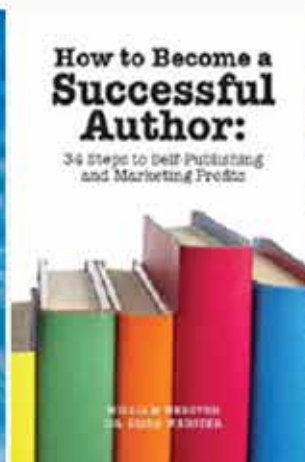
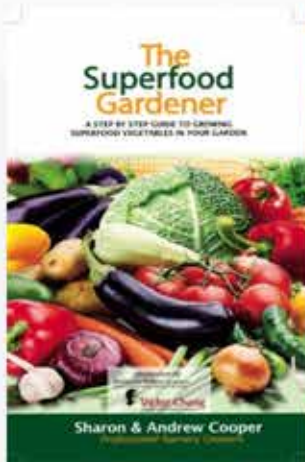




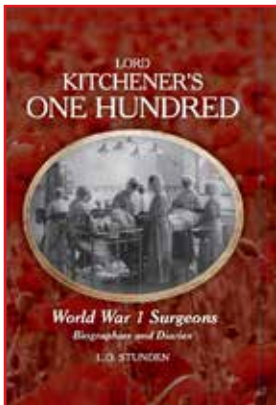
AUSTRALIAN SELF PUBLISHING GROUP

FRANKFURT 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Major General JF Rowan OBE QHS: "Using personal diaries, letters and unpublished memoirs, we get an insight into the experiences of these doctors as they joined their first Regiment or Medical Unit; some not being as welcoming as others.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."

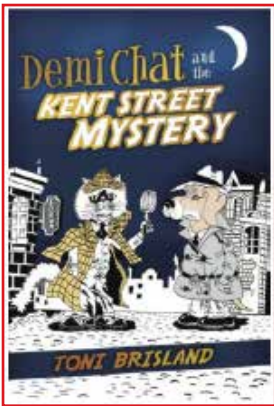
Index: www.australiandoctorsww1.com



Children

Author: Toni Brisland

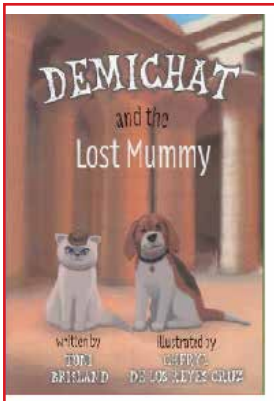
Demi Chat, trilogy.



Book 1: Kent street Mystery

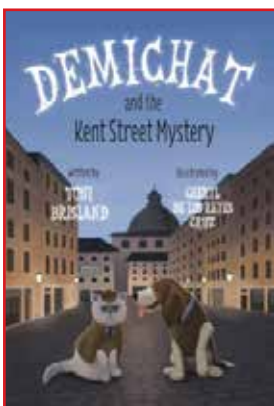
DemiChat is a French feline and former jewellery model with a penchant for mystery and a love of Sherlock Holmes. Lord Flannery Beagle is a retired police dog not yet ready to hang up his badge.

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.



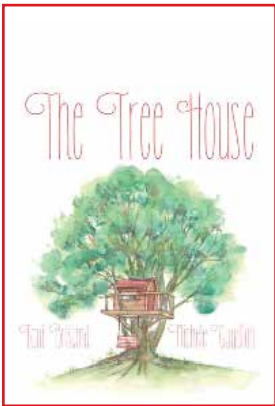
Book3 : Kent Street Mystery

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.

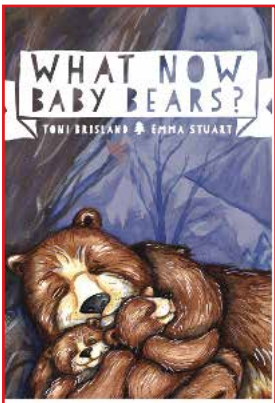


Children



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.

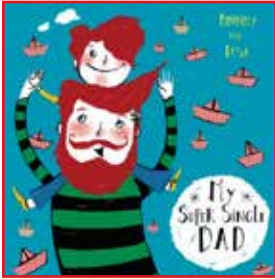


What Now Baby Bears *By Toni Brisland*

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



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.

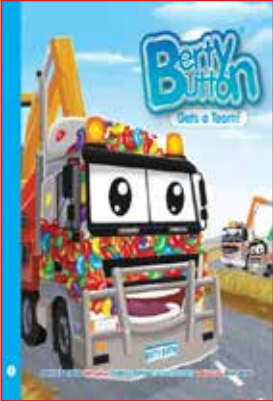
Written in a simple verse style (appealing to children and with beautiful illustrations by Muntsa Vicente) the story conveys the message that it doesn't matter the makeup of your family, as long as you are happy and loved.



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



Berty Button gets a team, Book1 Author: Marina Bertolino

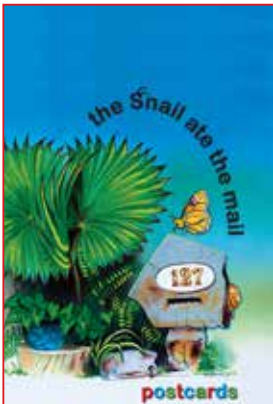
Berty Button Gets a Team! is the first storybook in a series of eight, which introduces the unique and engaging truck caricatures named Berty Button, Quartez and Mini Bert all of whom have exciting adventures during their working day carting interesting products around Australia. The best part is the 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.



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?

Children



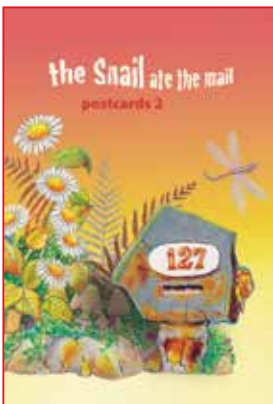
Book 1:

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



The Magic Mail Fairy.

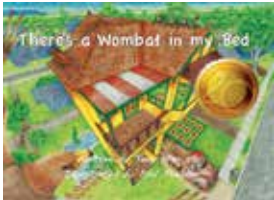
Author: Sonia Audoly

The Magic Mail Fairy is a pixie little character that uses pen and paper to write enchanted messages.

She happily twirls around her colours, cards, stamps and pencils. And she is magically transforming dreams and wishes into sunshiny words and envelopes that are delivered to the children she cares for. The Magic Mail Fairy is a book that embrace the slow mail movement in a moment where we are crowded by fast emails and instant texts.

An enchanted story that will encourage children and grown-ups to rediscover the extraordinary power of words, the pleasure of hand writing and the positive effect of nice iridescent thoughts. Switch on the magic, embrace the slow mail and make your kids dream.

Children



Author: Tony Harris
Wilbur Wombat Series,



01 There's a Wombat in my Bed
A group of Australian animals cause chaos in the house



02 Wilbur Wombat's Walkabout
The friendly wombat goes on holiday to iconic locations in Australia



03 My Wombat's Back!
Wombat comes back from holiday and joins the family



04 Wild Woolly Wombat Sports
Wombat tries various Australian sporting activities



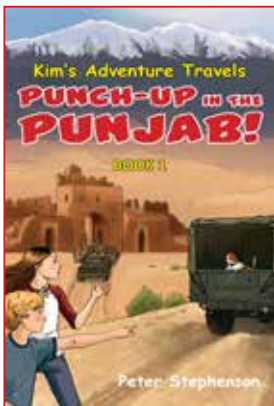
05 Wombat's Friends
We are introduced to some larger animals in the Australian bush



06 Wombat's World
We are introduced to smaller animals in the Australian bush.



Children 8 to 12 years



Book 1

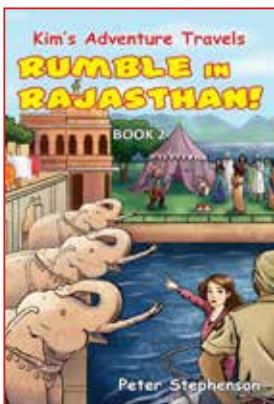
Punch-Up in the Punjab! Author: Peter Stephenson

During school holidays, the Cook family, led by Kim their fearless Jack Russell Terrier, travel the length of Pakistan, initially on holiday. However, they are soon embroiled in tracking down thieves who have stolen "The Dancing Girl" and "The Priest-King" figurines from the lost city of Mohenjo Daro. Kim has taken off in the back of the thieves' truck, determined to save the day and the stolen artefacts.

As one of the several sub-plots along the way, the family rescues a girl who has been kidnapped and forced to dance for a band of travelling entertainers. So now the double-chase is on. The family chases the thieves while the baddy entertainers chase the family!

The Cooks finally catch up with the thieves in the dizzy heights of the Himalayas where there's one of several showdowns!

Can Kim save the day?



Book 2:

Rumble in Rajasthan Author: Peter Stephenson

During school holidays, the Cook family travel to India, led by Kim their fearless Jack Russell Terrier

After a thrilling visit to the the Taj Mahal, Charlie and Kim amuse the tourists by playing tricks in the gardens, which results in their being kidnapped by a travelling gypsy circus! They are taken away and forced to perform circus tricks at different locations, with the family in hot pursuit.

En route, Charlie makes friends with one of the gypsies, Divya. It soon turns out that the circus is managed by cruel tyrants. Divya and Charlie plan how she can break away with some of the other circus performers.

Can Kim save the day?



Children 8 to 12 years



Book 3, **Eureka in Europe!** Author: Peter Stephenson

During school holidays, the Cook family led by Kim their fearless Jack Russell terrier, takes a European trip, initially visiting Paris and Lake Annecy and then on to Venice. There, they board a cruise ship and sail down the Croatian and Greek coasts, stopping off at several ports and islands on the way.

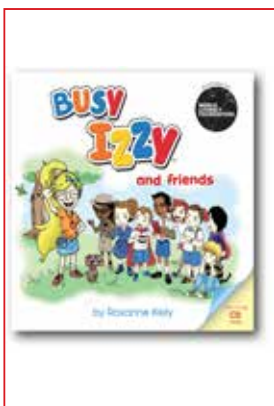
On the cruise, daughter Sam and Kim are forced by Mr Big to steal artworks at the various museums and historical sites they visit. He threatens he will harm her brother Charlie if they don't: "The ocean is wide and deep!"

The pair takes on a variety of different art-heists, most of them successfully, but with the inevitable hiccups.

The rest of the family is oblivious to what's going on, until the very end.

While this book is high adventure, They also have solid moral underpinnings; is an authentic travelogue (the places explored can be looked up on the web), and offers genuine insights into the local customs, food and culture.

Designed for 8 to 12 year olds, these books are not only a great read for youngsters, but also for their parents, grandparents and schoolteachers!



Book 1: "Busy Izzy and Friends"

Book 2 "Busy Izzy and Newly Truly - The Big Surprise!"

Author: Roxanne Kiely

Busy Izzy and Friends, by Roxanne Kiely and illustrated by Jeessoo Kim, is a great new story book about the adventures of a 12-year-old girl and her diverse group of friends. As book one in a ten-book series, the story will capture the imagination of young readers.

The intelligent and creative world of Busy Izzy, whom the author describes as a modern day Mary Poppins, and her 8 friends, contains not only imaginative stories, featuring playful rhythms and rhymes, but also healthy recipes and catchy songs.

This exciting book and CD is for 3-8 year olds who love music, fun and challenging experiences with friends.



About Author.

In 2012, Roxanne created the Busy Izzy series featuring a 12 year old girl, her eight friends and a little puppy called Newly Truly.

The stories use rhythm and rhyme and include healthy recipes. Book one, in the ten book series, "Busy Izzy and Friends", features a CD of exciting songs, written by Roxanne and her husband Stephen Kiely. Book two "Busy Izzy and Newly Truly -

The Big Surprise!" Sees Busy Izzy, becoming aware of the plight of the poor forgotten animals which pass through the SPCA

(The Society for the Prevention of Cruelty to Animals) These exciting children's picture and song books are for 3-8 year olds, who love stories, music, fun, puppy dogs and challenging experiences with friends.

Prodigiously creative, Roxanne has used her talent in a variety of fields including song writing, poetry writing and children's stories.

An award winning songwriter, she has released two albums of original music, has had songs featured on international television programs and, more recently, on a popular ABC compilation.



Non-Fiction, Children's

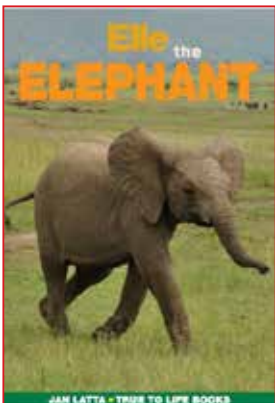
TRUE TO LIFE BOOKS



OLLIE THE ORANGUTAN

Author: Jan Latta, wildlife photographer and publisher

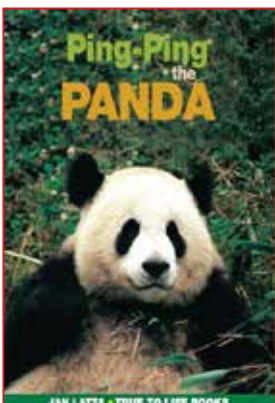
To create this book I travelled to Borneo, hired a guide and went up the river each day to search for orangutans. It was a struggle hiking through the jungle. I was always covered in mud, and I didn't like the leeches. But my reward was taking photographs of the orangutans to tell their story about their survival. I spent hours taking photographs of a mother and baby by the water's edge and surprised when a female went to play in the river. Sometimes animals help me write my book when I observe their behaviour in the wild. The book has maps, interesting facts, fun activities and connected to educational videos.



ELLE THE ELEPHANT

Author: Jan Latta, wildlife photographer and publisher

To create the elephant book I travelled to Africa and India. In Africa, I met my guide in Amboselli and followed herds of elephants taking photographs to tell their story. Then to Samburu where I had a few heart-stopping moments with elephants by the river. Next, the Maasai Mara where some elephants were gentle, some cranky, some let me get close and others charged the jeep. In India, I photographed elephants so children could see the difference between the Asian and African elephants. There are maps, interesting facts, fun activities and educational videos.



PING-PING THE PANDA

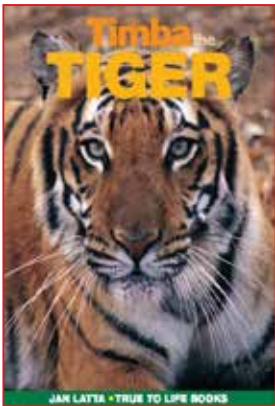
Author: Jan Latta, wildlife photographer and publisher

When I read about 16 baby pandas born at Wolong in China, I knew I had to photograph and write about them. I went to Chengdu, hired a Chinese driver and interpreter, and we travelled up the mountains to Wolong. The pandas were very funny and tried to climb my legs. It was a privilege to be so close to these beautiful endangered animals and to tell their story. There are maps, interesting facts, fun activities and educational videos.



Non-Fiction, Children's

TRUE TO LIFE BOOKS



TIMBA THE TIGER

Author: Jan Latta, wildlife photographer and publisher

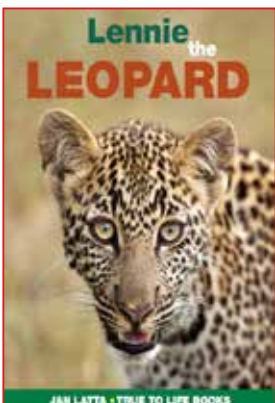
This was a very difficult book to create because I couldn't find a tiger to photograph in the wild. I spent many months researching areas where tigers had been sighted in India, but when I arrived, there were no tigers to be seen. Then I went to Kipling Camp in the Kanha National Park. One morning my guide found fresh pug marks in the sand. We followed the footprints and a female tiger came out of the jungle. She was hunting for her small cubs hiding in the forest. Later I photographed a magnificent male tiger. It was so exciting to tell his story in photographs and words. There are maps, interesting facts, fun activities and educational videos.



LENA THE LION

Author: Jan Latta, wildlife photographer and publisher

The first time a huge lion walked past my jeep, just a metre away, I was breathless with fear. When I realised he wasn't going to jump into the jeep, I relaxed and spent many hours taking photographs and writing about lions in Africa. Lion cubs are so entertaining and they're always getting into mischief, biting mum's tail and annoying dad. One morning in the Maasi Mara, I had a huge lion close to my tent. It was exciting and terrifying! There are maps, interesting facts, fun activities and educational videos.



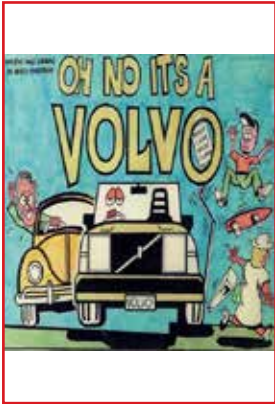
LENNIE THE LEOPARD

Author: Jan Latta, wildlife photographer and publisher

This was a difficult book to create because I couldn't find a leopard to photograph in the wild. I searched for the elusive leopard for 15 years. After eight trips to Africa I had a few photographs, but not enough to tell the leopard's story. Then I joined Jonathan Scott in the Maasi Mara, Africa. I usually travel alone, but this was a great opportunity to have Jonathan as a guide. Later I heard about leopards in Yala Park in Sri Lanka. I lived in a tent by the river and it was a great experience. After many years of searching I had the photographs to tell the leopard's story. There are maps, interesting facts, fun activities and educational videos.



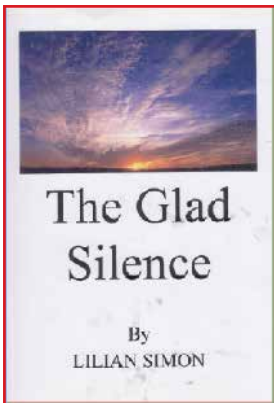
Wit and Humour



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.

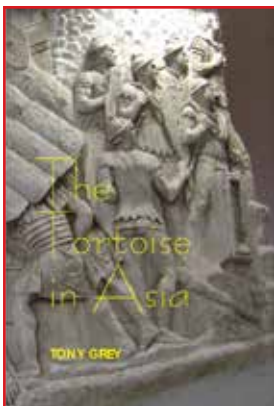
Historical Fiction



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.



The Tortoise in Asia *Author: Tony Grey*

The Tortoise in Asia is an historical fiction based on a legend popular in Gansu, the far western province of China.

Some people there have Caucasian features, a curiosity that has given rise to a thriving tourist attraction based on the belief that they are descendents of Roman legionaries who travelled along the Silk Road.

It is an adventure story beginning with the lead up to the battle of Carrhae (in Anatolia) in 53 BC.

Marcus, a young and upwardly mobile centurion tutored in the Greek classics is the adviser to Crassus, the general in charge of the Roman invasion of Parthia (ancient Iran). He gives self-interested advice and the Romans lose the battle. Crassus (from whom the word "crass" is derived) suffers a grisly fate.

Historical Fiction

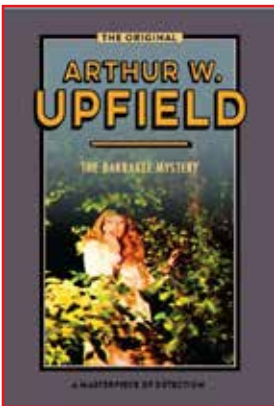


Jerome and His Women. Author: Joan O'Hagan

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.

Fiction Detective



The Barrakee Mystery. Author: Arthur W. Upfield

An Inspector Bonaparte Mystery # 1 featuring Bony, the first Aboriginal detective

Why was King Henry, an aboriginal from Western Australia, killed in New South Wales?

What was the feud that led to murder after nineteen long years had passed? Who was the woman who saw the murder and kept silent? This first story of Inspector Bonaparte takes him to the Darling River bush country where he encounters those problems he understands so well – mixed blood and divided loyalties.

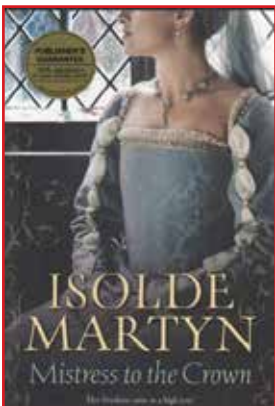
The first of 29 Bony novels, published in 1930. Over 50 million BONY books have sold in English. Not yet published in China.

Soon to be a new TV series.



Historical Novel

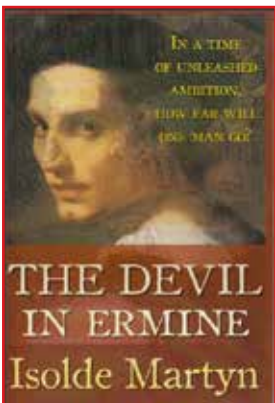
Mistress to the Crown Author: *Isolde Martyn* Published by *Harlequin Mira* in *Australia, New Zealand, UK and Germany.*



Nobody knew who she truly was until recently so it has now been possible to flesh out the real person. Her name was Elizabeth Lambard.

She was the daughter of one of the London sheriffs, a leading merchant, and she was married in her early teens to William Shore, a frigid man twice her age. She managed to get a divorce with the king's help. When King Edward died, his brother King Richard III had her thrown into prison for treason but Richard's Crown Solicitor fell in love with her and by marrying her was able to free her.

Sir Thomas More wrote of King Edward's affection for her: 'Many [women] he had, but her he loved'. That's a wonderful heart-warming description of one of history's most lovable heroines.



The Devil in Ermine Author: *Isolde Martyn*

The novel is set in the year 1483 when Richard III deposed his nephew and became King of England.

The major character is Richard's cousin, Harry, Duke of Buckingham and the story is told in the first person.

Harry helped Richard become king and then turned against him. I wanted to really dig deep into Harry's character and find out why.

What went wrong between these two men?



Novel

The Secret of Hanging Rock.

Author: Joan Lindsay

Commentaries: John Taylor.

Final unreleased Chapter, Picnic at Hanging Rock.

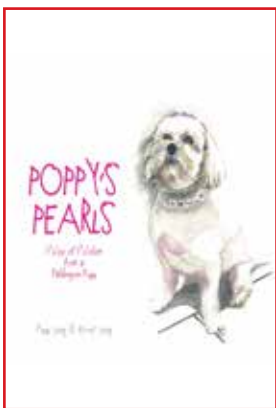


Joan Lindsay's classic novel Picnic at Hanging Rock is a subtle blend of mysterious and sinister events set in a period of Australian social life drawn with loving nostalgia. The final chapter of the novel was removed at the request of her publishers, creating a mystery to which thousands have begged to know the solution. The missing chapter reveals what did happen to the schoolgirls who vanished from the Rock after a St Valentine's day picnic in 1900, and holds commentaries by John Taylor, Yvonne Rousseau and Muclrooro.



Gift Book

Poppy's Pearls Authors: *Poppy Long and Kerrie Long*



Poppy's Pearls is a thought-provoking, philosophy on life told through the soulful eyes of an adorable puppy. Through memoir, pearls of wisdom, loving letters and poetry she explores universal themes - family, friends, home, work & play with a fashionable and stylish twist. It is a book to remind us in this fast paced world to slow down and appreciate our journey.

Poppy's Pearls will appeal to anyone who has ever experienced the unconditional love of a dog or loved a dog from afar. She is their voice of gratitude to let us know how much we are appreciated and our love reciprocated. Though she speaks with a young voice, she is an old soul. Poppy sees the world with childlike innocence yet has the knowing wisdom of someone who has 'lived life'. You may just see your own life reflected back at you from this tender-hearted puppy.

Poppy's Pearls is a gift book for all ages.

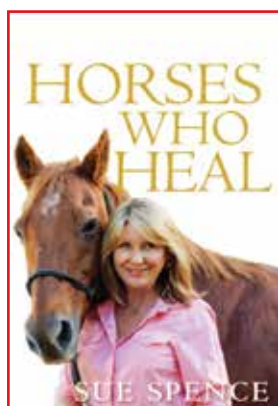


Non Fiction

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.

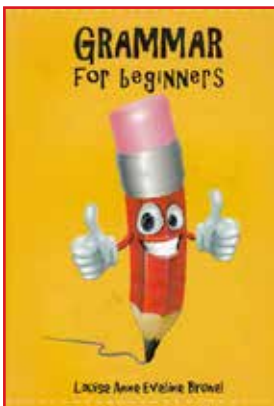


Horses Who Heal *Author: Sue Spence*

Horses Who Heal is the story of one woman's deep love for horses and the powerful life lessons they've taught her along the way. With Sunny always by her side, Sue's equine team are inspiring others on their own journey of healing, helping thousands of people - from juvenile offenders to company CEOs - discover the power of communication, using more than just words.



Non Fiction TEACHING



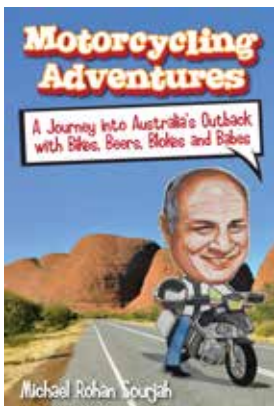
Grammar for Beginners Author: Louise Brunel

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

:
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.



Non-fiction, Travel

A Wog Abroad

Author: Simon Sultana

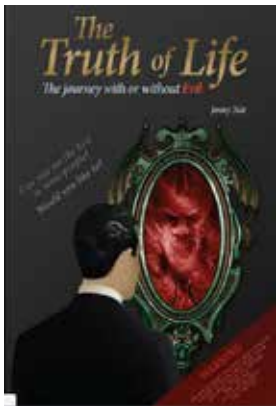


After taking a well earned holiday, for the first time in 6 years. Simon Sultana an accomplished Security Officer will get out of his comfort zone leaving his family and close friends behind for a month travelling alone halfway across the globe to the USA for his first ever solo overseas trip. From the bright lights of Las Vegas, the chilly snow peaked ridges of the Grand Canyon, the sleepy country towns of the Deep South, to the hustle and bustle of New York City with his new found travel buddies in tow, read as Simon navigates the USA with a detailed description of his encounters with the local people, his buddies as well as learn some interesting cultural facts and travel tips about the USA as well as the UAE, along the way through the eyes of a Maltese Australian.

You will also learn about facets of his working life as a security officer and his martial art journey spanning almost 15 years."



Non-Fiction, Domestic Violence/ Bullying



The Truth of Life: The true journey with or without Evil.

Author: Jonny Nat

If Your Life was at Risk, wouldn't you want a "Heads Up"?

Domestic Violence / Self Harming / Suicide / Suicide Murders (can be something of the past)!

Why be held in a Possessive Prison when you're "Innocent"!

Are you literally Sleeping with The Enemy?

Is Your True Love, Your True Love?

If you think you're married to an Alien? You probably are and you're not alone!

School is out for most people, but not for the Bullies!

Did You Know Bullies can affect their Victims "Whole Life" not just the Schooling years?

Are your Children "Suffering in Silence"? (No Child Should)!

Are you Afraid in a "Forced" Relationship or Friendship?

Are you living your "Own" Life or someone else's?

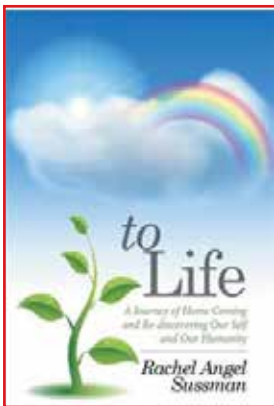
Do Soul Mates really exist? Is Romance Fading Away?

You have a choice with Life, Don't let The Evil Choose for You!

The Demons will enter if you let them!



Self Help, Motivational

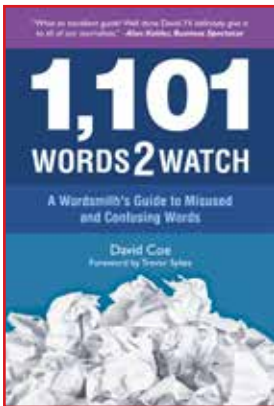


To Life - A Journey of Home Coming and Re-discovering Our Self and Our Humanity Author: *Rachel Angel Sussman*

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.



Self Help, Learning, English



1101 words2watch. Author: David Coe

Use the right word every time

English can be a minefield of embarrassment even for professional writers when the wrong word is used.

In this wonderfully simple book, veteran journalist David Coe helps wordsmiths untangle many confusing and misused words.

It is a must-have book for business writers, analysts, journalists, academics and executives.

Flick through it and see how easy it is to use the right word every time. It will never leave your desk.

Test yourself

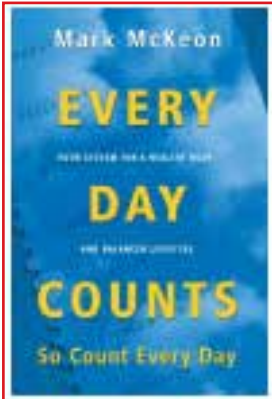
Do you know the difference between:

- Affect and effect
- Continual and continuous
- Comic and comical
- Forgo and forego
- Historic and historical

- Its and it's
- Infer and imply
- Naught and nought
- Obsolete and obsolescent
- Tortuous and torturous

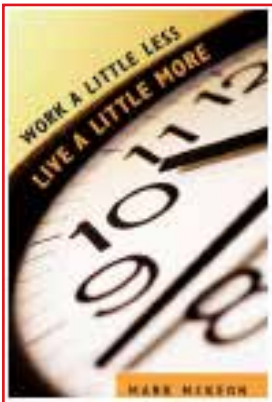


Non Fiction Self help



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.

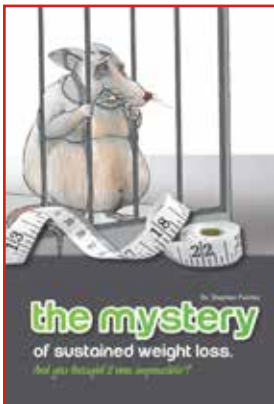


LIFE TIPS Author: Mark McKeon

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.



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



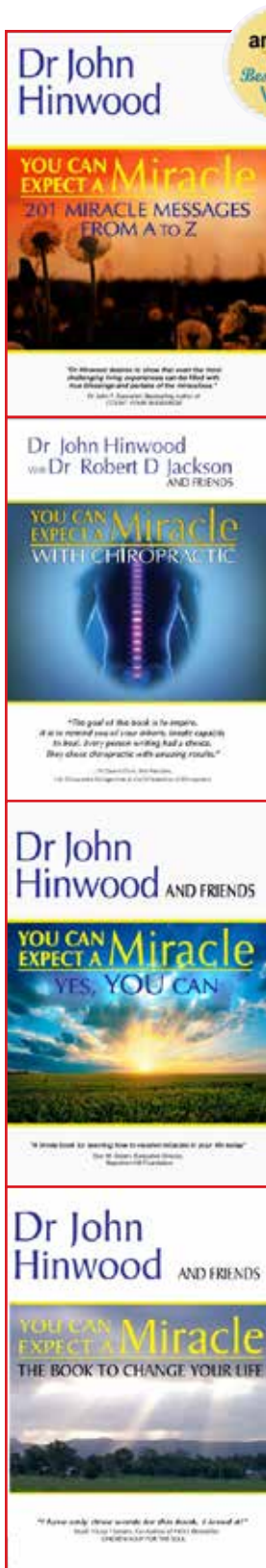
Second Chance for a love to Last Author Gillian Anderson.

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



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.

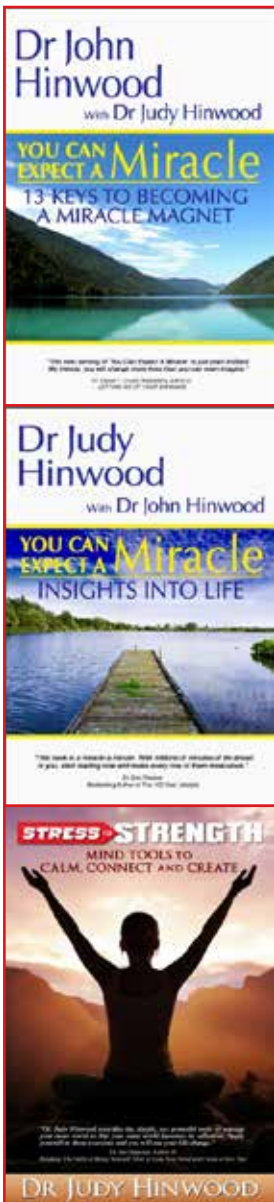
Get Off the Stress Tightrope Getting yourself free from walking the stress tightrope will make you more money, save relationships and enhance your health. It's easy when you have the tools.

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

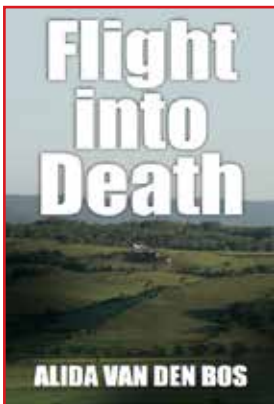


The Fairway Within Author: *Peter Lightbown & Cecilia Croaker*

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.



Fiction



FLIGHT INTO DEATH *Author: Alida Van Den Bos*

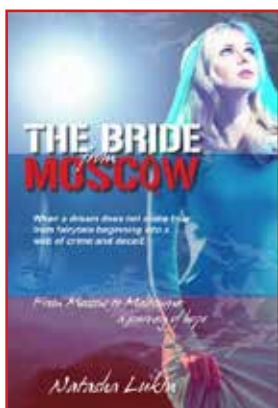
Drug trading ex husband and rigged plane crash haunts readers in new crime thriller, 'flight into death' her family lost their lives when a cessna aircraft went down in flames. the crash was rigged and now her drug trading exc-husband will stop at nothing to make her next in line.

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.

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!

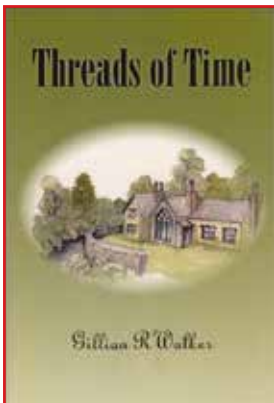


Enchanted Incognito. Author: Drishti Nanwani

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



Fiction, for Mature age readers



Threads of Time Author: Gillian Scott

Anglo-Aussie author writing for mature age readers!
Gillian Walker is a published author of several popular non-fiction science books arising from her career as a biologist.
She is also an internationally recognised botanical artist.

Now she is writing fiction based on some interesting life experiences, under the name Gillian Scott.

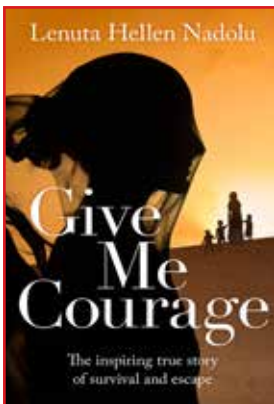
Her first novel is called: Threads of Time.
It includes crosswords, academic politics, middle-aged parenthood and ESP.
A good read will be had by all.
Contact the author on gillians12o2@gmail.com



MEMOIR

Give Me Courage.

Author: Lenuta Hellen Nadolu



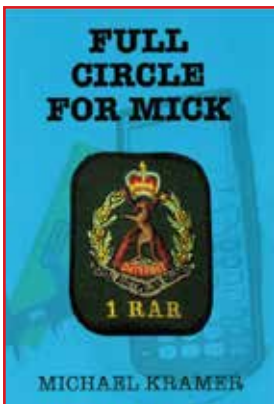
Here in Africa, two wives is nothing. You white people just have affairs. You lie and cheat. At least we're honest.'

Lenuta "Hellen" Nadolu has led a tumultuous life. A strong-willed free spirit, she was born and raised in communist Romania, where women were supposed to know their place. At the age of nineteen, her life changed when she started seeing a handsome African doctor named Victor and fell pregnant. To avoid the wrath of Hellen's domineering father and an unforgiving community, the couple married and then, against everyone's advice, moved to Ghana. But Africa was nothing like Hellen had imagined: Victor considered her merely a possession with few rights and expected her to turn a blind eye to his affairs. Pushed to the brink, Hellen made a desperate decision – she would get a divorce and smuggle her three children out of the country. But no Western woman had ever divorced a Ghanaian man – let alone been granted custody of the children – and Victor's powerful family would not give her up without a fight...

Give Me Courage Book is an inspiring true story of survival and escape.



FICTIONALISED, PSYCHOLOGICAL EFFECTS OF WAR.



Full Circle for Mick

Author: Michael Kramer

Full Circle for Mick is a fictionalised story (based on Mick's experiences) of unbridled bureaucracy, its aftermath, how it was fought, the first signs of PTSD, its treatment and final diagnosis and self help strategies, as well as the hero finally returning to Vietnam as a qualified engineer in order to help to rebuild the country that he once helped to destroy as a young Australian Infantry Officer.

"Great book for those that have an interest in the effects of war on soldiers. Gives a lot of insight into what happens when they come back especially after the Vietnam War. The psychological effects can be and are devastating. The fighting didn't end when he was sent home, continued on with the escalating symptoms of PTSD. Everyday was a struggle but he fought to overcome."

Kristy W.

"Everybody loves an underdog, and this guy seemed to be one all his life. I loved the kid that he was, getting into fights all the time because he wouldn't take crap from anyone. I loved that he was loyal to his dad, even though the guy was a jerk. I rooted for him when various people tried to stick it to him, especially that lot at Australian Immigration."

Ikay Moreno



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.



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

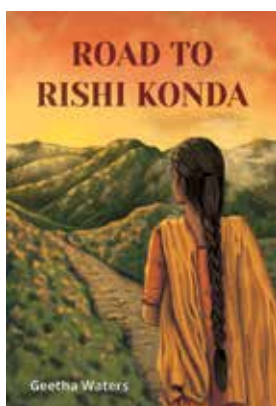
A Burmese Shan, Sao Khemawadee migrated to Australia with her family in 1991.

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.

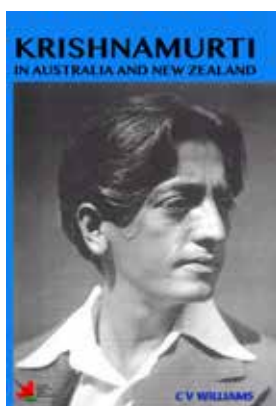


THE SYDNEY SCHOOL OF ARTS & HUMANITIES

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.



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