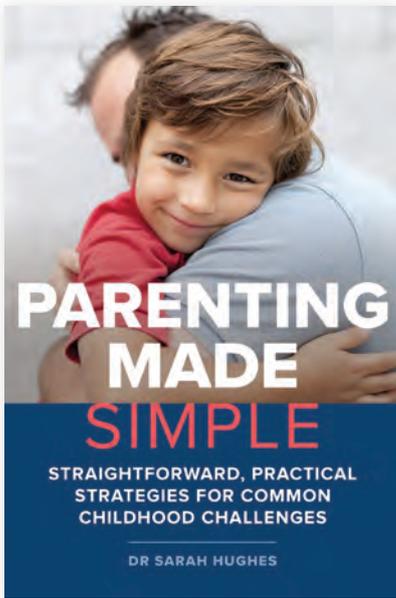




IN THIS ISSUE

- THE LATEST PARENTING BOOK FROM HIGH-PROFILE TV PERSONALITY AND CHILD PSYCHOLOGIST, DR SARAH HUGHES
- *FIRST AMONG EQUALS*. A NEW BOOK THAT HELPS US KEEP TABS ON THE REVOLVING DOOR OF POLITICAL LEADERSHIP
- THE LATEST IN OUR NEW 'TIMELESS WISDOM' SERIES, CELEBRATING THE WISDOM OF AGE
- NEW CHILDREN'S BOOK TO HELP KIDS BUILD OPTIMISM





Parenting Made Simple

Straightforward, Practical Strategies for Common Childhood Challenges

Dr Sarah Hughes

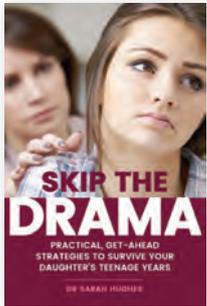


AU \$29.99 | NZ \$29.99 | Apr 2020 |
9781925820324 | 229 x 152 mm |
Paperback | 240 pages



All children go through periods of poor behaviour, so parents need strategies to manage this. In this practical guide, TV personality and leading child psychologist, Dr Sarah Hughes, offers a warm and commonsense approach all parents can benefit from. Dr Hughes delves into the behavioural development of children and roots out just why kids can't always behave well. She answers hard questions with real-world examples and offers easy-to-implement, realistic approaches parents can adapt to a style of parenting that suits them.

ALSO BY THIS AUTHOR



Skip the Drama

Practical, Get-Ahead Strategies to Survive Your Daughter's Teenage Years

Dr Sarah Hughes



AU \$29.99 | NZ \$29.99 | 9781925335859 |
229 x 152 mm | Paperback | 216 pages



An accessible reference for parents wanting to raise well-adjusted, self-sufficient, resilient young women.

NEW FROM TV SUPER PSYCHOLOGIST



Dr Sarah Hughes is a clinical psychologist and the founder and director of Think Clinical Psychologists. She completed her clinical training at the University of Sydney and holds a Doctorate in Clinical Psychology and a PhD in child and adolescent anxiety disorders. She has a decade's worth of experience working with kids, teens, adults and families. Sarah is a well-recognised and trusted parenting expert who has featured as a regular on the Seven Network's *The Morning Show*.

POPULAR PARENTING



Mind Kind

Your Child's Mental Health

Dr Joanna North

AU \$32.99 | NZ \$32.99 | 9781925335941 |
229 x 152 mm | Paperback | 256 pages



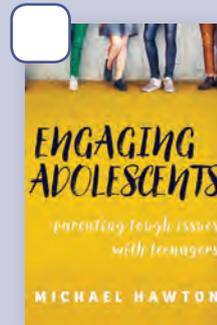
AS FEATURED ON KIDSPOT AND BABYOLOGY

Mind Kind: Your Child's Mental Health helps parents support children towards positive mental health and wellbeing. Topics covered include behaviour management; anxiety and depression; eating disorders; self-image; and family break-ups.

'There are many books that give advice on childrearing, but what's so refreshing here is that rather than proffering advice it offers both parents and therapists a set of coherent values – a simple philosophy of parenting.' — United Kingdom Council for Psychotherapy Magazine

'A practical parenting guide to help your child navigate their mental health. Learn how to notice the signs of struggle and get them help.' — Fernwood

'Listening to your child's emotions will enhance their wellbeing, support their development and make them happier and more confident' — Kidspot.



Engaging Adolescents

Parenting Tough Issues with Teenagers

Michael Hawton



PARENTING TOUGH ISSUES WITH TEENAGERS

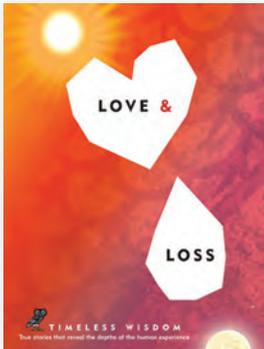
AU \$29.99 | NZ \$29.99 | 9781925335408 |
229 x 152 mm | Paperback | 216 pages

Written by an experienced psychologist with extensive experience as an expert witness in the Family Court of Australia, this practical guide is based on the course delivered to over 100,000 parents and professionals. It teaches you to think like professionals who manage emergencies and uses universally accepted mediation principles to help defuse potentially explosive situations.



NEW IN THE 'TIMELESS WISDOM' SERIES

The 'Timeless Wisdom' series of books showcases a diverse range of true stories collected from around the world, all contributed by mature writers as part of an international competition. Interspersed between the stories are memorable quotes touching on each book's theme. The resulting books are inspiring, surprising and profoundly enriching.



Love and Loss

True Stories That Reveal the Depths of the Human Experience

Renée Hollis (ed.)



AU \$29.99 | NZ \$29.99 | Mar 2020 | 9781925820072 | 227 x 170 mm | Hardcover | 240 pages

Time gives us the wisdom to realise our loved ones' sacrifices, love, loyalty and kindness, as loss and love turn to memory. Follow 25 true stories from around the world with inspiring reminders of what is most important: life, love and memory. Loved ones are honoured in this gripping compilation for a book to connect with time and again.



QTY



Struggle and Success

True Stories That Reveal the Depths of the Human Experience

Renée Hollis (ed.)



AU \$29.99 | NZ \$29.99 | Mar 2020 | 9781925820089 | 227 x 170 mm | Hardcover | 240 pages

We must all start somewhere. In this collection of real-life stories, 25 people take readers on an inspiring journey through the struggles they have overcome in pursuit of success. From small personal triumphs, to large career goals or lifetime achievements, each success offers an insight into the inner workings of lives from around the globe, highlighting one of humankind's greatest traits — resilience.

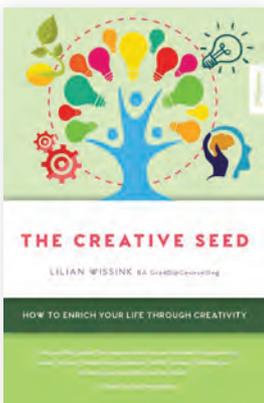


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EMPOWER

SUCCESSFUL BOOKS MADE BETTER AND MORE AFFORDABLE



The Creative SEED

How To Enrich Your Life Through Creativity

Lilian Wissink

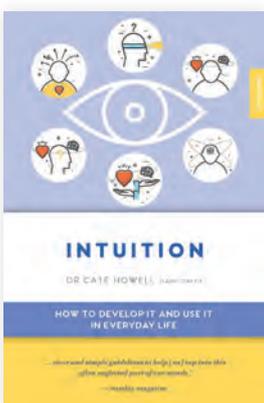


AU \$19.99 | NZ \$19.99 | Apr 2020 | 9781925820300 | 198 x 129 mm | Paperback | 200 pages

Skills, Experimentation, Evaluation and Discovery: SEED — an original approach empowering both beginners and established creators to clearly understand the nature of the creative process. Whether you are already involved in some form of creative expression, think you don't have an ounce of creative flair, are a raw beginner or well established, you can discover and nurture new, exciting dimensions in your life with *The Creative SEED* to keep you on track in living your creative dream.



QTY



Intuition

How to Develop it and Use it in Everyday Life

Dr Cate Howell



AU \$19.99 | NZ \$19.99 | Apr 2020 | 9781925820317 | 198 x 129 mm | Paperback | 216 pages

Intuition: it's instinctive by nature. It's that gut-feeling or 'sixth sense' independent of rational analysis or deductive thinking. But can we actively develop and learn how to better utilise it? Author Dr Cate Howell believes we can, empowering us to use our intuition in everyday life through key principles and a practical seven-step plan, so that we can experience an increased sense of peace, purpose and joy in our lives.

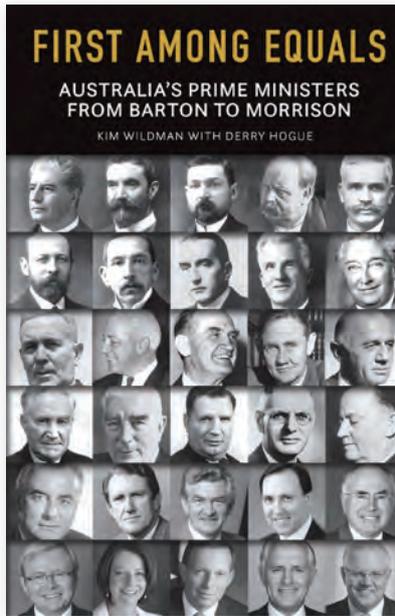


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**MORE
'TIMELESS
WISDOM'**



POLITICAL NON-FICTION



First Among Equals

Australia's Prime Ministers From Barton to Morrison

Kim Wildman with Derry Hogue



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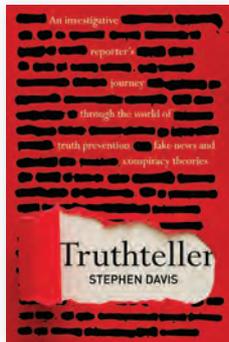
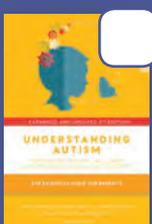
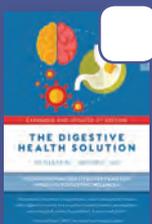
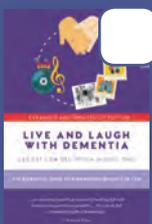
**AN UP-TO-THE-MINUTE REFERENCE TO THE
'REVOLVING DOOR' OF AUSTRALIA'S POLITICAL LEADERS**



AU \$24.99 | NZ \$24.99 | Mar 2020 |
9781925820485 | 210 x 135 mm | Paperback |
208 pages

Since Federation in 1901, 29 men and one woman have served in the position of Australian prime minister. Some have had the position thrust upon them. Some have plotted and schemed their way to the top. Four have served more than once. Three have died in office. Eight have been unceremoniously dumped by their own party. Revised and updated to include Scott Morrison, this new edition tells the story of each of these prime ministers, setting their actions in the context of their time.

**ALSO IN THE
EMPOWER
SERIES**



Truthteller

An Investigative Reporter's Journey Through the World of Truth Prevention, Fake News and Conspiracy Theories

Stephen Davis

AU \$29.99 | NZ \$29.99 | 9781925335897 | 210 x 135 mm | Paperback | 264 pages



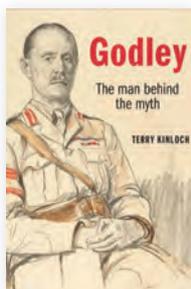
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BESTSELLER. AUTHOR TO FEATURE IN MAJOR NEW DOCUMENTARY SERIES

Written by a leading New Zealand journalist, and the former head of one of Australia's leading media schools, this is a deep-dive into fake news and truth prevention. Revelations from the author's research will shortly feature in a new 6-part documentary to air on the Discovery network.

LEST WE FORGET



Godley

The Man Behind the Myth

Terry Kinloch

AU \$59.99 | NZ \$59.99 | 9781775593638 | 240 x 160 mm | Hardcover | 328 pages

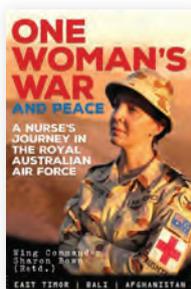


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'THIS COMPREHENSIVE ACCOUNT CLEARLY DISTINGUISHES GODLEY AS A MAN WHO WAS WRONGED BY HISTORY' — RSLWA

A comprehensive biography of General Sir Alexander Godley, presenting for the first time a fair and balanced look at his time as commander of the New Zealand Expeditionary Force and II ANZAC Corps.



One Woman's War and Peace

A Nurse's Journey in the Royal Australian Air Force

Wing Commander Sharon Bown (Retd.)

AU \$29.99 | NZ \$29.99 | 9781925335316 | 229 x 152 mm | Paperback | 248 pages



QTY



THE PERFECT READ IN THIS INTERNATIONAL YEAR OF THE NURSE

From surviving a helicopter crash to commanding a combat surgical team in Afghanistan, *One Woman's War and Peace* tells the extraordinary story of Sharon Bown's 16-year career with the RAAF. **'INSPIRATIONAL' — AUSTRALIAN NURSES JOURNAL**



CHILDREN'S PICTURE BOOKS



Tabitha and the Raincloud

Devon Sillett & Melissa Johns



GIVES CHILDREN A FUN AND EFFECTIVE VISUALISATION TOOL FOR HOW TO HANDLE THEIR NEXT 'RAINCLOUDY' DAY



AU \$24.99 | NZ \$24.99 | Mar 2020 | 9781925820133 | 245 x 255 mm | Hardcover | 24 pages | Colour

THEMES: ANGER, EMOTIONAL REGULATION, OPTIMISM

When Tabitha wakes up on the wrong side of the bed, she finds a big raincloud next to her. She tells it to go away, but it won't budge. At school, she tries to draw a giraffe, but the raincloud distracts her and her art teacher compliments her on her dinosaur! By lunchtime Tabitha is so stormy none of her friends want to sit next to her. Tabitha realises she needs to change her attitude. An empowering story of resilience and the importance of optimism.

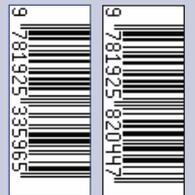
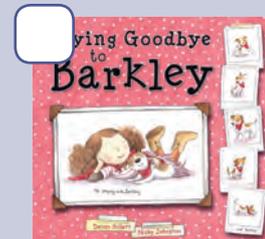
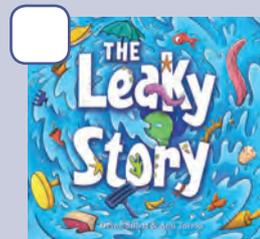
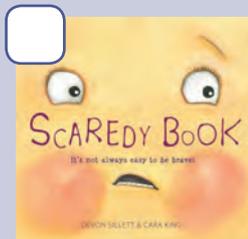


ABOUT THE AUTHOR & ILLUSTRATOR

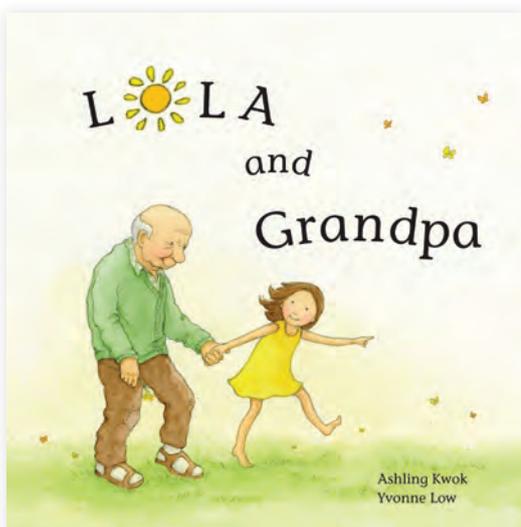
Devon Sillett is a former radio producer, turned writer and reviewer, who is currently completing her PhD on children's picture books.

Melissa Johns is an artist, illustrator, an avid upcycler and a closet poet. She is passionate about stimulating young minds through art and literature.

ALSO BY THIS AUTHOR



LITTLE PINK DOG BOOKS



Lola and Grandpa

Ashling Kwok and Yvonne Low

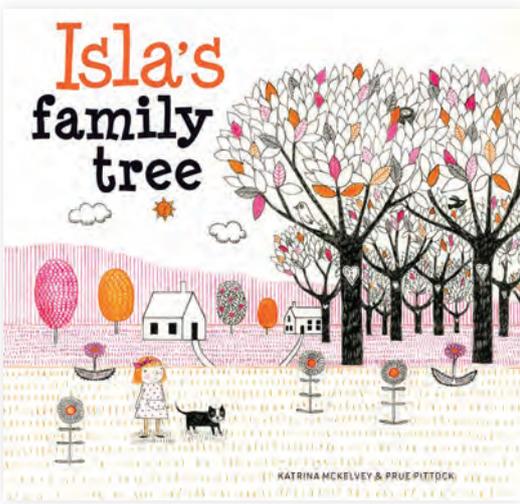


A GENTLE INTRODUCTION TO THE SUBJECT OF DEATH AND COPING WITH LOSS.



AU \$24.95 | NZ \$24.95 | Apr 2020 | 9780648652809 | 245 x 245 mm | Hardcover | 32 pages | Colour | **LITTLE PINK DOG BOOKS**

Every Sunday Lola visits her Grandpa. They spend the day exploring the universe and teaching each other about the world. But then one day everything changes. Grandpa isn't there anymore. Lola struggles to deal with the loss. But as time goes by Lola realises that her Grandpa will always be with her — in her heart and in the memories they made. *Lola and Grandpa* is a beautiful and reassuring story of love, loss and the value of memories.



Isla's Family Tree

Katrina McKelvey & Prue Pittock



AU \$24.99 | NZ \$24.99 | Apr 2020 | 9781925820379 |
245 x 255 mm | Hardcover | 32 pages | Colour

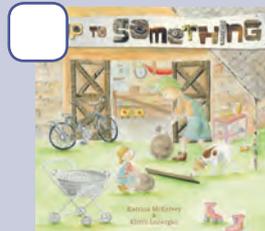
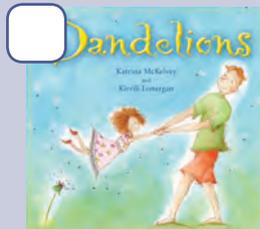
THEMES: FAMILY STRUCTURE AND SIBLINGS

Isla isn't happy that her family is changing, so her mother creates a clever family tree with Isla to teach her how families always grow. When her mother hands her two new leaves, Isla doesn't think they belong. She tries to make them fit somewhere, but not on her branch. However, once she meets her new brothers, she has a change of heart and finds room for them after all. A fun book for any family trying to introduce new family members, or show children how they belong in their family.



WILL INSPIRE READERS TO CREATE THEIR OWN FAMILY TREES, NO MATTER HOW DIVERSE THEIR FAMILIES.

ALSO BY THIS AUTHOR



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