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THE BIKINI BODY 28-DAY HEALTHY EATING & LIFESTYLE GUIDE

THE BODY TRANSFORMATION PHENOMENON AND #1 INSTAGRAM
SENSATION'S FIRST HEALTHY EATING AND LIFESTYLE BOOK!



5.6 million followers (that's more than Jamie Oliver)



8 million likes (again, more than Jamie Oliver)

- The creator of the largest fitness app in the world
- Won the Ernst & Young Entrepreneur of the Year Award 2015
- Highest subscription base for weekly newsletter
- Numerous Kayla hashtags each with over a million posts
- Ranked in TIME Magazine's 30 Most Influential People on the Internet 2016
- Kayla's international 2016 Sweat Tour sold out in only 4 hours!

The Bikini Body 28-Day Healthy Eating & Lifestyle Guide

ISBN: 9781925480450

PRICE RRP: \$39.99

PAPERBACK

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The Bikini Body 28-Day Healthy Eating & Lifestyle Guide *
Kayla Itsines

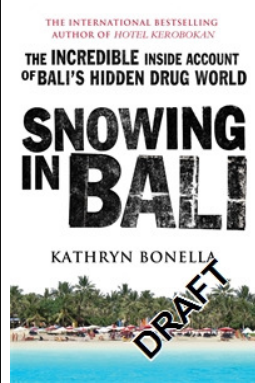


The body transformation phenomenon and #1 Instagram sensation's first trade healthy eating and lifestyle book! Millions of women follow Kayla Itsines and her Bikini Body Guide 28-minute workouts: energetic, kinetic, high-intensity interval training sessions that help women achieve healthy, strong bodies. Fans not only follow Kayla on Instagram, they pack stadiums for workout sessions with her, they've made her Sweat with Kayla app hit the top of the Apple App Store's health and fitness sales, and they post amazing before and after progress shots. Kayla's audience is avid and growing, with over 10 million followers worldwide. **The Bikini Body 28-Day Healthy Eating & Lifestyle Guide** features: - 200 recipes such as fresh fruit breakfast platters, smoothie bowls, and salads - A 4-Week workout plan which includes Kayla's signature 28-Minute workouts - Full color food shots and photos featuring Kayla throughout

Macmillan Australia • PB • Health & Wholefood Cookery

9 781925 480450 **9781925480450 \$39.99**

Snowing in Bali *
Kathryn Bonella



Snowing in Bali is the story of the drug trafficking and dealing scene that's made Bali one of the world's most important destinations in the global distribution of narcotics. With its central location to the Asia Pacific market, its thriving tourist industry to act as cover for importation, and a culture of corruption, Bali has long been a paradise for traffickers as well as for holiday-makers. Kathryn Bonella has been given extraordinary access into the lives of some of the biggest players in Bali's drug world, both past and present. She charts their rise to incredible wealth and power, and their drug-fuelled lifestyles. But running international drug empires in Bali can also have terrible consequences for those caught and convicted. **Snowing in Bali** is a unique, uncensored insight into a hidden world.

Pan Australia • PB • True Crime

9 781925 482928 **9781925482928 \$19.99**

Lean in 15 - The Sustain Plan *
Joe Wicks

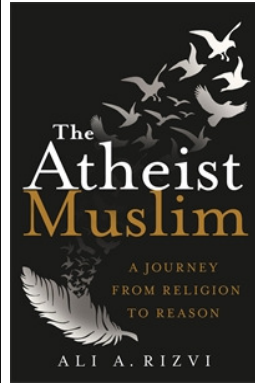


Bestselling author Joe Wicks, aka The Body Coach, has inspired thousands to transform their bodies by shifting unwanted fat and building lean muscle. In **Lean in 15 - The Sustain Plan** he reveals how to SUSTAIN incredible results while still seeing progress week on week. Fully illustrated and with a hundred quick-to-prepare meals and four workouts, the plan is perfect for busy people who don't have time to spend hours in the kitchen or gym. Joe gives advice on how to combine his tasty, nutritious recipes with a brand new training programme to make you leaner, fitter and healthier than ever before. It's time to make **Lean in 15** part of your lifestyle forever.

Bluebird • TPB • Lifestyle, Sport & Leisure

9 781509 820221 **9781509820221 \$34.99**

The Atheist Muslim
Ali A. Rizvi

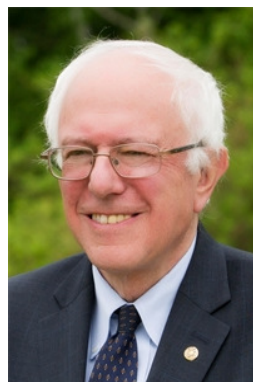


In much of the Muslim world, religion is the central foundation upon which family, community, morality, and identity are built. The inextricable embedment of religion in Muslim culture has forced a new generation of non-believing Muslims to face the heavy costs of abandoning their parents' religion: disowned by their families, marginalised from their communities, imprisoned, or even sentenced to death by their governments. Struggling to reconcile the Muslim society he was living in as a scientist and physician and the religion he was being raised in, Ali A. Rizvi eventually loses his faith. His personal story outlines the challenges of modern Islam and the factors that could help lead it toward a substantive, progressive reformation.

St Martin's Press • HB • Agnosticism & Atheism

9 781250 094445 **9781250094445 \$35.99**

Our Revolution
Bernie Sanders



Throughout the presidential campaign, Bernie Sanders galvanised voters with his progressive platform and vision for America. In the book, Sanders shares experiences from the campaign trail and outlines his ideas for continuing a political revolution to fight for a progressive economic, environmental, racial and social justice agenda that creates jobs, raises wages, protects the environment and provides health care for all.

Thomas Dunne Books • HB • Political Structure & Processes

9 781250 132925 **9781250132925 \$35.99**

Incredible Stories from Space
Nancy Atkinson



In **Incredible Stories from Space**, Nancy takes readers beyond the surface of what some of the most sophisticated space rovers, orbiters and telescopes are discovering in the sky above. This detailed guide provides information on these missions and the science surrounding them, as well as inside interviews with the scientists and engineers who conceive mission concepts, build the spacecraft, study the data and care for the spacecraft.

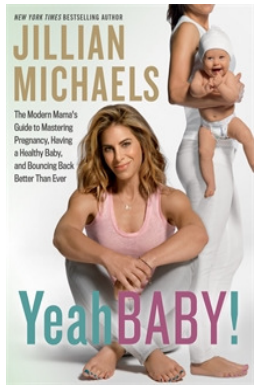
Page Street Publishing • TPB • Astronomical Charts & Atlases

9 781624 143175 **9781624143175 \$26.99**

Yeah Baby!

Jillian Michaels

Celebrity fitness coach Jillian Michaels brings her non-sense coaching style to your pregnancy! A mother of two, Jillian has compiled a groundbreaking 15-month course of action for a clean and happy pregnancy from pre-pregnancy to after birth. Unlike other baby books, Jillian gives it to you straight - no frills. Her hilarious yet commanding voice carries through for an insightful, entertaining read.



Rodale • TPB • Pregnancy, Birth & Baby Care



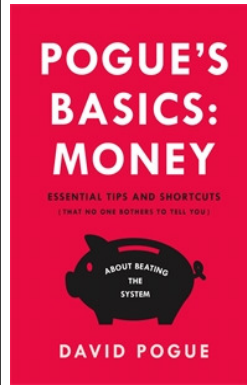
9 781623 368036 **9781623368036 \$24.99**



Pogue's Basics: Money

David Pogue

Following the success of the *New York Times* bestsellers *Pogue's Basics: Tech* and *Pogue's Basics: Life* comes the next book in the series: *Pogue's Basics: Money* - a timeless reference book of 200 simple tips and tricks for making managing your finances easier. David Pogue will help you spot savings and avoid costly scams on everything from booking hotel rooms to doing your taxes. Pogue's expertise in consumer advocacy will point you to the best products and websites to use to help you make informed decisions - and save money.



Flatiron Books • TPB • Budgeting & Financial Management



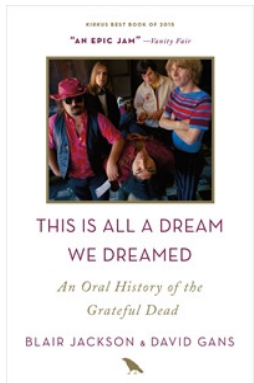
9 781250 081414 **9781250081414 \$26.99**



This Is All a Dream We Dreamed

Blair Jackson and David Gans

The story of the Grateful Dead's evolution from folk/bluegrass wannabes to stadium filling rockers, told through the words of its members, their creative collaborators, and fans. A seamless oral history that examines not only their music but the subculture that developed around them touching fans from all walks of life - from penniless hippies to celebrities, and at least one U.S. vice president.



Flatiron Books • TPB • Rock & Pop Music



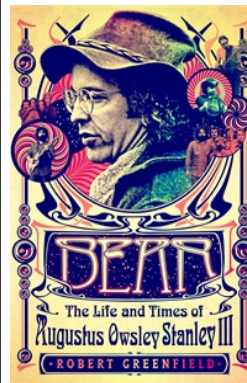
9 781250 098160 **9781250098160 \$26.99**



Bear

Robert Greenfield

The definitive biography of Grateful Dead legend - Augustus Owsley Stanley III, known better by his nickname, Bear. Through extensive interviews, Bear reveals how he was so convinced of The Grateful Dead's potential that he not only provided the money to keep them going but recorded and developed their sound. Greenfield's biography masterfully takes us through the life and high octane times of Owsley.



Thomas Dunne Books • HB • Rock & Pop Music



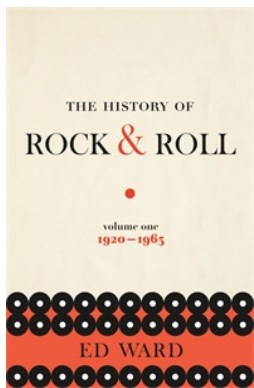
9 781250 081216 **9781250081216 \$34.99**



The History of Rock & Roll, Volume 1

Ed Ward

Ed Ward covers the first half of the social history of rock & roll in this definitive book. Beginning in the 1920s when blues, country, and black popular music played over the air waves and the first independent record labels were born, this first volume of a two-part series finishes in December 1963, just as an immense sea-change begins to take hold and the Beatles prepare for their first American tour. For all music lovers and rock & roll fans, this sweeping history will shine a light on the corners of the genre to reveal some of the less well-known yet hugely influential artists who changed the musical landscape forever.



Flatiron Books • HB • Rock & Pop Music



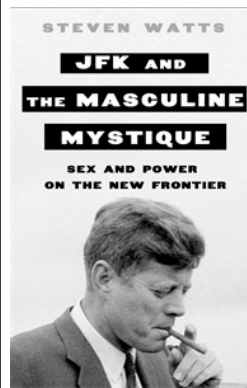
9 781250 071163 **9781250071163 \$49.99**



JFK and the Masculine Mystique

Steven Watts

From very early on in his career, John F. Kennedy's allure was more akin to a movie star than a presidential candidate. With his glamorous image, good looks, cool style, tough-minded rhetoric, and sex appeal, Kennedy appeared to revive the modern American man as youthful and vigorous, masculine and athletic, and a sexual conquistador. By examining Kennedy in the context of certain books, movies, social critiques, music, and cultural discussions that framed his ascendancy, Watts shows us the excitement and sense of possibility, the optimism and aspirations, that accompanied the dawn of a new age in America.



Thomas Dunne Books • HB • Biography: Historical, Political & Military



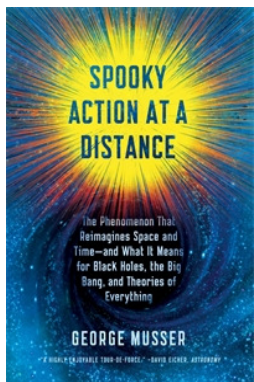
9 781250 049988 **9781250049988 \$39.99**



Spooky Action at a Distance

George Musser

In *Spooky Action at a Distance*, the award-winning journalist George Musser guides us on an epic journey into the lives of experimental physicists observing particles acting in tandem, astronomers finding galaxies that look statistically identical, and cosmologists hoping to unravel the paradoxes surrounding the big bang. He traces the contentious debates over non locality through major discoveries and disruptions of the twentieth century and shows how scientists faced with the same undisputed experimental evidence develop wildly different explanations for that evidence.



Farrar Straus Giroux • TPB • Physics



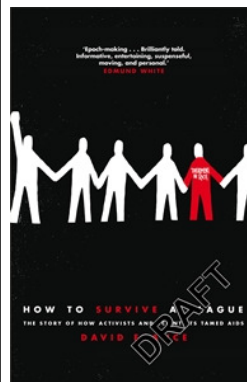
9 780374 536619 **9780374536619 \$22.99**



How to Survive a Plague

David France

The riveting, powerful and profoundly moving story of the AIDS epidemic and the grass-roots movement of activists, many of them facing their own life-or-death struggles, who helped develop the drugs that turned HIV from a mostly fatal infection to a manageable disease. Around the globe, the 15.8 million people taking anti-AIDS drugs today are alive thanks to their efforts. Expansive yet richly detailed, this is an insider's account of a pivotal moment in the history of American civil rights - and one that changed the way that medical science is practiced worldwide.



Picador • TPB • Hiv / Aids



9 781509 839391 **9781509839391 \$34.99**



Magical Miniature Gardens & Homes

Donni Webber



Celebrate the cute, tiny, magical and whimsical world of fairy gardens using this resourceful and inspiring book as the guide. Donni Webber - crafter, fairy gardening guru and creator of FairyGardens.com - takes readers on a journey to build unique gardens, houses and accessories for fairies. The garden designs are low-cost and low-care, highlighting common, long-lasting plants. The book includes easy beginner gardens and accessories, as well as more unique themes like using a gourd to create a Gaudy Gnome Home complete with mossy windows, wood round steps, a burlap broom, a flowerpot chimney and more.

Page Street Publishing • TPB • House Plants



9 781624 143212 **\$29.99**



Modern Pressure Cooking

Bren Herrera



The pressure cooker is the next big thing in the cooking world, and it's already becoming more affordable and more popular. Private chef and media personality Bren Herrera has more than 100 recipes to show you all the incredible food you can make with it. This is the perfect cookbook to pair with a recent purchase or gift of a pressure cooker, as Bren truly embodies the energy and delightful food culture of today.

Page Street Publishing • HB • Cooking With Specific Gadgets

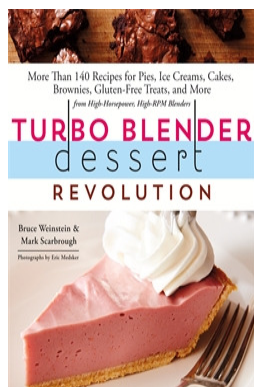


9 781624 143038 **\$34.99**



Turbo Blender Dessert Revolution

Bruce Weinstein and Mark Scarbrough



Imagine rich, velvety chocolate pudding in less than ten minutes - without turning on the stove or dirtying a single bowl or saucepan, other than the canister of a high-horsepower blender. Imagine a chocolate sheet cake with a creamy icing, made in minutes (and from scratch!) without much more work than flipping a switch. These 140+ original, quick, and easy recipes for ice creams, puddings, cream pies, ice box cakes, layer cakes, brownies, muffins, scones, and even pancakes and waffles are a revolution. This is dessert-making unlike anything before. This is a whole new way to think about a turbo blender.

Griffin • TPB • Desserts



9 781250 080707 **\$29.99**



Homestyle Vegan

Amber St. Peter



Amber St. Peter creates dishes that are vegan comfort food to a T. She doesn't just sub out meat and dairy, she adds one-of-a-kind ingredients so the recipes come out better than the original. Instead of fussy or complicated vegan dishes, Amber's recipes are those you will want to share with friends and family. Her unique approach to classics has you create epic Butternut Squash Mac n "Cheese" and Bread Pudding with Whiskey Baked Persimmons. Pass on donuts and pastries with the Apple Cinnamon Dutch Baby with Crumbled Walnuts; cure a cold with Chickpea Noodle Soup; and really, when isn't a good time for Fluffy Whole Wheat Biscuits?

Page Street Publishing • TPB • Vegetarian Cookery

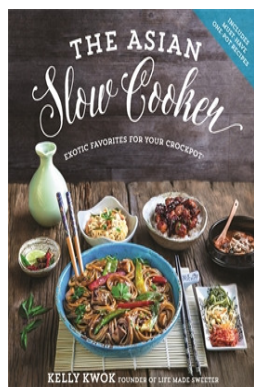


9 781624 142833 **\$29.99**



The Asian Slow Cooker

Kelly Kwok



Stop limiting your slow cooker to yet another barbecue pulled pork recipe and treat it with delicious, Asian foods! With Kelly Kwok, you'll learn to create the signature flavours of Asian cuisine, without spending hours over your stove. Let the slow cooker do all the cooking for you, with some recipes as simple as whisking together sauce and pouring it over chicken and veggies. You'll create restaurant quality meals with minimal effort and tons of flavour. Experience incredibly tasty slow cooker versions of your favourite dishes, like Vegetable Lo Mein, Vietnamese Beef Pho and Sweet and Sour Chicken.

Page Street Publishing • TPB • Cooking With Specific Gadgets



9 781624 142901 **\$29.99**



The Women's Health Big Book of Smoothies & Soups

Editors of Women's Health with Lisa DeFazio, MS, RD



For more than a decade, *Women's Health* has reported and shared advice on top diets, food trends, and healthy lifestyles. *The Women's Health Big Book of Smoothies & Soups* presents the best of the best recipes in this popular category in the friendly, humorous *Women's Health* voice readers love. With beautiful, full-colour pictures and recipes categorised by food group and mood, *The Women's Health Book of Smoothies & Soups* is an easy-to-follow cookbook that lends suggestions for different feelings and occasions. This A-to-Z guide is complete with meal-planning, grocery lists, and nutritional information.

Rodale • TPB • Cookery By Ingredient

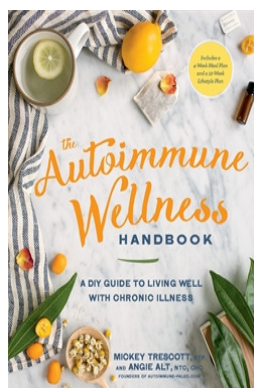


9 781623 367879 **\$34.99**



The Autoimmune Wellness Handbook

Mickey Trescott and Angie Alt



In *The Autoimmune Wellness Handbook*, authors Mickey Trescott and Angie Alt, provide the comprehensive guide to living healthfully with autoimmune disease. The seven steps are divided into user-friendly chapters that demystify the process and lead readers to optimum healing. *The Autoimmune Wellness Handbook* goes well beyond nutrition and provides the missing link that the chronic illness community is desperately seeking so that they can get back to living a vibrant, healthy life.

Rodale • TPB • Complementary Therapies, Healing & Health



9 781623 367299 **\$34.99**



The Men's Health Big Book of Exercises

Adam Campbell



The Men's Health Big Book of Exercises is the essential workout guide for anyone who wants a better body. As the most comprehensive collection of exercises ever created, this book is a body-shaping power tool for both beginners and longtime lifters alike. This book contains hundreds of useful tips, the latest findings in exercise science, and cutting-edge workouts from the world's top trainers. The new material includes 42 no-equipment-needed cardio exercises that are perfect for at home or at the gym and new fitness routines that range from 5 to 30 minutes with a special "Create-Your-Own Circuit" feature for an endless number of customised workouts.

Rodale • TPB • Exercise & Workout Books

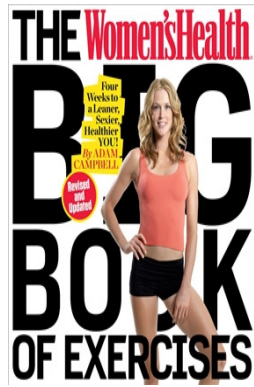


9 781623 368418 **\$34.99**



The Women's Health Big Book of Exercises

Adam Campbell



The Women's Health Big Book of Exercises is the essential workout guide for anyone who wants a better body. This book contains hundreds of useful tips, the latest findings in exercise science, and cutting-edge workouts from the world's top trainers. The new material includes 42 no-equipment-needed cardio exercises that are perfect for at home or at the gym and new fitness routines that range from 5 to 30 minutes with a special "Create-Your-Own Circuit" feature for an endless number of customised workouts. All exercises include variations for all fitness levels, from beginner to advanced.

Rodale • TPB • Exercise & Workout Books

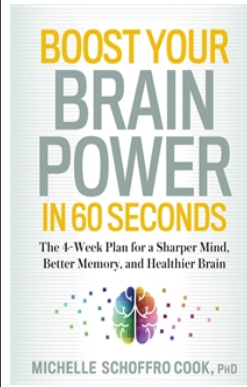


9781623368432 \$35.99



Boost Your Brain Power in 60 Seconds

Michelle Schoffro Cook, PhD, ROHP, DNM



Dr. Michelle Schoffro Cook was in a terrible car accident in which she suffered a brain injury, resulting in cognitive impairment, partial paralysis in her left arm, and severe migraines. Utilising her expertise in natural medicine, Dr. Cook developed a program that improved her memory, cured her migraines, and reversed her arm paralysis. Now, Dr. Cook is sharing her successful plan in this easy, customisable 4-week plan filled with fun, doable tips readers can execute in just 60 seconds a day. Complete with 50 delicious recipes featuring brain-boosting super foods, success stories, and a self-assessment quiz, readers will flock to this brain-boosting guide.

Rodale • TPB • Memory Improvement & Thinking Techniques



9781623364816 \$22.99



Wonderland

Steven Johnson



"Everyone knows the old saying "necessity is the mother of invention," but if you do a paternity test on many of the modern world's most important ideas or institutions, you will find, invariably, that leisure and play were involved in the conception as well." Steven Johnson argues that if you want to understand how we got to now, you have to understand pleasure and play. He introduces us to the colourful innovators of leisure: the explorers, proprietors, showmen, and artists who through the pursuit of novelty and wonder were drivers of world-shaping technological change.

Macmillan • TPB • General & World History

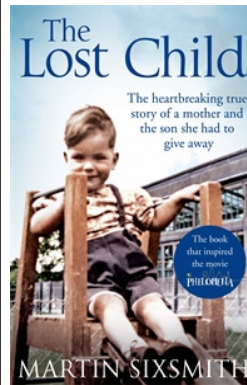


9781509837298 \$29.99



The Lost Child

Martin Sixsmith



When she fell pregnant as a teenager in Ireland in 1952, Philomena Lee was sent to a convent where she cared for her baby for three years until the Church sold him to America for adoption. Coerced into signing a document promising never to attempt to see her child again, she nonetheless spent the next fifty years secretly searching for him. Philomena's son, renamed Michael Hess, grew up to be a leading Republican official in the Reagan and Bush administrations. A gay man in a homophobic party he had to conceal not only his sexuality but the fact that he had AIDS. With little time left, he returned to Ireland. His desperate quest left a legacy with unexpected consequences for all involved.

Pan • PB • True Stories Of Heroism, Endurance & Survival

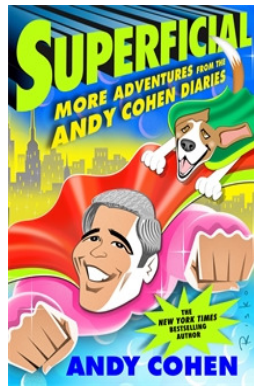


9781509841837 \$19.99



Superficial

Andy Cohen



The megapopular host of *Watch What Happens: Live* and executive producer of *The Real Housewives* franchise is back, better than ever, and telling stories that will keep his publicist up at night. Hopping from the Hamptons to the Manhattan dating world, the dog park to the red carpet, Andy Cohen is the kind of star that fans are dying to be friends with. This book gives them that chance. If *The Andy Cohen Diaries* was deemed 'the literary equivalent of a Fresca and tequila' by Jimmy Fallon, *Superficial* is a double: dishier, juicier, and friskier. In this account of his escapades - personal, professional, and behind-the-scenes - Andy tells us not only what goes down, but exactly what he thinks of it.

Henry Holt • HB • Autobiography: Arts & Entertainment

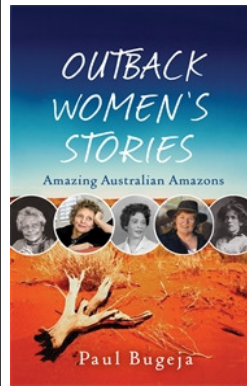


9781250116482 \$34.99



Outback Women's Stories

Paul Bugeja



Outback Women's Stories is a compilation of significant Australian women of simple but important character traits - strength, fortitude and courage. Australia has grown from penal colony to modern nation and important player on the global stage, and during this period there have been many women who have courageously taken on the multifarious and sometimes death-defying challenges the Aussie outback has thrown at them. These women have faced their trials admirably, with rarely a word of complaint, and continue to do so to this day - they are our 'Aussie Amazons'.

Brolga • PB • Australasian & Pacific History



9781925367744 \$24.99



Melbourne Art Deco

Robin Grow



Melbourne is a great Art Deco city. From the towering police headquarters in Russell Street to the tiniest detail of a suburban interior, Art Deco styling maintains an enduring presence in all facets of Melbourne's cultural life. *Melbourne Art Deco* examines the rise, fall and resurgence of Art Deco in Melbourne from the 1930s to the present day. This updated edition features contemporary images by David Thompson and a team of photographers, supported by archival material.

Brolga • PB • Photography & Photographs



9781922175977 \$24.99



A Common Sense Guide to Aged Care

Deborah Smith



This book was designed to help people make an informed and balanced decision on how to best care for their loved ones when they are ageing or dealing with dementia. It examines the benefits and drawbacks of the various care options available and compares them according to the needs of each individual. It also provides detailed practical advice on how to make a home a suitable and safe place to live. Through check-lists and questionnaires, this book answers some of the important questions that arise when assessing a person's need for care and eases some of the guilt that might be associated with making those decisions.

Brolga • PB • Family & Health

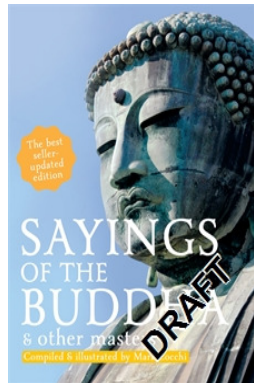


9781925367690 \$24.99



Sayings of the Buddha and Other Masters

Mark Zocchi



Be inspired by the teachings of the Buddha, Great Masters, teachers and writers. Sayings of the Buddha and other masters will help people connect to a spiritual path and find their divinity. Each page contains inspiring quotes, sayings and insights. It is in an easy-to-read format that is perfect for your office desk, coffee table, bookcase or by your bed.

Brolga • PB • Religion & Beliefs

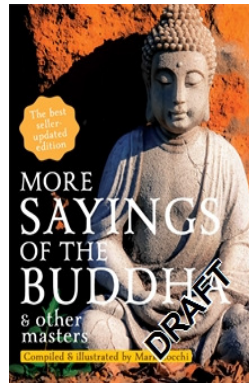


9781925367720 \$15.99



More Sayings of the Buddha & Other Masters

Mark Zocchi



Bring joy, be inspired or find your divinity while flicking through and absorbing the words of wisdom that these great masters have to offer. A great book to give as a gift, or to have around the home or office, **More Sayings of the Buddha & Other Masters** is an easy way to learn more about the great masters from the 14th Dalai Lama through to Sogyal Rinpoche and the wisdom they have imparted upon others.

Brolga • PB • Self-Help & Personal Development



9781925367737 \$15.99



An Eye for an Eye

Arthur Klepfisz



An Eye for an Eye deals with many aspects of human behaviour, explored through doctor Andrew Wright, who when subjected to major stress develops an obsessive thirst for revenge. His drive for revenge is caused by the pressure put upon him at the hands of a supposedly corrupt police officer, Brett, who is also involved in the suspicious death of a disadvantaged Vietnamese refugee named Hahn. This creates a destructive force damaging the doctor's moral values, his marriage and his ability to function as a husband, father and doctor. **An Eye for an Eye** examines the repercussion of revenge and the way it affects everyone, both passive and active participants.

Brolga • PB • Crime & Mystery



9781925367713 \$24.99

