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New Books JUNE 2022



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CHELSEA  
POTTENGER

founder,  
EQ  
MINDS

*The Mindful*  
**HIGH  
PERFORMER**

SIMPLE YET POWERFUL  
SHIFTS TO **RECHARGE**  
**YOUR MENTAL HEALTH**  
AND **PERFORM AT YOUR**  
**BEST** IN WORK AND LIFE

MURDOCH BOOKS • 9781922351944  
\$32.99 • PB • • SELF-HELP

## THE MINDFUL HIGH PERFORMER

Simple yet powerful shifts to recharge your mental health  
and perform at your best in work and life  
CHELSEA POTTENGER

**Future-proof your mindset and sharpen your performance  
with science-based tools from one of Australia's top  
corporate wellness providers.**

Who has time for self-care? Chelsea Pottenger didn't. In May 2015, the successful entrepreneur had just given birth when she found herself battling postnatal depression so severe, she landed in a psychiatric hospital. Determined to overhaul her wellbeing, Chelsea dived headfirst into the study of mindfulness and meditation. She radically shifted her priorities, learning to put her mental health first.

In *The Mindful High Performer*, Chelsea expertly guides you through simple, science-based tools to achieve optimal mental health so you can operate at a high performance level without feeling overwhelmed, overworked or simply over it. You'll learn to reduce stress and burnout, reframe negative thinking, tap into positive energy, recharge your physical health and bolster your resilience. Join the thousands of others who've implemented this practical approach to reset your wellbeing and maximise your potential at work and in life.

**Founder and Director of EQ MINDS, Chelsea Pottenger is one of Australia's most popular corporate wellness presenters. She is an accredited mindfulness and meditation coach and Mental Health Ambassador for R U OK? and the Gidget Foundation Australia.**

# ARIELLA NYSSA'S SELF-LOVE BIBLE

Understand, love and celebrate the most important  
person in your life: you  
ARIELLA NYSSA

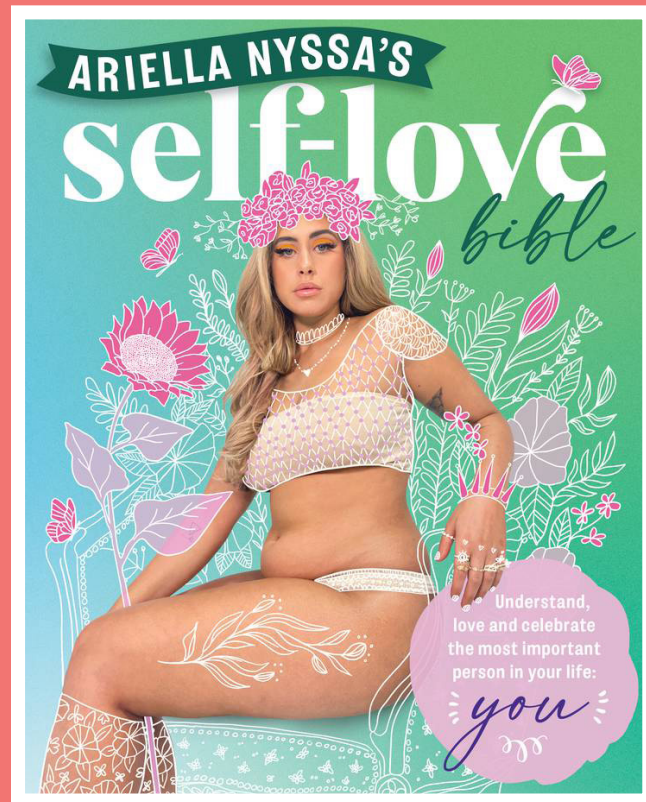
**An inspirational, interactive guide to self-acceptance  
and self-care from international body confidence  
advocate Ariella Nyssa.**

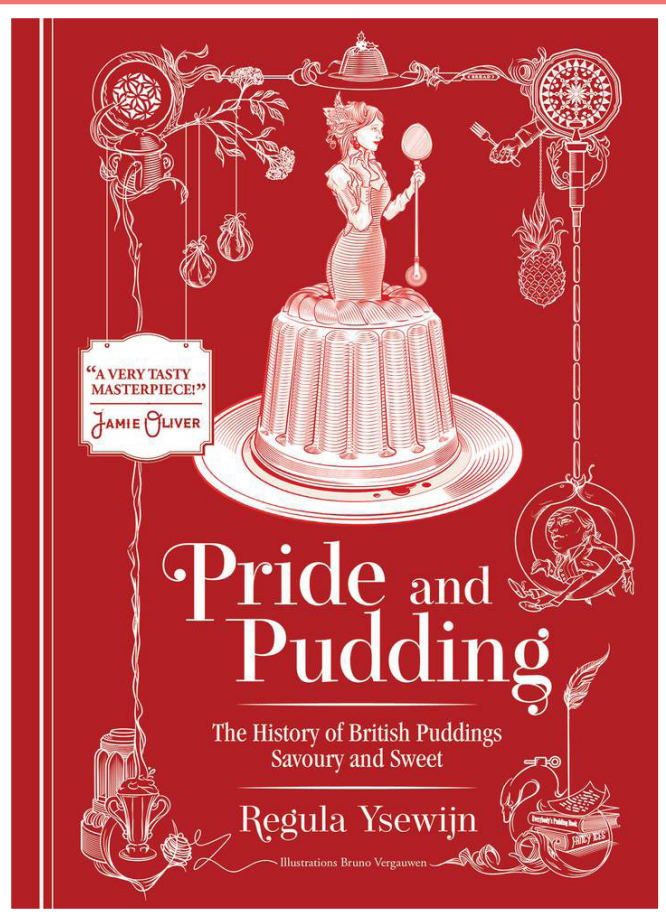
Are you ready to celebrate yourself—every part of you?

Ariella Nyssa has inspired hundreds of thousands of people with her personal story and message of body confidence. In this interactive guide, she shares her experiences and advice as she invites you to embark on your own journey of self-acceptance and positive change.

Learn to trust yourself, uncover what really matters to you and celebrate your uniqueness because being 100 per cent yourself is the only way to unlock the potential of who you are truly meant to be.

**Ariella Nyssa inspires more than half a million followers with her message of body confidence and self-love on Instagram and through *The Self Love Bible* app.**





## PRIDE AND PUDDING

The history of British puddings, savoury and sweet  
REGULA YSEWIJN

**The life and times of the Great British Pudding, both savoury and sweet—with 80 recipes re-created for the 21st century home cook.**

Let Regula Ysewijn take you to the heart of what it means to be British in this beautiful tome: part-recipe book, part-culinary history of the British pudding.

Captivated by British culinary history—from its ancient savoury dishes such as the Scottish haggis to traditional sweet and savoury pies, pastries, jellies and ices, flummeries, junkets and jam roly-poly—Regula tells the story of British food, paying homage to the great British pudding, which is versatile and wonderful in all its guises.

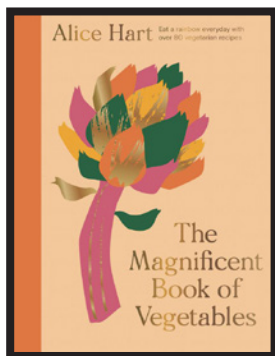
Delving through historical texts dating back as far as the fourteenth century, Regula's refreshingly original book documents the history of the British pudding, rediscovering long-forgotten flavours and food fashions along the way.

With stunning photography, illustrations and fascinating facts, *Pride and Pudding* recreates more than 80 recipes for the twenty-first century palate. It is a must-have cookbook for anybody who delights in British food and its culinary history.

**Regula Ysewijn is a Belgian culinary historian and author of *Oats in the North*, *Wheat from the South*. She is a judge on the Flemish version of *The Great British Bake Off*.**

MURDOCH BOOKS • 9781922616210  
\$55.00 • HB • e • CUISINE





ORANGE HIPPO • 9781914317217  
\$59.99 • HB • 🍷 • COOKERY

## THE MAGNIFICENT BOOK OF VEGETABLES ALICE HART

The hunger for wholesome and truly delicious vegetarian recipes is increasing, especially now we all know that eating more veg is good for our health—and the planet. In *The Magnificent Book of Vegetables*, trained nutritionist, chef and food writer Alice Hart shares over 80 tantalising recipes that not only taste great, but will leave you feeling amazing. Featuring do-ahead elements to make your meal preparation easier and fad-free advice, this book will prove that, with the right recipe, even a humble cabbage or beetroot can be exciting and delicious.

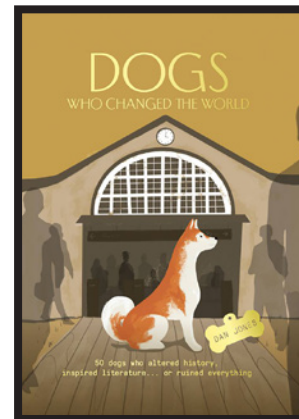


ORANGE HIPPO • 9781914317231  
\$24.99 • HB • 🍷 • PLANTS

## THE UNKILLABLES

40 resilient house plants for new plant parents  
JO LAMBELL

Houseplants not only make your space look stylish, they are good for both your physical and mental health. That is until you kill one (or three). In *The Unkillables*, Jo Lambell shares her houseplant knowledge so you can have an abundant indoor garden with plants that are best for you and your home. Featuring a first-aid section that covers common plant ailments, as well as information on potting, watering, fertilising and more, this is the perfect book for anyone who owns a houseplant and wants it to thrive.

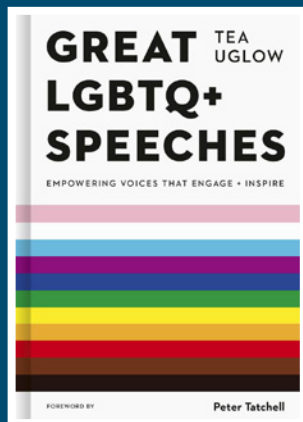


WELBECK • 9781914317316  
\$24.99 • HB • 🍷 • GIFT BOOK

## DOGS WHO CHANGED THE WORLD DAN JONES

Fifty awe-inspiring stories of dogs that have altered history, inspired art and literature, reunited lost lovers, saved lives, or just ruined everything. These inspiring, humorous, heart-breaking, or just plain weird stories reveal why dogs have earned their place as our greatest companions, and how our fascination with them is age-old. *Dogs Who Changed the World* is a beautifully illustrated book that celebrates the unique relationship we have with our canine best friends, from contemporary times to all throughout history.

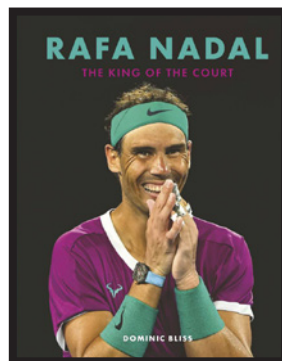





WHITE LION PUBLISHING • 9780711275003  
\$29.99 • HB •  • SPEECHES

## GREAT LGBTQ+ SPEECHES TEA UGLOW

Discover the inspiring voices that have changed our world and started a new conversation. *Great LGBTQ+ Speeches* is a pioneering collection of over 40 empowering and influential speeches celebrating the LGBTQ+ community through extracts and commissioned illustrations, spanning throughout history up to the modern day. Including icons, allies and lesser-known heroes like Audre Lorde, Elton John, Barack Obama and Munroe Bergdorf, and with a foreword by Peter Tatchell, this collection from award-winning activist Tea Uglow shows we are stronger when we stand together.




IVY PRESS • 9780711276130  
\$39.99 • HB •  • SPORT

## RAFA NADAL The King of Clay DOMINIC BLISS

This fully illustrated biography is the complete guide to one of the greatest tennis players of the 21st century, winner of 20 grand slam men's singles titles, the King of the Clay, Spain's raging bull, Rafael Nadal. Accompanied by a large gallery of images of Rafa both on and off the court, veteran tennis journalist Dominic Bliss investigates what has motivated Rafa to success, and who he is underneath his modest persona. Alongside these insights, *Rafa Nadal* contains graphics which analyse his playing style, breaking down why he is one of tennis's all-time greats.



CHARTWELL • 9780785840671  
\$35.00 • PB •  • DRAWING

## 1,000 IDEAS BY 100 MANGA ARTISTS CRISTIAN CAMPOS

Brimming with visual inspiration and sage advice, this stunning book introduces 100 manga 'philosophers'—artists, cartoonists and illustrators who have been influenced by manga—who share their work, their influences, and practical tips in words and images. Whether you are a beginning manga artist looking for guidance, an established illustrator looking for new inspiration, or a manga fan who wants to learn about the craft and its artists, *1,000 Ideas by 100 Manga Artists* offers a rich resource.



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