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End Sell-In: 24/11/2014 • In-Store Date: 27/01/2015

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That Sugar Book*

Damon Gameau

Damon Gameau is an actor and filmmaker. Several years ago, he decided to take his health in hand and quit sugar. He started a journey that continues to this day. He has subjected himself to 40 days of 40 teaspoons of sugar a day, and then monitored his declining health. He travelled to the outback of Australia and the heartland of America to document the sugar eating habits of the locals. He has talked to world experts on the dangers of sugar and to food industry executives about their attempts to hide from the public the dangers of sugar. Plus, he has created a plan to get us off the white, and included 30 of his favourite recipes. Best of all, he has documented the whole thing on film, and the major *Super-size Me* type documentary, *That Sugar Film*, will hit cinemas at the same time *That Sugar Book* hits the shelves.

Macmillan Australia • PB • Fitness & Diet

9781743532935 \$34.99



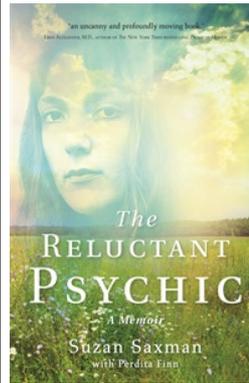
The Reluctant Psychic*

Suzan Saxman with Perdita Finn

'No matter where I move or how many times I change my name or what colour I dye my hair, people find me. I don't advertise. I don't have a website. I don't even answer the phone. And still when I arrive at my used-clothing store in town, there are people lurking in the parking lot hoping to get a reading with me.' Suzan Saxman has spent her life coming to terms with her extraordinary gifts. As a child, she saw things that terrified her and her uncanny insight alienated her from other children and her own mother. But as an adult, she slowly learnt to use her psychic ability to bring comfort to those in need. She has connected the living with the dead, brought messages of hope from one world to another, and helped clients bring the shadow of their past into the light of the present. Described as 'uncanny and profoundly moving' by *Proof of Heaven* author, Eben Alexander, this is a gripping portal into the life of a woman who lives in many worlds, some wildly far from and some eerily near to our own.

Macmillan Australia • TPB • Psychic Powers & Psychic Phenomena

9781743534267 \$29.99



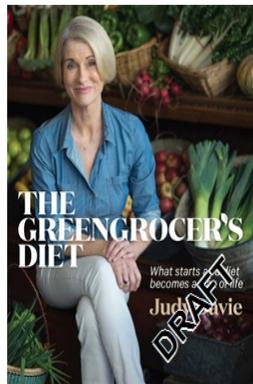
The Greengrocer's Diet*

Judy Davie

Nutritionist Judy Davie believes vegetables are the solution to better health and sustainable, long-term weight loss. Vegetables are delicious, cheap, nutritious and low in calories. Through her work with clients, Judy also knows we have we have lost touch with how to shop for, store and prepare vegetables. So she has designed a program that will reintroduce us to the joys of this essential food group. *The Greengrocer's Diet* contains over 200 delicious recipes, all of them very easy to prepare and based on seasonally available ingredients, and drawing from all the major food groups - meat and fish, grains, dairy, and, of course, fruit and vegetables. In addition, there are meal plans, nutritional guidelines for every dish, clear, safe advice on occasional fasting, and the personal stories of some of Judy's clients who have experienced dramatic weight loss on the Greengrocer's Diet - up to 30 kilos - and a huge boost to their overall health.

Macmillan Australia • PB • Fitness & Diet

9781743534304 \$39.99



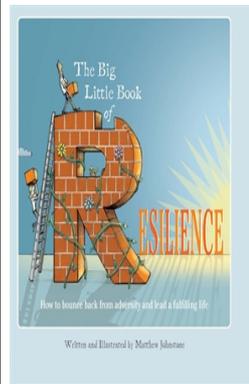
The Big Little Book of Resilience*

Matthew Johnstone

Most of us set out quietly hoping for, and secretly expecting, to live a happy, successful and healthy life. But life doesn't always go to plan. *The Big Little Book of Resilience* is about developing flexibility, acceptance and self-compassion when those plans go awry. In this beautifully illustrated book, Matthew Johnstone guides the reader to an understanding of how resilience plays a key role in wellbeing. He offers an accessible roadmap to developing and maintaining resilience and how it can help you overcome and learn from difficult life events.

Pan Australia • PB • Mind, Body, Spirit: Meditation & Visualisation

9781742614328 \$19.99



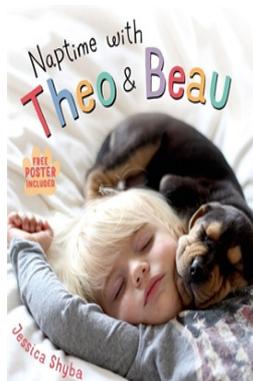
Naptime with Theo and Beau*

Jessica Shyba

The only thing better than naptime is naptime with a friend. Theo the puppy (part-Boxer, part-Shepherd, part-Labrador, part-Sharpei) was rescued by Beau, a twenty-three-month-old toddler, and his family from an animal shelter in Santa Cruz. The two of them instantly became best friends. At naptime, Theo waits for Beau to fall asleep, then curls up next to him - a beautiful image of friendship and trust. Theo and Beau are already a viral sensation thanks to the "unbearably adorable," "utterly charming" photos that author (Beau's mother) Jessica Shyba has been posting on her popular blog Momma's Gone City. And now, she's combed through her pictures to find the very sweetest and matched them to a charming bedtime story to make a picture book that is (as Alyssa Milano said of the blog) "so cute it hurts."

St Martin's Press • HB • Gift Books

9781250059062 \$22.99



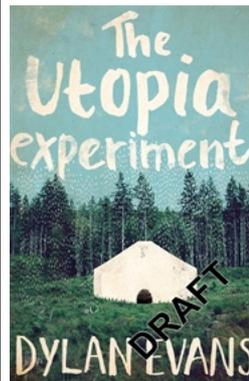
The Utopia Experiment

Dylan Evans

In 2007 Dr Dylan Evans, a respected behavioural psychologist, and an expert on robots and artificial intelligence, was sectioned at a hospital in Aberdeen. The following morning he sat at breakfast with six other psychiatric inmates - one of whom was heavily tattooed and sporting bleeding knuckles - musing on the etiquette of introducing himself to his fellow patients. Was it OK to ask them why they were there? *The Utopia Experiment* is Dylan Evans's account of how he abandoned his life in 2006, sold his house in the Cotswolds and its contents, and moved to the Black Isle in Scotland to found a self-sufficient community in a remote valley, with a group of acolytes he had recruited on-line. The project was called the Utopia Experiment, and the idea was to attempt to imagine, through real-life roleplaying, the conditions that might exist in the aftermath of society's collapse.

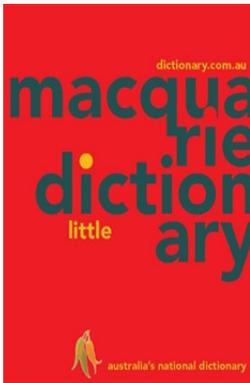
Picador • TPB • Society & Culture: General

9781447261322 \$29.99



Macquarie Little Dictionary (PVC)

Macquarie Dictionary



This edition of the *Macquarie Little Dictionary* is based on the acclaimed Fifth Edition of the full *Macquarie Dictionary*. With over 30,000 definitions, it offers a completely up-to-date coverage of the core vocabulary of Australian English in a very handy format. Many new words and meanings have been added, reflecting the ever-changing nature of our language. A few examples are: chia, cloud computing, precycle and pocket-dial. The *Macquarie Little Dictionary* offers valuable usage notes on words which can cause problems for writers of Australian English. For example, there is a note pointing out the common confusion between allusion (a reference to something) and illusion (something that is not real). Notes also suggest more common words for rather formal words, and give information to clarify other usage dilemmas.

Macquarie • PB • Dictionaries

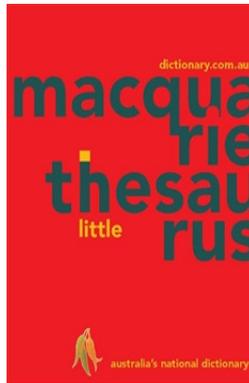


9 781742 619897 **9781742619897 \$10.99**



Macquarie Little Thesaurus (PVC)

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 85,000 synonyms - contemporary words - Australian English - many informal expressions

Macquarie • PB • Thesauri

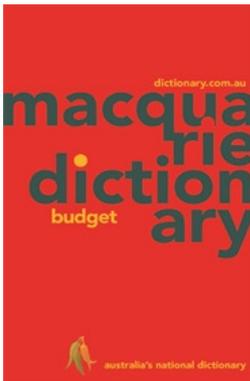


9 781742 619903 **9781742619903 \$10.99**



Macquarie Budget Dictionary (PVC)

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



9 781742 619910 **9781742619910 \$14.99**



Macquarie Budget Thesaurus (PVC)

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 85,000 synonyms - easy-reference style - a wide range of contemporary words - Australian English, including Aboriginal English - many phrases and informal expressions

Macquarie • PB • Thesauri

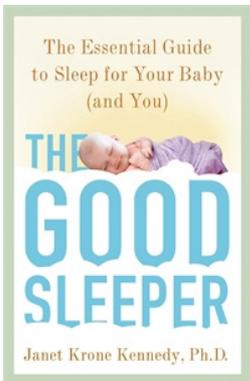


9 781742 619927 **9781742619927 \$14.99**



The Good Sleeper

Janet Krone Kennedy, PhD



Cry it out or co-sleep? Bassinet or swing? White noise machine or Bach? How many hours anyway? For something so important, there's too much conflicting information about how best to get your baby to sleep through the night and nap successfully during the day. This book is a straightforward, no-nonsense answer to one of the biggest challenges new parents face when they welcome a brand new baby home. This book is written for exhausted parents, giving them immediate access to the information they need. Reassuring and easy to understand, Dr. Kennedy addresses head-on the fears and misinformation about the long-term effects of crying and takes a bold stand on controversial issues such as co-sleeping and attachment parenting.

Henry Holt • PB • Advice On Parenting

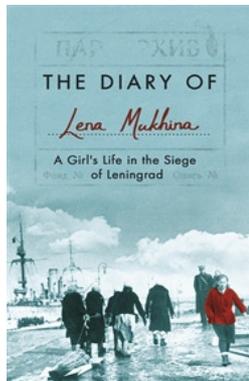


9 780805 099430 **9780805099430 \$22.99**



The Diary of Lena Mukhina

Elena Mukhina



In May 1941 Lena Mukhina was an ordinary teenage girl, living in Leningrad, worrying about her homework and whether Vova, the boy she liked, liked her. Like a good Soviet schoolgirl, she was also diligently learning German, the language of Russia's Nazi ally. And she was keeping a diary, in which she recorded her hopes and dreams. Then, on 22 June 1941, Hitler broke his pact with Stalin and declared war on the Soviet Union. All too soon, Leningrad was besieged and life became a living hell. Lena and her family fought to stay alive; their city was starving and its citizens were dying in their hundreds of thousands. From day to dreadful day, Lena records her experiences: the desperate hunt for food, the bitter cold of the Russian winter, the cruel deaths of those she loved.

Macmillan • TPB • Diaries, Letters & Journals

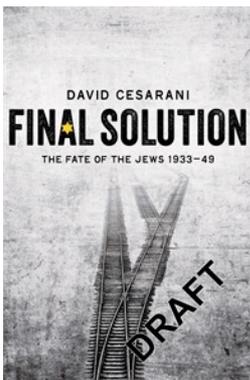


9 781447 284352 **9781447284352 \$29.99**



Final Solution

David Cesarani



The Holocaust has never been so widely commemorated, but our understanding of the accepted narrative has rarely, if ever, been questioned. David Cesarani's sweeping reappraisal challenges accepted explanations for the anti-Jewish politics of Nazi Germany and the inevitability of the 'Final Solution'. The persecution of the Jews was not always the Nazis' central preoccupation, nor was it an inevitable process. Cesarani also reveals that in German-occupied countries it unfolded erratically, often due to local initiatives. Ghettos were improvised while the mass shooting of Jews during the invasion of Russia owed as much to the security situation as to anti-semitism. In this new interpretation, war is critical to the Jewish fate.

Macmillan • TPB • European History

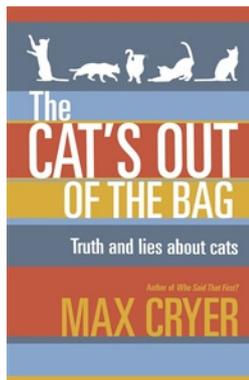


9 780230 768918 **9780230768918 \$29.99**



The Cat's Out of the Bag

Max Cryer



From ancient times cats have occupied a special place in many cultures around the world. They have generated a fascinating array of words and expressions, as well as poems, books, movies, cartoons and artworks. Max Cryer celebrates cats and all they have given to us. Explores their attributes, night vision, sense of smell, sleep requirements, life expectancy and more. Everything you ever wanted to know about cats can be enjoyed in this magnificent miscellany. To be read with one on your lap.

Exisle • PB • Cats As Pets

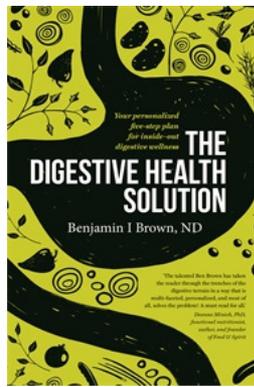


9 781921 966545 **9781921966545 \$24.99**



The Digestive Health Solution

Benjamin I Brown



Comprehensive and accessible! This interactive book enables you to have better digestive health for life! When your insides are working properly, all of you is so much healthier. Under the guidance of expert naturopath and communicator Ben Brown, you will explore the mind-body connection, food intolerances and the keys to a healthy digestive system before learning how to address your health issues and quality-of-life needs with a five-step plan that is uniquely yours.

Exisle • PB • Health & Personal Development

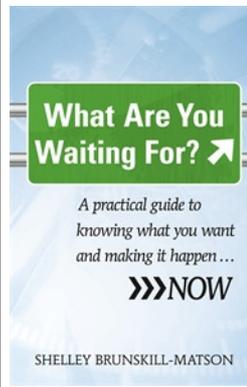


9 781921 966682 **9781921966682 \$29.99**



What Are You Waiting For?

Shelley Brunskill-Matson



A practical book to help people who are waiting to live the life they say they want rather than making it happen now. Do you want action? If so this is for you. Top life coach with psychology training, Shelley gets results - are you up for it? She enables you to decide and work out what you want in life (and there is a five-step interactive plan for that), and how to stop wasting time waiting and to make it happen. Practical, immediate, lucid and fun this little book carries a life-changing punch above its weight, with distilled wisdom and new zing to get you your own kick-arse life without fear.

Exisle • PB • Self-Help & Personal Development

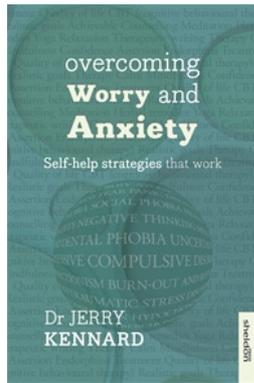


9 781921 966651 **9781921966651 \$24.99**



Overcoming Worry and Anxiety

Dr Jerry Kennard



Worry is always with us, but the lived experience of anxiety is often complex, embarrassing and hard to explain. Using clear, down-to-earth language, **Overcoming Worry and Anxiety** explores the characteristics of worry, available treatments and effective self-help techniques. Based on questions to the author via patient interviews and blogs, this book directly addresses the concerns of those with worry and anxiety.

Sheldon Press • PB • Self-Help & Personal Development

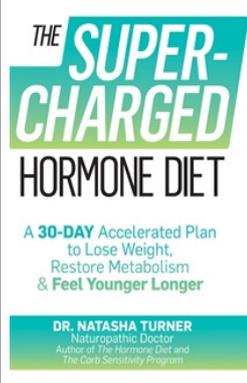


9 781847 093226 **9781847093226 \$18.99**



The Supercharged Hormone Diet

Natasha Turner



The *New York Times* bestselling program to balance hormones and lose weight is now in paperback! In this busy world, we want to lose weight sooner and faster. **The Hormone Diet** taught readers the ins and outs of how and why their hormones play the biggest part in their weight-loss woes. Now, in **The Supercharged Hormone Diet**, Dr. Natasha Turner gives readers the information they need to get their hormones back on track - in 30 days flat.

Rodale • PB • Diets & Dieting

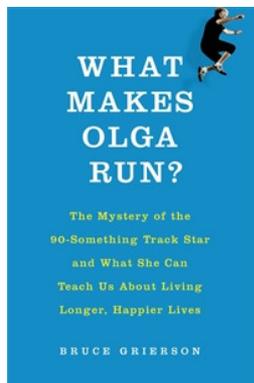


9 781623 365097 **9781623365097 \$24.99**



What Makes Olga Run?

Bruce Grierson



In **What Makes Olga Run?** Bruce Grierson explores what the wild success of a ninety-four-year-old track star can tell us about how our bodies and minds age. Olga Kotelko is not your average ninety-four-year-old. She not only looks and acts like a much younger woman, she holds over twenty-three world records in track and field, seventeen in her current ninety to ninety-five category. Convinced that this remarkable woman could help unlock many of the mysteries of aging, Grierson set out to uncover what it is that's driving Olga. He considers every piece of the puzzle, from her diet and sleep habits to how she scores on various personality traits, from what she does in her spare time to her family history. Olga participates in tests administered by some of the world's leading scientists and offers her DNA to groundbreaking research trials.

Griffin • PB • Health & Personal Development

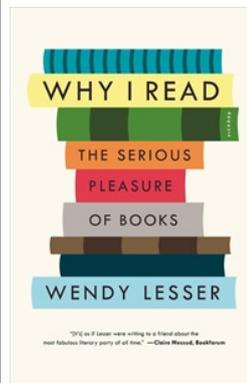


9 781250 060877 **9781250060877 \$19.99**



Why I Read

Wendy Lesser



"Wendy Lesser's extraordinary alertness, intelligence, and curiosity have made her one of America's most significant cultural critics," writes Stephen Greenblatt. In **Why I Read**, Lesser draws on a lifetime of pleasure reading and decades of editing to describe a life lived in and through literature. As Lesser examines work from such perspectives as "Character and Plot," "Novelty," "Grandeur and Intimacy," and "Authority," the reader will discover a definition of literature that is as broad as it is broad-minded. In addition to novels and stories, Lesser explores plays, poems, and essays, along with mysteries, science fiction, and memoirs. Her passion for reading is infectious - and it resonates on every page. Iconoclastic, conversational, and full of insight, **Why I Read** will delight avid readers as well as neophytes in search of sheer literary fun.

St Martin's Press • PB • Literature & Literary Studies

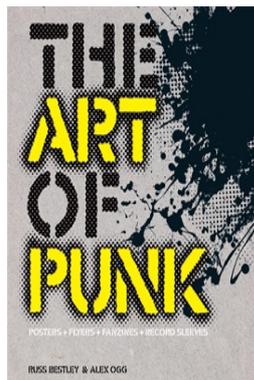


9 781250 062093 **9781250062093 \$19.99**



The Art of Punk

Bestley, Russell and Ogg, Alex



The paperback edition of the first ever comprehensive review of punk art/design ever published. This lavishly illustrated book celebrates a wide range of punk design in posters, flyers, album cover art, fanzines and fashion ephemera from T-shirts to badges. All the classic bands, like the Ramones, the Sex Pistols, the Damned and the Clash are covered as are numerous rare and wonderful items from around the world.

Omnibus Press • PB • Illustration & Commercial Art

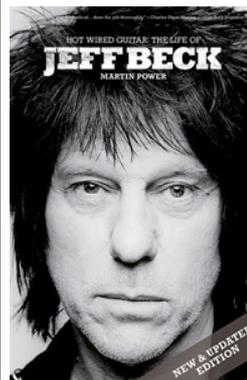


9 781783 057368 **9781783057368 \$39.99**



Hot Wired Guitar: The Life & Career of Jeff Beck

Martin Power



This new, revised edition of **Hot Wired Guitar** brings Beck's story bang up to date, from his adventures at The White House in December 2012 with Mick Jagger and US President Barack Obama, to touring the world with Beach Boy Brian Wilson and the 2014 release of Jeff's latest solo disc. Supported by full album reviews, rare photographs and an up-to-date discography, **Hot Wired Guitar** is the most complete and comprehensive account of the life and times of Jeff Beck, the man who took the electric guitar and showed the world just what could be done with just six strings and 'one hell of an attitude'.

Omnibus Press • PB • Music

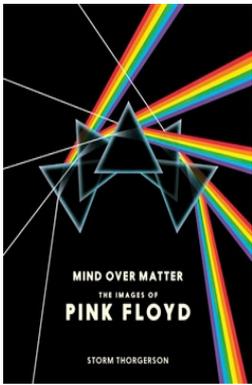


9 781783 055920 **9781783055920 \$24.95**



Mind Over Matter
Storm Thorgerson

This book features the images from Pink Floyd's album sleeves and promotional material designed for the group. It features almost all Pink Floyd's iconic album covers, posters, singles bags, a selection of band photos, booklet pages and rough artwork that developed into iconic designs. This new edition incorporates an additional 32 pages of material used in re-issues created since 2007.



Omnibus Press • HB • Music



9781783056217 \$59.99



100 Years of British Music
Omnibus Press

From Sir Edward Elgar to Adele, great composers and songwriters have been at the heart of the musical landscape of the last 100 years. This lavish photo book has been specially commissioned by PRS for Music in commemoration of a century of support for music's creators. Showcased here are composers of film music, opera, symphonies and stage shows, as well as the writers behind the greatest hits of rock and pop, in superb new photographs by Lucy Sewill together with rare and unseen pictures from the archives. The result is a unique 'living history' of the PRS and its members that celebrates their vital contribution to British culture.



Omnibus Press • HB • Music

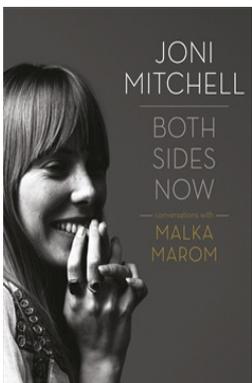


9781783055074 \$54.95



Joni Mitchell: Both Sides Now
Malka Marom

An intimate exploration of Joni Mitchell's life and art. When singer, musician, and broadcast journalist Malka Marom was asked to interview Joni Mitchell in 1973, she eagerly accepted the opportunity to converse with the performer she'd first met late one night in 1966 at an open mic in Yorkville. More conversations followed over the next four decades of friendship, and it was only after Joni and Malka completed their last recorded interview, in 2012, that Malka discovered the heart of their discussions: the creative process. This riveting narrative, told in interviews, lyrics, paintings, and photographs, is shared in the hope of inspiring others.



Omnibus Press • HB • Music



9781783055869 \$39.99

