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**Fast, Fresh and Unbelievably Delicious\***

Matt Preston



Last year, Matt Preston blasted into the bestseller charts with his collection of more than 200 (falsely advertised as half that!) delicious, no-fuss recipes and cheeky shortcuts for simple meals. In October Matt is back with a whopping book of even more recipes. This time he brings us fantastic dishes to cook on the barbecue, a raft of interesting, easy salads to get you through summer (and winter) as well as a special "sealed section" of the some of the most decadent recipes that have to be seen to be believed! There will also be plenty of Matt's popular "ways with" pages, giving you new ideas to use staples such as a can of tuna, a packet of mince, frozen peas and even leftover Christmas ham.

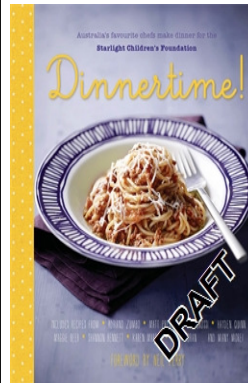
Plum • PB • TV / Celebrity Chef Cookbooks



9 781742 612584 **9781742612584** **\$39.99**

**Dinnertime!\***

Starlight Children's Foundation



The Starlight Children's Foundation this year celebrates 25 years of transforming the lives of seriously ill children. Over the years Starlight's major fundraiser, the 'Five Chefs Dinners' have seen Australia's most loved chefs donating their time and creating special menus to help raise funds to keep Starlight's programs running. **Dinnertime!** brings these chefs and the Starlight families together in a very special way: the children from Starlight programs around the country were asked to name their favourite ever dinner (and dessert) and the chefs created the recipes especially, resulting in a family cookbook with more than 80 dishes that range from roast chicken, fried rice and 'oodles of noodles' to chocolate mousse, ice cream sandwiches and banana splits. Includes recipes from Adriano Zumbo, Maggie Beer, Karen Martini, Shane Delia, Neil Perry, Matt Preston, Shannon Bennett, Hayden Quinn, Peter Gilmore, Matt Moran, Guillaume Brahimi ... and many more!

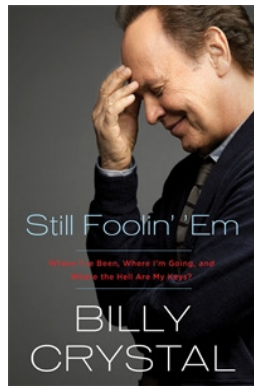
Plum • PB • Cookery / Food & Drink Etc



9 781742 613185 **9781742613185** **\$29.99**

**Still Foolin' Em**

Billy Crystal



Billy Crystal is turning 65, and he's not happy about it. With his trademark wit and heart, he outlines the absurdities and challenges that come with growing old, from insomnia to memory loss to leaving dinners with half your meal on your shirt. In humorous chapters like "Buying the Plot" and "Nodding Off," Crystal not only catalogues his physical gripes, but offers a road map to his fellow baby boomers who are arriving at this milestone age with him. He also looks back at the most memorable moments of his long and storied life, from entertaining his relatives as a kid, his years doing stand-up, through his legendary stint at Saturday Night Live, *When Harry Met Sally*, and his long run as host of the Academy Awards. He lends a light touch to more serious topics like religion, grand parenting, and, of course, dentistry. As wise and poignant as they are funny, Crystal's reflections are an unforgettable look at an extraordinary life well lived.

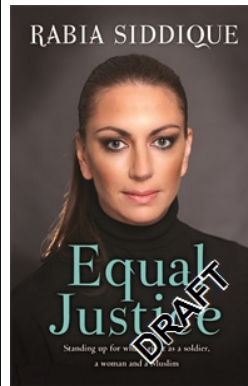
Henry Holt • HB • Autobiography: General



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**Equal Justice\***

Rabia Siddique



Growing up as a muslim in the monocultural landscape of 1970s suburban Perth, Rabia Siddique knew what it was like to be different. She became a lawyer, moved to the UK and joined the British army as a military lawyer. She served in Iraq and was taken as a hostage by Islamic insurgents as she tried to negotiate the release of two kidnapped British soldiers. She battled for hours to save their lives, negotiating with their captors. After their release, her colleague received a Military Cross. Rabia received nothing. Her subsequent sex and race discrimination case against the British Army made headlines around the world. Her perspective as a feminist, a social justice crusader, a lawyer, a soldier, a former hostage, a terrorism prosecutor and a muslim is unique, and her memoir is a story of grit, courage and conviction.

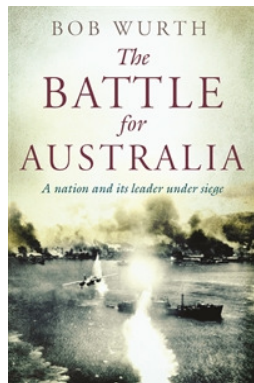
Macmillan Australia • TPB • Memoirs



9 781742 613239 **9781742613239** **\$34.99**

**The Battle for Australia\***

Bob Wurth



The Battle for Australia stemmed the unprecedented Japanese advance from the north on a hopelessly weak and unprepared nation. It was fought in Malaya, Singapore, the East Indies, Borneo, Timor, Ambon and across New Guinea. It spread southward to the skies over in northern Australia and to the seas around the Australian continent. This is the story of Australia's war Prime Minister John Curtin – a flawed, sensitive leader haunted by the prospect of disaster and plagued by depression and anxiety. By early 1942, Australia was at its most vulnerable. At this time John Curtin stood at the edge of a psychological precipice. Remarkably, at the worst possible time in January 1942, Curtin abandoned defence headquarters in Melbourne and took a slow train home across the Nullabor. The question was: could Australia's new Prime Minister carry on his enormous responsibilities?

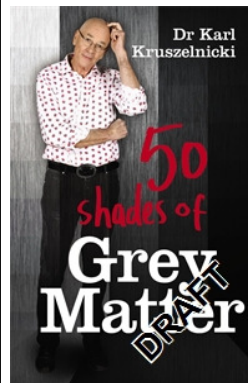
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**50 Shades of Grey Matter\***

Dr Karl Kruszelnicki



Welcome to the wonderful world of Dr Karl: where oddities are embraced, facts reign supreme, curiosity is king and brightly coloured shirts are compulsory! In '50 Shades of Grey Matter', Australia's National Living Treasure Dr Karl Kruszelnicki applies his trademark straight-talkin'-no-high-falutin' scientific sense to a brand new range of Big Questions that you never knew you even wanted to ask, but now desperately need to know the answers to.

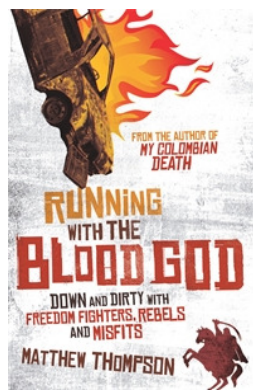
Macmillan Australia • TPB • Popular Science



9 781742 612850 **9781742612850** **\$19.99**

### Running with the Blood God\*

Matthew Thompson



Troubled by a growing sense that life's vastness is shrinking as the physical and imaginative limits of our crowded, polluted, late-in-the-day civilisation close in, Matthew Thompson roams the world seeking out those who would force the horizons back - the mavericks. In doing so, he hits the streets to explore the agony of totalitarianism in Iran, the delusional wretchedness and inbred colonial passivism of the Philippines and the historical rubble of Serbia, as well as what happens in Portland, Oregon: his own father's home town and hub of modern American anarchism. **Running with the Blood God** is a hell-raising ride which leaves his *My Colombian Death* shaking in its wake. In this incredible work of reportage, written with the pace of a thriller, Thompson walks the line where the liberty of individuality is often a matter of life or death.

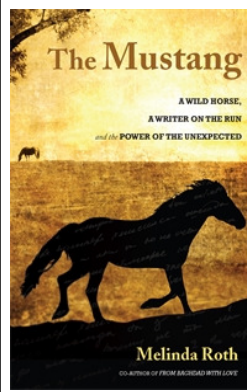
Picador Australia • TPB • Biography: General



9 781405 040389 **9781405040389** **\$32.99**

### The Mustang\*

Melinda Roth



Exhausted by her job as a political press secretary, Melinda Roth found the courage to escape. Her goal: a simpler life in rural Illinois. But then real life intervened. A fire at a neighbouring farm and a misinterpreted gesture of kindness transformed her into the reluctant caretaker of a homeless menagerie of animals. One of her new tenants was a wild mustang, horse broken but not bowed, his restless spirit propelling him to escape the fences and pens that enclosed him. Ultimately these two fiercely independent characters each provide the catalyst for the other's life-changing and life-affirming decisions. **The Mustang** is a captivating, emotional account that taps into readers' love of animals. An entertaining and delightful read, it is a cinematic, sometimes tense, but always beautiful story of the power of healing.

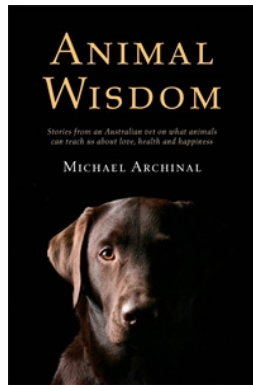
Macmillan Australia • TPB • Biography: General



9 781742 614342 **9781742614342** **\$24.99**

### Animal Wisdom\*

Michael Archinal



Michael Archinal is not just a well-known Australian vet. He is a passionate animal lover and devoted owner of pets. He travels Australia and the world looking at how we interact with animals and what we can learn from observing animal behaviour. His conclusion is this: animals can teach us how to become better at being human in all sort of ways. Animals know when to rest, how to eat right, how to socialise, and how to organise a hierarchy. They know how to be in the moment, love the one you're with, and bond unconditionally with the pack. Michael draws on a large body of research that proves animals enrich our lives in every possible way, then interweaves the science with delightful stories from his decades of veterinarian practice.

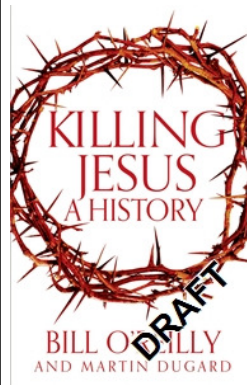
Pan Australia • PB • Domestic Animals & Pets



9 781742 611990 **9781742611990** **\$19.99**

### Killing Jesus\*

Bill O'Reilly and Martin Dugard



Millions of readers have been thrilled by bestselling authors Bill O'Reilly and historian Martin Dugard's *Killing Kennedy* and *Killing Lincoln*, page-turning works of non-fiction that have changed the way we read history. Now the anchor of The O'Reilly Factor details the events leading up to the murder of the most influential man in history: Jesus of Nazareth. Nearly two thousand years after this beloved and controversial young revolutionary was brutally killed by Roman soldiers, more than 2.2 billion human beings attempt to follow his teachings, and believe that he is God. **Killing Jesus** will take readers inside Jesus's life, recounting the seismic political and historical events that made his death inevitable - and changed the world forever.

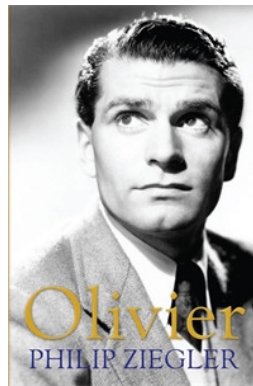
Macmillan • TPB • History



9 781447 252665 **9781447252665** **\$29.99**

### Olivier\*

Philip Ziegler



Hollywood superstar; Oscar-winning director; greatest stage actor of the 20th century. The era abounded in great actors - Gielgud, Richardson, Guinness, Burton, O'Toole - but none could challenge Laurence Olivier's range and power. By the 1940s he had achieved international stardom. His affair with Vivien Leigh led to a marriage as glamorous and as tragic as any in Hollywood history. He was as accomplished a director as he was a leading man: his three Shakespearian adaptations are among the most memorable ever filmed. With access to more than 50 hours of candid, unpublished interviews, Philip Ziegler ensures that Olivier's true character - at its most undisguised - shines through as never before.

Maclehose Press • TPB • Biography: Arts & Entertainment



9 780857 051202 **9780857051202** **\$32.99**

### Chopper 5: Pulp Faction\*

Mark Read



"My publishers contacted me roughly five minutes before publication and requested one more short story, so I sat down and pondered writing a short murder mystery called 'Death of a Publisher - by Slow Strangulation'." This fifth volume of Chopper's memoirs contains a series of short stories from the infamous ex-criminal, providing a unique look at Australia's underbelly. These tales are tough, raw, funny and have the ring of authenticity. Featuring the classic stories 'Revenge of the Rabbit Kisser', 'The Shoe Shop Men' and 'Message in a Bottle', **Pulp Faction** will have you wondering what's true and what's not.

Pan Australia • PB • True Crime



9 781742 613420 **9781742613420** **\$14.99**

### Chopper 6: No Tears for a Tough Guy\*

Mark Read



"I've known a hundred good street fighters and a thousand not so good ones. But in a lifetime I've met only a handful of freak street fighters, the best of the best. They all died young. The freaks always do." In **No Tears for a Tough Guy**, Chopper once again presents a selection of his short stories featuring his trademark style and the ring of authenticity that only comes from real life experience. Featuring his stories 'A Great Day for a Shoot 'em Up', 'Taking Care of Business' and 'No Tears for a Tough Guy', this collection gives an even greater insight into the mind of the most infamous criminal in Australia.

Pan Australia • PB • True Crime



9 781742 613604 **9781742613604** **\$14.99**

### Chopper 7: The Singing Defective\*

Mark Read



"This book is a work of literary fiction - all persons believing to recognize themselves are advised to seek professional guidance." Featuring examples of Chopper's poetry and fiction, **The Singing Defective** is a prime example of why Chopper enjoys such success in Australia's literary scene.

Pan Australia • PB • True Crime



9 781742 613611 **9781742613611** **\$14.99**



## Chopper 8: The Sicilian Defense\*

Mark Read



"Gangsters come and gangsters go but lawyers last forever." In *The Sicilian Defence*, Chopper once again collects a series of short stories that explore the nature and history of crime, justice and punishment. Featuring 'The Apple Cucumber', 'Bye Bye American Lie' and 'The Pain in Spain', *The Sicilian Defence* is another fantastic series of yarns from one of Australia's funniest and toughest writers.

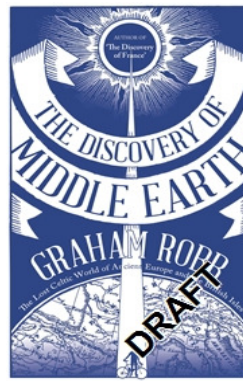
Pan Australia • PB • True Crime



9 781742 613628 **9781742613628** **\$14.99**

## The Ancient Paths

Graham Robb



When Graham Robb made plans to cycle the legendary Via Heraklea, he had no idea that the line he plotted - stretching from the south-western tip of the Iberian Peninsula, across the Pyrenees and towards the Alps - would change the way he saw a civilization. It was an ancient path that took him deep into the world of the Celts: their gods, their art, and, most of all, their sophisticated knowledge of science. Gradually, a lost map revealed itself, of an empire constructed with precision and beauty across vast tracts of Europe. Oriented according to the movements of the Celtic sun god, the map had been forgotten for almost two millennia. Its implications were astonishing. Minutely researched and rich in revelations, *The Ancient Paths* brings to life centuries of our distant history and reinterprets pre-Roman Europe. Told with all of Robb's grace and verve, it is a dazzling, unforgettable book.

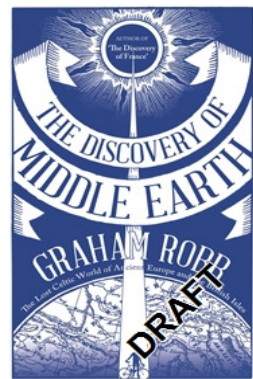
Picador • HB • History



9 780330 531504 **9780330531504** **\$44.99**

## The Ancient Paths

Graham Robb



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Picador • TPB • History



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## Off the Leash: The Secret Life of Dogs

Rupert Fawcett



The book of the hit daily Facebook feed and dog blog *Off The Leash* launched just over a year ago on Facebook, *Off The Leash* has developed a regular daily following of over 150,000 dog lovers from around the world. Now the best of Rupert Fawcett's brilliantly observed, touchingly true cartoons come together in book form for the first time. Featuring the secret thoughts and conversations of dogs of every size, shape and breed, this gorgeous book is a celebration of our favourite belly-scratching, tail-chasing, bed-stealing canine friends.

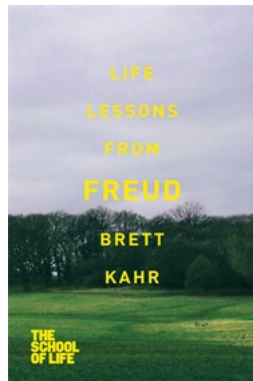
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## Life Lessons From Freud

Brett Kahr



Essential life lessons from Sigmund Freud, one of life's Great Thinkers. Sigmund Freud is best known as the father of psychoanalysis. Born in 1856, he was a physiologist, medical doctor and psychologist who spent most of his life in Vienna, Austria. He developed revolutionary ideas about the unconscious mind, repression and the meaning of dreams and the clinical method of treatment through dialogue. Here you will find extracts from his greatest works. The *Life Lessons* series from *The School of Life* takes a great thinker and highlights those ideas most relevant to ordinary everyday dilemmas. These books emphasize ways in which wise voices from the past have urgently important and inspiring things to tell us. Introduced and edited by Brett Kahr, Senior Clinical Research Fellow in Psychotherapy and Mental Health at the Centre for Child Mental Health in London. He is a qualified psychotherapist and author.

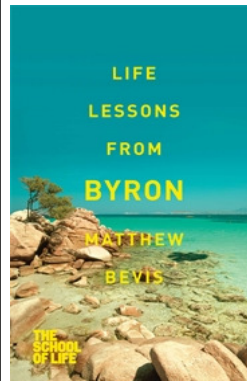
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## Life Lessons From Byron

Dr. Matthew Bevis



Essential life lessons from Byron, one of life's Great Thinkers. Lord Byron was an English poet and a leading figure in the Romantic movement. Born in 1798, he was celebrated as much for his scandalous private life as for his enduring poetry. A prolific writer, he is famous for his long narrative poetical works and remains one of the most influential contributors to literature. Here you will find extracts from his greatest works. The *Life Lessons* series from *The School of Life* takes a great thinker and highlights those ideas most relevant to ordinary everyday dilemmas. These books emphasize ways in which wise voices from the past have urgently important and inspiring things to tell us. Introduced and edited by Matthew Bevis, lecturer and English fellow of Keble College, Oxford, and the author of *The Art of Eloquence: Byron, Tennyson, Joyce*.

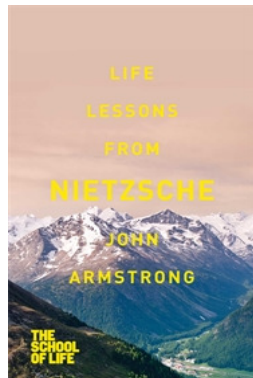
Macmillan • PB • Philosophy



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## Life Lessons From Nietzsche

John Armstrong



Essential life lessons from Nietzsche, one of life's Great Thinkers. Friedrich Nietzsche was a German philosopher, poet and cultural critic. He is best known for his controversial idea of 'life affirmation' that challenged traditional morality and all doctrines. Born in 1844 outside Leipzig, Germany, his teachings inspired people in all walks of life, from dancers and poets to psychologists and social revolutionaries. Here you will find extracts from his greatest works. The *Life Lessons* series from *The School of Life* takes a great thinker and highlights those ideas most relevant to ordinary everyday dilemmas. These books emphasize ways in which wise voices from the past have urgently important and inspiring things to tell us. Introduced and edited by John Armstrong, philosopher and author of *In Search of Civilization* and *The School of Life* book *How to Worry Less About Money*.

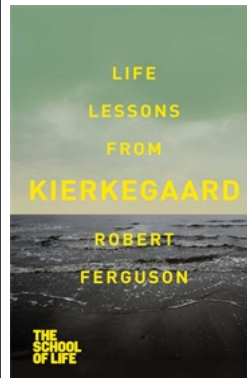
Macmillan • PB • Philosophy



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## Life Lessons From Kierkegaard

Robert Ferguson



Essential life lessons from Soren Kierkegaard, one of life's Great Thinkers. Soren Kierkegaard was a Danish philosopher, theologian, poet, social critic and religious author. Born in 1813 in Copenhagen, his philosophical work addressed living as a single individual and the importance of personal choice and commitment. A famously fierce critic of the idealist thinkers of his time, he is regarded as the first existentialist philosopher. Here you will find extracts from his greatest works. The *Life Lessons* series from *The School of Life* takes a great thinker and highlights those ideas most relevant to ordinary everyday dilemmas. These books emphasize ways in which wise voices from the past have urgently important and inspiring things to tell us. Introduced and edited by Robert Ferguson, author of the Viking history *The Hammer and the Cross* and two Danish novels.

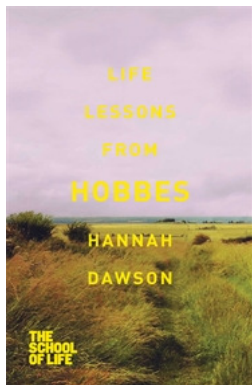
Macmillan • PB • Philosophy



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## Life Lessons From Hobbes

Hannah Dawson



Thomas Hobbes is best known for his greatly influential work on political philosophy. Born in 1588 in Wiltshire, England, his masterwork *Leviathan* established the foundation for most of Western political philosophy. He famously developed social contract theory, and controversially used it to support absolute power for the sovereign. Here you will find extracts from his greatest works. The **Life Lessons** series from **The School of Life** takes a great thinker and highlights those ideas most relevant to ordinary everyday dilemmas. These books emphasize ways in which wise voices from the past have urgently important and inspiring things to tell us. Introduced and edited by Hannah Dawson, Senior Lecturer in the History faculty of New College of the Humanities, London.

Macmillan • PB • Philosophy

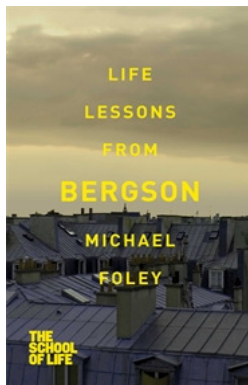


9781447245629 \$19.99



## Life Lessons From Bergson

Michael Foley



**Life Lessons from Bergson**, as told by bestselling author Michael Foley Henri Bergson was a French professor and philosopher. Born in Paris in 1859 to a Polish composer and Yorkshire woman of Irish descent, his revelatory ideas of life as process and the importance of duration, comedy and joy brought him incredible fame and media celebrity. Here you will find extracts from his greatest works. The **Life Lessons** series from **The School of Life** takes a great thinker and highlights those ideas most relevant to ordinary everyday dilemmas. These books emphasize ways in which wise voices from the past have urgently important and inspiring things to tell us. Introduced and edited by Michael Foley, bestselling author of *The Age of Absurdity* and *Embracing the Ordinary*.

Macmillan • PB • Philosophy

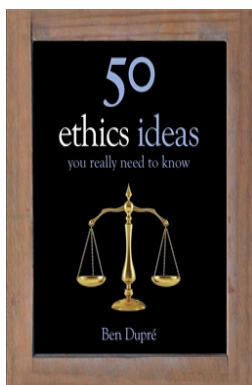


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## 50 Ethics Ideas You Really Need to Know

Ben Dupre



Questions of ethics - about how we should act, our responsibilities to one another, the difference between right and wrong - have long been debated by philosophers the world over and form the foundations of government, culture and religion. Here, in concise, easy-to-read chapters, Ben Dupré explains the fundamentals of this discipline and how it is relevant to our lives today. Covering essential ethical concepts, including relativism, the golden rule and utilitarianism, as well as high-profile issues such as terrorism, censorship and the death penalty, **50 Ethics Ideas You Really Need to Know** will lead you through the moral maze - and rattle your conscience in the process.

Quercus • HB • Ethical Issues & Debates

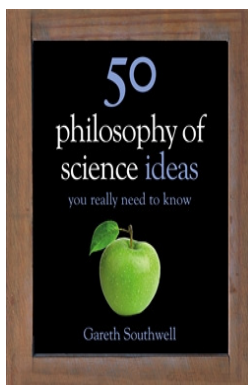


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## 50 Philosophy of Science Ideas You Really Need to Know

Gareth Southwell



Science first began as a branch of philosophy, but it has since grown up and moved out of the family home, and its successes have put its parent in the shade. Thanks to scientific knowledge we have walked on the Moon, cured once-fatal illnesses, and even identified the very building blocks of life and the universe. But it is these very successes that underline the need for philosophy. How much should we trust the pronouncements of scientists that we read in the media? What are the ethical implications of our delving into the foundations of our DNA, reproductive treatments, or artificially prolonging life? In straightforward and accessible terms, **50 Philosophy of Science Ideas You Really Need to Know** explains the key philosophical questions that continue to lie at the heart of the nature and practice of science today.

Quercus • HB • Philosophy

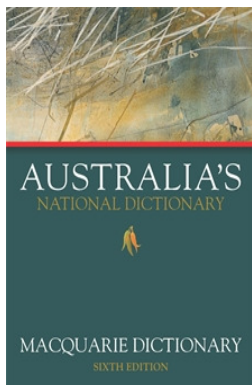


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## Macquarie Dictionary 6th Ed\*

Macquarie



Since the Macquarie Dictionary was first published in 1981, its reputation as Australia's national dictionary has gone from strength to strength. It is now nationally and internationally regarded as the standard reference on Australian English. A comprehensive and up-to-date account of our variety of English, it not only includes all those words and senses peculiar to Australian English, but also those common to the whole English-speaking world. The Sixth Edition features the complete record of English as it is used in Australia, from the colourfully colloquial to the highly technical; thousands of new words and senses; words relating to the environment and climate change; illustrative phrases, many from Australian literature, which clearly show how a word is used in context; words and phrases from regional Australia; extensive usage notes; and etymologies of words and phrases.

Macquarie Dictionary • HB • Dictionaries

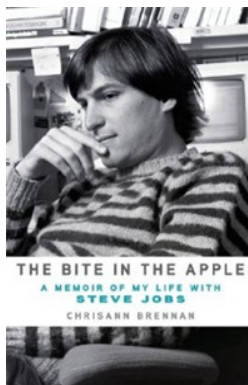


9781876429898 \$129.99



## Bite in the Apple

Chrisann Brennan



Steve Jobs was a remarkable man who wanted to unify the world through technology. Chrisann Brennan knows this better than anyone. She met him in high school, at a time when Jobs was passionately aware that there was something much bigger to be had out of life, and that new kinds of revelations were within reach. **The Bite in the Apple** is the very human tale of Jobs's ascent and the toll it took, told from the author's unique perspective as his first girlfriend, co-parent, friend, and like many others - object of his cruelty. She talks with passion about an idealistic young man who was driven to change the world, about a young father who denied his own child, and about a man who mistook power for love. Chrisann Brennan's intimate memoir provides the reader with a human dimension to Jobs' myth. Finally, a book that reveals the real Steve Jobs.

St Martin's Press • TPB • Memoirs

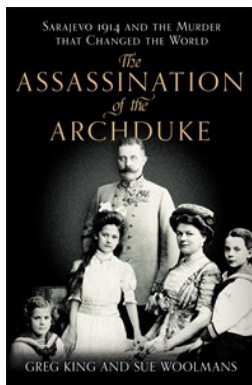


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## The Assassination of the Archduke

Greg King and Sue Woolman



The tragic story behind 'the shot that rang round the world' - the assassination of Franz Ferdinand and his beloved wife in Sarajevo in June 1914 In **The Assassination of the Archduke**, Greg King and Sue Woolmans offer readers a vivid account of the lives - and cruel deaths - of Franz Ferdinand and his beloved Sophie. Combining royal biography, romance, and political assassination, the story unfolds against a backdrop of glittering privilege and an Imperial Court consumed with hatred, taking readers from Bohemian castles to the horrors of Nazi concentration camps in a compelling, fascinating human drama. In doing so, they offer readers an intriguing and startlingly revisionist look at this most famous of Archdukes, his family, and their momentous collision with destiny in 1914.

Macmillan • TPB • Biography: General

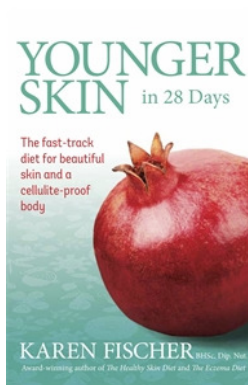


9781447245216 \$29.99



## Younger Skin in 28 Days

Karen Fischer



**Younger Skin in 28 Days** is for anyone who has ever lamented about their wrinkles and wished for a natural solution that did not involve risky surgery or Botox. It is the fast-track version of **The Healthy Skin Diet** and ideal for people who have dry and aged skin who want to look their best for a special occasion, such as a wedding, hot date or high school reunion, or for those who simply want to have less wrinkles and smoother skin, fast.

Exisle • PB • Popular Medicine & Health



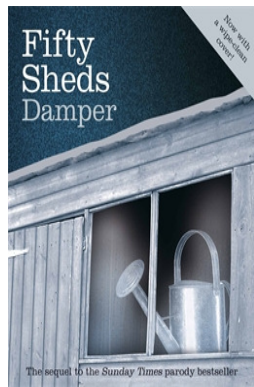
9781921966170 \$29.99





## Fifty Sheds Damper: (A Parody)

C. T. Grey



"So," I asked, "Do you like the feel of a feather on your naked skin?" "I'm not sure," she said. "Maybe if you took it off the pigeon first?" Fuelled by her love of erotic fiction, Colin Grey's wife begins to take him into an ever darker, damper world of lust, control and submission. Will their relationship survive the power games that ensue? And will Colin succeed in fulfilling the unquenchable desire that burns inside every man - the desire to be left alone in his beloved shed?

Boxtree • HB • Parodies & Spoofs

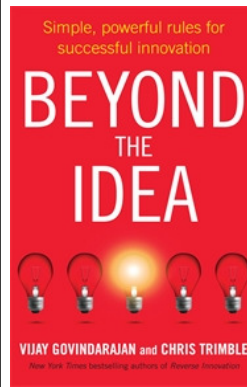


9780752265513 \$19.99



## Beyond the Idea

Vijay Govindarajan and Chris Trimble



The *New York Times* bestselling authors of *Reverse Innovation* and *How Stella Saved the Farm* distill more than a decade of exclusive research into one short, powerful, action-oriented book. Companies stumble when they imagine that innovation is mostly about ideas. The reality is that ideas are only beginnings. Vijay Govindarajan and Chris Trimble are the world's leading authorities on the successful management of innovation. In *Beyond the Idea*, they distill more than a decade of research and insight into a practical, accessible, read-at-one-sitting handbook that offers invaluable guidance for anyone charged with making innovation happen.

Macmillan • HB • Business & Management



9781447252276 \$27.99



## Mountain Higher

Daniel Friebe



Following the success of *Mountain High: Europe's Greatest Cycle Climbs* comes a volume focusing on the continent's lesser-known, challenging and spectacular mountain roads and passes. From the heights of the Ötztal Glacier Road in Austria to the 'secret' side of the legendary Alpe d'Huez, *Mountain Higher* explores 50 soon-to-be cult locations and captures stunning scenery from off the beaten track. Featuring the technical details (maps, profiles, lengths, heights) that made *Mountain High* an indispensable reference book, as well as dynamic descriptions of the routes themselves and Pete Goding's breathtaking photography, this book is a stylish and practical guide to the hidden gems that every true cycling enthusiast needs to know about.

Quercus • HB • Cycling

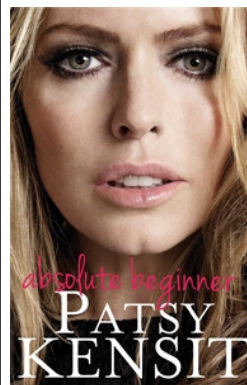


9781780879123 \$44.99



## Absolute Beginner

Patsy Kensit



Patsy Kensit is one of our most-loved actresses, a child star who has grown up in the public eye and sometimes found herself in the centre of a media storm. But behind the headlines is the real Patsy - a warm, funny, strong woman who has survived more than her share of heartbreak. In this powerful memoir Patsy describes her extraordinary childhood, moving between the glamour of filming movies with Elizabeth Taylor and Mia Farrow and the tiny London council flat she shared with her parents and brother. She shares the ups and downs of life as an actress, from her roles in films like the iconic *Absolute Beginners*, *Lethal Weapon 2* and *Angels and Insects* to starring in *Emmerdale* and *Holby City*. A hopeless romantic, she has married and divorced four times and she describes how she has learned to put regrets behind her and move on. Now in her forties, in many ways life is just beginning . . .

Sidgwick & Jackson • TPB • Biography: Arts & Entertainment

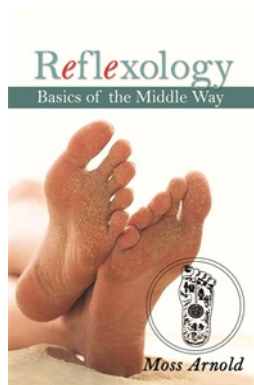


9780283071935 \$29.99



## Reflexology (2nd edition)

Moss Arnold



'Reflexology - Basics of the Middle Way' answers the questions to the mystery surrounding the science and art of reflexology. Moss Arnold, the acclaimed originator and presenter of Chi-reflexology, covers the basics of his approach to reflexology and establishes a solid foundation upon which reflexology can stand through a re-examination of the theory and practice.

Brolga • PB • Complementary Therapies, Healing & Health

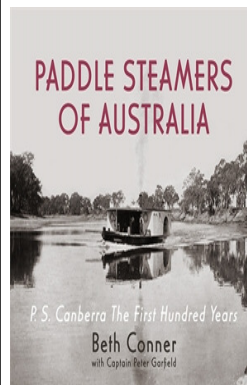


9781922175182 \$26.99



## Paddle Steamers of Australia

Blank



Small, agile and something of a battler, the P.S. Canberra has been the quiet achiever amongst larger, more prominent vessels. From her humble beginnings as a fishing boat in a mosquito fleet to one of the longest serving tourist vessels, the Canberra is a boat that is loved by many. From teetotalers and soldiers to larrikins and hard workers, the Canberra has seen thousands of people cross her path during her life. With 100 years already on the water, the Canberra has made her mark on history and found her way into the memories of many. The Murray River. A paddle steamer. One hundred years of stories.

Brolga • PB • History



9781922175168 \$29.99



## I Love You But You Always Put Me Last

Andrew G. Marshall



How to balance being a great parent with being a loving partner. It seems that somehow, modern parenting has become about always putting your child's needs first, however inconsequential and no matter what the cost. The price we are paying as parents is losing our identity, forgetting about our partner's needs and putting them last on our list of priorities. This can lead to increased risk of marital breakdown and unhappy, insecure children with poor relationship role models. This practical self-help book is about putting your partner first, and not losing sight of your own needs when you become a parent. By focusing on your relationship and making your partner a priority, you will create a secure, caring environment in which to bring up your children. The result is a strong marriage, secure children and a happy family.

How to childproof your marriage

Macmillan • TPB • Family & Relationships



9780230770355 \$29.99



## Coping With Guilt

Dr Windy Dryden



Do you sometimes wish you could turn the clock back and re-live past mistakes? Do you feel it's your responsibility to make others happy? Are you more worried about hurting others than living your own life? Guilt is a common and destructive emotion, but, using the principles of CBT, this book shows how it can be put to positive use. Whether it concerns sins of omission, or sins of commission, this book demonstrates that you don't always have to live up to unrealistically high expectations of yourself, and shows how to move on.

Sheldon Press • TPB • Health & Personal Development



9781847091376 \$16.99



## Overcoming Loneliness

Alice Muir

### Overcoming Loneliness



ALICE MUIR

In today's complex world, loneliness is on the rise. People increasingly move house and job, live far away from families and work longer hours, making it harder to maintain a social life. This book addresses the problem of loneliness when experienced for whatever reason and gives practical advice on how to relieve the pain of loneliness.

Sheldon Press • TPB • Self-Help & Personal Development



9 781847 091604 **9781847091604** **\$16.99**



## The Panic Workbook

Dr Carina Erikson; Prof Robert Bor; Margaret Oakes

### The Panic Workbook



Dr CARINA ERIKSEN,  
Professor ROBERT BOR,  
MARGARET OAKES

Panic disorder is common, affecting up to 10% in the Western world, and is often linked with other disorders - up to 60% of those with panic may also develop agoraphobia while 70% develop depression. This book takes the reader through tried and tested techniques to help break the automatic progress of a panic attack.

Sheldon Press • TPB • Self-Help & Personal Development



9 781847 092137 **9781847092137** **\$16.99**



## Coeliac Disease: What you need to know

Alex Gazzola

### Coeliac Disease: What you need to know



ALEX GAZZOLA

Coeliac disease (CD) is an auto-immune disease caused by intolerance to gluten, found in wheat, rye and barley. Coeliac Disease: What you need to know addresses the needs of those who suspect they may have CD, or who are newly diagnosed, both of whom are increasing in number. It aims to support and advise those with the disease, as well as those who are parents of coeliac children or who care for adults with CD.

Sheldon Press • TPB • Self-Help & Personal Development



9 781847 091314 **9781847091314** **\$16.99**



## How to Eat Well when you have Cancer

Jane Freeman

### How to Eat Well when you have Cancer



JANE FREEMAN

If you have cancer, eating well is one of the most important contributions you can make towards your own treatment. This book helps put the flavour back into food when eating may seem like a chore, with meals that will nourish and comfort you. It suggests practical ways to maintain your weight and nutrient intake while battling treatment side effects such as nausea, fatigue, lack of appetite, taste changes, and dry or sore mouth.

Sheldon Press • TPB • Popular Medicine & Health

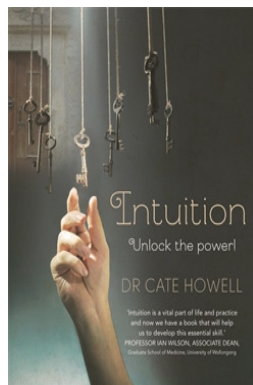


9 781847 091413 **9781847091413** **\$16.99**



## Intuition

Dr Cate Howell



Exisle • PB • Self-Help & Personal Development



9 781921 966057 **9781921966057** **\$24.99**



Intuition is something most people would have experienced at one time or another; it's that gut-feeling or inner voice or 'sixth sense'. It's instinctive by nature, independent of rational analysis or deductive thinking. But can we actively develop our intuition and learn how to better utilise it? Author Dr Cate Howell believes we can, and sets about showing us how in **Intuition: Unlock the Power!**. Drawing on the latest research, Dr Howell develops some key principles and a practical seven-step plan that we can use to incorporate intuition into every facet of our life.

## Six Weeks to Skinny Jeans

Amy Cotta



Every woman has a pair of trophy 'skinny' jeans she has banished to the back of her closet: a reminder of days past, when she felt young, sexy, and fit. Well, with Amy Cotta's help, readers will tone up, slim down, and stay motivated until they can shimmy back into those sexy skinny jeans for good! Diet, exercise, and attitude are all readers need to succeed during this 6-week program. Cotta's eating plan trims fast-burning carbohydrates for the first 3 weeks, igniting weight loss, then reintroduces and manages those carbs for the second half of the plan. Her graduated fitness program offers three styles of cardio and strength-training exercises that get progressively more challenging to keep readers from getting bored or hitting a plateau while sculpting those curves. Packed with dynamic, down-to-earth strategies, **Six Weeks to Skinny Jeans** inspires women to take control of their lifestyle and feel younger, sexier, and fitter than ever before.

Rodale • PB • Fitness & Diet

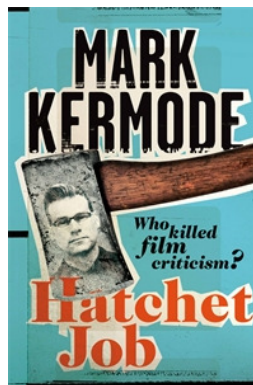


9 781609 619909 **9781609619909** **\$19.99**



## Hatchet Job

Mark Kermode



Picador • TPB • Films, Cinema

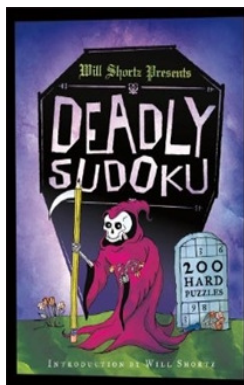


9 781447 235859 **9781447235859** **\$29.99**



## Will Shortz Presents Deadly Sudoku: 200 Hard Puzzles

Will Shortz



Watch out! These puzzles are mind melting! But if you dare, grab a pen and take on these two hundred all-new extra challenging puzzles. Features: 200 hard puzzles Big grids for easy solving Introduction by legendary puzzlemaster Will Shortz

St Martin's Press • PB • Puzzles & Quizzes



9 781250 025289 **9781250025289** **\$9.99**





## Lady Gaga: Looking For Fame

Paul Lester



An updated edition of this bestselling biography that features details of her second album *Born This Way* and her subsequent tour as well as the release of her long-awaited third album in spring 2013, *ARTPOP*. Includes her numerous controversies such as that meat dress, her many collaborations with everyone with Elton John to Cher and Tony Bennett, and her movie acting debut in *Machete Kills* in early 2013. This is the story of her high-speed rise in the fame game, told with a mix of admiration and sharp journalistic insight.

Omnibus Press • PB • Biography: Arts & Entertainment



9 781780 389875

\$14.95



## Bon Iver

Mark Beaumont



The first in-depth biography of Bon Iver main man Justin Vernon, Bon Iver will tell his story via extensive and exclusive original interviews with those around him throughout his rise from his failed Wisconsin bands to the illness and isolation that forged his breakthrough album *For Emma, Forever Ago*, and his subsequent critical and commercial success as the latest US alternative icon. Also features an overview of the US alternative scene that Bon Iver sprung from.

Omnibus Press • TPB • Biography: Arts & Entertainment



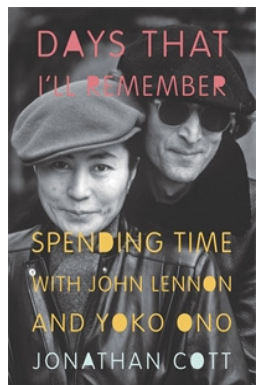
9 781780 387376

\$24.95



## Days That I'll Remember

Jonathan Cott



A deeply personal memoir of time spent with John Lennon and Yoko Ono. Cott's account begins with his first meeting of the world-famous couple in their basement flat in London, as a graduate student on a Fulbright where he was also serving as the "London editor" of a small rock magazine named *Rolling Stone*. The next day he was invited by Lennon to watch the recording of *Glass Onion* and *Birthday* at Abbey Road Studios. A connection was formed that lasted until Lennon's death-with Cott formally interviewing him again days before he was killed.

Omnibus Press • HB • Biography: Arts & Entertainment



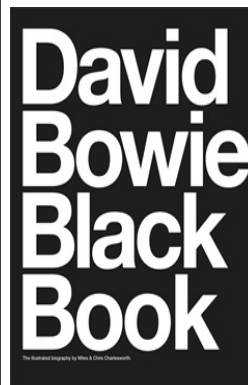
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\$29.95



## David Bowie Black Book

Blank



Now available once again after being out of print for several years, the *David Bowie Black Book* remains one of the most elegant books about the iconic superstar ever to have been published. Art directed by acclaimed graphic designer Pierce Marchbank and with text written by former NME journalist and cultural commentator Miles, the *David Bowie Black Book* contains photographs from every era of Bowie's genre-defining career and was for many years the world's best-selling Bowie book.

Omnibus Press • PB • Biography: Arts & Entertainment



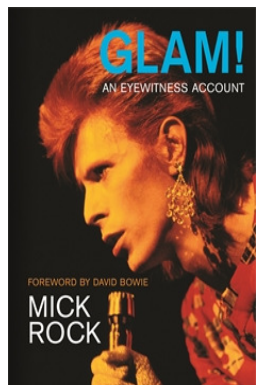
9 781783 051830

\$19.95



## Glam! An Eyewitness Account

Mick Rock



A seminal collection of images from the glam rock era taken by the legendary photographer Mick Rock whose describes the glam era as being about 'make-up, mirrors and androgyny'. Includes iconic photographs of David Bowie, Lou Reed, Debbie Harry, Iggy Pop, Queen and many others.

Omnibus Press • PB • Photographs: Collections



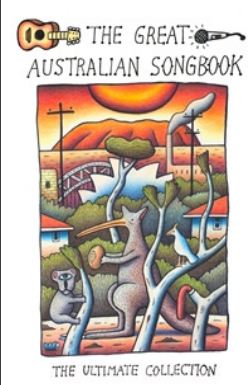
9 781780 388816

\$24.95



## The Great Australian Songbook

Music Sales



*The Great Australian Songbook* has been Australia's most beloved collection of Aussie songs since the first edition was published in 1993. Last published in 2007 and now in its 4th edition, *The Great Australian Songbook* has been updated with over a hundred new hits from our nation's most revered artists and songwriters.

Music Sales • FB • Musical Scores, Lyrics & Libretti



9 780949 785305

\$49.99



## Springsteen on Springsteen

Jeff Burger



Offers fans an extensive look at the artist's own spoken words over the past four decades, via Q&A-formatted articles, speeches, and features. The book features a foreword by singer/songwriter Elliott Murphy, a longtime Springsteen cohort; and photos by Frank Stefanko, who produced the covers for *Darkness on the Edge of Town* and *The River*. It contains more than half a dozen of Springsteen's speeches at the Rock and Roll Hall of Fame, political rallies and elsewhere, plus interviews with well-known media figures, such as TV's Charlie Rose, Ted Koppel, and Brian Williams; novelist Nick Hornby; and actor Ed Norton.

Omnibus Press • TPB • Biography: Arts & Entertainment



9 781783 050413

\$24.95

