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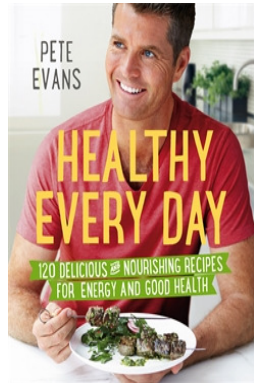
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Healthy Every Day*

Pete Evans



In *Healthy Every Day*, Pete Evans shares his favourite recipes for good health and vitality. Inspired by a 'paleo' way of eating, these are the meals he cooks for his family every day, featuring loads of fresh veggies, nuts and seeds, sustainable seafood and meat, and free of gluten, sugar and dairy. Drawing on his love of the cuisines of Thailand, Turkey, Vietnam and Morocco, he shows you how to make lighter, healthier versions of your favourite breakfasts, salads, curries and burgers. And while you won't find any sugar, there are some delicious gluten- and dairy-free treats, such as Young Coconut Ice Cream and Raspberry Mousse Cheesecakes. *Healthy Every Day* makes it easy to change the way you cook and eat, inspiring you to create delicious meals that will make you feel (and look!) fantastic. 'Food is a celebration, something that brings people together. Create delicious meals that nourish you, your family and friends.'

Plum • PB • General Cookery & Recipes



9 781742 613895 **9781742613895 \$39.99**



Things A Little Bird Told Me

Biz Stone



From GQ's "Nerd of the Year" to one of *Time*'s most influential people in the world, Biz Stone represents different things to different people. But he is known to all as the creative, effervescent, funny, charmingly positive and remarkably savvy co-founder of Twitter—the social media platform that singlehandedly changed the way the world works. Now, Biz tells fascinating, pivotal, and personal stories from his early life and his careers at Google and Twitter, sharing his knowledge about the nature and importance of ingenuity today. In this book, Biz also addresses failure, the value of vulnerability, ambition, and corporate culture.

Macmillan • TPB • Biography: General



9 781447 271123 **9781447271123 \$29.99**



Saving Zali*

Lisa Venables



Saving Zali is a mother's account of every parent's worst nightmare: a diagnosis of cancer with a shocking prognosis. In 2009, Lisa and Andrew Venables were told that their eighteen-month-old daughter Zali had Langerhan's cell histiocytosis, or LCH, a cancer resistant to chemotherapy and almost impossible to treat. Zali was given six weeks to live. It was the beginning of a journey of heartache and bravery as Zali battled daily for her life in Sydney's Westmead Hospital, with Lisa by her side at every step. Although Zali survived her original prognosis, her condition worsened dramatically. Her medical team ran out of options. Lisa and Andrew were told their daughter had hours to live. But then a controversial treatment was proposed, a treatment never before used for Zali's condition. What happened next was a medical miracle that proved that the extraordinary is possible.

Macmillan Australia • TPB • Memoirs

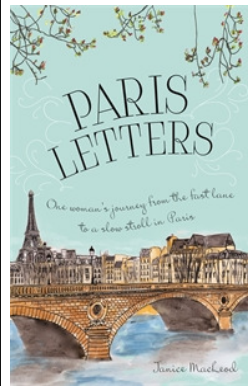


9 781742 612904 **9781742612904 \$29.99**



Paris Letters

Janice Macleod



What do you do when your great life-plan works out, and you're still unhappy? Successful, but on the verge of burnout, Janice Macleod saved enough money to buy herself two years of freedom in Europe. Days into her stay in Paris, she met Christophe, and her fate was sealed. Forced to find a way to fund her expat future, Janice created a painted letter subscription service, sending out thousands of letters to people who are hungry to receive something beautiful. *Paris Letters* is the inspiring story of a woman who dared to discover a life she could love.

Macmillan Australia • TPB • Memoirs

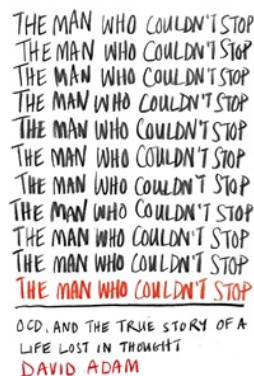


9 781743 519523 **9781743519523 \$24.99**



The Man Who Couldn't Stop*

David Adam



David has suffered from OCD for twenty years, and *The Man Who Couldn't Stop* is his unflinchingly honest attempt to understand the condition and his experiences. What might lead an Ethiopian schoolgirl to eat a wall of her house, piece by piece; or a pair of brothers to die beneath an avalanche of household junk that they had compulsively hoarded? At what point does a harmless idea, a snowflake in a clear summer sky, become a blinding blizzard of unwanted thoughts? Drawing on the latest research on the brain, as well as historical accounts of patients and their treatments, this is a book that will challenge the way you think about what is normal, and what is mental illness. Told with fierce clarity, humour and urgent lyricism, this extraordinary book is both the haunting story of a personal nightmare, and a fascinating doorway into the darkest corners of our minds.

Picador • TPB • Popular Science

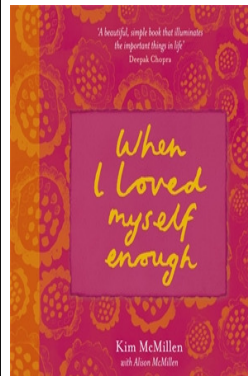


9 781447 259374 **9781447259374 \$32.99**



When I Loved Myself Enough*

Kim and Alison McMillen



First released in Australia in 2001, this book has gone on to sell 100,000 copies. Repackaged for today's market, it teaches the key to true happiness through a series of inspiring and heartfelt thoughts. Each page contains a message to help readers understand the wonders of their own lives: 'When I loved myself enough I began taking the gift of life seriously and gratefully.' *When I Loved Myself Enough* is a collection of wisdom that is startling in its simplicity. By the end of the book the message becomes clear: loving yourself holds the key to loving others and having others love you. By sharing her insights, the author also shows us how to feel the same sense of peace and quiet joy that illuminated her life.

Pan Australia • PB • Self-Help & Personal Development



9 781743 517031 **9781743517031 \$16.99**



Night School

Richard Wiseman

For the past sixty years, a small number of scientists have dedicated their lives to studying the sleeping mind. This work has resulted in a series of remarkable techniques that can help people to recognize dangerous levels of sleep deprivation, get a great night's sleep, avoid nightmares, learn in their sleep, take productive power naps, decode dreams, and create a perfect nocturnal fantasy. Until now, these discoveries have been restricted to academic journals and University conferences. Professor Richard Wiseman journeys deep into this dark world and meets the vampire-like scientists who go to work when everyone else is heading for bed. Carrying out his own nocturnal mass participation studies along the way, Wiseman presents the definitive guide to the surprising new science of sleep and dreaming.

Macmillan • TPB • Popular Science

9 781447 259336 **\$32.99**

Four Sisters

Helen Rappaport

On 17 July 1918, four young women walked down twenty-three steps into the cellar of a house in Ekaterinburg. The eldest was twenty-two, the youngest only seventeen. Together with their parents and their thirteen-year-old brother, they were all brutally murdered. Their crime: to be the daughters of the last Tsar and Tsaritsa of All the Russias. Much has been written about Nicholas II, his wife Alexandra and their tragic fate, as it has about the Russian Revolutions of 1917, but little attention has been paid to the Romanov princesses, who - perhaps inevitably - have been seen as minor players in the drama. In **Four Sisters**, however, acclaimed biographer Helen Rappaport, puts them centre stage and offers readers the most authoritative account yet of the Grand Duchesses Olga, Tatiana, Maria and Anastasia.

Macmillan • TPB • Biography: Historical, Political & Military

9 781447 259350 **\$29.99**

Is It True?

Max Cryer

In this revealing book, Max Cryer explores the truth or otherwise of facts and beliefs we may have always been told are true, but which on closer examination may not be. In a wide-ranging book encompassing social history, language, music, politics, the natural world and much more, we discover the truth behind some of our most cherished beliefs. Always fresh and amusing, Max Cryer will take you on a journey through your acquired knowledge, testing whether it is really up to scratch.

Exisle • PB • Language: Reference & General

9 781921 966484 **\$24.99**

Personal Intelligence

John D. Mayer

John D. Mayer, the renowned psychologist who co-developed the groundbreaking theory of emotional intelligence, now draws on decades of research to introduce another paradigm-shifting idea: that in order to become our best selves, we use an even broader intelligence - which he calls personal intelligence - to understand our own personality and the personalities of the people around us. In **Personal Intelligence**, Mayer explains that we are naturally curious about the motivations and inner worlds of the people we interact with every day. Some of us are talented at perceiving what makes our friends, family, and coworkers tick. Some of us are less so. Mayer reveals why, and shows how the most gifted "readers" among us have developed "high personal intelligence."

Farrar Straus Giroux • TPB • Popular Science

9 780374 534967 **\$24.99**

101 Places to Get F*cked Up Before You Die

Matador Network and David S. Miller (ed)

Looking for a guidebook that isn't full of tired, lame, or even BS travel information? **101 Places to Get F*cked Up Before You Die** brings together the most irreverent and legit accounts of nightlife and travel culture around the world. Part guide, part social commentary, part party invitation, **101 Places** gives you all the info and inspiration you'll need to blowout one (or several) of the year's biggest festivals, MacGyver your way into underground clubs and backcountry raves, throw down with people from the Himalayas to the salt flats to Antarctica, and travel in every conceivable style - from baller to dirtbag - to some of the most epic spots on earth.

Griffin • PB • Travel & Holiday Guides

9 781250 035585 **\$18.99**

Before I Die

Candy Chang

After losing someone she loved, artist Candy Chang painted the side of an abandoned house in her neighborhood in New Orleans with chalkboard paint and stenciled the sentence, "Before I die I want to ____." Within a day of the wall's completion, it was covered in colorful chalk dreams as neighbors stopped and reflected on their lives. Since then, more than four hundred Before I Die walls have been created by people all over the world. This beautiful hardcover book is an inspiring celebration of these public walls and the stories behind them. Filled with hope, fear, humor, and heartbreak, **Before I Die** presents an intimate portrait of the dreams within our communities and a chance to ponder life's ultimate question.

Griffin • HB • Self-Help & Personal Development

9 781250 020840 **\$32.99**

Spiritual Places

Antony Mason

Both an inspirational travel guide, and a beautiful reference, **Spiritual Places** combines awe-inspiring photography and memorable narrative to tell the stories of the holiest temples and ancient ruins, the most hallowed churches and the places of ancient power. Each location has been handpicked for its breathtaking scenery and its uniquely humbling qualities. Spanning every continent on the planet - from the Mayan pyramids of Chichen Itza in Mexico, through the Carnac stones in France and on to the idyllic ancient temples of Angkor Wat in Cambodia - acclaimed travel writer Antony Mason has carefully selected the most uplifting places the world has to offer.

Quercus • PB • Travel & Holiday

9 781782 068549 **\$29.99**

Murderous Contagion

Mary Dobson

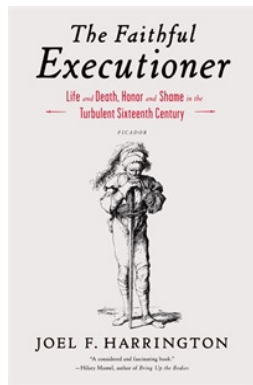
Disease is the true serial killer of human history: the horrors of bubonic plague, cholera, syphilis, smallpox, tuberculosis and the like have claimed more lives and caused more misery than the depredations of warfare, famine and natural disasters combined. **Murderous Contagion** tells the compelling and at times unbearably moving story of the devastating impact of diseases on humankind - from the Black Death of the 14th century to the Spanish flu of 1918-19 and the AIDS epidemic of the modern era. In this book Mary Dobson also relates the endeavours of physicians and scientists to understand and identify the causes of diseases and find ways of preventing them.

Quercus • PB • Social & Cultural History

9 781782 069430 **\$19.99**

The Faithful Executioner

Joel F. Harrington



In a dusty German bookshop, the noted historian Joel F. Harrington stumbled upon a remarkable document: the journal of a sixteenth-century executioner. The journal gave an account of the 394 people Meister Frantz Schmidt executed, and the hundreds more he tortured, flogged, or disgraced for more than forty-five years in the city of Nuremberg. But the portrait of Schmidt that gradually emerged was not that of a monster. Could a man who practiced such cruelty also be insightful, compassionate - even progressive? In *The Faithful Executioner*, Harrington teases out the hidden meanings and drama of Schmidt's journal. Deemed an official outcast, Meister Frantz sought to prove himself worthy of honor and free his children from the stigma of his profession.

Picador US • PB • Biography: Historical, Political & Military

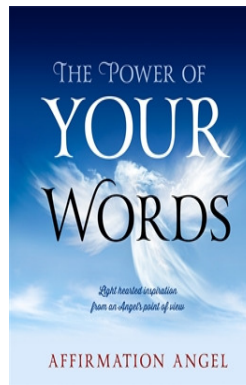


9781250043610 \$24.99



The Power of Your Words

Affirmation Angel



In a simple way, this Angel brings a fresh look at how to be kind to yourself and to remind you that it's OK when you don't get everything right. Angel will assist you through your journey in life making you aware of the positives and helping you build upon them. To understand how damaging self-talk can be and to use it positively. Looking at life with a positive view, to remind you that your words are powerful, and how to use affirmations in your everyday life. Helping you to understand the value of good choices and taking responsibility for your decisions. This small handbook will plant some seeds for you to think about and maybe act upon, make you aware that you are important, and things can always be improved.

Brolga • HB • Mind, Body, Spirit



9781922175410 \$19.99



The Secret to Life

Yvonne Teoh Bource



Yvonne Teoh Bource brings you *The Secret to Life*, an easy to read book filled with practical suggestions and exercises which will change your life and show you how to take control of your thoughts and direct them to attract a more fulfilling, healthy and loving existence. Inspired by *The Secret* phenomena flooding the world, many people are responding with the question: That sounds fantastic, but what now? How do I do it?, so *The Secret to Life* will show you how. Begin living an enriched life today!

Brolga • PB • Mind, Body, Spirit

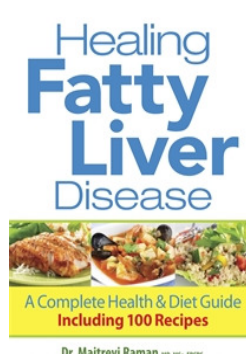


9781922175427 \$19.99



Healing Fatty Liver Disease

Dr Maitreyi Raman, Angela Sirounis and Jennifer Shrubsole



Fatty liver disease is the most common type of liver disease seen in the world today, affecting 20% of the population. Written by experts and based on the most current information available, *Healing Fatty Liver Disease* is the indispensable guide for anyone living with fatty liver disease. There is extensive information on the causes of NAFLD, the symptoms and signs, and treatment options. Because diet plays a major role in managing the condition, 100 specially selected recipes are also included.

Exisle • PB • Health & Personal Development



9781921966453 \$24.99



The Back Pain Personal Health Plan

Nick Sinfield and Trish Wisbey-Roth



The Back Pain Personal Health Plan is the only back care book you will ever need showing you how to take control of your back pain. Learn easy-to-follow safe and effective neck and back exercises that increase flexibility and strength of the spine and teach efficient posture. The book was written for everyone who is struggling with neck and back pain in their everyday life, and for people who have tried all sorts of treatments or medications without lasting results.

Exisle • PB • Health & Personal Development

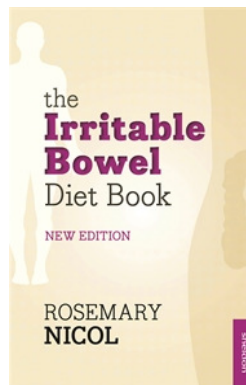


9780956883728 \$29.99



The Irritable Bowel Diet Book

Rosemary Nicol



Irritable Bowel Syndrome affects up to 20 per cent of the population, and the right food can make a huge difference to how you feel. *The Irritable Bowel Diet Book* provides enormously popular recipes and suggestions for healthy and enjoyable meals. The new edition of this tried and tested book will help you identify which foods cause you problems, and is full of creative ideas for eating on a restricted diet.

Sheldon Press • PB • Health & Personal Development



9781847093028 \$18.99



Overcoming Fear

Deborah Ward



Fear evolved as a survival technique but can easily take over our lives. Based on the latest neuroscientific research, this book examines why some people are more hardwired than others to experience fear and anxiety, and shows how to use the skills of mindfulness to promote detachment and peace, and to take control of your life in a relaxed way. It also includes coping strategies for the highly sensitive person.

Sheldon Press • PB • Self-Help & Personal Development

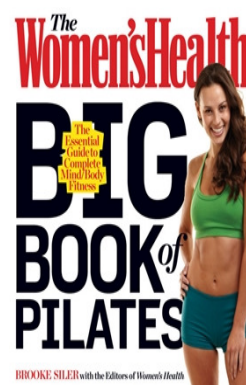


9781847092861 \$18.99



The Women's Health Big Book of Pilates

Brooke Siler



Celebrity trainer and Pilates guru Brooke Siler teams up with the editors of *Women's Health* to offer a comprehensive, authoritative manual on this proven fitness philosophy. Trained by Joseph Pilates' protégé, Romana Kryzanowska, Brooke is an unparalleled expert and one of the most sought after teachers for her signature body re-shaping techniques. Combining the best of flexibility and strength training, Pilates is the path to the lean fit body every woman craves - and the *Women's Health Big Book of Pilates* guides readers in every step (and leg lift ...) of the way. Using the body as the ultimate fitness vehicle, Pilates transforms bodies in record time.

Rodale • PB • Fitness & Diet



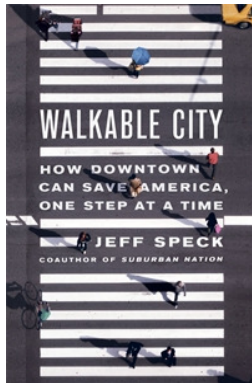
9781623360924 \$32.99



Walkable City

Jeff Speck

Jeff Speck has dedicated his career to determining what makes cities thrive. And he has boiled it down to one key factor: walkability. Making downtown into a walkable, viable community is the essential fix for the typical American city; it is eminently achievable and its benefits are manifold. *Walkable City* - bursting with sharp observations and key insights into how urban change happens - lays out a practical, necessary, and inspiring vision for how to make American cities great again.



Henry Holt • PB • Regional & Area Planning



9780865477728 \$19.99



Daft Punk

Dina Santorelli

Daft Punk, the legendary electronic music duo from France, is currently the hottest band in the world. In May 2013, *Random Access Memories* debuted at #1 on the charts in over 97 countries - including the U.S., Mexico, France, the UK, Japan, Australia, and many more. But Daft Punk's fame is anything but new - they've been a huge global hit since the late 1990's, when they revolutionized house music, first in France, and then worldwide, transforming themselves into an international phenomenon. Daft Punk's robot helmets and overall space-age look has become iconic for the millennial generation. This gorgeous, full-color book will be the perfect companion for fans around the globe.



St Martin's Press • HB • Music



9781250049971 \$34.99



The Little Black Book of Kiwi Songs

Music Sales

This collection features a vast range of 130 classic and contemporary New Zealand songs, from Crowded House to the Datsuns. All the songs have been arranged in the original key from the actual recordings. Complete with full lyrics, guitar symbols and pull-out chord chart. Small and easy to fit into your guitar case, the durable black vinyl cover means you will be using this book for many years.



Music Sales • PB • Music



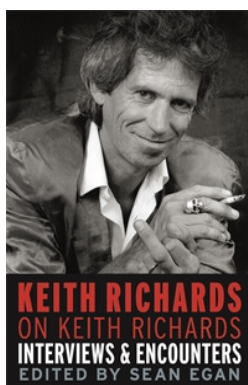
9780959667516 \$19.99



Keith Richards on Keith Richards: Interviews & Encounters

Sean Egan

The iconic life and career of the famed guitarist of the Rolling Stones is detailed in this compilation of interviews that spans the last 50 years. Featuring articles from *GQ*, *Melody Maker*, and *Rolling Stone*, as well as interviews that have never previously appeared in print, it charts Keith Richards' journey from gauche, young pretender and swaggering epitome of the zeitgeist to beloved elder statesman of rock.



Omnibus Press • PB • Biography: Arts & Entertainment



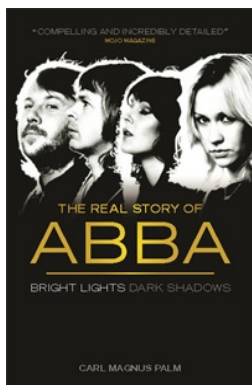
9781783053568 \$19.95



Bright Lights Dark Shadows

Carl Magnus Palm

This new edition of the bestselling Abba book has been substantially updated and revised to include details of *Mamma Mia*'s extraordinary success and the ongoing lives of Björn Ulvæus, Benny Andersson, Anni-Frid Lyngstad and Agnetha Fältskog, their music and their personal lives. It has also been substantially revised throughout.



Omnibus Press • PB • Music



9781783053599 \$24.95

