

INVOICE TO

Name: _____
Address: _____
Customer #: _____ Order #: _____

Trade Orders and Enquiries

9 Pioneer Ave
Tuggerah, NSW, 2259

Phone: +61-2-4390-1300
Fax: +61-2-4390-1333

adscs@alliancedist.com.au

Media Requests and Review Copies

Publicity Department
Pan Macmillan Australia
Level 25, 1 Market Street
Sydney, NSW, 2000

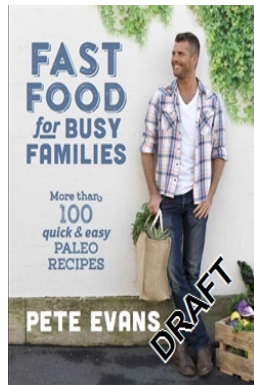
Fax: (02) 9285 9191

panpublicity@macmillan.com.au

End Sell-In: 21/08/2015 • In-Store Date: 29/09/2015

Orders received after End Sell-In Date and titles not marked with * are not guaranteed delivery by In-Store Date

Fast Food for Busy Families*
Pete Evans



Much-loved Australian chef Pete Evans shows that the paleo way of eating and living doesn't have to be time-consuming or costly, with over 100 no-fuss meals for busy people. **Fast Food for Busy Families** is packed full of delicious and nourishing recipes - most of which can be made in around 30 minutes. Pete also proves that saving time doesn't mean cutting down on flavour - he shows you how to make the most of spices, herbs and good fats to bring flavour to even the simplest of dishes. Chapters include breakfasts, kids' lunches, salads, main meals, sides and basics, and there are heaps of quick ideas for snacks, salad dressings, entertaining and lots more. All of the recipes are full of fresh veg, ethically farmed meats, sustainable seafood, nuts and seeds, and completely free from grains, dairy, refined sugar and legumes. It's never been so easy to eat well, and look and feel amazing!

Plum • PB • Cookery / Food & Drink Etc



9 781743 537145 **9781743537145 \$39.99**



I Quit Sugar: Simplicious*
Sarah Wilson



Sarah Wilson taught the world how to quit sugar in eight weeks, then how to quit sugar for life, incorporating mindful, sustainable practices across *real, whole* wellness. Now she strips things back to the essentials, simply and deliciously. She shows us how to shop, cook and eat like we used to in the days before sugar-laced processed food hit our shelves. Sarah gives us the 'simplicious flow', a modern manifesto that sets out how to buy in bulk, freeze and preserve, and use leftovers with flair. All 308 recipes - from guilt-free sweet treats to one-pot wonders and abundance bowls brimming with nutrients - expand our knowledge of age-old kitchen processes and tend to our visceral need to be creative with food.

Macmillan Australia • PB • Health & Wholefood Cookery



9 781743 534397 **9781743534397 \$39.99**



Plain-speaking Jane*
Jane Caro



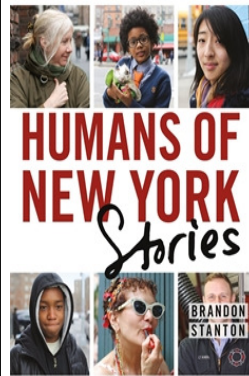
Australian women like Jane. She says what she thinks. In an era when public figures talk about themselves as brands, this is almost radical. In her memoir, Jane tells us that: her life is not perfect; she has given up trying to control anything; her children are not geniuses; Julia Gillard is fine but she's not a saint; and in her long career in advertising she was bullied by some of the wittiest men in Australia. She also talks frankly about her battle with anxiety. For the anxious among us - one in three Australian women are affected - this memoir offers hope. By example, Jane shows us that *anxiety is not a life sentence*; it can be managed so long as it is identified and treated; it does not prevent us doing the things in life that bring reward and recognition, and on the other side of anxiety lies the ultimate reward: the freedom to say and do as we please.



9 781743 534847 **9781743534847 \$34.99**



Humans of New York: Stories
Brandon Stanton



In the summer of 2010, photographer Brandon Stanton began an ambitious project - to single-handedly create a photographic census of New York City. The photos he took and the accompanying interviews became the blog *Humans of New York*. In 2013, his no. 1 book **Humans of New York**, was published. Now, Brandon is back with the *Humans of New York* book that his loyal followers have been waiting for. **Humans of New York: Stories** presents a whole new group of people in stunning photographs, with a rich design and, most importantly, longer stories that delve deeper and surprise with greater candour.

Macmillan Australia • HB • Photography & Photographs



9 781250 058904 **9781250058904 \$39.99**



Purple Heart*
Matthew Pavlich



In the tough, adrenaline-fuelled world of Australian Football, Matthew Pavlich is a true legend and, as long-time captain of the Fremantle Dockers, the heart and soul of football in Western Australia. **Purple Heart** tells the inspirational story of the amazing man behind the phenomenal 300+ game, 600+ goal record in fast, smart and exciting prose as told to eminent ghost-writer Mark Duffield. It tells the inside story of the Dockers' humble beginnings and their rise to be 2013 Grand finalists.

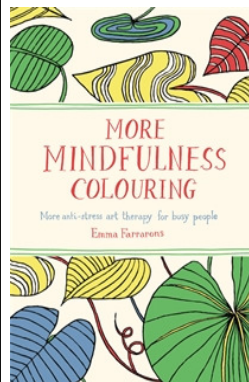
Macmillan Australia • TPB • Autobiography: Sport



9 781743 519509 **9781743519509 \$34.99**



More Mindfulness Colouring
Emma Farrarons



Working with your hands is one of the best ways to soothe anxiety and eliminate stress. This second pocket-sized colouring book from illustrator Emma Farrarons offers a practical exercise in mindfulness that draws upon your creativity and hones your focus. Like the first book, **The Mindfulness Colouring Book: Two** offers delicately hand-drawn scenes from nature and the decorative world for you to mindfully and creatively fill with colour. Take a few minutes out of your day, wherever you are, and colour your way to peace and calm.

Boxtree • PB • Self-Help & Personal Development

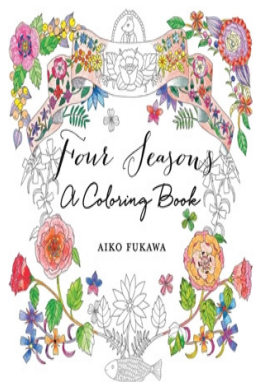


9 780752 265735 **9780752265735 \$16.99**



Four Seasons: A Coloring Book

Aiko Fukawa



This interactive activity book of beautifully detailed black-and-white illustrations will inspire you to bring each scene to life through coloring. There are pages and pages of charming images for each season that promise to delight everyone- with rambling rose gardens and whimsical garden critters; wreaths and alphabets composed of fruits and flowers; butterflies and seashells; intricate falling leaves and cozy cat-occupied living rooms; ribbons and Christmas trees; and lots and lots of empty spaces, just waiting for you and your colored pencils to complete. **The Four Seasons Coloring Book** will help you keep color and joy in your life all year round.

Griffin • PB • Self-Help & Personal Development

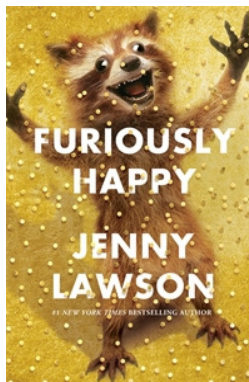


9 781250 082626 **9781250082626 \$19.99**



Furiously Happy

Jenny Lawson



"It's the difference between surviving life and living life. It's the difference between taking a shower and teaching your monkey butler how to shampoo your hair." Jenny Lawson - aka The Blogless - returns with the follow-up to her bestselling memoir **Let's Pretend This Never Happened**, recounting stories from everyday family life in her inimitably frank, hilarious, bizarre and endearing way. She describes her battles with depression and anxiety and her quest to overcome them by saying yes to even the most absurdist opportunities and making the good times gloriously good. For as Jenny says: "You can't experience pain without also experiencing the baffling and ridiculous moments of being fiercely, unapologetically, intensely and (above all) furiously happy..." It's a philosophy that has - quite literally - saved her life.

Picador • TPB • Autobiography: General



9 781447 238355 **9781447238355 \$29.99**



438 Days: An Incredible True Story of Survival at Sea

Jonathan Franklin



On 17 November 2012, Salvador Alvarenga left the coast of Mexico for a two-day fishing trip. A vicious storm killed his engine and the current dragged his boat deep out to sea. Alvarenga would not touch solid ground again for 14 months. When he was washed ashore on January 30 2014, he had drifted over 9,000 miles. He considered suicide on multiple occasions. But Alvarenga developed a method of survival that kept his body and mind intact long enough for the Pacific Ocean to spit him up onto a remote palm-studded island.

Macmillan • TPB • True Stories Of Heroism, Endurance & Survival

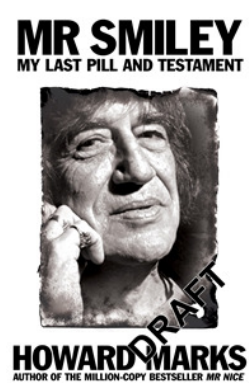


9 781509 800186 **9781509800186 \$32.99**



Mr Smiley

Howard Marks



Howard Marks has been diagnosed with terminal cancer. But determined not to go quietly into the night, he has decided that it is time to release **Mr Smiley**, the story of his last and biggest ever drug scam at the height of the 90s ecstasy frenzy. On his release from prison in 1995, Howard had made a promise that this time he was going to go straight... but it wasn't long before Howard found himself trying ecstasy and rubbing shoulders with some of the king-pins of the pill trade. Incredibly funny, moving and scabrous, **Mr Smiley** is a free-standing follow up to **Mr Nice**, which follows a journey to the heartland of the clubbing scene and British crime.

Macmillan • TPB • True Crime



9 781509 809677 **9781509809677 \$32.99**



Men and Cats

TBA



A brilliant collection of photographs that brings together two of the world's favourite things: hot men and cute kittens. Based on the chic French Tumblr *Des Hommes et des Chatons*, **Men and Cats** presents an original collection of 50 pairs of sexy men and adorable cats. Each clever match-up shows a heartthrob posing alongside a cat in a similar pose or with a similar expression. Not sure if you want to look at sexy men or cute cats? With this book, you don't have to choose.

Boxtree • HB • Humour



9 780752 265803 **9780752265803 \$18.99**



Off The Leash: It's A Dog's Life

Rupert Fawcett



In its first year as a daily cartoon blog on Facebook, **Off The Leash** developed a regular daily following of half a million dog lovers from around the world, and has become a place where people who are passionate about pooches share anecdotes, pictures and jokes. Capturing the secret thoughts and dreams of dogs, Fawcett's cartoons are brilliantly observed - and touchingly true to life. This third book, **Off The Leash: It's A Dog's Life**, celebrates the wonderful world we create for our dogs - from the gloriously cheeky pooches who steal our sofa space, out-smart cats and wrap us around their little paws, to the adoring four-legged friends who want nothing more than our complete and undivided attention. Featuring dogs of every size, shape and breed, these cartoons delightfully capture the glorious relationships between dogs and their owners.

Boxtree • HB • Humour



9 780752 265742 **9780752265742 \$19.99**



Where's Karl?

Stacey Caldwell & Ajiri A. Aki



Find Karl Lagerfeld in 15 fashion-filled illustrated scenes! Always on the go, Karl Lagerfeld is everywhere and nowhere all at once. Now, fictional fashion blogger Florence de la Sabine (you can call her Fleur) must find him - surely an interview with him will set her website apart from the rest. But where will he turn up? Roll up your Alexander McQueen skull sleeves and bust out your vintage Chanel monocle as you follow Fleur all around the world's hottest fashion scenes searching for Monsieur Lagerfeld. In these stunning, full-colour illustrations, you'll spot all of the industry's finest glitterati along the way, turning this book into a full-on game of who's who from Anna Wintour to Kim Kardashian and many more.

Boxtree • HB • Puzzles & Quizzes



9 780752 265773 **9780752265773 \$19.99**



Post This

David Sinden and Nikalas Catlow



Sharing our personal expressions and creative ideas enriches all our lives. **Post This** is the first book that empowers you to express yourself and post the results to your social network. This is Art Therapy for the online world. Draw a self-portrait, draw your mood, create a bunch of flowers for a friend, illustrate the weather - and more. You capture the moment on the page in whatever medium you prefer and then share it via social media. **Post This** provides prompts and hashtags that encourage users to post the material they create - from the artistic to the absurd!

Macmillan • PB • Self-Help & Personal Development

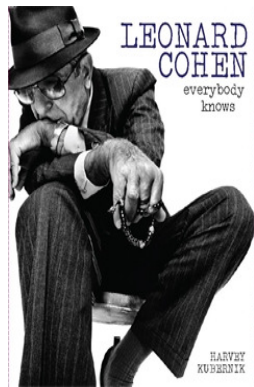


9 781509 809707 **9781509809707 \$16.99**



Leonard Cohen: Everybody Knows

Harvey Kubernick



The live album *Can't Forget: A Souvenir of the Grand Tour* will be released in May and is taken from his Old Ideas Tour. Lavishly illustrated, respected journalist Harvey Kubernick charts Leonard Cohen's extraordinary career in detail, placing his literary and musical achievements within the context of his life. From his beginnings as a writer and poet, through his classic albums of the sixties and seventies up to his triumphant recent tours, every stage of Cohen's remarkable life is expertly analysed. Includes more than 200 photos and the thoughts, memories and comments of those who have both worked with him and the many who have been inspired by this most unique of artists.

Omnibus Press • PB • Biography: Arts & Entertainment

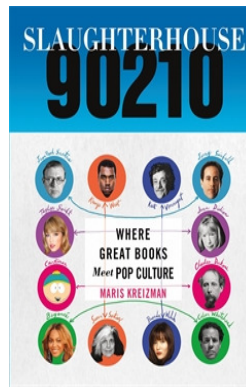


9 781785 580178 **9781785580178 \$29.99**



Slaughterhouse 90210

Maris Kreizman



Kurt Vonnegut, meet Brenda Walsh. A wickedly clever and surprisingly profound pop culture mash-up, based on the blog with more than 150,000 loyal fans. In 2009, Maris Kreizman wanted to combine her fierce love for pop culture with a lifelong passion for reading, and so the blog *Slaughterhouse 90210* was born. *Slaughterhouse 90210* is subversively brilliant, finding the depth in the shallows of reality television, and the levity in Lahiri. We see Taylor Swift paired with Joan Didion. Tony Soprano accompanied by a line from George Eliot. These two pieces of art complement and deepen one another in surprising, profound, and tender ways.

St Martin's Press • HB • Humour

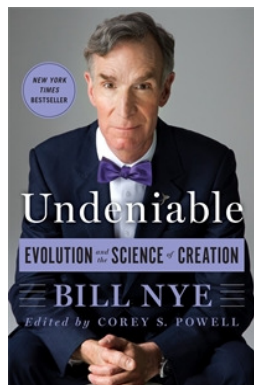


9 781250 061102 **9781250061102 \$29.99**



Undeniable

Bill Nye



Sparked by a controversial debate in February 2014, Bill Nye has set off on an energetic campaign to spread awareness of evolution and the powerful way it shapes our lives. In *Undeniable: Evolution and the Science of Creation*, he explains why race does not really exist; evaluates the true promise and peril of genetically modified food; reveals how new species are born; takes a stroll through 4.5 billion years of time; and explores the new search for alien life, including aliens right here on Earth. With infectious enthusiasm, Bill Nye shows that evolution is much more than a rebuttal to creationism; it is an essential way to understand how nature works - and to change the world.

St Martin's Press • TPB • Popular Science

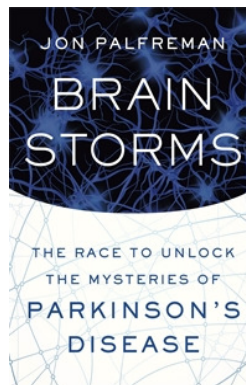


9 781250 074225 **9781250074225 \$24.99**



Brain Storms

Jon Palfreman



Seven million people suffer from Parkinson's - with 60,000 new cases diagnosed each year in the US alone - and it remains an enigma, with doctors, researchers, and patients hunting for a cure. In *Brain Storms*, award-winning journalist Jon Palfreman tells their story, a story that takes on urgency when he is diagnosed with the debilitating illness. Palfreman chronicles how scientists have laboured to crack the mystery of what was once called "the shaking palsy", from the earliest clinical descriptions to the cutting edge of molecular neuroscience. He charts the victories and setbacks of a massive international effort to best the disease, referred to as one of the best windows into the brain itself.

Farrar Straus Giroux • HB • Popular Science

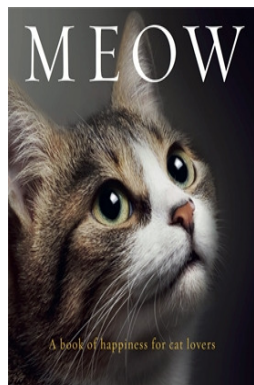


9 780374 116170 **9780374116170 \$36.99**



Meow

Anouska Jones



No cat lover can imagine life without a feline - even if it is only as fleeting as an occasional conversation with a neighbourhood stray. *Meow: A book of happiness for cat lovers* is a compendium of delightful quotes that capture the essence of this fascination. Some are from famous people, some are philosophical, others light-hearted - all are memorable. Featuring beautiful photography, and presented in a high-quality gift format, this is a collection of quotes to treasure. New in paperback.

Exisle • PB • Photography & Photographs

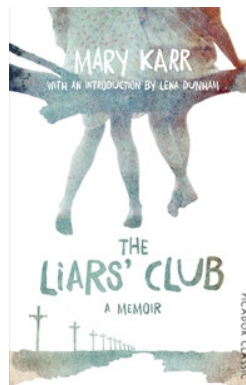


9 781925 335088 **9781925335088 \$14.99**



The Liars' Club

Mary Karr



"My father comes into focus for me on a Liars' Club afternoon. He sits at a wobbly card table weighed down by a bottle. Even now the scene seems so real to me that I can't but write it in the present tense." Mary Karr grew up in a swampy East Texas refinery town in a volatile and defiantly loving family. In this funny, devastating, haunting memoir and with a raw and often painful honesty, she looks back at life with a painter mother, seven times married, whose outlaw spirit could tip over into psychosis, and a hard-drinking, fist-swinging father who liked nothing better than to spin tales with his cronies at the Liars' Club.

Picador • PB • Biography: General

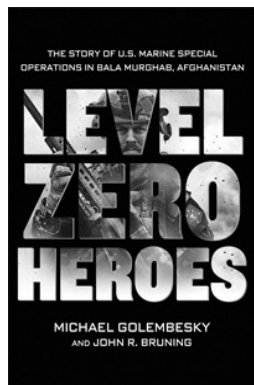


9 781447 289470 **9781447289470 \$19.99**



Level Zero Heroes

Michael Golembesky and John R Bruning



In *The New York Times* bestseller *Level Zero Heroes*, Michael Golembesky follows the members of US Marine Special Operations Team 8222 on their assignment to the remote and isolated Taliban stronghold, Bala Murghab. What started out as a routine mission changed when two 82nd Airborne Paratroopers tragically drowned in the Bala Murghab River while trying to retrieve vital supplies from an air drop gone wrong. In that moment, the purpose of the friendly forces at Forward Operating Base Todd was forever altered as a massive clearing operation was initiated to break the Taliban's stranglehold on the valley and recover the bodies. From close-quarters firefights in Afghan villages to capturing key-terrain from the Taliban in the unforgiving Afghan winter, this intense and personal story depicts the brave actions and sacrifices of MSOT 8222.

Griffin • PB • True War & Combat Stories

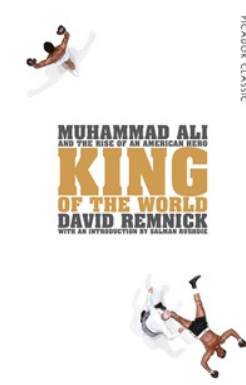


9 781250 070296 **9781250070296 \$22.99**



King of the World

David Remnick



When Cassius Clay burst onto the sports scene in the 1950s, he broke the mould. He changed the world of sports and went on to change the world itself: from his early fights as Cassius Clay, the young, wiry man from Louisville, unwilling to play the noble and grateful warrior in a white world, to becoming Muhammad Ali, the voice of black America and the most recognised face on the planet. *King of the World* is the story of an incredible rise to power, a book of battles fought inside the ring and out. With grace and power, Pulitzer Prize-winning writer David Remnick tells of a transcendent athlete and entertainer, a rapper before rap was born. Ali was a mirror of his era, a dynamic figure in the racial and cultural clashes of his time and *King of the World* is a classic piece of non-fiction and a book worthy of America's most dynamic modern hero.

Picador • PB • Biography: Sport

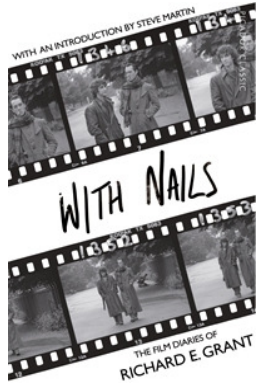


9 781447 289555 **9781447289555 \$19.99**



With Nails

Richard E Grant



In the summer of 1986, when Richard E Grant was cast as the lead in *Withnail and I*, his whole world shifted and he was set firmly on the path to international stardom. *With Nails* is his outrageous, irreverent and brutally funny account of that time and the years afterwards, of his self-doubt and anxiety on the route to Hollywood, and of all the extraordinary, mad, brilliant people in the film business. From drinking himself incoherent so he could film *Withnail and I* to a night spent in Paris's red light district with a world-famous couple, to working with Hollywood's biggest actors and directors, Richard E Grant - always eloquent, always honest - has documented, in his own inimitable style, what it is to become a film star. A rare classic, there is no book quite like it.

Picador • PB • Biography: General

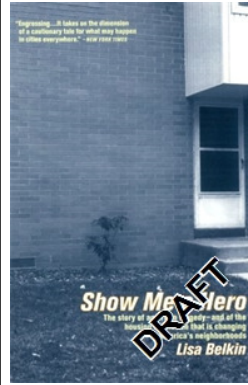


9 781447 289531 **\$19.99**



Show Me a Hero

Lisa Belkin



Yonkers, New Jersey, 1987. Nicholas Wascisko, the city's ambitious young mayor is given a court order demanding that the city build public housing on the white, middle-class side of town in order to right what the judge saw as intentional, decades-long pattern of segregation. As these cosy neighbourhoods were faced with the reality of a truly diverse and accepting community, the city went into crisis. In the fine tradition of American reportage, *Show Me a Hero* is the story of a city divided by fear, racism, politics and even murder. It is also the story of the individuals whose lives were shattered by the meltdown: the young mother, the activist, the ambitious politician.

Pan • PB • True Crime

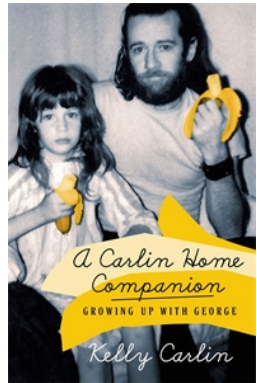


9 781447 295334 **\$19.99**



A Carlin Home Companion

Kelly Carlin



A memoir from the daughter of George Carlin "a hero to many, but a father to one" - Bill Maher. Jerry Seinfeld. Jon Stewart. Lewis Black. Margaret Cho. Chris Rock. Bill Maher. Jay Leno. These comedians all have at least one thing in common: George Carlin. Truly the voice of a generation, George Carlin was an integral part of and wry commentator upon the American cultural landscape for nearly 50 years. Who among us doesn't have particular favorite George Carlin role, routine or quote? And finally, the only child of George Carlin gives readers a look behind the many personas and insight into the man holding the microphone.

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



9 781250 058256 **\$34.99**



Eat Clean, Stay Lean

Editors of Prevention



"Clean Eating" might be the most popular term in health right now, mainly because it's sane. In *Eat Clean, Stay Lean*, the editors of *Prevention* take readers through a visual journey toward better health as they introduce a variety of clean foods on the market today. This isn't an overt diet plan, but rather an easy-to-use guide (think *Eat This, Not That* for the clean-food trend) to choosing simple swaps that will lead to weight loss, more energy, and a cleaner bill of health. The book shows the range of clean to processed foods in an array of categories then offers simple, delicious recipes for clean, healthy meals for the entire family.

Rodale • PB • Family & Health

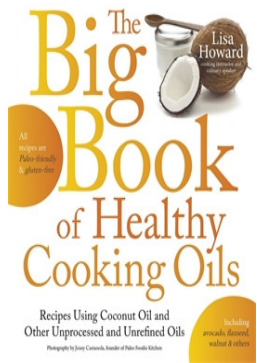


9 781623 365288 **\$29.99**



The Big Book of Healthy Cooking Oils

Lisa Howard



Use the healthiest oils in the world to cook delicious and wholesome meals, snacks and desserts without over-processed, unnatural and unhealthy ingredients. Coconut oil and other alternative oils are a hot topic these days, however, not everyone knows how to effectively incorporate them into their cooking. Readers will knowledgeably create delicious and healthy meals, snacks and desserts, such as Toasted Wild Rice with Coconut & Brazilian Nut Pesto Chicken using coconut oil, Wild Salmon Cakes with Sun-Dried Tomatoes using avocado oil and Pear, Sage & Cheddar Frittata using pecan oil. If you are looking for a guide to using healthy oils in your cooking and baking, you will love *The Big Book of Healthy Cooking Oils*.

St Martin's Press • PB • Cookery / Food & Drink Etc

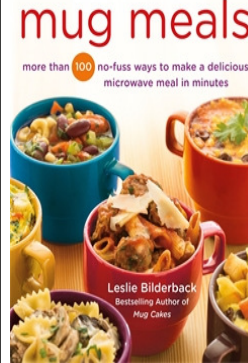


9 781624 141485 **\$26.99**



Mug Meals

Leslie Bilderback



Make a meal in a mug! Dinner on the go, cooking for one, or just want to mix up a quick snack? *Mug Meals* will show you how! Chef Leslie Bilderback, the brilliant author of *Mug Cakes* is back with easy and fresh ideas for every meal of the day. If you've got five minutes to spare, you can mix up a delicious single-serving meal with just a mug and a microwave. There are over 100 mouthwatering and lightning-fast recipes for breakfast, lunch, dinner, and dessert. Whip up a mugful of Huevos Rancheros to start off your day, then lunch on a steaming cup of French Onion Soup or Pork Chops and Apple Sauce. Serve dinner to your whole family in mugs stuffed with Poached Salmon with Dill, Pasta Puttanesca, or Candied Sweet Potatoes - and finish things off right with a decadent Pumpkin Cheesecake.

Griffin • PB • Quick & Easy Cooking

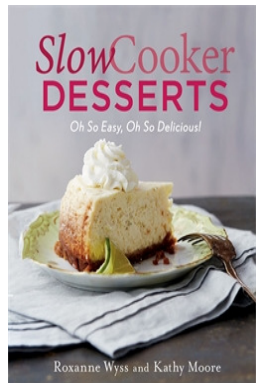


9 781250 067203 **\$29.99**



Slow Cooker Desserts

Roxanne Wyss and Kathy Moore



Think of a slow cooker, and most people think of a simmering soup or stew - the everyday fare of meal time. Now, with more than 50 mouthwatering recipes, colour photographs and endless tips, *Slow Cooker Desserts* will show you how to make the very best cheesecakes, cakes, puddings, fondues, and more by harnessing the even heat and moist environment of the slow cooker. Say goodbye to constantly checking the oven to make sure your special cake doesn't overbake - the slow cooker does all the work for you at a stress-free pace. Inside you'll find recipes for decadent desserts like German Chocolate Cheesecake, Cappuccino Bread Pudding, Peach and Mango Cobbler, and Crispy Peanut Butter Candy - all designed to bake in your slow cooker.

Griffin • HB • General Cookery & Recipes

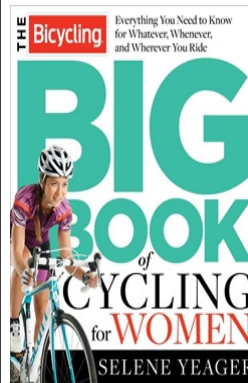


9 781250 059673 **\$32.99**



The Bicycling Big Book of Cycling for Women

Selene Yeager



Women are built differently, ride differently, train differently, burn different nutrients as fuel, and have a different relationship with their bikes than men do. *The Bicycling Big Book of Women's Cycling* is a bicycling-branded instructional manual geared specifically toward women. It breaks down the sport of cycling into easily digestible sections, beginning with the history of women's cycling and progressing into equipment, lifestyle, technique, training, and fitness goals. The book also includes a women-specific section that covers cycling while menstruating, cycling while pregnant, how menopause affects your training, and how specific parts of the female body are uniquely affected by cycling.

Rodale • PB • Cycling

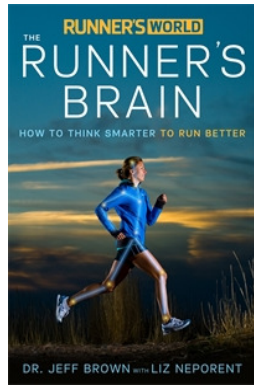


9 781623 364861 **\$27.99**



Runner's World: The Runner's Brain

Jeff Brown and Liz Neporent



A cutting-edge volume of brain-empowering strategies that can help runners improve their performance, *Runner's World's The Runner's Brain* will show readers how to unlock and capture the miraculous potential of the body's most mysterious and intriguing organ and rewire their minds for a lifetime of athletic success. The book combines cutting-edge brain science and leading-edge sport psychology that author, Jeff Brown uses both in his private practice as a Harvard-trained clinical psychologist specialising in sport and performance psychology and as part of the medical teams of the Boston and Chicago Marathons.

Rodale • TPB • Marathon & Cross-Country Running



9781623363475 \$24.99



Triathlon Training in Four Hours a Week

Eric Harr



Triathlons are more popular now than ever. In this updated, revised version of his successful 2003 edition, triathlon champion Eric Harr provides the most up-to-date, cutting edge advice and research to inform and motivate today's many budding triathletes. A specific, clear, reliable training guide, *Triathlon Training's* chapters include four separate training programs to accommodate every fitness level; a comprehensive gear guide; a complete menu plan including nutritional options for vegan, paleo, and gluten-free athletes; strategies to stay motivated; and a guide to race day. Athletes will be eager to integrate the wealth of information into their training.

Rodale • TPB • Sports Training & Coaching

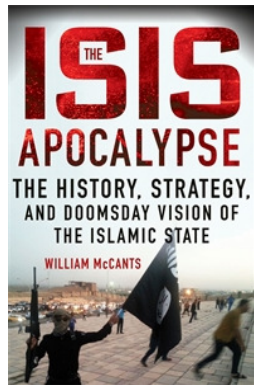


9781623365592 \$29.99



The ISIS Apocalypse

William McCants



The so-called Islamic State, or ISIS, has inspired young men and women all over the world to commit horrible atrocities in its name. How has the Islamic State surpassed al-Qaeda to become the most popular jihadist group on the planet? Its goal is not only to revive the Islamic empire but also usher in the End of Times - a final battle that will restore the Muslim community to its medieval glory days. And they will not stop until they achieve their mission.

St Martin's Press • HB • Political Science & Theory



9781250080905 \$37.99



How to Draw Everything

Gillian Johnson



Easy projects and whimsical illustrations teach you how to draw - everything! A playful book by renowned illustrator and artist Gillian Johnson, *How to Draw Everything* encourages readers to overcome their fear of the blank page and inspire their inner artist. The book is not about drawing realistically; it's about taking your line for a walk and seeing where you end up! Inside are exercises and easy projects prompting you to draw literally everything around you - from mugs and bugs to cars and stars. A wide variety of drawing projects will teach you how to drop your artistic inhibitions and sketch what you see using step-by-step techniques. Delightful full-colour illustrations accompany each lesson to ensure your drawing journey is both educational and filled with plenty of whimsical fun.

Griffin • PB • Drawing & Drawings

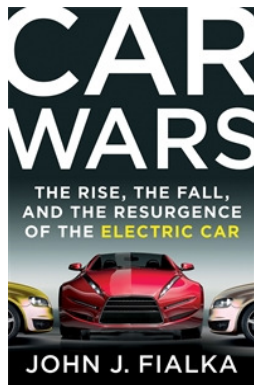


9781250078230 \$24.99



Car Wars

John J Fialka



Starting with the early days of the electric car, Fialka documents the MIT/Caltech race between prototypes in the summer of 1968 and takes readers up to visionaries like Elon Musk and the upstart young Tesla Motors. Today, the electric has captured the imagination and pocketbooks of American consumers. Organisations like the US Department of Energy and the state of California, along with companies from the old-guard of General Motors and Toyota have embraced the once-extinct technology. The electric car has steadily gained traction in the US and around the world. We are watching the start of a trillion dollar, worldwide race to see who will dominate one of the biggest commercial upheavals of the 21st century.

St Martin's Press • HB • Transport: General Interest

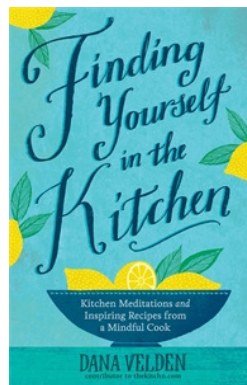


9781250048707 \$37.99



Finding Yourself in the Kitchen

Dana Velden



In *Finding Yourself in the Kitchen*, Dana Velden asks readers to seek deeper meaning in this space: what are we hungry for and how can we truly nourish that hunger? An extension of her popular *Weekend Meditation* column on TheKitchn.com, this book offers readers the chance to step back and examine their lives in a more inspired way. Written in thoughtful, memorable prose, *Finding Yourself in the Kitchen* offers meditation techniques and practical kitchen tips, including approximately 35 of Velden's own favourite recipes. The result is a reading experience that satisfies and nourishes a reader's stomach and spirit.

Rodale • HB • Cookery / Food & Drink Etc



9781623364977 \$34.99



Melbourne Art Deco

Robin Grow



Melbourne is a great Art Deco city. From the towering police headquarters in Russell Street to the tiniest detail of a suburban interior, Art Deco styling maintains an enduring presence in all facets of Melbourne's cultural life. *Melbourne Art Deco* examines the rise, fall and resurgence of Art Deco in Melbourne from the 1930s to the present day. This updated edition features contemporary images by David Thompson and a team of photographers, supported by archival material.

Brolga • PB • Photography & Photographs

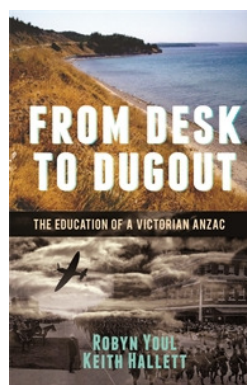


9781922175977 \$24.99



From Desk to Dugout

Keith Hallett and Robyn Youl



Through sketches, poetry and other prose, the extraordinary exploits and personal reflections of the digger were immortalised in what came to be known as *The Anzac Book*. Drawing on the formal skills learned in the classroom as schoolboys, the contributions of these young men powerfully captured their felt experiences and struggles and became a way to raise morale amongst the soldiers and inform those back home of life in the trenches. *From Desk to Dugout* explores this particular moment in Victorian literary and educational history and its intersections with the war at Gallipoli and the ANZAC.

Brolga • PB • Educational: History

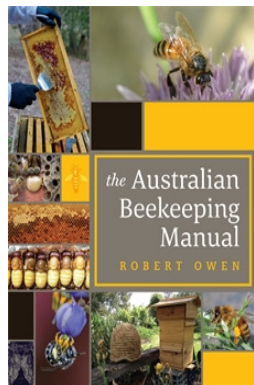


9781922175953 \$24.99



The Australian Beekeeping Manual

Robert Owen



The book is aimed at both the novice and experienced beekeeper in Australia. With over 350 photographs and drawings, it covers the beekeeping equipment needed, how to obtain bees, where to locate them in the garden and the basics of colony management. There are also detailed chapters on the life cycle of the honey bee, extracting honey, the bee-friendly garden, entering honey in competitions, native bees and rearing queens. The result is an invaluable beekeeping resource. The ultimate reference.

Exisle • HB • Apiculture (Beekeeping)

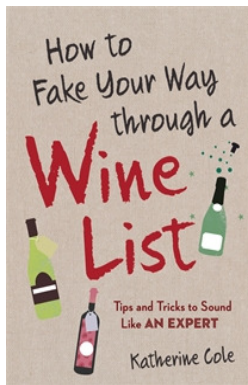


9 781921 966880 **9781921966880 \$49.99**



How to Fake Your Way Through a Wine List

Katherine Cole



How to Fake Your Way Through a Wine List is a breezy, entertaining look at the world's 75 most prominent wine regions and styles, packed with mnemonic devices and colourful photos that help retain information. Sections include, 'Learn the Lingo'; 'Embrace the Unknown,' a chapter that takes you through the unsung regions and unknown grape varieties that will be tomorrow's superstars; and 'Choosing Your Own Wine Adventure,' a tool to guide you towards the style and region that best suits your interests.

Exisle • PB • Wines

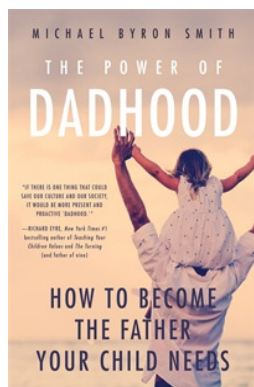


9 781925 335101 **9781925335101 \$19.99**



The Power of Dadhood

Michael Byron Smith



The Power of Dadhood encourages men to father with the knowledge that they are vitally important to the futures of their children. Michael Byron Smith discusses the implications of a fatherless home, challenges of parenting and the hierarchy of fathers. There are absent fathers, present yet uninvolved fathers, authoritative fathers, loving fathers, teaching fathers and many more. Any man can assess himself, see where he stands and make choices to become a real Dad and find the power of Dadhood.

Exisle • PB • Advice On Parenting

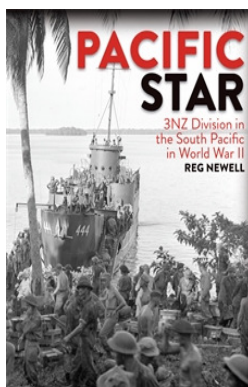


9 781939 629661 **9781939629661 \$24.99**



Pacific Star

Reg Newell



The war in the South Pacific saw some of the most gruelling fighting of World War Two. Conditions - heat, rain and a hostile jungle - were unpleasant, while the Japanese enemy was ruthless. **Pacific Star** sheds new light on the sacrifices and tribulations of the forgotten soldiers of the 3NZ Division who fought in the Pacific. It covers their initial service in Fiji and New Caledonia, as well as the major battles they fought in the Solomons: Vella Lavella, the Treasury Islands and the Green Islands.

Exisle • HB • Second World War



9 781927 187838 **9781927187838 \$44.99**



The 21-Day Healthy Smoothie Plan

Jennifer Koslo



Transform your health with delicious daily smoothies! We all have good intentions when it comes to smart eating, but making better habits stick can be a challenge. Incorporating one nutrient-packed smoothie into your daily routine offers incredible benefits. Find everything you need to make smoothies a delicious part of your healthy lifestyle.

Exisle • PB • Health & Wholefood Cookery

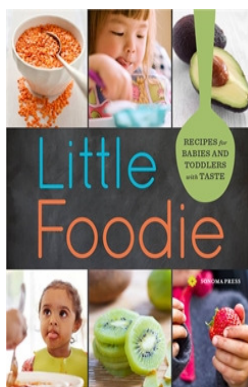


9 781623 155292 **9781623155292 \$24.99**



Little Foodie

Michele Olivier and Sara Peternell



This liberating cookbook for the newest eater in your family encourages foodie parents to think beyond the baby food aisle. Here you'll find over 100 recipes for babies and toddlers so appetising and so nutritious that you're sure to devour them - okay, let's call it "taste test" - right along with your little one. Consider yourself warned: your child's first words might just be "More, please."

Exisle • PB • Cooking For/With Children

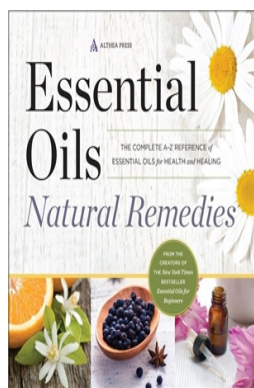


9 781942 411048 **9781942411048 \$24.99**



Essential Oils Natural Remedies

Althea Press



Heal yourself and your family with essential oils, from the creators of *The New York Times* bestseller, **Essential Oils for Beginners**. The healing properties of essential oils are virtually limitless. You can put them to work today without the hassle, expense, and frustration that come with consulting doctors and taking prescription medicines. Take the power to heal back into your own hands with this easy-to-navigate, easy-to-use guidebook for all of your everyday health needs.

Exisle • PB • Aromatherapy & Essential Oils

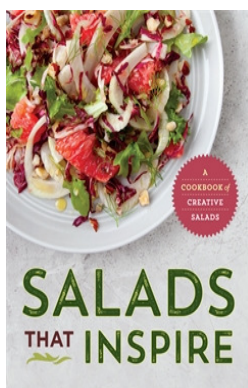


9 781623 154240 **9781623154240 \$29.99**



Salads That Inspire

Rockridge Press



From Arugula Salad with Grilled Watermelon, Pistachios and Honey-Lime Dressing to Moroccan Chicken Salad with Herbed Quinoa and Spicy Yoghurt Dressing, these recipes showcase endless combinations of fresh and flavourful ingredients that will change the way you think about, and enjoy, salad. Get your salad fix on with: a guide to pairing greens with dressings; tips for toasting spices and nuts; over 45 healthy, homemade dressing recipes; and mason jar layering instructions for over 60 prep-to-go salads.

Exisle • PB • Salads

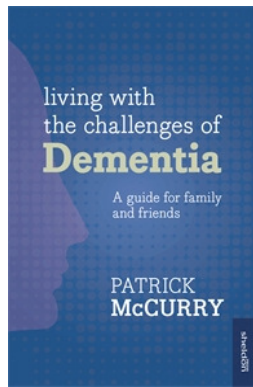


9 781623 154738 **9781623154738 \$29.99**



Living with the Challenges of Dementia

Patrick McCurry



Worldwide, over 45 million people suffer with dementia, a figure set to increase as the population ages. This book, addressed to carers and loved ones, explores how to handle the difficult emotions involved in looking after a loved one with dementia, such as denial, shame, anger, guilt and grief. It examines the harrowing process of effectively losing a person on a day-to-day basis, and suggests the best ways to maintain psychological health and well-being.

Sheldon Press • PB • Alzheimer's & dementia

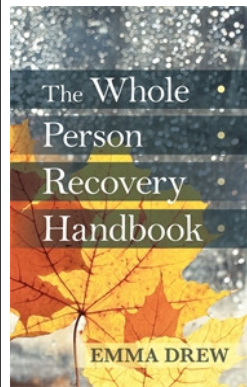


9 781847 093288 **9781847093288 \$19.99**



The Whole Person Recovery Handbook

Emma Drew



Whole Person Recovery (WPR) aims to co-design treatment with the addict, build 'recovery capital', and maximise chances of success by supporting the addict to take control of their recovery. This joint process has been shown to be more effective than traditional approaches to treatment - and is fast influencing and overtaking such approaches. At the heart of the process is self-acceptance, safe space, trust, learning, human warmth and kindness.

Sheldon Press • PB • Coping With Drug & Alcohol Abuse

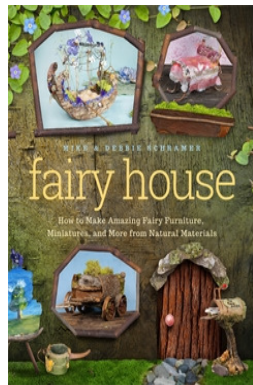


9 781847 093240 **9781847093240 \$19.99**



Fairy House

Mike Schramer and Debbie Schramer



Fairy House is a fascinating adventure into the making of miniscule kingdoms of the fairytale realm from objects found in nature. Through over 350 clear, detailed colour photographs and understandable yet whimsical guidance, you will learn to fashion intricate, tiny cups from acorn pods and grapevine tendrils, dreamlike beds from delicate flowers and leaves, and an amazing array of other beautiful and unique pieces that will inspire you to find your true artistic ability and imagination.

Exisle • PB • Handicrafts, Decorative Arts & Crafts



9 781939 629692 **9781939629692 \$34.99**



The Space Hero Cookbook

Barbara Beery



Incredible treats from a galaxy far, far away. Breadstick Blasters! Cosmic Coolers! Intergalactic Birthday Cake! What better way to explore a galaxy far, far away than by cooking up some alien-inspired grub and cosmic crafts. With more than 30 space-themed recipes, bestselling author Barbara Beery provides full-colour, easy-to-make recipes for that budding space hero off to save the universe.

Exisle • HB • Cooking For/With Children



9 781942 934004 **9781942934004 \$24.99**



New Zealand's Worst Disasters

Graham Hutchins and Russell Young



The 30 stories in this book describe some of the most extraordinary events in New Zealand history. Who knew that a fire killed 39 people at Seaciff Mental Hospital in 1942? That 10 people died in a lahar on White Island in 1914? That a yacht race between Lyttelton and Wellington in 1951 resulted in 10 fatalities? That a tornado ripped through 150 houses in Hamilton in 1948? These and many other stories are told in this eye-opening book, which also reveals acts of heroism among the rescuers.

Exisle • HB • Social & Cultural History



9 781775 592037 **9781775592037 \$49.99**



Drops of Awesome

Kathryn Thompson



If you aren't rooting for yourself, who will? *Drops of Awesome* is that unique discovery journal about celebrating the amazingness of you. What did you accomplish today? More than you currently realise or give yourself credit for. As you work through *Drops of Awesome*, you will start to see just how much goodness you contribute to the world and as you feel that success, you will find that you can accomplish anything. You are awesome!

Exisle • PB • Self-Help & Personal Development



9 781939 629272 **9781939629272 \$19.99**



Red Zone, Blue Zone

James Osterhaus, Todd Hahn and Joseph Jurkowski



Using the story of a family business leader embroiled in generational conflict, *Red Zone, Blue Zone* shows how to navigate conflict in a way that is healthy and leads to enhanced relationships, self-awareness, and greater leadership success. Practical response activities and personal reflection questions help the reader understand the sources of conflict, have a working command of conflict navigation principles, and be equipped to help others navigate conflict in their own lives.

Exisle • PB • Business Communication & Presentation

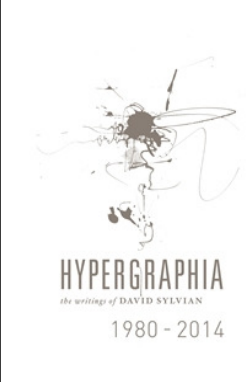


9 781939 629630 **9781939629630 \$24.99**



Hypergraphia

David Sylvian



Spanning a duration of over thirty years, *Hypergraphia* includes previously unpublished material, as well as conversations with the influential improvisational guitarist and founding member of the group AMM, Keith Rowe and the ever-insightful writer and musicologist Marcus Boon. The volume includes aspects of Sylvian's own photographic work as well as selections by some of the most reputable and innovative artists working today and its design celebrate the longstanding collaboration between Sylvian and acclaimed designer Chris Bigg.

Omnibus Press • HB • Music



9 780950 955032 **9780950955032 \$120.00**



Legendary Piano Series: The Beatles

Music Sales

This lavishly produced volume is the ultimate collection of songs by The Beatles. Carefully selected, meticulously transcribed and beautifully presented, these songs represent some of the greatest songs ever written by one of the world's most renowned bands. Individually numbered, luxuriously bound with a unique, flocked and embossed design and an exquisite presentation box, Beatles Songs will be treasured for years to come as a book to play from, read and re-read. Songs include: *A Hard Day's Night*; *All You Need Is Love*; *Can't Buy Me Love*; *Day Tripper*; *Eight Days A Week*; *Help!*; *Hey Jude*; *Let It Be*; *Michelle*; *Yesterday*; and *Yellow Submarine*.

Music Sales • PB • Music

9 781849 389594 **9781849389594 \$49.45**

The Complete Ukulele Player Songbook 1

Music Sales

Songs include: *Eye Of The Tiger* (Survivor); *God Only Knows* (The Beach Boys); *Going Underground* (The Jam); *Here, There And Everywhere* (The Beatles); *I Say A Little Prayer* (Aretha Franklin); *She's Not There* (The Zombies); *Tears In Heaven* (Eric Clapton); *Wake Me Up* (Avicii); *Amazing Grace*; *Danny Boy* (Londonderry Air); *Down By The Riverside*; *Nobody Knows The Trouble I've Seen*; *Scarborough Fair*; *Skye Boat Song*; *The Streets Of Laredo*; and *What Shall We Do With The Drunken Sailor*. Each song includes full lyrics, ukulele chord boxes and suggested strumming patterns, making this songbook accessible, easy to use and appropriate for such a fun and universally-loved instrument.

Music Sales • PB • Techniques Of Music / Music Tutorials

9 781783 059386 **9781783059386 \$19.99**

Reckless Life: Guns 'n' Roses: A Graphic Novel

Jim McCarthy and Marc Olivent

From the writer of *Gabba Gabba Hey! The Graphic Story of The Ramones* and *Metallica Nothing Else Matters* comes an explosive new graphic novel about The Most Dangerous Band in the World, Guns 'N' Roses. Having sold over 100 million albums, recorded the most expensive album ever, endlessly courted controversy with their lyrics and a full-on hedonistic lifestyle, Guns N' Roses are well acquainted with rock 'n' roll excess. And it's all here: the feud between Axl Rose and Kurt Cobain, the riots during concerts, Rose's interest in Charles Manson, the acrimonious departure of Slash from the band, the inevitable drugs and groupies and, of course, the music.

Omnibus Press • PB • Graphic Novel & Manga Artwork

9 781783 054930 **9781783054930 \$29.99**

John Thompson's Adult Piano Course: Book One (Book/Download Card)

Music Sales

John Thompson's Adult Piano Course introduces the pupil to the notes of the piano, fundamentals of notation, different types of notes and varying rhythms. It includes enjoyable and melodic practice pieces that put theoretical concepts into a musical context as well as teacher accompaniments for pieces, creating duets.

Music Sales • PB • Techniques Of Music / Music Tutorials

9 781783 057511 **9781783057511 \$25.00**

John Thompson's Adult Piano Course: Book Two (Book/Download Card)

Music Sales

Fully revised and updated, a brand new edition of book two of the renowned *John Thompson's Adult Piano Course* expands and builds on the concepts of the first book, while also introducing more advanced ideas. It introduces the pupil to pedal points, new chord studies, grace notes, syncopation, arpeggios, staccato, major and minor scales, cadences and many more fundamental concepts.

Music Sales • PB • Techniques Of Music / Music Tutorials

9 781783 057528 **9781783057528 \$25.00**

Legendary Piano Series: Classical Solos

Music Sales

This lavishly produced volume is the ultimate collection of classical music for piano. Carefully selected, meticulously transcribed and beautifully presented, these pieces represent some of the greatest ever music by such composers as J S Bach, Mozart, Chopin and Liszt. Individually numbered, luxuriously bound with a unique, flocked and embossed design and an exquisite presentation box, *Classical Solos* will be treasured for years to come as a book to play from, read and re-read. Pieces include: *Tango* - Albéniz; *Solfeggietto* - C P E Bach; *Prelude No 1* from 'Well-Tempered Clavier' - J S Bach; *Prelude & Fugue No 12* from 'Well-Tempered Clavier' - J S Bach; *Für Elise* - Beethoven; *Moonlight Sonata, Op 27 No 2* ('Adagio Sostenuto') - Beethoven; *Waltz In A flat, Op 39 No 15* - Brahms; and *Etude, Op 10 No 3* - Chopin.

Music Sales • PB • Music

9 781780 381640 **9781780381640 \$49.99**

Legendary Piano Series: Abba Songs

Music Sales

This lavishly produced volume is the ultimate collection of songs by Abba. Carefully selected, meticulously transcribed and beautifully presented, these songs represent some of the greatest songs ever written by one of the world's most renowned bands. Individually numbered, luxuriously bound with a unique, flocked and embossed design and an exquisite presentation box, *Abba Songs* will be treasured for years to come as a book to play from, read and re-read. Songs include: *Dancing Queen*; *The Day Before You Came*; *Does Your Mother Know*; *Fernando*; *I Have A Dream*; *Knowing Me, Knowing You*; *Mamma Mia*; *Money Money Money*; *The Name of the Game*; *S.O.S.*; *Super Trouper* and *Waterloo*.

Music Sales • PB • Music

9 781849 389600 **9781849389600 \$49.99**

Legendary Piano Series: Showtunes

Music Sales

This lavishly produced volume is the ultimate collection of West End and Broadway favourites. Carefully selected, meticulously transcribed and beautifully presented, these songs represent some of the greatest songs ever written for stage. Individually numbered, luxuriously bound with a unique, flocked and embossed design and an exquisite presentation box, *Showtunes* will be treasured for years to come as a book to play from, read and re-read. Musicals include: *Showboat*; *Me and My Girl*; *Oklahoma!*; *Carousel*; *Gentlemen Prefer Blondes*; *South Pacific*; *Guys and Dolls*; *Oliver!*; *Sweet Charity* and *Evita*.

Music Sales • PB • Music

9 781780 381657 **9781780381657 \$49.45**