



**ROCKPOOL**  
**PUBLISHING**

**2013-2014**  
**CATALOGUE**

[www.rockpoolpublishing.com.au](http://www.rockpoolpublishing.com.au)

Dear All,

Rockpool Publishing is an independently owned Australian publisher specialising in Mind Body Spirit, Family and Health, with a growing list in Sport and Recreation. In our seventh year of operation, we love to publish books that touch a chord in society, books that nourish the soul, promote thought, stimulate discussion and help people.



Over the last seven years we have developed a home for Australian Mind Body Spirit authors that promotes how-to and inspirational books, CDs, eBooks and cards. We are very proud to have some of Australia's most highly respected and Internationally known Mind Body Spirit authors on our list, including Stacey Demarco, Inna and Paul Segal, Belinda Grace, Scott Alexander King, Debbie Malone, Jade-Sky, Rachelle Charman and many more.

In the last 12 months we have added new sales representatives in Asia and Eastern Europe and we are building stronger partnerships with local distribution companies in Australia and New Zealand.

This year has seen more of our books translated into Spanish and for the first time our products have been translated into Chinese, Norwegian and Danish. We have some great titles coming in 2014, and aim to take our Australian authors to all parts of the globe.

We would like to thank you for supporting Rockpool Publishing. If you would like to know more about our books, authors, where you can find our product, or even enter into some great monthly competitions, then please join our monthly newsletter on our website, or follow us on our Facebook page: [www.facebook.com/RockpoolPublishing](http://www.facebook.com/RockpoolPublishing).

Regards,

**Lisa Hanrahan**  
**PUBLISHING DIRECTOR**

# MIND BODY SPIRIT

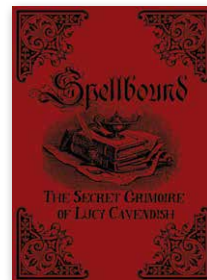
## Spellbound

Finally a book of spells to empower you!

Come on a mystical journey with Australia's most loved and respected witch, Lucy Cavendish, as she takes you into the secret world of spellcasting. Watch your life become the magical experience it was always meant to be.

Learn how and why spells work; history of spells; magical symbols to use in your spells; dressing magically; rules of spellcasting.

LUCY CAVENDISH is a natural white witch who works magic every single day of her life. Lucy Cavendish created *Witchcraft* magazine in 1992, the first magazine of its kind in the world. She is a feature writer for *Spellcraft Magazine*, *Spheres*, and has appeared in anthologies like *Disinformation's Pop Goes The Witch!* She appears regularly on mainstream and alternative television and radio, explaining the Craft and demonstrating magicks and the power of intuition. She is a founding member of the Goddess Association in Australia.



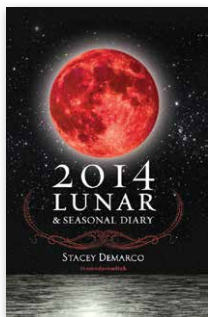
**Category:** Magic, Spells and Alchemy

**Pub Date:** Nov 2013

**RRP:** \$24.99

**ISBN:** 978-1-925017-15-1

**Format:** Paperback book: 215mm x 155mm, Book of 200 pages cream paper with black line illustrations throughout + 8pp ends + flexi case + ribbon marker + H&T bands  
**Territory:** World



## 2013 Lunar & Seasonal Diary

Written by Australia's most trusted witch, Stacey Demarco, this beautifully produced lunar diary follows the success of the 2011, 2012 and 2013 *Lunar & Seasonal Diary*. The diary offers daily explanations of the moon and the impact it has on humans, with practical magical suggestions to get the most out of the energies of the season. It features seasonal spell casting and timings, as well as original spells for specific moon phases tailored to the southern hemisphere.

STACEY DEMARCO is an internationally respected spiritual practitioner, metaphysicist, witch and teacher from Sydney, Australia. Her passion is to make practical magic accessible to everyone. She is a regular contributor on all things New Age across television, radio and other media. Stacey appeared on the hit TV series *The One* in 2011 as one of the expert judges.

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

Category: MBS Diary

Pub date: August 2013

RRP: \$24.99

ISBN: 978-1-921878-68-8

Format: Flexibound, 224mm x 158mm, pb, 160pp, 2c x 2c

Territory: World



## Dream Reading Cards

This gorgeous set of 52 cards plus booklet by international bestselling dream author Rose Inserra, will guide you through the symbolic world of dreams. The 22 Theme cards offer interpretations of the most common dream scenarios, from flying to intimacy. The 30 Oracle cards and accompanying guidebook will help the reader interpret secret messages from the subconscious mind and give valuable insights into their personal life.

Category: Self Help/ Dreams; Pub Date: Sept 2013  
RRP: \$24.99; ISBN: 978-1-925017-10-6; Format: 52 Cards; 22 Theme cards, 30 Oracle Cards; Booklet- 52 full colour illustrations, Paperback 129 pages 130mm x 187mm; Territory: World

ROSE INSERRA is the bestselling author of *Dictionary of Dreams*, which has sold over 500,000 copies. She has helped a number of clients interpret their dreams in her capacity of dream group facilitator and is a member of the International Association for the Study of Dreams.

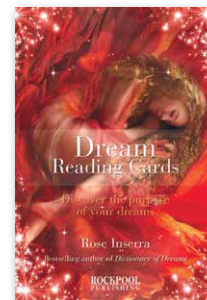


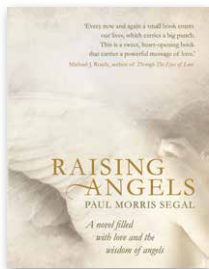
## The Magic of Dreams

Dreams come to us from the same magic as our intuitive skills. We all dream, therefore we can all access our intuition. That same intuition helps us make decisions about our life goals and direction.

Discover how you can intuitively interpret your dream symbols and on waking, use practical self-help remedies to recall the dream's message. You can learn to unlock your dreams and bring them to your conscious mind to process.

Category: Self Help/ Dreams; Pub Date: September 2014; RRP: \$24.99  
ISBN: 978-1-925017-17-5; Format: 234 x 152mm, 240pp, 1c x 1c; Territory: World





## Raising Angels

Imagine if you found a dead angel by the side of the road. What would you do? *Raising Angels* is a charming novel set amongst the warmth, challenges and love of everyday family life. It illustrates how angels can be messengers for peace and love. Become immersed in the characters' lives as they move along an incredible journey of love, loss and hope.

PAUL MORRIS SEGAL is a professional speaker and journalist who has co-authored three books. Paul has led programs on laughter therapy and personal effectiveness for educational institutions, organisations, charities and businesses and is widely published in newspapers and magazines. Paul is based in Melbourne, Australia with his wife Inna Segal and two children.

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

Category: Body, Mind & Spirit; Fiction

Pub Date: June 2013

RRP: \$14.99

ISBN: 978-1-921878-49-7

Format: 160pp, 175 x 135mm, paperback, gatefold flaps

Territory: World

“Every now and again a small book enters our lives, which carries a big punch. This is a sweet, heart-opening book that carries a powerful message of love.”

Michael J. Roads  
Author of *Through The Eyes of Love*

## The Secret of Life Wellness

Heal your body and discover your deepest purpose with this transformative guide to integrating wellness and restorative solutions into your everyday life.

Through her incredibly popular seminars and healing sessions, Segal has been actively sought out for her valued advice, and now, she answers the twenty-four most important questions about your journey to wellness in this essential guide. As you tap into your intuition and let go of old patterns, you will discover a hidden wellspring of energy and a greater capacity to experience joy, presence of being, and sacred connections. *The Secret of Life Wellness* goes beyond prescriptive advice; it creates a healing way of life.

INNA SEGAL is an internationally recognized healer, professional speaker, author, and television host whose clients include doctors, CEOs, actors, and athletes. Bestselling author of *The Secret Language of Your Body*, Segal travels the world for 6 months a year promoting her teaching and products. Her first book has been translated into over 15 languages.

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

Category: Body, Mind & Spirit

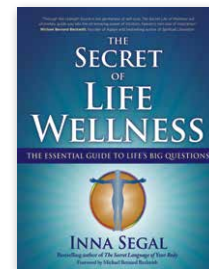
Pub Date: Sept 2013

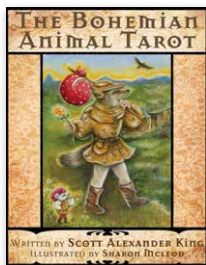
RRP: \$29.99

ISBN: 978-1-925017-12-0

Format: 304pp, 235 x 180mm, paperback, black and white text

Territory: Australia & New Zealand





## Bohemian Animal Tarot

*The Bohemian Animal Tarot* offers a totally unique Tarot experience.

Representing our archetypal aspects as part human and part animal, it explores the fundamental types of people and life situations entrenched in the collective psyche of all people. The humanistic qualities of the Major Arcana may also symbolically represent our emotional and spiritual development from the newborn infant to adult, while the animalistic side could be said to mirror our inherent primordial strengths and weaknesses.

SCOTT ALEXANDER KING is a Shaman, Visionary and Zoomancer — an individual who examines the habits and appearance of animals to help explain or reveal the future path of other people.

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

Category: Mind Body Spirit, Tarot; Animal symbolism  
 Pub Date: February 2014  
 RRP: \$44.99  
 ISBN: 978-1-921878-60-2  
 Format: 80 cards with 192pp guidebook in a box-set  
 Territory: World



## World Animal Dreaming Oracle Cards

The animal energies are presented as beautifully illustrated portraits, with each world animal's meaning clearly interpreted in the accompanying guidebook, allowing you to give and receive accurate readings for yourself and others.

Category: Mind Body Spirit, Animal symbolism

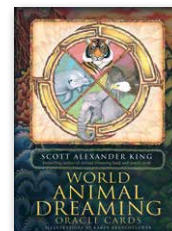
Pub Date: November 2012

RRP: \$34.99

ISBN: 978-1-921878-78

Format: 45 cards with 132pp guidebook and box-set

Territory: World, except France



## Earth Mother Dreaming

An encyclopaedia of all things metaphysical; aura, chakras, the medicine walk, faerie, making a medicine pouch, dream catcher, journey drum, the wheel of life, omens, signs and portents of nature.

Category: Mind Body Spirit; Sustainability

Pub Date: November 2011

RRP: \$29.99

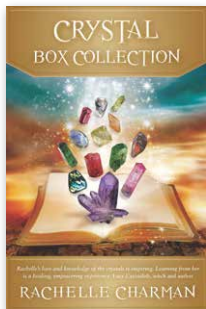
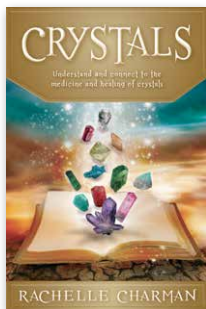
ISBN 978-1-921878-53-4

Format: 245 x 190, 352pp, pb

Territory: World







## Crystals

*Crystals* is the definitive crystal bible. It has a step-by-step guide on how to work and connect with each crystal and how to use them to promote healing. *Crystals* includes all popular crystals, with over 140 colour photographs of each, as well as case studies and stories showing how crystals have assisted in healing on a physical, emotional, mental and spiritual level.

**RACHELLE CHARMAN** is the founder of the Academy of Crystal Awakening in Australia. She was deeply inspired by her crystal healing teacher and master Maggie Vrinda Ross, who awakened her to the knowledge of the Crystal Kingdom.

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

**Category:** Crystals

**Pub Date:** July 2012

**RRP:** \$27.99

**ISBN:** 978-1-921878-70-1

**Format:** 288pp, 210 x 135mm, paperback, full colour

**Territory:** World

## Crystal Box Collection

*Crystal Box Collection* includes a book, Meditation CD, 56 Oracle cards and a paperback booklet, all based around the successful book *Crystals*.

**Category:** Crystals/Healing

**Pub Date:** 2014

**RRP:** \$44.99

**ISBN:** 978-1-925017-14-4

**Format:** Paperback book, CD, 56 Oracle Cards plus paperback booklet

**Territory:** World

## Crystal Meditations CD

*Crystals* – This *Crystal Meditations CD* has four tracks. The first three tracks teach the listener how to cleanse, connect and programme their crystals. The final track is a 40 minute meditation.

**Category:** Crystals/Meditation

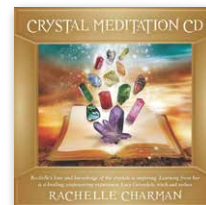
**Pub Date:** April 2014

**RRP:** \$24.99

**ISBN:** 978-1-921878-43-5

**Format:** CD/Audio in plastic case with 4pp brochure

**Territory:** World



## Crystal Reading Cards

*Crystal Reading Cards*, a sacred healing oracle and powerful transformational tool. There are 56 cards: 4 Master teacher crystal cards and 52 standard cards, all with exquisite photos of many of the world's most powerful crystals.

Includes crystal layouts and spreads that you can work with for both guidance and healing.

**Category:** Crystals/Healing

**Pub Date:** April 2014

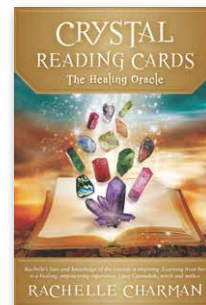
**RRP:** \$24.99

**ISBN:** 978-1-921878-13-8

**Format:** Paperback Booklet 160 pages.

**Cards** 130mm x 187mm 56 Cards; 4 Teacher Crystal cards, 52 Crystal Cards, 56 full colour photographs.

**Territory:** World



## Angel Wishes Cards

*Angel Wishes* is a companion set of inspiration cards to match the fast selling *Angel Whispers* affirmation cards, published in 2012; a beautifully boxed set of 52 inspiration messages.



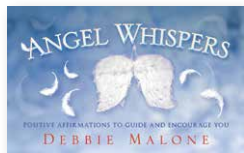
**Category:** New Age, Inspiration; **Pub Date:** July 2013; **RRP:** \$19.99; **ISBN:** 978-1-925017-00-7  
**Format:** Card set, includes 52 inspiration cards, boxed up, magnetic closing box, with long hair flocking on part of the wings on front cover; **Territory:** World

DEBBIE MALONE is Australia's answer to Alison Dubois! An acclaimed spirit medium who has assisted police departments across Australia in missing persons and murder investigations for the last 16 years. Debbie appeared on the hit TV series *The One* in 2011 and was in the final three.  
[www.betweenworlds.net](http://www.betweenworlds.net)

## Angel Whisper Cards

*Angel Whispers* is a beautifully boxed set of 52 affirmation cards inspired and channelled from Debbie's angels. Pick a message each morning before you start your day to see what guidance or encouragement your angels wish to share with you.

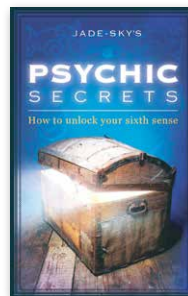
**Category:** New Age, Affirmation  
**Pub Date:** July 2012; **RRP:** \$19.99  
**ISBN:** 978-1-921878-80-0  
**Format:** Card set, includes 52 affirmation cards, boxed up, magnetic closing box, with long hair flocking on wings on front cover  
**Territory:** World, excluding Norway & Denmark



## Angels to watch over you

*Angels to watch over you* is a beautiful boxed set of 52 inspiration and 52 aspiration cards. There are 2 card decks packaged in this box set, the best selling blue *Angel Whispers* affirmation cards, and the pink *Angel Wishes* aspiration cards.

**Category:** New Age, Inspiration  
**Pub Date:** 2014; **RRP:** \$29.99  
**ISBN:** 978-1-925017-21-2  
**Format:** Boxed up card set, includes 52 affirmation cards and 52 aspiration cards – 2 sets of card decks, magnetic closing box  
**Territory:** World, excluding Norway & Denmark



## Jade-Sky Psychic Secrets

In this informative book Psychic Medium Jade-Sky teaches everything you need to know about understanding and using Psychic Skills: Protection, Shielding, Smudging, Auras, Chakras, ESP, Clairvoyance, Clairsentience, Clairaudience, Psychometry, Angels, Spirit Guides, Gods and Goddesses. *Jade-Sky's Psychic Secrets* answers and explains all there is to know about psychic ability.

JADE-SKY is a direct channeller. She was born with a special gift of being able to connect clairvoyantly with energies of deceased loved ones. Over the past 19 years Jade-Sky has fine-tuned her natural skills in the areas of psychometry, mediumship/channeling and uncovering past lives. Jade-Sky has read professionally for clients from all around the world.  
[www.jade-sky.com.au](http://www.jade-sky.com.au)



**Category:** MBS, Clairvoyance & Precognition  
**Pub date:** September 2011; **RRP:** \$27.99  
**ISBN:** 978-1-921-295-480  
**Format:** 210mm x 135mm, 240pp, pb  
**Territory:** World

## What Happens Next?

Spiritual medium Jade-Sky shows that it is possible to feel, sense or even hear your passed loved ones in spirit. Jade-Sky is asked hundreds of questions about life after death and here she answers them all.

**Category:** Inspirational MBS  
**Pub date:** July 2010; **RRP:** \$19.99  
**ISBN:** 978-1-921295-34-4  
**Format:** Flexibound, 170 mm x 170 mm, 160 pp, pb, 4c x 1c; **Territory:** World

## What Happens Next? Inspiration Cards

Jade-Sky's *What Happens Next Inspiration Cards* is a beautiful deck of 44 cards that will enable you to connect with your spirit guides and angels. Accompanied by a booklet on how to use the cards.

**Category:** Inspiration cards  
**Pub date:** July 2011; **RRP:** \$24.99  
**ISBN:** 978-1-921878-03-9  
**Format:** 45 cards; **Territory:** World

## You are Clairvoyant

This book will help you get in touch with your clairvoyant skills. Through easy-to-follow techniques and inspirational, reaw-life examples, readers will be inspired to reconnect to their highest truths and develop their natural intuitive ability. Companion CD available.

Category: MBS, Clairvoyance & Precognition

Pub date: July 2007

RRP: \$27.99

CD RRP: \$24.99

ISBN: 978-1-921295-04-1

CD ISBN 978-1-921295-08-9

Format: 210mm x 135mm, 240pp, pb

Territory: World, excluding North America and Italy

## You are Clairvoyant Oracle Cards

Beautifully illustrated, these 44 oracle cards will take you by the hand and show you how to develop your strengths, give you the guidance you need in challenging times and encourage you to trust your own intuition.

Category: MBS, Clairvoyance & Precognition

Pub date: November 2009

RRP: \$24.99, Cards

ISBN: 978-1-921878-74-9

Format: Box 170mm x 125mm x 26mm, Cards 127 x 89mm Total 44 pieces (round 4 corners).

Book 112pp, 159 x 115mm

Territory: World

## You are Clairvoyant Box Set

*You are Clairvoyant Box Set* combines the bestselling title *You Are Clairvoyant*, *You Are Clairvoyant CD*, and the *You Are Clairvoyant Oracle Cards* in a beautifully presented boxed set.

BELINDAGRACE is a gifted Clairvoyant Healer and Intuitive. Her inspiring books and workshops show you how it is possible to develop your own natural intuitive and clairvoyant skills. [www.belindagrace.com](http://www.belindagrace.com)

Category: MBS, Clairvoyance & Precognition

Pub date: March 2011

RRP: \$39.99

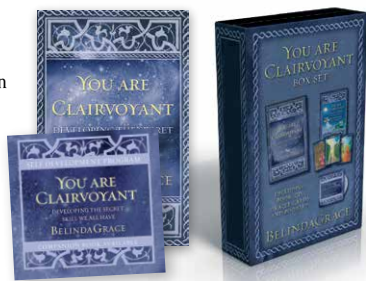
ISBN 978-1-921878-79-4

Format: Book, CD, Cards 127 x 89mm

Total 44 pieces (round 4 corners).

Book 112pp, 159 x 115mm

Territory: World, excluding North America and Italy



## You are Inspired

If you are yearning to find your life's passion and keen to open to your heart's desires, read this book. Belinda Grace teaches the reader how to tap into their true self and real life dreams. Companion CD available.

Category: MBS, Thought & Practice

Pub date: July 2009

RRP: \$27.99

CD RRP: \$24.99

ISBN: 978-1-921295-23-2

CD ISBN 978-1-921295-24-9

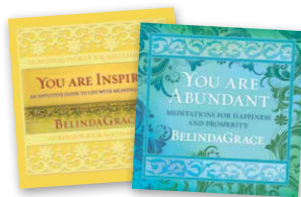
Format: 210mm x 135mm, 288pp, pb

Territory: World

## You are Inspired CD

A collection of inspiring and uplifting meditations to guide you along the pathway to greater spiritual awareness with your divine guidance and Angels.

The CD has eleven tracks / exercises that teach the reader how to tap into their true self and real life dreams.



## You are Abundant

This book defines the new form of Abundance that is essential to happiness, healing and a sense of purpose in life. Belinda Grace takes you through the paths to appreciating the Abundance that we all have in our life.

Category: MBS, Thought & Practice

Pub date: October 2011

RRP: \$27.99

ISBN: 978-1-921295-59-6

Format: 210mm x 135mm, 228pp, pb

Territory: World

## You are Abundant CD

This CD contains the exercises from the book *You are Abundant*. As a bonus, the CD also includes four uplifting meditations.

Category: Meditation

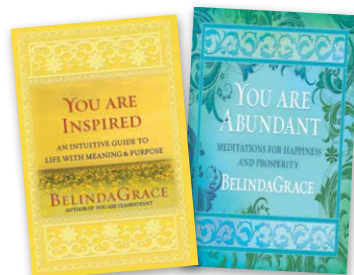
Pub date: September 2009

RRP: \$24.99

ISBN: 978-1-921295-64-5

Format: CD

Territory: World







## Heaven Sent

*Heaven Sent* is a beautifully designed book outlining how to communicate with your angels.

Category: Gift

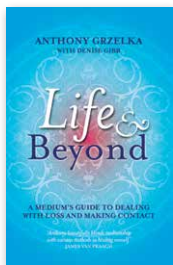
Pub Date: April 2012

RRP: \$9.99

ISBN: 978-1-921878-02-2

Format: 151 mm x 151 mm, 128 pp, 4c x 4c

Territory: World



## Life and beyond

An interactive book that will help people to cope with grief and loss through teaching them how to make connections with the spirit world. Accessible for all, this book will inspire people to cope with their loss by connecting to the spirit world. Hands on grief coping initiatives are outlined.

Category: Grief

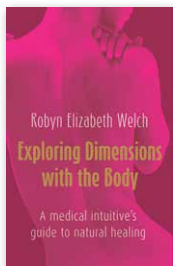
Pub date: August 2008

RRP: \$27.99

ISBN: 978-1-921295-15-7

Format: 210mm x 135mm, 208pp, pb

Territory: World



## Exploring Dimensions with the Body

Robyn Elizabeth Welch is a diagnostic medical intuitive. In this how to healing book, Robyn talks about how she communicates with individual body parts and how she explores the body's higher dimensions. [www.robynwelch.com](http://www.robynwelch.com)

Category: MBS

Pub Date: August 2008

RRP: \$27.99

ISBN: 978-1-921295-19-5

Format: 210mm x 135mm, 304pp, pb

Territory: World

## Astrology Reading Cards

This 36 card deck with accompanying guidebook will help you fulfil your desire to truly understand astrology. The cards make learning quick and easy through interaction with zodiac signs, house and planet cards.

Category: Self Help, Astrology

Pub Date: March 2012

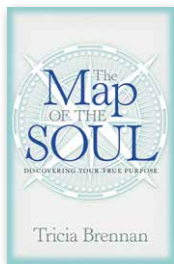
RRP: \$24.99

ISBN: 978-1-921878-770

Format: Pack of cards; 36 astrology cards, paperback booklet 96 pages 130 mm x 187 mm with full colour illustrations

Territory: Australia and New Zealand only





## The Map of the Soul

What is your Soul's Purpose? Does your life have a higher meaning or is it merely a series of random events? *The Map Of The Soul* answers these and many other questions – allowing you to discover for yourself the answer to the most important question of all – Why are you here?

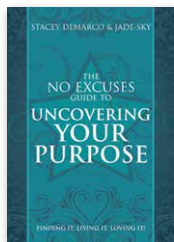
**Category:** Psychology

**Pub date:** March 2011; **RRP:** \$29.99

**ISBN:** 978-1-921295-33-1

**Format:** 234 mm x 170 mm, 320 pp 1c x 1c

**Territory:** World



## The No Excuses Guide to Uncovering your Purpose

The latest in the No Excuses Guides reveals down-to-earth yet deeply spiritual advice on how to create a life of purpose, a life that encapsulates your deepest values. If you want to live an extraordinary life rather than an ordinary, life, this book is for you.

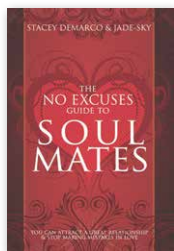
**Category:** Self Help, MBS

**Pub Date:** May 2012; **RRP:** \$16.99

**ISBN:** 978-1-921878-71-8

**Format:** 210 mm x 148 mm, 128 pp, paperback

**Territory:** World



## The No Excuses Guide to Soul Mates

Create an exciting action plan to attract the relationship you desire quickly & easily; The Ideal Partner Shopping list; Identify Deal breakers & Negotiable points with your Soul Mate.

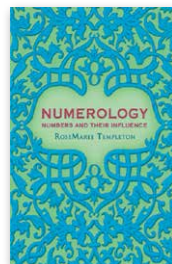
**Category:** Relationships, MBS

**Pub date:** November 2009; **RRP:** \$16.99

**ISBN:** 978-1-921295-21-8

**Format:** 210mm x 148mm, 128pp, paperback

**Territory:** World



## Numerology

Finally a *Numerology* book that everyone can read and understand. Comprehensive explanations show how to calculate and interpret the ruling number, day number, destiny number and personal year number.

At 17, ROSE MARE TEMPLETON began her lifelong journey with Numerology and Pythagorean theory, studying under her grandmother, Hettie Templeton, Australia's foremost Numerologist during the 1940s and 1950s.

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

**Category:** MBS, Numerology

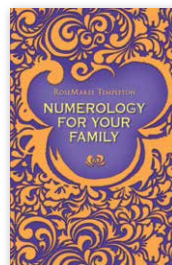
**Pub date:** March 2007

**RRP:** \$27.99

**ISBN:** 978-1-921295-01-0

**Format:** 210mm x 135mm, 272pp, pb

**Territory:** World



## Numerology for Your Family

This is a simple self-help book that shows parents how to use the energies and vibrations of numbers to better understand their children, with specific tools to help give your child the right name.

**Category:** MBS

**Pub date:** March 2010

**RRP:** \$14.99

**ISBN:** 978-1-921295-29-4

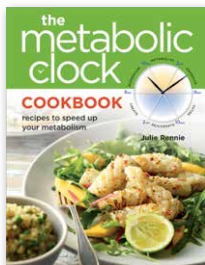
**Format:** 210mm x 135mm, 224pp, pb

**Territory:** World

# FAMILY & HEALTH

## The Metabolic Clock Cookbook

Discover what to eat, and when to speed up your metabolism and lose weight easily. Using the core principles of the successful *The Metabolic Clock* healthy life plan, *The Metabolic Clock Cookbook* is filled with recipes that are designed to speed up your metabolism and improve your health.



JULIE RENNIE is an authoritative and inspirational mentor and speaker encouraging thousands of people to transform themselves, teaching them how to live with optimal wellness. With a background in elite sport and 10 years in the personal growth industry, Julie works with everyday people, professional athletes and celebrities, coaching them to discover their personal best. [www.metabolicclock.com](http://www.metabolicclock.com)

## The Metabolic Clock

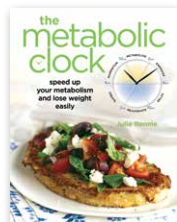
It's time to ditch the diets for good and tap into the secrets of *The Metabolic Clock*. Discover how you can speed up your metabolism easily, lose excess body fat without raising a sweat! Learn how to change those lifelong patterns that are preventing you from living the healthy and positive life you deserve.

**Category:** Health; **Pub date:** February 2011; **RRP:** \$24.99; **ISBN** 978-1-921295-31-7; **Format:** 245 x 190, 240pp. **Paperback, 4c x 4c; Territory:** World

This is an inspiring cookbook filled with nourishing and delicious meals covering breakfast, lunch, dinner, snacks and treats.

Keeping healthy and vital is made easy with the simple and nutritious recipes that are family friendly and for those who want to improve their health and energy levels.

**Category:** Health  
**Pub Date:** May 2013  
**RRP:** \$24.99  
**ISBN** 978-1-921295-67-6  
**Format:** 245 x 190, 240pp.  
**Paperback, 4c x 4c**  
**Territory:** World



## Meditation for Motherhood

A practical book teaching Zen Meditation for mothers-to-be.

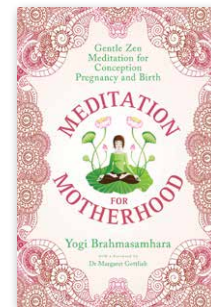
Stress can affect the mind and body, and in pregnancy, stress can place a huge toll on a woman, all of which can have a detrimental effect on mother and baby too.

This is a book to teach a mother-to-be gentle ways to handle or banish stress as early as possible in the pregnancy.

A calm mother has a positive effect on the baby.

Step by step appropriate exercises to help let go of tension; learn relaxation techniques; right breathing calmness and quieting the mind.

**Category:** Health/Pregnancy/Meditation  
**Pub date:** April 2014  
**RRP:** \$24.99  
**ISBN:** 978-1-925017-16-8  
**Format:** 234mm x 153mm, 2240pp, pb  
**Territory:** World

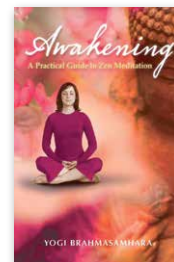


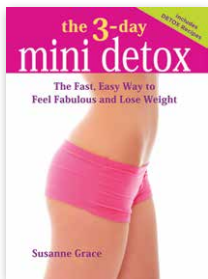
YOGI BRAHMASAMHARA (Brahm) has practised Authentic Meditation for more than 37 years. In the mid '90s, he began teaching meditation and, today, the Meditation Sanctuary, attracts hundreds of students each year. Author of *Awakening*, A practical guide to Zen Meditation.

## Awakening

A book for beginners and experienced meditators. Step by step exercises on letting go tension, breathing and quieting the mind. This is a book that 'teaches' true meditation comprehensively. Written in a warm, gentle, easy-to-follow manner.

**Category:** Meditation; **Pub date:** March 2011  
**RRP:** \$29.99; **ISBN:** 978-1-921878-00-8  
**Format:** 234mm x 153mm, 320pp, pb; **Territory:** World





**Category:** Health  
**Pub Date:** February 2013  
**RRP:** \$9.99  
**ISBN:** 9781921878077  
**Format:** Trim 110mm x 150mm 200pp, 4c x 4c  
**Territory:** World, excluding North America



## 3 Day Detox

Detoxing over three days is easy, manageable and most importantly, realistic. You will lose weight, your skin will heal and shine, you will gain more energy, clarity of mind and feel so much better!

Nutritious, delicious and easy-to-make natural recipes feature throughout this book by Susanne Grace.

Bombarding our bodies with chemicals has almost become a given of modern day life, as has feeling tired and lethargic. Be amazed at the extra energy you have after following the steps in this book. This comprehensive guide includes advice on how you should do a detox, and addresses all four ways of eliminating toxins from the body: skin, lungs, bowel and bladder.

SUSANNE GRACE is a registered nurse, after 30 years in the health industry and struggling with her own health she is passionate to help others let go of their own pain by teaching them the information she wished she had. Susanne began researching natural therapies to treat her chronic health problems. In the process she cured herself of chronic fatigue, chronic viruses and a collection of blood tumours on many of her organs. She holds a Business degree, is a meditation teacher, she is certified to deliver Emotional Intelligence training and assessment and is trained in Neuro-Linguistic Programming (NLP), Time-Line Therapy, the MACE Energy Method and is a Life Coach and Master Business Coach.

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

## Natural Remedies

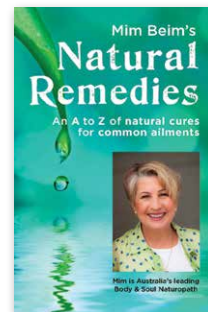
Mim Beim's comprehensive, practical and easy to-use 400+ page reference book belongs in every home. It outlines natural remedies to help with 200 common ailments including colds, burns, arthritis, PMS, infertility and menopause. It also provides strategies for losing weight, increasing energy and dealing with stress. Each condition is detailed alphabetically in easy-to-understand language, clearly separated into symptoms, triggers, and natural medicines.

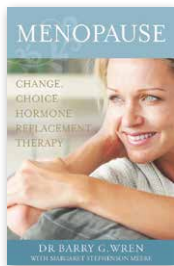
MIM BEIM has been practising natural medicine for nearly 25 years. She currently writes a naturopathy column for the Sunday Telegraph's Body and Soul (National Australian weekend newspaper), and their website [bodyandsoul.com.au](http://bodyandsoul.com.au).

Over the years Mim has had regular columns with the Sun Herald, Good Medicine and Family Circle. Mim currently lectures at the Australasian College of Natural Therapies in Sydney and is recent past head of Naturopathy at the Australian Traditional Medicine Society.

[www.beamingwithhealth.com.au](http://www.beamingwithhealth.com.au)

**Category:** Health  
**Pub Date:** March 2014  
**RRP:** \$29.99  
**ISBN:** 978-1-921878-10-7  
**Format:** 234mm x 153mm, 464pp, pb  
**Territory:** World, excluding North America

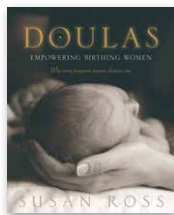




## Menopause

*Menopause: Change, Choice & Hormone Replacement Therapy* is a book to educate a woman on the facts of HRT, so that she can more fully understand her menopausal body and its changing states, and to make the right choices that are appropriate for her. The book is co-written by Dr Barry Wren AM and Margaret Stephenson Meere, both who have a voice in favour of the advantages of hormone replacement

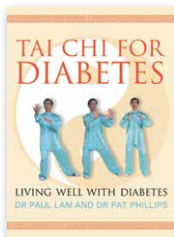
**Category:** Women's Health; **Pub date:** March 2013;  
**RRP:** \$24.99; **ISBN:** 978-1-921878-69-5  
**Format:** 234 x 153, pb, 240pp; **Territory:** World



## Doulas

Imagine birthing your baby exactly the way you would like — quietly and peacefully in a dimly lit room in absolute control of your labour and birth, feeling safe and supported. A doula can help you achieve this. Doulas are trained to look after you, both emotionally and physically, during pregnancy, labour and birthing. They empower you to negotiate the best care for you and your baby.

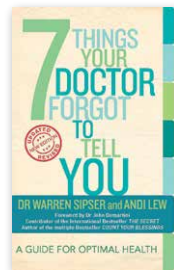
**Category:** Parenting/Health  
**Pub date:** April 2012; **RRP:** \$24.99; **ISBN:** 978-1-921295-30-0  
**Format:** 210mm x 135mm, 288pp, pb;  
**Territory:** World, excluding Spain



## Tai Chi For Diabetes

This book combines medical and tai chi expertise. It includes The Tai Chi for Diabetes program that has been especially designed for people with diabetes in collaboration with Diabetes Australia, providing step-by-step instructions, with 200 professional photos illustrating each Tai Chi move.

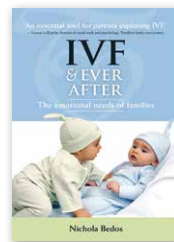
**Category:** Fitness & Diet; **Pub date:** July 2008; **RRP:** \$29.99  
**ISBN:** 978-1-921295-14-0; **Format:** 235mm x 170mm, 200pp, pb, 4c throughout; **Territory:** World



## 7 Things Your Doctor Forgot To Tell You

How healthy are you? Don't blame your doctor! Reading this book will empower you to make more informed common sense choices to improve the health of you and your loved ones, easily and effectively. This step by step guide will change the way that you currently manage your health care.

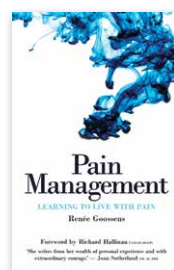
**Category:** Health  
**Pub date:** September 2008  
**RRP:** \$24.99; **ISBN:** 978-1-921295-12-6  
**Format:** 210mm x 135mm, 336pp, pb  
**Territory:** World, excluding Spain and Italy



## IVF & Ever After

*IVF and Ever After* focuses on IVF treatment, its effects on families and relationships, and how to minimise the stress it causes. A groundbreaking work – no other book deals with the emotional experiences involved in IVF treatment and bringing up an IVF child.

**Category:** Parenting  
**Pub date:** July 2007  
**RRP:** \$29.99; **ISBN:** 978-1-921295-05-8  
**Format:** 234mm x 153mm, 224pp, pb  
**Territory:** World, excluding UK and North America

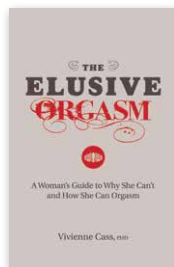


## Pain Management

It explains the effect of pain on the human nervous system and provides medical and psychological strategies to enable patients to help themselves.

**Category:** Health  
**Pub date:** Aug 2007  
**RRP:** \$27.99; **ISBN:** 978-1-921295-09-6  
**Format:** 210mm x 135mm, 288pp, pb  
**Territory:** World, excluding UK and North America





## The Elusive Orgasm

An extraordinarily thorough, all-inclusive exploration of every possible reason why women have orgasm challenges. *The Elusive Orgasm* gives you the tools to discover the source of your own orgasm difficulties, along with the straightforward remedies.

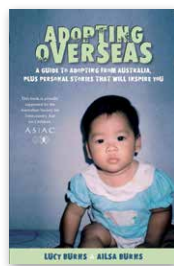
Category: Women's Health

Pub date: New edition published February 2009

RRP: \$29.99; ISBN: 978-1-921295-22-5

Format: 210mm x 135mm, 336pp, pb, 4pp 4c x 4c

Territory: Australia and New Zealand only



## Adopting Overseas

Intercountry adoption is the most common form of adoption globally. This wonderful book looks not only at the processes involved in adopting a child from other countries but also includes the findings of the largest survey of adoptive parents in Australia.

Category: Parenting

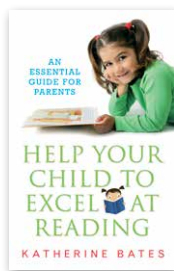
Pub date: July 2007

RRP: \$29.99

ISBN: 978-1-921295-02-7

Format: 234mm x 153mm, 224pp, pb

Territory: World



## Help Your Child Excel At Reading

An essential guide for all parents wanting to learn more on how to help their children succeed. Full of information to help parents guide their children as they learn how to read and write.

Category: Parenting

Pub date: Sept 2008

RRP: \$24.99

ISBN: 978-1-921295-13-5

Format: 210mm x 135mm, 240pp, pb

Territory: World



## Raising Competent Children

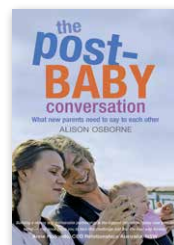
In this international best-selling book Jesper Juul talks about embracing a new set of values, based on the assumption that families must be built not on authoritarian force or democratic tyranny, but on dignity and reciprocity between parent and child. This is a European bestseller, selling over 500 000 copies since the year 2000.

Category: Parenting

Pub Date: July 2012; RRP: Aud \$24.99

ISBN: 978-1-921878-76-3; Format: 210 x 135, 272pp, pb

Territory: Australia, New Zealand, UK, US



## The Post-Baby Conversation

Has your relationship changed since you had a baby? Do you ever talk or spend time as a couple? *The Post-Baby Conversation* shows couples how to re-balance their relationships, regain equality and create understanding in their relationship.

Category: Parenting

Pub date: October 2006; RRP: \$27.99; ISBN: 1-87708-278-3

Format: 210mm x 170, 304pp, pb

Territory: World, excluding South Africa



## Lets Play

A fun book which includes all sorts of games from Icebreakers and Introduction Games, to Chasing Games, Physical Games, the all-important quiet Indoor Games, Theatrical and Musical Games, as well as the classics. Easy to understand and filled with colour photos, *Let's Play* is an invaluable resource for families everywhere.

Category: Fitness and Fun

Pub date: August 2010

RRP: \$19.99; ISBN: 978-1-921295-34-8

Format: 210 mm x 148 mm, 176pp, pb, 4c x 4c, illustrated

Territory: World



## Please Mum, Don't Supersize Me

An essential guide to a healthier, happier child. It's packed with clear, straightforward information about healthy living for all the family. Tips on positive eating and exercise habits for life.

Category: Health

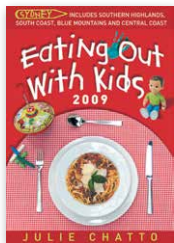
Pub date: February 2008

RRP: \$24.99

ISBN: 978-1-921295-11-9

Format: 178mm x 128mm, 160pp, pb

Territory: World



## Eating Out With Kids

*Eating Out With Kids* in Sydney is a must-have guide for all parents looking to enjoy a stress-free meal out with the whole family. Over 250 reviews of restaurants who have a focus on healthy, fresh food that the whole family can enjoy.

Category: Parenting

Pub date: Nov 2008

RRP: \$19.99; ISBN: 978-1-921295-03-4

Format: 210mm x 135mm, 224pp, pb, includes 24pp 4c x 4c

Territory: World



## The Child Within The Lotus

A guide on how to nurture a child from birth, both physically and spiritually through all stages of growth. A book for parents as well as someone thinking about their own childhood and wanting to parent their own personal development.

Category: MBS, Child care & upbringing

Pub date: March 2009

RRP: \$29.99

ISBN: 978-1-921295-16-4

Format: 230mm x 171mm, 240pp, pb, 2c x 2c

Territory: World, excluding Germany

# SPORT & RECREATION

## Bathurst

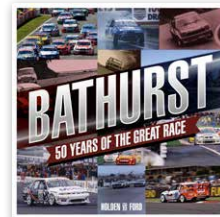
Celebrates the 50 years of the Bathurst race, showcasing great motoring images from every year at Bathurst, coupled with fast moving anecdotes about what happened every year on the hill. Brock, Moffat, Lowndes, Johnson, Skaife, Perkins, Grice, Whincup, Murphy – all the Bathurst stars and cars. 200 full colour photos and great design

Category: Motor Sports; Pub Date: November 2013

RRP: \$29.99; ISBN: 978 1 925 017 137

Format: 230mm x 230mm, 224pp, pb, 4c x 4c, illustrated

Territory: World



## Muscle Car Mania

An Australian book that celebrates the proud history of our unique, Australian-made Ford, Holden and Chrysler muscle car heritage. Wild legendary stories of 100 famous and infamous events and stunts that have amazed and entertained muscle car fanatics over the years.

Category: WSP – Motor Sports

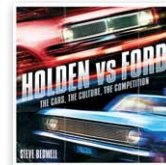
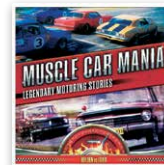
Pub date: October 2012

RRP: \$29.99; ISBN: 978-1-921878-65-7

Format: 230mm x 230mm, 224pp

pb, 4c x 4c, illustrated

Territory: World



## Holden Vs Ford

This book is a must-have addition to any Ford or Holden fan's bookshelf. It looks at loyalty, faith, competition, love ... and it's all expressed through two brands of motor car. *Holden vs Ford* examines the history of the Ford and Holden companies, the various models released, Bathurst facts, GT, Monaro, Torana and the ute, with over 200 photos!

Category: Motor Sports

Pub Date: August 2009; RRP: \$29.99; ISBN: 978-1-921295-17-1

Format: 230mm x 230mm, 224pp, pb, 4c x 4c, illustrated; Territory: World

## Toddler Owners Manual

A humorous operating guide for fathers, *The Toddler Owner's Manual* is sure to bring a smile to any dad's face. Written by a man for men, this book likens a toddler to the other love in a man's life, not his wife his car. This companion piece to the successful *Baby Owner's Manual* is also packaged in the form of a retro car manual.

This is a must have book for any father facing the challenges of a rapidly developing 'little human.

**Category:** Humour/Parenting

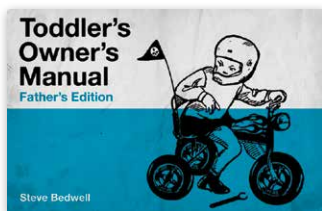
**Pub Date:** August 2014

**RRP:** \$19.99

**ISBN:** 978-1-925017-19-9

**Format:** 134 mm x 208 mm, 240pp, pb, 1c x 1c

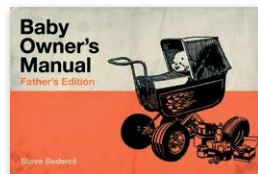
**Territory:** World



STEVE BEDWELL is a comedy writer, television host, a radio personality, author, producer and comedian. A regular panellist on talkback radio and national morning breakfast television programmes.

## Baby Owner's Manual

In this humorous operating guide for fathers, *Baby Owner's Manual* is sure to bring a smile to any dad's face. Written by a man for men, this book likens your new baby to the other love in his life — no, not his wife, his car!



**Category:** Humour/Parenting

**Pub Date:** September 2011

**RRP:** \$19.99

**ISBN:** 978-1-921878-42-8

**Format:** 134 mm x 208 mm, 240pp, pb, 1c x 1c

**Territory:** World

## Rock Gods

The kings of the stage and airwaves have ruled popular culture since Elvis swivelled his hip and lifted his lip in the 1950s. From Jimi Hendrix to Michael Hutchence, we have worshipped their musical might and commanding presence.

The heyday of the rock god arrived in the early 70s when men with big voices, long hair and magnetic personalities transcended mere mortality to impact fashion, film and almost every corner of culture.

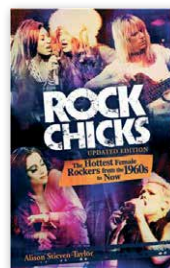
Rock Gods examines the mighty men of music, from Elvis to Jay Z, how they rose to command the adoration of millions and why their legend remains.

**Category:** Music; **Pub date:** October 2014; **RRP:** \$29.99

**ISBN** 978-1-925017-22-9; **Format:** 210mm x 135, 324pp, pb,

16pp, 4c x 4c; **Territory:** World, excluding audio

KATHY MCCABE has been writing about music and the people who make it for 25 years. She is the National Music Writer for Sydney/Australia's leading newspaper group News Corp. During her career, she has interviewed every recording artist and performer who matters and counts from Mick Jagger, Keith Richards, Dave Grohl, Pink, Keith Urban, Josh Homme, Noel Gallagher and most Australian. McCabe is highly sought after as a music industry commentator.



## Rock Chicks Updated Edition

*Rock Chicks* profiles the hottest rock 'n' roll women, spanning the 1960s to current times — from Janis Joplin, Suzi Quatro and Chrissie Hynde to Courtney Love and Pink. With perceptive biographies and in-depth music critiques, the reader is given an up-close and personal look at the experiences and musical passions of these talented women.

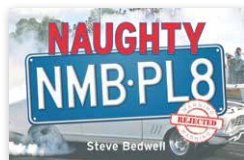
**Category:** Music; **Pub date:** March 2011; **RRP:** \$24.99

**ISBN** 978-1-921295-35-5; **Format:** 210mm x 135, 324pp, pb,

16pp, 4c x 4c; **Territory:** World, excluding audio

## Naughty Number Plates

*Naughty Number Plates* is a hilarious look at personalised number plates that are banned for being too risqué, explicit and downright dumb.



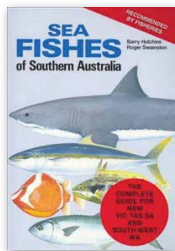
Category: Humour; gift  
Pub date: August 2012  
RRP: \$14.99  
ISBN: 978-1-921878-72-5  
Format: Trim 134mm x 208mm, landscape,  
128pp, 4c x 4c  
Territory: World



## Tattoo Magic

The book is divided into tattooists and photographers, with many of the images taking inspiration from Japanese art. From shoulder and sleeve art to full body art, the book covers tattoos on a mixture of female and male bodies.

Category: Popular Culture, Tattoos, Art  
Pub date: October 2012  
RRP: AUD \$29.99  
ISBN: 978-1-921878-82-4  
Format: 180 mm x 215mm, 192pp, pb, 4c x 4c, spine 13mm  
Territory: Australia and New Zealand only



## Sea Fishes of Southern Australia

The first complete field guide to the fishes of Australia's southern half (New South Wales, Victoria, Tasmania, South Australia, and South-West Western Australia). Covers over 700 species with 1000 colour illustrations.

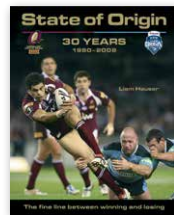
Category: Fishing  
Pub Date: September 1986  
RRP: \$29.99  
ISBN: 978-1-921878-81-7  
Format: 240mm x 165mm, 184pp, pb  
Territory: Australia and New Zealand only



## Rock 'n' Roll Photography is the New Trainspotting

Tony Mott is the photographer all bands ask for. He has toured with a diverse range of artists including the Rolling Stones, Madonna, Paul McCartney, Neil Diamond, Bob Dylan, Pink, Red Hot Chili Peppers, Powderfinger, INXS, Kings of Leon and a whole lot more. This book is a retrospective of the last 30 years featuring a collection of what Tony considers to be his best photographs.

Category: Music  
Pub date: March 2011  
RRP: \$49.99; ISBN 978-1-921878-01-5  
Format: 305 mm x 254 mm portrait, pb, 228pp, illustrated  
Territory: World



## State of Origin: 30 Years 1980–2009

*State of Origin: 30 Years 1980–2009* is a celebration of rugby league and the legendary State of Origin series. With over 250 pictures and all match statistics.

Category: Sport  
Pub Date: April 2010  
RRP: \$45.00; ISBN: 978-1-921295-38-6  
Format: 250 x 200mm, 280pp, pb, 4c x 4c, illustrated  
Territory: World



## A Guide to Australian Weddings

This is your complete guide to a perfect day. Full of information for everyone involved in planning or taking part in a wedding, including your family, bridal party and friends.

Category: Weddings  
Pub Date: February 2007  
RRP: \$14.99; ISBN: 978-1-921295-00-3  
Format: 165mm x 140mm, 96pp, pb  
Territory: World

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