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August 2026 MBS

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The 25th Hour Neal Schore



The 25th Hour

Schore, Neal

Are you craving not just extra time but the wisdom and self-awareness to use it joyfully and effectively? An elite executive coach brings us his proprietary approach to finding at least another hour in our day to do anything we want—all by learning to manage our fears and other emotions better.



Greatness Doesn't Care: How you become the greatest version of YOU

Dunn, Jason

Through raw storytelling, sharp insights, and a voice that feels like a trusted mentor and a drill-sergeant rolled into one, the author challenges readers to stop negotiating with their dreams and start executing.

SYD BASED AUTHOR



S&S UK TRADE NF | TPB
S&S SELF-HELP | 234 x 153 mm | 272 pp.



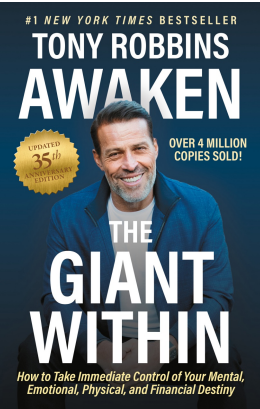
9781398550995 | 34.99 AUD | 39.99 NZD



S&S Major Street Publishing | TPB
S&S SELF-HELP | 234 X 153 mm | 288 pp.



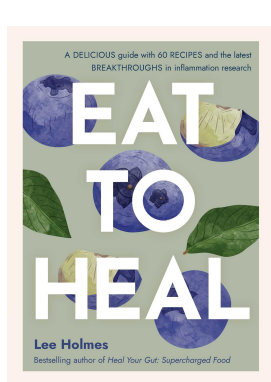
9781923186514 | 34.99 AUD | 39.99 NZD



Awaken The Giant Within, Updated

ROBBINS, TONY

Tony Robbins has coached, inspired and helped millions of people. The #1 bestselling author is back with an update to Awaken the Giant Within, offering his most effective strategies and techniques for mastering your emotions, your body, your relationships, your finances and your life.



Eat to Heal: A delicious guide with the latest breakthroughs in inflammation research

Holmes, Lee

An anti-inflammatory protocol to reset your gut, rewire your brain and supercharge your body.

Palm Beach NSW Author Based



S&S UK TRADE NF | TPB
S&S PERSONAL DEVELOPMENT | 234 X 153 mm | 560 pp.



9781471188435 | 36.99 AUD | 39.99 NZD

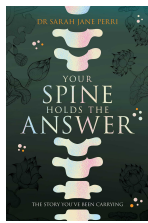


S&S ROCKPOOL PUBLISHING | TPB
S&S GENERAL HEALTH | 229 X 175 mm | 240 pp.



9781922468147 | 34.99 AUD | 39.99 NZD





Your Spine Holds the Answer: The Story You've Been Carrying
Perri, Dr Sarah Jane
 Dr Sarah Jane Peri is a holistic chiropractor and founder of Spinal Energetics. She has a global eneterprise of over 800 practitioners and is an acclaimed teacher in the field of body therapy and chiropractic treatments.

VIC BASED AUTHOR



S&S DEAN PUBLISHING | TPB
 S&S ALTERNATIVE HEALTH | 234 X 153 mm | 300 pp.



9781764372329 | 36.99 AUD | 41.99 NZD



Caesarean Birth: Your Questions Answered
de Costa, Caroline
 The latest research about caesarean birth from one of Australia's leading obstetricians

VIC AUTHOR BASED



S&S MELBOURNE UNIVERSITY PUBLISHING | TPB
 S&S GENERAL HEALTH | 234 X 153 mm | 240 pp.



9780522882360 | 32.99 AUD | 37.99 NZD



Psychic Awakening Oracle: Unlock Your Gifts
Stone, Claire
 Discover your spiritual and psychic powers



S&S ROCKPOOL PUBLISHING | SLI
 S&S MIND BODY SPIRIT | 128 X 90 mm | 128 pp.



9781923200928 | 34.99 AUD | 39.99 NZD



Seasons of the Witch Autumn Tarot: A journey through Mabon
Anderson, Lorriane
 The Seasons of the Witch series returns with Autumn Tarot, an exploration of mystery, magic and transformative transitions.



S&S ROCKPOOL PUBLISHING | SLI
 S&S MIND BODY SPIRIT | 170 X 115 mm | 128 pp.



9781923208742 | 39.99 AUD | 46.99 NZD



Seasons of the Witch Winter Tarot: A journey through Yule and Imbolc
Anderson, Lorriane
 The first enchanting tarot in the bestselling Seasons of the Witch series, this winter-themed deck by Lorriane Anderson explores the wisdom of Yule and Imbolc. Featuring artwork by Tijana Lukovic and a foreword by Juliet Diaz, it offers guidance through rest, reflection, and spiritual renewal.

RELIST

S&S ROCKPOOL PUBLISHING | SLI
 S&S MIND BODY SPIRIT | 186 X 132 mm | 208 pp.



9781923208339 | 39.99 AUD | 46.99 NZD



Seasons of the Witch Mabon Journal
Anderson, Lorriane
 This beautiful journal expands on the themes of Seasons of the Witch – Mabon Oracle, which celebrates balance, equity and harmony, as the wheel of the year comes to an end.

PART OF SEASONS OF THE WITCH

S&S ROCKPOOL PUBLISHING | NSP
 S&S STATIONERY | 230 X 179 mm | 208 pp.



9781923208377 | 29.99 AUD | 35.00 NZD

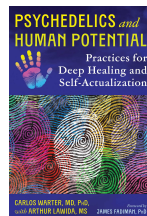


The Luminous Women Oracle: A 49-Card Deck and Book
Saxod, Eloha Loups
 A deck to help you illuminate your strengths and embrace your shadow

Inner Traditions | SLI
 S&S MIND BODY SPIRIT | 140 X 102 mm | 244 pp.



9798888504628 | 36.99 AUD | 39.99 NZD



Psychedelics and Human Potential: Practices for Deep Healing and Self-Actualization
Warter, Carlos
 A guide to psychedelically facilitated personal growth and self-discovery

Inner Traditions | TPB
 S&S MIND BODY SPIRIT | 229 X 152 mm | 192 pp.



9798888503461 | 36.99 AUD | 39.99 NZD





The Sirian Starseed Tarot

Cori, Patricia

A Tarot deck to help seekers awaken to their celestial origin with empowerment, transformation, and spiritual guidance

Inner Traditions | SLI
S&S MIND BODY SPIRIT | 191 X 133 mm | 128 pp.



9 781591 434696 | 9781591434696 | 49.99 AUD | 52.99 NZD



Turtle Island and the Tradition of Giants: When Earth Met Sky and Men Walked with Gods

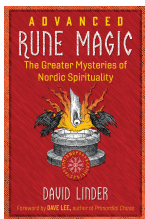
Hamilton, Ross

The story of giants in the Indigenous prehistory of the Americas

Inner Traditions | TPB
S&S MIND BODY SPIRIT | 229 X 152 mm | 352 pp.



9 781591 434702 | 9781591434702 | 39.99 AUD | 42.99 NZD



Advanced Rune Magic: The Greater Mysteries of Nordic Spirituality

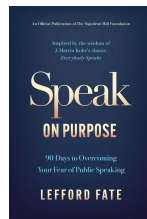
Linder, David

Accessing deeper levels of rune magic to achieve self-transformation

Inner Traditions | TPB
S&S MIND BODY SPIRIT | 229 X 152 mm | 288 pp.



9 798888 502174 | 9798888502174 | 39.99 AUD | 42.99 NZD



Speak on Purpose: 90 Days to Overcoming Your Fear of Public Speaking

Fate, Lefford

Inspired by J. Martin Kohe's classic Everybody Speaks and powered by the timeless principles of the Napoleon Hill Foundation, this modern guide blends real-world stories, daily exercises, and motivational coaching to help you speak with courage—and live with purpose.

S&S SOUND WISDOM | B+P
S&S SELF-HELP | 229 X 152 mm | 192 pp.



9 781640 957107 | 9781640957107 | 29.99 AUD | 34.99 NZD



Find Your Calm Anxiety Workbook

Editors of Thunder Bay Press

These approachable techniques to overcoming anxiety will help you develop a healthier and more confident mindset.

S&S Printers Row | NSP
S&S SELF-HELP | 254 X 203 mm | 144 pp.



9 781667 212661 | 9781667212661 | 29.99 AUD | 35.00 NZD



The Rocky Horror Show: Official Tarot Deck and Guidebook

Books, Titan

Ideal for tarot enthusiasts and Rocky Horror Show super fans, this collectible set is a perfect gift. Go on, I see you shiver in antici....pation.

S&S TITAN BOOKS | SLI
S&S TV TIE IN | 146 X 98 mm | 78 pp.



9 781835 416778 | 9781835416778 | 49.99 AUD | 59.99 NZD



Disney Fairies Tarot Deck and Guidebook

Silverman, Linzi

Find your faith, trust, and pixie dust with a whimsy-filled tarot deck inspired by Tinker Bell and the beloved fairies, creatures, and seasons from the magical world of Pixie Hollow.

S&S INSIGHT EDITIONS | SLI
S&S MIND BODY SPIRIT | 140 X 89 mm | 128 pp.



9 798337 402475 | 9798337402475 | 49.99 AUD | 59.99 NZD

