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Publicity Department
Pan Macmillan Australia
Level 25, 1 Market Street
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The Happy Cookbook *
Lola Berry



Lola Berry's cooking is fresh, vibrant and full of flavour - a little like Lola herself! Based around nutritionally dense wholefoods, Lola's recipes are gluten- and wheat-free, with very little dairy and no refined sugar. Vegans, vegetarians and meat-eaters alike will find exciting new lunch and dinner options, from Raw Falafel with Cashew Aioli or Spicy Pepita, Kale and Buckwheat salad to Chicken Mole with Lime Quinoa and an Aussie beef burger on a paleo bun. There are loaves, muffins, cookies and cupcakes galore, as well as divine raw desserts and treats. Lola even has the holidays covered with paleo hot cross buns, vegan Christmas puddings and a healthy gingerbread house. As well as sharing her nutritious recipes, Lola discusses the other key pillars of good health - including exercise, mindfulness and mental health - offering insights both professional and personal. Happiness is within your grasp and it starts with eating well. Dig in!

Plum • PB • Health & Wholefood Cookery



9 781743 532942 **9781743532942 \$34.99**



Eat Real Food *
David Gillespie



In the last 100 years, we've become fatter and sicker with millions of people developing serious diseases from diabetes to cancer. Health gurus confuse us with complex diets and expensive ingredients; food manufacturers load their products with addictive and destructive ingredients causing our increasing weight and declining health. But help is at hand. Health and consumer advocate David Gillespie shares the simple secret of weight loss and wellbeing: swap processed food for REAL FOOD. *Eat Real Food* features *An explanation of why diets don't work and a provides a focus on what does. *Information on how to lose weight permanently, not just in the short-term. *Evidence-based science explaining the real culprits of ill health and weight gain. *Advice on how to read food labels. *Easy recipes for everyday eating. *Eat Real Food* is the safe, effective and cheap solution to lose weight and improve our health permanently.

Macmillan Australia • TPB • Fitness & Diet



9 781743 533017 **9781743533017 \$29.99**



So You've Been Publicly Shamed *
Jon Ronson



In 2012, Jon Ronson's online identity was stolen. Jon publicly confronted the imposters, a trio of academics who had created a Jon Ronson Twitter bot obsessed by unlikely food combinations and weird sex. At first, Jon was delighted to find strangers all over the world uniting to support him in his outrage. The wrongdoers were quickly shamed into stopping. But then things got out of hand. This encounter prompted Jon to explore the phenomenon of public shaming and what he discovered astonished him. As he meets famous shamers and shamees, Jon learns just how quickly public ridicule, often delivered from anonymous or distant sources, can devastate its victim. After our collective fury has raged with the force of a hurricane, we forget about it and move on, and it doesn't cross our minds to wonder what we've done. How big a transgression really justifies someone losing their job?

Picador • TPB • Humour



9 781447 229797 **9781447229797 \$29.99**



The Supercoach *
Victoria Mills



Many people think about changing their lives - getting rid of old habits, transforming bad relationships or leaving difficult jobs - but often they don't. It's not because they don't want to - it's because they don't know how. So they're stuck, wondering what went wrong and thinking that nothing will ever change. But it can. Supercoach Victoria Mills has spent over ten years working with people who desire change but are powerless to create it. She has coached them through major life transformations so that they not only change their lives - they love their new lives. Now she is sharing her secrets. *The Supercoach: Lift Your Life* is easy to use and implement in your day-to-day life. Some of it is challenging - it has to be, otherwise you won't change - but it is all designed to get you to your goal.

Rodale • HB • Self-Help & Personal Development



9 781405 039635 **9781405039635 \$32.99**



Saving Baby *
Jo Anne Normile



Jo Anne Normile fell in love with a foal, an exuberant Thoroughbred with only a few white hairs on his reddish-brown forehead. The breeder finally said she could keep the colt, whom she nicknamed 'Baby' - but only if she raced him. It was difficult to take Baby away from the safety of his pasture, but Normile had made a promise. She experienced a thrill every time Baby sprinted around the track but for every Seabiscuit, there are tens of thousands of racehorses whose lives end in pain because of the indifference and corruption that run rampant through the world of horse racing. Normile knew none of this. Not until an accident on a poorly maintained track. That's when everything changed and Normile founded the most successful horse rescue in the country, an organisation that would go on to save more horses than anyone else ever had.

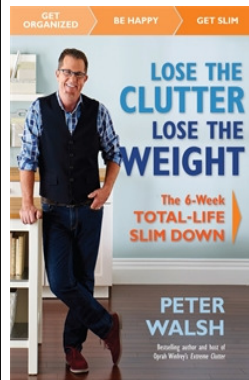
Rodale • HB • Self-Help & Personal Development



9 781743 535479 **9781743535479 \$24.99**



Lose the Clutter, Lose the Weight
Peter Walsh



A houseful of clutter may not be the only reason people pack on extra pounds, but research proves that it plays a big role. A recent study showed that people with supercluttered homes were 77 percent more likely to be overweight or obese! Why? Author Peter Walsh thinks it's because people can't make their best choices - their healthiest choices - in a cluttered, messy, disorganized home. In *Lose the Clutter, Lose the Weight*, organizing guru Walsh comes to the rescue with a simple 6-week plan to help readers: clear their homes of excess "stuff" as they discover their vision for their personal space, clear their bodies of excess pounds as they follow a healthy, super simple eating and exercise plan, and clear their minds and spirits of the excess weight of too many possessions.

Rodale • HB • Self-Help & Personal Development



9 781623 364847 **9781623364847 \$34.99**



Life.Love.Beauty.

Keegan Allen



Keegan Allen is the international breakout star of ABC Family's hit television series, *Pretty Little Liars*. A gifted photographer and writer-and a dazzling film, television, and stage actor now counting millions of fans across the globe - Keegan Allen brings tremendous talent and energy to his first publishing project. Keegan tells a unique story with his photographs. On one hand, the book is a beautifully candid view into the glamour and timelessness of Hollywood, a mysterious yet wildly alluring place. One the other hand, it is a blissfully unassuming portrait of ordinary life- the unknown young woman gazing dreamily from the balcony of her hotel room, or the old woman who walks the same street every morning in her pink bathrobe, just to stop and talk to a passerby.

St Martin's Press • HB • Autobiography: Arts & Entertainment



9 781250 065704 **9781250065704 \$39.99**



The Sound of Music Story

Tom Santopietro



On March 2, 1965, *The Sound of Music* was released in the United States and the love affair between moviegoers and the classic Rodgers and Hammerstein musical was on. Rarely has a film captured the love and imagination of the moviegoing public in the way that "The Sound of Music" did as it blended history, music, Austrian location filming, heartfelt emotion and the yodeling of Julie Andrews into a monster hit. Now, Tom Santopietro has written the ultimate Sound of Music fan book with all the inside dope from behind the scenes stories of the filming in Austria and Hollywood to new interviews with Johannes von Trapp and others. Santopietro looks back at the real life story of Maria von Trapp, goes on to chronicle the sensational success of the Broadway musical, and recounts the story of the near cancellation of the film when Cleopatra bankrupted 20th Century Fox.

St Martin's Press • HB • Films, Cinema

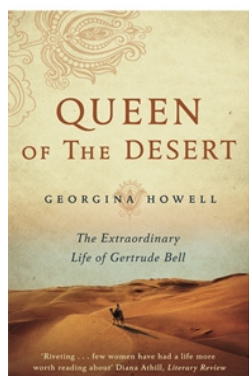


9 781250 064462 **9781250064462 \$34.99**



Queen of the Desert

Georgina Howell



Archaeologist, spy, Arabist, linguist, author, poet, photographer, mountaineer and nation builder, Gertrude Bell was born in 1868 into a world of privilege and plenty, but she turned her back on all that for her passion for the Arab peoples, becoming the architect of the independent kingdom of Iraq and seeing its first king Faisal safely onto the throne in 1921. *Queen of the Desert* is her story, vividly told and impeccably researched, drawing on Gertrude's own writings, both published and unpublished. Previously published as *Daughter of the Desert*, this is a compelling portrait of a woman who transcended the restrictions of her class and age and in so doing created a remarkable and enduring legacy.

Pan • PB • Biography: Historical, Political & Military



9 781447 286264 **9781447286264 \$19.99**



King John

Stephen Church



The youngest of the five sons of Henry II and Eleanor of Aquitaine, the empire builders of the Angevin dynasty, John had small hope of securing any significant inheritance. Then, in 1199, on the death of his older brother Richard, John took possession of the vast Angevin lands in England and on the continent. But by his death in 1216, he had lost almost all that he inherited, and had come perilously close to losing his English kingdom, too. Drawing on thousands of contemporary sources, Stephen Church tells John's story - from boyhood and the succession crises of his early adulthood, to accession, rebellion and civil war. In doing so, he reveals exactly why John's reign went so disastrously wrong and how John's failure led to the great cornerstone of Britain's constitution: Magna Carta. Vivid and authoritative, this is history at its visceral best.

Macmillan • HB • British & Irish History

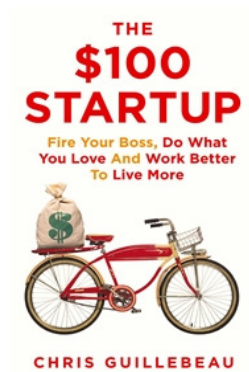


9 780230 772458 **9780230772458 \$55.00**



The \$100 Startup

Chris Guillebeau



You no longer need to work nine-to-five in a big company to pay the mortgage, send your kids to school and afford that yearly holiday. You can quit the rat race and start up on your own - and you don't need an MBA or a huge investment to do it. *The \$100 Startup* is your manual to a new way of living. Learn how to: - Earn as much as you would from a nine-to-five job but on your own terms, when and where you want - Achieve that perfect blend of passion and income to make work something you love - Take crucial insights from 50 ordinary people who started a business with \$100 or less - Spend less time working and more time living your life

Pan • PB • Business & Management



9 781447 286318 **9781447286318 \$19.99**



Predatory Thinking

Dave Trott



Predatory Thinking is a masterclass in how to outwit the competition, in ordinary life as well as in business. It is the philosophy that has underpinned Dave Trott's distinguished career as a copywriter, creative director, and founder of some of London's most high-profile advertising agencies. Drawing on Eastern and Western philosophy, and colourful characters from Picasso and Socrates to Warren Beatty, this book represents a lifetime of wisdom learned at the creative cutting edge.

Pan • PB • Business Strategy

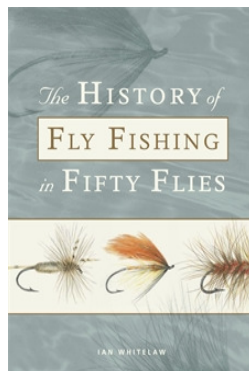


9 781447 285342 **9781447285342 \$19.99**



The History of Fly Fishing in Fifty Flies

Ian Whitelaw



Once limited to trout and salmon, fly-fishing techniques today are used to catch every fish species from minnows to marlin, in rivers, lakes and oceans from the Amazon to the Arctic. Filled with profiles of the key characters, tying tips, photographs and illustrations of the flies, and detailed explanations of the techniques used to fish them, *The History of Fly Fishing in Fifty Flies* charts the exponential growth and diversification of this fascinating sport.

Exisle • HB • Fishing, Angling

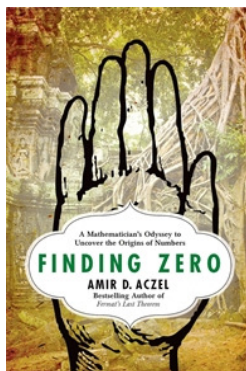


9 781921 966552 **9781921966552 \$34.99**



Finding Zero

Amir D Aczel



The story of how we got our numbers - told through one mathematician's journey to find zero. The invention of numerals is perhaps the greatest abstraction the human mind has ever created. Virtually everything in our lives is digital, numerical, or quantified. The story of how and where we got these numerals, which we so depend on, has for thousands of years been shrouded in mystery. Finding Zero is an adventure filled saga of Amir Aczel's lifelong obsession: to find the original sources of our numerals. Aczel has doggedly crisscrossed the ancient world, scouring dusty, moldy texts, cross examining so-called scholars who offered wildly differing sets of facts, and ultimately penetrating deep into a Cambodian jungle to find a definitive proof. Here, he takes the reader along for the ride.

St Martin's Press • HB • History Of Mathematics

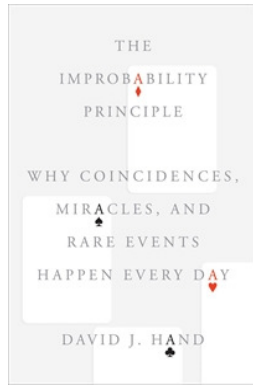


9 781137 279842 **9781137279842 \$34.99**



The Improbability Principle

David J Hand



In *The Improbability Principle*, the renowned statistician David J. Hand unveils his groundbreaking argument that extraordinarily rare events are in fact commonplace. Weaving together fascinating new ways to think about chance, Hand highlights his "law of near enough," the "look elsewhere effect," and more, doing for probability what Newton's laws of motion did for mechanics. Through humorous and engaging tales of two-time lottery winners, gambling gone wrong, and bizarre coincidences that we can't quite fathom, Hand argues that extremely unlikely events must happen, and no mystical or supernatural explanation is necessary to understand why. Hand's investigation, grounded in statistics and brought to life with fascinating anecdotes, finally explains "unexplainable" events such as unexpectedly bumping into a friend in a foreign country and coming across an unfamiliar word twice in one day.

Farrar Straus Giroux • PB • Popular mathematics



9780374535001 \$19.99



The Gourmet Mexican Kitchen - A Cookbook

Shannon Bard



Cook bold Mexican fare easily at home with recipes from a world-renowned chef. Mexican food is a favorite among people of all ages and cultural backgrounds. Even so, many people are afraid to try their hand at creating authentic Mexican dishes because it seems too difficult. Chef Shannon Bard, co-owner of Zapoteca, a popular Mexican restaurant in Maine, is here to show you how to create bold Mexican flavors at home for new unforgettable meals. Recipes include Shannon's flavorful Roasted Oaxaca Spiced Orange and Butternut Squash Soup and her savory Sautéed Mexican Mussels with Chorizo and Tequila. Shannon has cooked at the James Beard House and Arzak, the 8th best restaurant in the world. Her work has appeared in Bon Appetit, Saveur and Food and Wine. Her food is admired not only by the restaurant-goers of Maine and New Hampshire, but also by people all over the world.

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

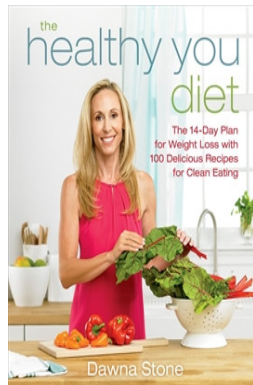


9781624140969 \$24.99



The Healthy You Diet

Dawna Stone



Even while competing on (and eventually winning) *The Apprentice: Martha Stewart*, Dawna Stone always knew that her first passion was health and fitness. She went on to gather thousands of loyal fans through her Healthy You Facebook group who are eager to follow her diet plan and cook from her clean eating program. *The Healthy You Diet* is a twofold volume that starts readers off with a 14-day elimination plan that will have them gradually (and easily!) kicking sugar, wheat, dairy, processed foods, soda, red meat, and alcohol to the curb. Moving into the clean phase, Dawna helps you continue your diet free of these harmful foods in order to focus on nourishment and rejuvenation of the body. This clean phase will lead to successful and sustained weight loss and a resurgence of energy that keeps Dawna's fans coming back for more long after they've achieved their weight loss goals.

Rodale • HB • Fitness & Diet



9781623365493 \$34.99



Bicycling Big Book of Training

Danielle Kosecki



Bicycling Big Book of Training is an encouraging, focused training book that will speak to beginner and intermediate cyclists without making them feel like novices. It covers all the information the reader needs to begin an effective training regimen. The book is divided into five sections that are then broken into miniguides for various cycling training disciplines. Cyclists will learn about how the body becomes fit and how that fitness translates to on-the-bike performance, while discovering the components of a successful training plan, including nutrition. Furthermore, riding disciplines such as road racing, endurance events, cyclocross, mountain biking, and track are discussed at length so readers can figure out which activities are right for them.

Rodale • PB • Cycling

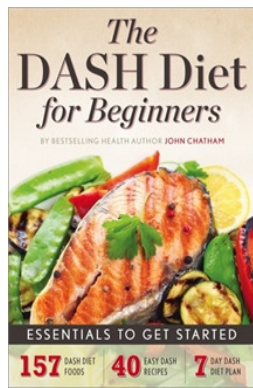


9781623362997 \$25.99



The DASH Diet for Beginners

John Chatham



John Chatham is one of the most trusted names in health and diet books, ranking among the top 20 most popular authors in Health, Fitness & Dieting on Amazon AuthorRank. With a background in physiology and nutrition, and deep expertise on the benefits of gluten-free and Paleo eating, John Chatham has published numerous #1 bestselling books to help readers make positive changes to their eating and exercise habits.

Exisle • PB • Diets & Dieting

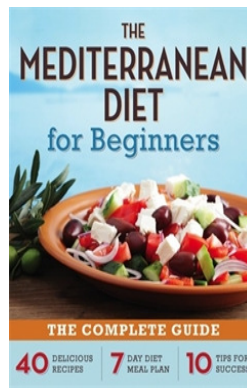


9781623150860 \$16.99



The Mediterranean Diet for Beginners

Rockridge Press



The Mediterranean Diet for Beginners offers a complete guide to the Mediterranean lifestyle, which emphasizes healthful living through delicious, fresh foods prepared with total well-being in mind. Including 10 Tips for Success, a 7-Day Diet Meal Plan, and 40 delicious recipes, as well as detailed information on the science behind the diet, this book takes you step-by-step into this transformative way of eating and living.

Exisle • PB • Diets & Dieting

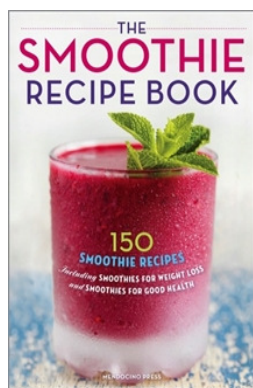


9781623151256 \$16.99



The Smoothie Recipe Book

Mendocino Press



Who doesn't love smoothies? *The Smoothie Recipe Book* is the ultimate resource for creating delicious and nutritious smoothies. Packed with superfoods and antioxidants, 150 delicious smoothie recipes provide vitamins and minerals the way nature intended. Whether your goal is to cleanse, reach your ideal weight, or improve health, *The Smoothie Recipe Book* is a delicious way to increase your daily intake of fresh fruits and vegetables and to reap the myriad health benefits of smoothies.

Exisle • PB • Diets & Dieting



9781623151010 \$16.99



How to Get a Good Job After 50

Rupert French



This practical guide for job seekers over 50 makes use of proven strategies that the author has developed in over 20 years as a leading job search specialist. It encourages a pro-active, time-efficient, self-managed approach, guaranteed to enable job seekers to find and win the job they want.

Exisle • PB • Advice On Careers & Achieving Success

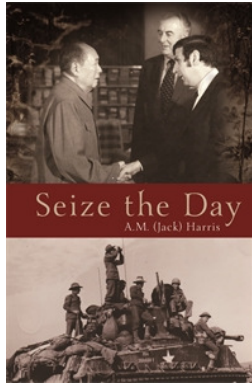


9781921966644 \$29.99



Seize the Day

Jack Harris



Seize the Day is a suspenseful story of considerable scope. Harris, a prize winning novelist, writes with nostalgia of his youth, of pride in his army service in Japan and with exhilaration about the pursuit of the defeated North Korean Army late in 1950. Wounded that year Harris returned to Australia, later studied Chinese and was posted back to Korea in 1953 and placed in charge of a group of linecrossing South Koreans. On his discharge Harris joined ASIO; he discusses the Petrov defection and later from Hong Kong he observes Chairman Mao's Cultural Revolution and how some of Mao's maddened young Red Guards, urged on by Madame Mao, threatened the Colony.

Brolga • PB • Autobiography: Historical, Political & Military



9 781922 175717 **9781922175717 \$24.99**



Aussie Slang Pictorial

Andrew Howey



A popular combination of Aussie Slang quotes, sayings and full colour photography make up this humorous book. Each photograph depicts and illustrates the accompanying Australian slang saying in a fun and intriguing way. Including some gems like: raining cats and dogs; like a bandicoot on a burnt bridge; all alone like a country dunny; Buckley's chance; a fly in the ointment and many more...

Brolga • PB • Slang & Dialect Humour

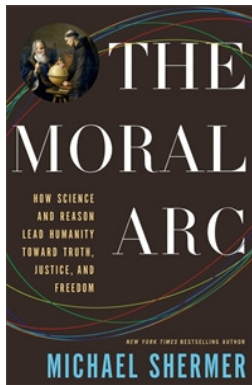


9 781922 175724 **9781922175724 \$17.99**



The Moral Arc

Michael Shermer



From Galileo and Newton to Thomas Hobbes and Martin Luther King, Jr., thinkers throughout history have consciously employed scientific techniques to better understand the non-physical world. The Age of Reason and the Enlightenment led theorists to apply scientific reasoning to the non-scientific disciplines of politics, economics, and moral philosophy. In this provocative and compelling book, Shermer will explain how abstract reasoning, rationality, empiricism, skepticism - scientific ways of thinking - have profoundly changed the way we perceive morality and, indeed, move us ever closer to a more just world.

Henry Holt • HB • Philosophy Of Science

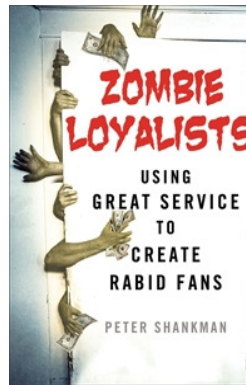


9 780805 096910 **9780805096910 \$39.99**



Zombie Loyalists

Peter Shankman



Marketing and PR expert Peter Shankman has been working with the biggest companies in the world to create what he calls "Zombie Loyalists," fervent fans that help companies massively increase their customer base, brand awareness, and most importantly, revenue. After all, why should you have to tell the world how amazing you are if you can have your existing customers do it for you? Imagine an army of customers who will do your PR, marketing and advertising, without being asked, each and every time they give you their money. These are Zombie Loyalists.

St Martin's Press • HB • Business & Management



9 781137 279668 **9781137279668 \$32.99**



Fat Witch Bake Sale

Patricia Holding and Lucy Baker



Fat Witch brownies are a chocolate obsession, not just for the locals from New York City, but also for the many tourists who visit Chelsea Market. Patricia Holding and staff bake tender, moist, classic, and decadent morsels that people are willing to wait in line to buy. And following on the heels of Holding's very successful **Fat Witch Brownies**, which revealed the author's secret recipe (at long last), comes her new personal collection of yummy brownies, blondies, barks, bars, and more . . .

Rodale • HB • General Cookery & Recipes

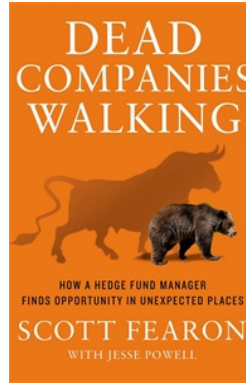


9 781623 362263 **9781623362263 \$29.99**



Dead Companies Walking

Scott Fearon



Unlike most investors, who live in fear of failure, Scott Fearon actively seeks it out. He has earned millions of dollars over the past thirty years shorting the stocks of businesses he believed were on their way to bankruptcy. In **Dead Companies Walking**, Fearon describes his foolproof formula for spotting these doomed businesses, and how they can be - extremely profitable investments.

St Martin's Press • HB • Business & Management

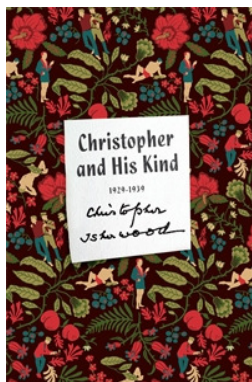


9 781137 279644 **9781137279644 \$34.99**



Christopher and His Kind

Christopher Isherwood



Originally published in 1976, **Christopher and His Kind** covers the most memorable ten years in the writer's life - from 1928, when Christopher Isherwood left England to spend a week in Berlin and decided to stay there indefinitely, to 1939, when he arrived in America. His friends and colleagues during this time included W. H. Auden, Stephen Spender, and E. M. Forster, as well as colorful figures he met in Germany and later fictionalized in his two Berlin novels - and who appeared again, fictionalized to an even greater degree, in *I Am a Camera* and *Cabaret*. What most impressed the first readers of this memoir, however, was the candor with which he describes his life in gay Berlin of the 1930s and his struggles to save his companion, a German man named Heinz, from the Nazis.

Farrar Straus Giroux • PB • Biography: Literary

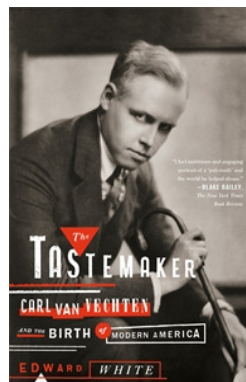


9 780374 535223 **9780374535223 \$22.99**



The Tastemaker

Edward White



A critically acclaimed biography of a cultural titan who embodied an age. **The Tastemaker** explores the many lives of Carl Van Vechten, the most influential cultural impresario of the early twentieth century: a patron and dealmaker of the Harlem Renaissance, a photographer who captured the era's icons, and a novelist who created some of the Jazz Age's most salacious stories. A close confidant of Langston Hughes, Gertrude Stein, and F. Scott Fitzgerald, Van Vechten frolicked in the 1920s Manhattan demimonde, finding himself in Harlem jazz clubs, Hell's Kitchen speakeasies, and the Greenwich Village underground gay scene. New York City was a hotbed of vice as well as creativity, and Van Vechten was at the center of it all.

Farrar Straus Giroux • PB • Biography: General

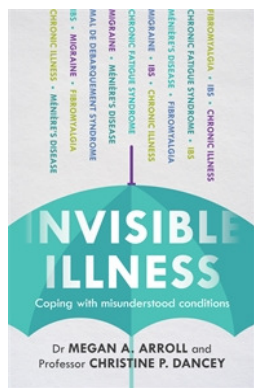


9 780374 535148 **9780374535148 \$22.99**



Invisible Illness

Dr Megan A. Arroll and Professor Christine P. Dancy



Chronic invisible illness affects hundreds of thousands of people, many of whom feel misunderstood and even stigmatised. This book aims to give visibility to misunderstood illnesses, to legitimize them, and to enable people to understand and manage an unpleasant and demoralising illness. Topics include: • Body-brain-mind interactions in illness. • Misunderstood conditions, such as ME/CFS, IBS, fibromyalgia, Mal de Debarquement Syndrome. • Asserting yourself with health professionals.

Sheldon Press • PB • Health & Personal Development

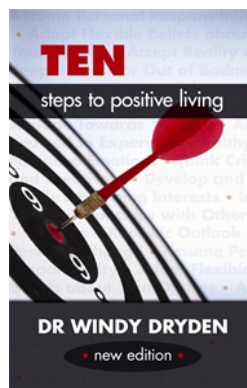


9781847093059 \$18.99



Ten Steps to Positive Living

Dr Windy Dryden



Written in a typically practical and straightforward style, this popular book shows how to develop a truly positive outlook. These ten steps outline skills to help people to take control, be flexible, accept reality, develop self-acceptance, accept change and improve relationships. Steps may be followed in order, or taken individually as required. The book has been updated in line with current therapeutic thinking, with particular emphasis on the concepts of resilience and mindfulness.

Sheldon Press • PB • Self-Help & Personal Development



9781847092700 \$18.99



The Best Craft Cocktails

Jeremy LeBlanc and Christine Dionese



Jeremy LeBlanc, lead bartender at a bar praised by Conde Nast as one of the top 10 roof top bars in the world, is sharing his signature techniques and one-of-a-kind recipes that define exceptional bartending. Now, with this bartending guide, experts and beginners alike will keep their friends and customers entertained, satisfied and always coming back for more of these meticulously created cocktails. *The Best Craft Cocktails & Bartending With Flair* features hand-crafted cocktail recipes like the Whiskey Pig, which features bacon-washed whiskey, the twist on a classic, the Rhubarb Mojito, and the refreshing berry cocktail, Smithey's Smash.

St Martin's Press • PB • Alcoholic Beverages

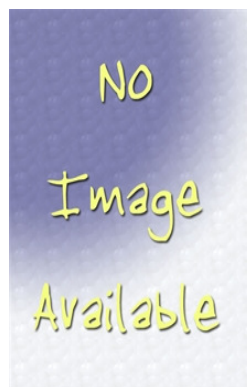


9781624140273 \$24.99



Armageddon

Max Hastings



One of the greatest military feats during the Second World War was the transformation of the German force's activities in the weeks following the battles in Holland and the German border, where the Allies had finally inflicted the greatest catastrophes of modern war on them. Somehow the Germans found the strength to halt the Allied advance in its tracks and to prolong the war to 1945. This book is the epic story of those last eight months of the war in northern Europe.

Pan • PB • Battles & Campaigns

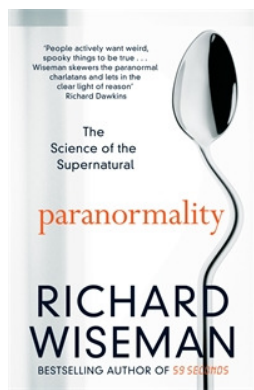


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Richard Wiseman



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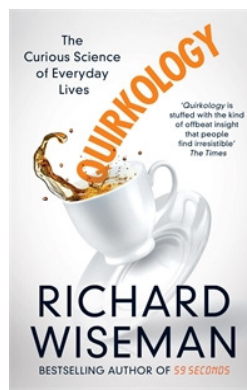


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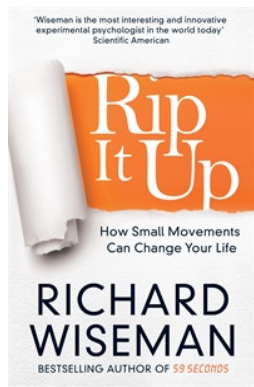


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Richard Wiseman



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Richard Wiseman



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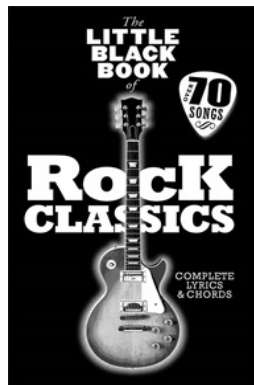


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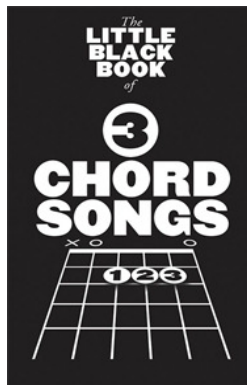


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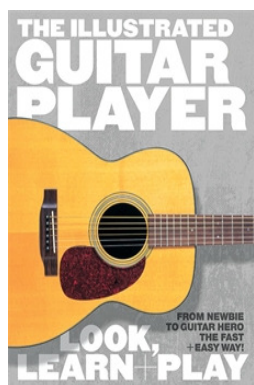


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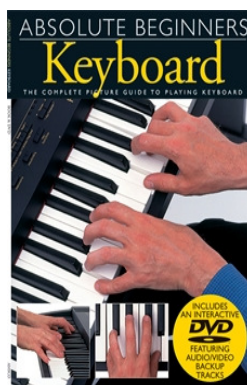


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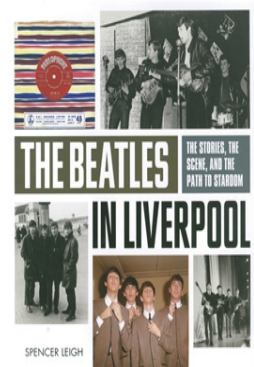


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