Tune into the wisdom of your mind, body and soul in this complete wellness toolkit for modern life from Isabelle Cornish; actor, yoga teacher, personal trainer and health coach.

Transform your life by tuning into the wisdom of your mind, body and soul in this hands-on guide to living well, from wellness warrior and actor Isabelle Cornish. Did you know that true power comes from within, harnessing strength from vulnerability?

Informed by her personal journey with health and wellness, and drawing on her experiences as an actor, yoga teacher, personal trainer and health coach, Isabelle is on a mission to help inspire others to step into their power. After recovering from an eating disorder herself, she knows firsthand what it’s like to feel a disconnect between popular portrayals of health and true reality.

*The Why* offers a toolkit for real life, teaching you how to listen to your heart, be more conscious and pick yourself up every time you fall down.

Isabelle Cornish is a qualified eating psychology coach, yoga teacher and personal trainer. She is also an actress who has appeared on screens across the world in productions from the award-winning *Puberty Blues* to Marvel’s *Inhumans*. Isabelle now lives on a macadamia farm in the Byron Bay hinterlands.
An exquisitely photographed exploration of what it is to find purpose, joy and connection in the simple things.

It is natural to fear uncertainty. But what if you embraced it, listened to your intuition and made the tiny or big decisions to slow life right down? What if you had more space in your life for connection to nature and those around you? What if you stepped off the treadmill and forged a new path?

In Practising Simplicity, author and photographer Jodi Wilson shines a light on all the best things in life that don’t cost money and how you can incorporate them into your lifestyle, whatever your circumstances. For her, the simplicity of living in a tiny home on wheels was at first terrifying but ultimately the essential answer to anxiety and overwhelm.

A beautiful, unflinching encouragement to let go of the unnecessary, Practising Simplicity inspires us to celebrate the simple yet extraordinary joys that make life meaningful.

Jodi Wilson is a mother of four, yoga teacher, writer and photographer whose blog and Instagram account (@practisingsimplicity) celebrate the simple magic of everyday life. She lives in Tasmania.
How to take charge of your endometriosis and PCOS
ERIN BARNETT

The real life guide to endometriosis and PCOS (from someone who’s living it) from international reality TV star and women’s health advocate Erin Barnett.

In this raw and powerful, professionally endorsed insiders’ guide, international reality TV star, YouTuber, Instagram influencer and women’s health advocate Erin Barnett shares her experience and first-hand knowledge to demystify endometriosis and PCOS and empower others to take charge of their own health and wellbeing.

Through her YouTube channel and Instagram, Erin connects with other sufferers around the globe every day. Recently named an Ambassador for Endometriosis Australia, she is part of a growing movement giving voice to this previously taboo topic through sharing her experience and her advocacy for others dealing with an illness affecting a vast and growing group of people.

Erin Barnett burst onto television screens during 7’s Beauty and the Geek, before becoming runner-up on 9’s Love Island and ultimately escaping to the South African Jungle in 10’s I’m A Celebrity, Get Me Out Of Here! But behind her reality TV lifestyle lies a life full of doctor’s appointments, pain medications, false diagnoses, operations, and the mental, financial, and social challenges which all stem from her experience with endometriosis.
**POSITIVITY**
Confidence, Resilience, Motivation
PAUL MCKENNA

*Positivity* is the new book with audio content from the world leading hypnotist and NLP expert, Paul McKenna. Drawing on 30 years’ work as a therapist—as well as his experience of the past 18 months when mental health issues and interest in wellbeing techniques such as meditation have been at an all-time high—it offers a new and unique approach to discovering an all-round feeling of positivity. With easy-to-use exercises and visualisation techniques, this practical psychology system will increase your optimism, confidence, resilience and motivation.

**NO FAMILY IS PERFECT**
How to live with that (and them)
LUCY BLAKE

Family researcher Lucy Blake looks at how our expectations about family affect and even hinder our interactions with parents, siblings, relatives and children. Drawing on interviews with hundreds of family members, she explores unrealistic ideas, exposes the truth of what a family really is and explains how we can better appreciate the one we have. *No Family Is Perfect* is a fascinating examination of the messy and beautiful reality of family life, and how we can change our beliefs for the better ... and maybe even enjoy Christmas.

**LITTLE BOOK OF BALENCIAGA**
The story of the iconic fashion house
EMMANUELLE DIRIX

The godfather of conceptual design, a master of shape, a true fashion game changer—all are accolades bestowed upon one of the most interesting, venerated and iconic couturiers of the twentieth century: Cristobal Balenciaga. Through stunning images and captivating text, fashion historian Emmanuelle Dirix examines his legacy both through tracing the Maison’s artistic direction after his death, and the generations of designers influenced by the master himself.
THE FAMILY CAMP COOKBOOK
Easy, fun, and delicious meals to enjoy outdoors
EMILY VIKRE

From quick snacks to meals you can savour, The Family Camp Cookbook helps families plan, pack and cook great food in the great outdoors—whether that's in the bush or your own backyard! Learn how to build a fire easily or master any grill. With planning lists and prep steps for the recipes, you'll quickly go from unpacking to firing up your first meal with a variety of updated camp classics and dishes you'd never have thought to cook at camp. Make your next adventure a delicious one!

GODDESS MAGIC
A handbook of spells, charms, and potions divine in origin
AURORA KANE

Tune into the divine power of Goddess Magic, featuring a directory of deities alongside 50 spells, altars and exaltations to honour the wide pantheon of goddesses and their magical properties. This comprehensive spell book helps you channel divine power to amplify your highest vibes and attract fulfillment, success, friendship, growth, love and fortune, while also helping you find your patron deity of choice.

BIG BOARDS FOR FAMILIES
Healthy, wholesome charcuterie boards and food spread recipes that bring everyone around the table
SANDY COUGHLIN

Big Boards for Families features over 50 wholesome recipes for charcuterie boards to entertain friends and family with minimum effort and maximum impact—allowing you to focus on spending time together, rather than being stuck in the kitchen. With a variety of ingredients and options to satisfy even those picky eaters, you'll discover a new way of bringing those dearest to you around the table.