



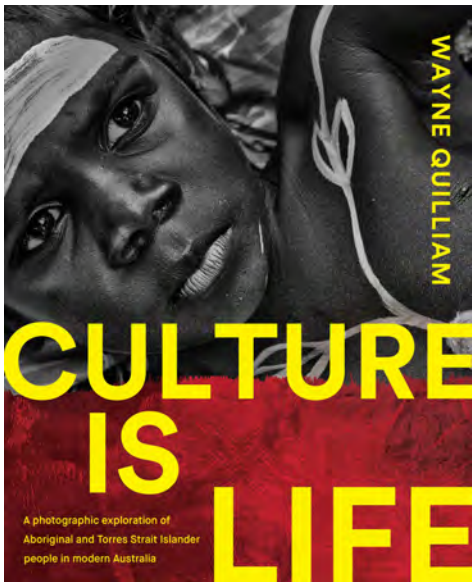
The Briefing January 2021

Hardie Grant

PUBLISHING



DRAFT COVER



Publication	06 January 2021
Binding	Hardback
Price	AU\$39.99 NZ\$45.00
ISBN	9781741177039
Publisher	Explore Australia
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Series	NA
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Format	210 x 170 mm
Extent	192pp
Illustrations	Full colour throughout
Age Range	NA
Terms	SOR

Culture is Life

Aboriginal and Torres Strait Islander People in Modern Australia

Wayne Quilliam

A contemporary photography book that celebrates and shares stories of First peoples across the continent.

Culture is Life is a modern, photographic celebration of the diversity of Indigenous Australians. In the same way that *Humans of New York* offered interesting life stories to give context to images of everyday New Yorkers, pre-eminent photographer Wayne Quilliam has collected over 500 images and interviews with Indigenous people across the country. His work explores the nuances of Indigenous thinking and identity, and focuses on how the First peoples view their place within the contemporary culture of Australia. The people featured in this book include many high-profile Indigenous Australians, as well as community members of different ages from Tasmania to the Torres Strait, offering insights into the dreams of youth and the reflections of Elders. With a short quote sitting next to each image, this book is an accessible gateway to better understand and appreciate the lives of Aboriginal and Torres Strait Islander Australians, presented as a stunning and contemporary photo book.

Author Details

Professor Wayne Quilliam is one of Australia's pre-eminent Indigenous photographic artists, curators and cultural advisors working on the international scene. His awards include the 2009 NAIDOC Indigenous Artist of the Year, Human Rights Media Award and the Walkley Award for photojournalism. He was recently a finalist in the 2016 Bowness Art Award. Wayne has created and curated over 290 exhibitions throughout the world and been published in more than 1000 magazines, books and newspapers. Over the past two years he has held solo exhibitions in Melbourne, Sydney, Adelaide, Perth, Havana, Tokyo, Berlin, New York and at the United Nations in New York and Geneva.

Key Information

- Celebrating the diversity of Indigenous Australians in over 500 photographs, *Culture is Life* beautifully complements Hardie Grant's growing list of Indigenous voices and perspectives.
- Similar to the renowned social media success *Humans of New York*, *Culture is Life* uses images and captions as an accessible and inspirational gateway to better understand and appreciate the lives of Aboriginal and Torres Strait Islander Australians.
- Professor Wayne Quilliam is an award-winning Indigenous photographic artist. He has created and curated his work extensively around the world and has published his work in over 1000 publications.



"The date of my birth has always been a mystery. The old Native Welfare Department's records have my birth recorded as 1 July 1952 and 8 May 1953. They had my brother Archie's birth as 2 July 1954 and 3 April 1954."

Gregory Tucker
A Punjima man from WA



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DRAFT COVER



Renewal: 1000-Piece Puzzle

Lakkari Pitt

Reduce your screen time and up both your mindful gaming and appreciation of modern Aboriginal art with this stunning adult jigsaw puzzle.

This artwork, **Renewal**, represents light and an influx of positive energy. It is inspired by the beauty of growth. As Lakkari explains, 'The bright colour palette is intended to spark happiness and joy. I used these colours to inspire those who engage with this work to create their own renewal.'

This is a more challenging puzzle for adults that will take between three and ten hours to create. But the results will be well worth the effort, creating something worth framing for your wall, or to dismantle and create all over again.

Puzzle measurements are 685mm x 490mm.

Author Details

Lakkari Pitt is a proud Gamilaroi Yuwaalaraay woman from Walgett, Australia. Lakkari's art is a contemporary take on the knowledge that her Elders and significant people in her life have passed down through generations. Her art explores the movement, essence and stories of country.

Key Information

- Lakkari's artwork is a modern representation of Aboriginal art traditions, good enough to frame once the puzzle is completed.
- Puzzle dimensions are 685mm x 490mm.
- Puzzling is meditative, rewarding, satisfying and a great social activity (or perfect for isolation).
- Lakkari's work has featured in *Homeland Calling* by Desert Pea Media, edited by Ellen van Neerven. Lakkari has 18.2k followers on Instagram. Footballer Buddy Franklin reposted one of Lakkari's pieces that said 'Support us when it's not trending' as part of his response to the Black Lives Matter movement.
- *Diverse Women: 1000-Piece Puzzle* by Rachael Sarra also available.

Publication	06 January 2021
Binding	Jigsaws
Price	AU\$29.99 NZ\$32.99
ISBN	9781741177534
Publisher	HGT - HGB-EXTERNAL
Imprint	Feeds as HG Books
Series	NA
Category	Puzzles & Games
Format	330 x 230 mm
Extent	pp
Illustrations	Full colour throughout
Age Range	NA
Terms	SOR





DRAFT COVER



New York City Map Puzzle

500-Piece Jigsaw Puzzle

Hardie Grant Travel

A beautifully illustrated puzzle to celebrate the beloved city of New York, and keep you busy for hours.

Piece together the Big Apple while you brush up on your borough knowledge with the **New York City Map Puzzle**. The perfect gift or keepsake for NYC fans of all ages (5 years and up).

This 500-piece square puzzle (51cm x 51cm) is part of the new *Map Puzzle* series: puzzles featuring a beautiful overview map, accompanied by fun illustrations and facts.

Collect the *Japan* and *London* Map Puzzle to complete the series!

Author Details

Hardie Grant Travel is a division of Hardie Grant Publishing with expertise in generating high-quality maps and inspirational travel content. Our diverse range of directories, guides, books, maps, atlases and other travel-related products are published under the UBD Gregory's, Explore Australia and Hardie Grant imprints. Our products are essential reference tools, whether on the road or at home, and our photographic, inspirational books and puzzles are the ideal self-purchase or gift item.

Key Information

- Design aimed at the adult market with quite a sophisticated lookfeaturing cool illustrations.
- Includes points for all major city landmarks, and covers both Manhattan and Brooklyn.
- Also includes various fact bubbles, so this puzzle is both educational and fun.
- Puzzles for adults are the latest mindfulness trend, particularly in the wake of the coronavirus pandemic.
- If you can't travel to New York, the next best thing is to piece it together!
- Great gift or self-purchase.

ALSO AVAILABLE IN THE MAP PUZZLE SERIES:



THE JAPAN MAP PUZZLE

AU\$24.99 | NZ\$27.99

9781741177282

Publication	06 January 2021
Binding	Jigsaws
Price	AU\$24.99 NZ\$27.99
ISBN	9781741177411
Publisher	Explore Australia
Imprint	General
Series	Map Puzzle
Category	Puzzle/Activity
Format	510 x 510 mm
Extent	pp
Illustrations	Full colour throughout
Age Range	5 to 99
Terms	SOR

Taxi cab



The iconic New York taxis have only been yellow since 1912 – originally they were green and red.

The shiny crust and chewy texture of the New York bagel is all thanks to the city's water – the bagels are boiled in the city's soft water, which is low in calcium and magnesium.



Bagels



HARLEM



Apollo Theater

You're 20 times more likely to be bitten by a New Yorker than by a shark.

Yankee Stadium

MELROSE



Baseball

The Bronx is the birthplace of salsa music and hip hop.

The Bronx



Records

RIKERS ISLAND

New York City has a longer coastline than Miami, Boston, Los Angeles and San Francisco combined.

DITMARS STEINWAY

Queens is a potpourri of cultures – it's the most ethnically diverse area in the world.



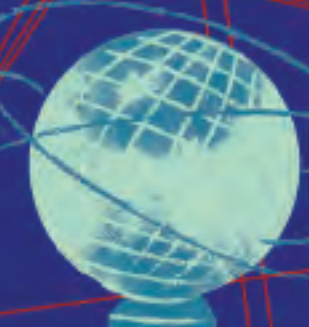
I Love NY T-Shirt

Queens

The cost of a slice of pizza and a single subway ride in the city have been roughly equivalent for the past 50 years.



Pizza



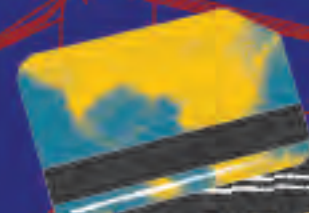
Unisphere

More than 8 million people live in New York City.

Burger and fries



Subway



MoMA PS1



Rockefeller Centre



New York Public Library



Grand Central Terminal

ROOSEVELT ISLAND

UPPER EAST SIDE



Guggenheim Museum

275 different bird species have been seen in New York's Central Park.



Central Park

Chrysler Building



Flat Iron Building

5th Avenue

The High Line

Chelsea Market

GREENWICH VILLAGE



Hudson River

Lady Liberty has a hard time finding shoes – she wears a size 879 shoe.



Statue of Liberty

9/11 Memorial

Staten Island Ferry



Wall Street



Manhattan

LOWER EAST SIDE

Kat's Delicatessen

Little Italy

Empire State Building



Brooklyn's only forest, known as the Ravine, is located in the heart of Prospect Park.

GREENPOINT

Brooklyn

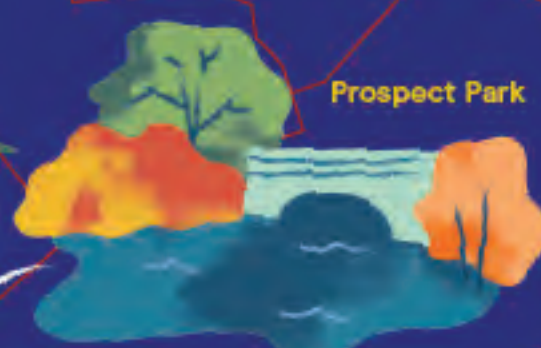
WILLIAMSBURG

P.T. Barnum marched 21 elephants across the Brooklyn Bridge shortly after it opened to show sceptical New Yorkers that the giant bridge was sturdy.



Green-Wood Cemetery

Prospect Park



NEW YORK CITY



DRAFT COVER



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Extent	pp
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Age Range	5 to 99
Terms	SOR

London Map Puzzle

500-Piece Jigsaw Puzzle

Hardie Grant Travel

A beautifully illustrated puzzle to celebrated the beloved city of London, and keep you busy for hours.

Put London Bridge back together again while brushing up on your city knowledge with the **London Map Puzzle**. The perfect gift or keepsake for Anglophiles of all ages (5 years and up).

This 500-piece square puzzle (51cm x 51cm) is part of the new *Map Puzzle* series: puzzles featuring a beautiful overview map, accompanied by fun illustrations and facts.

Collect the *Japan* and *New York City Map Puzzle* to complete the series!

Author Details

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Key Information

- Design aimed at the adult market with quite a sophisticated lookfeaturing cool illustrations.
- Includes points for all major city landmarks and illustrations of icons such as the red double-decker bus.
- Also includes various fact bubbles, so this puzzle is both educational and fun.
- Puzzles for adults are the latest mindfulness trend, particularly in the wake of the coronavirus pandemic.
- if you can't travel to London, the next best thing is to piece it together!
- Great gift or self-purchase.



Full English Breakfast

Also called a 'fry-up', the traditional full English breakfast comprises fried egg, sausages, tomatoes, mushrooms, baked beans and black pudding.

HAMPSTEAD



Hampstead Heath



Camden Market

• Primrose Hill

CAMDEN TOWN

Covent Garden was originally a garden for the convent of Westminster Abbey, which is how it got its name.



Pints



London Bus

London buses travel the equivalent of 12,000 times the circumference of the Earth each year.



Brick Lane

HACKNEY



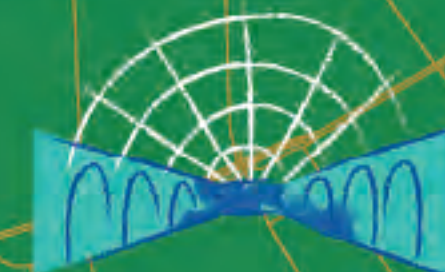
Tower of London

Six ravens are kept in the Tower of London at all times – and have been since the reign of Charles II in 1649.



The British Museum

Covent Garden



Trafalgar Square

FITZROVIA



Lord's Cricket Ground

PADDINGTON



NOTTING HILL



Portobello Road

Portobello Road Market is the world's largest antiques market.

MAYFAIR



Carnaby Street

10 Downing Street

• Saint James' Park



Hyde Park

KENSINGTON



Buckingham Palace



Westminster Abbey



VAUXHALL

London Eye

Shakespeare's Globe

Tower Bridge

The Shard is the tallest building in Europe

The Shard

Borough Market

Royal Observatory Greenwich

CHELSEA

Pie and mash



FULHAM

Pop in for a spot of tea – the royal flag is flown above Buckingham Palace whenever the Queen is in residence.

London was the first city in the world to reach a population of 1 million. The city now has over 8 million residents, who speak over 300 different languages.

The iconic tall hats worn by the Queen's Guards can weigh up to 4kg (9lbs) and are made from real bear fur.



Queen's Guard

BRIXTON

LONDON



Telephone booth

Victoria and Albert Museum





Where the Wildflowers Grow

A Botanical Wonderland of Colouring for Adults

Adriana Picker

Tiptoe through the wildflowers to discover a world of intricate botanical illustrations, courtesy of botanical master, Adriana Picker. These unique Australian floral shapes are beautifully rendered on the page, allowing you to sit back and immerse yourself in nature as you enjoy the therapeutic benefits of this popular artistic pastime.

Author Details

Adriana Picker is a New York-based, Australian-born Illustrator and author with a lifelong passion for botanical illustration and the real thing - flowers and plants.

Adriana has four published books: *Petal - The World of Flowers Through an Artist's Eye*, *The Cocktail Garden*, *The Garden of Earthly Delights*, and *Where The Wildflowers Grow*.

Her select client list includes *Vogue*, *The Washington Post*, Jurlique, T2, Moleskine, Mecca Cosmetics, Absolut Vodka, the Melbourne Zoo and Planned Parenthood NYC.

Key Information

- Elegant and beautiful botanical illustrations - ideal for an older adult colouring experience.
- The perfect inspiration for budding artists.
- Invites readers to discover the unique shapes of Australian wildflowers.
- Adriana Picker is the author of *Petal*. She has illustrated for brands such as Absolut Vodka and costume illustrated for high profile Hollywoodfilms.

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Binding	Paperback
Price	AU\$19.99 NZ\$19.99
ISBN	9781743796924
Publisher	Hardie Grant Books
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Series	NA
Category	Craft/DIY
Format	250 x 250 mm
Extent	64pp
Illustrations	B&W illustrations
Age Range	NA
Terms	SOR

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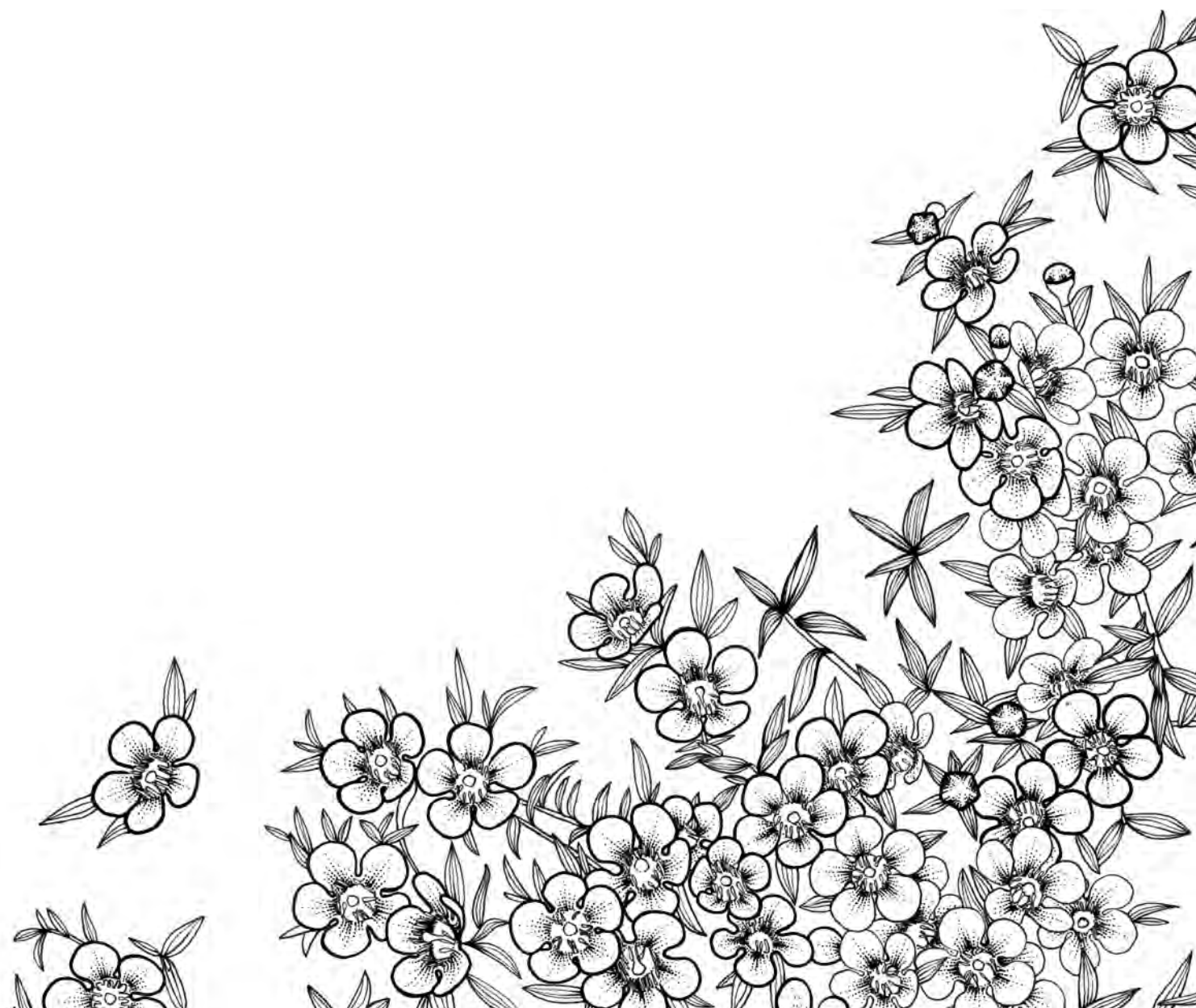


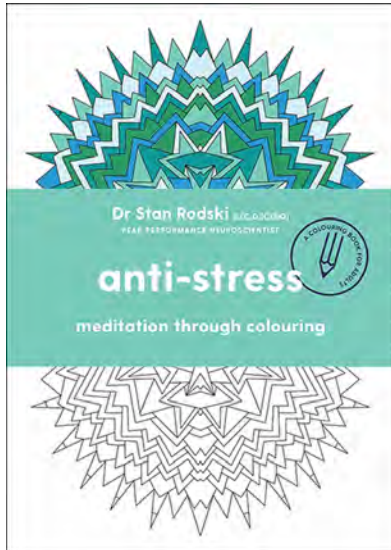












Anti-stress

Meditation through colouring

Dr. Stan Rodski

Allow the mind to relax and enjoy the meditative qualities that come with these colouring exercises.

Anti-stress: meditation through colouring provides an easily used meditative technique to relax - which everyone can do - by using the unique technique of PATTERN, REPETITION, SINGLE FOCUS and CREATIVITY with no COMPETITIVE pressure in colouring-in. **Anti-stress** taps into your own powerful inner resources controlled by your brain, to combat stress by engaging in an activity it remembers as both creative and relaxing - colouring in a meditative way that moves your brain to a more restful state.

Our brains can often be overwhelmed by the speed of life and bombardment of information. It is essential for our health and wellbeing to be able to draw upon our own resources to deal with stress when it comes along. While there are colouring books of every description available, **Anti-stress** is drawn from the science behind using colouring to reduce stress.

Author Details

Dr Stan Rodski has worked as a psychologist for over 30 years and been involved in neuro scientific research around the issues of stress. Based in Melbourne, most recently he had been applying brain science research to areas such as improving sleep, fatigue and stress, and energy revitalisation and management. Dr Rodski has worked with individuals, sporting teams and many top 500 companies in Australia and internationally.

Key Information

- Mindful colouring has been shown to have a number of benefits to our general wellbeing. These colouring books from Dr. Stan Rodski use science to tap into this powerful inner resource for meditation, focus and creativity.
- Dr Stan Rodski has worked as a psychologist for over 30 years and been involved in neuro scientific research around the issues of stress.
- As the world becomes more uncertain, the need for mindful stress relief has never been more important. Colouring is a proven, accessible way to de-stress.

Publication 16 September 2020

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ISBN 9781743796955

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Imprint HG Local

Series NA

Category Health/Related

Format 297 x 210 mm

Extent 64pp

Illustrations B&W illustrations

Age Range NA

Terms SOR

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Part One

Brain science

HERE WE EXPLORE HOW COLOURING PRODUCES NATURALLY CALMING AND RELAXING ALPHA BRAIN WAVES. THE REASON FOR THIS IS THAT WHEN YOU COLOUR, YOU ENTER A MEDITATIVE STATE ENCOURAGED BY THREE KEY ELEMENTS OF BRAIN RECUPERATION. THESE INCLUDE THE DESIRE FOR:

- PATTERN
- REPETITION
- CREATIVITY

CREATING A MEDITATIVE STATE IS PRODUCED BY BEING SINGLE FOCUSED ON THE GEOMETRIC AND REPETITIVE PATTERNS WE HAVE CREATED. CREATIVITY IS NATURALLY PRODUCED AS YOU CHOOSE COLOURS. EVERY INDIVIDUAL CREATES A UNIQUE DESIGN THROUGH COLOUR, WHICH IS MENTALLY SOOTHING.

THE BRAIN SCIENCE BEHIND THIS BOOK

IF WE THINK OF OUR BRAIN AS THE 'GEARS OF A CAR', THE BRAIN'S ROLE IS TO ENSURE WE ARE IN THE RIGHT 'GEAR' FOR OUR NEEDS.

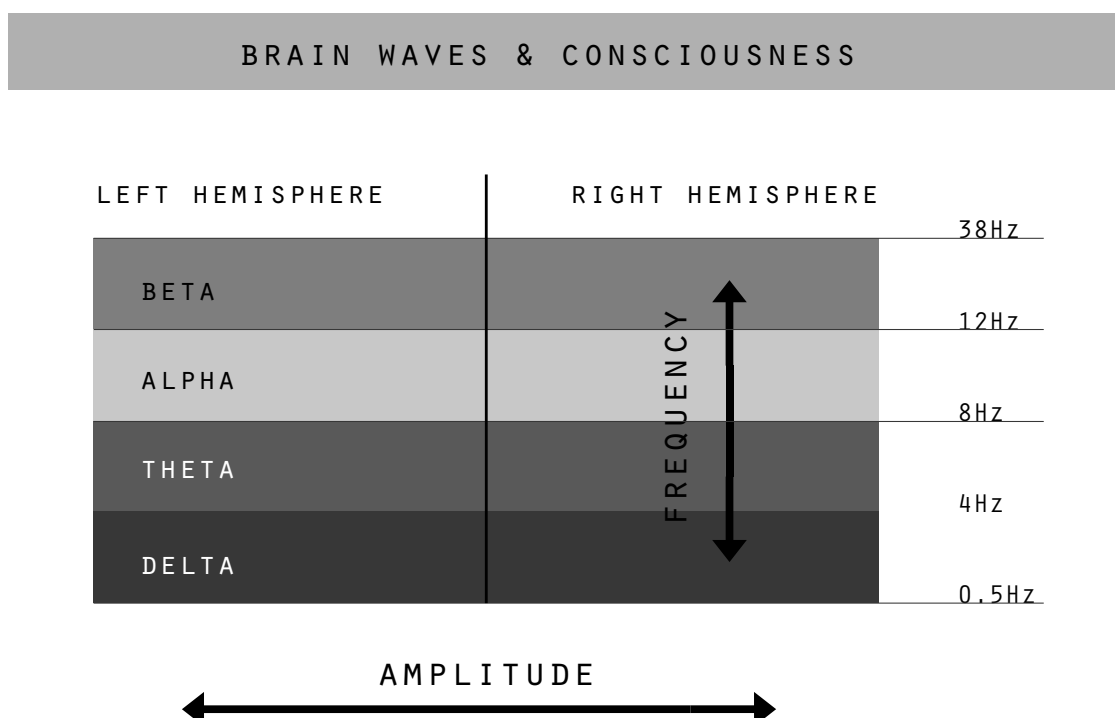
FOR EXAMPLE, WHEN WE GO UP A STEEP HILL IN A CAR, THE GEARS OF OUR CAR SENSE THE PRESSURE ON THE SYSTEM AND GO DOWN TO HELP US UP THE HILL. OUR BRAIN WORKS IN MUCH THE SAME WAY, SO WHENEVER IT PERCEIVES PRESSURE, THE BRAIN ADJUSTS TO THE CURCUMSTANCES (UPHILL AND DOWNHILL) WE FIND OURSELVES IN. ONCE THE CAR GETS TO THE TOP OF HILL IT REVERTS BACK TO ITS 'OPTIMAL' GEAR TO MOVE ALONG.

WHAT WOULD HAPPEN IF OUR GEAR DIDN'T CHANGE BACK BUT CONTINUED TO 'REV' AS IF IT WERE STILL GOING UP THE HILL? IT WOULD VERY QUICKLY OVERHEAT AND BREAK DOWN.

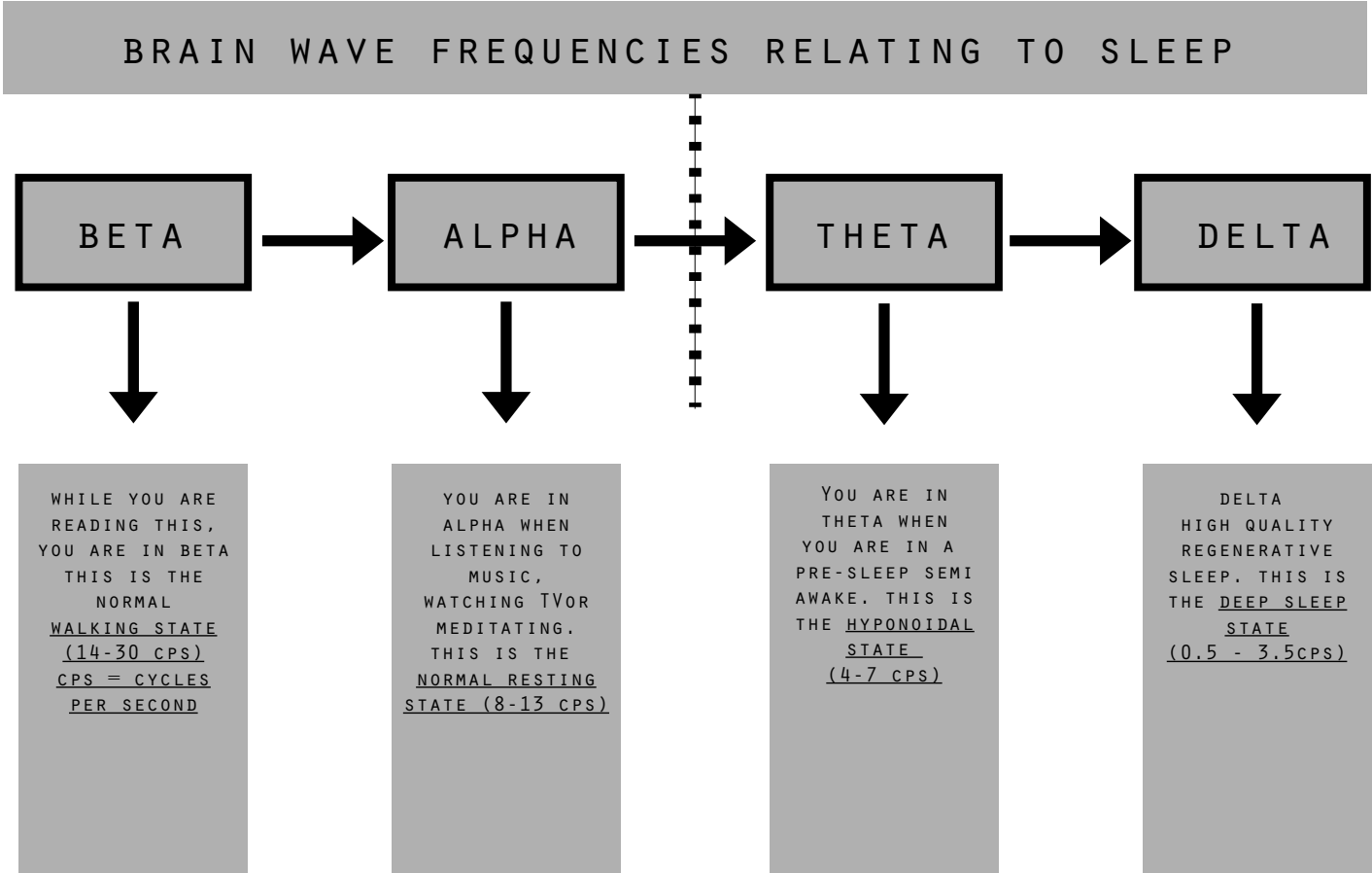
IF OUR BRAIN IS UNABLE TO ADJUST TO THE CHANGES OF PRESSURE, IT ALSO EXPERIENCES 'OVERHEATING' AND 'BREAKDOWN' AND AT ITS WORST CREATES ANXIETY, DEPRESSION AND INSOMNIA. FOR MOST OF US, THE EFFECT OF THIS SUSTAINED PRESSURE IS THE 'FEELING OF STRESS, LOWER WELLBEING AND SOMETIMES POOR SLEEP' - THE BRAIN IS JUST NOT CHANGING GEARS AT THE RIGHT TIME OR FOR THE RIGHT AMOUNT OF TIME.

LET'S LOOK AT THESE 'GEARS' IN THE BRAIN A LITTLE MORE CLOSELY.

THE BRAINS 'GEARS' ARE CALLED BRAIN WAVES AND THESE WAVES ARE PRODUCED TO HELP US FUNCTION AT THE RIGHT LEVEL FOR OUR NEEDS. BELOW YOU CAN SEE THE BRAINWAVES REQUIRED BY US TO FUNCTION NORMALLY.



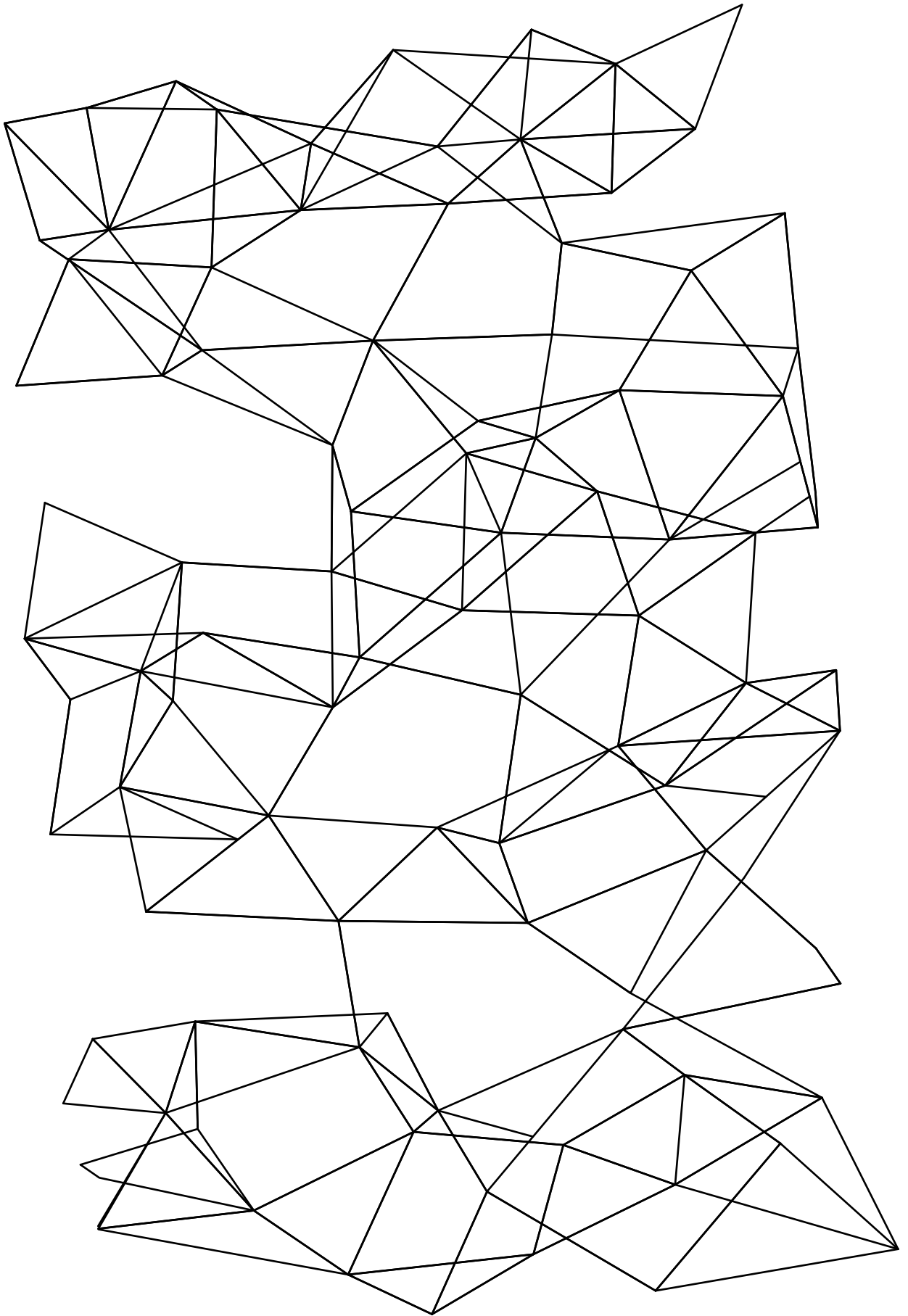
THESE BRAIN WAVES OPERATE FOR THE SITUATION. FOR EXAMPLE, WHEN WE ARE RELAXED THE PREDOMINANT WAVE IS ALPHA BUT CHANGES TO BETA AS WE INCREASE BOTH OUR PHYSICAL AND MENTAL ACTIVITY (SEE BELOW).

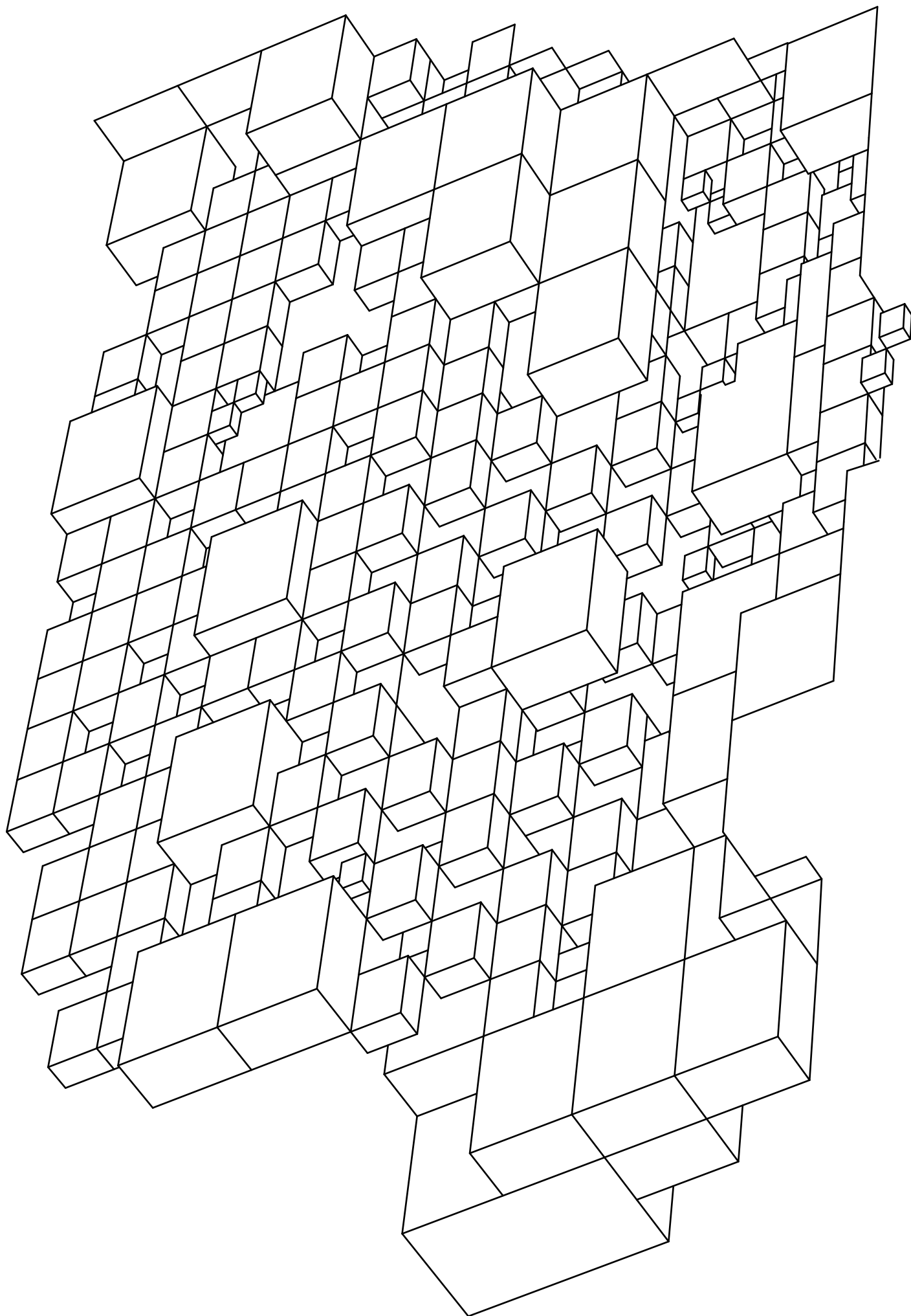


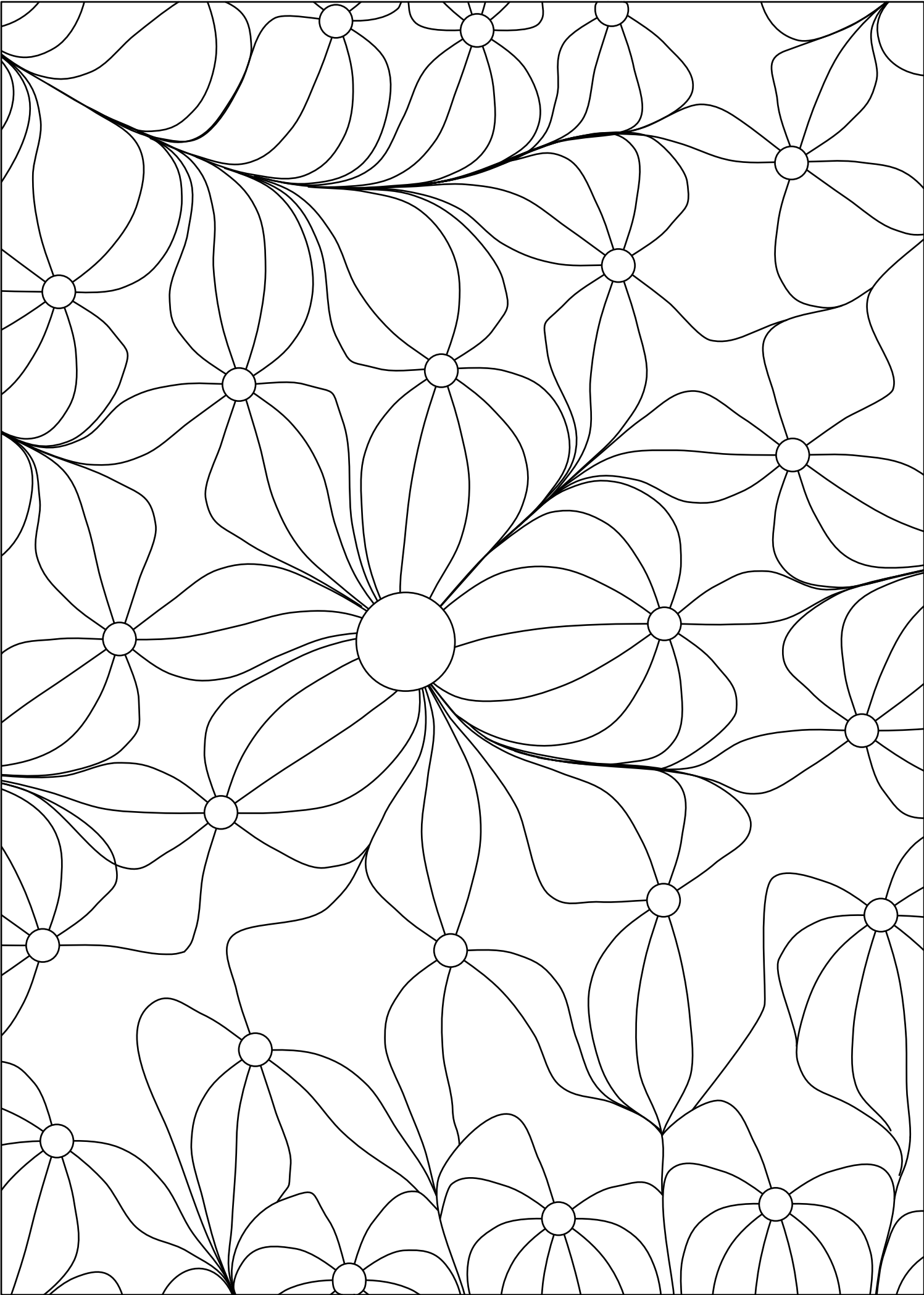
WHEN THE BRAIN NEEDS TO SLEEP WE MOVE TO THETA, AND THEN TO DELTA BRAINWAVES. THE ABOVE TABLE SHOWS OUR ‘BRAINWAVES’ AS WE MOVE FROM ‘WAKEFULNESS’ TO ‘SLEEP. AT DELTA THE BRAIN REPLENISHES ITS ENERGY.

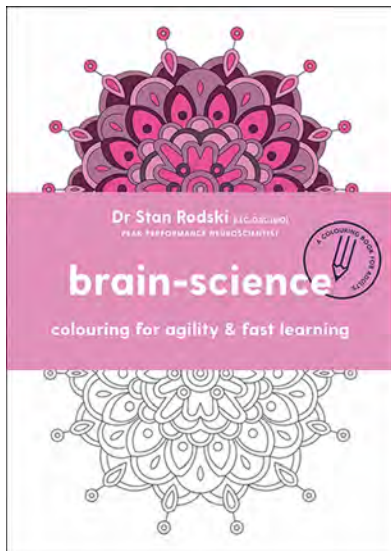
THE REASONS WHY THE BRAIN SOMETIMES DOESN’T SWITCH GEARS BY ITSELF WHEN IT SHOULD, ARE NOT YET FULLY UNDERSTOOD. HOWEVER, WE HAVE MADE SIGNIFICANT ADVANCES IN HELPING THE BRAIN TO ‘SWITCH GEARS.’

THIS BOOK IS DESIGNED TO HELP YOU DO JUST THAT. BRAIN STUDIES SHOW US THAT WHEN UNDER PRESSURE WE CAN MANUALLY ‘CHANGE GEARS’. BY FOCUSING ON THE TASK OF COLOURING BETWEEN THE LINES WE CAN CHANGE OUR ‘BRAINWAVES’ FROM BEING IN A CONTINUAL STATE OF BETA (PRESSURED AND STRESSED) TO A MORE RELAXED STATE OF ALPHA. THE EFFECTS TO BOTH YOUR HEALTH (PHYSICAL AND MENTAL) AND PERFORMANCE WHEN YOU’RE PRESSURED WILL BE IMMEDIATELY FELT.









Brain Science

Colouring for agility and fast learning

Dr. Stan Rodski

While there are adult colouring books of every description available this book is drawn from the science behind using colouring to reduce stress.

The fact is our brains get overwhelmed at times by the speed of life and bombardment of information. It is essential for our health and wellbeing to be able to draw upon our own resources to deal with stress when it comes along.

Brain Science provides an easily used meditative technique to relax - which everyone can do - by using the unique technique of PATTERN, REPETITION, SINGLE FOCUS and CREATIVITY with no COMPETITIVE pressure in colouring-in. **Brain Science** taps into your own powerful inner resources controlled by your brain, to combat stress by engaging in an activity it remembers as both creative and relaxing - colouring in a meditative way that moves your brain to a more restful state.

Allow the mind to relax and enjoy the meditative qualities that come from these exercises which thousands have already done and enjoyed the benefits.

Author Details

Dr Stan Rodski has worked as a psychologist for over 30 years and been involved in neuro scientific research around the issues of stress. Based in Melbourne, most recently he had been applying brain science research to areas such as improving sleep, fatigue and stress, and energy revitalisation and management. Dr Rodski has worked with individuals, sporting teams and many top 500 companies in Australia and internationally.

Key Selling Points

- Mindful colouring has been shown to have a number of benefits to our general wellbeing. These colouring books from Dr. Stan Rodski use science to tap into this powerful inner resource for meditation, focus and creativity.
- Dr Stan Rodski has worked as a psychologist for over 30 years and been involved in neuro scientific research around the issues of stress.
- As the world becomes more uncertain, the need for mindful stress relief has never been more important. Colouring is a proven, accessible way to destress.

Publication	16 September 2020
Binding	Paperback
Price	AU\$19.99 NZ\$22.99
ISBN	9781743796962
Publisher	Hardie Grant Books
Imprint	HG Local
Series	NA
Category	Health/Related
Format	297 x 210 mm
Extent	64pp
Illustrations	B&W illustrations
Age Range	NA
Terms	SOR

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Repetition, pattern, focus	28
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Agility and fast learning	46

Introduction

Welcome to *Brain-science*, a colouring book for adults based on brain science.

As children, we used colouring to develop our muscle strength and stamina for the muscles we use to write with. It also allowed us as children to develop hand-eye control, attention and focus to stay in what we call 'spatial lines'. The object was to stay within the lines for the reason of developing our fine motor skills.

As adults, 'colouring' presents us with new opportunities. When we 'colour in' it has a calming effect for most of us and can be an excellent step to achieving a far greater state of relaxation.

In elderly people, it can also be used for the same objective as when we were children: as a skillful activity to strengthen our fine motor coordination and skills.

In this book we look at

- the brains 'fight or flight' response and the effect of relaxation
- how repetition, pattern and focus are used in our drawings to further relax and energise the brain; and finally
- helping our brain to be more agile and a 'fast learner'.

Enjoy and relax as you immerse yourself in the patterns created by my co-contributor and graphic artist Jack Dowling.

Dr Stan Rodski – Neuroscientist

Part One

Fight or flight

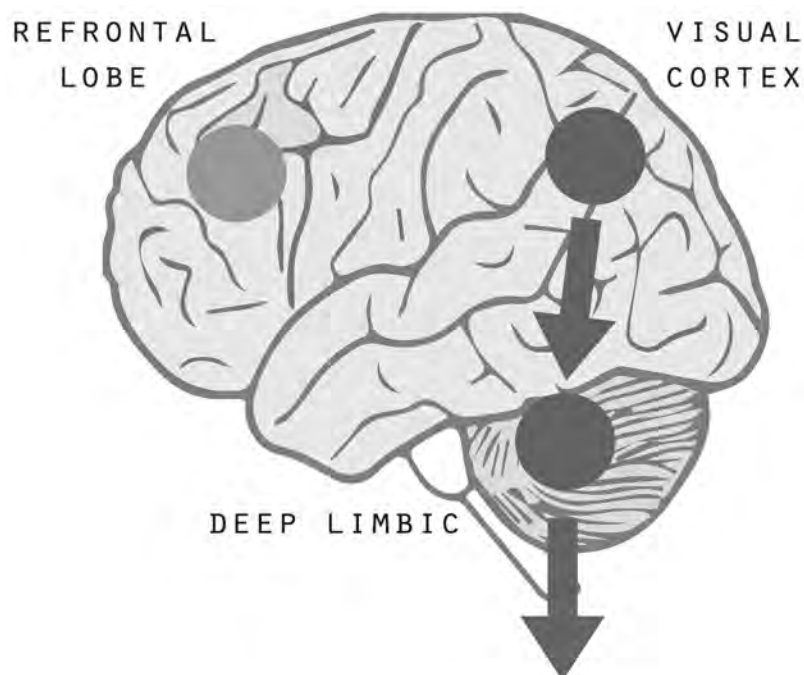
HERE WE EXPLORE THE BRAIN'S 'FIGHT OR FLIGHT' RESPONSE AND ITS EFFECT ON RELAXATION. WE HUMANS ARE VERY VISUAL CREATURES: MUCH OF WHAT WE DO, THINK AND REACT TO IS DONE ON A VERY VISUAL BASIS.

WHEN WE FEEL PRESSURED AND STRESSED OUR BRAIN REACTS IN WHAT IS OFTEN CALLED THE 'FIGHT OR FLIGHT' RESPONSE

LET'S LOOK AT THIS A LITTLE MORE CLOSELY.

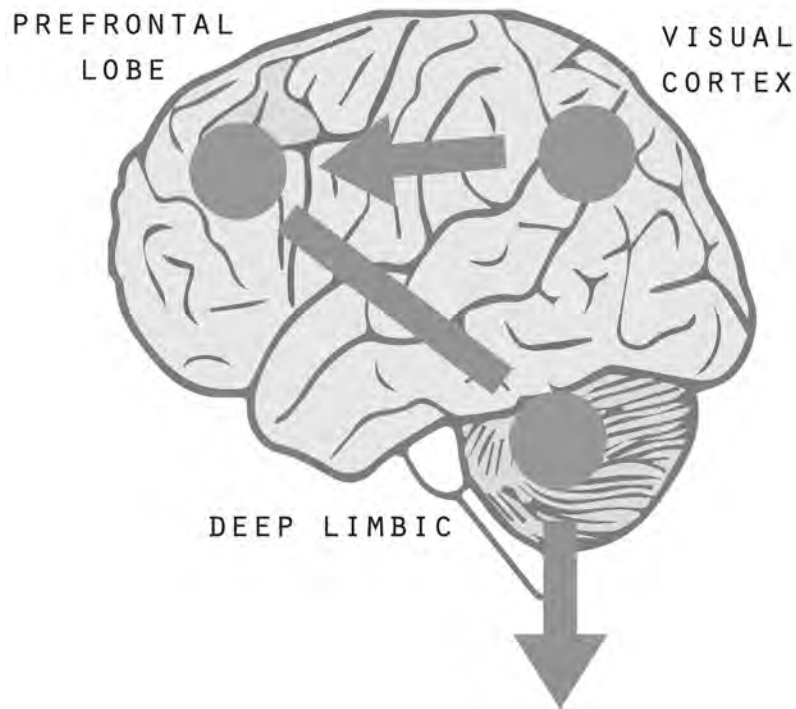
FIGHT OR FLIGHT RESPONSE

- REACTS 'INSTANTLY' (IN MILLISECONDS)
- VISUAL CORTEX SEES THE DANGER AND WORKS DIRECTLY WITH THE DEEP LIMBIC SYSTEM THAT SENDS MESSAGES TO THE MUSCLES TO MOVE
- 'KNEE JERK' REACTIONS



NORMAL MODE

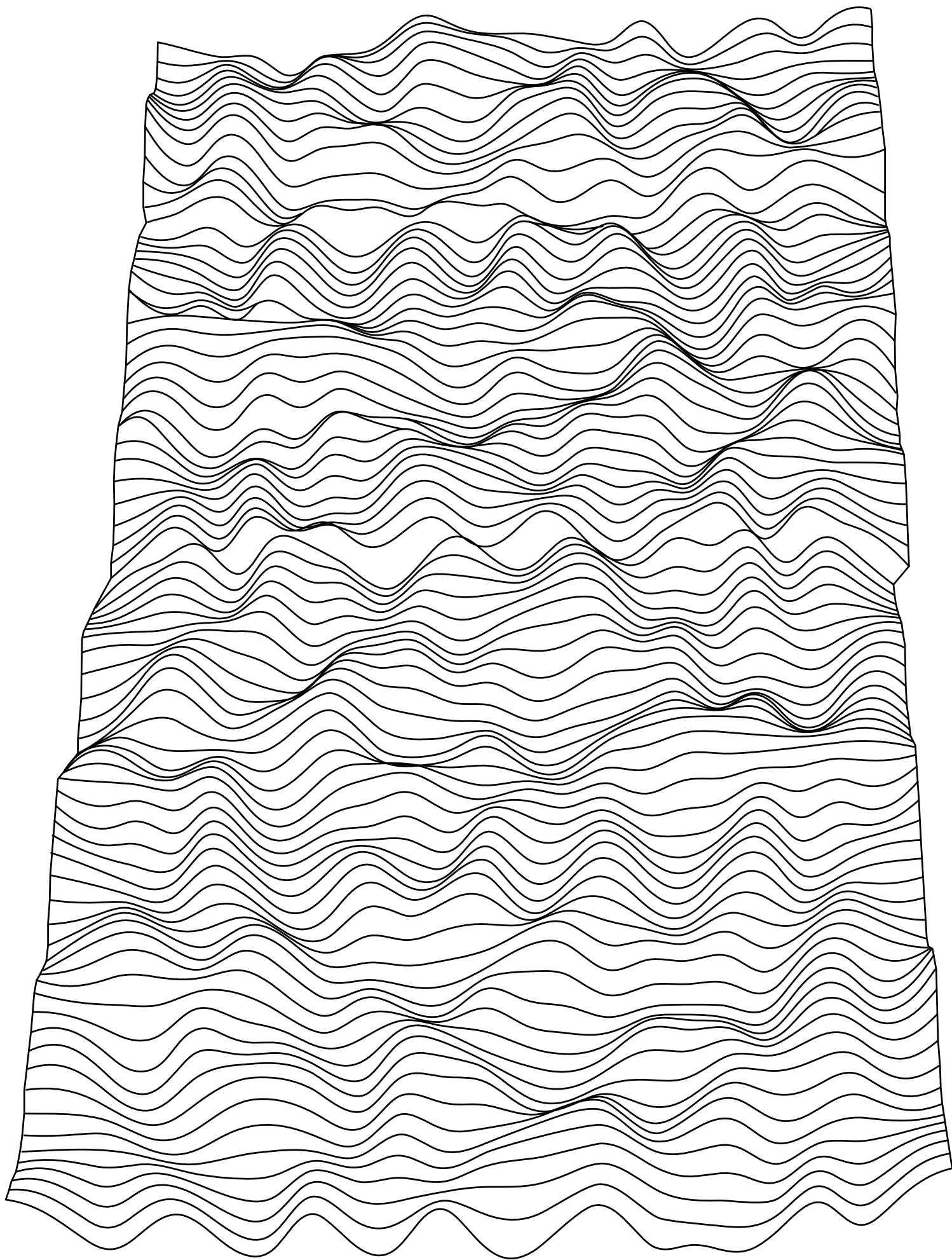
- REACTS 'SLOWLY' (IN A SECOND)
- VISUAL INPUTS SENT TO THE PRE FRONTAL CORTEX 'COMMAND CENTRE' FOR PROCESSING BEFORE ACTIONS SENT TO THE DEEP LIMBIC AND ONWARDS TO THE BODY

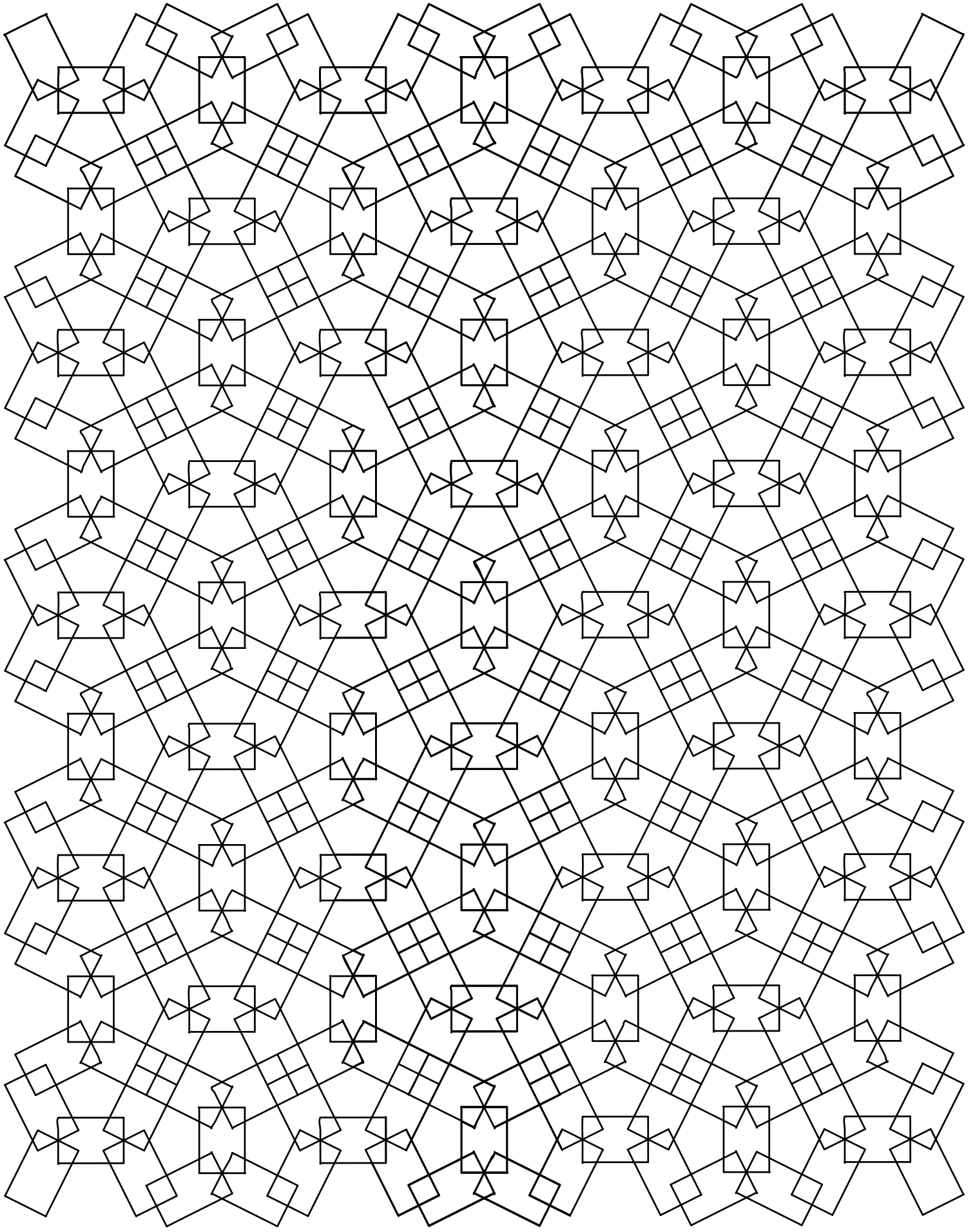


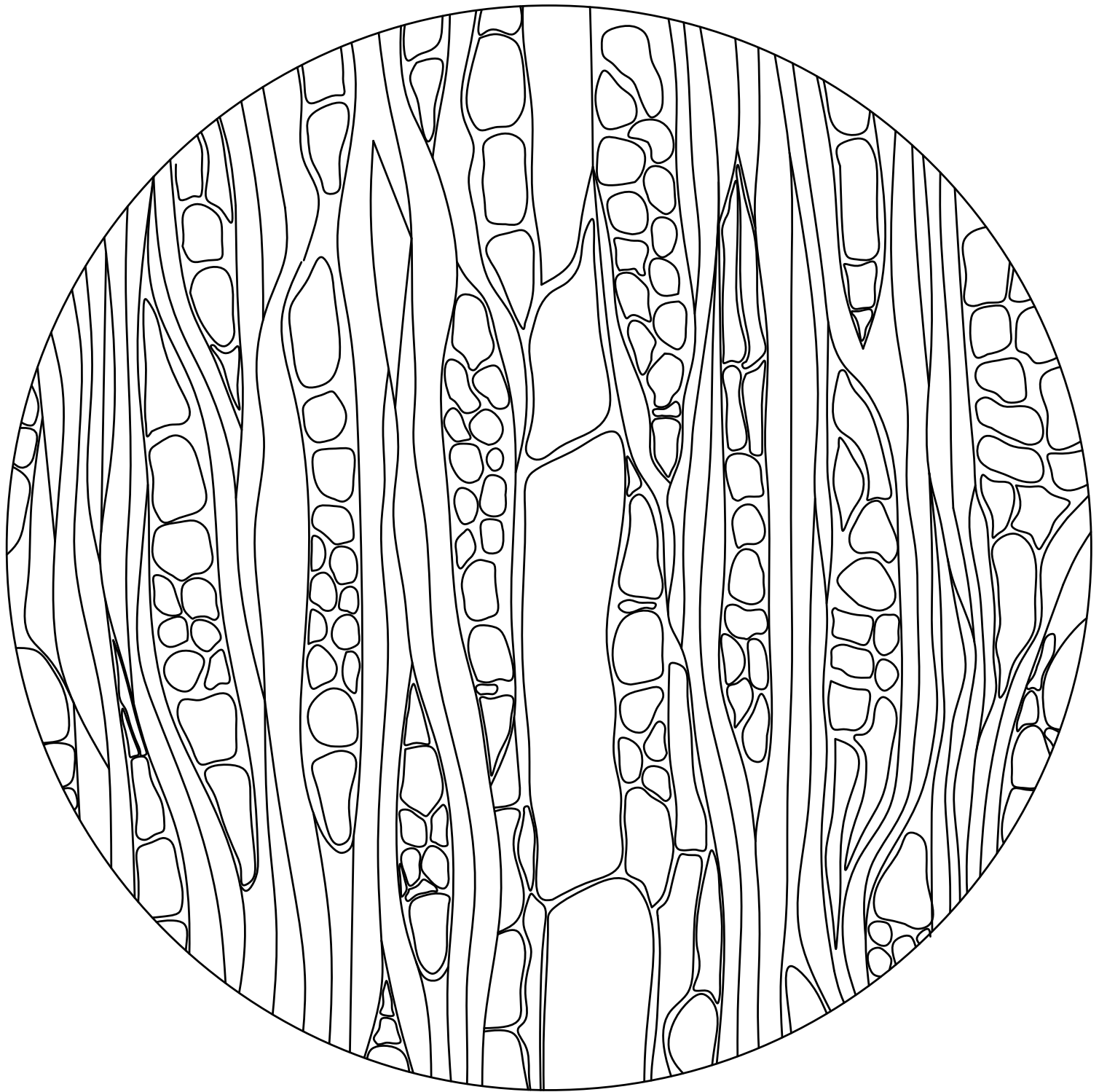
WHAT WE NEED TO DO

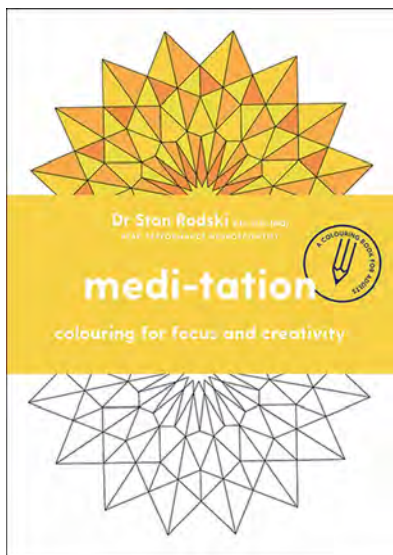
TO MOVE FROM 'FIGHT OR FLIGHT' MODE TO 'NORMAL MODE' WE NEED TO BE CALM. THE CALM THAT IS PRODUCED BY COLOURING.

COLOURING THAT IS PATTERNED, REPETITIOUS AND FOCUSED HELPS THE BRAIN TO LEARN TO RELAX AND BECOME MORE MINDFUL.









Medi-tation

Colouring for focus and creativity

Dr. Stan Rodski

Allow the mind to relax and enjoy the meditative effects of Dr Rodski's colouring exercises as just the antidote needed to guide people towards a more harmonious life.

Enjoy the meditative relaxation of **Medi-tation: Colouring For Focus and Creativity**.

The simple act of colouring itself has the power to engage your brain, improve your mood and kindle creativity by providing a mindful task that also transports us back to a time in our lives when we felt carefree and safe. Colouring is a mindful, creative practice that brings no element of competition or failure and instead creates total absorption - even if you are not creative.

In **Medi-tation**, Dr Stan Rodski draws on the study of neuroscience to bring brand new exercises and patterns to help focus your brain and create a meditative state. Dr Rodski's easy-to-use meditative techniques are designed to focus your brain through the use of colour with pattern, repetition and detail - focusing on helping us to be more rested, concentrate better, and be more aware.

Author Details

Dr Stan Rodski has worked as a psychologist for over 30 years and been involved in neuro scientific research around the issues of stress. Based in Melbourne, most recently he had been applying brain science research to areas such as improving sleep, fatigue and stress, and energy revitalisation and management. Dr Rodski has worked with individuals, sporting teams and many top 500 companies in Australia and internationally.

Key Information

- Mindful colouring has been shown to have a number of benefits to our general wellbeing. These colouring books from Dr. Stan Rodski use science to tap into this powerful inner resource for meditation, focus and creativity.
- Dr Stan Rodski has worked as a psychologist for over 30 years and been involved in neuro scientific research around the issues of stress.
- As the world becomes more uncertain, the need for mindful stress relief has never been more important. Colouring is a proven, accessible way to destress.

Publication	16 September 2020
Binding	Paperback
Price	AU\$19.99 NZ\$22.99
ISBN	9781743796979
Publisher	Hardie Grant Books
Imprint	HG Local
Series	NA
Category	Health/Related
Format	297 x 210 mm
Extent	64pp
Illustrations	B&W illustrations
Age Range	NA
Terms	SOR

AVAILABLE SEPTEMBER 2020

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Introduction

Welcome to *Medi-tation*, a colouring book for adults based on brain science.

In this book we will be focusing on three areas of brain activity that enable us to not only deal with stress better, but to also improve our performance from both a health and work perspective.

The brain amounts to only 2% of our body mass, but it uses 20% of our available energy to function well. Of these 20%, 80% is used subconsciously to complete the myriad vital tasks that our body needs to keep functioning. The remaining 20% is discretionary – available to us in our conscious world to think and do the things that come to mind.

It is a very delicate balance, involving the message pathways controlled by our brain using chemical and electrical signals. Neuroscience monitors these signals using various technologies to understand what is happening. For example, when we are alert and awake our brainwaves speed up from 14 to 30 cycles per second. This is called the beta state. When we are in deep sleep, our brainwaves slow down to 0.5 to 3.5 cycles per second, this is called the delta state; when we are in a sleepy state, our brainwaves move to 4 to 7 cycles per second, which is called theta state. Finally, when we are relaxing, our brain moves into alpha waves, which oscillate at 8 to 13 cycles per second.

In this book, we look at how colouring can have an impact on three of these states and more importantly how each can be improved. The book covers:

- **Alpha brain training** to achieve better relaxation; using colouring while listening to alpha wave sound
- **Beta brain training** to achieve better thinking; using colouring first, followed by brain stimulating beta wave exercises
- **Theta brain training** to achieve deep relaxation and better sleep; using colouring and stimulating the senses to impact the theta waves in the brain.

The colouring pages in this book include designs especially created to engage the brain through repetition, pattern and control.

Let yourself go, and watch the creativity from your colour and position choices come out of the page.

Have fun, stay calm and be creative.

Dr Stan Rodski – Neuroscientist

THE PERFECT NUTRITION AND CONDIMENT FOR A RELAXED BRAIN





ACHIEVING BETTER RELAXATION THROUGH COLOURING WHILE LISTENING TO ALPHA WAVE STIMULATING MUSIC IS LIKE HEALTHY FOOD PLUS YOUR FAVOURITE CONDIMENT.

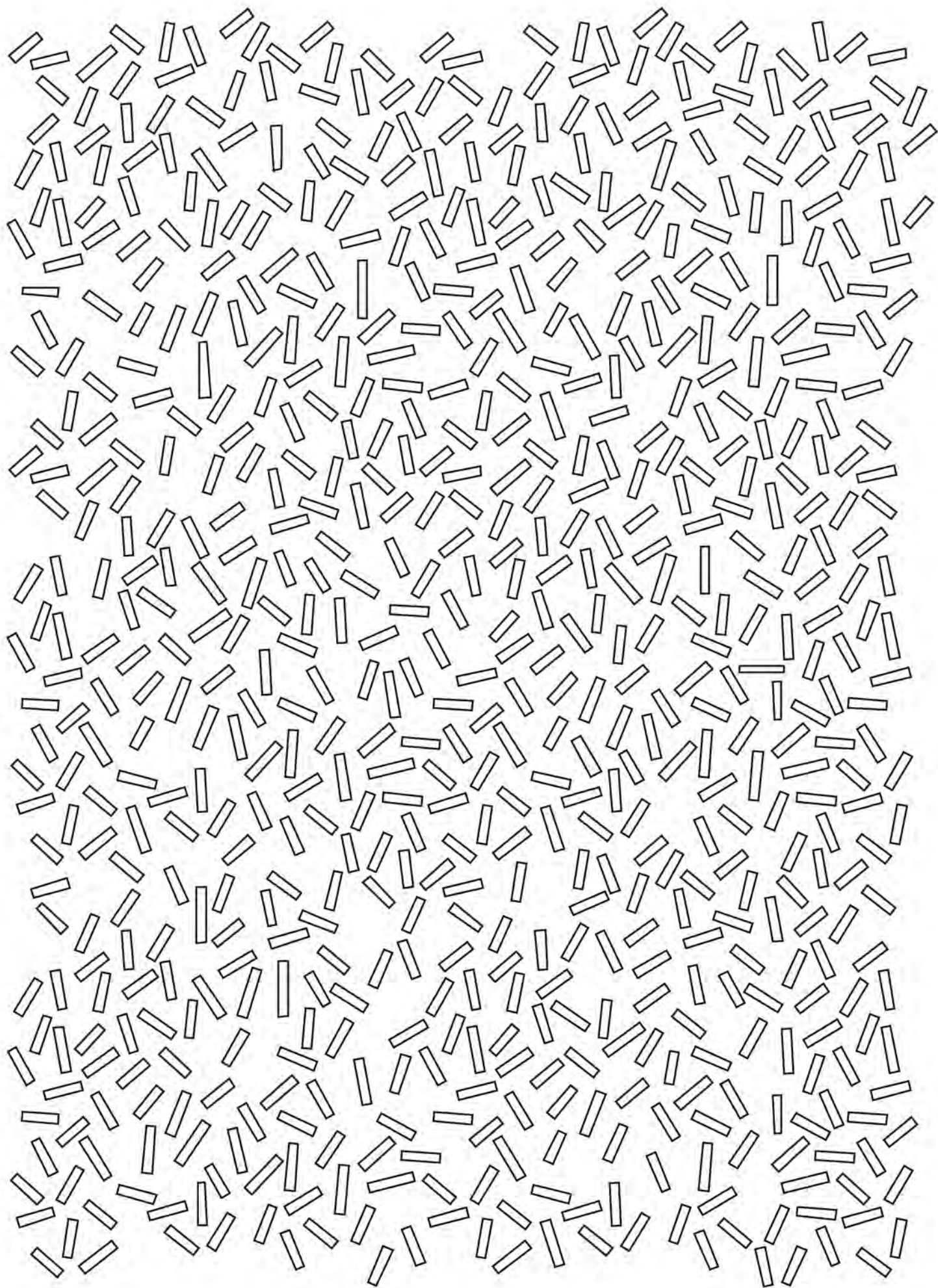
WHEN WE ARE TRYING TO RELAX WHILE COLOURING, SOME OF US FIND QUIET ABSOLUTELY ESSENTIAL. NOISE OF ANY KIND IS EXPERIENCED AS DISTRACTING AND ANNOYING. FOR OTHERS, THE 'SOUNDS OF SILENCE' ARE EQUALLY DISTRACTING, AS OUR BRAIN SEARCHES FOR ANY DIVERSION IT CAN.

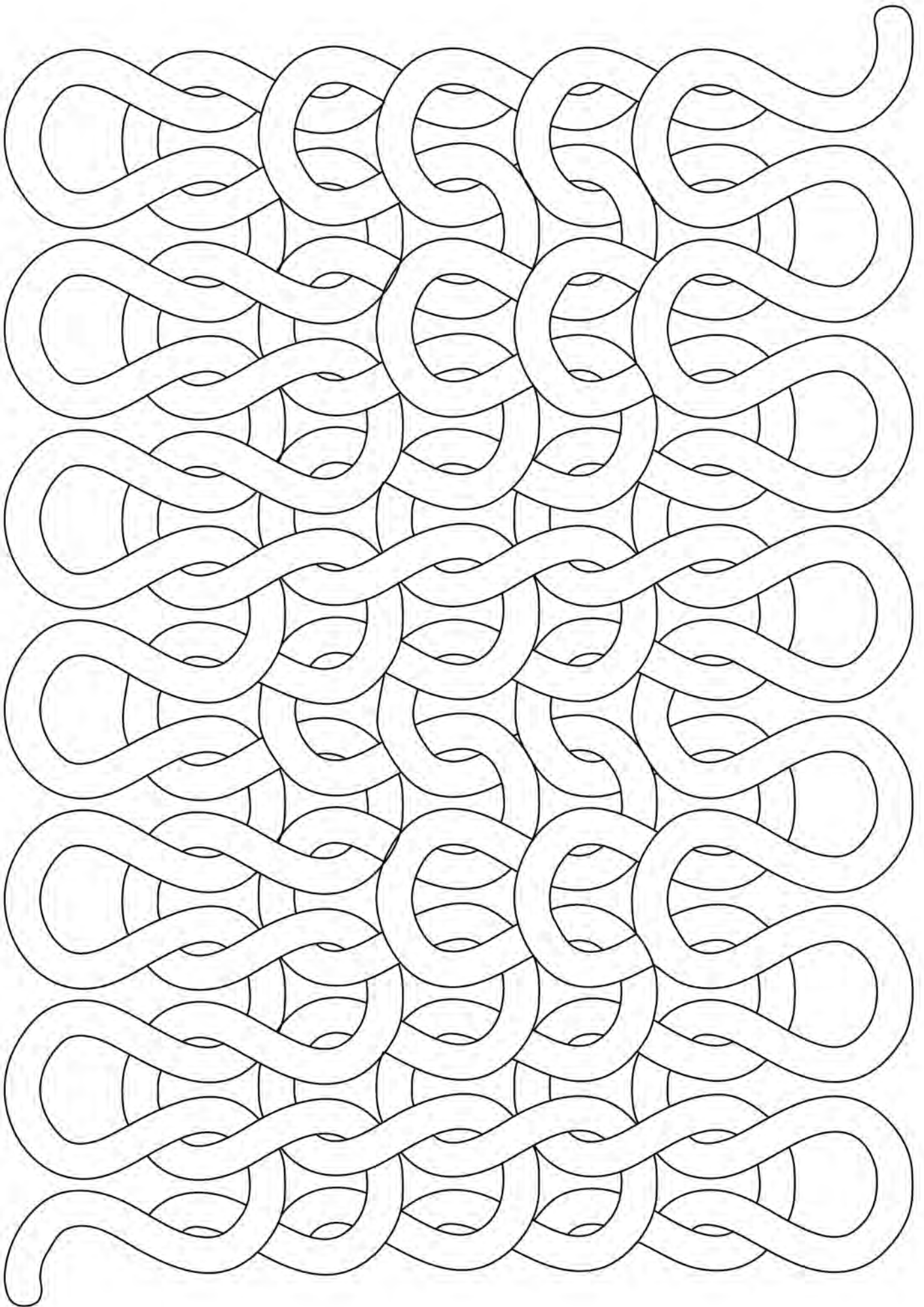
IN BOTH CASES, CERTAIN SOUNDS CAN HAVE A MAJOR EFFECT ON DEEPENING THE RELAXATION STATE THAT WE ARE SEEKING TO ACHIEVE WHILE COLOURING.

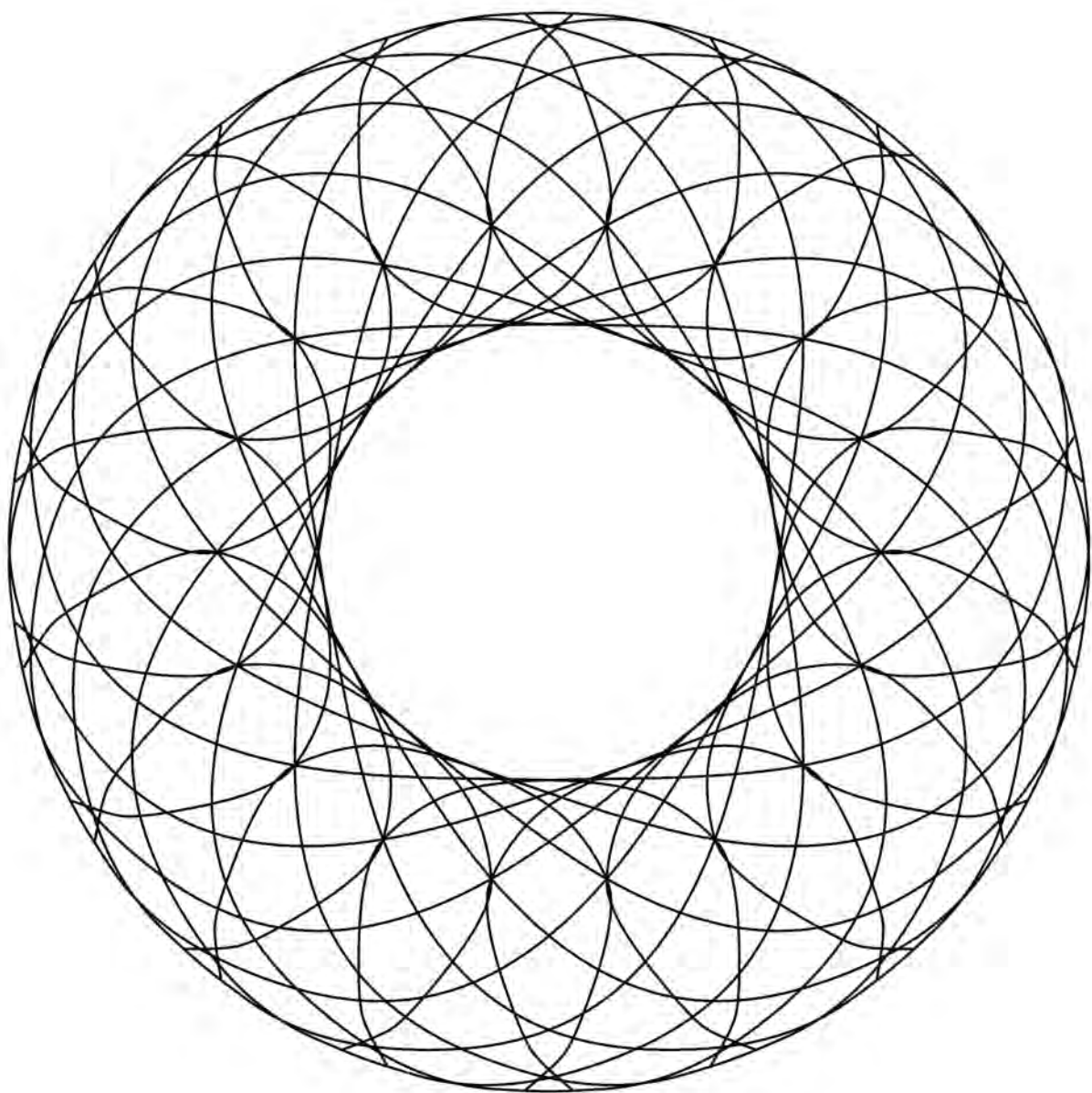
LET'S LOOK AT THIS MORE CLOSELY

OUR BRAIN MOVES THROUGH A NUMBER OF BRAINWAVE STATES DURING OUR 24 HOUR SLEEP-WAKE CYCLE.

BETA		Alertness Concentration Cognition
ALPHA		Relaxation Visualization Creativity
THETA		Meditation Intuition Memory
DELTA		Detached awareness Healing Sleep









Animorphia: Tiger in the Night 1000 Piece Jigsaw Puzzle

Piece together this fantastical tiger puzzle, created by epic doodler, Kerby Rosanes.

With 1,000 colourful pieces, this jigsaw provides hours of entertainment for both puzzle enthusiasts and Kerby's fans.

On top of the success of Kerby's colouring books, *Animorphia*, *Imagimorphia* and *Mythomorphia*, his detailed doodle skills have already earned him a solid fan base. He has over 1 million followers on Instagram, his Sketchy Stories Facebook page has more than 2 million likes, and he has over 500K project views on Behance.

Author Details

Philippines-based illustrator **Kerby Rosanes** is steadily building his reputation with his unique style of intricate drawings. Working mainly with ordinary black pens, Kerby's art is characterised by whimsical lines, patterns and doodle creatures which are combined to create massive compositions.

He left his job as a graphic designer in a local company to finally pursue his passion: creating more art for personal projects and for various clients, and collaborating with other artists and design agencies around the world.

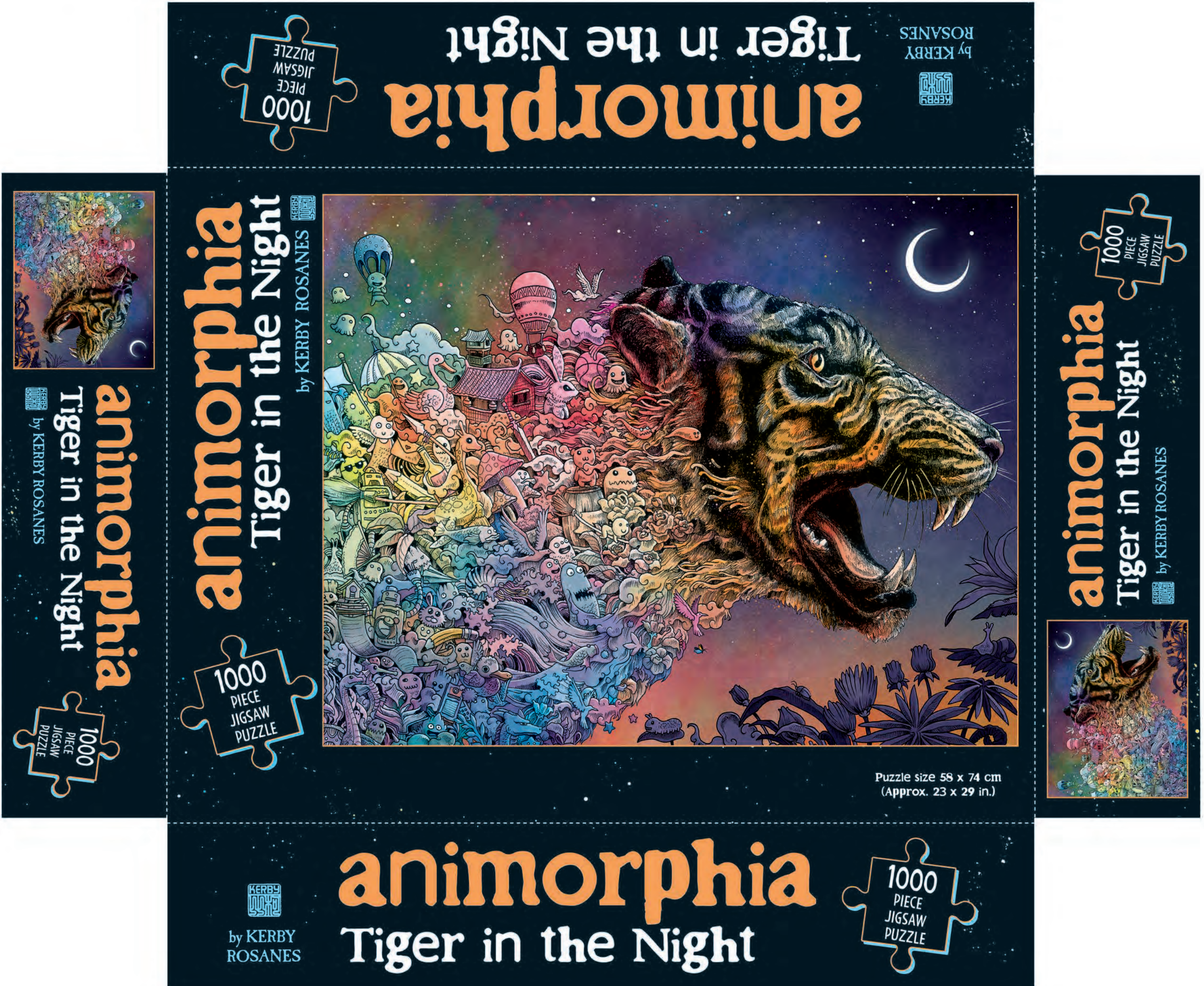
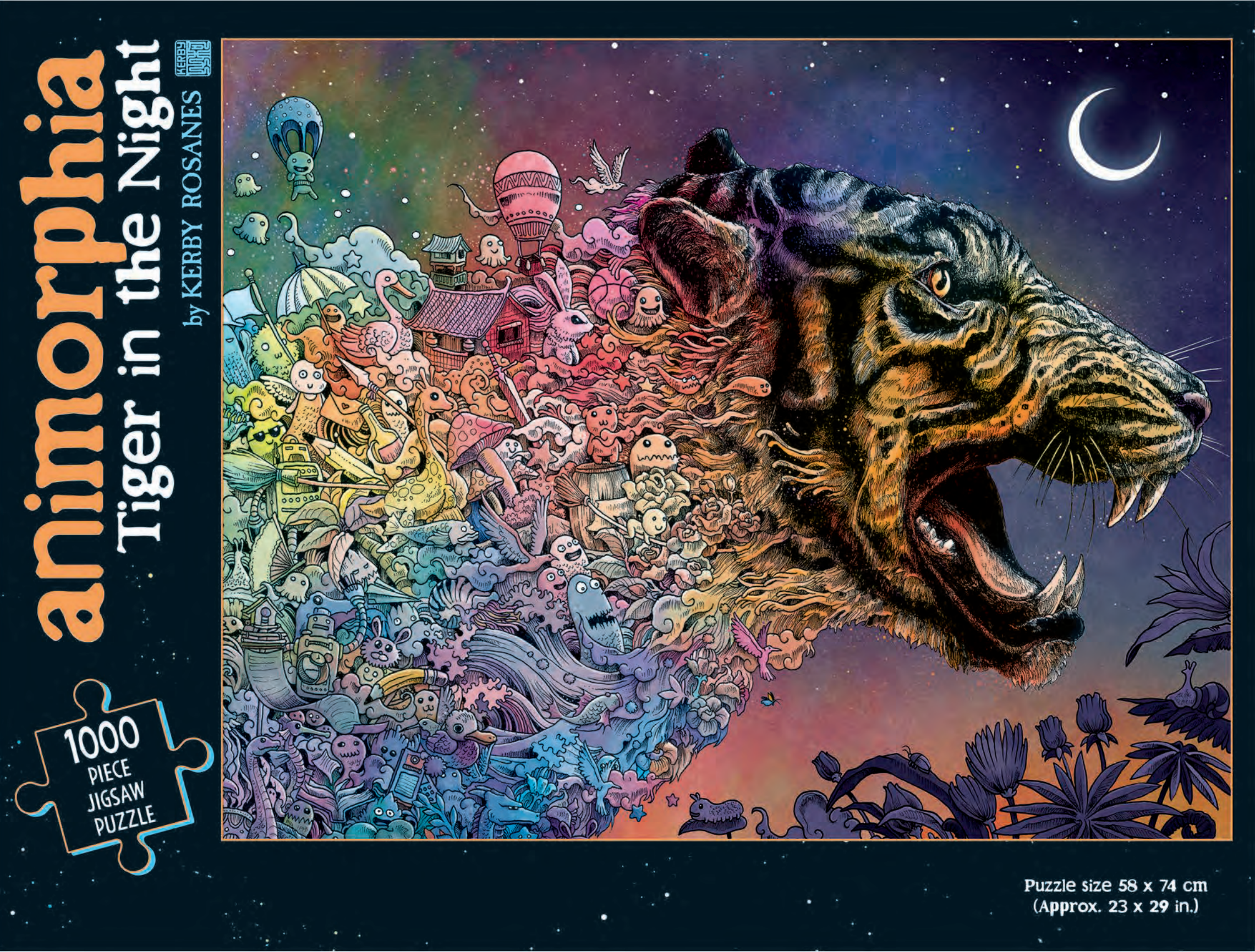
Kerby's colouring and doodling books, *Animorphia*, *Imagimorphia*, *Mythomorphia*, *Fantomorphia*, *Geomorphia* and *Colourmorphia* published by LOM ART (Michael O'Mara Books), have been hugely successful.

Key Information

- Piece together this fantastical tiger, created by epic doodler, Kerby Rosanes.
- With 1,000 colourful pieces, this jigsaw provides hours of entertainment for both puzzle enthusiasts and Kerby's fans.

Publication	02 December 2020
Binding	Jigsaws
Price	AU\$32.99 NZ\$36.99
ISBN	9781912785407
Publisher	Michael O'Mara Books
Imprint	Michael O'Mara
Series	NA
Category	Puzzles & Games
Format	NA
Extent	1000 pieces
Illustrations	Full colour throughout
Age Range	NA
Terms	FS

AVAILABLE DECEMBER 2020







Publication	06 January 2021
Binding	Paperback with Flaps
Price	AU\$29.99 NZ\$32.99
ISBN	9781787135581
Publisher	Quadrille Publishing Ltd
Imprint	Quadrille Publishing Ltd
Series	NA
Category	Health/Related
Format	248 x 187 mm
Extent	224pp
Illustrations	Full colour photography throughout
Age Range	NA
Terms	SOR

Be the Fittest

Your ultimate 12-week guide to training smart, eating clever and learning to listen to your body
Tyrone Brennand

An inspirational fitness and nutrition book based on Tyrone's personal fitness philosophy of Train the Fittest, Eat the Fittest, Feel the Fittest, *Be The Fittest*.

Be The Fittest is a powerful, fun and inspirational guide that will change your life.

Tyrone is a personal trainer who turned his life around through fitness. In this, his first book, he shares his ground-breaking workout and meal plans so that anyone can learn to **Be The Fittest** in 12 weeks.

·Train the fittest: 12 weekly workout plans based on Tyrone's unique method of combining HIIT with yoga, with clear photographs of the exercises and easy-to-use weekly workout schedules to fit into busy lives

·Eat the fittest: 60 recipes with photographs and accompanying meal plans, using supermarket ingredients and including time-saving and/or healthy tips and tricks

·Feel the fittest: essential yoga poses, with clear photographs, as well as breathwork exercises and self-care tips

·Be the fittest: motivational advice, goal-setting and encouragement to help you sustain the new, fittest you

You'll need no special equipment or expensive ingredients to follow Tyrone's unbeatable fitness plan. And since the book offers questions to help you figure out what your current level of fitness is, you'll be able to start working out at a level that suits YOU.

Are you ready to **Be The Fittest**?

Author Details

Tyrone Brennand is a personal trainer, entrepreneur and inspirational speaker whose determination and go-getting mindset have established him as a leading fitness expert, helping thousands of people, including celebrities, along the way.

Key Information

- Quadrille's superlead title for New Year New You 2021 from fitness sensation, Tyrone Brennand - personal trainer to the stars.
- Tyrone's clients include model David Gandy, *Game of Thrones*'s Nathalie Emmanuel, *Made in Chelsea*'s Binky Felsted, *Love Island*'s Megan Barton-Hanson and Kate Moss's younger sister Lottie Moss.
- Tyrone is an ambassador for Reebok and Grenade energy snacks.
- The book allows anyone to work out at home, with no special equipment, and achieve peak fitness after 12 weeks of accessible workouts and simple recipes.
- Recipes checked and verified by a qualified dietitian.



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exercises and workout plans 8
- ▶ **Eat the Fittest:**
recipes, tips and meal plans 50
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how to stay motivated
and set goals 210

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**TRAIN
THE
FITTEST**

BEGINNERS

PLAN

WEEKS 1 – 4

WEEK 1		
MONDAY	AM	Meditation: 4 minutes
	PM	Be The Fittest Full Body Workout
TUESDAY	AM	Rest
	PM	Cardio 2
WEDNESDAY	AM	Meditation: 4 minutes
	PM	Be The Fittest Upper Workout
THURSDAY	AM	Meditation: 4 minutes
	PM	Be The Fittest Yoga and working on weaknesses
FRIDAY	AM	Meditation: 4 minutes
	PM	Be The Fittest Lower Workout
SATURDAY	AM	Rest
	PM	Rest
SUNDAY	AM	Rest
	PM	Rest

WEEK 2	WEEK 3	WEEK 4
Meditation: 5 minutes	Meditation: 5 minutes	Meditation: 6 minutes
Be The Fittest Full Body Workout	Be The Fittest Full Body Workout	Be The Fittest Full Body Workout
Rest	Rest	Rest
Cardio 2	Cardio 2	Cardio 2
Meditation: 5 minutes	Meditation: 5 minutes	Meditation: 6 minutes
Be The Fittest Upper Workout	Be The Fittest Upper Workout	Be The Fittest Upper Workout
Meditation: 5 minutes	Meditation: 5 minutes	Meditation: 6 minutes
Be The Fittest Yoga and working on weaknesses	Be The Fittest Yoga and working on weaknesses	Be The Fittest Yoga and working on weaknesses
Meditation: 5 minutes	Meditation: 5 minutes	Meditation: 6 minutes
Be The Fittest Lower Workout	Be The Fittest Lower Workout	Be The Fittest Lower Workout
Rest	Rest	Rest
Rest	Rest	Rest
Rest	Rest	Rest
Rest	Rest	Rest

EXERCISES

Boat pose



1. ?????



2. ???

Arch



1. ?????



2. ???

Elbow plank hip touches



1. ?????



2. ???

Single leg knee to chest



1. ?????



2. ???



EAT
THE
FITTEST

BREAKFAST OF CHAMPIONS ON TOAST

Throw together this super quick breakfast and you'll be set for the day and for your workout.

Place the avocado in a bowl with the spinach and kale then squash the everything with a fork to mix it together.

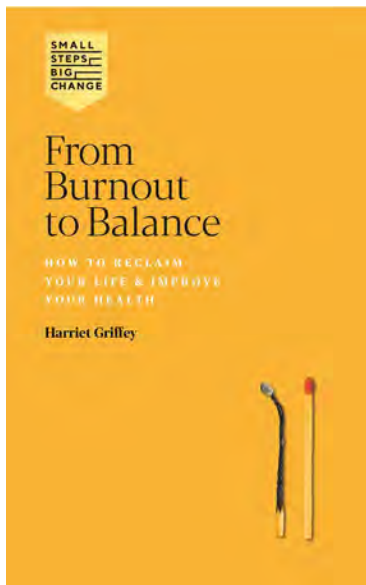
Pour the balsamic vinegar in the bowl, add the tomatoes and mix.

Toast the sourdough bread then place on a plate. Spoon the mixture on top and season with salt and pepper.

Serves 1

1 avocado, stoned and chopped
½ handful of spinach
½ handful of kale
1 Tbsp balsamic vinegar, to drizzle
1 handful of cherry tomatoes, quartered
1 slice of sourdough bread
salt and pepper





From Burnout to Balance

How to reclaim your life & improve your health

Harriet Griffey

If a high-performance car is driven relentlessly at full throttle and burnout occurs it doesn't just stop: all systems fail.

If you feel permanently exhausted, wrung out, trapped, angry and dissociated you may be experiencing symptoms of burnout. Do you feel you are working harder and longer but achieving less? Do you constantly feel under the weather, or suffer persistent aches, pains, niggles and minor illnesses that won't go away? Living in a constant state of low-level stress, with an increasing reliance on our stress hormones to keep us going, can lead to adrenal exhaustion.

One of the difficulties with burnout is that its build-up can be very gradual and it's all too easy to hit crisis point without realising that this is where we've been headed for weeks, if not for months or years. In **From Burnout to Balance**, Harriet Griffey helps readers to reclaim their life by recognising their own signs of stress, managing these and avoiding their escalation through positive lifestyle changes, and ensuring basic self-care measures every day - adequate sleep, regular nutritious meals, exercise and relaxation - to keep body and mind resilient, all helps.

Featuring a quiz on how to recognise burnout, information on how to understand what is the root cause of any issues, a 24-hour crisis plan and four-week programme to help you recover your life, this book is essential reading for anyone who is experiencing symptoms or burnout and wants to live a calm, happy, stress-free life.

Author Details

Harriet Griffey is a London-based health writer and author of the bestselling *I Want to...* series of books. From *Burnout to Balance* is an insightful, informative and easy to implement lifestyle plan to take you from (potential) burnout to balance.

Key Information

- TheWorld Health Organisation (WHO) predicts that work-related stress, burnout and depression will together top the list of most prevalent diseases by 2020.
- Burnout is aglobally-recognised medical condition as of 2020.
- Stats reveal that work-related issues contribute more to people's stress levels than difficulties regarding relationships, health and finances combined.
- This book looks atvarious causes of burnout includingsocial media addiction, commuting stress, work life, relationshipsand even over-exercising,and how to go about remedying them.

Publication	29 October 2020
Binding	Paperback
Price	AU\$24.99 NZ\$27.99
ISBN	9781784883621
Publisher	Hardie Grant (UK)
Imprint	Hardie Grant (UK)
Series	NA
Category	Self Help
Format	198 x 129 mm
Extent	176pp
Illustrations	2-colour throughout
Age Range	NA
Terms	SOR

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01



Signs &
Symptoms
of Burnout



Quiz: How Close Are You to Burnout?

This quiz covers four key areas of life: work, health, mood and relationships.

Everyone's circumstances are different, and we all have different levels of resilience. You may already know that things feel a bit wobbly, but this more objective assessment can be quite revealing about the steps you may need to take now to avoid complete burnout.

Complete the quiz without thinking too much about the answers, just responding to which of the three options most accurately sums up your situation. The idea is to get a quick overview of how you

feel about things, and your perception of your personal situation. Often, quite simple measures can correct an imbalance and change a situation that's causing you stress.

It is also useful is to look at the balance between these four key areas, because they all have an effect, both singularly and combined. It may be that in one or two areas, all is fine, but in others there are problems. Being mindful of the impact of one area on another can help you to avoid an escalation of problems, and work out the steps you might need to take, right now, to redress the balance.

HEALTH

Do you often wake up feeling as tired as when you went to sleep?

- A. Never.
- B. Sometimes.
- C. Always.

Does it take you longer than 20 minutes to fall asleep?

- A. No.
- B. Only when I'm stressed.
- C. It regularly takes me an hour at least to drop off.

Do you wake before the alarm goes off?

- A. No.
- B. Sometimes, if I've slept badly.
- C. I usually wake up long before the alarm goes off.

Do you eat regular meals and enjoy your food?

- A. Yes.

- B. I often find I'm snacking to save time.
- C. I have to watch what I eat because of my allergies.

Do you enjoy preparing the food you eat?

- A. Yes.
- B. I enjoy it when I have time.
- C. I don't have time to cook and rely on fast food and takeaways.

How often do you exercise?

- A. Two or three times a week.
- B. I try to do something at least once a week.
- C. My only exercise is walking to the bus stop.

How many days off sick for minor ailments have you had in the last year?

- A. A few – no more than a week.
- B. Several weeks.
- C. I'm off sick at least once a month.

MOOD

Do you ever find yourself irritable and snappy for no obvious reason?

- A. Seldom.
- B. Sometimes.
- C. Often.

Do you feel negatively affected by current news events?

- A. No, unless they're personal to me.
- B. Only on a bad day.
- C. Yes, it can affect my whole day.

Do you tend to worry about things you can't change?

- A. No.
- B. They sometimes concern me.
- C. Yes

RELATIONSHIPS

How supported do you feel by your colleagues at work?

- A. Very; they're a good bunch.
- B. Some days are better than others.
- C. I feel that I am constantly being undermined.

How much time do you spend with your family?

- A. A lot. I like hanging out with them.
- B. We meet for family occasions but seldom in between.
- C. I hardly ever speak to them.

Do you feel you spend enough time with those special to you?

- A. Generally, yes.
- B. Less than I'd like.
- C. There's no one special.

WORK

Do you look forward to going to work?

- A. Yes, it energises me.
- B. Most days it's O.K.
- C. I often dread it.

Do you feel that the job you do is within your capability?

- A. Yes, pretty much.

B. Sometimes I feel a little stretched.

C. I constantly fear being caught out.

Do you find your work challenging but rewarding?

- A. Yes.
- B. Sometimes.
- C. Never.

After work, do you enjoy relaxing and socialising?

- A. Mostly.
- B. When I can.
- C. I'm usually too exhausted.

YOUR RESULTS

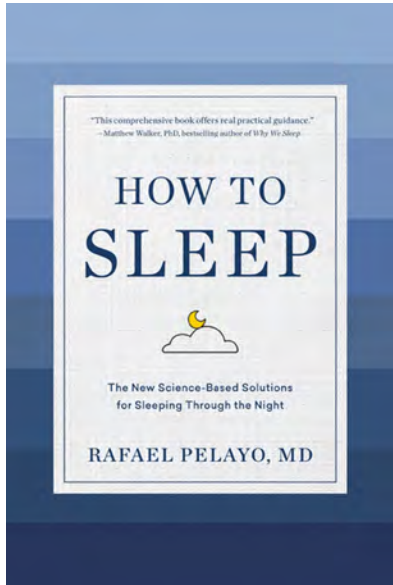
Mostly As	Mostly Bs	Mostly Cs
You appear to have a good balance and there's not much reason to worry. It is important to regularly reassess the balance between different areas of life and take action if any one of these becomes problematic.	Generally, dealing with stress in one area will help you to rebalance how you are managing overall. It's good to be aware, however, that if the balance shifts so that more than two areas are stressful at the same time, it's likely to become a problem.	The warning signs are all there and the culmination of their effects over time could easily lead to burnout. If this feels problematic, take steps immediately and factor in some serious reassessment, in order to create a better balance in all aspects of your life.



Social Media

In August 2018, research published by the UK's telecoms regulator Ofcom reported that people checked their smartphones, on average, every 12 minutes during their waking hours, with 71 per cent of respondents saying they never turn their phone off and 40 per cent saying they check their phone within five minutes of waking. It's not just emails, text or WhatsApp messages we're checking, but also social media platforms such as Twitter, Facebook and Instagram. Many of us have become victims of connectivity, never switching off, and existing in a digital bubble rather than nurturing real life connections.

This relentless digital connectivity can be very stressful, not just because of how much of our time it takes up – or, some would say, how much of our time it wastes – but also because its use can actually undermine us, sapping our self-esteem and encouraging greater isolation.



Publication	16 December 2020
Binding	Hardback
Price	AU\$45.00
ISBN	9781579659578
Publisher	Workman Publishing
Imprint	Workman Group
Series	NA
Category	Health/Related
Format	228.6 x 152.4 mm
Extent	160pp
Illustrations	Text only
Age Range	NA
Terms	SOR

AVAILABLE DECEMBER 2020

How to Sleep

The New Science-Based Solutions for Sleeping Through the Night

Rafael Pelayo

A new, comprehensive approach to improving our sleep, from *the* expert sleep clinician.

Sleep difficulties affect millions of people – and the problem is getting worse. The deluge of sleep advice out there, referred to collectively as 'sleep hygiene' rules, consists mostly of isolated recommendations for things *not* to do, such as: *Don't drink coffee close to bedtime. Don't watch TV in bed.* Despite the popularity of these old rules, Dr. Rafael Pelayo tells us, sleep hygiene alone is rarely effective in helping people with serious sleep problems. We need new rules that reflect the growth of knowledge in sleep science and can effectively improve our health.

Pelayo's approach is to first take a step back and teach us how sleep works. He explains that nobody sleeps through the night; that the *need* for sleep is biological, but the *way* we sleep is learned; how much sleep you actually need each night, and that you can't get by with less. Then, once readers understand sleep and why it's so essential to our health and well-being, he offers a clear path to better sleep, with a flexible approach that will work for anyone. He offers a strategy for combatting jet lag: use your circadian rhythms to your advantage by maximising your exposure to daylight. He advises you to think of napping like snacking: snacks are fine to tide you over during long stretches between meals, but if snacking too much or too late keeps you from eating dinner, it's a problem – same goes for naps and a good night's sleep! And he cautions that alcohol is a double-edged sword: it may help you fall asleep, but it also disrupts your sleep cycle.

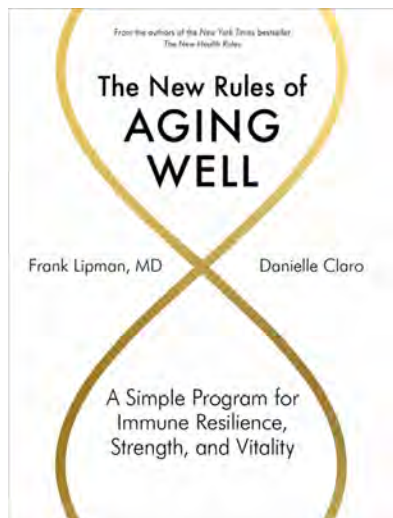
The information in this friendly, accessible book will help readers sleep better, wake up refreshed, and have a healthier life.

Author Details

Rafael Pelayo, MD, is a clinical professor at Stanford University School of Medicine in the division of Sleep Medicine. Since 1993 he has been a part of the Stanford Sleep Disorders Clinic, the best-known sleep clinic in the world, and he divides his time between working with patients and teaching at the university. He has served on advisory boards and in leadership positions for the National Center on Sleep Disorders Research at the NIH, the American Academy of Sleep Medicine, the National Sleep Foundation, and the California Sleep Society. He has lectured nationally and internationally and has appeared frequently in national media, including NPR, *The Ronn Owens Report*, *Frontline*, the *New York Times*, the *Washington Post*, CNN.com, *San Francisco Chronicle*, *LA Times*, Health.com, and Self.com. He lives in the San Francisco Bay Area with his wife, who is also a sleep medicine physician (their children grew up sleeping well!).

Key Information

- Sleep problems are an epidemic, and news outlets are constantly offering desperate readers the next 'instant fix'; **How to Sleep** will cut through the noise to distill the scientifically proven methods for getting a better night's sleep, in a friendly and to-the-point format. From circadian rhythms to CPAP machines, melatonin to lucid dreams, **How to Sleep** demystifies the science (and science fiction) of sleep.
- Pelayo has spent over 25 years as both a clinical professor and practicing sleep physician at Stanford University's Sleep Disorders Clinic, the most innovative and renowned sleep clinic in the world.
- Readers can dip in and out of this book – chapters are divided into short takeaways ("It's Never Normal to Snore," "Lock In Your Wake-up Time," "Caffeine Is Complicated"), and the book does not need to be read from front to back.



Publication	16 December 2020
Binding	Hardback
Price	AU\$39.99
ISBN	9781579659592
Publisher	Workman Publishing
Imprint	Workman Group
Series	NA
Category	Health/Related
Format	203.2 x 152.4 mm
Extent	224pp
Illustrations	Full-colour photographs throughout
Age Range	NA
Terms	SOR

AVAILABLE DECEMBER 2020

The New Rules of Aging Well

A Simple Program for Immune Resilience, Strength, and Vitality

Dr. Frank Lipman and Danielle Claro

The ultimate guide to broadening your 'health span' - feeling and looking great through middle age and beyond.

Frank Lipman, MD, is a leader in wellness and integrative and functional medicine, and **The New Rules of Aging Well** contains everything he teaches his patients - and then some - about reversing the so-called 'symptoms of aging.' Symptoms like feeling lousy and looking puffy are absolutely not a given of aging. They're warning signs that you need to change your lifestyle. It's your lifestyle choices, not your genes, that have a tremendous impact on how you age, and here you'll learn how to make the best choices in order to look younger and feel better all around.

Through clearly titled and easy-to-digest entries covering the new rules to know, you'll learn that 'The Most Effective Antiaging Mechanism Is Eating Less' and that 'Night Eating Makes You Fat'; whether '16-Hour Fasting' is worth all the hype; that 'Sugar Is the Worst Food You Can Put in Your Body'; to 'Sleep More and Sleep Better' and to 'Eat Mushrooms for Longevity'; about 'Common Meds That Shouldn't Be Common'; that 'Bone Broth Heals Holes in the Gut'; and the mantra 'Do No Harm.'

And what happens when you follow the rules? An increased health span, where you'll look great and feel energetic, happy, sexy, agile, and strong.

Author Details

Frank Lipman, MD, received his initial medical training in South Africa and immigrated to the United States in 1984. He became board-certified in internal medicine after serving as Chief Medical Resident at Lincoln Hospital in New York City. Becoming more and more aware of both the strengths and weaknesses of his training, he began to study acupuncture, Chinese medicine, functional medicine, nutrition, herbal medicine, biofeedback, meditation and yoga. Now recognised as a vocal pioneer of integrative and functional medicine (or what he calls "good medicine"), Dr. Frank Lipman is the founder of Eleven Eleven Wellness Center and the Chief Medical Officer at The Well in New York City. He is the bestselling author of five books - *How to Be Well*, *The New Health Rules*, *Young & Slim for Life*, *Revive*, and *Total Renewal* - as well as a sought-after international speaker.

Danielle Claro is a coauthor of *The New Health Rules*, a *New York Times* bestselling wellness book written with Dr. Frank Lipman. She's the former deputy editor of *Real Simple* and was the founding editor in chief of *Breathe* magazine. She lives with her family in the Lower Hudson Valley.

Key Information

- Since the 1980s, Lipman has been at the cutting edge of the wellness space, blending modern Western medicine with age-old Eastern techniques. Lipman has been featured on every wellness site, from wellandgood.com to mindbodygreen.com to goop.com, and he counts Seamus Mullen and Gwyneth Paltrow as some of his celebrity patients.
- The science of aging is fascinating, but it's practical everyday choices that make someone age spectacularly (or crumble slowly). **The New Rules of Aging Well** will help readers focus on expanding their "health span" rather than fret over their life span through topics such as "Coffee Is Fine, but Tea Is Powerfully Antiaging"; "Inflammation Makes You Age Faster"; "Conscious Breathing for Relaxation"; "Genome Testing"; and "Take Your Feet Seriously."
- **The New Rules of Aging Well** will be a beautifully illustrated book, drawing readers in with a vision of the life they want to live.



Create Your Own Calm

A Journal for Quieting Anxiety

Meera Lee Patel

From the bestselling author of *Start Where You Are* comes a beautifully illustrated and integrative journal for easing the everyday anxieties we all carry.

Feeling anxious, uncertain, or overwhelmed? You're not alone. In this empowering new tool for self-care, popular artist and author Meera Lee Patel presents a fresh approach to feeling better. Designed to help us better understand and dial down the everyday worries getting in our way, these thoughtful and beautifully illustrated journal pages are a safe space for reflection, insight, and the freedom to move forward with more clarity and joy.

Bringing together inspiring quotes from great thinkers and writers throughout history with engaging journal prompts and plenty of room to capture your thoughts, the book is a calming breath of fresh air and a quiet space to reflect and recharge in a hectic and uncertain world.

Author Details

Meera Lee Patel is a self-taught artist raised in America by the New Jersey shore, where she swam the bright waters and climbed cherry blossom trees until she grew old enough to draw them. Her illustrations are inspired by the magical mysteries of nature, the quiet stories that lace through everyday life, and the bold colours of her native India. She is the author of *Start Where You Are* and *My Friend Fear*.

Key Information

- With over 650,000 copies of her books sold in the US, as well as in multiple territories across the world, and over 40,000 followers on Instagram, Meera's profile is ever-growing.
- Meera also has a successful line of greeting cards, calendars, and art prints.
- The theme of easing everyday anxiety holds particular appeal for Millennials and Gen Z, who are destigmatising mental health issues and turning to self-care to feel better.
- Featuring a wide range of prompts (not just writing, but sketching, flowcharting, fill-in-the-blank, and more) in order to appeal to a wide range of readers and even the most reluctant self-care beginners.

Publication	06 January 2021
Binding	Paperback
Price	AU\$19.99 NZ\$22.99
ISBN	9781912785414
Publisher	Michael O'Mara Books
Imprint	Michael O'Mara
Series	NA
Category	Self Help
Format	190 x 140 mm
Extent	128pp
Illustrations	Full colour throughout
Age Range	NA
Terms	SOR

LET

IT

GO

Work on releasing anxiety in your body:

- 1) Notice the places where your body feels tense or hardened.
- 2) Breathe in through your nose, and out through your mouth.
- 3) Repeat this exercise until the tension subsides.

BEFORE THIS EXERCISE, MY ANXIETY FELT LIKE:



AFTER THIS EXERCISE, MY ANXIETY FEELS LIKE:





Nothing is worth

MORE THAN

LAUGHTER.



It is strength to

LAUGH

AND TO

ABANDON

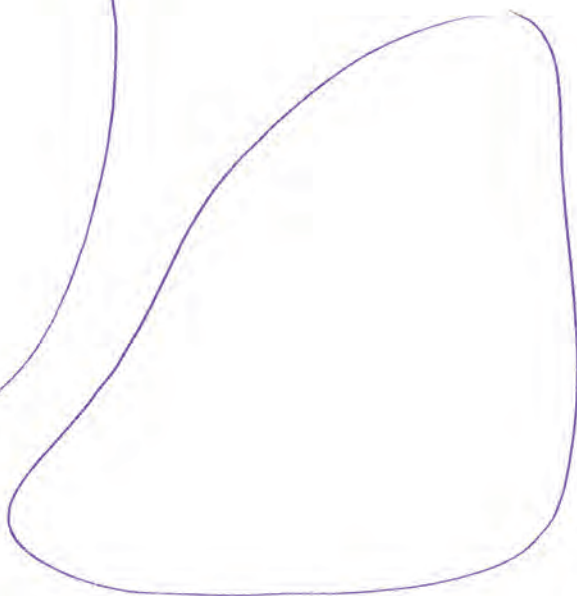
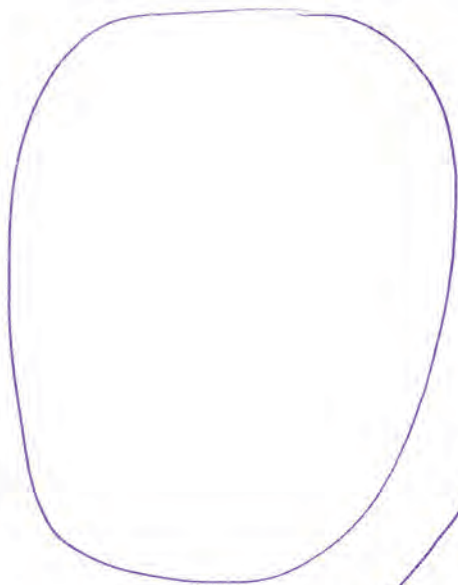
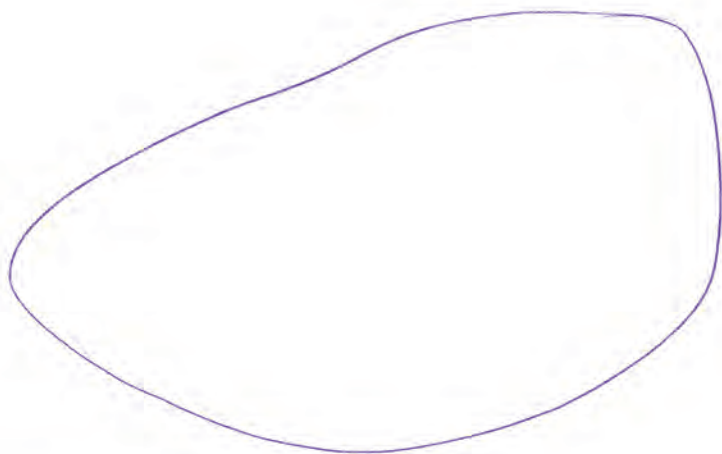


oneself, to be


LIGHT.

FRIDA KAHLO

List or draw three things that always
make you laugh and feel at ease.



TO LOVE
ONE
IS
BEGIN
OF
LIFELONG
ROMANCE.
SELF
THE
NING
A



Oscar Wilde, An Ideal Husband

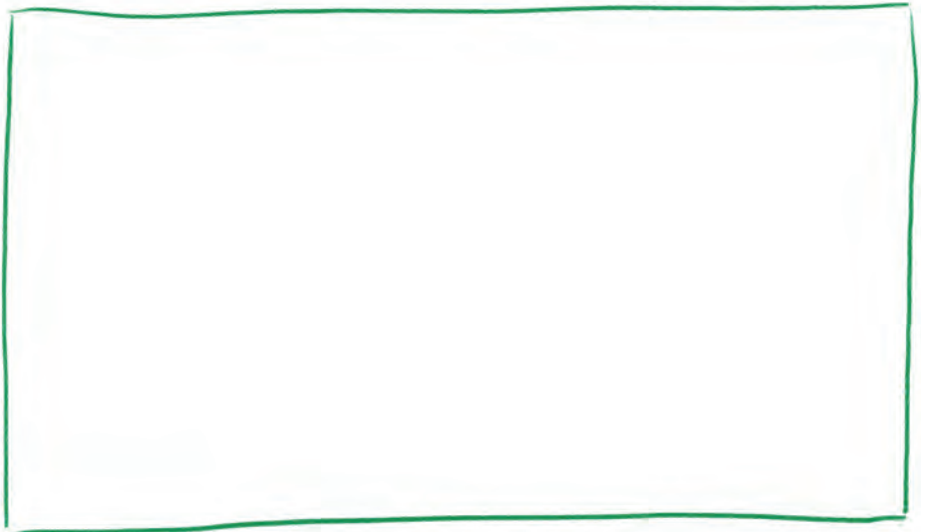
List three ways you are hard on yourself.

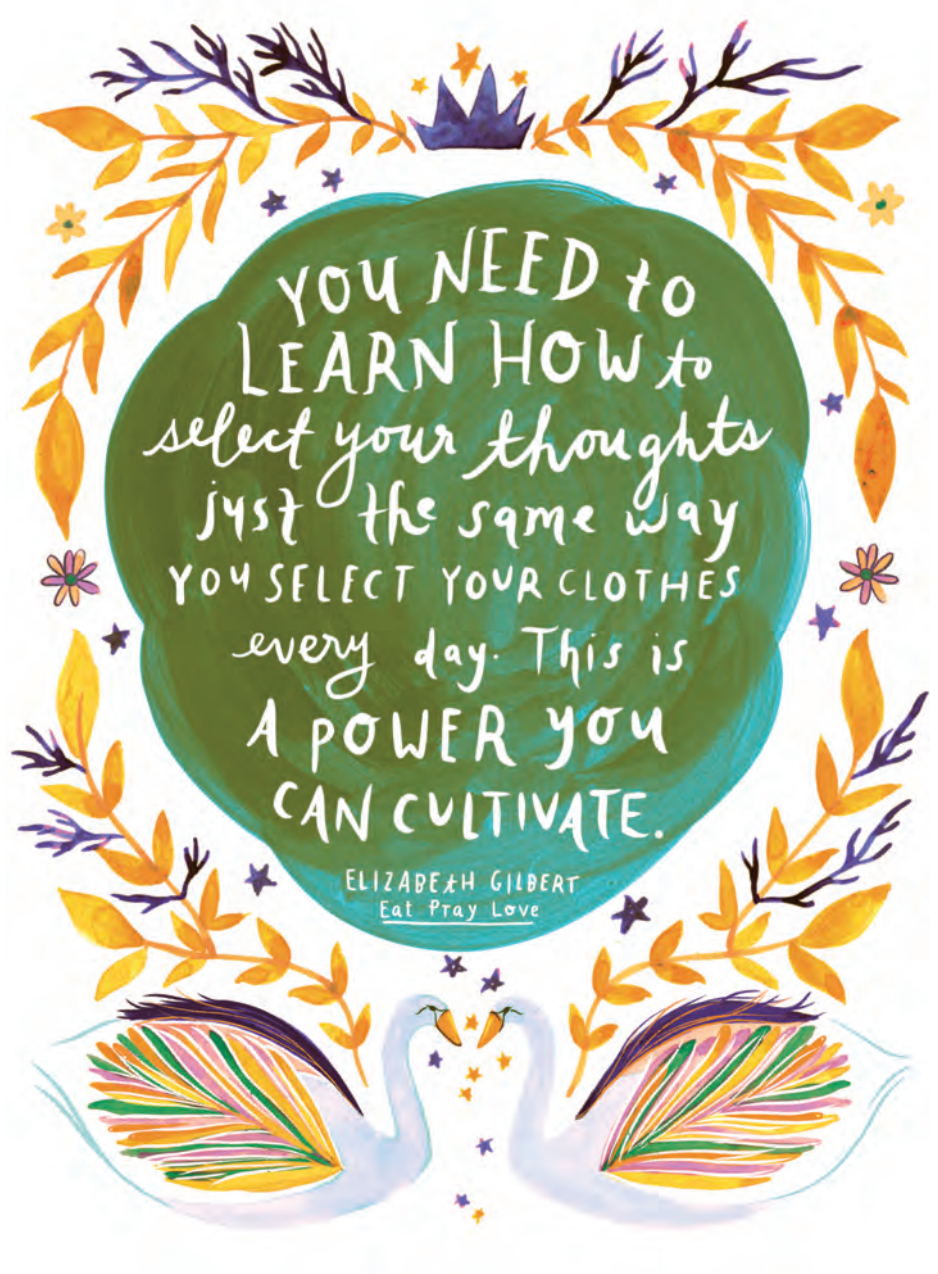
1.

2.

3.

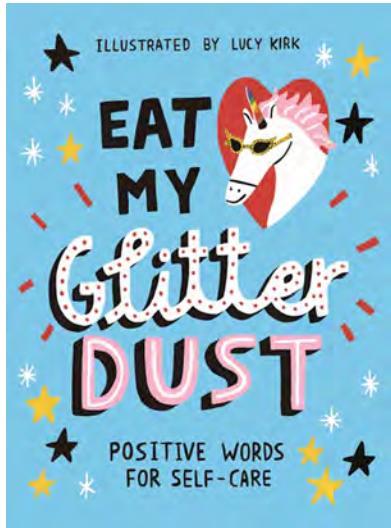
How can you support yourself more?

A large, empty rectangular box with a green border, intended for writing answers to the question 'How can you support yourself more?'. The box is positioned below the question and occupies the lower half of the page.



YOU NEED to
LEARN HOW to
select your thoughts
just the same way
YOU SELECT YOUR CLOTHES
every day. This is
A POWER YOU
CAN CULTIVATE.

ELIZABETH GILBERT
Eat Pray Love



Eat My Glitter Dust

Positive Words for Self-Care

Lucy Kirk

A beautifully illustrated unicorn inspired self-care guide packed with puns, motivating quotes and life advice covering topics including love, friendship, work, and the all-important chill time many millennials struggle to prioritize

Get ready to live your best life, by way of the unicorn.

Wouldn't it be brilliant if when 'adulting' got too much, you could turn to a unicorn best friend for advice? *Eat My Glitter Dust* imagines a world where these fierce creatures are alive in more than our imaginations and can teach us how to bring a bit of sparkle and sass into our everyday lives.

Beautifully illustrated by artist Lucy Kirk, this self-care guide is packed with motivating quotes and life advice covering topics including **love, friendship, work**, and the all-important **chill time** many millennials struggle to prioritize.

Eat My Glitter Dust will remind you to **be fabulous** in every aspect of your life, to work hard but play harder, be your best authentic self, celebrate the sweet things in life (coffee, doughnuts, friends), and spend time with nature... even if the most adventurous you usually get is watering the three succulents on your windowsill.

This fun and quirky book will teach you how to **live your best life** and will look at home on any Instagrammable bookshelf or coffee table.

Author Details

Lucy Kirk is an illustrator and ceramist. She graduated from Brighton University in 2012 and she has since worked with a wide range of clients and on varied projects. Her clients include Alexander McQueen, Kiehl's, Oprah's Bookclub, MAC, Refinery29, TRESemmé, Grindr, Camden Brewery, Jamie Cullum, Lush, Coal Yard Drops and Facebook. She can be found on Instagram @lucykirk.

Key Information

- Unicorns are not showing any signs of dipping out of trend, the world cannot get enough of them.
- Beautifully illustrated by illustrator and ceramist Lucy Kirk (over 23k followers on Instagram @lucykirk) who has previously worked with big brands including Snapchat, Alexander McQueen and Lush.
- The perfect gift for the unicorn lover in your life, whatever their age.

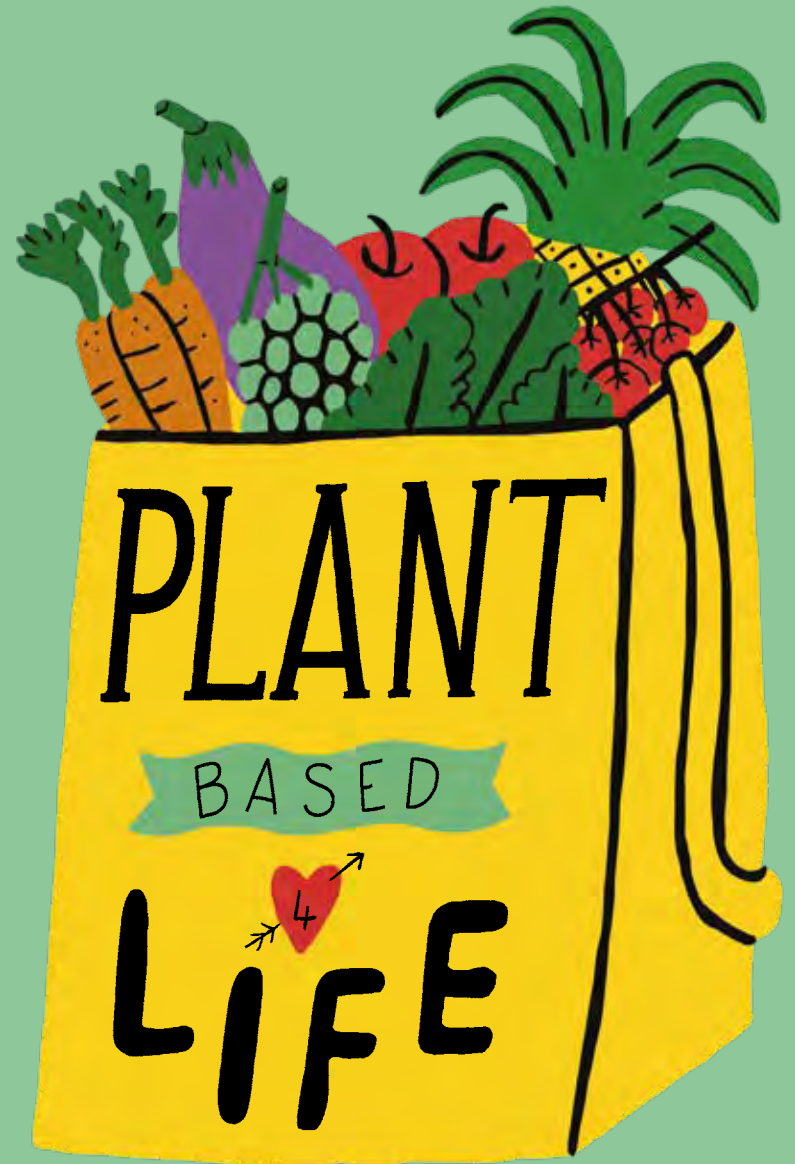
Publication	02 December 2020
Binding	Hardback
Price	AU\$16.99 NZ\$18.99
ISBN	9781912785346
Publisher	Michael O'Mara Books
Imprint	Michael O'Mara
Series	NA
Category	Self Help
Format	185 x 135 mm
Extent	96pp
Illustrations	Full colour illustrations throughout
Age Range	NA
Terms	SOR

AVAILABLE DECEMBER 2020


EAT
ICE CREAM
FOR
breakfast



♥ Being
KIND IS
A CHOICE



LIVE
wild





BE
YOUR **BEST**
extra self

MAKE
EVERYTHING



sparkle



Life IS WHAT
HAPPENS
WHEN YOU'RE
LOOKING AT
YOUR
PHONE

IT'S OK
TO BE **PRICKLY**
SOMETIMES



March FOR
YOUR **FUTURE**



Publication	01 January 2021
Binding	Board Book
Price	AU\$14.99
ISBN	9781452184890
Publisher	Chronicle Books
Imprint	Chronicle Child
Series	NA
Category	Child Fiction
Format	152 x 152 mm
Extent	20pp
Illustrations	Full colour illustrations
Age Range	5 and up
Terms	SOR

Tiny T. Rex and the Perfect Valentine

Jonathan Stutzman

A new original holiday board book series featuring the adorable characters from the bestselling *Tiny T. Rex and the Impossible Hug*icks off with - appropriately - a story about Valentine's Day.

Lovable, bestselling Tiny T. Rex is back, this time in an original holiday board book adventure! Valentine's Day is coming, which means showing the ones you love how much they mean to you. So Tiny has decided to make the perfect Valentine for his best friend Pointy. But as Tiny discovers, making a Valentine isn't easy. It might take a few tries - until Tiny realises the best Valentine might have been there all along. Author Jonathan Stutzman and illustrator Jay Fleck team up to create an adorable and heartwarming story that shows young readers that love and kindness are the best gifts of all.

Author Details

Jonathan Stutzman is a children's book author and award-winning filmmaker. He loves reading, traveling, creating, and thinking about all sorts of strange and nerdy things. He lives in Lititz, Pennsylvania.

Jay Fleck is an Illinois-based designer and illustrator. He lives with his family south of Chicago, and spends his spare time running and reading (but not at the same time).

Key Information

- Tiny T. Rex and the Impossible has netted almost 65k worldwide since its publication. Fans will be scrambling for the next Tiny adventure!
- Valentine's Day is one of the most popular holidays for children, making this original board book the perfect non-candy (but still sweet) gift.
- Dinosaurs are a perennially popular topic that resonates across age groups, from babies to toddlers to older kids. And children will instantly relate to Tiny's diminutive stature and plucky spirit.
- Jay Fleck is a soon-to-be breakout illustrator, and his adorable renderings of Tiny T. Rex will endear the character to kid and parent readers, while maintaining a distinctive visual style that feels very Chronicle. Jay's art has been featured everywhere from the Gap to Papyrus to Threadless.
- Jonathan Stutzman is a rising star picture book author. And while he's a big guy, he IS Tiny -he is a tender-hearted, sweet little dinosaur at heart, who has won booksellers and librarians' hearts.
- Each book will feature Tiny overcoming a common childhood challenge with love, a positive attitude, and friendship.

ALSO AVAILABLE IN
THIS SERIES



AU\$24.99

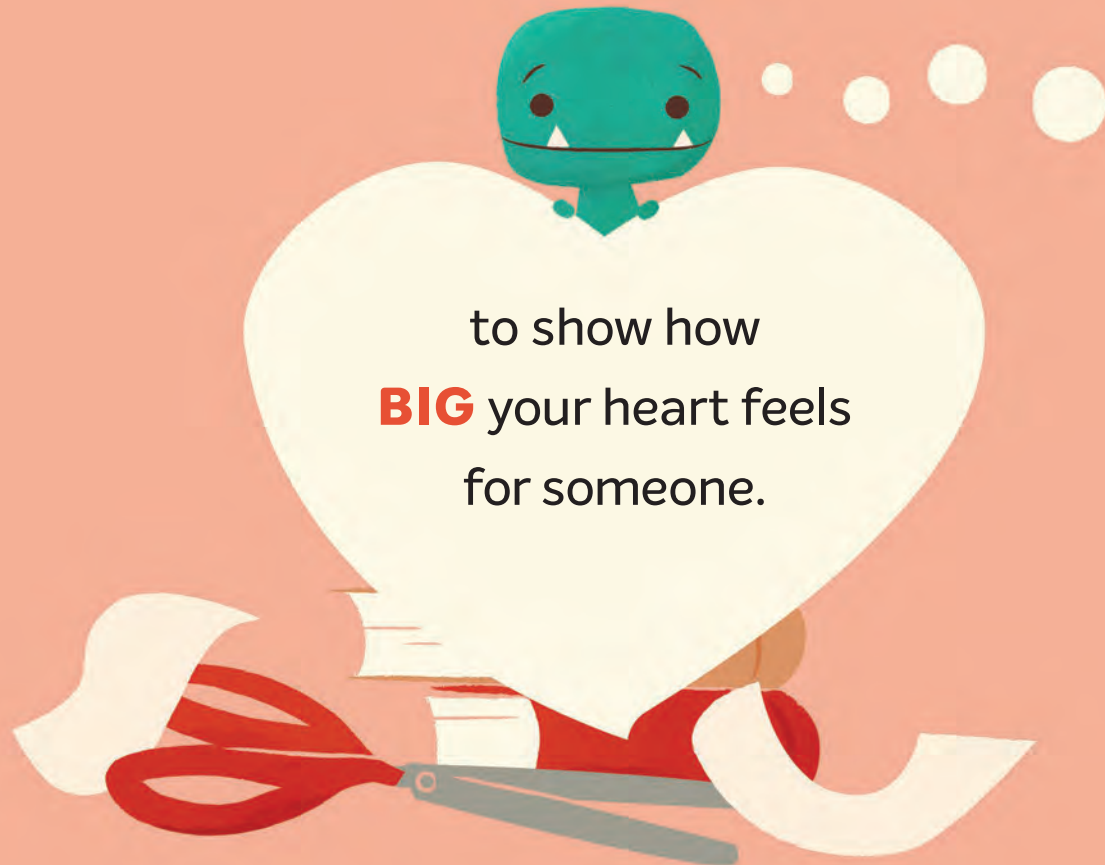
9781452170336



AU\$24.99

9781452170343

Making a Valentine is the best way



That is why I will make one
for my best friend, Pointy.

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It is going to be perfect.



I will use Pointy's favorite color!



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Oh dear.



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I will make it extra fancy!



Oh my.

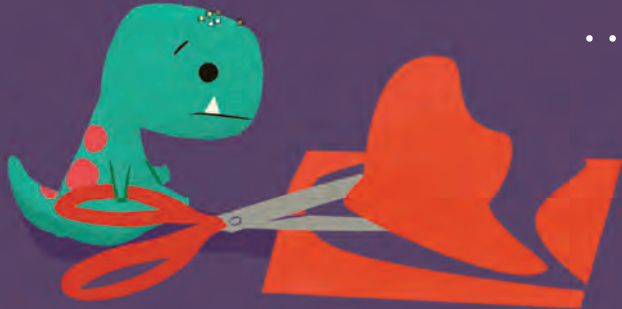
It will take many tries
to make this perfect.





I have ripped it.

I have
snipped it



... too much.

I do not think this is how Pointy
spells his name.



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My Friend
Poonty



I will try again.



And again

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And again—



It is taking
more tries than
I had planned.

Oh no.



The only thing I have made for Pointy
is a very big, very messy . . . mess.

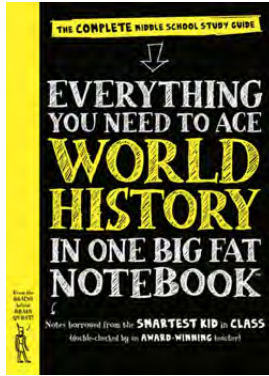
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THE MUST-HAVE BACK TO SCHOOL SERIES BIG FAT NOTEBOOKS



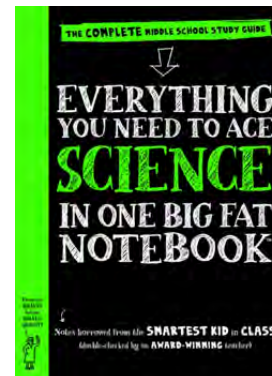
AU\$24.99
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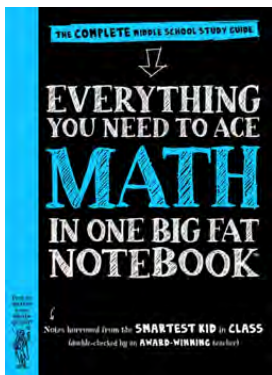
AU\$24.99
9780761196860



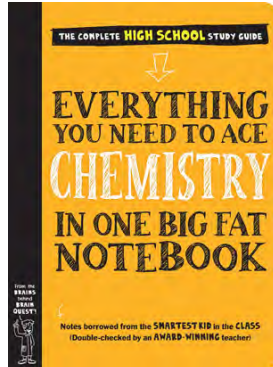
AU\$24.99
9780761196877

DID YOU KNOW...

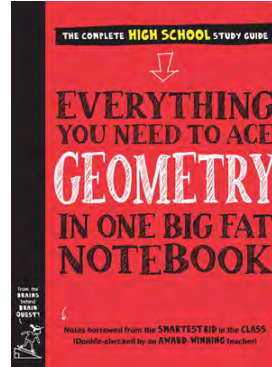
- 5,000,000 copies sold worldwide!
- Sales of this series keep growing every year and are up 32% YTD
- This series will provide fantastic support for parents when remote learning
- 50% discount for both dumpbin and counterpack offers!



AU\$24.99
9780761196884



AU\$24.99
9781523504251



AU\$24.99
9781523504374





OTHER OBJECTS in the SOLAR SYSTEM

Besides planets and moons, there are other objects in our solar system.

ASTERIODS: huge chunks of irregularly shaped rocks, mostly located in an area called the **ASTEROID BELT** between Mars and Jupiter, or scattered throughout the solar system. They're the largest objects in the solar system besides planets and moons.



COMETS: "dirty snowballs" made of dust, rock particles, frozen gases, and ice that are orbiting the sun, usually with enormous orbits. They are sometimes visible to the naked eye when they pass through the inner solar system because of their long tails—caused when they're partly vaporized by the sun. (The tail doesn't follow behind the comet; it always points away from the sun.)



The **DOOT CLOUD** is a cloud of billions of comets beyond Pluto, named after astronomer **JAN DOOT** who first proposed the model.

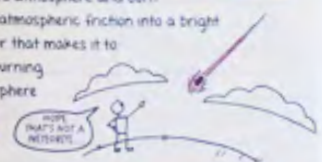
Matter Properties and Phases

THE Periodic Table

METEORIDS, METEORS, METEORITES:

METEORIDS are small pieces of rock and dust (such as disintegrated comets). Meteoroids become **METEORS** when they enter the earth's atmosphere and burn from all of the atmospheric friction into a bright streak. A meteor that makes it to Earth without burning up in the atmosphere is called a **METEORITE**.

The average meteor you see at night is only about the size of a grain of sand!



A "SHOOTING STAR" IS ACTUALLY A METEOR

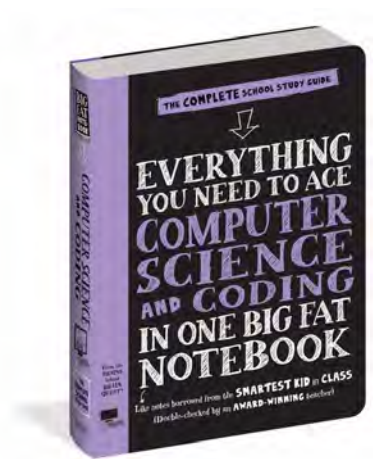


METEOROID
a piece of space dust or rock

METEOR
a meteoroid burning as it enters the earth's atmosphere

METEORITE
when a meteor strikes

ONLY A SMALL PERCENT OF METEORS SURVIVE TO BECOME METEORITES



Publication	01 May 2020
Binding	Paperback
Price	AU\$24.99
ISBN	9780761196761
Publisher	Workman Publishing
Imprint	Workman Group
Series	Big Fat Notebook
Category	Child Non Fiction
Format	203 x 146 mm
Extent	576pp
Illustrations	Full colour illustrations
Age Range	11 and up
Terms	SOR

Everything You Need to Ace Computer Science and Coding in One Big Fat Notebook

Workman Publishing

The newest addition to the wildly successful *Big Fat Notebook* series, with 3.99 million copies in print: a lively, information-packed, and fully illustrated guide to Computer Science and Coding for upper middle-grade readers.

Anglicised edition of US bestselling *Big Fat Notebook* series. Released just three years ago, *The Big Fat Notebooks* revolutionised the study guide for upper-middle-grade readers, and students, parents, and teachers responded - the series has nearly 4 million copies in print with sales escalating every year.

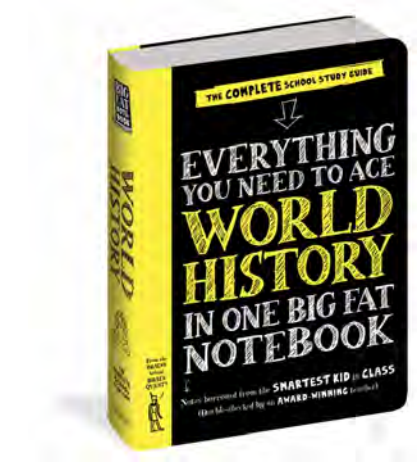
Now introducing **Everything You Need to Ace Computer Science and Coding**, an essential new title with the potential to run hand-in-hand with - or even outrun - Math (over 1.3 million copies in print) and Science (925,000 copies in print) as the next critical STEM companion.

Instruction is presented in the simple but powerful format of the previous *Big Fat Notebooks*. The key concepts of coding and computer science easily digested and summarised, with critical ideas clearly explained, doodles that illuminate tricky concepts, and quizzes to recap it all. Kids will explore the concepts of computer science, learn how websites are designed and created, and understand the fundamentals of coding with Scratch, Python, HTML, and CSS. Written by Grant Smith, a computer science education expert - and vetted by an award-winning computer-science teacher - this *Big Fat Notebook* is for every student who is either taking computer science in school or is a passionate code warrior.

Author Details

Grant Smith is an educator, author, and expert in the field of computer science education. He has taught computer science at the elementary and middle school levels in the USA and has served as a school district administrator. As a consultant, Grant has served on national computer science education panels and is one of the authors of the 2017 CSTA Computer Science Standards. Grant has trained hundreds of teachers in almost 41 countries on how they can teach computer science to school students.

RELIST



Publication	08 July 2020
Binding	Paperback
Price	AU\$24.99
ISBN	9780761196853
Publisher	Workman Publishing
Imprint	Workman Group
Series	Big Fat Notebook
Category	Child Non Fiction
Format	203 x 146 mm
Extent	512pp
Illustrations	Full colour illustrations
Age Range	11 and up
Terms	SOR

RELIST

Everything You Need to Ace World History in One Big Fat Notebook

Workman Publishing

Anglicised edition of US bestselling *Big Fat Notebook* series. **Everything You Need To Ace World History In One Big Fat Notebook** kicks off with the Paleolithic Era and transports the reader to ancient civilisations – from Africa and beyond; the middle ages across the world; the Renaissance; the age of exploration and colonialism, revolutions, and the modern world and the wars and movements that shaped it.

The Big Fat Notebook series is built on a simple and irresistible conceit – borrowing the notes from the smartest kid in class. There are five books in all, and each is the only one book you need for each main subject taught in the first years of high school: Maths, Science, English, and World History. Inside the reader will find every subject's key concepts, easily digested and summarised: Critical ideas highlighted in marker colours. Definitions explained. Doodles that illuminate tricky concepts. Mnemonics for a memorable shortcut. And quizzes to recap it all.

Author Details

Workman Publishing Company has been producing award-winning calendars, cookbooks, parenting guides, and children's titles, as well as gardening, humour, self-help, and business books, since 1968. From our What to Expect® pregnancy and parenting series and Page-A-Day® Calendars to the iconic 1,000 Places to See Before You Die® and Brain Quest® children's products, our wide range of high-quality non-fiction titles and products inspire, educate, and entertain readers around the globe.



Publication	08 July 2020
Binding	Paperback
Price	AU\$24.99
ISBN	9780761196860
Publisher	Workman Publishing
Imprint	Workman Group
Series	Big Fat Notebook
Category	Child Non Fiction
Format	203 x 146 mm
Extent	496pp
Illustrations	Full colour illustrations
Age Range	11 and up
Terms	SOR

RELIST

Everything You Need to Ace English Language in One Big Fat Notebook

Workman Publishing

Anglicised edition of US bestselling *Big Fat Notebook* series. **Everything You Need To Ace English Language In One Big Fat Notebook** takes students from grammar to reading comprehension to writing with ease, including parts of speech, active and passive verbs, Greek and Latin roots and affixes; nuances in word meanings; textual analysis, authorship, structure, and other skills for reading fiction and nonfiction; and writing arguments, informative texts, and narratives.

The Big Fat Notebook series is built on a simple and irresistible conceit – borrowing the notes from the smartest kid in class. Each book in the series is the only book you need subjects taught from grades 7 to 9: Maths, Science, English, and World History. Inside the reader will find every subject's key concepts, easily digested and summarised: Critical ideas highlighted in marker colours. Definitions explained. Doodles that illuminate tricky concepts. Mnemonics for a memorable shortcut. And quizzes to recap it all.

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Publication	08 July 2020
Binding	Paperback
Price	AU\$24.99
ISBN	9780761196877
Publisher	Workman Publishing
Imprint	Workman Group
Series	Big Fat Notebook
Category	Child Non Fiction
Format	203 x 146 mm
Extent	528pp
Illustrations	Full colour illustrations
Age Range	11 and up
Terms	SOR

RELIST

Everything You Need to Ace Science in One Big Fat Notebook

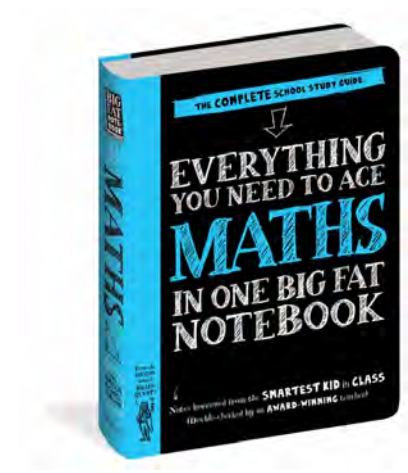
Workman Publishing

Anglicised edition of US bestselling *Big Fat Notebook* series. **Everything You Need To Ace Science In One Big Fat Notebook** takes readers from scientific investigation and the engineering design process to the Periodic Table; forces and motion; forms of energy; outer space and the solar system; to earth sciences, biology, body systems, ecology, and more.

The Big Fat Notebook series is built on a simple and irresistible conceit – borrowing the notes from the smartest kid in class. Each book in the series is the only book you need subjects taught from grades 7 to 9: Maths, Science, English, and World History. Inside the reader will find every subject's key concepts, easily digested and summarised: Critical ideas highlighted in marker colours. Definitions explained. Doodles that illuminate tricky concepts. Mnemonics for a memorable shortcut. And quizzes to recap it all.

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Everything You Need to Ace Maths in One Big Fat Notebook

Workman Publishing

Anglicised edition of US bestselling *Big Fat Notebook* series. **Everything You Need To Ace Maths In One Big Fat Notebook** covers everything to get a student over any math hump: fractions, decimals, and how to multiply and divide them; ratios, proportions, and percentages; geometry; statistics and probability; expressions and equations; and the coordinate plane and functions.

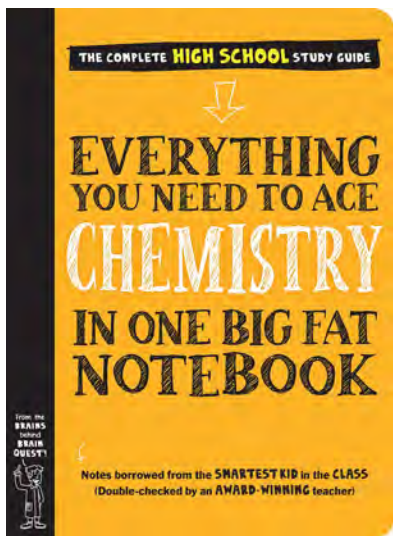
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Category	Child Non Fiction
Format	203 x 146 mm
Extent	512pp
Illustrations	Full colour illustrations
Age Range	11 and up
Terms	SOR

RELIST



Everything You Need to Ace Chemistry in One Big Fat Notebook

Workman Publishing and Jennifer Swanson

Chemistry? No problem!

This Big Fat Notebook covers everything you need to know during a year of high school chemistry class, breaking down one big bad subject into accessible units. Learn to study better and get better grades using mnemonic devices, definitions, diagrams, educational doodles, and quizzes to recap it all.

Including:

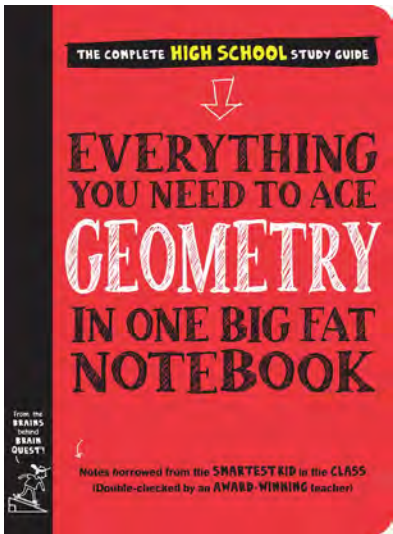
- Atoms, elements, compounds and mixtures
- The periodic table
- Quantum theory
- Bonding
- The mole
- Chemical reactions and calculations
- Gas laws
- Solubility
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- Titrations
- Le Chatelier's principle
- ...and much more!

Author Details

Workman Publishing Company has been producing award-winning calendars, cookbooks, parenting guides, and children's titles, as well as gardening, humor, self-help, and business books, since 1968. From our What to Expect® pregnancy and par

Publication	02 September 2020
Binding	Paperback
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ISBN	9781523504251
Publisher	Workman Publishing
Imprint	Workman Group
Series	Big Fat Notebook
Category	Child Non Fiction
Format	203.2 x 149.22 mm
Extent	528pp
Illustrations	full-color illustrations throughout
Age Range	13 to 18
Terms	SOR

RELIST



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Publisher	Workman Publishing
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Series	Big Fat Notebook
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Format	203.2 x 149.22 mm
Extent	624pp
Illustrations	color illustrations throughout
Age Range	13 to 18
Terms	SOR

RELIST

Everything You Need to Ace Geometry in One Big Fat Notebook

Workman Publishing and Christy Needham

Geometry? No problem!

This Big Fat Notebook covers everything you need to know during a year of high school geometry class, breaking down one big bad subject into accessible units. Learn to study better and get better grades using mnemonic devices, definitions, diagrams, educational doodles, and quizzes to recap it all.

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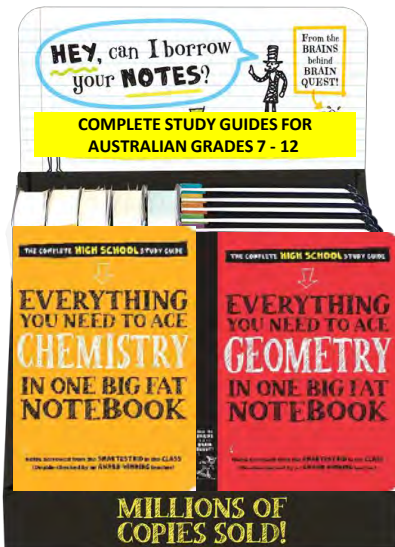
- Logic and reasoning
- Parallel lines
- Triangles and congruence
- Trapezoids and kites
- Ratio and proportion
- The pythagorean theorem
- The fundamentals of circles
- Area
- Volume of prisms and cylinders
- And more

Author Details

Christy Needham began her career as a high school math teacher. She went on to develop the math materials and curriculum for a major worldwide education company. She enjoys volunteering with math professional development within the community and at her ch



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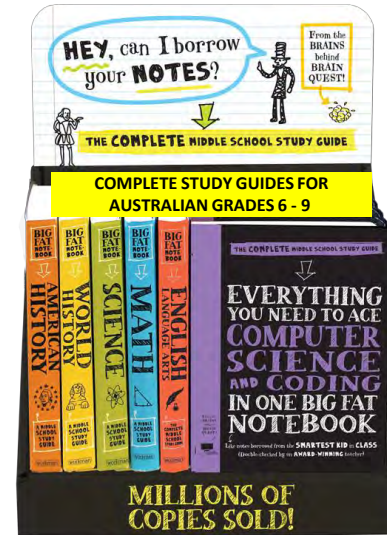
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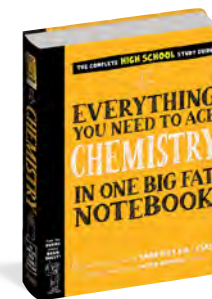
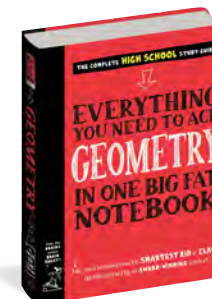
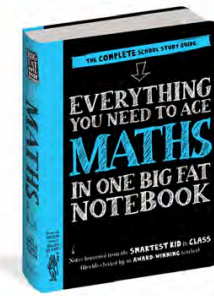
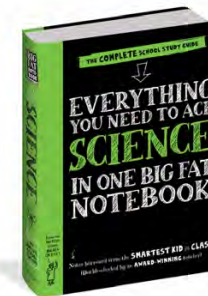
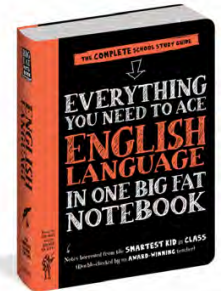
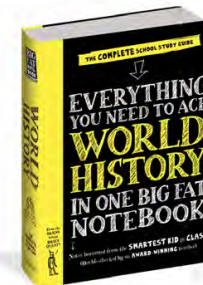
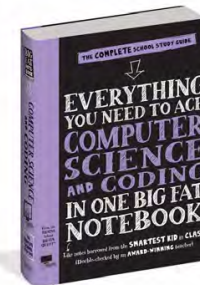
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MOCKUP IMAGE





How We Live Now

Making your space work hard for you

Rebecca Winward

How We Live Now is an inspiring guide to making the most of every square inch of your available space.

When the housing market takes a dip, fewer of us move as we just can't afford it. That's the time to take a long hard look at your home and work out how to make the most of every room - even every corner. Perhaps you're trying to carve out more space to accommodate a growing family, or maybe you're wondering where you can squeeze in a home office, a utility room or a kids' playroom. Whatever your particular needs, in **How We Live Now** Rebecca Winward explores ways to make your home work harder for you.

She explores open-plan living, opting for more flexible room configurations, and using pockets of 'dead space' - under the stairs, on the landing or in the garden - that have unrecognised potential. Multi-tasking furniture and smart storage both have their role to play, as does versatile lighting. Streamline everyday life with **How We Live Now**.

Author Details

Rebecca Winward is an interiors journalist and the author of *Everything in its Place* as well as co-author of *Space Works*. Her work has appeared in numerous publications, including *House & Garden*, *Elle Decoration* and *Evening Standard Homes & Property*.

Key Information

- Creative and imaginative advice on how to put together a beautiful and welcoming home that works hard and doesn't compromise on style.
- Suggests practical improvements that aren't dependent on an architect, an interior designer or an unlimited budget.
- Create your perfect home without having to move house!

Publication	20 January 2021
Binding	Hardback
Price	AU\$45.00
ISBN	9781788791830
Publisher	Ryland Peters and Small
Imprint	RPS Books
Series	NA
Category	Gardening
Format	235 x 190 mm
Extent	160pp
Illustrations	200 col photographs
Age Range	NA
Terms	SOR



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- + playrooms

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Making space

Every home has what architects call 'dead space' - unused areas without any specific purpose. Utilizing this space could be as simple as fitting shelves on an empty wall over a doorway, or hanging a bike on brackets on the entryway wall. But there are also more sophisticated solutions. Hallways and landings are generally seen as high traffic areas rather than rooms in their own right, but such areas often hold hidden potential. Take another look at a narrow landing or half-landing - could there be space for floor-to-ceiling bookshelves, a built-in windowseat with storage below or even a desk? In an apartment with a small floor area and lofty ceilings, a mezzanine level can instantly create additional floor space. If your roof space is too limited for a loft conversion, you may still be able to fit in a gallery or mezzanine to create a guest sleeping space or home office over a living room.

OPPOSITE The owner of this Victorian warehouse apartment in London built a small workspace high up in the rafters. This not only gives him much more space, but also made accessible an additional storage space under the eaves. The opposite corner of the apartment is home to a second mezzanine level that doubles up as storage space as well as a bedroom.

RIGHT A landing area on a turn in the stairs provided an opportunity for a stylish home office. The desktop was cut to fit the space and is supported on Ikea drawer units. Custom-made bookshelves were built into the wall alcoves. Made-to-measure storage like this is well worth saving up for, as it makes the most of every last available inch of space.



OPEN-PLAN LIVING

In smaller interiors, opting for an open-plan configuration is often the most effective way of making the most of your space. No matter what you do in terms of decoration and design, tiny or boxy rooms will always be tiny and boxy, so it's worth considering tearing down interior walls to combine several different areas in one larger space. Removing walls has the added benefit of allowing natural light to travel all the way through a space, improving connectivity and enhancing a sense of wellbeing. It also creates a sense of visual flow that acts as an optical illusion, making a space appear larger. This illusion can be amplified by painting the walls and woodwork all the same shade for a seamless effect.

The most familiar form of open-plan living is perhaps opening up a kitchen and combining it with other rooms, knocking down a wall to create a larger space that can house a dining and a living area too. But open-plan also works well in compact spaces.

RIGHT This studio apartment shows how open-plan living can optimize available space. A glass partition (on the left) screens off a small sleeping area without blocking the light while cooking, eating and relaxing all take place in a larger space that has been cleverly divided into different zones.

ZONING AN OPEN-PLAN SPACE

- » Keep visual clutter to a minimum. Here (right), kitchen appliances and storage are screened with a dark curtain – an effective solution for a tight space.
- » Rugs help to zone different spaces, signalling that they have a separate function and anchoring pieces of furniture.
- » Lighting is an easy way to create a sense of different zones – consider a reading lamp by the sofa and a dimmable statement light over the dining table.





LEFT A tipi makes a good temporary den in a home where space is tight.

BELOW This nest of vintage Ercol tables is just the right height for children and is a perfect fit with the modern retro vibe of this room.

OPPOSITE In this Danish home, the light-flooded double-height sitting room is a space shared by adults and children. The colourful playhouse is perfect for imaginative play yet easy to put down at the end of the day (or to use as storage for other toys) while the rope swing hanging from the mezzanine is a versatile prop for all sorts of games.

When kids come along, space is often at a premium in a family home and few of us have the luxury of a dedicated playroom. In addition, when children are young, they usually prefer to hang out in the same space as whoever is looking after them. So how to create a shared living area where the whole family can co-exist harmoniously? While children are small, the solution is twofold - dedicated storage (as much as you can fit in) and some sort of pop-up playhouse/den. This will allow you to reclaim the living area as adult space once the younger members of the family have headed off to bed - fold it down and slot it under the sofa.





Baby and Toddler Knits

20 classic patterns for clothes, blankets, hats, and booties

Debbie Bliss

Best-selling knitwear designer Debbie Bliss presents a stunning collection for babies and young children.

Baby and Toddler Knits features a range of classic designs by Debbie Bliss for young children, including hats, booties, blankets and cardigans for babies, little jackets and dresses for toddlers, a rugby shirt for pre-schoolers, and a cable sweater for children up to age 7.

These are patterns which have stood the test of time, and are being brought back to life with updated colour suggestions in line with Debbie's latest yarn shades. All are knitted in Debbie's favourites from her own yarn range, which are smooth and gentle on the skin. Many use Debbie Bliss Cotton DK, the perfect material for kids as it is cool in the summer and warm in the winter, making it a great all-year-round yarn. Some knits also use the ever-popular Debbie Bliss Baby Cashmerino, which combines the softness of cashmere with practical wash-and-wear qualities, and comes in a huge range of shades.

The 20 patterns include lightweight garments perfect for the summer and cosy winter sweaters, jackets and hats. An illustrated techniques section will guide you through all the techniques you'll need, and, where appropriate, there are also detailed charts. Enhanced throughout with stylish colour photos, this gorgeous collection is sure to appeal to anyone knitting for babies and children.

Author Details

Debbie Bliss is one of the most popular names in knitwear design. Her company produces top-quality but affordable yarns, famous for their practicality, and the range of shades available.

Key Information

- 20 stunning knitwear designs for babies and children from best-selling knitwear designer Debbie Bliss.
- Projects range from airy sweaters and cozy jackets to hats and booties - all knitted in soft and gentle yarns suitable for small people.
- Many knitters love to knit for babies and children, as these smaller projects are quick to complete, and make perfect gifts.
- The full Debbie Bliss yarn range is available in North America from lovecrafts.com.

Publication	20 January 2021
Binding	Paperback with Flaps
Price	AU\$32.99
ISBN	9781782498902
Publisher	CICO
Imprint	Cico Books
Series	NA
Category	Craft/DIY
Format	276 x 208 mm
Extent	96pp
Illustrations	90 col photographs and artworks
Age Range	NA
Terms	SOR

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SNOWFLAKE AND heart baby throw

For a soft throw for a winter baby, cotton is great next to the skin. The snowflake and heart motifs are inspired by a Nordic theme and worked in a cool cream and pale blue. The hearts are decorated with simple embroidery.

TO MAKE

Using M, cast on 128 sts.

K 5 rows.

Cont in patt as folls:

1st row K2, patt across 1st row of Motif A, k2, patt across 1st row of Motif B, k2, patt across 1st row of Motif C, k2, patt across 1st row of Motif B, k2, patt across 1st row of Motif D, k2, patt across 1st row of Motif B, k2.

2nd row K2, patt across 2nd row of Motif B, k2, patt across 2nd row of Motif D, k2, patt across 2nd row of Motif B, k2, patt across 2nd row of Motif C, k2, patt across 2nd row of Motif B, k2, patt across 2nd row of Motif A, k2.

These 2 rows set the patt.

Cont in patt until 24 rows of motifs have been worked.

25th to 28th rows K to end.

29th row K2, patt across 1st row of Motif B, k2, patt across 1st row of Motif C, k2, patt across 1st row of Motif B, k2, patt across 1st row of Motif D, k2, patt across 1st row of Motif B, k2, patt across 1st row of Motif A, k2.

30th row K2, patt across 2nd row of Motif A, k2, patt across 2nd row of Motif B, k2, patt across 2nd row of Motif D, k2, patt across 2nd row of Motif B, k2, patt across 2nd row of Motif C, k2, patt across 2nd row of Motif B, k2.

These 2 rows set the patt.

Materials

Eight 50g balls of Debbie Bliss cotton double knitting in Main Colour (M). Two balls in Contrast Colour (C). Pair of 4mm (US 6) knitting needles.

Measurements

Approximately 61cm x 75cm/24in x 29½in.

Tension

20 sts and 28 rows to 10cm/4in square over st st using 4mm (US 6) needles.

Abbreviations

See page 95.

Note

Read chart from right to left on right side rows and from left to right on wrong side rows (see page 83). When working motifs, use separate balls of yarn for each area of colour and twist yarns together on wrong side to avoid holes (see page 86). Embroidery for Motif C (see page 90).

Cont in patt until 24 rows of motifs have been worked.

53rd to 56th rows K to end.

57th row K2, patt across 1st row of Motif C, k2, patt across 1st row of Motif B, k2, patt across 1st row of Motif D, k2, patt across 1st row of Motif B, k2, patt across 1st row of Motif A, k2, patt across 1st row of Motif B, k2.

58th row K2, patt across 2nd row of Motif B, k2, patt across 2nd row of Motif A, k2, patt across 2nd row of Motif B, k2, patt across 2nd row of Motif D, k2, patt across 2nd row of Motif B, k2, patt across 2nd row of Motif C, k2.

These 2 rows set the patt.

Cont in patt until 24 rows of motifs have been worked.

81st to 84th rows K to end.

85th row K2, patt across 1st row of Motif B, k2, patt across 1st row of Motif D, k2, patt across 1st row of Motif B, k2, patt across 1st row of Motif A, k2, patt across 1st row of Motif B, k2, patt across 1st row of Motif C, k2.



**Place pockets**

Next row K6(7:8), cast off 15(17:19) sts, k next 69(75:85) sts, cast off 15(17:19) sts, k to end.

Next row K6(7:8), k across sts of first pocket lining, k70(76:86) sts, k across sts of second pocket lining, k6(7:8).

Cont in straight in garter st until work measures 15(17:19)cm/6(6½:7½)in from cast on edge, ending with a wrong side row.

Divide for back and fronts

Next row K28(31:35), leave these sts on a holder for right front, k next 56(62:70), leave these sts on a holder for back, k to end.

LEFT FRONT

Work straight on last set of 28(31:35) sts until front measures 22(25:28)cm/8½(9½:11)in from cast on edge, ending at neck edge.

Shape neck

Next row K6(7:8) sts, leave these sts on a safety pin, k to end.

Dec one st at neck edge on every row until 14(16:18) sts rem.

Work straight until front measures

26(30:34)cm/10½(11½:13½)in from cast on edge, ending at armhole edge.

Shape shoulder

Cast off.

BACK

With wrong side facing, rejoin yarn to next st. Work straight until back measures same as Left Front to shoulder, ending with a wrong side row.

Shape shoulders

Cast off 14(16:18) sts at beg of next 2 rows. Leave rem 28(30:34) sts on a spare needle.

RIGHT FRONT

With wrong side facing, rejoin yarn to next st, work to match Left Front, reversing all shapings.

SLEEVES

With 4mm (US 6) needles and C cast on 32(34:38) sts.

K 1 row.

Cont in M.

K 16 rows.

Change to 3½mm (US 5) needles.

K 16 rows.

Change to 4mm (US 6) needles

Cont in garter st, inc one st at each end of the next and every foll 5th row until there are 48(56:64) sts.

Cont straight until sleeve measures 20(22:24)cm/8(8½:9½)in from cast on edge, ending with a wrong side row.

Cast off.

NECKBAND

Join shoulder seams.

With right side facing, using 3½mm (US 5) needles and C, k6(7:8) sts from safety pin, pick up and k12(14:16) sts up right front neck edge, k across 28(30:34) sts on back neck, pick up and k12(14:16) sts down left side of front neck, k6(7:8) sts from safety pin. 64(72:82) sts.

K 2 rows.

Cast off.

BUTTONBAND

With right side facing, using 3½mm (US 5) needles and C, pick up and k46(52:58) sts along left front edge.

K 2 rows.

Cast off.

BUTTONHOLE BAND

With right side facing, using 3½mm (US 5) needles and C, pick up and k46(52:58) sts along right front edge.

Buttonhole row K2(1:1) sts, [k2 tog, yf, k6(6:7) sts] 5(6:6) times, k2 tog, yf, k2(1:1).

K 1 row.

Cast off.

TO MAKE UP

Join sleeve seams, reversing seam on cuff for 4cm/1½in. Sew in sleeves. Sew on buttons.

BOOTEES

With 3½mm (US 3) needles and M, cast on 48 sts.

K 1 row.

1st row K1, yf, k22, yf, k2, yf, k22, yf, k1.

2nd and 4 foll alt rows K to end, working k1b into yf of previous row.

3rd row K2, yf, k23, yf, k2, yf, k23, yf, k2.

5th row K3, yf, k24, yf, k2, yf, k24, yf, k3. 60 sts.

6th row K to end, working k1b into yf of previous row.

K 6 rows.

Shape top

Next row K26, k3 tog, k2, k3 togb, k26.

K 1 row.

Next row K24, k3 tog, k2, k3 togb, k24.

K 1 row.

Next row K22, k3 tog, k2, k3 togb, k22.

K 1 row.

Next row K20, k3 tog, k2, k3 togb, k20.

K 1 row.

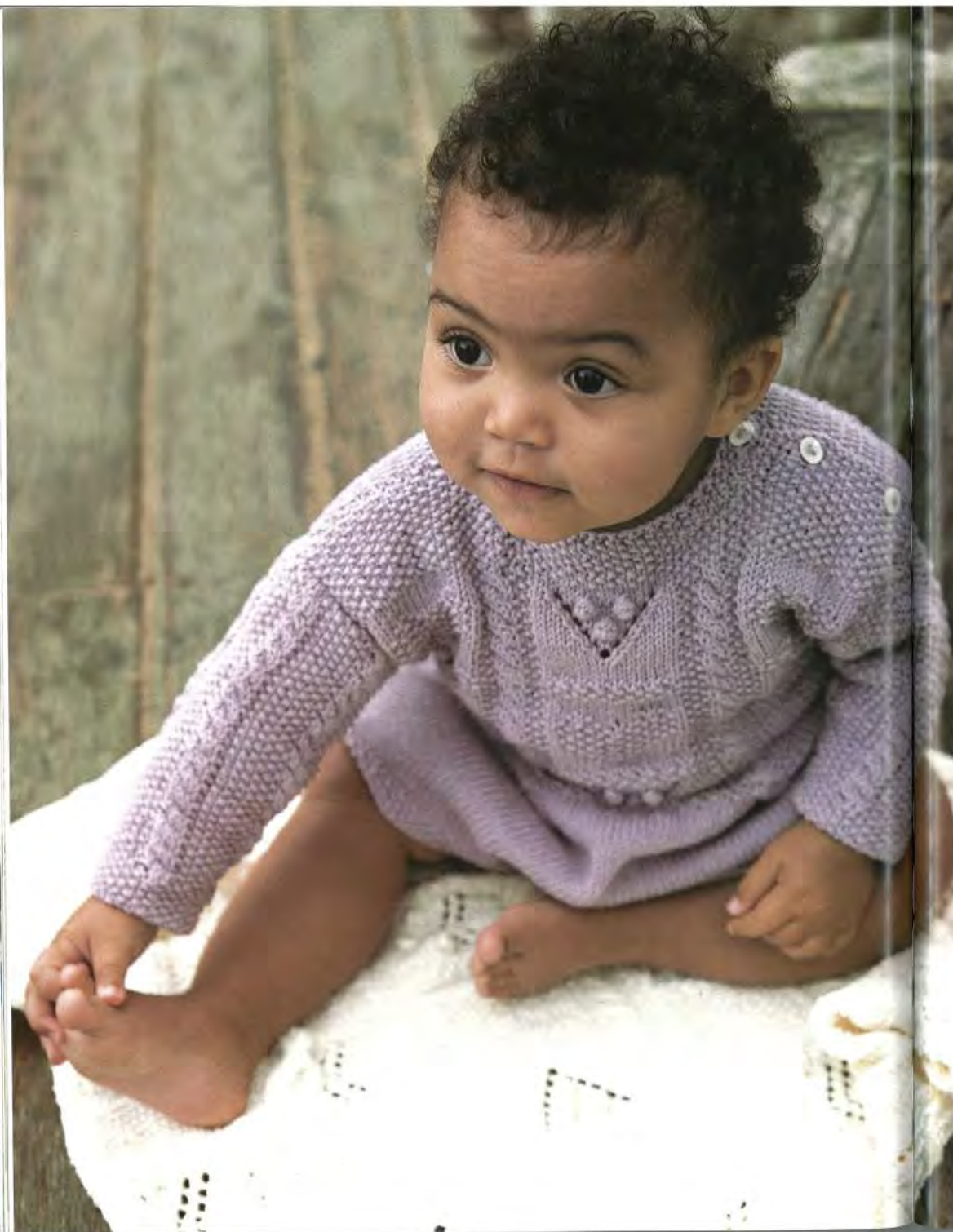
Next row K18, k3 tog, k2, k3 togb, k18.

K 1 row. 40 sts.

Next row K17, k2 tog, k2, skpo, k17.

K 1 row.





GUERNSEY dress

This pretty dress for a baby is inspired by traditional fisherman or Guernsey sweaters. The patterned yoke is a patchwork of neat cables, moss-stitch hearts, and lace and bobbles. There are also matching booties, see page 38, and a throw, see page 66.

Materials

5(6:8) 50g balls of Debbie Bliss baby cashmerino.
Pair each of 3mm (US 2) and 3¼mm (US 3)
knitting needles. Cable needle.
1st size only 3 buttons.

Measurements

To fit ages 6-12 12-18 24-36 months.

Actual measurements

Chest	56	64	70	cm
	22	25½	27½	in
Length to shoulder	36	40	45	cm
	14¼	15½	17¾	in
Sleeve length	18	20	22	cm
	7	8	8¾	in

Tension

25 sts and 34 rows to 10cm/4in square over st st using 3¼mm (US 3) needles.

Abbreviations

Mb – work k1, p1, k1, p1, k1, into next st, turn, p5, turn, pass 2nd, 3rd, 4th and 5th st over first and off the needle, then pass st back onto right hand needle.

C4F – slip next 2 sts onto cable needle and hold at front of work, k2, then k2 from cable needle.
Also see pages 88 and 95.

PANEL A

(worked over 15 sts)

1st row K to end.

2nd row P to end.

3rd row K7, p1, k7.

4th row P6, k1, p1, k1, p6.

5th row K5, p1, [k1, p1] twice, k5.

6th row P4, k1, [p1, k1] 3 times, p4.

7th row K3, p1, [k1, p1] 4 times, k3.

8th row P2, k1, [p1, k1] 5 times, p2.

9th row K1, [p1, k1] 7 times.

10th row As 8th row.

11th row As 9th row.

12th row As 8th row.

13th row [K1, p1] 3 times, k3, [p1, k1] 3 times.

14th row P2, k1, p1, k1, p5, k1, p1, k1, p2.

15th row K to end.

16th row P to end.





DRAFT COVER



Publication	
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Imprint	Hardie Grant (UK)
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Extent	176pp
Illustrations	Colour illustrations throughout
Age Range	NA
Terms	SOR

Good Karma

How you can make the world a better place with 100 small positive actions

Simone Raihmann and Adi Raihmann

Learn how to collect karma points every day.

Every little decision that we make has an impact on the world around us, and inevitably comes back on us in some form. This resulting karma can either be positive or negative, depending on the intention and action.

Good Karma contains over 100 practical ideas to help you to make better decisions in your everyday life. From buying local and wasting less to using mindfulness and gratitude practices, there are a number of suggestions that can be implemented. Plus, it also contains easy Ayurvedic recipes and yoga stretches.

With the help of **Good Karma**, you will learn that it doesn't need to be a challenge to navigate through life whilst doing good along the way.

Author Details

Adi and **Simone Raihmann** have been dedicating themselves intensively to the issue of sustainability ever since studying business and economics together. They founded KARMA FOOD based on the values of sustainability, honesty, and social awareness. In addition to their six delis, they pass on their knowledge at events like the Karma Selfcare Club and Ayurvedic cooking classes.

Key Information

- 100 practical ideas to create good karma every day.
- Combines the wisdom of a guide with the fun of a journal.
- Includes simple Ayurvedic recipes.



LEGO: We Just Click

Little LEGO Love Stories

Aled Lewis

Pairs of LEGO® minifigures open up their hearts to finish the timeless sentence: 'I knew we clicked when. . .' sharing heartwarming moments of romance, friendship, and love, in all its forms.

LEGO® minifigures don't play around when it comes to matters of the heart! **We Just Click** is a sweet and humorous look at love within the zany LEGO universe. Fifty pairs of iconic minifigures finish the timeless sentence "I knew we clicked when. . ." sharing heartwarming moments of romance, friendship, and love, in all its forms.

With a little something for the LEGO lover in each of us, **We Just Click** features a different diverse relationship on each spread, highlighting what our favourite minifigures love about each other with delightful, punny humour. It's almost as if minifigures were made to fit together.

Author Details

Aled Lewis is the author of two books, including *LEGO Small Parts: The Secret Life of Minifigures*. He is a designer, illustrator, and creative and he lives in London, with his wife and children.

Key Information

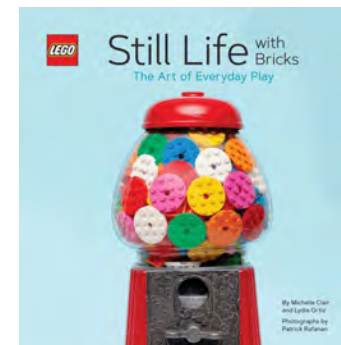
- This book features a diverse and inclusive portrayal of love and relationships, offering the opportunity for a broad range of consumers to see themselves represented.
- This book not only features romantic relationships, but also the love shared between friends, parents and children, and the companionship one shares with their pets, creating many gifting moments.

ALSO AVAILABLE IN THIS SERIES



AU\$29.99

9781452182254



AU\$36.99

9781452179629

Publication	01 January 2021
Binding	Hardback
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ISBN	9781452182315
Publisher	Chronicle Books
Imprint	Chronicle Adult
Series	NA
Category	Art/Fashion/Photography
Format	178 x 127 mm
Extent	128pp
Illustrations	Full colour photographs
Age Range	NA
Terms	SOR

TO ME,
YOU ARE PERFECT.



**THE MORE I GET TO
KNOW PEOPLE,
THE MORE I LIKE YOU.**



I MADE YOU
A MIXTAPE.



**WHO CARES
WHAT OTHER
PEOPLE THINK?**

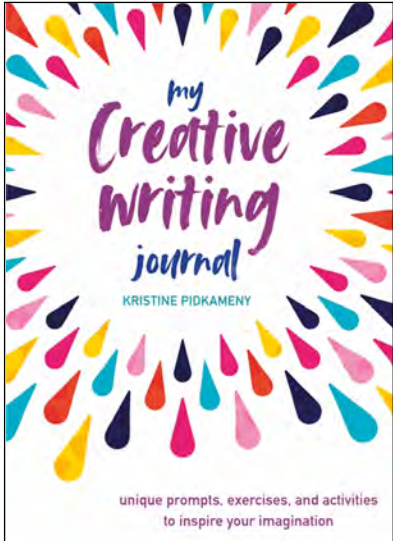


**YOU MAKE ME
FEEL 10 FEET TALL!**



I LOVE YOU TO THE
MOON AND BACK.





Publication	20 January 2021
Binding	Hardback
Price	AU\$29.99
ISBN	9781782499244
Publisher	CICO
Imprint	Cico Books
Series	NA
Category	Self Help
Format	210 x 148 mm
Extent	144pp
Illustrations	80 col artworks
Age Range	NA
Terms	FS

My Creative Writing Journal

Unique prompts, exercises, and activities to inspire your imagination

CICO Books and Kristine Pidkameny

A guided writing journal filled with tips, instructions and plenty of space to explore your creativity and become a better writer.

“Where do I begin?” A common question, no matter how much you love to write, how often you write, or if you’re a beginner to journalling. The blank page or empty journal can be intimidating.

Designed to nurture your creativity and self-motivation, **My Creative Writing Journal** provides you with welcome guidance and inspiration to explore and write with ease. Inside this interactive journal you will find plenty of writing room to get your thoughts and words on paper and even learn more about yourself. Unique writing prompts and interesting topics and questions to reflect upon will stimulate your creativity and have you brainstorming new ideas.

Whether you’re new to journal writing or find yourself really stuck in the creative process, discover the motivation to get started and the encouragement to continue and enjoy your writing journey.

Author Details

Kristine Pidkameny is an editor, writer, artist and guide for mind, body, spirit resources. She lives in New York, USA.

Key Information

- Writing prompts facilitate the frame of mind to get creative juices flowing and are easily one of the best tips to move beyond the blank page.
- Keeping a journal can be both a clearing-house and - in the next word, sentence or page - become an incubator where you tap into your imagination and unleash your creativity and ideas.
- Writing by hand offers a digital detox, allowing your mind to unplug, and has been noted to put to work more parts of your brain than typing, encouraging more creativity.

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Word Play

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Exploring sensory experiences to broaden awareness 80

Point of View

Closer observations and ways to switch perspective 94

Taking It Further

Longer writing exercises to keep your creativity flowing 134



What are five qualities you appreciate about yourself?

1

2

3

4

5

Describe something beautiful you saw today.



Open the dictionary and randomly choose 5 words, then write a separate sentence for each word.

1

2

3

4

5

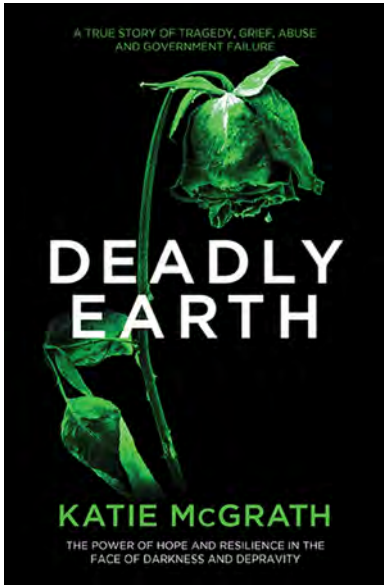
What is a favorite phrase or reply you frequently use in conversation or writing?

Create 3 new ways to reword the above phrase or reply.

1

2

3



Publication	07 October 2020
Binding	Paperback
Price	AU\$35.00 NZ\$40.00
ISBN	9781743797228
Publisher	Hardie Grant Books
Imprint	Hardie Grant Local Consignm
Series	NA
Category	Auto/Biography
Format	234 x 153 mm
Extent	240pp
Illustrations	Text only
Age Range	NA
Terms	SOR

Deadly Earth

Katie McGrath

“For the second time in my life, I was faced with a pivotal choice: either be pulled down by the quicksand of self-doubt, anguish and despair; or find strength to help others because of my own trauma.”

Katie McGrath’s first three years of life were idyllic, surrounded by love and family in the affluent Sydney harbourside suburb of Hunters Hill. Her parents worked hard to create a beautiful home for their young children, unaware that deadly radioactive waste was buried beneath the garden and foundations – a seeping malice which would destroy many lives.

Katie’s parents both died mysteriously from cancer in quick succession, leaving behind four young orphans. The grieving children were forced into a hostile foster home where they had to learn to survive. Katie’s only escape became an imaginary white brick house with no doors or windows where she cocooned herself to escape the horrors of her young life.

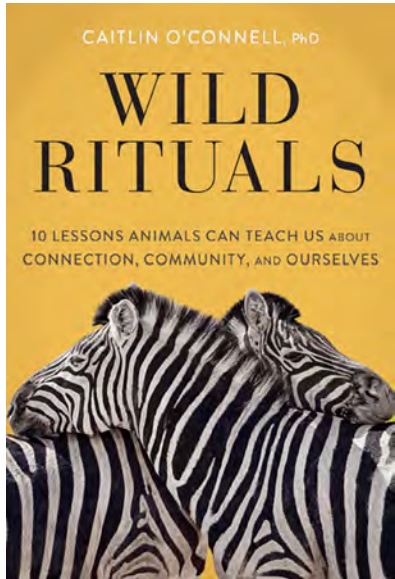
Years later, after she has forged a successful life for herself with two daughters and a high-flying corporate career, Katie’s world is once again turned upside down. She discovers suspicious details surrounding her parents’ deaths – and the deaths of others who lived on the very same idyllic street – and she vows to uncover the truth at all costs.

Author Details

Katie McGrath is a c-suite executive at Seven West Media – one of Australia’s most iconic companies. She holds double degrees in Commerce and Psychology, and is the proud mother of two beautiful daughters, Sofia and Jasmine. *Deadly Earth*, which chronicles her incredible life including her quest for truth and justice, is her first book.

Key Information

- **Deadly Earth** is an unbelievable yet true Australian story of triumph over tragedy. Set on the idyllic shores of Sydney Harbour, Deadly Earth exposes the devastating impacts of systemic government failures at every level. In this harrowingly powerful story, author Katie McGrath becomes the lead detective in her own family murder mystery.
- **Deadly Earth** will be supported by an intensive marketing and publicity campaign by Seven West Media. The book will be promoted through the screens of the Seven Network and Seven News, as well as in various SWM publications. A television/film adaptation of this incredible true story of survival against all odds is in consideration.
- **Deadly Earth** covers a number of topical societal themes. Katie, a survivor of attempted suicide, is a strong advocate for mental health, and her own haunting story demonstrates that no matter how adverse life may be, it is possible to overcome, survive and thrive.



Publication	20 January 2021
Binding	Hardback
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Imprint	Chronicle Adult
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Category	Science
Format	229 x 152 mm
Extent	160pp
Illustrations	16pp photo insert
Age Range	NA
Terms	SOR

Wild Rituals

10 Lessons Animals Can Teach Us About Connection, Community, and Ourselves

Caitlin O'Connell

Stanford behavioural ecologist, world-renowned elephant scientist, and award-winning author, Caitlin O'Connell shows how embracing the ten most profound rituals of the animal kingdom can make us more connected to ourselves, to nature, and those around us.

After more than thirty years of studying animals in the wild, Behavioral Ecologist and world-renowned elephant scientist, as well as Harvard Assistant Professor and award-winning author, Caitlin O'Connell shows how embracing the ten most profound rituals of the animal kingdom can make us more connected to ourselves, nature, and others. With fascinating stories and original full-colour photos from the Caribbean to the African savannah, O'Connell explores the rituals of elephants, apes, zebras, rhinos, lions, whales, flamingos, and much more to help us better understand how we are similar to the wild creatures that captivate us and discover our innate ability to find healing, self-awareness, community, and self-reinvention. In a culture of technology where we find ourselves living at a greater distance from nature and each other, this remarkable book is a much needed walk through the desert, savannah, primary growth forest, salt pond and even a dive on a coral reef to discover the importance of rituals and how they can help us find a simpler, more meaningful way of living.

Author Details

Caitlin O'Connell, PhD, is a world-renowned elephant scientist, an assistant professor at Harvard Medical School and collaborating professor at Stanford University. She is the author of the internationally acclaimed *The Elephant's Secret Sense*, among other award-winning books. Her book *Elephant Don* is the subject of the award-winning Smithsonian documentary, *Elephant King*. O'Connell is also the cofounder and CEO of the nonprofit organisation, Utopia Scientific. She has taught science writing for Stanford University and written for the New York Times .

Key Information

- Over the last couple years we have seen the continued success of books that reveal the hidden lives of animals and what we can learn from them. **Wild Rituals** will become a mainstay on the shelf, backlisting for years.
- Caitlin O'Connell is a Harvard assistant professor and award-winning author who spent more than 30 years studying animals in the wild. National Geographic is negotiating a co-production of O'Connell's elephant drama, *Elephant Crown*.
- Makes a great gift for anyone curious about nature, animals, and how humans compare to and interact with both.

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GREETING

The Lost Art Of Ritual

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I had a lot on my mind while driving back to Mushara waterhole—our elephant field site in the north-east corner of Etosha National Park, Namibia—a place that I’ve return to every July for almost thirty years now—when suddenly two grey behemoths appeared in the middle of the chalky calcrete road. I slammed on the brakes and pulled over to avoid colliding with two of the world’s largest land creatures hellbent on reuniting, oblivious to the vehicle hurtling toward them.

I was mindful of the time and knew I was running an hour late. My meetings with the rangers took longer than expected, and I was eager to get back to the elephant site before a time I had nicknamed “elephant o’clock.” Family groups of elephants often visited waterholes anywhere between four o’clock in the afternoon on through until about two o’clock in the morning. If my team and I had any hope of doing the photography needed to build our elephant identification database, it had to occur before the sun went down.

When the dust settled on the road, I could see these behemoths were two of my favorite elephants, Knob Nose and Donut—both named for their distinctive physical features, the former having a very large wart on her trunk and the latter having a very large hole in her ear. They had come from opposite sides of the road, and, upon seeing

each other, immediately ran to embrace—their ritualized greeting ceremony blocking my passage.

The greeting commenced with the two female elephants facing each other, holding their heads high above their shoulders while rapidly flapping their ears. Then Donut lifted her trunk and bellowed a thunderous cry, almost as if something terrible had just happened to her. After observing wild elephants for more than three decades, I understood that this trumpet was purely an expression of intense excitement.

Next, the two of them rumbled softly while quickly placing their trunks in the other's mouth—the elephant equivalent of a handshake. First Donut placed her trunk in Knob Nose's mouth—trunk extended, the two trunk tips quivering in anticipation, as she gently placed the tip of her trunk against the side of Knob Nose's mouth like a kiss, and then Knob Nose reciprocated. After the requisite trunk-to-mouth ritual, they immediately positioned themselves side by side facing north, with a length of trunk lying flat and flaccid on the road as if they had lost all muscle control over their enormous prehensile noses. Their shoulders were erect and poised—as if they were about to engage in a formal march—or that a puppeteer was about to pull the strings of these giant marionettes from above to set them off on a synchronized walk. Instead, they remained frozen in place, while roaring and rumbling wildly.

Then the inevitable happened. No female elephant greeting ceremony is complete without the sudden and thorough evacuation of both bowels and bladders—the ultimate expression of sheer elephantine joy.

Given the intensity of their greeting, it was as if they hadn't seen each other in years—and yet the lapse in time may have only been minutes to hours. I had no way of knowing exactly how long they had been separated, but whenever I'd see one of these elephants, the other wasn't far behind, so I couldn't imagine it had been for very long.

Knob Nose and Donut were common residents in the region of my elephant study within Etosha National Park—one of the largest national parks in Africa, stretching over eight and a half square miles, and host to over three thousand wild elephants, approximately four hundred of which resided in the northeast corner of the game reserve. We spotted these two often, most frequently at the neighboring waterhole, Kammeldoring, about ten kilometers away. Knob Nose was the matriarch of the family, and Donut was second in command. Since they weren't one of the families included in our study, I hadn't known the history of their relatedness but had always assumed that Donut was Knob Nose's daughter rather than a younger sister—such was the separation of age and the nature of the bond they seemed to share.

Knob Nose and Donut continued vocalizing in long low rumbles, and ears still flapping rapidly back and forth, contributing to the frenetic mood of the ritual. The temporal gland next to their eyes was now streaming, creating two dark streaks down either cheek.

Clearly something deeply profound was occurring in this moment both psychologically and physiologically, and it reminded me of how important our own greeting rituals are, but also how easily we tend to dismiss the decorum of a proper greeting in our busy lives. Or worse, we take it for granted that in situations where there is frequent interaction, we adopt the mistaken perception that greetings may not be necessary at all.

It struck me that when my husband and I lived in graduate student housing on Stanford campus many years ago, no one would look each other in the eye or say hello in the elevator. I had always thought it was odd, considering we were all close neighbors and saw each other often. This active avoidance in such close proximity seemed more appropriate in a crowded elevator of strangers in a skyscraper in New York City than it did to our twelve-story apartment full of graduate and medical students all attending the same university. The

RITUALS OF COMMUNICATION

The Power of Acoustic Expression

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DRAFT COVER



Publication	06 January 2021
Binding	Paperback
Price	AU\$24.99 NZ\$27.99
ISBN	9781784884024
Publisher	Hardie Grant (UK)
Imprint	Hardie Grant (UK)
Series	NA
Category	Gift
Format	215 x 145 mm
Extent	256pp
Illustrations	Full colour illustrations
Age Range	NA
Terms	SOR

Bliss Club

Sex tips for creative lovers

Jüne Plă

A modern guide to orgasmic sex without penetration.

Do you feel like you're missing out on your sexuality? Has the time spent with your lover(s) become a bit predictable and boring? Are you tired of the same old storylines about sex – foreplay, penetrate, ejaculate, repeat?

In **Bliss Club**, Jüne Plă teaches you how to let go of your hang-ups and explore your sexuality at your own pace. You will learn everything there is to know about sex outside of the 'penetration' box, regardless of your gender or sexual orientation. With maps of pleasure zones as well as an inventory of moves, it is full of tips and tricks on how to pleasure yourself and your partner, resulting in explosive new experiences.

Whether you're a virgin or sex expert, **Bliss Club** is perfect for anyone wanting to reinvigorate their sex life.

Author Details

Jüne Plă is 30 years old, and lives in Lyon. She works in video games as a character designer. She has always been fascinated by sex, which led her to start her instagram account, Jouissance Club, which has over 600k followers. She promotes pleasure accessible to everyone, regardless of the genre that defines us or our sexual orientation.

Key Information

- An unprecedented craze around pleasure through the prism of feminism on social networks and in the press.
- Corrosive humour, a multitude of erogenous zones.
- Many explicit yet elegant diagrams.

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That needs to change. Today's sexual revolution is taking place on social networks, via Instagram accounts like Jouissance Club (Bliss Club), because that is where different voices can be heard uncensored. Social media are informing millions of women and men weighed down by a lack of, or incomplete, sexual education, where roles are pre-determined and freedom is wanting. And pleasure is so rare.

We need each and everyone's voice, not those of our institutions and professionals. The voices of people who explore and put forward ideas and solutions, who invent and imagine an egalitarian, feminist and game-changing sexuality.

Martin Page

Author of *Beyond Penetration* published by Curtis Brown, 2020

Welcome to the club



A big *merci* to you, my friend, for having bought this book. The fact that you are holding it proves that you are a good person: you deserve a fulfilled sex life and a big kiss.

My name is Jüine (pronounced *à la française*, so not 'Djoon', get it right!). I've loved drawing since I was a little girl and (by happy coincidence) I've made it my career because today I'm a character designer working in the video gaming industry. I grew up in open countryside in the hills of Provence, near Marseille, the most beautiful (and among the most sexist) city in the world.

WHAT WE'RE TALKING ABOUT

So you've been warned: Bliss Club is about letting go of your hang-ups, not taking yourself too seriously and being kind, so keep that in mind as you read through these pages. In this book, you'll find pretty much everything there is to know about sex outside of the 'penetration' box – since you know very well how to go about that, I don't need to draw you a picture. No, I've drawn lots of other even more interesting pictures. I have done everything to make sure you do not regret this investment. I've worked hard so you can explore your sexuality and that of your partner(s) in multiple ways. Even if you already think of yourself as an expert, I hope to introduce you to new methods for giving pleasure to those who are so good as to sleep with you. I've gone at it day and night to work out the best fingering techniques, to help you perfect your sucking, and so on and so forth... I didn't hold back and I almost ended up wearing out my bits along the way, so I would appreciate it if you posted a 5-star review of my book on the internet. The idea is to go at your own pace and try new pleasures by yourself, with another person, or persons, regardless of the gender that defines you, your sexual orientation or your skin colour. Whether you're a virgin or more of a satyrist (that's a great Scrabble word, but basically it means sexual addiction in men)/nymphomaniac, or somewhere between the two. Enough

said. You get the idea, this book is made for EVERYBODY! Except people who don't like sex...

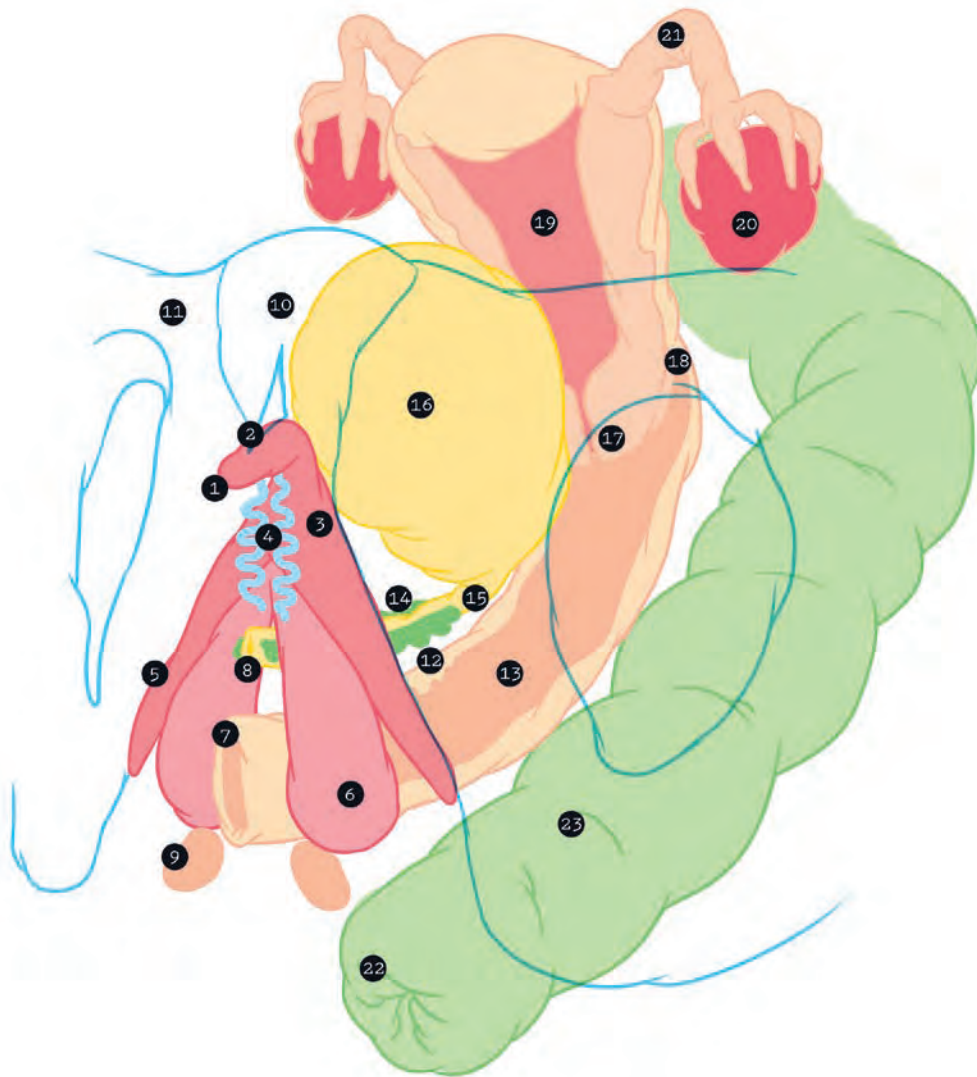
I would like sexuality to finally be approached in a clear and open way so that each and every individual can access all the information they need to hone their creativity and above all shake off the social pressures and directives that have been drummed into us for too long. Sex should not be a source of stress and here in the club we firmly believe that it is the only thing, along with food, walks in the forest and Brandy & Monica, that is really worth experiencing. Sex is not just about love, whether with a life partner or a one-night stand. It is not just about sharing and a source of wellbeing. Even your parents enjoy it, which is saying something... Sex is life, and it's almost always free.

What I am offering in this book is no more and no less than a short lesson in anatomy, alongside maps of the multiple pleasure zones of both sexes, and an inventory of moves picked up over the years that have been able to produce pleasure – orgasmic pleasure or simply bliss – in consenting adult subjects. The only animal that has been harmed is my poor pussy. Not all methods received a unanimous thumbs up, because we are all different, and it is important to remember, when exploring our sexuality, that communication in a relationship is vital. While one move might work well for one person, it won't necessarily work for another. That's why it is important to talk, listen and reassess things at regular intervals. You've been warned.

SO, JÜNE, WHY THIS BOOK?

Apart from the fact that I like talking to myself, I have always had the sad impression that my sexuality was passing me by. That there was something I was missing to be completely satisfied. I was not alone in making this observation and, beyond the fact that it was reassuring to know that there are a lot of us in the same boat, however much I thought about it, I wasn't able to put my finger on the problem (no pun intended).

Hidden beneath



Seen from the side

1 The glans

It is partly protected by a sheath of skin called the clitoral hood. Its size varies from person to person and so does its visibility.

2 The shaft

Homologous to the shaft of the penis, it is made up of the corpora cavernosa.

3 The body of the clitoris

This is the part of the clitoris where the two corpora cavernosa are joined. It includes the upper part of the crura, the bend of the clitoris and its shaft.

4 The plexus of veins as described by Kobelt

Veins linking the bulbs to the clitoral shaft. Through compression the bulbs become engorged and send blood up through the veins into the clitoris, stimulating it.

5 The crura of the clitoris

These are made up of the corpora cavernosa just like the body of the clitoris.

6 The vestibular or clitoral bulbs

Formed of erectile, spongy tissue they are connected to the body of the clitoris through a network of veins, themselves connected to the inner labia. Yup, you've got it – everything is connected!

7 The entrance to the vagina

Straddled by the clitoral bulbs... yay hay!

8 The urethral meatus

This is the place where urine flows from, along with any squirts.

9 The greater vestibular glands or Bartholin's gland

They secrete mucus that goes by the lovely name of 'cyprine' and is a natural lubricant. Take a look at the side view on page 38, too.

10 The pubic symphysis

The junction of the left and right pubic bones of the pelvis. The rounded mound of fatty tissue covered in skin bearing pubic hair is poetically called the 'Mount of Venus'.

IS MY VULVA NORMAL?

Each vulva is like a face: it has its own characteristics. And no one vulva looks like another. What you might consider to be an imperfection is nothing other than outlandish beliefs that you've picked up from porn. All pussies are as nature made them and we all have different tastes! But we never see them, especially not in porn. Inner lips that spill out might give some people complexes but their size shouldn't constitute a problem; on the contrary, some people just love them like that! The awesome Instagram account [@the.vulva.gallery](#) celebrates the diversity of the vulva and is a real tonic!

Certain individuals do, though, have such large labia minora that they cause discomfort and the rubbing can be painful. Solutions exist, such as labiaplasty (a surgical operation to reduce the size of the labia minora), but they are rather pricey.

It's not dirty!

WHAT EXACTLY IS LUBRICANT?



Natural lubricant is a clever blend of two liquids.

One of them comes from the greater vestibular glands and goes by the romantic name of cyprine. It lubricates the vestibule by means of an ingenious system of pinhole openings (invisible to the naked eye) located around the entrance to the vagina.

The second liquid, secreted just inside the vagina, is called vaginal transudate. Think of it as a bit like sweat. It's practical and very useful because, even after removal of the Bartholin glands, your normal and moist sexual ability remains intact.

If that's not your experience then lube's your new best friend.

LET'S TALK ABOUT QUEEFING

Yes, I know, it's not a very glamorous noise... but queefing are odourless! They build up from the comings and goings of your partner inside your vagina. So, technically, it's not your fault if vaginal gas gets trapped inside.

Stop!

CONTRACEPTION

What type of contraception should you go for? No one can answer this question for you, except your GP who can advise the best one to suit. Options vary, depending on your age and the number of children you have.

What with the pill, IUDs, patches, rings, implants, diaphragms, condoms, sterilisation, withdrawal method, and more besides... it's difficult to know which way to turn to since each choice has pros and cons.

So how do you decide? If you want my advice, the best contraception is to sleep with someone of the same sex as you. You'll probably have more orgasms, too, if you believe some of the research. But that might not do it for everyone.

To be honest, I don't know what to advise. Chemical methods of contraception have a lot of side-effects; natural methods are unreliable and can lead to stress; sterilisation is irreversible. Don't get me wrong, I'm not saying that you shouldn't choose some form of protection, and contraception offers a level of comfort that is second to none, but might we consider sharing the task with the opposite sex?

Chemical contraception for Thingamajig is still being trialled and risks causing unwanted side effects. (Ha ha! I know what you're thinking...)

Nonetheless solutions exist that are definitely viable and safe for penises although most of them are still in the test phase or on standby because market research points to a lack of interest on the part of those endowed with penises.

Turn to page 86 to find out more. It's high time contraception stopped being vulva-focused!

PROTECTING YOURSELVES FROM STIS

To reduce your chances of catching anything as far as possible, you need to be up to date with your vaccinations. If you're someone who snorts or injects, check your stuff hasn't already been used by someone else. And always use protection, whatever your sexual orientation.

Internal (female) condoms don't generally get a thumbs up with vulvas, but I've been told they can be practical in certain circumstances, such as when you're on your period. In terms of comfort, I hear plenty of conflicting stories, some finding them very comfortable and others reporting it's like having sex with a plastic bag... The best thing would be to give it a go to find out for certain. The problem is that they are rather difficult to get hold of. Not all pharmacies stock them and supermarkets don't tend to either. The easiest is to go down the medical route and ask for one at from a family planning clinic (free) or buy online. Note that they are more expensive than external condoms. Yeah, I know, I'm not exactly selling the idea to you, am I, but they can save the day, so think about storing a few on your bedside table. You never know!

To enjoy angst-free cunnilingus/analingus, using a dental dam is an excellent way of protecting yourself. You can find them in family planning clinics and online. You can also fashion your own using an external condom if you've got one to hand.

Lastly, latex gloves, as well as being black and cool, are perfect for hygienic fingering/fisting. You'll find them in sex shops, pharmacies, online and in hardware stores (yup).

It's also important to remember that you really shouldn't lick an anus before turning your attention to a vulva, got it?





101 Amazing Uses for Cinnamon

Nancy Lin Chen

Easy to read and simple to use, discover 101 amazing ways to use cinnamon in your everyday life!

Everyone loves a good cinnamon roll, but did you know cinnamon can help your hair grow longer and stronger?

In **101 Amazing Uses for Cinnamon**, discover the many ways this simple spice can improve your health, your home, and of course, your food. From improving memory to aiding digestion to supporting a healthy garden, add some spice to your life with cinnamon. Millions of people are turning away from the harsh effects of modern solutions and back to the gentle but powerful benefits of nature's oldest remedies.

The *101 Amazing Uses* series expertly outlines 101 incredible uses for aloe vera, apple cider vinegar, ginger, essential oils, and more. Each book is divided into tabbed sections filled with 101 easy-to-read, bite-sized benefits for everything from health to beauty to household cleaning. Promote healthy skin, reduce stress, boost your metabolism, tenderize meat, and more with these simple, accessible, natural solutions.

Author Details

Nancy Chen is a wellness blogger, content creator, and fitness instructor with a family background in herbal medicine. She's known for creating easy-to-follow recipes and giving effective health and lifestyle guidance on her blog, *Nourish by Nancy*; she currently resides in Santa Monica, California.

Key Information

- Cinnamon's health benefits have been explored since 2,000 B.C. The use of cinnamon for health and home has increased in recent years with CNN, Forbes, Dr. Oz, and more touting its health benefits in recent years.
- Cinnamon is used worldwide in food and beverages.
- The recent rise in Ayurvedic medicine has brought cinnamon to the forefront of health food lists.
- This book goes beyond health uses and explores how to use cinnamon for beauty, home cleansing, and more! The newest addition to our successful 101 Amazing Uses series which gives the reader 101 unexpected uses for today's superfoods!

ALSO AVAILABLE IN THIS SERIES



AU\$19.99

9781945547157



AU\$19.99

9781945547164

Publication	06 January 2021
Binding	Paperback
Price	AU\$19.99
ISBN	9781641702911
Publisher	Workman Publishing
Imprint	Workman Group
Series	NA
Category	Diet
Format	160.02 x 147.32 mm
Extent	136pp
Illustrations	Text only
Age Range	NA
Terms	SOR



Publication	06 January 2021
Binding	Paperback
Price	AU\$22.99
ISBN	9781523508617
Publisher	Workman Publishing
Imprint	Workman Group
Series	NA
Category	Family/Pregnancy
Format	203.2 x 152.4 mm
Extent	224pp
Illustrations	4-colour illustrations throughout
Age Range	NA
Terms	SOR

Friendshipping

The Art of Finding Friends, Making Friends, and Being Friends

Jenn Bane and Trin Garritano

A humorous and sincere book of advice on the most perplexing issues of adult friendship today, packed with wisdom, tools, and scripts to improve current friendships and make new, lasting ones. From the duo behind the *Friendshipping* podcast.

It used to be so simple, back when we were kids. But now, in an age of loneliness, ghosting, and toxic relationships, making and keeping friends is anything but simple. Jenn Bane and Trin Garritano know this better than anyone. Their podcast, **Friendshipping**, gets 30,000 downloads a month because their listeners are craving real guidance – along with entertainment. Now they’ve distilled the lessons and wit into an essential book for anyone who’s feeling a little friendless or is trying navigate the challenging world of grown-up friendships.

Illustrated throughout with Jean Wei’s dynamic art, here are the tips and tools readers need to make new friends and improve the quality of existing friendships. The tone is relatable and irreverent; the advice stresses gender inclusivity, empathy, and practicality, with scripts and step-by step guides to achieving friendship goals. Readers will learn how to master the art of small talk (no matter who you are, you are not too boring, and you do have good stories to tell!). How to get to know an acquaintance better – and why “Let’s get coffee sometime” is not an effective way to move a relationship forward. Plus the four levels of friendship in the workplace; the soft no vs. the hard no; making real (non-creepy) friends online; how to unfollow someone on Twitter (and remain friends); and the eternal question: Can dudes and ladies ever *really* be friends? The answer is yes!

Author Details

Jenn Bane is a comedy writer, recipient of a 2018 Clio Award, three-time Shorty Award winner, and the executive director of the Science Ambassador Scholarship, a full-ride scholarship for women in STEM. She is also a writer and producer for Cards Against Humanity and a frequent guest and speaker at conferences around the world.

Trin Garritano is the Digital Outreach Lead at Kickstarter, as well as a professional presenter and moderator at conferences like PAX and FanExpo. She also works actively as a freelance games writer and has contributed to Cards Against Humanity and Asmadi Games. As an activist and organiser, she once put together a political rally in under 24 hours and got press for it, and Jenn was very proud of her.

Key Information

- We're always reading about today's loneliness epidemic, ghosting, and toxic relationships – all signs that we need this book!
- The authors explore every topic with kindness, empathy, and gender-inclusivity, providing realistic steps, practical scripts, and nuggets of wisdom that will assure readers they are *not* unfrienable – as many of us often fear – and instead give them the tools to improve their current friendships and make new, lasting ones.
- Jenn and Trin (who work at Cards Against Humanity and Kickstarter, respectively) are the creators and hosts of the *Friendshipping* podcast, where they explore all aspects of adult friendship. The podcast has more than 30,000 downloads per month.

PART ONE

I Want (More) Friends



SO WHY CAN'T I MAKE ANY NEW FRIENDS?

Friendship, by way of ancient civilization, is literally a survival skill. Centuries ago, it was advantageous to work together to find resources, protect one another, and gather food. Paleolithic humans hunted woolly mammoths in groups because mammoths were like thirteen feet tall and required several arrows or spears to take down. Today, you don't need friends to help you hunt a bison (though maybe some of them would help you with this, if asked), but they do make surviving a whole lot easier. Science tells us so, too: Companionship boosts those important feel-good chemicals in your brain.

There are about eight billion people on Earth. The numbers are in our favor when it comes to meeting new people, but it sure as hell doesn't feel that way. Making friends and keeping them as an adult is really, really hard. During the years of making our podcast, we've given this a lot of thought, and we have some theories as to why. To start, there's no script for you to follow. In romantic relationships, you usually know when they begin and end. Do you want to go on a date? Do you want to be my boyfriend? I'm just not into you anymore. There are doorways for you to step through together. Meanwhile, friendship is much murkier. How many times must you hang out together before you can decide you are pals? What's the precise number of text messages that need to be sent before you reach capital-F Friendship? How many times must you hang out together before you can decide you are pals? Is there a "third base" for friendship?

Logistics also play a part here. Maybe you live in an isolated area and transit is an issue. Even if you do live in a well-populated place with public transportation, there's probably not a commu-



nal place where friends can drop in every day. No dorm room, no Central Perk coffee shop, no Cheers bar. It's tough to even find your people--the people whose values, schedules, and lifestyles gel with yours--let alone see them with any regularity. It was different when you were a kid. If you had a conventional childhood, you were surrounded by peers basically all the time. You had class, you had recess, you were paired up in gym class, forced into group projects. Socializing was built into your education; it was a structured part of your development. As a grown-up, you have to go out of your way to create the circumstances that give you access to new people.

And let's be real: You probably don't have extra money to put toward socializing. Adults in the US often center their lives around making enough money to survive. You can't just pick up a hobby to meet new people, as all traditional advice says, because most hobbies cost money. One study [OR TK] said that if you live in New York

SHOULD I GO INTO BUSINESS WITH A FRIEND?

When you go into business or collaborate on a project with a pal, you're adding a new spice to your friendship-y stew. Before, your stew was made of beef cubes (shared history), carrots (humor), and potatoes (mutual friends). Now you've stirred in something exciting and different, like dill or turmeric. Sometimes the spice will ruin the dish. Sometimes the spice completes the meal and you can't believe you ever made it without turmeric before.

Going into business or working on a project together is one of the rockiest roads you can take in a friendship. Some people say never, ever to do it, because only ashes and rubble will remain once the friendship inevitably explodes and burns to the ground. That's fair! That's wise! Not working with friends is a reasonable policy to hold; you will save yourself stress in a world that is already so stressful, and you preserve the friendship. But some partnerships



(like ours, for example) are not only doable, but lead to some of the most rewarding work imaginable. We were coworkers for years before we started our weekly podcast. We've sold products online, we managed a Kickstarter project, we partnered on this book. None of this was easy, of course, and it's not like we were smiling 100% of the time. We have felt unenthused, we have procrastinated, we have given each other pep talks to get things done, all of it. But our particular blend of chemistry and personalities just works. We have no idea why—it's like a lighting bolt of good luck struck us—yet we're very thankful.

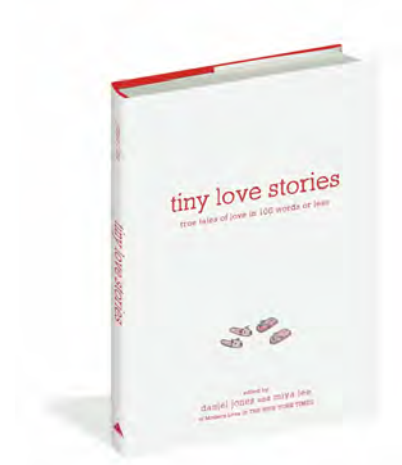
So if you're thinking about partnering up in business, here are a few things to evaluate first:

EMOTIONAL RISK. Even if you feel confident that your friendship can withstand a business snafu, are you comfortable with how your relationship may change with your mutual friends? Or with your friend's family, now that they may rely on you for an income?

RESOURCE RISK. Money is important, obviously, but so is your time. How many hours a day are you investing? How about your friend? In the long-term, how many months and years do you have to spare? Would it be better to lose a week to a zine that never worked out, or a novel that your creative partner is dragging their feet to finish?

PUBLIC RISK. Make sure you share the same feelings about public failure, loss of network, and loss of standing/respect in your industry.

If you both feel comfortable with those risks, there are also a few things you and your friend need to decide (to the best of your capabilities) before you hold hands and leap into these murky waters of bidness:



Tiny Love Stories

True Tales of Love in 100 Words or Less

Daniel Jones and Miya Lee

An illustrated collection of 175 mini love stories from the *New York Times*'s Tiny Love Stories column, by the editors of Modern Love.

As an extension of the beloved *New York Times* column Modern Love, Tiny Love Stories - Modern Love in miniature, featuring reader-submitted stories of no more than 100 words - was launched in 2018. Every week, five stories are published online, and one story is included in the print edition of the Sunday Styles section of the *New York Times*.

Tiny Love Stories, the book, will feature a curated collection of 175 of these moving, inspirational, uplifting, heartwarming, and heartbreaking love stories, handpicked by the editors of the column from the thousands of submissions they receive. From the loss of a parent and the end of a marriage to hopeful first dates and self-love, stories of all kinds of relationships fill the pages of this beautifully illustrated book.

Author Details

Daniel Jones has edited the Modern Love column in the *New York Times* since its inception in 2004. His books include *Modern Love: True Stories of Love, Loss, and Redemption*; *Love Illuminated: Exploring Life's Most Mystifying Subject (with the Help of 50,000 Strangers)*; *The Bastard on the Couch*; and the novel *After Lucy*, which was a finalist for the Barnes & Noble Discover Award. Jones appears weekly on the *Modern Love* podcast and is a consulting producer for Amazon's *Modern Love*. He lives in Northampton, Massachusetts, and New York City.

Miya Matsumoto Lee began working for the Modern Love column in 2014 as a submission reader for the column's third college essay contest. After interning at Farrar, Straus and Giroux and graduating magna cum laude from Columbia University, Miya joined the *New York Times* as the Modern Love projects assistant. She grew up in New York City, where she currently lives.

Key Information

- Modern Love is one of the most popular *New York Times* columns, with more Facebook fans than the *New York Times* Styles section and with the second most listened to podcast at the *New York Times*. In October 2019, the *Modern Love* miniseries premiered on Amazon Prime, with a star-studded cast including Anne Hathaway, Tina Fey, Andy Garcia, and Dev Patel.
- All told in first person, these mini stories are personal, vulnerable, and captivating, and because they're no more than 100 words, they are also highly addictive to read and hard to put down.
- The extremely accessible size, clean design, personal photographs, and sweet illustrations make this book irresistible.

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Illustrations	75 illustrations; 15 photographs
Age Range	NA
Terms	SOR

My Nearly 90-Year-Old Boyfriend

I didn't think I'd be dating in my 80s. My guy, pushing 90, is even older than me. Saturday nights consist of burgers and beers, *SNL* and a shared bed. When we're not together, we're on the phone, worried when one of us gets sick, more worried than we were when we were young—and immortal. He calls me his girlfriend. I call him my boyfriend. We have no plans to marry, live together, buy a house, have a baby. We don't think about the future except to hope we'll be here tomorrow. It's now that matters. That's all.

—Phyllis Raphael



He Tried So Hard to Remember Me

When my 61-year-old father learned he had Alzheimer's, we went to CVS together and bought the largest stack of notecards they sold. I asked, "What's the town where you grew up?" We wrote Union Springs, Alabama. I asked, "Who was your first kiss?" Amanda. Four years later, preparing to move my father into memory care, I packed up his desk. Taking the notecards felt silly, so I wrapped the long-forgotten stack in a rubber band and opened his drawer to toss them away. Inside, I found more notecards. They all said the same thing: my name.

—Drew Hasson

“I Can’t Do This on My Own”

As I pushed my shopping cart through the pink gate of our row house in Melbourne and up the street toward the supermarket, my 3-year-old son decided to assert his independence, refusing to step beyond our fence. Knee-deep in single parenthood and at the end of my ability to cajole, coax, encourage or demand, I turned to look him square in the eye. “I can’t do this on my own,” I said. “We need to work together.” He met my gaze, abandoned his tantrum and ran toward me. We have been a team ever since.

—Elizabeth Keen

Storming into Kindergarten

It was the first of many first days of school. I walked in little steps toward the classroom, my parents striding beside me. Eager to take kindergarten by storm, I reminded myself that I had to make friends. I sat down next to a girl who was as tiny as I was, with my favorite topic in mind. I said, “Do you know my granny Alba?” My potential new friend’s eyes opened wide with curiosity. My parents laughed by the door. I guess when you love someone so immensely, you assume that the rest of the world does too.

—Maria Paula Serrano



An Unexpected Sign

I was 30 and knew I couldn't have a baby. Accompanying my pregnant friend shopping one day, I admired a striped onesie with a crab sewn on the backside. I told her if I ever had a son, I would want him to wear it. Eight days later, I went to church and saw an infant snuggled in his grandmother's arms. He was wearing the same onesie. At the end of that day's service, the reverend announced that the baby was in need of an immediate home. Two days later, he moved into mine. Now he's 5 and my son.

—Sarah Mouracade

When Shame Leads to Kindness

My mother and I were driving through Detroit when we stopped at a light and noticed a blind man attempting to cross a busy street. My mother told me to go help him, but I—a shy, baffled teenager—refused. She got out and helped the man cross, then we drove on. My shame lingered until decades later in Los Angeles when I noticed a blind man trying to cross Vine Street. I stopped and helped him, shutting down five lanes of traffic. Driving off, I heard people clapping and tooting their horns. Thank you for your example, Mother.

—Thomas Drotar

The Itch Persists

Tired, we decided to lie down in Chicago's gorgeous Graceland Cemetery. I rested my head on his chest, relaxing into his breath. I tried my best to ignore the itchiness of the grass, the itch to explore the what-ifs of someone else. This is it now. How long will it last? Till death?

—Hannah Davis Atkinson



My King in the Uniroyal Jacket

Dad, do you remember when you came home late from work (as you did in those days) and scooped me up out of bed, wrapped me in my blanket and set me on the back of your borrowed motorcycle? We rode to the A&W and sat on a bench under the egg-yolk-yellow lights with root beer floats: the orange awning flapping, the moonlit sky, the future, childhood that would last a lifetime, the smell of work in your shirt, me, the prince of your moment, and you, the king in your Uniroyal jacket.

—Theodore Groves



Change Your Life in an Hour

Don't believe you can? You're already doing it...

Laura Archer

What if you realised the potential of those seconds, minutes and hours you waste every day and used them to really create change and growth in your life - one hour at a time?

Are you stuck in a rut but don't have the time, money or energy to get out? It's simpler than you think. By encouraging you to make small, personal decisions, this book will help you stop scrolling through other people's stories so that you can start focusing on your own.

We have choice in every moment of our lives. We can choose to say 'yes' or 'no' to an invitation, a job, a partner. We just have to practise cultivating that choice. **Change Your Life in an Hour** urges you to take back control of how you choose to spend your time - and subsequently your life.

Laura Archer first realised the power of small choices when she started reclaiming her lunch breaks and using them to achieve personal goals. In this, her second book, she inspires you to target your mental, emotional, and physical health through simple but empowering actions that can fit around any lifestyle.

The book focuses on three centres of activity:

- Head - Looking at how important good mental health is, and how we can achieve it through guiding our thoughts and the stimulus we input to our minds daily.
- Heart - As a society that prioritises rationality and empiricism, our hearts sometimes get left behind, as we listen to our heads first. This section focuses on activities to make your heart sing.
- Hands - We spend our days on computers and smart phones, but as humans we are makers and creators, and using our hands is part of our make-up. This section of the book encourages you to reconnect with the world around you.

This book is not restrictive. It is as much about embracing good food, wine and love, as it is about focusing on yoga and meditation. Are you ready to change YOUR life?

Author Details

Laura Archer is a writer and speaker who believes that you can change your life without having to change much at all. She has written for *Stylist*, *IMAGE*, *ES Online* and *Red*, and been featured on *BBC Radio London*, *R4 Woman's Hour* and *Eat, Sleep, Work Repeat* - the number 1 Business Podcast on the Apple Chart. Alongside her day job as Business Development Manager for a major London art fair, Laura regularly speaks about her experiences - particularly around mental wellbeing at work - for corporate audiences and panel discussions. Her first book was *Gone for Lunch: 52 things to do in your lunch break*, also published by Quadrille.

Key Selling Points

- As the world switches from FOMO to JOMO (joy of missing out), people are looking to spend more time on their own - but we've lost the knack of how to do it. Until now.
- On average, we spend 3 hours 15 minutes on our phones every day - that adds up to a whole day every week!
- Laura's advice is refreshingly simple and amazingly inspiring, tackling the 3 key areas in which we need most stimulation: Head, Heart and Hands.

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Illustrations	Two-colour throughout
Age Range	NA
Terms	SOR

C O N T E N T S

HEAD

ENGAGE WITH YOUR MIND:

MEDITATION 00

YOGA 00

WRITING 00

PUZZLES 00

THERAPY 00

ENGAGE WITH OTHER MINDS:

READ 00

DEBATE 00

LISTEN 00

LOOK AT ART 00

GO TO A LIVE
PERFORMANCE 00

HEART

CONNECTIONS

LOVE YOURSELF 00

NOURISH
YOURSELF 00

ENHANCE YOUR
CONNECTIONS 00

LOVE LETTERS 00

PORTRAITS 00

VIBRATIONS

SING 00

DANCE 00

LISTEN TO YOUR
FAVOURITE TUNES 00

SPEND TIME IN
NATURE 00

LAUGH 00

HANDS

TIDY

BASKET-MAKING 00

MAKE MUSIC 00

SEW 00

KNIT 00

MACRAMÉ 00

MESSY

PRINT 00

GARDEN 00

WORK WITH CLAY 00

BAKE 00

EXERCISE 00

ENGAGE WITH
YOUR MIND:

MEDITATION

YOGA

WRITING

PUZZLES

THERAPY

ENGAGE WITH
OTHER MINDS:

READ

DEBATE

LISTEN

LOOK AT ART

GO TO A LIVE
PERFORMANCE

HEAD

WRITING

The physical manifestation of our thoughts into words, through writing, can be one of the most cathartic and revealing exercises.

It provides us with an opportunity for focus, tranquillity, introspection and creativity. Our writing might come to life as a stream of consciousness or as a structured statement; it may have a reader in mind or it might go straight into the waste paper basket – or be hidden in a secret drawer. It's a rare thing that can go in any direction we want it to and an action that stretches across our mental, emotional and physical lives.

Though you can make the focus of your writing anything you want it to be, if you are undertaking this activity with the goal of getting to know your thoughts, make those thoughts the starting point.

This might be:

- One thought in particular that won't go away – a love, a loss, a fear, an anticipation.
- Something you have learned about your way of thinking during meditation.
- A turning point in your life – an event, a conversation, a revelation.
- An attitude or a philosophy that you always carry with you.

Once you have decided what it is that you would like to explore with your writing, think about the format and style of writing that you would like to use. A few ideas include:

JOURNALING

Chart your thought processes daily or weekly. The purpose of a journal is to get an overview of something over an elongated period of time, so it's best not to overthink what you write in your journal and to use stream of consciousness.

LETTER-WRITING

Explore your thoughts in a letter to someone you trust – or even to yourself. The benefit of letter-writing is that we are usually conscious of a reader, and therefore take time to construct a well written piece of communication. As such, letter-writing often involves a good deal of reflection, before you commit your thoughts to paper.

STORY-TELLING

Best suited for recounting memories or events, story-telling is brilliant for making you consider the arch of a narrative, as well as thinking about the perspective you will write it from (maybe not your own?).

POETRY OR LYRIC-WRITING

When creating a poem or a song, we work to capture the essence of a thought, feeling or happening. This distils emotion into its most potent form and produces a piece of writing that allows us to revisit certain feelings from the past almost in real-time.

REPORTING

Factual and informative, reporting is a great way to try and explore something without bias, so that you can take a step back and reappraise a situation from an objective point of view.

BEATING WRITER'S BLOCK

You have your subject and your style: now all you need to do is write! However, with writers often revered in most societies, the idea of committing your own thoughts to paper can be daunting. If this is the case, here are a few tips to get you going:

MAKE IT PHYSICALLY ENTICING.

Part of the joy of writing is the feeling of a pen in your hand moving across the paper, so make sure you maximize this pleasure by taking some time to choose your pen and paper carefully. Make them something you look forward to using. If you prefer to type, you could convert this into investing in a new keyboard (if those keys are starting to stick...).

START WITH THE FIRST THING THAT COMES OUT OF YOUR HEAD.

Get all the junk out: the cringe-worthy sentences, the dramatic sentiments, the mundane thoughts. No-one ever needs to read this, not even yourself – it can go straight in the waste basket if you want it to. This is purely a warm-up, to get the juices flowing. Somehow it works and it makes you less scared of carrying on when it comes to the good stuff.

'FIND' SOME WORDS.

This is a fantastic exercise if you're looking at creative writing, poetry or lyric-writing. Take your theme – a memory, a place, a person. Then take a newspaper or magazine and leaf through for some words that grab you, linked to this theme. Limit yourself to ten words to begin with, otherwise it takes a while. Once you have your words, cut them out, arrange them into a statement and stick them

down on a piece of paper. You can add in pronouns and conjunctions if needed. You'll be amazed by how stunning and unexpected your compositions are. And yes, they are *your* compositions: you chose the words, and decided how to arrange them on the page. Writing is the same thing, just without the scissors and glue.

SET LIMITATIONS.

Although freedom is essential when writing for yourself, sometimes a lack of structure can be intimidating. If it helps, think about simple limitations like how many words or sides of paper you'd like your writing to take up. Especially in journaling or letter-writing, this can be a good way of making you reflect on what you'd like to say before you start writing, which will help you understand your own thoughts and feelings better.

REMEMBER.

This exercise is for you to explore your thoughts, not to be appointed the next poet laureate. Let yourself go and just see what comes out. In the words of Margaret Atwood, 'the waste-paper basket is your friend.'

DEBATE

It's likely you haven't debated since junior school – and even then, unless you were the class star, it was probably terrifying.

But take away the classroom and the fear of being graded (both by your peers and your teacher), and debating is a fantastic way to stretch your mind, engage with other people's stories, experiences and points of view, develop your speaking skills, and enhance confidence in yourself.

It's also brilliant for building your ability to deal with conflict. A debate is a structured *argument*: not in the destructive, 'fighting' sense of the word, but in the constructive, 'presenting a case' sense of the word. In practising debating, you will also be practising how you manage your communication style when emotions and

convictions are running high.

When most of us think of debating, we imagine a very structured event: a panel, a judge, an auditorium with a large audience. If this is what you crave, then a quick online search of local debating societies will give you some good options. But for those of us who are looking to develop our debating skills more privately, these elements don't need to exist. In fact, there doesn't even need to be a winner and a loser. The purpose of this activity, within the context of engaging with other minds, is for you to enjoy the act of researching and learning about your topic, consider something

from another person's point of view, and then flex your communication skills by structuring the way you deliver your argument. The debate could take place between you and a best friend, a partner or a family member, perhaps over a meal or a glass of wine, a video call or a walk in the park.

They key here is genuine enjoyment and intrigue. Choose topics that aren't going to damage relationships: although politics and religion always provide a meaty list of topics to unpick, your debate could be about something more light-hearted. You could debate:

- The greatest invention in history
- The best artist/musician/actor
- The relationship between humans and tech (good/bad?)
- ...or some small detail that only you and your opponent understand

Again, it's all about really researching your topic, understanding both sides of the argument, and making an objective decision about which side (if either) presents the most compelling case.

Once you've landed on your topic, and decided who is going to argue what, the following tips will help you get the most out of your debate.

THE STRUCTURE OF A GOOD DEBATE

INTRODUCE YOUR ARGUMENT.

Try to summarize in a couple of sentences what your position is and what you will be arguing. The rest of your presentation is for you to explain why you are arguing this. Try to get this done within a maximum of 2 minutes.

EXPLAIN YOUR ARGUMENT CLEARLY.

Structure your case into between two and four points: no more, no less.

Use logic, worked examples, statistics and quotes to support it. This part should take up 4–7 minutes.

HAVE A CONCISE CONCLUSION.

Don't forget to recap the key points again at the end. Try to sum them up in a few bullet points. Make it punchy: again, maximum 2 minutes.

LISTEN AND TAKE NOTES WHEN YOUR OPPONENT IS PRESENTING THEIR ARGUMENT.

Don't interrupt them while they are speaking, save your counter-arguments for the rebuttal (see next point). Above all, don't drift off fantasizing about how intelligent your response is going to be, or you might miss the crux of their argument.

ADDRESS POINTS DIRECTLY IN YOUR REBUTTAL.

Don't use this to voice new arguments of your own that you've just thought of. Respond directly to your opponent's case. Do the facts they've presented ring true? Is their argument morally or logically flawed? Give each other 3–5 minutes for this otherwise you'll forget what the main points are.

AGREE TO AGREE OR DISAGREE.

Unless you have a judge or audience who are voting for one party or the other, find a way to bring the debate to a conclusion. There are two sides to every story (at least). It's fine if this turns out to be your conclusion.

A QUICK WORD ABOUT STYLE

Before you get going, think about how you would like to present your argument. Will you be humorous, emphatic, courteous, assertive? If you're planning a series of debates, try a different style each time and see which helps you get your point across most effectively.

REMEMBER.

Keep it simple. While long words may make you sound clever, they may also make you incomprehensible. Also use notes as a prompt, not a script. There's nothing worse than listening to someone read out an essay *verbatim*.



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Age Range	NA
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A Pocket Coach: The Positivity Coach

Gill Thackray

A practical and engaging guide to positivity filled techniques and exercises to help the reader learn how to cultivate a more positive outlook and increase their resilience.

Gill Thackray teaches the reader the fundamentals of positivity and details the benefits of introducing it into your life. She also provides fascinating detail into what happens to your brain when you have a more positive outlook. From friendships to self-confidence and from relationships to compassion, this engaging and insightful book proves that being positive is more than just having a happy outlook, it is a way of living your life that will allow you to flourish and engage with the world around you. Each chapter has practical exercises and further reading to enable the reader to fully integrate positive attitudes into their everyday life.

Author Details

Gill Thackray is a business psychologist, coach, writer, mindfulness teacher and regular conference speaker. Gill has successfully worked with hundreds of organizations to improve performance, innovation and strategy over the last twenty years. Ranging from global organisations (United Nations, KPMG, Spotify, Deloitte); to non-profits (UK Sport, the V & A Museum, International Planned Parenthood, Shelter, the National History Museum); universities (London School of Economics, British School of Osteopathy, Goldsmiths,) and Government Bodies (UK Central Government, Kenyan Ministry of Tourism, Nigerian Ministry of Communications, Ministry of Communications Pakistan). Gill has an MSc in Mindfulness Studies. She is a qualified mindfulness teacher, adhering to the UK Mindfulness Good Practice Guidelines and is a registered teacher on the UK Mindfulness Teachers List as well as being professionally accredited by the International Mindfulness Teachers Association.

Key Information

- Anxiety disorders are becoming more and more common with one in six people estimated to struggle with an anxiety disorder at some point in their life. This book will help readers to recognise their thinking and allow them to build a more resilient and positive approach.
- *The Pocket Coach* series has sold over 30k copies so far Gill Thackray has an MSc in mindfulness studies and is a qualified mindfulness teacher. She has successfully worked with institutions such as the United Nations, LSE, Shelter, Spotify and KPMG among many others.
- This accessible book is full of scientific knowledge as well as tips and exercises to give the reader a rounded and practical guide to mindfulness.

The science of happiness reveals that there are enormous physical and psychological benefits when we adopt a positive outlook. Positive psychologists studying the impact of positivity have discovered that a positive attitude is linked to:

- Reduced stress and anxiety
- Increased longevity
- A greater sense of wellbeing
- Cardiovascular wellbeing
- Lower incidence of depression
- Greater resilience
- More motivation
- Higher levels of energy
- Improved relationships
- Increased overall levels of happiness

Positivity is the ability to navigate whatever the world throws at you with optimism. Unfortunately, that's not the way many of us are designed. Our brains have evolved with a negativity bias which means that we're hard wired to scan for threats in order to keep ourselves safe. It's an ancient mechanism that once upon a time kept us safe from predators, but can sometimes hold us back.

Positive thinking isn't about promoting a false feel-good state. Neither does it require you to deny reality. The opposite is true. A positive attitude is an essential set of skills that will enable you to identify faulty negative thinking. You'll begin to see where you are holding yourself back. Positivity provides a framework to help you fulfil your potential and achieve your goals.

If positive thinking isn't your natural outlook on life, you can cultivate it by adopting a range of simple, practical strategies. Think of it as building a new habit, a way of retraining your brain to break old negative patterns.



Publication	06 January 2021
Binding	Hardback
Price	AU\$16.99 NZ\$19.99
ISBN	9781789292527
Publisher	Michael O'Mara Books
Imprint	Michael O'Mara
Series	NA
Category	Self Help
Format	165 x 111 mm
Extent	128pp
Illustrations	Text-only
Age Range	NA
Terms	SOR

A Pocket Coach: The Mindfulness Coach

Gill Thackray

A practical and engaging guide to mindfulness filled techniques and exercises to help the reader learn about what mindfulness is and how they can integrate it into their everyday life.

A Pocket Coach: The Mindfulness Coach is full of practical detail and exercises to help you learn about what mindfulness is and how you can integrate it into your every day life. Gill Thackray teaches the reader the fundamentals of mindfulness and details the benefits of introducing it into your life. She also provides fascinating detail into what happens to your brain when you practice mindfulness and how to make room for it in a busy life. The book also busts myths about mindfulness and proves that there is no right or wrong way of practicing, it is simple about finding the way it works best for you. From the workplace to managing anxiety, this *Pocket Coach* book will teach you how to live a more mindful life. Each chapter has practical exercises so you can really engage with your practice as well as further reading so you can continue your mindfulness journey.

Author Details

Gill Thackray is a business psychologist, coach, writer, mindfulness teacher and regular conference speaker. Gill has successfully worked with hundreds of organisations to improve performance, innovation and strategy over the last twenty years. Ranging from global organisations (United Nations, KPMG, Spotify, Deloitte); to non-profits (UK Sport, the V&A Museum, International Planned Parenting, Shelter, the National History Museum); universities (London School of Economics, British School of Osteopathy, Goldsmiths,) and Government Bodies (UK Central Government, Kenyan Ministry of Tourism, Nigerian Ministry of Communications, Ministry of Communications Pakistan).

Key Information

- Mindfulness is a perennial topic – since becoming mainstream people always want to know more about how they can simply integrate mindfulness practices into their everyday lives.
- *The Pocket Coach* series has sold over 30k copies so far Gill Thackray has an MSc in mindfulness studies and is a qualified mindfulness teacher. She has successfully worked with institutions such as the United Nations, LSE, Shelter, Spotify and KPMG among many others
- This accessible book is full of scientific knowledge as well as tips and exercises to give the reader a rounded and practical guide to mindfulness.

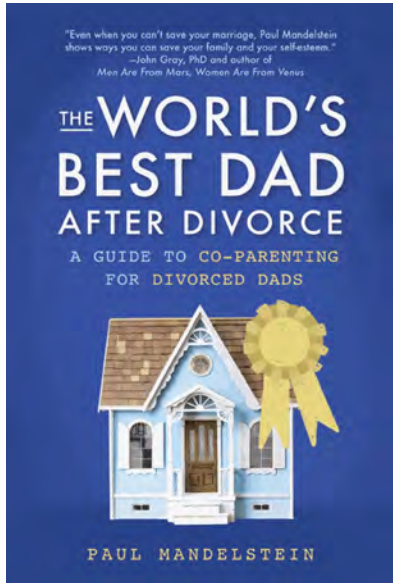
Reflecting on a regular day, do you find that:

- You're constantly on the go
- When you eat, you don't really taste your food
- You rush from one task to the next
- You have a never ending mental 'To do' list
- You spend more time than intended on your phone, scrolling through social media
- When you walk, your mind is so busy that you miss the sights and sounds around you
- You're always playing catch up
- You grab handfuls of sweets and then wonder why the packet is empty
- You scanned this list of questions and rushed to the end

This is mindlessness and researchers have discovered that we're in this state for almost half* of our time each day. When we live like this, our brain is on autopilot and we can miss out. We get stuck in old, well worn habits, replicating thought patterns and behaviours that no longer serve us well.

Mindfulness is being aware of what is happening as it happens. It's a skill that we can learn, resulting in some amazing health benefits, including:

- Decreased levels of stress, anxiety and depression
- The management of pain
- Improved focus and working memory
- Greater cognitive flexibility
- Increased immune function
- Enhanced emotional intelligence
- Increased resilience



Publication	06 January 2021
Binding	Paperback
Price	AU\$29.99
ISBN	9781641702683
Publisher	Workman Publishing
Imprint	Familius and Future House
Series	NA
Category	Family/Pregnancy
Format	228.6 x 152.4 mm
Extent	208pp
Illustrations	Text-only
Age Range	NA
Terms	FS

The World's Best Dad During and After Divorce

A Guide to Co-Parenting for Divorced Dads

Paul Mandelstein

Written by the founder of the Father Resource Network, this is the guidebook every divorced dad needs to perfect his new job of co-parenting with his former spouse and strengthen his connection with his kids.

Whether sudden or years in the making, divorce can leave families with a lot of pain and uncertainty - and with the children in the mix, the stakes are even higher. Enter author Paul Mandelstein, the divorced father of four children and founder of the Father Resource Network (FRN). In **The World's Best Dad After Divorce: A Guide to Co-Parenting for Divorced Dads**, Mandelstein helps fathers (and mothers) discover a path to navigate the stormy waters of divorce and create a healthy extended family environment, guided by the principles of collaboration and cooperation.

Packed with advice from family counselling experts, anecdotes from divorced parent groups, interviews with fathers, mothers, and children, and the author's own first-hand experiences, **The World's Best Dad After Divorce** is a realistic, yet compassionate approach to parenting post-divorce. The user-friendly format combines bulleted lists with practical suggestions, exercises, and even sample dialogues that make even the most difficult conversations with children and former spouses more manageable. Most importantly, this guidebook empowers men to be the best fathers they can be: fathers who are present and accountable, loving and leading, competent and caring.

Author Details

Paul Mandelstein founded and directed the Father Resource Network, which provided support and referral services designed to help men meet the challenges of fatherhood today. Paul is a pioneer in the field of personal communications and technology reference publishing. Paul is a divorced father with four children and four grandchildren.

Key Information

- 50% of all marriages end in divorce, and more than 50 of all divorces involve families with children.
- 1/3 of all divorced families report conflict in co-parenting during the first year.
- 50% of all divorced women report anger, resentment, or general disdain for their former spouse.
- There are many books on the market for women trying to navigate single parenthood and co-parenting, but few teach dads how to do the same.
- Written by the founder of the Father Resource Network and a divorced father of four, Paul Mandelstein is an expert in navigating co-parenting.
- The author has lived the life of a divorced dad and worked with many other divorced dads;he is sharing both collected knowledge and research.
- Successful co-parenting is the key tohappy, healthy children who show improved mental health and academic success through adulthood.

BASIC RULES OF COLLABORATIVE DIVORCE

- **Establish the 24 Hour Rule:** Insist on 24 hours to think over any significant decision you're faced with.
- **Make Peace, Not War:** Forget about proving who's right, who's wrong, and who betrayed whom. Put your kids' first. You can't fix the past but you can make the present and future better.
- **Remember to Be Nice:** Try hard to be nice and polite. Mutual respect goes a long ways toward creating peace.
- **Spare the Kids:** Train yourself to never complain to the kids about their Mom. They should never have to make choices about their loyalties to you or your ex.
- **Third Party Help:** Recognize when you are stuck and seek professional help when you are.
- **Create Clear Boundaries:** Draw clear lines about how you want to be treated and accept nothing less than that.
- **Don't Try and Change Her:** Some of our most serious arguments are around trying to change the other person. The party is over. It's time to live and let live.
- **Find Ways to Agree:** Find things to agree on and constantly remind each other about these.
- **Listen to Her Complaints Without Defending Yourself:** Learn to be a pro-active listener. Even if she is complaining about you, listen without defending yourself, remembering that you do not have to agree with her view of you. Then give yourself time to consider your response.
- **Let Her Have Her Way While Not Giving Up Yours:** Search for ways that both of your needs or wishes can be satisfied. Sometimes this is possible by finding an alternative way of looking at the problem you seem to be stuck on.
- **Ask For What You Want:** Rather than being defensive or making her guess what you really want, practice saying and asking for exactly what you want. After putting out your requests, ask her to take 24 hours to get back to you with an answer.
- **Don't Burden the Kids With Your Pain:** Never release your anger or frustration on the kids. From the children's point of view they need the love of both parents.
- **Switchover-Day Stress:** It isn't easy for kids to switch back and forth between your home and their mom's. Yes, you'll be called "Mom" instead of "Dad" sometimes. And the kids will forget whose house rules they're supposed to follow. Be patient. And keep your sense of humor.
- **Establish Ground Rules for Meetings:** Meetings can be explosive, especially in the early days when tensions are high. When you must sit down to talk over difficult issues, go in with a clear agenda. Agree on special antidotes when tempers flare—leave the room to calm down, etc.

CHAPTER ONE: BREAKING UP IS HARD TO DO

“Divorce is one of the loneliest of modern rituals. Before, during, and after the actual culmination of the legal process it is an ordeal that rips people away from their roots, their important relationships, and a part of themselves.”

—Suzanne Gordon

Tim and Gina met while on vacation in Southern California. Tim had just gotten a dream promotion at his first serious job. Now manager of the marketing department at *Quantum* he was riding high and confident of his future. Gina, however, was just coming out of a painful breakup with the young man she'd been dating for two years.

Gina certainly wasn't looking for a new relationship. But that was before she met Tim. She welcomed Tim's company but made it clear that she was only interested in having someone to pal around with. Tim said okay, though he was absolutely certain he'd found the love of his life. He'd take his time, give her whatever space she needed. He believed that if he was patient and played his cards right, everything would work out. Tim's patient attention was exactly what Gina needed to help her through this difficult time.

The long and short of it is that after several months of telephone conversations across the miles—she in Tucson, he in Seattle—they agreed to meet in San Francisco over Labor Day weekend. Gina was ready to give love another chance.

The weekend in San Francisco couldn't have been more perfect. Six months later they were making wedding plans. Gina chose a traditional church wedding, which was fine with Tim as long as they could have a large reception at a place near the ocean, with all their friends celebrating with them. This was one marriage, they told their friends, that would last forever.

It in fact lasted for nine and a half years, long enough for Alexia and Ben to be born. Neither Gina nor Tim could remember when the arguments actually started. They were over small things at first, but soon even the small disagreements were turning into major fights. They kissed and made up time after time. It seemed that no matter what one

of them suggested to the other, it was steel on flint. Sparks flew, whether the discussion was what to fix for dinner, what to plant in the garden, where to spend their vacation, or issues involving the kids. The loving intimacy they'd once shared eroded with each argument. Finally they were sleeping in different rooms and Tim sought every opportunity for out of town business trips. Tina noticed she was relieved and more relaxed when Tim was out of town and she avoided intimate contact when he was home.

Tim and Gina both felt very alone in their marriage, depressed and anxious by the loss of support they'd once shared from each other. It was nearly impossible for either of them to accept the fact that something that started so beautifully had come to this.

The children, now five and seven respectively, were beginning to show the signs of the constant tension between their parents. Through family counseling, Gina and Tim struggled through the challenges of their own conflicts. In the beginning they both made a pledge to stay together and resolve their differences. Somehow, they'd make the marriage work. Above all, they both understood the negative impact their separation would have on the kids, and they wanted to avoid this at all costs—well, *nearly* all costs.

It all came to a head at Alexia's soccer game, when Tim and Gina started arguing in front of the kids and other parents. Deeply humiliated by their own behavior, and aware of how they'd also humiliated their own children, they apologized to the people around them and made their way home. Although they were still furious with each other, that evening, they made a pact to never again air their conflicts in public. And they would try their best to not argue in front of the kids.

Their conflicts persisted in spite of all their efforts, and the tension continued to impact Alexia and Ben. At last, after much soul-searching and tears, Tim and Gina looked at each other across their therapist's office one February morning and made the decision to end their marriage. It was the first thing they'd agreed on in months. They also made a pledge, suggested by their counselor, to make the break with a specific goal in mind—to do everything in their power to treat one another with respect and dignity. With two beautiful children, they had much to be grateful for. The marriage had blessed them in this way regardless of the

fact that they could no longer live together. The therapist assured them that she would be available to help them through the separation, guiding them through what she called "collaborative divorce."

HONORING THE BONDS OF OUR CHILDREN

Like Tim and Gina, most of us enter into marriage with the firm belief that our union will last forever. But life is rarely that simple. If you are now facing the prospect of divorce, or have already taken the first step in that direction, or are maybe only beginning to contemplate its inevitability, you already know the wildly vacillating complex of feelings that have led up to this point.

Try as we might, it is impossible to know, with absolute certainty, that separating from your partner is the right way to go. What you do know is that you are in pain, and your partner is in pain, and that your children are in pain. At the very least, your kids may be showing the stresses of your struggle through uncharacteristically aggressive behavior, by having trouble with school work, or by any of an infinite number of other reactions. The one thing we must never forget as we move through a divorce is that no matter how you or I might feel to the contrary, we are not alone in this journey. Everyone in our immediate family is affected, to say nothing of grandparents, friends, and even shirt-tail cousins.

One evening in a men's divorce group, one of the men was commemorating the third year of his divorce. As he reflected on the most difficult parts and then reiterated how relieved he was to be out of the marriage, he ended with this comment: "In the beginning there are those little moments of grace when you think how mellow it is to be out of this hassle. No more arguments. No more impossible standoffs you know the futility of it all. But then, maybe a couple months out of the house, you start to realize that as long as you live you'll be a part of this family unit, by virtue of the fact of your children. For the first time in my life I know what they mean by that saying, *blood is thicker than water*."

This man's clear perspective is a valuable insight for all of us—that *where there are children involved there's a bond that we may hold forever*. Realizing that the children need their Dad, even though he might be living in another city, or even another country, is a sobering reality. And because



Publication	19 January 2021
Binding	Hardback
Price	AU\$37.99
ISBN	9781797203805
Publisher	Chronicle Books
Imprint	Chronicle Adult
Series	NA
Category	Non Fic General
Format	178 x 178 mm
Extent	160pp
Illustrations	Full colour illustrations throughout
Age Range	NA
Terms	FS

Live Life Colorfully

99 Ways to Bring More Joy, Creativity, and Positivity into Your Life

Jason Naylor

Using colour as both a medium and a metaphor, this quirky mix of upbeat words of wisdom, tips and tricks, challenges, and colourful illustrations that will inspire and motivate everyone who picks it up.

Colour adds value to people's lives in so many more ways than they realise, and taking a moment to deliberately colorize the world around you can enhance your moment, your day, and your life significantly. **Live Life Colorfully** is a succinct way to say, 'Be yourself, be brave, be proud of who you are, be kind, be loving, and be happy! And **Live Life Colorfully** the book will help people to do just that.

Author Details

Jason Naylor is an award-winning artist, designer, and creative director who began his professional career working in the Creative Department of MAC Cosmetics, where he learned about the business of art and design, and developed his taste for spreading life and colour into any and every project he could get his hands on. Six years later, Jason set out to start spreading his own message into the world. He works in both digital and traditional media, and his work ranges from typography and illustration, to products and large scale murals. Jason has been featured on HGTV and the Discovery Channel and has partnered with brands like Coach, Heineken, XBOX, and Guess. Jason's mission is to spread colour and positivity across the globe.

Key Information

- While Naylor is not (yet) a household name, his work has a vast and diverse reach, is popular with people of all ages and walks of life, and his following is growing daily (around +1,000/month). He has been featured on HGTV and the Discovery Channel and is very mediagenic.
- Colour really matters for this one, so it will be printed 4x4 colour on 140gsm woodfree paper. For the cover, Chronicle will go with 2 colour+ 2 PMS printed on gloss art paper with 1/s matte lamination for an effect similar to our *Write Bold* journal (which really pops).
- Using colour as both a medium and a metaphor, this quirky mix of upbeat words of wisdom, tips and tricks, challenges, and colourful illustrations that will inspire and motivate everyone who picks it up.



WELCOME

HOW TO USE THIS BOOK

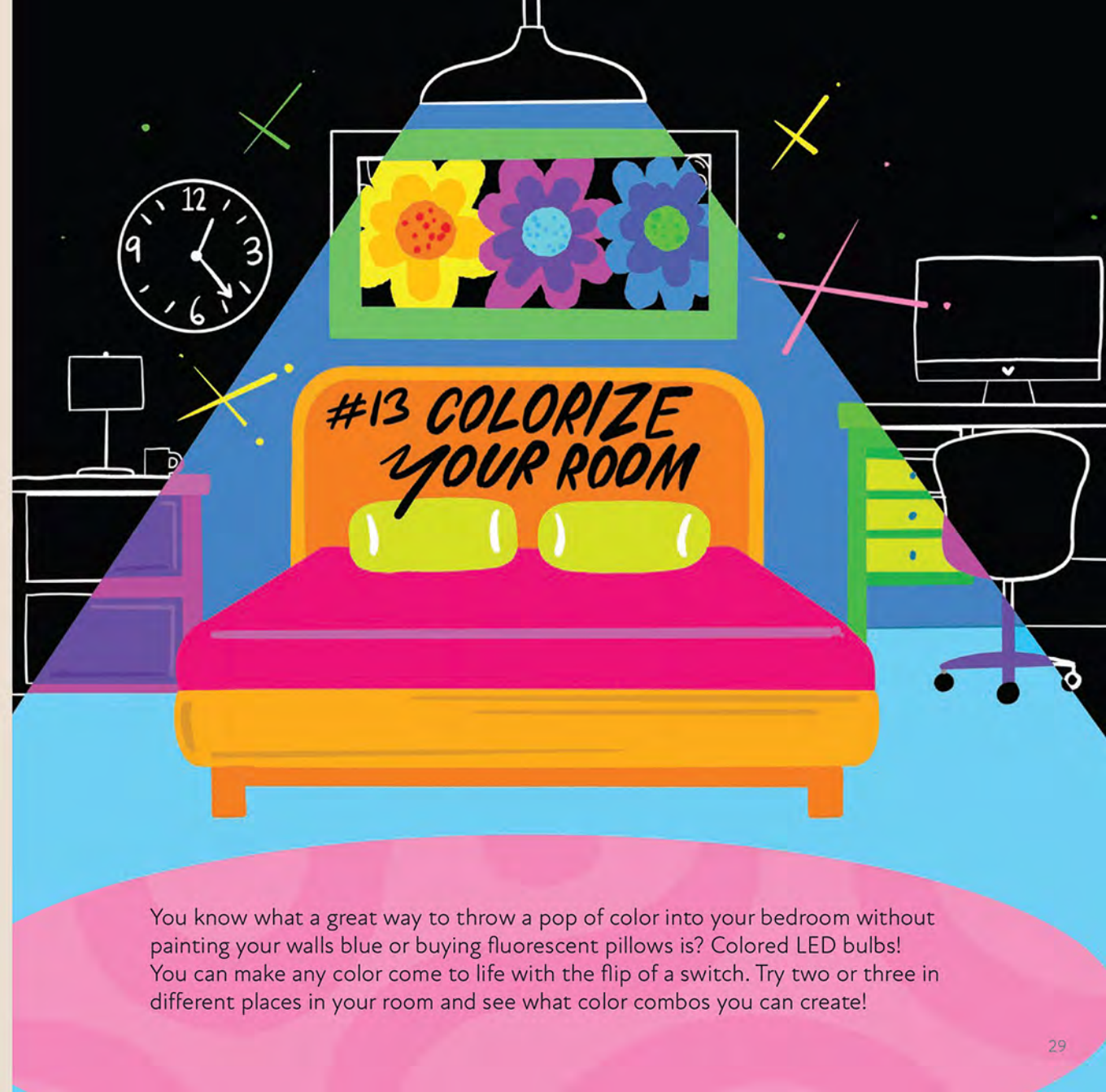
This book is intended to spark ideas, ignite your imagination, brighten your day, and make you smile. Each page has a thought, a challenge, a bit of wisdom or trivia, and some color. You can read it page by page, or just flip it open and see what awaits. Up to you!

The words and illustrations are meant to be lighthearted, happy, and maybe even a little silly. All of them are motivating and inspiring to me, but to each their own. If one of these pages doesn't brighten your mood or the content doesn't apply to you, just move on to the next one. We are all unique and magical, just like these pages, so stick with the ones that work for you! Have fun. Let your heart lead the way. And most of all, enjoy!

#12 Collect Color



There is a magical place you might have heard of called nature. It exists out beyond the land of screens. Some of the most magnificent colors are found there, and if you find them, you can keep them! If you're in the city like me, visit a park. If you have some mountains or even a jungle nearby, go for a stroll or a hike. Collect things that you find on your journey and then arrange them by color.



You know what a great way to throw a pop of color into your bedroom without painting your walls blue or buying fluorescent pillows is? Colored LED bulbs! You can make any color come to life with the flip of a switch. Try two or three in different places in your room and see what color combos you can create!



#53

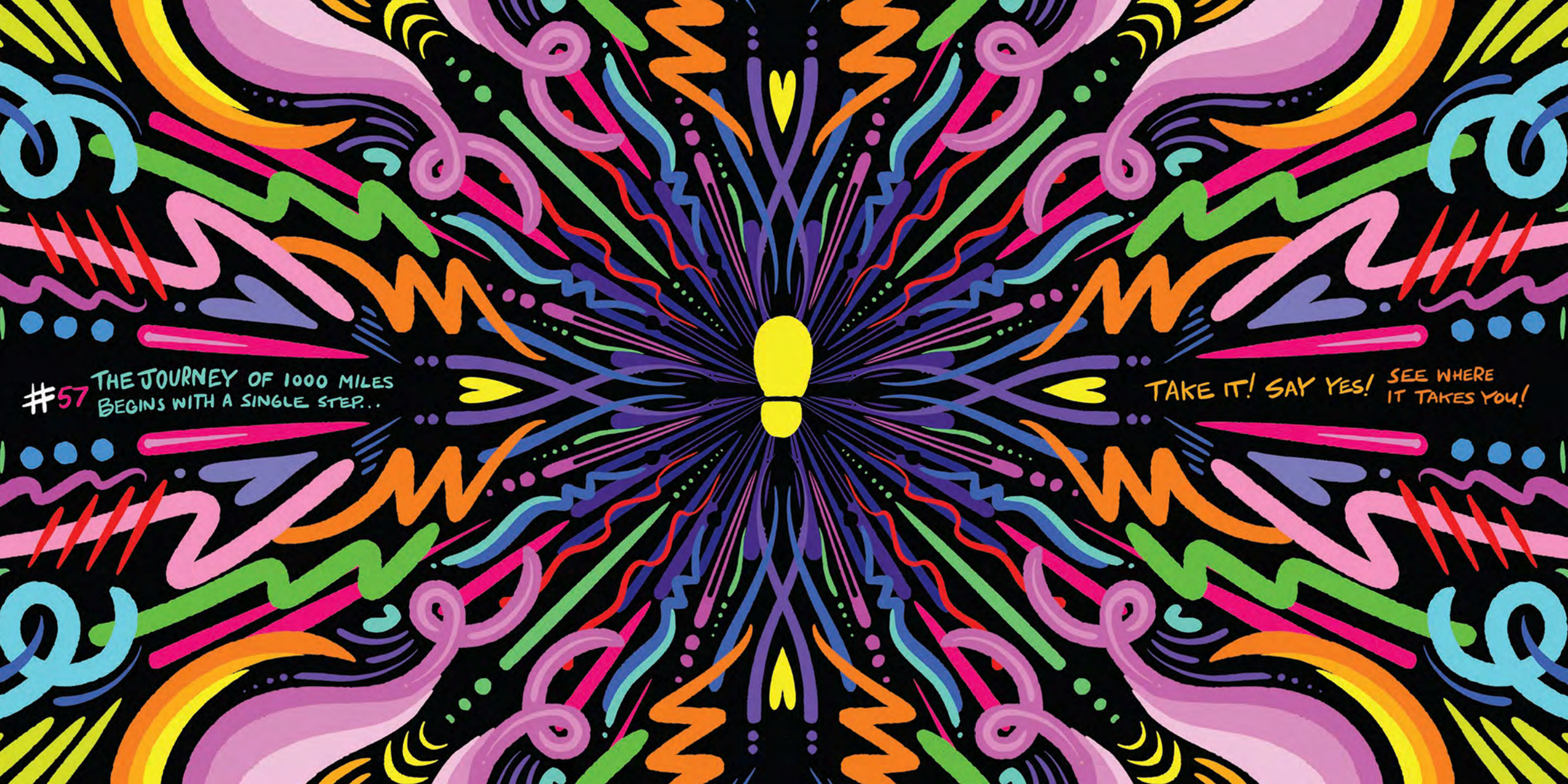
"USE COLORED" PENS

The only time you have to use black or blue pens is at the bank. So why not brighten things up with some different-colored pens! They always come in handy, whether you're color-coding your calendar or just making a quick grocery list. AND bright colors help you remember things. Why do you think highlighters are yellow and pink?!

#54

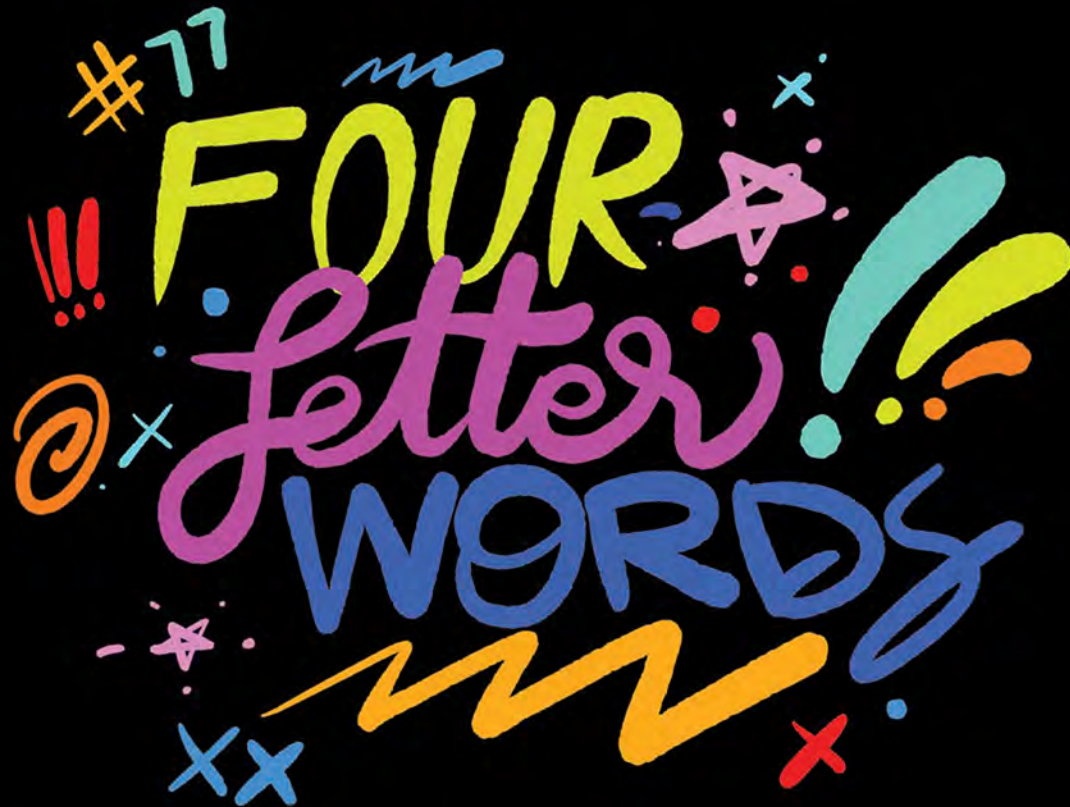
YOU HAVE TO
COLOR OUTSIDE THE
LINES ONCE IN A
WHILE IF YOU WANT
TO MAKE YOUR LIFE
A MASTERPIECE

- ALBERT EINSTEIN



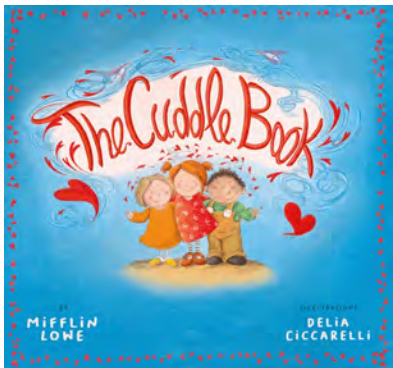
#57 THE JOURNEY OF 1000 MILES
BEGINS WITH A SINGLE STEP...

TAKE IT! SAY YES! SEE WHERE
IT TAKES YOU!



Four-letter words. Colorful language. We use these terms to refer to profane or vulgar words, but we're getting it wrong. How many great four-letter words have a deeper meaning or uplift you? Maybe words that inspire or motivate? Now, don't get me wrong. There is a time and place for even the nastiest of curse words, but maybe we should focus on the four-letter words that provoke us to think about more meaningful things. Like LOVE, for example. I mean, how colorful is that word? I've listed a few more. Can you think of any others?





Publication	06 January 2021
Binding	Board Book
Price	AU\$16.99
ISBN	9781641702652
Publisher	Workman Publishing
Imprint	Familius and Future House
Series	NA
Category	Child Junior Fiction
Format	203.2 x 203.2 mm
Extent	20pp
Illustrations	Full colour illustrations
Age Range	3 and up
Terms	SOR

The Cuddle Book

Mifflin Lowe

Adorable illustrations and a poem that begs to be read aloud pair to make the perfect book about cuddles and all the joy they bring.

*Isn't it nice to curl up and cuddle
and melt down inside like a big, muddy puddle,
and feel the thumping oompah beat
of someone else's heart and heat?*

Everyone knows cuddling can reduce stress levels and release endorphins, but kids know that, most importantly, cuddling is FUN! With adorable, hand-painted illustrations and Dr. Seuss-like rhymes and humour, **The Cuddle Book** is sure to be a bedtime favourite. So snuggle up with this padded board book and let the cuddling commence!

Author Details

Author, singer, songwriter, and musician **Mifflin Lowe** has six books published, which have sold over 300,000 copies in 4 languages. His books include a children's poetry book, *Beasts by the Bunches*, and three humour books for adults: *The Cheapskate's Handbook*, *I Hate Fun*, and *How To Be A Celebrity*.

Key Information

- An adorable "I love you" book just in time for Valentine's Day.
- Padded board book adds to the snuggly cuddling theme.
- Perfect book for bedtime and anytime.
- Soft pastel illustrations tie into traditional nursery and bedroom decor themes.

Ooooooooooooooooooooooh,
isn't it nice, to curl up and cuddle
and melt down inside like a big, muddy puddle
and feel the thumping oompah beat
of someone else's heart and heat?

Cuddling question number one
is when the cuddling should be
done. Should we when we kiss
"Goodnight" holding close and
hugging tight?



And what about a rainy day
chasing gloomy thoughts away -



as we cuddle, as we snuggle,
troubles pop like bustin' bubbles.



Shall we while we watch TV?
Could we cuddle in a tree?!!!



Over here or over there
the question is to cuddle where?





Pocket Piggies: I Love You!

Richard Austin

Show your love with the Pocket Piggies of Pennywell Farm! Charming photos and simple text celebrate love in its many forms, between parent and child, for family, and for friends old, new, and furry.

Oh, those irresistible Teacup Pigs of Pennywell Farm! Tiny enough to hold in the palm of your hand, yet how they shine. With such enormous appeal they are natural stars, both in the calendar world and book world – particularly board books, where this cutest of series now has over 250,000 copies in print.

I Love You! is a sweet message of love and affection for little kids—on Valentine’s Day or any time of the year!

How much do I love you? Well, hold on to your hat! Think of the best thing in the world – I love you more than THAT!

The book’s joyful rhyming text is meant to be read aloud and enjoyed together by parent and child—over and over again.

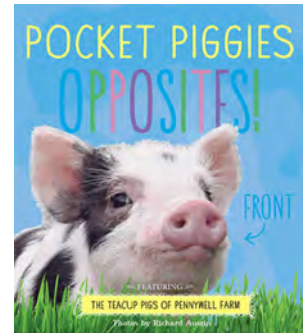
Author Details

Richard Austin is a professional photographer who’s worked with newspapers and magazines for the past twenty years. He lives in Dorset, England.

Key Information

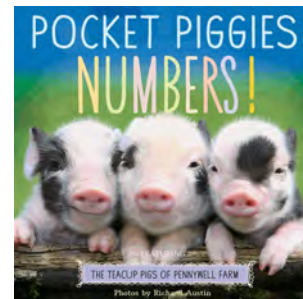
- A love-themed board book is the perfect way to celebrate Valentine's Day with a baby or toddler –or to make storytime extra warm and snuggly any time of year!
- Full-colour and irresistibly cute photos of the Pocket Pigs of Pennywell Farm (stars of our sell-out calendar) make this book extra sweet.
- Pocket Piggies are proven hits for young kids; Workman's three earlier Pocket Piggies board books have more than 250,000 copies in print worldwide.

ALSO AVAILABLE IN THIS SERIES



AU\$12.99

9780761185482



AU\$12.99

9780761179795

Publication	06 January 2021
Binding	Board Book
Price	AU\$9.99
ISBN	9781523511167
Publisher	Workman Publishing
Imprint	Workman Group
Series	NA
Category	Child Non Fiction
Format	158.75 x 144.46 mm
Extent	22pp
Illustrations	Full colour photography throughout
Age Range	1 to 3
Terms	SOR

HOW MUCH
DO I LOVE
YOU?

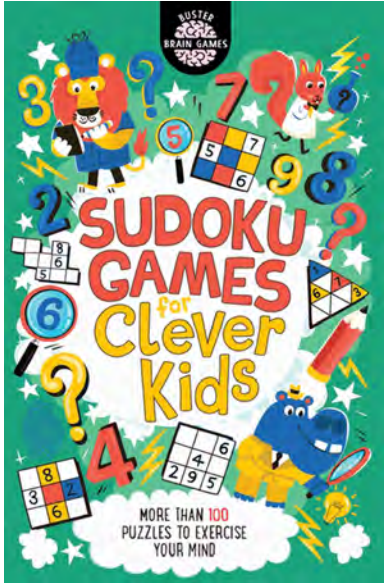


I AM
TICKLED PINK
TO KNOW...



YOU BRING
A SPECIAL
SOMETHING
TO EVERYTHING
YOU DO!





Publication	06 January 2021
Binding	Paperback
Price	AU\$9.99 NZ\$12.99
ISBN	9781780556659
Publisher	Michael O'Mara Books
Imprint	Buster Books
Series	NA
Category	Child Non Fiction
Format	198 x 129 mm
Extent	192pp
Illustrations	B&W Illustrations
Age Range	8 and up
Terms	SOR

Sudoku Games for Clever Kids

Dr. Gareth Moore and Chris Dickason

A new title in the hugely successful *Clever Kids* series, this book is filled with sudoku puzzles to put your brain to the test.

There are plenty of puzzles to test your mental-arithmetic and problem-solving skills. The book also features a simple sudoku tutorial at the start, featuring invaluable tips and tricks. Created by bestselling puzzle book author Gareth Moore, author of the chart-topping success *Brain Games for Clever Kids*.

Author Details

Dr Gareth Moore (B.Sc (Hons) M.Phil Ph.D) is the internationally bestselling author of a wide range of brain-training and puzzle books for both children and adults, including *Anti-stress Puzzles*, *Ultimate Dot to Dot*, *Brain Games for Clever Kids*, *Lateral Logic*, *Extreme Mazes* and *The Ordinance Survey Puzzle Book*. His books have sold over a million copies in the UK alone and have been published in 29 different languages. He is also the creator of online brain-training site BrainedUp.com and runs the daily puzzle site PuzzleMix.com.

Chris Dickason's irreverent sense of humour was born from years as both a mild mannered doodler and angry burger flipper. Taking inspiration as much from Henri Matisse as he does The Muppets, as well as odd bits of packaging collected from foreign supermarkets, Chris' work has been described as charming and visually striking with a sharp graphic style. His illustrations are populated with rambunctious characters that are a cleverly crafted mix of an uncomplicated line style and wonky perspectives.

Key Information

- Filled with sudoku puzzles to test mental arithmetic and problem-solving skills.
- All answers are at the back of the book.
- From bestselling puzzle book author Dr Gareth Moore, the creator of the chart-topping *Clever Kids* series which has sold over 460,000 copies worldwide and published in 27 different languages.
- This brand-new puzzle book contains over 160 sudoku games - as well as regular sudoku, the book also includes new formats such as samurai sudoku, jigsaw sudoku and 3D sudoku.
- Features fun, animal-detective illustrations by Chris Dickason

SUDOKU 4X4

SUDOKU GAMES 4x4

Place a digit from 1 to 4 into each empty square, so no digit repeats in any row, column or bold-lined 2x2 box.



TIME



SUDOKU 4X4 GAME 1 & 2

2

4

		1	2
			4
4			
2	1		

1		2	
	4		3

3

1

TRIO SUDOKU 9X9



TRIO SUDOKU 9x9

Place a digit from 1 to 9 into each empty square, so no digit repeats in any row, column or bold-lined 3x3 box. Squares containing neither a circle nor a smaller square must contain 1, 2 or 3; squares containing a smaller square must contain 4, 5 or 6; squares containing a circle must contain 7, 8 or 9.



TIME



TRIO SUDOKU 9X9 GAME 1



			4	8	2			
		5				8		
	9		6		5		1	
2		4				3		1
9								4
7		1				9		6
	4		3		1		2	
		7				6		
			9	5	7			



SUDOKU 8X8 GAME 3 & 4



TIME



	8	6	4	5	1	3	
1			5	8			2
8							4
3	6					7	8
4	5				8		1
7							3
5			3	1			6
	4	1	7	3	8	2	

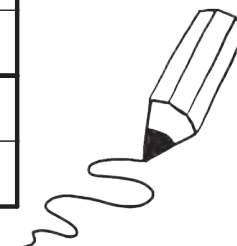
	4	2	3	8	6	5	
8	5					3	2
1		4			8		6
6							3
3							7
2		8			5		4
4	2					7	5
	7	3	1	6	2	4	



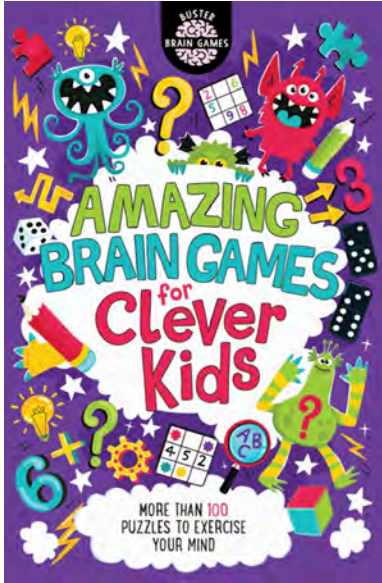
TIME

SUDOKU 8X8 GAME 5 & 6

6	3					8	2
2		5			1		3
	2		6	7		1	
		7			5		
		2			3		
	1		5	8		6	
4		8			6		1
1	7					2	5



	5		4	8		3	
6		7			5		2
	8	3			1	5	
5							3
4							8
	6	1			4	2	
2		8			3		1
	1		5	4		8	



Publication	06 January 2021
Binding	Paperback
Price	AU\$9.99 NZ\$12.99
ISBN	9781780556642
Publisher	Michael O'Mara Books
Imprint	Buster Books
Series	NA
Category	Child Non Fiction
Format	198 x 129 mm
Extent	192pp
Illustrations	B&W Illustrations
Age Range	8 and up
Terms	SOR

Amazing Brain Games for Clever Kids

Dr. Gareth Moore and Chris Dickason

A new title in the hugely successful *Clever Kids* series, this book is packed with memory, word and number games for you to solve.

From battleships and mind-bending spot the differences to mazes and number pyramids, there are plenty of puzzles to give your brain a workout. Created by bestselling puzzle book author Gareth Moore, author of the chart-topping success *Brain Games for Clever Kids*.

Author Details

Dr Gareth Moore (B.Sc (Hons) M.Phil Ph.D) is the internationally bestselling author of a wide range of brain-training and puzzle books for both children and adults, including *Anti-stress Puzzles*, *Ultimate Dot to Dot*, *Brain Games for Clever Kids*, *Lateral Logic*, *Extreme Mazes* and *The Ordinance Survey Puzzle Book*. His books have sold over a million copies in the UK alone and have been published in 29 different languages. He is also the creator of online brain-training site BrainedUp.com and runs the daily puzzle site PuzzleMix.com.

Chris Dickason's irreverent sense of humour was born from years as both a mild mannered doodler and angry burger flipper. Taking inspiration as much from Henri Matisse as he does The Muppets, as well as odd bits of packaging collected from foreign supermarkets, Chris' work has been described as charming and visually striking with a sharp graphic style. His illustrations are populated with rambunctious characters that are a cleverly crafted mix of an uncomplicated line style and wonky perspectives.

Key Information

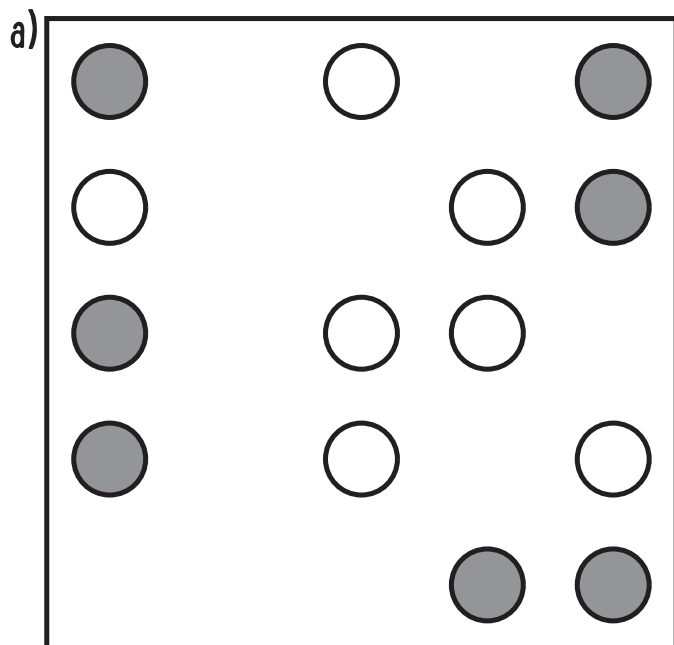
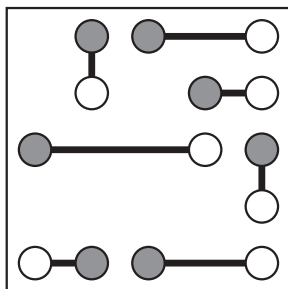
- This brand-new puzzle book contains over 100 brain-boosting games.
- Packed with memory, word and number games, such as battleships, mind-bending spot the differences and mazes.
- All answers are at the back of the book.
- From bestselling puzzle book author Dr Gareth Moore, the creator of the chart-topping *Clever Kids* series which has sold over 460,000 copies worldwide and published in 27 different languages.
- Features fun, monster-themed illustrations by Chris Dickason.

BRAIN GAME 3

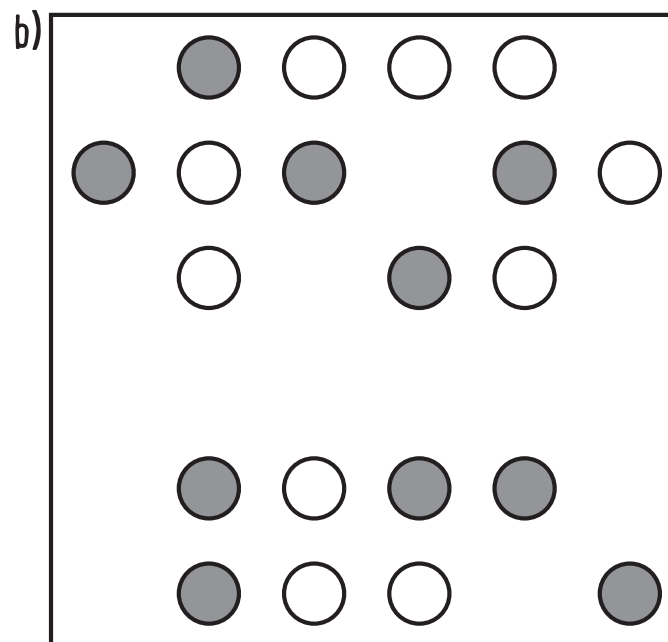
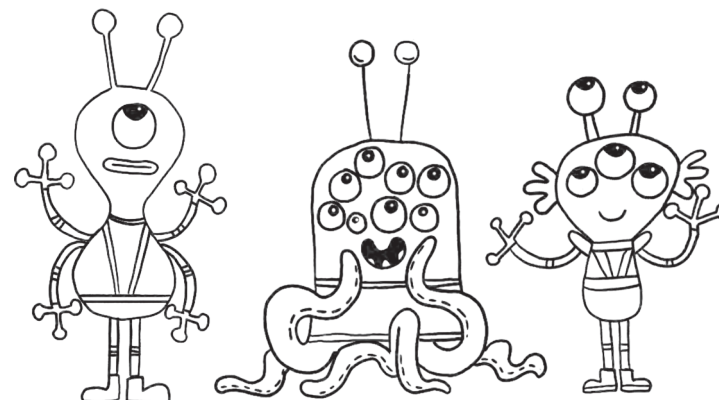
Draw horizontal and vertical lines to join all of the circles into pairs, so that each pair consists of one white and one shaded circle.

The lines you draw to join the circles cannot cross each other. They also can't cross over other circles.

Take a look at the example solution to see how this works.



TIME



BRAIN GAME 12

Can you solve each of these small sudoku puzzles?

All you need to do is to place a number from 1 to 4 into every empty square. You must do this in such a way that no number repeats in any row, column or bold-lined 2x2 box.

Take a look at the example solution to see how this works.

2	1	4	3
3	4	1	2
4	2	3	1
1	3	2	4

a)

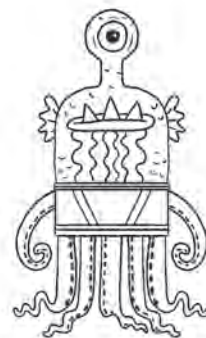
	4	2	
2	3	1	4
4	1	3	2
	2	4	



TIME

b)

1			2
	3	4	
	1	2	
3			4



c)

		3	
1			
			4
	2		



BRAIN GAME 65



TIME

Can you find all of the listed words and phrases in the grid? They can be written either forwards or backwards, and can run in any direction including diagonally.

To find them, you'll need to replace a number word within each entry with its corresponding digits. For example to search for 'TO GO NEXT' you'd need to look for 'TOG1XT', since the 'ONE' needs to be replaced with the digit '1'.

ABANDONED

HIGH FIVE

ANCIENT WORLD

INTENTION

ARTWORK

MONEY BOX

ATTENDANT

NETWORKING

BREAKS EVEN

TENSION

CANINE TOOTH

TELEPHONE

THREE-DIMENSIONAL

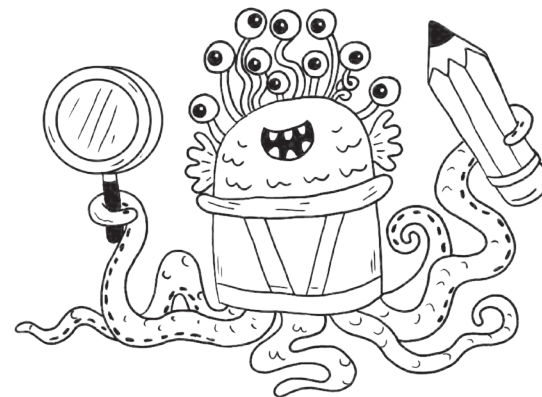
THE FOUR WINDS

FREIGHT TRAIN

THORNINESS

HEIGHTENED

WEIGHTLIFTING



H	3	N	F	R	8	T	R	A	I	N	E	P
T	8	D	L	R	2	N	E	I	C	N	A	A
H	H	E	I	B	A	N	M	1	Y	B	O	X
E	2	T	N	M	B	R	E	A	K	7	1	I
4	I	4	O	E	E	M	2	W	5	T	H	T
W	N	G	N	O	D	N	8	R	N	G	P	H
I	O	L	N	T	T	L	S	A	K	D	E	O
N	I	N	2	I	I	9	D	I	S	1	L	R
D	T	E	O	F	K	O	A	5	O	D	E	9
S	O	G	T	I	1	R	H	C	Y	N	T	S
S	1	I	1	T	S	G	2	N	2	A	A	S
A	N	W	A	T	I	O	G	E	H	B	I	L
G	I	H	R	H	8	B	1	N	N	A	N	O



A hilarious take on 100 First Words perfect for your growing #fitfam!

Introducing **100 First Words for Little Gym Rats**, a health and fitness primer for kids learning their first words! Forget *apple* and *dog*. Little gym rats are ready to move from ABCs to *BCAAs* and other important exercise-related words like *hypertrophy*, *deadlift*, and *swole*. Packed with hilarious illustrations and 100 words every active baby should know (before any others, of course), **100 First Words for Little Gym Rats** is the perfect board book for fit families everywhere. The best way to introduce your child to what Mommy or Daddy does at the gym and to teach the importance of health and fitness from the very beginning!

Author Details

Andrea Veenker is a wife, mother, influencer, and bodybuilder. She is passionate about fitness and teaching her children to love health, wellness, and to value and love their amazing bodies. She is thrilled to share that same love with your family through this book.

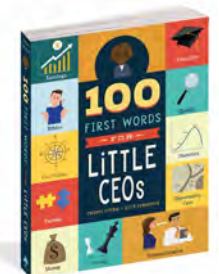
Key Information

- Fitness and bodybuilding are an \$87 billion worldwide industries.
- Fitness influencers and Instagram bodybuilders have sparked an interest in the world of fitness.
- This hilarious new addition to our popular *100 First Words* series taps into the fitness market trends with tongue-in-cheek fitness words and adorable illustrations.
- Perfect baby shower gift for your fitness-obsessed friends and family.
- Goes beyond the typical fitness words and dives deep into the world of fitness models, #fitfam, and more!

9781945547959



9781641700344



9781641702201

Publication	06 January 2021
Binding	Board Book
Price	AU\$14.99
ISBN	9781641702669
Publisher	Workman Publishing
Imprint	Familius and Future House
Series	NA
Category	Child Non Fiction
Format	203.2 x 152.4 mm
Extent	20pp
Illustrations	Full colour illustrations throughout
Age Range	up to 3
Terms	SOR



GAINS



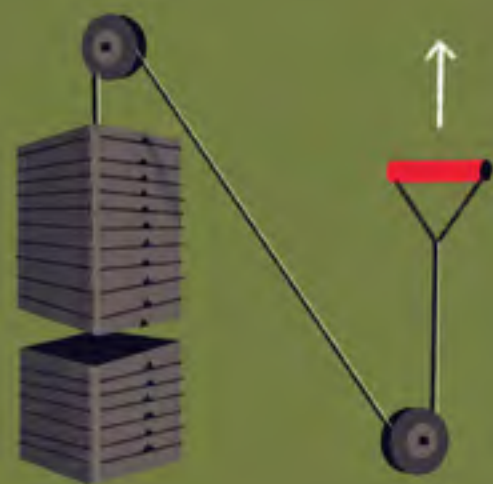
REP



CARDIO BUNNY



MEAL PREP



CABLES



KETTLEBELL



ARNOLD



SPRAY TAN



STAIR MILL



PLATE



SHAKER BOTTLE



SQUAT RACK



First Words . . . and Lots More!

Moni Port

The jumbo first words book that has it all: oodles of everyday objects, unique additions, and four languages.

A super-size board book with an ultra-sturdy case cover and eleven subject-themed spreads depicts all the essential objects that children encounter in daily life. Laced with healthy doses of humour and reality, these are objects that every child will recognise and will elicit knowing smiles from their parents: It's not just a banana, but also a rotten banana, a misplaced sock, a spilled glass of milk . . . and so much more. If that weren't enough, every word comes in four languages - English, Spanish, French, and Arabic - perfect for introducing today's baby to a multilingual world.

Author Details

Trained as a bookseller and graphic designer, **Moni Port** has created or co-created more than 15 books for children. A cofounder of the cutting-edge design cooperative LABOR (www.laborproben.de), Moni lives with her husband, the artist Philip Waechter, and son in Frankfurt, Germany.

Key Information

- These first words go one step beyond being just a collection of objects and offer some context for how a child might actually encounter them (a t-shirt with a stain, finger paints, a deflated balloon.) This will stand out for parents who are tired of the same old words and at the same time build an image of a relational world for children.
- Featuring four different languages, this book is suitable for an ever-broadening audience.
- The title is already a hit in its original German-language-only edition, with eight printings and counting!
- The large trim, bold images, and board book format make this the perfect shareable book. It will also cultivate awareness of diversity and inspire children to share languages beyond those included in this book.
- What better gift to give than an early start to learning languages?

Publication	20 January 2021
Binding	Board Book
Price	AU\$37.99
ISBN	9781452180793
Publisher	Chronicle Books
Imprint	Chronicle Child
Series	NA
Category	Child Junior Fiction
Format	340 x 260 mm
Extent	22pp
Illustrations	Full colour illustrations
Age Range	up to 2
Terms	SOR



Bread Roll

el bolillo
le petit pain
رغيف صغير
rah-GHEEF sah-GHEER



Tomatoes

los jitomates
les tomates
طماطم ta-MA-tem



Egg

el huevo
l'œuf
بيضة BYE-dah



Potatoes

las papas
les pommes de terre
بطاطا ba-TA-ta

Green Beans

los ejotes
les haricots verts
فاصوليا FA-so-leya



French Fries

las papas a la francesa
les frites
بطاطا مقلية
ba-TA-ta maq-LEYA



Cheese

el queso
le fromage
جبن JU-ben



Cherries

las cerezas
les cerises
كرز KA-raz



Eggplant

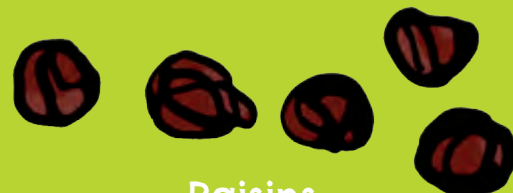
la berenjena
l'aubergine
باذنجانة
BA-zen-ja-nah

Watermelon
la sandía
la pastèque
بطيخة bah-TEEH-kha



Raisins

las pasas
les raisins sec
زبيب zah-BEEB



Grapes

las uvas
les raisins
عنب EA-nab



Lollipop

la paleta
la sucette
مصاصة mus-SAH-sah



Gummy Bear

Panditas®
le nounours Haribo®
دب مطاطي
dobb ma-TA-ti



Candy

el dulce
le bonbon
بنبون bon-BON



Cherry

la cereza
la cerise
كرزة KA-ra-za



Strawberries

las fresas
les fraises
فراولة fa-RAW-la



Carrot

la zanahoria
la carotte
جزرة JA-za-rah



Radishes

los rábanos
les radis
فجل FE-jel



Cracker

la galleta salada
un biscuit
بسكوته رقيقة
bas-KU-ta ra-QI-qa

Pepper

el pimiento
un poivron
فلفل
FEL-fe-la



Apple

(the worm likes it too!)
la manzana
(¡al gusano también le gusta!)
une pomme
(le ver aime ça aussi!)
تفاح (الدودة أيضا تحبه!)
tuf-FAH
(al-DU-da ay-DAN tu-HIB-bu-hu!)



Pear

la pera
la poire
كمثرية
KOM-meth-ra



Banana

el plátano
la banane
موزة MAW-za



Spaghetti

el espagueti
le spaghetti
إسباغيتي
ES-pa-ghe-tee



Rotten Banana

el plátano podrido
la banane pourrie
موزة
MAW-za



Buttered Bread

el pan con mantequilla
la tartine de beurre
شطيرة بالزبدة
sha-TI-ra BEL-zub-da



Apple Core

el corazón de la manzana
le trognon de pomme
لب التفاحة
lob al-tof-FA-ha



Pea

el chícharo
le petit pois
حبة بازلاء
HA-bet BA-zel-la'



Pretzel Sticks

los palitos de pretzel
les sticks salés
بقسماط مملح
boq-su-MAT MU-mal-lah



Broken Egg

el huevo estrellado
un œuf cassé
بيضة مكسورة
BYE-dah mak-SOO-ra



Another Egg

otro huevo
encore un œuf
بيضة اخرى
BYE-dah OKH-ra



Another Spaghetti

otro espagueti
d'autre spaghetti
معكرونة (مرة أخرى!)
ma'-ka-RO-na
(MA-Rra ukh-RA!)



Pretzel

el pretzel
le bretzel
صميت sem-MEET



Orange

la naranja
l'orange
برتقالة bur-to-QA-la



Ice Cream

el helado
la glace
ايس كريم
ice cream



Milk (spilled . . . but no worries!)

leche (derramada... ¡pero no pasa nada!)
le lait (renversé... mais ne soucis pas)
حليب (مسكوب... ولكن لا بأس)
ha-LEEB (MAS-kub...wa-LA-kin la-ba'ss)





**T-shirt
(with spinach)**
la playera (con espinaca)
le t-shirt (aux épinards)
تي شيرت (بالسبانخ)
TEE-shirt (bel-sa-BA-nekh)

Socks
los calcetines
les chaussettes
جوارب
ja-WA-reb



Dress
el vestido
la robe
فستان fus-TAN



Nonskid Socks
los calcetines antideslizantes
les chaussettes antidérapantes
جوارب مضادة للانزلاق
ja-WA-reb mud-DA-da lil-en-zi-LAQ



Tights
las medias
les collants
جوارب مرسول
JAW-ab ma-sar-WAL

Sneaker
el tenis
la basket
حذاء رياضي
he-ZA' Re-YA-di

Hat
el gorro
un chapeau
طاقية ta-QI-ya



Underpants
el calzón
le slip
كيلوت KEE-lout



Winter Jacket
la chamarra de invierno
l'anorak
جاكت شتوي
JA-ket sha-ta-wi



Crown
la corona
la couronne
تاج taj



Wand
la varita mágica
la baguette magique
عصا سحرية
asa seh-rey-YA

One Lost Mitten
un guante perdido
un gant perdu
قفاز ضائع
quf-FAZ DA-'ieh



Soccer Cleats
los tacos de fútbol
les crampons de foot
حذاء كرة القدم
hi-DHA' ku-rat qa-DAM



Skirt
la falda
la jupe
تنورة
tan-NU-ra

Belt
el cinturón
la ceinture
حزام he-ZAM

Rubber Boots
las botas de hule
les bottes de pluie
حذاء برقية مطايطي
he-ZA' BE-ra-qa-ba mat-TA-ti



Sock (stinky)
el calcetín (apestoso)
Une chaussette (pue)
جورب (عفن)
JAW-rab ('A-fin)



Cap
la gorra
la casquette
طاقية
TA-qey-ya



Undershirt
la camiseta
le maillot de corps
فانلة
FA-nel-la



Underpants
el calzón
la culotte
كيلوت KEE-lout



Swim Trunks
el traje de baño
le maillot de bain
كلسون سباحة
kal-SÔN si-BA-ha



Ring
el anillo
la bague
خاتم KHA-tem

Necklace
el collar
le collier
عقد eqd



Jacket
la chamarra
le gilet
جاكت
JA-ket



Pirate Saber
el sable de pirata
le sabre de pirate
سيف قرصان
saif qur-SAN



Sneaker
el tenis
la basket
حذاء رياضي
he-ZA' rey-YA-di

Pants
los pantalones
le pantalon
بنطلون
ban-ta-LAWN



Purse
la bolsa
le sac à main
محفظة، جزدان
MIH-faza, juz-DAN



Knight's Helmet
el casco de caballero
le casque de chevalier
خوذة فارس
KHU-zat FA-res



Sword
la espada
l'épée
سيف
sa-YEF



Swimsuit
el traje de baño
le maillot de bain
مايوه MAY-yoh



Scarf
la bufanda
l'écharpe
شال
shaal

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Tadpoles
los renacuajos
les tédards
شرغوف
shar-GHOOF

Frog
la rana
une grenouille
ضفدع
DE-Fda'

Sheep
el borrego
le mouton
خروف
kha-ROOF

Dachshund
el perro salchicha
un teckel
كلب ألماني
kalb al-MA-ni

Skunk
el zorrillo
une mouffette
الظربان
al-dhir-BAN

Ladybug
la catarina
la coccinelle
دعسوقة
do'-SU-ka

Parrot
el perico
le perroquet
بغبيغاء
bagh-ba-GHA'

Elephant
el elefante
l'éléphant
فيل
feel

Plush toy
el peluche
jouet en peluche
لعبة افخم
LU'-ba AF-kham

Another Fish
otro pez
encore un poisson
سمكة
SA-ma-ka OKH-ra

Spider
la araña
l'araignée
عنكبوت
an-ka-BOOT

Grasshopper
el grillo
la sauterelle
جندب
JUN-dob

Goose
el ganso
l'oie
إوز
E-waz

Lizard
la lagartija
le lézard
سحلية
seh-ley-YA

Horse
el caballo
le cheval
حصان
he-SAN

Bear
el oso
l'ours
دب
dob

Chicken
el pollo
la poule
دجاجة
da-JA-ja

Ants
las hormigas
les fourmis
نمل
naml

Fox
el zorro
le renard
ثعلب
THA'-lab

Beetle
el escarabajo
le scarabée
خنفساء
khun-fu-SA'

Cat
el gato
le chat
قطه
QIT-ta

Mouse
el ratón
la souris
فأر
fa'r

Bug
el insecto
la punaise
حشرة
HA-sha-ra

Giraffe
la jirafa
la girafe
زرافة
za-RA-fa

Snake
la víbora
le serpent
ثعبان
tho'-BAN

Earthworm
la lombriz
le ver de terre
دودة الارض
DO-dat al-ARD

Rabbit
el conejo
le lapin
أرنب
AR-nab

Dolphin
el delfín
le dauphin
دلفين
dol-PHEEN

Bumblebee
la abeja
le bourdon
نحلة طنانة
NAH-la tan-NA-na

Chick
el pollito
le poussin
كتكوت
kat-KOOT

Pig
el cerdo
le cochon
خنزير
khan-ZEER

Snail
el caracol
l'escargot
حلزونة
ha-la-ZO-na

Tortoise
la tortuga
la tortue
سلحفاة
sul-hu-FAT

Bird
el pájaro
l'oiseau
طائر
TA'-er

Squirrel
la ardilla
l'écureuil
سنجاب
sen-JAB

Cow
la vaca
la vache
بقرة
BA-qa-ra

Caterpillar
la oruga
la chenille
يسروع
YAS-sro'

Butterflies
los mariposas
les papillons
فراشة
fa-RA-sha

Tick
la garrapata
la tique
قرادة
qur-RA-da



Car (missing wheels)
el coche (sin llantas)
la voiture (roues manquantes)
سيارة (بلا أعجال)
say-YA-ra (bi-LA a'-JAL)

Truck
el camión
le camion
سيارة نقل
SAY-ya-rat naql

Colored Pencil
el lápiz de color
le crayon de couleur
قلم ألوان
QA-lam al-WAN

Magnifying Glass
la lupa
la loupe
عدسة مكبرة
'A-da-sa MU-kab-be-ra

Doll (hair chopped off , busted leg)
la muñeca (sin pelo y con la pierna rota)
Une poupée (cheveux coupés, jambe cassée)
دمية (شعر مقصوص - ساق مكسورة)
dom-MIA (sha'r maq-SOOS - saq mak-SOO-ra)

Art Supplies
(paper, colored pencils, paintbrush)
útiles de arte
(papel, lápices de colores, pincel)
les fournitures d'art
(le papier, les crayons de couleur, le pinceau)
لوازم الفن (ورق، أقلام ملونة، فرشاة طلاء)
la-WA-zim al-FAN
(wa-RAQ, aq-LAM mu-LAW-wan, fur-SHAT ti-LA')

Doll (sleeping)
la muñeca (dormida)
la poupée (elle dort)
دمية (نائمة)
dom-MIA (NA-'e-ma)

Books
los libros
les livres
مقلاع نيلة
KU-tob
(meq-LA') NEB-la

Slingshot
la honda
le lance-pierre
مقلاع نيلة
KU-tob
(meq-LA') NEB-la

Bandage (used)
la curita (usada)
le bandage (usagé)
ضمادة (مستعملة)
dam-MA-da MUS-ta'-ma-la)

Hula-Hoop
el hula-hula
le cerceau
طوق هيلاهو
tawq he-LA hob

Car
el coche
la voiture
سيارة
SAY-ya-ra

Pencil Sharpener
el sacapuntas
le taille-crayon
مبراة
meb-RAT

Finger Paints
la pintura de dedos
les pientures au doigt
صبغة أصابع
SAB-ghat a-SA-bi'

Balloon (one week later)
el globo (una semana después)
le ballon (une semaine plus tard)
بالون (بعد أسبوع)
ba-LOON (BA'-ed US-bu')

Rocking Horse
el caballo de madera
le cheval à bascule
حصان هزاز
he-SAN haz-ZAZ

Die
el dado
le dé
كعب
KA'-eb

Balloon
el globo
le ballon de baudruche
بالون
BAL-lown

Soccer Ball
el balón de fútbol
un ballon de foot
كرة قدم
ku-RAT QA-dam

Teddy Bear
el oso de peluche
le nounours
بودب
dab-DOOB

Box
la caja
le carton
صندوق
sun-DOOQ

Jump Rope
la cuerda para saltar
la corde à sauter
حبل القفز
habl al-QA-fez

Eraser
la goma de borrar
une gomme
مخاية
MAH-ha-ya

Toy Blocks
los bloques de juguete
les cubes
مكعبات
mu-ka'-BAT

Cookie Crumbs
las migajas de galleta
Les miettes des biscuits
فئات بسكويتات
fu-TAT bas-KU-ta

The Other Stinky Sock
el otro calcetín apestoso
l'autre pue de la chaussette
الجورب الآخر العفن
al-JAW-rab al-A-khar al-A'-fin

Bouncy Ball
la pelota que rebota
la balle rebondissante
كرة مطاطية
KO-ra mat-TA-tey-ya

Finger Puppet
el títere de dedo
la marionette à doigt
دمية إصبع
dom-MIA ES-ba'

Action Figure
la figura de acción
une figurine
شخصية فعل
shakh-SIY-yat fi'-el

Paper Boats
los barcos de papel
un bateau en papier
قوارب ورقية
qa-WA-rib wa-ra-QI-ya

Bouncy Horse
el caballo para rebotar
le cheval sauteur
حصان مطاطي
he-SAN mat-TA-ti

Pacifier
el chupón
la tétine
لهاية
lah-HA-ya

Marbles
las canicas
les billes
بلي
bè-LI

LEGO
los LEGOs
le LEGO
مكعبات تركيب
mu-KA'-BAT tar-KEEB

Kite
el papalote
le cerf-volant
طائرة ورقية
TA-le-ra WA-ra-qey-ya

Puzzle
el rompecabezas
le puzzle
بازل
PUZ-zel

Button
el botón
le bouton
زر
zer

Box
la caja
le carton
صندوق
sun-DOOQ

Jump Rope
la cuerda para saltar
la corde à sauter
حبل القفز
habl al-QA-fez

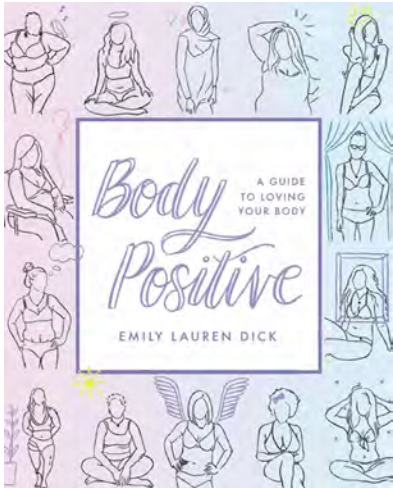
Eraser
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Age Range	NA
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Body Positive

A Guide to Loving Your Body

Emily Lauren Dick

Packed with introspective questions and gorgeous, un-retouched photographs that display the bodies of real, everyday women aimed at teaching young women that every body is beautiful and happiness comes in all shapes and sizes.

What does it mean to be beautiful? How can a girl embrace and develop her individuality and unique qualities when the world is constantly comparing her to the plastic perfection of Barbie?

Body Positive: A Guide to Loving Your Body is the number one resource for young adult women who desire to redefine and understand true beauty. Focusing on correct body image, self-improvement, thinspiration, mental health, bullying, sexual harassment, and more, *Body Positive* is packed with introspective questions and inspiring, un-retouched photographs that display the bodies of real, everyday women. *Body Positive* is a helpful, informative and inspirational guide that will help any girl transcend society's standards.

Author Details

Emily Lauren Dick is a body image expert, who is committed to making girls feel comfortable in their own skin. Emily holds an Honors Bachelor of Arts Degree in Women's Studies and Sociology from Wilfried Laurier University in Waterloo, Ontario and specializes in women's portraiture where she inspires her clients to feel beautiful inside and out.

Key Information

- 70% of women with healthy BMI said that they believed they were overweight based on looks alone.
- 58% of college-aged girls feel pressured to be a certain weight or wear a certain size.
- Studies have shown that the more mainstream media an individual consumes, the more likely they are to feel unhappy with their own looks.
- There are over 11 million #bodypositive posts on Instagram, a counterpoint to mainstream media's hyper-perfect images.
- Our book includes interviews with real women who provide insight into their own body-positive transformation, and this book provides tips to the reader on how to do the same.
- Features women with various body types, including those with skin disorders, disabilities, and other often-overlooked body types to help break the media cycle of over-airbrushed and photoshopped bodies.
- Includes full-colour un-retouched images of real women in lifelike poses to help readers learn to recognise what "real" bodies look like.
- Now, more than ever, women are calling for an end to unattainable traditional beauty standards with successful campaigns by Aerie, Refinery 29, and Dove leading the way.



WHAT TO LOOK FOR IN THE MEDIA

The media knows exactly what it’s doing when it sends a particular message to a group of people. We need to pay close attention to why certain messages are continually reinforced in the media. Then we can understand how the messages relate to our lives. To be able to challenge the media, girls need to practice identifying issues that are present in the media that they’re exposed to. Here are some common ways that different kinds of media perpetuate harmful messages.

TELEVISION AND MOVIES: In television shows and movies, the female characters are more likely to be attractive and provocatively dressed than the male characters. In movies, they more often appear nude as compared to male characters. Female characters are almost always presented as sexual or sexually appealing, and they are often leered at and/or sexually harassed. They and their bodies are made the butt of jokes or judgmental comments. Some examples of this type of female depiction include *Two and a Half Men* and *The Hangover*.

Your turn! List some examples:

MUSIC VIDEOS: In music videos, females singers and actors are more likely to be attractive and provocatively dressed than male musicians or actors are. Females actors are typically portrayed as objects for male viewing pleasure, and female bodies are positioned in ways that highlight their sexual willingness. Also, the lyrics of many popular songs sexualize and/or degrade females. An example of a music video that objectifies women is Luis Fonsi’s “Despacito.”

Your turn! List some examples:

THE INTERNET: As we discussed earlier, on the internet you can find endless images of thinspiration and fitspiration, as well as pro-ana and pro-mia websites. A sample thinspiration slogan is: “Nothing tastes as good as skinny feels.”

Your turn! List some examples:

MAGAZINES: The message of magazine articles and images is that being sexually desirable to men is a woman’s greatest goal and that an attractive appearance is crucial to sexual, financial, and physical success. Exercise is promoted as a way to improve looks rather than health. Advertisements are targeted to increase body dissatisfaction in females. Some examples of the sorts of magazine articles that send the message described above are: “How to get Jennifer Aniston’s Butt in Only an Hour” or “The Lazy Girl’s Guide to Perfect Abs.”

Your turn! List some examples.

COSMETICS AND FASHION PRODUCTS: Companies target females to sell them products that will supposedly emphasize their sexuality and make them appear ideally attractive. Pay close attention to makeup and fashion advertisements. One example is all the “sexy” Halloween costumes that are manufactured for women. Companies create sexy versions of normal costumes (Sexy Devil, Sexy Nurse, Sexy Teacher) that are very skimpy and, to say the least, unrealistic.

Your turn! List some examples:

ADVERTISING: THE SUM OF ALL EVILS: Advertising can be found in all forms of media. Ads appear on the internet and in magazines, on the radio and television, and even embedded into movies and television shows, where you might barely notice them.

In all kinds of advertising, females are more often represented as sexual objects than men are. They are often provocatively dressed—sometimes even nearly nude—and are more likely to be placed in submissive positions. Females in ads only seem to have power when they are being sexualized in images. Sometimes, female bodies appear dismembered when an image focuses only on a particular body part rather than showing the whole woman. Many of the products promoted in advertisements encourage sexualization and/or promise to give the customer ideal beauty. Two clothing companies whose advertising materials present women in the way described are American Apparel and Dolce & Gabbana.

Your turn! List some examples:

“Beauty is not in the face; beauty is a light in the heart.”
~Kahlil Gibran



GETTING TO KNOW YOU

Choose any advertisement featuring a female and answer the following questions about it.



ASK WHAT: What message do you think this advertisement is sending?

ASK WHO: Who is the media targeting? (People of which gender, race, age, background?)

Who is represented in the advertisement?

ASK WHY: Why do you think the media is promoting this particular message?

ASK HOW: How are females represented in the ad?

How are the females placed and how are they dressed?

If there are any males in the ad, how are they placed and dressed?

How do you feel about this advertisement? Does it make you feel good or bad? Explain.

Imagine you have been chosen to create an advertisement that will feature the new and improved beauty and body ideal! What message do you want to send in the ad?

Sketch it!