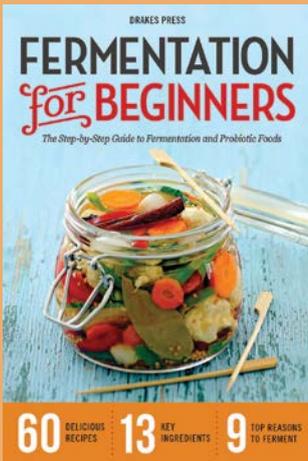


health books



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SUGAR DETOX FOR BEGINNERS

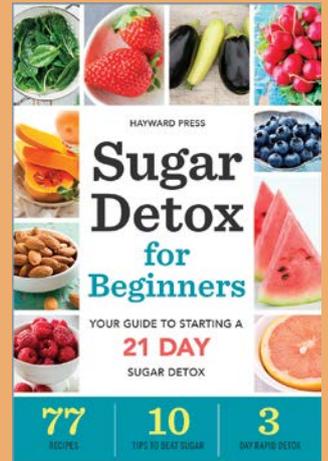
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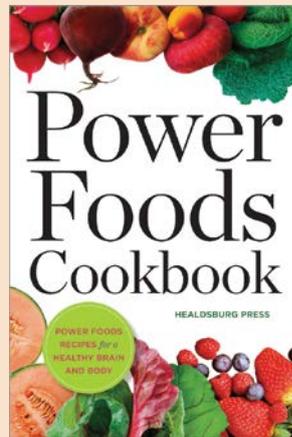
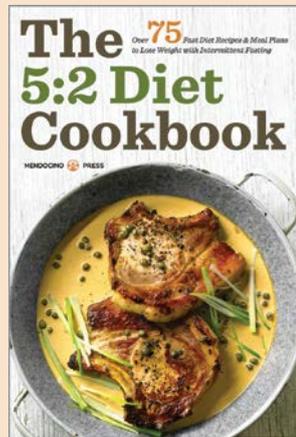
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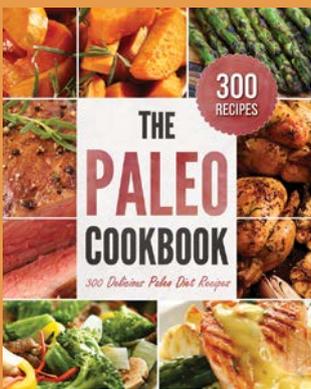
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Use Power Foods Cookbook to help your brain and body flourish with:

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- Detailed info on the scientifically proven benefits of power foods
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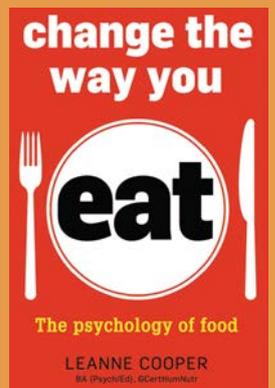
Increase vitality and weight loss, naturally. You'll discover just how easy, delicious, and nutritious this way of eating can be.

CHANGE THE WAY YOU EAT

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Change the Way You Eat provides the tools for readers to take ownership of their eating choices, empowering people to be reflective, to enjoy food and not fear it, and to listen to their body cues again. Author Leanne Cooper combines both areas of her expertise – psychology and nutrition – delivering her message that by understanding the psychology of food we can take back control of our health.



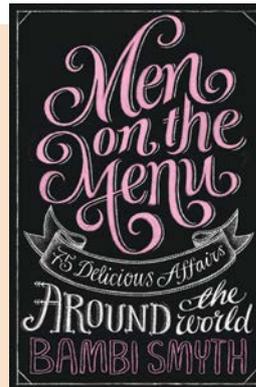
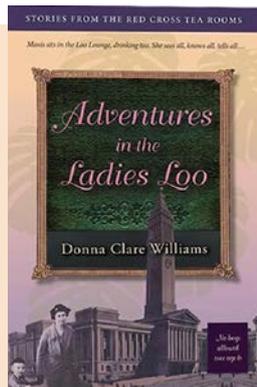
humour

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Brisbane's Red Cross Tea Rooms were a haven; only open for women and children, they gave some respite for women, an outlet for issues and a cheap cuppa. Donna Clare Williams has written a humorous collection of fictitious letters describing the comings and goings of women in these much-loved Tea Rooms. In her book Donna is talking with Kevin Keeffe, the Qld Executive Director for the Red Cross.

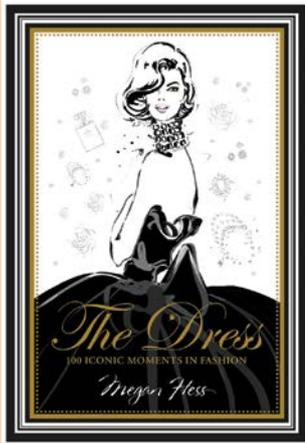


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Not having much luck dating Australian men, Bambi Smyth decides it's time to expand her dating horizon, and sets off on an international journey across the globe to 22 countries across 6 continents. In just 81 days she manages to arrange dates with 75 men aged 21-61. Hilarious, sincere and addictive reading, Men on the Menu is an inspiring travel memoir for anyone looking to take a chance on love.



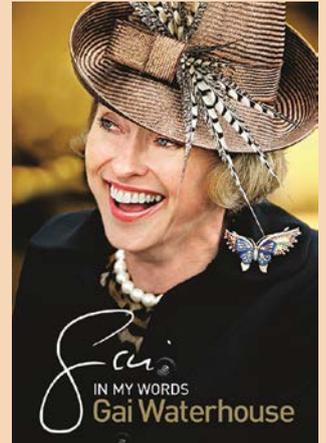
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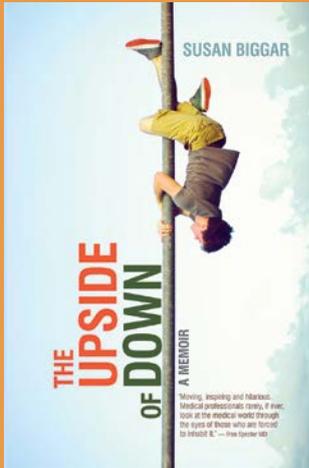
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Gai Waterhouse is an Australian horse-racing trailblazer, widely regarded as the most successful female trainer in the world.

Gai's diary of her life on and off the track is, in many ways, an autobiography of a high achiever named as a 'National Living Treasure' by the National Trust.



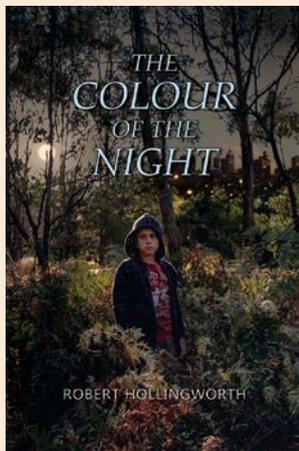
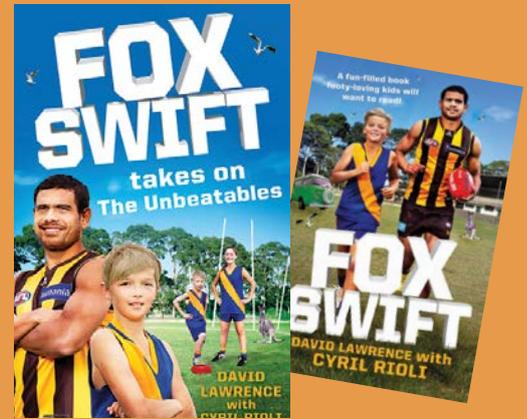
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www.transitlounge.com.au
A rare combination of laugh-out-loud humour and intensely honest exploration of difficult issues...it's like *Eat, Pray, Love* but with children, a husband and health issues along for the ride! Anyone who has ever experienced illness in their family or considered an expatriate life will want to read this book.



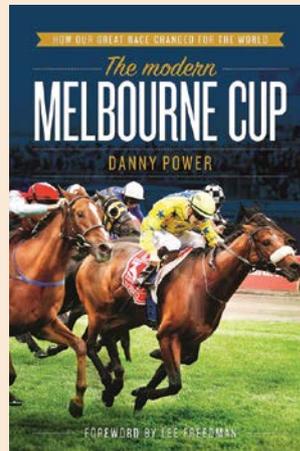
FOX SWIFT TAKES ON THE UNBEATABLES
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www.slatterymedia.com
This book is the hilarious sequel to David Lawrence's much-loved Aussie Rules book *Fox Swift*. With wacky cartoons and expert footy tips from Hawthorn champion Cyril Rioli, this book is a gripping page-turner that will have kids cackling from start to finish – even the most reluctant reader won't be able to put it down.



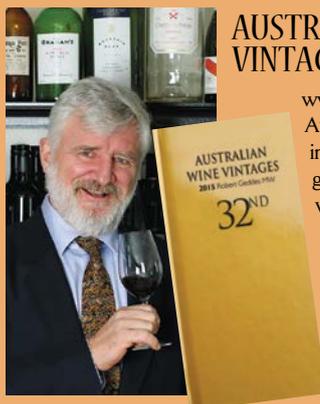
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Orphaned after a bushfire, eleven-year-old Shaun must now go to live with his aunt in the city. This is a story of polarities: the country and the city; nature and culture; the material and the digital; the spirit and the flesh; lost faith and renewed hope. *The Colour of the Night* is a tale of compelling human insight. Robert Hollingworth is a successful and talented visual artist as well as a respected, awarded writer.



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