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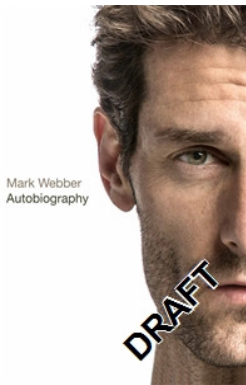
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Autobiography*
Mark Webber



In the exhilarating, high-stakes world of Formula One, only the fastest and bravest make it the top. And no one knows this better than Australian racing legend Mark Webber. The Queenbeyan boy's career in F1 stretched for eleven years, saw him garner 23 pole positions, earn 42 podium finishes and win nine titles, including dual triumphs in the crown jewel of F1, the Monaco Grand Prix. In this candid autobiography, Webber divulges the personal struggles that formed his 'Aussie grit' character, the fear and exhilaration of driving with the devil at his heels and, for the first time, the stunning truth behind *that* rivalry with Red Bull teammate Sebastian Vettel. From a near career-ending injury in 2008, his breakthrough victories in 2009, the still-hotly-debated 'Multi 21' controversy of 2011 and his new beginnings with Porsche and the challenge of Le Mans, Mark Webber pulls no punches in this captivating, intimate, and high-octane story.

Macmillan Australia • HB • Autobiography: Sport



9 781743 517710 **9781743517710 \$39.99**

Cancer Recovery*
Dr Kerryn Phelps



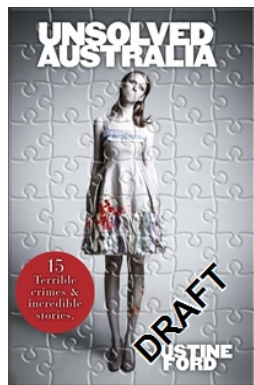
A cancer diagnosis is the beginning of what can be a difficult journey but with Australia's most trusted GP Kerryn Phelps' new book, it's a journey you need not take alone. From diagnosis to treatment to remission, **The Cancer Recovery Plan** is Prof Kerryn Phelps' guide making your cancer journey informed and supported, featuring: Sound advice on what to do when you are diagnosed / Clear information on cancer-specific treatments / Medically proven adjunctive therapies to manage pain, nausea and other side effects / Compassionate strategies for coping with the emotional toll of cancer on patients and families / Tips for how to maximise your health and get your life back after cancer. Clear, compassionate and informative, **The Cancer Recovery Plan** is the ultimate guide to the cancer journey.

Macmillan Australia • TPB • Popular Medicine & Health



9 781743 535677 **9781743535677 \$34.99**

Unsolved Australia*
Justine Ford



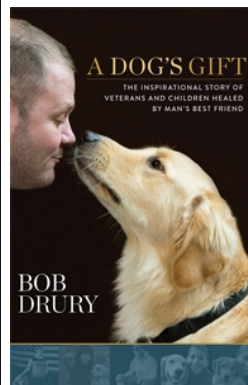
Australia's most baffling homicides and mysterious missing persons' cases are uniquely explored in this stunning true-crime book in which you, the reader, are invited to play armchair detective. Featuring 18 infamous cases, **Unsolved Australia** unearths a host of jaw-dropping new evidence via in-depth interviews with police, families and criminals. Along the way you'll meet the 'Unsolved Squad' - the humble heroes and dedicated experts involved in collecting and connecting clues. **Unsolved Australia** is a chilling, thrilling and inspiring book full of drama, emotion... and hope.

Macmillan Australia • TPB • True Crime



9 781743 534366 **9781743534366 \$32.99**

A Dog's Gift
Bob Drury



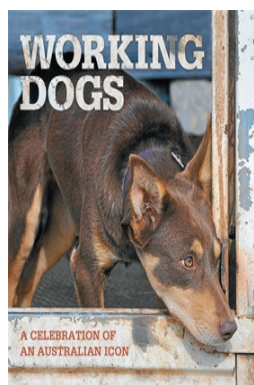
A decade ago, former military counterintelligence officer Terry Henry joined his precocious young daughter, Kyria, on a trip to a nursing home in order to allow its residents to play with their family dog, a golden retriever named Riley. Terry was astounded by the transformations that unfolded before his eyes. Soon after, Terry and Kyria started their service dog organization, paws4people, with the goal of pairing dogs with human beings in need of healing, including traumatized and wounded war veterans and children living with physical, emotional, and intellectual disabilities. In **A Dog's Gift**, award-winning journalist and author Bob Drury movingly captures the story of a year in the life of paws4people and the broken bodies and souls the organization mends.

Rodale • HB • Dogs As Pets



9 781623 361013 **9781623361013 \$34.99**

Working Dogs*
Rural Press



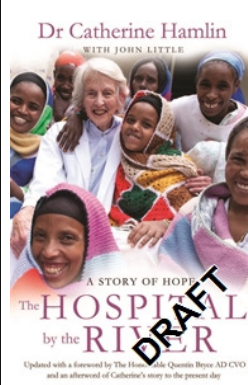
Working Dogs celebrates the contribution of these remarkable animals in our communities and on our farms. It features over 300 photographs of the dogs that are a familiar and enduring symbol of Australian rural and outback life - kelpies, collies, heeler, and every crossbreed in between. We see the dogs at play, with their owners, riding tractors and utes, with their farmyard friends, and doing what they love to do best - rounding up the livestock. The work of the rural press photographers and proud working dog owners from right around the nation, this collection reminds us why Australian working dogs are so valued and loved by country and city folk alike.

Macmillan Australia • HB • Farm & Working Animals



9 781742 613338 **9781742613338 \$29.99**

The Hospital by the River*
Catherine Hamlin with John Little



Gynaecologists Catherine and Reg Hamlin left Australia in 1959 on a short contract to establish a midwifery school in Ethiopia. Almost 50 years later, Catherine is still there, running one of the most outstanding medical programs in the world. Through this work, thousands of women have been able to resume a normal existence after living as outcasts. The Hamlins dedicated their lives to women suffering the catastrophic effects of obstructed labour - a problem easily dealt with in the developed world by assisted delivery or caesarean section, but disastrous without medical intervention. **The Hospital by the River** is Catherine's story. Set against the vivid backdrop of Ethiopia, it is a moving and utterly compelling account of an extraordinary life.

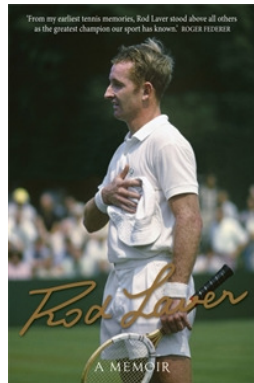
Macmillan Australia • TPB • Biography: General



9 781743 537817 **9781743537817 \$29.99**

Rod Laver: A Memoir*

Rod Laver



Rod Laver's memoir is the inspiring story of how a diminutive, left-handed, red-headed country boy from Rockhampton became one of Australia's greatest ever sporting champions. Rod was a dominant force in world tennis for almost two decades, playing and defeating some of the greatest players of the twentieth century. In 1962, Rod became the second man to win the Grand Slam. In 1969 he won it again, becoming the only player ever to win the Grand Slam twice. His book is a wonderfully nostalgic journey into Australia's sporting past, from the early days of growing up in a Queensland country town in the 1950s, to breaking into the amateur circuit, to the extraordinary highs of Grand Slam victories. Away from on-court triumphs, Rod also movingly writes about the life-changing stroke he suffered in 1998, and of his beloved wife of more than 40 years, Mary, who died in 2012 after a long illness.

Macmillan Australia • TPB • Autobiography: General

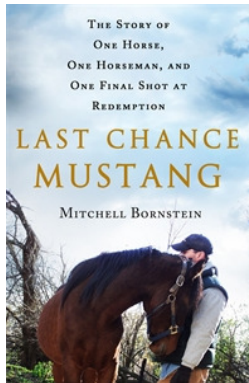


9781743537534 \$29.99



Last Chance Mustang

Mitchell Bornstein



Last Chance Mustang is the story of Samson, a formerly free-roaming, still wild-at-heart American mustang that was plucked from his mountainous Nevada home and thrown into the domestic horse world where he was brutalized and victimized. After years of abuse, Samson had evolved into a hateful and hated, maladjusted beast until the day he found his way to a rural Illinois farm, an ill-equipped owner, and one last chance. Mitch Bornstein's task was to tame the violent beast whose best defense had become offense. He had 20 years of experience fixing unfixable horses, but Samson would be his greatest challenge. Through the pair's many struggles and countless battles, Samson would teach Mitch about the true power of hope, friendship, redemption and the inspiring mettle of the forever wild and free American mustang.

St Martin's Press • HB • Horses & Ponies

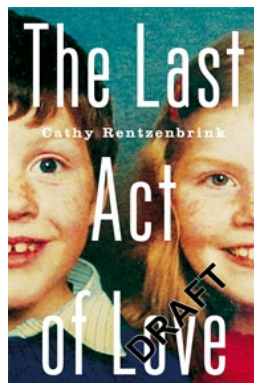


9781250059413 \$34.99



The Last Act of Love

Cathy Rentzenbrink



In the summer of 1990 - two weeks before his GCSE results, which turned out to be the best in his school - Cathy Rentzenbrink's brother Matty was knocked down by a car on the way home from a night out, suffering serious head injuries. He was left in a permanent vegetative state. For the next eight years, Cathy and her parents took care of Matty - they built an extension onto the village pub where they lived and worked; they talked to him, fed him, bathed him, held him. Most of all, they loved him. But there came a point at which it seemed the best thing they could do for Matty - and for themselves - was let him go. With unflinching honesty and raw emotional power, Cathy describes the unimaginable pain of losing her brother and the decision that changed her family's lives forever.

Picador • TPB • Memoirs

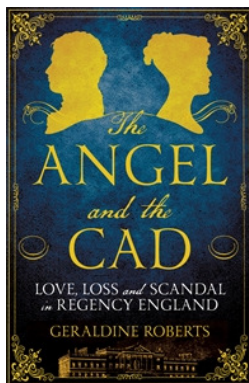


9781447286387 \$29.99



The Angel and the Cad

Geraldine Roberts



The day she turned 16, Catherine Tynley Long became the wealthiest heiress in England and the public found their 'angel'. Witty, wealthy and beautiful, Catherine was the most eligible of young ladies and was courted by royalty but, ignoring the warnings of her closest confidantes, she married for love. Her choice of husband was the charming but feckless dandy William Wellesley Pole, nephew of the Duke of Wellington. The pair excited the public's interest on an unprecedented scale with gossip columns reporting every detail of their magnificent home in Wanstead, along with their honeymoon of royal fetes, dinners and parties. But their happiness was short-lived and just a decade later William had frittered away Catherine's inheritance, even selling off her beloved Wanstead House brick by brick, and their marriage ended in a cruel and dramatic divorce with a landmark custody battle.

Macmillan • TPB • History

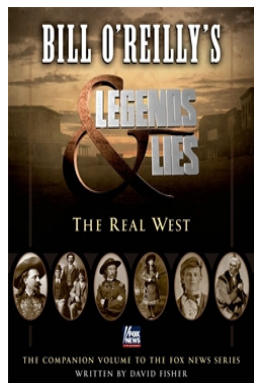


9781447283515 \$32.99



Legends and Lies

Bill O'Reilly



How did Davy Crockett save President Jackson's life only to end up dying at the Alamo? Was the Lone Ranger based on a real lawman - and was he an African American? What amazing detective work led to the capture of Black Bart, the "gentleman bandit" and one of the west's most famous stagecoach robbers? Did Butch Cassidy and the Sundance Kid really die in a hail of bullets in South America? Generations of Americans have grown up on TV shows, movies and books about these western icons. But what really happened in the Wild West? All the stories you think you know, and others that will astonish you, are here - some heroic, some brutal and bloody, all riveting. Included are the ten legends featured in Bill O'Reilly's *Legends and Lies* docuseries - from Kit Carson to Jesse James, Wild Bill Hickok to Doc Holliday - accompanied by two bonus chapters on Daniel Boone and Buffalo Bill and Annie Oakley.

Henry Holt • HB • History



9781627795074 \$39.99



Hitler's Last Days

Bill O'Reilly



By early 1945, the destruction of the German Nazi State seems certain. The Allied forces, led by American generals George S. Patton and Dwight D. Eisenhower, are gaining control of Europe, leaving German leaders scrambling. Facing defeat, Adolf Hitler flees to a secret bunker with his new wife, Eva Braun, and his beloved dog, Blondi. It is there that all three would meet their end, thus ending the Third Reich and one of the darkest chapters of history. *Hitler's Last Days* is a gripping account of the death of one of the most reviled villains of the 20th century - a man whose regime of murder and terror haunts the world even today.

Henry Holt • PB • History

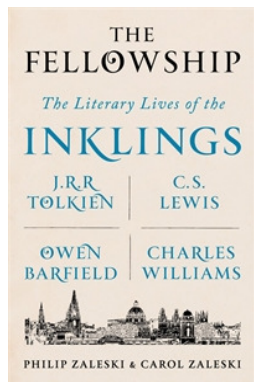


9781627794558 \$19.99



The Fellowship

Philip Zaleski and Carol Zaleski



C.S. Lewis is the twentieth century's most widely read Christian writer and J.R.R. Tolkien its most beloved mythmaker. For three decades, they and their closest associates formed a literary club known as the Inklings, which met weekly in Lewis's Oxford rooms and a nearby pub. They read aloud from works in progress, argued about anything that caught their fancy, and gave one another invaluable companionship, inspiration, and criticism. In *The Fellowship*, Philip and Carol Zaleski offer the first complete rendering of the Inklings' lives and works. Lewis maps the medieval mind, accepts Christ while riding in the sidecar of his brother's motorcycle, becomes a world-famous evangelist and moral satirist, and creates new forms of religiously attuned fiction while wrestling with personal crises.

Farrar Straus Giroux • HB • Biography: Literary

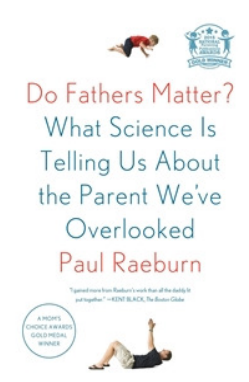


9780374154097 \$39.99



Do Fathers Matter?

Paul Raeburn



Whether they are portrayed as incompetent or simply inconsequential, fathers have long been overlooked. In *Do Fathers Matter?* the award-winning journalist Paul Raeburn collects the latest research to show that fathers have a profound impact on their children's lives - from conception to adulthood. He explains how fathers' roles are distinctly different from those of mothers, as well as how fathers' play helps to prepare children for the outside world. And he reveals how the connection between children and fathers goes both ways: children influence fathers' stress, hormones, and relationships with their partners. Raeburn discards the myths of fatherhood as he searches for what we really know about nontraditional families, new fathers, and fathers of adult children, and introduces us to groundbreaking research that will change the way we think about parenting.

Farrar Straus Giroux • PB • Advice On Parenting

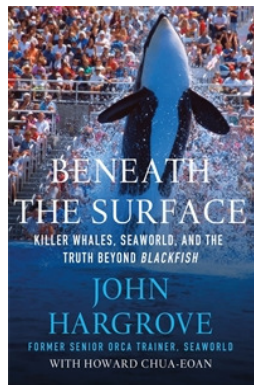


9780374535353 \$24.99



Beneath the Surface

John Hargrove with Howard Chua-Eoan



Over the course of two decades, John Hargrove worked with 20 different whales on two continents and at two of SeaWorld's U.S. facilities. For Hargrove, becoming an orca trainer fulfilled a childhood dream. However, as his experience with the whales deepened, Hargrove came to doubt that their needs could ever be met in captivity. When two fellow trainers were killed by orcas in marine parks, Hargrove decided that SeaWorld's wildly popular programs were both detrimental to the whales and ultimately unsafe for trainers. After leaving SeaWorld, Hargrove became one of the stars of the controversial documentary *Blackfish*. The outcry over the treatment of SeaWorld's orca has now expanded beyond the outlines sketched by the award-winning documentary, with Hargrove contributing his expertise to an advocacy movement that is convincing both federal and state governments to act.

St Martin's Press • HB • Animals & Society

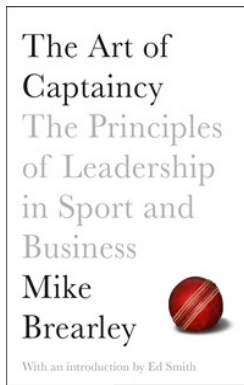


9781137280107 \$34.99



The Art of Captaincy

Mike Brearley



Mike Brearley is one of the most successful cricket captains of all time and, in 1981, he captained the England team to the momentous Ashes series victory against Australia. In *The Art of Captaincy*, his treatise on leadership and motivation, he draws directly on his experience of man-managing a team, which included a pugnacious Ian Botham and Geoffrey Boycott, to explain what it takes to be a leader on and off the field. Giving an insight into both his tactical understanding of the game, as well as how to get a group of individuals playing as a team in order to get the best out of them, *The Art of Captaincy* is a classic handbook on how to generate, nurture and inspire success. With a new introduction by former England player and BBC commentator Ed Smith, to celebrate the thirtieth anniversary of its first publication, *The Art of Captaincy* remains urgently relevant for cricket fans and business leaders alike.

Pan • PB • Cricket

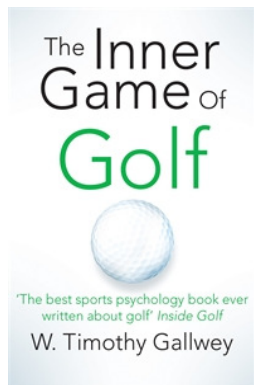


9781447294351 \$22.99



The Inner Game of Golf

W Timothy Gallwey

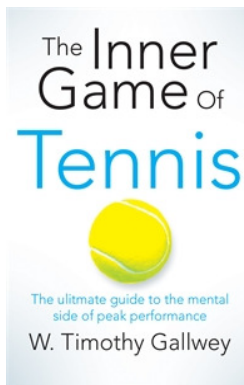


Every golfer, whether amateur or pro, who has ever picked up a club knows what it's like to get the yips - that feeling when you inexplicably lose control of your shot, and become overwhelmed by self-doubt, tension, fear of failure and anxiety. With a new introduction from golf performance pro Peter Hudson, the multi-million bestselling *The Inner Game of Golf* resolves this mental interference. It is not a book about how to play golf; it is a book about how to learn golf, and its lessons can be applied to any sport. Putting aside the mechanics of golfing technique and laborious debates about strategy, this classic handbook for golfers of all levels tackles the psychological aspects of the game and reveals how you can perform to your true potential for more than brief moments at a time.

Pan • PB • Golf



9781447288480 \$19.99



The Inner Game of Tennis

W Timothy Gallwey

Described by Billie Jean King as her 'tennis bible', Timothy Gallwey's multi-million bestseller, including a new introduction from acclaimed sports psychologist Geoff Beattie, has been a phenomenon for players of all abilities since it was first published in 1972. Instead of concentrating on how to improve your technique, it starts from the understanding that 'every game is composed of two parts, an outer game and an inner game'. The former is played against opponents on the court, but the latter is a battle within ourselves as we try and overcome self-doubt and anxiety. It is often won or lost before a ball has been hit. Gallwey's revolutionary approach, built on a foundation of Zen thinking and humanistic psychology, will teach you how to develop your concentration, work on your gamesmanship and help you break bad habits.

Pan • PB • Lifestyle, Sport & Leisure

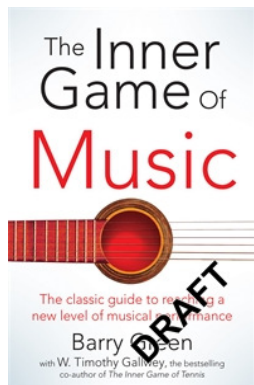


9781447288503 \$19.99



The Inner Game of Music

W Timothy Gallwey, Barry Green

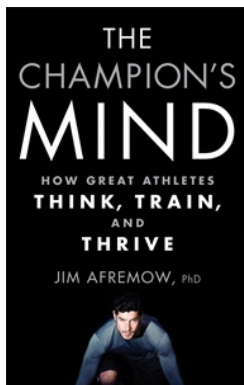


The Inner Game of Music is the battle that all musicians have to fight against elusive opponents such as nervousness, self-doubt and fear of failure. Using the world-famous Inner Game principles, developed by bestselling author Timothy Gallwey, acclaimed musician Barry Green explains the basic principles of 'natural learning' and shows how you can apply them to reach a new level of musical application and performance. In precise, easy to understand language, Green and Gallwey explain how natural skills - such as awareness, trust and willpower - can be nurtured and enhanced. Through a series of tailored exercises *The Inner Game of Music* demonstrates the ways in which musicians can achieve exact intonations, artistic phrasing and improved technique. There are also chapters on ensemble playing, improvisation, composition and creativity, as well as listening skills - an essential part of the Inner Game.

Pan • PB • Techniques Of Music / Music Tutorials



9781447291725 \$19.99



The Champion's Mind

Jim Afremow

Even among the most elite performers, certain athletes stand out as a cut above the rest, able to outperform in clutch, game-deciding moments. These athletes prove that raw athletic ability doesn't necessarily translate to a superior on-field experience; the mental game that matters most. Sports participation-from the recreational to the collegiate Division I level-is at an all-time high. While the caliber of their games may differ, athletes at every level have one thing in common: the desire to excel. In *The Champion's Mind*, sports psychologist Jim Afremow, PhD, offers the same advice he uses with Olympians, Heisman Trophy winners, and professional athletes, including: how to get in a "zone," thrive on a team, and stay humble, how to progress within a sport and sustain long-term excellence, and customizable pre-performance routines to hit full power when the gun goes off or the puck is dropped.

Rodale • PB • Sports Psychology

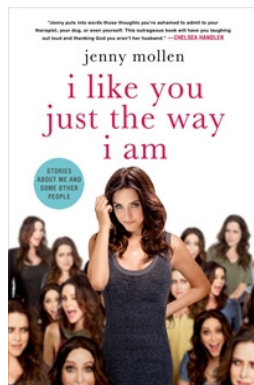


9781623365622 \$22.99



I Like You Just the Way I Am

Jenny Mollen



Hi, I'm Jenny Mollen, an actress and writer living in Los Angeles. I'm also a wife, married to someone more famous than me, which is especially annoying because all the free clothing he gets never come in a size small. This is my book, an assortment of stories about not doing the right thing. Yes, it's about me. But it's also about women, who all come in two types: those that are totally batshit crazy, and those that are liars. It's a book about acting on impulses, plotting elaborate hoaxes, and refusing to acknowledge boundaries in any form. Like hiding in the trunk of a car to get a look at the girl who used to fuck my husband. Or pretending to have a seizure on a red-eye to New York in order to explain why my dog is balls-deep in a bag of Pirates' Booty burrowed in the lap of a sleeping child.

Griffin • PB • Autobiography: Arts & Entertainment

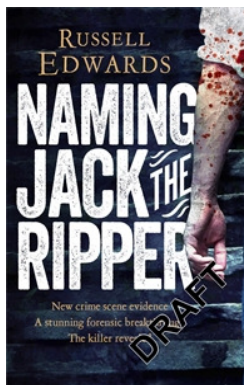


9781250055835 \$22.99



Naming Jack the Ripper

Russell Edwards



In 2007, businessman Russell Edwards bought a shawl believed to have been left beside the body of the fourth victim, Catherine Eddowes. He knew that, if genuine, the shawl would be the only piece of crime scene evidence still in existence. It was the start of an extraordinary seven-year quest for Russell as he sought to authenticate the shawl and learn its secrets. He had no idea that this journey would take him so far. After undergoing extensive forensic testing by one of the country's top scientists, the shawl was not only shown to be genuine, and stained with Catherine Eddowes' blood, but in a massive breakthrough the killer's DNA was also discovered - DNA that would allow Russell to finally put a name to Jack the Ripper . . .

Pan • PB • True Crime



9781447264224 \$19.99



My Year Off

Robert McCrum

Robert McCrum was 42 when he suffered a massive stroke which left one side of his body totally paralysed, his speech drastically impaired, and his sense of himself radically altered. What followed was a prolonged period of recovery, full of heart ache and frustration, as he gradually regained sensation, movement and self-esteem and as his family pulled together in the extraordinary effort necessary to make him well again. *My Year Off* is a moving story of determination, courage and love that sings with wit and honesty. An invaluable insight into the reality of life after stroke, the moments of hope, the anger and despair, this is a book that gives voice to millions.

Picador • PB • Biography: General

9 781447 289265 | **9781447289265** **\$22.99**

If The Spirit Moves You

Justine Picardie



After her sister Ruth's death from breast cancer in September 1997, Justine Picardie was desperate to speak to her again, to hear her voice, to find something - anything - that might fill the space she had left behind. Over the course of the next year, Justine's search for Ruth lead her into the underworld of spiritualism, through a series of encounters with mediums and psychics who believe that we can communicate with those we have lost. *If the Spirit Moves You* is Justine's remarkable story about her search for the afterlife in an age of reason, scepticism and science. Powerfully moving, both heart-breaking and funny, it is an extraordinary book about the exhausting journey of grief and the enduring power of love.

Picador • PB • Biography: General

9 781447 289289 | **9781447289289** **\$22.99**

Irrepressible

Emily Bingham

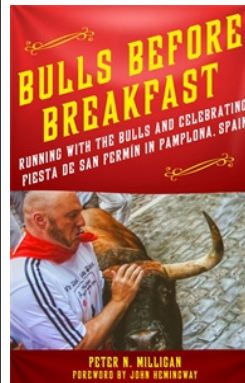
Forbearers can become fairytale figures, especially when they defy tradition and are spoken of only in whispers. For the biographer and historian Emily Bingham, the secret of who her great-aunt was, and just why her story was buried for so long, led to *Irrepressible: The Jazz Age Life of Henrietta Bingham*. Raised like a princess in one of the most powerful families in the American South, Henrietta was offered the helm of a publishing empire. Instead, she ripped through the Jazz Age like an F. Scott Fitzgerald character: intoxicating and intoxicated, selfish and shameful, seductive and brilliant, and often terribly troubled. In New York, Louisville, and London she drove men and women wild with desire, and her youth blazed with sex. But her lesbian love affairs made her the subject of derision and drove a doctor to try to cure her.

Farrar Straus Giroux • HB • History

9 780809 094646 | **9780809094646** **\$36.99**

Bulls Before Breakfast

Peter N Milligan



A wild and insightful guide to the annual running of the bulls in Pamplona, Spain, by a man who has done it more than 70 times. Ever since Ernest Hemingway popularized the fiesta de San Fermin with the publication of *The Sun Also Rises* in 1926, the world has been enthralled with the concept of running with the bulls. For millions, running with the bulls remains on their bucket list, and for Hemingway fans it is a lifelong dream. For Peter N. Milligan, it is a way of life. Part memoir and part travel guide, *Bulls Before Breakfast* recounts Milligan's many adventures in Pamplona, Spain. In his dozen years of visiting the fiesta de San Fermin, Milligan has run with the bulls over 70 times and accumulated stories both thrilling and terrifying.

St Martin's Press • HB • Memoirs

9 781250 065735 | **9781250065735** **\$36.99**

A Life of Lies and Spies

Alan B Trabue

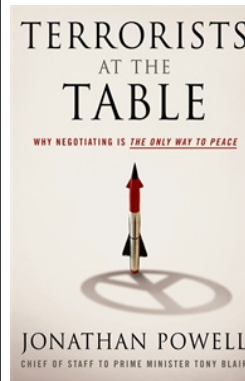
Alan Trabue chose a bizarre, dangerous way to make a living. In *A Life of Lies and Spies*, Trabue exposes the often perilous world of polygraphing foreign spies in support of CIA espionage programs. He recounts his incredible, true-life globe-trotting adventures, from his induction in the CIA in 1971 to directing the CIA's world-wide covert ops polygraph program. *A Life of Lies and Spies* brings readers into the high-stakes world of covert operations and the quest to uncover deceit, featuring a high-speed car chase, blown clandestine meetings, surreptitious room searches, tear-gassing by riot police, and confrontations with machine gun-armed soldiers. Liberally sprinkled with side anecdotes-such as debriefing an agent through a torturous swarm of mosquitoes in a jungle shack-Trabue's story highlights both the humor and the intrinsic danger of conducting CIA covert activities.

St Martin's Press • HB • Biography: General

9 781250 065049 | **9781250065049** **\$34.99**

Terrorists at the Table

Jonathan Powell



Should governments talk to terrorists? Do they have any choice? Without doing so, argues author Jonathan Powell, we will never end armed conflict. As violent insurgencies continue to erupt across the globe, we need people who will brave the depths of the Sri Lankan jungle and scale the heights of the Colombian mountains, painstakingly tracking down the heavily armed and dangerous leaders of these terrorist groups in order to open negotiations with them. Powell draws on his own experiences negotiating peace in Northern Ireland and talks to all the major players from the last 30 years - terrorists, Presidents, secret agents and intermediaries - exposing the subterranean world of secret exchanges between governments and armed groups to give us the inside account of negotiations on the front line. These past negotiations shed light on how today's negotiators can tackle the Taliban, Hamas and al-Qaeda.

St Martin's Press • HB • Terrorism, Armed Struggle

9 781250 069887 | **9781250069887** **\$39.99**

The Confidence Coach

Lisa Phillips

Confidence - a crucial ingredient for success in so many areas of life, whether at work, in relationships or simply getting out there and enjoying yourself. Confidence coach Lisa Phillips knows that confidence is really 'an inside job', and that by adopting the right mindset and learning a few tricks, people can release the fears and blockages that may have previously held them back. Case studies are included throughout as well as practical exercises and Top Tips for achieving the life you want.

Exisle • PB • Self-Help & Personal Development

9 781921 966743 | **9781921966743** **\$24.99**

The Two Minute Marriage Project

Heidi Poelman



Marry the one you love and love the one you marry. It sounds simple enough, but in a world of constant distraction, marriage experts agree that the little things matter - a lot. *The Two Minute Marriage Project* explores the little things couples think, say, and do to stay in love for the long haul. Supported by expert studies, interviews with happily married couples, and years of personal experience, author Heidi Poelman shares the simple secrets that keep love alive two minutes at a time.

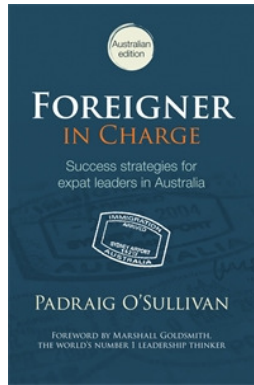
Exisle • PB • Family & Relationships

9 781939 629227 | **9781939629227** **\$24.99**

Foreigner in Charge

Padraig Sullivan

The definitive book for the thousands of expat executives and their spouses who arrive in Australia every year to take up positions in Australian companies. Leading international business coach Padraig O'Sullivan takes a comprehensive and insightful look at what it takes to succeed in your new assignment. Using the proven, integrated PALDER framework approach, this book delivers everything you need to transition successfully and get the most out of an Australian leadership experience.



Exisle • PB • Living & Working Abroad



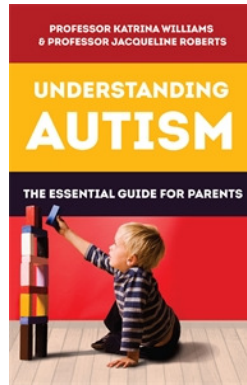
9780994158505 \$32.95



Understanding Autism

Professor Katrina Williams & Professor Jacqueline Roberts

The essential reference for parents and carers of children with autism. Written by two leading experts in the field, it covers everything from the causes of autism to how it manifests at the various stages of a child's life, as well as diet and nutrition, the importance of self-care for parents, how to cope with common problematic behaviours, conditions that can often appear in conjunction with autism (such as anxiety and depression), and how best to manage the child's transition to adulthood.



Exisle • PB • Coping with illness & specific conditions



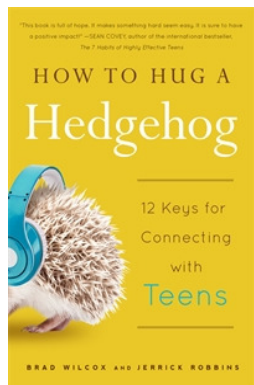
9781921966729 \$34.99



How to Hug a Hedgehog

Brad Wilcox and Jerrick Robbins

A teen's job is to be difficult and most do it really, really well. With entertaining stories and 12 principles that open the cages, unlock the doors, gently tear down those walls and get you talking, *How to Hug a Hedgehog* explores everything from communication to what you might have missed on the teen "warning label." Wilcox and Robbins help you face your worst fears, effectively handle pressure and stress, and answer the hardest question of all: "What happens if I fail?"



Exisle • PB • Advice On Parenting



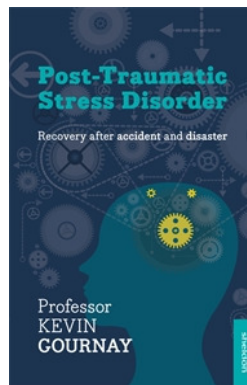
9781939629197 \$24.99



Post-Traumatic Stress Disorder

Professor Kevin Gournay

PTSD is a natural reaction to disaster and trauma in our lives. In addition, up to 25% of people have significant related problems such as anxiety, depression, or substance abuse. Symptoms include flashbacks, emotional numbness, acute anxiety, and physical reactions such as increased heart rate and nausea. This book takes a wide-ranging look at the nature of PTSD after experiences such as war, sexual abuse or rape, natural and manmade disasters, car accidents, or the death of a loved one.



Sheldon Press • PB • Coping With Personal Problems



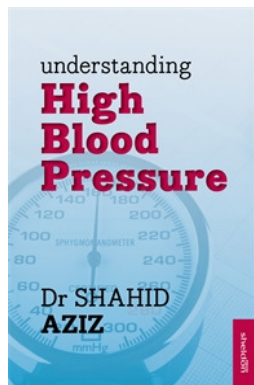
9781847093202 \$19.99



Understanding High Blood Pressure

Dr Sjadid Aziz

High blood pressure is on the increase and is expected to rise by 24% in developed countries, affecting one in three of the world's adult population by 2025. It has a strong correlation with obesity and diabetes and is strongly linked to lifestyle factors such as lack of exercise, fatty diets and high salt consumption. On the positive side, lifestyle modifications can be very effective, and even small changes can be beneficial. This book looks at how blood pressure is diagnosed and treated.



Sheldon Press • PB • Coping with illness & specific conditions



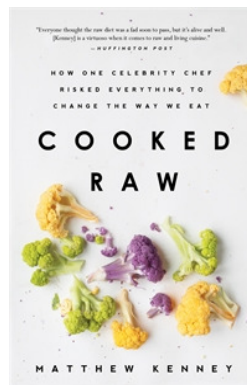
9781847093264 \$19.99



Cooked Raw

Matthew Kenney

An expansive, entertaining memoir that tells the story of how Matthew Kenney transitioned from a mainstream celebrity chef in New York, to a pioneer of plant-based cuisine, and his mission to change the way the world eats and thinks about food. *Cooked Raw* highlights a journey of courage, persistence, risk, the reward of following one's passion, and the future of food for the 21st century.



Exisle • PB • Autobiography: General



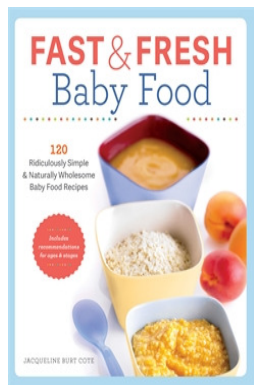
9781939629364 \$29.99



Fast & Fresh Baby Food

Jacqueline Burt Cote

With *Fast and Fresh Baby Food* you can take comfort in knowing that when everything else is out of your control, you can still make the best food for your baby in 30 minutes or less. This accessible yet comprehensive book covers: nutritional and development advice for ages 4 to 18 months; the latest information on which foods to introduce when; and 120 easy-to-follow naturally wholesome and flavourful meals.



Exisle • PB • Cooking For/With Children



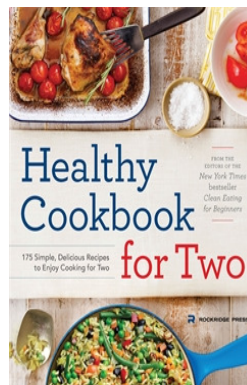
9781623154714 \$24.99



Healthy Cookbook for Two

Rockridge Press

Healthy Cookbook for Two offers more than 175 fast and delicious recipes utilizing fresh, affordable ingredients that are tailored specifically for your two-person household. Covering everything from quick yet satisfying weeknight dinners to hearty Sunday brunches to guilt-free desserts, *Healthy Cookbook for Two* is the go-to cookbook for duos looking to prepare nourishing meals any day of the week. The book also provides a comprehensive shopping list with sample weekly meal plans. Healthy, home-cooked meals have never been easier to plan, create and enjoy with your partner.



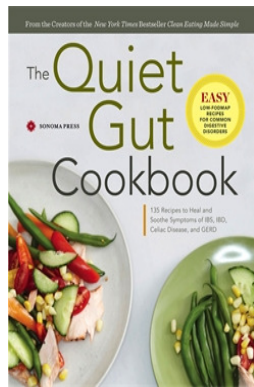
Exisle • PB • Quick & Easy Cooking



9781623154165 \$24.99



The Quiet Gut Cookbook
Sonoma Press



Gut-related ailments make eating both difficult and uncomfortable. **The Quiet Gut Cookbook** puts the pleasure back into eating and offers a solution for those who think they are sentenced to a life of bland meals. With a user-friendly approach, our book offers everything an IBS sufferer needs to prepare delicious, healthy meals without spending a lot of time or money. The low-FODMAP diet can be restrictive and challenging, but **The Quiet Gut Cookbook** eases the struggle.

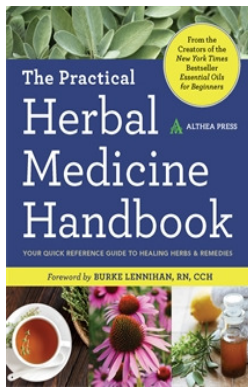
Exisle • PB • Health & Wholefood Cookery



9 781942 411017 **9781942411017 \$24.99**



The Practical Herbal Medicine Handbook
Althea Press



The Practical Herbal Medicine Handbook provides more than 100 everyday herbal remedies to treat common ailments such as headaches, bruises and leg cramps. It also includes a beginner's guide to buying, growing and preparing herbal medicines. With the A-Z apothecary, you will discover the 44 most common and effective healing herbs. **The Practical Herbal Medicine Handbook** helps you take your health into your own hands with time-tested treatments.

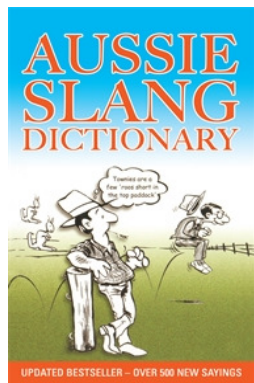
Exisle • PB • Health & Personal Development



9 781623 153717 **9781623153717 \$24.99**



Aussie Slang Dictionary
Lolla Stewart



Bursting with even more definitions of Australia's varied language, the bestselling **Aussie Slang Dictionary** has been updated with over 50 more entries adding to the existing 1200! You'll never be lost for words with this collection of colourful sayings. From 'aerial ping-pong' (AFL) to 'on the wrong tram' (to be following the wrong train of thought) and finishing up with some verbal diarrhoea (never-ending blather), your mind will be brimming with useful (and not so useful!) sayings for your next run-in with a true aussie character. Learn to decipher, speak and enjoy the every-changing and continually expanding Australian language with this great dictionary compiled by Lolla Stewart.

Brolga • PB • Language: Reference & General



9 781922 175878 **9781922175878 \$17.99**



Aussie Talk
Paul Bugeja



We use them every day, some of us more than others. They make our conversations colourful and interesting, loud and bright, rich and rare...and sometimes seemingly foreign or incomprehensible to visitors to our shores. They derive from a variety of cultural, historical and ethnic sources, and have adapted and evolved over time into a collection of truly original 'Australian-isms'. They underline and emphasise the linguistic imprint of who we are as Australians. Some call them 'Strine'. Others, simply slang or idiom. We like to think of them as Australian 'Slang-uage' - Sayings, Slang and Idiom, the Aussie way.

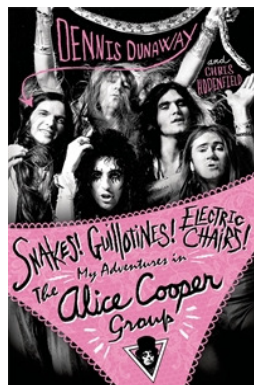
Brolga • PB • Humour



9 781922 175885 **9781922175885 \$17.99**



Snakes! Guillotines! Electric Chairs!
Dennis Dunaway



When Alice Cooper became the stuff of legend in the early '70s, their shows were monuments of fun and invention. Riding on a string of hits like *I'm 18* and *School's Out*, they became America's highest-grossing act, producing four platinum albums and hitting number one on the U.S. and U.K. charts with Billion Dollar Babies in 1973. Their utterly original performance style and look, known as Shock Rock, was swiftly copied by countless bands. Dennis Dunaway, the bassist and co-songwriter for the band, tells a story just as over-the-top crazy as their (in)famous shows. As teenagers in Phoenix, Dennis Dunaway and lead singer Vince Furnier, who would later change his name to Alice Cooper, formed a hard-knuckles band that played prisons, cowboy bars and teen clubs. Their journey took them from Hollywood to the ferocious Detroit music scene, along the way adding new dimensions of rock theater.

St Martin's Press • HB • Music



9 781250 048080 **9781250048080 \$34.99**



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



9 781783 057931 **9781783057931 \$49.99**



Kanye West: God & Monster
Mark Beaumont



This biography, the most in-depth look at Kanye's life and career to date, lifts the mask to expose the man behind the endless myths. Featuring quotes from all of the major players in Kanye's life, **Kanye West: God & Monster** traces his life from the suburbs of Chicago through art school and rap apprenticeships to recording in the coolest studios of New York and Hawaii with the biggest names in music, revolutionising hip-hop at every step of the way. It documents every rumour and revelation, details the wildest extravagances and biggest ego blow-ups of this true rap original. Exploring his life, music and controversies like never before, **Kanye West: God & Monster** is the ultimate profile of this legendary pop culture titan.

Omnibus Press • PB • Biography: Arts & Entertainment



9 781783 053711 **9781783053711 \$29.99**



The One & Only
Nina Antonia



An incredible love story, as well as a tale of hard-core rock and roll, **The One & Only** features an introduction by long-term fan John Cooper-Clarke, an extensive additional chapter, plus exclusive interviews with the reclusive Peter and his wife, Zena, and previously unseen photographs. Considered one of the great character studies in rock literature, few biographies get as close to their subject matter as **The One & Only**.

Omnibus Press • PB • Music

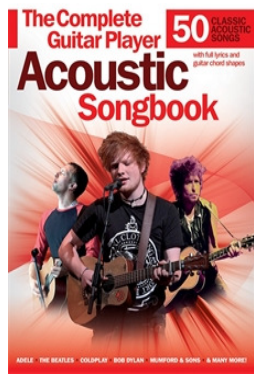


9 780993 014116 **9780993014116 \$29.99**



The Complete Guitar Player: Acoustic Songbook

Music Sales



Featuring 50 acoustic songs by Adele, The Beatles, Coldplay, Bob Dylan, Mumford & Sons, Simon & Garfunkel and many others. Each transcription includes full lyrics, strumming and picking patterns and guitar chord shapes. Songs include: *The A Team*; *Ain't No Sunshine*; *Annie's Song*; *Brown Eyed Girl*; *California Dreamin'*; *Chasing Pavements*; *Don't Know Why*; *Don't Panic*; *Father And Son*; *Fields Of Gold*; *Fifty Ways To Leave Your Lover*; *Friday I'm In Love*; and *Imagine*.

Music Sales • PB • Music: Styles & Genres

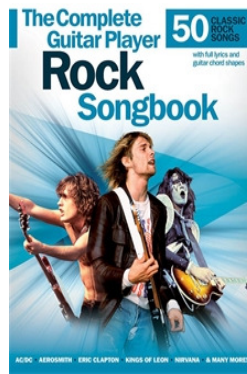


9781783055364 \$34.99



The Complete Guitar Player: Rock Songbook

Music Sales



Featuring 50 rock songs by AC/DC, Eric Clapton, Dire Straits, Kings Of Leon, Nirvana, and many others. Each transcription includes full lyrics, riffs, strumming patterns and guitar chord shapes. Sing and play 50 of your favourite rock songs! Each song has been carefully arranged for guitar and voice, and includes the melody, lyrics, riffs, guitar chord shapes and suggested strumming patterns. Designed to be accessible and enjoyable, this is the perfect rock songbook for all aspiring guitarists.

Music Sales • PB • Music: Styles & Genres

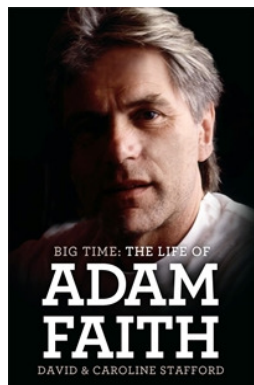


9781783058228 \$34.99



Big Time: The Life of Adam Faith

David Stafford and Caroline Stafford



Includes interviews with Zoe Wanamaker, Laurence Marks, Terry O'Neill and Robert Elms. Adam Faith was a British, singer, actor, and financial journalist. He was one of the most charted acts of the 1960s and became the first UK artist to lodge his initial seven hits in the Top 5. Faith was one of Britain's top three pop stars alongside Cliff Richard and Billy Fury, with chart hits including number one singles *What Do You Want* and *Poor Me*. He also went into music management during the 70s, and the most important of his clients was Leo Sayer. In the 70s he starred as the chirpy cockney, just out of prison, in the classic television series *Budgie*, written by Keith Waterhouse. Faith moved away from showbiz in the early 80s, becoming a financial investments adviser. Faith then took up financial journalism, with a regular column for the *Daily Mail* and then the *Mail on Sunday*.

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



9781783055524 \$34.99



