



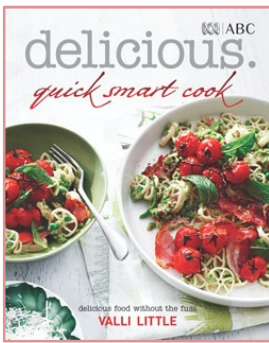
# ABC Books



**SUBSIDIARY RIGHTS GUIDE OCTOBER 2009**

**HarperCollins*Publishers* Australia**





**Delicious: Quick Smart Cook**  
**VALLI LITTLE**  
 Cooking  
 November 2009  
 9780733326028  
 270 x 217mm pb  
 256pp  
 Rights: World

**More than 120 all new recipes, to delight the tastebuds no matter the occasion - even when you are short on time.**

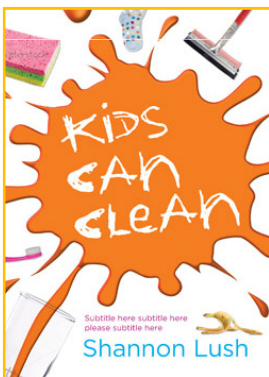
'delicious knows what real cooks need - achievable recipes that go beyond the everyday'-  
*Bill Granger*

From the bestselling delicious magazine comes the next must-have collection of recipes from food editor Valli Little. The title says it all: quick recipes for those short on time as well as smart recipes for special occasions when you need to impress! There are more than 120 sensational all new recipes, each one beautifully photographed, organised into an easy to follow format and featuring a bonus menu planner.

*Quick Smart Cook* has it all ... fantastic food ... minimum fuss.

Trained at Le Cordon Bleu in London, and following a career as a successful food consultant and caterer, **Valli Little** has been the food editor of ABC's *delicious.* magazine since 2001. She is a regular guest on ABC Radio and the author of bestselling cookbooks *5 Of The Best*, *5 Nights A Week*, and *Faking it*.

- Over 30,000 copies of *Faking It* sold in ANZ (Bookscan sales only)



**Kids Can Clean**  
**SHANNON LUSH**  
 Practical / Parenting  
 December 2009  
 9780733324130  
 178 x 128mm pb  
 96pp  
 Rights: World

**Kids CAN clean with Shannon Lush, every parent's best friend.**

It's true -- kids CAN clean! And if anybody knows how to make it happen, it's the Domestic Guru, Shannon Lush.

This illustrated book for children covers everything from removing the squashed banana in your schoolbag, to tidying up your bedroom, personal hygiene (or why you should take your finger OUT OF YOUR NOSE), to cleaning up after your friends.

Cleaning can be fun with Shannon Lush and her simple but effective tips for children of all ages.

- Includes photos and illustrations and written in a lively, bubbly style to appeal to children aged 7 and over.
- Previous books have sold over 650,000 copies in Australia and New Zealand.
- *Spotless* rights sold to US, UK, Italy, Brazil, Norway, Slovenia



Never stumped for an answer to a domestic disaster, radio personality, wife, mother and grandmother **Shannon Lush** became a 'surprise' celebrity in late 2005 with the publication of her first book *Spotless*, co-written with Jennifer Fleming.

Shannon is now a household name. She appears regularly on tv and radio programs in Australia and New Zealand and she contributes advice columns to several newspapers and magazines.



**A hilarious guide to the real meanings behind the endless cliches that we are bombarded with by real estate agents, banks, lawyers, doctors -- even lovers -- on a daily basis.**

Cut through the 'doublespeak'!

"We set the benchmark" = we were the first one to do something so stupid

"Our company uses a consultative process with our employees" = we tell them what to think

"He often challenges conventional wisdom" = he's a lunatic who won't do what he's told

Have you ever wondered what the ads in the real estate section really mean when they describe a property as having 'period detailing' or 'uninterrupted views' or 'huge potential'? Or what is really going on in your partner's head when they say 'We need to talk' or 'Do whatever you want'? And what about when your boss encourages you to 'think outside the square' or tells you that they 'value your input'? Cliches are so much a part of our everyday communications that we rarely stop to think about the meaning behind the tumble of words. In *The Secret Language* John S. Croucher grabs these expressions by the throat, shakes them about a bit, and then squeezes out the truth. With chapters on Real Estate, Motor Vehicles, Law and Order, Business, Retail, Medicine and Relationships, this is the perfect book for dipping into when you want to have a chuckle.

- The perfect Christmas gift for fans of Lynne Truss's *Eats, Shoots And Leaves* and Don Watson's *Weasel Words*

**John S. Croucher** is Professor of Statistics at the Macquarie Graduate School of Management, and one of Australia's most prominent statisticians. Author of 15 books, he is well known for his weekly newspaper column 'Number Crunch' in the *Sydney Morning Herald* and *The Age*.

### ***The Secret Language***

**JOHN S CROUCHER**

Language/Humour

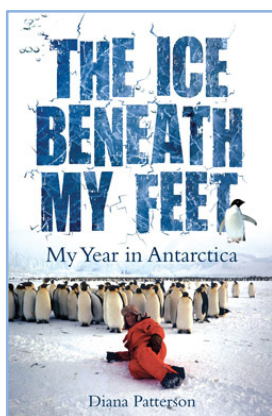
January 2010

9780733325533

198 x 128mm pb

176pp

Rights: World



**A riveting true adventure of a year in Antarctica, from the first woman to lead an Antarctic research station.**

Antarctica calls to people. They often cannot articulate why. It's a place where you can experience temperatures ranging from -40 in winter to about 2 degrees in summer. It's windy, too, with prolonged periods of 50-knot winds. Yet people are drawn to it.

When Diana got the job as station leader at Mawson in 1988, aged 38, she was the first woman to have led this isolated community. This intimate account of her year as manager is full of adventure and the challenges of working with a mostly male team of glaciologists, physicists, biologists and tradies, as they unite to deal with life in the face of what they call the 'A Factor'. We read about what it's like to work and live in an isolated community for many long months; about the excitement of being in such an amazing place, observing the wildlife and gathering essential scientific data; and the incredible team of dogs that were so integral to their life. There are some pretty hairy life-threatening situations to boot. It was a tough but amazingly rewarding experience, which Diana brings to life in her wonderful, captivating story.

As Diana says, "What Antarctica means to me is a feeling of living for the moment, a feeling of incredible contentment and inner peace. A feeling, once experienced, you want to live it again and again."

**Diana Patterson** was the first woman in the world to manage an Antarctic Research Station and is now a motivational speaker and involved in Antarctic tourism. A committed conservationist, she has held a number of senior management and advisory roles with an environmental focus and keeps active through alpine and cross country skiing, bushwalking and mountain biking.

### ***The Ice Beneath My Feet***

**DIANA PATTERSON**

Memoir

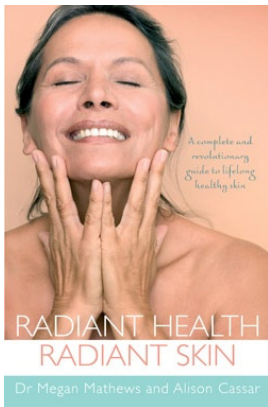
February 2010

9780733324239

234 x 153mm pb

256pp

Rights: World



**Radiant Health,  
Radiant Skin**  
**DR MEGAN  
MATTHEWS & ALISON  
CASSAR**  
Health  
June 2009  
9780733325175  
234 x 153 mm pb  
384pp  
Rights: World

**Forget painful chemical peels and filler injections: learn how to help your skin look its best at every stage of your life with this unique and highly effective blend of up-to-the-minute scientific research and holistic skincare programs**

The skin is our largest, most sensitive organ. Its health affects every aspect of our lives, evoking strong emotions and making us take risky and expensive measures to 'fix' it -- lasering, resurfacing, chemical peels, Botox, filler injections and facelifts. While offering superficial relief, these practices can ignore underlying issues and even damage the skin and inner health.

With over 30 years of combined clinical experience, Dr Megan Mathews and Alison Cassar have helped countless people with skin problems. Now, they show you how to:

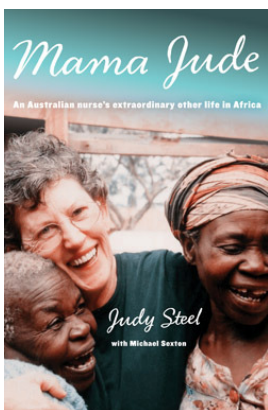
- make the best of your skin type and condition
- care for your skin from the inside out
- support your skin's natural ups and downs
- learn effective strategies for common skin problems
- fight the signs of ageing with non-surgical treatments

Packed with useful background information, *Radiant Health, Radiant Skin* also features:

- simple and effective strategies for everyday skincare
- two unique skincare programs
- a recipe section full of delicious and nutritious meals that support skin repair and radiance

If you want your skin to look its best at every stage of your life, this book is for you!

**Dr Megan Mathews** is a medical doctor, a nutritionist and herbalist. **Alison Cassar** is a nutritionist.



**Mama Jude**  
**JUDY STEEL WITH  
MICHAEL SEXTON**  
Memoir  
September 2009  
9780733324789  
234 x 153mm pb  
320pp  
Rights: World

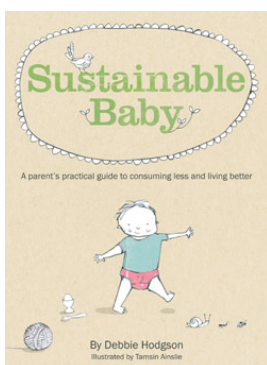
**An Australian nurse's extraordinary other life in Africa**

Despite plans to enjoy her retirement after working as a nurse for over three decades, Judy Steel found herself in Uganda, at the age of 58, providing medical aid to some of Africa's most disadvantaged people. Since 2000, she has returned every year for several months at a time, establishing a small hospital, health clinics for mothers and babies, a physiotherapy centre, literacy school, micro-loan bank and farming infrastructure. She has done this almost single-handedly, with the financial support of other Australian retirees and a Federal government grant, and has become known among the locals as 'Mama Jude'.

This is the inspiring story of a dynamic and determined woman of a certain age making a powerful change to people's lives. It will appeal to all those readers who loved Dr Catherine Hamlin's *A Hospital By The River*.

**Judy Steel** was a nurse for over 30 years. When she is not working in Africa, she lives in Adelaide with her husband. In 2006 she was made an Officer of the Order of Australia for her work in Uganda. This is her first book

**Michael Sexton** is a television journalist and the author of *Silent Flood: Australia's Salinity Crisis*, published by ABC Books. In 2008 he was named South Australian Journalist of the Year.



**Sustainable Baby**  
**DEBBIE HODGSON**

Parenting  
July 2009  
9780733324710  
190 x 140mm pb  
176pp  
Rights: World

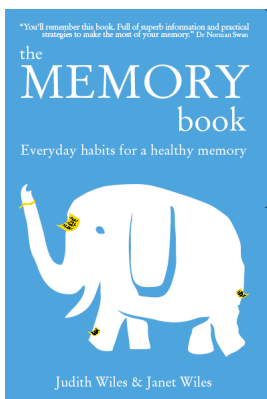
**A guide to making life easier on both your pocket and to help you live more sustainably.**

It's no longer an 'alternative' view that our current throwaway, spendthrift lifestyle is coming to the end of its expiry date. The continual squeeze of climate change, hikes in petrol and food prices, interest rate and rent rises, and the latest economic crisis is pushing everyone to consider the environment and their finances. As all parents soon realise, trying to be frugal and environmentally aware goes down the gurgler with children - along with the idea of a full night's sleep.

*Sustainable Baby* is a guide to making life easier on both your pocket and to help you live more sustainably. Re-discover the simple life with ideas to recycle, make your own toys, extend the life of children's clothes, fabulous ideas for children's parties and gifts, and tempt even the fussiest eaters with tasty recipes from finger food to meal suggestions.

A must-have for all parents wanting to explore a creative family lifestyle.

A writer for six years with the international Newsweek franchise, with freelance experience at Australian news and parenting magazines, **Debbie Hodgson** - [www.debbiehodgson.com](http://www.debbiehodgson.com) - has the journalistic skills and know-how to put a practical, accessible and well-researched book together. She's also a mum to a two-year-old son. She lives in the Blue Mountains, NSW.



*Not final cover*

**The Memory Book**  
**JUDITH & JANET WILES**

Self-help/ Personal  
Development  
March 2010  
9780733325359  
198 x 128mm pb  
256pp tbc  
Rights: World

**The ideal book for anyone who would like a better memory.**

Do you forget your keys or lose your glasses all the time? Are you embarrassed when you bump into an acquaintance and can't remember their name? Would a special diet or supplements help to improve your memory?

As we age, it can become harder to retain the everyday pieces of information that make life liveable. *The Memory Book* offers practical strategies for overcoming forgetfulness and dispels common concerns about memory lapses and memory loss. This indispensable book is based on a survey of people's concerns that shows if you forget names and things you meant to do, you are in good company! It examines how memory works and why it sometimes lets us down, and gives a fascinating insight into how our brains turn thoughts into memories. *The Memory Book* is packed with tips and techniques to ensure that we continue to manage our memory well and stay fresh and alert.

- You'll remember this book! Practical and accessible tips and strategies, plus the latest scientific research
- Fully updated edition – first edition sold more than 10,000 copies and rights sold to BPI India, Korea, Russia
- Will appeal to readers of *The Brain That Changes Itself*.

**Janet Wiles** is an internationally renowned authority on the functioning of the brain, and a professor at the University of Queensland. Her mother **Judith Wiles** is a lecturer in behavioural science.



**First Tests**  
**STEVE CANNANE**  
 Sport/ Biography  
 August 2009  
 9780733321146  
 234 x 153 mm pb  
 240pp  
 Rights: World

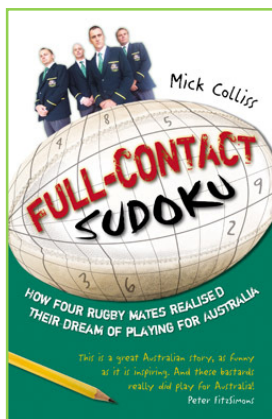
**Some of Australia's best-known cricketers relive their childhood summers of playing cricket in their backyards.**

Australia has dominated test cricket over the last 130 years. But it's not the formal cricket academies or high-end coaching that are responsible for the Australian cricket team's winning ways. The backyard has been the real academy of Australian cricket.

Don Bradman's unique grip, stance and backlift all evolved in response to the pace at which the golf ball rebounded off the tank stand in his backyard games. Greg Chappell's trademark flick off the hip shot was invented on his backyard wicket where the best scoring opportunities lay on the leg side. Alan Davidson bowled accurately because he had to. If he missed the stumps on his home-made pitch, he had to chase the ball down the hill into the scrub. Doug Walters played spin with ease because his ant-bed backyard pitch spun like a top. Neil Harvey's immaculate footwork came from playing balls that darted viciously off the cobblestones in his back lane.

This collection of cricketers and the stories of the backyards that made them gets to the heart and soul of their game. Facing up to hostile brothers on dodgy pitches created a love of competition and developed the skills and the toughness that took them to the top in test cricket.

**Steve Cannane** is a Walkley Award-winning ABC broadcaster and journalist.



**Full Contact Sudoku**  
**MICK COLLISS**  
 Memoir/ Sport  
 August 2009  
 9780733326448  
 210 x 135mm pb  
 192pp  
 Rights: World

**In the tradition of Danny Wallace's *Yes Man*, Tony Hawkes' *Round Ireland With A Fridge*, and Dave Gorman's *Googlewhack Adventure*, this book celebrates the underdog, and giving your dream a go, no matter the odds stacked against you.**

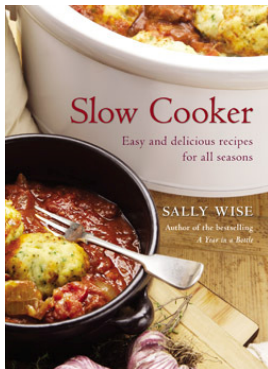
Four blokes had a dream. A dream of playing for their country. Mick Colliss and his mates Skiffo, Hamish and Sandy first played rugby together when they were in their twenties. Two decades later, when they realise that desire is no substitute for ability, they refuse to relinquish their dream. But how to achieve it?

*Full Contact Sudoku* is a laugh-out loud true story about never giving up, no matter the odds stacked against you. It's a mate's own adventure that takes a group of washed up sportsmen --- who had never even completed a Sudoku puzzle --- halfway around the world, just for the honour of wearing the green and gold. It's a journey into the high-pressure world of elite international competition. Humiliation lurks around every corner. Being able to bench press your own body weight counts for nothing.

They know this is their one shot at a world title. They've picked themselves for the Australian Sudoku Team and packed their bags for India. It's their only chance to represent their country with pride. They're the 10,000 to 1 outsiders. The underdogs. And they wouldn't have it any other way.

Ladies and gentlemen, sharpen your pencils.

Originally from Sydney, **Mick Colliss** moved to Perth in 1988 to study and play rugby at the University of Western Australia. His poetry has been recited on 2UE, 6PR, Channel 10 and Channel 7 and published in The Sydney Morning Herald, The West Australian, The Sunday Times, Rugby League Week and Rugby News. He was awarded 'Best Sports Poem in 2002' by SMH columnist and bestselling author Peter FitzSimons.



**Slow Cooker**  
**SALLY WISE**

Cooking  
August 2009  
9780733327889  
210 x 153mm pb  
240pp  
Rights: World

**Easy and delicious recipes for all seasons**

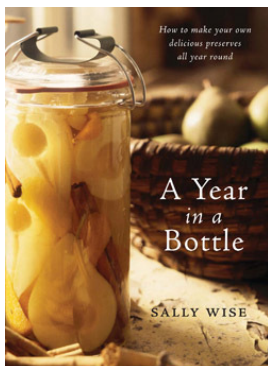
From soups and stews to lighter fare such as Ocean Trout Fillets with Spicy Asian Glaze and even deliciously moist cakes and desserts, this is truly a recipe book for all seasons, including the warmer months - unlike ovens and stovetops, a slow cooker won't add heat and steam to your kitchen!

Sally Wise owns two crock pots and three slow cookers. At this very moment there is probably a pot of something delicious on her kitchen bench, slowly cooking itself to perfection - to say that she is passionate about this style of cooking would be an understatement.

In *Slow Cooker*, the bestselling author of *A Year In A Bottle* shares her favourite slow cooker recipes. Drawn from a collection created over thirty years of preparing tasty, economical and nutritious meals for her family, they include soups, mains - beef, lamb, chicken, pork and vegetables - and delectable desserts.

Sally believes that a slow cooker should be among the kitchen tools of every budget-conscious or busy person. These mouthwatering and easy-to-follow recipes will make slow cooking a cinch, all year round.

- From the bestselling author of *A Year in a Bottle*.
- The consumer demand for slow cooker recipes is huge – as a result of the movement towards slow food and sustainable living
- Contains delicious, warming recipes that are also economical.
- Perfect for busy people.



**A Year in a Bottle**  
**SALLY WISE**

Cooking  
June 2008  
9780733323348  
210 x 153mm pb  
240pp  
Rights: World

**Recipes and tips to create your own jams, jellies, pickles, relishes and chutneys**

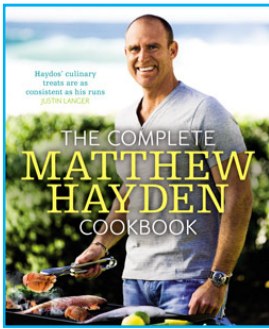
Zesty yet simple raspberry jam on steaming fresh scones from the oven; tasty pickles, relishes and chutneys to complement roasts; and plump, tasty pickled onions and sumptuous fruit cheeses for the cheese platter ... just a small taste of what readers will find in Sally Wise's wonderful preserving cookbook. Containing a lifetime of passion and preserving wisdom, *A Year In A Bottle* is an inspiring and practical collection of more than 100 recipes and hints for making your own glorious jams, jellies, marmalades, drinks, pastes, fruit cheeses, chutneys, relishes and pickles.

- Includes easy and simple recipes, technical advice and helpful hints from selecting ingredient to safety tips to ensure success.

**And, coming in April 2010: *Out of the Bottle***

In this follow-up to the bestselling *A Year In A Bottle*, Sally Wise shows readers that homemade preserves aren't just for spreading on toast or scones, but can be introduced to a wide range of savoury and sweet recipes, turning what would have been a nice meal into a truly sublime one!

**Sally Wise** regularly appears on Australian radio. She has a weekly newspaper column, and owns and runs a catering business as well as teaching cookery to high school students and hospitality and TAFE students.



**Complete Matthew Hayden Cookbook**  
**MATTHEW HAYDEN**  
Cooking  
November 2009  
9780733326202  
260 x 216mm PB  
288pp  
Rights: World

### Hayden's two bestselling cookbooks into one bumper volume!

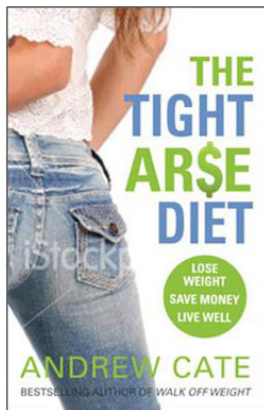
Featuring a fresh new design, an up-to-date introduction, and some gorgeous new family snaps, this is great value for cricket fans and cooks alike.

Aussie cricketing icon Matthew Hayden brings us tales of his exciting travels and passion for family, friends, fishing and food. This collection of stories and recipes features stories written by Matthew about people he knows and admires, about his young family and his cricketing mates, as well as some behind the scenes tales from The Ashes series - all related with his keen eye and characteristic down-to-earth style. There are loads of photographs from his family collection, from his mates, and from professional photographers who tour with the Australian team.

And then there are the recipes! Delicious, easy-to-follow mains and deserts that the whole family will enjoy. There's so much to choose from: Prawn Pita Pizza or Salmon Quiche (what was that about real men!); Veal Stew with Parsley Dumplings or Rib Eye on Spinach with Beetroot & Horseradish Puree; Lemonade Scones or Passionfruit and Coconut Cake. Each recipe is accompanied by a photograph of the finished dish, and they're all guaranteed to work, every time!

As Matthew says 'If a cricketer can cook, surely you can have a crack at it!'

- Also available as two separate volumes.
- 30,000 copies sold



**The Tight Arse Diet**  
**ANDREW CATE**  
Health  
January 2010  
9780733327773  
210 x 135mm pb  
160pp  
Rights: World

### Lose weight and save money at the same time!

A twist on the usual exercise and diet book - we're getting fatter and poorer by the day. We are slap bang in the middle of a financial crisis, and an obesity epidemic. But is there a common solution? Could an abdominal crunch save us from the credit crunch? Is it possible to save money and save your health at the same time?

*Tight Arse* offers practical advice and tips on how to lose weight on a budget. It covers diet, nutrition and exercise, and includes some tasty recipes. Each tip details how much weight you could potentially lose, and how much money you could potentially save on an annual basis.

**Andrew Cate** is a health, fitness and nutrition consultant who runs his own personal training studio. He was a weight-loss coach for the successful *Gutbusters health program* for many years. He writes for several magazines and websites, and can be heard regularly on ABC Local Radio.



**Small Fry: Play will inspire parents and carers to help their children rediscover the lost art of free, unfettered play.**

The Small Fry team is back, this time on the subject of play! While today's overly-stimulated children seem to have less time or opportunities to engage in this most simple of childhood activities, *Small Fry: Play* encourages parents and carers to get back to basics and recognise free play as an essential part of their children's development. Packed with useful and inspiring tips, activities and recipes, *Play* features photographs by Katrina Crook and recipes by Susie Cameron and friends of the Small Fry team.

Also available: *Small Fry: Inspiration for Cooking with Kids* (2006) and *Small Fry Outdoors: Inspiration for Playing Outdoors with Kids* (2008)

**Small Fry: Play**  
**SUE CANT**  
**SUSIE CAMERON**  
**KATRINA CROOK**

Parenting  
September 2009  
9780733323379  
210 x 210mm pb  
144pp  
Rights: World

- Fully illustrated with especially commissioned photographs throughout
- Nature vs Nintendo ... *Small Fry* provides inspiration for the precious time that we get to spend with our children
- Learn more about Small Fry at <http://www.smallfryfun.com>



In a long and diverse career as an early childhood professional in Australia and overseas, **Sue Cant** has taught in schools, early childhood services and worked with children with disabilities. Sue lives in the Southern Highlands of NSW where she teaches at the TAFE Illawarra Child and Family Services Department and runs a consultancy business.



**A twist on the bestselling *Deceptively Delicious*, and the perfect solution for all those parents who want both happy, healthy kids and peaceful mealtimes.**

Naturopath and nutritionist Julie Wood has two children; Antonia Kidman has four. Like most parents, they have encountered one of the most frustrating aspects of parenting: the fussy eater.

In *Feeding Fussy Kids* the authors have combined their nutritional expertise and parenting wisdom to show you how to boost your children's diets, encourage them to adopt a healthier approach to food and move them beyond their pickiness to understand how good food can make them feel stronger, happier and healthier.

The recipes focus on kids' favourites, such as sausage rolls and chicken nuggets, which are cleverly boosted with fruit, vegetables and other superfoods that even the trickiest eaters won't be able to see or taste; so little chocolate cakes contain a cup of broccoli, a tomato sauce hides five types of vegetable and little sweet treats contain more iron than spinach. These delicious, easy dishes will help you overcome your children's pickiness and ensure they receive the great nutrition their growing bodies need.

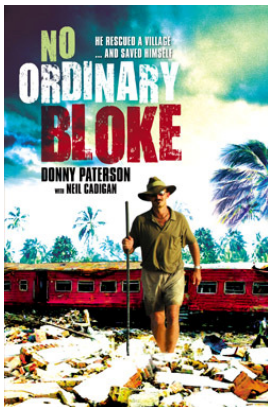
- 120 delicious and nutritionally sound recipes for breakfast, lunch, dinner, snacks, desserts, baking and drinks
- Tips on creating a healthy approach to eating and strategies for dealing with particular problems
- Advice on encouraging your child's involvement with food -- from gardening and shopping to cooking and serving
- An education and rewards program to support your child's healthy eating choices
- The perfect solution for all those parents who want both happy, healthy kids and peaceful meal times.

**Feeding Fussy Kids**  
**ANTONIA KIDMAN &**  
**JULIE MAREE WOOD**

Cooking/Parenting  
October 2009  
9780733324178  
255 x 210mm pb  
272pp  
Rights: World

**Julie Maree Wood** is a naturopath and nutritionist. She teaches and writes on the topic, and runs a clinic in Sydney. She has published three children's books internationally.

**Antonia Kidman** is a parenting and lifestyle broadcaster and journalist. She is associated with charities that focus on women's issues and Australian families.



**No Ordinary Bloke**  
**DONNY PATERSON &**  
**NEIL CADIGAN**

Memoir  
 October 2009  
 9780733325656  
 234 x 153 mm pb  
 288pp  
 Rights: World

**When the tsunami hit Asia on Boxing Day, 2004, it claimed hundreds of thousands of lives - but changed, and probably saved, the life of Donny Paterson.**

The former army engineer, with a history of chronic injuries, depression and addiction, was floating somewhere above rock bottom - aimless, traumatised, anchored only by his family - in particular, wife Tracey and the promising football career of his son.

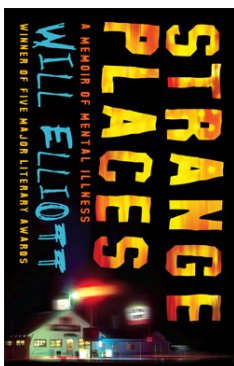
But something in the shocking devastation of the tsunami moved him. Within days, Donny was on a plane to Sri Lanka. Landing in Colombo he met three fellow travellers and together they took a chance and drove south. Arriving in the shattered village of Peraliya, they found a community without, food, water, medicine, homes or livelihood. The events that followed were remarkable ... a rescue effort, a village saved, an award-winning documentary, red-carpet treatment at film festivals, and, for Donny, a Cannes penthouse stay as guest of actor Sean Penn. How could this have happened to an ordinary Aussie bloke?

Rough diamond Donny is proof of what can occur when the extraordinary deep within is tapped.

- A gripping read for armchair adventure travellers and readers of inspirational memoirs
- Cameo appearances by Sean Penn, Madonna and Brad Pitt.
- The Third Wave, the multi award-winning documentary presented by Sean Penn, will be released internationally on DVD late in 2009 - [thethirdwavemovie.com](http://thethirdwavemovie.com)

**Neil Cadigan** is the author of *The Two Of Me* (Andrew Johns, 2007) and a journalist with 30 years' experience.

**Donny Paterson** is based in Newcastle and is a retired Army engineer who now works as a humanitarian in Australia and internationally.



**Strange Places**  
**WILL ELLIOTT**

Memoir  
 April 2009  
 9780733323522  
 210 x 135mm pb  
 256pp  
 Rights: World excl  
 N America

**A darkly humorous, insightful and searingly honest account of a journey through schizophrenia**

"I've been to places that no one else on this planet will ever go. Me, I've lived for a short time as a werewolf. As a vampire. As a revolutionary. As a psychic. As a magician. As someone who cannot be hurt by physical force. As someone who can speak to the dead... I have lived as Jesus Christ. I have been he who knows all. You see, all this is true, because, for a while, it was all real. What hurts, what really hurts, is that I will never feel so alive as I felt the night I ran barefoot from hospital, hearing vampires rustle in the trees above, seeing a war zone around me, seeing battalions and guarded castles in the houses to either side of me, the air rife and thick with magic, crackling with an energy that exists on the far boundary of the human mind, which, once crossed, we're not supposed to return from. I made it back when I shouldn't have, so I'm lucky. But no matter what else happens in life, no matter what mountains I climb, no matter how close I come to death, nothing will ever again make me feel so alive as I felt that night. Nothing."

In 2006 **Will Elliott** had his first novel *The Pilo Family Circus* published. It won five literary awards and great acclaim, nationally and internationally. What nobody knew was that the young author of that work of terrifying fantasy had just recovered from a psychotic episode and been diagnosed as a schizophrenic. This is his memoir of that harrowing --- and enlightening --- time.



**Roadtesting  
Happiness**

**SOPHIE SCOTT**

Personal  
Development  
March 2010  
9780733325540  
210 x 135mm pb  
256 pp  
Rights: World

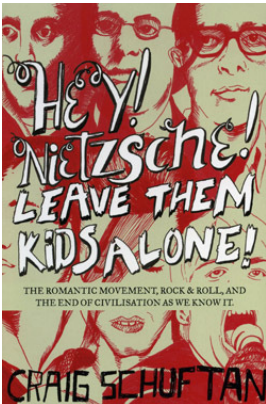
**What is happiness and how can we achieve it? Does the advice of happiness 'experts' really work?**

Propelled by a desire to overcome the depression she feels after a personal tragedy, and armed with a journalist's critical eye, Sophie Scott investigates just what happiness is and the best way to achieve it. She interviews a range of local and international happiness experts - including Harvard University's Professor Tal Ben Shahar; the 'world's happiest man', Buddhist monk Mathieu Ricard; and psychologist Dr Anthony Kidman - on everything from the importance of relationships, the power of positive thinking, the benefits of gratitude and altruism, meditation, spirituality and mindfulness, and of exercise and the mind-body connection.

Then Sophie tries it all out. For a month for every solution suggested by the experts, Sophie 'roadtests' her way to happiness.

- A unique and compelling combination of personal experience and author's renowned ability to make complex ideas accessible.
- Includes the latest happiness science, theories and strategies, distilled for readers in a highly approachable way.
- Strong emphasis on practical strategies - all readers will find something they can actively do to improve their life.

**Sophie Scott** is the national medical reporter for the ABC. In 2005, Sophie received the Media award at the Research Australia 'Thank You' Day Awards in recognition of her ability to communicate complex information in a way that the general community can easily understand. In 2004, she won the Australian Museum Eureka award for medical reporting. Her first book, 'Live a Longer Life', was published in 2007.



**Hey! Nietzsche!  
Leave Them Kids  
Alone!**

**CRAIG SCHUFTAN**  
Entertainment  
April 2009  
9780733324024  
198 x 128mm pb  
304pp  
Rights: World

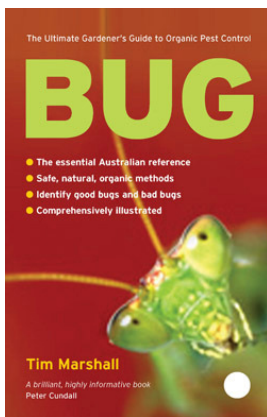
**Hey! Nietzsche! Leave Them Kids Alone!**

Why do goths wear black?  
Why do rock singers make that 'jesus' shape on stage?  
Why do songs about death and despair make us feel good?  
And why can't you get no satisfaction?

According to Craig Schuftan, it all began about two hundred years ago....

*Hey, Nietzsche!* is the first book to uncover the hidden roots of rock and roll in the romantic movement. Schuftan picks up a clue in My Chemical Romance's 'Welcome the Black Parade', and follows it into a world where Keats meets the Cure, Wordsworth hangs with Weezer, and Byron exchanges haughty glances with Bowie. From Schopenhauer's darkest days to Queen's greatest hits, *Hey, Nietzsche!* is a wild ride through the nineteenth century with the best mix-tape in the world on the car stereo.

**Craig Schuftan** is presenter of national radio network Triple J's hugely popular Culture Club. His previous book *The Culture Club* was published in 2007.



**The ultimate gardener's guide to organic pest control - the only book you will need to help you to control garden pests without chemicals.**

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### **Bug!**

**TIM MARSHALL**

Gardening

January 2010

9780733325014

178 x 128mm pb

224pp

Rights: World

**Tim Marshall** has been at the forefront of the Australian organic industry for 25 years, as an innovator, grower, inspector, trainer and writer. He is a contributor to Gardening Australia magazine, and author of ABC Books *Recycle Your Garden* and *Composting: The Ultimate Organic Guide To Recycling Your Garden*.

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