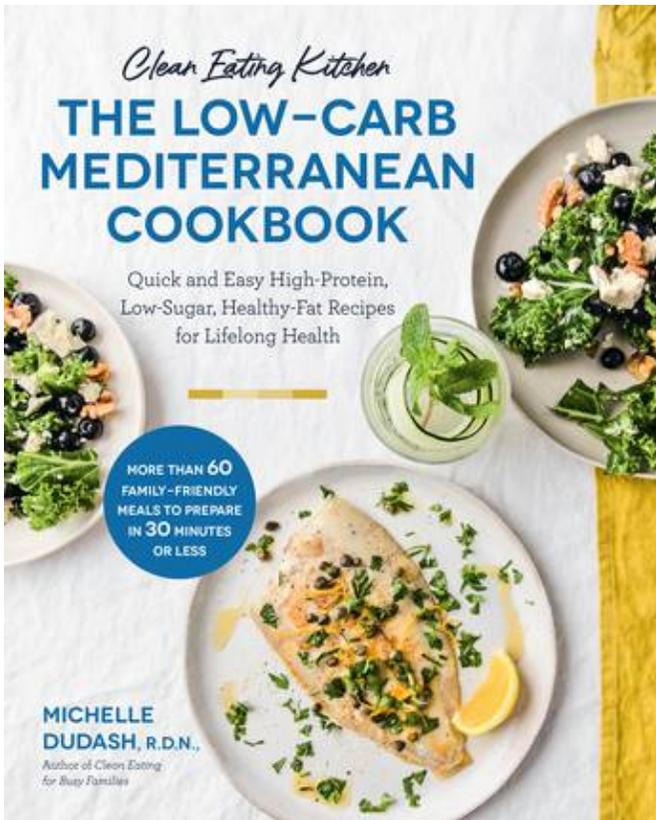
Clean Eating Kitchen: The Low-Carb Mediterranean Cookbook delivers the benefits of the Mediterranean diet with fewer carbs, satisfying a mostly plant- and seafood-based regimen that is higher in protein and good fats. This book includes the healthiest, most crave-worthy ingredients and flavors of the Mediterranean diet that are sure to induce wanderlust, including:

- Greek Spinach Pie with Almond Flour Crust
- Lebanese Meat Pies with Ground Beef and Lemon
- Chickpea Vegetable Stew with Turmeric and Cumin
- Lentil Fattoush Salad with Caramelized Red Onions
- Sheet Pan Pork Tenderloin with Grapes, Walnuts, and Blue Cheese
- Moroccan-Spiced Lamb Chops with Mint
- Chicken Gyro Lettuce Wraps
- Shrimp with Zoodles and Fresh Tomato Sauce
- And, Burrata Cheese with Balsamic-Marinaded Strawberries

With low-carb and low-sugar recipes packed with protein, you and your family can stay healthy by following one of the best eating lifestyles in the world. Enjoy simple, wholesome meals that leave everyone around the table happy and satisfied with the Clean Eating Kitchen: The Low-Carb Mediterranean Diet Cookbook.

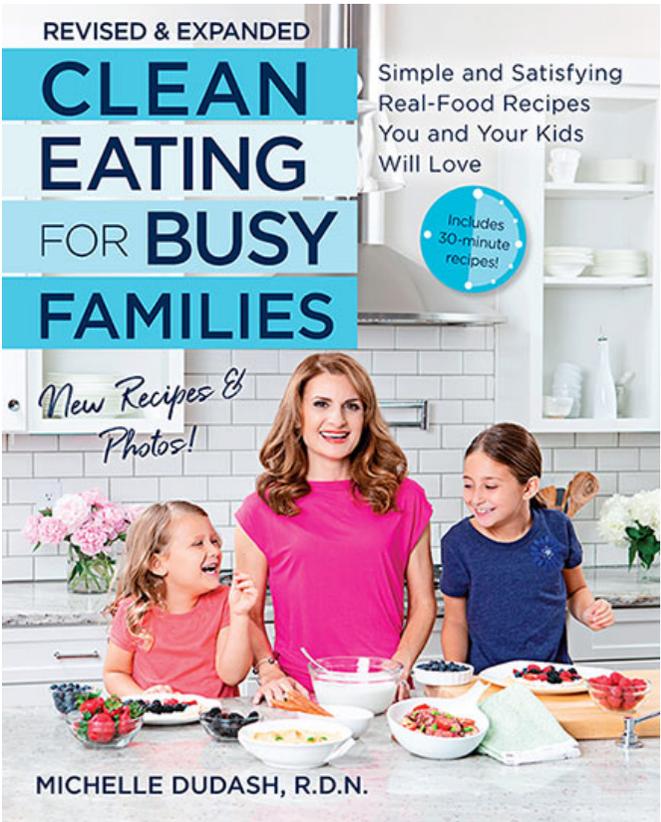
About the Author

Michelle Dudash, RDN, is an award-winning registered dietitian nutritionist, Cordon Bleu-certified chef, contributor to Food Network's Healthy Eats blog, healthy recipe columnist for The Arizona Republic, and television personality. Her recipes and articles have appeared in Men's Journal, Diabetic Living, EatingWell, Shape, SELF, and Better Homes and Gardens. She is frequently quoted in publications such as Women's Health, The Washington Post, WebMD, Forbes, Today, Bon Appetit, Prevention, Family Circle, Woman's Day, and Women's World and has appeared nationally on The Doctors, The Chew, The List, FOX and Friends, Better, Cavuto, and Radio Disney. She is the author of the cookbook Clean Eating for Busy Families. Michelle has cooked at a Mobil Five Star restaurant and was a private chef serving guests including



Price: **AU \$34.99** **NZ \$39.99**
 ISBN: **9781592339884**
 Format: **Misc PB**
 Package Type: **PAPERBACK**
 Dimensions: **235h x 191w mm**
 Extent: **176 pages**
 Bic1: **Cookery for specific diets & conditions**
 Bic2: **<Table Missing>**
 Author now living:

Clean Eating for Busy Families
Michelle Dudash



Clean Eating for Busy Families makes it easy to put healthy, quick, and family-friendly meals on the table on even the busiest of nights.

Description

Satisfy your whole family with nourishing meals they'll love. In this revised and expanded version, you'll find even more recipes and photos, streamlined weekly grocery lists, and practical tips for healthy family eating.

All parents know what a struggle mealtimes can be - you want to prepare healthy dishes for your family, but picky eaters, busy schedules, and way-too-long cooking times and ingredient lists always seem to stand in your way.

Clean Eating for Busy Families takes the challenge out of putting delicious food on the family table on a nightly basis by providing you with a clear plan for dinner success.

How does this book work?

It's Quick: From easy sautés and casseroles, to slow cooker and one-pan meals, all the recipes you'll find inside list both mode and length of cooking time, so there's no time wasted trying to calculate the timing for your schedule. Plus, most recipes can be prepared in 30 minutes or less!

It's Clean: The ever-growing "clean food" movement, which focuses on a healthy, whole foods-based approach to eating, lies at the foundation of this book, so you can be sure you're feeding your family the very best. From wholesome ingredient lists to nutritional analysis on every recipe, you can feel confident that every meal you prepare is both nutrient-rich and calorie-conscious. Options for plant-based, gluten-free, and dairy-free alternatives are also listed wherever possible.

It's Green: Featuring eco-friendly tips, along with information on how to go green while shopping and cooking, you'll find it a cinch to keep your family happy and stay eco-conscious.

And most importantly...it's delicious! From Orange Peel Chicken & Broccoli Stir-fry with Brown Rice to Baja Fish Tacos with Pico de Gallo and Summer Berry Slump with Vanilla Greek Yogurt, you'll enjoy night after night of delicious home cooking - without any of the hassle. Get started creating new and exciting dishes for your family today!

About the Author

Michelle Dudash, RDN, is an award-winning registered dietitian nutritionist, Cordon Bleu-certified chef and television personality. Michelle was a private chef serving guests including English royalty. She lives in Indiana with her husband and two daughters. Visit Michelle online at www.michelledudash.com

Price: **AU \$29.99 NZ \$32.99**
 ISBN: **9781592338610**
 Format: **Misc PB**
 Package Type: **PAPERBACK**
 Dimensions: **235h x 191w mm**
 Extent: **192 pages**
 Bic1: Health & wholefood cookery
 Bic2: <Table Missing>
 Author now living:

Plant-Based Buddha Bowls

Kelli Foster

The Plant-Based Buddha Bowl delivers 100 beautiful, nutritious, tasty, and easy one-bowl, one-plate meals for vegans and for anyone adding plant-based meals to their weekly routine.

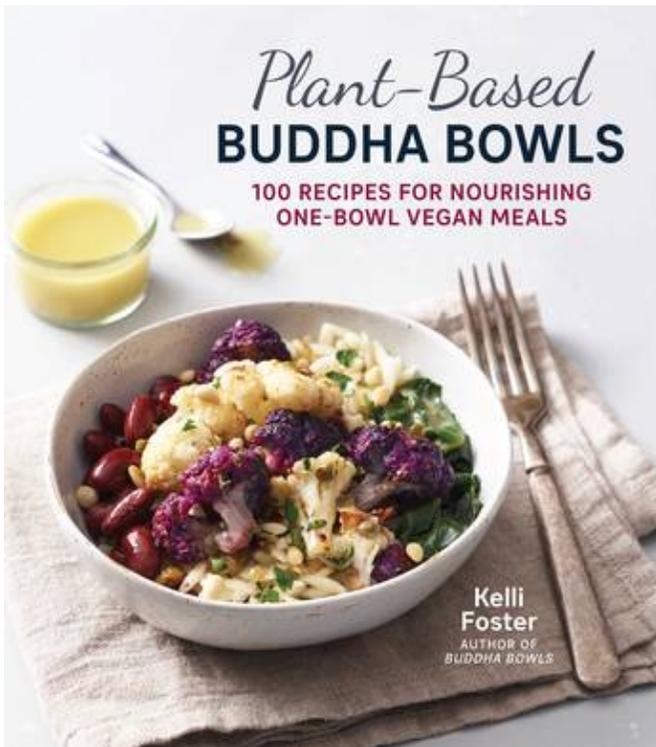
Description

Bold and satisfying in flavor, vibrantly colored, and super-rich in nutrients, Buddha bowls are easy-to-make one-dish meals. In this beautifully illustrated cookbook, Buddha Bowls author Kelli Foster presents 100 tempting and utterly creative plant-based recipes for making them. These vegan Buddha bowls feature delicious grains, from the familiar, like oats, barley, quinoa, and rice, to the newly popular, like amaranth, freekeh, and farro, along with all manner of noodles, including pastas, udon, rice noodles, and soba. Nutritious veggies abound, especially greens like spinach, chard, and kale, as do bold flavors and aromatics, like garlic, ginger, lime, tamarind, and lemongrass. Protein-rich ingredients like tofu, tempeh, nuts and nut butters, chia, hemp, and chickpeas make each of these bowls a nutritionally complete meal in just one dish. You will find dozens of robust and filling dinners both for the weekday whirl and for relaxing weekend meals with family and friends.

Beyond that, Plant-Based Buddha Bowls includes more than a dozen Morning Buddha Bowls for a power-packed start to the day; Buddha Bowls on the Go, perfect for packing for school or work; calming Mood Bowls, for light suppers and late-night snacks; and even Sweet Buddha Bowls, which use natural sugars only, for treats and desserts-and for the sweet-toothed kids in the household. Whether you're a vegan or vegetarian-or an omnivore who enjoys a plant-based meal from time to time-you will love the taste and convenience of these Buddha bowls. Never has so much color and flavor made its way into one humble bowl.

About the Author

Kelli Foster is a staff writer and editor for The Kitchn, which more than twenty million people visit each month, and the author of Buddha Bowls and Probiotic Kitchen. A graduate of the French Culinary Institute, she lives in New York City.



Price: **AU \$29.99** **NZ \$32.99**
 ISBN: **9781592339501**
 Format: **Misc PB**
 Package Type: **HARD BACK**
 Dimensions: **229h x 203w mm**
 Extent: **160 pages**
 Bic1: Vegetarian cookery
 Bic2: <Table Missing>
 Author now living:

Buddha Bowls

Kelli Foster

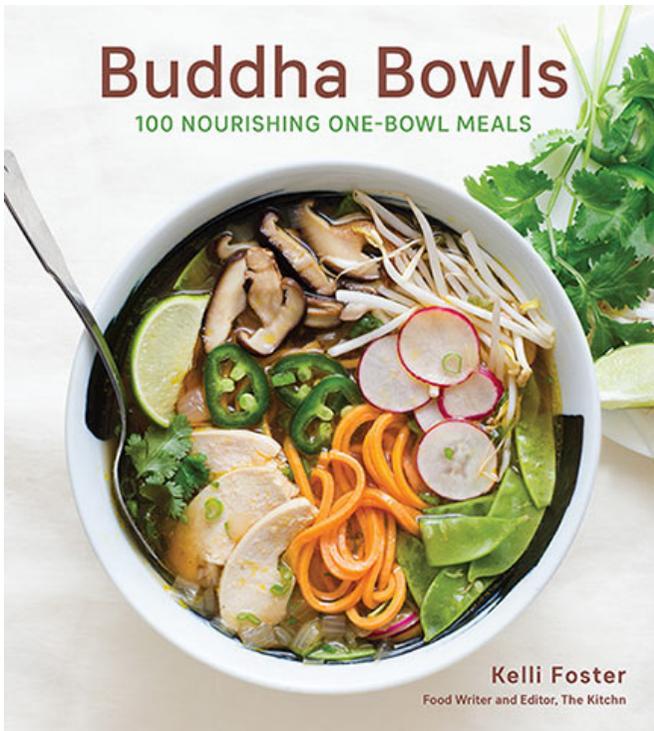
This is the only book on the immensely popular and very healthy one-dish meals known as Buddha bowls, at once inspired by traditional Chinese medicine yet thoroughly modern.

Description

Buddha bowls are best seen as either Asian or Asian-inspired ('fusion') one-bowl meals. The concept is loosely based on guidance from Chinese medicine, that a meal should have vegetables, protein, and grain. Although there would be many, many foods that meet this criterion, such as many pizzas or casseroles, Buddha bowls are a spin on the common Asian thick soup, such as a Vietnamese pho or a Chinese hot and sour soup, where there is a high ratio of ingredients to broth and where the ingredients are whole or in large pieces and not blended or pureed. Both bowl food and one-dish meals are strong-selling categories in the current cookbook market, and Buddha bowls is as strong a sub topic as any in both of those categories.

About the Author

Kelli Foster is a staff writer and editor for The Kitchn, one of the most widely read online destinations in the world for recipes and kitchen wisdom. A triathlete and a devoted fan of healthy eating, she is a graduate of the French Culinary Institute and lives in New York City.



Price: **AU \$29.99** **NZ \$32.99**
 ISBN: **9781558329157**
 Format: **Misc HB**
 Package Type: **HARD BACK**
 Dimensions: **220h x 200w mm**
 Extent: **176 pages**
 Bic1: **Cookery / food & drink etc**
 Bic2: **<Table Missing>**
 Author now living:

Epic Vegan Quick and Easy

Dustin Harder

Epic Vegan Quick and Easy is a cookbook of simple plant-based (vegan) recipes that require only one pot or one pan, perfect for those new to plant-based meals and for weeknight cooking.

Description

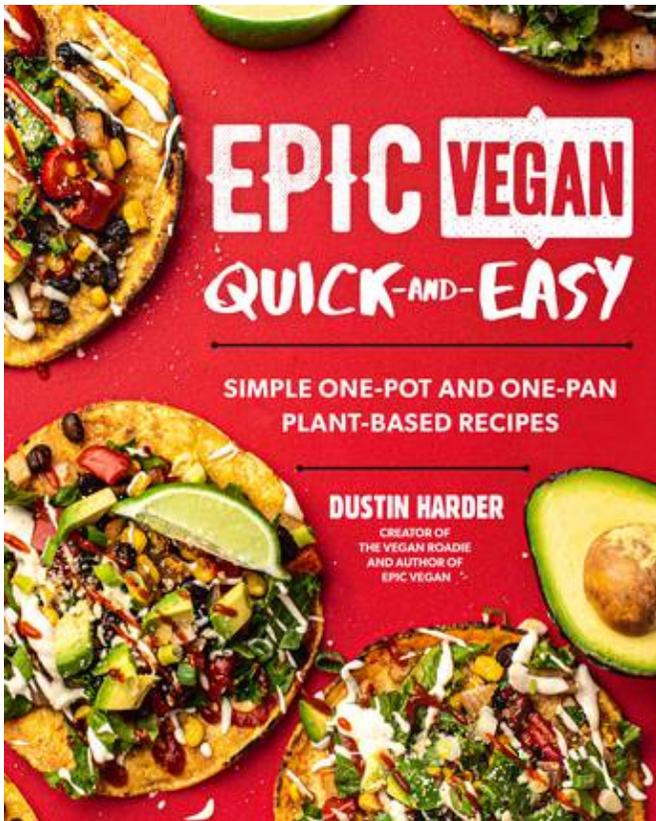
Accessible. Affordable. Delicious. These three words are at the heart of Epic Vegan Quick and Easy, a cookbook of simple one-pot and one-pan meals perfect for anyone who wants to dive into plant-based cooking. Veteran author and creator of The Vegan Roadie series, Dustin Harder serves as your guide to all things vegan, showing you how to use straightforward ingredients and techniques to make every meal epic. This book tells you how to create your own masterpieces by adding exciting flavors and textures, stacking layers upon layers of ooey-goopy goodness, and putting variety at your fingertips. No matter where you are on your food journey, the collection of epic recipes in this book will serve as your road map to enjoying flavor-packed, plant-based cooking. Vegetarian, vegan, flexitarian, occasionally meatless—all are welcome here! Create fast and delicious dishes such as:

- Beyond the Cinnamon Roll Sheet-Pan Pancakes
- Effortless Buttered Pan Biscuits
- Sesame Thai Chili Cauliflower Bites
- Made in Minutes Mini Pizza Cups
- Cherry Limeade Cobbler Bars
- Stress Free Reuben Burger
- Crafty One Pot Mac and Cheese
- Toasty Pear and Walnut Arugula Flatbread
- Spiced Hot Chocolate S'mores Brownies

From quick breakfast bites to lunch breaks and sweet treats, these recipes cover every meal of the day, as well as scrumptious snacks, apps, and entrees. You'll also find great nutrient-rich staples, sheet-pan meals, and meal prep combos that require very little time and, better yet, minimal clean up! Its time to relax, play with your food and get epic with Epic Vegan Quick and Easy.

About the Author

Dustin Harder is the host and creator of the original series, The Vegan Roadie. A graduate of the Natural Gourmet Institute in New York City, he is a vegan chef, cooking instructor and works in culinary development for restaurants and various food brands. Dustin has been seen on The Food Network and appeared in various publications such as Eating Well, VegNews, Vegan Lifestyle Magazine, Chowhound, Vegetarian Times, and Paste magazine. He is the author of The Simply Vegan Cookbook featured by Forbes as one of the "Best Vegan Cookbooks," Epic Vegan named one of the "Best Vegan Books of 2019" by Eat This, Not That, and Epic Vegan Quick and Easy. Learn more about Dustin Harder at veganroadie.com and on Facebook, Instagram, and Twitter (@TheVeganRoadie).



Price: **AU \$32.99** **NZ \$36.99**
 ISBN: **9781592339860**
 Format: **Misc HB**
 Package Type: **HARD BACK**
 Dimensions: **235h x 191w mm**
 Extent: **192 pages**
 Bic1: Vegetarian cookery
 Bic2: <Table Missing>
 Author now living:

Epic Vegan Dustin Harder

A collection of over-the-top vegan comfort food recipes.

Description

Epic Vegan offers a step-by-step guide to creating timeless comfort foods that are over-the-top delicious and always plant based. Think classic and nostalgic, yet messy, juicy, and Instagram-worthy at the same time.

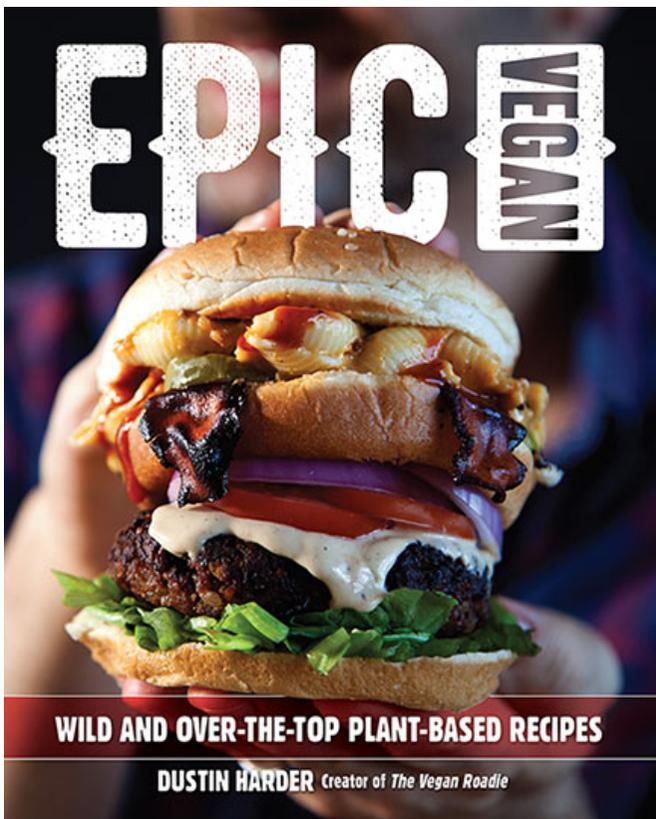
Are you into playing with your food? Epic Vegan encourages home cooks to do just that by thinking outside the box. Author Dustin Harder, host and creator of the original vegan travel culinary series *The Vegan Roadie*, is your culinary coordinator for the adventure ahead, sharing recipes that everyone from beginner cooks to experienced chefs can create at home.

More than 100 epic recipes are built from the ground up, so, for example, you can stop at just the biscuit or go beyond to the Deep Dish Brunch Pizza with Garlicky Cheddar Biscuit Crust - the choice is yours! Also included are recreations of fast-food classic like Noritos Los Tacos and Cray Cray Bread. Every creation is a flavour sensation guaranteed to wow your friends and taste buds. The level of indulgence is up to you!

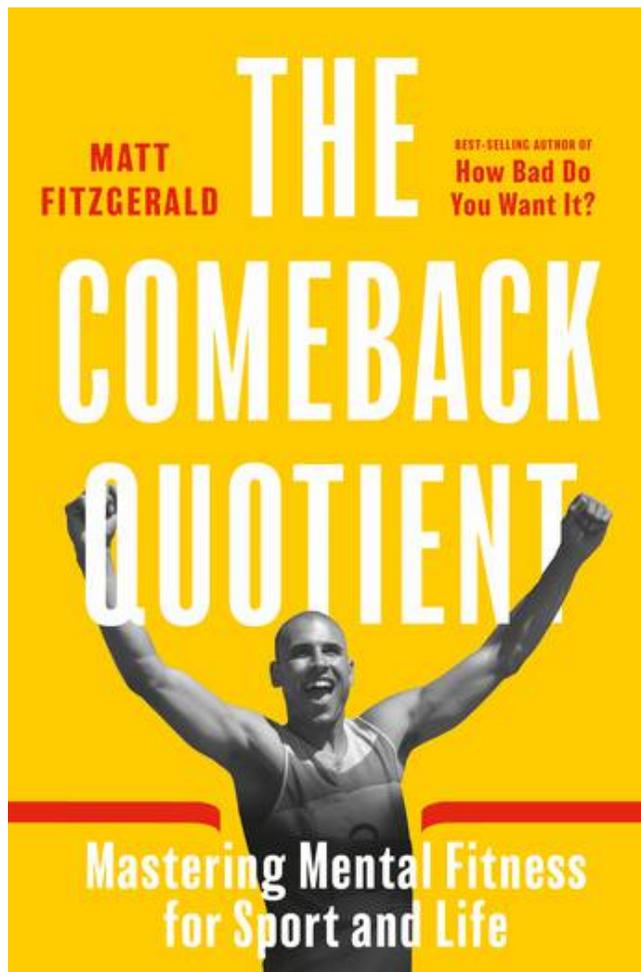
Epic Vegan offers a choose-your-own-adventure approach to become a kitchen warrior in your own home. Playing with your food has never been more fun or more epic!

About the Author

Dustin Harder (www.veganroadie.com) has been vegan for 10 years and is known as 'The Vegan Roadie', having travelled over 110,000 miles around the United States and abroad filming his popular original series of the same name. Combined, Dustin has visited over 600 restaurants around the world, worked hands on with chefs and learned techniques from culinary artists that have paved the way in the plant-based world. Dustin graduated from The Natural Gourmet Institute in 2014 and now teaches classes there regularly.



Price: **AU \$32.99** **NZ \$36.99**
 ISBN: **9781592338764**
 Format: **Misc HB**
 Package Type: **HARD BACK**
 Dimensions: **235h x 191w mm**
 Extent: **192 pages**
 Bic1: Vegetarian cookery
 Bic2: <Table Missing>
 Author now living:



Comeback Quotient

Matt Fitzgerald

What's the secret of a great comeback? In *The Comeback Quotient*, bestselling sportswriter Matt Fitzgerald examines the science and stories behind some of the most astonishing sporting comebacks.

Description

Why are some athletes able to overcome overwhelming odds and rebound stronger than ever? And can we unlock the secret of their success? Matt Fitzgerald identifies these mega-achievers of astounding athletic comebacks as 'ultrarealists', men and women who succeed where others fail by fully accepting, embracing, and addressing the reality of their situations. From triathletes like Mirinda Carfrae to ultrarunners like Rob Krar to rowers, skiers, cyclists and runners all over the world, Fitzgerald delves into stories that are not just compelling but constructive, laying out the steps anyone can take to bounce back from their own setbacks in sport and in life.

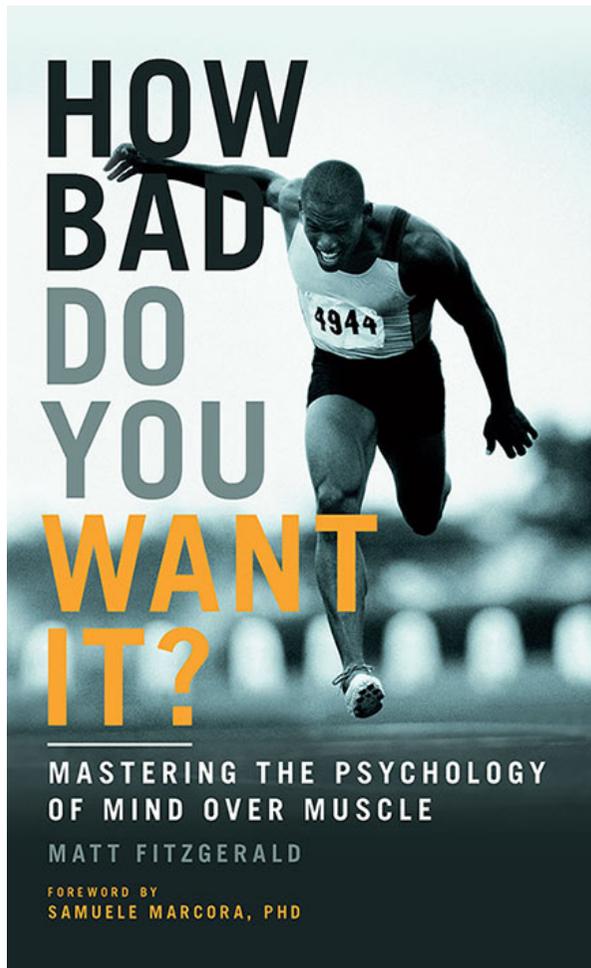
In the tradition of his best-selling *How Bad Do You Want It?*, *The Comeback Quotient* combines gripping sports stories with cutting edge science. Fitzgerald's insight will change forever how you perceive the challenges you face, giving you the inspiration and the tools to make the next great comeback you witness your own. "When the worst has happened, the best is next. *The Comeback Quotient* by Matt Fitzgerald provides elite-tested mental strategies for loving the comeback more than hating the setback." --Jim Afremow, author of *The Champions Mind*

"Matt Fitzgerald has a winner in *The Comeback Quotient*. You will be on the edge of your seat as he tells the inspiring comeback stories from some of the most interesting individuals on the face of the earth, realizing by the end that along the way you have been given a blueprint to orchestrate a few comebacks of your own." --Ben Rosario, Head Coach, HOKA ONE ONE NAZ Elite

About the Author

MATT FITZGERALD is a certified sports nutritionist and the author of numerous books on running, triathlon, nutrition, and weight loss. His most recent books are *Racing Weight Cookbook*, *Racing Weight Quick Start Guide*, *RUN: The Mind-Body Method of Running by Feel*, *Racing Weight*, and *The Runners Diary*. Matt is a regular contributor to *Competitor*, *Mens Fitness*, *Mens Health*, *Outside*, *Runners World*, *Bicycling*, *Running Times*, *Womens Running*, and other sports and fitness publications. Fitzgerald is a featured coach on *Training Peaks*, *Pear Sports*, and *Active.com*. He is a certified sports nutritionist (CISSN) licensed by the International Society of Sports Nutrition. He lives and trains near San Francisco, California.

Price: **AU \$24.99** **NZ \$27.99**
 ISBN: **9780711262614**
 Format: **Demy**
 Package Type: **PAPERBACK**
 Dimensions: **215h x 135w mm**
 Extent: **304 pages**
 Bic1: Health & Fitness / General
 Bic2: <Table Missing>
 Author now living:



How Bad Do You Want It?

Matt Fitzgerald

HOW BAD DO YOU WANT IT? revisits some of the most extraordinary moments from the history of endurance sports to show how mental strength allows some athletes to perform at a level way beyond their physical limits to will their body to do what was previously thought biologically impossible.

Description

Drawing on cutting-edge scientific research How Bad Do You Want It? suggests concrete habits and tactics we can use to cultivate our own mental strength, whilst providing thrilling accounts of some of the most inspiring and astonishing feats in sporting history.

In 2010 Sammy Wanjiru entered the Boston Marathon suffering from injuries to his knee and his lower back, a stomach virus that prevented him from training and a lifestyle that meant he spent more time in nightclubs than on the track. He shouldn't have even been able to finish the race, and at times he seemed as if he literally had nothing left to give, yet in an epic battle he crossed the finishing line first. How did he manage it? How Bad Do You Want It? describes a new 'psychobiological' model of endurance performance connecting the mind, body and brain.

Compelling accounts from triathlon, cycling, running, rowing and swimming are viewed through the lens of this model shedding new light on what science has to say about mental fortitude in sports. Featured athletes include: Sammy Wanjiru, Jenny Barringer, Greg LeMond, Willie Stewart, Cadel Evans, Joseph Sullivan, Paula Newby-Fraser, Ryan Vail, Thomas Voeckler, Ned Overend, Steve Prefontaine

About the Author

MATT FITZGERALD is a certified sports nutritionist and the author of numerous books on running, triathlon, nutrition, and weight loss. His most recent books are Racing Weight Cookbook, Racing Weight Quick Start Guide, RUN: The Mind-Body Method of Running by Feel, Racing Weight, and The Runner's Diary. Matt is a regular contributor to Competitor, Men's Fitness, Men's Health, Outside, Runner's World, Bicycling, Running Times, Women's Running, and other sports and fitness publications. Fitzgerald is a featured coach on Training Peaks, Pear Sports, and Active.com. He is a certified sports nutritionist (CISSN) licensed by the International Society of Sports Nutrition. He lives and trains near San Francisco, California.

Price: **AU \$29.99** **NZ \$32.99**
 ISBN: **9781781315279**
 Format: **Misc PB**
 Package Type: **PAPERBACK**
 Dimensions: **216h x 135w mm**
 Extent: **320 pages**
 Bic1: Assertiveness, motivation & self-esteem
 Bic2: <Table Missing>
 Author now living:

Everyday Grammar Made Easy

Rod Mebane

Using graphics, colored diagrams, and illustrations, Everyday Grammar Made Easy serves as a calm and patient tutor to help you remember, or learn, the hows and whys of basic grammar in everyday situations.

Description

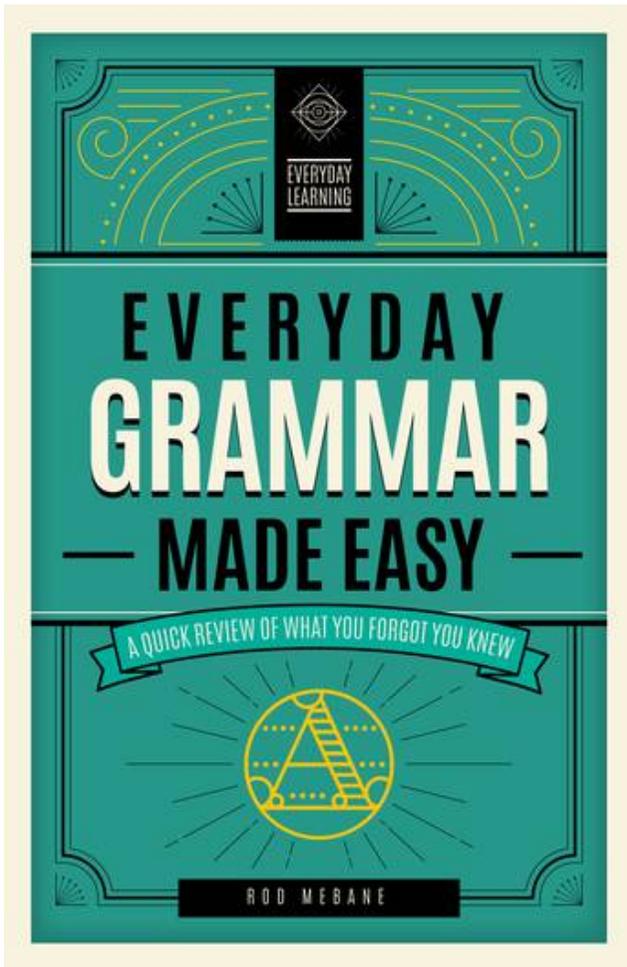
For both adults and students who want to brush up on basic grammar skills, this easy-to-understand and fully illustrated handbook teaches the important and commonly encountered grammar concepts and basics using real-life situations. Confidently apply perfect grammar usage by learning:

- Correct verb agreements
- Appropriate pronoun use
- Common grammar pitfalls
- Common spelling mistakes
- And more

Build your grammar skills and confidence day by day in no time at all! Also included is a grammar poster for a quick, visual learning. Get a quick review of everything you forgot you knew with the Everyday Learning series from Wellfleet Press. Need a refresher course in topics like grammar and math? Then let these handy reference books be your sidekicks on your journey to higher learning. You'll learn about timeless global topics, as well as the thought leaders responsible for some of the greatest contributions in the worlds of science, art, and more. Packed with useful information, these portable hardcovers are perfect for commuters who want to jump-start their day with useful and fun facts.

With the Everyday Learning series, you'll be an expert in any field in no time. Also included is a helpful poster that breaks down and organizes the areas covered in each book for a quick reference guide! Other titles in this series include: Everyday Economics Made Easy, Everyday Mathematics Made Easy, Everyday Philosophy Made Easy, and Everyday Spanish Made Easy.

About the Author



Price: **AU \$29.99** **NZ \$32.99**
 ISBN: **9781577152279**
 Format: **Misc HB**
 Package Type: **HARD BACK**
 Dimensions: **229h x 150w mm**
 Extent: **160 pages**
 Bic1: Usage & grammar guides
 Bic2: <Table Missing>
 Author now living:

Everyday Mathematics Made Easy

Tom Begnal

Confidently solve and anticipate solutions to everyday situations where math is needed with the illustrated step-by-step instruction of Everyday Mathematics Made Easy.

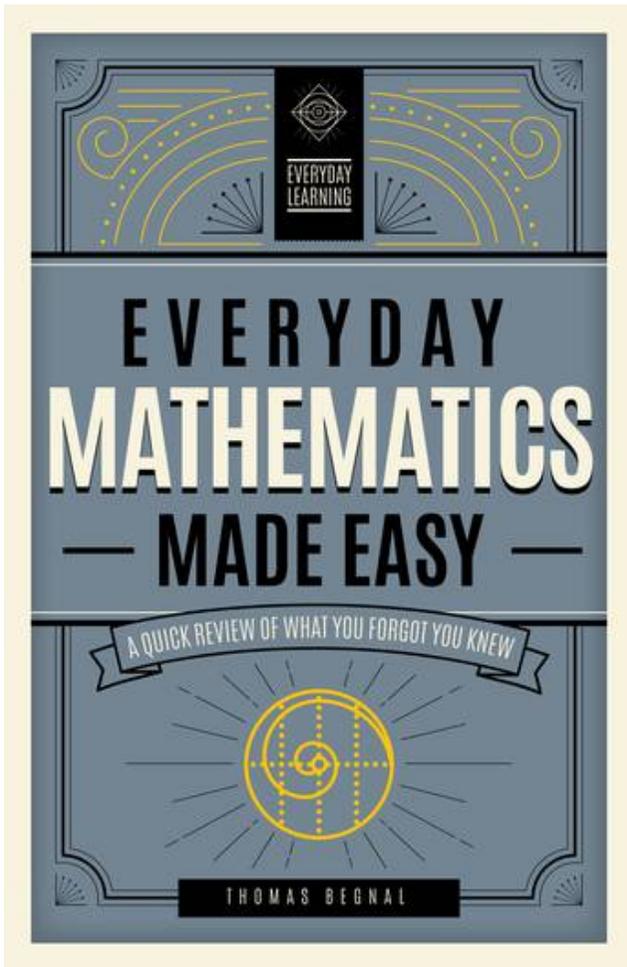
Description

This easy-to-understand and fully illustrated handbook teaches essential math concepts using real-life examples so you can confidently apply math skills in everyday situations such as personal finance, cooking, home repair, and shopping. For many of us, math can conjure memories of frustration and embarrassment, yet math and its application are all around us every day—in the workplace, supermarket, mall, and the gas station, where a basic math solution can easily and quickly solve a problem. However, some of us have either blocked out, forgotten, or simply did not learn the basics of math. With Everyday Mathematics Made Easy, author Thomas Begnal brings math back to the forefront of our brains and re-teaches (or teaches) all the basic math concepts. Using an encouraging voice throughout, each chapter is devoted to a specific math topic and explains the underlying basic math function in a simple and easy-to-understand way. Step-by-step instructions on topics such as the traditional operations of arithmetic, fractions and decimals, averages, ratios and percentages, geometry, and more are enforced with sidebars on how to solve math problems quickly and correctly in common situations, including:

- **Cooking:** How to double or half recipes; how long to thaw food items based on ratios; how to convert measurements from imperial to metric; and how to work with ingredient ratios in food recipes.
- **Shopping:** How to determine a better deal between two sale items; what is the real cost of an item after the sale percentage is taken off; how much is the sales tax; and how much to tip at a restaurant.
- **Finances:** How to figure out interest rates on credit cards, loans, and mortgages; how to determine the value of a car; how much will it cost to use gasoline on a road trip; how to determine the cost of gas per gallon; how to balance a checkbook; and how to determine currency exchanges.
- **Home:** How to determine how much a home-improvement project will increase the value of a home; how to take accurate room measurements; how to determine the correct size of furniture to fit in a space; how to determine the ratio of a solution when mixed with water; how much does it cost to run appliances; how much fertilizer do you need for a yard; and how to determine if a rotting tree may hit your house.

Complete with graphic fonts, colors, diagrams, and illustrations, Everyday Mathematics Made Easy is a calm and patient tutor to help you remember, or learn, the how and why of basic math, its importance, and its application to common math-related dilemmas. Build your math skills and confidence in no time at all! Also included is a poster that consolidates the math areas covered throughout the book to use as a quick-and-easy reference guide.

Get a quick review of everything you forgot you knew with the Everyday Learning series from Wellfleet Press. Need a refresher course in topics like grammar and philosophy? Then let these handy reference books be your sidekicks on your journey to higher learning. You'll learn about timeless global topics, as well as the thought leaders responsible for some of the greatest contributions in the worlds of science, art, and more. Packed with useful information, these portable



Price: **AU \$29.99** **NZ \$32.99**
 ISBN: **9781577152224**
 Format: **Misc HB**
 Package Type: **HARD BACK**
 Dimensions: **h x w mm**
 Extent: **272 pages**
 Bic1: Popular mathematics
 Bic2: <Table Missing>
 Author now living:

Everyday Economics Made Easy

Grace Wynter

Confidently develop and apply economic reasoning to everyday situations with the illustrated step-by-step instruction of Everyday Economics Made Easy.

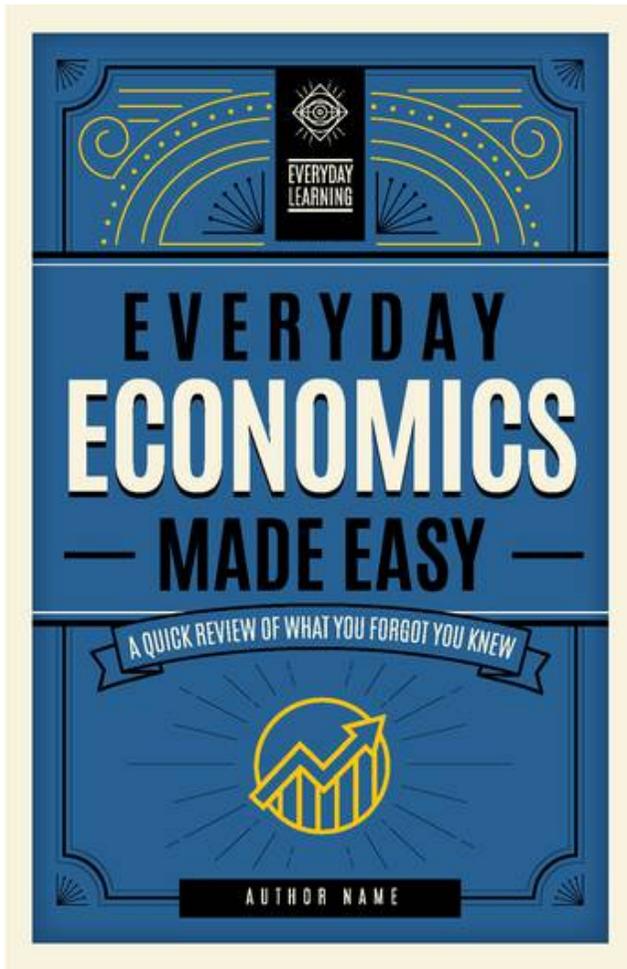
Description

This easy-to-understand and fully illustrated handbook teaches essential economic thinking, topics, and concepts so you can confidently apply economic reasoning in daily situations and discussions. For many of us, the discipline of economics conjures up the idea of an inaccessible, challenging, and complicated realm. In reality, we are embedded in our economies and therefore need to think and engage along economic lines and applications every day-in the public square, in our own households, in the workplace, at the supermarket, at the bank, technologically, globally, and environmentally. Economic insight and knowledge can easily and quickly solve a curiosity or problem, avoid a minor catastrophe, or even help provide empirical support for your own economic "hunch" or theory. With Everyday Economics Made Easy, economics comes down from the ivory tower and to the forefront of your consciousness, teaching the most important basic economic concepts, history, debates, areas, and ways of thinking about economic issues-all while fostering your own ability to personalize the discipline of economics to help you to become your own favorite economist. Using an encouraging voice throughout, each chapter is devoted to a specific economic topic and explains the underlying questions, approaches, and analysis in a simple and easy-to-understand way. Step-by-step instructions on a wide range of topics are enforced with sidebars on how to engage, interact, think through, and resolve economic issues and questions satisfactorily, focusing especially on the following topics:

- The scope, purpose, and various definitions of economics
- The tools and theoretical approaches economists use
- The rich history of economic thought and its continued relevance today
- The contributions of notable economists
- The areas of microeconomic, macroeconomic, and international economic analysis
- The way economics conceptualizes and accounts for the environment (or fails to)

Complete with graphic fonts, colors, diagrams, and illustrations, Everyday Economics Made Easy is a calm and patient tutor to help you appreciate, theorize, debate, and logically construct the how and why of economic thinking and analysis, its importance, and its application to common, experienced, daily economic-related dilemmas. Build your skills as an economist with confidence in no time at all! Also included is a poster that consolidates the economic areas, theories, concepts and tools covered throughout the book to use as a quick-and-easy reference guide.

Get a quick review of everything you forgot you knew with the Everyday Learning series from Wellfleet Press. Need a refresher course in topics like grammar and philosophy? Then let these handy reference books be your sidekicks on your journey to higher learning. You'll learn about timeless global topics, as well as the thought leaders responsible for some of the greatest contributions in the worlds of science, art, and more. Packed with useful information, these portable hardcovers are perfect for commuters who want to jump-start their day with useful and fun facts. With the Everyday



Price: **AU \$29.99** **NZ \$32.99**
 ISBN: **9781577152354**
 Format: **Misc HB**
 Package Type: **HARD BACK**
 Dimensions: **229h x 150w mm**
 Extent: **160 pages**
 Bic1: Economic theory & philosophy
 Bic2: <Table Missing>
 Author now living:

Everyday Philosophy Made Easy

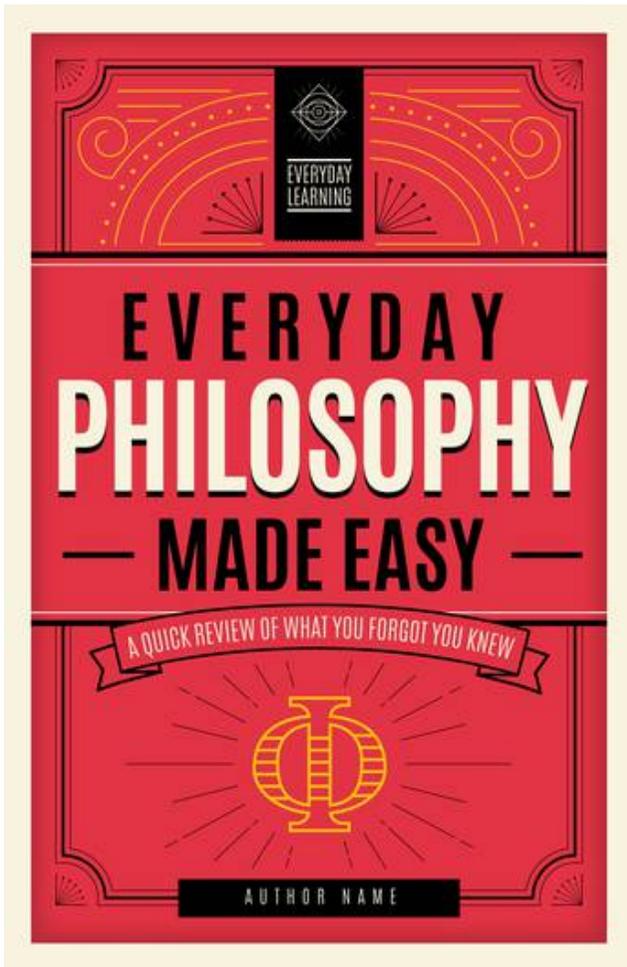
Cyrus McGoldrick

Using graphics, colored diagrams, and illustrations, *Everyday Philosophy Made Easy* serves as a calm and patient tutor to help you remember, or learn, the basic theories of philosophy and how they are applied in everyday situations.

Description

With *Everyday Philosophy Made Easy*, learn about the basic philosophical theories and writers that have helped shape western thinking throughout the ages. From Plato to Socrates, clear and concise explanations break down the complex thoughts and explain the main philosophical points in everyday language. An illustrated poster with an at-a-glance philosophy timeline is included! Get a quick review of everything you forgot you knew with the *Everyday Learning* series from Wellfleet Press. Need a refresher course in topics like grammar and philosophy? Then let these handy reference books be your sidekicks on your journey to higher learning. You'll learn about timeless global topics, as well as the thought leaders responsible for some of the greatest contributions in the worlds of science, art, and more. Packed with useful information, these portable hardcovers are perfect for commuters who want to jump-start their day with useful and fun facts. With the *Everyday Learning* series, you'll be an expert in any field in no time. Also included is a helpful poster that breaks down and organizes the areas covered in each book for a quick reference guide! Other titles in this series include: *Everyday Economics Made Easy*, *Everyday Grammar Made Easy*, *Everyday Mathematics Made Easy*, and *Everyday Spanish Made Easy*.

About the Author



Price: **AU \$29.99** **NZ \$32.99**
 ISBN: **9781577152262**
 Format: **Misc HB**
 Package Type: **HARD BACK**
 Dimensions: **h x w mm**
 Extent: **160 pages**
 Bic1: History of Western philosophy
 Bic2: <Table Missing>
 Author now living:

Festivals

Oliver Keens

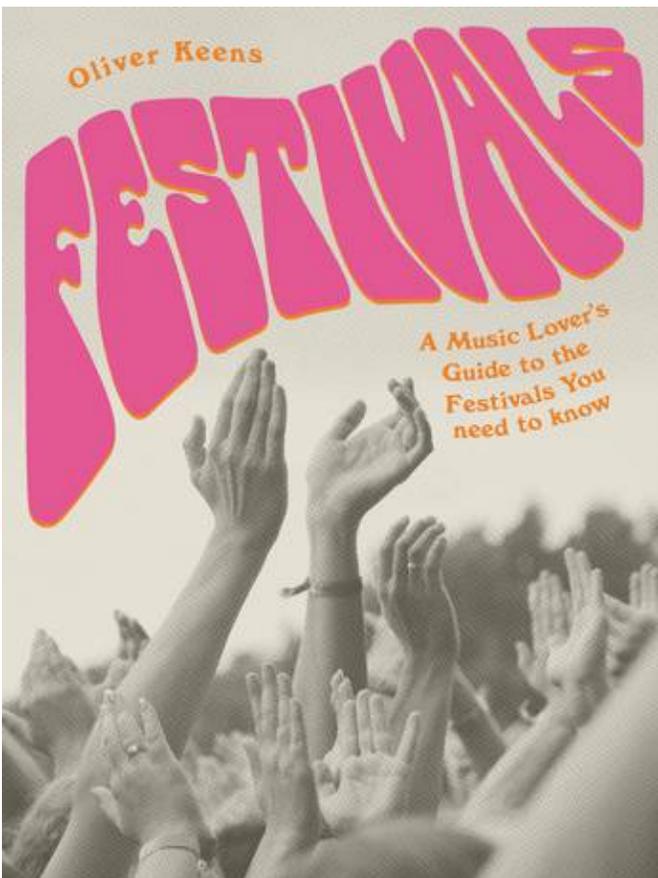
Festivals is a must-have guide to festival culture showcasing the world's best and most significant events

Description

Festivals is a must-have guide to the world's best and most memorable music festivals - a list of all those you need to know and those you should experience. Discover the compelling stories behind the most significant and exciting events around the world which shape music and festival culture. This inspirational global guide showcases 50 bucket list festivals with photographs, posters, facts and figures, and draws attention to hundreds more to explore. Highlighting festival giants and jazz classics, pop powerhouses and indie favourites to dance scene darlings and punk rock adventures, we travel from Woodstock, Glastonbury, Coachella and Roskilde to Fuji Rock, Tomorrowland, Burning Man and Afro Punk. Here, the unique experience of a music festival is evocatively captured and an overview of the rise of the wonderful world of festival culture as we know it today revealed.

About the Author

Oliver Keens is the Music and Nightlife Editor of Time Out London. He's been a music journalist for over a decade, writing for a host of different titles including The Telegraph, The Times, The Independent and appearing on Radio 4 and BBC News as a commentator.



Price: **AU \$35.00** **NZ \$39.99**
 ISBN: **9780711255944**
 Format: **Misc PB**
 Package Type: **PAPERBACK**
 Dimensions: **225h x 170w mm**
 Extent: **224 pages**
 Bic1: Rock & Pop music
 Bic2: <Table Missing>
 Author now living:

**Fleetwood Mac
Richie Unterberger**

The first ever complete, illustrated history of Fleetwood Mac, the legendary band that has sold more than 100 million records worldwide.

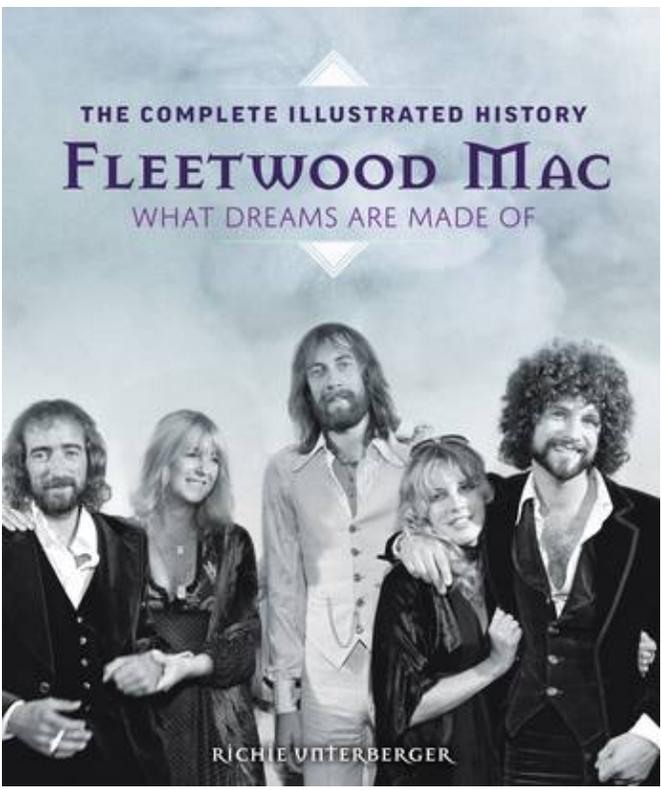
Description

This is the ultimate history of world-renowned Fleetwood Mac. From its blues origins in the 1960s to its pop superstardom in the 1970s and 1980s to its 2015 reunion, Fleetwood Mac has endeared itself to audiences worldwide. Fleetwood Mac: The Complete Illustrated History covers the band's illustrious career through a carefully researched text and myriad photographs and memorabilia, including some rare and little-seen items. Spanning the band's 50+ years and seventeen studio albums, this roller-coaster history highlights details that will surprise even the most loyal followers.

Fans will read about the tumultuous period in the 1970s when the band was tearing apart in a crucible of broken relationships and internal discord-all to be followed by one of the best rock albums of all time, Rumours, which featured such enduring hits as 'Dreams,' 'Don't Stop,' and 'Go Your Own Way.' Fleetwood Mac: The Complete Illustrated History touches on all the classics you know by heart and covers the entire breadth of Fleetwood Mac's journey.

About the Author

Richie Unterberger is the author of numerous rock history books. The first of these, Unknown Legends of Rock 'n' Roll, profiles underappreciated cult rock artists of all styles and eras; the next, Urban Spacemen & Wayfaring Strangers: Overlooked Innovators & Eccentric Visionaries Of '60s Rock, features in-depth surveys of 20 underrated greats of the era. Turn! Turn! Turn!: The Folk-Rock Revolution and its sequel, Eight Miles High: Folk-Rock's Flight from Haight-Ashbury to Woodstock, cover the history of the 1960s folk-rock movement. Among his other books are White Light/White Heat: The Velvet Underground Day-By-Day, Won't Get Fooled Again: The Who from Lifehouse to Quadrophenia, and Fleetwood Mac: The Ultimate Illustrated History. Unterberger is also author of The Rough Guide to Music USA, a guidebook to the evolution of regional popular music styles throughout America in the 20th century, and The Rough Guide to Jimi Hendrix. He is a frequent contributor to MOJO and Record Collector, and has written hundreds of liner notes for CD reissues. He teaches courses on rock music history at the College of Marin, the University of San Francisco, and City College of San Francisco. He lives in San Francisco.



Price: **AU \$24.99** **NZ \$27.99**
 ISBN: **9780785839347**
 Format: **Misc HB**
 Package Type: **HARD BACK**
 Dimensions: **h x w mm**
 Extent: **pages**
 Bic1: Music / General
 Bic2: <Table Missing>
 Author now living:

Fungi (Gems of Nature)**Peter Roberts and Shelley Evans**

Fungi introduces you to 75 fascinating fungi from around the world.

Description

Fungi are an indispensable part of the great chain of life: more than 90% of the world's plant species depend on them for their nutrition. There are believed to be about 1.5 million species, thriving in virtually every habitat, from temperate to tropical, Antarctic to marine. Using beautifully coloured illustrations, this book dips into the whole range, showcasing the unusual, the familiar, the poisonous and the delicious, and sharing the stories of puffballs, deadly webcaps and devils' fingers, among others. Some are cultivated for use in different cuisines, while others are heralded for their hallucinogenic properties, or valued for use in medicine. Essential information on distribution, uses and growth partnerships is included for each species featured. Get to know what makes mushrooms magic in this handy, colourful book.

About the Author

Dr Peter Roberts was for 14 years a senior mycologist at the Royal Botanic Gardens, Kew. He has undertaken field trips throughout the British Isles and Europe, as well as North, Central, and South America, the Caribbean, and Africa, and has published extensively on temperate and tropical fungi. He is the co-author of *New Naturalist: Fungi* and is on the editorial boards of the journals *Field Mycology*, *Mycological Progress*, *Czech Mycology*, and *Persoonia*. Shelley Evans was conservation officer for the British Mycological Society for ten years, and is on the executive committee of the European Council for the Conservation of Fungi and the IUCN world specialist group for fungi. She is co-author of *Pocket Nature: Fungi* and is on the editorial board of the journal *Field Mycology*. She is an experienced field mycologist, having undertaken field trips throughout the British Isles and Europe, as well as North America.

GEMS OF NATURE
FUNGI
A SPECIES GUIDE



PETER ROBERTS & SHELLEY EVANS

Price: **AU \$24.99** **NZ \$27.99**
 ISBN: **9780711258457**
 Format: **Misc HB**
 Package Type: **HARD BACK**
 Dimensions: **190h x 140w mm**
 Extent: **176 pages**
 Bic1: Mycology, fungi (non-medical)
 Bic2: <Table Missing>
 Author now living:

GEMS OF NATURE
BIRDS
A SPECIES GUIDE



MARK E. HAUBER

Birds introduces you to 75 fascinating species from around the world.

Description

Birds is a beautiful introduction to 75 of our feathered friends. From the everyday birds we see in our backyards to the rare species that we might never catch a glimpse of, the world of birds is vast and varied. They can be found in every habitat on earth, including penguins in the Antarctic, flycatchers in tropical forests, and flamingos on Caribbean shores. Using beautifully coloured illustrations, this book showcases a select few from this diverse class of animals. Water birds, including ducks and herons, songbirds, birds of prey, cuckoos, woodpeckers and hummingbirds are all featured to show the range of avian life around us. With information about courtship displays, breeding strategies, nesting habits and egg types, Birds is a handy guide to their lifestyles, habitats and plumage.

About the Author

Mark E Hauber is a behavioral ecologist and conservation scientist in the School of Integrative Biology at the University of Illinois, Urbana-Champaign, where he is the Harley Jones Van Cleave Professor of Host-Parasite Interactions. He is the author of The Book of Eggs (Ivy Press) and a regular contributor to scientific journals.

Price: **AU \$24.99** **NZ \$27.99**
 ISBN: **9780711258433**
 Format: **Misc HB**
 Package Type: **HARD BACK**
 Dimensions: **190h x 140w mm**
 Extent: **176 pages**
 Bic1: Birds (ornithology)
 Bic2: <Table Missing>
 Author now living:

**Shakespeare's Gardens
Jackie Bennett**

For the first time, Shakespeare's Gardens brings together brand new photography of the gardens with beautiful archive images of flowers, old herbals, and 16th century illustrations.

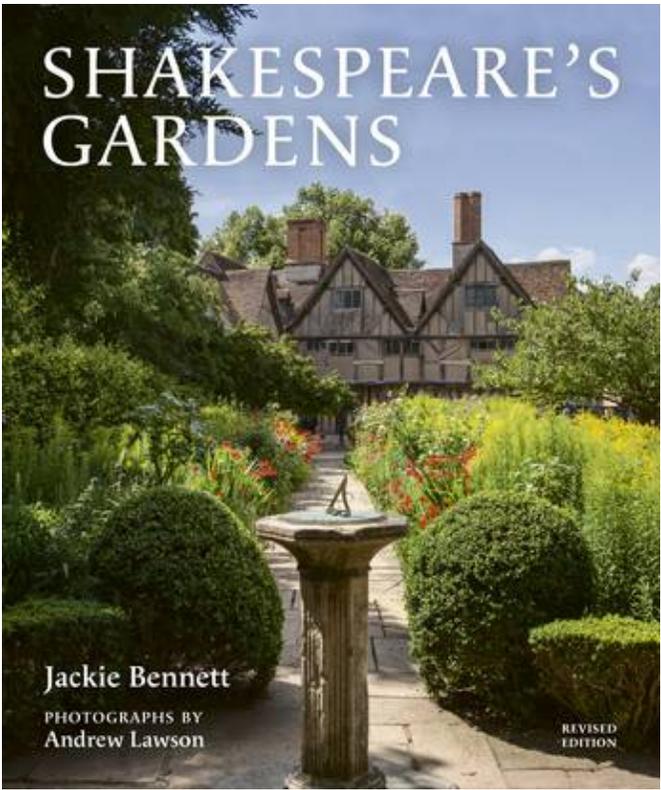
Description

Shakespeare's Gardens is a highly illustrated, informative book about the gardens that William Shakespeare knew as a boy and tended as a man, published to coincide with the 400th anniversary of his death in April 2016. This anniversary will be the focus of literary celebration of the life and work throughout the English speaking world and beyond. The book will focus on the gardens that Shakespeare knew, including the five gardens in Stratford upon Avon in which he gardened and explored. From his birthplace in Henley Street, to his childhood playground at Mary Arden's Farm, to his courting days at Anne Hathaway's Cottage and his final home at New Place - where he created a garden to reflect his fame and wealth.

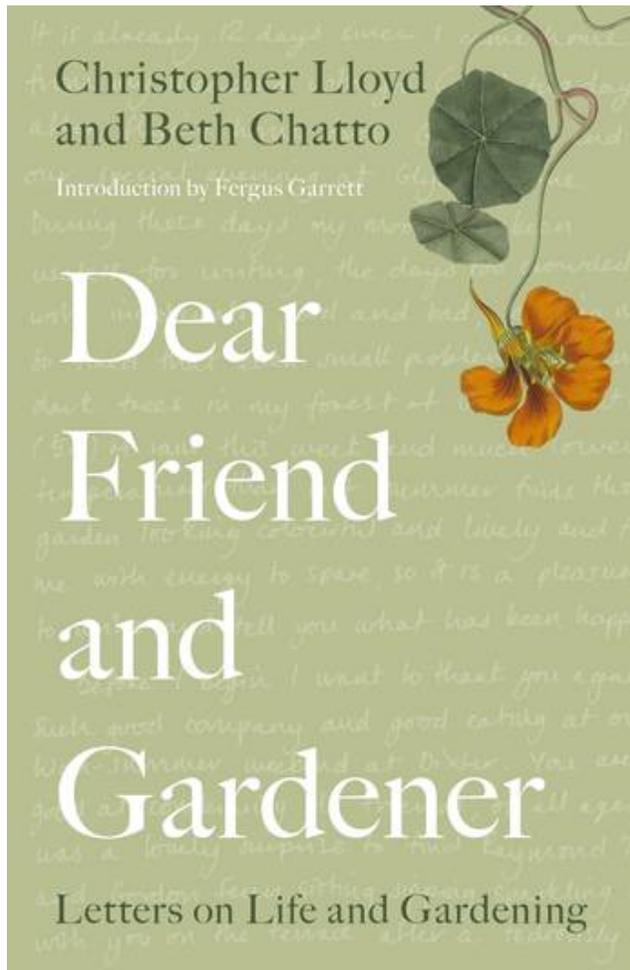
Cared for by the Shakespeare Birthplace Trust, these gardens are continually evolving to reflect our ongoing knowledge of his life. The book will also explore the plants that Shakespeare knew and wrote about: their use in his work and the meanings that his audiences would have picked up on - including mulberries, roses, daffodils, pansies, herbs and a host of other flowers. More than four centuries after the playwright lived, whenever we think of thyme, violets or roses, we are reminded of a line from his work. Shakespeare's Gardens brings together specially commissioned photography of the gardens with beautiful archive images of flowers, old herbals, and 16th century illustrations. It tells the story of Shakespeare's journey - from glove maker's son to national bard - and how he came to know so much about plants, flowers and gardens of the Elizabethan era.

About the Author

Jackie Bennett is a former editor of The Garden Design Journal, the English Garden Magazine and Gardening with the National Trust. She began her career in television, producing gardening and natural history programmes before become a full time writer. In 1990, she won an award for nature writing in the BBC Wildlife Magazine Awards and her books include The Wildlife Garden Month by Month (David & Charles 1990 - reissued in 2011), The Cottage Garden and Wild About the Garden (1997 a Channel 4 tie-in book for the TV series presented by Carol Klein). She won the Garden Writer's Guild Gardening Column of the Year 2009 for a series about her own Norfolk garden. Jackie has studied garden design and landscape history. She runs writing workshops for the Society of Garden Designers and for the Cambridge and Oxford Botanic Gardens. ANDREW LAWSON is widely regarded as England's leading garden photographer. He has provided the photographs for many books, including Good Planting by Rosemary Verey, Penelope Hobhouse on Gardening, Designing Gardens (9780711217577) by Arabella Lennox Boyd, Little Sparta (9780711220850) by Jessie Sheeler, The Garden at Highgrove by HRH Prince of Wales, and The English Garden (9780711226388) by Ursula Buchan and The New English Garden (9780711232709) also by Tim Richardson. He holds the Royal Horticultural Society's Gold Medal for Photography and the Lifetime Achievement Award of the Garden Writer's Guild. His garden in Oxfordshire is open under the National Gardens Scheme.



Price: **AU \$49.99 NZ \$55.00**
 ISBN: **9780711256989**
 Format: **Misc HB**
 Package Type: **HARD BACK**
 Dimensions: **270h x 227w mm**
 Extent: **192 pages**
 Bic1: Gardens (descriptions, history etc)
 Bic2: <Table Missing>
 Author now living:



Dear Friend and Gardener

Beth Chatto and Christopher Lloyd

Lively exchange of letters between Christopher Lloyd and Beth Chatto, two long-established friends and distinguished gardeners.

Description

In this exchange of personal letters two of Britain's leading gardeners - Christopher Lloyd and Beth Chatto - share their successes and failures, and learn from each other's experiences in their two very different gardens.

About the Author

Beth Chatto (born 27/06/1923) was a plantswoman, gardener and writer. Whilst having no formal horticultural training, she was inspired by her parents enthusiastic gardening, her husbands lifelong study of natural associations of plants, and friendship with the great plantsman and artist Sir Cedric Morris. The Beth Chatto Gardens began at Elmstead Market, Essex in 1960. By applying the principles of ecological gardening, she transformed an overgrown area of wasteland into informal gardens that harmonise with the surrounding countryside. Complementing the gardens is a large plant nursery producing a wide range of unusual plants, which attracts thousands of visitors each year. She won ten Gold Medals the Chelsea Flower Show and was awarded the Royal Horticultural Societys Victoria Medal of Honour (1987), the Lawrence Memorial Medal and an honorary doctorate from Essex University. She was the author of many books including her classics *The Dry Garden* (1978) and *The Damp Garden* (revised 2004) as well as *Beth Chattos Gravel Garden* (2000) and *Beth Chattos Woodland Garden* (2002). An engaging exchange of letters with Christopher Lloyd, *Dear Friend and Gardener*, was published in 1998. In 2002 she was awarded the OBE for her services to horticulture. A keen advocate of organic gardening, she lectured worldwide. She died in 2018. To visit the Beth Chatto Gardens website click [here](#) Christopher Lloyd was among the best informed, liveliest, most worthwhile gardening writers of our time and the author of a host of classics. He lived in Northiam, East Sussex and died in January 2006. Fergus Garrett, Head Gardener at Great Dixter, first worked at the Beth Chatto Gardens as a student, over twenty years ago, and has remained a close friend of Beth's ever since.

Price: **AU \$19.99** **NZ \$22.99**
 ISBN: **9780711255807**
 Format: **B**
 Package Type: **PAPERBACK**
 Dimensions: **198h x 129w mm**
 Extent: **320 pages**
 Bic1: Gardening
 Bic2: <Table Missing>
 Author now living:

Zero Waste Gardening

Ben Raskin

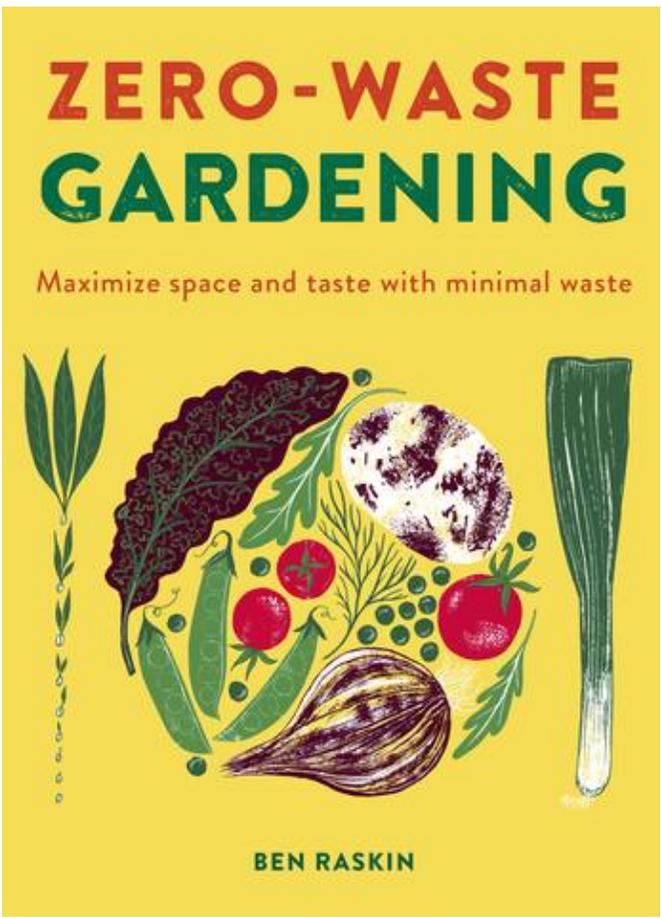
A gardening book with a zero-waste twist, this is the only growing guide anyone will ever need! Plotting out all the basics, The Zero-Waste Garden focuses on unique yield maths to maximise space, taste and minimise waste.

Description

Zero-Waste Gardening is your essential go-to guide to growing your own food for maximum taste and minimum waste. Organic gardening expert, Ben Raskin, shares over 60 unique planning-for-yield guides for key crops. Work out how to make the most of the green space you have got, what to grow easily in it, and how much you will harvest seasonally for zero waste. Learn about the roots of organic gardening, and unearth how to plant waste-free for any size plot, from balcony containers to 5-metre-square yards. Peppered with root-to-stalk cooking techniques, and edibility tips including which crops you can eat straight away, this is a plot-to-plate handbook for everyone with a green-thumb. Perfect for new and experienced growers, zero-food waste followers, city gardeners, and the ecologically minded, this is the only gardening book you will ever need!

About the Author

Ben Raskin (Wiltshire, UK) is the Head of Horticulture at the Soil Association in the UK, and a father of two. He runs courses and training on organic growing and launched the Soil Association's flagship Organic Apprenticeship Scheme in 2007. Ben got the gardening bug working on an organic vineyard in northern Italy, and has worked in horticulture for 18 years, including a stint as Assistant Head Gardener at the UK charity Garden Organic.



Price: **AU \$29.99** **NZ \$32.99**
 ISBN: **9780711262331**
 Format: **Misc HB**
 Package Type: **HARD BACK**
 Dimensions: **210h x 160w mm**
 Extent: **176 pages**
 Bic1: Green lifestyle & self-sufficiency
 Bic2: <Table Missing>
 Author now living:

Hi Cacti

Sabina Palermo

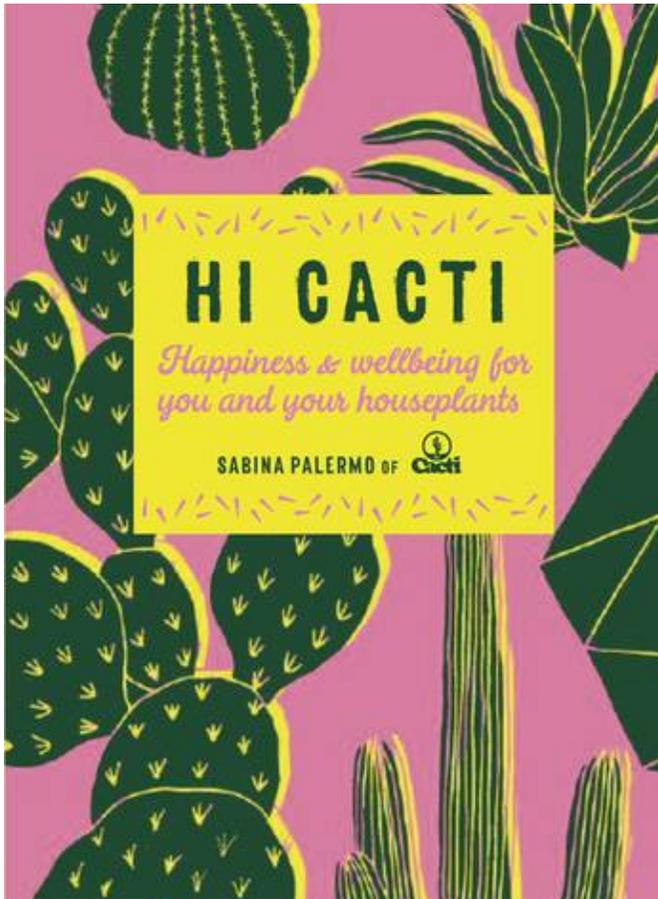
Plant up your life and discover how you can love yourself by loving your plants.

Description

Who knew tending to your cacti or spider plant could feel so good? This go-to-guide introduces you to 20 easy-to-love houseplants. Perfect for budding beginners and rooted in a journey of self awareness, learn, through simple moments of watering, feeding, and even just noticing our plants, how to befriend our leafy buddies, and ourselves too! With plant care tips, fun facts, design hints and projects for botanical recipes and cacti crafts, this feel-good book offers a unique insight into the power of plants can have on wellbeing. Learn how not to kill your cactus, how to 'bloom where you're planted', and how to love yourself by loving your plants. Lively, no nonsense and fun, this is a unique self care guide for you and your plants!

About the Author

Sabina Palermo is the director and designer of Hi Cacti, a botanical boutique in Brighton, UK. She holds popular workshops on pot-making, wreath-making and succulent plant-care, and runs a flourishing online presence. Sabina regularly travels to her hometown of Austin, Texas for plant and brand inspiration, and has been featured in the UK press.



Price: **AU \$29.99** **NZ \$32.99**
 ISBN: **9780711261754**
 Format: **Misc PB**
 Package Type: **PAPERBACK**
 Dimensions: **210h x 160w mm**
 Extent: **144 pages**
 Bic1: Self-help & personal development
 Bic2: <Table Missing>
 Author now living:

Kelly Hoppen's Essential Style Solutions for Every Home

Kelly Hoppen

Kelly Hoppen's Essential Style Solutions for Every Home presents Kelly's tried-and-tested techniques for creating a beautiful, functional and relaxing home that suits your individual needs and reflects your personality.

Description

Kelly Hoppen, multi-award-winning designer and TV personality, shares her essential style solutions that will transform your home. Kelly knows what works, and here she shows you how to do it by bringing together creative ideas and inspiration alongside a wealth of professional know-how, practical advice and cost-effective style solutions that can work for every home, big or small. Whether you are a young professional renting a flat, a first-time homebuyer or an experienced homeowner who wants to give your home a dash of Kelly Hoppen glamour, this book will help you create a beautiful, functional and relaxing home that suits your individual needs and reflects your personality. With over 200 images, carefully selected and curated by a world-renowned design guru with over 40 years experience, Kelly Hoppen's Essential Style Solutions for Every Home gives you:

- Clear and easy-to-follow advice on the first principles of style including tones and colour, texture, light and finishing touches.
- The lowdown on practicalities, budgeting and prioritizing from Kelly's expert perspective.
- Tried-and-tested tricks of the trade that show you how to use colour and tones that will make your rooms feel bigger and brighter.
- Tips on how to dress and accessorise rooms for maximum impact.

Room-by-room case studies focus on the main spaces in the home as well as dead space such as corridors, addressing the feeling you are aiming to create, and setting out the core elements and top styling tips to allow you to achieve this. Where applicable, Kelly makes cost-cutting suggestions for saving money by choosing less-expensive materials, advising what it's worth splashing out on and where you can afford to spend less, as well as ideas for making quick-and-easy seasonal updates to inexpensively refresh your rooms on a regular basis. Get the luxe look for less with Kelly Hoppen's Essential Style Solutions for Every Home.

About the Author

Kelly Hoppen MBE is one of the worlds most influential interior designers. Her unique design aesthetic combines luxury with simplicity and has won her international acclaim and a huge following. Her celebrated interior design studio, Kelly Hoppen Interiors, has completed international schemes for residential and commercial properties, yachts and private jets, as well as the interiors for British Airways first-class cabins. She also runs her own successful design school, where she shares her design secrets and offers advice to home decorators. Kelly's ability to inspire informal living by combining style with simple glamour is key to her successful range of home furnishings and accessories, sold through in outlets worldwide. Her elegant aesthetic has also been captured and made available to the mass market through an exclusive diffusion line for QVC in the UK. In 2010 Kelly also made the transition into fashion design with her collection of luxury

KELLY HOPPEN'S

Essential Style Solutions for Every Home



Price: **AU \$29.99** **NZ \$32.99**
 ISBN: **9780711262300**
 Format: **Misc HB**
 Package Type: **HARD BACK**
 Dimensions: **236h x 164w mm**
 Extent: **208 pages**
 Bic1: Interior design, decor & style guides
 Bic2: <Table Missing>
 Author now living:

RHS Birdwatching Journal

Royal Horticultural Society

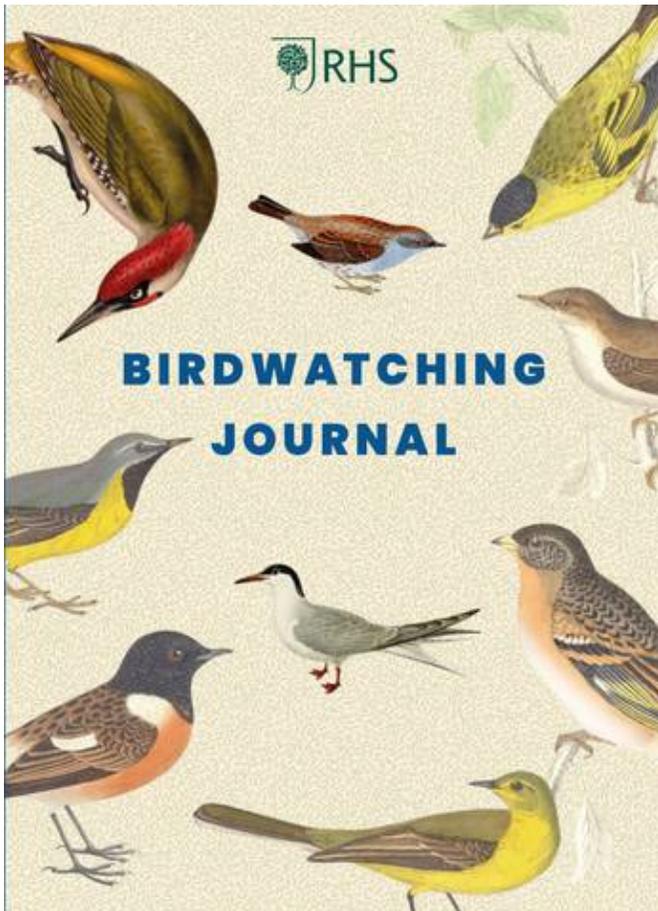
The RHS Birdwatching Journal is the ideal notebook for every birdwatcher

Description

Record all your field notes and bird sightings in this handy and helpful birdwatching companion. The RHS Birdwatching Journal has plenty of space for recording what you've spotted and when, decorated with beautiful archive illustrations. This practical notebook is filled with useful reference information on how to identify birds, checklists and tips on how to make the most of birdwatching at home or away. Also included is an undated Year Planner for planning bird-watching trips and outings to make the most of seasonal migrations.

About the Author

The Royal Horticultural Society was founded in 1804 and has established itself as the leading gardening charity, with the aim of inspiring passion and excellence in the science, art and practice of horticulture. The world-famous RHS Lindley Library holds unique collections of early printed books on gardening, botanical art and photographs.



Price:	AU \$19.99	NZ \$22.99
ISBN:	9780711262249	
Format:	Misc PB	
Package Type:	PAPERBACK	
Dimensions:	190h x 140w mm	
Extent:	144 pages	
Bic1:	Wildlife: birds & birdwatching	
Bic2:	<Table Missing>	
Author now living:		

RHS Wild in the Garden Three Year Journal

Royal Horticultural Society

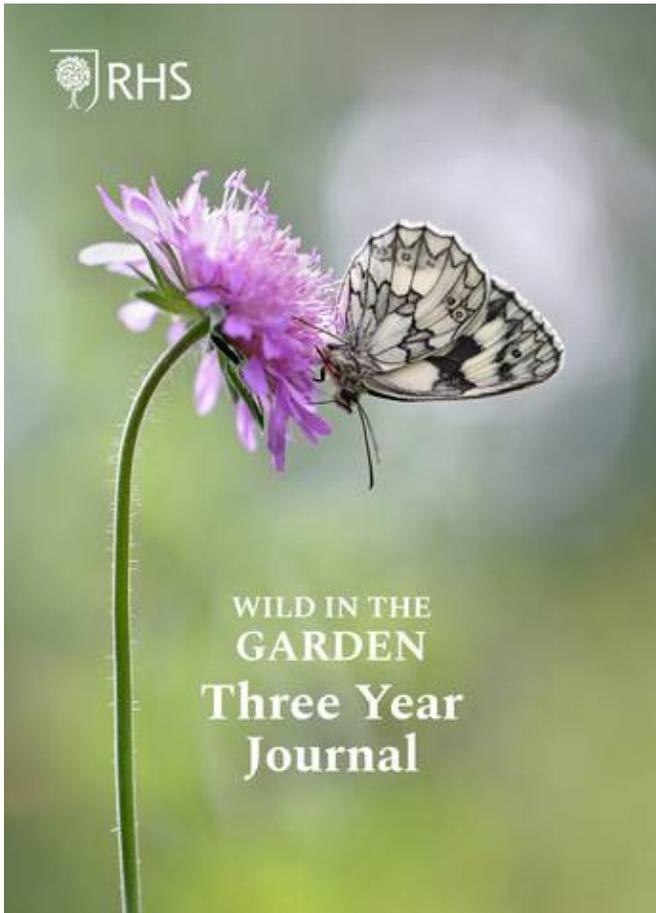
The RHS Wild in the Garden Three Year Journal is a structured notebook to give you a year-on-year comparison of the wildlife in your garden.

Description

Take note of your local wildlife sightings in this handy and helpful journal. The RHS Wild in the Garden Three Year Journal is an illustrated logbook to record the wildlife you spot in your garden, structured week by week to enable a three-year comparison. Illustrated with colour photographs of British garden wildlife, it includes suggestions on how to encourage wildlife into your garden, tips on what to look out for and plenty of space to record details on your sightings and compare and note changes year on year. Whether your interest is birds, small mammals or insects and pollinators, noticing and recording what is seen when, as well as how factors such as weather, food sources, pest control and habitat change may affect numbers, is a rewarding pastime for the wildlife enthusiast as well as a useful tool for the gardener.

About the Author

The Royal Horticultural Society was founded in 1804 and has established itself as the leading gardening charity, with the aim of inspiring passion and excellence in the science, art and practice of horticulture. The world-famous RHS Lindley Library holds unique collections of early printed books on gardening, botanical art and photographs.



Price:	AU \$19.99	NZ \$22.99
ISBN:	9780711262232	
Format:	Misc PB	
Package Type:	PAPERBACK	
Dimensions:	190h x 140w mm	
Extent:	144 pages	
Bic1:	Stationery items	
Bic2:	<Table Missing>	
Author now living:		



Write - Medium Black Editors of Chartwell Books

With over 200 pages of blank, ruled, high-quality paper in a compact, layflat format, Write - Medium Black is the ultimate blank canvas for a variety of needs.

Description

Explore a world of possibilities with this stylish lined notebook featuring a sleek, black cover. Write - Medium Black is the ultimate blank canvas, with:

- Over 200 pages of blank, ruled, high-quality paper
- A smooth black cover
- Layflat paperback design for ease of use
- Dimensions are 5.5 x 8.25 inches for on-the-go writing

This medium-sized notebook is perfect for a variety of needs:

- A journal for creative writing
- A logbook for meditation practice
- A record keeper for diet and exercise plans
- A notebook for meetings or classes
- A practice book for calligraphy or handwriting
- A homemade recipe book
- A guestbook for special occasions or home visits
- And much more!

It also makes a great gift for the writer or creative in your life, as well as recent graduates or those starting their first job. Help yourself and others stay organized and get creative with this beautiful notebook! With so much of our lives and contact going digital, the Creative Keepsakes journals offer an intimate way to nurture your connection with yourself and the people around you. An entertaining way to get off your screen, these guided and free-form journals are great for writers and artists alike. Each journal offers content around a different theme, including silly prompts for a laugh, random yet thoughtful questions, inspiration for art and composition, interactive prompts to learn about your heritage, and blank interiors on high-quality paper stock to use as your creative canvas. Beautifully designed and full of mindful prompts, channel your inspiration as you put pen (or pencil, or marker, or crayon!) to paper to learn more about yourself, your talents, and the people you love. This notebook is also available with a kraft cover (Write - Medium Kraft). With so much of our lives and contact going digital, the Creative Keepsakes journals offer an intimate way to nurture your connection with yourself and the people around you. An entertaining way to get off your screen, these guided and free-form journals are great for writers and artists alike. Each journal offers content around a different theme, including silly prompts for a laugh, random yet thoughtful questions, inspiration for art and composition, interactive prompts to learn about your heritage, and blank interiors on high-quality paper stock to use as your creative canvas. Beautifully designed and full of

Price: **AU \$16.99** **NZ \$18.99**
 ISBN: **9780785839217**
 Format: **Misc PB**
 Package Type: **PAPERBACK**
 Dimensions: **210h x 140w mm**
 Extent: **240 pages**
 Bic1: Gift books
 Bic2: <Table Missing>
 Author now living:



Write - Medium Kraft Editors of Chartwell Books

With over 200 pages of blank, ruled, high-quality paper in a compact, layflat format, Write - Medium Kraft is the ultimate blank canvas for a variety of needs.

Description

Explore a world of possibilities with this stylish lined notebook featuring a sleek, kraft cover. Write - Medium Kraft is the ultimate blank canvas, with:

- Over 200 pages of blank, ruled, high-quality paper
- A smooth, brown kraft cover
- Layflat paperback design for ease of use
- Dimensions of 5.5 x 8.25 inches for on-the-go writing

This medium-sized notebook is perfect for a variety of needs:

- A journal for creative writing
- A logbook for meditation practice
- A record keeper for diet and exercise plans
- A notebook for meetings or classes
- A practice book for calligraphy or handwriting
- A homemade recipe book
- A guestbook for special occasions or home visits
- And much more!

It also makes a great gift for the writer or creative in your life, as well as recent graduates or those starting their first job. Help yourself and others stay organized and get creative with this beautiful notebook! With so much of our lives and contact going digital, the Creative Keepsakes journals offer an intimate way to nurture your connection with yourself and the people around you. An entertaining way to get off your screen, these guided and free-form journals are great for writers and artists alike. Each journal offers content around a different theme, including silly prompts for a laugh, random yet thoughtful questions, inspiration for art and composition, interactive prompts to learn about your heritage, and blank interiors on high-quality paper stock to use as your creative canvas. Beautifully designed and full of mindful prompts, channel your inspiration as you put pen (or pencil, or marker, or crayon!) to paper to learn more about yourself, your talents, and the people you love. This notebook is also available with a black cover (Write - Medium Black). With so much of our lives and contact going digital, the Creative Keepsakes journals offer an intimate way to nurture your connection with yourself and the people around you. An entertaining way to get off your screen, these guided and free-form journals are great for writers and artists alike. Each journal offers content around a different theme, including silly prompts for a laugh, random yet thoughtful questions, inspiration for art and composition, interactive prompts to learn about your heritage, and blank interiors on high-quality paper stock to use as your creative canvas. Beautifully designed and full of

Price: **AU \$16.99** **NZ \$18.99**
 ISBN: **9780785839224**
 Format: **Misc PB**
 Package Type: **PAPERBACK**
 Dimensions: **210h x 140w mm**
 Extent: **240 pages**
 Bic1: Gift books
 Bic2: <Table Missing>
 Author now living:

Drawing and Painting Anime and Manga Faces

Nao Yazawa

In this follow-up to Manga Drawing Deluxe, manga artist/author Nao Yazawa's inaugural how-to-draw title, Drawing and Painting Anime and Manga Faces demonstrates how to draw expressive key characters, from warriors to magical girls to chibis.

Description

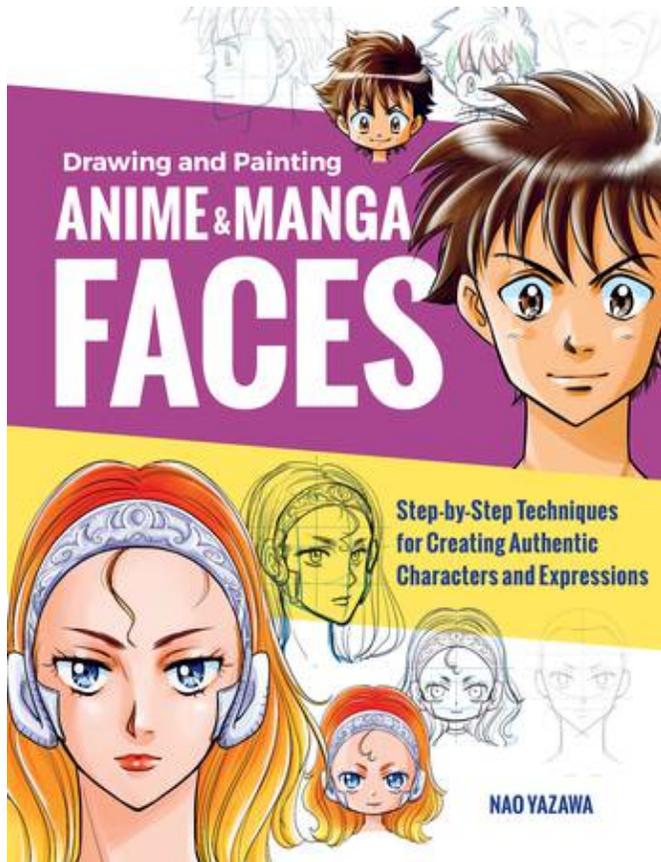
Learn to draw authentic anime and manga faces and expressions from a manga master. In this follow-up to Manga Drawing Deluxe, renowned Japanese manga artist and international instructor Nao Yazawa guides you step by step through all phases of drawing and painting anime and manga faces, from the basics of creating essential anime and manga characters to creating dynamic and authentic expressions to coloring and adding special touches.

- Manga Faces 101. Learn about must-have supplies, basic drawing techniques, and a summary of the process from rough sketches to finished drawings.
- Essential Guide to Expressive Characters. Explore how to draw key anime and manga characters as well as how to depict a range of emotions for each, from delight to sadness to terror.
- Inking, Coloring, and Special Effects. Take your drawings to the next level by adding striking definition, stunning color, and special finishing touches that will give your characters just the right note of authenticity.

Drawing and Painting Anime and Manga Faces gives you the tools you need to create expressive characters that will make your anime and manga stories come alive.

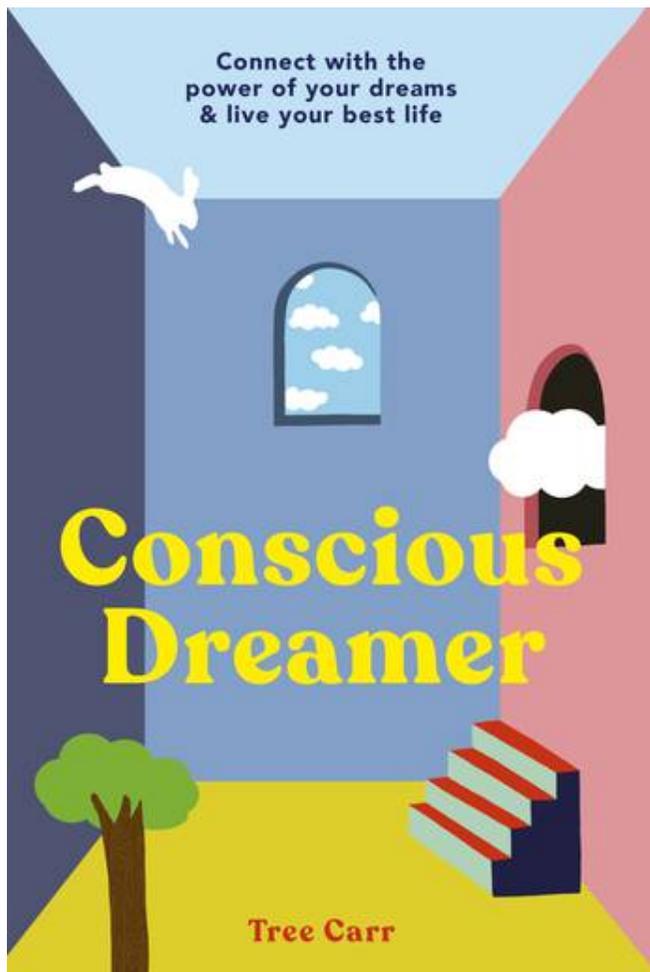
About the Author

Nao Yazawa is a Japanese manga artist residing in Tokyo, Japan. She is most well known for her manga series Wedding Peach, which was made into an anime series of the same name. Both the manga and anime series were translated into several languages. Since 2008, she has been teaching manga workshops (in English) internationally, in Germany, Denmark, Austria, Canada, and the United States. She teaches in-person workshops at Nakano Manga School, in Nakano-ku, Tokyo, where she also maintains the studio where she hosts her online classes. She is the author of the instructional guide Manga Drawing Deluxe.



Price: **AU \$29.99** **NZ \$32.99**
 ISBN: **9781631599620**
 Format: **Misc PB**
 Package Type: **PAPERBACK**
 Dimensions: **279h x 216w mm**
 Extent: **128 pages**
 Bic1: Painting & art manuals
 Bic2: <Table Missing>
 Author now living:

Conscious Dreamer Tree Carr



Sail away on a 30-day journey, and discover how you can use your dreams at night to achieve your goals in life!

Description

The average person spends six years of their life dreaming. Wake up to your dreams, and learn how you can harness their power to help you live your best waking life! Set a goal or intention at the beginning of your 30-day journey, and see it achieved as you create a body of dream work, and become skilled in the art of using your dreams to achieve your life goals.

Scribble, reflect and draw in this colourful workbook as you learn, through 120+ fun and simple activities, how to: * Dream journal * Improve your sleep hygiene * Decode and interpret your dreams * Return to that really good dream that you woke up from too soon ... and much more!

Guided by your own personal dream guide, Tree Carr, allow your dreams to wow you with their power and potential. Join a community of like-minded dreamers and share tips, tricks and stories using the hashtag #consciousdreamer, connect with dreamers from around the world, and discover the amazing benefits of being more in touch with yourself and your dreams. Whether you're an artist looking to invite more creativity into your life, a busy parent looking to find calm and clarity from a good nightly routine, a student planning for the future, or just a person looking to get to know yourself better, this book will show you how to make the most of your dreams, and use them to dream and achieve big! If you like this book, you might also be interested in Cosmic Flow...

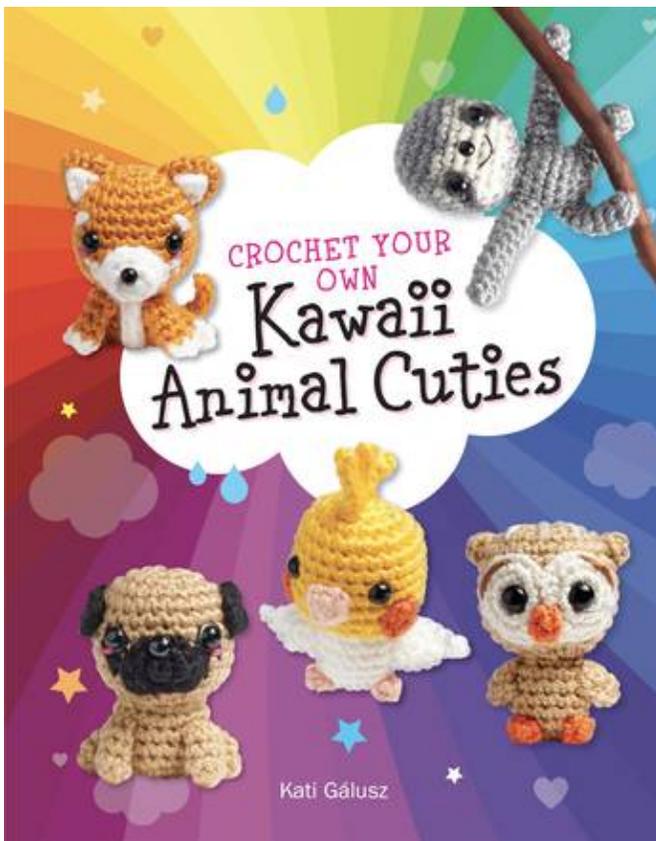
About the Author

Tree Carr is conscious dreaming guide from Kent, UK. She grew up in the United States and Canada, and hosts dream workshops, courses, and retreats around the world. Her practice explores dream interpretation, healing, and dreaming plant ceremonies, and help students to activate, explore, and further understand their dream realms through daily dreaming practice.

Price: **AU \$24.99** **NZ \$27.99**
 ISBN: **9780711261211**
 Format: **Misc PB**
 Package Type: **PAPERBACK**
 Dimensions: **210h x 140w mm**
 Extent: **176 pages**
 Bic1: Dreams & their interpretation
 Bic2: <Table Missing>
 Author now living:

Crochet Your Own Kawaii Animal Cuties

Katalin Galusz



Crochet Your Own Kawaii Animal Cuties is an adorable kawaii-style crochet kit that celebrates the cutest animals (including internet meme darlings like corgis, narwhals, and "trash pandas") with instructions to make 12 amigurumi animals and materials to make two projects.

Description

Crochet Your Own Kawaii Animal Cuties kit will teach you how to crochet roly-poly versions of 12 of the cutest animals and includes the materials needed to make adorable Shiba Inu puppy and poseable sloth. Chonks, Good Bois, Floofs, and more! The internet has introduced us to so many delightful (and occasionally derpy) animals that we have all become cute zoologists. These adorable animals are so, so kawaii you just want to squish them! And now you can! The instruction book contains patterns to make 12 amigurumi animals with step-by-step photos as well as a primer on basic crochet techniques and stitches. The included materials for making your very own Shiba Inu puppy and little sloth are: crochet hook; acrylic yarn; safety eyes; fiberfil; embroidery floss; yarn needle. Meet the cuties! Patterns include:

- Shiba Inu puppy
- Otters holding hands
- Baby seal
- Raccoon
- Sloth
- Pug puppy
- Narwhal
- Cockatiel
- Dinosaur
- Corgi puppy
- Owl
- Fat cat

About the Author

Kati Galusz discovered the world of amigurumi when she wanted to make a unique gift for a toy-collector friend. What started as a quick fling has grown into the love of a lifetime, allowing her to combine her need for creativity with her main interests: animals and great books and movies. After lavishing her creations on her long-suffering family and friends, she started to sell them on Etsy and share her crochet patterns on Ravelry. When she is not crocheting, she can usually be found with a book in her hand, surrounded by her dogs in her home near Budapest, the Hungarian capital.

Price: **AU \$35.00** **NZ \$39.99**
 ISBN: **9780760371114**
 Format: **Kit**
 Package Type: **KIT**
 Dimensions: **249h x 198w mm**
 Extent: **64 pages**
 Bic1: Knitting & crochet
 Bic2: <Table Missing>
 Author now living:

The IROC Porsches

Matt Stone

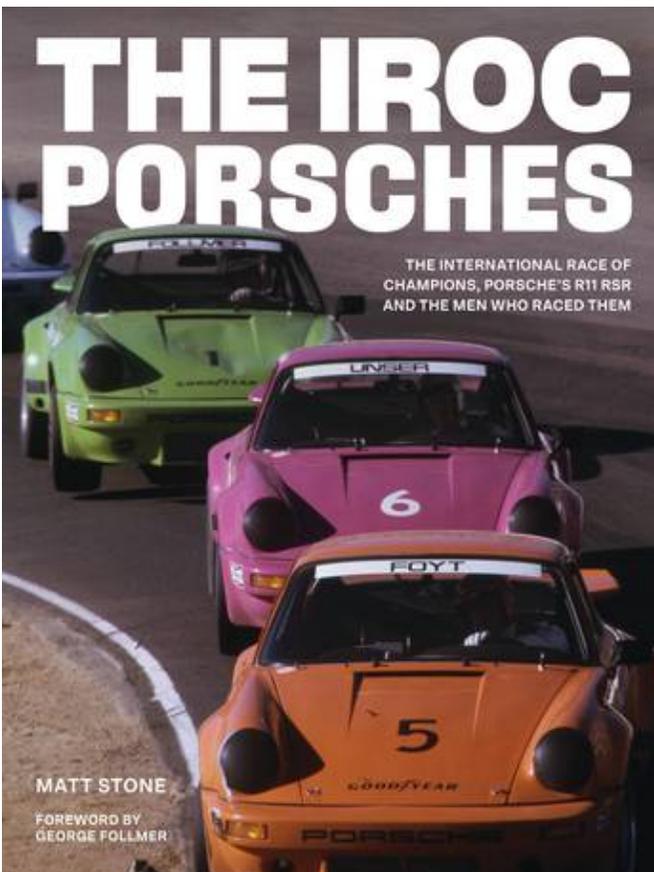
The IROC Porsches details the creation and first season of the International Race of Champions, a series divined as a means to pit the world's top international racing drivers (from IndyCar, Formula One, sports car racing, and NASCAR) against one another to determine who was top dog.

Description

The IROC Porsches chronicles the original International Race of Champions 1973-74 season, in which the world's top drivers battled in identical Porsche RSRs to claim the title of world's greatest racing driver. The Porsche 911 is among the most historic, sought after, and read about cars in history. Early cars are now highly valued collectibles, and modern 911s remain front-line international GT racing cars. There is considerable worldwide interest in Porsche racing activities, from factory entered and sponsored teams to the club-level racing scene. It is against this rich racing background that The IROC Porsches relates one of the most interesting and storied episodes in 911 racing history. The premier season of the International Race of Champions series was founded around purpose-built, virtually identical 1974 3.0-liter Porsche 911 RSR racing cars to be driven by racing greats from IndyCar, Formula 1, NASCAR, and other international racing series. The premise was simple and brilliant: put the worlds best racing drivers in identical cars and the series winner could claim "best in the world." Former racing driver, mega businessman, and racing team owner Roger Penske was the original force behind the series, and he worked directly with the Porsche factory to get these special IROC Porsches designed and built. The depth of talent and breadth of racing disciplines embodied in the series was stunning: Emerson Fittipaldi (Formula 1), AJ Foyt (Indy), Richard Petty (NASCAR), Al Unser (Indy), George Follmer (Can-Am), and more. The drivers' incentive to compete was manifold, first being to demonstrate the talents and abilities of their own particular brands of racing. Not to be understated was the draw of significant payout to winners. Consummate Porsche racer Mark Donohue won the first year's championship. The IROC series would carry on several decades, but never again would it feature Porsche and never again would it field such a diverse selection of race drivers. That first season was truly lighting in a bottle.

About the Author

Matt Stone (Glendale, CA), former executive editor of Motor Trend magazine, has been a professional automotive journalist and photographer since 1985. He is the author and photographer of several books, including Motorbooks best-selling 365 Cars You Must Drive (2006), My First Car (2011), McQueens Machines (2010), McQueens Motorcycles (2017) and Hot Rod Empire (2018). He is the co-author, with Preston Lerner, of Winning: The Racing Life of Paul Newman (2014) and History's Greatest Automotive Mysteries, Myths, and Rumors Revealed (2014).



Price: **AU \$89.99** **NZ \$110.00**
 ISBN: **9780760368251**
 Format: **Misc HB**
 Package Type: **HARD BACK**
 Dimensions: **305h x 248w mm**
 Extent: **192 pages**
 Bic1: Car racing
 Bic2: <Table Missing>
 Author now living:

The Legacy Caroline Bond

The Legacy is a powerful novel of rivalry and love, conflict and grief that will play on your mind long after you have turned the final page.

Description

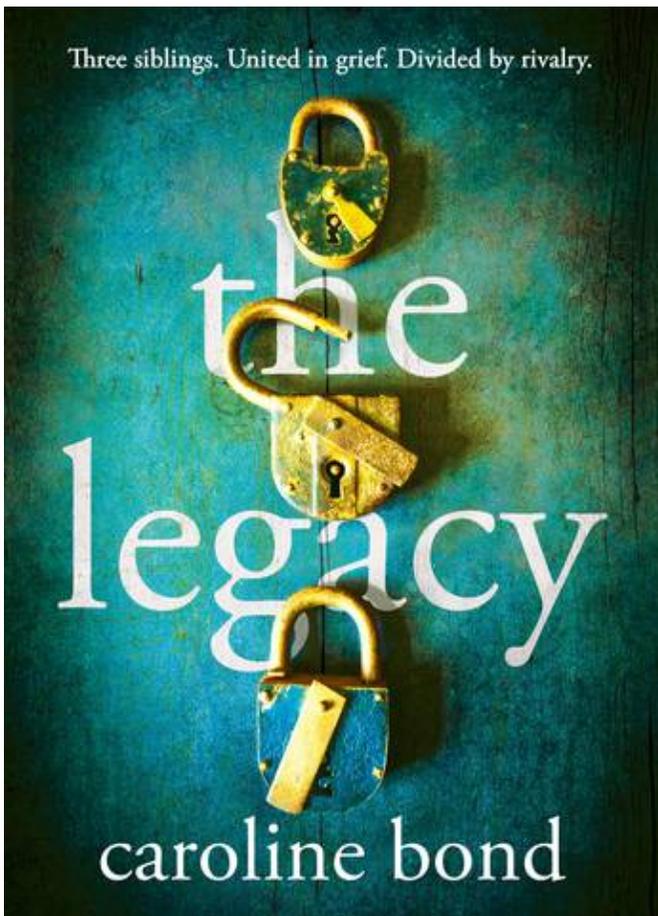
Following Jon's death, his three adult children gather in their childhood home by the sea. But far from being united in grief, the siblings are divided by the contents of their father's will, which states that they must decide together how to dispose of his estate before he can be laid to rest.

Liv, Noah and Chloe have never agreed on anything. And now, with one weekend to overcome their rivalry, tensions soon begin to rise and boil over.

Why would Jon do this to his family? Was he a cruel man or simply a mischief-maker? Perhaps he wanted to teach them a lesson from beyond the grave? But if so, what is it? And will they be able to put their differences aside long enough to learn it?

About the Author

Caroline Bond was born in Scarborough and studied English at Oxford University before working as a market researcher for 25 years. She has an MA in Creative Writing from Leeds Trinity University, and lives in Leeds with her husband and three children. @Bond2Caroline



Price: **AU \$29.99** **NZ \$32.99**
 ISBN: **9781786499288**
 Format: **C-Format PB**
 Package Type: **PAPERBACK**
 Dimensions: **234h x 153w mm**
 Extent: **pages**
 Bic1: Fiction & related items
 Bic2: <Table Missing>
 Author now living:

The Heretic's Mark

S. W. Perry

The fourth in the thrilling, bestselling Elizabeth crime series from S. W. Perry takes hero Nicholas Shelby and his new wife to Padua, where danger follows with every turn.

Description

From the bestselling, CWA Historical Dagger Award-nominated author of *The Angel's Mark* (2019) and *The Serpent's Mark* (2020)

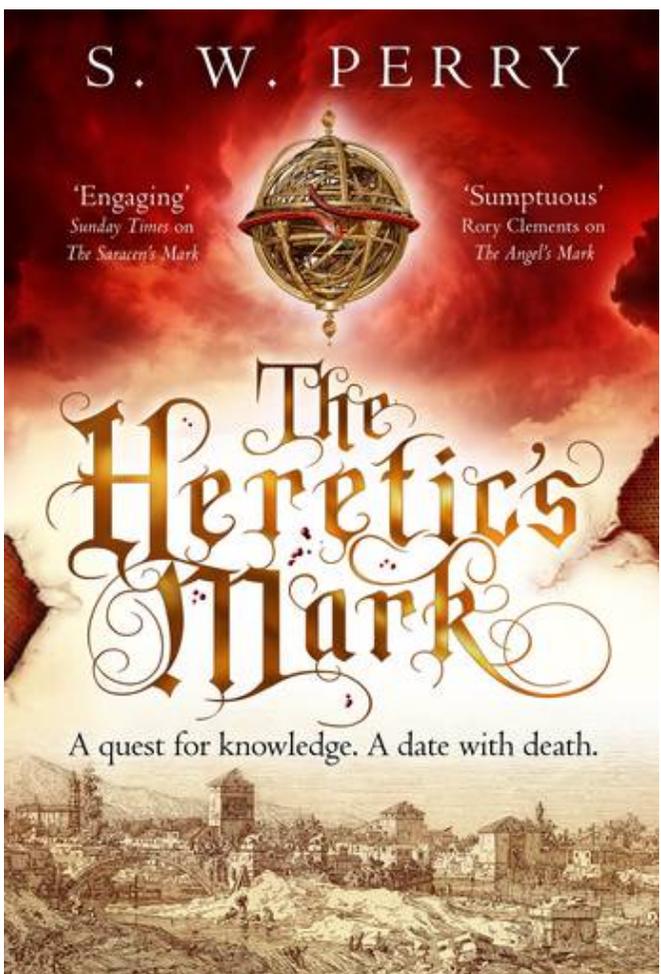
The Elizabethan world is in flux. Radical new ideas are challenging the old. But the quest for knowledge can lead down dangerous paths...

London, 1594. The Queen's physician has been executed for treason, and conspiracy theories flood the streets. When Nicholas Shelby, unorthodox physician and unwilling associate of spymaster Robert Cecil, is accused of being part of the plot, he and his new wife Bianca must flee for their lives.

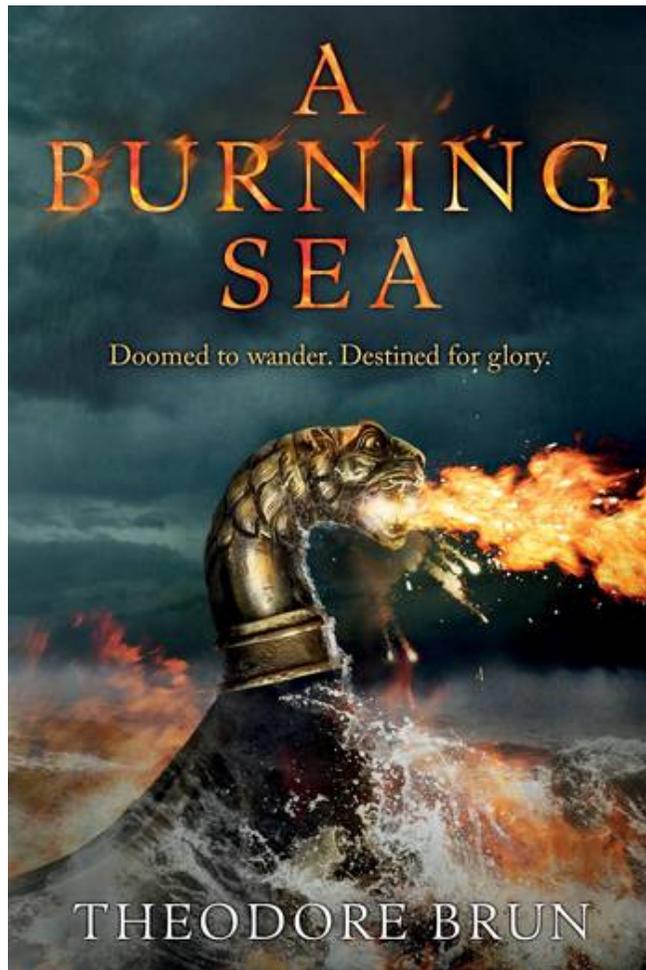
With agents of the Crown on their tail, they make for Padua, following the ancient pilgrimage route, the Via Francigena. But the pursuing English aren't the only threat Nicholas and Bianca face. Hella, a strange and fervently religious young woman, has joined them on their journey. When the trio finally reach relative safety, they become embroiled in a radical and dangerous scheme to shatter the old world's limits of knowledge. But Hella's dire predictions of an impending apocalypse, and the brutal murder of a friend of Bianca's forces them to wonder: who is this troublingly pious woman? And what does she want?

About the Author

S. W. Perry was a journalist and broadcaster before retraining as an airline pilot. He lives in Worcestershire with his wife.



Price: **AU \$29.99** **NZ \$32.99**
 ISBN: **9781786499035**
 Format: **C-Format HB**
 Package Type: **HARD BACK**
 Dimensions: **234h x 156w mm**
 Extent: **448 pages**
 Bic1: Historical fiction
 Bic2: <Table Missing>
 Author now living:



A Burning Sea Theodore Brun

A brilliantly conceived Viking epic set in eighth-century Sweden and medieval Constantinople. An ambitious, masterful series.

Description

'Superb. A Burning Sea is a vivid, enthralling read, yet again proving that Theodore Brun is a force to be reckoned with.' - Giles Kristian

Doomed to wander. Destined for glory.

Convinced he is cursed, Erlan Aurvandil has turned his back on his native Northern lands. In search of freedom, he embarks on a perilous trip to Byzantium, the greatest city in the world. But as his voyage ends, Erlan is brutally betrayed and sold into slavery to a powerful Byzantine general.

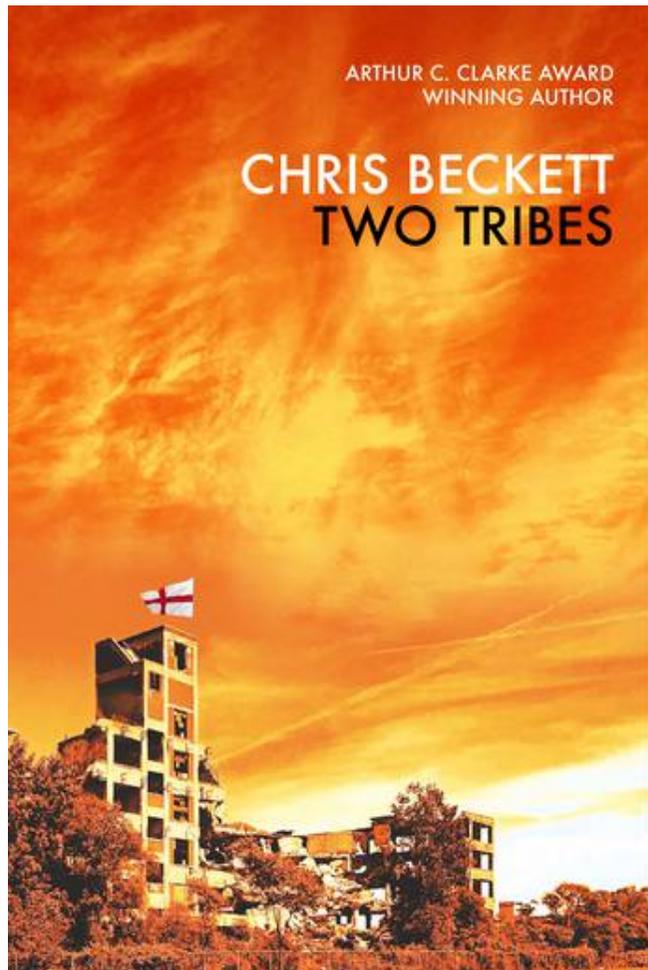
Meanwhile, Lilla Sviggarsdottir, Queen of Svealand, has lost her husband - and with him her kingdom. Fleeing for her life, Lilla journeys east on a new quest: to find Erlan and raise an army mighty enough to defeat her usurper.

But, on reaching Byzantium, Lilla discovers a dark tide is rising against the Emperor, both outside the city walls and within his own court. As the whispers of war grow ever louder, both her and Erlan's fate become entwined with that of the city. Are they doomed to fall, or can freedom be won in the fierce heat of battle?

About the Author

Theodore Brun studied Dark Age archaeology at Cambridge. In 2010, he quit his job as an arbitration lawyer in Hong Kong and cycled 10,000 miles across Asia and Europe to his home in Norfolk. A Burning Sea is his third novel.

Price: **AU \$19.99** **NZ \$22.99**
 ISBN: **9781786496171**
 Format: **B**
 Package Type: **PAPERBACK**
 Dimensions: **198h x 129w mm**
 Extent: **512 pages**
 Bic1: Fantasy
 Bic2: <Table Missing>
 Author now living:



Two Tribes

Chris Beckett

A thought-provoking novel about how humans define themselves, and each other, and what that means for our future. From an Arthur C. Clarke award-winning author.

Description

'Brilliantly and chillingly imagined' - Guardian

'Explored with wit, thoughtfulness and emotional weight' - Spectator

As a historian in the bleak, climate-ravaged twenty-third century, it's Zoe's job to record and archive the past, not to recreate it. But when she comes across the diaries of Harry and Michelle, who lived two hundred years ago, she becomes fascinated by the minutiae of their lives and decides to write a novel about them, filling in the gaps with her own imaginings.

Harry and Michelle meet just after the Brexit referendum when Harry's car breaks down outside a small town in Norfolk. Despite their different backgrounds, and Michelle having voted Leave while Harry voted Remain, they are drawn to each other and begin a relationship.

From her long perspective, the way Zoe sees their world is somewhat different from the way we see it now. Two Tribes becomes a reflection on the way our ideas are shaped by class and social circumstances, and how they change without us even noticing. It explores what divides us and what brings us together. And it asks where we may be headed next.

About the Author

Chris Beckett is a former university lecturer and social worker. He is the winner of the Edge Hill Short Fiction Award, 2009, for The Turing Test, the prestigious Arthur C. Clarke Award, 2013, for Dark Eden, and was shortlisted for the British Science Fiction Association best novel award for Mother of Eden in 2015 and for Daughter of Eden in 2016. Two Tribes is his eighth novel.

www.chris-beckett.com

Price: **AU \$19.99** **NZ \$22.99**
 ISBN: **9781786499332**
 Format: **B**
 Package Type: **PAPERBACK**
 Dimensions: **198h x 129w mm**
 Extent: **304 pages**
 Bic1: Science fiction
 Bic2: <Table Missing>
 Author now living:

Good Eggs

Rebecca Hardiman

A hilarious and heartfelt debut novel following three generations of a Dublin family whose simmering tensions boil over when an American home aide enters the picture, becoming the calamitous force that will either make or break this family.

Description

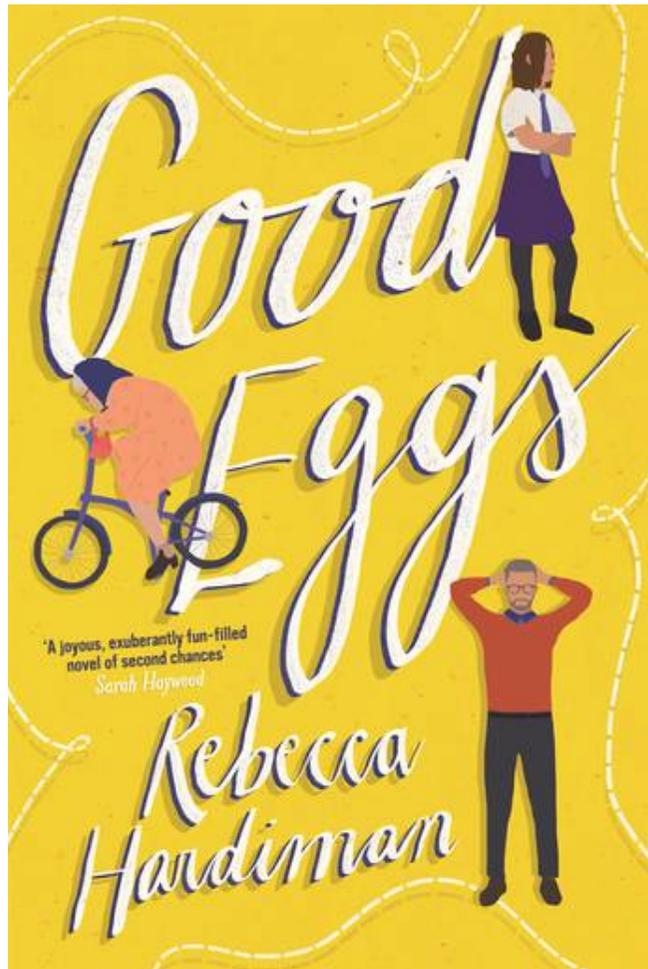
Meet the Gogartys; cantankerous gran Millie (whose eccentricities include a penchant for petty-theft and reckless driving); bitter downtrodden son Kevin (erstwhile journalist whose stay-at-home parenting is pushing him to the brink); and habitually moody, disaffected teenage daughter Aideen.

When Gran's arrested yet again for shoplifting, Aideen's rebelliousness has reached new heights and Kevin's still not found work, he realises he needs to take action. With the appointment of a home carer for his mother, his daughter sent away to boarding school to focus on her studies and more time for him to reboot his job-hunt, surely everything will work out just fine. But as the story unfolds - and in the way of all the best families - nothing goes according to plan and as the calm starts to descend into chaos we're taken on a hilarious multiple-perspective roller-coaster ride that is as relatable as it is far-fetched.

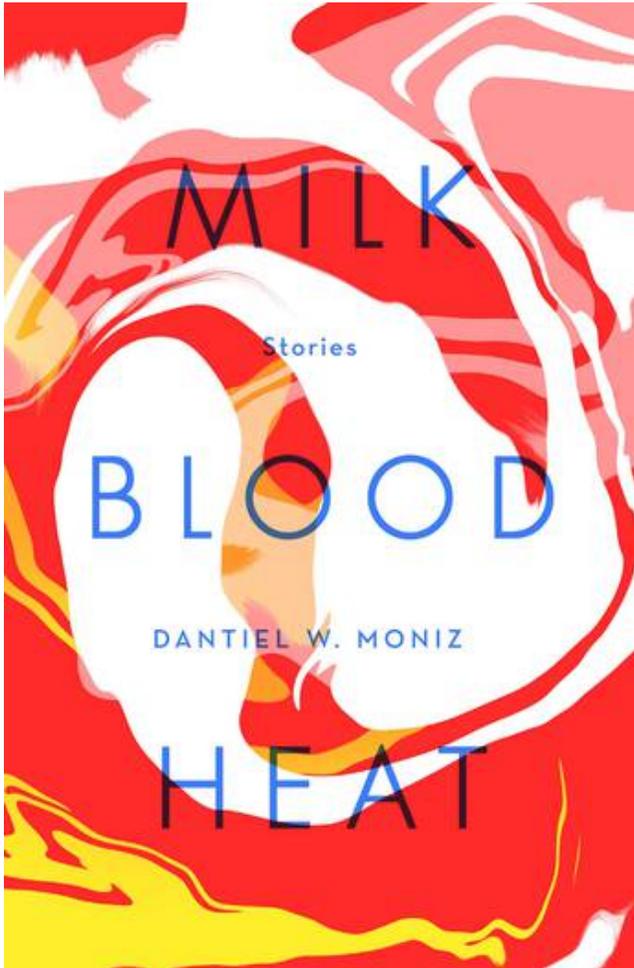
Good Eggs is a heady cocktail of that warmth and wit of Marian Keyes, Caitlin Moran and TV's Derry Girls.

About the Author

Rebecca Hardiman is a former magazine editor who lives in New Jersey with her husband and three children. Good Eggs is her first novel.



Price: **AU \$29.99** **NZ \$32.99**
 ISBN: **9781838952754**
 Format: **C-Format PB**
 Package Type: **PAPERBACK**
 Dimensions: **234h x 153w mm**
 Extent: **pages**
 Bic1: Modern & contemporary fiction (post c 1945)
 Bic2: <Table Missing>
 Author now living:



Milk Blood Heat

Dantiel W. Moniz

One of the hottest US debuts of 2021, Milk Blood Heat is a breakout collection of stories about race, sex, love, death, and the intimate wonders and violences of the female body.

Description

'A seething excavation of want and human error' - Raven Leilani

'Glorious, ecstatic, devastating... A gorgeous debut from a wickedly talented new author' - Lauren Groff

'Sultry, dark, thick with the heat of bodies and minds in sin and transgression. Incredible' - Jamel Brinkley

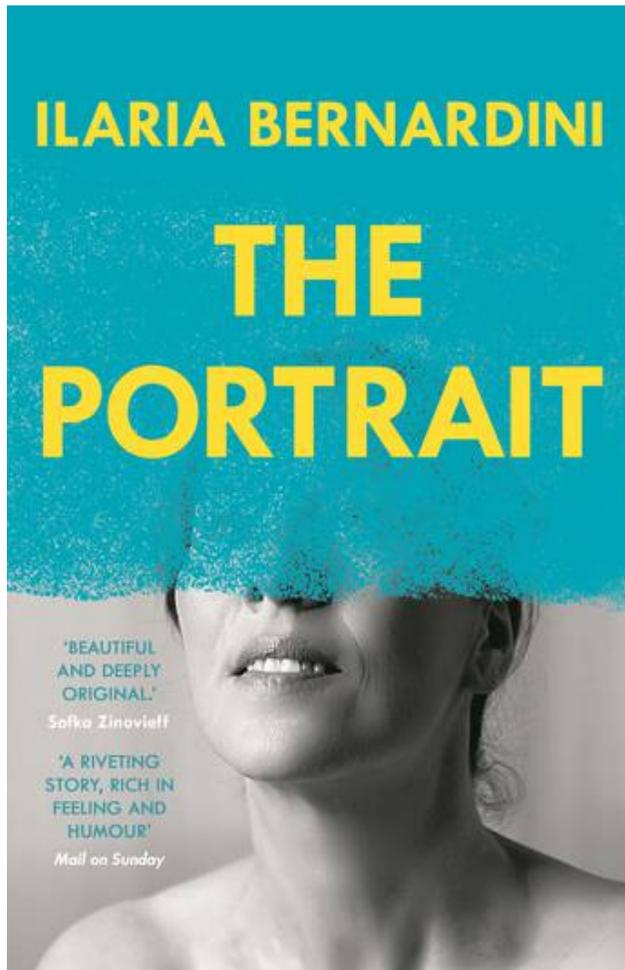
A thirteen-year-old girl watches her white best friend totter along the edge of a building roof; a woman who lost her child in its first trimester finds empathy and horror in the waters of a city aquarium; a mother protects her teen daughter from a predatory love interest by taking revenge over a very French supper; and two estranged siblings take a road-trip with their dead father's ashes - rediscovering one another and reckoning with all the ways that trust can be betrayed and love can be redeemed.

Set in the suburbs and the cities of the modern world but about the ancient essences of who and what we are, Milk Blood Heat is a collection of love and sex, birth and death. Through the stories of ordinary characters confronted by extraordinary moments of violent yet often beautiful reckoning, Dantiel W. Moniz contemplates human connection, race, womanhood, inheritance, and the elemental darkness in us all. Wise and subversive, spiritual and seductive, Milk Blood Heat showcases that the world in which we live can be a place of obstacles and heartbreak... but also one of grace and splendour.

About the Author

Dantiel W. Moniz is the recipient of the Alice Hoffman Prize for Fiction, the Cecelia Joyce Johnson Emerging Writer Award by the Key West Literary Seminars, and a Tin House Scholarship. Her fiction has appeared or is forthcoming in the Paris Review, Tin House, Ploughshares, American Short Fiction, Yale Review, One Story, McSweeney's Quarterly Concern and elsewhere. Milk Blood Heat is her first book. She lives in Northeast Florida.

Price: **AU \$29.99** **NZ \$32.99**
 ISBN: **9781838950583**
 Format: **Demy**
 Package Type: **HARD BACK**
 Dimensions: **216h x 138w mm**
 Extent: **208 pages**
 Bic1: Dating, relationships, living together & marriage
 Bic2: <Table Missing>
 Author now living:



The Portrait

Ilaria Bernardini

Ambiguous, electrifying story of a lover, a wife - and the man they have in common.

Description

'A gripping story of love, death, art and deceit' -Sofka Zinovieff, author of Putney

An internationally renowned writer, Valeria Costas has dedicated her life to her work and to her secret lover, Martin Acla, a prominent businessman. When his sudden stroke makes headlines, her world implodes; the idea of losing him is terrifying. Desperate to find a way to be present during her lover's final days, Valeria commissions his artist wife, Isla, to paint her portrait -insinuating herself into Martin's family home and life.

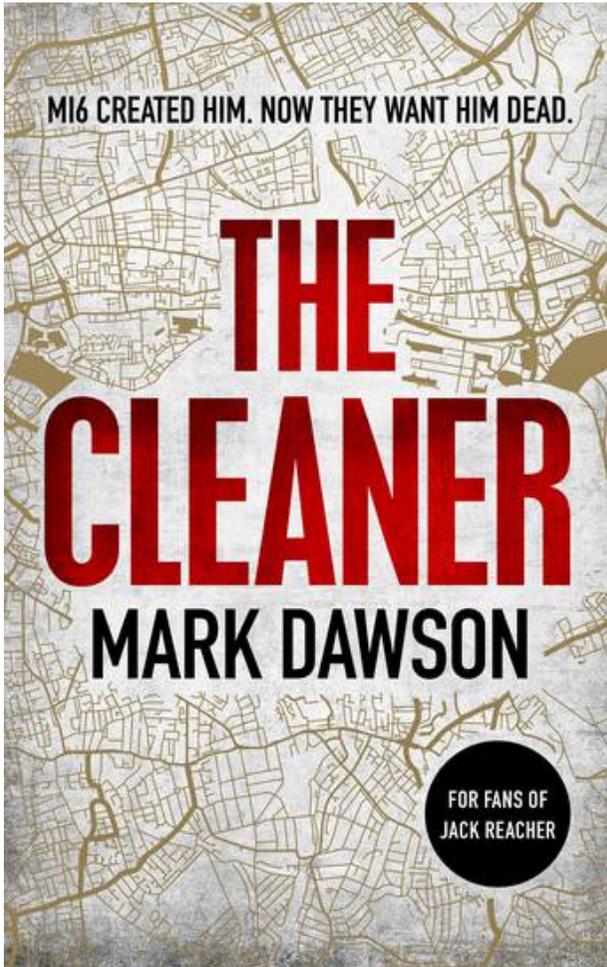
In the grand, chaotic London mansion where the man they share - husband, father, lover - lies in a coma, Valeria and Isla remain poised on the brink, transfixed by one another. Day after day, the two women talk to each other during the sittings, revealing truths, fragilities and strengths. But does Isla know of the writer's long involvement with Martin? Or that her husband had chosen Valeria for the years ahead? Amidst their own private turmoil, the stories of their lives are exchanged - and as the portrait takes shape, we watch these complex and extraordinary women struggle while the love of their lives departs, in an unforgettable, breathless tale of deception and mystery that captivates until the very end.

'A stunning "pas de deux" that is enchanting, thrilling and incredibly moving.' Marie Claire Italia

About the Author

Price: **AU \$19.99** **NZ \$22.99**
 ISBN: **9781911630449**
 Format: **B**
 Package Type: **PAPERBACK**
 Dimensions: **198h x 128w mm**
 Extent: **pages**
 Bic1:
 Bic2: <Table Missing>
 Author now living:

**The Cleaner
Mark Dawson**



The first in a high-octane thriller series that is perfect for fans of Jack Reacher and Jason Bourne.

Description

'It's impossible not to think of Lee Child's super-selling Jack Reacher' - The Times

John Milton is the man the government call when they want a problem to vanish . . . but what happens when he's the one that needs to disappear?

After a botched job leaves a bloody trail, government assassin John Milton does the one thing he's never done before: he hides.

Disappearing into London's bustling East End and holing up in a vacant flat, Milton becomes involved with single mother Sharon and her troubled son Elijah, who are caught in an increasingly bloody turf war between two rival gangs.

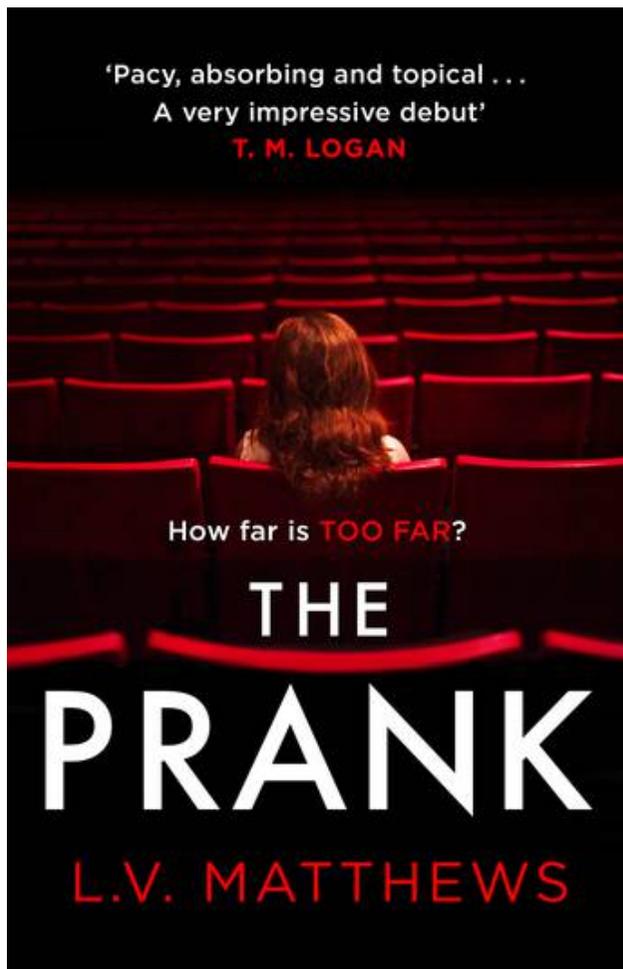
Unable to ignore the threat, Milton sets about protecting mother and son, meeting violence with violence. But his involvement puts him in the sights of the government's next best killer, and before long Milton is not just fighting to save a family and a home - he's fighting to stay alive . . .

If you like Lee Child's Jack Reacher, Vince Flynn's Mitch Rapp, and Robert Ludlum's Jason Bourne, you won't be able to put down the compulsively addictive John Milton series.

About the Author

Mark Dawson is the bestselling author of the Beatrix Rose, Isabella Rose and John Milton series, and has sold over 3 million books. He lives in Wiltshire with his family and can be reached at www.markjdawson.com

Price: **AU \$19.99** **NZ \$22.99**
 ISBN: **9781787395190**
 Format: **B**
 Package Type: **PAPERBACK**
 Dimensions: **198h x 129w mm**
 Extent: **352 pages**
 Bic1: Thriller / suspense
 Bic2: <Table Missing>
 Author now living:



The Prank L V Matthews

It's all fun and games until someone gets hurt...

Description

The Prank is a contemporary thriller examining the fallout from a single moment in a reality TV programme that has devastating and long-term consequences.

EI, a young woman, still grieving from the death of her father, follows a stranger home one night. There she chances on a missing piece of the puzzle over his unexplained death.

This accidental encounter sets in motion an obsession for revenge asking how far would you go to right the wrongs of a long-forgotten past.

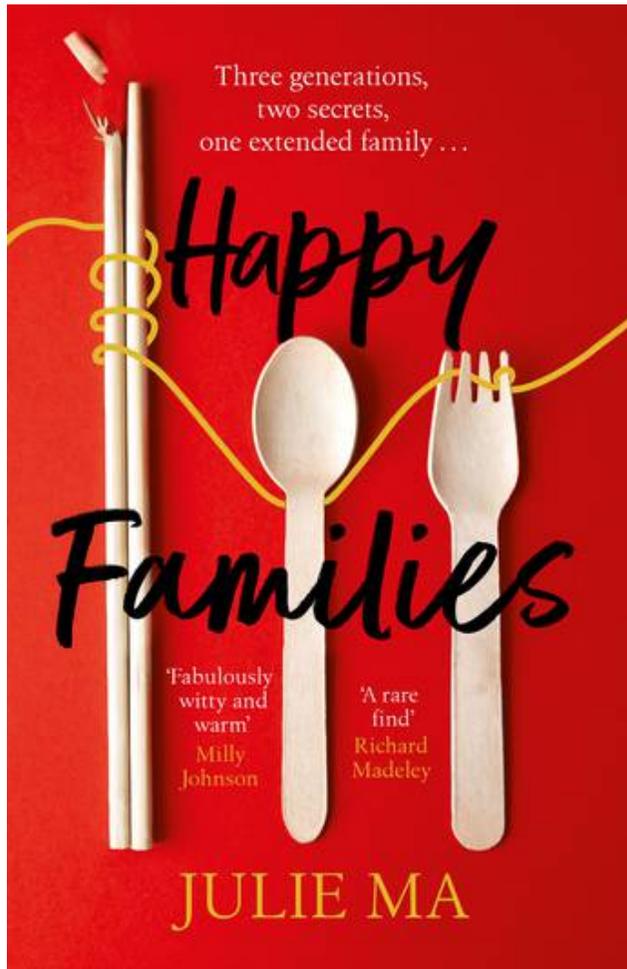
About the Author

Born in 1984 in rural Essex, L V Matthews now lives in Hampshire with her family where she is setting up a writers retreat business. Before pursuing a career in writing, she actually worked both in domestic and international sales for major UK publishing houses.

Price: **AU \$19.99** **NZ \$22.99**
 ISBN: **9781787395220**
 Format: **B**
 Package Type: **PAPERBACK**
 Dimensions: **198h x 129w mm**
 Extent: **384 pages**
 Bic1: **Thriller / suspense**
 Bic2: **<Table Missing>**
 Author now living:

Happy Families

Julie Ma



Amy is thirty-four and has just given up her glittering career in the big (Welsh) city to move back in with her grandfather, returning to work in the small-town Chinese takeaway where she spent her bookish and boring childhood. Why? That's a secret she won't tell.

Description

Set in rural Wales, *Happy Families* shines a tender, funny and heartwarming light on the lives of three generations of a Chinese immigrant family. Refreshing and original, this is perfect for fans of *The Unlikely Pilgrimage of Harold Fry*, *The Rosie Project* and *Gavin & Stacey*.

When was the last time you paid much attention to the person behind the counter of your local Chinese takeaway?

Amy is thirty-four and has just given up her glittering career in the big (Welsh) city to move back in with her grandfather, returning to work in the small-town Chinese takeaway where she spent her bookish and boring childhood. Why? That's a secret she won't tell.

Just like the secret of why her grandfather, Ah Goong, and her faith, TC Li, haven't spoken to each other in thirty years. Weirder still, they've lived in the same small flat above the takeaway for the majority of those years, with Amy's mother Joan acting as their unfortunate go-between and buffer.

Now Amy's parents have moved, leaving her in charge of looking after the old man. But then Ah Goong collapses in the street and time is running out if Amy wants to play happy families before it's too late.

About the Author

Julie Ma was born and raised in Carmarthen after her grandfather arrived in Wales from China in the 1920s. Her parents set up a Chinese takeaway in the 1970s and she took over the business with her brother in 2008. As the child of parents who didn't speak English well, her love of reading and writing came from school and a legendary bookshop called Derrick Williams that allowed children to browse for hours. This her her first novel.

Price: **AU \$19.99** **NZ \$22.99**
 ISBN: **9781787396883**
 Format: **B**
 Package Type: **PAPERBACK**
 Dimensions: **198h x 129w mm**
 Extent: **288 pages**
 Bic1: Modern & contemporary fiction (post c 1945)
 Bic2: <Table Missing>
 Author now living:

Marrying Simone Anna Jacobs

When widow Simone leaves Australia to do a house swap with a couple in the UK, she meets Russ who's looking for some peace and quiet after an accident. Can they help each other build new lives?

Description

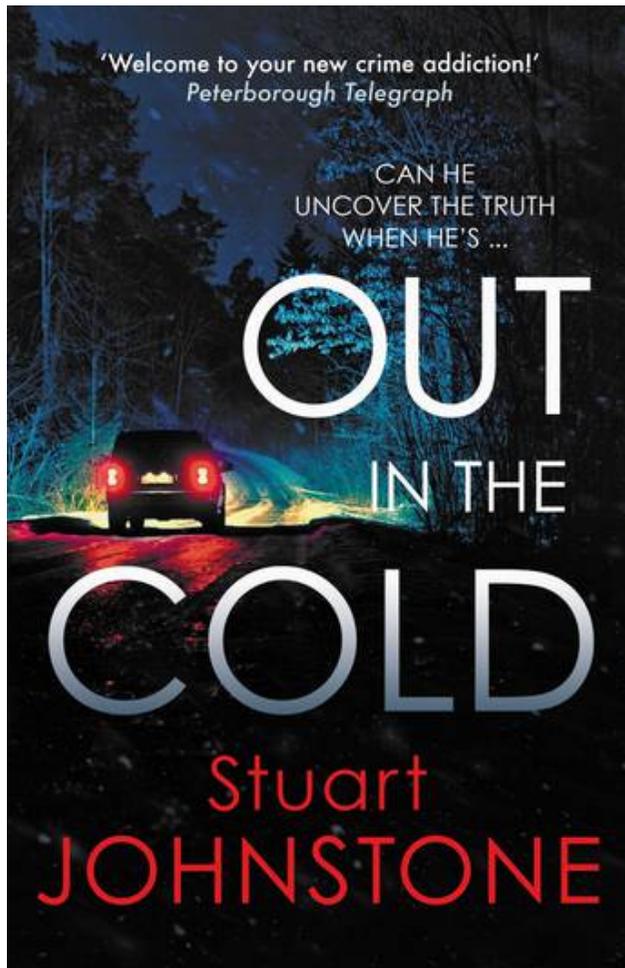
In Australia, Simone has been widowed for four years and is ready to make a more interesting life for herself. Her friends are driving her mad introducing her to eligible men; her busy daughters are just the opposite, wanting her available for babysitting. When she is offered a house swap with a couple in the UK, she takes it, though not without some trepidation.

On the other side of the world, Russ has just taken possession of his new house and wants only peace and quiet after a serious injury and months of rehab. Can Simone and Russ help one another avoid meddling friends and relatives, and build new lives?

About the Author

Anna Jacobs is the author of eighty novels and is addicted to storytelling. She grew up in Lancashire, emigrated to Australia in the 1970s and writes stories set in both countries.

Price: **AU \$19.99** **NZ \$22.99**
ISBN: **9780749023065**
Format: **B**
Package Type: **PAPERBACK**
Dimensions: **198h x 129w mm**
Extent: **352 pages**
Bic1: Romance
Bic2: <Table Missing>
Author now living:



Out in the Cold Stuart Johnstone

When police sergeant Don Colyear is forced to move to a remote Highlands town, he doesn't expect a string of teenage disappearances and a murder.

Description

Intuition is everything in the police force, something that Sergeant Don Colyear knows better than most.

When a superior officer's decision not to respond to a routine disturbance has fatal consequences, Colyear finds himself sent away from Glasgow to work in a remote Highlands town. Despite not wanting to be there, a feeling shared by his commander, Colyear soon settles into life investigating petty crimes. But it isn't long before he discovers something strange about the town. A string of teenage disappearances seems to have been ignored by the authorities. And when a groundsman from the local sporting estate is gruesomely murdered, Colyear suspects that long-held secrets could be coming to the surface.

As he delves further into the town's history, it isn't long before his own life is at risk.

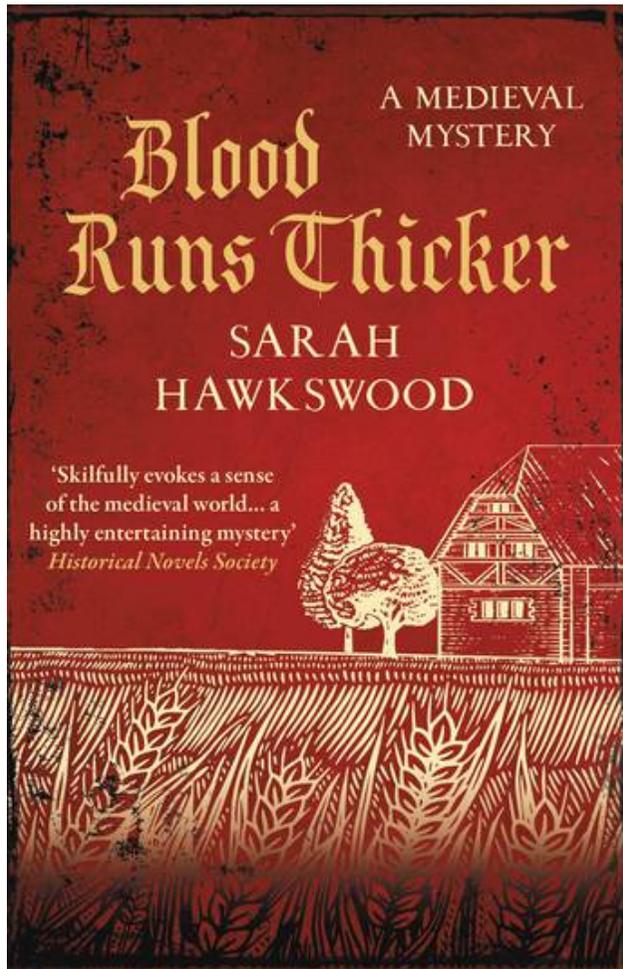
About the Author

Stuart Johnstone is a former police officer who, since turning his hand to writing, has been selected as an emerging writer by Edinburgh UNESCO City of Literature Trust, and published in an anthology curated by Stephen King. Johnstone lives in Scotland.

Price: **AU \$19.99** **NZ \$22.99**
 ISBN: **9780749026387**
 Format: **B**
 Package Type: **PAPERBACK**
 Dimensions: **198h x 129w mm**
 Extent: **352 pages**
 Bic1: **Crime & mystery**
 Bic2: **<Table Missing>**
 Author now living:

Blood Runs Thicker

Sarah Hawkswood



'A series that started well and grows stronger all the time. Both characterisation and historical detail are impeccable and the plot is intriguing and cleverly interwoven.' - Mystery People

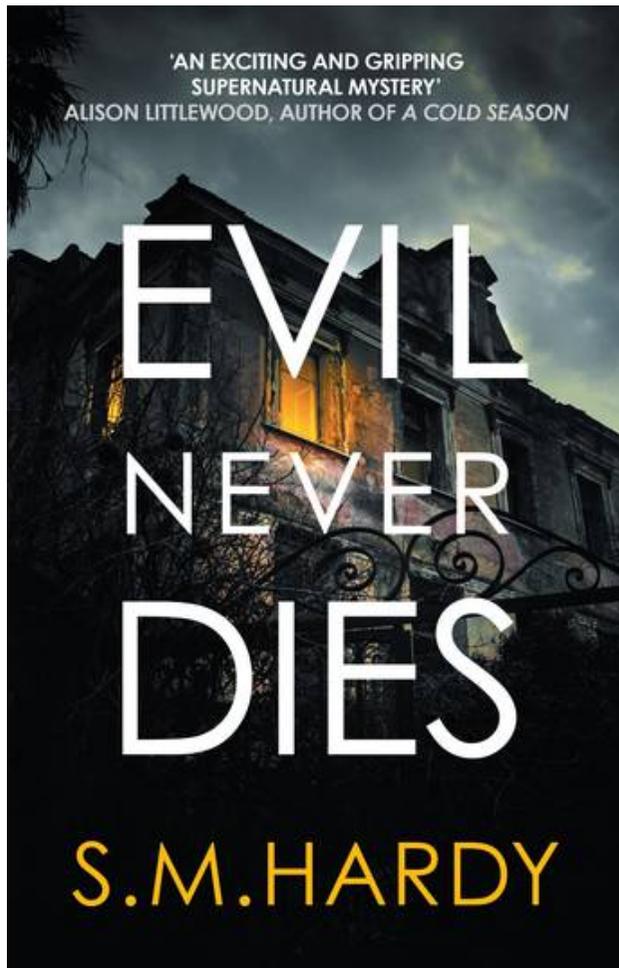
Description

August 1144. Osbern de Lench is known far and wide as a hard master, whose temper is perpetually frayed. After his daily ride to survey his land, his horse returns to the hall riderless, and the lifeless body of the lord is found soon after. Was it the work of thieves, or something closer to home? With an heir who is cast in the same hot-tempered mould, sworn enemies for neighbours and something amiss in the relationship between Osbern and his wife, undersheriff Hugh Bradecote, the wily Serjeant Catchpoll and apprentice Walkelin have suspects aplenty.

About the Author

Sarah Hawkswood describes herself as a 'wordsmith' who is only really happy when writing. She read Modern History at Oxford and first published a non-fiction book on the Royal Marines in the First World War before moving on to medieval mysteries set in Worcestershire.

Price: **AU \$19.99** **NZ \$22.99**
 ISBN: **9780749027155**
 Format: **Demy**
 Package Type: **PAPERBACK**
 Dimensions: **216h x 134w mm**
 Extent: **pages**
 Bic1: **Crime & mystery**
 Bic2: **<Table Missing>**
 Author now living:



Evil Never Dies

S M Hardy

When Jed is asked to use his spiritual gift to solve the brutal murder of a friend's brother, he finds himself dragged into dangerous family secrets that threaten them all.

Description

The village of Slyford St James is no stranger to supernatural happenings, as long-time residents Jed and Emma know all too well. When Jed receives a letter from an old friend, he is intrigued. Though he and Simon were like brothers during their army days, they have lost touch over the years. However, the invitation to the Pomeroy family estate isn't quite the reunion he was hoping for - Simon's eldest brother has been brutally murdered, and he wants Jed to use his connection to the dead to help solve the crime.

When they arrive at the estate, Jed is shocked by how fragile and fearful his friend has become. As Jed calls upon the spirit world, the results are dramatic, and a gruesome warning reveals dark and dangerous family secrets that threaten the safety of them all.

About the Author

S. M. Hardy grew up in south London and worked in banking for many years before turning her attention to arboricultural management. She has now given up the day job to allegedly spend more time with her husband; he, however, has noticed that an awful lot more writing appears to be going on. She currently lives in Devon. The Evil Within is her first paranormal mystery novel.

Price: **AU \$19.99** **NZ \$22.99**
 ISBN: **9780749025755**
 Format: **B**
 Package Type: **PAPERBACK**
 Dimensions: **198h x 129w mm**
 Extent: **352 pages**
 Bic1: **Crime & mystery**
 Bic2: **<Table Missing>**
 Author now living:

The Patterdale Plot

Rebecca Tope

Simmy Brown had hoped for a quiet autumn in her new home in Patterdale. But when a lodger is poisoned at her parents' B&B, peace is destroyed and the investigation begins.

Description

Simmy Brown had hoped that her autumn would be less frantic than usual to give her a chance to enjoy her pregnancy, her upcoming nuptials, and some time looking for a new house in the Patterdale area of the Lake District. But it is not to be .

Simmy's ideas of a quiet run-up to Christmas are cruelly dashed when one of the lodgers at her parents' B&B dies in her arms after seemingly being poisoned. It is clear the victim had some connection to a controversial new building project near Patterdale, and Simmy soon becomes embroiled in a complex investigation, headed up by her friend DI Moxon, as the nights grow darker and a killer roams free.

About the Author

Rebecca Tope is the author of three bestselling crime series, set in the stunning Cotswolds, Lake District and West Country. She lives on a smallholding in rural Herefordshire, where she enjoys the silence and plants a lot of trees, but also manages to travel the world and enjoy civilisation from time to time. Most of her varied experiences and activities find their way into her books, sooner or later.

Price: **AU \$19.99** **NZ \$22.99**
 ISBN: **9780749025908**
 Format: **B**
 Package Type: **PAPERBACK**
 Dimensions: **198h x 129w mm**
 Extent: **352 pages**
 Bic1: Crime & mystery
 Bic2: <Table Missing>
 Author now living:

Crystals

Cassandra Eason

A reference guide to using 500 crystals to heal your body, mind and spirit.

Description

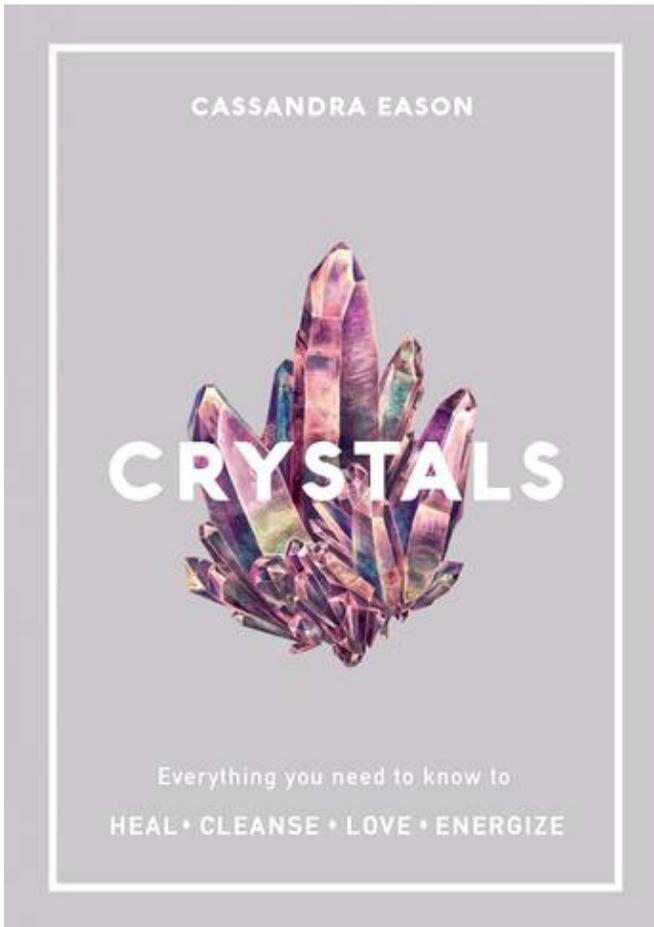
Crystals is the definitive reference guide to using 500 crystals to heal your body, mind and spirit.

It includes common, rare and newly discovered crystals, with each crystal illustrated by a beautiful photograph and a handy table telling you everything you need to know about using that crystal to improve your life. The book also includes an introduction to crystal lore, how to use crystals in all aspects of your life and how crystals can be used to predict the future.

Harness the healing power of crystals, use them to enhance your relationships, or turn to them for spiritual guidance. Crystals offers inspiration for a mystical journey on every page.

About the Author

Cassandra Eason is an internationally renowned white witch and an expert on crystals and crystal healing. She has written for the Guardian, the Sunday Telegraph, the Daily Mail and Good Housekeeping. Cassandra has published more than 80 books, including the international bestsellers Every Woman a Witch, The Complete Guide to Divination and the Illustrated Guide to Healing Crystals. Cassandra's books have sold all over the world and have been translated into 13 languages. She has lectured at Oxford, London and Glasgow Universities and currently runs workshops on psychic development, magic, divination and crystals.



Price: **AU \$27.99** **NZ \$32.99**
 ISBN: **9781787390423**
 Format: **B**
 Package Type: **PAPERBACK**
 Dimensions: **208h x 153w mm**
 Extent: **416 pages**
 Bic1: Mind, Body, Spirit
 Bic2: <Table Missing>
 Author now living:

The Sherlock Holmes Complete Puzzle Collection

Tim Dedopulos

With 400 pages, this is an excellent gift purchase for the puzzler, or Sherlock fan, in your life - guaranteed to give days of puzzling pleasure to even the most accomplished puzzle solver!

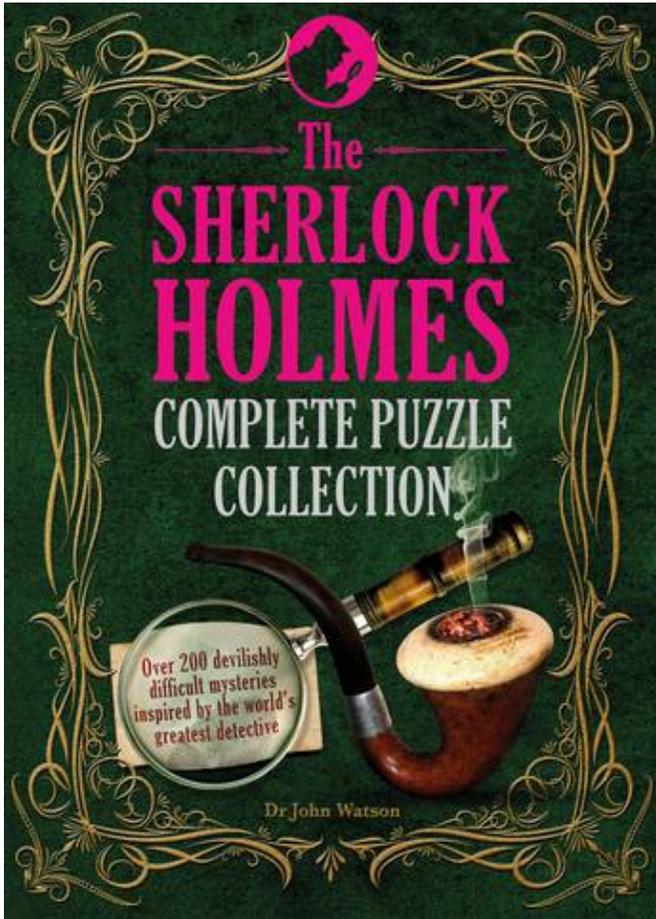
Description

Fans of Sherlock Holmes and Dr John Watson can now match their wits with the greatest detective of all time by cracking more than 200 puzzles.

Dr John Watson has compiled an outstanding selection of his esteemed colleague's cases. The Sherlock Holmes Complete Puzzle Collection is a daring, difficult and downright perplexing bunch of conundrums, puzzles, and riddles, all written in the style of Sir Arthur Conan Doyle's great stories. More than 200 puzzles are included, from seemingly simple riddles to more complicated brain-busting logic puzzles. All answers and explanations are included for those who find that they are still detectives in training.

About the Author

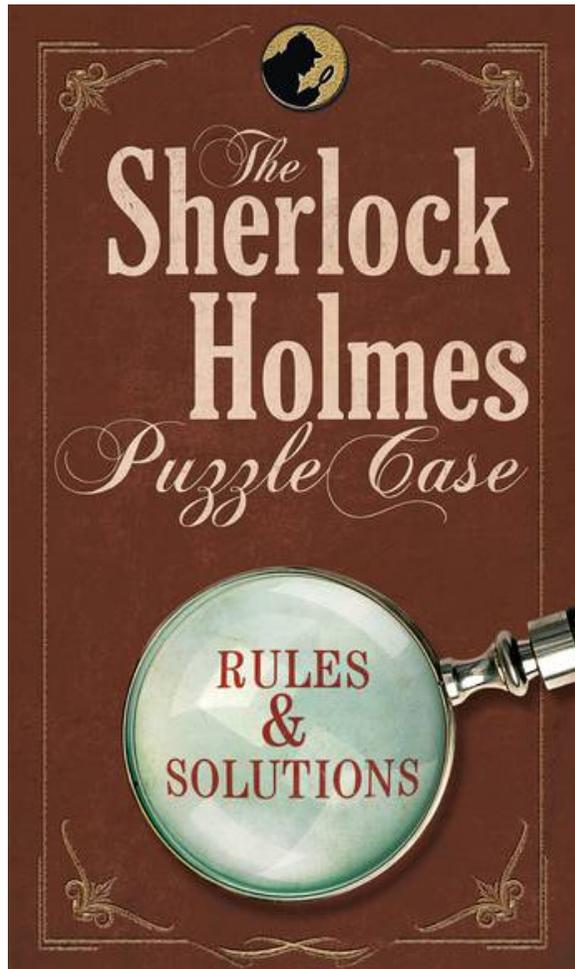
No one has a greater insight into the brilliant mind of Sherlock Holmes than his long-time companion Dr John Watson. After recounting Holmes' many exploits, Watson now explores the great detective's methods and applies them to a number of intriguing brainteasers for you to solve.



Price: **AU \$39.99** **NZ \$45.00**
 ISBN: **9781780979601**
 Format: **Misc HB**
 Package Type: **HARD BACK**
 Dimensions: **238h x 170w mm**
 Extent: **400 pages**
 Bic1: **Puzzles & quizzes**
 Bic2: **<Table Missing>**
 Author now living: **London, UK**

The Sherlock Holmes Puzzle Case

Tim Dedopulos



The Sherlock Holmes Puzzle Case lets you play the part of the world's greatest detective as you attempt to solve 120 puzzles, ranging from straightforward riddles and simple cases, to complicated affairs; including disappearance, murder and intrigue.

Description

Join the world's greatest detective and use your own powers of deduction to solve this series of ingenious enigmas. This pack contains puzzle cards, a book of clues and tips for solving like the great man himself, a clue-taking notepad, a timer and all puzzle solutions and explanations. With puzzles rated from Elementary to Fiendish, there's something to challenge every sleuth.

'You know my methods, now apply them.' - Sherlock Holmes.

About the Author

Tim Dedopulos is an author, puzzle setter and editor. He worked for Wizards of the Coast and White Wolf, and has written role-playing games and fiction. He wrote The Ultimate 1001 Puzzle Book and The Greatest Puzzles Ever Solved (both Carlton). He lives in central London.

Price: **AU \$27.99** **NZ \$32.99**
 ISBN: **9781780972695**
 Format: **Kit**
 Package Type: **SLIPCASE**
 Dimensions: **136h x 86w mm**
 Extent: **96 pages**
 Bic1: **Puzzles & quizzes**
 Bic2: **<Table Missing>**
 Author now living: **London, UK**

Sherlock Holmes' Rudimentary Puzzles

Tim Dedopulos

70 specially commissioned puzzles set in the world of Sherlock Holmes, designed to test your powers of perception, logic and deduction.

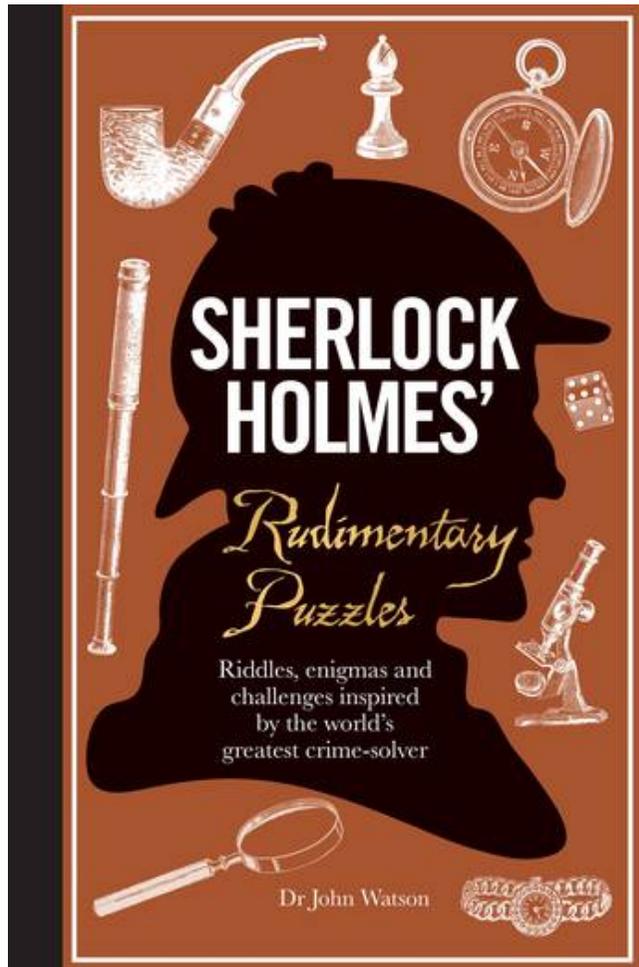
Description

Improve your faculties with 70 specially commissioned puzzles, riddles and enigmas concocted by the one detective who needs no introduction, Mr Sherlock Holmes. Dr John Watson, the dear friend and companion of Holmes, has taken the liberty of assembling this collection of trials so you too can test your analytic abilities and hone your deductive sense to avoid making hasty assessments and faulty conclusions.

These rudimentary puzzles have been grouped into approximate levels of difficulty but every question is easy if you know the answer, and the opposite holds equally true.

About the Author

No one has a greater insight into the brilliant mind of Sherlock Holmes than his long-time companion Dr John Watson. After recounting Holmes' many exploits, Watson now explores the great detective's methods and applies them to a number of intriguing brainteasers for you to solve.



Price: **AU \$16.99** **NZ \$18.99**
 ISBN: **9781780979632**
 Format: **B**
 Package Type: **HARD BACK**
 Dimensions: **198h x 129w mm**
 Extent: **144 pages**
 Bic1: **Puzzles & quizzes**
 Bic2: **<Table Missing>**
 Author now living: **London, UK**

Acupressure for Beginners (Press Here!)**Bob Doto**

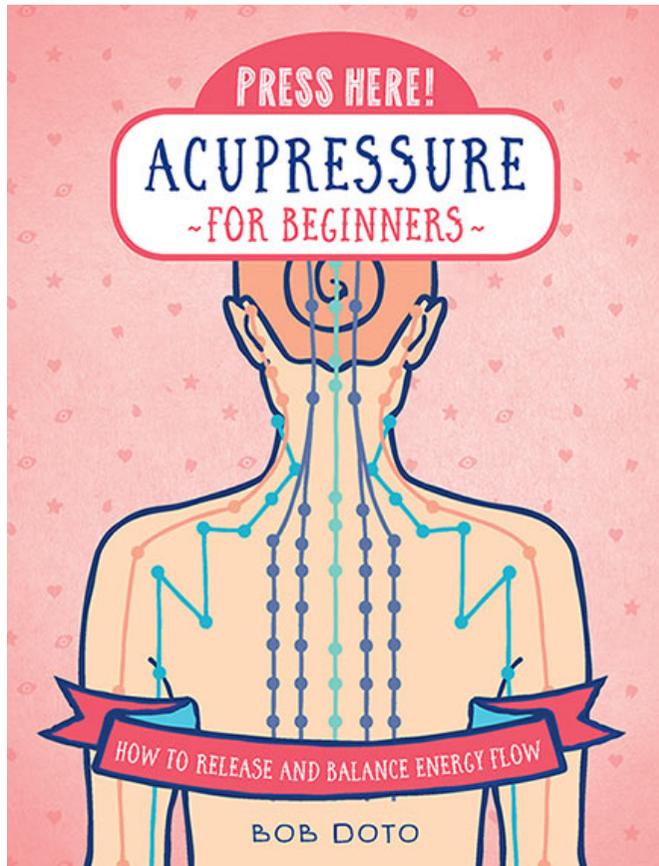
Acupressure for Beginners presents a comprehensive, illustrated guide to the ancient art of acupressure.

Description

Alleviate pain, release tension, increase relaxation, and improve vitality. This contemporary take on an old practice makes acupressure accessible to a new generation of readers. Fun, modern illustrations and intuitive organization combined with the expertise of seasoned practitioner Bob Doto allow you to quickly implement this powerful wellness tool. For millennia, the Chinese have been studying the effects of applying pressure to specific points on the body to relieve ailments, from fatigue to illness and pain. Practitioner Bob Doto offers you a thorough understanding of how to use acupressure to improve your standard of life and manage your own well-being. Acupressure for Beginners is your complete guide for learning this ancient art in a beautifully designed and accessible instructional format.

About the Author

Bob Doto is a licensed massage therapist specializing in Chinese Tui Na, acupressure, cupping therapy, and sports medicine. He is the founder of the Ditmas Park Yoga Society and is a faculty member at the Pacific College of Oriental Medicine in Manhattan teaching Tui Na massage with a focus on hand techniques, structural pathologies, and internal disharmonies. www.ditmasparkyogasociety.com.



Price: **AU \$24.99** **NZ \$27.99**
 ISBN: **9781592338719**
 Format: **Misc HB**
 Package Type: **HARD BACK**
 Dimensions: **210h x 160w mm**
 Extent: **128 pages**
 Bic1: **Mind, Body, Spirit**
 Bic2: **<Table Missing>**
 Author now living:

Face Workouts for Beginners (Press Here!)

Nadira Persaud

For anyone looking to look and feel younger, Face Workouts for Beginners (Press Here!) offers a series of exercises to help define and tone the face with natural and effective alternative to invasive surgery

Description

Face Workouts for Beginners (Press Here!) offers age-defying results through a series of easy-to-follow pressure and massage techniques, which can be used as part of your daily skincare regime. Benefits of facial workouts are more than aesthetics; a daily workout can have remarkable results in the way you feel. You'll be encouraged to focus on the feeling of each movement to identify problem areas or muscle tension in the face which can display deep lines, sagging skin, and an overall tired appearance. Through the power of touch and focused breathing, these simple routines will help you feel more energized, de-stress, and maintain a toned and firm facial structure without the use of specialized equipment, whether you want to see a transformation immediately or over time.

The Press Here! series offers contemporary takes on traditional hands-on healing practices for a new generation of practitioners. These introductory guides feature easy-to-access organization, clear instructions, and beautiful illustrations of each technique. Other Press Here! topics include massage, reiki, reflexology, and acupressure.

About the Author

International make-up artist Nadira V Persaud offers a unique holistic approach to beauty. While building an enviable portfolio of work in TV, advertising, fashion, and beauty, for clients such as Vogue, GQ, Agent Provocateur, and Dolce and Gabana, Nadira has gained recognition for her beauty brand consultancy, as well as being a contributor to top glossy and industry magazines and online platforms. She lives in London, England.



Price: **AU \$24.99** **NZ \$27.99**
 ISBN: **9781592339426**
 Format: **Misc HB**
 Package Type: **HARD BACK**
 Dimensions: **208h x 150w mm**
 Extent: **128 pages**
 Bic1: **Massage**
 Bic2: **<Table Missing>**
 Author now living:

Reflexology for Beginners (Press Here!)**Stefanie Sabouchian**

Originally practiced by the ancient Chinese and Native Americans, Reflexology for Beginners shows how to use massage pressure on the feet to heal holistically.

Description

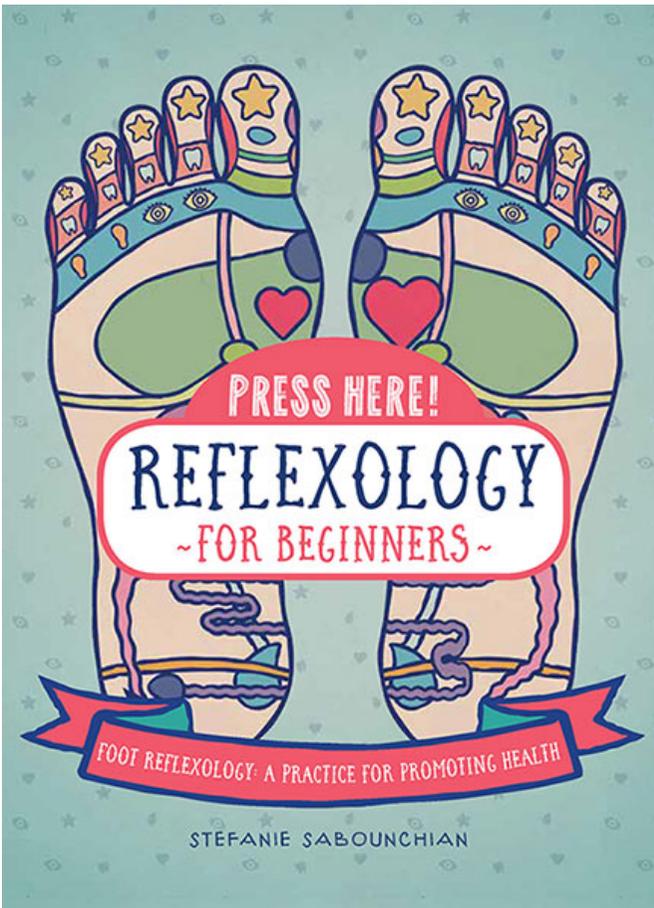
Every part of your body has a corresponding reflex point on the feet; applying pressure to these specific points, you will naturally and non-invasively send relief to the corresponding part of your body. It's no wonder that reflexology has become one of the most popular alternative forms of healing. An overall healthy lifestyle is a huge part of staying healthy, but the powerful touch of reflexology will give you a leg up in the health department.

While the principles of reflexology are simple, reflexology charts can be overwhelming for the beginner. Press Here! Reflexology for Beginners gives a clear explanation of where to find the reflex point on the foot, how it relates to the body, and how to apply the correct pressure for the strongest effect. Organized by reflex points from the top of the body to the bottom—one at a time on a double page—makes this guide a breeze to follow, and a fun and easy way to explore the art of foot reflexology.

About the Author

Stefanie Sabouchian a native German, has a thriving private reflexology practice in Los Angeles, California, and teaches foot, hand, and ear reflexology at several schools, including the American Academy of Reflexology where she is one of the core teachers, as well as various international workshops. She is nationally certified with the American Reflexology Certification Board and a past president of the Reflexology Association of California.

Emily Portnoi is a professional designer with extensive experience working in advertising, branding, packaging design, illustration, and publishing. She lives in Brighton, UK.



Price: **AU \$24.99** **NZ \$27.99**
 ISBN: **9781592337927**
 Format: **Misc HB**
 Package Type: **HARD BACK**
 Dimensions: **211h x 152w mm**
 Extent: **128 pages**
 Bic1: Reflexology
 Bic2: <Table Missing>
 Author now living:

Massage for Beginners (Press Here!)

Rachel Beider

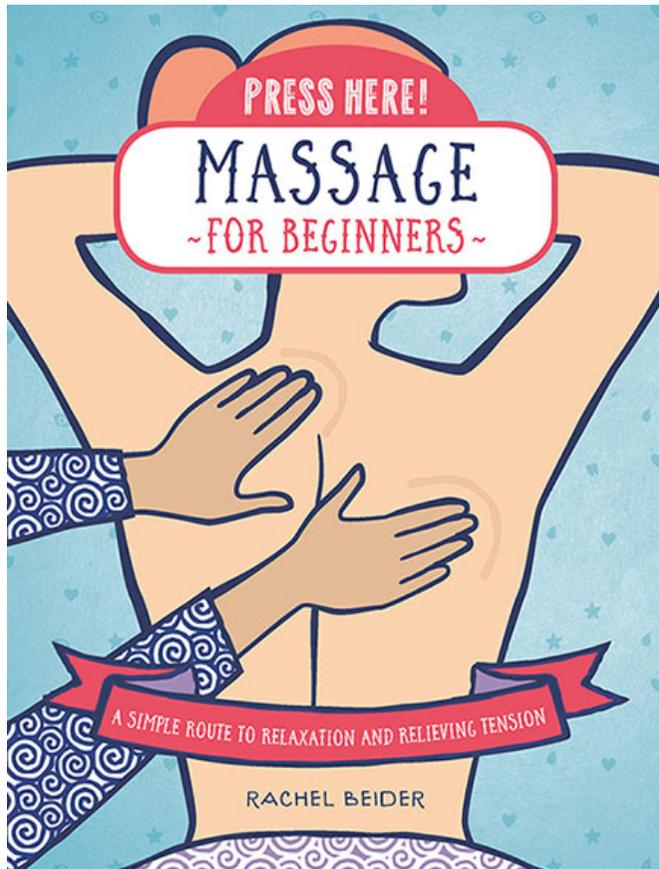
Massage for Beginners (Press Here!) is a fun and accessible illustrated reference for learning to use the basic massage techniques for relaxation, pain relief, and general healing.

Description

Relieve pain, alleviate tension, increase relaxation, and recover and prepare for physical activities. This contemporary take on an old practice makes massage accessible to a new generation of readers. Fun, modern illustrations and intuitive organization combined with the expertise of licensed massage therapist Rachel Beider allow you to quickly implement this powerful wellness tool. Massage therapy is a great way to connect and engage with your loved ones, applying healing techniques to reduce pain and tension while increasing relaxation and enjoyment. With this guide, learn how to give a deeply enjoyable therapeutic massage to family members, friends, or oneself. Beautifully illustrated and designed and with easy-to-follow instructions, Massage for Beginners is the perfect guide for learning the fundamentals of giving a really great massage.

About the Author

Rachel Beider is a licensed massage therapist and owner of two clinical massage studios in Brooklyn, NY. She sits on the boards of the Swedish Institute and Pacific College, teaches massage workshops, and helps wellness professionals start and grow their private practices.



Price: **AU \$24.99** **NZ \$27.99**
 ISBN: **9781592338726**
 Format: **Misc HB**
 Package Type: **HARD BACK**
 Dimensions: **210h x 160w mm**
 Extent: **128 pages**
 Bic1: Mind, Body, Spirit
 Bic2: <Table Missing>
 Author now living:

Making Artisan Pasta

Aliza Green, photographs by Steve Legato foreword by Cesare Casella

Making handmade, home-made pasta has never been easier!

Description

Learn how to use the best ingredients and simple, classic techniques to make fresh, homemade pasta in your own kitchen with Making Artisan Pasta. Calling for just the simplest ingredients and a handful of unique kitchen tools, making pasta at home has never been easier, more fun, or more delicious. Inside, you'll find:

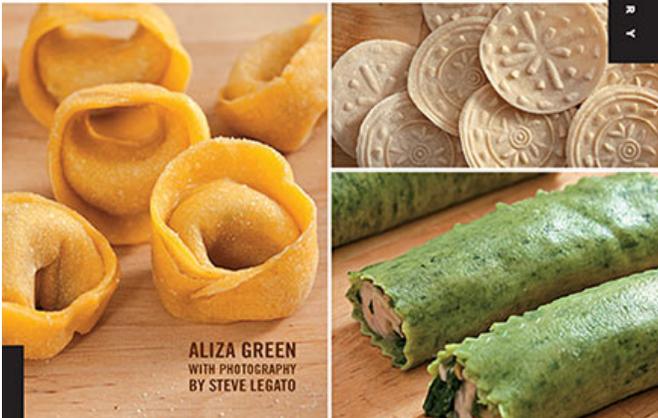
- Recipes for pasta doughs made completely from scratch, with such delicious ingredients as buckwheat and whole wheat flour, roasted red pepper, asparagus, and even squid ink and chocolate
- Fully illustrated step-by-step instructions for rolling, shaping, and stuffing dough for gnocchi, lasagna, cannelloni, pappardelle, tagliatelle, ravioli, and dozens of other styles of pasta
- Detailed instructions on how to make the ultimate in pasta: hand-stretched dough, Chinese pot stickers, Polish pierogi, Turkish manti, and other delectable pastas from beyond its traditional Italian borders
- Artisan tips to help anyone, from novice to experienced, make unforgettable pasta

Through author and chef Aliza Green's pasta expertise and encyclopedic knowledge of all things culinary, plus hundreds of gorgeous photos by acclaimed food photographer Steve Legato, you'll never look at the supermarket pasta aisle the same way again.

Making Artisan Pasta is on Cooking Light's Top 100 Cookbooks of the Last 25 Years list for Best Technique and Equipment.

About the Author

Aliza Green is an award-winning Philadelphia-based author, journalist, and influential chef whose books include *The Butcher's Apprentice* and *Making Artisan Pasta* (Quarry Books, 2012), *The Fishmonger's Apprentice* (Quarry Books, 2010), *Starting with Ingredients: Baking and Starting with Ingredients*, four perennially popular *Field Guides to food* (Quirk, 2004- 2007), *Beans: More than 200 Delicious, Wholesome Recipes from Around the World* and successful collaborations with renowned chefs Guillermo Pernot and Georges Perrier. A former food columnist for the *Philadelphia Inquirer*, *Philadelphia Daily News*, and *Cooking Light Magazine*, Green is known for her encyclopedic knowledge of every possible ingredient, its history, culture, and use in the kitchen and bakery and for her lively story-telling. Green also leads culinary tours--her next is scheduled for October 2013 to Puglia, Italy, which she calls land of 1,000-year-old olive trees. Green's books have garnered high praise from critics, readers, and culinary professionals alike, including a James Beard award for Best Single-Subject Cookbook in 2001 for *Ceviche!: Seafood, Salads, and Cocktails with a Latino Twist*, which she co-authored with Chef Guillermo Pernot. For more information about Aliza's books and tours or to send her a



ALIZA GREEN
WITH PHOTOGRAPHY
BY STEVE LEGATO

Price: **AU \$35.00 NZ \$39.99**
 ISBN: **9781592537327**
 Format: **Misc PB**
 Package Type: **PAPERBACK**
 Dimensions: **210h x 261w mm**
 Extent: **176 pages**
 Bic1: **Cookery / food & drink etc**
 Bic2: **<Table Missing>**
 Author now living:

The Complete Photo Guide to Felting

Ruth Lane

This richly illustrated how-to book is a comprehensive reference for various felting techniques, including needle felting, wet felting, and nuno felting.

Description

With these easy-to-follow, step-by-step directions and hundreds of full-colour photos, you'll be able to explore these easy projects that provide fun opportunities for you to try the techniques. Galleries of unique felted designs and creations by renowned fabric artists act as beautiful examples and inspiration to pursue the hobby yourself.

About the Author

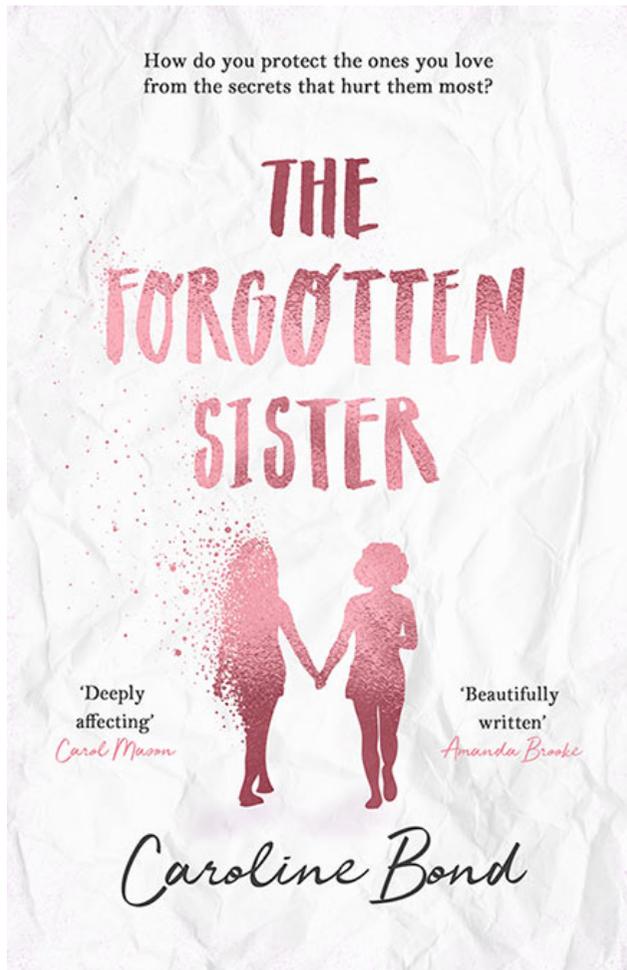
Ruth Lane is a self-taught fiber artist who loves to 'play' with a wide variety of materials including wool, silk, fabrics, yarns, and threads. Creating one of a kind fiber art pieces to share with the world fulfills her creative passion. She has been a member of the Felting Forum - an online forum of 2500 felt makers from around the world - for four and half years and a moderator for three years. A longtime supporter of fine crafts, Ruth co-owns a fine craft gallery, The Purple Pomegranate, which represents more than 180 American artists whose work includes jewelry, ceramics, metal work, mixed media, woodworking, glass art, fiber art, prints and paintings. Ruth has taught felt making, including basic wet felting, nuno felting, making 3D felt objects using a resist, the use of a power sander in felting and dyeing of wool and other fibers for the use in felting. She writes a blog about felting and other fiber arts at <http://ruthsfiberphotos.blogspot.com> and has written several tutorials on various felting techniques as well as recurring articles about the elements and principles of design. She lives in Kalispell, Montana.



- ★ All You Need to Know about Wet Felting, Needle Felting, and Nuno Felting
- ★ The Essential Reference for Novice and Expert Fiber Artists
- ★ Packed with Hundreds of Felling Tips and Ideas
- ★ Detailed Step-by-Step Instructions for all Techniques



Price: **AU \$29.99** **NZ \$36.99**
 ISBN: **9781589236981**
 Format: **Misc PB**
 Package Type: **PAPERBACK**
 Dimensions: **210h x 275w mm**
 Extent: **240 pages**
 Bic1: Needlework & fabric crafts
 Bic2: <Table Missing>
 Author now living:



The Forgotten Sister

Caroline Bond

A heart-rending, profoundly moving novel about protecting the ones you love from the secrets that will hurt them most, perfect for fans of Jodi Picoult and Jojo Moyes.

Description

'Caroline Bond has a gift for weaving heart-rending tales of impossible decisions' - Amanda Brooke

To lose your family is heartbreaking.
To be forgotten by them is unforgivable.

Cassie and Erin are sisters. They are close - in age, looks and personality - but there is one crucial difference: Cassie is adopted.

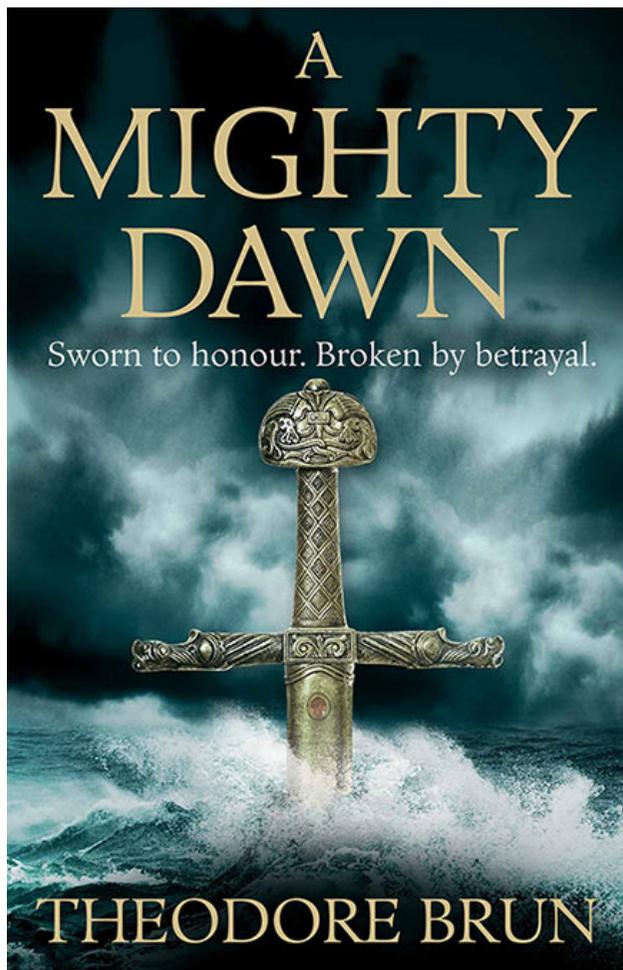
At seventeen, Cassie sets out to find her birth mother. She is hungry for the truth, but she discovers her adoption was far more complicated than even she could have imagined. In uncovering her past identity Cassie learns her adoptive parents have kept a terrible secret from her her whole life, which now threatens to destroy everything she has ever held dear.

About the Author

Caroline Bond was born in Scarborough and studied English at Oxford University before working as a market researcher for 25 years. She has an MA in Creative Writing from Leeds Trinity University, and lives in Leeds with her husband and three children. The Forgotten Sister is her second novel.

@Bond2Caroline

Price: **AU \$19.99** **NZ \$22.99**
 ISBN: **9781786493705**
 Format: **B**
 Package Type: **PAPERBACK**
 Dimensions: **198h x 129w mm**
 Extent: **368 pages**
 Bic1: Fiction & related items
 Bic2: <Table Missing>
 Author now living:



A Mighty Dawn Theodore Brun

A gripping and brilliantly realized debut epic adventure set in eighth-century Denmark. This is the beginning of an ambitious new series in the vein of George R.R. Martin's A Game of Thrones.

Description

Sworn to honour.

Broken by betrayal.

Hakan, son of Haldan, chosen son of the Lord of the Northern Jutes, swears loyalty to his father in fire, in iron, and in blood. But there are always shadows that roam. When a terrible tragedy befalls Hakan's household he is forced to leave his world behind. He must seek to pledge his sword to a new king. Nameless and alone, he embarks on a journey to escape the bonds of his past and fulfil his destiny as a great warrior.

Whispers of sinister forces in the north pull Hakan onwards to a kingdom plagued by mysterious and gruesome deaths. But does he have the strength to do battle with such dark foes? Or is death the only sane thing to seek in this world of blood and broken oaths?

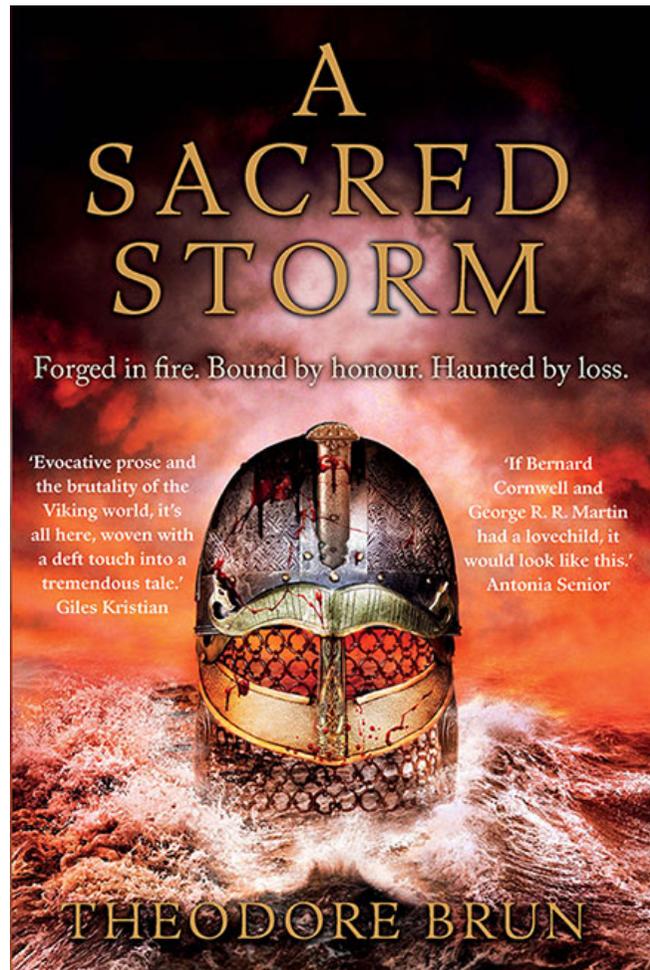
About the Author

Theodore Brun studied Dark Age archaeology at Cambridge, where he graduated with a BA in Archaeology and Anthropology and an MPhil in History. He also rowed in the Boat Race for the university. Professionally, Theodore qualified and worked as an arbitration lawyer, in London, Moscow, Paris and finally Hong Kong. In 2010, he quit his job in Hong Kong and cycled 10,000 miles across the whole of Asia and Europe (crossing 20 countries) to his home in Norfolk. Theodore is a third generation Viking immigrant - his Danish grandfather having settled in England in 1932. He is married and divides his time between London and Norfolk. A Mighty Dawn is his first novel.

Price: **AU \$19.99** **NZ \$22.99**
 ISBN: **9781782399971**
 Format: **B**
 Package Type: **PAPERBACK**
 Dimensions: **198h x 129w mm**
 Extent: **608 pages**
 Bic1: Historical adventure
 Bic2: <Table Missing>
 Author now living:

A Sacred Storm

Theodore Brun



A brilliantly conceived Viking epic set in eighth-century Sweden. Bernard Cornwall meets George R.R. Martin in this ambitious, masterful series.

Description

'A masterly debut... If Bernard Cornwall and George RR Martin had a lovechild, it would look like A Mighty Dawn. I devoured it late into the night, and eagerly await the sequel.' - Antonia Senior on A Mighty Dawn

Forged in fire. Bound by honour. Haunted by loss.

8th Century Sweden: Erlan Aurvandil, a Viking outlander, has pledged his sword to Sviggarr Ivarsson, King of the Svears, and sworn enemy of the Danish king Harald Wartooth. But Wartooth, hungry for power, is stirring violence in the borderlands. As the fires of this ancient feud are reignited Erlan is bound by honour and oath to stand with King Sviggarr.

But, unbeknownst to the old King his daughter, Princess Lilla, has fallen under Erlan's spell. As the armies gather Erlan and Lilla must choose between their duty to Sviggarr and their love for each other.

Blooded young, betrayed often, Erlan is no stranger to battle. And hidden in the shadows, there are always those determined to bring about the maelstrom of war ...

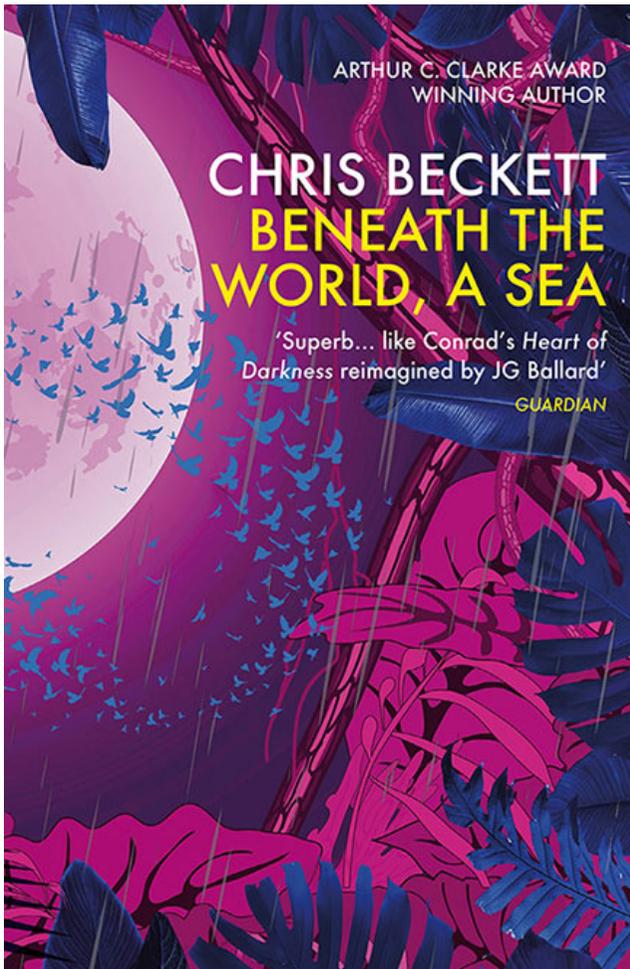
About the Author

Theodore Brun studied Dark Age archaeology at Cambridge. In 2010, he quit his job as an arbitration lawyer in Hong Kong and cycled 10,000 miles across Asia and Europe to his home in Norfolk. A Sacred Storm is his second novel.

Price: **AU \$19.99** **NZ \$22.99**
 ISBN: **9781786490032**
 Format: **B**
 Package Type: **PAPERBACK**
 Dimensions: **198h x 129w mm**
 Extent: **720 pages**
 Bic1: Fantasy
 Bic2: <Table Missing>
 Author now living:

Beneath the World, a Sea

Chris Beckett



A hugely ambitious, genre-defying novel about humanity and the secrets of the unconscious mind, by an Arthur C. Clarke Award-winner.

Description

'A disturbing descent into a surreal world, written with a deft hand.' - Adrian Tchaikovsky, winner of the Arthur C. Clarke Award 2016

South America, 1990. Ben Ronson, a British police officer, arrives in a mysterious forest to investigate a spate of killings of Duendes. These silent, vaguely humanoid creatures - with long limbs and black button eyes - have a strange psychic effect on people, unleashing the subconscious and exposing their innermost thoughts and fears.

Ben becomes fascinated by the Duendes, but the closer he gets, the more he begins to unravel, with terrifying results...

Beneath the World, A Sea is a tour de force of modern fiction - a deeply searching and unsettling novel about the human subconscious, and all that lies beneath.

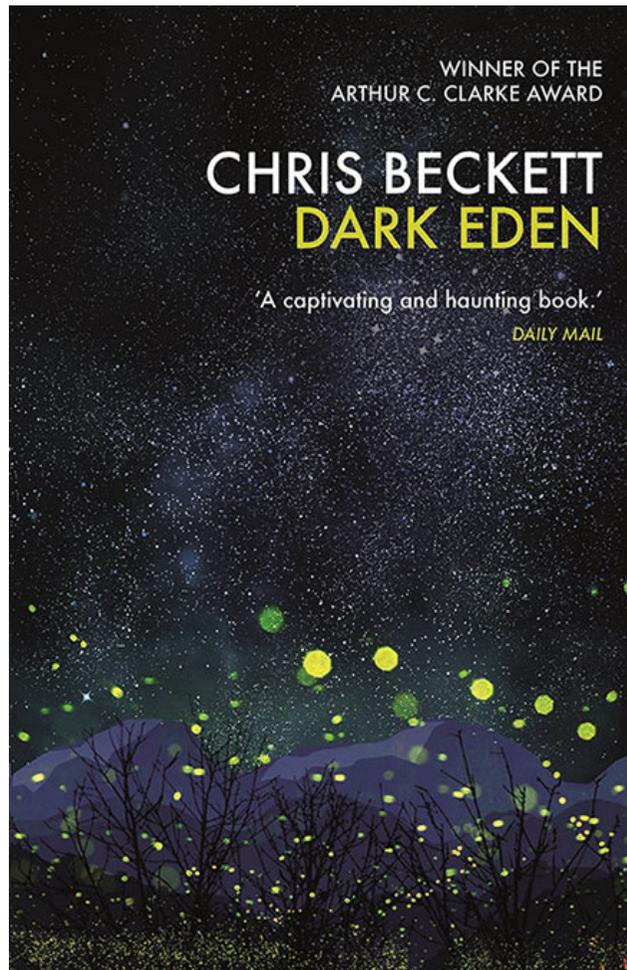
'Beckett is superb at undercutting reader assumptions with a casual line of dialogue or acute psychological observation: the book reads like Conrad's Heart of Darkness reimagined by JG Ballard.' - Guardian

About the Author

Chris Beckett is a former university lecturer and social worker living in Cambridge. He is the winner of the Edge Hill Short Fiction Award, 2009, for The Turing Test, the prestigious Arthur C. Clarke Award, 2013, for Dark Eden and was shortlisted for the British Science Fiction Association Novel of the Year Award for Mother of Eden in 2015 and for Daughter of Eden in 2016.

www.chris-beckett.com

Price: **AU \$19.99** **NZ \$22.99**
 ISBN: **9781786491572**
 Format: **B**
 Package Type: **PAPERBACK**
 Dimensions: **198h x 129w mm**
 Extent: **288 pages**
 Bic1: Science fiction
 Bic2: <Table Missing>
 Author now living:



Dark Eden

Chris Beckett

A marooned outpost of humanity struggles to survive on an alien world: sci-fi as it ought to be from British sci-fi's great white hope.

Description

You live in Eden. You are a member of the Family, one of 532 descendants of Angela and Tommy. You shelter beneath the light and warmth of the Forest's lantern trees. Beyond the forest lie the mountains of the Snowy Dark and a cold so bitter and a night so profound that no man has ever crossed it. The Oldest among you recount legends of a world where light came from the sky, where men and women made boats that could cross between worlds. One day, the Oldest say, they will come back for you.

You live in Eden. You are a member of the Family, one of 532 descendants of two marooned explorers. You huddle, slowly starving, beneath the light and warmth of geothermal trees, confined to one barely habitable valley of an alien, sunless world.

You are John Redlantern. You will break the laws of Eden, shatter the Family and change history. You will be the first to abandon the old ways, the first to kill another, the first to venture in to the Dark, and the first to discover the truth about Eden.

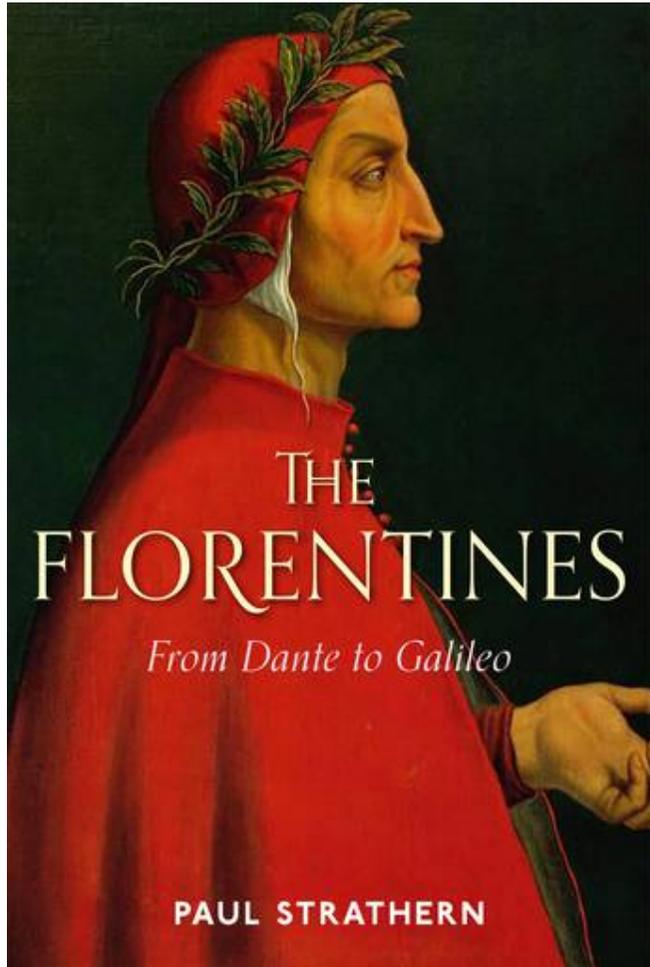
About the Author

Chris Beckett is a university lecturer living in Cambridge. He has written over 20 short stories, many of them originally published in Interzone and Asimov's. He is the winner of the Edge Hill Short Story competition, 2009, for The Turing Test, as well as the prestigious Arthur C. Clarke award, 2013, for Dark Eden.

Price: **AU \$19.99** **NZ \$24.99**
 ISBN: **9781848874640**
 Format: **B**
 Package Type: **PAPERBACK**
 Dimensions: **198h x 129w mm**
 Extent: **416 pages**
 Bic1: Science fiction
 Bic2: <Table Missing>
 Author now living:

The Florentines

Paul Strathern



A sweeping 400-year history of the Florentines who gave birth to the Renaissance, by the author of *The Medici* and *The Borgias*.

Description

Between the birth of Dante in 1265 and the death of Galileo in 1642 something happened which transformed the entire culture of western civilisation. Painting, sculpture and architecture would all visibly change in such a striking fashion that there could be no going back on what had taken place. Likewise, the thought and self-conception of humanity would take on a completely new aspect. Sciences would be born, or emerge in an entirely new guise.

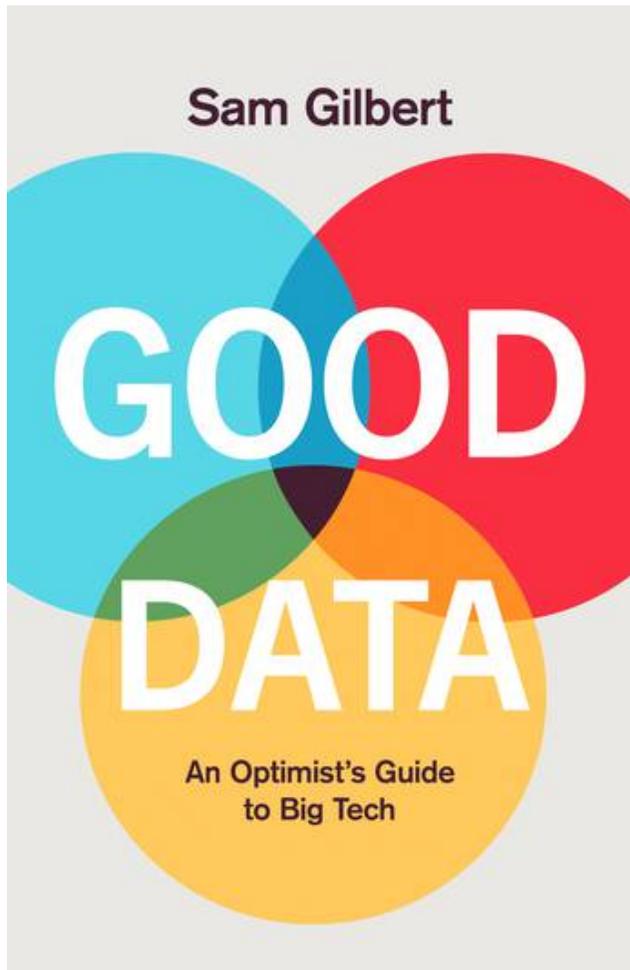
The ideas which broke this mould largely began, and continued to flourish, in the city of Florence in the province of Tuscany in northern central Italy. These ideas, which placed an increasing emphasis on the development of our common humanity - rather than other-worldly spirituality - coalesced in what came to be known as humanism. This philosophy and its new ideas would eventually spread across Italy, yet wherever they took hold they would retain an element essential to their origin. And as they spread further across Europe this element would remain.

Transformations of human culture throughout western history have remained indelibly stamped by their origins. The Reformation would always retain something of central and northern Germany. The Industrial Revolution soon outgrew its British origins, yet also retained something of its original template. Closer to the present, the IT revolution which began in Silicon Valley remains indelibly coloured by its Californian origins. Paul Strathern shows how Florence, and the Florentines, played a similar role in the Renaissance.

About the Author

Paul Strathern studied philosophy at Trinity College, Dublin. He is a Somerset Maugham Award-winning novelist; author of two series of books - *Philosophers in 90 Minutes* and *The Big Idea: Scientists who Changed the World* - and several works of non-fiction, including *The Medici*, *The Artist*, *the Philosopher and the Warrior*, *Spirit of Venice*, *Death in Florence* and *The Borgias*.

Price: **AU \$49.99** **NZ \$55.00**
 ISBN: **9781786498724**
 Format: **C-Format HB**
 Package Type: **HARD BACK**
 Dimensions: **234h x 156w mm**
 Extent: **384 pages**
 Bic1: European history
 Bic2: <Table Missing>
 Author now living:



Good Data
Sam Gilbert

Digital technology is now so pervasive that it's very hard to escape its influence, and with that growth comes fear. But whatever the news has told you about data and technology, think again. Data expert and tech insider Sam Gilbert shows that, actually, this data revolution could be the best thing that ever happened to us.

Description

The book that will make you rethink everything you thought you knew about data, privacy and the future of Big Tech.

'We are currently living in a moment of extreme pessimism about data. This book will change your mind.'

Almost everything we do generates data.

Digital technology is now so pervasive that it's very hard to escape its influence, and with that growth comes fear. But whatever the news has told you about data and technology, think again. Data expert and tech insider Sam Gilbert shows that, actually, this data revolution could be the best thing that ever happened to us.

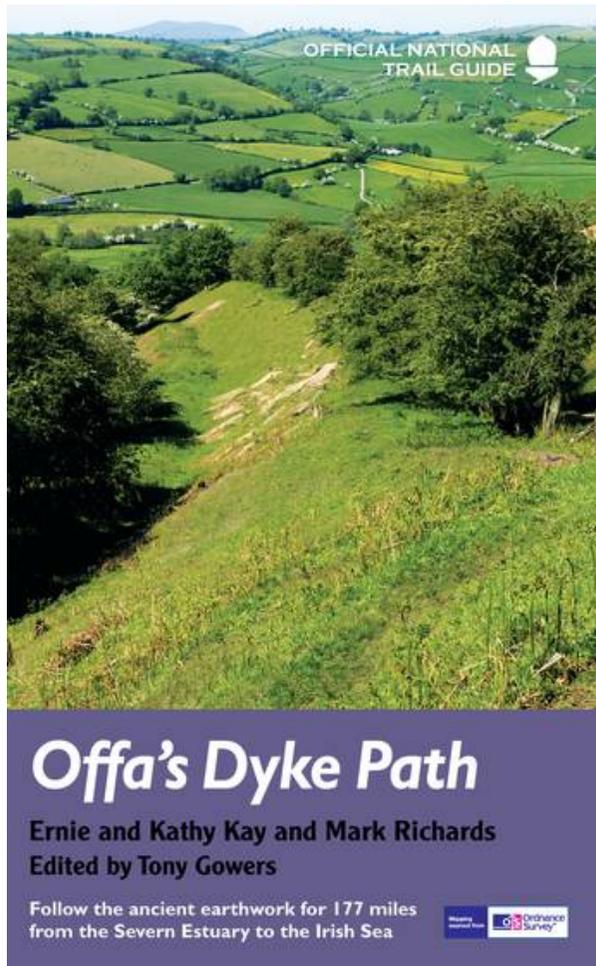
Good Data examines the incredible new ways this information explosion is already helping us - whether that's combating inequality, creating jobs, advancing the frontiers of knowledge or protecting us from coronavirus - and explains why the best is yet to come. Data touches everything, from our biggest hates (online advertising) to our greatest loves (our pets), and in this fascinating new book, Gilbert explores how, if we can embrace the revolution (even the ads), we could all live vastly improved lives.

We are standing on the edge of greatness, we just need to know how to get there.

About the Author

Sam Gilbert is an affiliated researcher at the Bennett Institute for Public Policy at the University of Cambridge. An expert in data-driven marketing, he was employee number one and chief marketing officer at Bought By Many, an award-winning fintech start-up named as one of Wired's hottest start-ups in Europe and ranked 13th in the Sunday Times TechTrack100 list of the UK's fastest-growing companies in 2018. Previously, he was head of strategy and development at the data company Experian and head of consumer finance at Santander. Sam also advises early-stage tech businesses on growth strategy and digital marketing. He lives in London and Copenhagen. Good Data is his first book.

Price: **AU \$39.99** **NZ \$45.00**
 ISBN: **9781787396364**
 Format: **C-Format HB**
 Package Type: **HARD BACK**
 Dimensions: **234h x 153w mm**
 Extent: **320 pages**
 Bic1: Digital lifestyle
 Bic2: <Table Missing>
 Author now living:



Offa's Dyke Path

Tony Gowers

Offas Dyke Path (Gogledd Llwybr Clawdd Offa) is the 177-mile National Trail following the ancient earthwork that criss-crosses the border country of modern England and Wales, from the Severn Estuary to the seaside resort of Prestatyn on the Irish Sea.

Description

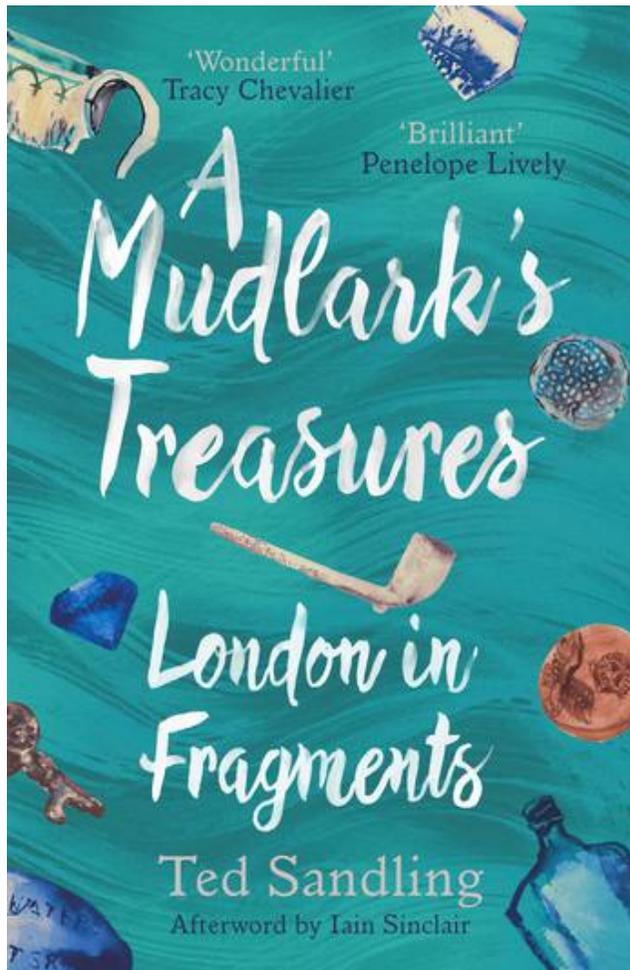
Offas Dyke Path (Gogledd Llwybr Clawdd Offa) is the 177-mile National Trail following the ancient earthwork that criss-crosses the border country of modern England and Wales, from the Severn Estuary to the seaside resort of Prestatyn on the Irish Sea. This is the complete, official guide for the long-distance walker or the weekend stroller. All you need is this one book. It contains:

- the route split into convenient sections
- Ordnance Survey mapping for the entire route
- comprehensive, up-to-date information on public transport, accommodation and places of interest
- background information on everything from archaeology to wildlife
- lavishly illustrated with colour photography throughout

About the Author

Tony Gowers was Natural England's Trail Officer for the North Downs Way. He is also co-author of the National Trail Guide to the Thames Path in the Country. He lives in Kent.

Price: **AU \$29.99** **NZ \$32.99**
 ISBN: **9781781318089**
 Format: **Misc PB**
 Package Type: **PAPERBACK**
 Dimensions: **210h x 130w mm**
 Extent: **168 pages**
 Bic1: Walking, hiking, trekking
 Bic2: <Table Missing>
 Author now living:



A Mudlark's Treasures

Ted Sandling, foreword by Iain Sinclair

Objects found on the banks of the Thames tell the stories of Londoners through the centuries.

Description

Mudlarking enthusiast Ted Sandling takes us on a riveting journey along the Thames foreshore and back into the past.

'A beautiful book.' - Daily Mail

'Exhilaratingly curious.' - Evening Standard

'Gripping.' - Spectator

Mudlarking, the act of searching the Thames foreshore for items of value, has a long tradition in London. In the late 18th and 19th centuries, mudlarks were small boys grubbing a living from scrap. Modern-day mudlark Ted Sandling shares his passion for unearthing relics of the past from the banks of the Thames and describes his fifty most evocative finds.

From Roman tiles to elegant Georgian pottery, these objects create a mosaic of everyday London life through the centuries, touching on the journeys, pleasures, vices and industries of a world city. This book celebrates the beauty of small things, and the intangible connection that found objects give us to the past. The Thames presents treasures with a delightful serendipity: it gives up a hundred random objects, and it is up to the finder to discover their stories. That is the joy of mudlarking: that after every trip to the river you know more than you did before. Chance connections with something that was once treasured, that was once lost and has now been found again. Even the meanest broken fragments tells a story of this great city.

The significance of these fragments lies in the stories they tell us about the everyday lives of the people to whom there are no monuments or blue plaques.

About the Author

After studying History of Art at The University of Bristol, Ted Sandling moved to London and became a garden designer and landscape historian. In 2008 he returned to the fine arts when he joined Christies. He now works at Christies Education. He first went mudlarking in 2004 and was instantly hooked.

Price: **AU \$24.99** **NZ \$27.99**
 ISBN: **9780711263628**
 Format: **Misc PB**
 Package Type: **PAPERBACK**
 Dimensions: **h x w mm**
 Extent: **pages**
 Bic1: British & Irish history
 Bic2: <Table Missing>
 Author now living:

Backroads of the Great American West

Editors of Motorbooks

Backroads of the Great American West describes and details with full-color photos and maps the most scenic routes in the Rocky Mountains, Texas, Desert Southwest, California, and Pacific Northwest.

Description

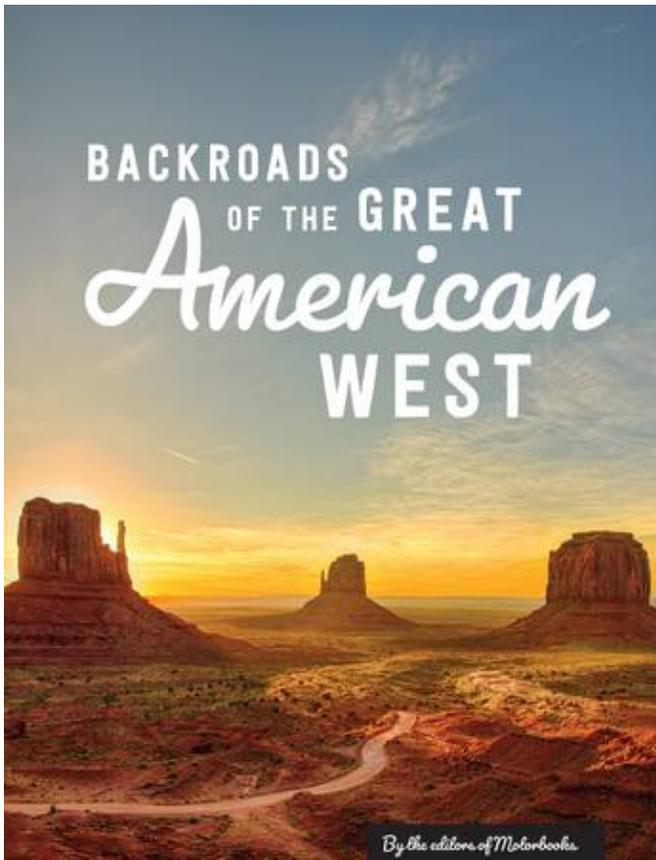
Filled with full-color photography, instructive commissioned maps, and advice from regional travel experts, Backroads of the Great American West is the best one-stop source for road trips that avoid eight-lane expressways and crowded tourist destinations. Forget what you think you knew about nation's greatest road trips.

Backroads of the Great American West gets you off the Interstates and beaten paths with all the necessary information to take on dozens of great drives. From the dizzying snow-capped heights of the Rocky Mountains to the vast expanses of the desert Southwest, from the lush Pacific Northwest to sunny Southern California and the California coast, the great western American road trip is perhaps the most quintessential of American road trips. Inside, regional experts-historians, travel writers, and photographers-curate their favorite road trips and their scenic, historic, and cultural attractions, as well as advice on what to do and see along the way. Each is accompanied by color photography and a description of the drive and its attractions. Commissioned maps trace the routes.

Backroads of the Great American West is the ultimate compendium of the West's most rewarding and unforgettable routes-and making unforgettable memories.

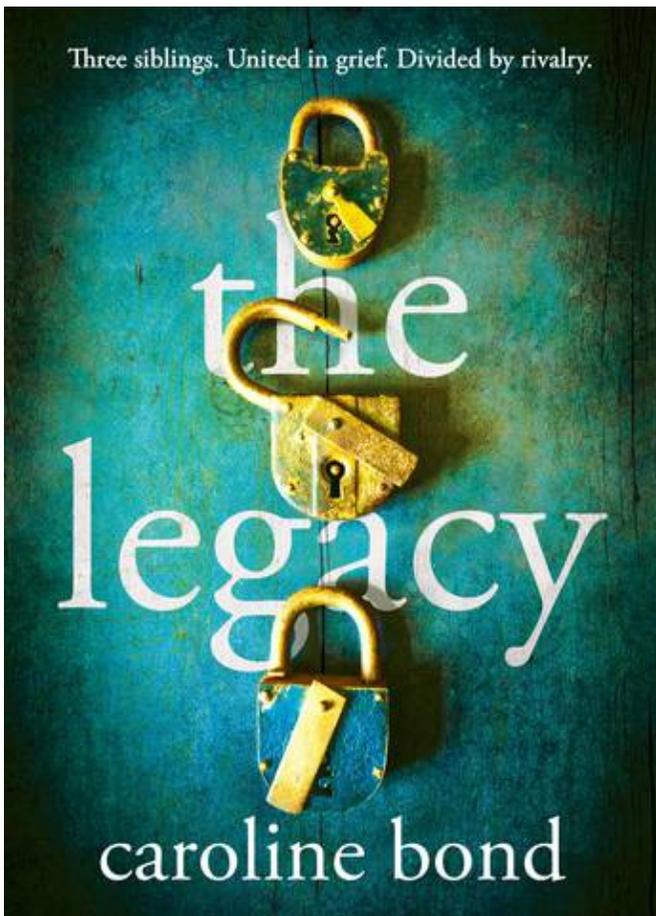
About the Author

The Editors of Motorbooks know their craft. Motorbooks is among the worlds leading transportation publishers, offering books created by motorings top photographers and writers, many created with major partners like Harley-Davidson, Chevrolet, Ford, and Chrysler and magazines like Hot Rod and Cycle World.



Price: **AU \$45.00** **NZ \$49.99**
 ISBN: **9780760369975**
 Format: **Misc PB**
 Package Type: **PAPERBACK**
 Dimensions: **279h x 216w mm**
 Extent: **176 pages**
 Bic1: Museum, historic sites, gallery & art guides
 Bic2: <Table Missing>
 Author now living:

The Legacy Caroline Bond



The Legacy is a powerful novel of rivalry and love, conflict and grief that will play on your mind long after you have turned the final page.

Description

Following Jon's death, his three adult children gather in their childhood home by the sea. But far from being united in grief, the siblings are divided by the contents of their father's will, which states that they must decide together how to dispose of his estate before he can be laid to rest.

Liv, Noah and Chloe have never agreed on anything. And now, with one weekend to overcome their rivalry, tensions soon begin to rise and boil over.

Why would Jon do this to his family? Was he a cruel man or simply a mischief-maker? Perhaps he wanted to teach them a lesson from beyond the grave? But if so, what is it? And will they be able to put their differences aside long enough to learn it?

About the Author

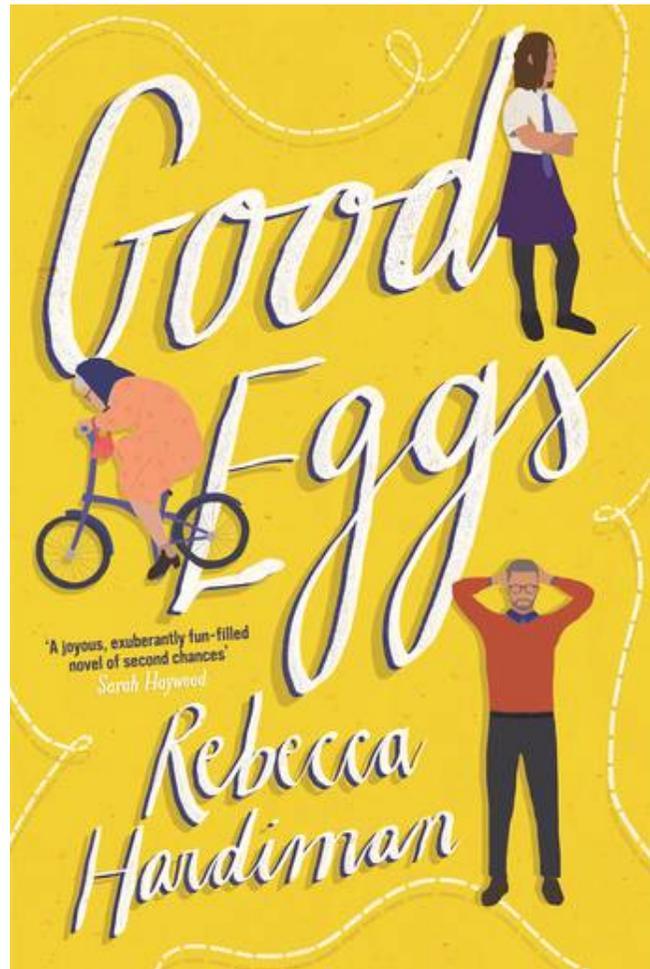
Caroline Bond was born in Scarborough and studied English at Oxford University before working as a market researcher for 25 years. She has an MA in Creative Writing from Leeds Trinity University, and lives in Leeds with her husband and three children.

@Bond2Caroline

Price: **AU \$39.99** **NZ \$45.00**
 ISBN: **9781838952822**
 Format: **C-Format HB**
 Package Type: **HARD BACK**
 Dimensions: **234h x 156w mm**
 Extent: **368 pages**
 Bic1: Fiction & related items
 Bic2: <Table Missing>
 Author now living:

Good Eggs

Rebecca Hardiman



A hilarious and heartfelt debut novel following three generations of a Dublin family whose simmering tensions boil over when an American home aide enters the picture, becoming the calamitous force that will either make or break this family.

Description

Meet the Gogartys; cantankerous gran Millie (whose eccentricities include a penchant for petty-theft and reckless driving); bitter downtrodden son Kevin (erstwhile journalist whose stay-at-home parenting is pushing him to the brink); and habitually moody, disaffected teenage daughter Aideen.

When Gran's arrested yet again for shoplifting, Aideen's rebelliousness has reached new heights and Kevin's still not found work, he realises he needs to take action. With the appointment of a home carer for his mother, his daughter sent away to boarding school to focus on her studies and more time for him to reboot his job-hunt, surely everything will work out just fine. But as the story unfolds - and in the way of all the best families - nothing goes according to plan and as the calm starts to descend into chaos we're taken on a hilarious multiple-perspective roller-coaster ride that is as relatable as it is far-fetched.

Good Eggs is a heady cocktail of that warmth and wit of Marian Keyes, Caitlin Moran and TV's Derry Girls.

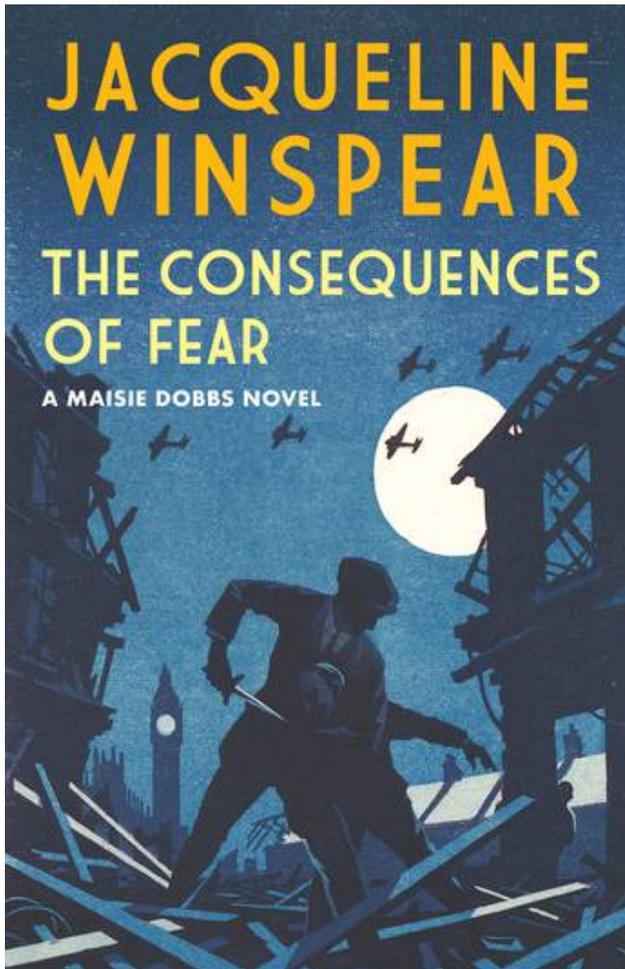
About the Author

Rebecca Hardiman is a former magazine editor who lives in New Jersey with her husband and three children. Good Eggs is her first novel.

Price: **AU \$39.99** **NZ \$45.00**
 ISBN: **9781838952747**
 Format: **C-Format HB**
 Package Type: **HARD BACK**
 Dimensions: **234h x 153w mm**
 Extent: **pages**
 Bic1: Modern & contemporary fiction (post c 1945)
 Bic2: <Table Missing>
 Author now living:

The Consequences of Fear

Jacqueline Winspear



When young Freddie Hackett witnesses a murder, the police refuse to believe his identification of the murderer. In desperation, he asks Maisie Dobbs to investigate.

Description

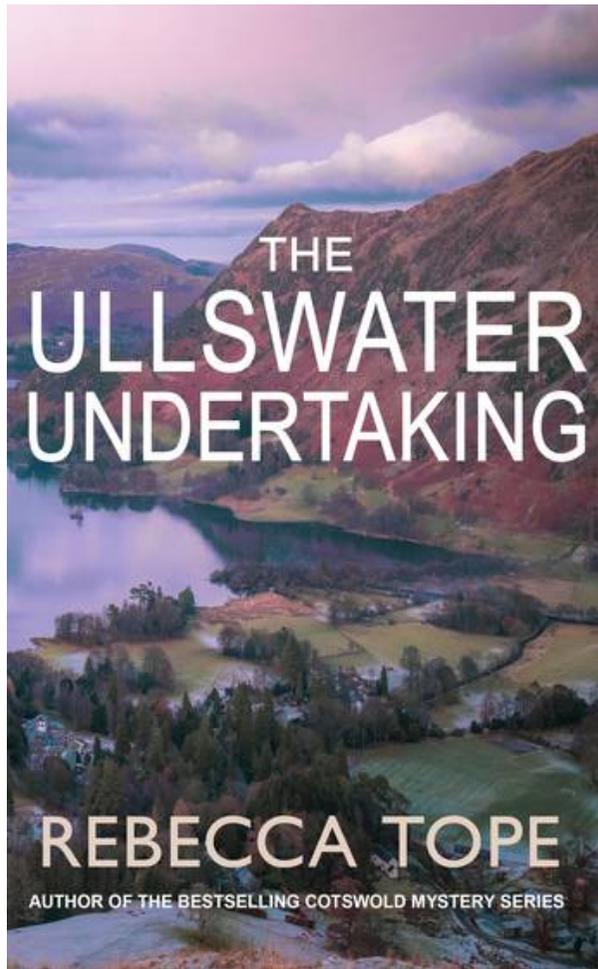
It is September 1941 and young Freddie Hackett is a message runner - he collects messages from a government office and delivers them to various destinations around London. On this particular day, he sets off with his message, along a route of bombed out houses and heaps of rubble, and comes across two men violently arguing. He rushes into the doorway of a bombed house and tries not to be seen - but from his vantage point he witnesses a murder.

After the killer goes on his way, Freddie finally comes out of hiding, but he has an envelope to deliver and all messages from that office are urgent. He arrives at the house and he could swear the man who answers the door is the very man he has just seen kill another. But is he? Freddie flees, and reports what he has seen to the police but they brush him aside. It is then he remembers delivering a letter to Maisie Dobbs, a private investigator in Fitzroy Square - perhaps she will believe him and help solve the mystery?

About the Author

Jacqueline Winspear was born and raised in Kent and emigrated to the USA in 1990. She has written extensively for journals, newspapers and magazines, and has worked in book publishing on both sides of the Atlantic. The Maisie Dobbs series of crime novels is beloved by readers worldwide.

Price: **AU \$39.99** **NZ \$45.00**
 ISBN: **9780749026585**
 Format: **C-Format HB**
 Package Type: **HARD BACK**
 Dimensions: **234h x 153w mm**
 Extent: **352 pages**
 Bic1: **Crime & mystery**
 Bic2: **<Table Missing>**
 Author now living:



The Ullswater Undertaking

Rebecca Tope

Spring has brought many new beginnings into the world of Persimmon 'Simmy' Brown but when a former acquaintance of Christopher's reminds him of an undertaking made a decade previously but failed to fulfil, their lives soon take a sinister - and deadly - turn.

Description

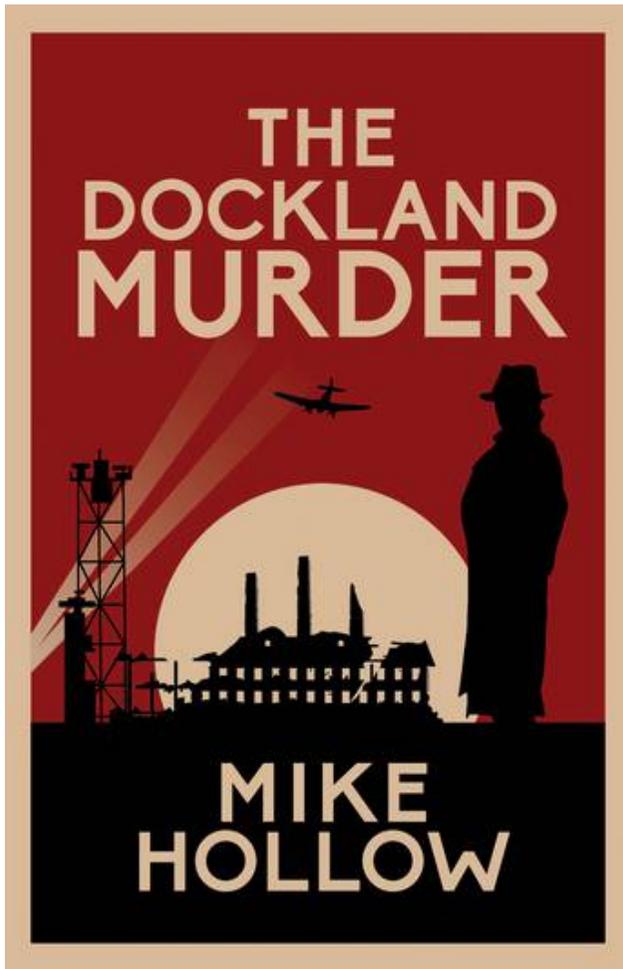
Spring has brought many new beginnings into the world of Persimmon 'Simmy' Brown. Not only has her baby arrived, but she and her fiance Christopher have moved to the historic village of Hartsop - and their forthcoming nuptials are only a short month away.

But when a former acquaintance of Christopher's reminds him of an undertaking made a decade previously but failed to fulfil, their lives soon take a sinister - and deadly - turn. Yet even with a young baby to consider Simmy cannot ignore her instinct to investigate, especially when the murder has a personal link to her soon-to-be husband. Aply assisted by her would-be detective friend Ben, can Simmy puzzle out this reckoning from the past and protect her family in time for the wedding bells to chime?

About the Author

Rebecca Tope is the author of three bestselling crime series, set in the stunning Cotswolds, Lake District and West Country. She lives on a smallholding in rural Herefordshire, where she enjoys the silence and plants a lot of trees, but also manages to travel the world and enjoy civilisation from time to time. Most of her varied experiences and activities find their way into her books, sooner or later.

Price: **AU \$39.99** **NZ \$45.00**
 ISBN: **9780749027506**
 Format: **Demy**
 Package Type: **HARD BACK**
 Dimensions: **216h x 134w mm**
 Extent: **pages**
 Bic1: **Crime & mystery**
 Bic2: **<Table Missing>**
 Author now living:



The Dockland Murder

Mike Hollow

When a dock worker is found murdered, DI Jago uncovers a web of secrets about family, war and the British Empire.

Description

In the depths of the blackout, the silence of London's Royal Albert Dock is broken only by the lap of inky water against the quay and the occasional scurrying of rats' feet. A patrolling policeman is passing the newly arrived freighter SS Magnolia when something catches his eye. A man is sprawled awkwardly across a nearby barge - with an exotic-looking dagger in his back.

DI Jago of West Ham CID discovers the victim was a dock worker by day and a Home Guard volunteer by night - and there are things even his wife, bombed out of their flimsy home in Silvertown, doesn't know about his past. Who wanted to kill him? As Jago investigates, he uncovers a widening circle of secrets ranging across family tensions, the last war, and a far-flung corner of the British Empire. And then there's the mysterious spate of thefts from the dock to contend with.

About the Author

Mike Hollow was born in West Ham, on the eastern edge of London, and grew up in Romford, Essex. He studied Russian and French at the University of Cambridge and then worked for the BBC and later Tearfund. In 2002 he went freelance as a copywriter, journalist and editor. He's a published poet, and nowadays when not writing about the Blitz Detective he makes his living as a translator.

Price: **AU \$39.99** **NZ \$45.00**
 ISBN: **9780749026134**
 Format: **Demy**
 Package Type: **HARD BACK**
 Dimensions: **216h x 134w mm**
 Extent: **352 pages**
 Bic1: **Crime & mystery**
 Bic2: **<Table Missing>**
 Author now living: