

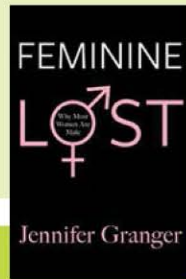
THE SECRET OF LIFE WELLNESS

RRP \$29.99

Rockpool Publishing

www.rockpoolpublishing.com.au

Designed to lead readers down the path of lifelong energy and wellbeing, The Secret of Life Wellness creates a healing way of life, showing how powerful the human mind can really be.



FEMININE LOST

RRP \$19.99

Jennifer Granger argues that all humans are a balance of masculine and feminine energies, and with the rise of the feminist movement many women have migrated to their masculine side, with some losing their feminine side altogether.

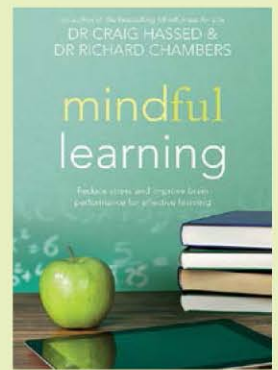
MINDFUL LEARNING

RRP \$29.99

Exisle Publishing

www.exislepublishing.com.au

Mindful Learning shows us how to use mindfulness techniques to manage stress, improve memory and increase focus, all of which is vital to success in any learning environment.



ICEFALL

RRP \$29.99

Short Stop Press

www.shortstoppress.com

The Ross Ice Shelf in the Antarctic, a lump of ice about the size of France, is forecast to collapse into the sea creating a fifteen metre tsunami. Icefall follows the story of street smart Tanya and her family, who after recognising the threat to their existence abandon their city lifestyle to create a secure settlement in the Blue Mountains, enabling them to survive the catastrophe.

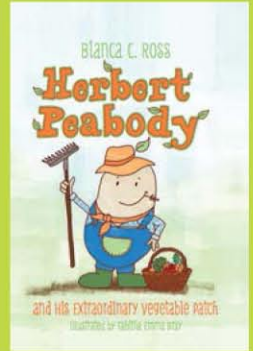


HERBERT PEABODY AND HIS EXTRAORDINARY VEGETABLE PATCH

RRP \$18.95

www.herbertpeabody.com.au

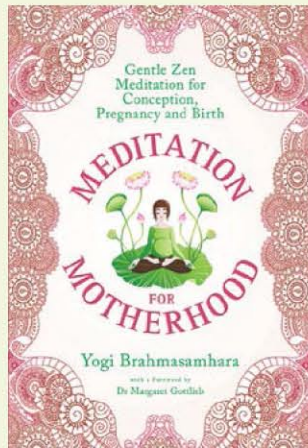
New gardening tale helps connect children to where their food comes from and promotes sustainable produce. It's a great story about Herbert Peabody, a farmer, and his relationship with his niece and nephew as he teaches the benefits of gardening and growing sustainable produce.



WHEN THERE ARE TOO MANY LAWYERS

RRP \$24.95

New book tells the true account of how a false invoice for \$115 led an Aussie man to over 200 court appearances. If you've ever been involved in a petty squabble and found yourself before the courts you might want to read this astonishing true story



MEDITATION FOR MOTHERHOOD

RRP \$24.99

Rockpool Publishing

www.rockpoolpublishing.com.au

Drawing upon thirty seven years of first-hand experience, Australian meditation author Yogi Brahmasamhara provides mothers-to-be with a practical guide to Zen meditation throughout conception, pregnancy and birth.

YIN YOGA

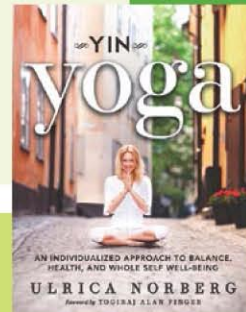
RRP \$24.99

Rockpool Publishing

www.rockpoolpublishing.com.au

Originating in China, Yin Yoga practice incorporates poses designed to improve the flow of qi, the subtle life force essential to organ health, immunity, and emotional well-being.

Each posture is moved through slowly and mindfully, gently allowing tendons, fascia, and ligaments to stretch as circulation improves and the mind becomes calm.



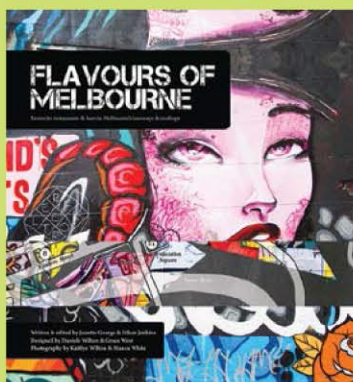
IS IT TRUE

RRP \$ 24.99

Exisle Publishing

www.exislepublishing.com.au

What if some of the fundamental 'facts' we understood to be absolute truths turned out to be confections? Max Cryer brings his wit and meticulous research skills to myth bust some of our most unshakably held ideas and cherished beliefs.



FLAVOURS OF MELBOURNE

RRP \$69.99

Smudge Publishing

www.smudgepub.com.au

In the fully updated second edition of the best-selling book Flavours of Melbourne, authors & avid foodies Jonette George and Ethan Jenkins have searched through Melbourne's nooks and crannies - upstairs, downstairs and through the complex laneway system, to compile an updated guide to the best eateries in the city.

PROPERTY INVESTING MADE SIMPLE

RRP \$24.95

In Property Investing Made Simple, Melbourne-based author and property advisor Andrew Crossley provides readers with a comprehensive guide to the investing process, with a wealth of accessible and practical information written with the new buyer firmly in mind.

