



murdoch books

New Books APRIL 2021



murdoch books

'... generous, bright and warm, exactly the type of food I want to cook again and again.' *Hetty McKimmon*



## IN GOOD COMPANY

Simple, generous recipes and ideas for get-togethers and good times

SOPHIE HANSEN

**Country hospitality, deliciously do-able recipes and simple ideas for bringing people together.**

Ask anyone to tell you about the most memorable meal of their life and they won't give you a chronological playback of what they ate; they'll tell you about how that meal made them feel.

Whether it's a last-minute dinner with neighbours, a family feast or a casual summer picnic, Sophie Hansen has done the thinking for you and designed menus featuring 120 recipes that are simple, tasty and perfect for sharing. She also includes ideas for creating a memorable atmosphere for any gathering, large or small, plus advice on how to embrace shortcuts to take the pressure off, so you can focus on enjoying the good times rather than stressing in the kitchen.

*In Good Company* is filled with all the recipes and inspiration you need to encourage you to throw open your doors and invite people in, because there's never been a better time to bring people together.

**Sophie Hansen is a journalist and the author of *A Basket by The Door*. She lives on a farm outside Orange in country NSW.**

MURDOCH BOOKS • 9781922351135  
\$39.99 • HB • © • FOOD & DRINK

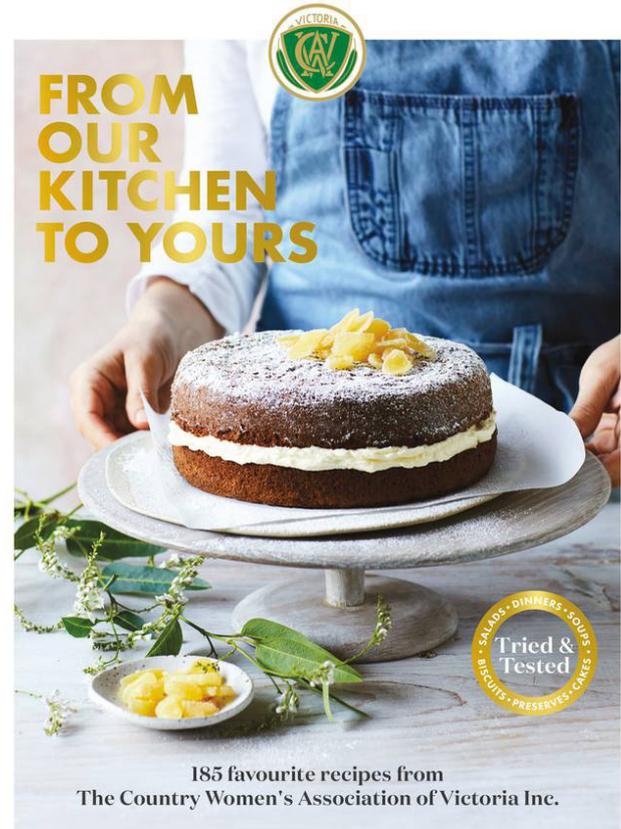
## FROM OUR KITCHEN TO YOURS

185 favourite recipes from the Country Women's  
Association of Victoria Inc  
THE COUNTRY WOMEN'S ASSOCIATION OF  
VICTORIA INC.

**A collection of tried and tested, family favourite  
Australian recipes.**

The recipes gathered here come from the wonderful cooks of The Country Women's Association of Victoria Inc., some of whom would never have envisaged that their recipes would still be in such demand. The 185 tested and true recipes in this book have been shared countless times between friends and published as community cookbooks to raise funds for cash-strapped good causes. Food tastes may have changed and evolved, but these recipes stand the test of time—Tex Mex Fish with Crispy Potato Slices to feed a hungry family; Lamb, Lentil and Rosemary Soup to give as a gift to a neighbour who might need a helping hand; or Orange Poppyseed and Cardamon Biscuits to share with a friend with a strong cup of tea. There are recipes for breakfasts, morning teas, soups, salads, vegetarian dishes, main meals, jams, chutneys and preserves, updated with additional tips and hints to ensure success for the most inexperienced modern cook.

**The Country Women's Association of Victoria Inc. was formed in 1928 to make life better for families, especially those living in rural and remote Australia.**



MURDOCH BOOKS • 9781922351296  
\$ 36.99 • HB • • FOOD & DRINK



MURDOCH BOOKS • 9781760525767  
\$32.99 • PB • © • MEMOIR

## TEA & HONESTY

Heartfelt conversations. Lessons learned. Stories shared.  
JULES SEBASTIAN

**Warm, heartfelt conversations with inspirational figures about the feelings and experiences common to us all, and a personal insight into one of Australia's most beloved celebrity couples, Guy and Jules Sebastian.**

On her much-loved *Tea with Jules* programme on YouTube, Jules Sebastian captures beautiful conversations, many of them with Australian icons, women and men from all walks of life about their pivotal experiences. These stories range the full spectrum—covering motherhood, relationships, career, lifestyle, health and more—and are at times both raw, moving and poignant. These conversations have shaped Jules' own life, helping her navigate her role as a career woman, mother, daughter and wife of one of Australia's most popular musicians, Guy Sebastian.

Offering snippets of heartfelt life advice from well-known contributors such as Kate Ritchie, Emma Isaacs, Camilla Franks, Rachael Finch and Neale Whitaker, with beautiful quotes and break out inspiration, this is the perfect treat to curl up on the sofa with, cup of tea in hand, or to give your favourite friend or family member to let them know that they are not alone.

**Jules Sebastian is a TV presenter, stylist, public speaker and philanthropist. She is the Founder of The Sebastian Foundation, which focuses on community needs and the next generation of youth in Australia.**

## DAYS LIKE THESE

A comforting, practical companion for tired and terrific  
mums

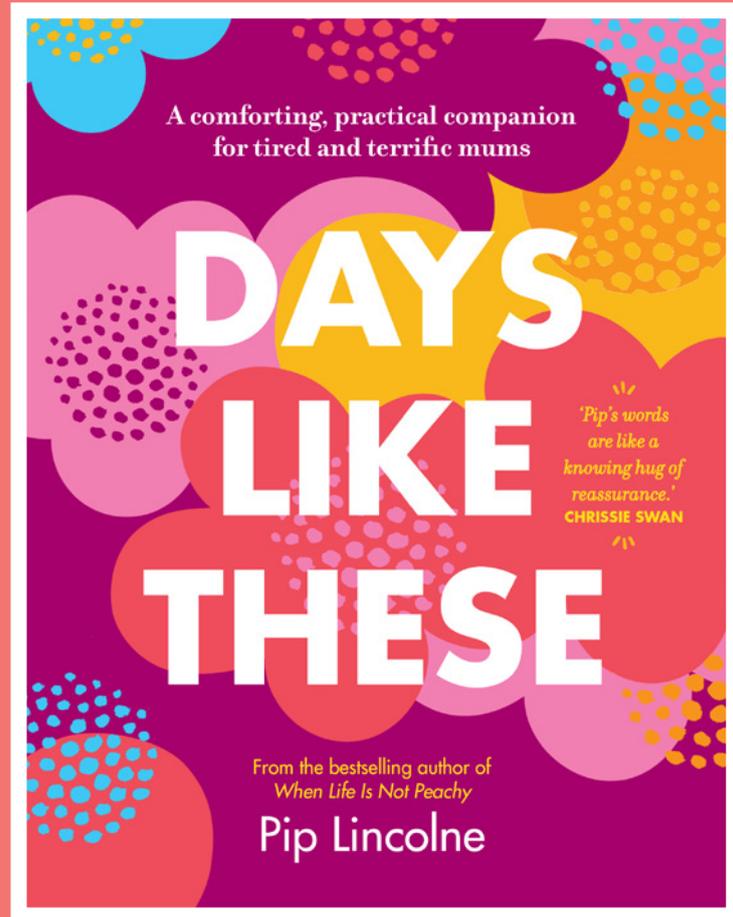
PIP LINCOLNE

**An exquisitely illustrated uplifting self-care guide for mothers by the bestselling author of *When Life is Not Peachy*.**

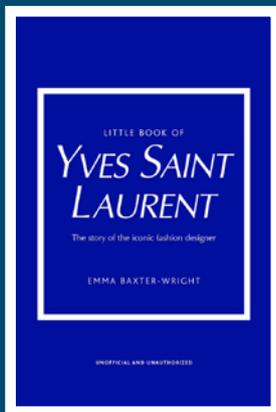
Mums are the greatest yet least appreciated humans and it's time they had their own huggable book all about mum care! Whether your child is 2 or 20, it can be easy to get lost in day-to-day survival mode and forget the long game—the magic you have already made and that they really will be OK in the end.

*Days Like These* is an uplifting guide to supporting yourself and other mums you know. Let bestselling author Pip Lincolne remind you that it's fine to go slow as she helps you shift expectations (so many expectations!), drop the guilt, choose fresh ways to measure success, find yourself again and remember the things that delight you in the everyday. Because you are not alone and sometimes we all need a reminder that we're doing our best on this life-changing journey called motherhood.

**Pip Lincolne is best known for her popular blog *Meet Me at Mike's* and bestselling books *When Life Is Not Peachy* and *Craft for the Soul*. She has also spent the last decade tapping into all things parenting and mum life as a features writer for *Kidspot* and *Babyology*.**



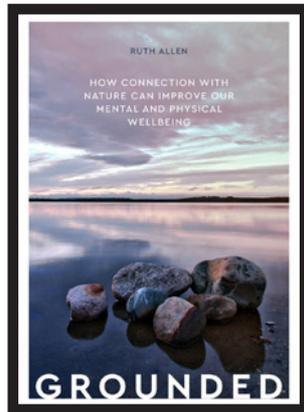
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\$32.99 • HB • © • PERSONAL DEVELOPMENT



WELBECK · 9781787395541  
\$24.99 · HB · · FASHION

## LITTLE BOOK OF YVES SAINT LAURENT EMMA BAXTER-WRIGHT

An enigmatic, daring and astonishingly creative designer, Yves Saint Laurent is credited with the elevation of haute couture to fine art, turning the fashion show into a spectacle of breathtaking proportions, and revolutionising the gendered norms of womenswear. *Little Book of Yves Saint Laurent* is a pocket-sized and exquisitely illustrated story of 60 years of innovative fashion design that makes a stylish gift for any lover of fashion.

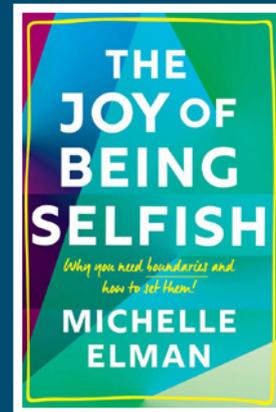


WELBECK · 9781787395862  
\$29.99 · HB · · MIND, BODY, SPIRIT

## GROUNDED

How connection with nature can improve our mental and physical wellbeing  
RUTH ALLEN

Reflecting on nature's unknowable and mysterious qualities, *Grounded* explores how we can therapeutically benefit from a deeper connection with nature, finding within it balance, stillness, solitude, resilience, contentment, activity, fearlessness—and our own wild voice. In addition to practical exercises and mindful activities, there are personal stories and thought-provoking questions that will help us understand what it means to be alive in the natural world, and in the moment.



WELBECK · 9781787396777  
\$32.99 · HB · · PERSONAL DEVELOPMENT

## THE JOY OF BEING SELFISH

Why you need boundaries and how to set them  
MICHELLE ELMAN

Life coach and influencer '@scarrednotscared' Michelle Elman is here to teach you about reclaiming your life through the art of boundaries. The practical side of self-love, creating and upholding strong boundaries will teach others how to treat you, rid your life of drama and toxic relationships, and allow you to love yourself and others in the best way possible. It's time to discover the joy being selfish.

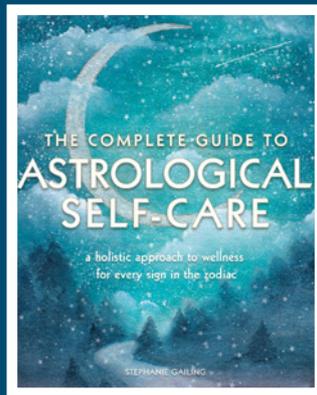


ORANGE HIPPO • 9781800690011  
\$12.99 • HB •  • GIFT BOOK

## THE LITTLE BOOK OF MUM

Little words of strength, wisdom and love  
ORANGE HIPPO!

Brimming with messages of love, practical tips, inspiring quotes, heartfelt reflections and funny anecdotes, *The Little Book of Mum* is the ultimate ode to the highs and lows of motherhood. Mum, mom, mama, mumsy—whatever you call yours, she'll love this little guide designed to bring reassurance to mothers looking for a pocket of peace amongst the chaos.

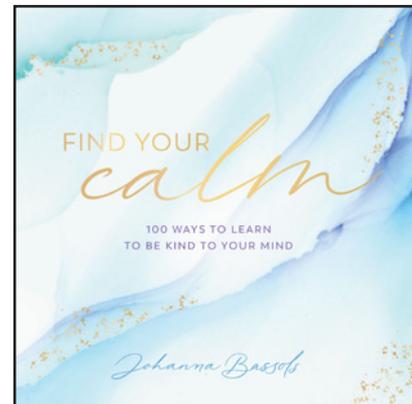


WELLFLEET • 9781577152415  
\$24.99 • PB •  • PERSONAL DEVELOPMENT

## THE COMPLETE GUIDE TO ASTROLOGICAL SELF-CARE

A holistic approach to wellness for every sign in the zodiac  
STEPHANIE GAILING

The keys to wellness are written in the stars. In *The Complete Guide to Astrological Self-Care*, astrologer Stephanie Gailing offers a modern approach to the ancient healing art of medical astrology using foods, essential oils, flower essences, spa therapies, relaxation practices, and other popular alternative healing tools as they relate to specific astrological signs.



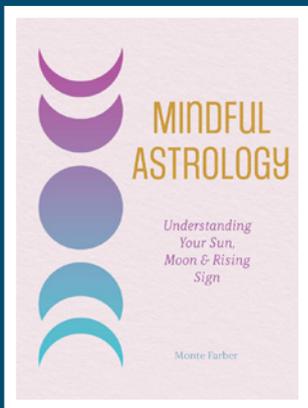
ROCK POINT GIFT & STATIONERY • 9781631067556  
\$29.99 • HB •  • PERSONAL DEVELOPMENT

## FIND YOUR CALM

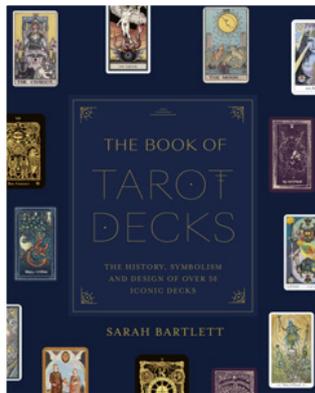
100 ways to learn to be kind to your mind  
JOHANNA BASSOLS

Beautiful, inspirational, and practical, *Find Your Calm* shows you how to recognise your negative mental patterns and reprogram your thinking to live your best life. Let Johanna Bassols, a recognised thought leader, guide you on this journey to transform your mind through exercises designed to free your life of clutter and bring calm, balance, peace and focus, reaffirming your truest self.

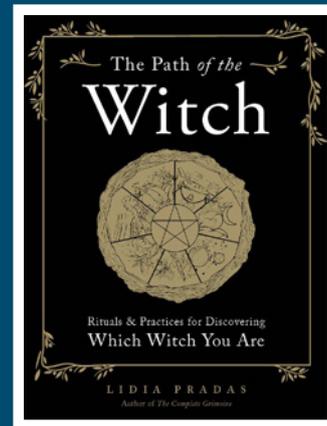




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9781631067471  
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WHITE LION PUBLISHING · 9780711251717  
\$35.00 · HB · 🌀 · MIND, BODY, SPIRIT



FAIR WINDS PRESS · 9781589239838  
\$32.99 · PB · 🌀 · MIND, BODY, SPIRIT

## MINDFUL ASTROLOGY

Finding peace of mind according to your sun, moon, and rising sign  
MONTE FARBER

Find out who you and the others in your life truly are. In *Mindful Astrology*, best-selling self-help author Monte Farber helps you interpret the balance of the underlying components of sun, moon and rising signs to decipher yourself and others, and as a mindful practice to recharge your mind, body and spirit. *Mindful Astrology* makes learning everything you need to know about this mysterious divination method simple, fun and amazing for beginners and experts alike!

## THE BOOK OF TAROT DECKS

The history, symbolism and design of over 50 decks  
SARAH BARTLETT

Discover the secrets of 50 of the most iconic, mysterious and beautiful tarot decks ever created. In *The Book of Tarot Decks*, international bestselling author Sarah Bartlett tells the powerful stories of how each was devised and designed, showcasing their most exemplary cards. Revealing the hidden truths of the mystics and artists who have shaped the symbolic art of tarot, this is the perfect book for collectors, cartomancers, designers, tattoo artists and anyone interested in the art and mystery of tarot.

## THE PATH OF THE WITCH

Rituals & practices for discovering which witch you are  
LIDIA PRADAS

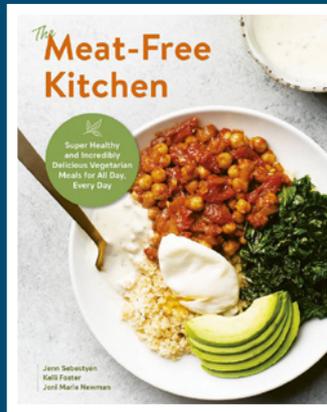
*The Path of the Witch* is a practical and authentic guide to the different paths of witchcraft by Lidia Pradas, creator of the hugely popular Instagram handle *Wiccan Tips*. Elegantly designed and gorgeously illustrated, it describes the many different types of witches, their gifts and abilities, and their practices. Each path shows readers activities and rituals that they can use to discover and explore that type of witchcraft and discern which one is the fit for them. Which witch are you?

# THE ECO HERO HANDBOOK

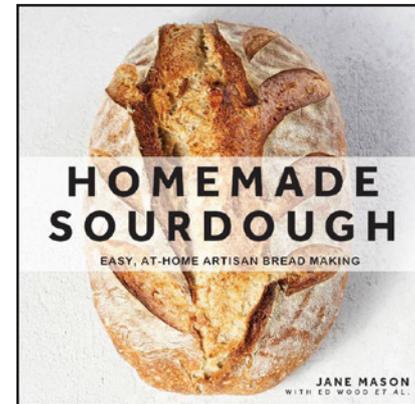
EVERYDAY SOLUTIONS TO  
TOMORROW'S PROBLEMS

TESSA WARDLEY

IVY PRESS · 9780711254633  
\$19.99 · HB ·  · POPULAR SCIENCE



FAIR WINDS PRESS · 9780760370988  
\$32.99 · PB ·  · FOOD & DRINK



CHARTWELL CRESTLINE · 9780785838999  
\$24.99 · HB ·  · FOOD & DRINK

## THE ECO HERO HANDBOOK

Everyday solutions to tomorrow's problems  
TESSA WARDLEY

As we face a global environmental crisis, *The Eco Hero Handbook* addresses all your eco-anxieties and dilemmas to empower you to become part of the solution. Looking behind the slogans and exploring the myths, this handy guide offers a clear and balanced exploration of the major eco-debates, enabling you to make decisions based on facts. Featuring practical steps for positive action in all areas of your life, it will help you find solutions to all your environment-related challenges.

## THE MEAT-FREE KITCHEN

JENN SEBESTYEN, KELLI FOSTER  
AND JONI MARIE NEWMAN

Improve the health of your family and the planet with more than 125 delicious, plant-based, easy-to-prepare recipes for every meal of the day. *The Meat-Free Kitchen* has all the recipes you need for busy weeknights, packed weekends or whenever you feel like trying out a meat-free meal from yummy breakfasts to satisfying salads, hearty soups, handheld snacks, perfect pastas and one-pot wonders. Many of these recipes can also be made in 30 minutes or less so preparing meatless meals has never been simpler!

## HOMEMADE SOURDOUGH

Easy, at-home artisan bread making  
JANE MASON

Start, grow and bake your own delicious sourdough bread, with or without commercial yeast! *Homemade Sourdough* expertly guides you through every step of the process and beyond. You'll find dozens of delicious recipes, not just for bread but for other baked goods, from muffins to pizza crust. Sourdough bread baking is a great skill for a sustainable, self-sufficient lifestyle and provides the added health benefits of being made through fermentation and having lower amounts of gluten. Foodies, farmers, DIYers, and locavores—you will want to devour this book.





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