

Every Night of the Week Lucy Tweed

A wildly entertaining and practical cookbook filled with shortcuts and permission to do it your own way, by Donna Hay's right-hand woman.

Description

'Lucy has a special gift. Everything she touches turns to magical, sparkling loveliness.' Donna Hay

Some days you want to cook; other days the goal is simply 'food in mouths'. Welcome to Every Night of the Week, a cookbook for people who don't like hard-and-fast recipes, by food and recipe writer, stylist and Instagram genie Lucy Tweed.

MONDAY has potential. There are lists and ideas. The herbs are fresh and the fridge is full.
TUESDAY the week has begun. Can we have efficient and beautifully delicious please?
WEDNESDAY we wonder what day it is. Cook with a dash of laziness; it tastes great.
THURS ... we're not even typing the full day anymore. What's in the freezer? What can we pimp?
FRIDAY is family fun. 'Decorate' your own pizza, kids, or DIY san choy bau. Time to exhale.
SATURDAY is the flex day, time to stretch the repertoire. Hmm, who's around for lunch?
SUNDAY is for brunch and linner; two leisurely meals, eaten in absolute comfort.
THAT EXTRA DAY YOU WISHED FOR is the secret day that will save your bacon Tues-Thurs.

'My signature dish is Lucy's recipe that she taught me in less than an hour. But don't tell anyone; I get a lot of compliments.' Wil Anderson

About the Author

Lucy Tweed is the creator of Every Night of the Week, an Instagram account full of recipes for people who don't like recipes. She began her career as a food developer and stylist working for nine years at Donna Hay magazine, learning all about the beauty of simple, fresh food. Clean and strict in style it was akin to being taught to pencil-draw the perfect circle in art class - necessary skills that she could then adapt to grow her own style. She has worked in food styling, menu creation, travel writing and art direction for Merivale, Smeg, Westinghouse, Gourmet Traveller, SBS, Bauer Media, Vic's Meats and many more. She runs workshops and VIP dinners on food styling and photography.



Price:	AU \$35.00	NZ \$40.00
ISBN:	9781922351524	
Format:	Misc PB	
Package Type:	PAPERBACK	
Dimensions:	240h x 190w mm	
Extent:	224 pages	
Bic1:	Quick & easy cooking	
Author now living:	Clovelly	

Life Is Tough (But So Are You)

Briony Benjamin

Sharing wise guidance on how to navigate difficult times, this is a funny, warm and practical guide to help you gain perspective on what's truly important in life - from a young woman who never expected to survive The Big C.

Description

'This is the book everyone needs to read when life takes an unexpected turn.' - Mia Freedman, MamaMia

Not all storms come to disrupt your life. Some come to clear your path.

Viral video producer Briony Benjamin was a few months into a new job when she started feeling crappy... All. The. Time. Doctors told her she was just stressed and should rest more and learn to meditate. But it turns out she had cancer all through her body.

Turning the camera on herself, Briony started documenting her journey in the short video 'You Only Get One Life'. Its raw portrayal of her experience went viral, touching millions.

Here Briony shares some of the important lessons learnt through her illness and recovery - everything from how to assemble your A Team in times of crisis and learning to make friends with the pain, to happy hacks for cutting yourself some slack and some great tips on being a kick-arse support human when a friend is going through the rough stuff.

If you want to live the richest version of your life, bring some more joy into your day-to-day existence and have some tools up your sleeve for when things get tricky, this book is for you. Because - spoiler alert - we all have to deal with our fair share of tough times sooner or later. It's how we handle them and bounce back afterwards that really matters.

About the Author

Briony Benjamin is a prolific viral video producer. After creating cheeky and impactful videos for Australia's leading purpose-led campaigning groups, she landed the job of Executive Producer of Video at women's media site Mamamia. However, a few months into the job she started to feel crappy ... All. The. Time. Doctors told her she was just stressed and should rest more and learn to meditate. She started to think maybe she was a bit crap at life and not cut out for a busy, fast-paced media career. But it turned out she had cancer, all through her body.

Unsure of what was to come, Briony turned the camera on herself and started documenting her journey. This resulted in a short video, 'You Only Get One Life', which went viral. Its raw portrayal of a journey through cancer - combined with the powerful reminder that life is fleeting and precious - touched millions. In Life Is Tough (But So Are You), Briony shares what the experience taught her about navigating tricky times and finding the new path into your next awesome chapter.

HOW TO RISE TO THE CHALLENGE
WHEN THINGS GO PEAR-SHAPED

LIFE IS TOUGH

BUT SO ARE YOU

**BRIONY
BENJAMIN**

CREATOR OF THE VIRAL VIDEO
SENSATION 'YOU ONLY GET ONE LIFE'

'This is the book everyone
needs to read when life takes
an unexpected turn.'

MIA FREEDMAN, MAMAMIA

Price:	AU \$32.99	NZ \$34.99
ISBN:	9781922351364	
Format:	Misc HB	
Package Type:	HARD BACK	
Dimensions:	190h x 150w mm	
Extent:	216 pages	
Bic1:	Self-help & personal development	
Author now living:		

Futuresteading Jade Miles

A stunningly illustrated practical guide to growing, preserving and sharing the food that grounds us.

Description

Futuresteading is a practical and inspirational guide to living in a way that values tomorrow: a slower, simpler, steadier existence that is healthier for you, your home, and the environment.

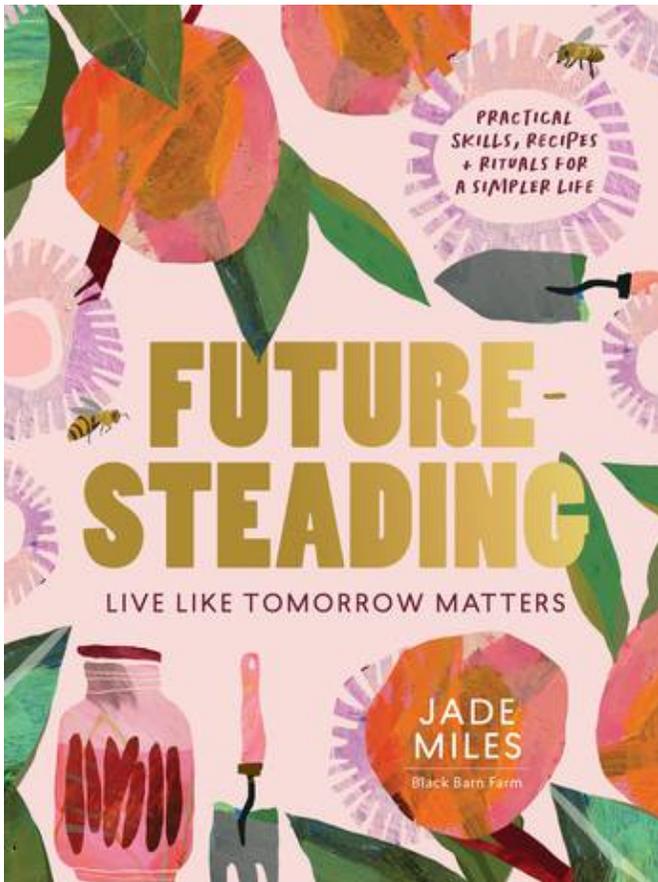
Whether you live in a city apartment, in the suburbs or on twenty acres, the principles of futuresteading offer easy-to-understand information and hands-on ideas. Learn to grow delicious food and medicinal plants; share rituals with loved ones through the seasons; feast on healthy home-cooked food for the family; nourish body and soul with outdoor expeditions and moments of rest; and create wonders with your hands.

This welcoming handbook begins by showing how futuresteading works in an accessible and practical explainer, before venturing through six seasonal chapters - Awakening, Alive, High Heat, Harvest, The Turning, and Deep Chill - filled with inspiration for the garden, including making fences and wicking beds, along with 30+ rewarding recipes for slow, nourishing and easy meals.

Grow, store, eat, preserve and share food that deepens the connections you have with your household, your soil, and those around you.

About the Author

Jade Miles and husband Charlie Showers run Black Barn Farm, a biodiverse orchard, nursery and workshop space in north east Victoria which is a magnet for visitors to learn about permaculture, homesteading, as well as to pick-their-own from some of the 98 varieties of heritage fruit and berries. Jade co-hosts the weekly Futuresteading podcast with Catie Payne, is active in the media about living regeneratively, hosts schools programs and sits on a number of boards in the name of reconnecting us to nature, food and a simpler existence.



Price:	AU \$39.99	NZ \$45.00
ISBN:	9781922351401	
Format:	Flexibound	
Package Type:	FLEXIBACK	
Dimensions:	250h x 190w mm	
Extent:	320 pages	
Bic1:	Organic gardening	
Author now living:	Stanley, VIC	

Head First

Alastair Santhouse

An exquisitely written exploration of the connections between physical and mental health.

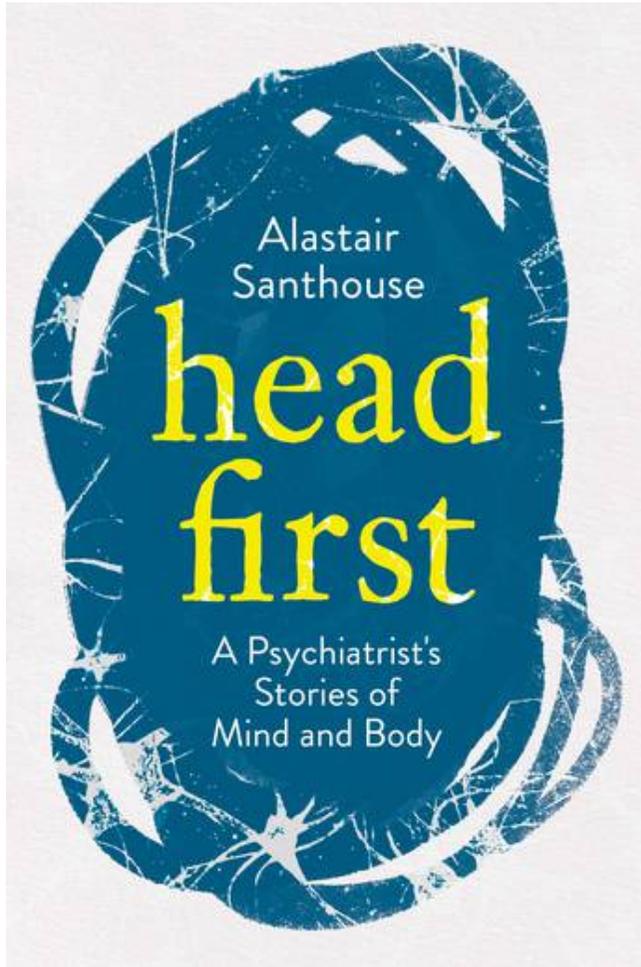
Description

What does it mean to be well? Is it something in our body? Or, is it rather something subjective - something of the mind? In this profound collection of clinical stories, eminent psychiatrist Dr Alastair Santhouse draws on his experience of treating thousands of hospital patients to show how our emotions are inextricably linked to our physical wellbeing.

Our minds shape the way we understand and react to symptoms that we develop, dictate the treatments we receive, and influence whether they work. They even influence whether we develop symptoms at all. Written with brutal honesty, deep compassion, and a wry sense of humour, Head First examines difficult cases that illuminate some of our most puzzling and controversial medical issues—from the tragedy of suicide, to the stigma surrounding obesity, to the ongoing misery of chronic fatigue. Ultimately he finds that our medical model has failed us by promoting specialization and overlooking perhaps the single most important component of our health: our state of mind.

About the Author

Alastair Santhouse is a consultant psychiatrist at both Guy's Hospital and the Maudsley Hospital in London. He was Vice Chair of the Royal College of Psychiatrists Faculty of Liaison Psychiatry between 2013 and 2017, and in 2016 was elected President of the Psychiatry Section of the Royal Society of Medicine. His clinical work focusses on the intersection of physical and mental health.



Price:	AU \$32.99	NZ \$36.99
ISBN:	9781838950323	
Format:	C-Format PB	
Package Type:	PAPERBACK	
Dimensions:	234h x 153w mm	
Extent:	pages	
Bic1:	Popular medicine & health	
Author now living:		

Sedated

James Davies

A provocative and shocking look at how western society is misunderstanding and mistreating mental illness.

Description

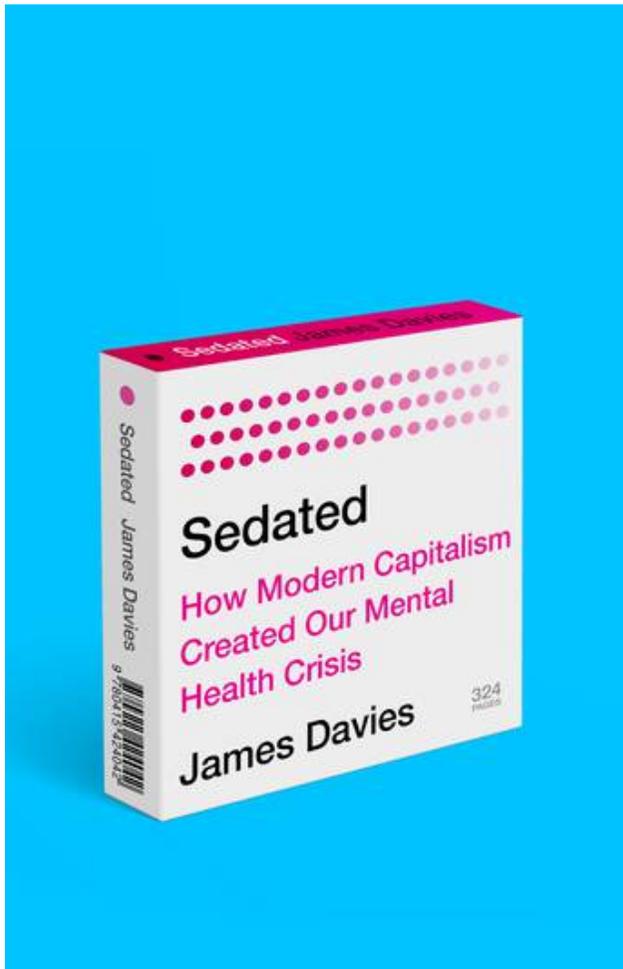
In Britain alone, more than 20% of the adult population take a psychiatric drug in any one year. This is an increase of over 500% since 1980 and the numbers continue to grow. Yet, despite this prescription epidemic, levels of mental illness of all types have actually increased in number and severity.

Using a wealth of studies, interviews with experts, and detailed analysis, Dr James Davies argues that this is because we have fundamentally mischaracterised the problem. Rather than viewing most mental distress as an understandable reaction to wider societal problems, we have embraced a medical model which situates the problem solely within the sufferer and their brain.

Urgent and persuasive, *Sedated* systematically examines why this individualistic view of mental illness has been promoted by successive governments and big business - and why it is so misplaced and dangerous.

About the Author

James Davies is Associate Professor of mental health and anthropology at the University of Roehampton. He is the author of the bestselling book *Cracked: Why Psychiatry is Doing More Harm than Good*.



Price:	AU \$39.99	NZ \$45.00
ISBN:	9781786499844	
Format:	C-Format HB	
Package Type:	HARD BACK	
Dimensions:	234h x 156w mm	
Extent:	400 pages	
Bic1:	Social welfare & social services	
Author now living:		

Letters To My Weird Sisters

Joanne Limburg

An autistic feminist author looks at women's history, in search of her 'weird sisters'.

Description

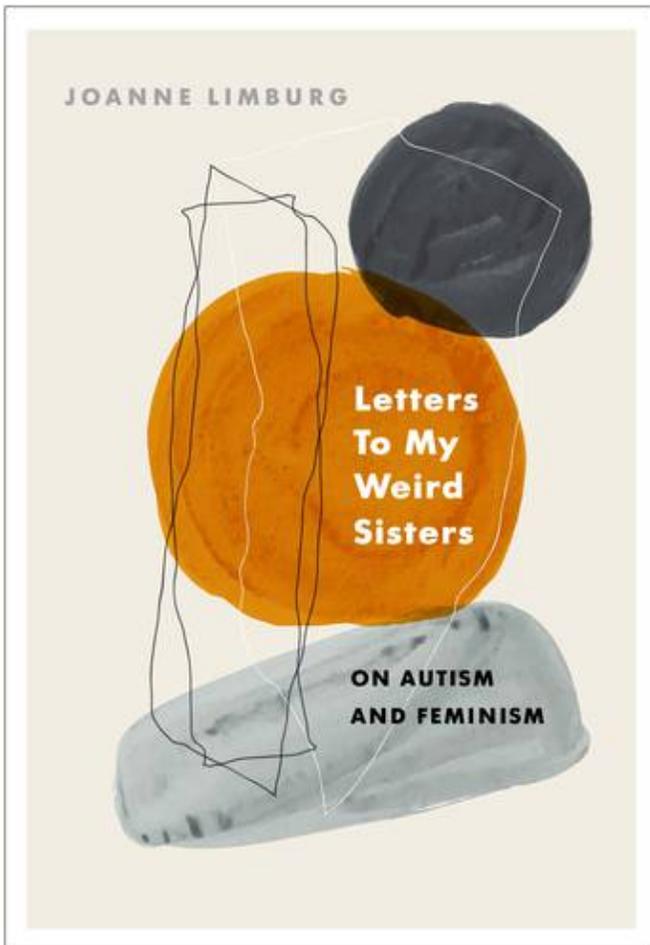
It seemed to me that many of the moments when my autism had caused problems, or at least marked me out as different, were those moments when I had come up against some unspoken law about how a girl or a woman should be, and failed to meet it.

An autism diagnosis in midlife enabled Joanne Limburg to finally make sense of why her emotional expression, social discomfort and presentation had always marked her as an outsider. Eager to discover other women who had been misunderstood in their time, she writes a series of wide-ranging letters to four 'weird sisters' from history, addressing topics including autistic parenting, social isolation, feminism, the movement for disability rights and the appalling punishments that have been meted out over centuries to those deemed to fall short of the norm.

This heartfelt, deeply compassionate and wholly original work humanises women who have so often been dismissed for their differences, and will be celebrated by 'weird sisters' everywhere.

About the Author

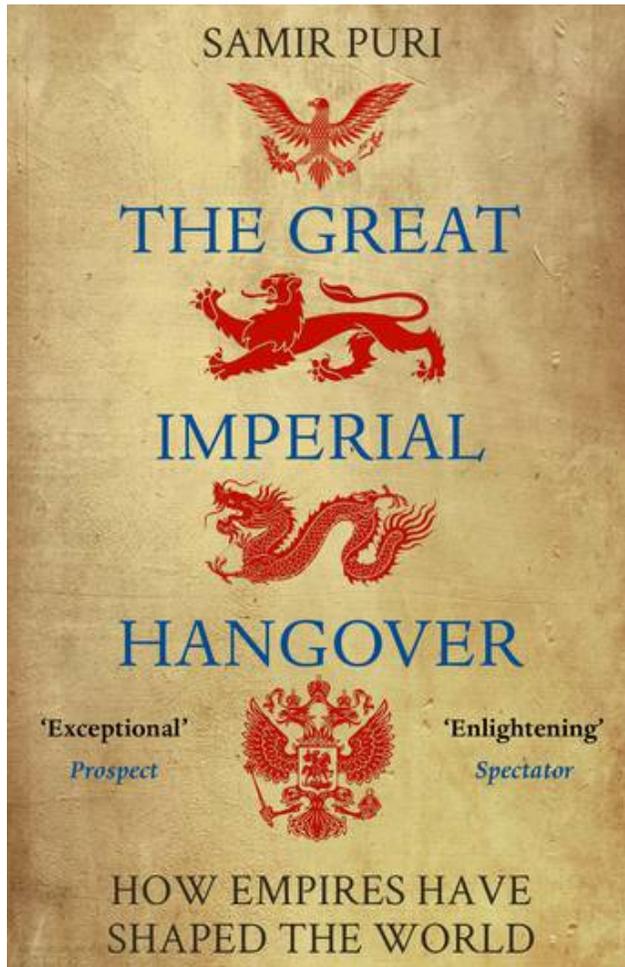
Joanne Limburg is the author of two memoirs (The Woman Who Thought Too Much and Small Pieces), one novel (A Want of Kindness) and three collections of poetry: Feminismo, which was shortlisted for the Forward Prize for Best First Collection, Paraphernalia, a Poetry Book Society Recommendation, and The Autistic Alice. Her children's poetry collection, Bookside Down, was runner-up for the CLiPPA Poetry Award. She lectures at Cambridge University's Institute of Continuing Education and lives in Cambridge with her husband and son.



Price: **AU \$32.99** **NZ \$36.99**
 ISBN: **9781838950057**
 Format: **Misc HB**
 Package Type: **HARD BACK**
 Dimensions: **210h x 148w mm**
 Extent: **272 pages**
 Bic1: Women's health
 Author now living:

The Great Imperial Hangover

Samir Puri



A groundbreaking book that explains how the world's history of empires still shapes our lives and politics today.

Description

'An exceptional account.' - Prospect

'Enlightening.' - Spectator

For the first time in millennia we live without formal empires. But that doesn't mean we don't feel their presence rumbling through history. The Great Imperial Hangover examines how the world's imperial legacies are still shaping the thorniest issues we face today.

From Russia's incursions in the Ukraine to Brexit; from Trump's 'America-first' policy to China's forays into Africa; from Modi's India to the hotbed of the Middle East, Puri provides a bold new framework for understanding the world's complex rivalries and politics.

Organised by region, and covering vital topics such as security, foreign policy, national politics and commerce, The Great Imperial Hangover combines gripping history and astute analysis to explain why the history of empire affects us all in profound ways.

About the Author

Samir Puri is Senior Fellow at the International Institute for Strategic Studies in Singapore. Prior to this he was an academic, teaching War Studies at King's College London and later in the Johns Hopkins School of Advanced International Studies. Earlier in his career he served in the Foreign Office (2009-15) and worked at RAND (2006-09). He appears on news programmes for Al Jazeera, the BBC, CNBC, Sky and TRT World, and has written for publications including the Guardian.

Price: **AU \$22.99** **NZ \$24.99**
 ISBN: **9781786498335**
 Format: **B**
 Package Type: **PAPERBACK**
 Dimensions: **198h x 129w mm**
 Extent: **384 pages**
 Bic1: History
 Author now living:

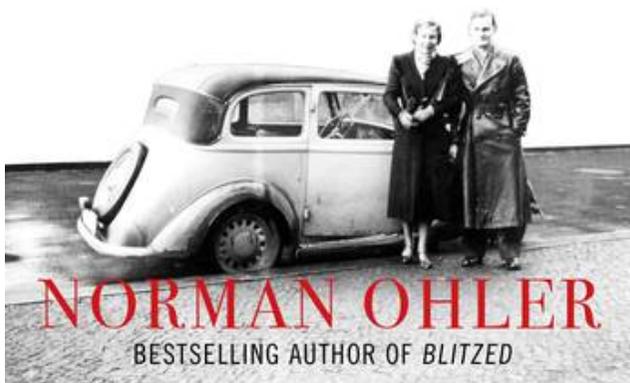
The Infiltrators Norman Ohler

'An astonishing story of
the anti-Nazi resistance...
brilliantly told'
ANTONY BEEVOR

'Will appeal to anyone who
relishes Ben Macintyre's
tales of wartime espionage'
SUNDAY TELEGRAPH

THE INFILTRATORS

The Lovers Who Led Germany's
Resistance Against the Nazis



The incredible true story of two idealistic young lovers who led the anti-Nazi resistance in the darkening heart of Berlin, by the author of the internationally bestselling *Blitzed*.

Description

A Daily Telegraph History Book of the Year

'An astonishing story... brilliantly told' - Antony Beevor

'Gripping... Will appeal to anyone who relishes Ben Macintyre's tales of wartime espionage and cryptic codes.' - Sunday Telegraph

Summertime, 1935. On a lake near Berlin, a young man is out sailing when he glimpses a woman reclining in the prow of a passing boat. Their eyes meet - and one of history's greatest conspiracies is born.

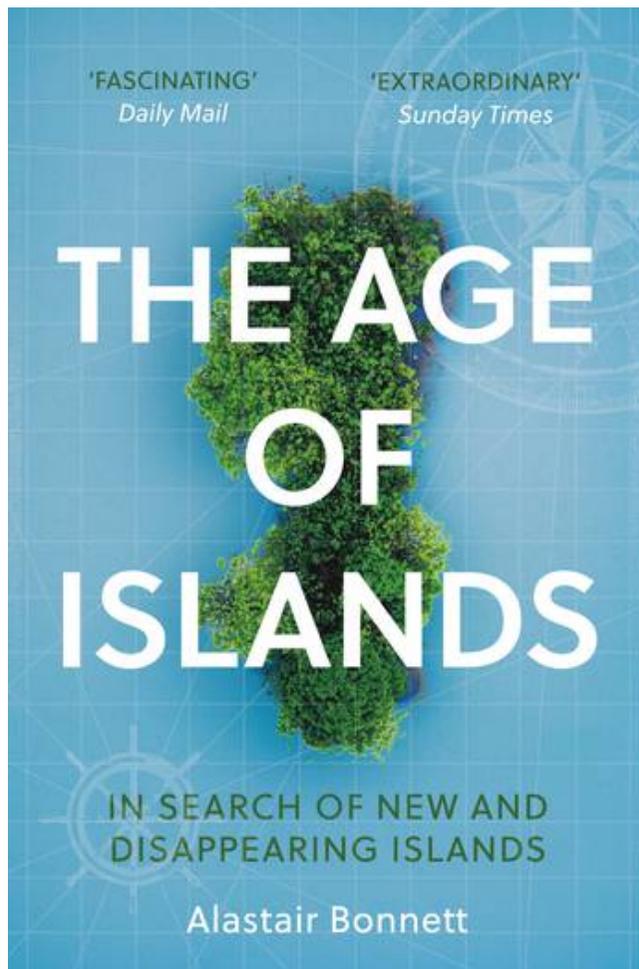
Harro Schulze-Boysen had already shed blood in the fight against Nazism by the time he and Libertas Haas-Heye began their whirlwind romance. She joined the cause, and soon the two lovers were leading a network of antifascists that stretched across Berlin's bohemian underworld. Harro himself infiltrated German intelligence and began funnelling Nazi battle plans to the Allies, including the details of Hitler's surprise attack on the Soviet Union. But nothing could prepare Harro and Libertas for the betrayals they would suffer in this war of secrets - a struggle in which friend could be indistinguishable from foe.

Drawing on unpublished diaries, letters and Gestapo files, Norman Ohler spins an unforgettable tale of love, heroism and sacrifice.

About the Author

Norman Ohler is an award-winning novelist and screenwriter. He is the author of the New York Times bestseller *Blitzed*, as well as the novels *Die Quotenmaschine* (the world's first hypertext novel), *Mitte* and *Stadt des Goldes* (translated into English as *Ponte City*). He lives in Berlin.

Price: **AU \$22.99** **NZ \$24.99**
 ISBN: **9781838952136**
 Format: **B**
 Package Type: **PAPERBACK**
 Dimensions: **198h x 129w mm**
 Extent: **320 pages**
 Bic1: **Second World War**
 Author now living:



The Age of Islands

Alastair Bonnett

A fascinating exploration of new and disappearing islands around the world, by the author of Off the Map.

Description

'Extraordinary... A fascinating and intelligent book.' - Sunday Times

New islands are being built at an unprecedented rate whether for tourism or territorial ambition, while many islands are disappearing or fragmenting because of rising sea levels. It is a strange planetary spectacle, creating an ever-changing map which even Google Earth struggles to keep pace with.

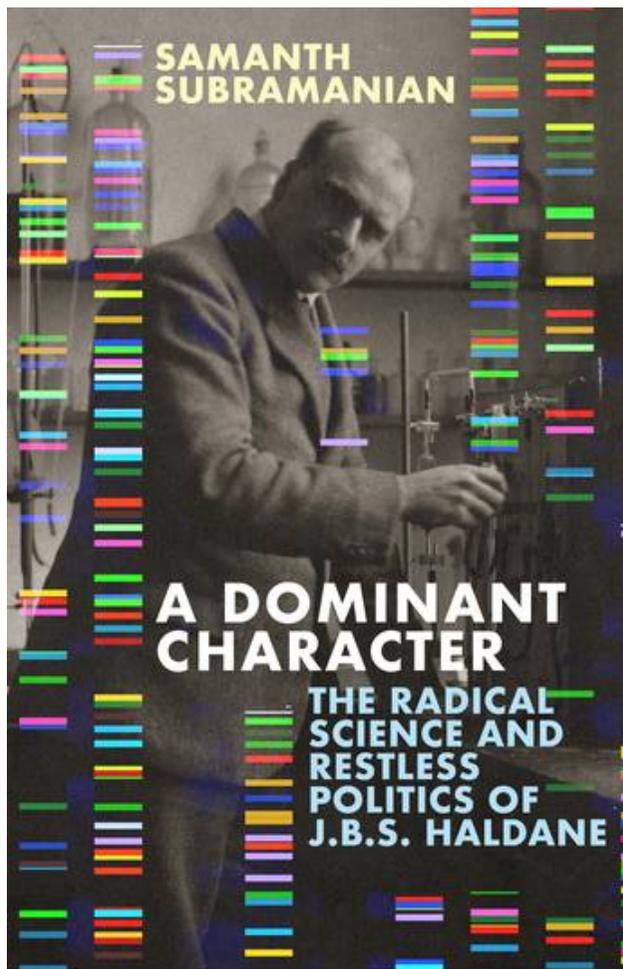
In *The Age of Islands*, explorer and geographer Alastair Bonnett takes the reader on a compelling and thought-provoking tour of the world's newest, most fragile and beautiful islands and reveals what, he argues, is one of the great dramas of our time.

From a 'crannog', an ancient artificial island in a Scottish loch, to the militarized artificial islands China is building in the South China Sea; from the disappearing islands that remain the home of native Central Americans to the ritzy new islands of Dubai; from Hong Kong and the Isles of Scilly to islands far away and near: all have urgent stories to tell.

About the Author

Alastair Bonnett is Professor of Social Geography at Newcastle University. His previous books include *Off the Map*, *Beyond the Map*, *New Views: The World Mapped Like Never Before*, *What is Geography?* and *How to Argue*. He lives in Newcastle.

Price: **AU \$22.99** **NZ \$24.99**
 ISBN: **9781786498120**
 Format: **B**
 Package Type: **PAPERBACK**
 Dimensions: **198h x 129w mm**
 Extent: **256 pages**
 Bic1: Physical geography & topography
 Author now living:



Price: **AU \$22.99** **NZ \$24.99**
 ISBN: **9781786492845**
 Format: **B**
 Package Type: **PAPERBACK**
 Dimensions: **198h x 129w mm**
 Extent: **400 pages**
 Bic1: **Biography: general**
 Author now living:

A Dominant Character Samanth Subramanian

The bold and brilliant biography of maverick British scientist J.B.S. Haldane, one of the twentieth-century's greatest thinkers, by an award-winning author.

Description

Book of the Year in The Economist, Guardian, New Statesman, Wall Street Journal and New York Times.

Shortlisted for the Duff Cooper Prize 2020.

'A wonderful book about one of the most important, brilliant and flawed scientists of the 20th century.' - Peter Frankopan

'Superb' - Matt Ridley, The Times

'Fascinating... The best Haldane biography yet.' - New York Times

J.B.S. Haldane's life was rich and strange, never short on genius, never lacking for drama. He is best remembered as a geneticist who revolutionized our understanding of evolution, but his peers thought him a polymath; one student called him 'the last man who knew all there was to be known'.

Beginning in the 1930s, Haldane was also a staunch Communist - a stance that enhanced his public profile, led him into trouble, and even drew suspicions that he was spying for the Soviets. He wrote copiously on science and politics for the layman, in newspapers and magazines, and he gave speeches in town halls and on the radio, all of which made him, in his day, as famous in Britain as Einstein. Arthur C. Clarke called Haldane 'the most brilliant science popularizer of his generation'. He frequently narrated aspects of his life: of his childhood, as the son of a famous scientist; of his time in the trenches in the First World War and in Spain during the Civil War; of his experiments upon himself; of his secret research for the British Admiralty; of his final move to India, in 1957.

A Dominant Character unpacks Haldane's boisterous life in detail, and it examines the questions he raised about the intersections of genetics and politics - questions that resonate all the more strongly today.

About the Author

Samanth Subramanian's journalism has appeared in the New Yorker, the New York Times Magazine, the Guardian, Harper's and WIRED. His first book, Following Fish: Travels Around the Indian Coast, won the Shakti Bhatt First Book Prize and was shortlisted for the Andre Simon Prize. His second, This Divided Island: Stories from the Sri Lankan War, won the Crossword Non Fiction Prize and was shortlisted for the Samuel Johnson Prize and the Royal Society of Literature's Ondaatje Prize.

The Irish Assassins

Julie Kavanagh

A gripping new account of the infamous Phoenix Park murders which rocked Victorian England.

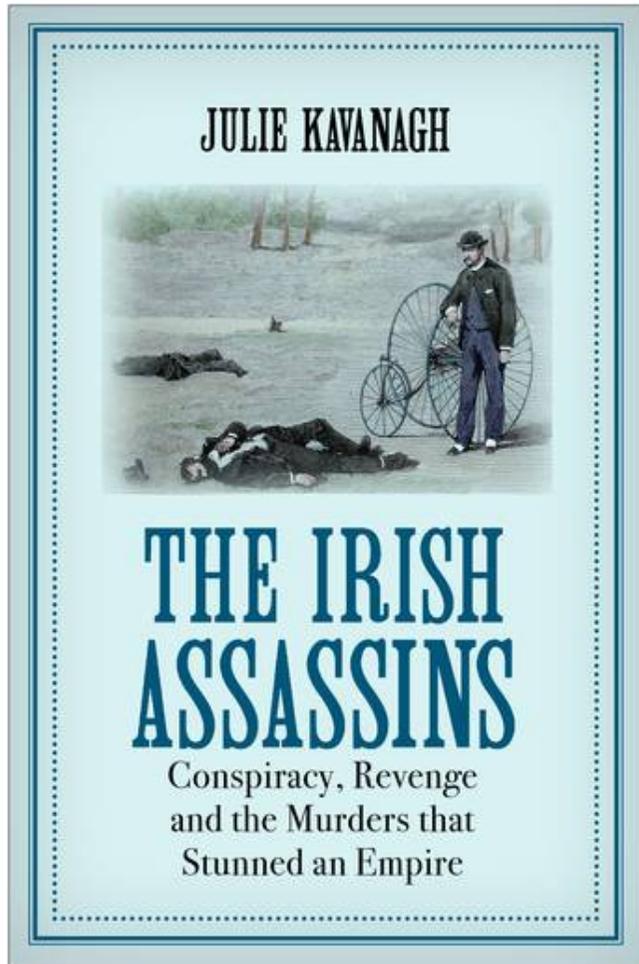
Description

In May 1882, a double murder occurred in full daylight in Dublin's Phoenix Park. One victim was an Irish bureaucrat, Thomas Burke; the other was Lord Frederick Cavendish, gentle aristocrat and much-loved protege of Prime Minister William Gladstone. Shockwaves from the stabbings were felt from Windsor Castle to Donegal, and the campaign for Home Rule suffered a serious blow.

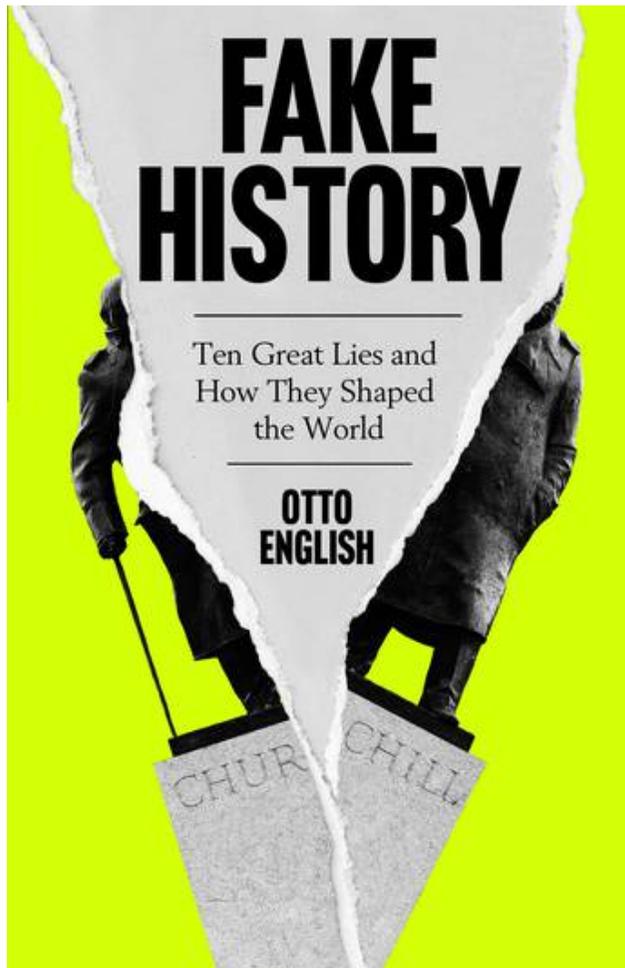
The Irish Assassins sheds new light on this low point in the vexed relationship between Ireland and England. With great skill and eloquence, acclaimed biographer Julie Kavanagh restores formidable characters like inspiring Irish leader Charles Parnell, his mistress Katharine O'Shea and the widowed Lucy Cavendish to vivid life in her account of a seminal incident whose aftereffects still resonate today.

About the Author

Julie Kavanagh trained as a dancer at the Royal Ballet School. She has worked as the ballet critic of the Spectator, arts editor of Harper's and Queen and London editor of Vanity Fair and the New Yorker. Her books include Secret Muses, Rudolf Nureyev and The Girl Who Loved Camellias



Price: **AU \$32.99** **NZ \$36.99**
 ISBN: **9781611854510**
 Format: **C-Format PB**
 Package Type: **PAPERBACK**
 Dimensions: **234h x 153w mm**
 Extent: **pages**
 Bic1: **General & world history**
 Author now living:



Fake History Otto English

A fun, authoritative and alternative history of the world that exposes some of the biggest lies ever told and how they've been used over time.

Description

Lincoln did not believe all men were created equal.

The Aztecs were not slaughtered by the Spanish Conquistadors.

And Churchill was not the man that people love to remember.

Taking the ten biggest lies from history and looking at the people who propagated them, social commentator and expert historian Otto English shows how our past has been bent and broken, used and abused over time to fit the ends of some of the world's most powerful people.

Whether it's Donald Trump, Kim Jong-Il or Aung San Suu Kyi, the media or people in your newsfeed, Fake History explores the ways in which everything we think we know is shaped and sold back to us as 'lessons from history'. From creating nation myths and forging 1984-style imaginary wars to how apologies can alter perceptions and how we can even dramatically shape our own image, Otto English sets out to redress the balance and to reclaim history from those who seek to pervert it.

Fake History is an alternative history of the world that you weren't taught in school.

Taking the ten biggest lies from history and looking at the people who propagated them, social commentator and expert historian Otto English shows how our past has been bent and broken, used and abused over time to fit the ends of some of the world's most powerful people.

About the Author

Otto English is the pen name of author and journalist Andrew Scott. From 2010, Scott began writing and tweeting about politics and history, gaining attention for his itinerant blog, he moved into journalism and has since written for Politico, the Independent, New Statesman, Daily Mail and many other publications. He has always been fascinated by the writing of history and the creation of political narratives, and has spoken about them on BBC News, BBC Radio 4 and LBC. He lives in South East London with his wife and two children.

Price: **AU \$29.99** **NZ \$32.99**
 ISBN: **9781787396401**
 Format: **Misc PB**
 Package Type: **PAPERBACK**
 Dimensions: **153h x 234w mm**
 Extent: **320 pages**
 Bic1: **General & world history**
 Author now living:

Instant Psychology

Nicky Hayes, Sarah Tomley

Instant Psychology pulls together all the pivotal psychological knowledge and thought into one concise volume.

Description

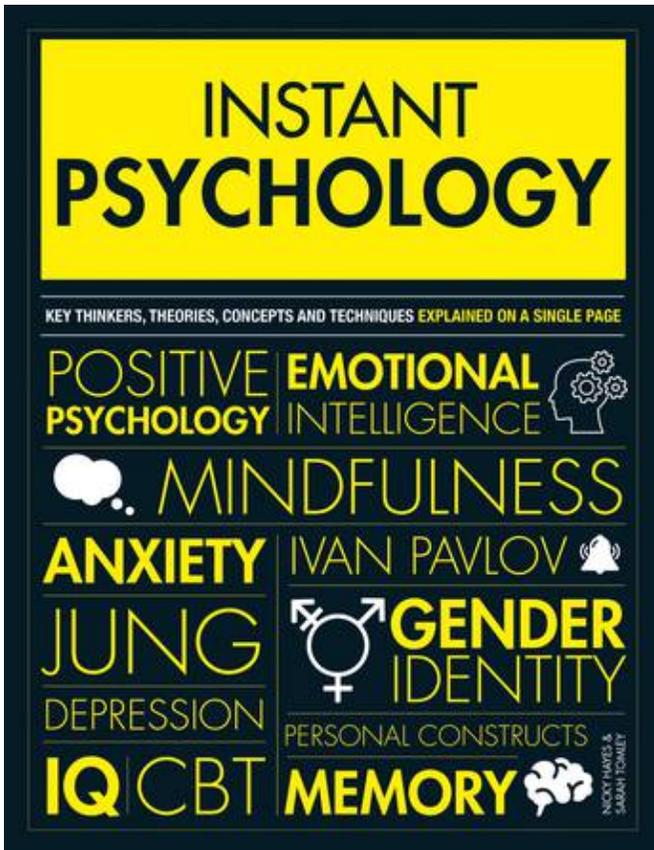
Instant Psychology pulls together all the pivotal psychological knowledge and thought into one concise volume. Each page contains a discrete 'cheat sheet', which tells you the most important facts in bite-sized chunks, meaning you can become an expert in an instant.

From Freud to Jung, the Rorschach test to the Stanford prison experiment, cognitive bias to the availability heuristic, every key figure, discovery or idea is explained with succinct and lively text and graphics.

Perfect for the knowledge hungry and time poor, this collection of graphic-led lessons makes psychology interesting and accessible. Everything you need to know - and more - is here.

About the Author

Dr Nicky Hayes is a Fellow of the British Psychological Society, a Chartered Psychologist and an Honorary Life Member of the Association for the Teaching of Psychology. She has written widely and is a prominent media figure, thanks to her ability to apply psychology to everyday life and her experience working with business and the public sector as well as in universities and colleges. She lives in Gairloch, Scotland. Sarah Tomley is an accredited psychotherapeutic counsellor. She is the author or co-author of three books on psychology and sociology.



Price: **AU \$29.99** **NZ \$32.99**
 ISBN: **9781787394186**
 Format: **Misc PB**
 Package Type: **PAPERBACK**
 Dimensions: **185h x 237w mm**
 Extent: **176 pages**
 Bic1: **Popular science**
 Author now living:

Instant Philosophy

Gareth Southwell

Instant Philosophy pulls together all the pivotal philosophical knowledge and thought into one concise volume.

Description

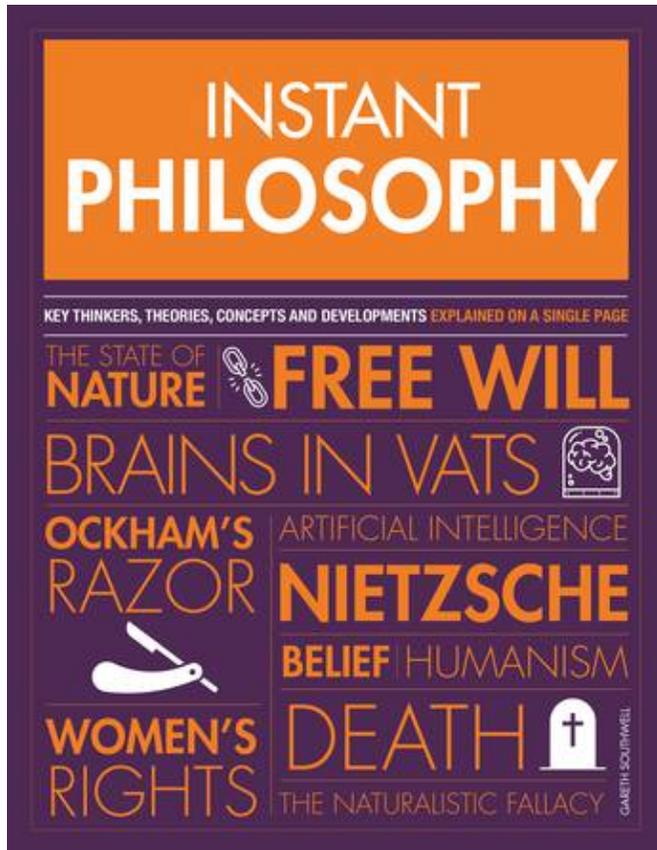
Instant Philosophy pulls together all the pivotal philosophical knowledge and thought into one concise volume. Each page contains a discrete 'cheat sheet', which tells you the most important facts in bite-sized chunks, meaning you can become an expert in an instant.

From Nietzsche to Nozick, empiricism to solipsism, Pascal's wager to Ockham's razor, every key figure, discovery or idea is explained with succinct and lively text and graphics.

Perfect for the knowledge hungry and time poor, this collection of graphic-led lessons makes philosophy interesting and accessible. Everything you need to know is here.

About the Author

Gareth Southwell is a philosopher, writer and illustrator. He has written or co-written eight previous books on philosophy for both students and general readers. He lives in Swansea, Wales.



Price: **AU \$29.99** **NZ \$32.99**
 ISBN: **9781787394209**
 Format: **Misc PB**
 Package Type: **PAPERBACK**
 Dimensions: **185h x 237w mm**
 Extent: **176 pages**
 Bic1: **Philosophy**
 Author now living: **UK**

Instant Economics**David Orrell**

Instant Economics pulls together all the pivotal economic knowledge and thought into one concise volume.

Description

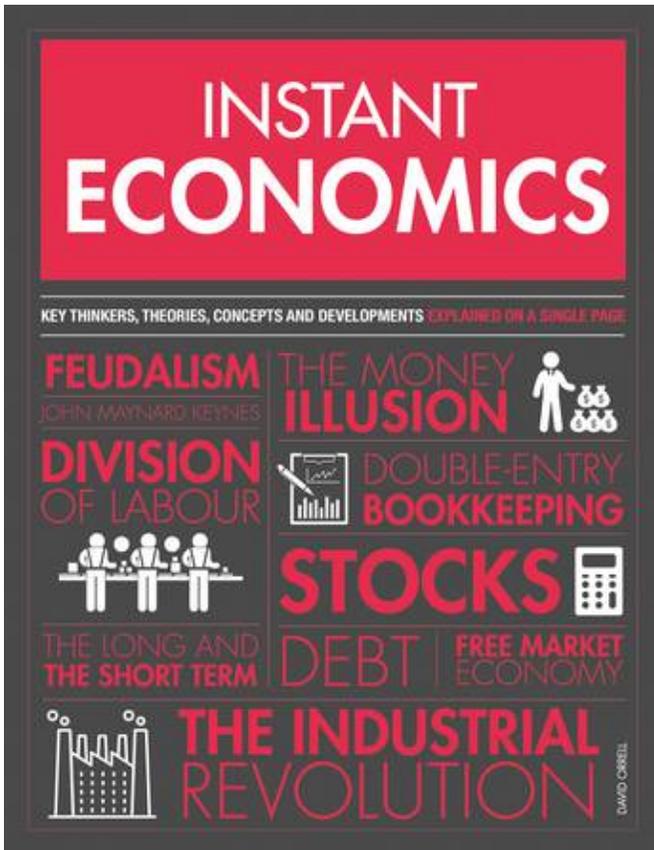
Instant Economics pulls together all the pivotal economic knowledge and thought into one concise volume. Each page contains a discrete 'cheat sheet', which tells you the most important facts in bite-sized chunks, meaning you can become an expert in an instant.

From Adam Smith to Karl Marx, taxation to debt crisis, and inequality to economic freedom, every key figure, discovery, controversy and concept is explained with succinct and lively text and graphics.

Perfect for the knowledge hungry and time poor, this collection of graphic-led lessons makes economics interesting and accessible. Everything you need to know is here.

About the Author

David Orrell is an applied mathematician and author of several books on economics, including *Introducing Economics: A Graphic Guide*, and *Behavioural Economics* (forthcoming).



Price: **AU \$29.99** **NZ \$32.99**
 ISBN: **9781787394193**
 Format: **Misc PB**
 Package Type: **PAPERBACK**
 Dimensions: **185h x 237w mm**
 Extent: **176 pages**
 Bic1: Popular economics
 Author now living:

Instant Physics

Giles Sparrow

Instant Physics pulls together all the pivotal physics knowledge and thought into one concise volume.

Description

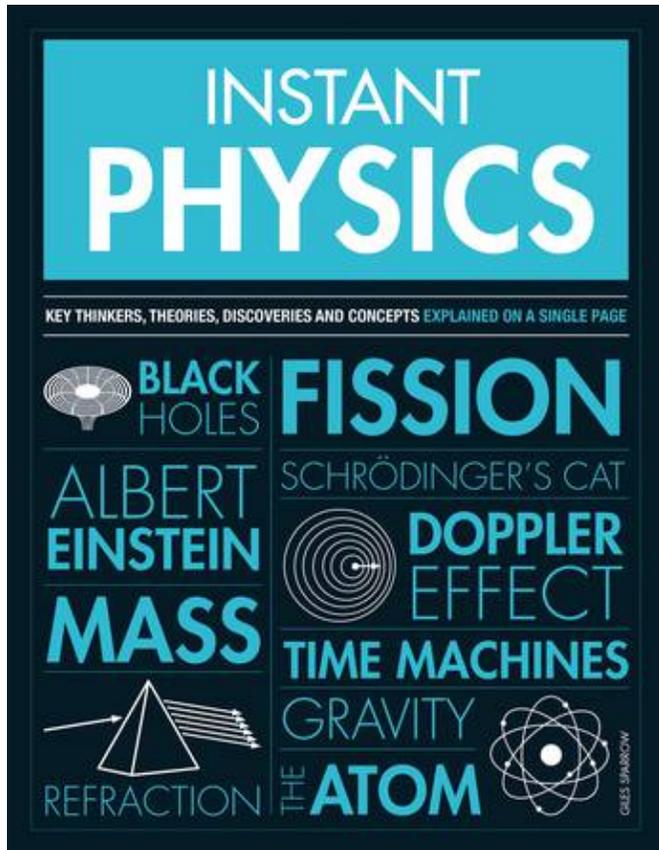
Instant Physics pulls together all the pivotal physics knowledge and thought into one concise volume. Each page contains a discrete 'cheat sheet', which tells you the most important facts in bite-sized chunks, meaning you can become an expert in an instant.

From black holes to black body radiation, telescopes to microscopes, quantum mechanics to general relativity, every key figure, discovery or idea is explained with succinct and lively text and graphics.

Perfect for the knowledge hungry and time poor, this collection of graphic-led lessons makes psychology interesting and accessible. Everything you need to know is here.

About the Author

Giles Sparrow studied Astronomy at University College London. He is the author of over 20 books on popular science for both adults and children. He lives in East London.



Price: **AU \$29.99** **NZ \$32.99**
 ISBN: **9781787394179**
 Format: **Misc PB**
 Package Type: **PAPERBACK**
 Dimensions: **185h x 237w mm**
 Extent: **176 pages**
 Bic1: Popular science
 Author now living:



Economics Without the Boring Bits

Tejvan Pettinger

A friendly, anecdotal and engagingly presented guide to economics for anyone who enjoyed Freakonomics, The Undercover Economist and Nudge.

Description

Where does wealth come from? How is it different from money? Does division of labour mean that the best people are hired to do the job? Does government intervention prevent or create crises? What is the most effective way to protect the environment?

The great Scottish historian Thomas Carlyle dismissed economics as 'the dismal science', yet it is at the heart of everything we do. Economics Without the Boring Bits is a clear, comprehensive and richly anecdotal guide to debt, finance, trade, money, taxation, supply, demand and all the other big issues that worry us all yet relatively few truly understand.

Oxford-trained economist Tejvan Pettinger takes readers on an enlightening tour of the powerful, counter-intuitive and frequently startling insights of economic research, showing us that middlemen are good, recycling is bad (sometimes) and why some people get rich and others don't. If you want to understand the wealth of nations without wading through The Wealth of Nations, this is the ideal place to start.

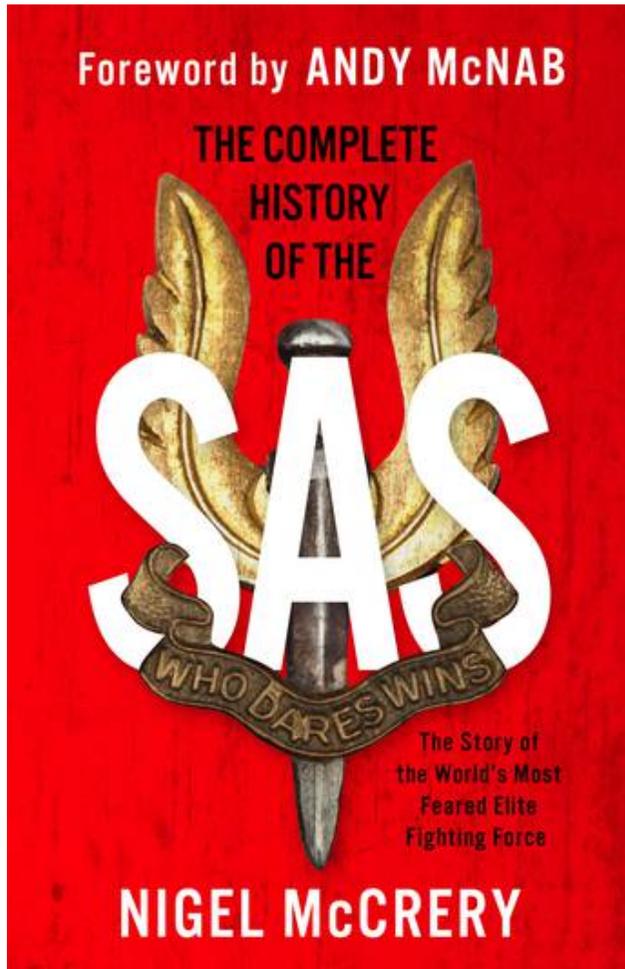
About the Author

Tejvan Pettinger lives and works as a teacher in Oxford, where he originally studied PPE at Lady Margaret Hall, Oxford University. He is a contributor to the Economic Review and writes regularly on economics. He is also the editor of www.economicshelp.org

Price: **AU \$24.99** **NZ \$27.99**
 ISBN: **9781787396128**
 Format: **Misc PB**
 Package Type: **PAPERBACK**
 Dimensions: **135h x 216w mm**
 Extent: **192 pages**
 Bic1: Popular economics
 Author now living:

The Complete History of the SAS

Nigel McCrery, edited by Barry Davies



The full story of the SAS, from formation in the sand dunes of Africa during World War II to present action in the Middle East, and incorporates jungle, desert and urban warfare, counter-terrorism and an insider's view at the selection and training methods employed by this usually secretive unit.

Description

Specializing in covert reconnaissance, counter-terrorism and hostage rescue, the SAS is one of the world's most famous, feared and respected elite fighting forces.

This book tells the full, fascinating story of the regiment, from formation in the sand dunes of Africa during World War II to present action in the Middle East, and incorporates jungle, desert and urban warfare, counter-terrorism and an insider's view at the selection and training methods employed by this usually secretive unit.

About the Author

Nigel McCrery was a policeman but left to study History and went on to work for the BBC's drama department. Credits he lists are the award-winning *All The King's Men*, *Silent Witness* and *New Tricks*. He has written several crime novels, including the Detective Inspector Lapslie series.

Barry Davies B.E.M. was a member of the SAS for 18 years and saw action around the world. He received the British Empire Medal for his help in resolving the Mogadishu Hijack. He worked with high-level military technology and regularly appeared in the media as a military expert until his death in 2016.

Price: **AU \$24.99** **NZ \$27.99**
 ISBN: **9781787396876**
 Format: **Misc PB**
 Package Type: **PAPERBACK**
 Dimensions: **129h x 198w mm**
 Extent: **352 pages**
 Bic1: **Military history**
 Author now living:

Yellow (True Colour)**Valentina Zucchi, Sylvie Bello and translated by Katherine Gregor**

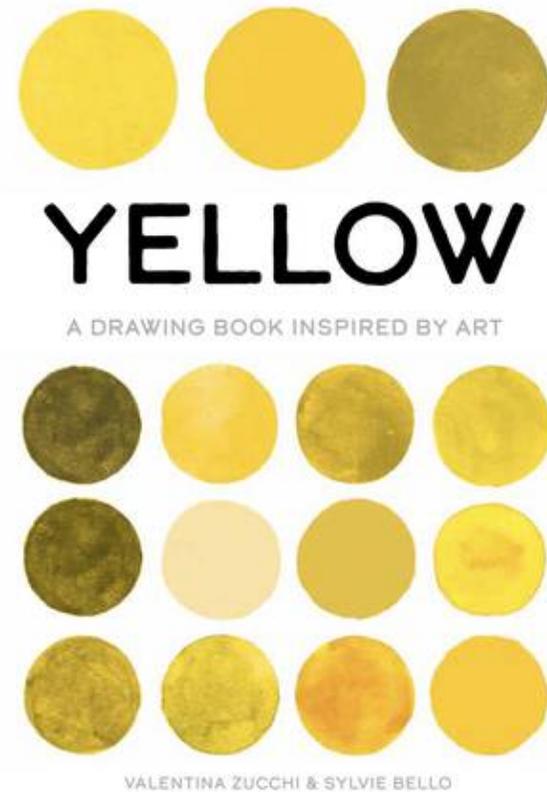
Many people crave a creative outlet, but more often than not, don't know where to start. In *Yellow*, Valentina Zucchi and Sylvie Bello invite you to nurture your creativity and build your confidence by taking inspiration from modern works of art that celebrate yellow, the most cheerful and inviting of colours.

Description

Explore some of the many different yellows that artists have used over the years to give substance to the beauty of light, from precious gold to butterscotch and cadmium yellow.

Throughout the book, Valentina and Sylvie provide creative and fun prompts - many based on famous works of art - which will encourage you to draw or paint on the pages using various techniques. Packed with inspiration from the world's most celebrated artists, including Olafur Eliassoni, Vincent van Gogh, JMW Turner and more, you will discover the many shades of yellow and just some of the ways it can be used to convey meaning.

Yellow is a short course in unlocking your creative self - perfect for budding artists of all ages who are keen to try out different techniques and materials and begin their artistic journey.

About the Author

Price: **AU \$19.99** **NZ \$22.99**
 ISBN: **9781800690226**
 Format: **Misc PB**
 Package Type: **FLEXIBACK**
 Dimensions: **170h x 220w mm**
 Extent: **64 pages**
 Bic1: Art treatments & subjects
 Author now living:

Green (True Colour)**Valentina Zucchi, Angela Leon and translated by Katherine Gregor**

Green (True Colour) is a short course in unlocking your creative self - perfect for budding artists of all ages who are keen to try out different techniques and materials and begin their artistic journey.

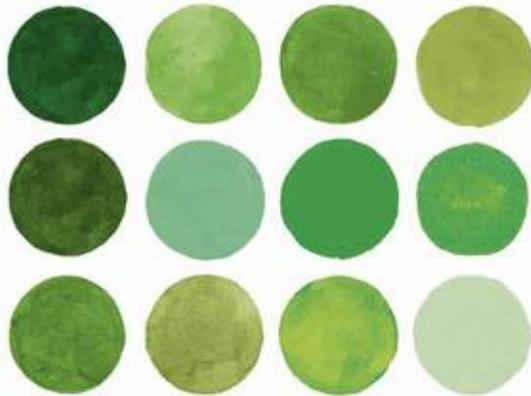
Description

Many people crave a creative outlet, but more often than not, don't know where to start. In Green (True Colour), Valentina Zucchi and Angela Leon invite you to nurture your creativity and build your confidence by taking inspiration from works of art that celebrate green - the colour of fertility, abundance and life.

Green (True Colour) imparts energy, relaxes, refreshes, cleanses and heals. It is ultimately a colour that belongs to nature and has always been loved by artists. Throughout the book, Valentina and Angela provide creative and fun prompts - many based on famous works of art - which will encourage you to draw or paint on the pages using various techniques. Packed with inspiration from the world's most celebrated artists, including Claude Monet, Paul Cezanne, Georges Seurat and more, you will discover the many meanings of green and just some of the ways it can be used to express your creative passion.

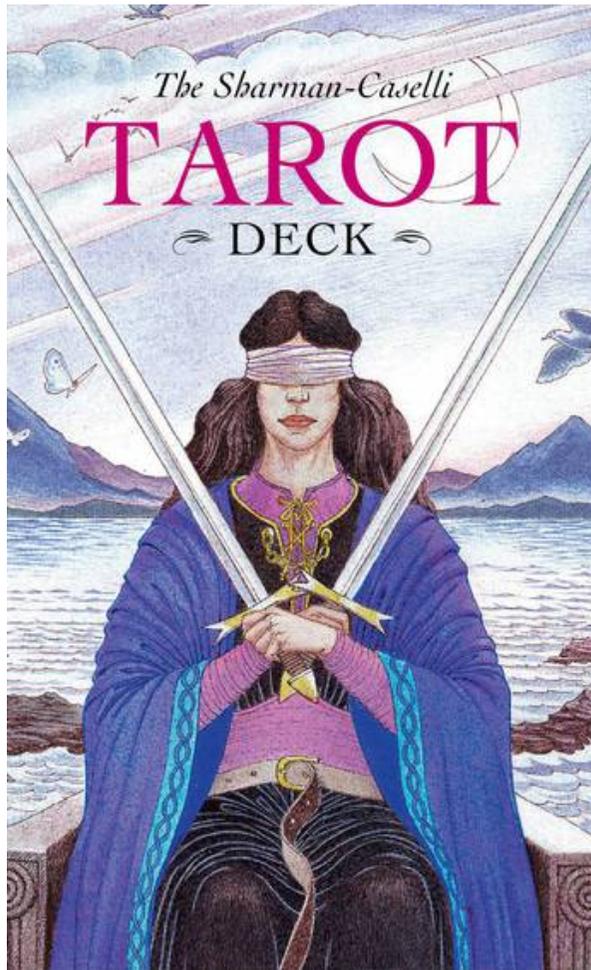
About the Author**GREEN**

A DRAWING BOOK INSPIRED BY ART



VALENTINA ZUCCHI & ANGELA LEON

Price: **AU \$19.99** **NZ \$22.99**
 ISBN: **9781800690219**
 Format: **Misc PB**
 Package Type: **FLEXIBACK**
 Dimensions: **170h x 220w mm**
 Extent: **64 pages**
 Bic1: Art techniques & principles
 Author now living:



The Sharman-Caselli Tarot Deck

Juliet Sharman-Burke

A deck with traditional symbolism for both Major and Minor Arcana cards. This is the deck to use as you begin your journey of discovery through the tarot.

Description

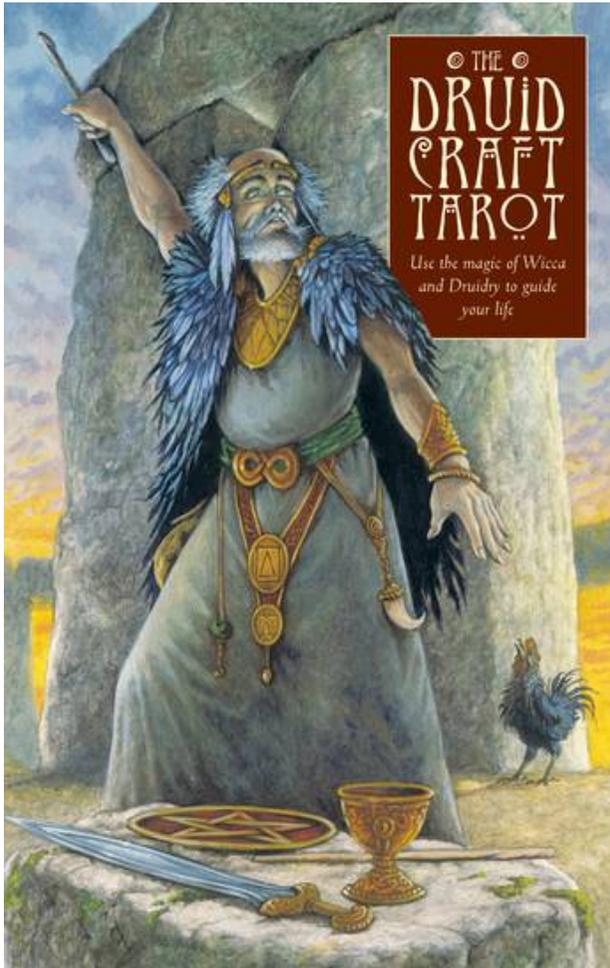
This deck has been specially created for the first-time tarot user. Juliet Sharman-Burke is an experienced tarot reader and teacher, and Giovanni Caselli is an internationally renowned artist. Their collaboration has produced a deck with traditional symbolism of extraordinary clarity for both Major and Minor Arcana cards. This is the deck to use as you begin your journey of discovery through the tarot.

About the Author

Juliet Sharman-Burke is a practising psychotherapist and noted authority on the tarot and astrology. She has written several books on the tarot, and is co-author of the bestselling classic deck *The Mythic Tarot*.

Giovanni Caselli is a full-time illustrator with a passion for the classical world, its literature, art, symbols and myths. His characteristic line-and-wash style is the perfect medium for the tarot, where colour and detail have symbolic significance.

Price: **AU \$35.00** **NZ \$39.99**
 ISBN: **9781800691216**
 Format: **Kit**
 Package Type: **CARDS**
 Dimensions: **127h x 77w mm**
 Extent: **64 pages**
 Bic1: **Mind, Body, Spirit**
 Author now living:



The Druidcraft Tarot

Philip Carr-Gomm, Stephanie Carr-Gomm and illustrated by Will Worthington

At a time when we seek a closer connection with the natural world, this beautiful deck invites us to celebrate the earth and the rhythm of her seasons.

Description

Combining the two fundamental spiritualities of Nature - Wicca and Druidry - Philip and Stephanie Carr-Gomm, together with artist Will Worthington, have created a tarot of extraordinary depth and relevance to help guide and illuminate your life.

The powerful images have emerged from a vast store of teachings and story-telling rooted in our ancient past. Use them as gateways to your inner spiritual world, and deepen your knowledge of yourself and of the earth. Let the natural wisdom of DruidCraft bring you insight and inspiration for the life issues that you face today.

About the Author

Stephanie Carr-Gomm helps administer the training programme for the Order of Bards, Ovates and Druids. She is co-author with Philip of The Druid Animal Oracle and The DruidCraft Tarot.

Philip Carr-Gomm was trained by the Chief Druid Ross Nichols. He is Chief of the Order of Bards, Ovates and Druids and the author of many titles, including The Druid Way and Druid Mysteries. Visit his website at: philipcarr-gom.com

Price:	AU \$49.99	NZ \$55.00
ISBN:	9781800691179	
Format:	Slipcased	
Package Type:	BOXED SETS	
Dimensions:	163h x 254w mm	
Extent:	192 pages	
Bic1:	Shamanism, paganism & druidry	
Author now living:		

Little Book of Louis Vuitton

Karen Homer

This is the story of Louis Vuitton: the transformation from luggage company to high-fashion label.

Description

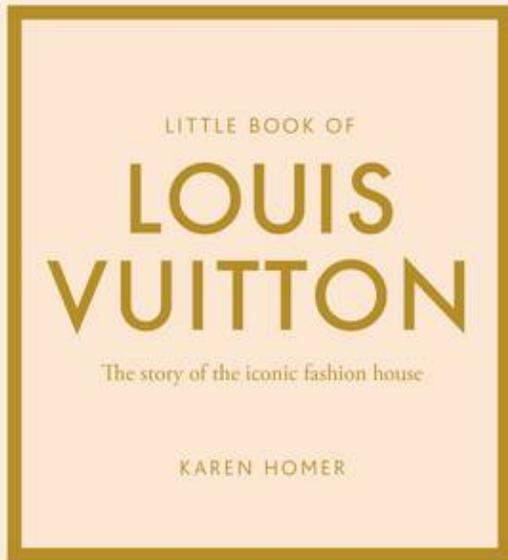
Little Book of Louis Vuitton is the pocket-sized and fully illustrated story of one of the world's most luxurious fashion houses.

Louis Vuitton's monogrammed bags have been seen on the arms of celebrities and royals alike for over 150 years. From the young Louis seeking his fortune in Paris through to two world wars, the Great Depression, the Jazz Age and the Swinging Sixties, there is no era in which this most opulent of brands hasn't thrived.

Detailing the global expansion of Louis Vuitton in the 1980s, the creation of the powerful fashion conglomerate LVMH, and the appointment in 1997 of Marc Jacobs, this is the story of a transformation from luggage company to high-fashion label. Louis Vuitton's continued evolution under the creative direction of Nicolas Ghesquiere and Virgil Abloh is also depicted through fabulous images and captivating text.

About the Author

Karen Homer is an established fashion journalist who worked as a fashion columnist for The Times and has contributed to the Telegraph, Harpers & Queen, Elle, World of Interiors and Vogue. She is the author of the Little Book of Dior and Things a Woman Should Know About Style. She lives in London.



UNOFFICIAL AND UNAUTHORIZED

Price: **AU \$24.99** **NZ \$27.99**
 ISBN: **9781787397415**
 Format: **Misc HB**
 Package Type: **HARD BACK**
 Dimensions: **125h x 180w mm**
 Extent: **160 pages**
 Bic1: Gift books
 Author now living:

Little Book of Schiaparelli

Emma Baxter-Wright

Little Book of Schiaparelli chronicles the work of one of history's most influential and eccentric couturiers.

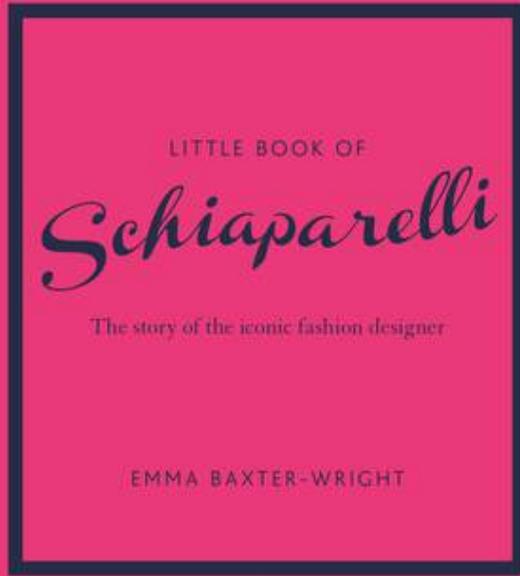
Description

Endowed with a strikingly imaginative and experimental approach to fashion, Elsa Schiaparelli cultivated a combination of the witty and the surreal, the cutting edge and the elegant, from her garments and jewellery to her collaborations with Salvador Dali, Jean Cocteau and Alberto Giacometti.

Exquisitely illustrated and expertly written, the book follows a biographical chronology detailing her life, career and primary creative themes of her work. Images of Schiaparelli's finished designs, along with close-up details and illustrations of her personal sketches, showcase the brilliance of her innovative oeuvre, and the legacy that lives on in the House of Schiaparelli to this day.

About the Author

Emma Baxter-Wright has taught fashion journalism at the University of the Arts, London and UCA. She has contributed to many publications including the New York Observer, Cosmopolitan and Marie Claire, and is the bestselling author of Little Book of Chanel. Emma lives in Gloucestershire, England.



UNOFFICIAL AND UNAUTHORIZED

Price: **AU \$24.99** **NZ \$27.99**
 ISBN: **9781787398283**
 Format: **Misc HB**
 Package Type: **HARD BACK**
 Dimensions: **125h x 180w mm**
 Extent: **160 pages**
 Bic1: History of fashion
 Author now living:

Little Book of Dior

Karen Homer

The illustrated story of Christian Dior's early life, the brand's inception, the triumphs of the couture collections on the catwalk and the red carpet, and the brand's journey after the death of its founder.

Description

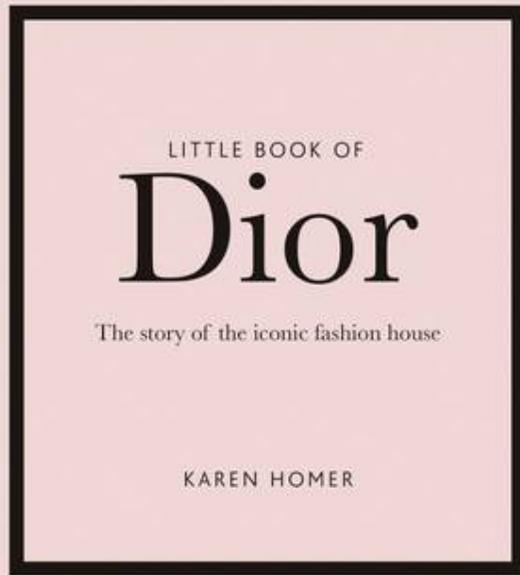
Little Book of Dior is the beautifully illustrated story of Christian Dior's early life, the brand's inception, the triumphs of the couture collections on the catwalk and the red carpet, and the brand's journey after the death of its founder.

Christian Dior's spectacular rise to the upper echelons of the Parisian haute couture scene is one of the most compelling stories of twentieth-century fashion. An art gallerist with a contemporary vision, Dior's debut haute couture collection invented the 'new look' silhouette and revolutionized the way women dressed, shopped and saw themselves. The House of Dior's unique look blended the traditional, artisanal skills of the French fashion house - tailoring and intricate embellishment - with a modern sensibility.

Dior was only helmed by its founder for a decade, but has flourished under the creative direction of some of the most storied names in fashion. In the present day, Maria Grazia Chiuri steers the brand as it stays true to its identity of opulence, femininity, drama and the creation of what Christian Dior called 'the complete look', from garments to perfume and shoes. An exquisitely curated selection of illustrations accompanied by fashion writer Karen Homer's authoritative text presents the journey of a brand known today as the last word in opulence, drama and femininity.

About the Author

Karen Homer is an author and fashion journalist who has written for Vogue and The Times. Her books include Things a Woman Should Know About Style and Dressing Marilyn. She lives in London.



Price: **AU \$24.99** **NZ \$27.99**
 ISBN: **9781787393776**
 Format: **Misc HB**
 Package Type: **HARD BACK**
 Dimensions: **180h x 125w mm**
 Extent: **160 pages**
 Bic1: History of fashion
 Author now living:

The Little Book of Chanel

Emma Baxter-Wright

This monograph on Coco Chanel chronicles the life and legacy of one of history's most influential couturiers.

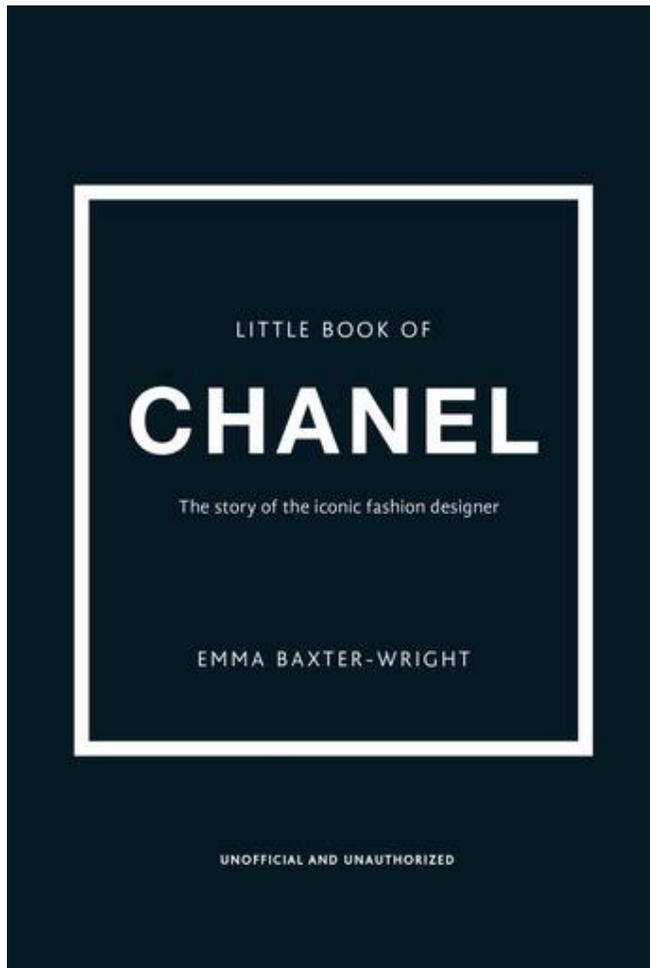
Description

From her early days of millinery, through her revolutionary inventions in sportswear and jersey fashions for women, the classics that have made her name, such as the Chanel cardigan jacket and the little black dress, to the global empire of the brand under the helm of Karl Lagerfeld, this beautifully illustrated book offers a fascinating account of Chanel's evolution and innovation.

Detailed photographs and sketches of her designs, along with fashion photography and catwalk shots, pay tribute to one of the world's most highly regarded fashion houses and the woman behind it.

About the Author

Having studied fashion at St Martins School of Art and History of Art at Bristol University, Emma Baxter-Wright has taught fashion journalism at the University of the Arts, London and UCA. She has contributed to many publications including the New York Observer, Cosmopolitan and Marie Claire, and is the author of two photographic books on the English fashion photographer Brian Duffy, and The Little Book of Schiaparelli. Emma lives in London, England.



Price: **AU \$24.99** **NZ \$27.99**
 ISBN: **9781780979021**
 Format: **Misc HB**
 Package Type: **HARD BACK**
 Dimensions: **180h x 125w mm**
 Extent: **160 pages**
 Bic1: Fashion & textiles: design
 Author now living:

The Little Book of Dad Orange Hippo!

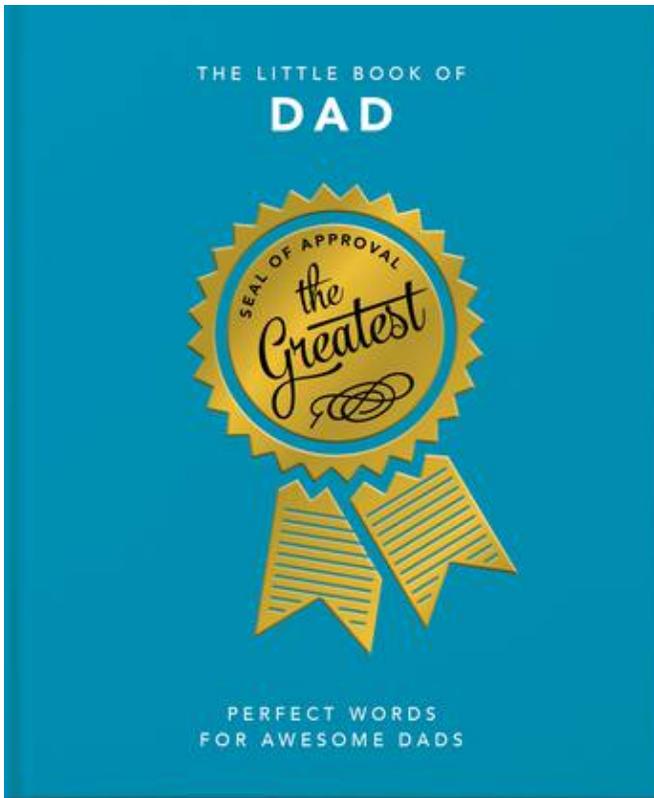
A celebration of dad-hood, including jokes, quotes, quips, hacks, facts, stats, and tons of other stuff dads will enjoy.

Description

Their bellies may stretch their spandex beyond saving and their capes may only fly after a large ominous-sounding fart, but - make no mistake - dads are superheroes. Well, half the time, at least. Because, let's not forget, when it comes to cocking things up, dads are also incredibly self-sufficient. Ignored by mums everywhere and taken advantage by babies of all ages, being a dad is arguably the world's toughest job (after motherhood, of course). Overworked, underpaid and constantly in need of feeding, dads deserve just as much attention, validation and an equal share of the duvet as mums, and yet often have to settle for second best. From taxi-ing teenagers to funding fun, juggling jobs to half-arsing house chores, dads simply are the best. Even at their hungover worst.

This Little Book of Dad is a celebration of dad-hood, daddy-ing and all the dad-based shenanigans that come with it. And it couldn't be more timely. With Netflix, YouTube and Fortnite - all of whom are much more fun than you - there has never been a better time in history to sit back, relax and just enjoy the wonders of fatherhood. Consider this tiny tome a bedside companion for exhausted dads of all strange shapes, sizes and smells, which, last time we looked, was all of them.

About the Author



Price:	AU \$12.99	NZ \$14.99
ISBN:	9781800690165	
Format:	Misc HB	
Package Type:	HARD BACK	
Dimensions:	113h x 137w mm	
Extent:	192 pages	
Bic1:	Gift books	
Author now living:		

The Little Book of Dad Jokes

Orange Hippo!

100 per cent guaranteed to induce groans.

Description

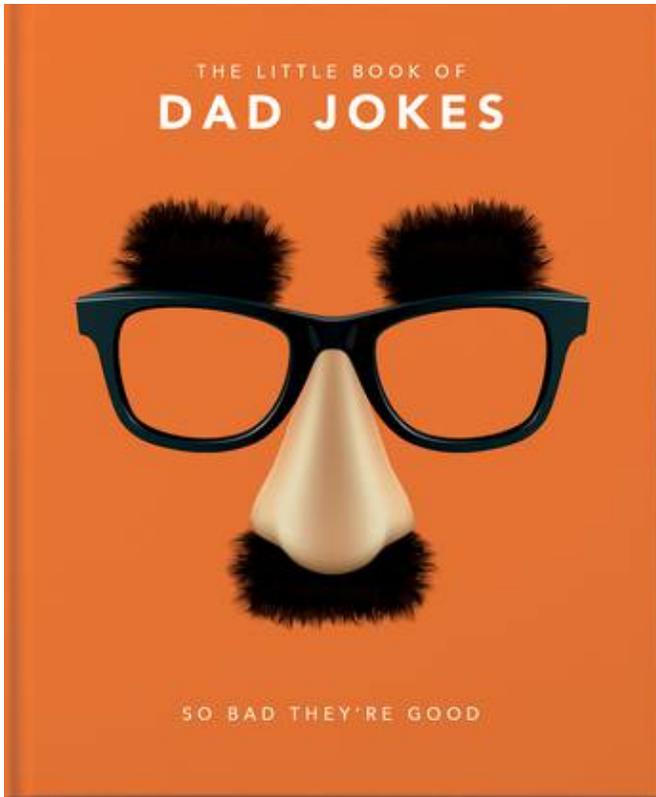
The best dad joke book you'll ever read. Yes, it's that bad.

As the ancient adage goes, 'A good dad joke is as bad as a bad dad joke'. On that fuzzy logic alone, 100 per cent of the 180+ dad jokes in this book are pure comedy gold.

The jokes included in this tiny tome are revered by dads all over the world - that's how bad they are. Some jokes are old, some are new, some are unrepeatable - but all of them are worn out and tired. If you're a dad, you'll love them. If you're buying it for your dad, don't worry, the book is little for a purpose: should the urge to throw it down the toilet arise, it'll fit in one flush.

Like dads themselves, these dad jokes are absolute stinkers. They haven't showered or gone to the gym in a while and, due to bloating, haven't seen their funny bones in a long time. But, like dads themselves, you'd miss them if you didn't hear them every once in a while. They are loveable in their own charming way. But, remember, don't eat all these jokes at once - you'll have a severe nervous breakdown. You have been warned!

About the Author



Price: **AU \$12.99** **NZ \$14.99**
 ISBN: **9781911610434**
 Format: **Misc HB**
 Package Type: **HARD BACK**
 Dimensions: **137h x 113w mm**
 Extent: **192 pages**
 Bic1: Gift books
 Author now living:

'I can't imagine anything worse' Orange Hippo!

"A talent for putting one's foot in one's mouth"

Description

Prince Philip is a man of many, many words. He is the king of courtingroyal controversy with his often wildly inappropriate comments at publicevents and foreign state visits. For almost eighty years since he firstentered the public's eye, Prince Philip has been telling the world exactlywhat he thinks of it.

Over the years, Philip's quips and wisecracks have been labelled asshocking and even outrageous, but at the root of this colourful royal is avery funny man who seemingly never takes life too seriously. He is anicon of the royal family and a reminder of a time when the world was adifferent place - and for that, we, the Great British public, salute andembrace him as one of our own!

"I declare this thing open, whatever it is."Philip, during a state visit to Canada, 1969

"God, I don't want to live to be a hundred, I can't imagineanything worse."Philip, on his centenary, to his biographer Gyles Brandreth, 2004

"If it doesn't fart or eat hay she isn't interested."Philip, about his horse-loving daughter, Princess Anne, 1970

About the Author

"I can't imagine anything worse"

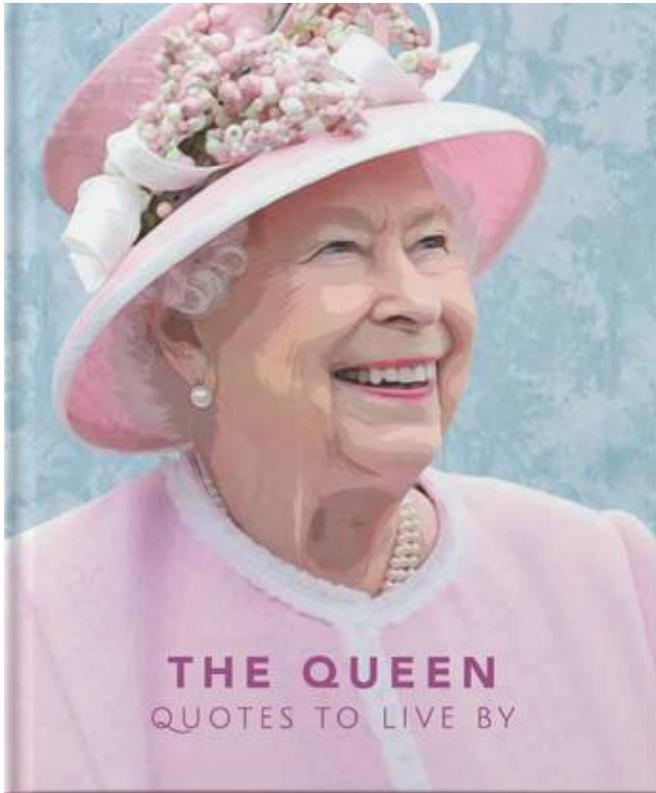
A salute to Prince Philip
(in his own words)

"I rather doubt whether anyone has ever been genuinely shocked by anything I have said."



Price: **AU \$12.99** **NZ \$14.99**
 ISBN: **9781800690714**
 Format: **Misc HB**
 Package Type: **HARD BACK**
 Dimensions: **113h x 137w mm**
 Extent: **192 pages**
 Bic1: Gift books
 Author now living: None

The Queen (Quotes to live by) Orange Hippo!



Queen Elizabeth II's reign has encompassed 14 British prime ministers, 13 US presidents and seven popes. This is a revealing insight into the Queen's public and private personas.

Description

Queen Elizabeth II is a force of stability in a turbulent, changing world.

Revered for her calm dignity and sense of duty, the queen has rarely put a foot wrong in her 68 years - and counting - on the British throne. Her extraordinary reign has seen many changes: in 1953, the year of her Coronation, Winston Churchill was prime minister, Harry Truman President of the United States, and Joseph Stalin leader of the Soviet Union.

The Queen rarely lets her guard slip, but when she does, she often reveals a biting wit. Spanning the decades, this revealing guide to the words of Her Majesty is an inspiring tribute to a remarkable woman, and the perfect gift for any royal fan.

'I cannot lead you into battle, I do not give you laws or administer justice but I can do something else: I can give you my heart and my devotion to these old islands and to all the peoples of our brotherhood of nations.' - first televised Christmas address, 1957.

'My family and I are entirely supportive of Harry and Meghan's desire to create a new life as a young family.' - public statement, 13 January 2020.

About the Author

Price: **AU \$12.99** **NZ \$14.99**
 ISBN: **9781911610472**
 Format: **Misc HB**
 Package Type: **HARD BACK**
 Dimensions: **137h x 113w mm**
 Extent: **192 pages**
 Bic1: Gift books
 Author now living:

The Little Book of Wanderlust

Wanderlust

A bite-sized guide full of trivia, facts and quotes to help cure even the most serious cases of itchy feet.

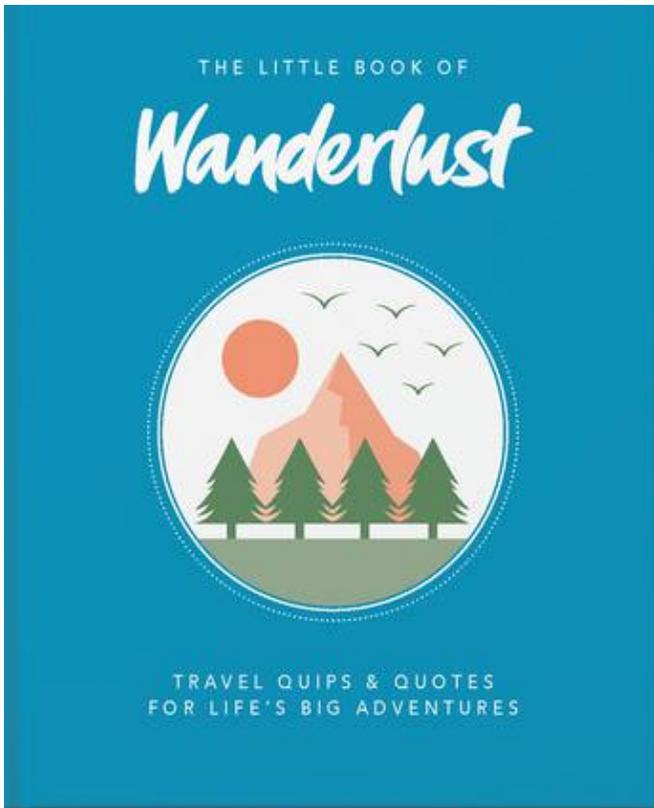
Description

The ultimate travel companion for voracious voyagers.

Do you yearn for a life off the beaten track? Brought to you by Wanderlust, the original travel magazine, this bite-sized guide is jam-packed with trivia, facts and quotes to help cure even the most serious cases of itchy feet. Find out which country has a museum dedicated exclusively to Pot Noodles, which country has more islands than any other nation and which holiday destination you're likely to prefer based on whether you're an extrovert or an introvert. With inspiring quotes from seasoned travellers, The Little Book of Wanderlust is the perfect gift for jetsetters and journeyers.

About the Author

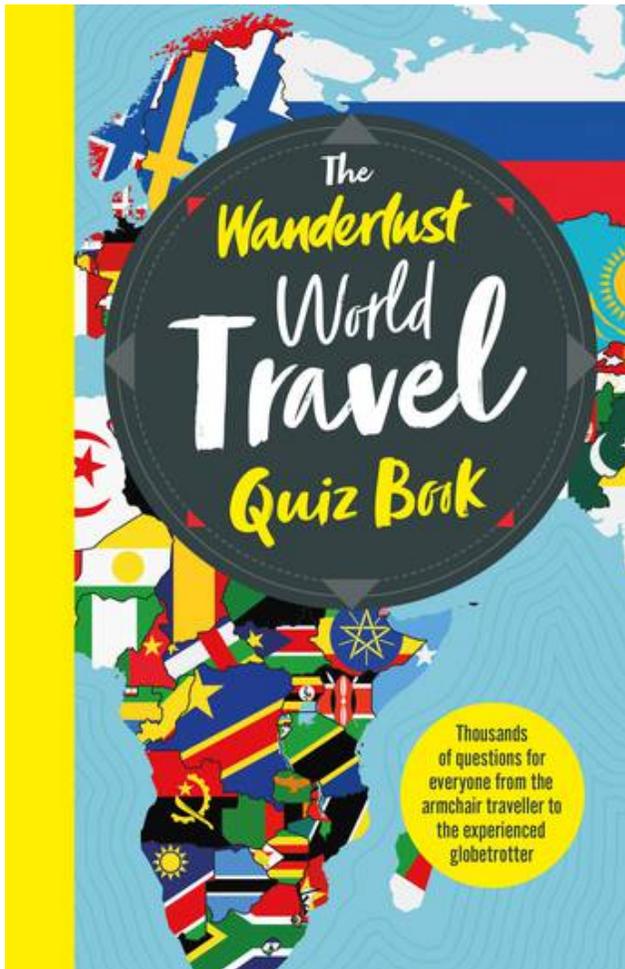
Wanderlust is the UK's leading magazine for people with a passion for travel, and has a global readership. Founded in 1993, the magazine has a circulation of 36k, 86k print readers and over 5 million unique website visitors a month. Wanderlust's readers look to the magazine for its unique mix of wildlife, activities and cultural insight, not to mention inspirational writing and stunning photography.



Price: **AU \$12.99** **NZ \$14.99**
 ISBN: **9781800690547**
 Format: **Misc HB**
 Package Type: **HARD BACK**
 Dimensions: **113h x 137w mm**
 Extent: **192 pages**
 Bic1: Travel tips & advice: general
 Author now living:

The Wanderlust World Travel Quiz Book

Wanderlust , Elizabeth Atkin



The Wanderlust World Travel Quiz Book contains thousands of geographical trivia questions based on fun facts from all around the world. There are quizzes focused on cities, countries, landmarks and geographical wonders of the world, so even the best-travelled will find themselves tested. Also included are 32 pages of picture quizzes with glorious landscapes and stunning landmarks that will make anyone want to get up and go exploring.

Description

World-renowned traveller and author Bill Bryson said of Wanderlust that 'there simply isn't a better magazine for the serious traveller'. And now there isn't a better quiz book for the serious traveller, either.

The Wanderlust World Travel Quiz Book is both informative and entertaining. With quizzes on countries and cities, landmarks and landscapes, you will feel like you are travelling around the globe as you test your credentials as a world explorer. Real experts can slip it into their backpacks or hand luggage to test their travel companions as they experience the locations for themselves. For those at home - dreaming of future travel destinations - there are 32 pages of picture quizzes with stunning high-quality photographs of worldwide destinations for you to add to your bucket list.

About the Author

Wanderlust is the UK's leading magazine for people with a passion for travel, and has a global readership. Founded in 1993, the magazine has a circulation of 36k, 86k print readers and over 5 million unique website visitors a month. Wanderlust's readers look to the magazine for its unique mix of wildlife, activities and cultural insight, not to mention inspirational writing and stunning photography.

Price:	AU \$19.99	NZ \$22.99
ISBN:	9781787396852	
Format:	Misc PB	
Package Type:	PAPERBACK	
Dimensions:	129h x 198w mm	
Extent:	256 pages	
Bic1:	Trivia & quiz question books	
Author now living:		

Icons with Attitude mix pack A&U Point of Sale

Includes 3 copies of What Coco Chanel Can Teach You About Fashion and 3 copies of What Alexander McQueen Can Teach You About Fashion.

Description

Includes 3 copies of What Coco Chanel Can Teach You About Fashion and 3 copies of What Alexander McQueen Can Teach You About Fashion.

About the Author



Price: **AU \$149.94** **NZ \$223.92**
 ISBN: **9324551080986**
 Format: **Pack**
 Package Type: **MIXTURES PACK**
 Dimensions: **0h x 0w mm**
 Extent: **0 pages**
 Bic1: Miscellaneous items
 Author now living:

What Coco Chanel Can Teach You About Fashion (Icons with Attitude)

Caroline Young

Launching a new series, What Coco Chanel Can Teach You About Fashion breaks down Coco Chanel's life, work and legacy into 36 highly visual lessons. Covering the iconic looks, Chanel's inspiration and the details that define her sartorial tastes.

Description

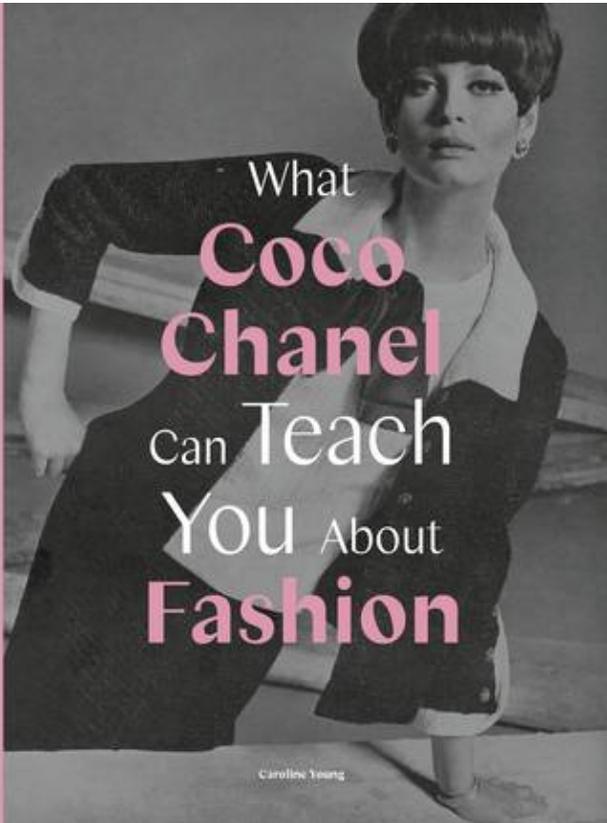
Discover the life, work and legacy of Coco Chanel in bite-sized, highly visual lessons concentrating on her artistic spirit, influences and attitude. Chanel's ethos captured the imagination of post-war women, releasing them from the corseted silhouette and changing what we wore forever. But it was her unique perspective that secured her a place in sartorial legend. What Coco Chanel Can Teach You About Fashion breaks down her life and work into 36 key lessons, covering:

- 'The Looks' (combine the masculine and feminine, poverty can be luxury)
- 'The Inspiration' (read the history books, look to your location)
- 'The Details' (there's simplicity in embellishment, faux jewellery can be stylish)

You will learn how she channeled her experiences to create styles that spoke to generations; how she broke societal rules through her use of fabrics; how she was influenced by the muses and artists around her; and more. With inspirational photographs from the past 100 years, this is a must-have for fashion lovers and students. The Icons with Attitude series explores the lessons we can learn from inspiring creatives. Small and beautifully formed, if you like fashion What Alexander McQueen Can Teach You About Fashion is also available.

About the Author

Caroline Young is an Edinburgh-based writer and fashion journalist. She is the author of *Classic Hollywood Style* (2012), *Style Tribes* (2016), *Tartan and Tweed* (2017) and *Living with Coco Chanel* (2019).



Price: **AU \$24.99** **NZ \$27.99**
 ISBN: **9780711259096**
 Format: **Misc HB**
 Package Type: **HARD BACK**
 Dimensions: **189h x 151w mm**
 Extent: **144 pages**
 Bic1: History of fashion
 Author now living:

What Alexander McQueen Can Teach You About Fashion (Icons with Attitude)

Ana Finel Honigman

What Alexander McQueen Can Teach You About Fashion breaks down Alexander McQueen's life, work and legacy into 36 highly visual lessons. Covering the iconic looks, McQueen's inspiration and the details that define his sartorial tastes.

Description

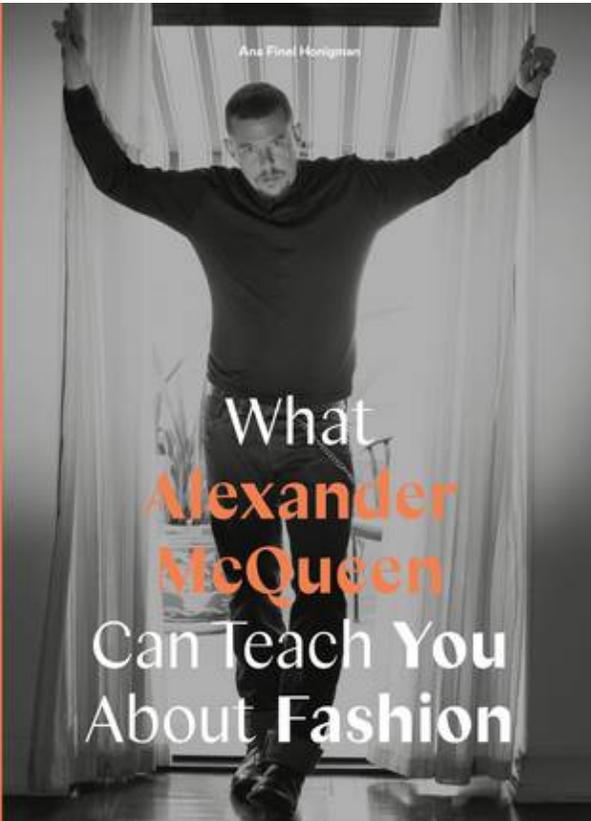
Discover the life, work and legacy of Alexander McQueen in bite-sized, highly visual lessons concentrating on his artistic spirit, influences and attitude. Alexander McQueen will go down in history as the most talented and enigmatic bad-boy of fashion, whose life was tragically cut short. But it was his drive and visionary perspective that secured his place in sartorial legend, with his defying couture looks sending shock waves through the fashion landscape. What Alexander McQueen Can Teach You About Fashion breaks down his life and work into 36 key lessons, covering:

- 'The Looks' (upend taboos, speak to your strongest emotions)
- 'The Inspiration' (find kindred souls, modernize memento mori)
- 'The Details' (construct and deconstruct, beauty is armour).

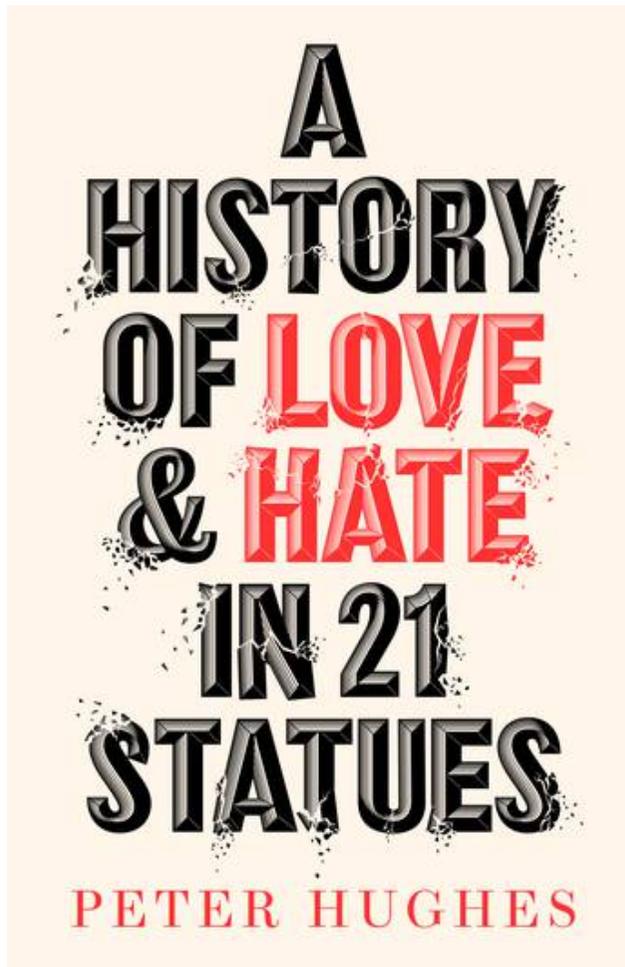
It will tell you how he channeled his experiences to create looks that spoke to generations; how he tore up the rulebook of haute couture with little to no money; how he was influenced by the most morbid aspects of nature; and more. With inspirational photographs from the past 30 years, this is a must-have for fashion lovers and students. The Icons with Attitude series explores the lessons we can learn from inspiring creatives. Small and beautifully formed, if you like fashion What Coco Chanel Can Teach You About Fashion is also available.

About the Author

Ana Finel Honigman is a New York-born art and fashion writer with a Doctorate degree in the History of Art from Oxford University. She lives in Berlin and Baltimore. Alongside her academic work, Ana has written about contemporary art and fashion for magazines including AnOther Magazine, ArtNews, Artforum, British Vogue, Dazed & Confused, Frieze, Guardian Unlimited, Paper, New York Times and Wall Street Journal.



Price: **AU \$24.99** **NZ \$27.99**
 ISBN: **9780711259065**
 Format: **Misc HB**
 Package Type: **HARD BACK**
 Dimensions: **189h x 151w mm**
 Extent: **144 pages**
 Bic1: Fashion & textiles: design
 Author now living:



A History of Love and Hate in 21 Statues

Peter Hughes

Travelling through time from Ancient Egypt to today, *A History of Love and Hate in 21 Statues* unpicks the past, illuminates the present and offers a new perspective on the future through these controversial symbols of our identity.

Description

A timely history of the world spanning every continent, religion and era, told through the creation and destruction of 21 Statues. The statues range from the iconic to the unknown, from Hatshepsut in Ancient Egypt to statues destroyed in 2020 including Cecil Rhodes (Cape Town), George Washington (Portland) and Edward Colston (Bristol).

Statues represent our ideals and our imperfections, our heroes and our villains, those we love and those we hate. The building and destruction of statues is a constant of human history. By telling the stories behind the destruction of 21 statues, this book travels through time from ancient times to the present day. Proud or ruined, these symbols of our identity give us more than an understanding of our past. In the wars that rage around them, they may also hold the key to our future.

The 21 statues are Hatshepsut (Ancient Egypt), Nero (Suffolk, UK), Athena (Syria), Buddhas of Bamiyan (Afghanistan), Hecate (Constantinople), Our Lady of Caversham (near Reading, UK), Huitzilopochtli (Mexico), Confucius (China), Louis XV (France), Mendelssohn (Germany), The Confederate Monument (US), Sir John A. Macdonald (Canada), Christopher Columbus (Venezuela), Edward Colston (Bristol, UK), Cecil Rhodes (South Africa), George Washington (US), Stalin (Hungary), Yagan (Australia), Saddam Hussein (Iraq), B. R. Ambedkar (India) and Frederick Douglass (US).

This is history that resonates powerfully today as statues tumble around the world. Peter Hughes' brilliant new approach explores how yesterday's hero becomes today's villain.

About the Author

Dr. Peter Hughes is a philosopher and psychologist with expertise in how individuals succumb to the madness of crowds. He has studied extremes of human behaviour and contributed to more than 40 broadcast programmes including *Addicted to Pleasure* with Brian Cox and documentaries on Amy Winehouse, John Lennon, Whitney Houston and Harvey Weinstein. Peter Hughes lives in London.

Price: **AU \$39.99** **NZ \$45.00**
 ISBN: **9780711266124**
 Format: **C-Format HB**
 Package Type: **HARD BACK**
 Dimensions: **235h x 153w mm**
 Extent: **256 pages**
 Bic1: **General & world history**
 Author now living:

Studio of the South

Martin Bailey

Studio of the South tells the fascinating story of Van Gogh's time in Arles and the Yellow House.

Description

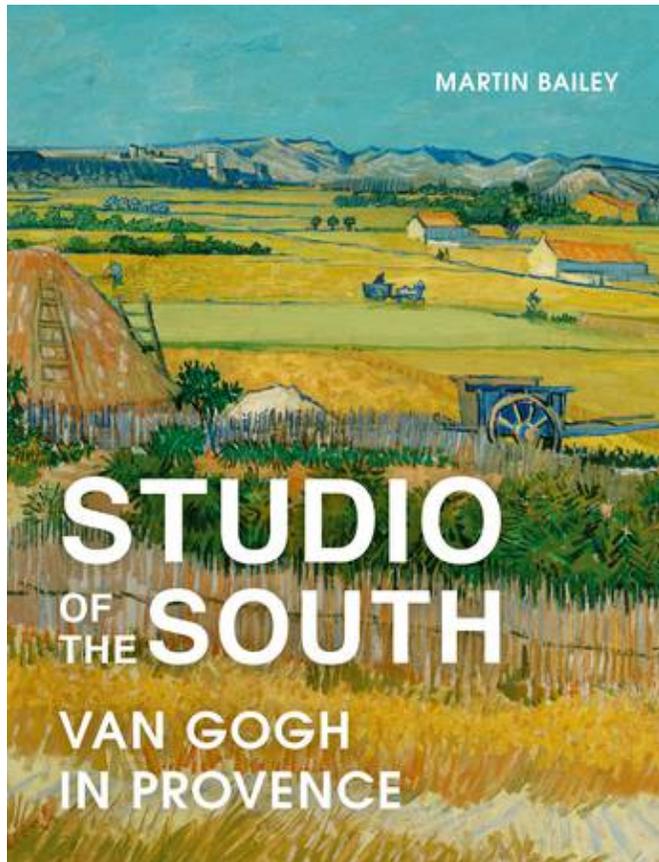
"Martin Bailey has written some of the most interesting books on Vincent's life in France, where he produced his greatest work" - Johan van Gogh, grandson of Theo, the artist's brother

Studio of the South tells the story of Van Gogh's stay in Arles, when his powers were at their height. For Van Gogh, the south of France was an exciting new land, bursting with life. He walked into the hills inspired by the landscapes, and painted harvest scenes in the heat of summer. He visited a fishing village where he saw the Mediterranean for the first time, energetically capturing it in paint. He painted portraits of friends and locals, and flower still life paintings, culminating in the now iconic Sunflowers. He rented the Yellow House, and gradually did it up, calling it 'an artist's house', inviting Paul Gauguin to join him there. This encounter was to have a profound impact on both of the artists. They painted side by side, their collaboration coming to a dramatic end a few months later. The difficulties Van Gogh faced led to his eventual decision to retreat to the asylum at Saint-Remy.

Based on extensive original research, the book reveals discoveries that throw new light on the legendary artist and give a definitive account of his fifteen months in Provence, including his time at the Yellow House, his collaboration with Gauguin and its tragic and shocking ending.

About the Author

MARTIN BAILEY is a leading specialist on Van Gogh and an arts journalist. He is a London-based correspondent for The Art Newspaper. Bailey has curated several exhibitions on Van Gogh including one at Tate Britain in 2019. His most recent books include *The Sunflowers Are Mine: The Story of Van Gogh's Masterpiece*, *Studio of the South: Van Gogh in Provence* and *Starry Night: Van Gogh at the Asylum*.



Price: **AU \$35.00** **NZ \$39.99**
 ISBN: **9780711268180**
 Format: **Misc PB**
 Package Type: **PAPERBACK**
 Dimensions: **245h x 192w mm**
 Extent: **224 pages**
 Bic1: Individual artists, art monographs
 Author now living:

Capturing Snowflakes

Kenneth Libbrecht, Rachel Wing

Capturing Snowflakes - a revised, hardcover edition of the best-selling *The Art of the Snowflake* with a silver snowflake ornament in its cover - is a photographic exploration of the beauty of snowflakes by the world's leading expert on the subject, Kenneth Libbrecht.

Description

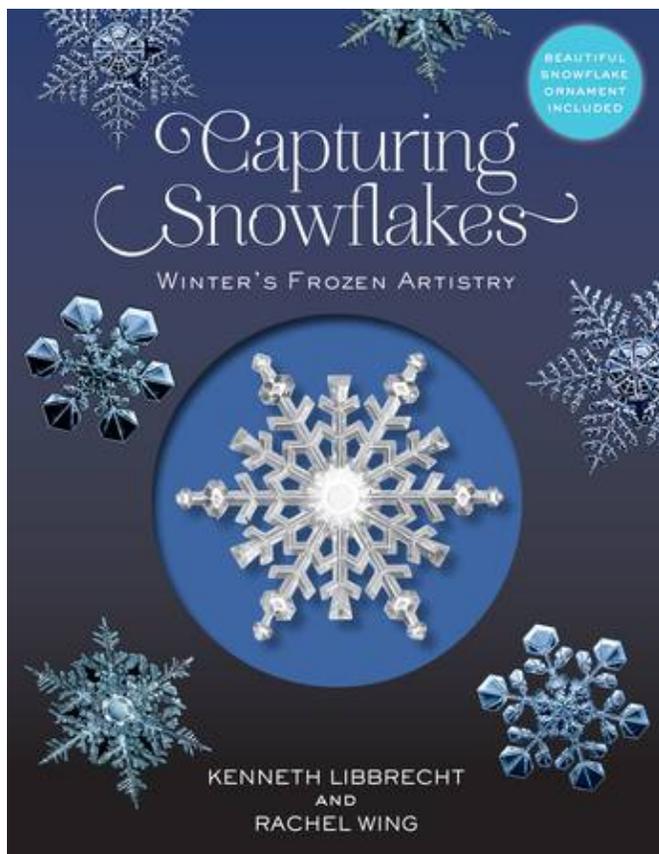
As much a work of art as a testament to science, this revised, hardcover edition of the best-selling *The Art of the Snowflake* (now *Capturing Snowflakes*) includes a laser-cut silver snowflake ornament in its cover and showcases 430+ images of snowflakes captured by the photo-microscope of the world's leading expert on the subject, Kenneth Libbrecht, a professor of physics at Caltech who also served as a science consultant for Disney's *Frozen* movies. The snow may seem unvaried to the naked eye, but the microscope reveals an amazing menagerie of beautiful crystalline forms. Building on the pioneering work of Wilson Bentley (1865-1931), Libbrecht has developed techniques for capturing images of snow crystals in unprecedented detail. While wondering at the hundreds of exquisite snowflake portraits, find:

- The science behind snowflakes, including how they form on a molecular level and the complex process that guarantees each one's uniqueness
- Field notes from Libbrecht's photographic expeditions to the frozen north
- The taxonomy of snowflakes and examples of each type: simple plates and prisms, columns and needles, capped columns, sector plates, stellar plates, stellar dendrites, triangular crystals, double plates, split plates, split stars, and even rare twelve-branched snowflakes
- Quotations about the wonder of snowflakes and nature from Aristotle, Henry David Thoreau, John Muir, and more

This book is a breathtaking look at the works of art that melt in an instant.

About the Author

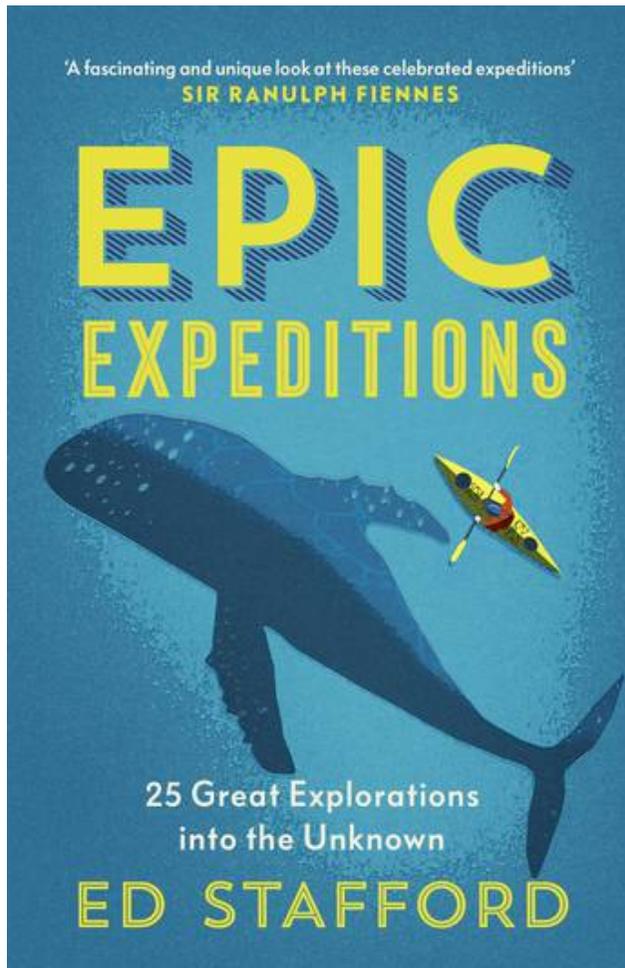
Kenneth Libbrecht is a professor of physics at Caltech, where he studies the molecular dynamics of crystal growth, especially how ice crystals grow from water vapor, which is essentially the physics of snowflakes. He has authored several books on this topic, including *The Snowflake: Winters Secret Beauty*, *The Art of the Snowflake*, and *Ken Libbrechts Field Guide to Snowflakes*. He lives in Pasadena with his wife, Rachel Wing. They have two children.



Price: **AU \$24.99** **NZ \$27.99**
 ISBN: **9780760369715**
 Format: **Misc HB**
 Package Type: **HARD BACK**
 Dimensions: **229h x 183w mm**
 Extent: **144 pages**
 Bic1: Special kinds of photography
 Author now living:

Epic Expeditions

Ed Stafford



Explorer and survival expert Ed Stafford looks at 25 of the greatest expeditions in history and what it takes to survive mentally and physically.

Description

'A fascinating and unique look at these celebrated expeditions.' -Sir Ranulph Fiennes

Explorer and survival expert Ed Stafford looks at 25 of the greatest expeditions in history and what it takes to survive mentally and physically. In environments where lack of preparation could mean certain death, the equipment carried, ridden and sailed into uncharted territories could mean the success or failure of an expedition. Conquering fears and adversity, mountains, seas and wild jungles, Ed Stafford reveals how the great explorers achieved their incredible missions to find out a little more about our world, and learn even more about themselves.

EPIC EXPEDITIONS was first published as an illustrated, large format hardback under the title EXPEDITIONS UNPACKED: What the Great Explorers Took into the Unknown. This new paperback edition includes a black and white photograph of each explorer and a black and white illustration of their kit.

About the Author

Ed Stafford is the Guinness World Record-holding first person to walk the Amazon River. Sir Ranulph Fiennes described his expedition as being "truly extraordinary... in the top league of expeditions past and present." A former British Army captain, Ed filmed and blogged his deadly journey and engaged followers all over the world for almost two and a half years. His footage was made into a Discovery Channel documentary and was sold to over 100 countries and he authored the best-selling book, 'Walking the Amazon'. Ed has gone on to film seven survival series and is now an established face of Discovery Channel and his seventh series Ed Stafford: First Man Out aired in late 2018 globally.

Price: **AU \$24.99** **NZ \$27.99**
 ISBN: **9780711259645**
 Format: **B**
 Package Type: **PAPERBACK**
 Dimensions: **198h x 129w mm**
 Extent: **262 pages**
 Bic1: Active outdoor pursuits
 Author now living:

Murder at No. 4 Euston Square

Sinclair McKay

Bestselling author Sinclair McKay gives a gripping account of a murder in the heart of Victorian London, which intrigued and scandalised Bloomsbury society.

Description

'Gripping, gothic and deeply poignant' - Mail on Sunday

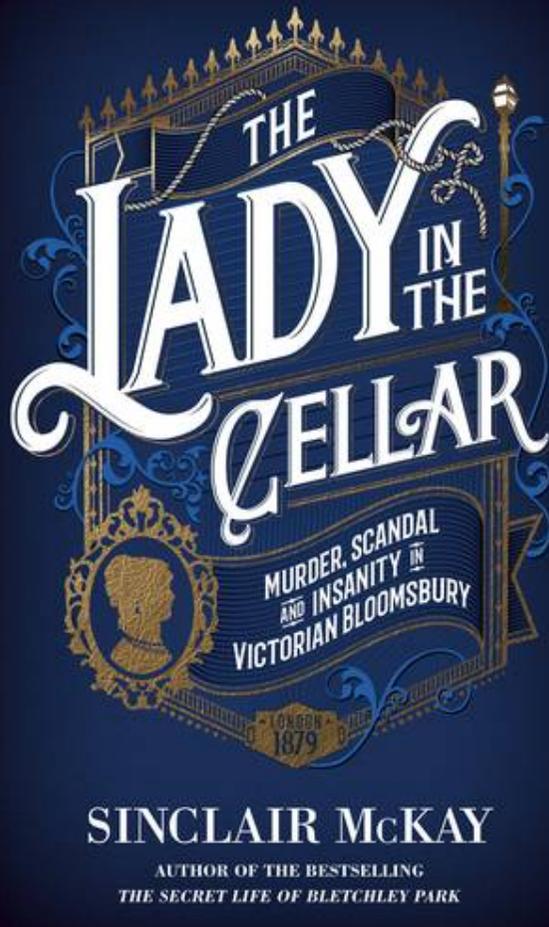
Standing four storeys tall in an elegant Bloomsbury terrace, number 4, Euston Square was a well-kept, respectable boarding house, whose tenants felt themselves to be on the rise in Victorian London. But beneath this genteel veneer lay a murderous darkness. For on 9th May 1879, the body of a former resident, Matilda Hacker, was discovered by chance in the coal cellar.

The ensuing investigation stripped bare the dark side of Victorian domesticity, revealing violence, sex and scandal, and became the first celebrity case of the early tabloids. Someone must have had full knowledge of what had happened to Matilda Hacker. For someone in that house had killed her. So how could the murderer prove so elusive?

In this true story, Sinclair McKay meticulously evaluates the evidence and, through first-hand sources, giving a gripping account that sheds new light on a mystery that eluded Scotland Yard.

About the Author

SINCLAIR MCKAY is the acclaimed author of history and historical true crime including the best-selling *The Secret Life of Bletchley Park*. His previous Aurum titles include *Mile End Murder*, *The Lost World of Bletchley Park*, *The Secret Life of Fighter Command* and *The Secret Listeners for Aurum*, as well as histories of Hammer films and the James Bond films. He writes features for the *Daily Telegraph* and the *Mail on Sunday* and lives in London.



Price: **AU \$19.99** **NZ \$22.99**
 ISBN: **9780711255838**
 Format: **B**
 Package Type: **PAPERBACK**
 Dimensions: **198h x 129w mm**
 Extent: **320 pages**
 Bic1: True crime
 Author now living:

My Pregnancy Journal

Riga Forbes

Record and remember your unique pregnancy journey with My Pregnancy Journal.

Description

A beautifully designed guided journal to record key milestones, moments and memories during your pregnancy.

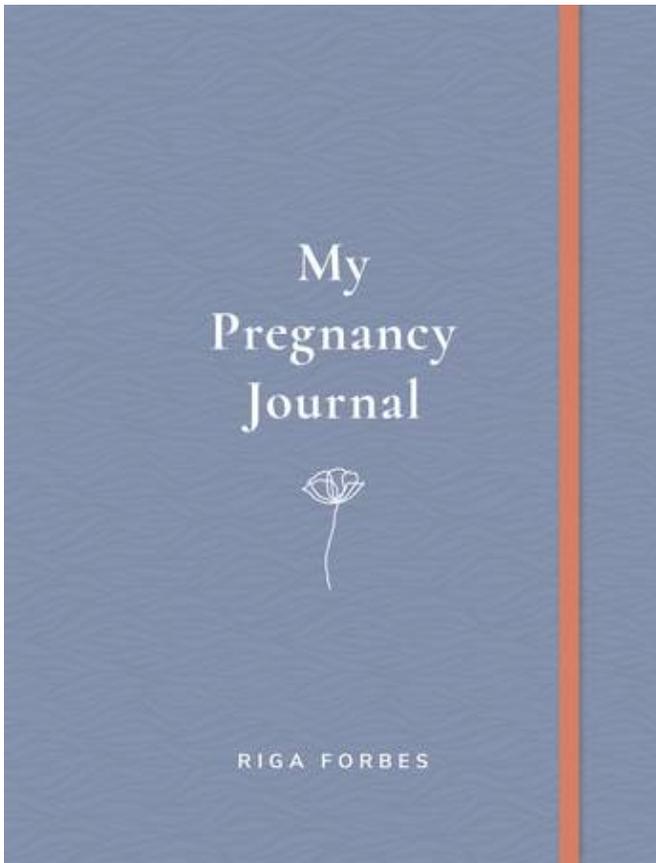
My Pregnancy Journal is a relatable and nurturing guide through pregnancy, and the perfect place to document your special experience - from the first person you told, your cravings, the first scan, watching your baby grow, feeling the first kick and ideas for names, to the first sight of your baby and reflections on becoming a parent. This beautiful and comprehensive journal from doula and teacher Riga Forbes includes:

- Plenty of space to record memories, plans and hopes for the future
- A guide to the baby's development in the womb
- What changes you can expect each month
- Week by week help in preparing for the birth, both practical and emotional aspects

An expandable pocket at the back allows you to hold on to photographs and mementos, and an elastic enclosure keeps everything in place.

About the Author

Riga Forbes is a mother, doula, complementary therapist, artist, and for over a decade has taught Birth Vision courses which support women to prepare for birth mindfully, using meditation, movement, and creativity. Riga has practiced Buddhist Vipassana meditation and worked in the healing arts for over 20 years, offering workshops in both Australia and the UK. She has two children, and is the author of Mindful Pregnancy & Birth (Leaping Hare Press, 2017).



Price: **AU \$29.99** **NZ \$32.99**
 ISBN: **9780711262256**
 Format: **Misc HB**
 Package Type: **HARD BACK**
 Dimensions: **210h x 160w mm**
 Extent: **208 pages**
 Bic1: Gift books
 Author now living:

Baby Book

White Lion Publishing

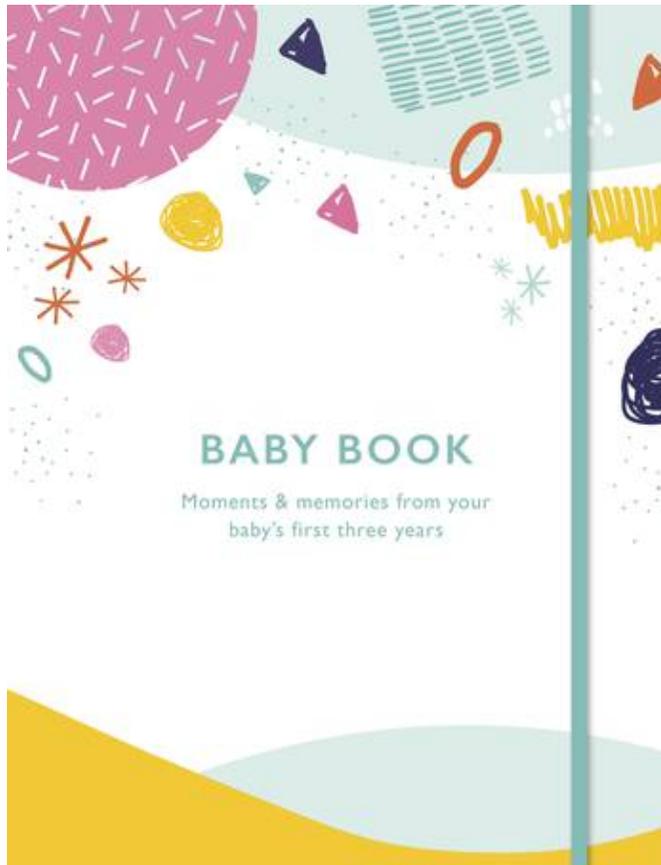
A charming keepsake for all the special moments and memories from your baby's first three years.

Description

The perfect gift for all new parents! The Baby Book is the ideal place to record all the special moments and memories from the first three years of your child's life. As well as details of the birth, parents and siblings, you can record all the firsts (sitting, crawling, walking, teeth), favourites (toys, books, friends, music) and events, with space for notes and photographs and charts to record growth. An expandable pocket at the back allows you to hold on to keepsakes and an elastic enclosure keeps everything in place.

About the Author

The Quarto Group makes and sells great books that entertain, educate and enrich the lives of adults and children around the world. We create and own proprietary content, publishing books from a diverse portfolio of imprints that are creatively independent and expert in developing long-lasting content across specific niches of interest. We sell books across 50 countries and in 39 languages through a variety of traditional and non-traditional channels, while constantly looking for new ways to create and deliver content that people need.



Price:	AU \$29.99	NZ \$32.99
ISBN:	9780711253711	
Format:	Misc HB	
Package Type:	HARD BACK	
Dimensions:	210h x 160w mm	
Extent:	208 pages	
Bic1:	Stationery items	
Author now living:		

Wedding Planner

White Lion Publishing

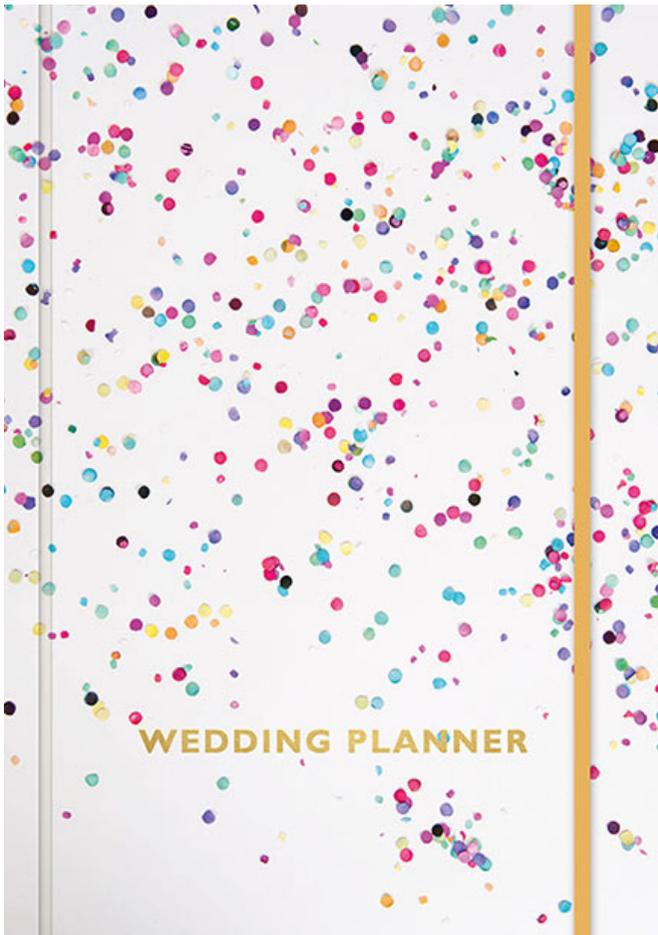
All you need to plan your special day.

Description

Organising a wedding takes a lot of planning. This structured planner will keep you on track with checklist reminders, calendar countdowns and plenty of space to record who is doing what and when to ensure everything runs smoothly on the day. The planner is comprehensive but flexible enough for you to customise according to your needs. There are fourteen sections, marked with tabbed opening pages making it easy to find whatever information you require. There is an expandable pocket at the back for you to store any cards, cuttings or samples, lay-flat binding and an elastic enclosure to keep everything in place. Sections include Planning, Budgets, Ceremony, Clothing, Beauty, Flowers, Reception, Guests, Stationery, Gifts, Photography, Transport and the Honeymoon.

About the Author

Frances Lincoln Publishers was founded by Frances Lincoln in 1977. The company published its first books two years later, and has been creating illustrated books of the highest quality ever since, offering style and expertise to readers worldwide.



Price: **AU \$27.99** **NZ \$32.99**
 ISBN: **9780711239135**
 Format: **Misc HB**
 Package Type: **HARD BACK**
 Dimensions: **210h x 160w mm**
 Extent: **224 pages**
 Bic1: Miscellaneous items
 Author now living:

Design & Destroy

Editors of Chartwell Books

Design & Destroy presents a liberating new approach to the creative process with over 150 inspiring artistic and writing prompts.

Description

Take a joyfully unconventional creative journey! With both artistic and writing prompts, this mixed-media journal encourages creative freedom and thinking outside the box. Are you in need of some fresh creative inspiration and new ways to relieve stress all in one? Design & Destroy is the journal for you. With it, discover a new way of approaching the creative process with over 150 prompts varying from encouraging you to design something that's completely your own, to prompts that encourage you to take destruction and make something from the remains.

Break the mold as you respond to prompts including:

- Sew a page
- Collage all your fortunes from fortune cookies
- Practice drawing hands
- Press flowers
- Fill a page with paint splatter
- Create your own optical illusion
- And many more

Whether you're a creative looking for unique ideas to re-inspire you, or a beginner artist drawn to the nontraditional forms of art, this journal is the perfect outlet. There is no right or wrong way to fill this journal-make a mess, make all the mistakes, and have fun destroying these pages!

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.

Also in this Series: 3,001 Questions All About Me, 301 Things to Draw, 301 Writing Ideas, Create Comics: A Sketchbook, Inner Me, Internet Password Book, My Fathers Life, My Grandmothers Life, My Life Story, My Mothers Life, 3,001 This or That Questions, My Grandfathers Life, Create the Poem, Complete the Drawing Journal, Mom and Me Journal, Why I Love You Journal, and Create the Story.

DESIGN & DESTROY

Draw, Paint, Rip,
and Ruin This Book

Price:	AU \$16.99	NZ \$18.99
ISBN:	9780785839309	
Format:	Misc PB	
Package Type:	HARD BACK	
Dimensions:	214h x 152w mm	
Extent:	204 pages	
Bic1:	Gift books	
Author now living:		

Hello Gorgeous 2022 (calendar)

Editors of Rock Point

Find inspiration with the empowering and gorgeously designed Hello Gorgeous 2022 Calendar-featuring the stunning artwork of The Oliver Gal Artist Co.! Harness your inner bravery every day of the year with 12 striking images made to motivate you to live your best life.

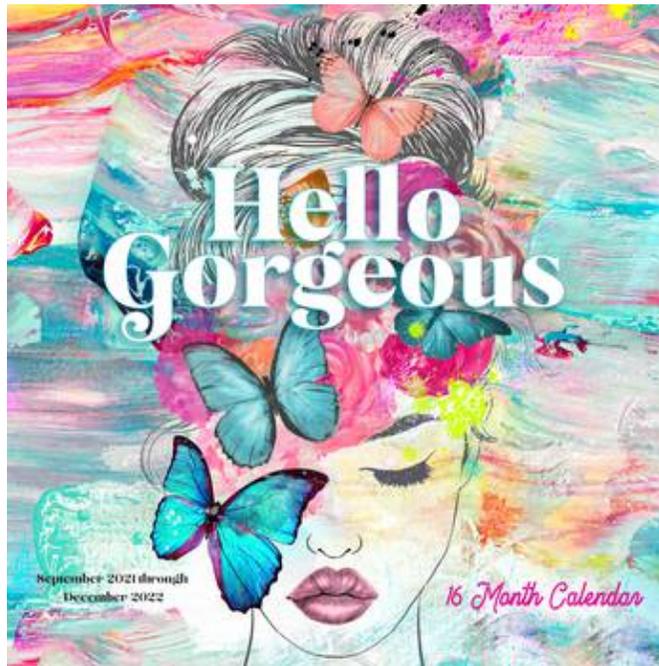
Description

Find inspiration every day of the year with the empowering and gorgeously designed Hello Gorgeous 2022 Calendar! With a handy page that shows the months of September, October, November, and December 2021, followed by individual pages for the months of 2022, this 12" x 12" wall calendar features a powerful collection of 13 striking images to keep you motivated every day. Including stunning artwork of The Oliver Gal Artist Co., each art piece is created to encourage you to be the girl boss that you are. You just got promoted and you're doubting whether your skills will be an asset to your new job or you just graduated and aren't sure what's waiting for you in the workplace. On days like this, when it can be hard to find motivation, wouldn't it be great to be able to have an amazing calendar to energize you for what comes next? With Hello Gorgeous 2022 Calendar, you'll have just that, a friend cheering you on throughout the year.

Including themes like aspiration, leadership, purpose, creativity, and self-care, you'll have encouraging quotes and illustrations to guide you through every step of your journey to help you harness your bravery, be bold, and live courageously.

About the Author

Rock Point Gift & Stationery features creative products including journals, kits, gift books, and calendars. Whether its learning about how to draw calligraphy animals, learning some traditional origami with kits that include books and beautiful papers, or simply jotting down notes in beautiful journals, Rock Point offers an inspired and innovative range of products that will appeal to inventive and creative people.



Price:	AU \$19.99	NZ \$22.99
ISBN:	9781631067884	
Format:	Calendar	
Package Type:	CALENDAR	
Dimensions:	305h x 305w mm	
Extent:	24 pages	
Bic1:	Stationery items	
Author now living:		

Hello Gorgeous

Ana Sanchez-Gal, Lola Sanchez-Herrero and Oliver Gal Artist Co

Hello Gorgeous is a beautiful gift book filled with empowering quotes and motivational anecdotes by powerful women to inspire every moment of your courageous life.

Description

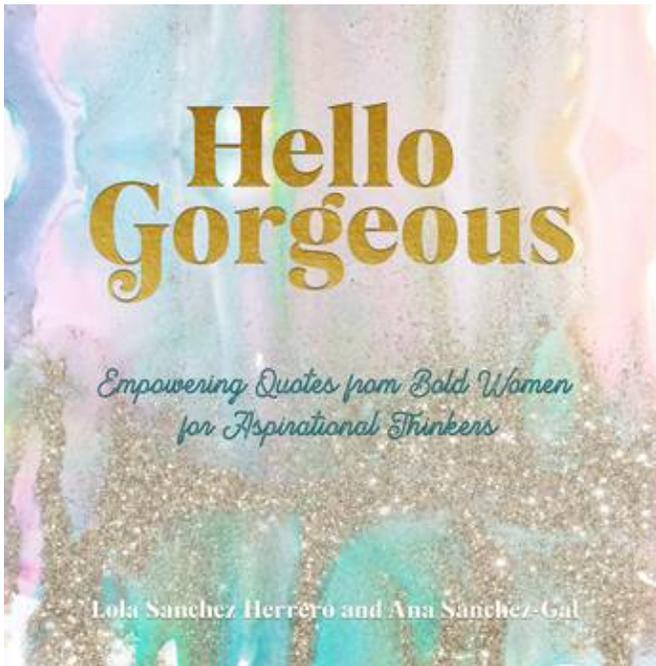
Hello Gorgeous is a powerful collection of straight-talking advice and striking images to keep you motivated every day. Flip with ease through this empowering and gorgeously designed book-featuring the stunning artwork of The Oliver Gal Artist Co. to find inspirational quotes and stories from outstanding women whenever you need a cheerleader by your side.

You just got promoted and you're doubting your skills will be an asset to your new job or you just graduated and aren't sure what's waiting for you in the workplace. On days like this, when it can be hard to find inspiration, wouldn't it be great to be able to carry a good friend in your bag for support? With Hello Gorgeous, you'll have just that, a friend cheering you on with uplifting words whenever you need them. Divided by themes like aspiration, leadership, purpose, creativity, and self-care, you'll have encouraging messages to guide you through every step of your journey. Each quote is accompanied by a short inspirational story to help you harness your bravery, be bold, and live courageously.

This personal inspiration guide is the ideal gift for ambitious thinkers and doers. Words of encouragement and inspiration from women around the world come together in the Everyday Inspiration series from Rock Point. Follow the journeys of hundreds of strong female leaders from past to present through thoughtful biographies and empowering quotes, and receive advice for how to live a more thoughtful and fulfilling life overall through performing acts of kindness for other or various methods of self-care. The perfect gift for family and friends, these gorgeous hardcovers featuring foiled covers and full-colour interiors bring these amazing words of wisdom to life. Other titles in the series include: Beautifully Said; Grit & Grace; Find Your Glow, Feed Your Soul; Be Kind; and Choose Happy.

About the Author

The Oliver Gal Artist Co. is a growing art and lifestyle brand in South Florida, created to capture life's most haute moments, avantgarde objects, and splendid lifestyles in art and other products, spearheaded by sisters and artists Lola Sanchez and Ana Gal. The duo was inspired by the Miami art scene—and by photography from their travels around the world. Their art collections are handcrafted with airy images, pop culture themes, and striking layers of color. Their work exudes unpretentious elegance, transforming blank walls into grand-scale, high-style canvasses.



Price:	AU \$27.99	NZ \$29.99
ISBN:	9781631067082	
Format:	Misc HB	
Package Type:	HARD BACK	
Dimensions:	178h x 178w mm	
Extent:	160 pages	
Bic1:	Self-help & personal development	
Author now living:		

The Tarot Directory

Sarah Bartlett

Learn the secrets and power of tarot reading with The Tarot Directory.

Description

Discover the mystery and power of tarot with this expansive directory. In The Tarot Directory, learn to understand the history and process of tarot reading.

A powerful mystical tool, the tarot's imagery is a symbolic universal language that you can quickly learn to understand, and which will unlock your own innate psychic potential. From learning how to use and care for your deck to getting to know each individual card and their meanings, everything you need to become an expert in tarot lies within these pages. Learn to read the cards individually and together to create infinite combinations of meanings and predictions. Satisfy your curiosity of the future and learn that tarot is about understanding the decisions you or others make. Perfect for beginners, tarot is a great place to begin learning about divination.

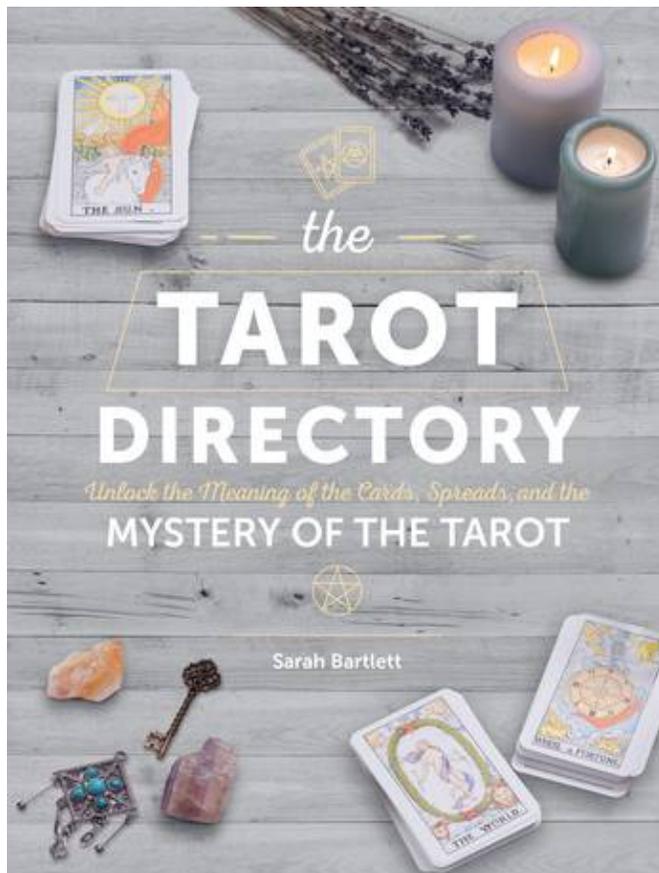
This gorgeous book is a full guide to get you started on your journey with tarot reading. Make sense of your life, and your friends' lives, by learning to understand what the future may hold.

The Spiritual Directories series offers concise handbooks on a variety of spiritual and new age subjects. Written by experts in their fields in easy-to-understand language and beautifully presented in a visually driven format, the directories are essential guides for beginners. With practical and simple step-by-step instructions, you'll discover how to interpret the secret languages of the universe to create a happy and positive future for yourself and others.

Other titles in this series: Astrology Directory, Chakra Directory, Crystal Directory, Fortune Telling Directory, Spirit Animal Directory,

About the Author

Sarah Bartlett (D.Psych Astrol) is the author of international best-selling books such as The Tarot Bible, The Little Book of Practical Magic, The Witches Spellbook and National Geographic's Guide to Supernatural Places. Contributing astrologer to media such as Cosmopolitan, She, Spirit & Destiny, the London Evening Standard and BBC Radio 2. Sarah now practices tarot, natural magic, astrology and other esoteric arts.



Price:	AU \$19.99	NZ \$22.99
ISBN:	9780785839392	
Format:	Misc HB	
Package Type:	HARD BACK	
Dimensions:	226h x 170w mm	
Extent:	192 pages	
Bic1:		
Author now living:		

The Astrology Directory

Jane Struthers

Unlock the secret to understanding our relationship with the stars and planets with The Astrology Directory.

Description

Take a deep dive into the world of our signs and planets in this easy-to-follow directory. Astrology is something that we've all heard of and probably even taken an interest in, but the topic is much more complex than the familiar zodiac sign that determines our whole personality. There are layers of knowledge in this study that has been around for centuries. To really understand the magic of astrology, get to know the more intricate subjects of planet placements and retrograde motion. In this beautifully designed directory, easily find the answers to all your celestial questions. Learn to understand your wants and needs, and strengthen your relationships with those around you by understanding theirs. The Astrology Directory includes:

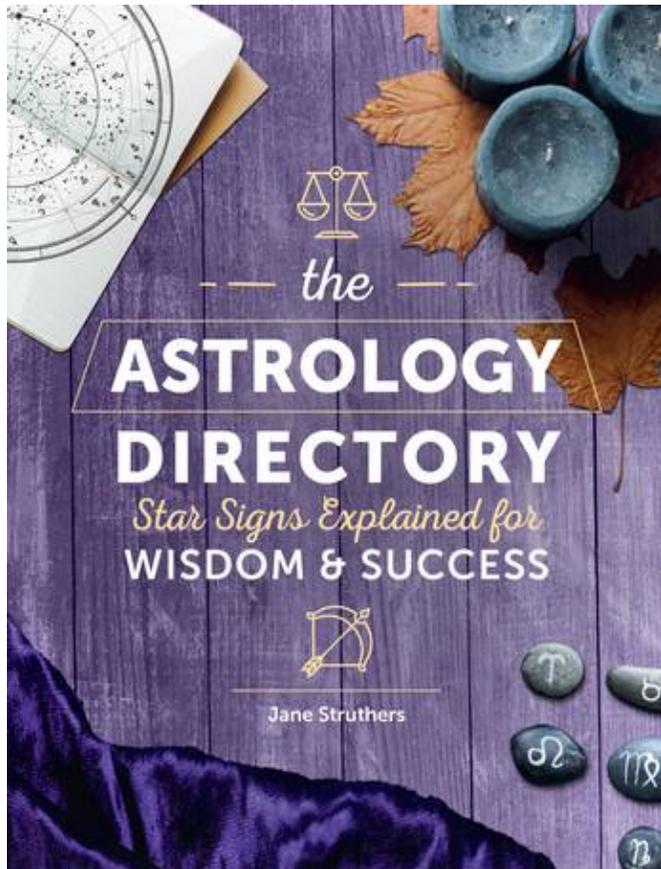
- a chapter dedicated to each sign
- sections addressing each sign's ideal work, home, and love life
- the links between food, health, and money and each astrological sign

Become an expert on yourself and learn to live life to its fullest potential, the way the stars have mapped out for you. With gorgeous full-color imagery, this is the perfect gift for the person in your life who has their head in the clouds. The Spiritual Directories series offers concise handbooks on a variety of spiritual and new age subjects. Written by experts in their fields in easy-to-understand language and beautifully presented in a visually driven format, the directories are essential guides for beginners. With practical and simple step-by-step instructions, you'll discover how to interpret the secret languages of the universe to create a happy and positive future for yourself and others.

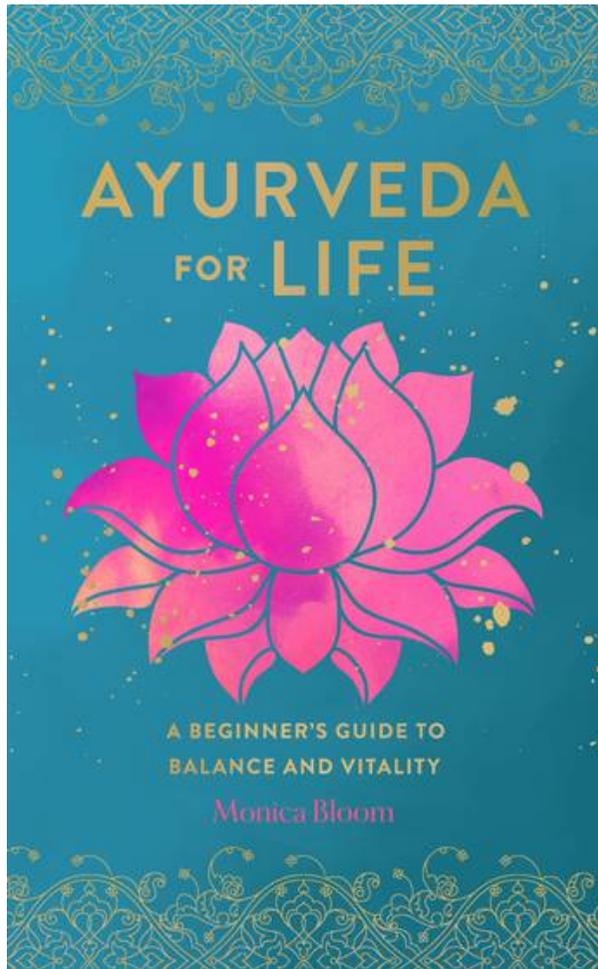
Other titles in this series: Chakra Directory, Crystal Directory, Fortune Telling Directory, Spirit Animal Directory, Tarot Directory.

About the Author

Jane Struthers is a consultant astrologer and an astrology lecturer who writes a weekly astrology column for Bella magazine. She is the author of over thirty nonfiction books, including the best-selling *The Psychic's Bible* and *Red Sky at Night*. Jane shares an 18th-century farmhouse in Somerset, UK, with her husband and two cats.



Price:	AU \$19.99	NZ \$22.99
ISBN:	9780785839408	
Format:	Misc HB	
Package Type:	HARD BACK	
Dimensions:	226h x 170w mm	
Extent:	192 pages	
Bic1:	Astrology	
Author now living:		



Ayurveda for Life Monica Bloom

In Ayurveda for Life, learn how to integrate the original self-care practice into your busy life, by aligning your body, mind, and spirit.

Description

The Indian practice of Ayurveda is the original self-care movement going back 5,000 years. This holistic healing system acknowledges that we are all unique, and in Ayurveda for Life, Ayurvedic lifestyle counselor Monica Bloom shows you how to easily apply it to your unique life-every day, from morning until bedtime. When your body, mind, and spirit are aligned, you will prevent health problems, gain clarity, reach your goals, and feel your best. Achieve this balance by establishing a daily routine of:

- Waking up before sunrise (even if it's just 10 minutes before!)
- Cleansing the sense organs
- Breathing exercises (5 minutes a day)
- Meditating (5 to 10 minutes a day)
- Drinking plenty of water
- Eating a healthy, whole-food diet customized for you (based on your dosha)
- Exercising (30 minutes a day)
- Minimizing stress (by looking forward to going to work)
- Sleeping
- Gaining clarity
- Being able to quickly rebalance if things get off-kilter

Ayurveda for Life also includes a thorough overview of Ayurveda, a What Dosha Are You? test, and more advanced Ayurvedic practices, along with the easy-to-follow daily step-by-step guidance, all conveyed through Monica's approachable, practical, and entertaining instruction. So, whether you're an overworked mom or millennial (or both), this book will help you get-and stay-balanced to live your best life.

The Live Well series from Rock Point invites you to create a life you love through multiple acts of self-discovery and reinvention. These encouraging gift books touch on fun yet hardworking self-improvement strategies, whether it's learning to value progress over perfection, taking time to meditate and slow down to literally smell the roses, or finding time to show gratitude and develop a personal mantra. From learning how to obtain more restful sleep and creating a healthy work/life balance to developing personal style and your own happy place, the Live Well series encourages you to live your best life.

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; Beating Burnout; Choose Happy; and You Got This.

Price:	AU \$24.99	NZ \$27.99
ISBN:	9781631067266	
Format:	Misc HB	
Package Type:	HARD BACK	
Dimensions:	200h x 140w mm	
Extent:	144 pages	
Bic1:	Ayurvedic therapies	
Author now living:		

Iconic Craig Olsen

Using everyday makeup and the tips, tricks, and techniques in Iconic, transform yourself into 25 glamorous celebrities of yesterday and today—most in less than an hour!

Description

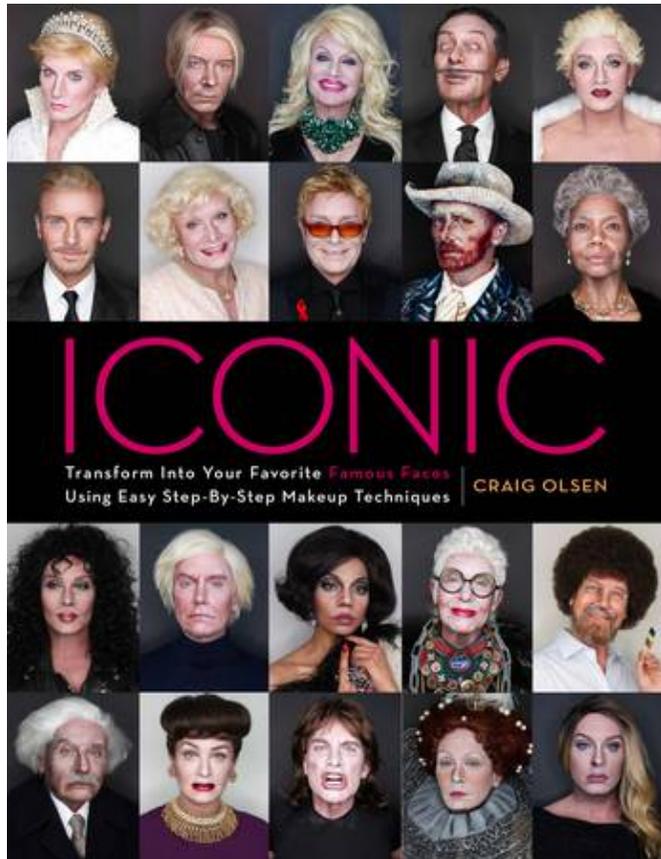
Artist Craig Olsen teaches you how to transform yourself into 25 iconic celebrities from yesterday and today, from Frida Kahlo to Grace Jones, using simple facial makeup techniques and everyday makeup. Learn the secrets to creating believable, transformative looks with easy-to-follow instruction, and a load of cool inspiration. With step-by-step photographs for each celebrity look, Craig covers all of the tools and materials you will need as well as the tips, tricks, and techniques to make you picture perfect—ready for your next themed party, event, or Instagram post. Learn how to quickly turn into:

- Joan Crawford
- Diana Ross
- Adele
- Elvis
- Madonna
- John Lennon
- Dolly Parton
- Cher
- Vincent van Gogh
- Queen Elizabeth I
- Mick Jagger
- Lady Gaga
- Edgar Allan Poe
- David Beckham
- Sir Elton John

The techniques can also be applied for everyday looks to conceal aging or for a completely different look. With this book as your inspiration and guide, you, too, can become an icon.

About the Author

Craig Olsen is a multi-media transformational artist. A graduate from Cornish College of the Arts with a BFA in Theatre, Craig's training in acting also extends to theatrical makeup, costume, and set design. Upon graduating, Craig set his sights on Los Angeles where he was cast in a wide variety of network television, theatre, and film roles. After creating and owning several premiere interior design showrooms and setting the stage for other people's lives through interior design, Craig—at the height of his twenty-year highly successful run—made a professional shift. He wanted to get back to himself and focus exclusively on his private celebrity clientele as well as return to his acting roots. During this



Price: **AU \$35.00** **NZ \$39.99**
 ISBN: **9781631067594**
 Format: **Misc HB**
 Package Type: **HARD BACK**
 Dimensions: **246h x 190w mm**
 Extent: **160 pages**
 Bic1: **Cosmetics, hair & beauty**
 Author now living:

Create Beautiful**Lola Sanchez Herrero, Ana Sanchez-Gal**

Create Beautiful incorporates the unique aesthetic of the art and lifestyle brand The Oliver Gal Artist Co. into a gorgeous creativity workbook with 50 glam mixed-media projects, including coloring pages, technique tutorials, and more.

Description

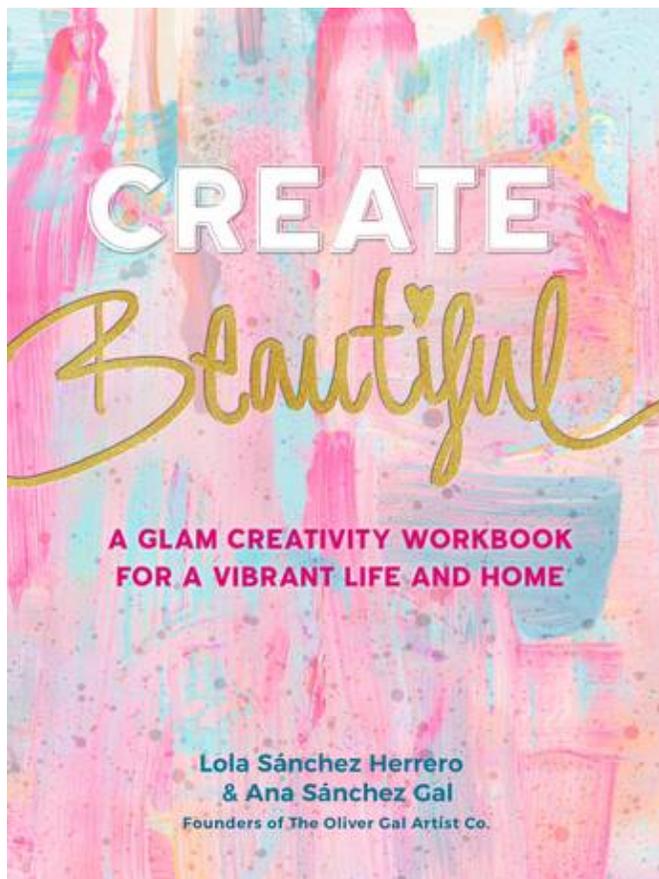
From the talented artist behind the art and lifestyle brand The Oliver Gal Artist Co. comes this gorgeous creativity workbook with 50 glam mixed-media projects, including coloring pages and step-by-step technique projects, to get your creative juices flowing. For instant glamour, it includes a finished artwork to frame. In Create Beautiful, Oliver Gals unique aesthetic is made accessible to everyone, with projects incorporating the themes that keep their fans coming back for more, including:

- Fashion
- Florals
- Abstracts
- Inspirational Sayings
- Patterns

For beginner and advanced artists alike, this inspiring workbook includes stunning photos, clear instructions, tips and tricks, and information on tools and color palettes, along with project pages printed on thick, high-quality paper to handle a variety of media. Add a pop of color, a dash of sparkle, and lots of inspiration to your life and home with Create Beautiful.

About the Author

Lola Sánchez Herrero is Chief Creative Officer of the internationally renowned lifestyle and art brand Oliver Gal. An acclaimed artist and successful entrepreneur, Sánchez Herrero is using her creativity, technical skill and business savvy to revolutionize the art and home decor industry with fresh products and compelling brands. Sánchez Herrero started her career in 2006 as a designer and illustrator at AllPopArt, a customizable art company led by her sister Ana Sánchez-Gal. In 2012, Sánchez Herrero and Sánchez-Gal co-founded Oliver Gal Artists Co., where Sánchez Herrero currently leads the creative direction and Sánchez-Gal acts as the company's CEO. The success of their leadership is apparent: Oliver Gal products have been featured in many U.S. and international publications, including Glamour, People, and Vogue. Sánchez Herrero has a Bachelor's in business administration from the Universidad Pontificia Comillas and in luxury management and business from LUISS Business school. She is currently enrolled in a product development program at MIT Sloan and a BFA program in interior architecture and design at The Academy of Art in San Francisco. Sánchez Herrero resides in Miami, Florida. Co-founder and CEO of the internationally renowned lifestyle & art brand Oliver Gal, Ana Sánchez-Gal is a distinguished artist, entrepreneur and leader. Throughout her career, Sánchez-Gal has developed a robust portfolio of successful brands, including AllPopArt, Oliver Gal, Hatcher & Ethan, Wynwood Studio and the Comics Factory. Sánchez-Gal launched her first company AllPopArt in 2003 from her apartment, with an idea scribbled on a restaurant napkin and the expenses charged



Price:	AU \$24.99	NZ \$27.99
ISBN:	9781631067587	
Format:	Misc PB	
Package Type:	PAPERBACK	
Dimensions:	277h x 210w mm	
Extent:	144 pages	
Bic1:	Painting & art manuals	
Author now living:		

Anime Art Class

Yoai

With Instagram star illustrator Yoai as your guide, Anime Art Class will teach you how to create and color your very own super-cute anime characters, step by adorable step.

Description

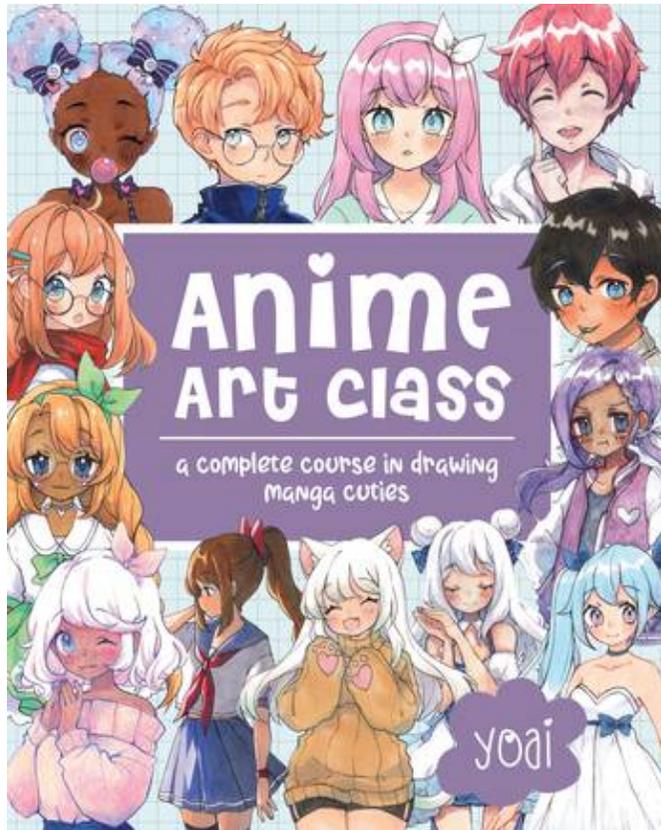
In this follow-up to the popular Chibi Art Class, renowned anime artist Yoai teaches you this popular Japanese drawing style, step by adorable step. In Anime Art Class, you'll learn how to create anime characters, from their signature bodies and facial features to their dreamy eyes, fun clothes and shoes, vibrant hair, colorful accessories, and lively backgrounds. You'll also learn how to color and shade your characters. This book also features:

- 20 tutorials with simple step-by-step illustrations and instructions
- Inspiration galleries
- Blank body bases for you to start your own manga drawings
- Uncolored characters for practicing coloring and shading

Thanks to this crash course, soon you will be enhancing your notebooks, stationery, artwork, and more with your own unique anime world. Anime Art Class is now in session!

About the Author

Yoai is a Toronto-based anime artist and student with a worldwide fan base and popular accounts on Instagram, Twitter, Tumblr, Deviantart, and YouTube under the handle @yoaihime. She is the author of Chibi Art Class.



Price:	AU \$29.99	NZ \$32.99
ISBN:	9781631067648	
Format:	Misc PB	
Package Type:	PAPERBACK	
Dimensions:	254h x 203w mm	
Extent:	144 pages	
Bic1:	Graphic novel & Manga artwork	
Author now living:		

Amazing Glaze Recipes and Combinations

Gabriel Kline

Amazing Glaze Recipes and Combinations includes hundreds of recipes and combinations for every temperature range, all rigorously tested and technically edited.

Description

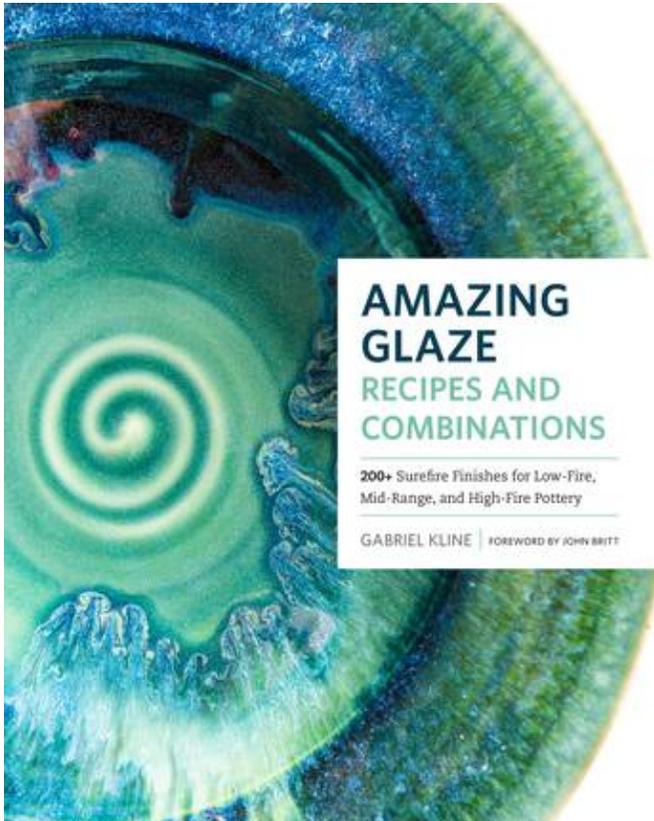
Get inspired and get glazing! Amazing Glaze Recipes and Combinations provides a captivating collection of sure-fire glaze recipes and electrifying combinations for low-fire, mid-range, and high-fire potters.

Hundreds of photos and technically-edited recipes ensure you'll get the best possible results. Whether you're searching for excitement at cone 6 or looking for the perfect high-fire shino recipe, you've come to the right place. Join Gabriel Kline, author of Amazing Glaze and founder of Odyssey Clayworks, for page after color-filled page of glazes. Start by learning the keys to success when applying glazes, then choose the temperature range you want to explore first. Gabriel's collection of well-tested recipes draw on his decades of experience as an instructor and leader of a communal arts studio including current and past student favorites as well as a few timeless gems.

Of course he doesn't stop there! In addition to plentiful tiles showing off two-glaze combinations, Gabriel shares multi-glaze combinations developed through years of trial and error. From waterfall blues to eye-popping bursts of red, there's a rainbow of options. Just as in Amazing Glaze, the recipes have all been technically edited and each one has a photo. By controlling specific gravity and application, the goal is always getting the perfect coat of glaze recipe after recipe. Special topics like majolica and raku firing provide welcome detours, and a variety of artist features serve as launching points for new explorations. Stunning galleries from today's top artists provide even more glazing ideas.

About the Author

Gabriel Kline is a professional potter who has taught ceramics classes for nearly two decades. He is the founder and director of Odyssey ClayWorks, an educational institution affiliated with Highwater Clays—one of the largest clay and ceramic materials companies in the United States. Gabriel serves as the resident artist program director, fostering connections with university programs and up-and-coming artists from around the world. He also directs Odyssey's community volunteer and non-profit work, including partnerships with various substance abuse and recovery programs as well as Creative Forces, a collaboration between the Departments of Defense and Veterans Affairs, the National Endowment for the Arts, and state arts agencies. He is the author of Amazing Glaze and Amazing Glaze Recipes and Combinations. His work has been featured in numerous publications, including The Complete Guide to Mid-Range Glazes and the 500 series.



Price:	AU \$39.99	NZ \$45.00
ISBN:	9781589239807	
Format:	Misc HB	
Package Type:	HARD BACK	
Dimensions:	254h x 203w mm	
Extent:	176 pages	
Bic1:	Ceramics: artworks	
Author now living:		

Amazing Glaze

Gabriel Kline, foreword by John Britt

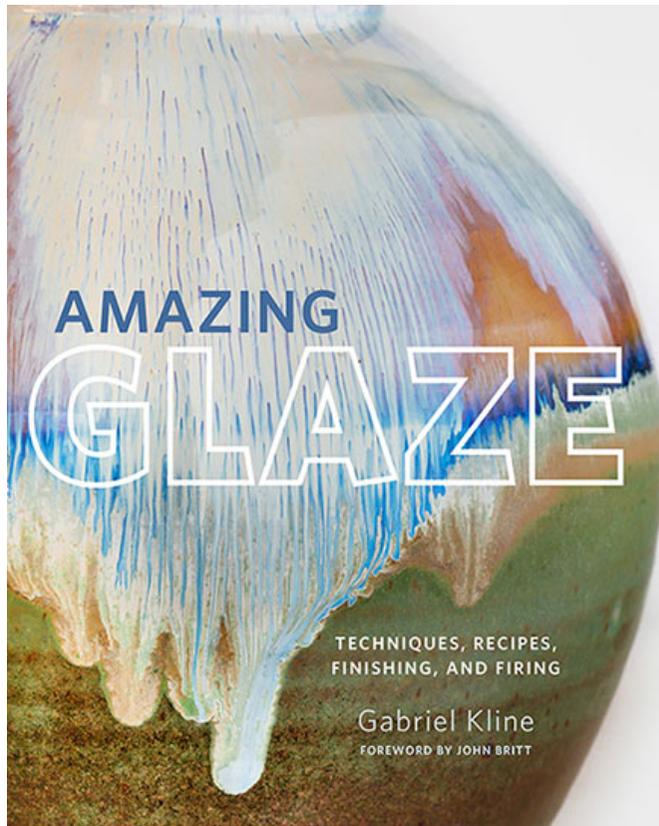
In *Amazing Glaze*, you will learn to love glazing with a variety of techniques, sure-fire recipes, and inspiring work from some of today's top ceramic artists.

Description

Whether you look forward to glazing your work or are guilty of saying "I hate glazing!" *Amazing Glaze* is for you. Join author and Odyssey Clayworks founder Gabriel Kline on a journey that makes glazing less intimidating and more fun. Start in the "glaze kitchen" where you'll set yourself up for success, then move on to learning the tools and techniques for glazing right every time. Along the way, Gabriel shares dozens of tried-and-true recipes and combinations for both mid-range and high-fire. The recipes and the foundational techniques here are just the beginning. Learn about layering with slip and underglaze, work with resists, and combine techniques to take your glazing above and beyond. Whether you're after crystalline effects, an elusive red, or a crash-course in applying luster, it's all here. A variety of artist features and stunning gallery work from today's top artists will leave you inspired and ready to get glazing!

About the Author

Gabriel Kline is a professional potter who has taught ceramics classes for nearly two decades. He is the founder of Odyssey Clayworks, an educational institution affiliated with Highwater Clay—one of the largest clay and ceramic materials companies in the United States. Gabriel is also the resident artist program director, fostering connections with university programs and up-and-coming artists from around the world. His work has been featured in numerous publications including *Ceramics Monthly*, *Ceramic Arts Daily*, and in books such as *The Complete Guide to Mid-Range Glazes* and *Mastering the Potter's Wheel*.

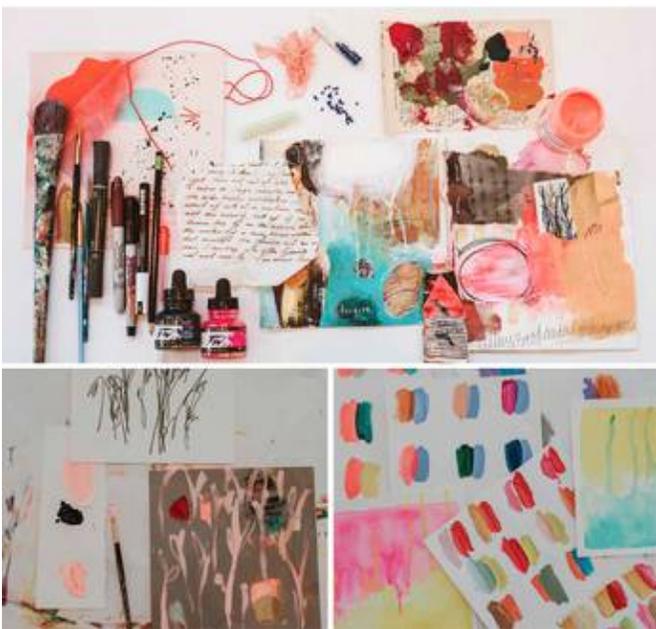


Price:	AU \$39.99	NZ \$45.00
ISBN:	9780760361030	
Format:	Misc HB	
Package Type:	HARD BACK	
Dimensions:	254h x 203w mm	
Extent:	200 pages	
Bic1:	Pottery, ceramics & glass crafts	
Author now living:		

FLORA BOWLEY & LYNZEE LYNX

FRESH PAINT

Discover Your Unique Creative Style Through
100 Small Mixed-Media Paintings



Price: **AU \$32.99** **NZ \$36.99**
 ISBN: **9780760370681**
 Format: **Misc PB**
 Package Type: **PAPERBACK**
 Dimensions: **279h x 216w mm**
 Extent: **144 pages**
 Bic1: Painting & art manuals
 Author now living:

Fresh Paint

Flora Bowley, Lynzee Lynx

Inspired by the authors' popular online course, Fresh Paint is a collection of lessons, prompts, and exercises that offer a deep dive into the practice of "finding your style" in the process of making 100 small mixed-media paintings.

Description

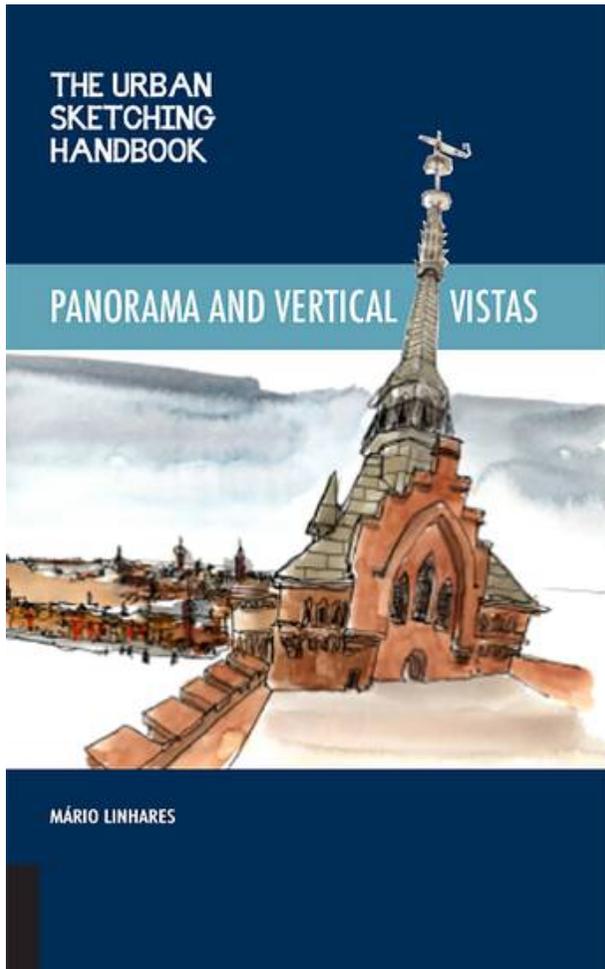
Discover and deepen your creative style through the process of creating 100 small mixed-media paintings. In Fresh Paint, creative influencer, workshop leader, and author of Brave Intuitive Painting and Creative Revolution, Flora Bowley, and her collaborator and fellow artist, Lynzee Lynx, offer transformational, accessible, and lasting ways to infuse more meaning and authenticity into your artwork.

For years, Flora and Lynzee have witnessed their students struggling to find their own voices. The desire is there, but coming up with innovative and unique ways to express yourself can feel daunting. In response to this persistent challenge and fueled by their passion for authenticity, they spent years cultivating and distilling a potent curriculum to support creative seekers looking for more integrity, depth, and originality in their work. Their online course Fresh Paint was the result, and now with this book, you too can explore how finding your creative voice translates into a more courageous, inspired, empowered, nourishing, and world-changing way of living and making art. Fresh Paint uses mixed-media art projects along with prompts for movement, meditation, and writing to explore personal experience, individual preference, ancestry, intuition, and body wisdom. Through the process of creating 100 small mixed-media paintings based on these inquiries, your style will reveal itself to you, and your artmaking will be more satisfying and fun.

If you're ready to infuse more meaning, personal story, and satisfaction into your work, while truly setting yourself apart from the rest and avoiding the common pitfall of making work that looks and feels derivative of other artists', this book is for you. Welcome to Fresh Paint, an inspiring adventure all about discovering and developing a unique creative style!

About the Author

The author of Brave Intuitive Painting, Creative Revolution, and Fresh Paint, Flora Bowley is an internationally celebrated painter, workshop facilitator, author, visionary, and inspirationalist. Her soulful and transformational approach to painting has inspired thousands of people across the globe to "let go, be bold, and unfold" as they move through fear and welcome joyful, spontaneous expression back into the creative process. Combining twenty years of professional painting experience with her background as a yoga instructor, massage therapist, and lifelong truth seeker, Flora infuses her teaching and painting style with a deep connection to body, mind, and spirit. This unique fusion offers up a truly transformational experience—one that honors intuition, self-discovery, and the perfect, ever-changing present moment. Floras vibrant original paintings are sold in several galleries throughout the United States and her licensed product lines and prints are available worldwide. She lives in Portland, Oregon. Lynzee Lynx enjoys creating in many mediums, including paint, beads, metal, and fabric. She's passionate about ecological preservation, personal style, embodiment, cultural art practices, and mindful consumption. She lives in Portland, Oregon.

Panoramas and Vertical Vistas (The Urban Sketching Handbook)**Mario Linhares**

The Urban Sketching Handbook: Panoramas and Vertical Vistas shows how to observe, draw, and present architecture and landscapes from a variety of fascinating perspectives.

Description

In The Urban Sketching Handbook: Panoramas and Vertical Vistas, urban sketcher and art educator Mario Linhares gives a guided tour on how to explore and capture cityscapes and landscapes in drawings from unique points of view. In this thorough yet accessible book, you'll learn how to:

- Improve your drawing skills and selectively translate what you see for maximum impact
- Fearlessly use your sketchbook as a laboratory for experimenting with various points of view and perspectives
- Consider the many options for visual approaches with work contributed by a wide variety of experienced sketchers

Learn how to heighten the visual drama of every location with The Urban Sketching Handbook: Panoramas and Vertical Vistas. The Urban Sketching Handbook series offers location artists expert instruction on creative techniques, on-location tips and advice, and an abundance of visual inspiration. These handy references come in a compact, easy-to-carry format-perfect to toss in your backpack or artist's tote.

About the Author

Mario Linhares is a designer, urban sketcher, and arts educator. A PhD researcher in Fine Arts, he studied at the Artistic School Antonio Arroio and holds a masters degree in Visual Arts Education. The former Education Director of UrbanSketchers.org, Mario currently coordinates the USk Academic Group. He lives in Sintra, Portugal, outside Lisbon.

Price: **AU \$27.99** **NZ \$32.99**
 ISBN: **9780760370704**
 Format: **B**
 Package Type: **PAPERBACK**
 Dimensions: **203h x 127w mm**
 Extent: **112 pages**
 Bic1: Painting & art manuals
 Author now living:

Death for Dinner

Zach Neil

Death for Dinner presents horror movie-inspired, plant-based comfort food recipes that are both delightfully gruesome and delicious.

Description

Visit your dark side with 75 frightfully delicious plant-based comfort-foods, baked goods, and cocktails inspired by your favorite horror films. From Zach Neil, the mad mind behind the Beetle House restaurant and The Nightmare Before Dinner cookbook, Death for Dinner not only reimagines your favorite comfort foods as deliciously plant based, but also as visually gruesome, including stick-to-your guts classics like mac and cheese, burgers and sliders, pizza, baked breads, funnel cakes, root beer floats, cheese steaks, red velvet cake, and more.

Though designed to look impressively ghoulish, the recipes are easy to recreate at home and their deliciousness will impress even the most stubborn carnivores. Now you can throw the ultimate Halloween party, or some epic movie nights. Will Freddy, Michael, and Jason make the guest list? [cue the beet-juice spatter]

About the Author

Zach Neil is an American entrepreneur, artist, and chef. He has been featured multiple times on the Food Network and has gained additional notoriety through his popular chains of themed restaurants, which have been featured on Watch What Happens Live with Andy Cohen, Good Day New York, MSNBC, and ABC World News Tonight, among others. Zach combined his artistic pursuits with his culinary skills to create the eclectic, Halloween-themed Beetle House restaurants, which have broken media records in the restaurant space. His first cookbook, The Nightmare Before Dinner: Recipes to Die For, features all of the Beetle House recipes, plus a selection of brand new, never-before-seen dishes with seasonally inspired flavors and a dash of Gothic insanity. In addition to his restaurant franchises, Neil is considered an authority on pop-up bars and restaurants with his own television programming and lifestyle brands in the works. You can find Zach on Instagram @therealzachneil and learn more about the Beetle House restaurants at beetlehouse.com.

Price:	AU \$35.00	NZ \$39.99
ISBN:	9781631067853	
Format:	Misc HB	
Package Type:	HARD BACK	
Dimensions:	240h x 210w mm	
Extent:	160 pages	
Bic1:	Vegetarian cookery	
Author now living:		

Live Well Bake Cookies

Danielle Rye

Live Well Bake Cookies shares 75 foolproof, delicious recipes that can make anyone an expert baker.

Description

Live Well Bake Cookies includes 75 cookie and bar recipes, including both classic favorites and soon-to-be classic favorites that are guaranteed to be the best you have ever had, along with delivering soft and chewy goodness in every bite. Danielle Rye, the creator of the popular baking blog Live Well Bake Often, believes that anyone can become an expert baker, and in this book she will help you do just that by gently guiding you in the kitchen with foolproof recipes for cookies and treats that come out perfectly portioned and dependably delicious every single time. Recipes include:

- Classic Cookies
- Oatmeal Cookies
- Peanut Butter Cookies
- Chocolate Cookies
- Fun Flavor Combinations
- Holiday and Seasonal Cookies
- Christmas Cookies

Complete with helpful tips and tricks, make-ahead and freezing instructions, small-batch recipes, and a gorgeous photograph accompanying every recipe, this cookbook will truly have you living your best baking life.

About the Author

Danielle Rye started her popular baking blog, Live Well Bake Often, in 2014 to give people the confidence they need to become expert bakers with her expert tips and foolproof recipes. Since 2018, she and her husband have devoted themselves full time to blogging. She lives in Arkansas.



Price: **AU \$32.99** **NZ \$36.99**
 ISBN: **9781631067389**
 Format: **Misc HB**
 Package Type: **HARD BACK**
 Dimensions: **254h x 203w mm**
 Extent: **200 pages**
 Bic1: **Desserts**
 Author now living:

Home Hydroponics

Tyler Baras

Home Hydroponics presents fully illustrated plans for building over a dozen different beautiful, home-based DIY hydroponic growing systems to cultivate your own food indoors.

Description

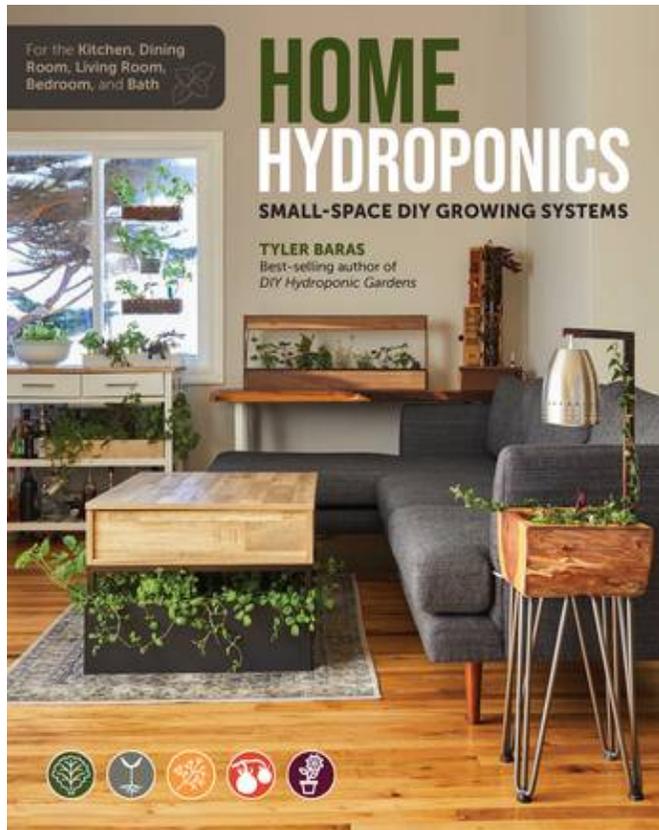
Grow your own delicious food literally anywhere. In Home Hydroponics, hydroponic-growing pro Tyler Baras (aka Farmer Tyler) shows you how easy it is to build your own soilless growing systems to cultivate greens, veggies, herbs, and more. And, to sweeten the deal even further, Tylers designs are not just functional, they're also attractive. In fact, unlike the typical industrial designs of most DIY hydroponic systems, these projects fit beautifully into your living space, no matter its size or style. The small-space hydroponics projects found here come with easy-to-follow, step-by-step plans for making growing systems that fit right into your home. No need to have a separate grow room or to tuck your plants into a corner of the basement. Turn a coffee table, kitchen cupboard, bathroom wall, bedside table, or windowsill into a wonder of hydroponic production with Tyler's project plans and DIY tutelage.

- Turn a living room armoire into a food-growing machine
- Build a hydroponic wall garden for the dining room
- Convert a bar cart into a mobile hydroponics system
- Grow scented herbs in a unique hanging unit
- Fill a kitchen window with hydroponic suction cup planters
- Cultivate your own food on a compact corner shelf in your bedroom

With hydroponics, you can grow productive plants anywhere, even in the total absence of natural sunlight. Home Hydroponics covers everything from crop selection and lighting to nutrient management and site selection. Turn almost any room in your home into a mini food farm with the resources and projects found here.

About the Author

Tyler Baras has a range of urban agricultural experience, from homesteading to commercial hydroponics. While completing his BS in Horticultural Sciences at the University of Florida, he traveled overseas to study Organic Agriculture in Spain and Protected Agriculture (greenhouse production) in China. After graduation, he worked as a grower for 3 Boys Farm Inc., the first certified organic recirculating hydroponic farm in the United States. In 2013, Tyler moved to Denver, Colorado, where he worked as the hydroponic farm manager at The GrowHaus. He managed a profitable urban farm while creating a successful hydroponic internship program with a 90% job placement rate for graduates. The hydroponic farm at The GrowHaus is currently managed by alumni of the farm internship program and continues to provide lettuce for Wholefoods, Safeway, and several local markets. While at The GrowHaus, Tyler started creating educational videos and blog posts about farm tech which he continues to post on his website FarmerTyler.com. He has had multiple appearances on P. Allen Smith's Garden Home, which airs on national PBS. Currently, Tyler manages the Dallas Grown hydroponic greenhouse in Dallas, Texas, and works as Special Projects Manager for Hort Americas. Farmer Tyler continues to produce video content, which can be seen at Urban Ag News YouTube and Farmer Tyler YouTube!



Price: **AU \$32.99** **NZ \$36.99**
 ISBN: **9780760370384**
 Format: **Misc PB**
 Package Type: **PAPERBACK**
 Dimensions: **254h x 203w mm**
 Extent: **192 pages**
 Bic1: Gardening: growing fruit & vegetables
 Author now living:

DIY Hydroponic Gardens

Tyler Baras

Farmer Tyler show home DIYers how to build over a dozen hydroponics growing systems, some of which cost only a few dollars to make.

Description

DIY Hydroponic Gardens takes the mystery out of growing in water.

With practical information aimed at home DIYers, author Tyler Baras (Farmer Tyler to his fans) shows exactly how to build, plant, and maintain more than a dozen unique hydroponic systems, some of which cost just a few dollars to make. Growing produce without soil offers a unique opportunity to have a productive garden indoors or in areas where soil is not present.

An expert in hydroponics, Baras has developed many unique and easy-to-build systems for growing entirely in water. In DIY Hydroponic Gardens, he shows with step-by-step photos precisely how to create these systems and how to plant and maintain them. All the information you need to get started with your home hydroponic system is included, from recipes for nutrient solutions, to light and ventilation sources, to specific plant-by-plant details that explain how to grow the most popular vegetables in a self-contained, soilless system.

Even if you live in an area where water is scarce, a hydroponic system is the answer you've been looking for. Hydroponic systems are sealed and do not allow evaporation, making water loss virtually nonexistent.

About the Author

Tyler Baras has a range of urban agricultural experience from homesteading to commercial hydroponics. While completing his B.S. in Horticultural Sciences at the University of Florida, he traveled overseas to study Organic Agriculture in Spain and Protected Agriculture (greenhouse production) in China. After graduation, he worked as a grower for 3 Boys Farm Inc., the first certified organic recirculating hydroponic farm in the United States. In 2013, Tyler moved to Denver, Colorado where he worked as the hydroponic farm manager at The GrowHaus. He managed a profitable urban farm while creating a successful hydroponic internship program with a 90% job placement rate for graduates. The hydroponic farm at The GrowHaus is currently managed by alumni of the farm internship program and continues to provide lettuce for Wholefoods, Safeway, and several local markets. While at The GrowHaus, Tyler started creating educational videos and blog posts about farm tech which he continues to post on his website FarmerTyler.com. He has had multiple appearances on P. Allen Smith's Garden Home which airs on national PBS. Currently, Tyler manages the Dallas Grown hydroponic greenhouse in Dallas, Texas and works as Special Projects Manager for Hort Americas. Farmer Tyler continues to produce video content which can be seen at Urban Ag News YouTube and Farmer Tyler YouTube!

DIY Hydroponic Gardens



HOW to DESIGN and BUILD



an INEXPENSIVE SYSTEM



for GROWING PLANTS in WATER

Tyler Baras

Price:	AU \$32.99	NZ \$36.99
ISBN:	9780760357590	
Format:	Misc PB	
Package Type:	PAPERBACK	
Dimensions:	254h x 203w mm	
Extent:	200 pages	
Bic1:	Earth sciences, geography, environment, planning	
Author now living:		

The Plant Propagator's Bible

Miranda Smith

The Plant Propagator's Bible offers all you need to know to propagate new plants from existing ones.

Description

With easy-to-follow, step-by-step instructions, veteran horticulture teacher Miranda Smith provides a complete reference showing every step for cultivating new plants-whether from seed or cuttings or with techniques such as layering, grafting, and budding. Propagating new plants from existing ones is not only sustainable but also rewarding for gardeners of all skill levels. The Plant Propagator's Bible offers a solid and complete, go-to reference for expert gardeners but is also a perfect primer for the novice plant lover and horticulturalist. Smith teaches readers, with the support of hundreds of 4-color photos and detailed illustrations, the natural process and conditions in which plants grow and reproduce, and shows gardeners how to use these systems to propagate any plant that grows in their garden or greenhouse-or even on their windowsill.

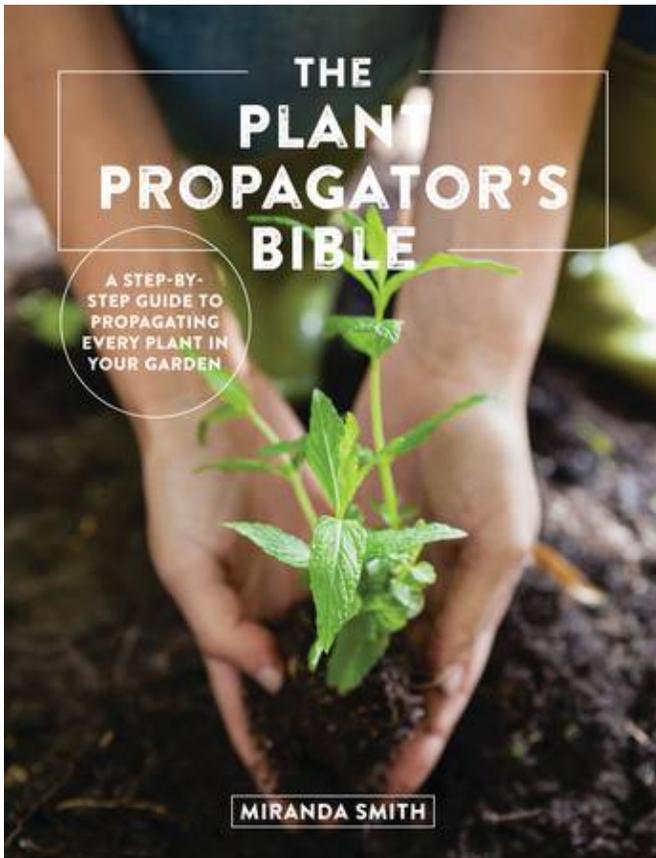
The book features:

- An A to Z directory of more than 1,000 individual plant species-with appropriate propagation techniques for aquatics, ornamental plants, houseplants, shrubs, trees, vegetables, and wildflowers
- "What Can Go Wrong" advice for each type of plant, explaining potential problems and how to prevent or fix them
- Detailed, step-by-step illustrations and annotated photographs

Including information on essential tools and equipment, this is an indispensable addition to every gardener's bookshelf.

About the Author

Miranda Smith is a longtime teacher of organic and sustainable methods of growing herbs, vegetables, and fruits. She's had the luxury of gardening in most climatic zones in North America, allowing her to convey principles that work for each region. Smith is author or co-author of many books about horticulture, including *Your Backyard Herb Garden* and *Rodale's Pest and Disease Problem Solver*.



Price: **AU \$27.99** **NZ \$32.99**
 ISBN: **9780760369791**
 Format: **Misc PB**
 Package Type: **PAPERBACK**
 Dimensions: **246h x 191w mm**
 Extent: **192 pages**
 Bic1: **Organic gardening**
 Author now living:

The New Pallet Book

Chris Peterson

The New Pallet Book brings more than 25 new ideas for woodworking projects devoted to the ubiquitous wooden pallet (more than 50 total!).

Description

Upcycle that unwanted wood! The New Pallet Book updates a unique woodworking book with 25+ new ways to take a stack of pallets and put them to use. Join home improvement author Chris Peterson for a complete guide to deconstructing and repurposing pallets. This edition, with tons of new content and more than 50 projects and ideas, features everything from dead-simple builds like pathway pavers and a mug holder to more challenging projects like a recycling bin holder and bathroom magazine box. It's safe to say there's something for everyone-and every pallet. Some projects, like the raised bed, showcase the pallet. For others, like the fireplace surround, you'd be hard-pressed to guess the wood was free.

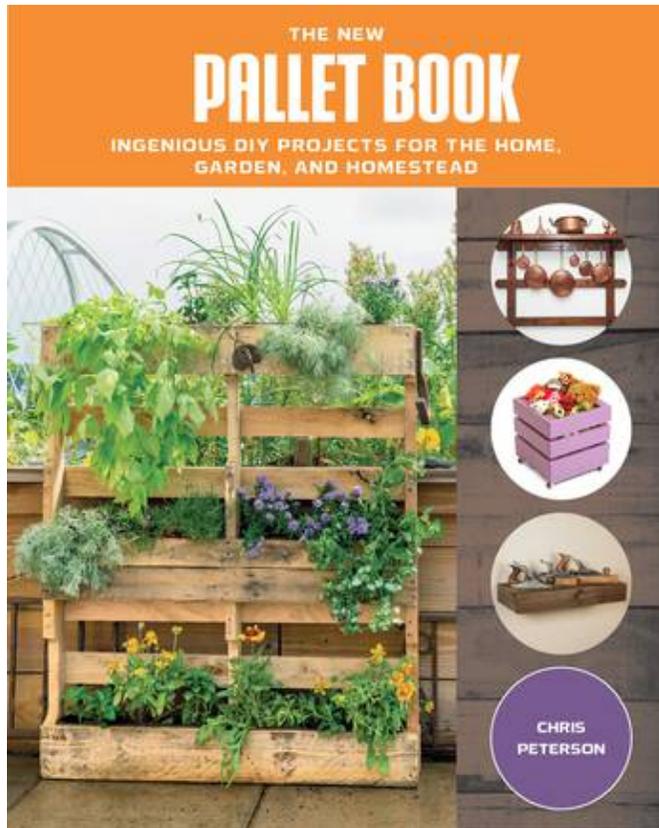
New projects Include:

- Central AC Unit Screen
- Window Shutters
- Bike Rack
- Potting Bench
- Strawberry Box
- Toss Across Game
- Wall-Mounted Sneaker Rack
- Towel Rack Ladder
- Crafts Center
- Beer Cooler
- Tool Carrier
- Firewood Holder
- Bathtub Tray
- And Much More!

There's no shortage of inspiration to put free wood to work and keep pallets out of landfills. Simple step-by-step instructions, as well as parts lists and images of the completed projects, make sure you will build it right the first time. Peterson also dishes out must-have pallet knowledge, including the basic tools for breakdown, finish options, and key information on pallet safety. It's a one-stop pallet workshop!

About the Author

Chris Peterson is a veteran home improvement and design author. Among the many books he has written are 5-Gallon Bucket Book, Building with Secondhand Stuff, Manskills, four books in the Ideas You Can Use series, and many books in



Price:	AU \$35.00	NZ \$39.99
ISBN:	9780760368596	
Format:	Misc PB	
Package Type:	PAPERBACK	
Dimensions:	254h x 203w mm	
Extent:	144 pages	
Bic1:	DIY: carpentry & woodworking	
Author now living:		



Everyone in This Room Will Someday Be Dead

Emily Austin

Fans of *Exciting Times* and *Convenience Store Woman* will devour this funny and original literary debut about the unintentional consequences of anxiety and the relentless pressures of modern life, starring the most unforgettable literary creation since Eleanor Oliphant and Fleabag.

Description

'The perfect blend of macabre and funny' - BuzzFeed, Most Anticipated Books of 2021

Meet Gilda. She cannot stop thinking about death. Desperate for relief from her anxious mind and alienated from her repressive family, she responds to a flyer for free therapy at a local church and finds herself abruptly hired to replace the deceased receptionist Grace. It's not the most obvious job - she's queer and an atheist for starters - and so in between trying to learn mass, hiding her new maybe-girlfriend and conducting an amateur investigation into Grace's death, Gilda must avoid revealing the truth of her mortifying existence.

A blend of warmth, deadpan humour, and pitch-perfect observations about the human condition, *Everyone in This Room Will Someday Be Dead* is a crackling exploration of what it takes to stay afloat in a world where your expiration - and the expiration of those you love - is the only certainty.

About the Author

Emily Austin was born in Ontario, Canada. She studied English literature and library science at Western University. She currently lives in Ottawa.

Price: **AU \$27.99** **NZ \$32.99**
 ISBN: **9781838953768**
 Format: **Demy**
 Package Type: **PAPERBACK**
 Dimensions: **216h x 138w mm**
 Extent: **256 pages**
 Bic1: Modern & contemporary fiction (post c 1945)
 Author now living:

Everyone in this Room Will Someday be Dead

A&U Point of Sale



Description

About the Author

Price: **AU \$279.90** **NZ \$329.90**
ISBN: **9324551080634**
Format: **Pack**
Package Type: **MIXTURES PACK**
Dimensions: **0h x 0w mm**
Extent: **0 pages**
Bic1: Miscellaneous items
Author now living:

We Play Ourselves

Jen Silverman

Reading like a cross between Shelia Heti's *How Should A Person Be?* and Lily King's *Writers & Lovers*, *We Play Ourselves* is a wildly entertaining debut novel of female rage, self-sabotage, the pursuit of fame and the costs of artistic ambition.

Description

'Witty...Earnest...Laugh-out-loud...Pitch-perfect' - New York Times

In the pursuit of fame, how do you know when you've gone too far?

Not too long ago, Cass was a promising young playwright in New York. But at the height of all this attention, she found herself at the centre of a searing public shaming, and fled to Los Angeles to escape - and reinvent herself. Once there, she meets her next-door neighbour Caroline, an enigmatic filmmaker, who is constantly flanked by the stars of her current project: a group of teenage girls. As Cass is drawn into the film's orbit, she is awed by Caroline's drive and confidence. But over time, she becomes troubled by how deeply Caroline is manipulating the teens in the name of art - especially as the consequences become increasingly disturbing. With her past proving hard to shake and her future one she's no longer sure she wants, Cass is forced to reckon with her own ambitions and confront the steep price of success.

'Funny, sharp, modern - this is an excellent debut novel. Its bold, edgy, strange heroine has adventures and misadventures, screws up again and again, but somehow won my love. I couldn't put this book down.' - Weike Wang, PEN/Hemingway-award winning author of *Chemistry*

About the Author

Jen Silverman is a New York-based writer and playwright. She is the author of the story collection *The Island Dwellers* (2018). Her work has appeared in *Ploughshares*, *Prairie Schooner*, *The Gettysburg Review*, and *The Baffler*, among others. Her plays include *Collective Rage: A Play in 5 Betties*, which was at the Southwark Playhouse, and *The Moors*, *The Roommate*, and *Witch*. *We Play Ourselves* is her debut novel.

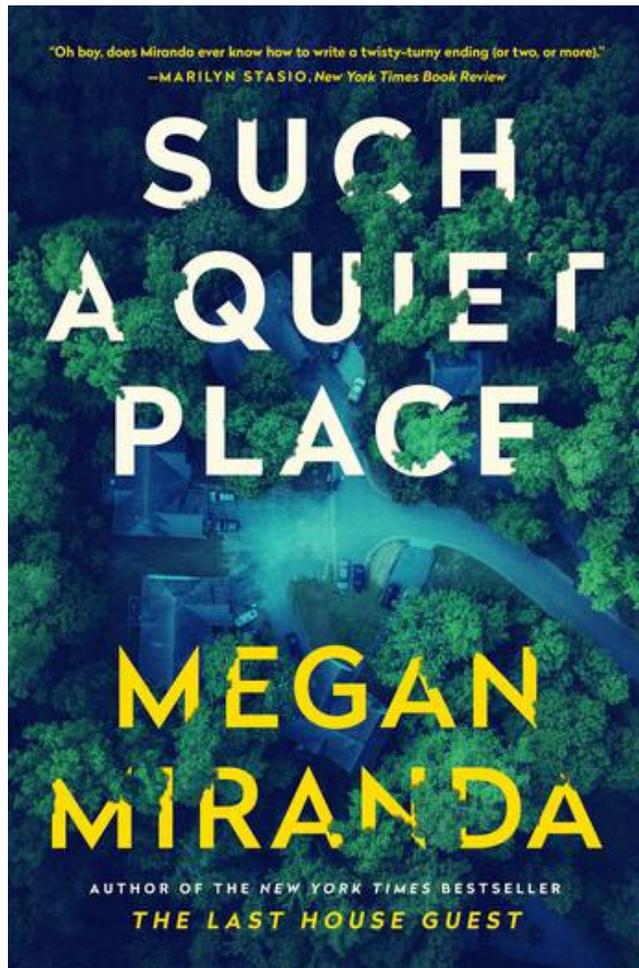
www.jensilverman.com

jen silverman we play ourselves



'funny, sharp, modern - this is an excellent debut'
weike wang, author of *chemistry*

Price: AU \$27.99 NZ \$32.99
ISBN: 9781838954314
Format: Demy
Package Type: PAPERBACK
Dimensions: 216h x 138w mm
Extent: pages
Bic1: Modern & contemporary fiction (post c 1945)
Author now living:



Such a Quiet Place

Megan Miranda

A riveting suspense novel about a shocking murder in an idyllic and close-knit neighbourhood, from the New York Times bestselling author of *The Last House Guest*.

Description

From the New York Times bestselling author of *The Last House Guest*, a Reese's Book Club pick.

There was no warning that she would come back.

Welcome to Hollow's Edge - a picture-perfect neighbourhood where everyone has each other's backs. At least, that's how it used to be, until the night Brandon and Fiona Truett were found dead...

Two years ago, branded a grifter, thief and sociopath by her friends and neighbours, Ruby Fletcher was convicted of murdering the Truetts. Now, freed by mistrial, Ruby has returned to Hollow's Edge. But why would she come back? No one wants her there, least of all her old housemate, Harper Nash.

As Ruby's return sends shockwaves through the community, terrified residents turn on each other, and it soon becomes clear that not everyone was honest about the night the Truetts died. When Harper begins to receive threatening, anonymous notes, she realizes she has to uncover the truth before someone else gets hurt... Someone like her.

About the Author

Megan Miranda is the New York Times bestselling author of *All the Missing Girls*, *The Perfect Stranger*, and *The Last House Guest*, a Reese Witherspoon Book Club pick. She grew up in New Jersey, graduated from MIT, and lives in North Carolina with her husband and two children. Follow @MeganLMiranda on Twitter and Instagram, or @AuthorMeganMiranda on Facebook.

www.meganmiranda.com

Price: **AU \$29.99** **NZ \$32.99**
 ISBN: **9781838950774**
 Format: **C-Format PB**
 Package Type: **PAPERBACK**
 Dimensions: **234h x 156w mm**
 Extent: **352 pages**
 Bic1: **Crime & mystery**
 Author now living:

The Last House Guest

Megan Miranda

When a wealthy young woman dies on holiday, her best friend is cast in a cloud of suspicion. A deeply compelling thriller from a New York Times bestselling author.

Description

Never overstay your welcome...

Littleport, Maine is like two separate towns: a vacation paradise for wealthy holidaymakers and a simple harbour community for the residents who serve them. Friendships between locals and visitors are unheard of - but that's just what happened with Avery Greer and Sadie Loman.

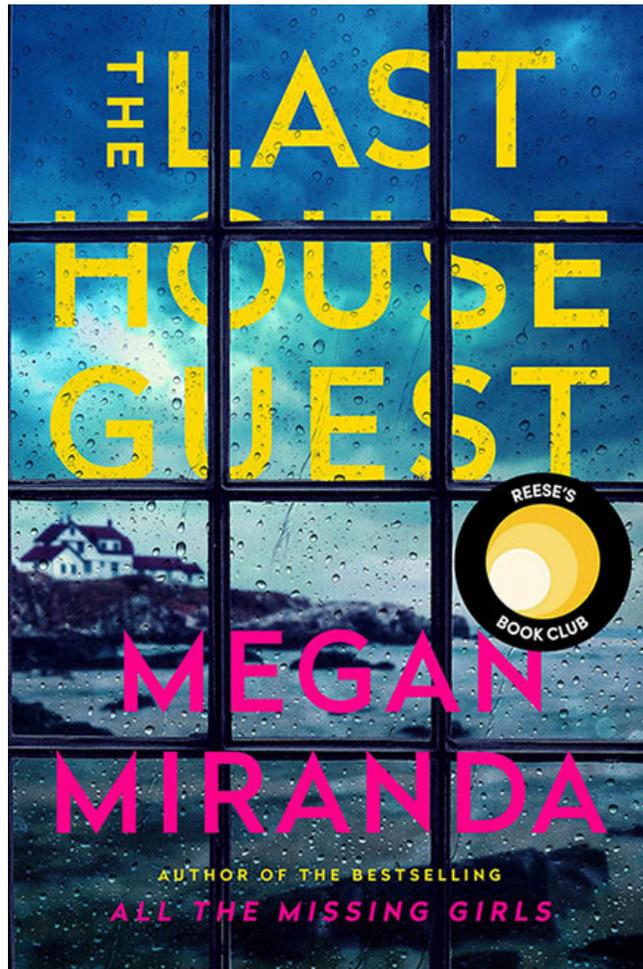
Each summer for a decade the girls are inseparable - until Sadie is found dead. When the police rule the death a suicide, Avery can't help but feel there are those in the community, including a local detective and Sadie's brother Parker, who blame her. Someone knows more than they're saying, and Avery is intent on clearing her name before she's branded a killer.

About the Author

Megan Miranda is the author of the bestseller *All The Missing Girls*, and of her fantastic follow-up novel *The Perfect Stranger*. She has also written several books for young adults. She grew up in New Jersey, graduated from MIT, and lives in North Carolina with her husband and two children.

Follow [@MeganLMiranda](#) on Twitter and Instagram, or [@AuthorMeganMiranda](#) on Facebook.

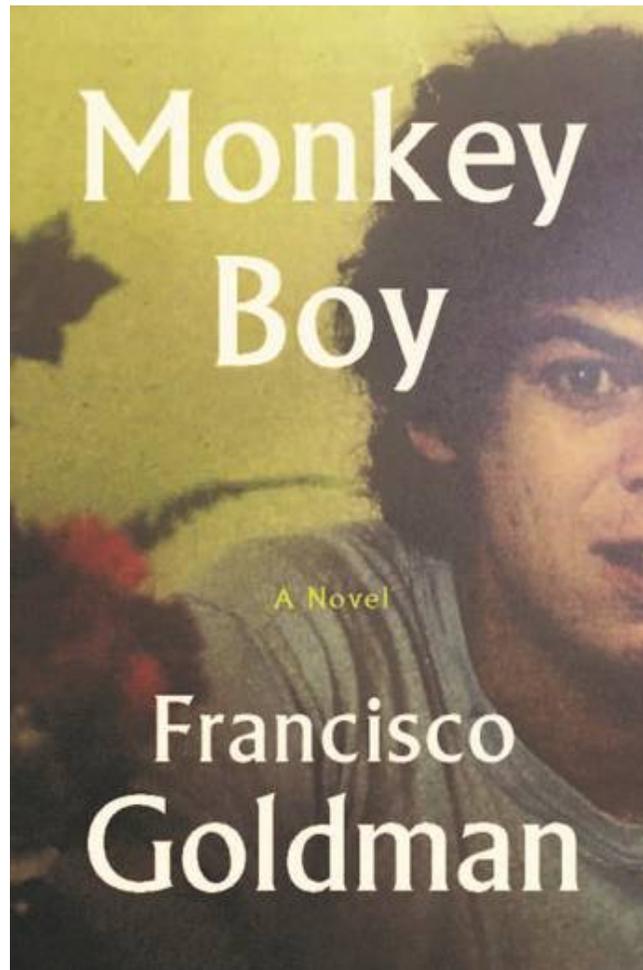
www.meganmiranda.com



Price: **AU \$19.99** **NZ \$22.99**
 ISBN: **9781786492937**
 Format: **B**
 Package Type: **PAPERBACK**
 Dimensions: **198h x 129w mm**
 Extent: **352 pages**
 Bic1: **Thriller / suspense**
 Author now living:

Monkey Boy

Francisco Goldman



A novel of enormous achievement, *Monkey Boy* tells the tale of Francisco Goldberg, a middle-aged writer who grapples with his heritage, career, and growing up Guatemalan and Jewish in America.

Description

Francisco Goldberg has been living and working in Mexico City as a journalist for over a decade, but has recently returned to New York City in hopes of 'going home again.' It's been five years since the end of his last relationship and he is falling in love again. Soon he is beckoned back to Boston by the high school girlfriend who was witness to his greatest youthful humiliations, and his mother, Yolanda, around whom his story orbits like a dark star. Backdropping this five-day trip to his childhood home is the spectre of Frank's recently deceased father, Bert, an immigrant from Ukraine, volcanically tempered, pathologically abusive, yet also at times infuriatingly endearing; as well as the high school bullies who gave him the moniker 'monkey boy' and his estranged sister, Lexi.

Told in an open, irresistibly funny and passionate voice, this extraordinary portrait of growing up outside the dominant culture unearths the hidden cruelties in a predominantly white, working-class Boston suburb where Francisco - aka Paco, aka Frankie Gee - came of age. A crowning achievement from one of the most important American voices of the last 40 years.

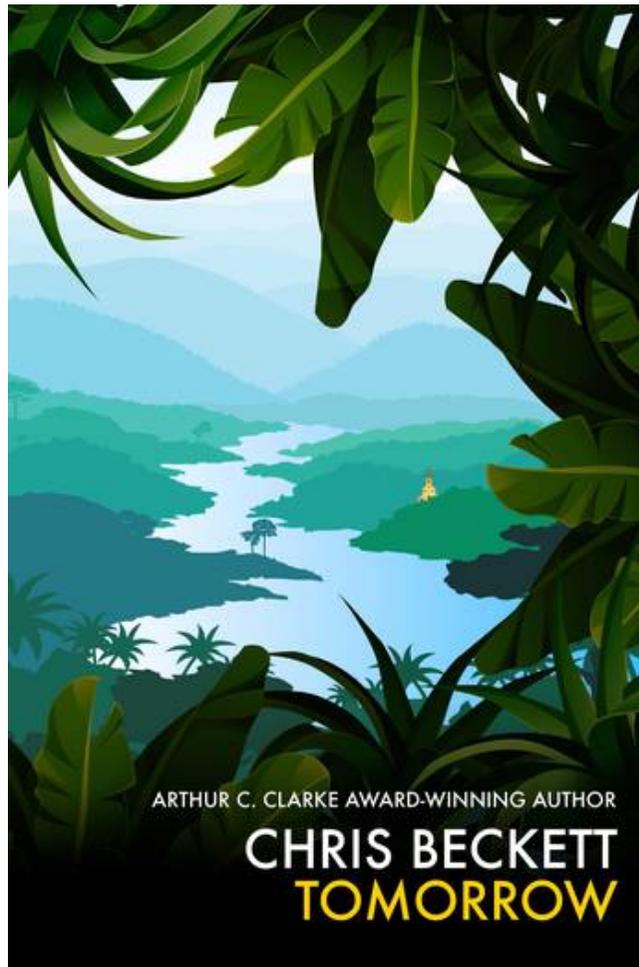
'*Monkey Boy* is written with tenderness and emotional precision...It is a book about how we piece the past together. Goldman bridges the gap between imagination and memory with stunning lyricism and unsparing clarity.' - Colm Toibin

'Goldman has been my literary hero from his first entrancing *Long Night of White Chickens* to this latest take-no-prisoners *Monkey Boy*. He is a true original, that rarest of writers, the kind we cannot live without.' - Susan Choi, National Book Award winning author of *TRUST EXERCISE*

About the Author

Francisco Goldman has published five novels and two books of non-fiction. His books have been published in 16 languages. He has been a Guggenheim Fellow, a Cullman Center Fellow at the NY Public Library and a Berlin Fellow at the American Academy. He has written for the *New Yorker*, the *New York Times Magazine*, *Harper's*, *The Believer* and many other publications. He lives in Mexico City.

Price: **AU \$29.99** **NZ \$32.99**
 ISBN: **9781611856484**
 Format: **Demy**
 Package Type: **HARD BACK**
 Dimensions: **216h x 138w mm**
 Extent: **336 pages**
 Bic1: Fiction & related items
 Author now living:



Tomorrow

Chris Beckett

A captivating and provocative novel that explores the importance of storytelling, as well as questioning how human beings understand our place within society, time and even space. From an Arthur C. Clarke award-winning author.

Description

'Tomorrow I'm going to begin my novel...'

A would-be author has taken time out from life in the city to live in a cabin by a river and write a novel. And not just any novel. A novel that will avoid all the pitfalls and limitations of other novels, a novel that will include everything.

At first these new surroundings are so idyllic that it's hard to find the motivation to get started. And then, in all its brutality, the outside world intervenes...

Ranging constantly backwards and forwards in time and space, Tomorrow becomes a restless search for meaning in a precarious and elusive world.

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. Tomorrow is his ninth novel.

www.chris-beckett.com

Price: **AU \$34.99** **NZ \$39.99**
 ISBN: **9781786499356**
 Format: **C-Format HB**
 Package Type: **HARD BACK**
 Dimensions: **234h x 156w mm**
 Extent: **304 pages**
 Bic1: Science fiction
 Author now living:

The Viper

Christobel Kent

The final instalment of the Sandro Cellini series: a twisting psychological thriller set in a long-forgotten commune outside Florence.

Description

Sandro Cellini faces his demons...

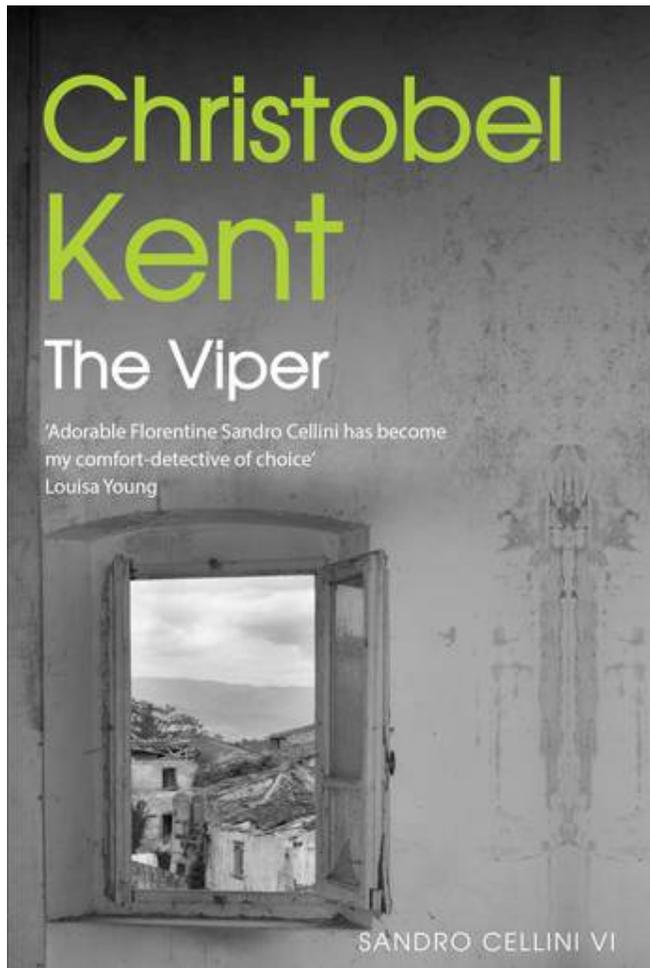
Sandro Cellini hasn't set foot in La Vipera, a derelict farmhouse just outside Florence that was once home to a free-living commune, for forty years - until the discovery of two bodies nearby leads him back there.

At the start of his career, Cellini investigated an accusation that minors were being corrupted at La Vipera, but no charges were ever brought. Now, tasked with tracking down former members of the community, he has a chance to finally discover what really went on all those years ago.

But in order to learn the true nature of the commune's mission, he must face his own traumatic memories. As he sifts through the lies, those closest to him are placed in danger. Only Cellini can unravel the final mystery of La Vipera, and so protect those he loves.

About the Author

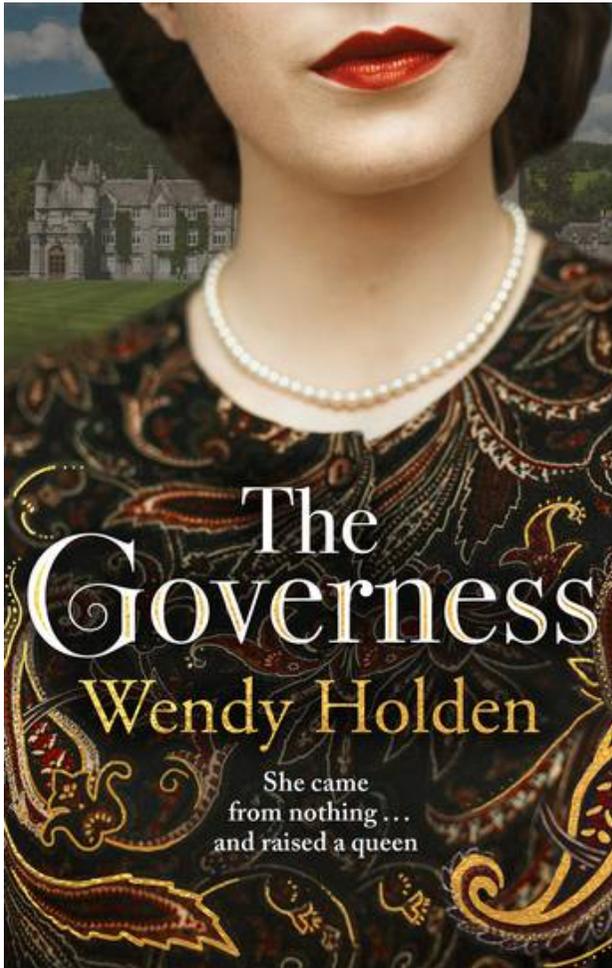
Christobel Kent's previous books include *A Time of Mourning*, *A Party in San Niccolo*, *Late Season*, *A Florentine Revenge*, *A Fine and Private Place* and *The Dead Season*. She lives near Cambridge with her husband and family.



Price: **AU \$19.99** **NZ \$22.99**
 ISBN: **9780857893369**
 Format: **B**
 Package Type: **PAPERBACK**
 Dimensions: **198h x 129w mm**
 Extent: **400 pages**
 Bic1: **Crime & mystery**
 Author now living:

The Governess

Wendy Holden



As the royal governess, Marion Crawford played a major role in shaping the childhood and subsequent world-view of Queen Elizabeth II, but her story is largely unknown and has never been explored in much depth. The Governess brings 'Crawfie' to life.

Description

If you loved The Crown you will love The Governess.

'A beautifully woven and exquisitely detailed story' - HEATHER MORRIS, author of The Tattooist of Auschwitz

'Brilliantly researched . . . I was completely absorbed and transported' - ADELE PARKS, author of Just My Luck

The drama of the Abdication, the glamour of the Coronation, the trauma of World War II - Marion Crawford, affectionately known as Crawfie, stood by the side of the royal family through it all.

In 1933, a progressive young teacher became governess to the little Princesses Elizabeth and Margaret. Determined to give her pupils a fun and normal childhood, she took them on buses, swimming at public baths and Christmas shopping at Woolworths.

For seventeen years she served at the heart of the royal family. But her devotion and loyalty counted for nothing when a perceived betrayal brought everything crashing down.

This sweeping, sumptuous novel brings her long-buried story to life and shines a completely new and captivating light into the world's most famous family.

About the Author

Sunday Times number one bestseller Wendy Holden was a journalist before becoming an author. She has written ten consecutive top-ten bestselling novels and sold more than 3 million books.

Price:	AU \$19.99	NZ \$22.99
ISBN:	9781787396609	
Format:	Misc PB	
Package Type:	PAPERBACK	
Dimensions:	129h x 198w mm	
Extent:	400 pages	
Bic1:	Historical fiction	
Author now living:		

Imperfect Alchemist

Naomi Miller

Miller revisits and reimagines the life of one of Shakespeare's neglected female literary contemporaries, Mary Sidney Herbert.

Description

In Tudor England, two women dare to be different ...

Two women. One bond that will unite them across years and social divides.

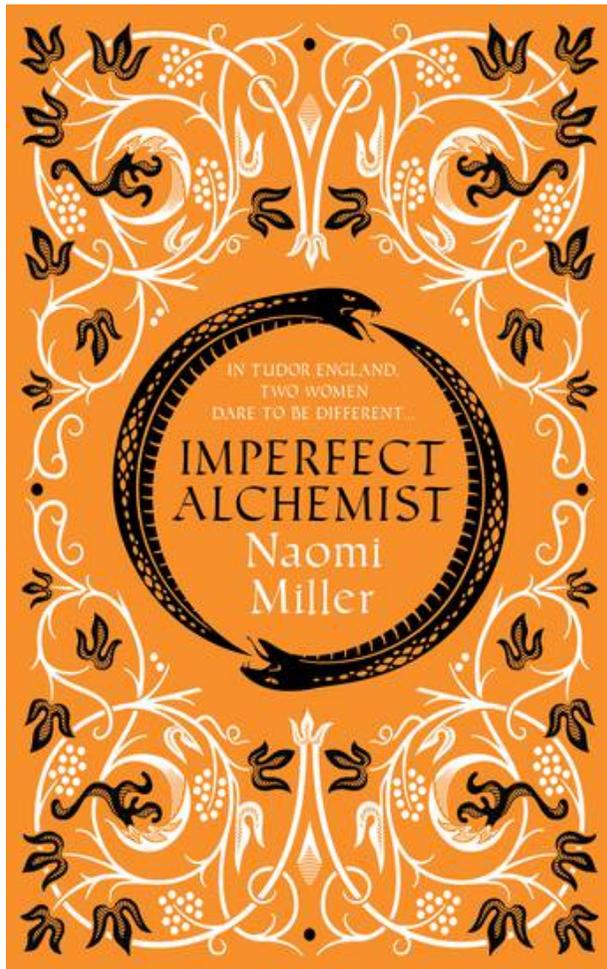
England, 1575. Mary Sidney, who will go on to claim a spot at the heart of Elizabethan court life and culture, is a fourteen-year-old navigating grief and her first awareness of love and desire. Her sharp mind is less interested in the dynastic alliances and marriages that concern her father, but will she be able to forge a place for herself and her writing in the years to come?

Rose Commin, a young country girl with a surprising talent for drawing, is desperate to shrug off the slurs of witchcraft which have tarnished life at home. The opportunity to work at Wilton House, the Earl of Pembroke's Wiltshire residence, is her chance.

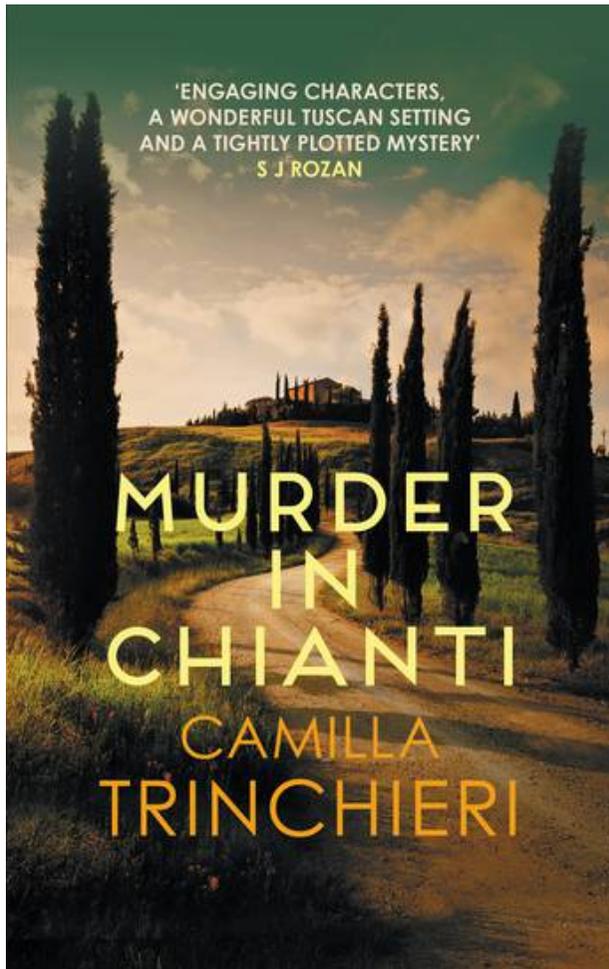
Defying the conventions of their time, these two women, mistress and maid, will find themselves facing the triumphs, revelations and dangers that lie ahead together.

About the Author

Naomi Miller is professor of English at Smith College, Massachusetts. She is author or editor of nine books in early modern studies and *Imperfect Alchemist* is her first novel.



Price: **AU \$19.99** **NZ \$22.99**
 ISBN: **9780749026271**
 Format: **B**
 Package Type: **PAPERBACK**
 Dimensions: **198h x 129w mm**
 Extent: **352 pages**
 Bic1: Historical fiction
 Author now living:

Murder in Chianti (Italian Mysteries #1)**Camilla Trinchieri**

Set in the heart of the Tuscan wine country, *Murder in Chianti* introduces Nico Doyle, a former NYPD homicide detective who's just looking for space to grieve when he finds himself pulled into a local murder investigation.

Description

Mourning the loss of his late wife, Rita, former detective Nico Doyle moves to her home town of Gravigna in the wine region of Chianti. He isn't sure if it's peace he's seeking, but that certainly isn't what he finds. Early one morning he hears a gunshot and, led by a stray dog, discovers a flashily dressed man with his face blown off near his home.

Salvatore Perillo, the local police inspector, enlists Doyle's help with the murder case. It turns out that more than one person in this idyllic corner of Italy knew the victim, and with a very small pool of suspects, including members of Rita's family, Doyle must dig up Gravigna's every last painful secret to get to the truth.

About the Author

Camilla Trinchieri worked for many years on films in Rome with directors including Federico Fellini and Luchino Visconti. She emigrated to the US in 1980 and received her MFA in Creative Writing from Columbia University. Under the pseudonym Camilla Crespi, she has published seven crime novels, including *The Breakfast Club Murder*.

Price: **AU \$19.99** **NZ \$22.99**
 ISBN: **9780749026561**
 Format: **B**
 Package Type: **PAPERBACK**
 Dimensions: **198h x 129w mm**
 Extent: **352 pages**
 Bic1: **Crime & mystery**
 Author now living:

Sleep Well, My Lady

Kwei Quartey

When the beautiful Lady Araba is found murdered, her Aunt Dele suspects Araba's boyfriend, the famous talk show host, Augustus Seeza. Dele asks PI Emma Djan to investigate.

Description

Almost a year ago Lady Araba, the head of a self-made fashion empire, was found murdered at her home in Trasacco Valley, the Beverly Hills of Accra. Her driver was arrested and continues to be held in custody, but the woman's favourite aunt, Dele, has always thought Araba's boyfriend was the real killer.

Now Dele approaches Emma Djan, a young PI with a fast-growing reputation for getting results, to help find the truth. From alleged suppressed evidence by the Ghana Police to unpleasant accusations involving Araba's parents, Djan's investigation will navigate a long list of suspects and she will discover that not only are they willing to lie for each other, but that one is still willing to kill.

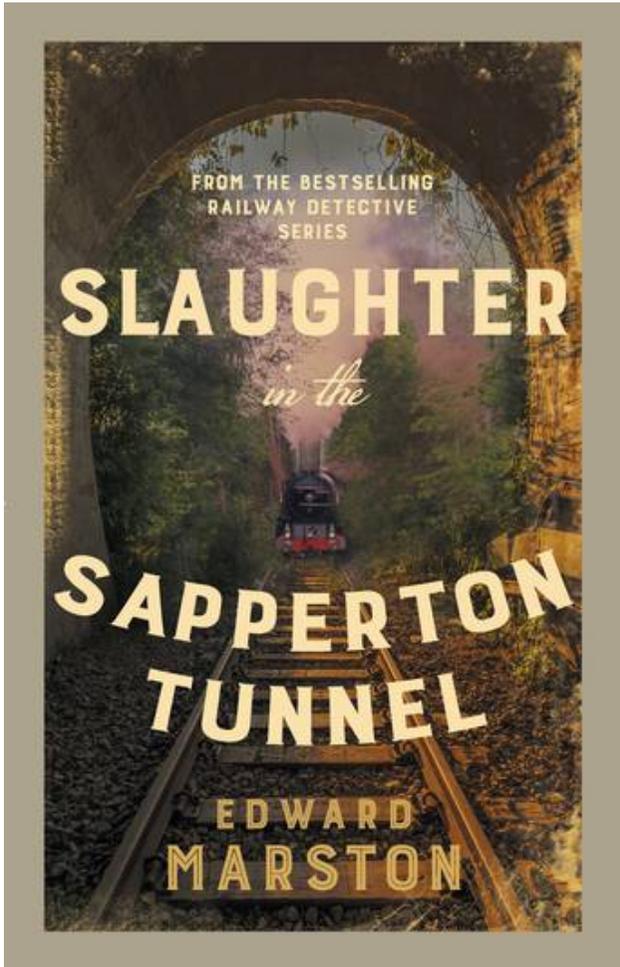
About the Author

Kwei Quartey was born in Ghana, but moved to the USA to complete his medical training. He practiced as a physician for more than twenty-five years while simultaneously writing, before deciding to become a full-time novelist in 2018. His previous work has been published to great critical acclaim and has appeared on the Los Angeles Times bestseller list. The Missing American is the first novel in a brand-new series featuring Private Investigator Emma Djan.

Price: **AU \$19.99** **NZ \$22.99**
ISBN: **9780749025885**
Format: **B**
Package Type: **PAPERBACK**
Dimensions: **198h x 129w mm**
Extent: **352 pages**
Bic1: **Crime & mystery**
Author now living:

Slaughter in the Sapperton Tunnel (Railway Detective #18)

Edward Marston



1862. A goods train is going through the Sapperton Tunnel when it hits a makeshift pen of sheep inexplicably set up near the exit. The animals are slaughtered by the impact whilst the train hits a pile of rocks and is derailed, seriously injuring the occupants. Inspector Colbeck is called in to investigate.

Description

A goods train speeds through the Sapperton Tunnel, but disaster strikes before it can reach the other end as it collides with an unusual blockage on the line: seven sheep penned onto the tracks. Specially requested to investigate the carnage in Gloucestershire, Inspector Colbeck and Sergeant Leeming are confronted with a bizarre case unlike anything they've encountered before.

Stephen Rydall, a director of the Great Western Railway, is convinced that the tragedy is a personal attack on him and fears for the safety of his shepherd, missing since the incident. Rydall has enemies: a churlish squire, the scheming principal of the Royal agricultural College and a local villain, always one step ahead of the law. But, as Colbeck discovers, there's a prime suspect much closer to Rydall's own home.

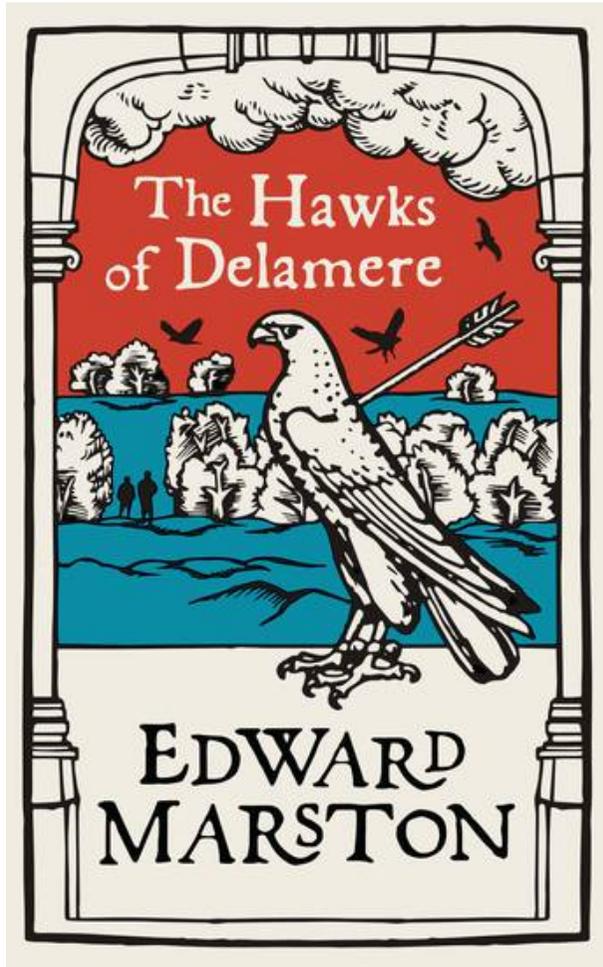
About the Author

Edward Marston has written over a hundred books, including some non fiction. He is best known for his hugely successful Railway Detective series. His other current series are the Home Front Detective, set in the Great War, and the Bow Street Rivals, featuring identical twin detectives during the Regency.

Price: **AU \$19.99** **NZ \$22.99**
 ISBN: **9780749026813**
 Format: **B**
 Package Type: **PAPERBACK**
 Dimensions: **198h x 129w mm**
 Extent: **352 pages**
 Bic1: Historical mysteries
 Author now living:

The Hawks of Delamere (Domesday 13)

Edward Marston



Ralph Delchard and Gervase Bret come to Cheshire to settle a series of disputes. What they don't expect to find is a hostage, a suspicious priest and a gruesome death.

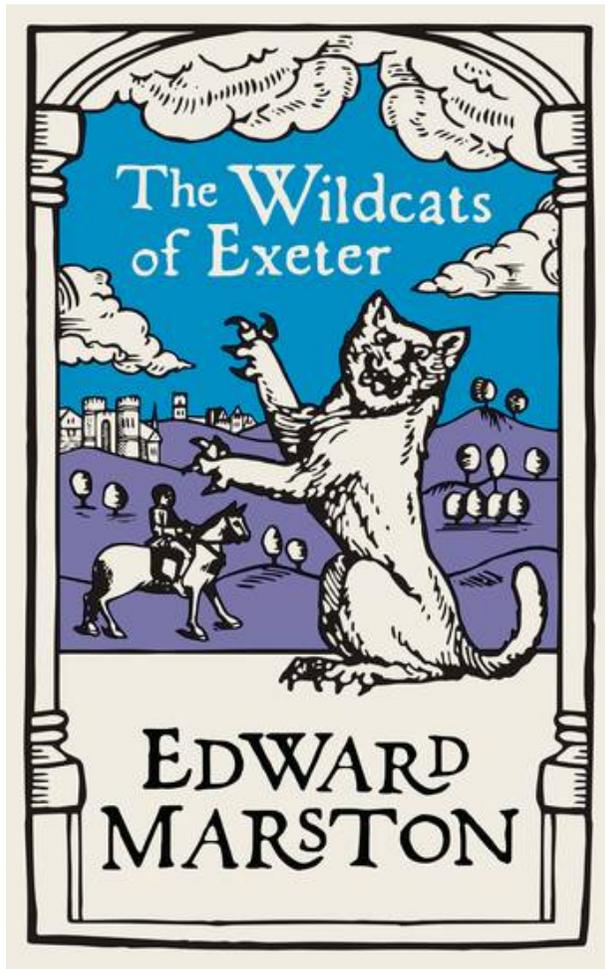
Description

Hugh Lupus, Earl of Chester, is enraged when his hawk is killed by an arrow in the Forest of Delamere. When two poachers are caught, he orders their execution yet neither of them fired the arrow. As Ralph Delchard and Gervase Bret come to Cheshire to settle a series of disputes between Church and State, they are guests of the Earl. But when they explore the castle and discover that the Prince of Gwynedd is being held there as a hostage, a number of questions arise. Who is trying to rescue him? Why is Idwal, the over-zealous Welsh priest, lurking in the city? And whose arrow is responsible for a gruesome human death in the forest?

About the Author

Edward Marston has written over a hundred books, including some non fiction. He is best known for his hugely successful Railway Detective series. His other current series are the Home Front Detective, set in the Great War, and the Bow Street Rivals, featuring identical twin detectives during the Regency.

Price: **AU \$19.99** **NZ \$22.99**
 ISBN: **9780749026301**
 Format: **B**
 Package Type: **PAPERBACK**
 Dimensions: **198h x 129w mm**
 Extent: **pages**
 Bic1: Historical mysteries
 Author now living:

The Wildcats of Exeter (Domesday #14)**Edward Marston**

Nicolas Picard appears to have been killed by a wildcat, but cuts on his neck are clearly made by a human hand. Three women fight for their right to his land, but can Delchard and Bret detect the murderer?

Description

Nicolas Picard is riding home from Exeter when he's attacked by a snarling wildcat. Yet, when the body is found, there are lacerations on his neck put there by a human hand. He is involved in a land dispute and his wife claims to be the benefactor on his behalf. Picard's mistress emerges to stake her claim then a third woman - wife of the deceased original owner of the land - comes forward. Ralph Delchard and Gervase Bret have three human wildcats trying to tear out each other's throats. They wonder if one of the women committed the murder to get her hands on the land, but the root of the mystery lies far deeper than mere avarice.

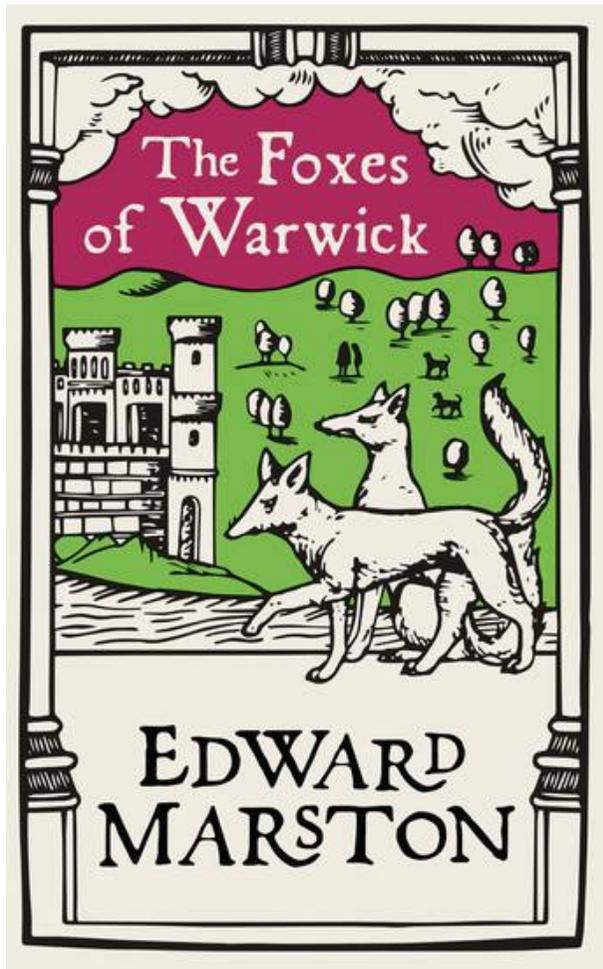
About the Author

Edward Marston has written over a hundred books, including some non fiction. He is best known for his hugely successful Railway Detective series. His other current series are the Home Front Detective, set in the Great War, and the Bow Street Rivals, featuring identical twin detectives during the Regency.

Price: **AU \$19.99** **NZ \$22.99**
 ISBN: **9780749026455**
 Format: **B**
 Package Type: **PAPERBACK**
 Dimensions: **198h x 129w mm**
 Extent: **pages**
 Bic1: Historical mysteries
 Author now living:

The Foxes of Warwick

Edward Marston



Arriving at Warwick Castle, Delchard and Bret are faced by a horrific murder. But this is only the start of their troubles...

Description

Henry Beaumont keeps a renowned pack of foxhounds, quick, brave and ruthless at the kill. One December hunt, the dogs uncover more than a fox in the woodlands - brushing aside dead leaves, Beaumont finds the crushed body of Martin Reynard, a former member of his own household. Enraged, Henry, though he has no experience in such matters, swears to find the killer, but his impetuosity and rudimentary investigative skills lead him to arrest a man of questionable guilt. Fortunately, Ralph Delchard and Gervase Bret, in the area to settle a land dispute, are available to lend their expertise.

About the Author

Edward Marston has written over a hundred books, including some non fiction. He is best known for his hugely successful Railway Detective series. His other current series are the Home Front Detective, set in the Great War, and the Bow Street Rivals, featuring identical twin detectives during the Regency.

Price: **AU \$19.99** **NZ \$22.99**
 ISBN: **9780749026608**
 Format: **B**
 Package Type: **PAPERBACK**
 Dimensions: **198h x 129w mm**
 Extent: **pages**
 Bic1: Historical mysteries
 Author now living:



The Fertility Doctor's Guide to
**OVERCOMING
 INFERTILITY**

Discovering Your Reproductive Potential
 and Maximizing Your Odds of Having a Baby

Mark P. Trolice, M.D.
 Director, Fertility CARE: The IVF Center

Price: **AU \$35.00** **NZ \$39.99**
 ISBN: **9781558329584**
 Format: **Misc PB**
 Package Type: **PAPERBACK**
 Dimensions: **229h x 152w mm**
 Extent: **256 pages**
 Bic1: Pregnancy, birth & baby care
 Author now living:

The Fertility Doctor's Guide to Overcoming Infertility

Mark Trolice

Give yourself the best-possible odds for getting pregnant and having a baby with this concise, expert, and encouraging companion as your guide!

Description

In the only general guide to infertility written by a medical doctor who specializes in the subject, Mark Trolice, MD—who is board-certified in both OB/GYN and REI (Reproductive Endocrinology and Infertility)—shares the practical knowledge he has gained from working in infertility medicine for years, with many hundreds of patients, along with the warmth and wisdom he has acquired from getting to know prospective parents from all kind of backgrounds.

The journey from infertility to fertility, from childlessness to a brand-new baby, can be long and arduous. It involves complicated medical diagnoses, a wide range of treatment options, a host of potential lifestyle changes, lots of emotional ups and downs, and—even with the best medical insurance—challenging financial decisions. Your doctors cannot decide everything for you, and that is why an authoritative and comprehensive book, written in clear and understandable language for the layperson, is essential. This is that book.

The book opens with an exploration of all the possible causes of infertility, covering both couples who have never been pregnant and ones who have had recurrent losses of pregnancies. Unique among infertility guides, this volume gives roughly equal weight to male and female causes, which is important because about 40% of infertility cases are due to men's issues—and some couples need to address issues in both the prospective mother and prospective father. It covers endometriosis, fibroids, POS (Polycystic Ovarian Syndrome), tubal factor, male factor, and other possible causes.

Next it looks at your treatment options. Importantly, these are not just medical interventions, but they also include lifestyle changes you alone can make, involving sleep, diet, exercise, and other forms of self-care. Among medical options, IUI (Intrauterine Insemination), IVF (In Vitro Fertilization), and various surgical procedures are covered in detail.

Some couples are lucky to have a short journey to fertility. For others, the process takes years. With a gentle and sure hand, and non-judgmentally, Dr. Trolice guides you through the many decisions you need to make along the way, such as whether or not to continue treatments, whether to change practitioners or treatments, and whether it is a good idea to continue to spend money on procedures not covered by your insurance. He understands that these are emotionally weighty decisions that involve the future of your family, and he provides ample grounds for optimism and hope, empowering you as you take this journey.

About the Author

Mark Trolice, MD, is a leading medical expert on fertility and a physician who has counseled many hundreds of couples as they cope with and solve their infertility challenges. He is board-certified in both OB/GYN and REI (Reproductive Endocrinology and Infertility).

Mind, Body, Bump

Brit Williams

Empowers modern mamas-to-be by providing clear practical advice and a unique prenatal strength training programme to keep fit and healthy throughout the nine months of pregnancy.

Description

Mind, Body, Bump empowers modern mamas-to-be by providing clear practical advice and a unique prenatal strength training programme to keep fit and healthy throughout the nine months of pregnancy. Power up your pregnancy with this unique prenatal training plan.

Keeping active throughout pregnancy is incredibly beneficial for both you and your baby, helping to alleviate less glowing symptoms, aid labour and postnatal recovery, as well as contribute to healthy fetal development.

Fitness guru Brit Williams has developed month-by-month workouts to support your body and bump at every stage of your pregnancy. Adaptable for all fitness levels, these exercises can be practised at home, outside in the park or in the gym with a few items of equipment or just your own bodyweight.

With lifestyle advice including tips on mental wellbeing, sleep and nutrition, reading this book is like having a personal trainer and cheerleader by your side on every step of this rewarding journey.

About the Author

Brit Williams is one of London's most sought-after personal trainers and feels passionately about motivating people to fall in love with movement. New mama to her first child, Brit encountered endless conflicting advice about exercise during pregnancy. This experience struck Brit as confusing for women, in particular when hard scientific evidence has repeatedly confirmed that an active pregnancy facilitates labour and recovery from childbirth. Having trained throughout her pregnancy and continuing to feel strong and empowered through movement, Brit is determined to share her pregnancy-positive message and unique strength training programme with fellow expectant mothers.

MIND BODY BUMP

THE COMPLETE PLAN
FOR AN ACTIVE
PREGNANCY

BRIT WILLIAMS

INCLUDES
RECIPES BY

*Mindful
Chef*



FOREWORD BY TAMARA HILL-NORTON, FOUNDER OF SWEATY BETTY

Price: **AU \$29.99** **NZ \$32.99**
 ISBN: **9781781318584**
 Format: **Misc PB**
 Package Type: **PAPERBACK**
 Dimensions: **240h x 210w mm**
 Extent: **192 pages**
 Bic1: Pregnancy, birth & baby care
 Author now living:

Mindful Pregnancy & Birth

Riga Forbes

Living mindfully is a simple practice that can have dramatic effects on your life and wellbeing.

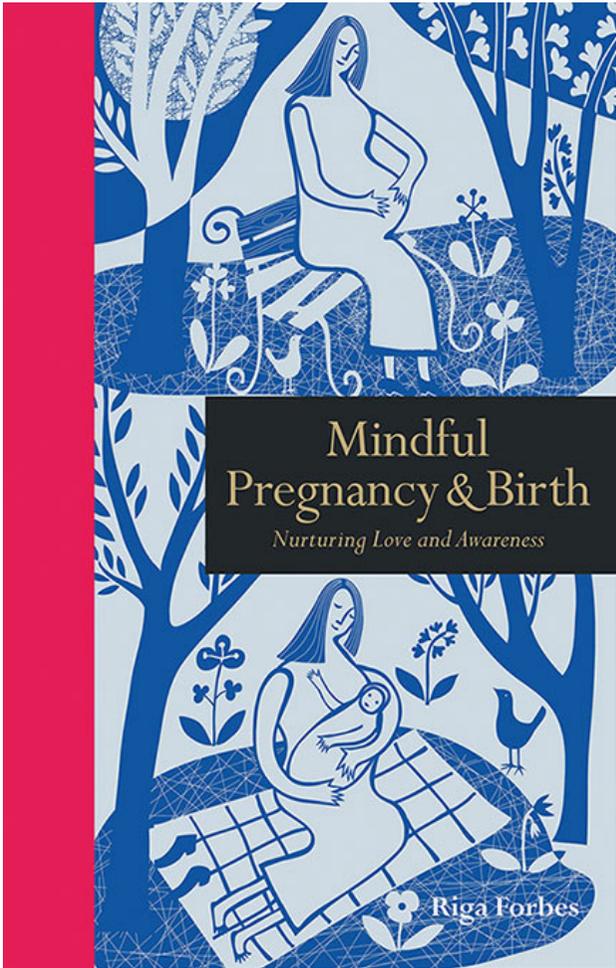
Description

When we talk about making something, it usually refers to creating, manipulating, or forming a material. In pregnancy, our bodies are wrapped up in doing all of these things at once, and on a grand scale. But in the act of making space in ourselves through mindfulness, none of these things apply.

In *Mindful Pregnancy & Birth* we engage in an act of 'not doing'. Of not changing, but of simply "being" in the experience of ourselves. Pregnancy is a phase in which to reconcile what has been, with what will become. It is a process, a time of change, and even more so for a first-time mother. It is a recognition of our dreams for the future being in transit, in gestation, in the making.

About the Author

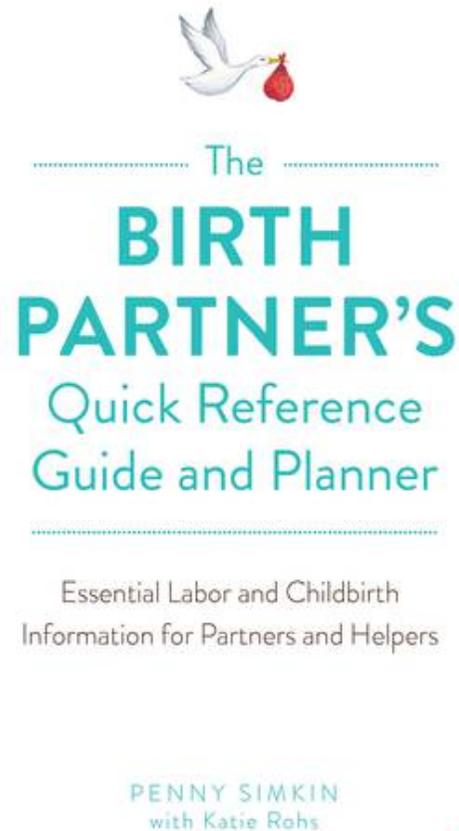
Riga Forbes is a complimentary therapist, doula, and specialist in helping women with birth traumas. She runs 'Birth Vision' workshops and courses (has for over 10 years) and now written a book (240pager) focused on creativity, self-discovery and personal transformation in pregnancy. Offering exercises in meditation, art and self-development. She wants to bring the sacred back to a 9-month experience and transition that's life-changing. She teaches and speaks in Australia and the UK.



Price: **AU \$19.99** **NZ \$22.99**
 ISBN: **9781782405054**
 Format: **B**
 Package Type: **HARD BACK**
 Dimensions: **200h x 130w mm**
 Extent: **144 pages**
 Bic1: **Pregnancy, birth & baby care**
 Author now living:

The Birth Partner's Quick Reference Guide and Planner

Penny Simkin



The Birth Partners Quick Reference Guide and Planner offers concise and authoritative guidance for spouses, relatives, and others-including doulas and other professionals-helping a woman thorough labor, birth, and the first weeks with baby. Includes Australian and New Zealand references and organisations.

Description

For spouses, partners, relatives, and friends-and also for doulas and other care professionals-this is a convenient and indispensable abridged version of the classic bestseller The Birth Partner, for facts on the fly during the ultra-busy period before, during, and after labor and birth. An added planner keeps your plans and to-dos in one place. Generations of spouses and partners have relied on Penny Simkins warm and wise guidance in caring for the new mother, from the last trimester through the early postpartum period. Her book The Birth Partner is the definitive guide to helping a woman through labor and birth. This new book, The Birth Partners Quick Reference Guide and Planner, is a shorter version of the original, for time-pressed parents and partners. For those who have the original book, it adds a planner component, for hospital or at-home birth plans and for other essential to-dos. It is full of reliable and up-to-date information on:

- Preparing for labor and for the new baby
- Ways to help a woman through each stage of labor and birth
- Pain-relief measures, including epidurals and medications as well as natural techniques
- Ways to induce or speed up labor
- Cesarean birth and complications that may require it
- Breastfeeding and newborn care
- and much more

For the partner who wishes to be truly helpful in the birthing room, this is the essential book to have on hand.

About the Author

Penny Simkin, PT, is a physical therapist, childbirth educator, doula, and birth counselor. She is nationally recognized as a premier authority on childbirth, having helped 9,000 expecting women and birth partners in childbirth and attended hundreds of couples though the birth process. Simkin is a prolific author and serves on more than 10 different consultant and editorial boards, including the journal Birth: Issues in Perinatal Care, The International Childbirth Education Association, and The Seattle Midwifery School, where she also provides training for doulas and lectures to students. She has written myriad books, journal, and magazine articles. Simkin is also co-founder of DONA International (formerly Doulas of North America) and The Pacific Association for Labor Support. In addition to providing childbirth education, birth counseling, and labor support, Simkin travels extensively throughout the country, lecturing and presenting at conferences and workshops. For more information, please visit Simkin's website at pennysimkin.com.

Price:	AU \$22.99	NZ \$24.99
ISBN:	9781558329775	
Format:	B	
Package Type:	PAPERBACK	
Dimensions:	203h x 127w mm	
Extent:	144 pages	
Bic1:	Pregnancy, birth & baby care	
Author now living:		

The Nursing Mother's Quick Reference Guide and Planner

Kathleen Huggins

The Nursing Mothers Quick Reference Guide and Planner offers concise and authoritative, warm and encouraging guidance for mothers who breastfeed, covering baby's nutritional needs, pumping and returning to work, weaning, and other topics. Includes Australian and New Zealand references.

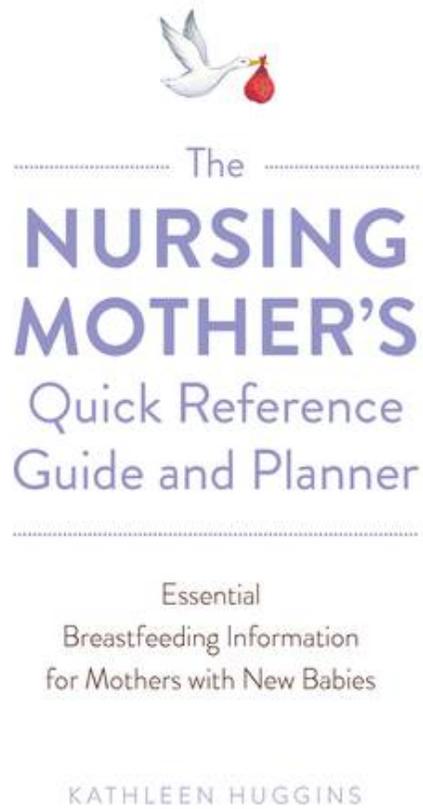
Description

For busy new moms (and their helpers and partners), this is a short, concise, easy-to-use-on-the-fly version of the definitive book on breastfeeding-with a planner added to help keep track of everything. Breastfeeding is natural, but it is not always instinctive for either mothers or babies. Kathleen Huggins's *The Nursing Mothers Companion* has been a best-selling book on breastfeeding for more than 7 editions over 30 years, with more than 1.1 million copies sold. It is respected and recommended by professionals, including The International Lactation Consultant Association, Dr. T. Berry Brazelton, and The American Academy of Pediatrics, and it is well loved by new parents for its encouraging and accessible style. Now, in this shorter quick-reference version, time-pressed parents can get the answers they need in a flash, without sacrificing the breadth and accuracy of the original book. Plus, this edition adds a planner component, for scheduling nursing sessions, pump rentals and pumping sessions, weight and wellness checks, anticipated dates for weaning, and more. Kathleen Huggins equips breastfeeding mothers with all the information they need to overcome potential difficulties and nurse their babies successfully. This up-to-date book covers:

- Expressing, storing, and feeding breast milk
- How to cope with breastfeeding obstacles and challenges
- Managing pumping and nursing when you return to work
- New-mom care for the postpartum period
- Introducing solid foods
- How to choose a breast pump
- Deciding when to wean - and how to do it

About the Author

Kathleen Huggins is a registered nurse and board-certified lactation consultant who is widely recognized as one of the pioneers in establishing the lactation consultant discipline as a core component of maternal-child health care in US hospitals. She established this reputation by creating and running a model breastfeeding clinic at San Luis Obispo General Hospital in California; by lecturing widely to professional peers and hospital administrators; and through her book *The Nursing Mothers Companion*. She has also co-authored *The Nursing Mothers Guide to Weaning and Nursing Mother, Working Mother*. She lives in San Luis Obispo, where she currently runs a new mothers store, *Simply MaMa*. She continues to lecture widely in the health care and lactation-consultant arenas.



Price:	AU \$22.99	NZ \$24.99
ISBN:	9781558329799	
Format:	B	
Package Type:	PAPERBACK	
Dimensions:	203h x 127w mm	
Extent:	144 pages	
Bic1:	Advice on parenting	
Author now living:		

Natural Hospital Birth

Cynthia Gabriel

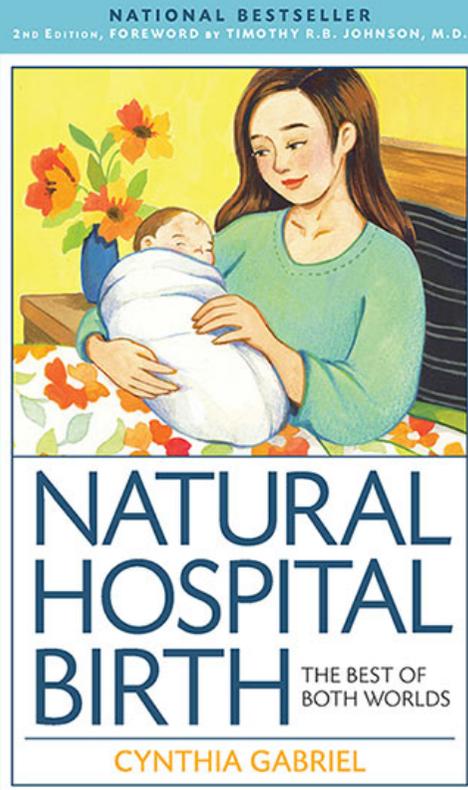
Natural Hospital Birth, 2nd Edition shows how to apply the guidelines and tactics of natural birth in a hospital setting, where 99 percent of births actually happen.

Description

Many mothers-to-be find themselves torn between choosing a natural childbirth with minimal medical intervention, and the peace of mind offered by instant access to life-saving technology that only a hospital can provide. Cynthia Gabriel, a doula who has attended hundreds of births and who advises hospitals on how to facilitate low-intervention childbirths, knows that new moms can have both. In this fully updated edition of her popular and pioneering book *Natural Hospital Birth*, Gabriel gives moms, as well as partners and even medical personnel, concise and reassuring guidance on how to have as natural a birth as possible in a hospital setting. Gabriel shows expectant mothers how to avoid unnecessary medical interventions, how to take the initiative and consciously prepare for the kind of birth they want, and how to prepare a birth plan to share with doctors and nurses at the hospital.

About the Author

Cynthia Gabriel is a doula, a childbirth educator, a medical anthropologist with a Ph.D. from the University of California at Santa Cruz, and a mother of three. She attends births and leads women's and parents' support groups in the Ann Arbor, Michigan, area, where she lives with her family.



"Many women wish to have a natural birth but are stymied by hospital routines. And yet these women are not confident of having a home birth. This book can do much to help women achieve their goals, and also prevent many of the breastfeeding problems that arise from labor interventions. Such a book is long overdue."

Jack Newman, M.D., author of *The Ultimate Breastfeeding Book of Answers* and founder and co-director of the Newman Breastfeeding Clinic and Institute

Price: **AU \$24.99** **NZ \$27.99**
 ISBN: **9781558329171**
 Format: **Misc PB**
 Package Type: **PAPERBACK**
 Dimensions: **229h x 150w mm**
 Extent: **272 pages**
 Bic1: **Pregnancy, birth & baby care**
 Author now living:

Birth Partner

Penny Simkin

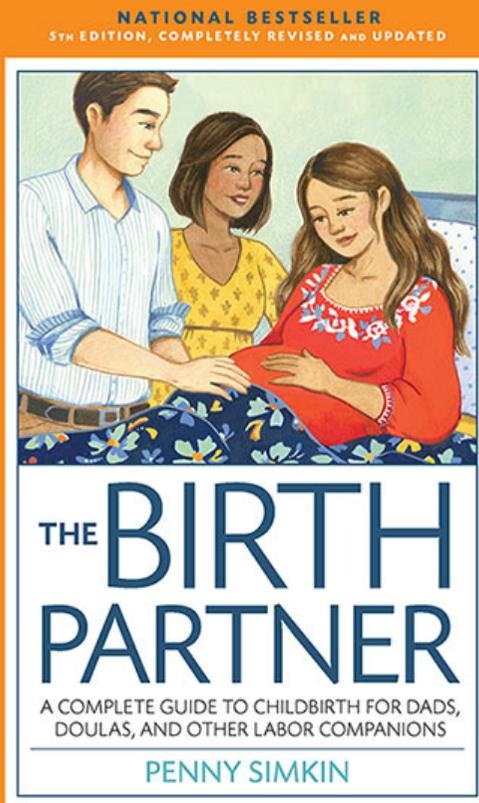
The Birth Partner is an accessible resource for spouses, partners, and others who accompany an expectant mother through labour and birth, and an essential guide for doulas, midwives, and educators.

Description

Since the original publication of The Birth Partner, new mothers partners, friends, relatives, and doulas have relied on Penny Simkin's guidance in caring for the new mother from their last trimester through the early postpartum period. Now fully revised in its fifth edition, The Birth Partner remains the definitive guide to helping a woman through labour and birth, and the essential manual to have at hand during the event. The Birth Partner includes thorough information on: Preparing for labour and knowing when it has begun - Normal labour and how to help the woman every step of the way - Epidurals and other medications for labour - Pitocin and other means, including natural ones, to induce or speed up labour - Non-drug techniques for easing labour pain - Cesarean birth and complications that may require it - Breastfeeding and newborn care - and much more. For the partner who wishes to be truly helpful in the birthing room, this book is indispensable.

About the Author

Penny Simkin, P.T., is a physical therapist, childbirth educator, doula, and birth counsellor. She is nationally recognised as a premier authority on childbirth, having helped 9,000 expecting women and birth partners in childbirth and attended hundreds of couples through the birth process. Simkin is a prolific author and serves on more than ten different consultant and editorial boards. She has written myriad books, journal and magazine articles. In addition to providing childbirth education, birth counselling, and labour support, Simkin travels extensively throughout the country, lecturing and presenting at conferences and workshops.



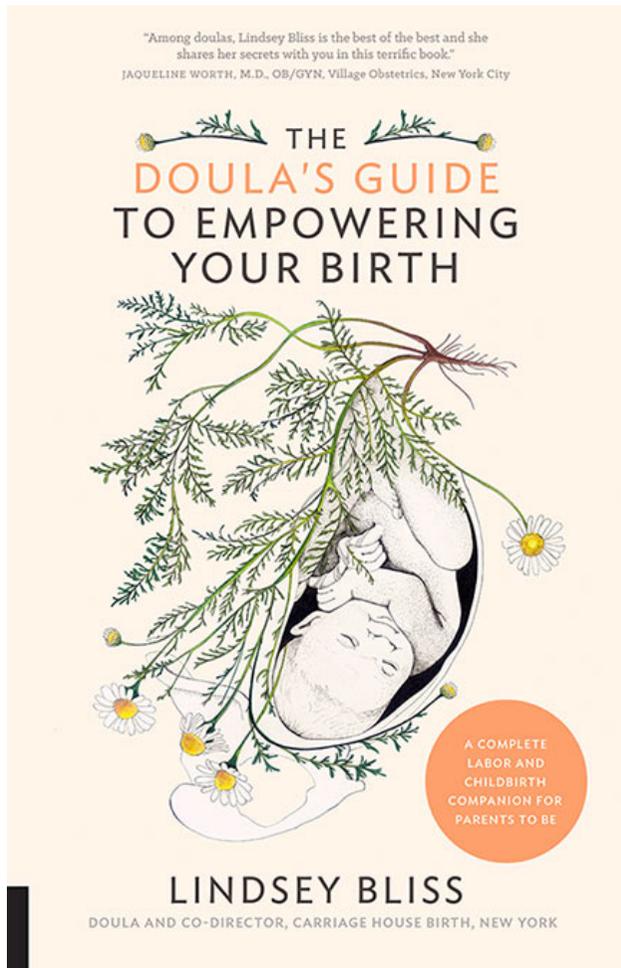
"In these days of fear-based maternity care, this book is an antidote. Employing the lessons and information provided, the birth partner, working with delivery staff (and hopefully with the support of a doula), can form a strategic alliance that will promote the mother's desired birth experience."

—Michael C. Klein, M.D., University of British Columbia and Children's and Women's Health Centre of British Columbia

Price: **AU \$29.99** **NZ \$32.99**
 ISBN: **9781558329102**
 Format: **Misc PB**
 Package Type: **PAPERBACK**
 Dimensions: **229h x 150w mm**
 Extent: **440 pages**
 Bic1: **Birthing methods**
 Author now living:

Doula's Guide to Empowering Your Birth

Lindsey Bliss



Doulas empower mothers to plan for and secure the birthing experiences they want. Lindsey Bliss provides the resources for creating a sound birth plan and having a positive childbirth experience.

Description

Lindsey Bliss, who has assisted as a doula at hundreds of births and is herself a mother of seven, reveals here all the wisdom and advice that the doulas, also known as childbirth coaches, share with the new mothers who hire them.

This book covers the period from pregnancy, through birth, to fourth trimester healing, and the beginnings of family life. The focus, however, is on preparing for birth—including topics like how to pick the right childbirth class and the right birthing method. You'll also see how to assemble the team of professionals, family members, and friends who will support you through labor and birth. Bliss also covers labor and birth, as well as the 11th hour decisions about pain medications and cesarean sections.

Bliss's tone throughout is at once authoritative and confident as well as warm and encouraging. Her concern in her practice as well as in these pages is to listen to and help secure each new mom's own personal vision of a birthing experience that is safe, fulfilling, and meaningful.

About the Author

Lindsey Bliss is a widely respected doula, or childbirth coach, who is quoted frequently in New York and national media. She is a co-founder of the doula agency Carriage House Birth, which has assisted in more than 1100 births in New York and Los Angeles since 2011. Herself the mother of seven children, including two sets of twins, she knows labor and childbirth well both personally as well as professionally. She lives in New York City.

Price:	AU \$35.00	NZ \$39.99
ISBN:	9781558328952	
Format:	Misc PB	
Package Type:	PAPERBACK	
Dimensions:	241h x 190w mm	
Extent:	208 pages	
Bic1:	Pregnancy, birth & baby care	
Author now living:		

THE HAPPY BALANCE

THE ORIGINAL PLANT-
BASED APPROACH FOR
HORMONE HEALTH

MEGAN HALLETT
& NICOLE JARDIM



60 recipes
to nourish
body and
mind

The Happy Balance Megan Hallett, Nicole Jardim

Put you back in control of you with this engaging and accessible guide for women of all ages. Discover how to reclaim optimal health through simple nutrition and lifestyle steps for hormonal balance.

Description

The answer to better balance, health and vitality is in your hands: with a few simple steps discover improved energy levels, better sleep, healthy weight, clear skin and more!

The human body is complex – it is a delicate balance of systems working together to keep us at optimal health. And we are disrupting it. Instead of working with our bodies, we are constantly stressing them, with toxins and pollutants, with unhealthy lifestyles and high stress levels, with nutrition-poor diets and sedentary lifestyles. We have become hopelessly out of sync with our natural rhythms.

By following a simple nutritional plan and easy lifestyle principles, we can bring our bodies back in tune and reap the rewards of uninterrupted mother nature. With expert advice, lifestyle tips, and delicious plant-based recipes, let The Happy Balance be your trusted guide to a vital and energized life. Put you back in control of you.

About the Author

Megan Hallett is a nutrition and holistic health coach, wellness enthusiast, recipe developer and voice behind the blog Plant-Based Londoner. When diagnosed with PCOS as a teenager, Megan was frustrated to find doctors simply prescribed pills to mask the symptoms, rather than providing any information to enable her to tackle the root cause. Eventually, she decided to take back control by embracing the incredible power of good nutrition. The recipes Megan shares are designed to ensure that what she puts into her body creates happy, healthy hormones as well as a peaceful frame of mind.

Price: **AU \$39.99** **NZ \$45.00**
 ISBN: **9781781318607**
 Format: **Misc HB**
 Package Type: **HARD BACK**
 Dimensions: **240h x 184w mm**
 Extent: **208 pages**
 Bic1: **Cookery for specific diets & conditions**
 Author now living:

Simple Happy Parenting

Denaye Barahona, Amy Drucker and Manon de Jong

Free yourself from the pressures of 'perfect parenthood' and discover a simpler way for the whole family to thrive.

Description

Families live better with less: less clutter, uncomplicated meals and positive discipline. Simple Happy Parenting provides practical tools and expert advice to help you live well with your family.

Denaye Barahona's revolutionary approach to parenting, challenges us to tackle the most cluttered corner of our lives: childhood. Discover the benefits of a few, carefully curated toys; easy, nourishing meals around the family table; and simple (yet positive) discipline. Children are imaginative, inventive and curious – and it is by allowing them the space and freedom to grow and develop that parents best enable them to flourish. This natural approach to family life is not only good for your child, it is good for parents too. Once we free ourselves from the pressures of perfect we are all able to embrace a more balanced and fulfilling life.

Packed full of straightforward solutions, Simple Happy Parenting is a refreshing voice of calm support for all parents seeking a better, simpler way.

About the Author

Denaye Barahona is the inspirational voice behind Simple Families blog, podcast and community, where she spreads her simple solutions for thriving in motherhood. A clinical social worker with a speciality in child and family practice, and a Ph. D. in Child Development, Denaye has spent much of her career working with parents who deal with challenging behaviour in children. From her on-the-job training as a mom and her professional experience, Denaye has learned how desperately all parents want to get everything right – yet in the process, have the tendency to overcomplicate, over-think and get overwhelmed. Denaye's refreshing philosophy is that simple really is smart. She advocates taking a holistic approach to helping the whole family stay well: physical, emotional and relational. That means living well by developing a healthy relationship with yourself, your family and your home.

SIMPLE HAPPY PARENTING

FROM
THE FOUNDER
OF SIMPLE
FAMILIES

The secret of less for calmer parents and happier kids



Price: **AU \$27.99** **NZ \$32.99**
ISBN: **9781781318645**
Format: **C-Format HB**
Package Type: **HARD BACK**
Dimensions: **230h x 170w mm**
Extent: **192 pages**
Bic1: Family & health
Author now living:

The Baby Bible

Bec Judd

A comprehensive month by month guide to pregnancy, birth and beyond from mother of four and media personality Bec Judd and her dream team of experts.

Description

What you're not expecting, when you're expecting...

Bec Judd has been pregnant quite a lot: three pregnancies, three deliveries and four gorgeous newborn babies. From carrying a baby, delivering it, feeding it and raising it, Bec has experienced almost everything motherhood can throw at you and she wants to share the secrets and stories that she has learned along the way. Not to mention all those things about pregnancy, birth and motherhood that often come as a complete surprise.

Join Bec and her dream team of experts (an obstetrician, a midwife, an ultrasound specialist, a women's health physio and a paediatric sleep specialist) as they take you month by month through your pregnancy. They will share their insider advice on the best ways to eat for two (or three!), stay in shape and get you and your baby sleeping well.

This gorgeous, comprehensive handbook contains a wealth of honest, practical and sometimes hilarious advice to prepare you and your baby for life after birth.

About the Author

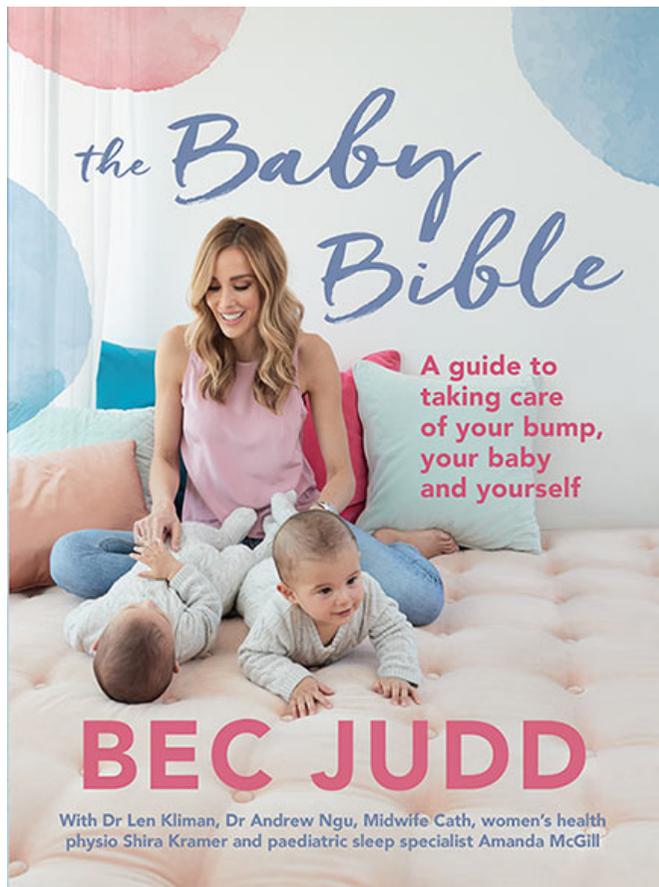
Rebecca Judd is one of Australia's best-known personalities, working as a television presenter and brand ambassador for some of the country's biggest companies. She is also a mum to four young children.

In 2008 Bec moved to Melbourne from her hometown of Perth with husband Chris, and consequently undertook ambassador roles with some of Australia's best-known brands. She can be seen on Channel Nine as the host of popular travel show Postcards and previously as the weekend weather presenter, and you can hear her on KIIS FM radio as the co-host for the 3PM Pick-Up and on the incredibly popular Mamamia podcast Hello Bump. Bec's fashion and lifestyle blog, Rebecca Judd Loves (RJL), is one of the most read blogs in Australia.

Bec's passion for interior design and her distinct sense of style have led to many notable opportunities. She has designed multiple sell-out ranges of bedding and soft furnishings for Adairs and worked with highly regarded property developer R. Corp.

Rebecca has a Bachelor of Science Degree (HCS) and has worked as a speech pathologist at The Alfred Hospital and Cabrini Hospital in Melbourne. Her greatest achievements to date are her children, Oscar, Billie, and twins Tom and Darcy.

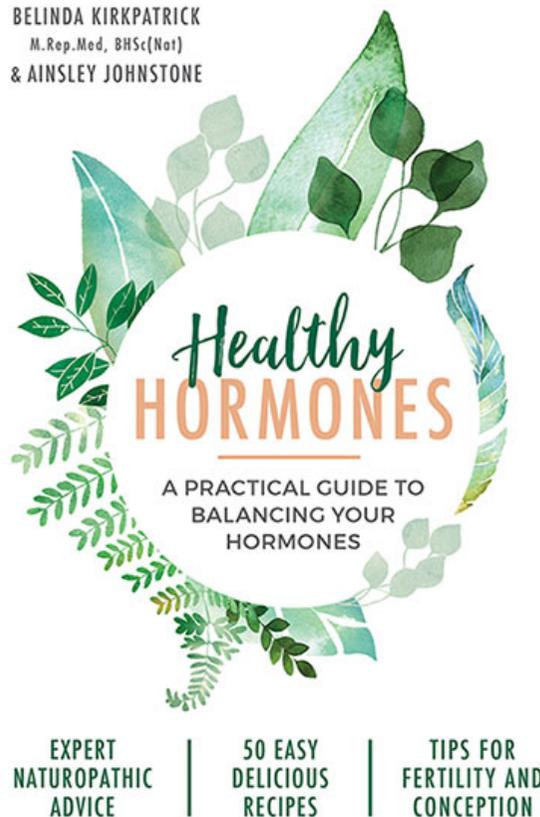
Instagram: @becjudd



Price: **AU \$34.99** **NZ \$39.99**
 ISBN: **9781760631307**
 Format: **Misc PB**
 Package Type: **PAPERBACK**
 Dimensions: **230h x 170w mm**
 Extent: **304 pages**
 Bic1: **Pregnancy, birth & baby care**
 Author now living: **Brighton, VIC**

Healthy Hormones**Belinda Kirkpatrick and Ainsley Johnstone**

BELINDA KIRKPATRICK
M.Rep.Med, BHSc(Nat)
& AINSLEY JOHNSTONE



Expert naturopathic advice; 50 easy, delicious recipes using hormone-friendly ingredients; tips for fertility and conception.

Description

Discover how to feel your best and balance your hormones, naturally. Healthy Hormones is about making small and realistic changes to help your body function at its optimum level. Naturopath Belinda Kirkpatrick helps you understand your hormones and provides easy ways to manage symptoms, hormonal conditions and fertility through diet and lifestyle. Expert nutritional advice and lifestyle tips are combined with answers to the many questions that women have asked Belinda during a decade of clinical practice. Healthy Hormones features 50 deliciously healthy family recipes, specially created, styled and photographed by recipe developer Ainsley Johnstone. The dishes are tailored around hormone-balancing ingredients and nutrient-dense fertility foods.

'As a woman and a medical doctor, I recommend all women read this delicious book to help them make practical and daily choices. It's a book that nicely balances scientific explanations with nourishing food truths.' Dr Natasha Andreadis, Fertility and Hormone Specialist, Gynaecologist, Clinical Lecturer, University of Sydney

About the Author

Belinda Kirkpatrick is an expert naturopath and nutritionist, who specialises in women's health and is especially passionate about hormonal health, fertility management and miscarriage prevention. Belinda is known for her extensive knowledge of natural and conventional treatment in addition to her evidence-based approach to integrative healthcare.

Ainsley Johnstone is a recipe creator, food stylist and photographer.

Price:	AU \$35.00	NZ \$39.99
ISBN:	9781743369371	
Format:	Misc PB	
Package Type:	PAPERBACK	
Dimensions:	230h x 170w mm	
Extent:	248 pages	
Bic1:	Women's health	
Author now living:	Author works here	

Little Book of Gucci

Karen Homer

Concisely and stylishly documents the best of the world's top-selling luxury fashion brand.

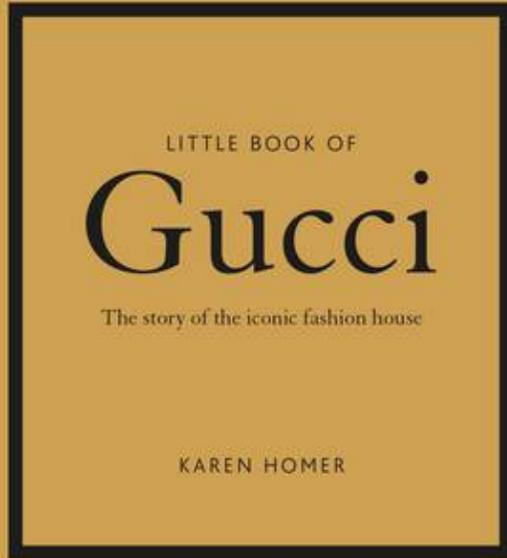
Description

One of the oldest Italian fashion brands in existence today, Gucci was founded in Florence in 1921. Guccio Gucci established his company with the goal of creating opulent luggage for Italy's wealthy and fashionable upper-classes. With the signature Gucci print of dark brown diamonds on a tan background, interlocking G logo and red and green stripe, the brand has gone on to become the last word in Italian luxury.

Gucci's signature items - the belt, the bag, the loafer - transcend fleeting fashion trends, and have remained central to the house's identity into the twenty-first century. Under the stewardship of Tom Ford, Gucci epitomised the louche and mischievous 1990s aesthetic. Today, under Alessandro Michele, the brand's combination of romance and toughness is in hot demand. The Little Book of Gucci tells the story of this historic yet flourishing house, and the visionary looks that have cemented its place in fashion history.

About the Author

Karen Homer is an established fashion journalist who worked as a fashion columnist for The Times and has contributed to the Telegraph, Harpers & Queen, Elle, World of Interiors and Vogue. She is the author of the Little Book of Dior and Things a Woman Should Know About Style. She lives in London.



UNOFFICIAL AND UNAUTHORIZED

Price: **AU \$24.99** **NZ \$27.99**
 ISBN: **9781787394582**
 Format: **Misc HB**
 Package Type: **HARD BACK**
 Dimensions: **180h x 125w mm**
 Extent: **160 pages**
 Bic1: History of fashion
 Author now living:

Little Book of Prada

Laia Farran Graves

Little Book of Prada explores the evolutions and innovations of the brand, as well as a design ethos informed by an interest in minimalism and contemporary art.

Description

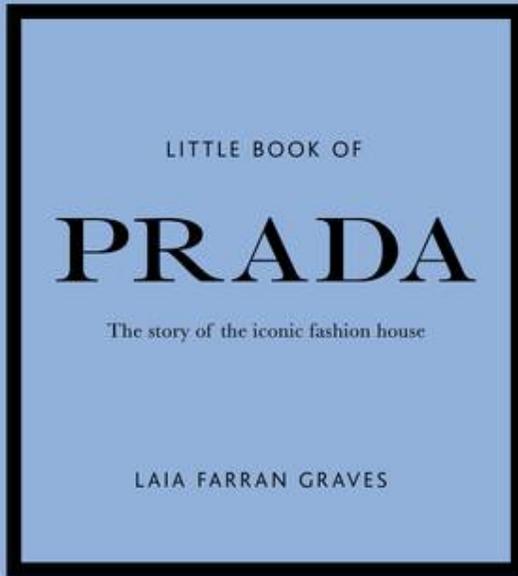
Little Book of Prada is the pocket-sized and beautifully illustrated story of the legendary fashion house.

Understated elegance and luxury, technologically advanced fabrics and sublime originality of design are all hallmarks of the House of Prada. In this miniature monograph, Laia Farran Graves documents the history and heritage of the brand, from the company's origins as a leather-goods manufacturer to the global fashion empire created by Miuccia Prada.

Little Book of Prada explores the evolutions and innovations of the brand, as well as a design ethos informed by an interest in minimalism and contemporary art. Images of individual garments, catwalk shots and fashion photography pay tribute to one of the world's most influential fashion houses and the woman behind it, in a perfectly designed and stylish format that makes a perfect gift for any lover of fashion.

About the Author

A stylist and journalist specialising in fashion and beauty, Laia Farran Graves has worked for Vogue, InStyle, Glamour, Marie Claire and the Sunday Times Style magazine. Laia lives in London, England.



Price: **AU \$24.99** **NZ \$27.99**
 ISBN: **9781787394599**
 Format: **Misc HB**
 Package Type: **HARD BACK**
 Dimensions: **180h x 125w mm**
 Extent: **160 pages**
 Bic1: Fashion & textiles: design
 Author now living:

Little Book of Audrey Hepburn Caroline Jones



LITTLE BOOK OF
AUDREY
HEPBURN

CAROLINE JONES

This beautiful hardback gift is a must-have for every fashionista. Contains 125 beautiful images of the Hollywood beauty, including Hepburn as Holly Golightly in *Breakfast at Tiffany's* - one of the most iconic images of twentieth-century cinema.

Description

Filled with stunning photographs, this fascinating tribute illustrates and illuminates Hepburn's life. From her early years as an ingenue to her status as an international icon of elegance, it reveals how her unique beauty made her a dream subject for designers and photographers alike.

Featuring her collaborations with Givenchy, and stills from the sets of her most famous Hollywood films, the *Little Book of Audrey Hepburn* takes the reader on a journey through the actress's career and reveals just how powerfully her image resonates across the globe - even so long after her death.

About the Author

Caroline Jones is a freelance writer specialising in health, beauty, fashion and lifestyle subjects. A former senior editor on several national newspapers and magazines, she is also an accredited life coach and the author of *The Busy Girl's Guide to Looking Great*, *The Desperate Housewife's Guide to Life and Love* and *Kate's Style*.

Price: **AU \$24.99** **NZ \$27.99**
 ISBN: **9781787391321**
 Format: **Misc HB**
 Package Type: **HARD BACK**
 Dimensions: **180h x 125w mm**
 Extent: **160 pages**
 Bic1: **Biography: arts & entertainment**
 Author now living:

The Crystal Directory

Sarah Bartlett

The Crystal Directory provides the attributes, holistic benefits, and specific powers of 100 crystals for positive manifestation.

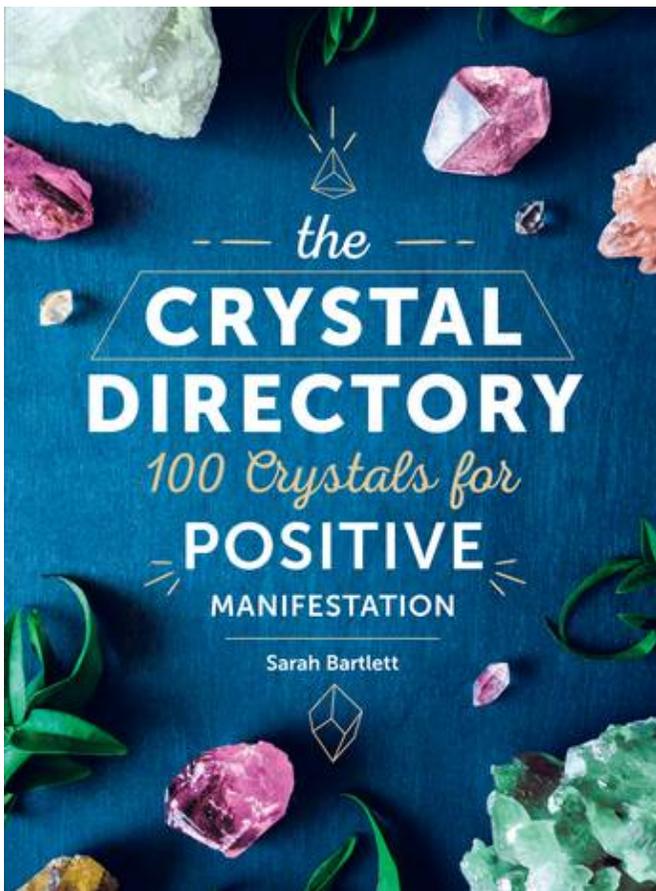
Description

This comprehensive directory of 100 essential crystals specifically addresses the manifestation power of crystals while also detailing their attributes, powers, and divination strengths.

The Crystal Directory is both a practical handbook packed with advice and a fascinating source book that includes the attributes of each stone and its spiritual qualities. It includes introductory chapters on what crystals are, both from their scientific legacy and their magical one, caring for and choosing crystals, the importance of chakras and color, plus background on why these particular stones have been used for centuries to help us get what we want out of life. There is also a practical chapter about working with these stones specifically chosen for manifestation. The alphabetical source book section that follows provides information about the uses and benefits for each crystal listed. Each profile has information of crystal appearance and color, availability, physiological correspondences, keywords, geological background and shape/structure, legendary uses, attributes and powers, and how to use the stone. Get to know the crystal world and understand how crystals can be used for divination and healing, as well as for manifesting your dreams. Use the practical exercises and learn how to follow your own pathway to achieve your goals.

About the Author

Sarah Bartlett is the author of several spiritual and occult books, including the best-selling Tarot Bible and the Essential Guide to Psychic Powers. Sarah is a founding member of the website theastrologyroom.com. She has written Supernatural Places for National Geographic, and The Afterlife Bible. Dividing her time between London and the south of France, Sarah teaches and practices astrology, tarot, Wicca, and other occult arts.



Price:	AU \$19.99	NZ \$22.99
ISBN:	9780785838289	
Format:	Misc HB	
Package Type:	HARD BACK	
Dimensions:	226h x 170w mm	
Extent:	192 pages	
Bic1:	Crystals & colour-healing	
Author now living:		

Handbuilt, A Potter's Guide

Melissa Weiss

Learn how to make pottery without a wheel, dig and process local clays, and make natural glazes.

Description

Handbuilt pottery is the perfect way for new potters to dive into this unique medium because it doesn't require access to a potter's wheel. In *Handbuilt, A Potter's Guide*, Melissa Weiss takes an organic approach to harvesting and working with local clays, and even shows you how to mix your own glazes to use on functional pottery for use at home.

Students of pottery the world over have travelled all over the US to attend Weiss's classes. Now you don't have to! In this book, Melissa provides you with a solid course on slab and pinch-pot techniques that allow beginning students to master the basics and progress through finished wares.

Looking to go a little deeper? Melissa also offers her unique knowledge of how to dig and process local clays for use in pottery, and for the techniques she has developed for creating unique glazes with ash, salt, and other dry materials.

Learn the basics of handbuilding and more with this engaging guide.

About the Author

Melissa Weiss is an Asheville, North Carolina potter and a true handmade maker. Each pot she makes contains clay that she digs up on her land in Arkansas. From there, she drives the clay back to her studio in Asheville where she cleans it and incorporates it into her clay bodies. Melissa makes a variety of ash and celadon glazes and fires her pots in a gas reduction kiln. Melissa teaches classes in handbuilding at intervals throughout the year, including at the famous Penland Art School and the North Carolina Pottery Center. She also operates an 8,000 square foot art cooperative called Southside Studios that houses studio space for twenty potters. Melissa participates in shows in Boston, Philadelphia, Chicago and exhibits her work in galleries from New York City, to Fayetteville Arkansas.



Price:	AU \$39.99	NZ \$45.00
ISBN:	9781631595981	
Format:	Misc HB	
Package Type:	HARD BACK	
Dimensions:	254h x 216w mm	
Extent:	160 pages	
Bic1:	Ceramic arts, pottery, glass	
Author now living:		

Creative Pottery

Deb Schwartzkopf

With Creative Pottery, master new techniques as you learn how to make innovative functional forms, from teapots and juicers to serving trays and cake-stands. Hand-builders and wheel-throwers welcome!

Description

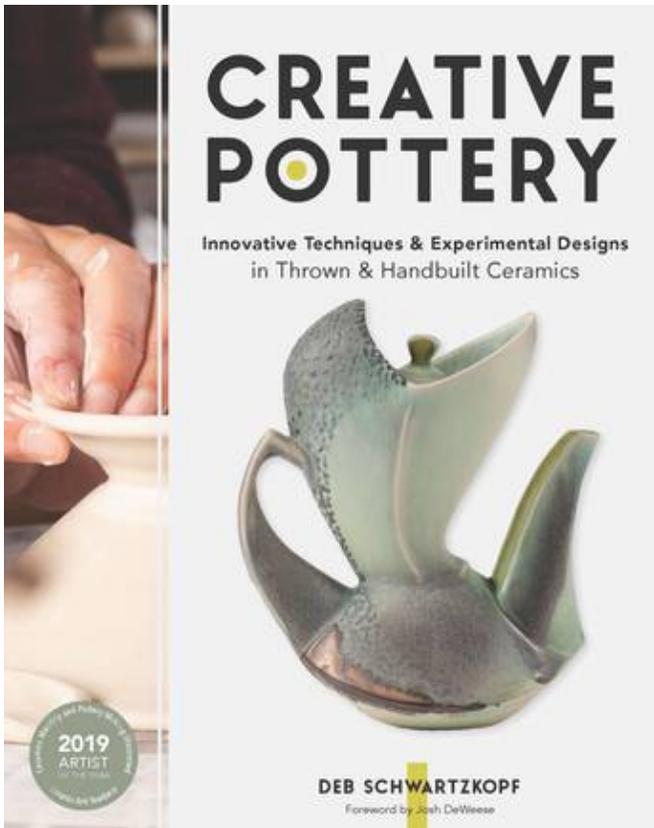
Take your work to the next level! Join ceramic artist Deb Schwartzkopf for a journey that will help you grow as a functional potter, whether your background is in wheel-throwing or hand-building. Creative Pottery begins with a quick review of where you are in your own journey as a potter. If you need to brush up on the basics, help setting goals, or pointers on how to translate your inspiration into your work, you've come to the right place. The rest of the book is a self-guided journey in which you can choose the techniques and projects that interest you:

- Go beyond the basics and learn how to throw or hand-build a bottomless cylinder. Then explore seams and alterations for projects like a vase, sauce boats, dessert boats, and a citrus juicer
- 'Flatter Forms' takes your throwing and trimming horizontal. Make beautiful plates and learn how to make the jump from plate to cake stand.
- Master molds and use them to open a new world of possibilities. Make spoons, platters, and asymmetrical shapes like an out-of-round serving dish with molded feet and a thrown rim.
- Compose with multiple shapes to make two-part forms like a butter dish or a stacking set of bowls. Make a pitcher out of two simple forms and then take it further by exploring handles and spouts for a proper teapot.

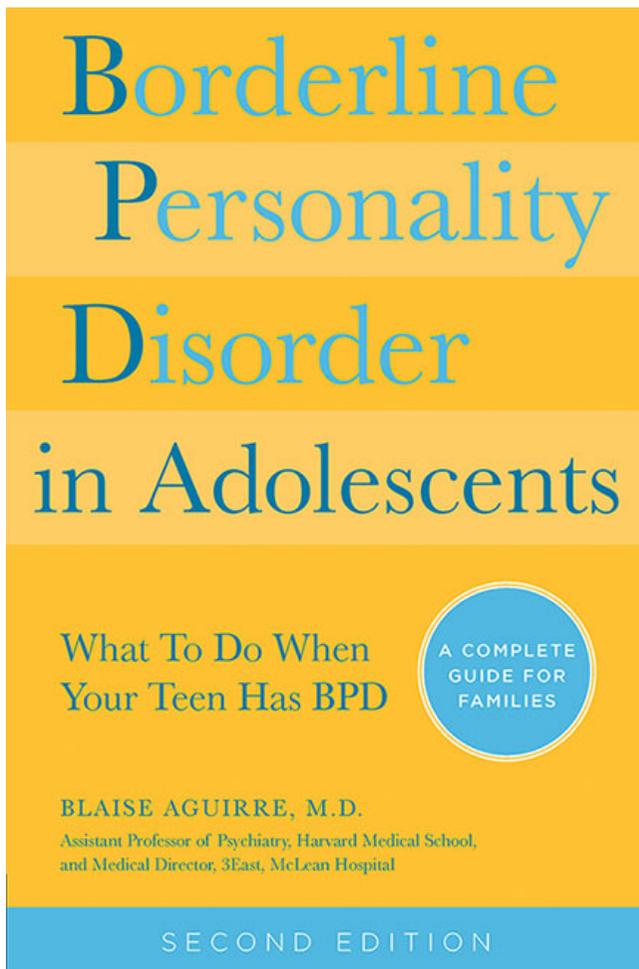
With compelling galleries, artist features, and guided questions for growth throughout, this is a book for potters everywhere that want to go beyond the basics, learn new skills, and unlock their creativity.

About the Author

Deb Schwartzkopf is a studio potter, instructor, and active community member of Seattle, Washington. She has taught at Ohio University, Massachusetts College of Art and Design, University of Washington, and University of Georgia's study abroad program in Cortona. She was named Ceramics Monthly and Ceramic Arts Dailys 2019 Artist of the Year, one of the most visible awards in the field. Deb has worked as an artist in residence nationally and internationally at the Archie Bray Foundation (MT), Mudflat Studios (MA), The Clay Studio (PA), Pottery Northwest (WA), Watershed (ME), Sanbao in Jingdezhen, China, and the Residency for Ceramics in Berlin, Germany. Since 2002, Deb has also taught widely at top ceramics centers including Penland School of Craft, Gaya Ceramics Center (Indonesia), and IARE (France). Her artwork is included in collections such as the Kamm Teapot Foundation, San Angelo Museum, and the WA State Arts Collection, among others. She has been included in numerous publications including Ceramic Monthly, Pottery Making Illustrated, and Studio Potter Magazine; has contributed to Red Clay Rambler Podcasts; is an active founding member of Objective Clay; has served as the Director of the Washington Clay Arts Association; and is currently a board member at Pottery Northwest. In 2013, Deb founded and launched what is now Rat City Studios, a community pottery studio where she offers adult classes, studio memberships, and opportunities for emerging artists: ratcitystudios.com.



Price:	AU \$45.00	NZ \$49.99
ISBN:	9781631598258	
Format:	Misc HB	
Package Type:	HARD BACK	
Dimensions:	254h x 203w mm	
Extent:	192 pages	
Bic1:	Pottery, ceramics & glass crafts	
Author now living:		

Borderline Personality Disorder in Adolescents**Blaise A Aguirre**

A comprehensive guide to Borderline Personality Disorder, offering an overview of the disorder, its treatment options for adolescents, and advice on how to live with it day-to-day.

Description

This new edition of Borderline Personality Disorder in Adolescents offers parents, caregivers, and adolescents themselves a complete understanding of this complex and tough-to-treat disorder. It is a comprehensive guide which thoroughly explains what BPD is and what a patient's treatment options are, including an overview of the revolutionary new treatment called dialectic behaviour therapy.

Author Blaise A. Aguirre, M.D., one of the foremost experts in the field, describes recent advances in treatments and brings into focus what we know, and don't know, about this condition. Revised and updated from the previous edition, readers will learn all about the scientific development of BPD; treatment options (e.g., medication and therapy); myths and misunderstandings; tips and strategies for parents; the prognosis for BPD; and practical techniques for effective communication with those who have BPD. They will also hear from BPD adolescents and parents who have learned how to make the best of the cards they have been dealt. Here's what some experts in the field had to say about the previous edition:

'Families and their children with BPD will find this book a very useful guide as they struggle together toward a more fully realized life.' - Mary C. Zanarini, Ed.D., Professor of Psychology, Harvard Medical School

'A long overdue book that eloquently and expertly addresses the wide-ranging issues surrounding borderline personality disorder in adolescents. This compassionate book is a must for parents with children suffering from borderline personality disorder, as well as clinicians, educators, pediatricians, and clergy trying to understand and help adolescents with this serious, chronic disorder.' - Perry D. Hoffman, Ph.D., President, National Education Alliance for Borderline Personality Disorder

About the Author

Blaise Aguirre, M.D., is a board-certified psychiatrist and Assistant Professor of Psychiatry at Harvard University School of Medicine. He has been a staff psychiatrist at McLean Hospital in Belmont, MA, since 2000, and has been recognised for his work in the treatment of BPD in adolescence. In May 2007, he was named director of 3East, the Adolescent Dialectic Behavior Therapy Treatment Center at McLean - targeted specifically at treating adolescents with BPD.

Price: **AU \$24.99** **NZ \$29.99**
 ISBN: **9781592336494**
 Format: **Misc PB**
 Package Type: **PAPERBACK**
 Dimensions: **153h x 229w mm**
 Extent: **288 pages**
 Bic1: Law, citizenship & rights for the lay person
 Author now living:

DIY Dog Grooming**Jorge Bendersky, foreword by Cesar Milan****Description**

You can often tell how healthy a dog is by the appearance of its coat. Grooming your dog regularly offers clues to her health: It nips potential health problems, like allergies, poor nutrition, parasites, or diseases, in the bud--or at least gives you some early warning about them. Grooming also makes your dog (and you) comfortable socializing whilst also stopping the spread of dirt, fleas, and germs. You can conveniently groom your dog in the comfort of your home. But perhaps the biggest benefit to grooming your dog yourself is strengthening your bond with them. DIY Dog Grooming, From Puppy Cuts to Best in Show by Jorge Bendersky, and foreword by Cesar Milan, will show you how to take the best care of your dog, regardless of breed, temperament, or age. Practical step-by-step photos will take you through everything you need to know to bathe and trim your dogs, plus care for their nails, ears, teeth, and more. Learn how to train them to relax and enjoy grooming. While you can make excuses not to take your dog to the groomer, you have no reason to make excuses for not doing it yourself any longer. -Cesar Millan Inside you'll find:- Simple, step-by-step instructions for everything from bathing to brushing.- Practical solutions to common problems like fleas and ticks, dirt and mud.- Creative suggestions for grooming a picture-perfect dog.

About the Author

Jorge Bendersky is a celebrity dog groomer in New York City. He grooms Manhattan area dogs and consults on dog grooming. He has been a contestant on the Animal Planet show Groomer Has It, a judge on TLC's Extreme Poodles, and an expert on Animal Planet's Dogs 101. He has also appeared on The Today Show, ABC Nightline, CW11, and E! News, and in the New York Post, the New York Daily News, the Chicago Tribune, and more.<http://www.planetjorge.com/JorgeBendersky> is a celebrity dog groomer in New York City. He grooms Manhattan area dogs and consults on dog grooming. He has been a contestant on the Animal Planet show Groomer Has It, a judge on TLC's Extreme Poodles, and an expert on Animal Planet's Dogs 101. He has also appeared on The Today Show, ABC Nightline, CW11, and E! News, and in the New York Post, the New York Daily News, the Chicago Tribune, and more.<http://www.planetjorge.com/>

Price: **AU \$29.99** **NZ \$32.99**
 ISBN: **9781592538881**
 Format: **Misc PB**
 Package Type: **PAPERBACK**
 Dimensions: **191h x 235w mm**
 Extent: **160 pages**
 Bic1: **Cookery / food & drink etc**
 Author now living:

Head First

Alastair Santhouse

An exquisitely written exploration of the connections between physical and mental health.

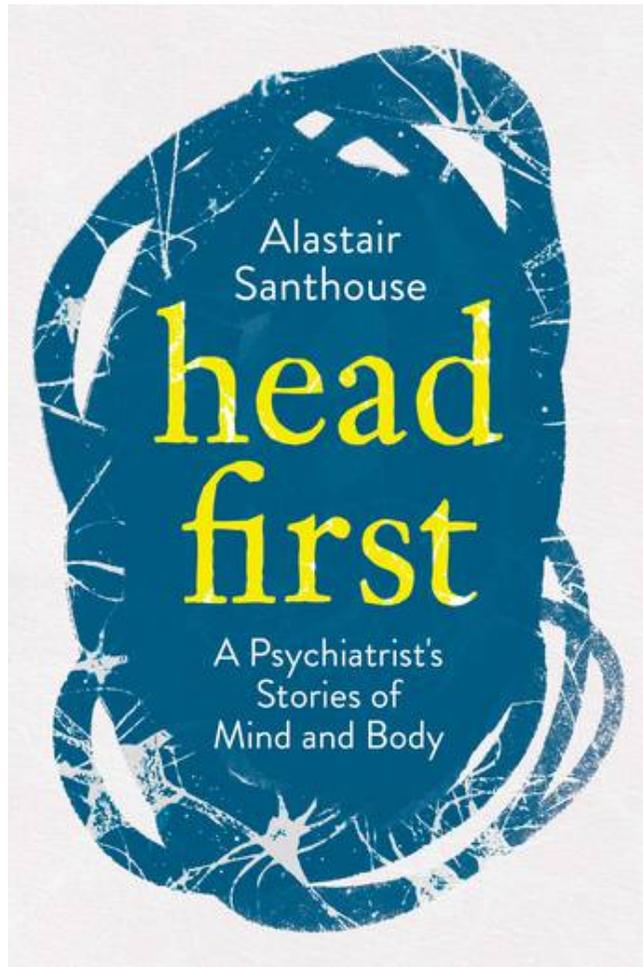
Description

What does it mean to be well? Is it something in our body? Or, is it rather something subjective - something of the mind? In this profound collection of clinical stories, eminent psychiatrist Dr Alastair Santhouse draws on his experience of treating thousands of hospital patients to show how our emotions are inextricably linked to our physical wellbeing.

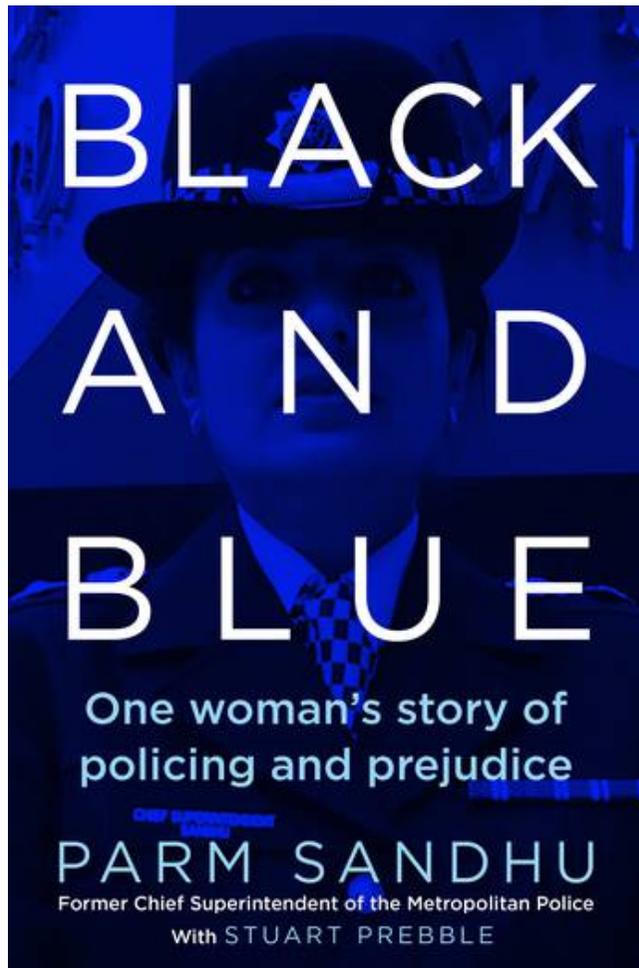
Our minds shape the way we understand and react to symptoms that we develop, dictate the treatments we receive, and influence whether they work. They even influence whether we develop symptoms at all. Written with brutal honesty, deep compassion, and a wry sense of humour, Head First examines difficult cases that illuminate some of our most puzzling and controversial medical issues—from the tragedy of suicide, to the stigma surrounding obesity, to the ongoing misery of chronic fatigue. Ultimately he finds that our medical model has failed us by promoting specialization and overlooking perhaps the single most important component of our health: our state of mind.

About the Author

Alastair Santhouse is a consultant psychiatrist at both Guy's Hospital and the Maudsley Hospital in London. He was Vice Chair of the Royal College of Psychiatrists Faculty of Liaison Psychiatry between 2013 and 2017, and in 2016 was elected President of the Psychiatry Section of the Royal Society of Medicine. His clinical work focusses on the intersection of physical and mental health.



Price:	AU \$39.99	NZ \$45.00
ISBN:	9781838950316	
Format:	C-Format HB	
Package Type:	HARD BACK	
Dimensions:	234h x 156w mm	
Extent:	320 pages	
Bic1:	Popular medicine & health	
Author now living:		



Black and Blue

Parm Sandhu

A controversial and inspirational true life story that details the appalling prejudice faced by the most senior BAME officer in the London Metropolitan police force.

Description

In an enthralling narrative, Parm Sandhu chronicles her journey from life in 1960s Birmingham as the fourth child of immigrants from the Punjab to the senior ranks of the Met. Forced into an abusive arranged marriage aged just 16, Parm eventually picked up her newborn son and escaped to London. After several years working in the DHSS, she joined the Met as a constable.

In a police career lasting thirty years, she worked in everything from crime prevention to counter-terrorism, however, her time on the force was chequered throughout with incidents of racial and gender discrimination, and she eventually found herself facing a spurious charge of gross misconduct.

In Black and Blue Parm tells her shocking story and of her quest for justice in her police work and for herself. It is a story that cannot fail to inspire anyone who has experienced prejudice or abuse of any kind.

About the Author

Parm Sandhu joined the police in 1989 and rose through the ranks to become the highest ranking female Asian officer in the Met. Among many honours, Parm has been awarded Asian Women of the Year, the Vasakhi Award (Mayor of London) and Sikh Women of Distinction (Sikh Women's Alliance).

Stuart Prebble was for many years a leading television journalist, notably on ITV's World in Action programme, and later became CEO of ITV. He is now a successful producer and writer.

Price: **AU \$39.99** **NZ \$45.00**
 ISBN: **9781838952648**
 Format: **C-Format HB**
 Package Type: **HARD BACK**
 Dimensions: **234h x 156w mm**
 Extent: **336 pages**
 Bic1: **Autobiography: general**
 Author now living:

The Irish Assassins

Julie Kavanagh

A brilliant work of historical true crime charting a pivotal event in the 19th century that gripped the world and forever altered the course of Irish history.

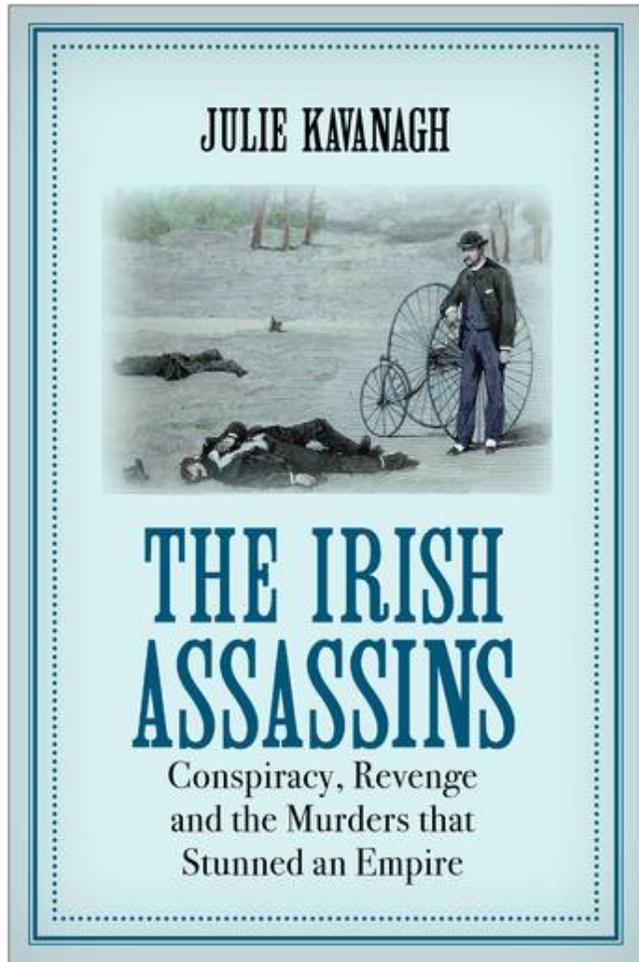
Description

On a sunlit evening in 1882, Lord Frederick Cavendish and Thomas Burke, Chief Secretary and Undersecretary for Ireland, were ambushed and stabbed to death while strolling through Phoenix Park in Dublin. The murders were funded by American supporters of Irish independence and carried out by the Invincibles, a militant faction of republicans armed with specially-made surgeon's blades. They ended what should have been a turning point in Anglo-Irish relations. A new spirit of goodwill had been burgeoning between British Prime Minister William Gladstone and Ireland's leader Charles Stewart Parnell, with both men forging in secret a pact to achieve peace and independence in Ireland - with the newly appointed Cavendish, Gladstone's protege, to play an instrumental role in helping to do so. The impact of the Phoenix Park murders was so cataclysmic that it destroyed the pact, almost brought down the government and set in motion repercussions that would last long into the twentieth century.

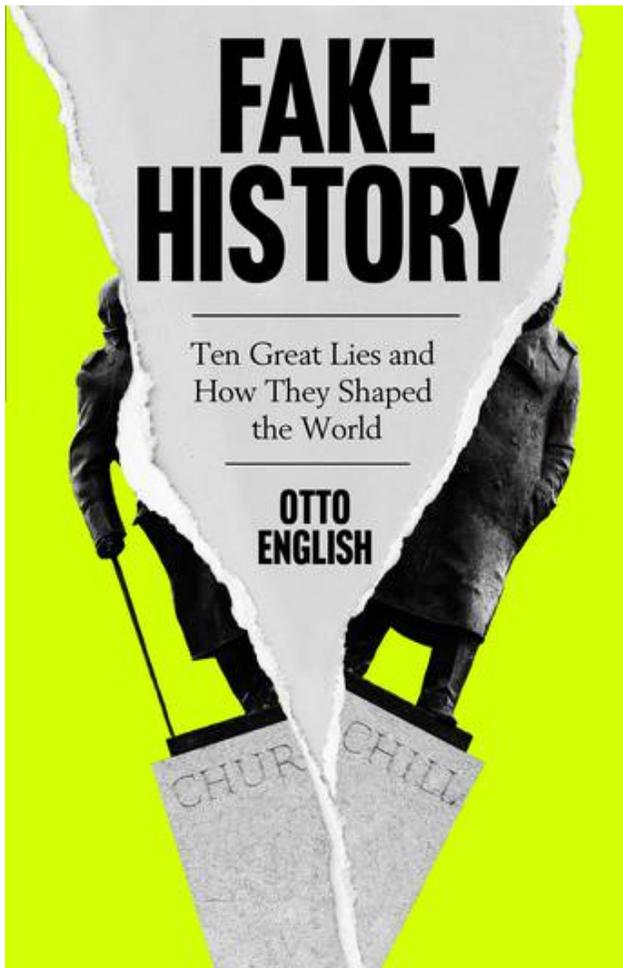
In a story that spans Donegal, Dublin, London, Paris, New York, Cannes and Cape Town, Julie Kavanagh thrillingly traces the crucial events that came before and after the murders. From the adulterous affair that caused Parnell's downfall to Queen Victoria's prurient obsession with the assassinations and the investigation spearheaded by Superintendent John Mallon, also known as the 'Irish Sherlock Holmes', culminating in the eventual betrayal and clandestine escape of leading Invincible James Carey and his murder on the high seas, *The Irish Assassins* brings us intimately into this fascinating story that shaped Irish politics and engulfed an empire. This is an unputdownable book from one of our most 'compulsively readable' (Guardian) writers.

About the Author

Julie Kavanagh trained as a dancer at the Royal Ballet School. She has worked as the ballet critic of the Spectator, arts editor of Harper's and Queen and London editor of Vanity Fair and the New Yorker. Her books include *Secret Muses*, *Rudolf Nureyev* and *The Girl Who Loved Camellias*.



Price: **AU \$39.99** **NZ \$45.00**
 ISBN: **9781611856415**
 Format: **C-Format HB**
 Package Type: **HARD BACK**
 Dimensions: **234h x 156w mm**
 Extent: **336 pages**
 Bc1: **General & world history**
 Author now living:



Fake History Otto English

A fun, authoritative and alternative history of the world that exposes some of the biggest lies ever told and how they've been used over time.

Description

Lincoln did not believe all men were created equal.

The Aztecs were not slaughtered by the Spanish Conquistadors.

And Churchill was not the man that people love to remember.

Taking the ten biggest lies from history and looking at the people who propagated them, social commentator and expert historian Otto English shows how our past has been bent and broken, used and abused over time to fit the ends of some of the world's most powerful people.

Whether it's Donald Trump, Kim Jong-Il or Aung San Suu Kyi, the media or people in your newsfeed, Fake History explores the ways in which everything we think we know is shaped and sold back to us as 'lessons from history'. From creating nation myths and forging 1984-style imaginary wars to how apologies can alter perceptions and how we can even dramatically shape our own image, Otto English sets out to redress the balance and to reclaim history from those who seek to pervert it.

Fake History is an alternative history of the world that you weren't taught in school.

Taking the ten biggest lies from history and looking at the people who propagated them, social commentator and expert historian Otto English shows how our past has been bent and broken, used and abused over time to fit the ends of some of the world's most powerful people.

About the Author

Otto English is the pen name of author and journalist Andrew Scott. From 2010, Scott began writing and tweeting about politics and history, gaining attention for his itinerant blog, he moved into journalism and has since written for Politico, the Independent, New Statesman, Daily Mail and many other publications. He has always been fascinated by the writing of history and the creation of political narratives, and has spoken about them on BBC News, BBC Radio 4 and LBC. He lives in South East London with his wife and two children.

Price: **AU \$39.99** **NZ \$45.00**
 ISBN: **9781787396395**
 Format: **Misc HB**
 Package Type: **HARD BACK**
 Dimensions: **153h x 234w mm**
 Extent: **320 pages**
 Bic1: **General & world history**
 Author now living:

Everyone in This Room Will Someday Be Dead

Emily Austin



Fans of *Exciting Times* and *Convenience Store Woman* will devour this funny and original literary debut about the unintentional consequences of anxiety and the relentless pressures of modern life, starring the most unforgettable literary creation since Eleanor Oliphant and Fleabag.

Description

'The perfect blend of macabre and funny' - BuzzFeed, Most Anticipated Books of 2021

Meet Gilda. She cannot stop thinking about death. Desperate for relief from her anxious mind and alienated from her repressive family, she responds to a flyer for free therapy at a local church and finds herself abruptly hired to replace the deceased receptionist Grace. It's not the most obvious job - she's queer and an atheist for starters - and so in between trying to learn mass, hiding her new maybe-girlfriend and conducting an amateur investigation into Grace's death, Gilda must avoid revealing the truth of her mortifying existence.

A blend of warmth, deadpan humour, and pitch-perfect observations about the human condition, *Everyone in This Room Will Someday Be Dead* is a crackling exploration of what it takes to stay afloat in a world where your expiration - and the expiration of those you love - is the only certainty.

About the Author

Emily Austin was born in Ontario, Canada. She studied English literature and library science at Western University. She currently lives in Ottawa.

Price: **AU \$39.99** **NZ \$45.00**
 ISBN: **9781838953737**
 Format: **Demy**
 Package Type: **HARD BACK**
 Dimensions: **216h x 138w mm**
 Extent: **256 pages**
 Bic1: Modern & contemporary fiction (post c 1945)
 Author now living:

We Play Ourselves

Jen Silverman

Reading like a cross between Shelia Heti's *How Should A Person Be?* and Lily King's *Writers & Lovers*, *We Play Ourselves* is a wildly entertaining debut novel of female rage, self-sabotage, the pursuit of fame and the costs of artistic ambition.

Description

'Witty...Earnest...Laugh-out-loud...Pitch-perfect' - New York Times

In the pursuit of fame, how do you know when you've gone too far?

Not too long ago, Cass was a promising young playwright in New York. But at the height of all this attention, she found herself at the centre of a searing public shaming, and fled to Los Angeles to escape - and reinvent herself. Once there, she meets her next-door neighbour Caroline, an enigmatic filmmaker, who is constantly flanked by the stars of her current project: a group of teenage girls. As Cass is drawn into the film's orbit, she is awed by Caroline's drive and confidence. But over time, she becomes troubled by how deeply Caroline is manipulating the teens in the name of art - especially as the consequences become increasingly disturbing. With her past proving hard to shake and her future one she's no longer sure she wants, Cass is forced to reckon with her own ambitions and confront the steep price of success.

'Funny, sharp, modern - this is an excellent debut novel. Its bold, edgy, strange heroine has adventures and misadventures, screws up again and again, but somehow won my love. I couldn't put this book down.' - Weike Wang, PEN/Hemingway-award winning author of *Chemistry*

About the Author

Jen Silverman is a New York-based writer and playwright. She is the author of the story collection *The Island Dwellers* (2018). Her work has appeared in *Ploughshares*, *Prairie Schooner*, *The Gettysburg Review*, and *The Baffler*, among others. Her plays include *Collective Rage: A Play in 5 Betties*, which was at the Southwark Playhouse, and *The Moors*, *The Roommate*, and *Witch*. *We Play Ourselves* is her debut novel.

www.jensilverman.com

jen silverman we play ourselves

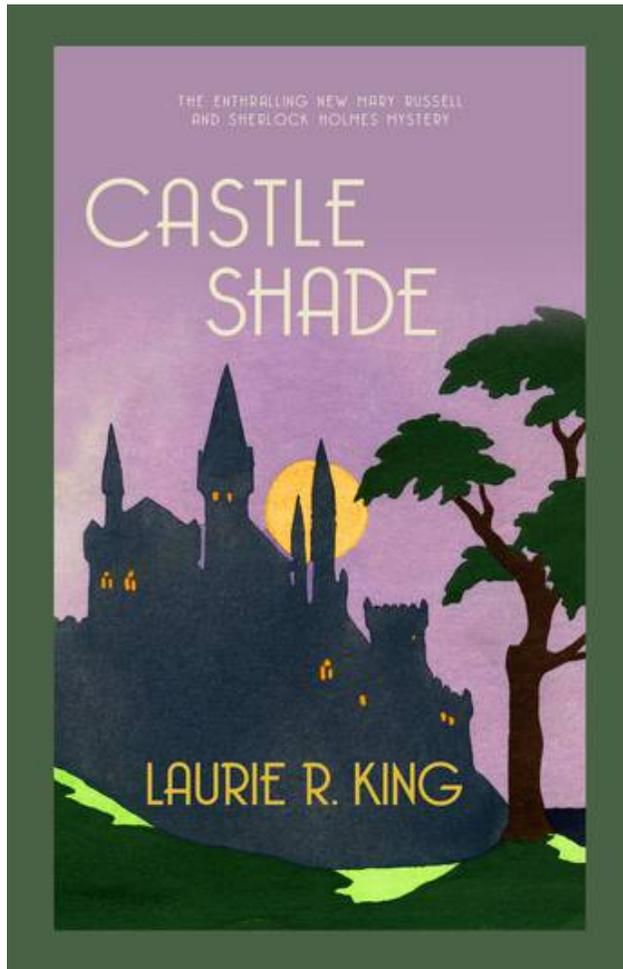


'funny, sharp, modern - this is an excellent debut'
weike wang, author of *chemistry*

Price: **AU \$39.99** **NZ \$45.00**
ISBN: **9781838954307**
Format: **Demy**
Package Type: **HARD BACK**
Dimensions: **216h x 138w mm**
Extent: **336 pages**
Bic1: **Modern & contemporary fiction (post c 1945)**
Author now living:

Castle Shade

Laurie R. King



A queen, a castle, a dark and ageless threat--all await Mary Russell and Sherlock Holmes in this chilling new adventure.

Description

The queen is Marie of Roumania: the doubly royal granddaughter to Victoria, Empress of the British Empire, and Alexander II, Tsar of Russia. A famous beauty who was married at seventeen into Roumania's young dynasty, Marie had beguiled the Paris Peace Conference into returning her adopted country's long-lost provinces, single-handedly transforming Roumania from a backwater into a force.

The castle is Bran: a tall, quirky, ancient structure perched on high rocks overlooking the border between Roumania and its newly regained territory of Transylvania. The castle was a gift to Queen Marie, a thanks from her people, and she loves it as she loves her own children.

The threat is...now, that is less clear. Shadowy figures, vague whispers, the fears of girls, dangers that may only be accidents. But this is a land of long memory and hidden corners, a land that had known Vlad the Impaler, a land from whose churchyards the shades creep.

About the Author

Laurie R. King has won many awards for her work including the prestigious John Creasey Dagger, the Edgar, the Nero and Macavity Awards. Her background includes such diverse interests as Old Testament theology and construction work, and she is the author of highly praised stand-alone suspense novels and a contemporary mystery series, as well as the Mary Russell & Sherlock Holmes series. She lives in North California.

Price: **AU \$39.99** **NZ \$45.00**
 ISBN: **9780749027469**
 Format: **Demy**
 Package Type: **HARD BACK**
 Dimensions: **216h x 135w mm**
 Extent: **368 pages**
 Bic1: Historical mysteries
 Author now living:

Murder at Madame Tussauds**Jim Eldridge**

London, 1896. Madame Tussauds opens to find one of its nightwatchmen decapitated and his colleague nowhere to be found.

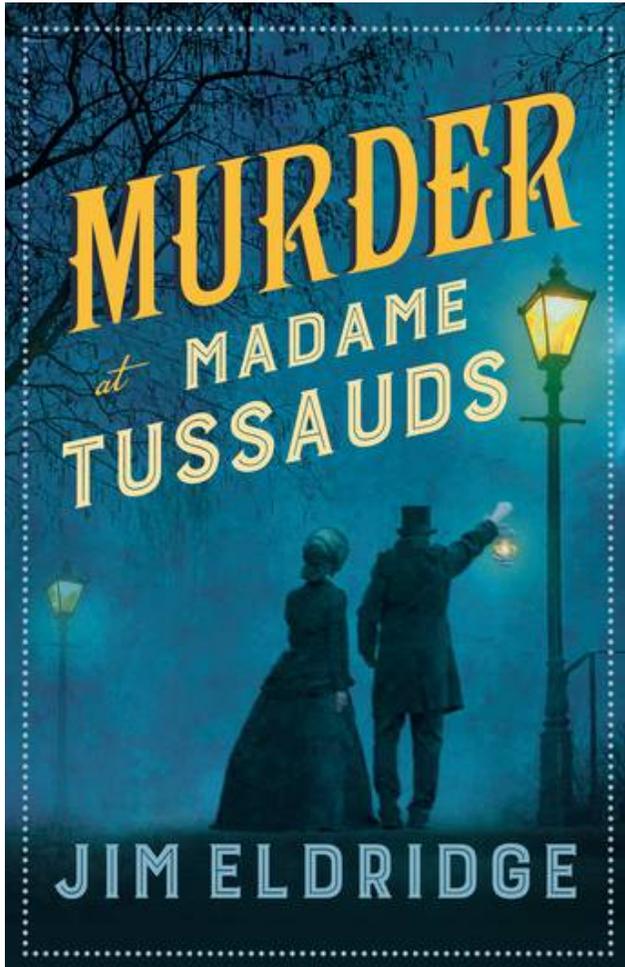
Description

London, 1896. Madame Tussauds opens to find one of its nightwatchmen decapitated and his colleague nowhere to be found. To the police, the case seems simple: one killed the other and fled, but workers at the museum aren't convinced. Although forbidden contact by his superior officer, Scotland Yard detective John Feather secretly enlists 'The Museum Detectives' Daniel Wilson and Abigail Fenton to aid the police investigation.

When the body of the missing nightwatchman is discovered encased within a wax figure, the case suddenly becomes more complex. With questions over rival museums, the dead men's pasts and a series of bank raids plaguing the city, Wilson and Fenton face their most intriguing and dangerous case yet.

About the Author

Jim Eldridge has had over one hundred books published, which have sold over three million copies. He is also a radio, TV and movie scriptwriter who has had 250 TV scripts broadcast in the UK and internationally. He lives in Sevenoaks, Kent.



Price: **AU \$39.99** **NZ \$45.00**
 ISBN: **9780749027759**
 Format: **Demy**
 Package Type: **HARD BACK**
 Dimensions: **216h x 134w mm**
 Extent: **pages**
 Bic1: **Thriller / suspense**
 Author now living: **None**

The Dartmoor Murders

Stephanie Austin

When Juno Browne purchases a wardrobe to stock in her fledgling antiques store, she doesn't expect to find a dead body inside.

Description

When Juno Browne purchases a wardrobe to stock in her fledgling antiques store, she doesn't expect to find a dead body inside. And when the man she bought it from, rascally farmer Fred Crick, is found battered to death in his blazing cottage, the hunt for a double murderer is on. Despite the police struggling to connect the two deaths, this time Juno is resolved to ignore her impulse to investigate.

Until, that is, a stranger arrives who bears an uncanny resemblance to the dead man in the wardrobe. Determined to discover how his identical twin brother died and impressed by Juno's reputation in the local press as Ashburton's amateur sleuth, Henry tries to drag her into his quest to solve the mystery, with disastrous results.

About the Author

Stephanie Austin has enjoyed a varied career, working as an artist and an antiques trader, but also for the Devon Schools Library Service. When not writing she is actively involved in amateur theatre as a director and actor, and attempts to be a competent gardener and cook. She lives in Devon.

Price: **AU \$39.99** **NZ \$45.00**
ISBN: **9780749027902**
Format: **Demy**
Package Type: **HARD BACK**
Dimensions: **216h x 134w mm**
Extent: **pages**
Bic1: **Crime & mystery**
Author now living: