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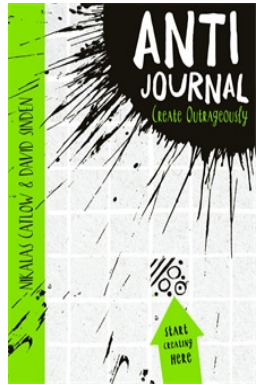
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End Sell-In: 21/11/2014 • In-Store Date: 23/12/2014

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The Anti Journal

David Sinden and Nikalas Catlow



This is no ordinary journal. Anti Journaling is a route to creative discovery, a way of seeing things differently - it's journaling outside the box. Doodle, create, cut, mess up and even throw tea bags at the pages. In this journal there are no rules! Let your imagination roam free. Paint using a hammer, write with the wrong hand, throw things at the page, fill the journal with illegible writing, draw with a twig, create a still life from fruit peel - put your own stamp on it!

Macmillan Children's Books • HB • Self-Help & Personal Development

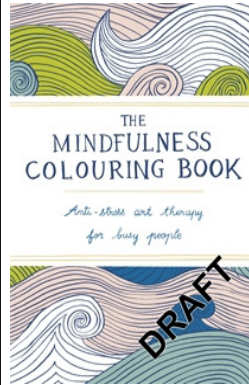


9781447288794 \$19.99



The Mindfulness Colouring Book

Emma Farrarons



Working with your hands is one of the best ways to soothe anxiety and eliminate stress. This stunning, pocket-sized colouring book offers a practical exercise in mindfulness that draws on your creativity and hones your focus. Beautifully illustrated, *The Mindfulness Colouring Book* is filled with templates for exquisite scenes and intricate, sophisticated patterns, prompting you to meditate on your artwork as you mindfully and creatively fill these pages 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

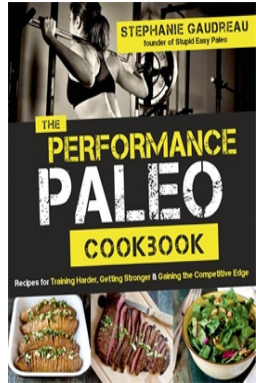


9780752265629 \$19.99



The Performance Paleo Cookbook

Stephanie Gaudreau



High-Intensity training is one of the most effective ways to train, but you also need to be eating the right foods to get the best results. *The Performance Paleo Cookbook* gives readers 100 of the best Paleo recipes to supercharge their path to fitness. Stephanie Gaudreau is the creator of the popular Paleo blog, Stupid Easy Paleo. Not only does she provide healthy, delicious recipes such as Mocha-Rubbed Slow Cooker Pot Roast, Warm Cinnamon Carrot Fries, Apricot Ginger Pork Tenderloin and Apple Pie Protein Shake, but she also describes in detail which meals to eat before and after your workouts to maximize the superfood benefits, and to increase your strength and speed.

St Martin's Press • PB • Fitness & Diet

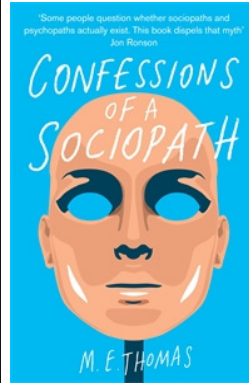


9781624141010 \$29.99



Confessions of a Sociopath

M. E. Thomas



M. E. Thomas is a high-functioning non-criminal sociopath. She is charismatic, ambitious and successful. You would be charmed by her if you met her, might even be seduced by her. You would not realise that she is studying you to find your flaws, that she is ruthlessly manipulative, has no empathy and does not feel guilt or remorse. But she does like people - she likes to touch them, mould them and ruin them. She could be your friend or your boss. She could be you . . . Now she writes with breathtaking honesty about her life. She also draws on the latest research to explain why at least one in twenty-five of us are sociopaths - and shows why that's not a bad thing. By turns fascinating, shocking and funny, *Confessions of a Sociopath* is a gripping insight into the mind of a self-confessed predator.

Pan • PB • Autobiography: General

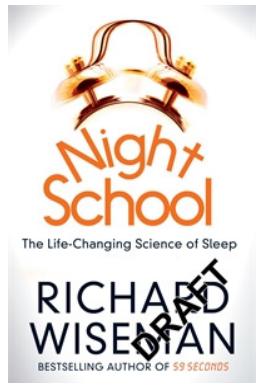


9781447242734 \$24.99



Night School

Richard Wiseman



Almost a third of your whole life is spent asleep. Every night you close your eyes, become oblivious to your surroundings and waste hours flying, being chased or watching all your teeth fall out - and then you wake up. What on earth is going on? Based on exciting new peer-reviewed research, mass-participation experiments and the world's largest archive of dream reports, *Night School* uncovers the truth about the sleeping brain - and gives powerful tips on how you can use those hours of apparently 'dead' time to change your waking life. Along the way you will discover how to learn information while you sleep, the creative potential of a six-minute nap, and what your dreams really mean. Studies show that even a small lack of sleep can have a detrimental effect on health and happiness. It's time to banish nightmares, make the most of the missing third of your days, and get the best night's sleep of your life.

Pan • PB • Popular Science

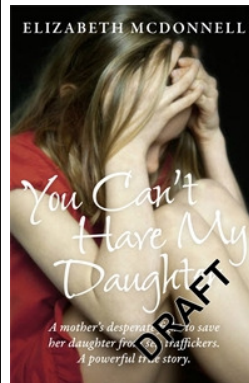


9781447264835 \$24.99



You Can't Have My Daughter

Elizabeth McDonnell



As a single 51-year-old woman, Elizabeth had given up hope of ever becoming a mother. When she was approved to adopt ten-year-old Lara, a sweet and caring girl, it was a dream come true. Elizabeth knew that her new daughter had had a difficult past but when she found out that Lara had been abused, the extent of her emotional damage became clear. By the age of twelve, Lara was often out of control, hanging out with drug dealers in Oxford, disappearing for days. For the next five years Elizabeth put herself in danger to rescue her daughter time and time again, while battling the authorities who failed to give Lara the help she so desperately needed. She had no idea that her daughter was being trafficked by a sex ring.

Pan • PB • Memoirs

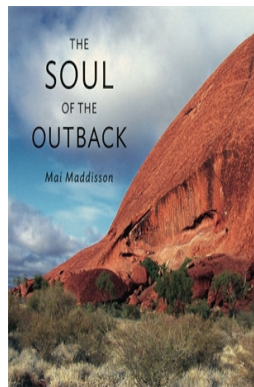


9781447270850 \$24.99



The Soul of the Outback

Mai Maddissoon



The Soul of the Outback explores Australia's vast continent. Through photography, painting and drawings, local artist Mai Maddissoon takes us on a journey that blends her perspectives by hand with those through a lens to capture a unique and vibrant look at the Australian Outback. A perfect book for visitors and locals alike, *The Soul of the Outback* will have you looking at the city and your home in a new and interesting way.

Brolga • PB • Photographs: Collections

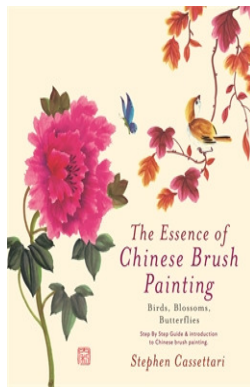


9 781922 175007 **\$29.99**



The Essence of Chinese Brush Painting

Stephen Cassettari



This beautiful book is a guide to painting birds, blossoms, butterflies using the classic Chinese brush painting techniques. All techniques are clearly illustrated with detailed instructions and suitable for people of all ages and artistic abilities to follow. Chinese Brush Painting is an art: both in form and thought. Stephen Cassettari is masterful in how he presents the art and the philosophy behind it in such an easy to read way.

Brolga • PB • Art Techniques & Principles

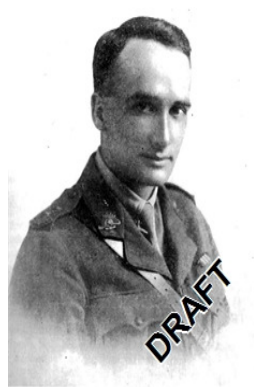


9 781922 175670 **\$24.99**



The Other Side of No Man's Land: Arthur When World War I Hero

John Ramsland



Arthur When was the most daring, resourceful signaller in the 1st AIF. His extraordinary exploits in the epic Battles of Fromelles, Polygon Wood, Villers-Bretonneux and Péronne are told as well as his subsequent career as a Rhodes Scholar. In 1929 he became the first and best translator of Remarque's classical German war novel *All Quiet on the Western Front* that became an international bestseller and a Hollywood film in 1930. On the other side of No Man's Land When's experience paralleled incidents in the book. In the midst of the horrors of Fromelles, When showed conspicuous bravery in laying and repairing telephone lines under extremely heavy fire across No Man's Land where there was indescribable loss of life.

Brolga • PB • Military History

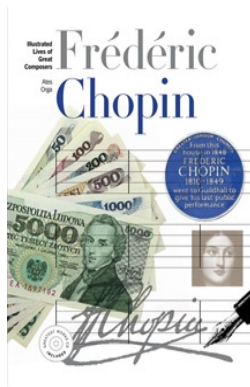


9 781922 175694 **\$29.99**



New Illustrated Lives of Great Composers: Frédéric Chopin

Ates Orga



This new biography is a fascinating account of the period in which Chopin lived, and the way in which the political scene helped shape his music. This is an ideal book for the music lover who has no specialist knowledge. At the same time it will prove a valuable source of original material for students and professionals looking for fresh insights into Chopin's music. Includes a CD featuring a selection of recordings by the composer.

Omnibus Press • PB • Biography: Arts & Entertainment

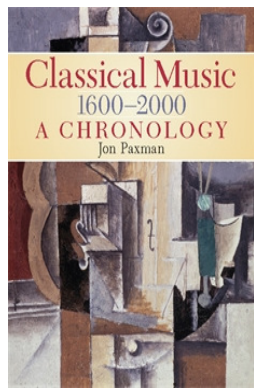


9 781780 384443 **\$24.99**



Classical Music 1600-2000: A Chronology

Jon Paxman



Jon Paxman's ambitious book interprets four centuries of Western classical music by considering its evolution from two different perspectives. Each of the eight chapters covers a 50 year period, tracing stylistic progressions with particular reference to musical genres and geographical locations. A corresponding Chronology explores the lives of individual composers, patrons, publishers, impresarios, conductors and performers, so providing a cultural and social framework that helps put each musical development into a broader historical context. Monumental in scope but lucid in style, this book will prove invaluable to anyone - student or enthusiast - who wants to comprehend the overwhelmingly rich and sometimes complex evolution of Western classical music. With contributions by Terry Barfoot, Katy Hamilton, Thomas Lydon and Robert Rawson.

Omnibus Press • PB • Music: Styles & Genres

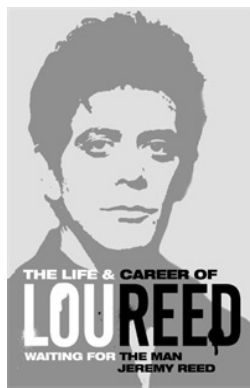


9 781844 497737 **\$100.00**



Waiting for the Man: The Life & Career of Lou Reed

Jeremy Reed



In *Waiting For The Man*, Jeremy Reed focuses on Lou Reed as rock's principal literary avatar, paying special attention to his controversial lyrics and prototypical garage sound. Finally the book examines the transcendent, if reluctant calm, that Reed arrived at in later life. Taking in the sweep of Reed's career from Velvet Underground to the variants of forty years of resistant solo pioneering, *Waiting For The Man* accesses the man and his music, with an extraordinary perception and attention to detail.

Omnibus Press • HB • Biography: Arts & Entertainment



9 781783 055692 **\$39.99**



The Art of Gothic

Natasha Scharf



The first ever English language collection of gothic images available. Features 224 pages of gothic photography and artwork. Contains up to date references that encompass the modern gothic movement as well as the original movement that came from punk. Gathers imagery from around the world, including previously unpublished photographs and artwork. Each chapter includes two special features, including profiles of influential artists or styles. Features articles on the work of well-known artists such as Anne Sudworth and Roman Dirge as well as graphic design teams Parched Art, Leisure Process and 23 Envelope.

Omnibus Press • HB • Illustration & Commercial Art



9 781783 052639 **\$44.99**



Record Collector Rare Record Price Guide 2016 Edition

Omnibus Press



Fully revised and updated, this is the thirteenth edition of the world's most comprehensive and best-selling guide for the massive record collecting market. Based on 30 years of detailed research by the staff of *Record Collector Magazine*, the world's leading publication for all pop and rock collectors. Includes over 100,000 entries and covers every musical genre from pop and rock to soul, blues, country, dance, jazz, folk and easy listening as well as specialist areas like punk, indie, metal, new wave, hip-hop, psychedelia, R&B, film soundtracks and original stage and radio recordings. It is an A to Z guide to rare and collectable UK releases covering all genres with catalogue numbers, release dates and current mint values for every UK single, EP, CD single, LP and CD.

Omnibus Press • PB • Music



9 780956 063984 **\$70.00**



