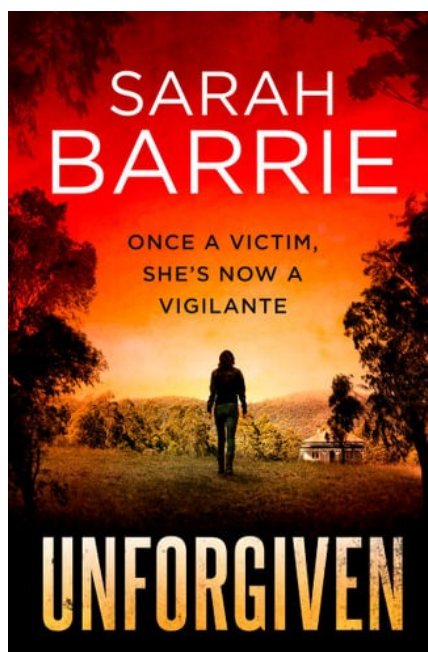
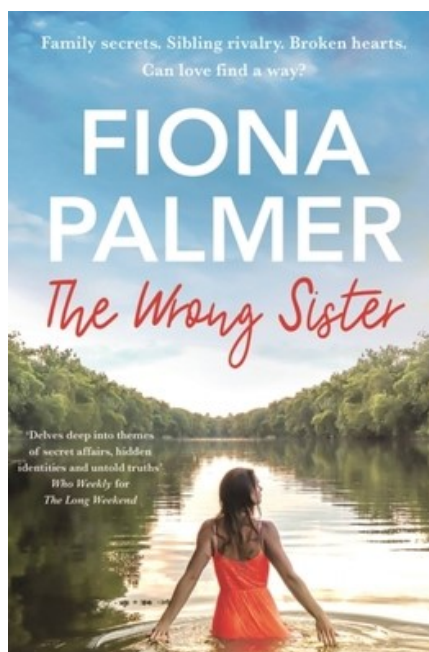
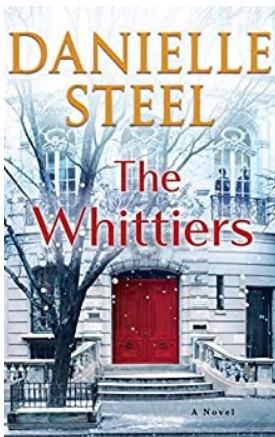


What's New

January & February 2023

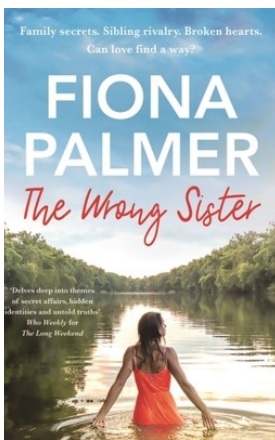


Fiction



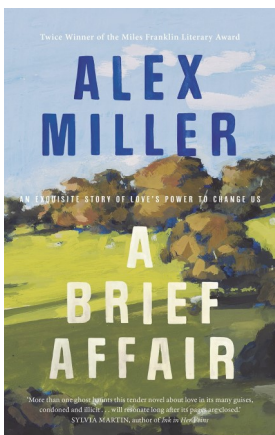
The Whittiers / STEEL, Danielle

Connie and Preston Whittier raised their six children in a once grand mansion in the centre of New York's Manhattan. The children are now adults and have lives of their own, but the house remains the heart of the family and somewhere they all love to return, particularly in times of stress. But when Connie and Preston take what they fondly call their annual 'wintermoon' to go skiing in Europe, an avalanche hits their resort resulting in tragedy. In every family, each member has their own personal struggles. The Whittiers are no exception.



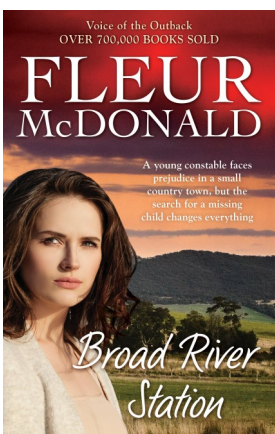
The wrong sister / PALMER, Fiona

As she approaches thirty, dedicated nurse Ellie Sutton's life is how she wants it - well, almost. Her younger sister, Carrie, seems to have it all sorted though: a successful hair business, a devoted new boyfriend and a rosy future together. Even Ellie's brother, Bodhi, is settled with his petite, super-chill chef girlfriend, Ingrid. So why does Ellie suddenly give up her career and family for the red dust and toil of an out-back cattle station? She's never run from anything before - it's new territory in more ways than one. But Ellie can't run forever.



A brief affair / MILLER, Alex

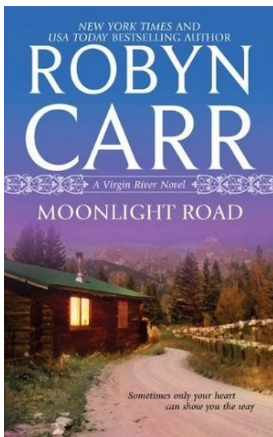
From the bustling streets of China, to the ominous Cell 16 in an old asylum building, to the familiar sounds and sight of galahs flying over a Victorian farm, A Brief Affair is a tender love story. On the face of it, Dr Frances Egan is a woman who has it all - a loving family and a fine career - until a brief, perfect affair reveals to her an imaginative dimension to her life that is wholly her own. Fran finds the courage and the inspiration to risk everything and change her direction at the age of forty-two. This newfound understanding of herself is fortified by the discovery of a long-forgotten diary from the asylum and the story it reveals.



Broad River station / MCDONALD, Fleur

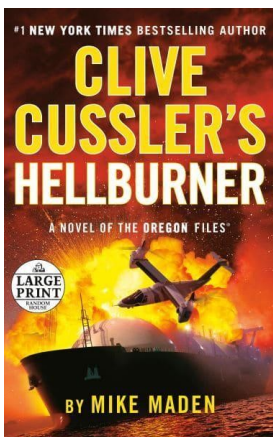
Mia, a newly graduated constable, on her first post is assigned to Broad River, a small country town. It takes the shine off coming home, where her grandmother, Clara, is in the early stages of dementia. In the midst of all this, a local child goes missing and Mia is confined to barracks.

Fiction



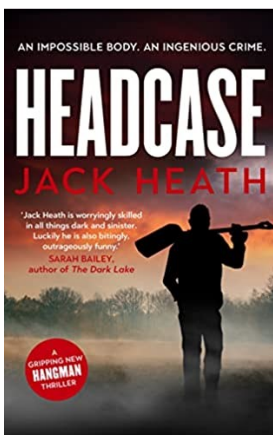
[Moonlight road / CARR, Robyn](#)

With her beloved younger siblings settled and happy, Erin Foley has empty nest syndrome. At age 35. So she's hitting the pause button on her life and holing up in a secluded cabin near Virgin River. Erin is planning on getting to know herself f... not the shaggy-haired mountain man that she meets. She doesn't realize the stranger is a doctor, recharging for the summer after leaving the Navy. But maybe it's something in the water--unlikely romances seem to take root in Virgin River ... helped along by some well-intentioned meddling, of course.



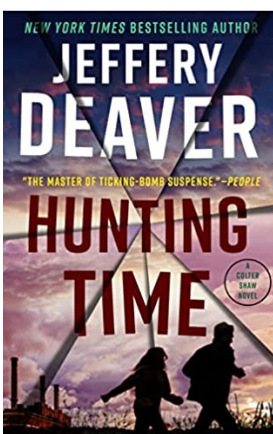
[Clive Cussler's Hellburner / MADEN, Mike](#)

When Juan Cabrillo fails to capture the leader of Mexico's most dangerous drug cartel and loses an Oregon crew member in the process, he is determined to get revenge. But Cabrillo's corporation of mercenaries may have finally met its match in The Pipeline-- a criminal syndicate passed down from father to son across generations. A group that sits with its finger on the trigger of a torpedo so deadly it could level entire cities. With millions of innocent civilians hanging in the balance, the Oregon's crew must unravel a tangle of drug-smuggling routes and international conspiracies spanning from the Aegean Sea to the Indian Ocean, putting their lives on the line to find the weapon before its countdown hits zero.



[Headcase / HEATH, Jack](#)

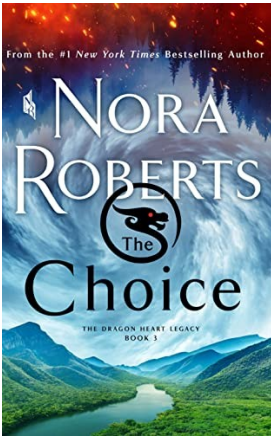
A Chinese astronaut is found dead in a NASA training environment in Houston, Texas. No one can explain how he got there. Amid fears of a diplomatic catastrophe, the CIA dispatches Timothy 'Hangman' Blake to investigate a convicted kidnapper who works in the facility - someone Blake put away seven years ago. Blake is deeply insane, afflicted by terrible urges he can barely control - but he's also brilliant. Zara, his beautiful and deadly CIA handler, suspects a secret Chinese spacecraft is surveilling the United States, but Blake can see something much more sinister is going on.



[Hunting time / DEAVER, Jeffery](#)

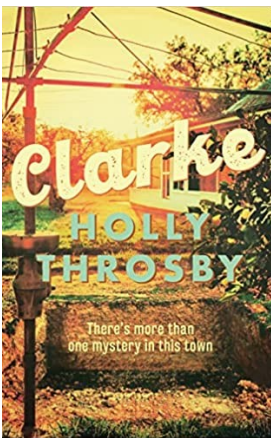
Allison Parker is on the run with her teenage daughter, Hannah, and Colter Shaw has been hired by her eccentric boss, entrepreneur Marty Harmon, to find and protect her. Though he's an expert at tracking missing persons-even those who don't wish to be found-Shaw has met his match in Allison, who brings all her skills as a brilliant engineer designing revolutionary technology to the game of evading detection. The reason for Allison's panicked flight is soon apparent. She's being stalked by her ex-husband, Jon Merritt. Newly released from prison and fueled by blinding rage, Jon is a man whose former profession as a police detective makes him uniquely suited for the hunt.

Fiction



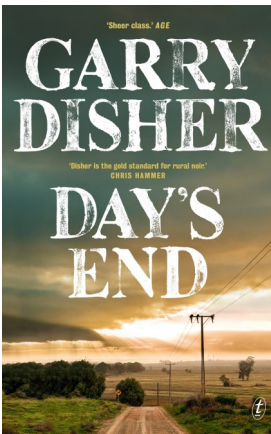
The choice / ROBERTS, Nora

With Odran's defeat at the Battle of the Dark Portal, his quest to rule over Talamh and Breen has stalled - for now. But the terrible battle and heart-breaking losses have taken their toll. It's a time as painful as any Breen has ever known as she helps to treat the wounded, bring the dead home from blood-and ash-soaked battlegrounds and support her friends and family in their grief. With the enemy cast out and the portal sealed it is a time to recover but there is little time to rest. Soon the enemy's witches begin to appear to Breen in her sleep, practicing black magick, sacrificing the innocent, and plotting brutal destruction.



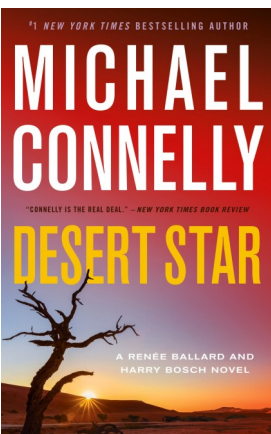
Clarke / THROSBY, Holly

On a hot morning in 1991 in the regional town of Clarke, Barney Clarke (no relation) is woken by the unexpected arrival of many policemen: they are going to search his backyard for the body of a missing woman. Next door, Leonie Wallace and little Joe watch the police cars through their kitchen window. Leonie has been waiting for this day for six years. She is certain that her friend - Ginny Lawson - is buried in that backyard under a slab of suspicious concrete. But the fate of Ginny Lawson is not the only mystery in Clarke.



Day's end / DISHER, Garry

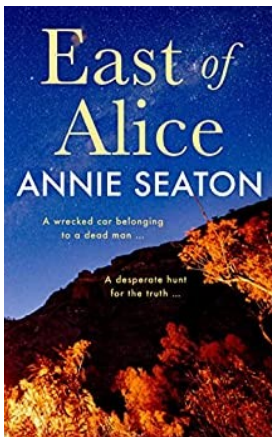
Hirsch's rural beat is wide. Daybreak to day's end, dirt roads and dust. Every problem that besets small towns and isolated properties, from unlicensed driving to arson. In the time of the virus, Hirsch is seeing stresses heightened and social divisions cracking wide open. His own tolerance under strain; people getting close to the edge. Today he's driving an international visitor around- Janne Van Sant, whose backpacker son went missing while the borders were closed. They're checking out his last photo site, his last employer. A feeling that the stories don't quite add up. Then a call comes in- a roadside fire. Nothing much-a suitcase soaked in diesel and set alight-but two noteworthy facts emerge.



Desert star / CONNELLY, Michael

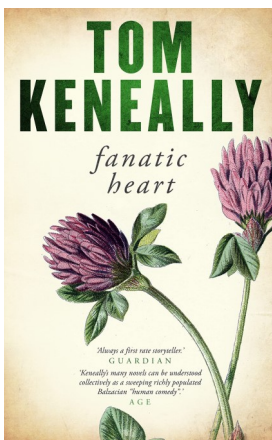
A year has passed since LAPD detective Rene Ballard quit the force in the face of misogyny, demoralisation and endless red tape. Yet after the chief of police himself tells her she can write her ticket within the department, Ballard takes back her badge, leaving 'the Late Show' to rebuild the cold case unit at the elite Robbery-Homicide Division. For years, Harry Bosch has been working a case that haunts him but that he hasn't been able to crack - the murder of an entire family by a psychopath who still walks free.

Fiction



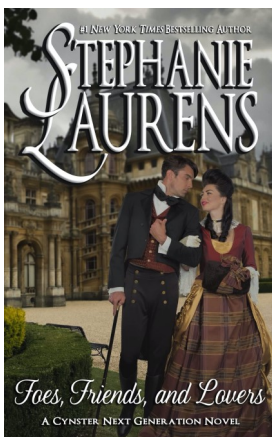
East of Alice / SEATON, Annie

Gemma Hayden has returned to her hometown of Alice Springs for a new job as a primary school teacher. It's been six years since her family broke apart following the disappearance of her twin brother. And the scars still run deep. Hard on the heels of her homecoming, Saul Pearce, the man she once loved, is reposted from Parks and Wildlife in Darwin back to Alice. When an old car wreck is uncovered, washed down the river to Ruby Gap, Saul investigates only to find that the wreck belonged to Ethan, Gemma's twin - and there's a coded note for her in the glovebox.



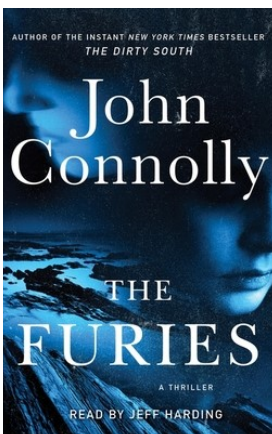
Fanatic heart / KENEALLY, Tom

John Mitchel, Irishman, lawyer, journalist, activist and politician, is a complex character. Charged with treason in Ireland and tried by an English judge he was snuck off mainland Ireland on the day he was charged to avoid a breakout and rebellion. He was transported initially to Bermuda, then to South Africa and then to Van Diemen's Land where as an Irishman he was supported by many and given a ticket of leave. He soon became a farmer and activist and was eventually secreted out of Australia to the USA where his arrival was celebrated. A powerful voice and force for Irish nationalism who also found himself, after landing in the US, supporting the ownership of slaves.



Foes, friends and lovers / LAURENS, Stephanie

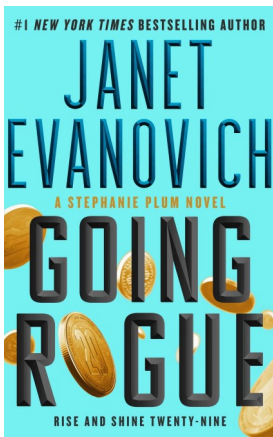
A gentleman searching for a purpose in life sets out to claim his legacy, only to discover that instead of the country residence he'd expected, he's inherited an eccentric community whose enterprises are overseen by a decidedly determined young lady who is disinclined to hand over the reins.



The furies : two Charlie Parker novels / CONNOLLY, John

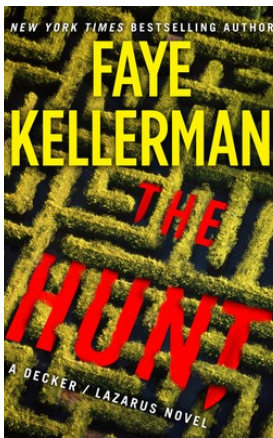
Furies: mythological snake-haired goddesses of vengeance, pursuers of those who have committed unavenged crimes. Now, private investigator Charlie Parker is drawn into a world of modern furies in two linked stories. In The Sisters Strange, the return of the criminal Raum Buker to Portland, Maine brings with it chaos and murder, as an act of theft threatens not only to tear apart his own existence but also that of Raum's former lovers, the enigmatic sisters Dolores and Ambar Strange. And in the title tale, Parker finds himself fighting to protect two more women as the city of Portland shuts down in the face of a global pandemic, but it may be that his clients are more capable of taking care of themselves than anyone could have imagined . . .

Fiction



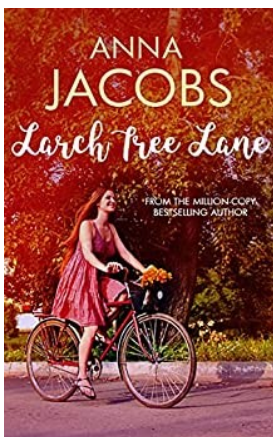
Going rogue / EVANOVICH, Janet

Monday mornings aren't supposed to be fun, but they should be predictable. However, on this particular Monday, Stephanie Plum knows that something is amiss when she turns up for work at Vinnie's Bail Bonds to find that longtime office manager Connie Rosolli, who is as reliable as the tides in Atlantic City, hasn't shown up. Stephanie's worst fears are confirmed when she gets a call from Connie's abductor. He says he will only release her in exchange for a mysterious coin that a recently murdered man left as collateral for his bail.



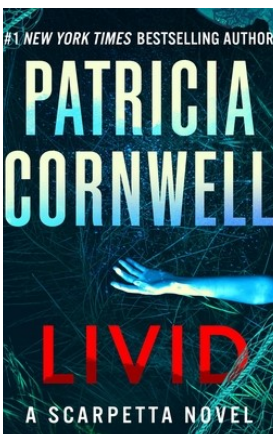
The hunt / KELLERMAN, Faye

Peter and his partner, Detective Tyler McAdams, are thrown into an unsolved case and propelled into action when a body is found in the very woods where a man previously went missing in upstate New York. Teresa McLaughlin, the biological mother of Peter and his wife Rina's foster son, Gabe, has fled to Los Angeles with her two children in tow, hoping to avoid a court injunction amid a messy divorce. But LA is no escape from her problems-she is found by ruthless men and beaten mercilessly. When she wakes, barely conscious, Teresa discovers that both of her children are gone and frantically calls Gabe for help.



Larch Tree Lane / JACOBS, Anna

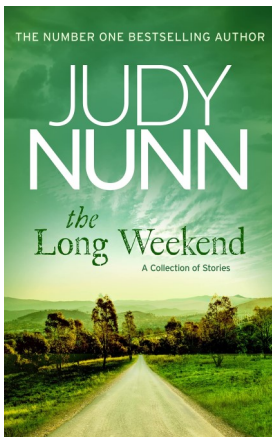
In a village in Wiltshire, just off a busy road, Larch Tree Lane winds slowly up a gentle hill. Among the residents is Maggie Hatherall, full of life despite her advancing years, who worries about what she is going to do with her two-hundred-year-old home. Newcomer Lucia Grey has escaped a bad marriage but her ex is reluctant to let her start a new life free of him. For architect Corin Drayton, an unexpected inheritance is the start of a complicated family wrangle but it does lead to him stumbling upon Larch Tree Lane hidden in the Wiltshire countryside.



Livid / CORNWELL, Patricia

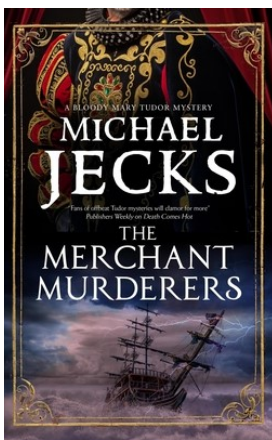
Chief medical examiner Kay Scarpetta is the reluctant star witness in a sensational murder trial when she receives shocking news. The judge's sister has been found dead. At first glance, it appears to be a home invasion, but then why was nothing stolen, and why is the garden strewn with dead plants and insects? Although there is no apparent cause of death, Scarpetta recognizes tell-tale signs of the unthinkable, and she knows the worst is yet to come. The forensic pathologist finds herself pitted against a powerful force that returns her to the past, and her time to catch the killer is running out . .

Fiction



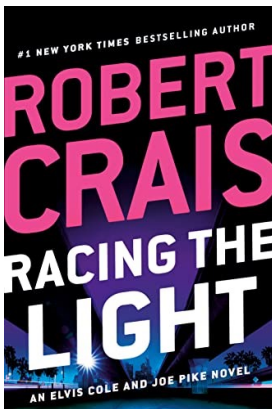
[The long weekend / NUNN, Judy](#)

Six captivating stories from Australia's master storyteller Judy Nunn. This collection is an intoxicating mix of suspense, history, romance, supernatural and mystery!



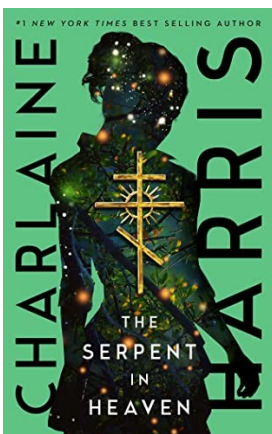
[The merchant murderers / JECKS, Michael](#)

August, 1556. Jack Blackjack is on a simple mission: make it back home to his beloved London. It should be simple, right? Wrong. He's made it as far as Exeter, but before he can secure a fresh steed in that hellish city, he's faced with a dead priest, ruthless thieves, and a devious Dean who's determined to see the back of Jack. That suits Jack just fine - he wants to leave! So when wealthy merchant Wolfe, offers passage to London via sea, Jack jumps at the chance . . . and unwittingly into further danger! With thieves, pirates and potential murderers at every turn who can Jack trust? Will he uncover the truth behind the dead priest and missing merchant ships?



[Racing the light / CRAIS, Robert](#)

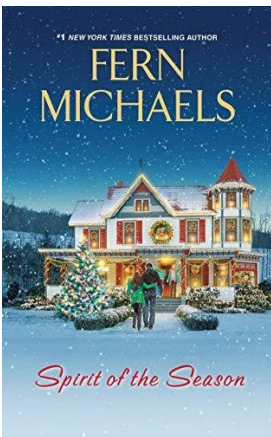
THE CITY OF ANGELS. Adele Schumacher isn't a typical worried mum. When she hires Elvis to find her missing son, a controversial podcaster named Josh Shoe, she brings a bag filled with cash, paranoid tales of government conspiracies, and a squad of mysterious bodyguards. Finding Josh should be simple, but Elvis quickly learns he isn't alone in the hunt - a team of deadly strangers are determined to find Josh first. THE CITY OF LIES. With dangerous secrets lurking behind every lead, Elvis needs his friend Joe Pike more than ever to uncover the truth about Josh, corrupt politicians, and the murderous business cartels rotting the heart of Los Angeles.



[The serpent in heaven / HARRIS, Charlaine](#)

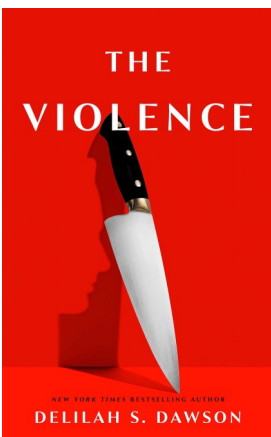
Charlaine Harris returns to her alternate history of the United States where magic is an acknowledged but despised power in this fourth installment of the Gunnie Rose series. Felicia, Lizbeth Rose's half-sister and a student at the Grigori Rasputin school in San Diego--capital of the Holy Russian Empire--is caught between her own secrets and powerful family struggles. As a granddaughter of Rasputin, she provides an essential service to the hemophiliac Tsar Alexei, providing him the blood transfusions that keep him alive. Felicia is treated like a nonentity at the bedside of the tsar, and at the school she's seen as a charity case with no magical ability. But when Felicia is snatched outside the school, the facts of her heritage begin to surface.

Fiction



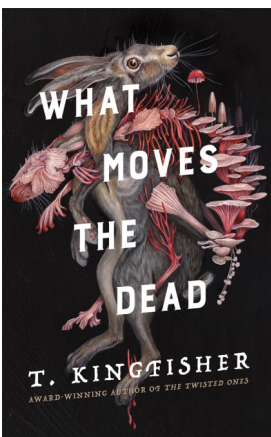
Spirit of the season / MICHAELS, Fern

Joy Preston misses her beloved late grandmother dearly. But when she learns the terms of Nana's will, she's shocked-and more than a little irked. Joy moved to Colorado years ago and is now CEO of a successful nail polish company. Her life is in Denver. How can Nana have expected her to give that up, even temporarily, to take over a bed and breakfast in North Carolina for six months? Still, there's no denying Heart and Soul's charm, especially at holiday time



The violence / DAWSON, Delilah S.

The Violence is a story that takes place in the near future, specifically in 2025 post-COVID pandemic. There is another virus spreading that causes the carrier to be extremely violent. In this world, we follow the lives of three generations of women who have to live during these difficult times and be able to survive this new pandemic.



What moves the dead / KINGFISHER, T.

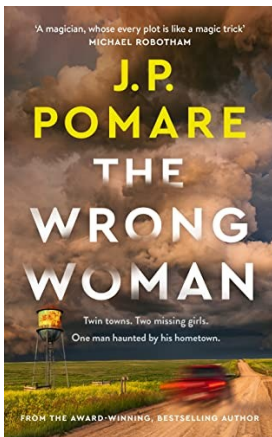
'A gripping and atmospheric retelling of Edgar Allan Poe's classic 'The Fall of the House of Usher'. When Alex Easton, a retired soldier, receives word that their childhood friend Madeline Usher is dying, they race to the ancestral home of the Ushers in the remote countryside of Ruritania. What they find there is a nightmare of fungal growths and possessed wildlife, surrounding a dark, pulsing lake. Madeline sleepwalks and speaks in strange voices at night, and her brother Roderick is consumed with a mysterious malady of the nerves. Aided by a redoubtable British mycologist and a baffled American doctor, Alex must unravel the secret of the House of Usher before it consumes them all.'



The Woolworths Saturday girls / EVEREST, Elaine

1950. The Second World War is over, and life has moved on for the Woolworth girls, Sarah, Maisie and Freda. In a new world the Woolworth women have high expectations of their daughters, wanting them to seize opportunities they didn't have themselves. Ready to take on Saturday jobs at Woolworths, budding friends Bessie, Claudette, Clementine and Dorothy are faced with unforeseeable challenges as the real world comes into focus. Their bond can only be strengthened as they overcome the darkest times. Perhaps their lives are not as clear-cut as their mothers wished them to be...

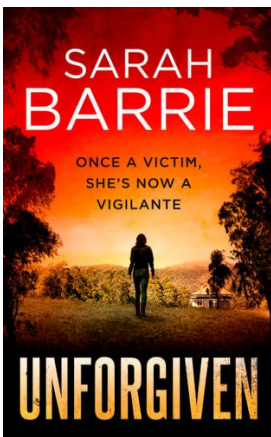
Fiction



The wrong woman / POMARE, J.P.

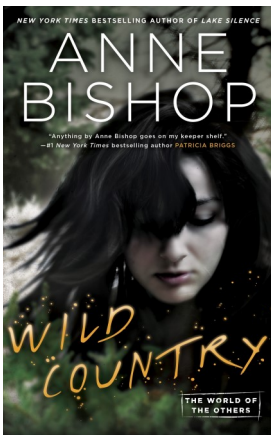
Reid left the small town of Manson a decade ago, promising his former Chief of Police boss he'd never return. He made a new life in the city, became a PI and turned his back on his old life for good. Now an insurance firm has offered him good money to look into a suspicious car crash, and he finds himself back in the place he grew up - home to his complicated family history, a scarring relationship breakdown and a very public career-ending incident. As Reid's investigation unfolds, nothing is as it seems: rumours are swirling about the well-liked young woman who crashed the car, killing her professor husband, and there are whispers about a second local student who has just disappeared.

New to Wollondilly



Unforgiven / BARRIE, Sarah

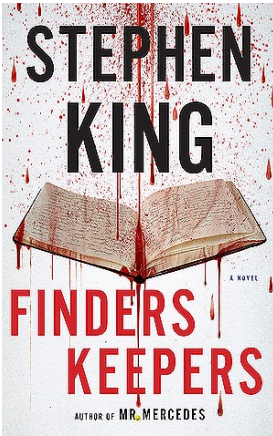
Lexi Winter is tough, street-smart and has stood on her own two feet since childhood, when she was a victim of notorious paedophile the Spider. All she cares about now is a roof over her head and her long-term relationship with Johnny Walker. She isn't particular about who she sleeps with ... as long as they pay before leaving. Lexi is also an ace hacker, tracking and entrapping local paedophiles and reporting them to the cops. When she finds a particularly dangerous paedophile who the police can't touch, she decides to gather enough evidence to put him away. Instead, she's a witness to his death ... Detective Inspector Rachael Langley is the cop who cracked the Spider case, 18 years earlier



Wild country / BISHOP, Anne

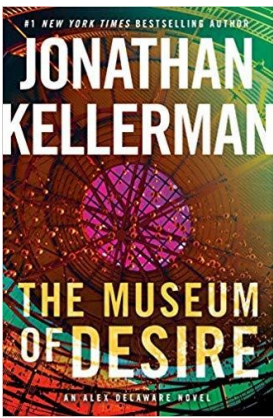
In this New York Times bestselling powerful and exciting fantasy set in the world of the Others series, humans and the shape-shifting Others will see whether they can live side by side...without destroying one another. There are ghost towns in the world --places where the humans were annihilated in retaliation for the slaughter of the shape-shifting Others. One of those places is Bennett, a town at the northern end of the Elder Hills--a town surrounded by the wild country. Now efforts are being made to resettle Bennett as a community where humans and Others live and work together.

New to Wollondilly



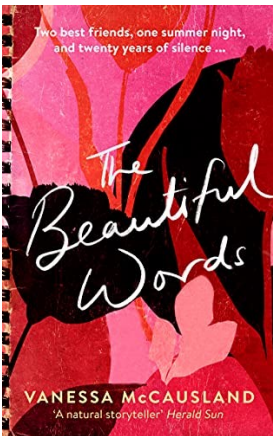
Finders keepers / KING, Stephen

John Rothstein, an iconic author who created a famous character, Jimmy Gold, has not published a book for decades. Morris Bellamy is livid, not just because Rothstein has stopped providing books, but because the nonconformist Jimmy Gold has sold out for a career in advertising. Morris kills Rothstein and empties his safe of cash, yes, but the real treasure is a trove of notebooks containing at least one more Gold novel. Morris hides the money and the notebooks, and then he is locked away for another crime.



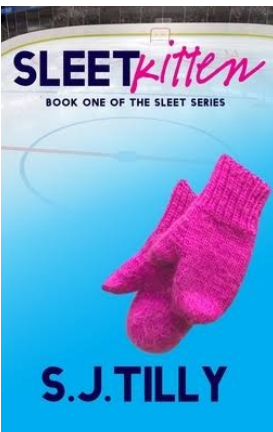
The museum of desire / KELLERMAN, Jonathan

A mansion in Beverly Hills is leased out to host an event wild enough to herald the end of days. The next day there isn't a living soul to be seen. In the driveway sits a super-stretch limo, unlocked, with four bodies inside it. Nothing links the victims together. Each has been killed in a different way. Now it's up to brilliant psychologist Alex Delaware and LAPD Lieutenant Milo Sturgis to begin their grisliest and most baffling case yet. As they struggle to make sense of the mass slaying, they will be forced to confront a level of evil that nothing can prepare them for.



The beautiful words / McCAUSLAND, Vanessa

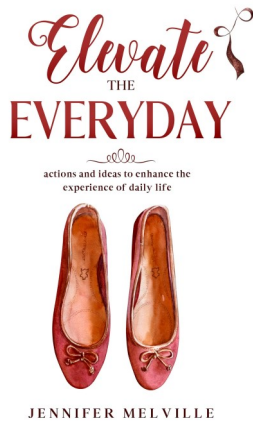
Sylvie is a lover of words and a collector of stories, only she has lost her own. She has no words for that night at the lighthouse when their lives changed forever. What happened to cleave her apart from her best friend and soulmate, Kase? Sylvie yearns to rekindle their deep connection, so when Kase invites her to the wild Tasmanian coast to celebrate her 40th birthday, she accepts - despite the ghosts she must face.



Sleet kitten / TILLY, S. J.

There are a few things that life doesn't prepare you for. Like what to do when a super-hot guy catches you sneaking around in his basement. Or what to do when a mysterious package shows up with tickets to a hockey game because, apparently, he's a professional athlete. Or how to handle it when you get to the game and realize he's freaking famous since half of the 20,000 people in the stands are wearing his jersey. I thought I was a well-adjusted adult, reasonably prepared for life.

Non-Fiction



Elevate the everyday : actions and ideas to enhance the experiences of daily life / MELVILLE, Jennifer

We only get one shot at life here on earth, so why not make the best of it? Life has so much beauty and joy to offer, but at times it can feel inaccessible. Seeking out ways to infuse our daily lives with a bit of magic, elegance, serenity and positivity can have an elevating impact on the overall experience of life. This book will encourage you to examine your habits, behaviours and thought patterns using an analytical and observant approach.

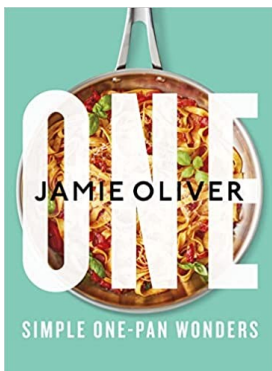
[151.1 MELV]



Sort your money out & get invested / JAMES, Glen

It's time to learn how to manage your money and understand investing.

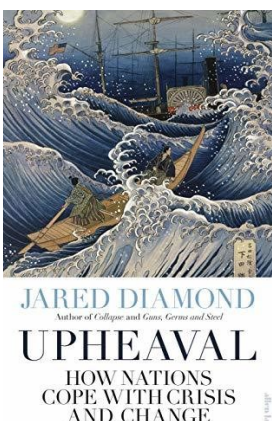
In Sort Your Money Out: and Get Invested, former financial adviser and host of the my millennial money podcast Glen James shares a life-changing approach to the major milestones of your personal finances, such as dealing with debt, embracing a realistic spending plan that works, buying your first home, investing in shares and creating the plan you need for long-term financial success. You'll get the accessible and friendly help you need to get smart with your money, and equip you with the skills and tools to understand and secure your financial future, invest in a property, in shares and in yourself. [332.024 JAME]



One / OLIVER, Jamie ; food photography, LOFTUS, David & CLATWORTHY Richard ; portrait photography, STEWART, Paul

Quick and easy meals are even simpler when you cook with just one pot, pan or tray. And with each recipe using eight ingredients or fewer, requiring minimal prep (and washing up), they offer maximum convenience. ONE is packed with budget-friendly dishes you can rustle up any time - delicious work from home lunches, quick dinners the whole family will love, meals to get novice cooks started. With over 100 recipes that'll teach you simple one-pan techniques

[641.82 OLIV]

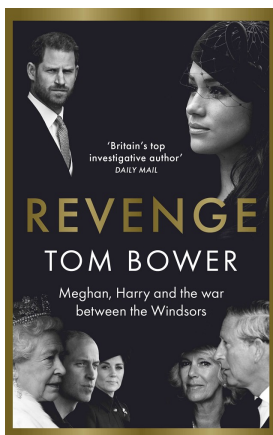


Upheaval : how nations cope with crisis and change / DIAMOND, Jared

Diamond shows us how seven countries have survived defining upheavals in the recent past -- from the forced opening up of Japan and the Soviet invasion of Finland to the Pinochet regime in Chile -- through selective change, a process of painful self-appraisal and adaptation more commonly associated with personal trauma. Looking ahead to the future, he investigates whether the United States, and the world, are squandering their natural advantages and are on a devastating path towards catastrophe. Is this fate inevitable?

[303.484 DIAM]

Non-Fiction



Revenge : Meghan, Harry and the war between the Windsors / BOWER, Tom

Tom Bower, Britain's leading investigative biographer, unpicks the tangled web surrounding the Sussexes and their relationship with the royal family. From courtroom dramas to courtier politics, using extensive research, expert sourcing and interviews from insiders who have never spoken before, this book uncovers an astonishing story of love, betrayal, secrets and revenge.

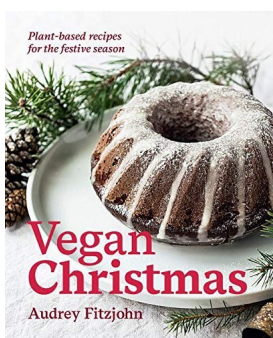
[941.085 BOWE]



RecipeTin Eats dinner : 150+ recipes from Australia's favourite cook / MAEHASHI, Nagi

Through her phenomenally popular online food site, RecipeTin Eats, Nagi Maehashi talks to millions of people a year who tell her about the food they love. Now, in her first cookbook, Nagi brings us the ultimate curation of new and favourite RecipeTin Eats recipes - from comfort food (yes, cheese galore), to fast and easy food for weeknights, Mexican favourites, hearty dinner salads, Asian soups and noodles, and special treats for festive occasions.

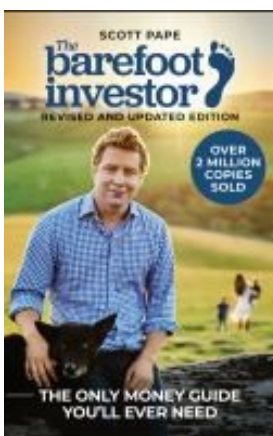
[641.82 MAEH]



Vegan Christmas : plant-based recipes for the festive season / recipes and photographs, FITZJOHN, Audrey

Deck the halls with plant-based goodies, for Vegan Christmas is here. We all know the state of panic. It's your turn to host the whole family for the holidays, which means dozens of people, so you're already stretched thin. And then you find out that so-and-so's new boyfriend is vegan! Luckily for you, this book is a foolproof guide to making plant-based meals for the holidays.

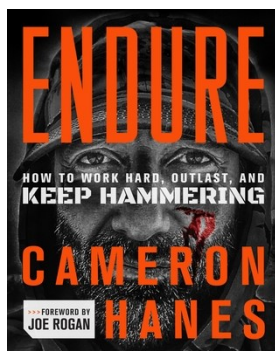
[641.5636 FITZ]



The barefoot investor : the only money guide you'll ever need / PAPE, Scott

This 'classic edition' has been updated for 2022 and beyond. It will include the following changes (with more to come): - A new author prologue will update the readers on what to expect in a post pandemic world. - Revised figures and examples that illustrate the principle rather than the most current numbers to educate and empower readers rather than link to soon-to-be-outdated data. - A new section 'Where to get more information - in one-and-a-bit pages'. This ensures everyone knows how to stay up to date with what's going on that might affect their money, where to get the latest figures for their 'Donald Bradman Retirement Strategy' and where to get help for financial hardship. [332.024 PAPE]

Non-Fiction



Endure : how to work hard, outlast, and keep hammering / HANES, Cameron ; foreword by ROGAN, Joe

Living in a small town where dreams were dismissed and bouncing between the homes of divorced parents, Cameron Hanes carried low expectations and no hope for a life of fulfilled potential. Then he discovered his great love - the bow. For Cameron, finding his drive, his purpose, a reason for pushing himself every single day, changed everything. This book chronicles the lessons Cameron has learned and compels us to raise our expectations of ourselves.

[799.215 HANE]



Good food outdoors : recipes for picnics, barbecues, camping and road trips / HOLDER, Katy

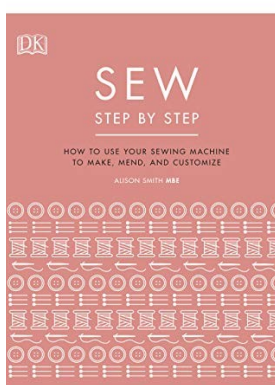
The ultimate cookbook for outdoor eating and covid-safe gatherings. Showcasing 50 recipes that can be made at home and then brought with you, or cooked on the barbecue or campfire at your destination, Good Food Outdoors is your go-to guide for outdoor eating of any kind. Bringing together the best of food writer and stylist Katy Holder's recipes from A Moveable Feast and Hungry Campers Cookbook, this collection offers recipes that are accessible, interesting and contemporary.

[641.578 HOLD]



Be you, be free : your 12-step body positivity plan / EL MASRY, Shreen

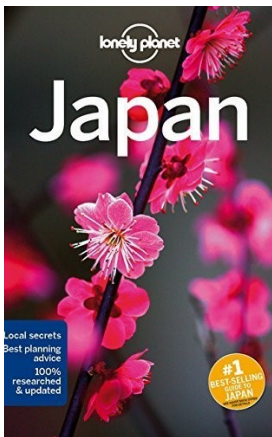
Break free from dieting once and for all with this easy-to-follow guide to healing your relationship with food and exercise from body inclusive personal trainer and certified intuitive eating counsellor Shreen El Masry. Have you been on so many diets that you can't remember a time in your life when you weren't dieting? Be You, Be Free gives you the tools that you need to break free from dieting and make peace with food, exercise and your body. You will learn how to nourish your body in a way that works for you rather than from the punishment of diets and hard-core exercise regimes. [613 ELMA]



Sew step by step : how to use your sewing machine to make, mend, and customize / SMITH, Alison

Make, mend, and customize your own wardrobe with this highly photographic beginner's guide to machine sewing, featuring more than 200 step-by-step techniques. If you've never used a sewing machine before, or if you want to refresh your skills, Sew Step by Step will give you the essentials. Taking you through the basics, including the features of a sewing machine and the qualities of different fabrics, this simple handbook will soon have you making and mending your own clothes and home furnishings. [646.2044 SMIT]

Non-Fiction



[Japan / MILNER, Rebecca \[and ten others\].](#)

Lonely Planet's Japan is your passport to the most relevant, up-to-date advice on what to see and skip, and what hidden discoveries await you. Explore over a thousand temples in old imperial capital Kyoto, relax in one of the onsens scattered across the archipelago, and sample the breadth of Japan's sublime cuisine; all with your trusted travel companion. Get to the heart of Japan and begin your journey now!

[915.2 MILN]

Dr NORMAN
SWAN

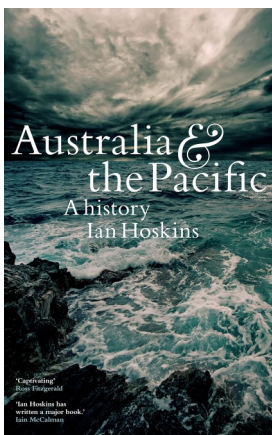
So you want to
Live Younger
Longer?



The ultimate guide to longevity
from Australia's most trusted doctor

[So you want to live younger longer? : the ultimate guide to longevity from Australia's most trusted doctor / Dr SWAN, Norman](#)

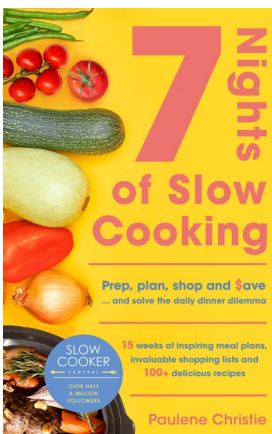
Many of us dream of staying as young as possible as long as possible whether we're in our 30s, 40s, 70s or even 80s, and there's a growing Conga line of products and people offering you just that dream. The dilemma is, which of the pills, mental and physical exercise programs, diets and superfoods actually work? Some of them do help to keep us young, healthy and living longer, others may work when the researchers get the potions right and some are a downright waste of money. So how do you know what and who to trust? [612.68 SWAN]



[Australia & the Pacific : a history / HOSKINS, Ian](#)

Australia & the Pacific is a revealing new way of looking at Australian history. Ian Hoskins, award-winning author of Sydney Harbour and Coast, expands his gaze to examine Australia's story in a Pacific context; from our relationship with neighbours Papua New Guinea, Tahiti and New Zealand to our complex ties with China, Japan and the United States. Beginning with the shifting of the continents, this sweeping narrative goes on to describe the coming of the first Australians and, thousands of years later, the arrival of the Europeans who dispossessed them.

[944 HOSK]



[7 nights of slow cooking / CHRISTIE, Paulene](#)

With the power of inspiring meal plans, invaluable shopping lists, prep hacks and storage tips, and delicious recipes perfect for every occasion, putting dinner on the table every night of the week will be a breeze. Over 100 delicious recipes, including new and trusted family and freezer favourites. From light to hearty week-nighters, showstoppers for Saturday nights and roasts for Sundays - and a bonus desserts chapter. 15 individual weeks of inspiring meal plans and invaluable shopping lists - choose the perfect combination for your family.

[641.5884 CHRI]

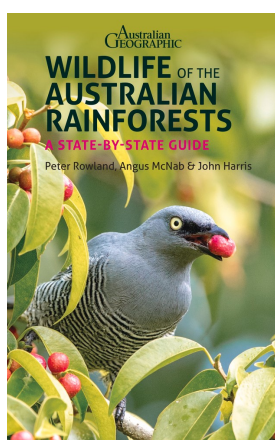
Non-Fiction



Gathering blossoms under fire : the journals of Alice Walker, 1965-2000 / edited by BOYD, Valerie

For the first time, the edited journals of Alice Walker are gathered together to reflect the complex, passionate, talented, and acclaimed Pulitzer Prize winner of *The Color Purple*. She intimately explores her thoughts and feelings as a woman, a writer, an African-American, a wife, a daughter, a mother, a lover, a sister, a friend, a citizen of the world. In an unvarnished and singular voice, she explores an astonishing array of events

[813.54 WALK]



Wildlife of the Australian rainforests : a state-by-state guide / ROWLAND, Peter. MCNAB, Angus & HARRIS, John

Rainforests in Australia are found in Queensland, New South Wales, Victoria, Tasmania, the Northern Territory and Western Australia. This beautifully illustrated guide explores 51 wildlife watching sites in 22 bioregions around Australia, with over 500 colour photographs and 28 maps. Sites are generally open to the public, (some may require permits). Detailed descriptions of the key vertebrate and invertebrate species that can be found in the rainforests are given,

[591.7340994 ROWL]



Wedding hacks : 500+ ways to stick to your budget, stay stress-free, and plan the best wedding ever! / EISENHART, Maddie

Congratulations--you're engaged! But, now what? As you start to share the news with your family and friends, you might start feeling slightly stressed about the amount of planning you suddenly have to do. But wedding planning can actually be easier than you think! With *Wedding Hacks* you'll find solutions to all your wedding planning worries and prevent any problems that you might not have seen coming.

[395.22 EISE]

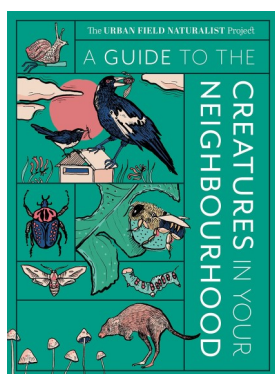


Spirit of the garden / DIXON, Trisha

Gardens can be formal or wild, serene or ostentatious, native or exotic, colourful or monochrome. According to Trisha Dixon, if we like a person, we will probably like their garden. In a series of written reflections, interwoven with her evocative, painterly photographs, Trisha explores the relationship that exists between ourselves, our gardens and the natural landscape.

[635.01 DIXO]

Non-Fiction



A guide to the creatures in your neighbourhood : the Urban Field Naturalist Project / SADOKIERSKI, Zoë, DOOREN, Thom van, HOCHULI, Dieter, MARTIN, John and BURRELL, Andrew

Tune in to the richness and diversity in your local environment with this playful, quirky guide that's packed with interactive projects, nature writing and sketching activities. In cities and suburbs all over Australia, a staggering array of animals and plants make their homes among us.

[590.994 SADO]



The dreaming path : indigenous thinking to change your life / CALLAGHAN, Paul with Uncle GORDON, Paul

Tired of going around in circles? The Dreaming Path has always been there, but in the modern-day world, it can be hard to find. There are so many demands on us -- family, health, bills, a mortgage, a career -- that it can be hard to remember what's most important: you. It's time to reconnect with your story. Through conversations, exercises,

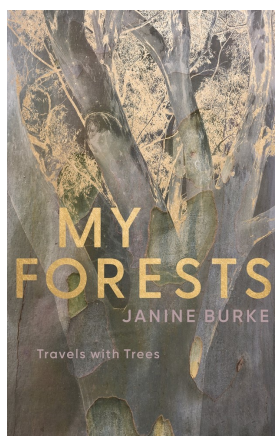
[158.1089 CALL]



Tapestry weaving for beginners and beyond : create graphic woven art with this guide to painting with yarn / CARTER, Kristin

"There are 17 incredible projects for you to experiment and try out your new skills. Each of these can be adapted in order to create your own personalised wall hangings so you can make special heirloom woven art for friends and family. Kristin explains how to set up the loom, gives guidance for yarn amounts and what other tools and equipment are needed for each project.

[746.3 CART]

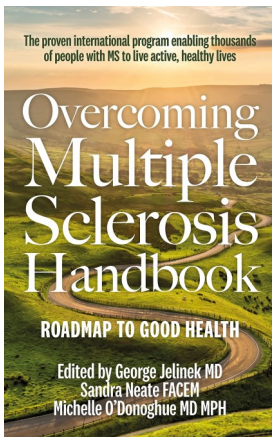


My forests : travels with trees / BURKE, Janine

Join award-winning author and art historian Janine Burke in this enchanting and illuminating meander along forest trails within art, myth, history and present day. The narratives in My Forests are a pleasure to read; like strolling down a meandering track through the trees, you never quite know what you'll discover around that next bend. Travel the ancient Incense Road with the Biblical Magi. Enjoy the dancing Olive groves of Tuscany and read of 'sleeping' Silver Birches.

[582.16 BURK]

Non-Fiction



Overcoming multiple sclerosis handbook : roadmap to good health / edited by JELINEK, George, NEATE, Sandra and O'DONOGHUE, Michelle

This book explains what MS is, and outlines the scientifically credible and evidence-based 7 step self-management program originally devised by Professor George Jelinek. It covers all aspects of living on the program, from first diagnosis to later life, with chapters from medical specialists and other experts on choosing your healthcare team, improving resilience, work, pregnancy and progressive MS. The book taps into the wealth of knowledge and experience in the community of people following the Overcoming Multiple Sclerosis Program, with personal stories from across the world.



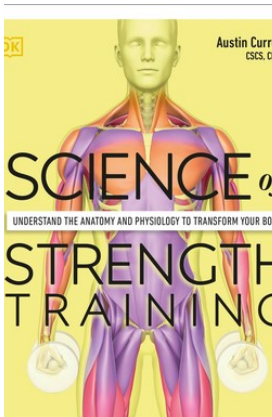
Modern macramé : 33 stylish projects for your handmade home / KATZ, Emily with KUNIN, Johanna ; photographs by FRANZEN, Nicole and WOLF, Shannon

The ultimate guide to creating and styling modern macramé projects in the home from top creative tastemaker and sought-after macramé artist Emily Katz. Macramé--the fine art of knotting--is an age-old craft that's undergoing a contemporary renaissance. At the heart of this resurgence is Emily Katz, a lifestyle icon and artist who teaches sold out macramé workshops around the world and creates swoon-worthy aspirational interiors with her custom hand-knotted pieces.



Cosmic numerology : how to harness your full potential using the power of numbers and planets / KING, Jenn

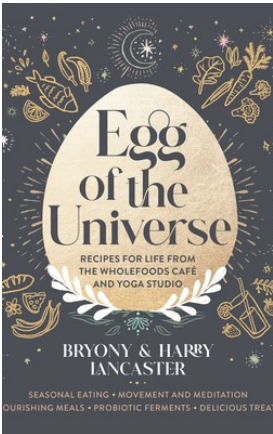
Chart your cosmic course with the numbers and planets by your side. Each chapter includes a section on making the most of a particular day's unique energy, as well as plants and oils, meditations, power colours and body zones that enhance a planet's power. Use this magic manual to tune into the number and planet energies at play in your life, and use this knowledge to maximise the gifts bestowed on you by your birth chart.



Science of strength training : understand the anatomy and physiology to transform your body / CURRENT, Austin

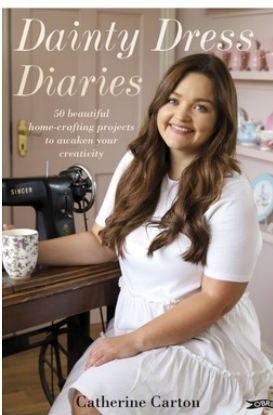
"Whether you want to tone and sculpt, lose weight, gain an athletic edge, or support mobility, strength training will help achieve your goals. [This book] reveals the mechanics of each movement in detail, identifying the muscles and joint actions working below the surface, so you can maximise your workouts and feel you're getting it right."

Non-Fiction



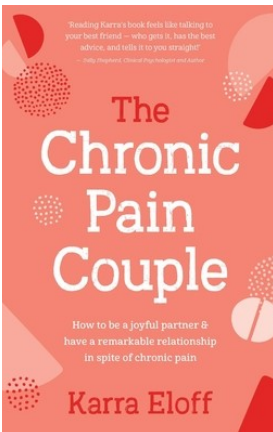
Egg of the Universe : recipes for life from the Wholefoods cafe and yoga studio / LANCASTER, Bryony & Harry ; photography, BENSON, Alan ; illustrator, ZILIBOWITZ, Lara

Sharing seasonal, holistic recipes and a way of life for body and soul - with a focus on gut-friendly ferments, slow cooking and gluten-free eating.



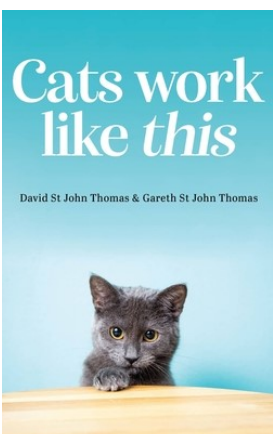
Dainty dress diaries : 50 beautiful home-crafting activities to awaken your creativity / CARTON, Catherine

On her award-winning blog, Dainty Dress Diaries, Catherine Carton welcomes us into her floral, chalk-painted, tea-dress-wearing corner of the internet. Here, in her first book, she shares over fifty of her favourite creative projects upcycling, crafting, sewing, painting and gardening many of which take unloved items and make them shine again. Getting crafty is fun, but it also gives us a few moments of peace in our hectic, plugged-in lives.



The chronic pain couple : how to be a joyful partner & have a remarkable relationship in spite of chronic pain / ELOFF, Karra

The struggle to maintain joy and a fulfilling relationship while coping with chronic illness and pain is a serious problem for millions of people today. Australian health entrepreneur Karra Eloff has drawn on academic research and her own pursuit of joy in spite of suffering to develop this trailblazing, compassionate, low-energy and practical path to a remarkable new normal, delivering much-needed solutions to couples living with one partner's chronic pain.



Cats work like this / St John Thomas, David & Gareth

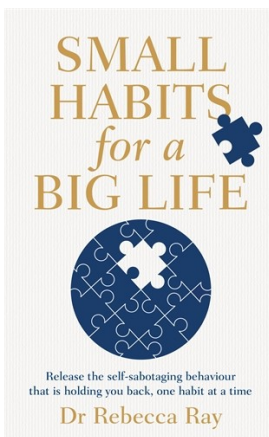
Cats Work Like This is for cat lovers who know that even after ten thousand years of living with cats, no one really has a clue what their cat is thinking. In this insider's guide to the habits of these puzzling animals, the authors offer insights from two generations of watching their cats work. They share the sometimes hilarious and often astonishing observations on cats that have accumulated over ages, and offer some useful insights into how to understand your own cat.

Non-Fiction



New rural : where to find it and how to create it / WEIR, Ingrid

How do you design your life? *New Rural: Where to Find It and How to Create It* is an interiors book for a new way of living that combines the space and freedom of rural existence with the connections and opportunities of the modern world. This stunning photo-filled hardback is a guide for those dreaming of moving to the country; inspiration for anyone who craves touches of rural magic and cottagecore in their home - wherever that may be; and a window to the distinctive allure of Australia's vibrant regional towns.



Small habits for a big life / RAY, Rebecca

Change is not about grand statements and sweeping gestures. It is about chipping away, a bit at a time, at the habits that hold us back. Dr Rebecca Ray knows about the power of small habits to make big changes. By introducing small changes into her own life, she transformed her career as a clinical psychologist to become one of Australia's most effective communicators on matters of the mind. Rebecca has helped many members of her large online community and her clients do the same.



Yiayia next door / MANCUSO, Daniel & Luke (with Yiayia)

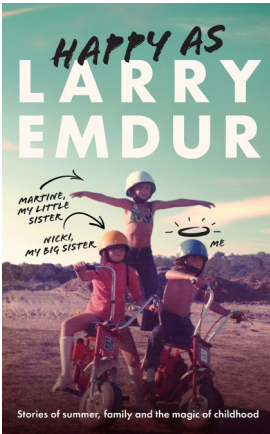
When Daniel and Luke Mancuso lost their beloved mother Teresa to domestic violence, the Greek grandmother next door stepped in and started looking after them, passing home-cooked meals over the fence. This simple act of kindness helped Daniel and Luke navigate the fog of grief that followed, and captured the hearts of Australia when they started to share the meals and their special relationship with 'Yiayia' on social media. Now we can all enjoy Yiayia's home cooking, with this collection of traditional recipes from her kitchen and those of yiayias all around Australia.



100 tales from Australia's most haunted places / POBJIE, Ben

From the ghostly black horse of Sutton Forest to the butcher of Adelaide Street, a haunted Brisbane lift to the chilling experiments carried out by Doctor Blood of the North Kapunda Hotel, Australia abounds in spooky stories that are all unnervingly based in fact and tied to real places to visit or avoid. In *100 Tales from Australia's Most Haunted Places*, comedy writer and general scaredy cat Ben Pobjie communes with the spirit world to send a shiver down your spine. A book best read with the light left on.

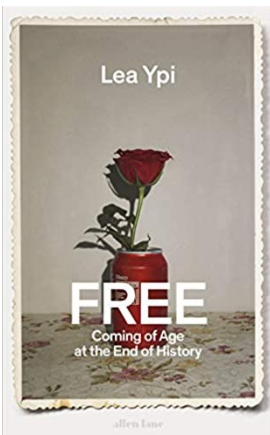
Biographies



Happy as : stories of summer, childhood and the magic of family / EMDUR, Larry

Larry Emdur is one of Australia's most popular and enduring TV personalities. Happy As is a memoir of becoming Larry. Long before the game shows and morning TV, Larry Emdur was just Larry, a cheeky kid from Bondi who grew up paddling round the kiddies' pool on a foam surfboard, and rocking a safari suit and bowl haircut. It was an idyllic childhood growing up in the 1970s and '80s, dominated by endless summers, adventures with mates, sunburnt noses and board rashes, all underpinned by his dad's simple rule: 'Be nice to everyone.'

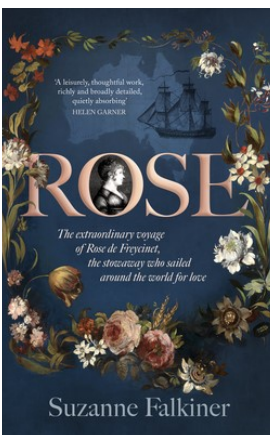
[[791.45 EDMU]



Free : coming of age at the end of history / YPI, Lea

Lea Ypi grew up in one of the most isolated countries on earth, a place where communist ideals had officially replaced religion. Albania, the last Stalinist outpost in Europe, was almost impossible to visit, almost impossible to leave. It was a place of queuing and scarcity, of political executions and secret police. To Lea, it was home. People were equal, neighbours helped each other, and children were expected to build a better world.

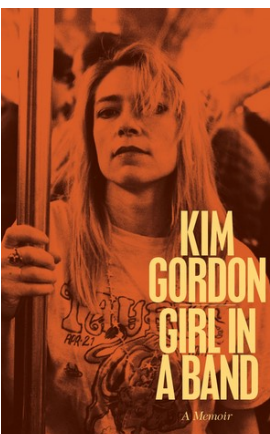
[949.6504 YPI]



Rose : the extraordinary voyage of Rose de Freycinet, the stowaway who sailed around the world for love / FALKINER, Suzanne

The voyage of Rose de Freycinet, the stowaway who defied the French for love. In 1814, in the aftermath of the French Revolution, nineteen-year-old Rose Pinon married handsome naval officer Louis de Freycinet, fifteen years her senior. Three years later, unable to bear parting from her husband, she dressed in men's clothing and slipped secretly aboard his ship the day before it sailed on a voyage of scientific discovery to the South Seas.

[910.41 FREY]

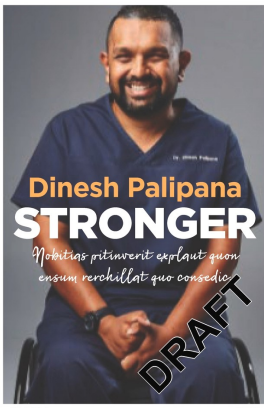


Girl in a band / GORDON, Kim

Kim Gordon, founding member of Sonic Youth, fashion icon, and role model for a generation of women, now tells her story, a memoir of life as an artist, of music, marriage, motherhood, independence, and as one of the first women of rock and roll. Gordon tells the story of her family, growing up in California in the '60s and '70s, her life in visual art, her move to New York City, the men in her life, her marriage, her relationship with her daughter, her music, and her band.

[782.4216 GORD]

Biographies



Stronger / PALIPANA, Dinesh

A puddle of water on a highway changed Dinesh Palipana's life forever. Halfway through medical school, Dinesh was involved in a catastrophic car accident that caused a cervical spinal cord injury. After his accident, his strength and determination saw him return to complete medical school - now with quadriplegia. Dinesh was the first quadriplegic medical intern in Queensland, and the second person with quadriplegia to graduate medical school in Australia.

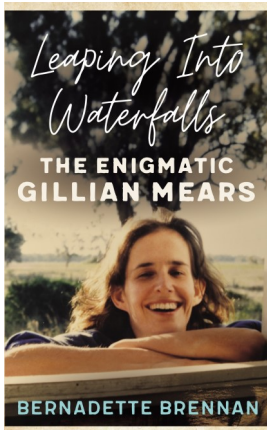
[610 PALI]



The girl in the green dress / HAYNES, Jeni and Dr BLAIR-WEST, George with Alley Pascoe.

'I didn't know that you're only supposed to have one personality. I didn't realise that having lots of voices in your head was abnormal. But you are protecting yourself. You are protecting your soul, and that's what I did.' An intelligent, poised woman, Jeni Haynes sat in court and listened as the man who had abused her from birth, a man who should have been her protector, a man who tortured and terrified her, was jailed for a non-parole period of 33 years. The man was her father.

[616.8523 HAYN]



Leaping into waterfalls : the enigmatic Gillian Mears / BRENNAN, Bernadette

Leaping into Waterfalls explores the rich, tumultuous life of Gillian Mears, one of Australia's most significant writers of the last forty years. Gillian Mears appeared to many to be a shy woman from Grafton, but her lived and imaginative lives were rich with adventure, risk and often transgressive passion. In her award-winning and acclaimed novels and short stories, Mears wrote fearlessly of the dark undercurrents of country and family life, always probing the depths and complexity of human desire. Mears' sensuality and sexuality were the driving forces of her life and writing.

[A823.3 MEAR]

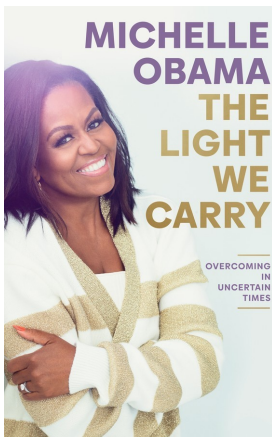


The girl who fell from the sky : an extraordinary true story of resilience, courage, hope and finding lightness after the heaviest of landings / CAREY, Emma

"From a terrible accident that left her paraplegic, Emma Carey has become an inspiration for hundreds of thousands online to live life to the fullest and remind us that if we can, we must. There on that helicopter, somewhere over Switzerland on a Sunday in June, came the first tiny whisper. A voice that would carry me for years to come. 'I'm going to be ok. There's still joy here.' When Emma Carey was twenty, she fell from 14,000 feet and survived.

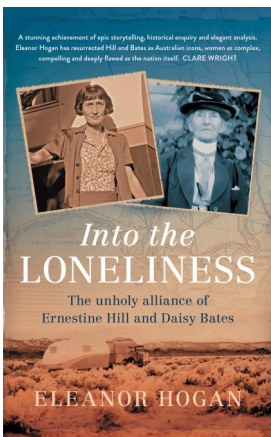
[362.43 CARE]

Biographies



The light we carry : overcoming in uncertain times / OBAMA, Michelle

"Mrs. Obama offers readers a series of fresh stories and insightful reflections on change, challenge, and power, including her belief that when we light up for others, we can illuminate the richness and potential of the world around us, discovering deeper truths and new pathways for progress. Drawing from her experiences as a mother, daughter, spouse, friend, and First Lady, she shares the habits and principles she has developed to successfully adapt to change and overcome various obstacles--the earned wisdom that helps her continue to "become." She details her most valuable practices, like "starting kind," "going high," and assembling a "kitchen table" of trusted friends and mentors.



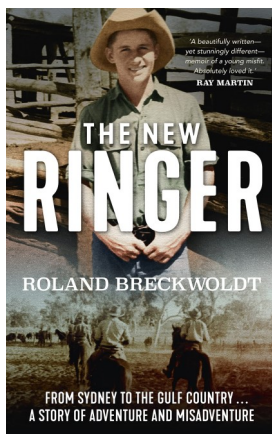
Into the loneliness : the unholy alliance of Ernestine Hill and Daisy Bates / HOGAN, Eleanor

An original and riveting biography of two of the most singular women Australia has ever seen. Daisy Bates and Ernestine Hill were bestselling writers who told of life in the vast Australian interior. Daisy Bates, dressed in Victorian garb, malnourished and half-blind, camped with Aboriginal people in Western Australia and on the Nullarbor for decades, surrounded by her books, notes and artefacts. A self-taught ethnologist, desperate to be accepted by established male anthropologists, she sought to document the language and customs of the people who visited her camps.



Mean baby : a memoir of growing up / Selma Blair.

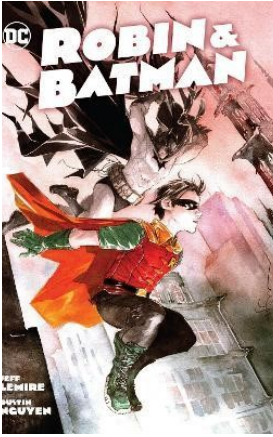
Selma Blair has played many archetypal roles: gullible ingénue in Cruel Intentions. Preppy ice queen in Legally Blonde. Fire-starter in Hellboy. Muse to Karl Lagerfeld. Face of Chanel. Cover model. Advocate for the multiple sclerosis community. But before all of that, Selma was known best for being one thing: a mean baby. In a memoir that is as wildly funny as it is emotionally shattering, Selma Blair tells the captivating story of growing up and finding her truth. The first story Selma Blair Beitner ever heard about herself is that she was a mean, mean baby.



The new ringer / Roland Breckwoldt.

A shy young man from the suburban outskirts takes himself to Gulf Country on a 1960s boys own adventure that changes his life forever. 'We can give you a start. You will need a six foot by four foot piece of canvas and blanket. If you stay for three months we will refund your fare. You will need to fly TAA out of Cloncurry and advise me your date of arrival.' And so began the adventures and misadventures of young Roland Breckwoldt. It was 1960. He was not yet sixteen, and the unworldly Roland was leaving his home on the semi-agricultural fringes of Sydney to work as a stockman on the vast cattle stations of the Gulf Country of North Queensland.

Graphic Novels



Robin & Batman. Vol. 1 / LEMIRE, Jeff, writer ; NGUYEN, Dustin, illustrator ; WANDS, Steve, letterer.

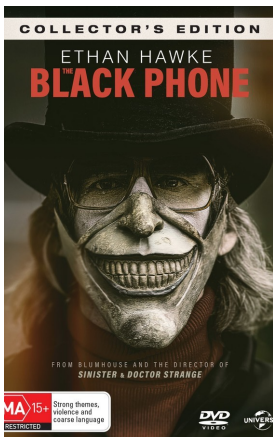
Robin is just starting out at the side of Batman, struggling to find his own path from personal tragedy to being a Superhero. The legendary story of Batman and Robin has reached nearly mythic proportions: the crime-fighting Dynamic Duo, always one step ahead of the criminals they pursue and never meeting a case too big. This isn't that story. This is the story of a young Dick Grayson, newly orphaned, struggling to find his way in a strange, difficult, dark new world...This is the story of Robin and Batman.



Persepolis / SATRAPI, Marjane

This text tells the story of Marjane Satrapi's life in Tehran from six to 14, years that saw the overthrow of the Shah's regime, the triumph of the Islamic Revolution & the devastating effects of war with Iraq. Satrapi paints a portrait of daily life in Iran & of the bewildering contradictions between home life & public life.

DVDs



The black phone.

Finney Shaw, a shy but clever 13-year-old boy, who is abducted by a sadistic killer and trapped in a soundproof basement where screaming is of little use. When a disconnected phone on the wall begins to ring, Finney discovers that he can hear the voices of the killer's previous victims. And they are dead set on making sure that what happened to them doesn't happen to Finney.

[Rating: MA15+]



Bullet train

In Bullet Train, Brad Pitt stars as Ladybug, an unlucky assassin determined to do his job peacefully after one too many gigs gone off the rails. Fate, however, may have other plans, as Ladybug's latest mission puts him on a collision course with lethal adversaries from around the globe - all with connected, yet conflicting, objectives - on the world's fastest train... and he's got to figure out how to get off. From the director of Deadpool 2, David Leitch, the end of the line is only the beginning in a wild, non-stop thrill ride through modern-day Japan.

[Rating: MA15+]



Come as you are

Three young men with disabilities hit the road with a jaded nurse driver to a brothel in Montreal catering to people with special needs. Remake of the acclaimed Belgian film 'Hasta La Vista'

[Rating : MA15+]



Flight attendant : The complete first season

A reckless flight attendant with an alcohol problem wakes up in the wrong hotel, in the wrong bed, with a dead man - and no idea what happened. Unable to piece the night together, she begins to wonder if she could be the killer.

[Rating : MA15+]

DVDs



Euphoria. Complete seasons 1 + 2 plus special features.

Serving as a guide through the teenage landscape of substance-enhanced parties and anxiety-ridden daily life is 17-year-old Rue Bennett, a drug addict fresh from rehab trying to make sense of her future in Season 1. Between seasons, two special episodes set over the Christmas holiday explore the aftermath of the season finale. Season 2 follows Rue and her friends as they enter a new year, questioning their choices and what they want for themselves. Regret for the mistakes they've made leads to a longing for redemption as reality, fantasy, past and present collide.

[Rating : R18+]



White elephant

When two cops witness an assassination attempt, a ruthless crime boss orders Gabriel Tancredi, an ex-Marine turned mob enforcer, to eliminate any and all threats. With an eager underling out to prove himself, rival gangs making moves, and a rising body count, every step Tancredi makes threatens lives, including his own. [

Rating : R18+]



Yellowstone : Season 3

In the most explosive season of Yellowstone yet, John Dutton and his family must protect their land from new and old enemies, lead by Wall Street maverick Roarke. Threatened by betrayals, bad blood, and lucrative business deals, the Dutton's form unexpected alliances and confront dangerous measures to safeguard their legacy.

[Rating : MA15+]



Yellowstone. Season 4.

Who shot John Dutton? That's the burning question that left fans reeling in the explosive season 3 finale. Following the brutal attacks on Kayce, Beth, and John Dutton, and with their fates unknown, Rip and the other wranglers wield their own brand of justice to take revenge and defend the Dutton legacy. This season digs deeper than ever into the rich Yellowstone history, with flashbacks featuring Tim McGraw and Faith Hill (stars of the Yellowstone prequel 1883).

[Rating : MA15+]