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The Two-Step Low-FODMAP Diet and Recipe Book*

Dr Sue Shepherd

Advanced Accredited Practising Dietitian, Dr Sue Shepherd has developed Two-Step Low-FODMAP Diet to effectively treat the symptoms of IBS, which includes abdominal pain, bloating, distension, excess wind and altered bowel habits. In the last decade, the Low-FODMAP Diet has come to be regarded as the most effective treatment for the symptoms of IBS, providing relief in 75 per cent of patients. *The Two-Step Low-FODMAP Diet and Recipe Book* details the two-phase program that helps readers implement the diet by restricting certain foods, then gradually re-introducing key ingredients, making the diet practical, accessible and suitable for a journey of healthy eating. There are also over 80 recipes, using readily available ingredients, and weekly meal plans to help readers start and maintain the diet.

**THE TWO-STEP
LOW-FODMAP
DIET AND RECIPE BOOK**
DR SUE SHEPHERD



• THE COMPLETE GUIDE TO MANAGING IBS • IBS INTOLERANCE SYMPTOMS • 80 DELICIOUS RECIPES • STEP-GUIDE ON THE RE-INTRODUCTION OF RESTRICTED INGREDIENTS

Macmillan Australia • PB • Fitness & Diet



9 781742 614205 **9781742614205 \$34.99**



The Jungle Dark*

Steve Strevens

On 21 July 1969, 3 Platoon, A Company, 6 Battalion, Royal Australian Regiment forced their way through the damp Vietnamese jungle on a patrol. With the humidity sapping their strength, the platoon established a safe harbour and listened as the news came across the radio: Neil Armstrong had become the first man on the moon. Moments later, Platoon Commander Lieutenant Peter Hines stepped on a mine and exploded in a maelstrom of dirt, smoke and blood. This is the true story of Frank 'Frankie' Hunt, Mick Storen and the soldiers of 3 Platoon who inspired Redgum's 1983 hit song *I Was Only Nineteen*. Using first-hand accounts, *The Jungle Dark* is both a fascinating Australian yarn and enthralling military history. Vividly told, informative and poignant, it traverses the deep unhealed wounds left in the minds and hearts of Vietnam soldiers long after they left the battlefield.



Macmillan Australia • TPB • Biography: General



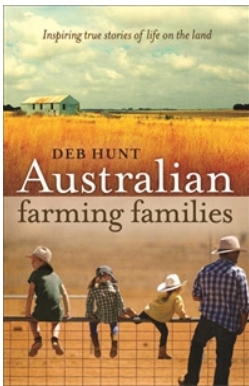
9 781742 612270 **9781742612270 \$32.99**



Australian Farming Families*

Deb Hunt

The inspiring true stories of Australian farming families living and working our great brown land. There's no sick pay out in the bush. On million hectare properties, hours from the nearest town, these families face the elements as they harvest, graze and muster, battling to eke out a living. From ringers, gardeners and cooks to jackaroos, jillaroos and stockmen, everyone has a story to tell. From the French family, whose connection to the bush goes back seven generations. To Philip the Philosopher, who started work at 15 as a jackaroo and by 29 was managing a million hectare property carrying 20,000 head of cattle. Lifelong friendship, close family bonds and the strong beating heart of the land are what keep these extraordinary families going. Their endurance, spirit and love of the bush are an inspiration to us all.



Macmillan Australia • PB • Biography: General



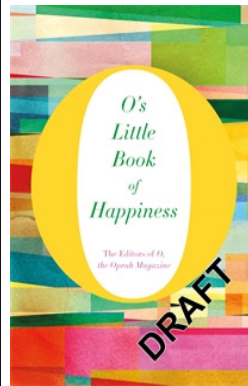
9 781743 516577 **9781743516577 \$29.99**



O's Little Book of Happiness

Various

With a sprightly dose of insightful inspiration, a sprinkling of practical advice, and a bounty of exuberant stories by great writers, *O's Little Book of Happiness* features some of the best work ever to have appeared in *O, The Oprah Magazine*. Inside you'll find Elizabeth Gilbert's ode to the triumph of asking for what you want... Jane Smiley's tribute to the animal who taught her about lasting fulfillment... Shonda Rhimes's secret to trading stress for serenity... Brene Brown's celebration of the power of play... Neil de Grasse Tyson's take on our joyful participation in the universe... and much more. In revisiting fifteen years of the magazine's rich archives, O's editors have assembled a collection as stunning as it is spirit-lifting.



Macmillan • HB • Self-Help & Personal Development



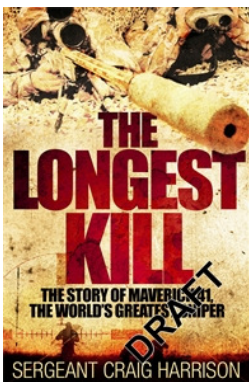
9 781447 294160 **9781447294160 \$24.99**



The Longest Kill

Craig Harrison

It takes a tough mindset to be a successful sniper, to be able to dig in for days on your own as you wait for your target, to stay calm on a battlefield when you yourself have become the target the enemy most want to take out. Craig Harrison has what it takes and in November 2009 in Afghanistan, under intense pressure, he saved the lives of his comrades with the longest confirmed sniper kill - 2,475 metres, the length of 25 football pitches. In this action-packed, vivid memoir Craig takes us from a touch childhood to joining the army at 16, from serving in Bosnia through two tours of Iraq and Afghanistan. He describes the numerous campaigns he's taken part in and his special ops missions. He also reveals how injury forced him to leave the army and how, after his identity was revealed, Al Qaeda threatened him and his family. For Craig, the price of heroism has been devastatingly high.



Sidgwick & Jackson • TPB • True War & Combat Stories



9 780283 072239 **9780283072239 \$29.99**



I Woke Up in the Future

Naomi Jacobs

Naomi Jacobs went to sleep one night in 2008 as a 32-year-old mother, and woke up the next morning believing she was a fifteen-year-old school girl. She did not recognise the house she woke up in, though it was hers, nor her ten-year-old son, Leo. As far as she was concerned, she was in 1992 when John Major was Prime Minister, before the world had been blessed with mobile phones, DVDs or reality TV. She didn't know it, but she had dissociative amnesia. With the help of her personal diaries and those close to her, Naomi set about piecing together as much as she could of her missing years. What she discovered shocked her. As she dug deeper, she began to experience disturbing flashbacks of traumatic events. Would Naomi ever find her way back to the person she once was? Did she even want to?



Pan • TPB • True Stories



9 781447 282563 **9781447282563 \$32.99**



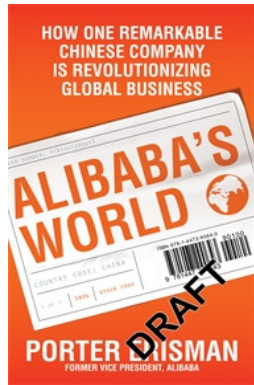
Alibaba's World

Porter Erisman

In September 2014, a Chinese company that most Americans had never heard of held the largest IPO in history - bigger than Google, Facebook and Twitter combined. Alibaba, now the world's largest e-commerce company, mostly escaped Western notice for over ten years, while building a customer base more than twice the size of Amazon's, and handling the bulk of e-commerce transactions in China. How did it happen? And what was it like to be along for such a revolutionary ride? In *Alibaba's World*, author Porter Erisman, one of Alibaba's first Western employees and its head of international marketing from 2000 to 2008, shows how Jack Ma, a Chinese schoolteacher who twice failed his college entrance exams, rose from obscurity to found Alibaba and lead it from struggling startup to the world's most dominant e-commerce player.

Macmillan • TPB • Business & Management

9 781447 290643 **9781447290643 \$29.99**



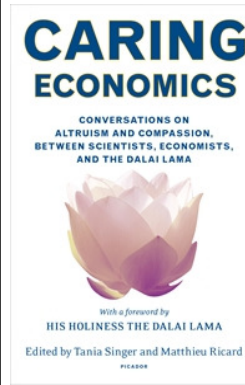
Caring Economics

Tania Singer and Matthieu Ricard (eds), Dalai Lama (foreword)

Can the hyper-ambitious, bottom-line-driven practices of the global economy incorporate compassion into the pursuit of wealth? Or is economics driven solely by materialism and self-interest? In *Caring Economics*, experts consider these questions alongside the Dalai Lama in a wide-ranging, scientific-based discussions on economics and altruism. Begun in 1987, the Mind and Life Institute arose out of a series of conferences held with the Dalai Lama and a range of scientists that sought to form a connection between the empiricism of contemporary scientific inquiry and the contemplative, compassion-based practices of Buddhism.

Picador US • TPB • Economics

9 781250 071248 **9781250071248 \$24.99**



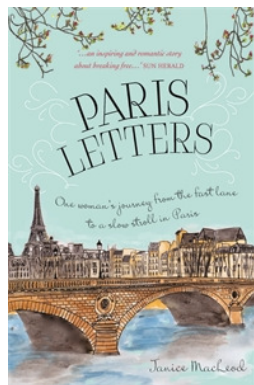
Paris Letters*

Janice MacLeod

Disillusioned with corporate life and verging on burnout, Janice MacLeod is surprised when the answer isn't as daunting as she expected. With a little maths and a lot of determination, Janice saves up and buys herself two years of freedom in Europe. In Paris, Janice meets Christophe, a cute butcher who doesn't speak English. Through a combination of sign language and "franglais", they embark on a whirlwind romance, before wanderlust pushes her to continue her travels. But his Daniel Craig good looks and big heart draw her back to Paris. Deciding to stay, Janice finally embraces her artistic desires, establishing a painted letter subscription service.

Pan Australia • PB • Memoirs

9 781743 532959 **9781743532959 \$19.99**



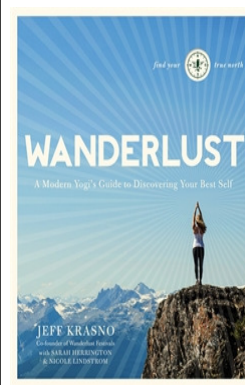
Wanderlust

Jeff Krasno with Sarah Herrington and Nicole Lindstrom

Like the wildly popular festivals that have taken the yoga world by storm, *Wanderlust* is a road map for the millions of people engaged in cultivating their best selves. For the 20 million people who grab their yoga mats in the United States every week, this book gives a completely unique way to understand "yoga"-not just as something to do in practice, but as a broader principle for living. *Wanderlust* helps readers navigate their personal path and find their own true north, curating principles that embody the brand and lifestyle-authentic yoga practices, provocative thinking, music, art, good food, eco-friendly activities, and more.

Rodale • PB • Mind, Body, Spirit

9 781623 363505 **9781623363505 \$29.99**



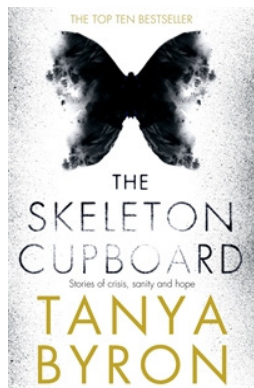
The Skeleton Cupboard

Tanya Byron

The Skeleton Cupboard is Professor Tanya Byron's account of her years of training as a clinical psychologist, when trainees find themselves in the toughest placements of their careers. Through the eyes of her naive and inexperienced younger self, Tanya shares remarkable stories inspired by the people she had the privilege to treat. Gripping, poignant and full of daring black humour, this book reveals the frightening and challenging induction faced by all mental health staff and highlights their incredible commitment to their patients.

Pan • PB • Clinical Psychology

9 781447 270218 **9781447270218 \$19.99**



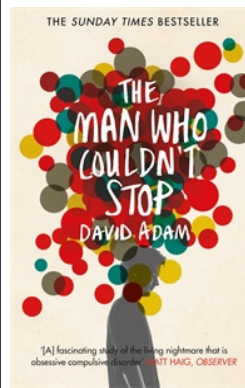
The Man Who Couldn't Stop

David Adam

Have you ever had a strange urge to jump from a tall building, or steer your car into oncoming traffic? You are not alone. In this captivating fusion of science, history and personal memoir, writer David Adam explores the weird thoughts that exist within every mind, and how they drive millions of us towards obsessions and compulsions. David has suffered from OCD for twenty years and *The Man Who Couldn't Stop* is his unflinchingly honest attempt to understand the condition and his experiences.

Picador • PB • Biography & True Stories

9 781447 277682 **9781447277682 \$19.99**



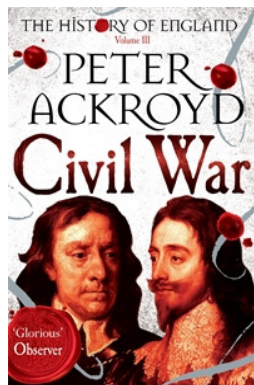
Civil War

Peter Ackroyd

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.

Pan • PB • Early Modern History: C 1450/1500 To C 1700

9 781447 271697 **9781447271697 \$22.99**



Bali Undercover

Malcolm Scott

In this follow-up to his international bestseller *Bali Raw*, Malcolm Scott strips off the island's sunny veneer to reveal its dark and dirty underbelly. He takes us where no tourist guide will ever take us, into the nooks and crannies of Bali that only an insider knows of and can reach. We sneak a peek into the private lives of shifty locals and wide-eyed Australian tourists, and enjoy a voyeur's view of the deceit, drama and everything else the island is afraid to show us.

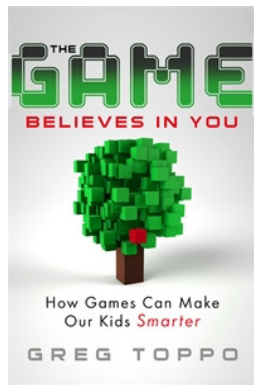
Monsoon • PB • True Stories

9 789814 625135 **9789814625135 \$23.99**



The Game Believes in You

Greg Toppo



What if schools, from the wealthiest suburban nursery school to the grittiest urban high school, thrummed with the sounds of deep immersion? More and more people believe that can happen - with the aid of video games. From Greg Toppo, *USA Today's* national K-12 education and demographics reporter, *The Game Believes in You* presents the story of a small group of visionaries who, for the past 40 years, have been pushing to get game controllers into the hands of learners.

St Martin's Press • HB • Advice On Parenting

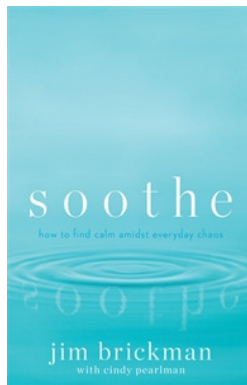


9 781137 279576 **9781137279576** \$34.99



Soothe

Jim Brickman



Over the past 20 years, Jim Brickman has quietly amassed a huge following as a contemporary pianist. Fans continually reach out to let him know that his soothing sounds have helped them handle a wide spectrum of life's challenges and events, from a father-daughter wedding dance to delivering a baby to enduring chemotherapy. Brickman's listeners trust his music to deal with a crisis, find peace, rekindle romance, or simply relax.

Rodale • HB • Self-Help & Personal Development

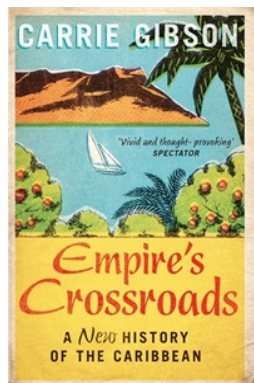


9 781623 365004 **9781623365004** \$29.99



Empire's Crossroads

Carrie Gibson



In *Empire's Crossroads*, Carrie Gibson offers readers a vivid, authoritative and action-packed history of the Caribbean. For Gibson, everything was created in the West Indies: the Europe of today, its financial foundations built with sugar money; the factories and mills built as a result of the work of slaves thousands of miles away; the idea of true equality as espoused in Saint Domingue in the 1790s; the slow progress to independence; and even globalization and migration.

Pan • PB • General & World History

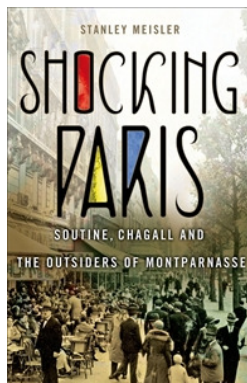


9 781447 217282 **9781447217282** \$22.99



Shocking Paris

Stanley Meisler



A vivid look at the intense emigre art world of Paris between the Wars and two of its most striking figures: Russian Jewish painter Chaim Soutine and his contemporary Marc Chagall. For decades before World War II, a group of immigrant artists, including Modigliani, Chagall, Soutine and Pascin dominated the new art scene of Paris. Critics gave them the name "the School of Paris" to set them apart from the French-born and less talented young artists of the period.

St Martin's Press • HB • History Of Art / Art & Design Styles

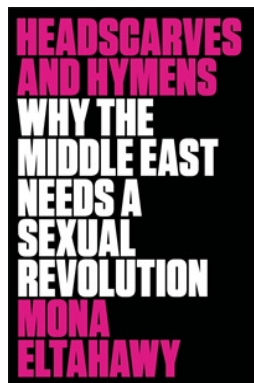


9 781137 278807 **9781137278807** \$34.99



Headscarves and Hymens

Mona Eltahawy



When the Egyptian journalist Mona Eltahawy published an article in *Foreign Policy* in 2012 titled "Why Do They Hate Us?," it provoked a firestorm of controversy. The response it generated, broke all records for the magazine, prompted dozens of follow-up interviews, and made it clear that misogyny in the Arab world is an explosive issue, one that engages and often enrages the public. In *Headscarves and Hymens*, Eltahawy takes her argument further.

St Martin's Press • HB • Gender Studies: Women

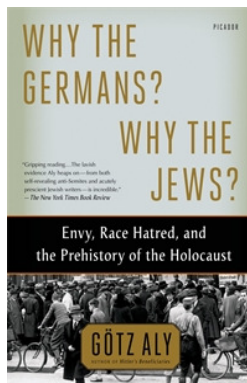


9 780865 478039 **9780865478039** \$29.99



Why the Germans? Why the Jews?

Gotz Aly



Why did the Holocaust happen in Germany, of all places? How did a country known for its culture and refinement turn so rabidly anti-Semitic? Why did a nation where Jews had full civil rights and many opportunities - a place that Jews had eagerly flocked to in the early twentieth century to escape racist persecution in Poland and Russia - turn upon them so violently just a few decades later?

Picador US • PB • History: Specific Events & Topics

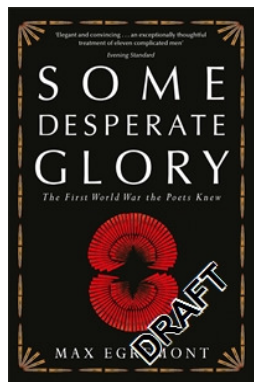


9 781250 062642 **9781250062642** \$24.99



Some Desperate Glory

Max Egremont



2014 marks the hundredth anniversary of the outbreak of what many believed would be the war to end all wars. And while the First World War devastated Europe, it inspired profound poetry - words in which the atmosphere and landscape of battle are evoked perhaps more vividly than anywhere else. The poets - many of whom were killed - show not only the war's tragedy but the hopes and disappointments of a generation of men.

Picador • PB • First World War

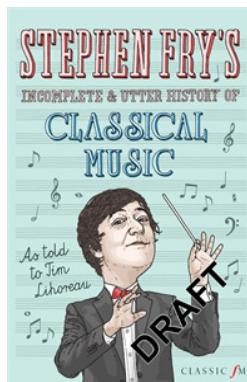


9 781447 242000 **9781447242000** \$22.99



Stephen Fry's Incomplete and Utter History of Classical Music

Tim Lihoreau



In his *Incomplete & Utter History of Classical Music*, Stephen Fry presents a potted and brilliantly rambling 700-year history of classical music and the world as we know it. Along this musical journey he casually throws in references to pretty much whatever takes his fancy, from the Mongol invasion of Russia and Mr Khan (Genghis to his friends), the founding of the MCC, the Black Death (which once again became the new black in England).

Boxtree • HB • History



9 780752 265582 **9780752265582** \$29.99



The New Mediterranean Table
Sameh Wadi



Mediterranean dishes are known for their fresher, lighter ingredients and unique and inspiring spices. The recipes in this book are no different, giving readers tons of delicious and one-of-a-kind meals that'll impress everyone at the dinner table. Sameh Wadi, chef and co-owner of the popular Minneapolis restaurant Saffron and Iron Chef contestant, provides recipes that are simple enough for home cooks but that still represent the flavors and cooking techniques that define the Mediterranean.

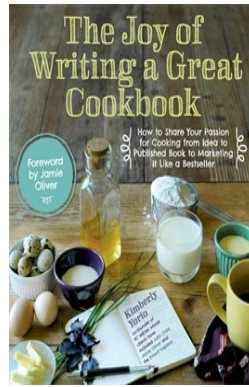
St Martin's Press • HB • General Cookery & Recipes



9 781624 140952 **9781624140952 \$34.99**



The Joy of Writing a Great Cookbook
Kim Yorio



Learn how to write a cookbook that'll become a bestseller with culinary marketing guru, Kim Yorio. With more than 20 years in publicity under her belt, Kim Yorio has worked with the biggest names in the food world, including Julia Child, Jamie Oliver, Ina Garten and Rachel Ray, as well as esteemed brands like Calphalon, Su La Table, Nudo Italia and Taste #5. Now, with this must-have guide to success, you can get the secrets on how to make your cookbook stick out from the pack from a culinary marketing master.

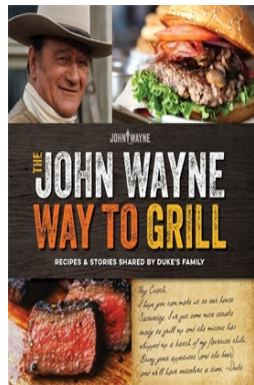
St Martin's Press • PB • Writing & Editing Guides



9 781624 140600 **9781624140600 \$26.99**



The John Wayne Way to Grill
Media Lab Books



John Wayne Enterprises is proud to present The John Wayne Way to Grill, a new cookbook containing more than 200-pages of Duke's favorite meals, from Tex-Mex classics to the best of Western barbecue and everything in between. More than just a collection of recipes, this deluxe publication will be chock-full of never-before-seen photos of the actor, along with personal anecdotes and heartwarming stories shared by his son Ethan.

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



9 781942 556015 **9781942556015 \$29.99**



To the Fullest
Lorraine Bracco



Lorraine Bracco is one of the world's most dynamic actresses, but when she reached her fifties, she felt she was losing her luster. During the long illnesses of her parents, she began to gain weight and felt her energy and self-confidence take a dive. Watching her parents die within 9 days of each other was her wake-up call to take charge of her life. She made a commitment to herself to stay healthy. In *To the Fullest*, Bracco presents her Clean Up Your Act Program, a comprehensive plan to help women over 40 look and feel younger.

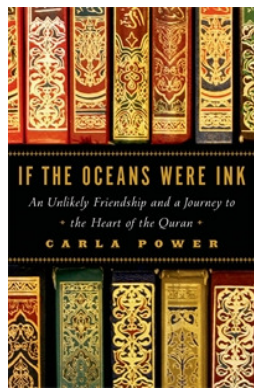
Rodale • HB • Fitness & Diet



9 781623 364922 **9781623364922 \$34.99**



If Oceans Were Ink
Carla Power



If the Oceans Were Ink is Carla Power's eye-opening story of how she and her longtime friend Sheikh Mohammad Akram Nadwi found a way to confront ugly stereotypes and persistent misperceptions that were cleaving their communities. Their friendship-between a secular American and a madrasa-trained sheikh-had always seemed unlikely, but now they were frustrated and bewildered by the battles being fought in their names. Both knew that a close look at the Quran would reveal a faith that preached peace and not mass murder; respect for women and not oppression.

Henry Holt • PB • Biography: General



9 780805 098198 **9780805098198 \$24.99**



Lose Weight Here
Dr Jade and Keoni Teta, ND



The Teta brothers present the first diet and fitness book to prove that spot reduction is possible! One of the most common disappointments among dieters is their failure to lose weight where they want to lose it. They are often left with the same shape they struggled so hard to change. *Lose Weight Here* shows readers that "spot reduction" is possible and how they can lose weight quickly in all the right places.

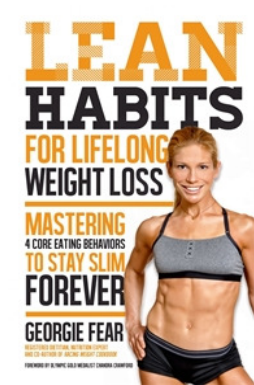
Rodale • HB • Fitness & Diet



9 781623 364762 **9781623364762 \$34.99**



Lean Habits For Lifelong Weight Loss
Georgie Fear



Lean Habits isn't about quick-fixes, restrictive dieting or calorie-counting. The four staples of lean living are all about adjusting your relationship with food so you can eat what you want, when you want but with a smarter approach. Easy modifications like learning to sense when you are truly hungry and knowing the difference between satisfied and stuffed, will be your stepping-stones to a healthy life in which you don't have to stress about your diet.

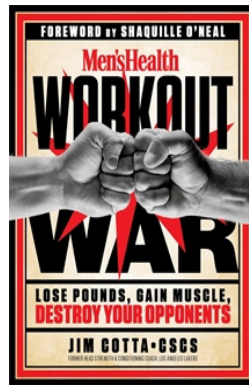
St Martin's Press • HB • Fitness & Diet



9 781624 141126 **9781624141126 \$29.99**



Men's Health Workout War
Jim Cotta



Former Los Angeles Lakers strength coach Jim Cotta harnesses men's passion for one-upmanship with an innovative get-in-shape program in Men's Health Workout War. This book features a highly effective, 60-day exercise and diet program broken up into quarters and an overtime round. The unique hook is that it makes the fitness instruction much more effective by turning it into a friendly weight-loss war that uses locker-room-style trash talking and cash prizes to drive dramatic results.

Rodale • TPB • Fitness & Diet

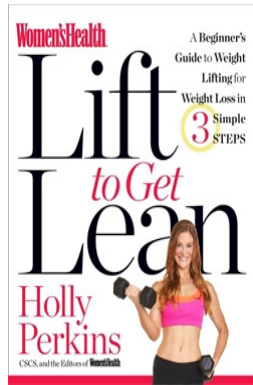


9 781623 364120 **9781623364120 \$32.99**



Women's Health Lift to Get Lean

Holly Perkins



Research shows that building muscle helps the body burn more calories 24/7 and that resistance training is the most effective way to torch body fat. Yet that message is still lost on many women who fear that weight lifting will make them bulky, turn their skin green, and give them Incredible Hulk muscles like their boyfriends'. Women have more options than step aerobics or running on a treadmill to shed pounds: They can weight-train in a very specific manner designed to make the most of a woman's unique physiology. **Lift to Get Lean** is the first beginner's guide to strength training from *Women's Health* that is written specifically for women by a woman.

Rodale • PB • Fitness & Diet

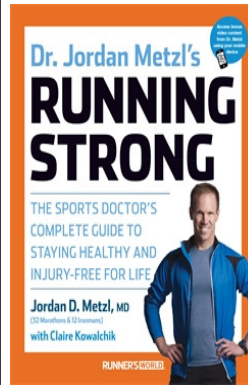


9781623364786 \$29.99



Dr. Jordan Metzl's Running Strong

Jordan Metzl, MD with Claire Kowalchik



Discover the newest, cutting-edge medical secrets to injury prevention and treatment for runners. Every runner at every level wants to run faster, stronger, and pain-free. Injury prevention is essential to the athlete focused on achieving his or her highest level of performance. Remaining injury-free can lead runners through a lifetime of roads and trails that offer fun, challenge, victory, camaraderie, solace, good health, good attitude, and, as some like to point out, the freedom to enjoy good food.

Rodale • PB • Sports & Outdoor Recreation

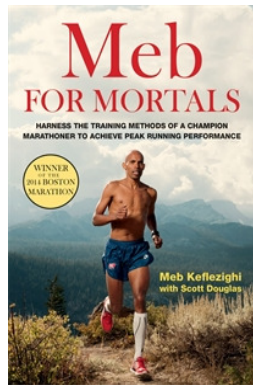


9781623364595 \$27.99



Meb for Mortals

Meb Keflezighi with Scott Douglas



With his historic win at the 2014 Boston Marathon, Meb Keflezighi cemented his legacy as one of the great champions of long-distance running. Runners everywhere wanted to know how someone two weeks away from his 39th birthday, who had only the 15th best time going into the race, could defeat the best field in Boston Marathon history and become the first American man to win the race in 31 years. **Meb For Mortals** describes in unprecedented detail how three-time Olympian Keflezighi prepared to take on the best runners in the world.

Rodale • PB • Sports & Outdoor Recreation

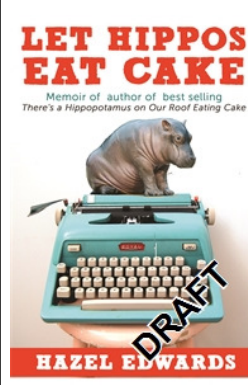


9781623365479 \$24.99



Let Hippos Eat Cake

Hazel Edwards



Let Hippos Eat Cake is a candid memoir of the realistic process of the process of creativity, via anecdotes. 'Anecdultery' is a Hazel original term for story. The author shares the humour of a diverse workstyle & family life behind the beloved characters like the cake-eating hippo. Plus the risk-taking and adventures of an international author of over 200 books who worked in Antarctica and thinks in fractals. Hippocampus is where memories are kept. **Let Hippos Eat Cake** tackles myths that writing for children is easier or of less significance.

Brolga • PB • Memoirs

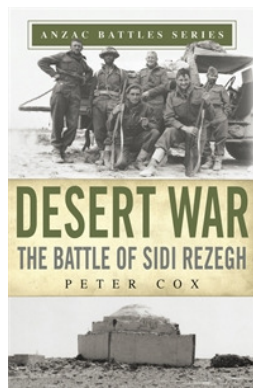


9781922175809 \$19.99



Desert War

Peter Cox



The WWII battle of Sidi Rezegh was fought in November-December 1941, part of a campaign to retake eastern Libya and drive the enemy out of North Africa. It was partially successful and achieved the badly needed relief of Tobruk. The New Zealand Division played a major role in this complex campaign. Peter Cox sets the scene for the fighting in Libya, describes the unforgiving desert landscape, follows the stages of the action itself and recounts the often heroic stories of those who fought there.

Exisle • PB • Second World War

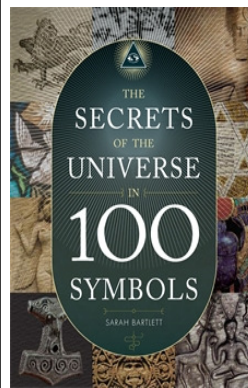


9781921966705 \$34.99



The Secrets of the Universe in 100 Symbols

Sarah Bartlett



From 17,000-year-old shamanic cave paintings at Lascaux, France, to the ancient Egyptian mysteries of Isis and the strange runic inscriptions of the Vikings, the desire to harness these unseen magical powers has inspired, baffled, and seduced people everywhere. **The Secrets of the Universe in 100 Symbols** brings to light the secrets and intrigues that surround each mysterious object and the beliefs of the people who used them, and highlights how to decode their signs and symbols.

Exisle • HB • Classical History / Classical Civilisation

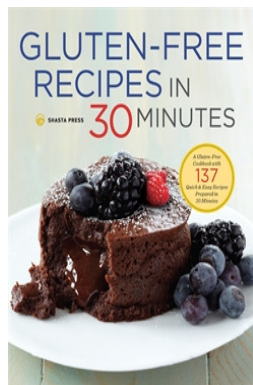


9781921966798 \$29.99



Gluten-Free Recipes in 30 Minutes

Shasta Press



Create easy, delicious dishes that help you feel great with **Gluten-Free Recipes in 30 Minutes**. It gives you more than 135 quick, satisfying recipes packed with quality ingredients to make your gluten-free diet spectacular at every meal. By making your own gluten-free flours and following a few simple tips, you'll be whipping up top-notch meals in no time flat. **Gluten-Free Recipes in 30 Minutes** will show you how to easily create healthy, delicious gluten-free meals, even on a busy weeknight.

Exisle • PB • Cookery For Specific Diets & Conditions

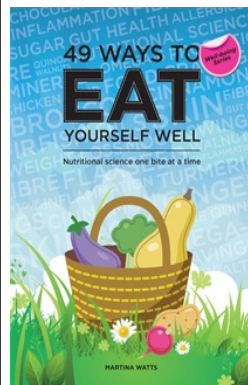


9781623154189 \$24.99



49 Ways to Eat Yourself Well

Martina Watts



Written by a leading nutritional therapist, this inspirational guide focuses on 49 different foods, looking at their history, character, properties and nutritional benefits to help you resist and recover from illness and gain resilience and vitality. Packed full of practical ideas the book offers handy tips on how to incorporate the 49 foods into your diet, as well as easy, tasty recipes. This book will support you to take back control over your own health.

Exisle • PB • Fitness & Diet

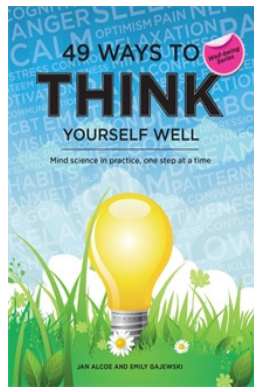


9781921966613 \$19.99



49 Ways to Think Yourself Well

Jan Alcoe and Emily Gajewski



Written by two highly experienced therapists and trainers, **49 Ways to Think Yourself Well** is a unique, dip-in guide full of information, techniques and simple practices to recover, protect and enhance well-being. Drawing on a wide range of psychological approaches to improving mental health and well-being, including cognitive behaviour therapy, hypnotherapy, mindfulness, NLP, it makes the links between our thinking, emotions and behaviour, in order to give us back control over our well-being.

Exisle • PB • Self-Help & Personal Development

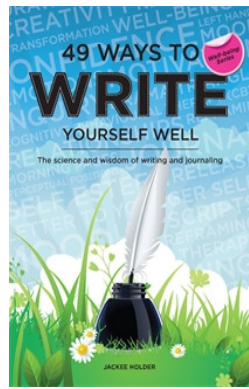


9 781921 966590 **9781921966590 \$19.99**



49 Ways to Write Yourself Well

Jackee Holder



An inspirational guide to improving your confidence and general well-being through writing, this book is a compendium of tools, techniques and activities which you can draw on to help you take control of your emotions, relationships and personal goals, and find a greater sense of self. With recent research showing the positive and health-improving benefits that can come through writing, this guide will help you express yourself and achieve a greater sense of personal well-being.

Exisle • PB • Creative Writing & Creative Writing Guides

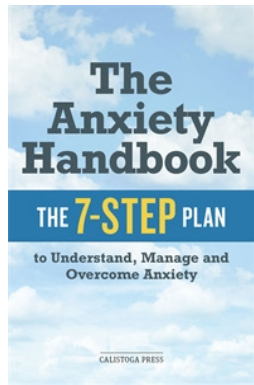


9 781921 966606 **9781921966606 \$19.99**



The Anxiety Handbook

Calistoga Press



Anxiety is a treatable condition. **The Anxiety Handbook** is your guide to confronting and working through your anxiety, and experiencing calm you never thought possible. Whether you've been diagnosed with an anxiety disorder, or you're simply having trouble managing anxious feelings, you can start controlling your anxiety and feeling better soon. **The Anxiety Handbook** will help you achieve immediate relief from anxiety, and create a straightforward pathway for long-term change.

Exisle • PB • Self-Help & Personal Development

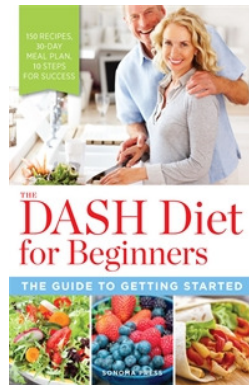


9 781623 152437 **9781623152437 \$16.99**



The DASH Diet for Beginners

Sonoma Press



The DASH diet is a scientifically proven way to permanently reduce blood pressure and lose weight. Designed by top researchers at major institutions such as Harvard Medical School, the DASH diet is an easy-to-follow diet that cuts down on sodium and unhealthy fats, and has been shown to promote weight loss and significantly lower the risk of cancer, diabetes, and osteoporosis. **The DASH Diet for Beginners** is your guide to getting started, with detailed meal plans and 150 delicious recipes.

Exisle • PB • Diets & Dieting

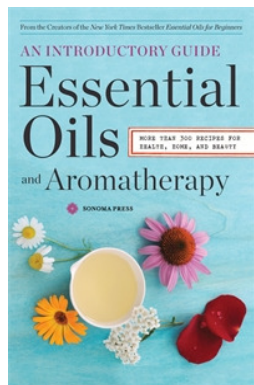


9 780989 558624 **9780989558624 \$29.99**



Essential Oils and Aromatherapy

Sonoma Press



Lavender, peppermint, rosemary and other healing plants are likely right at your fingertips, or just beyond at a nearby garden. Now unlocking their healing powers is, too. **Essential Oils and Aromatherapy: An Introductory Guide** offers all the techniques, tools and tips you need to start creating over 300 natural, toxic-free medicine and everyday household products from the comfort of your home.

Exisle • PB • Aromatherapy & Essential Oils

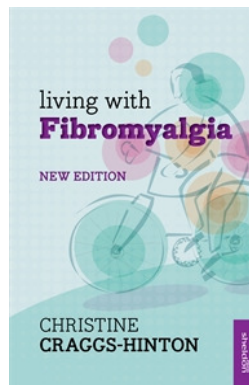


9 780989 558693 **9780989558693 \$29.99**



Living with Fibromyalgia

Christine Craggs-Hinton



In line with the latest thinking of fibromyalgia as a disorder of the CNS (central nervous system), the third edition of this book looks at how an over-sensitised system may amplify pain messages and trigger the symptoms of fibromyalgia. It also looks at research into the link between poor sleep and the disorder; benefits of posture and exercise; the benefits of yoga and music therapy; updated information on diet recommendations; pain and stress management; and complementary therapies.

Sheldon Press • PB • Coping with illness & specific conditions

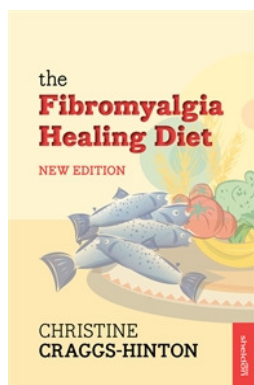


9 781847 093479 **9781847093479 \$18.99**



Fibromyalgia Healing Diet

Christine Craggs-Hinton



The new edition of this popular book looks at the latest research on how to redress nutritional imbalances, including information on vitamin D deficiency. It looks at food sensitivities including gluten intolerance, and how they may be pointers to underlying conditions that contribute to ill health. New research on obesity and fibromyalgia makes the benefits of weight-loss plain - and the simple detox programme and delicious recipes in this book can only help.

Sheldon Press • PB • Health & Personal Development



9 781847 093493 **9781847093493 \$18.99**



AC/DC Rock or Bust TAB

Music Sales



Songs include: *Rock Or Bust; Play Ball; Rock The Blues Away; Miss Adventure; Dogs Of War; Got Some Rock & Roll Thunder; Hard Times; Baptism By Fire; Rock The House; Sweet Candy; Emission Control.*

Music Sales • PB • Music



9 781783 058853 **9781783058853 \$19.95**



101 Hits for Ukulele: The Blue Book

Music Sales



Songs include: *Ain't No Sunshine* Bill Withers; *All The Young Dudes* David Bowie; *Englishman In New York* Sting; *Bird On The Wire* Leonard Cohen; *Blue Red And Grey* The Who; *Brimful Of Asha* Cornershop; *Brown Eyed Girl* Van Morrison; *Bye Bye Love* The Everly Brothers; *Folsom Prison Blues* Johnny Cash; *Can't Help Falling In Love* UB40; *Common People* Pulp and *Cracklin'* Rosie Neil Diamond.

Music Sales • PB • Techniques Of Music / Music Tutorials

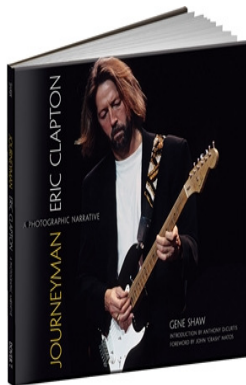


9781783058686 \$14.95



Journeyman : Eric Clapton – A Photographic Narrative

Anthony DeCurtis and John 'Crash' Mantos



For over five decades, Eric Clapton has ranked among rock's premiere guitarists - and since the early 1980s, famed music photographer Gene Shaw has been capturing great moments from Slowhand's electrifying career. More than 150 of Shaw's rare color and black-and-white photographs offer a front-row fan's perspective on many legendary musical events. This unique retrospective includes an Introduction by Rolling Stone writer Anthony DeCurtis and a Foreword by John "Crash" Matos, artist and designer of some of Clapton's signature guitars. A Calla Edition Original.

Omnibus Press • HB • Biography: Arts & Entertainment

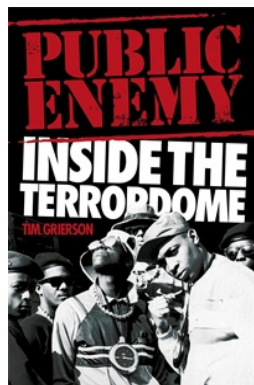


9781606600559 \$64.99



Public Enemy: Inside The Terrordome

Tim Grierson



Public Enemy are an American hip hop group formed in New York in 1982 and are known for their politically charged lyrics and criticism of the American media. Their first four albums during the late 1980s and early 1990s were all certified either gold or platinum. Comprehensive biography focusing on the highs and lows of their career. Their success in the late 80s and early 90s when they were seen as one of the most influential hip-hop groups. Meeting influential producer Rick Rubin, touring with the Beastie Boys and signing to the Def Jam record label. An overview of all their album releases including Fear of the Black Planet which included the single Fight The Power which is widely considered as the most influential hip-hop song in history. What the future holds for Public Enemy and contemporary hip-hop as a whole. Includes interviews with hip-hop producers and artists, music critics, collaborators and DJs.

Omnibus Press • PB • Biography: Arts & Entertainment

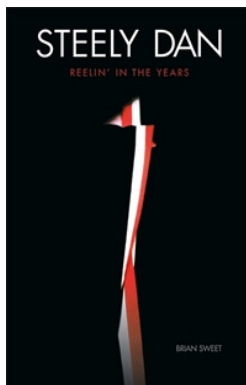


9781783053629 \$28.99



Steely Dan: Reelin In The Years

Music Sales



Reelin' In The Years is the acclaimed biography of Steely Dan, now updated to include details of Walter Becker and Donald Fagen's work during the Nineties and beyond, including the latest Steely Dan masterpiece *Everything Must Go*. The only book ever to have been published on Steely Dan. Brian Sweet, former editor and publisher of Metal Leg, the UK based Steely Dan fanzine, draws back the veil of secrecy that has surrounded Becker and Fagen. Here at last is the true story of how they made their music and lived their lives. Includes many photographs and a complete discography.

Omnibus Press • PB • Music

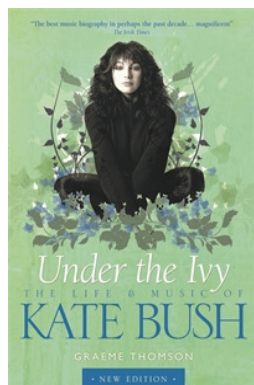


9781783056231 \$24.95



Under the Ivy: The Life & Music of Kate Bush

Graeme Thomson



This latest edition of *Under The Ivy* is fully updated to include analysis of Bush's stunning return to live performance in August 2014. Her run of London concerts was the most unexpected and eagerly awaited pop event of the 21st Century. An acclaimed study of one of the world's most enigmatic artists, *Under The Ivy* combines a wealth of new research with rigorous critical scrutiny. Featuring over 70 new interviews with those who have viewed from close quarters both the public artist and the private woman, this compelling biography offers numerous fresh perspectives on a unique and elusive talent.

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



9781783056996 \$29.99

