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Guinness World Records 2015

Guinness World Records



The latest edition of the **Guinness World Records** book celebrates the landmark 60th anniversary, as well as showcasing the very best of the most recent world records. • Thousands of new and updated records - every major new achievement listed • Hundreds of amazing new photographs, many never seen before now • Highlights from our archive of classic records • Exciting new design to help reluctant readers, with a look and feel inspired by tablet technology • Dozens of new topics and spreads, plus details of how readers can become record-breakers themselves PLUS, SPECIAL FEATURES: • FLASHBACK: Tracking how records have changed over six decades • GALLERY: Picture features showcasing the best recordbreaking images from our archive • SEE IT 3D: Bringing the records to life with a free app *September Release

Guinness • HB • Encyclopaedias & Reference Works

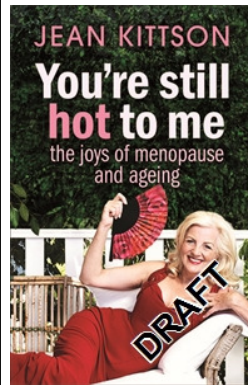


9 781908 843623 **9781908843623 \$42.99**



You're Still Hot to Me*

Jean Kittson



In a world where everything from drug addiction to Brazilian waxes is discussed over tea, why is menopause still considered taboo? Jean Kittson thinks it's time to break menopause out of the closet, throw it in a fabulous dress and march it through town. Women are hitting menopause at the peak of their careers; many are still actively parenting; most are starting to care for ageing parents. As if they didn't have enough on their plate. Breaking through the cone of silence with trademark wit and wisdom, she tackles the difficult questions about common symptoms, how to seek help, what treatments work and how to still be talking to your family when you emerge. **You're Still Hot to Me** is a frequently hilarious, always candid exploration of The Change from one of Australia's most beloved comic voices.

Macmillan Australia • TPB • Women's Health

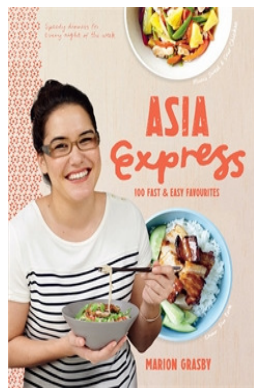


9 781742 612065 **9781742612065 \$32.99**



Asia Express*

Marion Grasby



Marion Grasby knows Asian food. Better yet, she knows how to whip up quick, delicious, no-fuss versions of all the Asian classics we know and love - from Nasi Goreng and Thai Beef Salad to Lemongrass Chicken and Indian Lamb Kofta. As one of Australia's most popular food identities and the brains behind the hugely successful Marion's Kitchen range of Thai meal kits, Marion is no stranger to requests for fast Asian recipe ideas for busy families. **Asia Express** is for the home cook who wants to create fresh, Asian-inspired dishes but doesn't have a lot of time to do it. Enjoy your favourite Asian dishes every night of the week with this definitive collection of fast and easy recipes.

Plum • PB • General Cookery & Recipes



9 781742 612881 **9781742612881 \$39.99**



Community*

Hetty McKinnon



Community is all about sharing good food, giving you endless ideas on delicious salads to serve up for your family, friends and neighbours. These simple, sustainable and healthy recipes feature fresh, seasonal produce and inject colour and flair into that most modest of everyday meals: the salad. Rather than being simple sides, **Community's** salads are meals in their own right, giving vegetables, legumes, herbs and nuts their moment to shine. The recipes are inspired by author Hetty McKinnon's community kitchen, Arthur Street Kitchen, where Hetty single-handedly makes and delivers homemade salads to residents in Surry Hills, Sydney, on Thursday and Friday every week. All by bike! At the heart of every dish is a core vegetable, around which a thoughtful culinary story is built, resulting in honest, inventive and hearty salads that deliver big, punchy flavours.

Plum • PB • General Cookery & Recipes

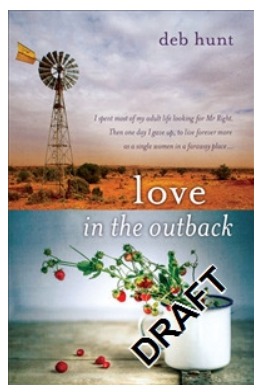


9 781743 530405 **9781743530405 \$34.99**



Love in the Outback*

Deb Hunt



At forty-nine, Deb Hunt stopped dating men. It was just too painful. The men she loved didn't love her back. When she found herself stalking her last boyfriend, who'd become engaged to another woman, Deb knew it was time to make changes. From her home in the UK, she applied for a job in Australia - a PR assistant with the Royal Flying Doctor Service. She packed up her London home, said goodbye to everything that was familiar, and headed down under. There she encountered a land she never imagined and met a man unlike any other - a Royal Flying Doctor Service legend. He was a deeply practical, steady, conservative person - in other words, the polar opposite of Deb. This is the story of what happens when you finally ditch your life-long dreams of romance, only to discover that reality is not such a bad place after all.

Macmillan Australia • TPB • Memoirs



9 781742 613970 **9781742613970 \$29.99**



The Complete Guide to a Good Night's Sleep*

Carmel Harrington



Between 20-30% of the population experience problems with either falling asleep or staying asleep. Short-term effects of too little sleep include changes in mood and feeling disinclined to exercise. We experience a strong desire to eat all the wrong types of food. People suffering from chronic insomnia are far more likely to develop depression, certain types of cancer, high blood pressure, heart disease, type II diabetes and obesity. Dr Carmel Harrington knows that sleep solutions are not a one-size-fits-all. Sleep is highly individual and there are many reasons why you may not be sleeping well. In this definitive guide, she examines the process of sleep, the particular reasons why *you* are having trouble sleeping well, the behaviour patterns that hinder your restful sleep, and she helps you to uncover ways to achieve deep, restful sleep on a permanent basis.

Macmillan Australia • TPB • Fitness & Diet



9 781743 519486 **9781743519486 \$29.99**



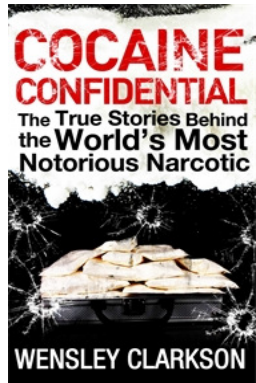
Cocaine Confidential

Wensley Clarkson

Cocaine is the world's most notorious narcotic. It underpins a vast, multi-billion pound underworld with a dark and deadly side. But who really are the shadowy people behind this chilling network? The cocoa farmers, the jungle sweat-shop workers, the smugglers, the suppliers, and, ultimately, the dealers who provide for the world's hundreds of millions of users. **Cocaine Confidential** goes inside the lives of all these characters to reveal their stories for the first time. Along the way you'll go inside a cocaine jail, meet hitmen, terror suspects, crooked politicians, bankers, coke barons, mules, hardened traffickers and corrupt cops as the truth is unravelled in a roller coaster ride through the secret world of **Cocaine Confidential**.

Quercus • PB • True Crime

9781848663275 \$19.99



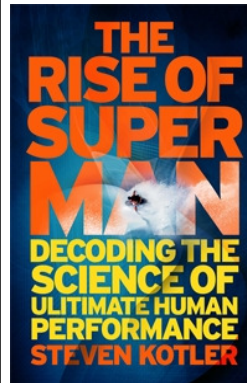
The Rise of Superman

Steven Kotler

Right now, more people are risking their lives for their sports than ever before in history. As Thomas Pynchon once put it in **Gravity's Rainbow**, 'it is not often that Death is told so clearly to f@%* off'. Over the past three decades, the bounds of the possible in action and adventure sports - from sky-diving to motocross to surfing and beyond - have been pushed farther and faster. A generation's worth of iconoclastic misfits have rewritten the rules of the feasible; not just raising the bar, but obliterating it altogether. Along the way, they have become a force pushing evolution relentlessly onward. In a thrilling narrative that draws on biology, psychology, and philosophy, Steven Kotler asks why, at the tail end of the 20th century and the early portion of the 21st, are we seeing such a multi-sport assault on reality?

Quercus • TPB • Extreme Sports

9781782060253 \$29.99



Humans of New York

Brandon Stanton

Now an instant #1 *New York Times* bestseller, **Humans of New York** began in the summer of 2010, when photographer Brandon Stanton set out to create a photographic census of New York City. Armed with his camera, he began crisscrossing the city, covering thousands of miles on foot, all in an attempt to capture New Yorkers and their stories. The result of these efforts was a vibrant blog he called "Humans of New York," in which his photos were featured alongside quotes and anecdotes. The blog has steadily grown, now boasting more than a million devoted followers. **Humans of New York** is the book inspired by the blog. With four hundred color photos, including exclusive portraits and all-new stories, **Humans of New York** is a stunning collection of images that showcases the outsized personalities of New York.

St Martin's Press • HB • Photography & Photographs

9781250038821 \$39.99



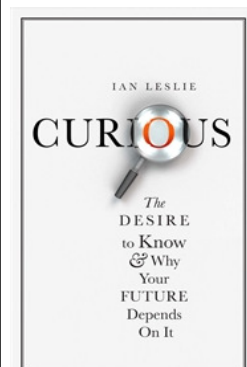
Curious

Ian Leslie

This is a book about our extraordinary capacity to take pleasure in discovering, learning and understanding. It demonstrates how the practice of 'deep curiosity' - persistent, self-reflective seeking of knowledge and insight - is key to the success of our careers, the happiness of our children, the strength of our relationships, and the progress of societies. It also argues that curiosity is a fragile quality, which wanes and waxes over time, and that we take it for granted at our peril: and shows you seven practical steps you can take to stay curious. Ranging from Leonardo da Vinci doodling ideas in his notebook ('Draw Milan') to Google co-founder Larry Page's thoughts on the perfect search engine, through to the invention of the microwave oven, the advantages of your local bookseller over Amazon's algorithms and a reassessment of Donald Rumsfeld's defense strategy, **Curious** is a rich, textured, exciting take on the most absorbing human trait of all.

Quercus • PB • Popular Psychology

9781782064954 \$24.99



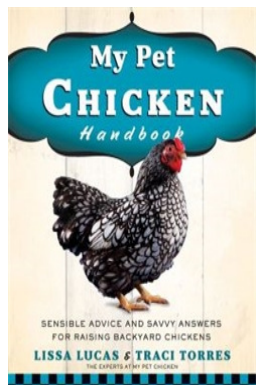
My Pet Chicken Handbook

Lissa Lucas and Traci Torres

The backyard chicken is the new "it" pet. But they're not without their quirks and sometimes puzzling behaviors. This handbook helps potential chicken owners decide whether chicken keeping is right for them, how to make the best choices for their situations, how to start planning for the new pets, and - most importantly - how to head off potential trouble before the chicks arrive. Detailed care instructions for baby chicks and mature hens help to ensure a friendly and enjoyable flock. Covering both the good and the "oh no" experiences that beginners and avid backyard farmers experience, topics include choosing coops, planning a daily routine, learning about sanitation practices, and discovering signs of distress. Then the joy of chicken keeping comes full "ovoid" with 50 recipes for breakfast, lunch, and dinner, featuring the incredible and versatile egg.

Rodale • PB • Birds, Including Cage Birds, As Pets

9781623360016 \$22.99



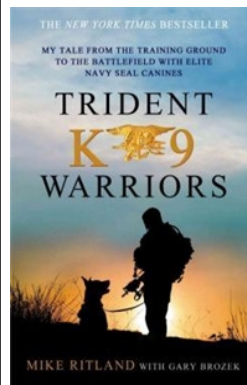
Trident K9 Warriors

Michael Ritland

As a Navy SEAL during a combat deployment in Iraq, Mike Ritland saw a military working dog in action and instantly knew he'd found his true calling. Ritland started his own company training and supplying dogs for the SEAL teams, U.S. Government, and Department of Defense. These specialized canines had to pass rigorous selection tests before their serious training could begin. Truly integrating themselves into their units, these K9 warriors are much like their human counterparts - unwavering in their devotion to duty, strong enough and tough enough to take it to the enemy through pain, injury, or fear. For the first time ever, **Trident K9 Warriors** gives readers an inside look at these elite canines - who they are, how they are trained, and the extreme missions they undertake saving countless lives, asking for little in the way of reward.

Griffin • PB • True War & Combat Stories

9781250041814 \$19.99



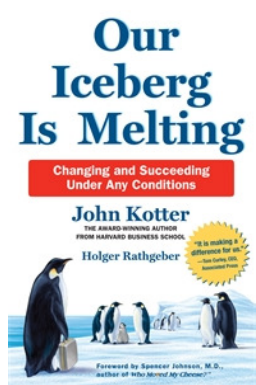
Our Iceberg is Melting

John Kotter and Holger Rathgeber

This charming story about a penguin colony in Antarctica illustrates key truths about how to deal with the issue of change: handle the challenge well and you can prosper greatly; handle it poorly and you put yourself at risk. The penguins are living happily on their iceberg as they have done for many years. Then one curious penguin discovers a potentially devastating problem threatening their home - and no one listens to him. The characters in this fable are like people we recognise. Their story is one of resistance to change and heroic action, confusion and insight, seemingly intractable obstacles and the most clever tactics for dealing with those obstacles. It is a story that is occurring in different forms around us today - but the penguins handle change a great deal better than most of us.

Macmillan • PB • Business & Management

9781447263272 \$19.99



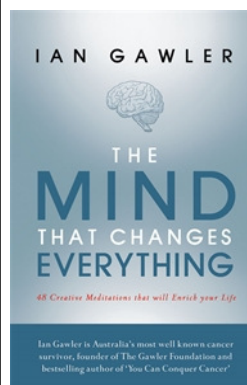
The Mind that Changes Everything

Ian Gawler

The Mind that Changes Everything details specific meditation techniques to assist you in meditation and awareness. Literally, control your mind and you have control of your life. Ian's techniques are for everyone, young, old, healthy, incapacitated. **The Mind that Changes Everything** is a book that will change people's lives.

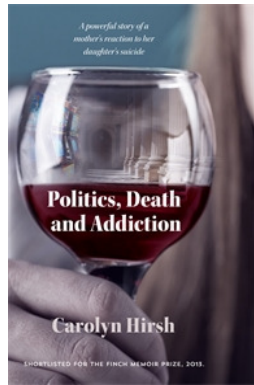
Brolga • PB • Mind, Body, Spirit: Meditation & Visualisation

9781922175441 \$26.99



Politics, Death and Addiction

Carolyn Hirsh



Politics, Death and Addiction tells how an active Member of Parliament, psychologist and mother became addicted to alcohol and 'pokies', while rearing her granddaughter and working as a Member of Parliament, following her daughter's suicide. Grounded in the reality of Labor Party politics and public policy making, it exposes the impact on Carolyn Hirsh's public life of unacknowledged grief and undiagnosed post-traumatic stress disorder. The book offers insight for others suffering from similar challenges, by providing a professional self-analysis. Through blending current dilemmas with childhood flashbacks, the reader gets a real sense of why Hirsh reacted as she did to the humiliation of being told to resign from the Labor Party over her misdemeanours.

Brolga • PB • Biography: General

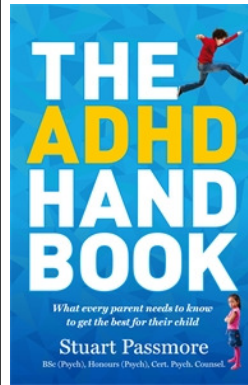


9 781922 175458 **9781922175458 \$19.99**



The ADHD Handbook

Stuart Passmore



Attention Deficit Hyperactivity Disorder (ADHD) is now one of the most common childhood disorders right across the world, with a wealth of conflicting advice available everywhere you look. But most parents want only one thing: to find out what is going on with their child and how they can help them. *The ADHD Handbook* draws on the most up-to-date research from around the world to present a comprehensive look at ADHD.

Exisle • TPB • Child Care & Upbringing

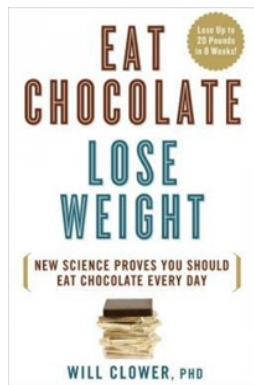


9 781921 966118 **9781921966118 \$34.99**



Eat Chocolate, Lose Weight

Will Clower, PhD



Based on new groundbreaking research and the amazing results of his clients, who have lost more than 100 pounds, nutritionist and neuroscientist Dr. Will Clower dispels the myth that chocolate is just a "junk food" by revealing how this succulent food contains healthy antioxidants that can actually help you lose weight. All you have to do is take the Chocolate Challenge: an 8-week plan that reveals which type of chocolate is the healthiest and exactly how you should be eating it to maximize all of its surprising health benefits, including weight loss of up to 20 pounds in 8 weeks. reduced food cravings and appetite, prevention and reversal of diabetes, improved dental health, significant improvement in blood pressure, enhanced energy levels (up to 50%!), increased skin moisture and UV protection and more!

Rodale • HB • Fitness & Diet

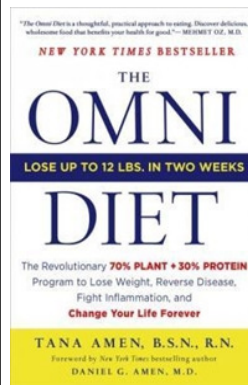


9 781623 361273 **9781623361273 \$32.99**



The Omni Diet

Tana Amen



The Omni Diet is the culmination of a decade-long quest by Tana Amen to study the relationship between food and the body, and to understand how proper nutrition not only impacts weight loss, but actually holds the key to reversing chronic disease, decreasing inflammation, healing the body, and dramatically improving quality of life. So what is *The Omni Diet*? It's an easy-to-follow plan based on a 70/30 plant-to-protein model. This is not a restrictive diet or another page in the high-protein vs. vegetarian diet wars, but a universal map to better health, one that Tana has distilled into a lean six-week program. It offers a simple plan that provides an abundance of illness-fighting nutrients from plant-based foods and high-quality protein to keep the brain sharp and muscles and organs functioning at peak condition.

St Martin's Press • PB • Fitness & Diet

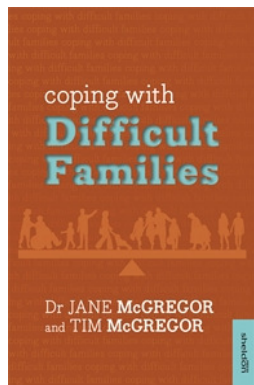


9 781250 031792 **9781250031792 \$22.99**



Coping with Difficult Families

Dr Jane McGregor and Tim McGregor



We all have family members who push our buttons. Some are poor communicators, others are anti-social, and the rest are out to make our lives a misery! With a strong emphasis on empathy and emotional intelligence, the book offers practical advice on how to break dysfunctional family dynamics, and interact effectively with other members.

Sheldon Press • PB • Family & Relationships

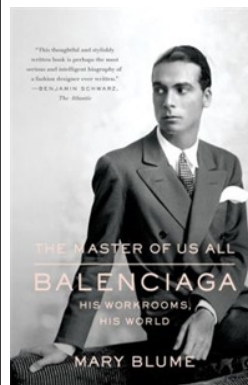


9 781847 092984 **9781847092984 \$18.99**



The Master of Us All

Mary Blume



One of the most innovative and admired figures in the history of haute couture, Cristóbal Balenciaga was, said Christian Dior, "the master of us all." Despite his extraordinary impact, Balenciaga was a man hidden from view. He saw to it that little was known about him, to the point that some French journalists wondered if he existed at all. Even his most devoted clients - Marlene Dietrich, Barbara Hutton, a clutch of Rothschilds - never met him. But one woman knew Balenciaga very well indeed. The first person he hired when he opened his Paris house was Florette Chelot, who became his top vendeuse. She witnessed the spectacular success of his first collection, and they worked closely for more than thirty years, until 1968, when Balenciaga abruptly closed his house without telling any of his staff. Youth-oriented fashion was taking over, Paris was in upheaval, and the elder statesman wanted no part of it.

Farrar Straus Giroux • PB • Biography: General

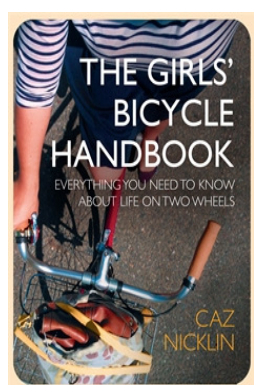


9 780374 534387 **9780374534387 \$19.99**



The Girls' Bicycle Handbook

Caz Nicklin



The Girls' Bicycle Handbook is for women cyclists everywhere who need practical no-nonsense advice and information on cycling, and cycling in style. Whether you're a committed bike commuter or a complete novice, cycling entrepreneur and blogger Caz Nicklin gives the low-down on making cycling part of your lifestyle. From choosing the right bike for your needs to looking stylish and comfortable whatever the weather, and from combatting 'helmet hair' to road safety and fast repairs, *The Girls' Bicycle Handbook* tells you everything you need to know about life on two wheels.

Quercus • PB • Cycling



9 781782 064626 **9781782064626 \$34.99**



Bicycling Essential Road Bike Maintenance Handbook

Todd Downs with Brian Fiske



Cyclists will never fear the unknown landscape of bicycle repair on the road with this condensed edition of the perennial Rodale favourite, *The Bicycling Guide to Complete Bicycle Maintenance and Repair* by Todd Downs. This edition features a compact trim size that fits easily in a kit bag or pocket and is packed with information on maintaining and repairing bicycles that is suited for any traveling cyclist. This portable handbook distills the core fundamentals and serves as a guide to repairing and maintaining one's bike, focusing specifically on instructions with step-by-step photos, troubleshooting tips, links to videos, and helpful sidebar material. The book is clearly organized from front of bike to back with color-coded page tabs serving as a visual table of contents to key bike areas so that readers can find quickly and efficiently the information they need.

Rodale • PB • Cycling

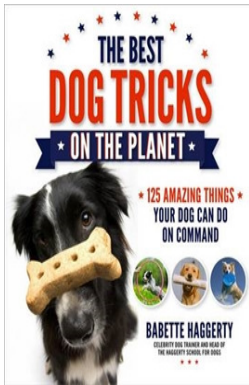


9 781623 361662 **9781623361662 \$19.99**



The Best Dog Tricks on the Planet

Babette Haggerty



Not only does training your dog new tricks give you something to show-off at parties, but it also keeps your dog engaged and moving, and helps you become closer and more in-tune with your pet. And who better to learn from than the pros? Babette Haggerty has trained Jack Nicklaus' Golden Retriever to bark the number of his major tournament wins on command, Curt Gowdy's Rottweiler to say, "Go Reds" and Jimmy Buffett's Maltese to dance on cue to "Margaritaville". She offers up more than 100 of her best dog tricks, many of them featured by her famous father, Captain Haggerty, on David Letterman's Stupid Pet Tricks. Tricks include: Bring Me the Ringing Phone, Wipe Your Feet, Weave Poles, Open the Door, Balance an Egg on Your Nose and Strum a Guitar.

St Martin's Press • PB • Dogs As Pets

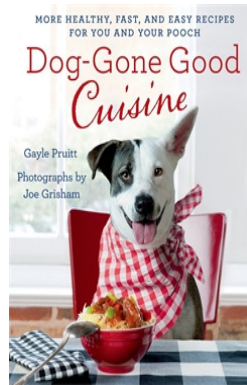


9781624140044 \$24.99



Dog-Gone Good Cuisine

Gayle Pruitt



Dog-Gone Good Cuisine is a fun, healthy recipe book for humans and their canine kids. While there are other, successful doggie cookbooks in the marketplace, Pruitt's second offering is unique in that the dishes are intended to be enjoyed by chef and pup together. It includes more than 100 balanced, delicious recipes that are corn, sugar, soy, and gluten free and is sprinkled with gorgeous, full color images of absolutely adorable rescue dogs. The recipes are human, canine, and kid friendly and are easy - even for the beginner cook. The book will include a chapter on holiday dishes, as well as special recipes to address illnesses. Sample recipes include: individual Spinach Kale Lasagna, Spiced Stuffed Peppers, twice Baked Broccoli Asparagus Soufflé, Pears w/ Raspberry Sauce, Cream of Cinderella Pumpkin Soup, Chicken Pot Pie cooked in Sweet Pepper, Tomato Carrot Soup, Curried Beef Sliders, Manicotti, Salmon Florentine and many more!

Griffin • PB • Dogs As Pets



9781250037138 \$24.99



Frank

Jon Ronson



In the late 1980s Jon Ronson was the keyboard player in the Frank Sidebottom Oh Blimey Big Band. Frank wore a big fake head. Nobody outside his inner circle knew his true identity. This became the subject of feverish speculation during his zenith years. Together, they rode relatively high. Then it all went wrong. Twenty-five years later and Jon has co-written a movie, Frank, inspired by his time in this great and bizarre band. Frank is set for release in 2014, starring Michael Fassbender, Maggie Gyllenhaal, and Domhnall Gleeson and directed by Lenny Abrahamson. **Frank: The True Story that Inspired the Movie** is a memoir of funny, sad times and a tribute to outsider artists too wonderfully strange to ever make it in the mainstream. It tells the true story behind the fictionalized movie.

Picador • HB • Biography: General

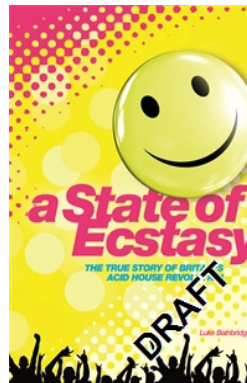


9781447271376 \$19.99



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

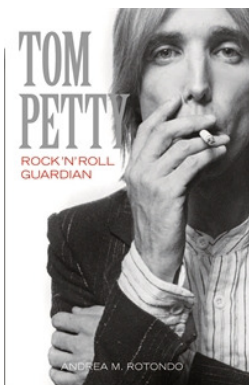


9781780387345 \$24.95



Tom Petty: Rock 'n' Roll Guardian

Andrea M. Rotondo



Tom Petty is an American singer-songwriter and multi-instrumentalist. He is the frontman of Tom Petty and the Heartbreakers and was a founding member of the late 1980s supergroup Traveling Wilburys. He has recorded a number of hit singles with the Heartbreakers and as a solo artist. Throughout his career, Petty and his collaborators have sold 60 million albums. In 2002, he was inducted into the Rock and Roll Hall of Fame. In 2012 and 2013 he embarked on his first North American and European tour in 20 years. A new album is scheduled for release in 2014.

Omnibus Press • TPB • Biography: Arts & Entertainment



9781780387420 \$24.95



Out of This World: The Story of Muse

Mark Beaumont



This updated edition of the bestselling biography now includes new interviews with the band conducted by the author between 2010 and 2012, including many extremely personal, never-before-seen passages. Alongside this is a detailed new chapter to the book, covering the extensive world tour for 'The Resistance' and the relationship break-ups, wild LA rock 'n' roll parties, alcohol addictions and recoveries that led to the writing and recording of Muse's most recent album The 2nd Law. Exploring the meanings behind the songs themselves, the chapter concludes with first-hand accounts of several up-close-and-personal live shows and looks forward to the huge stadium tour of the summer.

Omnibus Press • PB • Biography: Arts & Entertainment



9781783050185 \$19.95

