

THE MODERN GUIDE TO SEX

Georgia Grace

9781460765371 • 272pp • 245 x 185mm (hardback) • RRP (AUD) \$49.99

The ultimate guide to pleasure, bodies and relationships

Forget everything you already know about sex.

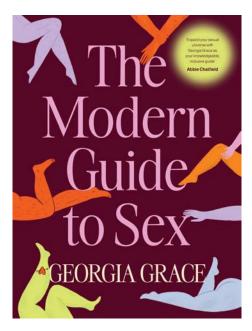
The Modern Guide to Sex is the ultimate handbook for rediscovering pleasure, bodies and relationships from acclaimed sex expert Georgia Grace. It's the new go-to sex-ed guide for people of all ages.

Featuring full-colour illustrations of the anatomy you missed in school to practical, therapeutic advice on navigating communication, mental health and exploration, it's all about making sex fun, inclusive and shame-free and will change the way you think about and have sex for the better.

Georgia Grace is a certified sex & relationship practitioner and somatic therapist. She is particularly known for her work in the areas of inclusive, sexpositive and shame-free education and helps individuals, couples and groups overcome issues relating to sexual confidence, communication, consent and desire. She is also a co-founder at Normal, a sexual wellness company, where she works with a team of experts to create educational courses and design modern sex toys.

Georgia is a regular contributor to a variety of top-tier media outlets and has collaborated with brands like TEDx, Tinder, QT Hotels and the Nova Network. She is on a mission to redefine what 'normal' means when it comes to sex, relationships and intimacy, and equip people with the tools they need to address these typically taboo topics.













'Transform the way you think and feel about sex with Georgia Grace as your knowledgeable, inclusive guide'

ABBIE CHATFIELD

'This book will not only show you how to get the sex you need but will make you feel understood and normal while you try'

DR CHRIS CHEERS

'Comprehensive and empathetic, with a promise to arouse both your imagination and curiosity'

ESMÉ LOUISE JAMES, KINKY HISTORY

THE NEW RULEBOOK

Chris Cheers

9781460762868 • 160pp • 210 x 151mm (hardback) • RRP (AUD) \$27.99

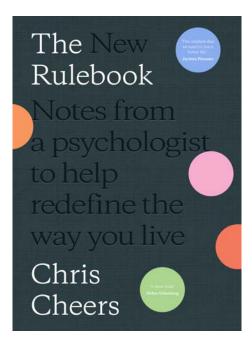
A practical, inclusive guide to life from Instagram's favourite psychologist, Chris Cheers.

Take a moment and check in with how you've been feeling lately. Maybe a little tired, stressed or burnt out? All the recent upheaval and uncertainty has left many of us not only feeling exhausted, but also questioning who we are and what we want from life. Yet instead of taking the necessary time to process and answer these important questions, many of us are feeling pressured to just get back to 'normal'. But what if we want *better* than normal? The world has changed – we have changed – so when it comes to caring for our wellbeing, it's clear we need new rules.

The New Rulebook is a practical, game-changing guide to embracing that uncertainty. It compassionately asks you to re-examine five key areas: self-care, emotions, work, body and love (all the big stuff!), and then offers radical, evidence-based solutions to improve your wellbeing. Led not by expectation, but by what you need. The rulebook for life has been thrown out the window over the last few years. Rather than picking it back up, let's write a new one.

Chris Cheers is a psychologist and educator with a focus on elevating mental health in the arts and LGBTIQA+ communities. He is also a regular media contributor across television, print and podcasts, and has also provided workshops and mental health consultation to arts organisations, theatre productions, universities and companies across Australia.











'A must-read for anyone who's overwhelmed by the increasing uncertainty of the world'

OSHER GÜNSBERG

'Chris Cheers has a way of explaining the world and how we live that will make real changes to our future'

JACINTA PARSONS, ABC RADIO MELBOURNE on is psychology book is like no other. The author challenges core beliefs, whilst being affirming and refreshingly open about himself. It punches. Read it'

DR MARK CROSS, PSYCHIATRIST

WOW IT'S ALL A LOT

Samuel Leighton-Dore

9781460763810 • 144pp • 185 x 160mm (hardback) • RRP (AUD) \$24.99

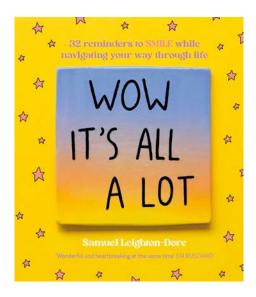
32 reminders to SMILE while navigating your way through life.

This is a book for anyone going through a tough time. It's about celebrating the middle bits - the messy, awkward, uncomfortable bits - while navigating our way through the uncertainties of life.

When Samuel Leighton-Dore began rolling out clay tiles and engraving words into them, he had just been diagnosed with complex post-traumatic stress disorder. After years spent in therapy waiting rooms, searching for meaning, encouragement and guidance, he turned to art to better understand who he was and why he was, slowing down to rediscover the joy and humour in the everyday. Samuel's artwork and writing celebrate all the messy bits of trying to navigate our busy lives. Life, like the tiles themselves, can be hard and fragile, so it's okay to be a 'work in progress' and not have everything figured out all the time. His writing is relatable and comforting, like the world's biggest hug from a friend. It's also funny, sad, hopeful, inspirational and ultimately drawn from his own experiences with mental health and human connection.

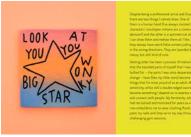
Samuel Leighton-Dore is an artist, author and screenwriter based on the Gold Coast, Australia and the creator of the Smile Tiles. He has written for publications including SBS Voices and produced illustrated mental-health campaigns for ReachOut, Man Cave and the University of Queensland. He and his husband run Sad Man Studio, a boutique animation studio focused on creating Queer-centric animated stories with heart and humour.







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'Sam has a knack for naking the heaviest things feel light'

BRIONY BENJAMIN, LIFE IS TOUGH BUT SO ARE YOU 'The kind of
wisdom that only
comes from living through
challenges ... he has been
where you are and has made it
through'

CHRIS CHEERS, PSYCHOLOGIST & AUTHOR OF THE NEW RULEBOOK 'Makes me feel understood in a way few others do'

ANNA SPARGO-RYAN, A KIND OF MAGIC

CULT SANDO

Jimmy Callaway

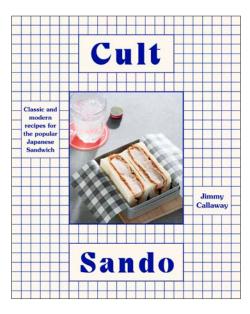
9781460762554 • 112pp • 210 x 160mm (hardback) • RRP (AUD) \$27.99

Classic and modern recipes for the popular Japanese sandwich.

In Japan, sando are everywhere: on convenience store shelves, Shinkansen menus and even in vending machines. Chef Jimmy Callaway is passionate about sando perfection and has assembled the ultimate collection of simple and *oishii* (delicious) recipes for you to make at home. With stunning photography and a *kawaii konbini*-themed layout, the recipes are divided into classic, vegetable, seafood, meat and sweet.

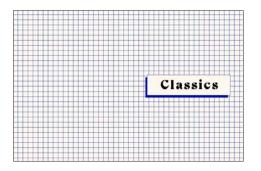
From Japanese favourites such as egg salad and pork katsu to more contemporary fillings like mortadella, tofu or ice cream, you're bound to stumble upon your next cult sando within the pages of this book.

Jimmy Callaway has worked as a professional chef for over fifteen years at some of Sydney's top restaurants, including the Four in Hand Dining Room, Oscillate Wildly and Firedoor. He also works as a freelance recipe developer and food writer for publications like *Gourmet Traveller*, and in food production for television.









'I've spent many a late night observing Jimmy pursue his craft; *Cult Sando* will inspire you to take your sando game to the next level'

LENNOX HASTIE, FIREDOOR

Delicious ideas like chicken-skin mayo to go with tempura corn, or sweet matcha cream to pair with honeydew melon ... so many things I want to try in here!'

EMIKO DAVIES

'I trust very few people to stack me a proper ando. Jimmy is on speed dial #1'

LUCY TWEED, EVERY NIGHT OF THE WEEK



PLANT MILK POWER

Deborah Kaloper

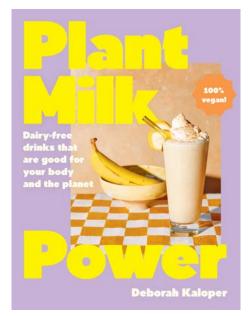
9781460763254 • 112pp • 210 x 160mm (hardback) • RRP (AUD) \$27.99

Dairy-free drinks that are good for your body and the planet.

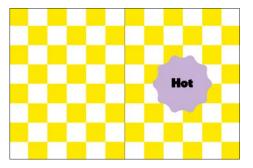
Forget everything you already knew about vegan food. It's time to discover *Plant Milk Power*, a collection of 40 heavenly hot, cold and boozy beverages that are packed with flavour.

From everyday favourites like Iced Matcha Latte, Ultimate Chai and Horchata, to crowd-pleasing showstoppers like Rose Falooda, Blue Butterfly Bubble Tea and Carrot Cake, Deborah Kaloper has assembled a range of delicious recipes to suit every palette, intolerance and occasion. Learn how to make your own milk alternatives at home, too, using nuts, seeds, oats, coconut, rice and even root vegetables.

Deborah Kaloper is a California-raised, Melbourne-based stylist and recipe developer. A former breakfast and pastry chef, she works with leading photographers, chefs, food writers and brands, styling food for books, magazines and advertising; her passion for all things food started at the age of six when her grandmother Nonie gave her her very first cookbook. Deborah is the author of *Good Mornings, Ramen-topia, Taco-topia* and *Pasta Night*, and in her down time you can find her up early to catch the ocean sunrise.











PRETEND YOU'RE IN TOKYO

Michelle Mackintosh

9781460762349 • 128pp • 175 x 140mm (hardback) • RRP (AUD) \$19.99

The ultimate armchair travel guide to recreating an authentic Japanese experience at home.

Tokyo is one of the most vibrant and fascinating cities in the world; a place where traditional gardens and temples are set against neon jungles and looming skyscrapers. One visit to this electric, eclectic metropolis is sure to leave a lasting impression, but how to bring that Tokyo magic back home when the vacation is over?

Self-confessed *shinnichi* (Japanophile) Michelle Mackintosh reveals her favourite fifty quick, easy and *kawaii* activities to help recreate authentic sights, sounds and smells of Tokyo that won't get 'lost in translation'. Why not set up your own cat cafe, whisk up the perfect cup of matcha, delve into the J-POP archives or even learn how to recognise written Japanese? This is the ultimate inspirational guidebook for anyone wishing they were somewhere else.

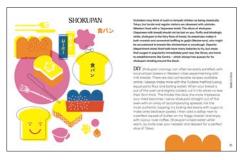
Whether you're a seasoned traveller or dreaming of your first trip to Japan, now you can *Pretend You're in Tokyo* every day of the week.

Michelle Mackintosh is an award-winning book designer, illustrator and author. She designs and illustrates books on cooking, gardening, culture and pop culture for publishers all over the world. Michelle has written three books on analogue correspondence and co-written eight books on Japan, of which many have been translated into multiple languages.











PRETEND YOU'RE IN PARIS

Alice Oehr

9781460760611 • 128pp • 175 x 140mm (hardback) • RRP (AUD) \$19.99

The ultimate armchair travel guide to recreating a unique Parisian experience at home.

Paris, je t'aime!

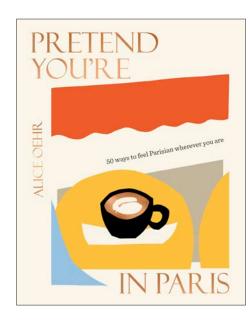
The city of light and love is adored for its beauty and charm - a place where tradition and modernity coexist with an electric *je ne sais quoi* on every street corner. But what to do when your vacation ends and that 'Paris feeling' is gone?

Celebrated illustrator (and self-confessed Francophile) Alice Oehr reveals 50 quick, easy and entertaining activities to help recreate the sights, sounds and smells of Paris without leaving home. From food and drink to culture, fashion, architecture and the outdoors, this is the ultimate inspirational guidebook for anyone wishing they were somewhere else.

We can't all be Parisian, but you can *Pretend You're in Paris* every day of the week.

Alice Oehr is an author, designer and illustrator from Melbourne. She spent much of her youth in France and can tell you everything you need to know about French supermarkets, the art of l'aperitif and navigating a French bakery. She was in Paris when Notre Dame burned and appreciates only too well the romance of the city. Writing this from an armchair in Australia, Paris still maintains its magnetism from over 16,000km away.



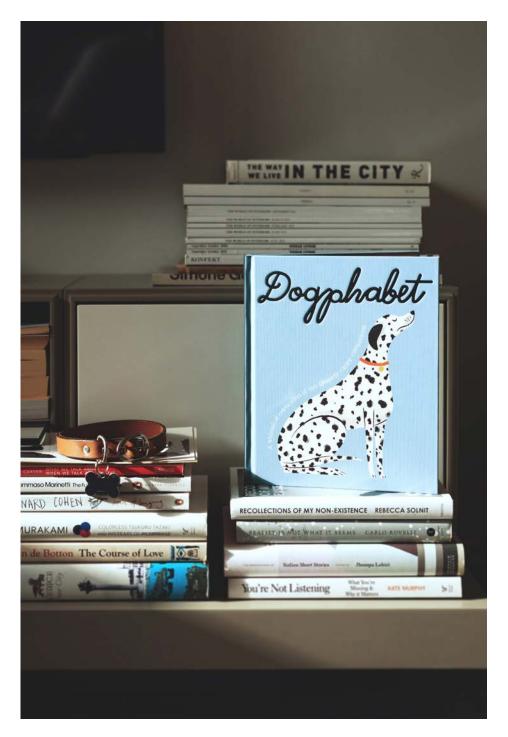












DOGPHABET

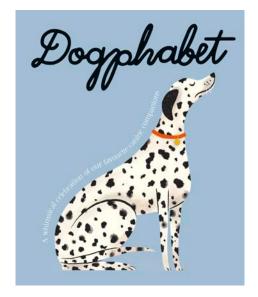
9781460762332 • 64pp • 235 x 195mm (hardback) • RRP (AUD) \$24.99

A whimsical celebration of the colourful characteristics and playful personalities of our favourite canine companions.

It's no secret that dogs are one of life's great joys.

They come in all shapes and sizes and, like humans, they have unique personalities, skillsets and interests that can make you friends fur-ever, or have you barking up the wrong tree.

Dogphabet is a rollicking, rambunctious, gorgeously illustrated A-Z celebration of our loyal best friend, from fearless and reliable pooches to the downright zany and vivacious. It's paws-itively delightful.











CATPHABET

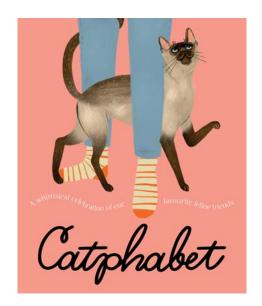
9781460765210 • 64pp • 235 x 195mm (hardback) • RRP (AUD) \$24.99

A whimsical celebration of the colourful characteristics and playful personalities of our favourite feline friends.

Winning the heart of a feline is always worth the effort.

These fur-midable hunters possess unique purr-sonalities and entertaining cattitudes that can be downright claw-ful or have you feline good.

From the smitten kittens we love the most to the snuggle-muffins who hate us least, *Catphabet* is a gorgeously illustrated A-Z celebration of our favourite breeds and playful moggies. It's the cat's pyjamas.











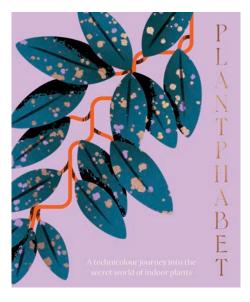
PLANTPHABET

9781460760604 • 64pp • 235 x 195mm (hardback) • RRP (AUD) \$24.99

A stunningly illustrated A-Z celebration of popular indoor plants.

Step inside the psychedelic world of *Plantphabet*, a magical A-Z celebration of indoor plants.

Vividly brought to life in full-colour illustrations, discover bizarre and wonderful BFFs (best fronds forever) that help make you healthier and happier, and learn what makes them tick too.









'Filled with glorious plant love, this alphabetic journey is sure to inspire joy for plan' people of all sorts'

JASON CHONGUE,
THE PLANT SOCIETY

'Definitely our kind of alphabet! Featuring stunning, vibrant illustrations, Plantphabet is a visual feast for plant lovers'

> LAUREN CAMILLERI & SOPHIA KAPLAN, LEAF SUPPLY

'Plantphabet is a fantastic decoding of the sometimes daunting decision to become a

BENJAMIN FOUNTAIN, FLORIST & ART DIRECTOR



WELL-DRESSED DOGS

9781460764190 • 144pp • 185 x 160mm (hardback) • RRP (AUD) \$19.99

A celebration of canine couture.

Welcome to *Well-Dressed Dogs*, a photographic collection of the world's most stylish pups, from the creative minds behind Dog Photog.

Get ready to sit, stay and smile as you flip through pages filled with pooches of all shapes and sizes decked out in fashion-forward looks to suit any occasion, from catwalk to classroom. And every photo and accompanying caption is unique, just like every dog.

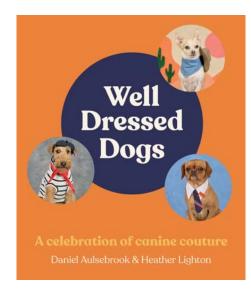
It's a paw-some keepsake for dog lovers everywhere and guaranteed to have you barking with joy.

Heather Lighton and Dan Aulsebrook run the boutique dog photography studio Dog Photog (dogphotog.com.au), in Melbourne, Australia.

Heather is a photographer with a background in fine arts, graphic design and styling. She shoots fashion, lifestyle and portraiture, and her photo books are stocked internationally. Heather is also an exhibited artist and has twice participated at the Tokyo Art Book Fair. She is an animal lover and advocate, and is the creative force behind the business Dog Photog.

Dan has a Bachelor of Arts (Photography) from RMIT in Melbourne, and received a scholarship to study at Parsons in Paris. He enjoys shooting architecture and also dogs. He is the lighting and Photoshop whiz behind Dog Photog. Dan's work has appeared in numerous architecture magazines and design sites.







Cosmos





I'm not lookin' for no trouble. Just cuddles.

Scottie Puppin



Florals for spring, you say? Groundbreaking.

Angel

ICONS OF STYLE

AUDREY HEPBURN

9781460763834 • 96pp • 155 x 120mm (hardback) • RRP (AUD) \$16.99

Life advice from a screen legend.

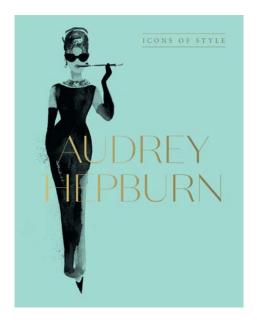
Arguably one of the most recognisable actresses of all time, this unauthorised collection of inspirational quotes demonstrates the spirit of a true style icon, and reflects on charity, fashion, elegance, humanity, beauty and beyond.

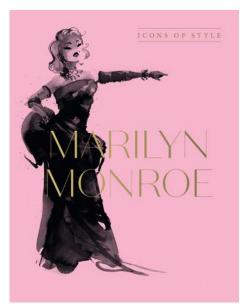
MARILYN MONROE

9781460763841 • 96pp • 155 x 120mm (hardback) • RRP (AUD) \$16.99

Life advice from a screen legend.

Arguably one of the most recognisable actresses of all time, this unauthorised collection of inspirational quotes demonstrates the spirit of a true style icon, and reflects on charity, fashion, elegance, humanity, beauty and beyond.















WISE WORDS FROM DAVID ATTENBOROUGH

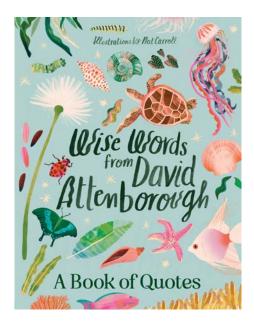
9781460763360 • 96pp • 155 x 120mm (hardback) • RRP (AUD) \$16.99

Smart and inspiring life advice from an environmental icon.

With his unmistakable voice and childlike wonder, Sir David Attenborough has graced our television screens since 1954.

This uplifting collection celebrates the world's favourite naturalist and his perspective on plants, animals, sustainability, community and beyond.

From vegetarianism to climate change, each of these quotes demonstrates the power of words and positive thinking in our everyday lives.





I just wish the world was twice as big and half of it was still unexplored.









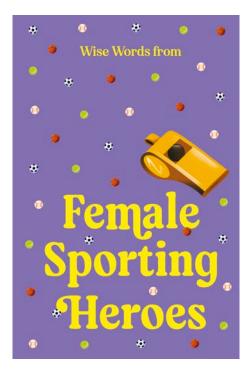
WISE WORDS FROM FEMALE SPORTING HEROES

9781460766149 • 96pp • 198 x 128mm (hardback) • RRP (AUD) \$19.99

Smart and empowering life advice.

This uplifting collection celebrates inspiring sportswomen the world over and their thoughts on life, success, equality and beyond.

From legendary Olympians to modern-day icons, each of these unauthorised quotes demonstrates the power of words and positive thinking in our everyday lives.











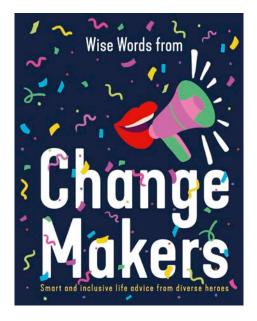
WISE WORDS FROM CHANGE MAKERS

9781460762646 • 96pp • 155 x 120mm (hardback) • RRP (AUD) \$16.99

Smart and inclusive life advice.

This uplifting collection celebrates diverse heroes the world over and their perspective on life, politics, education, representation and beyond.

From writers, thinkers, activists and leaders, each of these quotes demonstrates the power of words and positive thinking in our everyday lives.











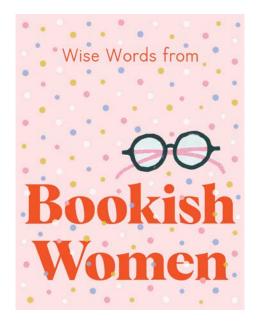
WISE WORDS FROM BOOKISH WOMEN

9781460760628 • 96pp • 155 x 120mm (hardback) • RRP (AUD) \$16.99

Smart and sassy life advice.

This uplifting collection celebrates inspiring bookish women the world over and their thoughts on life, love, politics, education and beyond.

From writers, thinkers, leaders, activists and change-makers, each of these quotes demonstrates the power of words and positive thinking in our everyday lives.



When the world is too much, I love to read thrillers and romance novels. I just want to lose myself in something either intriguing or ludicrously romantic.

Roxane Gay

1













IT'S ALWAYS SPRITZ O'CLOCK SOMEWHERE

9781460762561 • 96pp • 185 x 160mm (hardback) • RRP (AUD) \$19.99

Classic cocktail recipes from where you'd rather be.

A bellini in Buenos Aires. A mimosa in Barcelona. It's always spritz o'clock somewhere, right?

This companion guide will take you on a journey to some of the world's dreamiest locations - places made even more perfect when paired with a spritz. Whether you're a new convert or a die-hard spritz fan from way back, take inspiration from these recipes and inject some fizzy magic into your life.

Go on, get your spritz on.











IT'S ALWAYS GIN O'CLOCK SOMEWHERE

9781460760598 • 96pp • 185 x 160mm (hardback) • RRP (AUD) \$19.99

Classic cocktail recipes from where you'd rather be.

A martini in New York City. A negroni in Positano. It's always gin o'clock somewhere, right?

For anyone dreaming of travel and relaxing on holiday with a drink in hand, this gorgeous book pairs stunning photos of where you'd rather be with eleven classic cocktail recipes you can make at home.











PLANT HOUSE

9781460764473 • 208pp • 250 x 200mm (hardback) • RRP (AUD) \$29.99

Beautiful spaces inspired by nature.

For fans of *Plantopedia*, *Plant Society* and *Indoor Jungle* comes a stunning celebration of the simple joy and natural beauty that plants can bring to your home.

Featuring gorgeous full-colour photography, Plant House combines the romance and drama of indoor greenery with the practicalities of modern living, and demonstrates the basics of capturing that iconic look: bold pops of colour; using your space creatively; bringing the outdoors in; and design details for creating your ultimate sanctuary.









Plants inject life and colour into a room - a bright spot on an overcast day.



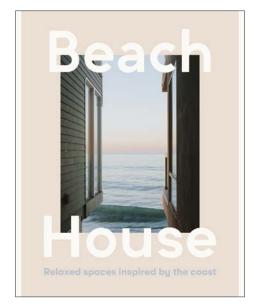
BEACH HOUSE

9781460764480 • 208pp • 250 x 200mm (hardback) • RRP (AUD) \$29.99

Relaxed spaces inspired by the coast.

For lovers of *Cabin Porn*, *Homebody* and *Places We Swim*, this is the essential guide for those dreaming of living by the sea, and inspiration for anyone wanting to bring a touch of Summer to their home, wherever that may be.

Featuring stunning full-colour photography, Beach House combines the romance and drama of the beach with the practicalities of modern living, and celebrates the basics of capturing that iconic look: a soft, dreamy palette; bringing the outdoors in; repurposing and upcycling materials; and design details for creating your ultimate retreat.





the living room

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Woven natural materials conjure memories of the coast.







LOVE STORIES JOURNAL

Trent Dalton

9781460763094 • 208pp • 210 x 153mm (hardback) • RRP (AUD) \$32.99

A gorgeous guided keepsake based on Trent Dalton's beloved bestselling book, *Love Stories*.

Based on Trent Dalton's warm, poignant, funny and moving book about love in all its guises *Love Stories Journal* features a passionate and inspiring introduction from Trent, along with some gentle and thought-provoking prompts from him to help guide you as the journalist of your own love stories. The love you want to scream about from a mountaintop. The love you think about at midnight with your eyes open and your head on the pillow. The love you whisper to the sky. The love you have always needed to write about.

Above all, these pages help you capture your own voice (or the voices of those you love) and the defining story of your life. Stories told are infinitely more useful than stories left untold. You were here on earth with your heart wide open. You lived. You loved. And then one day you wrote it all down.

Trent Dalton is the author of the international bestselling, multi-award-winning *Boy Swallows Universe* (HarperCollins, 2018), the national number-one bestseller *All Our Shimmering Skies* (HarperCollins, 2020) and the number-one bestseller, and 2022 Indie Book of the Year Award, *Love Stories* (HarperCollins, 2021). His books have sold over a million copies since 2018.





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**Confident and Confident As when I fell as the change

**Confident and Confident As when I fell as the change

**Confident As when I fell As when I fell as the confident

**So reap second Douard to Anales. The As I file is to see a

**So region and Douard to Anales. The As I file is to see a

**So region and Douard to Anales. The I file is to see a

**So region and Douard to the I file as a

**Base with in the reson and Douard to the I file as a

**Base with in the reson and Douard to the I file as a

**Base with in the reson and Douard to the I file as a

**Base with in the reson and Douard to the I file as a

**Base with in the reson to the I file as a

**Long pour and the I file as of

**Long pour and the I file as of

**Long pour and the I file as of

**Long pour and I file I file as of

**Long pour and I file I file as of

**Long pour and I file I file I file I file as of

**Long pour and I file I fil

Love is
the magic
that can
change the
world.

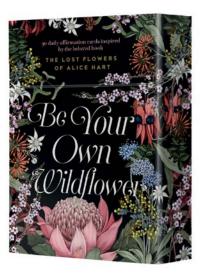
BE YOUR OWN WILDFLOWER

9781460761663 • 32 cards • 125 x 80mm (cards) • RRP (AUD) \$24.99

30 daily affirmation cards inspired by Holly Ringland's beloved book *The Lost Flowers of Alice Hart*.

Following the worldwide success of Holly Ringland's critically acclaimed debut novel *The Lost Flowers of Alice Hart*, this gorgeous set of affirmation cards continues the powerful message to 'have courage, take heart' - to *Be Your Own Wildflower* - each and every day.

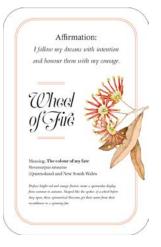
Thoughtfully curated and featuring stunning full-colour artwork, these cards can be used as meditations, reflections or daily inspiration through the celebration of unique Australian flowers and the calming power of nature.



Hello wildflower, This deck of affirmation cards has been designed to help you find a moment of beauty and courage in your day. There's no right or wrong way to use these cards. In every card, there is the power of imagination and possibility. As there is in you. On behalf of Alice Hart, and everyone at Thornfield, I wish you all the wildflowers. Love Holly Findland Anthri of The Lost Tower of Alice Hart

















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