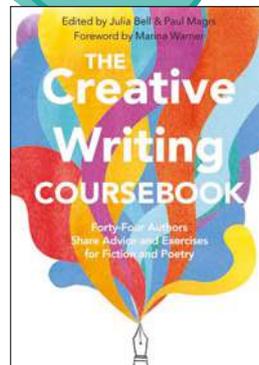
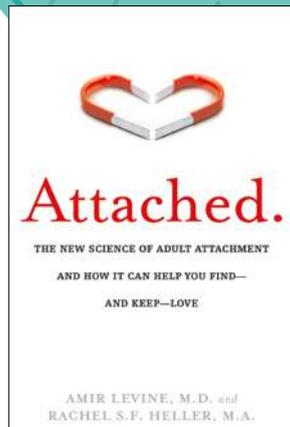


ON OUR BOOKSHELF



ATTACHED

Amir Levine & Rachel Heller | Pan Macmillan

Healthy and happy relationships are essential to our wellbeing, but they can be difficult to navigate. *Attached* breaks down the science of attachment theory, one of the critical aspects of relationship science, to help you understand how you interact with the people around you. This essential book uses psychology, case studies and quizzes to unpack the three distinct types of attachment, helping you identify which category you and your significant other fall into, and allowing you to take control of your relationships and yourself.

THE CREATIVE WRITING COURSEBOOK

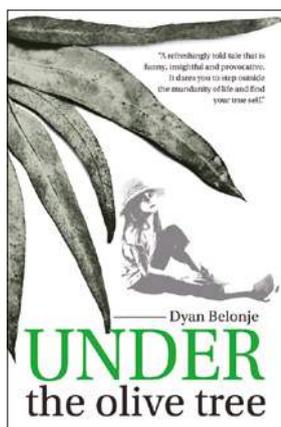
Julia Bell & Paul Magrs | Macmillan

Creative writing professors Julia Bell and Paul Magrs have gathered advice, tips and tricks from over 40 different authors to help you write like a professional. Practical exercises and invaluable snippets of insider knowledge are divided into three essential stages of writing – gathering, shaping and finishing – to guide you through the process of collecting notes and research, compiling your work, and getting it out into the world. Whether you are just starting out or simply want to refine your skills, this is the perfect book for any aspiring writer.

UNDER THE OLIVE TREE

Dyan Belonje | Quickfox Publishing

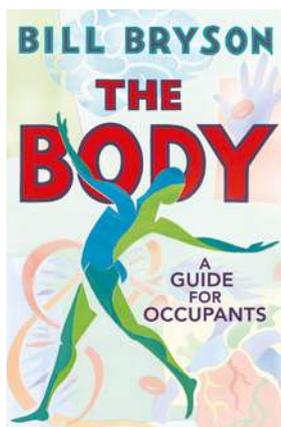
Dyan Belonje is an integrative healer and counsellor with a wealth of knowledge about the human body and, perhaps more importantly, the human soul. With beautiful and charming prose, *Under the Olive Tree* brings together science and spirituality to explore the soul's journey through life, with all the ups and downs that it presents. Having experienced neglect, trauma, failed relationships and a near death experience, Belonje provides essential advice and wisdom to guide you through whatever obstacles you may face.



THE BODY: A GUIDE FOR OCCUPANTS

Bill Bryson | Doubleday

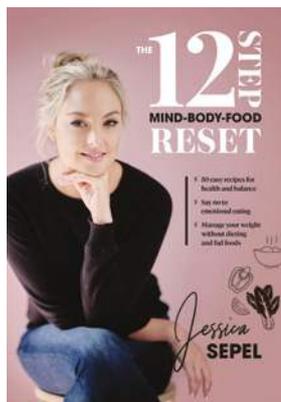
World-renowned author Bill Bryson has done it again with his new masterpiece, which unpacks the mystery of the human body in a fun and approachable way. *The Body* breaks down everything we need to know, from how we can increase our life expectancy to the unidentified bacteria found in our belly buttons. Bryson consulted hundreds of scientific articles, biologists and physicians to piece together this essential 'owner's manual', which is packed with astonishing facts and personal anecdotes.



THE 12 STEP MIND-BODY-FOOD RESET

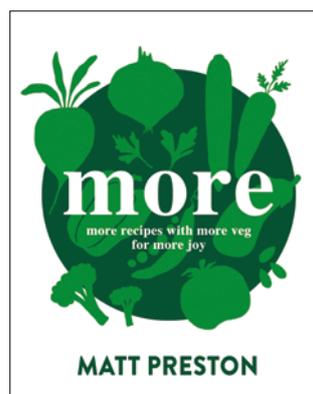
Jessica Sepel | Macmillan

In today's world of fad diets, widespread body insecurity and societal pressure, Jessica Sepel's *The 12 Step Mind-Body-Food Reset* is a welcome respite. Practical advice is married with moving personal anecdotes about Sepel's journey with her body and eating habits. What emerges is an authentic and raw reflection on the emotional aspects of eating and the unhealthy relationship that so many of us have with food. Her hard-won wisdom is punctuated with healthy and nutritious recipes, offering a host of tools to transform your relationship with your diet, body and self.



MORE

Matt Preston | Pan Macmillan Australia

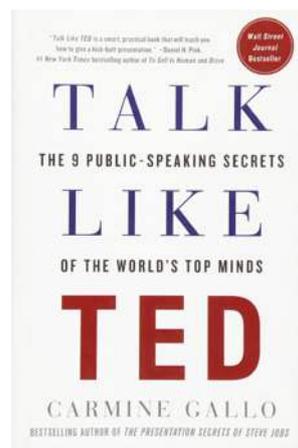


More stands apart from the plethora of plant-based recipe books that are on the market today with its focus on taste, the pleasures of cooking, and its 'no sacrifice' approach to a healthy and environmentally conscious diet. Preston presents the perfect guide for those of us who want to decrease our carbon footprint and introduce more fruit and veggies into our diet, while still enjoying

flavourful and substantial meals. He even provides a 'meat appendix' with tips and tricks for how best to cook different types of meat, and how to go about pairing them with his recipes. Perfect for anyone working on decreasing meat consumption, but not yet ready to say goodbye to steak!

TALK LIKE TED: THE 9 PUBLIC-SPEAKING SECRETS OF THE WORLD'S TOP MINDS

Carmine Gallo | Macmillan



For many, public-speaking is an intimidating yet unavoidable part of life. Thankfully, public-speaking coach and renowned author Carmine Gallo has come to the rescue with this helpful and entertaining book, which explores the modus operandi of the best speakers in the world. Gallo has interviewed the most successful TED Talk presenters, as well as experts in communications, psychology and neuroscience to discover the nine key things that make

for a top-notch presentation. He argues that 'ideas are the currency of the 21st century', and *Talk Like Ted* gives you all the tools you need to become a first-rate salesman!

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