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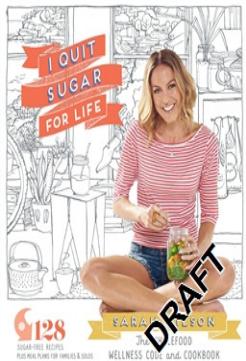
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I Quit Sugar for Life*

Sarah Wilson



With her bestselling book, *I Quit Sugar*, Sarah Wilson helped tens of thousands of Australians to kick the habit. In *I Quit Sugar for Life*, Sarah shows you how to be sugar-free forever. Drawing on extensive research and her own tried and tested methods, Sarah has designed a program to help you: banish cravings by eating good fats and protein, deal with lapses, maximise nutrition with vegies, exercise less for better results, detox safely, make sustainable food choices, and cook sugar-free: 128 desserts, cakes, kids' stuff, comfort dinners and tote-able breakfast and lunches. *I Quit Sugar for Life* is not just about kicking a habit; it's a complete wellness philosophy that will help you become your healthiest, calmest, happiest self.

Macmillan Australia • PB • Fitness & Diet

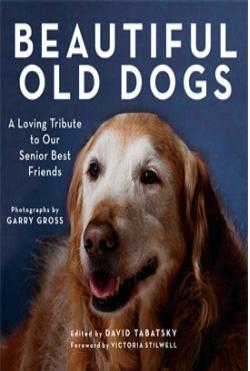


9781742613734 \$34.99



Beautiful Old Dogs*

David Tabatsky



Gandhi once said, "The greatness of a nation and its moral progress can be judged by the way that its animals are treated." How people regard older animals is especially revealing. David Tabatsky has collected the exquisite photography of the late Garry Gross and carefully curated an accompanying selection of moving, insightful, funny, and uplifting essays and short pieces by a range of writers. *Beautiful Old Dogs* is a heartfelt, emotional, passionate tribute to old dogs.

Macmillan Australia • PB • Dogs As Pets

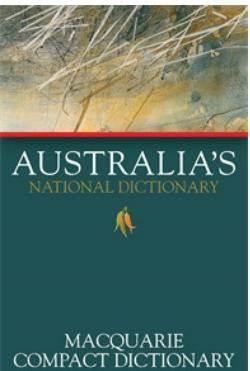


9781742613246 \$19.99



Macquarie Compact Dictionary

Macquarie



Based on the full *Macquarie Dictionary*, which is in its sixth edition, the *Compact* is completely up-to-date. In a convenient format, it features: • more than 50,000 words and phrases • more than 75,000 definitions • up-to-date items such as apera, blade runner, diabesity, digital archaeology, green tape, homesteading and virtual choir • clear pronunciations • idiomatic phrases • free six-month subscription to Macquarie Dictionary Online

Macquarie • PB • Dictionaries

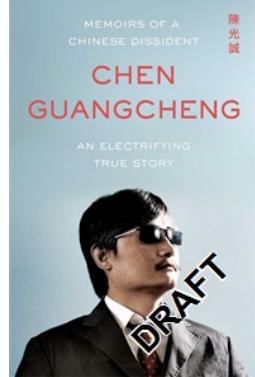


9781742619842 \$19.99



Memoir

Chen Guangcheng



Macmillan • TPB • Autobiography: General

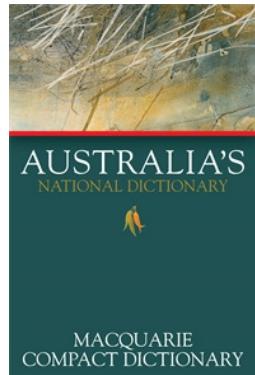


9781447243861 \$32.99



Macquarie Compact Dictionary

Macquarie



Macquarie • HB • Dictionaries

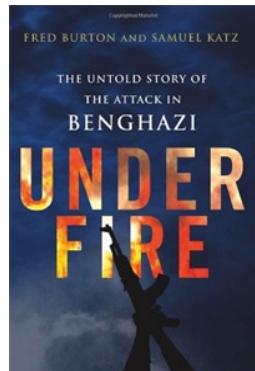


9781876429645 \$29.99



Under Fire

Fred Burton and Samuel M. Katz



On the night of September 11, 2012, the American diplomatic mission at Benghazi, Libya, came under ferocious attack by a heavily armed group of Islamic terrorists. The prolonged firefight, and the attack hours later on a nearby CIA outpost, resulted in the deaths of four Americans, including the American ambassador to Libya, Christopher Stevens.. More than just the minute-by-minute narrative of a desperate last stand in the midst of an anarchic rebellion, *Under Fire* is an inspiring testament to the bravery and selflessness of the men and women who put their country first while serving in one of the most dangerous regions in the world.

St Martin's Press • HB • Terrorism, Armed Struggle

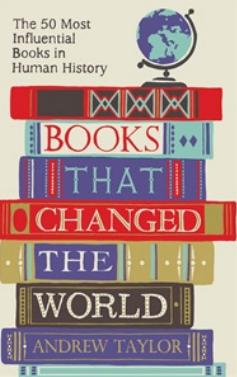


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Books that Changed the World

Andrew Taylor



Books That Changed the World tells the fascinating stories behind 50 books that, in ways great and small, have changed the course of human history. Andrew Taylor sets each text in its historical context and explores its wider influence and legacy. Whether he's discussing the incandescent effect of *The Qu'ran*, the enduring influence of Adam Smith's *Wealth of Nations*, or the way in which *Uncle Tom's Cabin* by Harriet Beecher Stowe galvanized the anti-slavery movement, Taylor has written a stirring and informative testament to human ingenuity and endeavour. Ranging from *The Iliad* to *Harry Potter and the Philosopher's Stone*, the *Kama Sutra* to *Lady Chatterley's Lover*, this is the ultimate, thought-provoking read for book-lovers everywhere.

Quercus • PB • Literature & Literary Studies

9 781782 069423 \$19.99



This Book Will Make You Happy

Dr Jessamy Hibberd and Jo Usmar

We all experience periods of feeling low, frustrated and lacking in energy - but ignoring the problem and struggling on can start to affect all areas of your life. Help is at hand: this concise little book shows you how you can reverse negative thoughts and emotions and make yourself happier, and more confident. Dr Jessamy Hibberd and Jo Usmar draw on the very latest research in cognitive behavioural therapy (CBT) and modern psychology to give you practical, proven techniques and exercises to combat low mood and, more importantly, increase the happiness in your life. Their friendly, results-driven approach will make you happier, healthier and more fulfilled.

THIS BOOK WILL
MAKE YOU
HAPPY



DR JESSAMY HIBBERD & JO USMAR

Quercus • PB • Self-Help & Personal Development

9 781848 662810 \$19.99



This Book Will Make You Confident

Dr Jessamy Hibberd and Jo Usmar

Have you ever felt that something keeps holding you back in your life? It feels like other people seem to breeze through life, but self-doubt and feelings of insecurity prevent you getting the things you want - whether at work, family life or relationships. Well, fear not: for those of us not born with armour-plated self confidence, this little book will allow you to change how you think. Dr Jessamy Hibberd and Jo Usmar will provide you with the tools to build your self-esteem and realise your full potential. With practical exercises and techniques based on the very latest cognitive behavioural therapy (CBT) research, their friendly results-driven approach will give you a new sense of confidence in every area of your life.

THIS BOOK WILL

MAKE YOU
CONFIDENT



DR JESSAMY HIBBERD & JO USMAR

Quercus • PB • Self-Help & Personal Development

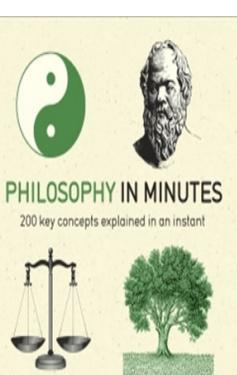
9 781848 662858 \$19.99



Philosophy in Minutes

Marcus Weeks

Philosophy in Minutes distills 200 of the most important philosophical ideas into easily digestible, bite-sized sections. The core information for every topic - including debates such as the role of philosophy in science and religion, key thinkers from Aristotle to Marx, and introductions to morality and ethics - is explained in straightforward language, using illustrations to make the concepts easy to understand and remember. Whether you are perplexed by existentialism or pondering the notion of free will, this accessible small-format book will help any reader to quickly grasp the basics of this highly nuanced subject.



PHILOSOPHY IN MINUTES

200 key concepts explained in an instant



Quercus • PB • Philosophy

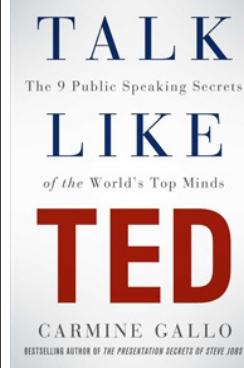
9 781782 066460 \$9.99



Talk Like TED

Carmine Gallo

TED talks have redefined the elements of a successful presentation and become the gold standard for public speaking around the world. TED and associated Tedx conferences are held in more than 130 countries and are being viewed at a rate of 1.5 million times a day. These are presentations that set the world on fire, and the techniques that top TED speakers use are the same ones that will make any presentation more dynamic, fire up any team, and give anyone the confidence to overcome their fear of public speaking. Ideas are the true currency of the 21st century, and Carmine Gallo's **Talk Like TED** gives readers a way to create presentations around the ideas that matter most to them, presentations that will energize their audiences to spread those ideas, launch new initiatives, and reach their highest goals.



Macmillan • PB • Business & Management

9 781447 261131 \$24.99



This Book Will Make You Calm

Dr Jessamy Hibberd and Jo Usmar

Life in the twenty-first century is tough - new technology, constant change, more choice and extra pressure all add to our stress levels. And when you're stressed or tired your insecurities increase - so breaking that cycle feels impossible. But help is at hand: this book will show you how to beat stress and become more positive, relaxed, and productive. Dr Jessamy Hibberd and Jo Usmar draw on the latest cognitive behavioural therapy (CBT) research to show you how to develop coping strategies and learn practical techniques to deal with stress and anxiety quickly and effectively. From reducing worry and boosting energy to breathing and mindfulness techniques, this helpful little book will make your life more serene, stress-free and fulfilled.



Quercus • PB • Self-Help & Personal Development

9 781848 662834 \$19.99



This Book Will Make You Sleep

Dr Jessamy Hibberd and Jo Usmar

We all go through patches when we find it hard to sleep. Either we have problems dropping off at night or we wake in the early hours with thoughts buzzing round in our minds. Sometimes it seems impossible to get that elusive night's sleep we so badly crave, but this book will show you how to break negative patterns, get more rest and improve your wellbeing. Dr Jessamy Hibberd and Jo Usmar draw on the very latest developments in cognitive behavioural therapy (CBT), to guide you through proven techniques to help you get your sleep patterns back on track. You will feel rested, happier, and immediately reap the benefits in your everyday life.



Quercus • PB • Self-Help & Personal Development

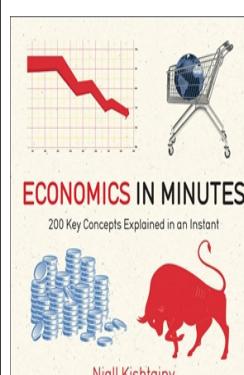
9 781848 662872 \$19.99



Economics in Minutes

Niall Kishtainy

Economics in Minutes condenses key economics concepts into 200 short and easily digested essays. Featuring not only fundamental ideas, such as the role of money and how the stock market works, but also subjects that are increasingly important to us today - unemployment, government debt and corporate tax avoidance, for example - it is the ideal introduction to a complex contemporary field. Key topics are succinctly described and accompanied by illustrations, making them simple to read and easy to remember. This convenient little reference guide will allow readers to understand the theories underpinning a subject that affects our lives on a daily basis.



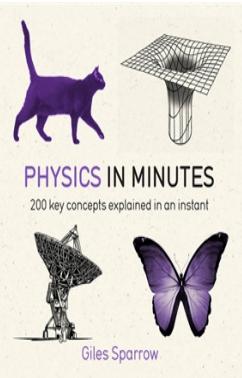
Quercus • PB • Economics

9 781782 066477 \$9.99



Physics in Minutes

Giles Sparrow



PHYSICS IN MINUTES

200 key concepts explained in an instant

Physics in Minutes covers everything you need to know about physics, condensed into 200 key topics. Each idea is explained in clear, accessible language, building from the basics, such as mechanics, waves and particles, to more complex topics, including neutrinos, string theory and dark matter. Based on scientific research proving that the brain best absorbs information visually, illustrations accompany the text to aid quick comprehension and easy recollection. This convenient and compact reference book is ideal for anyone interested in how our world works.

Quercus • PB • Physics

9781782066484 \$9.99



Art

Susie Hodge



Art introduces readers to 100 of the world's most important artists and their paintings, from the 13th century to the modern era. Works by artists including Caravaggio, Vermeer, van Gogh and Warhol are reproduced in superb high quality, arranged chronologically and set in their historical context by Susie Hodge's concise and readable narrative. Including explanations of key periods in art history - from the Early Renaissance to Dutch Realism, and from Rococo to Pop Art - a guide to the world's best art galleries and a helpful glossary of key terms, this is the perfect book for any art lover.

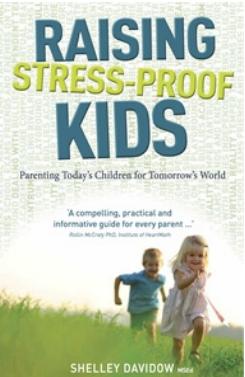
Quercus • PB • The Arts

9781848662209 \$34.99



Raising Stress-Proof Kids

Shelley Davidow



A compelling and informative guide for every parent, **Raising Stress-Proof Kids** offers an eye-opening view on how the unhealthy and unnecessary stresses of our educational systems as well as outdated perspectives on parenting affect our children. It offers practical advice on how we can significantly and positively impact the lives of our children as they move through developmental phases and become mature, self-regulated and composed beings ready to succeed in our increasingly complex world.

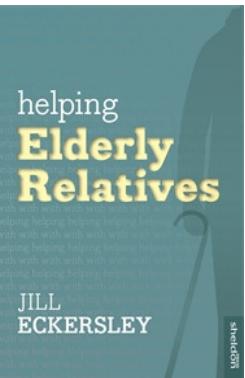
Exisle • TPB • Health & Personal Development

9781921966408 \$24.99



Helping with Elderly Relatives

Jill Eckersley



By 2051, almost a third of Australia's population is predicted to be over 65. This means that more of us will be responsible for someone who is elderly and possibly frail. The problems can be compounded by someone who is difficult to help, and refuses to co-operate with family carers or medical and social work professionals. This book offers practical solutions and emotional support for those looking after older parents or other relatives.

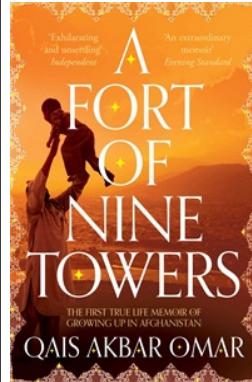
Sheldon Press • PB • Health & Personal Development

9781847092625 \$18.99



A Fort of Nine Towers

Qais Akbar Omar



THE FIRST TRUE LIFE MEMOIR OF GROWING UP IN AFGHANISTAN

QAIS AKBAR OMAR

Qais Akbar Omar is 29 years old. His young life coincided with one of the most convulsive decades in Afghan history: civil war, the rise of the Taliban, and the arrival of international troops in 2001. **A Fort of Nine Towers** - named for the place his parents first sought shelter from war - is the story of Qais' family and their remarkable survival. A group of tenacious and deeply loving people, when the fighting came they were buffeted from one part of Afghanistan to the next 'like kittens in the jaws of a lion', setting up camp on the plains, in the famous Buddha caves at Bamiyan, and with Kuchi nomads, before returning finally to Kabul, where they belong.

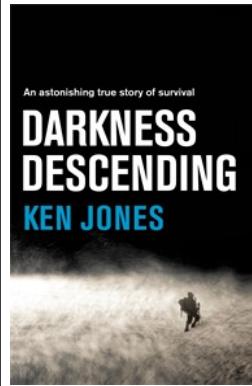
Picador • PB • Autobiography: General

9781447221753 \$18.99



Darkness Descending

Ken Jones



On New Year's Eve, 2004, as 27-year-old former special forces soldier Ken Jones attempted the ascent of Moldoveanu, Romania's highest peak, he was caught in a horrific avalanche that tossed him back down the mountain, leaving him with severe injuries including a broken femur and a smashed hip socket. Alone in a snowy wilderness without any way of calling for help he knew his chances of survival were slim. **Darkness Descending** is the harrowing and psychologically compelling account of the next four freezing days and nights as he dragged himself to safety, battling constantly with extreme pain, biting cold, and his own, often hallucinatory swings between hope and despair.

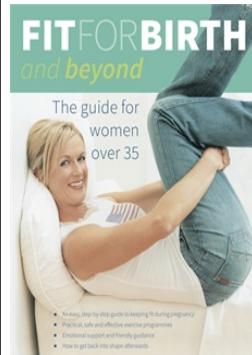
Quercus • TPB • True Stories Of Heroism, Endurance & Survival

9781782066002 \$29.99



Fit for Birth and Beyond

Suzy Clarkson



Fitness expert Suzy Clarkson uses her own experiences of childbirth at 38 and 45 to present a comprehensive and easy-to-follow fitness guide for pregnant women through each trimester and after birth. Illustrated in colour with step-by-step photographs and diagrams, it is practical and full of helpful advice on how to develop healthy habits to achieve a safe outcome. The endorsements by leading experts in obstetrics and fertility ensure that this is a guide you can use with absolute confidence.

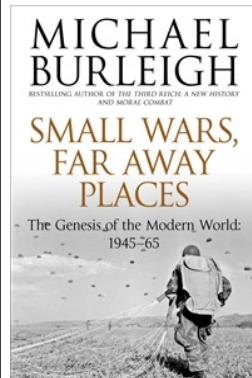
Exisle • PB • Health & Personal Development

9781921497643 \$29.99



Small Wars, Faraway Places

Michael Burleigh

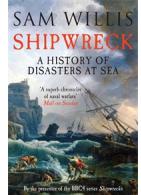


The collapse of Western colonial empires after the Second World War led to any number of vicious struggles for power whose bloody consequences haunt us still. Acclaimed historian Michael Burleigh's brilliant analytic skills and clear eye for common themes underpins this powerful account of those struggles. He takes us on a historical journey from Palestine to Pakistan, from Cuba to Indo-China and reframes mid-20th century history by forcing us to look away from the Cold War to the hot wars that continue to afflict us. The result is a dazzling work of history, which examines the death of colonialism with passion, insight and genuine understanding of what it feels like to be caught in the middle of realpolitik.

Pan • PB • General & World History

9780330529488 \$19.99





Shipwreck

Sam Willis

Shipwrecks have captured our imagination for centuries. Here acclaimed historian Sam Willis traces the astonishing tales of ships that have met with disastrous ends, along with the ensuing acts of courage, moments of sacrifice and episodes of villainy that inevitably occurred in the extreme conditions. Many were freak accidents, and their circumstances so extraordinary that they inspired literature - the ramming of the Essex by a sperm whale was immortalized in Herman Melville's Moby Dick. Some symbolize colossal human tragedy: including the legendary Titanic whose maiden voyage famously went from pleasure cruise to epic catastrophe.

Quercus • PB • Maritime History



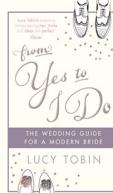
9781848664333

\$19.99



From Yes To I Do: The Wedding Guide

Lucy Tobin



The savvy, the surprising and the downright ingenious ideas that will make your wedding stand out from the crowd. Not to mention some behind-the-scenes secrets that put this guide on the side of the bride, not the wedding industry. Want a wedding with a personal touch, not off the peg? Lusting after luxury but smart about saving? Favour a home-made feel but haven't got the know-how? Lifting the veil on everything from the entrance music to the honeymoon getaway, Lucy Tobin teaches you how to dream big, shop smart and do-it-yourself - all in the down to earth style of the kind of girl you'd want as your own bridesmaid. Get ready to go up the aisle in style!

Heron Books • HB • Weddings, Wedding Planners



9781782066712

\$19.99



The Railway Dog

Owyn M. Parker

Set amidst South Australia's beautiful but isolated mid-north, *The Railway Dog* tells the true story of Bob, a scruffy brown stray, bought on impulse by a local railway man as a gift for his wife - setting in motion the beginnings of a legend... Recognised near and far for his cheery bark, waving tail, and devotion to train travel - Bob quickly became a beloved member of the tight knit railway community. Charming, humorous, and at times intensely moving, the adventures of Bob the Railway Dog, entwined with the lives of the fascinating people he meets on his journeys - make for an inspiring and touching Australian story.

Brolga • PB • Regional & National History



9781922175397

\$24.99



Aussie Dog Stories

Paul Bugeja

A fascinating look at both famous and not-so-famous dogs from down under. There's the 'Red Dog', celebrated in a movie in 2011, and 'Bob the Railway Dog', who was the subject of a bestselling book. There are assistance animals and guide dogs, war heroes and everyday ones, dogs that save lives and dogs whose lives are saved. All loyal, loving, brave in their ways and with doggy hearts of gold.

Brolga • PB • Biography: General



9781922175380

\$24.99

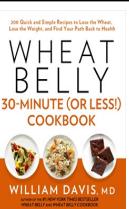


Wheat Belly 30-Minute (Or Less!) Cookbook

William Davis, MD

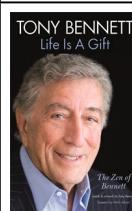
Wheat Belly shook the foundations of the diet world when author and renowned cardiologist William Davis revealed that an epidemic of adverse health effects—from mysterious rashes and high blood sugar to stubborn belly fat (so-called "wheat bellies")—could be banished forever with one simple step: Saying goodbye to wheat. *The Wheat Belly Cookbook* built on that foundation with hundreds of delicious, family favorite recipes with a wheat-free makeover. Now, it's easier than ever with this collection of yummy recipes that are quick enough for busy weekdays—and good enough for even special occasions.

Rodale • HB • Cookery / Food & Drink Etc



9781623362089

\$32.99



Tony Bennett

Tony Bennett

A collection of soulful reflections and philosophies from Tony's life and career. He shares stories of friends and family and the essential lessons they have taught him. He pays tribute to all the remarkable talents he has worked with including Pavarotti, Judy Garland, Cary Grant, Fred Astaire, Count Basie, Louis Armstrong, Aretha Franklin, Barbra Streisand, Paul McCartney, Amy Winehouse, Willie Nelson, Lady Gaga and many others.

Omnibus Press • HB • Music



9781783053100

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Michel Legrand: The Piano Collection

Music Sales

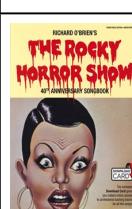
Michel Legrand: The Piano Collection is a definitive compilation of 25 best-loved songs by the award-winning songwriter, arranged for piano and voice. Michel Legrand has been a seemingly inexhaustible songwriter, film score & stage composer, arranger and jazz pianist since the 1950s. This collection brings together a superb selection of his songs and music, representing various facets of his prolific output, specially arranged for piano and voice. Included are a number of his well-known film compositions including the award-winning song *The Windmills Of Your Mind*.

Music Sales • TPB • Music



9781783051427

\$24.99



The Rocky Horror Show

Music Sales

The Rocky Horror Show 40th Anniversary Songbook celebrates 40 years since the making of Richard O'Brien's schlock-horror musical masterpiece *The Rocky Horror Show*, which made its debut in London before going on to conquer the world. This collection contains all the songs from his glorious musical tribute to sci-fi and B-movie horror, arranged for Piano, Voice and Guitar, complete with lyrics and Guitar chord symbols. The exclusive 40th anniversary songbook is complete with a lavish photo section plus rarely seen scrapbook memorabilia from the composer. *The Rocky Horror Show* was always big on audience participation, so here's your chance to sing along with the music! The included card gives you instantly downloadable sound-alike backing tracks.

Music Sales • TPB • Music



9781783051496

\$24.99

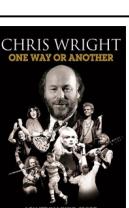


One Way Or Another

Chris Wright

One Way Or Another is multi-millionaire rock, media and sport mogul Chris Wright's explosive autobiography.

Omnibus Press • HB • Music



9781783052288

\$24.95

