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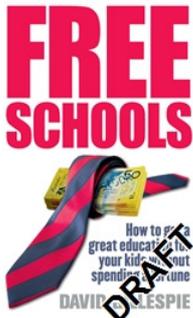
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End Sell-In: 20/12/2013 • In-Store Date: 28/01/2014

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Free Schools*

David Gillespie



David Gillespie has six kids. When it came time to select high schools, he thought he should investigate the level of advantage his kids would enjoy if he spent the required \$1.3 million and sent them all to private schools. Shockingly, the answer was: none whatsoever. Intrigued, David continued his research. He discovered that class size doesn't matter, kids are better off in co-ed, composite classes are fine, fancy buildings are a waste of money, the old-tie network won't cut it in the new industries and NAPLAN is misread by everyone, so is largely meaningless as a measure of quality. Taking on an ingrained and historical system of vested interests, this book is controversial and absolutely necessary.

Macmillan Australia • TPB • Advice On Education



9 781742 612195 **9781742612195 \$29.99**

Nourish: The 20/20 Diet Cookbook*

Lola Berry



Leading Australian nutritionist Lola Berry devised the ground-breaking and easy-to-follow **20/20 Diet** based on years of experience in her own practice, helping people to shed excess kilos, and also her own weight journey. Lola's tried and tested path to weight-loss and good health loads the body up with nutrient-dense foods and avoids the dairy, grains and refined sugar that are common allergens. Basically, it's about eating what humans were designed to eat: unprocessed, nutritious, natural, seasonal, whole and delicious foods. In **Nourish** Lola introduces a raft of natural ingredients as she offers inspired, nutritionally packed dishes that are gratifying, full of flavour and simple to make, for any night of the week. Beautifully photographed throughout, the recipes are based on an ethos of no sugar, no wheat, no gluten and very little dairy.

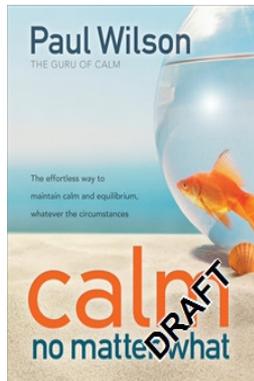
Plum • PB • Health & Wholefood Cookery



9 781742 613741 **9781742613741 \$34.99**

Calm: No Matter What*

Paul Wilson



A couple of easy-to-follow steps are all it takes to have an underlying sense of calm and equilibrium you can rely on for the rest of your life. With peacefulness at your centre rather than tension and anxiety, you get the most out of the up times, down times and every moment in between. When times are good, you experience them with a deeper satisfaction. When they're not so good, you cope better. And when things go right off the rails, you bounce right back. Life doesn't change - the workloads, discomforts and dramas will probably still be there - but you have the ability to take them in your step.

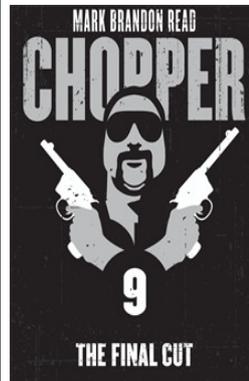
Macmillan Australia • TPB • Mind, Body, Spirit



9 781405 039345 **9781405039345 \$19.99**

Chopper 9: The Final Cut*

Mark Read



"Only a drunk or a madman would survive - luckily, on that occasion, I was both." Ex-convict, author and celebrity Mark Brandon 'Chopper' Read gives readers a unique insight into Australia's sordid criminal underworld. **The Final Cut** continues the incredible story of the self-confessed executioner, who knew receiving a phone call from an old friend meant another associate was soon to be a walking corpse. Written in Chopper's unique style and featuring his dark humour, the ninth instalment of Chopper's memoirs tells the story of the Tassie Chainsaw Massacre and explains why drinking Crown Lagers is the key to winning a serious pub brawl.

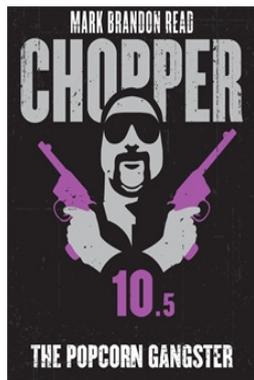
Pan Australia • PB • True Crime



9 781742 613758 **9781742613758 \$14.99**

Chopper 10.5: The Popcorn Gangster*

Mark Read



"What if there was an author who wrote about crime and therefore relied upon death to earn a living." Buried bodies, buried guns, buried money and buried truths. Only one man who's been on the inside tells it like it is about the Australian hit men, bkie wars and drug syndicates. His peers continue to die violent deaths, but Mark Brandon 'Chopper' Read is still alive to tell the real story. This is the life of the standover man who went from ex-con to icon. **The Popcorn Gangster** recounts the saga of the Calabrian contract and other grisly anecdotes.

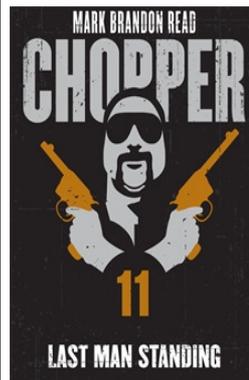
Pan Australia • PB • True Crime



9 781742 613765 **9781742613765 \$14.99**

Chopper 11: Last Man Standing*

Mark Read



Mark Brandon 'Chopper' Read was released from Pentridge Prison in 1991 and became a bestseller with his autobiography **Chopper: From the Inside**. Chopper's adventures, however, were far from over. The smart money said that Chopper would be the first to go in any underworld war but the smart money was wrong. He vowed to outlive his enemies and write their epitaphs and he did so, predicting who would be killed long before the assassins' guns were loaded. Only Chopper would live to tell the tale, with **Last Man Standing** the final instalment of his series of funny, yet often brutal memoirs.

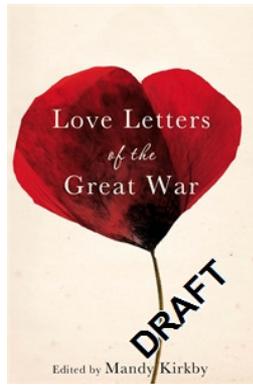
Pan Australia • PB • True Crime



9 781742 613772 **9781742613772 \$14.99**

Love Letters of the Great War

Mandy Kirkby



Love Letters of the Great War brings together some of the most romantic correspondence ever written: passionate love letters sent from British, American, French, German, Australian and Canadian troops in the height of battle, and the heart-breaking replies of their girlfriends, wives and sweethearts. From eloquent declarations of love and longing to wrenching accounts of fear, jealousy and betrayal, each set of letters reveals a story. Some soldiers wrote simple thank you messages for provisions sent, others penned heartfelt goodbyes, many shared sweet dreams of home. But in all the correspondence, there lies a truly human portrait of love and war.

Macmillan • HB • Diaries, Letters & Journals

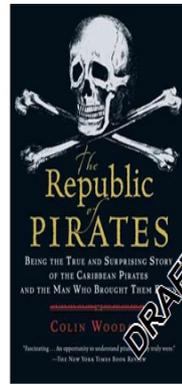


9 780230 772830 **\$19.99**



The Republic of Pirates

Colin Woodard



In the early eighteenth century a number of the great pirate captains, including Edward 'Blackbeard' Teach and 'Black Sam' Bellamy, joined forces. This infamous 'Flying Gang' was more than simply a thieving band of brothers. Inspired by notions of self-government, they established a crude but distinctive form of democracy in the Bahamas, carving out their own zone of freedom in which indentured servants were released and leaders chosen or deposed by a vote. They were ultimately overcome by their archnemesis, Captain Woodes Rogers and the brief but glorious Republic of Pirates came to an end. Colin Woodard's account is vividly told, full of incident and adventure, and brings to life this virtually unexplored chapter in the Golden Age of Piracy.

Pan • PB • History

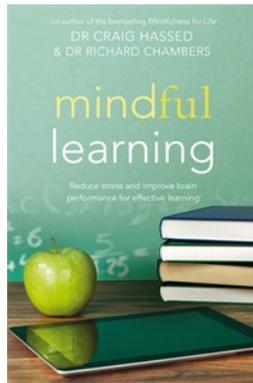


9 781447 243939 **\$19.99**



Mindful Learning

Dr Craig Hassed & Dr Richard Chambers



Mindfulness is now being used in educational environments to help students learn more effectively, develop personally, enhance their physical and emotional health, and deal with study and exam-related demands. In *Mindful Learning*, practical insights and exercises are given on how to successfully apply mindfulness in the educational setting.

Exisle • TPB • Self-Help & Personal Development

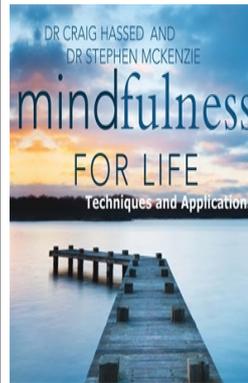


9 781921 966392 **\$29.99**



Mindfulness for Life CD

Dr Craig Hassed and Dr Stephen McKenzie



Stop daydreaming and start living your life in the present moment! Written by experts, *Mindfulness for Life* is the complete guide to learning how to master the art of paying attention to what is going on in our lives right now. The techniques on this CD are designed to support the book and help you attain a state of full awareness in order to be more connected with your children, work more efficiently, drive more safely and stress less. Just a few minutes a day is all it takes.

Exisle • CD • Self-Help & Personal Development



9 781921 966439 **\$24.99**



Aussie True Crime Stories

Joe Tog



In this compilation of twenty true stories by Joe Tog, the criminal genre is nailed exactly as it was during the 70's and the 80's - he experienced it - both inside prison and on the outside. Step by step he describes how a convicted murderer carried out an audacious escape from Pentridge Prison. An arsonist at work, bomb-making and how to morph a gun are just some of the criminal subjects covered in this book. Card cheating, safe breaking and a street riot are all colourfully detailed as he segues from story to story.

Brolga • PB • True Crime



9 781922 175373 **\$24.99**



From Arafat to Everest

Mark Squirrell



From car bombings, to meeting Yasser Arafat, from Afghanistan to Melbourne and the top of Everest, to Athens, to Palestine and back to Timor Leste, Mark Squirrell has experienced more than many can dream of. *From Arafat to Everest (2nd ed)* details his time spent in Australia and overseas working for aid organisations and raising awareness for the promotion of peace between all nations, and the eradication of poverty. His stories are fascinating, adventurous, dangerous and action packed, but deep down tell the story of a world in turmoil searching for peace.

Brolga • PB • Autobiography: General

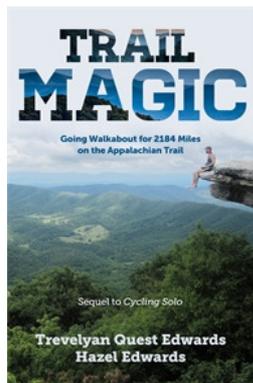


9 781922 175366 **\$26.99**



Trail Magic

Trevelyan Quest Edwards & Hazel Edwards



Trevelyan Quest Edwards wore out two pairs of boots in five months. He walked THRU the Appalachian Trail of 2,184 miles northwards from Atlanta, Georgia to Mt Katahdin in Maine (USA). Quest is his real middle name. A Darwin based, Australian life-saver and ex-cartographer, 'Walkabout' was the Trail name he was given. *Trail Magic* shares his minimalist (minus digital devices) philosophy. Travelling light is the way to go. At one stage, he nearly gave up, but the support of friends kept him going. Enjoy the scenery, wildlife and friendly *Trail Magic* helping of strangers, to whom he dedicates this book.

Brolga • PB • Travel Writing

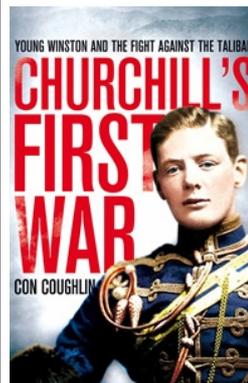


9 781922 175359 **\$19.99**



Churchill's First War

Con Coughlin



In the 1890s the British were holed up in Afghanistan in much the same situation as they are now, fighting the great-great-grandfathers of today's Taliban and tribal insurgents. Amongst them was the young Winston Churchill whose account of the campaign, *The Story of the Malakand Field Force*, was not only his first published work but is now required reading for military commanders on the ground, both British and American. Here, acclaimed foreign correspondent Con Coughlin tells the story of that campaign, a story of high adventure but one which contains many lessons and warnings for today.

Pan • PB • Modern History To 20th Century: C 1700 To C 1900



9 780330 545969 **\$22.99**



Nana's Kitchen

Sherrie Hewson



Sherrie Hewson - who was a semi-finalist on *Celebrity Masterchef* UK and owned her own restaurant - loves to cook. Her kitchen is a world away from her working life as an actress and presenter, and is where she constantly dreams up new recipes to try on family and friends. As a busy mother and now a grandmother, she loves nothing more than to take care of her family with delicious and tasty meals. She's been writing down her recipes for decades and now she's sharing over 100 of her favourites with us - from traditional dishes she learned from her own grandmother to thoroughly modern recipes you and your family will love too. All are delicious, easy to prepare and sure to inspire you.

Macmillan • HB • TV / Celebrity Chef Cookbooks

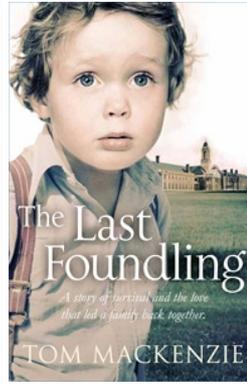


9 781447 247739 **9781447247739 \$39.99**



The Last Foundling

Tom Mackenzie



When she fell pregnant in London in 1938, Jean knew that she couldn't keep her baby. She was unmarried - her sweetheart having departed to set up a home for them both in South Africa - and living alone with no money or family close by. Afraid and desperate, she implored the panel of the Foundling Hospital, the institution set up by philanthropist Thomas Coram in 1739, to give her child the care that she could not. **The Last Foundling** is the story of a little boy and the mother he never stopped hoping to meet. A compelling narrative of desertion and neglect, it is also a moving account of survival and the love that led a family back together.

Pan • PB • Biography: General

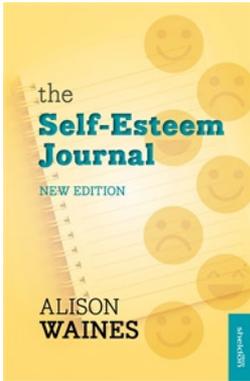


9 781447 253266 **9781447253266 \$18.99**



The Self-Esteem Journal (new edition)

Alison Waines



A new relationship with yourself. Do you lack confidence and never feel really happy? Do you wish you could stop judging yourself all the time and get on with your life? If so, this book will teach you simple techniques to boost your self-esteem and bring lasting results. By starting your own self-esteem journal, you can not only understand more about yourself, but learn how to give yourself the compassion, respect, acceptance and support you deserve. There are 45 stimulating exercises which invite you to explore how you truly feel about your life and examine the behaviours and beliefs that may be holding you back.

Sheldon Press • PB • Self-Help & Personal Development

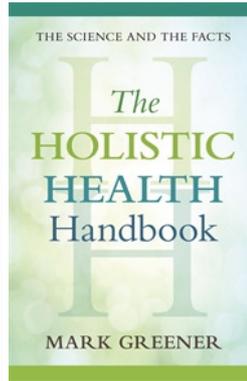


9 781847 092977 **9781847092977 \$18.99**



The Holistic Health Handbook

Mark Greener



Integrative medicine is increasingly part of mainstream practice in, for example, palliative care and management of cancer, pain, heart disease and mental illnesses. This book examines the evidence supporting complementary therapies and how to use them safely. Numerous studies attest to the therapeutic benefits offered by various approaches to augment conventional medicine. The book deals with these topics by focusing *only* on evidence in the scientific and medical literature

Sheldon Press • PB • Self-Help & Personal Development

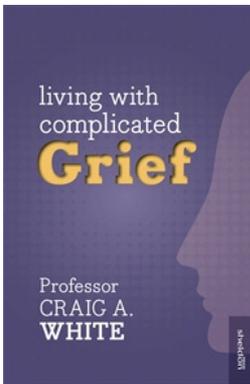


9 781847 092465 **9781847092465 \$18.99**



Living With Complicated Grief

Professor Craig A. White



Letting go does not mean forgetting. Grief is a natural reaction to the loss of a treasured person. In time, the loss is usually assimilated, but, for some, the mourning process becomes disrupted or stuck. Grief remains long-lasting and unresolved, and the death as painful as if it had happened yesterday. This book looks at how to cope with this kind of reaction to bereavement, so that it becomes possible to accept the death and master its impact.

Sheldon Press • PB • Self-Help & Personal Development

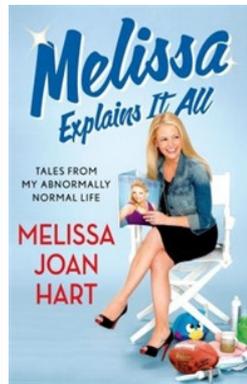


9 781847 091505 **9781847091505 \$18.99**



Melissa Explains It All

Melissa Joan Hart



Melissa has been entertaining audiences most of her life; when there were no girls named Melissa on her favorite show, the forceful four year old decided she'd get on TV her way. From that moment on, Melissa has shown a singular determination and focus - whether it's for booking three national commercials so her dad would build her a tree house or for nailing the audition for *Clarissa*. From her first commercial to her current starring role in ABC Family's hit *Melissa and Joey*, Hart never let fame go to her head. She always had one foot in Hollywood and one foot in reality - and still does.

St Martin's Press • HB • Autobiography: General

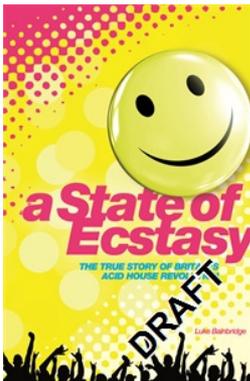


9 781250 032836 **9781250032836 \$32.99**



A State of Ecstasy

Luke Bainbridge



The arrival of a new style of music and a new type of drug in 1988 ignited a revolution. To coincide with the 25th anniversary of the second summer of love, this is the definitive story of the seismic movements in music and youth culture that changed the cultural landscape forever. Luke Bainbridge has interviewed most of the protagonists who led the acid house revolution, from the DJs and musicians to the promoters, gangsters and ravers, and built up a relationship of trust and mutual respect. This is the true story of acid house, from the DJ box to the dance floor, which examines the legacy and lasting impact of acid house, and how the second summer of love is viewed 25 years on.

Omnibus Press • PB • Music

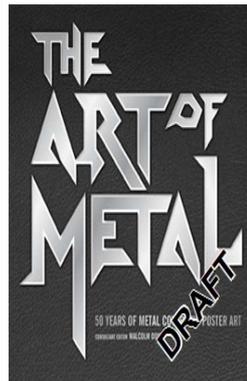


9 781780 387345 **9781780387345 \$24.95**



The Art of Metal

Malcolm Dome



From the colourful and outlandish use of visuals for album artwork and posters, to the immediately recognizable logos of the bands involved, there's a close-knit relationship between the riffs which thunder from the guitar and the images which have come to represent the songs and anthems of metal music. Showcases 400 of the finest examples of metal poster and cover art and is the first book ever to concentrate specifically on work created by artists working in this genre of music.

Omnibus Press • PB • Music

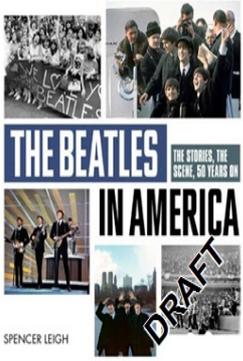


9 781783 050420 **9781783050420 \$29.95**



The Beatles in America
Spencer Leigh

With exclusive interviews with fellow musicians, promoters, and audience members, together with rare photographs and memorabilia, *The Beatles In America* is the definitive, fully illustrated account of their concerts, the controversies, and of how the country dominated their lives in so many ways—written by one of the acknowledged experts on the Fab Four, Liverpool's own Spencer Leigh



Omnibus Press • HB • Music



9781780388809 \$24.95

