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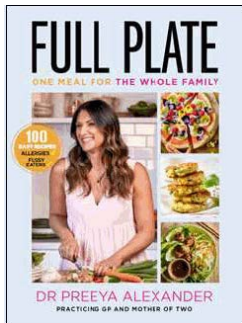
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Full Plate

Alexander, Preeya

Full Plate is your ultimate solution to mealtime mayhem from a practicing GP. More than a cookbook, this is your go-to guide for tackling fussy eaters, allergies, and the daily struggle of what to cook. Dr Preeya's stress-free, budget-friendly and downright delicious recipes cater to the diverse tastes and dietary needs of every family member. With practical tips steeped in medical science, creative substitutions, and a passion for making every meal a joy, *Full Plate* is a culinary lifesaver for families seeking harmony, health and happiness around the dinner table.

AVAILABLE MAY - ORDER 25 MARCH

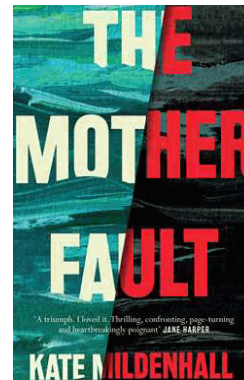


Simon & Schuster Australia | S&S SIM & SCH (AUS) | Paperback
S&S GENERAL HEALTH | 234 x 153 mm | 256 pp.

ISBN 978-176110900-3



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The Mother Fault

Mildenhall, Kate

The breakout novel called 'a triumph' by Jane Harper, *The Mother Fault* is the riveting tale of one woman taking on the world to save her own.

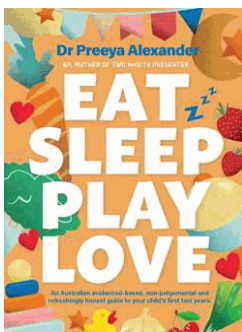


Simon & Schuster Australia | S&S SCRIBNER AUSTRALIA | Paperback
S&S GENERAL FICTION | 198 x 128 mm | 368 pp.

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Eat, Sleep, Play, Love

Alexander, Preeya

A practical, non-judgmental and honest guide to the first two years of a child's life for a new generation of Australian parents.



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ISBN 978-176110897-6



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Then There Was Her

Cachia, Sophie

The bestselling, heartfelt memoir from Sophie Cachia, who reveals never-before-shared details of her marriage breakdown, and how delving into her feminine intuition and falling in love with a woman transformed her.



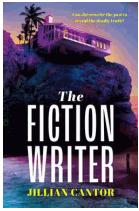
Simon & Schuster Australia | S&S SIM & SCH (AUS) | Paperback
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The Fiction Writer

Cantor, Jillian

A gripping tale of romance, intrigue and deadly secrets – for fans of Daphne du Maurier's *Rebecca*, Colleen Hoover's *Verity* and Taylor Jenkins Reid's *The Seven Husbands of Evelyn Hugo*.

Simon & Schuster Australia | S&S SIM & SCH (AUS) | Paperback
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ISBN 978-176142242-3



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The Favour

French, Nicci

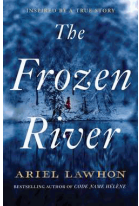
A good deed can turn deadly. When Liam unexpectedly turns up in Jude's life after ten years of no contact, asking her for a favour, she just can't say no. He was her first love, and even though she is now a successful doctor and about to get married, he will always be someone special to her.

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The Frozen River

Lawhon, Ariel

From the bestselling author of *Code Name Hélène* comes a gripping historical mystery inspired by the life and diary of Martha Ballard, a renowned 18th-century midwife who investigates a shocking murder that unhinges her small community.

Simon & Schuster Australia | S&S SIM & SCH (AUS) | Paperback
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ISBN 978-176142341-3



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The Mother's Gratitude Journal

Francis, Meagan

A guided journal moms can use to reflect on ordinary days and extraordinary moments. With unintimidating entries such as "quick lists", writing in her journal becomes a mom's chance to capture the essence of the season they're in.

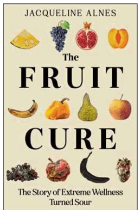
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Weldon Owen | S&S WELDON OWEN | Hardcover
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The Fruit Cure

Alnes, Jacqueline

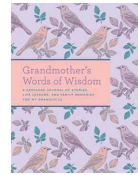
In *The Fruit Cure*, Jacqueline Alnes takes readers on a spellbinding and unforgettable journey through the fringe world of fruitarianism. A powerful personal narrative, it is also a damning inquiry into the sinister strains of wellness culture that prey on people's vulnerabilities through schemes, scams and diets masquerading as hope.

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Weldon Owen

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Counting the Cost

Duggar, Jill

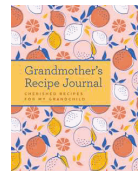
For the first time, discover the unedited truth about the Duggars, the traditional Christian family that captivated the nation on TLC's hit show *19 Kids and Counting*.

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Grandmother's Recipe Journal

Weldon Owen

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ISBN 978-168188827-9



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French, Nicci

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Grandmother's Memories: A Keepsake Box and Journal Set

Weldon Owen

This unique keepsake box and journal set is destined to become a treasured gift that any grandmother will be delighted to share with her beloved grandchildren.

Weldon Owen | S&S WELDON OWEN | Kit - Hardcover
S&S STATIONERY | 238 x 184 mm | 144 pp.

ISBN 978-168188830-9



9781681888309 59.99 AUD | 69.99 NZD





Grandmother's Journals The Complete Gift Set
Blue Streak

This beautiful keepsake box features three hardbound journals for a grandmother to record her memories: *Grandmother's Words of Wisdom*, *Grandmother's Recipe Journal*, and the bestselling *Grandmother's Journal*.

Weldon Owen | S&S WELDON OWEN | Kit - Hardcover
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9781681889634 85.00 AUD | 95.00 NZD



Stress Less
Belling, Noa

A simple guide to all the tools, methods and exercises to manage your stress.

Rockpool Publishing | S&S ROCKPOOL PUBLISHING | Paperback
S&S SELF-HELP | 234 x 153 mm | 288 pp.



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Grandmother's Memories: A Keepsake Journal
Weldon Owen

This beautifully illustrated memory book is designed to capture and preserve a grandmother's unique life story, from childhood reminiscences to the precious moments spent with her grandchild.

Weldon Owen | S&S WELDON OWEN | Flexibound
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The Empowerment Cycle
Wood, Sharon

The Empowerment Cycle is about creating a movement for women to discover the power of the menstrual cycle, how it is connected to everything, and how to use it to get great results in all aspects of your life.

Rockpool Publishing | S&S ROCKPOOL PUBLISHING | Paperback
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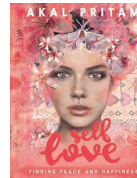
Grandmother's Journal
Blue Streak

The perfect gift for your grandmother (ideal for Mother's Day and birthday giving), this beautiful keepsake memory book is designed to capture and preserve grandmother's unique memories, from the days of her own childhood through the precious moments she spends with her grandchild.

Weldon Owen | S&S WELDON OWEN | Hardcover
S&S STATIONERY | 279 x 228 mm | 96 pp.



9781681881782 29.99 AUD | 35.00 NZD



Self Love
Pritam, Akal

This book is an intriguing guide to being your true self. Self-love has become part of our language, especially the language of women.

Rockpool Publishing | S&S ROCKPOOL PUBLISHING | Paperback
S&S MIND BODY SPIRIT | 310 x 297 mm | 272 pp.



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Questions for My Grandmother (Conversation Cards for Kids & Families)
Blue Streak

Create more memories, connect more deeply, and laugh more loudly with conversation prompts written especially for grandmas and grandkids of all ages.

Weldon Owen | S&S WELDON OWEN | Flashcards
S&S AGES 7-12 | 133 x 88 mm | 150 pp.



9781681888415 39.99 AUD | 45.00 NZD



Self-Love Journal
Pritam, Akal

The Self-love Journal draws from the wisdom and artwork of her best-selling dharma art book *Self-love*, and is both a companion and stand-alone journal.

Rockpool Publishing | S&S ROCKPOOL PUBLISHING | Paperback
S&S STATIONERY | 230 x 179 mm | 192 pp.



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You Are Home
Ellis, Tarn

This collection of beautifully illustrated affirmations from artist Tarn Ellis is a love letter to the soul, inspiring and empowering women of all ages to blossom into their full potential.

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Self-Love Oracle
Pritam, Akal

Self-Love Oracle is the oracle for the modern woman! Explore your chakras and aura, and integrate your past emotional experiences and energies for a total for mind, body and soul healing.

Rockpool Publishing | S&S ROCKPOOL PUBLISHING | Flashcards
S&S MIND BODY SPIRIT | 128 x 90 mm | 128 pp.



9781925924176 32.99 AUD | 35.00 NZD





Flourish for Mums

Bestulic, Sonia

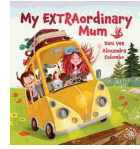
21 ways for mothers to release 'mother guilt' and develop a new kind of self-nurture.

Big Sky Publishing | S&S BIG SKY PUBLISHING | Paperback
S&S PARENTING & FAMILY | 203 x 160 mm | 133 pp.

ISBN 978-192238798-1



9781922387981 19.99 AUD | 22.99 NZD



My EXTRAordinary Mum

Vee, Dani

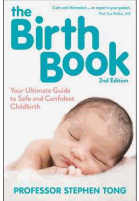
A fun-filled adventure and celebration of an extraordinary mum and her daughter who find magic in unexpected places.

Larrikin House | LARRIKIN HOUSE | Paperback
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ISBN 978-192250392-3



9781922503923 14.99 AUD | 17.99 NZD



The Birth Book, 2nd Edition

Tong, Professor Stephen

The second edition of the bestselling *The Birth Book*. Everything you need to know to prepare for childbirth. A leading obstetrician's guide to preparing for childbirth: a warm, informative, reassuring and empowering companion – 'the birth bible for expectant parents'.
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Out of the Ashes

Norris, Megan

Healing the scars of the Bali Bombings – An inspirational story of an Australian mother's journey back from hell and the enduring love for her children that gave her the will to wage her own war on terrorism.

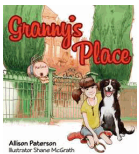


Big Sky Publishing | S&S BIG SKY PUBLISHING | Paperback
S&S BIOGRAPHY | 230 x 153 mm | 428 pp.

ISBN 978-192276574-1



9781922765741 32.99 AUD | 37.99 NZD



Granny's Place

Paterson, Allison

Granny's Place is a touching, whimsical tale of family ties and the special place a grandparent has in the heart of a child. *** Selected for the 2020 NSW Premiers Reading Challenge**



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ISBN 978-192527563-6



9781925275636 14.99 AUD | 16.99 NZD



Love Is My Favorite Color

Laden, Nina

A sparkling and tender picture book about all the things that are bright and loving in the world and fill our lives with joy.

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Paula Wiseman Books | S&S PAULA WISEMAN | Hardcover
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ISBN 978-166591309-6



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