

### November 2014 Non-Fiction

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### Family Food

Pete Evans

With two children of his own, Pete Evans knows how hard it can be to get a healthy and delicious meal on the table night after night. That's why he's put together his favourite recipes for busy parents and their kids in Family Food. These meals follow Pete's paleo style of eating - no grains, refined sugar or dairy, and a focus on sustainable meat and seafood, nuts and seeds, and loads of fresh veggies. There are heaps of quick, healthy and satisfying dinner ideas: Chicken Drumsticks with Rosemary and Lemon, Ginger and Chilli Fish Stir-fry, Cauliflower Fried Rice with Garlic Prawns, and Easy Pulled Pork Tortillas. There are also specific chapters on baby and toddler food as well as kids' lunches and snacks that you can be sure won't be left in the bottom of the lunchbox: Chicken Pad Thai, Ham and Pineapple Pizza and Homemade Fruit Roll-ups

Home\* Karen Martini



Specialising in delicious recipes for everyday cooking, chef, television presenter and working mum Karen Martini knows how to delight and inspire the home cook. In this book, Karen shares her best no-fuss recipes for more than 100 amazing salads, seafood and meat dishes, delectable desserts and cakes. With a typical Martini twist on classics, recipes include Kale Slaw with Sour Cream & Roasted Garlic Dressing, Gnocchi with Blue Cheese and Walnuts, Middle Eastern Fish Burgers, Pork with Roasted Cherries and Onion-Apple Chutney, Doughnuts with Jelly & Hot choc Sauce, Raspberry Marshmallows, and Almond, Pear & Chocolate Cake. Karen's exciting new collection will have you serving up great-tasting food at home, every day.

Plum • PB • General Cookery & Recipes



9781743531617 \$39.99

Plum • PB • TV / Celebrity Chef Cookbooks



DR KARL KRUSZELNICKI

9781742614304

# \$39.99

#### Captain's Diary

Michael Clarke



After three straight Ashes series defeats, including a 3-0 loss to England just months before, Australia's cricket team and its captain Michael Clarke faced a monumental challenge to reclaim cricket's ultimate prize during the five home Tests of the 2013-14 summer. Against the odds, Clarke's men triumphed, winning the series 5-0 to 'return the urn'. In his own words, and featuring never-before-seen photos, this is the Captain's Diary of that amazing and historic series - Michael Clarke's riveting behind the scenes account of how a captain-in-crisis and his unfancied team of young rookies, old warriors and reborn champions united that summer to conjure one of the most inspiring redemption stories in sport. Features a foreword by Shane Warne, an afterword by Michael's wife, Kyly Boldy and a special Captain's Dossier, where Michael gives his personal critique (with photos) of all 11 players who contributed to this famous victory. \*Instore 4/11/14

\$34.99

Macmillan Australia • TPB • Cricket



9781742614298



### House of Karls\*

Dr Karl Kruszelnicki

Australia's favourite popular scientist returns with a new book of scintillating science. His latest book is packed with fun facts and breakthrough science to thrill, amuse and entertain. Dazzling and daring, the inimitable Dr Karl has all the answers to the questions you never thought to ask! Prepare to discover the truth about Green Tea; why crime pays (but not very well); how you can out-run a deer; the world of Big Data; why Space is the Hostile Frontier; and just what takes the title of the world's most expensive book.

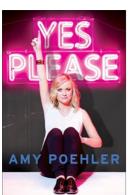
Macmillan Australia • HB • Popular Science



9781743519516 \$32.99

#### Yes Please

Amy Poehler



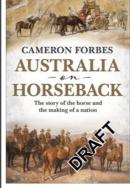
Yes Please is Amy's first book. Part intimate memoir, part stand-up routine, part comedy exorcism - this collection of essavs drawn from real life (and alternate realities) is juicy, funny, biting, brilliant and wise. It riffs on everything from sex, love, friendship, plastic surgery to parenthood and does so with style and sass. And the title? Well despite being a famously acerbic and anarchic presence on Saturday Night Live for nine years, Amy believes "good manners are the secret key to the universe". Smart, beautiful and seriously cool - Poehler was included on TIME's 100 Most Influential People in the World in 2011 this is the book of the 2014-15 summer. If you enjoyed Tina Fey's Bossypants, bow at the altar of Caitlin Moran and crave comedy with a twist, you'll love Yes Please.

Macmillan Australia • TPB • Autobiography: Arts & Entertainment

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\$32.99



#### Australia on Horseback\*

Cameron Forbes

The first horse set foot in Australia on 30 January 1788, one of seven aboard the First Fleet's *Lady Penrhyn*. The horses were breeding stock, and in the early days, the people of New South Wales travelled on foot. Then, as horse stocks built up and improved, came the great change. Horses carried explorers, bushrangers, mounted police and soldiers. Horses helped build the nation, marshalling the great flocks and herds, creating its myths. With the era of the warhorse over and the role of the stock horse diminished, horses carry people at play and help the disabled and autistic. As they have since the early days of the colony, they carry our bets and have the power to lift our spirits. Cameron Forbes, author of the acclaimed Hellfire, uses the horse motif to tell the Australian story. Australia on Horseback is a comprehensively researched and beautifully told history of a developing nation and a powerful tribute to the horse - bearer of men, hopes, fears and dreams.

Macmillan Australia • HB • Regional & National History



9781742614168

\$44.99

#### You Are Here: Around the World in 92 Minutes

Chris Hadfield

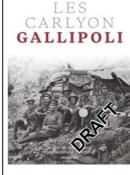


Chris Hadfield's new book shows us our home - our city, country, continent, our whole planet - from a unique perspective. This gorgeous photo book shows us that we caught the beauty, but missed the meaning. Curated from images never before shared, Chris's big picture reveals why our planet looks the way it does and why we live where we do. Chris sees more in these images than we do not just because he's spent months in space but because his in-depth knowledge of geology, geography and meteorology allows him to read the mysteries the photos reveal. Divided by continent, You Are Here represents one (idealized) orbit of the ISS. This planetary photo tour surprising, playful, thought-provoking and visually delightful - is punctuated with fun, fascinating commentary on life in zero gravity, too.

## Gallipoli \*

Les Carlyon

"A tour de force... deeply felt, beautifully written" Herald Sun Les Carlyon's **Gallipoli** is the definitive work on the birth of the Anzac legend. Beautifully written and meticulously researched, this monumental book has been an acclaimed best-seller since 2001 and returns for WWI's centenary commemorations in a special-edition deluxe hardback edition. Inspiration for the upcoming TV epic Gallipoli, this hard-hitting, heart-breaking chronicle is a vivid, vital must-read book for Australians of all ages.



THE DEFINITIVE ANZAC EPIC

Macmillan • HB • Gift Books

Macmillan Australia • HB • History



THE AUSTRALIAN CLASSIC CENTENARY EDITION

CARLYON

THE

GREAT

WAR

9781447278603 \$44.99

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\$39.99

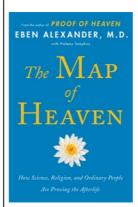
### The Great War\*

Les Carlyon

"A monumental work, sometimes lyrical, often desperately sad... an epic." Herald Sun Les Carlyon's The Great War is an Australian classic and the definitive work on the Anzac forces' epic and emotional journey in the WWI battlefields. Written by the two-time Walkley Award-winner at the height of his powers, this epic volume was voted the Australian Book Industry Association's 'Book of the Year' in 2007 and returns now in a special-edition deluxe hardback edition for a new generation to read, absorb and be awed by

### The Map of Heaven

Dr Eben Alexander



\*\*Special in-store date 14th October 2014\*\*\* In 2012 Dr Eben Alexander published Proof of Heaven, his account of his near-death experience. He was subsequently contacted by a large number of readers: some argued that his story was impossible to believe; but others wrote to share their own journeys to the afterlife or their stories of contact with deceased loved ones. In his new book, Map of Heaven, Dr Alexander draws on these stories, his own extensive research and conversations with prominent scientists, philosophers and religious figures to provide a wide-ranging examination of the meaning of life, the nature of consciousness and the possibility of life after death. Compassionate, accessible and compelling, this book provides comfort, offers hope and reinforces what we all know to be true, whether believers or not: the strength of love is eternal, and our connections live on past death.

Macmillan Australia • HB • History



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\$39.99

Macmillan Australia • TPB • Mind, Body, Spirit



9781743519882 \$24.99

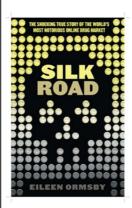
#### Little Humans of New York\*

Brandon Stanton

Street photographer and storyteller extraordinaire Brandon Stanton is the creator of the wildly popular blog "Humans of New York." He is also the author of the #1 New York Times bestseller Humans of New York. To create Little Humans, he's combined an original narrative with some of his favorite children's photos from the blog, in addition to all-new exclusive portraits. The result is a hip, heartwarming ode to little humans everywhere

#### Silk Road

Eileen Ormsby



It was the 'eBay of drugs', a billion dollar empire. Behind it was the FBI's Most Wanted Man, a mysterious crime czar dubbed 'Dread Pirate Roberts'. SILK ROAD lay at the heart of the 'Dark Web' - a parallel internet of porn, guns, assassins and drugs. Lots of drugs. With the click of a button LSD, heroin, meth, coke, any illegal drug imaginable, would wing its way by regular post from any dealer to any user in the world. How was this online drug cartel even possible? And who was the mastermind all its low roads led to? This is the incredible true story of Silk Road's rise and fall, told with unparalleled insignt into the main players - including alleged founder and kingpin Dread Pirate Roberts himself - by lawyer and investigative journalist Eileen Ormsby. A stunning crime story with a truth that explodes off the page.

Macmillan Australia • HB • Photography & Photographs

9780374374563

\$24.99

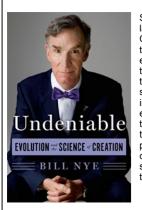
Macmillan Australia • TPB • True Crime

9781742614090

\$32.99

### Undeniable

Bill Nye



Sparked by the a provocative comment to BigThink.com last fall, and fueled by a highly controversial debate with Creation Museum curator Ken Ham, Bill Nye's campaign to confront the scientific shortcoming of creationism has exploded in just a few months into a national crusade. In this book, he expands the points he has made, and claims that this debate is not so much about religion versus science, as about the nature of science itself. With infectious enthusiasm, he reveals the mechanics of evolutionary theory, explains how it is rooted in the testable and verifiable scientific method, and why it is therefore a sound explanation of our beginning. He argues passionately that to continue to assert otherwise, to continue to insist that creationism has a place in the science classroom is harmful not only to our children, but to the future of the greater world as well.

### The Australian Wine Annual 2015

Jeremy Oliver



Encyclopaedic, accessible and extremely easy to use, *The Australian Wine Annual 2015* is the definitive and musthave guide to Australian wine for wine lovers the world over. Also translated into Mandarin Chinese and sold throughout mainland China, the 18th edition of this best-selling guide to Australian wine takes all the hard work out of selecting what wines to drink and cellar.

St Martin's Press • HB • Popular Science

781250 007131

9781250007131

\$34.99

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9780987345547 \$

Jeremy Oliver • PB • Beverages

\$32.95

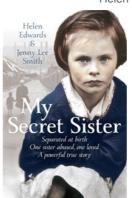
### The Australian Wine Annual 2015

Jeremy Oliver

Contains 10 x 9780987345547 The Australian Wine Annual 2015.

# My Secret Sister

Helen Edwards and Jenny Lee Smith



Helen grew up in a pit village in Tyneside in the post-war years, with her gran, aunties and uncles living nearby. She felt safe with them, but they could not protect her from her neglectful mother and violent father. Behind closed doors, she suffered years of abuse. Sometimes she talked to an imaginary sister, the only one who understood her pain. Jenny was adopted at six weeks and grew up in Newcastle. An only child, she knew she was loved, and with the support of her parents she went on to become a golfing champion, but still she felt that something was missing. . . Neither woman knew of the other's existence until, in her fifties, Jenny went looking for her birth family and found her sister Helen. Together they searched for the truth about Jenny's birth - and uncovered a legacy of secrets that overturned everything Helen thought she knew about her family.

Jeremy Oliver • Beverages



EREMY LIVER

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Sidgwick & Jackson • TPB • Memoirs

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### The Birth of the Pill

Jonathan Eig

Every morning, more than 100 million women swallow a tiny tablet that needs no name. Since its creation fifty years ago, the birth control pill has resulted in changes more powerful than anyone dreamed. It sparked a sexual revolution, reshaped the global economy, and changed the status of women in society the world over. Some historians consider the pill the most important invention of the 20th century. Yet almost no one knows the story of the peculiar man who invented it. It's a story that has never been fully told - until now.

#### The Bite in the Apple

Chrisann Brennan



Steve Jobs was a remarkable man who wanted to unify the world through technology. Chrisann Brennan knows this better than anyone. She met him in high school, at a time when Jobs was passionately aware that there was something much bigger to be had out of life, and that new kinds of revelations were within reach. *The Bite in the Apple* is the very human tale of Jobs's ascent and the toll it took, told from the author's unique perspective as his first girlfriend, co-parent, friend, and-like many othersobject of his cruelty. She talks with passion about an idealistic young man who was driven to change the world, about a young father who denied his own child, and about a man who mistook power for love. Chrisann Brennan's intimate memoir provides the reader with a human dimension to Jobs' myth. Finally, a book that reveals the real Steve Jobs.

Macmillan • TPB • Biography: General



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\$29.99

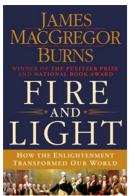
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Griffin • PB • Memoirs

9781250056528 \$19.99

### Fire and Light

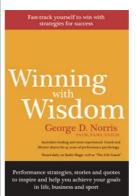
James MacGregor Burns



Pulitzer Prize-winning and bestselling historian James MacGregor Burns explores the most daring and transformational intellectual movement in history, the European and American Enlightenment In this engaging, provocative history, James MacGregor Burns brilliantly illuminates the two-hundred-year conflagration of the Enlightenment, when audacious questions and astonishing ideas tore across Europe and the New World, transforming thought, overturning governments, and inspiring visionary political experiments. Fire and Light brings to vivid life the galaxy of revolutionary leaders of thought and action who, armed with a new sense of human possibility, driven by a hunger for change, created the modern world.

### Winning with Wisdom

George Norris



Winning with Wisdom is a book of inspirational short stories to help people cope with change in their private and business lives, and give them ideas and information to help them achieve their life and business goals. Each short piece includes quotes from world famous people to illustrate the point and complement the message of wisdom. It's a book designed to give you "bite size" shots of inspiration and insights to help you cope with change as we fast-track our way through the 21st century.

Griffin • PB • History

Brolga • PB • Self-Help & Personal Development



9781250053923



9781922175625

\$24.99

#### **Art in Nature**

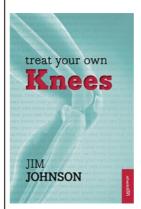
David Rennie

In 2013, David Rennie won the Australian Geographic ANZANG Nature Photographer of the Year competition. His achievement was made all the more remarkable by the fact that his love affair with photography only began in 2007 at the age of 47. In this magnificent book, David has included a strong selection of the strikingly memorable images that now comprise his vast collection. The result is a book that will captivate all who appreciate the art we find in nature.

\$22.99

### **Treat Your Own Knees**

Jim Johnson



This is an effective, practical, easy-to-use book of exercises to strengthen knees and prevent pain and problems. *Treat Your Own Knees* shows how to improve four vital functions - muscular strength, flexibility, responsiveness and endurance - and explains why each is essential to knee health. Written by a physical therapist, this book uses simple, effective do-it-yourself treatments for knee pain, backed up by several drawings and illustrations that clearly show the correct way to perform the exercises. The last chapter pulls together all the concepts and exercises into a time-efficient exercise programme.

Exisle • HB • Individual Photographers



or Health

9781921966750

\$55.00

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Sheldon Press • PB • Health & Personal Development

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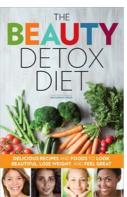
#### **Juicing for Health**

Mendocino Press

Juicing is one of the healthiest ways to consume your daily recommended intake of vitamins and minerals. *Juicing for Health* will show you how to incorporate fresh, antioxidant-rich juices into your diet to achieve the best health of your life, and help you prevent illness, fight disease, and feel more energetic. Experience the amazing health benefits of juicing, 81 simple, delicious juicing recipes to improve health and well-being, and 3-day and 7-day juicing detox plans to cleanse your system.

### The Beauty Detox Diet

Rockridge Press



Nearly every time you step outside, put something in your mouth, or apply something to your skin, you are exposing your body to toxins. *The Beauty Detox Diet* is the complete guide to cleansing your body of harmful environmental toxins through a healthy, natural diet. With over 75 recipes for an easy and effective detox, you will quickly feel the difference in your skin, hair, and nails, with every step you take, all while looking younger and healthier.

Exisle • PB • Health & Wholefood Cookery

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9781623153304

\$16.99

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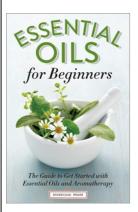
Exisle • PB • Cosmetics, Hair & Beauty

9781623151997 \$

\$16.99

### **Essential Oils for Beginners**

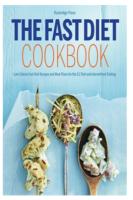
Althea Press



Essential oils are a natural and safe way to improve your health, cure ailments, and soothe your body and mind. These versatile oils come from natural sources, and have been used for centuries for medicinal and cosmetic purposes. *Essential Oils for Beginners* is the comprehensive guide to harnessing the power of these ancient remedies. Recent scientific research has proven that essential oils can truly prevent and heal disease, and they are far more affordable and safer than modern medical treatments. This book will show you how to create your own recipes to cure all of your ailments and improve your overall well-being as well as showing you how to expertly blend essential oils to create your own aromatherapy mixes to relieve stress, bolster energy, and more.

#### The Fast Diet Cookbook

Rockridge Press



The Fast Diet is a simple way to lose weight effectively -you'll eat low-calorie meals two days a week, while eating your recommended daily requirement of calories on the other five days. The Fast Diet Cookbook gives you the recipes and guidance you need to easily transform your body on a Fast Diet watch the pounds melt away, with over 70 delicious recipes and a one-month Fast Diet meal plan, customized for both men and women based on recommended daily calorie intake.

Exisle • PB • Aromatherapy & Essential Oils

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Exisle • PB • Health & Wholefood Cookery

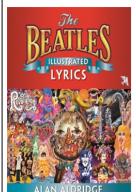


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# 99

### The Beatles Illustrated Lyrics

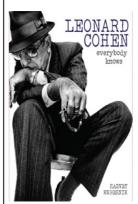
Alan Aldridge



The Beatles Illustrated Lyrics is the only major collection of illustrated Beatles lyrics available. Originally published in 1969, this book has become a symbol of an era, a must-have for Beatles fans and a brilliant tribute to the band that changed a generation. Quotes from John, Paul, George and Ringo provide candid, witty, insightful commentary on the songs and their origins. Clarification of controversial lyrics is offered by the only true authorities, the Beatles themselves.

# Leonard Cohen: Everybody Knows

Harvey Kubernick



A celebration of the life, music and poetry of Leonard Cohen. Featuring new interviews with Cohen's band, producers and collaborators. Illustrated with hundreds of photographs, many previously unpublished.

Omnibus Press • PB • Music



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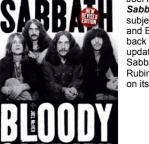
\$39.99

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Omnibus Press • HB • Biography: Arts & Entertainment

#### Sabbath Bloody Sabbath

Joel McIver



Joel McIver's acclaimed Black Sabbath biography, Sabbath Bloody Sabbath, concluded in 2011 that its subjects were at a crossroads. Could Ozzy, Tony, Geezer and Bill manage after over 40 years in business to get back together one more time? McIver's brand-new, updated volume brings the story up to date with the tale of Sabbath's near-miraculous return to form with the Rick Rubin-produced 13 album, which topped charts worldwide on its release in 2013.

### House of Fun: The Story of Madness

John Reed



From the band's roots in north London, through their emergence as part of 2-Tone and onto their late 80s fall and subsequent rise via the Madstock festivals, *House of Fun* celebrates a very British musical phenomenon. Like most bands Madness had their trials and tribulations, including band disputes, accusations of racism and an eventual split. But by then they had become a unique part of British pop history. John Reed tells their colourful story with a perceptive industry eye and the help of insights from many insiders and colleagues of the band.

Omnibus Press • PB • Music



9781783055173

\$19.99

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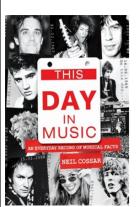
Omnibus Press • PB • Individual Composers & Musicians, Specific Bands & Groups

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### This Day in Music

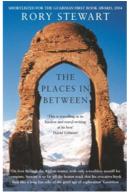
Neil Cossar



The paperback edition of the long-awaited book of Neil Cossar's online calendar guide to half a century of rock and pop milestones and trivia. *This Day in Music* is fully illustrated with hundreds of pictures, cuttings and album covers, making this the must-have book for any pop music fan.

#### The Places in Between

Rory Stewart



A brilliant account of a death-defying walk through AfghanistanRory Stewart's sparsely poetic, and highly acclaimed account of his walk across Afghanistan in January 2002 has been hailed as a modern classic of travel writing. Travelling entirely on foot and following the inaccessible, mountainous route, Stewart was nearly defeated by the hostile conditions. With the help of an unexpected companion and the generosity of the people he met on the way, however, he survived to report back on a region closed to the world by twenty-four years of war.

Omnibus Press • PB • Music

Picador • PB • Travel Writing



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