

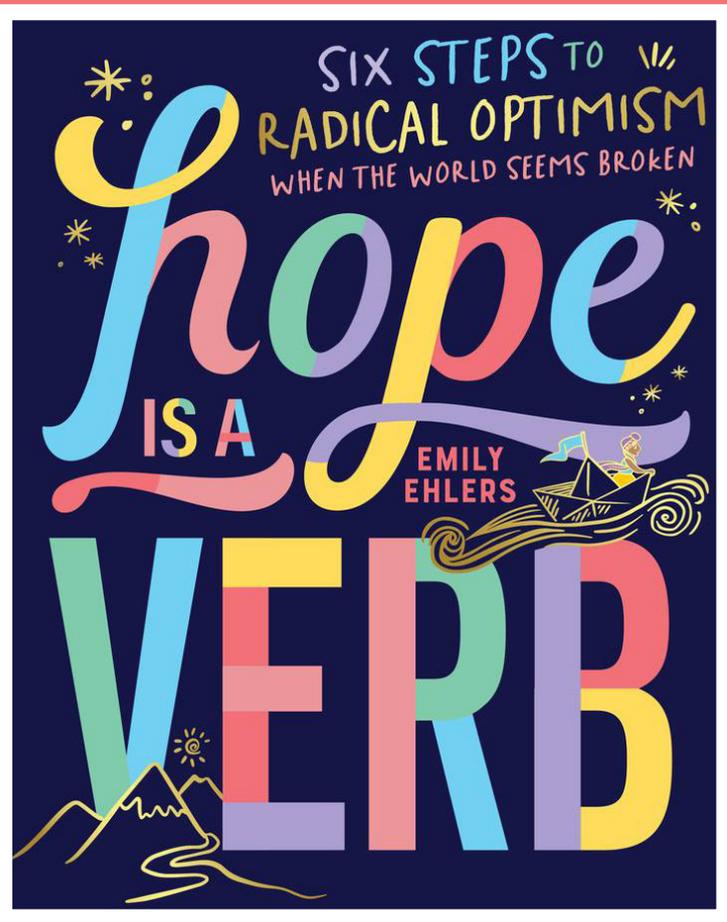


murdoch books

New Books MAY 2021 NEW ZEALAND



murdoch books



## HOPE IS A VERB

Six steps to radical optimism when the world seems broken

EMILY EHLERS

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

When the world feels uncertain, we need hope, humour and meaningful action. *Hope Is a Verb* is the ideal handbook for anyone freaked out about the state of the planet.

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

The future is calling. Let's answer!

**Emily Ehlers is a writer, illustrator, speaker and nature lover whose upbeat Instagram feed @ecowithem focuses on arty activism ('artivism').**

MURDOCH BOOKS • 9781922351340  
\$32.99 • HB • © • GIFT BOOKS

## SINGLE PRINGLE

Stop wishing away your single life and learn to flourish  
alone  
STACEY JUNE

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

We're encouraged to be comfortable doing our own thing these days. Female empowerment! Be independent! But many of us have yet to master the tools for living happily on our own. Stacey June is here to help! With the assistance of a whole slew of experts, a wild variety of romantic and sexual partners, a few fairly average boyfriends, and some healers, yogis and 'kumbaya' moments, Stacey dives into the principles of being comfortable alone, living independently and going after every opportunity in life.

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

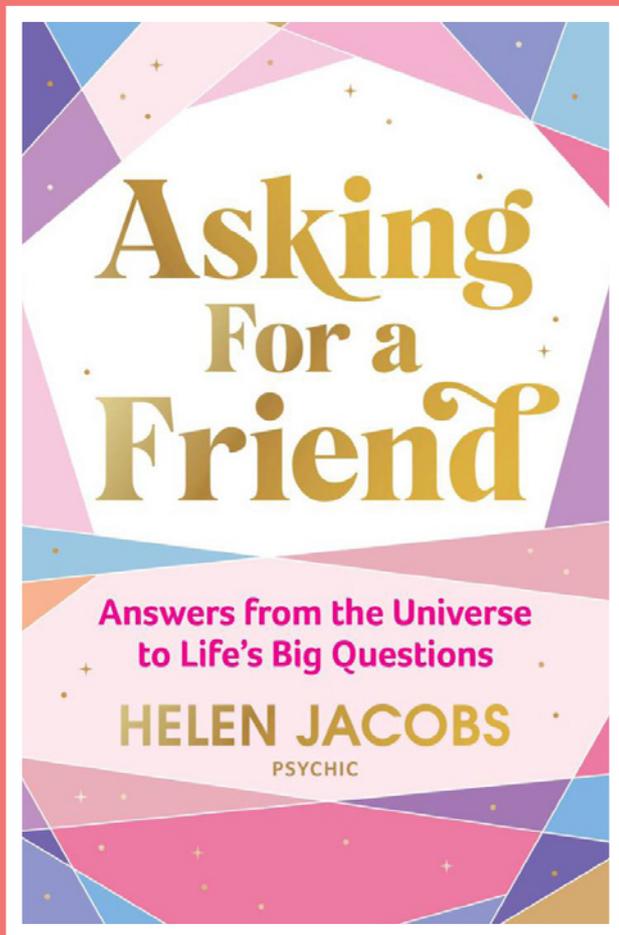
**Stacey June is the creator of The Thinkergirls and a podcast network founder, TV presenter and self-care coach.**

# Single Pringle



## Stacey June

The Queen behind The Thinkergirls and Single Pringle Society



MURDOCH BOOKS · 9781922351432  
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## ASKING FOR A FRIEND

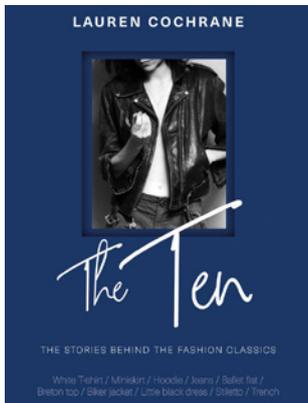
Answers from the universe to life's big questions  
HELEN JACOBS

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

No matter what our differences are, we all ultimately ask the same big questions of life. When will I find love? What happens when we die? Why do bad things happen to good people? How do I go on? As a psychic, Helen Jacobs has heard just about every curly question there is. *Asking For A Friend* provides answers from the spirit realm, with a side dose of hope, comfort and gentle guidance to those navigating challenging times.

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

**Helen Jacobs was a successful PR and marketing executive who left her thriving career to become a full-time psychic. She is the author of *You Already Know*.**



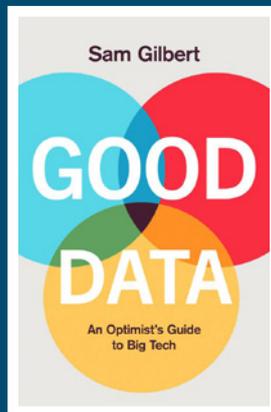
WELBECK • 9781787395053  
\$32.99 • HB •  • FASHION

## THE TEN

How and why we wear the fashion classics

LAUREN COCHRANE

White T-shirt, miniskirt, hoodie, jeans, ballet flat, Breton top, biker jacket, Little Black Dress, stiletto, trench. Familiar, commonplace, ubiquitous—each piece has become an emblem of a certain style, carrying its own connotations and historical significance. They're vessels that hold the history of style, politics and identity: while trends may come and go, these are here to stay. *The Ten* includes explorations into each item's history, how it gained its reputation, and what it means today, accompanied by stylish photography and illustrations.



WELBECK • 9781787396340  
\$32.99 • PB •  • DIGITAL LIFESTYLE

## GOOD DATA

An optimist's guide to our digital future  
SAM GILBERT

Digital technology is now so pervasive that it's very hard to escape its influence, and with that growth comes fear. But whatever the news has told you about data and technology, think again. Data expert and tech insider Sam Gilbert shows that, actually, this data revolution could be the best thing that ever happened to us. *Good Data* will make you rethink everything you thought you knew about data, privacy and the future of Big Tech. We are standing on the edge of greatness, we just need to know how to get there.



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\$32.99 • PB •  • MIND, BODY, SPIRIT

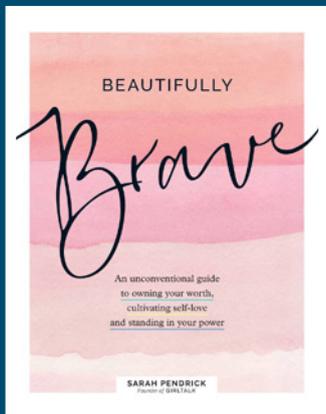
## MAGICKAL TAROT

Spreads, spellwork, and ritual for creating your life

ROBYN VALENTINE

Tarot is a powerful tool for divination. Its magick, however, goes far beyond fortune-telling and prediction. Tarot cards represent situations we experience as we progress through the journey of life, with each card holding specific messages of perspective and guidance. Written by @TiredWitch creator Robyn Valentine, *Magickal Tarot* helps you tap into the energy of the cards making your tarot deck a powerful magickal tool you can use to invoke specific outcomes in spells and ritual work.

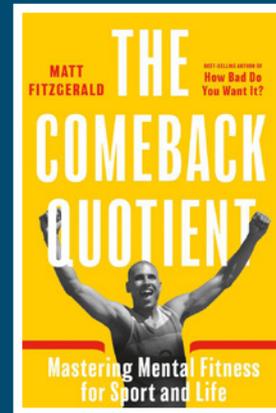




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## BEAUTIFULLY BRAVE

An unconventional guide to owning your worth, cultivating self-love, and standing in your power

SARAH PENDRICK

It's easy to feel unworthy of all the amazing things that life has to offer. Self-doubt can keep us from living fulfilling lives. *Beautifully Brave* provides a road map for building self-belief and self-love with practices that promote growth. Return to this beautiful book time and time again for instant support—just flip through to find exactly what you need for every situation. Be your own best friend, unleash the inner you and cultivate a life full of greatness.

## FOOD X FIRE

DEREK WOLF

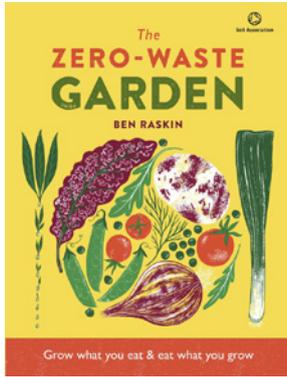
Join live fire cooking expert Derek Wolf to discover the secrets to great flavour. Master the art of starting cooking fires and learn about the best fuel sources. Then tackle a variety of recipes using direct heat and indirect heat, mastering skillet, skewers and more along the way. *Food X Fire*, based on the popular blog and Instagram *Over the Fire Cooking*, covers everything from easy wins for live fire grilling beginners to unique techniques from around the world. It's everything you need to cook your next meal by fire.

## COMEBACK QUOTIENT

Mastering mental fitness for sport and life

MATT FITZGERALD

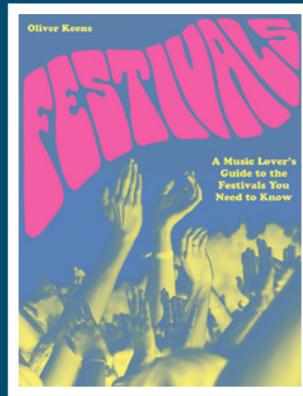
Best-selling sportswriter Matt Fitzgerald examines some of the most astonishing sporting comebacks to uncover their secrets. Why are some athletes able to overcome overwhelming odds and rebound stronger than ever? And can we unlock the secret of their success? Combining gripping sports stories with cutting edge science, *The Comeback Quotient* will change forever how you perceive the challenges you face, giving you the inspiration and the tools to make the next great comeback you witness your own.



FRANCES LINCOLN (ADULT) • 9780711262331  
\$32.99 • HB • 🌱 • GARDENING

## ZERO WASTE GARDENING BEN RASKIN

*Zero-Waste Gardening* is your essential go-to guide to growing your own food for maximum taste and minimum waste. Organic gardening expert, Ben Raskin, shares over 60 unique planning-for-yield guides for key crops. Work out how to make the most of your green space, what to grow easily in it, and how much you will harvest seasonally for zero waste. Perfect for new and experienced growers, zero-food waste followers, city gardeners and the ecologically minded, this is the only gardening book you will ever need!



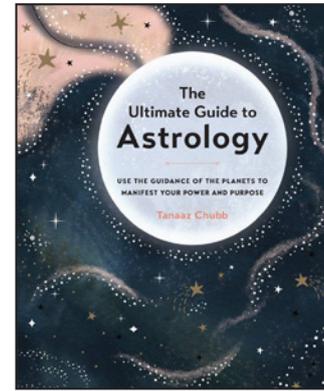
WHITE LION PUBLISHING • 9780711255944  
\$39.99 • PB • 🎵 • MUSIC

## FESTIVALS

A music lover's guide to the festivals you need to know

OLIVER KEENS

*Festivals* is a must-have guide to the world's best and most memorable music festivals. This inspirational global guide showcases 50 bucket list festivals with photographs, posters, facts and figures. Travel from Woodstock, Glastonbury, Coachella and Roskilde to Fuji Rock, Tomorrowland, Burning Man and Afro Punk. Here, the unique experience of a music festival is evocatively captured and an overview of the rise of the wonderful world of festival culture as we know it today is revealed.



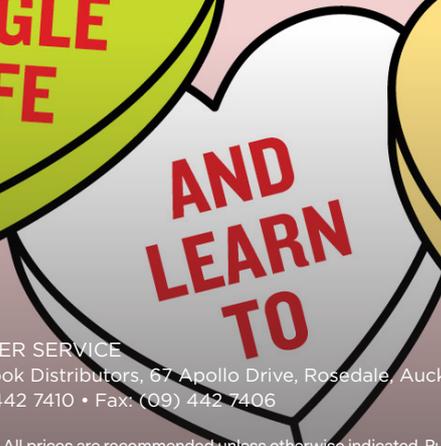
FAIR WINDS PRESS • 9781589239876  
\$36.99 • PB • 🌌 • ASTROLOGY

## THE ULTIMATE GUIDE TO ASTROLOGY

Use the guidance of the planets to manifest your power and purpose

TANAAZ CHUBB

Leading astrologer and Instagram star Tanaaz Chubb presents a modern and accessible approach to astrology with an emphasis on the signs and the planets. Learn how to quickly set up your astrological chart, understand the unique energetic expression of each planet and discover how each sign impacts specific areas such as career, finances, health and relationships. With this unique approach, you'll be able to intuitively understand your cosmic blueprint and how to apply it to your life.



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