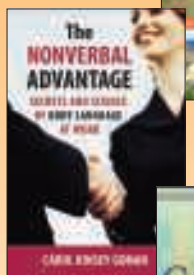


# WOODSLANE ESSENTIALS



NEW WOODSLANE TITLES JUNE – AUGUST 2009

## HOTTEST RECENT RELEASES



## IN THIS ISSUE:

### GENERAL NON-FICTION

- Bud Tingwell's book had just been completed prior to his death in May this year
- This much-loved actor's book is the perfect Father's Day Gift

See page 11

### TRAVEL

- The latest title from the best selling local interest series
- Covers over 100 of Sydney's best recreational spots

See page 3

### BUSINESS

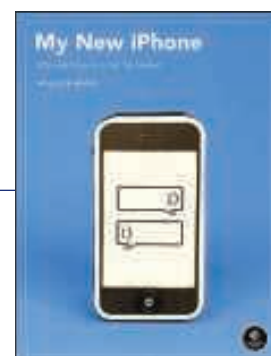
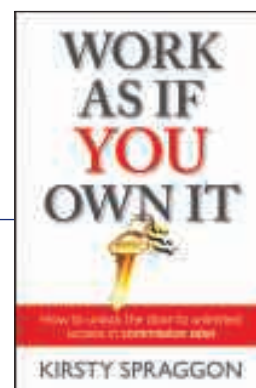
- 'How to' book guiding you from start up to success!
- Master the transition from employee to entrepreneur

See Page 12

### COMPUTING

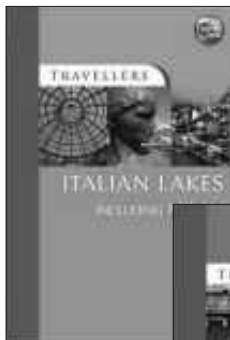
- Follows on success of 'My New Mac'
- Release timed to next major iPhone release

See page 14



# NEW TRAVEL TITLES

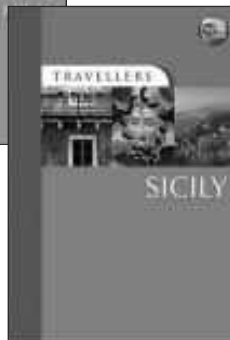
FROM WOODSLANE



## ITALIAN LAKES INCLUDING MILAN TRAVELLERS 3/E

The perfect guidebook for visitors to one of Italy's most spectacular regions. Features of this title include: expert advice to the best sights and experiences; details of people, geography, culture and history; accurate mapping; suggested walks and tours; full colour photography; and much more.

**PUBLISHER:** THOMAS COOK • **ISBN:** 9781848480896 • **RRP:** \$29.95



## SICILY TRAVELLERS 3/E

*Sicily Travellers 3/e* is ideal for visitors to this delightful destination which offers everything from hiking on the slopes of Mount Etna to lazing on pristine beaches or strolling around the local markets. This book offers expert advice to guide you straight to the best sights and experiences.

**PUBLISHER:** THOMAS COOK • **ISBN:** 9781848480735 • **RRP:** \$29.95

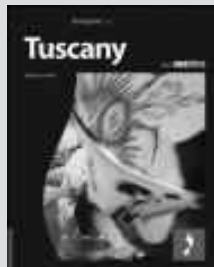
## FOOTPRINT ITALIA GUIDES \$39.95

The contemporary, innovative and stylish approach of the Popout series provides excellent travel information building on the existing Footprint values of quality information, sense of adventure, local perspective and attention to detail.

Each book is accompanied by a stand-alone Popout map, featuring the main towns and cities in the region. These high-quality, detailed maps feature striking graphics, easy-to-read icons and comprehensive street indexing, making them the perfect companion for exploring new places and navigating your way around the region.



**ROME**  
**ISBN:** 9781906098575



**TUSCANY**  
**ISBN:** 9781906098551



**UMBRIA AND MARCHE**  
**ISBN:** 9781906098544



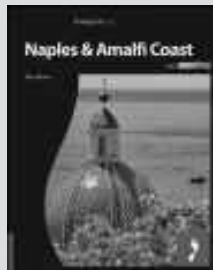
**SICILY**  
**ISBN:** 9781906098599



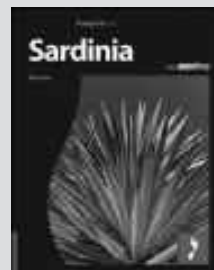
**ITALIAN LAKES**  
**ISBN:** 9781906098612



**VENICE AND VENETO**  
**ISBN:** 9781906098568



**NAPLES AND THE  
AMALFI COAST**  
**ISBN:** 9781906098605



**SARDINIA**  
**ISBN:** 9781906098582



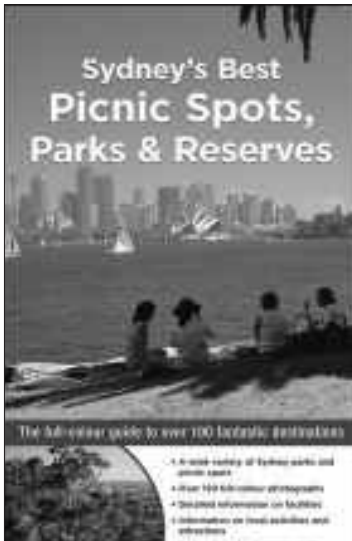
## AA ROAD ATLAS ITALY 4/E

Produced by the AA in collaboration with De Agostini in Northern Italy, and fully updated for 2009, this atlas is presented in A4 format providing full coverage of Italy including Sicily and Sardinia. .

**PUBLISHER:** AA PUBLISHING • **ISBN:** 9780749561017 • **RRP:** \$39.95

# NEW TRAVEL TITLES

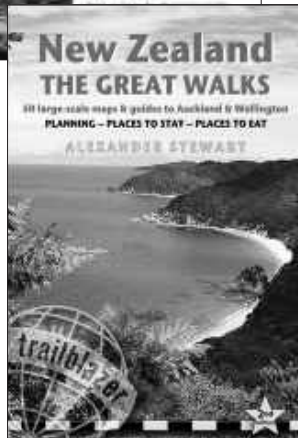
FROM WOODSLANE



## SYDNEY'S BEST PICNIC SPOTS, PARKS & RESERVES

Sydney has one of the most beautiful settings in the world, but it's not just the Harbour that is capable of creating a little magic. In and around Sydney are stirring headlands, parks large and small (with excellent facilities), undisturbed bushland and slow, peaceful rivers. There are thousands of places to spread out a picnic blanket, unpack a hamper and soak up the great Australian outdoors, and in *Sydney's Best Picnic Spots, Parks & Reserves* you'll find the very best of them. Coverage includes the Royal National Park in the south, the Blue Mountains and Wisemans Ferry in the north.

**PUBLISHER:** WOODSLANE PRESS • **ISBN:** 9781921203879  
**RRP:** \$29.95



## NEW ZEALAND THE GREAT WALKS 2/E *Includes Auckland and Wellington*

Outstanding scenery, a rich heritage and extensive outdoor activities combine to make New Zealand one of the world's most exciting hiking destinations. New Zealand is criss-crossed by tracks of which nine have been designated Great Walks by the Department of Conservation. This updated second edition includes 50 trail maps - walking times, directions, places to stay and points of interest.

**PUBLISHER:** TRAILBLAZER • **ISBN:** 9781905864119 • **RRP:** \$39.95

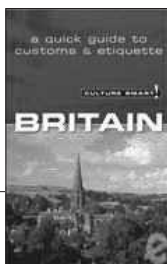


## CULTURE SMART GUIDES

### *A Quick Guide to Customs and Etiquette.*

"These Guides are Invaluable" SmarterTravel.com

The bestselling Culture Smart! series is your pocket-sized cultural roadmap that never goes out of date, highlighting key country customs, etiquette, and how to avoid cultural gaffes when out and about.



### GERMANY

**ISBN:** 9781857333060 • **RRP:** \$19.95

### FRANCE

**ISBN:** 9781857333077 • **RRP:** \$19.95

### BRITAIN

**ISBN:** 9781857333114 • **RRP:** \$19.95

### SPAIN

**ISBN:** 9781857333152 • **RRP:** \$19.95



### ITALY

**ISBN:** 9781857333169 • **RRP:** \$19.95



# NEW TRAVEL TITLES

FROM WOODSLANE



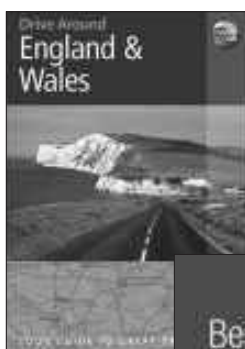
## BRITAIN'S BEST B&B 2009 5/E

*Britain's Best B&B* features a selection of the very best bed and breakfast establishments found in the AA's best-selling B&B Guide, and covers England, Scotland, Wales and the Channel Islands. Entry to the guide is by invitation only, which ensures the highest quality of the hospitality, accommodation and food on offer.

**PUBLISHER:** AA PUBLISHING

**ISBN:** 9780749561024

**RRP:** \$24.95



## ENGLAND AND WALES DRIVE AROUND 3/E

This guide expertly divides England and Wales into touring areas— one per chapter. The best of England and Wales is included, such as the Yorkshire Dales and Snowdonia and the rural delights of the Cotswolds to the city attractions of York, Oxford, Cambridge and Bath.

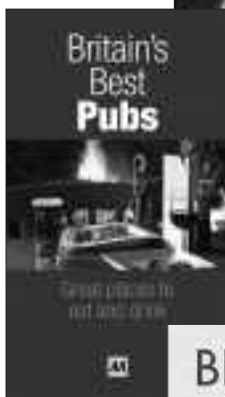
**PUBLISHER:** THOMAS COOK • **ISBN:** 9781848480650 • **RRP:** \$49.95



## BRITAIN'S BEST HOTELS 2009 3/E

*Britain's Best Hotels* features a selection of the very best country house, small and metro hotels from the best-selling AA Hotel Guide, covering England, Scotland, Wales and the Channel Islands. This fully revised and updated edition includes more than 160 AA professionally inspected hotels, ensuring the highest quality of hospitality, accommodation and food.

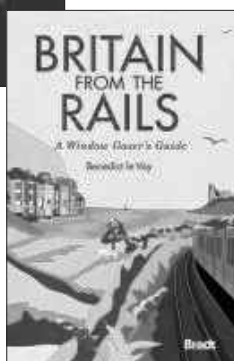
**PUBLISHER:** AA PUBLISHING • **ISBN:** 9780749561031 • **RRP:** \$24.95



## BRITAIN'S BEST PUBS 2009 4/E

*Britain's Best Pubs* features more than 300 traditional pubs, county inns, and gastropubs across the country, giving details of available accommodation, dining times, facilities and breweries. It is the ideal guide for anyone who enjoys visiting pubs that offer good food and drink in a welcoming atmosphere.

**PUBLISHER:** AA PUBLISHING • **ISBN:** 9780749561048 • **RRP:** \$24.95



## BRITAIN FROM THE RAILS *A Window Gazer's Guide*

There's a magical romance about trains that no other form of transport can capture. Meeting under an iconic station clock at a grand terminus. Gathering speed through city, town and country, swooping across viaducts, rattling across huge junctions and whistling through tunnels. Britain by Rail travels to a world far from the endless queues and petrol prices, and revels instead in the gems of Britain's historic railway system.

**Publisher:** BRADT GUIDES • **ISBN:** 978184162277 • **RRP:** \$49.95

# NEW TRAVEL TITLES

FROM WOODSLANE

## THOMAS COOK PHRASE GUIDES

Thomas Cook Phrase Guides are designed to help travellers get the most out of their trip. Presented in a user-friendly style, the guides focus on the most popular and commonly used phrases and words. In-depth sections on shopping, eating and drinking are supplemented by essential phrases to put the language into context, helping you to say the right thing at the right time.



### JAPANESE

ISBN: 9781848481039 • RRP: \$12.95

### CHINESE

ISBN: 9781848481060 • RRP: \$12.95

### RUSSIAN

ISBN: 9781848481046 • RRP: \$12.95

## CLASSIC TRAVEL LITERATURE “STANFORD TRAVEL CLASSICS”

### MALAY ARCHIPELAGO

Alfred Russel Wallace *The Malay Archipelago* is a work of astounding breadth and originality that chronicles the British naturalist's scientific exploration of Malaysia, Singapore, Indonesia and New Guinea between 1854 and 1862.

**AUTHOR:** Russel Wallace, Alfred • **ISBN:** 9781906780029 • **RRP:** \$29.95

### SAILING ALONE AROUND THE WORLD

Joshua Slocum's *Sailing Alone Around the World* is the extraordinary story of one man's courage and resourcefulness, and has an enduring and universal appeal as a landmark of world adventure.

**AUTHOR:** Slocum, Joshua • **ISBN:** 9781906780067 • **RRP:** \$19.95

### SOUTH

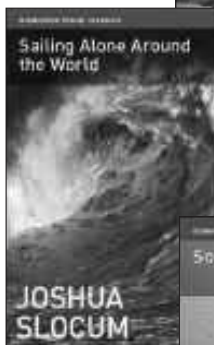
Ernest Shackleton sailed to the South Pole as the First World War broke out in Europe, intent on making the first ever trans-Antarctic crossing. *South!* is Shackleton's first-hand account of the epic expedition, which he described as 'the last great journey on earth'.

**AUTHOR:** Shackleton, Ernest • **ISBN:** 9781906780043 • **RRP:** \$24.95

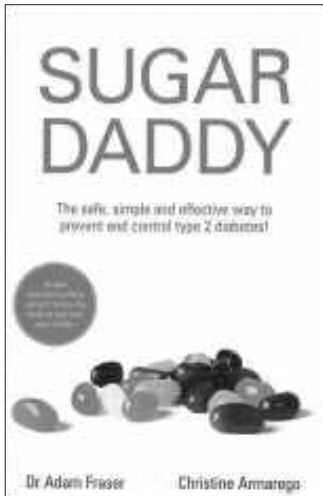
### IN MOROCCO

Edith Wharton journeyed to Morocco in the final days of the First World War, at a time when there was no guidebook to the country. This is a wonderful account by one of the most celebrated novelists and travel writers of the 20th century and is a fascinating portrayal of an extraordinary country.

**AUTHOR:** Wharton, Edith • **ISBN:** 9781906780036 • **RRP:** \$19.95



# NEW GENERAL INTEREST TITLES FROM WOODSLANE

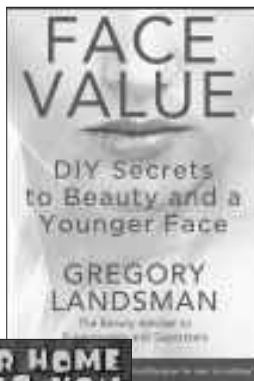


## SUGAR DADDY

*The Safe Simple and Effective Way to Prevent and control Type 2 Diabetes*

Change the way you view diabetes. *Sugar Daddy* breaks new ground by blending years of scientific research and clinical practice with simple and effective advice and practical steps to take action. The advice is practical, the information accurate and it also debunks all those crazy health myths. Fun to read and easy to understand!

**AUTHOR:** Fraser Adam • **ISBN:** 9780646503288 • **RRP:** \$29.95

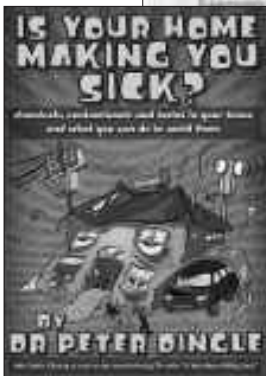


## FACE VALUE 10 COPY COUNTERPACK

*DIY Secrets to Beauty & a Younger Face*

Gregory Landsman is one of the beauty gurus of the world; sharing the tips and secrets he uses on supermodels with everyday women, while telling them how to feel good about themselves as they are... a potent combination! Landsman's expertise in skin care and cosmetics has seen him create and consult successfully around the globe.

**AUTHOR:** Landsman, Gregory • **ISBN:** 9781921606335 • **RRP:** \$79.50

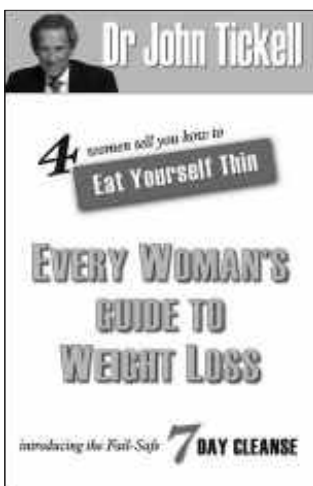


## IS YOUR HOME MAKING YOU SICK?

*Chemicals Contaminants and Toxins in Your Home*

We have created environments that we live in that are slowly poisoning us. A mixture of chemical, biological, physical and different forms of radiation are a part of every breath you take. When you read this book you will discover what you can do to improve the air quality in your home and at the same time your health.

**AUTHOR:** Dingle Peter • **ISBN:** 9780980613100 • **RRP:** \$25.00



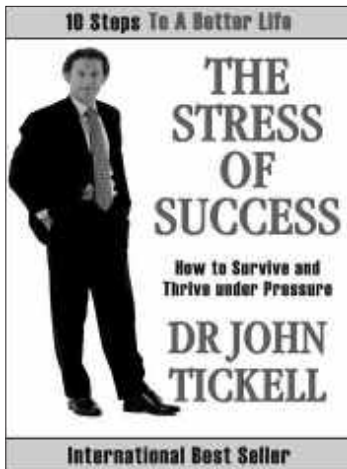
## EVERY WOMAN'S GUIDE TO WEIGHT LOSS

*4 Women Tell You How to Eat Yourself Thin*

The Great Australian Diet (books 1 and 2) have become enduring classics in Australia. *Every Woman's Guide To Weight Loss* is the story of four very different but typically Australian women who have turned their lifestyle around by following the simple principles of The Great Australian Diet. "It's not a diet - it's a lifestyle."

**AUTHOR:** Tickell, Dr. John • **ISBN:** 9781921332562  
**RRP:** \$29.95

# NEW GENERAL INTEREST TITLES FROM WOODSLANE



## STRESS OF SUCCESS

### *How To Survive and Thrive under Pressure*

Dr John Tickell has a very simple philosophy. Everything in moderation except laughter, sex, vegetables and fish. The *Stress of Success: How To Survive and Thrive under Pressure*, provides information in the entertaining and enlightening way for which Dr John has become famous. Help your life become better day by day.

**AUTHOR:** Tickell, Dr. John • **ISBN:** 9781921332623 • **RRP:** \$29.95



## FIELD GUIDE TO HAPPINESS FOR WOMEN

*Field Guide to Happiness* gives women the easy-to-use, interesting tools they need to make happiness a simple, pleasant choice -rather than an elusive goal achievable only through a tedious process while raising children, pursuing careers, caring for older parents, and saving for retirement. Includes 100 charming and delightful illustrations.

**AUTHOR:** Kipfer, Barbara Ann • **ISBN:** 9781599214887 • **RRP:** \$29.95

## LIVING WITH YOUR TEENAGER

### *Real Life Issues*

This essential new self-help series offers down-to-earth information and advice on key issues that matter to teenagers. The guides are presented in a clear and accessible manner and will help the reader to understand the issue that they might be encountering and will provide tips on how they can deal with it. Full of case studies of people who have experienced and come through the issue that is being covered, each guide in this inspirational new series contains: An honest account of what it's like to experience the issue including interesting stats showing the number of people who are or who have been affected by it; An examination of the impact the issue might have on education, home and work life; A short quiz to explore why an individual might be experiencing the issue and to probe the reader's desires and expectations; Important tips on coping and how to stay in control; Advice and guidance on how to seek and where to go to for further help; Related issues that might be worth exploring.

**PUBLISHER:** CRIMSON PUBLISHING • **RRP:** \$24.95



### SELF-CONFIDENCE

**ISBN:** 9780856609930

### SELF-HARM

**ISBN:** 9781844551163

### SEX AND RELATIONSHIPS

**ISBN:** 9780856609916

### STRESS

**ISBN:** 9780856609893



# NEW SPORT AND OUTDOOR RECREATION TITLES FROM WOODSLANE



## DEEP WATER

### *Travel Stories & The Search for The Perfect Wave*

From the land-locked boondocks of country Victoria to the wild coast of West Papua, *Deep Water* follows Brendan McAloon's remarkable journey to the most remote corners of the globe in search of the perfect wave. Illustrated by images from the world's leading surf photographers, the text and imagery combine to capture the allure of travelling to exotic wave locations and present compelling portraits of some of the biggest names in the surfing world. Evocative and mesmerising.

**AUTHOR:** McAloon, Brendan • **ISBN:** 9780646509983 • **RRP:** \$34.95

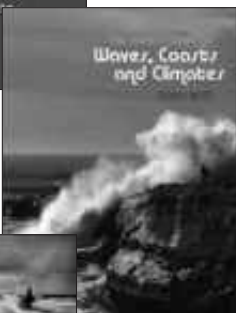


## SURFING

### *Mastering Waves from Basic to Intermediate*

Covers topics ranging from basic techniques, fitness, history, surf culture, and a complete explanation of gear, to how to find the right board for you and insights from industry leaders, pro surfers, and instructors. With more than three decades of surfing experience to share, Almond offers clear, authoritative guidance to help those venturing into uncharted waters find their way safely and confidently.

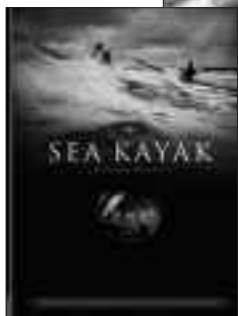
**AUTHOR:** Almond, Elliott • **ISBN:** 9781594850998 • **RRP:** \$44.95



## SURFER'S GUIDE TO WAVES, COASTS AND CLIMATES

The perfect wave is every surfer's dream. But where does that wave come from, and what makes it perfect? The *Surfer's Guide to Waves, Coasts and Climates* covers everything from coastal geology, climatic cycles and big waves, to coastal erosion, tsunamis and the effects of global warming on the surf. All this is explained in layman's terms, with clear illustrations, so all you need to enjoy it is curiosity and a liking for the coast and the waves.

**AUTHOR:** Butt, Tony • **ISBN:** 9780906720585 • **RRP:** \$44.95



## SEA KAYAK

Serving as a manual for intermediate and advanced sea kayakers, this book covers topics of kayaking history, physiology, boat and paddle dynamics, seamanship and navigation, safety and rescue, weather forecasting, caves, rockhopping and tidal races, expeditions and overnighting, as well as a wealth of tips and resources for the sea paddler.

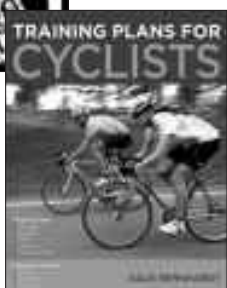
**AUTHOR:** Brown, Gordon • **ISBN:** 9780954706173 • **RRP:** \$49.95



## CYCLIST'S TRAINING BIBLE 3/E

The *Cyclist's Training Bible*, 3rd Edition is designed to help amateurs create a training plan and refine the skills needed to succeed in the sport. Divided into five parts, the book covers commitment and common sense, general concepts, training with a purpose, designing a yearlong plan, and practical strategies for reinforcing training. Dozens of photos, charts, tables and worksheets are featured.

**AUTHOR:** Joe Friel • **ISBN:** 9781931382212 • **RRP:** \$39.95

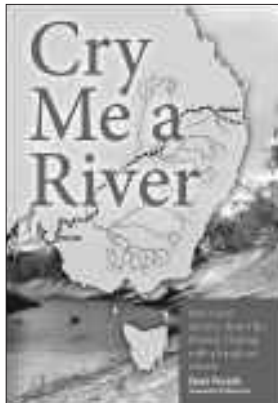


## TRAINING PLANS FOR CYCLISTS

Anyone looking to participate in a charity ride, multi-day tour, or team cycling event can count on *Training Plans for Cyclists* to help reach their goal. Seventeen detailed training plans prepare first-time finishers or experienced riders for events ranging from 70 to 250 kms.

**AUTHOR:** Bernhardt, Gale • **ISBN:** 9781934030189 • **RRP:** \$39.95

# NEW SPORT AND OUTDOOR RECREATION TITLES FROM WOODSLANE



## CRY ME A RIVER

### ***One Man's Journey down the Murray Darling with a Kayak on Wheels***

*Cry Me A River* is the account of one man's journey to the heart of Australia's water crisis. A lifetime engineer in the water industry and successful businessman, Steve Posselt put everything on the line to paddle or drag a kayak from Brisbane to Adelaide down the full length of the Darling and lower Murray so he could see, first hand, what is happening to Australia's rivers. He ended up alarmed, ashamed and determined to change. Accompany Steve every step of this 3,000 kilometre journey.

**AUTHOR:** Posselt, Steve • **ISBN:** 9780980613704 • **RRP:** \$29.95

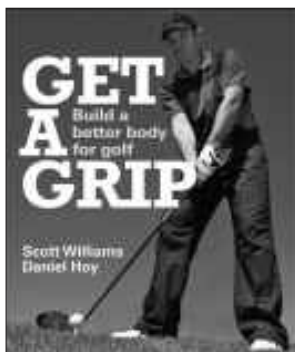


## AUSTRALIAN BUSH COOKING 3/E

### ***Recipes for a Gourmet Outback Experience***

From roasts to rissoles, salads to savouries and dampers to deserts, *Australian Bush Cooking* will help bring a tempting new twist to your camp cooking whether it's on an open fire, on a gas cooker or in your caravan or camper's kitchen. Now in full colour, with details on the different types of bush cooking gear, advice on menu planning and hints on building the right type of cooking fire. There's even sage advice on the fading art of how to brew up a great cup of billy tea!

**AUTHOR:** Lewis, Craig et al • **ISBN:** 9781921203930 • **RRP:** \$34.95

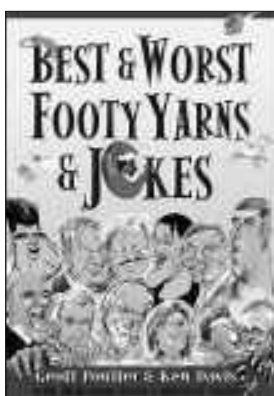


## GET A GRIP

### ***Build a Better Body for Golf***

This book is designed to help you create an individual golf training program that will fix the parts of your body hampering your ability to play at your best. Included in the book is a screening test you can complete in the privacy of your own home, based on tests professional golfers undertake before designing their exercise programs. It will identify which parts of your body are weak, and which inflexible. Get a Grip will fix that; so your body will be tuned for golf.

**AUTHOR:** Williams, Scott et al • **ISBN:** 9781921332678 • **RRP:** \$29.95



## BEST & WORST FOOTY YARNS & JOKES

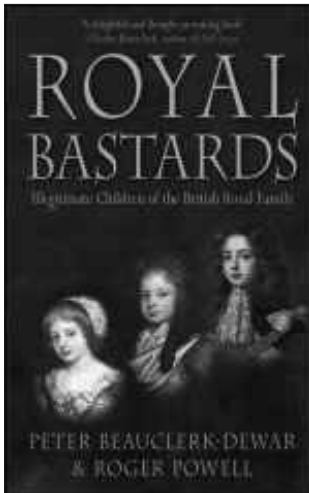
### ***NEW MINI VOLUME 5-COPY COUNTERPACK***

This book is here to show everyone that footy and life should never get too serious, with the latest rib ticklers and golden oldies that never fail to raise a smile. Illustrated throughout by renowned author/illustrator Paul Harvey, his distinctive AFL caricatures perfectly complement the array of jokes on offer here, from Buddy Franklin and Sam Newman to Gary Ablett Jnr and Ben Cousins, no one is safe!

**AUTHOR:** Poulter, Geoff et al • **ISBN:** 9781921606328 • **RRP:** \$49.75

# NEW HISTORY TITLES

FROM WOODSLANE



## ROYAL BASTARDS

### *Illegitimate Children of the British Royal Family*

This book includes sex, power, mystery and blood - gripping, untold stories about the British monarchy and their unofficial offspring. Since 1066 when William the Conqueror (alias William the Bastard) took the throne, English and Scottish kings have sired at least 150 children out of wedlock. Interviewees include many of their descendants. This book sheds light on topics of sexual habits; politics, power and patronage; class, scandal and celebrity; and the different expectations we have of men and women.

**AUTHOR:** Powell, Roger et al • **ISBN:** 9780752446684 • **RRP:** \$29.95

## ROYAL MURDERS

*Royal Murders* examines the motives, means and consequences of the murders among members of Europe's ruling families over the last 1,000 years. Plucking true stories due to their historical significance and sheer intrigue, this book relates violent deaths amid royal splendour and the overthrow of tyrants by oppressed populations. It is a journey through the dark and tragic side of royal history: from Richard III through to the recent controversy surrounding the death of Diana, Princess of Wales.

**AUTHOR:** Dulcie M., Ashdown • **ISBN:** 9780752449371 • **RRP:** \$32.95

## DIVIDED UNION

### *A Concise History of the American Civil War*

The *Divided Union* is an account of five of the most dramatic and tragic years in the history of the United States of America. The fledgling superpower pitted families and neighbours against each other in a war concerned with the most fundamental of human motivations: freedom, identity and nation. This is an accessible and compelling account both of the conflict itself and of its wider implications.

**AUTHOR:** Peter, Batty et al • **ISBN:** 9780752450032 • **RRP:** \$39.95

## GALLIPOLI 1915

Why was the Allied naval assault of February/March 1915 so unsuccessful? Did the Ottoman Turks have knowledge of the Allied landings of 25 April 1915? And did Sir Ian Hamilton, the overall commander of the Allied forces at Gallipoli, really make a mistake in his intervention at Suvla? This new history of the Gallipoli campaign aims to answer these questions, while also telling the story of what actually happened through the voices of British, Australian and Turkish soldiers.

**AUTHOR:** Tim, Travers • **ISBN:** 9780752450483 • **RRP:** \$34.95

## WILL TO SURVIVE

### *Three and a half years as a prisoner of the Japanese*

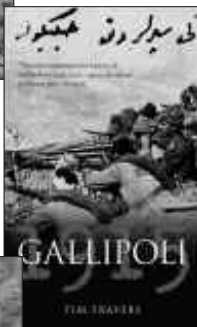
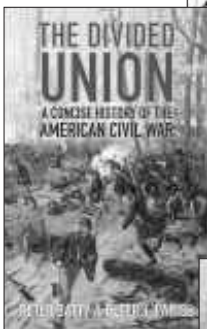
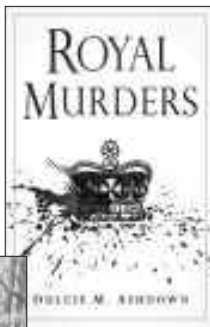
Taken prisoner after the fall of Singapore in 1942, Arthur Godman spent the next three and a half years on the Burma- Siam railway, living in camps along the River Kwai. Like other PoWs, he experienced disease and malnutrition and witnessed the painful deaths of many of his comrades. Yet somehow he retained his sense of humour. The *Will to Survive* gives the reader a glimpse of the terrifying world of the PoW.

**AUTHOR:** Arthur, Godman • **ISBN:** 9780752449807 • **RRP:** \$39.95

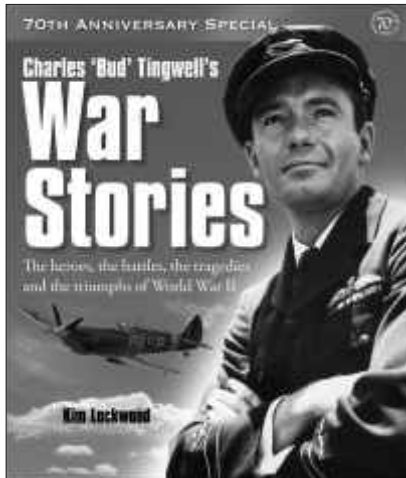
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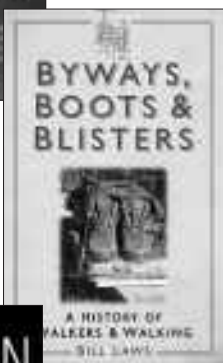


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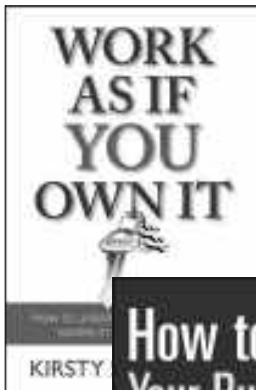
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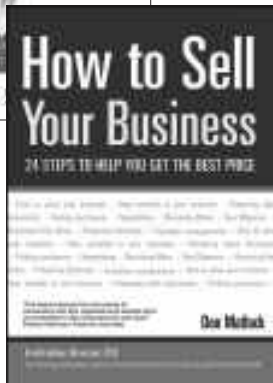


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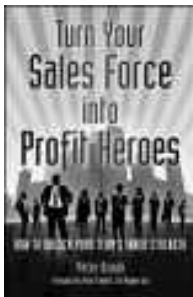


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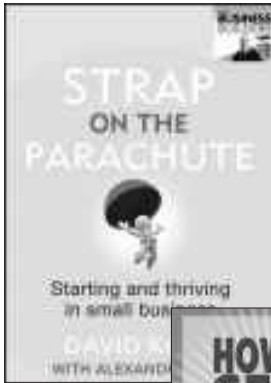
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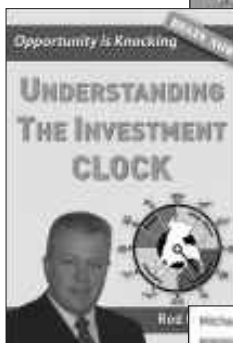
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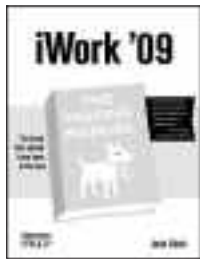


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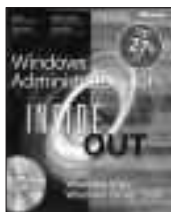
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