

Name:

Address:

Customer #:

Order #:

Trade Orders and Enquiries

PO Box 3520
Tuggerah, NSW, 2259

Phone: 09 477 4120
Fax: 0800 174 024

adscs@alliancedist.com.au

Media Requests and Review Copies

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

Fax: +61 2 9285 9191

panpublicity@macmillan.com.au

End Sell-In: 25/04/2014 • In-Store Date: 27/05/2014

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

The Skeleton Cupboard*

Tanya Byron

The Skeleton Cupboard is Professor Tanya Byron's account of her years of training as a clinical psychologist, when trainees find themselves in the toughest placements of their careers. Through the eyes of her naive and inexperienced younger self, Tanya shares remarkable stories inspired by the people she had the privilege to treat. Gripping, poignant and full of daring black humour, this book reveals the frightening and challenging induction faced by all mental health staff and highlights their incredible commitment to their patients. Powerfully moving and beautifully written, *The Skeleton Cupboard* shares the tales of ordinary people with an amazing resilience to the challenges of life.

Macmillan • PB • Memoirs

9781447262077 \$34.99



Judy: A Dog in a Million*

Damien Lewis

Judy, a beautiful liver and white English pointer, and the only animal POW of WWII, truly was a dog in a million. Whether she was dragging men to safety from the wreckage of a torpedoed ship, scavenging food to help feed the starving inmates of a hellish Japanese POW camp, or by her presence alone bringing inspiration and hope to men living through the 20th century's darkest days, she was cherished and adored by the British, Australian, American and other Allied servicemen who fought to survive alongside her. Viewed largely as human by those who shared her extraordinary life, Judy's uncanny ability to sense danger, matched with her quick-thinking and impossible daring saved countless lives. She was a close companion to men who became like a family to her, sharing in both the tragedies and joys they faced.

Quercus • PB • True War & Combat Stories

9781848665422 \$34.99



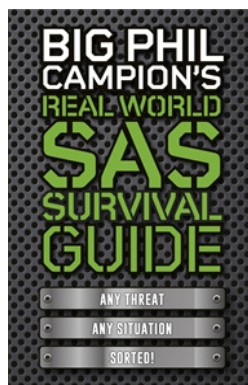
Real World SAS Survival Guide

Phil Campion

The 21st century is a place fraught with danger. Nobody is better placed to help counter these everyday threats than ex-SAS survival expert Phil Campion. He imparts much sought-after knowledge on all aspects of modern life, from advice on how to make your home safer and how to survive your daily commute, to the seemingly more distant threat of how to survive in a war zone or if caught in a man-made disaster. You will learn about unarmed combat, how to protect yourself when you're having fun, and even how to improvise weapons. Drawing on his elite combat experience and a career which has taken him to some of the world's most dangerous places, Big Phil will help you face any threat, in any situation, anywhere.

Quercus • TPB • Personal safety

9781782068525 \$34.99



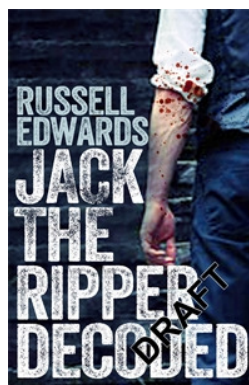
Hunting Jack the Ripper

Russell Edwards

After 125 years of theorising and speculation regarding the identity of Jack the Ripper, Russell Edwards is in the unique position of owning the first physical evidence relating to the crimes to have emerged since 1888. This evidence is from one of the crime scenes, and has now been rigorously examined by some of the most highly-qualified forensic scientists in the country who have ascertained its true provenance. With the help of modern forensic techniques, Russell's ground-breaking discoveries provide conclusive answers to many of the most challenging mysteries surrounding the case.

Pan • PB • True Crime

9781447264224 \$24.99



The True Lives of My Chemical Romance

Tom Bryant

My Chemical Romance are the most significant band in alternative rock for the last decade, selling 5 million albums and selling out arenas worldwide until their split after twelve years together. Author Tom Bryant has been given unparalleled access to the band over the course of their extraordinary career and has a unique archive of interviews with Gerard Way and his brother Mikey, Ray Toro and Frank Iero, as well as their friends and those closest to them, allowing him to go behind the scenes and bring their stories to life. From their New Jersey beginnings to international superstardom, from the demons they have battled to the power of their lyrics and their extraordinary connection with their fans, this is the definitive biography of the most adored rock band this century, a story of self-belief and the pursuit of dreams.

Sidgwick & Jackson • PB • Biography: Arts & Entertainment

9781447253570 \$34.99



Melbourne Art Deco

Robin Grow

In *Melbourne Art Deco*, Robin Grow, President of the Art Deco & Modernism Society Inc., examines the rise, fall and resurgence of Art Deco in Melbourne from the 1930s to the present day. With contemporary images by David Thompson and a team of photographers, supported by archival material, *Melbourne Art Deco* offers an invaluable insight into the history and current state of one of the city's most popular styles. First published in 2009, the book has been updated in 2014.

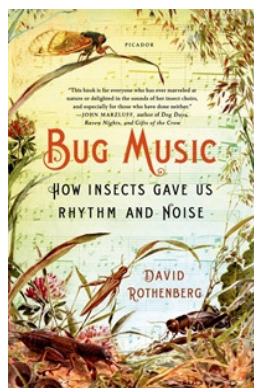
Brolga • PB • Architectural Structure & Design

9781922175472 \$29.99



Bug Music

David Rothenberg



In the spring of 2013, the cicadas in the Northeastern United States emerged from their seventeen-year cycle. Those who experienced this great sonic invasion compared their sense of wonder to the arrival of a comet or a solar eclipse. This unending rhythmic cycle is just one unique example of how the pulse and noise of insects has taught humans the meaning of rhythm. **Bug Music** is the first book to consider the radical notion that we humans got our idea of rhythm, synchronization, and dance from the world of insect sounds that surrounded our species over the millions of years over which we evolved. **Bug Music** continues Rothenberg's in-depth research and spirited writing on the relationship between human and animal music, and it follows him as he explores insect influences in classical and modern music, plays his saxophone with crickets and other insects, and confers with researchers and scientists nationwide.

Picador US • PB • Animals & Society

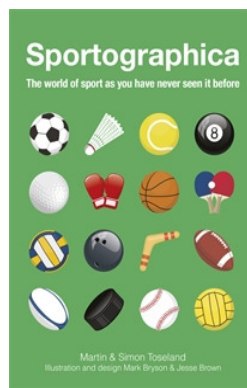


9781250045058 \$24.99



Sportographica

Martin and Simon Toseland



Who won gold in Olympic hot-air ballooning? Which sport has produced the most elected politicians? Which sports team has had the world's longest losing streak? Here's where you can find out. **Sportographica** blends sporting statistics from around the world with stylish and memorable infographics - including the youngest-ever Formula One winners, the world's richest sports teams, the oldest sporting rivalries and the worst footballers' hairstyles. Smart, quirky and endlessly fascinating, **Sportographica** is packed with information, facts and figures - and is the perfect read for fans of all sport.

Quercus • HB • Sports & Outdoor Recreation



9781782061403 \$24.99



No-Bake Baking

Sharon Hearne-Smith



In **No-Bake Baking**, Sharon Hearne-Smith shows how to create over 100 impressive sweet treats with absolutely no need for conventional baking. These easy recipes can be magicked up in your fridge, freezer, microwave or blender - or even your slow cooker, bread machine or sandwich toaster! Sharon cleverly transforms simple ingredients like rice krispies, pancakes, cookie crumbs, popcorn and marshmallows into stunning cakes, biscuits and desserts, saving you hours in the kitchen and guaranteeing gorgeous results every time. You'll find an array of jaw-dropping temptations, from iced lemon meringue cake, striped blueberry cheesecake and deep-pan double-chocolate mousse pie, to traybakes with a twist, such as rocky road white knuckle ride, trillonaire's toffee tiffin and orange & hazelnut 'brownie' bars.

Quercus • HB • Cookery / Food & Drink Etc

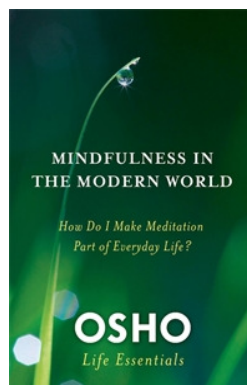


9781848666221 \$44.99



Mindfulness in the Modern World

Osho



In **Mindfulness in the Modern World**, Osho helps us explore both the inner and the outer obstacles that prevent us from bringing more awareness to all our daily activities. He emphasizes that while techniques can be useful in pointing the way, in themselves they are not meditation. Rather, meditation - or mindfulness - is ultimately a state of being in which we are capable of both action and stillness, work and play, and able to be fully present to each moment of life as it comes. Osho's insights into the nature of the modern mind, with its tendency to judge and compare, provides a helpful entry point for longtime meditators as well as beginners. **Mindfulness in the Modern World** covers a wide range of topics, including five experiential techniques that will help you bring awareness to your everyday life.

Griffin • PB • Mind, Body, Spirit

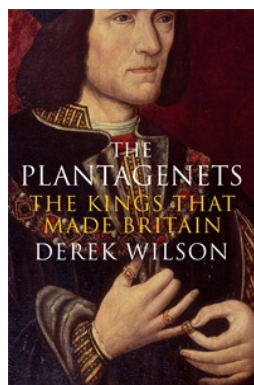


9780312595517 \$24.99



The Plantagenets

Derek Wilson



England, 1154. As Henry II seizes the throne after years of turmoil, a new dynasty is poised to haul this hitherto turbulent nation out from the Dark Ages and transform it into the nation state we recognize today. Featuring some of England's greatest but also most notorious kings, the house of Plantagenet would reign for over 300 blood-soaked, yet foundational, years. The dynasty provides some of the most evocative names in our history: from the brave yet rash Richard the Lionheart, his treacherous brother John, the hapless Richard II, and the hero of Agincourt Henry V, through to the controversial Richard III. And in this authoritative, intelligent and grippingly written book, acclaimed historian Derek Wilson brings this thrilling era to life.

Quercus • PB • History

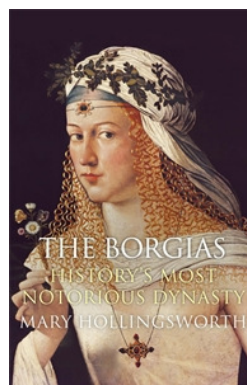


9781782069416 \$24.99



The Borgias

Mary Hollingsworth



The Borgias have become a byword for pride, lust, cruelty, avarice, splendour and venomous intrigue. An inspiration for many works of fiction, most famously Mario Puzo's *The Godfather*, they have aroused abomination and fascination in almost equal measure, while their patronage of the arts created some of the great masterpieces of the Renaissance. From the powerful, merciless Rodrigo Borgia, better known as Pope Alexander VI, to the beautiful Lucrezia and the debauched and murderous Cesare, Mary Hollingsworth's account of the dynasty's dramatic rise from its Spanish roots to the heights of Renaissance society forms a compelling tale of brutalities, incest, unparalleled corruption and extortionate greed.

Quercus • PB • History

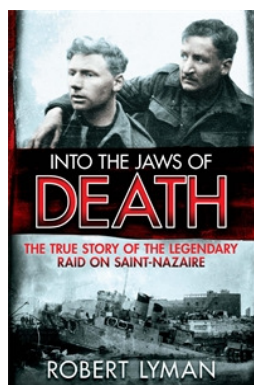


9781782069447 \$24.99



Into the Jaws of Death

Robert Lyman



It is the night of 28 March 1942. Royal Navy and British commandos are poised to assault the German-held port of Saint-Nazaire in what will be one of the most audacious and daring raids of the Second World War. The plan is simple: to drive an old destroyer, packed with three tons of explosive, at full speed into the outer gate of the Normandie dock. The aim is to destroy the base from which the formidable battleship Tirpitz would be able to devastate the convoys supplying Britain from the United States. 'Operation Chariot' was to be dramatically successful, but at a great cost. Fewer than half the men who went on the mission returned. In recognition of their valour, eighty-nine decorations were awarded, including five Victoria Crosses. **Into the Jaws of Death** is the true story of how the decisive courage of a small group of men changed the course of the war.

Quercus • PB • Military History

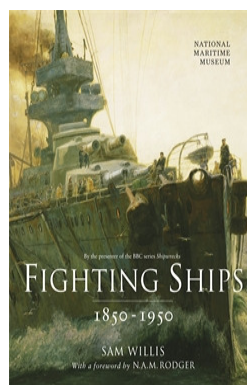


9781782064473 \$24.99



Fighting Ships

Sam Willis



Fighting Ships 1850-1950 presents a stunning collection of 150 large-scale paintings, drawings, photographs and ship plans that tell the story of naval warfare from the first iron and steam warships to the deadly U-boats of World War II. Published in partnership with the National Maritime Museum, this new edition includes many updated images. The period's most significant naval engagements are depicted in striking detail - the bombardment of Sveaborg during the Crimean war, the attack on Pearl Harbor, as well as the evacuation of Dunkirk and the D-Day landings - revealing the glory and exhilaration of the last great age of marine warfare.


Quercus • HB • Military History



9781848667020 \$55.00



| | |
|--|---|
| <div>  <p>Capturing the Light Roger Watson and Helen Rappaaport</p> <p><i>Capturing the Light</i> starts with a tiny scrap of purple-tinged paper, 176 years old and about the size of a postage stamp. On it you can just make out a tiny, ghostly image of a gothic window, an image so small and perfect that it 'might be supposed to be the work of some Lilliputian artist': the world's first photographic negative. This captivating book traces the lives of two very different men in the 1830s, both racing to be the first to solve one of the world's oldest problems: how to capture an image and keep it for ever.</p> </div> <div> <p>Pan • PB • History: Specific Events & Topics</p> <div>  <p>9 781447 212584</p> </div> <div> <p>9781447212584 \$24.99</p> <div>  </div> </div> </div> | <div>  <p>Easy as Pie Pops Andrea Smetona</p> <p>Whether you want something sweet, fruity or savory, <i>Easy as Pie Pops</i> has the perfect bite-sized treats that'll be a hit with family and friends. Andrea Smetona, the owner of Cakewalk Desserts, shares for the first time her most in-demand pie pop recipes. And with some of her most coveted cake pop and mini loaf recipes included, this book is a necessity for any person looking to make talk-of-the-town, miniature pastries that are the next dessert sensation.</p> </div> <div> <p>St Martin's Press • PB • Cookery / Food & Drink Etc</p> <div>  <p>9 781624 140228</p> </div> <div> <p>9781624140228 \$29.99</p> <div>  </div> </div> </div> |
| <div>  <p>Paleo Lunches and Breakfasts on the Go Diana Rodgers</p> <p>Lunch and breakfast are often the hardest meals to eat without busting your Paleo, gluten-free diet, especially when most recipes call for gluten, processed oils, sliced bread or sandwich buns. Diana Rodgers, a nutritional therapist and Paleo community activist, solves the problem with 100 easy and delicious packable meals without bread. From lettuce-wrap sandwiches to egg muffins to creative uses for toothpicks and packaging, she takes the confusion out of how to make hand-friendly and fast Paleo meals. Recipes include her Chicken Salad with Fennel and Cranberries perfectly cradled by a leaf of romaine lettuce, the to-die for Cherry Tarragon Breakfast Sausages and even a Paleo-friendly Bubble and Squeak.</p> </div> <div> <p>St Martin's Press • PB • Cookery / Food & Drink Etc</p> <div>  <p>9 781624 140167</p> </div> <div> <p>9781624140167 \$29.99</p> <div>  </div> </div> </div> | <div>  <p>Bake and Destroy Natalie Slater</p> <p>Natalie has been described as "Martha Stewart meets Iron Maiden," taking vegan cooking to places it has never been before. Influenced by slasher films, pro-wrestling, punk rock and heavy metal, her quirky-yet-delicious comfort foods are a refreshing take on vegan eating with award-winning flavors. Along the way, her off-color humor, irreverent rants and density of pop-culture references will make you laugh out loud. Inside this high-energy cookbook you'll find recipes for Bike Messenger Brownies - inspired by the espresso-infused chai latte these speed demons use to fuel up; and Crouching Cornbread, Hidden Broccoli - Natalie's sneaky way of getting her son to eat vegetables. Other creations include the Grilled Mac 'n' Cheez Sandwich, Taco Lasagna, Chick-O Cheesecake, and her Shepherd's Pie Pizza.</p> </div> <div> <p>St Martin's Press • PB • Cookery / Food & Drink Etc</p> <div>  <p>9 781624 140020</p> </div> <div> <p>9781624140020 \$29.99</p> <div>  </div> </div> </div> |
| <div>  <p>Stuffed Dan Whalen</p> <p>Dan Whalen is a mad scientist of comfort food. Dan's recipe takes a full-sized cheeseburger, stuffs it into a ravioli and calls it dinner. Another puts pineapple and bacon into jalapeno peppers to create a tasty, flavorful appetizer. With every recipe so fun and different, you'll be able to make dishes that your family and friends have truly never seen before. Dan is the genius behind the popular blog, The Food in My Beard. His recipes have been viewed over 6 million times and his work has been featured in <i>Bon Appetit</i>, <i>Fine Cooking</i> magazine and on Boston.com and <i>Huffington Post</i>.</p> </div> <div> <p>St Martin's Press • PB • Cookery / Food & Drink Etc</p> <div>  <p>9 781624 140112</p> </div> <div> <p>9781624140112 \$29.99</p> <div>  </div> </div> </div> | <div>  <p>Infinitesimal Amir Alexander</p> <p>On August 10, 1632, five leaders of the Society of Jesus convened in a somber Roman palazzo to pass judgment on a simple idea: that a continuous line is composed of distinct and limitlessly tiny parts. The doctrine would become the foundation of calculus, but on that fateful day the judges ruled that it was forbidden. With the stroke of a pen they set off a war for the soul of the modern world. Amir Alexander's <i>Infinitesimal</i> is the story of the struggle that pitted Europe's entrenched powers against voices for tolerance and change. It takes us from the bloody religious strife of the sixteenth century to the battlefields of the English civil war and the fierce confrontations between leading thinkers like Galileo and Hobbes.</p> </div> <div> <p>Farrar Straus Giroux • HB • Philosophy Of Mathematics</p> <div>  <p>9 780374 176815</p> </div> <div> <p>9780374176815 \$39.99</p> <div>  </div> </div> </div> |
| <div>  <p>Edible Spots and Pots Stacey Hirvela</p> <p>Featuring dozens of preplanned planting recipes, based on space or container sizes, <i>Edible Spots and Pots</i> allows readers to mix and match vegetables, herbs, small fruits, and edible flowers to create a plant-style patchwork based on the "thriller" (dramatic, focal-point plants), "filler" (midheight, bushy plants), and "spiller" (vines and twining plants) formula for creating interesting and botanically sound gardens. Plot-free gardening offers practical solutions for any circumstance a gardener may encounter (challenging spaces, soils, or weather), while also taking into account budget, time, and aesthetic goals.</p> </div> <div> <p>Rodale • PB • Gardening: Growing Fruit & Vegetables</p> <div>  <p>9 781609 619596</p> </div> <div> <p>9781609619596 \$34.99</p> <div>  </div> </div> </div> | <div>  <p>Homegrown Tea Cassie Liversidge</p> <p><i>Homegrown Tea</i> explains how to grow a large variety of plants in your own garden, on a balcony or even on a window sill could become your tea cupboard. It shows you how to grow your tea from seeds, cuttings, or small plants, as well as which parts of the plant are used to make tea. Liversidge lays out when and how to harvest your plants, as well as information on how to prepare the plant, including how to dry it to make tea you can store to last you throughout the year. As a guide to using tea to make you feel better, there are nutritional and medicinal benefits. Finally, there is an illustrated guide to show how to make up fresh and dried teabags and how to serve a delicious homegrown tea.</p> </div> <div> <p>Griffin • PB • Beverages</p> <div>  <p>9 781250 039415</p> </div> <div> <p>9781250039415 \$34.99</p> <div>  </div> </div> </div> |
| <div>  <p>Rodale's Basic Organic Gardening Deborah L. Martin and the Editors of Organic Gardening</p> <p>When the inspiration hits to start an organic garden, many novices could benefit from a guidebook that speaks directly to their enthusiasm, their goals, and, of course, their need for solid information that speaks a newbie's language - from the most trusted source for organic gardening methods. In <i>Rodale's Basic Organic Gardening</i>, general garden-building skills (from "Do I need to dig?" to "Where do I dig?") and specific techniques (from "How do I plant a seed?" to "How much should I water?") are presented in growing-season order - from garden planning and planting to growing and harvesting. Many other need-to-know topics like soil, compost, seeds, pest control, and weeds are explained in simple language to ensure success, even on a small scale, on the first try.</p> </div> <div> <p>Rodale • TPB • Organic Gardening</p> <div>  <p>9 781609 619831</p> </div> <div> <p>9781609619831 \$29.99</p> <div>  </div> </div> </div> | <div>  <p>Rodale's 21st Century Herbal Michael Balick</p> <p>It turns out that Mother Nature is a brilliant chemist. Our ancestors have used indigenous herbs in daily life for thousands of years due to these plants' ability to heal and promote good health. Now modern science has identified the compounds that give herbs their medicinal qualities, scent, and flavor. The extraordinary diversity of herbal plants has the potential to improve our health and well-being, and we are wholeheartedly incorporating herbs, both fresh and dried, into our lifestyles = for well-being, healing, gardening, beauty, ceremony, and a richer, fuller life. Presented in three parts, <i>Rodale's 21st-Century Herbal</i> first explores the historical relationship between people and herbal plants and how it has evolved over time.</p> </div> <div> <p>Rodale • HB • Gardening: Herbs</p> <div>  <p>9 781609 618049</p> </div> <div> <p>9781609618049 \$44.99</p> <div>  </div> </div> </div> |
| <div>  <p>Living Life in Full Bloom Elizabeth Murray</p> <p>Living life in full bloom means living with hope and purpose, with imagination and vision - in a way that honors the Earth, the spirit, and one another. Elizabeth Murray encourages and nurtures each person to explore four personality attributes (Gardener, Artist, Lover, and Spirit Weaver), or pathways, that create a framework for practicing mindfulness, unleashing potential, and reviving communities. As Gardeners, readers will learn to observe and grow, as Artists, they'll discover creativity and new possibilities; as Lovers, they'll lead with the heart and commit to things they're passionate about; and as Spirit Weavers, they'll create rituals and express gratitude.</p> </div> <div> <p>Rodale • HB • Mind, Body, Spirit</p> <div>  <p>9 781623 361204</p> </div> <div> <p>9781623361204 \$29.99</p> <div>  </div> </div> </div> | <div>  <p>Seedtime Scott Chaskey</p> <p>Scott Chaskey - working farmer, poet, and spiritual father of the community farming movement - considers "the web of biodiversity and resilience at the heart of our cultural inheritance" by masterfully weaving history, politics, botany, literature, mythology, and memoir into a beautiful and instructive book. It's hard to think of a subject more fundamental to the sustenance of the human race than seeds. Having coevolved with the Earth's plants, insects, and animals, seeds are entwined with the core myths of ancient cultures and the development of human consciousness. Their story remains vitally important today, as the corporations that manufacture GMOs threaten our food security and the future of seed-cultivated agriculture.</p> </div> <div> <p>Rodale • HB • Agriculture & Farming</p> <div>  <p>9 781609 615031</p> </div> <div> <p>9781609615031 \$29.99</p> <div>  </div> </div> </div> |
| <div>  <p>Everything I Ever Needed to Know About Monty Python Brian Cogan PhD and Jeff Massey PhD</p> <p>Throughout their five seasons on British television, Monty Python became a worldwide symbol not only for taking serious subjects and making them silly, but also for treating silly subjects seriously. Monty Python provided a treasure trove of erudite "in" jokes, offering sly allusions to subjects as diverse as T.S. Elliot's "Murder in the Cathedral" (as part of a commercial for a weight loss product) and how to conjugate Latin properly (as explained by a Roman centurion to a Jewish zealot painting anti-Roman graffiti on a wall). This hilarious and helpful guide puts Python's myriad references into context for the legion of fans, scholars, and pop culture aficionados that still strive to "get" Monty Python.</p> </div> <div> <p>St Martin's Press • HB • Humour</p> <div>  <p>9 781250 004703</p> </div> <div> <p>9781250004703 \$34.99</p> <div>  </div> </div> </div> | <div>  <p>My Bright Abyss: Meditation of a Modern Believer Christian Wiman</p> <p>Eight years ago, Christian Wiman, a well-known poet and the editor of <i>Poetry</i> magazine, wrote a now-famous essay about having faith in the face of death. <i>My Bright Abyss</i>, composed in the difficult years since and completed in the wake of a bone marrow transplant, is a moving meditation on what a viable contemporary faith - responsive not only to modern thought and science but also to religious tradition - might look like. Joyful, sorrowful, and beautifully written, <i>My Bright Abyss</i> is destined to become a spiritual classic, useful not only to believers but to anyone whose experience of life and art seems at times to overbriem its boundaries.</p> </div> <div> <p>Farrar Straus Giroux • PB • Mind, Body, Spirit</p> <div>  <p>9 780374 534370</p> </div> <div> <p>9780374534370 \$19.99</p> <div>  </div> </div> </div> |




Runner's World Big Book of Running for Beginners


Jennifer Van Allen, Bart Yasso, Amby Burfoot and Pamela Nisevich Bede


Every day, people are reaching their get-up-or-give-up moments and resolving to change. And they're realizing that running is the simplest, cheapest, and most effective way to lose weight, gain confidence, and relieve stress. For newcomers, the obstacles are fierce. There are fears of pain and embarrassment. There are schedules jam-packed with stressful jobs, long commutes, endless meetings, and sticky-fingered toddlers. ***The Runner's World Big Book of Running for Beginners*** provides all the information neophytes need to take their first steps, as well as inspiration for staying motivated.

Rodale • PB • Active Outdoor Pursuits

9 781609 615376

9781609615376 \$29.99






Runner's World Training Journal for Beginners


The Editors of Runner's World

Runner's World Training Journal for Beginners provides the perfect framework to help new runners track a year's worth of runs, while providing them with the necessary structure and information to be the best runners they can be. Tailored to meet the unique needs of today's growing masses of new runners, this training journal includes the latest tips, advice, and motivation from the pros to keep runners going all year long. Using space provided for recording daily routes, mileage, times, and notes - as well as providing basic tips on training, nutrition, and injury prevention - runners will be able to track their progress as they achieve their running goals.

Rodale • PB • Active Outdoor Pursuits

9 781609 615390

9781609615390 \$29.99





Bike Your Butt Off!

Selene Yeager

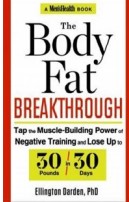
Bicycling's Fit Chick presents a brand-new, 12-week weight-loss and exercise plan for beginner and experienced cyclists alike. Whether readers have just a little bit of weight to lose or a lot, ***Bike Your Butt Off!*** will help them meet their weight-loss goals in no time, thanks to its expert-tested food and exercise plans from authors Selene Yeager and Leslie Bonci. By outlining basic rules of the road, social elements of cycling, and the sustaining weight-loss benefits of cycling, ***Bike Your Butt Off!*** distills the core fundamentals of cycling so that any beginner can adopt it as a lifelong endeavor.

Rodale • PB • Cycling

9 781609 615925

9781609615925 \$29.99






The Body Fat Breakthrough


Ellington Darden, PhD


Anyone who desperately wants to lose 10 to 50 or more pounds but just can't find the time to exercise three or four times a week will love ***The Body Fat Breakthrough***. It requires just one or two 20-minute resistance-training workouts using negative (or eccentric) training, the little-known weight-lifting technique that shrinks fat cells and triggers fast muscle growth. Legendary fitness researcher Ellington Darden, PhD, put 115 overweight men and women on this workout program and achieved remarkable results, which are illustrated in the book through 20 inspiring before and after photographs. Some test subjects lost 30, 40, or even more than 50 pounds in as many days and transformed their bodies and their health.

Rodale • TPB • Exercise & Workout Books

9 781623 361037

9781623361037 \$39.99






Fire Your Gym!


Andy Petranek

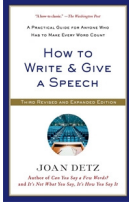
Had it with the relentless pace, fatigue and sore muscles of Body Beast and P90X? Tired of driving to the gym every day or paying a trainer? Or do you want a break from your tedious workout routine? Dive into ***Fire Your Gym*** and you will find a challenging, exciting, time-saving, fun and smart program that delivers striking gains in muscle size and strength, running speed and endurance, fat loss and all-round peak fitness - developed by two top authorities in the fitness world. Best of all, it leaves you with a simple, highly motivating workout system that'll keep you super-fit for life - right from your own home.

St Martin's Press • PB • Exercise & Workout Books

9 781624 140181

9781624140181 \$34.99






How To Write and Give A Speech


Joan Detz

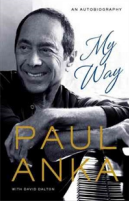
With more than 65,000 copies sold in two editions and recommended by Forbes and U.S. News & World Report, this newly updated guide offers sound advice on every aspect of researching, writing, and delivering an effective speech. Filled with anecdotes, examples, and practical advice, this accessible guide makes one of the most daunting tasks manageable - and even fun. Speaking coach Joan Detz covers everything from the basics to the finer points of writing and delivering a speech with persuasion, style, and humor.

Griffin • PB • Public Speaking Guides

9 781250 041074

9781250041074 \$24.99






My Way


Paul Anka


A teen idol of the 1950s who virtually invented the singer/songwriter/heartthrob combination that still tops pop music today, Paul Anka rocketed to fame with a slew of hits - from "Diana" to "Put Your Head on my Shoulder" - that earned him a place touring with the major stars of his era, including Chuck Berry, Jerry Lee Lewis, and Buddy Holly. He wrote Holly's last hit, and just missed joining the rocker on his final, fatal plane flight. Anka also stepped in front of the camera in the teen beach-party movie era, scoring the movies and romancing their starlets, including Annette Funicello. When the British invasion made his fans swoon for a new style of music - and musician - Anka made sure he wasn't conquered.

Griffin • PB • Autobiography: Arts & Entertainment

9 781250 044495

9781250044495 \$24.99






Know Your Enemy: The Story of Rage Against the Machine


Joel McIver


An unauthorised biography of the most pro-actively political rock band on the planet. Joel McIver has given a clear and unbiased analysis of the group's stance on a wide range of issues as well as the chronology of their career. Rage Against the Machine sold 20 million albums worldwide and won two Grammy Awards. Founder member and guitarist Tom Morello has given author Joel McIver his blessing to write this biography.

Omnibus Press • TPB • Biography: Arts & Entertainment

9 781783 050468

9781783050468 \$29.99






Emeli Sandé: Read All About It


John Dingwall

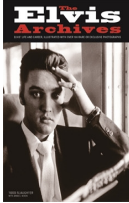
John Dingwall has talked to Emeli, her parents, her sister, schoolteachers and those who have been involved with her career to bring the first biography of Britain's hottest female singer/songwriter at the moment. He details her childhood, her first record deal (and how she was initially rejected by Gary Barlow who told her she was never going to be a star), how she eventually landed a deal with Virgin and her collaborations on a string of chart hits with artists including Wiley, Tinie Tempah, Susan Boyle and Professor Green before making it as an artist in her own right.

Omnibus Press • TPB • Biography: Arts & Entertainment

9 781783 053575

9781783053575 \$24.99






The Elvis Archives


Todd Slaughter

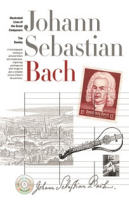
Now re-published in a small format paperback edition! An exclusive account of the extraordinary life of Elvis Aaron Presley, detailing the undisputed facts of Elvis' life and career and is illustrated with over 100 rare and exclusive photographs. Elvis was often thought to be a recluse, but these photographic records show Elvis meeting and mixing with some of the most famous and influential people of our time. Pop stars, politicians and presidents all wanted to meet The King and this picture portfolio details many of those exciting moments.

Omnibus Press • PB • Biography: Arts & Entertainment

9 781783 053889

9781783053889 \$19.99






New Illustrated Lives of Great Composers: Johann Sebastian Bach

Tim Dowley

A new and fascinating biography of the most outstanding composer in musical history, covering Bach's earliest musical efforts in Eisenach, his cultural inheritance, his series of posts as organist or musician, and his stormy career in Leipzig. It also traces the significant stages of development in his family and his music. Reproductions of engravings and portraits of the time help to recreate the era in which Bach flourished. The origins of all the composer's major works are discussed and put into the context of the contemporary world. Written both for the general reader and the specialist. Includes a CD featuring a selection of recordings by the composer.

Omnibus Press • PB • Biography: Arts & Entertainment

9 781780 384474

9781780384474 \$24.99

