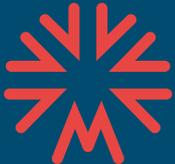




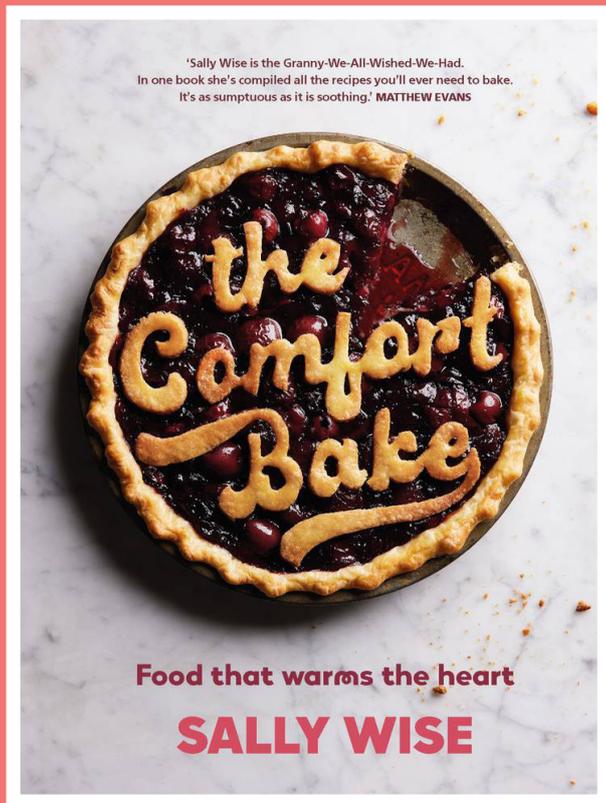
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MURDOCH BOOKS • 9781922351937  
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## THE COMFORT BAKE

Food that warms the heart

SALLY WISE

**Timely recipes for food that gives you a hug from the inside out, by a living legend of Australian country cooking.**

Life can be stressful and tough and sometimes just a bit ... *meh*. Baking is the perfect antidote to busy times, providing a double dose of solace: the contemplative act of baking itself, and the great big buttery prize at the end, which tastes even better when shared or given away entirely.

You don't need fancy equipment or specialist skills. In this foolproof recipe collection, icon of good old-fashioned country cooking Sally Wise serves up recipes that are big on comfort and low on fuss. Savoury classics (including pies, quiches, breads and focaccia—and the creamiest potato bake ever) sit proudly alongside a glorious line-up of sweet treats, including Coffee Hazelnut Cake with Espresso Drizzle and a supremely simple Whisky & Orange Chocolate Self-Saucing Pudding.

*The Comfort Bake* is all the invitation you need to nourish yourself and your loved ones with food that warms the heart.

**Sally Wise OAM is a living legend of home cooking. She is known for her bestselling cookbooks and decades-long regular spot on ABC Radio.**

## SAKA SAKA

Adventures in African cooking, south of the Sahara  
ANTO COCAGNE AND ALINE PRINCET

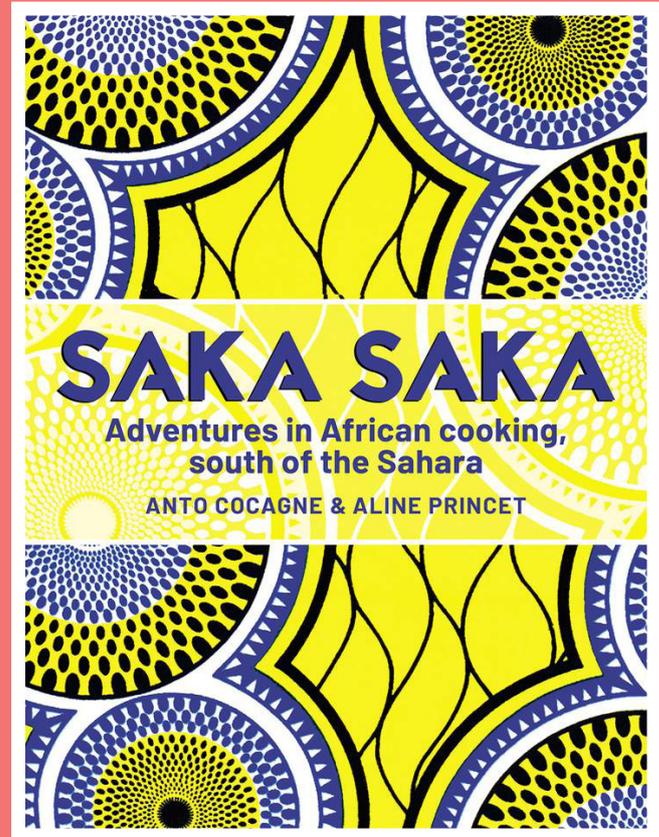
**An ode to conviviality south of the Sahara—generosity and positivity through recipes, stories and culinary traditions.**

This vibrant and generous celebration of food, friendship and conviviality brings together musicians, writers, artists and creatives from all over Africa, south of the Sahara, to share their recipes and bring the spotlight to focus on the rich diversity of African food.

The 80 authentic recipes showcased here include the best dishes from Gabon, Senegal, Ivory Coast, Cameroon, Congo and Ethiopia, and with each recipe comes information on its origins, its key ingredients and tips and advice for the home cook on how to cook them to perfection. They use fruit, grains, vegetables, spices and are delicious, healthy, often vegetarian or vegan and some gluten-free.

Interwoven throughout are interviews with the artists who talk about what African food means to them. *Saka Saka* pays tribute to food-loving Africans and African culture and invites us all in to taste and savour.

**Anto Cocagne is a Gabonese chef and artistic director of *African Cooking* magazine. Aline Princet is a food photographer with many illustrated cookbooks to her name.**



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Say goodbye to negative thoughts, stress, insomnia, weight issues and more

# MIND FREE

The breakthrough mindful self-hypnosis method

MARK STEPHENS

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## MIND FREE

Say goodbye to negative thoughts, stress, insomnia, weight issues and more  
MARK STEPHENS

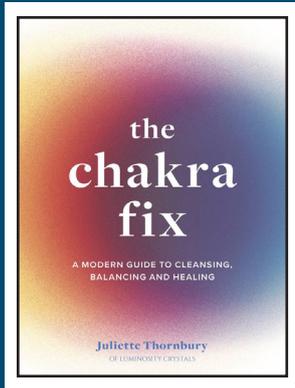
**Learn to use mindful self-hypnosis to overcome negative thinking and get the most out of your life.**

Ditch negative thoughts, smash procrastination, break bad habits, stress less, sleep well, live pain-free, overcome weight issues, fix your phobias and ease anxiety with *Mind Free*.

Mark Stephens has worked with thousands of people struggling to overcome life's biggest challenges. In this ground-breaking book he shares his proven formula of meditation and self-hypnosis—mindful self-hypnosis—developed over decades spent improving the lives of others.

*Mind Free* includes empowering self-hypnosis scripts and meditations, key lessons, hypnotic affirmations and inspiring case studies of real people who have used these techniques to achieve amazing results. You'll discover the 21 States—the powerful positive states we all need in our lives—and learn how to overcome whatever is stopping you reaching your full potential. This life-changing guide will help you to use the power of your mind to transform your life.

**Mark Stephens is a Master Practitioner of Hypnosis (ABH) and creator of the ground-breaking *Think Slim*, *Think Calm*, *Think Sleep* and *Think Quit* programs.**



## THE CHAKRA FIX

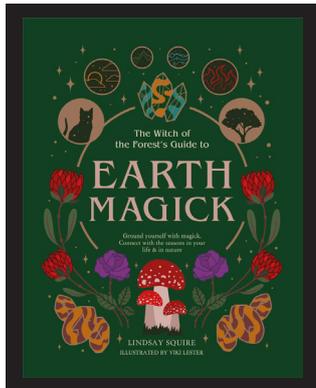
A modern guide to cleansing, balancing and healing  
JULIETTE THORNBURY

**A solutions-led guide to contemporary chakra healing, balancing and cleansing that unblocks energy and answers everyday problems.**

Awaken your healing power with *The Chakra Fix*, a contemporary guide to finding your flow, unlocking positive energy and living a high-vibe life. Find out what each of the seven major chakras represent, how these connect with the emotional, physical and spiritual self—and follow simple but effective exercises to answer everyday anxieties and concerns and enhance your self-care. Whether you're a beginner or an experienced energy healer, *The Chakra Fix* offers you a renewed sense of self and harmonious energy to heal and flourish.

**Juliette Thornbury is the author of *Crystal Fix* and founder of Luminosity Crystals, a thriving physical and online shop based in Byron Bay with over 100k Instagram followers.**

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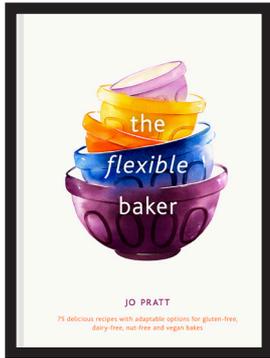


## EARTH MAGICK

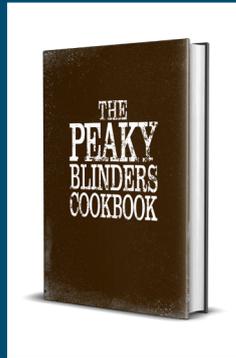
Ground yourself with magick. Connect with the seasons in your life & in nature.  
LINDSAY SQUIRE, ILLUSTRATED BY VIKI LESTER

Embrace the power of the modern witching hour and unearth your magick with this stunning beginner's guide to witchcraft for wellbeing bought to you by Instagram sensation, *The Witch of the Forest*, the author of *Natural Magick*. Learn all about the elemental forces which surround you and discover how you can use Earth Magick to keep yourself grounded in the 21st century and connect to your own natural 'seasons' in your life as well as in your craft.

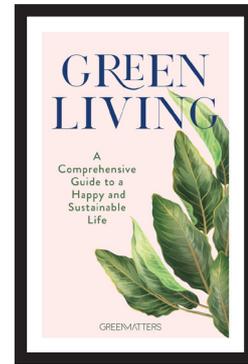
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## THE FLEXIBLE BAKER

75 delicious recipes with adaptable options for gluten-free, dairy-free, nut-free and vegan bakes

JO PRATT

This beautiful new baking book from the award-winning writer, cook, food stylist and presenter, is full of foolproof and delicious recipes where ingredients can be substituted to suit all dietary requirements and eating preferences. Covering a wide range of bakes including sweet & savoury, cakes & traybakes, biscuits & cookies, pastries, puddings & desserts, each recipe also includes flexible adaptations that can help cater for a variety of allergies, intolerances and lifestyle choices.

## PEAKY BLINDERS COOKBOOK

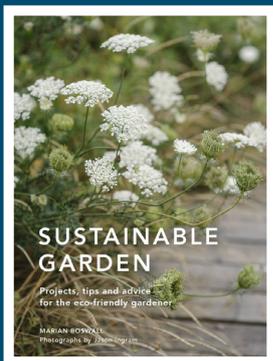
50 recipes selected by the Shelby Company Ltd

Have you ever wanted to eat like the *Peaky Blinders*? With this cookbook, filled with delicious period recipes inspired by the critically acclaimed BBC period crime drama, now you can! It serves up 50 delicious recipes from grills and hearty meals to snacks, sandwiches and bar food inspired by the Shelby family story arc, including classic locations and key moments. Combining stills from the series and specially commissioned photography, this is a lavishly illustrated cookbook for foodies and fans of *Peaky Blinders* alike.

## GREEN LIVING

A comprehensive guide to a happy and sustainable life  
GREEN MATTERS

Who says living a green lifestyle has to be a chore? Part reference, part lifestyle—with a dash of inspiration—*Green Living* is full of approachable, accessible and easily implemented strategies for those who aspire to live a green or zero-waste life but just don't know where to begin. Authored by the successful GreenMatters.com website, this indispensable resource is packed with suggestions and ideas to implement sustainable living in all areas of your life and home.



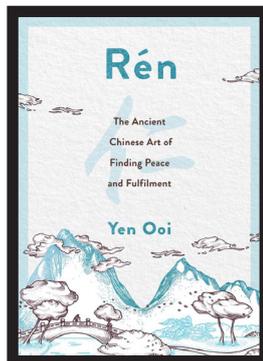
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## SUSTAINABLE GARDEN

Projects, tips and advice for the eco-friendly gardener

JASON INGRAM, MARIAN BOSWALL

In this stylish, inspirational and practical guidebook, sustainable gardener Marjan Boswall offers tips, guidance and step-by-step projects to help you create and maintain a sustainable outdoor space. Whether it's by making your own fertilisers, converting to peat-free compost, reducing your consumption of plastic, saving your own seeds or creating raised beds with reused timber, there are numerous ways—both big and small—to lead a more low-impact lifestyle and make a difference.



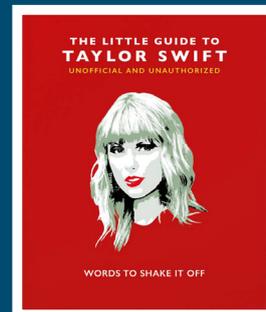
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## RÉN

The ancient Chinese art of finding peace and fulfilment

YEN OOI

The Chinese character for Rén combines the word for 'person' and the number 'two', representing human connection. In this accessible and beautiful book, Yen Ooi explores how this Ancient Chinese philosophy applies to everything from our relationship with ourselves and the people in our lives, to how we relate to society and the wider world. She shows how the basic principles of Rén and its positive message of compassion and kindness can help us with our hectic modern lives.



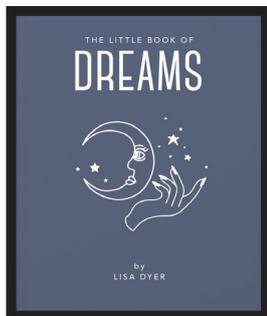
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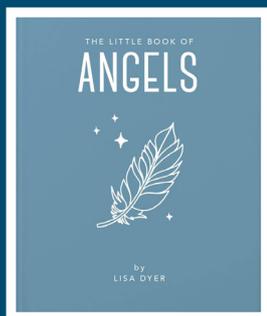
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