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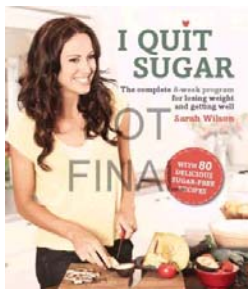
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**I Quit Sugar\***

Wilson, Sarah



Sarah Wilson was a self-confessed sugar addict, eating over 30 teaspoons of sugar every day. She'd developed mood disorders, a weight issue, sleep problems and an overactive thyroid. She knew she had to make a change. In January 2011, she decided to quit sugar. What started as an experiment soon became a way of life, and she hasn't looked back since.

This book outlines the dangers of sugar, provides a step-by-step guide to kicking the habit, and provides 80 delicious sugar-free recipes, including baking and dessert recipes. Packed with great advice, fun tips, personal stories and gorgeous photography, this is a sensible, simple and accessible guide to losing weight and getting well.

Macmillan Australia • P/B • Fitness & Diet



9781742612577 \$34.99

**School of Life, The (2)\***

The School of Life

A series of intelligent, rigorous, well-written self-help books, put together by some of the leading minds in the field. This bindup includes the following titles:

9781447202301 How To Stay Sane  
9781447202288 How To Find Fulfilling Work  
9781447202325 How To Change The World



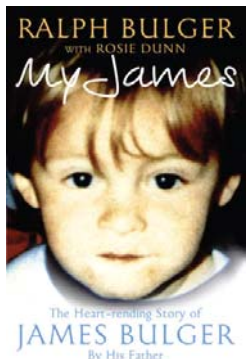
Pan • TPB • Philosophy



9781447227724 \$34.99

**My James\***

Bulger, Ralph and Dunn, Rosie



James Bulger was just a few weeks shy of his third birthday when, on 12 February 1993, he wandered away from his mum Denise in a shopping mall in Bootle. Grainy images from a security camera showed him trustingly holding the hand of ten-year-old Jon Venables as they walked away. Venables and his friend Robert Thompson murdered James, in a crime that shocked the world.

In this haunting book, James' father Ralph describes how his world fell apart in the days that followed. In his darkest hours he drank to numb the pain, and the stress tore his marriage apart. He tells how he learned to cope with his grief, but the sorrow of James' death has never left him.

Macmillan • TPB • Biography: General



9780283071836 \$29.99

**How Eskimos Keep Their Babies Warm\***

Hopgood, Mei-Ling



A charming insight into child-rearing practices across the globe

For any parent weary of the so-called 'expert advice' peddled in books and on TV, this refreshing read lifts the lid on how other cultures parent their children, with some interesting - and surprising - insights. Mei-Ling Hopgood explores how parents in other countries approach such issues as bedtime, potty training and playtime squabbles and offers new perspectives on how to do things. This inspiring, engaging and fun read proves that there are many ways to be a good parent - and more than one way to raise a child.

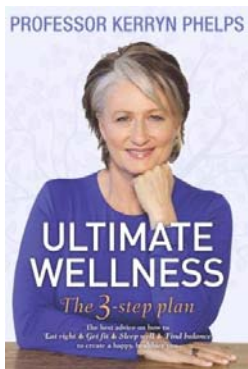
Macmillan • TPB • Advice On Parenting



9781447224570 \$29.99

**Ultimate Wellness\***

Phelps, Dr Kerryn



From one of Australia's best loved and most respected GPs comes the health book to get you out of your health rut and feeling 100 per cent! In three easy steps, Prof Kerryn Phelps shows you how to audit your health, change your lifestyle and stay the course to achieve ultimate health. From choosing a GP, to good sleep, diet and exercise, 'Ultimate Wellness' is Prof Kerryn Phelps' guide to lifting your health to the highest bar. This book offers detailed information on how alcohol affects your health; how to quit smoking; what vitamins, supplements and herbs to consider taking; how to sensibly detox; how to combat stress and boost your immunity to enhance your wellbeing. 'Ultimate Wellness' is the expert resource for anyone looking to make a lasting, positive change to their health.

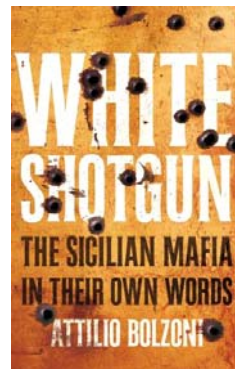
Macmillan Australia • P/B • Fitness & Diet



9781742611921 \$29.99

**White Shotgun**

Bolzoni, Attilio



For thirty years, prize-winning Sicilian journalist Attilio Bolzoni has reported on the shadowy activities of Cosa Nostra. Now, for the first time, he has collected together a powerful anthology of rare interviews, court proceedings and transcripts of phone taps that together capture the essence of this most hidden of secret societies.

From the 'traditional' Mafia of the early 20th Century to the 'Maxi' show-trials of the 1980s and beyond, 'White Shotgun' is both a history of modern Sicilian crime, and a book about the twisted logic and language of Cosa Nostra. From the most humble of foot soldiers to famous pentiti ('grasses') and top-level Bosses, this is a portrait of the men who live by a code of silence - in their own words.

Macmillan • TPB • True Crime



9780230752160 \$24.99

### Total Food Allergy Health and Diet Guide, The

Anca, Alexandra and Sussman, Gordon

## The Total Food Allergy Health and Diet Guide



Includes 150 recipes for managing food allergies and intolerances by eliminating common allergens and gluten

Alexandra Anca, M.D., M.P.H., RD  
with Dr. Gordon L. Sussman, M.D., M.P.H., RD

Based on the most current and comprehensive information available, this indispensable guide is for anyone managing these allergies and intolerances, as well as those who suspect that they might have a food allergy and need to know how to find out for sure. 'The Total Food Allergy Health and Diet Guide' includes easy-to-understand information and answers to frequently asked questions about managing food allergies. With reliable recommendations on managing the top 10 food allergies and intolerances, which include: peanut; tree nut; fish, shellfish and crustacean; milk allergy and lactose intolerance; egg; soy; wheat; sesame seed; sulfite sensitivity and mustard; plus corn, fruit and vegetable allergies and monosodium glutamate sensitivity.

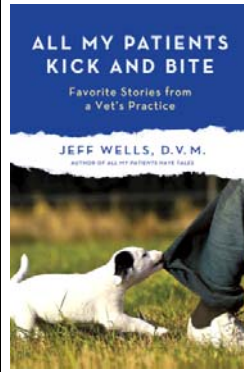
Exisle • P/B • Family / Health



9781921966231 \$24.99

### All My Patients Kick and Bite

Wells, Jeff



In 'All My Patients Kick and Bite', a second collection by our intrepid vet, Jeff Wells has his work cut out for him when he learns that llamas do not take kindly to having their toenails trimmed, dog owners in the medical field can be a real pain, Scottish Highland cattle stick together and just might run a vet out of their enclosure, and fixing an overly amorous burro often needs to be prioritized. We also find out what inspired a young Jeff to become a vet, and how his own pets enrich his life.

Told with Wells' trademark humor and gentle touch, these and many other heartwarming, heartbreaking, funny and strange stories will give readers a whole new appreciation for those who care for our pets.

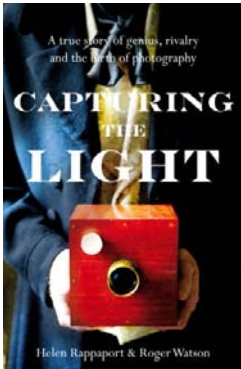
Griffin • P/B (B) • Pets / Pet Care



9781250012012 \$19.99

### Capturing the Light

Watson, Roger and Rappaport, Helen



'Capturing the Light' starts with a tiny scrap of purple-tinged paper, 176 years old and about the size of a postage stamp. On it you can just make out a tiny, ghostly image of a gothic window, an image so small and perfect that it "might be supposed to be the work of some Lilliputian artist": the world's first photographic negative.

This captivating book traces the lives of two very different men in the 1830s, both racing to be the first to solve one of the world's oldest problems: how to capture an image and keep it for ever. On the one hand there is Henry Fox Talbot: a quiet, solitary gentleman-amateur tinkering away on his farm in the English countryside. On the other Louis Daguerre, a flamboyant, charismatic French showman in search of fame and fortune.

Macmillan • TPB • Biography: General



9780230768864 \$29.99

### Anarchy Tour, The

O'Shea, Mick



In December 1976, a coach drove off down a London street. On board were the Sex Pistols, The Clash, The Heartbreakers and their respective management, while The Damned, who were also on the bill, were travelling separately.

The 'Anarchy in the UK Tour' should have been just another rock 'n' roll tour, and surely would have been, had it not been for the Sex Pistols' anarchic antics on the "Today" show two days earlier. What should have been an inconsequential three-minute interview to hopefully plug the new single, and the accompanying promotional tour, descended into farce when the show's host Bill Grundy goaded the Sex Pistols' guitarist Steve Jones into saying something outrageous.

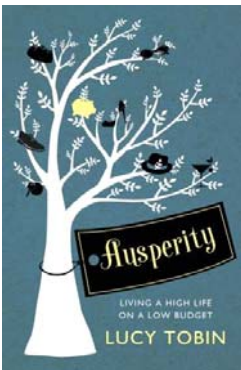
Omnibus Press • P/B • Music



9781780383996 \$29.95

### Ausperity

Tobin, Lucy



We're all feeling poor. Our wages mightn't have risen for a long time, but taxes, food, heating, clothes, pets, driving, kids, booze, leaving the house - and paying for the privilege of living there - certainly have. Life costs more - but that doesn't mean it has to become rubbish. No need for a hairshirt or holiday-less year - treats can stay on the agenda.

This book contains so many money-saving ideas and tips that together they'll knock thousands off the cost of living. It's less shiver-me-timbers-I-can't-afford-the-heating, more ten easy tips to slash your heating bill by a third.

Heron • P/B (B) • Personal Finance



9781780877686 \$19.99

### Art of Punk, The

Bestley, Russ and Ogg, Alex



It is almost impossible to believe that the posters, flyers and other punk ephemera were once used and discarded. But despite such humble origins, this groundbreaking artwork continues to have an impact on music, fashion and media today.

This is the first ever comprehensive review of punk art/design ever published. This lavishly illustrated book celebrates a wide range of punk design in posters, flyers, album cover art, fanzines and fashion ephemera from T-shirts to badges.

All the classic bands, like the Ramones, the Sex Pistols, the Damned and the Clash are covered as are numerous rare and wonderful items from around the world.

Omnibus Press • H/B • Art - Design



9781780381305 \$49.95

### SEAL Target Geronimo

Pfarrer, Chuck



On May 2, 2011, at 1:03 a.m. in Pakistan, a satellite uplink was sent from the town of Abbottabad crackling into the situation room of the White House in Washington, D.C.: "Geronimo, Echo, KIA". These words, spoken by a Navy SEAL, put paid to Osama bin Laden's three-decade-long career of terror. This is the story of Bin Laden's relentless hunters and how they took down the terrorist mastermind, told by Chuck Pfarrer, a former assault element commander of SEAL Team Six. After talking to members of the SEAL team involved in the raid, Pfarrer shares never-before-revealed details of the historic raid and the men who planned and conducted it in an exclusive account of what happened during each minute of the mission - both inside the building and outside.

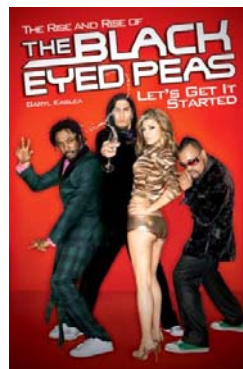
Quercus • P/B (B) • True War & Combat Stories



9781780874647 \$19.99

### Let's Get It Started

Easlea, Daryl



The first in-depth biography of The Black Eyed Peas explored their rise from back-street gangsta rap to globally famous group. It tells:

- The full story from the backstreets of Los Angeles in the mid 1980s to the formation of the Black Eyed Peas and a record deal in the mid 1990s

- The band's stratospheric rise following their landmark album Elephunk, the first album that indicated and demonstrated the new, polished pop sound designed to attract mass audiences

- How they have worked with Oprah Winfrey and been credited by Al Gore as helping Barack Obama win the US Presidency

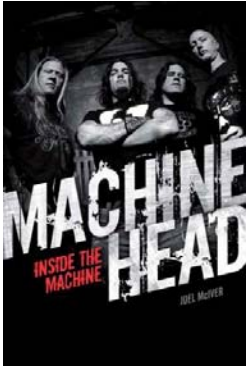
Omnibus Press • TPB • Music



9781849388702 \$24.95

### Machine Head: Inside The Machine

McIver, Joel



Machine Head are an American heavy metal band from Oakland, California who are credited as being one of the pioneering bands in the New Wave of American Heavy Metal. The band nearly disbanded in 2002 after negotiating off its label, Roadrunner Records, when controversy surrounding Machine Head's fourth album Supercharger (released 3 weeks after September 11, 2001) resulted in their songs and their then-current video for the song "Crashing Around You" (which featured burning buildings) being pulled from all media outlets. Joel McIver has interviewed all the band-members several times and has a unique insight into their rollercoaster story, which includes alcohol addiction, inter-band brawls and therapy, sackings, near-splits and two decades of the heaviest music known to man, delivered all over the world.

Omnibus Press • TPB • Music

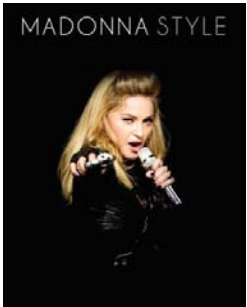


9781780385518 \$24.95



### Madonna Style

Appel, Stacey



This updated edition now includes details of Madonna's new 2012 album and subsequent World Tour, her advertising campaigns for Louis Vuitton and Dolce & Gabbana, her clothing lines for H&M and her own Material Girl label as well as her Hard Candy album and videos for Celebration, Four Minutes and Beat Goes On.

Here is a dazzling exploration of a unique pop-culture goddess. How does she do it? The answer comes in the form of this sumptuous collection of Madonna's style effects. Every visual aspect of Madonna is shown including her wildly inventive catalogue of personae that she and her style army have conjured over the years.

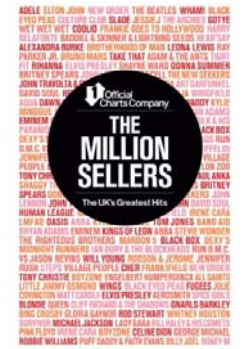
Omnibus Press • P/B • Music



9781780381527 \$34.95



### Million Sellers, The Official Charts Company



An analysis of the 121 singles which have passed the magical million sales threshold in the UK in the past 60 years, from Bill Haley & The Comets' very first UK million seller right through to more recent singles by Lady Gaga, Rihanna and the Black Eyed Peas.

Interviews with artists including Engelbert Humperdinck, Steps, Bernard Sumner (New Order), Midge Ure (Ultravox), Mel C (Spice Girls), Boney M, Kevin Rowland and many more. Each one reflects on their own million seller and what they most remember of their success at the time.

The book features a foreword by one of the million selling artists talking about how it feels to be a member of the 'millionaires club'.

Omnibus Press • H/B • Music

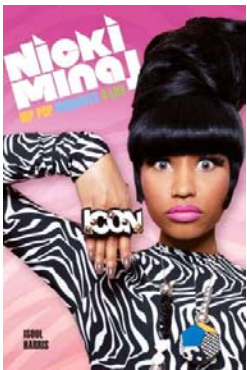


9781780387185 \$24.95



### Nicki Minaj: Hip Pop Moments 4 Life

Harris, Isoul



From her outrageous outfits, to what she does in private, this is the Nicki Minaj manual: everything any fan would want and need to know. From humble beginnings in Trinidad to being snapped up by hip-hop king Lil Wayne in New York, Nicki has defied the odds and become a global superstar.

This essential book tells you exactly how she accomplished using a great blend of vibrant images and exclusive interviews with industry insiders.

Packed with never-before published quotes, shocking trivia, beautiful pictures and juicy facts, this is the must have book for all fans of this iconic star.

Omnibus Press • TPB • Music



9781780385549 \$19.95

