



murdoch books

New Books AUGUST 2021



murdoch books

'Lucy has a special gift. Everything she touches turns to magical, sparkling loveliness.' **Donna Hay**

Every. Night. Of. The. Week.

*Sticky
Ribs*

**Panic
Pasta**

VEG *Slap*

*MIDWEEK
RUMP*



*Slurry
& BUTTER*

**SAVIOUR
SOUP**

*DAN DAN
PAN*

**DRUNKEN
DUMPLINGS**

Sanity solutions for the daily dinner grind

Lucy Tweed

EVERY NIGHT OF THE WEEK

Sanity solutions for the daily dinner grind
LUCY TWEED

A wildly entertaining and practical cookbook filled with shortcuts and permission to do in your own way, by Donna Hay's right-hand woman.

Some days you want to cook; other days the goal is simply 'food in mouths'. Welcome to *Every Night of the Week*, a cookbook for people who don't like hard-and-fast recipes, by food writer, stylist and Instagram genie Lucy Tweed.

MONDAY has potential. There are lists and ideas. The herbs are fresh and the fridge is full.

TUESDAY the week has begun. Can we have efficient and beautifully delicious please?

WEDNESDAY we wonder what day it is. Cook with a dash of laziness; it tastes great.

THURS ... we're not even typing the full day anymore. What's in the freezer? What can we pimp?

FRIDAY is family fun. 'Decorate' your own pizza kids, DIY san choy bau. Time to exhale.

SATURDAY is the flex day, time to stretch the repertoire. Hmm, who's around for lunch?

SUNDAY is for brunch and linner; two leisurely meals, eaten in absolute comfort.

Lucy Tweed began her career as a food developer and stylist working for nine years at *Donna Hay* magazine and is the creator of Instagram account *Every Night of the Week*.

FUTURESTEADING

Live like tomorrow matters: Practical skills, recipes and rituals for a simpler life

JADE MILES

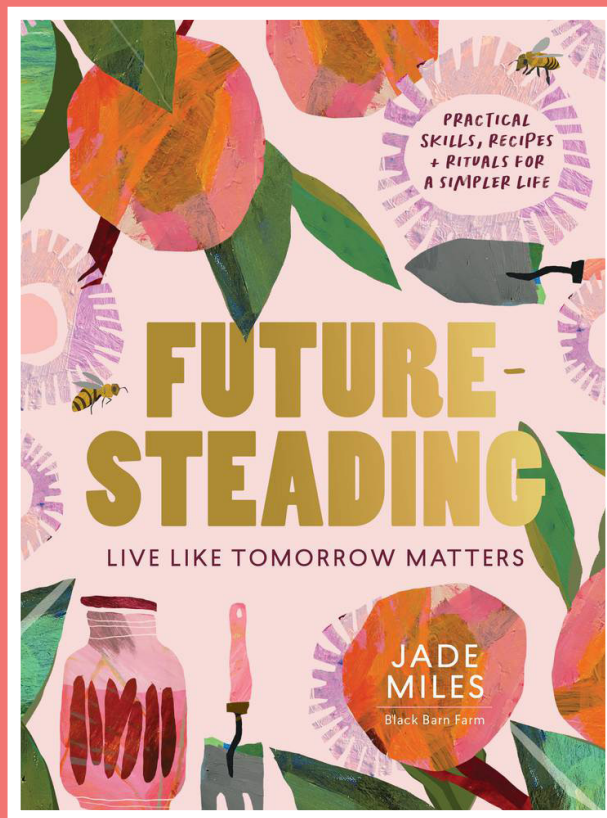
A stunningly illustrated practical guide to growing, preserving and sharing the food that grounds us.

Futuresteading is a practical and inspirational guide to living in a way that values tomorrow: a slower, simpler, steadier existence that is healthier for you, your home, and the environment.

Whether you live in a city apartment, in the suburbs or on twenty acres, the principles of futuresteading offer easy-to-understand information and hands-on ideas. Learn to grow delicious food and medicinal plants; share rituals with loved ones through the seasons; feast on healthy home-cooked food for the family; nourish body and soul with outdoor expeditions and moments of rest; and create wonders with your hands.

Grow, store, eat, preserve and share food that deepens the connections you have with your household, your soil, and those around you.

Jade Miles and husband Charlie Showers run Black Barn Farm, a biodiverse orchard, nursery and workshop space in north east Victoria and co-host the weekly *Futuresteading* podcast.



MURDOCH BOOKS • 9781922351401
\$39.00 • FLEX • © • ORGANIC GARDENING

HOW TO RISE TO THE CHALLENGE
WHEN THINGS GO PEAR-SHAPED

LIFE IS TOUGH

BUT SO ARE YOU

**BRIONY
BENJAMIN**
CREATOR OF THE VIRAL VIDEO
SENSATION YOU ONLY GET ONE LIFE

**'This is the book everyone
needs to read when life takes
an unexpected turn.'**
MIA FREEDMAN, MAMAMIA

LIFE IS TOUGH (BUT SO ARE YOU)

How to rise to the challenge when things go pear-shaped
BRIONY BENJAMIN

Sharing wise guidance on how to navigate difficult times, this is a funny, warm and practical guide to help you gain perspective on what's truly important in life—from a young woman who never expected to survive The Big C.

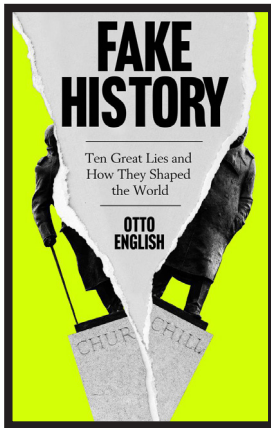
'This is the book everyone needs to read when life takes an unexpected turn.' - Mia Freedman, MamaMia

Not all storms come to disrupt your life. Some come to clear your path. Viral video producer Briony Benjamin was a few months into a new job when she started feeling crappy . . . All. The. Time. Doctors told her she was just stressed and should rest more. But it turns out she had cancer all through her body.

Turning the camera on herself, Briony started documenting her journey in the short video 'You Only Get One Life'. Its raw portrayal of her experience went viral, touching millions. Here Briony shares some of the important lessons learnt through her illness and recovery.

If you want to live the richest version of your life, bring some more joy into your day-to-day existence and have some tools up your sleeve for when things get tricky, this book is for you. Because—spoiler alert—we all have to deal with our fair share of tough times sooner or later. It's how we handle them and bounce back afterwards that really matters.

Briony Benjamin is a video producer and was Executive Producer of Video at women's media site Mamamia.



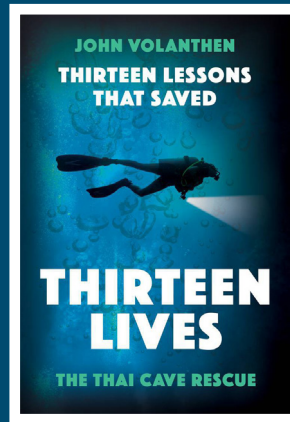
WELBECK · 9781787396401
\$29.99 · PB ·  · HISTORY


FAKE HISTORY

Ten great lies and how they shaped the world

OTTO ENGLISH

Taking the ten biggest lies from history and looking at the people who propagated them, social commentator and expert historian Otto English shows how our past has been bent and broken, used and abused over time to fit the ends of some of the world's most powerful people. Whether it's Donald Trump, Kim Jong-Il or Aung San Suu Kyi, the media or people in your newsfeed, *Fake History* sets out to redress the balance and to reclaim history from those who seek to pervert it.

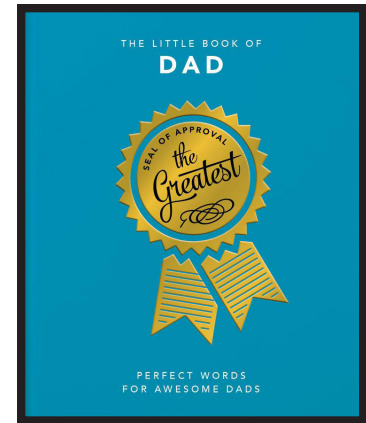


AURUM PRESS · 9780711270589
\$29.99 · PB ·  · AUTOBIOGRAPHY
AVAILABLE JUNE

THIRTEEN LESSONS THAT SAVED THIRTEEN LIVES

The Thai cave rescue
JOHN VOLANTHEN

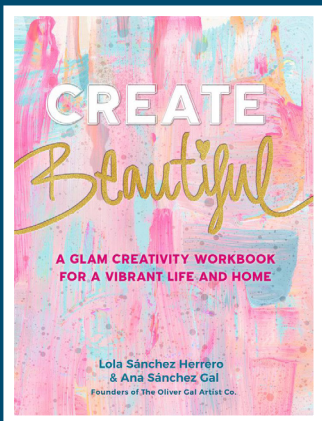
John Volanthen is a legendary British cave-diver and one of the two-man team who discovered and rescued the Wild Boars soccer team from the sunken cave in Tham Luang, Thailand. Each chapter of this nail-biting account of that incredible rescue imparts a life lesson that can be applied to everyday obstacles and challenges. John's story shows how an average person can do the unimaginable, inspiring the superhero in us all. Soon to be a feature film directed by Ron Howard.



ORANGE HIPPO · 9781800690165
\$12.99 · HB ·  · GIFT BOOK

THE LITTLE BOOK OF DAD ORANGE HIPPO!

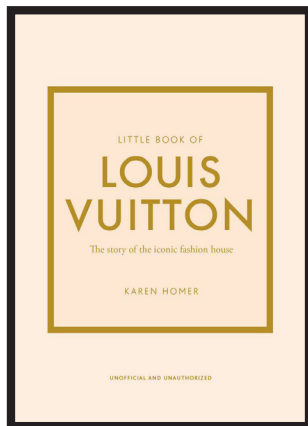
This celebration of dad-hood, daddy-ing and all the dad-based shenanigans that come with it includes jokes, quotes, quips, hacks, facts, stats and tons of other stuff dads will enjoy. Overworked, underpaid and constantly in need of feeding, dads deserve just as much attention, validation and an equal share of the duvet as mums, and yet often have to settle for second best. Consider this tiny tome a bedside companion for exhausted dads of all strange shapes, sizes and smells, which, last time we looked, was all of them.



ROCK POINT GIFT & STATIONERY
9781631067587
\$24.99 · PB · · ART TECHNIQUES

CREATE BEAUTIFUL LOLA SÁNCHEZ HERRERO & ANA SÁNCHEZ-GAL

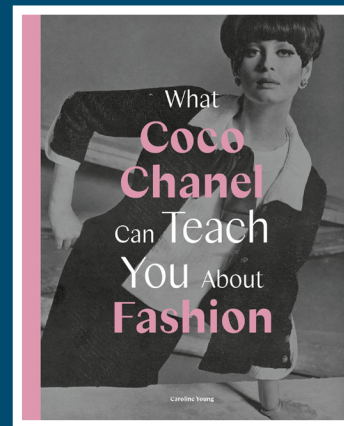
From the talented artists behind the art and lifestyle brand The Oliver Gal Artist Co. comes this gorgeous creativity workbook with 50 glam mixed-media projects, including colouring pages and step-by-step technique projects, to get your creative juices flowing. For instant glamour, it includes a finished artwork to frame. This inspiring workbook will add a pop of colour, a dash of sparkle and lots of inspiration to your life and home for beginner and advanced artists alike.



WELBECK · 9781787397415
\$24.99 · HB · · FASHION

LITTLE BOOK OF LOUIS VUITTON KAREN HOMER

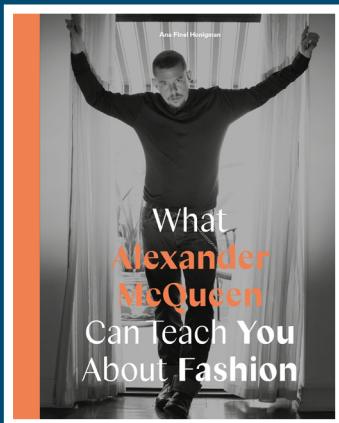
Little Book of Louis Vuitton is the pocket-sized and fully illustrated story of one of the world's most luxurious fashion houses. Detailing the global expansion of Louis Vuitton in the 1980s, the creation of the powerful fashion conglomerate LVMH, and the appointment in 1997 of Marc Jacobs, this is the story of a transformation from luggage company to high-fashion label. Louis Vuitton's continued evolution under the creative direction of Nicolas Ghesquiere and Virgil Abloh is also depicted through fabulous images and captivating text.




FRANCES LINCOLN (ADULT) · 9780711259096
\$24.99 · HB · · FASHION

WHAT COCO CHANEL CAN TEACH YOU ABOUT FASHION CAROLINE YOUNG

Launching a new series, *What Coco Chanel Can Teach You About Fashion* breaks down Coco Chanel's life, work and legacy into 36 highly visual lessons. You will learn how she channelled her experiences to create styles that spoke to generations; how she broke societal rules through her use of fabrics; how she was influenced by the muses and artists around her; and more. With inspirational photographs from the past 100 years, this is a must-have for fashion lovers and students.



FRANCES LINCOLN (ADULT) • 9780711259065
\$24.99 • HB •  FASHION

WHAT ALEXANDER
MCQUEEN CAN TEACH
YOU ABOUT FASHION
ANA FINEL HONIGMAN

MURDOCH BOOKS HEAD OFFICE
83 Alexander Street, Crows Nest, NSW 2065
Ph: (02) 8425 0100 Fax: (02) 9906 2218
www.murdochbooks.com.au

MEDIA ENQUIRIES
Ph: (02) 8425 0100
www.murdochbooks.com.au/au-media
Email: publicity@murdochbooks.com.au

SALES ENQUIRIES
Ph: (02) 8425 0100
www.murdochbooks.com.au/booksellers

CUSTOMER SERVICE
United Book Distributors
30 Centre Road, Scoresby, VIC 3179
Ph: (03) 9811 2555 Fax: (03) 9811 2405
Free Call: 1800 33 88 36
Email: orders@unitedbookdistributors.com.au

Please note: All prices are recommended unless otherwise indicated.
Publication month and prices are subject to change without notice.
We recommend confirmation of stock, price
and publication date before undertaking advertising and promotion.



murdoch books