

# 06/15

June 2015 NonFiction

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#### The Longest Kill

adscs@alliancedist.com.au

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 ir 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 tough 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



SERGEANT CRAIG HARRISON

THE STORY OF MAVERU

9780283072239

#### The Kamikaze Hunters

Will Iredale

In May 1945, with victory in Europe established, the war was all but over. But on the other side of the world, the Allies were still engaged in a bitter struggle to control the Pacific. And it was then that the Japanese unleashed a terrible new form of warfare: the suicide pilots, or Kamikaze. Drawing on meticulous research and unique personal access to the remaining survivors, Will Iredale follows a group of young men from the moment they joined up through their initial training to the terrifying reality of fighting against pilots who, in the cruel last summer of the war, chose death rather than risk their country's dishonourable defeat and deliberately flew their planes into Allied aircraft carriers. A story of courage, valour and dogged determination, *The Kamikaze Hunters* is a gripping account of how a few brave young men helped to ensure lasting peace.

Macmillan • TPB • Second World War



9781447284710

# \$29.99

#### **Head Case**

Cole Cohen

The summer before she was set to head out of state to pursue her MFA, 26 year-old Cole Cohen submitted herself to a battery of tests. For as long as she could remember, she'd struggled with a series of learning disabilities that made it nearly impossible to judge time and space. She left the doctor's office with a shocking diagnosis - doctors had found a large hole in her brain responsible for her life-long struggles. Because there aren't established tools to rely on in the wake of this unprecedented diagnosis, Cole, her doctors and family create them, and discover firsthand how best to navigate the unique world that Cole lives in.

DR JOE COLELLA

Henry Holt • TPB • Memoirs



cohen

9781627796033

Appetite Lose Weight Effortlessly and Never Be

**Hungry Again** 

# The Appetite Solution

Dr Joe Colella

The Appetite Solution is weight loss expert Dr Joseph J. Colella's aggressive six-week, three-phase plan to help you jam 'false' hunger signals, diminish cravings and achieve your goal weight - breaking free of the carbohydrate addiction that packed on those difficult-toshed pounds. Dr Colella examines the reasons why we feel so hungry and dismisses the diet myths that have recently been endorsed. \*May release

Macmillan • TPB • Diets & Dieting



9781509803101 \$29.99

#### **How We Learn**

**Benedict Carey** 

This book will help you to learn Spanish - or the Spanish guitar - faster. This book will give an athlete the edge to turn Silver into Gold. This book will give any child the chance to perform better in exams. Full stop. *How We Learn* is a landmark book that shakes up everything we thought we knew about how the brain absorbs and retains information. Filled with powerful - and often thrillingly counter-intuitive wisdom, stories and practical tips, it gets to the very heart of the learning process; and gives us the keys to reach our very fullest potential in every walk of life.

\$29.99



Mac McClelland

A fearless memoir by an award-winning journalist exploring her struggle with PTSD, its troubled history and treatment, and the ways she pushed herself beyond trauma to fall in love.



Macmillan • PB • Popular Science

9781447286349

\$19.99

791250 052896

MAC MCCIELLAND

St Martin's Press • HB • Memoirs

9781250052896

\$34.99

#### One-Pot Paleo

Jenny Castaneda

One-Pot Paleo not only provides creative and healthy dishes that feed the whole family, One-Pot Paleo not only provides creative and healthy dishes that feed the whole family, like casseroles, stir fry, bakes and broils, soups and stews, but there are also helpful guides throughout such as ingredient swaps, Paleo substitution charts, steps to prep on the weekend so the weekdays fly by and more. Recipes include Herbed Honey Chicken, Came Asada, Szechuan Pork, Sesame Beef Stir Fry, Crab Stuffed Salmon and Sweet and Savory Chicken Wings. Sticking to the Paleo diet can be difficult enough, don't let complicated recipes make it worse. With these quick and tasty recipes, your family will be happy, healthy and well fed in no time.

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



9781624141225

# Gl Revolution

#### The Gut Balance Revolution

Gerard E Mullin, MD

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

Rodale • HB • Fitness & Diet



9781623364014 \$32.99

# One Plus One Equals Three Dave Trott



### Sugar Smart Express

Anne Alexander

\$24.99

Readers came out in droves when *Prevention* launched its Sugar Smart movement, making *The Sugar Smart Diet* a *New York Times* bestseller and creating a demand for more sugar-savvy content from the brand. Now, Anne Alexander has revamped her popular plan to give readers what they've been asking for: an easy-to-follow plan that offers great results in less time, with even more tools for success.

Rodale • HB • Diets & Dieting



9781623365356

\$39 99

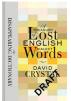
One Plus One Equals Three goes straight to the heart of the creative impulse. Combining Dave Trott's disctinctive, almost Zen-like storytelling, humour and practical advice, its collection of provocative anecdotes and thought experiments are designed to light a fire under your own creative ambitions. From tales of 18th century Japanese samural to classic battles between 'creatives' and 'suits' in the boardroom, these stories act as a rallying cry for individuals and businesses who want to think differently, stand out and challenge

Macmillan • HB • Business Strategy

9781447287032



\$32.99



# The Disappearing Dictionary

David Crystal

Wherever you go in the English-speaking world, there are linguistic riches from times past awaiting rediscovery. All you have to do is choose a location, find some old documents, and dig a little. In *The Disappearing Dictionary*, linguistics expert Professor David Crystal collects together delightful dialect words that either provide an insight into an older way of life, or simply have an irresistible phonetic appeal. Like a mirror image of The Meaning of Lift that just happens to be true, *The Disappearing Dictionary* unearths some lovely old gems of the English language, dusts them down and makes them live again for a new generation.

Macmillan • HB • Language



9781447282808 \$29.99



## 1946

Victor Sebestyen

With the end of the Second World War, a new world was born. The peace agreements that with the end of the Second world war, a new world was born. The peace agreements that brought the conflict to an end implemented decisions that not only shaped the second half of the twentieth century, but continue to affect our world today and impact on its future. In 1946 the Cold War began, the state of Israel was conceived, the independence of India was all but confirmed and Chinese Communists gained a decisive upper hand in their fight for power. It was a pivotal year in modern history in which countries were reborn and created, national and ideological boundaries were redrawn and people across the globe began to rebuild their lives.

Pan • PB • Postwar 20th Century History, From C 1945 To C 2000



9780330544856

\$22.99

### Close Up

Kelly Brook

From a council house in Kent to her first home in the Hollywood hills, from being told she was too big to model to becoming an inspiration for curvy girls everywhere, Kelly's life has taken many unexpected turns. She dreamed of escaping her chaotic childhood by becoming an actress - she never imagined she'd become a hugely popular pin up girl who would date some of the most attractive men in the world, or that her tempestuous relationships would be played out in the merciless glare of the media. Now, in her compelling autobiography, Kelly writes with total honesty about the men she has loved and the tragic loss and heartache she has overcome

Pan • PB • Memoirs



9781447257721

\$19.99



#### I Am Because You Are

Jacob Lief and Andrea Thompson

In 1998, Jacob Lief, a 21 year-old American university student, met school teacher Malizole "Banks" Gwaxula in a township tavern in Port Elizabeth, South Africa. After bonding over beers and a shared passion for education, Gwaxula invited Lief to live with him in the township. Inspired by their fortuitous meeting - which brought together two men separated by race, nationality, and age - and by the spirit of ubuntu, roughly translated as "I am because you are"-the two men embarked on an unexpectedly profound journey. Their vision? To provide vulnerable children in the townships with what every child deserves—exempting. Today, their organization. Libuth Efficiation Fund is upperficing. deserves - everything. Today, their organization, Ubuntu Education Fund, is upending conventional wisdom about how to break the cycle of poverty.

Rodale • PB • Biography: General



9781623366612 \$24.99

#### The Clash Bob Gruen

This acclaimed collection of photographs includes never before seen images and exclusive interviews with one of the most influential bands of the punk era. Presented in a hardback slipcase with a signed photo from Bob Gruen. "The Clash were the real thing, the only band that mattered: they were the best one, a band who never forgot their roots. They cared about their audience and tried to give them a good show with a moral conscience and a lot of fun. For me they were fantastic to work with." (Bob Gruen, New York, 2001.)

Omnibus Press • PB • Biography: Arts & Entertainment



9781783057931

\$49.99

lookbook cookbook

# Lookbook Cookbook

Jessica Milan

Vegan, gluten-free, dairy-free, soy-free - but never boring. That's how Jessica Milan, creator of the eye-catching and mouth-watering site Lookbook Cookbook, describes her recipes. A model herself and fashion photographer, she has an incredible, fun and playful approach to her vegan cookbook ful of beautiful people who don't quite take themselves seriously. Her desserts have been all over, including in *Cosmopolitan*, *Vogue* and *Nylon*, but for the first time, she'll be sharing her delicious main course recipes with the world in *Lookbook Cookbook*. Lookbook Cookbook.

St Martin's Press • PB • Vegetarian Cookery



9781624141218 \$24.99



## Tone It Up

Katrina Scott and Karena Dawn

Karena Dawn and Katrina Scott, the founders of the Tone It Up® fitness and health brand, have taken the world by storm with their fun, energetic, girlfriend-to-girlfriend approach to getting fit. In their Tone It Up book, the girls' genuine, relatable philosophy is boiled down to a 28-day program that incorporates fitness routines, nutritional advice, and mental and spiritual practices to transform readers' bodies, attitudes, and lives. Dawn and Scott take a holistic approach to fitness, including the same principles in their book that make their brand so popular - a sense of community, empowerment, and lightheartedness in every healthy, feel-good technique they recommend.

Rodale • PB • Fitness & Diet



9781623365691

\$32.99

## The Primal Low Carb Kitchen

Kyndra Holley

Kyndra comes at diet from a different angle than many Paleo people. She was a low carber, lost a lot of weight counting carbs and gained a big audience. Her book is for the carb counters out there looking to go Paleo/Primal. (Paleo and Primal are becoming less distinct; the difference was primal included dairy, though dairy is largely accepted now in the Paleo community too. Neither restricts the amount of carbs, just the types of carbs.) Rapid but healthy weight loss, rather than just a healthy eating plan, is the goal. So each recipe features minimal carbs. Comfort food is usually seen as a necessary evil, something unhealthy that you can only eat once-in-a-while.

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



9781624141195 \$24.99



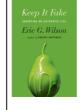
JACKIE WICKS

# The Cheat System Diet

Jackie Wicks

A cutting-edge diet, nutrition, and weight-loss program based on PEERtrainer's hugely successful online training program. Who doesn't love to cheat? Finally - a successful weight-loss program that allows you to eat that cupcake (and still lose weight!) For nearly a decade, PEERtrainer - a wildly successful online "weight-loss lab" - has provided its members with the best information on how to be successful at losing weight. Now *The Cheat System Diet*, tested and proven by hundreds of thousands of PEERtrainer members thought by the programmer though the superfice to your programmer. members, brings this expertise to you

Griffin • PB • Diets & Dieting



#### Keep It Fake Eric Wilson

Part memoir, part cultural analysis, *Keep It Fake: Inventing an Authentic Life*, author Eric G. Wilson draws on neuroscience, psychology, sociology, philosophy, art, film, literature, and his own life to explore the possibility that there's no such thing as unwavering reality. Whether our left brains are shaping the raw data of our right into fabulous stories, or we are so saturated by society's conventions that we're always acting out prefab scripts, we can't help but be phony.

Farrar Straus Giroux • HB • Memoirs



9780374181024 \$34.99



9781250068095

\$24.99

### 5 Seconds of Summer 100% Unofficial Poster Book

Anon

\$14.99

Giant posters, pocket posters, double-sided posters and more! Packed full of pictures of and facts about Luke, Mike, Cal and Ash, this book is guaranteed to prove that you're the ultimate 5 Seconds of Summer fan. Keep the book as is or pull out the posters inside to decorate your room so you can enjoy 5 Seconds of Summer all day long!



#### The Candida Free Cookbook

Shasta Press

Candida is a dangerous yeast that can take an incredible toll on your system, leading to fatigue, pain and weight gain. Recent studies have proven that candida infections can be cured permanently through diet changes alone. *The Candida Free Cookbook* includes information on the symptoms and risks associated with candida, a step-by-step guide to a healthy candida cleanse, and over 125 simple, delicious recipes that will help you remove yeast from your diet, so that you finally live candida-free.

Exisle • PB • Health & Wholefood Cookery



9781623152673 \$18.99

# The Essential Lingo Dictionary John Miller The Essential Lingo Dictionary is a warts-and-all look at the notoriously hilarious (and occasionally a little bit naughty) Australian slang words and phrases, casting light on the quirky, intriguing and often bizarre Australian Aussie language. A must-have for every bookshelf! If you have wondered why his girlfriend is a 'Sheila' though her name is Sophia, or why your colleague in Melbourne's suburbs is said to live 'beyond the black stump', then this book is for you.

coping with the

Psychological

Effects of

Whether it concerns cancer, heart disease, diabetes, or a mental health condition, sudden severe illness comes as a shock and challenges confidence and self-image. This book explores the common psychological issues that arise when someone's usual health and routine are disrupted, and discusses the impact of illness on relationships and family. Drawing on CBT techniques, it offers practical self-help strategies to help deal with changed expectations and lifestyles.

Coping With the Psychological Effects of Illness

Dr Fran Smith, Dr Carina Eriksen and Professor Rob Bor

Sheldon Press • PB • Coping with illness & specific conditions

Macmillan Children's Books • PB • Pop music (Children's / Teenage)

9781447292517



9781847093431

\$19 99

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OHN KOT F

INSPIRATION

9781921966910 \$14 99

Exisle • PB • Language Phrasebooks

# Inspiration for the Heart Kate Marr Kippenberger



### How to Reduce Stress - Learn How to Work With Your Mind

Christine Thompson-Wells

Stress is underlying and intrinsic within the human system and psychology. As individuals we need moderate amounts of good stress to do our daily chores and to survive. In the fast-moving 21st century, more people are experiencing negative or bad stress. *How To Reduce Stress* shows you how to develop the mental tools which will let you work with and manage many areas of stress in your life. A collection of case studies give practical insight into applying these tools.

Exisle • PB • Coping With Stress



9780987352385

\$29.99

Often our lives are so busy that we forget to reflect on the important issues that underpin our relationships, careers and family life. But reflection is essential. From enjoying the present moment to using your imagination to its greatest potential, each page insightfully provides a catalyst for your own reflection. If you apply the wisdom in this book to your life, you are sure to benefit, but the currencies in play may be patience, empathy and love rather than those of the material kind.

Exisle • HB • Self-Help & Personal Development



Meditation

Now

9781921966903 \$13.99

# Meditation Now: A Beginner's Guide



# Inspiration for the Soul

Kate Marr Kippenberger

Do you want to bring about worthwhile change in your life? Are you looking for greater happiness and fulfillment? The answer lies in the way you think about yourself and your situation. Each inspirational thought in this book will provide you with a way of thinking that will make an immediate positive change. Practical and simple, they will help you develop more rewarding responses to life. From living courageously to using your intuition, insights abound on every page on a variety of topics.

Exisle • HB • Self-Help & Personal Development



9781921966897

\$13.99

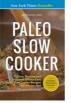
# Elizabeth Reninger

Written by meditation expert Elizabeth Reninger, **Meditation Now** is a step-by-step guide to more than 20 meditation techniques. Reninger's 'Take Ten Minutes' meditations apply to daily life scenarios - for example, how to cope with a traffic jam or eat more healthily. Troubleshooting guides help readers address obstacles that may arise during meditation. Full of tips, quotations, and tricks as well as three 1-month meditation plans, this book will help you establish a daily meditation practice.

Exisle • PB • Mind, Body, Spirit: Meditation & Visualisation



9781623154974 \$16.99



#### **Paleo Slow Cooker**

John Chatham

Living the Paleo lifestyle just got easier with the New York Times bestselling **Paleo Slow Cooker**. Now you can enjoy the superior health benefits of the Paleo diet with the convenience of your slow cooker. The Paleo diet consists of all-natural, unprocessed, and gluten-free foods. It's the way humans were meant to eat. The slow cooker and the Paleo diet are a perfect pairing for modern, busy people who want to eat right.



#### Mindfulness Made Simple Calistoga Press

By embracing mindfulness you can transform your life forever. With the simple but powerful practices of mindfulness and meditation you will learn to be more attentive and peaceful, so that you can relieve stress, regulate your emotions, and achieve focus and clarity. *Mindfulness Made Simple* will give you a concise introduction to the practice of mindfulness, with simple exercises and practical techniques to apply mindfulness and meditation to the obstacles in your hectic daily life.

Exisle • PB • Self-Help & Personal Development



9781623154103

\$16.99

Exisle • PB • Health & Wholefood Cookery



9781623150945 \$16.99





## World War Two in Secret

Gavin Mortimer

World War Two in Secret is a fascinating exploration of the hidden stories behind the first truly technological war. From Bouncing Bombs to Atomic Bombs, from S.O.E to S.A.S and from radar to Enigma code-breakers, the book will lift the lid on all aspects of World War Two that were crafty, cunning, and covert, explaining the thinking behind their creation and the influence that top-secret weapons and strategies had on the outcomes of the war.

Exisle • HB • Military History



9781921966774 \$39.99 781922 175847

## Sayings of the Buddha and Other Masters

Mark Zocchi

Updated and revised for 2015, be inspired by teachings of the Buddha, Great Masters, teachers and writers. Sayings of the Buddha and other Masters will help people connect to a spiritual path and find their divinity. Each page contains inspiring quotes, sayings and insights, allowing the reader to dip in at any time. Great to place on your office desk, coffee table, bookshelf or by your bed. Quotations and sayings have been chosen from the likes of Milarepa, Longchenpa, his Holiness the 14th Dali Lama, Thich Nhat Hanh and Sogyal Rinpoche. As well as wisdom from other great masters, teachers and writers such as Cicero, the Sufi poet Rumi, Lao Te Tzu, Mother Theresa and Shakespeare.

Brolga • PB • Religion & Beliefs



The Stroke

9781922175847 \$15.99



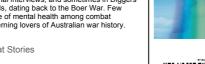
# WARS THAT NEVER

# Wars that Never End

Ian Ferguson

Over 100 Australians who served in Afghanistan have committed suicide since returning to civilian life. Partners and family members also suffer, in their shared lives with emotionally scarred war veterans. Ex-service personnel and affected relatives provided author lan Ferguson with fascinating first-hand information for the research of *Wars That Never End*. Their confronting recollections surfaced in personal interviews, and sometimes in Diggers' letters and diary entries from front line battle fields, dating back to the Boer War. Few publications candidly tackle the contentious issue of mental health among combat veterans, so this book is a must read for all discerning lovers of Australian war history

Brolga • PB • True War & Combat Stories



### The Stroke Survival Guide

Mark Greener

Stroke affects 15 million people around the world each year, with many of these episodes proving fatal. This book aims to help people prevent another stroke (or another cardiovascular event) and to live a full life after a stroke. Topics include: the brain and blood supply - why and how a stroke may happen; key warning symptoms; causes and types of stroke; risk factors for stroke; overlap with dementia; diagnosis and treatment and lifestyle changes to prevent another stroke.

Sheldon Press • PB • Coping with illness & specific conditions



9781847093097 \$22.99

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9781922175823

\$24.99



#### Singapore Mutiny

Edwin A. Brown and Mary Brown

'Chinese New Year 1915 will long be remembered in the Straits Settlements,' write Edwin and Mary Brown in their extraordinary account of the 1915 Singapore Mutiny. So begins this enthralling husband-and-wife account of an unexpected and terrifying episode in Singapore's history that saw 850 Indian soldiers revolt and slaughter 47 British and local soldiers and civilians. Never before transcribed, this memoir is published for the first time 100 years after the events took place



#### **No-Churn Ice Cream**

Leslie Bilderback

Discover how to make homemade ice cream and other desserts! In every country you'll find people eating ice cream on street corners, in markets, and in fancy restaurants. Be the number of people who make it at home is much smaller. The reason? Making this sweet treat yourself is kind of a pain. Ice cream machines can be expensive, bulky and hard to store, or cheap and inefficient. But what if you could make your own ice cream at home without all of the fuss, for a fraction of the cost of buying it, and without any special equipment? **No-Chum lce Cream** is a mouthwatering collection of shortcuts and classic culinary techniques that help you achieve delicious, artisanal results.

Monsoon • PB • Memoirs



9789814625050 \$19.99 701250 054200

9781250054388 \$34.99

Griffin • PB • Cookery / Food & Drink Etc

# Writing Well Business



# **Writing Well for Business Success**

Sandra Lamb

A lighthearted but very useful guide to the ins and outs of business writing. So much of success in business depends on writing well. From résumés to reports, proposals to presentations, *Writing Well for Business Success* will help you communicate your ideas clearly, quickly and effectively. It will help you: Distill your message into a well-targeted statement and ace the elements of style. Write what you want to say in emails, business plans and more. Master the tricks of editing yourself. Presented in author Sandra Lambs lighthearted and easily accessible style, this little book is an essential desk reference guide the modern working world.



### **Drawn & Quarterly**

Tom Devlin

Drawn & Quarterly: Twenty-Five Years of Contemporary Cartooning, Comics, and Graphic Novels is an eight hundred-page thank-you letter to the cartoonists whose steadfast belief in a Canadian micro-publisher never wavered. In 1989, a prescient Chris Oliveros created D+Q with a simple mandate to publish the worlds best cartoonists. Thanks to his taste-making visual acumen and the support of over fifty cartoonists from the past two decades, D+Q has grown from an annual stapled anthology into one of the world's leading graphic novel publishers.

Griffin • PB • Reference Works



9781250064516

\$24.99

781770 461994

9781770461994 \$64.99

St Martin's Press • HB • Comic Book & Cartoon Art



# No One Knows: Queens of the Stone Age

Joel McIver

This updated edition of the first ever book about Queens Of The Stone Age takes in nine vears of chaos. Since the first edition appeared in 2005, Josh Homme's band has undergone multiple line-up changes, toured the world and released two acclaimed albums. They have taken on a new version of Homme's old band Kyuss in court and helped to spawn multiple projects such as Them Crooked Vultures and a supergroup featuring Homme, Foo Fighters singer Dave Grohl and Led Zeppelin bassist John Paul Jones. Along the way there have been death, near-death and physical confrontations of all kinds, with Homme's near-fatal asphyxiation during a knee operation in 2010 almost ending the band. Want to know about the pitfalls of being in a rock band? Read it all here ...



#### Playbook 32 Copy Counterpack

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Playbooks are here! These miniature spiral-bound tutors will make an immediate customer impact in their custom-designed counter-top display unit. Following on from Music Sales' bestselling **NoteCrackers** (100,000 units sold!) these little volumes combine many of the benefits full-size tutors with the colourful appeal of attractive gifts, all at a very affordable retail price - \$7.99 each. 32 copy full counterpack. Contains 4 copies of each of the following: Learn to Play Guitar, Learn to Play Harmonica, Guitar Chords, Learn to Play Ukulele, Ukulele Chords, Learn to Play Keyboard, Music Theory and Keyboard

Omnibus Press • PB • Music



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Music Sales • Music

Omnibus Press • PB • Biography: Arts & Entertainment

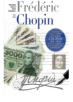
9781780384443



# Bake in Black

Eve O' Sullivan

**Bake in Black** started life as a blog from a kitchen in East London and was written by a musician and food journalist. They took a song or an album title which then inspired them to create a recipe ... Draws influence from the world of rock and heavy metal to create awe-inspiring edible tributes in the kitchen. This lovingly created cook book is a music-themed collection of more than 60 sweet indulgences. All are as unique in presentation as they are in flavour. From cakes and brownies, biscuits and cookies, through to doughnuts, pies, tarts and desserts, **Bake in Black** features contemporary recipes alongside timehonoured classics. Written with a twist of humour and a generous pinch of musical reference, **Bake in Black** will take you on a journey through baking and music as never experienced before, inspiring fans of bands and bakers alike.



# New Illustrated Lives of Great Composers: Frédéric Chopin

Ates Orga

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

Omnibus Press • HB • Cookery / Food & Drink Etc



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## The Little Black Book of 5 Chord Songs

Music Sales

Complete lyrics and chords to over 70 classics! Arranged for guitar in the same key as the original recordings, with complete lyrics, chord names and handy chord box reference sheets. Songs include: A Good Heart / Feargal Sharkey, All Or Nothing / Small Faces, Are You Gonna Be My Girl / Jet; Brown Eyed Girl / Van Morrison; Boulder To Birmingham / Emmylou Harris; California / Phantom Planet; Danger! High Voltage / Electric 6; Cast No Shadow / Oasis; Girls and Boys / Blur; Hallelujah / Leonard Cohen; Hard To Handle / The Black Crowes



## The Little Black Book of 6-Chord Songs

Music Sales

A pocket-sized collection of over 70 songs, all of which use no more than 6 chords. Presented in chord songbook format, arranged in the same keys as the original recordings with chord symbols, guitar chord boxes and complete lyrics. Songs include: The A Team / Ed Sheeran; All I Want Is You / UZ; Blaze Of Glory / Bon Jovi; Bird On A Wire / Leonard Cohen; The Boxer / Simon & Garfunkel; Centerfold / J. Geils Band; Boys Don't Cry / The

Music Sales • PB • Music



9781783052660 \$19.99 701702

9781783052677

allipoli

# The Gallipoli Songbook

Music Sales

This collection commemorates The Gallipoli Campaign (1914-1915), consisting of 21 iconic This collection commemorates The Gallipoli Campaign (1914-1915), consisting of 21 iconic songs arranged for piano, voice, and guitar. The songs of optimism, sorrow, consolation, and humour collected here were the people's songs, most of them contemporary with the war, a few predating it. A handful of songs in the collection were written post-war, and offer reflections on the human cost of the conflict that was supposed to end all wars. By and large these songs are down to earth, sometimes satirical, and always entertaining. Many played an important role in brightening, however fleetingly, the darkest hours of this extraordinary conflict. \*Available now

Music Sales • PB • Music



9781785580079

\$39.99

Music Sales • PB • Music