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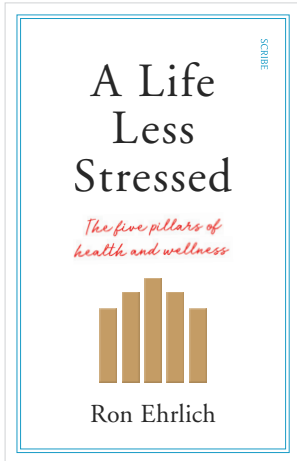
January–June 2018

‘Everything in the world exists
to end up in a book’
— Stéphane Mallarmé

Ron Ehrlich

A Life Less Stressed

the five pillars of health and wellness



A holistic guide to the stresses that wear us down and the changes we can make to lead happier, healthier, and more resilient lives.

Life has never been more stressful. It is no coincidence that chronic degenerative disorders such as cancer, heart disease, autoimmune illnesses, and mental-health conditions are on the rise. But if we want to tackle them, we need to look beyond their symptoms.

That is the message of dentist and health advocate Ron Ehrlich, who untangles how problems in one part of the body are intimately linked to the whole. He explores and redefines the stresses that affect us — emotional, nutritional, environmental, and even dental and postural — and shows the way to simply be well.

RON EHRLICH is one of Australia's leading holistic health advocates, co-founder of the Sydney Holistic Dental Centre, and a co-founder and board member of Nourishing Australia, a not-for-profit organisation dedicated to promoting nutritional and environmental health.

A Life Less Stressed will help you develop a broader understanding of your health problems and build resilience.

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234 x 153mm pb, 416pp
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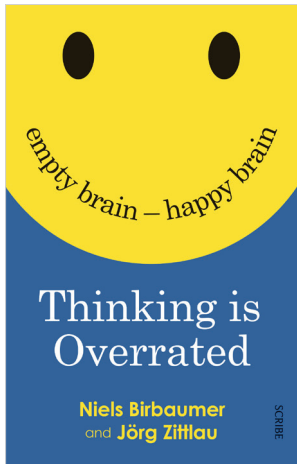
e-ISBN: 9781925548792
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**Niels Birbaumer &
Jörg Zittlau**

translated by
David Shaw

Thinking is Overrated

empty brain — happy brain



Find the happiness of emptiness.

Few things scare us more than inner emptiness. The presumed emptiness of coma or dementia scares us so much that we even sign living wills to avoid these states. Yet as Zen masters have long known, inner emptiness can also be productive and useful. We can reach this state through meditation, concentration, music, or even during sex. In fact, our brain loves emptiness — it makes us happy.

Leading brain researcher Niels Birbaumer investigates the pleasure in emptiness and how we can take advantage of it. He explains how to overcome the evolutionary attentiveness of your brain and take a break from thinking — a skill that's more important than ever in an increasingly frantic world.

NIELS BIRBAUMER is a psychologist and neurobiologist. He is a leading figure in the development of brain-computer interfaces, a field he has researched for 40 years. He has been awarded numerous international honours and prizes. Professor Birbaumer is co-director of the Institute of Behavioural Neurobiology at the University of Tübingen in Germany, and senior researcher at the Wyss Centre for Bio- and Neuro-engineering in Switzerland.

JÖRG ZITTLAU is a freelance journalist who writes about science, psychology, and philosophy.

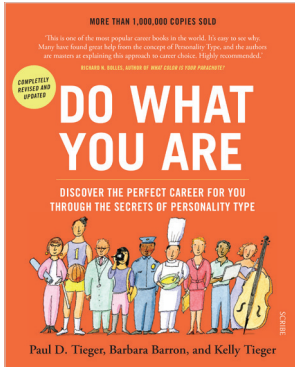
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**Paul D. Tieger,
Barbara Barron,
and Kelly Tieger**

Do What You Are

discover the perfect career for you through the secrets of Personality Type



The bestselling guide to finding career success and satisfaction through Personality Type is now thoroughly revised, expanded, and updated.

Do What You Are — the time-honoured classic that has already helped more than a million people find truly satisfying work — is now updated to include jobs in today's hottest markets, including health services, education, and communications technology.

With the global economy's ups and downs, the advent of astonishing new technology, the migration to online work and study, and the ascendancy of mobile communication, so much has changed in the workplace since this book's fourth edition was published in 2007. What hasn't changed is the power of Personality Type to help people achieve job satisfaction.

This fifth edition is especially useful for millennials and for baby boomers experiencing midlife career switches. The book leads readers step-by-step through the process of determining and verifying Personality Type. Then it identifies occupations that are popular with each Type, provides helpful case studies, and offers a rundown of each Type's work-related strengths and weaknesses. Focusing on each Type's strengths, *Do What You Are* uses workbook exercises to help readers customise their job search, ensuring the best results in the shortest period of time.

PAUL D. TIEGER is the founder and CEO of SpeedReading People, LLC, a company that harnesses the power of Personality Type to create innovative yet practical online solutions. He and Barbara Barron are nationally recognised experts in Personality Type and career development.

BARBARA BARRON is an advancement consultant who coaches independent schools and other nonprofit organisations.

The daughter of two Personality Type experts and authors, KELLY TIEGER has been studying and applying Type her entire life. She lives in Brooklyn, New York.

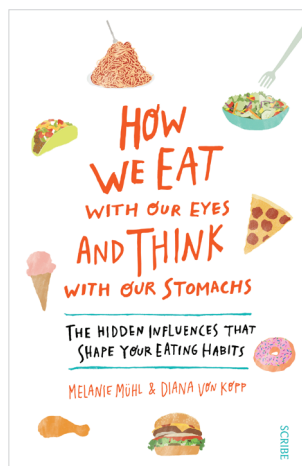
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Melanie Mühl &
Diana von Kopp

How We Eat with Our Eyes and Think with Our Stomachs

the hidden influences that shape your eating habits



MELANIE MÜHL is a co-author of *Frankfurter Allgemeine Zeitung's* blog *Food Affair*, which reaches hundreds of thousands of readers per month. She is also a features editor at *FAZ* as well as a feature journalist.

DIANA VON KOPP is a psychologist fascinated by the fact that food has an immense impact on our brain, performance, and wellbeing. She dove into research and has been writing for *Food Affair* ever since.

Does eating off a red plate really curb your appetite?

Can music enhance sweet flavours and deepen savoury ones?

Why does a *homemade Belgian double-chocolate cake* make your mouth water more than a *chocolate cake*? And would you pay more for it?

Discover the answers to these questions and more in this clever little book that draws on the latest scientific research to explain the innumerable influences behind our appetites, tastes, and eating habits.

Learn how to throw your best dinner party yet by optimising the music, lighting, and table setting. Become a savvy shopper by understanding how supermarkets present their products to make some seem more appealing than others. Feel confident ordering food and wine in a restaurant without paying more than they're worth.

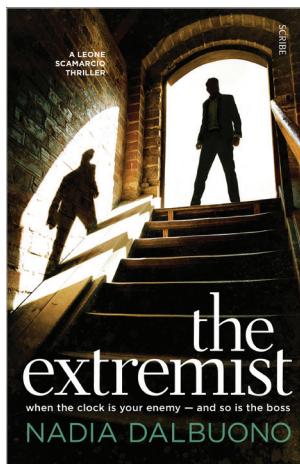
Know what and why you eat, when and how you do — before you next sit down to dine!

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Nadia Dalbuono

The Extremist



NADIA DALBUONO has spent the last eighteen years working as a documentary director and consultant for Channel 4, ITV, Discovery, and *National Geographic* in various countries. *The Extremist* follows *The Few*, *The American*, and *The Hit* in the Leone Scamarcio series. She divides her time between the UK and northern Italy.

The fourth Leone Scamarcio thriller.

On a hot summer's morning in Rome, three public places — a McDonald's, a preschool, and a café — come under siege from a group of terrorists who appear to be Islamic extremists. When word comes through that the terrorists will only negotiate with Detective Leone Scamarcio, no one is more surprised than Scamarcio himself.

The young man with frightened eyes who speaks to Scamarcio seems anything but in control. He says that Scamarcio is the only person he can trust to care about the truth. Then he gives Scamarcio an unusual list of demands, including that everything must be done without police or intelligence involvement, and within twenty-four hours — or the hostages die.

With his face on every TV screen, and with all of Italy on alert, Scamarcio must race against the clock and elude the grasp of the increasingly unhinged chief of intelligence, Colonel Scalisi, to meet the terrorists' demands, and to uncover the truth behind the attacks. But, as Scamarcio follows the young man's clues, he finds that every question seems to turn up five more, and, as usual for this son-of-a-Mafioso policeman, nothing is as it seems.

PRAISE FOR THE LEONE SCAMARCIO SERIES:

'Disquieting and illuminating ... utterly absorbing.'
— Lesley Thomson, author of *The Detective's Daughter*

'A rollercoaster ride ... Unsettling but compelling.'
— *The Sun*

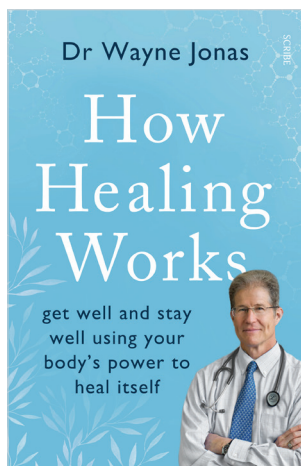
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Wayne Jonas

How Healing Works

get well and stay well using your body's power to heal itself



A radical, evidence-based new vision for healing.

Twenty-five per cent of adults experience chronic health problems, such as back pain, headaches, obesity, fatigue, and depression. These illnesses are almost impossible to cure with conventional medicine, yet in his 40 years as a doctor Wayne Jonas has helped almost all of his patients get better.

Now he can help you, too.

How Healing Works reveals that only 20 per cent of healing comes from medicine or surgery, while 80 per cent depends on other factors — a patient's physical environment, their lifestyle, their values, and more. It offers practical advice on working with your doctor to construct a personal, integrative plan for healing and offers examples of what this might look like. The key to success is finding out what works for you — whether this is conventional medicine, complementary therapies, or something else entirely.

This is not the argument that you can simply 'think yourself' better. Rather, it uses case studies and rigorous scientific research to show how, if you understand how healing really works, you can take greater control of your recovery, increase the likelihood that any treatment will be effective, prevent many of the diseases of ageing, and significantly reduce your dependence on medicine.

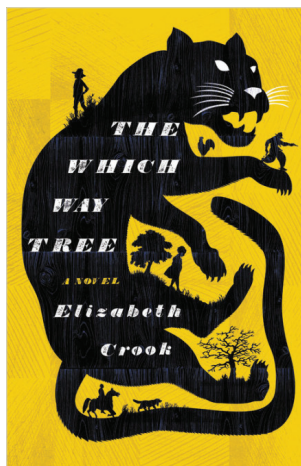
DR WAYNE JONAS is the president and CEO of Samueli Institute, a non-profit medical research organisation supporting the scientific investigation of healing processes and their application in health and disease. He is a widely published scientific investigator, a practising family physician, Professor of Family Medicine at Georgetown University, and Professor at the Uniformed Services University of the Health Sciences. Additionally, Dr Jonas is a retired lieutenant colonel in the Medical Corps of the United States Army.

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Elizabeth Crook

The Which Way Tree



ELIZABETH CROOK has published four previous novels, including *The Night Journal* and *Monday*, *Monday*, a *Kirkus Reviews* Best Book of 2014. She has written for periodicals such as *Texas Monthly* and the *Southwestern Historical Quarterly*, and served on the council of the Texas Institute of Letters and the board of the Texas Book Festival. She lives in Austin with her family.

The dangerous and poignant odyssey of a tenacious young girl who boldly traverses the Texas frontier as she seeks to avenge her mother's death.

Early one morning in the remote hill country of Texas, a panther attacks a family of homesteaders, mauling a young girl named Samantha and killing her mother, a former slave, whose final act is to save her daughter's life. Samantha and her half-brother, Benjamin, survive, but she is left traumatised, her face horribly scarred.

Narrated in Benjamin's beguilingly plain-spoken voice, *The Which Way Tree* is the story of Samantha's relentless determination to stalk and kill the notorious panther and avenge her mother's death. In this quest, she and Benjamin, now orphaned, enlist a charismatic Tejano outlaw and a haunted, compassionate preacher with an ageing but unstoppable tracking dog. As the members of this unlikely posse hunt the panther, they are in turn pursued by a hapless but sadistic Confederate soldier with a score to settle.

In the tradition of the great pursuit narratives, *The Which Way Tree* is a breathtaking tale of revenge against an implacable and unknowable beast. Yet with the comedic undertones of Benjamin's storytelling, it is also a timeless story full of warmth and humour, and a testament to the enduring love between a sister and brother in an adventure whose legend will last a lifetime.

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Fiona Harari

We Are Here

talking with Australia's oldest Holocaust survivors



FIONA HARARI is an award-winning journalist, and the author of *A Tragedy in Two Acts: Marcus Einfeld and Teresa Brennan*.

These are the last adult witnesses — in their own words.

When Adolf Hitler became chancellor of Germany in 1933, he quickly began to realise his dream of a racially superior nation free of 'inferior' groups. His goal included the eradication of European Jewry, a plan that would ultimately claim six million lives. By 1945, almost two in three European Jews were dead. So were millions of other victims of Nazism.

For those who survived, liberation came with the enormous weight of guilt and memory as they began the second part of their lives, often in faraway places such as Australia, which would become home to one of the world's highest per capita communities of Holocaust survivors.

Now the last of those adult survivors have reached an age once considered unattainable. They outlasted Nazism, and today, in their tenth and eleventh decades, have outlived most of their contemporaries. Eighteen of these Australians, originally from all over Europe, tell what it is like to have lived through those years, and long after them.

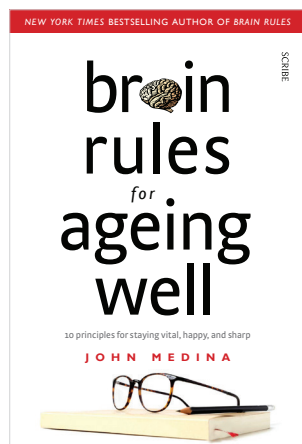
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John Medina

Brain Rules for Ageing Well

10 principles for staying vital, happy, and sharp



JOHN MEDINA is a developmental molecular biologist and research consultant, and is an affiliate professor of bioengineering at the University of Washington School of Medicine. He was the founding director of two brain-research institutes: the Brain Center for Applied Learning Research, at Seattle Pacific University, and the Talaris Research Institute, a non-profit organisation originally focused on how infants encode and process information.

How come I can never find my keys? Why don't I sleep as well as I used to? Why do my friends keep repeating the same stories? What can I do to keep my brain sharp?

In his *New York Times* bestseller *Brain Rules*, Dr. Medina showed us how our brains really work — and why we ought to redesign our workplaces and schools to match. Now, in *Brain Rules for Ageing Well*, he shares how you can make the most of the years you have left. In a book destined to be a classic on ageing, Medina's fascinating stories and infectious sense of humour breathe life into the science.

Brain Rules for Ageing Well is organised into four sections, each laying out familiar problems with surprising solutions. First up, an overview: looking under the hood of an ageing brain as it motors through life. The second part focuses on the feeling brain, using topics ranging from relationships and stress to happiness and gullibility to illustrate how our emotions change with age. The third focuses on the thinking brain, explaining how various cognitive gadgets such as working memory and executive function change with time. Each section is sprinkled with practical advice: for example, a certain style of dancing may be better for your brain than eating fish. Medina explains not only how taking certain actions can improve your brain's performance, but also what is known about the brain science behind each intervention.

The final section is about the future. Filled with topics as joyful as retirement and as heartbreaking as Alzheimer's. Medina connects all of the chapters into a plan, checklist-style, for maintaining your brain health.

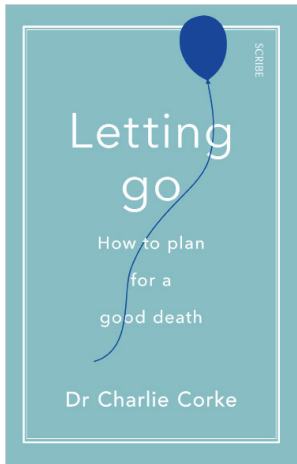
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Charlie Corke

Letting Go

how to plan for a good death



DR CHARLIE CORKE is one of Australia's leading Intensive Care specialists and is currently president of the College of Intensive Care of Australia and New Zealand. He is the regional clinical lead for the Advance Care Planning program and is the originator of the MyValues approach to advance care planning (www.myvalues.org.au). Dr Corke lectures widely on medical communication and end-of-life decision-making, was featured on the ABC in the film *In the End*, and is a regular contributor to radio.

'Too frequently, we leave it too late to start to think — but a crisis is never the best time for careful thought.'

As Australia's population ages, many individuals are faced with making complex medical decisions, for themselves and for others, in times of great stress. How far should doctors go when trying to prolong life? How can we decide what is 'too far' and 'not far enough' for our loved ones unless we know what their wishes are?

Letting Go is an important and timely introduction to, and discussion of, the kinds of decisions that individuals, families, and medical personnel face in a medical crisis. It shows us how to start thinking about our end-of-life stage before we get there; how to make an advanced-care plan that will help people make decisions on our behalf; and how we can maintain our dignity and autonomy for as long as possible.

Drawing on many years of experience as an intensive-care specialist, and writing with great insight and compassion, Dr Corke shows us all the ways in which people can make a mess of dying — and, more importantly, in doing so, he teaches us how we can do it better.

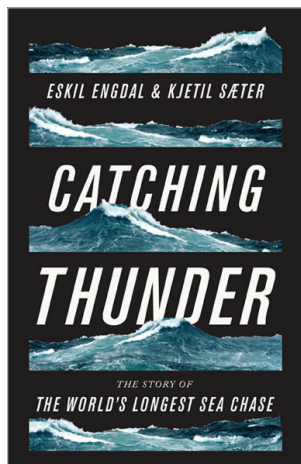
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Eskil Engdal and
Kjetil Saeter

Catching Thunder

the true story of the world's longest sea chase



ESKIL ENGDAL and KJETIL SAETER are journalists for the Norwegian broadsheet *Dagens Naeringsliv*. They have both been recipients of the prestigious SKUP award for investigative journalism, in addition to numerous other awards and distinctions. This is their first book to be translated into English.

A remarkable true story of courage and perseverance — and a wake-up call.

December 2014: in the forbidding waters off Antarctica, Captain Hammarstedt of the Sea Shepherd ship *Bob Barker* embarks on a voyage unlike any seen before. Across ten thousand miles of hazardous seas, Hammarstedt's crew will relentlessly pursue the *Thunder* — an infamous illegal fishing ship — for what will become the longest chase in maritime history. Wanted by Interpol, the *Thunder* has for years evaded justice: accumulating millions in profits, hunting endangered species, and ruthlessly destroying ocean habitats.

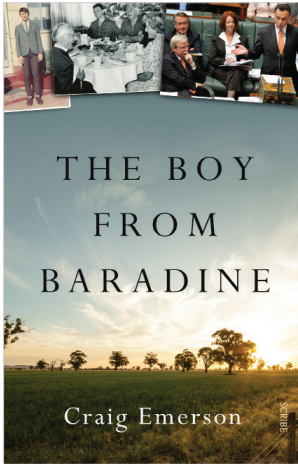
The authors follow this incredible expedition from its very beginning. Yet even as seasoned journalists, they cannot anticipate what the chase will uncover, as the wake of the *Thunder* leads them to a trail of criminal kingpins, rampant corruption, modern slavery, and an international community content to turn a blind eye. Soon, catching *Thunder* becomes more than a chase — it turns into a pursuit of the truth itself and a symbolic race to preserve the well-being of our planet.

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Craig Emerson

The Boy from Baradine



CRAIG EMERSON is an eminent economist, and holds a doctorate from the Australian National University. He was economic and environmental adviser to prime minister Bob Hawke, and a minister in the Rudd and Gillard governments. Before entering parliament, he was director-general of the Queensland environment department, and, at the age of 23, the youngest economic analyst at the United Nations in Bangkok. He has published extensively in economic journals and on newspaper opinion pages, and is now the managing director of his own economic consultancy.

From the bush of Baradine to the corridors of Canberra, this is a Craig Emerson's story of triumph and courage over adversity.

In the mid-1960s, in the small town of Baradine in north-western New South Wales, the Emerson family was in continual crisis. The mother suffered from deep depression, and the father was exhausted by their constant fights. The two sons — Craig and Lance — were traumatised by their mother's mental struggles and inexplicable outbursts of violence against them.

Yet both parents worked hard for meagre wages to give Craig a good education, and he vindicated their sacrifice. After gaining a PhD in economics, he was invited to join Bob Hawke's staff to help design and implement the Labor government's economic and environmental program. Craig became like a son to the prime minister; he and Bob worked hard, but also relished time out for betting, joking, and singing.

During Craig's own roller-coaster journey as a politician, factional powerbrokers exiled him to the backbench, but his perseverance and abilities earned him the honour of becoming Australia's minister for trade and higher education.

The Boy from Baradine is an unusual ex-politician's memoir. It is a deeply human tale of trauma and triumph, of fear and fun, of character overcoming adversity. It will also inspire young people that it is possible to succeed from the most unlikely of personal circumstances.

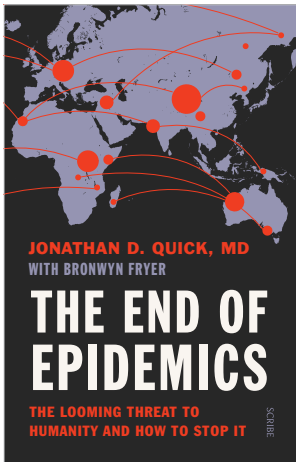
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b&w pic section

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Jonathan D. Quick
& Bronwyn Fryer

The End of Epidemics

the looming threat to humanity and how to stop it



JONATHAN D. QUICK is a family physician, an instructor at Harvard Medical School, and the president and CEO of the non-profit organisation Management Sciences for Health (MSH). Through MSH, he improves the health systems in Africa, Asia, and Latin America. With over 35 years in the field, he is a leading expert in global health.

BRONWYN FRYER is a veteran writer, researcher, and editor, widely recognised for her collaborations with leading authors.

AIDS. Ebola. Bird flu. SARS. Year after year, we manage new viruses thanks to the tireless work done in labs and hot zones around the world. Now, Jonathan Quick explains how we could end epidemics forever.

Somewhere out there, a killer virus is boiling up in the bloodstream of a bird, bat, monkey, or pig, preparing to jump to a human being. This as-yet-undetected germ has the potential to wipe out millions of lives over a matter of weeks or months. That risk makes the threat posed by ISIS, a ground war, a massive climate event, or even the dropping of a nuclear bomb on a major city pale by comparison.

This epidemic could come upon us without warning, as we succumb to fear, denial, and panic, and shield ourselves with complacency, hubris, and our own financial self-interest. Yet *The End of Epidemics* is about hope. Leading public-health expert Jonathan Quick tells the stories of the heroes, past and present, who've succeeded in their fights to stop the spread of illness and death. He explains the science and the politics of epidemics. And he shows exactly how we can prevent, and end, epidemics in the future.

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Harmsworth

Ernest van der Kwast **Giovanna's Navel**

translated by
Laura Vroomen



ERNEST VAN DER KWAST is a Dutch author born in Mumbai, India, in 1981. He made his debut in 2005 with the novel *Sometimes Things Are Better When People Applaud*. His breakthrough book is *Mama Tandoori*, which became a bestseller in the Netherlands and Italy upon publication, and has to date sold more than 100,000 copies. *Giovanna's Navel* is the third of his books to be published in English. He lives in Rotterdam.

A scintillating collection from the award-winning author of *The Ice-Cream Makers* and *Mama Tandoori*.

The vivid characters in these stories share lives marked by coincidences, deeply felt passions, impulsive decisions, and missed opportunities. There's Ezio, a lonely apple-picker dangerously obsessed with spirited teenager Giovanna. Heinrich is a quiet ticket inspector who watches his passengers live their lives as he longs for a meaningful connection of his own. Klaus is a young man reflecting on his first unrequited love, Eva. And Paul's experiences of loss bring him to a new life.

As they look back and narrate their histories, each reflects on the circuitous paths that life took them on, and on the relationships that never came to pass.

Melancholic yet tender, these beautifully rendered atmospheric stories explore loss, longing, coming of age, and regret, and speak to the humanity in all of us.

PRAISE FOR *THE ICE-CREAM MAKERS*:

'A compelling novel about the yoke of family relations.'
 — *Elle*

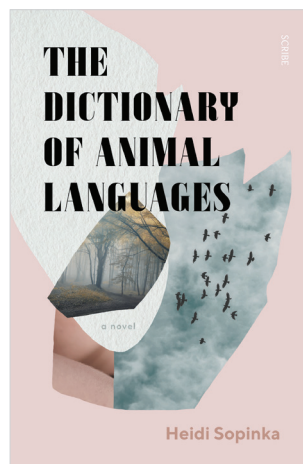
'Van der Kwast tells his multigenerational tale with great sensitivity ... A delightful read.'
 — *Kirkus*

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Heidi Sopinka

The Dictionary of Animal Languages



HEIDI SOPINKA is the founder of renowned fashion label Horses Atelier, and has also worked as a cook, a pilot, and a literary journalist, in her native Canada. *The Dictionary of Animal Languages* is her first novel.

A thrillingly elegant yet raw evocation of a woman clawing her way to a creative life, inspired by the story of surrealist artist Leonora Carrington.

Born into a wealthy family in northern England, sent to boarding school, and educated by nuns, Ivory Frame escapes to interwar Paris, where she finds herself through art, living amongst the most brilliant and bohemian people: the surrealists.

Torn between a volatile and all-consuming affair with a Russian painter, and her soaring ambition, Ivory's life is violently interrupted by the Second World War. But her urge to create never deserts her.

Now, aged 90, Ivory labours defiantly in the frozen north at her last, greatest artwork — a vast account of animal language — alone except for her sharp research assistant, Skeet.

And then unexpected news from the past arrives: this magnificently fervent, complex woman is told that she has a grandchild, despite never having had a child of her own ...

PRAISE FOR *THE DICTIONARY OF ANIMAL LANGUAGES*

'With stunning prose, lavish details, deep wisdom, and emotional precision, reading this book is like falling in love — my interest in everything else was lost.'

— *Claire Cameron, author of The Last Neanderthal*

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Cris Beam

I Feel You

a journey to the far reaches of empathy



CRIS BEAM is an author and professor in New York City, where she teaches creative writing at Columbia University and New York University. Her previous books include *To the End of June: the intimate life of American foster care* and *Transparent: love, family, and living the T with transgender teenagers*, which won a Lambda Literary Award and was a Stonewall Honor book. Cris's work has also been featured in *The New York Times*, *HuffPost*, and *The Guardian*, and on *This American Life*.

Every generation, a phrase enters our consciousness. In the sixties, it was civil rights; in the eighties, it was self-esteem; now our word is empathy.

But what actually is empathy? Is it just one thing? Is it inherited? Can it be taught? Is 'corporate empathy' an oxymoron? And is empathy always a desirable human value?

Cris Beam tackles these questions and more as she journeys from neuroscience labs, to classrooms; from a reconciliation program in the US, to South Africa, where the first children born since Apartheid are coming of age. She talks to scientists studying mirror neurons and to teachers helping children identify emotions, to victims of childhood abuse, and to those attempting the most difficult empathy of all: empathy for the genocidal state. Along the way, she examines her own past and family relationships, and discovers what it means to 'feel you' — and how we can all apply empathy in our complex lives.

PRAISE FOR BEAM'S PREVIOUS BOOKS:

'A triumph of narrative reporting and storytelling.'
— *New York Times Book Review*

'Compelling ... Full of Beam's usual vitality.'
— *Andrew Solomon, author of The Noonday Demon*

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Gwynne Dyer

Growing Pains

the rough road to the future



GWYNNE DYER has worked as a freelance journalist, columnist, author, broadcaster, and lecturer on international affairs for more than 20 years. His twice-weekly column on international affairs is published by 175 newspapers in some 45 countries and is translated into more than a dozen languages. He is the author of several books, including *War, Future: Tense*, *The Mess They Made*, and *Climate Wars* (all published by Scribe).

We are now living in a world where Brexit and Trump are daily realities. But how did this come about? And what does it mean for the future?

Populism and ultra-nationalism brought about the rise of Hitler and Mussolini in the 1930s. Now, as Trump sits in the White House, Britain negotiates its way out of the EU, and countries across Europe see substantial gains in support for the extreme Right, award-winning journalist, author, and historian Gwynne Dyer asks how we got here, and where we go next.

Dyer examines the global challenges facing us all today and explains how they have contributed to a world of inequality, poverty, and joblessness, conditions that he argues inevitably lead to the rise of populism. The greatest threat to social and political stability, he argues, lies in the rise of automation, which will continue to eliminate jobs, whether politicians admit that it is happening or not. To avoid a social and political catastrophe, we will have to find ways of putting real money into the pockets of those who have no work.

But this is not a book without hope. Our capacity for overcoming the worst has been tested again and again throughout history, and we have always survived. To do so now, Dyer argues, we must embrace radical solutions to the real difficulties facing individuals, or find ourselves back in the 1930s with no way out.

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David
Finkel

FILM TIE-IN

Thank You For Your Service

THANK YOU
FOR
YOUR SERVICE



DAVID FINKEL

Author of *THE GOOD SOLDIERS*

Soon to be a major film, written and directed by Jason Hall of *American Sniper*, and starring Amy Schumer.

New York Times–bestselling author David Finkel follows a US infantry battalion as they return home from Iraq and attempt to survive peace. Finkel writes with tremendous compassion about these soldiers, and about their partners and children: the heartbroken wife who wonders privately whether her returned husband is going to get better, or kill her; and the heroic victims, with the fresh taste of a gun in their mouths, who will either make the journey back to sanity or to final ruin.

Thank You for Your Service is an immense act of understanding — shocking but always riveting, unflinching but deeply humane.

'Thank You for Your Service is an almost unbearably sad book. It is also one I would urge you to read, to begin to appreciate the appalling toll war takes on troops ... Finkel is an extraordinarily compassionate writer.' *The Weekend Australian*

DAVID FINKEL is the author of *The Good Soldiers*, the bestselling, critically acclaimed account of the US 'surge' during the Iraq War and a *New York Times* Best Book of the Year. An editor and writer for *The Washington Post*, Finkel has reported from Africa, Asia, Central America, Europe, and across the United States. Among Finkel's honours are a Pulitzer Prize in 2006 and a MacArthur Foundation 'genius' grant in 2012. He lives in the Washington, DC, area.

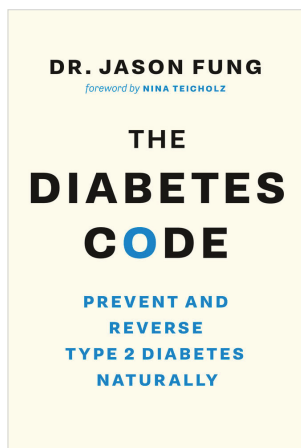
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Jason Fung

The Diabetes Code

prevent and reverse type 2 diabetes naturally



DR JASON FUNG grew up in Toronto, Canada, and completed medical school and general medical residency at the University of Toronto. He has both a hospital- and office-based practice in Toronto, and is the current chief of the Department of Medicine at the Scarborough Hospital, General Division.

From the acclaimed author of *The Obesity Code*, a revolutionary guide to reversing diabetes.

In 2016, acclaimed author Dr Jason Fung forever changed the way we think about obesity with his bestselling book, *The Obesity Code*. Now he's set out to do the same for type 2 diabetes. *The Diabetes Code* is a thought-provoking new look at this ancient disease, and a revolutionary guide to naturally reversing its course.

Today, most doctors, dietitians, and even diabetes specialists consider type 2 diabetes to be a chronic and progressive disease — a life sentence with no possibility of parole. But the truth, Dr. Fung reveals in this paradigm-shifting book, is that type 2 diabetes is reversible. Writing with clear, persuasive language, he explains why conventional treatments that rely on insulin or other blood-glucose-lowering drugs can actually exacerbate the problem, leading to significant weight gain and even heart disease. The only way to treat type 2 diabetes effectively, he argues, is proper dieting and intermittent fasting — not medication.

There has never been a more urgent time to take action against what is fast becoming a global epidemic. But Dr Fung is confident that 'the secret to reversing type 2 diabetes is within our grasp'.

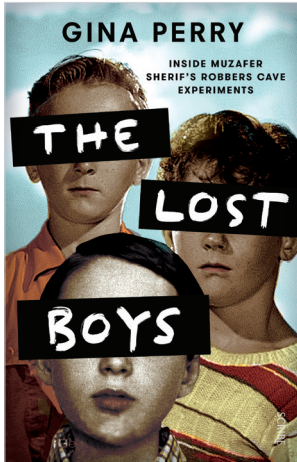
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Gina Perry

The Lost Boys

inside Muzafer Sherif's Robbers Cave experiments



GINA PERRY is an Australian psychologist and writer whose work has been published widely. Her first book, *Behind the Shock Machine*, was about Stanley Milgram's obedience experiments, and her co-production of the ABC Radio National documentary on the subject won the Silver World Medal for a history documentary in the 2009 New York Festivals radio award.

The fascinating, true story of one of the most controversial psychological experiments of the modern era.

Competition. Prejudice. Discrimination. Conflict.

In 1954, a group of boys attended a remote summer camp in Oklahoma. There they were split into two groups, and encouraged to bully, harass, and demonise each other. The results would make history as one of social psychology's classic studies: the Robbers Cave experiment.

Conducted at the height of the Cold War, the experiment officially had a happy ending: the boys reconciled, and psychologist Muzafer Sherif demonstrated that while hatred and violence are powerful forces, so too are cooperation and harmony. Today it is proffered as proof that under the right conditions warring groups can make peace. Yet the true story of the experiments is far more complex, and more chilling.

In *The Lost Boys*, Gina Perry explores the experiment and its consequences, tracing the story of Sherif, a troubled outsider who struggled to craft an experiment that would vanquish his personal demons. Drawing on archival material and new interviews, Perry pieces together a story of drama, mutiny, and intrigue that has never been told before.

PRAISE FOR *BEHIND THE SHOCK MACHINE*:

'A remarkable example of how good creative non-fiction is researched and written.' — **Lee Gutkind**

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Jay Carmichael

Ironbark



JAY CARMICHAEL is a writer and editor. His first novel, *Ironbark*, was shortlisted for the Victorian Premier's Award for an Unpublished Manuscript in 2016. His writing has been published by beyondblue and appeared widely in print and online, including in *Overland*, *The Guardian*, *SBS*, and *The Telling Tree* project. Jay lives and works in Melbourne.

Shortlisted for the 2016 Victorian Premier's Unpublished Manuscript Award

He shouldn't have a life he never asked for and be expected to love men. With their problems never spoken outward. And childhood trauma and family issues. Men wanting to be held or hold.

Markus Bello's life has stalled. Living in a small country town, mourning the death of his best friend, Grayson, Markus is isolated and adrift. As time passes, and life continues around him, Markus must try to face his grief, and come to terms with what is left.

Stylistically assured and quietly compelling, *Ironbark* is an elliptical and beautifully evoked contemporary coming-of-age story. Through his protagonist, Markus, newcomer Jay Carmichael depicts the conflict and confusion of life as a gay man in rural Australia, and explores how place can shape personal identity by both offering and restricting potential. A moving portrait of grief and loss, *Ironbark* is also a devastating account of the toll exacted by our society's expectations of what it means to be a man.

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Drew Rooke

One Last Spin

the power and peril of the pokies



DREW ROOKE is a freelance journalist based in Sydney. His work deals with contemporary political and cultural issues, and has appeared in publications such as *The Saturday Paper*, *Meanjin*, and *The Sydney Morning Herald*. Drew was a finalist in the 2015 Scribe Nonfiction Prize for Young Writers, and *One Last Spin* is his first book.

A poignant and compassionate work of literary journalism that tackles Australia's most controversial pastime.

Almost 200,000 poker machines sing and flash in pubs, clubs, and casinos in every corner of the country. They're highly complex devices, their components designed by mathematicians, musicians, animators, and ergonomic experts. They're also widely considered the most harmful form of gambling, the cause of the majority of gambling addictions. So how did Australia evolve into a pokie nation?

With startlingly candid interviews from gambling addicts, politicians, manufacturers, neuroscientists, counsellors, anti-gambling campaigners, and gambling advocates, *One Last Spin* explores how the machines work to hook people in, and the vicious fight being waged to evict them from the country's social life. It is a confronting tale about the human cost of addiction, of governments pandering to corporate interests, and of the insidious power of the industry's PR spin.

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**Mohammed Al
Samawi**

The Fox Hunt

four strangers, thirteen days, and one man's amazing journey to safety



MOHAMMED AL SAMAWI, a Zaydi Shi'a Muslim, was born in the old Yemeni city of Sana'a. Brought up to believe that the Jews were responsible for all his people's troubles, his life changed when he read the Old Testament, 'friended' Jews in Israel, and joined social-action groups aimed at promoting dialogue between Muslims and Jews. He escaped from a brutal civil war to the United States, where he now lectures widely to promote inter-faith relations.

A breathtaking escape story that reveals the power of technology to connect people across cultures, with life-saving results.

Growing up in Yemen, Mohammed Al Samawi was smart, bookish, and committed to his faith. He had little interest in the non-Muslim world, beyond an intense hostility to Islam's enemies.

All that changed when a teacher lent him a copy of the Old Testament, sparking his interest in other faiths. Venturing online, he began to connect with people of different cultures from all around the world, and started the improbable journey from dreaming of mowing down Israelis with an AK-47 to devoting his life to inter-faith dialogue.

But then Yemen crumbled into war. Trapped and alone under bombardment, he managed to get online and put his life in the hands of a rag-tag group of Facebook friends he barely knew. Near-strangers to each other, with zero experience in military strategy, the team of four, spanning New York, San Francisco, and Tel Aviv, achieved the seemingly impossible. They crowd-sourced escape routes and activated their networks to help save Mohammed from certain death.

The Fox Hunt is an exhilarating real-life survival story of faith, curiosity, and the power of human connection in the face of conflict.

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Projects

**Laura Elizabeth
Woollett**

Beautiful Revolutionary



LAURA ELIZABETH WOOLLETT was born and raised in Perth, Western Australia. In 2012, she completed an honours degree in creative writing at the University of Melbourne. In 2014, she was awarded a Wheeler Centre/Readings Foundation Hot Desk Fellowship and the John Marsden/Hachette Prize for Fiction, and was chosen as one of the 2015 Melbourne Writers Festival's '30 Under 30'. Her short-story collection, *The Love of a Bad Man* (Scribe, 2016) was shortlisted for the 2017 Victorian Premier's Literary Award for Fiction.

The thrilling new novel, inspired by Jim Jones's Peoples Temple, from the author of *The Love of a Bad Man*.

It's the summer of 1968, and Evelyn Lynden is a woman at war with herself. Minister's daughter. Atheist. Independent woman. Frustrated wife. Bitch with a bleeding heart.

Following her conscientious-objector husband, Lenny, to the rural Eden of Evergreen Valley, California, Evelyn wants to be happy with their new life. Yet as the world is rocked by warfare and political assassinations, by racial discrimination and social upheaval, she finds herself disillusioned with Lenny's passive ways — and anxious for a saviour.

Enter the Reverend Jim Jones, the dynamic leader of a revolutionary church called Peoples Temple. As Evelyn grows closer to Jones, her marriage is just the first casualty of his rise to power.

Meticulously researched, elegantly written, and utterly engrossing, *Beautiful Revolutionary* explores the allure of the real-life charismatic leader who would destroy so many. In masterful prose, Woollett painstakingly examines what happens when Evelyn is pulled into Jones's orbit — an orbit it would prove impossible for her to leave.

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Enza Gandolfo

The Bridge



ENZA GANDOLFO is a Melbourne writer and an honorary professor in creative writing at Victoria University. She is interested in the power of stories to create understanding and empathy, with a particular focus on feminist and political fiction. The co-editor of the literary journal *TEXT* and a founding member of the Victoria University Feminist Research Network, her first novel, *Swimming* (2009), was shortlisted for the Barbara Jefferis Award.

What would you do when you lose a person you love?

In 1970s Melbourne, 22-year-old Italian migrant Antonello is newly married and working as a rigger on the West Gate Bridge, a gleaming monument to a modern city. When the bridge collapses one October morning, killing 35 of his workmates, his world crashes down on him. It is up to his wife, Paolina, to help him recover and find his way back to himself and their marriage.

In 2009, Jo and her best friend Ashleigh are on the verge of finishing high school and flush with the possibilities for their lives thereafter. But when a night of drinking at a party results in a terrible tragedy, Jo's future is set on a radically different course. The only path to redemption is to face the consequences of her actions.

Drawing on true events of Australia's worst industrial accident — a tragedy that still scars the city — *The Bridge* is a profoundly moving novel that examines class, guilt, and moral culpability. Yet it shows that even the most harrowing of situations can give way to forgiveness and redemption. Ultimately, is a testament to survival and the resilience of the human spirit.

PRAISE FOR *SWIMMING*:

'It's about things that we care for, and need to ponder and contemplate, because we will never come to the end of their pain, their beauty, and their usefulness ... I warmly recommend it.' — **Helen Garner**

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Kate Wild

Waiting for Elijah



In the vein of Helen Garner and Chloe Hooper, *Waiting for Elijah* is narrative non-fiction of the highest order from a major new Australian talent.

In 2009, in the NSW country town of Armidale, a mentally ill young man is shot dead by a police officer. Senior Constable Andrew Rich claims he ‘had no choice’ other than to shoot 24-year-old Elijah Holcombe — Elijah had run at him roaring with a knife, he tells police.

Some witnesses to the shooting say otherwise, though, and this act of aggression doesn’t fit with the sweet, sensitive, but troubled young man that Elijah’s family and friends knew him to be. The shooting devastates Elijah’s family and the police officer alike.

KATE WILD is an investigative journalist whose work with distinguished teams at the ABC has been recognised with three Walkley Awards and a Logie. Her reports from Darwin, where she lived from 2010 to 2016, laid the groundwork for a *Four Corners* story on juvenile detention that prompted the calling of a Royal Commission. Like Elijah Holcombe, Kate grew up in country New South Wales; she now lives and works in Sydney. *Waiting for Elijah* is her first book.

So what happened in that Armidale laneway — and how could it have been avoided? *Waiting for Elijah* is the culmination of journalist Kate Wild’s six-year investigation — an investigation that not only seeks to answer these questions, but also poses some vitally important ones of its own: Why is it still so difficult for people to talk about mental illness? Is it fair to expect police to be first responders in mental-health crises? If the community insists this job belongs to police, how can these interactions be improved?

Written with clear-eyed compassion and a compelling narrative drive, *Waiting for Elijah* is an account of a tragedy that didn’t have to happen. It is also an intense, forensic deconstruction of the extended legal proceedings that followed, and a heartbreaking portrait of a family’s grief.

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Jonathan Miller

Duterte Harry



JONATHAN MILLER is Channel 4's Asia correspondent based in Bangkok. Three months after Rodrigo Duterte was elected in the president's southern home city of Davao, Jonathan became the first foreign journalist to challenge him face-to-face on the devastation wrought by his controversial and deadly war on drugs. Jonathan was born in Derry, Ireland, and has lived much of his life in South-East Asia, including correspondent postings with the BBC.

The first biography of Rodrigo Duterte, the murderous, unpredictable President of the Philippines, whose war on drugs has seen thousands of people killed in cold blood.

Rodrigo Duterte was elected President of the Philippines in 2016. In his first six months in office, 5,000 people were murdered on the streets, gunned down by police officers and vigilante citizens — all with his encouragement and blessing.

Duterte is a serial womaniser and a self-confessed killer, who has called both Barack Obama and Pope Francis 'sons of whores'. He is on record as saying he does not 'give a shit' about human rights. Yet he is beloved of the 16.6 million Filipinos who voted for him, seen as down and dirty, vulgar but honest, a breath of fresh air, and an iconoclastic, anti-imperialist rebel.

In this revelatory biography, reporter Jonathan Miller charts Duterte's meteoric rise to success, and shows how this fascinating, fearsome man can be seen as the embodiment of populism in our time.

Through interviews with Duterte himself, his sister, daughter and son, two former presidents, old friends, death-squad hitmen, and relatives of his victims, Miller shows that far from the media cartoon of *The Godfather*, John Wayne, Hugo Chavez, and Donald Trump rolled into one, Duterte is a sinister, dangerous man, who should not be taken lightly.

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**Nigel Shadbolt &
Roger Hampson**

The Digital Ape



PROFESSOR SIR NIGEL SHADBOLT (pictured), 'one of the most fascinating and important scientists alive' (Jim Al-Khalili), is principal of Jesus College Oxford and professorial research fellow in the Department of Computer Science, Oxford. He is the chairman and co-founder of the Open Data Institute with Sir Tim Berners-Lee.

ROGER HAMPSON was chief executive of the London Borough of Redbridge from 2001 to 2016, and is a national authority on the use of data in public services.

How smart machines are transforming us all — and what we should do about it.

The smart-machines revolution is reshaping our lives and our societies. Here, Shadbolt and Hampson — Britain's pre-eminent authorities on AI — dispel terror, confusion, and misconception by demonstrating that we are not about to be elbowed aside by a rebel army of super-intelligent robots of our own creation. The much-vaunted *Transcendence* moment is not coming any time soon.

The Digital Ape prefers to talk of Augmented Intelligence (ours) rather than Artificial Intelligence (theirs). It argues that when it comes to our technological future we can retain control, but how we exercise that control — in employment matters, in privacy matters, in political matters, etc. — is the crux of our collective future well-being.

Lucid, well-informed, and deeply human, *The Digital Ape* offers a unique approach to the subject of web science and the ethics of intelligent systems.

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Jeremy Gavron

Felix Culpa



JEREMY GAVRON is the author of several non-fiction books and novels, including *The Book of Israel*, winner of the Encore Award, *An Acre of Barren Ground*, and *A Woman on the Edge of Time*, a memoir of his mother. A former foreign correspondent in Africa and India, he lives now in London, and teaches at Warren Wilson College in North Carolina.

Whose stories deserve to be told? And whose words should do the telling?

A crime. A lost boy. A story rediscovered in unexpected places.

In *Felix Culpa*, Jeremy Gavron has conjured up a work of extraordinary literary alchemy: a detective novel made out of phrases and sentences from a hundred other books. It follows a writer on the trail of a dead boy recently released from prison. But in searching for the boy's story, will he lose his own?

Magical and moving in equal measure, *Felix Culpa* is a living demonstration of how storytelling works, by sound and by rhythm, by elision and by omission, as well as by reference and by allusion. It asks what happens when we lose the narrative of our own life, and fall into someone else's.

Felix Culpa is not a novel you have read before. Challenging the reader's preconceptions, it makes out of the author's borrowings something wholly itself — seamless, singular, and dazzlingly resonant.

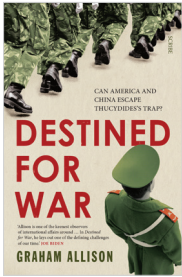
'Gavron is a skilled storyteller.' — *The Sunday Times*

'[Gavron's writing has] verve, imagination, and elegance' — Maggie O'Farrell, author of *This Must be the Place*

'One of our more innovative, quietly inventive, and exciting novelists.' — Ali Smith

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Graham Allison
Destined for War
 can America and China escape Thucydides's Trap?

A highly topical book about the distinct possibility that China and the US may soon be at war. 'Sounds a useful, even important warning call.' — Max Hastings, *The Sunday Times*

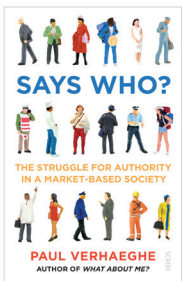
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Peter Brain and Ian Manning
Credit Code Red
 how financial deregulation and world instability are exposing Australia to economic catastrophe

Brain and Manning argue that Australia's prosperity has been bought by borrowing from its future — specifically, by borrowing too much, for the wrong assets, and from the wrong lenders. But is Australia's luck about to run out?

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Anosh Irani
The Parcel

In the swollen and crumbling red-light district of Kamathipura, at the heart of Bombay, Madhu is given a difficult and potentially lucrative task by her housemother — to prepare a newly arrived 'parcel' for its opening. A savage and beautifully rendered story about community, belonging, and the cheapness of human life.

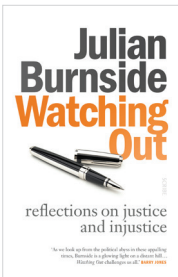
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Christoffer Carlsson
October is the Coldest Month

Christoffer Carlsson explodes into new territory with his first YA novel, a suspenseful read for older teen readers reminiscent of Daniel Woodrell's *Winter's Bone*.

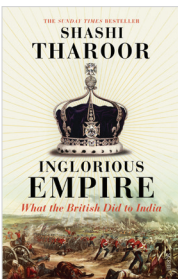
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Julian Burnside
Watching Out
 reflections on justice and injustice

Noted barrister and human-rights advocate Julian Burnside explains the origins of our legal system, looks at the way it operates in practice, and points out ways in which it does and doesn't run true to its ultimate purposes.

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Shashi Tharoor
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 what the British did to India

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Mark Aarons with John Grenville
The Show
 another side of Santamaria's Movement

'Communists, spies, and priests — dramatic new stories and insights from the front line of the Cold War in Australia.' — **Lindsay Tanner**, author of *Sideshow*

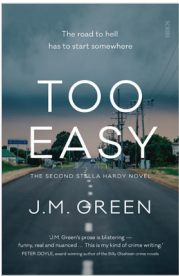
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Fela & Felix Rosenbloom
Miracles Do Happen

When World War II broke out, the Jews of Lodz found themselves under German occupation, and were soon forced into a ghetto. For sweethearts Fela and Felix, their families, and their community, it was the start of a descent into hell. After the war, miraculously, Fela and Felix found each other. The young couple were bereft and alone. This is their story.

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J.M. Green
Too Easy

Wisecracking social worker Stella Hardy returns, and this time she's battling outlaw bikie gangs, corrupt cops, and a powerful hunger for *pani puri*.

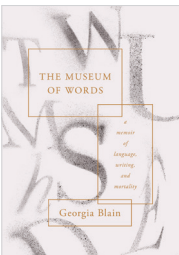
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Niki Savva
The Road to Ruin
 how Tony Abbott and Peta Credlin destroyed their own government

Updated edition of the major bestseller, in which prominent political commentator, author, and columnist Niki Savva revealed the ruinous behaviour of former prime minister Tony Abbott and his chief of staff, Peta Credlin.

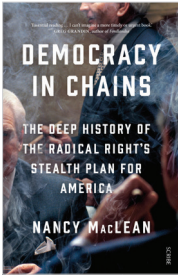
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Georgia Blain
The Museum of Words

A meditation on writing, reading, first words and last words, picking up thread after thread, this idiosyncratic and deeply personal memoir is a writer's take on how language shapes us, and how often we take it for granted — until we are in danger of losing it.

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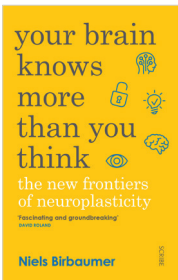
Nancy MacLean

Democracy in Chains

the deep history of the radical right's stealth plan for America

Reveals how the ideas of Nobel Prize-winning political economist James McGill Buchanan are being used by libertarian billionaires to drastically curtail democracy in the US.

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Niels Birbaumer with Jörg Zittlau

Your Brain Knows More Than You Think

the new frontiers of neuroplasticity

We assume that people's natures are fixed. Here, leading neurobiologist Niels Birbaumer proves the opposite, arguing that neuroplasticity can help us overcome almost any condition: from anxiety to the after-effects of a stroke.

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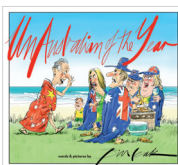
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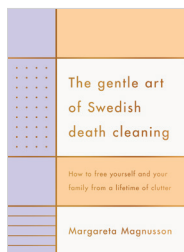
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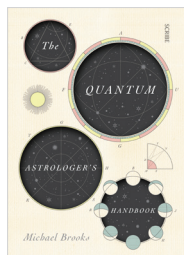
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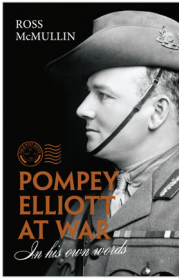
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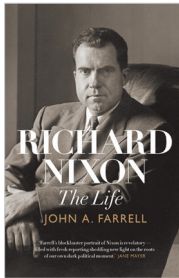
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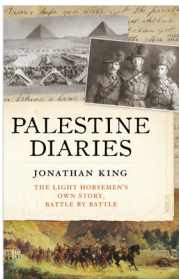
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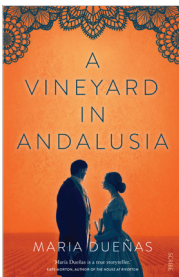
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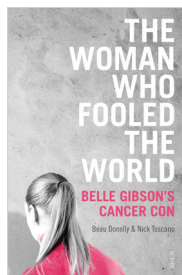


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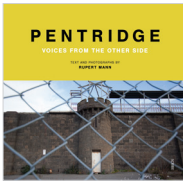


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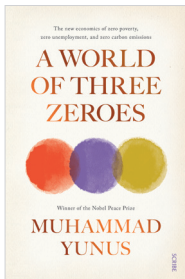
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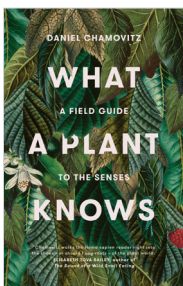
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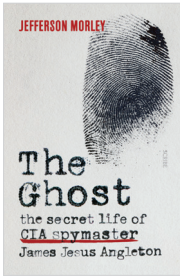
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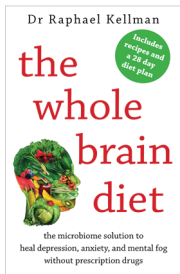
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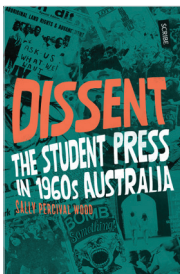
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