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New Books FEBRUARY 2021



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'A thought-provoking and challenging look into our future. A timely warning shot that reminds us awareness without action is worthless.'
MICHAEL CARR-GREGG, PSYCHOLOGIST & BESTSELLING AUTHOR

MAGGIE HAMILTON



when
we become
strangers

How loneliness leaks into our lives,
and what we can do about it

MURDOCH BOOKS • 9781922351197
\$32.99 • PB • © • PERSONAL DEVELOPMENT

WHEN WE BECOME STRANGERS

How loneliness leaks into our lives, and what we can do
about it

MAGGIE HAMILTON

We're more connected, yet lonelier than ever—practical ways to combat the alarming rise of loneliness by bestselling author and social researcher, Maggie Hamilton.

After decades of affluence, we're now busy renovating our homes, buffing and botoxing our bodies, and losing ourselves in passive entertainment and shopping, as depression and anxiety soars. And with the arrival of Netflix and Uber Eats, there's less and less incentive to leave home. Could our constant need for connection be messing with our brains? And are we raising a new generation to be profoundly lonely?

Right now, many of our relationships at home and at work, as well as in our communities are struggling. What, then, are the best ways back to belonging, and what might a more engaged community look like?

When We Become Strangers explores our growing loneliness and proposes practical solutions and an uplifting vision to combat the increasing social isolation in our families and communities.

Maggie Hamilton is the author of *What Men Don't Talk About*, *What's Happening to Our Boys?* and *What's Happening to Our Girls?* She also writes for magazines; gives workshops and lectures; and is a seasoned media performer with a keen interest in social trends.

THE SECRET OF HALF-ARSED PARENTING

Raising kids with half the guilt and twice the joy
DR SUSIE O'BRIEN

It's OK that your child's first word was 'Bluey' rather than 'Mum'—a practical and entertaining antidote to the extreme stress of modern parenting.

Searching for permission to drop your standards, ditch the guilt and relax? *The Secret of Half-arsed Parenting* is a practical and entertaining antidote to the extreme stress of modern parenting. It pokes fun at the unrealistic goals and expectations thrust on parents today, and offers a way to raise kids with less pressure, less guilt, less stress and fewer cupcakes baked at midnight.

It's not about doing a bad job. It's about recognising that parents don't have to be perfect. Half-arsed parents let their kids succeed—and fail—on their own merits. They will protect them from bullies, head lice and mullet hairstyles, but not from every knock and bump of life that will make them better adults.

Drawing on alarming research into anxiety in children and parents in this era of helicopter parenting, journalist Susie O'Brien lays out the case for embracing a bit of half-arsed parenting in your house. By doing half as much, you might just make everyone twice as happy. Here's how.

Dr Susie O'Brien is a journalist, columnist and mother of five with a PhD in Education. She writes about parenting for the *Herald Sun* and appears weekly on Channel Seven's *Sunrise*.

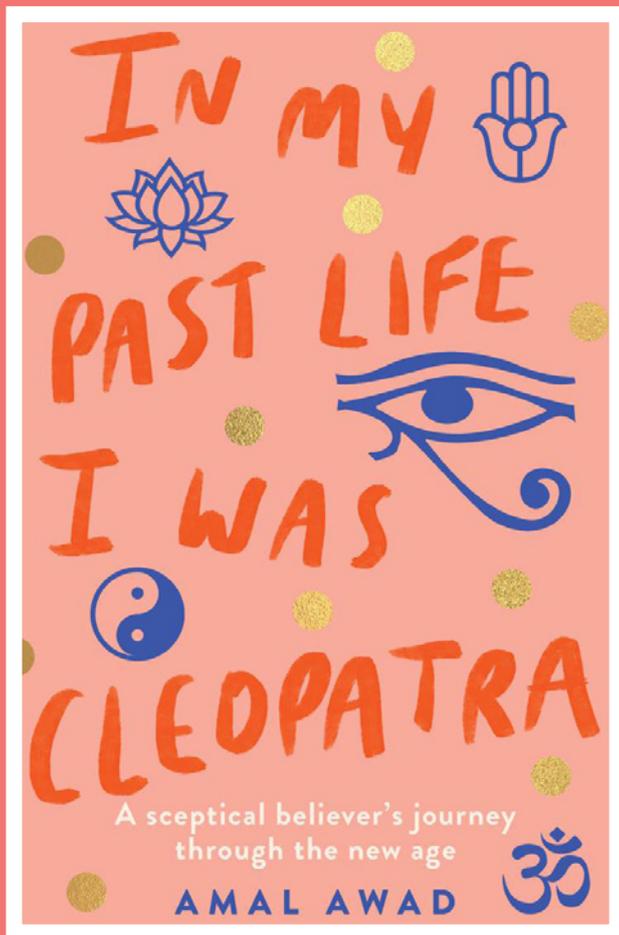


**Raising kids with half the
guilt and twice the joy**

DR SUSIE O'BRIEN

MURDOCH BOOKS • 9781760525736
\$32.99 • PB • © • PARENTING





IN MY PAST LIFE I WAS CLEOPATRA

A sceptical believer's journey through the new age
AMAL AWAD

A humorous and incisively-reported look at the new 'new age'—from the divine to the absurd—from SBS journalist and TEDx presenter, Amal Awad.

For as long as humans have existed, we have consulted everything from the stars to stones. Growing up in an Arab Muslim family, Amal Awad was keenly aware of the unseen forces at play in her life—superstition, fatalism and magical jinn were more real to her than any Hollywood fantasy.

From fundy (aka fundamentalist) Muslim to new age luvvie, Amal has tried . . . a lot. While it doesn't make her an expert in healing your life, it does makes her a well-versed one, fluent in the boundless healing modalities on offer in our ever-expanding retail universe.

In this funny and shrewdly-observed book, Amal Awad shares her personal journey to peace and empowerment via a wide array of psychics, healers and witches, considering the smorgasbord of spiritual thinking on offer for people wanting to #livetheirbestlife, and exploring whether these practices can help, harm or both in their quest for spiritual enlightenment.

Amal Awad is a journalist, author and screenwriter. She is the author of five books and has also contributed to various anthologies.



VEGAN BOARDS

50 gorgeous plant-based snack, meal, and dessert boards for all occasions

KATE KASBEE

Plant-based boards and platters that are incredibly beautiful to the eye and deliciously tempting to the palate.

Finally, a book of beautiful food board ideas for snacks, parties and family meals that fit your plant-based diet. Serving artfully arranged foods on boards or platters is extremely popular, but until now, all the books on the subject have been full of meats, cheeses and other animal products. *Vegan Boards* is the first book to make this trend accessible to people who follow an entirely plant-based diet. The results are delectable—and gorgeous to behold—with step-by-step instructions and colour photographs for 50 stunning plant-based boards.

Kate Kasbee creates, cooks, writes and photographs recipes for the popular vegan blog *Well Vegan*. She lives in Los Angeles.

HARVARD COMMON PRESS • 9780760371183 • \$24.99 • PB •  • FOOD & DRINK



THE EPIC AIR FRYER HEALTHY COOKBOOK

100 incredibly good vegetarian recipes that take plant-based air frying in amazing new directions

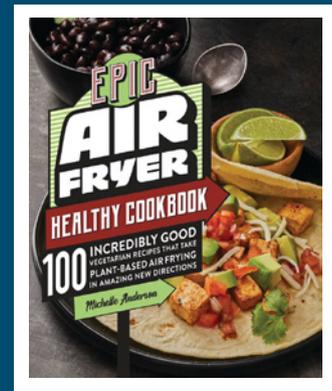
MICHELLE ANDERSON

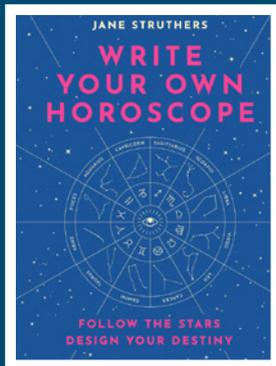
Proof that the super popular air fryer can do truly amazing, downright delicious things with vegetables and meatless meals.

Move over fried chicken. *The Epic Air Fryer Healthy Cookbook* shows you how to make 100+ amazing vegetarian dinners, sides, snacks, desserts and more. Whether you are a full-time vegetarian or adding more plant-based dishes to your weekly routine, you will love these imaginative, healthy and terrifically tasty ideas that will expand your air frying repertoire with thoroughly delicious, tested-to-perfection recipes.

Michelle Anderson is a best-selling author and air-frying expert. She lives in Canada.

HARVARD COMMON PRESS • 9780760371190 • \$24.99 • PB •  • FOOD & DRINK



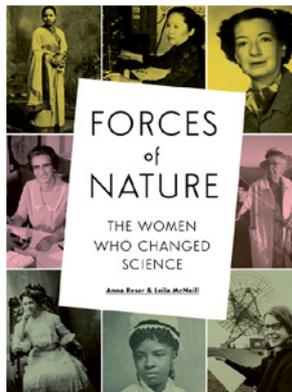


WHITE LION PUBLISHING · 9780711254510
\$29.99 · HB ·  · MIND, BODY, SPIRIT

WRITE YOUR OWN HOROSCOPE

Follow the stars, design your destiny
JANE STRUTHERS

Your horoscope is both an astrological blueprint and a guide to your future. You can use it to uncover fascinating insights into your soul, love life, relationships, finances and career, as well as your potential. *Write Your Own Horoscope* is DIY astrology. This no-nonsense, destiny-defining guide gives you the tools and information you need to become an expert astrologer and master of your own life so you can make the most of all the opportunities these present.



FRANCES LINCOLN · 9780711248977
\$39.99 · HB ·  · HISTORY

FORCES OF NATURE

The women who changed science
ANNA RESER, LEILA MCNEILL

From the ancient world to the present day, women have been critical to the progress of science, yet their importance is often overlooked, their stories lost, distorted or actively suppressed. *Forces of Nature* sets the record straight with over 20 essays exploring how women have created space for themselves in science, technology, medicine, mathematics, theology and more. Richly illustrated, it seeks to redress the balance by charting the fascinating history of women's discoveries in science.



IVY PRESS · 9780711257504
\$24.99 · PB ·  · LIFESTYLE

THE RIGHT DOG FOR YOU

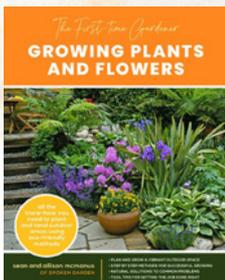
How to choose the perfect breed for you
and your family
DAVID ALDERTON

Covering 120 breeds, *The Right Dog for You* is the indispensable guide to choosing the ideal breed to match you and your family's lifestyle. With all-round guidance on selecting a dog, this fully illustrated comprehensive breed directory—including new crossbreeds such as labradoodles—is packed full of useful information including personality, care needs, behavioural traits and things to expect as an owner. Easy-to-understand with handy graphics, it allows you to choose the perfect companion.



COOL SPRINGS PRESS • 9780760368725
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GROWING VEGETABLES
(The First-Time Gardener)
JESSICA SOWARDS



COOL SPRINGS PRESS • 9780760368749
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GROWING PLANTS AND FLOWERS
(The First-Time Gardener)
SEAN MCMANUS, ALLISON MCMANUS

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