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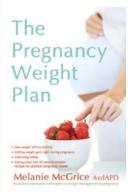
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Pregnancy Weight Plan, The

McGrice, Melanie



From leading Australian nutritionist and weight management expert Melanie McGrice, 'The Pregnancy Weight Plan' provides a wealth of information specific to women trying to conceive or already pregnant. Seventy-four per cent of women gain more weight than the Institute of Medicine guidelines suggest is healthy, putting themselves and their babies at risk. From detailed analysis of the weight-related causes of infertility, to tips and tricks for how to optimise your chances for conception, this book provides in-depth scientifically proven methods to boost fertility and expert advice on how to gain the right amount of weight safely. Included are customised weight management plans for before, during and after pregnancy to maximise the health of mothers and babies. *August release

\$39.99

\$49.99

Macmillan Australia • TPB • Fitness & Diet 9781742613024

WALKING WOUNDED

KENNEDY

Walking Wounded Freeman, Brian

Brian Freeman had a belief that walking the track could have a special benefit for wounded Australian servicemen and the families of those killed in Afghanistan or Irag

In 2012, he proved his theory right by organising two treks that produced some extraordinary results for those who took part - from the former commando who lost both legs in Afghanistan to the father who lost his son there. 'Walking Wounded' is the inspiring accounts of the men and women on those treks. It's also a deep insight into their service, the actions that saw them wounded and the slow process of recovery and rehabilitation that rarely features in our news stories.

Macmillan Australia • TPB • True War & Combat Stories

9781742612966 \$39.99

Killing Kennedy

O'Reilly, Bill and Dugard, Martin More than a million readers have thrilled to Bill



Blue Ducks, The Robertson, Darren and LaBrooy, Mark

> Darren Roberston and Mark LaBrooy are the faces of a new, grassroots approach to cooking delicious food based on an ethos of community, sustainability and growing-it-local. Professional chefs, mad surfers, keen gardeners and foragers, Darren and Mark live by this philosophy in everything they do - when cooking in their café Three Blue Ducks, and in their garden. In their first book, Mark and Darren share more than 80 of their most enticing recipes, using eggs direct from their 'Chook Mahal', honey from their bees, local meat and seafood, and loads of herbs and veggies grown in the garden. Enjoy mouth-watering Sticky Pork Ribs, Barbecued Calamari, Spiced Chicken in a Brown Paper Bag, Home-Toasted Muesli and Salted Caramel Banana Muffins.

Plum • P/B • Cookery, Food & Drink 9781742612713

IOHN

Price of Valour, The Hamilton, John

When Hugo Throssell joined the Light Horse during the First World War, he symbolised the Australian nation at that time: full of youth, vigour, courage and idealism. And when he killed himself in 1933, he remained as emblematic to his country as he'd been in those heady days of 1914 - his youth and future forever darkened by the triumph and tragedy of war.

John Hamilton, bestselling author of 'Goodbye Cobber, God Bless You' and 'Gallipoli Sniper', has written an extraordinary account of Throssell's life: winner of the Victoria Cross, due to his bravery on Gallipoli; husband to novelist and committed socialist Katharine Susannah Pritchard; and fallen hero, thanks to his public denunciation of the war.

Pan Australia • P/B (B) • True War & Combat Stories

9781742613369 \$29.99 Damage Done, The

> Fellows, Warren In 1978 Warren Fellows, Paul Hayward and William Sinclair were convicted of heroin trafficking between Thailand and Australia. They were sentenced to life imprisonment in Bangkok's notorious Bang Kwang men's prison, the Bangkok Hilton.

It was the beginning of twelve years of hell for Warren Fellows. He has never spoken of those years to anyone. Until now.

'The Damage Done' takes you behind the bars of a Bangkok prison. A place where sewer rats and cockroaches are the only nutritious food, where autocratic prison guards giggle as they deliver pulverising blows and where the worst punishment by far is the khun deo - solitary confinement, Thai style

\$27.99

• P/B (B) • Biography: General

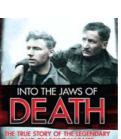
9781742613444

O'Reilly's 'Killing Lincoln', the page-turning work of nonfiction about the shocking assassination that changed the course of American history. Now the anchor of "The O'Reilly Factor" recounts in gripping detail the brutal murder of John Fitzgerald Kennedy.

In January 1961, as the Cold War escalates, John F. Kennedy struggles to contain the growth of Communism while he learns the hardships, solitude, and temptations of what it means to be president of the United States. Along the way he acquires a number of formidable enemies, among them Soviet leader Nikita Khrushchev, Cuban dictator Fidel Castro, and Alan Dulles, director of the Central Intelligence Agency.

Pan • P/B (B) • Biography: General

9781447236795 \$24.99





ROBERT LYMAN

Into the Jaws of Death

Lyman, Robert

On the night of 28 March 1942 the Royal Navy and British commandos assaulted the German-held French Atlantic port of Saint-Nazaire in one of the most audacious raids of the Second World War. Their plan was simple: to drive an old destroyer packed with three tons of explosive at full speed into the outer gate of the Normandie dock. Destroying this would deny the formidable Tirpitz battleship, currently lurking menacingly in the Norwegian fjords, a base from which it could inflict devastation upon the convoys supplying Britain from the United States. 'Operation Chariot' was dramatically successful, but at a great cost. Fewer than half the men who went on the mission returned. In recognition of their extraordinary bravery, eightynine decorations were awarded, including five Victoria Crosses.

Quercus • TPB • Military History

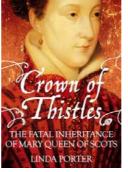
9781782064459 \$39.99

Crown of Thistles Porter, Linda

Mary Queen of Scots fervently believed she had a right to the English throne - a belief that cost her her head. A vivid account of why she came to this belief from an acclaimed Tudor historian

The struggle between the fecund Stewarts and the barren Tudors is generally seen only in terms of the relationship between Elizabeth I and her cousin, Mary Queen of Scots. But very little has been said about the background to their intense rivalry. Here, Linda Porter examines the ancient and intractable power struggle between England and Scotland, a struggle intensified during the reigns of Elizabeth and Mary's grandfathers. Henry VII aimed to provide stability when he married his daughter, Margaret, to James IV of Scotland in 1503.

\$39.99



Macmillan • TPB • Biog: Royalty

9781447245919



Pan Australia

