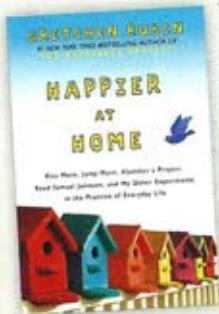


Great Reads

Enjoy some time out for yourself with these new inspiring and motivational books.



You *Happier at Home*

By Gretchen Rubin, Hodder/Hachette, \$29.99

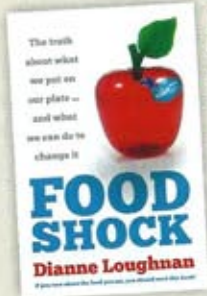
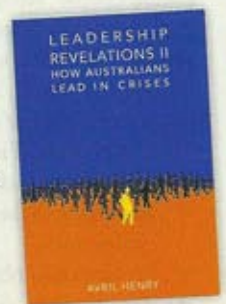
Kiss more, jump more, abandon a project, read Samuel Johnson, and other experiments in the practice of everyday life. One Sunday afternoon, as she unloaded the dishwasher, Gretchen Rubin felt hit by a wave of homesickness. Homesick – why? She was standing right in her own kitchen. She felt homesick, she realised, with love for home itself. In a flash, she decided to undertake a new happiness project, considering things that matter for home, such as possessions, marriage, time, and parenthood. With her signature blend of memoir, science, philosophy, and experimentation, Rubin's passion for her subject jumps off the page, and reading just a few chapters of this book will inspire readers to find more happiness in their own lives.

Career/Business

Leadership Revelations II How Australians Lead In Crises

By Avril Henry, Self Published, \$55.00 (www.avrilhenry.com.au)

Leadership Revelations: An Australian Perspective, was a wonderful collection of interviews and contributions from our top business and organisational leaders which demonstrated that leadership is a matter of character, not only technical skill and competence. Now Leadership Revelations II: How Australians Lead In Crises asks how operating in a financial crisis of global significance, coupled with global and domestic political instability, has changed both their organisation and their own leadership style. The book identifies the key trends and findings, the different crisis management strategies adopted by different leaders and their leadership insights for future leaders.



Wellbeing *Food Shock*

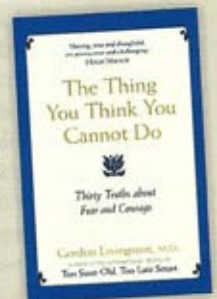
By Dianne Loughnan, Exisle Publishing, \$29.99

Everyone wants to eat fresh, clean, nutrient-rich food. But the vast majority of food in Australia is mass-produced in an industrialised system and the results are not as palatable as the everyday shopper might imagine. Our fruit and vegetables are sprayed with pesticides and herbicides, many of which have been banned overseas for years. Our beef is more often than not produced in feedlots, where thousands of cattle stand in their own faeces, regularly dosed with antibiotics. Our chickens are 'spin chilled' in a dilute chlorine solution to help preserve them and to whiten the meat. Food Shock investigates these issues and more.

You *The Thing You Think You Cannot Do*

By Gordon Livingston, Hachette, \$24.99

Bestselling author Dr Gordon Livingston M.D. brings his thoughts and wisdom to the subjects of fear and courage. We live in a time when fear of terrorism, war and disease, are all magnified, it seems, by media and the internet. How are we to find the courage to live, and live well despite the constant threat of fear? It has become a corrosive influence in modern life, eroding our ability to think clearly. Overcoming our fears constitutes the biggest struggle in our lives. In this powerful book, Dr Livingston shares thirty individual truths that are explored as the tools to overcome our fears on every level, in order to free up our lives.



Inspiration *The Will to Live, the Courage to Die*

By Tracey Roberts, A&A Publishing, \$34.99

The Will to Live, the Courage to Die is the true story of Sydney man Peter Bilsborough, who after a tragic surfing accident on Easter Sunday in 2010, suffered permanent spinal cord injuries. The book accounts Peter's life before and after the accident, and tells of his ultimate decision to turn off his life support system. Though it's a confronting read, it's ultimately a story of a man who lived life to the fullest. This remarkable book is written by his niece, Tracey Roberts, who shares Peter's story as a loving tribute to an uncle taken too soon.