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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 \*Instore 10/09/14

Guinness • HB • Encyclopaedias & Reference Works

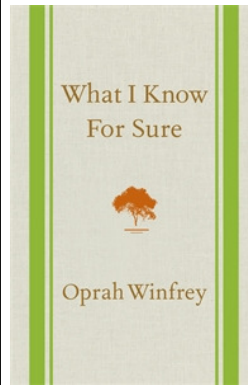


9 781908 843623 **9781908843623 \$42.99**



**What I Know for Sure**

Oprah Winfrey



In the first issue of *O, The Oprah Magazine*, Oprah wrote: 'We are all the causes of our own effects . . . That's why I'll never stop asking the question, "What do you know for sure?"' In the fourteen years since Oprah wrote those words, she has retired *The Oprah Winfrey Show*, launched her own television network, become America's only black billionaire, lost beloved pets and adopted new ones, watched friends and colleagues come and go, celebrated milestone birthdays - and through it all, she's continued to offer profound and inspiring words of wisdom in her monthly *O* column, 'What I Know For Sure'. Now, for the first time, these thoughtful gems have been revised, updated and collected in *What I Know For Sure*, a beautiful book packed with insight and revelation from Oprah Winfrey. Organized by theme, these essays offer a rare and powerful glimpse into the mind of one of the world's most extraordinary women.

Macmillan • HB • Self-Help & Personal Development



9 781447 277668 **9781447277668 \$32.99**



**1-Minute Gardener\***

Fabian Capomolla and Mat Pember



As the brains behind The Little Veggie Patch Co., Fab and Mat have taken the mystery out of - and put the fun back into - growing fruit and vegetables. *1-Minute Gardener* features 70 fast, illustrated step-by-step guides to edible gardening essentials, from preparing and caring for your patch through to harvesting the rewards (and getting the kids involved along the way).

Plum • PB • Gardening

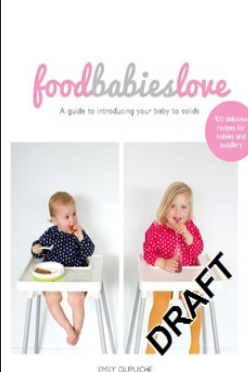


9 781743 517000 **9781743517000 \$45.00**



**Food Babies Love\***

Emily Dupuche



*Food Babies Love* is the book thousands of parents have been waiting for. Full of simple recipes and practical tips, it will help you feed your new baby with confidence. It features very straightforward guidelines on the timing of introducing various foods, along with more than 90 recipes for baby-friendly versions of all your favourites. These recipes are designed to expose your little one to a wide variety of new flavours, colours and textures - the cornerstones of healthy eating.

Plum • PB • Cooking For/With Children

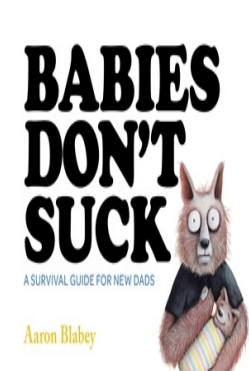


9 781743 532782 **9781743532782 \$29.99**



**Babies Don't Suck\***

Aaron Blabey



At last, a baby book for Dad. And a *BABY BOOK* new dads will actually want to read because: \*It only has 498 words. \*It has lots of pictures that explain things like, why parenting can feel like climbing a rock face with a 1000 kg-load strapped to your back. \*It mentions sore nipples, but doesn't dwell on them. \*It shows you what to do if your toddler throws a hairdryer into the bath. \*It knows that you really love your kid, even though you NEED to stop talking about organic carrots, car seats and baby poo. Beautifully illustrated, funny and furiously fast to read, this is the perfect gift to help new dads rise above the tidal wave of early fatherhood.

Macmillan Australia • HB • Advice On Parenting

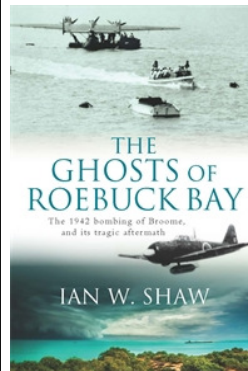


9 781743 531099 **9781743531099 \$19.99**



**The Ghosts of Roebuck Bay\***

Ian Winton Shaw



The Japanese attack on Broome is the second most deadly air raid on Australian soil in our history and yet it's almost entirely overlooked. On 3 March 1942, nine Japanese Zero planes strafed the small town planning to destroy the aerodrome and American planes. With no notice, the townsfolk could only put up minimal opposition and in an attack that lasted only an hour, almost one hundred men, women and children lost their lives. Not a single operational aircraft remained in Broome, but the shocking loss of human life can never be truly calculated. *The Ghosts of Roebuck Bay* tells the story of this tragedy, shining light on a story that has slipped through the cracks of history. A captivating tale of refugees and soldiers, of reputations made and lost, of survival and spirit that resonates to today.

Macmillan Australia • TPB • Australasian & Pacific History

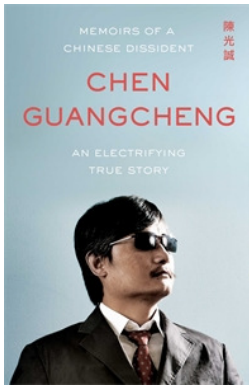


9 781742 612362 **9781742612362 \$32.99**



### Memoirs of a Chinese Dissident

Chen Guangcheng



It was like a scene out of a thriller: one morning in April 2012, China's most famous political activist - a blind, self-taught lawyer - climbed over the wall of his heavily guarded home and escaped. For days, his whereabouts remained unknown; after he turned up at the American embassy in Beijing, a furious round of high-level negotiations finally led to his release and a new life in the United States. Chen Guangcheng is a unique figure on the world stage, but his story is even more remarkable than we knew. The son of a poor farmer in rural China, blinded by illness when he was an infant, Chen was fortunate to survive a difficult childhood. But despite his disability, he was determined to educate himself and fight for the rights of his country's poor, especially a legion of women who had endured forced sterilizations under the hated 'one child' policy.

Macmillan • TPB • Autobiography: General

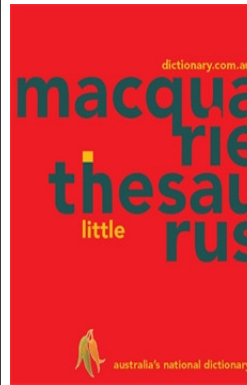


9781447243861 \$32.99



### Macquarie Little Thesaurus\*

Macquarie Dictionary



The Macquarie Little Thesaurus presents a surprising number of synonyms in a very compact format. It is based on the complete **Macquarie Thesaurus**, while the **Macquarie Dictionary** itself naturally provides the ultimate word base for this work. Features: - over 200,000 synonyms - contemporary words - Australian English - many informal expressions

Macquarie • PB • Thesauri

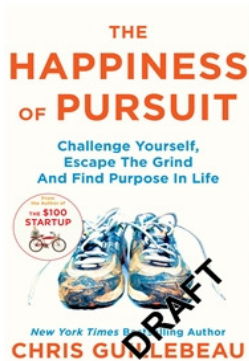


9781742619866 \$6.99



### The Happiness of Pursuit

Chris Guillebeau



From visionary social entrepreneur and lifestyle architect Chris Guillebeau, author of the *New York Times* bestseller *The \$100 Startup*, comes a book about finding purpose in work and life by committing to a life-changing project or quest. Chris Guillebeau specializes in helping people break out of the box of their everyday lives, sharing ideas on how to create income on one's own terms and not necessarily abide by a 9-to-5 corporation life. Now he goes a step further to help you find genuine life fulfilment by undertaking a quest or challenge that is big and ambitious, that involves surpassing the limits most people accept as part of their routine-filled lives and making an actual difference.

Macmillan • PB • Self-Help & Personal Development

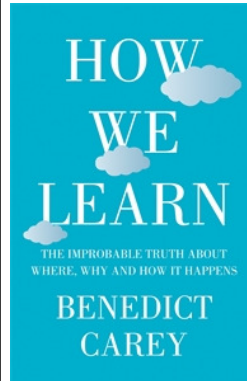


9781447276418 \$27.99



### How We Learn

Benedict Carey



The powerful, super-fresh new science of how the brain learns. **How We Learn** is a landmark book that shakes up everything we thought we knew about how the brain absorbs and retains information. Filled with powerful - and often thrillingly counter-intuitive - wisdom, stories and practical tips, it gets to the very heart of the learning process; and gives us the keys to reach our very fullest potential in every walk of life.

Macmillan • TPB • Popular Psychology



9780230767799 \$29.99



### Bear Grylls: Two All-Action Adventures

Bear Grylls



At the age of twenty-three, Bear Grylls became one of the youngest Britons to reach the summit of Mount Everest. At extreme altitude youth holds no advantage over experience, nevertheless, only two years after breaking his back in a freefall parachuting accident, he overcame severe weather conditions, fatigue and dehydration to stand on top of the world's highest mountain. **Facing Up** is the story of his adventure, his courage and humour, his friendship and faith. **Facing the Frozen Ocean** tells of a carefully calculated attempt to complete the first unassisted crossing of the frozen north Atlantic in an open rigid inflatable boat. But this expedition became a terrifying battle against extreme elements and icebergs as large as cathedrals.

Pan • PB • Biography: General

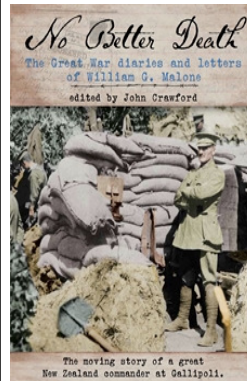


9781447274421 \$19.99



### No Better Death

John Crawford (editor)



The story of William Malone, including his heroic exploits at Gallipoli, is told through his moving diaries and letters. Perhaps the greatest leader of men during the Gallipoli campaign, Lieutenant-Colonel W. G. Malone was commanding officer of the Wellington Battalion of the New Zealand Expeditionary Force at Gallipoli. He is probably the best-known individual from that ill-fated campaign, a result both of his humanity and his superb leadership, which culminated in the successful assault on Chunuk Bair on 8 August 1915. Malone was killed later that day.

Exisle • HB • First World War



9781775591283 \$49.99



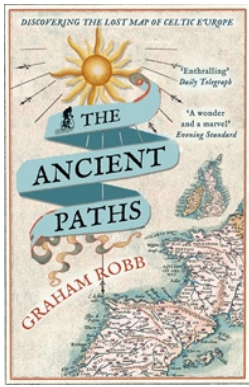


**The Ancient Paths**  
Graham Robb

Graham Robb's new book will change the way you see European civilization. Inspired by a chance discovery, Robb became fascinated with the world of the Celts: their gods, their art, and, most of all, their sophisticated knowledge of science. His investigations gradually revealed something extraordinary: a lost map, of an empire constructed with precision and beauty across vast tracts of Europe. The map had been forgotten for almost two millennia and its implications were astonishing. Minutely researched and rich in revelations, *The Ancient Paths* brings to life centuries of our distant history and reinterprets pre-Roman Europe. Told with all of Robb's grace and verve, it is a dazzling, unforgettable book.

Picador • PB • History

9780330531511 \$19.99

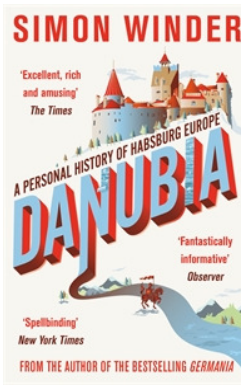


**Danubia**  
Simon Winder

For centuries much of Europe was in the hands of the very peculiar Habsburg family. An unstable mixture of wizards, obsessives, melancholics, bores, musicians and warriors, they saw off - through luck, guile and sheer mulishness - any number of rivals, until finally packing up in 1918. From their principal lairs along the Danube they ruled most of Central Europe and Germany and interfered everywhere - indeed the history of Europe hardly makes sense without them. Simon Winder's extremely funny new book plunges the reader into a maelstrom of alchemy, skeletons, jewels, bear-moats, unfortunate marriages and a guinea-pig village. *Danubia* is full of music, piracy, religion and fighting.

Picador • PB • History

9780330522793 \$19.99

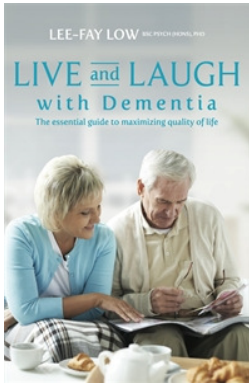


**Live and Laugh with Dementia**  
Lee-Fay Low

The essential guide to maximizing quality of life for dementia sufferers, written by one of the world's leading experts in dementia research.

Exisle • TPB • Coping with illness & specific conditions

9781921966521 \$29.99

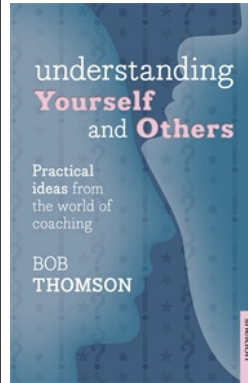


**Understanding Yourself and Others**  
Bob Thomson

The aim of this book is to help readers understand how they and other people think, feel and behave. The author, an experienced coach based at Warwick University, shares a range of models that he uses regularly in coaching conversations with clients. Written in clear, concise language, it is based on key concepts from the psychological literature, such as the Myers-Briggs Type Indicator, Transactional Analysis, and Emotional Intelligence.

Exisle • PB • Family & Relationships

9781847093110 \$18.99

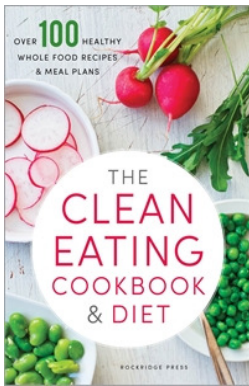


**The Clean Eating Cookbook and Diet**  
Rockridge Press

Clean Eating isn't a standard diet that you follow short-term to reach a single health or body goal; eating clean is a commonsense strategy to achieve long-term weight loss and maintain a healthier, more energized lifestyle. *The Clean Eating Cookbook and Diet* will change the relationship you have with food. The Clean Eating plan does not require you to eliminate whole food groups or starve yourself. Clean Eating is about a lifetime of enjoying natural, unprocessed foods that taste good and nourish you, paving the way to a stronger, fitter body.

Exisle • PB • Health & Wholefood Cookery

9781623152611 \$16.99

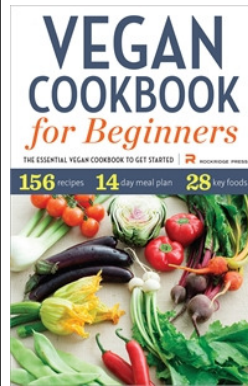


**Vegan Cookbook for Beginners**  
Rockridge Press

Eating a vegan diet that is free of animal products requires creativity. For those who are exploring veganism for the first time, *Vegan Cookbook for Beginners* will help you create filling and flavourful plant-based meals that will please even the most skeptical carnivore. With more than 150 versatile vegan recipes, *Vegan Cookbook for Beginners* will let you experience the benefits of improved health and increased energy through eating vegan with recipes that are hearty, comforting, and nutritious. Going vegan is a smart choice for your body and the planet, and *Vegan Cookbook for Beginners* will take the guesswork out of cooking everyday vegan meals.

Exisle • PB • Vegetarian Cookery

9781623152307 \$16.99

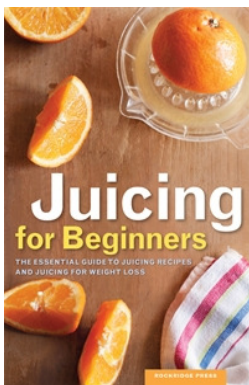


**Juicing for Beginners**  
Rockridge Press

Juicing is the easiest and quickest way to transform your life. Fresh, vitamin-rich fruit and vegetable juices can help you lose weight and improve your health by boosting your metabolism and cleansing your whole body. *Juicing for Beginners* will teach you how to start juicing today for weight loss and better health, with 100 simple and delicious juicing recipes, as well as a complete guide to starting your own juicing diet. Learn how to pick out the juicer that is perfect for you. Discover the nutritional benefits of each juicing ingredient, from oranges, to spinach, to wheatgrass, and find out how to create your own refreshing flavor combinations. With easy-to-follow directions and amazing recipes, *Juicing for Beginners* is your complete juicing bible.

Exisle • PB • Health & Wholefood Cookery

9781623152161 \$19.99



**Paleo for Beginners**  
Rockridge Press

Starting a new diet can be difficult, but learning how to do so shouldn't be. The Paleo diet is not just another fad diet; it is the diet humans were designed to eat. Also known as the Primal diet, the Caveman diet, and the Stone Age diet, the Paleo diet has been around as long as men and women have roamed the earth. *Paleo for Beginners* is a comprehensive yet concise guide to embracing the Paleo lifestyle, which walks readers through every step toward Paleo success in a straightforward, easy-to-read format.

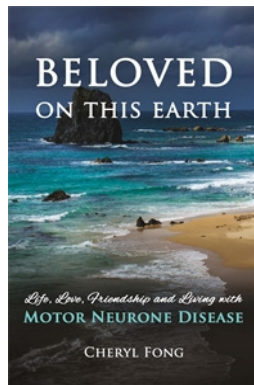
Exisle • PB • Health & Wholefood Cookery

9781623150310 \$16.99



## Beloved on This Earth

Cheryl Fong



Cheryl Fong's battles in life didn't begin with the onset of Motor Neurone Disease. In a starkly honest autobiography, she relates her story of hardship growing up in a country town with an exacting mother and a demanding father. Her nursing career in Darwin came to an abrupt end as she became the unmarried mother of a son in difficult circumstances. Surviving Cyclone Tracy and a failed first marriage, her good humour, compassion and intelligence gave her strength to face further challenges, culminating in love at forty. The onset of Motor Neurone Disease prompted her to write her history for her sons, with a view to being an aid to other MND sufferers. Yet all readers will be elevated by this touching story of a brave, strong, kind woman whose legacy was to be "Beloved on this Earth".

Brolga • PB • Autobiography: General



9 781922 175571 **9781922175571 \$24.99**



## The Power of Beliefs

Rik Schnabel

### THE POWER OF BELIEFS

7 Beliefs that will change your life



#1 BRAIN UNTRAINER  
RIK SCHNABEL

**The Power of Beliefs** demystifies and simplifies the neural science of mindset and explains why we do what we do. More so, discover how we can break free from the shackles of our beliefs by changing them. Schnabel believes that much of our frustration and pain comes from the need for a mindset upgrade, as he takes you from Version 1.0 "Survivalist Thinking" to Version 5.0 "Conscious Awareness". If you think you know why you think like you do, think again - your mind is about to be opened.

Brolga • PB • Self-Help & Personal Development

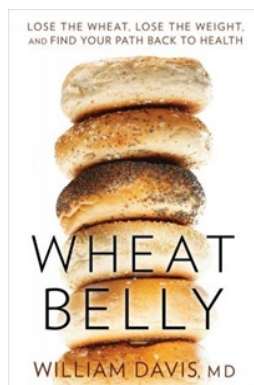


9 781922 175434 **9781922175434 \$24.99**



## Wheat Belly

William Davis



LOSE THE WHEAT. LOSE THE WEIGHT.  
AND FIND YOUR PATH BACK TO HEALTH

A renowned cardiologist explains how eliminating wheat from our diets can prevent fat storage, shrink unsightly bulges, and reverse myriad health problems. Every day, over 200 million Americans consume food products made of wheat. As a result, over 100 million of them experience some form of adverse health effect, ranging from minor rashes and high blood sugar to the unattractive stomach bulges that preventive cardiologist William Davis calls "wheat bellies." According to Davis, that excess fat has nothing to do with gluttony, sloth, or too much butter: It's due to the whole grain wraps we eat for lunch.

Rodale • HB • Fitness & Diet

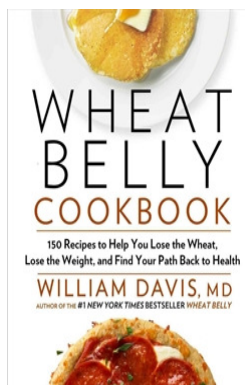


9 781609 611545 **9781609611545 \$29.99**



## Wheat Belly Cookbook

William Davis



150 Recipes to Help You Lose the Wheat,  
Lose the Weight, and Find Your Path Back to Health  
WILLIAM DAVIS, MD  
AUTHOR OF THE #1 NEW YORK TIMES BESTSELLER WHEAT BELLY

**Wheat Belly** revealed that an epidemic of adverse health effects could be banished forever with one simple step: Saying goodbye to wheat. **The Wheat Belly Cookbook** takes readers to the next level with over 150 fresh and delicious wheatless recipes, including Breakfast Quesadillas, Braised Pot Roast with Vegetables, velvety Peanut Butter Pie-and surprising wheat-free hits like Blueberry French Toast, Bruschetta Chicken on Angel Hair, Spaghetti Bolognese and velvety Scones. Additionally, readers will also learn how to: Dodge symptoms of "wheat withdrawal" experienced by about 10 percent of dieters, ensuring a smooth transition to this new healthy eating plan

Rodale • HB • Cookery / Food & Drink Etc

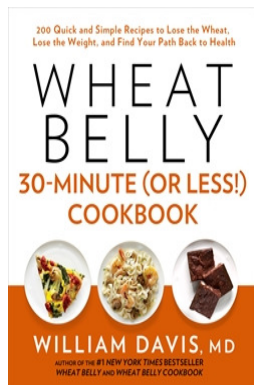


9 781609 619367 **9781609619367 \$29.99**



## Wheat Belly 30-Minute (Or Less!) Cookbook

William Davis, MD



200 Quick and Simple Recipes to Lose the Wheat,  
Lose the Weight, and Find Your Path Back to Health

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

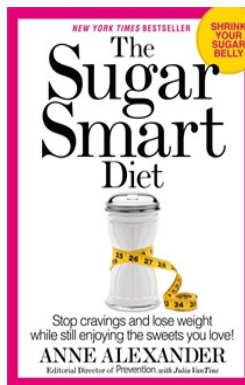


9 781623 362089 **9781623362089 \$29.99**



## The Sugar Smart Diet

Anne Alexander



NEW YORK TIMES BESTSELLER  
SHRINK YOUR SUGAR BELLY  
Stop cravings and lose weight while still enjoying the sweets you love!  
ANNE ALEXANDER  
Editorial Director of Prevention with Julia Sieff

An instant *New York Times* bestseller, *Prevention's* powerful, proven 32-day plan helps you beat food cravings, gain energy, lower your risk of heart disease and diabetes, and enjoy weight loss like never before-all while reclaiming the pure pleasure of sugar. Don't let sneaky sugars fool you and harm your health. *Prevention* - the leading healthy lifestyle brand in the U.S. - has the answer. Here's how you can shrink your sugar belly, drop pounds, and find your path to optimum health!

Rodale • HB • Fitness & Diet



9 781623 362799 **9781623362799 \$32.99**



## Thinfluence

Walter Willett



Thinfluence (noun) the powerful and surprising effect friends, family, work, and environment have on weight

Tackling a weight problem is often viewed as a personal responsibility that requires making healthier choices. The latest research, however, shows that external factors - from family and friendships to advertising and the workplace environment - make an equal, if not greater, contribution. Just look at the stats: A person's chance of becoming obese increases by 57 percent if a close friend is obese, 40 percent if a sibling is obese, and 37 percent if a spouse is obese. That's where **Thinfluence** comes in. Through a research-based examination of various social, environmental, and policy-based issues, renowned Harvard researchers Dr. Walter Willett and Dr. Malissa Wood examine how relationships, workplace, media, and other factors are affecting readers' weights.

Rodale • HB • Family & Health

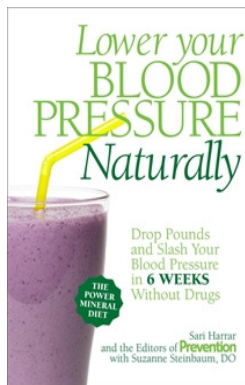


9 781623 360153 **9781623360153 \$32.99**



## Lower Your Blood Pressure Naturally

Sari Harrar and Suzanne Steinbaum



Drop Pounds and Slash Your Blood Pressure in 6 WEEKS Without Drugs  
Sari Harrar and the Editors of Prevention with Suzanne Steinbaum, MD

**Lower Your Blood Pressure Naturally** provides readers with a comprehensive lifestyle plan. Readers will follow the Power Mineral Diet, which centers on 13 delicious, powerful, blood pressure-lowering foods, along with an easy, doable exercise program that combines the proven effectiveness of cardio, strength training, and yoga on blood pressure. Not only do these methods help lower blood pressure on their own, they promote fast, sustainable weight loss, which has an independent blood pressure-lowering effect. With daily meal plans; flavorful, versatile spice blends; and 50 recipes, plus Power Mineral smoothies and desserts, the plan proves that a heart-healthy diet need not be bland or boring.

Rodale • HB • Family & Health



9 781623 362348 **9781623362348 \$32.99**





## Revolutionary Pizza

Dimitri Syrkin-Nikolau



Learn how to make the most delicious and memorable pizza of your life from Chicago's own, Dimo's Pizza. Why bore everyone at the dinner table with the same old cheese and sauce combination when you can have pizzas like The BBQ Steak & Fries, S'mores, Mac and Cheese or Chicken n' Waffles? With Revolutionary Pizza you'll be making tasty, one-of-a-kind pizzas that your friends and family will always remember. Dimo's Pizza developed a cult following due to its delicious pizzas, specialty toppings and selection of vegan 'zas. So not only will you be making meat lovers happy with a Finger Lickin' Chicken Fingers pizza or a Steak Nacho pie, but you can also satisfy your vegan friends with pizzas like the Chorizo Seitan Taco pie and the Naked 3Veg.

St Martin's Press • PB • General Cookery & Recipes

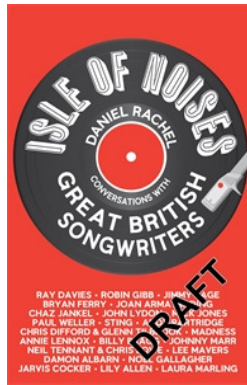


9 781624 140501 **9781624140501** \$24.99



## Isle of Noises

Daniel Rachel



*Isle of Noises* features brand-new, exclusive, in-depth conversations with twenty-seven of the UK's greatest living musicians. Artists discuss their individual approach to writing, the inspiration behind their most successful songs, and the techniques and methods they have independently developed. It is an incredible musical journey spanning fifty years, from 'Waterloo Sunset' by Ray Davies to 'The Beast' by Laura Marling, with many lyrical and melodic secrets revealed along the way.

Picador • TPB • Music

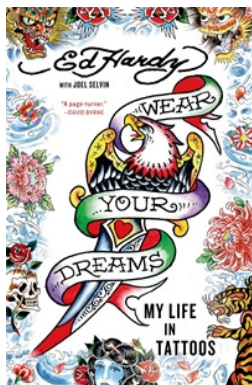


9 781447 226772 **9781447226772** \$29.99



## Wear Your Dreams

Ed Hardy and Joel Selvin



"Ed Hardy" is emblazoned on everything from t-shirts and hats to perfumes and energy drinks. From LA to Japan, his colorful cross-and-bones designs and ribbon-banners have become internationally ubiquitous. But long before the fashion world discovered his iconic designs, the man behind the eponymous brand spearheaded nothing less than a cultural revolution. In *Wear Your Dreams*, Ed Hardy recounts his genesis as a tattoo artist and leader in the movement to recognize tattooing as a valid and rich art form, through to the ultimate transformation of his career into a multi-billion dollar branding empire.

Griffin • PB • Biography: General

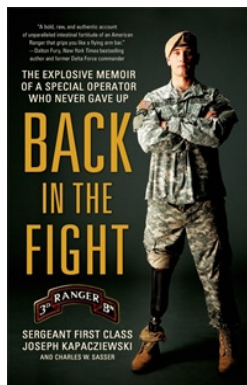


9 781250 048479 **9781250048479** \$19.99



## Back in the Fight

Charles W Sasser



The inspiring and thrilling combat memoir of the only Army Ranger serving in direct combat operations with a prosthetic limb. On October 3, 2005, Kapaczewski and his soldiers were coming to the end of their tour in Northern Iraq when their convoy was attacked by enemy fighters. A grenade fell through the gunner's hatch and exploded, shattering Kapaczewski's right leg below the knee, damaging his right hip, and severing a nerve and artery in his right arm. He endured more than forty surgeries, but his right leg still wasn't healing as he had hoped, so in March 2007, Kapaczewski chose to have it amputated with one goal in mind: to return to the line and serve alongside his fellow Rangers. One year after his surgery, Kapaczewski accomplished his goal: he was put back on the line, as a squad leader of his Army Ranger Regiment.

Griffin • PB • Memoirs

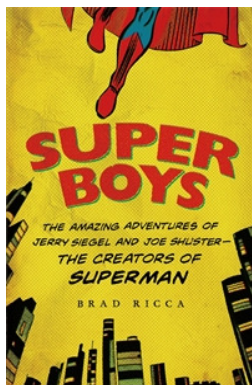


9 781250 048622 **9781250048622** \$19.99



## Super Boys

Brad Ricca



In the vein of Schulz and Peanuts, the first comprehensive literary biography of Joe Shuster and Jerry Siegel, creators of Superman and the inspiration for Michael Chabon's *Kavalier and Clay*. Drawing on ten years of research in the trenches of Cleveland libraries, boarded-up high schools, and secret, private collections, Brad Ricca's *Super Boys* is the first ever full biography about Superman's creators. Among scores of new discoveries, the book reveals the first stories and pictures ever published by the two, where the first Superman story really came from, the real inspiration for Lois Lane, the template for Superman's costume, and much, much more. *Super Boys* also tracks the boys' unknown, often mysterious lives after they left Superman, including Siegel's secret work during World War II and never-before-seen work from Shuster.

Griffin • PB • Biography: General

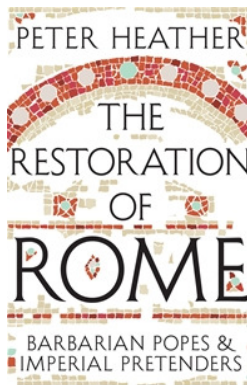


9 781250 049681 **9781250049681** \$22.99



## The Restoration of Rome

Peter Heather



In 476 AD the last of Rome's emperors was deposed by a barbarian general, the son of one of Attila the Hun's henchmen, and the imperial vestments were despatched to Constantinople. The curtain fell on the Roman Empire in Western Europe, its territories divided between successor kingdoms constructed around barbarian military manpower. But if the Roman Empire was dead, the dream of restoring it refused to die. In many parts of the old Empire, real Romans still lived, holding on to their lands, the values of their civilisation, its institutions; the barbarians were ready to reignite the imperial flame and to enjoy the benefits of Roman civilization, the three greatest contenders being Theoderic, Justinian and Charlemagne.

Pan • PB • History

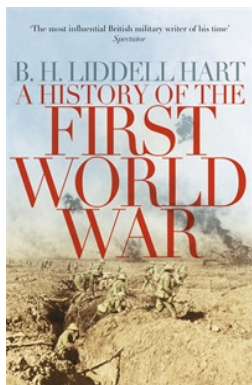


9 781447 241072 **9781447241072** \$22.99



## A History of the First World War

B H Liddell Hart



First published in 1930, Liddell Hart's *History of the First World War* is perhaps the best single-volume study of World War I ever published. Written by one of the leading military strategists of the 20th Century, this book combines Liddell Hart's authoritative knowledge of tactics and strategy with compassion and original ideas. Few have attempted to cover those four brutal years in one volume, and Liddell Hart's work is a true classic, republished as part of the **Pan Military Classics Series**.

Pan • PB • History



9 780330 511704 **9780330511704** \$22.99



## A History of the Second World War

B H Liddell Hart



First published in 1970, the year after his death, Liddell Hart's *A History of the Second World War* is a highly acclaimed account by one of the greatest military writers of the twentieth century. Providing searing insights and drawing on an unparalleled knowledge of tactics and strategy, it is the culmination of a lifetime's analysis and study. Condensing six bloody years into one volume, Liddell Hart examines the moral and strategic choices made by those in power and the way these decisions affected ordinary soldiers on the ground. With meticulous attention to detail and epic scope, his work is a true classic and indispensable for those seeking to understand this most devastating of conflicts.

Pan • PB • History



9 781447 266921 **9781447266921** \$22.99



## Good Manners for Nice People Who Sometimes Say F\*CK

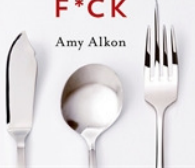
Amy Alkon

This book is 99% humorously funny and 1% genuine to serious. Amy Alkon explains why so many people are rude and how it's possible to be courteous, even if you're not a saint and you're a little bit of a jerk. When it comes to manners, she's a professional and bestselling author of *Good and Beautiful: Why Being Nice Does Not Save You*.

### GOOD MANNERS -for- NICE PEOPLE

Who Sometimes Say  
F\*CK

Amy Alkon



We live in a world that's very different from the one in which Emily Post came of age. Many of us who are nice (but who also sometimes say "f\*ck") are frequently at a loss for guidelines about how to be a good person who deals effectively with rudeness. To lead us out of the miasma of modern mannerlessness, science-based, bitingly funny syndicated advice columnist Amy Alkon rips the doily off the manners genre and gives us a new set of rules for our 21st century lives. With wit, style, and a dash of snark, Alkon explains that we now live in societies too big for our brains, lacking the constraints on bad behavior that we had in the small bands we evolved in. She shows us how to reimpose those constraints, avoid being one of the rude, and stand up to those who are.

Griffin • PB • Reference Works



9781250030719 \$19.99



## Don't Put That In There!

Dr Aaron E Carroll and Dr Rachel C Vreeman

Dr. Aaron E. Carroll & Dr. Rachel C. Vreeman

DON'T  
PUT  
THAT  
IN  
THERE!

And 69  
Other  
Sex Myths  
Debunked



70 myths about sex and sexuality debunked or confirmed by a team of doctors. People have more access to medical information than ever before with an abundance of printed and online resources, and yet we still believe "facts" about our bodies and sexuality that are just plain wrong. **Don't Put That in There!** takes on these myths and misconceptions, and exposes the truth behind some of those weird and worrisome things we think about our bodies.

Griffin • PB • Family & Health

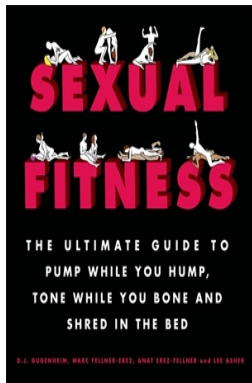


9781250042262 \$18.99



## Sexual Fitness

D J Eugenheim, Marc Fellner-Erez, Anat Erez-Fellner and Lee Asher



A hilarious take on a sexual fitness manual: 69 positions, with each position explained via illustrations, slang, and the exercise sciences behind them. It's time to work out, but your partner wants to be intimate. **Sexual Fitness** is the simple solution to this wonderful dilemma. Make your bedroom your gym and your partner your dumbbell. Most sex books are just description manuals or photo albums with silly photos of waxed couples making ridiculous faces while they try to hide any genitalia from the camera. The truth is that when you are getting it on you don't want to stop to read the next paragraph. **Sexual Fitness** is a quick reference funny-read-for-the-bedroom "sexercise" catalyst. As entertaining as they come, **Sexual Fitness** also strives to give you an incredible and ass-kicking challenge.

Griffin • HB • Sex & Sexuality, Sex Manuals

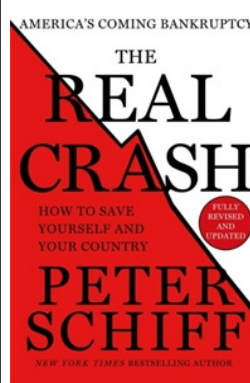


9781250041142 \$18.99



## The Real Crash

Peter Schiff



Peter D. Schiff has fully revised and updated his provocative *New York Times*, *Wall Street Journal*, and USA Today bestseller **The Real Crash**. First published in 2012, **The Real Crash** argues that America is enjoying a government-inflated bubble, one that reality will explode... with disastrous consequences for the economy and for each of us. Since 2012, what has happened with our economy? The stock market continues its illusory gains, the Fed "tapers" while some jobs return, and yet the fundamental threat to our way of life has only grown worse - much, much worse. The United States government nearly defaulted on its debts and the solution was to raise the debt limit - to spend yet more money, to go even deeper in hock to China, and to burden every American with obligations that are impossible to repay.

St Martin's Press • HB • Economics, Finance, Business & Management



9781250046567 \$32.99



## Will Shortz Wants You to Solve Sudoku!

Will Shortz



Three hundred easy to hard sudoku puzzles. When the going gets tough, the tough solve sudoku! Based on the American Uncle Sam WWII poster, this lighthearted collection is sure to make every clever crossword fan smile. Features: • 300 captivating puzzle • Edited by legendary *New York Times* crossword editor Will Shortz • Big grids with lots of space for easy solving

Griffin • PB • Puzzles & Quizzes



9781250049261 \$16.99



## Will Shortz Presents Good Times Crosswords

Will Shortz



200 easy *Times* puzzles to savor and solve, in a portable, affordable package. Let the good times roll! This book packs hours of solving into a portable paperback with a flashy, fun cover. So grab a pencil and enjoy 200 of light and easy puzzles, chosen from Monday and Tuesday editions of the newspaper. Features: • 200 fun and easy *New York Times* crosswords • Portable and perfect for solving on the go • Edited by the #1 man in American crosswords, Will Shortz

Griffin • PB • Puzzles & Quizzes

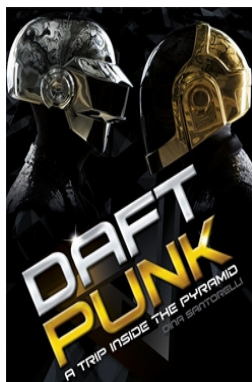


9781250049414 \$15.99



## Daft Punk: A Trip Inside the Pyramid

Dina Santorelli



Daft Punk, the legendary electronic music duo from France, is currently the hottest band in the world. In May 2013, their Grammy award winning album *Random Access Memories* debuted at number one in over 20 countries - including the UK, US, France, Japan, Australia. 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. Single *Get Lucky* won the 2013 Grammy award for Record of the Year. Daft Punk's robot helmets and overall space-age look has become iconic for the millennial generation.

Omnibus Press • HB • Biography: Arts & Entertainment



9781783055470 \$24.95



## Justice for All: The Truth About Metallica

Joel McIver



The updated version of McIver's bestselling biography explores the aftermath of Metallica's comeback in the wake of 2008's *Death Magnetic*.

Omnibus Press • PB • Biography: Arts & Entertainment



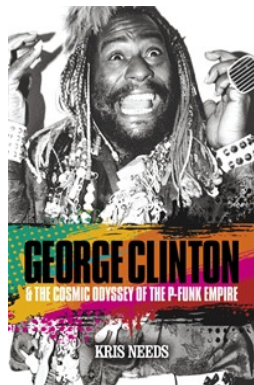
9781783055418 \$19.95





## George Clinton & The Cosmic Odyssey of the P-Funk Empire

Kris Needs



The first in-depth biography of one of music's most fascinating, colourful and innovative characters. The definitive history of the last of the black music pioneers. He stands alongside James Brown as one of the most influential black artists of all time and along with his P-Funk Collective, took black funk into the US charts and sold out stadiums by the mid 1970s with his extravagant shows. Contains a wealth of new first hand interview material with Clinton, key P-Funk personnel and other friends and associates. Eye-witness accounts of key moments in Clinton's history create the ultimate P-Funk history.

Omnibus Press • HB • Biography: Arts & Entertainment



9781783051540 \$24.95



## The Art of Godmachine

Godmachine



A true original that bleeds passion with every stroke. Godmachine is a powerhouse. This lavishly produced art book is the first ever collection of the unique and ground breaking art of one of the UKs leading cult artists. Twisted Dark Fantasy, Modern Heavy Metal, New School Tattoo, Horror... Godmachine has blazed the trail and although many artists have followed his path. Godmachine is the original and he remains unique. His illustrative style stands alone... he is simply the best at what he does. The book showcases many of his best art pieces, sketches and through many quotes taken from interviews the book gives insight into the mind and humour of the artist himself. This book will inspire you and its power will stay with you.

Omnibus Press • HB • The Arts

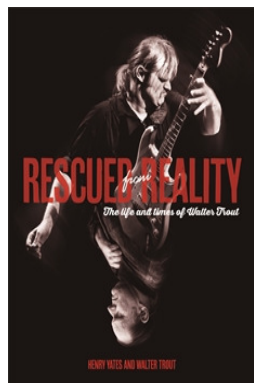


9780992836603 \$44.95



## Rescued from Reality: The Life & Times of Walter Trout

Henry Yates & Walter Trout



Walter Trout is a giant of the blues-rock genre, and a survivor whose hell-and-back career is one of music's last great untold stories. In modern times, Walter is a devoted husband and father-of-three. Yet few artists have walked a rockier road to enlightenment. Here, for the first time ever, Walter gives his own frank, unflinching and dazzlingly funny account of his chequered life and times. It's all here: the hits, misses, homelessness, death threats, deals-gone-bad, bust-ups and comedowns. **Rescued From Reality** is the result of 30-plus hours of interviews with Walter, and combines the bandleader's extraordinary testimony with never-before-seen photos from his personal archive. Equal parts thriller, romance, suspense and horror, it's a page-turner you won't be able to put down.

Omnibus Press • PB • Biography: Arts & Entertainment



9789082200201 \$29.95

