



ALSO IN THIS ISSUE

- TAKE CONTROL OF YOUR MENTAL HEALTH WITH A *WELL MIND*, A PRACTICAL GUIDE TO LIFESTYLE CHOICES THAT WILL SUPPORT YOUR WELLBEING.
- IS THE THEORY OF MODERN WARFARE BASED ON A MASSIVE CON BY FORMER NAZIS? *THE BLIND STRATEGIST* EXPLODES THE MYTHS BEHIND MANEUVER WARFARE WITH PROFOUND IMPLICATIONS FOR THE WAY WAR IS WAGED BY THE WEST.
- 5 NEW GORGEOUS PICTURE BOOKS WITH HEART ON ISSUES THAT MATTER, ON TOPICS RANGING FROM ANXIETY TO EMPATHY, AND COPING WITH CHANGE TO WORD PLAY.





The Healthy Skin Kitchen

For Eczema, Dermatitis, Psoriasis, Acne, Allergies, Hives, Rosacea, Red Skin Syndrome, Cellulite, Leaky Gut, MCAS, Salicylate Sensitivity, Histamine Intolerance & More
Karen Fischer BHSoc., Dip.Nut.



AU \$37.99 | NZ \$37.99 | Mar 2021 | 9781925820652 |
 235 x 191 mm | Hardcover | Colour | 224 pages

A VISUAL FEAST, THIS BOOK WILL HELP ANYONE WHO WANTS BEAUTIFUL SKIN, FROM PEOPLE WITHOUT SKIN DISORDERS, TO THOSE WHO SUFFER FROM SEVERE ECZEMA AND OTHER CONDITIONS.

The Healthy Skin Kitchen is an essential resource for anyone who wants beautiful skin, particularly people who struggle with eczema, acne, and many other skin disorders. Laid out practically and beautifully, with gorgeous photography to inspire a healthy lifestyle, it teaches self-care through eating the right food for your body.

The recipes are allergy-friendly and include vegan and autoimmune paleo options, to ensure there are options tailored to you.

Award-winning author and nutritionist Karen Fischer knows what it's like to struggle with embarrassing skin disorders that no one could fix. Her journey from head-to-toe hives and eczema to clear skin turned around when she found the underlying cause of her symptoms. You can do this too.

Most skin health books use ingredients that are rich in salicylates and histamines, like coconut, avocado, and fermented foods. This book is the first to explode the myth that such foods are good for skin health. It focuses on low-chemical foods that are truly healing for the skin.

Find answers and recipes to combat acne, allergies, dandruff, leaky gut, migraines, gluten intolerance, rosacea, and many more conditions. Even those without skin problems will experience the benefits of eating nutritious food that is right for them and will glow with good health inside and out. Care for yourself and reclaim your life with *The Healthy Skin Kitchen*.



ALL AUTHOR ROYALTIES FOR THIS TITLE WILL BE DONATED TO SAVE THE CHILDREN.



TO HEAR MORE ABOUT THIS BOOK FROM THE AUTHOR SCAN THIS CODE OR VISIT [HTTPS://TINYURL.COM/THEHEALTHYSKINKITCHEN](https://tinyurl.com/thehealthyskinkitchen)



ABOUT THE AUTHOR



Karen Fischer is a registered nutritionist and founder of the support network Eczema Life. Her book *The Healthy Skin Diet* won 'Best Health, Nutrition or Specific Diet Book' at the Australian Food Media Awards. Over 20 years she has helped thousands of people to heal and reclaim their lives.

OTHER POPULAR TITLES BY THIS AUTHOR

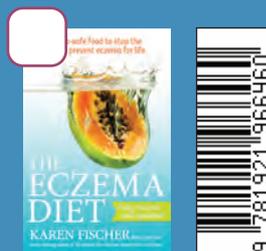


The Eczema Detox

The Low-Chemical Diet For Eliminating Skin Inflammation

Karen Fischer

AU \$34.99 | NZ \$39.99 | 9781925335538 |
 235 x 191 mm | Hardcover | Colour |
 240 pages



The Eczema Diet

Eczema-safe food to stop the itch and prevent eczema for life

Karen Fischer

AU \$29.99 | NZ \$34.99 | 9781921966460 |
 234 x 151 mm | Paperback | 288 pages

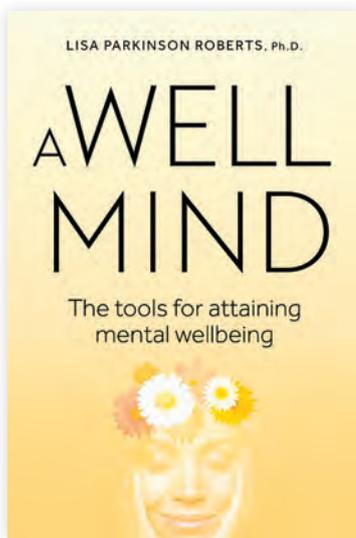


Younger Skin in 28 Days

The fast-track diet for beautiful skin and a cellulite-proof body

Karen Fischer

AU \$29.99 | NZ \$34.99 | 9781921966170 |
 234 x 151 mm | Paperback | 272 pages



A Well Mind

The Tools for Attaining Mental Wellbeing

Lisa Parkinson Roberts, PhD



AU \$34.99 | NZ \$34.99 | Mar 2021 | 9781925820782 | 229 x 152 mm | Paperback | 280 pages



QTY

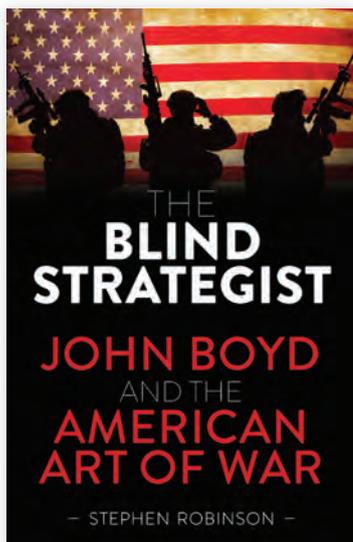
A POWERFUL, COMPREHENSIVE GUIDE TO MENTAL WELLBEING, COMBINING METHODS INVOLVING NUTRITION, SLEEP SCHEDULES, STRESS MANAGEMENT, MINDFULNESS AND EXERCISE.

A Well Mind provides a holistic approach to mental wellness by showing how the processes of looking after your body can complement those of looking after your mind. Recent research has shown that through improving our eating, sleeping, and exercise habits, we can experience physical health benefits which lead to feeling better in our mind. In this guide, these processes are presented and explained clearly, ensuring they are accessible to anyone who wishes to improve their overall wellbeing.

Author Lisa Parkinson Roberts has struggled with bipolar disorder for most of her life. Having found successful methods for coping, she aims to share these tools and her academic expertise with others. The result is a comprehensive guide to improving your wellbeing, written in a warm supportive voice.

ABOUT THE AUTHOR

Lisa Parkinson Roberts, PhD holds a PhD in Nutrition Science and has presented her research at local and international conferences. She aims to present a comprehensive, accessible overview of nutrition advice so that others, like her, can beat mental illness and achieve a happier state of mind.



The Blind Strategist

John Boyd and the American Art of War

Stephen Robison



AU \$49.99 | NZ \$49.99 | Apr 2021 | 9781925820348 | 234 x 151 mm | Hardcover | 360 pages



QTY

CANBERRA-BASED HISTORIAN UNMASKS THE LIES THAT HAVE CORRUPTED THE CONTEMPORARY ART OF WAR, WITH THIS UNFLINCHING ACCOUNT OF THE MANEUVER WARFARE REVOLUTION.

The maneuver warfare revolution has changed the state of warfare in the western world. With John Boyd's claims that victory is won by the side which transitions through 'decision cycles' faster than the enemy, maneuver

warfare has inherently corrupted the American art of war. Highly acclaimed military historian Stephen Robison separates fact from fiction, finding the reality behind this controversy with an evidence-based investigation every American military history buff should read.

'Stephen Robison does a superb job of analyzing the momentous debate about the virtues of "maneuver warfare" ... He shows in great detail that the proponents of maneuver – including their guiding light, John Boyd – based their claims on a deeply flawed understanding of history. The Blind Strategist is a must read for all serious students of modern warfare.' - John J. Mearsheimer, the R. Wendell Harrison Distinguished Service Professor of Political Science at the University of Chicago

ABOUT THE AUTHOR

Stephen Robison has a First Class degree in Asian history and politics and has graduated from Australian Command and Staff College. He has worked at the Department of Veterans' Affairs, as a policy officer in the Department of Defence, and has now written three books about the art of war.

 WATCH THE TRAILER TO FIND OUT MORE - JUST SCAN THIS CODE OR VISIT [HTTPS://TINYURL.COM/BLINDSTRATEGISTYT](https://tinyurl.com/blindstrategistyt)



OTHER MUST-HAVE MILITARY READS



False Flags
Disguised German Raiders of World War II
Stephen Robison

AU \$29.99 | NZ \$29.99 | 9781925335804 | 234 x 151 mm | Paperback | 320 pages



'Deception, violence and waste are the ingredients of

war... Stephen Robison's handsome, well documented book is full of events that illustrate this... Raiders were fighting ships disguised as merchantmen ... Like Caribbean pirates, they masked their evil intent by sailing under assumed flags... before hoisting aloft the German Navy flag, like a modern day Skull and Cross Bones, and savaging an unwary prey.' - The White Ensign. The Journal of the Naval Association of Australia.



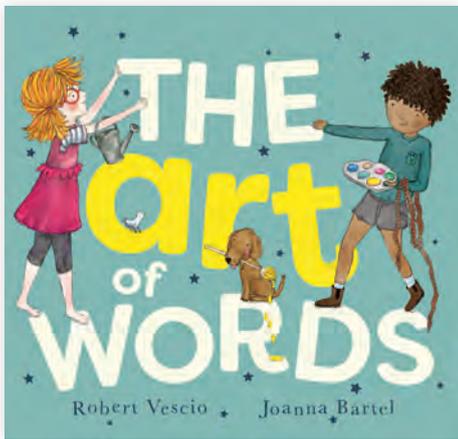
Panzer Commander Hermann Balck
Germany's Master Tactician
Stephen Robison

AU \$44.99 | NZ \$49.99 | 9781925820003 | 234 x 151 mm | Hardcover | 304 pages



An authoritative history of one of the greatest

armoured warfare commanders of all time, Panzer Commander Hermann Balck.



The Art of Words

Robert Vescio and Joanna Bartel

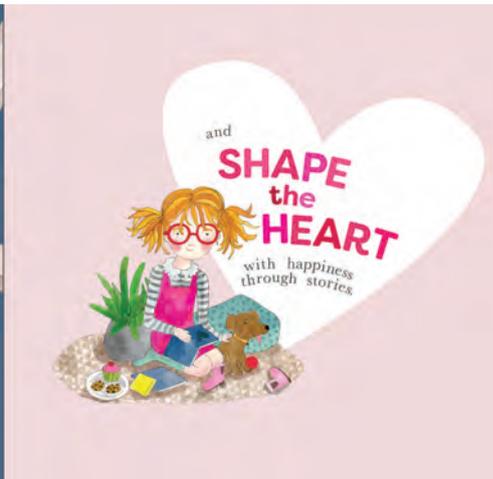


AU \$24.99 | NZ \$24.99 | Apr 2021 | 9781925820843 | 245 x 255 mm | Hardcover | Colour | 32 pages

PERFECT FOR BEGINNER READERS.

Words are everywhere! In this fun and interactive story about the magic of words, you'll meet ugly words, colourful words, and words that just need a friend. The imaginative illustrations show a young boy and girl playing with words; stretching them,

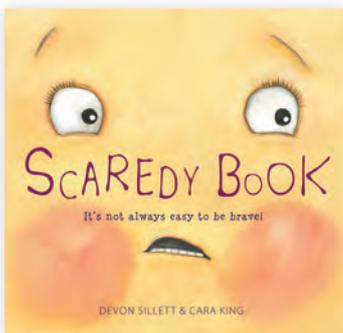
squashing them, colouring them, and sewing them together to reflect their meaning. Engaging, entertaining and educational, this unique 'language through adventure book' will inspire young readers to appreciate the joy of making stories from words.



ABOUT THE CREATORS

Robert Vescio is a full-time children's author whose aim is to enthuse and inspire children to read and write and leave them bursting with imaginative ideas.

Joanna Bartel is a designer and illustrator with a passion for character design and creating playful images to enhance imaginative learning.



Scaredy Book

It's Not Always Easy To Be Brave!

Devon Sillett and Cara King



AU \$19.99 | NZ \$19.99 | Mar 2021 | 9781925820683 | 245 x 255 mm | Paperback | Colour | 32 pages



Book lives at the library and desperately wants to go outside, but is scared of what might happen. He could get splashed, or lose pages! Emma loves visiting the library and delights in the adventures she finds there. They're just what each other needs. Children and parents alike will enjoy this story about being brave and living to tell the tale!

'The children loved (this book) and the librarian told me that several of the little ones have said they are going to take this book out an adventure.' - Educating Young Children

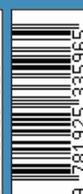
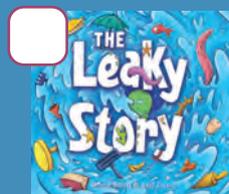
NEW IN PAPERBACK

ABOUT THE CREATORS

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

Cara King is a designer and illustrator with her own design business, Caratoons. She has been drawing for many years and loves working with watercolours and pencils.

ALSO BY THIS AUTHOR



PB

HB



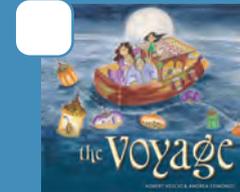
ALSO BY THIS AUTHOR



Finn and Puss

Robert Vescio & Melissa Mackie

AU \$19.99 | NZ \$19.99 | 9781925335507 | 245 x 255 mm | Hardcover | Colour | 32 pp



The Voyage

Robert Vescio & Andrea Edmonds

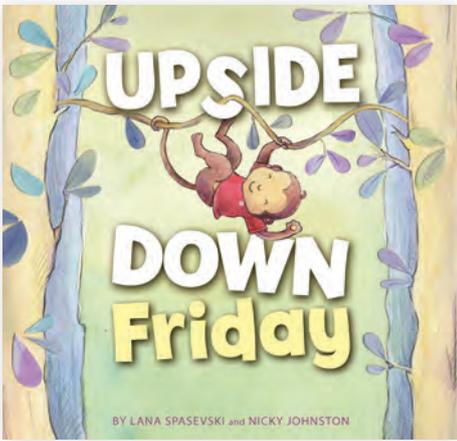
AU \$24.99 | NZ \$24.99 | 9781925820034 | 245 x 255 mm | Hardcover | Colour | 32 pp



The Box Cars

Robert Vescio & Cara King

AU \$24.99 | NZ \$24.99 | 9781925335835 | 245 x 255 mm | Hardcover | Colour | 32 pp



Upside-Down Friday

Lana Spasevski and Nicky Johnston



AU \$24.99 | NZ \$24.99 | Apr 2021 | 9781925820850 |
245 x 255 mm | Hardcover | Colour | 32 pages

Hugo the monkey doesn't like Upside-Down Fridays. His routine is the wrong way round, and school is a scary place full of uncertainty. However, with just a small gesture of friendship and understanding from Maddie the giraffe, Hugo begins to feel braver.

Upside-Down Friday reflects how helping others and accepting change can reduce childhood anxiety. With its emotive language and gorgeous 'upside-down' illustrations, it is the perfect resource for building emotional resilience in children.

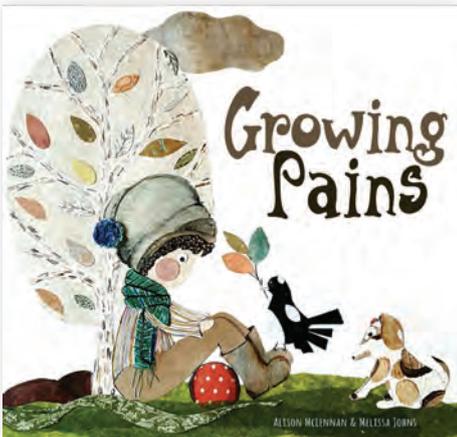


UNIQUE 'UPSIDE DOWN' ILLUSTRATIONS PROVIDE AN IMMERSIVE READING EXPERIENCE FOR YOUNG CHILDREN, MAKING THE STORY AND ITS MESSAGE ENJOYABLE AND ENGAGING.

ABOUT THE CREATORS

Lana Spasevski is a children's author who writes stories that tap into the curious world of children. Her work has been longlisted in several competitions.

Nicky Johnston is an educator and author/illustrator, with a strong focus on children's emotional resilience and mental health awareness.



Growing Pains

Alison McLennan & Melissa Johns



AU \$24.99 | NZ \$24.99 | Apr 2021 | 9781925820522 |
245 x 255 mm | Hardcover | Colour | 32 pages

When Finn's family plants a tree in their backyard, he feels responsible for it and worries the little sapling is cold, hungry or lonely. He tries to share his breakfast with it, offers it his scarf, and keeps it company. Just after going to bed, his nightlight goes out and Finn is plunged into darkness. But when he sees his tree standing tall and brave in the moonlight, it inspires him to be brave as well. A touching story about curiosity, empathy, caring for the environment, and overcoming fears.

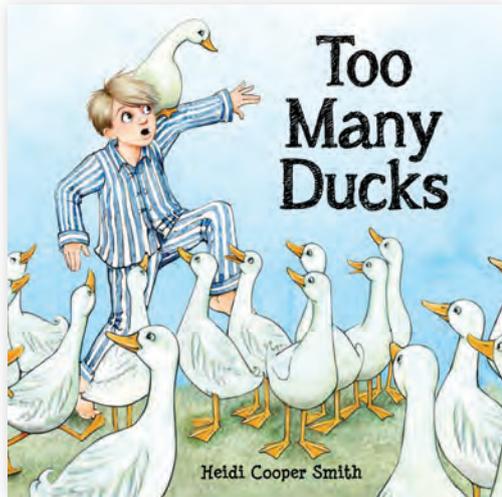


A TOUCHING STORY ROOTED IN KINDNESS.

ABOUT THE CREATORS

Alison McLennan is an Australian children's author, professional voiceover artist, singer, actor and mother of two.

Melissa Johns is an artist, illustrator and avid upcycler. Her artworks are predominantly made of recycled materials that lend her work a textured, uniquely whimsical quality.



Too Many Ducks

Heidi Cooper Smith



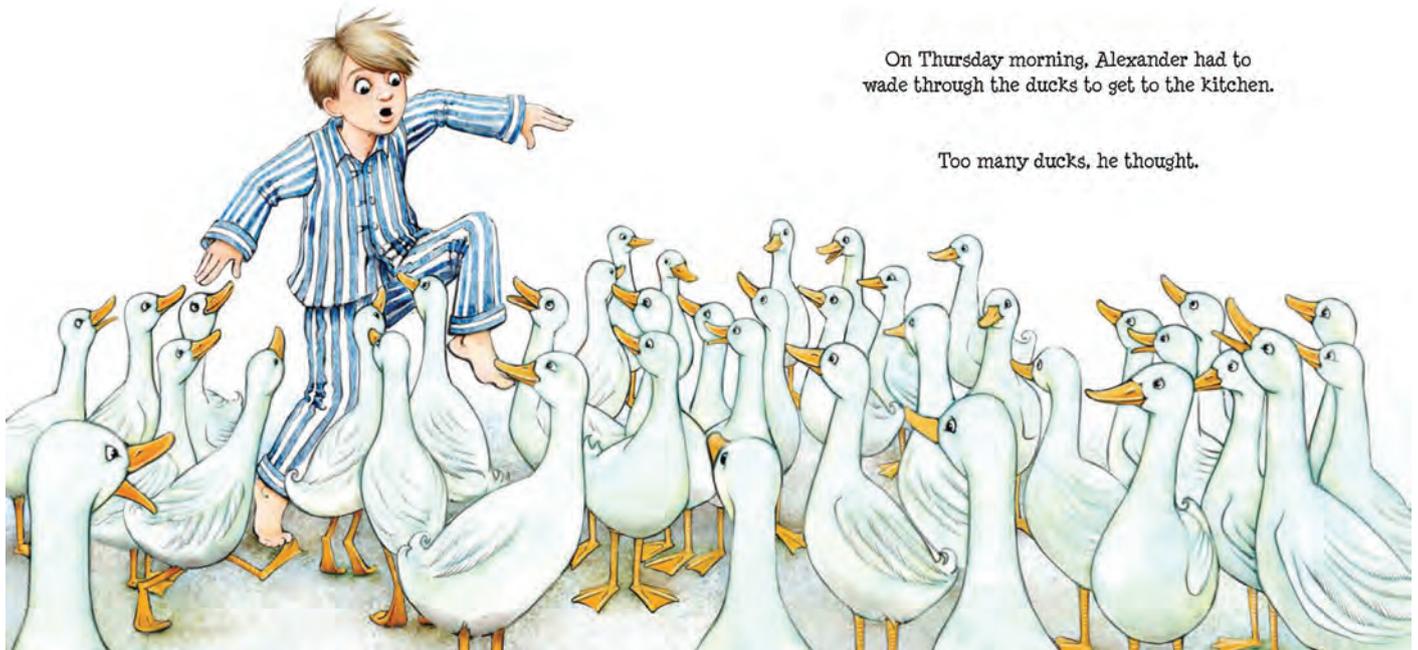
AU \$24.99 | NZ \$24.99 | Mar 2021 | 9780994626998
| 251 x 251 mm | Hardcover | Colour | 36 pages



One morning, Alexander wakes to find a duck waiting for him. As more ducks arrive, Alexander's life overflows with fun and affection. However, as his new feathered friends fill the house, it becomes clear there are TOO MANY DUCKS for one small boy to handle. *Too Many Ducks* is a warm and whimsical tale about appreciating what you have before it's gone, and working out how to make things right when friendship seems lost.

ABOUT THE CREATORS

Heidi Cooper Smith is an award-winning author and illustrator. Previously, she studied Visual Arts, fell in love with Ceramics and spent 20 years covered in clay. She rediscovered picture books through her three small children, and in 2014 began drawing again. Heidi has since illustrated *Two Birds on a Wire* (by Coral Vass) and won the CYA illustrated manuscript competition in 2015 and 2016. This led to the creation of her first book as both author and illustrator, *Kate and the Thing* (2018).



On Thursday morning, Alexander had to wade through the ducks to get to the kitchen.

Too many ducks, he thought.



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