



# JANE CURRY PUBLISHING

*june to december twentyfourteen*



## welcome to jane curry publishing

Jane Curry Publishing is an independent book publisher based in Sydney.

Started in 2002, Jane Curry Publishing has become synonymous with high quality titles and respected authors. The list covers health, well being, family focus, memoirs and general non-fiction. The emphasis is on books to enhance life.

The principal, Jane Curry graduated from university in England and has spent over 25 years in book publishing, firstly in London before moving to Australia in 1985. For seven years, she was Managing Director of Weldon Publishing where she published many authors including Don Bradman, Pele and John Laws. She published her own list at Macmillan for five years with authors such as Sara Henderson and Robin Barker before leaving to establish her own company.

## how to order

Jane Curry Publishing titles are distributed throughout Australia by NewSouth Books.

For book trade orders and enquiries please contact NewSouth Books on +61 2 8936 0100.

## enquiries

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UK Distributor: Chris Lloyd Sales and Marketing Services: +44 1202 649930.

For all other enquiries, including editorial information, please contact Jane Curry at [info@janecurypublishing.com.au](mailto:info@janecurypublishing.com.au)



new in june

jane curry publishing

HEATHER IRVINE

## THE BIRTH OF THE MODERN MUM



So much of modern motherhood is targeted at looking good even when you feel crap and making your baby look good even though he or she won't settle or feed or stop crying, all in the shortest time frame possible. The Miranda Kerr and Heidi Klums' of the world make it look easy. What about the mothers who get acne from pregnancy, or whose hair turns grey, or can't loose their baby belly in 10 seconds flat? This book is for them.

Heather Irvine, Clinical Psychologist and head of the R.E.A.D Clinic, appropriately balances clinical expertise with common sense "mother appeal" for mothers struggling in their baby's first year. *The Birth of the Modern Mum* looks at the serious issues such as Postnatal Depression, relationship changes and physical changes that mothers face in their first year while still providing light-hearted quick fixes that any mother can implement in short period of time.

Heather taps into the realistic image of motherhood leaving behind the doldrums of medical professionally written books.

Self-help, parenting

ISBN 978-1-922190-92-5 print

ISBN 978-0-9924532-8-2 ePub

Pb (198 x 128mm)

RRP \$24.95 (AUS)

RRP \$29.95 (NZ)

RRP £9.95 (UK)



1.

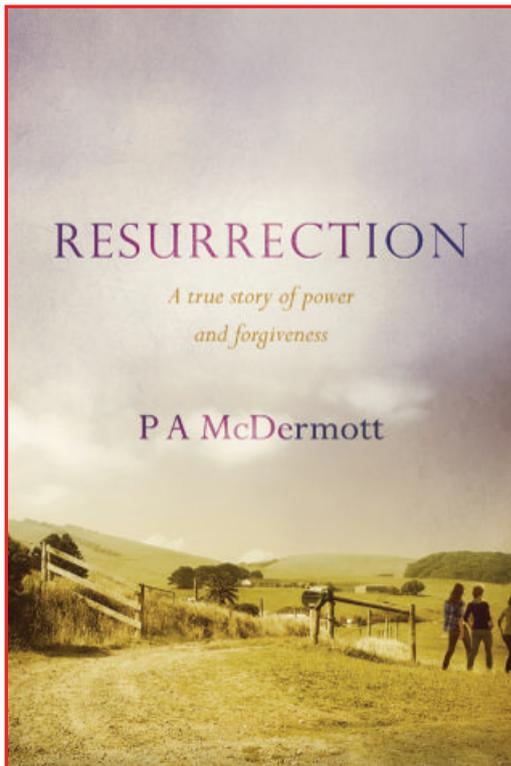


jane curry publishing

new in june

P A MCDERMOTT

## RESURRECTION A TRUE STORY OF POWER AND FORGIVENESS



*"He was a single male alone in a small town with no family to care for him. By any criteria, he was a suicide risk."*

Memoir

ISBN 978-1-922190-93-2 print

ISBN 978-1-922190-44-4 ePub

Pb (198 x 128mm)

RRP \$24.95 (AUS)

RRP \$29.95 (NZ)

RRP £9.95 (UK)

*Resurrection* written by Pat McDermott tells the tragic true story leading up to the death of her younger brother, Matthew, at just 28 years old.

Matthew's dream was not uncommon. The plan was to get out of Sydney and settle down in the small country town of Temora NSW. His dream was to eventually buy a little farm, start his career as a high school teacher in a small town, and have a family. A simple plan you would think.

Matthew lasted in Temora for just 6 months.

Pats memoir reveals the untold stories from Temora. Using a collection of family and friends' recollections, as well as witness statements and official reports, we learn the power of four young girls and a closed minded community, a common attitude of guilty until proven innocent, the blinded eyes of those who are supposed to help and how a young man's life can be ruined in a split second.

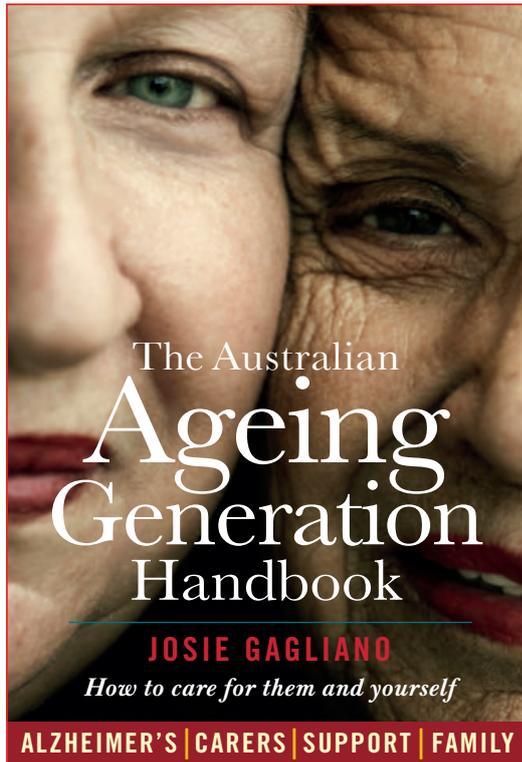


new in july

jane curry publishing

JOSIE GAGLIANO

## THE AUSTRALIAN AGEING GENERATION HANDBOOK



*"I want this book to give hope and guidance, and offer some light in the midst of the madness."*

Aged Care

ISBN 978-1-922190-88-8 print

ISBN 978-1-922190-52-9 ePub

Pb (234 x 153mm)

RRP \$39.95 (AUS)

RRP \$45.00 (NZ)

RRP £14.95 (UK)

*The Australian Ageing Generation Handbook* is the only of its kind in Australia. With the ageing population of Australia increasing every year, many children are struggling to cope with the responsibility of care for an older parent as well as their own children while maintaining a healthy work life balance. Recent studies show that Dementia will become Australia's greatest killer in the coming years.

Josie lives this life right now, and has been caring for her mother who suffers from Dementia for several years. As Josie experienced, in the beginning, many children caring for older parents have no idea what to do, where to go for help, how to navigate not only the services on offer, but also the flood of emotions and challenges that face them.

A member of Alzheimer's Australia, Josie has written *The Ageing Generation Handbook* to provide Australians with a resourceful list of services for the family members caring for their elderly parents.



3.

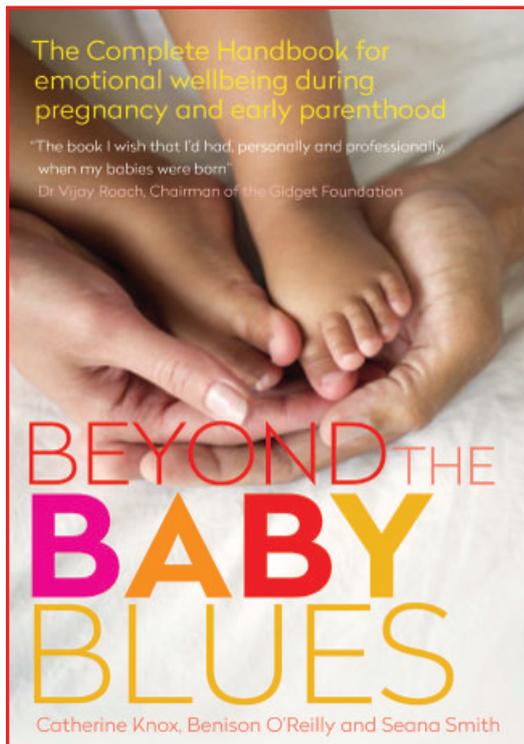


jane curry publishing

new in july

CATHERINE KNOX  
BENISON O'REILLY  
SEANA SMITH

## BEYOND THE BABY BLUES THE COMPLETE HANDBOOK FOR EMOTIONAL WELLBEING DURING PREGNANCY AND EARLY PARENTHOOD



*Beyond the Baby Blues* is a comprehensive Australian resource guide to perinatal depression and anxiety (PND). Readers will receive solid scientific advice combined with the experiences of individuals and families affected and the professionals who treat them.

The book includes the scientific explanation for PND that will come as a relief to many and an exploration of perinatal screening, the ideals and the realities, which also addresses how Australia compares with rest of world in this area. Caring professionals, family members and friends explain how they helped PND sufferers, as well as how their involvement affected their own lives, while self-care strategies will help parents take care of themselves and their families throughout life.

It is the only book of its kind that relies on Australian research and resources – most books rely on American and UK resources. This book is supportive and encouraging. It is deeply personal yet steeped in science.

Health, Parenting

ISBN 978-1-922190-55-0 print

ISBN 978-1-922190-18-5 ePub

Pb (232x152mm)

RRP \$39.95 (AUS)

RRP \$45.00 (NZ)

RRP £14.95 (UK)

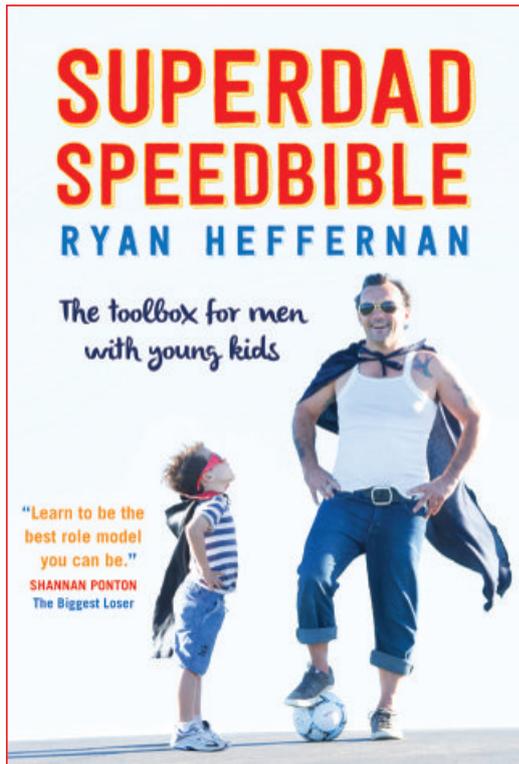


new in july

jane curry publishing

RYAN HEFFERNAN

## SUPERDAD SPEEDBIBLE



Inspired by one Dad's calamitous entry into the peculiar cosmos of arch parenting, *SuperDad SpeedBible* is truly a high-performance toolbox for men with young kids.

It is a big fun, no-nonsense, fast-paced, effective source of information on child health and safety, your health and safety, diet and nutrition, entertainment, sleeping, behavior, milestones, balancing work and parenting, finding good childcare and plenty more. There's even a chapter with (almost) foolproof techniques to help you keep your partner happy or pick up women if you're single.

Ryan Heffernan is a recognised Australian television producer, investigative journalist and writer. Ryan worked for News Limited before going behind the scenes as an investigative producer with the Seven Network's *Today Tonight* and is now a freelance journalist.

Self-help

ISBN 978-1-922190-94-9 print

ISBN 978-0-9924532-3-7 ePub

Pb (234 x 153mm)

RRP \$24.95 (AUS)

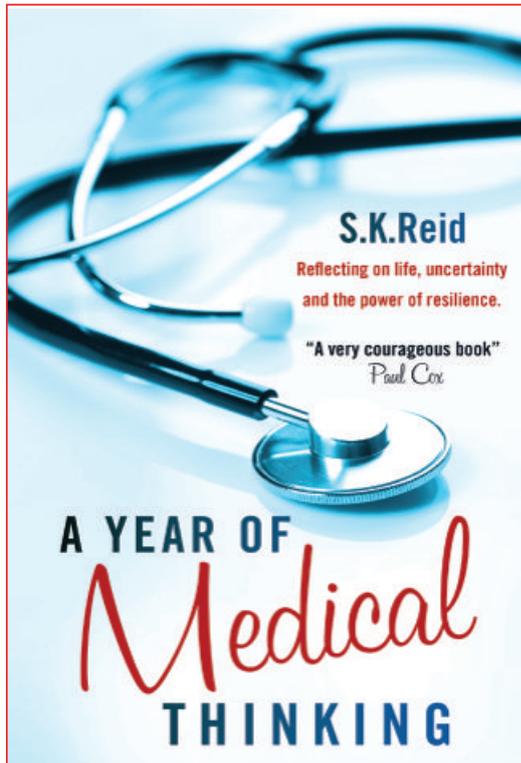
RRP \$29.95 (NZ)

RRP £9.95 (UK)



S.K. REID

## A YEAR OF MEDICAL THINKING



From those first words ushered out of the doctors mouth starts a year where the mind is consumed by medical research, medical terms, hospital visits, medication and explanations.

A look at life, motherhood, friendship, and the future, *A Year of Medical Thinking* chronicles one woman's ordinary life as it is catapulted into a quest for meaning and purpose.

Focusing on the shift that occurs in the brain after a potentially life threatening diagnosis; SK Reid explores the loss of control, security and hope prompting reflections on life, vitality and most importantly resilience.

Guaranteed to strike a cord with those who have experienced loss or any potentially life-threatening illness. Author and renowned filmmaker, Paul Cox (*Tales From The Cancer Ward*, Transit Lounge, 2011) has described it as "a very courageous book" that will provide "comfort" and be of "help to others who face sudden twists of fate" in their lives.

Self-help

ISBN 978-1-922190-96-3 print

ISBN 978-1-922190-46-8 ePub

Pb (198 x 128mm)

RRP: \$24.95 (AUS)

RRP: \$29.95 (NZ)

RRP £9.95 (UK)



new in august

jane curry publishing

DENIS AND IAN BAKER

## THE LITTLE BOOK OF DAD'S WISDOM



*"If something is worth doing,  
do it right the first time."*

This book is three brothers' exploration of the wisdom of their father. Full of stories, quotes, jokes and dad phrases, *The Little Book of Dad's Wisdom* celebrates everything that we love about our fathers.

The perfect gift book for fathers day, brothers Denis, Ian and Paul teach us the value of our fathers, their individuality, the good, the bad and all that is special about dads.

As their father became unwell, the Baker brothers started an important conversation, recapping everything that their parents had taught them over the years. Full of humour and emotion, the *Little Book of Wisdom* books should be a staple for every mother, father, son or daughter.

Gift Book

ISBN 978-1-922190-99-4 print

HC (150x150mm)

RRP \$19.95 (AUS)

RRP \$24.95 (NZ)

RRP £7.95 (UK)



7.



jane curry publishing

new in september

ELIZABETH FRANKEL  
GARRY DUNCAN

## RIVER BOY



Grandfather and his young Grandson embark on an adventure of exploration and discovery of the lower reaches of the Murray River. *River Boy* focuses on the current circumstance of environmental decline, and along their adventure explores the changes Grandfather has seen since he was a young boy.

A gentle, sentimental story that highlights the many uses of the river, the beauty of its natural environment, and the wildlife that depend on it, but also how man has significantly altered things over the past few generations.

This story, written by South Australian author Elizabeth Frankel is an all ages story that children, parents and grandparents will enjoy. *River Boy* is illustrated by Garry Duncan, a 'river boy' himself, and has a very close connection with, and appreciation for the river environment. Garry depicts the beauty of the river like no one else can, and his work is bright and colourful.

Environmental, Children's book

ISBN 978-1-922190-86-4 print

Pb (215 x 270mm)

RRP \$19.95 (AUS)

RRP \$24.95 (NZ)

RRP £7.95 (UK)

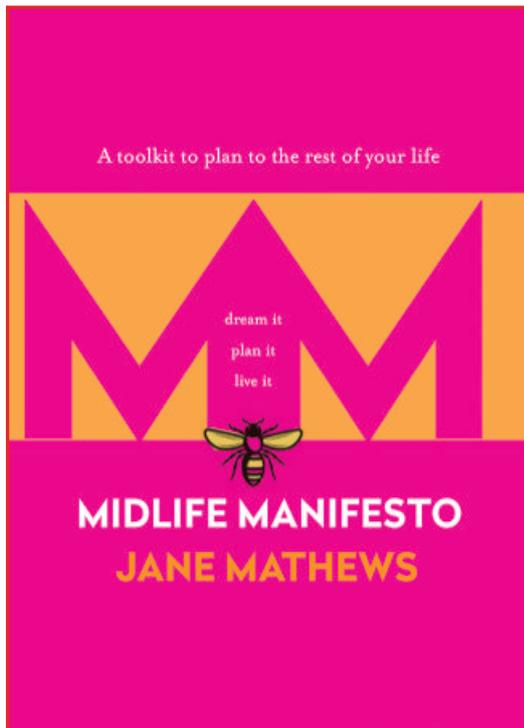


new in october

jane curry publishing

JANE MATHEWS

## MIDLIFE MANIFESTO A TOOLKIT TO PLAN THE REST OF YOUR LIFE



Have you ever looked at your life and wondered “is this it?”

*Midlife Manifesto* will inspire you to achieve the transformation you deserve and create the plan to make it happen. From health, financial independence and spirituality, to relationships and making your home a sanctuary, this is a one-stop shop of ideas and resources to motivate you, the magnificent midlife woman. Sharing her own ups and downs with candour and humour, Jane Mathews guides you towards what really works and supplies a well-curated toolkit to help write a blueprint for your future.

Jane Mathews is a global brand guru, successfully guiding companies to brand everything from corn flakes to diamonds, before turning her skills upon herself. Rather than take the well-trodden path to Italy, India and Indonesia, Jane’s journey of self-discovery and transformation took place in a red doored house in Sydney.

Gift Book

ISBN 978-1-922190-95-6 print

ISBN 978-1-925183-02-3 ePub

HC (198x148mm)

RRP \$29.95 (AUS)

RRP \$34.95 (NZ)

RRP £9.95 (UK)



9.



jane curry publishing

new in november

## HARRISON YOUNG SUBMISSION



*"When the wind comes from the south, the desert possesses you."*

Fiction

ISBN 978-1-922190-87-1 print

ISBN 978-1-925183-09-2 ePub

Pb (198 x 128mm)

RRP \$17.99 (AUS)

RRP \$22.95 (NZ)

RRP £7.95 (UK)

Philip was suddenly dispatched to a country no one had heard of, on a mission he didn't understand. So he went for a run. Having survived both Vietnam and law school, he understood the solace of exhaustion.

Cassandra Sullivan was totally gorgeous. Red hair, pale skin, tall, capable, angular and English. In New York she would be married to a billionaire. But she wasn't in New York. She was in Alidar, where women had no legal existence.

A scandalous story of two lives that run into each other on the other side of the world. A place where perfection is tangible, women are invisible and five times a day a man shouts from a tower that God is great.

*Submission* is the second novel from Harrison Young (*Partners*) bringing with it the same literary air whilst balancing on the boundaries of erotic fiction.



new in december

jane curry publishing

## NEVA ELLIOTT **BUSY LITTLE KIDS**



As a parent of young children, do you find yourself lacking inspiration to keep the kids busy and creative on a daily basis? *Busy Little Kids*, by Neva Elliott, is a book full of easy bright ideas to inspire and, well, keep your kids happy and busy every day!

A collection of childhood games, craft ideas and exercises *Busy Little Kids* will get the kids active and inventive. There are 123 ideas, some for sunny days, and some for rainy days, outdoor days, house days, and everything in between.

Watching the kids make daisy chains, pet rocks, and mud pies will be sure to pull at the heart strings bringing back nostalgic memories of your own childhood. Motivate your kids to put down the ipad once in a while and get in the garden, get moving, running, skipping, singing, drawing and writing.

Designed to benefit kids, improving hand-eye co-ordination, fine motor skills, imagination or creativity, this book is a must have for any parents with young kids at home.

Gift Book

ISBN 978-1-925183-00-9 print

HC (150x150mm)

RRP \$19.95 (AUS)

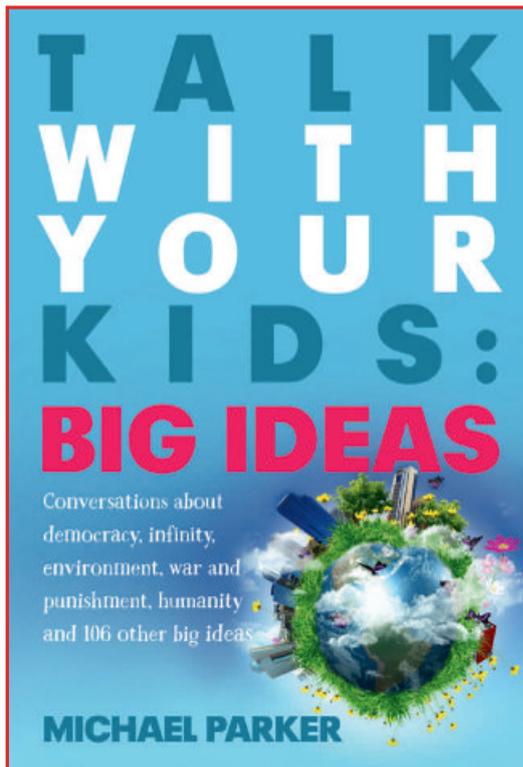
RRP \$24.95 (NZ)

RRP £7.95 (UK)



MICHAEL PARKER

## TALK WITH YOUR KIDS: BIG IDEAS



*"Do people start off good or bad?"*

*Talk With Your Kids: Big Ideas* is the second in the *Talk With Your Kids* series by Michael Parker. Once again Michael stirs up all of those tricky questions that parents often avoid such as 'what is infinity?' 'What is democracy?' Or even 'can I own a gun?'

*Big Ideas* has over 100 conversations for parents to have with their children to try and tackle those large questions about life and the universe.

Michael Parker promotes the use of the questions for a platform for discussion with children, which will engage them more than a simple read of a book. Michael uses varied formatting such as: the use of multiple choice questions, visual scenarios or open ended questions to engage both children and parents alike and stimulate discussion. *Talk With Your Kids: Big Ideas* is a tool for parents to help their children understand aspects of the world that they might not even understand in the first place.

Family/ethics

ISBN 978-1-922190-89-5 print

ISBN 978-0-9924532-1-3 ePub

Pb (178 x 126mm)

RRP \$24.95 (AUS)

RRP \$29.95 (NZ)

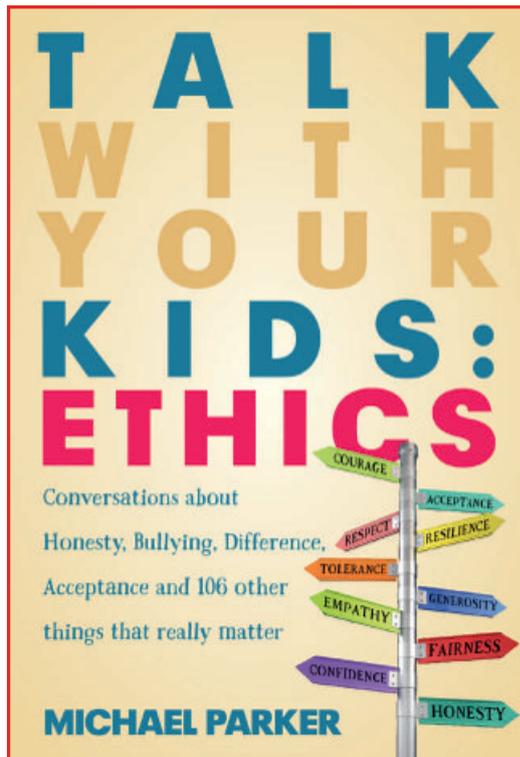
RRP £9.95 (UK)

Pub date: May 2014



MICHAEL PARKER

## TALK WITH YOUR KIDS: ETHICS



*“Would you rather your child was smart or good?”*

*Talk With Your Kids: Ethics* is a book designed to teach children how to think. Ethics has over 100 conversational and interactive questions for teachers to discuss with their students that will decipher their stance on ethics, and hopefully sharpen the ‘right values’.

From Cyber-bullying, politics, terrorism, environment, crime and animal rights, every question a parent has ever been asked is tackled in this book. Parents can choose a topic and lead the charge in a conversation that will engage, divide and inspire their children. The book is written with the intention to raise more questions rather than answer them, drawing children into an area of thinking that gets progressively trickier and murkier promoting deeper thinking.

Family/ethics

ISBN 978-1-922190-91-8 print

ISBN 978-0-9924532-2-0 ePub

Pb (178 x 126mm)

RRP \$24.95 (AUS)

RRP \$29.95 (NZ)

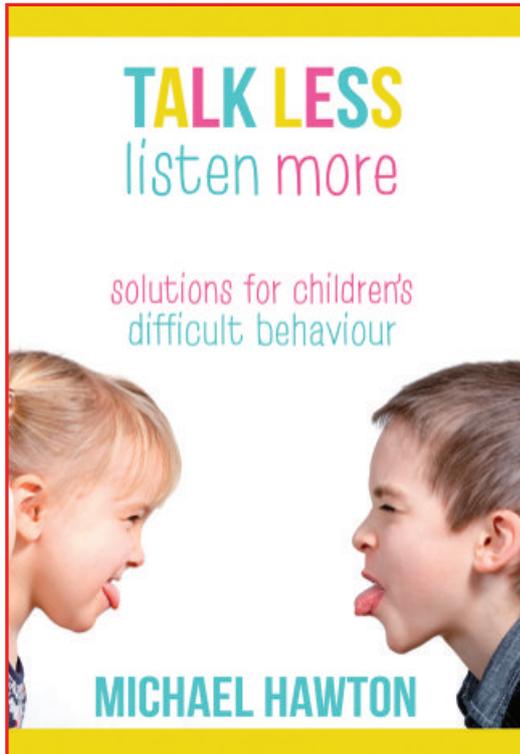
RRP £9.95 (UK)

Pub date: May 2014



MICHAEL HAWTON

## TALK LESS, LISTEN MORE SOLUTIONS FOR CHILDREN'S DIFFICULT BEHAVIOUR



As children grow in this world, we need to provide them with tools and methods to ensure that they are the best human beings that they can be. *Talk Less, Listen More* provides parents with strategies and ideas on how to ensure children take responsibility for their actions and are able to determine what is appropriate behaviour

Michael Hawton provides examples, illustrations, maps diagrams and practical information for parents to help them through this sometimes turbulent time. Throughout the book, and through the learning of these new strategies, parents will work out what to do in the most difficult moments and to stop these times morphing into train wrecks. Written in simply everyday language, using simple strategies, the end result will be that children will be able to assume better self-control of their actions, and be able to monitor their behavior in any given situations.

Parenting, children

ISBN 978-1-922190-69-7 print

ISBN 978-1-922190-70-3 ePub

Pb (232x152mm)

RRP \$29.95 (AUS)

RRP £12.95 (UK)

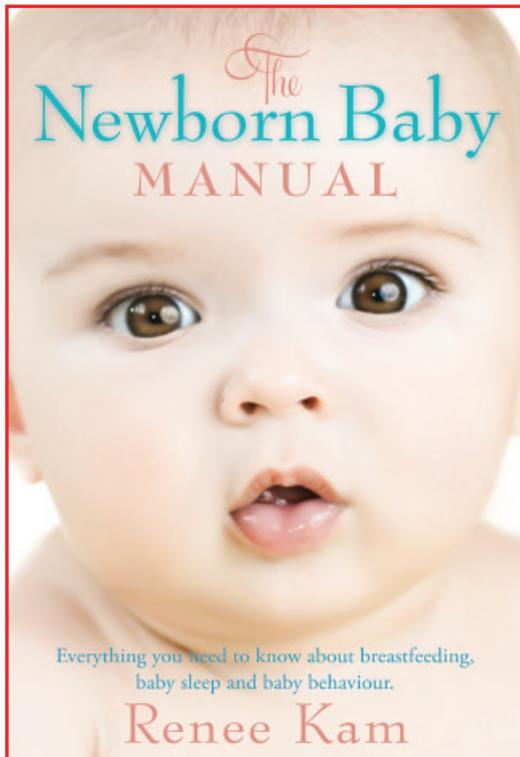
RRP \$32.95 (NZ)



RENEE KAM

## NEWBORN BABY MANUAL

### EVERYTHING YOU NEED TO KNOW ABOUT BREASTFEEDING, BABY SLEEP AND BABY BEHAVIOUR.



Having a baby changes your life and parents need to be prepared!

This new handbook covers everything you need to know about your baby — feeding, sleeping and understanding their behaviour.

Author Renee Kam is an International Board Certified Lactation Consultant, a physiotherapist with an interest in women's health, a mother of two girls, and a volunteer breastfeeding counsellor with the Australian Breastfeeding Association.

She has been conducting private antenatal baby education classes since 2008. She is passionate about providing accurate, up-to-date, and in-depth antenatal education to expectant parents in the areas of breastfeeding, baby sleep and baby behaviour.

Pregnancy, Parenting, Children's Health

ISBN 978-1-922190-36-9 print

ISBN 978-1-922190-38-3 ePub

Pb (232x152mm)

RRP \$29.95 (AUS)

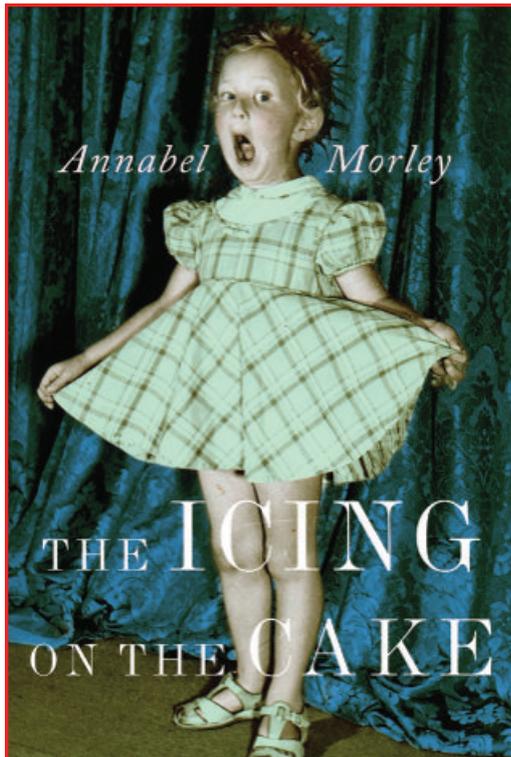
RRP \$32.95 (NZ)

RRP £14.95 (UK)



ANNABEL MORLEY

## THE ICING ON THE CAKE DELICIOUS MEMORIES OF FAMILY AND FOOD



With her grandmother the famous actress and society beauty Dame Gladys Cooper and her father the renowned actor Robert Morley CBE, Annabel Morley was always going to lead an extraordinary life.

Evoking an English childhood from a bygone era, Annabel Morley brings back to life the magic and charm of growing up in a bohemian artistic and quintessentially English family. Their house in Berkshire is the backdrop to a wonderful array of events and personalities. Often surrounded by her father's colleagues such as Vivien Leigh, Ralph Richardson, Katherine Hepburn and Bogart and Bacall and family friends like Nancy Mitford and Edward Fox, Annabel recounts these times with great wit and affection.

*The Icing on the Cake* features not only unpublished photographs of the Morley family, but private letters and personal memories, including her travels to Sydney, Venice and Hollywood during the glamorous 1940's and 50's.

Annabel's passion for the theatre is also matched by her love of food and family, and includes recipes served at family get-togethers from both sides of the word.

Memoir

ISBN 978-1-922190-74-1 print

ISBN 978-1-922190-75-8 ePub

Pb (198x128mm)

RRP \$29.95 (AUS)

RRP \$32.95 (NZ)

RRP £14.95 (UK)

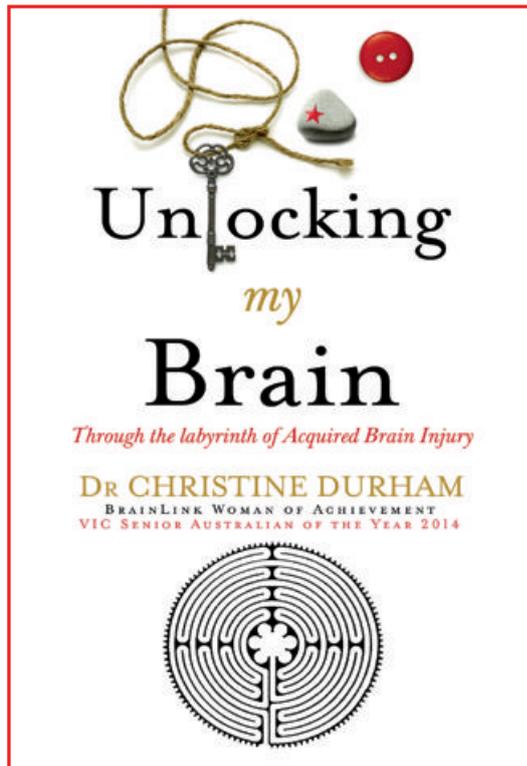


self help

jane curry publishing

DR CHRISTINE DURHAM

## UNLOCKING MY BRAIN



*"I did not want anyone to ever feel as disorientated and bewildered as I did."*

Brain/Self Help

ISBN 978-1-922190-83-3 print

ISBN 978-1-922190-84-0 ePub

Pb (234 x 153 mm)

RRP \$29.95 (AUS)

RRP \$32.95 (NZ)

RRP £12.95 (UK)

*Unlocking my Brain: Through the Labyrinth of Acquired Brain Injury* brings to life Christine Durhams personal experience of brain injury. From losing her vision and being unable to walk, talk or write, Christine regained her life, her thoughts and her career.

In 1991 Christine was involved in a horrific car accident and suffered extensive injuries including Acquired Brain Injury (ABI). *Unlocking my Brain* shows the incredible plasticity of the human brain as well as the plasticity of the human spirit.

At aged 67, despite her double vision, Christine obtained a PhD in Health Sciences determined to discover even more effective ways to help people with brain injury help themselves.

Brain injury does not just damage a person's brain and body (as recognized by the medical profession) it also damages a person's beliefs, hope, honour, trust, safety and security. This book acts as reference point to help professionals understand the backstory of their clients

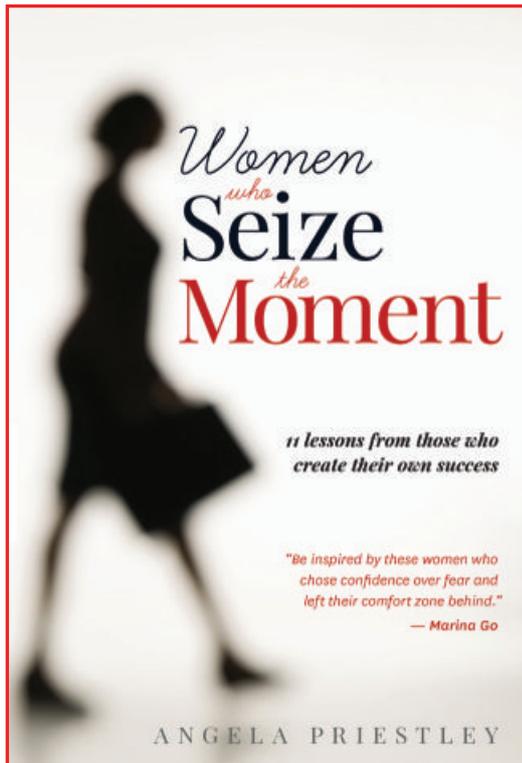
Christine is the VIC 2014 Senior Australian of the Year and was a National Finalist for Senior Australian of the Year.

17.



ANGELA PRIESTLEY

## WOMEN WHO SEIZE THE MOMENT



There are women who wait and women who don't. Author Angela Priestley once fell into the former camp.

*Women Who Seize the Moment* addresses the common issues that many women face in their careers. In our society it is not uncommon for people to dislike their job but still work extremely hard. There is an assumption that we will get that raise, eventually, we will get promoted, eventually, I will get my dream job, eventually. *Women Who Seize the Moment* reveals 10 steps women should take to stop waiting for these turning points and make them happen.

In *Women Who Seize the Moment* Angela share stories from women who've made the most of career turning points: those turning points they have created themselves and those that were beyond their control. They're the women who didn't wait to get the career they wanted, and still don't wait to get the success they desire.

Women's, Motivational

ISBN 978-1-922190-31-4 print

ISBN 978-0-9924532-6-8 ePub

Pb (234 x 153 mm)

RRP \$24.95 (AUS)

RRP \$29.95 (NZ)

RRP £12.95 (UK)

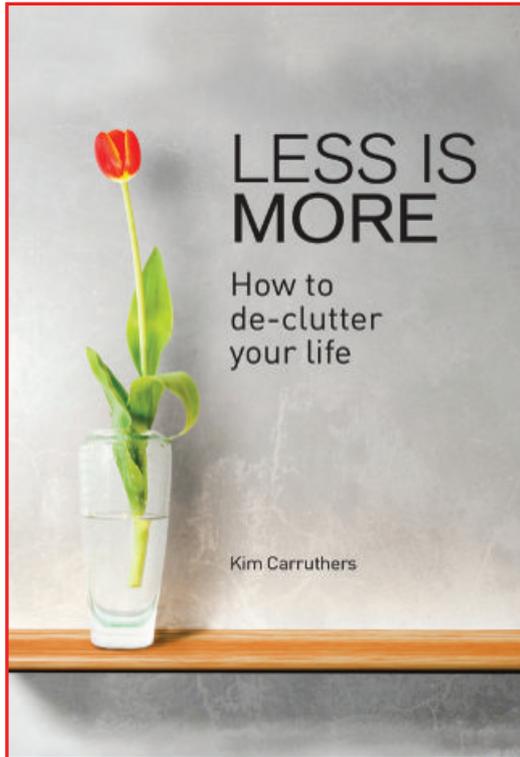


self help

jane curry publishing

KIM CARRUTHERS

## LESS IS MORE HOW TO DE-CLUTTER YOUR LIFE



*Less Is More* tackles the very contemporary issue of de-cluttering your life. This includes not just the physical aspects of de-cluttering a home or a room, but also the emotional clutter that might be inherent in a life.

This book helps clutterers learn to accept, understand and deal with the deep-seated emotions that go with cluttering, while at the same time providing smart, practical techniques, methods, and rules of thumb to clear away the clutter, and then to keep it away.

More than just “the physical stuff”, *Less is More* blends uncritical compassion with a detailed concrete structure on the best way to achieve a minimalist mindset, both physically and emotionally.

Family, self help

ISBN 978-1-922190-40-6 print

ISBN 978-1-922190-42-0 ePub

Pb (198 x 128mm)

RRP \$24.95 (AUS)

RRP \$29.95 (NZ)

RRP £9.95 (UK)

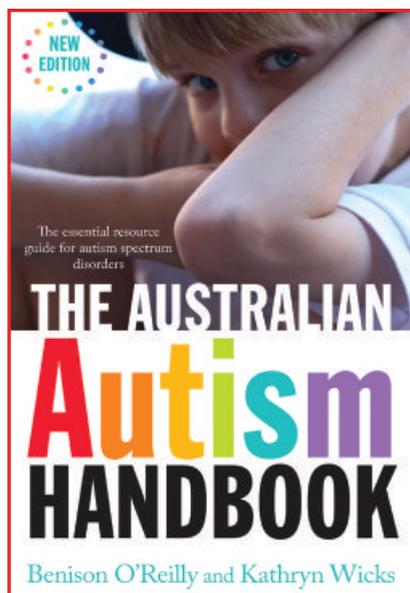


jane curry publishing

self help

BENISON O'REILLY  
KATHRYN WICKS

## THE AUSTRALIAN AUTISM HANDBOOK



The only complete guide to every aspect of raising a child with an Autism Spectrum Disorder in Australia. *The Australian Autism Handbook* offers guidance, expert advice and above all support to parents and health professionals from the early signs and symptoms of ASD through diagnosis, the intervention programs, medical theories and schooling. It also contains the most comprehensive state-by-state guide to the resources available for ASD families.

The authors Benison O'Reilly and Kathryn Wicks are professional writers and both have children with autism. They know from first-hand experience the essential information parents need to know to raise your ASD child.

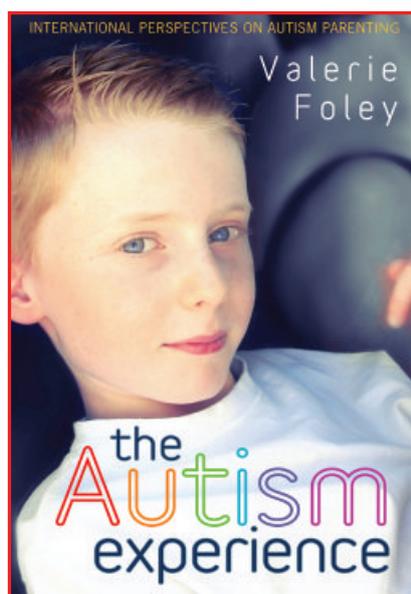
Self-help, parenting

ISBN 978-1-922190-32-1 ISBN 978-1-922190-34-5 ePub

Pb (232 x 152mm) RRP \$39.95 (AUS) RRP \$45.00 (NZ)

EDITED BY  
VALERIE FOLEY

## THE AUTISM EXPERIENCE



*The Autism Experience* is a guide to bringing up children with Autism Spectrum Disorder written by parents who have themselves navigated the medical maze, braved the behavioural problems and survived the emotional rollercoaster associated with caring for someone with autism.

Each chapter is based on a question frequently asked by parents of ASD children and consists of a clearly written, informative introduction followed real-life experiences of parents from around the world. These allow the reader to learn from the experiences of those who have travelled this road before them.

Children's health, parenting,

Pb (232 x 152mm) ISBN 978-0-9808129-3-0 RRP \$34.95 (AUS)

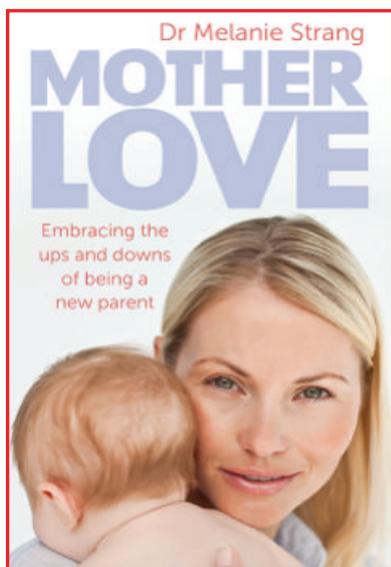


self help

jane curry publishing

DR MELANIE STRANG

## MOTHER LOVE



*Mother Love* isn't a parenting book. It was written to help parents make the transition from person to parent with confidence and emotional strength. It is about the emotional journey for the parents.

Using experiences gathered from parents around Australia, and based on facts from medical professionals, it focuses on the reality of being a parent and what to expect, while helping the reader understand that what you might have expected can be quite different from the reality.

*Mother Love* takes the romance out of parenthood, and focuses on practical ways to deal with challenges, ensuring parental emotional wellness at this very important time in your life.

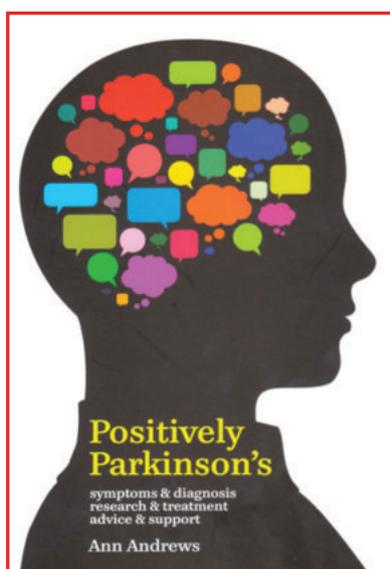
Self-help

ISBN 978-1-922190-76-5 ISBN 978-1-922190-77-2 ePub

Pb (198 x 128mm) RRP \$19.95 (AUS) RRP \$24.95 (NZ) RRP £7.95 (UK)

ANN ANDREWS

## POSITIVELY PARKINSON'S



Thousands of Australian's have Parkinson's disease, but many thousands more are dealing with it everyday – relatives and friends, carers and health professionals.

Informative, practical and uplifting, *Positively Parkinson's* is a book for anyone with Parkinson's – from symptoms and diagnosis to the latest treatments and therapies, as well as the most recent medical research into stem cells and gene therapy.

The author, Ann Andrews was diagnosed with Parkinson's mid-life at age 59. She found all of the books were aimed at caregivers of people in their latter stages of the disease. Ann has written the book that she would have wanted available at that confusing time when you are first diagnosed.

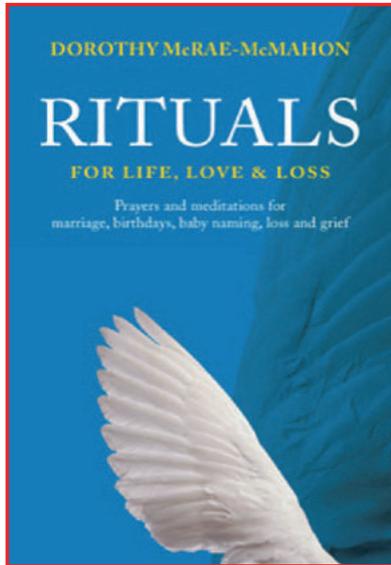
Health, self-help ISBN 978-0-9872275-2-2

RRP \$24.95 (AUS) Pb (221 x 193mm)



DOROTHY  
MCRAE-McMAHON

## RITUALS FOR LIFE, LOVE AND LOSS



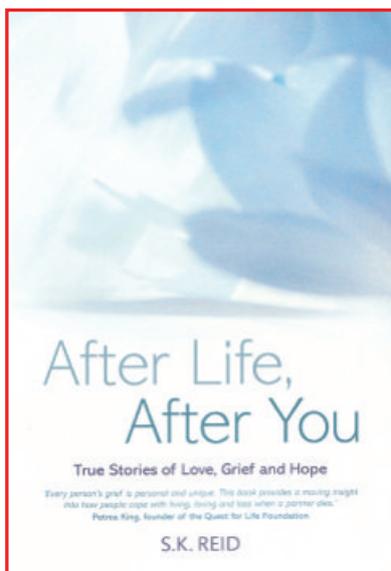
*Rituals for Life, Love and Loss* provides spiritual rituals and meditations for the modern world, for times of celebration and grief. Dorothy McRae-McMahon, who is internationally renowned for her knowledge of rituals, has created meaningful ceremonies for everyone, regardless of their faith.

From naming a child and blessing a home to the sadness of ending a marriage and a simple funeral, *Rituals for Life, Love and Loss* gives us the words and symbols we need to make the everyday sacred.

Marriage, family relationships, bereavement, ISBN 978-1-9207270-2-4  
Pb (198 x 130mm) RRP \$24.95 (AUS) RRP \$29.95 (NZ)

S.K. REID

## AFTER LIFE, AFTER YOU: TRUE STORIES OF LOVE GRIEF AND HOPE



*After Life, After You* starts with the death of the author's husband, Stu when he was only 33. The shock and grief Sasha encountered was so devastating she did not think she would survive.

*After Life After You* is based around conversations and reflections with ten Australians - three men and seven women.

In three parts it explores the bonds of love that are the corner stone of each relationship, how these people heard the news and their reactions and ends of a note of hope showing they found the spirit to live on and experience joy again.

Bereavement, grief, self-help ISBN 978-0-9807212-6-3  
Pb (198 x 130mm) RRP \$24.95 (AUS) RRP £9.99 (UK)



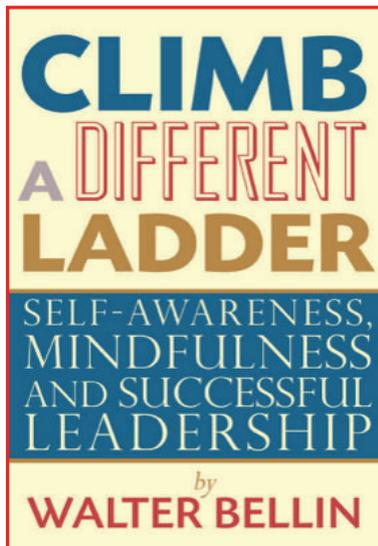
self help

jane curry publishing

WALTER BELLIN

## CLIMB A DIFFERENT LADDER

SELF-AWARENESS, MINDFULNESS AND SUCCESSFUL LEADERSHIP



*Climb a Different Ladder* acts as a practical guide to personal leadership development. Walter Bellin introduces us to the Q12 profiling system, which takes us on a journey of self discovery: the purpose? To know oneself truly. Only when we understand all aspects of our personality are we fully able to become the best we can be.

As a forerunner in leadership development worldwide, Walter Bellin's strategies have helped many important leaders achieve the best; from high ranking sergeants, to politicians and CEO's of multinational corporations.

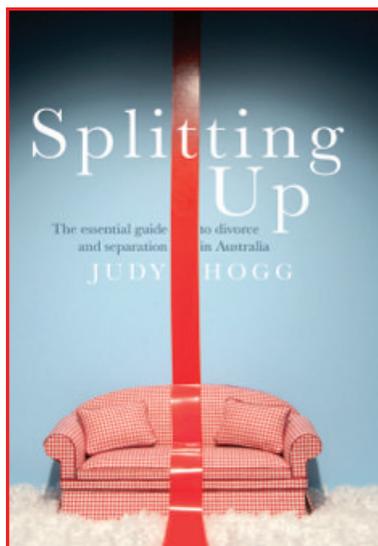
Self development, leadership,

ISBN 978-0-9872275-4-6

Pb (198 x 130mm) RRP \$29.95 (AUS) RRP \$34.95 (NZ) RRP £10.95 (UK)

JUDY HOGG

## SPLITTING UP



This second edition of Judy Hogg's *Splitting Up* is the complete handbook for anyone whose relationship is breaking down and you need good impartial expert information. Whether you are married, or are in a de facto or same sex relationship, *Splitting Up* covers everything you need to know about separation and divorce.

This new 2013 edition reflects the latest changes in Australian family law legislation – in particular the revised definition of domestic violence and how conflict is dealt with in custody disputes.

Self-help, Law, Pb (198x130mm)

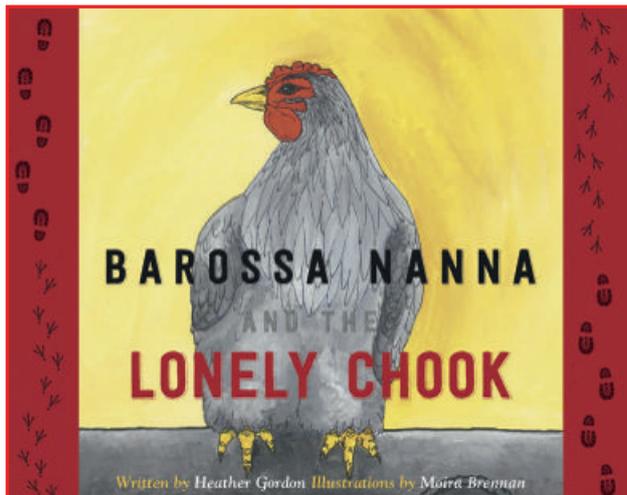
ISBN 978-0-9872275-9-1

Pb (198 x 130mm) RRP \$24.95 (AUS) RRP \$29.95 (NZ) RRP £9.95 (UK)



HEATHER GORDON

## BAROSSA NANNA AND THE LONELY CHOOK



*Barossa Nanna and The Lonely Chook* is gentle story about loss and loneliness and friendship.

The book tells the story of The Lonely Chook who, after losing her hen friends, spends her days annoying the Barossa Nanna in her garden. Every morning The Lonely Chook scratches up a mess in the garden, squawks at herself in the mirror and runs after Cloud the dog trying to be friends with her.

Heather gently explains the ups and downs of grief and recovery in a way that children can understand and relate to. Most creatures big and small have an underlying need for companionship, and The Lonely Chook is no different.

Childrens

ISBN: 978-1-922190-97-0 print

Pb (215x270mm)

RRP \$19.95 (AUS)

RRP \$24.95 (NZ)

RRP £7.95 (UK)

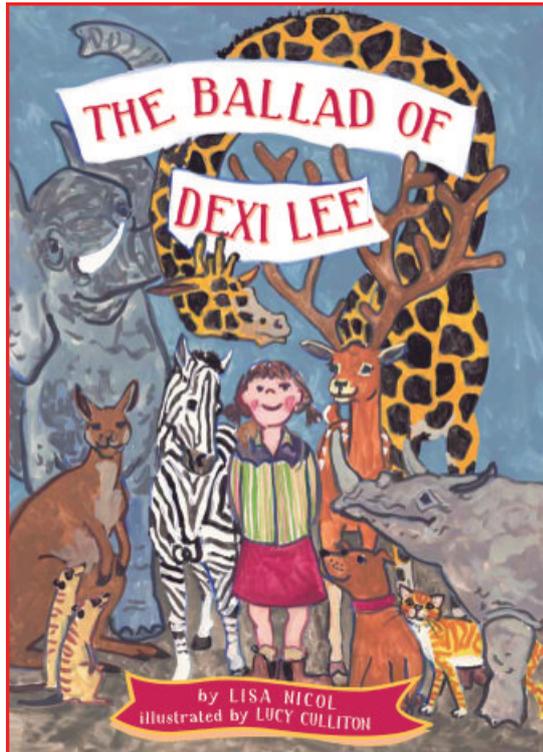


children's

jane curry publishing

LISA NICOL  
ILLUSTRATIONS BY  
LUCY CULLITON

## THE BALLAD OF DEXI LEE



*The Ballad of Dexi Lee* is a classic misfit tale about a little girl. A little girl with giant hands. Life for Dexi is tough. With her very big hands come some very big problems.

Then a trip to the zoo transforms her world. There she discovers a world of animals with all sorts of strange and unusual features. Dexi suddenly realises being different is actually pretty clever. Using rhyme and repetition, the book is beautifully illustrated with paintings by celebrated Australian artist Lucy Culliton.

Children's picture book

ISBN 978-1-922190-48-2 print

Pb (275 x 210mm)

RRP \$19.95 (AUS)

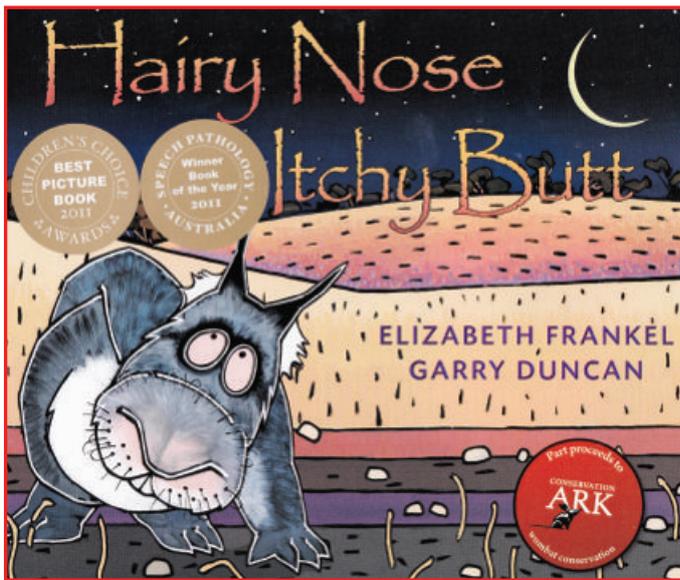
RRP \$24.95 (NZ)

RRP £7.95 (UK)



ELIZABETH FRANKEL  
& GARRY DUNCAN

## HAIRY NOSE, ITCHY BUTT



Ever had an itch you couldn't scratch? Hairy-Nosed Wombat has one, and somebody has chopped down his favourite scratching tree!

Join our marsupial hero on an itchy, scratchy adventure as he tries to find the perfect place to scratch his butt. Itchity, scratchity, grumble and groan.

Hugely entertaining with a comical rhyme that children will be able to join in with, *Hairy Nose, Itchy Butt* is a child's delight featuring a very cute — and very endangered — Southern Hairy-Nosed Wombat.

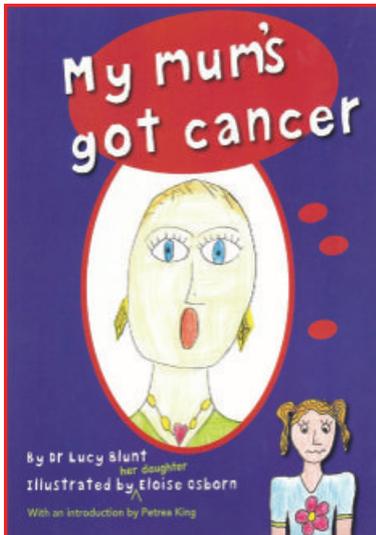
*Hairy Nose, Itchy Butt* has an underlying serious environmental message of the impact construction and deforestation has had on the Southern Hairy-Nosed Wombat (he's got nothing to scratch his butt on for one!)

Awarded "Best Picture Book 2011, Children's Choice Awards" and "Winner, Book Of The Year 2011, Speech Pathology Australia".

Children's picture book  
ISBN 978-0-9808129-2-3  
Pb (215 x 270mm)  
RRP \$19.95 (AUS)  
RRP \$22.95 (NZ)  
RRP £7.95 (UK)



DR LUCY BLUNT

**MY MUM'S GOT CANCER**

*My Mum's Got Cancer* is a picture book with a difference: it provides information and practical advice to children at a time when they are frightened and need reassurance.

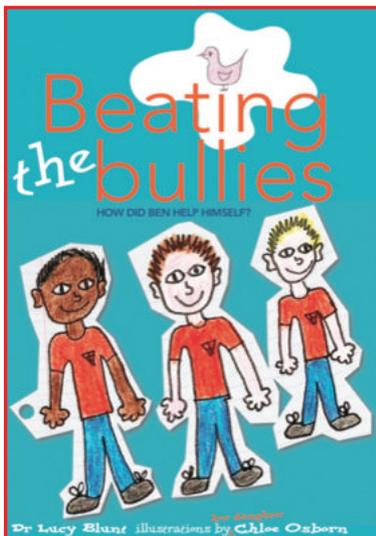
Author Dr Lucy Blunt is a clinical psychologist, mother and breast cancer survivor and knows first-hand the fears and experiences involved in telling children that Mummy has cancer.

The book is honest, clear and often humorous and offers support and comfort to children. It is an invaluable resource to their family, school and the wider community.

Health, children, self-help,

ISBN 978-1-922190-21-5 Pb (210 x 168mm) RRP \$14.95 (AUS) RRP \$16.95 (NZ) RRP £6.99 (UK)

DR LUCY BLUNT

**BEATING THE BULLIES**

Written in the form of an innovative children's chapter book, *Beating the Bullies* is a guide to help children and parents overcome the harsh reality of bullying. It gives age-appropriate information aimed to "upskill" the child and give them "bully-proof strategies" for coping.

*Beating the Bullies* also has two invaluable resource guides; one for parents (who often feel powerless and helpless at this time) and one for teachers (with class specific questions and activities).

Written by Clinical Psychologist Dr Lucy Blunt and illustrated by her daughter, Chloe Osborn, *Beating the Bullies* is engaging and interactive. An essential resource to tackle the damaging and important issue of bullying.

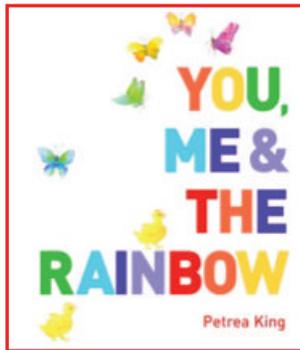
Family, Children's, self-help

ISBN 978-0-9872275-3-9 Pb (198 x 130mm) RRP \$18.95 (AUS) RRP \$19.99 (NZ) RRP £6.95 (UK)



PETREA KING

## YOU, ME & THE RAINBOW



Have you ever been wrapped in a rainbow? Mariah has. Float away into the magic of *You, Me & the Rainbow*, with words by best-selling author Petrea King and stunning illustrations by well-known artist Patricia Howell. The story of Mariah and her magic rainbow was inspired by Petrea's experience of wrapping her own small children up in a rainbow when she was living with cancer. The nightly ritual of connection became an important way for her kids to feel loved, safe and nurtured during challenging times, and the book has become this for many other young children across the nation.

Children's, self-help Pb (220 x 190mm)

ISBN 978-1-9207271-8-5 RRP \$14.95 (AUS)

## RAINBOW KIDS



*Rainbow Kids* is the new children's title from bestselling author Petrea King. Following the great success of *You, Me and the Rainbow* in 2005, Petrea continues the tradition of blending her healing rainbow ritual with a fresh, beautiful story that will appeal to both boys and girls.

Featuring new and colourful characters from all around the world, the book follows the stories of these children as they try to remember who sent the first rainbow. The story ends with Mariah – the girl from the first book – and the search is complete.

Children's, self-help ISBN 978-0-9804758-0-7 Pb (220 x 190mm)

RRP \$14.95 (AUS) RRP \$17.99 (NZ)

## THE RAINBOW GARDEN



*The Rainbow Garden* is a delightful story of love and compassion which will appeal to all children who love rainbows, nature and especially worms. It's a story about not judging and embodies an appreciation for the contribution that can be made by everyone regardless of how they look or seem.

This is Petrea King's third children's book and Deb Warren's first. Patricia Howell, who also illustrated *You, Me & the Rainbow* has again brought her magic brush to its pages.

Children's, self-help

ISBN 978-0-9804758-2-1 Pb (221 x 193mm) RRP \$14.95 (AUS)



gift/special interest

jane curry publishing

DENIS AND IAN BAKER

## THE LITTLE BOOK OF MUM'S WISDOM



Full of stories, quotes and phrases, *The Little Book of Mum's Wisdom* celebrates everything that we cherish about our mothers.

The book is a meditation on the experiences of one family, but also reveals universal truths about love, kindness, growing up and loss that are evident in all. The Baker brothers have transformed quotes, personal stories and memories of their mother into a timeless book where we are encouraged to add our own thoughts, recollections and notes to the blank pages at the back of the book. Readers are prompted to reminisce and share their memories of what it was like to be happy, scared, petulant, loving and loved.

*The Little Book of Mum's Wisdom* is the sister book of soon to be release *The Little Book of Dad's Wisdom*.

Gift Book

ISBN 978-1-922190-98-7 print

HC (150x150mm)

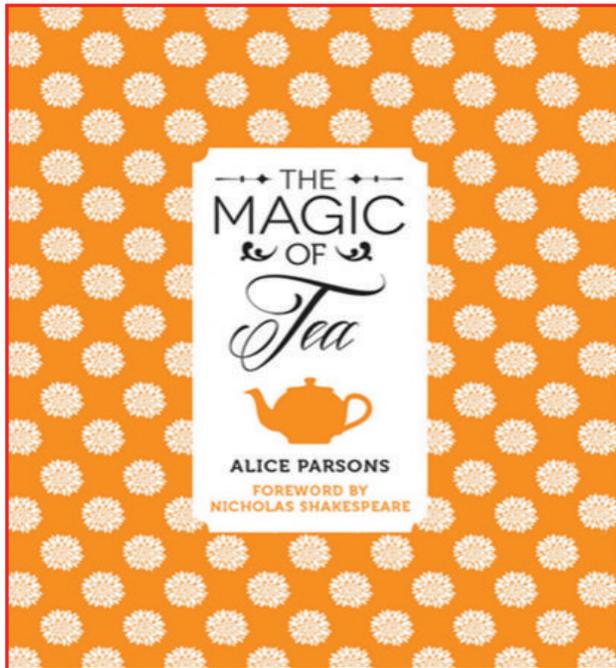
RRP \$19.95 (AUS)

RRP \$24.95 (NZ)

RRP £7.95 (UK)



ALICE PARSONS **THE MAGIC OF TEA**



A beautiful homage to the enchanting world of tea. Starting with the essential cup to greet each day, *The Magic of Tea* explores the history, rituals, folklore and flavours of the world of tea through the arc of the day.

We discover the stories of Earl Grey, Darjeeling and Russian Caravan together with Chai, Mate, Matcha and Rooibos. We travel the world to discover Black teas, Blue teas, Green teas and White teas and Iced teas.

Alice Parsons also shares her delicious recipes to accompany your tea: from traditional breakfast marmalade to high tea scones, hearty welsh rarebit, elegant tea smoked trout and cooling green tea ice-cream.

Gift book, drinks

ISBN 978-0-9872275-6-0 print

HC (150 x 150 mm)

RRP \$19.95 (AUS)

RRP \$24.95 (NZ)

RRP £7.95 (UK)

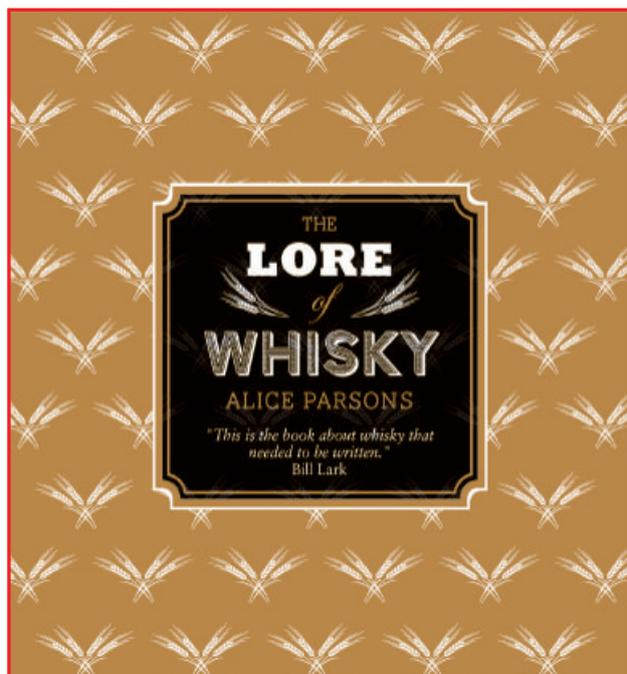


gift/special interest

jane curry publishing

ALICE PARSONS

## THE LORE OF WHISKY



*The Lore Of Whisky* pays homage to the mysterious world of whisky. The journey begins with the history and origins of whisky originating in Scotland, through to the story of the five successful distilleries in Tasmania, and dropping in on many other wonderful whisky destinations in between.

With detailed information about the different types of whiskies, their appearance and tasting notes, *The Lore Of Whisky* takes us on a sensory journey through the mysterious world of whisky.

Included are fascinating tips and tricks for things to do with whisky, including whisky ice balls and whisky cocktails.

This is truly a book that all whisky lovers will enjoy.

Gift book

ISBN 978-1-922190-72-7 print

HC (150x 150mm)

RRP \$19.95 (AUS)

RRP £7.95 (UK)

RRP \$24.95 (NZ)



jane curry publishing

gift/special interest

JOY LIN  
& JAVIER TEMPONI



simple  
love  
advice

## SIMPLE LOVE ADVICE

*Simple Love Advice* is a unique, interactive self-help tool to give you practical insights on questions that you may have in your life.

Maybe you are single and are looking for love. Maybe you are just starting out in a relationship and have questions about where this is going. Or maybe you are currently in a relationship and just want to know how to better connect with your partner. If you've ever had any of these questions in mind, then these cards are for you! *Simple Love Advice Cards* have been developed with both a spiritual and a grounded type of approach in mind. Our goal is to help you connect to you to figure out the insights of your heart.

Because after all, Love should be Simple....

Relationship, gift

ISBN 978-1-922190-78-9 print

set of 44 cards + 16pp booklet + box

RRP \$24.95 (AUS)

RRP £9.95 (UK)

RRP \$29.95 (NZ)

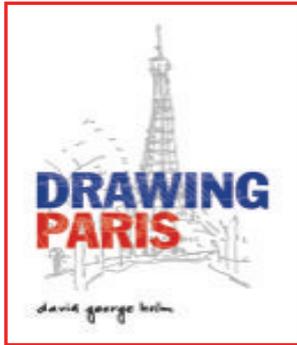
32.



gift/special interest

jane curry publishing

DAVID HOLM **DRAWING PARIS**



One of Australia's leading architects, David Holm is passionate about drawing, the built environment and Paris. In *Drawing Paris*, he unites these three passions in a sensitive, beautiful and intelligent guide to the architecture of Paris. David guides us through Gallo-Roman, Merovingian and Carolingian, Romanesque, Early Gothic, High Gothic, Rayonnant, Flamboyant Gothic, Renaissance, Mannerist, Baroque, Rococo, Neoclassic and Art Nouveau through to Modernist and Contemporary architecture and beyond.

Travel, art, architecture ISBN 978-0-9807212-9-4

Flexibound (210 x 148mm) RRP \$29.95 (AUS) RRP \$39.95 (NZ) RRP £18.95 (UK)



**DRAWING ITALY**

Holm's passion for drawing, the built environment is continued in this study of Italy. *Drawing Italy* is an intelligent and beautiful guide book to architecture of Italy.

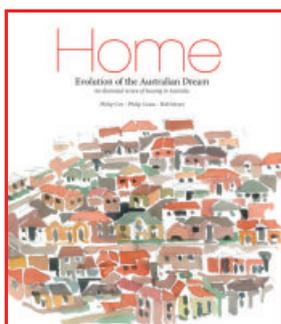
Based on extensive travels in Italy, David explains each architectural style as he takes us on a grand tour of Italy region by region, showing beautiful piazzas, chiesi and palazzi. His drawings and observations are remarkable for their detail and charm.

Travel, art, architecture ISBN 978-0-9804758-7-6

Flexibound (210 x 148mm) RRP \$29.95 (AUS) RRP \$39.95 (NZ)

PHILIP COX  
PHILIP GRAUS  
& BOB MEYER

**HOME:  
EVOLUTION OF THE AUSTRALIAN DREAM**



*Home* looks at the dwelling as the basic element of our cities, from the house to the apartment building. The book concludes with a discussion of what planning and housing models should be considered as a matter of urgency by those responsible for planning our cities.

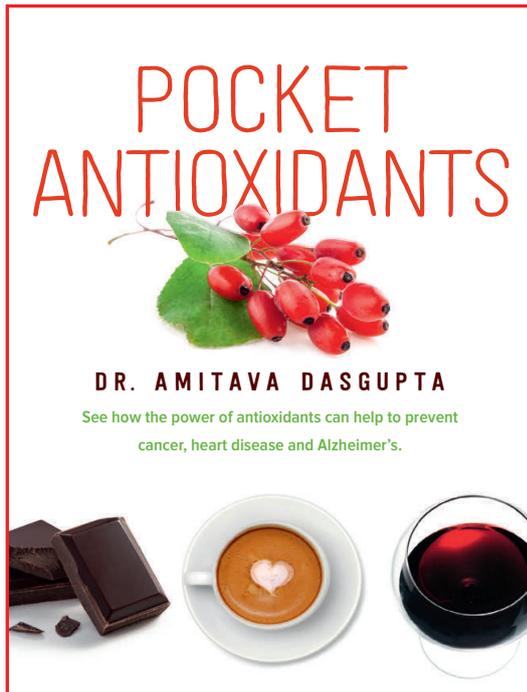
Town planning, architecture ISBN 978-0-9808129-9-2

Flexibound (275 x 300mm) RRP \$45.00 (AUS)



DR AMITAVA  
DASGUPTA

## POCKET ANTIOXIDANTS



What are antioxidants and why are they so important to our health?

*Pocket Antioxidants* delivers current, medically proven knowledge about the power of antioxidants and how you can use them to find better health.

Dr Amitava Dasgupta has an extensive background in antioxidant research and in this book he separates fact from fiction providing a simple yet scientifically sound guide to incorporating antioxidants into the everyday diet.

What are free radicals? And how can we harness the power of antioxidants to live better for longer? In the modern world we don't drink enough water. We eat the wrong kinds of food and we don't get enough sleep or exercise. However, in this pocket-sized guide, Dr Amitava Dasgupta tells you how even chocolate and alcohol can be good for you.

*Pocket Antioxidants* is the essential take-anywhere pocket guide to a happier, healthier, more energised you.

Non Fiction Health

ISBN 978-1-922190-52-9

Pb (159x113mm)

RRP \$6.95 (AUS)

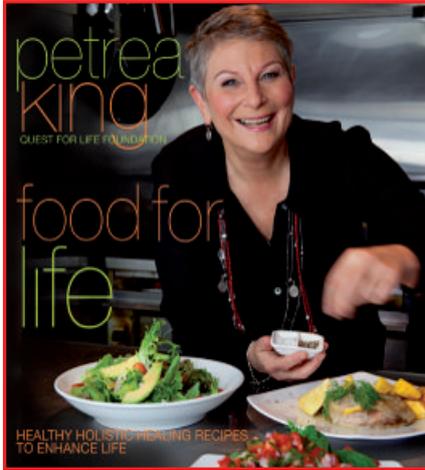
RRP \$9.95 (NZ)

RRP £3.95 (UK)

Publication date: May 2014



PETREA KING **FOOD FOR LIFE**



*Food for Life*, the long-awaited first cookbook from the Petrea King Quest for Life Centre, contains 100 life-enhancing recipes — from cleansing juices and nutritious salads to sweet treats.

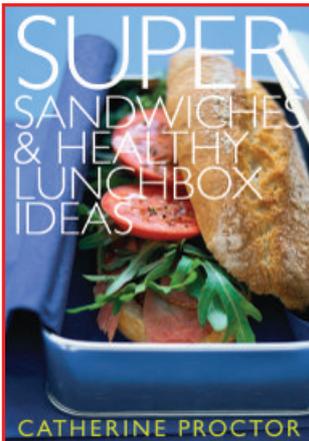
As a naturopath and herbalist for 30 years and at the Petrea King Quest for Life Centre, Petrea has witnessed the profound benefits of a healthy, healing diet in over 60,000 people.

Health, Cookery ISBN 978-0-9872275-5-3

Pb (225 x 198mm) RRP \$35.00 (AUS) RRP \$39.95 (NZ) RRP £14.95 (UK)

CATHERINE PROCTOR

**SUPER SANDWICHES & HEALTHY LUNCHBOX IDEAS**



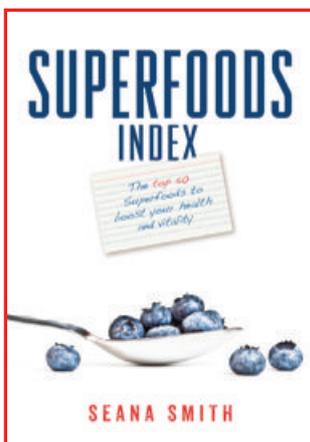
Packed lunches do not have to be boring or time-consuming. With *Super Sandwiches & Healthy Lunchbox Ideas* you can cheaply and easily fill their lunchboxes with easy, appetising sandwich menus and healthy snack ideas that will be the envy of the playground.

Health, Cookery, ISBN 978-1-9207273-0-7

Pb (115 x 160mm) RRP \$6.95 (AUS) RRP £3.95 (UK)

SEANA SMITH

**SUPERFOODS INDEX**



This book tells the who, what, where and why of the top 50 Superfoods: including nuts, berries, avocado, barley, chia, lean meat, broccoli and thankfully chocolate. With tips on buying, storing and cooking, this super-charged book contains all you need to make your life zing with health and vitality.

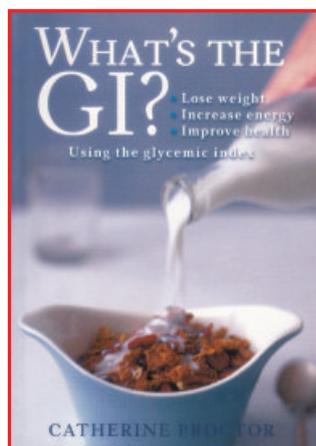
Health, food, lifestyle ISBN 978-0-9872275-8-4

Pb (159 x 113mm) RRP \$6.95 (AUS) RRP \$9.95 (NZ)

RRP £3.95 (UK) ebook \$5.50



HEALTH AND WELL BEING FROM CATHERINE PROCTOR

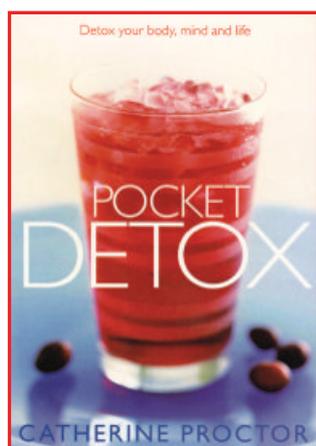


## WHAT'S THE GI?

*What's the GI?* is a handy pocket counter which includes GI ratings of over 500 foods, including restaurant meals, in three easy reference tables. It's the take-anywhere guide – use it at supermarkets, restaurants, and at home.

Health, Cookery ISBN 978-1-9207271-6-1

Pb (115 x 160mm) RRP \$6.95 (AUS) RRP \$7.95 (NZ) RRP £3.95 (UK)

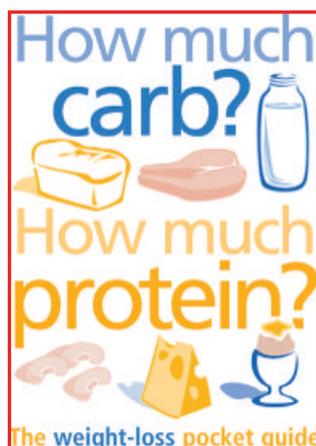


## POCKET DETOX

In the modern world we pollute the air. We don't drink enough water. We eat the wrong kinds of food. We don't get enough sleep or exercise. We smoke, drink too much alcohol and consume too much caffeine. Don't worry! With *Pocket Detox* you can reverse the damage and increase your health and energy levels and lose weight at the same time.

Health, Cookery, ISBN 978-1-9207272-7-7

Pb (115 x 160mm) RRP \$6.95 (AUS) RRP \$9.99 (NZ) RRP £3.95 (UK)



## HOW MUCH CARB? HOW MUCH PROTEIN?

This carbohydrate and protein counter is the perfect companion for anyone who wants to lose weight and keep it off.

Over 900 everyday foods and drinks are listed including restaurant meals, takeaways and alcoholic drinks.

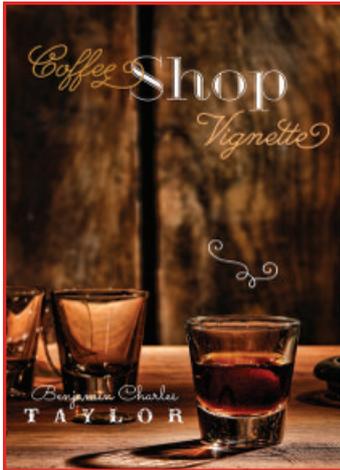
Health, Cookery ISBN 978-1-9207270-7-9

Pb (115 x 160mm) RRP \$6.95 (AUS) RRP \$9.95 (NZ) RRP \$3.95 (UK)



BENJAMIN  
CHARLES TAYLOR

## COFFEE SHOP VIGNETTE



A search for the true strength of human love, this book is an exploration of courage, honesty and consequences.

*Coffee Shop Vignette* tells the story of three teenage boys in their first years out of high school, what motivates them, and what classifies as change from a boy to a man? Are you a man according to your friends, your family or yourself?

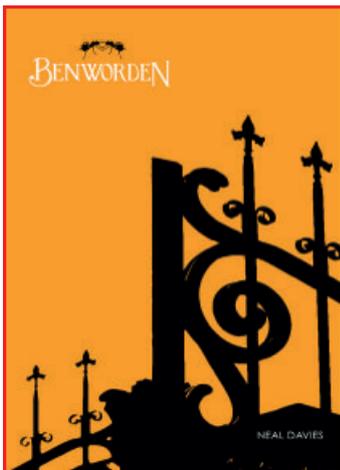
The inability to express emotions is a dangerous thing.

Young Adult Fiction

ISBN: 978-1-925183-16-0 (epub) ebook RRP \$9.95 (AUS)

NEAL DAVIES

## BENWORDEN



*Benworden* is a story about Dylan, a young boy who attends a boarding school in a small country town steeped in gold mining history. On his first day at the boarding house he is approached by a year twelve boy who offers him membership into a secret club, a club that established itself long before his arrival and continues to develop during his stay. Benworden holds many secrets, some good some bad, and there are those trying to find the club so they can expose and destroy it.

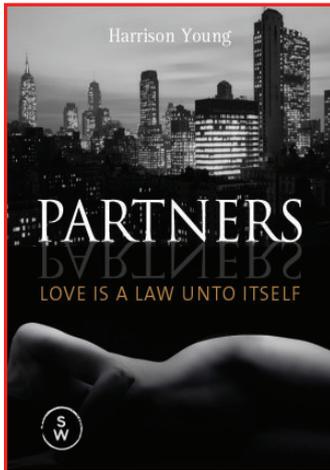
Young Adult Fiction

ISBN 978-1-922190-60-4 (ePdf) ISBN 978-1-922190-61-1 RRP \$9.99 (AUS)



HARRISON YOUNG

## PARTNERS



Ten highly intelligent, erotically charged linked short stories set in a top New York law firm, *Partners* explores the intrigue, sexual politics, romance and misbehaviour that absorb alpha male and alpha female practitioners as much as winning the next client or case.

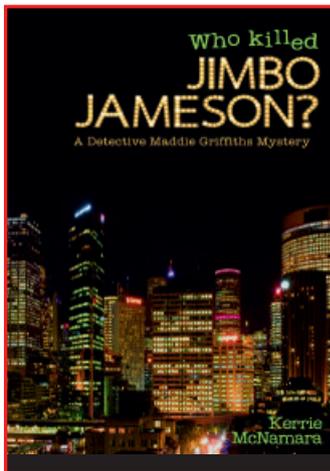
Fiction, Short Stories

ISBN 978-1-922190-66-6 ISBN 978-1-922190-67-33 ePub

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