



SPARKING
IMAGINATION,
CONVERSATION
& CHANGE

Rights Guide
London Book Fair
April 2023

Pantera Press — taking on the world...

Pantera Press is a relatively young and leading Australian book publisher, created to champion writing culture and literacy in Australia with a clear community and cultural purpose.

We discover and nurture talented Australian writers who are great storytellers. We also publish non-fiction books that matter, and have a quirky illustrated imprint, Lost the Plot. From our Australian origins we are now also publishing titles that fit our criteria from around the world. As a social purpose business, we use our profits to fund charities and not-for-profits that encourage reading and work to close the literacy gap in Australia.

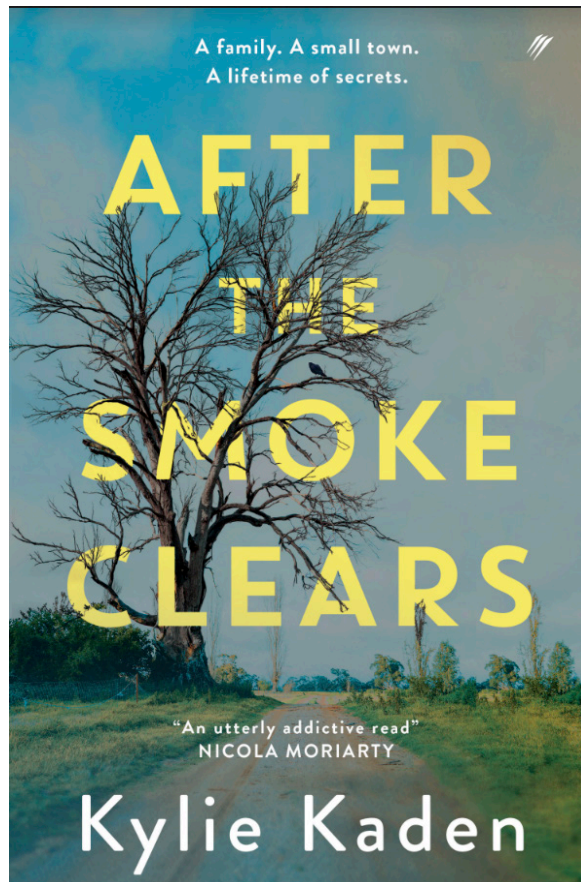
We released our first titles in 2010 and have been short-listed seven times for the Australian Book Industry's (ABIA) Small Publisher of the Year Award. We are the only publisher to have been named a 'Heatseeker' by Nielsen BookScan for six consecutive years (indie publishers showing both the highest short-term and long-term growth), and made the top 10 list of Indie Publishers in 2020. We have a team of seasoned industry professionals fast developing a list of award-winning and critically acclaimed authors and titles across a range of genres.

Our books are distributed in Australia and New Zealand by Bloomsbury, and we hold world rights to most of our titles. We would love to introduce you to our list.

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Upcoming and Recent Adult Fiction



Pub Date: May 2023
ISBN: 9780645498592
Category: Commercial Fiction
Format: Paperback C 234mm x 153mm
Extent: 320pp
Rights Held: World
Rights Sold: Audio (Bolinda)

A family. A small town. A lifetime of secrets.

Would you tell your partner the worst thing you've ever done?

Her family offered a life of power and privilege, until Lotti turned away from her father's grand plans – and towards a life that felt more like her own. With a new start as a teacher, Lotti may have even found the right man, a rough-around-the-edges single dad who'd never fit in with her high-brow upbringing, but who has started to feel like home.

But Lotti isn't the only one running. August's strong silent demeanour may be part of his appeal, but as they get closer, his inability to talk about his past begins to jeopardise their future.

After August receives a cryptic message prompting him to leave in the dead of night, Lotti takes Augie's six-year-old son Otto on a road trip to his father's dusty hometown where decades of lies begin to unravel. When details of a shocking crime emerge, Lotti is forced to decide if she trusts the man August has become more than she fears the man he once was.

About the Author



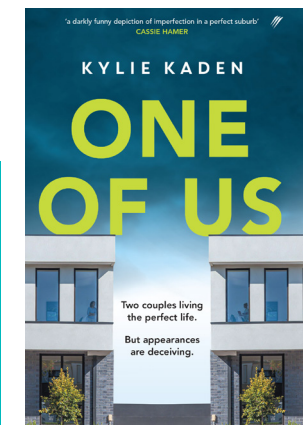
Kylie Kaden has an honours degree in psychology, was a columnist at *My Child Magazine*, and now works in the disability sector.

She knew writing was in her blood from a young age when she snuck onto her brother's Commodore 64 to invent stories as a child. Raised in Queensland, she spent holidays camping with her family on the Sunshine Coast.

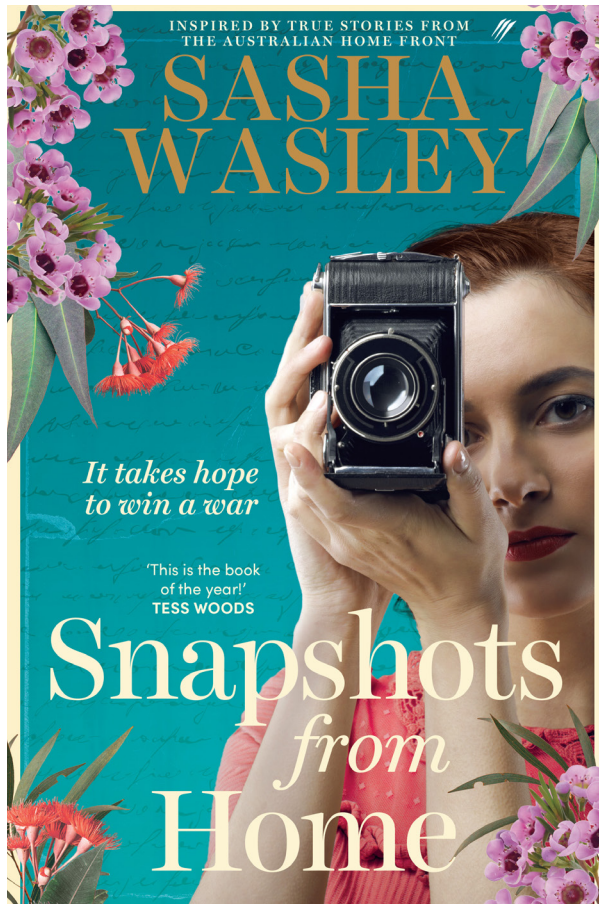
With a surfer-lawyer for a husband and three spirited sons, Kylie can typically be found venting the day's thoughts on her laptop, sometimes in the laundry so she can't be found.

'Taut, tense and deeply immersive. This is Kylie Kaden at her best.'
Tess Woods

'An utterly addictive read'
Nicola Moriarty



SNAPSHOTS FROM HOME | Sasha Wasley



Pub Date: July 2023

ISBN: 9780645476729

Category: Commercial Historical Womens Fiction

Format: Paperback C 234mm x 153mm

Extent: 464pp

Rights Held: World ex Nth America

'Please send snaps of my dear mother and father, my sisters Sarah and Evelyn, and my bonzer little poddy calf, Zeus.'

It's 1917, three years into the Great War, when Edie takes up a teaching post in the small Australian town of York.

Mourning the loss of her beloved brother on the Front and evading her father's plans for a respectable marriage, she's glad to keep busy teaching at Miss Raison's School for Girls. After a little persuasion, Edie agrees to take part in a comfort scheme sending photos of home to the troops.

Edie's new venture throws her into the path of the family secrets, scandals and class complexities of her new town – and a handsome, exasperating man her father would never approve of. With each new encounter, her world gets bigger and more complex, until Edie's asked to make choices that could turn her cautious life upside down – and change the very course of history.

Drawn from the true stories of Australians during WW1, this is historical fiction at its best. Charming and heartfelt, *Snapshots from Home* is perfect for fans of Fiona McIntosh, Joy Rhoades and anyone who loved *The Guernsey Literary and Potato Peel Pie Society*.

About the Author

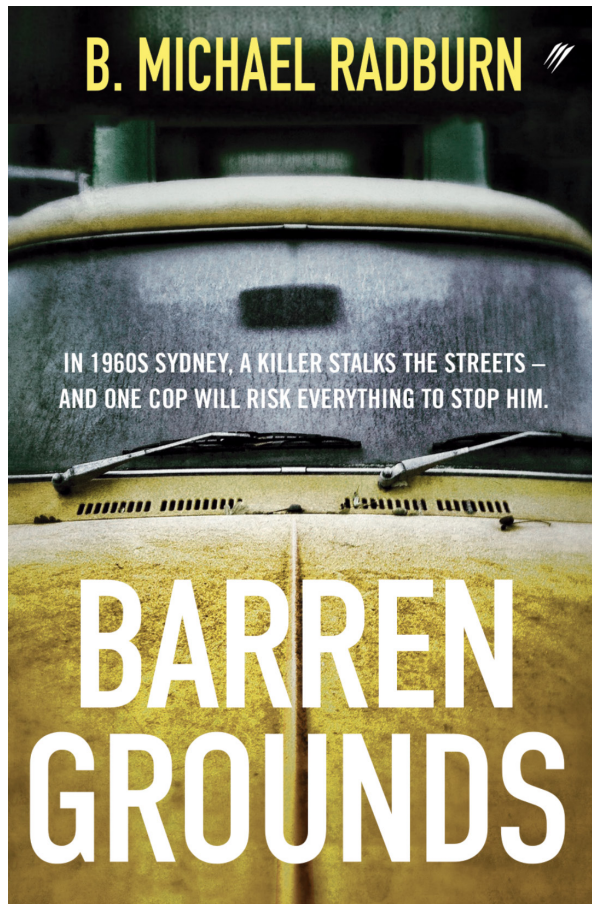


Sasha Wasley was born and raised in Perth, Western Australia. She completed a PhD in feminist literature at Murdoch University in 2006, and went on to work as a copywriter on topics ranging from mine safety to sex therapy.

Sasha's debut novel was published in 2015, after which she gave up her copywriting business to pursue her fiction writing career.

Sasha is passionate about levelling the playing field for members of the community experiencing disadvantage. She is an Ambassador for the *Books in Homes Australia* charity which provides books of choice for children in disadvantaged circumstances to keep in their home libraries. Today, she lives and writes in the Perth hills region with her partner and two daughters.

'This is the book of the year!'
Tess Woods



Pub Date: July 2023
ISBN: 9780648571506
Category: Crime Fiction
Format: Paperback C 234mm x 153mm
Extent: 352pp
Rights Held: World

In 1960s Sydney, a killer stalks the streets – and one cop will risk everything to stop him.

The calling card of the killer known as 'The Jeweller' is as elegant as it is gruesome: a pair of ring fingers, separated from their owners, encircled by a band of wire, and delivered directly to Senior Detective Joe Capello. When the Jeweller taunts Joe and his team into meeting him in the diseased grounds of Barren Park, the consequences of that evening will have permanent repercussions for everyone involved. And for Joe, it gets personal.

Two years later, Joe is off the force, but no less obsessed with the Jeweller and his horrific crimes. When a new parcel arrives at his home, Joe is invited back onto the task force and given the opportunity to redeem himself. But vindication relies on Joe finally capturing The Jeweller and now he has to decide if he's willing to do what it takes – whatever it takes – to finally bring this case to a close.

About the Author



B. Michael Radburn is an award-winning writer of short stories, novels and screen plays. He is also the founder of Dark Press Publications and the former editor of the *Australian Horror and Fantasy Magazine*. He is the author of *Blackwater Moon*, *The Reach*, *The Falls*, and *The Crossing*. He lives in the Southern Highlands of New South Wales with his family.

Praise for B. Michael Radburn

The Crossing

'A riveting tale of deception and desperation ... an impressive Australian thriller ... one for the dark, cold winter nights ahead.' *ABC Radio*

'This innovative thriller is gripping throughout ... fast pace and three-dimensional characters gave it a great momentum.' *Good Reading Magazine*

Blackwater Moon

'terrifying novel ... beautifully evocative ... disturbingly dark, with brilliantly-created characters, it builds with great tension to a gripping climax.' *ABC Radio*



Pub Date: August 2023

ISBN: 9780645240085

Category: Contemporary Women's Fiction

Format: Paperback C 234mm x 153mm

Extent: 356pp

Rights Held: World

The lake in the middle of her father's kitchen is only the first in a series of disasters in Zeina's life. Nassar's recent health crisis has seen his well-established community restaurant, Casablanca, losing ground and customers to trendier competition.

Casablanca's deterioration is not the only chaos in Zeina's world but, unlike her husband who won't speak to her, her best friend who is sliding towards self-destruction, and her cousin who is stealing Zeina's life story for content, the restaurant is something she can fix. And Zeina, lonely and adrift, needs something she can fix.

Taking leave from her prestigious chef position, Zeina throws herself into caring for her ailing father, immersing herself in the familiar foods and flavours of her childhood, trying to save both him and his restaurant. But working in the kitchen – and her childhood home – brings memories, secrets, and unexpected ambitions simmering to the surface. When it comes time to make hard decisions, Zeina will have to accept that growing up is an ongoing process – one that never gets any easier.

'Amal weaves love and longing into a rich tapestry of tradition and society, with a sharp but gentle insight.'
Sulari Gentill

About the Author



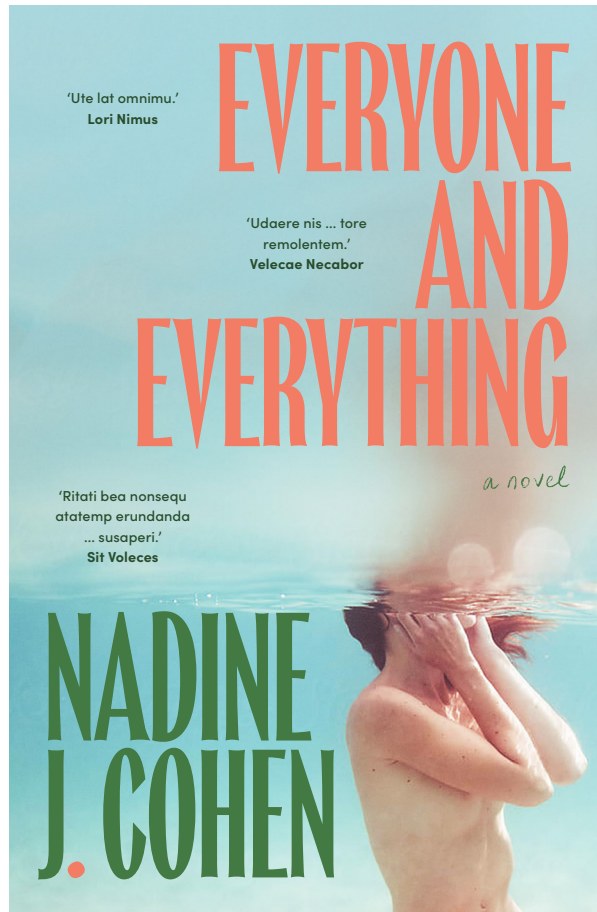
Amal Awad is a journalist, screenwriter, author and performer. She presents workshops on storytelling and creativity, has been a regular panellist on ABC TV's *The Drum* and was a TEDx Macquarie speaker in 2019.

Amal is the author of three novels – *Courting Samira*, *This is How You Get Better* and *The Things We See in the Light* – and the non-fiction books *The Incidental Muslim*, *Beyond Veiled Clichés: The Real Lives of Arab Women* and *Fridays With My Folks: Stories on Ageing, Illness and Life*. She has also contributed to the anthologies *Growing Up Muslim in Australia: Coming of Age* and *Some Girls Do ...: My Life as a Teenager*. Her most recent non-fiction book, *In My Past Life I was Cleopatra*, was published in 2020.

Praise for Amal's fiction

'A sparkling new voice in Australian fiction.'
Nikki Gemmill

'This book is delicious - sweet, warm and unexpected - the best kind of dessert, but not a guilty pleasure because the characters are so real, and their struggles so human that I could not stop thinking about them after the last page.'
Alice Pung



Pub Date: September 2023

ISBN: 9780645240092

Category: Literary Fiction

Format: Paperback C 234mm x 153mm

Extent: 320pp

Rights Held: World

A dazzling debut full of wry wisdom by one of Australia's most exciting emerging novelists, *Everyone and Everything* will make you laugh inappropriately, cry unexpectedly and reach out to those you love.

When Yael Silver's world comes crashing down, she looks to the past for answers and finds solace in surprising places. An unconventional new friendship, a seaside safe space and an unsettling amount of dairy help her to heal, as she wrestles with her demons and some truly terrible erotic literature.

Everyone and Everything is about family, mental health and inherited trauma, told with humour and humility, perfect for fans of *Sorrow and Bliss* by Meg Mason and *A Lonely Girl is a Dangerous Thing* by Jessie Tu. An intimate exploration of grief and inherited trauma, it asks what makes us who we are and what leads us onto ledges.

About the Author



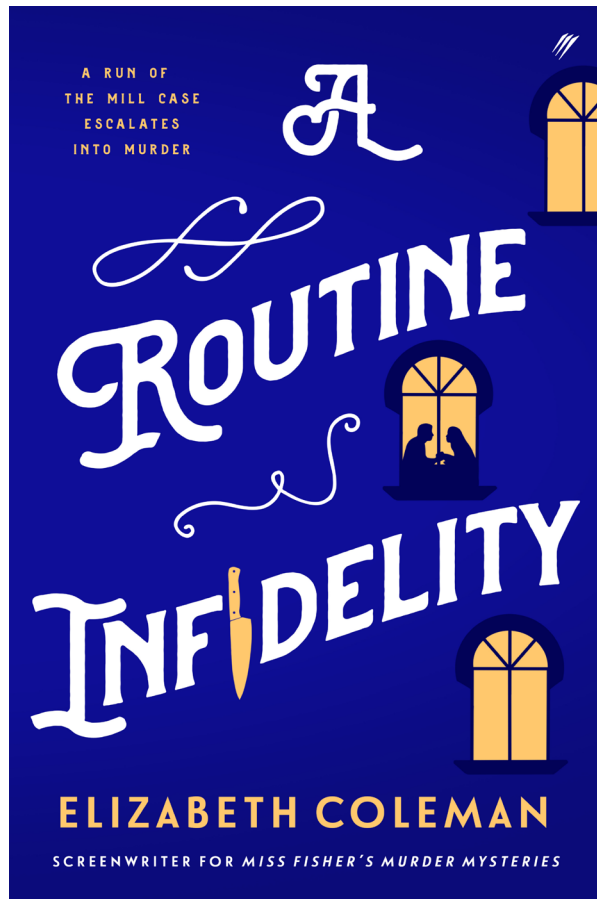
Nadine J. Cohen, also known as Nadine von Cohen, is a writer and refugee advocate from Sydney. Her musings can be found all over the internet, with bylines in *The Guardian*, *The Saturday Paper*, *SMH*, *ABC*, *SBS*, *Frankie*, *Harper's Bazaar* and more. She is a co-founder and director at Hope for Nauru, a volunteer-run not-for-profit serving refugees and asylum seekers affected by offshore detention. *Everyone and Everything* is her debut novel.

'Everyone and Everything is a dazzling debut full of wry wisdom that will make you laugh out loud at the most inappropriate moments, cry unexpectedly and remind you to give your sister a call. It is a tale of family, mental health and inherited trauma told with humour and humility, and an intimate exploration of grief and the bonds between women. It asks what makes us who we are and what leads us onto ledges.

This story cements Nadine J. Cohen as one of Australia's most exciting emerging novelists,'

Publishing Director, Lex Hirst

A ROUTINE INFIDELITY | Elizabeth Coleman



Pub Date: February 2023

ISBN: 9780645412925

Category: Commercial Crime Fiction

Format: Paperback C 234mm x 153mm

Extent: 380pp

Rights Held: World

Rights Sold: Audio (Wavesound)

A delightfully sharp and clever murder mystery, perfect for fans of Richard Osman's *The Thursday Murder Club*

Private investigator Edwina 'Ted' Bristol deals in the cheating husbands and missing chihuahuas of Melbourne, but yearns for the heart-stopping excitement of real crime.

When Ted discovers her sister, Bob, has fallen prey to an internet catfishing scam, she sets out with her beloved miniature schnauzer and shrewd sidekick, Miss Marple, to catch the swindler. Meanwhile, when conducting routine surveillance on a couple suspected of having an affair, she uncovers a plot to embezzle millions.

As Bob's case takes a series of bizarre twists and turns and the embezzlement investigation escalates into murder, Ted finds her own life in peril. Will she crack her first criminal case before it's too late?

If you love the madcap adventures of Phryne Fisher, you're sure to love Ted Bristol.

The first in a planned series of cosy crime books. Elizabeth's background as a screenwriter who has worked extensively on the Miss Fisher series gives her a great insight into success in this space.

Fast paced, with skillful plotting, endearing characters, adventure, zany charm and witty banter, this is pure escapism and lots of fun!

About the Author



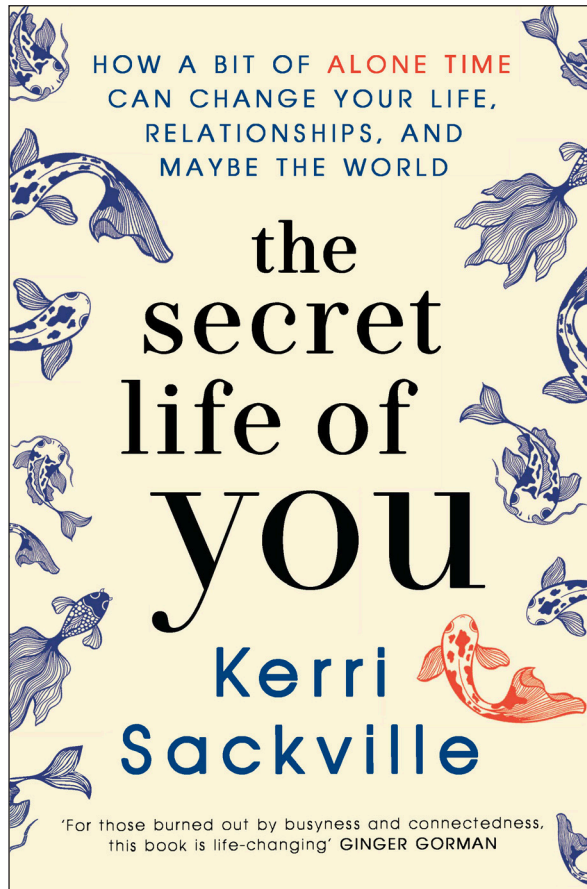
Elizabeth Coleman is a successful screenwriter who has written on every season of *Miss Fisher's Murder Mysteries* and *Miss Fisher's Modern Murder Mysteries*. She is also the author of the hit play *Secret Bridesmaids Business* and co-created the much-loved ABC drama *Bed of Roses*.

'Clever plotting, memorable characters – a delight!'
Kerry Greenwood, author of *The Phryne Fisher Mysteries*

'High drama, snappy dialogue and sensational plot twists.'
Sydney Morning Herald

'With Miss Marple as your sidekick how can you lose? I loved every minute with P.I. Ted, her family, friends, and associates. *A Routine Infidelity* marks the beginning of an excellent series. Here's to many more cases for Edwina Bristol Investigations.'
RWR McDonald, author of *The Nancys*

Upcoming and Recent Adult Non-Fiction



Pub Date: April 2023

ISBN: 9780645412949

Category: Non-Fiction

Format: Paperback C 234mm x 153mm

Extent: 320pp

Rights Held: World

Why is it so confronting and scary to be alone with your own thoughts? It doesn't have to be. Spending meaningful time on your own can boost creativity, help in setting and achieving long-term goals, increase productivity and build mental strength, and, most importantly, improve our relationships and connection with others.

Many great thinkers from Buddha to Barack Obama have espoused the benefits of solitude but the busyness of modern life doesn't leave us much time for contemplation. With smart phones, social media, endless streaming and podcast options, as well as the demands of work, family and friends, we are rarely left alone with our thoughts. As little as 10 minutes each day can be enough to help you rejuvenate from the daily grind and restore clarity and focus.

In *The Secret Life of You*, Kerri Sackville examines what it means to be alone, as opposed to lonely, why so many of us avoid being alone, and gives you practical advice on how to increase your tolerance of true, meaningful alone time, in order to be comfortable in your own company – and enjoy it!

About the Author



Kerri Sackville is an Australian author, columnist, and social commentator. She writes regularly for *Sunday Life* magazine, SMH online and news.com.au, on topics ranging from sex and relationships to parenting, mental health, current affairs, and whether white chocolate is real chocolate (it isn't).

Kerri's work has appeared in numerous publications, including the *Sydney Morning Herald*, *The Age*, *The Telegraph*, *Maddison*, *Women's Weekly Online*, *SBS Life*, *Mamamia.com*, *Grazia UK*, *The Sunday Times UK*, *Bide* magazine, *OK* magazine and the *Australian Jewish News*. She has made frequent appearances on television programs and regularly pops up on various radio stations.

'In this powerful meditation on aloneness – as opposed to loneliness – Kerri blends incisive journalism with critical thinking, research, wit and heartfelt storytelling to pry apart the aspects of our culture which strip away our willingness and ability to be alone For those burned out by busyness and connectedness, this book is life changing.'

Ginger Gorman

'Sackville pops. Her gaze is sharp and her wit crackling. There is no better companion to teach the gift of how to be alone. In these pages, Sackville has mustered a revolution of one and it is gorgeous to behold.'

Rick Morton



Pub Date: May 2023
ISBN: 9780645476712
Category: Non-Fiction
Format: Paperback C 234mm x 153mm
Extent: 320pp
Rights Held: World

A JOURNALIST AND VICTIM-SURVIVOR'S INVESTIGATION INTO STALKING

A gripping blend of memoir, investigation and expert analysis, *Obsession* takes a deep dive into the disturbing phenomenon of stalking.

Journalist Nicole Madigan was stalked for over three years. The relentless and debilitating experience wreaked havoc in her personal and professional life, leaving her trapped in a constant state of fear and anxiety.

Nicole uses her own story as an entry point to examine the psychology behind stalking behaviours and their impact on victim-survivors. Whether by a stranger, acquaintance or former partner, stalking can have a catastrophic effect on a victim-survivor's mental, social and financial wellbeing. At it's worst, it can lead to physical violence, even death.

In this timely and compelling enquiry, Madigan explores the blurred lines between romantic interest and obsession, admiration and fixation. Through expert consultation and the personal stories of other victim-survivors, she analyses society's attitude towards stalking and its role in popular culture, while highlighting the failings of the legal system in protecting victims.

About the Author



Nicole Madigan has worked as a print journalist for New Limited and an on-air reporter and presenter with the Nine Network, filing stories for Brisbane program Extra, lifestyle show Weekend Extra and National Nine News. As a freelance journalist her work has been published in the *AFR*, *The Sydney Morning Herald*, *The Australian*, *The Courier Mail*, *Sunday Life*, *MINDFOOD*, and *Mamamia*.

'This book is a forensic analysis of stalking and how it can completely dominate and derail an otherwise contented existence. But it is more than that. It is as chilling and gripping to read as the best thriller, made even more disturbing because every word of it is true.'

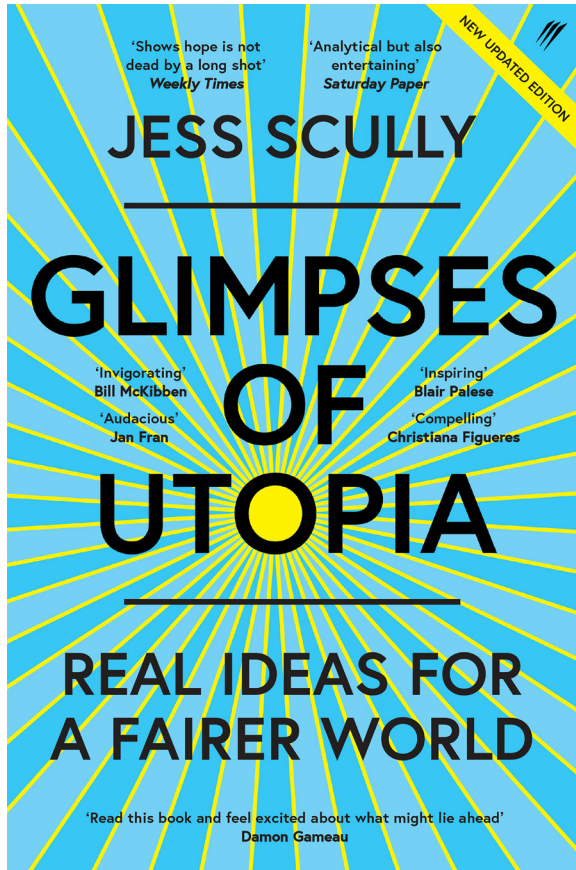
Jane Caro

'The harrowing experiences of Nicole Madigan and other victim-survivors will make you rage – towards the predators that get away with their behaviours, as well as the systems that let victims down. *Obsession* balances the power of lived experience with extensive research into societal and misogynistic attitudes towards stalking, and the urgent need for law reform.'

Yumiko Kadota

'Extraordinarily powerful and terrifyingly necessary, this book is a compelling investigation into an issue that has consequences for the whole community. Every Australian should read this book.'

Shannon Molloy



Pub Date: May 2023

ISBN: 9780645498509

Category: Non-fiction - General

Format: Paperback B 198mm x 128mm

Extent: 278pp

Rights Held: World

Rights Sold: Audio (Wavesound)

REAL IDEAS FOR A FAIRER WORLD WITH UPDATED FOREWORD

It's tempting to feel that the future is not about ordinary people and our needs. Climate change is disheartening; governments aren't listening; the artificial intelligence revolution is almost upon us. Jess Scully asks, What can we do? The answer is: plenty! In this galvanising book, she looks into the systems that organise our lives – like work, taxation and government. All around the world, people are finding ways these systems can be done differently – fairer for people, better for our planet.

From urban greening to combat heat and health challenges in Dhaka to digital platforms that enable citizens' voices to be heard; from California Public Banking Alliance, which invests in renewable energy, to Netherlands-based Ex'Tax, which switches the tax burden from workers to natural resource use, people are refusing the business-as-usual mindset and finding ways of putting humans back into the civic equation.

Glimpses of Utopia is a call for optimism. Humans everywhere are rising up to confront our challenges with creativity, resilience and community. Harnessing technology and rediscovering the best of traditional values, we can redesign our world to be fair and sustainable. This book shows us how.

About the Author



Jess Scully is the Deputy Lord Mayor of Sydney, a public art curator, festival director and media producer who uses creativity and the arts to engage communities.

She was the founding director of Vivid Ideas, Australia's largest creative industries event, and has curated creative sector events including Junket, TEDxSydney and Curating Participation.

She is an advocate for the knowledge economy, creative and cultural sector, and encouraging participation in politics, creativity and enlivening our public realm.

'I found this book to be remarkably invigorating – it's a collection of eminently practical ideas, from a writer who has done the nitty gritty work of making change herself. And if we were able to join together to make them happen, our world would change. As we emerge from the pandemic, this is precisely the kind of thinking that we need.'

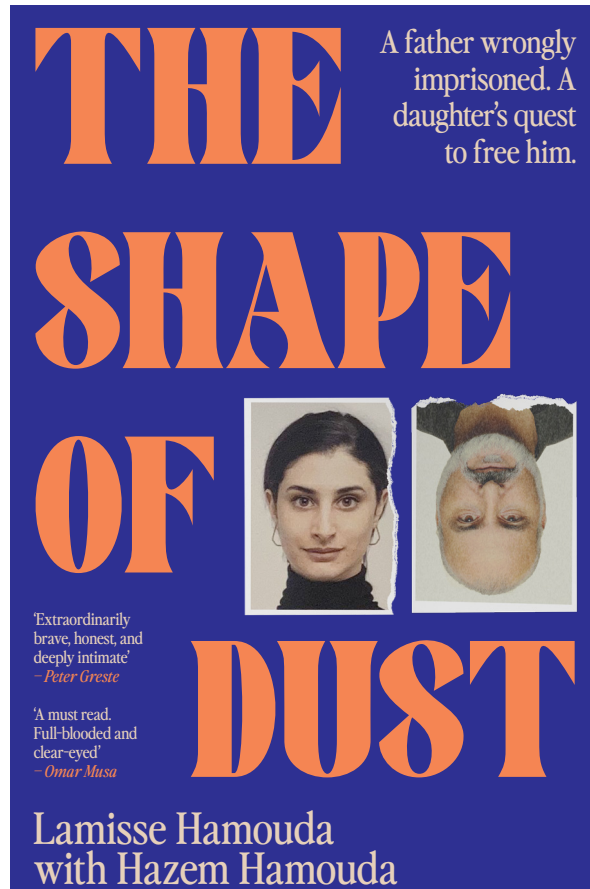
Bill McKibben, author Deep Economy

'... a book full of verve and optimism offering glimpses of a better world.' *Sydney Morning Herald*

'Jess Scully directs us towards the kind of compelling vision we need, in the understanding that we are living in an imperfect world.'

Christiana Figueres

THE SHAPE OF DUST | Lamisse Hamouda with Hazem Hamouda



Pub Date: July 2023
ISBN: 978648795117
Category: Non-Fiction
Format: Paperback C 234mm x 153mm
Extent: 320pp
Rights Held: ANZ and North America

An incredible true tale of overcoming injustice and ode to the fierce love within one family, *The Shape of Dust* is a haunting appraisal of the way Australia treats its citizens, both at home and abroad.

In 2018, on his way to a family holiday in Cairo, Australian-Egyptian citizen Hazem Hamouda disappears without warning, going missing somewhere between landing and customs.

His eldest daughter, Lamisse, has recently moved to Egypt armed with a scholarship to the American University of Cairo, and overnight her world is turned upside down. With little Arabic and even less legal knowledge, she finds out her father has been arbitrarily arrested. Going up against the notorious Egyptian prison system, Lamisse discovers that the Australian embassy provides shockingly little support to dual citizens arrested abroad.

Shouldering the responsibility of her father's welfare, Lamisse learns to navigate both deeply flawed systems, and freeing Hazem involves a reckoning with the two countries she's called home – coming to terms with the prejudice and racism of the country she grew up in and the corruption in the country she was hoping to reconnect with.

Told with exquisite intimacy by both father and daughter, *The Shape of Dust* is an Australian story unlike any other, and the striking debut of a writer of incredible nuance, insight and talent.

About the Authors



Lamisse Hamouda (she/her) is an Egyptian-Australia writer, theatre artist and youth worker, primarily based in Meanjin (Brisbane). Her writings have been published in various publications in Europe and Australia, and her poetry was included in the anthology, *Arab, Australia, Other: Stories on Race and Identity*. She is currently studying toward a Master of Therapeutic Creative Arts.

Hazem Hamouda is an Egyptian-Australian IT consultant, arbitrarily arrested and imprisoned in Egypt in 2018. Hazem is a contributing writer to this book. Based in Meanjin (Brisbane), he lives with his family and a couple of backyard chickens.

'Lamisse Hamouda's *The Shape of Dust* is a must read. Full-blooded and clear-eyed, this book is a deep dive into memories big and small, brutal and joyful, a ruthlessly reflective examination of the many things that bind us – and free us.'
Omar Musa

'This is an extraordinarily brave, honest, and deeply intimate account of a family's struggle against a brutal bureaucracy.'
Peter Greste

'A beautifully written, deeply personal and devastating account of arbitrary detention in Egypt and a family's inspirational fight for their father's freedom.'
Jennifer Robinson, Barrister



Pub Date: September 2023
ISBN: 9780645624526
Category: Non-Fiction
Format: Paperback C 234mm x 153mm
Extent: 320pp
Rights Held: World

The ultimate guide to making your home look and feel like a dream.

After years of sharing her top home-cleaning hacks online, TikTok sensation @MamaMila, aka Chantel Mila, has compiled all of her best-practice tips and tricks into this one-stop, easy-to-use cleaning bible.

Cleverly organised by room type and cleaning level, *The Dream Clean* is accessible for all households and lifestyles – no matter how much time you have for cleaning.

This book is jam-packed with:

- budget-friendly, eco-friendly, simple DIYs and how-tos
- life hacks for cleaning, styling and organising
- room-by-room guides
- plenty of routines and checklists.

Treating yourself to a beautiful home is the ultimate form of self-care, and *The Dream Clean* will help you achieve just that!

About the Author

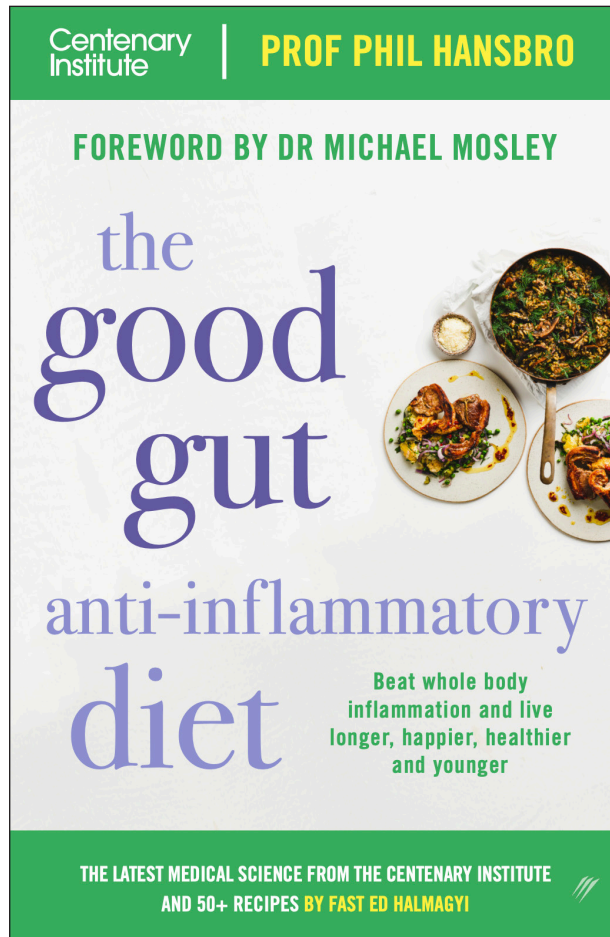


Melbourne-based Chantel Mila, aka Mama Mila, started posting recipes and simple home hacks in 2018, and now has a reach of over 2 million across platforms. Known for her #mamamilastips series, Chantel creates innovative and well-designed content to her loyal, engaged following. Her relatable style has led her to work with local and global brands including Bunnings, Woolworths, Afterpay, HelloFresh and Colgate. Her media work includes appearances on *The Morning Show*, *Sunrise*, *Mamamia*, *news.com.au* and *That's Life* magazine, among many others.

TIKTOK audience:
1.1 million followers, 50.9 million views, 32% Australia,
68% overseas

INSTAGRAM audience:
1.6 million followers
(53% of followers in North America, 16% in the UK)

THE GOOD GUT ANTI-INFLAMMATORY DIET



Pub Date: January 2023

ISBN: 9780648748946

Category: Health and Wellness

Format: Paperback C 234mm x 153mm

Extent: 200pp

Rights Held: World

FORWARD BY DR MICHAEL MOSLEY

At last, a book that shows you how to reverse the negative effects of inflammation, so you look and feel younger and live longer, happier and healthier.

For over four decades, world-leading independent medical research organisation the Centenary Institute has been producing breakthroughs in our biggest health challenges – cancer, cardiovascular disease and the many other problems stemming from inflammation. Out of their mission to make people’s lives better comes *The Good Gut Anti-Inflammatory Diet*. It explains that inflammation is the fundamental cause of all disease, and what you and your gut can do about it.

Inflammation, if left unchecked, can do untold damage. This book outlines the various factors causing inflammation, and dives deep on the one you can control the most: your food. The talented researchers at the Centenary Institute have gathered the best of their life-changing knowledge and joined forces with beloved Aussie author and chef Fast Ed Halmagyi. He shares 50 versatile, delicious recipes to show you that taking control of your nutrition - and your life - can be easy and enjoyable, along with nutrition tips from Dr Clare Bailey.

Refocus on your health and energy, prevent sickness and reset yourself, one delicious meal at a time.

About the Author



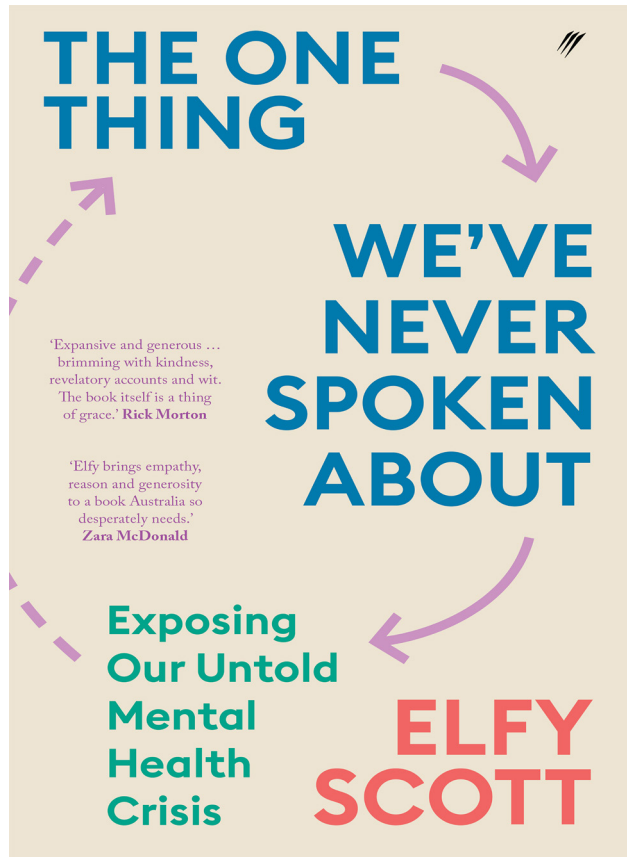
Professor Phil Hansbro is an internationally recognised leader in the study of diseases, like cancer, respiratory illness and infections, whose work has substantially contributed to understanding these diseases and developing new therapies for them. He is the Deputy Director of the Centenary Institute, the world-leading institute finding and developing cures through excellence in medical research, and the Director of the Centenary UTS Centre for Inflammation.

Beat whole body inflammation and live longer, happier, healthier and younger!

The latest medical science from the world-leading Centenary Institute Includes up to date information on inflammation and its relationship with disease and ageing, as well as the interaction between our gut microbiome and inflammation.

Practical information on mimimising inflammation as well as suggested meal plans and over 50 recipes by Fast Ed Halmagyi.

THE ONE THING WE'VE NEVER SPOKEN ABOUT | Elfy Scott



Pub Date: February 2023

ISBN: 9780645240108

Category: Mental Health

Format: Paperback C 234mm x 153mm

Extent: 336pp

Rights Held: World

Rights Sold: Audio (Wavesound)

Journalist Elfy Scott grew up in a household where her mother's schizophrenia was rarely, if ever, spoken about. They navigated this silence outside the family home too; for many years, this complex mental health condition was treated as an open secret. Elfy came to realise there must be thousands of families who felt silenced in the same way – including people who were far more vulnerable.

Over the past two decades, admirable work has been done to generate public dialogue about more common mental health conditions like depression and anxiety. But complex conditions like schizophrenia, bipolar disorder and psychosis have been left behind, as have many of the people who live with these conditions or who care for them. This silence leads to misunderstanding, discrimination and suffering on a large scale.

Part memoir, part deep-dive investigation, *The One Thing We've Never Spoken About* is filled with rage at how public discourse, emergency services and healthcare systems continue to fail so many people. It is also a work of care, telling the little-heard stories of people who live with these conditions and work at the front lines of mental health. Above all, this timely, compelling book is informed by hope and courage, breaking down taboos and asking big questions about vulnerability, justice and duty of care in modern Australia.

About the Author



Elfy Scott is an award-winning journalist, podcaster and presenter working in Sydney.

Elfy started out her career at BuzzFeed News Australia as a science reporter, and her journalism has featured in publications such as the *Guardian*, the *Saturday Paper*, *Junkee* and *VICE*. She also currently co-hosts the Spotify Exclusive Australian politics podcast *Left Right Out* and the weekly environmental news podcast *The Green Canary*.

'Elfy Scott has delivered a significant book. This is a work that springs from love and a curious mind. At every turn, Elfy Scott wields the hard-won insight of a child who witnessed a hurting parent. She has written this into an expansive and generous study of complex mental illness in Australia, brimming with kindness, revelatory accounts and wit. The book itself is a thing of grace.'

Rick Morton

'What an incredibly useful, well-researched and humane book that annihilates stereotypes about schizophrenia, while building a better community understanding of the condition. Absorbing and mind-opening, this is panoramic in scope, while offering a deeply intimate portrait of fierce familial love and care.'

Benjamin Law

'Elfy brings empathy, reason and generosity to a book Australia so desperately needs.'

Zara McDonald, co-founder of Shameless



Pub Date: March 2023
ISBN: 9780645476736
Category: Non-Fiction
Format: Paperback C 234mm x 153mm
Extent: 320pp
Rights Held: World
Rights Sold: Audio (Bolinda)

'You're too pretty to be Aboriginal' is a shocking statement Sasha Kutabah Sarago experienced at a young age. In her 2020 TEDx talk, 'The (de)colonising of beauty', Sasha shares how she reclaimed her femininity by redefining beauty. In challenging our modern-day concepts of beauty from a First Nations woman's perspective, she asks, does beauty liberate you, or is it time to rethink beauty?

Gigorou, meaning 'beautiful' in Jirrbal – her grandmother's language – is an extension of this conversation. In this intimately fierce, funny and reflective memoir, Sasha retraces her footsteps as a beauty assistant, model and magazine editor to where beauty began over 60,000 years ago. It is through the voices of her matriarchs, the creation stories of Oolana, The First Rainbow and Majal, and the spirit of Barangaroo, Truganini and Patyegarang that her healing begins and authenticity arrives.

In a time when the patriarchy obstructs women from the divine feminine, and sexism, racism and ageism violate our sovereignty, *Gigorou* invites us to explore the interconnectedness of Aboriginal culture to resolve our relationship with beauty.

Gigorou is a coming of age for us all. What lessons can we learn from the oldest living culture in the world? Are you ready to embrace your gigorou?

About the Author



Sasha Kutabah Sarago is a Wadjanbarra Yidinji, Jirrbal and African-American woman.

A former model, Sasha grew frustrated by the invisibility of multicultural women in fashion and media. In 2011, she founded *Ascension*, Australia's first digital lifestyle platform for women of colour. As a speaker, Sasha raises awareness around culture, diversity and equity in the business, media and lifestyle sectors.

Sasha's TEDx talk, 'The (de)colonising of beauty', was selected as TED.com 2021 Editor's Choice and has fuelled her passion for redefining beauty and sparking conversations around femininity and womanhood from a First Nations woman's perspective.

'Gigorou means beauty or beautiful in Jirrbal, my grandmothers' language. Since I can remember, I didn't feel gigorou; in fact, the complete opposite. I did what most young women do. I went on a search to find my beauty in all the wrong places.'

'An important and beautiful story told with tremendous heart.'

Mia Freedman

———— Upcoming and Recent Children's and YA titles ————

THE EERIE EXCAVATION | Ash Harrier



Pub Date: March 2023

ISBN: 9780645498479

Category: Middle-Grade Fiction

Format: Paperback B 198mm x 128mm

Extent: 288pp

Rights Held: World

The second book in the *Alice England Mysteries*, featuring Alice – who is curious, truthful and smart, but who works in her father’s funeral home and receives messages from the dead. An engaging heroine!

In *The Deadly Daylight*, Alice England learned about exotic animals, allergies, and how to make a friend. Now, she, Violet, and Cal are back and faced with another mystery to solve!

It’s summer holiday in Damocles Cove and Alice, Violet, and Cal are off to Archaeology Camp. Sure, it’s not the K-pop camp Violet wanted, or the days of video gaming that Cal was looking forward to, but Alice’s enthusiasm carries them all off to the mysterious Malkin Tower on the edge of the spooky Pendle Woods. The work is hard, and the findings are small, until one day a fellow camper turns up something unexpected. What is discovered in the dirt will plunge Alice and her friends into another murder mystery. Do curses really exist? Is a monster haunting Pendle Woods? And who is creeping around the tower after midnight?

When camp ends and everyone is sent home without answers, Alice will need her signature logic, the support of her friends, and her special talent to solve the mystery of Pendle Woods and bring an end to a family feud that’s been going on for centuries.

About the Author



Ash Harrier lives in Perth, Western Australia. She is an Ambassador for the *Books in Homes Australia* charity, which helps children in disadvantaged circumstances build their home libraries. Ash has a great fondness for puzzles, scientific facts, birds and the smell of dried tea. Some of her favourite pastimes are reading, daydreaming and spending time in the garden with her small flock of hens.

PRAISE FOR *THE DEADLY DAYLIGHT*

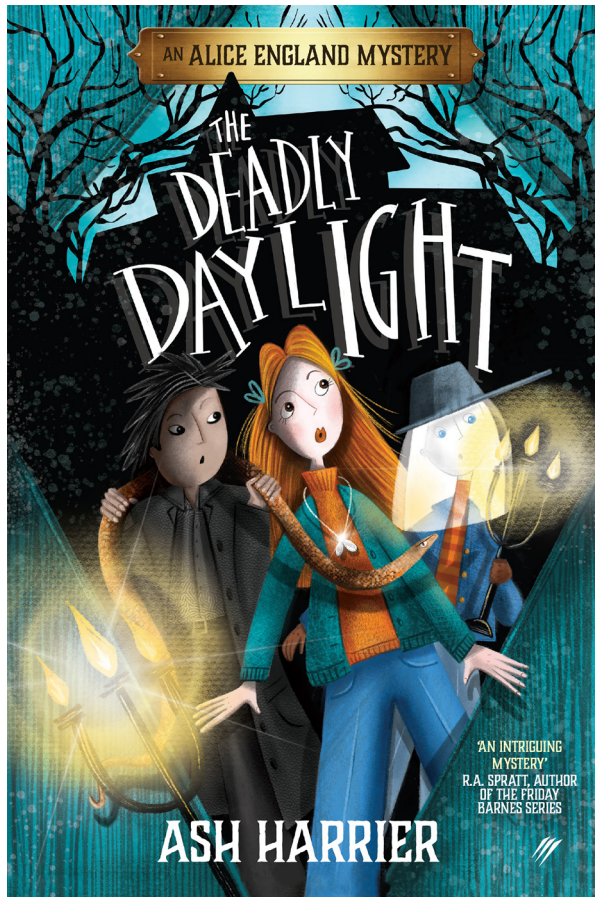
‘As well as being a charming mystery, *The Deadly Daylight* also functions as a sweet and gentle lesson in empathy and difference. (It) is an engaging novel with a full cast of larger-than-life characters, and even I didn’t pick the bad guy! Harrier sets us up nicely for the next book in the series, and readers will be left wanting more.’

Books+Publishing

‘This is an engrossing, entertaining and enchanting novel, written with subtlety, sophistication and style, which older primary school and lower secondary readers, both girls and boys, should thoroughly enjoy. I loved it. I hope Alice and her friends have many more adventures in future *Alice England Mystery* series titles. Highly recommended.’

Magpies Magazine

THE DEADLY DAYLIGHT | Ash Harrier



Pub Date: August 2022

ISBN: 9780648987673

Category: Middle-Grade Fiction

Format: Paperback B 198mm x 128mm

Extent: 288pp

Rights Held: World

Rights Sold: World English ex ANZ (Holiday House)

Twelve-year-old Alice England is curious, truthful and smart, but when you work in your father's funeral home and you get messages from the dead, it can be difficult to make friends.

When she comes across the peculiar case of George Devenish, who was allergic to sunlight, Alice is convinced there's more to his death than meets the eye.

With the help of George's niece, 'Violet the Vampire', who shares her uncle's allergy, and a boy named Cal, who has secrets of his own, Alice begins to investigate. Who were the teenagers under the dock when George died? How is the sinister Doctor Grampian involved? And what about George's wife, Helen, whose baking is delicious but possibly poisonous?

It seems the truth of George's death may never see the light of day – unless Alice and her companions can put the clues together and solve a mystery much bigger than anybody expected.

'The Deadly Daylight is a perfect-for-kids murder mystery. I loved spending time with Alice England, who cheerfully chooses coffins for everyone she meets, and Violet Devenish, who might finally have found a true friend. This is a fresh and curiously upbeat read with memorable characters, clever plot and satisfying ending. Prepare for secrets and friendships, life and death, quirks and cosy mystery.'
Cristy Burne

About the Author



Ash Harrier lives in Perth, Western Australia. She is an Ambassador for the *Books in Homes Australia* charity, which helps children in disadvantaged circumstances build their home libraries. Ash has a great fondness for puzzles, scientific facts, birds and the smell of dried tea. Some of her favourite pastimes are reading, daydreaming and spending time in the garden with her small flock of hens.

'As well as being a charming mystery, The Deadly Daylight also functions as a sweet and gentle lesson in empathy and difference. (It) is an engaging novel with a full cast of larger-than-life characters, and even I didn't pick the bad guy! Harrier sets us up nicely for the next book in the series, and readers will be left wanting more.'

Books+Publishing

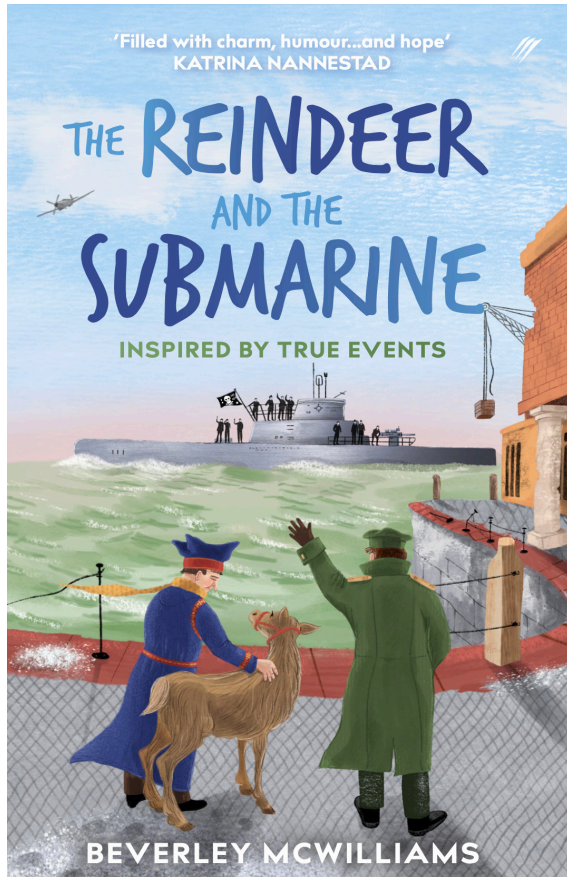
'This is an engrossing, entertaining and enchanting novel, written with subtlety, sophistication and style, which older primary school and lower secondary readers, both girls and boys, should thoroughly enjoy. I loved it. I hope Alice and her friends have many more adventures in future Alice England Mystery series titles. Highly recommended.'

Magpies Magazine

Recent Middle-Grade Fiction

THE REINDEER AND THE SUBMARINE

Beverley McWilliams



Pub Date: November 2022

ISBN: 9780648987697

Category: Middle-Grade Fiction

Format: Paperback B 198mm x 128mm

Extent: 208pp

Rights Held: World

'Sometimes things have to change even though we might not want them to.'

An orphaned reindeer with no antlers, Pollyanna is raised by Igor, a Sami herder, and is more at home in the company of people than other reindeer. When she discovers Igor is leaving for war, Pollyanna decides to follow, but en route, she is captured and gifted to the crew of a British submarine, the HMS Trident.

Life on board Trident brings more than a few surprises, and Pollyanna – with her love of food – gets into all sorts of trouble. While she misses her Arctic home, her courage and cheekiness help comfort her companions in the dark days of the war.

But what will happen to Pollyanna when the submarine reaches its destination?

A timeless story of adventure, hope, bravery and facing change, told through the eyes of Pollyanna, the real-life reindeer who proves that heroes come in all shapes and sizes.

About the Author



Beverley McWilliams loves sharing history with young children. In August 2019, she published her debut picture book *Born to Fly*, which tells the story of South Australian aviator Captain Harry Butler and received a notable commendation from the CBCA.

Beverley's writing has also been published online and in magazines, and she is a regular contributor to *The School Magazine*, Australia's longest-running literary publication for children. She lives by the beach in beautiful South Australia with her family and menagerie of pets who provide endless inspiration.

'I really loved this book! Just wonderful, a remarkable story beautifully told.'
Favel Parrett

*'With just the right blend of action, comedy and pathos, *The Reindeer and the Submarine* will spark or stoke a love of the past in eight- to 12-year-olds.'*
Books+Publishing

'Filled with charm, humour ... and hope.'
Katrina Nannestad

Recent Middle-Grade Fiction

THE REINDEER AND THE SUBMARINE

Beverley McWilliams

THE REINDEER AND THE SUBMARINE

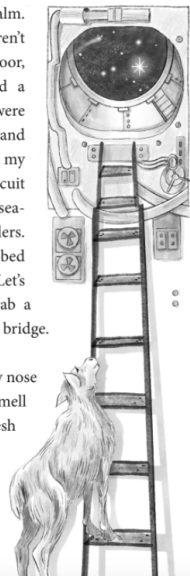
pleasant spot to wait, out of the way of everyone rushing about.

Then that awful ringing blasted through the room. I tried to think calming thoughts, but I couldn't imagine the gentle touch of a snowflake on my nose while that piercing alarm was screeching in my ears. Instead, I thought of biscuits. That proved much more distracting.

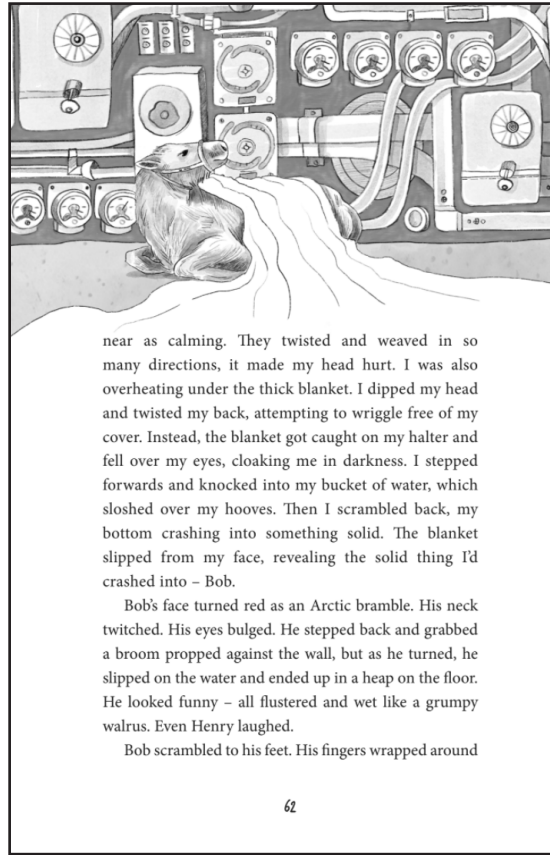
Before long, the blaring ceased, and calm returned. Well, not exactly calm. The submarine swayed. Boxes that weren't wedged in place slipped across the floor, and Bob's normally red face turned a funny shade of green. I guessed we were back above the waves. The rolling and rocking didn't bother me. I soon found my balance and happily gobbled my biscuit reward. Jim said I must have good sea-legs. Perhaps I got those instead of antlers.

After my fourth biscuit, Jim grabbed my halter. 'Come on, Pollyanna. Let's sneak into the control room and grab a breather while the captain is on the bridge. I reckon you've earned it.'

As soon as Jim opened the door, my nose twitched. A familiar, comforting smell drifted through the air – the salty, fresh aroma of the ocean. I raced ahead, following my nose and dragging Jim



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near as calming. They twisted and weaved in so many directions, it made my head hurt. I was also overheating under the thick blanket. I dipped my head and twisted my back, attempting to wriggle free of my cover. Instead, the blanket got caught on my halter and fell over my eyes, cloaking me in darkness. I stepped forwards and knocked into my bucket of water, which sloshed over my hooves. Then I scrambled back, my bottom crashing into something solid. The blanket slipped from my face, revealing the solid thing I'd crashed into – Bob.

Bob's face turned red as an Arctic bramble. His neck twitched. His eyes bulged. He stepped back and grabbed a broom propped against the wall, but as he turned, he slipped on the water and ended up in a heap on the floor. He looked funny – all flustered and wet like a grumpy walrus. Even Henry laughed.

Bob scrambled to his feet. His fingers wrapped around

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BEVERLEY McWILLIAMS

situations.'

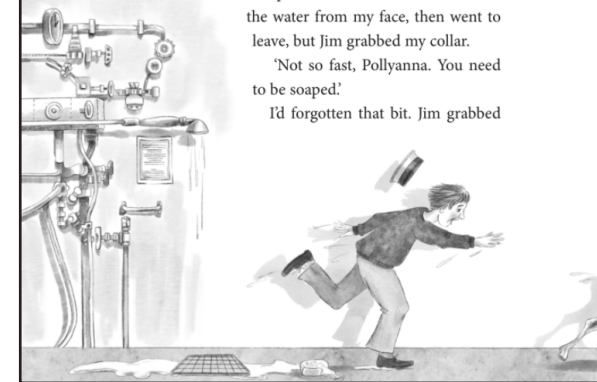
It seemed strange that the ocean surrounded us, yet fresh water was so precious. The men savoured water like a reindeer would savour an exquisite, rare mushroom. I'd watched Jim use his daily bowl of water first to clean his teeth, then to wash his face and then to wash his socks.

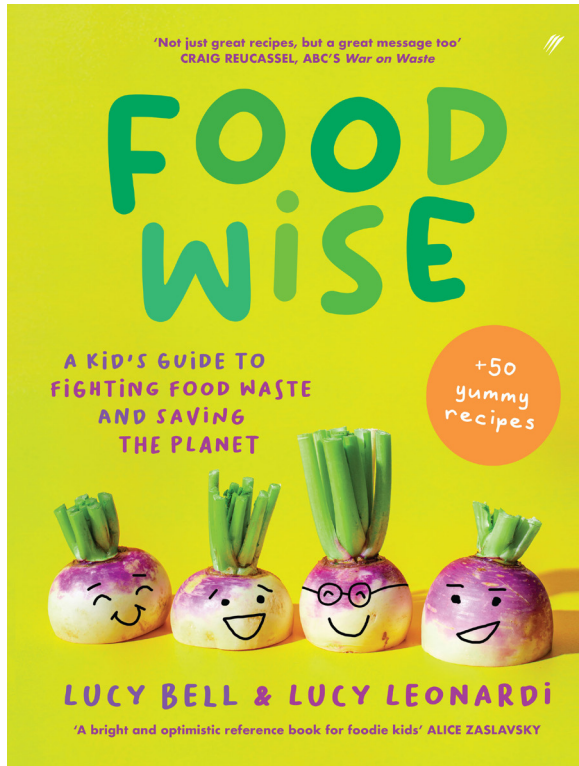
Jim moved the sack of potatoes and a tower of tins that currently occupied the small space he called *the shower cubicle*. He lifted a twisting pipe from the wall, held the nozzle in his hand, and twisted a tap. A burst of water spat out, soaking my head.

I shuddered. I'd swam across a few icy lakes in my time, and this water wasn't much warmer. I shut my eyes, gritted my teeth and imagined a rainy day in spring. I was just getting used to it when Jim turned off the tap. That wasn't too bad. I shook the water from my face, then went to leave, but Jim grabbed my collar.

'Not so fast, Pollyanna. You need to be soaped.'

I'd forgotten that bit. Jim grabbed





Pub Date: August 2023

ISBN: 9780648795353

Category: Kids Non-Fiction (8–12 years)

Format: 247mm x 184mm (hardcover)

Extent: 224pp

Rights Held: World

A Kid's Guide to Joyful Eating, Reducing Waste and Saving the Planet

It's incredible just how much food goes to waste, but there are so many simple (and delicious) ways we can stop our food from ending up in landfill. All around the world, there's a new generation of food waste warriors just like you who are fighting to keep their food on plates, in tummies, and out of the bin!

In this book are recipes, activities, ideas and inspiration to help you appreciate the many wonders of food. You'll learn to experience it in fun and exciting ways, where it comes from, how it's grown, how to buy and care for it, ways to prepare it, and best of all, all the ways you can share it with your family and friends! Not only that, you'll learn some funky food facts and become a total whiz in the kitchen – whipping up meals to wow your family and friends. You might even eat some things you never thought about trying before!

This book is packed with delicious recipes that will show you how to get creative in the kitchen, use up fruit and vegie scraps, and turn your leftovers into meals fit for a feast.

About the Authors



Lucy Bell is a book editor and music teacher on a journey to live a more ethical, sustainable and mindful life. Lucy is also the author of *You Can Live on The Bright Side* and *You Can Change the World*, which was the winner of the 2020 Nautilus Book Awards as well as the 2021 Green Earth Book Award.

Lucy Leonardi is a prolific photographer and finds joy in her creative pursuits, from her popular food blog *Who Does the Dishes* – a visual documentary of home cooks – to her most recent project of creating waste free recipes for OzHarvest social media's Fight Food Waste campaign. She is passionate about promoting a practical and healthy eating approach for a better environment.

'Not just great recipes, but a great message too. Reducing food waste has never looked so mouthwatering.'

Craig Reucassel, War on Waste, ABC

'This book is an essential ingredient for any budding cook or eco warrior. Stuffed with wisdom and wonderful recipes, it's precisely the sort of cookbook the world needs right now. This is the food book I wish I had when I was younger.'

Tori Haschka



DID YOU KNOW?

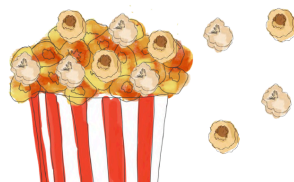
The word 'umami' is Japanese, meaning a pleasant or delicious savoury taste. It was first identified over a century ago by Japanese scientists and actually refers to the taste of glutamate, an amino acid found in animal and vegetable proteins. It is commonly described as having a savoury or meaty taste, like what you would get in a delicious broth.

The average person has about 30,000 tastebuds, and these contain taste receptor cells that detect chemicals in our food and then pass this information on to our brains. Our tastebuds get replaced around every two weeks. But as we age, not all of these tastebuds get replaced. This is why some foods might taste stronger to you than they do to adults.

As you start cooking more and experimenting with flavours, you'll learn about the best ways to balance the salty, sweet, bitter, sour and umami tastes to make for the most delicious meals. Some foods have delicious combinations and pairings of these tastes. You might already know some of the best salty-sweet combinations:

- salted caramel
- peanut butter and jam
- maple bacon
- melon and prosciutto

Here are some recipes for you to try that combine the different tastes. See if you can guess what tastes are combined here.



GETTING CREATIVE

This book is about learning to love food, and there's no better way to fall in love with food than to put on your chef's hat and step into the kitchen. It can feel a little overwhelming if you're new to cooking, and it's hard to experiment with flavours if you're not used to them. But don't worry! Below we'll show you some of the easiest ways to start inventing dishes yourself, and throughout this book you'll find more recipes to help you begin cooking new dishes. We all have to start somewhere, so if something doesn't turn out the way you hoped, you can always try again next time!

ACTIVITY: BEGINNER'S FRUIT SALAD

Fruit salad is one of the most fun ways to get creative in the kitchen. Simply chop up whatever fruits you have at home and combine them in a bowl. Any fruits at all! Pick your favourites, or even pick fruits that are all the same colour. You can jazz up your fruit salad by drizzling it with fresh passionfruit, adding mint leaves or a squeeze of citrus, or serving it with yoghurt and honey or different cheeses.



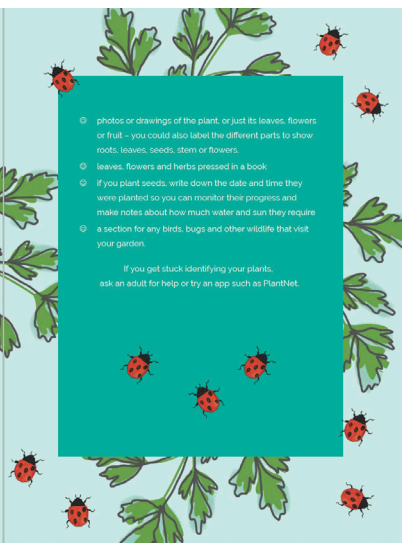
ACTIVITY: A GARDEN JOURNAL

We love gardening and being around plants, whether they are in our backyards, on balconies or in windowsill pots. There's nothing like the smell of soil and sunshine on a beautiful spring day. We even love the dirt under our nails, the wriggly worms and the bugs! Gardening helps you care about the way things are grown and teaches you to treasure every part of the fruit and vegetables you harvest. If you're new to gardening, a good way to start is to create a garden journal or notebook. Here are some things you could include in your garden journal:

- a list of all the plants you can find in your garden
- the Latin or botanical name for the species - for example, parsley is called *Petroselinum crispum* and lettuce is called *Lactuca sativa*
- a description of the plants, including what they look and smell like
- a description of edible vegetables, fruit or herbs, including research on any health or nutritional benefits they have, and describe what they taste like

- photos or drawings of the plant, or just its leaves, flowers or fruit - you could also label the different parts to show roots, leaves, seeds, stem or flowers.
- leaves, flowers and herbs pressed in a book
- if you plant seeds, write down the date and time they were planted so you can monitor their progress and make notes about how much water and sun they require
- a section for any birds, bugs and other wildlife that visit your garden.

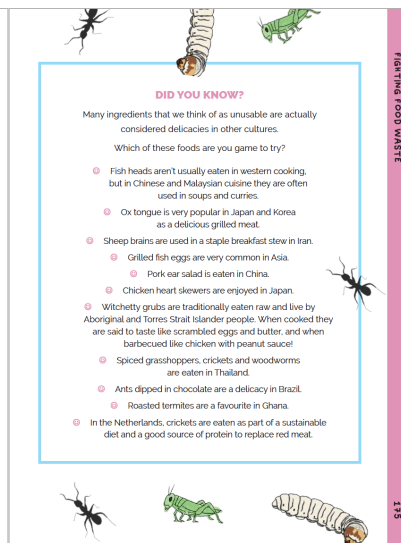
If you get stuck identifying your plants, ask an adult for help or try an app such as PlantNet.



QUICK TIPS FOR AVOIDING CLING WRAP

Plastic film or cling wrap is something most of us have in a drawer in our kitchens. Like all plastic, it's very convenient. But with a bit of thought, it's easy to change your habits and stop using this single-use plastic.

- Stop buying cling wrap. If it's in your drawer, you'll be tempted to use it.
- Buy reusable glass containers with lids in various sizes to store all your leftovers.
- Repurpose glass jars for storing smaller leftover food items and sauces.
- If you're in a pickle and find yourself with no way to cover your food, put it in a bowl and place an upside-down plate over the top.
- Try beeswax wraps and paper bags for wrapping sandwiches and snacks.

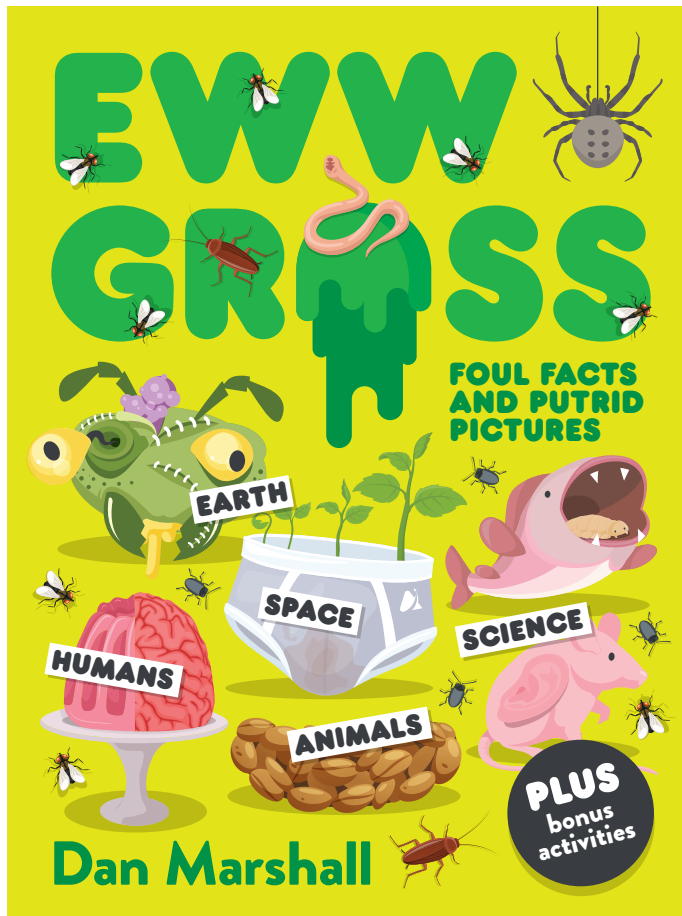


DID YOU KNOW?

Many ingredients that we think of as unusable are actually considered delicacies in other cultures.

Which of these foods are you game to try?

- Fish heads aren't usually eaten in western cooking, but in Chinese and Malaysian cuisine they are often used in soups and curries.
- Ox tongue is very popular in Japan and Korea as a delicious grilled meat.
- Sheep brains are used in a staple breakfast stew in Iran.
- Grilled fish eggs are very common in Asia.
 - Pork ear salad is eaten in China.
- Chicken heart skewers are enjoyed in Japan.
- Witchetty grubs are traditionally eaten raw and live by Aboriginal and Torres Strait Islander people. When cooked they are said to taste like scrambled eggs and butter, and when barbecued like chicken with peanut sauce!
- Spiced grasshoppers, crickets and woodworms are eaten in Thailand.
- Ants dipped in chocolate are a delicacy in Brazil.
 - Roasted termites are a favourite in Ghana.
- In the Netherlands, crickets are eaten as part of a sustainable diet and a good source of protein to replace red meat.



Foul Facts and Putrid Pictures

Get ready to discover just how gross our universe really is.

Learn the foulest facts about space, Earth, humans, animals and science that have been tested by REAL SCIENTISTS, and even do your own gross experiments.

Meet your guide, Slimon, who loves all things rotten, revolting, despicable and downright disgusting.

Did you know ...

There's poo on the moon?

You will drool enough in your lifetime to fill two swimming pools?

There's a wall covered in chewing gum that's over 30 years old?

There's a robot designed to projectile vomit?

Full to the brim with the world's filthiest facts and most putrid pictures, this book is sure to make you and your friends say 'Eww Gross!'

Dan is a designer, illustrator and writer who runs a design agency, Studio Marshall. For over 20 years he has worked with a diverse group of clients including the Sydney Opera House, The Australian Museum, One Laptop Per Child, The Hunger Project, Facebook and Coca Cola.

Dan's books stem from his passion for graphic design, communicating information visually and his deep curiosity and include *Mind Blown* as well as *No Way!* and the picture books *Super Duper* and *Look Book*.

Publication: November 2023

ISBN: 9780645624564

Page Size: 247 x 184mm

Extent: 64pp

Rights Held: World



SPACE

THE COSMIC STINK BOMB

If our future selves ever manage to leave Earth and explore the depths of outer space they may encounter a beautiful nebula, 5,000 light-years away in the constellation Puppis, known as the **Calabash Nebula**, a gas cloud over one quadrillion (1,000,000,000,000,000) metres in length.

However, though it may be beautiful to view from a distance, up close and personal things would take a rather pungent turn. The nebula has a lot of the sulphur compounds you would find in both stink bombs and rotten eggs, hence the reason astronomers have given the nebula the notorious name of **Rotten Egg Nebula**.

Star Fart

Within the nebula is a red giant star that is undergoing a high energy conversion. A transformation so powerful that the smelly sulphurous molecules are forced out into space. In other words, the nebula is having a star fart. *Comic Jumps!*

1 MILLION KILOMETRES PER HOUR

This is the incredible speed at which the gas is being forcefully ejected out into space.

OH 231.84 + 4.22

This is the technical name for the Calabash Nebula. Numbers near as catchy as **Rotten Egg Nebula**.

7 In China, Century eggs - seven cock or three rooster laid egg with a green outer shell - is considered a delicacy and has been for over 100 years!

EARTH

GIANT CORPSE FLOWERS SMELL OF ROTTING FLESH AND DEATH

Flowers are usually associated with the nicer things of life, including smiling or snoring. But they can bring down up anybody's day. Did you know? Flowers have smelly aromas. The fact that some species of flowers are referred to as **corpse flowers** might have a shock value to some. Their stench has been likened to rotting flesh and even to death itself. A smell that is so revolting, few people can last long around it. The most famous of these are **Rafflesia Arnoldii** and **Amorphophallus Titanum**. Hold your nose!

Rafflesia Arnoldii

The number of days the **Rafflesia Arnoldii** flower stays open for.

Amorphophallus Titanum

The number of years between the **Amorphophallus Titanum** flower blooming.

Leaf it out

Although massive the flowering **Rafflesia Arnoldii** cannot actually support themselves. They have no leaves, stalks or even roots. They are parasites who rely upon their jungle vine hosts for survival.

Getting warmer

Not only does the **Amorphophallus Titanum** fool insects with its smell, but it deceives them further. Its record high is **36.7 degrees Celsius** to mimic a dying animal. So clever and so gross.

36 The number of hours the flower stays open for.

10 The number of years between the **Amorphophallus Titanum** flower blooming.

HUMANS

YOU WILL DROOL ENOUGH IN YOUR LIFETIME TO FILL TWO SWIMMING POOLS

Have you ever woken up in the morning to find your pillow has a huge wet patch from the previous night's drooling session as you slept? It's a strange sensation as you have no recollection of it happening, but the evidence of your saliva dribbling is right there in front of you on your wet pillow. Drooling is something that we do all the time and over the course of your lifetime you will produce an amazing amount of saliva, enough in fact to fill two standard sized swimming pools!

Bad breath

Saliva is produced by glands in your mouth and keeps your mouth moist and comfortable. It helps you chew, taste, and swallow as well as fighting the germs in your mouth and preventing bad breath. Too little saliva can result in bad breath and food tasting differently.

750 MILLILITRES

This is the amount of saliva the average person produces in a single day. Enough to fill a wine bottle.

25,000 LITRES

This is the amount of saliva the average person can produce in a lifetime.

The acid test

Your saliva helps keep the pH balance of your mouth slightly alkaline. And it's a good job too because if it didn't, your mouth would become acidic, and would dissolve your own teeth. Ew!

Sealed with a kiss

When you deeply kiss someone, you exchange saliva with them and the million of bacteria contained within it. A 10 second kiss will transfer around 80 million bacteria.

FOOD

FIGS HAVE DEAD WASPS INSIDE THEM

Have you ever eaten a wasp? Well if you've ever eaten a fig then you probably have. What? The answer lies with mother nature. Figs bloom on the inside and their reproductive parts are located inside their pods. So, to become pollinated the fig relies on it's friend, the tiny female fig wasp. She enters the unique fig carrying pollen and lays her eggs. She then nibbles over and dies. But don't get too grossed out about all the time, you've eaten a fig, those crunchy bits are fig seeds, not wasp skeletons. Using enzymes the fig digests the tiny insect and turns it into protein which then becomes part of the flavour of the now opened fruit. Absolutely gross.

Tunnel vision

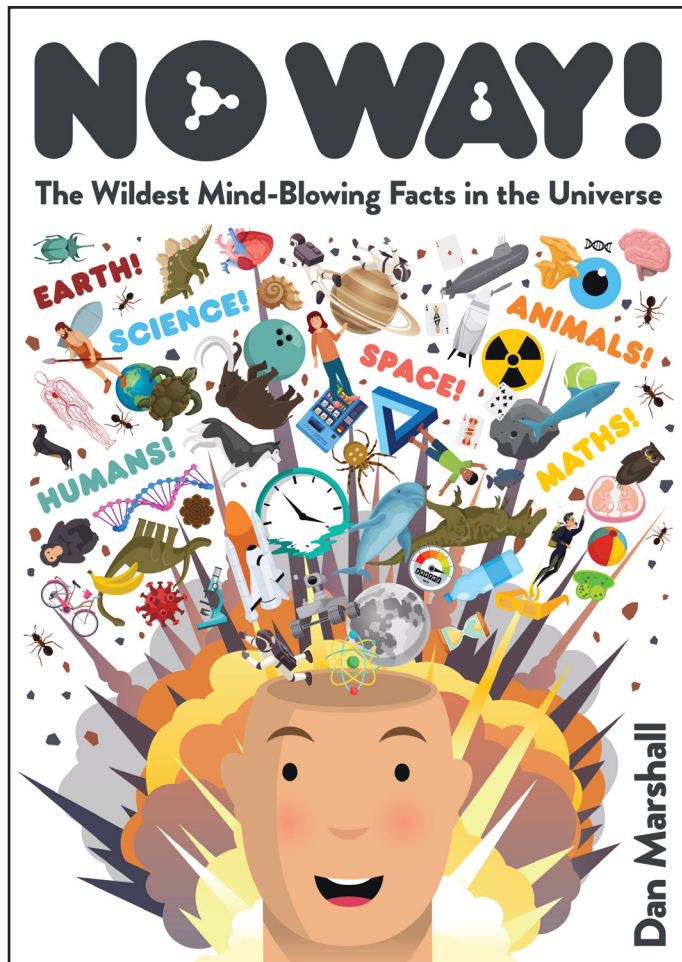
When the baby wasps hatch, they all mate and the wingless males chew a tunnel out of the fig before they too die, and the females use this tunnel to enter the world for the first time. The cycles continue as they are now carrying fig pollen and are free to search for another fig tree in which to lay their own eggs and pollinate it.

Lose your head

When the female wasp enters the fig her wings and antennae are clipped away and she becomes trapped. The wasps sometimes fight inside the fig if more than one enters and lethal battles take place often involving decapitation.

900 This is the number of fig wasps, responsible for pollinating the world's 900 species of figs. Each species of wasp only pollinates a specific species of fig. The fig attracts it's partner wasp with a unique scent.

1.5 mm



Get ready to go on a wonderful journey of discovery that will make you say No Way! Learn all about space, humans, earth, science, animals and maths, with the help your trusty robot sidekick.

Did you know...

Uranus is leaking gas into space?

The average yawn goes for six seconds?

The fact that there are over three trillion trees on earth?

Bicycles ride themselves?!

This beautifully designed children's book is filled to the brim with facts, games and questions that will teach you all the wildest and weirdest things about the world around you!

Dan is a designer, illustrator and writer who runs a design agency, Studio Marshall. For over 20 years he has worked with a diverse group of clients including the Sydney Opera House, The Australian Museum, One Laptop Per Child, The Hunger Project, Facebook and Coca Cola.

Dan's books stem from his passion for graphic design, communicating information visually and his deep curiosity and include *Mind Blown* as well as the picture books *Super Duper* and *Look Book*.

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CONTENTS

THE GERMS IN YOUR GUT...

0.2KG
The total weight of all the microbes in your guts.

95%
The percentage of your microblime that live in your guts, which goes from your mouth all the way down to your bottom.

Curly wurly
Curled up inside us, our intestines have a surface area of ground, 32 square metres. That is the same size as a small city studio apartment.

Mice and men
Scientists first discovered, and continue to investigate, the connection between your gut microblime and your brain with studies mainly in mice.

Brain box
As well as providing a home to all those amazing microbes, your gut acts like a second brain for you and can actually think for itself thanks to the 100 million neurons inside it. It normally digests food without your brain telling it too. None of your other organs, not even your super powerful heart can do this. Amazing!

10 TRILLION
The number of microbes living inside your guts.

...ARE TALKING TO YOUR BRAIN

Even when you are by yourself you are never really alone. It may sound quite funny but inside and out, your body is home to billions of bacterial, viral, fungi, and other tiny organisms called microbes. There are so many of these that incredibly they outnumber your own human cells!

These microscopic creatures play a huge role in your wellbeing, helping your immune system, providing nutrients for your cells and preventing invasion by other harmful bacteria and viruses. They're amazing! Almost all of these tiny creatures call your gut their home and it is from here that they are communicating directly with your brain. We still do not know yet exactly what they're saying, but whatever it is it's directly influencing your brain and affecting your mental health and behaviour. No way!

SOME ANIMALS SPEND MOST OF THEIR LIVES ASLEEP

KOALA Each day these marsupial manage to get their heads down for between 20 AND 22 HOURS	SLOTH Every day these tardy tree dwellers have way more than forty naps and can sleep for 20 HOURS	BROWN BAT These mouse-eared microblms spend almost the whole day hanging upside down. Some even up to 19.9 HOURS	GIANT ARMADILLO These heavily armoured animals manage to rest their weary heads each day for 18.1 HOURS
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Some humans tend to sleep for around eight hours every day which works out at a third of our lives asleep across our whole lifetimes. This may sound like quite a lot, but it's nothing when compared to some animals who spend most of their lives unconscious! Sometimes up to a quite frankly mind boggling 22 hours a day! We're looking at you, koala.

CICADAS USE NUMBERS PRIME

7, 13, 17
The prime numbers used by periodic cicadas.

Going underground
If you've ever lain in bed during a midsummer's night, unable to sleep thanks to the cacophonous din of cicadas, then you're probably not a fan of these diminutive flying insects. Their life cycle is a strange one as they spend most of their days underground and when they do finally emerge, there's no time for pleasantries as they quickly find a mate, reproduce and die.

Prime time
Annual cicadas make this appearance every year, but periodic cicadas stay underground for much longer, appearing at intervals of seven, 13 or even 17 years. All are prime numbers! Certainly, the length of the periodic cicada's underground existence is curious. But why would each of these intervals be a prime number, meaning they're only divisible by themselves and by one?

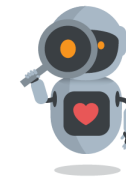
Taking advantage
Could that be a coincidence? For a long time, we thought so. But now it seems that these insect mathematicians have been using prime numbers to their advantage. And all this without a calculator!

Food fight
For instance, cicadas with a 13-year life cycle and ones with a 17-year life cycle will hardly ever meet. When both species of cicada do come out together - once every 221 years (13 multiplied by 17) - the numbers will be massive. So it's handy that it's rare for them to have to compete for the same food.

Syncing up
Another benefit of the strategically irregular gaps is that they prevent predators syncing up with the reproductive cycle of the cicadas. A predator with a three-year life cycle would only meet up with the 17-year periodic cicadas once every 51 years (three multiplied by 17).

THE PLOT

Spot how many times K.L.A.U.S (Knowledge Learning And Understanding System) appears throughout the book!





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