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Going Paleo
Pete Evans



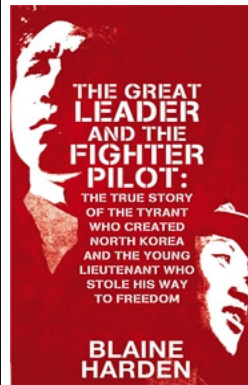
Going Paleo is the only book you'll need to transform the way you eat - and change the way you look and feel - for good. This comprehensive and user-friendly guide shows you both *why* to go paleo and *how* to go paleo, with over 80 essential recipes to get you started. The recipes in **Going Paleo** are delicious, quick and highly nourishing. Breakfasts include Kale and Sweet Potato Tortilla, and Paleo Parfait with Coconut Cream, while dinner might be Crispy-skinned Salmon with Celeriac Remoulade, Cauliflower Fried Rice with Bacon, or a simple Lamb Moussaka. There are chapters for snacks and drinks and heaps of veggies and salads - try Raw Rainbow Pad Thai or Sauerkraut with Dill and Juniper Berries. There is also a chapter for the basics - make your own fermented mustard or tomato ketchup, or cook up a big pot of chicken bone broth to use in various recipes throughout the week. **March release*

Plum • PB • Health & Wholefood Cookery



9 781743 533048 **9781743533048 \$39.99**

The Great Leader and the Fighter Pilot
Blaine Harden



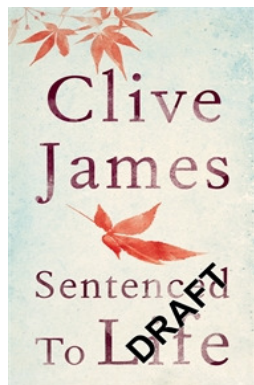
An ambitious and gripping exploration of the world's most secretive state through the intertwined lives of two North Koreans, one infamous, one obscure: Kim Il Sung, the former North Korean leader and No Kum Sok, once the state's youngest jet fighter pilot, who fled to South Korea.

Mantle • TPB • History



9 781447 253372 **9781447253372 \$34.99**

Sentenced to Life
Clive James



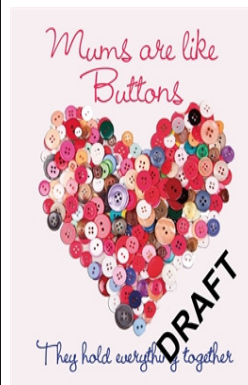
In the course of his new collection of poems - several of which have already become famous before their book publication - Clive James looks back over an extraordinarily rich life with a clear-eyed and unflinching honesty. There are regrets, but no trace of self-pity in these verses, which - for all their open dealings with death and illness - are primarily a celebration of what is treasurable and memorable in our time here. Again and again, James reminds us that he is not only a poet of effortless wit and lyric accomplishment: he is also an immensely wise one, who delights in using poetic form to bring a razor-sharp focus to his thought.

Picador • HB • Poetry By Individual Poets



9 781447 284048 **9781447284048 \$34.99**

Mums Are Like Buttons
Various



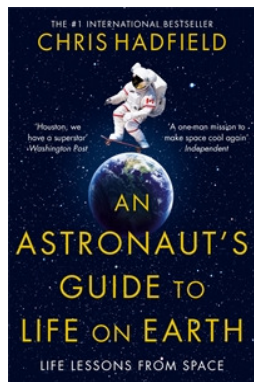
"Mothers hold their children's hands for a moment, but their hearts forever." Best friend, nurse, therapist, chauffeur, mentor, caretaker, cook, seamstress and champion. Across cultures, countries and continents, we all know that we would be nowhere without our mothers. Remind your mum just how important she is with this collection of beautifully illustrated quotes featuring everything from Jewish, Persian and Irish proverbs to the immortal words of Louisa May Alcott, Jeanette Winterson and Fay Weldon. This heart-warming anthology is the perfect gift for the best mum in the world - your mum.

Macmillan • HB • Gift Books



9 781447 292845 **9781447292845 \$19.99**

An Astronaut's Guide to Life on Earth
Chris Hadfield



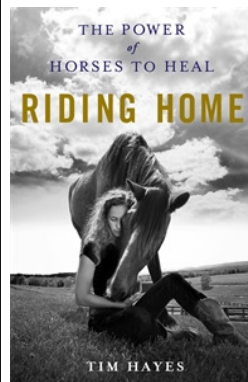
Colonel Chris Hadfield has spent decades training as an astronaut and has logged nearly 4,000 hours in space. During this time he has broken into a Space Station with a Swiss army knife, disposed of a live snake while piloting a plane, been temporarily blinded while clinging to the exterior of an orbiting spacecraft, and become a YouTube sensation with his performance of David Bowie's 'Space Oddity' in space. The secret to Chris Hadfield's success - and survival - is an unconventional philosophy he learned at NASA: prepare for the worst - and enjoy every moment of it. In his book, **An Astronaut's Guide to Life on Earth**, Chris Hadfield takes readers deep into his years of training and space exploration to show how to make the impossible possible.

Pan • PB • Autobiography: General



9 781447 259947 **9781447259947 \$24.99**

Riding Home
Tim Hayes



The unique message of **Riding Home** is two-fold. It is the first and only book to explain why horses have this remarkable ability to heal and positively transform emotionally wounded men and women, whether they be troubled teens, prison inmates, or war veterans with post traumatic stress disorder. On a societal level, it offers a powerful argument for the expansion of equine programs that accomplish what many organizations that utilize traditional methods of psychotherapy and pharmaceuticals have been unable to achieve.

St Martin's Press • TPB • Horses & Ponies

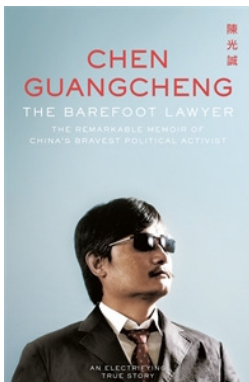


9 781250 078469 **9781250078469 \$32.99**

The Barefoot Lawyer

Chen Guangcheng

An electrifying memoir by the blind Chinese activist who inspired millions with his fight for justice, and his belief in the cause of freedom.



Macmillan • TPB • Autobiography: General



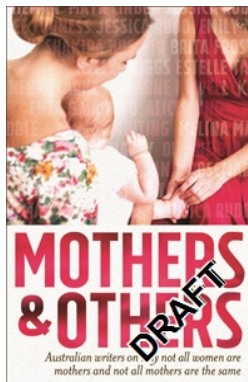
9 781447 243861 **9781447243861 \$34.99**



Mothers and Others*

Natalie Kon-yu, Christie Nieman, Maggie Scott et al

In this collection of fiction and non-fiction stories, Australia's best women writers reflect on motherhood. Their stories tackle everything from the decision not to have children to the so-called battle between working and stay-at-home mums. From infertility and IVF, to step-parenting and adoption, to miscarriage and breastfeeding, child meltdowns and marriage breakdowns, the stories explore and celebrate the full gamut of the motherhood experience, and give a much needed voice to those who won't ever be called 'Mum'.



Macmillan Australia • TPB • Humour Collections & Anthologies



9 781743 535431 **9781743535431 \$39.99**



The Supercoach*

Victoria Mills

Supercoach Victoria Mills has spent over ten years working with people who desire change but are powerless to create it. She has coached them through major life transformations so that they not only change their lives - they love their new lives. Now she is sharing her secrets.



Macmillan Australia • TPB • Self-Help & Personal Development



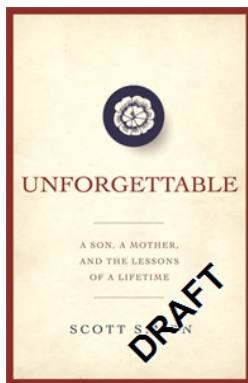
9 781405 039635 **9781405039635 \$34.99**



Unforgettable*

Scott Simon

When NPR's Scott Simon began tweeting from his mother's hospital room in July 2013, he didn't know that his missives would soon spread well beyond his 1.2 million Twitter followers. Squeezing the magnitude of his final days with her into 140-character updates, Simon's evocative and moving meditations spread virally.



Macmillan Australia • TPB • Memoirs



9 781743 536971 **9781743536971 \$34.99**



My New Roots

Sarah Britton

Sarah Britton shares 100 gorgeous, all-new plant-based recipes in her debut cookbook, inspired by her wildly popular blog *My New Roots*. Every month, half a million readers - vegetarians, vegans, paleo followers, and gluten-free gourmets alike - flock to Sarah's adaptable and accessible recipes that make powerfully healthy ingredients simply irresistible. *My New Roots* is the ultimate guide to revitalizing your health and palate, one delicious recipe at a time. Whether you are newcomers to natural foods or are already devotees, you will discover how easy it is to eat healthfully and happily when whole foods and plants are at the centre of every plate.



Macmillan • HB • Health & Wholefood Cookery



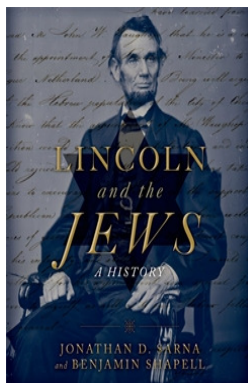
9 781447 290940 **9781447290940 \$49.99**



Lincoln and the Jews

Jonathan D Sarna and Benjamin Shapell

Over the past thirty years, the Shapell Manuscript Foundation has assembled a remarkable private collection of original manuscripts documenting Abraham Lincoln's relations with Jews. At a time when Jewish immigration was increasing - and with it, anti-Semitism - Lincoln took a less-than-popular approach: he represented Jews, befriended Jews, admired Jews, defended Jews, pardoned Jews, and extended rights to Jews. *Lincoln and the Jews* - a book that celebrates Lincoln's unique tolerance, regardless of race or religion - has great contemporary relevance. With hundreds of rare images and newly discovered manuscripts, the book beautifully illustrates the breadth and depth of Lincoln's historic relationship with Jews, and uncovers a mostly unknown side of America's greatest leader.



St Martin's Press • HB • History



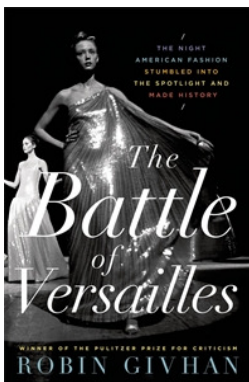
9 781250 059536 **9781250059536 \$49.99**



The Battle of Versailles

Robin Givhan

Conceived as a fundraiser for the restoration of King Louis XIV's palace, the world's elite gathered in Versailles' grand theater to view a fashion extravaganza of the best that French and American designers had to offer, while being entertained by Liza Minnelli and Josephine Baker. What they saw would forever alter the history of fashion. At the Battle of Versailles five Americans-Oscar de la Renta, Bill Blass, Anne Klein, Halston, and Stephen Burrows-faced off against the five French designers considered the best in the world-Yves Saint Laurent, Hubert de Givenchy, Pierre Cardin, Emanuel Ungaro, and Marc Bohan of Christian Dior. Against all odds, the American energy and the domination by their fearless models (ten of whom, in a ground-breaking move, were African-American) sent the audience reeling.



St Martin's Press • HB • History Of Fashion



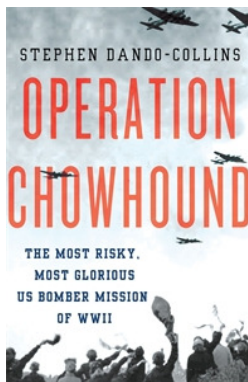
9 781250 052902 **9781250052902 \$39.99**



Operation Chowhound

Stephen Dando-Collins

Between May 1 and May 8, 1945, the USAAF, dropped food to 3.5 million starving Dutch civilians in German-occupied Holland. It took raw courage to fly on Operation Chowhound, as American aircrews never knew when the German AAA might open fire on them or if Luftwaffe fighters might jump them. Flying at 400 feet, barely above the tree tops, with guns pointed directly at them, they would have no chance to bail out if their B-17s were hit-and yet, over eight days, 120,000 German troops kept their word, and never fired on the American bombers. As they flew, grateful Dutch civilians spelled out "Thanks Boys" in the tulip fields below.



St Martin's Press • HB • Military History



9 781137 279637 **9781137279637 \$39.99**



Lewis Carroll: A Biography

Morton N Cohen



Charles Lutwidge Dodgson was a pioneering photographer, Oxford don and mathematician, who - as Lewis Carroll - gave the world not only Alice, but the Jabberwocky, the Red Queen, the Mad Hatter, the March Hare, the Cheshire Cat and an unforgettable tea party. But who was he? In this elegant, affectionate biography, Morton N. Cohen brings a singular expertise - drawn from some thirty years' scholarship on Carroll as well as from special access to the Dodgson family documents - to the riddle of the quiet, stammering man who liberated children's books from the moralists and whose imagination brought forth some of the funniest nonsense, wildest characters and most extraordinary cultural icons of modern times. His life has puzzled psychologists and literary historians for generations.

Macmillan • HB • Biography: Literary

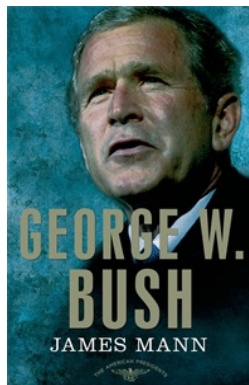


9 781447 286134 **9781447286134 \$80.00**



George W Bush

James Mann



George W. Bush stirred powerful feelings on both sides of the aisle. Republicans viewed him as a resolute leader who guided America through the September 11 attacks and retaliated in Afghanistan and Iraq, while Democrats saw him as an overmatched president who led America into two inconclusive wars that sapped the nation's resources and diminished its stature. When Bush left office amid a growing financial crisis, both parties were eager to move on. In this assessment of the nation's forty-third president, James Mann sheds light on why George W. Bush made the decisions that shaped his presidency, what went wrong, and how the internal debates and fissures within his administration played out in such a charged atmosphere.

St Martin's Press • HB • Biography: Historical, Political & Military

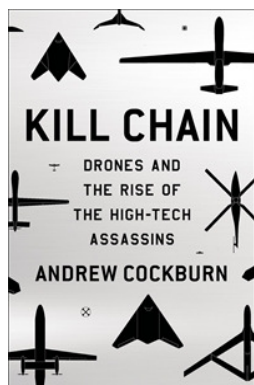


9 780805 093971 **9780805093971 \$39.99**



Kill Chain

Andrew Cockburn



Assassination by drone is a subject of deep and enduring fascination. Yet few understand how and why this has become our principal way of waging war. *Kill Chain* uncovers the real and extraordinary story; its origins in long-buried secret programs, the breakthroughs that made drone operations possible, the ways in which the technology works and, despite official claims, does not work. Taking the reader inside the well-guarded world of national security, the book reveals the powerful interests - military, CIA and corporate - that have led the drive to kill individuals by remote control. Most importantly of all, the book describes what has really happened when the theories underpinning the strategy - and the multi-billion dollar contracts they spawn - have been put to the test.

Henry Holt • HB • Military History



9 780805 099263 **9780805099263 \$39.99**



Four Sisters

Helen Rappaport



On 17 July 1918, four young women walked down 23 steps into the cellar of a house in Ekaterinburg. The eldest was 22, the youngest only 17. Together with their parents and their thirteen-year-old brother, they were all brutally murdered. Their crime: to be the daughters of the last Tsar and Tsaritsa of All the Russias. In *Four Sisters* acclaimed biographer Helen Rappaport offers readers the most authoritative account yet of the Grand Duchesses Olga, Tatiana, Maria and Anastasia. Drawing on their own letters and diaries, she paints a vivid picture of their lives in the dying days of the Romanov dynasty.

Pan • PB • Biography: Historical, Political & Military

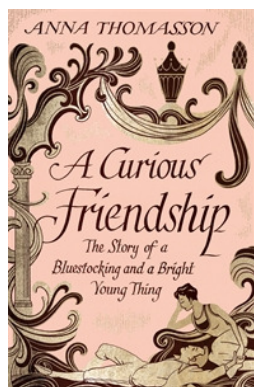


9 781447 227175 **9781447227175 \$24.99**



A Curious Friendship

Anna Thomasson



The winter of 1924: Edith Olivier, alone for the first time at the age of fifty-one, thought her life had come to an end. For Rex Whistler, a nineteen-year-old art student, life was just beginning. Together, they embarked on an intimate and unlikely friendship that would transform their lives. Gradually Edith's world opened up and she became a writer. Her home, the Daye House, in a wooded corner of the Wilton estate, became a sanctuary for Whistler and the other brilliant and beautiful younger men of her circle: among them Siegfried Sassoon, Stephen Tennant, William Walton, John Betjeman, the Sitwells and Cecil Beaton.

Macmillan • HB • Biography: Literary

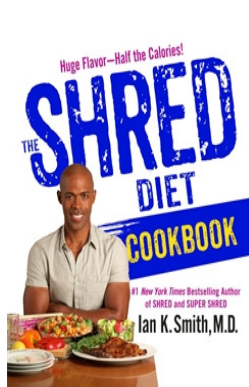


9 781447 245537 **9781447245537 \$49.99**



The Shred Diet Cookbook

Ian K Smith



Can I eat that on SHRED? Hundreds of thousands have lost extraordinary amounts of weight on Dr. Ian Smith's SHRED programs, using his proven killer combo of diet confusion, meal spacing, meal replacement and strategic snacking. Now, in Dr. Ian's first-ever cookbook, he's deliciously answering the question so many of those dieters have asked: "Can I eat that on SHRED?"

St Martin's Press • HB • Fitness & Diet

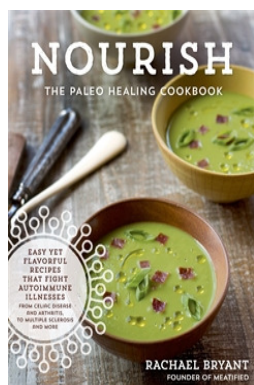


9 781250 061218 **9781250061218 \$39.99**



Nourish: The Paleo Healing Cookbook

Rachael Bryant



Autoimmune illnesses affect more than 23 million Americans, causing numerous reactions, anywhere from fatigue and itchy skin to enlarged liver and blood clots. One of the leading ways to deal with these problems is to adjust your diet. With these 100 outstanding and nutrient-dense Paleo recipes such as Pork Belly Carnitas, Glazed 'n Baked Chicken Wings and Calamari Ceviche Salad, you won't even know you're adjusting your diet. Plus, this book includes simple lists of different foods you can and cannot eat so there is no grey area, how to source your meats to get the most nutritional benefits and batch-cooking guides to save you time and money.

St Martin's Press • HB • Cookery For Specific Diets & Conditions



9 781624 141027 **9781624141027 \$39.99**



Grilled Pizza the Right Way

John Delpha



Pizza is the food of the people. And some people say that the only way to make pizza more delicious is to add extra cheese, but John Delpha, member of the award-winning barbecue team, IQUE, has an even better option-grilling your pizza. Grilling pizza is the only way to get the perfect consistency and flavor. The crust is crunchy, but has a little bit of a chew to it, and the cheese is perfectly melted with a nice smoky flavor, so when you take the first bite you will be amazed.

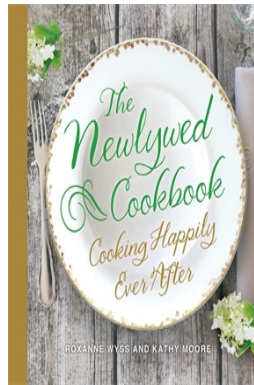
St Martin's Press • PB • General Cookery & Recipes



9 781624 140976 **9781624140976 \$29.99**



The Newlywed Cookbook
Roxanne Wyss and Kathy Moore



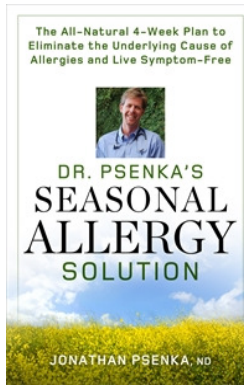
Today's newlyweds are contemporary and anything but traditional. Couples are more independent and their tastes are savvy because they grew up with The Food Network and frequent trendy restaurants, but their busy schedules mean they're often strapped for time and not always proficient in the kitchen. With this collection of no-fail recipes for easy and delicious meals from two experienced family cooks here is all the help needed to start cooking together. Bold flavors peppered with international influences, decadent comfort foods, and plenty of meatless options are fresh, budget friendly and easy to make.

St Martin's Press • HB • General Cookery & Recipes



9 781250 054364 **9781250054364 \$39.99**

Dr. Psenka's Seasonal Allergy Solution
Jonathan Psenka, ND



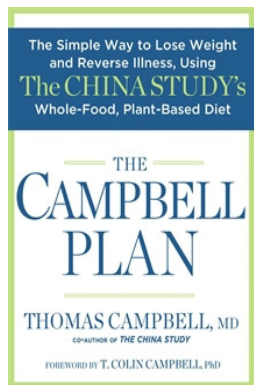
Recent studies show that the number of people suffering with seasonal allergies has been skyrocketing and is expected to continue increasing into the foreseeable future. And in the United States alone, 65 million people suffer with seasonal allergies on a regular basis. In **Dr. Psenka's Seasonal Allergy Solution**, author and naturopathic physician Dr. Jonathan Psenka tells readers they can - and should - aim for a cure. Readers will discover how people often attempt to manage the symptoms of their seasonal allergies with pills, sprays, drops, and even painful shots. But very few of these medications treat the cause, so symptoms are likely to return year after year. Dr. Psenka has developed a highly detailed, fourstep plan, so readers will finally target the root cause of their seasonal allergies and be free of allergy medication.

Rodale • PB • Family & Health



9 781623 362737 **9781623362737 \$24.99**

The Campbell Plan
Thomas Campbell, MD



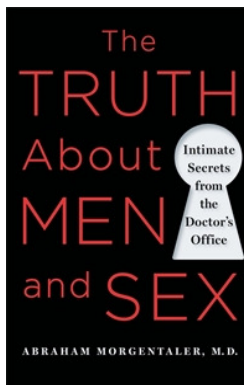
In the 1980s, T. Colin Campbell, PhD, co-directed a study of more than 4 dozen diseases and 367 items of socio-economic, lifestyle, nutrition, and genetic information across a population of 6,500 adults in rural china, generating more than 8,000 statistically significant associations. Those groundbreaking results, along with many other research projects described in the bestselling book, **The China Study**, support the theory that a whole-food, plant-based diet is linked to lower rates of chronic disease. More than a million people across the world have read **The China Study** and have been convinced by empirical evidence to adopt a whole-food, plant-based diet. **The Campbell Plan** goes beyond the why and shows readers how to make the transition - and enjoy the journey - with practical guidance and a simple plan to make a whole-food, plant-based lifestyle easy and sustainable.

Rodale • HB • Fitness & Diet



9 781623 364106 **9781623364106 \$39.99**

The Truth About Men and Sex
Abraham Morgentaler, MD



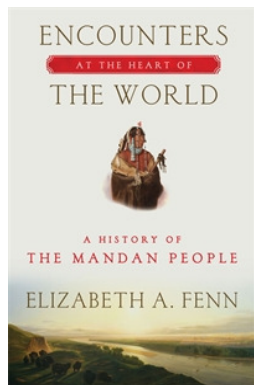
Do men actually fake orgasms? How? And why would they? At the heart of these questions lie provocative new insights into men, sex and relationships that defy society's accepted thinking. **The Truth About Men and Sex** changes the conversation about male sexual health, introducing the world to sex and relationships from a previously untold point of view.

Griffin • PB • Family & Relationships



9 781250 042606 **9781250042606 \$24.99**

Encounters at the Heart of the World
Elizabeth A Fenn



Encounters at the Heart of the World concerns the Mandan Indians, iconic Plains people whose teeming, busy towns on the upper Missouri River were for centuries at the center of the North American universe. We know of them mostly because Lewis and Clark spent the winter of 1804-1805 with them, but why don't we know more? Who were they really? In this extraordinary book, Elizabeth A. Fenn retrieves their history by piecing together important new discoveries in archaeology, anthropology, geology, climatology, epidemiology, and nutritional science. Her boldly original interpretation of these diverse research findings offers us a new perspective on early American history, a new interpretation of the American past. By 1500, more than 12,000 Mandans were established on the northern Plains, and their commercial prowess, agricultural skills, and reputation for hospitality became famous.

St Martin's Press • PB • History



9 780374 535117 **9780374535117 \$29.99**

Journey to the Centre of The Cramps
Dick Porter



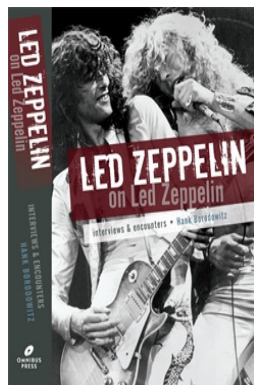
The Cramps were an American punk rock band, formed in 1976. The band split after the death of lead singer Lux Interior in 2009. Their line-up rotated much over their existence, with the husband and wife duo of Interior and lead guitarist and occasional bass guitarist Poison Ivy the only permanent members. Based upon work and materials compiled for the acclaimed and now much sought after 2007 Cramps biography **A Short History of Rock'n'Roll Psychosis, Journey To The Centre Of The Cramps** goes far beyond being a revised and updated edition. Completely overhauled, rewritten and vastly expanded, it now represents the definitive work on the group

Omnibus Press • TPB • Biography: Arts & Entertainment



9 781783 053735 **9781783053735 \$29.99**

Led Zepelin on Led Zepelin: Interviews & Encounters
Hank Bordowitz



In a series of more than 50 interviews that span seven decades, many never before seen in print, this is the story of Led Zepelin told by the people who knew it best-the members of the band. This book shoots down the folklore and assumptions about Jimmy Page, Robert Plant, John Paul Jones, and John Bonham, and presents the band's full history, from when Jimmy Page was playing skiffle to the day the band was honoured by the Kennedy Center for their contribution to American and global culture.

Omnibus Press • TPB • Biography: Arts & Entertainment



9 781783 056330 **9781783056330 \$29.99**