

ALL ORDERS MUST BE TO UBD BY: 17 December 2018

IN-STORE DATE: 4 FEBRUARY 2019

RI = SOR FOR 12 MONTHS FROM INVOICE DATE

KEY

NZ: New Zealand Author E: Early release

RI: Reissue

NZ/RI: New Zealand/Reissue NZ/NE: New Zealand/New Edition Hardcover also available (indent)Paperback also available

NZ/E: New Zealand Author/Early release RP: Reprint

NE: New Edition

NZ/RP: New Zealand/Reprint

NC: New Cover Edition

NON-FICTION

MURDOCH BOOKS

The ultimate compendium from Lee Holmes. Recipes, inspiration and advice to live a totally supercharged life.

ISBN: 9781743366370

SUPERCHARGE YOUR LIFE: HOW TO PUT REAL FOOD AT THE HEART OF

EVERYTHING

Chelsea Bonner

Lee Holmes

ISBN: 9324551065457

SUPERCHARGE YOUR LIFE 15 COPY PACK

Includes 15 copies of Supercharge Your Life plus one free display copy.

\$599.85

\$39.99 pb

NZ



SUPERCHARGE YOUR LIFE 8 COPY PACK

Includes 8 copies of Supercharge Your Life plus one free display copy.

\$319.92

An insider's perspective on the modelling industry in this uplifting story about one woman's mission to change the way we think about beauty and body image forever.

ISBN: 9781760523817

BODY IMAGE WARRIOR: AN INSIDER'S FIGHT FOR CHANGE IN THE MODELLING INDUSTRY

\$36.99 tpb

ISBN: 9324551067512

BODY IMAGE WARRIOR 8 COPY PACK

Includes 8 copies of *Body Image Warrior* plus one free display copy.

\$295.92

The essential handbook to living frugally, mindfully and with real joy on a budget.



THE JOYFUL FRUGALISTA: HUNDREDS OF SECRETS FROM A SINGLE MUMTURNED-MILLIONAIRE - SAVE YOUR HARD-EARNED CASH, ACTUALLY ENJOY FAMILY BUDGETING AND LIVE A LIFE OF ABUNDANCE. SERINA BIRD.

\$32.99 pb

ISBN: 9324551067529

THE JOYFUL FRUGALISTA 8 COPY PACK

Includes 8 copies of The Joyful Frugalista plus one free display copy.

\$279.90

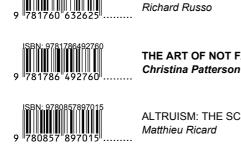
ATLANTIC

The gripping story of one woman's war against ISIS on the frontlines of Syria.



FREEDOM FIGHTER
Joanna Palani

\$32.99 tpb



\$24.99 pb THE ART OF NOT FALLING APART *New in Paperback*

ALTRUISM: THE SCIENCE AND PSYCHOLOGY OF KINDNESS

\$27.99 pb

THE ART OF MEDITATION Matthieu Ricard, translated by Sherab Chodzin Kohn \$24.99 pb



RI

RI

RI

RI

HAPPINESS: A GUIDE TO DEVELOPING LIFE'S MOST IMPORTANT SKILL Matthieu Ricard

\$24.99 pb

DAUNT BOOKS

A vivid family memoir that catalogues the injustices endured by India's Dalits.

ANTS AMONG ELEPHANTS Sujatha Gidla

\$27.99 pb *New in Paperback / available January*

QUARTO COOKS

Reap the benefits of the amazing keto diet in a delicious way with Keto All Day.

THE KETO ALL DAY COOKBOOK: 100 LOW-CARB RECIPES THAT LET YOU STAY KETO FOR BREAKFAST, LUNCH, AND DINNER Martina Slajerova

Fair Winds Press **\$32.99** pb



THE BEGINNER'S KETODIET COOKBOOK: OVER 100 DELICIOUS WHOLE FOOD, LOW-CARB RECIPES FOR GETTING IN THE KETOGENIC ZONE Martina Slajerova

Fair Winds Press \$32.99 pb



QUICK KETO MEALS IN 30 MINUTES OR LESS: 100 QUICK PREP-AND-COOK LOW-CARB RECIPES FOR MAXIMUM WEIGHT LOSS AND IMPROVED HEALTH Martina Slajerova

Fair Winds Press \$32.99 pb

A unique guide, healthy-living cookbook and nutrition primer for those who wants to perform at their best while living a meatless lifestyle.



NO MEAT ATHLETE: A PLANT-BASED NUTRITION AND TRAINING GUIDE FOR EVERY FITNESS LEVEL-BEGINNER TO BEYOND [INCLUDES MORE THAN 60 RECIPES!] MATT FRAZIER, MATT RUSCIGNO

Fair Winds Press **\$32.99** pb



THE INSTANT POT TODDLER FOOD COOKBOOK: NATURAL RECIPES FOR BIG BATCHES THAT COOK UP FAST Barbara Schieving

Harvard Common Press \$24.99 pb



THE INSTANT POT BABY FOOD COOKBOOK: NATURAL RECIPES FOR BIG BATCHES THAT COOK UP FAST

Harvard Common Press \$24.99 pb

Barbara Schieving



VINTAGE TEA PARTY Carolyn Caldicott

Tim de Lisle, Nick Newman

Frances Lincoln \$22.99 hc

QUARTO THINKS

More titles in the All You Need to Know series.



HOW TO WRITE WELL (ALL YOU NEED TO KNOW): BRING YOUR PROSE TO LIFE. MAKE YOUR SENTENCES SPARKLE

Connell Publishing **\$22.99** pb



STALIN (ALL YOU NEED TO KNOW) Claire Shaw

Connell Publishing \$22.99 pb



WORLD WAR ONE (ALL YOU NEED TO KNOW): THE MOST CATASTROPHIC EVENT IN 20TH CENTURY EUROPEAN HISTORY

Connell Publishing \$22.99 pb

950 Max Egremont

New non-fiction in the Knickerbocker Classics series - in elegantly designed clothbound, portable formats with an elastic closure.



BULFINCH'S MYTHOLOGY (KNICKERBOCKER CLASSIC): STORIES OF GODS AND HEROES

Race Point Publishing \$24.99 pb

Thomas Bulfinch, introduction by Robert Hanks



REPUBLIC (KNICKERBOCKER CLASSIC)
Plato, introduction by Odysseus Makridis

Race Point Publishing \$24.99 pb



MEDITATIONS (KNICKERBOCKER CLASSIC)

Marcus Aurelius, introduction by Pierre Baumann

Race Point Publishing \$24.99 pb



THE COMMUNIST MANIFESTO AND OTHER WRITINGS (KNICKERBOCKER CLASSIC)

Race Point Publishing \$24.99 pb

Karl Marx, Friedrich Engels and introduction by Robert Weick

60 empowering speeches celebrating women in their own words, spanning history up to the modern day.



SO HERE I AM: SPEECHES BY GREAT WOMEN TO EMPOWER AND INSPIRE Anna Russell, illustrated by Camila Pinheiro

White Lion Publishing \$45.00 hc

The most intelligent study guides on the market.



JULIUS CAESAR (THE CONNELL GUIDE TO)

Andrew James Hartley

Connell Publishing \$22.99 pb



SHAKESPEARE'S SECOND TETRALOGY (THE CONNELL GUIDE TO)
Cedric Watts

Connell Publishing \$22.99 pb



THE MERCHANT OF VENICE (THE CONNELL GUIDE TO)

Michael Neill

Connell Publishing \$22.99 pb



MANSFIELD PARK (THE CONNELL GUIDE TO)

John Sutherland, Jolyon Connell

Connell Publishing \$22.99 pb



PERSUASION (THE CONNELL GUIDE TO)

John Wiltshire

Connell Publishing \$22.99 pb



ALL-BALLISTIC POCKET EDITION: RUBBER BAND ENGINEER Lance Akiyama

Rockport Publishers \$22.99 pb



MILE END MURDER Sinclair McKay White Lion Publishing \$27.99 pb *New in Paperback*



THE HORSE: A NATURAL HISTORY Debbie Busby, Catrin Rutland

Ivy Press \$45.00 hc

QUARTO LIVES

A refreshingly modern guide to the ancient practice of using crystals for healing and wellbeing.

	8 F	,g.
SBN: 9781781318126 	THE CRYSTAL FIX: A MODERN GUIDE TO THE HEALING POWER OF CRYSTALS Juliette Thornbury	White Lion Publishing \$39.99 hc
ISBN: 9781592338719	ACUPRESSURE FOR BEGINNERS (PRESS HERE!): HOW TO RELEASE AND BALANCE ENGERGY FLOW Bob Doto	Fair Winds Press \$27.99 hc
ISBN: 9781592338726 9 781592 338726	MASSAGE FOR BEGINNERS (PRESS HERE!): A SIMPLE ROUTE TO RELAXATION AND RELEASING TENSION Rachel Beider	Fair Winds Press \$27.99 hc

QUARTO HOMES

A glimpse into the interior life of iconic Modernist buildings across Europe

A glimpse into the interior life of iconic Modernist buildings across Europe.			
	9 780711 239081 9 780711 239081	MODERNIST ESTATES - EUROPE: THE BUILDINGS AND THE PEOPLE WHO LIVE IN THEM TODAY Stefi Orazi	White Lion Publishing \$49.99 hc
RI	SBN: 9780711237643 9 780711 237643	CONCRETE CONCEPT: BRUTALIST BUILDINGS AROUND THE WORLD Christopher Beanland	Frances Lincoln \$49.99 hc
	SBN: 9781631596711 9 781631 596711	KYRA'S CANINE CONDITIONING: GAMES AND EXERCISES FOR A HEALTHIER, HAPPIER DOG Kyra Sundance	<i>Quarry Books</i> \$27.99 pb
RI	SBN: 9781592335718	THE HEALTHY HOMEMADE PET FOOD COOKBOOK: 75 WHOLE-FOOD RECIPES AND TASTY TREATS FOR DOGS AND CATS OF ALL AGES Barbara Taylor-Laino, foreword by Kenneth D. Fischer	Fair Winds Press \$35.00 pb
	ISBN: 9781591866923 781591 866923	COMPOSTING FOR A NEW GENERATION: LATEST TECHNIQUES FOR THE BIN AND BEYOND Michelle Balz, photographs by Anna Stockton	Cool Springs Press \$32.99 pb

QUARTO GIFT

Gratitude and the power of positive thinking in everyday life with simple reminders, beautiful photography and easy-to-digest research. *Authors are Australian & NZ*



FINDING GRATITUDE: SIMPLE IDEAS THAT CAN CHANGE YOUR LIFE Bex Lipp, Nicky Perry

Rock Point \$27.99 hc

Beautifully themed guestbooks to record your guests' signatures and personal notes at your special event.



GUEST BOOK (COASTAL EDITION)
Rock Point Editors

Rock Point \$22.99 hc



GUEST BOOK (CABIN EDITION)
Rock Point Editors

The Center for Book Arts

Rock Point \$22.99 hc

QUARTO CREATES

Learn traditional and contemporary hand-bookbinding methods from around the world.



BOOKFORMS: A COMPLETE GUIDE TO DESIGNING AND CRAFTING HAND-BOUND BOOKS

Rockport Publishers \$45.00 hc

An essential reference on brand identity design, including examples from top designers.



IDENTITY DESIGNED: THE DEFINITIVE GUIDE TO VISUAL BRANDING David Airey

Rockport Publishers \$45.00 hc

Walter Foster THE ART OF VISUAL NOTETAKING: A COMPREHENSIVE GUIDE TO VISUAL **\$24.99** pb COMMUNICATION AND SKETCHNOTING **Emily Mills** Rockport Publishers LAYOUT ESSENTIALS: 100 DESIGN PRINCIPLES FOR USING GRIDS \$36.99 pb Beth Tondreau NE Rockport Publishers TYPOGRAPHY ESSENTIALS: 100 DESIGN PRINCIPLES FOR WORKING WITH TYPE \$36.99 pb NE Ina Saltz Boost your creativity and learn to paint with everyday materials, like coffee, tea, and flame. Quarry Books THE ORGANIC PAINTER: LEARN TO PAINT WITH TEA, COFFEE, **\$36.99** pb EMBROIDERY, FLAME, AND MORE Carne Griffiths THE ORGANIC ARTIST: MAKE YOUR OWN PAINT, PAPER, PIGMENTS, PRINTS Quarry Books \$36.99 pb AND MORE FROM NATURE RI Nick Neddo THE ART OF MODERN QUILLING: CONTEMPORARY PAPER TECHNIQUES & Quarry Books PROJECTS FOR CAPTIVATING QUILLED DESIGNS \$39.99 pb Erin Perkins Curet FICTION **CORVUS** A big-hearted, captivating, contemporary Muslim Pride and Prejudice. \$32.99 tpb **AYESHA AT LAST** Uzma Jalaluddin \$263.92 **AYESHA AT LAST 8 COPY PACK** Includes 8 copies of Ayesha at Last plus free reading copy. The final, thrilling instalment in the epic Vespasian series from the bestselling author, Robert Fabbri. **EMPEROR OF ROME** \$32.99 tpb Robert Fabbri \$263.92 **EMPEROR OF ROME 8 COPY PACK** Includes 8 copies of Emperor of Rome plus free reading copy. **Paperbacks** THE SECOND CHILD \$22.99 pb Caroline Bond THE LIAR'S GIRL \$22.99 pb Catherine Ryan Howard

A resource for inspired notetaking, journaling, and creative visual expression.

HER MOTHER'S DAUGHTER

Alice Fitzgerald

\$22.99 pb

GROVE PRESS

Witty and heartbreaking by turns, a vibrant portrait of a beleaguered family.



THE ICE HOUSE Laura Lee Smith

\$27.99 pb *Paperback Original*



OLIVER LOVING Stefan Merrill Block \$22.99 pb
New in Paperback

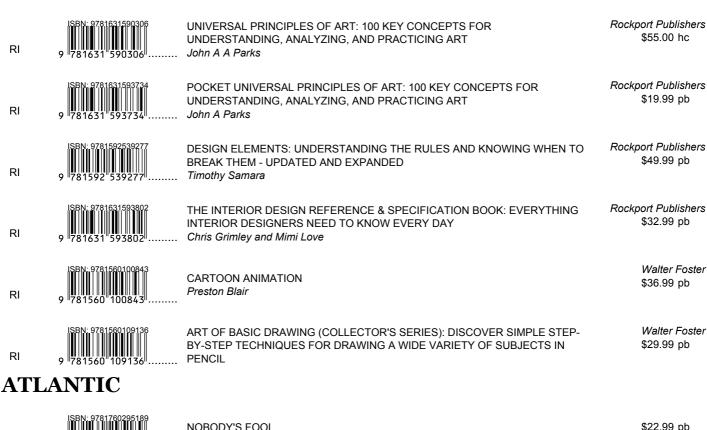
STOCKCHECK

MURDOCH BOOKS

RI	9 781743 365601	HEAL YOUR GUT: SUPERCHARGED FOOD Lee Holmes	\$32.99 pb
RI	9 781743 364123	SUPERCHARGED FOOD: EAT CLEAN, GREEN AND VEGETARIAN: 100 VEGETABLE RECIPES TO HEAL AND NOURISH Lee Holmes	\$39.99
RI	9 781743 369609	EAT YOURSELF BEAUTIFUL: SUPERCHARGED FOOD Lee Holmes	\$39.99 pb

	9 "781743"364123"	Lee Holmes	
RI		EAT YOURSELF BEAUTIFUL: SUPERCHARGED FOOD Lee Holmes	\$39.99 pb
QUA	RTO COOKS	6	
RI	ISBN: 9781592337019	THE KETODIET COOKBOOK: MORE THAN 150 DELICIOUS LOW-CARB, HIGH-FAT RECIPES FOR MAXIMUM WEIGHT LOSS AND IMPROVED HEALTH Martina Slajerova	Fair Winds Press \$32.99 pb
RI	9 781592 337804	KETO SLOW COOKER & ONE-POT MEALS: 100 SIMPLE & DELICIOUS LOW-CARB, PALEO AND PRIMAL RECIPES Martina Slajerova	Fair Winds Press \$32.99 pb
RI	9 781592 337286	SWEET AND SAVORY FAT BOMBS: 100 DELICIOUS TREATS FOR FAT FASTS, KETOGENIC, PALEO, AND LOW-CARB DIETS Martina Slajerova	Fair Winds Press \$32.99 pb
RI	9 781592 337644	THE 150 HEALTHIEST FOODS ON EARTH Jonny Bowden	Fair Winds Press \$32.99 pb
RI	9 781592 336821	FERMENT YOUR VEGETABLES: A FUN AND FLAVOURFUL GUIDE TO MAKING YOUR OWN PICKLES, KIMCHI, KRAUTS AND MORE Amanda Feifer	Fair Winds Press \$32.99 pb
RI	ISBN: 9780711237780	FERMENT, PICKLE, DRY: ANCIENT METHODS, MODERN MEALS Simon Poffley, illustrated by Kim Lightbody and Gabriela Smolinska-Poffley	Frances Lincoln \$45.00 hc
QUA	RTO CREAT	TES .	
	ISBN: 9781592537563	UNIVERSAL METHODS OF DESIGN: 100 WAYS TO RESEARCH COMPLEX PROBLEMS. DEVELOP INNOVATIVE IDEAS. AND DESIGN EFFECTIVE	Rockport Publishers \$59.99 hc

RI	9 781592 537563	PROBLEMS, DEVELOP INNOVATIVE IDEAS, AND DESIGN EFFECTIVE SOLUTIONS	\$59.99 hc
RI	SBN: 9781592535873 	UNIVERSAL PRINCIPLES OF DESIGN: 125 WAYS TO ENHANCE USABILITY, INFLUENCE PERCEPTION, INCREASE APPEAL, MAKE BETTER DESIGN DECISIONS, AND TEACH THROUGH DESIGN	Rockport Publishers \$49.99 pb
RI	SBN: 9781631590405 9 781631 590405	THE POCKET UNIVERSAL PRINCIPLES OF DESIGN: 150 ESSENTIAL TOOLS FOR ARCHITECTS, ARTISTS, DESIGNERS, DEVELOPERS, ENGINEERS, INVENTORS, AND MANAGERS	Rockport Publishers \$18.99 pb



RI

NOBODY'S FOOL \$22.99 pb Richard Russo

\$24.99 pb **EVERYBODY'S FOOL** RI Richard Russo

DENT - FICTION

CORVUS

EMPEROR OF ROME \$45.00 hc Robert Fabbri

united be distribu	122. (65) 442 7416 TREES/REE. 6666 666 6	OSEDALE AUCKLAND 0745
CUSTOMER: -		ORDER NUMBER:
ADDRESS: -		DATE:
_		ACCOUNT:
SPECIAL INSTR	RUCTIONS:	REP:
MURDOCH BOOKS	8: 83 ALEXANDER STREET CROWS NEST NSW 2065 TEL: (02) 8425 010	00 FAX: (02) 9906 0065

Please note:

- Prices listed are recommended retail prices only.
- Publication month and prices are subject to change without notice.
- Orders may be reduced subject to stock availability.
- Customers can purchase a maximum of two packs per title.

- Please confirm prices, publication dates and stock availability before cataloguing or promoting.

 All RI/RP/NE/NC titles are supplied with the same SOR window as New Titles for this month.

 Unless otherwise indicated (eg. NST/IND) all titles with an RRP of less than \$75 are returnable within 3-12 months of invoice. (Please refer to UBD Standard Terms and Condition of Supply)

NEW ZEALAND REPRESENTATIVE: SUITE 3, LEVEL 3, HB BUILDING, 228 QUEEN STREET, AUCKLAND TEL: (09) 377 3800 FAX: (09) 377 3811