



murdoch books

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October 2023 – July 2024

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## Hello and welcome

At the core of Murdoch Books is a passionate team of publishers, editors, designers, marketers and salespeople who love working with the world's best authors and creatives to get the most exciting lifestyle books into the hands of readers all around the world.

Our books are overflowing with generosity (in the design, in the value for money), care (in the thoughtfulness with which each word is written and edited) and integrity (we believe each book makes a positive contribution to the world).

We love working with authors and publishers who value these things, too.

This season we're inspiring readers in this cost-of-living crisis, with *The Tinned Tomatoes Cookbook*, *Between the Sheets*, *The Healthy Slow Cooker* and *Garden Hacks*.

We welcome Tessa Kiros back to centre stage, one of the founding authors of the modern illustrated cookbook, with her truly awe-inspiring *Now & Then*. We introduce the 'Australian Ottolenghi' Joseph Abboud with his rule-breaking Middle Eastern food book, *Rumi*. And star of the Great British Bake Off, Janusz Domagala, throws a pride party in book form with *Baking with Pride*.

For the contemplative reader there's Dr Gina Cleo's groundbreaking *The Habit Revolution* and Sarah Rusbatch's *Beyond Booze*. And Matthew Evans, whose books have sold well over 150,000 copies worldwide, is back with a food-meets-popular-science exploration of the simplest and most complex food on the planet – *Milk*.

These are just a handful of highlights from our list brimming with books that provoke thought and inspire delight. We hope you find something to love in these pages.

**Jane Morrow**  
Publishing Director





## Meet the Publishers



**Jane Morrow** is the global publishing director of Murdoch Books, based in Sydney. She works with our close-knit publishing team to ensure each book on our program achieves maximum potential in all markets. Jane has published numerous bestsellers and award-winners with Murdoch Books over a decade, in the areas of food, home, issues-based non-fiction and sustainability. Connecting authors and creatives with a dedicated publishing team and ultimately with an eager audience is what drives her passion for lifestyle publishing.

[janem@murdochbooks.com](mailto:janem@murdochbooks.com)



Identifying and working with authors who have stories to tell and wisdom to share is endlessly energising for publisher **Jane Willson**. Imagining and shaping those voices in standout fit-for-purpose packages across the food, home and lifestyle spaces amplifies that joy. Her successes include internationally bestselling and award-winning titles *The Whole Fish Cookbook* and *This is Home*. New and upcoming titles include *How to Drink Australian*, *Now & Then*, *Recipes for a Lifetime of Beautiful Cooking*, *The Plant-based Farmhouse*, *Baker Bleu* and *Galah*.

[janewillson@murdochbooks.com](mailto:janewillson@murdochbooks.com)



**Céline Hughes** is UK publisher for Murdoch Books. Publishing out of London, the illustrated lifestyle list covers food and drink of every description, personal development made accessible, interiors and gardening for the modern world, sustainable craft, and gift books for the ever-curious. Upcoming titles include *Seasoning*, *Flayvaful*, *Baking with Pride*, *The Tinned Tomatoes Cookbook*, *A Whisper of Cardamom*, *Between the Sheets* and *A Handmade Cottage*.

[celineh@murdochbooks.co.uk](mailto:celineh@murdochbooks.co.uk)



**Alexandra Payne** is committed to publishing groundbreaking books in the areas of sustainable living, personal development, nature, parenting, health, home and travel. Upcoming titles include *Beyond Booze* and *Creative First Aid*.

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Food &  
Drink





400 pages  
hardback  
248 x 185 mm  
105,700 words  
97819222616524  
\$59.99 / £30.00  
October 2023 AU & UK

**ABOUT THE AUTHOR:**

Food writer Tessa Kiros' upbringing and lifelong wanderlust has seen her collect culinary experiences from all over the world. Born in London to a Finnish mother and Greek-Cypriot father, she grew up in South Africa. After many years travelling and working she settled with her husband in Italy, where they raised their daughters. Tessa divides her time today between Italy and Greece. *Now & Then* is her eleventh cookbook.

**Now & Then**

Tessa Kiros

This is beloved food writer Tessa Kiros's definitive reflection on a lifetime of cooking and eating. With characteristic generosity of spirit, Tessa invites us into her kitchen to share what she's cooking now: an exciting blend of new discoveries and enduring favourites that connect the threads of her life.

Tessa's culinary influences are diverse: her childhood in South Africa, travels to Mexico and New Orleans as a young adult, visits to family in Thailand and Greece, and her home in the Tuscan countryside for more than 20 years, all overlaid with a growing appreciation for lighter, more grounded, plant-focused eating.

Part memoir, part travel guide, part food odyssey, this collection of more than 150 new recipes is accompanied by Tessa's reflections and favourite food memories. Long-time fans will rejoice in her best work yet, and aspiring cooks will discover how and why she has redefined the modern cookbook.







344 pages  
hardback  
250 x 190 mm  
105,100 words  
9781922616609  
\$55.00 / £30.00  
October 2023 AU /  
November 2023 UK

## Ester

Mat Lindsay with Pat Nourse

Make a fire. Fake a fire. Roast your oysters. Raise a toast. Take lunch. Grill a salad. Step outside. Pass the salt. Eat with your hands. Chew on the bone.

*Ester* is an invitation to play with your food and enjoy the adventure. It's born of an eponymous restaurant, but it's proudly not a restaurant book. Think of it more as the foundations for some new ideas in your kitchen and at your table; written to be used, shared, read aloud, perhaps burnt. It's a distinct kind of full-flavoured food: generous, mindfully chosen seafood; darkly caramelised wood-fired bread; vegetables cooked to just the right level of doneness; and meat that's been treated with respect and, often, time. Ester the restaurant is all about its wood-fired oven and the magic it imparts, but the fundamentals don't change at home. Ester presents many ideas to cook and live by, and prompts you to rethink the possibilities of toast, roast your fruit, try the classic cauliflower and embrace Sunday lunch.

### ABOUT THE AUTHORS:

Mat Lindsay had never been to a fancy restaurant until he walked into Rockpool, the fanciest restaurant in Sydney in its day, looking for a job to pay the bills. Working for Neil Perry and then Kylie Kwong, he learnt about produce and technique, about how to taste and how to build and balance flavour, and work beyond the idea of Western and Eastern cuisines. Ester, the restaurant he opened in Sydney's Chippendale in 2013, has become a standard-bearer for contemporary Australian cooking and eating.

Pat Nourse, a travel writer with over two decades' experience, is the creative director of Melbourne Food & Wine Festival, a former *Gourmet Traveller* editor, and freelance writer.



**Egg yolk and almond tart**

A rich tart of yolk's richness, this is a hot oven specialty made in the style of the traditional French tart. The base is a simple shortcrust pastry, but the filling is a rich, creamy custard made with egg yolks and almond powder.

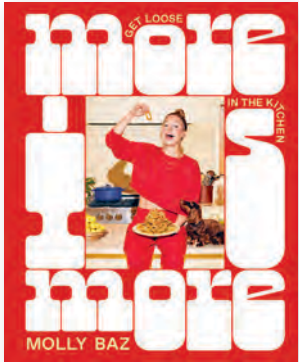
**Ingredients:**

- 100g butter, softened
- 100g almond powder
- 100g egg yolks, whisked
- 100g sugar
- 100g almond powder
- 100g egg yolks, whisked
- 100g sugar
- 100g almond powder
- 100g egg yolks, whisked
- 100g sugar
- 100g almond powder

**Method:**

1. Preheat the oven to 180°C. For the egg yolk tart, a blender will save you a lot of time. Blend the egg yolks and sugar until well combined.
2. Add the almond powder and whisk. The shortcrust will combine. Sprinkle and mix well and cover the tart with almond powder. This is the almond crust. It is crucial, as it is the only way to get the tart to hold its shape.
3. Bake the tart on the middle rack of the oven for 10-15 minutes. Remove from the oven and let it cool for 5 minutes before the filling. It is crucial to let the tart cool before the filling, as it will otherwise melt.
4. To assemble, spread the filling over the tart. It is crucial to spread the filling evenly, as it will otherwise melt.
5. Bake the tart for 10-15 minutes. Remove from the oven and let it cool for 5 minutes before the filling. It is crucial to let the tart cool before the filling, as it will otherwise melt.





## More Is More

Molly Baz

It's time to crank up the heat and lose the measuring spoons because the secret to cooking is hiding in one simple motto: more is more. Bestselling author, Molly Baz, teaches you how to level up your cooking, loosen up in front of that ripping hot pan, and seek deliciousness at all costs. The recipes in *More Is More* are fit for any day of the week and for cooks of all skill levels. Learn the techniques and flavour combinations that inspire Molly's maximalist, 'leave no flavour on the cutting board' approach.

Start your morning with a Crispy Rice Egg-in-a-hole, throw together a Chicken Salad with Coconut Crunch for lunch, look forward to Drunken Cacio e Pepe for dinner, and save room for a fat slice of Ooey Goopy Carrot Cake for dessert. With intoxicatingly delicious recipes, vivid photographs, and Molly's one-of-a-kind playful guidance and whimsy, *More Is More* will inspire cooks to embrace a fearless mindset to level up their cooking – for life.

304 pages  
hardback  
260 x 210 mm  
70,700 words  
9781761500107  
\$55.00 / £26.00  
October 2023 AU & UK

### ABOUT THE AUTHOR:

Molly Baz is a *New York Times* bestselling cookbook author, recipe developer and video host whose number one goal in life is to convince the world that cooking is fun, and not that hard to do if you're properly set up. When she's not writing books, Molly hosts a subscription digital recipe club, The Club. When she's not doing that, you can find her at home sipping on a glass of Drink This Wine, (that's her natural wine company!) in her butter-coloured kitchen filming her hit YouTube series 'Hit The Kitch.'. Molly lives in Los Angeles with her husband and their dog, Tuna.



## Cult Cocktails

Liquid Liquid

A fuss-free and beautiful cocktail manual that gives you quick infographic recipes for 100 cult cocktails.

Consult the simple illustrated recipes, read about the origins of each drink and, for that professional touch, learn a fun fact while you're mixing.

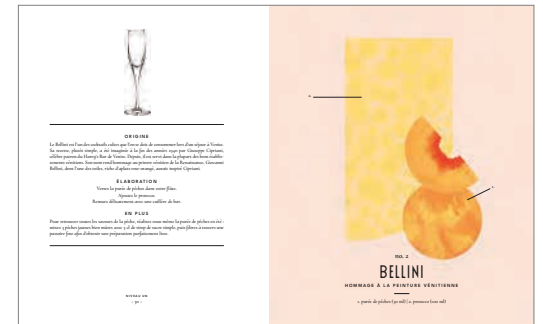
For extra enjoyment, turn to a complementary cocktail elsewhere in the book.

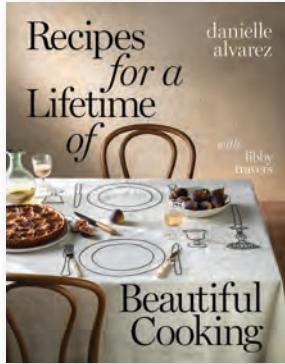
*Cult Cocktails* has something for everyone – from cocktail virgins to serious home bartenders, this is the ultimate gift.

240 pages  
hardback  
180 x 140 mm  
27,300 words  
9781761500275  
\$29.99 / £15.99  
June 2024 AU & UK

### ABOUT THE AUTHOR:

Liquid Liquid is a PR and marketing agency specialising in cocktails and spirits. With over a decade of experience in the industry, they are experts in mixology and have organised some of the biggest events in the Parisian cocktail world, including Cocktails Spirits Paris and Paris Cocktail Week.





## Recipes for a Lifetime of Beautiful Cooking

Danielle Alvarez with Libby Travers

*Recipes for a Lifetime of Beautiful Cooking* is dedicated to acclaimed restaurant chef Danielle Alvarez’s favourite way of cooking: at home, for and with friends and family. It draws on her love of Italian and French food, her Cuban roots, and time spent cooking in California and then in Australia. The 100-plus recipes are eclectic because her interests in flavour are diverse. Danielle celebrates this, then applies the essential principles of respecting where food comes from and preparing it with care and attention.

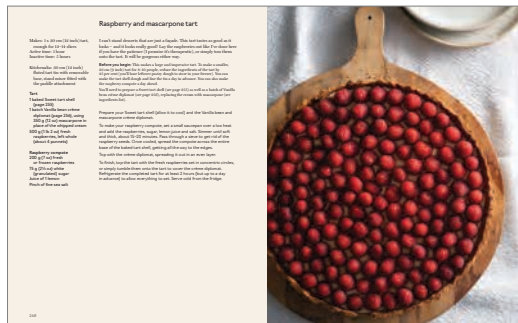
Find happiness in your kitchen according to the ebbs and flows of your mood, budget, and tastes. From easy weeknight meals, like Zucchini frittata or Cavolo nero and anchovy risotto, to more elaborate weekend projects like Bolognese with homemade Tagliatelle, to gorgeous desserts like Raspberry and Mascarpone Tart – a lifetime of beautiful home cooking starts here.

312 pages  
hardback  
245 x 190 mm  
93,800 words  
9781922616531  
\$49.99 / £30.00  
November 2023 AU & UK

### ABOUT THE AUTHORS:

Danielle Alvarez was born in Miami to a Cuban family and is a Chez Panisse alumna. She was the founding head chef at Fred’s restaurant in Sydney, Australia, and has a regular column in *Good Weekend*. Her time out of the kitchen is dedicated to writing, consulting and cookbook-making. She lives by the ocean in Sydney, Australia, with her partner, and their King Charles Cavalier, Ripley.

Libby Travers is an author, food writer and food commentator who has worked alongside some of the best chefs, producers and wholesalers for more than two decades. Her interest in food focuses on its place in a country’s culture and customs.







208 pages  
paperback with jacket  
254 x 178 mm  
46,600 words  
97819222616449  
\$39.99 / £18.99  
November 2023 AU & UK

#### ABOUT THE AUTHOR:

Joseph Abboud has been cooking his take on modern Middle Eastern food at his restaurant Rumi since 2006. The vibe is chill, the rules are broken, the food is generous, the cauliflower is burnt, and the locals are lucky. Joe earned his stripes in modern European kitchens but made the jump to the cuisine of his Lebanese heritage after identifying an opportunity to explore new ways to frame Middle Eastern food in Melbourne.

## Rumi

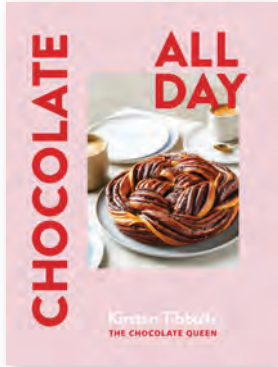
Joseph Abboud

How often has the phrase of *Middle Eastern appearance* been employed to evoke fear and prejudice? This cookbook is here to challenge that. Chef Joseph Abboud's food looks Middle Eastern because its proud origins are a little bit Lebanese, a little bit Persian, and a little bit Turkish – but it also represents the heart of an honest and enduring eatery in inner Melbourne, Australia, named for the 13th-century poet.

This is food cooked with an egalitarian ethos and, yes, with soul. It's hierarchy-free food; salads, fish, veg, meat and toun (with almost everything) all command their place in a meal at Joe's table. Enjoy recipes like Three-cheese Sigaras, a delightfully 'inauthentic' Broccoli Tabbouleh, Joe's mother's Eggplant M'Nazleh and The Quail That Anthony Bourdain Ate. Joe is wary of divulging secrets so much as exposing how simple Middle Eastern cooking can be!







224 pages  
hardback  
250 x 190 mm  
38,900 words  
9781922616883  
\$49.99 / £22.00  
November 2023 AU & UK

## Chocolate All Day

Kirsten Tibballs

It's always the right time for chocolate.

*Chocolate All Day* is your invitation to indulge friends and family with choc-focused treats that are big on wow and low on difficulty. From a Chocolate Babka Knot with Peanut Swirl, to Choc-chip Cookie Sandwiches with Orange Ganache, it's a chocolate-lover's paradise, brought to you by modern-day Willy Wonka Kirsten Tibballs, founder of the internationally renowned Savour School as well as star of the TV show *The Chocolate Queen*.

Dip into luscious treats, morning, noon and night, arranged by textural experience, such as Crisp, Snap, Crunch; Molten, Toasty, Melt-in-the-mouth; and Old-fashioned, Comfort, Classic. Recipes include tips to 'fix it' when there's a problem, ways to take the bake to the next level, and Kirsten's trademark skill-building know-how and technique advice so that you gain confidence with every recipe you make.

### ABOUT THE AUTHOR:

Kirsten Tibballs is a world-renowned pastry chef, best known for everything chocolate. She is the star of *The Chocolate Queen* – which airs globally in over 40 countries and is now in its fourth season on SBS – and is a regular on *MasterChef Australia* as well as director of the Savour School cooking school. Kirsten was the president of the jury for taste at the World Chocolate Masters in Paris, judge at the Patisserie Grand Prix in Japan and the World Chocolate Masters National selections in London. She is the global ambassador for Callebaut.







208 pages  
paperback  
255 x 200 mm  
35,000 words  
9781761500022  
£18.99 / \$36.99  
January 2024 UK /  
May 2024 AU

#### ABOUT THE AUTHOR:

Ross Dobson is the bestselling author of numerous cookbooks including *King of the Grill*, *Fired Up* and *Fired Up Vegetarian*. He is a recipe developer, prep chef and caterer with the special skill of being able to translate flavour-packed recipes for the ease and pleasure of the everyday home cook.

## The Healthy Slow Cooker

Ross Dobson

Full of healthy, wholesome and filling family favourites, this is the only slow cooker collection you'll need. No matter what your dietary requirements, there are plenty of ideas here for every kind of dinner – weekday, special Saturday nights, long Sunday lunches, soups for the whole week, and extra slow 'set and forget' recipes. Meal prep has never been so easy or so delicious.

Forget air-fryers: slow cookers will always be energy efficient, fuss-free, healthy and convenient, no matter what your family likes to eat.







256 pages  
hardback  
240 x 190 mm  
63,200 words  
9781922616357  
£26.00 / \$49.99  
February 2024 UK & AU

## A Whisper of Cardamom

Eleanor Ford

This is a love story between sugar and spice. Spice is often the party girl, the loud, bold, exuberant element in the mix. Yet there is also another art, more subtle yet equally seductive. Married with sugar, spice can provide a delicate fragrance, hard to put your finger on but one that gives backbone to a dish and deepens its allure. A suspicion of nutmeg cuts the sweet creaminess of custard for a more rounded tart, and a whisper of cardamom makes poached plums jaunty and interesting. Anise sweetens, lemony coriander seed brightens, and herbaceous notes pick out complexity in chocolate.

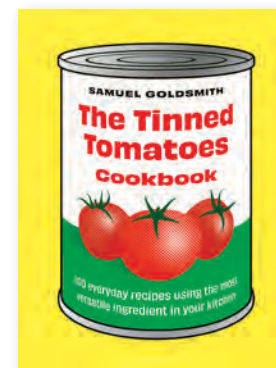
*A Whisper of Cardamom* is divided by flavour to guide you towards a dessert or bake that is bright and zippy, floral and fragrant, or dark and spicy. Recipes include spice switches so, as you develop a nose for the possibilities, you can be playful with your combinations. A whole world of inviting new flavours awaits.

### ABOUT THE AUTHOR:

Eleanor Ford is a food writer and a cook who uses food as a means to explore culture and understand the world. A ‘culinary detective’, as Yotam Ottolenghi describes her. She is the winner of multiple awards, including three Guild of Food Writers awards, the most recent of which she recently won for her third book, *The Nutmeg Trail*. Eleanor not only writes about food, but also gives talks about it all across the globe. She currently lives in London with her young family.







176 pages  
hardback  
240 x 180 mm  
40,000 words  
9781761500077  
£18.99 / \$39.99  
February 2024 UK & AU

**ABOUT THE AUTHOR:**

Samuel is a food editor and works on the UK's No.1 food media brand. He has over 10 years' experience working in the food and drink industry as an editor, educator, writer and cook. He has written features and recipes, developed recipes, and styled shoots for national and international publications; consulted on a number of bestselling food and drink books; and was a nutritional consultant for BBC's *Eat Well for Less*. He is a founding director of award-winning CIC, 91 Ways, and, more recently, he was elected chair of the Guild of Food Writers.

**The Tinned Tomatoes Cookbook**

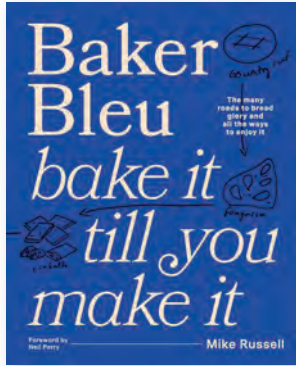
Samuel Goldsmith

Dinner, sorted!

Take a tin of tomatoes and you have the start of a tasty, easy meal. Tinned tomatoes are endlessly versatile and super budget friendly. With a handful of other ingredients – many of which you'll already have in your cupboards or can easily be picked up on your way home – you can whip up recipes such as Prawn and Coconut Curry, Chicken and Chorizo Pie, Halloumi and Mediterranean Vegetable Traybake, Tuna Pasta Bake, three types of chilli, and lots of pasta sauces. Pick a chapter to suit you – Store Cupboard Saviours; Pasta Sauces; One-pot Wonders; Family Feasts; Midweek Marvels; Snacks, Sides & Sauces – and select a recipe according to your dietary requirements, time constraints, or batch-cooking needs. This will soon become the most-used cookbook in your kitchen!







240 pages  
hardback  
250 x 200 mm  
51,100 words  
9781922616616  
\$49.99 / £23.00  
March 2024 AU & UK

## Baker Bleu

Mike Russell with Emma Breheny

Mike Russell started Baker Bleu with a bread obsession, three recipes, his life savings and a hard-won belief there is more to life than a soulless desk job. Here, in frank and glorious detail, he shares the secrets to his bakeries' cult following.

Make one of the classic core recipes, from the country loaf to the everything bagels and challah, and discover ways to use that same dough – from seeded and fruit loaves to pizza, focaccia and empanadas. Bless your bread with the best sandwiches and tapas, nail the Almost Croissant recipe (the home cheat's version!) and find yourself conjuring Lazy Mince Tarts and flaky danishes. Make a project of the beloved Easter Cherry and Chocolate Bread, conquer shortcrust pastry and serve up the greatest Salted Caramel Apple Pie. When you've got loaves coming out of everywhere, for maximum enjoyment, explore the many excellent ways to repurpose and rejoice in yesterday's bread.

### ABOUT THE AUTHOR:

Nicknamed Blue as a kid, Mike Russell spent his twenties seeking that thing that would make him tick. Advertising wasn't it. Discovering baking at 25 was the aha! moment, and he moved around honing his skills with leading bakers. In 2016, he and his then-banker wife Mia Russell sold their house, upset their parents, and threw everything they had at a tiny shopfront, swapping blue for bleu because it sounds gourmet, right? Eight years later the couple are full time in their business – which turns out 40,000 items a week, and regularly sells out. They divide their time between two sites in Melbourne and a shiny outpost in Sydney's Double Bay.







256 pages  
hardback  
240 x 190 mm  
56,800 words  
9781922616395  
\$49.99 / £23.00  
March 2024 AU & UK

#### ABOUT THE AUTHOR:

Sophie Hansen is one of Australia's favourite contemporary country cooks. She hosts a lively community of followers of her weekly 5 Things to Be Cheerful About newsletter, Local is Lovely blog and instagram, as well as countless pop-up dinners and events throughout regional Australia. Sophie trained in print journalism and has over 25 years' experience as a features writer. She lives with her family on a farm just outside Orange in New South Wales. This is her fifth book.

## What Can I Bring?

Sophie Hansen

The easiest kinds of gatherings are when everyone pitches in. It's sanity-saving for the hosts, not to mention energy- and money-saving. But what do you make when you're asked to bring a plate?

Bestselling author and beloved country cook, Sophie Hansen, offers seasonally delicious answers to that perennial question. Drawing inspiration from the best hosts and bring-a-plate feasts she's been part of, as well as good old-fashioned country know-how, here are the best recipes when you need a salad of substance; dinner for a camping trip; soup for the thermos; a wintry pot-luck meal; or something for the cake stall.

The common thread of all Sophie Hansen's recipes and gatherings is community, and the kindness that binds us. These are the recipes and ideas that will help glue together your own next gathering.







352 pages  
hardback  
255 x 190 mm  
100,000 words  
9781922616555  
£30.00 / \$55.00  
March 2024 UK & AU

## Seasoning

Angela Clutton

‘A brilliant and beautiful book that everyone who loves to cook should own.’ **Stanley Tucci**

Bring the rhythms of the seasons into your kitchen with this timeless guide to cooking and celebrating produce, all year round. *Seasoning* spans the four seasons of the year, with insights into over 50 vegetables and fruits.

Angela Clutton shares tips on shopping and storing fruits and vegetables, countless ways to use them, flavour partners and how to minimise waste. You’ll find 75 fresh, modern and approachable recipes that show you how to make the best of the season’s produce. It’s about sustainability, and also about the joy to be had in not having everything, always, but in looking forward to something – and then missing it when it’s gone. *Seasoning* is an endlessly useful companion that will inspire confident, intuitive cooking, time and time again.

### ABOUT THE AUTHOR:

Angela Clutton is an award-winning food writer, cook and presenter. Her debut book, *The Vinegar Cupboard*, won the Jane Grigson Trust Award, was a double winner at the Guild of Food Writers Awards, and was the Debut Cookery Book of the Year at the Fortnum & Mason Food and Drink Awards. Angela works extensively with the Borough Market. Her second book, *Borough Market: The Knowledge*, was shortlisted at the Guild of Food Writers Awards. Angela is the co-director of the British Library’s annual Food Season of events and has written for a wide range of national publications. She lives in London with her husband. *Seasoning* is Angela’s third book.

**White Bean, Pickled Radish and Cherry Salad**

The pickled radishes, sweet and sour, contrast with the bean butter, an optional garnish with both. Check pickled radishes bring more punch, add a sprig of fresh dill and you’re done. This salad is best served with a splash of olive oil. Use the same recipe with other beans, such as chickpeas, or use the beans in a different way. The beauty of this recipe is that you can use any beans you like. The beauty of this recipe is that you can use any beans you like.

**Ingredients:**  
 100g white beans  
 100g cherry tomatoes  
 100g pickled radishes  
 100g green beans  
 100g green peas  
 100g green beans  
 100g green peas  
 100g green beans  
 100g green peas

**Method:**  
 1. Drain the beans and rinse them well.  
 2. Cook the beans in a pot of water until they are tender.  
 3. Drain the beans and rinse them well.  
 4. Add the beans to a bowl and mix with the other ingredients.  
 5. Season with salt and pepper.  
 6. Garnish with fresh dill.

**Blackberry and Cress Gostard Fool**

Use the oldest, best quality of cress you can find. The cress should be as fresh as possible. Use the oldest, best quality of cress you can find. The cress should be as fresh as possible. Use the oldest, best quality of cress you can find. The cress should be as fresh as possible.

**Ingredients:**  
 100g blackberries  
 100g cress  
 100g yogurt  
 100g cream

**Method:**  
 1. Wash the blackberries and cress.  
 2. Blend the blackberries and cress in a blender.  
 3. Mix the blend with yogurt and cream.  
 4. Garnish with fresh cress.







256 pages  
hardback  
250 x 190 mm  
74,100 words  
9781922616746  
\$49.99 / £20.00  
April 2024 AU /  
May 2024 UK

#### ABOUT THE AUTHOR:

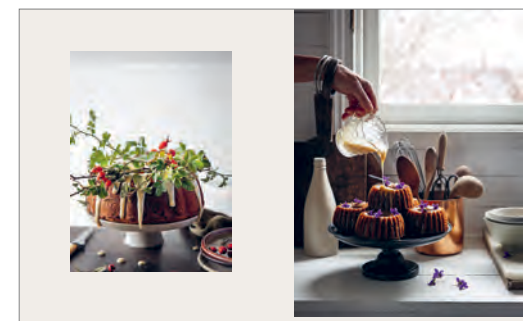
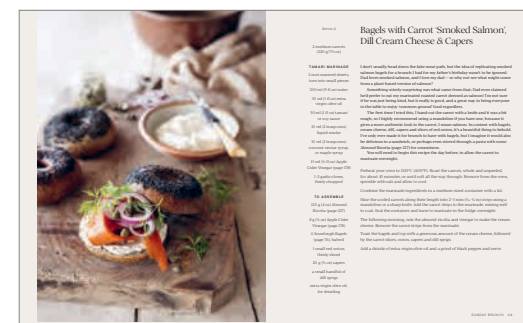
Cherie Hausler is a Barossa Valley-based cook, baker, podcaster, community builder and founder of the plant-based food business All The Things. She's happiest drinking tea and feeding family and friends at her big, welcoming country table. She hosts a television show, also called *All The Things*, screening on SBS.

## A Plant-Based Farmhouse

Cherie Hausler

Wherever she's lived around the world, Cherie Hausler's instinct has been to host 'country gatherings' – bringing people together to share good food and good times. That passion grew when she returned home to the Barossa Valley in South Australia to settle in an unrenovated 150-year-old stone farmhouse. It's there that she tends a rambling edible garden, forages, turns apples into cider vinegar, makes kombucha, bakes seasonal cakes, blends tea, tends her animal friends, and nurtures community connection through vegan food.

*A Plant-Based Farmhouse* shares over 80 wholefood, dairy- and often gluten-free recipes based on traditional plant-based country foods and cooking methods, along with veg-centric riffs on familiar homestead favourites. Whether it's inspiration for hearty salads, roasts and brunches, seasonal cakes and tarts, or go-to plant-based staples, there's so much deliciousness within these pages. Plant-based or otherwise, no one need miss out.







144 pages  
hardback  
215 x 170 mm  
32,000 words  
9781922616937  
£16.99 / \$34.99  
April 2024 UK & AU

## Between the Sheets

Sarah Wordie

Everyone loves lasagne, so why not use it as a base for lots of different classics and twists?

Enjoy 60 fun, ultra-tasty and moreish recipes for adventurous cooks, taking lots of favourite dishes like chicken tikka, BBQ pulled pork, fish and chips, Mexican chicken and refried beans and turning them into layered traybakes using lasagne 'sheets' like papadums, ribboned veg, tortilla wraps, pasta, pancakes and more! As well as chapters on meat, fish, and vegetables, there are also desserts and celebrations chapters suitable for special occasions throughout the year.

*Between the Sheets* is for anyone who likes to have fun with their cooking.

### ABOUT THE AUTHOR:

Sarah is a junior doctor, working in Edinburgh. She got through to the final six contestants on *The Great Cookbook Challenge* in 2022, starring Jamie Oliver. She conceived of her cookbook idea when some disastrous Christmas lunch planning resulted in improvising with all the elements of a turkey feast, layered in an oven tray.

**RAVIOLI LASAGNE**

600g (2lb 12oz) frozen lasagne sheets  
1 onion, finely chopped  
2 garlic cloves, sliced  
2 eggs, beaten  
400g (14oz) ricotta cheese  
100g (3.5oz) parmesan, grated  
50g (1.75oz) butter  
100g (3.5oz) cheddar, grated  
100g (3.5oz) mozzarella, grated  
100g (3.5oz) tomato sauce  
100g (3.5oz) pesto  
100g (3.5oz) ricotta cheese  
100g (3.5oz) parmesan, grated  
Salt and freshly ground black pepper

Preheat the oven to 200°C/392°F. Grease a 20cm (8in) square baking tray with butter. In a large frying pan (dutch oven) sauté the onion and garlic until softened. Add the ricotta, parmesan, and eggs, and mix well. Season with salt and pepper. Spread the mixture over the lasagne sheets in the tray. Top with the tomato sauce, pesto, and cheddar. Bake for 45 minutes. Garnish with the remaining cheddar and parmesan.

**HARISSA TUNA LASAGNE**

600g (2lb 12oz) frozen lasagne sheets  
1 onion, finely chopped  
2 garlic cloves, sliced  
2 eggs, beaten  
400g (14oz) ricotta cheese  
100g (3.5oz) parmesan, grated  
50g (1.75oz) butter  
100g (3.5oz) cheddar, grated  
100g (3.5oz) mozzarella, grated  
100g (3.5oz) tomato sauce  
100g (3.5oz) harissa  
100g (3.5oz) tuna  
100g (3.5oz) pesto  
100g (3.5oz) ricotta cheese  
100g (3.5oz) parmesan, grated  
Salt and freshly ground black pepper

Preheat the oven to 200°C/392°F. Grease a 20cm (8in) square baking tray with butter. In a large frying pan (dutch oven) sauté the onion and garlic until softened. Add the ricotta, parmesan, and eggs, and mix well. Season with salt and pepper. Spread the mixture over the lasagne sheets in the tray. Top with the tomato sauce, harissa, tuna, and cheddar. Bake for 45 minutes. Garnish with the remaining cheddar and parmesan.







224 pages  
hardback  
240 x 190 mm  
73,000 words  
9781922616821  
£22.00 / \$45.00  
April 2024 UK & AU

**ABOUT THE AUTHOR:**

Nathaniel Smith started uploading recipes on social platforms during the first Covid-19 lockdown in April 2020 and The Grubworks Kitchen was born. Originally from Derby, now living in London, Nathan has worked with household brands including Deliveroo, Quorn, Tilda, Tabasco, Branston and Sainsbury's. TikTok featured Nathan on multiple billboards across the UK to promote Black History Month. He now has more than a million followers on TikTok alone.

**Flayvaful**

**Nathaniel Smith, The Grubworks Kitchen**

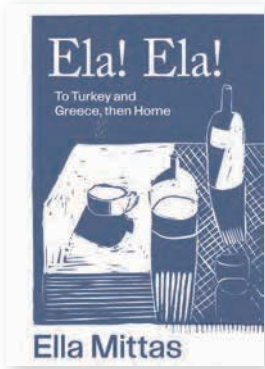
Known as the King of FLAYVAS across TikTok, Nathaniel Smith's aim is to show how experimenting with familiar home-cooked food can be fun and full of FLAYVA.

In his debut cookbook, *Flayvaful*, Nathan's Jamaican heritage influences many of his dishes, which are packed full of spice and big flavours. Nathan makes recipes, such as Pimento-spiced Tacos, Beef Shin Chilli Lasagne, Vegan Rasta Pasta, Crispy Okra Bites and Ginger Guava Cheesecake, so easy to recreate at home.

If you're bored of your dinner routine or scared to get in the kitchen, *Flayvaful* will show you how to spice up your life with stand-out recipes that will change your cooking game forever.







160 pages  
hardback  
240 x 170 mm  
25,000 words  
9781761500176  
\$39.99 / £20.00  
May 2024 AU & UK

## Ela! Ela!

Ella Mittas

In *Ela! Ela!* (Come, come in Greek) writer and cook Ella Mittas shares a collection of food writing and personal essays speaking to the origins and evolution of some of her most beloved dishes. Through the stories and more than 40 recipes, Ella reflects on her travels through Turkey and Greece, her relationship with her Anglo-Greek identity, and her desire to connect to culture through food.

Each chapter is dedicated to a different place, taking readers on a food journey from Istanbul to Alaçati and Crete with Ella's own photos.

The book's delicious, inviting, often simple recipes are a mix of things that Ella saw, ate and was taught during her travels. Though years of cooking them have turned them into something more her own.

### ABOUT THE AUTHOR:

Ella Mittas has built her career in food working under Brigitte Hafner, Annie Smithers and Ismail Tosun in Australia, honing her skills in London at NOPI, in Tel Aviv at Romano and in Istanbul at Lokanta Maya. Her recipes have been featured in *The Design Files* and *Broadsheet*, and her food writing published in *The Saturday Paper*. Ella teaches cooking classes, curates and caters food events, and hosts dinners in collaboration with venues across her hometown of Melbourne, Australia. Her self-titled project is derived from her name but also comes from a Greek word *έλα* – which means come.







240 pages  
hardback  
250 x 190 mm  
52,000 words  
9781922616951  
£25.00 / \$49.99  
May 2024 UK & AU

## Baking with Pride

Janusz Domagala

Straight from Janusz Domagala's heart to yours: this is the ultimate celebration of pride, of everyone you love, and most importantly, of you! Get ready for any Pride party with this outrageous collection of sweet treats, including cakes, cookies, macarons, puddings, buns, cheesecakes, breads, tarts, brownies, meringues, doughnuts, cupcakes, and every other bake that can be made, decorated and shared.

Whether you want to show yourself some self-love, throw a brunch for friends, or host a huge Pride party with a show-stopping cake there's something here for every occasion. Try a Retro Love Heart Cake, Date Night Brownies, Prosecco and Strawberry Mousse Cake, Body Confidence Cookies (and everyone can decorate their own!), a phenomenal Pride Flag Layer Cake, and even some dog-friendly treats for your faithful companion! Really, there's no reason needed to get the piping bag out and have some fun in the kitchen.

### ABOUT THE AUTHOR:

Janusz Domagala became the instant stand-out star on 2022's *The Great British Bake Off*. Having moved to the UK from Poland 11 years ago, the 34-year-old baker has a fun, open, colourful view of the world. A keen LGBTQ+ activist, Janusz currently lives in Brighton with his partner and their sausage dog, Nigel. Since *Bake Off*, Janusz has featured on BBC's *Saturday Mashup*, was a guest on the Christmas special episode of *The Last Leg* and has appeared in multiple publications including being named one of Heat magazines 2022 'Stars of the Year'.







## Thai Home Cooking

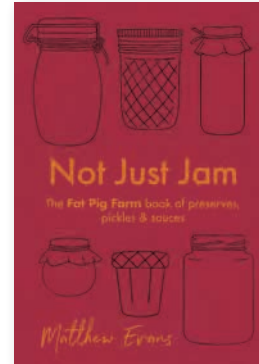
Orathay Souksisavanh

Immerse yourself in Thai food and discover its exceptional flavours that prize the perfect harmony between sweet, sour, hot and salty. This book includes 100 traditional recipes that take you to the heart of its cuisine, including worldwide classics and exciting twists on familiar dishes. Start with iconic recipes like pad Thai, mok pla, curry, laarb or crying tiger, learn the Thai art of folding with step-by-step instructions for classic snacks like fish cakes (Tod man pla), fried rolls (Po pia), crab bites (Hoi jo), sweet-salty tapioca dumplings (Saku sai moo), or explore lesser known local favourites like drunkard's noodles, son-in-law's egg, or mussel pancakes. *Thai Home Cooking* is the perfect book to learn how to cook your favourite Thai at home.

264 pages  
hardback  
260 x 205 mm  
36,000 words  
9781761500190  
\$49.99 / £25.00  
June 2024 AU & UK

### ABOUT THE AUTHOR:

Orathay Souksisavanh was born in Thailand where her great-grandmother worked in the kitchens of the Royal Palace in Bangkok. Orathay then moved to Paris, France, with her parents, but she never left her Thai heritage behind. After studying at Langues O' and the Sorbonne, she realised that her happiness lay in the kitchen and soon graduated from world-renowned culinary school the Ferrandi School. As an author and food stylist, Orathay has authored numerous books, including *Bao & Dim Sum* and *Super Spiralized*.



## Not Just Jam

Matthew Evans

*Not Just Jam* is gourmet farmer Matthew Evans's ode to the surplus of the seasons – a collection of more than 90 modern recipes for old-fashioned preserving methods.

This book is not just for those with their own orchard, but also for those passionate about flavour. For the freegan, who scours the suburbs looking for fruit trees whose bounty is overlooked by others. For the cook, who wants their dishes to resonate with flavours born from their own hands. Anyone can make pear and cardamom jam to brighten morning toast or beetroot relish to use all year. Lunches made with apple cider mustard are always the better for the addition. A bowl of ice cream is transformed with a drizzle of homemade gooseberry and sour cherry syrup.

It's all about harnessing the harvest, making real food from scratch, and feeling great about what you feed your family and friends.

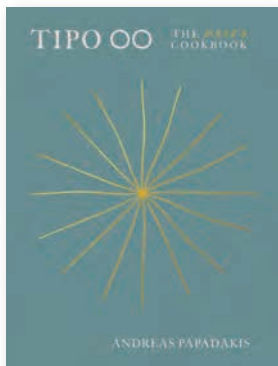
208 pages  
hardback  
240 x 170 mm  
59,800 words  
9781761500206  
\$45.00 / £22.00  
June 2024 AU & UK

### ABOUT THE AUTHOR:

Matthew Evans is a chef and food critic turned farmer-food activist. He lives on a mixed farm in Tasmania, Australia, with his partner, Sadie, and son, Hedley. He is best known for his long-running SBS series *Gourmet Farmer*, set on Fat Pig Farm's 70 acres, but he was also the star of food documentaries *What's the Catch?* and *For the Love of Meat*. He has authored or co-authored 14 books on food, and is a widely respected commentator on food sovereignty and ethics.







240 pages  
hardback  
255 x 190 mm  
26,400 words  
9781922616500  
\$49.99 / £25.00  
July 2024 AU & UK

#### ABOUT THE AUTHOR:

Andreas Papadakis is executive chef and co-owner of Tipo 00, the best-loved and most widely regarded pasta bar in Australia. Andreas's background is high-end cooking, but in 2014 his calling was pasta. He grew up in Athens, Greece, and he spent summer holidays in his father's birth home, Crete. He trained at the Ecole Ritz Escoffier in Paris and travelled extensively through Italy, where the sense of community and mastery of elegant, simple food became the inspiration for the way he wanted to cook. It is also his favourite food; he eats multiple plates of it a day.



## Tip0 00 the Pasta Cookbook

**Andreas Papadakis**

Greek chef Andreas Papadakis unlocks the secrets to recreating the best handmade pasta of your life – as served and revered at his beloved pasta bar Tipo 00 (yes, named in honour of the finely-milled extra-soft wheat flour) in Melbourne, Australia.

Here, by popular demand, across more than 80 recipes, Andreas welcomes loyal fans and readers into the Tipo 00 vault and shows them how it's possible to recreate the magic at home. Covering different fresh pasta techniques, shapes and sauces, and including step by steps, this cookbook is a masterclass for anyone who wants to revolutionise their pasta game.





The image features a dense, intricate pattern of concentric circles and swirling lines, reminiscent of a woven or knitted fabric. The color palette is dominated by warm, earthy tones such as terracotta, burnt orange, and deep red, with occasional accents of dark green and light beige. A winding, irregular path or channel, colored in a muted, dusty rose or light brown, meanders through the pattern, creating a sense of movement and depth. The overall texture is highly detailed and tactile. The word "Home" is centered in the upper right quadrant of the image, rendered in a clean, white, sans-serif font.

Home





192 pages  
hardback  
180 x 127 mm  
15,900 words  
9781761500152  
£12.99 / \$29.99  
April 2024 UK & AU

#### ABOUT THE AUTHOR:

Filip Johansson left a career in the IT industry to move to a farm in the country. He is behind the app and Instagram account @gardenr. On his Instagram account, he shares short hacks in daily videos to make gardening more accessible and fun.

## Garden Hacks

Filip Johansson

Every gardener needs clever ideas to make the most of their green space, whether big or small.

*Garden Hacks* is a handy guide to clever shortcuts, fresh inspiration and fun in the garden while recycling, saving money and thinking sustainably. The 70 smart hacks take you through each season of the gardening year in an easy and friendly way, with clear step-by-step instructions.

Try making a spiral frame for tomatoes using old garden hose; learn a clever way to repot plants and how to make use of old cardboard to keep seeds moist; and discover how to make your own seed bombs.



### Spring

This time of year, as your garden begins to come alive again, you may feel those green fingers start to itch. Perhaps you have already started propagating indoors and can't wait to transplant your seedlings into the ground, or maybe you are all about direct seeding. I – and many like me – usually sow way too many seeds, but I can't stop myself from buying even more. It's all about finding fun and clever tricks to make sure you succeed with everything you sow.

Before getting started, you need to make sure that the most crucial part of your garden – the soil – is prepped and ready. When you sow or transplant your precious little seedlings, it's important to give them the best possible conditions – which can be summarised as: water, nutrients, and protection. Once your garden takes off things can happen very quickly, and your plants may need a little help to stay healthy and not be damaged by the wind. The solution is various supports and climbing frames. And remember, all those seeds you bought could make a great gift later in the spring or summer!

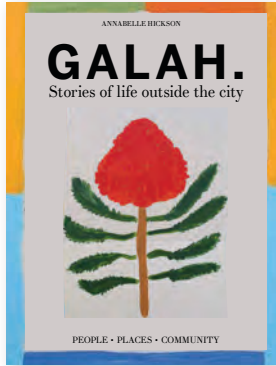
### Maximise the Flavour of Dried Herbs

→ In early summer, herbs are at their best. This is the time to harvest if you want to maximise the flavour and avoid that bitter taste that develops later in the season when they flower. If you dry your herbs right, you can enjoy the taste of summer all into the winter! The easiest way is just to hang them up, but then they risk getting dirty and dried leaves may fall to the floor. A useful trick is to hang them in mesh bags for drying purposes. But the best method is to dry them in a paper bag, which also keeps out the light. This preserves the flavour better.

- YOU WILL NEED**
- any small paper bag
  - a piece of string
  - a jar with an airtight lid
- STEP BY STEP**
1. Cut small holes in the paper bag. This is to create some ventilation – you don't want any mould.
  2. Harvest the herbs and tie them into small bunches.
  3. Insert the bouquet into the bag, leaving part of the stems sticking out.
  4. Tie the bag around the stems and make a loop on the string to hang it up.
  5. Hang the bag in a dry place, out of direct sunlight. Wait 5-6 days for the herbs to dry. Then transfer them into tightly sealed jars.







368 pages  
 hardback  
 280 x 210 mm  
 69,000 words  
 9781922616586  
 \$69.99 / £30.00  
 April 2024 AU & UK

## Galah

**Annabelle Hickson**

When journalist and Sydneysider Annabelle Hickson followed her heart and moved to rural New South Wales, she assumed it would mark the end of her career, her social life and her ambitions.

She was wrong.

Across eight glorious chapters, *Galah* gives us a new perspective on life in regional Australia, featuring stories from the coast to the farms, from the bush to the towns, from the rainforest to the outback.

This book brings together the most evocative and memorable profiles from Annabelle's award-winning *Galah* magazine in one collectible volume, celebrating not only incredible landscapes and remarkable places, but also the diversity, resourcefulness and creativity of the people that call the country home.

### ABOUT THE AUTHOR:

Journalist Annabelle Hickson found her move to Tenterfield in western New South Wales energising; everywhere she looked, she saw smart, clever and resilient people who talked about opportunities instead of limitations.

Twelve years after her move, she started *Galah* magazine – an attempt to counter the thread of disadvantage that ran through so many stories on regional Australia. The biannual magazine has been embraced in city and country and earned industry acclaim. Annabelle has now brought together its best in one glorious anthology.







272 pages  
hardback  
240 x 190 mm  
52,200 words  
9781922616784  
£23.00 / \$39.99  
April 2024 UK & AU

#### ABOUT THE AUTHOR:

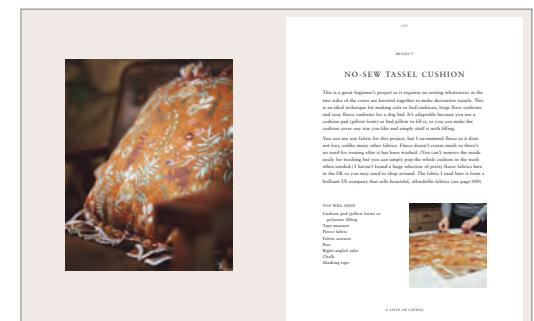
Jodie lives in the Norfolk countryside with her husband, six-year-old daughter, and Jack Russell. She transformed her English country cottage on a tight budget and created an idyllic family home. Formerly a singer, Jodie turned to crafting when she moved in with her husband-to-be. She founded the craft and rustic lifestyle blog and YouTube channel, A Handmade Cottage, and was a weekly craft columnist at her local newspaper. She also presented a craft segment on ITV's *The Morning Show*.

## A Handmade Cottage

Jodie May Seymour

*A Handmade Cottage* offers a variety of projects and ideas for every room in the house using simple craft and DIY techniques. Almost everything can be made by an absolute beginner, yet there are also inspiring projects that will appeal to the more skilled crafter.

From candles and lampshades to dressers and curtains, there's a range of projects and an introduction to some of the most useful DIY techniques, such as sanding, sewing and painting. Restoring old furniture, repurposing forgotten fabrics, decorating your home using whatever nature has to offer – it's possible to create a picture-perfect cottage frugally and simply with some creative ideas and a little DIY know-how.







Gift





192 pages  
hardback  
240 x 170 mm  
12,100 words  
9781922616807  
£16.99 / \$32.99  
October 2023 UK & AU

## Stars & Snowflakes

Jennie Lantz and Cecilia Möller Kirchsteiger

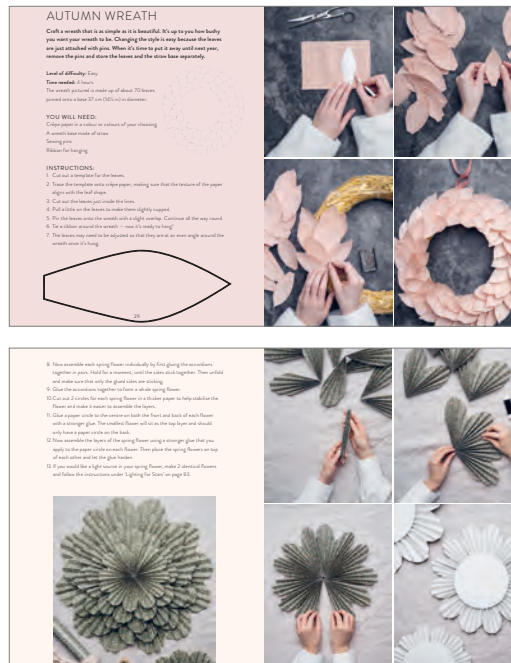
When the nights draw in and you need to add a little magic and sparkle to the long evenings, what better way than to make your own decorations. All you need is paper, scissors and glue, and with the templates and step-by-step instructions in this book, you can create a winter wonderland in your own home.

Start with snowflakes in different sizes and scatter them around the room, or hang them from your windows. Create the simplest Christmas-tree topper, or a series of stars to decorate the family table. All sorts of paper can be used – from left-over wrapping paper, to baking paper and coffee filter paper. There are also wreaths, garlands, leaves, flowers and lots more to discover, and once you start creating these stunningly simple projects, you'll want to make more and give them as gifts, too! The perfect budget-friendly, seasonal activity for all levels of crafters.

### ABOUT THE AUTHORS:

Jennie Lantz runs a large interior design and craft account on Instagram called @vitanyanser ('White Shades'). She is an interior designer and lives on the east coast of Sweden.

Cecilia Möller Kirchsteiger is a photographer with a focus on interior design and lifestyle. She lives in the south of Sweden and is currently building her dream house.







## Cult Recipes mini editions

Pomme Larmoyer, Marc Grossman, Maori Murota

Explore iconic and authentic dishes from legendary cities – now in irresistible gift formats.

*Istanbul Cult Recipes:* Take your pick of lively Turkish breakfasts; linger over delectable little plates of meze; try your hand at making breads and kebabs sold from the city’s food carts; and master the art of making sweets such as baklava, helva and, of course, the unctuous Turkish delight.

*New York Cult Recipes:* Learn the art of creating the perfect BLT, make the ultimate cheeseburger or, for something a little sweeter, indulge in a cinnamon roll, black-and-white cookie or famous New York cheesecake.

*Tokyo Cult Recipes:* If you want sushi, miso soup, gyoza, ramen, donburi, bento, tonkatsu, lotus root chips, mochi or a yuzu sorbet ... they’re all here.

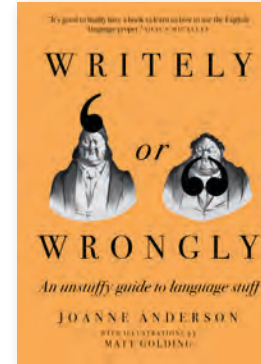
272 pages  
hardback  
185 x 145 mm  
35,000–42,000 words  
9781922616999  
9781922616975  
9781922616982  
\$29.99 / £12.99  
December 2023 AU & UK

### ABOUT THE AUTHORS:

Pomme Larmoyer is a food writer, editor and traveller. She believes you can learn everything you need to know about a country from its kitchens.

Marc Grossman grew up in Manhattan, but now resides in Paris with his wife and children. He is the author of numerous food books.

Maori Murota grew up in Tokyo and became a chef at Parisian restaurants Duo and Bento at La Conserverie. She now gives classes in authentic Japanese home cooking and is the author of *Japanese Home Cooking*.



224 pages  
hardback  
185 x 132 mm  
44,600 words  
9781922616708  
\$29.99 / £14.99  
October 2023 AU /  
November 2023 UK

## Writely or Wrongly

Joanne Anderson

English is messy, but help is at hand. *Writely or Wrongly* is an exuberant and witty guide to a language that moves in mysterious ways. It’s for anyone who writes, and that means everyone. Be it an email, a memoir, a social media post or an essay, we all have writing to do and linguistic mazes to navigate. Artificial intelligence hasn’t made us redundant – yet.

This is a book that will disentangle your principles from your principals, set you straight on the curly question of apostrophes, and confirm your suspicions that asking a local counsel when to put the bins out isn’t a good idea. Quirky, tip-filled and jargon-averse, *Writely or Wrongly* cheerfully takes on language myths, not the least of them being that a guide to English has to be stuffy.

### ABOUT THE AUTHOR:

Joanne Anderson has worked as a journalist on major publications in Australia and Hong Kong. She joined *The Age’s* subediting team in 2004, eventually becoming chief desk editor, a role in which she herds thousands of words each day and adjudicates on tricky language questions. She has worked on in-house style guides and written a weekly newsletter on English use for staff at *The Age*, *The Sydney Morning Herald* and their sister publications. Joanne lives in Melbourne, Australia, but does not like Aussie rules.







272 pages  
hardback  
190 x 150 mm  
73,100 words  
9781922616593  
£14.99 / \$29.99  
November 2023 UK & AU

## Everyday Folklore

Liza Frank

Consider yourself curious? Dip into this fascinating book at any time of the year and discover something new and intriguing about the world around you. Taking inspiration from folklore found around the world, each daily entry is a tiny snapshot of what goes on – be it animal or plant lore, love predictions, the zodiac, the supernatural, food, festivals, divination, anniversaries, the weather, or luck.

By following the customs and traditions of the ritual year, you'll find yourself becoming more engaged with what's happening around you, and discover how every month and season creates its own identity. Turn to any date and you'll find something to learn or do based on folklore of the day, the month, or the season. Some suggestions will take no more effort than sticking your head out the window to look at the clouds, while others might involve knee pads and scouring giant chalk horses cut into hillsides. Just beware of the hare ...

### ABOUT THE AUTHOR:

Liza Frank has written extensively about folklore for The Everyday Lore Project and for a Masters in Folklore Studies from the University of Hertfordshire. She also teaches literacy and creative writing in primary and secondary schools. In 2007, her slightly wild photographic exhibition was published as the book *My Celebrity Boyfriend*.







Life





304 pages  
paperback  
234 x 153 mm  
74,800 words  
9781922616654  
\$34.99 / £16.99  
January 2024 AU & UK

## The Habit Revolution

**Dr Gina Cleo**

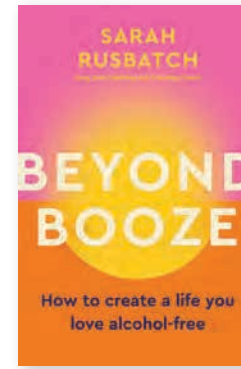
‘If you’ve ever set a goal to start a new habit or break an old one and you fell off the wagon; if you’ve been in a cycle of yo-yo dieting; or if you intend on doing one thing but end up doing another, then you’re in the right place.’

It’s never too late to reprogram a habit. But what if your willpower is low and your stress levels are high? Dr Gina Cleo shares the breakthroughs in behavioural science that uncover what your brain does on autopilot versus when you’re straining to change a habit.

Evidence-based techniques show it *is* possible to live a life where you eat healthy meals, exercise regularly, get a good night’s sleep and have a productive workday – all without having to grind through it. From surprisingly simple physical and mental activities to try today, to learning to layer micro habits into a big new one to meet your long-term goals, *The Habit Revolution* is the handy habit-change manual that will build the habits you want in ways that stick.

### ABOUT THE AUTHOR:

Dr Gina Cleo is at the forefront of habit research and behavioural change. She has a PhD in habit change and is an assistant professor at Bond University in Australia. She is also a qualified dietitian and founder of the Habit Change Institute, where she coaches clients and gives keynotes on habit formation and long-term behavioural change.



272 pages  
paperback  
234 x 153 mm  
80,000 words  
9781761500084  
\$34.99 / £16.99  
February 2024 AU & UK

## Beyond Booze

**Sarah Rusbach**

The goal isn’t to be sober. The goal is to love yourself so much you don’t need to drink.

For decades we have been sold the idea that alcohol is our ‘reward’ at the end of a busy day. Not only do we use it to celebrate and commiserate, but we use it for self-care, for socialising, for time for ourselves. If you’re sick and tired of feeling 5 out of 10 most days and can’t remember when you last felt energised, optimistic or motivated, know that you’re not alone.

Creating a life without alcohol can feel too hard and more than a little scary. Can we really remove it altogether and be happy? The answer is absolutely YES, and this book will show you how.

Packed full of guidance, support and practical tools, *Beyond Booze* will help you find your way to feeling 10 out of 10, without booze. It’s not so much about how to take alcohol out, but rather what to add in to create a more fulfilling, purposeful and contented life.

### ABOUT THE AUTHOR:

Sarah Rusbach is a certified women’s health and wellbeing coach, an accredited Grey Area Drinking Coach and a key-note speaker sharing her journey to sobriety and the impact of alcohol on mental health to global audiences. She works with women across the globe, guiding them from feeling lost, stuck and out of control to a healthier and happier way of living. She’s the host of The Women’s Wellbeing Collective, a thriving, global online community that offers a safe space where women feel seen and understood. Sarah lives in Perth, Australia, and *Beyond Booze* is her first book.







# The Book of Long Covid

Steven Faux

In a few short years, long Covid has established itself as one of our most significant health conditions, affecting millions around the world. Until now, the lack of understanding and information around this condition has meant that people have largely suffered in silence. Here, for the first time, is a comprehensive overview of the current state of play on this chronic condition.

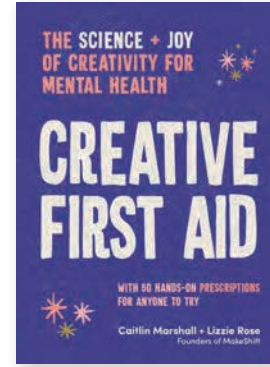
Drawing on up-to-the-minute research, it includes advice on diagnosis (red flags versus red herrings); how to identify and manage symptoms; treatment options, for the short and long-term; tips for staying positive and dealing with uncertainty; and case studies from Australians of all ages living with long Covid.

If you, or someone close to you, has experienced ongoing symptoms following a Covid-19 infection, this indispensable book has everything you need to know for your ongoing health and recovery.

320 pages  
paperback  
234 x 153 mm  
80,000 words  
9781761500053  
\$34.99  
April 2024 AU

### ABOUT THE AUTHOR:

Professor Steven Faux is a rehabilitation and pain medicine specialist who co-founded the first dedicated Long Covid clinic in Australia, and is recognised as one of the leading experts on the treatment of Long Covid. He sits on the NSW Clinic Covid Council and has published and spoken on the rehabilitation response to Covid to The US National Academy of Medicine, The Royal Australasian College of Physicians and the International Society of Physical and Rehabilitation Medicine. He represents Rehabilitation Physicians on the National Covid-19 Living Evidence Taskforce. In 2022, he was noted as one of *Good Weekend's* 52 newsmakers of the year for his work on Long Covid.



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230 x 170 mm  
74,200 words  
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March 2024 AU & UK

### ABOUT THE AUTHORS:

Caitlin Marshall and Lizzie Rose are the founders of MakeShift, an organisation that provides creativity and mental health programs for communities, workplaces and groups throughout Australia. They have worked with thousands of people, including first responders; communities affected by bushfires and floods; corporate clients, such as Atlassian, Kimberly-Clark and Ikea; and organisations including the ABC, Sydney Opera House, Sydney Zoo, Australia Council for the Arts, and Black Dog Institute. Caitlin is also a qualified social worker and trauma management educator. Lizzie is a community development practitioner and sustainability educator. Find them at [makeshift.org.au](http://makeshift.org.au).

# Creative First Aid

Caitlin Marshall and Lizzie Rose

Being creative is good for us. It's part of our humanity – a way to express, delight in and mark life experiences. But this is easy to forget, especially if you were ever told you were 'no good' at art.

Building on the growing movement of social prescribing – the intentional use of creative and social activities to move towards a healthy, empowered life, *Creative First Aid* outlines the transformational power of creativity for self-care and mental health, and offers creative 'prescriptions' to help release emotions, regulate our nervous system, soothe anxiety and restore our sense of self. Based on scientific evidence and a program proven to improve mental wellbeing for first responders and traumatised communities, this book empowers us with simple creative tools so we can tend to our emotional and mental health.

*Creative First Aid* reminds us that despite the mucky, messy world we live in, wonder, joy and contentment are within reach and all we need is to try something new.



### Chapter 1

Creative First Aid: Creativity is good for us, and we all have it

### The five foundational elements in practice

To offer a real-life example of the application of these foundational elements, let's meet Nicole.

**Nicole was in the bushfires.** *Palmerston North, New Zealand. She was on a pack holiday of home-ownership with her partner and their two children. She was in the bushfires.*

**She was in the bushfires.** *Palmerston North, New Zealand. She was on a pack holiday of home-ownership with her partner and their two children. She was in the bushfires.*

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**She was in the bushfires.** *Palmerston North, New Zealand. She was on a pack holiday of home-ownership with her partner and their two children. She was in the bushfires.*





280 pages  
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234 x 153 mm  
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July 2024 AU & UK

## Milk

Matthew Evans

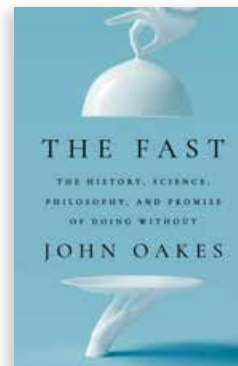
Milk. It's in our coffee, on our cereal. We see it in processed form, in almond form – or made from oats or soy – and it's lauded as the 'perfect' food or lambasted as not fit for human consumption, depending on who you trust. Which type you drink and what you think of it is affected by culture, biology and fashion.

The miracle liquid's role in life has often been debased. It's been used to keep people poor, to keep women subjugated, and to build corporate and medical careers. It's been blamed for climate change, the breakdown of human health, and an enabler of the industrial revolution.

*Milk* celebrates the majesty of this noble liquid. It looks at the transformation of what a milk-producer eats into one of the most nutrient-dense foods available, and how that can be transformed again into the butter, cheese and clotted cream that we know and love today. It's an exploration of the science, history and politics of what makes mammals different from every other life form on earth.

### ABOUT THE AUTHOR:

Matthew Evans is a chef and food critic turned farmer-food activist. He lives on a mixed farm in Tasmania, Australia, with his partner, Sadie, and son, Hedley. He is best known for his long-running SBS series *Gourmet Farmer*, set on Fat Pig Farm's 70 acres, but he was also the star of food documentaries *What's the Catch?* and *For the Love of Meat*. He has authored or co-authored 14 books on food, and is regularly interviewed on radio. He is beloved of television audiences but also widely respected in the food world.



336 pages  
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234 x 153 mm  
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February 2024 AU & UK

## The Fast

John Oakes

Fasting has become increasingly popular, from health advocates who see fasting as a method to lose weight or to detox, to the faithful who fast in prayer, to seekers pursuing mindfulness, to activists using hunger strikes as an effective means of peaceful protest. Whether for philosophical, political, or health-related reasons, fasting marks a departure from daily routine.

Based on extensive historical, scientific, and cultural research and reporting, *The Fast* illuminates the numerous facets of the practice of fasting. John Oakes interviews doctors, spiritual leaders, activists, and others who guide him through this practice – and embarks on fasts of his own – to deliver a book that highlights a profound new understanding, appreciation, and inspiration for fasting.

*The Fast* shows us that fasting is about much more than food: it is about reconsidering our place in the world.

### ABOUT THE AUTHOR:

John Oakes is a publisher and editor who has written for a variety of publications, among them *The Oxford Handbook of Publishing*, *Publishers Weekly*, the *Review of Contemporary Fiction*, *Associated Press*, and *The Journal of Electronic Publishing*. Oakes is a cum laude graduate of Princeton University, where he earned the English Department undergraduate thesis prize for an essay on Samuel Beckett. He was born and raised in New York City, where he lives, and is the father of three adult children. *The Fast* is his first book.

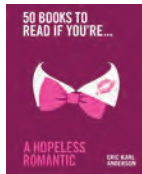




# Backlist Highlights

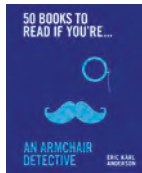






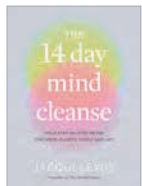
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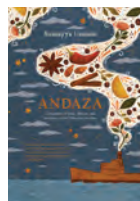
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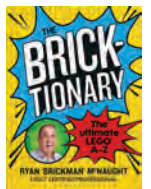
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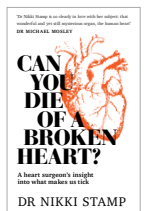
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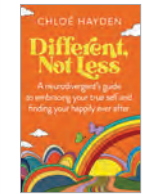
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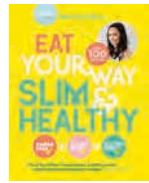


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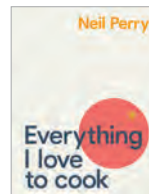
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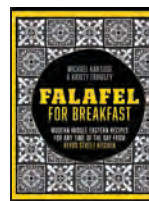
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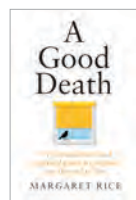
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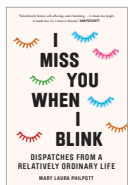


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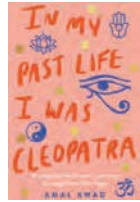
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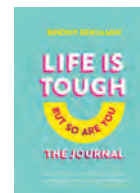
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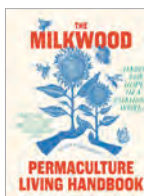
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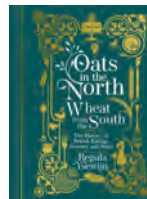
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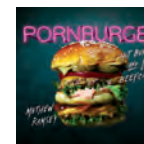
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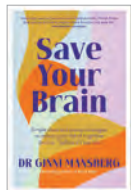
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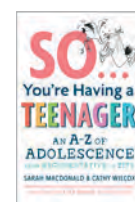
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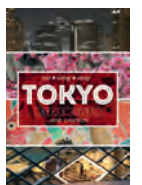
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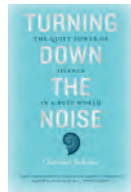
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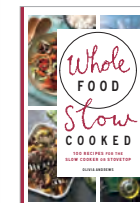
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