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NonFiction

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Sonny Ball*
Paul Kent



Part unauthorised biography, part thriller, this is the amazing true story of Sonny Bill Williams, a handsome, powerful and gifted rugby prodigy from small town New Zealand who has become the most talismanic and controversial footballer in the rugby world. An icon across three sports, Sonny Bill Williams has won a Rugby Union World Cup as a New Zealand All Black, triumphed in two National Rugby League premierships with the Roosters (2013) and Bulldogs (2005) and was, until recently, the WBA Heavyweight boxing champion. But **Sonny Ball** tells a much bigger story than that of one man. It's about professional sport colliding with celebrity culture, the battle between football codes - League, Union and Australian Rules - for sponsor and TV dollars. It's about one man, his agent and his brand. And how everyone they meet - clubs, fans, sponsors, journalists, nations and teammates - ends up playing 'Sonny Ball'.

Macmillan Australia • TPB • Biography: Sport



9 781743 534212 **9781743534212 \$39.99**



The Healthy Life*
Jess Sepel



Jessica Sepel, a young Sydney-based nutritionist, is following in the footsteps of health bloggers such as Lee Holmes, Lola Berry and Sarah Wilson. Jessica is a trained nutritionist with a burgeoning private practice and a hugely popular health blog. Her philosophy is simple: good health starts in the kitchen. Her focus is on fresh produce, prepared simply and with love. Her work with girls and young women has taught her that the common practice of counting calories and restricting food groups is counterproductive to a healthy relationship with food. Her message is 'get healthy' rather than 'lose weight'. **The Healthy Life** is fully photographed, and has 100 recipes, meal plans, and a kind approach to creating better health and stress-free living.

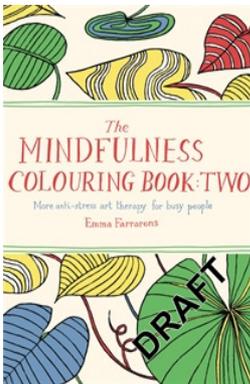
Macmillan Australia • PB • Health & Wholefood Cookery



9 781743 536889 **9781743536889 \$39.99**



The Mindfulness Colouring Book Two
Emma Farrarons



Working with your hands is one of the best ways to soothe anxiety and eliminate stress. This second pocket-sized colouring book from illustrator Emma Farrarons offers a practical exercise in mindfulness that draws upon your creativity and hones your focus. Like the first book, **The Mindfulness Colouring Book: Two** offers delicately, hand-drawn scenes from nature and the decorative world for you to mindfully and creatively fill with colour. Take a few minutes out of your day, wherever you are, and colour your way to peace and calm.

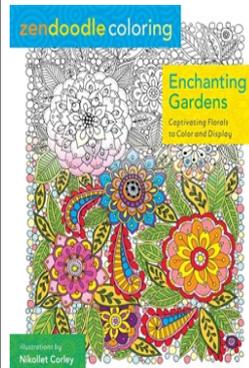
Boxtree • PB • Self-Help & Personal Development



9 780752 265735 **9780752265735 \$19.99**



Enchanted Gardens: Zendooodle Coloring
Nikolett Corly



A coloring book for adults that promotes creativity and stress-relief.

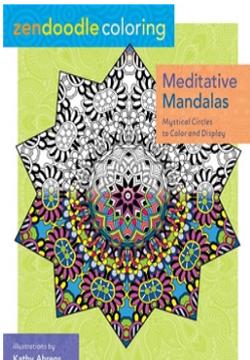
St Martin's Press • PB • Self-Help & Personal Development



9 781250 086464 **9781250086464 \$19.99**



Meditative Mandalas: Zendooodle Coloring
Julia Snegireva



A coloring book for adults that promotes creativity and stress-relief.

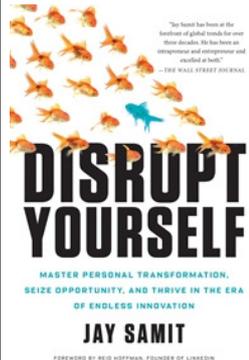
St Martin's Press • PB • Self-Help & Personal Development



9 781250 086471 **9781250086471 \$19.99**



Disrupt Yourself
Jay Samit



In **Disrupt Yourself**, innovator and digital media expert Jay Samit reveals how to achieve your goals and permanently alter the status quo through the art of self-disruption. In today's ever-changing and often-volatile business landscape, adaptability and creativity are more crucial than ever. Samit describes how specific strategies that help companies flourish - challenging assumptions, pinpointing one's unique value, and identifying weaknesses in the structure of current industries - can be applied at an individual level. Incorporating stories from his own experience and anecdotes from other innovators and disruptive businesses - including Richard Branson, Steve Jobs, YouTube, the BBC, Virgin Media and many more - Samit shows how personal transformation can reap entrepreneurial and professional rewards.

Macmillan • TPB • Self-Help & Personal Development



9 781509 802883 **9781509802883 \$34.99**



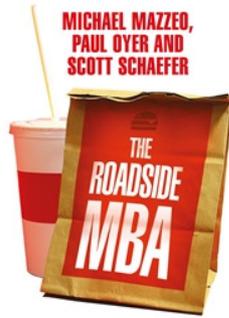
The Roadside MBA

Scott Schaefer, Paul Oyer, Michael Mazzeo

Paul Oyer, Michael Mazzeo and Scott Schaefer have taught thousands of MBAs at some of the world's leading business schools. While travelling back from an economics conference together they dropped into a shoe store in Maine and chatted to the staff - and quickly realized that the strategic problems faced by small businesses are just as rich and compelling as anything challenging Microsoft or General Electric. These three wise men decided to go in search of real-world case studies that illustrate the key lessons of an MBA. The result is a rollicking American road trip that is both a great introduction for business owners who haven't done an MBA, and an entertaining refresher for those who have.

Pan • PB • Business Strategy

9781447286332 \$24.99



Real-world Lessons for Entrepreneurs, Start-ups and Small Businesses



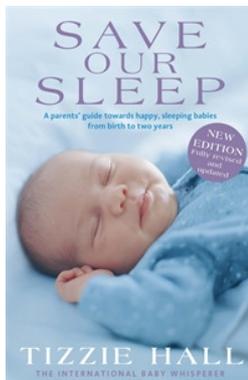
Save Our Sleep*

Tizzie Hall

Tizzie Hall is an internationally renowned baby whisperer who has been working with babies and their parents for over 24 years. Her customised sleep routines have helped thousands of restless babies sleep through the night. In this fully revised and updated bestseller, find the answers to that all-important question for parents - how can I get my baby to sleep?

Macmillan Australia • TPB • Family & Health

9781743535561 \$39.99



Why Did They Do It?*

Cheryl Critchley & Helen McGrath

The cases that stunned Australia - and left us all with one question: Why did they do it? Peter Caruso bludgeoned his wife to death after almost fifty years of happy marriage. John Myles Sharpe killed his pregnant wife and their young daughter with a spear gun. Katherine Knight stabbed and skinned her partner with the intention of serving his cooked carcass to his children. These and other crimes, committed by people described as average, ordinary, normal... In *Why Did They Do It*, respected journalist Cheryl Critchley teams with esteemed psychologist Professor Helen McGrath to meticulously dissect the crimes, the evidence, the testimony, the confessions, and the overwhelming diagnostic evidence to analyse the minds and motivations behind crimes that shocked the nation.

Macmillan Australia • TPB • True Crime

9781743533178 \$37.99



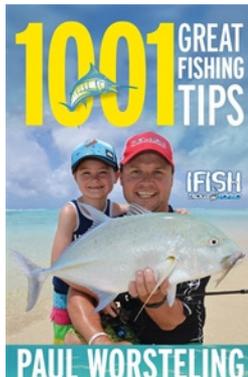
1001 Great Fishing Tips*

Paul Worsteling

'Give a man a fish and he'll eat for a day. Teach a man to fish and he'll eat for a lifetime.' Fun, easy-to-read and full of fantastic practical advice, this is the only fishing book you need to own. Paul Worsteling is the most famous fisherman in Australia and here he shares his secrets to success, helping you know the right gear to use, the correct technique to cast or the smart bait to buy. Illustrated with spectacular colour photography and amazing snaps from Paul's angling adventures, *1001 Great Fishing Tips* is the ultimate guide to catching fish - safely and successfully.

Macmillan Australia • PB • Field Sports: Fishing, Hunting, Shooting

9781743537831 \$39.99



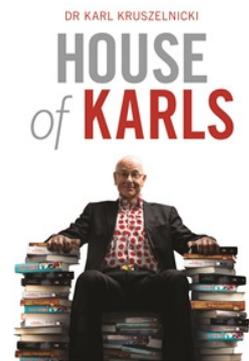
House of Karls*

Dr Karl Kruszelnicki

IN THE RUTHLESS PURSUIT OF SCIENTIFIC FACT, THERE IS NO CANDIDATE MORE FORMIDABLE THAN DR KARL KRUSZELNICKI. In *House of Karls*, he addresses a range of issues and questions: how Politics and Greed are dirtying the purity of Science and why the world's most expensive book costs more than \$23 million dollars, but only \$4 to post. How real is the Five Second Rule with food? Why does a frog in milk stop it from souring? Why did the Nazis steal the only Space Buddha? **Vote #1 @DoctorKarl. Knowledge is Power.**

Macmillan Australia • TPB • Popular Science

9781743533338 \$19.99



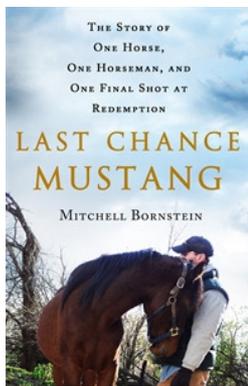
Last Chance Mustang

Mitchell Bornstein

Last Chance Mustang is the story of Samson, a formerly free-roaming, still wild-at-heart American mustang that was plucked from his mountainous Nevada home and thrown into the domestic horse world where he was brutalised and victimised. After years of abuse, Samson had evolved into a hateful and hated, maladjusted beast until the day he found his way to a rural Illinois farm, an ill-equipped owner, and one last chance ... ***Available July**

St Martin's Press • TPB • Horses & Ponies

9781250087478 \$32.99



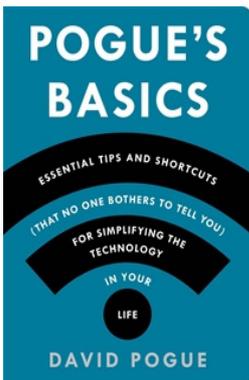
Pogue's Basics

David Pogue

Did you know that you can dry out your wet cell phone by putting its parts in separate bowls of uncooked rice? That you can scroll through a website using only your spacebar? That if you type your airline and flight number in to Google, it tells you where your flight is, the gate, terminal, and how long until it lands? When David Pogue gave this kind of advice in the *New York Times*, his columns were consistently the most e-mailed of the week. When he gave a TED Talk of his tips, 1.3 million people watched it in the first 90 days. Pogue's tips have earned him 1.5 million followers on Twitter. And now that he writes his columns for Yahoo Tech, the audience for this advice has grown by millions more. Here at last is the book all these fans have been waiting for: a book of 200 tips that will change your relationship to your phone, computer, tablet, camera - all of the technology in your life.

St Martin's Press • PB • Reference Works

9781250053480 \$29.99



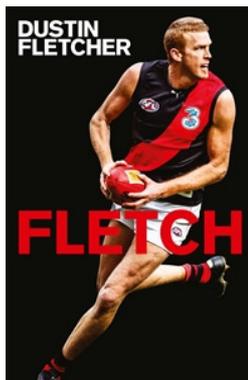
Fletcher*

Dustin Fletcher

Dustin Fletcher is the most watched AFL footballer of all time. In 23 seasons, almost 20 million fans have seen 'Fletcher' play a record number of games for his beloved Essendon Bombers on the way to becoming one of the most respected and enduring players in Australian Rules history. *Fletcher* is the autobiography of a teen superstar, prodigal son of Essendon legend Ken Fletcher, youngest member of the flag-winning 'Baby Bombers' and staunch defender of the realm against some of the greatest full forwards of all time: Ablett, Lockett, Carey, Kernahan, Jakovich, Fevola. But this is no ordinary man and *Fletcher* is no ordinary sports saga. Dustin Fletcher takes us inside the highs and the lows, including the first-ever insider account from the ASADA drug crisis that rocked Essendon from 2012 - 2015. Honest, explosive, poignant and entertaining, *Fletcher* reads as 'Fletcher' kicks - straight, strong and true...

Macmillan Australia • TPB • Autobiography: Sport

9781742613062 \$39.99



The Way We Wore

Daphne Selfe



Daphne Selfe has been photographed by Mario Testino, Nick Knight and David Bailey. She has modelled for Dolce and Gabbana, Red and Dead and high-street chains such as TK Maxx, and regularly appears in newspaper fashion pages and glossy magazines. She is one of Britain's most in-demand supermodels and has worked non-stop for almost twenty years. But what makes her really rather extraordinary is that she is now in her late eighties.

Macmillan • HB • Autobiography: Arts & Entertainment

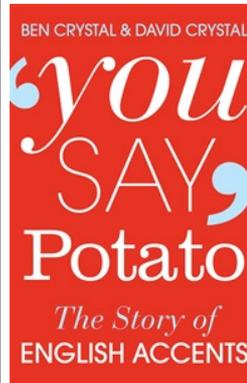


9 781447 291916 **9781447291916 \$44.99**



You Say Potato

Ben Crystal, David Crystal



From reconstructing Shakespeare's accent to the rise and fall of Received Pronunciation, actor Ben Crystal and his linguist father David travel the world in search of the stories of spoken English. Everyone has an accent, though many of us think we don't. We all have our likes and dislikes about the way other people speak, and everyone has something to say about 'correct' pronunciation. But how did all these accents come about, and why do people feel so strongly about them?

Pan • PB • Language: Reference & General

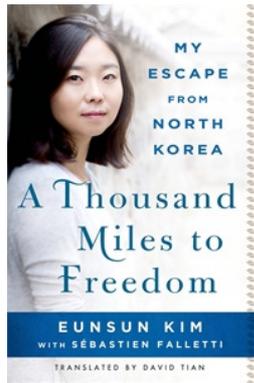


9 781447 255468 **9781447255468 \$24.99**



A Thousand Miles to Freedom

Eunsun Kim with Sebastien Falletti



Eunsun Kim was born in North Korea, one of the most secretive and oppressive countries in the modern world. As a child Eunsun loved her country... despite her school field trips to public executions, daily self-criticism sessions, and the increasing gnaw of hunger as the country-wide famine escalated. By the time she was eleven years old, Eunsun's father and grandparents had died of starvation, and Eunsun was in danger of the same. Finally, her mother decided to escape North Korea with Eunsun and her sister, not knowing that they were embarking on a journey that would take them nine long years to complete.

St Martin's Press • HB • Memoirs

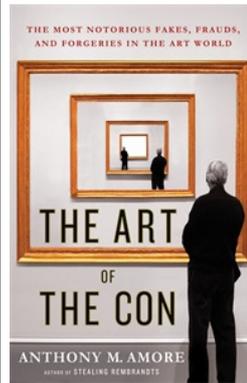


9 781250 064646 **9781250064646 \$39.99**



The Art of the Con

Anthony M Amore



Art scams are today so numerous that the specter of a lawsuit arising from a mistaken attribution has scared a number of experts away from the business of authentication, and with good reason. Art scams are increasingly convincing and involve incredible sums of money. The cons perpetrated by unscrupulous art dealers and their accomplices are proportionately elaborate. *The Art of the Con* tells the stories of some of history's most notorious yet untold cons.

St Martin's Press • HB • Forgery, Falsification & Theft Of Artworks

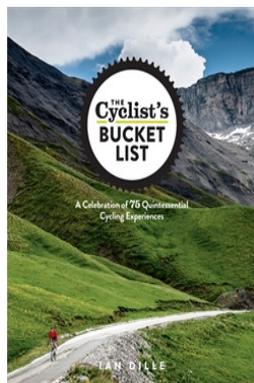


9 781137 279873 **9781137279873 \$37.99**



The Cyclist's Bucket List

Ian Dille



The smell of lavender at a roadside picnic, waiting for the Tour de France to race past. The Pacific Ocean view from the 10,000-foot summit of Hawaii's Haleakala volcanic crater (after 5 hours of uphill riding). A fresh Fat Tire ale hitting your lips at the new Belgium brewery in Fort Collins, Colorado. These, and a wide-ranging variety of other experiences, all rooted to a specific location or event, comprise *The Cyclist's Bucket List*. The book will definitively catalog both the iconic and little known-the accessible and aspirational-sensory and emotional experiences that instill cyclists with a deep passion for the sport.

Rodale • HB • Cycling

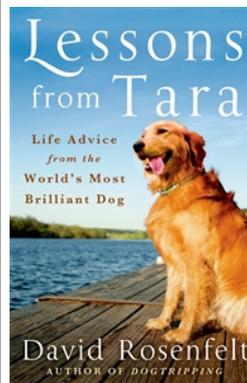


9 781623 364465 **9781623364465 \$37.99**



Lessons from Tara

David Rosenfelt



David Rosenfelt's loyal readers of the Andy Carpenter series are familiar with Tara, the golden retriever sidekick. Many also got to know Tara from Dogtripping, David's nonfiction book about becoming a slightly nutty dog rescuer and the dog that started it all. Here, finally, is a book all about the inspirational canine who taught David everything he knows.

St Martin's Press • HB • Dogs As Pets

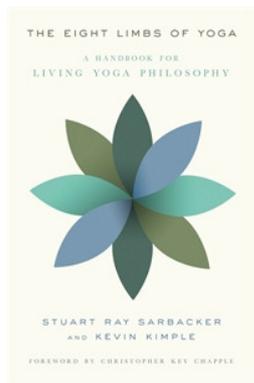


9 781250 065766 **9781250065766 \$37.99**



The Eight Limbs of Yoga

Stuart Ray Sarbacker and Kevin Kimple



Many people think yoga simply means postures and breathing. Not true. The intention of this short guide is practical and straightforward: to say what yoga really is and to apply its principles to everyday life. It leads us through the eight-limbed system, a coherent framework that has been handed down and elaborated upon for thousands of years and consists of five "outer limbs," which pertain to our experience of the social world and the operation of our senses, and three "inner limbs," which focus on the mind.

St Martin's Press • PB • Mind, Body, Spirit

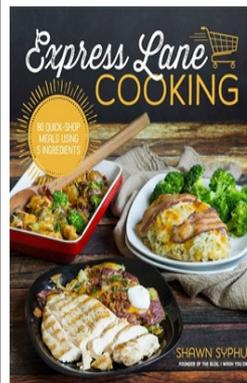


9 780865 477681 **9780865477681 \$24.99**



Express Lane Cooking

Shawn Syphus



Stop the fuss at the grocery store and in the kitchen with these delicious 5-ingredient recipes. *Express Lane Cooking* takes five simple, whole food ingredients and shows you how to use them in at least three unique ways so you have an arsenal of impressive dishes for your family. Shawn takes ingredients like chicken, potatoes, cheese, bacon and broccoli and transforms them into recipes as diverse as Cheesy Potato Crusted Chicken, Creamy Broccoli and Potato Soup and Grilled Chicken with Loaded Smashed Potatoes.

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



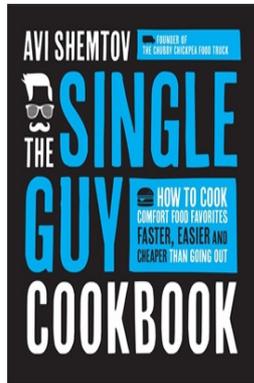
9 781624 141140 **9781624141140 \$29.99**



The Single Guy Cookbook

Avi Shemtov

There comes a time in every man's life where he has to step away from the microwave. With the help of Avi's man-centric recipes, techniques and commentary, you'll build confidence in the kitchen - and you'll have some pretty amazing meals to show for it. Recipes are geared toward goals like cooking the perfect burger, using leftovers to make a gourmet meal that'll wow your family, impressing a date, saving money, feeding the guys on game day, and most importantly, just flat out making an easy, hardy meal you can sit down and enjoy alone.



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



9781624141157 \$29.99



Gluten Free Quick and Easy Recipes to Relish

Editors of Relish Books

Relish introduces *The Gluten-Free Cookbook* - the search for simple easy, healthy and delicious gluten-free meals is over. Relish presents 100 everyday recipes that will work for the reader searching for a wide variety of satisfying and flavorful gluten-free dishes. Designed in a full-color, easy-to-read format, it is the perfect guide for cooking gluten-free on the go.



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



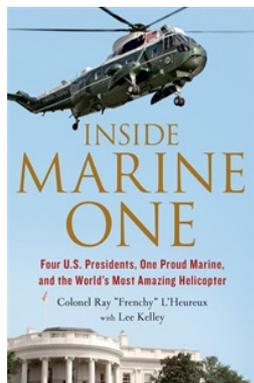
9781942556046 \$29.99



Inside Marine One

Colonel Ray "Frenchy" L'Heureux with Lee Kelley

Inside Marine One is Col. L'Heureux's inspiring story of a young man who dreamed of flying, trained, studied and worked hard to become the pilot who ended up serving four US Presidents - George H.W. Bush, Bill Clinton, George W. Bush and Barack Obama.



Griffin • TPB • Biography: Historical, Political & Military



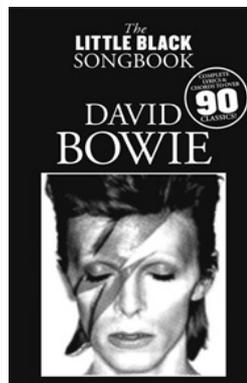
9781250068439 \$29.99



The Little Black Songbook: David Bowie

Music Sales

A pocket-sized collection of David Bowie hits in chord songbook format, with complete lyrics and guitar chords. SONGS INCLUDE: *All The Young Dudes, Ashes to Ashes, Changes, Diamond Dogs, Fashion, Golden Years, Heroes, Let's Dance, Space Oddity* and *Under Pressure*. Over 90 songs covering David Bowie's 45+ year career!



Music Sales • PB • Music



9781780382012 \$24.99

