

# I Didn't Do The Thing Today

## Madeleine Dore

An antidote to our obsession with busyness, author Madeleine Dore explores the joys of releasing ourselves from the burden of productivity guilt.

### Description

Any given day brings a never-ending list of things to do. There's the work thing, the catch-up thing, the laundry thing, the creative thing, the exercise thing, the family thing, the thing we don't want to do, the thing we've been putting off, despite it being the most important thing. Even on days where we get a lot done, the thing left undone can leave us feeling guilty, anxious, or disappointed.

After five years of searching for the secret to productivity, Madeleine Dore discovered there isn't one—instead, we're being set up to fail. *I Didn't Do the Thing Today* is the inspiring call to take productivity off its pedestal, to embrace the joyful messiness and unpredictability of life.

For anyone who has ever felt the pressure to do more, be more, achieve more, this antidote to our doing-obsession is the permission slip we all need to find our own way.

"A radical masterpiece. While many books insist on changing your life, this one invites you to deepen and expand your life." - Mari Andrew, author of *My Inner Sky*

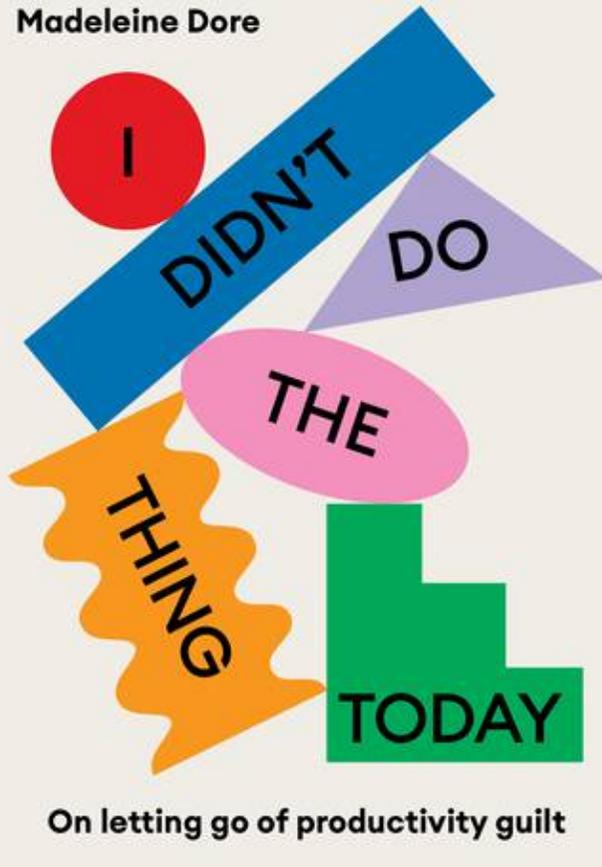
"Deep, thoughtful, gently instructive, nourishing." - Clare Bowditch, author of *Your Own Kind Of Girl*

"Read it and sigh with relief." - Hugh Mackay, author of *The Kindness Revolution*

### About the Author

Madeleine Dore is a writer and interviewer exploring how we can broaden the definition of a day well spent. For the past five years, Madeleine has been asking creative thinkers how they navigate their days on her popular blog *Extraordinary Routines* and podcast *Routines & Ruts*. She regularly conducts life experiments and hosts events to explore how creativity isn't just something we do, but how we approach our lives.

Madeleine Dore



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 Bic1: Self-help & personal development  
 Author now living:

# 1001 Days That Shaped the World

## General Editor Peter Furtado

Fully updated for 2021, this is a comprehensive guide to those extraordinary moments that defined human history, written by respected figures from the fields of science, history, and journalism.

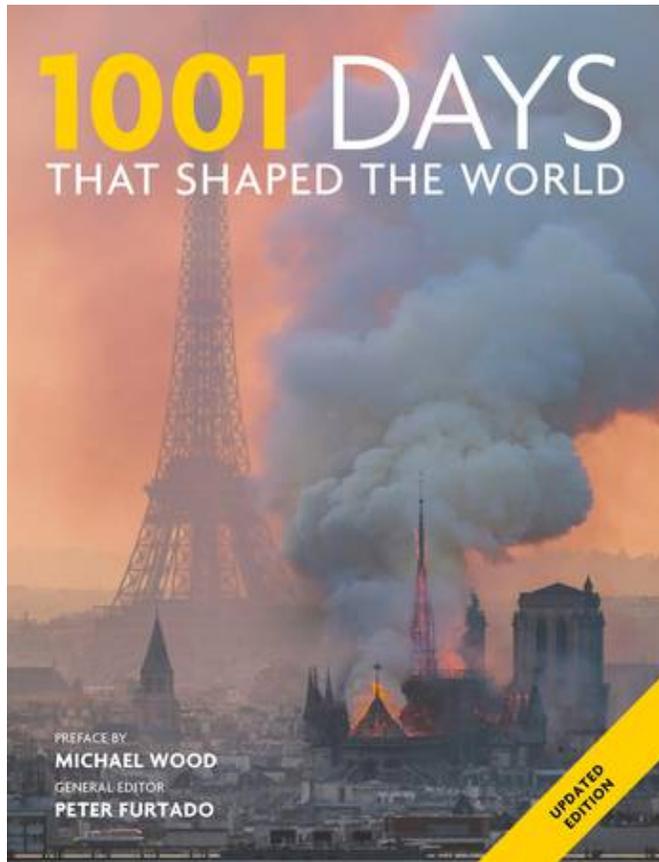
### Description

From the foundation of Rome on April 21, 753 B.C. to the Arab Spring of 2011, this newly updated edition of 1001 Days That Shaped the World focuses on those truly pivotal moments that have changed the direction of world history. This page-turner of a book summarizes each event with a dramatic descriptive article and memorable illustrations and photos. Among the general categories of events described by historian Peter Furtado and his team of researchers and writers are decisive battles, major natural disasters, historic assassinations, the hatching of political plots, artistic and cultural milestones, and much more.

Here are stories of human achievement, high drama, and memorable tragedy, explained in terms of their physical, cultural, social, or economic impact on the world. Supplemented with hundreds of evocative photos and illustrations.

### About the Author

Peter Furtado was the editor of the highly regarded monthly history magazine History Today for 10 years. Over the last 30 years, Peter has written, broadcast and edited reference works across a broad range of historical subjects. He holds degrees in History and Art History from Oxford University and is a fellow of the Royal Historical Society.



Price:	<b>AU \$39.99</b>	<b>NZ \$45.00</b>
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Extent:	<b>960 pages</b>	
Bic1:	General & world history	
Author now living:		

# 1001 Ideas That Changed The Way We Think

Robert Arp

Fully updated for 2021, 1001 Ideas That Changed The Way We Think is a comprehensive guide to the most interesting and imaginative thoughts from the finest minds in history.

### Description

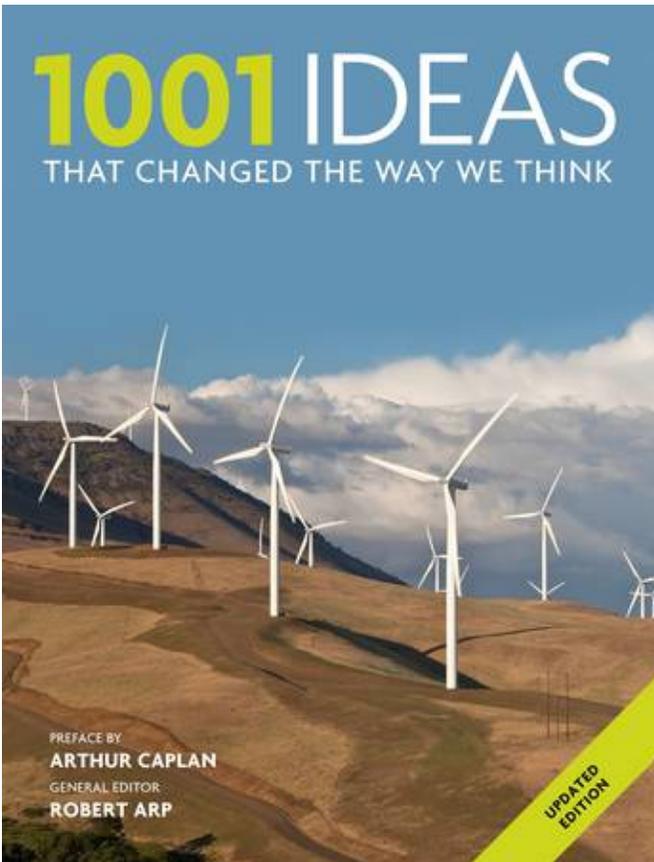
Ranging from the ancient wisdom of Confucius and Plato to today's cutting-edge thinkers, 1001 Ideas That Changed The Way We Think offers a wealth of stimulation and amusement for everyone with a curious mind.

Within the pages of this book you will find a wide variety of answers to the great, eternal questions: how was the universe created and what is the place of humans within it? How should a person live? And how can we build a just society? 1001 Ideas That Changed The Way We Think also includes a host of hypotheses that are remarkable for their sheer weirdness—from the concept of the transmigration of souls to parallel universes and the theoretical paradoxes of time travel (what happens if you travel back in time and kill your own grandfather?). Discover how the Greek philosopher Zeno 'proved' a flying arrow never moves; how modern science has shown that a butterfly's wing can stir up an Atlantic storm; and the mathematical proof of the existence of life in other galaxies. The inspirational ideas explored here range from Gandhi's theory of civil disobedience to Henry David Thoreau's praise of the simple life and Mary Wollstonecraft's groundbreaking advocacy of women's rights. The book also covers a wide variety of lifestyle concepts, such as 'rational dress' and naturism, and cultural movements including Neoclassicism, Surrealism and Postmodernism.

Supported by a wealth of striking illustrations and illuminating quotations, 1001 Ideas That Changed The Way We Think is both an in-depth history of ideas and a delightfully browsable source of entertainment.

### About the Author

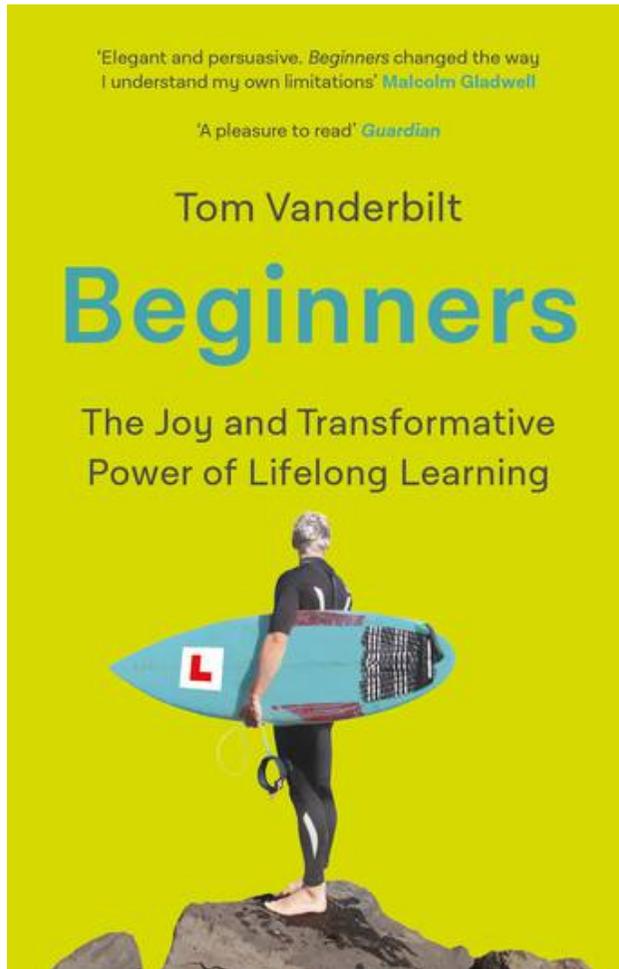
Robert Arp is a Senior Research Analyst for the US Army. Arp has written numerous articles, book chapters and books, and is the editor of South Park and Philosophy (Blackwell Publishing, 2006), the co-editor of Philosophical Approaches to the Devil (Routledge, 2015) and the author of An Integrated Approach to the Philosophy of Mind (Cambridge University Press, 2010). He is also the general editor of 1001 Quotations To Inspire You Before You Die.



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 Extent: **960 pages**  
 Bic1: Popular science  
 Author now living:

# Beginners

## Tom Vanderbilt



Discover why learning is good for us and how to develop a 'Beginner's Mindset'.

### Description

'Beginners belongs on the list of books that have changed the way I understand my own limitations.' - Malcolm Gladwell

For many of us, the last time we learned a new skill was during childhood. We live in an age which reveres expertise but looks down on the beginner. Upon entering adulthood and middle age, we begin to shy away from trying new things, instead preferring to stay nestled firmly in our comfort zones.

Beginners asks the question: why are children the only ones allowed to experience the inherent fun of facing daily challenges? And could we benefit from embracing new skills, even if we're initially hopeless? Bestselling author Tom Vanderbilt sets out to find the answer, tasking himself with acquiring several new skills under the tutelage of professionals, including drawing, juggling, surfing and much more. Witty and often surprisingly profound, Beginners is an uplifting exploration of the science of brain plasticity and how we can learn how to learn anew.

### About the Author

Tom Vanderbilt writes on design, technology, science, and culture for numerous publications, including WIRED, the Financial Times and the Wall Street Journal. He is the author of the international bestseller Traffic: Why We Drive the Way We Do (and What It Says About Us). He is based in Brooklyn, New York.

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 Extent: **320 pages**  
 Bic1: Popular science  
 Author now living:

# Cathedrals of Steam

## Christian Wolmar

The epic story of London's major railway stations, by Britain's bestselling transport historian.

### Description

'Fascinating' - 'Books of the Year', Financial Times

'London's twelve great rail termini are the epic survivors of the Victorian age... Wolmar brings them to life with the knowledge of an expert and the panache of a connoisseur.' - Simon Jenkins

'A wonderful tour, full of vivid incident and surprising detail.' - Simon Bradley

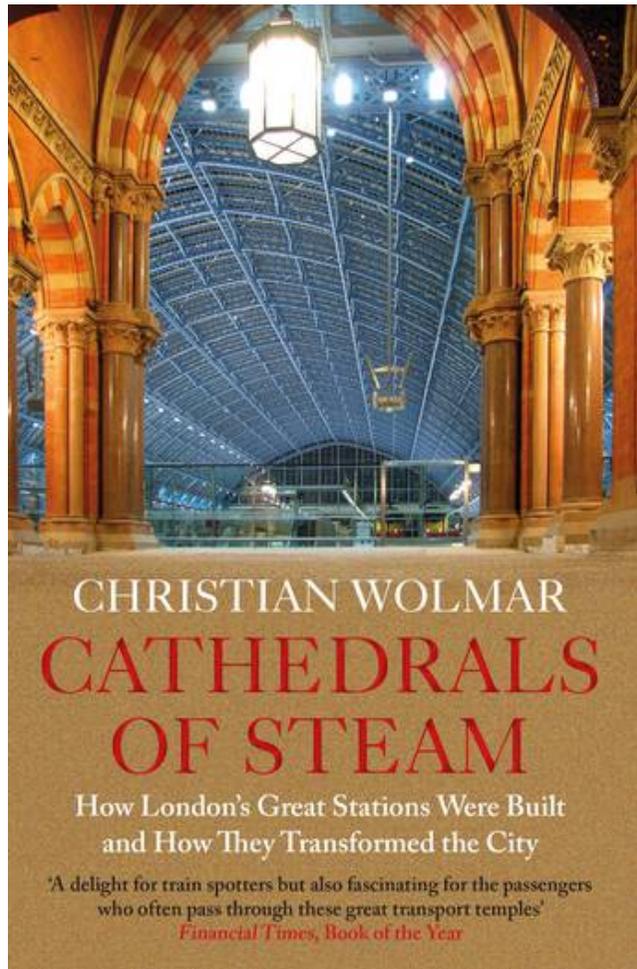
London hosts twelve major railway stations, more than any other city in the world. They range from the grand and palatial, such as King's Cross and Paddington, to the modest and lesser known, such as Fenchurch Street and Cannon Street. These monuments to the age of the train are the hub of London's transport system and their development, decline and recent renewal have determined the history of the capital in many ways.

Built between 1836 and 1899 by competing private train companies seeking to outdo one another, the construction of these terminuses caused tremendous upheaval and had a widespread impact on their local surroundings. What were once called 'slums' were demolished, green spaces and cemeteries were concreted over, and vast marshalling yards, engine sheds and carriage depots sprung up in their place.

In a compelling and dramatic narrative, Christian Wolmar traces the development of these magnificent cathedrals of steam, provides unique insights into their history, with many entertaining anecdotes, and celebrates the recent transformation of several of these stations into wonderful blends of the old and the new.

### About the Author

Christian Wolmar has written for every national newspaper and appears frequently on TV and radio as a commentator on transport issues. His previous books include the widely-acclaimed *The Subterranean Railway*; *Fire and Steam*; *Blood, Iron and Gold*; *Engines of War*; *The Great Railway Revolution*; *To the Edge of the World*; and *Railways and the Raj*.



Price:	<b>AU \$22.99</b>	<b>NZ \$24.99</b>
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Bic1:	Trains & railways: general interest	
Author now living:		



## Freeman's Change

### John Freeman

Featuring thrilling new work from Lauren Groff, Ocean Vuong, Sayaka Murata and more, the latest installment of the acclaimed literary journal Freeman's explores the hope and pain of the ever-changing present.

#### Description

The Covid-19 pandemic forced many of us to reimagine our homes, work, relationships and adapt to a new way of life - one with far fewer possibilities for interaction. And yet, in this period of intense isolation, we've faced dilemmas which are nearly universal. How to love, to care for aging parents, to find a home, attend to a planet in flux, fight for justice. This vast range of experiences is captured by our greatest storytellers, essayists and poets in Freeman's: Change.

Some pieces explore the small moments that serve as new routines in a life lived at home, as in Joshua Bennett's essay, where a Coltrane playlist sets the stage for early morning dances with his newborn son. Sometimes, it's the absence of change that drives us to the edge. In Lina Mounzer's 'The Gamble,' a father's incessant hope for a better life festers and sinks the whole family after they leave Lebanon during the Civil War. And in 'Final Days,' Sayaka Murata imagines a future without aging, where people must choose how and when they want to die, consulting guidebooks like Let's Die Naturally! Super Deaths for Adults & The Best Spots.

With new writing from Julia Alvarez, Sandra Cisneros, Zahia Rahman, Yoko Ogawa, Yasmine El Rashidi, Lina Meruane and Aleksandar Hemon, and featuring work from never-before-published writers like Elizabeth Ayre, Freeman's: Change opens a window into the many-sided ways we adapt.

#### About the Author

John Freeman was the editor of Granta until 2013. His books include Dictionary of the Undoing, How to Read a Novelist, Tales of Two Cities and Tales of Two Americas. He has also published two collections of poetry, Maps and In the Park. He is an Executive Editor at Knopf and teaches at the New School and New York University. His work has appeared in the New Yorker and the Paris Review and has been translated into twenty-two languages.

Price: **AU \$24.99** **NZ \$27.99**  
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 Extent: **320 pages**  
 Bic1: Fiction & related items  
 Author now living:

# Annabel Karmel's New Complete Baby and Toddler Meal Planner

## Annabel Karmel

This book for all new parents will guide you through your baby's first years with Annabel's proven expertise and imaginative recipes. It's everything you need to raise a happy, healthy baby!

### Description

Best-selling children's cookery author and weaning expert Annabel Karmel updates her most trusted cookbook with this special, fully updated and extended edition for its 30th anniversary. The book now includes NEW finger food guidance and over 200 simple, healthy recipes - more than ever before.

This essential book for all new parents will guide you through your baby's first years with Annabel's proven expertise and imaginative recipes. It's everything you need to raise a happy, healthy baby!

### About the Author

Annabel Karmel is the UK's best-selling children's cookbook author, with over 4 million copies of her Complete Baby And Toddler Meal Planner sold worldwide. She has written over 40 books on baby, toddler, child and family food and nutrition.



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 Package Type: **PAPERBACK**  
 Dimensions: **190h x 190w mm**  
 Extent: **256 pages**  
 Bic1: **Cooking / Baby Food**  
 Author now living:

## Annabel Karmel 8 copy pack

### A&U Point of Sale

Includes 8 copies of Annabel Karmel's New Complete Baby and Toddler Meal Planner, plus a free display copy.

#### Description

Includes 8 copies of Annabel Karmel's New Complete Baby and Toddler Meal Planner, plus a free display copy.

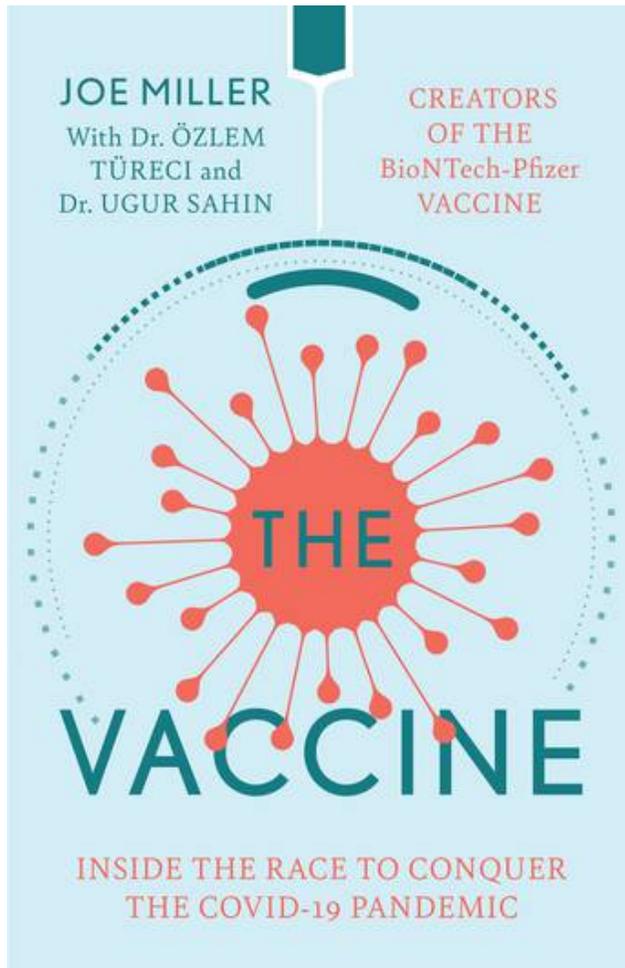
#### About the Author



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 Extent: **0 pages**  
 Bic1: **Miscellaneous items**  
 Author now living:

# The Vaccine

## Joe Miller



How do you develop a life-saving drug when every second counts and one mistake could be catastrophic?

### Description

When the world stopped, all hopes rested on finding a vaccine. One team answered the call and were ready to act.

But how do you develop a life-saving drug when every second counts and one mistake could be catastrophic?

Married couple and decades-long research partners Ugur Sahin and Ozlem Tureci did just that within weeks of the pandemic breaking out. From convincing Big Pharma to support their ambitious project, to navigating political interference from the Trump administration and the European Union, the road to producing the Pfizer/BioNTech vaccine was by no means smooth. But these cutting-edge innovators overcame every obstacle to provide more than two billion doses of the life-saving drug to countries all around the world in record time.

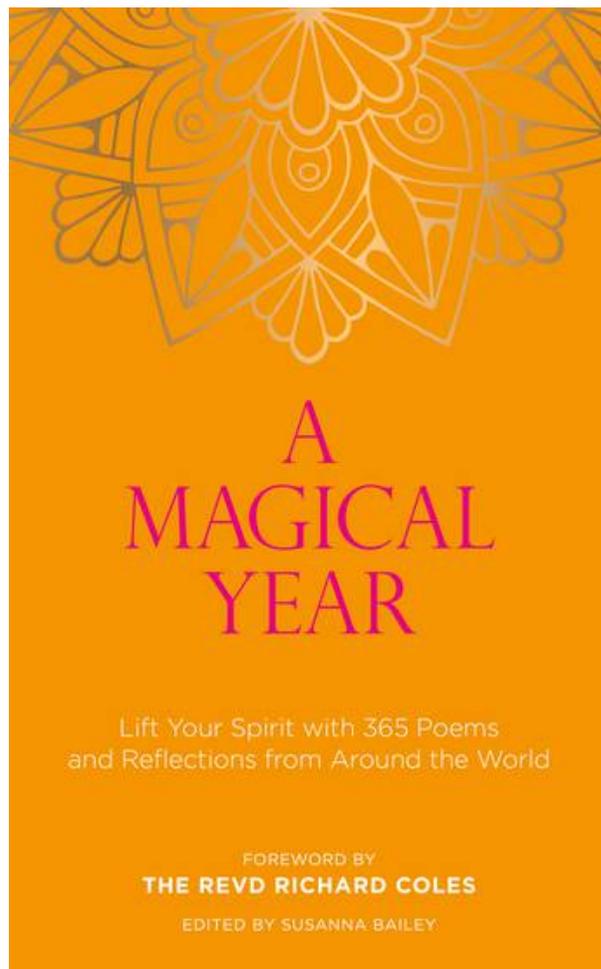
The Vaccine draws back the curtain on one of the most important medical breakthroughs of our age, containing contributions from the fascinating couple themselves, as well as more than 50 scientists, politicians, public health officials, and BioNTech staff. Shedding a light on the science behind the breakthrough, The Vaccine tells the story of the trailblazers to whom we all owe a debt of gratitude.

More suspenseful than a novel, this is a real-life story of an extraordinary race against time to save the world.

### About the Author

Joe Miller is the Financial Times' Frankfurt correspondent who covered BioNTech's COVID-19 project in real time, giving him considerable knowledge and expertise on the subject. The book also has considerable contributions from Ugur Sahin and Özlem Türeci themselves, giving rare first-person accounts. It contains contributions from more than 50 scientists, politicians, public health officials, and BioNTech staff.

Price: **AU \$29.99** **NZ \$32.99**  
 ISBN: **9781802791242**  
 Format: **C-Format PB**  
 Package Type: **PAPERBACK**  
 Dimensions: **234h x 153w mm**  
 Extent: **272 pages**  
 Bic1: **Autobiography: science, technology & medicine**  
 Author now living:



## A Magical Year Susanna Bailey

This collection of inspirational insights will support you in building a daily spiritual practice to nourish and nurture your soul each and every day.

### Description

What better way to start or end the day than by immersing yourself in a poem, thought or reflection from the Eastern and Western mystics and sages. Passages featured have been carefully selected to feed your soul, awaken your spirit and tap into your innate wisdom using inspiration from across the ages, as relevant today as it was when it was first written.

Broken into 8 sections, it takes you through the cycles of the year: Beginnings, Purification, Renewal, Fertility, Abundance, Balance, Gratitude and Endings. Each section opens with creative prompts and questions that invite you to delve deeper into your own self-enquiry process.

Choose a section that feels relevant, work through from 1-365 or just dip in whenever you want. This collection of inspirational insights will support you in building a daily spiritual practice to nourish and nurture your soul each and every day.

### About the Author

Susanna Bailey has contributed to journals, travel magazines and tabloids, reviewing the Arts. She lectures on how history contextualises the work of all creative minds throughout time. Her love of literature has informed her work as an artist. She studies the religions of the world and has a fascination with how topography and spiritualism affect a culture and an individual. She lives in the countryside - nature and poetry are an endless inspiration.

Price: **AU \$32.99**    **NZ \$36.99**  
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 Package Type: **PAPERBACK**  
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 Extent: **400 pages**  
 Bic1: Gift books  
 Author now living:

# Breathe Like a Badass

## Hannah Jane Thompson

A practical handbook that shows you how to harness the power of meditation, covering everything from comparison and office politics to body image and relationships.

### Description

This practical handbook teaches you how to start and stick to a non-woo-woo, scientifically based, zero-BS meditation habit that you can turn to again and again when life and work gets tough.

Qualified meditation teacher and certified life coach Hannah Jane Thompson has been practising meditation for over 11 years, after discovering the difference it made to her own life. As an ambitious but chronically anxious journalist, Hannah suppressed all feelings of not being 'good enough' until one day she was hit with chronic depression, anxiety, and panic attacks. At her absolute lowest point, she discovered meditation, and it quite literally saved her life. Breath by breath, meditation taught her to stop, breathe, accept who she was, and question those negative thoughts and transform them into something a little more kind, positive, and mindfully productive.

Drawing on her own story, her teaching practice and experiences of her clients, Hannah shows you how to harness the power of meditation. Covering everything from comparison and office politics to body image and relationships, Breathe Like a Badass is your no-BS guide to creating a life-changing, burnout-busting emotional toolbox of your own.

### About the Author

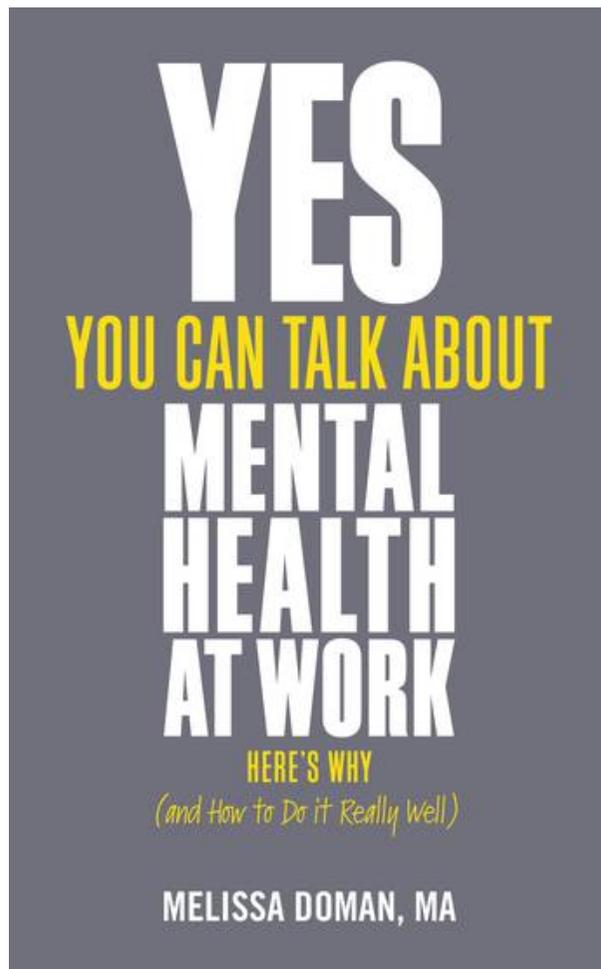
Hannah Jane Thompson is a qualified mindfulness meditation teacher and certified life coach. She runs Breathe Like a Badass, a personalised online meditation service helping ambitious-but-anxious women all over the world beat stress and anxiety, overcome imposter syndrome and get productive without burning out. Hannah discovered meditation herself over a decade ago, after years of struggling with anxiety, low self-worth, bad break-ups, lack of career direction, and even less self-compassion. Hannah's work focuses on personalised meditation - a mixture of life coaching and a variety of different meditation techniques - designed around the goals and personality of each individual. Hannah currently resides in London.

Breathe like a  
**badass**

Beat Anxiety & Self Doubt,  
Calm Your Inner Critic  
& Build a No-Nonsense  
Mindfulness & Meditation Toolkit

Hannah Jane Thompson

Price: **AU \$27.99**    **NZ \$32.99**  
 ISBN: **9781789562880**  
 Format: **Misc PB**  
 Package Type: **PAPERBACK**  
 Dimensions: **135h x 216w mm**  
 Extent: **224 pages**  
 Bic1: Coping with anxiety & phobias  
 Author now living:



## Yes, You Can Talk About Mental Health at Work

**Melissa Doman**

This book is for any employee, manager or leader who wants to understand mental health at a deeper level in order to foster inclusive workplace conversations.

### Description

With the gap between the home and the workplace closing, it's clear that good leadership and mental health at work go hand-in-hand: how you set the tone in your organization is critical.

This engaging and practical book is for any employee, manager or leader who wants to understand mental health at a deeper level to foster inclusive workplace conversations.

Taking a realistic approach, through research, stories of lived experience and applied techniques that anyone can use, the book includes information on:

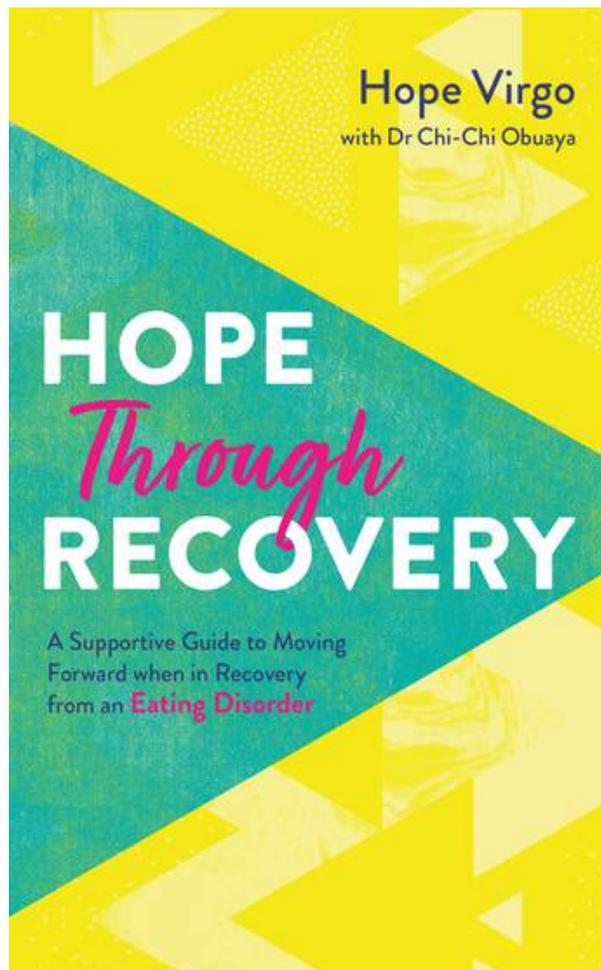
- How we bring our beliefs and experiences around mental health and mental illness into the workplace
- The importance of understanding how the language we use, consciously or unconsciously, impacts us
- Ways to manage the challenges around having mental health conversations at work
- 'How-to' conversation guides
- Concrete tips on ways to action this education individually or at a team level

After reading this book, you'll feel empowered and equipped to have constructive, meaningful conversations about mental health in your workplace.

### About the Author

Melissa Doman, MA is an organizational psychologist, a former clinical mental health therapist and a mental health at work specialist. She uses both her clinical and organizational psychology experience to inform her practical and solution-focused approach, working with companies and leaders to equip them to build the skill set, mindset and behaviours required to discuss mental health, mental illness, and stress at work. Melissa has spoken and consulted for international, national, and local organizations and Fortune 500 companies across industries - including Salesforce, Charlotte Tilbury, Siemens, the NHS, and the Independent Publishers Guild. She has also been featured as a subject matter expert in global conferences, summits, digital publications and media outlets, international mentoring programs, and local television shows.

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 Package Type: **PAPERBACK**  
 Dimensions: **135h x 216w mm**  
 Extent: **256 pages**  
 Bic1: Assertiveness, motivation & self-esteem  
 Author now living:



## Hope Through Recovery

### Hope Virgo, Dr Chi-Chi Obuaya

The practical support guide for dealing with the inevitable fears around daily life when you are on the road to recovery from an eating disorder, by Hope Virgo, mental health campaigner and survivor. Psychiatrist Dr Chi-Chi Obuaya also provides valuable advice.

#### Description

In this practical guide to life in recovery, mental health campaigner and survivor Hope Virgo offers practical and emotional support tools for anyone who has had an eating disorder, whatever the type. The book combines her personal experience with her work with parents, patients, educators and health workers. Consultant Psychiatrist Dr Chi-Chi Obuaya lends his clinical experience and knowledge, giving additional guidance and advice throughout.

Learn about Hope's story, the myths about eating disorders, and where you may be in your own recovery. Look at the building blocks for a successful recovery, and the situations you may encounter in daily life that will challenge your recovery. Hope unpicks how to cope and learn from these experiences. Finally, she looks at the possibility of relapse, and how to deal with this if it happens to you. Read from beginning to end or dip in and out when you need extra support and help. This is the book Hope wished she'd had when she was fresh out of hospital and entering back into the 'real world'.

#### About the Author

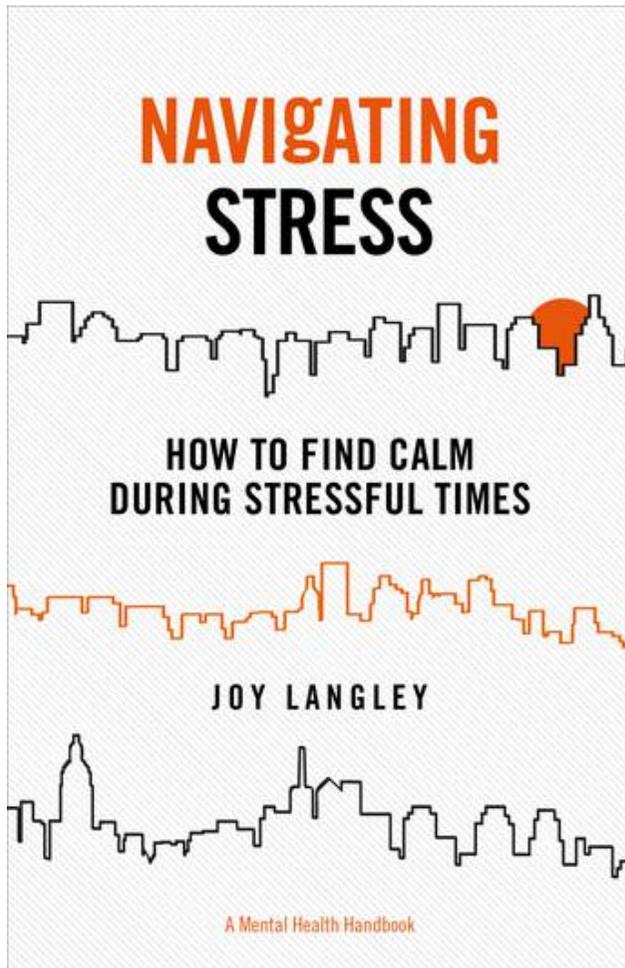
Hope is an award-winning mental health campaigner and author. She suffered with anorexia for over four years, before being admitted to a mental health hospital in 2007. She lived in the hospital for a year, fighting one of the hardest battles of her life. Since being discharged, she has fought to stay well. Hope is now at the stage of ongoing recovery, and uses her experiences of mental health illness to champion the rights of others, inspire them to get well, and help break the stigma of mental illness. She is a recognised media spokesperson, having appeared on platforms including Victoria Derbyshire, Good Morning Britain, Sky News and BBC News.

Consultant Psychiatrist Dr Chi-Chi Obuaya specialises in the diagnosis and treatment of eating disorders. He works across the NHS and runs a private practice in Harley Street.

Price: **AU \$24.99**    **NZ \$27.99**  
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 Format: **Misc PB**  
 Package Type: **PAPERBACK**  
 Dimensions: **135h x 216w mm**  
 Extent: **224 pages**  
 Bic1: Coping with eating disorders  
 Author now living:

# Navigating Stress

Joy Langley



This book will show you how reduce stress, with practical tools and memorable strategies to help you put together your personalized stress plan.

### Description

We are all unique and we each respond differently to every situation. Reducing stress is possible for every one of us but you will need to create your own unique blueprint of coping mechanisms in order to do so. This book will show you just how to do that, with practical tools and memorable strategies to help you put together your personalized stress plan.

After reading this book you will be able to deal quickly with real or imagined dangers. Along the road, you will discover:

- What stress is and why it happens.
- What causes it, and how it can help as well as hinder you.
- Why you need to understand and care about it.
- How to control it.
- Life-long coping strategies and soothing skills that you can tailor to your own individual needs.

### About the Author

Joy Langley is an accredited BACP psychotherapist and counsellor as well as a trained life coach (The Coaching Academy). She uses cognitive behavioural techniques (CBT) to support clients with issues around stress, anxiety and overwhelm.

Price: **AU \$19.99**    **NZ \$22.99**  
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 Extent: **192 pages**  
 Bic1: **Coping with stress**  
 Author now living:

# Navigating Sleeplessness

## Lindsay Browning

In this practical mental health handbook, Dr Lindsay Browning will help you to navigate your way back from sleeplessness to sleeping well, understanding your personal sleeping habits and helping you to emerge equipped with new habits to help you sleep better.

### Description

We are experiencing a sleeplessness epidemic, but we can all take steps to improve the quality of our sleep. We all sleep differently. The key to sleeping well is to develop good habits that work for you. In this book you will learn to understand your patterns and discover what works, so that you can build and maintain a healthy personal sleep plan.

This book offers actionable strategies and step-by-step solutions to develop better sleep, using self-care and self-compassion.

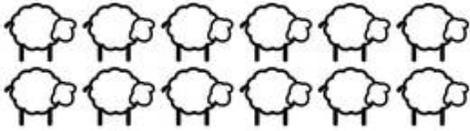
You will discover how to:

- Understand the difference between 'good' and 'bad' sleep.
- Cope better with temporary sleeplessness.
- Begin to unlearn unhelpful sleeping habits.
- Challenge your misconceptions about how well, or badly, you sleep.
- Practise tailored self-care that's likely to lead to improved sleep.

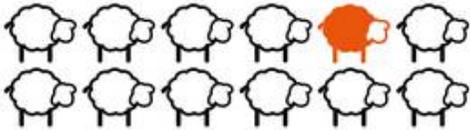
### About the Author

Dr Lindsay Browning is a chartered psychologist, neuroscientist and sleep expert. As well as being a mother of two, she has a Doctorate (DPhil) from the University of Oxford, where she investigated the relationship between worry and insomnia. She founded Trouble Sleeping, her specialist sleep clinic, in 2006.

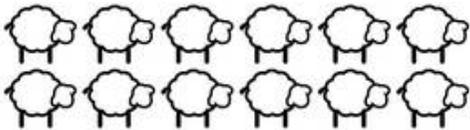
## NAVIGATING Sleeplessness



HOW TO SLEEP DEEPER AND  
BETTER FOR LONGER



DR LINDSAY BROWNING



A Mental Health Handbook

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 Format: **Misc PB**  
 Package Type: **PAPERBACK**  
 Dimensions: **129h x 198w mm**  
 Extent: **160 pages**  
 Bic1: **Coping with personal problems**  
 Author now living:

# Navigating Panic Attacks

Rita Santos

From understanding what they are and why they happen, to learning how to change how we react and talk about them, this book offers actionable strategies and step-by-step solutions to develop better ways of coping with panic attacks.

## Description

One of the key symptoms of anxiety is panic attacks. However often, or infrequently, you experience them, it is possible to take steps to change how you react. There are ways that you can loosen their grip, potentially even stopping them from happening altogether. This book offers actionable strategies and step-by-step solutions to develop better ways of coping with panic attacks. It promotes understanding, self-awareness and self-care.

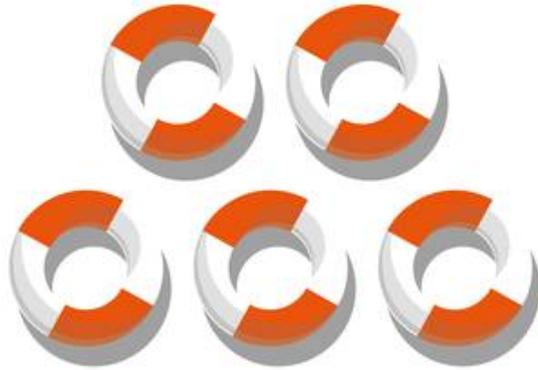
You will discover how to:

- Understand what panic attacks are and why they happen.
- Identify your warning signs and personal triggers.
- Open a dialogue with family and friends.
- Recognise and manage your anxious anticipation surrounding panic attacks.
- Practise tailored self-care with the aim of reducing the number of panic attacks you have.

## About the Author

Rita Santos is a clinical psychologist who specializes in cognitive behavioural therapy, anxiety and anxiety disorders. She completed a PhD on cognitive aspects of anxiety and performance; her research underpinned a novel theory of anxiety. During her career she has developed a broad range of skills, including extensive academic experience and wide clinical expertise. She currently provides CBT training and supervision, and works as a cognitive behavioural psychotherapist.

# NAVIGATING PANIC ATTACKS



UNDERSTAND YOUR FEAR  
AND RECLAIM YOUR LIFE

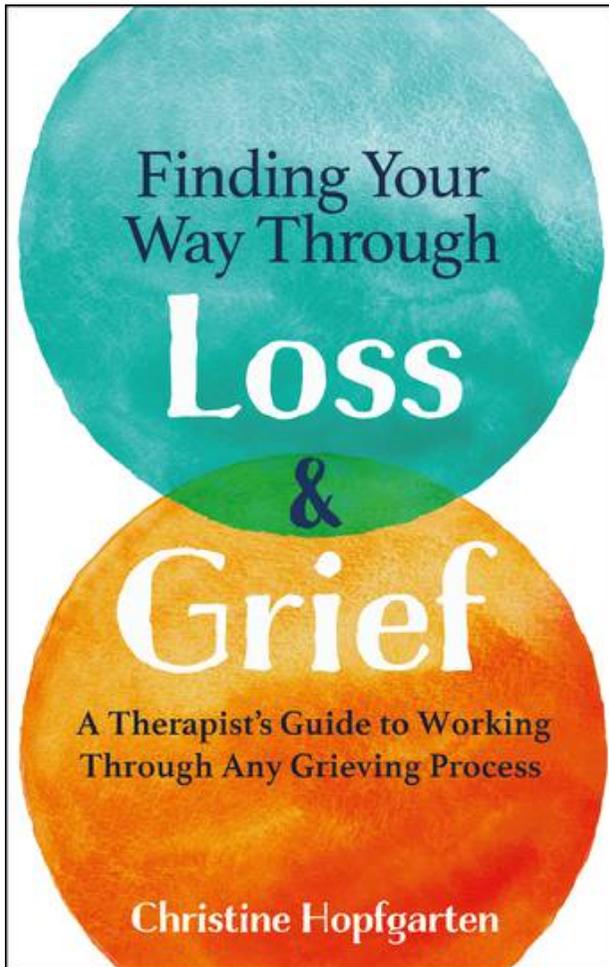
**DR RITA SANTOS PhD**

A Mental Health Handbook

Price: **AU \$19.99**    **NZ \$22.99**  
 ISBN: **9781789562552**  
 Format: **Misc PB**  
 Package Type: **PAPERBACK**  
 Dimensions: **129h x 198w mm**  
 Extent: **176 pages**  
 Bic1: Coping with anxiety & phobias  
 Author now living:

# Finding Your Way Through Loss and Grief

## Christine Hopfgarten



By blending clinical knowledge with insights from those with lived experience, this guide will help you make sense of your emotions and gain an understanding of how these fit into your own unique experience of grief.

### Description

In this practical guide, psychotherapist Christine Hopfgarten looks in detail at the different reasons that we may encounter feelings of loss, including bereavement, relationship break-up, loss of a job, fertility problems or miscarriage, and illness. The book clearly lays out the possible stages of grief and shows you how to move through the grieving process.

By blending clinical knowledge with insights from those with lived experience, this guide will help you make sense of your emotions and gain an understanding of how these fit into your own unique experience of grief.

Christine gives advice specific to each experience of loss, and uses exercises applicable to your situation. You will discover the importance of acknowledging where you are in your own unique journey - it is only then that you can move forward.

### About the Author

Christine Hopfgarten has been a practising therapist for over a decade. She is a Cognitive Behavioural and EMDR Therapist, and Psychodynamic Psychotherapist and DIT Practitioner, specialising in trauma and relationship issues. She has worked for the London Fire Brigade's Trauma Service and a variety of NHS psychotherapy services, as well as running her own private practice. Christine currently resides in Shropshire.

Price: **AU \$27.99**    **NZ \$32.99**  
 ISBN: **9781789562835**  
 Format: **Misc PB**  
 Package Type: **PAPERBACK**  
 Dimensions: **135h x 216w mm**  
 Extent: **224 pages**  
 Bic1: **Coping with death & bereavement**  
 Author now living:

**How to Help Someone After a Miscarriage  
Clare Foster, foreword by Ruth Bender-Atik**

**Clare Foster**

Foreword by Ruth Bender Atik  
National Director of The Miscarriage Association

**How to Help  
Someone after a**

**Miscarriage**

A Practical Guide to Supporting Someone  
after a Miscarriage, Molar or Ectopic Pregnancy

This accessible guide provides evidence-based advice on supporting someone after a miscarriage, ectopic or molar pregnancy.

**Description**

It is heartbreaking to learn that your loved one has experienced a miscarriage or molar or ectopic pregnancy. Be it a friend, child or your own partner, it can be hard to know what to say, or how best you can help.

Should you mention the baby or avoid all topics that relate to children? How can you be there for your partner as they grieve, while dealing with your own emotions? What if you're pregnant and it's your best friend that has experienced a loss? What if you say the wrong thing?

This accessible guide provides evidence-based advice on supporting someone after a miscarriage, ectopic or molar pregnancy. Clare Foster draws upon her personal experience and that of other women and partners, as well as extensive research, to provide you with the knowledge and practical advice you need to help your loved one. The National Director of the Miscarriage Association, Ruth Bender-Atik, has written a foreword.

**About the Author**

Clare Foster is an award-winning writer who has worked with the Miscarriage Association for eight years, authoring their popular Supporting Someone You Know publication. She has personal experience of miscarriage and is passionate about opening up the conversation around baby loss, and sharing couples' experiences in order to help others feel less alone. Clare currently resides in Bristol.

Price: **AU \$24.99**    **NZ \$27.99**  
 ISBN: **9781789562903**  
 Format: **Misc PB**  
 Package Type: **PAPERBACK**  
 Dimensions: **135h x 190w mm**  
 Extent: **192 pages**  
 Bic1: Coping with death & bereavement  
 Author now living:

# How to Help Someone with Anxiety

## Rachel M Allan

Dr Rachel M Allan

How to Help  
Someone with

# Anxiety

A Practical Handbook

A handbook providing evidence-based advice on the cyclical nature of anxiety, helping you understand how anxiety works and how your loved one might be feeling. You will discover how you can best help someone: how to start a helpful conversation, and the importance of listening.

### Description

Watching someone you love become overwhelmed by anxiety is tough. And it's not always clear how best to help - it often feels impossible to get through to someone who seems consumed by anxious thoughts.

Counselling Psychologist Dr Rachel M Allan provides evidence-based advice on the cyclical nature of anxiety, helping you understand how anxiety works and how your loved one might be feeling. You will discover how you can best help someone stuck in a negative thought pattern, how to start a helpful conversation, and the importance of listening.

Through the advice in this book, you'll learn how to best support and empower your loved one day to day, without compromising your own emotional wellbeing.

### About the Author

Counselling Psychologist Dr Rachel M Allan specialises in providing effective, evidence-based psychological interventions, in a compassionate and sensitive way in both private practice and the NHS. She has a particular interest in helping people understand how anxiety works, in order to empower those living with anxiety, and those closest to them.

Price:	<b>AU \$19.99</b>	<b>NZ \$22.99</b>
ISBN:	<b>9781789562668</b>	
Format:	<b>Misc PB</b>	
Package Type:	<b>PAPERBACK</b>	
Dimensions:	<b>135h x 190w mm</b>	
Extent:	<b>192 pages</b>	
Bic1:	Coping with anxiety & phobias	
Author now living:		

# How to Help Someone with Depression

## Emma Cotterill

Dr Emma Cotterill

How to Help  
Someone with

Depression

A Practical Handbook

In this accessible guide, clinical psychologist Dr Emma Cotterill gives you a clear understanding of the nature of depression, likely causes and practical ways you can help someone experiencing depression - however severe.

### Description

It can be tough watching someone you love struggling with depression, with no idea how best to help. Depression can be mild, or so all-consuming that the person you love is hardly recognisable. It can come in bouts, or span a significant period of time, which can take its toll on those closest to the sufferer.

In this accessible guide, clinical psychologist Dr Emma Cotterill gives you a clear understanding of the nature of depression, likely causes and practical ways you can help someone experiencing depression - however severe. She draws on the experiences of both sufferers and their supporters to help you feel a little less alone in this difficult time. She also shows you the importance of looking after yourself, and how to seek outside help.

Throughout the book you will develop your own 'supporter's toolkit' of knowledge, understanding, skills, strategies, self-care and resources that will help you support your loved one as best you can, whilst maintaining your own self care and boundaries.

### About the Author

Dr Emma Cotterill is a chartered clinical psychologist with over 10 years' experience working in the NHS and privately. She is dedicated to supporting individuals with depression and their families. Dr Cotterill currently resides in Surrey.

Price: **AU \$19.99**    **NZ \$22.99**  
 ISBN: **9781789562637**  
 Format: **Misc PB**  
 Package Type: **PAPERBACK**  
 Dimensions: **135h x 190w mm**  
 Extent: **192 pages**  
 Bic1: Coping with illness & specific conditions  
 Author now living:

# How to Help Someone with an Eating Disorder

## Pamela Macdonald

Dr Pamela Macdonald

# How to Help Someone with an Eating Disorder

A Practical Handbook

Struggling to help someone you love as they battle an eating disorder? This book will arm you with the knowledge, understanding and skills you need to be able to help your loved one towards recovery.

### Description

Struggling to help someone you love as they battle an eating disorder? This book will arm you with the knowledge, understanding and skills you need to be able to help your loved one towards recovery.

Psychologist and eating disorder specialist Dr Pamela Macdonald has been working with carers for over a decade. Here, she uses the established New Maudsley Approach, an evidence-based therapy toolkit which equips carers with the communication skills they need to best help their loved one.

Dr Macdonald has personal experience of the effects that an eating disorder can have on the entire family and strongly believes that carers and parents are a crucial element to the recovery process.

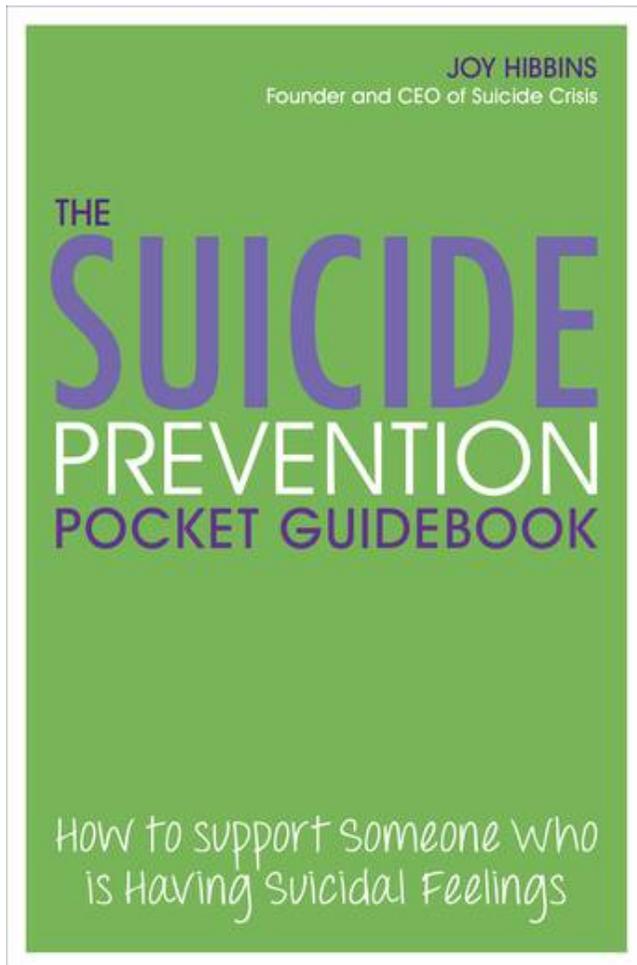
### About the Author

Pamela Macdonald, PhD, is a research psychologist, coach and trainer. She has been a member of the research team at the Institute of Psychiatry since 2006 and is actively involved in supporting carers of people with eating disorders using the principles of motivational interviewing and in the supervision of carers in becoming peer mentors to other carers. She is currently based in Edinburgh.

Price: **AU \$19.99**    **NZ \$22.99**  
 ISBN: **9781789561975**  
 Format: **Misc PB**  
 Package Type: **PAPERBACK**  
 Dimensions: **135h x 190w mm**  
 Extent: **192 pages**  
 Bic1: Coping with eating disorders  
 Author now living:

# The Suicide Prevention Pocket Guidebook

## Joy Hibbins



The information and confidence you need to help friends, work colleagues and loved ones suffering from suicidal thoughts, or following a suicide attempt. This book uses the innovative approach created by charity Suicide Crisis to bring understanding of what suicidal people go through.

### Description

Understandably, we may feel extremely cautious about how to approach or talk to someone who is having suicidal thoughts; we may be worried about saying or doing the 'wrong thing' - and this often creates a barrier to helping.

In this pocket guidebook, Joy Hibbins, founder of the charity Suicide Crisis, shares her invaluable experience of helping people through suicidal crisis. Using the charity's groundbreaking approach, Joy helps you gain the practical skills, knowledge and confidence you need to support friends, work colleagues or family members during a time of crisis.

This book will show you how to:

- Understand the complexity of suicidal feelings and what may lead to a crisis
- Be aware of factors that can increase someone's risk of suicide
- Directly ask someone about suicidal thoughts
- Build empathy and a strong connection with the individual in crisis
- Learn strategies to support someone and help them survive

The fact that you care, and you want to help, can make such a difference to someone who is in need of support.

### About the Author

Joy Hibbins is the founder and chief executive of charity Suicide Crisis. Their crisis centre has attracted national and international interest because of its zero-suicide achievement: there has never been a suicide of a client under their care. Joy has given evidence about their work to a UK parliamentary select committee, and their work has fed into the Ministry of Health's new suicide prevention strategy in New Zealand. Joy has personal experience of suicide crisis, which prompted her to open the centre in 2012. In 2019 she received the British Empire Medal for services to vulnerable people in the Queen's New Year Honours List. She is regularly asked to comment on issues relating to suicide and suicide prevention in the national press, including appearances on the BBC and Sky News and articles in theGuardian and theTelegraph. Joy currently resides in Gloucestershire.

Price: **AU \$19.99**    **NZ \$22.99**  
 ISBN: **9781789562996**  
 Format: **Misc PB**  
 Package Type: **PAPERBACK**  
 Dimensions: **135h x 190w mm**  
 Extent: **192 pages**  
 Bic1: **Coping with personal problems**  
 Author now living:

# The Ayurveda Detox

## Anu Paavola

The Ayurveda Detox offers natural ways to heal ailments and improve digestion and metabolism, with mental detox methods such as meditation, yoga and breathing practices and physical detox methods such as fasting. Includes recipes and home remedies to enhance your detox plan.

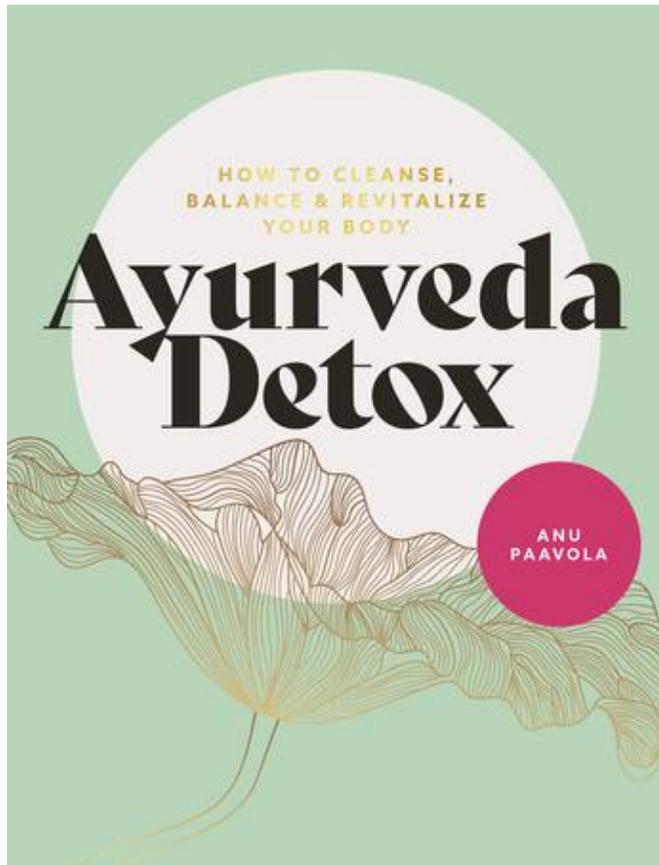
### Description

According to Ayurveda, our natural state is one of health, happiness and an inner sense of wellbeing. Health is defined as the body being clear of toxins, the mind at peace, calm emotions, wastes eliminated and organs functioning normally. In a busy and toxic world, our physical and mental systems accumulate toxins causing deterioration in bodily functions.

This book begins by introducing Ayurveda, its origins and characteristics, approaches and healing methods - the most extreme being detoxing. It analyzes our individual constitutions and needs - the doshas (kapha, pitta and vata) and examines the importance of our digestion for eliminating toxins. Armed with this vital information, the book moves on to mental and physical detox plans and routines, recipes and home remedies. The plans increase in strength from daily detoxes to the signature detox of Ayurveda: Panchakarma.

### About the Author

Anu Paavola is a qualified Ayurveda practitioner and yoga instructor. After graduating with B.Sc (Hons) from Mayur Ayurvedic University of Europe in London, she worked in an Ayurvedic hospital in India. In 2011, she founded Jivita Ayurveda spa and clinic in North London in response to the demand for modernized education in Ayurveda. She offers courses for therapists and practitioners.



Price: **AU \$35.00**    **NZ \$39.99**  
 ISBN: **9781859064757**  
 Format: **Misc PB**  
 Package Type: **PAPERBACK**  
 Dimensions: **246h x 189w mm**  
 Extent: **176 pages**  
 Bic1: **Ayurvedic therapies**  
 Author now living:

# The Little Book of Veganism

## Orange Hippo!

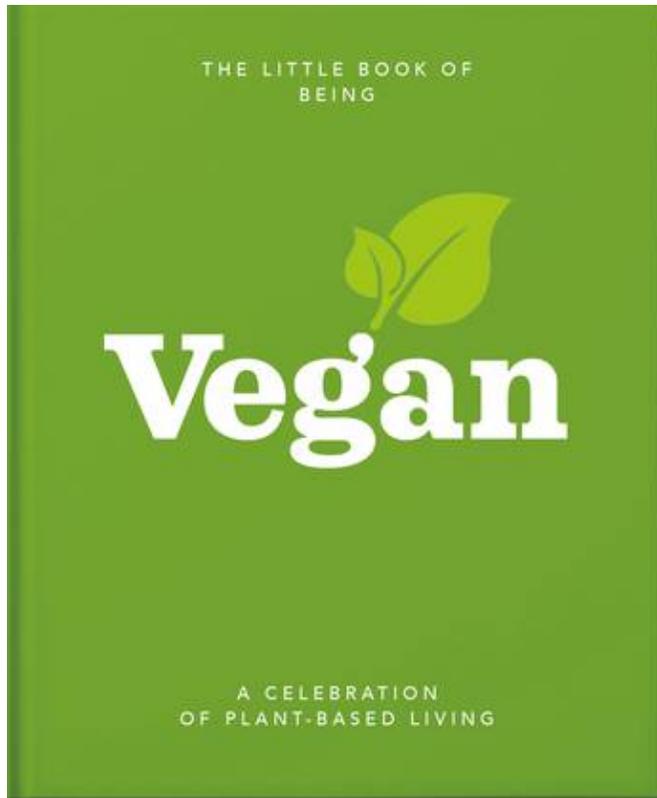
A celebration of veganism, this book touches on the history of veganism as well as the health benefits, and features tips and advice on how to go vegan - from what to eat and how to live your life.

### Description

As veganism continues to grow in popularity the world over, many people are curious about going vegan. And others who are already vegan may be looking for simple ways to explain to friends and family why they have decided to make the change.

In The Little Book of Vegan you will learn what being a vegan entails - not just your diet, but how to shop and live your life, dealing with negative comments, making sure you're getting the right vitamins and minerals and much more. With a little bit of planning and a positive attitude, absolutely anyone can adopt a plant-based lifestyle, and this little book will show you how.

### About the Author



Price:	<b>AU \$12.99</b>	<b>NZ \$14.99</b>
ISBN:	<b>9781800690103</b>	
Format:	<b>Misc HB</b>	
Package Type:	<b>HARD BACK</b>	
Dimensions:	<b>113h x 137w mm</b>	
Extent:	<b>192 pages</b>	
Bic1:	Cookery for specific diets & conditions	
Author now living:		

# The Little Book of Nutrients

## Marlene Houghton

All you need to know about the food you eat! The Little Book of Nutrients teaches you how to prevent ailments by eating properly, and includes full of lists of every kind of foodstuff and its component parts.

### Description

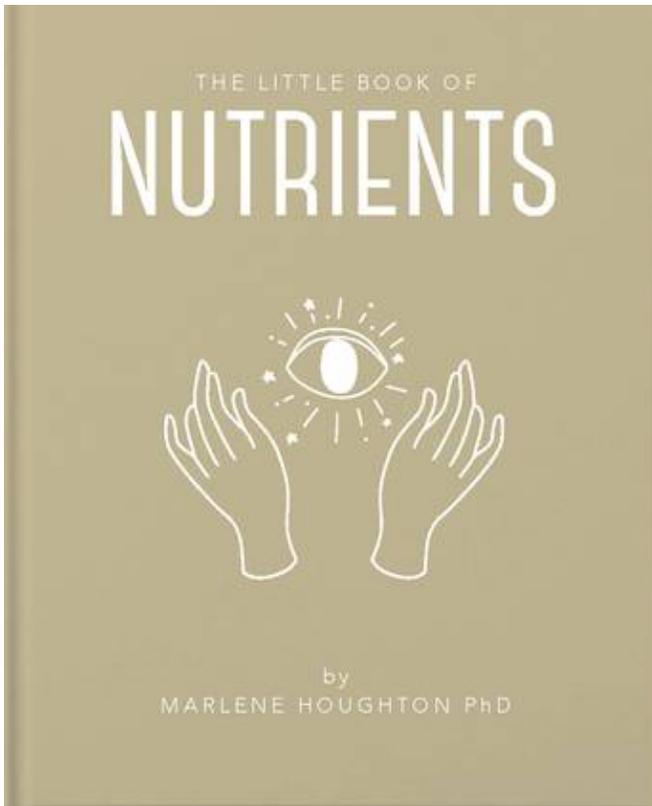
The Little Book of Nutrients is the best small guide to nutrients on the planet.

This tiny title breaks down vitamins, minerals, trace elements and other food constituents to highlight their importance, and the way that they work to keep us healthy. It shows us the items that are essential for health and how to ensure that we are eating enough of them. And although much of the book is about plant-based foods, this isn't a book for vegans - it includes meat, poultry, fish, eggs and dairy foods, and even recommends a little red wine for a healthy diet.

Minerals: Magnesium: Anti-stress mineral that reduces muscle spasms and eases premenstrual syndrome; best sources: nuts, figs, soya beans, wholegrain cereals, meat, fish, seafood.

### About the Author

Marlene Houghton PhD has always been interested in natural health therapies, having studied herbalism (phytotherapy), holistic nutrition, and related natural therapies. She has over twenty years of experience working in orthodox medical settings in top London teaching hospitals. She is a nutritional therapist and a traditional herbalist as well as a nutrition consultant for a well-known group of health stores. She regularly contributes articles on traditional herbalism and aromatherapy to Echo World, a mind, body and spirit magazine, and has written three books: An Astrological Apothecary, Simply Herbalism, In Focus: Essential Oils & Aromatherapy.



Price: **AU \$12.99**    **NZ \$14.99**  
 ISBN: **9781911610939**  
 Format: **Misc HB**  
 Package Type: **HARD BACK**  
 Dimensions: **137h x 113w mm**  
 Extent: **192 pages**  
 Bic1: Diets & dieting  
 Author now living:

# Little Book of Spiritualism

Tracie Long

The Little Book of Spiritualism is an accessible introduction to spiritualism, helping readers on their journey to inner peace. It sets out the differences between psychics and mediums as well as exploring the concept of spirit guides; and contains inspiring affirmations to provide comfort and guidance.

### Description

This mini manual provides the perfect introduction to spiritualism and the spirit world, full of techniques, thoughts, terminology and quotes to guide you in your own spiritual journey. From spirit guides to mediums and angels to affirmations, this little book is a fascinating insight into spirituality and how it can transform your life.

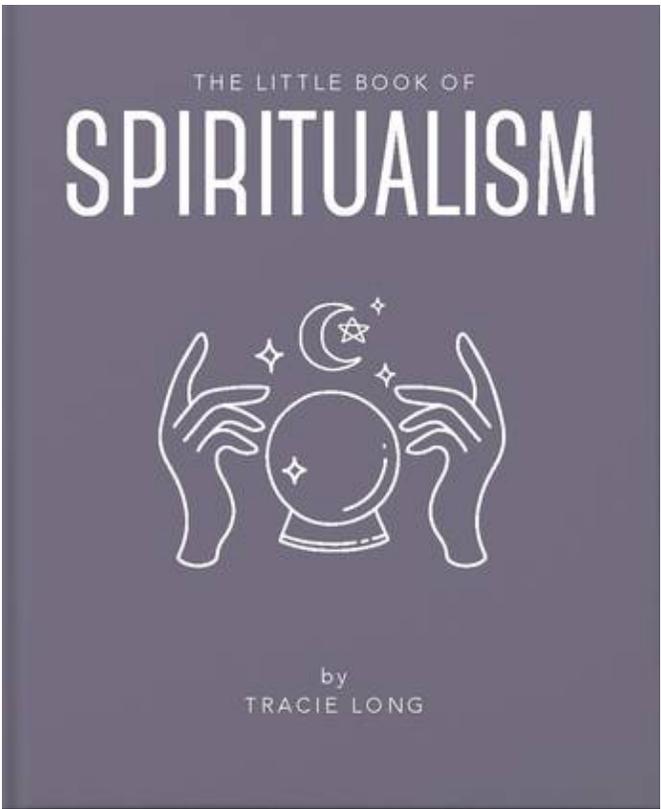
**The Ranks of the Angels:** In total, there are said to be nine levels of angels, and this is a brief summary and hierarchy of the angels, from highest to lowest.

**Seraphim:** Seraphim are the highest order of the hierarchy of angels. These angelic beings spend their time worshipping and praising God.

**Cherubim :** Cherubim are the second highest order. They are depicted on the Ark of the Covenant as its guardians. God sent them to guard Eden after the expulsion of Adam and Eve.

### About the Author

Tracie Long could see and hear spirit from the age of six, but it wasn't until her thirties that she finally embraced her gift. She has now been working in the industry for almost 30 years. Tracie completed a teaching degree in 2011 and specialises in Tarot, Angels, Spiritual Development, Meditation, Shamanic Healing and Coaching and Moon Cycles. She has worked with sensitive children, run paranormal investigations, and is often called upon to pass over spirits that are stuck or causing problems. She tutors alongside the Spiritual Workers Association and has a BTEC in Business Management. Tracie has written two eBooks, Sensitive Children and Lifestyle Re-Set.



Price:	<b>AU \$12.99</b>	<b>NZ \$14.99</b>
ISBN:	<b>9781911610861</b>	
Format:	<b>Misc HB</b>	
Package Type:	<b>HARD BACK</b>	
Dimensions:	<b>137h x 113w mm</b>	
Extent:	<b>192 pages</b>	
Bic1:	Mind, body, spirit: meditation & visualisation	
Author now living:		

# The Little Book of Herbalism and Natural Healing

## Marlene Houghton

An introduction to everything you need to enhance your life using nature's pharmacy.

### Description

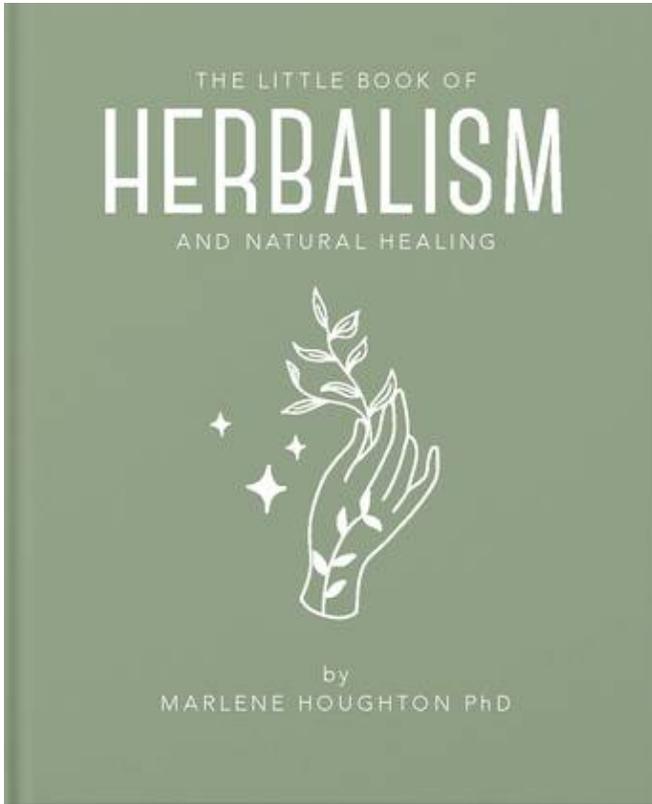
This tiny guide will teach you everything you need to know about herbalism, the therapeutic use of plants as medicine for holistic healing, also known as Phytotherapy. The Little Book of Herbalism and Natural Healing demonstrates how herbs can be used to strengthen the body's functions and enable it to heal itself, often without resorting to antibiotics. Whether you want to learn how to use herbs for common everyday ailments or how to grow your own herbs and use them in cooking, this trusty tome is the perfect companion.

**Herbal Immunity:** In Nature's Pharmacy there are herbs that act as protectors and immune boosters.

**Elderberry:** This rich, dark purple berry has been used for hundreds of years in Europe. It has proven health-supporting properties. Full of flavonoids - an important group of plant substances - due to elderberry's anti-viral action, this flu-fighter is good to take during the winter season as a preventative.

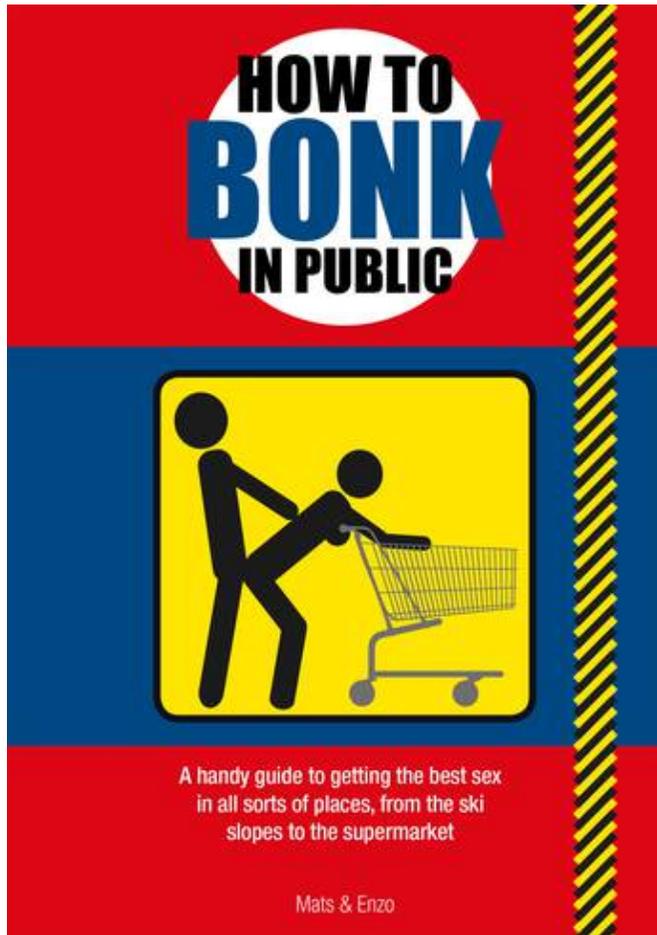
### About the Author

Marlene Houghton PhD has always been interested in natural health therapies, having studied herbalism (phytotherapy), holistic nutrition, and related natural therapies. She has over twenty years of experience working in orthodox medical settings in top London teaching hospitals. She is a nutritional therapist and a traditional herbalist as well as a nutrition consultant for a well-known group of health stores. She regularly contributes articles on traditional herbalism and aromatherapy to Echo World, a mind, body and spirit magazine, and has written three books: An Astrological Apothecary, Simply Herbalism, Essential Oils & Aromatherapy (In Focus).



Price: **AU \$12.99**    **NZ \$14.99**  
 ISBN: **9781911610892**  
 Format: **Misc HB**  
 Package Type: **HARD BACK**  
 Dimensions: **137h x 113w mm**  
 Extent: **192 pages**  
 Bic1: Traditional medicine & herbal remedies  
 Author now living:

## How to Bonk in Public Mats and Enzo



How to Bonk in Public will liberate your mind, body and soul with more than 100 fully illustrated ways to get laid in the open air.

### Description

From the best-selling authors of How to Poo at Work and How to Bonk at Work comes the follow-up that everyone's been waiting for: How to Bonk in Public will help you get busy wherever you are!

You know the feeling - you're a bit bored at the bus stop and need something to occupy your time for ten minutes. Well worry no more about what to do. Too many people around? No problem, this book's full of ideas to get you far from the madding crowd. Broad daylight? Don't panic, you will find many ways to avoid lines of sight.

How to Bonk in Public will liberate your mind, body and soul with more than 100 fully illustrated ways to get laid in the open air.

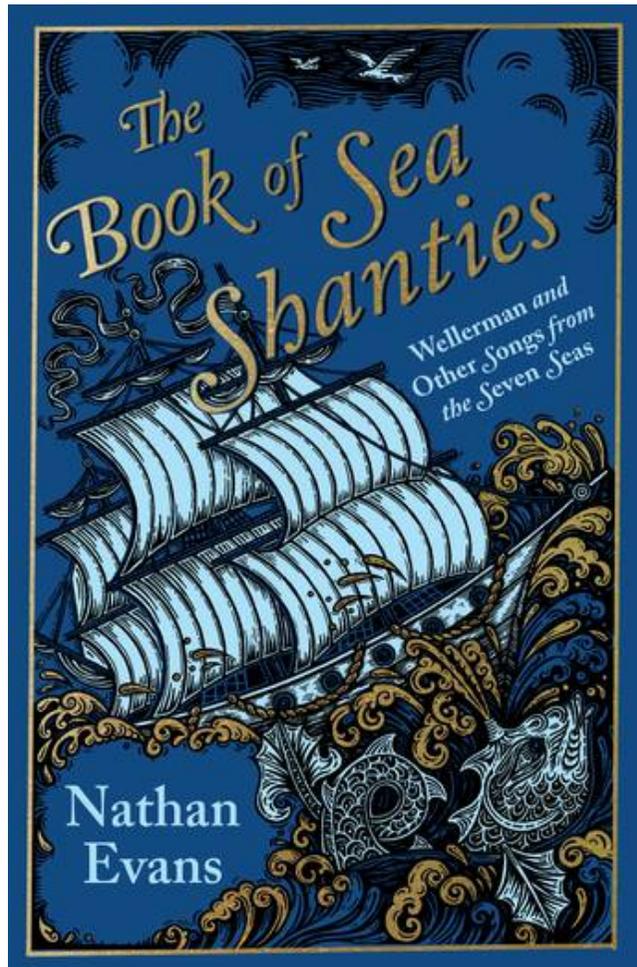
### About the Author

Mats is a man who has worked in companies around the world so he knows his way around an executive washroom, boardroom and even bedroom. Enzo is a fun-loving guy who works for a major multinational company. He cannot reveal his real name in case his art suffers and his relentless pursuit of pleasure at work (and elsewhere) is affected.

Price: **AU \$14.99**    **NZ \$16.99**  
 ISBN: **9781787398191**  
 Format: **Misc PB**  
 Package Type: **PAPERBACK**  
 Dimensions: **126h x 175w mm**  
 Extent: **144 pages**  
 Bic1: Humour  
 Author now living:

# The Book of Sea Shanties

## Nathan Evans



This book of shanties will take you on a journey through time. Nathan Evans presents his favourite songs to sing along to. Find out the history and meaning behind each of the shanties.

### Description

An epic journey through sea shanties, high tides and seven seas

From the international bestselling singer comes The Book of Sea Shanties.

The world sang in harmony with Nathan Evans, the Glaswegian postie turned singer of sea shanties. Join him as he takes you through time and seafaring history to discover the true meaning of Wellerman, and who and what exactly was the Drunken Sailor?

Featuring over 35 best loved shanties, Nathan will share the meaning behind each of his favourite shanties and show how they have shaped and inspired him. Beautifully illustrated throughout, it will also include original shanties and bonus content written exclusively for this book.

Whether you're young or old, gather around and discover the riotous world of sea shanties.

Praise for Nathan Evans:

A 'Sea Shanty sensation' - Rolling Stone

'An artist who really lifts the mood when he performs' - Daily Telegraph

'Too good to miss' - Brian May, Daily Express

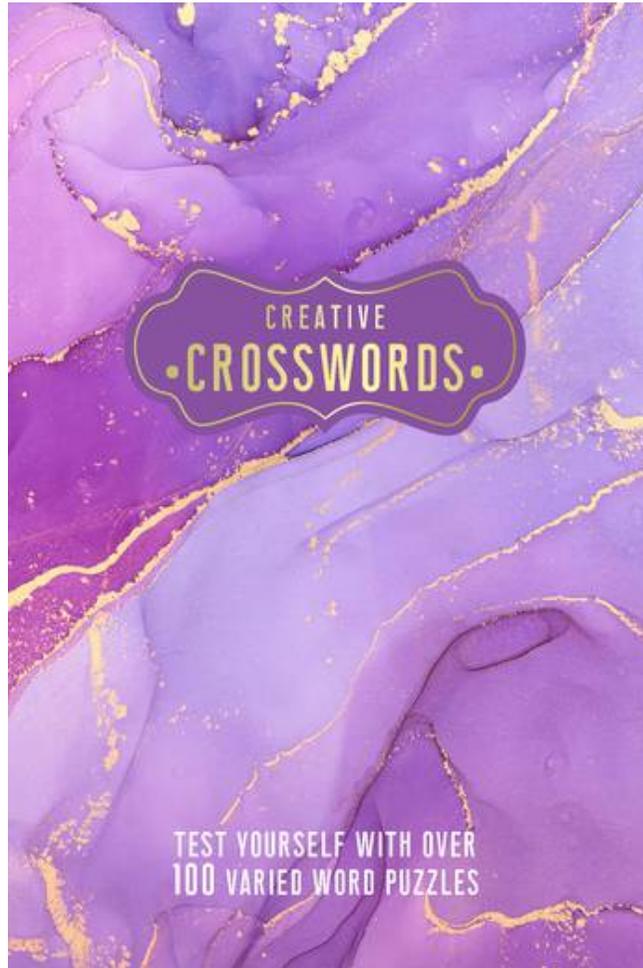
### About the Author

Nathan Evans is a British singer from Airdrie, Scotland known for singing sea shanties. Evans first gained fame in 2020, when he posted videos of himself singing sea shanties on social media service TikTok, triggering a surge of interest in sea shanties. In 2021, he released a cover version of the 19th-century shanty 'Wellerman' which reached number-one in the UK Singles Chart and also charted in several other countries.

Price: **AU \$24.99**    **NZ \$27.99**  
 ISBN: **9781787399587**  
 Format: **Misc HB**  
 Package Type: **HARD BACK**  
 Dimensions: **129h x 198w mm**  
 Extent: **192 pages**  
 Bic1: Folk & traditional music  
 Author now living:

# Creative Crosswords

## Welbeck



Contains over 100 crosswords and word puzzles for all difficulty levels.

### Description

Unleash your creativity with these visually pleasing crosswords.

Discover a wide variety of crossword-style problems designed to both challenge and inspire artistic flow.

Perfect for both the puzzler-on-the-go or someone who simply wants to unwind, Creative Crosswords contains more than 100 crosswords and word puzzles of a variety of difficulty levels.

Inspire your creative side with this essential puzzling partner.

### About the Author

Price:	<b>AU \$12.99</b>	<b>NZ \$14.99</b>
ISBN:	<b>9781787399051</b>	
Format:	<b>Misc PB</b>	
Package Type:	<b>PAPERBACK</b>	
Dimensions:	<b>102h x 153w mm</b>	
Extent:	<b>128 pages</b>	
Bic1:	Crosswords	
Author now living:		

# Mindful Wordsearch

## Welbeck

More than 100 wordsearches all designed around a different theme.

### Description

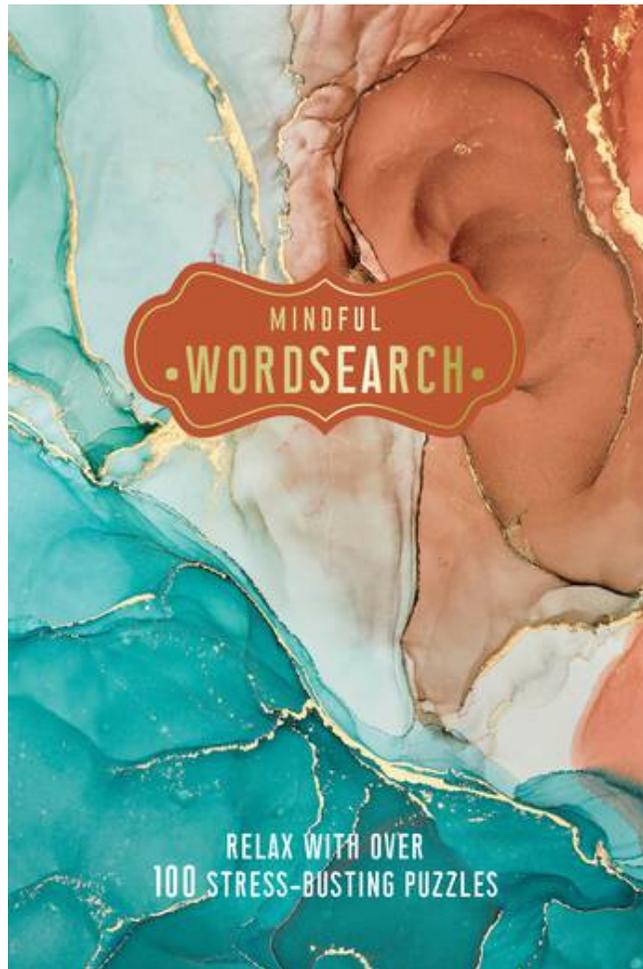
Take some 'me time' with these aesthetically pleasing puzzles.

Embrace tranquility while enjoying this calming collection of wordsearches, created to help you unwind and de-stress.

Perfect for both the puzzler-on-the-go or for those who simply want to relax, Mindful Wordsearch contains more than 100 thematic wordsearches.

Connect with yourself with this essential puzzling partner.

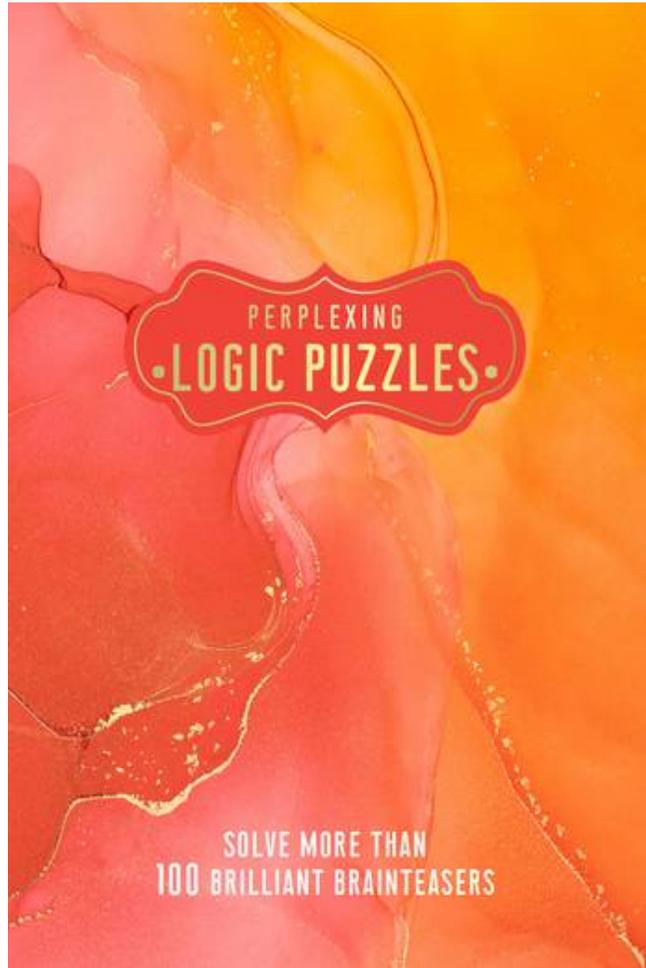
### About the Author



Price: **AU \$12.99**    **NZ \$14.99**  
 ISBN: **9781787399082**  
 Format: **Misc PB**  
 Package Type: **PAPERBACK**  
 Dimensions: **102h x 153w mm**  
 Extent: **128 pages**  
 Bic1: **Puzzles & quizzes**  
 Author now living:

# Perplexing Logic Puzzles

## Welbeck



More than 100 logic puzzles of various different types and difficulty levels.

### Description

Push the limits of your logical reasoning with these visually pleasing puzzles.

Train your brain by solving this superb collection of logic puzzles, designed to help your mind reach peak performance.

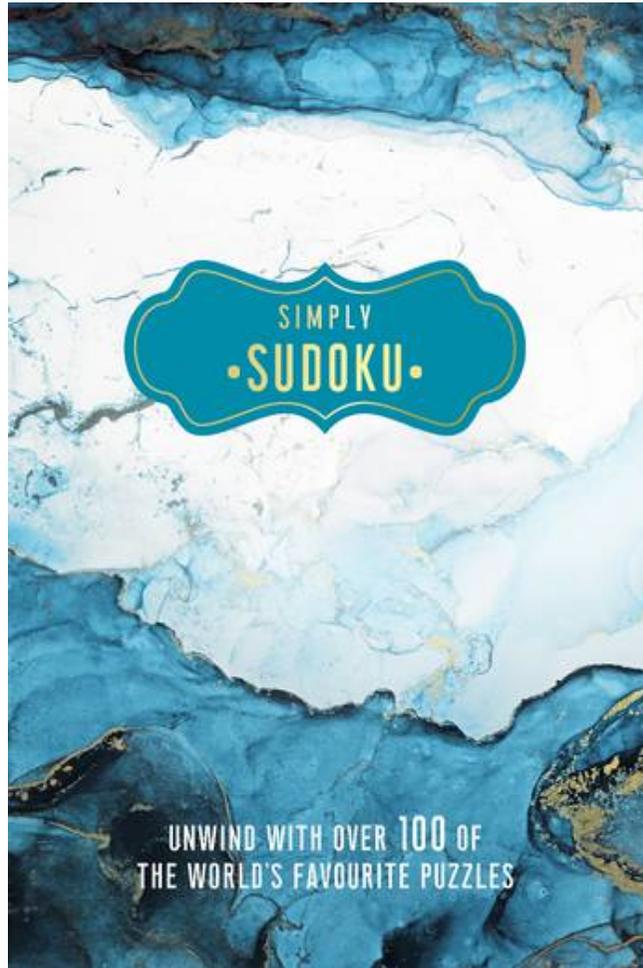
Perfect for both the puzzler-on-the-go or someone who simply wants to unwind, Perplexing Logic Puzzles contains more than 100 numerical logic puzzles of a variety of difficulty levels.

Challenge yourself with this essential puzzling partner.

### About the Author

Price: **AU \$12.99**    **NZ \$14.99**  
 ISBN: **9781787399136**  
 Format: **Misc PB**  
 Package Type: **PAPERBACK**  
 Dimensions: **102h x 153w mm**  
 Extent: **128 pages**  
 Bic1: **Sudoku & number puzzles**  
 Author now living:

## Simply Sudoku Welbeck



More than 100 sudoku puzzles becoming progressively difficult as the book continues.

### Description

Experience the joy of Sudoku with these aesthetically pleasing puzzles.

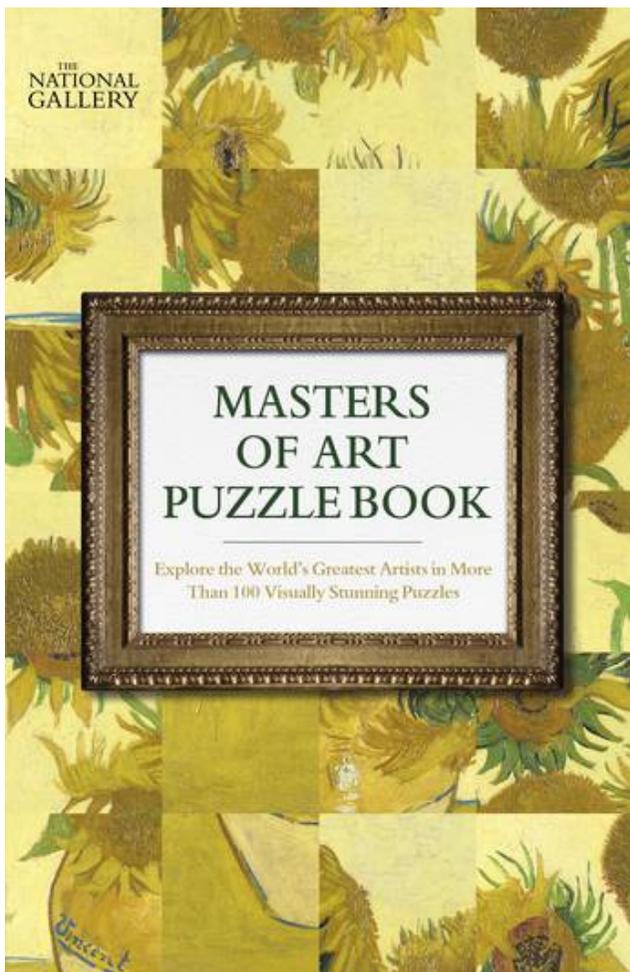
Take a break by completing this collection of Sudoku puzzles, created to help you rest and refocus.

Perfect for both the puzzler-on-the-go or someone who just wants to unwind, Simply Sudoku contains more than 100 Sudoku puzzles of a variety of difficulty levels.

Relax with this essential puzzling partner.

### About the Author

Price:	<b>AU \$12.99</b>	<b>NZ \$14.99</b>
ISBN:	<b>9781787398955</b>	
Format:	<b>Misc PB</b>	
Package Type:	<b>PAPERBACK</b>	
Dimensions:	<b>102h x 153w mm</b>	
Extent:	<b>128 pages</b>	
Bic1:	Puzzles & quizzes	
Author now living:		



# The National Gallery Masters of Art Puzzle Book

## Tim Dedopulos, The National Gallery

Contains more than 150 artworks that make up 100 puzzles and quizzes. It also includes information about many of the paintings and artists featured.

### Description

Featuring more than 150 iconic artworks, The National Gallery Masters of Art Puzzle Book is a visually spectacular puzzle challenge perfect for any art enthusiast.

This must-buy gift book contains 100 puzzles inspired by the world's most famous paintings, making it a truly one-of-a-kind, mind-boggling masterpiece.

From pictorial puzzles such as Fake or Fortune, Jigsaw and Scrambled Image, to cryptic puzzles like Odd One Out or The Missing Link, through logic puzzles, riddles and even a series of art history quizzes with varying difficulties, there is something for everyone, from the puzzle master to the art aficionado. Each artwork is even accompanied by a short but informative bio, allowing you to learn more about them as you pore over the puzzles.

Featured paintings include Sunflowers by Vincent van Gogh, The Fighting Temeraire by J.M.W. Turner, The Arnolfini Portrait by Jan van Eyck, The Hay Wain by John Constable, The Virgin of the Rocks by Leonardo da Vinci, Bathers at La Grenouillere by Claude Monet and many, many more.

### About the Author

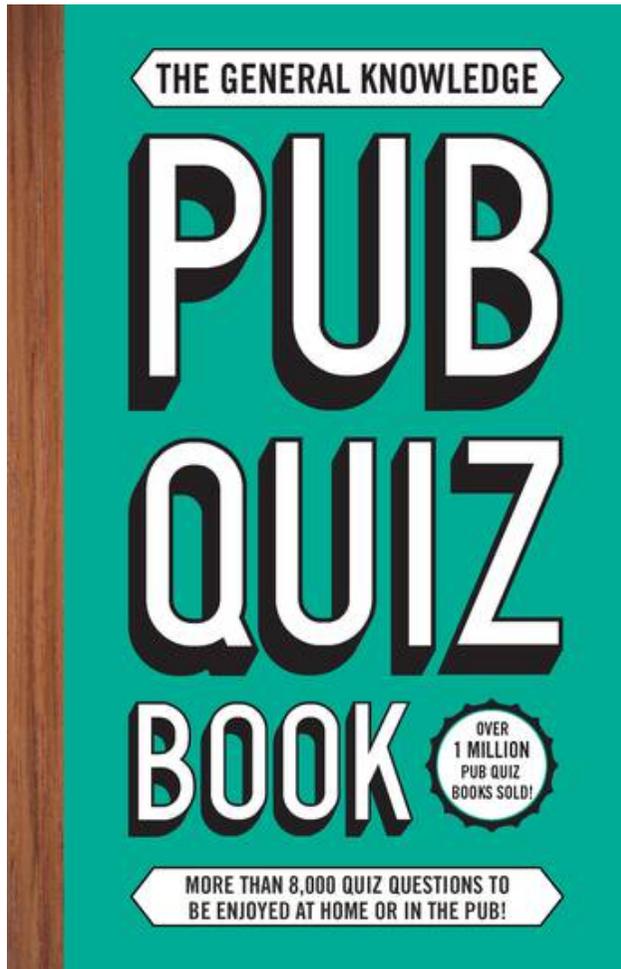
Tim Dedopulos is an author, puzzle setter and editor. He has written role-playing games and fiction, as well as a number of bestselling puzzle books - most notably a whole series of Sherlock Holmes-themed titles that have sold hundreds of thousands of copies all around the world. He currently lives in Spain.

The National Gallery, London houses one of the greatest collections of paintings in the world. It contains over 2,300 works, representing all major traditions of Western European painting from the 13th Century onwards. This is the first puzzle book to be associated with the institution.

Price: **AU \$27.99**    **NZ \$32.99**  
 ISBN: **9781787399303**  
 Format: **Misc PB**  
 Package Type: **PAPERBACK**  
 Dimensions: **153h x 234w mm**  
 Extent: **240 pages**  
 Bic1: **Puzzles & quizzes**  
 Author now living: **London, UK**

# The General Knowledge Pub Quiz Book

## Roy Preston, Sue Preston



10,000 questions, and over 300 individual quizzes in this book - on a huge variety of subjects.

### Description

This is the perfect book for anyone planning to host a pub quiz with their family and friends, either at home or in the pub!

There are 10,000 questions over more than 300 individual quizzes in this superb book. There is a wealth of fascinating information on a huge variety of subjects - perfect for quiz aficionados and amateurs alike, as it is divided by both difficulty level and subject matter.

Many of the quizzes are themed, along the classic lines of music, sport, geography, politics and entertainment, but there are also more specialist subjects such as Gardening, The Olympics, Medicine and Health and Festivals. Pot-luck quizzes with a mix of all subjects are also included to keep you on your toes.

Finally, a section at the rear of the book gives tips and advice on how to host your own quiz at home, the pub, or any place keen quizzers congregate. So, whether quiz master or quiz taker, this is the book for you.

### About the Author

Roy and Sue Preston, husband-and-wife, run a puzzle-setting business in Suffolk. They supplied the puzzles for Carlton Books' bestselling 'Pub Quiz' series, including volumes on sport, pop music and movies.

Price: **AU \$19.99**    **NZ \$22.99**  
 ISBN: **9781787398313**  
 Format: **Misc PB**  
 Package Type: **PAPERBACK**  
 Dimensions: **129h x 198w mm**  
 Extent: **288 pages**  
 Bic1: **Trivia & quiz question books**  
 Author now living:

# Ticket to Ride Puzzle Book

## Richard Wolfrik Galland

Based on the award-winning board game, the 100 original challenges take you on a global adventure via train-track. For puzzlers and board game enthusiasts alike.

### Description

Inspired by the hit board game that has sold over 12 million copies, travel the world from the comfort of your home with the Ticket to Ride Puzzle Book.

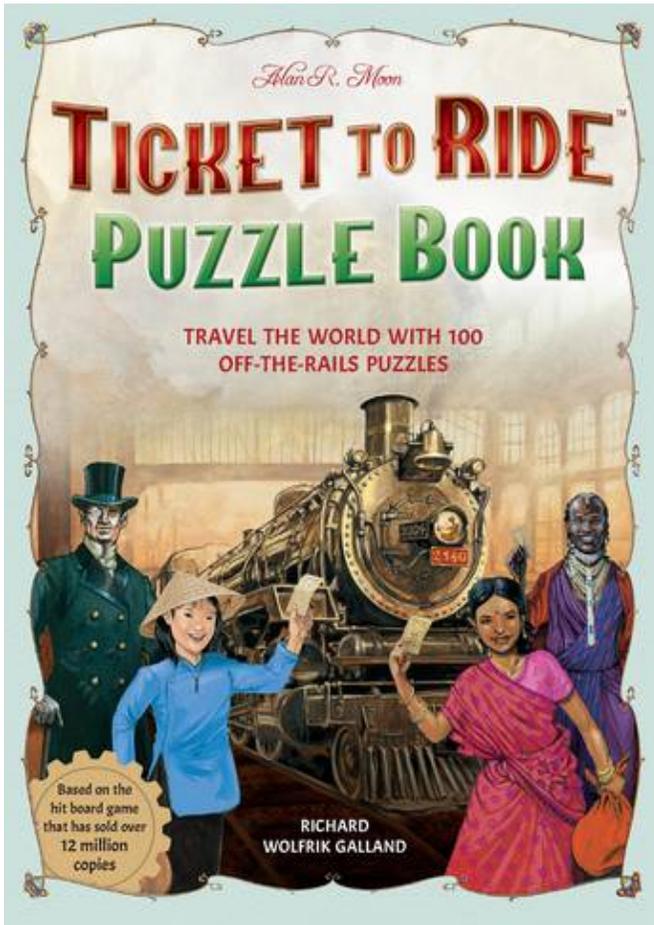
Based on the award-winning board game, this book is packed full of 100 original, colourful and exciting challenges for puzzlers and board-game enthusiasts alike.

It's the year 1900, and you are a young tourist setting off on a global rail journey. Voyaging from city to city across countries and continents, you meet an entertaining set of characters who provide you with a perplexing set of brainteasers, from logic problems and train track puzzles to riddles and linguistic conundrums.

Climb aboard and ride across the world in 100 globe-trotting puzzles!

### About the Author

Richard Wolfrik Galland is a writer and games designer. He has worked as a magazine editor for Games Workshop and as a games designer for Hasbro in the UK and Sony Japan. He is currently the creative director of Warm Acre Games, a successful independent publisher of various types of game and wrote the successful Catan Puzzle Book in 2020. He lives in Lincoln in the UK. Asmodee Group is a leading international company dedicated to bringing great games and amazing stories to all corners of the world. Featuring board games such as Catan, Pandemic, Ticket to Ride and Dobble, Asmodee sells millions of units of board, card, miniature and role-playing games every year.



Price: **AU \$24.99**    **NZ \$27.99**  
 ISBN: **9781787395985**  
 Format: **Misc PB**  
 Package Type: **PAPERBACK**  
 Dimensions: **150h x 210w mm**  
 Extent: **224 pages**  
 Bic1: **Puzzles & quizzes**  
 Author now living:

# Mind Food

## Lauren Lovatt

Mind Food is a stunning recipe book connecting readers with the concept of feeding our minds through yummy, plant-based treats made with seasonal ingredients.

### Description

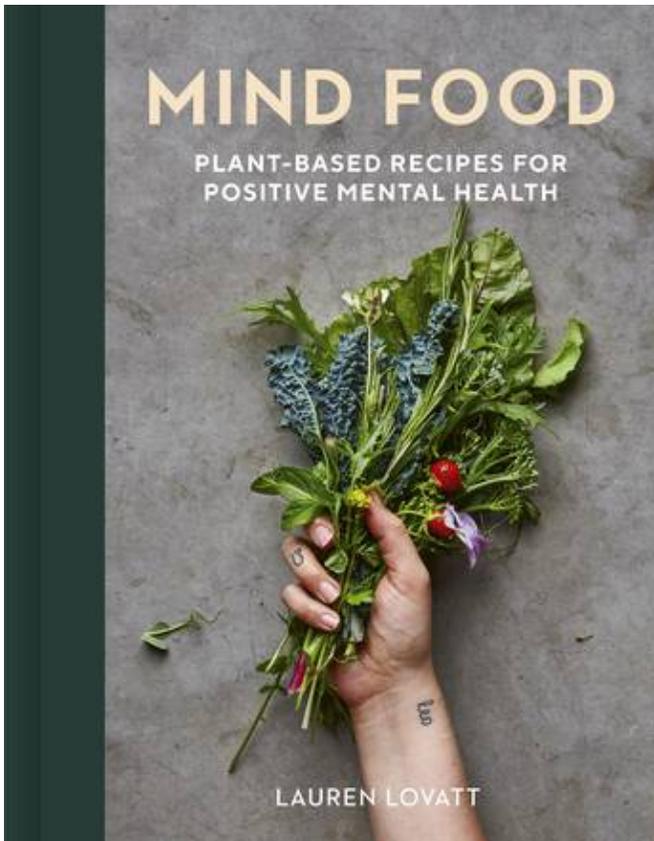
Mind Food is a delicious and revolutionary invitation to eating whole foods, with a mind-nourishing twist - inspired by years of research around how food can make us happy and boost our moods.

Founder of Feed Your Mind Candy, Lauren Lovatt mindfully reconnects readers to the adage of 'we are what we eat' in this appetising new-wave cookbook. Focusing on hero ingredients of plants, whole grains, healthy fats, legumes, and tonic herbs, vibrant vegan recipes offer emotional balance with a splash of creativity, and a sprinkle of magic!

Mind Food is about connecting with yourself and the world around you, and offers a holistic toolbox of insights into how to live in sync with the world. It shares lifestyle practices that inspire new activities, and delicious sweet and savoury recipes focused on seasonal ingredients and tonics to support your brain through each life-affirming season. Nurture your mental and physical health with Mind Food, a must-have cookbook for every kitchen library.

### About the Author

Lauren Lovatt is a vegan chef and pioneer in the mood food movement with radical supper club, Feed Your Mind Candy. She chefs at hipster plant-based culinary academy and restaurant Plant Hub, in East London, with the visionary likes of eco-chef and Guardian columnist Tom Hunt, and zero-waste chef Douglas McMaster. Lauren trained in LA and NYC, led the PlantLab Barcelona School and ran Asparagasm in the Cotswolds. She runs popular festival events at Glastonbury and Shambhala, and is regularly interviewed on how to express, support and inspire better mental health through plant-based, far out food. Lauren has taught 'mind candy' on retreats in Bali, Spain and in the States, and has set up the first vegan kitchen in Paris, at Hoy hotel.



Price: **AU \$39.99**    **NZ \$45.00**  
 ISBN: **9780711264571**  
 Format: **Misc HB**  
 Package Type: **HARD BACK**  
 Dimensions: **230h x 180w mm**  
 Extent: **192 pages**  
 Bic1: Vegetarian cookery  
 Author now living:

# Savory Dinner Pies

Ken Haedrich, edited by Jeff McLaughlin

Savory Dinner Pies includes over 70 recipes for two-crust, one-crust, and no-crust pies. As a recognized master in the art of making pies, Ken Haedrich includes updated and perfected versions from the great savory pie traditions around the world.

### Description

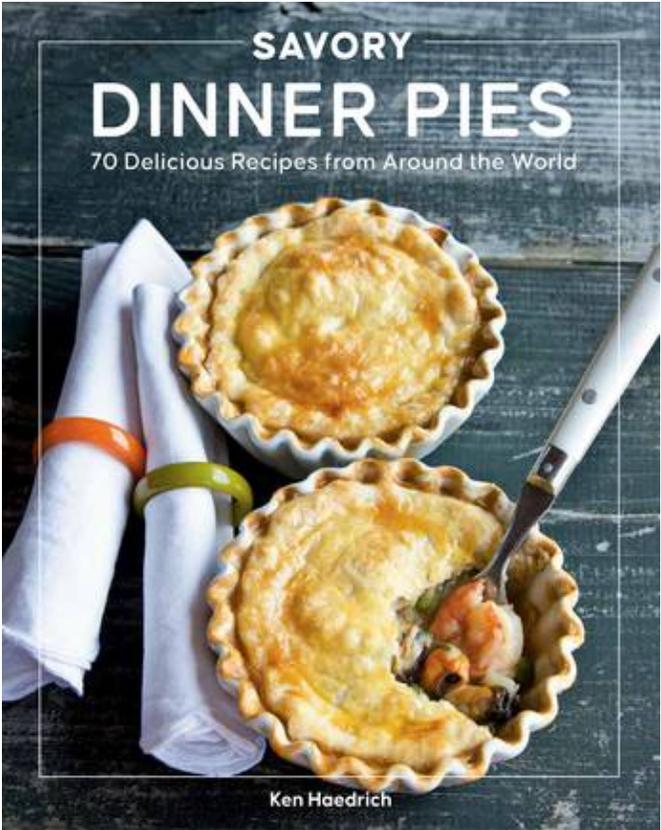
Author and savory pie expert Ken Haedrich takes you on a global tour of dinner pies from food cultures across the world. Dinner pies have become a favorite go-to for one-dish recipes. Perfect your own crust or, dare we say, buy a pre-made crust and the variations are endless.

Learn how to make Classic Americana Chicken Pot Pie, British Steak and Ale Pies, Swedish Meat Pies, Italian Easter Pie, and many more crust and no-crust versions of one of the world's most prolific go-to dinners. Recipes for a range of crusts and make-ahead ideas are included along with how to use the almighty leftover to create pie masterpieces that are all your own! With 75 recipes and amazing four-color photography, this is both a cookbook and an around-the-world tour of culinary traditions that can be incorporated into your own home kitchen weekly menu.

Great for parties, families, Sunday night dinners, neighborly welcomes, holidays, and any-old-night-of-the-week dinners, and breakfasts and lunches—Savory Pies from Around the Globe offer something for every kitchen.

### About the Author

Ken Haedrich is the author of the definitive book on pie, *Pie: 300 Tried-and-True Recipes for Delicious Homemade Pie*, which Melissa Clark in the *New York Times* called "a masterful pastry tome" and which *Cooking light* magazine named one of the 100 best cookbooks of the past 25 years. He has written 12 other cookbooks, including *Home for the Holidays*, which won an International Association of Culinary Professionals Cookbook Award, *Dinner Pies*, *Country Baking*, and *Apple Pie*. He has been a regular contributor to *Bon Appetit*, *Better Homes and Gardens*, and *Eating Well* magazines and he currently serves as Dean of The Pie Academy ([thepieacademy.com](http://thepieacademy.com)), an online destination for pie-making wisdom and lore. A native of New Jersey and a former Navy Seabee, he lives with his wife in Wilmington, North Carolina.



Price: **AU \$35.00**    **NZ \$39.99**  
 ISBN: **9780760373590**  
 Format: **Misc PB**  
 Package Type: **PAPERBACK**  
 Dimensions: **254h x 203w mm**  
 Extent: **224 pages**  
 Bic1: **Cookery / food & drink etc**  
 Author now living:

# The Emily Dickinson Cookbook

## Arlyn Osborne

For fans of the hit Apple+ TV series Dickinson and for Emily Dickinson's devoted readers everywhere, The Emily Dickinson Cookbook brings this enigmatic poet's world to life—right in your kitchen!

### Description

Bring the mysterious and magical world of Emily Dickinson into your home by making the comforting foods that Emily loved to cook. Whether you are a fan of the hit television series Dickinson or have long been inspired by Emily Dickinson's poems, this enchanting cookbook brings Emily to life as little else could.

A distinguished food historian said this about Emily: "She was probably better known as a baker than a poet in her lifetime." Remarkably, that is true! Emily wrote her poetry in the kitchen of her home in Massachusetts and was cooking up a storm much of the time. She wrote poems on the wrappers of packages of chocolate that she had ordered for baking; and she wrote recipes in her notebooks of poems. Food and cooking were central to Emily's identity and were woven into her vocation of writing poetry.

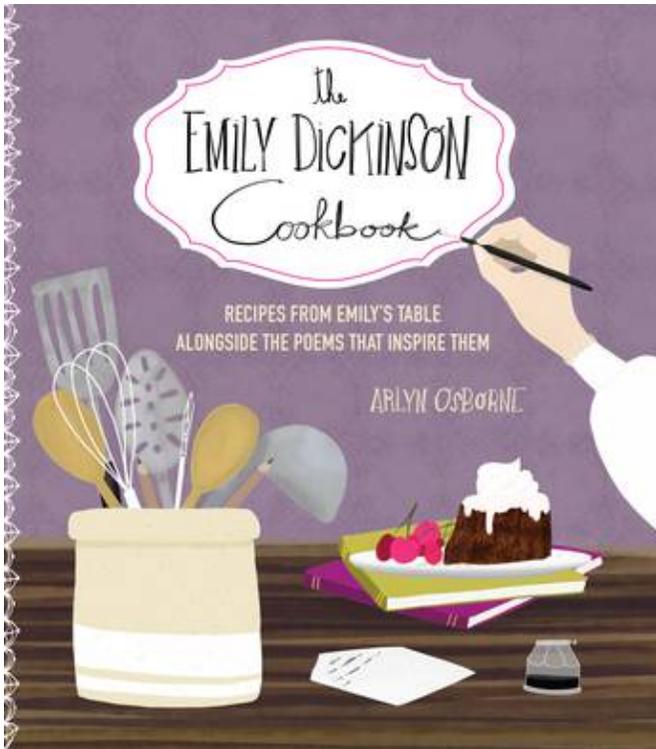
The more than 50 recipes in this colorful and lavishly illustrated book include recipes that Emily recorded during her life, other recipes we know she and her family enjoyed, and recipes typical of the New England of her time. All are completely updated for today's cooks. Throughout, you will also find inspiring poems by Emily, some about food specifically, others that provide poetic inspiration for the recipes in this volume. The recipes include:

- Winter Vegetable Soup
- Carrot Fritters
- Apple-Butter Glazed Doughnuts
- Boston Brown Bread
- Lemon Verbena Tea Loaf
- Emily's Oval Gingerbread Cakes
- Chocolate Loaf Cake with Cherries
- New England Pear Tart
- Peaches and Cream Pudding
- Emily's Chocolate Caramels

This charming cookbook makes a perfect gift for the Emily fan in your life-or for yourself, if you happen to love Emily and the comforting foods of days gone by.

### About the Author

Arlyn Osborne is a recipe developer and food writer who studied at the French Culinary Institute in New York City. Her work can be found on The Food Network, The Kitchn, Food52, Serious Eats, Bon Appetit, and The Washington Post.



Price: **AU \$24.99**    **NZ \$27.99**  
 ISBN: **9780760374368**  
 Format: **Misc HB**  
 Package Type: **HARD BACK**  
 Dimensions: **216h x 191w mm**  
 Extent: **112 pages**  
 Bic1: **National & regional cuisine**  
 Author now living:

# The Anne of Green Gables Cookbook

## L.M. Montgomery and Kate Macdonald

Inspired by the most famous Canadian children's book, this delightful cookbook includes recipes, along with quotes and anecdotes, from the entire eight-book series.

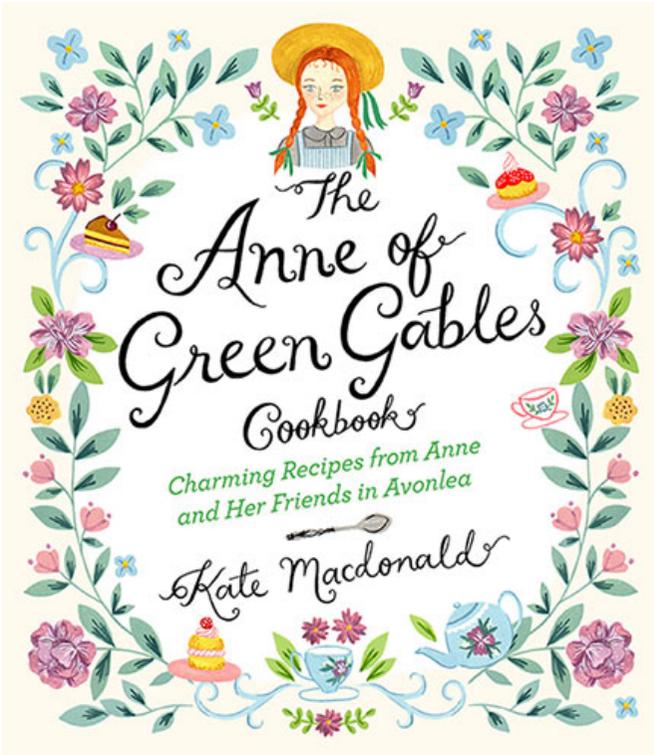
### Description

Avonlea beckons in this cookbook inspired by the most famous Canadian children's book, L.M. Montgomery's Anne of Green Gables. 'Kindred spirits' both young and old will enjoy experiencing late-nineteenth-century Prince Edward Island firsthand through the delicious recipes culled from the eight books in the Anne of Green Gables series.

From Poetical Egg Salad Sandwiches, to Anne's Liniment Cake and Diana Barry's Favourite Raspberry Cordial, these recipes are easy to prepare and delicious to serve up any day, on a weekend, or for special occasions! With full-colour photography, whimsical illustrations, and quotes and anecdotes from the books, get ready to be immersed in Anne Shirley's world.

### About the Author

Kate Macdonald is a food stylist with a very special interest in the Anne of Green Gables books: she is the granddaughter of L.M. Montgomery. She lives and works in Toronto.



Price: **AU \$24.99**    **NZ \$27.99**  
 ISBN: **9781631063749**  
 Format: **Misc HB**  
 Package Type: **HARD BACK**  
 Dimensions: **226h x 203w mm**  
 Extent: **112 pages**  
 Bc1: **Cookery / food & drink etc**  
 Author now living:

# The Paleo Gut Healing Cookbook

## Alison Marras, foreword by Sarah Ballantyne

The Paleo Gut Healing Cookbook gives readers the full equation for restoring gut health, autoimmune protocol-compliant recipes, and digestion-supportive practices.

### Description

With a 14-day meal plan, 75 delicious recipes, food lists, and gut-healing strategies, The Paleo Gut Healing Cookbook is a your gut-reset guidebook. Restoring gut health is one of the key tenets of the Paleo diet. By removing allergy-provoking, nutrient-devoid foods such as grains, legumes, dairy, sugar, and artificial ingredients, generalized inflammation in the body is reduced, gut health is restored, and autoimmune symptoms are alleviated.

However, what to eat is only part of the equation; to restore digestive health, we also need to replicate how our paleolithic ancestors ate. Modern-day eating habits such as: eating quickly, eating while stressed, eating too many different types of foods at one meal, and eating at the wrong times of the day can negate even the most nutritious diet. This book gives readers the whole equation for restoring gut health. The Paleo Gut Healing Cookbook combines flavorful, nourishing Paleo and AIP recipes with 10 key digestive strategies to address both the “what to eat” and “how to eat,” including:

- Rhythmic Eating/Interval Fasting to allow gut-repair time between meals
- Mindful Eating to activate the parasympathetic nervous system (“Rest & Digest” state) for more efficient breakdown of food
- Food Combining to optimize absorption and assimilation of nutrients.

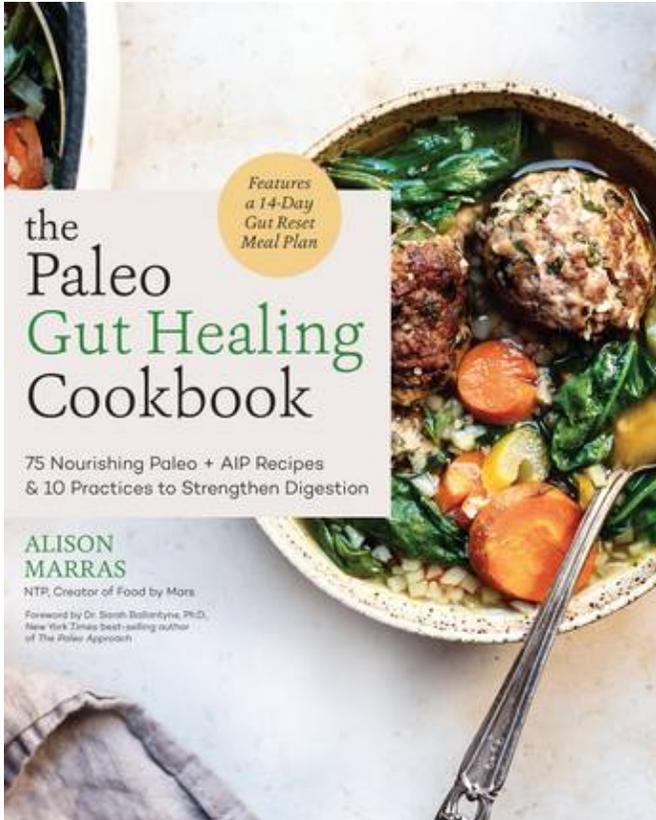
The restorative recipes include:

- Creamy Ginger, Pear, and Butternut Squash Soup
- Teriyaki Salmon and Bok Choy
- Bone Broth Garlic Kale
- Rosemary Parsnip Purée
- Chicken Pad Thai with Green Papaya Noodles
- Smoked Salmon Salad with Jammy Eggs
- No-churn Blueberry Cardamom Nice Cream
- Cranberry Orange Flourless Muffins

Heal your gut for good with the recipes and strategies in The Paleo Gut Healing Cookbook.

### About the Author

Alison Marras is the creator of [foodbymars.com](http://foodbymars.com), where she shares delicious gut-loving Paleo and AIP-friendly recipes and resources to make healing with real food a stress-free lifestyle, filled with joy and flavor. Her recipes and work have been featured on Well + Good, Whole30, Autoimmune Wellness, Be Well by Dr. Frank Lipman, GFF Magazine, and she's



Price: **AU \$35.00**    **NZ \$39.99**  
 ISBN: **9780760371336**  
 Format: **Misc PB**  
 Package Type: **PAPERBACK**  
 Dimensions: **235h x 191w mm**  
 Extent: **208 pages**  
 Bic1: **Cookery for specific diets & conditions**  
 Author now living:

# The Student Vegan Cookbook

## Hannah Kaminsky

The Student Vegan Cookbook delivers healthy, inexpensive, fast, and exciting plant-based recipes that are easy to make even if you have limited kitchen equipment.

### Description

Even if you are a student who has a tight budget, a crazy-busy schedule, and limited kitchen equipment, you still can make amazing vegan snacks, treats, and meals for yourself and your friends. The Student Vegan Cookbook shows you how, with tips, tricks, and hacks for dormitory-room and small-kitchen cooking and with lots of creative, nutritious, and delectable recipes—each one with its own photograph, something other college vegan cookbooks do not have—covering the whole day, from rushing-off-to-class quick-fix breakfasts to midnight (or later) treats for chilling and unwinding.

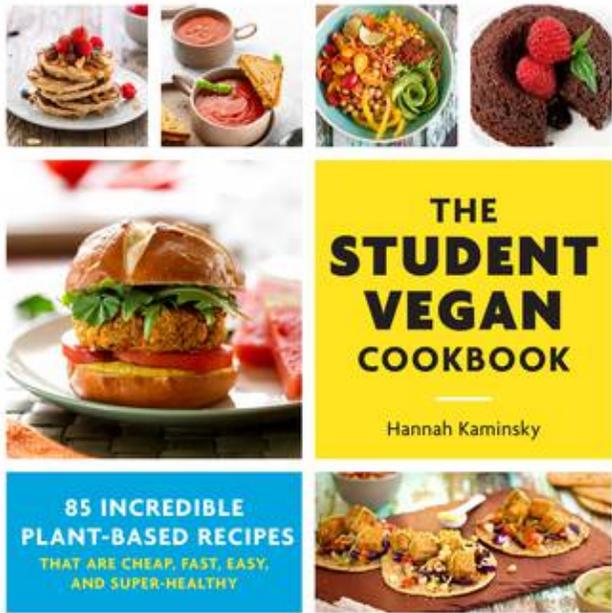
Award-winning vegan blogger Hannah Kaminsky has walked the walk, cooking delicious meals for herself and her roommates in her own college years. Fast-forward a few years and Hannah is now a professional food writer and photographer who has created a stunning book full of truly scrumptious, yet easy-to-make, vegan recipes. It includes:

- Wraps, tacos, burritos, and sandwiches, for lunches and casual dinners on the fly
- All kinds of fast and easy noodle dishes, from pasta, soba, and udon to new ways to fix ramen, the perennial student favorite
- Super-healthy smoothies, juices, and shakes
- Loaded toasts—because avocado toast is not the only way to turn toast into a meal
- Colorful, filling, and flavorful one-pan and one-bowl dinners—for the many students who have access to only one burner
- Snacks and party treats that not only taste incredible but also are good for you

Whether you are a vegan, a vegetarian, or simply an omnivore who wants to eat healthier, and whether you live at home, in your own apartment, or in a dorm, you'll kick your cooking and eating game up to the next level with this inventive and incredibly useful book.

### About the Author

Hannah Kaminsky is the creator, writer, and photographer behind the award-winning vegan blog Bittersweet ([bittersweetblog.com](http://bittersweetblog.com)). She contributes regularly to VegNews and Allergic Living and she has created recipes for VitaSoy, So Delicious, and other leading brands. She has also written Sweet Vegan Treats, VeganDesserts, and Real Food, Real Fast. She lives and works in Austin, Texas.



Price: **AU \$24.99**    **NZ \$27.99**  
 ISBN: **9780760373071**  
 Format: **Misc PB**  
 Package Type: **PAPERBACK**  
 Dimensions: **203h x 203w mm**  
 Extent: **176 pages**  
 Bic1: **Vegetarian cookery**  
 Author now living:

# The Healed Empath

## Kristen Schwartz

Drawing from neuroscience, psychology, and spirituality, *The Healed Empath* shows empaths and highly sensitive individuals practical techniques for managing their emotions and reclaiming their boundaries and sense of personal power.

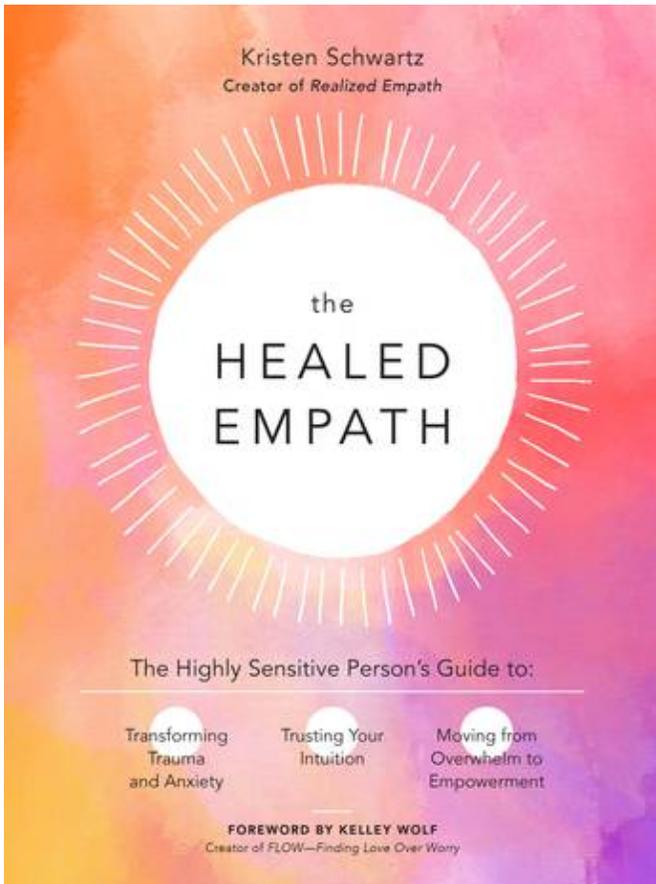
### Description

*The Healed Empath* is the guide for how to be a modern empath. Learn how to harness your sensitivity as a superpower and navigate the world with better boundaries. RealizedEmpath.com creator, Kristen Schwartz, uses a blend of psychology, science, and a sprinkling of mind-body-spirit to teach the empathic reader how to transcend unresolved trauma or other issues that are contributing to their inability to set boundaries and move from overwhelm to self-reliance and empowerment.

Empaths will learn practical strategies and exercises for strengthening their self-trust and self-reliance, shielding themselves from unwanted energy, and moving from victim to self-agency.

### About the Author

Kristen Schwartz, MA, CTRC, is a writer, entrepreneur, attuned empathic healer, and certified trauma recovery coach. She holds a Bachelor's Degree in Psychology and a Master's Degree in Counseling. In 2016, fueled by passion and recognizing the need for Empaths and Highly Sensitive People to realize their potential, Kristen became the founder of Realized Empath. Within this wellness community, Empaths unite for support and healing. Learn more at [Realizedempath.com](http://Realizedempath.com).



Price: **AU \$29.99**    **NZ \$32.99**  
 ISBN: **9780760371732**  
 Format: **Misc PB**  
 Package Type: **PAPERBACK**  
 Dimensions: **225h x 170w mm**  
 Extent: **192 pages**  
 Bic1: Assertiveness, motivation & self-esteem  
 Author now living:

# Everyday Mantras

## Aysel Gunar

Everyday Mantras gives you 365 seasonal mantras and meditations for a year filled with awakened awareness.

### Description

Tap into your best self and find ways to express your true divine nature with a year's worth of seasonal mantras. The goal of awakening your souls purpose is not an easy one, but these thoughtful mantras place it squarely within your reach. Whether you are a beginner or a seasoned practitioner, Everyday Mantras will help you realign your focus and make the next year one filled with awakened awareness. Aysel Gunar of Mantraband guides you through the months with seasonally themed mantras to help you tune in to the world around you and find better grounding in yourself, including:

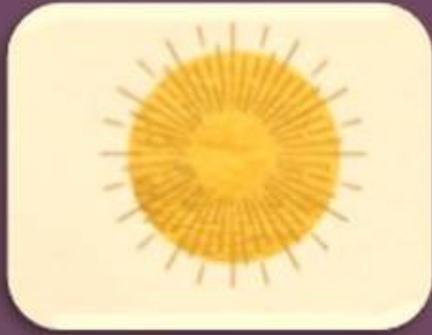
- Stay in the moment.
- Friendship is a celebration.
- Look for truth.
- Your choices shape you.
- Build your patience.
- Let them be quiet.
- And more!

With a year's worth of mantras, there's something for everyone's personal journey toward self-fulfillment and personal transformation. Everyday Mantras is your hands-on manual for finding peace and presence in today's stressful world. We are all agents of love and creators of positive change. By focusing on our divine purpose every day, we can all help provide for the greater human collective. The perfect follow-up to Find Your Mantra—Everyday Mantras provides a daily ritual to guide you through the year with ease and grace.

### About the Author

Aysel Gunar is on a mission to inspire and empower with positive messages; because positive thinking and mindfulness lead to a better life. That's what we want for ourselves and everyone else on this planet. She does this by promoting a lifestyle of optimism, positivity, and mindfulness. She is the author of Find Your Mantra and founder of MantraBand, jewelry that is made to inspire. These positive affirmations are the reminders to choose happiness, to live the life you love, and be present in every moment.

# Everyday MANTRAS

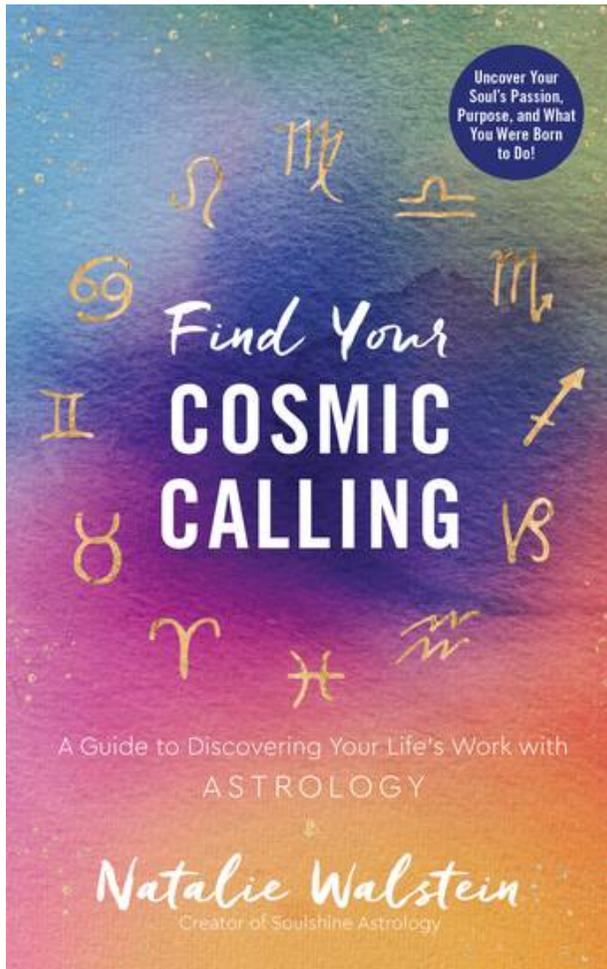


365 Meditations for  
Happiness, Strength, & Peace

Price: **AU \$24.99**    **NZ \$27.99**  
 ISBN: **9781631067662**  
 Format: **Misc HB**  
 Package Type: **HARD BACK**  
 Dimensions: **195h x 145w mm**  
 Extent: **240 pages**  
 Bic1:  
 Author now living:

# Find Your Cosmic Calling

## Natalie Walstein



Learn the secrets behind earning a good living and doing what you love for the rest of your life. Find Your Cosmic Calling by studying astrology and reading your soul's blueprint to determine your ideal path.

### Description

Harness your potential and find your purpose in the cosmos. Find Your Cosmic Calling shows you how to use your unique astrological birth chart to discover your soul's blueprint. How has it become completely normal to live for the weekend, dread Mondays, and spend most of our lives working toward the bottom line instead of our personal dreams and goals?

In this book, Founder of Soulshine Astrology Natalie Walstein helps you discover what you were born to do by uncovering, and tapping into, the immensely powerful gifts of your soul and transforming the world in a meaningful way. By decoding your planetary relationships and uncovering your soul-level motivations, you will gain a deeper understanding of who you are. Determine your ideal life and career path based on your best skills by realizing which tools you need to succeed in life and the unique gifts that will help you make a greater difference in our world. Learn the secrets behind earning a good living and doing what you love for the rest of your life. Find Your Cosmic Calling by studying astrology and reading your soul's blueprint to determine your ideal path.

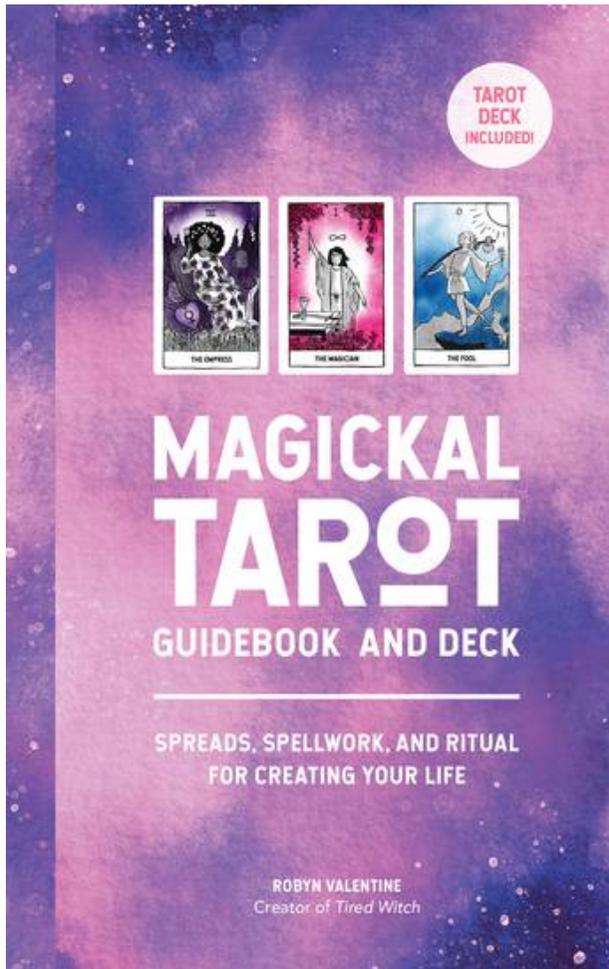
### About the Author

Natalie Walstein is a career-focused astrological counselor at Soulshine Astrology. Combining her astrological expertise and previous business experience, she guides people in finding their unique calling and authentic path to success so they can turn it into their career and make a powerful impact in the way they were born to. In addition to having conducted thousands of career astrology readings for people all over the world, Natalie is also the host of the podcast The Cosmic Calling and has appeared as a guest on several other podcasts including The Goal Digger Podcast, Wine & Spirits with Monica the Medium, and The Priestess Podcast.

Price: **AU \$29.99**    **NZ \$32.99**  
 ISBN: **9780760372791**  
 Format: **Misc HB**  
 Package Type: **HARD BACK**  
 Dimensions: **210h x 133w mm**  
 Extent: **192 pages**  
 Bic1: **Advice on careers & achieving success**  
 Author now living:

# Magickal Tarot Guidebook and Deck

## Robyn Valentine



Written by @TiredWitch creator Robyn Valentine, The Magickal Tarot Guidebook and Deck combines a 160-page book with a newly created tarot deck inspired by the Rider-Waite to help you tap into the energy of the cards for manifesting and amplifying desired outcomes in spells and rituals.

### Description

Tap into the energy and archetypes of the Major Arcana for manifesting and amplifying desired outcomes with The Magickal Tarot Guidebook and Deck, a unique approach to tarot that includes a newly commissioned deck designed in the style of the iconic Rider-Waite.

Tarot is a powerful tool for divination. Its magick, however, goes far beyond fortune-telling and prediction. Tarot cards represent situations we experience as we progress through the journey of life, with each card holding specific messages of perspective and guidance. Each individual tarot card holds rich symbolism that is imbued with energy and vibration. That energy can be applied to nearly all forms of manifestation, thus making your tarot deck a powerful magickal tool you can use to invoke specific outcomes in spells and ritual work. In the 160-page book accompanying your tarot deck, you'll learn the specific manifestation focus of each Major Arcana card as well as spells and rituals that align with each card:

- Use the Magician for confidence and glamour magick
- Use the High Priestess to assist in dreamwork and divination
- Use the Empress to support fertility and grounding of your creative projects
- Use the Emperor to aid in receiving a promotion or professional success

After learning more about each Major Arcana card, use the full tarot deck included in this kit as your own magickal tool!

### About the Author

Robyn Valentine is a witch, professional tarot card reader, and blogger. She is the creator of @atiredwitch, an Instagram handle, blog, and online shop for new and baby witches.

Price: **AU \$39.99**    **NZ \$45.00**  
 ISBN: **9780760374207**  
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 Package Type: **KIT**  
 Dimensions: **203h x 127w mm**  
 Extent: **160 pages**  
 Bic1: **Tarot**  
 Author now living:

## Moon Power

### Simone Butler

Moon Power explains ancient moon worship, introduces the moon signs, covers the basics of moon phases, and offers guidance on working with each sign as the moon passes through it.

#### Description

Connect with the primal, feminine power of the Moon. Learn what the heavens are telling you, how to read them, and how to act on this knowledge; plus find inspiration in profiles of many strong women. There was a time when the feminine and her guiding light, the Moon, were all-powerful. Men were seen primarily as consorts to the Great Goddess, as embodied in every woman. In these peaceful, agrarian societies, primal feminine powers-intuition, emotion, sexuality, creation, communion with nature-were honored. And the moon, which waxed and waned in predictable cycles, was a symbol for the birth, growth, death, and renewal of life on Earth.

Moon Powers 12 chapters each represent a moon sign. The introduction describes what's meant by Moon Power, provides some history about ancient moon worship, and explains why it went underground. The basics of moon phases and the meaning of new and full moons are explained. Simple rituals for connecting with the power of the moon are included. The book:

- Offers guidance on working with each sign as the moon passes through it (for example, when the moon is in Aries, take assertive action, but watch impulsivity)
- Includes in each chapter a profile of a powerful woman who typifies her lunar sign (Angelina Jolie, Aries Moon; Malala Yousafzai, Libra Moon)
- Introduces a Goddess and Power Animal for each moon sign and activities and rituals for connecting with their energy during certain moon phases

Moon Power will inspire you to recognize and develop your lunar nature, showing you how-through reflection, ritual, and purposeful action-to understand your emotional nature and inner self more deeply.

#### About the Author

Simone Butler, author of Moon Power, has been a professional astrologer for 30 years and is a columnist for Mooncircles.com, a popular astrology site dedicated to cycles and astrology of the moon. She also writes for her own personal site, Astro Alchemy. In addition to a worldwide consulting practice on astrology and Astro Feng Shui, Simone offers New Moon collage classes, and writes for The Mountain Astrologer. She also wrote for and edited the Starscroll for many years.

# MOON POWER



*Lunar Rituals for Connecting  
with Your Inner Goddess*

SIMONE BUTLER

Price: **AU \$19.99**    **NZ \$22.99**  
 ISBN: **9780785839507**  
 Format: **Misc HB**  
 Package Type: **HARD BACK**  
 Dimensions: **235h x 191w mm**  
 Extent: **208 pages**  
 Bic1: **Mind, Body, Spirit**  
 Author now living:

# The Thrifty Witch's Book of Simple Spells

## Wren Maple

If you're just starting out in witchcraft or if you're sick of complicated, hard-to-source spells, The Thrifty Witch's Book of Simple Spells is for you!

### Description

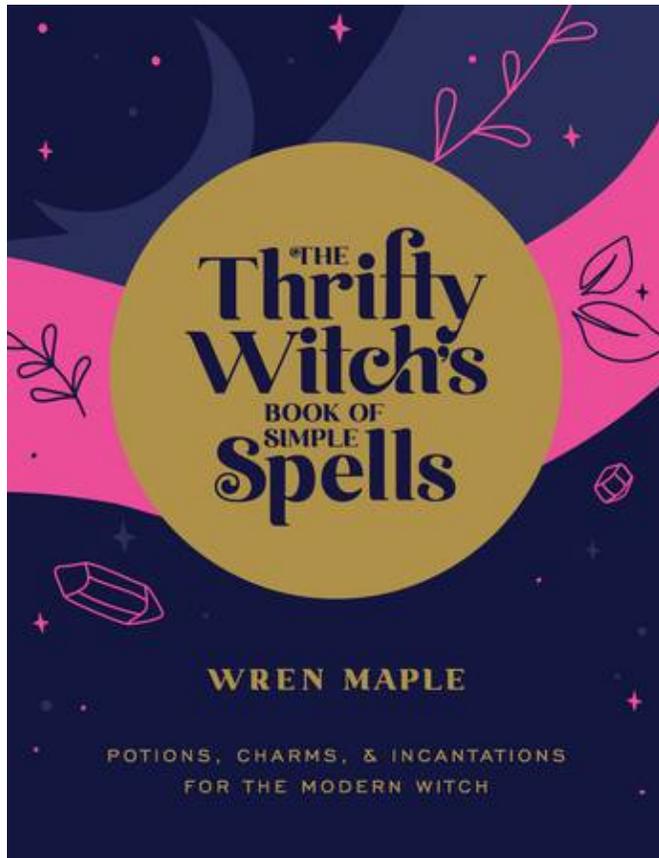
From Wren Maple, the Thrifty Witch, comes an introduction to witchcraft with a variety of spells, tips, and tricks to get the most out of your practice. There's nothing wrong with simple and straightforward. Easy spells are not less worthy spells. These ideas are central to the practice of the Thrifty Witch. Sick of not being able to easily source (or afford) what she needed for spells, Wren Maple dedicated herself to collecting and optimizing spells that could work for all witches—no matter where they were on their journey and no matter their personal resources. Now The Thrifty Witch is sharing her research and bringing her collection to the page for the first time. The Thrifty Witch's Book of Simple Spells is part primer, part spellbook. It includes:

- Getting started/witch basics: Witchcraft as self-care, how to establish a practice, and a handful of super-easy spells to get casting today.
- Key ingredients for spells: Starter stones and herbs, how to source, what to buy first, and more questions answered!
- Simple spells for every witch: Just like the spells Wren is known for online, nearly every spell in the book requires five items or fewer, and all ingredients are easy to source.
- Specific spells: Organized by purpose (e.g. love spells, protection spells), these spells are sure to cover what you're looking to cast.
- Tips and Tricks for Casting: When to cast for best results, where to cast and why it matters...make your spells count!

The beauty of these spells is that they are easy enough and affordable enough to practice daily. Since practice and process are so important, this book provides an invaluable resource—unlocking the ability to try new spells and refine casting methods multiple times per week—even daily.

### About the Author

Wren Maple, aka The Thrifty Witch, is the founder of The Thrifty Coven and @TheThriftyWitch on Instagram, a popular and fast-growing resource for witches looking for simple-to-source and easy-to-cast spells. Wren has written about witchcraft and a variety of other topics for pop-culture sites such as Pop Sugar, Teen Vogue, and more. Previous to her witching career, Wren was an editor and writer, contributing to magazines and websites including Martha Stewart, Better Homes and Gardens, and other lifestyle publications.



Price: **AU \$27.99**    **NZ \$32.99**  
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 Package Type: **PAPERBACK**  
 Dimensions: **246h x 190w mm**  
 Extent: **160 pages**  
 Bic1: **Witchcraft & Wicca**  
 Author now living:

# The Ultimate Guide to Energy Healing

## Kat Fowler

The Ultimate Guide to Energy Healing is a beginner's guide to energy healing styles, practices, and techniques that readers can use immediately for healing and self-care.

### Description

The Ultimate Guide to Energy Healing demystifies energy healing styles and practices and offers accessible techniques that you can use immediately for healing and self-care. The popularity of energy healing is surging as people seek out alternative means of healing and wellness. While popular, energy healing can be intimidating to many, as it sits at the intersection of the scientific and the spiritual. The Ultimate Guide to Energy Healing offers an understandable and practical approach to energy healing. Learn how to:

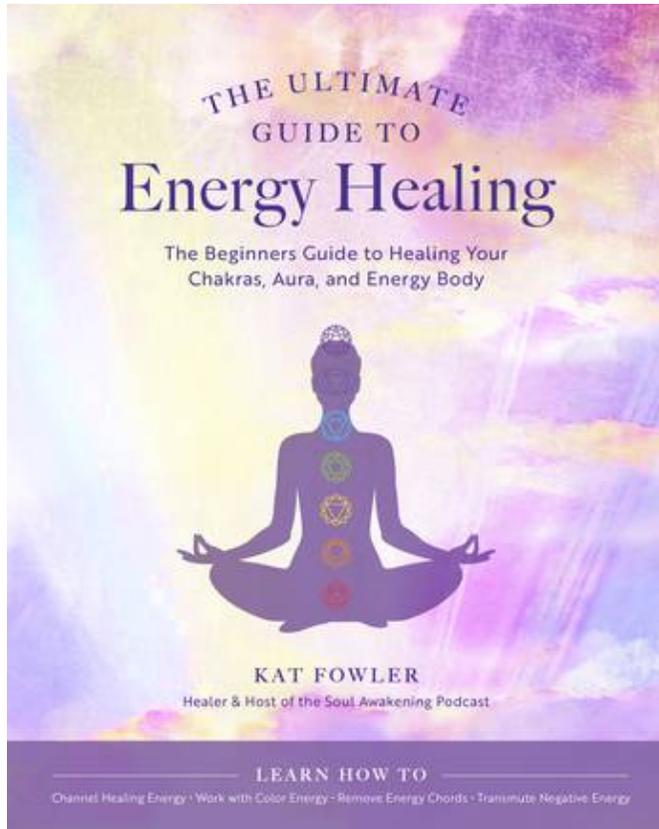
- Develop energetic sensitivity
- Work with auras and energy fields and protect your space
- Clean and balance chakras
- Remove energy blocks and chords
- Do light body and DNA activation

Techniques for the beginner, intermediate, and more advanced practitioners are included. Detailed information on chakras and energetic anatomy is covered as well as supplemental tools and techniques such as color healing and using crystals, pendulums, and sound. The techniques offered in this book are a fusion of many methods thus enabling practitioners to get the best from each method of energy healing and incorporate the practice into everyday life and adjunctive practices such as meditation or yoga.

The Ultimate Guide to... series offers comprehensive beginner's guides to discovering a range of mind, body, spirit topics, including tarot, divination, numerology, witchcraft, chakras, aromatherapy, and more. Filled with beautiful illustrations and designed to give easy access to the information you're looking for, each of these references provides simple-to-follow expert guidance as you learn and master your practice.

### About the Author

Kat Fowler is a light worker and an international teacher, speaker, and author on spirituality and meditation. She is the host of The Soul Awakening Podcast as well as an advanced Energy Therapist, Akashic Records reader, and Reiki Master Teacher. Kat has completed thousands of hours of training and spent over a decade teaching and mentoring students. She leads online training certification programs in various topics such as Reiki, Meditation, Crystal Therapy, and the Akashic Records. Her life's work is dedicated to raising the frequency of the collective through sharing spiritual practices to help people discover the truest wisdom of their Highest Self.



Price:	<b>AU \$35.00</b>	<b>NZ \$39.99</b>
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Package Type:	<b>PAPERBACK</b>	
Dimensions:	<b>254h x 203w mm</b>	
Extent:	<b>184 pages</b>	
Bic1:	Chakras, auras & spiritual energy	
Author now living:		

# The Ultimate Guide to Numerology

## Tania Gabrielle

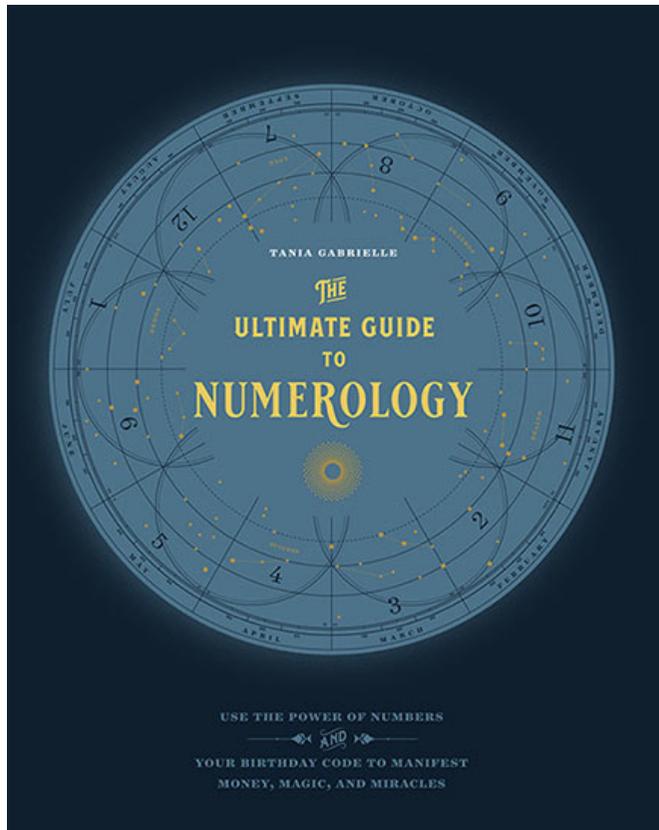
Master numerologist Tania Gabrielle presents everything you need to know to decipher the messages hidden in your lifes numbers in The Ultimate Guide to Numerology.

### Description

Reveal the answers to life's questions by learning how to solve the hidden codes all around you, with The Ultimate Guide to Numerology. Numbers underpin our day-to-day lives. Our birthday, anniversaries, addresses, and bank accounts - these complex series of numbers all contain codes to where we may find fortune, and where cycles of opportunity reside for us in our careers, homes, relationships, and life events. You can even use numbers to determine your souls purpose! The Ultimate Guide to Numerology is the first book to reveal this captivating subject in its entirety. Written by master numerologist Tania Gabrielle, this guide to the inner workings of numbers will teach you how to forecast outcomes, optimize timing on projects and events, take advantage of opportunities, and avoid pitfalls. This fascinating beginners guide shows how to decipher your personal birth code and learn what messages the numbers in your life hold. The Ultimate Guide to Numerology is the codex to break the codes!

### About the Author

Tania Gabrielle (Woodland Hills, California) is an astrologer, numerologist, and psychic. She is the creator of Numerology Academy - the first online certification course in Astro-Numerology. The course has been taught to thousands of students across 37 countries.



Price: **AU \$35.00**    **NZ \$39.99**  
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 Package Type: **PAPERBACK**  
 Dimensions: **254h x 203w mm**  
 Extent: **208 pages**  
 Bic1: Numerology  
 Author now living:

# Nursing Mother's Companion

## Kathleen Huggins

Nursing Mothers Companion, Kathleen Huggins equips breastfeeding mothers with the tools they need to overcome difficulties and nurse their babies successfully.

### Description

Solve breastfeeding challenges quickly and safely with this beloved and reliable guide! Breastfeeding is natural, but it can be challenging for new moms and their babies. Hospitals and doctors offices often do not have the time to respond to the many questions new moms have about nursing their babies-especially when hurdles arise on nights or weekends, as they inevitably do. This book fills the gaps, with accurate advice and a warm and wise tone.

The Nursing Mothers Companion has been among the top two best-selling books on breastfeeding for more than 30 years, with more than one million copies sold. It is respected and recommended by professionals, including The International Lactation Consultant Association, Dr. T. Berry Brazelton, and The American Academy of Pediatrics, and is well loved by new parents for its encouraging and accessible style. Kathleen Huggins equips breastfeeding mothers with the information they need to overcome potential difficulties and nurse their babies successfully from the first week through whenever they choose to wean.

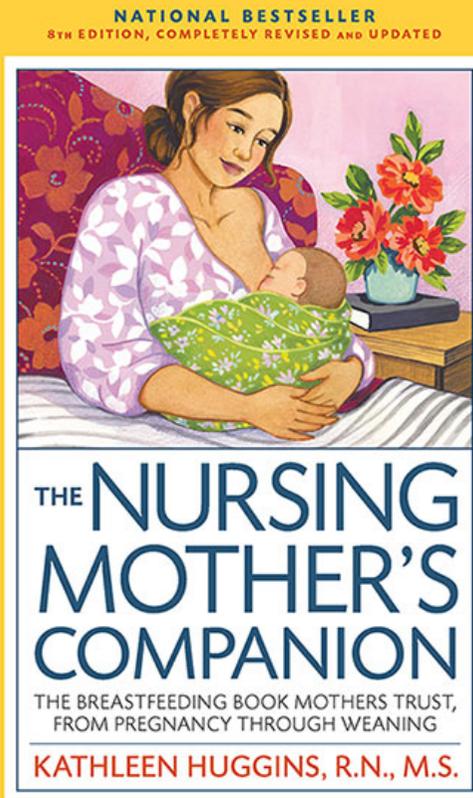
This fully updated and revised 8th edition provides information on topics such as:

- How to cope with breastfeeding obstacles and challenges
- Incorporating a nursing routine into a working life
- Treating postpartum headaches and nausea
- Weaning, and introducing solid foods
- Expressing, storing, and feeding breast milk
- How to choose and use a breast pump, with details on specific models

Nursing Mothers Companion comes complete with 'Survival Guides' set off by colored bands on the pages for quick reference, as well as appendices on determining baby's milk needs in the first six weeks, and the safety of various drugs during breastfeeding. You will also find an insightful foreword by Jessica Martin-Weber, creator of the popular website The Leaky Boob, and a preface by Kelly Bonata, creator of the go-to site KellyMom. These two much-loved authorities speak to the importance of owning an authoritative breastfeeding book that cuts through the jumble of opinions, information, and misinformation on the web.

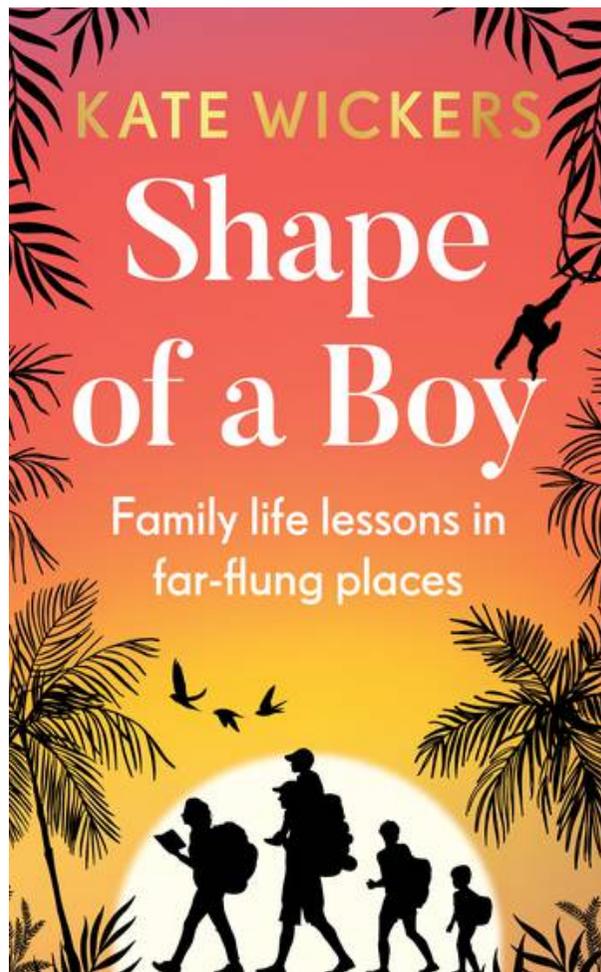
### About the Author

Kathleen Huggins is a registered nurse and board-certified lactation consultant who is widely recognized as one of the pioneers in establishing the lactation consultant discipline as a core component of maternal-child health care in US hospitals. She established this reputation by creating and running a model breastfeeding clinic at San Luis Obispo General Hospital in California; by lecturing widely to professional peers and hospital administrators; and through her book The Nursing Mothers Companion. She has also co-authored The Nursing Mothers Guide to Weaning and Nursing



"Most books about breastfeeding are heavy on nursing's mystical rewards and light on actual technique. Huggins corrects the imbalance with a lucid, trouble-shooting guide. Her reassuring, practical suggestions make this book an excellent informational companion."  
- Publishers Weekly

Price: **AU \$32.99**    **NZ \$36.99**  
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 Package Type: **PAPERBACK**  
 Dimensions: **229h x 152w mm**  
 Extent: **448 pages**  
 Bic1: **Health & Fitness / Breastfeeding**  
 Author now living:



## Shape of a Boy

### Kate Wickers

Shape of a Boy is a hilarious memoir of one family's travels across the world, filled with funny anecdotes from exotic locations.

#### Description

Shape of a Boy is an inspirational parenting travel memoir from travel journalist and mother of three, Kate Wickers, as she and her family cross the globe in search of adventure.

'Have kids, will travel' is the mantra of the veteran journalist as she takes her three children with her on travels to exotic destinations from the jungles of southeast Asia to the waterfront in Havana and the blazing heat of Egypt. Laugh along with Kates warm, engaging account of her family's adventures and misadventures as she tells about the life lessons learnt on her family's travels, from overcoming disappointment in Thailand to saying sorry in Japan, discovering perseverance in Borneo and learning about conservation in Malaysia. Kate's intrepid spirit is infectious, and her family's adventures make you belly-laugh and bring a lump to your throat.

Shape of A Boy captures the essence of being a parent in the thick of it and learning on the hoof. This is a must-read for every wannabe-traveller grounded by lockdown and for every parent who has dreaded travelling with a baby.

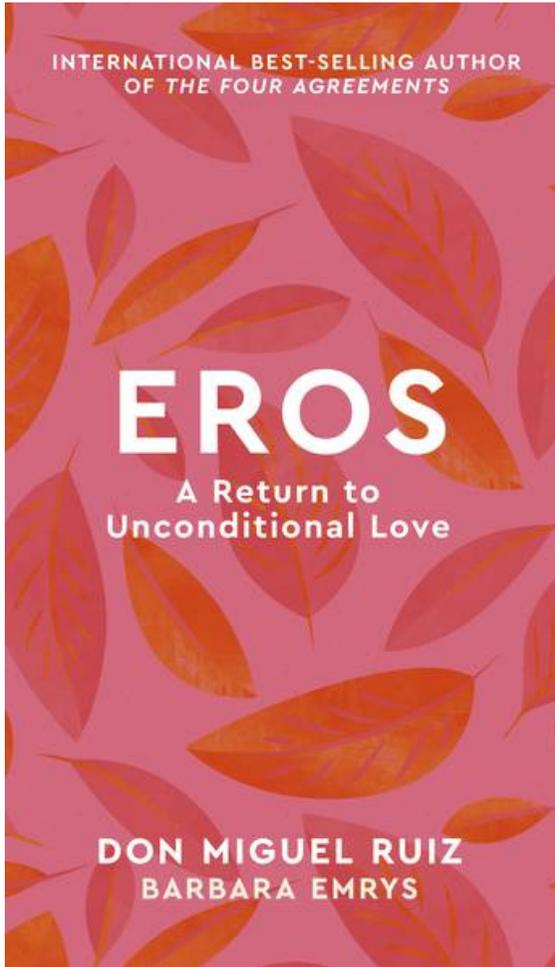
#### About the Author

Kate Wickers is a freelance journalist and author, writing about travel, culture and food, for twenty-five years. Her published credits include work for many British and international publications, including The Sunday Telegraph, The Daily Telegraph, The Daily Mail, The Mail on Sunday, The Scotsman, The Sun, The i, The Independent, The Jewish Chronicle, Lodestars Anthology, Italia!, Suitcase, Delicious, Porthole, Luxury Travel, The Australian and The Globe & Mail.

Price: **AU \$35.00**    **NZ \$39.99**  
 ISBN: **9780711267176**  
 Format: **Demy**  
 Package Type: **HARD BACK**  
 Dimensions: **216h x 135w mm**  
 Extent: **256 pages**  
 Bc1: **Memoirs**  
 Author now living:

**Eros (Mystery School)**

**Don Miguel Ruiz, Barbara Emrys**



Don Miguel Ruiz, the author of the classic *The Four Agreements* and one of the most influential spiritual leaders in the world today, offers students of mystery a new path of knowledge through the most powerful force in the uni-verse: love.

**Description**

We all think we know what love is. We know it from the songs, romantic comedies and stories that we have been told since childhood. But what if love is not what we have been taught to believe? How can we transcend the idea of love that has been instilled in us, and how can we overcome the habits of a lifetime and discover a pure, unconditional love?

Don Miguel Ruiz and Barbara Emrys show us that it is possible to love others and ourselves much more authentically and generously. One by one, Don pulls back the veils that prevent us from glimpsing the true nature of love so that we can transcend the idea that has been programmed into us.

Through the transformative power of awareness and attention, we will learn to see beyond our stories about love-those that we are told, but also those that we tell ourselves-so that we can change the way we think and react. Once you set the illusions aside, you can see yourself as pure energy and also decide where to direct that energy.

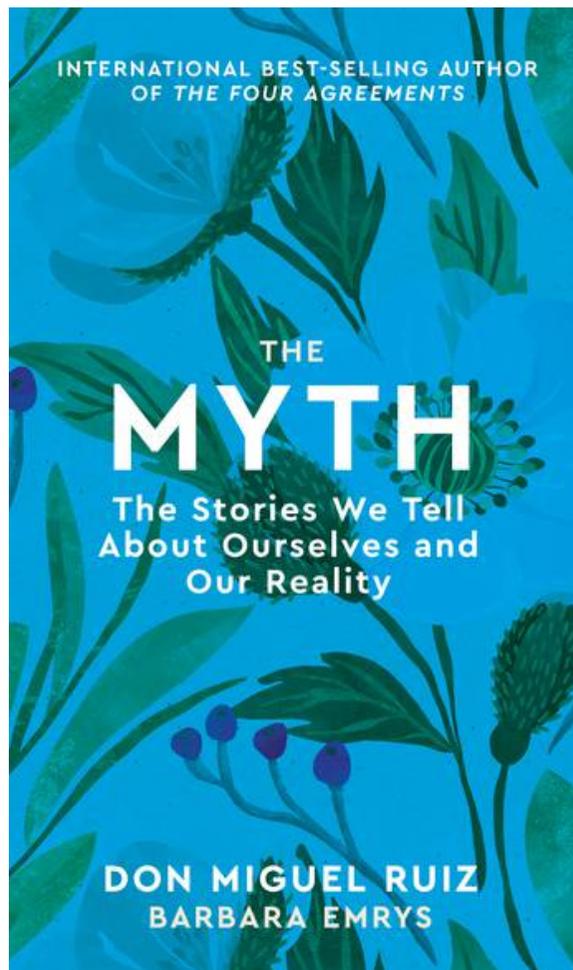
And when the energy of love rules your existence, amazing transformations are possible in every moment.

**About the Author**

Don Miguel Ruiz is a renowned spiritual teacher, and international bestselling author. His bestsellers include *The Four Agreements* (New York Times Bestseller for more than a decade), *The Fifth Agreement*, *The Mastery of Love*, *The Circle of Fire* and *The Voice of Knowledge*. Don has spent the past three decades guiding students to personal freedom through his profound insights into the nature of human reality.

Barbara Emrys began an apprenticeship with Don Miguel Ruiz 25 years ago. Her shamanic training as well as her many years of work as a teacher of Toltec Dreaming have given her unique insights into human behaviours and an artistic approach to life. She co-authored *Toltec Art of Life* and *The Three Questions* with Don Miguel.

Price: **AU \$19.99**    **NZ \$22.99**  
 ISBN: **9780711267282**  
 Format: **Demy**  
 Package Type: **HARD BACK**  
 Dimensions: **216h x 138w mm**  
 Extent: **160 pages**  
 Bic1: **Self-help & personal development**  
 Author now living:



# The Myth (Mystery School)

## Don Miguel Ruiz, Barbara Emrys

Conquer your self-limiting beliefs and discover your true potential with The Myth, the second of four transformative courses by Don Miguel Ruiz and Barbara Emrys.

### Description

The third book in the four-part Mystery School Series by bestselling authors Don Miguel Ruiz and Barbara Emrys, The Myth reveals how the stories we tell ourselves may be holding us back. Don Miguel Ruiz, author of the internationally bestselling The Four Agreements and mythical Mexican shaman, together with his longtime apprentice Barbara Emrys, returns with his most important work of all: a course for students on the spiritual mystery of life, created to provoke an inner revolution. With The Myth: The Stories We Tell About Ourselves and Our Reality, join the 'Mystery School' for your week of learning and explore the most fascinating story and mystery of all: you!

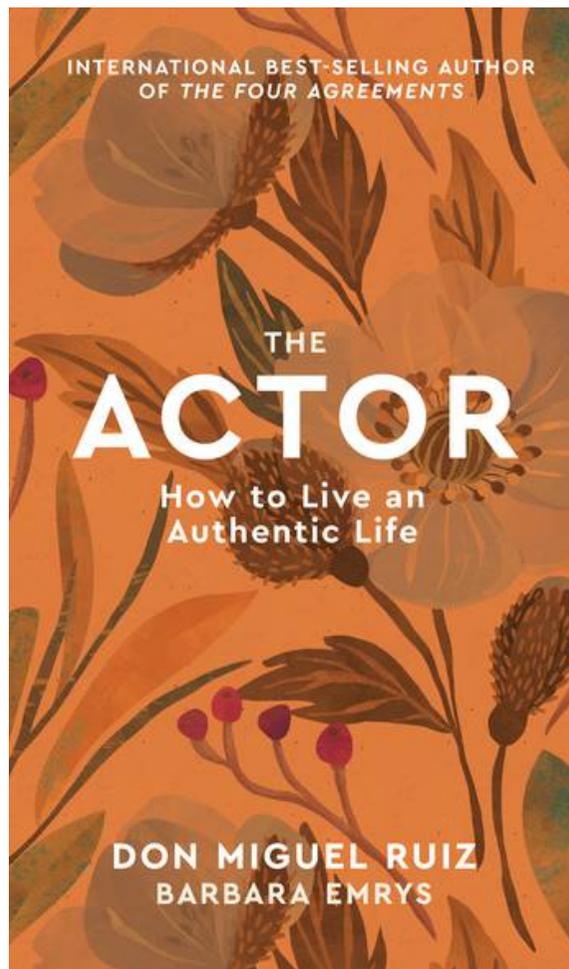
Bring your curiosity and enthusiasm, and prepare to open your mind. Learn, over five days, how to step away from the 'stories' you have unconsciously accepted and challenge preconceived ideas that do not serve you. Discover how to replace these with new ideas so that you can conquer your self-limiting beliefs and uncover your true potential as each lesson brings you closer to wisdom and awareness. Don Miguel Ruiz's new work, the Mystery School Series, is a four-part course exploring the spiritual mystery of life, with lessons that bring insight on its specific challenges taught through theory, practice, and imaginative exercises. As a student of life, learn to recognize the creative choices that have made your reality what it is now, and the choices that are still available to you. Use your new understanding to make peace with the past; transform your relationship with the present and create a new script for your life. Continue your transformation with the other three books of the Mystery School Series:

- Eros: Misconceptions About the Art of Romance and Sexuality
- The Myth: The Stories We Tell About Ourselves and Our Reality
- Grief: Self-Care While Surviving the Loss of People we Love

### About the Author

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Price: **AU \$19.99**    **NZ \$22.99**  
 ISBN: **9780711267244**  
 Format: **Demy**  
 Package Type: **HARD BACK**  
 Dimensions: **216h x 138w mm**  
 Extent: **160 pages**  
 Bic1: **Self-help & personal development**  
 Author now living:



## The Actor (Mystery School) Don Miguel Ruiz, Barbara Emrys

Master the art of life and happiness and learn how to live authentically with The Actor, the first of four transformative courses by Don Miguel Ruiz and Barbara Emrys.

### Description

Join the 'Mystery School' for your first week of learning and explore the most fascinating story and mystery of all: you! Bring your curiosity and enthusiasm, and prepare to open your mind. Learn, over five days, how to observe your life from an artist's point of view, and meet the real face behind the actors mask. Discover how you are the main character in every story you've ever told about yourself, and how to view the human drama as a whole, as well as the role you play in it. Develop your awareness of human thinking and behaviour as each lesson brings you a step closer to wisdom and awareness, and begin to step away from the 'roles' you play and reclaim your authenticity. Every one of us is a transforming work of art, and underneath all the theatrics, the truth waits to be illuminated.

Peep behind the stage curtains, and embrace the show that is life!

### About the Author

Don Miguel Ruiz is a renowned spiritual teacher, and international bestselling author. His bestsellers include The Four Agreements (New York Times Bestseller for more than a decade), The Fifth Agreement, The Mastery of Love, The Circle of Fire and The Voice of Knowledge. Don has spent the past three decades guiding students to personal freedom through his profound insights into the nature of human reality.

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Price: **AU \$19.99**    **NZ \$22.99**  
 ISBN: **9780711267220**  
 Format: **Demy**  
 Package Type: **HARD BACK**  
 Dimensions: **216h x 138w mm**  
 Extent: **160 pages**  
 Bic1: Self-help & personal development  
 Author now living:

## Meditations (Chartwell Classics)

### Marcus Aurelius, translated by George Long

In *Meditations*, now available in this highly designed jacketed hardcover, Roman emperor Marcus Aurelius, who ruled from 161 to 180 AD, reflects on the philosophical idea of Stoicism, his day-to-day life, and issues that still plague us all.

#### Description

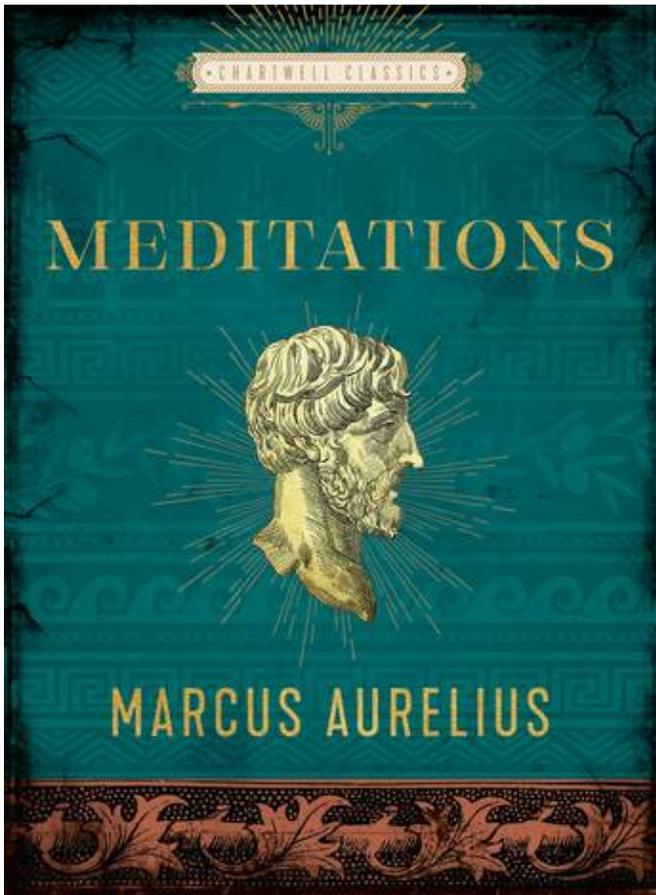
The unabridged version of this definitive work is now available in a highly designed jacketed hardcover with a new introduction by philosophy scholar Pierre Baumann. The personal writings of the Roman emperor Marcus Aurelius, who ruled from 161 to 180 AD, not only reflect on the philosophical idea of Stoicism, but also on this powerful man's day-to-day life and issues that still plague us all. Considered to be one of the most influential writings, *Meditations* is as relevant today as when it was originally published. With a timeline of the life and times of Marcus Aurelius at the back, a modern design makes this timeless book a perfect addition to any library.

Essential volumes for the shelves of every classic literature lover, the Chartwell Classics series includes beautifully presented works and collections from some of the most important authors in literary history. Chartwell Classics are the editions of choice for the most discerning literature buffs.

Other titles in the Chartwell Classics Series include: Complete Fiction of H.P. Lovecraft; Complete Grimm's Fairy Tales; Complete Novels of Jane Austen; Complete Sherlock Holme; Complete Tales & Poems of Edgar Allen Poe; Complete Works of William Shakespeare; Divine Comedy; Alices Adventures in Wonderland and Other Tales; The Essential Tales of H.P. Lovecraft; The Federalist Papers; The Inferno; The Call of the Wild and White Fang; Moby Dick; The Odyssey; Pride and Prejudice; The Essential Grimm's Fairy Tales; Emma; The Great Gatsby; The Secret Garden; Anne of Green Gables; The Essential Tales and Poems of Edgar Allan Poe; The Phantom of the Opera; The Communist Manifesto and Das Kapital; Republic; Frankenstein; Twenty Thousand Leagues Under the Sea; The Picture of Dorian Gray; Wuthering Heights; Alice's Adventures in Wonderland and Through the Looking-Glass; A Tales of Two Cities; Beowulf; The Strange Case of Dr. Jekyll and Mr. Hyde and Other Stories; Adventures of Huckleberry Finn; Little Women

#### About the Author

Marcus Aurelius was a Roman emperor and stoic philosopher (121-180 AD). His intellectual interest was Stoicism, a philosophy that emphasized fate, reason, and self-restraint. Born in Lancashire, England, George Long (1800-1879) was a scholar and professor of classics. He was the editor and author of many scholarly texts and translations. His translations include Discourses of Epictetus and Plutarch's Lives and he is the author of Decline of the Roman Republic, Civil Wars of Rome, and Summary of Herodotus.



Price:	<b>AU \$19.99</b>	<b>NZ \$22.99</b>
ISBN:	<b>9780785839989</b>	
Format:	<b>Misc HB</b>	
Package Type:	<b>HARD BACK</b>	
Dimensions:	<b>191h x 146w mm</b>	
Extent:	<b>208 pages</b>	
Bic1:	Ethics & moral philosophy	
Author now living:		

# The Communist Manifesto and Das Kapital

## Karl Marx, Friedrich Engels

In *The Communist Manifesto* and *Das Kapital*, now available together in this highly designed jacketed hardcover, Karl Marx and Friedrich Engels discuss class struggles and the problems of a capitalist society.

### Description

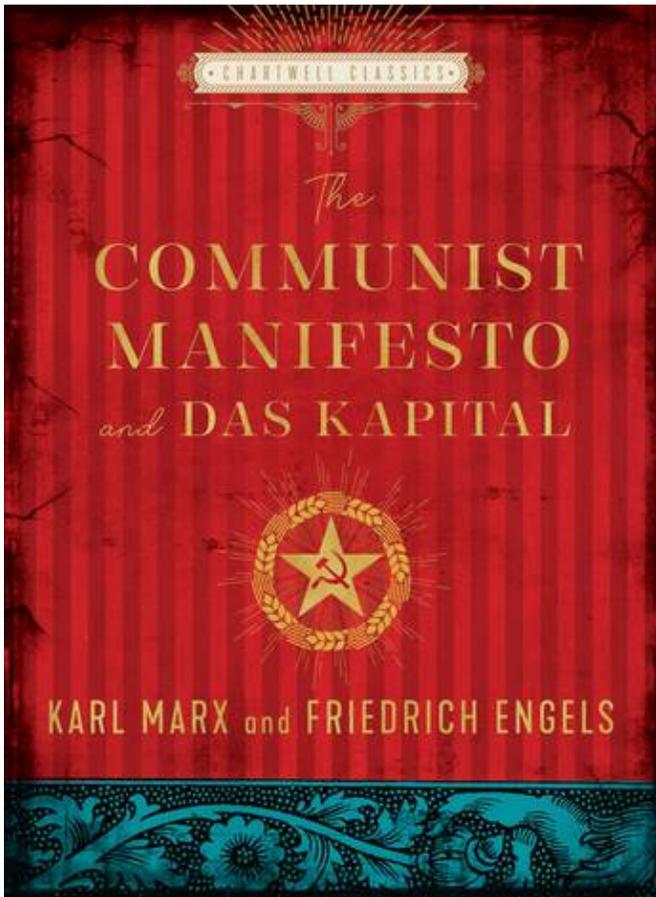
The unabridged versions of these definitive works are now available together in this highly designed jacketed hardcover with an introduction by Marx in Soho actor Bob Weick. Considered to be one of the most influential political writings, *The Communist Manifesto* is as relevant today as when it was originally published. This pamphlet by the German philosophers Karl Marx and Friedrich Engels, published in 1884 as revolutions were erupting across Europe, discusses class struggles and the problems of a capitalist society. After being exiled to London, Marx published the first part of *Das Kapital*, a theoretical text that argues that capitalism will create greater and greater division in wealth and welfare and ultimately be replaced by a system of common ownership of the means of production. After Marx's death, Engels completed and published the second and third parts from his colleague's notes. A modern design makes this timeless book a perfect piece for any library.

Essential volumes for the shelves of every classic literature lover, the Chartwell Classics series includes beautifully presented works and collections from some of the most important authors in literary history. Chartwell Classics are the editions of choice for the most discerning literature buffs.

Other titles in the Chartwell Classics Series include: Complete Fiction of H.P. Lovecraft; Complete Grimm's Fairy Tales; Complete Novels of Jane Austen; Complete Sherlock Holmes; Complete Tales & Poems of Edgar Allan Poe; Complete Works of William Shakespeare; Divine Comedy; Alice's Adventures in Wonderland and Other Tales; The Essential Tales of H.P. Lovecraft; The Federalist Papers; The Inferno; The Call of the Wild and White Fang; Moby Dick; The Odyssey; Pride and Prejudice; The Essential Grimm's Fairy Tales; Emma; The Great Gatsby; The Secret Garden; Anne of Green Gables; The Essential Tales and Poems of Edgar Allan Poe; The Phantom of the Opera; Republic; Frankenstein; Twenty Thousand Leagues Under the Sea; The Picture of Dorian Gray; Meditations; Wuthering Heights; Alice's Adventures in Wonderland and Through the Looking-Glass; A Tale of Two Cities; Beowulf; The Strange Case of Dr. Jekyll and Mr. Hyde and Other Stories; Adventures of Huckleberry Finn; Little Women

### About the Author

Born in Germany on May 5, 1818, Karl Marx was a socialist, journalist, historian, economist, and philosopher (1818-1883). While studying at the University of Berlin, he joined a movement of radical thinkers known as the Young Hegelians. His journalistic writings eventually got him expelled from Germany, France, and Belgium. In 1848, he published *The Communist Manifesto* with Friedrich Engels and was exiled to London, where he wrote the first volume of *Das Kapital* and lived the rest of his life. Born in 1820, Friedrich Engels was a German revolutionist, philosopher, businessman, and journalist who, along with Karl Marx, co-founded modern socialism.



Price: **AU \$19.99**      **NZ \$22.99**  
 ISBN: **9780785839965**  
 Format: **Misc HB**  
 Package Type: **HARD BACK**  
 Dimensions: **191h x 146w mm**  
 Extent: **252 pages**  
 Bic1: **Marxism & Communism**  
 Author now living:

# The Anti-Anxiety Journal

## Editors of Chartwell Books

The Anti-Anxiety Journal helps you work with your mind instead of against it to manage and calm anxiety with a program of prompts, exercises, and trackers.

### Description

Part journal and part practical workbook, this anti-anxiety guide contains chapters designed to help you work through the worst problems revolving around anxiety. Anxiety is detrimental to the body. Living in a constant state of stress can cause medical issues as well as emotional trauma. The Anti-Anxiety Journal is designed to help you first become aware of your triggers and the things that make you anxious so you can best develop strategies to subvert the things that cause you distress. The first chapter is a section for you to track your mood, energy level, and habits throughout the day. The purpose of this is to help you notice when anxiety most affects you. Perhaps it's first thing in the morning when the trials of the day loom heavy ahead. Or perhaps your consciousness is weighed down as the sun sets because you perceive there's too much left undone.

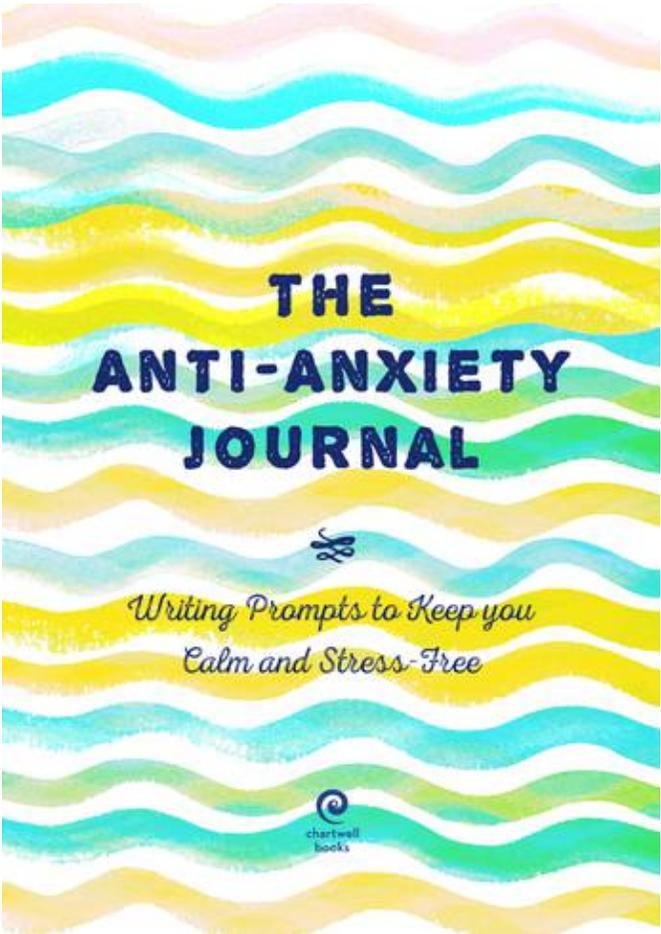
The following chapters help you develop healthy coping strategies and habits to slow the steady build of anxiety down. Thoughtful prompts, exercises, and additional trackers will guide your self-care and wellness journey from the early stages to an established practice. The journal ends with a chapter that is much like the first but will instead hopefully track the positive progress you've made to encourage further growth of sustainable happiness and healthy practices. This book works best in tandem with professional help, but can also be used by individuals just looking to get a handle on their stress. Take charge of your anxiety and help yourself welcome a calmer state of being into your every day with The Anti-Anxiety Journal.

With so much of our lives and contact going digital, the Creative Keepsakes journals offer an intimate way to nurture your connection with yourself and the people around you. An entertaining way to get off your screen, these guided and free-form journals are great for writers and artists alike. Each journal offers content around a different theme, including silly prompts for a laugh, random yet thoughtful questions, inspiration for art and composition, interactive prompts to learn about your heritage, and blank interiors on high-quality paper stock to use as your creative canvas. Beautifully designed and full of mindful prompts, channel your inspiration as you put pen (or pencil, or marker, or crayon!) to paper to learn more about yourself, your talents, and the people you love.

Also in this Series: 3,001 Questions All About Me, 301 Things to Draw, 301 Writing Ideas, Create Comics: A Sketchbook, Inner Me, Internet Password Book, My Father's Life, My Grandmother's Life, My Life Story, 3,001 This or That Questions, My Grandfather's Life, Create the Poem, Complete the Drawing , Mom and Me , Our Love Story , Create the Story, and Design & Destroy.

### About the Author

Publishing and supplying books to wholesalers, mail order companies, and retail stores for over 60 years, Chartwell Books publishes across a wide range of subjects, including history, craft, home reference, puzzles and games, music and



# THE ANTI-ANXIETY JOURNAL

*Writing Prompts to Keep you  
Calm and Stress-Free*



Price: **AU \$16.99**    **NZ \$18.99**  
 ISBN: **9780785839637**  
 Format: **Misc PB**  
 Package Type: **PAPERBACK**  
 Dimensions: **214h x 152w mm**  
 Extent: **204 pages**  
 Bic1: Coping with stress  
 Author now living:

## Gratitude Journal

### Editors of Chartwell Books

Gratitude Journal is a beautifully designed journal to guide you towards gratitude through inspiring quotes that will encourage deep reflections.

#### Description

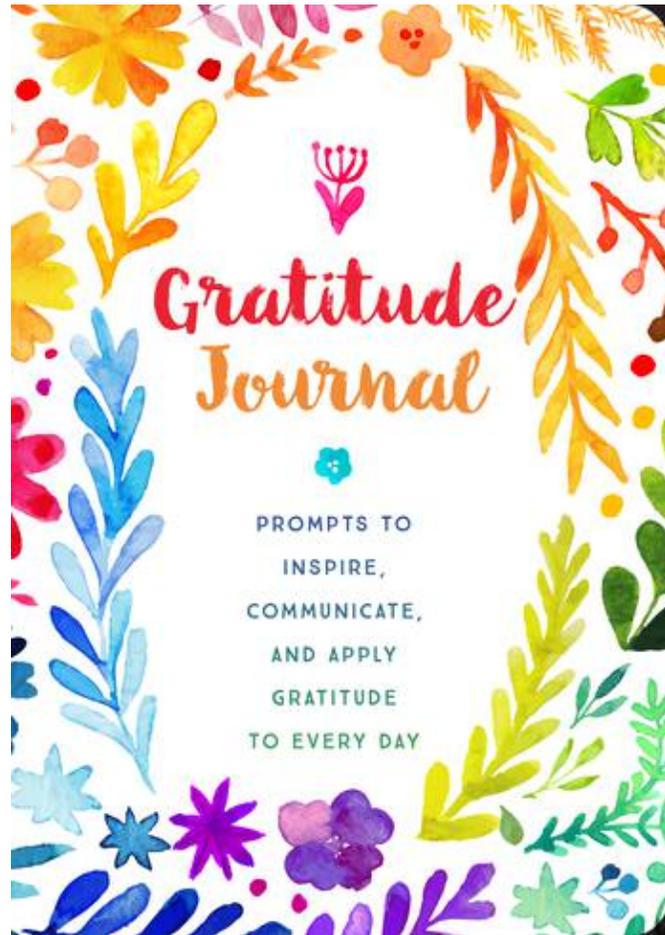
A straightforward but elegantly designed Gratitude Journal to help you count your blessings every day. Beautiful in its simplicity, this journal is here to help you record your daily gratitudes to help foster a more positive outlook on life. Through seeking out the things that bring you joy, you can help cultivate a life full to the brim with happiness. Seek out more of what you enjoy after reflecting regularly about the things that spark your soul.

With inspirational quotes to help gently guide you towards the things you are most thankful for, this is an easy-going introduction to mindfulness. Meditate on your joys and you'll find that they duplicate, write them down as reminders for how much you have when days are tough. The Gratitude Journal won't change your life: YOU will change your life, once you reframe your outlook from negative to positive. With so much of our lives and contact going digital, the Creative Keepsakes journals offer an intimate way to nurture your connection with yourself and the people around you. An entertaining way to get off your screen, these guided and free-form journals are great for writers and artists alike. Each journal offers content around a different theme, including silly prompts for a laugh, random yet thoughtful questions, the inspiration for art and composition, interactive prompts to learn about your heritage, and blank interiors on high-quality paper stock to use as your creative canvas.

Beautifully designed and full of mindful prompts, channel your inspiration as you put pen (or pencil, or marker, or crayon!) to paper to learn more about yourself, your talents, and the people you love. Also in this Series: 3,001 Questions All About Me, 301 Writing Ideas, Create Comics: A Sketchbook, Inner Me, Internet Password Book, My Father's Life, My Grandmother's Life, My Life Story, My Mother's Life, 3,001 This or That Questions, My Grandfather's Life, Create the Poem, Complete the Drawing Journal, Mom and Me Journal, Why I Love You Journal, Create the Story, and Destroy & Design.

#### About the Author

Publishing and supplying books to wholesalers, mail order companies, and retail stores for over 60 years, Chartwell Books publishes across a wide range of subjects, including history, craft, home reference, puzzles and games, music and music instruction, art instruction, transportation, and more.



Price:	<b>AU \$16.99</b>	<b>NZ \$18.99</b>
ISBN:	<b>9780785839606</b>	
Format:	<b>Misc PB</b>	
Package Type:	<b>PAPERBACK</b>	
Dimensions:	<b>214h x 152w mm</b>	
Extent:	<b>204 pages</b>	
Bic1:	Self-help & personal development	
Author now living:		

# The Astrological Self-Care Journal

## Stephanie Gailing

The Astrological Self-Care Journal offers writing prompts and self-care guidance that reflect your astrological sign and the movements of the sun, moon, and stars.

### Description

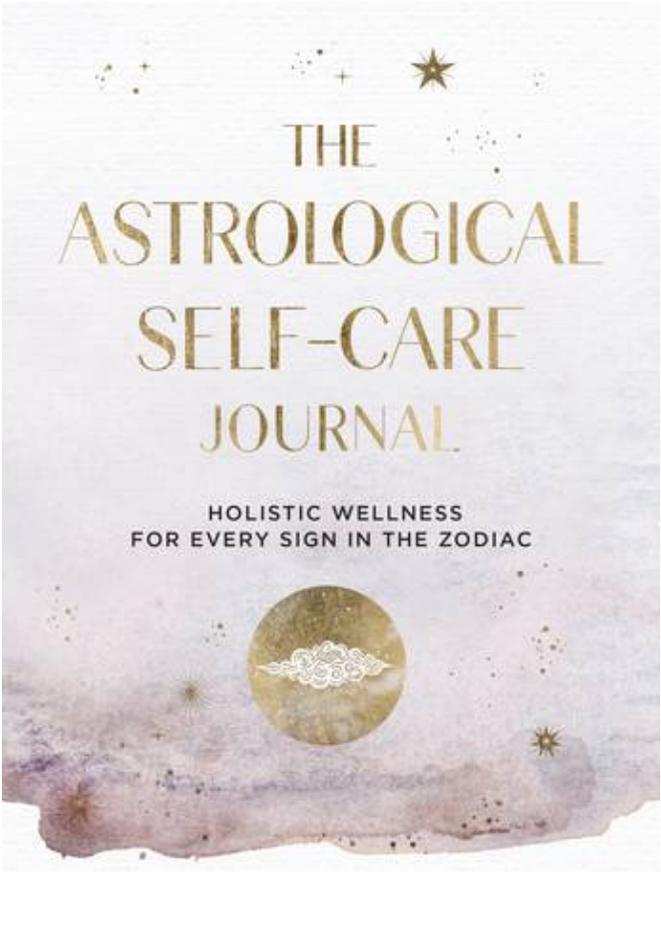
Take your first steps on the path to stellar mental and physical health. In The Astrological Self-Care Journal, reflect on how to nurture your mind, body, and spirit according to the wisdom of the stars. Astrology allows us to understand the nuances of who we are, but can also play a pivotal role in helping us optimize our vitality and well-being. From passionate Aries to sensitive Pisces, and all the signs in between, each astrological profile is associated with a unique temperament and different needs when it comes to nurturing body, mind, and spirit. Knowing these can help you personalize your self-care regimen by incorporating natural remedies and wellness practices more aligned with your signs. A companion to The Complete Guide to Astrological Self-Care reference guide, The Astrological Self-Care Journal includes an array of holistic lifestyle tips and insightful journal prompts that will help you curate an astrologically aligned self-care regimen. You'll find tailored guidance and writing prompts for:

- Each sun sign
- The full and new moons in each zodiac sign
- Planetary transits, such as Mercury in retrograde
- Stellar life stages, such as Saturn's return

As you read the advice in each section, use the writing prompts to reflect on your own health and self-care practices, and to imagine ways to improve your well-being and connect yourself more consciously to the rhythms of the stars. With this journal, you'll find all the inspiration you need to reach a higher plane of wellness. The Everyday Inspiration Journals series has a guided journal for every self-improvement journey. Whatever your personal goal, whether it is to incorporate more positivity into your life, or to slow down and find calm, or to hone your spell-building craft, or something else, you will find in this series an elegant journal in which you can record your thoughts, aspirations, and progress. With a simple, easy-to-follow structure, each journal is filled with powerful prompts and helpful trackers to illuminate your way. Also available from the series: Finding Gratitude: A Journal, Spellcraft, Be Happy: A Journal, Everyday Calm: A Journal, Find Your Mantra Journal, Self Care Journal, Healing Burnout, and Complete Dream Journal.

### About the Author

Stephanie Gailing is a wellness consultant and modern mystic with more than 25 years of experience. Her unique approach weaves together compassion-based coaching, wellness strategies, dreamwork, and astrological insights to provide her clients with stellar life guidance. In addition to working directly with individuals, couples, and organizations throughout the world, Stephanie regularly teaches in-person and online classes, inspiring her audiences with insights and strategies to live a life of greater well-being. Within the constellation of classes she teaches are those that focus on astrology, as well as sleep and dreams. As the co-host of the "So Divine!" podcast, she is the resident astrologer at Healers, the onsite dream and astrology expert at Rise and Shine, and the astrologer-in-residence at The Cloud Room in



Price:	<b>AU \$24.99</b>	<b>NZ \$27.99</b>
ISBN:	<b>9781631068331</b>	
Format:	<b>Misc HB</b>	
Package Type:	<b>HARD BACK</b>	
Dimensions:	<b>210h x 160w mm</b>	
Extent:	<b>160 pages</b>	
Bic1:	Stationery items	
Author now living:		

# RHS Wedding Planner

## Royal Horticultural Society

A beautiful and practical Wedding Planner packed with helpful informations, checklist reminders, calendar countdowns and blank pages for notes.

### Description

This RHS planner is a stylish, beautifully designed guide to help remove the stress from planning for your special day. Organising a wedding takes a lot of planning. But help is at hand! This structured planner will keep you on track with checklist reminders, calendar countdowns and plenty of space to record who is doing what and when to ensure everything runs smoothly on the day.

Comprehensive but flexible enough for you to customise according to your needs, this beautiful notebook will be all you need to plan your big day. Featuring an elegant floral design and compact format, the planner is split into fourteen sections, each marked with tabbed opening pages, making it easy to find whatever information you need.

Sections include:

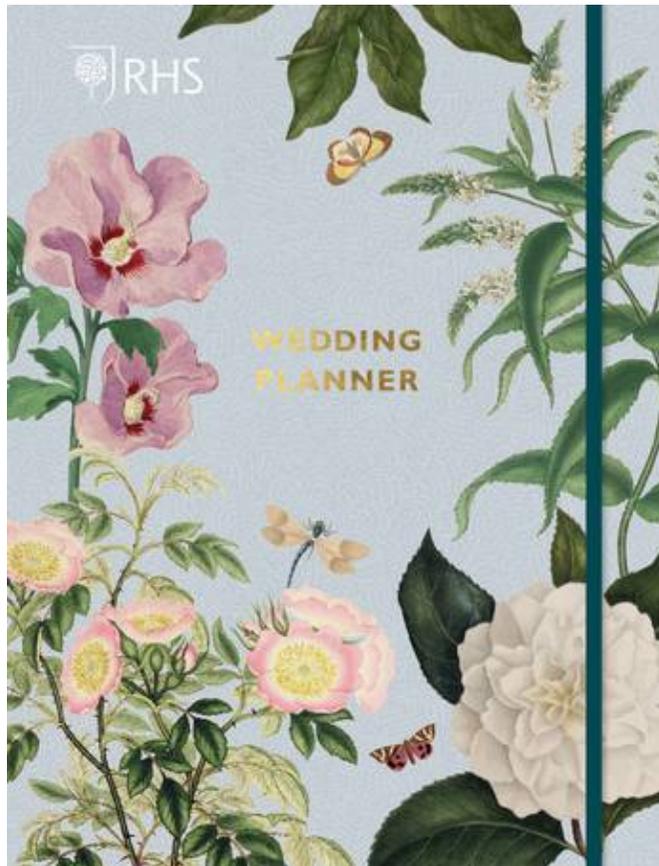
- Planning;
- Budgets;
- Ceremony;
- Clothing;
- Beauty;
- Flowers;
- Reception;
- Guests;
- Stationery;
- Gifts;
- Photography;
- Transport;
- The Honeymoon.

There is an expandable pocket at the back for you to store any cards, cuttings or samples, lay-flat binding, ribbon markers and an elastic enclosure to keep everything in place. Plan your perfect wedding or give as a gift to a lucky bride or groom-to-be, this planner will prove an indispensable companion in ensuring everything around your big day goes without a hitch!

### About the Author

The Royal Horticultural Society was founded in 1804 and has established itself as the leading gardening charity, with the aim of inspiring passion and excellence in the science, art and practice of horticulture. The world-famous RHS Lindley

**Frances Lincoln (Adult)**



Price: **AU \$27.99**    **NZ \$32.99**  
 ISBN: **9780711264663**  
 Format: **Misc HB**  
 Package Type: **HARD BACK**  
 Dimensions: **210h x 160w mm**  
 Extent: **224 pages**  
 Bic1: Weddings, wedding planners  
 Author now living:

# RHS Birthday Book

## Royal Horticultural Society

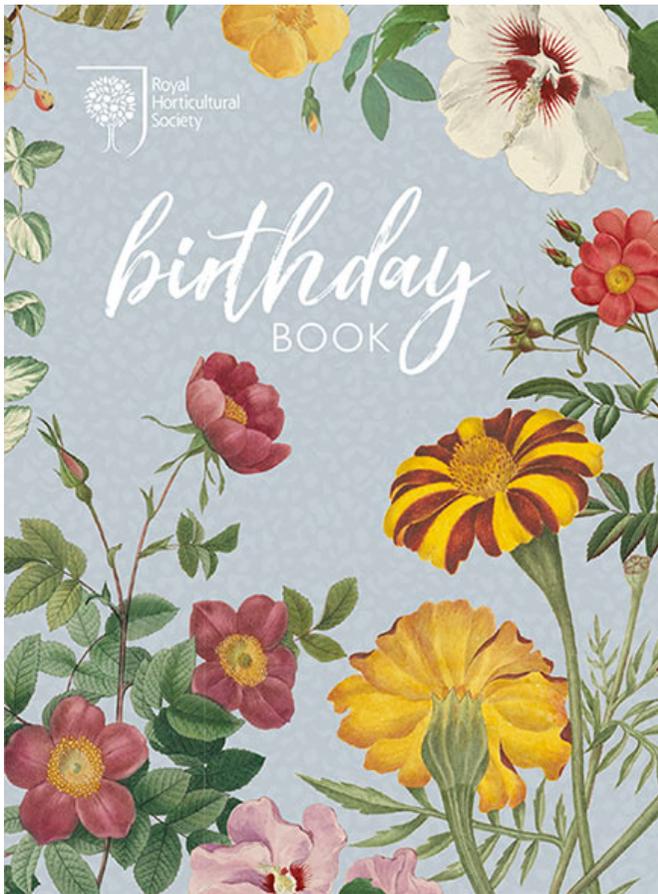
The place to keep all your important dates.

### Description

Birthdays and anniversaries are never easy to remember. The RHS Birthday Book is the place to keep all your important dates together so that you will never have to worry about forgetting them again.

### About the Author

The Royal Horticultural Society was founded in 1804 and has established itself as the leading gardening charity, with the aim of inspiring passion and excellence in the science, art and practice of horticulture. The world-famous RHS Lindley Library holds unique collections of early printed books on gardening, botanical art and photographs.



Price:	<b>AU \$18.99</b>	<b>NZ \$21.99</b>
ISBN:	<b>9780711239463</b>	
Format:	<b>Misc HB</b>	
Package Type:	<b>HARD BACK</b>	
Dimensions:	<b>138h x 102w mm</b>	
Extent:	<b>112 pages</b>	
Bic1:	Stationery items	
Author now living:		

# Super Dog Tricks

Sara Carson

In Super Dog Tricks, dog training celebrity and America's Got Talent star Sara Carson shares her fun take on training for easy and ambitious dog tricks!

### Description

You've seen them on TV, now learn from Sara and her Super Collies! You'll find easy-to-follow directions and photos for all the classic tricks as well as showstoppers like taking a selfie and skateboarding! Whether you have a new puppy or have an "old dog" ready to learn some new tricks, Sara will get you and your dog working together in no time. Learn fundamentals like food and toy drive, leash walking, and crate training, as well as tips for important day-to-day bonding and behavior. Whenever you're ready, dive into the tricks!

Chapters and tricks include:

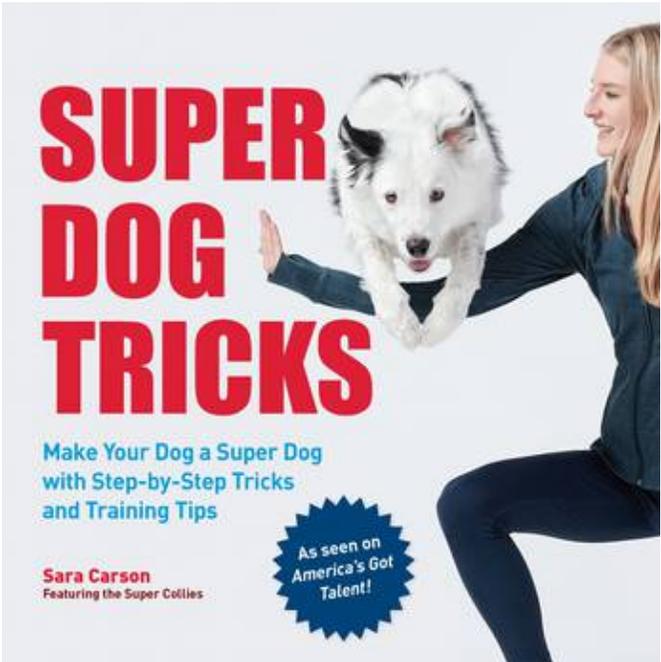
- Super Simple Tricks: Sit, down, shake a paw, wave, take a bow, footsies, hand target, leg weaves, sit pretty, over arms, back up, crawl, and more
- Super Impressive Tricks: Cross paws, hide in a suitcase, turn lights on (and off), take a selfie, orbit, footstall, fake pee, limp, open (and close) a door, and more
- The Super Trick Dog: Jump rope, skateboard, hold an object, retrieve and put toys away, dance, hug, walking on hind legs, and more

Sara also includes a home version of canine freestyle (the choreographed routines she is famous for and that you may have seen at competitions). With information for finding the right music, safely selecting costumes, and how to transition between one trick and another in a routine, you'll have all you need to craft a fun routine of your own. It's not only a fun way to impress the neighborhood, it's a great way to build a deeper relationship with your dog.

Every dog has a super dog within...unleash your dog's potential with Super Dog Tricks!

### About the Author

Sara Carson and the Super Collies have been widely featured, from appearances on America's Got Talent and America's Got Talent The Champions to The Late Show with David Letterman and shows on Nickelodeon and The CW. They have appeared in several live productions and theaters across the country, including halftime shows at various NBA and NFL games. Sara began her career by successfully running a dog training facility in Ontario, Canada. During that time period, she worked hands on with hundreds of dogs and owners, teaching dog tricks, obedience, and various dog sport classes. Today, Sara is revered as one of the top international trick dog trainers and has received several awards showcasing her achievements over the years. Sara has enjoyed training a wide variety of animals, including cats, rats, chickens, goats, and even a wild chipmunk. In 2017, Sara partnered with Chin and Cheeks LLC to create Puppr, the number one dog training app on IOS and Android. She continues to live an adventurous life on the road, spending her days performing and teaching dog trick workshops worldwide. Sara and her Super Collies (Hero, Marvel, Groot, Hawkeye, and Fury) can be found online at [thesupercollies.com](http://thesupercollies.com).



Price:	<b>AU \$29.99</b>	<b>NZ \$32.99</b>
ISBN:	<b>9780760371909</b>	
Format:	<b>Misc PB</b>	
Package Type:	<b>PAPERBACK</b>	
Dimensions:	<b>229h x 229w mm</b>	
Extent:	<b>176 pages</b>	
Bic1:	Dogs as pets	
Author now living:		

# Welding

## Todd Bridigum

Expert advice and color photo sequences help young readers and beginners to get started welding safely and with confidence.

### Description

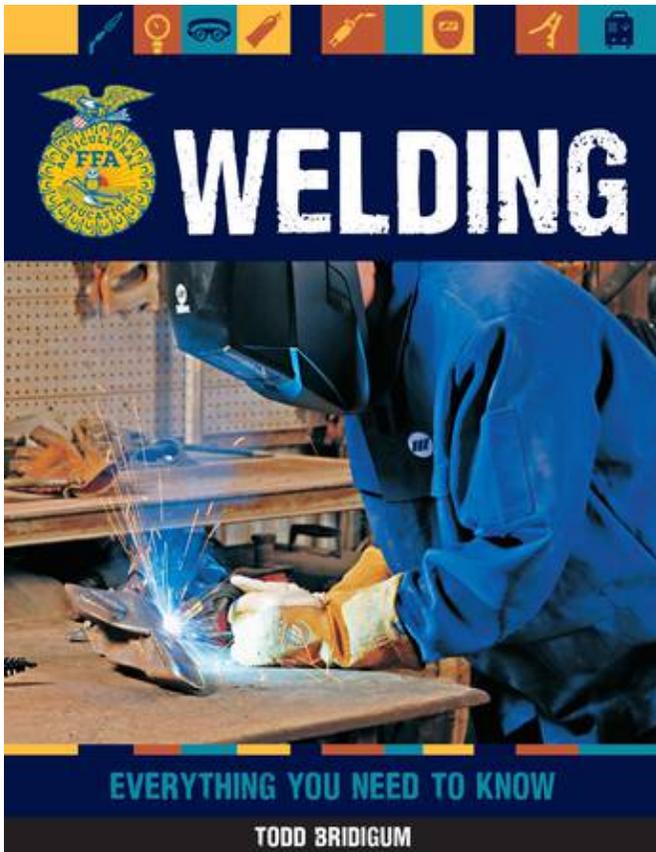
The expert advice in *Welding* is directed at young adults, and makes it easy for you to get started safely and with confidence, whether you want to fabricate your own designs or repair vehicles, fences, and more. As a self-sufficient do-it-yourselfer, welding is a skill you need in your portfolio of know-how. In this installment in the National FFA Organization (Future Farmers of America)-licensed *Everything You Need to Know* series, experienced welding instructor Todd Bridigum shows young adults how to get started and then safely and self-assuredly acquire these valuable skills. Some topics covered include:

- Tools and equipment
- Types of metals
- Welding techniques
- Shop and site safety
- Types of joints

All popular types of welding variants are covered: gas welding, shielded metal arc (or stick) welding, gas metal arc welding (MIG), gas tungsten arc welding (TIG), brazing, and soldering. The book is completely illustrated with captioned, step-by-step color photography that helps you fully understand the techniques described. With this thorough and fully illustrated all-color tutorial by an experienced welding teacher, you can get on the path fabricating and fixing metals on your own.

### About the Author

Todd Bridigum is the author of Motorbooks' best-selling *How to Weld*. He is also the head of the Welding and Fabrication program at Minneapolis Community Technical College and an independent artist in the mediums of printmaking, drawing, and metal sculpture. He lives in Minneapolis, Minnesota.



Price:	<b>AU \$32.99</b>	<b>NZ \$36.99</b>
ISBN:	<b>9780760371442</b>	
Format:	<b>Misc PB</b>	
Package Type:	<b>PAPERBACK</b>	
Dimensions:	<b>246h x 190w mm</b>	
Extent:	<b>160 pages</b>	
Bic1:	Automotive (motor mechanic) skills	
Author now living:		

In *Attracting Beneficial Bugs to Your Garden*, you'll learn how to fill your garden with the right plants to support the beneficial predatory insects that control common garden pests.

### Description

This revised and updated edition of Jessica Walliser's award-winning *Attracting Beneficial Bugs to Your Garden* offers a valuable and science-backed plan for bringing balance back to the garden. With this indispensable gardening reference—now updated with new research, insights, and voices—learn how to create a healthy, balanced, and diverse garden capable of supporting a hard-working crew of beneficial pest-eating insects, and eliminate the need for synthetic chemical pesticides.

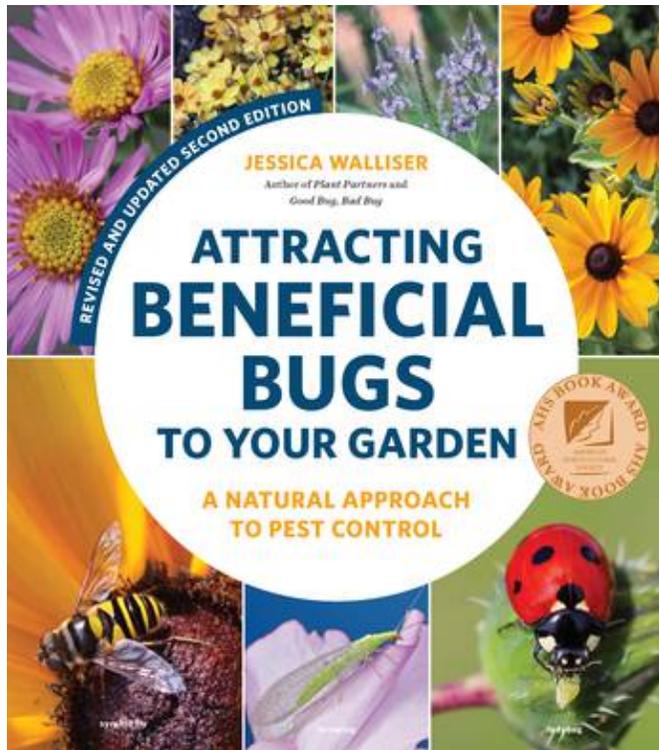
After a fascinating introduction to the predator and prey cycle and its importance to both wild ecosystems and home gardens, you'll meet dozens of pest-munching beneficial insects (the predators) that feast on garden pests (their prey). From ladybugs and lacewings to parasitic wasps and syrphid flies, these good guys of the bug world keep the natural system of checks and balances in prime working order. They help limit pest damage and also serve a valuable role in the garden's food web. But, they won't call your garden home if you don't have the resources they need to survive. With a hearty population of beneficial insects present in your garden, you'll say goodbye to common garden pests like aphids, cabbage worms, bean beetles, leafhoppers, and hornworms, without reaching for a spray can. To encourage these good guys to stick around and do their important work, you'll learn how to create a welcoming habitat and fill your garden with the best plants to support them. Inside you'll find:

- Bug profiles introducing dozens of beneficial insects and the down-and-dirty details on how they catch and eat their prey
- Plant profiles featuring the best plants for supporting beneficials
- Interviews with entomologists who focus their life's work on understanding the value of insects, including Doug Tallamy, Paula Shrewsbury, Leslie Allee, Dan Herms, and others
- An inspiring look at how plants and insects intersect in the most incredible ways
- Why gardening for bugs is just as important to the greater world as it is to your garden
- Tips for creating insectary plantings and borders to support a broad range of beneficials

The acclaimed first edition of *Attracting Beneficial Bugs to Your Garden* ushered in a new way to garden; one that appreciates and understands the power of returning a natural balance to the garden. This revised and updated edition continues to herald and expand on that same important message.

### About the Author

Jessica Walliser is a horticulturist and the award-winning author of seven gardening books. In addition, she is co-founder of the popular website [SavvyGardening.com](http://SavvyGardening.com). Jessica is a two-time winner of the prestigious American Horticultural Society Book Award for her books *Attracting Beneficial Bugs to Your Garden: A Natural Approach to Pest Control* and *Plant Partners: Science-based Companion Planting Strategies for the Vegetable Garden*. For 15 years, Jessica



Price:	<b>AU \$39.99</b>	<b>NZ \$45.00</b>
ISBN:	<b>9780760371718</b>	
Format:	<b>Misc PB</b>	
Package Type:	<b>PAPERBACK</b>	
Dimensions:	<b>229h x 203w mm</b>	
Extent:	<b>208 pages</b>	
Bic1:	Organic gardening	
Author now living:		

# Complete Photo Guide to Decks (Black & Decker) Editors of Cool Springs Press

This updated seventh edition of The Complete Photo Guide to Decks is a step-by-step manual that incorporates changes to national codes as well as fresh deck design trends.

### Description

Be inspired by new design and follow the latest codes as you custom build the deck of your dreams. Architecture, building codes, and design are not static; they change constantly. That's why there's a new edition of the best-selling BLACK +DECKER The Complete Photo Guide to Decks, incorporating updates to national building codes, as well as new developments in building materials and design.

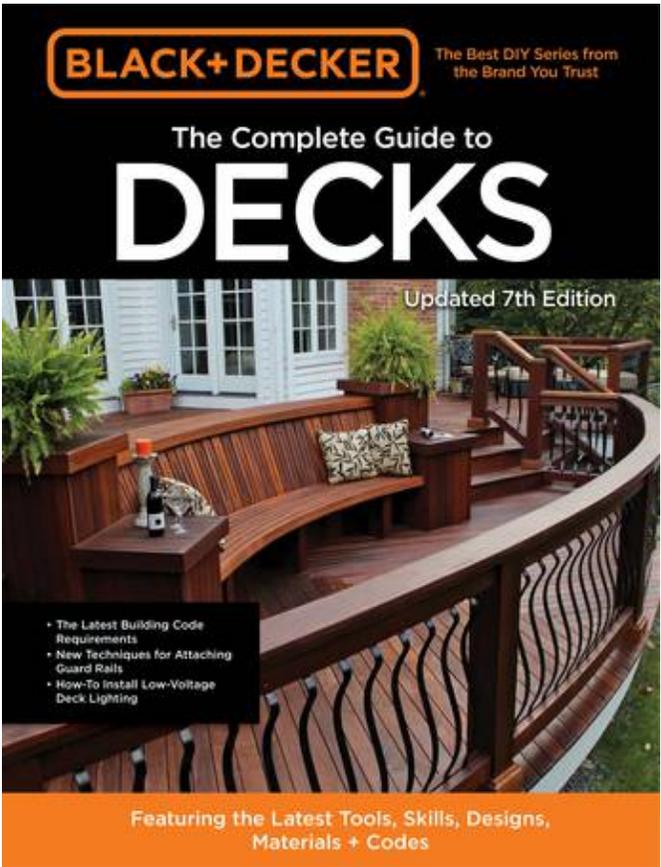
Calling attention to composite deckboards and railings, as well as other PVC products made from recycled plastic, the new materials systems featured in this book are environmentally friendly, easy to work with, rot resistant, and very low maintenance. Whether you opt for manufactured deck products or wood, the success of your project depends upon a sturdy deck undercarriage. Accomplishing this isn't difficult, but building the framework requires that you have the latest information on building codes. In recent years, these codes have changed significantly, affecting everything from post diameter to allowable joist hangers to railing height and even the size of concrete footings. BLACK+DECKER The Complete Photo Guide to Decks 7th Edition is the only DIY deck book that's fully updated to conform to the latest codes. Chapters covered in the book include:

- Deck Planning & Design
- Deck Materials & Tools
- Structural Support
- Decking
- Stairs
- Railings
- Accessories
- Finishing & Maintaining Your Deck
- Custom Deck Projects
- Gallery of Inspiring Decks

BLACK+DECKER The Complete Photo Guide to Decks 7th Edition offers complete step-by-step photos and instructions, so even homeowners with limited DIY experience are assured of a deck that meets their needs. So, don't wait any longer; build the deck of your dreams and start enjoying it!

### About the Author

The Editors of Cool Springs Press have produced the highest quality DIY home improvement books for more than 30 years. In conjunction with the experts at BLACK+DECKER®; they have combined resources to create more than 200 home improvement titles that provide consumers and weekend DIYers with the information they need to get the job done



Price: **AU \$32.99**    **NZ \$36.99**  
 ISBN: **9780760371534**  
 Format: **Misc PB**  
 Package Type: **PAPERBACK**  
 Dimensions: **275h x 210w mm**  
 Extent: **272 pages**  
 Bic1: Home & house maintenance  
 Author now living:

# Hardworking Home (Black & Decker)

Mark Johanson

Hardworking Home (Black & Decker) is chock-full of ideas and how-to tutorials on adapting your home environment to efficiently accommodate home office space, home and remote schooling, and living in the emerging cultural reality.

## Description

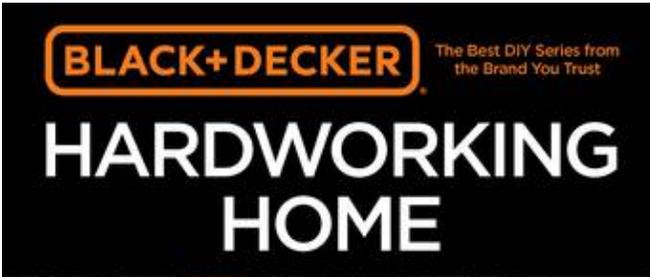
The Hardworking Home presents a wide range of achievable home improvements that will help you upgrade your home to better meet your needs in this shifting world. From home office to home school to home entertaining, today's households have necessarily become functional microcosms of society. Before the pandemic, less than five percent of full-time employees worked remotely from home. At the height of the outbreak, more than half did. And even when the dust has settled, it is estimated that at least a quarter of us will be performing our jobs from offices in our homes. Distance learning also will endure as an important educational tool. And while we back into less restrictive social distancing guidelines, it nevertheless makes sense to create a fun, vibrant atmosphere for entertaining ourselves and our guests within the safe confines of our homes. Some of the projects in The Hardworking Home are quite simple and others require a little more DIY experience. But the overriding commonality is that they have been curated with the forward-looking filter of making our lives better, more efficient, and more satisfying in a changing world landscape. Content includes:

### Introduction

- How we got here
- Goals and considerations
- Where to work?
- Distance learning
- Multipurpose spaces
- Repurposing what you already have

### Adapting Space

- Lamps and lighting choices
- Wall color and painting
- Practical home décor
- Noise reduction
- Air quality and whole-house ventilation
- Furnishings
- Separation tips for open spaces
- Making room for recess and relaxation
- Private spaces for external communication
- Work-related meeting areas
- Technology issues (Wi-Fi and beyond)



DIY projects and updates for working, learning, and living inside your bubble

Price: **AU \$35.00**    **NZ \$39.99**  
 ISBN: **9780760372777**  
 Format: **Misc PB**  
 Package Type: **PAPERBACK**  
 Dimensions: **275h x 210w mm**  
 Extent: **176 pages**  
 Bic1: Home renovation & extension  
 Author now living:

# Recycle and Play

## Agnes Hsu



Recycle and Play transforms what many might consider trash—cardboard, bubble wrap, egg cartons, or plastic wrap—into invitations for zero-waste playful learning.

### Description

With Recycle and Play, learn how to turn items you already have around the house into fun, engaging, and enriching activities for young learners. Playful learning at home doesn't have to require expensive, specialized toys and resources. Each activity in Recycle and Play uses inexpensive materials like cardboard, paper tubes, plastic bottles, and egg cartons—materials that might even already be on their way to a landfill—and offers a clear, thoughtful invitation for hours of sensory play at home while reinforcing the importance of reducing waste to benefit the earth. In this book, you'll find tips on how to extend play and learning for each project as well as helpful hints to engage your kids to come up with fun additions and extensions of their own. While each of the 50 projects includes clear step-by-step instructions and materials lists, you should feel free to adjust to your child's interests and the materials you have on hand. Featured learning skills include:

- Fine motor skills
- Color recognition
- Sensory exploration
- Pretend play

Play is a crucial part of a child's cognitive development and is fantastic for sensory exploration, building creativity, and discovery about how things work!

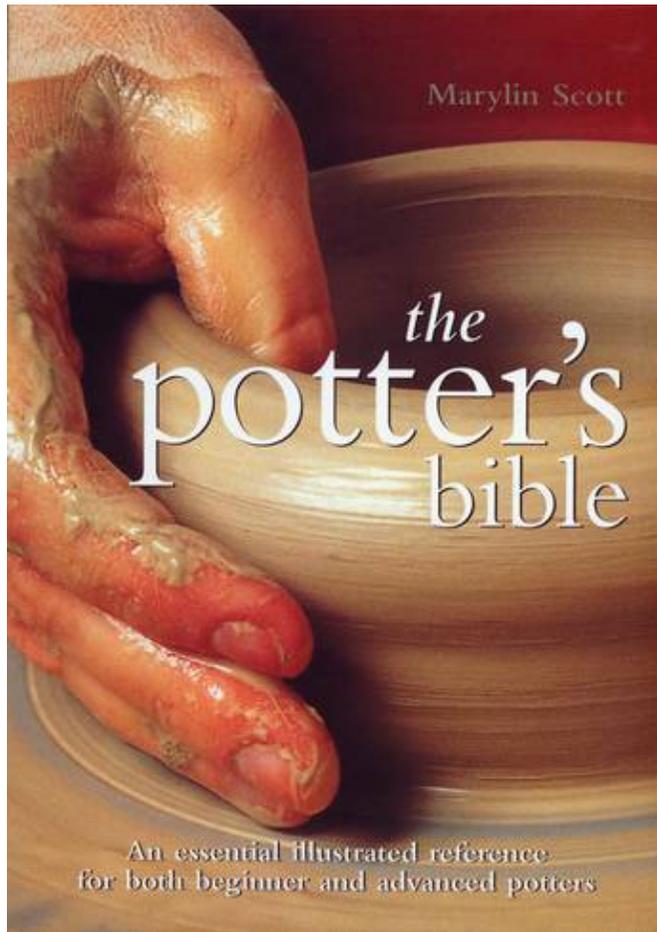
### About the Author

Agnes Hsu is a California mom of 3 young ones. She is the founder of the colorful, creative website for kids, [www.hellowonderful.co](http://www.hellowonderful.co), and co-host of the popular Instagram @RecycleandPlay account where the best playful recycled learning ideas are shared. Like her kids, she loves anything rainbow and is a believer in being kind. You can often find her creating with her kids, helping her daughter with her kindness Rainbow Rock Project to raise money for charity, and in the kitchen working on her kids' food site [www.helloyummy.co](http://www.helloyummy.co).

Price: **AU \$29.99**    **NZ \$32.99**  
 ISBN: **9780760373187**  
 Format: **Misc PB**  
 Package Type: **PAPERBACK**  
 Dimensions: **254h x 216w mm**  
 Extent: **136 pages**  
 Bic1: **Painting & art manuals**  
 Author now living:

## Potter's Bible

### Marilyn Scott



An essential illustrated reference for both beginner and advanced potters, these step-by-step photographic sequences guide you through a comprehensive range of shaping, firing and decorating techniques, so you can begin making wonderful ceramics even if you've never attempted pottery before.

#### Description

Learn about essential tools and equipment, different types and constituencies of clay, methods of production and much more. Includes dozens of ideas for creating textured surface effects and decorations. Over 45,000 copies sold worldwide. This hardcover book with internal wire-o binding is 6.5in x 8in, a perfect size for readers to keep handy and reference often. The stylish design of this book, along with the interior photographs, illustrations and diagrams, make the learning process simple and fun for beginners and provides useful tips for more advanced readers. This book will walk you through the essential tools and equipment and different types and constituencies of clay; study methods of building pots using slabbing, coiling, throwing, and molding, and find out how to create a range of different shapes and forms.

#### About the Author

Marilyn Scott is a professional artist who works across a wide range of media. She studied painting at the Guildford School of Art and the Royal Academy of Painting in London. She is a respected practical art author.

Price:	<b>AU \$24.99</b>	<b>NZ \$27.99</b>
ISBN:	<b>9780785821434</b>	
Format:	<b>Misc HB</b>	
Package Type:	<b>SPIRAL</b>	
Dimensions:	<b>206h x 168w mm</b>	
Extent:	<b>192 pages</b>	
Bic1:	Ceramic arts, pottery, glass	
Author now living:		

# Creative Acrylics (Art for Modern Makers)

## Carla Co Chua

Creative Acrylics features the best beginner techniques for painting with acrylics, with lessons on painting vibrant florals, animals, landscapes, and still lifes and skill-building projects on a variety of surfaces.

### Description

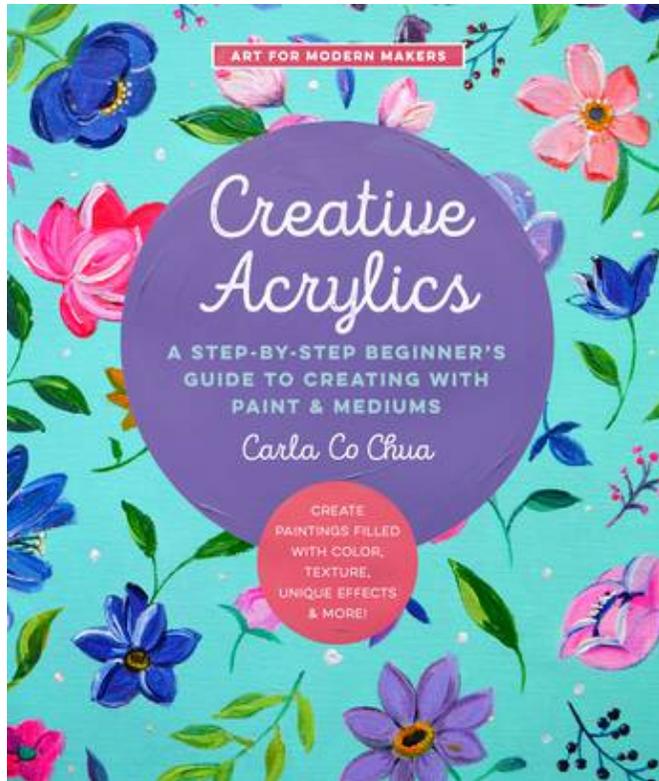
Discover how easy, satisfying, and fun it is to create with acrylic paints and mediums in Creative Acrylics. Acrylics are one of the most versatile, affordable, and accessible art mediums, and you'll learn all the tips, tricks, and techniques for blending colors and building texture, plus excellent instruction on how to paint a range of different subjects. Confused about which types of paints to use, and how to use them? Creative Acrylics cuts through the clutter and offers clear fundamentals for working with a variety of paints and mediums to produce beautiful results. Acrylic paint is water-soluble, dries quickly, and is forgiving, making it perfect for those starting out. Begin your acrylic painting journey with an expert who will guide you through enjoyable techniques and projects as you build confidence and ramp up your skills. Step-by-step techniques, lessons, and projects cover a wide range of styles and genres, including color mixing, brushwork, glazing, and how to paint easy florals, still lifes, landscapes, and animals. Take your new skills even further and paint on different surfaces to create an apron, painted shells, a paintbrush rest, clay pot, and more. In Creative Acrylics you'll find:

- How to set up your workspace to make painting more enjoyable
- A guide to the different types of acrylic paint
- Basic techniques such as understanding color and value, and how to add texture and other effects using paint and mediums
- Lessons and projects that build skills: creating still lifes, florals, landscapes and skies, and painting on fabric, wood, shells, clay, and more

With all these ideas and inspiration, your acrylic painting journey can begin today! Perfect for all skill levels, the books in the Art for Modern Makers series take a fun, practical approach to learning about and working with paints and other art mediums to create beautiful DIY projects and crafts.

### About the Author

Carla Co Chua has loved drawing and painting since childhood, and her earliest influences include popular anime and cartoon shows on Philippine television. She graduated cum laude in information and communication technology management from De LaSalle University in Manila and, after several years of navigating the corporate world, she decided to reignite her passion for painting. Through her consistent social media postings on Instagram and YouTube and interactions with her audience, Carla found another calling: teaching. She has hosted several public and private art workshops since 2017 and has collaborated with art supply brands to teach acrylic and watercolor and painting at art events around Metro Manila. Carla continues to inspire artists with her beautiful artwork that includes florals, animals, portraits, landscapes, and still life. Carla lives in Manila, Philippines. Instagram: @carlacochua YouTube: Carla Chua Art



Price:	<b>AU \$27.99</b>	<b>NZ \$32.99</b>
ISBN:	<b>9780760373279</b>	
Format:	<b>Misc PB</b>	
Package Type:	<b>PAPERBACK</b>	
Dimensions:	<b>254h x 216w mm</b>	
Extent:	<b>144 pages</b>	
Bic1:	Painting & paintings	
Author now living:		

# Drawing and Painting Beautiful Flowers

## Kate Kye Hyun Park

Learn how to draw beautiful flowers and add breathtaking watercolor with the easy step-by-step instructions in Drawing and Painting Beautiful Flowers.

### Description

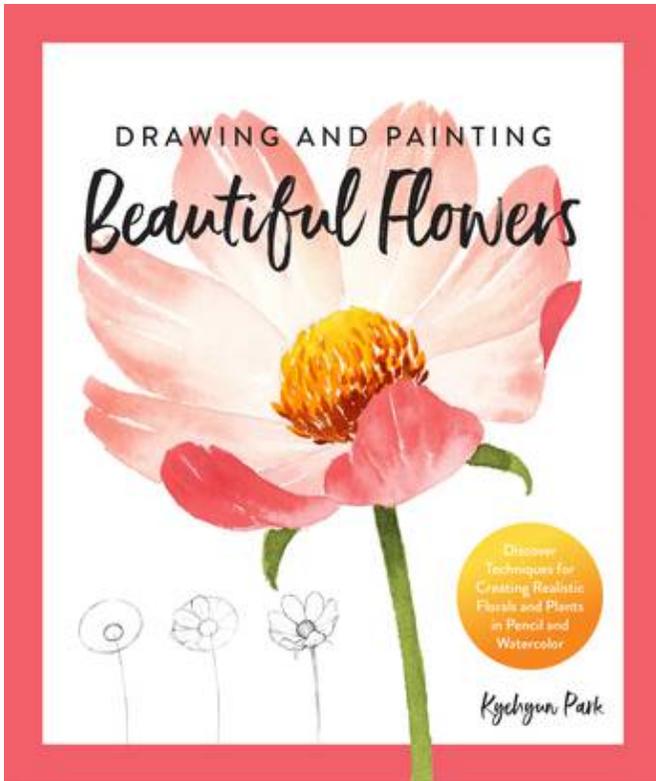
Drawing and painting realistic flowers is achievable! Create a wide variety of blooms and greenery using an easy step-by-step method, then add watercolor for gorgeous effects. In Drawing and Painting Beautiful Flowers, discover how to draw flowers such as roses, cosmos, daffodils, tulips, hydrangeas, lilies, daisies, and more from various angles, and learn about perspective and shading. Once you have the skills to draw a single flower, learn how to draw groupings, bouquets, and wreaths. Mix in grasses and wildflowers to create a variety of looks and dynamic scenes. Then, learn simple techniques to add luscious watercolor, using shading, blending, and gradient techniques for eye-catching results. Popular Instagram artist Kate Kye Hyun Park shares her secrets for capturing realistic flower, leaf, and plant shapes. Artists of all levels love drawing and painting nature, and with these techniques they'll confidently render lifelike botanicals in an array of lovely palettes. The book also includes:

- Ideas and techniques for drawing and painting charming potted plants
- Instructions for drawing and painting smaller flowers, buds, and branches
- Watercolor techniques showing how to expertly blend colors, use brush strokes and brush pressure to create various shapes, and how to use color to shade and highlight
- Warm-up exercises that help develop skills
- Simple methods for understanding perspective and composition, making it effortless to draw flowers from different angles

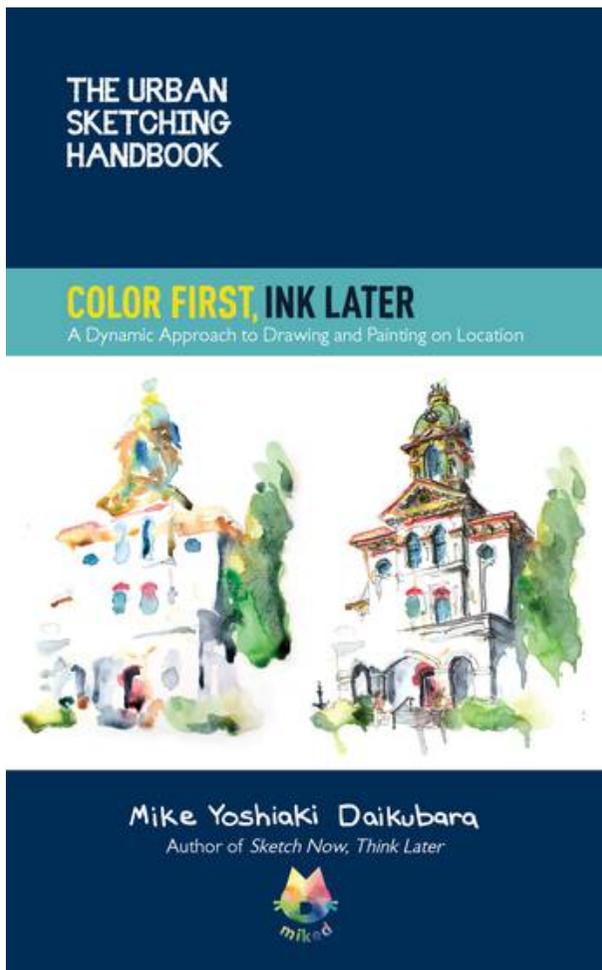
Add these striking florals to sketchbooks, stationery, journals, and more. With Drawing and Painting Beautiful Flowers, creating true-to-life florals and plants is within your reach!

### About the Author

Kye Hyun Park was born and raised in South Korea. After receiving her bachelor's degree in graphic art, she worked as a graphic designer in South Korea and New York City. She completed her master's degree in animation at Academy of Art University, majoring in 3D environment modeling. She has created illustrations for Hyundai Motor America's Santa Fe and Tucson social media campaigns, and in 2019 she became a licensed designer with the French décor company Lilipinso. Since 2017, Kye Hyun has been posting her drawing and watercolor flower painting tutorials on Instagram to her large platform of followers, and teaching watercolor classes in Los Angeles, where she lives. Instagram: [@urbankate\\_in\\_ca](https://www.instagram.com/urbankate_in_ca)



Price:	<b>AU \$27.99</b>	<b>NZ \$32.99</b>
ISBN:	<b>9780760373309</b>	
Format:	<b>Misc PB</b>	
Package Type:	<b>PAPERBACK</b>	
Dimensions:	<b>254h x 216w mm</b>	
Extent:	<b>128 pages</b>	
Bic1:	Botanical art	
Author now living:		



# Color First, Ink Later (Urban Sketching Handbook)

**Mike Yoshiaki Daikubara**

Color First, Ink Later (Urban Sketching Handbook) presents a unique method for working with watercolor on the go—painting first, then adding sketch lines in ink—by Mike Daikubara, the author of The Urban Sketching Handbook: Sketch Now, Think Later.

### Description

Discover a unique approach to creating art on location: start with a loose, colorful watercolor sketch, let that layer dry, then add details in ink. The result? Sketches that are more vibrant, dynamic, and fun! Designer, urban sketcher, and author of The Urban Sketching Handbook: Sketch Now, Think Later, Mike Daikubara is your guide to this exciting method in Color First, Ink Later (Urban Sketching Handbook):

- Start with a detailed overview of the process, from optional light pencil sketch to finishing touches
- Follow along several step-by-step demonstrations that apply the approach to a range of subjects, from still life to figures to architecture
- Get inspired by an extensive gallery of on-location sketches

You'll learn how to let watercolor do the hard work of urban sketching and enjoy the spontaneous effects and delightful surprises you'll see in your artwork. The Urban Sketching Handbooks series offers location artists expert instruction on creative techniques, on-location tips and advice, and an abundance of visual inspiration. These handy references come in a compact, easy-to-carry format with an elastic band closure—perfect to toss in your backpack or artist's tote.

Also available from the Urban Sketching Handbooks series: Understanding Light; Panoramas and Vertical Vistas; Drawing Expressive People; Techniques for Beginners; Complete Urban Sketching Companion; Drawing with a Tablet; 101 Sketching Tips; Working with Color; Sketch Now, Think Later; Understanding Perspective; People and Motion; and Architecture and Cityscapes.

### About the Author

The author of two books in The Urban Sketching Handbooks series—Sketch Now, Think Later and Color First, Ink Later—Mike Daikubara began carrying a sketchbook in 2000 so he could communicate better and faster at his design day job. Now he sketches daily to see, understand, and enjoy! A Japanese-American, Mike grew up between Tokyo and New York City, attending an international school with kids from all over the world. He currently lives in Charlotte, North Carolina. Instagram: @mikedaikubara Urban Sketchers, an international nonprofit dedicated to fostering a global community of artists who practice on-location drawing: Their website, where you can find a list of regional chapters worldwide: [urbansketchers.org](http://urbansketchers.org) Instagram: @urbansketchers Facebook: Urban Sketchers Twitter: @urbansketchers

Price: **AU \$24.99**    **NZ \$27.99**  
 ISBN: **9780760373033**  
 Format: **B**  
 Package Type: **PAPERBACK**  
 Dimensions: **203h x 127w mm**  
 Extent: **112 pages**  
 Bic1: **Painting & art manuals**  
 Author now living:

# Oil Painting Every Day

## Robin Sealark



In Oil Painting Every Day you'll learn a fun, modern approach to oil painting that allows you to build a solid foundation of skills and techniques for painting contemporary landscapes, seascapes, florals, still lifes, portraits, and more.

### Description

Discover a new approach to oil painting that takes the stiffness out and puts the fun back in. Learn how to paint vibrant florals, landscapes, seascapes, portraits, and more, and see your skills improve.

Oil Painting Every Day shows you how to translate what you see into captivating paintings. Begin with a solid understanding of oil paint and essential supplies, then try easy exercises that will train your eye to see the world like an artist. From there, you'll learn how to capture beautiful details in landscapes and still lifes and create shadows and depth to make your work come alive. Refine those details to paint waves, clouds, and floral scenes, and get all the tips, tricks, and techniques you need for a doable portrait to get you started in figurative work. Get great ideas for creating engaging compositions while capturing the world around you, and discover how a variety of simple brushstrokes add energy and life to a piece. In this book you'll find:

- How drawings and underpaintings can give your paintings a boost
- How to care for your tools and materials
- Tips and techniques for working in sketchbooks and on canvas
- The benefits of maintaining a consistent art practice
- How to paint from life and photographs
- Ways to build cohesive compositions that tell a story

Oil Painting Every Day is your all-access pass to oil painting.

### About the Author

Robin Sealark graduated with a bachelor's degree in fine arts and an art education certification from Brigham Young University in 2013. She spent her undergraduate years specializing in oil painting and hyper-realistic portraiture, but shifted her focus to landscapes, seascapes, and skies over time. Growing up on Long Island and exploring Utah over the last ten years inspired her to bring dramatic natural light and beauty to her paintings. Robin has established strong followings on Instagram and YouTube, where she frequently posts her work, process videos, tips, tutorials, relatable sketches, and advice for creatives. Through her personal work and teaching, she seeks to emphasize the idyllic beauty found in all subject matter through deepened observation and a discerning artist's eye. Her shared projects and educational resources aim to create accessible paths to the basic painting and drawing techniques, materials, and tools that make creative exploration and fine art rendering available to anyone. There's no gatekeeping here! Robin believes that a healthy, creative life is something everyone can access with full breaths, positive community, art appreciation, education, and regular practice. Instagram: @robinsealark YouTube: Robin Sealark Website: robinsealark.com

Price: **AU \$29.99**    **NZ \$32.99**  
 ISBN: **9781631599941**  
 Format: **Misc PB**  
 Package Type: **PAPERBACK**  
 Dimensions: **279h x 216w mm**  
 Extent: **128 pages**  
 Bic1: **Painting & paintings**  
 Author now living:

## Porsche at Le Mans Glen Smale

Looking back on 70 years of the legendary marque at one of the worlds greatest races, Porsche at Le Mans is authoritatively written and packed with photos, history, and results.

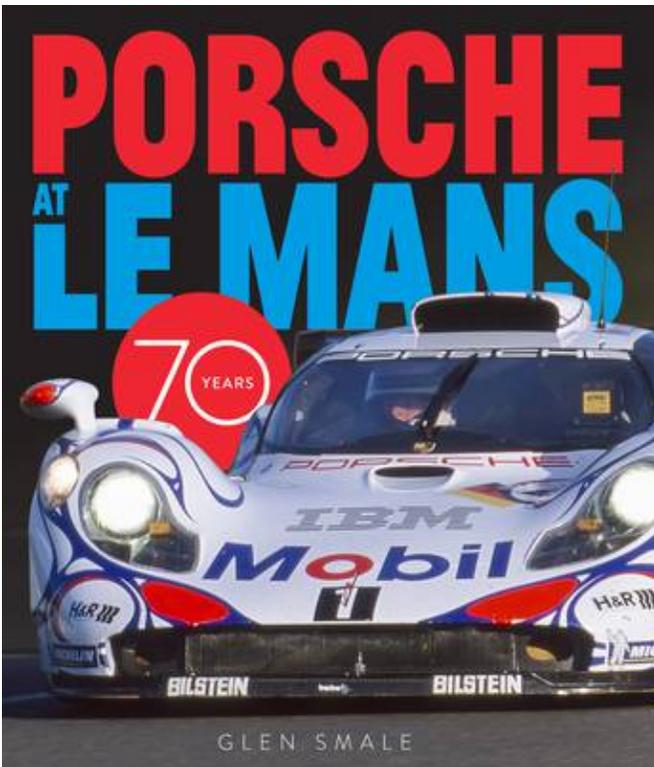
### Description

Packed with photography, narrative, and race results, Porsche at Le Mans is the definitive illustrated history of Porsche's 70 years of competition in the worlds greatest motor race. Porsche's first visit to Le Mans came in 1951 with a streamlined 356 model, complete with aerodynamic wheel fairings. In a precursor to the reputation Porsche would establish over the next seven decades at the famous endurance race, the 356 ran like clockwork, beating the coveted record for the shortest time spent in the pits. Since that memorable debut, Porsche has won outright at Le Mans 19 times, more than any other marque, with a record series of seven consecutive victories from 1981 to 1987.

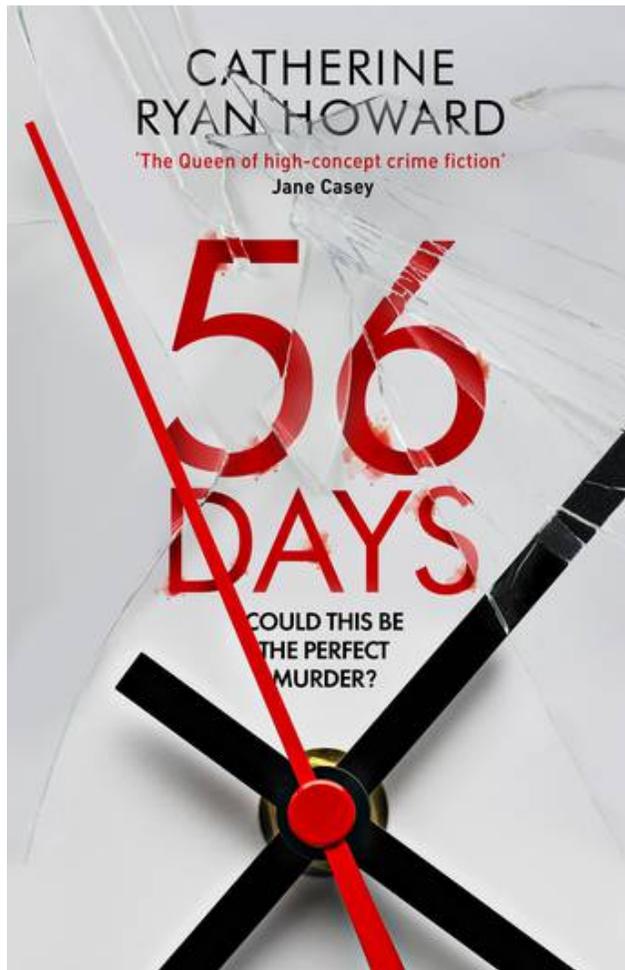
This beautifully designed and extensively illustrated book is your definitive history of Porsches participation at La Sarthe, chronicling the exploits of both the works team cars and privateer entries. Since 1951, Porsche has been represented at every single running of the 24 Hours. The models that have taken part comprise a roll call of great sports racing cars: 550 Spyder, 718 RSK, 904, 906, 907, 908, 910, 917, 936, 935, 956, 962, and GT1-right up to the hybrid 919 that won from 2015 through 2017. To this daunting list can be added the ubiquitous 911, the privateers choice for the race (in 1971, a year that saw a record number of Porsches take part, 19 of the 33 Porsches in the race were 911s). And hundreds of them are depicted in historical photos. In addition to the legendary cars, you will bear witness to the exploits of Porsche drivers, a veritable murderers row of motorsport greats, including Derek Bell, Herbert Muller, Helio Castroneves, Mario Andretti, Jacky Ickx, Jo Siffert, Jochen Rindt, Mark Donohue, and Vic Elford, to name just a few. Meticulously compiled by noted Porsche historian Glen Smale, Porsche at Le Mans is the most exhaustive celebration of the subject, created with full access to the Porsche archives in Stuttgart. The resulting tome is a treasure trove of history, photographs, data, and technical information, indispensable to any serious Porsche or motorsport enthusiast.

### About the Author

Glen Smales books include Porsche 917: The Complete Photographic History; Jaguar E-type: Portrait of a Design Icon (for which he received the Laurin and Klement "Design Writer of the Year" award in 2007); and Porsche 956/962: A Photographic History. Glen is also editor of Porsche Road & Race, an online journal. He lives in Carmarthenshire, Wales.



Price:	<b>AU \$99.99</b>	<b>NZ \$130.00</b>
ISBN:	<b>9780760369050</b>	
Format:	<b>Misc HB</b>	
Package Type:	<b>HARD BACK</b>	
Dimensions:	<b>276h x 235w mm</b>	
Extent:	<b>320 pages</b>	
Bic1:	Formula 1 & Grand Prix	
Author now living:		

**56 Days****Catherine Ryan Howard**

A brilliantly claustrophobic and twisty thriller from the critically acclaimed author of *The Nothing Man*.

**Description**

No one even knew they were together. Now one of them is dead.

**56 DAYS AGO**

Ciara and Oliver meet in a supermarket queue in Dublin and start dating the same week COVID-19 reaches Irish shores.

**35 DAYS AGO**

When lockdown threatens to keep them apart, Oliver suggests they move in together. Ciara sees a unique opportunity for a relationship to flourish without the scrutiny of family and friends. Oliver sees a chance to hide who - and what - he really is.

**TODAY**

Detectives arrive at Oliver's apartment to discover a decomposing body inside.

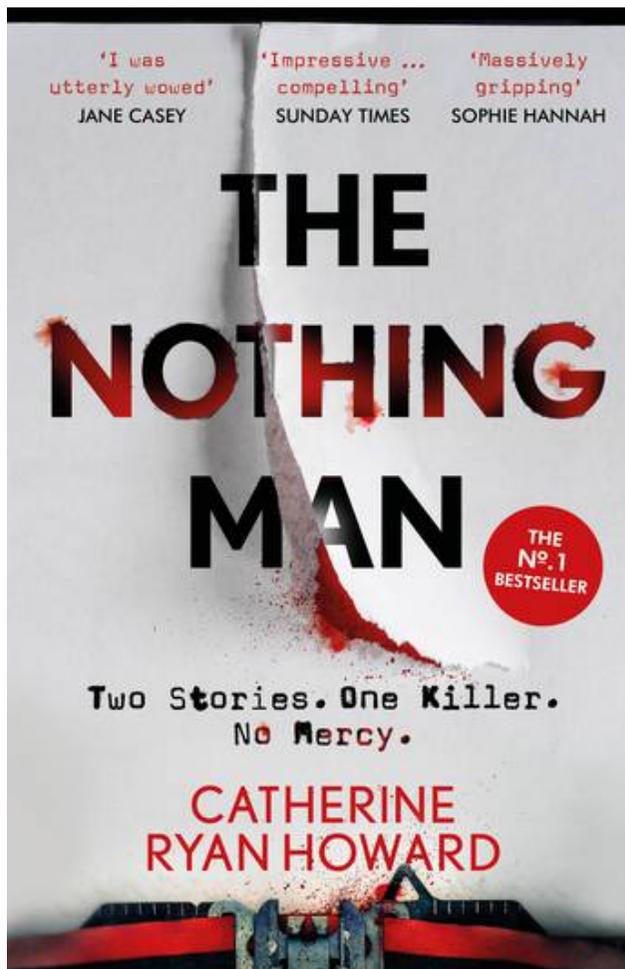
Can they determine what really happened, or has lockdown created an opportunity for someone to commit the perfect crime?

'Compulsive, intriguing and fantastically entertaining' - Liz Nugent

**About the Author**

Catherine Ryan Howard is the bestselling author of *The Nothing Man*, which shot straight to the top of the Irish bestseller charts on publication and was a Kindle No. 1 bestseller in the UK. Her work has been shortlisted for the CWA/John Creasey New Blood Dagger, the Mystery Writers of America Edgar Award for Best Novel, and for the Irish Crime Novel of the Year several times. Her third novel, *Rewind*, is currently being developed for television. She lives in Dublin.

Price: **AU \$29.99** **NZ \$32.99**  
 ISBN: **9781838951634**  
 Format: **C-Format PB**  
 Package Type: **PAPERBACK**  
 Dimensions: **234h x 153w mm**  
 Extent: **432 pages**  
 Bic1: **Classic crime**  
 Author now living:



## The Nothing Man

### Catherine Ryan Howard

A brilliantly twisty thriller from the critically acclaimed author of *Rewind*, an Irish Times bestseller.

#### Description

I was the girl who survived the Nothing Man.  
Now I am the woman who is going to catch him...

You've just read the opening pages of *The Nothing Man*, the true crime memoir Eve Black has written about her obsessive search for the man who killed her family nearly two decades ago.

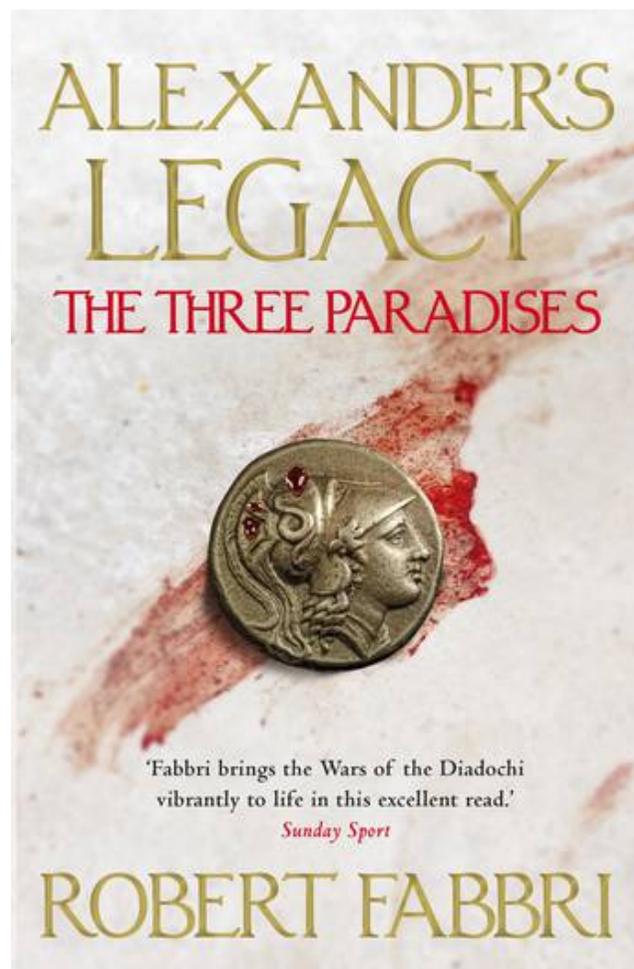
Supermarket security guard Jim Doyle is reading it too, and with each turn of the page his rage grows. Because Jim was - is - the Nothing Man.

The more Jim reads, the more he realises how dangerously close Eve is getting to the truth. He knows she won't give up until she finds him. He has no choice but to stop her first...

#### About the Author

Catherine Ryan Howard's debut novel *Distress Signals* was published by Corvus in 2016 while she was studying English literature at Trinity College Dublin. It went on to be shortlisted for both the Irish Crime Novel of the Year and the CWA John Creasey/New Blood Dagger. Her second novel, *The Liar's Girl*, was published to critical acclaim in 2018 and was a finalist for the Mystery Writers of America Edgar Award for Best Novel 2019. That same year, *Rewind* was shortlisted for the Irish Crime Novel of the Year and was an Irish Times bestseller. She is currently based in Dublin.

Price: AU \$19.99 NZ \$22.99  
 ISBN: 9781786496614  
 Format: B  
 Package Type: PAPERBACK  
 Dimensions: 198h x 129w mm  
 Extent: 352 pages  
 Bic1: Classic crime  
 Author now living:



## The Three Paradises

**Robert Fabbri**

In the second instalment in the breakneck, brutal new series from bestseller Robert Fabbri, the fight to control the largest empire in the world continues...

### Description

Alexander the Great's sudden and unexpected death has left the largest, most formidable empire the world has ever seen leaderless. As the fight to take control descends into ruthless scheming and bloody battles, no one - man, woman or child - is safe.

As wars on land and sea are lost and won, and promises are made only to be broken, long-buried secrets come to light in the quest for the true circumstances surrounding Alexander's death. Was he murdered, and if so by whom? Could he have been sowing the seeds of discord deliberately, through his refusal to name an heir? And who will eventually ascend to power at the helm of the empire - if it manages to survive that long?

Can one champion vanquish all...?

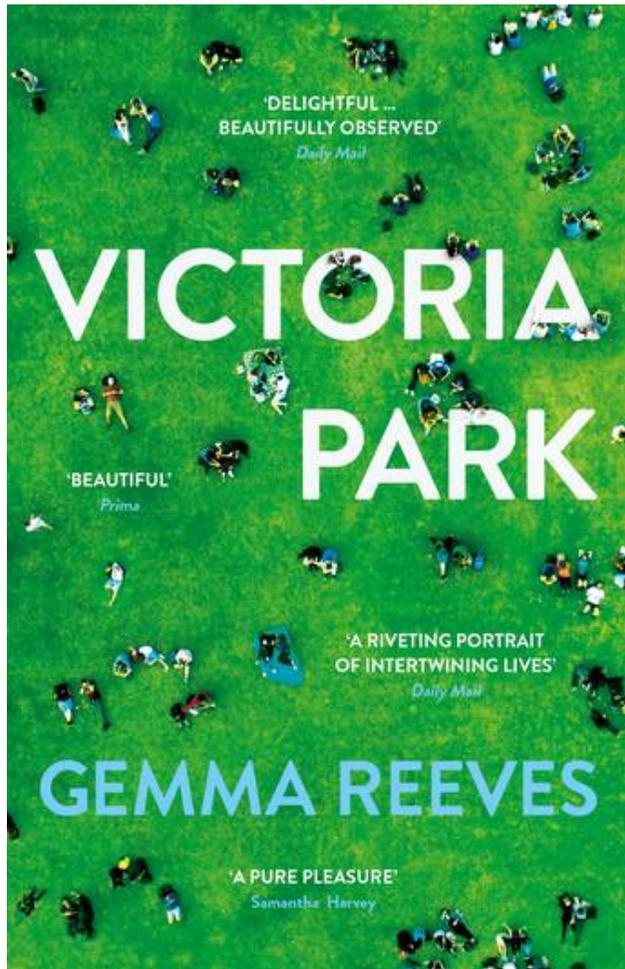
### About the Author

Robert Fabbri read Drama and Theatre at London University and worked in film and TV for twenty-five years. He has a life-long passion for ancient history, which inspired him to write the bestselling Vespasian series and the Alexander's Legacy series. He lives in London and Berlin.

Price: **AU \$19.99**    **NZ \$22.99**  
 ISBN: **9781786498038**  
 Format: **B**  
 Package Type: **PAPERBACK**  
 Dimensions: **198h x 129w mm**  
 Extent: **416 pages**  
 Bic1: Historical adventure  
 Author now living:

# Victoria Park

## Gemma Reeves



**\*\*A Stylist's Best New Fiction for 2021 Pick\*\***

A playful, lyrical novel about otherness, change, and the gap between generations in a London community.

### Description

'Original, thought-provoking' - Elizabeth Macneal

'a delightful read . . . beautifully observed' - Daily Mail

Mona and Wolfie have lived on Victoria Park for over fifty years. Now, on the eve of their sixtyfifth wedding anniversary, they must decide how to navigate Mona's declining health.

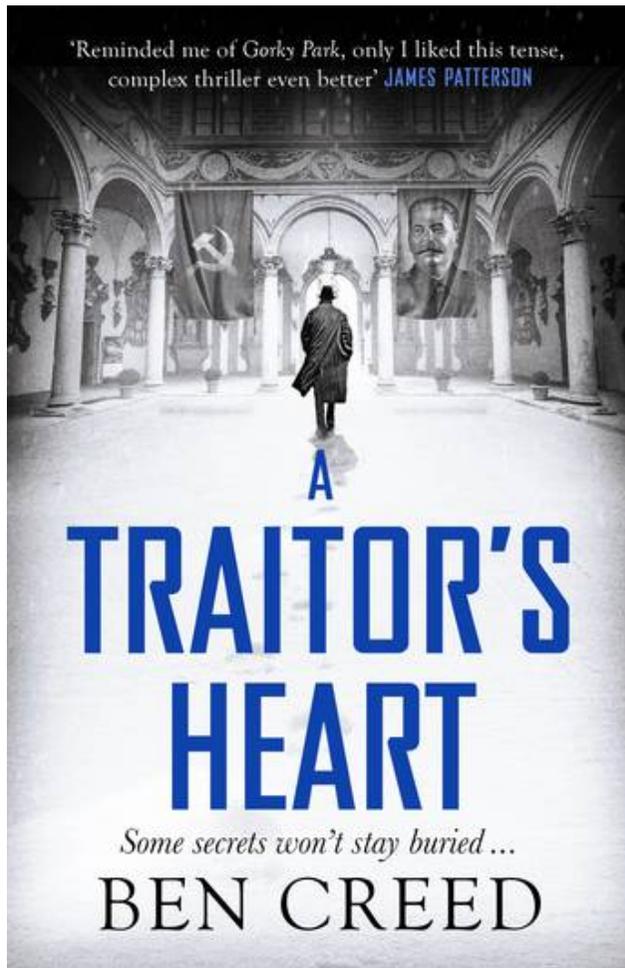
Bookended by the touching exploration of their love, Victoria Park follows the disparate lives of twelve people over the course of a single year. Told from their multiple perspectives in episodes which capture feelings of alienation and connection, the lingering memory of an acid attack in the park sends ripples of unease through the community. By the end of the novel, their carefully interwoven tales create a rich tapestry of resilience, love and loss.

With sharply observed insight into contemporary urban life, and characters we take to our hearts, Gemma Reeves has written a moving, uplifting debut which reflects those universal experiences that connect us all.

### About the Author

Gemma Reeves is a writer and teacher who lives and works in London.

Price: **AU \$19.99** **NZ \$22.99**  
 ISBN: **9781911630784**  
 Format: **Misc PB**  
 Package Type: **PAPERBACK**  
 Dimensions: **h x w mm**  
 Extent: **pages**  
 Bic1:  
 Author now living:



Price: **AU \$19.99**    **NZ \$22.99**  
 ISBN: **9781787396272**  
 Format: **B**  
 Package Type: **PAPERBACK**  
 Dimensions: **198h x 128w mm**  
 Extent: **400 pages**  
 Bic1: **Espionage & spy thriller**  
 Author now living:

## A Traitor's Heart

### Ben Creed

Winter, 1952: Leningrad's icy streets are haunted by a murderer. Rossel must team up with Major Nikitin - the man who cut off virtuoso violinist Rossel's fingers - to hunt down the murderer.

#### Description

Winter, 1952: Leningrad's icy streets are haunted by a murderer. The name is whispered everywhere - Koshchei has returned, the people say, Koshchei the Immortal. Koshchei, named after a sinister figure from Slavic folklore, is an invisible killer who cuts out the tongue of his victims and replaces it with a scroll of paper containing a few lines of what seems to be Italian verse.

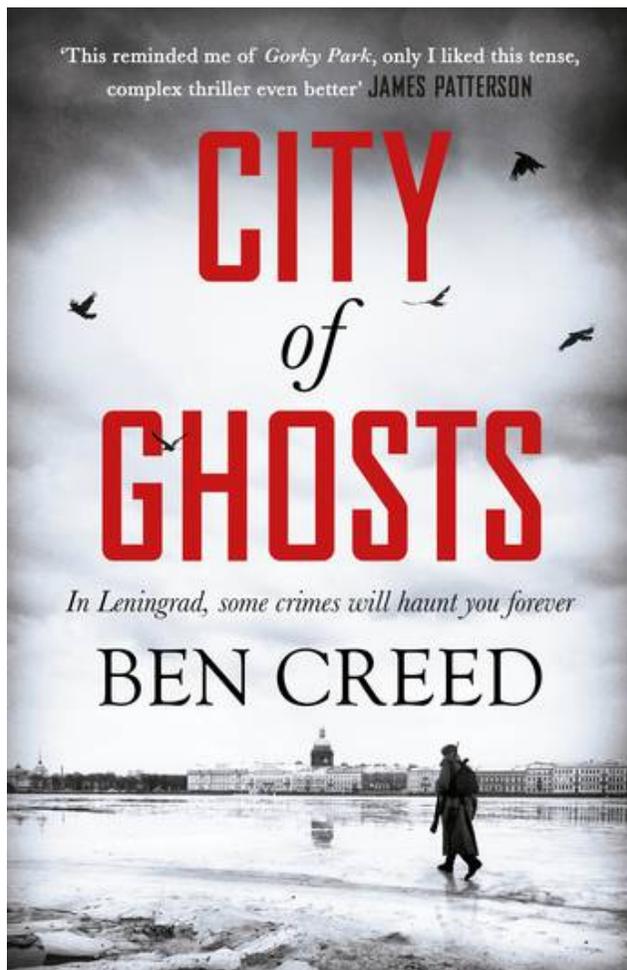
Three thousand kilometres away in a labour colony above the Arctic Circle, threatened by the Thieves who rule the camp, former militia lieutenant Revol Rossel is close to death. As helicopter blades whip the snow into hallucinatory flurries, Rossel watches the arrival of a saviour he hates: Major Nikitin, the man who once cut off the former virtuoso violinist's fingers.

Along with skilled aviator Tanya 'Vassya' Vasilievna, the two men must hunt Koshchei down. On the trail, they uncover more riddles, including one centred on the ruins of Hitler's bunker, the Fuhrer's own copy of a Renaissance manual for tyrants, and secret code hidden within that leads to a weapon of unimaginable power. A weapon coveted by the scheming plotters of Stalin's Kremlin.

What Rossel and Nikitin do not know is that the mystery and the murderer are inextricably linked. And to save themselves they must not only catch Koshchei but also uncover the identity of another ghost - a ghost hiding among the remnants of Hitler's once all-powerful Third Reich.

#### About the Author

Ben Creed is the pseudonym for Chris Rickaby and Barney Thompson. Chris found his way into advertising as a copywriter and, after working for various agencies, started his own called Everything Different. Barney is a classically trained musician who studied under the legendary conducting professor Ilya Musin at the St Petersburg Conservatory for two years. He is fluent in Russian and is now an editor.



## City of Ghosts

### Ben Creed

Gruesome crime meets the secrets of the classical music establishment in the shadow of Stalinist Leningrad. For fans of Child 44, Joseph Kanon and Philip Kerr.

#### Description

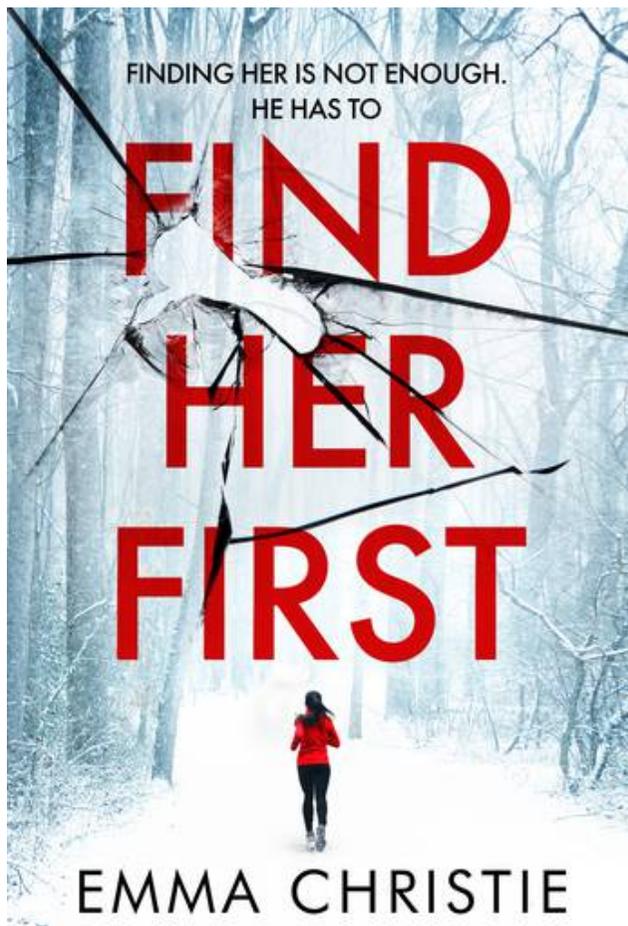
The first in a trilogy, *City of Ghosts* is set in the Leningrad of 1951 where the shadows of the war and the threats of Stalinism loom large.

When five blackened corpses are found neatly arranged between three parallel railway lines, even Revol Rossel - once a Conservatoire-trained violinist, now a humble state militia-cop - is sickened by the gruesome scene. Whether victims of the MGB or a crazed yet methodical killer, these bodies soon lead Rossel back into the dark and ruthless heart of the Soviet classical music establishment, a place where his dreams were shattered and his ghosts barely laid to rest.

#### About the Author

Ben Creed is the pseudonym for Chris Rickaby and Barney Thompson. Chris found his way into advertising as a copywriter and, after working for various agencies, started his own called Everything Different. Barney is a classically trained musician who studied under the legendary conducting professor Ilya Musin at the St Petersburg Conservatory for two years. He is fluent in Russian and is now an editor.

Price: **AU \$19.99**    **NZ \$22.99**  
 ISBN: **9781787394940**  
 Format: **B**  
 Package Type: **PAPERBACK**  
 Dimensions: **198h x 129w mm**  
 Extent: **400 pages**  
 Bic1: **Thriller / suspense**  
 Author now living:



## Find Her First Emma Christie

Paramedic Billy King is no stranger to emergency calls. But when he gets home to find police ramming down his door, his world starts fracturing along with it. His wife is found inside, alive but bleeding. She tells him she slipped on wet tiles, but Billy's convinced she's lying...

### Description

A pulse-pounding and gripping crime thriller, for fans of B A Paris and Fiona Barton.

Paramedic Andy Campbell has a secret he can't tell anyone, not least the police. But when his wife Stef's image is found at the home of a suspected killer, detectives start knocking on his door, and they're not the only ones asking questions.

As Andy battles to keep them off his trail, those close to Stef make a series of bloody discoveries that demand explanations even her husband can't give.

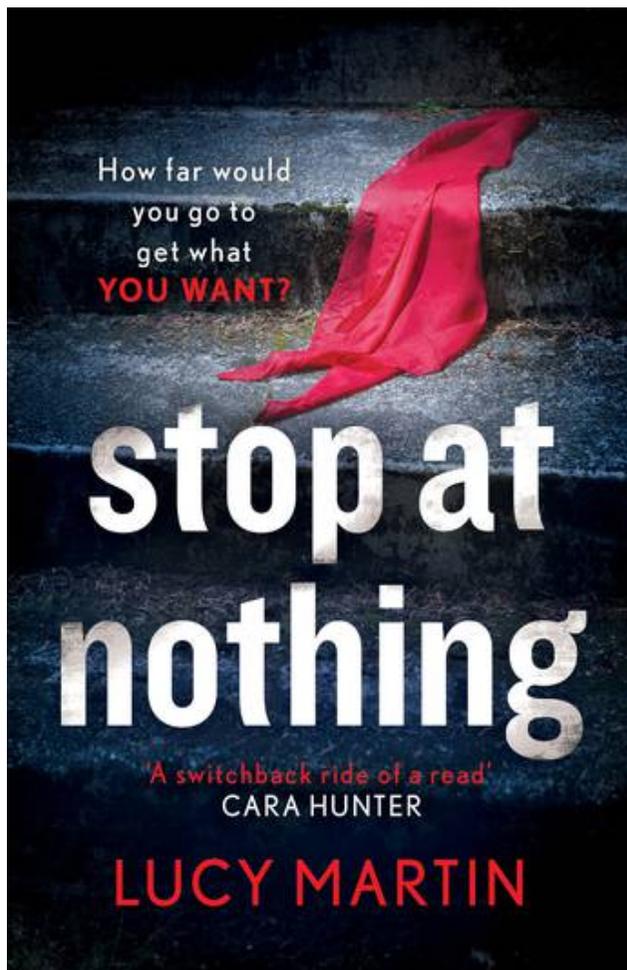
The race for the truth leads them far from their Edinburgh home - but who will find her first, and will they save her life or take it?

'Emma Christie shows that she's already learned how to reel readers in from page one and keep them hooked. An intriguing mystery' - The Herald

### About the Author

Emma Christie is a former news reporter. Her debut novel, *The Silent Daughter* was a great success and continues to sell well.

Price: **AU \$19.99**    **NZ \$22.99**  
 ISBN: **9781787396982**  
 Format: **Misc PB**  
 Package Type: **PAPERBACK**  
 Dimensions: **129h x 198w mm**  
 Extent: **352 pages**  
 Bic1: **Thriller / suspense**  
 Author now living:



## Stop at Nothing Lucy Martin

DS Veronica Delmar is called to investigate the case of Amie Slade, a young teenage girl abused by a caretaker at her school. But in this middle-class town, the manicured lawns and picket fences disguise a very different reality - and as DS Delmar digs deeper, she discovers uncanny parallels to her own life.

### Description

A detective sergeant is called to investigate the case of Amie Slade, a young teenage girl abused by a caretaker at her leafy suburban school. But in this middle-class town, manicured lawns and picket fences disguise a very different reality. As DS Veronica Delmar digs deeper into the complex case and gets closer to the teenage victim and her family, she begins to discover some uncanny parallels to her own life.

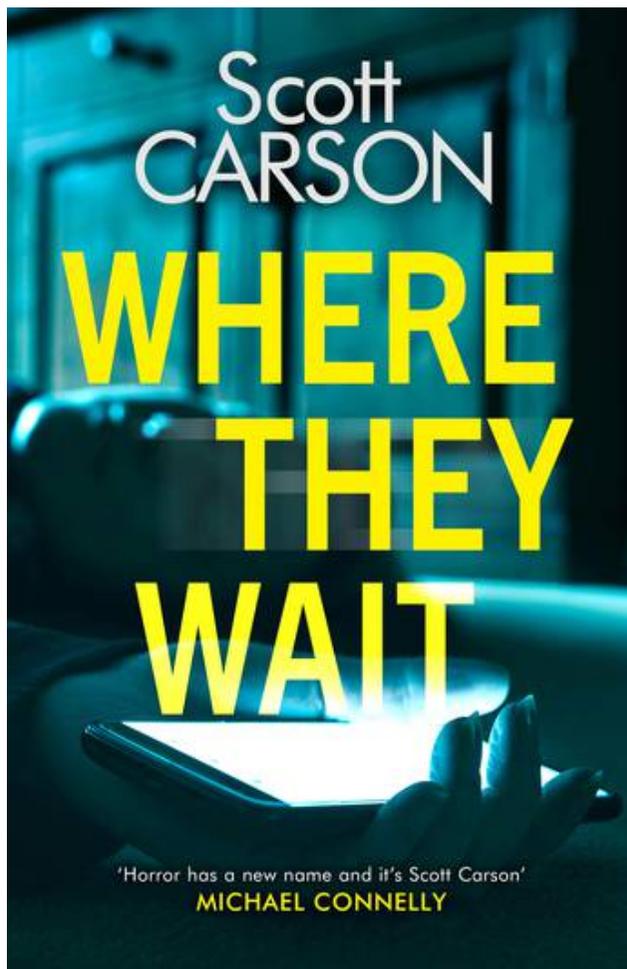
But something isn't quite right, and with Amie's family life crumbling and DS Delmar's desperate attempt to juggle work, single motherhood and what remains of her life post-marriage splitting at the seams, it isn't long before the foundations of their lives begin to collapse. Whilst Amie races to protect her dark and shrinking world, DS Delmar must confront her own demons and the part they have to play in the case before her.

In a chilling revelation, *Stop at Nothing* exposes our flaws as human beings and how the prejudices, biases and assumptions we can make can form dangerous conclusions, even about those we love and trust.

### About the Author

Lucy Martin spent ten years as a city lawyer, working in the field of privatisations and joint ventures in Russia and the former Soviet Union. With five languages under her belt, she then set up a language school, which she runs alongside authoring a number of books on language learning and childcare. *The First Confession* is her debut novel and the first in a series featuring DS Veronica Delmar. Lucy lives in South-West London with her family.

Price: **AU \$19.99**    **NZ \$22.99**  
 ISBN: **9781787396371**  
 Format: **Misc PB**  
 Package Type: **PAPERBACK**  
 Dimensions: **129h x 198w mm**  
 Extent: **352 pages**  
 Bic1: **Thriller / suspense**  
 Author now living:



## Where They Wait

### Scott Carson

Desperate for work, Nick Bishop takes a humbling job: writing a profile of a new mindfulness app. But when a song on the app gives him endless nightmares that start to permeate his waking life, he learns that he's the only one to have heard this and survived...

#### Description

Recently laid off from his newspaper and desperate for work, Nick Bishop takes a humbling job: writing a profile of a new mindfulness app, Clarity. The app itself seems like a retread of old ideas - relaxing white noise and guided meditations. But then there are the 'Sleep Songs': a woman's hauntingly beautiful voice sings a ballad, but it's disturbing rather than soothing - more of a warning than a relaxation. However, it works. Deep, refreshing sleep follows.

As do nightmares. Vivid and chilling, they feature a dead woman who calls Nick by name and whispers guidance - or are they threats? Soon, her voice follows him long after the song is done. As the effects of the nightmares begin to permeate his waking life, Nick makes a terrifying discovery: no one involved with Clarity has any interest in his article. Their interest is in him. Because whilst he may not have any memory of it, he's one of twenty people who have heard this sinister song before, and the only one who is still alive...

#### About the Author

Scott Carson is the pen name for the New York Times bestselling author and screenwriter, Michael Koryta. Koryta has written 14 novels, a novella and multiple short stories, with his work translated into more than 20 languages. Koryta has won or been nominated for the Los Angeles Times Book Prize, Edgar Award, International Thriller Writers Award and the Golden Dagger, among many others. His works have been selected as 'best books of the year' by publications as diverse as the New York Times, Wall Street Journal, Amazon.com, O The Oprah Magazine, Entertainment Weekly, People and more.

Price: **AU \$19.99**    **NZ \$22.99**  
 ISBN: **9781787396487**  
 Format: **Misc PB**  
 Package Type: **PAPERBACK**  
 Dimensions: **129h x 198w mm**  
 Extent: **400 pages**  
 Bic1: **Thriller / suspense**  
 Author now living:

**Anne of Green Gables (Chartwell Classics)  
L. M. Montgomery, illustrated by M. A. Claus**

This classic story of Anne of Green Gables follows Anne, a spirited orphan, as she uses her imagination and love of reading to become the heart of her new community.

**Description**

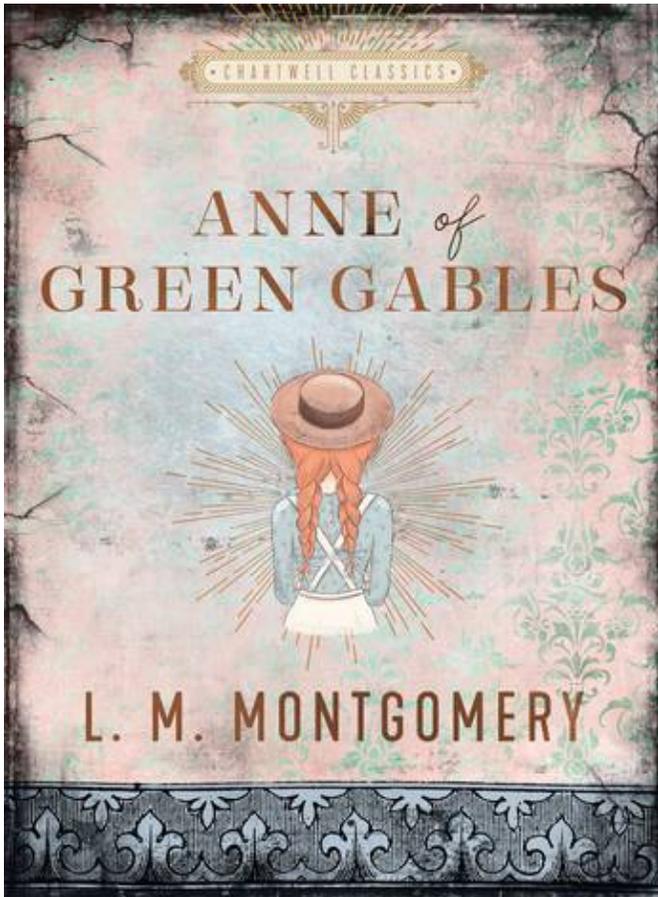
Follow the adventures of spirited reader, Anne Shirley, as she settles into her new home, makes friends, and stirs up trouble. Farm-owning siblings Marilla and Matthew Cuthbert want to adopt a boy to help them around the farm. In a mix-up, the orphanage sends them the active and imaginative Anne Shirley instead. They make the most of the mistake as Anne becomes the beloved heart of the family and community, as well as of generations of readers.

With illustrations by M. A. and W. J. A. Claus and a timeline of the life and times of L. M. Montgomery, this beautiful, jacketed hardcover edition of Anne of Green Gables is unabridged and makes a great addition to any home library. Essential volumes for the shelves of every classic literature lover, the Chartwell Classics series includes beautifully presented works and collections from some of the most important authors in literary history.

Chartwell Classics are the editions of choice for the most discerning literature buffs. Other titles in the Chartwell Classics Series include: Complete Fiction of H.P. Lovecraft; Complete Grimm's Fairy Tales; Complete Novels of Jane Austen; Complete Sherlock Holme; Complete Tales & Poems of Edgar Allen Poe; Complete Works of William Shakespeare; Divine Comedy; Alices Adventures in Wonderland and Other Tales;The Essential Tales of H.P. Lovecraft; The Federalist Papers; The Inferno; The Call of the Wild and White Fang; Moby Dick; The Odyssey; Pride and Prejudice; The Essential Grimm's Fairy Tales; Emma; The Great Gatsby; The Secret Garden; The Essential Tales and Poems of Edgar Allan Poe; The Phantom of the Opera; The Communist Manifesto and Das Kapital; Republic; Frankenstein; Twenty Thousand Leagues Under the Sea; The Picture of Dorian Gray; Meditations; Wuthering Heights; Alice's Adventures in Wonderland and Through the Looking-Glass; A Tales of Two Cities; Beowulf; The Strange Case of Dr. Jekyll and Mr. Hyde and Other Stories; Adventures of Huckleberry Finn; Little Women

**About the Author**

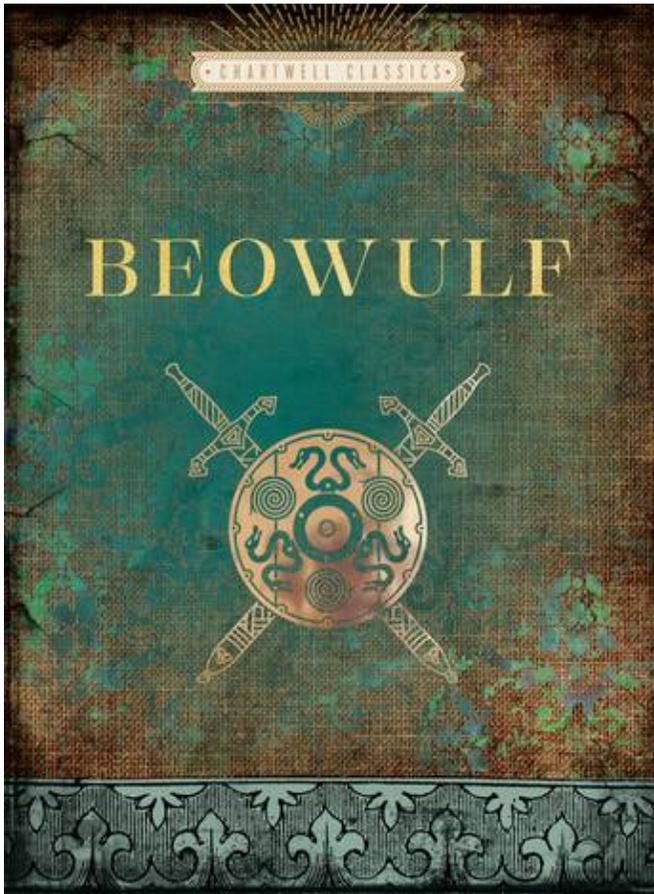
L. M. Montgomery (1874-1942) was a Canadian writer, born on Prince Edward Island. In 1908, she published Anne of Green Gables, her most successful work and the start of a series of novels. Montgomery went on to publish 20 novels, 530 short stories, 500 poems, and 30 essays. Many of her stories are set on Prince Edward Island. In 1935, Montgomery was made an Officer of the Order of the British Empire for her contributions to literature. May Austin (M. A.) Claus was a prolific New England artist who, along with her husband, W. J. A. Claus, contributed numerous interior illustrations to beloved author L. M. Montgomery's Anne series of novels.



Price: **AU \$19.99**    **NZ \$22.99**  
 ISBN: **9780785840008**  
 Format: **Misc HB**  
 Package Type: **HARD BACK**  
 Dimensions: **191h x 146w mm**  
 Extent: **296 pages**  
 Bic1: Classic fiction (pre c 1945)  
 Author now living:

**Beowulf (Chartwell Classics)**

translated by John Earle



In this Anglo-Saxon epic, the hero Beowulf fights horrifying, ghastly monsters in his bid to save the hall of Hrothgar, King of the Danes.

**Description**

Composed by an anonymous Anglo-Saxon singer toward the end of the first millennium CE, Beowulf is an Old English epic tale recounting the adventures of Beowulf, a Geatish hero from present-day Sweden. He is called on by Hrothgar, King of the Danes, to defeat Grendel, the powerful monster that threatens his great hall. As one of the earliest extant poems in a modern European language, it depicts a feudal world of blood, victory, and death—a world that exalts heroes who travel great distances to prove their might, against all odds, defeating supernatural beasts.

Ringed with the beauty, power, and artistry that have kept its poetry alive for a thousand years, this venerable tale is now available as an elegantly designed, jacketed hardcover edition translated by John Earle with an introduction from early British literature and epic poetry scholar and professor Tom Schneider.

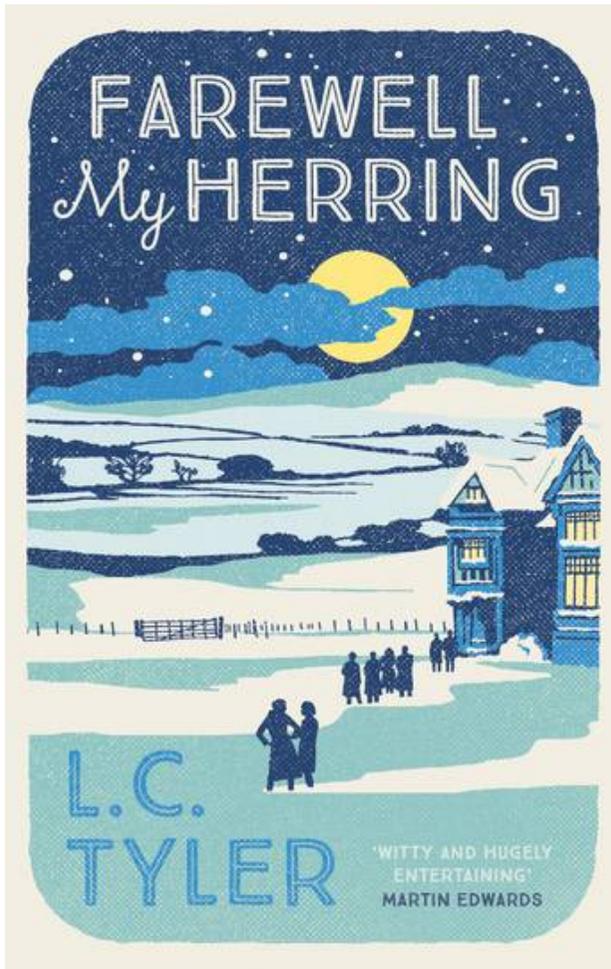
Essential volumes for the shelves of every classic literature lover, the Chartwell Classics series includes beautifully presented works and collections from some of the most important authors in literary history. Chartwell Classics are the editions of choice for the most discerning literature buffs.

Other titles in the Chartwell Classics Series include: Complete Fiction of H.P. Lovecraft; Complete Grimm's Fairy Tales; Complete Novels of Jane Austen; Complete Sherlock Holmes; Complete Tales & Poems of Edgar Allan Poe; Complete Works of William Shakespeare; Divine Comedy; Alice's Adventures in Wonderland and Other Tales; The Essential Tales of H.P. Lovecraft; The Federalist Papers; The Inferno; The Call of the Wild and White Fang; Moby Dick; The Odyssey; Pride and Prejudice; The Essential Grimm's Fairy Tales; Emma; The Great Gatsby; The Secret Garden; Anne of Green Gables; The Essential Tales and Poems of Edgar Allan Poe; The Phantom of the Opera; The Communist Manifesto and Das Kapital; Republic; Frankenstein; Twenty Thousand Leagues Under the Sea; The Picture of Dorian Gray; Meditations; Wuthering Heights; Alice's Adventures in Wonderland and Through the Looking-Glass; A Tale of Two Cities; The Strange Case of Dr. Jekyll and Mr. Hyde and Other Stories; Adventures of Huckleberry Finn; Little Women

**About the Author**

John Earle (1824-1903) was a British Anglo-Saxon language scholar and professor at the University of Oxford. He wrote more than a dozen books, including Two Saxon Chronicles Parallel (1865) and Anglo-Saxon Literature (1884).

Price:	<b>AU \$19.99</b>	<b>NZ \$22.99</b>
ISBN:	<b>9780785839941</b>	
Format:	<b>Misc HB</b>	
Package Type:	<b>HARD BACK</b>	
Dimensions:	<b>191h x 146w mm</b>	
Extent:	<b>268 pages</b>	
Bic1:	Poetry	
Author now living:		

**Farewell My Herring****L. C. Tyler**

Ethelred Tressider and his agent Elsie Thirkettle have been invited to lecture on a creative writing course at Fell Hall, a remote location in the heart of ragged countryside. When one of their number goes missing, Ethelred leads a search party and makes a gruesome discovery.

**Description**

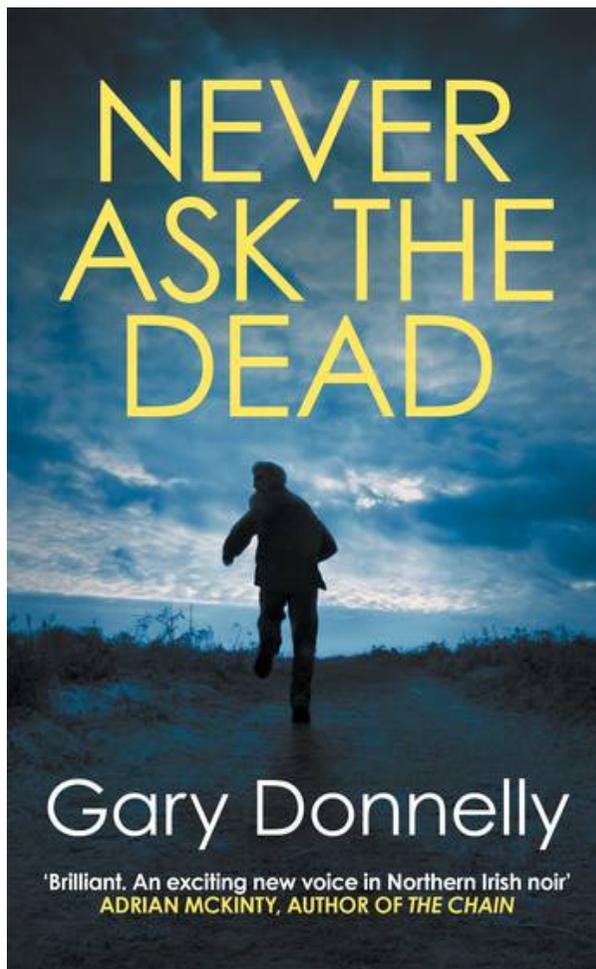
Ethelred Tressider and his agent Elsie Thirkettle have been invited to lecture on a creative writing course at Fell Hall, a remote location in the heart of ragged countryside that even sheep are keen to shun. While Ethelred's success as a writer is distinctly average, Elsie sees this as an opportunity to scout for new, hopefully more lucrative, talent. But heavy snow falls overnight, trapping those early arrivals inside, and tensions are quick to emerge between the assembled group.

When one of their number goes missing, Ethelred leads a search party and makes a gruesome discovery. With no phone signal and no hope of summoning the police, can Ethelred and Elsie identify the killer among them before one of them is next?

**About the Author**

L. C. Tyler was born in Southend-on-Sea and educated at Oxford and City Universities. He has won awards for his writing, including the CWA Short Story Dagger and the Last Laugh Award (twice). He is a former Chair of the Crime Writers' Association. L. C. Tyler has lived and worked all over the world but more recently has been based in London and Sussex.

Price: **AU \$19.99** **NZ \$22.99**  
 ISBN: **9780749027452**  
 Format: **B**  
 Package Type: **PAPERBACK**  
 Dimensions: **198h x 129w mm**  
 Extent: **320 pages**  
 Bic1: **Crime & mystery**  
 Author now living:



## Never Ask the Dead

### Gary Donnelly

When Owen Sheen and DC Aoife McCusker receive a note from a retired PSNI cop who has gone missing, their search for him leads them down a dangerous road.

#### Description

WHEN ONLY THE DEAD HAVE THE ANSWERS, WHO CAN TELL YOU THE TRUTH?

DI Owen Sheen and DC Aoife McCusker are working for the Serious Historic Offences Team in Belfast, although the hands-on approach of the chief constable and the political agendas at play are a struggle to manage.

A cryptic message from a retired, and now missing, cop begins to prey on Sheen's mind. Tucker Rodgers claims his friend has been killed and now someone is coming for him.

Sheen and McCusker's search for Tucker and the truth places them in the path of the most notorious IRA double agent of the Troubles, as well as another man with an old score to settle.

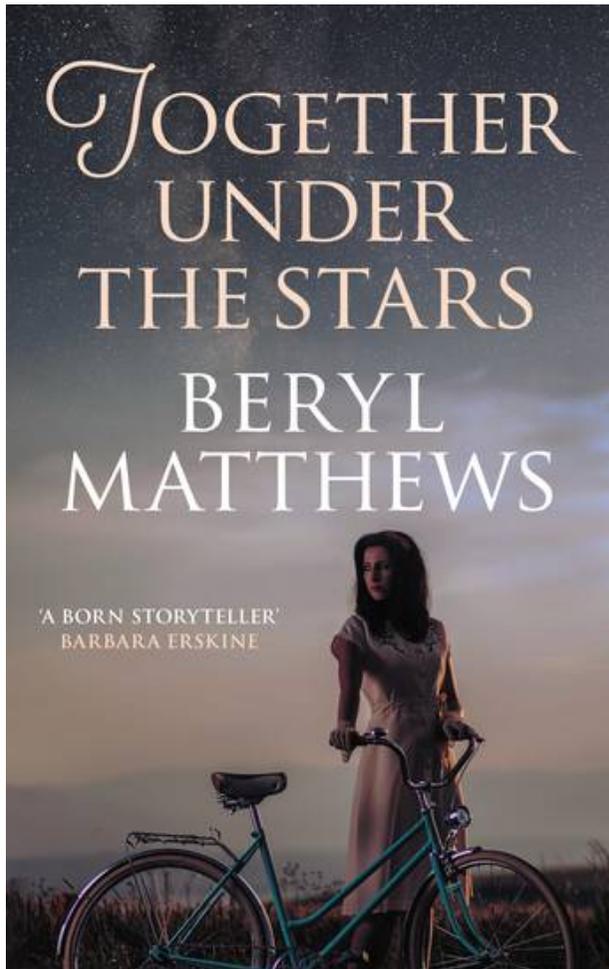
#### About the Author

Gary Donnelly is a writer and teacher who was born and raised in west Belfast. He read History at Corpus Christi College, Cambridge and has lived and worked in London since the late 1990s.

Price: **AU \$19.99**    **NZ \$22.99**  
 ISBN: **9780749025526**  
 Format: **B**  
 Package Type: **PAPERBACK**  
 Dimensions: **198h x 129w mm**  
 Extent: **448 pages**  
 Bic1: **Crime & mystery**  
 Author now living:

## Together Under the Stars

### Beryl Matthews



October 1943. Nancy Dalton, working at the RAF base at Scampton never intended to complicate wartime life with a romance with Canadian Steve Allard.

#### Description

October 1943. While working at an RAF base in Lincolnshire, Nancy Dalton has been holding a vigil for the Lancaster bomber pilots, whose missions seem endless and whose chances of survival are slim. But her watchfulness has not prevented her own pilot brother from failing to return safely. In the midst of mourning him, Nancy observes new recruits arriving to continue the war effort, among them charismatic Canadian Steve Allard.

As the war drags on, the months ahead will be long and hard, with danger a constant companion. Although both Steve and Nancy never intend to complicate wartime life with romance, their attraction becomes impossible to ignore. But can lasting love be found in a time of such loss and devastation?

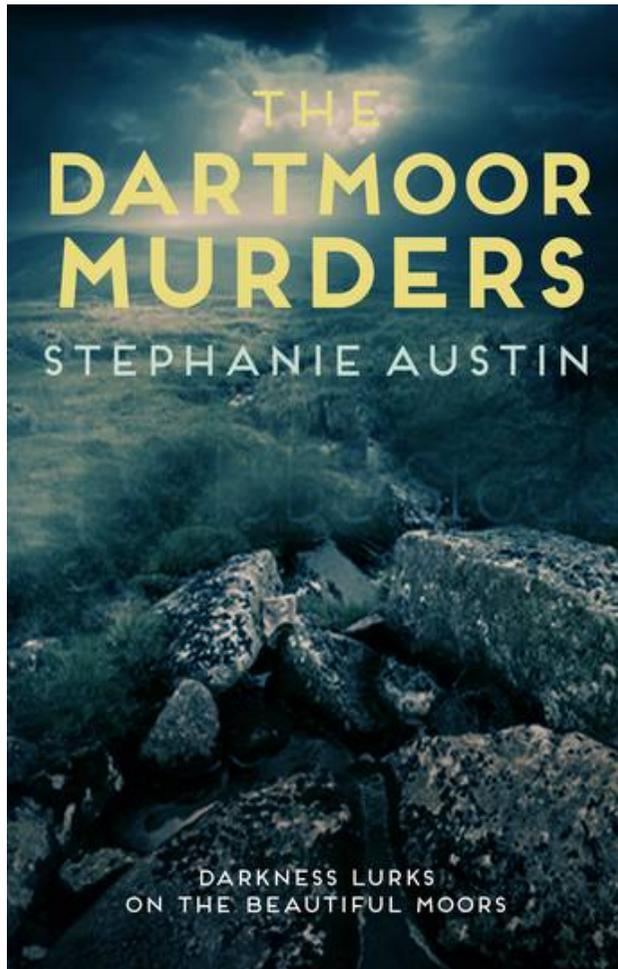
#### About the Author

Beryl Matthews was born in London but now lives in a small village in Hampshire. As a young girl her ambition was to become a professional singer, but the need to earn a wage drove her into an office. After retiring she joined a Writers' Circle in hopes of fulfilling her dream of becoming a published author. She has since written over twenty novels.

Price: **AU \$19.99**    **NZ \$22.99**  
 ISBN: **9780749027711**  
 Format: **B**  
 Package Type: **PAPERBACK**  
 Dimensions: **198h x 129w mm**  
 Extent: **384 pages**  
 Bic1: **Sagas**  
 Author now living:

# The Dartmoor Murders

## Stephanie Austin



When Juno Browne purchases a wardrobe to stock in her fledgling antiques store, she doesn't expect to find a dead body inside.

### Description

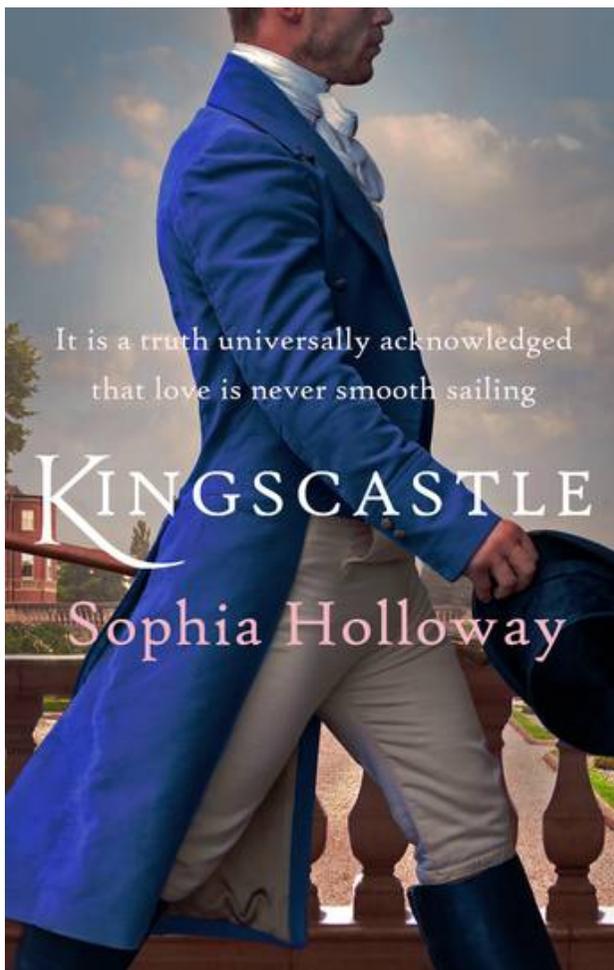
When Juno Browne purchases a wardrobe to stock in her fledgling antiques store, she doesn't expect to find a dead body inside. And when the man she bought it from, rascally farmer Fred Crick, is found battered to death in his blazing cottage, the hunt for a double murderer is on. Despite the police struggling to connect the two deaths, this time Juno is resolved to ignore her impulse to investigate.

Until, that is, a stranger arrives who bears an uncanny resemblance to the dead man in the wardrobe. Determined to discover how his identical twin brother died and impressed by Juno's reputation in the local press as Ashburton's amateur sleuth, Henry Gillow tries to drag her into his quest to solve the mystery, with disastrous results.

### About the Author

Stephanie Austin has enjoyed a varied career, working as an artist and an antiques trader, but also for the Devon Schools Library Service. When not writing she is actively involved in amateur theatre as a director and actor, and attempts to be a competent gardener and cook. She lives in Devon.

Price: **AU \$19.99**    **NZ \$22.99**  
 ISBN: **9780749027018**  
 Format: **B**  
 Package Type: **PAPERBACK**  
 Dimensions: **198h x 129w mm**  
 Extent: **320 pages**  
 Bic1: **Crime & mystery**  
 Author now living:



# Kingscastle

## Sophia Holloway

The younger son of a youngest son, Captain William Hawksmoor of the Royal Navy never expected to inherit a marquessate, and is none too pleased when he does so.

### Description

An enchanting romance that fans of Bridgerton will take to their hearts

Captain William Hawksmoor of the Royal Navy never expected to inherit a marquessate, and is none too pleased when he does so. He is especially displeased when he finds that in order to retain it, he is required to marry within a year, lest he be forever dealing with trustees.

As the new Marquis of Athelney, he takes command of Kingscastle, the family seat, and discovers much to be done to set it in order. There is also his aunt, Lady Willoughby Hawksmoor, determined that her timid daughter should be the next marchioness. When she discovers he is far more interested in Eleanor Burgess, her underpaid and much put-upon companion, Lady Willoughby shows she will stop at nothing to keep them apart.

### About the Author

Sophia Holloway read Modern History at Oxford, also writes the Bradecote and Catchpoll medieval mysteries as Sarah Hawkswood.

Price: **AU \$19.99**    **NZ \$22.99**  
 ISBN: **9780749027834**  
 Format: **B**  
 Package Type: **PAPERBACK**  
 Dimensions: **198h x 129w mm**  
 Extent: **pages**  
 Bic1: Historical romance  
 Author now living:

## Clean Sleeping

### Lisa Helmanis

This book is a guide to changing your habits and achieving a perfect night's sleep.

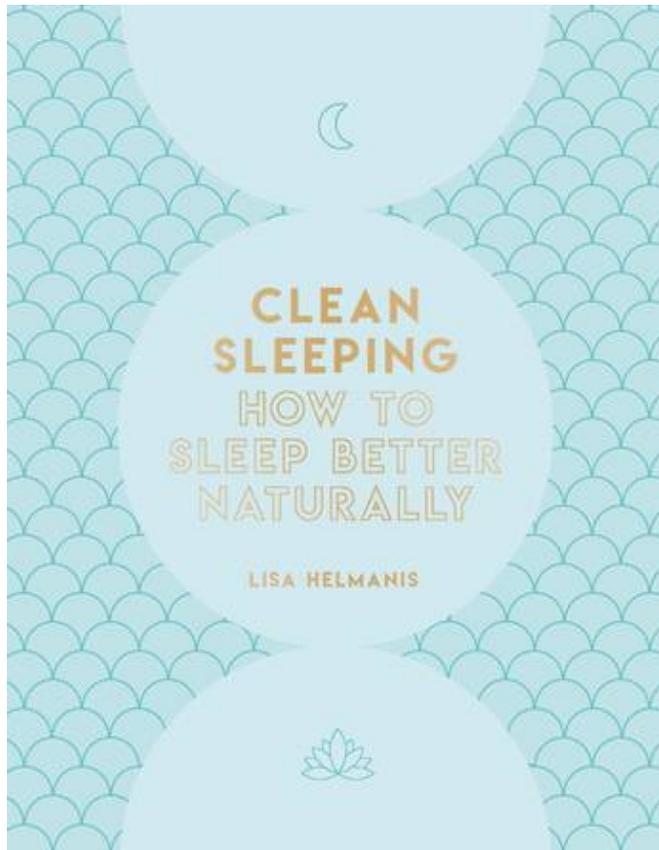
#### Description

Clean Sleeping encourages a genuinely holistic, drug-free approach to getting the best sleep possible.

Supported by comprehensive scientific evidence, the book explores the lifestyle and medical factors that can trigger sleep disturbances, from insomnia, sleepwalking and night terrors to apnoea and narcolepsy, and the strategies that can be employed to rebalance them. The fundamental issues of nutrition and stress are explored, as are complementary therapies. As well as describing symptoms and solutions, Lisa Helmanis offers simple self-help measures that banish sleep problems gently and effectively, while fitting around your lifestyle.

#### About the Author

Lisa Helmanis is an author and creative director who has worked in the media for 20 years. She was previously editor of the Sunday Times' Inside Out magazine and lifestyle editor of Living Etc, She and Conde Nast Brides. An accomplished author, stylist and editor, she has also written on lifestyle subjects for Sunday Times Style, GQ and VogueEntertaining, among others. She is based in London.



Price: **AU \$19.99**    **NZ \$22.99**  
 ISBN: **9781787393455**  
 Format: **Misc PB**  
 Package Type: **PAPERBACK**  
 Dimensions: **237h x 185w mm**  
 Extent: **128 pages**  
 Bic1: **Mind, Body, Spirit**  
 Author now living:

# The Ultimate Guide to Shamanism

## Rebecca Keating

Written by the Founder of the Shaman Sisters, The Ultimate Guide to Shamanism is a modern guide to the ancient practice of using spirit medicine in practice and ceremony for healing and manifestation.

### Description

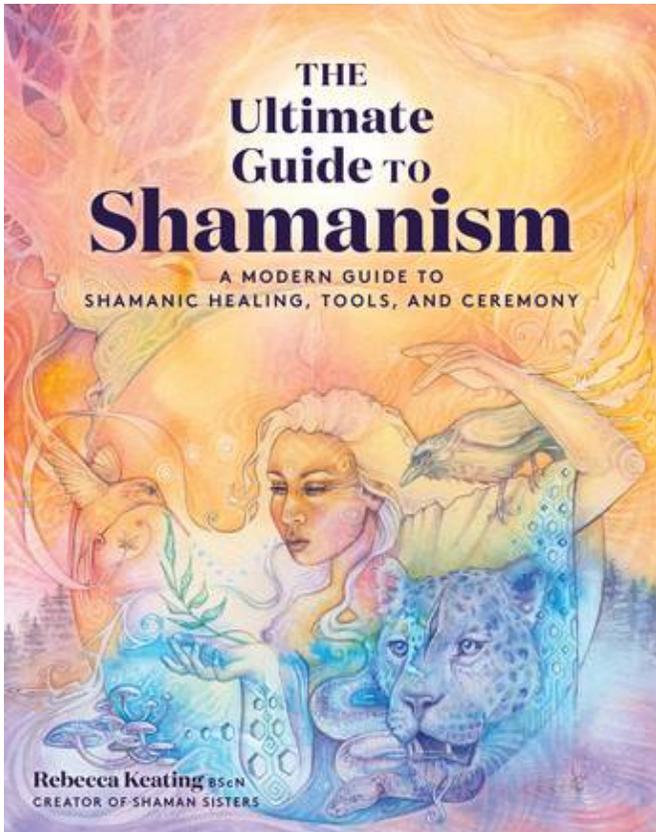
A modern approach to an ancient tradition, The Ultimate Guide to Shamanism teaches you how to incorporate shamanic practices and ceremonies into your everyday life. A popular spiritual practice today, shamanic practice spans civilizations, continents, and countries. Indeed, it can be traced as far back as humankind itself. It has existed for as long as we have existed. Today's shamanic practitioner is a mystic, a healer, and a keeper of ancient wisdom. They navigate and balance the seen and unseen energies between the natural world and modern society. Along with the history of shamanism, learn these shamanic skills for healing and empowerment:

- Calling in the four directions and setting ceremony
- Building an altar and setting sacred space
- How to work with shamanic tools and power objects
- Working with spirit allies, ancestors, and deities
- Shamanic journeying

With The Ultimate Guide to Shamanism, you, too, can access the power of these ancient practices.

The Ultimate Guide to... series offers comprehensive beginner's guides to discovering a range of mind, body, spirit topics, including tarot, divination, crystal grids, numerology, aromatherapy, chakras, and more. Filled with beautiful illustrations and designed to give easy access to the information you're looking for, each of these references provides simple-to-follow expert guidance as you learn and master your practice.

### About the Author



Price: **AU \$35.00**    **NZ \$39.99**  
 ISBN: **9781592339969**  
 Format: **Misc PB**  
 Package Type: **PAPERBACK**  
 Dimensions: **254h x 203w mm**  
 Extent: **192 pages**  
 Bic1: Shamanism, paganism & druidry  
 Author now living:

# The Ultimate Guide to the Witch's Wheel of the Year

## Anjou Kiernan

The Ultimate Guide to the Witch's Wheel of the Year is a complete guide to all of the sacred holidays and celebrations of the Wiccan calendar with guidance, appropriate rituals, spellwork, and practices.

### Description

Written by Anjou Kiernan-named "One of the Magical Women You Should be Following on Instagram" by Refinery 29-The Ultimate Guide to the Witches Wheel of the Year is your complete guide to celebrating the eight Wiccan sabbats as part of your spiritual practice. Learn the history of the holidays, their pagan roots, and how to merge these sacred cycles and celebrations with modern traditions and holidays. Lavishly illustrated and photographed, The Ultimate Guide to the Witch's Wheel of the Year illustrates spells and practices that will help you incorporate the old magick of the seasons into your modern life. Accompanying each turn of the Wheel as it cycles through the holidays of Yule, Imbolc, Ostara, Beltane, Litha, Lughnasadh, Mabon, and Samhain are:

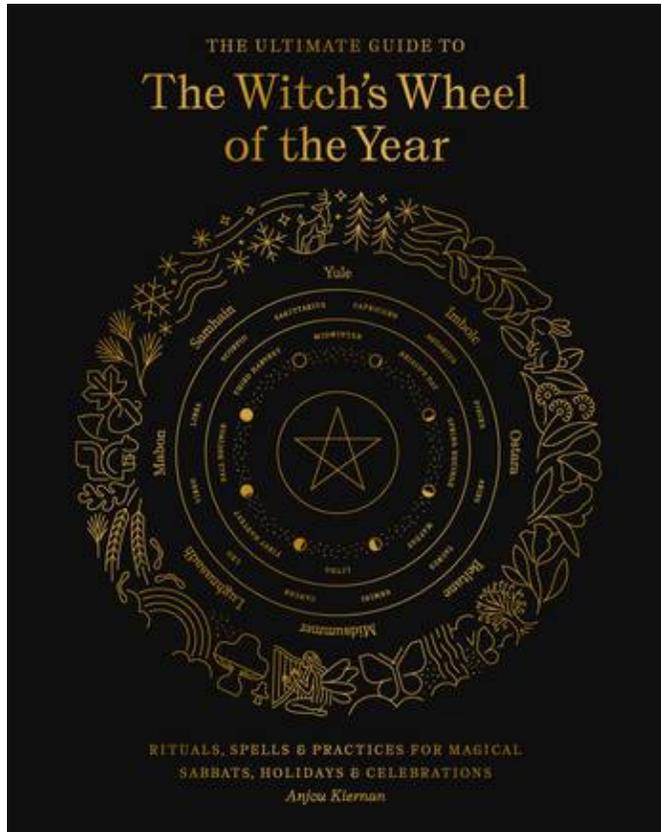
- Feast recipes
- Fertility spells
- Protection amulets
- Home wards
- Divination rituals
- Prosperity charms
- And more

From the bright blessings of the Yuletide solstice to the fertile flower magick of Beltane to the thinning of the veil on Samhain, each transition lends itself to a unique catalog of spells, altars, and practices that you can use all year long.

The Ultimate Guide to... series offers comprehensive beginner's guides to discovering a range of mind, body, spirit topics, including tarot, divination, crystal grids, numerology, aromatherapy, chakras, and more. Filled with beautiful illustrations and designed to give easy access to the information you're looking for, each of these references provides simple-to-follow expert guidance as you learn and master your practice.

### About the Author

Anjou Kiernan is the hedgewitch and herbal alchemist behind Light of Anjou, a witchery shop and virtual sacred space for magic and mysticism. She has been toiling in potions and occult writing since the age of 16 and has continued her journey in witchcraft on a magically-minded homestead in the rolling hills of mid-Maine. Anjou has been named as one of Refinery29's "Magical Women You Really Should Be Following on Instagram."Her writing and photography of unique altars and sacred spaces have attracted a broad audience and customer base on both Instagram (@lightofanjou) and her online witchery shop (lightofanjou.com).She is the author of The Ultimate Guide to Witchcraft and the Book of Altars and Sacred Spaces.



Price:	<b>AU \$35.00</b>	<b>NZ \$39.99</b>
ISBN:	<b>9781592339839</b>	
Format:	<b>Misc PB</b>	
Package Type:	<b>PAPERBACK</b>	
Dimensions:	<b>254h x 203w mm</b>	
Extent:	<b>208 pages</b>	
Bic1:	Witchcraft & Wicca	
Author now living:		

# Be Bold, Be You

## Anna Goldstein

Tap into your innate potential by taking practical steps to build your confidence with Be Bold, Be You!

### Description

Be Bold, Be You is an interactive journey to discover your own confidence. Learn how to transcend fear, trust your gut, and take practical steps to build your self-esteem. Once you break free from what's holding you back, clarify your vision, and step into your power, you will see measurable changes in all areas of your life.

Feeling stuck or that something is just not quite right? You know you are meant for more, so how do you access the clarity and confidence to take your life to the next level? You won't discover it by simply thinking positive thoughts or by squaring your shoulders and faking it. It requires a choice: less people-pleasing and perfectionism and more action, risk taking, and fast failure. If you're ready to take control of your life, Be Bold, Be You is here to help you gain a deeper understanding of the internal forces shaping your life's direction. With this knowledge, you can fully realize your potential to live in a body you love, have fulfilling relationships, a meaningful career, and more. Here are some of the things that self-assured people (and soon enough, you!) do:

- Applaud their imperfections
- Say no
- Trust their own judgment, and also listen to others' opinions
- Don't mirror others to find what makes them happy
- Open themselves to love
- Ask for help
- Strive to understand their emotions
- Release guilt
- Love watching their friends soar

Dispel the illusion that the reason you can't achieve something is a lack of adequate resources. All you need is within you now and this book will show you how to tap into this innate potential from the inside out. You got this!

Other titles in the series include: Progress Over Perfection; Find Your Flow; Be Happy; Seeking Slow; Finding Gratitude; Eff This! Meditation; The Joy of Forest Bathing; Find Your Mantra; It Had to be You; Men's Society; Genius Jokes; The Calm and Cozy Book of Sleep and Choose Happy.

### About the Author

Anna Goldstein is an NYU-Certified Life & Business Coach and Host of the Profit with Purpose Podcast. With her shoot-from-the-hip style and keen gift for zooming straight to the heart of any issue, Anna has made her name helping clients figure out what they truly want, and to go get it already! For the past decade, she has been coaching professionals including Broadway actors, executives, entrepreneurs, and many more. Anna has been featured in Oprah.com, The New York Observer, Time Out New York, SHAPE Magazine, and Marie Claire and has been a guest speaker on Sirius Radio

# BE BOLD

A GUIDE TO  
*UNBREAKABLE  
CONFIDENCE*

ANNA GOLDSTEIN

Price: **AU \$24.99**    **NZ \$27.99**  
 ISBN: **9781631067327**  
 Format: **Misc HB**  
 Package Type: **HARD BACK**  
 Dimensions: **200h x 140w mm**  
 Extent: **144 pages**  
 Bic1: **Assertiveness, motivation & self-esteem**  
 Author now living:

# The Complete Guide to Astrological Self Care

## Stephanie Gailing

Astrologer Stephanie Gailing offers a modern approach to the ancient healing art of astrology using foods, essential oils, flower essences, spa therapies, relaxation practices, and other healing tools as they relate to each astrological sign.

### Description

The keys to wellness are written in the stars. In *The Complete Guide to Astrological Self-Care*, astrologer Stephanie Gailing offers a modern approach to the ancient healing art of medical astrology. From impulsive Aries to balance-seeking Libra, methodical Virgo to sensitive Pisces, each astrological personality is distinct, with specific needs of body, mind, and spirit. Divided into twelve chapters, one for each astrological sign, *The Complete Guide to Astrological Self-Care* illustrates in words and images the natural remedies and wellness techniques customized for each sign. Every chapter begins with an overview of the general qualities of that particular sign as they relate to health and wellness, including the specific parts of the body associated with that sign. Gailing then presents five holistic health approaches, with a number of sign-specific suggestions for each approach, including:

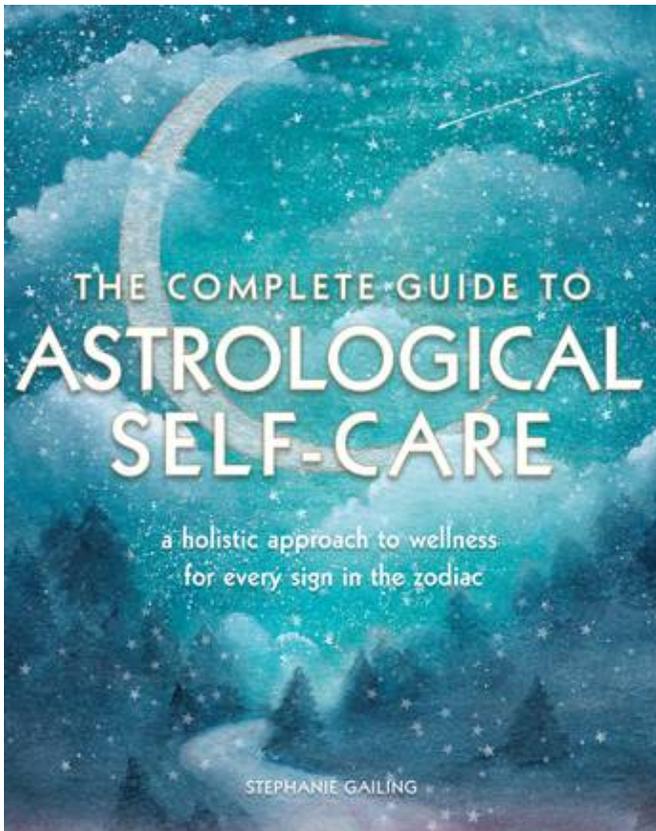
- Dietary approaches to wellness and specific health-supporting foods (for instance, a Taurus should grow their own herbs and use honey as their sweetener, while Capricorns should break out of their routine and try new foods, as long as they incorporate lots of calcium-rich greens into their diet)
- Spa therapies that are particularly advantageous (couples' massage is great therapy for Libras, while Aquarians resonate with Reiki)
- Recommended relaxation practices and yoga poses (Virgos should garden to unwind, while swimming is what the Piscean needs to find inner peace)
- Beneficial essential oils for use in aromatherapy (frankincense can inspire Leos, while clary sage nurtures Cancers)
- And finally, a listing of the best flower essences for each sign (impatiens is for Aries, and Sagittarians will take to agrimony)

Align your self-care routine with the stars with *The Complete Guide to Astrological Self-Care*.

Elegantly designed and beautifully illustrated, the Complete Illustrated Encyclopedia series offers comprehensive, display-worthy references on a range of intriguing topics, including dream interpretation, techniques for harnessing the power of dreams, flower meanings, and the stories behind signs and symbols.

### About the Author

Stephanie Gailing is a wellness consultant and modern mystic with more than 25 years of experience. Her unique approach weaves together compassion-based coaching, wellness strategies, dreamwork, and astrological insights to provide her clients with stellar life guidance. In addition to working directly with individuals, couples, and organizations throughout the world, Stephanie regularly teaches in-person and online classes, inspiring her audiences with insights and strategies to live a life of greater well-being. Stephanie's entire career has been dedicated to health and wellness



Price:	<b>AU \$24.99</b>	<b>NZ \$27.99</b>
ISBN:	<b>9781577152415</b>	
Format:	<b>Misc PB</b>	
Package Type:	<b>PAPERBACK</b>	
Dimensions:	<b>238h x 191w mm</b>	
Extent:	<b>176 pages</b>	
Bic1:	Astrology	
Author now living:		

# The Little Women Cookbook

## Louisa May Alcott and Wini Moranville

Now fans of the classic book (and current movie) Little Women can experience the foods that bring such pleasure to the March sisters and their family and friends.

### Description

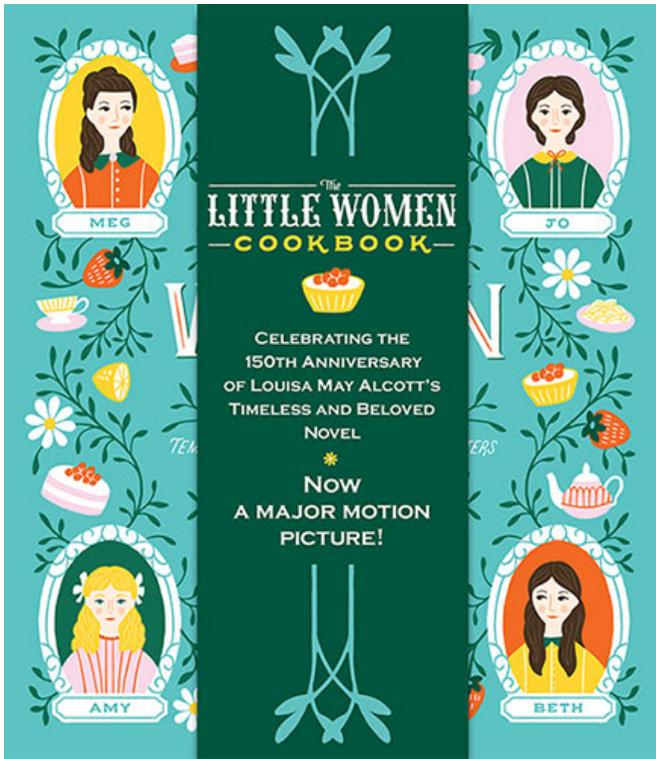
Experience the exciting and heartwarming world of the March sisters and Little Women right in your own kitchen. Here at last is the first cookbook to celebrate the scrumptious and comforting foods that play a prominent role in Louisa May Alcott's classic novel Little Women. If your family includes a Little Women fan, or if you yourself are one, with this book you can keep the magic and wonder of the beloved tale alive for years to come.

Do you wonder what makes the characters so excited to make-and eat!-sweets and desserts like the exotically named Blancmange or the mysterious Bonbons with Mottoes, along with favorites like Apple Turnovers, Plum Pudding, and Gingerbread Cake? Find out for yourself with over 50 easy-to-make recipes for these delectable treats and more, all updated for the modern kitchen. From Hannah's Pounded Potatoes to Amy's Picnic Lemonade, from the charming Chocolate Drop Cookies that Professor Bhaer always offers to Meg's twins to hearty dinners that Hannah and Marmee encourage the March sisters to learn to make, you'll find an abundance of delicious teatime drinks and snacks, plus breakfasts, brunches, lunches, suppers, and desserts. Featuring full-color photos, evocative illustrations, fun and uplifting quotes from the novel, and anecdotes about Louisa May Alcott, this is a book that any Little Women fan will love to have.

### About the Author

Wini Moranville grew up in Des Moines, Iowa, and attended the University of Iowa, graduating with a BA in French and English. She subsequently moved to New York City, where she worked for Societe Generale (a French bank), Elle magazine, and Oxford University Press. She has served as a writer and editor for numerous cookbooks She currently writes a monthly wine column for Relish magazine, a food magazine launched in February 2006, with a circulation of over 15 million, distributed through daily newspapers nationwide. Moranville is a member of the James Beard Foundation, and has served as a Restaurant Awards panelist since 2005.

Louisa May Alcott was an American novelist best known as author of the novel Little Women and its sequels Good Wives, Little Men, and Jos Boys. Raised in New England by her transcendentalist parents, Abigail May and Amos Bronson Alcott, she grew up among many of the well-known intellectuals of the day, such as Ralph Waldo Emerson, Nathaniel Hawthorne, and Henry David Thoreau. Nevertheless, her family suffered severe financial difficulties and Alcott worked to help support the family from an early age. She began to receive critical success for her writing in the 1860s.



Price: **AU \$29.99**    **NZ \$32.99**  
 ISBN: **9781558329911**  
 Format: **Misc HB**  
 Package Type: **HARD BACK**  
 Dimensions: **216h x 191w mm**  
 Extent: **112 pages**  
 Bic1: **Main courses**  
 Author now living:

# The Secret Garden Cookbook

## Frances Hodgson Burnett and Amy Cotler

Experience the magic and enchantment of The Secret Garden whenever you like, right at home in your kitchen.

### Description

Experience the magic and enchantment of The Secret Garden whenever you like, right at home in your kitchen. The Secret Garden Cookbook is the only cookbook that celebrates the delicious and comforting foods that play such an important role in the novel and its world.

Frances Hodgson Burnett's wonderful tale The Secret Garden celebrates its young heroine, Mary Lennox, as she brings an abandoned garden back to life. It also delights in good food, robust appetites, and the health and strength they can bring. It describes a world where water, light, and loving care bring soil and plants back to life-and also one in which fresh milk, homemade currant buns, and hearty, simple fare renew and bring pleasure to the novels complex and fascinating characters. Amy Cotler serves up in these pages 50 recipes, all updated for the modern kitchen, that are at once true to Mary's world and completely appealing for today's tastes. You will find a bounty of baked things, including English Crumpets, Cozy Currant Buns, Jam Roly Poly, Dough Cakes with Cinnamon and Sugar, and The Best Sticky Gingerbread Parkin. (A parkin is a cake rich in molasses, honey, and sugar that often is served on Guy Fawkes Day.)

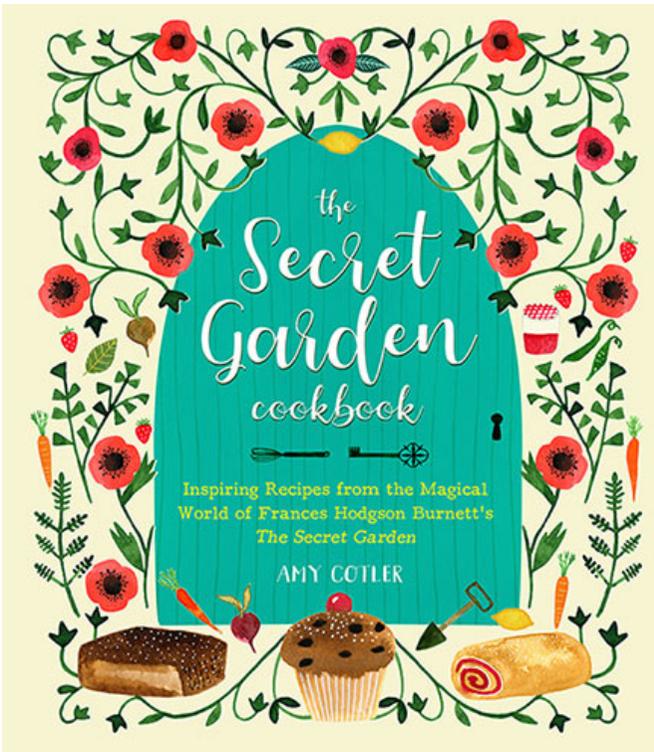
There is more-substantial and savory fare for teatime and dinnertime, too, and for breakfast and brunch, along with drinks and snacks for the daily whirl-all guaranteed to keep the magic of this beloved tale alive for years to come.

The Secret Garden Cookbook is an essential companion-and the pitch-perfect gift-for anyone, young or old, who loves the book.

### About the Author

Frances Eliza Hodgson Burnett was a British-born American novelist and playwright. She is best known for the children's novels Little Lord Fauntleroy, A Little Princess, and The Secret Garden.

Formerly a professional chef, caterer, and cooking-school teacher, Amy Cotler transitioned in the 1990s to a successful career as a food writer. She has taught at the Institute for Culinary Education in New York City and at The Culinary Institute of America. Her other books include The Locavore Way, Wrap it Up: Bold and Bright Sandwiches with a Twist, One Pot Vegetarian Dishes, and My Little House Cookbook. She was the lead recipe developer and writer for two revised editions of The Joy of Cooking.



Price: **AU \$24.99**    **NZ \$27.99**  
 ISBN: **9781558329935**  
 Format: **Misc HB**  
 Package Type: **HARD BACK**  
 Dimensions: **216h x 191w mm**  
 Extent: **112 pages**  
 Bic1: General cookery & recipes  
 Author now living:

# Beautiful Salads

**Pam Powell**

Beautiful Salads presents 140 recipes for healthy, organic, seasonal salads and dressings to make and enjoy year round.

### Description

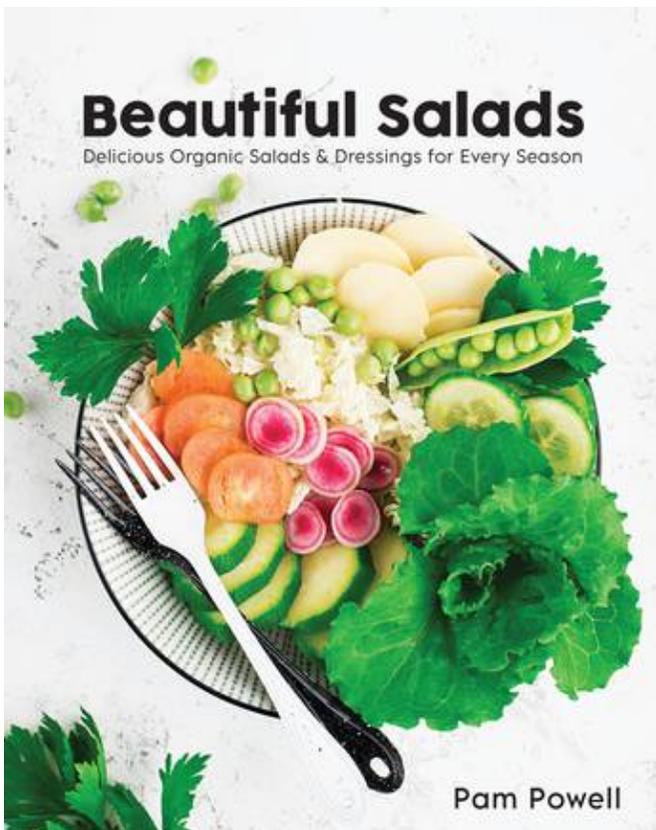
Pam Powell, owner of Salad Girl Organic Dressings ([www.saladgirl.com](http://www.saladgirl.com)), shares her best 140 seasonal salad and dressing recipes loaded with fresh organic greens, cheeses, nuts, and fruits. With more than 70 vibrant salad recipes and more than 70 dressings to go with them, Beautiful Salads is your guide to making and eating healthy, organic, seasonal salads all year long. After a chapter on salad basics, make and enjoy these and more seasonally organised salads:

- Grilled Spring Lamb Chop with Arugula Salad (Spring)
- Pea Sprout and Strawberry Salad (Spring)
- Nectarine and Nasturtium Salad (Summer)
- Grilled Wild Salmon and Red Raspberry Salad (Summer)
- Orchard Apple and Green Kale Chopped Salad (Autumn)
- Kale, Sausage, and Potato Salad (Autumn)
- Roots and Fruits Midwinter Salad (Winter)
- Dried Fig and Cara Cara Orange Salad (Winter)

Complete with a resource guide and 60+ gorgeous colour photos, Beautiful Salads is your guide to making healthy, delicious salads through every season of the year!

### About the Author

Pam Powell (Mahtomedi, MN) is the founder and creator of Salad Girl Organic Salad Dressing Company, which has a line of nine certified organic dressings that are shipped to over 400 Midwestern grocery stores and 100 Target stores on the East Coast. A native of Minnesota, Pam shares recipes for her organic salads regularly on her Salad Girl blog ([www.saladgirl.com](http://www.saladgirl.com)).

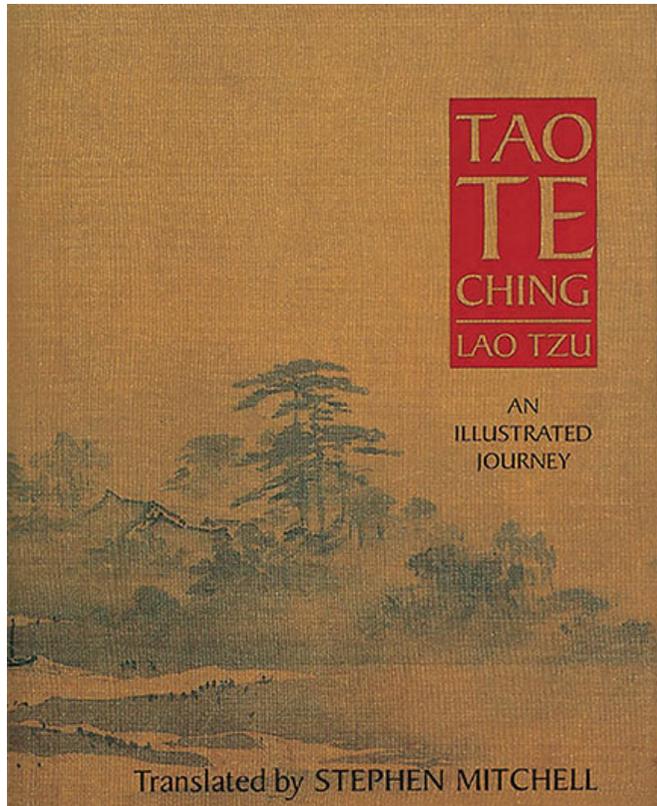


Price: **AU \$39.99**    **NZ \$45.00**  
 ISBN: **9780760369371**  
 Format: **Misc HB**  
 Package Type: **HARD BACK**  
 Dimensions: **254h x 203w mm**  
 Extent: **160 pages**  
 Bic1: **Salads**  
 Author now living:

**Tao Te Ching**  
**Lao zi; Stephen Little;**

Description

About the Author



Price: **AU \$29.99**    **NZ \$32.99**  
ISBN: **9780711212787**  
Format: **Misc HB**  
Package Type: **HARD BACK**  
Dimensions: **220h x 181w mm**  
Extent: **0 pages**  
Bic1: Taoism  
Author now living:

# Mindful Art of Wild Swimming

Tessa Wardley

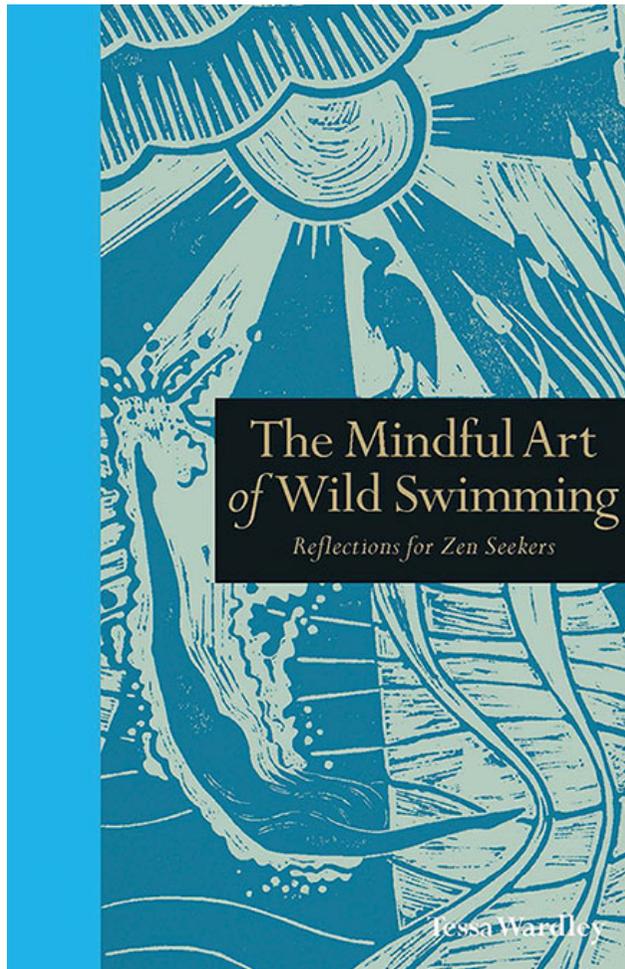
Reflections for Zen Seekers

### Description

The Mindful Art of Wild Swimming explores how swimming in rivers, lakes, and seas is the very epitome of conscious living. Zen-seeker Tessa Wardley reconnects the physical and spiritual cycles of life to the changing seasons and flow of wild waters worldwide and leads the reader on to a mindful journey through the natural world. With expert insight and personal anecdote, she shares a sparkling clarity on why our relationship with open water is so fundamental to pure wellbeing, and reveals how wild swimming can be the ultimate Zen meditation.

### About the Author

Tessa Wardley is a river-lover and mini-adventurer who has worked and played in waters worldwide from New Zealand to the Arctic Circle. She is a global environmental consultant and water manager for the UK's environment agency. Tessa is the author of *The River Book* (2012), *The Woodland Book* (2014), and *The Countryside Book* (2015), and practices mindfulness in her everyday life.



Price: **AU \$19.99**    **NZ \$22.99**  
 ISBN: **9781782404293**  
 Format: **Misc HB**  
 Package Type: **HARD BACK**  
 Dimensions: **200h x 130w mm**  
 Extent: **144 pages**  
 Bic1: Health & personal development  
 Author now living:

# Calm

## Dr Arlene Unger

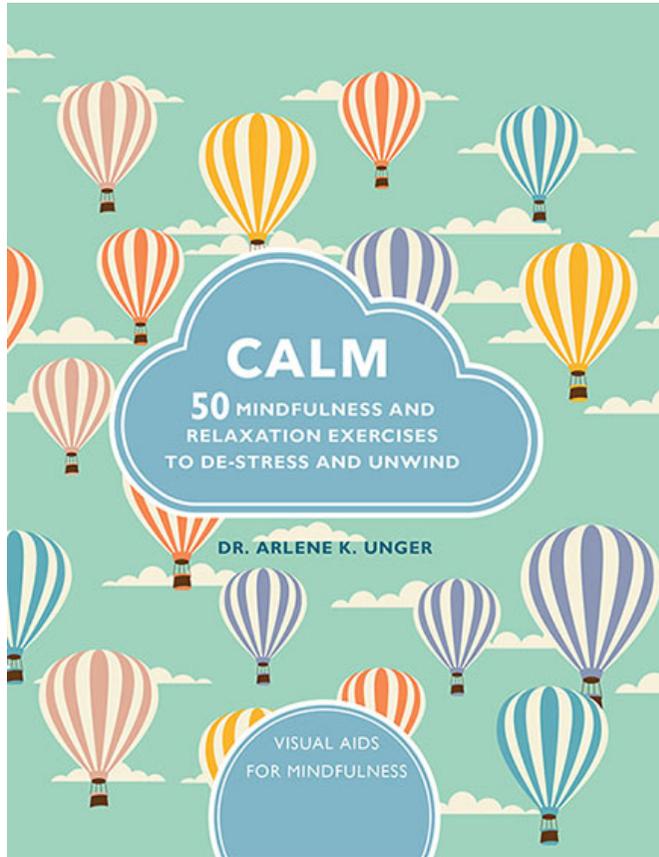
This book, featuring 50 easy-to-follow mindfulness, EBT and CBT exercises to combat stress, provides an antidote to the clamour and strain of everyday living.

### Description

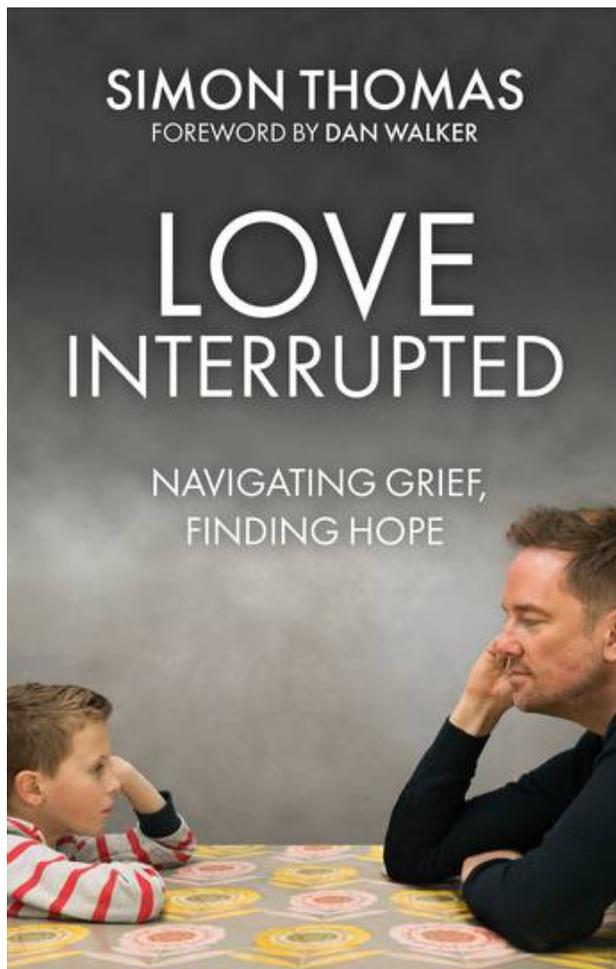
Everyone wants to feel calm and happy, but few of us manage it. The truth is that we are just not equipped for the twenty-first century it is too fast, too crowded, too 24/7. And the more stressed we become, the harder it is to find the quiet oases that are essential to our wellbeing. It doesn't have to be this way! Here is the antidote to the clamour and strain of everyday living, a means of breaking the vicious cycle of stress. It is a book of mindfulness exercises instant and effective ways to slow down and find some serenity wherever you are and whatever you are doing. This beautiful but practical title draws on a wide range of psychological techniques, including mindfulness, cognitive behavioural therapy and emotional brain training all of them proven to work. The perfect size to keep in a handbag or pocket, this book has been designed as a tool to keep close by, and to turn to at any point in a busy day. So, open it up and find some inner calm in a noisy world

### About the Author

DR. ARLENE UNGER is a California-based clinical psychologist and wellness coach, with thirty years of experience in the field. In her busy practice, The Empowerment Center, she emphasises the need to find life balance and to let go of the judgment and self-criticism that can hold us back. She blends clinical expertise with her intuition and imagination, treating people face-to-face but also specializing in online coaching and counseling.



Price: **AU \$18.99**    **NZ \$21.99**  
 ISBN: **9781845436391**  
 Format: **Misc HB**  
 Package Type: **HARD BACK**  
 Dimensions: **165h x 135w mm**  
 Extent: **160 pages**  
 Bic1: Self-help & personal development  
 Author now living: California, US



Price: **AU \$27.99**    **NZ \$32.99**  
 ISBN: **9781801290043**  
 Format: **Misc PB**  
 Package Type: **PAPERBACK**  
 Dimensions: **129h x 198w mm**  
 Extent: **256 pages**  
 Bic1: **Autobiography: sport**  
 Author now living:

## Love, Interrupted

**Simon Thomas, foreword by Dan Walker**

In this heartbreaking memoir, Simon is brutally honest about his journey through grief, and opens up about how close he came to ending his own life. But he knew that, for the sake of his eight-year-old son, he had to find a way to carry on. A story of love, loss, faith, and family.

### Description

'In this incredibly moving must-read, Simon shares his journey through immense grief and pain, and shows us how hope can spring from the darkest of times' Fearn Cotton

In November 2017, Simon Thomas's life was thrown into turmoil. His wife, Gemma, died suddenly from acute myeloid leukaemia. Left to care for their young son, Ethan, on his own, he resigned from Sky Sports, and put all his efforts into helping them both through the most difficult year of their lives. In 2019 he published the first edition of this book, in which - with searing honesty - he recounted that first year of loss and grief that he felt not only for himself, but also for his son Ethan.

But grief evolves; its rawness becomes less brutal and time offers space to reflect, to consider what has passed and to recognize that our experience with grief itself changes. In 2020 Simon launched a new podcast, Life, Interrupted, in which he interviews both celebrities and those not well-known, whose lives have been radically changed by a traumatic event. The podcast was the inspiration to revisit this book; and with the benefit of time, to reflect on what he has learned since Gemma's death.

This is not an A-Z on how to cope with grief: it is a father and son's journey down grief's bumpy road as they begin to find a reason to live again. Love, Interrupted shows that however much the darkness closes in, however bereft of hope life can sometimes feel, there is always light, love and life to be found.

### About the Author

Simon Thomas has been a highly successful TV broadcaster for nearly 20 years - starting as a Blue Peter presenter in 1999, followed by twelve years as an anchor for Sky Sports; eventually fronting their flagship Premier League football coverage. He is a lifelong Norwich City fan and now the proud President of the charity Bloodwise UK, a cause extremely close to his heart.

# The Federalist Papers

## Alexander Hamilton, John Jay and James Madison

In The Federalist Papers, an elegant collection of political essays, three United States Founding Fathers intelligently and forcefully advocate the ratification of what became this country's supreme law.

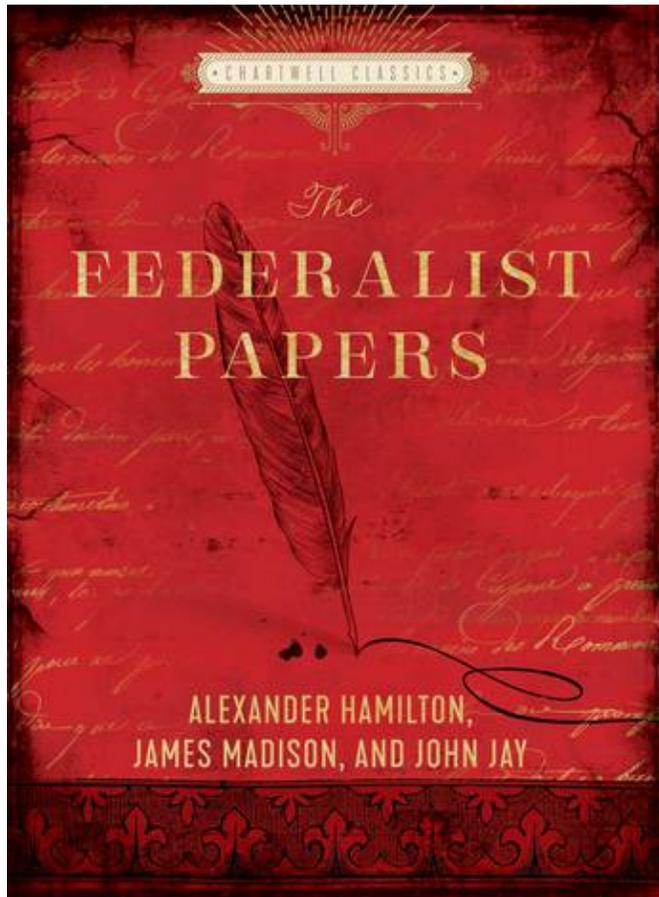
### Description

The Federalist Papers is a collection of political essays in which three United States Founding Fathers intelligently and forcefully advocate the ratification of what became this country's supreme law. Written by the iconic American statesman, Alexander Hamilton, the original US chief justice, John Jay, and "Father of the Constitution" James Madison, this compilation of eighty-five articles explains and defends the ideals behind the highest form of law in the United States. These essays were published anonymously in New York newspapers in 1787 and 1788, and they foresaw many of the headline-grabbing issues surrounding impeachment, corruption, bureaucracy, and regulation that we read about today. Hailed by Thomas Jefferson as the best commentary ever written on the principles of government, The Federalist Papers are now available in this elegantly designed, unabridged hardcover edition with jacket that includes an introduction by American history scholar and author Andrew S. Tree and a historical timeline at the back. Revolutionary classics of political philosophy, these articles are essential reading for students, lawyers, politicians, and anyone with an interest in the formation of societies.

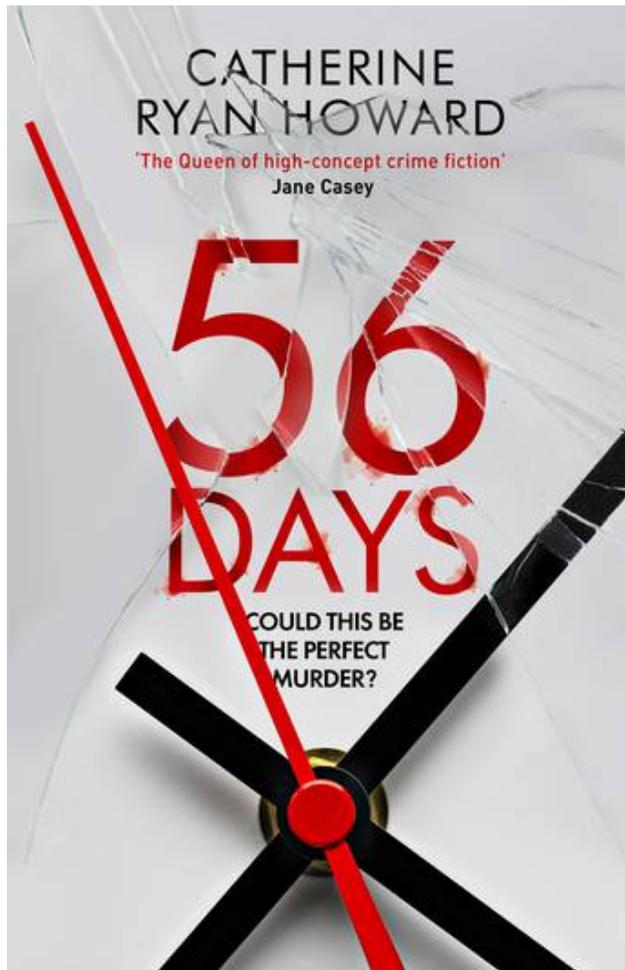
Essential volumes for the shelves of every classic literature lover, the Chartwell Classics series includes beautifully presented works and collections from some of the most important authors in literary history. Chartwell Classics are the editions of choice for the most discerning literature buffs. Other titles in the Chartwell Classics Series include: Complete Fiction of H.P. Lovecraft; Complete Grimm's Fairy Tales; Complete Novels of Jane Austen; Complete Sherlock Holme; Complete Tales & Poems of Edgar Allen Poe; Complete Works of William Shakespeare; Divine Comedy; Alices Adventures in Wonderland and Other Tales;The Essential Tales of H.P. Lovecraft; The Inferno; The Call of the Wild and White Fang; Moby Dick; The Odyssey; Pride and Prejudice; The Essential Grimm's Fairy Tales; Emma; The Great Gatsby; The Secret Garden; Anne of Green Gables; The Essential Tales and Poems of Edgar Allan Poe; The Phantom of the Opera; The Communist Manifesto and Das Kapital; Republic; Frankenstein; Twenty Thousand Leagues Under the Sea; The Picture of Dorian Gray; Meditations; Wuthering Heights; Alice's Adventures in Wonderland and Through the Looking-Glass; A Tales of Two Cities; Beowulf; The Strange Case of Dr. Jekyll and Mr. Hyde and Other Stories; Adventures of Huckleberry Finn; Little Women

### About the Author

Alexander Hamilton (1757-1804), now immortalized in the eponymous Broadway musical, was an American Founding Father and an influential interpreter and promoter of the US Constitution. As the original US Treasury Secretary, he was the main author of George Washington's economic policies, founding the nation's financial system. Mobilizing a nationwide network of friends of the government, especially bankers and businessmen, he went on to establish the Federalist Party, the US Coast Guard, and The New York Post. Hamilton was active in ending the international slave trade and died after a duel with the US Vice President Aaron Burr. John Jay (1745-1829) was the first Chief Justice of the United States. During and after the American Revolution, he was the US ambassador to Spain, a negotiator of the Treaty



Price: **AU \$19.99**      **NZ \$22.99**  
 ISBN: **9780785839798**  
 Format: **Misc HB**  
 Package Type: **HARD BACK**  
 Dimensions: **191h x 146w mm**  
 Extent: **500 pages**  
 Bic1: **Constitution: government & the state**  
 Author now living:

**56 Days****Catherine Ryan Howard**

A brilliantly claustrophobic and twisty thriller from the critically acclaimed author of *The Nothing Man*.

**Description**

No one even knew they were together. Now one of them is dead.

**56 DAYS AGO**

Ciara and Oliver meet in a supermarket queue in Dublin and start dating the same week COVID-19 reaches Irish shores.

**35 DAYS AGO**

When lockdown threatens to keep them apart, Oliver suggests they move in together. Ciara sees a unique opportunity for a relationship to flourish without the scrutiny of family and friends. Oliver sees a chance to hide who - and what - he really is.

**TODAY**

Detectives arrive at Oliver's apartment to discover a decomposing body inside.

Can they determine what really happened, or has lockdown created an opportunity for someone to commit the perfect crime?

'Compulsive, intriguing and fantastically entertaining' - Liz Nugent

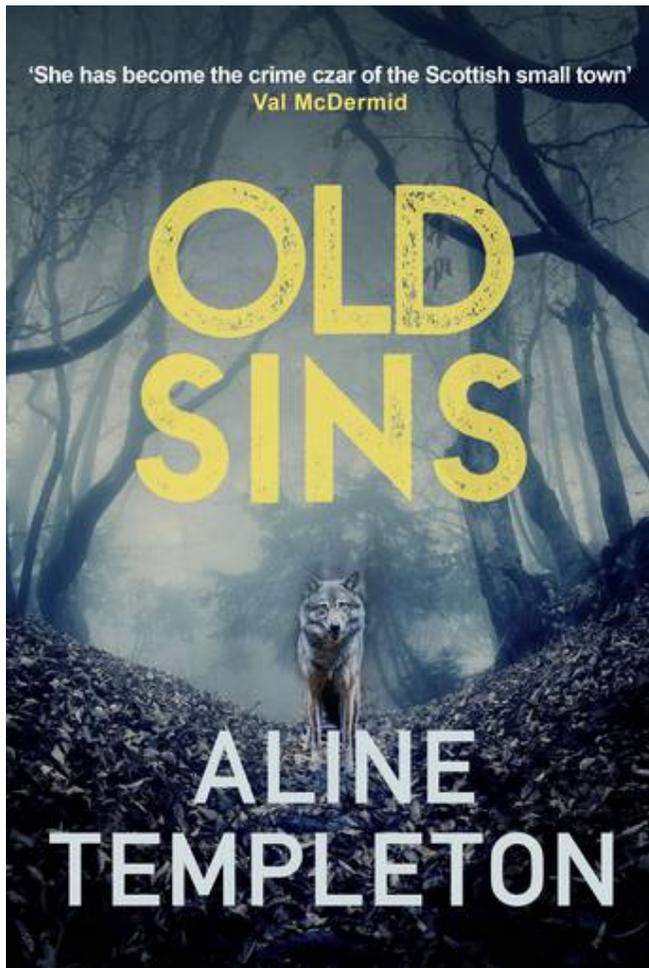
**About the Author**

Catherine Ryan Howard is the bestselling author of *The Nothing Man*, which shot straight to the top of the Irish bestseller charts on publication and was a Kindle No. 1 bestseller in the UK. Her work has been shortlisted for the CWA/John Creasey New Blood Dagger, the Mystery Writers of America Edgar Award for Best Novel, and for the Irish Crime Novel of the Year several times. Her third novel, *Rewind*, is currently being developed for television. She lives in Dublin.

Price: **AU \$39.99** **NZ \$45.00**  
 ISBN: **9781838951627**  
 Format: **C-Format HB**  
 Package Type: **HARD BACK**  
 Dimensions: **234h x 153w mm**  
 Extent: **432 pages**  
 Bic1: **Classic crime**  
 Author now living:

# Old Sins

## Aline Templeton



On cold, clear, moonlit night in late October, DCI Kelso Strang stepped outside the bothy on Suilven and heard, faint but unmistakable, the howl of a wolf. An unsettling sound - but it isn't the only unsettling thing about the remote township of Inverbeg in Sutherland, where he's taking a break with an old army friend.

### Description

On a clear, moonlit night, DCI Kelso Strang hears, faint but unmistakable, the howl of a wolf. An unsettling sound, but not the only unsettling thing about the remote township of Inverbeg, where he is taking a break with an old army friend.

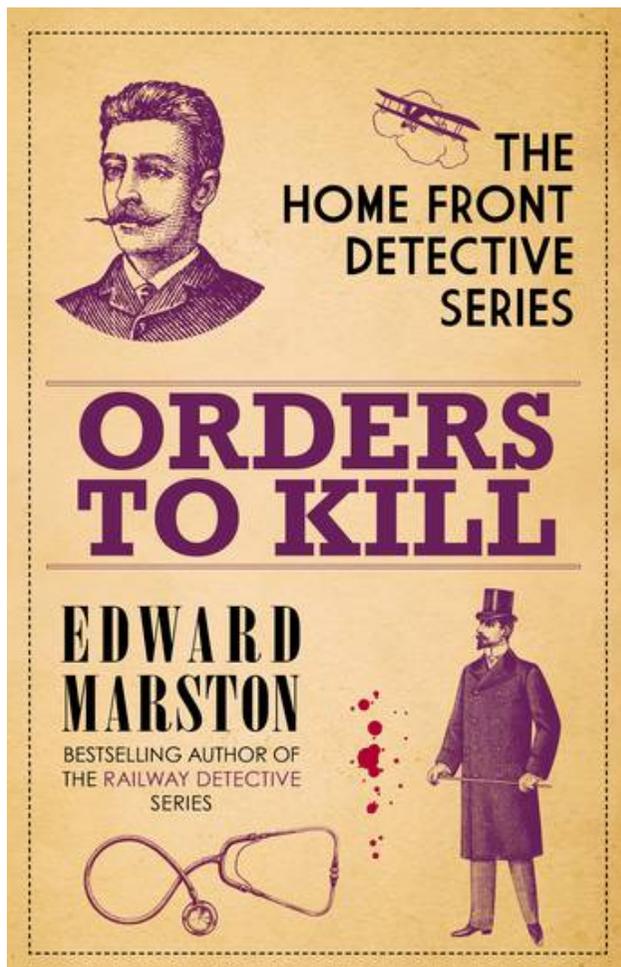
Sean Reynolds is obsessive about rewilding his Auchinglass estate and there are rumours that he has taken illicit steps to hurry that on, much to the anger of the local farmers. There are other tensions too. An elderly lady died some months before, officially in a tragic stumble off a cliff path, but she was burdened with many secrets and her closest friend believes her death was not an accident, but murder.

When horror strikes in Inverbeg, DCI Strang fears further retribution is at work. As he gets closer to uncovering the ugly truth, he finds himself in more danger than ever before.

### About the Author

Aline Templeton lives in Edinburgh with her husband and their Dalmatian dog. She has been Chair of the Society of Authors in Scotland and has been made the first Crime Writer's Association's Bookseller's Champion.

Price: **AU \$39.99** **NZ \$45.00**  
 ISBN: **9780749027186**  
 Format: **Demy**  
 Package Type: **HARD BACK**  
 Dimensions: **216h x 134w mm**  
 Extent: **pages**  
 Bic1: **Crime & mystery**  
 Author now living:



## Orders to Kill Edward Marston

December, 1917. Ada Hobbs has cleaned for Dr Tindall for many years, and on this frosty morning she arrives at 9am to begin the day there, while he is at work. But it turns out the house is not empty after all. The blood-covered George Tindall is sprawled across the floor.

### Description

December, 1917. Ada Hobbs has cleaned for Dr Tindall for many years, and on this frosty morning she arrives at 9am to begin the day there, while he is at work. Since she knows that the place is empty, she lets herself in and goes to the kitchen to collect the various things that she needs. But it turns out the house is not empty after all. The blood-covered George Tindall is sprawled across the floor.

As soon as Harvey Marmion and Joe Keedy arrive at Scotland Yard, they are sent off to investigate the murder. The scene is horrific, and even a seasoned detective like Marmion turns away in disgust. Someone enjoyed killing Tindall, without a doubt. Their investigation takes them out of London, and on the trail of three different women as it emerges that Dr Tindall was not the respectable local GP after all, but a bigamist whose third wife had some very interesting connections in the crime fraternity .

### About the Author

Edward Marston has written over a hundred books. He is best known for his hugely successful Railway Detective series. His other series include the Home Front Detective, set in the Great War, and the Bow Street Rivals, featuring identical twin detectives during the Regency.

Price: **AU \$39.99**    **NZ \$45.00**  
 ISBN: **9780749026998**  
 Format: **Demy**  
 Package Type: **HARD BACK**  
 Dimensions: **216h x 135w mm**  
 Extent: **320 pages**  
 Bic1: Historical mysteries  
 Author now living:

**The Pimlico Murder**  
**Mike Hollow**

Armistice Day 1940. A young man, Terry Watson, has been found in a back-yard Anderson shelter, battered about the head, and with two white poppies in his pocket and it will take all Jago and his assistant DC Craddock skills to uncover the truth behind the pacifist's brutal death.

**Description**

Armistice Day 1940. The Blitz Detective John Jago finds himself despatched to Pimlico to investigate a suspicious death. A young man, Terry Watson, has been found in an Anderson shelter, battered about the head and with two white poppies in his pocket.

As the investigation delves into Watson's background, Jago and his assistant DC Craddock find themselves knee-deep in Pimlico's shady underworld, and connections with Mosley's fascist party. It will take all their skills to uncover the truth behind the young pacifist's brutal death.

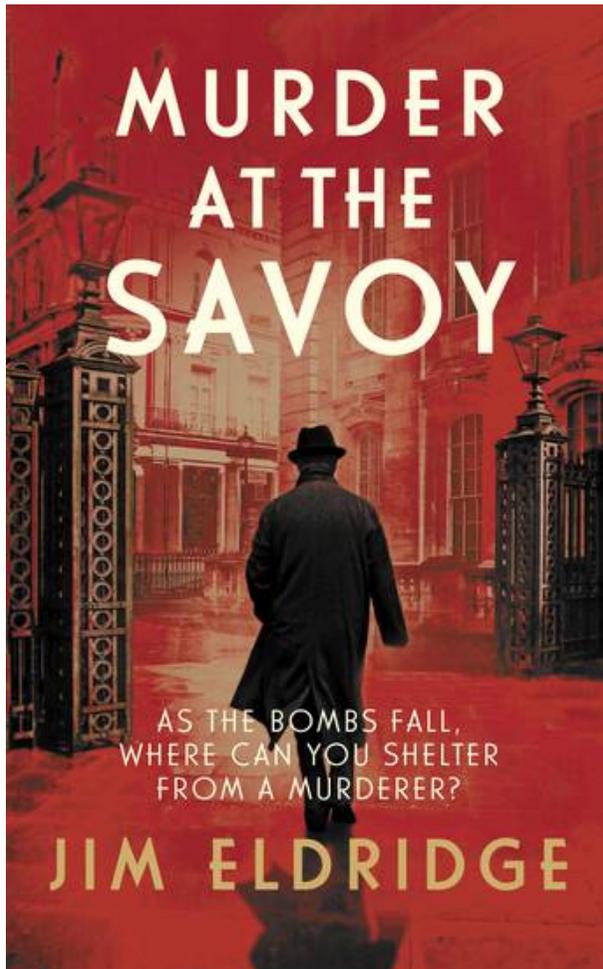
**About the Author**

Mike Hollow was born in West Ham and grew up in Romford, Essex. He studied Russian and French at the University of Cambridge and then worked for the BBC. In 2002 he went freelance as a copywriter, journalist and editor. Mike also works as a poet and translator.

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# Murder at the Savoy

## Jim Eldridge



September 1940: the height of the Blitz. When The Savoy advertises its very safe series underground shelters it is discovered after one night of raids that one of the hotel's guests is dead, stabbed through the heart...

### Description

September 1940: the height of the Blitz. When The Savoy advertises its very safe underground shelters, a crowd of people from Stepney in East London arrive at the hotel and demand entry. There they find a shelter worthy of The Savoy's clientele: a dormitory with curtained and separate sleeping quarters for single men, single women and couples, with matching bedlinen; a curtained recess housing the sleeping Duke and Duchess of Kent; sandbags painted in the colours of the Union Jack; a dance floor and a well-stocked bar. But the next morning, after the raid and when the Stepney protestors have left, it is discovered that one of the hotel's guests is dead, stabbed through the heart.

Detective Chief Inspector Coburg and Sergeant Lampson are called in, and the finger of suspicion falls firmly upon the East Londoners, but not everything is as it seems in these sumptuous surroundings...

### About the Author

Jim Eldridge has had over one hundred books published, which have sold over three million copies. He is also a radio, TV and movie scriptwriter who has had 250 TV scripts broadcast in the UK and internationally. He lives in Sevenoaks, Kent.

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