

# 10/14

# October NonFiction

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#### The Art of Belonging\*

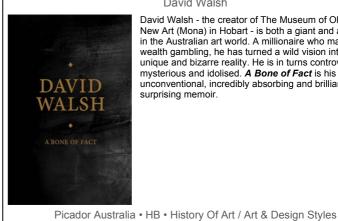
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Hugh Mackay

 $\textbf{\textit{The Art of Belonging}} \ \text{advances the argument put forward}$ in Mackay's bestselling The Good Life: a 'good life' is not lived in isolation or in the pursuit of independent goals; a good life is lived at the heart of a thriving community, among people we trust, and within an environment of mutual respect. Drawing on 50 years' experience as a social researcher, Mackay creates a fictional suburb, Southwood, and populates it with characters who - like most of us struggle to reconcile their need to belong with their desire to live life on their own terms. He chronicles the numerous human interactions and inevitable conflicts that arise in a community when characters assert their own needs at the expense of others

#### A Bone of Fact\*

David Walsh



David Walsh - the creator of The Museum of Old and New Art (Mona) in Hobart - is both a giant and an enigma in the Australian art world. A millionaire who made his wealth gambling, he has turned a wild vision into a unique and bizarre reality. He is in turns controversial, mysterious and idolised. A Bone of Fact is his utterly unconventional, incredibly absorbing and brilliantly surprising memoir.

Macmillan Australia • TPB • Cultural Studies



Hugh Mackay

9781742614250

\$32.99

781742 612911

9781742612911 \$55.00

#### Cook Book\*

Matt Preston



# Suzy Spoon's Vegetarian Kitchen\*

Suzy Spoon



Step into Suzy Spoon's kitchen, where the burgers, lasagne, barbecued skewers and roasts are all delicious and completely meat-free. These recipes are simple vet hearty, and show that leaving out the meat doesn't mean leaving out the flavour. There are dishes in here for any time of day and any time of year - Baked Strawberry Quinoa or Tofu and Mushroom Scramble for breakfast; and perhaps some Lentil and Pine Nut Patties or Spiced Tofu and Beetroot Salad for lunch. Easy-to-make dinners include Seitan in Black Bean Sauce, Vegan Spaghetti Bolognese, and Spinach and Caramelised Onion Tart. There are also lots of gluten-free offerings, such as Rice Noodle Lasagne, and heaps of puddings and cakes Chocolate Self-Saucing Pudding and Strawberry Parfaits with Pomegranate and Pistachio.

Plum • PB • TV / Celebrity Chef Cookbooks



9781743531181

\$39.99

Plum • TPB • General Cookery & Recipes

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9781742614106 \$39.99

## My Bon Scott\*

Irene Thornton



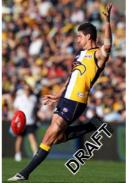
Bon Scott is a rock'n'roll legend, the wild and outrageous face of AC/DC in their most successful era. But while he achieved star status, fame and fortune as a lead singer and song writer, his personal life was complicated and marred by addiction, alcohol abuse, dysfunctional relationships and scandal. He married Irene Thornton, a South Australian, in 1972, after they met at a gig. The marriage only lasted two years, but their bond continued and they remained close until his death in 1980 from acute alcohol poisoning. In My **Bon Scott**, Irene goes on the record for the first time about the Bon Scott she knew and loved and their years together: their relationship, his battles and what it was about Scott that led to AC/DC becoming the biggest Australian rock'n'roll band of all time. She also shares with readers the letters written to her by Bon Scott. This will be the first time these letters have appeared in full

Macmillan Australia • TPB • Biography: Arts & Entertainment



9781743517703

\$34.99



#### Iron Eagle\* Dean Cox with Digby Beacham

For 15 seasons, Dean Cox was the 'Iron Eagle' - a twometre-tall, seemingly indestructible ruckman at the heart of a famous - and at times controversial - West Coast Eagles side. Tough, loyal, relentless and gifted, the big man from the Dampier Archipelago rose from humble beginnings to become the lynch-pin in the Eagle's 2006 premiership, a six-time All Australian (2005-08, 11-12) and ultimately, the most capped West Coast player ever as well as the AFL record holder for most games by a player who started out on the rookie list. *Iron Eagle* is Dean Cox's incredible and inspiring autobiography - a noholds-barred chronicle of a wild childhood in the Pilbara that evolved into a glorious career in the AFL.

Macmillan Australia • TPB • Autobiography: Sport



9781742612706

\$34.99

# Mademoiselle: Coco Chanel and the Pulse of History\*

Rhonda Garelick



Little black dresses. Fake pearls. Jersey knits. Blazers. Ballet flats. Today - and for nearly the last hundred years - we all see some version of Gabrielle "Coco" Chanel every time we pass a woman on the street. But few among us realise that Chanel's role in the events of the twentieth century was as pervasive as her influence on fashion, or how deeply she absorbed and then brilliantly reimagined the historical currents around her. Here, with unprecedented detail and ambition - and through fascinating, thoroughly researched portraits of Chanel's lovers and friends - Rhonda Garelick shows us the Chanel who conquered the world... a woman who thirsted to create others in her image, who ruthlessly and innovatively borrowed from her famous (and infamous) intimates, who understood the idea of branding and image well ahead of her time, who created "wearable personality."

Picador Australia • HB • Biography: General

781742 612508

9781742612508 \$39.99

## Great White\*

James Woodford



I remember thinking two things at the time. Firstly, if it had wanted to eat us we wouldn't have stood a chance and second, it didn't want to eat us. When James Woodford was confronted by half a dozen sharks swimming at full speed, he froze in shock. But he was even more surprised when they swam right past, completely ignoring him. He couldn't reconcile this experience with the mindless eating-machines that dominate the discussion of sharks in Australia. Interviewing world-renowned experts and joining research teams at Neptune Islands, one of the most famous shark aggregation locations in the world - and consequently one of the most dangerous dive sites - James investigates these intriguing creatures at close range and discovers their fascinating world.

Macmillan Australia • TPB • Animals & Society

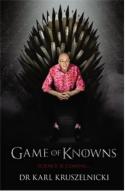


9781742612546

\$32.99

#### Game of Knowns\*

Dr Karl Kruszelnicki



There are Known Knowns, Known Unknowns, and Unknown Unknowns. And then there is Dr Karl. The inimitable Dr Karl reigns once more in his Dynasty of 34 Science Books with scintillating science scenarios, techie tales and tasty morsels to sate even the most haemoglobin-thirsty of his army of followers.

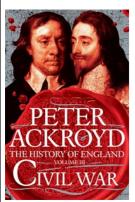
Macmillan Australia • TPB • Popular Science



9781743533789

## Civil War: The History of England Volume III

Peter Ackrovd



In Civil War, Peter Ackroyd continues his dazzling account of England's history, beginning with the progress south of the Scottish king, James VI, who on the death of Elizabeth I became the first Stuart king of England, and ends with the deposition and flight into exile of his grandson, James II. The Stuart dynasty brought together the two nations of England and Scotland into one realm, albeit a realm still marked by political divisions that echo to this day. More importantly, perhaps, the Stuart era was marked by the cruel depredations of civil war, and the killing of a king. Ackroyd paints a vivid portrait of James I and his heirs. Shrewd and opinionated, the new King was eloquent on matters as diverse as theology, witchcraft and the abuses of tobacco, but his attitude to the English parliament sowed the seeds of the division that would split the country in the reign of his hapless heir, Charles I.

\$19.99

Macmillan • PB • History



9781447260707 \$34.99

#### **Vivienne Westwood**

Vivienne Westwood with Ian Kelly



Vivienne Westwood is one of the icons of our age; fashion designer, activist, co-creator of punk, global brand and grandmother; a true living legend. Both her name and brand are recognised the world over, whilst at home in the UK she has attained National Treasure status as the nation's favourite fearless female icon. This is her story. Told for the first time in all its glamour and glory and with her unique voice, unexpected perspective and passionate honesty: "The living deserve respect. The dead deserve the truth; lan and I are working together on this and I am excited that this will be my story, the story nobody ever did before."

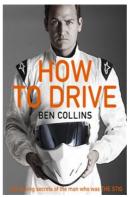
Picador • HB • Autobiography: General

9 781447 254126

9781447254126 \$49.99

# **How To Drive\***

Ben Collins



Driving is the most dangerous thing each of us does on a daily basis - and yet the average learner receives just eighteen hours' training - less than a Starbucks barista. In this inspirational, instructive, highly entertaining book, Ben Collins uses his super-charged experience of racing, stunt-work and cutting-edge scientific knowledge to tell you all of the things you didn't learn on your test - and in the process will make your driving safer, more economical and a lot more enjoyable. The skills described here, from skid control to gear changes that are as smooth as a cashmere codpiece, have been honed on racing tracks by the greatest drivers in the world. This is the stuff your instructor missed, your dad forgot and your mates pretend to know . . . but don't.

Macmillan • TPB • Motor Cars: General Interest

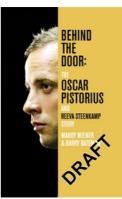
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\$29.99

# Behind the Door: The Oscar Pistorius and Reeva Steenkamp Story

Barry Bateman and Mandy Wiener



Oscar Pistorius was the golden boy of South African sport, and an inspiration to millions around the world - until the tragic shooting that left his model girlfriend Reeva Steenkamp dead, and Pistorius on trial for murder. **Behind The Door** will be written by South African journalists Mandy Wiener and Barry Bateman. Published once the trial is concluded, it will explore the characters involved, relate the courtroom interactions and unpack the forensic and circumstantial evidence. But more than that, this book seeks to go beyond the facts of the case in search of the wider context behind this shocking tragedy: the back-story of the police investigation, the nature of the South African criminal justice system, the culture of violence in South Africa and the need of society to create flawed heroes who are destined to fail.

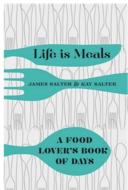
Macmillan • TPB • True Crime

9 781447 267867

9781447267867 \$29.99

#### Life Is Meals

James Salter and Kay Salter



From the award-winning author James Salter and his wife, Kay - amateur chefs and terrific hosts - here is a lively, beautifully illustrated food lover's companion. With an entry for each day of the year, *Life Is Meals* takes us from a Twelfth Night cake in January to a champagne dinner on New Year's Eve. This is a book rich with culinary wisdom, history, recipes, literary pleasures, and the authors' own stories of their triumphs - and catastrophes - in the kitchen. Entries include: the menu on the Titanic on the fatal night, the seductiveness of a velvety Brie or the perfect martini, how to decide whom to invite to a dinner party - and whom not to, and the greatest dinner ever given at the White House.

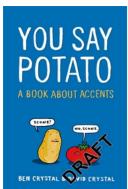
Picador • HB • Food & Society



9781447254928 \$34.99

#### You Say Potato

Ben Crystal and David Crystal



Some people say scohn, while others say schown. He says bath, while she says batht. You say potayto. I say potahto. And - wait a second, no one says potahto. No one's ever said potahto. Have they? From reconstructing Shakespeare's accent to the rise and fall of Received Pronunciation, actor Ben Crystal and his linguist father David travel the world in search of the stories of spoken English. Everyone has an accent, though many of us think we don't. We all have our likes and dislikes about the way other people speak, and everyone has something to say about 'correct' pronunciation. But how did all these accents come about, and why do people feel so strongly about them? Are regional accents dying out as English becomes a global language? And most importantly of all: what went wrong in Birmingham?

Macmillan • HB • Language: Reference & General



9781447249696 \$2

# Off the Leash: A Dog's Best Friend

Rupert Fawcett



In its first year as a daily cartoon blog on Facebook, *Off The Leash* developed a regular daily following of half a million dog lovers from around the world, and has become a place where people who are passionate about pooches share anecdotes, pictures and jokes. Capturing the secret thoughts and dreams of dogs, Rupert Fawcett's cartoons are brilliantly observed - and touchingly true to life. As well as the best dog photos sent in by fans of *Off The Leash*, *A Dog's Best Friend* rounds up a new selection of touching, hilarious drawings of dogs of every size, shape and breed doing what they do best: stealing beds, outsmarting cats and questing for the perfect stick . . .

Boxtree • HB • Humour



9781447268086

\$19.99

## **Macquarie Budget Thesaurus**

Macquarie Dictionary



The Macquarie Budget Thesaurus is in the form of an A - Z dictionary of synonyms, which makes finding just the right word a very simple matter. It has been produced directly from the respected Macquarie Thesaurus, and features: - over 200,000 synonyms - easy-reference style - a wide range of contemporary words - Australian English, including Aboriginal English - many phrases and informal expressions

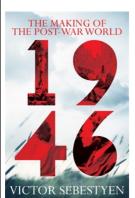
Macquarie • PB • Thesauri



9781742619880

#### 1946

Victor Sebestyen



With the end of the Second World War, a new world was born. The peace agreements that brought the conflict to an end implemented decisions that not only shaped the second half of the twentieth century, but continue to affect our world today and impact on its future. In 1946 the Cold War began, the state of Israel was conceived, the independence of India was all but confirmed and Chinese Communists gained a decisive upper hand in their fight for power. In this remarkable history, the foreign correspondent and historian Victor Sebestyen draws on contemporary documents from around the world - including Stalin's briefing notes for the Potsdam peace conference - to examine what lay behind the political decision-making.

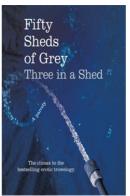
Macmillan • TPB • History



9781447276395 \$39.99

# Fifty Sheds of Grey: Three in a Shed

C T Gre



"Which whip today?" she rasped, tightly clad in black leather. "I don't know," I replied. 'I can never decide between banana and butterscotch." In the pulsating climax to the bestselling trowel-egy, multi-millionaire Colin Grey finds himself with the ultimate dilemma. Having accidentally mixed his Viagra with his hearing aid, and ending up with a hard of hearing on, he must finally man up and choose between the great loves of his life. Should he go with Lady Christina Mellors - the sophisticated cougar (or whatever the British equivalent is - a badger?) - who first deflowered him, all those years ago? Or his long-suffering wife, Brenda? Or can Colin finally break free and return to his one true love - his shed?

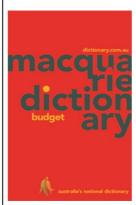
Boxtree • HB • Humour

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9780752265568 \$19.99

### **Macquarie Budget Dictionary**

Macquarie Dictionary



The Macquarie Budget Dictionary meets the needs of readers without stretching their finances. It is an up-to-date small dictionary with all the coverage of world English and Australian English that can be distilled into its compact, easy-to-carry format. This new edition, like its predecessors, has been compiled with the needs of the general reader in mind, and is ideal for home, school or office. Many new words and meanings have been added, reflecting the ever-changing nature of our language. A few examples are: catch-up TV, chia, cloud computing, fracking and precycle.

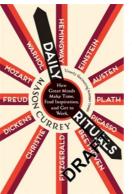
Macquarie • PB • Dictionaries



9781742619873 \$9.99

#### **Daily Rituals**

Mason Currey



Anthony Trollope wrote three thousand words every morning before heading off to his job at the Post Office. Toulouse-Lautrec did his best work at night, sometimes even setting up his easel in brothels, and George Gershwin composed at the piano in pyjamas and a bathrobe. Freud worked sixteen hours a day, but Gertrude Stein could never write for more than thirty minutes, and F. Scott Fitzgerald wrote in gin-fuelled bursts - he believed alcohol was essential to his creative process. From Marx to Murakami and Beethoven to Bacon, *Daily Rituals* examines the working routines of more than a hundred and sixty of the greatest philosophers, writers, composers and artists ever to have lived.

Picador • PB • Biography: General



9781447271475 \$19.99

After We Kill You, We Will Welcome You Back As Honored Guests
Ted Rall



Ted Rall traveled deep into Afghanistan - without embedding himself with U.S. soldiers - where no one else would go (except, of course, Afghans). He made two long trips: the first in the wake of 9/11, and the next ten years later to see what a decade of U.S. occupation had wrought. On the first trip, he shouted his dispatches into a satellite phone provided by a Los Angeles radio station, attempting to explain that the booming in the backgroundand sometimes the foreground - were the sounds of an all-out war that no one at home would entirely own up to. Ten years later, the alternative newspapers and radio station that had financed his first trip could no longer afford to send him into harm's way, so he turned to Kickstarter to fund a groundbreaking effort to publish online a real-time blog of graphic journalism documenting what was really happening on the ground, filed daily by satellite.

St Martin's Press • HB • Military History



9780809023400 \$32.99

# Naming Jack the Ripper

Russell Edwards



Bringing together ground-breaking forensic discoveries and gripping historical detective work, *Naming Jack the* Ripper constructs the first truly convincing case for identifying the world's most notorious serial killer.

#### Satan's Choice

Lorne Campbell and Peter Edwards



Lorne Campbell was an officer and enforcer for the outlaw biker club Satan's Choice for over thirty years, before patching over to the Hells Angels. The product of a violent childhood, with a hair-trigger temper and fearless nature, he just wanted a place to belong. He found brotherhood with his fellow one per centers, and a code he has lived his life by. In his time he's seen club life slip further into the criminal underworld and be transformed by cocaine dealing. He killed a rival biker to save his brothers and has been imprisoned for assault and drug trafficking. He's faced off police out to get him, taken revenge on men who betrayed him, and gone to extreme lengths to protect his honour and his club.

Sidgwick & Jackson • TPB • True Crime

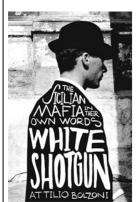
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9780283072017 \$29.99 Pan • PB • True Crime

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### White Shotgun

Attilio Bolzoni

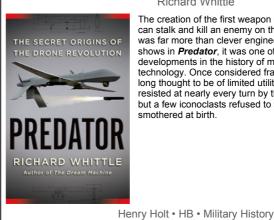


For thirty years, prize-winning Sicilian journalist Attilio Bolzoni has reported on the shadowy activities of Cosa Nostra. Now, for the first time, he has collected together a powerful anthology of rare interviews, court proceedings and transcripts of phone taps that together capture the essence of this most hidden of secret societies. From the 'traditional' Mafia of the early 20th Century to the 'Maxi' show-trials of the 1980s and beyond, White Shotgun is both a history of modern Sicilian crime, and a book about the twisted logic and language of Cosa Nostra. From the most humble of foot soldiers to famous pentiti ('grasses') and top-level Bosses, this is a portrait of the men who live by a code of silence - in their own words.

#### **Predator**

Richard Whittle

9781447223870



The creation of the first weapon in history whose operators can stalk and kill an enemy on the other side of the globe was far more than clever engineering. As Richard Whittle shows in *Predator*, it was one of the most profound developments in the history of military and aerospace technology. Once considered fragile toys, drones were long thought to be of limited utility. The Predator itself was resisted at nearly every turn by the military establishment, but a few iconoclasts refused to see this new technology smothered at birth.

Pan • PB • True Crime



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#### Level Zero Heroes

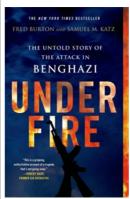
Michael Golembesky and John R Bruning



In Level Zero Heroes, Michael Golembesky follows the members of U.S. Marine Special Operations Team 8222 on their assignment to the remote and isolated Taliban stronghold known as Bala Murghab as they conduct special operations in an effort to break the Taliban's grip on the Valley. What started out as a routine mission changed when two 82nd Airborne Paratroopers tragically drowned in the Bala Murghab River while trying to retrieve vital supplies from an air drop that had gone terribly wrong. In this one moment, the focus and purpose of the friendly forces at Forward Operating Base Todd, where Team 8222 was assigned, was forever altered as a massive clearing operation was initiated to break the Taliban's stranglehold on the valley and recover the bodies.

**Under Fire** 

Fred Burton and Samuel M. Katz



On the night of September 11, 2012, the American diplomatic mission at Benghazi, Libya, came under ferocious attack by a heavily armed group of Islamic terrorists. The prolonged firefight, and the attack hours later on a nearby CIA outpost, resulted in the deaths of four Americans, including the American ambassador to Libya. After the fall of Qaddafi, Benghazi was transformed into a hotbed of fundamentalist fervor and a den of spies for the northern half of the African continent. Moreover, it became the center of gravity for terrorist groups strategically situated in the violent whirlwinds of the Arab Spring. On the eleventh anniversary of the 9/11 attacks, a group of heavily armed Islamic terrorists had their sights set on the U.S. presence in the city.

St Martin's Press • HB • True War & Combat Stories



9781250030405

\$32.99

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St Martin's Press • PB • True War & Combat Stories 9781250055279

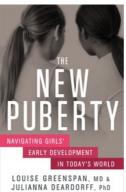
#### The Bridesmaids

Eimear Lvnch

Each year 11 million bridesmaids lead their best friends down the aisle. Most wear matching dresses, and nearly all have a thing or two to say about the bride. In this uproarious oral history, editor and journalist Eimear Lynch offers us an intimate glimpse at the moments the wedding photographer failed to capture. From the accidental bridesmaid who helped sew the bride into her "design gown to the tomboy who struggled to carry Princess Diana's twenty-five foot train, *The Bridesmaids* lifts the veil on the Big Day. Opening with her own experiences as a five-time 'maid, Eimear gives us stories that are by turns heartfelt, funny, scandalous, and sometimes downright strange

The New Puberty

Louise Greenspan, MD and Julianna Deardoff, PhD



The coming-of-age experience has changed dramatically, with girls maturing sooner than ever. But what happens when a girl has the body of a 13-year-old and the brain of an 8-year-old? Contrary to popular wisdom, early puberty is not merely a reflection of physical changes - it's deeply psychological, too, with effects that can put a girl at higher risk for behavioral problems and long-term health challenges, such as obesity, depression, eating disorders, and even cancer. *The New Puberty* is a reassuring, empowering guide for millions of parents - as well as teachers, coaches, pediatricians, and family members - by two notable experts in the field. Compiling original research and clinical experience, Drs. Greenspan and Deardorff offer practical strategies for supporting girls entering this complex stage of their lives.

\$32.99

\$19.99

Picador US • PB • True Stories

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\$19.99 9781250041777

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Rodale • HB • Family & Health

9781623363420



# Men's Health Push, Pull, Swing

Myatt Murphy



No piece of exercise equipment is more convenient, reliable, versatile and effective at building lean muscle and boosting post-workout metabolic rate than the venerable dumbbell and its cousins the kettlebell and sandbag. Together, these are the tools that will reshape the way we think about fitness and this book will stand as the definitive guide to targeting the key muscles that men and women want to develop and tone. The beauty of these tools is that they are simple, inexpensive, and can be used in a small space so readers can exercise in the convenience of their homes. Most important is that they allow the freedom to use a full range of motion, unlike the rigid, limiting structure of weight machines.

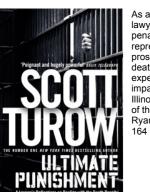
Rodale • PB • Fitness & Diet



9781623363970 \$32.99

## **Ultimate Punishment**

Scott Turow



As a pioneer of the modern legal novel and a criminal lawyer. Scott Turow has been involved with the death penalty for more than a decade, including successfully representing two different men convicted in death-penalty prosecutions. In this vivid account of how his views on the death penalty have evolved, Turow describes his own experiences with capital punishment from his days as an impassioned young prosecutor to his recent service on the Illinois commission which investigated the administration of the death penalty and influenced Governor George Ryan's unprecedented commutation of the sentences of 164 death row inmates on his last day in office.

Picador • PB • Law & Society

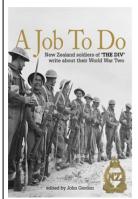


9781447254577

\$19.99

#### A Job to Do

John Gordon



This anthology is a selection of material describing the experiences of the soldiers of the 2nd New Zealand Division in World War II, mostly written from within its ranks. The extracts are drawn from memoirs, fiction, verse, news reports and magazine articles, and record the experiences of over 80 insiders, from the declaration of war to the return home

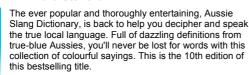
Exisle • HB • Second World War



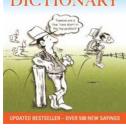
9781775591306

# **Aussie Slang Dictionary**

Lolla Stewart



\$49.99



Brolga • PB • Language: Reference & General

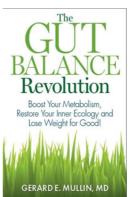


9781922175595

\$17.99

#### The Gut Balance Revolution

Gerard E Mullin, MD



Your gut microbiome: Those trillions of bacteria that live in your digestive tract. There are more of them than there are of you-and if they're balanced just right, with more "good" bacteria than "bad," excess pounds will melt away and you'll feel better than ever. From the top authority on the gut microbiome, here's a plan that will show you how to starve the fat-forming bacteria, reseed your gut with good fat-burning ones, and fertilize those friendly flora with just the right foods to reboot, rebalance, and renew your health - and lose weight for good. It's all based on up-to-theminute scientific research.

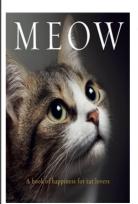
Rodale • HB • Fitness & Diet



9781623364014 \$32.99

#### Meow

Anouska Jones



Meow: A book of happiness for cat lovers is a compendium of delightful quotes that capture the essence of this fascination. Some are by famous people (Mark Twain, Jean Cocteau, Ernest Hemingway), others not; some are philosophical, others light-hearted - all are memorable. Accompanied by beautiful photography, and presented in a high-quality gift format, this is a collection of quotes to treasure.

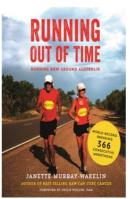
Exisle • HB • Photography & Photographs



9781921966576 \$29.99

#### **Running Out of Time**

Janette Murray-Wakelin



To inspire and motivate conscious lifestyle choices, to promote kindness and compassion for all living beings and to raise environmental awareness for a sustainable future, veteran raw vegan runner Janette Murray-Wakelin and Alan Murray ran around Australia, 15,782km, 366 marathons each in 366 days. On January 1, 2014, as they ran their 366th marathon, they set a new World Record for the most consecutive marathons, as the oldest and only couple to run around Australia, fuelled entirely on fruit and vegetables and wearing barefoot shoes. Having previously cured herself of cancer, Janette Murray-Wakelin is living proof that anything can be achieved when living a conscious lifestyle.

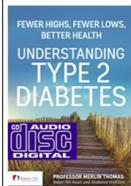
Brolga • PB • Mind, Body, Spirit



9781922175588 \$26.99

### **Understanding Type 2 Diabetes**

**Professor Merlin Thomas** 



Comprising of eight CDs read aloud by the author, Understanding Type 2 Diabetes Audio Book is an essential resource for diabetes sufferers with Professor Merlin Thomas from the world-renowned Baker IDI Heart & Diabetes Institute offering clear, effective guidance on managing all aspects of the disease. This includes examining what diabetes is and how it comes about, practical changes you can make to your diet, how exercise can improve health, how to best control blood glucose levels, and much more

Exisle • CD • Family & Health



9781921966620 \$49.99

# Change the Way You Eat

Leanne Cooper

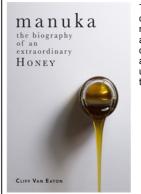


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By examining the psychological factors that encourage us to eat more than we know we should, as well as the tricks marketers use to influence what we eat, Change the Way You Eat provides the tools for readers to take ownership of their eating choices so that they can learn to nourish themselves in a way that promotes long-term health and happiness. Written by an expert in the field of food psychology, who is the founder of Cadence Health, a now global organisation dedicated to improving community health through proper nutrition.

#### Manuka

Cliff Van Eaton



Tells the remarkable and unexpected 'rags-to-riches' story of manuka honey. It describes how the discovery of manuka's unique properties caught the media's attention, and how various manuka honey-based products were developed and taken to the world. The remarkable antibacterial and therapeutic properties of manuka and its uses are outlined. The only book for the general public that tells the full story of manuka honey.

Exisle • PB • Apiculture (Beekeeping)

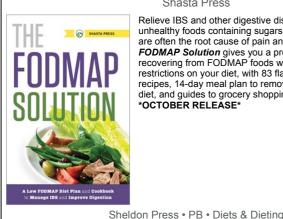
9781775591634 \$29.99

## The FODMAP Solution

Exisle • PB • Health & Personal Development

9781921966415

Shasta Press

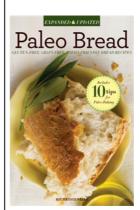


Relieve IBS and other digestive disorders by limiting unhealthy foods containing sugars and carbohydrates that are often the root cause of pain and bloating. *The* **FODMAP Solution** gives you a proven method for recovering from FODMAP foods without placing too many restrictions on your diet, with 83 flavourful low-FODMAP recipes, 14-day meal plan to remove FODMAPs from your diet, and guides to grocery shopping and dining out. \*OCTOBER RELEASE\*

\$29.99

#### Paleo Bread

Rockridge Press



Paleo Bread will help you take control of your health with the Paleo diet, and still enjoy delicious bread and baked treats. Although many people fall off the Paleo diet because they miss bread, Paleo Bread will show you how to create delectable and comforting baked goods to help you make a smooth transition, with 75 simple Paleo bread recipes, 10 tips for successful Paleo baking, and information on how to use the top alternative ingredients including almond flour, coconut oil and flaxseed meal.
\*OCTOBER RELEASE\*

Exisle • PB • Cookery / Food & Drink Etc



9781623152017 \$16.99

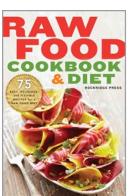
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9781623153502

\$16.99

#### Raw Food Cookbook and Diet

Rockridge Press

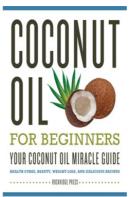


When we cook our foods, we remove necessary nutrients that nourish our bodies and prevent disease. A raw food diet can help you overcome health problems, cure pain, and increase your energy. *Raw Food Cookbook and Diet* offers a complete introduction to one of the most natural and effective diets, with 75 easy, delicious, and flexible raw food recipes for every meal, overview of the health and weight-loss benefits of eating raw foods, and a list of the nutrients associated with each raw food.

\*OCTOBER RELEASE

# **Coconut Oil for Beginners**

Rockridge Press



For centuries, cultures around the world have used coconut oil for its many nutritional and health benefits. Now, coconut oil is finally gaining widespread recognition for its proven ability to help with weight loss and improve hair and skin health. Coconut Oil for Beginners is a comprehensive how-to guide on using coconut oil in every area of your life, from your beauty routine to your cooking, for better health, and glowing skin and hair. \*OCTOBER RELEASE\*

Exisle • PB • Diets & Dieting



9781623152413 \$16.99 Exisle • PB • Cookery By Ingredient

9781623151454 \$16.99

## **Easy Gourmet**

Stephanie Le



Make the most delicious and gourmet dishes you've ever had with little-to-no effort, regardless of your experience in the kitchen. Sometimes you just want to make something simple, but you don't want to skimp on taste. Stephanie Le, creator of the popular site, I am a Food Blog, has recipes that are easy to make, yet bursting with flavor. So, whether you are a newly wed learning to cook for the first time or you've just always been intimidated by what goes on in the kitchen and are ready to take a stab at it, you'll make dishes that'll impress your family and friends. Stephanie will show you the easy way to make everything from Pea and Bacon Risotto to Chicken and Waffles to Pulled Pork to Mint Chocolate Chip Cookies

Vegetarian Dinner Parties Mark Scarbrough and Bruce Weinstein



If you're inclined to throw a dinner party, you probably do what most folks do: you make a few sides and maybe a salad, ask someone to bring dessert, and put a hunk of meat in the middle of the table. But what about vegetables? Living in a meat-centric world, most of us simply don't know how to cobble together a series of vegetarian dishes that work together to create a perfect dinner party. Here, critically-acclaimed, food writers (and omnivores) Bruce Weinstein and Mark Scarbrough take the reader by the hand and teach them not only how to make extraordinarily delicious and modern vegetarian and vegan dishes that everyone will love - everything from sweet pea samosas to warm vegan donuts, stews braises, pastas, and more - they show readers how to actually build dinner parties starting with flavors, seasonality and availability, and even time and skill.

Rodale • HB • Vegetarian Cookery



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9781624140624

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

\$24.99

9781609615017 \$36.99

# **Decadent Gluten-Free Vegan Baking**

Cara Reed



Baking delicious, one-of-a-kind desserts is one thing, but when those desserts put the exclamation point on healthy by being gluten-free AND vegan, now that's something everybody can enjoy. And Cara Reed, creator of ForkandBeans.com, is sharing over 100 amazing and easy gluten-free vegan recipes, using tasty substitutions such as almond milk, soy butter, coconut oil and nutbased cream, so your treats can be the star of the show in any setting. Cara Reed's popular site, Fork and Beans, gets over 5,000 hits a day and her recipes have been featured in *VegNews* magazine and on KrisCarr.com and Enjoylifefoods.com. Her blog has also been voted one of the Top 50 Vegan Blogs. *Decadent Gluten-Free Vegan Baking* allows you to bake French macaroons, cinnamon coffee cake, Foccacia bread, Pop Tarts, Doughnuts and Cheez-Its to name a few.

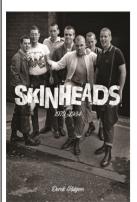
St Martin's Press • PB • Cookery For Specific Diets & Conditions

781624 140716

9781624140716 \$24.99

### Skinheads 1979-1984

Derek Ridgers



Derek Ridgers is a well-known English photographer with a career spanning over thirty years. Most famous for his work in the field of music, film and club/street culture - photographing everyone from James Brown to The Spice Girls to Clint Eastwood. *Skinheads 1979-1984* compiles over 100 photographs that visually chronicle the famous skinhead social movement (includes 32 pages of colour photos).

Omnibus Press • PB • Photographs: Collections

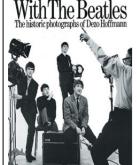


9781783051717 \$19

\$19.95

# With The Beatles: The Historic Photographs of Dezo Hoffman

Dezo Hoffman



This book takes you for a historic journey through the life of *The Beatles*. Dezo Hoffmann took more pictures of *The Beatles* than any other photographer. This book shows for the first time the cream of the most unique photo archive of pop music history. Many of these photographs have never before been printed from their negatives, let alone published. They show *The Beatles* from before their first record right through all the years of Beatlemania from a viewpoint far closer to the group than any other's.

Omnibus Press • PB • Photography & Photographs



9780711901117

\$19.95

# From Albion to Shangri-La: Journals & Tour Diaries 2008 – 2013 Peter Doherty



Best known as a musician, Peter Doherty has been in the writing habit for most of his life and his first book, *The Books of Albion*, was published in 2007. Since then, Doherty kept an anarchic catalogue of his life, his times and the antics of his vagabond celebrity entourage. As a collection, it is part stream of consciousness and part commentary charting his state of mind during a seven year period as erstwhile frontman, songwriter and lyricist of *Babyshambles* - the creative vehicle for the bumpy road of his post-*Libertines* career. This is a collection of uncensored words, accounts, thoughts and sub-conscious reflections from Doherty.

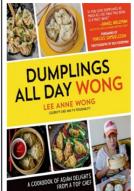
#### Omnibus Press • PB • Biography: Arts & Entertainment

# 9780956247391

\$19.99

## **Dumplings All Day Wong**

Lee Anne Wong



Making tasty, unique dumplings has never been easier with celebrity chef, Lee Anne Wong's most coveted recipes and techniques. Each recipe will have you creating one-of-a-kind dumplings and noodles to wow your family and friends. Lee Anne Wong was one of the top four contestants on Bravo's *Top Chef* as well as a judge on *Chopped* and a guest on *Unique Eats, The Wendy Williams Show, Iron Chef America* and *Unwrapped*. With delicious recipes such as Pork and Chive Dumplings with Soy Ginger Sauce, Sweet Corn Tamale Dumplings with Sesame-Avocado Sauce and Chicken Pad Thai Wontons with Spicy Peanut Sauce, you'll have all your guests begging for more. You'll be a Dumpling Master in no time!

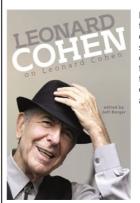
St Martin's Press • PB • General Cookery & Recipes

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9781624140594 \$2

# Leonard Cohen on Leonard Cohen

Jeff Burger



Leonard Cohen, one of the most admired performers of the last half century, has had a stranger-than-fiction, roller-coaster ride of a life. Now, for the first time, he tells his story in his own words, via more than 50 interviews conducted world-wide between 1966 and 2012. Some of the material here has not been available until now in any format, including the many illuminating reminiscences that contributors supplied specifically for this definitive anthology.

Omnibus Press • TPB • Biography: Arts & Entertainment



9781783055678 \$24.95

The Killers: Days & Ages

Mark Beaumont



Days & Ages, the most in-depth and up-to-date biography of The Killers yet, traces their journey from their emergence as the Best British Band From America with Mr Brightside and their 2004 debut Hot Fuss through a decade of driving ambition, immaculate style and unbeatable synth-rock melodies to their current standing, after 2012's Battle Born, as the Best American Band From America, feted by their heroes from Bono to Elton John, Neil Tennant to Bruce Springsteen.

Omnibus Press • TPB • Biography: Arts & Entertainment

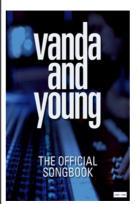
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9781783050451

\$19.95

# Vanda and Young: The Official Songbook

Vanda and Young



George Young & Harry Vanda are the most iconic songwriters in the history of Australian music. Responsible for countless hits and chart success over the past four decades, this is the first and only authorized folio of their work ever made. Strictly limited to 1000 copies worldwide, each individually numbered copy will automatically be a collector's item. Filled with rare and never before seen photographs, this authorized songbook is a must for guitarists and collectors.

Music Sales • PB • Individual Composers & Musicians, Specific Bands & Groups



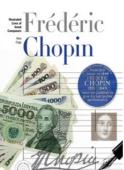
9780959667547 \$39.99

# New Illustrated Lives of Great Composers: Claude Debussy Paul Holmes

Debussy

Debussy's reputation as the 'father of modern music' might seem baffling to listeners who associate 'modern music' with the irregular rhythms of Stravinsky and scrunching dissonances of Schoenberg, but works like the exquisitely sensuous Prélude ál'apres-midi d'un faune undermined traditional ideas of harmony, form and orchestration at a single stroke, and the language of music was never to be the same again. Lavishly illustrated throughout, this fascinating new biography sets Debussy's musical revolution in the context of the times. It will be invaluable to musicians and concert-goers alike. Includes a CD featuring a selection of recordings by the composer.

# New Illustrated Lives of Great Composers: Frédéric Chopin Ates Orga



This new biography is a fascinating account of the period in which Chopin lived, and the way in which the political scene helped shape his music. This is an ideal book for the music lover who has no specialist knowledge. At the same time it will prove a valuable source of original material for students and professionals looking for fresh insights into Chopin's music. Includes a CD featuring a selection of recordings by the composer.

Omnibus Press • PB • Biography: Arts & Entertainment

Omnibus Press • PB • Biography: Arts & Entertainment



9781780384467 \$19.99



9781780384443 \$19.95