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PARENTING, SELF-HELP AND RELATIONSHIPS

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INTENTIONAL PARENTING

Dr Yvonne Sum

Pub date: March 2012

Format: 340pp - 198 x 128 mm

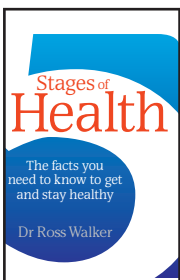
Rights held: World

What if all we needed to know about leadership we learnt from the home? What if we applied what we know about leadership to parenting?

Dr Yvonne Sum believes that the dynamics of leading a family is similar to organisational leadership in business. When leadership is ineffective, it results in a dysfunctional family/team. The opposite is also true. When leadership, or parenting, is effective, the results are a happy, functional family.

Intentional Parenting is a provocative book. At its heart is the possibility that all you really need to know about leadership you learnt from the family tribe. Functional families succeed when they are led by good parenting through principles applied with fairness, consistency, wisdom and humanity. Dr Sum's 7Rs of Parenting are essentially leadership principles that are applied to both the work place, and the family: Role modeling, Respect, Rules, Routine, Review and Reflect, Reorganise, Running it: Response-ability.

Dr Yvonne Sum's depth of international experience and breadth of clientele spans across Australia, North America and the Asia Pacific region. She presented her thought-provoking keynote TLC for Professional Women at the 14th International Conference of Thinking (2009) in Kuala Lumpur alongside Edward de Bono, Tony Buzan, Tun Dr Mahathir, Howard Gardner, Glen Capelli and Colin James. Dr Sum has been a dentist, RAAF officer, executive coach, leadership facilitator, professional speaker, business partner, mother of two and life partner.



FIVE STAGES OF HEALTH

Dr Ross Walker

Pub date: February 2012

Format: 400pp – 234 x 153mm

Rights held: World

What is wrong with our modern society that promotes this chronic state of angst and lack of wellbeing?

Over the past three decades we have witnessed the emergence of the 'Wellness Industry'. We have seen the explosion of day spas, wellness centres, health periodicals, internet sites and a variety of products promising cures from wrinkles to Alzheimer's disease and even haemorrhoids. Does any of this work or is it just a sham? Should we abandon this quest for external youth and purely accept the conservative, orthodox medical view telling us all to follow a healthy lifestyle and accept your 'medical lot' when it happens? Or is there a better solution?

Dr Ross Walker guides us through the following five principles of wellness: 1. Mechanical – orthodox medicine, 2. Environmental – living with as minimal levels of toxicity in our working and living modern worlds, 3. Genetic – no matter what we do, we often can't escape the underlying manifestations of our genes, 4. Situational – stress, and the effect on our health, 5. Psycho-Spiritual – the most difficult and most contentious aspect of any process of healing.

Dr Ross Walker believes that true healing can only be achieved through these five states; that healing is not just about swallowing a pill or having a medical procedure, but is a total and complete process. Dr Ross Walker is an eminent practising cardiologist and a man with a passion for people and health. He is a sought-after international corporate speaker on health and lifestyle, encouraging a more balanced lifestyle. He is also the author of six books including *If I Eat Another Carrot I'll Go Crazy*, *Highway to Health*, *The Cell Factor*, *The Life Factor* and *Diets Don't Work*. He is a regular presenter on television and radio. Dr Walker's books are available in North America and the United Kingdom.



LOSE WEIGHT FAST

Susie Burrell

Pub date: February 2012

Format: 220pp - 198 x 128mm

Rights held: World

Whether it be for an upcoming wedding, summer, holiday, reunion, post-baby or any other reason, popular dietician Susie Burrell will tell you how to lose weight smartly, safely and easily – in the time that you have. This book is the answer for anyone who wants to lose weight fast!

Weight loss is a goal of many – the young, the older, the busy, the chronic dieter, the post-baby's, the getting married, the groom to be – and yet all weight loss guides approach weight loss in the same way. *Lose Weight Fast* is the weight loss bible that provides readers with the key tools they need on a daily basis to shift weight in the time periods they want – as quickly as they physically can without damaging their body.

With step by step guides, tools and tips to get the results you are looking for and the behavioural strategies that help individuals maintain compliance with their regimes, *Lose Weight Fast* is a must read for anyone who knows a thing or two about weight loss, but who struggles to get the specific results they are looking for in as short a time frame as possible.

Susie Burrell completed both her nutrition and dietetics and psychology degrees at the University of Wollongong in 2000, and went on to complete Honours in psychology in 2002, in which she completed her thesis on childhood obesity and parenting styles.

Her work has appeared in a number of publications including *The Daily Telegraph*, *Dolly*, *Cosmopolitan*, *Good Health*, *Parents*, *ALPHA* and *Runner's World*. Susie is currently writing a weekly column for *The Sunday Telegraph* in addition to regular pieces for *Weight Watchers Magazine*, *Woman's Day* and *Bicycling Australia*. Susie is regularly approached for comment by the media on all areas of nutrition and presents regular segments on *Today Tonight*, *Sunrise*, *TODAY* and *New Idea TV*. She also runs the popular website and blog at www.susieburrell.com.au.

THE BUTTERFLY EFFECT FOR GIRLS (Working Title)

Dannielle Miller

Pub date: March 2012

Format: 208pp - 198 x 128 mm

Rights held: World (excluding North America)

Rights sold (Previous title): China (China Youth Press)



A fresh and positive approach aimed directly at teenage girls.

Dannielle Miller's first book, *The Butterfly Effect*, was aimed at parents, helping them to navigate their daughters' often challenging adolescent years. Now comes *The Butterfly Effect for Girls* which is aimed purely at young girls between the ages of 11 and 18. Dannielle addresses these girls directly, discussing issues including body image, friendships, alcohol, shopping and creating your own sense of personal style, eating disorders, and starting on a path to choosing a career.

The Butterfly Effect for Girls will provide encouragement and inspiration for girls to find their own path towards becoming the woman they want to be.

Dannielle Miller is a major innovator and expert in the field of education and student welfare. In 2009, *The Australian* named Dannielle Australia's number one Emerging Leader in Learning. She works with thousands of girls across Australia and New Zealand each year and makes regular media appearances to advise on teen issues. Author of the parenting book, *The Butterfly Effect* (Random House Australia, September 2009), she is also an avid blogger (<http://enlightenededucation.edublogs.org>). She is featured in education journals, her articles have appeared in *The Sydney Morning Herald*, and she is a popular speaker at youth and education conferences and forums.



WHAT MEN THINK!: FINDING AND KEEPING INTIMACY

Fedler and Friedman

Pub date: July 2012

Format: 208 pp - 198 X 127mm

Rights held: World

Love is not for the weak.

Jo Fedler and Graeme Friedman have been (platonic) friends for fifteen years, they see the world through very different eyes, and not only because of gender. Jo is interested in spiritual wisdom, eats meat even though she knows truly enlightened people are vegetarians, and is convinced that a quick prayer, a double-shot latte, a huge workout at the gym and feeding the hungry is an effective way of helping a person get over depression. Graeme is a flag-waver for the benefits of personal insight and is a clinical psychologist and psychotherapist, helping men, women and couples in their ability to love.

What Men Think! takes the premise that people want to be desired, and loved. This is not a book for the celibate or those who have given up on love and settled for cats and a hot water bottle on a cold night. Love is not for sissies. It's tough work.

Jo and Graeme ask questions that keep us all up at night:

- Why is it so hard to stay in love?
- Do men and women have different expectations of intimacy?
- What do men really mean when they say 'Nothing' in response to 'what are you thinking?'?
- If you're after a soulmate, are you pricing yourself out the market?
- Is nagging the death of love?
- Should you fake an orgasm to spare his feelings?
- Why don't men want to talk about their feelings?
- Why won't women shut up about their feelings?
- And for the matrimonially entrenched: how, dear God, do you keep passion alive long-term?

What Men Think! doesn't look for quick easy answers, but moves beyond 'what men really think' to 'what are men unable to think about?' What do men keep hidden from themselves? And what messy inconsistencies won't women own which sabotage their quest for intimacy?

Joanne Fedler is the author of the international bestseller *Secret Mothers' Business* and *When Hungry, Eat*. Her books have been published in the United Kingdom, Germany, the Czech Republic and Croatia. She is also well known for her activism in women's rights. (She once received a hand-written card by the late Andrea Dworkin, when *Hustler* magazine made her 'Asshole of the Month' in August 1994.)

Graeme Friedman is a psychotherapist and award-winning author whose latest book, *The Fossil Artist*, was shortlisted for a 2011 Commonwealth Writers' Prize.

HEALTHY PARENTS, HEALTHY BABIES

Jan Roberts

Pub Date (Healthy Parents, Healthy Babies): February 2012

Pub date (Healthy Parents, Health Toddlers): July 2012

Format: 224pp – 234 x 153mm

Rights held: World

From one of the authors of the bestselling 'Better Babies' series comes a new series – an innovative and holistic approach to preconception, pregnancy and parenting.

The bestselling Better Babies series (published between 1996 and 2000) with their guides to natural conception, pregnancy, and birth and bonding helped thousands of couples to have happy, healthy babies.

In this new series, Jan Roberts takes over 30 years of experience in conception, health care and parenting practice, and presents all you need to know to have a healthy baby. With its focus on organic lifestyle and positive personal outlook, *Healthy Parents, Healthy Babies* presents all you need to know about preconception care in a down-to-earth and engaging manner. Topics covered in this first book include:

- What to eat (avoid “white” foods),
- How to get a healthier lifestyle (pilates, yoga, reducing stress, eating for energy), and
- How to clean your environment (both work and home) to ensure a minimal exposure to the toxins we face in our every day lives.

The second title, *Healthy Parents, Healthy Babies – Toddlers*, provides a practical framework for how to nurture your child including:

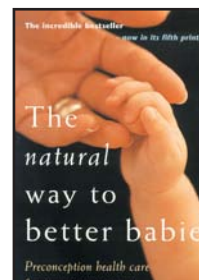
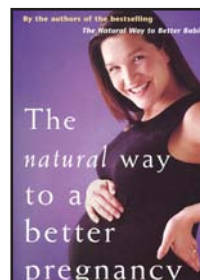
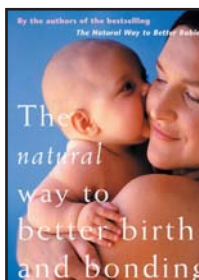
- Stimulating your child’s senses (movement, sight, sound),
- Laying the foundation for happiness,
- Healthy eating habits for the whole family,
- Fostering exploration, independence and self-esteem.

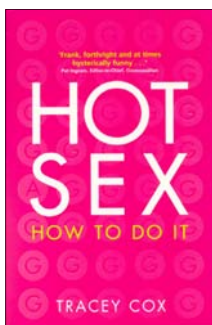
The original Better Babies series sold over 70,000 copies. Rights for individual titles in the series were licensed in North America, the United Kingdom, the Netherlands and Spain.

The Healthy Parents, Healthy Babies series will capture the attention of a new generation of potential parents, and pregnant and breastfeeding mothers.

The books are published in conjunction with a web portal which will present the material in the books in the context of quizzes, games and learning tools. The website and the books will cross-promote each other.

Jan Roberts has an honours degree in Pharmacy from University of Sydney and a postgraduate diploma in Clinical Nutrition. Since 1987 she has been the Australian representative for Foresight, the British Association famous for its work in promoting preconception health care. Jan presents lectures and workshops on this topic to prospective parents and health professionals throughout Australia and New Zealand and is a frequent guest on radio, television and Internet chat shows. Jan is also the author of the successful Natural Way books.





HOT SEX

Tracey Cox

Pub date: February 1998; Rights sold: United States (Bantam), United Kingdom (Corgi), Germany (Mosaik), Norway (Aschehoug), Denmark (Politikens), The Netherlands (House of Books), France (Marabout), Spain (Plaza Y Janes), Italy (Newton & Compton), Korea (Young Media), Taiwan (Sitak), Czech Republic (Svojtka) Israel (Shimoni), Portugal (Ediciones Noticias), Brazil (Editora Fundamento, Poland (Hachette Livre), Japan (Bunkasha), Greece (Klidarithmos), Russia (Ripol Classic), Thailand (Good Morning), Romania (Humanitas), Hungary (Trivium Kiado), Sweden (Prisma), Serbia (Laguna), Unabridged Audio

Over 400,000 copies sold worldwide

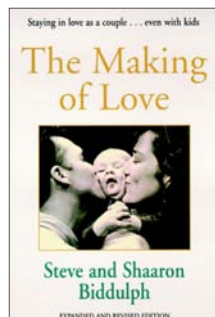
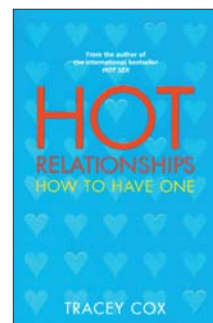
Practical, down to earth, explicit and fun, *Hot Sex* is the must-have sex and relationships book for every woman and man. It's perfect bedtime reading for two, an easy-to-follow guide that cuts straight to the nitty gritty to deliver candid advice with a healthy dose of humour. Packed with tips and techniques that work, *Hot Sex* includes everything from a blow-by-blow, step-by-step to oral sex, and to finding (and figuring out) your G-spot. Whether you're a beginner or an old hand, get into *Hot Sex* – the only how-to that really tells you how to do it!

HOT RELATIONSHIPS

Tracey Cox

Pub date: October 1999; Rights sold: United States (Random House/Bantam), United Kingdom (Transworld/Corgi), Germany (Random House/Mosaik), France (Marabout), Norway (Aschehoug), Denmark (Politikens) The Netherlands (House of Books), Taiwan (Sitak), China (Shanghai Translation Publishing House), Poland (Hachette Livre), Russia (Ripol Classic)

Are you madly in love or driven mad by it? Happily single or looking for a partner? Living together, married with kids or dumped and desperate? Whatever the state of your love life, *Hot Relationships* has the answers to all your dating and relating dilemmas. Funny, practical and refreshingly realistic, it's packed with advice on everything from flirting and flings to monogamy and marriage. There's hot tips on getting over an ex, where to meet a partner, how to spot the losers and how to breeze through that first date, as well as hints on fixing the fights, surviving jealousy and infidelity and breaking bad love habits. A must-have manual for singles, couples, men and women, *Hot Relationships* shows you how to have one – and how to keep it that way.



THE MAKING OF LOVE

Steve and Sharon Biddulph

Pub date: February 2001; Rights sold: United Kingdom (Thorsons/HarperCollins), Germany (Beust Verlag), Korea (Bookhouse), Czech Republic (Portal), Latvia (Zvaigzne ABC), Russia (Hemiro), France (Marabout), Brazil (Editoral Fundamento), Romania (Humanitas), Indonesia (PT Serambi Ilmu Semesta), Italy (Tascabili Delgi Editori Associati), Taiwan (Cite Publishing – Hsin-Lin Books), Serbia (Mali Vrt), China (Qingdao Publishing House)

'The aim of this book is simple: to help you stay married – and loving it. And secondly, to help you raise children with a team approach, and survive the dramas and delights that children bring. So instead of being a divorce statistic, you can be part of a major social revolution – the breakthrough generation that learns to make relationships work. If you want your marriage to last, without compromising your spirit, your heart or your values, then this book is for you.' Steve and Sharon Biddulph's classic book, has helped partners all over the world to stay together and yet be true to themselves. *The Making of Love* makes it clear that all healthy couples fight, and that learning to be close and yet individual is what relationships are all about. That men and women are different, but not worlds apart! And that sexual tension and communication problems are opportunities to spark new levels of closeness and honesty.

GOOD LOVING, GREAT SEX

Rosie King

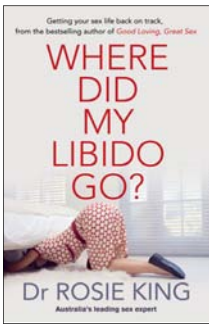
Pub date: May 1998; Rights sold: India (General Press)

Partners blame each other for the problem; either he's insatiable and she's frigid, or she's a nymphomaniac and he's inadequate. Yet a difference in sex drives is not a sexual dysfunction; it's a normal part of all long-term relationships. In this groundbreaking book, respected doctor and sex therapist Dr Rosie King teaches couples how to achieve sexual compatibility regardless of their individual sex drives. Armed with exciting new insights into how male and female sex drives work, men and women can heal their relationships while adding more affection, sensuality and intimacy to every aspect of their lives together; a true recipe for long lasting happiness and a satisfying relationship.

Over 40,000 copies sold in Australia and New Zealand



BACKLIST – RELATIONSHIPS AND SEX



WHERE DID MY LIBIDO GO?

Dr Rosie King

Pub date: June 2010

Low libido is the most common sexual problem experienced by women. In fact every woman will experience low sexual desire at some time in her life, either in the short term (after the birth of a baby, during a stressful life period, when her relationship is rocky) or in the long term. When a woman's partner wants sex and she's no longer in the mood significant problems can occur in the relationship. Differing sex drives can lead couples down a path paved with frustration, resentment, misunderstanding and despair - a path that may lead to separation and divorce.

BACKLIST – PARENTING

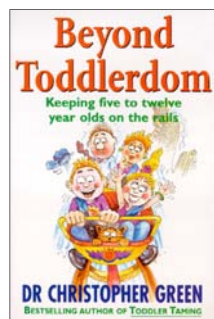
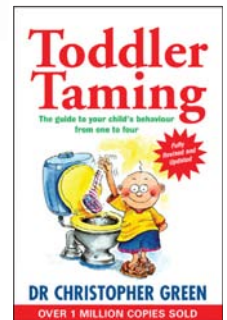
More than 1,000,000 copies
sold worldwide

TODDLER TAMING

Christopher Green

Pub date (Revised and Updated Edition): November 2006; Rights sold: United States (Random House / Ballantine), United Kingdom (Random House/ Ebury), Germany (Random House/Mosaik), Argentina (Atlantida), France (Marabout), Spain (Ediciones Medici), Russia (Hemiro), Korea (Pyung Min Sa), China (Shanghai Translation Publishing House), Israel (Shimoni), South Africa (Metz Press), Greece (Platypus Publications), Brazil (Editora Fundamento), Turkey (Neden Yayinlari), Lithuania (Vaga)

Twenty-one years young, this childcare classic has helped millions of parents with children at the challenging stage of toddlerhood. Now Dr Green's perennial bestseller has been newly revised and updated for a whole new generation. With today's parents increasingly pressed for time, yet under pressure to succeed both at work and at home, Dr Green's reassuring message is to remember that you are normal and not alone. The key to effective parenting, he says, is knowing what to expect and having the self-confidence to see the various stages through. Based on more than twenty-five years of experience, Dr Green's advice will help you to enjoy the toddler years. With his trademark humour and commonsense he demystifies childcare and brings the fun – and the love – back into parenting.



BEYOND TODDLERDOM

Christopher Green

Pub date: March 2000; Rights sold: United Kingdom (Random House/Ebury), Spain (Ediciones Medici), Italy (Red Edizioni), Korea (Hak Won Publishing Co), China (Shanghai Translation Publishing House), Israel (Shimoni), Russia (Hemiro Ltd), Mexico (Editorial Diana), Greece (Platypus Publications)

Beyond Toddlerdom is the book every parent needs when their child isn't a toddler any more. In the years between toddlerhood and adolescence, the rate of your child's growth and development will escalate dramatically. You will find it more and more challenging to keep up with the changes as your child starts primary school and develops new skills, becomes more social and more worldly.

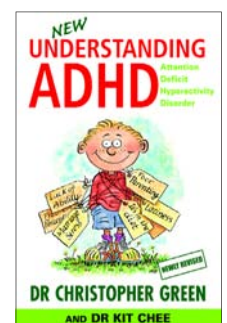
Family life at this time can seem like a rollercoaster ride of ups and downs, but with Dr Green's help your family will stay on the rails. *Beyond Toddlerdom* is packed with practical, commonsense advice. In his trademark warm and friendly style Dr Green shares his secrets for successful parenting and shows us how children think, feel and behave. '*Beyond Toddlerdom* is not about "taming", "compliance" and "perfect behaviours", it is a book about relationships – the art of keeping parents close and in love with their children. If we achieve this, the rest will usually fall into place.' – Dr Christopher Green

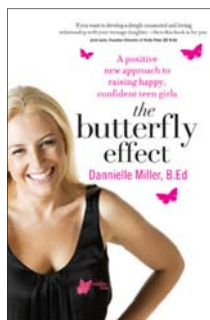
UNDERSTANDING ADHD

Christopher Green

Pub date: August 2001; Rights sold: United Kingdom (Random house/Ebury), Spain (Ediciones Medici), Korea (Min Ji Sa), Israel (Shimoni), Poland (MT Biznes), Romania (Editura Aramis)

The definitive guide to Attention Deficit Hyperactivity Disorder – fully revised and updated for a new generation of parents. The bestselling author of *Toddler Taming* and *Beyond Toddlerdom*, Dr Christopher Green, with Dr Kit Chee, demystifies ADHD, the elusive and distressing condition that affects learning and behaviour. *Understanding ADHD* gives a clear overview of ADHD – the causes, the behaviours and the treatments – and dispels the myths. It is full of well-tried, practical and proven strategies to help with common ADHD problems such as inattention, impulsiveness and underachievement. *Understanding ADHD* shows parents how to work with teachers and health professionals to give their child the best possible chance of entering adulthood with self-confidence, life skills and strong family relationships.





THE BUTTERFLY EFFECT

Dannielle Miller

Pub date: September 2009; Rights held: World (excl North America); Rights sold: China (China Youth Press)

Dannielle Miller wrote *The Butterfly Effect* to inspire parents to create their own new realities for their daughters. Talking to multitudes of girls every year in Australia and New Zealand, Danni's message is authentic and passionate, and her book both celebrates and challenges the joy and beauty of teen girls in an age of raunch and consumer culture. *The Butterfly Effect* offers practical, intuitive and powerful strategies, and uses humor to disarm and open up new ways of looking at self-esteem, resilience, body image, friendship, consumerism, navigating the online world, overcoming girls' fear

of failure and finding positive role models. The connection Danni forges with teenage girls and her ability to get them to open up to her and think about themselves and the world around them gives her unique and invaluable insight into what makes teenage girls tick, and how we can help them navigate everything life throws in their way.

THRIVING!

Michael Grose

Pub date: July 2010; Rights sold: China (Tsinghua University Press)

Kids need strong, confident leadership from their parents.

That's quite a challenge these days, as they grow up at the speed of light and live with pressures that previous generations didn't have to face. They grow up with fewer siblings, which mean parents focus their attention more sharply on them. No wonder so many children today are anxious and risk-adverse. But it doesn't have to be this way! In this easy-to-read, no-nonsense book, renowned parenting educator Michael Grose shows us how to be confident family leaders, able to develop real character and resilience in our kids – the keys to their future success in this ever-changing world. *Thriving!* is the new roadmap for parents of children aged three to twelve years of age. With clarity, wisdom and insight, Michael sets out a series of ideas and practical, common-sense strategies that will enable our kids to flourish.

Michael Grose's titles have had a combined sales of over 70,000 copies to date!



WHY FIRST-BORNS RULE THE WORLD AND LAST-BORNS WANT TO CHANGE IT

Michael Grose

Pub date: June 2003; Rights sold: India (Unistar)

Good parenting isn't instinctive. It's something you learn by trial and error. But a little guidance on what to expect from your children goes a long way to helping you be confident and effective. Michael Grose identifies the behavioural and developmental issues that most often cause concern and shows you how to work through them by: 1. Understanding your child's behaviour and individuality, 2. Teaching your child social and physical skills, 3. Giving your child the freedom to

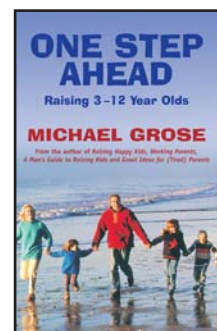
learn from mistakes, 4. Encouraging your child's sense of responsibility and self-discipline, 5. Involving your child in family decision-making and conflict resolution, 6. Communicating positively and acknowledging achievements, 7. Establishing routines - and getting your kids to stick to them.

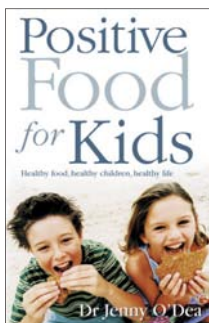
ONE STEP AHEAD

Michael Grose

Pub date: March 2001; Rights sold: British Commonwealth – excl ANZ (Gill and Macmillan)

Why is it that children in a family can share the same gene pool, a similar socio-economic environment and experience similar parenting styles yet have fundamentally different personalities, interests and even different careers as adults? Birth order! The implications for parents, teachers and adults involved with children are many. But this book also provides answers to all your questions about the personality and behaviour of your colleagues, life partner, friends and siblings. And, perhaps explains some of your own ambitions and quirks. Addressing multiple births, special needs children, genetic engineering, blended families, gender balance, single children and birth-order balance in the workplace, parenting expert and father of three Michael Grose challenges parents to raise each child differently according to his or her birth order.





POSITIVE FOOD FOR KIDS

Jenny O'Dea

Pub date: January 2005; Rights sold: Indonesia (PT Bhuana Ilmu Populer), Russia (Alpha-Beta)

Are you concerned about how little your child eats?

Are you worried about your child's weight?

Is every meal a battle?

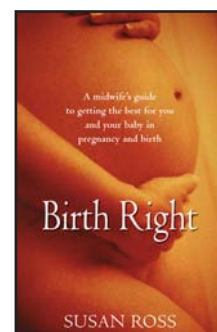
Positive Food for Kids will help you answer all these questions and more, and give you simple and effective strategies to get your child to eat and enjoy healthy food for life. Dr Jenny O'Dea's groundbreaking research of 5,000 children and their eating habits revealed some shocking facts: one in six children had eaten no fruit or vegetables in the past three days, one in five had had no fruit juice, one in four had had no cereal, pasta or rice, and one in ten had had no milk. Even more confronting was her discovery that poor nutrition not only leads to poor physical growth, but poor brain growth and reduced intelligence, too. In the same study Jenny also found that children as young as six understood very clearly why they should choose healthy food and drinks – it would give them energy, help them to grow and 'feel good on the inside'. Her new 'positive food' approach is based on this valuable research and twenty years' expertise as a nutritionist, countless interviews with parents and their children as well as her own experiences as a mother. Busy parents can turn to *Positive Food for Kids* for 1. Proven strategies that will get your child to eat and enjoy healthy food for life; 2. Handy nutrition guides to all foods, including take-aways and 3. Simple, healthy recipes you and your kids can eat every day.

BIRTH RIGHT

Susan Ross

Pub date: May 2005; Rights sold: Indonesia (PT Transmedia)

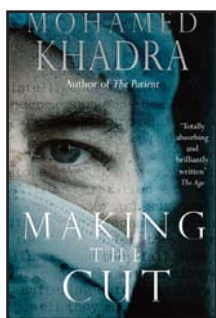
You're pregnant and you want the best for you and your baby. This book is a must-have manual that reveals the secrets women need to know to get the best for themselves and their babies in pregnancy and birth. Susan Ross, an accredited midwife with 25 years experience, believes women risk their health and that of their babies by too often opting for medical intervention over natural birth. This book addresses the questions parents need to ask long before their baby arrives. And it includes case studies from women, midwives and obstetricians from hospitals, birth centres and home births – first hand experiences that will help women make informed choices in pregnancy and birth. It is not a 'how to have a baby' book but a manual to help parents deal with doctors, health funds, hospitals and family members so that pregnancy and birth are the best they can be.



MAKING THE CUT: A SURGEON'S STORIES OF LIFE ON THE EDGE

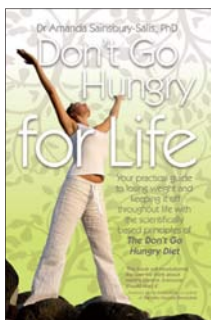
Mohamed Khadra

Pub date: September 2007; Rights sold: Korea (Human & Books), India (Mehta Publishing House), Indonesia (Lentera Hati)



To be a surgeon is to stand, without flinching, in the sea of human suffering and use one's entire resource of knowledge, skill and intelligence to battle it. An intern makes his first cut and is ridiculed by his tutor. An old woman is brought back to life against her will, only for the unexpected to strike a week later. A notorious surgeon is driven crazy by a massive brain tumour. The mother of a leukemia-ridden child is driven to desperation ... In this compelling and beautifully written impressionistic memoir, Mohamed Khadra recounts stories from his life as a surgeon, from the gruelling years of training to the debilitating sleepless nights on call. He looks back at the doctors and patients who shaped his career; at the endless stream of humanity - courageous, pitiful, admirable and dislikable - who passed under his knife, as he recalls shocking tales of mistakes in theatre and the shattered lives of doctors defeated by the stresses of the job.

Documenting the damaging politics in our healthcare system, the soul-destroying choices made for patients and the misplaced hope so common in the face of death, his dramatic account of a surgical life shows what happens when extraordinary events overtake everyday lives - including, even, his own.



DON'T GO HUNGRY FOR LIFE

Amanda Sainsbury-Salis

Pub date: March 2011

Rights held: World

Don't Go Hungry For Life brings you an uplifting and riveting collection of success stories, demonstrating how different people applied these principles to solve their diet obsessions, overcome challenges, lose excess weight and develop a healthy relationship with food and their body. As a world-leading scientist specialising in weight management research, and having personally struggled with binge eating before losing over 28 kilos and keeping it off for over 12 years (and counting), Dr Sainsbury-

Salis draws on recent scientific studies and real-life experiences to show you the ten common traps that prevent people from successfully attaining or maintaining an optimum body weight. Instead of counting kilojoules, weighing and measuring your portion sizes, and eating separate foods from your family and friends in order to shed excess weight, Dr Sainsbury-Salis will show you how to let go, trust in your body's innate ability to help you manage your weight, and start losing weight in the next two weeks.

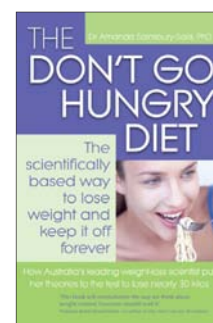
Over 15,000 copies sold

THE DON'T GO HUNGRY DIET

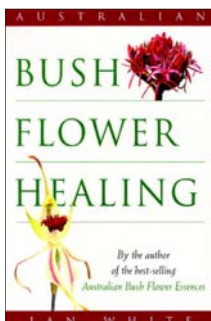
Amanda Sainsbury-Salis

Pub date: February 2007; Rights sold: Slovenia (MIS Publishing House), Romania (Editura Paralela)

Dr Amanda Sainsbury-Salis is a world leader in the field of weight loss. Through her research, she discovered that the key to successful dieting is to understand how your brain regulates your weight and work with it, rather than against it, by never going hungry. Staying satisfied is the key to beating the 'famine reaction', your body's way of protecting itself when you diet from what it perceives as a life-threatening food shortage. Once in tune with your body, it's easy to lose weight and keep it off. She helped her husband to lose 20 kilograms. Now, in *The Don't Go Hungry Diet*, Dr Sainsbury-Salis explains the science behind her discoveries simply and effectively, then tells how you too, can lose weight more effectively and with less effort than ever before.



Over 20,000 copies sold



AUSTRALIAN BUSH FLOWER HEALING

Ian White

Pub date: August 1999; Rights sold: Germany (Reise Know-How), Brazil (Triom), France (Ulmus), Italy (Technique Nuova), Spain (Editions Nestinar), Japan (Chuo art)

Using the healing properties of flower essences is an ancient art, spanning many cultures. Naturopath and homoeopath Ian White has taken this age-old study and applied it to the flowering plants of the Australian bush. At last, here is the long-awaited companion volume to Ian White's bestselling *Australian Bush Flower Essences*, first published in 1991 and still the authoritative book in the field.

This second book, *Australian Bush Flower Healing*, is essential not only for natural therapists but also for all those interested in alternative remedies for health, harmony and wellbeing. Topics covered include the healing properties of twelve new Australian bush flower essences, important new research on the first fifty essences and many

THE PRAM DIET

Rebecca Mugridge

Pub date: March 2009

Over 10,000 copies sold in
Austria and New Zealand

Overweight and miserable after the birth of your baby? *The Pram Diet* offers inspiration, hope and realistic, practical tips from a mum who turned her life around with one simple thing: her baby's pram. Many mothers with new babies find it hard to lose weight after their child is born. Sometimes it's because they lack the time to prepare nourishing food for themselves or to exercise. Sometimes it's because they're suffering from postnatal depression. Rebecca Mugridge understands – following the birth of her first child she was overweight and unhappy, and at a loss to do anything about it.

Then one day she put her baby in the pram and went for a walk. Several months and a lot of pram-walking later, she had lost 30 kgs and found a new lease of life, as well as a passion to help other mums.





FIT & FIRM FOR EVER

Paula Goodyer

Pub date: January 2009

First the bad news: Between the ages of 45 and 55 women on average can expect to gain at least 5.5 kg. Not only that but we become bigger in places where flab was never a problem before and this unwelcome new arrival stubbornly refuses to budge. The cause? Muscle loss, a slower metabolism, dwindling supplies of oestrogen and a 21st-century lifestyle conspire to produce a midlife midriff crisis. There are genuine health concerns to consider too – bulging waistlines are now linked to a greater risk of insulin resistance, diabetes, heart problems and Alzheimer’s disease. And

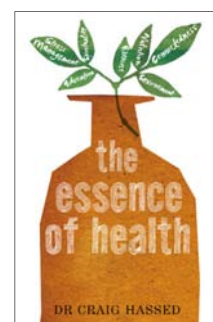
now the good news: *Fit & Firm For Ever* offers hope and help for those of us lamenting our jelly bellies and bingo wings. It explains that the main strategy for winning the metabolic war is to build and maintain lots of mighty muscle – and that this is easier than you might think.

THE ESSENCE OF HEALTH

Craig Hassad

Pub date: September 2008

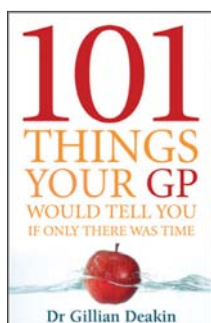
Wellness is the mantra for a healthier, happier and calmer life. Startlingly simple but deeply powerful, Dr Craig Hassad’s manual for a healthier, happier and calmer life shows that wellness, not illness, is the essence of managing health. By bringing together the best of evidence-based, holistic medicine in a program that we can put into practice in our daily lives, Dr Hassad shows that the face of new medicine is our own. The biggest challenge facing healthcare in this century isn’t in the discovery of new science or medical treatments, but found within ourselves. The seven crucial pillars of wellbeing – ESSENCE – are drawn from the best of research in traditional and complementary medicine. Hand-in-hand with motivation and strategies for change, Dr Hassad shows that we are capable of lifelong good health, happiness and calm.



101 THINGS YOUR GP WOULD TELL YOU IF ONLY THERE WAS TIME

Gillian Deakin

Pub date: July 2007



Dr Gillian Deakin outlines the most common pitfalls in health care and details how patients can communicate effectively with medical professionals and get the treatment they need to be healthy and free themselves of worrying pain or life-threatening disease. Gillian Deakin has spent her career exploring different treatment methods and different ways of healing. She brings a scientific, evidence-based approach to all her medicine and is passionate about seeking proof of all treatments, whether medical or alternative. Dr Deakin is a strong supporter of a broad approach, using both orthodox and complementary methods, and a reassuringly practical understanding of

health problems and how to heal effectively. *101 Things Your GP Would Tell if Only There Was Time* is an indispensable hands-on guide to negotiating the management of your health. From practical information on how to communicate with your doctor, to definitive outlines of evidence-based strategies in remaining disease-free; this insightful book debunks

INNER HEALTH, OUTER BEAUTY

Joanna McMillan Price

Pub date: March 2009

We all know we should look after our health, but what motivates most women to get to the gym or decline that second helping of dessert is not being healthy so much as looking good. We’ve all heard the message that we should focus on our arteries and blood sugar levels rather than our silhouette – but what we really want is a plan for keeping the weight off and looking our radiant best at all times. Nutritionist Joanna McMillan Price knows that appearance is inextricably bound up with physical well-being. The best way to lose weight permanently and develop that attractive joie-de-vivre is to smarten up your habits and live well. In this life-changing book she presents new ways of thinking about food and activity that are easily adaptable into any number of lifestyles and really work.

