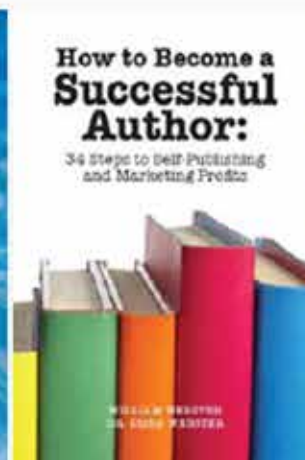
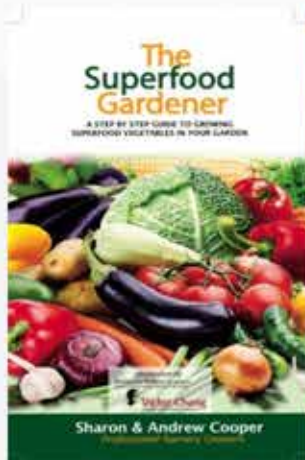




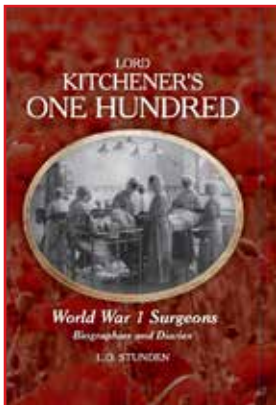
# AUSTRALIAN SELF PUBLISHING GROUP

**LONDON BOOK FAIR 2016**

C A T A L O G U E



# Biography



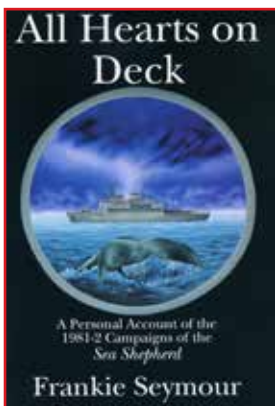
## **Lord Kitchener's 100 WWI Surgeons**

*Author: Lina Stunden BA Arts (CSturt) 2011*

Major General JF Rowan OBE QHS: "Using personal diaries, letters and unpublished memoirs, we get an insight into the experiences of these doctors as they joined their first Regiment or Medical Unit; some not being as welcoming as others. The most telling are the accounts of their first combat operations and the inevitable casualties that followed. This provides the reader a real insight into the realities of combat and the consequences of industrialised warfare. The story of these remarkable individuals takes us beyond the First World War and we are able to see how many would become leading lights in medicine. This book, which encompasses over 500 pages with 250 images, shines a light on the story of these men." Lady Emma Kitchener-Fellowes: "It is not often that a writer finds something genuinely new to say about the First World War, but here is a very welcome case in point."

Index: [www.australiandoctorsww1.com](http://www.australiandoctorsww1.com)

# Non- Fiction Autobiographical



## **All Hearts on Deck** Author: Frankie Seymour

Since 1980, the work of the Sea Shepherd Conservation Society has become internationally renowned – some would say notorious. Back in 1981, it was a very small, very poor organisation with little or no international reputation. This true story about two of the Sea Shepherd's early campaigns is told by an Australian crewmember, Frankie Seymour, who served on the Sea Shepherd II, a retired British cod trawler, under a Canadian captain, with an international crew. The story follows Frankie's adventures through two gruelling campaigns. First there is the voyage to the Bering Sea to document and disrupt Russian whaling operations. There is a dramatic escape across the International Dateline as the Sea Shepherd is pursued by a Soviet warship, and threatened with charges of espionage. After a brief breather at home, Frankie returns to the Sea Shepherd for its campaign to stop the slaughter of dolphins in Japan. The book includes a map, illustrations, photographs, memorabilia, poems and boxed sections of discussion and reconstructed dialogue between crewmembers on a range of philosophical issues arising from their shared mission.

# Non- Fiction Autobiographical

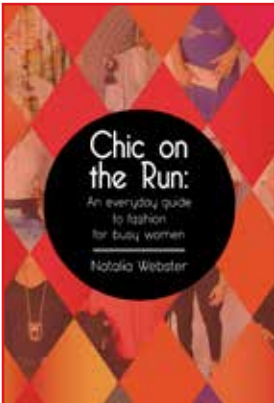


**Magic Sack come back come back** Author: Deborah Waters

What if you were a kid that had a powerful enemy who never let you alone?  
What if that enemy was your own big sister and all you wanted was for her to be your friend?

Shoshi O'Malley is a kid just like this. Her life is hell. She feels totally alone. The family housekeeper, her beloved Signora Pagani, uses her powers (yes she is a witch) to grow giant vegetables in her garden but she is unable to protect her young charge, her little "Principessa". That is until another supernatural being becomes involved. Everybody has had enough, it seems, of Kelly O'Malley's awful behavior and of Shoshi O'Malley's terrible, nerve-shredding scream. It is the day of her ninth birthday and everything is about to change.

# F a s h i o n



## **Chic on the run: An everyday guide to fashion for busy women**

*Author: Natalia Webster*

Fashions fade but style is eternal'... as famously quoted by the legendary Yves Saint-Laurent, personal style is the key to looking and feeling chic.

Unearthing your personal style can be difficult. Perhaps you need to refresh the way you look at your clothes? Maybe some inspiration from stylish celebrities and contemporary trends?

Chic on the run: An everyday guide to fashion for busy women helps you bring new life into your styling choices whether you're going into the office, a casual weekend outing or a night out with friends!

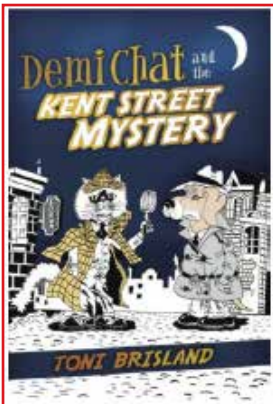
Discover what looks good on you and how you can make better styling decisions to look chic on every occasion.

Using basic items you probably already have hidden away in your wardrobe, create new outfits following our tips, inspirational outfit photos and quizzes! Write down your thoughts, re-organise your wardrobe and create the perfect shopping list with some simple guides.

Looking good doesn't have to cost a million dollars but with the right techniques and styling to suit your shape, you can certainly look like it.



# Children



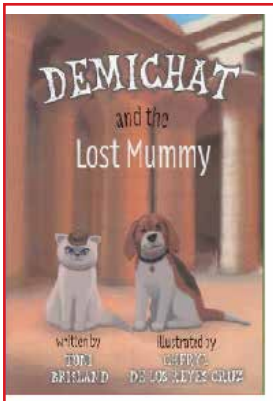
Author: Toni Brisland

## **Demi Chat, trilogy.**

### **Book 1: Kent street Mystery**

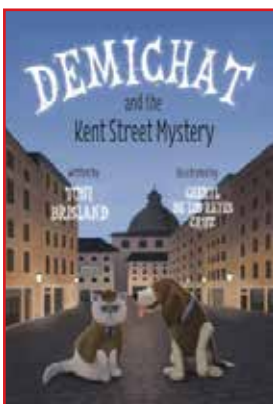
DemiChat is a French feline and former jewellery model with a penchant for mystery and a love of Sherlock Holmes. Lord Flannery Beagle is a retired police dog not yet ready to hang up his badge.

When a scientist is kidnapped opposite their home in Kent Street, London, it's game on for this unlikely detective duo who investigate their way across London, Paris and Rome to solve the mystery.



### **Book 2: The Lost Mummy.**

In Book 2, their owners, famous archaeologists John and Melissa Jasper, summon DemiChat and Flannery to Egypt where they search for the lost mummy of a famous Pharaoh outside Alexandria and confront grave robbers and the ghostly guardian of the tomb.



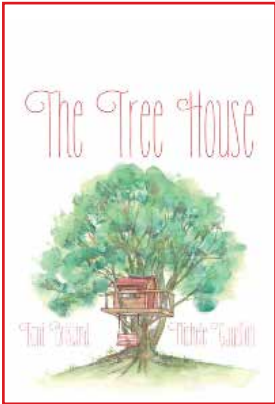
### **Book3 : Kent Street Mystery**

In Book 3, their astounding discovery in Egypt takes them on an international university lecture tour.

The dynamic duo travel with the Jaspers to Peru and are enticed to Machu Picchu and the Amazon Jungle to search for the Incan Lost City of Gold. Befriended by Amazonian Warriors and chased by a black panther and pygmies, DemiChat and Flannery barely have time to utter, "It's elementary," before they head for home.

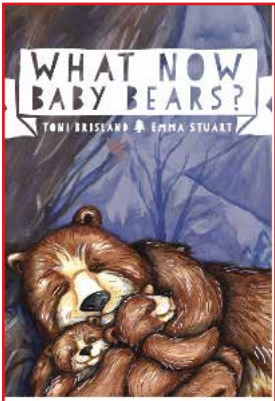


# Children



## **The Tree House** *By Toni Brisland*

In the dappled light under the branches of a tree, Emma dreams of helping her sister, Teresa, out of her wheelchair to climb and run on rainbows. Emma and Teresa's family and friends give them inspiration and hope to believe that anything is possible. This heartfelt picture book is a celebration of a family experiencing challenges yet transported to a place of love beyond the boundaries of everyday life.

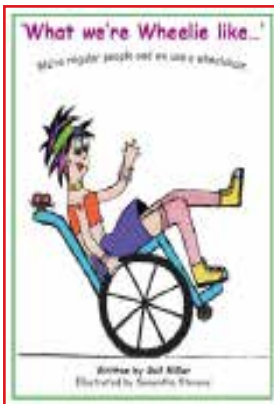


## **What Now Baby Bears** *By Toni Brisland*

Mother bear and her cubs love to frolic in the wilderness. One spring when they wake after hibernating, they discover that humans have moved into their forest and a busy road runs through their habitat. What will happen to the bears?

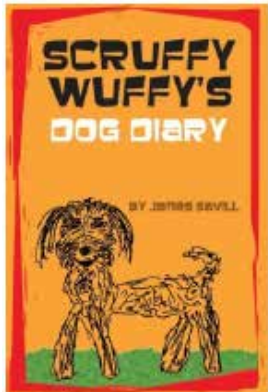
Beautifully illustrated and sensitively told, this heartwarming and educational story celebrates humans and animals living together in harmony

# Children



## **What they're Wheelie like...** Author: Gail Miller

PEEP INSIDE ....and you will discover that people who use wheelchairs are regular people, with feelings, who live their lives sitting down. Some things are tricky for them, but they often come up with very clever ways to do things. They like to go to parties and dress in nice clothes. They laugh and have fun, just like you. That's 'What they're Wheelie like...' My message for children is that people in wheelchairs are not to be feared, bullied or ignored. They are regular people, with feelings, just like you and me.



## **Scruffz Wuffy's – Dog Diary** Author: James Savill

It's a new year, but what is a new year for a scruffy wuffy dog? Find out as you get to know Ollie, the scruffy wuffy dog. See how he works out his scruffy wuffy priorities for the year. With some unexpected events he may even transform into a new scruffy wuffy dog.



# Children



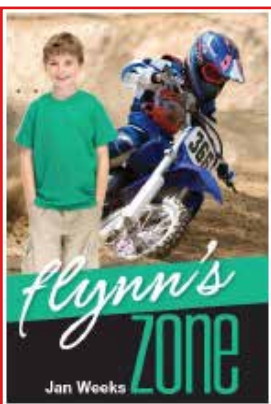
## **Queen Hooey's nest** Author: Michael Marriott Alex Brownlie

reckons that something funny is going on with the big bullant nest on the hill behind his house. But it takes the arrival of his audacious cousin, Violet, who ignites a chain of events that ultimately lead to both Violet and Alex exploding into a world where they are definitely the odd ones' out... Queen Hooey's Nest is a very Australian tale of our flora and fauna told in the spirit of a timeless and endless summer holiday. Adventure runs into adventure, great friendships are discovered and the unreal becomes real in a world where an insect microcosm comes to life...



## **Who's in the Grass**

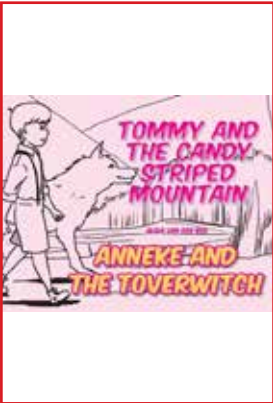
celebrates the magic of animals in a world created by an 8 year old child. It's simple, lyrical and creative phrases offer the readers an insightful view into the mind of a child to share with family and friends, all culminating in a beautiful bedtime theme. With Lift the Flaps, come join the fun, and see if you can guess who's there? Maybe you might guess them all?



## **Flynn's Zone** Author: Jan Weeks

If thirteen year old Flynn could changed two things about his life, firstly he'd be an only child. Goodbye Elliot! Secondly, he'd look like The Terminator so no-one would ever pick on him again. No way, Jose! That included his parents, his brother, old Grumble-bum the school principal and some of the boys in his grade. That was just about everybody, except his friend, Terry and Samantha Grey, who keeps telling him she's going to marry him when they grow up. Flynn dreams of owning a Kawasaki trail bike so he can spend his spare time riding through the bush with Terry. When old Auntie Maud comes to live near by, it looks like his dream might come true. That is, until things in his life begin to change and he starts to look at things through different eyes.

# Children



## **Tommy and the candy striped mountain** *Author: Alida Van Den Bos*

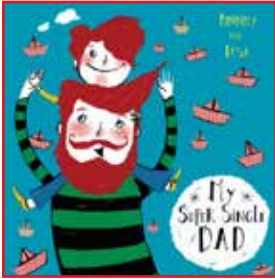
Tommy, an eleven year old boy, had heard about the Candy Striped Mountain where there was a city on the other side with streets paved with gold, and people didn't have to work.

With his father sick and out of work, Tommy thought it was his duty to go and get some of that gold for his father's medicine. Against all odds, and the help of many animals, Tommy reached the mountain. One of the animals was an old wolf who'd slept with him to keep warm. Tommy thought it was a dog, but noticing it was a wolf, he asked, 'Are you going to eat me now?' The wolf laughed, and said, 'Don't be ridiculous, that only happens in fairy tales.'

## **Anneke and the Toverwitch**

On her way to the shop to get some milk, Anneke saw an open gate which was usually just a wall. A Toverwitch was calling her for a ride on her broomstick, Anneke then found herself standing in the street with two dollars in her hand. After a long time the gate was open again, Anneke found a black cat who told her she was the Toverwitch who wanted to be a cat because of her nine lives. She also had a friend, Mrs Crowe, a scarecrow. Anneke loved the scarecrow so she and Tover the cat, decorated her to go to the festival in a nearby village.

# Children



**Single Super Dad**, for all those Kids who only have a dad.  
Great read for kids in this situation.



**My Groovy Gran** appeals to grandparents and children alike. Not all Grandmothers are the stereotypical old aged and fashioned these days!

This Gran likes to paint, walk on the beach, paint toe nails and share with her Grand Daughter all the delights of creativity and fun.  
“My Gran is Groovy, As anyone can see, I don’t call her Nan, I call her Nancy”



**My Super Single Mum** presents a family of two: mother and daughter enjoying their day-to-day life.

Written in a simple verse style (appealing to children and with beautiful illustrations by Muntsa Vicente) the story conveys the message that it doesn’t matter the makeup of your family, as long as you are happy and loved.



**My Two Super Dads** presents a family of three: two dads and a daughter enjoying their day-to-day life.

Written in a simple verse style (appealing to children and with beautiful illustrations by Muntsa Vicente) the story conveys the message that it doesn’t matter the makeup of your family, as long as you are happy and loved.

# children's non-fiction



**Children focus on the tangible: what they can physically taste, touch, see or hear.**

*Author, Linda Haynes*

Death on the other hand, is something which transcends the cognitive processes in a child's mind. Often times, adults find it hard to explain to children how something so present is now 'non-functional'. By using analogies to connect the living and the dead, children are able to come to grasps with how a beloved family member is no longer there to braid their hair, bake fantastical cakes or complete challenging puzzles together.

'Where has Grandma gone?' tells the story of Tom, a young boy who has lost his Grandma and is coming to terms with the irreversibility of death itself. By reflecting on the positive experiences he shared with his Grandma, Tom is able to celebrate the life he shared with her, something he will cherish as he grows and matures into an adult.

The most poignant message which Haynes elicits is the idea that the spirit of a loved one is always with us, even if it's not physically visible. The symbolism of the butterfly as a reincarnation of Grandma's spirit not only provides a way for Tom to remember and connect with his Grandma, but more importantly, provides an example of how other children can look for signs of a deceased family member in everyday life. Both children and adults will benefit from the powerful reminder that unconditional love cannot be deterred by death.

# Children



## **Berty Button gets a team, Book1** *Author: Marina Bertolino*

Berty Button Gets a Team! is the first storybook in a series of eight, which introduces the unique and engaging truck caricatures named Berty Button, Quartez and Mini Bert all of whom have exciting adventures during their working day carting interesting products around Australia. The best part is the children who read the book, get to see the trucks driving around in 'real life' and they get excited about the blend between reading and reality – so they are inspired to read more and keep an eye out on the road for their favourite characters.



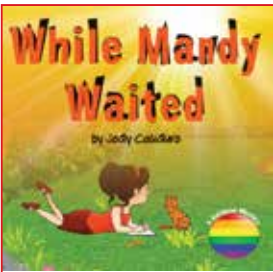
# Children



**The blue thief. Book 1 of the Rainbow mysteries.** Author: Jody Ann Cauduro.

Six year old Midnight Blue has a mystery to solve. His Aussie “blue” family are all involved. Discover the baffling culprit responsible for the missing items in this story whilst being amused by the family’s exclamations along the way. Enjoy Book One in a series of “Rainbow Mysteries” featuring the colours of Australia for young children.

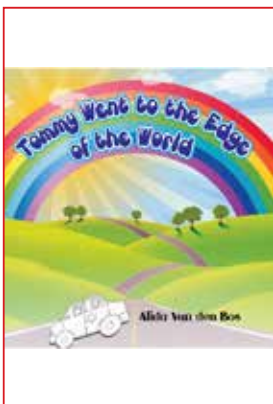
Book 2, While Mandy Out September 2015.



**While Mandy Waited: Book 2 Rainbow Mystery**

Author: Jody Ann Cauduro

Another Rainbow Mystery unfolds when Mandy receives a birthday present from her Italian grandfather. The catch is, she has to watch, wait and care for this new arrival before discovering the orange surprise it will produce. Along with Mandy, you too can learn about the relationship between seasons and growth as well as encountering an important visitor who will help in creating this orange revelation. Enjoy Book Two of the series, Rainbow Mysteries, featuring the colours of Australia for young children. Recommended for ages 5 to 8 years.



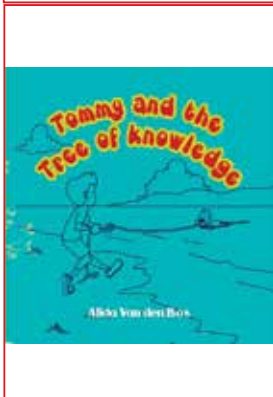
**Tommy went to the edge of the world.**

Author: Alida Van Den Bos

After Tommy and his dog fell off the edge of the world, they had all sorts of trouble getting back to the real world.

At one stage they found a fortune in an old mine then were kidnapped.

With the help of their dog, Mix and a friendly policeman, they finally made it back home.



**Tommy and the tree of knowledge.** Author: Alida Van Den Bos

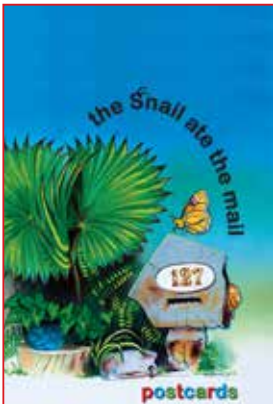
Seeing an advertisement, If you climb this tree you know everything.

Tommy with his dog Mix set out to Find it and get into all sorts of trouble.

Mix was nearly washed away, he wasn’t allowed to climb the tree and on the way back his path was fenced off, but with the help of Cesar the cat and a fox he got home.



# Children



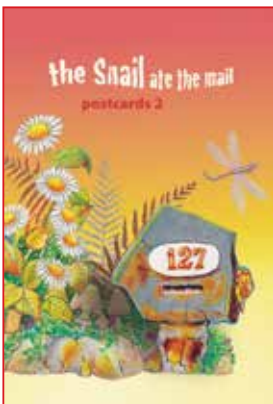
## **Book 1:**

### **The snail ate the mail: postcards.**

*Author: Maxine Rennard*

*Illustrator: Paul McKinnon*

The snail ate the mail is a children's mystery, travel adventure book. The story starts at the beginning of the week, with Chris and Bill receiving a postcard in their letterbox from overseas. The mystery is created by the industrious efforts of the letterbox's resident hungry snail, eating part of the country of origin and sender's name from each postcard. While Chris and Bill may struggle to identify the country of origin, the beautiful illustrations depicting well-known icons and landmarks as well as map, flag and greeting from each country in question will ensure children have numerous clues to work out where the postcard is from.



## **Book 2:**

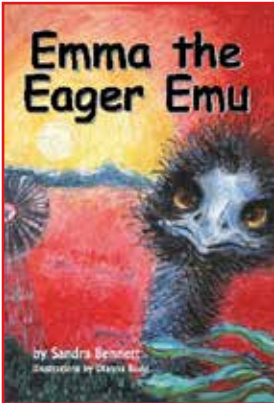
### **The snail ate the mail: postcards 2**

*Author: Maxine Rennard*

*Illustrator: Louise Wilson*

Children will be captivated by the tactile nature of this second book in the mystery, travel adventure the snail ate the mail – postcards series. The mystery continues through the industrious efforts of the letterbox's resident hungry snail eating part of the sender's name from each day's postcard. While the postcard recipients struggle to identify the country of origin and sender's name, the beautiful illustrations depicting well-known icons, as well as map, flag and greeting from each country in question will ensure children have numerous clues to work out where the postcard is from.

# Children



## **Emma the eager emu** *Author: Sandra Bennett*

Emma was desperate to be the same as all the other birds at flying school, but no matter how hard she tried, Emma couldn't fly. Will Emma ever learn to embrace the uniqueness of her differences?

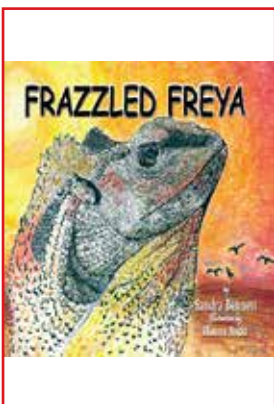
About Author:

Sandra Bennett has been developing a series of children's stories for the past ten years.

She holds a Diploma in Children's Writing, a Degree in Primary Teaching and a Graduate Diploma in

ESL/LOTE. Sandra has been teaching Primary school age children from K-6 for over 25 years.

During that time she has written several stories to encourage her students to want to learn to read.

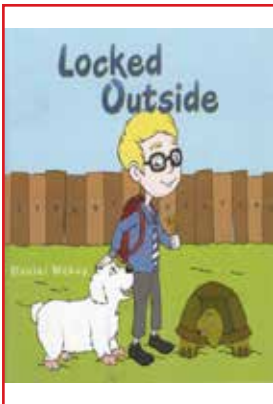


## **Frazzeled Freya** *Author: Sandra Bennett*

The Australian Outback is a harsh and dry place. Not the ideal environment for a game or race. Freya is too frightened to go out and play. So she hides in the shadows to watch all day. Her friends are all out in the heat of the sun.

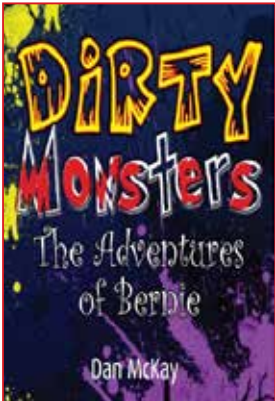
But Freya is too frazzled to join in their fun. Can Freya face what frightens her so? Or will she forever hide and say no!

# DIRTY MONSTERS AND MAGIC SEA HORSE BOOK



**Locked outside: First book in the Bernie series.** Author: *Daniel McKay*

Bernie loses his House keys and gets locked outside, what will he do? Join Bernie and his dog Fluffy in the search for his lost keys in the back yard. See all the animals and plants Bernie discovers on his quest to find his key's.



**The adventures of Bernie series.** Author: *Dan McKay*

Book1 Dirty Monsters.

'Dirty Monsters' revolves around my character Bernie.

He is a boy that refuses to clean his house until one day it comes alive with monsters made of dirty clothes, dishes, garbage and other mess that has not been cleaned for days.

Bernie finds himself faced with the challenge of fighting the monsters with household cleaning products and saving the day.



**The adventures of Bernie series.** Author: *Dan McKay*

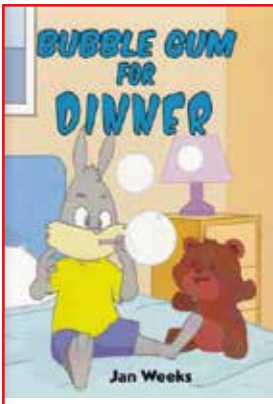
Book 2: Bernie and the Magic Seahorse.

Bernie makes friends with a seahorse at the beach and decides to take him home, what he doesn't know is that it is a magic seahorse! Join Bernie in another one of his adventures where he discovers a secret underwater world in his aquarium.





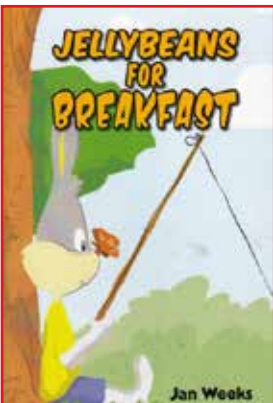
# Children/Youths



**Bubble Gum for dinner.** Author: Jan Weeks.

Timothy Powder-puff had been counting sleeps until there were no sleeps left til it was his birthday.

But where was the rocking horse he'd kept asking his parents to buy him? No where at all! That's where it was hiding. No rocking horse! No birthday cake! Sent to his bedroom without any dinner because he'd been naughty! Not a very good party! Especially when it was supposed to be his birthday party! It was just as well he still had some bubble gum left in the box he'd bought in Mister Whizzo's little shop of magic tricks. Or was it? Read what happens when Timothy decides to become a better behaved little rabbit.



**JELLYBEANS FOR BREAKFAST**

What does a small, unloved little rabbit do when he has broken his mother's best jug? He decides it might be a good time to take his teddy and run away before his mother gets to see the big mess he's made in her kitchen. Who do Timothy and his bear meet when he is running away from his burrow? He meets lots of Australian animals.

"Mind you don't go near Farmer Smith's carrot patch," they warn him.

"Unmentionable things can happen to little rabbits that go into Farmer Smith's carrot patch!"



**Popcorn for Lunch.** Author: Jan Weeks.

All aboard! All aboard to read about the adventures of a naughty little rabbit known throughout the bushland as Timothy Powder-puff. If there's trouble to be found, can you guess which little rabbit will always be in the middle of it? That's right. It will be Timothy and his faithful companion Teddy. Of course none of it will be their fault! All you need do is ask Timothy. Read the story to find out what happens when Mister Whizzo opens his little shop of magical tricks.



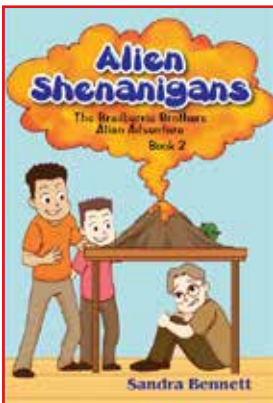


# Children 's picture book



## **Gingerbread** Author: Sandra Bennet

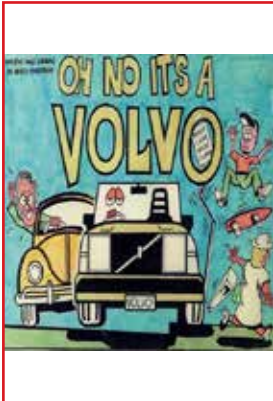
Is it a rock? Is it a football? Is it the charred remains of a space ship and its strange looking alien inhabitant? Meet David, Brian and Simon three cheeky brothers an Mrs Witherbottom, the nosy neighbour with the biggest bottom in the world and a whopper of a tail to match.



## **Alien Shenanigans** Author: Sandra Bennett.

There is trouble afoot in Mr Haggardy's classroom. An unexplainable explosion in a science experiment wreaks havoc once again and Principal Penwright knows exactly who to blame! Can Brian and his brothers solve the mystery before the snooping Mrs Witherbottom discovers the unbelievable truth behind all the shenanigans? Brian, David and Simon Bradberrie return in part two of their alien adventure. Mischief and mayhem abounds whenever they are involved. The school is a disaster zone but is it really their fault this time?

# Wit and Humour



## **OH NO IT'S A VOLVO** *Author: Brett Paterson*

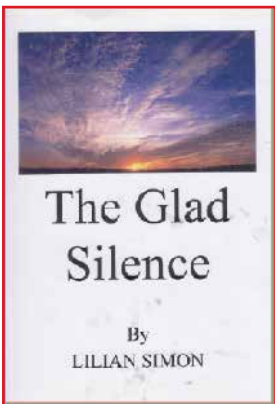
You know you have said it, we have all said it, your grandfather yelled it out the window and your parents have said it under their breath while running late to an appointment, we have all heard it..... finally someone has documented the daily reality of sharing the roads with Volvos.

# Historical Fiction

## **Links in the Chain** *Author: Caroline Cooper.*



Oh for a time machine to drop me back into the 1850s. How wonderful to walk the streets, listen to the chatter, the sound of horse hooves and carriage wheels, to look at the clothes and pretty parasols, feel the 1850 breeze on my face, experience summers, winters, rain and snow, just as they did. Despite the fact that those living at the time were constrained by Victorian moral principles, these were people whose human desires and feelings are similar to ours. In their hearts beat love and hate, desire, depression, ambition, secrets, jealousy, pride, humility. And in Hobart Town, struggling to emerge from its convict reputation in the 1850s and 1860s there was the need to keep one's past very carefully hidden, the Victorian equivalent of "keeping up appearances", the need to invent a new persona. Even on the far side of the world from England, a strict class system operated, where appearances were clearly as important as they are today.



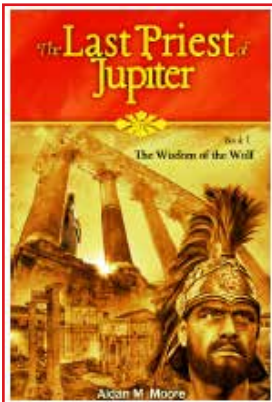
## **The Glad Silence** *By Lilian Simon.*

The Glad Silence tells the story of love triumphing over religious and racial barriers. This Historical novel encompasses three wars: the Anglo-Boer War, World War 1 and 2. It follows the trail of Joshua Silverman (POV) on a quest for freedom when he leaves Lithuania, his homeland, where his life as a Jew was one of constant harassment. In 1898 he goes off to pursue the same dream as father, get rich on the sidewalks of Johannesburg in a delusion that the streets are paved with Gold.

The Glad Silence has won a number of awards.



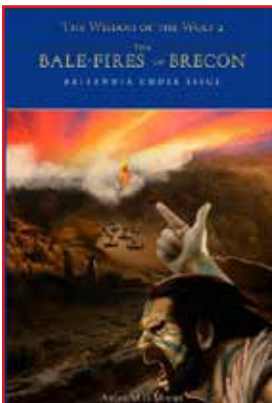
# Historical Fiction



## **The Last Priest Of Jupiter.**

**Book 1, THE WISDOM OF THE WOLF** *Author: Aidan M. More*

The Roman Empire in the Fourth Century AD is a long-established superpower, its military might overwhelming, its weaknesses still invisible. It threatens the last free Celtic society in Europe – the Scoti of Ireland and Caledonia. Brendan Dathi of the Í Fiacra clan, with his Druidic mentor, travels to the legionary base at Deva (Chester) in Britannia from which the Roman invasion of Ireland will be launched. His mission is to learn how to defeat or sabotage it as his uncle Niall, King of Ulster, did thirteen years before.



## **Book:: The Bale-fires of Brecon. Book 2 of the Wisdom of the Wolf.**

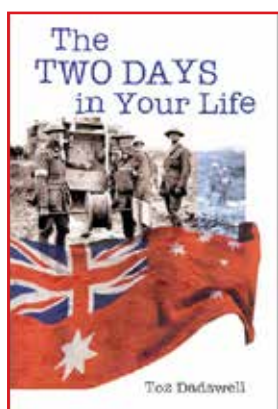
In 395 AD trusted barbarian officer Datus Ficus surveying Britannia on behalf of Rome discovers a conspiracy to seize the Province and partition it, subjecting the Romanised Britons and the industrious Angli of the East to a Danish King and Saxon warlords, and the West with Caledonia and Hibernia to a Scots military empire allied to a narrow Christian cult of black-clad zealots. Dathi is stalked by agents of the King of Scots and struggles to inform the Province of its danger. He finds love in the West and danger in the North.



## **Book The Screaming Stones of Tara Book 3 Wisdom of the Wolf.**

In 405 AD trusted barbarian officer Datus Ficus in his last year of service to Rome tours the Eastern Empire to raise men and money for war against the Goths. He also has a secret mission from the Druid Council of Erin to get books and inks from the endangered Great Library of Alexandria. He meets Hypatia, Cyril with his fanatical black-clad monks, and the Jewish Diaspora. Discharged from Roman service he proceeds to Tara to claim the High-kingship of Ireland and later is present at the fall of Rome to the Goths. That event is described.

# Historical Fiction



## **The Two Days in your Life** Author: Toz Dadswell

The Two Days in Your Life is a fictional story that takes place in a true setting. The Great War (1914 – 1918) did happen and Australian soldiers were involved in the fighting from April 1915 until the cessation of hostilities in 1918. The battles such as Bullecourt, Pozieres, Ypres did take place and Australian soldiers were involved and the cities/towns of Ameins, Corbie, Lahoussoye and Querrieu are also real.

No doubt there were men serving in the 1st Australian Imperial Force who had names similar to those who appear in the novel but the names of the fictitious characters were chosen at random and that is what they are; fictitious.

Although it is a novel the story is intended to be a tribute to the signallers of the Australian Army who have from the Boer War to the present day carried out the important role of maintaining the lines of communication so that the Commanders in the field have been able to make informed decisions on when and how to deploy their troops. At times maintaining the lines has meant working under extremely difficult and dangerous conditions.



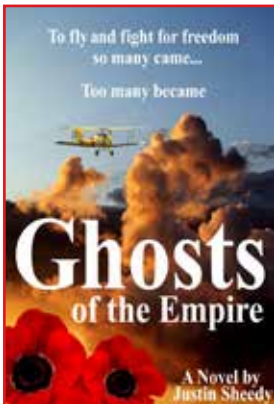
## **Jerome and His Women.** Author: Joan O'Hagan

The events in this book take place in Ancient Rome at the end of the fourth century between 382 and 385 AD. The scholar Jerome (later known as St Jerome) was commissioned by Damasus I, the then Bishop of Rome, to translate the Bible into Latin, and create a single definitive text accessible to all. This Vulgate replaced the multiple competing biblical texts which abounded, and thus played a critical role in establishing Christianity as a major world religion, with Rome at its centre.

What is less well known is that Jerome accomplished this colossal task with the assistance of a circle of aristocratic, highly educated women who in some cases risked their lives in their pursuit of their ideals. Chief among these was Paula (later known as St Paula). The nature of their relationship was much speculated upon in their day, and seized upon by the Roman clergy in their famous denunciation of Jerome and his subsequent expulsion from Rome.



# Historical Fiction



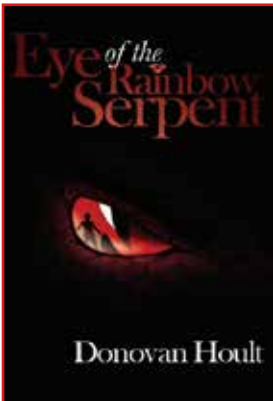
*Author: Justin Sheedy*

Nor the Years Condemn & Ghosts of the Empire by rising Australian author Justin Sheedy tell an iconic British story from a ground-breaking Australian point of view. Set in 1940s London & throughout the UK, these novels bring alive the stunning true story of the British Empire boys who flocked to the UK to fly Spitfires in World War Two, the British girls who loved them, and the mothers cursed to let them go. It is a saga of shining young men destined never to grow old, and of those who do: the survivors 'condemned by the years', and to their memory of friends who remain forever young.

Stocked by The Australian War Memorial as well as bookstores Australia-wide, his novels Nor the Years Condemn & Ghosts of the Empire are intensively based in true World War Two history though written in Sheedy's easy-to-read, grippingly page-turning style, as a result enjoying the very widest reader demographic appeal. Full of Sheedy's trademark humour and white-knuckle excitement, the emotional richness of his writing ensures reader tears flow in response to the heroic, tragic, anti-war stories in which he immerses them.



## Fiction, Suspense -Australian



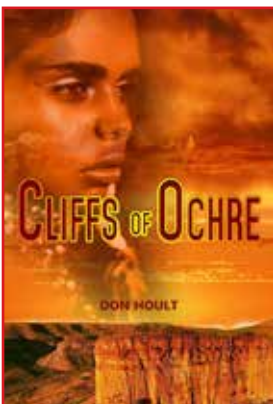
### **The Eye of the Rainbow Serpent. Trilogy Book1** *Author: Don Hoult*

Of exotic mixed-race heritage, Chloe Quartpot lives an isolated life on the vast Venus Downs cattle station in the Kimberleys of Western Australia. One day on walkabout with her beloved indigenous grandfather, Johnny Quartpot she is shown a sacred site and he gives her a red stone – the eye of the rainbow serpent.

Johnny swears her to secrecy as custodian of the site, but after his sudden disappearance and presumed death and the advances of the station owner's sons, Carl and Walter Boyce, she decides to leave Venus Downs for Perth. She experiences racial prejudice, but her beauty leads her into modelling and soon catches the eye of a London agent, Paul LeClair. Known simply as "Chloe" she soon becomes an international supermodel.

However, her life begins to spiral out of control as successive men seek to possess and control her, often with deadly consequences.

From outback Western Australia to London, this is an exciting, fast paced story about passion, murder and cruelty of human greed.



### **Cliffs of ochre . Trilogy Book 2** *Author: Don Hoult*

Chloe, the illegitimate daughter of a cattle baron inherits vast landholdings in the Kimberley and Pilbara regions of Western Australia. Unbeknown to her, the wealth has been accumulated by her father's criminal actions brought on by the desperation to survive which saw him dragged into a conspiracy from which there was no escape.

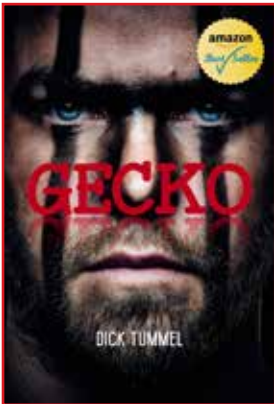
Chloe had been brought up on Venus Down, ignorant of her true identity and unacknowledged by Henry Boyce, her natural father. The one person she identified with was Gramps, her supposed aboriginal grandfather. On his mysterious disappearance and the death of one of Boyce's adopted twin sons, she smells death and leaves Venus Downs.

In Europe she achieves fame and fortune as an international model, but murder and violation follow her as she fights to survive. On the death of her lover she decides to abandon her career and the avaricious intentions of her murderous husband and return to Venus Downs.

As with the author's first novel in this trilogy, "Cliffs of Ochre" follows "The Eye of the Rainbow Serpent," as a reflection of the human condition of exploitation and greed.



## Fiction adventure, action

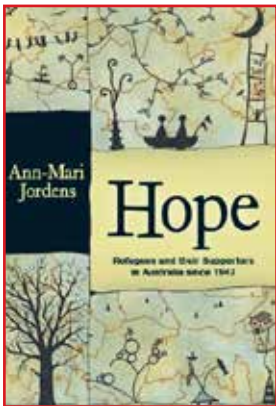


**Book: Gecko** Author: *Dick Tummel*

Amidst differing ideologies and historical mistrust, a fragile collaboration of cold war protagonists goes horribly wrong. He is the best of the best, the student turned teacher, but nothing could have prepared him for this... or for her. Beautiful, ruthless and obscenely perverse, her fanatical dedication to brutality exposes our darkest and innermost fears. A tale of innocence and survival against a backdrop of espionage, terror, ultimate fighting and guerilla war. Spellbinding, packed with action and gripping from beginning to end.

Not just a novel. An experience!

# NonFiction Historical

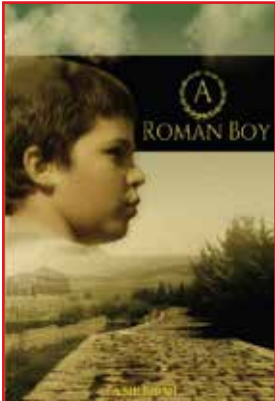


## **HOPE Refugees and their Supporters in Australia since 1947**

*Author: Ann-Mari Jordens*

The fabric of this book is woven from the stories of refugees who have made their home in Australia since the Second World War and of those who helped them rebuild their lives in an alien culture. Its focus is on refugee resettlement in Canberra, however similar experiences are common to many communities across Australia. It draws on interviews recorded by the author for the National Library of Australia with individuals whose families, homes, and dreams for the future were savagely destroyed by the winds of history in their home counties, from Nazi Germany to Liberia in 2006. Forced to choose between hope and death, each refugee undertook a long painful journey to safety. The book also records the experiences of those who worked in both government and community-based support agencies, helping refugees sustain their hope in their new and challenging environment. Together, they reflect Australia's changing refugee intake policies over sixty-five years and the development of settlement services designed to help refugees become happy and productive Australians.

# Historical



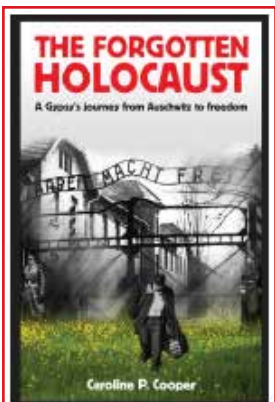
## **A Roman Boy** Author: Joe Sheridan

Lucius Decius Verus is the son of a Roman officer, Marcus Decius Verus, and his wife Camilla. They live in the north of England when that country is ruled by Rome around the time when Hadrian's Wall is being built, about 122 AD. When he is only a few months old the couple, while driving through a wild storm, negligently lose the child from the carriage they are travelling in.

The child, Lucius, is found by a local woman, Mora, who decides to keep the child. And she names the baby boy Corio.

Camilla blames Marcus for the loss of her baby, the one love in her life, and she leaves him and goes south to live with her sister. Mora is later murdered by her husband, Vero, when Corio is three years old. So, Mora's friend, Liva, and her husband, Agar, take over the responsibilities of raising Corio as their son. The boy grows up with his adopted parents, learning to farm while interacting with some of the Roman population, learning a little Latin in the process.

When Corio is fourteen years old, unbeknown to him, his natural father Marcus is injured in battle and his mother Virginia, a tall, bossy woman, comes to look after her son and decides to stay indefinitely. When she is visiting a friend, Natalia, she sees the boy there and is startled by his likeness to her son Marcus.



## **The Forgotten Holocaust. A gypsy's journey from Auschwitz to Freedom** Author: Caroline P. Cooper

The holocaust story that history swept under the carpet ... Can you ever truly escape past nightmares that dog your footsteps? Or do you confront them head on, so that you can live the rest of your life in peace? Auschwitz prisoner Gil Webb suffers the unremitting brutal terror of the purpose-built Gypsy Camp, the Zigeunerlager, where thousands of his fellow Romanies are indiscriminately annihilated in World War Two. Rescued at the end of the war and returned to his English homeland to recuperate, Gil and his new wife sail to a fresh life overseas, hoping to escape his past memories and the depression of post-war Europe. But, on disembarking, Gil is convinced he sees his Auschwitz captor Obersturmfuhrer Oskar Krauss ahead of him in the crowds, disappearing into the city streets. His nightmare has travelled on the ship with him.



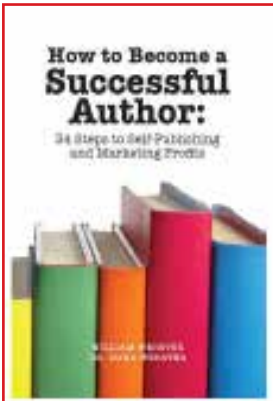
# How to books

## How to Become a Successful Author

*Author: William Webster and Dr. Irina Webster.*

An up to date book on how to self-publish a best selling book and eBook. This book describes how to use the Internet to your best advantage to sell your books. The book contains information that Publishers don't even know. You will learn

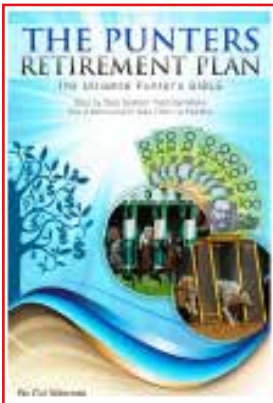
- How to publish your book in the most profitable way.
- How to create a title that makes all the difference in how your book will sell.
- How to write and plan chapter names that are so strong and appealing they become a marketing tool. (Note: Most authors do it wrong)
- How to make at least a 6-figure income by writing and publishing.
- How to get into the best-seller mindset so you can get the "Law of Attraction" to work for you. (Important point, missed by many authors)
- How to market your book successfully on-line and off-line.
- How to easily get on radio and TV shows to help sell your book.
- How to choose the right topic for a best-selling book.
- How to sell your book from the Internet: the most successful ways.
- How to write a sales copy for your book.
- How to create a book brand and personal brand as an author.
- How to choose the correct book sizing.
- How to find the best and cheapest book printers.
- Book pricing. How much you should charge.
- How to use the media for your marketing and promotion.
- How to write and where to send a successful press release for your book.
- On which stage of the process should you approach a conventional publisher and how (in order to expect a positive result).
- How to become an International author and get your book translated into different languages: selling translation rights.
- When you can consider franchising your book business and how.
- Real ways to create your own best-seller.
- How to work with your mind to produce more results while writing and publishing.
- How to get free publicity in newspapers, magazines, radio, TV and the Internet.
- How to use speeches and seminars to sell books like crazy.
- How to differentiate your book from the competition.



# How to books

## **THE PUNTERS RETIREMENT PLAN: THE ULTIMATE PUNTER'S BIBLE**

*Author: Col Wingate*



Have you heard a saying that goes something like: 'back favorites and lose your money?' Again, do yourself a favor and ignore it. This Betting Plan may seem frustrating at times, because some of the dividends are small, but you must be disciplined and follow it step by step. Do not deviate from the formula, not even if someone tells you a horse is a sure thing? This system involves backing favorites. But it is done with a set procedure and it is the Staking Plan that is the key to making it successful. Knowing when to bet and how much to invest is crucial to making this plan work effectively. This system is applicable to all Race Meetings all around the world. You don't have to be an expert on Horse or Greyhound Racing. If you have never been to a Race Meeting, never had a bet in your life, or don't even know what a horse or a greyhound is, it doesn't matter; this system will work for you. You can operate this system from the comfort of your own home. All you need is a computer with Internet connection. The TAB has a website and all information you need is on that website.

# Non Fiction

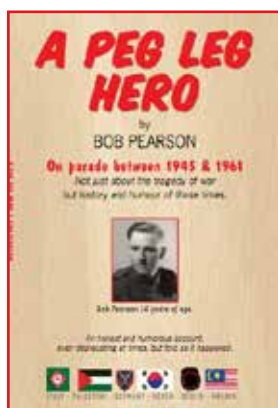
## **The Beatles and me.** *Author Ivor Davis*



In the summer of 1964, the Beatles took America by storm and changed rock 'n' roll forever. In this first-ever chronicling of that revolutionary tour from the inside, author Ivor Davis serves up the stories behind the stories as only an insider can. In the rowdy and riotous recollections of *The Beatles and Me On Tour*, Ivor Davis, then a reporter for the London Daily Express, shares his unrestricted access to the Liverpool lads as a member of the Beatles entourage. From inside the band's hotel suites to the concert arenas to the private jets, the madness and magic plays out through Davis' personal accounts of hanging with the Beatles for thirty-four jam-packed days. Go behind the scenes for all-night Monopoly games with John Lennon, witness the Beatles' legendary living-room jam with Elvis, and be there the night Bob Dylan introduces the band to pot. Roll up for this definitive account of the legendary band at a critical moment in the history of rock 'n' roll.

# Memoir

## **A Peg leg Hero.** Author: Bob Pearson



This book is a sequel to Bob Pearson's first biography 'A PENNY ON FRIDAY' when he recounts his childhood in Lancashire from 1928 - 1945.

'Peg Leg Hero' covers the period 1945 - 1961, a book that not only allows ex soldier readers to reminisce, as he describes post WWII era then into the Cold war and the Far East turmoils from Korea to Malaya, then a British mandate. All written frankly and with humour and often degenerating himself.

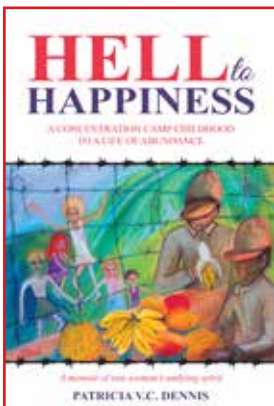
-He recaptures his days in the army - a life he loved and quite often steered close to trouble; strangely enough he skirted it time and time again which made him feel he had a guardian angel of sorts.

He always enjoyed the fast life - being a Commando at 17 years of age and later in the Military Police with the famous 6th Airborne Division in Haifa; he was one of the last soldiers to leave in May 1948 as part of the Army's rear party. He was happy to serve wherever and it was mostly in foreign parts - He closed his military life as an investigator with the Special Investigation Branch of the R.M.P

In the foreword, an old friend writes: I thoroughly enjoyed it; Bob I am so envious at the ease with which you describe scenes and recall details of long ago events with such clarity. As I read your book I felt as if I was present watching each event unfold.

# Memoir

## **Hell to Happiness** Author: Patricia V.C. Dennis



Patricia is a multi-talented author, poet, painter, entrepreneur and world traveller. She carries with her a wealth of broad experiences that enrich her writing. At only seven and a half years of age, Patricia and her younger sister Jacqueline and parents were among thousands of people forced by the Japanese to live in the Santo Tomas Concentration Camp in Manila during World War II, from 1942 through to 1945.

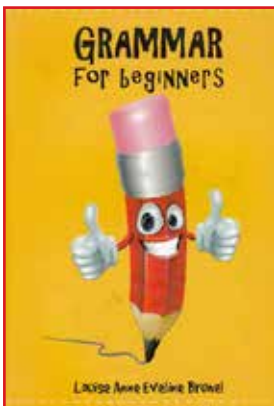
After being released from the camp, her family moved to Australia where she excelled in school and won medals in extracurricular sports activities.

Her book Hell to Happiness is a memoir of her magnificent and tumultuous life and is her first book to be published. It is a true story that illustrates how she has overcome adversity and gained the confidence to truly live life to the fullest.

She has made all of her dreams come true.



# Non Fiction TEACHING

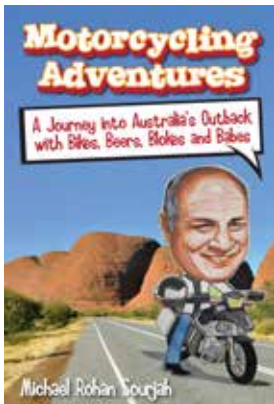


## **Grammar for Beginners** Author: Louise Brunel

Grammar for Beginners by Louise Brunel

Grammar for Beginners is a basic English grammar book for primary school-children written by a primary schoolteacher with over 35 years' experience. It contains comprehension tests to help in the process of learning to speak and write English correctly. It launches the very young students easily on their way to mastering the English language. It is definitely a useful addition to students' textbooks.

# Non Fiction Adventure



## **Motorcycling Adventures: A Journey into Australia's Outback with Bikes, Beers, Blokes and Babes** Author: Michael Rohan Sourjah

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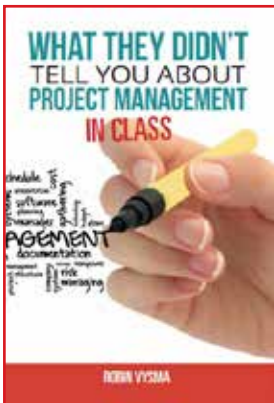
Our lives can be changed by events that just pop up in our short timeline on this planet. These can be events that we never imagined.

The first defining moment was when I joined the Ulysses Club. I really can't remember why I joined this unique club. But this gave me the opportunity to travel across Australia to the Ulysses Club Annual General Meetings (AGMs) in Albany in 2010 and Alice Springs in 2014.

These trips across Australia, east to west and south to north, were the culmination of many years of dreaming. At first I wanted to travel across the Nullarbor and through the Red Centre in my car. I never realised I would make my dreams come true while riding on a motorcycle.



# Self help



## **What they didn't tell you about project management in class.**

*Author: Robin Francis Vysma*

Take a journey through the world of projects. If you've learned about project management in the classroom then the real world of projects is going to be quite an eye opener. There will be monsters against which you are defenceless. There will be seemingly insurmountable obstacles and your career will hinge on your capacity to deliver in this environment. So what's wrong with the way we teach project management now? How should it be taught? What are we doing wrong? The dollars at stake are in the scale of the national debt. It's time to start looking at project management from a different angle.

About the Author: Robin Vysma became an IT professional graduating from the Queensland University of Technology in August 1988. He served as a developer for the Australian Bureau of Statistics, as the IT manager, for the Defence Security Branch in Canberra and as the manager of the Eastern Regional Information Centre, which he established for St John of God Health Care, in Ballarat. Robin holds a Master of Technology (Computing) from Swinburne, a certificate in management from The Australian Institute of Management and a Cert IV in Workplace Assessment and Training. He has had formal training in project management from AIM and with the Thomsett company through the Australian Computer Society. He has overseen a number of multi-million dollar IT projects in the health and defence industries with an enviable record for success.



# Self help



## **Making Friends Made Simple** *Author: Steven John Scharengiuvel.*

Making Friends Made Simple provides you with the skills necessary to stand out and create a great social life.

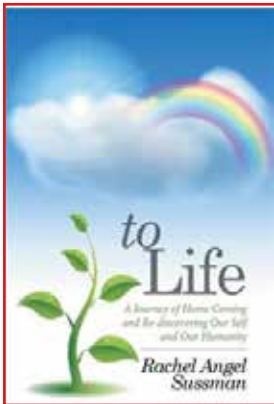
Meeting people and making new friends will no longer be seen as a fearsome challenge but something to which you can look forward.

Through reading this book you will obtain first-hand knowledge about how to:

- Understand people
- Communicate more effectively
- Earn people's trust
- Increase your social confidence.

This book is an essential read for anyone who would like to learn how to build greater connections and enhance the quality of their relationships.

# Self Help, Motivational

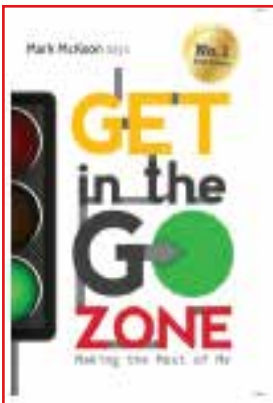


## **To Life - A Journey of Home Coming and Re-discovering Our Self and Our Humanity** Author: Rachel Angel Sussman

To Life brings to paper the author's thirty-year journey of inner and outer exploration. It aims to support the readers toward the way back home and to ultimately contribute to humanity and our planet. The author recognises that it is only by means of each individual coming home that personal lives can be enriched and bettered and that hope can be brought to today's troubled world and humanity. To Life asks the essential questions about life, humanity, and individual existence—questions that must be asked if we are to live consciously, meaningfully, joyfully, and fully and be whole and at peace with ourselves, with each other, and with all life on this planet. To Life is not only inspirational but also practical. The nature of an inner journey with its potential joys and trials unveils as the author takes the readers by the hand, supports, encourages, and guides them toward taking the steps required to make their own discoveries and to realise who they are at essence as human beings and as the individuals they are. Indeed, they are shown the path back home. These steps include the unveiling of the human condition with its gifts and pitfalls, the discovery of one's centre and learning how to stay with it, the unveiling of the mystery of life's experiences, of one's feelings and thoughts and learning how to be with them, and the realisation of the true power, freedom, and love within.

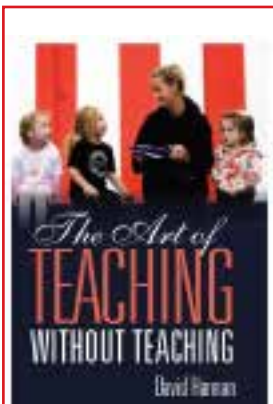


# Non Fiction Self help



## **Get in The Go Zone** Author: Mark McKeon

The Go Zone maximises the productive hours we have in each day to get the important things done without distraction or excuse. The Slow Zone is productive but non stressful. No big decisions are made here. In the No Zone, you are not at work AND not thinking about work. Refresh, recover and live the life you love.



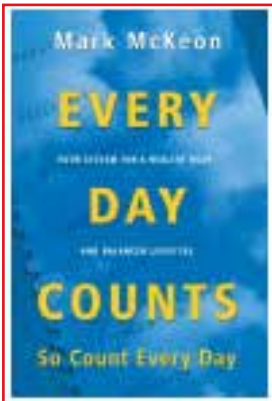
## **The Art of Teaching** Author: David Hannan

How do some teachers have children in the palm of their hand and others have them running wild? ... what is their secret? How can you, teach like a master teacher? This book will strip away the clutter and theory of teaching and give you the most powerful practical guides to having a modern conversation and relationship with today's pop culture kids. This book will give you context and clarity of when and how to use the principals of teaching in an instantly accessible formula. Read it now and take control.

After reading this book you will have learned

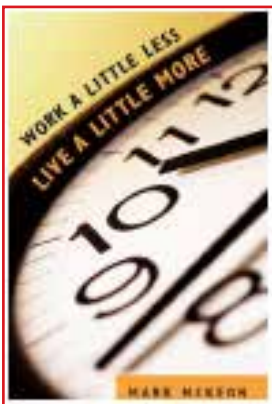
- How to engage with children from day one
- How to gain their respect and discipline
- How to have the most fun while teaching
- How to have the kids do what you want, when you need
- The key principals of teaching and how and when to apply them.

# Non Fiction Self help



## **Every Day Counts** Author: Mark McKeon

will show you how you can manage a company and still manage your weight. You can raise a family, develop your mind, spend time with your friends and yes, be fit, healthy and balanced all at the same time. Through a simple system of scoring points for healthy diet, healthy exercise and participating in stress relief, Every Day Counts allows you to measure and reinforce your lifestyle change. Over time a pattern of sensible balanced eating, exercise and relaxation will become part of the new you. So do yourself and your family a favour and count every day to make every day count.



## **Work a Little Less, Live a Little More** Author: Mark McKeon

is packed with information about how we can make better use of the time we do have, and in the process create more time for ourselves. Mark McKeon provides concrete strategies and ideas for time creation and management, including:

- a DIY fitness test
- health and exercise techniques
- workout plans for even the busiest people.

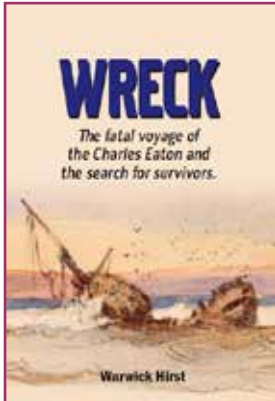
Work a Little Less, Live a Little More shows us how to increase our energy, create more spare time, enjoy an enviable lifestyle and increase our longevity.



## **LIFE TIPS** Author: Mark McKeon

It's all about being You, but better!  
Read in an hour, Put into practice today.  
Enjoy for years and Remember forever.  
100 tips x 100 words to change your life.

## Non-fiction, Australian History



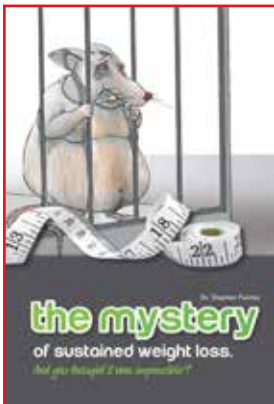
### **Wreck : the fatal voyage of the Charles Eaton and the search for survivors.**

*Author: Warwick Hirst.*

In August 1834 the barque Charles Eaton was wrecked on the Great Barrier Reef. Five of the crew made off with the only seaworthy life boat and eventually reached Timor. The rest of the crew and six passengers escaped on rafts built from the wreckage. All but four boys met a grisly fate at the hands of Torres Strait Islanders. Two of the boys were sold to a family from Murray Island for two bunches of bananas, the other two were never seen again. Although news of the wreck and the possibility of survivors reached England early in 1835 more than a year would pass before a rescue mission was organised.

Warwick Hirst has been published in the Bulletin, The Week End Australian, The Age and GEO. He is the author of Great Convict Escapes in Colonial Australia and The Man Who Stole the Cyprus, and edited My Dear, Dear Betsy, a collection of Australian letters. He was formerly Curator of Manuscripts at the State Library of NSW where he curated six major exhibitions including The Governor: Lachlan Macquarie, 1810-1822.

# Self Help, weight loss



## **"The mystery of sustained weight loss" Why Diets don't work!**

*Author: Dr Stephen Fairley*

"The mystery of sustained weight loss" Why Diets don't work!

If you seriously want to lose weight in the long term this book will show you how to do so.

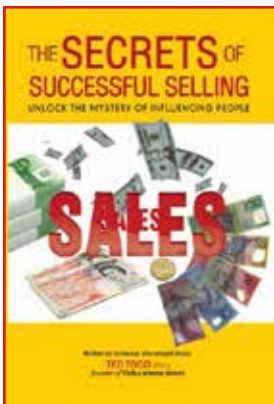
It will dispel numerous myths out there such as short term dieting, which is harmful and works against you. Any statements are backed up with the references from the most up to date medical and scientific literature. Sorry I don't deal in witchcraft, just 25 years of specialist practise in the area of weight loss. Short term diet plans exist for one reason only, because gullable fools like you are prepared to pay for them.

The book explains in a stepwise fashion why we have a problem with obesity in our society and the medical consequences of obesity which are waiting just around the corner for those who chose the easy option of turning a blind eye. These include diseases such as diabetes, high blood pressure, high cholesterol and many common cancers such as breast cancer, bowel cancer, pancreatic cancer to mention just a few. Many of these things which we seem to regard as inevitable and related to aging but this is NOT the case. They are avoidable in most people and you may well be able to stop many or all of your current medication if you follow the advice given, but you must involve your doctor in this process.

# Non Fiction Self help

## **The secrets to successful selling : unlock the mystery of influencing people.**

*Author: Ted Todd.*

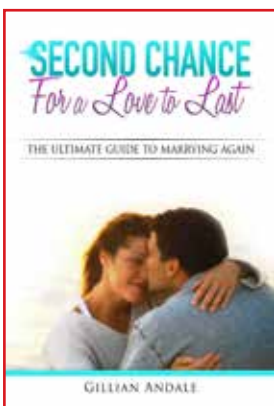


There are more people employed in the selling profession than in any other field of work. In fact we are all 'selling' something one way or another; a product or service, big ideas or personal issues. We 'sell' to our wives or husbands, the children, and we could be said to be 'selling' even when we are buying! Everyone is a salesperson; everyone is 'marketing' something. This book is aimed at achieving more successful outcomes through selling and personal communications.

This work, and its sometimes unusual ideas and methods, will unlock the secret of influencing people and of achieving better sales and marketing results. These ideas are as applicable to salespeople as they are to doctors, plumbers or to anyone.

## **Second Chance for a love to Last** *Author Gillian Anderson.*

The author takes you on a journey from understanding the history and evolution of marriage, the impact of global change on our relationships, knowing yourself, understanding your partner, building a strong and compatible relationship through to the aspects of merging families, finances and lifestyle.

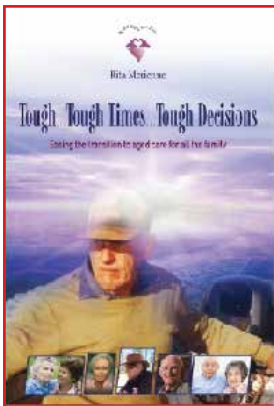


Whether sanctioned by the state, 'blessed' by the church, or a personal de facto agreement between two who wish to become one, when you come right down to it 'marriage' is the coming together of hearts and minds in love. I believe it takes patience, humour, and a whole lot of that love to make a strong, solid and passionate marriage. It can be the most important and fulfilling creation of our lives, full of brightness and warmth, but all too often the passion is lost over time. Work, children, physical tiredness, and aging all take their toll, and slowly but surely that wonderful exciting feeling is replaced by habit, routine, and duty. It happens, but it doesn't have to happen to you. But if it has then you should read this book.





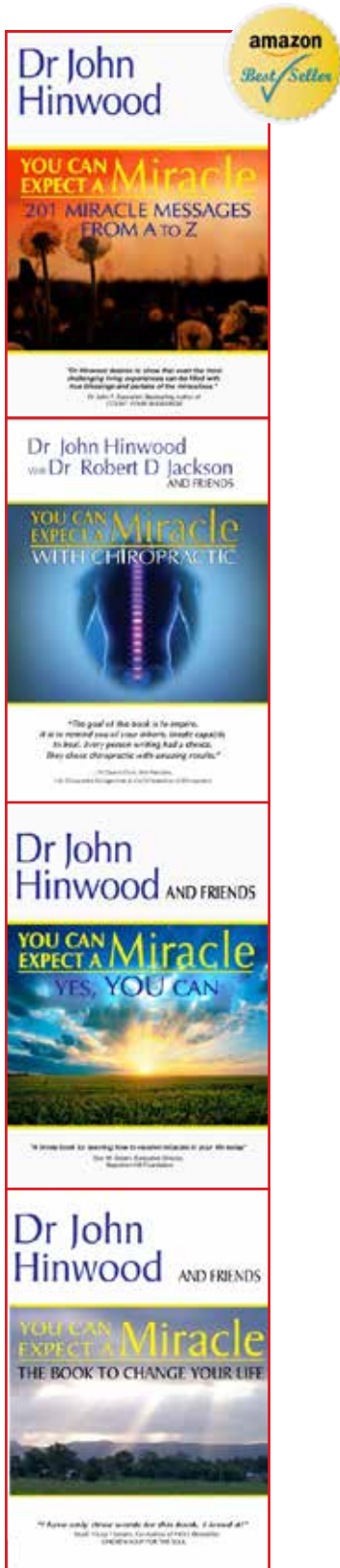
# Non Fiction Self help



## **Tough, tough times : tough decisions.** *By Rita Merienne*

Moving your loved one into Aged Care is never going to be easy. There are so many emotions to deal with – there is a lot of advice on where to go and how to pay for it - but there is nothing about dealing with your emotions. We are here to ease your way and help you through this difficult time. In the last couple of years things have changed. My sisters and I became our father's care givers, our roles have been reversed. How do we handle it? How does he handle it?

# Non Fiction Self help



## About Dr John Hinwood.

Dr John Hinwood is a global leader in stress management. You will discover from this dynamic and energetic presenter that you can easily shift your current state of health to break free of the stress that is holding you back. John's seasoned and perceptive approach allows him to draw from a formidable armory of proven stress solutions. This new way of approaching stress relief is guaranteed to save you time, energy and money, so you can move to enjoy a heightened state of good health.

John is a great story teller and he will teach you how to shift your stress using fun and laughter, and he has an innate talent to touch, move and inspire others. He creates a bridge to make scientific evidence based information easy to understand and use in your daily life.

John is a Founder of Stress To Strength, a Global Leader In Stress Management.

## Stress Undressed

Stress comes dressed in many guises.

You will be amazed at how effortlessly you can use your "3 brains" to remove the burden of layers of stress using our proven techniques.

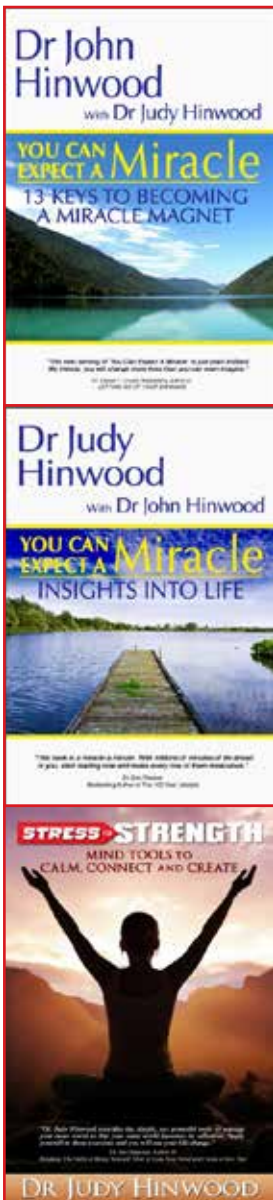
Get Off the Stress Tightrope Getting yourself free from walking the stress tightrope will make you more money, save relationships and enhance your health. It's easy when you have the tools.

Challenging and Changing Mindsets You will discover how you can harness your mind to manage stress and create extraordinary rewards by working and playing 'outside the box'.

All this you will find in John's 7 books.



# Non Fiction Self help



## About Dr Judy Hinwood

Dr Judy Hinwood has had such an amazing life of contrasts. First, a physical education teacher, then a traveler for five years, a practicing chiropractor in Australia for many years, and a consultant and life coach to health care practitioners for over 20 years. Overcoming cancer in 1983 demonstrated how harnessing the power of the mind combines with the brilliant power of the body to bring natural healing. In 1985 she became the instant mother of three older children from Chile. Dr Judy is now committed to teaching how to prevent and relieve stress, as it takes a ruinous toll on people's lives and health. She teaches how to tap into resources that renew body, mind and spirit. Dr Judy is a Founder of Stress To Strength, a Global Leader In Stress Management.

## De-stress, Get Calm and Keep Calm

Discover how to come to grips with stressful energy with effortless yet priceless strategies.

## Stop Stress Now

Cut through the hassle immediately with useful and amazingly practical solutions for any stressful situation.

## Bounce Back From Stress

Proven, rock-solid tools and strategies that work, so you can bounce back from harmful stress and heal yourself. All this you will find in John and Judy's 7 wonderful books.



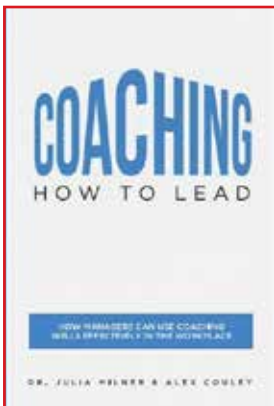
# Non-fiction inspirational



**The Fairway Within** Author: Peter Lightbown & Cecilia Croaker

Contrary to popular belief, the golf swing doesn't need to be so technical, confusing, complex or difficult. The Fairway Within identifies the central simplicity at the core of the swing and gives the reader clear and effective strategies to transform their game. Golf coach Peter Lightbown draws on the principles of Tai Chi, yoga, Pilates, Taoism, Zen, the Alexander Technique and the Feldenkrais Method to shed new light on the swing. His revolutionary approach brings clarity, freedom and pleasure to the experience of playing golf and shows that the game need not be difficult at all.

# Self Help Business



## **Coaching how to lead : how managers can use coaching skills effectively in the workplace** *Author names: Dr Julia Milner & Alex Couley*

How can you achieve the best from your team?

Do you have time to focus on the big issues?

Are you doing your best to retain your talented team members?

Coaching: How to lead can help empower your team to strive for their best work.

Coaching is very quickly becoming the new leadership style for organisations.

Coaching is a practical skill set that you can learn, but managers are often left to implement the practice alone. This book will answer the important questions on how to practically use and embed a Coaching Leadership style. Coaching: How to lead is moving leadership coaching skills out of the 'bubble' into the real world.

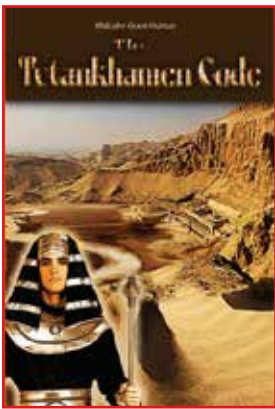
Coaching: How to lead:

- Provides practical tools for leadership coaching and explains in a no-nonsense way the theory behind it
- Gives real-world examples to illustrate the power of coaching
- Addresses the main challenges of leadership coaching and offers tips and strategies from coaching experts on how to move forward



# Novels

## **A The Tutankhamen code:** *Author: Malcolm Grant Hutton*



When Claude Tarba showed off a family heirloom in a crowded Arabian restaurant in Melbourne, that simple act of pride among friends didn't go unnoticed. It set in motion a journey through the little known high mountain country of The Yemen; then on to the Italianate City of Asmara in the Ancient land of Eritrea and a hi-jacking, which landed him in Western Turkey. Eventually after a number of risky adventures that ok him to the far southern reaches of Egypt, he found himself committed to a treasure quest which if proved successful would change the future perception of the human race for the next couple of millennia.

Clues uncovered in the Tomb of the God King Tutankhamen entrance our unwitting hero and his new friends, committing them all through something more than curiosity to a trail of intrigue, with villains popping up everywhere, intent on stopping them from achieving their main goal, the installation of Claude as an honorary new Pharaoh.

# Novels - Fiction

## **Crazy Bitch: A Portrait of Domestic Violence?** Author: Danielle Neves



This is a story of an abusive relationship, told through a series of letters separated by short news clippings. The letters are written by the abuser from prison in correspondence with this brother, and by the victim as a form of therapeutic journaling. The characters are intimately revealed in these letters through their own words and thoughts and those of their partner. The general characteristics of both abusers and victims are explored in a revealing way, as the main characters speak about themselves and each other. This book is a competition winner and highly praised by the judges. A story of domestic violence, portrayed through a series of letters from the victim to her abuser, and the abuser to his brother. Very well written. Neves' language for both of the main characters is believable and reads as if she is very aware of the psychology of domestic violence. Using the letter format is a different and brilliant way to approach this topic, which is much more prevalent than most people realize. This book is almost impossible to put down once you start it? It is an extremely compelling story, from both the abuser and the victim's viewpoints. The end is shocking and a really creative twist to the story.

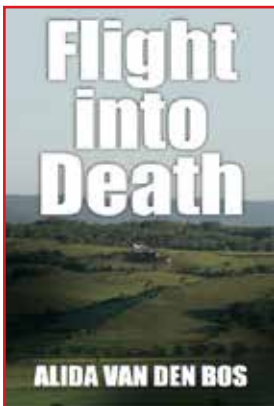
# Novels - Fiction



## **The Reluctant Civilian** *Author: Chilla Nasmyth*

Frank is a decorated Vietnam combat soldier who returns to civilian life with few skills and an uncertain future. An orphan with no ties, he embarks on an itinerant journey doing odd jobs to support a meagre existence. During his travels, he finds himself caught unwittingly in an armed roadhouse hold-up resulting in murder. Unarmed and unable to assist, he flees in the bandits' unattended getaway vehicle. In fear for his life, he finds himself ensconced in a sub-alpine wilderness, sparking a police manhunt. During his lonely eight year self-imposed incarceration, he witnesses a light plane crash and rescues the sole survivor, Skye, a young female graphic artist and nurses her back to health. Romance blossoms so they resolve to leave the wilderness together. But the past will not let them go that easily?

# Fiction



## **FLIGHT INTO DEATH** *Author: Alida Van Den Bos*

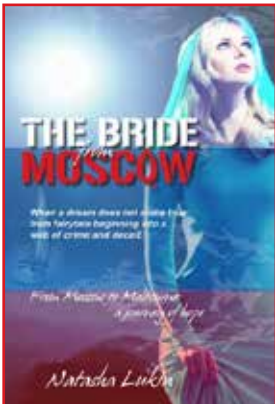
Drug trading ex husband and rigged plane crash haunts readers in new crime thriller, 'flight into death' her family lost their lives when a cessna aircraft went down in flames. the crash was rigged and now her drug trading exc-husband will stop at nothing to make her next in line.

A fast paced crime thriller about a wife who escapes a violent marriage, and a drug trading who has had her family killed in a plane crash. The book is sure to please fans of writers such as Michael Connelly and Ted Dekker.

In Flight into Death, main character Nina Edberg attempts to create a new life by moving into a property on the Coast.

She soon finds new love in Matthew, but the world around her is about to cave in: with mystery and intrigue.

# Fiction



## **The Bride from Moscow** Author: *Natasha Lukin*

Reptile smugglers, Siberian diamonds, Russian lovers, a missing husband, Chernobyl, an abusive stepson, stoned bodies ... Svetlana Goranski found herself in the middle of it all.

She is a modern, archetypal Russian woman, outwardly sentimental and passionate and filled with the qualities that go to make up the Russian soul. She came to Australia by chance hoping to realise her dream of a happy family life. But to reach that goal she must overcome the fear which so many Russians have within them as well as outwit racketeers, clear her own name and work out the mystery of her Australian husband's disappearance.

Set against the backdrop of the collapse of the Soviet Empire this is both a love and an adventure story in which the beautiful Svetlana draws on her inherent honesty and loyalty to her new country.

# Murder mystery

## **Murder and mayhem** Author: B. L. Hamilton



When her sister is diagnosed with a life-threatening illness Bethany decides to write a murder mystery novel to take her mind off the debilitating side-effects of chemotherapy. Although the story is set in current times in the town of Mill Valley, north of San Francisco, the background of the town's history is prominent in the telling.

Danny Richards, a forty-something IT Programmer flew from his home in Sydney, Australia, to meet his internet companion, Nicola Madison, for the first time. When Danny convinces Nicola to join him on a trip to the east coast, bodies of murdered women start turning up.

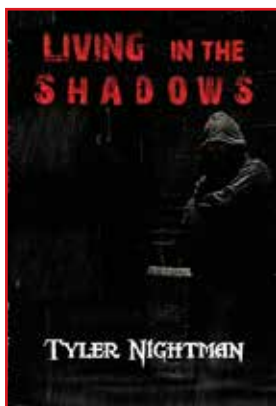
What ensues is a witty tale of the sisters writing the book, the characters in the book, and the people in the hospital waiting room who think the sisters are plotting murder.



# Novel. Suspense, Mystery, Crime

## **Living in the Shadows**

*Author: Tyler Nightman*



Living in the Shadows is a chilling tale about a violent, psychopathic criminal who spent ten years in Melbourne's infamous underworld. This is the story of how a troubled young man defied all the odds to eventually become one of the most dangerous, bloodthirsty criminals society has ever seen.

"Organised crime is often glamorised, but it isn't always fun and games. I have been shot at, bashed, knives pulled on me, guns pointed at my head and had contracts put out on my life. I've rubbed shoulders with some of the worst criminals in society and nearly died"-Tyler Nightman

Resembling the chronicles of a career criminal, the story provides a realistic insight into the workings of organised crime through the eyes of a real world psychopath. This book will take you on a journey through the underworld, and into the most disturbing aspects of our society in such explicit detail you can almost feel the crosshairs lining up on your back...

## Adult Fiction – Mystery/Romance

### **The Magpie's Nest** Author: *Jacqueline Perry-Strickland*



After living it up in London on a working holiday, Sally Boleyn returns to Australia with a thud. While she has grown through her travels and experiences abroad, her world adventures are lost on her family and friends, content as they are in their own Perth ordinairiness. Sally struggles to accept life in her home town – ‘Dullsville’ – and plots her escape. In need of money for the first ticket out she falls into a position at The Magpie’s Nest, an alternative reality of fancy dress and make-believe run by Ruby Sullivan, the Grand Dame of costumes and wardrobe.

A gown they call Esmeralda of lush velvet, sparkling crystals and flouncing ostrich feathers arrives at the costume shop in a trunk, and as it wreaks havoc in the lives of the women who hire it, Ruby and Sally put on their sleuthing cloche hats. They discover it is a replica of one of Scarlett O’Hara’s dresses from *Gone with the Wind* and has connections to the death of an actress at the local His Majesty’s Theatre half a century before, coincidentally when Vivien Leigh was performing there.

‘I tell you,’ said Ruby, ‘there is magic at work in Esmeralda’s stitches.’

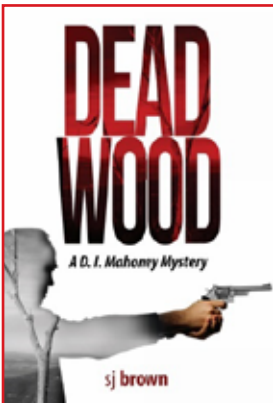
As they close in on the source of the gown’s enchantment Ruby helps Sally see the wonders of her home town, along with the wonders of a suitor, Lex Short. While trying to win Sally’s heart Lex brings unwelcome rationality to the women’s enchanted gown theory.

‘To some it’s a mystical dress channelling the spirit of a long-dead actress,’ said Lex, ‘and to others it’s a series of coincidences giving the impression the dress is mystical.’

Coincidence or enchantment? They have a summer to find out before Sally jets off on another working holiday. But will the man of her dreams convince her to stay? And will the gown claim another victim?

Prepare to be bewitched by what The West Australian newspaper described as “a delight from start to finish”.

## Fiction Mystery



### **Deadwood** Author: S J Brown

Tasmania is in trouble.

While mainland Australia surges through the backwash of the GFC the island state is struggling. Political infighting, bureaucratic ineptitude and a lack of investment have curtailed progress. Too many people are lodging on 'Struggle Street'. DI John Mahoney knows this as well as anyone. Of more immediate concern to him is the brutal murder of a prominent business leader. The scale of public interest is high and the Serious Crimes Squad must make headway fast. As the investigation proceeds it becomes clear that whoever is behind the barbarity is sending a message to the whole community.

Another homicide quickly follows and pressure mounts as they seek to unravel the trail of clues. As Mahoney deals with fissures in his personal life and generational change in the police force he must call on his full array of investigative skills to get a result.



### **A night in hangman's hall** Author: Scott W Tyler.

The old haunted house on the hill. Every town has one, but not every town was home to the Mad Mangler, a vicious killer who took the lives of numerous innocent men and women.

This was his home. Mark Garel, Claire Ors, and Alex Moore know all of the stories; they've spent their entire lives watching horror movies and learning all about the Mangler.

Hangman's Hall has a fearsome reputation, but that's not going to stop them. The three friends are going to stay the night.

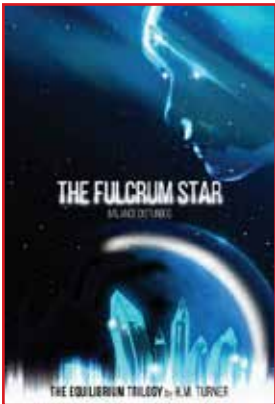
It seemed like a good idea at the time, stay the night in a haunted house to prove how brave they are.

They counted on being afraid, but nothing could prepare them for the true horrors that lie within.

The secrets they will uncover will change their lives forever. Could they be the ones who will finally undo the Mangler's evil? What chance do they have against all of the powers of the supernatural?



# SciFi



**The Fulcrum Star. Balance Disturbed.** Author: Haydn Turner.

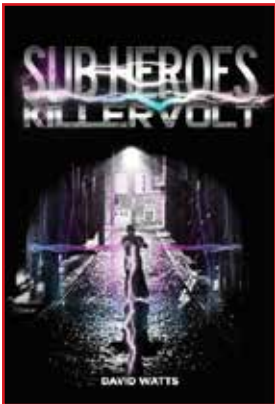
A star lost by the gods arrives in a solidified state; the fallen star separates into seven brightly coloured and powerful pieces before crashing to the surface of a distant planet. When two simple nomadic boys, two proven hunters, a hardened warrior, a princess and a merciless tribal witch each locate a crystal, the power from within is transferred from the ethereal objects. The fall of the star causes a loss of equilibrium and "Balance is Disturbed" throughout the universe. With this introduction of seven powerful pieces to seven very different people the ultimate fight between good and evil is set to be played out!



**Enchanted Incognito.** Author: Drishti Nanwani

Is the first book in the intended Enchanted Trilogy follows the story of a teenage Athiya Sanders, embarking on a journey of self-discovery in a world of magic, social politics and time travel. Battling a ruthless enemy and dating all while trying desperately to keep up with her spells and potions homework. The novel begins with her discovery of her magical lineage and her introduction to Featherwing Magic Academy- a magic finishing school that teaches young witches and warlocks about their craft. On her first day, Athiya meets the mysterious young Elliot who is equipped with a charming smile and swoon-worthy British accent and suddenly her life becomes chaotic, exciting and so much more complex

# SciFi



**Sub-Heroes: Killervolt.** *Author: David Paul Watts*

Set on a similar but different world than we know, people with strange and powerful ability's have risen up to protect the 'normal' population.

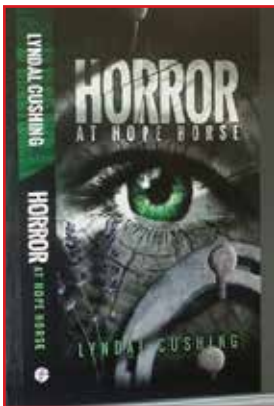
These people use their gifts for the greater good, Organised and controlled under a single banner. They are the Ultra Heroes.

Most people with these Ulta Powers are initially unaware that they are gifted with this power as it lies dormant and undisturbed until it's needed or forced to the surface.

This is the story of one such person who seeks answers to the tragedy that gave birth to his new and unique ability's.

It is the journey of a man conflicted by his intentions to do good, but whose actions while trying to protect himself and his friends, lead him down a darker path.

# Fiction- Paranormal Thriller



## **Horror at Hope Horse: Never Give Up** *Author: Lyndal Cushing*

Horror at Hope Horse: Never Give Up is the first book in a Paranormal Thriller genre, the second book Terror of Equus is in production now, with the third out within the next year.



# Young Fiction

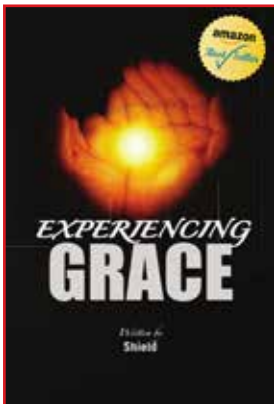


## **All for the love of a horse** *Author: Terry H. Hudson*

All for the Love of a Horse is about Catherine, a young 14 year old girl's involvement with several horses; and a very clever old pony which outwits her and others on several occasions doing incredible things based on fact. Catherine longs to have a horse of her own she can enter and win events with. Her parents, Tom & Elizabeth, are heavily involved with horses, breaking them in and more, but seem too busy to notice Catherine's desire. Mr Samm is their close old trainer friend (Mr Telford) who features heavily, as does Terry (me) his apprentice jockey. The story develops the bond between Catherine and Terry, along with their mutual love of horses, (which are based on real horses and events) with the drama of Catherine's accident added; along with the contribution each character makes to help her recover. How this all unfolds, and the tragedies that lead up to the accident, is what will enthrall most readers, as will the artwork I plan to add if necessary.

I believe most middle to upper primary school students will enjoy this open-ended adventure, as my 10 year old granddaughter has read and enjoyed it.

# Non-fiction Spirituality



This is the story of *Shield*, a woman whose life adversities have been a testimony to God's mercy and grace, bringing her ever closer to Him and convincing her that God watches over each one of us and guides us if we turn to Him. Shield's trials include her struggle to forgive her mother for three attempts of aborting her, being born with a deformed hand which led to bullying, experiencing demonic forces and haunting in her teens, spells of depression, a life-threatening genetic disease and raising a child with autism. Throughout these trials, God was ever present, helping her to overcome the bullying, to find love when it was least expected, to cure her disease and to transform her life and values through her son's autism. By following God's calling and leading a Christian lifestyle, she found God had a much greater plan for her than she had ever dreamt of.

# INTUITIVE HEALING POWER

by Dr Irina Webster



## About.

*Dr Irina Webster* is a medical doctor who is also an intuitive healer. She is an international published author and the creator of Intuitive Healing Power – an educational program for health professionals and caregivers in regards to intuitive healing and medical intuition. Her on-line classes and seminars “How to Become an Intuitive Healer” are very popular amongst the health oriented community. Dr Irina’s teaching helps people to activate their own Intuitive Healing Power.

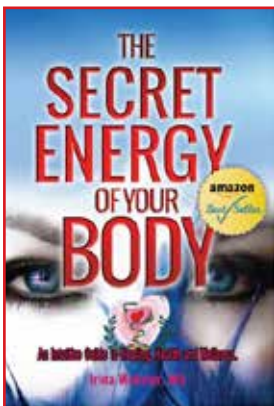
Dr Irina dedicates herself to assisting others to heal and empower their body and soul.

[www.DrIrinaWebster.com](http://www.DrIrinaWebster.com)



# INTUITIVE HEALING POWER

by Dr Irina Webster



## **The Secret Energy of Your Body. An Intuitive Guide to Healing, Health and Wellness Amazon Best Seller 2015**

You can heal yourself and others using your own intuition which is the inner ability to sense energy. Energy is the root of body and mind. We all consist of and surround by an energy field. When energy flows through the body properly, you are in a state of health.

When there is an energetic disturbance in the body, a disease state is created.

Illnesses manifest in the body's energy field before they manifest in the physical body. And healing occurs in the energy field before it becomes apparent in the physical body.

So, how can we heal ourselves and our life? You'll get the answers reading "The Secret Energy of Your Body. An Intuitive Guide to Healing, Health and Wellness."

[www.DrIrinaWebster.com](http://www.DrIrinaWebster.com)

*Published by Inspiring Publishers*

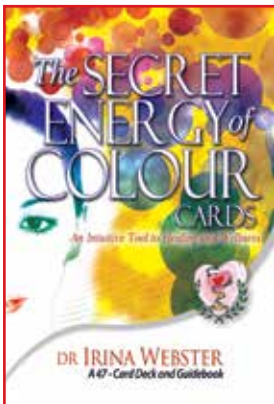


# INTUITIVE HEALING POWER

## by Dr Irina Webster



### **The Secret Energy of Colour Cards:** **An Intuitive Tool to Healing and Wellness** *A 47 Card Deck and Guidebook*



are your unique tool to unlocking the extraordinary healing power of colour. Colour healing can be used very effectively to treat many problems: physical, emotional, and spiritual.

Dr Irina Webster has researched the meaning of each colour, and its proper use for healing to revive your body and soul. The cards will show you:

- what colour to wear each day to help yourself heal
- what gem stone to carry with you to evoke the energy of each colour
- what music to listen to in order to sense each colour
- what smell can help you connect to a particular colour
- what food to eat to feel the energy of each colour
- what plants to grow in your garden to enhance the power of each colour

# INTUITIVE HEALING POWER

by Dr Irina Webster



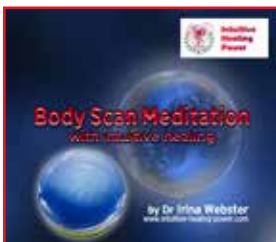
## **Progressive Muscle Relaxation CD**

Progressive Muscle Relaxation helps you control the state of tension in your muscles. It involves tensing specific muscle groups and then relaxing them to create awareness of tension and relaxation.



## **Freedom from Pain with Intuitive Healing CD**

This CD will assist you to activate your own innate healing ability and help you relive pain naturally using your own intuition and sensing your subtle body energy. Let be this self-healing process be a joyful part of your everyday life.



## **Body Scan with Intuitive Healing CD**

The purpose of body scan meditation is to study the entire body; part by part. It's like going through your whole body with an x-ray machine checking it organ by organ, muscle by muscle, and bone by bone. This type of x-ray is actually your attention, your mind and your energy.



## **Overcome Stress Naturally with intuitive healing CD**

This CD will help you to overcome stress naturally using your own Intuitive Healing Power. Step by step you will be guided to self-healing and freedom from stress.



# INTUITIVE HEALING POWER

by Dr Irina Webster



## **Secrets to Getting Pregnant** Author: Dr. Irina Webster

is rich in Practical information and effective strategies on how to get pregnant if you have difficulties conceiving.

Discover the principles to falling pregnant naturally from women who succeeded despite long years of trying even after failing many medical tests and procedures regarding their inability to conceive.

This book will show you: Different methods to fall pregnant faster with no side effects, pain or discomfort.

Specific ways to fall pregnant according to different situations and medical conditions.

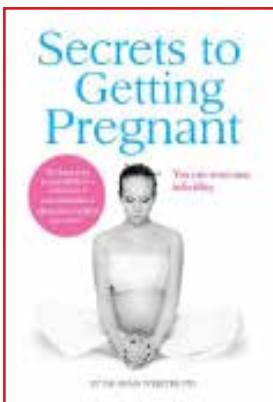
Natural ways to fall pregnant in older women or in cases of unexplained Infertility.

A way to a harmonious life as a women, a wife and as a mother using the energy of your own cycles.

You learn to use the cycle's energy instead of letting this energy dominate you.

Natural ways to improve your health as a women which is the key to a healthy pregnancy.

A unique way to balance your conscious and subconscious minds, preparing them for motherhood and for attracting a child into your life.



# INTUITIVE HEALING POWER

## by Dr Irina Webster



### Healthy Pregnancy from A to Z

**An Expectant Parent's Guide to Wellness** Author: Dr Irina Webster.

**Amazon Best Seller 2015**

Pregnancy is an exciting time. But it can be hard to cope with different advice from tender-hearted family and friends who want you to have a Healthy Pregnancy.

Questions arise such as what is healthy to eat? Should I exercise and how? What life style should I have? What to believe in while pregnant? What about relaxation and maintaining good relationships ? Are pre-pregnancy preparations important? This book is a deep exploration of the most important question "How to Be Healthy during Pregnancy?" And it shows you a way to health and wellbeing while expecting a child.



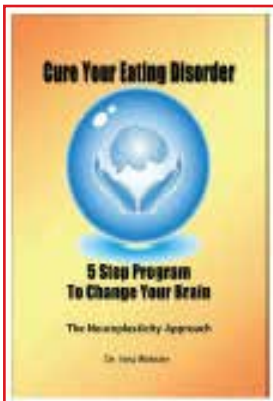
Reading this book you will discover:

- ▶ 5 Healthy Pregnancy Principles.
- ▶ The healthiest things to do each month during pregnancy.
- ▶ Your baby's development, what they can do and what they can sense each week throughout the duration of the pregnancy.
- ▶ 21 Best pregnancy foods.
- ▶ How to maintain your sex life during pregnancy.
- ▶ 7 healing meditation techniques for pregnancy.
- ▶ Special exercise complexes during pregnancy.
- ▶ Beneficial yoga poses for different stages of pregnancy.
- ▶ 13 ways to bond with your unborn child.
- ▶ The safe herbal remedies to heal pregnancy complaints.
- ▶ Natural ways to keep your skin, hair and teeth beautiful during pregnancy.
- ▶ How to love your pregnant body.
- ▶ Several techniques on self-massage to heal and rejuvenate you during pregnancy.
- ▶ How a father-to-be can be a loving partner and a caring dad.
- ▶ How to quit your bad habits during pregnancy.
- ▶ How music can benefit your pregnancy and what kind of music you should avoid when expecting.
- ▶ Steps to ensure a healthy birth and fast, natural recovery.



# INTUITIVE HEALING POWER

## by Dr Irina Webster



### **Cure your eating disorder** Author: *Dr. Irina Webster*

The Most Advanced Treatment Method for Anorexia-Bulimia: Now Anyone Can Effectively Achieve the Brain Changes Needed to Stop Their Eating Disorder, Forever.” There is Help for your Eating Disorder it’s called – Neuroplasticity. Dr Irina Webster has been at the forefront of research into eating disorders ever since she was a student doctor. You see: Dr Irina was not only studying to be a doctor, she was also a sufferer of anorexia and then bulimia for many years. Dr Irina knows both sides of these disorders, she understands the overwhelming ED urges that can strike a sufferer. She totally understands the bad feelings, emotions and self loathing behind anorexia and bulimia, that keeps the sufferer locked in.



### **Mom, Please Help** Author: *Karen Phillips*

When Karen’s daughter nearly died in hospital from Anorexia-Bulimia she was absolutely determined to find real help for this dreadful disease. Karen had gone through all the conventional avenues before taking things into her own hands. Karen was just a simple mother who in the face of great adversity followed her own feelings and intuition to come up with a plan to rid her daughter of this insidious condition when all else failed. This book is the culmination of what Karen did and how she proved many professionals wrong. The book is a must read for people who are trying to deal with Anorexia – Bulimia or a love one, a child or teenager suffering from and Eating disorder. The book has proven to be a number one best seller since we first published this book on the Internet.

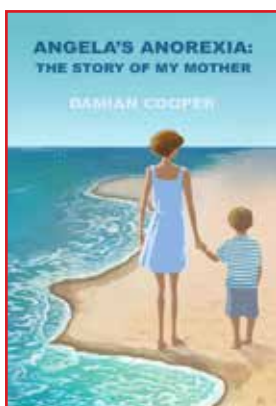


# THE SYDNEY SCHOOL OF ARTS & HUMANITIES

## NON-FICTION

### **Book: ANGELA'S ANOREXIA The Story of My Mother**

*Author: Damian Cooper*



A straightforward, honest and loving account of boyhood, set against a poignant parallel story of a mother's excessive focus on body image, food, diet and exercise.

Damian Cooper's freedom and developing sense of responsibility come to the fore as his mother's anorexia nervosa illness worsens. The mother and son form a close bond and their life together is filled with both joy and sadness. She dies of the eating disorder anorexia when he is just 18 years old.

Angela's Anorexia is a true story showing a boy's experience of growing up fast, caring for his mother while coming to understand her sickness and his need to develop an independent spirit early on.

Told from a boy's point of view, this is a valuable account for any family wrestling with the outcomes of the illness.

#### BIO

Writer Damian Cooper is the manager of a social welfare agency near Sydney which provides support services to vulnerable and disadvantaged youth.

# THE SYDNEY SCHOOL OF ARTS & HUMANITIES

## FICTION

### **ARCO The Legend of the Blue Vortex** *Author: Ferdinando Manzo*



An adventure story, ARCO explores man's battle with the sea in an attempt to seek solace.

The story is set in two different eras: on the high seas among ancient pirates and in contemporary Europe ravaged by war. The legend of the blue vortex – a door into another world – is the central focus of both periods. Commander Arco is at the centre of the search for the blue vortex as legend has it he was the only man who ever found it. Those who follow him are drawn to re-enact the legendary search for eternal life.

A romantic story, it also raises philosophical questions about love and the purpose of life.

The narrator, devastated by the loss of his lover, tells a tale of suspense and intrigue as he attempts to recover his love.

#### BIO

Italian novelist Ferdinando Manzo has written a companion short story to his novel published in Italy earlier this year, L'UOMO CHE SALVÒ IL MONDO. He lives in Sydney and satisfies his passion for cooking through his work as a chef.

# THE SYDNEY SCHOOL OF ARTS & HUMANITIES

## MEMOIR

### **BURMA MY MOTHER And Why I Had To Leave**

*Author: Sao Khemawadee Mangrai*



Myanmar's future is informed by its past - and BURMA MY MOTHER tells it the way life was lived.

A valuable story of living through good times and bad in Burma, now known as Myanmar, before an escape to a new life of freedom.

Author Sao Khemawadee Mangrai's husband was imprisoned for 5 years, and his father was shot and killed sitting alongside independence leader, General Aung San, when he was assassinated.

Khemawadee's sad memories are also infused by the beauty of the country and the grace of Myanmar's Buddhist culture. The diaspora of her family members across the globe is representative of Burma's suffering and resilience.

Review comments include: 'Unique among stories of exile,' and 'An extraordinary life told with clarity, gentle humour and revealing an inner strength'.

#### BIO

A Burmese Shan, Sao Khemawadee migrated to Australia with her family in 1991.

A committed Buddhist, she carries out traditional religious practices.

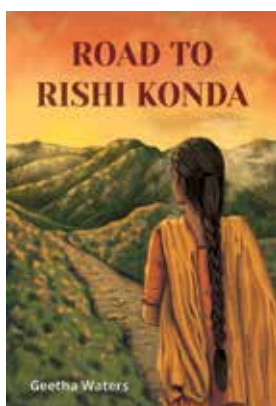




# THE SYDNEY SCHOOL OF ARTS & HUMANITIES

## MEMOIR

### **ROAD TO RISHI KONDA** *Author: Geetha Waters*



**Blurb:** A memoir of insight and charm, with a serious educational purpose. Author Geetha Waters recounts delightful and stimulating stories from her childhood to throw light on the work of the philosopher J. Krishnamurti as a revolutionary 20th century educator.

At once fascinating and enchanting, Geetha Waters' stories centre on a girl growing up in Kerala and Andhra Pradesh in the '60s and '70s. Descriptive landscapes of village life are a central aspect of the writing.

Written from a child's perspective, the tales of awakening to life offer the reader an opportunity to appreciate how all children learn, as they draw on a deep well of curiosity that needs to be respected.

A must read for all teachers of young children, parents included.

#### BIO

After 30 years living in Australia, Geetha Waters now uses her stories in a teacher training program based on interactive education for South Indian children.

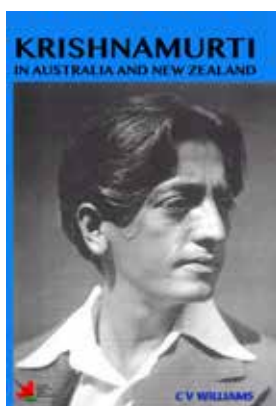


# THE SYDNEY SCHOOL OF ARTS & HUMANITIES

## MIND, BODY AND SPIRIT

### **A JOURNAL OF SELF DISCOVERY**

*Author: Christine Williams*



Author Christine Williams describes the unusual events, sights and sounds she experiences over a period of several months as she undergoes treatment for back pain by a Zen Thai Shiatsu bodywork masseur. In an 'Age of Aquarius' revelation, she gains an understanding of the intrinsic integrity of mind and body, and explores dimensions of the physical and spiritual by tapping into a spirit of trust and generosity, both given and received.

The narrative takes the form of journal accounts of experiences of the senses and reflection on one's identity or 'self', in seeking to answer the question, 'Who Am I?' Set in Australia's tropical north, the story offers glimpses of natural beauty and drama which can be shared by soul seekers all over the world.

Bio: Sydney writer Christine Williams has been published in the genres of life writing and short story in Great Britain, India and Australia. After writing biographies of internationally acclaimed figures such as novelist Christina Stead and the philosopher J. Krishnamurti, she has more recently turned her attention to the inner workings of the spirit.



## WILLIAM WEBSTER AND DR IRINA WEBSTER

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