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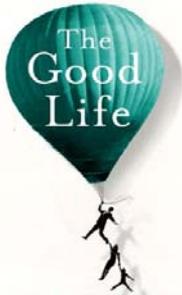
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**Good Life, The\***

Mackay, Hugh



What Makes a Life Worth Living?  
Hugh Mackay

Social researcher and psychologist Hugh Mackay has spent 40 years asking Australians about their lives, loves, hopes, ambitions, fears and passions. In 'The Good Life', he asks and answers the ultimate question: What makes a life worth living? His conclusion is provocative and passionately argued. A good life is not measured by security, wealth, status, achievement or levels of happiness. A good life is determined by our capacity for selflessness and our willingness to connect with those around us in a meaningful and useful way.

Hugh looks at the numerous ways we get distracted from this central purpose. He examines the utopian complex, which describes our dangerous desire for perfection, and the false expectation that life will unfold according to our carefully laid plans.

Macmillan Australia • TPB • Cultural Studies



9781742612133 \$29.99



**Just Between Us\***

Linden, Maya (ed)



In 'Just Between Us', a host of Australia's best-loved female writers bare all on this age-old quandary: Are female friendships all-natural and nurturing? Or are some more damaging than delightful? And most of all, what happens when female relationships go off the rails? And who is to blame?

While falling in and out of romantic love is a well-documented experience, losing a friend rarely gets discussed. Which doesn't mean the pain is less - quite the opposite, as we discover in this extraordinary collection of heartfelt fiction and non-fiction works that put female friendship both in the spotlight.

Picador Australia • P/B (B) • Anthologies (non-poetry)

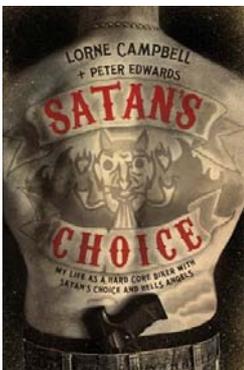


9781742612140 \$19.99



**Satan's Choice\***

Campbell, Lorne & Edwards, Peter



Lorne Campbell was an officer and enforcer for the outlaw biker club Satan's Choice for over thirty years, before patching over to the Hells Angels. The product of a violent childhood, with a hair-trigger temper and fearless nature, he just wanted a place to belong. He found brotherhood with his fellow one per centers, and a code he has lived his life by. In his time he's seen club life slip further into the criminal underworld and be transformed by cocaine dealing. He killed a rival biker to save his brothers and has been imprisoned for assault and drug trafficking. He's faced off police out to get him, taken revenge on men who betrayed him, and gone to extreme lengths to protect his honour and his club.

Macmillan • TPB • True Crime



9780283071751 \$29.99



**Garden of a Lifetime (Commemorative Edition)**

Latreille, Anne



Almost 80 years ago Keith Murdoch gave his young bride a wedding present that would be of very special significance throughout the intervening years. A small grazing property on the outskirts of Melbourne, they called it Cruden Farm, and it was here that their family grew up and the garden evolved. A born gardener, with a practical "hands-on" approach, an eye for beauty, and a passion for trees and flowers, Dame Elisabeth called it her "Garden of a Lifetime". This beautifully colour-illustrated book traces the history of the garden's creation and guides the reader around its spectacular features, while entries for the months of the year give practical hints on upkeep.

This revised edition includes a commemorative foreword.

Macmillan Australia • P/B • Gardens (Descriptions, History etc)

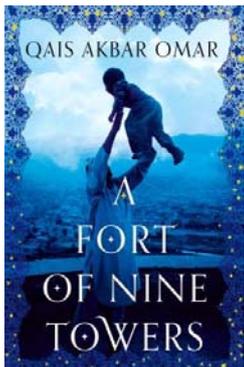


9781742613253 \$49.99



**Fort of Nine Towers, A\***

Omar, Qais Akbar



Qais Akbar Omar is 29 years old. His young life coincided with one of the most convulsive decades in Afghan history: civil war, the rise of the Taliban, and the arrival of international troops in 2001.

'A Fort of Nine Towers' - named for the place his parents first sought shelter from war - is the story of Qais' family and their remarkable survival. A group of tenacious and deeply loving people, when the fighting came they were buffeted from one part of Afghanistan to the next 'like kittens in the jaws of a lion', setting up camp on the plains, in the famous Buddha caves at Banyam, and with Kuchi nomads, before returning finally to Kabul, where they belong.

Picador • TPB • Autobiography: General



9781447229827 \$27.99



**Dante: The Divine Comedy**

James, Clive



Renowned critic and poet Clive James presents the crowning achievement of his career: a monumental translation of Dante's 'The Divine Comedy'. 'The Divine Comedy' is the precursor of modern literature, and Clive James's new translation - his life's work and decades in the making - presents Dante's entire epic poem in a single song.

While many poets and translators have attempted to capture the full glory of 'The Divine Comedy' in English, many have fallen short, according to Clive James. Victorian verse translations established an unfortunate tradition of reproducing the sprightly rhyming measures of Dante but at the same time betraying the strain on the translator's powers of invention.

\*April release

Picador • TPB • Translation / Interpretation



9781447244219 \$32.99



### Tour De France 100th Race Anniversary Edition

Laget, Françoise and Serge



From its humble origins over a century ago to its present day glory, the Tour de France has always been a race that has inspired fascination. The exploits of the riders - Tommy Simpson's death of the slopes of Mont Ventoux, Lance Armstrong's controversial career and Bradley Wiggins' historic win - continue to enthral audiences worldwide.

With unequalled access to the race's archives and a chronological approach building to the present day, this beautifully illustrated book commemorates the 100th race in style. The rivalries, passion and drama of the world's greatest cycling challenge are revealed through entertaining and authoritative commentary and breathtaking official photography.

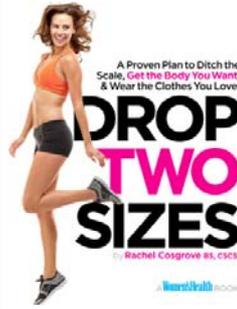
Quercus • H/B • Cycling, Skateboarding, Rollerblading



9781782064145 \$39.99

### Drop Two Sizes

Cosgrove, Rachel



Groundbreaking research has shown that weight loss does not equal fat loss. The dreaded number on the scale and emotional backlash that come with years of frustrating yo-yo dieting is often what holds readers back from successfully losing weight. "Women's Health" fitness expert Rachel Cosgrove empowers readers to finally do what they've always wanted: throw out the scale!

Readers start by creating a personalized action plan that includes a commitment to the program and to themselves. Cosgrove walks them through invaluable goal-setting skills, helpful strategies, and behavioral techniques that they can use daily to guarantee success.

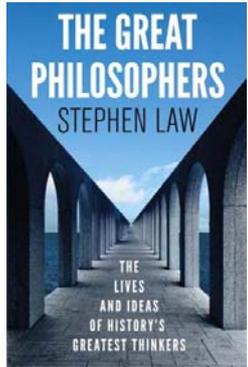
Rodale • P/B • Fitness & Diet



9781609614638 \$24.99

### Great Philosophers, The

Law, Stephen



Since the beginning of time mankind has struggled with the big questions surrounding our existence. Whilst most people have heard of Socrates, Machiavelli and Nietzsche, many are less clear on their theories and key concepts.

In 'The Great Philosophers', bestselling author Stephen Law condenses and deciphers their fundamental ideas. Avoiding the technical jargon and complex logic associated with most books on philosophy, Law brings the thoughts of these great thinkers, from Confucius and Buddha to Wittgenstein and Sartre, to life.

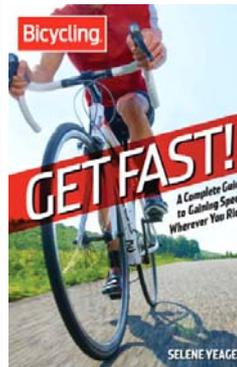
Quercus • P/B (B) • Philosophy



9781780877471 \$19.99

### Get Fast!

Yeager, Selene



Every cyclist wants to get faster. Whether they're a weekend warrior, a crit specialist, or a charity cruiser, speed is the X factor that lets a rider ride strong, feel fresh, and thoroughly enjoy each ride.

'Get Fast!' is the cyclist's go-to guide for gaining speed. In it, author Selene Yeager addresses speed from every possible angle, including not only the standard chapters on riding techniques and bike maintenance tricks specific to getting fast but also stand-alone chapters on fitness and weight loss, stretching, nutrition and supplementation, motivation, and mental attitude. Together they present a complete and comprehensive guide to achieving one's top speed.

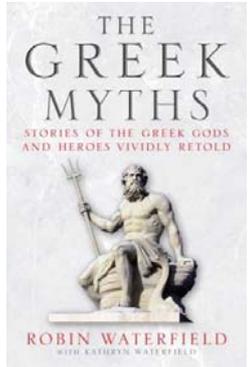
Rodale • P/B • Cycling, Skateboarding, Rollerblading



9781609618315 \$24.99

### Greek Myths, The

Waterfield, Robin with Waterfield, Kathryn



'The Greek Myths' contains some of the most thrilling, romantic and unforgettable stories in all human history. From Achilles rampant on the fields of Troy, to the gods at sport on Mount Olympus, from Icarus flying too close to the sun, to the superhuman feats of Heracles, these timeless tales exert a fascination that has endured for millennia.

There are few people as steeped in the Ancient World as Robin and Kathryn Waterfield, and in their hands the heroism, humour, mystery, sensuality and brutality of the Greek Myths are brought brilliantly to life.

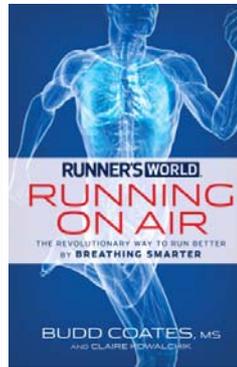
Quercus • P/B (B) • History



9781780877488 \$19.99

### Runner's World: Running On Air

Coates, Budd and Kowalchik, Claire



Renowned running coach Budd Coates presents a revolutionary yet simple training method based on rhythmic breathing to help runners at all experience levels improve their performance, prevent injury, and experience the joy of running. Validating his method through a mix of accessible science, Eastern philosophy, and the experiences of test subjects, Coates shows readers how focusing on their breathing brings their minds and bodies into harmony and helps them run stronger, faster, and more comfortably. Rhythmic breathing increases lung volume; improves awareness and control; helps prevent injury and side stitches; improves running for those with asthma; allows runners to quickly set a pace for quality training and racing; and helps athletes manage muscle cramps.

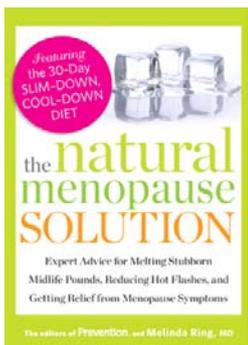
Rodale • P/B • Sports Training / Coaching



9781609619190 \$19.99

### Natural Menopause Solution, The

Editors of Prevention



For far too long, doctors thought hormone replacement therapy was the answer to menopausal symptoms from hot flashes to sleepless nights to stubborn belly fat. But while it does help, HRT can be risky - and may raise women's chances for breast cancer, heart attack and stroke. Luckily, there's a growing stack of research that natural remedies can be just as effective.

In 'The Natural Menopause Solution', the editors of "Prevention" and integrative medicine specialist Melinda Ring, MD, distill that research into the easy-to-follow 30-Day Slim-Down, Cool-Down Diet, which can help women lose 21 percent more body weight. Plus it's proven to help reduce the number and intensity of hot flashes by 50 percent.

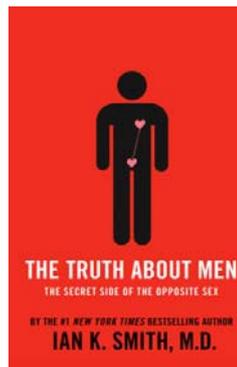
Rodale • P/B (B) • Family / Health



9781609618445 \$19.99

### Truth About Men, The

Smith, Ian K.



Anyone in a relationship with a man has spent time wondering what things "mean". Men can be confusing. What are they thinking about? Do they mean what they say? And what are they not saying? Is it good that he called instead of texting? What does it mean that he introduced me to his sister but not his mother or his best friend? Why hasn't he said anything about my birthday yet when it's two weeks from now?

Finally, a man who understands has written a book to decode men for you. It lets you into a man's brain and gives advice you can use today to make your relationship better tomorrow.

Griffin • P/B (B) • Family & Relationships



9781250025111 \$19.99

### Australia and the United Nations

Cotton, James and Lee, David (eds)



Australia and the United Nations  
Edited by James Cotton and David Lee



This landmark reference work is the first complete history of Australia and its relationship with, and role within, the United Nations.

'Australia and the United Nations' traces how Australia committed itself to the United Nations project, from before the convening of the first United Nations Security Council until the eve of its election to a fifth term on that body.

The book begins with Australian involvement with the organisation that preceded the United Nations, the League of Nations. It then analyses the role played by Australian Minister for External Affairs, HV Evatt, and his staff in framing the United Nations Charter at San Francisco in 1945.

Longueville Books • H/B • Australian History



9781743220160 \$85.00



### Coping with Drugs Problems in the Family

Jolin, Lucy

Coping with  
Drug Problems  
in the Family



LUCY JOLIN

Drug addiction is no longer - if indeed it ever has been - a problem confined to tower blocks and prisons. Whether it's a son, husband, daughter or mother, having a problematic drug user in the family is disastrous.

Family members have to deal with questions they never dreamed they'd have to answer. Should you continue to allow a drug user to live with you? What should you do if he or she steals from you? What's the best way to encourage him or her to seek treatment? Can you help him or her 'detox' by yourself? What are the health risks to the addict and his family? Why has he or she become addicted in the first place? And, most importantly, what help is available to help your family get through this?

Exisle • TPB • Self-Help / Practical Interests



9781847090966 \$16.99



### Australia and the United Nations

Cotton, James and Lee, David (eds)



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Longueville Books • P/B • Australian History



9781743220177 \$55.00



### Coping Successfully with Shyness

Oakes, Margaret et al

Coping Successfully with  
Shyness



MARGARET OAKES,  
Professor ROBERT BOR  
and Dr CARINA ERIKSEN

Everyone feels socially awkward at times, but for some people shyness can become an overwhelming problem, limiting social and career opportunities, and severely restricting life goals.

Rooted in cognitive behavioural therapy (CBT) techniques, 'Coping Successfully with Shyness' is packed full of advice on what to do if you feel disempowered or embarrassed. It looks at how to understand and manage those feelings of discomfort, and how to rebuild confidence in a lasting way.

Exisle • TPB • Self-Help / Practical Interests

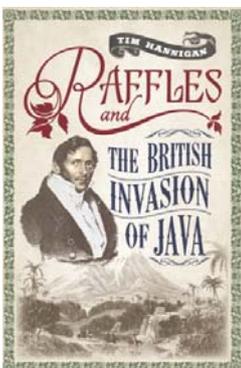


9781847092113 \$16.99



### Raffles and the British Invasion of Java

Hannigan, Tim



On a hot August afternoon in 1811 an army of 10,000 British redcoats splashed ashore through the muddy shallows off Batavia (Jakarta) to conquer the Dutch colony of Java. They would remain there for five turbulent years. Told in full for the first time, this is the story of how the British attempted to bring the full force of European colonialism to a tropical island where Muslim sultans claimed descent from Hindu gods. It is also the story of the man who presided over that attempt - Thomas Stamford Raffles, destined for future fame as the founder of Singapore

Monsoon • P/B (B) • History



9789814358859 \$23.99



### Coping with Anaemia

Smith, Tom

Coping with  
Anaemia



Dr TOM SMITH

Anaemia, or lack of red blood cells, is common, and can be a symptom of a serious underlying disorder. It has a number of causes, and this book stresses that it's vital to find and treat these, rather than just prescribing iron tablets.

Exisle • TPB • Self-Help / Practical Interests

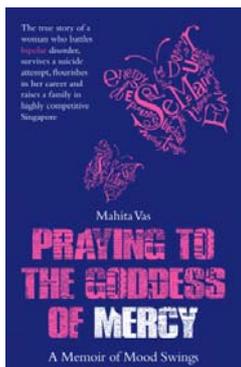


9781847092328 \$16.99



### Praying to the Goddess of Mercy

Vas, Mahita



When Mahita was 15, her teacher at Catholic school in Singapore said she could see the devil in her eyes. While growing up, then raising a family of her own, she constantly fought to understand and control this 'devil' inside her. Born to Indian parents in Singapore and raised by a Chinese amah, Mahita Vas struggled to fit into a conservative society where exuberance is frowned upon and conformity is a tradition. She spent a significant part of her life feeling different, being different. Throughout her career with Singapore Airlines, then as an advertising industry executive, she led a volatile life - sometimes blissfully and enviably contented, at other times wishing she was dead.

Monsoon • P/B (B) • Memoirs



9789814358910 \$23.99



### Coping with Eating Disorders and Body Image

Craggs-Hinton, Christine

Coping with  
Eating Disorders  
and Body Image



CHRISTINE CRAGGS-HINTON  
new edition

Increasing numbers of people have a problem with eating disorders and body dysmorphic disorder (BDD). Anorexia, bulimia and compulsive eating all bring their own distressing social and health problems, while research suggests that a staggering 80 per cent of women are dissatisfied with their body. This new edition of 'Coping with Eating Disorders and Body Image' explains how a distorted and unhealthy body image may arise, and what to do about it.

Exisle • TPB • Self-Help / Practical Interests

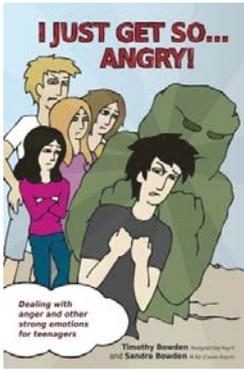


9781847092403 \$16.99



### I Just Get So... Angry!

Bowden, Timothy and Bowden, Sandra



Today's adolescents struggle with a range of issues, from anger and low self-esteem to depression and anxiety. In fact, research suggests that at any given time around 10 per cent of students will be suffering from a mental health issue that directly impacts on their education and health. Acceptance and Commitment Therapy (ACT) (the subject of Dr Russ Harris' bestselling 'The Happiness Trap') has been proven to be effective in teaching young people effective, flexible strategies for dealing with the stressors in their life and, as in 'I Just Want to be... Me!', these principles are once again brought to life in graphic novel form.

Exisle • P/B • Popular Psychology



9781921966217 \$24.99



### The Story of The Kinks: You Really Got Me

Hasted, Nick



The Kinks are the quintessential British sixties band, revered for an incredible series of classic songs ('You Really Got Me', 'Waterloo Sunset' and 'Lola' to name but a few) and critically acclaimed albums (The Village Green Preservation Society).

Featuring original interviews with key band members Ray Davies, his brother Dave and Mick Avory, as well as Chrissie Hynde and many others close to the group, every stage of their career is covered in fascinating detail: the hits, the American successes of the 1970s and the legendary band infighting. Nearly 50 years after they formed, The Kinks influence is still being felt today as strongly as ever.

Omnibus Press • TPB • Composers and Musicians

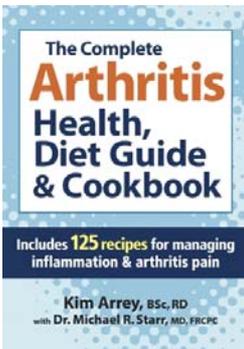


9781780388625 \$24.95



### Complete Arthritis Health, Diet Guide & Cookbook, The

Arrey, Kim BSc, RD with Starr, Dr. Michael R. MD, FRCPC



There's a lot you can do to manage your arthritis and improve your overall quality of life, and this book's sound, safe, evidence-based approach provides you with all the necessary tools. You'll find comprehensive information about arthritis and the various therapies available for managing its symptoms, along with a thorough explanation of the impact diet and eating habits can have on pain and inflammation. Because what you eat can influence how you feel, our experts have included useful data on which foods may aggravate arthritis and which foods may actually alleviate your symptoms, helping you maintain or increase your ability to function.

Exisle • P/B • Family / Health



9781921966293 \$24.99

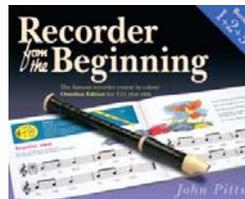


### Recorder from the Beginning

Pitts, John

John Pitts' classic three-part introduction to the recorder, now in one handy volume!

Your child doesn't need to be able to read music or play a note! Just follow the simple instructions.



- Holding the recorder
- Beginning to play
- Developing skills and techniques

'Recorder from the Beginning': a great introduction to music

Omnibus Press • P/B • Musical Techniques / Tuition

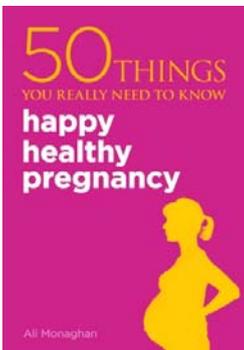


9781780383705 \$19.99



### 50 Things You Need to Know: Happy, Healthy Pregnancy

Monaghan, Ali



Having a baby can be a daunting prospect, with a bewildering amount of advice and guidance to absorb. 'Happy, Healthy Pregnancy: 50 Things You Really Need to Know' condenses it all into 50 essential pieces of information, giving you insider tips from real-life experience along the way.

From breaking the happy news to creating a birth plan, getting the best from your care providers to baby-proofing your home, and how to cope with everything in between (including your own mother) - this book will tell you everything you need to know about your pregnancy in easy-to-manage, bite-sized chunks.

Quercus • P/B • Advice On Parenting

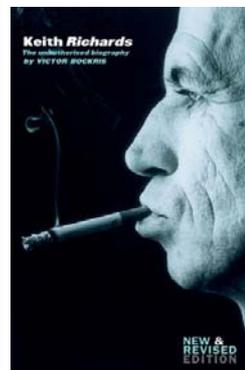


9781782061328 \$19.99



### Keith Richards: The Unauthorised Biography

Bockris, Victor



Here are the true facts behind Richards' battles with his demons: the women, the drugs and the love-hate-relationship with Jagger.

His struggle with heroin and his status as the rock star most likely to die in the 1970s.

His scarcely believable rebirth as a family man in the 1980s.

Illuminated with revealing quotes and thoughtful insights into the man behind the band that goes on forever.

Omnibus Press • P/B (B) • Biog: Arts & Entertainment



9781780381589 \$19.95



### 50 Things You Need to Know: Fantastic First-Time Father

Mungeam, Tim



Finding out you're going to be a father for the first time is an incredible feeling - your life will never be the same again. Though, biologically speaking, your job is done, the real work is yet to come: supporting the future mother of your child through all the highs and lows of her pregnancy, and preparing for your new role as a father.

Most dads-to-be feel underprepared and overawed, but 'Fantastic First-Time Father: 50 Things You Really Need to Know' has all the expert advice you need for every step of the way, from receiving the news to functioning on two hours of sleep a night, and along the way you'll get insider tips and expert advice.

Quercus • P/B • Advice On Parenting



9781782061342 \$19.99

