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November NonFiction

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The Crossroad³

adscs@alliancedist.com.au

Mark Donaldson

Mark Donaldson was awarded the VC medal in 2009, the first Australian to receive this honour since 1969. He was the Young Australian of the Year in 2010. This is Mark's memoir. It covers his childhood, including the death of his father, the tragic disappearance of his mother followed by the suicide of her suspected murderer, and Mark's consequent decline into self-sabotage. But it also describes his rise out of that extremely dark period. It's hopeful, grounded, intelligent and no-nonsense. It shows his journey to becoming a trooper, to joining the SAS Regiment, and to the action that saw him awarded with the VC. And it shows what the VC means to Mark and to the wider Australian society.

Game of Knowns*

Dr Karl Kruszelnicki

There are Known Knowns. Known Unknowns, and Unknown Unknowns And then there is Dr Karl. The inimitable Dr Karl is back again with more scintillating science scenarios, techy tales and tasty morsels to sate even the most haemoglobin-thirsty of his army of Twitter followers. In Game of Knowns, he tells us why psychopaths make good kings, how smart phones dumb down our conversations, explains why the left side of your face is the most attractive, how the female worker bee gets a raw deal, and why we drink beer faster when it is served in a curved glass. He also gives us the lowdown on comets, explains the magic of hoverboards, solemnly shares why dark matter matters, and spills the scientific basis of wealth distribution. It is thereby decreed: science is the only true ruler of the kingdom, and there is none better to claim the crown than Australia's most trusted scientist - Dr Karl.

Macmillan Australia • HB • Biography: Historical, Political & Military



Mark Donaldson,

9781742612287

\$39.99

701740 (12245

DR KARL KRI

9781742613345

Macmillan Australia • HB • Popular Science

Ashes Diary*

Michael Clarke

\$32.99

Everyday*

Karen Martini

One of Australia's most popular names in food, Karen Martini needs little introduction. Chef, restaurateur, television presenter, recipe columnist and busy working mum, Karen understands the way people cook at home. In Everyday, Karen makes coming up with new meal ideas easy, sharing her best no-fuss recipes for all the delicious salads, pastas, pizzas, curries, roasts, one-pot dinners, puddings, cakes and biscuits you'll ever need. With a typical Martini twist on classics, recipes include Roasted Cauliflower Salad with Almonds and Feta, Spaghetti Bolognese with Italian sausage, Curried Roast Vegetable Pasties, Prawn and Chorizo Tortillas, Tandoori chicken burgers, Quick Curry Laksa, Turkish Apricot Chicken, Roast Leg of Lamb with Bread and Rosemary Stuffing, Vanilla and Rosemary Panna Cottas with Scorched Lemon Sauce and the very moreish Cherry Ripe Coconut Macaroons - dishes that your friends and family will request again and again.





Plum • PB • General Cookery & Recipes



2013 has produced the greatest challenge for Australian cricket captain Michael Clarke to date - leading an Australian team of uncertain quality against the might of a resurgent England. But underperforming players have not been his only problem, as the sacking of Australian coach Mickey Arthur just days before the First Test at Trent Bridge created shockwaves in the team. Clarke's Ashes Diaries give us a real behind-the-scenes view of the Australian team and the incredible ups and downs of a riveting and controversial Ashes series. Recorded dayby-day, and covering every highlight and lowlight with intelligence and honesty, this is a genuine insight into one of the most rewarding, most difficult and most highprofile jobs in Australia - captain of our cricket team.

Macmillan Australia • TPB • Autobiography: Sport



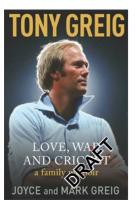
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9781742614335

\$34.99

Tony Greig*

Mark and Joyce Greig



Tony Greig was a fearless cricketer, a born entertainer, a stalwart friend and a loving son and father. His death in December 2012 was met with an outpouring of grief. This enthralling memoir begins in South Africa, as Tony's mother Joyce embarks on an extraordinary war time love affair with a man not her husband, Sandy Greig. Tony's life encompassed more than half a century of cricket, from school boy cricket in South Africa, to his early days in Sussex, through to his captaincy of England. Whether he was loved or hated, all respected the big man's courageous spirit and skills as an all-rounder. Through his friendship with Kerry Packer and his involvement in World Series Cricket, Tony helped change the game forever. Turning from foe to friend, Tony won over Australian audiences becoming one of our most beloved sports commentators.

Macmillan Australia • HB • Biography: Sport

781742 613321

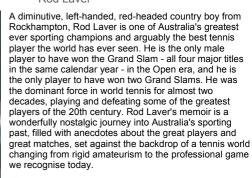
9781742613321

\$39.99



Rod Laver: A Memoir*

Rod Laver



Macmillan Australia • HB • Autobiography: Sport



9781742612973

\$39.99

The Bread and Butter Project

Paul Allam and David McGuinness



For a decade people have flocked to the The Bourke Street Bakery for their rustic bread, gourmet pies and mouthwatering sweets. Their first book, a definitive baking companion, was a runaway bestseller in Australia and overseas. Following this success, founders Paul Allam and Paul McGuinness joined forces with government and community groups to establish The Bread & Butter Project, an accredited social enterprise and wholesale bakery providing training and employment for refugees and asylum seekers - teaching them to be bakers. The Bread & Butter Project is a fully illustrated guide that will teach you to bake at home like a professional. Woven throughout the recipes are the stories of the migrants being trained, forming an important insight into many of the cultures of people living in Australia today, and an enriching culinary exploration through the recipes of these migrants' homelands. *November Pub 2 release

Plum • PB • General Cookery & Recipes

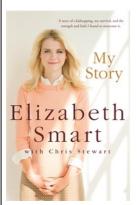
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9781742612805

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My Story

Elizabeth Smart



For the first time, ten years after her abduction from her Salt Lake City bedroom, Elizabeth Smart reveals how she survived and the secret to forging a new life in the wake of a brutal crime. On June 5, 2002, fourteen-year-old Elizabeth Smart was taken from her home in the middle of the night by religious fanatic, Brian David Mitchell and his wife, Wanda Barzee. She was kept chained, repeatedly raped, and told she and her family would be killed if she tried to escape. *My Story* tells of the constant fear she endured every hour and how her faith helped her stay sane in the midst of a nightmare until her rescue in March 2003. Smart has transformed from victim to advocate. She has created a foundation to help prevent crimes against children and is a frequent public speaker. *October Pub 2 release

Macmillan Australia • TPB • True Crime

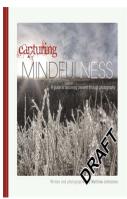


9781743516324

\$29.99

Capturing Mindfulness*

Matthew Johnstone



The present moment is all there is, if only we knew how to be truly alive in it. Becoming mindful is the key to living your life fully, and enjoying the beauty and extraordinary moments that can be found in our everyday. One path to mindfulness is by becoming **photopresent**. In his beautiful new book, wellness author Matthew Johnstone shares how the simple art of taking a photograph can be taken one step further to retrain your attention to be in the moment. A natural extension of his *Black Dog* series and *Quiet the Mind, Capturing Mindfulness* is, like meditation, an important practice for a contented life.

Pan Australia • PB • Self-Help & Personal Development

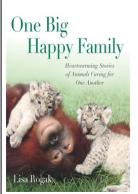


9781742612935

\$19.99

One Big Happy Family*

Lisa Rogak



One Big Happy Family tells the heartwarming stories of animals who have reached out to save the lives of babies from other species and raise them as their own. Whether it's the border collie and his piglets, the cat and her ducklings, the orangutan and his lion cubs, or even the Labrador and her baby pygmy hippo, these are poignant, charming tales of animals who have felt the parental instinct and cared for little ones of every stripe. Filled with adorable photos of these baby animals and their foster mums and dads, One Big Happy Family celebrates the intimacy and emotional connections of parenthood and the amazing miracle of interspecies adoption.

Pan Australia • PB • True Stories

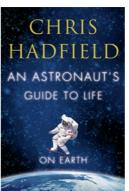


9781742613659

\$19.99

An Astronaut's Guide to Life on Earth*

Chris Hadfield



Colonel Chris Hadfield has spent decades training as an astronaut and has logged nearly 4,000 hours in space. During this time he has broken into a Space Station with a Swiss army knife, disposed of a live snake while piloting a plane, and been temporarily blinded while clinging to the exterior of an orbiting spacecraft. The secret to Col. Hadfield's success - and survival - is an unconventional philosophy he learned at NASA: prepare for the worst - and enjoy every moment of it. Through eye-opening, entertaining stories filled with the adrenaline of launch, the mesmerizing wonder of spacewalks and the measured, calm responses mandated by crises, he explains how conventional wisdom can get in the way of achievement - and happiness. His own extraordinary education in space has taught him some counterintuitive lessons: don't visualize success, do care what others think, and always sweat the small stuff.

Macmillan • TPB • Autobiography: General

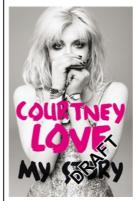
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9781447257516

\$32.99

Courtney Love: My Story

Courtney Love



Alternatively criticized and vilified, embraced and idolized, Courtney Love has been polarizing opinion from the moment she stormed her way onto the music scene over twenty years ago. Yet everything we know about her has come from the media or her music; she has never before shared the whole story of her life. From her rocky relationship with her hippy parents and her days spent stripping to make ends meet to the truth behind her drug abuse and recovery, this is a riveting story, too crazy not to be true. Nothing is off limits, not her relationship with Billy Corgan and Trent Reznor, nor her engagement to Ed Norton, and for the first time her marriage to Kurt Cobain will be revealed as the tragic romance it really was.

Macmillan • TPB • Autobiography: Arts & Entertainment

9780230770638

\$29.99

Working Dogs*

Rural Press



Working Dogs celebrates the contribution of the remarkable animals in our communities and on our farms. This attractive 200-page hardback has over 300 photographs featuring the dogs that are a familiar and enduring symbol Australian rural and outback life - kelpies, collies, heelers, and every crossbreed in between. We see the dogs at play, with their owners, riding tractors and utes, with their farmyard friends, and doing what they love to do best - rounding up the livestock. The work of Rural Press photographers and proud working dog owners from right around the nation, this collection reminds us of why Australian working dogs are so valued and loved by country and city folk alike.

Macmillan Australia • HB • Farm & Working Animals

9 781742 613338

9781742613338

\$39.99

Little Veggie Patch Deck of Cards*

Fabian Capomolla and Mat Pember



Best-selling veggie authors Fabian Capomolla and Mat Pember run a successful business installing edible gardens. After years of helping clients to grow their own fruit and vegetables they believe anyone can create their own little edible garden, in most any area. And in this fun box of A-Z veggie cards they show you how simple it is! The deck features 26 individual cards on the most popular vegetables from APPLES to ZUCCHINI, each complete with detailed planting information, ongoing maintenance advice, tips on best companions and when to harvest. There are also six beautiful fold-out recipe cards, featuring dishes that use produce grown in abundance in many gardens. A must-have beginner's guide and the perfect gift, this colourful little deck is for anyone interested in growing their own food.

Plum • Gardening: Growing Fruit & Vegetables

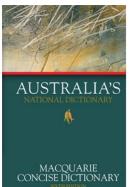


9781742613109

\$19.99

Macquarie Concise Dictionary Sixth Edition

Macquarie

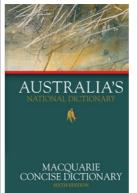


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The *Macquarie Concise Dictionary*, like its parent dictionary, continues to change, adapt and re-adjust to reflect Australian language. It is both international and uniquely Australian, making it the standard dictionary for all Australians. The richness of the Macquarie distilled into a compact format, the Concise meets the needs of the general reader in a book which is accessible, portable and easy-to-use.

Macquarie Concise Dictionary Sixth Edition

Macquarie



The *Macquarie Concise Dictionary*, like its parent dictionary, continues to change, adapt and re-adjust to reflect Australian language. It is both international and uniquely Australian, making it the standard dictionary for all Australians. The richness of the *Macquarie* distilled into a compact format, the Concise meets the needs of the general reader in a book which is accessible, portable and easy-to-use.

Macquarie • HB • Dictionaries

9781876429386 \$39.99

9781876429225 \$49.99

The Australian Wine Annual 2014

Macquarie • PB • Dictionaries

Jeremy Oliver



A fully independent expert catalogue of the very best Australian wines at each price point. The 17th edition of Jeremy Oliver's best-selling guide to Australian wine features more than 300 wineries and nearly 14,000 wines, each of which Oliver has tasted himself! The hot tips include Jeremy's Wine of the Year, his Top 100, plus the ever-popular best Australian wines for under \$20. The book is alphabetically arranged and conveniently sized to fit a handbag, glove box or coat pocket. Non-technical and simple to follow, it presents a score out of 100 and a tasting note for the current release of each wine, listed with colour-coded charts of drinking windows indicating quality cellaring potential of back vintages. Encyclopaedic, accessible and extremely easy to use, *The Australian Wine Annual 2014* is the definitive and must-have guide to Australian wine for wine lovers the world over

Jeremy Oliver • PB • Beverages



9780987345523

\$32.95

The Australian Wine Annual 2014

Jeremy Oliver

This Counterpack contains 10 copies of *The Australian Wine Annual 2014* (9780987345523).



Jeremy Oliver • Beverages



Circuti - MH-57 - Garnare Mi

9780987345530

Film In Five Seconds

\$329.50

Philomena

Martin Sixsmith



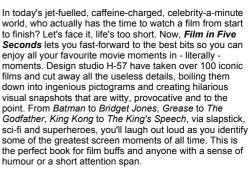
When she fell pregnant as a teenager in Ireland in 1952, Philomena Lee was sent to a convent to be looked after as a fallen woman. She cared for her baby for three years until the Church took him from her and sold him, like countless others, to America for adoption. Philomena's son grew up to be a top Washington lawyer and a leading Republican official in the Reagan and Bush administrations. But he was a gay man in a homophobic party where he had to conceal not only his sexuality but, eventually, the fact that he had AIDs. With little time left, he returned to Ireland and the convent where he was born: his desperate quest to find his mother before he died left a legacy that was to unfold with unexpected consequences for all involved. This is the Film Tie-In edition of Martin Sixsmith's moving book. The film stars Dame Judi Dench, and is currently scheduled for Boxing Day release.

Pan • PB • Biography: General



9781447245223

\$19.99



Quercus • FB • Humour

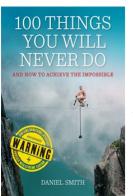


9781848662964

\$19.99

100 Things You Will Never Do

Daniel Smith



Ever fancied travelling through time? Taming a lion? Winning a Nobel Prize? Well, here's how to attempt all that and more. Daniel Smith - author of 100 Places You Will **Never Visit** - takes you on an entertaining journey through 100 things you will (probably) never get the chance to do. Offering tips and advice on things that you may never be rich enough to do (buy your own island, drink a bottle of 1787 Château Lafite, own a Shakespeare first folio); things you might never be brave enough to try (bullfight, base jump from the Burj Khalifa, charm a snake); things you'll hopefully never have to do (escape from Alcatraz, land a 747, play Russian roulette); and even the downright absurd(being in two places at once, making gold becoming invisible), 100 Things You Will Never Do will give you a glimpse of your infinite potential.

Quercus • PB • Reference Works



9781782064558

\$29.99

That Close

That Close Suggs

Suggs is one of pop music's most enduring and likeable figures. Written with the assured style and wit of a natural raconteur, this hugely entertaining and insightful autobiography takes you from his colourful early life on a North London council estate, through the heady early days of Punk and 2-Tone, to the eighties, where Madness became the biggest-selling singles band of the decade Along the way he tells you what it's like to go globetrotting with your best mates, to sign away your entire song rights "in perpetuity" and cause an earthquake in Finsbury Park.

Quercus • TPB • Autobiography: Arts & Entertainment



9781780876887

\$29.99

Reasons My Kid is Crying

Greg Pembroke



It all started when busy father Greg Pembroke posted a few pictures online of his three-year-old son, mid-tantrum, alongside the reason his son was crying: He had broken his bit of cheese in half. This book collects together photos sent to Greg from parents around the world, documenting the many, completely logical reasons why small children cry. ('I let him play on the grass' . . . 'We told him the pi says "oink"' . . . 'The neighbour's dog isn't outside'). Together, they are both a fond portrait of the universal, . 'We told him the pig baffling logic of toddlers - and a reminder for burned-out parents everywhere that they are not alone.

Boxtree • HB • Humour

791447

9781447252689

\$19.99

America's Mistress

John L. Williams



Eartha Kitt was a skinny, mixed-race woman with an odd, angular face, who seduced fifties white America into thinking that she was, in the words of Orson Welles, 'the most exciting woman in the world'. She could count Marilyn Monroe, T.S. Eliot, Prince Philip and Albert Einstein among her friends and admirers, and was almost able to forget she had once been a poor black girl from the Deep South. But her new persona was also a prison from which she found it impossible to escape. John L. Williams' moving and unsettling biography shows a star adrift in a bewildering new America torn apart by the Civil Rights movement. Shunned by many of her former friends, shocked by her country's insidious racism, and with a perilously fragile sense of her own identity, Eartha Kitt would pay the price that came from trying to be America's mistress

Quercus • TPB • Biography: Arts & Entertainment

Optimum Health the Paleo Way

Claire Yates



Optimum Health

the PALEO WAY

9780857385765

\$29.99

Eating the Paleo way is about listening to your body,

balanced lifestyle. You'll consume far less sugar, avoid preservatives and processed foods, and throw away the

calorie counter. Paleo expert Claire Yates explains why

bad health is on the increase and how the Paleo lifestyle

over 100 delicious recipes that will get you feeling great

(not 'diet') can help. She includes a 28-day reset plan and

returning to a seasonal way of eating, and living a

while eating some of the best food of your life!

Maria Alomaian



Humans are indebted to dogs. We get them to do all the jobs we can't do; we expect them to save our lives, uphold the law, find our missing, comfort our sick and elderly, be our eyes and ears, watch over our families, move our stock, entertain us and keep us warm - all for a bowl of food, the tug of a toy and a pat at the end of the day. Dogs in Action describes the vast range of jobs undertaken by dogs around the world, with anecdotes that all dog lovers can appreciate.

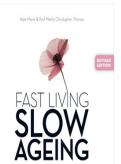


9781921966262

Exisle • PB • Diets & Dieting

Fast Living, Slow Ageing

Kate Marie & Professor Merlin Christopher Thomas



Fast Living, Slow Ageing will empower you to live your life in peak physical and emotional health and with more zest, right up until the day you die. The easy-to-follow 'slow ageing' program will have you enjoying a healthier diet, clearer skin, better physical fitness and mental resilience. Assembled by a team of 50 scientists, doctors and other health practitioners as well as informed consumers, this book is the culmination of the biggest collaborative effort on this topic ever attempted.

\$35.00

Exisle • PB • Health & Personal Development



9780980633924

\$39.99

David St John Thomas is Britain's one-time bestselling summarizes his lifetime's passion. Personal reminiscences and evocative descriptions of railway life are interspersed

\$24.99

Rookie Yearbook Two

Tavi Gevinson



St Martin's Press • PB • Society & Culture: General

781770 461490

SIMON BRIGGS

TIFF UPPER

IPS AND

BAGGY

GREEN CAPS

9781770461482

Stiff Upper Lips and Baggy Green Caps (New Edition)

Peppered with bouncers, expletives, and even the odd diplomatic incident, this is a rip-roaring journey through over a century of Ashes history. For a list of every Ashes century and five-wicket haul, try Wisden, but if you want to know which England batsman was a martyr to syphilis and which Australian fast bowler reckoned the Queen had 'nice legs for an old Sheila', then read on . . . Stiff Upper Lips and Baggy Green Caps exposes the seamy side of Ashes cricket. It gives the inside story behind controversies from the Bodyline series of 1932-33 and the Lillee and Thomson blitzkrieg of 1974-75, right up to the unseemly modern spats that ensure that this biannual frenzy of backbiting, finger-pointing and dubious facial hair remains one of the great events of the sporting calendar.

Quercus • PB • Ball Games

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9781848664456

\$29.99 Dogs in Action

Exisle • TPB • Farm & Working Animals

Farewell to Trains David St John Thomas

9781927187999

railway author, who built a formidable publishing empire first based mainly on railways. In Farewell to Trains, he with extracts from over 65 years of the author's railway writings, and illustrated throughout with archive photography.



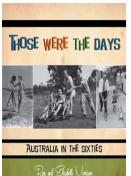
THE DECLINE OF BRITAIN' DAVID ST JOHN THOMAS

> Exisle • HB • Trains & Railways: General Interest 9780711234079

\$44.99

Those Were the Days

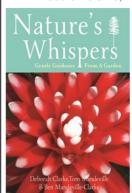
Ron Morrison, Elizabeth Morrison



In photographs and words, this beautiful book rekindles memories of the 1960s in Australia: the Vietnam War and the conscription lottery; the Swinging Sixties, with its miniskirts and changing fashions, the Beatles, Rolling Stones and The Seekers; the loss of a Prime Minister by drowning; the building of the iconic Opera House; the advent of decimal currency; Aboriginal recognition and the changing social patterns, sporting successes, and the new frontiers opened up by the mineral boom.

Nature's Whispers

Deborah Clarke, Thomas Mandeville & Ben Mandeville-Clarke



Nature is full of wisdom. Tapping into this can be as simple as stepping into a garden - observing, listening and feeling. *Nature's Whispers* encourages us to do just that. Through delightful descriptions and visuals, this book reveals how connecting to nature can be a way to peace, joy, creativity and more. The affirmations supporting this intention are powerful and uplifting. Let *Nature's* Whispers be your inspirational companion.

Exisle • PB • Places & peoples: general & pictorial works

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ENINGRAD

SIEGE AND SYMPHONY

9781921966071

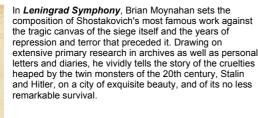
\$39.99

Brolga • PB • Mind, Body, Spirit 9781922175083

\$16.99

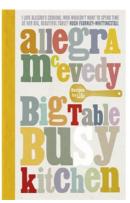
Leningrad Symphony

Brian Moynahan



Big Table, Busy Kitchen

Allegra McEvedy



Big Table, Busy Kitchen is the ultimate celebration of food, home, love and life by renowned chef and bestselling food writer Allegra McEvedy. Inspired by her mother's handed-down recipe collection, the source of so many happy meals and memories, Allegra lovingly created this extraordinary cookbook not only for her own daughter but for all families to turn to and treasure through a lifetime of cooking and eating. This is a delicious journey through 200 glorious recipes, from first bakes to first loves, feeding the family to feeding your friends, compulsory veg to nursery puddings and everything in between. With recipes that are as achievable and delicious as they are inventive and engaging, accompanied by stunning photographs, vibrant page design and charming handdrawn illustrations that will make you smile, this is everything a family cookbook should be.

Quercus • HB • General Cookery & Recipes

780857 383013

BRIAN MOYNAHAN

9780857383013

\$34.99

9781782062875

The Sacred History Jonathan Black

\$49.99

Co-Mix

Quercus • TPB • History

Art Spiegelman



Co-Mix is a comprehensive career overview of the output of the legendary Pulitzer Prize-winning cartoonist Art Spiegelman. Gorgeous full-page reproductions ofhis artwork, including covers for R. Crumb's Short Order Comix and panels from Maus, overwhelm the senses Essays by the acclaimed film critic J. Hoberman and the MoMA curator and dean of the Yale University School of Art Robert Storr bookend Co-Mix, offering eloquent meditations on an artist whose work has been genre-defining in every sense of the word. **Co-Mix** began as a museum retrospective detailing Spiegelman's lifelong involvement with comics. This expanded edition has an additional thirty-two pages of content, including a full-size insert of the long-out-of-print Raw comic Two Fisted Painters and Spiegelman's New Yorker comics about the authors Maurice Sendak, Charles Schulz, and Harvey Kurtzman

St Martin's Press • HB • Comic Book & Cartoon Art



9781770461147

\$44.99

JONATHAN BLACK

The Sacred History is an account of the workings of the supernatural in history. It tells the epic story of angels from Creation, to Evolution through to the operations of the supernatural in the modern world. This tale of how people and peoples have been helped by angels and other angelic beings is woven into a spellbinding narrative that brings together Krishna, Moses, Buddha, Elijah, Mary and Jesus, Mohammed, Joan of Arc, the angels who helped Hungarian Jews persecuted by the Nazis, and stories from African, Native American and Celtic traditions. Told from the spiritual point of view, The Sacred History relates every betrayal, every change of heart, every twist and turn, everything that looks like a coincidence, every portent, every clue, every defeat, every rescue moments before the prison door clangs shut. This is the angelic version of events.

Quercus • TPB • History Of Religion

9781780874852

\$34.99

Constellations

Giles Sparrow



Step outside on a clear night, and the number of stars in the night sky can be overwhelming. Take a pair of binoculars or a small telescope with you, and a celestial vista of star clusters and clouds, knots of gas and dust, nearby planets and distant galaxies is revealed. Since ancient times, stargazers have made sense of the night sky by grouping its stars into constellations - star patterns that often have symbolic or mythological meanings. Constellations is a guide to the night sky that focuses on these 88 distinctive patterns, revealing their often intriguing stories - their origins, mythology, present-day significance - and the multitude of wondrous objects they

Quercus • HB • Astronomy, Space & Time

781 780 | 878157

9781780878157

\$34.99

HANDGUNS



Handguns

John Walter

Handguns is a comprehensive visual directory of over 350 guns. Divided into five chapters, with each covering a category of pistol or revolver, the book begins with an introduction to the history of handguns and then examines the different types of firearm in chronological order. Each selected weapon features an authoritative description of the gun and its history, accompanied by a list of key technical data. 'Classic' handguns - including models by Smith & Wesson, Walther, Luger and Beretta - are allocated a double page spread and illustrated by a near actual-size photograph, specially taken by the Royal Armouries. Compiled by a world-renowned arms expert and illustrated with rich, colour images, this is an essential book for anyone fascinated by weaponry.

Quercus • HB • Small Firearms, Guns & Other Equipment



9781780879130

\$44.99

The Missing Ink

Philip Hensher



Writing by hand is something that has shaped and revealed our humanity for thousands of years. In a world where people are increasingly swapping pens, letters and love-notes for typing text messages with their thumbs, *The* Missing Ink is itself a love letter to the lost art of handwriting - as a cultural artefact, an expression of our individuality and as a craft in itself. Novelist Philip Hensher traces the rise and rise of handwriting in the 19th and 20th centuries, as wider education brought this most individual of skills to the masses. We meet the passionate early evangelists of fine writing, such as Platt Rogers Spencer, who travelled to every corner of America preaching the moral worth of copperplate; and the great educational reformers such as Marion Richardson, who had a deep understanding of how best children might be taught to

Macmillan • PB • Social & Cultural History

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9781447221692

Super Bright Baby: 50 Things You Really Need to Know

John Farndon



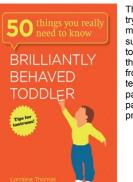
From pregnancy to toddlerhood, *Super Bright Baby: 50 Things You Really Need to Know* will help parents nurture their child's burgeoning mind. Expert author John Farndon recommends strategies - including ways to bond, intelligence-building play and teaching your child to read that can be used throughout every stage of a baby's development. With a timeline covering learning and growing milestones, boxes outlining the scientific facts for each topic, and quotes from leading childcare experts, this book is the smart choice for parents who want a great future for their children.

Quercus • PB • Advice On Parenting

9781782061366

\$19.99

Brilliantly Behaved Toddler: 50 Things You Really Need to Know



The 50 bite-sized chapters in this book cover the most trying situations that a parent and toddler are ever likely to meet - including mealtimes, sleeping, toilet training and supermarket tantrums. Each idea features an activity box to help parents gauge their progress and see results as they move forward, while informative narrative and quotes from childcare experts guide and equip them with the techniques they need to feel happy and confident in their parenting skills. Whatever the challenge, experienced parenting coach Lorraine Thomas gives parents an instant practical strategy that really works.

Quercus • PB • Advice On Parenting



9781782061380

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Lottie

Reg Egan



When Ethel Griggs dies suddenly in the Victorian country town of Omeo in January 1928, rumours about her husband's blatant affair with Lottie, the lovely 20 year-olddaughter of local grazier and Methodist elder, Jack Condon, are rife. Despite a doctor's certificate suggesting natural causes, police order Ethel Grigg's body to be exhumed and the young mother of eleven month old baby Alwyn is found to have died from arsenic poisoning. Her husband, the Rev. Ron Griggs, the districts Methodist minister, is charged with her cruel and heartless murder. Based on a true story, Reg Egan has recreated the town and its people, the atmosphere and the love affair that intrigued and shocked the whole of Australia. Lottie is a true crime story that is as brutal and shocking today as it was in 1928.

Brolga • PB • True Crime



9781922175236

\$24.99

Breast Cancer: Your Treatment Choices

Dr Terry Priestman

Breast Cancer Your treatment Choices

Cancer treatments have been revolutionised over the past 40 years, and women are increasingly expected to take an active part in their breast cancer care, and are often faced with complex choices to make. How do you know which one is best for you? Which offers the best chance of a cure, and will you be able to cope with any side effects? This book gives a historical overview of the therapies, and gives the basic information needed to make informed choices about cancer care.

Coping With Obsessive Compulsive Disorder

Professor Kevin Gournay, Rachel Piper and Professor Paul Rogers

Coping with **Obsessive Compulsive** Disorder



Listed among the top 10 most debilitating illnesses by the World Health Organisation, OCD can have a devastating effect on work, social life and personal relationships. Professional treatment can be hard to access, and in addition many people are too ashamed of their problem to seek help. Coping with Obsessive Compulsive Disorder offers expert advice and a thorough self-help programme based on solid scientific evidence.

Sheldon Press • PB • Health & Personal Development



Transforming

Eight Deadly

Emotions Into Healthy Ones

DR TERRY PRIESTMAN

9781847092687

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Sheldon Press • TPB • Self-Help & Personal Development

Prof. Pam Crawford and Fiona Marshall

9781847091574 Coping with Epilepsy

\$16.99

Transforming Eight Deadly Emotions Into Healthy One

Windy Dryden

adversities - but they can be experienced in a healthy way. This book looks at eight emotions - anxiety, depression, guilt, shame, hurt, anger, jealousy, and envy - and suggests ways in which they may be used to help rather than harm, even when life doesn't go your way.



Negative emotions are a natural response to life's

Coping with **Epilepsy**



This well-established book explains ways to treat and manage the condition in adults, with a particular focus on women with epilepsy and their reproductive health. Updated by leading consultant neurologist Professor Pamela Crawford, this new edition provides the latest thinking about anti-epileptic drugs and surgery. It looks at the most suitable medications for seizure management in general, and gives information as to the safest way to treat epilepsy in fertile and pregnant women.

Sheldon Press • TPB • Self-Help & Personal Development



9781847091345

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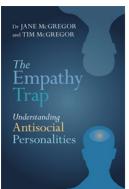
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The Empathy Trap

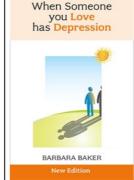
Dr Jane McGregor and Tim McGregor



Sociopathy affects an estimated 1-4% of the population, but not all sociopaths are cold-blooded murderers. They're best described as people without a conscience, who prey on those with high levels of empathy, but themselves lack any concern for others' feelings and show no remorse for their actions. Drawing on real life cases, *The Empathy Trap: Understanding Antisocial Personalities* explores this taboo subject and looks at how people can protect themselves against these arch-manipulators.

When Someone You Love Has Depression

Barbara Baker



Supporting a family member or friend with depression can be demanding and draining. This book looks at the sometimes forgotten population involved in depression, and emphasises that if someone in the family is suffering,

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9781847092762 \$16.99 Sheldon Press • TPB • Self-Help & Personal Development



9781847092564

Mudhoney

\$16.99



Christina Aguilera

Chloe Govan

This book talks of an abusive, violent childhood at the hands of her father a strict and sadistic soldier in the US Army, who made family life hell. Her desperation to flee the violence - as well as a desire to save her mother, who was trapped in her marriage financially - drove Christina into childhood stardom



Keith Cameron

Mudhonev are a rock 'n' roll band which emerged from the late '80s Seattle. Achieving critical acclaim but only a modest degree of commercial success, they were soon eclipsed by another band from the same city playing a similar strand of music - Nirvana. A documentary film I'm **Now** premiered at film festivals in the summer of 2012. 2013 marks the band's 25th anniversary and their 10th album release.





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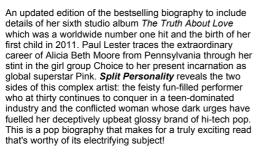


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\$29.95

Split Personality

Paul Lester

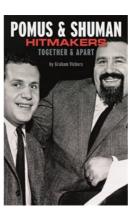




Graham Vickers

Omnibus Press • TPB • Individual Composers & Musicians, Specific Bands &

Groups



The first joint biography of one of rock 'n' roll's greatest song writing teams, Hitmakers Inc. explores the private lives and public triumphs of lyricist Doc Pomus and composer Mort Shuman.

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