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**How to Age: The School Of Life**  
Anne Karpf

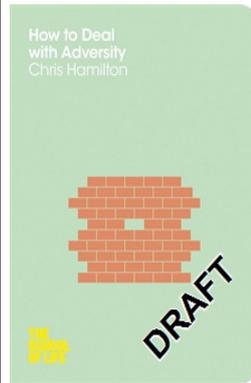


Ageing is either identified entirely with disability, dependency and isolation or, conversely, with the model of the bungee-jumping, jet-skiing, Botoxed baby-boomer who has vanquished age altogether; it is either all-defining or non-existent because powerful treatments have triumphed over the ageing process itself. In *How to Age*, Anne Karpf maps out a different approach to ageing, one that challenges the two sets of attitudes that now so saturate our thinking and recognises that ageing is an inevitable part of the human condition and should not be the prism through which we view ourselves or others. In this practical, inspiring book, Anne draws upon science, history and personal experience to reveal that the great challenge of ageing turns out to be none other than the challenge of living.

Macmillan • PB • Popular Philosophy

9 780230 767751 **9780230767751 \$19.99**

**How to Deal with Adversity: The School Of Life**  
Christopher Hamilton



In *How to Deal with Adversity*, Christopher Hamilton explores how we face trials and tribulations in everyday life, and why adversity, from small setbacks to larger, more life-defining problems, affects and shapes us so fundamentally. Drawing upon history, philosophy and science, Chris looks at examples of adversity in contexts such as family, illness and friendship, and reflects on how we can best deal with the challenges of life. He invites us to think carefully about the human process of suffering and endurance and offers practical suggestions for facing adversity head on, wherever we encounter it.

Macmillan • PB • Popular Philosophy

9 780230 771666 **9780230771666 \$19.99**

**How to Exercise: The School Of Life**  
Damon Young

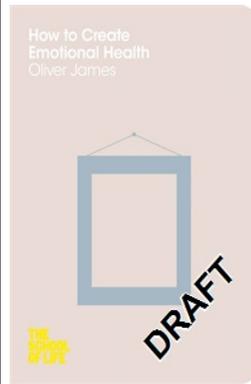


We tend to regard exercise as pure physical exertion, a working of the muscles to develop (or show) bodily strength and vitality. We do not exercise to improve our minds or to learn something new; we commonly make this division of the body and mind. But this was not always so; the ancient Greeks rarely split us into body and mind, in theory or practice, so why do we make that separation today? In *How to Exercise*, Damon Young answers this question by examining our modern lifestyles of new technology and expensive gym memberships. He then goes further by asking us to reflect on the mental value of exercise. Drawing on scholarship, great literature and pop culture, he examines different forms of exercise and reveals how physical activity can be existential.

Macmillan • PB • Popular Philosophy

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**How to Create Emotional Health: The School Of Life**  
Oliver James



*How to Create Emotional Health* is a guide to leading a more enjoyable and fulfilling life. Rather than seeking to be happy, Oliver James encourages the idea of wellbeing - a state in which we are self-aware, authentic, adaptable, vivacious and able to live in the moment. He shows that through self-reflection, we can develop insight and awareness of who we are and what we truly want and need. By paying special attention to the impact of childhood and past relationships, we can tackle insecurities and alter negative thought patterns, ultimately improving the way we function as adults. Key to this approach is the adoption of a more resilient and playful mind-set, one which allows us to learn from mistakes and bounce back in a healthy way.

Macmillan • PB • Popular Philosophy

9 780230 771710 **9780230771710 \$19.99**

**How to Be Alone: The School Of Life**  
Sara Maitland

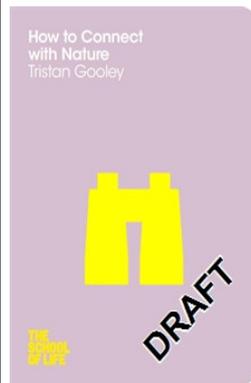


In *How to Be Alone*, Sara Maitland asks how we have arrived in a culture that values individualism, personal autonomy, independence and fulfilment higher than ever before in human history - but at the same time is terrified of solitude. Delving in to history to answer this question, she examines our changing culture through the ages and asks why and how we have periodically praised and then feared the practice of being alone, and those who seek it. In this thought-provoking and practical book, Sara offers real ideas for finding and enjoying solitude in our modern age. She addresses the instant reflex reaction we can sometimes feel when faced with those who choose to be alone and helps us tackle our fear so we can embrace time alone ourselves.

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9 780230 768086 **9780230768086 \$19.99**

**How To Connect With Nature: The School Of Life**  
Tristan Gooley



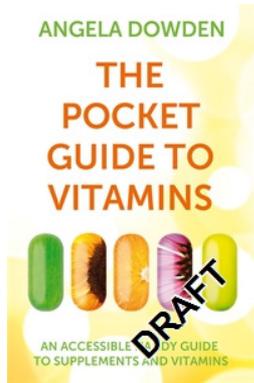
Tristan Gooley strives to reawaken our senses to help us understand and deepen our personal experience of nature, and explains how forming an understanding of the natural world - its cycles, its conflicts and its relationships - can enrich our whole lives and our sense of wellbeing. Offering an exciting new perspective, Tristan explores a host of techniques designed to help anyone connect with nature and, going further, with the modern world at large, leading to a greater interest and awareness. He argues that the strongest connection with nature comes when the divisions between an individual and their environment are removed. This beautifully written yet practical book sets out the three steps to achieving this.

Macmillan • PB • Popular Philosophy

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## The Pocket Guide to Vitamins

Angela Dowden



We all know that a balanced diet full of vital vitamins and minerals is key to staying fit and healthy. But with busy schedules, processed foods and entrenched diet and lifestyle habits, can you be sure your body is getting enough essential nutrients? Even the smallest deficiency can result in fatigue, a weakened immune system and problematic skin. Written by nutritionist Angela Dowden, *The Pocket Guide to Vitamins* offers sound, sensible advice on the uses vitamins, minerals, herbs and other supplements and helps you choose the right ones for your needs. Covering key products such as fish oils, probiotics and popular herbs, it also offers advice on supplements for specific health concerns such as diabetes and joint pain.

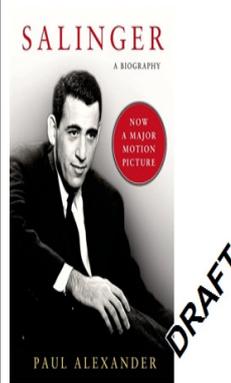
Pan • PB • Popular Medicine & Health



9 781447 258476 **9781447258476 \$9.99**

## Salinger: A Biography

Paul Alexander



J.D. Salinger was one of the twentieth century's greatest writers. He was also one of its most elusive. After making his mark on the American literary scene, Salinger retreated to a small town in New Hampshire where he hoped to hide his life away from the world. With dogged determination, however, journalist and biographer Paul Alexander captured Salinger's story in this, the only complete biography of Holden Caulfield's creator published to date. Using the archives at Princeton, Yale, Harvard, Columbia, NYU and the New York Public Library as well as research in New York and New Hampshire, Alexander has created a great biography of Salinger that's further enriched by interviews with some of the greatest literary figures of our time.

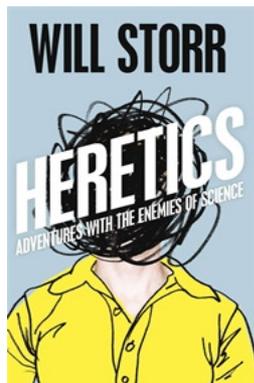
Picador • PB • Biography: General



9 781447 265030 **9781447265030 \$19.99**

## The Heretics

Will Storr



Will Storr was in the tropical north of Australia, excavating fossils with a celebrity creationist, when he asked himself a simple question. Why don't facts work? Why, that is, did the obviously intelligent man beside him sincerely believe in Adam and Eve, the Garden of Eden and a six-thousand-year-old Earth, in spite of the evidence against them? It was the start of a journey that would lead Storr all over the world - from Texas to Warsaw to the Outer Hebrides - meeting an extraordinary cast of modern heretics whom he tries his best to understand. He goes on a tour of Holocaust sites with David Irving and a band of neo-Nazis, experiences his own murder during 'past life regression' hypnosis and discusses the looming One World Government with iconic climate sceptic Lord Monckton.

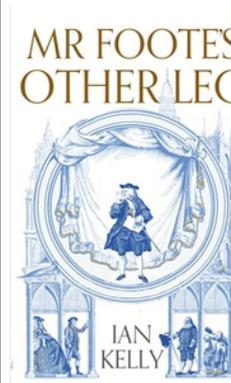
Picador • PB • Humour



9 780330 535861 **9780330535861 \$19.99**

## Mr. Foote's Other Leg

Ian Kelly



When Samuel Foote was buried clandestinely in the cloisters of Westminster Cathedral, he may or may not have been reunited with his missing leg. (In eighteenth-century London it was customary for amputees to be buried with their sawn-off limbs, which were kept embalmed for this purpose.) How Samuel Foote lost his leg is one of the many extraordinary and gruesome elements in the story of a unique character in the most colourful period of British history. Samuel Foote, although forgotten now, was a major figure of Georgian London.

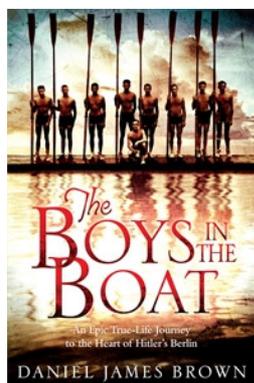
Picador • PB • Biography: General



9 780330 517843 **9780330517843 \$29.99**

## The Boys in the Boat

Daniel James Brown



*The Boys in the Boat* is the story of Joe Rantz, a charismatic young man born dirt poor in the woods of Washington State, who dreams of escaping the challenges of the Great Depression, and a complicated family life full of painful memories. What follows is an extraordinary journey, as Joe and eight other young men exchange the sweat and graft and dust of ordinary life for the purer rigours of sport at its very highest level - a journey at the end of which lies a gold medal rowing race at the Berlin Olympics of 1936, in front of Hitler himself. Told against the grand backdrop of 1930s America, *The Boys in the Boat* is a story full of lyricism and unexpected beauty; a story that rises above sport, and even the grand sweep of history itself, in favour of something more personal.

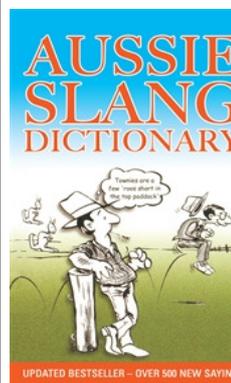
Pan • PB • Biography: General



9 781447 210986 **9781447210986 \$19.99**

## Aussie Slang Dictionary

Lolla Stewart



The ever popular and thoroughly entertaining *Aussie Slang Dictionary* is back to help you decipher and speak the true local language. Full of dazzling definitions from true-blue Aussies, you'll never be lost for words with this collection of colourful sayings. From 'aerial ping-pong' (AFL) to 'on the wrong tram' (to be following the wrong train of thought) and finishing up with some verbal diarrhoea (never-ending blather), your mind will be brimming with useful (and not so useful!) sayings for your next run-in with a true Aussie character.

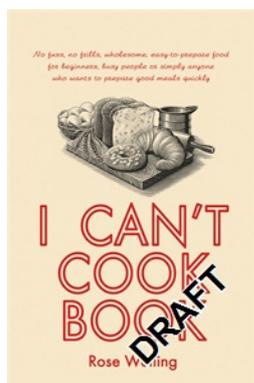
Brolga • PB • Language: Reference & General



9 781922 175335 **9781922175335 \$17.99**

## I Can't Cook Book

Rose Welling



Forget Jamie, Nigella and Donna Hay and those glossy pictures of edible sculptures that have been whipped, separated, diced, minced, sauteed, and simmered for six hours while you patiently stirred every two minutes. The 2nd edition of the *I Can't Cook Book* has no fuss, no frills, just good wholesome, easy to prepare food that is a blessing to the kitchen klutz. This is a 'must have' book for those new to the kitchen: just moved out of home, newly married, newly divorced, whatever the circumstances the *I Can't Cook Book* will painlessly turn you into an "I Can Cook" with its easy to follow but delicious-to-eat recipes.

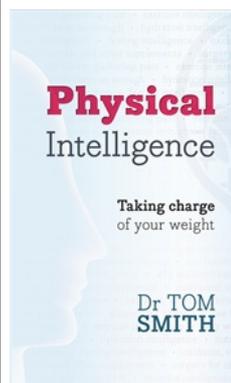
Brolga • PB • Quick & Easy Cooking



9 781922 175342 **9781922175342 \$19.99**

## Physical Intelligence

Dr Tom Smith



Understanding obesity. This book analyses the often-complex factors that influence weight gain, from our hormonal make-up to our eating psychology. Full of evidence-based research and real-life case histories, it gives intelligent advice on what to do when confronted with the need to tackle your health, or that of your child. It emphasises that exercise is key and that eating is one of the joys of life, not a medication.

Sheldon Press • PB • Health & Personal Development



9 781847 092816 **9781847092816 \$18.99**

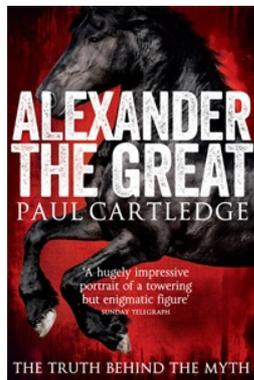
### Alexander the Great

Paul Cartledge

The acclaimed biography of one of history's greatest icons, Alexander the Great. At 18, Alexander had conquered mainland Greece; at 20, he was crowned King of Macedonia; and by 26, he had made himself master of the once mighty Persian Empire. By the time of his death in 323 BC, aged only 33, he was ruler of the known world and was being worshipped as a god by the Greeks, both at Babylon, where he died, and among the Greek cities of the Asiatic seaboard, further west. The fruit of a lifetime's scholarship and meticulous research, this is an outstanding biography of one of the most remarkable rulers in history.

Pan • PB • History

9781447237198 \$24.99



### The Spartans

Paul Cartledge

The Spartan legend has inspired and captivated subsequent generations with evidence of its legacy found in both the Roman and British Empires. The leading expert on the Spartans, Professor Paul Cartledge combines over 30 years of expertise to produce a compelling account of an extraordinary people which is destined to be the definitive book on the subject. The Spartans are our ancestors, every bit as much as the Athenians. *The Spartans* tracks the people from 480 to 360 BC charting Sparta's progression from the Great Power of the Aegean Greek world to its ultimate demise.

Pan • PB • History

9781447237204 \$24.99



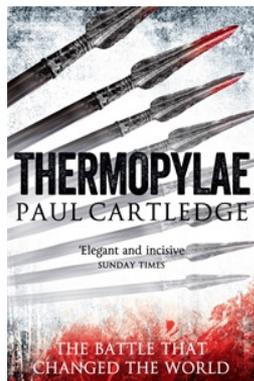
### Thermopylae

Paul Cartledge

*Thermopylae* re-examines a crucial act in one of the greatest dramas in middle eastern history: the invasion of Europe from the "east" by Great King Xerxes of Persia, 150 years before Alexander the Great famously invaded the Asiatic Persian empire from the European "west". Facing the huge intruding Persian army at the narrow pass at Thermopylae were a few thousand Greeks; at their head, King Leonidas and his 300 chosen champions from the militaristic state of Sparta, who inspired the rest by fighting courageously to the death. The battle of Thermopylae - which means "hot gates" - was at its broadest a clash of civilisations; one that momentarily helped shape the identity of Classical Greece and hence the nature of our own cultural heritage.

Pan • PB • History

9781447237211 \$24.99



### Captain Beefheart

John French

A no-holds barred account of working with Beefheart drawing on new reminiscences and interviews with all the key players from inside and around the Magic Band and the cross pollinated Mothers of Invention (masterminded by Frank Zappa).

Omnibus Press • PB • Music

9780956121257 \$24.95



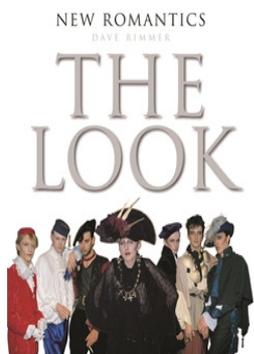
### New Romantics: The Look

Dave Rimmer

The first in-depth book about British Pop's most flamboyant movement.

Omnibus Press • PB • Music

9781783053117 \$19.95



### Maroon 5

Chloe Govan

Since debuting in 2002, Maroon 5 have sold millions of albums worldwide and won 3 Grammy awards. Their biggest hit single yet is *Moves like Jagger* featuring Christina Aguilera, selling over 8.5 million copies. In 2012 they released their fourth studio album, *Overexposed* and are currently working on their fifth album. In this book the lives and backgrounds of all band members will be revealed in depth.

Omnibus Press • TPB • Music

9781783050437 \$19.95



### Look Wot I Dun

Lise Lyng Falkenberg and Don Powell

*Look What I Dun* is the story of Slade told through the eyes of drummer Don Powell whose life was shattered when, in 1973 at the height of the group's fame, he was involved in a horrific car crash. Unflinching in his honesty, Powell deals frankly with the aftermath of the accident that took the life of his girlfriend and left him with injuries that affect him to this day.

Omnibus Press • HB • Music

9781783050406 \$24.95

