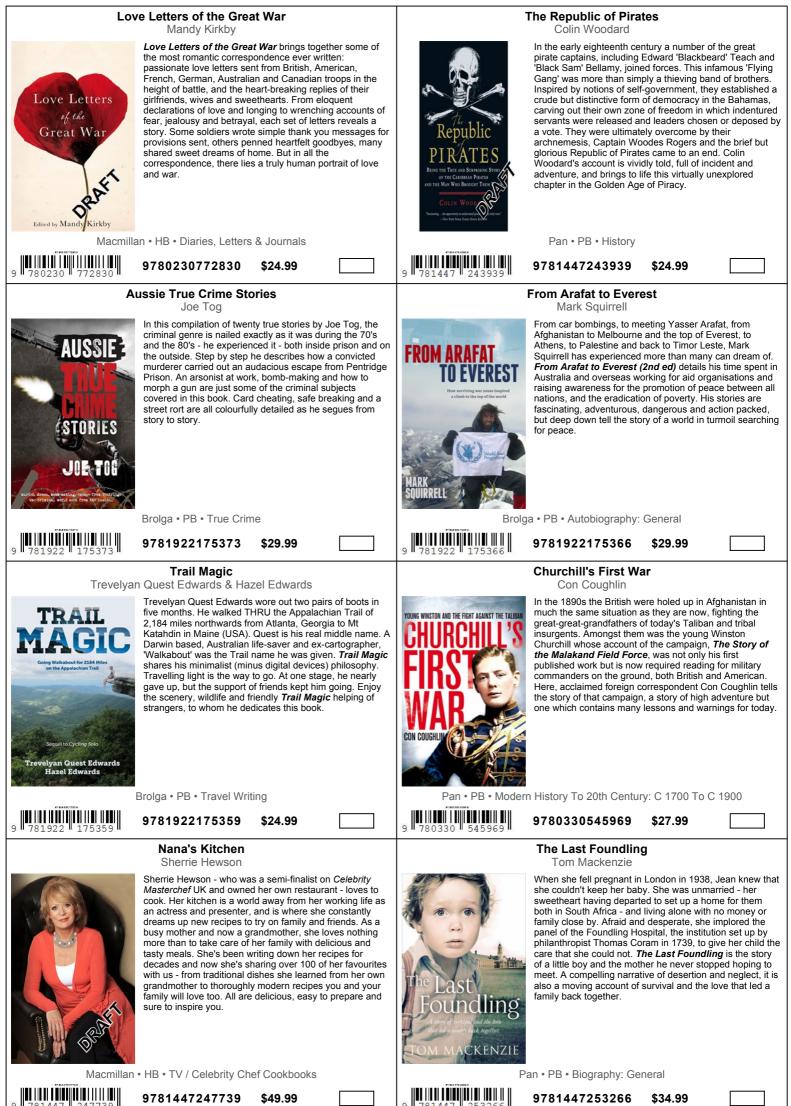
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Free Schools* David Gillespie				Nourish: The 20/20 Diet Cookbook* Lola Berry					
FREE SCHOOLS	David Gillespie has six kids high schools, he thought he advantage his kids would e million and sent them all to answer was: none whatsoe his research. He discovere kids are better off in co-ed, fancy buildings are a waste won't cut it in the new indus everyone, so is largely mea quality. Taking on an ingrai vested interests, this book necessary.	e should investigate nioy if he spent the private schools. Sl ever. Intrigued, Dav d that class size dc composite classes e of money, the old- stries and NAPLAN aningless as a mea ned and historical		Leading Australian nutritionist Lola Berry devised the ground-breaking and easy-to-follow 20/20 Diet based on years of experience in her own practice, helping people to shed excess kilos, and also her own weight journey. Lola's tried and tested path to weight-loss and good health loads the body up with nutrient-dense foods and avoids the dairy, grains and refined sugar that are common allergens. Basically, it's about eating what humans were designed to eat: unprocessed, nutritious, natural, seasonal, whole and delicious foods. In Nourish Lola introduces a raft of natural ingredients as she offers inspired, nutritionally packed dishes that are gratifying, full of flavour and simple to make, for any night of the week. Beautifully photographed throughout, the recipes are based on an ethos of no sugar, no wheat, no gluten and very little dairy.					
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Calm: No Matter What* Paul Wilson				Chopper 9: The Final Cut* Mark Read					
Paul Wilson THE GURU OF CALM The efforties way to makatin sche and equilibrim, whateve the commences	A couple of easy-to-follow s underlying sense of calm a the rest of your life. With pe than tension and anxiety, y times, down times and eve times are good, you experi- satisfaction. When they're i And when things go right o back. Life doesn't change- dramas will probably still be to take them in your step.	nd equilibrium you eacefulness at your ou get the most ou ry moment in betwe ence them with a d not so good, you co ff the rails, you bou the workloads, dis	"Only a drunk or a madman would survive - luckily, on that occasion, I was both." Ex-convict, author and celebrity Mark Brandon 'Chopper' Read gives readers a unique insight into Australia's sordid criminal underworld. <i>The Final Cut</i> continues the incredible story of the self- confessed executioner, who knew receiving a phone call from an old friend meant another associate was soon to be a walking corpse. Written in Chopper's unique style and featuring his dark humour, the ninth instalment of Chopper's memoirs tells the story of the Tassie Chainsaw Massacre and explains why drinking Crown Lagers is the key to winning a serious pub brawl.						
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Chopper 10.5: The Popcorn Gangster* Mark Read				Chopper 11: Last Man Standing* Mark Read					
What if there was an author who wrote about crime and therefore relied upon death to earn a living." Buried bodies, buried guns, buried money and buried truths. Only one man who's been on the inside tells it like it is about the Australian hit men, bikie wars and drug syndicates. His peers continue to die violent deaths, but Mark Brandon 'Chopper' Read is still alive to tell the real story. This is the life of the standover man who went from ex-con to icon. The Popcorn Gangster recounts the saga of the Calabrian contract and other grisly anecdotes.				Mark Brandon 'Chopper' Read was released from Pentridge Prison in 1991 and became a bestseller with his autobiography <i>Chopper: From the Inside</i> . Chopper's adventures, however, were far from over. The smart money said that Chopper would be the first to go in any underworld war but the smart money was wrong. He vowed to outlive his enemies and write their epitaphs and he did so, predicting who would be killed long before the assassins' guns were loaded. Only Chopper would live to tell the tale, with <i>Last Man Standing</i> the final installment of his series of funny, yet often brutal memoirs.					
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Melissa Explains It All

Melissa Joan Hart

Melissa has been entertaining audiences most of her life; when there were no girls named Melissa on her favorite show, the forceful four year old decided she'd get on TV her way. From that moment on, Melissa has shown a singular determination and focus - whether it's for booking three national commercials so her dad would build her a tree house or for nailing the audition for Clarissa. From her first commercial to her current starring role in ABC Family's hit Melissa and Joey, Hart never let fame go to her head. She always had one foot in Hollywood and one foot in reality - and still does.

A State of Ecstasy Luke Bainbridge

The arrival of a new style of music and a new type of drug in 1988 ignited a revolution. To coincide with the 25th anniversary of the second summer of love, this is the definitive story of the seismic movements in music and youth culture that changed the cultural landscape forever. Luke Bainbridge has interviewed most of the protagonists who led the acid house revolution, from the DJs and musicians to the promoters, gangsters and ravers, and built up a relationship of trust and mutual respect. This is the true story of acid house, from the DJ box to the dance floor, which examines the legacy and lasting impact of acid house, and how the second summer of love is viewed 25 years on.

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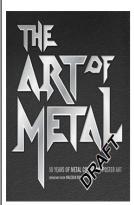
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